



## Caesarean Section as an Alternative to Traditional Childbirth

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Every girl is ready to lead a healthy lifestyle and receive timely consultations from obstetricians and gynecologists so that a planned pregnancy can safely end with the birth of a physically healthy and mentally gifted child. At the same time, many girls today fear vaginal delivery more than caesarean section, whereas historically it was caesarean section that frightened them with the possibility of maternal death. This historical fear has deep roots. Until the Renaissance, caesarean section was performed almost exclusively as a postmortem procedure. In the centuries that followed, the operation was progressively refined and became safe for mothers. Nevertheless, until the middle of the twentieth century, caesarean section remained primarily an emergency delivery route. Consequently, no more than 5% of newborns worldwide were born by caesarean section.

At the beginning of the 21<sup>st</sup> century, advances in healthcare and improvements in living standards transformed caesarean section into an accessible mode of delivery for most pregnant women. Currently, in India, one out of five newborns, in the Russian Federation, the USA and Germany, one out of three, in China, one out of two, and in Turkey, two out of three are born by caesarean section. The experience of these countries has demonstrated that an increase in the frequency of caesarean section reduces maternal and child mortality rates by more than twofold.

Today, caesarean section is the most common surgical procedure performed in pregnant women worldwide. The operation involves

extracting the baby from the uterine cavity through carefully made incisions in the abdomen and uterus of the pregnant woman. The procedure is performed under anaesthesia and takes 45 to 60 minutes. Women can begin breastfeeding their babies immediately after leaving the operating room.

It is likely that by the middle of the twenty-first century, caesarean section will become an alternative to traditional childbirth for most pregnant women on the planet. The principal advantage of caesarean section over natural childbirth is its capacity to prevent stillbirth and perinatal encephalopathy. This advantage will be significantly enhanced by the introduction of assessments for low foetal resistance to hypoxia using the modified Stange test [1-3].

### Bibliography

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