

## **C-Section**

### **C-Section Tied to Risk of Allergies**

Researchers recently unearthed another reason for parents to choose natural childbirth over elective Caesarean section (C-section): allergy prevention. It seems that C-section delivery may predispose an infant to atopic disease, according to a paper presented at the annual meeting of the American Academy of Allergy, Asthma and Immunology in Orlando, Florida.

Investigators in Finland analyzed umbilical cord blood from 16 infants delivered via elective C-section and 12 infants delivered vaginally. The study found that cord blood from babies delivered via C-section contained one-third the number of IgA antibodies, compared with controls. In addition, cord blood from infants delivered via C-section had less interleukin 6 and 12. Experts speculate that stress from C-section delivery initiates biochemical changes that make infants more susceptible to allergy. However, the study's authors stress that more research is necessary before a clear link may be established. Specifically, they note that studies involving older children are needed.

### **C-Sections and V-Bacs**

The C-section rate has risen dramatically in the U.S. averaging as many as 25% of all births. Whereas many women are led to believe that c-sections may be safer than natural, vaginal deliveries and planned births are more convenient, there is much evidence in the literature to indicate otherwise. The following studies are provided to increase your awareness about the risks of c-section and the links below will lead you to extensive resources on the subject.

### **Soaring C-section Rates Cause for Alarm**

Cesarean section rates are off the charts and women are being duped into thinking that this is all right; in fact they are being enticed to consider c-sections on demand based upon questionable promises.

A woman considering cesarean section should be told that, compared to vaginal birth, she has an increased risk of infection, hemorrhage, damage to abdominal and urinary tract organs, and complications from anesthesia/narcotics. She needs to know that the incidence of drug resistant infections is increasing and blood transfusions can lead to life threatening complications. She should also be told that she will probably not be allowed to attempt a vaginal birth in the future, and that the risk of complications from cesarean section increase with each subsequent surgery. Recent studies note higher rehospitalization and draw a direct link between chronic pelvic pain and cesarean section. These complications can ultimately limit her ability to have the number of children she desires.

### **The American College of Nurse-Midwives**

**C-Sections may up risk of asthma.**

Natural childbirth may prevent a baby from developing asthma later in life, according to a just-published report.

Investigators followed 1,953 Finnish subjects from their birth in 1966 to their third decade of life in 1997. The 5.3% of subjects who were delivered via Cesarean section were three times more likely to have developed asthma by age 31, compared with subjects delivered vaginally. However, delivery method did not influence risk of other allergic disorders.

Xu B, Pekkanen J, Hartikainen AL, Jarvelin MR [Caesarean section and risk of asthma and allergy in adulthood](#) J Allergy Clin Immunol. 2001 (Apr); 107 (4): 732-733

**Neonatal respiratory distress syndrome (RDS) is an important complication of elective repeat cesarean section. Awaiting the onset of spontaneous labor to determine the timing of repeat cesarean section in women at term is an effective way to preventing iatrogenic neonatal RDS.**

Bowers SK, MacDonald HM, Shapiro ED [Prevention of iatrogenic neonatal respiratory distress syndrome: Elective repeat cesarean section and spontaneous labor](#) Am J Obstet Gynecol 1982 (May 15); 143 (2): 186-9

### **Mode of delivery and asthma -- is there a connection?**

The results of this study in Finland suggests that caesarean section delivery may be associated with an increased prevalence of atopic asthma.

Kero J, Gissler M, Gronlund MM, Kero P, Koskinen P, Hemminki E, Isolauri E [Mode of delivery and asthma -- is there a connection?](#) Pediatr Res 2002 (Jul); 52 (1): 6-11