



DELIVERY



SECTION

VS

Normal Delivery vs Cesarean Section

WHO IS THE DECISION MAKER ? WHAT IS
COUPLE AND FAMILIES
ROLE

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Hi. I'm Dr. Padala Habitha!

OBSTETRICIAN & GYNAECOLOGIST

Hi, I'm Dr. Padala Habitha, an Obstetrician & Gynecologist, Infertility Specialist, Laparoscopic Surgeon, and Colposcopy Specialist.

I am passionate about providing compassionate, evidence-based care for women at every stage of life. Through this health blog, I share trusted medical insights, practical health tips, and reliable guidance to help women make informed decisions for a healthier and happier future.

My goal is to empower every woman with the knowledge and confidence to take charge of her health.



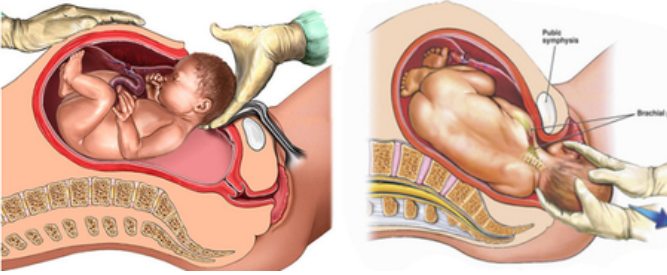
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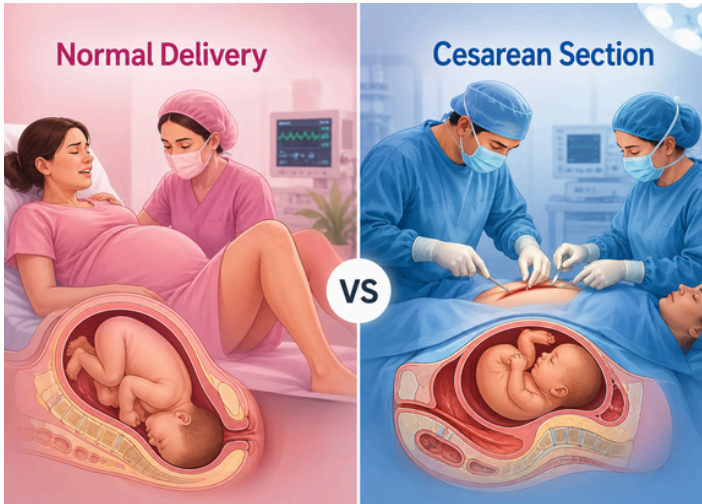
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C Section VS Natural Delivery



NORMAL DELIVERY VS CESAREAN SECTION

- ✓ Here's a number that should give us pause: in Telangana, nearly two out of every three babies are now born by C-section — the highest rate in the entire country, and four times what the WHO considers medically necessary.
- ✓ Andhra Pradesh isn't far behind, crossing the 50% mark — more than double the national average.
- ✓ What's telling is where these surgeries are happening — private hospitals in both states report far higher C-section rates than government hospitals, which says a lot about how the decision gets made.



AS SEEN IN

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Journey to Parenthood

“Dr. Padala Habitha helped me understand both normal delivery and C-section without fear. Her guidance helped me make an informed decision.

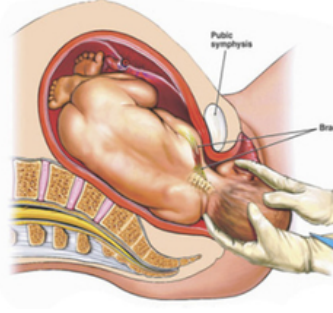
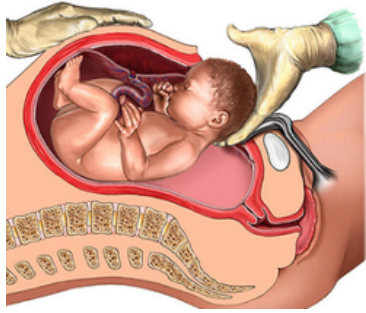
“I was nervous about childbirth, but Dr. Habitha explained the benefits and risks of each option with great patience. I felt confident throughout my pregnancy.

C Section

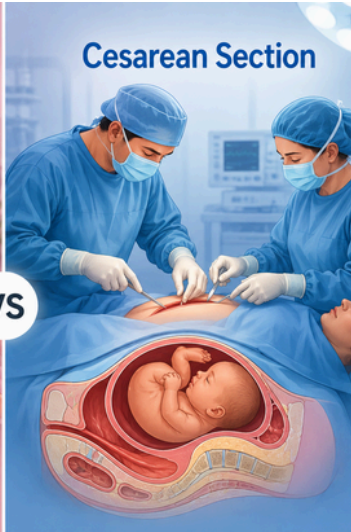
VS

Natural Delivery

NORMAL DELIVERY VS CESAREAN SECTION



✓ A big part of this comes down to fear — fear of labor pain, fear of the unknown — and sometimes convenience, both for families wanting a fixed date and for providers managing busy schedules.



✓ Rising maternal age and weight at the time of pregnancy do genuinely increase surgical risk, so some of this rise is real and medical, not just a trend.

✓ But a lot of it also comes from simply not knowing what labor actually involves — when women aren't prepared for what contractions and progress really feel like, it's easy to reach for a C-section out of fear rather than need.

Journey to Parenthood

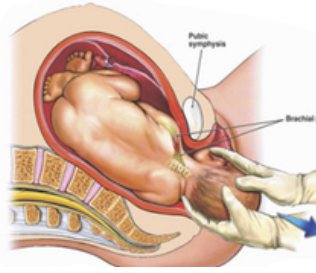
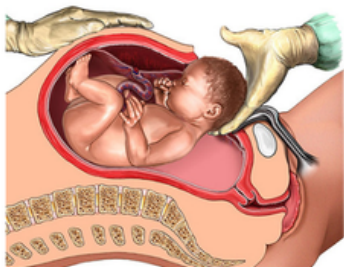
“Thanks to Dr. Habitha's expert care, I had a safe delivery. She always prioritized what was best for me and my baby.”

“The doctor never rushed me into a decision. She carefully explained when a normal delivery is possible and when a C-section is necessary.”

C Section

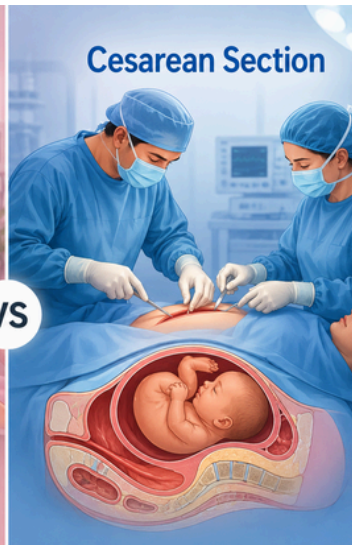
VS

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NORMAL DELIVERY VS CESAREAN SECTION

- ✓ The good news is that this is fixable. Proper prenatal counseling, birth preparation classes, and honest conversations about what to expect go a long way in reducing unnecessary surgery.
- ✓ Something as simple as having continuous support during labor, or being encouraged to move and change positions, can make a real difference in how labor progresses naturally.
- ✓ And normal delivery does come with real advantages worth knowing — faster recovery, lower infection risk, and that immediate skin-to-skin bonding right after birth that's harder to replicate after surgery.
- ✓ None of this means C-sections are the enemy — when there's a genuine medical reason, they save lives, plain and simple. The goal isn't fewer C-sections for their own sake, it's making sure every C-section is one that truly needed to happen.



VS

Journey to Parenthood

“Dr. Habitha's calm approach and clear communication made my delivery journey stress-free. I truly appreciate her compassionate care.”

“Whether it's a normal delivery or a C-section, Dr. Habitha focuses on the safety of both mother and baby. I highly recommend her to every expecting mother.”



WHO I WORK WITH

I work with women of all ages, providing expert care in pregnancy, fertility, gynecology, PCOS management, preventive health, and menopause. My goal is to offer compassionate, personalized care for every stage of a woman's life.

WHAT YOU CAN EXPECT

At Juhith Adithya Hospital, you can expect compassionate care, expert medical guidance, personalized treatment, and a patient-first approach. We are committed to supporting you with trusted healthcare at every stage of your journey.



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GET IN TOUCH

Dr. Padala Habitha and Juhith Adithya Hospital – Maternity & Fertility Center, Eluru are committed to providing compassionate, personalized, and evidence-based healthcare for women. From fertility and pregnancy to gynecological care, we are here to support every woman with trusted medical expertise and care at every stage of life.

P. Habitha