

# The Impact of C-Section

Just because something is common does not necessarily mean that it is the right choice for us. We should always consider our best interests when deciding for ourselves, and this especially holds true with our health!

Cesarean section (C-section) birth is on the rise throughout the world. While cesarean section is effective and should be used in life-threatening situations, C-section without medical need is on the rise. While it may seem that c-sections are commonplace, researchers have found that unnecessary C-sections can lead to an increase in trauma to the spine and nervous system during birth.

In a particularly recent study, two researchers conducted independent studies where they researched the connection between C-sections and neurodevelopmental and psychiatric disorders in babies. 61 studies consisting of 67 independent samples were included. In comparison to vaginal birth, researchers found that those who had C-sections during birth had increased odds for autism spectrum disorders and attention-deficit/hyperactivity disorders. When we go through a C-section, we interrupt the body's natural birth process and intervene. This can increase risks to both mom and baby. When we intervene without medical necessity, we run the chance of doing more harm than good in the long run. An increase in the risk of spinal trauma means increasing the risk of damage to the nervous system and potentially causing developmental issues later on in life.

While cesarean sections can be life-saving, it is essential to understand that they are not without risk. Prenatal chiropractic care helps to not only help mom feel comfortable during pregnancy, but also seeks to facilitate the birth of her choosing. We recommend children be checked for subluxation after birth, as well, especially following a c-section, to help them grow and develop into the healthiest version of themselves! When it comes to health -- prevention and choice are pivotal!

Zhang, T., Sidorchuk, A., Sevilla-Cermeño, L., Vilaplana-Pérez, A., Chang, Z., Larsson, H., ... Cruz, L. F. D. L. (2019). Association of Cesarean Delivery With Risk of Neurodevelopmental and Psychiatric Disorders in the Offspring. *JAMA Network Open*, 2(8). doi: 10.1001/jamanetworkopen.2019.10236



**Cesarean section can not only impact the microbiome of baby, but also cause trauma to the delicate structures of the upper neck and head. Pediatric chiropractors are experts at evaluating and correcting the impact of this trauma following birth and can help children grow and develop into the healthiest versions of themselves!**



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