

## Trial of Labor

Pregnancy – Elliot Berlin, D.C.

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### Talking Points

- Cesarean sections have been around for over 100 years. It's an option when things aren't moving safely for mother and baby, however, it's a radical obstetric surgery and should not be overused. The saying "once a cesarean, always a cesarean" came from a paper in 1916 by Dr. Edwin Cragin, he went on to point out that this **wasn't always the case**. Dr. Cragin himself had mothers who had safe vaginal deliveries after cesarean sections. What happened in the medical world To make repeat cesareans "necessary" when women were delivering vaginally after cesareans almost 100 years ago?
- In the US the majority of low-risk births are managed by surgeons. The cesarean rate in the US is currently 32.8% on average (this is a high percentage – it should be 10-15%) however, the rates vary significantly by hospital. Could the cesareans being performed be related more to hospital policies than health-related factors? Why is there such differing rates amongst hospitals? (One Los Angeles, CA hospital has a rate of 55% while another LA hospital has a rate of 14% while an additional hospital 28 miles away is 11%.)
- Some hospitals don't allow VBACs (vaginal birth after cesarean). ACOG (American College of Obstetrics and Gynecology) even state that it is a safe and appropriate choice for women who have had one – even two – prior cesarean sections. The ban on VBACs actively forces women into surgery while the risks to the mother increase dramatically with each surgery. If the risks dramatically increase with each surgery why aren't more hospitals promoting VBACs?
- "A successful VBAC avoids major abdominal surgery, lowers a woman's risk of hemorrhage and infection, and shortens postpartum recovery. The rate of complications in the mother or baby are similar in VBACs and repeat cesareans, although the risks are different." (39) Again, why aren't more hospitals promoting VBACs given these facts?
- Women feel shame about their cesarean births, it makes some feel like a lesser mother and woman. "Even faced with the chance that all their efforts could still result in a repeat caesarean, the women still felt their journey toward a trial of labor was important in their healing process from previous caesarean births." (41)

**Resources**

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Find cesarean section and VBAC rates for your local hospital: <http://www.cesareanrates.com/>

ICAN, The International Cesarean Awareness Network, supports women in their journey towards understanding the risks of cesarean section and with the purpose of helping them have healthy births and healthy lives after undergoing the surgery that changed them. <http://www.ican-online.org/>

To find a Webster Certified chiropractor visit the ICPA website, under “search for” choose Webster Certified Chiropractors: <http://icpa4kids.org/Find-a-Chiropractor/>

VBAC.com provides childbearing women and maternity care professionals access to evidence-based resources, educational materials, and support for VBAC and cesarean prevention. <http://www.vbac.com/>

Evidence Based Birth believes in putting the evidence back in the hands of the women and families, inspiring them to make more informed decisions about their care. <http://evidencebasedbirth.com/>