

Working in extreme heat puts strain on foetus

孕期在極端高溫下工作會對胎兒造成壓力

最新一項研究表明，在極端溫度下工作的孕婦，熱應激可能會對她們腹中的胎兒產生影響，其影響包括胎兒心率加快和臍帶血流減慢。

This study **monitored** pregnant women who were working in rice fields in The Gambia. They were farming in direct sun for between two to eight hours, often in high **humidity**.

這項研究監測了在甘比亞稻田裡工作的孕婦，她們在陽光直射、且經常是高濕度條件下耕作兩到八個小時。

Researchers from the London School of Hygiene and Tropical Medicine say as a mother worked in the extreme heat the **heart rate** of the unborn child increased to dangerous levels. They also found the **blood flow** to the **foetus** slowed as the **placenta** was impacted by the heat.

倫敦衛生與熱帶醫學院的研究人員表示，當孕婦在極端高溫環境下工作時，胎兒的心率會上升到危險水準，他們還發現，由於胎盤受到高溫的影響，流向胎兒的血流減慢。

Scientists say this is the first **real-world** study looking at the impact of extreme heat on **pregnant** women in low-income countries. They are calling for more research as so many places now face rising temperatures.

科學家們稱，這是第一次在現實世界中研究極端高溫對低收入國家孕婦的影響，他們呼籲開展更多的相關研究，因為許多地方現在都面臨著氣溫上升的問題。

1. 字彙表

monitored	監測了
humidity	濕度
heart rate	心率
blood flow	血流
foetus	胎兒
placenta	胎盤
real-world	真實環境中的，現實世界中的
pregnant	懷孕的

2. 閱讀理解：請在讀完上文後，回答下列問題。（答案見下頁）

1. In the study into the effects of heat on pregnant women and their unborn children, where were the women working?
2. In what ways did the extreme heat affect the unborn baby?
3. Why do scientists want more research into the effects of heat on unborn babies?
4. How many studies of the impact of extreme heat on pregnant women in low income countries have there been?

3. 答案

1. In the study into the effects of heat on pregnant women and their unborn children, where were the women working?

This study monitored pregnant women who were working in rice fields in The Gambia.

2. In what ways did the extreme heat affect the unborn baby?

Research found as the mother worked in the extreme heat the heart rate of the unborn child increased to dangerous levels. Blood flow to the foetus slowed as the placenta was impacted by the heat.

3. Why do scientists want more research into the effects of heat on unborn babies?

Scientists want more research as so many places now face rising temperatures.

4. How many studies of the impact of extreme heat on pregnant women in low income countries have there been?

This is the first real-world study looking at the impact of extreme heat on pregnant women in low-income countries.