

# C-SECTION OR B-SECTION?

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**Y**ears ago, I was working in the USA, when I read a column about a woman who had sued her obstetrician, feeling ‘robbed’ of her motherhood, because the Obstetrician had performed a C-Section on her which she felt was unnecessary.

A few years ago, when I was working in Australia, the debate about normal delivery vs C-section was raging hot. A woman in Sydney was very upset that people NOT involved in the delivery process (like law makers, politicians etc) are discussing this when one has to do a poll and know the pulse of the people. Because in her case, she had a normal delivery of a baby weighing 3.92 Kgs, who was severely asphyxiated and also she had perineal tear which caused her lot of morbidity in the form of incontinence and various other problems. If anyone had told her about the risks of the normal delivery – she would have opted for C-section.

Nearly 14 years ago, Australia went through lot of debate and many Obstetricians were ostracised for performing C-section for no fault of theirs. Hence, they started issuing a review article to all their prospective parents which was explaining about the benefits of a normal delivery including risks and also benefits of C-section including risks – which was a very balanced article and they started sharing this with the explanation that they should discuss this with all the stake holders including their midwife and come to a final decision and give consent in writing after that – so that the number of women accusing them will hopefully come down. This puts the onus on the prospective parents.

On a lighter note, I as a Neonatologist, always ask the parents whether their child was born by normal delivery or C-section and one of the young boys who heard his mom say C-section rather quickly jumped