

Caesarean Section Birth and Multimorbidity

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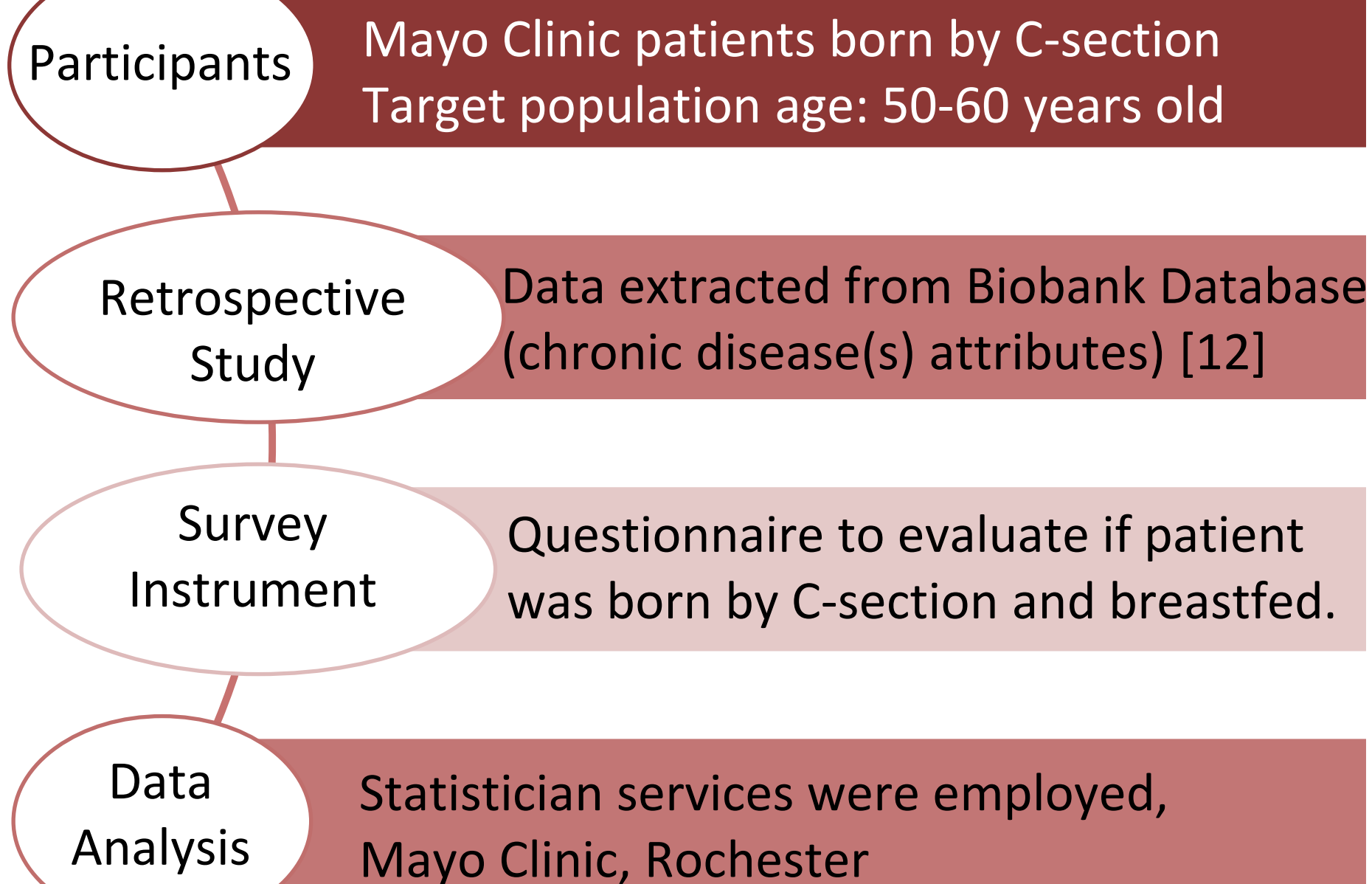
Background

- Caesarean section (C-section) birth is associated with numerous chronic diseases [5,8,11,14,15].
- Type I diabetes, type II diabetes, obesity, and asthma are examples of diseases associated with those born via C-section [5,8,11,14,15].
- Current research has been limited to the association of individual chronic diseases as a result of C-section birth.
- Current research suggests that breastfeeding may be a protective against some chronic diseases [1,2,7,10].
- It is currently unknown if C-section birth is causative of multiple (two or more) chronic diseases in concurrence, known as multimorbidity.

Aim of the Study:

The goal of this study is to determine whether C-section birth is associated with multimorbidity and if breastfeeding is a protective measure.

Methods



Results

Odds of Multimorbidity in Those Born Vaginally and Those Born by C-Section

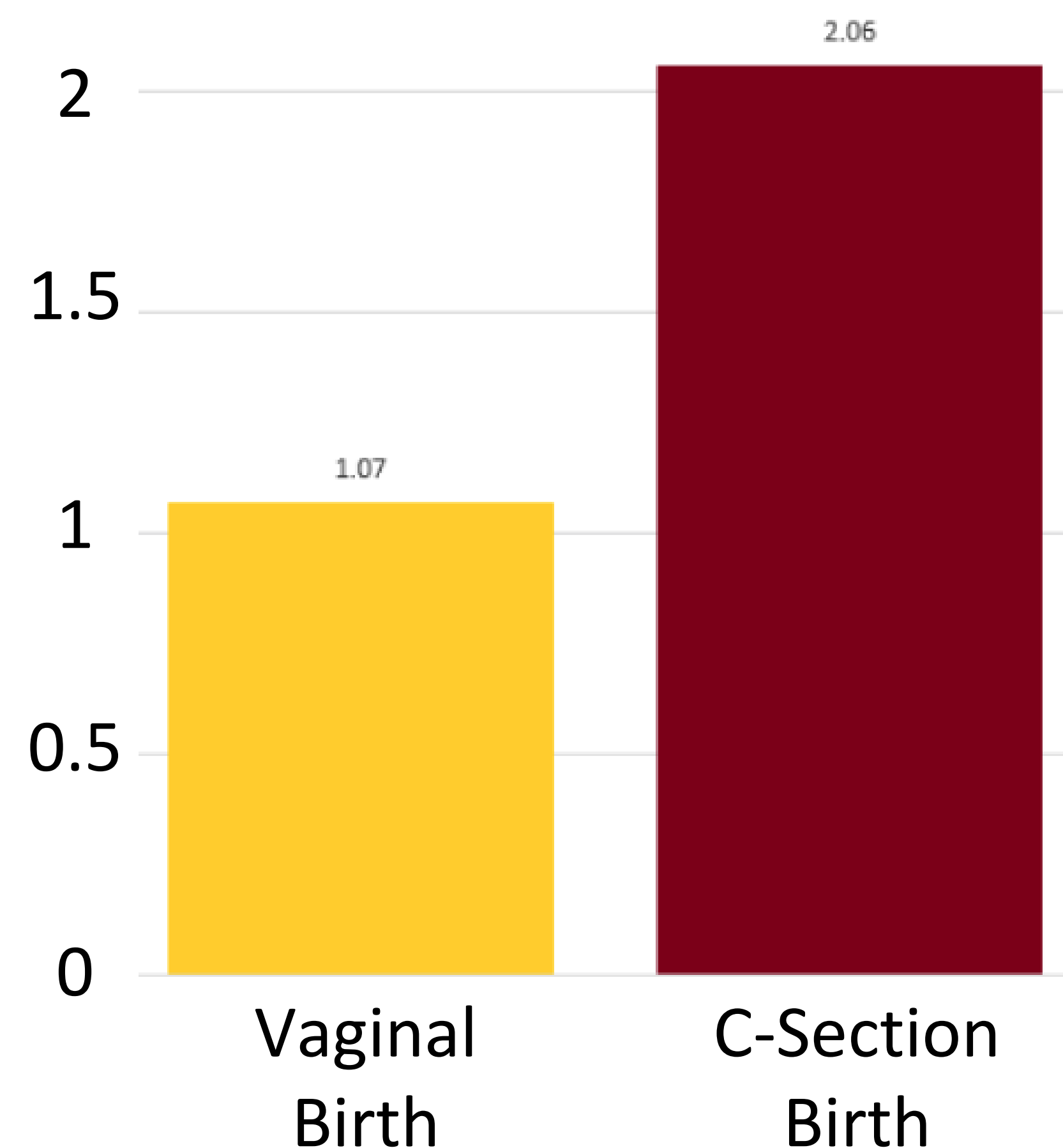


Figure 1: Bar graph using mock data to show possible results comparing the odds of multimorbidity in those born vaginally vs those born by C-section.

Conclusions

According to the mock data, those who were born vaginally had lower risk of developing multimorbidity than those who were born by C-section (odds ratio of 1.93); there is an association between C-section birth and multimorbidity.

*Note that these are mock conclusions and do not represent the finalized data.

Implication

- The W.H.O., Mayo Clinic and others have implemented efforts to reduce total C-section births. However, as of 2013, C-section births make up 32% of total deliveries in the United States. This is up from 5% in the 1960's[11]. These findings support efforts to advocate for natural (vaginal) deliveries.

Future steps

- A further study may be conducted exploring the protective effects of breast-feeding and whether this lowers the risk of multimorbidity in those born by C-section.

Limitations

- Information may be missing in electronic health record of some participants.
- Confounding variables including, but not limited to the protective effects of breast-feeding.

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