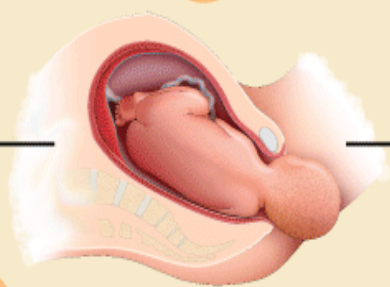


MYTHS AND FACTS ABOUT A NORMAL DELIVERY

Myths

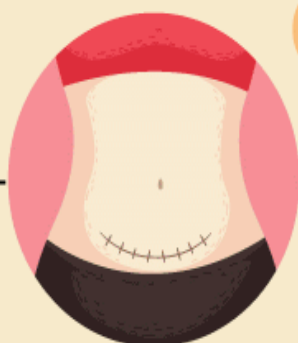
Facts

Vaginal deliveries are not safe for babies.



Vaginally born babies are less prone to respiratory and other health problems.

Cesarean section is indicated if the labor is not naturally occurring.



Labor induction is recommended if there is a high chance for a natural delivery.

Labor pain is intolerable.



Right support, techniques, and epidurals help to reduce labor pain.

Vaginal delivery causes prolapse of pelvic organs.



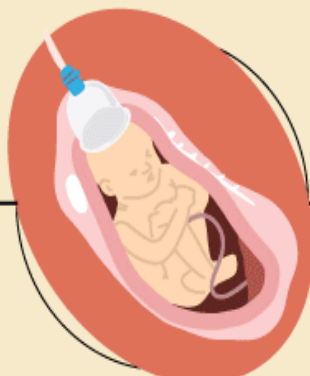
Muscle weakness and genetic factors play a role in prolapse.

Vaginal delivery may result in sexual dysfunction.



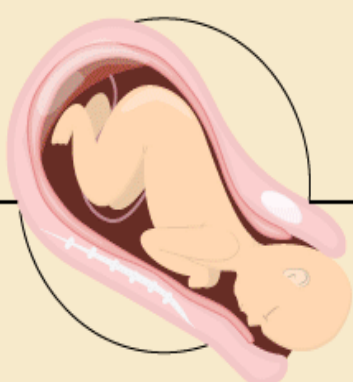
Studies show a similar risk of sexual dysfunction in vaginal and cesarean deliveries.

Forceps and vacuum-assisted deliveries are harmful.



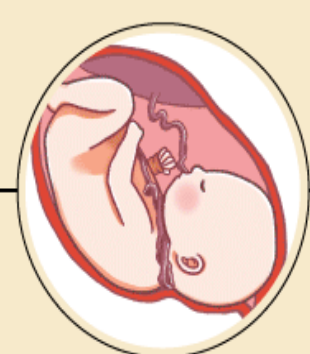
Only a few women require assisted deliveries, which experts often safely do.

Normal delivery is not indicated for short women.



It is possible to deliver vaginally if the size of the pelvis and baby is in proportion.

Normal delivery is contraindicated if a cord is present around the neck.



Natural delivery can be tried, and complications may depend on cord length.

References

1. 8 Myths About Normal Deliveries; Sitaram, Bhartia Institute Of Science & Research
2. Safe Prevention Of The Primary Cesarean Delivery; ACOG