

流利阅读 2019.1.10

#英语/流利阅读

下载pdf资料: [GitHub - zhbink/LiuLiYueDu: 流利阅读pdf汇总](#)

本文内容全部来源于流利阅读。流利阅读对每期内容均有很好的文章讲解, 向您推荐。

您可以关注微信公众号: [流利阅读](#) 了解详情。



Why so little is done to help new mums cope

为什么新手妈妈获得的帮助这么少

After **childbirth** many women suffer mental-health problems. Different women struggle with different things—**trauma** related to the birth, the difficulty of adapting to caring for the baby, or the change in **self-image**.

在生完小孩后, 很多女性会遭受心理问题的折磨。她们会在不同的事情上碰壁——和分娩相关的精神创伤, 适应照料婴儿带来的困难, 或者自我形象的改变。

Some 10-15% of women in America and around a quarter in Brazil are **reckoned** to suffer from **postpartum depression**. Some women have notions of a perfect “natural” birth and are upset if it does not happen as planned. Surprisingly little attention is paid to the factors that make a **pelvic** tear more likely or to what experience women want to have. They are rarely consulted during **labour**.

美国约 10%至 15%的女性和巴西约四分之一的女性被认为罹患产后抑郁症。有些女性认为所谓“自然”分娩是最好的。如果顺产没有按计划进行, 她们会感到难过。而奇怪的是, 为什么骨

盆开裂风险会增加，女性期望得到的分娩体验是什么——这些问题得到的关注却出奇地少。在女性分娩时，人们极少和她们商量这些事情。

The importance of the **postnatal** adjustment has been **implicitly** recognised in traditional rest periods such as China's *zuo yuezi* ("sitting the month"). Yet this is poorly reflected in modern health systems, which tend to offer plenty of **check-ups** during pregnancy, but very few after it.

传统的产后修养期，比如中国的“坐月子”，暗示了人们是重视产后恢复的。然而，这种重视在现代医疗体制中体现得远远不够。该体制倾向于在怀孕期间安排大量的体检，而产后的体检却少之又少。

It is usual for women in countries including America and Britain to receive just one visit from a health worker when their babies are six weeks old. American federal law does not even **oblige** employers to give women paid **time off** work.

在包括美国 and 英国的一些国家，产后女性通常只有在婴儿六周大时，才会得到仅此一次的来自医疗工作人员的上门检查。美国的联邦法律甚至没有规定雇主必须为女性提供带薪产假。

A survey of Britain's National Health Service found that more than half of first-time mothers felt they were not given enough information about emotional changes they might experience.

一项来自英国国民医疗服务体系的调查发现，超过半数首次生育的妈妈都认为没有得到足够的信息，来了解自己可能经历的情绪波动。

It would help if women had access to more information. Some simple steps, such as asking a woman how she feels during childbirth can make the **delivery** a better experience emotionally, if not physically, suggests an **obstetrician** at Harvard Medical School.

如果女性能够获得更多信息，那将对她们帮助很大。哈佛医学院的一位产科医生说，一些简单的方法，比如询问女性在分娩期间的感受，即使不能减轻分娩时肉体上的痛苦，也至少可以让产妇获得更好的情感体验。

-----文章来源 / 经济学人

重点词汇

childbirth/'tʃaɪldbɜːrθ/

n. 分娩，生孩子

- in / during childbirth

trauma/'traʊmə/

n. 精神创伤

- the emotional trauma of rape
- post-traumatic stress disorder (adj.)

self-image/,self 'ɪmɪdʒ/

n. 自我形象, 自我印象

reckon/'rekən/

v. 认为是, 看作是

- Moving house is reckoned to be stressful.
- I reckon that Lala is going to pass the driving test.

postpartum depression

产后抑郁

- antepartum

pelvic/'pelvɪk/

adj. 骨盆内的, 骨盆的 (pelvis n.)

labour/'leɪbər/

n. 分娩期; 分娩, 生产

- a woman in labour

postnatal/'pəʊst'neɪtl/

adj. 分娩后的, 产后的

- prenatal

implicitly/ɪm'plɪsɪtli/

adv. 暗示地, 含蓄地 (implicit adj.)

- The irony is implicit in his writing. (adj.)

check-up/'tʃek ʌp/

n. 体检

oblige sb. to do sth.

(形势、法律、义务上) 迫使某人做某事

- Parents are obliged by law to send their children to school.

time off

休假, 请假

- Staff can get / be given / receive time off.
- paid time off (PTO)

delivery/dɪˈlɪvəri/

n. 分娩

obstetrician/ˌɒbstəˈtrɪʃn/

n. 产科医生 (obstetrics n.)