

HEALTH

1. *Where can you see these pictures? What do they mean? Have you ever seen them?*



2. *Do you know any of these abbreviations? What do they mean? Can you name every word they consist of?*

AIDS AA TB BSE GP EEG SARS ORL

3. *Note the following idioms which are often used when referring to physical fitness. Do we have similar idioms in Czech?*

fit as a fiddle
strong as an ox

thin as a rake
fat as a pig

stiff as a poker
fresh as a daisy

sick as a dog
weak as a kitten

4.

Health is the most important thing in life. Everyone knows it but when we are healthy we usually don't appreciate it. We often realise it when we or some of our close relatives fall ill.

Everybody in our country has the right to choose a doctor and many people go to one family doctor. At present there are two types of **health facilities** operating in the Czech Republic: **state** and **private** ones. Medical care is provided for our citizens from birth to death. Each citizen is looked after even before birth under the scheme called **PRENATAL care**. Soon after birth each child is vaccinated against such illnesses as **tuberculosis**, **diphtheria**, **tetanus**, **whooping cough**, **polio** and later **smallpox**. Due to vaccination and better hygiene these illnesses have either disappeared or are not fatal anymore.

Each school 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 **cold**, **otitis**, **measles**, **mumps**, **rubeola** or **chicken-pox** we don't have to go to the doctor so often.

If we feel unwell, we 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 to 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**. The doctor usually asks what the trouble is and then asks us to strip to the waist so he can **EXAMINE** our chest and throat.

INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

The doctor wants to know if we have a temperature, a good appetite and where we feel pain. Then he 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 "Aaaaaah" to see if our tonsils are red. Sometimes he 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 or **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 we get antibiotics, vitamins, **pain relievers** (pain killers) and **gargle**. We can also buy some medicinal herbs to prepare herbal tea.

In more serious cases or if we get injured we can call the doctor to our home. Sometimes we may be taken to hospital by an ambulance. For car accidents a special helicopter may be called in. 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**. Before the operation the patient must pass several tests and then just before the operation he is **anaesthetised** by means of an injection or inhalation of a narcotic. If a patient is in a serious condition after an operation he may be admitted to an Intensive Care Unit (**ICU**). After the operation a **scar** often remains. The patient is also 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 and many people die of them every day all around the world.



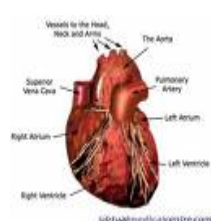
BRAIN



LUNGS



STOMACH



HEART



KIDNEY

VOCABULARY

health facilities
prenatal care
otitis
measles
rubeola
chicken-pox
nurse
GP
surgery
examine
blood pressure
blood count

zdravotnická zařízení
předporodní péče
záněť středního ucha
spalničky
zarděnky
plané neštovice
zdravotní sestra
všeobecný (praktický) lékař
ordinace
vyšetřit
krevní tlak
krevní obraz

pain killer
gargle
medicinal
herbal tea
get injured
first aid
resuscitation
fracture
fix
X-ray
casualty ward
operating theatre

lék proti bolesti
kloktadlo
léčivý
bylinkový čaj
zranit se
první pomoc
oživování
zlomenina
zpevnit
rentgenovat
úrazové oddělení
operační sál

INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

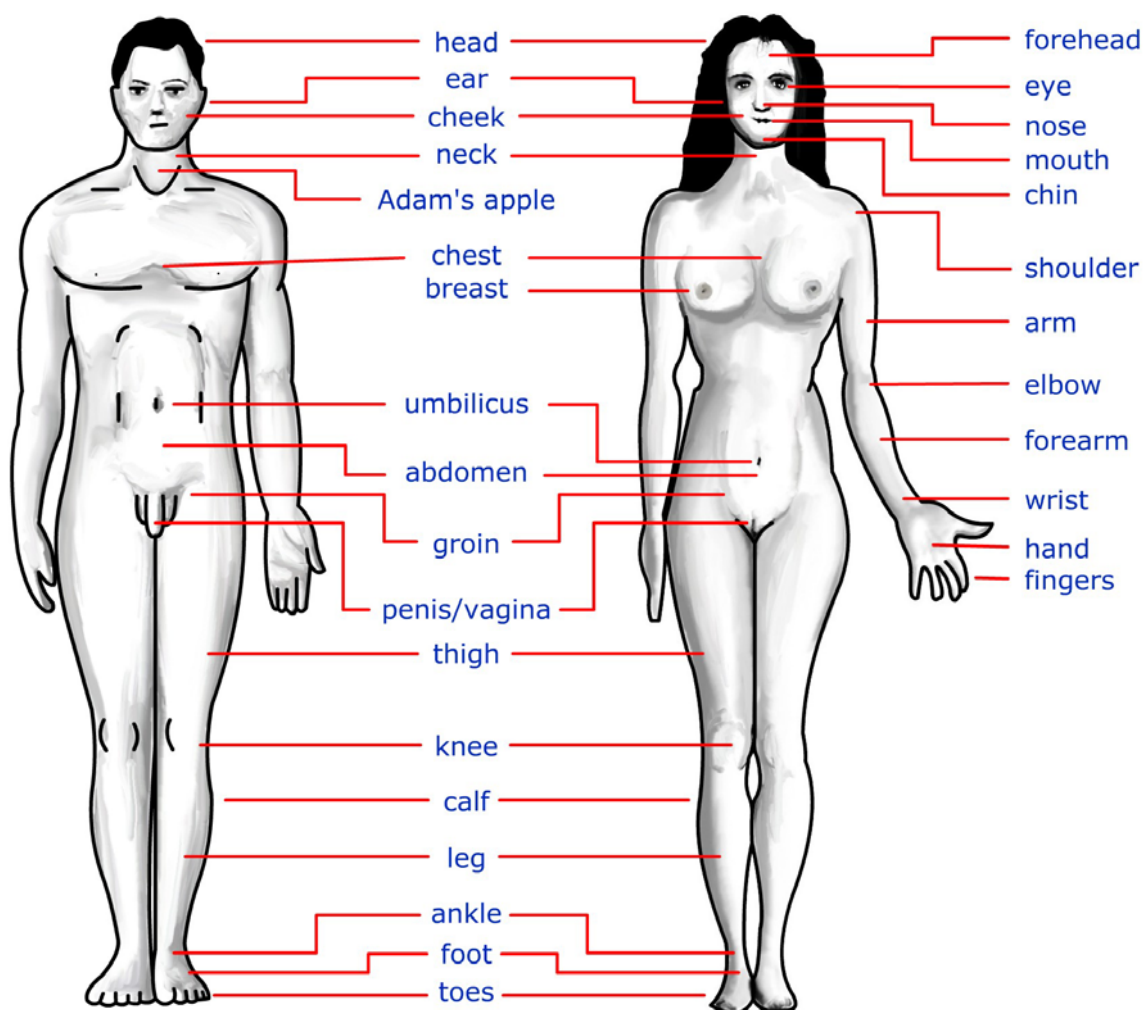
throat culture
sick
urine
hoarse
sore throat
cough
suffer (from)
spot
bowels
spinning
digest
itch

výtěr z krku
být nemocen
moč
chraptět
bolest v krku
kašel
trpět (něčím)
vyrážka
útroby, střeva
točit se
trávit
svrbění

anaesthetise
ICU
scar
fatal
cancer
incurable
kidney
diarrhoea
sensation
senseless
involuntary
spasm

dát narkózu
JIP
jizva
smrtelný
rakovina
neléčitelný
ledvina
průjem
pocit
v bezvědomí
bezděčný
křeč

HUMAN BODY



5. Match the following symptoms of diseases with their definitions:

1. Constipation	a) Tiny red spots on the skin
2. Diarrhoea	b) A difficult or infrequent emptying the bowels
3. Dizziness	c) An irritating sensation causing a desire to scratch your skin
4. Faint	d) A too frequent and too watery emptying of the bowels
5. Fever	e) Feeling as if everything is spinning around
6. Hiccups	f) Inability to sleep
7. Indigestion	g) Becoming senseless and motionless
8. Insomnia	h) Difficulty in digesting food
9. Itch	i) A sudden, involuntary spasm with a characteristic sound
10. Rash	j) Condition of the body with a temperature higher than normal

6. How do I feel when I have a flu? Fill in the missing words. Use the words provided.

Sick, shiver, off-colour, temperature, hoarse, germs, cough, runny, virus, sneeze (2x), stuffed-up, swallow, ache

I feel tired and I am **1)**..... I have a headache, a sore throat and I am (it is difficult for me to speak) **2)**..... I have a bad **3)**....., a **4)**..... nose and I **5)**..... It hurts to **6)**

I must use my handkerchief when I **7)**..... And I have a **8)** nose and have trouble breathing.

The flu is caused by **9)**....., which is why you say "I have caught the flu". If I've got a bad case of the flu, I stay at home, so as to get better more quickly and not spread the **10)**

.....around. I often have a raised **11)**, am feverish and I **12)**..... with cold at the same time. I lose my appetite and I feel **13)** I don't sleep well because of the pain in my chest. I usually **14)**..... all over.

7. Here are some specialists with brief description of their fields of expertise. Choose the correct specialization.

1. He treats children's diseases.

- a) He is an orthopaedist. b) He is a paediatrician. c) He is a pathologist.

2. He corrects deformities of the body.

- a) He is a gynaecologist. b) he is an orthopaedist. c) He is a pathologist.

3. He is a medical doctor who specializes in diseases of the eye.

- a) He is an oculist. b) He is an optician. c) He is a pathologist.

INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

4. He makes your eyeglasses.

- a) He is an oculist. b) He is an orthopaedist. c) He is an optician.

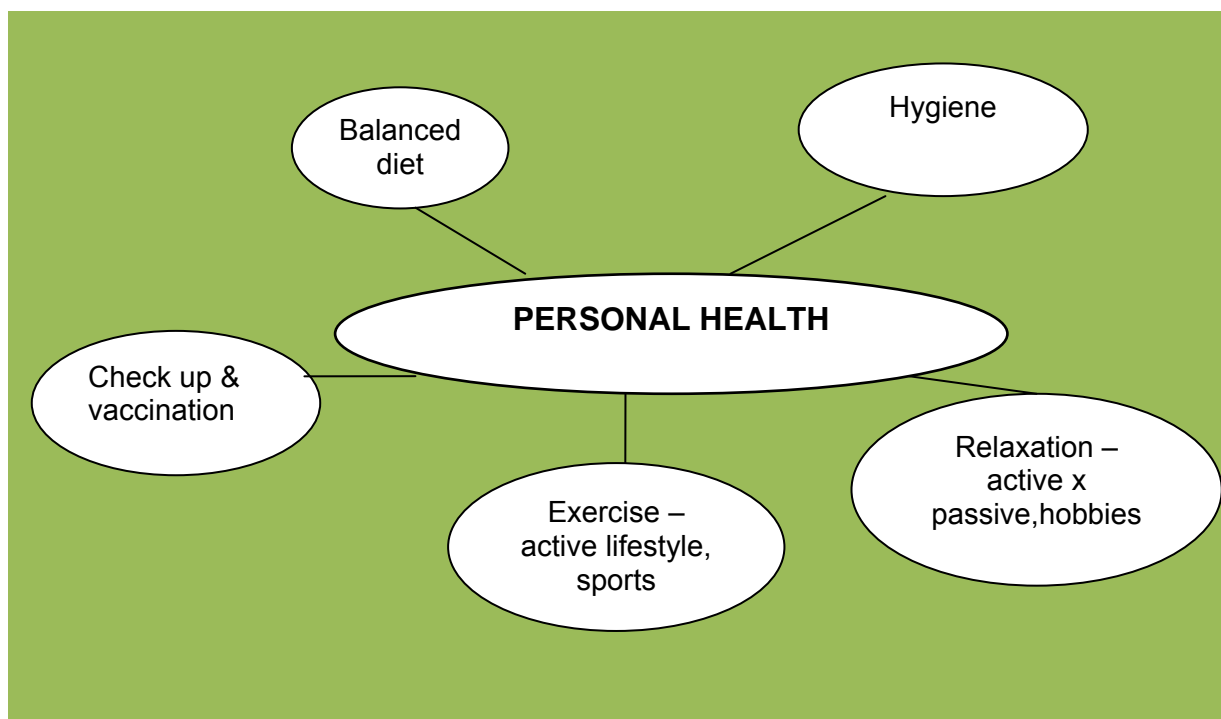
5. He specializes in mental disorders.

- a) He is an internist. b) He is a psychiatrist. c) He is a physiotherapist.

6. His speciality is taking and interpreting X rays.

- a) He is a gynaecologist b) He is a neurologist. c) He is a radiologist.

Mind map of a personal health



8. What do you do to keep yourself healthy? Complete:

I try to keep a balanced diet consisting of..... (proteiny, tuky, vitamíny) and a lot of and..... (ovoce a zeleniny). I like sports, especially(dopř sporly, které pěstuješ) because it helps me to avoid putting on weight and I feel strong and (zdravý). In my free time I relax when I spend my time on my hobbies which are..... and(doplň své koníčky). For personal hygiene I wash my (ruce) daily, also have a shower or a(koupel) every evening. I try to minimize unhealthy personal habits like..... (kouření), drug abuse and alcohol. I have regular.....(prohlídky-lékařské) at my (praktického lékaře).



evropský
sociální
fond v ČR



EVROPSKÁ UNIE



MINISTERSTVO ŠKOLSTVÍ,
MLÁDEŽE A TĚLOVÝCHOVY



OP Vzdělávání
pro konkurenceschopnost



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

9. Feedback: try to answer these questions. Expressions in brackets may help you

- Did you suffer from chicken pox or measles when you were a child? (mumps, scarlet fever, tonsillitis)
- Do you know any incurable diseases? (AIDS, SARS, swine flu, leukemia)
- When was the last time you had to go to the doctors? What was wrong with you?
- What treatment do you receive when you have flu/ diarrhoea/ rash/ hangover? (pills, ointments, gargle, injections, herbal tea, rest in bed)
- Have you ever had a sports injury? (a broken bone/ a pulled muscle/ a sprained ankle/ a torn ligament)
- Are you for or against legalizing euthanasia? Why?

Solutions:



evropský
sociální
fond v ČR



EVROPSKÁ UNIE



MINISTERSTVO ŠKOLSTVÍ,
MLÁDEŽE A TĚLOVÝCHOVY



OP Vzdělávání
pro konkurenceschopnost



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

- 1) SYMBOLS: deaf people, hospital, Intensive Care Unit, handicapped people, pharmacy
- 2) AIDS: Acquired Immune Deficiency Syndrome
AA: Alcoholics Anonymous
TB: tuberculosis
BSE: Bahrain Stock Exchange
GP: General Practitioner
EEG: electroencephalograph
SARS: Severe Acute Respiratory Syndrome
ORL: otorhinolaryngology
- 5) 1B, 2D, 3E, 4G, 5J, 6I, 7H, 8F, 9C, 10A
- 6) off-colour, hoarse, cough, runny, sneeze, swallow, sneeze, stuffed-up, virus, germs, temperature, shiver, sick, ache
- 7) 1B, 2B, 3A, 4C, 5B, 6C