Understanding the Complexities of Preterm Birth: Causes, Impacts, and Interventions

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Abstract

Preterm birth, the delivery of an infant before 37 weeks of gestation, remains a critical public health concern worldwide. This phenomenon introduces substantial challenges to maternal and neonatal health, often leading to short-term and long-term complications. This abstract provides an overview of the multifaceted nature of preterm birth, exploring its causes, consequences, and current interventions. By understanding the complexities of preterm birth, healthcare professionals, policymakers, and researchers can collaboratively work towards effective preventive strategies and improved outcomes for both mothers and their infants.

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