Home work#1  
【BBC news】  
Title: “Miscarriage: Tens of thousands have PTSD symptoms”

<https://www.bbc.com/news/health-60941650>

【Summary】

Tens of thousands of women in the UK may be experiencing symptoms of post-traumatic stress disorder (PTSD) after miscarriages each year.

They need psychological support that could help prevent PTSD developing but most are not given.

VR (virtual reality) headsets may help reduce psychological pain during miscarriage procedures.

The government said it had also set up 26 maternal mental health hubs for 24,000 more expectant or bereaved mothers to access treatment for a range of mental health issues in England.

【comments】

I researched about miscarriages and I was surprised that the rate of miscarriages during the pregnancy process is about 15%.

It's very unfortunate, and the sadness of parents who has experienced a miscarriage is immeasurable.

It can be happened to me in the future if I want children, so I think I should be prepared such a sadly case.

The article says a possibility of VR technology that VR headsets can help reduce pain in a medical process.

VR technology become mature and it’s in the stage of thinking about how to use it.

Recently, the study was announced that showing images of grass fields to dairy cows with VR goggles reduced stress and improved the quantity and quality of milk.

I’m looking forward to the development of such a VR technology.

【unknown word】

miscarriage：流産

post-traumatic stress disorder：PTSD

NHS(National Health Service)：イギリスの国民健康保険

memory box：死産や流産時に病院から提供されるボックス。亡くなった子供に関連したものが入っている

feel a bond with ：親近感がわく

raise money for ：資金を調達する

befriend：友になる、助ける

anxiety：不安

end up with～：最後に～で終わる

ectopic：異所性の

ectopic pregnancies：子宮外妊娠

womb：子宮

under-estimate：過小評価する

relive：追体験する

intrusive：侵入的な

intrusive thought：侵入思考

alertness：覚醒

feel on edge：気がたっている

numb：麻痺

blame oneself：責任を感じる、～を責める

cognitive：認識の

cognitive behavioural therapy：認知行動療法

desensitisation：減感作

bulid on ~：～に基づいて進める

sort of：ある種の、kind of

distract from ～：～から気をそらす

be obligated to ～：～する義務がある

suffocate：～の息を止める

overwhelm：（精神的に）まいらせる

distressing：苦悩を与えるような

persistent：持続性の

spokesperson：広報担当者

disparity：不均衡、格差

bereaved：遺族の

expectant：妊娠している

【question】

nothing