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[https://www.100test.com/kao\\_ti2020/627/2021\\_2022\\_\\_E8\\_81\\_8C\\_E7\\_A7\\_B0\\_E8\\_8B\\_B1\\_E8\\_c91\\_627553.htm](https://www.100test.com/kao_ti2020/627/2021_2022__E8_81_8C_E7_A7_B0_E8_8B_B1_E8_c91_627553.htm) Multivitamins Urged for All Pregnant Women A recent study in Tanzania found that when pregnant women took vitamins every day, fewer babies were born too small. Babies that weigh less than two and one-half kilograms at birth have a greater risk of dying. Those that survive are more likely to experience problems with their development. And experts say that as adults they have a higher risk of diseases including heart disease and diabetes. The World Health Organization<sup>1</sup> estimates that every year twenty million babies are born with low birth weight. Nine out of ten of them are born in developing countries. The new study took place in Dares Salaam. 4, 200 pregnant women received multivitamins. The pills contained all of the vitamins in the B group along with<sup>2</sup> vitamins C and E. They also contained several times more iron and folate than the levels advised for women in developed nations. Pregnant women especially in poor countries may find it difficult to get enough vitamins and minerals from the foods in their diet. The scientists compared the findings with results from a group of 4,000 women who did not receive the vitamins. A report by the scientists, from the United States and Tanzania, appeared in the New England Journal of Medicine. <sup>3</sup> Wafaie Fawzi of the Harvard University School of Public Health<sup>4</sup> led the study. None of the women in the study had HIV, the virus that causes AIDS. The scientists reported earlier that daily multivitamins

were a low-cost way to reduce fetal deaths in pregnant women infected with HIV. The earlier work in Tanzania also found improvement in the mothers in their number of blood cells known as lymphocytes. Lymphocytes increase the body's immunity against infection. The new study in pregnant women who were not infected with the AIDS virus found that multivitamins reduced the risk of low birth weight. Just under eight percent of the babies born to women who took the multivitamins weighed less than 2,500 grams. The rate was almost nine and one-half percent in the group of women who received a placebo, an inactive pill, instead of the vitamins. But the vitamins did not do much to reduce the rates of babies being born too early or dying while still a fetus. Still, the researchers say multivitamins should be considered for all pregnant women in developing countries.

词汇： multivitamin/7mQlti5vaitEmin/adj.多种维生素的  
urge/E:dV/v.促进/v . 极力主张；强烈要求；敦促  
pregnant/5pre^nEnt/adj . 怀孕的，妊娠的  
Tanzania/7tAnzE5ni:E/n . 坦桑尼亚(非洲国家)  
diabetes/7daiE5bi:ti:z, -ti:s/n . 糖尿病，多尿症  
Dar es Salaam/5dB:res sE5lB:m/n . 达累斯萨拉姆(坦桑尼亚首都)  
folate/5fEuleit/n.叶酸盐 mineral/5minErEI/n . 矿物质；无机盐  
adj . 矿物质的；无机的 fetal/5fi:tl/adj.胎儿的, 胎的  
lymphocyte/5limfEsait/n.淋巴球, 淋巴细胞 immunity/i5mjuni:ti/n.  
. 免疫力；免疫性 infection/in5fekFEn/n . 传染，感染；传染病  
placebo/plE5si:bEu/n . 安慰剂；安慰剂治疗  
inactive/in5Aktiv/adj.无作用的 pill/pil/n . 药丸，丸剂  
fetus/5fi:tEs/n.胎，胎儿

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