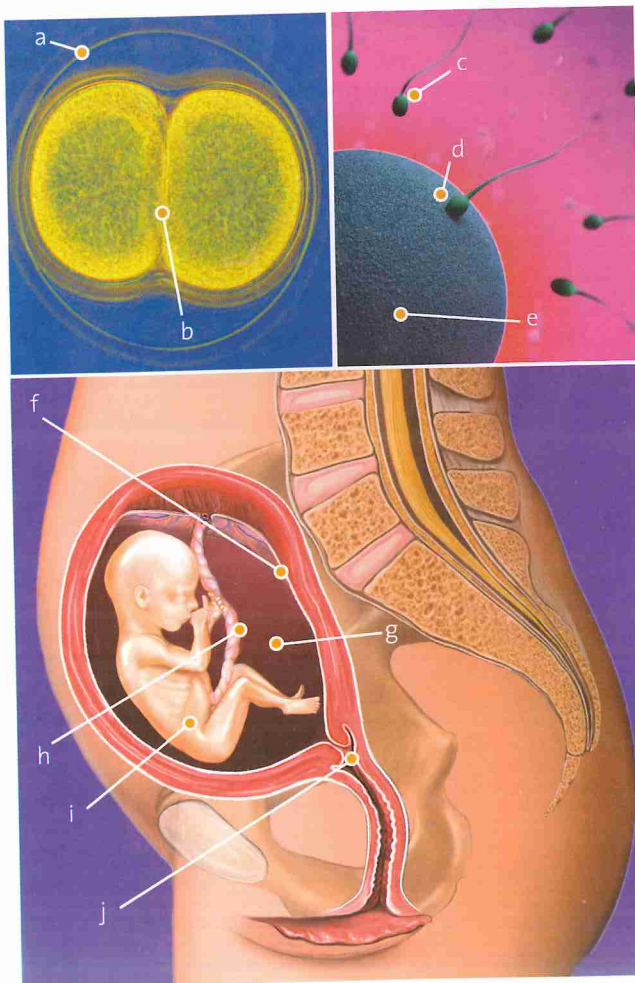


3 Obstetrics

Scrub up

1 Work in pairs. Find the following features in the pictures. Write a–j.

- 1 amniotic fluid _____
- 2 cell division _____
- 3 embryo _____
- 4 fertilization _____
- 5 foetus _____
- 6 ovum _____
- 7 amniotic sac _____
- 8 sperm _____
- 9 umbilical cord _____
- 10 cervix _____



2 Describe what is happening in each picture.

3 Discuss at what stages of pregnancy you think the following events happen. For each one, choose a number of weeks from those below.

number of weeks: 3 7 12 18 22 34

- a The lowest number of weeks at which a premature baby can survive. _____
- b The foetus's fine covering of hair, called lanugo, begins to disappear. _____
- c Arm buds and a tail are visible. _____
- d The embryo measures 30 mm in length. _____
- e Male and female genitals appear well differentiated. _____
- f The foetal heartbeat can be heard with a stethoscope. _____

Vocabulary

Verbs for pregnancy and childbirth

1 Read Marie's birth story quickly. What complication was there with her birth?

We started *trying for / making*¹ a baby three years ago. When I didn't *get / go*² pregnant after two years, we *made / had*³ tests, which showed that my husband had a low sperm count. We had IVF, and six weeks later I found I was *waiting for / expecting*⁴ a baby. I was nervous when I *had / did*⁵ my scan at twelve weeks, but everything was fine.

My waters broke in the middle of the night and I *went into / entered*⁶ labour a couple of hours later. The midwife *made / did*⁷ a vaginal examination and found that the baby was breech. I'd thought about a home birth, but was now glad I was *having / giving*⁸ birth in hospital. As it turned out, though, the medical team weren't needed. The midwife *made / put*⁹ a small cut and I managed to *push out / remove*¹⁰ the baby's legs and torso fairly easily – it was a girl! Then I *made / gave*¹¹ a big push and the head came out. Lilia *gave birth / was born*¹² at 6.28 p.m. I was sobbing as the midwife *handed / delivered*¹³ her to me.

2 Underline the correct form of the verbs in *italics*.

3 Tell a true story about a pregnancy and birth.

In this unit

- talking about pregnancy and birth
- giving advice
- signs and symptoms of pregnancy and labour
- writing a discursive essay

Listening

From pregnancy to birth

- 1 Listen to five short conversations between the midwife and Hannah, a first-time mother. Decide whether each one takes place

- 1 pre-birth 2 during birth 3 after birth.
a _____ c _____ e _____
b _____ d _____

- 2 Compare your answers in pairs. Say what clues you heard.

- 3 Complete the sentences with the words below. Then listen again and check.

a miscarriage dilated forceps
an epidural induce presentation
birth plan gas and air
contractions waters

- 1 My _____ broke last night, and I started getting strong _____ early this morning.
2 Well, you're seven centimetres _____ now, so I don't think we'll need to _____ you.
3 Now, on your _____ you've said you'd like _____ as pain relief, yes?
4 Yes, but if I can't bear the pain, I'd like _____.
5 That's normal when _____ are used.
6 I've had _____ before, so they thought I should have a scan.
7 The baby's _____ is perfect, with the head down.

It's my job

- 1 Before you read the interview, guess the answers to these questions.
- When does Nicky feel extremely happy?
 - What makes her feel awful?
 - In what ways does Nicky prepare women for birth in her weekly antenatal classes?
- 2 Read the text and see which of your guesses match what Nicky says.
- 3 Discuss with a partner whether you would like to do Nicky's job. Explain your reasons.

Nicky Cox

Q What do you enjoy about being a community midwife?

A The job has great highs. After I have delivered a baby, I often feel elated. I've smiled to myself on many occasions and thought, 'And I'm getting paid to do this!' It has its downsides too, though. When a birth doesn't go to plan, say, it is very prolonged and the heart monitor shows the baby is in distress, it can be very stressful. And of course – very, very rarely, thankfully – when there is a stillbirth or a baby is born with a deformity, it makes you feel awful for days or even weeks.

Q What are the qualities of a good midwife?

A Number one is people skills. Of course you need a lot of knowledge, but perhaps more than any other nursing job, a midwife must be good at getting on with people. When a woman gives birth, she feels very vulnerable and at the same time, it is an intensely personal experience you are sharing with her. I try to develop a strong relationship with my mothers during pregnancy when they come for their ultrasounds and physical examinations.

Q What are your views on a natural birth at home?

A It's all about choosing the right type of birth for you. I think giving birth without pain-controlling drugs in the comfort and familiar surroundings of your own home can be a wonderful experience. But my job is to explain objectively to each woman her options and let her decide. I run a weekly antenatal class for parents-to-be in which I explain the ins and outs of hospital birth, home birth, and water birth, as well as covering issues such as breastfeeding, the mother's diet during pregnancy, and how the father can help during labour.



The highest national birth rate is **49**, in Niger.

- What does this mean?
- Guess which country has the lowest birth rate.
- How many babies do you think were born in the world today?

In 1972, the fertility rate worldwide was **six** children per woman. What do you think it is now?



● Language spot

Modals and expressions for giving advice

- 1 Listen to Emma, a midwife, getting advice from another midwife and from a doctor. Answer these questions with a partner.
 - 1 Why is Emma worried about Mrs Dent's baby?
 - 2 What does Nina advise Emma to do?
 - 3 How often does the doctor advise her to monitor?
 - 4 What measurement does he suggest taking?
 - 5 What three things does the doctor suggest to raise the baby's heart rate?
- 2 Work in pairs. Try to remember the missing words. Then listen again and check.
 - 1 I think you **ought to** _____ the doctor.
 - 2 It's always a **good idea to** _____ help if you're concerned.
 - 3 You'd **better** _____ continuously from now on ...
 - 4 I'd _____ Mrs Dent some oxygen too – that won't do any harm.
 - 5 And **try** _____ her to lie on her left side too.
 - 6 If it's a little slow, but over 100, **you may want to** _____ about amniocentesis ...
- 3 Two of the **bold** verbs and expressions are only used to give strong and urgent advice, while the others can be used for more general or polite advice. Which are the strong two?

>> Go to **Grammar reference p.117**

- 4 Complete the conversation with the words below.

'd may should
better oughtn't try

Nurse Any problems, Marian?

Marian I had a bit of bleeding after my aerobics class. I thought maybe I'd _____¹ stop exercising.

Nurse Well, it's a good idea to exercise, but you _____² to do aerobics if it causes bleeding. You _____³ want to try swimming, or something gentle like that.

Marian I know. I _____⁴ buy myself a swimming costume. Another thing is, I can't get comfortable at night.

Nurse _____⁵ putting a pillow underneath you – that should help.

Marian OK – I'll try that. I'm also a bit worried about these stretch marks on my tummy.

Nurse I _____⁶ rub cream or oil into it – that's very good for stretch marks.

Marian Oh, right. I'll get some today.

- 5 Work in pairs. Discuss what you could do to help these problems in pregnancy.

- backache
- constipation
- indigestion
- insomnia
- spots on the face
- swollen ankles

Pronunciation

a, e, and i

- 1 Work in pairs. Decide which pronunciation the **bold** vowel in each word has.

a	e	i
/a/	/e/	/i/
<i>pathogen</i>	<i>benefits</i>	<i>visible</i>
/ei/	/i:/	/aɪ/
<i>patient</i>	<i>prenatal</i>	<i>survive</i>
pathogen	benefits	visible
patient	prenatal	survive
basal	frequency	dilated
labour	genitals	jaundice
national	medical	umbilical
perinatal	stethoscope	vagina

- 2 Listen and check.

- 3 Look through the glossary with your partner. Find a word for each of the six columns above. Dictate your words to another pair.

forceps and ventouse

devices for gently pulling the baby's head to assist with difficult births. The **forceps** grip the sides of the head, and the **ventouse** attaches to the top of the head by suction.



Reading

Advice for pregnant women

- 1 Without looking at the text, tick (✓) the things you think are safe in pregnancy. Put a cross (X) next to the things you think are not safe, and a question mark (?) if it depends on the situation. Compare your answers with a partner.

	your opinion	advice in text
1 a lot of calcium		
2 a lot of tuna		
3 folic acid tablets		
4 four cups of tea a day		
5 gardening		
6 hard cheese, such as cheddar		
7 herbal medicines		
8 immunization against chickenpox		
9 liver		
10 one small glass of red wine a day		

- 2 Read the text, and put a tick, cross, or question mark according to the advice it gives.

- 3 Find words in the text that match the definitions.

- a liver disease
- two sexually-transmitted diseases
- a metal that is poisonous in large amounts
- three conditions caused by allergy
- illegal drugs
- drugs sold in a chemist's

- 4 Discuss the questions with a partner.

- Did any of the advice surprise you?
- Do you know of any other advice that is not included here?
- In your country, what foods do pregnant women
 - eat to help their baby develop healthily?
 - avoid?

Project

Choose one of the conditions below. Research how it is caused or transmitted, and its effects on a foetus or newborn baby.

- HIV
- syphilis
- spina bifida
- toxoplasmosis

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Most pregnancies go well and without any major problems. But it is wise to reduce any risks as much as possible. So here is a reminder of things to consider before becoming pregnant, or as soon as you realize that you are pregnant ...

DO

- take folic acid tablets before you get pregnant until 12 weeks of pregnancy
- have a blood test to check if you are immune to rubella, and to screen for hepatitis B, syphilis, and HIV. Ask your practice nurse to do this
- eat a healthy diet. Include foods rich in iron, calcium, and folic acid
- wash your hands after handling raw meat
- wear gloves when you are gardening.

AVOID

- too much vitamin A – don't eat liver or liver products, or take vitamin A tablets
- eating undercooked meat or eggs, soft cheese, pâté, shellfish, raw fish, or unpasteurized milk. These can cause listeriosis
- fish which may contain a lot of mercury – shark, marlin, swordfish, or excess tuna
- cat faeces, which may carry certain infections, such as toxoplasmosis
- peanuts – if you have a personal or family history of eczema, hay fever, or asthma
- too much caffeine in tea, coffee, cola, etc. – have no more than 300 mg per day. This is in about three cups of brewed coffee, or four cups of instant coffee, or six cups of tea.

STOP

- drinking alcohol – you are strongly advised not to drink at all
- smoking – you are strongly advised to stop completely
- using street drugs – you are strongly advised to stop completely.

THINK ABOUT

- immunization against hepatitis B if you are at increased risk of getting this infection
- immunization against chickenpox if you are a healthcare worker and have not previously had chickenpox and so are not immune
- whether to continue with herbal and over-the-counter medicines
- your work environment – is it safe?
- medical conditions in yourself, or conditions which run in your family.

Igor Charkovsky ran pioneering 'birth camps' in the Black Sea from the 1960s. He believed that humans' ancestors lived mainly in water, and that it is unnatural and harmful to be born out of water. What do you think?



In the UK, 98% of births take place in hospital. Is the situation similar in your country?

Signs and symptoms

Pregnancy and labour

- 1 A pattern of signs often alerts a woman that she may be pregnant. A different pattern of signs occurs when labour begins at the end of the pregnancy. Work in pairs to complete the list of signs using the words below.



bloating	morning	pelvis
contractions	mucus	rupture
discharge	need	strength
fatigue	nipple	temperature
mood	period	trembling

- 1 You will miss a menstrual period. P
 - 2 False, 'Braxton Hicks' _____ occur. _____
 - 3 _____ and sleepiness are common. _____
 - 4 Contractions become more rhythmic and increase in _____. _____
 - 5 Some women feel abdominal _____. _____
 - 6 _____ swings and stress are often reported. _____
 - 7 You notice an increase in pink or white _____. _____
 - 8 You may experience _____ sickness. _____
 - 9 Your basal body _____ will be elevated. _____
 - 10 There may be a 'show', which is the release of a _____ plug from the cervix. _____
 - 11 You may feel the _____ to urinate frequently. _____
 - 12 The baby's head engages – that is, it lowers into the _____. _____
 - 13 It is common for the area around the _____ to darken. _____
 - 14 Shivering or _____ without reason is common. _____
 - 15 Your waters break, which is the _____ of the amniotic sac. _____
- 2 Decide if each sign in 1 indicates pregnancy or labour. Write P (pregnancy) or L (labour).

Speaking

Discussion for and against

- 1 Work in two groups. Read the sentences below. Group A, think of arguments *in favour of* the statements. Group B, think of arguments *against* the statements. Then join with the other group to discuss the statements.
 - Couples should have the right to know the sex of their baby.
 - There should be an age limit for fertility treatment for women.
 - The best age to have children is 20–25.
 - Schools should teach baby care.
- 2 Now read these sentences. Group B, think of arguments *in favour of*. Group A, think of arguments *against*.
 - Mothers should be allowed to choose whether or not to have a Caesarean.
 - All foetuses should be tested for conditions such as Down's syndrome and spina bifida.
 - Women should be left to decide for themselves whether to breastfeed or bottle-feed.
 - Abortions should be allowed up to twenty weeks.

Writing

Discursive essay

- 1 Read the essay on the advantages and disadvantages of water birth. Write the letter of the paragraph where the writer makes each point below. Put a cross (X) if the point is not included in the essay.
 - 1 Nurses have a greater risk of infection with water births. C
 - 2 Water birth is becoming more widely available. _____
 - 3 The mother's anxiety is reduced in water. _____
 - 4 Water births cause delays if emergency treatment is needed. _____
 - 5 Women who have given birth in water often choose to do so again. _____
 - 6 There is a risk of the baby breathing water into its lungs. _____
 - 7 Bleeding is difficult to monitor. _____
 - 8 The mother can change position more easily in water. _____

Checklist

Assess your progress in this unit. Tick (✓) the statements which are true.

- I can describe the processes of pregnancy and birth
- I can give advice using a range of verbs and expressions
- I can describe the signs and symptoms of pregnancy and labour
- I can write an essay about advantages and disadvantages

Key words

Pregnancy

amniotic fluid
embryo
foetus
miscarriage
placenta

Labour

contractions
dilated
rupture
waters

Birth

birth plan
breech
Caesarean
epidural
induce
presentation

Look back through this unit. Find five more words or expressions that you think are useful.

- A** Water birth is becoming increasingly popular and more and more hospitals are making this option available to women. **However**, it is important for women to be aware that there are potential problems as well as benefits before opting for a water birth.
- B** The main benefit of a water birth is that it makes labour more comfortable. It is easier for the woman to move around, which gives her a feeling of control and **therefore** makes her feel more relaxed and less anxious. The reduced pain of water birth also lowers anxiety. **For this reason**, being in water lowers the blood pressure, which avoids a range of complications.
- C** On the negative side, it is difficult to monitor the woman accurately during a water birth, so it is not suitable for high-risk pregnancies. **Also**, it is easier for waterborne pathogens to be transferred from mother to baby – or to medical staff. **In addition to this**, **although** being in water reduces the mother's pain, it can also weaken the contractions. Another drawback is the risk of hypothermia unless water temperature is carefully monitored. Finally, the risk of heavy blood loss is increased in water; **as** bleeding is difficult to measure underwater.
- D** **Despite** these disadvantages, both patients and medical staff are very positive about water birth and many women opt to do it again for subsequent children. With more training and facilities, the limitations of water birth could be reduced.

- 2** Connectors are used to join ideas together. Write the **bold** words and phrases in the essay under the three headings.

ADD	CONTRAST	REASON
<i>in addition</i>	<i>however</i>	<i>therefore</i>

- 3** Write an essay of 200–250 words with the title *The advantages and disadvantages of home birth*. Before you begin, brainstorm ideas with a partner. Write the essay in four sections, as in the example.

- | | |
|----------------|-----------------|
| A Introduction | C Disadvantages |
| B Advantages | D Conclusion |