

# Enoki Writing Class

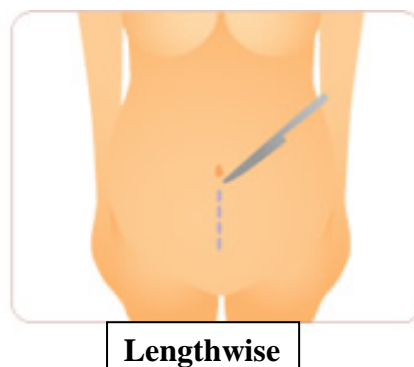
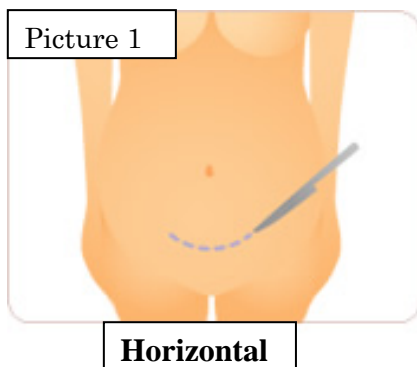
‘Explain what a Caesarean Section is and discuss its benefits and problems for mothers.’

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In this essay, I will write about a Caesarean Section. A Caesarean Section is the delivery way of a baby through a cut (incision) in the mother's belly and uterus instead of the Vagina. It is also called a C-section. There are six different types of C-section. The lower uterine segment section, it is the procedure most frequently used today. It involves a transverse cut just over the edge of the bladder and results in less blood loss and is easier to repair. The classical caesarean section involves a middle longitudinal incision which means enough size for normal way too, but it is rarely performed today as it is more prone to complications. An emergency caesarean section is a Caesarean performed once work has commenced. However, a Caesarean performed in an obstetric emergency is a crash caesarean section, where complications of pregnancy onset suddenly during the process of labor, and swift action is required to prevent the death of mother, child or both. Also this could be done in cases of too much bleeding or when the placenta cannot be separated from the uterus which is called Caesarean hysterectomy which consists of a Caesarean section followed by the removal of the uterus. By tradition other types of Caesarean section have been used, such as extra peritoneal Caesarean section or Porro Caesarean section.

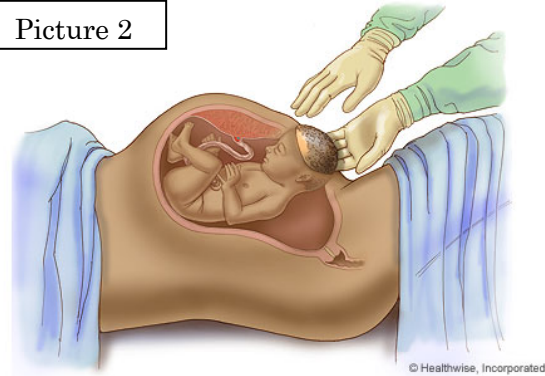
Now I will explain how the C-section is done. The Caesarean Section has two types of cutting way which is the horizontal cut and lengthwise cut. The horizontal cut is cutting based on the chapped skin line and across the pubic hair line so it will be an



inconspicuous cut line, but if it's an emergency an must be done by length cut (see Picture 1). Both operations are

about 45 minutes long. First, the mother has a local anesthetic also called a pain killer. Second her uterus is cut open to deliver her baby. In addition if a fetus's head position is was on the other side, it's pushed from the bottom of the uterus and if the pelvis was too small to deliver, slowly pulled out a child (see Picture 2). Finally the doctor stitches the cut line after delivering the baby. Then the mother stays at hospital.

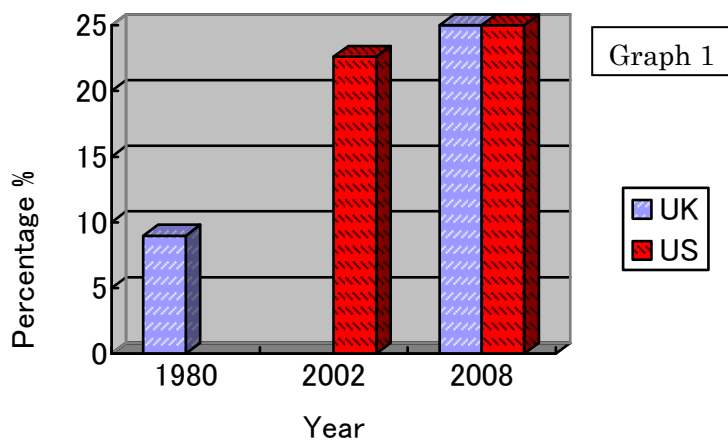
Picture 2



However mother cannot give her milk to the child a day after the operation because she is still hurting and mother has to stay at hospital for four weeks or at least a week. It is much longer than the normal way. A month after the birth, a baby must have a medical examination as a normal way of birthing a baby. At the same time the mother has to have a medical examination too, and check how much stitches and uterus repair is needed and just making sure nothing is wrong with their health and also to check the wound is completely recovered in a year.

Sometimes a planned C-section is needed for the safety of the mother or baby. There are some examples, if a baby is too large for the mother's uterine or her pelvis shape is too small. Also if she is carrying more than two babies or the baby is not in a head-down position close to her due date, and also if she has a problem such as heart disease that could be made worse by the stress of labor. In addition if she has an infection that she could pass to the baby during a vaginal birth. Also if she had a C-section before and she has the same problem this time or her doctor thinks labor might cause her scar to tear, but in some cases even if she had a C-section in the past, she may be able to deliver her next baby through the, normal canal.

However, recently in the UK and US some women want to do this for the wrong reasons and increasing the number of C-section births. In UK in 1980, it had done only 9% but in 2008, it became 25%. Also in the US in 2002, C-section used was 22.6% and in 2008 it became 25% too so this is the same happen as in the UK (see the Graph 1). This is the one of the patterns who can deliver a birth in the normal way but she thinks C-section is more stylish way, or it is such a celebrity way because of many famous entertainers.



In 2007, in UK, there is an article about C-section. The article says, delivery by C-section is a one of the trends in the UK, because many famous entertainers have chosen this way, there are some cases, for example Victoria Beckham and Elizabeth Hurley. Recently 50 people would say a C-section can control schedules and like a celebrity child birth. Moreover “too posh to push “, was a vogue phrase at that time. Also in the UK and US mothers have the wrong reasons to choose a C-section. For example, some mothers are worried about after the delivery sex and the shape of their body. She thinks that once she has done this, she cannot give a birth in normal way. Furthermore some doctors recommend a C-section, because a C-section can be a hospital profit. In fact, a C-section is an unhealthy way to give birth to her child,

because there is a data of old women and men who was born in C-section. They have some health problems which are lifestyle related disease, Hypertension and Metabolic syndrome etc.

Babies probably have breathing problems if they are delivered before its due date (about four times more likely to suffer). Moreover, C-section causes more risks to the mother than a normal vaginal delivery too, because it has some problems. For example, C-sections can cause to an infection mother in the incision or in the uterus. Also blood loss and blood clots can form in the mother's legs. There are more problems from the anesthesia, such as nausea, vomit-ting and severe headaches. Therefore, a C-section can injury the mother or baby or both.

In ancient Egypt and Islam, the Caesarean section was done for an unborn child delivered from the mother's abdominal wall when her baby had died. The first C-section done with a living baby was in 16C. This operation was performed by a French surgeon named J.Guilbemeau. (1550-1604) and 1610 in Germany performed by J.Trautmann.

In Uganda, Africa some ethnic group's old childbirth was done by a C-section in the 19<sup>th</sup> to early 20<sup>th</sup> century. Also the mother did not die. It was a big discovery for Western doctor.

Consequently the Caesarean Section is not the worst way of delivering a child but it is not a best way. Nowadays there are so many mothers think that a C-section is one of the celebrity ways or cool way's for childbirth because of some famous entertainer mothers had chosen a C-section even when they can do the normal way too. In fact, C-section is not always good because it gives them an adult disease and some more problems. Therefore, I recommend mothers to think about it again and chose the right way. In my opinion, a normal way is the best way of deliver a child.

## References:

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