

BREECH BABY? YOU MAY NOT NEED A C-SECTION AFTER ALL

Just because your baby decides he'd rather be born bottom-first doesn't necessarily mean you should get a cesarean section, says a study in the *British Journal of Obstetrics and Gynaecology*. In fact, routine c-sections for women whose full-term babies are breech may raise the women's risk of complications such as urinary tract infections, endometriosis, hysterectomy, pulmonary embolism, and cardio respiratory arrest. Researchers at University Hospital in Geneva examined 705 consecutive breech deliveries and found that women who delivered vaginally were not only healthier but also were out of the hospital sooner than those who'd scheduled c-sections. The study found there were significantly fewer maternal complications in the planned vaginal delivery group than in the elective caesarean section group. The researchers found that neither delivery method affects the babies' risk of complications and went on to conclude "There is no firm evidence to recommend systematic elective caesarean section for breech presentation at term."

Irion O; Hirsbrunner ALmagbaly P; Morabia A. Planned vaginal delivery versus elective caesarean section: A study of 705 singleton breech presentations. Br J Obstet Gynaecol 1998; 105(7): 710-7