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HEALTH BULLETIN

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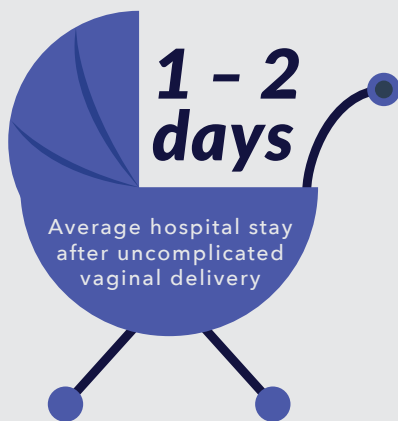
FIVE BENEFITS OF NATURAL CHILDBIRTH

While a caesarean birth might be necessary in some cases, most healthy women with low-risk pregnancies are able to give birth naturally.

Here are several compelling reasons to choose a natural birth over a caesarean delivery:



NATURAL BIRTH BENEFIT #1: REDUCES HOSPITAL STAY AND RECOVERY TIME



While she should avoid strenuous activity for about six weeks, a woman is typically able to resume regular daily tasks a few days after a natural birth.

SINCE A CAESARIAN SECTION IS A MAJOR ABDOMINAL SURGERY, RECOVERY TAKES LONGER:

- Woman should rest as much as possible
- Woman should avoid heavy lifting and driving a car for six weeks
- Can take up to 10 weeks for the incision to fully heal

NATURAL BIRTH BENEFIT #2: MAKES BREASTFEEDING EASIER

AFTER A NATURAL BIRTH...

- Newborn is alert
- Mother feels energised due to hormones released during labour

→ **INCREASED CHANCE OF SUCCESSFUL BREASTFEEDING IMMEDIATELY AFTER BIRTH**

AFTER A CAESARIAN BIRTH...

- Newborn may be drowsy
- Mother's milk may take longer to come in
- Pain can make it difficult for mother to find a comfortable position for breastfeeding
- If mother takes pain medication, baby may tend to be sleepy

→ **BREASTFEEDING CAN BE CHALLENGING**





NATURAL BIRTH BENEFIT #3: PROMOTES BABY'S GUT HEALTH AND IMMUNITY

During natural birth, the baby is exposed to **BENEFICIAL BACTERIA** in the birth canal...
→ Promotes baby's gut health = vital for a strong immune system and proper digestion

Babies born by caesarian section have a...
→ Less diverse gut flora = increased risk of illness and infection

The effect may be long-term, with research indicating that babies born via caesarian are more susceptible to food allergies, asthma, hay fever and obesity later in life.

NATURAL BIRTH BENEFIT

#4: SUPPORTS BABY'S BREATHING

DURING NATURAL CHILDBIRTH...

- Amniotic fluid is squeezed out of baby's lungs during contractions and in the birth canal
- Hormonal changes support optimal lung development

BABIES BORN VIA CAESARIAN DELIVERY, HAVE A HIGHER RISK OF...

- Breathing problems immediately after birth = may need artificial respiration
- Respiratory problems, such as asthma, in the long-term



#5: ENHANCES BABY'S BRAIN DEVELOPMENT

During natural childbirth, a special **PROTEIN** that improves brain development and function is released in the baby's brain.

This does not occur during a caesarean delivery.

BONUS BENEFIT FOR NAMMED MEMBERS!

**NAMMED MEMBERS WHO OPT FOR NATURAL BIRTH
RECEIVE A MONETARY INCENTIVE OF N\$2,500!**

**THE AMOUNT IS CREDITED TO THE MEMBER'S BENEFIT BANK AND CAN BE USED TO PAY
FOR MEDICAL EXPENSES, AS OUTLINED IN OUR MEMBERSHIP GUIDE [HTTP://BIT.LY/2TYQTcf](http://bit.ly/2TYQTcf)**

**IN CASE OF A CAESAREAN BIRTH, NAMMED OFFERS COMPREHENSIVE HOSPITAL AND SURGERY BENEFITS.
PLEASE VISIT [WWW.NAMMED.INFO](http://www.nammed.info) TO VIEW LIMITS PER OPTION.**



**FROM THE HEALTHCARE PROFESSIONAL'S DESK:
PHYSIOTHERAPY FOR BETTER PELVIC HEALTH**

PELVIC FLOOR DISORDERS ARE MORE COMMON THAN YOU MIGHT THINK:

303 MILLION WOMEN

121 MILLION MEN

LIVE WITH INCONTINENCE
WORLDWIDE

LIVE WITH INCONTINENCE
WORLDWIDE

PEOPLE AFFECTED BY PELVIC FLOOR DISORDERS OFTEN SUFFER IN SILENCE.

They may feel a sense of shame and loss of control, as well as isolation and depression. Few seek the professional help that they need.

But incontinence is not a natural part of aging or childbearing. It is not normal to leak urine, wind or stool when you cough, sneeze, run or jump. It is not normal to feel a heaviness in your vagina or back passage. It is not normal to experience pain during sex.

PHYSIOTHERAPY CAN HELP!

Physiotherapists trained in women's, men's and pelvic health can offer effective treatment for a variety of pelvic floor disorders:

- Urinary and faecal incontinence
- Pelvic organ prolapse
- Sexual dysfunction
- Bowel dysfunction
- Chronic pelvic pain
- Post gynaecologic and breast cancer surgery rehabilitation
- Lymphoedema management
- Managing menopausal changes
- Bone health
- Health during pregnancy, labour, birth and the childbearing years
- Prostate cancer and surgery

Ask your healthcare provider to recommend a physiotherapist who is trained in women's, men's and pelvic health.

Nammed covers physiotherapy. Available on all Options, except Trauma. Visit www.nammed.info for limits per Option.

READ THE FULL ARTICLE ON PHYSIOTHERAPY AND
PELVIC FLOOR DISORDERS ON OUR LINKEDIN PAGE

COMPETITION:
NAME TO WIN

We are looking for a **NEW NAME** for our Basic Option and we need your help! Suggest a name and you could win **N\$2,500** in cash!

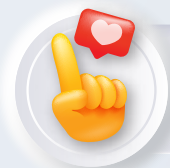
To enter:



1.
Visit the Nammed
FB or IG page



2.
Find the NAME TO WIN
competition post



3.
In the comments, write your suggested
name AND the motivation / explanation
for the name

Your suggested name can be in any Namibian language. Please include the English translation with your entry, if the name is not English.

Get your creative juices flowing by checking out the Basic Option at <https://www.nammed.info/medical-aid-options/basic>

The winning name will be chosen by Nammed, and will not be based on the number of likes. Competition closes on Thursday, 15 October 2020. Ts & Cs apply



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