

APRIL Health Topic

Cesarean Section



INSTITUTE FOR
WOMEN'S HEALTH
RESEARCH™
AT NORTHWESTERN UNIVERSITY

A cesarean section, or C-section, is a procedure in which a baby is surgically removed from the uterus through an incision in the lower abdominal wall.

Common reasons for cesarean section include improper positioning of the baby, multiple births, lack of oxygen to the baby, problems with the placenta, or incomplete dilation of the cervix. Because cesarean section is a surgical procedure, the recovery time is longer and carries higher risks such as infection, increased bleeding during the procedure, urinary tract infection, and blood clots. Women who have had a c-section are also at higher risk for complications in future pregnancies such as placenta previa, bleeding, or tearing of the scar line in the uterus. Contrary to previous practice, most women are now able to safely undergo vaginal birth after cesarean section depending on the type of prior incision and other medical factors.

Resources at Northwestern for Cesarean Section

The Prentice Women's Hospital at Northwestern Memorial Hospital offers a range of women's health services from pregnancy care to cardiovascular health and skin care. With the capacity for 13,600 births annually, the hospital offers services in routine pregnancy care, high-risk pregnancy, infertility, reproductive genetics and newborn care. The state of the art facilities and nationally renowned physicians offer comprehensive pregnancy services such as ultrasound, counseling, and fetal monitoring. The hospital offers a diverse array of programs including a class on cesarean birth to help expectant mother's gain a

better understanding of the procedure.

Northwestern Physicians/ Researchers specializing in Cesarean Section

The "Northwestern Faculty for Women's Health" practice, part of the Northwestern Medical Faculty Foundation (NMFF) is comprised of expert physicians and researchers in obstetrics and gynecology. The practice offers comprehensive care for gynecologic and other medical conditions. A variety of diagnostic and therapeutic procedures are offered such as cesarean section, vaginal birth after cesarean section, diagnosis of breech pregnancy, and induction of labor. Researchers in the practice conduct a variety of clinical research in many areas of obstetrics and gynecology. The section of Maternal-Fetal medicine at NMFF offers specialized care for women with high-risk pregnancies or special medical considerations such as prior miscarriage, prior preterm birth, or multiple births. Click to see physician profiles and clinic information:

- <https://www.nmff.org/ClinicalMedical/department.asp?id=10>
- <https://www.nmff.org/ClinicalMedical/department.asp?id=25>

IWHR Highlighted Researcher

Dr. William Grobman, MD, MBA is an Associate Professor in the Departments of Obstetrics and Gynecology, Preventive Medicine, and the Institute for Health Care Studies at Northwestern. In addition to his medical degree, Dr. Grobman has an MBA in health services administration and decision science. His research interests include clinical out-

comes research related to cesarean section. Recent research has included establishing the association between number of prior c-sections and adverse outcomes (morbidity) in women with placenta previa, and investigating the risk of uterine rupture in vaginal delivery based on prior cesarean section. Most recently, Dr. Grobman was published in the American Journal of Obstetrics and Gynecology for his investigation of a prediction model for morbidity in women who undergo trial of labor for vaginal birth after cesarean section. The study showed that women who undergo a trial of labor with greater than approximately 70% chance of vaginal birth after cesarean are not at increased risk of morbidity compared to women who undergo an elective repeat cesarean. A member of various medical societies including the American College of Obstetricians and Gynecologists and the Society for Maternal-Fetal Medicine, Dr. Grobman is the recipient of various prestigious research grants and awards.

Useful Links and Resources:

- <http://www.nlm.nih.gov/medlineplus/cesareansection.html>
- <http://www.americanpregnancy.org/labornbirth/cesareanprocedure.html>
- <http://www.medem.com/medlib/article/ZZZ2T2B627C>
- <http://www.ican-online.org/>

Upcoming Conferences / Symposiums

2009 Clinical Research Education Conference at Northwestern, May 15, 2009:
● <http://www.nucats.northwestern.edu/education/CRPT/CREC/>

January

February

March

April

May

June

July

August

September

October

November

December