

Do women fear labor?
Absolutely!

Pregnancy and childbirth are the leading causes of death and disability among women worldwide. In some countries, a woman's chance of death during childbirth is one in seven. Worldwide, there are 1,600 maternal deaths each day. Most of the deaths could be prevented.

One in 10 newborns will require resuscitation at birth. Each year, millions of babies are poorly resuscitated, leading to lifelong disability or death. Simple training to assist a baby in breathing at birth could help prevent this.

Insufficient training of health care providers contributes to needless death and disability of mothers and newborns in emerging countries.



Physicians in many countries are keen to educate themselves in the techniques that are routine in the western world. We have seen firsthand how expanding basic education with hands-on training can dramatically change physician practice patterns, improve safety and enhance childbirth for many women.

Kybele (Key-bell-a) is about teaching, hands-on facilitation and creating ongoing medical education partnerships. Kybele connects people globally to protect the health and dignity of pregnant women and newborns.



Kybele... from the cradle of civilization

In 7000 B.C. Anatolia was the center of agricultural and community development. During this period, Kybele became known and respected as the Mother goddess. Hundreds of small clay Kybele figurines have been found throughout contemporary Turkey in archeological excavations. The statuettes depict the fertility goddess as a plump woman sitting on a throne, giving birth, flanked by leopards.

Today, Kybele once again symbolizes hope for the future – a future that offers every mother the opportunity to experience childbirth in a compassionate, respectful and supportive environment. Safe childbirth makes a difference in the lives of mothers, babies and families of the world.

In 1997 Dr. Medge Owen, Associate Professor of Obstetric Anesthesia at Wake Forest University, received a Fulbright scholarship to teach at Uludag University in Bursa, Turkey. During her teaching assignment, she successfully implemented programs in obstetric anesthesia and newborn resuscitation and they have continued. After returning home, Dr. Owen began searching for ways to continue to improve childbirth conditions and safety in Turkey and in other countries. From that search, Kybele was founded.



Vision of Kybele

To ensure that every pregnant woman in the world is provided a safe delivery with access to pain medication and compassion by well trained healthcare workers who can respond quickly in the event of an emergency.



...for safe childbirth worldwide

131 Wing Haven Circle • Winston-Salem, NC 27106
mowen@wfubmc.edu • www.kybeleworldwide.org
336-718-8278

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Kybele

Incorporated



...for safe
childbirth
worldwide

Everyday in less affluent countries,
an expectant mother faces a dilemma.
The joy of childbirth is often
overshadowed by the fear of pain
and the possibility of death
during delivery.

Imagine you are pregnant. You've received little prenatal education and don't know what to expect about giving birth. When you arrive at the hospital in labor, you are taken away from your family and put in a room alone, or with other laboring women who are strangers. You are afraid and in tremendous pain. There is little privacy. You are in labor for a day without any medication to relieve the pain. Your body is exhausted. When you finally give birth, your baby doesn't cry. Everyone looks around wondering what to do. The nurse slaps the baby in hopes it will cry but it doesn't. Your baby becomes limp and turns blue. You are terrified...Everyone looks around wondering what to do... Sadly, this is the reality for many women in the world today.



Teach him to fish: he'll eat for a lifetime."
ancient African proverb

"Give a man a fish, he'll eat for a day."

Mission of Kybele

Kybele is a non-profit 501(c)(3) humanitarian organization dedicated to improving childbirth conditions worldwide through medical education partnerships.

Kybele organizes in-country programs to improve essential treatment, technology and training of health care workers to make childbirth safer and less painful. We are an ongoing information resource for our member partners.

Formula for Success

Kybele has developed an educational model that really works. We utilize:

- **International diversity** – Kybele volunteers have come from the US, Canada, UK, Europe, and Australia.
- **Multidisciplinary teamwork** – We have anesthesiologists, obstetricians, nurses, midwives, neonatologists, and internists... all working together and committed to improving childbirth safety.
- **On-site training** – We work alongside doctors and nurses within a country for 1-2 weeks providing didactic and hands-on training in modern childbirth techniques. One Kybele team member can teach many.
- **Cost efficiency** – We work within a country's existing infrastructure of medications and supplies. The host hospitals also bear some of the program costs. This makes us unique.
- **Leadership development** – We identify and build healthcare leaders within a country. We include these individuals in outreach to other countries. We are all in this together.

A crucial feature of Kybele's innovative approach is the ability to quickly implement sustainable interventions at a minimal cost.



A health care team grateful for instruction from Kybele doctor Amanda Banc, Australia.

Safe childbirth makes a difference in the lives of mothers, babies and families of the world.

Stories of Success

Women deserve treasured memories and less pain at birth.

In Turkey this novel program made national headlines and led to the first



televised cesarean section of an awake, delighted mother with spinal anesthesia. Most women in Turkey receive general anesthesia for cesarean delivery

and are unconscious. This increases their health risks and denies them the memory of their child's birth.

Many hospitals improve patient care after a Kybele visit. For example, Dr. Damir Zalac from Croatia writes, "Your visit to our hospital has left a deep mark. You have inspired many expert discussions by your remarks and suggestions, some of which have already produced results. The procurement of equipment has begun which will render it possible to monitor patients during delivery, operative interventions and postoperative care."

Kybele maintains collaboration with host countries and is committed to advancing medical education, patient care and ethical research. The Kybele healthcare team shares knowledge, builds relationships and cultural understanding.

Safe childbirth is a basic human right.

Kybele also sponsors physicians abroad to visit U.S. hospitals to observe childbirth as conducted in this country. These interactions have led to deepening relationships between academic institutions worldwide.



"The position of woman in any civilization is an index of the advancement of that civilization; the position of woman is gauged best by the care given her at the birth of her child."

Howard W. Haggard, MD, "Devils, Drugs and Doctors"



Staggering health needs along with the basic lack of care are a direct link to the unrest that is present in so many developing countries. Mothers needlessly die during childbirth or are ostracized socially because of lingering illnesses, many of which are preventable, thus creating a growing population of disadvantaged children.

I think that this program is invaluable. The amount of goodwill, in addition to the advancement in patient care that can come from this intense, concrete, approach is immense.

*Margaret Sedensky, MD
Cleveland, Ohio*

Kybele builds a continuing educational program that includes advice and support while promoting health through services, communication, medicine and technology.

*Dear Dr. Owen
During the birth, I was afraid of the pain I am going to feel. After having the epidural, I am convinced that it helped me and eased my baby's way into the world. I lived the most beautiful event of my life with enough strength to fully enjoy in it.
I was lucky to have the competent and humane anesthesiologist, whom I felt was my sister, to be there with me.
Daria Povh Skugor
Split, Croatia*



Your tax-deductible gift to Kybele will make a difference in our world.

Your donation will allow a healthcare team to visit a country to educate local practitioners in modern childbirth techniques and healthcare. Once trained, physicians pass the techniques on to their colleagues, upgrading healthcare significantly in their homeland.

Yes, I want to help Kybele in the quest to reduce maternal and newborn mortality worldwide through education and training.

\$1,000 \$500 \$300 \$100 \$50 \$ _____

I would like to support Kybele with my monthly donation of:

\$100 \$50 \$25 \$ _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Please make checks payable to Kybele, Inc.
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For credit card contributions:

Visa Mastercard

Card Number _____ Expiration Date _____

Signature _____

Women and babies worldwide deserve the right to a safe birth.