

## **C-Sections and Induced Births - Necessary?**

Written by Administrator  
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The Caesarian section has for a long time been used to save mothers and children who are at risk of complications near full term.

However, increasingly, "elective C-Section" is being used for the convenience of doctors and patients without medical justification. This has important health and cost impacts which should be carefully considered. Often the C-section comes about as a complication of induced labor. These are highlighted clearly in the following set of articles:

### **[Cesareans and Induced Births: Who Is Choosing These Procedures--and Why? Part 1](#)**

Since 1975 the rate of C-sections has tripled to now constitute 30% of all births. The number of induced labors has risen to 22% and 40% of these are "elective".

Unfortunately, induced labor causes problems for mothers and babies. Babies are more likely to require neonatal intensive care and mothers at a minimum have a long and difficult recovery from surgery.

If you or your doctor are considering induced labor, please consider the health and financial implications carefully.