

Reading Part C – Caesarean Sections

*taken from Cambridge OET Preparation

Quick vocabulary review

Choose the correct word in the below sentences:

1. The reasons Mr Smith gave for his symptoms are not **feasible/plausible**. It is clearly a non-compliance issue.
2. The symptoms for psoriasis and eczema **differ/differentiate** in a number of ways.
3. **Whilst/While** many health professionals understand the ill effects of smoking, nicotine addiction is surprisingly common in this group.
4. It's important to **weight / weigh up** the pros and cons of any significant decision.
5. Much is unknown about vaping at this point but on current evidence, the **relative / related** risks of smoking and vaping are incomparable.

Reading Part C Technique

- 1) Read the text title
- 2) Read the question stem – and simplify if necessary
- 3) Read the paragraph
- 4) Review the options- differentiate the options
- 5) Eliminate options according to the text
- 6) Choose the answer you like!

Practice

Caesarean sections

Babies born by caesarean section have an increased risk of becoming heavyweight adults, say researchers. An analysis of data on 38,000 individuals found that those born by caesarean section were 22% more likely to be obese than those who had natural births. They had a 26% greater chance of being overweight, as defined by their body mass index (BMI). Effects of a surgery-assisted birth on a baby's gut bacteria and genes could be two reasons for the trend, they believe. Dr Matthew Hyde, one of the researchers, explains, 'There are plausible mechanisms by which caesarean delivery might influence later body weight. The types of healthy bacteria in the gut differ between babies born by caesarean and those born by vaginal delivery and difference in type and level of gut bacteria in C-section babies can have broad effects on their health.'

9. What does Dr Matthew Hyde describe in the first paragraph?
 (A) a hypothesis under investigation
 (B) unreliable data that calls for more research
 (C) conclusive evidence offered by several studies
 (D) an explanation of the probable causes of a finding

The World Health Organisation recommends that there should be no more than between 10% and 15% of caesarean births. However, the rate of such births has been rising steadily in recent years. Now, more than 40% of all babies are delivered by C-section in at least 15 countries globally. A large number of C-section births, especially in Brazil and China, are actually low risk pregnancies that don't require C-sections. Cathy Warwick, chief executive of the Royal College of Midwives in the UK explains this global trend, 'Some women want a caesarean section for purely social convenience. I am prepared to put my **head above the parapet** and say that I don't think making a choice on this basis is appropriate.' Mervi Jokinen, also from the Royal College of Midwives, reinforces this when she says, 'Whilst some caesarean sections are needed for medical reasons, many are not. We would encourage women to think carefully and weigh up the evidence before they decide to have a non-urgent caesarean. Women should also be aware that this is a major surgical operation that has the potential for increased complications every time a woman has the procedure carried out.'

10. In the second paragraph, Cathy Warwick uses the phrase 'head above the parapet' to suggest her

- (A) willingness to face criticism for a differing view.
- (B) disregard for the comfort sought by expectant mothers.
- (C) concern for a universal problem related to women's health.
- (D) enthusiasm towards a new approach to maternal healthcare.

11. Mervi Jokinen supports Cathy Warwick's views by

- (A) describing how C-sections are performed.
- (B) highlighting the possible risks associated with C-sections.
- (C) drawing attention to the reasons for an increase in C-sections.
- (D) reinforcing the idea that C-sections are permitted in certain situations.

For many high-risk pregnancies, like in the case of breech presentations, several studies have concluded that planned caesareans are the safest delivery method. However, Professor Yifru Berhan, from Hawassa University College of Medicine and Health Sciences in Ethiopia, explains why C-section may not always be required even in breech cases, 'The relative risk of perinatal mortality and morbidity is between two and five times higher in planned vaginal breech delivery, compared to planned caesarean section birth. However, the absolute risks are very small. Therefore, the practice of individualised decision-making around delivering a breech baby is recommended.'

12. What point is being made about breech babies in the third paragraph?

- (A) These babies should always be delivered by C-section.
- (B) C-sections don't guarantee a decreased danger of death or disease.
- (C) Decisions about whether to use C-section should be made on a case-to-case basis.
- (D) C-sections are recommended for women who face any kind of potential birth complication.

Previous childbirth experiences impact decision-making about methods of childbirth. Dr Helen White, a midwifery lecturer at the University of Manchester, reviewed the care and outcomes of 405 women who gave birth after previously having a caesarean. She says, 'Where it can be achieved safely, vaginal birth is preferable, but there is a real possibility that women who have already had a caesarean once before may choose to have one again. There aren't many initiatives out there to break this cycle but our research shows that midwives are best-placed to promote vaginal birth. We are not proposing that women should reject caesarean birth when a C-section is medically advised. However, we believe that promoting vaginal birth among women who have previously had C-sections is important and we suggest that midwives are important figures in promoting vaginal birth in suitable women.'

13. Dr Helen White believes midwives could promote vaginal birth among women who have
- (A) become pregnant for the first time.
 - (B) had a C-section and don't want to have one again.
 - (C) have been recommended a C-section, but are reluctant to have one.
 - (D) had a C-section and are not at any sort of risk in their present pregnancy.

Answers

1. The reasons Mr Smith gave for his symptoms are not **plausible**. It is clearly a non-compliance issue.
2. The symptoms for psoriasis and eczema **differ** in a number of ways.
3. **Whilst/While** many health professionals understand the ill effects of smoking, nicotine addiction is surprisingly common in this group. – both are ok!
4. It's important to **weigh up** the pros and cons of any significant decision.
5. Much is unknown about vaping at this point but on current evidence, the **relative** risks of smoking and vaping are incomparable.

Part C Practice

- 9) D
- 10) A
- 11) B
- 12) C
- 13) D