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島根大学大学院医学系研究科
医科学専攻（博士課程）入学者選抜

英語 B
English B

（60分間）

Time limit: 60 minutes

注意

1. 問題紙は指示があるまで開いてはいけません。
2. 問題紙は表紙を入れて6枚です。
3. 問題紙は持ち帰ってください。

Notice:

1. Do not open this cover until you have been instructed to by a proctor.
2. The question sheet consists of 6 pages including this cover.
3. You must bring the question sheet back when you are finished.

1. Please read the sentences below and answer the questions.

Cesarean sections are surging in the U.S. territory of Puerto Rico, which has one of the world's highest rates with more than 50% of babies now delivered via surgery compared with only 32% on the U.S. mainland, according to a federal report released Wednesday.

The rates of cesarean delivery on the island increased from 2018 to 2022 for each age group younger than 40 after remaining stable for nearly a decade, according to the U.S. Centers for Disease Control and Prevention.

The report did not provide an explanation, but medical experts in Puerto Rico say reasons behind the surge vary and include the island's crumbling health care system.

"In general, hospitals have limited personnel and few economic resources," said Dr. Carlos Díaz Vélez, president of Puerto Rico's Association of Surgical Doctors.

As a result, obstetrician-gynecologists prefer to schedule a cesarean to ensure they will have all the medical personnel required for a birth, he said.

"They prefer it^① be organized than improvised," Díaz said. "It^② guarantees security."

More than a dozen delivery rooms have closed across Puerto Rico in the past decade because of doctors moving to the U.S. mainland and a record drop in births, with only 17,772 births reported last year. That's the lowest since record keeping began in the late 1880s.

Díaz said a spate of lawsuits against Puerto Rican obstetrician-gynecologists in the previous decade that he described as "frivolous" also have prompted doctors to schedule cesareans to reduce risks.

Women also prefer cesareans for aesthetic reasons or to avoid pain, since epidurals in Puerto Rico are routinely not covered by insurance companies,

said Dr. Annette Pérez-Delboy, a maternal-fetal medicine specialist who specializes in high-risk pregnancies and previously worked in New York.

“In Puerto Rico, women are afraid of vaginal birth,” she said.

Pérez-Delboy coincided with Díaz that a lack of medical personnel also has contributed to a rise in cesareans. In addition, she noted that in vitro fertilizations have increased, leading to more twins being conceived, which leads to more cesareans to avoid risky births.

Pérez-Delboy also said that up-and-coming doctors are not well-versed in using forceps or vacuums, and as a result opt for cesareans to avoid legal action.

“For a doctor in Puerto Rico, it is better to do a cesarean section, since it pays more, you have it on time, it has less risk of litigation and the mother leaves happier,” she said, adding that doctors and patients are aware that vaginal births are better. “Everyone knows it ③, and everyone understands it, but you have to put yourself in the shoes of these doctors.”

Question 1:

Please describe the possible reasons why cesarian sections recently increase in Puerto Rico.

Question 2:

What does the underline ① indicate?

Question 3:

What does the underline ② indicate?

Question 4:

Please describe the reason why women are likely to select cesarians.

Question 5:

Please describe the reasons why the doctors prefer cesarian sections.

Question 6:

What does the underline ③ indicate?

2. Please read the sentences below and answer the questions.

Dealing with a cough has never been fun, but it's particularly concerning ever since the COVID-19 pandemic. Having a cough now means getting some side-eye when you're out in public, making this an issue you want to clear up quickly. But sometimes coughs can linger well beyond the initial illness, raising plenty of questions about what's behind your cough that won't quit — and how to finally get rid of it. Know this: While annoying, a lingering cough is an issue plenty of people deal with after they recover from an illness. "About 1 in 4 people who have had a cold or other respiratory infection will have a lingering cough," Aline M. Holmes, an associate professor at Rutgers University School of Nursing, tells.

Here's what you need to know about why some coughs stick around, plus when to see a doctor.

Respiratory illnesses usually have what's known in the medical community as an "acute" phase, or what most people think of as the infection itself, Dr. Thomas Russo, professor and expert in infectious diseases at the University at Buffalo in Buffalo, N.Y., tells. After that, the illness goes through a decline and convalescence period, which is why you're slowly getting better, he explains. In many cases, you don't just magically get better once the acute phase of your illness is done — it takes some time to get back to your baseline, Russo says. If you still have a cough after you feel better, you may simply have "residual inflammation" while your damaged airway tissue heals from the infection, he explains.

"Coughing is protective. It removes irritants from the lungs and protects the airway," Dr. Jonathan Parsons, a pulmonologist at the Ohio State University, tells. But that residual inflammation "is not necessarily a sign the infection is active or persistent," Parsons says.

Coughs tend to get worse at night because mucus runs down the back of your throat and into your lungs when lie down, prompting that cough, Holmes explains. "That makes it difficult to get any rest," she says.

Unfortunately, lingering coughs can last for a long time. "Patients often begin to feel better after seven to 10 days after an acute upper respiratory infection, but may have a lingering cough that lasts significantly longer," Parsons says. "Many times, a lingering cough in these scenarios can last three to four weeks."

If you're uncomfortable and are dealing with postnasal drip, Holmes suggests using an over-the-counter medication with an expectorant, like guaifenesin. "These work to thin out the mucus in your airways to make it easier to cough it up," she says.

You can even try honey. "Honey has some anti-inflammatory and anti-microbial properties," Holmes says. "Many folks swear by hot tea with honey and/or humidifiers."

If you don't have post-nasal drip and you suspect that your cough is due to lingering inflammation, Holmes recommends using an over-the-counter antihistamine.

Again, it's common to deal with a lingering cough for up to a month after you recover from your initial illness. But Parsons recommends seeing your health care provider if you develop more severe symptoms, like developing a fever, having shortness of breath or coughing up blood.

That said, it's OK to check in with your health care provider if you're concerned or if the cough is affecting your quality of life or is stretching beyond a few weeks, Holmes says. "Also, if you have a history of

respiratory problems, like asthma, you should check with your primary care physician," she says. "They might want to rule out an exacerbation of those medical issues."

Just keep this in mind, says Parsons: "In the vast majority of cases, the cough will be (①) and eventually will resolve on its own."

Question 1:

Approximately how many percentages of patients who have suffered from respiratory infections will have a lingering cough?

Question 2:

Why do we usually have a cough even after we feel better?

Question 3:

Please describe the reasons why our coughs tend to get worse at night.

Question 4:

Please select the most appropriate word from the below, which should be inserted into (①).

1. unlimited
2. self-limited
3. protracted
4. troublesome