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Not that old, not that fat

KELLY MILOTAY

International Cesarean Awareness Network (ICAN) of Victoria

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The Society of Obstetricians and Gynaecologists of Canada is blaming old and fat women for the rise in the C-section rate (Record High Cesarean Rate Worries Experts - June 26).

In Victoria, C-sections have risen from 25 per cent to more than 36 per cent in the past 10 years. Women in Greater Victoria have not become so old and obese as to justify this jump.

At physicians' insistence, many labours are induced or augmented. These procedures can lead to further interventions, many culminate in

C-sections. How many mothers would be able to birth healthy babies vaginally if allowed to labour on their own timeline?

While the Society ponders how to create younger, slimmer mothers, women would be wise to educate themselves about childbirth and choose practitioners who truly support a woman's ability to birth. When women are active participants in their care and question the necessity of particular procedures (i.e. induction), C-section rates will drop.

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