

29 Pregnancy and childbirth

A Childbirth

The **expected date of delivery (EDD)** is the date on which a woman is expected to give birth to the child she is carrying (pregnant with). It is calculated by adding 280 days or 40 weeks to the first day of the last menstrual period (LMP). **Childbirth** is also referred to by doctors as **parturition**. **Delivery** is the process of helping the child to be born. A **spontaneous vaginal delivery (SVD)** is a normal delivery. If there are complications, the baby may be delivered by **caesarean section** (surgically removed).

A **full-term pregnancy** is 40 weeks, divided into three **trimesters**. A baby who is born before this is **premature**, and one born after 40 weeks is **postmature**. A baby who is born dead, for example because the **umbilical cord** is around its neck, is **stillborn**. A pregnancy may end before term spontaneously, with a **miscarriage** (**spontaneous abortion**), or be deliberately terminated with an **induced abortion** (**termination of pregnancy**).

Note: the verb **induce** means to cause something to happen.

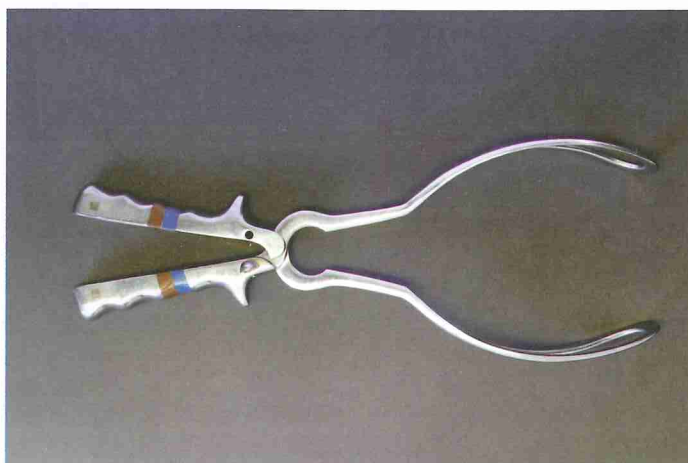
B Labour

The process by which the fetus and placenta are pushed out of the uterus is called **labour**. It is divided into four stages. Some words which are combined with labour are:

premature prolonged spontaneous induced false	labour
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C Presentation and lie

Fetal lie is the position of the fetus in the uterus. The normal lie is **longitudinal**, and the abnormal lie is **transverse**. **Fetal presentation** refers to 'the part of the fetus which occupies the centre of the pelvic canal and which the examining finger feels on vaginal examination' (Butterworth). The normal presentation is with the head (**vertex presentation**). **Breech presentation** means the buttocks are presenting (*breech* is an old word for buttocks). Abnormal presentations may require delivery with **forceps**.



Obstetric forceps

29.1 Complete the sentences. Look at A, B and C opposite to help you.

- 1 A baby that is born a week before the EDD is
- 2 A of pregnancy may be necessary for medical reasons.
- 3 The first three months of pregnancy are known as the first
- 4 Fetal distress in the first stage of is an indication for caesarean
- 5 It was a breech and delivery was by forceps.
- 6 A is another term for a spontaneous abortion.
- 7 The was wound tightly around the baby's neck and it was unfortunately

29.2 Complete the table with words from A opposite.

Verb	Noun
abort	
deliver	
	induction
miscarry	
present	
	termination

29.3 Dr Bennett, an SHO, is presenting a patient at a weekly meeting in the obstetric unit of a hospital. Complete the presentation with the correct forms of verbs from 29.2 above.

This is Clara Davis. She came to the antenatal clinic at nine weeks. In her past obstetric history, she had a pregnancy when she was 18, which was (1) and another one a year later, which spontaneously (2) Since then she has had three pregnancies. In the first, the baby was (3) normally at 40 weeks. In the second, she had an (4) of labour at 39 weeks because of fetal distress. The third baby (5) as a breech and was (6) by caesarean section.

Over to you



Romanian woman gives birth at 66

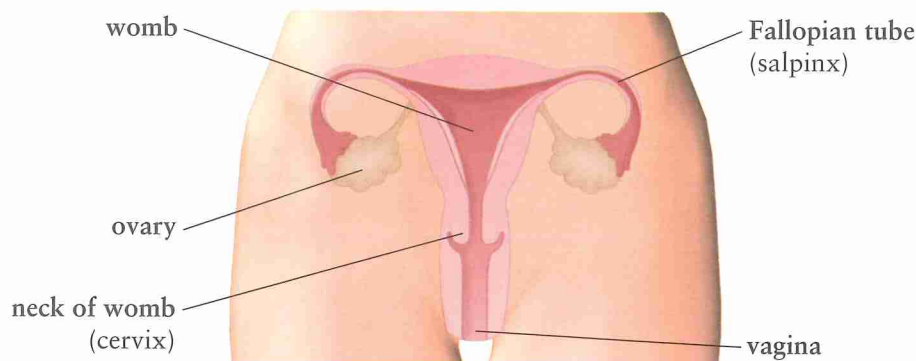
A 66-year-old woman is believed to have become the world's oldest mother yesterday, after giving birth to a girl.

The Guardian, 17 January 2005

What is the oldest and youngest age for giving birth that you have known? In your opinion, should assisted conception be available for anyone who wants it? If not, what do you think the limits should be?

21 Gynaecology

A The female reproductive system



B Menstruation

A **period** is the common name for a **menstrual (monthly) period**. The onset of **menstruation** is known as **menarche**. The last menstrual period is commonly abbreviated in doctors' notes: **LMP 2/52 ago** means the last menstrual period was two weeks ago. The **menstrual cycle**, or length and frequency of periods, is usually written in the form 4/28, which means lasting 4 days and occurring every 28 days. If a period lasts more than four or five days it can be described as **prolonged**. The term **heavy periods** means excessive blood loss – **menorrhagia**, often with the **passage of clots** – coagulated blood. The term **period pains** means **dysmenorrhoea**, or painful menstruation.

The time when a woman stops menstruating, normally at about the age of 50, is called the **menopause** or **climacteric**. In everyday English it is known as the **change of life**, or simply **the change**. Symptoms of the menopause include **hot flushes** – sudden sensation of heat – and **night sweats**.

C A gynaecological consultation

A gynaecologist is talking to a 30-year-old woman.

Gynaecologist

Are your periods **regular**?
How often do you **get** them?
How old were you when you started to get them?
When was your **last period**?
How long do the periods last usually?
Would you say they are **light** or **heavy**?
Do you get **clots**?
Do you get **period pains**?
Is there any **discharge** between the periods?
What colour is it?

Patient

Yes.
Every four weeks.
About 12.
A week ago.
4 or 5 days.
Light.
No.
Not really.
A little.
White.

D Contraception

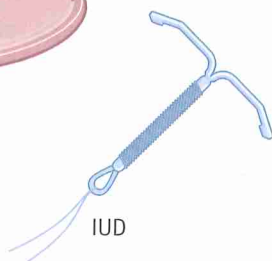
For women, methods to prevent pregnancy include the **oral contraceptive pill** (known as **the Pill**), the **diaphragm**, and the **intrauterine device (IUD)** or **copper coil**. Condoms are available for both men and women.

- 21.1** Write a simple English phrase for each of the medical terms below using your knowledge. Look at A and B opposite to help you.
- 1 hysterectomy
 - 2 menorrhagia
 - 3 salpingitis
 - 4 cervical biopsy
- 21.2** Read the conversation between the gynaecologist and the patient in C opposite, and complete the notes about the patient.
- menarche:
menstrual cycle:
LMP:
menorrhagia?
dysmenorrhoea?
discharge?
- 21.3** Now write the questions that the doctor asked. Look at C opposite to help you.
- menarche:
menstrual cycle:
LMP:
menorrhagia?
dysmenorrhoea?
discharge?
- 21.4** Complete the case report. One word is needed twice. Look at B and C opposite to help you.

Case 15

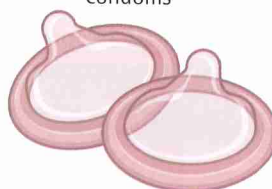
A 45-year-old woman had been having (1) periods lasting for 8 days, with the passage of (2) , for 9 months. There was no bleeding between (3) or after intercourse. Her (4) were not particularly painful. She had not noticed any hot (5) or night sweats, and her general health had always been good. She had taken the (6) contraceptive (7) until a year previously, when a copper (8) was fitted. She had had a normal pregnancy when she was 25.

diaphragm

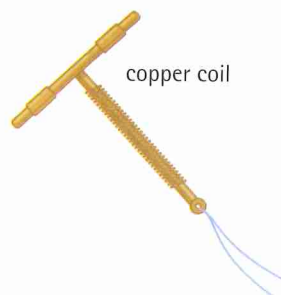


IUD

condoms



copper coil



Over to you



What is the attitude to contraception in your country? At what age do you think females should be prescribed contraceptives?