

Benefits of vaginal delivery versus a C-section



What is a full-term pregnancy?

A full-term pregnancy is a pregnancy that lasts between 39 weeks and 40 weeks. Babies born full-term have the best chance of being healthy, compared with babies born earlier or later. Babies are not fully developed until 39 weeks of pregnancy. Their brain, lungs, and liver are still developing.



Why should I have a vaginal delivery?

Following a vaginal delivery mothers, heal more quickly and spend fewer days in the hospital compared to mothers who have a C-section. They are more alert and experience less pain and fatigue. Epidural allows for the vaginal delivery experience with less discomfort (epidural is mother's choice). Vaginal delivery avoids major abdominal surgery and all the potential risks associated with an operation.



Babies born vaginally typically:

- Experience less respiratory problems
- Have less chance of infection for mom and baby
- Are more alert and show more interest in breastfeeding once delivered
- Receive an early dose of good bacteria to boost their immune systems and protect their intestinal tracts



What are the RISKS of delivering by C-section?

- Longer hospital stay
- Increase pain and fatigue
- Slower return to normal activity
- Delayed or difficulty breastfeeding
- Medical complications for the mother including:
 - Postpartum hemorrhage
 - Deep vein thrombosis (clot)
 - Wound infection
 - Abnormal placentation (previas and accretes)
 - Uterine rupture
 - Surgical adhesions
 - Bladder or bowel surgical injury
 - Bowel obstruction



90% of women who have a C-section for the first time will have a repeat C-section with subsequent pregnancies!

There are medical reasons that a C-section is needed. The more common MEDICAL reasons that would be appropriate for a C-section can include:

1. Baby and/or mother is in distress or having complications from high blood pressure, heart problems, diabetes, HIV, herpes outbreak, or any other infection
2. Baby is too large for mother's pelvis
3. Abnormal position of baby in the uterus which would not allow babe come down into the birth canal
4. Certain birth defects
5. Previous surgery of the uterus, including a previous C-section
6. Multiples (twins, triplets)
7. Problems with the placenta
8. Very long labor (over 20 hours with little dilation of the cervix)
9. Postdates (over 41 weeks)

Talk to your health care provider. BE INFORMED. ASK QUESTIONS.

Moms First

Call: 1-888-285-1121, Monday – Friday, from 8 a.m. – 6 p.m., Eastern time

Email: KyMCDMomsFirst@humana.com

Visit: [Humana.com/HealthyKentucky](https://www.humana.com/HealthyKentucky)



Call If You Need Us

If you have questions, trouble reading or understanding this flyer, call us at 1-800-444-9137 or TTY, call 711. We are available Monday – Friday, from 7 a.m. to 7 p.m. Eastern Time. We can help you at no cost to you. We can explain the letter in English or in your first language. We can also help you if you have trouble seeing or hearing. Please refer to your Enrollee Handbook regarding your rights.

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Lexington, KY 40512 – 4618

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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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Multi-Language Interpreter Services

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-800-444-9137** (TTY: 711).

Español (Spanish) **ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-444-9137** (TTY: 711).

繁體中文 (Chinese) **注意：**如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-444-9137**（TTY：711）。

Deutsch (German) **ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-444-9137** (TTY: 711).

Tiếng Việt (Vietnamese) **CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-444-9137** (TTY: 711).

العربية (Arabic)

1-800-444-9137- ملحوظة: إذا كنت تتحدث اللغة اذكر تذكر خدمات فإن ،اللغة اذكر تتحدث كنت إذا :ملحوظة -**1-800-444-9137** برقم اتصل .بالمجان لك تتوافر والبكم الصم هاتف -(711).

Srpsko-hrvatski (Serbo-Croatian) **OBAVJEŠTENJE:** Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite **1-800-444-9137** (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 711).

日本語 (Japanese) **注意事項：**日本語を話される場合、無料の言語支援をご利用いただけます。**1-800-444-9137** (TTY:711) まで、お電話にてご連絡ください。

Français (French) **ATTENTION :** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-444-9137** (ATS : 711).

한국어 (Korean) **주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-444-9137** (TTY: 711)번으로 전화해 주십시오.

Deitsch (Pennsylvania Dutch) Wann du [Deitsch (Pennsylvania German / Dutch)] schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-**800-444-9137** (TTY: 711).

ध्यान दिनुहोस्(Nepali): तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-800-444-9137. (टिटिवाइ: 711) ।

Oroomiffa (Oromo) XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-**800-444-9137** (TTY: 711).

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Tagalog (Tagalog – Filipino) PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-**800-444-9137** (TTY: 711).

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