

Midwives Reduce Occurrence of Caesareans

BY JOSH AHN
STAFF WRITER

Chances of a Caesarean childbirth are reduced dramatically when a woman uses a nurse-midwife during labor and childbirth, a recent study reported.

This decrease may come from the emotional support and individualized care that nurse-midwives give, said Trish Payne, a nurse-midwife in UNC Hospitals Family Practice Division.

"If you provide holistic care, the woman is more likely to keep her appointments and show up," she said.

"You have to be really patient and focus. There is a mind-body connection," Payne said.

Nurse-midwives are more cost-effective and have good outcomes with lower Caesarean rates, even in groups of women at high risk, Payne said.

According to a survey by the Public Citizens Health Research Group, 25 percent of the babies born in the United States

today are born by Caesarean section, but less than 12 percent have attending nurse-midwives.

In 1991-1993, the rate of Caesarean sections performed in Orange County was 18.9 percent and 20.7 percent in 1988-1990, according to statistics from the N.C. Department of Environment, Health and Natural Resources.

Payne said the percentages were too high, but she said she was especially pleased with the percentage at UNC Hospitals, which she estimated in the teens.

The nurse-midwife option is also more cost-efficient since only the nurse-midwife, a registered nurse, and the couple are present for the delivery, said Elizabeth Sciora, a nurse-midwife in Durham Regional Hospital's Women's Clinic. When there are signs of an abnormality a physician is called in, she said.

"CNM's (Certified Nurse-Midwives) are very low technology, low intervention people," Sciora said. "We can let nature do its thing, and it usually does the right

thing."

There is a difference between midwives and nurse-midwives, Payne said. Nurse-midwives go through a training and accreditation program through the American College of Nurse-Midwives, whereas midwives have little formal training, Payne said.

"We stay with women during labor and provide them continuous support," she said.

"We try to know what they want and give support both physically and emotionally and talk to her about what's safe for her baby and what she wants to do," Payne said.

Nurse-midwives also can administer medication, treatment and prenatal care, Payne said.

Plans are under way to build a new birth center on Airport Road which should be operating by January, run by a staff of nurse-midwives.

In 1991-1993, the N.C. Memorial Hospital had a total of 1,229 Caesarean births,

with a rate of 19.2 percent, according to the State Center for Health and Environmental Statistics.

Caesarean sections are performed for several reasons: when there is fetal distress, labor is failing to progress or a similar emergency arises, said Dr. Steven Wells, associate professor of the Maternal Fetal Medicine Division of the UNC Medical School.

Some of the other situations that can arise include breach babies, births where the fetus comes feet first or in a sideways position.

When there is a premature delivery of the placenta or when other emergency situations arise.

The performance of a Caesarean section usually is decided by clinical judgments, Wells said, but can be determined by the mother if she has had a previous Caesarean section.

Wells said some of the dangers facing the mother included excessive bleeding, infection and damage to internal organs.

COUNCIL

FROM PAGE 1

development, elected officials reported that the largest contribution to their success was not that visible to the public.

"A campaign is not simply a bunch of forums that I go to, looking pretty and saying the right things," Capowski said.

"A lot goes on behind the scenes. I have to thank Flicka Bateman and the entire team who did a great job backing me. They're the ones who tell me where to go, make me look pretty and see that things go

smoothly."

As predicted by Chilton, the question of the fourth town council seat did become the ultimate surprise factor in the race.

Incumbent council member Pat Evans was elected over former chairman of the Board of Transportation, Richard Franck, by only 36 votes.

"I am very satisfied with the results," Franck said. "I really want to thank everyone, especially my campaign manager Ruby Sinreich. I can't complain about losing by 36 votes."

The election of former Town Council

member Rosemary Waldorf to the position of mayor has opened up an additional seat on the council.

The seat must be filled by an appointee of the council. Town Council members will vote on the seat in early December, and many see Franck as the choice.

"He is the most logical choice," said Ann Margaret Franck, his wife. "The race was so close that it only makes sense he should be appointed."

Emily Newell and Megan Driscoll contributed to this article.

CARRBORO MAYOR

FROM PAGE 1

volunteers. "We had a great campaign team," he said. "They did a very good job."

Nelson waited with his campaign manager and a group of about 30 supporters at Main Street Travel in Carrboro as the results came in on the radio. Nelson works as a travel agent there.

Carrboro elected a mayor who will work with the good of the community as his

main focus, said Matt Stiegler, Nelson's campaign manager.

"I'm pleased that we won," Stiegler said. "It says something good about Mike Nelson, and it says something really good for the people of Carrboro."

The campaign team kept in touch with voters, talking to them by phone or through door-to-door visits, Stiegler said.

"I think the number one thing was that we were able to keep the race focused on the issues."

Randy Marshall, a 10-year veteran of the Carrboro Board of Aldermen who ran against Nelson, will give up his seat on the board at the end of the month.

He said he did not have any plans to run again in two years.

"I don't know if I have any plans to stay involved in Carrboro politics," Marshall said.

"I haven't given it that much thought. I don't know what I will be doing in two years."

LOUGANIS

FROM PAGE 3

In 1993, during preparations for his 33rd birthday, Louganis revealed his HIV status to his mother.

"She took it pretty well," he said. "She told me that mothers aren't suppose to

oultive their sons. Then she said, 'You've beaten so many odds that I have nothing to worry about.'"

After telling his mother, he said he knew it was time to come out publicly. At the 1994 Gay Games in New York, he revealed that he was gay.

"I knew I was around people who un-

derstood," he said. "That made the transition much easier."

"Barbara Walters asked me the big question, 'HIV or AIDS?'" he said. "Technically I have AIDS because my t-cell count is below 200."

This year, Louganis wrote his book. He performed in the New York production of "Jeffrey," the story of a man who dies from AIDS. He beat his dependency on pain

CHAPEL HILL MAYOR

FROM PAGE 1

"I believe that the opponent's campaign was an attack on me and that I had to many times defend myself."

Foy, who is a newcomer to town politics, did not share Waldorf's opinion. "Campaigning has been very exciting," he said. "A local campaign involves talking to your neighbors. This is fun, especially when your neighbors are cool."

Although he came up short at the polls, Foy said his issues were well received in the community. "Even when people didn't agree with me, they were gracious and civil, this is what a community is about."

Foy said if Waldorf considered development carefully, she would serve the community well. "She looks at the outcome. There is a great depth of feeling about growth and development. If the council and the mayor keep that in mind, it will be good for the community."

Mary-Kathryn Craft and Alex Poldogor contributed to this article.

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IN THE NEWS

Top stories from the state, nation and world

U.S. Servicemen in Japan Admit to Planning Rape

NAHA, Japan — The three U.S. servicemen spotted the 12-year-old schoolgirl as she stood outside a stationery store where she had gone to buy a notebook.

According to prosecutors, the men grabbed her, shoved her into a car and bound her with tape they had bought, along with condoms, at a grocery store on a U.S. airbase. Then they drove her down a lonely road lined with fields of sugar cane.

Navy Seaman Marcus D. Gill calmly confessed Tuesday to raping the girl — a crime that has damaged America's security ties with Japan, its most important Pacific ally. Marine Pfc. Rodrico Harp and Kendrick Ledet admitted to helping.

Prosecutors gave a graphic account of the crime, saying it began on the afternoon of Sept. 4 when Gill, Harp and Ledet were out cruising in a rented car.

The rape was Gill's idea, prosecutors said. First, the three men drove to a grocery store on a U.S. airbase, where they bought condoms and electrician's tape. Next they went to a nearby town in search of prey, prosecutors said.

That search ended at about 8 p.m. when the 12-year-old girl stepped out of the neighborhood stationery store. Ledet and Harp allegedly shoved her into the car and bound her with the tape as Gill drove down the remote road. Gill confessed to raping the girl and then dumping her there before returning to his base.

McNamara Visits Vietnam

HANOI, Vietnam — Robert McNamara returned to Vietnam Tuesday for the first time since the end of the war he helped escalate in the 1960s, hoping to persuade the country to open its archives on the conflict.

The former U.S. defense secretary admitted in his memoirs, published last spring, that American participation in the Vietnam war was "terribly wrong." The mission of his current trip to the former enemy capital was to propose a conference of war era decision-makers from both countries.

"We're here, obviously, for one reason — to see if Vietnam and the United States can draw lessons from what was a tragedy for both sides," McNamara told reporters.

McNamara, who was defense secretary in 1961-68 under Presidents Kennedy and Johnson, came as part of a delegation from Brown University and the New York-based Council on Foreign Relations.

Council Vice President Karen Sughrue said the group hoped Vietnamese leaders would release new archival materials and answer questions about their perceptions of American wartime policy.

"The majority of the American writing on this subject is completely uninformed about Vietnamese decision-making," she said.

Government Doesn't Want To Stockpile Cancer Drug

WASHINGTON, D.C. — Easily made and costing only pennies, potassium iodide pills can prevent thyroid cancer in people exposed to radiation. But the government has made no effort to stockpile them at nuclear plants despite the recommendation of a presidential commission.

The nuclear industry says stockpiling the pills would be impractical. Critics say the industry is just scared of bad publicity. Federal regulators have said a large-scale effort "would not be worthwhile" — but they're about to take another look.

In the 16 years since the Three Mile Island accident, there has been dispute among nuclear safety officials, the nuclear industry, scientists, health experts and government bureaucrats over whether the government should stockpile the pills in the event of a major release of radiation.

FROM WIRE REPORTS

Acquitted Navy Officer May Not Be Promoted

WASHINGTON, D.C. — The Navy will likely refuse to promote a captain acquitted last month in a sexual-harassment case, a Navy official said Tuesday.

Navy Secretary John Dalton is considering blocking the promotion of Capt. Everett L. Greene who was cleared of criminal wrongdoing after being accused of making repeated contact with two female subordinates. Greene was in line for promotion to admiral until he refused a settlement in the harassment case, opting to stand before a full-blown court-martial. At that point, the Navy asked the Senate

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FROM WIRE REPORTS

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