



# Study finds that 1 in 10 pregnant individuals develop long covid after infection

## Description

A recent study published in the journal *Obstetrics and Gynecology* revealed that nearly 10% of individuals who were infected with COVID-19 during pregnancy developed long covid. This study shed light on the impact of the virus on pregnant individuals, indicating that long covid may be more prevalent in this population than in the general population.

Researchers, funded by the National Institutes of Health's RECOVER initiative, followed 1,500 pregnant individuals infected with the virus, finding that symptoms associated with long covid persisted even 10 months after the initial infection. Common symptoms reported included fatigue, malaise, and gastrointestinal issues, which can mimic signs of pregnancy.

Experts emphasized the importance of ongoing care for individuals post-pregnancy, especially those experiencing chronic conditions like long covid. Cynthia Abraham, an associate professor at Icahn School of Medicine, highlighted the potential risks of respiratory illnesses during pregnancy, urging more research in this area.

With the Biden administration allocating additional funds to study long covid, including its impact on pregnancy, researchers like OB/GYN Monica Longo underscored the need to understand how the disease affects both pregnant individuals and their developing fetuses. Future studies could delve into the long-term implications of COVID-19 exposure on fetal development and post-birth outcomes.

## Vocabulary List:

1. **Prevalent** /'prɛvələnt/ (adjective): Widespread in a particular area at a particular time.
2. **Persisted** /pər'sɪstɪd/ (verb): Continued to exist or endure over a prolonged period.
3. **Malaise** /mə'leɪz/ (noun): A general feeling of discomfort or unease.
4. **Chronic** /'krɒnɪk/ (adjective): Persisting for a long time or constantly recurring.
5. **Implications** /,ɪmplɪ'keɪʃənz/ (noun): Consequences or outcomes that may result from a particular action or decision.
6. **Respiratory** /'rɛspərətɔːri/ (adjective): Relating to or affecting the organs of respiration.

## Comprehension Questions



### Multiple Choice

1. What percentage of individuals infected with COVID-19 during pregnancy developed long covid according to the study?  
Option: 5%  
Option: 10%  
Option: 15%  
Option: 20%
2. How long did symptoms associated with long covid persist in pregnant individuals as per the study?  
Option: 3 months  
Option: 6 months  
Option: 10 months  
Option: 1 year
3. Which organization funded the researchers who followed pregnant individuals infected with COVID-19?  
Option: World Health Organization  
Option: Center for Disease Control  
Option: National Institutes of Health  
Option: Food and Drug Administration
4. What were some common symptoms reported in pregnant individuals with long covid?  
Option: Headache and dizziness  
Option: Chest pain and fever  
Option: Fatigue malaise and gastrointestinal issues  
Option: Joint pain and skin rash
5. Who highlighted the potential risks of respiratory illnesses during pregnancy in the study?  
Option: Cynthia Abraham  
Option: Monica Longo  
Option: Joe Biden  
Option: Donald Trump
6. What did OB/GYN Monica Longo emphasize the need for in future research studies?  
Option: Understanding the impact of COVID-19 on mental health  
Option: Studying the effects of COVID-19 on children  
Option: Analyzing the link between COVID-19 and cardiovascular diseases  
Option: Understanding how COVID-19 affects pregnant individuals and developing fetuses



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## Answer

**Multiple Choice:** 1. 10% 2. 10 months 3. National Institutes of Health 4. Fatigue malaise and gastrointestinal issues 5. Cynthia Abraham 6. Understanding how COVID-19 affects pregnant individuals and developing fetuses

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which disease is primarily transmitted by mosquitoes?

- Option: Malaria
- Option: Dengue
- Option: Influenza
- Option: Tuberculosis

2. Which medication is commonly used to treat type 2 diabetes?

- Option: Aspirin
- Option: Paracetamol
- Option: Insulin
- Option: Metformin

3. Which viral disease is typically transmitted through the bite of infected animals?

- Option: Typhoid
- Option: Mumps
- Option: Rabies
- Option: Hepatitis

4. Which system in the body is responsible for breathing and gas exchange?

- Option: Digestive
- Option: Respiratory
- Option: Circulatory
- Option: Nervous

5. What preventive measure involves administering vaccines to protect against diseases?

- Option: Quarantining
- Option: Isolating
- Option: Vaccinating
- Option: Filtering



6. What term is used to describe becoming infected with a disease?

- Option: Erase
- Option: Avoid
- Option: Catch
- Option: Evade

7. What is the verb that means to seek advice or information from someone?

- Option: Ignore
- Option: Consult
- Option: Dismiss
- Option: Refuse

8. Which type of impairment relates to mental processes such as thinking and memory?

- Option: Physical
- Option: Cognitive
- Option: Sensory
- Option: Emotional

9. What term describes making information or work available to the public?

- Option: Privatized
- Option: Restricted
- Option: Published
- Option: Concealed

10. Which term indicates something that is widespread or commonly found?

- Option: Rare
- Option: Scattered
- Option: Prevalent
- Option: Irregular

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. In the context of disease transmission a \_\_\_\_\_ is an organism that spreads the infection.

12. The patient displayed \_\_\_\_\_ symptoms that came and went periodically.

13. The \_\_\_\_\_ stores bile produced by the liver.

14. One of the early symptoms of the illness was a general feeling of \_\_\_\_\_ and



discomfort.

15. Despite treatment the symptoms \_\_\_\_\_ for several weeks.

16. The \_\_\_\_\_ enzymes aid in digestion and are produced in the pancreas.

17. The discovery of the new genetic mutation has significant \_\_\_\_\_ for future research.

18. It is important to take necessary \_\_\_\_\_ to prevent the spread of the infectious disease.

19. The hospital reported a rare medical \_\_\_\_\_ involving an unknown virus.

20. The patient was diagnosed with a \_\_\_\_\_ condition that required long-term management.

21. Researchers are studying potential \_\_\_\_\_ that could indicate the presence of the disease.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

22. Continuous monitoring and alertness are necessary to prevent outbreaks of diseases.
23. The spread of infectious agents from person to person is known as this process.
24. Mosquitoes are a common example of this carrier of diseases.
25. Individuals who conduct systematic investigations to gain new knowledge and insights.
26. To be limited or restricted within a defined space or area.
27. The chemical processes within the body that convert food into energy.
28. To identify a particular illness or problem by examining its symptoms.
29. A medical professional who treats and cares for animals.
30. A condition or disease that persists over a long period of time.



31. A physical or mental limitation that affects a person's abilities.

## Answer

**Multiple Choice:** 1. Dengue 2. Metformin 3. Rabies 4. Respiratory 5. Vaccinating 6. Catch 7. Consult 8. Cognitive 9. Published 10. Prevalent

**Gap-Fill:** 11. Vector 12. Intermittent 13. Gallbladder 14. Malaise 15. Persisted 16. Pancreatic 17. Implications 18. Precautions 19. Incident 20. Chronic 21. Biomarkers

**Matching sentence:** 1. Vigilance 2. Transmission 3. Vector 4. Researchers 5. Confined 6. Metabolic 7. Diagnosed 8. Veterinarian 9. Chronic 10. Impairment

## CATEGORY

1. Health - LEVEL3

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