

# Health

intestine - gastro

main artery

acute illness

chronic

fatal, terminal, mental

Everybody in our country has the right to choose a doctor and many people go to one family doctor. At present two types of health facilities operate in this country: state and private ones.

Medical care is provided for our citizens from birth to death. Each of us is looked after even before birth under the scheme called prenatal care which includes medical check-ups before the child is born and then maternity ward services. Soon after birth each child is vaccinated against such illnesses as tuberculosis (TB), diphtheria, tetanus, whooping cough, polio and later smallpox. Due to vaccination and better hygiene these illnesses have either disappeared or are not fatal any more.

Each school child is under medical supervision which means that he or she has to undergo a series of preventive medical and dental check ups where his body is examined, his teeth checked and eyesight tested.

When we grow out of our children's diseases such as a cold, otitis, measles, mumps, rubeola or chicken-pox we do not have to go to the doctor so often. If we are not hypochondriacs we try to get over our cold easily by staying in bed, taking pills, keeping warm, sweating, gargling and drinking herbal tea with honey or lemon. But sometimes if a patient is trying to overcome a feverish sickness without staying in bed and curing it properly, he takes a risk, as the illness often leaves very dangerous aftereffects.

If we still feel unwell, we finally decide to see a physician who is called a General Practitioner (GP). It is better to make an appointment with the doctor in his surgery time (during his office hours) if we want to avoid long waiting in the waiting room which may often be crowded. Then the nurse says "Next please" and invites us into the consulting room. The nurse has to look for our medical record and wants to see our insurance card and then takes our temperature. Then we are ready to enter the surgery (consulting room). The doctor usually asks what the trouble is and then asks us to strip to the waist because he or she must examine our chest and throat. The doctor wants to know if we have a temperature, a good appetite and where we feel pain. Then he or she listens to our lungs and heart and we have to take a deep breath or stop breathing according to his orders. He also wants us to open our mouth and say "Ah" to see if our tonsils are red. Sometimes he or she checks the blood pressure and feels the pulse, takes the blood count and throat culture or puts urine through lab tests. We have to say how we feel, if we have a headache, a sore throat, a cold, a cough, or if we are sick and hoarse.

Finally the doctor diagnoses the case and therapy and prescribes a medicine. Most often we suffer from a common infection such as flu, tonsillitis, bronchitis or pneumonia. At the pharmacy (at the chemist's in Britain) we get antibiotics, vitamins, pain relievers and gargle. We can also buy some medicinal herbs to prepare herbal tea.

In more serious cases if we get injured we can call the doctor to our home. Sometimes we may be taken to hospital by an ambulance. In case of unconsciousness or heart attack the patient is put on a stretcher. For car accidents a special helicopter may be called up. Sometimes it is necessary to give first aid such as mouth-to-mouth resuscitation, to stop bleeding or fix fractures.

In the hospital the injured people are examined and X-rayed at a casualty ward (emergency room). Serious cases are immediately operated on in the operating theatre (room). Before the operation the patient must pass several tests and then just before the operation he is anaesthetized by means of an injection or inhalation of a narcotic. After the operation a scar often remains. The patient is sometimes sent to a health resort or a spa for rehabilitation. There he undergoes water treatment, takes baths, massage, remedial exercises and drinks the waters.

However, there are fatal illnesses like cancer or AIDS which are incurable so far. But the best way to cure yourself of a disease is not to catch it, because prevention is better than cure. We can keep our health by physical training, hardening our body, through sport, regular daily routine, sufficient sleep, wholesome food and avoiding alcohol, cigarettes and stress.

## Questions on the text:

1. What care is provided to our citizens during their life time?
2. What diseases are we vaccinated against?
3. What are considered to be children's illnesses?
4. How can we cure a cold without going to a doctor?
5. What does a nurse usually do before you enter a surgery?
6. What does the doctor want us to do before and during the examination?
7. What information is he interested in?
8. How do you describe your troubles if you have flu or tonsillitis?
9. What does the doctor say after the examination?
10. What kind of medicine can we get at the pharmacy?
11. How are serious patients treated?
12. What is meant by first aid?
13. How is a patient prepared for an operation?
14. What treatment often follows an operation?
15. How can everybody keep his or her health?

## Vocabulary:

Healthy, ill:

be healthy/well, patient, fall/become ill, feel ill/unwell, be down with flu, catch a cold/some infection, sick child, feel sick, airsick, carsick, seasick, get better/well/rid of, be gone, go away, grow worse, recover from [ri'kavə], recovery,

hurt, pain  
[hɜ:t]

check ups - kontrolly

general practitioner

incurable x curable

pain relievers: ibuprofen, ibalgim

**disorder, illness** (opposite of health, continuous disease), **disease** [di'zi:z] (medical term), **ailment** [eilmənt] (slight disease or disorder), **feverish sickness, fatal** [feitl] **disease, hypochondriac** [haipo'kondriæk]

### Pains and signs:

**pain** [peɪn] (noun - I've got a pain in my wrist.)

**hurt** (verb - with all parts of the body - My wrist hurts. I hurt myself. It won't hurt you.)

**ache** [eɪk] (noun and verb - continuous pain-I've got a headache. My head aches.)

**sore** [so:] (adjective - I've got sore feet.)

**slight/severe pain, painful, painless, sneeze** [sni:z], **sweat** [swet], **have a running nose, blow one's nose, have a poor/good appetite.**

### Medical examination [ɪg'zæmɪ'neɪʃn]:

**prenatal care** [pri:'neɪtl], **check up** [tʃek ap], **medical supervision** [sju:pə'vɪʒn], **general practitioner** (GP) [præk'tɪʃənə], **physician** [fɪ'ziʃn], **nurse, doctor, works doctor, surgery time** [sə:dʒəri] (office hours - AM), **surgery** (doctor's consulting room/office - AM), **waiting room, make/have an appointment with, strip to the waist** [weɪst], **examine the chest, take a deep breath, take/check the blood pressure** [bləd preʃə], **take/feel the pulse** [pals], **take the blood count** [bləd 'kaunt] **throat culture, put urine through lab tests** [tests], **take the temperature** [temprɪtʃə], **I have/run a temperature/fever, I have 38.5** (thirty eight point five celsius), **his temperature has risen/dropped**

### Treatment [tri:tment]:

**treat, cure, to cure, incurable** ['ɪnkjuərəbl], **therapy, diagnose** [daɪəgnəʊz], **prescribe a medicine** [medsən], **take medicine/drug, injection** [ɪn'dʒekʃən]/**shot/jab** [dʒæb], **inhalation** [ɪnhə'leɪʃn], **swallow a tablet, stay in bed, lie down, be on a diet, be on the pill** (women), **use pills, have a complete rest, it works wonders, it was no good, there's nothing like..., aftereffects** [a:ftə'refeks], **be vaccinated, hygiene** [haɪdʒi:n], **sickness benefit**

### Exercises:

#### 1. Describe your illness (or your friend's if you are healthy).



I overslept

## 2. Complete the dialogues with suitable responses (use different ones):

**Doctor:** Hello. What's the problem?

**You:** Well, .....

**D:** Does it hurt badly?

**You:** .....

**D:** How long have you had this?

**You:** .....

**D:** I'd like to examine you. Take off your shirt, please.

**You:** .....

**D:** No, it doesn't look too bad. It's just normal tonsillitis. Here's a prescription for some medicine. Take it three times daily. Come to see me next Tuesday.

**You:** .....

**D:** Good ..... What's .....?

**You:** I'm running a fever, coughing badly, I sneeze, feel tired and sleepy.

**D:** OK. Open .....

**You:** "Ah." It hurts me to swallow and I ache all over. *cely! cold*

**D:** Strip .....; take ..... and now stop .....

**You:** Is it very serious, doctor?

**D:** No, .....; it's just .....: get this medicine from ..... and ..... a day.

**You:** Am I allowed to go to school?

**D:** No, ....., ..... warm and drink ..... . You'll ..... soon. In a week you ..... again.

## 3. What children's diseases have you had and what diseases have you been vaccinated against?

What common ailments do children have?

*mumps* [mʌmps], *measles* [mi:zls], *rubeola* [rubɪələ], *chicken-pox* [tʃɪkən pɒks], *scarlet fever* [sca:lət'fi:və], *be a scarlet fever carrier*, *otitis* [əu'taɪtɪs], *vaccination certificate* [væksɪ'neɪʃn sə:tɪfɪkɪt], *tuberculosis* [tju:bə'kjʊləʊsɪs], *tetanus* [tə'tənəs], *polio* [pəʊliəʊ], *smallpox* [smɔ:l'pɒks], *diphtheria* [dɪf'θɪəriə], *whooping cough* [hu:pɪŋ kɒf], *rabies* [reɪbi:z]  
*del'ka'obna* *mes'lovic* *ras'et* *cer'ny' kase* *prɪ'naɪe* *no'ic* *s'ra'ky*

## 4. What diseases do most people suffer from?

Which of them have you had, how did you get them and what medicine did you take or how did you cure them?

What diseases do you consider very serious/not so serious nowadays?

Which of them must be treated in hospital?

What diseases can one catch very easily?

What illnesses do old people suffer from?

What diseases require an operation?

What occupational diseases may occur among white-collar workers?

have a cold, (the) flu, cough, a sore throat, to cough, bronchitis [brɒn'kaɪtɪs], tonsillitis [tɒnsɪ'lɑɪtɪs], pneumonia [nju:'mɒniə], be hoarse [ho:s], lack of appetite, vomit, have stomachache, heartburn, nausea [no:sjə], indigestion [ɪndɪ'dʒestʃən], constipation [kɒnstɪ'peɪʃən], diarrhoea [daɪə'riə], ulcer [ʌlsə], bilious attack [bɪljəs ə'tæk], appendicitis [ə'pendɪ'saɪtɪs], jaundice [dʒɔ:ndɪs], backache, slipped disc, rheumatism [ru:'mætɪzəm], earache, encephalitis [ensefə'lɑɪtɪs], be dizzy [dɪzi], venereal disease [vɪ'nɪəriəl], typhoid fever [taɪfɔɪd], plague [pleɪg], cholera [kɒlərə]

## 5. What diseases are considered to be "civilizational diseases"? What causes them? How can they be avoided?

mental disorders:

nervous breakdown, stress, depression, a headache, insomnia [ɪn'sɒmniə], suffer from nerves

diseases of the blood system:

high blood pressure, a heart attack, anaemia [ə'ni:mjə], leukaemia [lju:'ki:miə], varicose veins [və'ri:kəs veɪnz]

skin diseases:

rash [ræʃ], acne [ækni], eczema [eksɪmə], itch, scratch, pimple [pɪmpl], scurvy [skə:vi]

others:

backache, defective hearing, allergy, overweight, asthma [æsmə], diabetes [daɪə'bi:tɪz], malignant tumours [mə'lɪgnənt tju:məz], cancer [kænsə], drug addiction [dræg ə'dɪkʃən], drug addict [ə'dɪkt], be addicted to alcohol, die of an overdose, break the habit, venereal diseases, AIDS, hectic life style, lack of vitamins, polluted environment, unhealthy daily routine, insufficient sleep

## 6. What does a healthy life style mean?

have a regular daily routine, sufficient sleep, take a rest, overwork, avoid excitement, get excited, no smoking, no or little alcohol, healthy, wholesome food, be on a diet, physical training, go in for sports, go for walks, take a walk, jogging, harden the body  
*da'vɪde* *regulout a pɪtʃnənt'liu suvɪvɪsɪnt* *elovɪno*

## 7. What is meant by wholesome food? What is your idea of wholesome food?

- enough/a lot of vitamins, eat fruit and raw vegetables, drink good water
- eat slowly, take time to eat, eat more times a day in small amounts, eat at a nicely set table
- not eat smoked meat and sausages (or a little), not drink spirits, little salt and spices, little or no coffee
- eat preferably lean meat, fish, poultry, cereals, fibrous food, dark bread instead of white flour pastries (rolls, buns, cakes), vegetable oil and butter
- avoid fat meat, animal fat and high calorie dishes

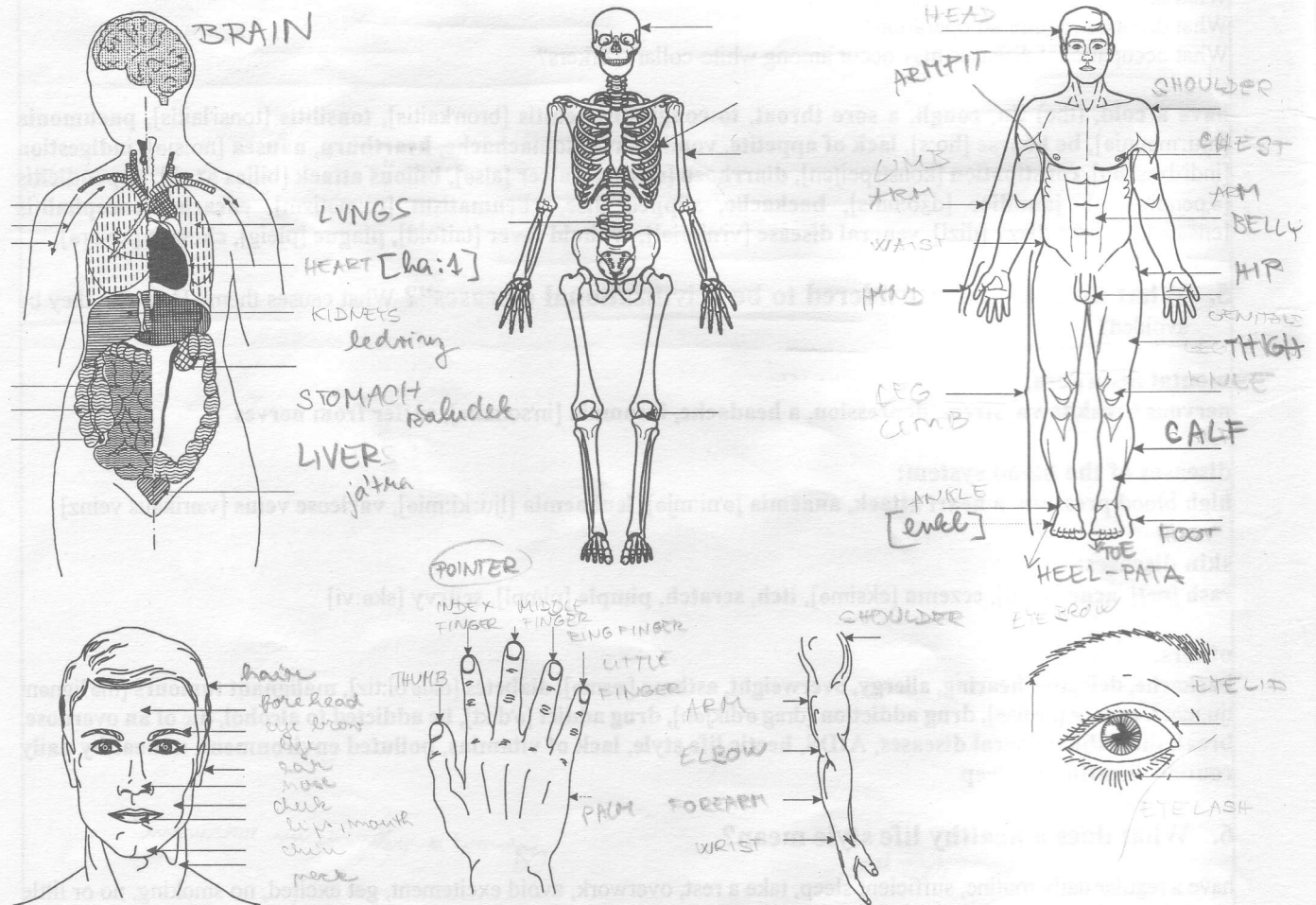
## 8. What health facilities are there in your town? Who works there? What diseases are cured there?

health centre, polyclinic - general practitioner (GP), nurse, hospital (outpatients' department, inpatients' department), ward [wo:d], internal department - intern [in'tə:n], surgical dept. - surgeon [sədʒən], dental dept. - dentist, eye dept. - oculist [okjulist], dermatology dept. - dermatologist [də:mə'tələdʒist], ear and throat dept. - ear and throat specialist, paediatrics - paediatrist [pi:di'ætrist], maternity hospital [mə'tə:niti] - gynaecologist [gəni'kələdʒist], mental hospital - psychiatrist [saɪ'kaɪətrist], mental specialist, infectious diseases dept., casualty [kæʒjuəlti] ward, emergency ward, night emergency service, general hospital, children's hospital, teaching hospital, sanatorium, health resort, spa, water treatment, take a bath, massage [mə'sɑ:ʒ], remedial [ri'mi:djəl] exercises

## 9. What have you got in your medicine chest?

medicine chest [tʃest], pharmacy [fɑ:məsi], dispensing chemist's, drugstore (AM), vitamins, headache/sleeping/sickness pills, pain killers (relievers), disinfection, antiseptic, nose drops, eyewash, dressing, (elastic) bandage [bændɪdʒ], band aid, cotton wool, medicinal herbs, medicinal charcoal [tʃɑ:kəʊl], bicarbonate of soda [baɪ'ka:bənɪt ov səʊdɑ], gargle [gɑ:gl], boric acid [bo:ɪk æsɪd], peroxide [pə'roksaɪd], sticking plaster/tape [plɑ:stə'teɪp], pad [pæd], thermometer [θə'momɪtə], sling [slɪŋ], ointment [ɔɪntmənt], laxative [læk'setɪv]

## 10. Can you describe a human body and its internal organs (write their names to the arrows)?





**head:**

face, hair, eyes, eye lid, ears, cheeks, chin, mouth, lips, tooth/teeth, tongue, neck/throat  
forehead [forid], eye brows [ai brauz], eye lashes [læfɪz], temple [templ]

operating  
theater

**trunk:**

back, bottom/backside/buttocks [batəks], waist, hips, belly/tummy, navel [neivəl],  
chest [tʃest], breast [brest], abdomen [əb'dəʊmən],

band

nose drops

**limbs [limz]:**

- leg, thigh [θai], knee [ni:], calf/calves [ka:f, ka:vz], shin ankle [æŋkl], foot/feet, heel [hi:l], sole [səʊl], toe, big toe
- arm, shoulders [ʃəʊldəz], armpit, elbow [elbəʊ], forearm, wrist [rist], hand, palm [pa:m], fingers (thumb [θəm], index finger, middle finger, ring finger, little finger)

**genitals [dʒenɪtlz]**

skeleton [skelɪtən], backbone, bone [bəʊn], joint [dʒɔɪnt], rib [rib], skull [skal]

oilment

**internal organs:**

- nervous system, nerve, brain, spinal chord [spainl kɔ:d]
- circulation of blood [sə:kjuleɪʃən ɒf bləd], blood vessels [vesəlz], arteries [a:təriz], veins [veɪnz], blood cell [cel]
- muscle [masl], tendon [tendən], ligament [lɪgəmənt], gland [glænd], thyroid gland [θaɪrɔɪd]
- heart, lungs [lʌŋz], bronchi [brɒŋkai], stomach [stamək], intestines [ɪn'testɪnz], large and small intestine, appendix, liver [lɪvə], gall bladder [gɔ:l blædə], kidneys [kɪdnɪz], bladder [blædə], spleen [spli:n]
- blood, urine [juəri:n], stool [stu:l], saliva [sə'laɪvə], bile [baɪl]

mouth to mouth

kiss of life

resuscitation

faint - and hit

**11. What injuries can happen at home or during sports activities? How can they be treated?**

be injured, be wounded, hurt oneself

have/get a bruise [bru:z], bruise one's arm, black eye, get a bump [bʌmp], bumped head, bump one's head against a beam, have/get a blister [blɪstə], pinch one's finger [fɪŋgə], run/get a splitter into a finger [splɪtə], cut one's finger on a knife, burn one's hand on an iron, a nasty burn, be scalded [sko:ldɪd], swell-swelled-swollen [swel-sweld-swəʊlən], swollen ankle, inflamed finger [ɪn'fleɪmd], sprain an ankle [æŋkl], sprained ankle, dislocate a leg, stretch a ligament, tear a leg muscle, scrape a knee, cramps [kræmps], brainshake/concussion [kən'kʌʃən], be concussed, be bitten by, blood poisoning, faint [feɪnt], be airsick/seasick/carsick, sunstroke, heatstroke [hi:tstreʊk], have/get frostbite, slip, fall over, fall off, stumble over st. [stʌmbəl], a fracture [fræktʃə], break/fracture a bone, a rib, split [splɪt] bone

**12. What serious injuries can happen? How can they happen? How can they be treated?**

have a fracture, break one's leg, a fractured/broken arm, fix the leg in plaster (cast), fix/put the finger in splints, have/put an arm in a sling, an/to X-ray, walk on crutches [kratʃɪz], faint, be unconscious [ən'kɒŋʃəs], regain consciousness [rɪ'geɪn kɒŋʃəsnes], bring/come round, put a patient on a stretcher [stretʃə], call an ambulance, operate on a patient for appendicitis, operating theatre, give/get an anaesthetic [ænis'θetɪk], breath a narcotic [na:'kɒtɪk], to anaesthetize a patient, cleanse the wound [klenz, wu:nd], sew [seʊ] up the wound, take out the stitches, scar [ska:], scar over, heal, dress the wound, bandage (up), rebandage [rɪ'bændɪdʒ], blood transfusion, blood donor [dəʊnə] give first aid: mouth-to-mouth resuscitation [rɪ'sasɪ'teɪʃən], artificial breathing [brɪ:'dɪŋ], stop bleeding [bli:'dɪŋ], fix a fracture, apply a plaster cast, be badly hurt, get injured, injure one's hand, hurt oneself, death by drowning [draʊnɪŋ], die of wounds, die of an overdose, moan [məʊn], groan [grəʊn], cry in pain

walk on crutches - [kratʃɪz]

**13. How often do you go to a dentist's and oculist's and what treatment can people get there?**

twice a year, once every two months, dental check up, have toothache, a painful tooth, drill a rotten [roʊn] tooth, fill the tooth, crown a tooth, make/fix a denture [dentʃə], make/fix a brace [breɪs]/braces, uneven teeth, wisdom tooth, the tooth comes loose, sound teeth

eyesight, be short-sighted [ʃɔ:t saɪtɪd], colour-blind ['kʌlə blaɪnd], wear glasses, my eyes are sore/smart, strain one's sight [saɪt], dust irritates my eyes, jab one's eye [dʒæb], have a sty [stai]

**14. Minitalks**

1. What are the symptoms of the following ailments: a cold, flu, bronchitis, rheumatism, heart trouble, sunstroke, food poisoning?
2. Describe your local health centre, polyclinic and hospital.
3. What ailments are cured in Czech spas?
4. Choose several parts of the body and say what can happen to them.
5. How would you persuade a heavy smoker to give up smoking? You can act a dialogue if you like.
6. What are the most common causes of death?

# 15. Act dialogues between a doctor and a patient using the following phrases:

What's the matter with you?

What's troubling you?  
Where do you feel the pain?

I've got a bad cough (a stomachache, a cold, a terrible headache, a sore throat, an infection in my eye, sore eyes, indigestion, an upset stomach...)

I feel sick, tired, unwell, ill ...

I've got a pain in my chest/back ...

I feel

I sneeze and cough.

I have trouble with my stomach ...

I've got something wrong with my finger/eye ... I can't move it.

There's something wrong with my elbow/neck.

My gall bladder is troubling (bothering) me.

My stomach is giving me pain.

I am hoarse/run-down ...

My leg hurts/aches.

I slipped and I have broken my arm.

It started ...

Not long, since last week.

No, only when I touch it (when I swallow, before/after meals ...)

Yes, I took my temperature in the morning and it was 38.5 °C.

I don't sleep well, I have no appetite and I sweat a lot.

When did it start?

Have you had it long?

Does it hurt all the time?

Have you got a temperature?

Have you got any other troubles (complaints)?

Let me examine you./I'd like to examine you.

Take off your shirt./Strip to the waist.

Does it hurt when I press here?

Is it painful?

Don't worry. It's nothing serious but you must stay in bed for a few days.

I'll prescribe some medicine for you and the nurse will give you an injection

Yes, a little. Is it serious?

How long must I stay away from school (work ...)?

Thank you, Doctor. When shall I call again?

*bladder*

## Medical care in the Czech Republic, Great Britain and the USA.

Although medical care in our country is basically free of charge, the government encourages all citizens to be responsible for their health and has introduced a system in which the patient partly shares the cost of some treatment and medicine.

According to law, all citizens are covered by health insurance. Though there are several health insurance companies, both state and private, most people belong to the General Health Insurance Company. The Health Insurance System is currently undergoing some changes. Employers pay health insurance for their employees but private persons must pay for their insurance themselves while the state pays the insurance for children and retired people.

In Britain, the National Health Service provides free health care to all people in the country. Everybody is free to choose a general practitioner (GP) in his own home area and be registered on his list. In towns it is usual for three or four GPs to join together in partnership and thus share the cost of expensive medical technology.

If you need special treatment, the doctor will send you to see a specialist at the local hospital. In an emergency, you can call an ambulance by dialling 999 from any telephone. In England, the companies also pay insurance for their employees and the government for other people.

In the United States, there are two different types of health insurance. Most people have private health insurance. If you have a fractured arm, a heart attack, or even a blister, it is possible to choose your doctor and have treatment. You pay the doctor, and then send the bill for the treatment to your insurance company. They will then send you the money. The problem is that private health insurance is expensive, especially for treatment that needs specialists, such as treatment for heart attacks. If one is poor, the government will pay the doctor for treatment. Many people, however, are not poor, but do not have the money to pay for private health insurance because it is very expensive. If they fall ill, they must pay for it themselves. This is a big problem now in the USA, because a hospital must take care of people, if they fall very ill, even if they do not have the money, and this is difficult for many hospitals.

## Questions on the text:

1. What is the health system in our country like?
2. Describe the system of health care in Britain and the USA.
3. What system of health care would you like to have?