

Key:

1) Marie's birth story: trying for, get, had, expecting, had, went into, did, giving, made, push out, gave, was born, handed

2) From pregnancy to birth: a-2, b-1, c-3, d-1, e-2

1. waters, contractions; 2. dilated, induce; 3. birth plan, gas and air (=etnox), 4. an epidural; 5. forceps; 6. a miscarriage (≠abortion); 7. presentation

3) Modals and expressions for giving advice

1) 1. Its heart rate is too slow. 2. Call the doctor. 3. Continuously. 4. pH measurement. 5. Give Mrs Dent oxygen; get her to lie on her left side; do an amnioinfusion (= to increase the fluid around the baby)

2) call, get, monitor, give, getting, think

4) better, oughtn't, may, should, Try, 'd

1) Underline the correct modal verb and categorize the statements

1. can, possibility; 2. Can (may) possibility; 3. ought to, necessity; 4. Shouldn't, expectation; 5. have to, obligation; 6. Can't, persuasion; 7. need to, necessity; 8. must, necessity; 9. must, conclusion/deduction when we are almost 100% sure; 10. Can't, permission

4) Listening – video

The kidneys lie outside the **peritoneal cavity**, they function as the main **excretory organs** and eliminate the body's metabolic waste products which are then **expelled** through the urethra. The kidneys adjust blood composition and so maintain **blood volume and pressure**. They consist of up to 18 **lobes** (each lobe is divided into lobules) which are composed of **nephrons**. The nephron is made of **glomerulus** and a system of tubules.

Plasma like fluid which is filtered through a membrane is called filtrate and forms the **primary urine**. The filtrate then enters the tubule system of the nephron where some **substances are added** to it and some substances are reabsorbed into the blood.

The nephron tubule is divided into four segments: **proximal convoluted tubule, loop of Henle, distal convoluted tubule** and **collecting tubule**

One **renal artery** supplies blood to each kidney. The artery is divided into segmental arteries which then **branches into** several lobular arteries. The afferent and efferent arterioles regulate glomerular capillary pressure by selectively **dilating or constricting**.

By reabsorption the **constancy** of the internal environment is maintained. After filtration and reabsorption, the filtrate concentrates in **collecting tubules** and then goes to renal **pelvis** from where it passes to the ureter, bladder and urethra.

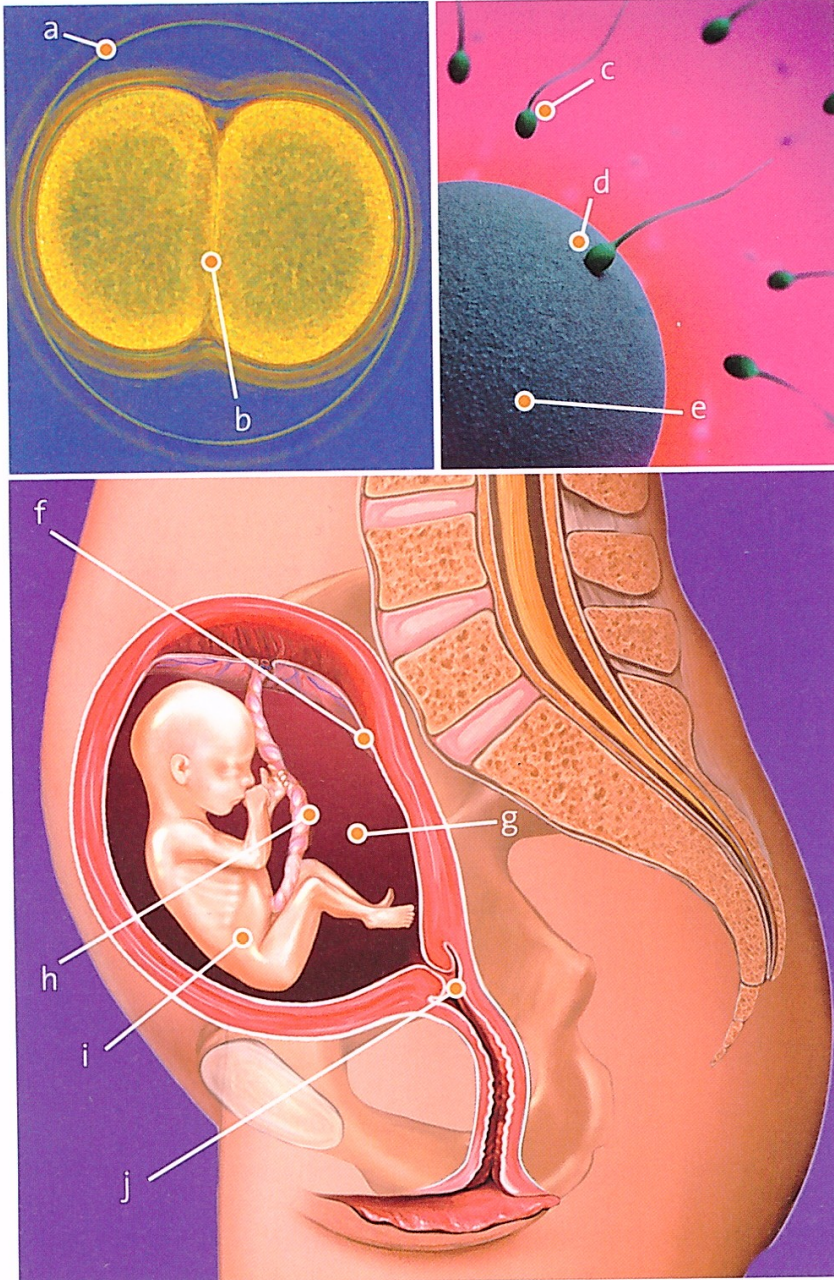
The kidneys perform an **excretory function**: the blood is filtered and some materials are **selectively reabsorbed** into the blood so that a stable internal environment is **maintained**. The nephron is made up of glomerulus, which **filters the blood** and the tubular component where substances are either reabsorbed or **secreted into** the tubular filtrate for elimination.

1 amniotic fluid
5 foetus

2 cell division
6 ovum
9 umbilical cord
10 cervix

3 embryo
7 amniotic sac

4 fertilization
8 sperm



key: 1g, 2b, 3a, 4d, 5i, 6e, 7f, 8c, 9h, 10j

Grammar

1) Giving advice: decide which sentences express **strong/urgent advice**, which sentences are **less strong** and which tend to be **more personal**.

- 1) I'd cut down on caffeine if I were you. (I would)
- 2) You oughtn't to/shouldn't smoke.
- 3) You may want to avoid strenuous activity.
- 4) If you start bleeding, you'd better see your doctor straight away. (you had better)
- 5) It's always a good idea to have a balanced diet.
- 6) Try to drink a lot of fluids.
- 7) You ought to/should take folic acid every day in early pregnancy.

add 6) There is a subtle difference between try+to and try + ing

He tried to straighten his arm, but was unable to. (make an attempt to do something)

We tried moving his bed next to an open window, but he still felt very warm. (to test something out)

2) Giving advice and talking about expectation:

1.Possibility	a. An epidural <u>must be</u> quite painful, surely? I <u>can't be</u> more than six weeks pregnant.
2.Permission	b. Eating certain types of cheese in pregnancy <u>can/may be</u> dangerous. <u>Can</u> drinking raw milk affect the baby?
3.Necessity	c. You <u>should/ought to</u> eat more fruit and vegetable. <u>Can't I have</u> an appointment sooner? <u>Shouldn't I</u> be taking any other supplements?
4.Obligation	d. You'll find you <u>need to</u> rest more frequently. <u>Do I need to</u> start taking folic acid now?
5.Persuasion	e. At this point you <u>should/ought to</u> be feeling the movements of your baby. Where is the dummy? It <u>should/ought to</u> be in the drawer.
6.Expectation	f. Pregnant women <u>must/have to</u> take every opportunity to put their feet up. You <u>mustn't do</u> anything that risks raising your blood pressure further. <u>Do I have to</u> have a special diet? NOT <u>Must I have a special diet?</u>
7.Conclusion/deduction	g. You <u>may/can</u> continue to play most sports. <u>Can I</u> drink any alcohol during pregnancy? (general situations) <u>May I</u> have a glass of water, please? (specific request)

Key:

1) urgent advice: 2, 4, 7; less strong: 1, 3, 5, 6; personal: 1

2) 1-b, 2-g, 3-d, 4-f, 5-c, 6-e, 7-a

If you are interested read the grammar explanation on the next page:

Modals and expressions for giving advice

We can use a variety of expressions to give advice. These include modal verbs such as *ought to* and *should* + infinitive. Both convey strong and / or urgent advice, and there is no difference in meaning between them.

Positive: You **ought to / should** take folic acid every day in early pregnancy.

Negative: You **oughtn't to / shouldn't** smoke.

Another way of giving strong advice is *you'd better (not) + infinitive*.

If you start bleeding, **you'd better see** your doctor straight away.

You'd better not lift heavy objects when pregnant.

Other expressions that are less strong include:

- **You may want to + infinitive**
You may want to avoid strenuous activity.
- **It's (always) a good idea (not) to + infinitive**
It's always a good idea to have a balanced diet.
It's always a good idea not to get too stressed.
- **Try (not) + infinitive with to**
Try to drink lots of fluids.
Try not to push until I tell you to.
- **I'd + infinitive**

We often use *I'd* to give more personal advice. It means *If I were in your position*. It is common to add *if I were you* at the end of the clause.

I'd cut down on caffeine if I were you.

Giving advice and talking about expectation

There are several ways of talking about the best thing to do in a situation. We generally use modal verbs, which are followed by infinitive without *to*.

Possibility

We use *can* and *may* to talk about possibility.

Eating certain types of cheese in pregnancy **can/may** be dangerous.

In the question form, we tend to only use *can*, as *may* is used more commonly when requesting permission.

Can drinking raw milk affect the baby?

Permission

We also use both *can* and *may* to request permission.

You **can/may** continue to play most sports.

In the question form, we use *may* to ask about a specific request, such as opening a window. We use *can* when we are asking about a general situation.

Can I drink any alcohol during pregnancy?
but **May** I have a glass of water, please?

Necessity

We usually talk about necessity by using the verb *need* + infinitive.

You'll find you **need** to rest more frequently.

Do I need to start taking folic acid now?

Obligation

Obligation is a stronger form of necessity. We generally use *must/mustn't* and *have to* to talk about obligation.

Pregnant women **must/ have to** take every opportunity to put their feet up.

You **mustn't** do anything that risks raising your blood pressure further.

Note that the question form of *must* is *Must* + subject, but it is more common to use *Do* + subject + *have to*.

Do I have to have a special diet?

NOT ~~**Must I have a special diet?**~~

Persuasion

As a form of advice, we use *should/shouldn't* and *ought to* to try to persuade someone to do something.

You **should** eat more fruit and vegetables.

You **ought to** attend all the antenatal appointments if you can.

You **shouldn't** try to do too much housework.

We can also use the negative question form *Can't* as a persuasive device.

Can't I have an appointment sooner?

Can't you refer me to a different clinic?

Note that we often use negative question forms when we are (or want to sound) less certain about something.

Shouldn't I be taking any other supplements?

Can't exercise be harmful to the baby?

Expectation

We also use *should/shouldn't* and *ought to* to talk about expectation.

You **should/ought to** be careful about drinking too much caffeine.

You **shouldn't** have more than three cups of coffee per day.

Conclusion

We use *must* or *can't* to come to a conclusion or make a deduction.

An epidural **must** be quite painful, surely?

I **can't** be more than six weeks pregnant.