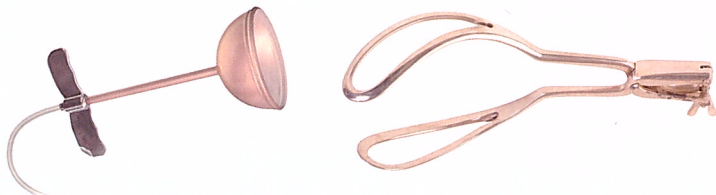


forceps and ventouse
 devices for gently pulling the baby's head to assist with difficult births. The **forceps** grip the sides of the head, and the **ventouse** attaches to the top of the head by suction.



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 advice	your opinion	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.

- 1 a liver disease
 - 2 two sexually-transmitted diseases
 - 3 a metal that is poisonous in large amounts
 - 4 three conditions caused by allergy
 - 5 illegal drugs
 - 6 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?

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

- HIV
- syphilis
- toxoplasmosis
- spina bida

Project

Most pregnancies go well and without any major problems. But it is wise to reduce any risks as much as possible. So, 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, pate, 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.

