

Igor Charkovsky ran pioneering 'birth camps' in the Black Sea from the 1960s. He believes 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?

- 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*.

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

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

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.
- Why is Emma worried about Mrs Dent's baby?
 - What does Nina advise Emma to do?
 - How often does the doctor advise her to monitor?
 - What measurement does he suggest taking?
 - 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.
- I think you **ought to** _____ the doctor.
 - It's always a **good idea to** _____ help if you're concerned.
 - You'd **better** _____ continuously from now on ...
 - I'd _____ Mrs Dent some oxygen too – that won't do any harm.
 - And **try** _____ her to lie on her left side too.
 - If it's a little slow, but over 100, **you may want to** _____ about amnioinfusion ...
- 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.

1 Underline the correct modal verb in these sentences.

- 1 Are you saying that giving up smoking *should / can / must* improve our chances of having a baby?
- 2 *May / Must / Can* the epileptic drugs I'm taking affect the baby if I get pregnant?
- 3 Are there things I *can / ought to / may* be careful about during the first few weeks of pregnancy?
- 4 *Can't / Mustn't / Shouldn't* the baby be lying the other way round?
- 5 Do we *have to / ought to / need to* give up smoking and drinking then if we want to try for a baby?
- 6 *Can't / Must / Should* I see a specialist? Isn't it possible?
- 7 Do I *must / need to / should* have my baby in hospital? Can't I have it at home?
- 8 The doctor says I *can / must / should* rest for a couple of days. There is no alternative.
- 9 You think it *must / needs to* be to do with my blood pressure?
- 10 *Can't / Shouldn't / Mustn't* I just have one or two drinks during the pregnancy?

2 Work in pairs and categorize the statements in 1 as: *conclusion, persuasion, expectation, possibility, necessity, obligation, permission*. There may be more than one answer in each case, as when we speak, we convey several messages at one time.

USEFUL EXPRESSIONS:

Do you think I should...?

Can't I (just)...?

Do you think it must...?

Can I...?

Are you saying I...?

Do I have to...?

Shouldn't I...?

If you want to... you can

you need to/it should...

you are going to have to...

(smoking) affects (egg production)

Listening

Watch the video and complete the missing words.

The kidneys lie outside the _____, they function as the main _____ and eliminate the body's metabolic waste product which are the _____ through the urethra. The kidneys adjust blood composition and so maintain _____. They consist of up to 18 _____ which are composed of _____. The nephron is made of _____ and a system of tubules.

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

The nephron tubule is divided into four segments: _____,

_____, _____ and _____

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

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

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