

## Factors Include Premature Birth and Multiple Pregnancies

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### Description

Breech presentation is a term used in obstetrics to describe the position of the baby in the womb, where the buttocks or feet are positioned to be delivered first, rather than the head. Normally, the ideal position for delivery is with the baby's head down, which is called vertex presentation. However, breech presentation occurs in approximately 3-4% of full-term pregnancies. This particular presentation can present unique challenges and considerations for both the mother and the healthcare provider. In this article, we will explore the different types of breech presentation, the causes, the risks involved, and the management options available. There are three main types of breech presentation: frank breech, complete breech, and footling breech. In a frank breech presentation, the baby's buttocks are positioned to be delivered first, with the knees flexed and the feet near the head. In a complete breech presentation, the baby's buttocks are down, and the knees and hips are flexed. Lastly, in a footling breech presentation, one or both of the baby's feet are positioned to be delivered first. Each type of breech presentation presents its own challenges during delivery. The exact cause of breech presentation is not always known, but there are several factors that may increase the likelihood of a baby being in the breech position. These factors include premature birth, multiple pregnancies (such as twins or triplets), polyhydramnios (excessive amniotic fluid), placenta previa (where the placenta partially or completely covers the cervix), uterine abnormalities, and certain fetal abnormalities. Additionally, factors such as an unusually shaped uterus, previous breech presentation, or a lack of amniotic fluid can also contribute to the likelihood of a breech presentation. Breech presentation carries certain risks and complications for both the mother and the baby. One of the major concerns is the potential for cord prolapse, where the umbilical cord slips through the cervix before the baby, cutting off the baby's oxygen supply. This is more common in footling breech presentations. Breech deliveries are also associated with a higher risk of birth injuries, such as head entrapment or hip dislocation. The pressure exerted on the baby's head during a breech delivery can increase the risk of head trauma. For the mother, breech deliveries are associated with a higher risk of perineal tears and postpartum hemorrhage.

### Causes of Breech Presentation

Managing breech presentation involves careful consideration of the risks and benefits of various options. Historically, vaginal breech delivery was considered an acceptable method of delivery, but over time, the trend has shifted towards planned cesarean section (C-section) for most breech presentations. This change is primarily due to concerns about the potential complications associated with vaginal breech delivery and the increased risk of adverse outcomes for the baby. However, vaginal breech delivery may still be considered in certain situations, such as when the baby is in a frank breech position, the mother has had a previous successful vaginal breech delivery, and when an experienced healthcare provider is available. In cases where a planned C-section is chosen, the procedure is usually scheduled before the onset of labor, allowing for better control of the delivery process. This approach minimizes the risks associated with the baby's head being trapped during the delivery. The decision to perform a C-section is made based on several factors, including the type of breech presentation, the mother's medical history, the estimated size of the baby, and the presence of any other complications.

### Risks of Breech Presentation

In recent years, there has been a renewed interest in vaginal breech delivery, supported by guidelines from various professional organizations. Some healthcare providers with extensive experience in breech deliveries argue that, with proper selection criteria and skilled management, vaginal breech deliveries can be safe and successful. However, this approach requires a high level of expertise and is generally only performed in specialized centers with experienced healthcare providers who are trained in vaginal breech delivery techniques. In conclusion, breech presentation is a relatively rare but important obstetric consideration. It can pose challenges and risks for both the mother and the baby. The management of breech presentation requires careful assessment of the individual circumstances and weighing the potential risks and benefits of various delivery options. Whether a planned C-section or a vaginal breech delivery is chosen, it is crucial to have experienced healthcare providers involved to ensure the best

possible outcome for both the mother and the baby. Breech presentation is a term used to describe the position of the baby in the womb, where the buttocks or feet are positioned to be delivered first, rather than the head. While the ideal position for childbirth is a head-down presentation, breech presentation occurs in about 3-4% of full-term pregnancies. This presentation can pose certain challenges and risks during labor and delivery, requiring special attention and consideration from healthcare providers. In this article, we will explore the causes, risks, and management of breech presentation. The exact causes of breech presentation are not always known. However, several factors have been associated with an increased likelihood of a baby being in a breech position. These factors include: Prematurity:

Breech presentation is more common in premature babies, as they have more space to move around in the womb. Multiple pregnancies: Twins or multiple pregnancies increase the chance of breech presentation, as there is less room for each baby to position themselves. Placenta previa: When the placenta partially or completely covers the cervix, it can interfere with the baby's ability to turn head-down. Uterine abnormalities: Certain uterine abnormalities, such as fibroids or an abnormally shaped uterus, can restrict the baby's movement and lead to breech presentation. Polyhydramnios: Excessive amniotic fluid can allow the baby to move more freely and increase the chances of a breech presentation.