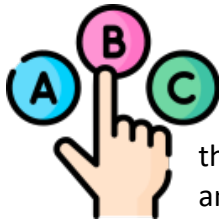


## How to Choose?

Several factors will determine which birth method is right for you:

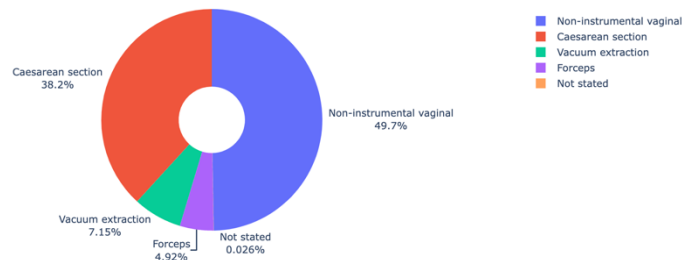
- **Baby's Position:** If your baby is in a breech (feet first) position or not in the optimal head-down position, your doctor may recommend a C-section. Regular ultrasounds can help monitor your baby's positioning as your due date approaches.
- **Health Conditions:** If you have health issues like gestational diabetes or hypertension, they may affect your delivery method.



- **Personal Preference:** Some moms opt for a planned C-section for various reasons, such as previous birth experiences or anxiety about labor. Others may prefer to try for a vaginal birth to experience the natural birthing process. It's important to communicate your feelings and desires with your healthcare team.
- **Cultural and Religious Beliefs:** Cultural and religious beliefs may also influence your choice of birth method. It's important to consider how these factors align with your personal preferences and medical advice.

Here's some data on the most common birth methods to help you make an informed choice:

Birth Methods Distribution



Remember, every pregnancy is unique, and it's okay to adjust your birth plan as needed. Below are some common reason for choosing c-section:

Common Reason for Choosing Cesarean Section

