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NESA's Anti-Caesarean-Section Campaign

The dangers of overused Cesarean Sections

In the last decade there was a tendency all over the world to increase the rate of Caesarean sections. It rose from 2.1 % in 1931 in Germany (1) to more than 30 % these days in some countries like the United States (2) and in some private institutes even to nearly 90%.

There are many reasons for this dramatic increase: The fear of court cases, the misinterpretation of the monitoring or missing knowledge of birth physiology, the acceptance of Caesarean section on demand through scientific publications (3), and certainly also the availability of easier and modified surgical methods like the one distributed by the NESACADemy.

The Homo sapiens is the only species that developed methods to assist the physiological birth process. We know that more than 4,000 years ago midwifery was a recognized profession. The main reason for the need of birth assistance is the relatively big size of the human head, which nearly equals the pelvic diameter (4). This similarity of diameters is due to the bipedalism of the Homo sapiens, which results in a narrow pelvis and the evolution of a big brain.

In the past, in case of disproportion between the size of the head and the pelvis, the result was the death of both mother and baby. Evolution arranged delivery which is conducted and initiated by the newborn itself (5) in such a way that vaginal birth is possible. However, as a result human babies are dependent. In comparison to most mammals, which very shortly after birth are able to find themselves the mother's nipples and can walk instantly, the human baby needs months and years until independency. In these days, where a dramatic rise in the rate of Cesarean sections

is occurring, the question arises: what will be the future of generations born by Cesarean section (6).

When the sizes of the head and pelvis are no longer a limiting factor, the normal evolution of our species concerning the timing of a physiological birth might change. The genetic message will get lost and it is not improbable that in the future physiological characteristics of the Homo sapiens might change.

The changes happen much faster than we believe. The average height of adults has increased over the last century (7).

This could be due to nutrition and environmental as well as other factors. Structural changes happen faster than we might believe. Blue eyes and lactose tolerance are features of the human species that did not exist 10,000 years ago (8).

If the size of the head or the diameter of the pelvis, due to continuous use of Cesarean sections over the next generations, will not be an evolutionary factor, there will not be any reason for restricted pregnancy time. It is possible that the longevity of the placenta will change. Longer pregnancies will become possible and as a result babies will be born more mature.

There are also practical reasons to avoid unnecessary Cesarean sections like the increased risk for Placenta Accreta, pregnancies in the scar and ruptures in subsequent pregnancies. Elective Cesareans might cause a higher risk for neonatal respiratory morbidity and may be manifested later in complications during future pregnancies. Repeated Cesarean deliveries have higher rates of complications, which might cause unnecessary hysterectomies (9)

Therefore, the NESA is starting an Anti-Cesarean Campaign. We insist that Cesarean sections should be performed just for indicated medical reasons, such as Placenta Previa, CPD, and Acute Bleedings, as well as any situation which poses risks to the mother or the baby

We will promote this idea in hospitals, conferences and letters to scientific journals, and would be grateful if you could distribute this information among your colleagues.

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