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Press Release

**LETO: Three out of four women give birth naturally after a C-section**

Three out of four women (76%) gave birth naturally after a C-section at LETO Maternity Hospital, member of HYGEIA Group, in 2015. This rate demonstrates that at LETO, women who have had a normal, uncomplicated pregnancy have high chances of giving birth naturally after a cesarean.

Natural childbirth for a woman who has had a previous C-section in the past is an internationally accepted practice that promotes natural births and assists in reducing the rate of cesareans. Both vaginal birth after cesarean (VBAC) and operative vaginal delivery techniques at the hands of experts may offer expectant mothers the joy of natural childbirth, while ensuring maternal and newborn safety.

The above were discussed during a scientific meeting entitled "Emergency Operative Vaginal Delivery & VBAC", which was hosted at LETO Maternity Hospital. As noted by the speakers –Dr Dimitris Bilalis, Obstetrician/Endoscopic Surgeon and Fellow of the British Royal College of Obstetricians and Gynecologists, and Dr Evangelos Kopsidas, Obstetrician/Endoscopic Surgeon – "Every woman has the right and must try to give birth naturally. Both VBAC and operative vaginal delivery techniques can safely be performed, provided the physicians have experience in this field and the surroundings ensure utmost safety."

**LETO Hospital's CEO, Obstetrician/Gynecologist Dr Leonidas Papadopoulos**, further added, "LETO Maternity Hospital, member of HYGEIA Group, continues its efforts to promote natural childbirth. After introducing Water and Home-like Birth, it now fully supports the desire of women who wish to give birth naturally after a cesarean. It also offers associate physicians the opportunity to dispel their reservations and follow the international practice that contradicts the 'once a C-section, always a C-section' mentality. The VBAC success rates at our Maternity Hospital are comparable to those of the most successful clinics internationally, which makes us extremely proud. Every woman can enjoy the top-notch services offered at LETO, which render childbirth a natural and unique experience."

LETO MATERNITY HOSPITAL S.A.