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Vocabulary Builder Reference from...

TED-Ed: The surprising effects of pregnancy | TED Talk

https://www.ted.com/talks/ted_ed_the_surprising_effects_of_pregnancy

Advanced Words Only

IMPORTANT

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Session 1: Word List

jostle

v. to push, elbow, or bump against someone or something in a forceful or crowded way; to compete with or struggle against another person or group for space, resources, or attention

synonym : push, bump, elbow

(1) **jostle** for position, (2) **jostle** my elbow

I had to **jostle** through the crowded concert to get to the front of the stage.

roar

v. to make a loud, deep sound, like a lion or a car engine

synonym : bellow, yell, shout

(1) **roar** with laughter, (2) **roar** for more

The lion **roared** loudly, signaling its dominance over the other animals.

ignite

v. to set on fire; to cause to start burning

synonym : light, set fire to, ignite

(1) **ignite** a boom, (2) **ignite** passion

He **ignited** the fireworks with a single spark.

fertilization

n. the process of joining a sperm and an egg to produce an embryo

synonym : impregnation, pollination, insemination

(1) **fertilization** process, (2) artificial **fertilization**
The **fertilization** of the soil allowed for a bountiful harvest.

uterus

n. a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth

synonym: womb

(1) **uterus** cancer, (2) bleeding from **uterus**
The physician prescribed medication to relieve the contraction of the **uterus**.

invade

v. to enter aggressively into another's territory by military force for conquest and occupation

synonym: intrude, raid, overrun

(1) **invade** other tissues, (2) **invade** his privacy
I have no intention to **invade** your privacy.

microbe

n. a tiny living thing that can only be seen with a microscope and that may cause disease

synonym: germ, microorganism, bacterium

(1) pathogenic **microbe**, (2) **microbes** sterilizer
Microbes thrive on the surface of the human skin.

fetus

n. an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal

(1) development of the **fetus**, (2) an aborted **fetus**
The female vagina is elastic enough to allow the passage of a **fetus**.

mucus

n. a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.

synonym: secretion, slime, saliva

(1) airway **mucus**, (2) nasal **mucus**
When the body temperature drops, **mucus** secretion fails.

germ

n. a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one

synonym : bacterium, microbe, pathogen

(1) antibiotic-resistant **germ**, (2) a **germ-free** environment

The **germ** of his idea came from watching birds flying in flocks.

progesterone

n. a hormone mainly produced in the ovaries of females that helps regulate the menstrual cycle and plays a crucial role in pregnancy

synonym : progestin, gestagen, luteal hormone

(1) **progesterone** receptor, (2) synthetic **progesterone**

During pregnancy, **progesterone** levels rise to support the growth of the fetus.

relaxin

n. a hormone produced during pregnancy that relaxes the ligaments and joints in the pelvic region, allowing for easier childbirth

synonym : anti-stress hormone, luteotropic hormone

(1) **relaxin** hormone, (2) **relaxin-like** peptide

Scientists are studying the effects of **relaxin** on the body to see if it can be used to treat certain medical conditions.

loosen

v. to make something less tight, firm, or fixed; to free from restraint or constraint; to relax

synonym : relax, slacken, untie

(1) **loosen** grip, (2) **loosen** knot

Please **loosen** the screws on the back panel so we can access the inside of the machine.

propel

v. to move, drive or push something forward or in a particular direction, often with a lot of force

synonym : drive, push, move

(1) **propel** growth, (2) **propel** the ship

An increase in employment helps **propel** economic growth.

digestive

adj. relating to or capable of causing or promoting digestion of food

(1) **digestive** juices, (2) a **digestive** enzyme

A nutritious diet improves **digestive** functions.

sluggish

adj. lacking energy, vitality, or motivation; slow or inactive in response, movement, or progress

synonym: lethargic, slow, inactive

(1) **sluggish** economy, (2) **sluggish** response

After a long day at work, I feel **sluggish** and lack energy.

constipation

n. a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination

synonym: congestion, blockage, obstruction

(1) **constipation** relief, (2) chronic **constipation**

The patient complained of **constipation**, and the doctor recommended increasing their daily fiber intake.

esophagus

n. the muscular tube that connects the mouth and throat to the stomach, which allows food to pass through

synonym: gullet, throat, food pipe

(1) **esophagus** reflux, (2) upper **esophagus**

The tumor in her **esophagus** was causing her difficulty in eating and drinking.

heartburn

n. a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus

synonym: acid reflux, pyrosis, indigestion

(1) **heartburn** relief, (2) chronic **heartburn**

After eating that spicy meal, she suffered from **heartburn** all night long.

worsen

v. to become or make something worse

synonym: languish, degenerate, degrade

(1) **worsen** a relation, (2) **worsen** the food problem

Unilateral import bans have **worsened** that country's terms of trade.

diaphragm

n. a large, dome-shaped muscle located at the bottom of the chest cavity, essential for breathing and separating the chest and abdomen; a shallow, dome-shaped device with a flexible rim that is inserted into the vagina to cover the cervix and prevent sperm from reaching the uterus, serving as a method of birth control

synonym: midriff, pessary, shield

(1) **diaphragm** birth control, (2) **diaphragm** activity

Individuals with a weak **diaphragm** may experience difficulty breathing during physical activity.

stimulant

n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration

synonym: upper, energizer, booster

(1) memory **stimulant**, (2) prescription **stimulant**

Many athletes use **stimulants** like caffeine to boost their energy before a competition.

erythropoietin

n. a hormone produced by the kidneys that stimulates the production of red blood cells in the bone marrow, used medically to treat anemia and enhance athletic performance (though this usage is banned)

(1) **erythropoietin** deficiency, (2) **erythropoietin** production

Erythropoietin injections can help manage the symptoms of chronic kidney disease.

dilute

v. to make a substance less concentrated by adding a liquid or another substance to it

synonym: weaken, thin, reduce

(1) **dilute** acid with water, (2) **dilute** a great idea

She **diluted** the concentrated juice with water.

placenta

n. a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb

(1) **placenta** blood, (2) fetal **placenta**

The **placenta** produces various hormones that help maintain the pregnancy.

complication

n. something that makes a situation or condition that is complex or confused

synonym: confusion, complexity, difficulty

(1) **complication** of structure, (2) resolve without **complication**

He also continued to struggle with serious long-term **complications**.

buildup

n. the accumulation or increase of something over time

synonym: accumulation, increase, growth

(1) lactic acid **buildup**, (2) huge military **buildup**

The **buildup** of stress over time can lead to health problems.

vena

n. a vein, a blood vessel that carries deoxygenated blood from the body back to the heart

synonym: vein, blood vessel, capillary

(1) hepatic **vena**, (2) deep **vena** thrombosis

The coronary **vena** is responsible for draining deoxygenated blood from the heart muscle.

cava

n. (of medicine) one of two large veins in the body, the superior vena cava or the inferior vena cava; a type of sparkling wine made in a specific region of Spain typically served at celebrations and special occasions

synonym: vessel, large vein, champagne

(1) sinus of vena **cava**, (2) **cava** bottle

A blood clot in the superior vena **cava** can cause obstruction and potentially life-threatening complications.

dizzy

adj. having or causing a whirling sensation and not able to keep balance

synonym : addled, confounded, unsteady

(1) feel **dizzy**, (2) had a **dizzy** spell

Professional skaters can spin fast on the ice without getting **dizzy**.

devote

v. to commit or dedicate oneself or one's time, effort, or energy to a particular task or purpose

synonym : commit, dedicate, apply

(1) **devote** all of my energies, (2) **devote** my own life

He **devoted** himself to studying the history of ancient civilizations.

astound

v. to surprise or shock someone with wonder very much

synonym : amaze, astonish, surprise

(1) **astound** everyone, (2) **astound** the viewer

The final result was nothing short of **astounding**.

Session 2: Spelling

1. pro_____one receptor
n. a hormone mainly produced in the ovaries of females that helps regulate the menstrual cycle and plays a crucial role in pregnancy
2. bleeding from ut____s
n. a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth
3. antibiotic-resistant g__m
n. a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
4. chronic con_____ion
n. a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination
5. sl_____sh response
adj. lacking energy, vitality, or motivation; slow or inactive in response, movement, or progress
6. prescription st_____nt
n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
7. ery_____tin production
n. a hormone produced by the kidneys that stimulates the production of red blood cells in the bone marrow, used medically to treat anemia and enhance athletic performance (though this usage is banned)

ANSWERS: 1. progesterone, 2. uterus, 3. germ, 4. constipation, 5. sluggish, 6. stimulant, 7. erythropoietin

- | | | |
|---------------------------------|-----------|---|
| 8. airway mu__s | <i>n.</i> | a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc. |
| 9. ig___e a boom | <i>v.</i> | to set on fire; to cause to start burning |
| 10. memory st_____nt | <i>n.</i> | a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration |
| 11. r__r for more | <i>v.</i> | to make a loud, deep sound, like a lion or a car engine |
| 12. wo___n a relation | <i>v.</i> | to become or make something worse |
| 13. fer_____ion process | <i>n.</i> | the process of joining a sperm and an egg to produce an embryo |
| 14. chronic he_____rn | <i>n.</i> | a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus |
| 15. es_____us reflux | <i>n.</i> | the muscular tube that connects the mouth and throat to the stomach, which allows food to pass through |
| 16. pr___l growth | <i>v.</i> | to move, drive or push something forward or in a particular direction, often with a lot of force |
| 17. resolve without com_____ion | <i>n.</i> | something that makes a situation or condition that is complex or confused |
| 18. synthetic pro_____one | <i>n.</i> | a hormone mainly produced in the ovaries of females that helps regulate the menstrual cycle and plays a crucial role in pregnancy |

ANSWERS: 8. mucus, 9. ignite, 10. stimulant, 11. roar, 12. worsen, 13. fertilization, 14. heartburn, 15. esophagus, 16. propel, 17. complication, 18. progesterone

19. di___e acid with water *v.* to make a substance less concentrated by adding a liquid or another substance to it
20. r__r with laughter *v.* to make a loud, deep sound, like a lion or a car engine
21. artificial fer_____ion *n.* the process of joining a sperm and an egg to produce an embryo
22. com_____ion of structure *n.* something that makes a situation or condition that is complex or confused
23. pr___l the ship *v.* to move, drive or push something forward or in a particular direction, often with a lot of force
24. huge military bu_____p *n.* the accumulation or increase of something over time
25. an aborted fe__s *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
26. deep v__a thrombosis *n.* a vein, a blood vessel that carries deoxygenated blood from the body back to the heart
27. in___e other tissues *v.* to enter aggressively into another's territory by military force for conquest and occupation
28. wo___n the food problem *v.* to become or make something worse
29. re_____n-like peptide *n.* a hormone produced during pregnancy that relaxes the ligaments and joints in the pelvic region, allowing for easier childbirth

ANSWERS: 19. dilute, 20. roar, 21. fertilization, 22. complication, 23. propel, 24. buildup, 25. fetus, 26. vena, 27. invade, 28. worsen, 29. relaxin

30. lo___n grip *v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax
31. upper es_____us *n.* the muscular tube that connects the mouth and throat to the stomach, which allows food to pass through
32. di_____gm birth control *n.* a large, dome-shaped muscle located at the bottom of the chest cavity, essential for breathing and separating the chest and abdomen; a shallow, dome-shaped device with a flexible rim that is inserted into the vagina to cover the cervix and prevent sperm from reaching the uterus, serving as a method of birth control
33. a g__m-free environment *n.* a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
34. pathogenic mi_____e *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
35. hepatic v__a *n.* a vein, a blood vessel that carries deoxygenated blood from the body back to the heart
36. c__a bottle *n.* (of medicine) one of two large veins in the body, the superior vena cava or the inferior vena cava; a type of sparkling wine made in a specific region of Spain typically served at celebrations and special occasions

ANSWERS: 30. loosen, 31. esophagus, 32. diaphragm, 33. germ, 34. microbe, 35. vena, 36. cava

37. in___e his privacy *v.* to enter aggressively into another's territory by military force for conquest and occupation
38. sl____sh economy *adj.* lacking energy, vitality, or motivation; slow or inactive in response, movement, or progress
39. lactic acid bu____p *n.* the accumulation or increase of something over time
40. feel di__y *adj.* having or causing a whirling sensation and not able to keep balance
41. re____n hormone *n.* a hormone produced during pregnancy that relaxes the ligaments and joints in the pelvic region, allowing for easier childbirth
42. de___e my own life *v.* to commit or dedicate oneself or one's time, effort, or energy to a particular task or purpose
43. ig___e passion *v.* to set on fire; to cause to start burning
44. he____rn relief *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
45. fetal pl____ta *n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb
46. con____ion relief *n.* a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination

ANSWERS: 37. invade, 38. sluggish, 39. buildup, 40. dizzy, 41. relaxin, 42. devote, 43. ignite, 44. heartburn, 45. placenta, 46. constipation

47. lo___n knot *v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax
48. jo___e my elbow *v.* to push, elbow, or bump against someone or something in a forceful or crowded way; to compete with or struggle against another person or group for space, resources, or attention
49. sinus of vena c__a *n.* (of medicine) one of two large veins in the body, the superior vena cava or the inferior vena cava; a type of sparkling wine made in a specific region of Spain typically served at celebrations and special occasions
50. pl____ta blood *n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb
51. mi____es sterilizer *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
52. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
53. di___e a great idea *v.* to make a substance less concentrated by adding a liquid or another substance to it
54. as____d the viewer *v.* to surprise or shock someone with wonder very much
55. nasal mu__s *n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.

ANSWERS: 47. loosen, 48. jostle, 49. cava, 50. placenta, 51. microbe, 52. digestive, 53. dilute, 54. astound, 55. mucus

56. had a di__y spell *adj.* having or causing a whirling sensation and not able to keep balance
57. ery_____tin deficiency *n.* a hormone produced by the kidneys that stimulates the production of red blood cells in the bone marrow, used medically to treat anemia and enhance athletic performance (though this usage is banned)
58. de___e all of my energies *v.* to commit or dedicate oneself or one's time, effort, or energy to a particular task or purpose
59. ut___s cancer *n.* a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth
60. di_____gm activity *n.* a large, dome-shaped muscle located at the bottom of the chest cavity, essential for breathing and separating the chest and abdomen; a shallow, dome-shaped device with a flexible rim that is inserted into the vagina to cover the cervix and prevent sperm from reaching the uterus, serving as a method of birth control
61. a di_____ve enzyme *adj.* relating to or capable of causing or promoting digestion of food
62. as_____d everyone *v.* to surprise or shock someone with wonder very much
63. jo___e for position *v.* to push, elbow, or bump against someone or something in a forceful or crowded way; to compete with or struggle against another person or group for space, resources, or attention

ANSWERS: 56. dizzy, 57. erythropoietin, 58. devote, 59. uterus, 60. diaphragm, 61. digestive, 62. astound, 63. jostle

64. development of the fe__s

n. an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal

ANSWERS: 64. fetus

Session 3: Fill in the Blanks

1. Individuals with a weak _____ may experience difficulty breathing during physical activity.
 - n.* a large, dome-shaped muscle located at the bottom of the chest cavity, essential for breathing and separating the chest and abdomen; a shallow, dome-shaped device with a flexible rim that is inserted into the vagina to cover the cervix and prevent sperm from reaching the uterus, serving as a method of birth control

2. Please _____ the screws on the back panel so we can access the inside of the machine.
 - v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax

3. After a long day at work, I feel _____ and lack energy.
 - adj.* lacking energy, vitality, or motivation; slow or inactive in response, movement, or progress

4. The _____ of stress over time can lead to health problems.
 - n.* the accumulation or increase of something over time

5. The lion _____ loudly, signaling its dominance over the other animals.
 - v.* to make a loud, deep sound, like a lion or a car engine

6. He also continued to struggle with serious long-term _____.
 - n.* something that makes a situation or condition that is complex or confused

7. He _____ himself to studying the history of ancient civilizations.
 - v.* to commit or dedicate oneself or one's time, effort, or energy to a particular task or purpose

ANSWERS: 1. diaphragm, 2. loosen, 3. sluggish, 4. buildup, 5. roared, 6. complications, 7. devoted

8. The tumor in her _____ was causing her difficulty in eating and drinking.
- n.* the muscular tube that connects the mouth and throat to the stomach, which allows food to pass through
9. The _____ of the soil allowed for a bountiful harvest.
- n.* the process of joining a sperm and an egg to produce an embryo
10. When the body temperature drops, _____ secretion fails.
- n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
11. During pregnancy, _____ levels rise to support the growth of the fetus.
- n.* a hormone mainly produced in the ovaries of females that helps regulate the menstrual cycle and plays a crucial role in pregnancy
12. The _____ of his idea came from watching birds flying in flocks.
- n.* a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
13. _____ injections can help manage the symptoms of chronic kidney disease.
- n.* a hormone produced by the kidneys that stimulates the production of red blood cells in the bone marrow, used medically to treat anemia and enhance athletic performance (though this usage is banned)
14. Many athletes use _____ like caffeine to boost their energy before a competition.
- n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration

ANSWERS: 8. esophagus, 9. fertilization, 10. mucus, 11. progesterone, 12. germ, 13. Erythropoietin, 14. stimulants

15. I have no intention to _____ your privacy.
- v.* to enter aggressively into another's territory by military force for conquest and occupation
16. After eating that spicy meal, she suffered from _____ all night long.
- n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
17. A blood clot in the superior vena _____ can cause obstruction and potentially life-threatening complications.
- n.* (of medicine) one of two large veins in the body, the superior vena cava or the inferior vena cava; a type of sparkling wine made in a specific region of Spain typically served at celebrations and special occasions
18. A nutritious diet improves _____ functions.
- adj.* relating to or capable of causing or promoting digestion of food
19. The final result was nothing short of _____.
- v.* to surprise or shock someone with wonder very much
20. The female vagina is elastic enough to allow the passage of a _____.
- n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
21. Scientists are studying the effects of _____ on the body to see if it can be used to treat certain medical conditions.
- n.* a hormone produced during pregnancy that relaxes the ligaments and joints in the pelvic region, allowing for easier childbirth
22. The patient complained of _____ and the doctor recommended increasing their daily fiber intake.
- n.* a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination

ANSWERS: 15. invade, 16. heartburn, 17. cava, 18. digestive, 19. astounding, 20. fetus, 21. relaxin, 22. constipation,

23. The coronary _____ is responsible for draining deoxygenated blood from the heart muscle.
- n.* a vein, a blood vessel that carries deoxygenated blood from the body back to the heart
24. An increase in employment helps _____ economic growth.
- v.* to move, drive or push something forward or in a particular direction, often with a lot of force
25. Unilateral import bans have _____ that country's terms of trade.
- v.* to become or make something worse
26. She _____ the concentrated juice with water.
- v.* to make a substance less concentrated by adding a liquid or another substance to it
27. Professional skaters can spin fast on the ice without getting _____.
- adj.* having or causing a whirling sensation and not able to keep balance
28. I had to _____ through the crowded concert to get to the front of the stage.
- v.* to push, elbow, or bump against someone or something in a forceful or crowded way; to compete with or struggle against another person or group for space, resources, or attention
29. _____ thrive on the surface of the human skin.
- n.* a tiny living thing that can only be seen with a microscope and that may cause disease
30. He _____ the fireworks with a single spark.
- v.* to set on fire; to cause to start burning

ANSWERS: 23. vena, 24. propel, 25. worsened, 26. diluted, 27. dizzy, 28. jostle, 29. Microbes, 30. ignited

31. The _____ produces various hormones that help maintain the pregnancy.
- n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb
32. The physician prescribed medication to relieve the contraction of the _____.
- n.* a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth

ANSWERS: 31. placenta, 32. uterus