Labor Day Surprises Part 2

Episode 21 · February 28, 2017 · with Sarah Wright Olsen

IN THIS EPISODE

Daniela Ruah returns with her husband Dave Olsen, her sister-in-law Sarah Wright Olsen, and guest co-host Brian Herzlinger to tell Dr. Elliot Berlin, DC how her second baby's birth went sideways before it even started: the baby is breech, her OB doesn't do vaginal breech births — and then her water breaks at 1:30 in the morning on Labor Day weekend, with no bags packed and no doctor lined up. Part 2 of the three-part Labor Day Surprises series; Sarah's story follows in Part 3.

About this transcript: *This transcript was created with AI-assisted transcription and reviewed by our team. It may not be 100% accurate — names, medical terms, and phrasing can occasionally be mis-transcribed. For exact wording, please listen to the episode audio.*

DR. ELLIOT BERLIN, DC: Welcome back to the Informed Pregnancy and Parenting podcast. Today's episode is Labor Day Surprises. We are here with Sarah Wright Olson and Daniella Rua and her husband, David Olson, and a bunch of babies.

BRIAN HERZLINGER: And

DR. ELLIOT BERLIN, DC: Brian

BRIAN HERZLINGER: Herzlinger. That's an appropriate order.

SARAH WRIGHT OLSEN: One of the babies.

DR. ELLIOT BERLIN, DC: Thank you very much. Let's get into the juicy details. You, Danny and Dave, you told me you found out you were breached just a few days before your baby Sierra was born. Correct. Came into the office. We tried to do some chiropractic and massage and adjusting, which usually we do three or four times. You gave me one shot.

DANIELA RUAH: No, she gave you one shot.

DR. ELLIOT BERLIN, DC: She gave me one shot. And then that was on a Friday, I feel like, just before Labor Day.

DANIELA RUAH: Yes.

DR. ELLIOT BERLIN, DC: And the next time I connected with you was?

DANIELA RUAH: At Sunday at 2:00 AM.

DR. ELLIOT BERLIN, DC: 2:00 in the morning on Labor Day. You shot a quick text saying, "Hey, any chance you're awake?" I said, "Sure. What's up?"

DANIELA RUAH: Well, we have to preface this. I had an OB who I absolutely adored. He's a wonderful, wonderful physician, but he unfortunately only does C-sections when it comes to breach births. And I had openly told him, "I'm healthy, baby's healthy. I'd love to try this as a vaginal birth. I really don't want to resort to a C-section unless we really, really have to." So he said, "I can recommend another physician to you or you can have a home birth." And so I never got the recommendations because we were weeks out from the birth. So I kind of went home and we tried to turn her, et cetera, et cetera. And then on Sunday of Labor Day weekend at 1:30 in the morning, my water broke and I went into active labor because the contraction started.

DR. ELLIOT BERLIN, DC: Was it like a very big obvious gush or was it like -

DANIELA RUAH: Well, I was sleeping. Dave fell asleep on the couch in the living room watching TV and I was in bed at 1:30 in the morning and I just felt this warm water gush. And I just opened my eyes and I was like, "Oh crap, I know what this means." And in fact, because I didn't get contractions with River when my water broke, I was just hoping that I would with her because I really didn't want to get induced again. So I got up and I took my wet pants and myself to the living room to go and wake up Dave. And he's like, "What's up? What's going on?" I said, "I think my water just broke." And Dave exhaled and then said, "But can we labor at home like we planned for a little bit before I go to the hospital?" I was like, "No sweetie, the water broke.

DANIELA RUAH: (03:10): It's time to hustle because we don't have bags packed. We have river." My mom was on a plane on her way to us, so she would be there supposedly for the birth. Luckily Dave's parents were in town just for that weekend.

SARAH WRIGHT OLSEN: But also nor did you have a doctor.

DANIELA RUAH: Nor did I have a doctor, which is why I have such pregnancy brain. Thank you. Which is why I was... Yes. At this point I had no doctor. But I called my original OB and I said, "Hey, I need that recommendation."

DR. ELLIOT BERLIN, DC: You called him at two o'clock in the morning?

DANIELA RUAH: I think I called him either right before or right after you. I think it was right before I contacted you.

DR. ELLIOT BERLIN, DC: Sometime early in the morning, on Sunday morning.

DANIELA RUAH: So I texted you, I texted my doula and I called the doctor and I said I need that recommendation.

SARAH WRIGHT OLSEN: Wait, did you have the doctor's phone number?

DANIELA RUAH: No, no, no. I called his answering service and he called me back.

SARAH WRIGHT OLSEN: Oh, I was going to say I need to have a conversation with Dr. Goldberg.

DANIELA RUAH: No, no, no. No, no, no, no, no. I didn't. Anyway, so the three of you basically came up with one name in common. You all had different recommendations, but one name was common amongst you, Dr. Crane. And so I called him and I left a voicemail and said, "Hi, you don't know me and my water broke. I have a breached baby. I know that you deliver vaginally and I really want to try it out. It's my second child. Please, please, please. I beg you, beg you, beg you. Call me back."

DR. ELLIOT BERLIN, DC: You called his office?

DANIELA RUAH: I called the answering service that way. I Googled him.

DR. ELLIOT BERLIN, DC: Oh, you Googled him and called his answering service?

DANIELA RUAH: Yeah. Or maybe you or my doula sent me the number, but it was for the office regardless. But he called me back from his cell phone and asked me all the questions necessary.

DR. ELLIOT BERLIN, DC: How soon after you left the message?

DANIELA RUAH: 15 minutes, 20 minutes,

DR. ELLIOT BERLIN, DC: Something like that.

DANIELA RUAH: Yeah.

DR. ELLIOT BERLIN, DC: In the middle of the night on a weekend on the holiday weekend.

DANIELA RUAH: Well, because he hadn't called me back. In my mind, those 15 minutes felt like an eternity because I'm like, "I'm going to have this baby in my bedroom with no help." So at that point I texted you and you recommended yet another doctor who I also spoke to. But in the meantime, Dr. Crane called me back and asked me all the questions necessary. He said, "You're a perfect candidate because of your height and it's your second child and your firstborn was not a very big baby. It's 37 weeks. So for a bunch of reasons it seemed appropriate to try give this a shot." So he said, "Meet me in my office. Call me when you're 10 minutes out." And that's what we did.

DANIELA RUAH: I was literally running around the house with an app that I downloaded at the moment so I could time my contractions. (05:33): So I was running around packing my own bag. Even when he was on the phone with me asking me questions, I was like, "Give me one second, just breathing through a contraction."

SARAH WRIGHT OLSEN: I was going to ask you, did you have contractions?

DANIELA RUAH: Oh yeah. I was having contractions and they moved along very quickly actually. They were at first 10 minutes apart, but within an hour they were maybe five minutes apart and it was pretty quick. So I was trying to get a box of snacks ready for River to eat at the hospital because all of a sudden we don't have somebody to stay with us or to take him somewhere else.

DR. ELLIOT BERLIN, DC: You were not originally planning to have him at your birth?

DANIELA RUAH: No.

DR. ELLIOT BERLIN, DC: And he didn't end up coming.

DANIELA RUAH: He was at the hospital until my mother-in-law arrived. And I'll tell you how that felt to have him there in a second. But anyway, so I'm running around trying to put a box of snacks together for him and literally going down to the floor into fetal position, breathing through a contraction and then looking at my watch going, "Okay, I've got three minutes to get this done and get myself in the car before the next contraction comes." Or four minutes, whatever it was. So I was hustling and then in the car, I just kind of like Sarah did too. I was sitting in the front seat with my seatbelt on, but facing the back. River was in the seat not really understanding why mommy was doing this through contractions.

DANIELA RUAH: And dad's like, "River tell mommy she's doing a great job." We're trying to keep it positive for him not to be scared of these visceral noises that I'm making.

DR. ELLIOT BERLIN, DC: So you didn't prep him at all for being at a birth?

DANIELA RUAH: Well, no, I didn't really expect him.

DR. ELLIOT BERLIN, DC: Has he seen birth videos or anything like that?

DANIELA RUAH: No. No, we didn't at all. Nothing. He was supposed to stay home with my mom had she had everything happened in time. And so we got to the hospital and I was still very conscious or sorry, I got to the doctor's office. He checked me. He said you're at four centimeters, which I was really happy about because everything was, it felt what it felt like, but it was bearable. And yeah, so he said I'll see you in the hospital in 20 minutes. And my doula had met me at the doctor's office too. So we went to the hospital and River and Dave were there. And during a contraction at some point Dave told River to come hold my hand. I can't remember exactly what you said, but basically you put River next to me and put him close to me and I'm not kidding.

DANIELA RUAH: It actually helped the pain. (07:42): It was a very, very conscious help to the pain to have him hold my hand and stroke my hair and tell me that I was doing a great job, mommy.

BRIAN HERZLINGER: Where was Dave during this? What's going on?

DANIELA RUAH: No, no. Dave and they were both in the room with me. They were both right next to me.

BRIAN HERZLINGER: Were you doing the hair stroking thing too?

DANIELA RUAH: No, River was. Controlling the situation.

BRIAN HERZLINGER: What were you watching on TV when this all occurred?

DAVE OLSEN: I was just there.

DANIELA RUAH: No, you weren't. No, you weren't. You were holding my hand the whole time.

SARAH WRIGHT OLSEN: I think it's fascinating though that you, I mean this night timeline was amazing to me. I love hearing the story because you went to the doctor's office.

DR. ELLIOT BERLIN, DC: Right. At four o'clock in the morning.

SARAH WRIGHT OLSEN: At four o'clock in the morning, three o'clock in the morning.

DANIELA RUAH: It was

SARAH WRIGHT OLSEN: Five

DANIELA RUAH: When we got there.

SARAH WRIGHT OLSEN: Okay. But then you end up meeting him at the hospital.

DR. ELLIOT BERLIN, DC: Which is not far away.

DANIELA RUAH: No, it's like literally five minutes away.

DR. ELLIOT BERLIN, DC: But it's kind of amazing. In very few towns do you even find doctors who do vaginal breach birth anymore? You basically had a choice of three that night. You narrowed down one because you wanted to do hospital birth and then you had two that you were kind of back and forth with, none of whom you had ever met before, but all available to take you on if you met their criteria. And then yeah, you go to the doctor's office in the middle of Beverly Hills at four, five o'clock in the morning.

SARAH WRIGHT OLSEN: And you're like, I'm four centimeters.

DR. ELLIOT BERLIN, DC: And you're contracting.

DANIELA RUAH: I was just happy that my body was doing what it was supposed to do without any help.

DR. ELLIOT BERLIN, DC: That's what I was happy

DANIELA RUAH: About.

DR. ELLIOT BERLIN, DC: Have your kid with you.

DANIELA RUAH: Yeah.

DR. ELLIOT BERLIN, DC: Labor Day surprise I think is a good title. There were more surprises than I even knew about. Had you guys talked about breach birth before?

DANIELA RUAH: Had we talked about it?

DR. ELLIOT BERLIN, DC: We knew you were breached, but did you look into the different pros and cons of vaginal versus cesarean?

DANIELA RUAH: We talked so extensively about how we would ideally deal with birth. Had I started contractions without the water breaking, we knew that we wanted to stay home as long as possible.

DAVE OLSEN: We had a meeting with the doula to go through the planned birth of where to labor, when to go in, if there's traffic, all this other stuff. There was an established plan that was pretty good. And then when it was breach, kind of all hell broke loose because we didn't have anything. Then when Sunday came and at 1:30 in the morning she wakes me up from the couch, I though to myself, "Ooh, if I'd fallen asleep in the bed, this might not have happened."

DANIELA RUAH: I don't know why, but okay.

DAVE OLSEN: That was my first thought. We had no doctor. We had nothing, nothing. So between 1:30 -

DANIELA RUAH: We had no traffic.

SARAH WRIGHT OLSEN: That's true, which is rare. That is true. You were worried about the traffic.

DANIELA RUAH: It was Sunday on Labor Day weekend and in the middle of the night. No traffic, which was our biggest concern because we live far away from Cedars, which is where we delivered.

DAVE OLSEN: Yeah. And we had toured Cedars. She had selected Cedars and the fact that we, like you said, found the doctor that would do a vaginal breach birth on a Sunday and he didn't have another patient and he was available, I mean to even do it was the stars were kind of aligned.

DR. ELLIOT BERLIN, DC: A lot of things came together. Had you guys seen the documentary we made about breach?

DANIELA RUAH: I did. I did. Not bottoms up. What is it called?

DR. ELLIOT BERLIN, DC: Heads up. Bottoms up would've been great. No problem.

DANIELA RUAH: That's right. Sorry. Yes.

DR. ELLIOT BERLIN, DC: Bottoms up is right after this podcast.

DANIELA RUAH: They're both expressions. Yes. Yeah, I had seen it for sure. And I remember Dr. Paul Grain was on there actually.

DR. ELLIOT BERLIN, DC: Yeah.

DANIELA RUAH: And he's very comfortable with

DR. ELLIOT BERLIN, DC: Breach. You already had a vaginal birth and that's his big thing.

DANIELA RUAH: Yes, exactly.

DR. ELLIOT BERLIN, DC: Once you have, he's very comfortable. He's done many of them.

DANIELA RUAH: And you know what? At the end of that documentary was what I think was a big part of sealing the deal for me and doing it unmedicated because the video that you show at the end of a woman delivering a breach birth vaginally on her bed at home was so peaceful. And I know that doesn't always happen in all births. I mean, some women are louder than others, whatever it is, but it just gave me confidence that this could actually be a reality and a positive one too. And another thing

also was when I was with Dr. Crane in his office and after he checked me, he said you're four centimeters.

DANIELA RUAH: And then he says, I don't know if I'd already told him I wanted to do this unmedicated or not, but he says, "I don't usually push the epidural unless the mom wants it, but I think you're perfectly capable of doing this unmedicated." And to hear that from my doctor, which was a big contrast from the doctor who delivered River, it was a huge deal for me. (12:14): So having the confidence of my husband, having the confidence of my doctor and my doula, of course, all of that together where I was like, "I can actually do this. I have the village and the team of people that I need to make this happen." Yeah. So as Dave said, the stars just kind of aligned even though it was a heads up situation.

DR. ELLIOT BERLIN, DC: Yeah, a little surprise. How was that actual experience of pushing your baby out? You can't compare it exactly to your first because you were medicated the first time, but was there... I mean, there's such a fear society around birth in general and breach even more so. And not everybody who's breach is a good candidate for vaginal birth. I'd never suggest that anybody who's breached just go into it lightly, but you can always explore the option. Some people are great candidates, some people are not good candidates, and there's everything in between. The film is headsupfilm. com. It's called Heads Up: The Disappearing Art of Vaginal Breach Delivery. And your Dr. Paul Crane is in there along with a few others.

DR. ELLIOT BERLIN, DC: And the goal is not to really encourage people to have a vaginal breach birth, but to know that it's an option and to be able to have that option available to them if they're a good candidate. (13:27): You're probably one of the greatest candidates.

DANIELA RUAH: But one thing I will say for anybody who's listening and who is interested in having a vaginal breach birth is that there's... Or actually an unmedicated birth in general, which is, and I know Sarah went through this too. She can describe it herself, but I definitely went through this and it was very much watching Sarah do it too, which is informing yourself as much as possible. It's reading the most positive stories you can find about what you're about to do. Watching positive videos, really kind of not allowing yourself to ever fall into the negativity of some stories, which are not as positive, but those are not as common as one would think.

DANIELA RUAH: It's like we grow up in this world watching movies where women are screaming to death, having babies, pushing them out, and you grow up thinking this is something I have to go through in order to have my baby in my arms versus an amazing experience and journey that will lead to this wonderful baby in my arms. (14:29): I read as much as I could and watched as many beautiful videos as I could, peaceful ones. Even if my birth wouldn't end up being that silent, I had that in the back of my head.

DR. ELLIOT BERLIN, DC: We are going to take a quick commercial break. Don't go anywhere. We'll be right back. (16:22): Was it noisy?

DANIELA RUAH: My birth?

DR. ELLIOT BERLIN, DC: Yeah.

DANIELA RUAH: I want to say during the... David's nodding his head.

DR. ELLIOT BERLIN, DC: It was my birth.

DANIELA RUAH: Whatever you do with your face and your jaw, if it's tense up here, then you're going to be tense down there too. And so I made a very conscious effort to try and keep my face relaxed through all the contractions. And then another thing too is your throat. If you're making low visceral sounds like that, everything's open. If you start going up into this, your throat is closed. You know what I mean? Because you have to close your throat to make that high pitch sound and that's going to happen down there too. And so I remember maybe in the more intense parts of it, I was starting to make higher pitch sounds and my doula literally went, "Danny, Danny, low sounds, low sounds."

DANIELA RUAH: She brought me back down to the pit of my core, which kind of helped me relax all over again. And listen, I'm not going to pretend it didn't hurt. (17:16): Of course it hurt. Your body's doing something incredible, but it was an experience that I would absolutely go through again, in all honesty.

DR. ELLIOT BERLIN, DC: Was there panic? No. Nobody around? Dr. Crane was relaxed. The nurses relaxed.

DANIELA RUAH: Everybody was relaxed. Dr. Crane never even left the room. My eyes were shut the whole time.

DR. ELLIOT BERLIN, DC: I mean, also the doctor that you switched from is also kind of amazing.

DANIELA RUAH: Right.

DR. ELLIOT BERLIN, DC: Most doctors will be like, "No, I don't do breech and you shouldn't do breech." And he's not like that. He's like, "I don't do breach, but there are people who do breach. I feel like that's the way it's supposed to be. That's true informed consent." I was just at a breach birth at Cedars last week and also her second baby, and it was a little more chaotic because her doctor was coming from the valley and when we got into the hospital, she was only a few centimeters and within 20 minutes she was complete. So they originally told her doctor, "Nah, go back to sleep." It was in the middle of the morning too. She's only four or five centimeters. And then they called them in a panic. They're like, "Oh, she's already nine, almost 10 centimeters."

DR. ELLIOT BERLIN, DC: And a whole bunch of people ran in. They were terrified what would happen if the baby would come out breach and he wasn't there yet. (18:24): And so they were just kind of like, "Hold it in, hold it." They were saying don't push, but that essentially means hold it in. The baby's just naturally coming out.

DANIELA RUAH: That I was saying earlier, your body's going to push it out when it's ready to push out regardless of what effort you make.

DR. ELLIOT BERLIN, DC: It was kind of neat because she was open to having people come in and watch because there's not a lot of breech delivery going on. This is another doctor, Dr. Brock, who was on our breech podcast, who is doing a lot of them now. And the residents want to learn. They're

curious over there. So she was like, "I don't care. Just whoever wants to come is fine." She didn't have a doula. It was just me. I was coaching her.

DANIELA RUAH: You are a doula.

DR. ELLIOT BERLIN, DC: I am a doula, but sometimes I do body work and there's a doula there. She had her best friend who was amazing and it was me and I was looking at her, working with her breathing. When I originally started in

DANIELA RUAH: That

DR. ELLIOT BERLIN, DC: Room, there were like three people in the room and I didn't even realize. I turned around and there were literally 25 people in there.

DANIELA RUAH: Wow.

DR. ELLIOT BERLIN, DC: It was cool that they all wanted to experience it and see it, but I was like, "Where did these 25 people even come from?" It was five o'clock in the morning. There were some labor and delivery nurses. There was a couple of pediatric nurses. I think there were two helpful Honda guys. I'm not sure how they got in there. It just seemed like -

DANIELA RUAH: Are they sponsoring you because they.

DR. ELLIOT BERLIN, DC: It just seemed like everybody was in there, but it was like a neat birth and it was almost like nobody was panicky. It just seemed like... It was almost like thunderous applause when the baby came out.

DANIELA RUAH: How many people were in the room for us today? Because my eyes were closed the whole time, to be honest with you, because I was sort of in the zone, but I hear that there was a few pediatricians et cetera.

DAVE OLSEN: There was about 15 people.

DANIELA RUAH: Was there really?

DAVE OLSEN: Yeah. It got pretty busy in there. Well, no. And just like Dr. Berlin said, they all wanted to see it. So there was a whole staff of pediatricians in there, but as soon as they heard the baby cry, they all left.

DR. ELLIOT BERLIN, DC: Yeah. For breach births at that hospital, they always bring a pediatric team. That makes sense. Each one has a different... This one is like the resuscitator and each one has a goal and if they need anything, boom, it happens right away. But as soon as the baby looks great, they just take off. That's good. By the time you come to, it's a lot more quiet.

DANIELA RUAH: Yeah. One of the things I do remember Dr. Crane saying, he said something about episiotomy. I don't know if he asked me or if he asked for

DR. ELLIOT BERLIN, DC: The...

DANIELA RUAH: I don't know how that came up. I just heard the word episiotomy and I just remember just saying, "Nope.

DR. ELLIOT BERLIN, DC: No. No,

DANIELA RUAH: Thank you." He's like, "Okay. All right. I will determine this as we go along." Then I said, "That's fine." And fortunately, I did not tear at all. No stitches, no nothing, which is miraculous. With River, I got one stitch. And another thing that really, really helped was Dave made me laugh during some of these contractions. He's pulling faces, but he did,

DR. ELLIOT BERLIN, DC: And

DANIELA RUAH: It really did help.

DR. ELLIOT BERLIN, DC: Maybe it wasn't intentional,

DANIELA RUAH: Was it? Oh, it was intentional.

BRIAN HERZLINGER: Well, talk to us about the comedy. Was it jokes? Was it stories that were funny?

DANIELA RUAH: So Dave and I have this thing where if he's doing something, I'm like, "Can you stop doing that, please?" He'll be like, "Oh, I'm going to keep doing it now." And in that situation, it felt so ridiculous to me. So every time I was not having a contraction, I had two minutes to rest and just recover energy. Dave was like, "Babe, are you hungry? Do you need a snack? Do you want water?" I'm like, "No, no, I just need to sleep. I love you. Stop talking to me." And then a few minutes later, he'd be like, "Babe, do you want some water?" I was like, "No, you need to stop talking. I love you so much. Stop talking to me. I don't want to talk right now." And then at some point he gets really close to my face. He's like, "Hey, babe.

DANIELA RUAH: Babe, you want to talk? (22:07): Need some water?" I was like, "Oh my gosh, please leave me alone." But it was so ridiculous that he would do this in my mind in a moment like this where I'm supposed to be so focused that he just broke me out of that, I need to focus, I need to focus, I need to focus. Get in your head. I was getting in my head and he helped me probably unknowingly totally relax and just laugh for a second.

DR. ELLIOT BERLIN, DC: I think Dave, I'm sometimes overbooked and some people want other male doulas, I think. I have some side gigs for you.

SARAH WRIGHT OLSEN: You're going to be the male doula.

DANIELA RUAH: Dave, the silent doula.

BRIAN HERZLINGER: You should say audibly no right now.

DR. ELLIOT BERLIN, DC: Yeah. I said yes. He said yes.

DANIELA RUAH: Great. My husband's going to be seeing other naked women. Woo.

DR. ELLIOT BERLIN, DC: All right. In a moment, we're going to take a break and then come back with Sarah's Labor Day surprise. But Dave, any final word on this experience from your perspective?

DAVE OLSEN: It was kind of amazing. It was sad in a way that other people don't get the chance that it's kind of a lowest common denominator sort of thing. I'm sure you'll talk about that later.

DR. ELLIOT BERLIN, DC: Other chance because the baby's breached, you mean?

DAVE OLSEN: Because it's automatically what they resort to and it's kind of... I was in the military and the lowest common denominator makes all the rules. So if someone drinks a car battery full of acid on base, they're going to ban all the car batteries on base. That's a fictitious story, but breaches are going away. And our experience was so... It couldn't be any better. And the candidates, obviously, the protocol to decide if someone can be breach is there. And if it is allowable to be breached, our experience was so easy and so great that had she been under the knife, that would have been quite unnecessary. So that's the only thing.

DR. ELLIOT BERLIN, DC: Yeah. It's true. And sometimes people just come into the hospital and they didn't even know they were breached and they're progressing very quickly and the baby's coming out and they don't know what to do. The younger and younger doctors, as the older ones who have that breach experience retire, they don't know what to do. And so it happens where they literally have to push the baby back in.

SARAH WRIGHT OLSEN: I just heard a woman talk about this the other day where she said that they were like, "Oh, they had to push my baby back inside of me so that they could..."

DR. ELLIOT BERLIN, DC: Do a C-section and pull it out.

SARAH WRIGHT OLSEN: Do a C-section.

DANIELA RUAH: I can't imagine the horror of that. All I know is that if there is a natural disaster and the hospital is out of play and a woman is breached and is going into labor, no one's going to know how to deliver this baby if the knife is not a possibility because there's no hospital functioning in that moment.

DR. ELLIOT BERLIN, DC: The good news is, and it's in its early stages, but there is another hospital here, California hospital where you almost consider-That's

DANIELA RUAH: Where I almost went, yeah.

DR. ELLIOT BERLIN, DC: They have enough doctors who do breach and they've just recruited another doctor who does breach, and we're going to actually go show our film there next week to all of the medical staff and have a big discussion about it. They're very open. They want to be able to offer that choice and they want to sort of be able to set up twenty four seven coverage. So no matter who comes there or when they come there.

DANIELA RUAH: I just don't know how young doctors wouldn't want to learn, just even if out of curiosity, it's a fascinating event.

DR. ELLIOT BERLIN, DC: Well, part of the problem is we don't have the capacity to teach because it's not happening. So you need to see a lot of them and be hands on with a lot of them to have the comfort.

DANIELA RUAH: I guess so. What is it? 4% of births are breach?

DR. ELLIOT BERLIN, DC: 4% are breach, so 160,000 in the United States every year, which is a lot. It's one every four minutes across the country. But in a city like Los Angeles, we have so many births. Cedars-Sinai alone has around eight or 9,000 births a year. So 4% of that are breach. There's enough.

DANIELA RUAH: Cedar's fantastic.

DR. ELLIOT BERLIN, DC: Who is Cedars?

DANIELA RUAH: Cedars-Sinai. It was just a fantastic place to give birth. The staff, the nurses. I was really pleasantly -

DR. ELLIOT BERLIN, DC: You were there too? I love their jello. They have really good jello, among other things. All right. We're going to come back and hear Sarah's epic birth story.

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