

HEALTH & DISEASES

WHY is health important? People want to be healthy because they want to - **LIVE LONG, be fit - LOOK GOOD, be slim**

- **FEEL GOOD HOW** should they do that? People **SHOULD** - exercise/do sports - eat healthy food, eat healthy - get enough sleep/ relax - be outside/ get fresh air - avoid stress - avoid drugs - avoid smoking - do not drink too much alcohol



When you do not feel good, when you catch a cold or flu, you should get plenty of rest, sleep, drink hot tea with lemon, honey and ginger, take an aspirin/some cough [koʃi(=kašel) syrpu], take cold and flu tablets/ medicine/ medication, stay indoors/stay in bed. Do not take antibiotics because they don't help, do not smoke if you do.

WHEN YOU DO NOT FEEL OK FOR A LONGER TIME, YOU SEE the doctor / general practitioner (obvodní lékař) GP. He or the nurse usually

- takes the temperature (with a thermometer)
- checks blood pressure (with a blood pressure monitor / sphygmomanometer),
- checks pulse (with a stethoscope), checks / looks at my eyes / ear.
- He / she speaks with me about my problem / illness... asks questions... gives me advice... writes a prescription... - refers me to a specialist...
- changes / checks my bandages, checks my condition / symptoms / how I am healing - uzdravovat se.

When you have a stomachache, you should avoid greasy or spicy food, alcohol... drink lots of water.. get lots of rest...take anti-diarrhoea [entydajrjaja](=proti prujmu)medicine.

- **When do people need to stay in hospital?**
- People go to the hospital when they are very ill / have a serious illness [sýryjs] (=vážný) / disease / have an emergency.
- If they have a serious accident, they would go to A&E (accident and emergency; BRE) / the ER (emergency room; AME) where they are seen by a doctor / operated on / admitted to hospital.
- People go to a hospital to have an operation / have surgery [s' džry] (=chirurgický zákrok) / get an x-ray (=rentgen) / have a baby

What are some common illnesses and injuries?

You might have a cough / cold / temperature / fever / runny nose / earache / the flu. You might have acne/skin problems/allergies. If you are allergic to something, you could have itchy eyes/sneeze/get a rash/experience shortness of breath. If you have an accident, you might bang your head/cut/scratch yourself/fall over/sprain/twist your ankle/break a bone.

What serious illnesses / diseases can you get?

- A heart attack can be caused by problems with the flow of blood to the heart, when the heart is not working properly.
- Cancer is when the normal cells [sels] (= buňky) in the body change so that they grow in an uncontrolled way.
- A tumor grows in the body. There are various cancers including lung/breast/skin cancer.
- A stroke is when the blood supply to part of the brain is disrupted [dysraptj] (=přerušena), brain cells die.
- Epilepsy is a disease / condition of the nervous system.

- People with diabetes [dajbityjs] can't produce enough insulin to control the level of sugar in their blood and help the body function normally.
 - Kidney or liver diseases are serious and can stop the body from processing toxins.
 - Alzheimer's disease is the slow loss of brain functions such as memory.
- Can you list some medical jobs? What medical specialists do you know? What do they do?**
- A GP is a 'general practitioner' [dž-n-ri prektisnr] (=obvodní lékař) who deals with general medical problems/ issues.
 - A dentist is someone who specializes [speš-laizis] in teeth.
 - If you have a problem with your eyes, you can see (=navštívit) an optician / optometrist.
 - A paediatrician [pýdytjryšn] works with children / specializes in children.
 - An anaesthetist [enessetyst] is someone who works with patients in surgery / administers anaesthetics.
 - A surgeon [s' džn] (=chirurg) is someone who performs (=provádí) operations / surgery. (=chirurgické zákroky)
 - A pharmacist [farmasist] (=lékárník) is an expert in medicine and prescription drugs.

What happens when you break a bone?

The doctor takes an x-ray of the fracture / broken bone / fractured bone.... The doctor puts the broken bone / fractured bone in plaster / cast. The doctor gives you crutches [kračis] (=berle), a wheelchair [wíčér] (=vozíček)

What do you do if someone sprains a muscle?

You must rest, compress the area with a bandage, elevate the injured [lindžrd] (=poraněný) / sprained [sprejnd] (=vyrnknuty) limb (=končetina) arm / leg... put ice on the sprain (=sprejn) / injury / swelling (=otok).

What are some types of medicine that you can take?

You can take paracetamol / ibuprofen / aspirin tablets / pills / painkillers if you have a fever / pain. You can also take liquid cough medicine / syrup, drops if you have a problem with your eyes, a plaster / bandage [bandáž] / antiseptic cream, etc. [et setera] (and so on)

What are some ways of staying healthy?

You should take care of your body by doing physical activity/exercise, walking, swimming.. You should eat a healthy diet, vegetables, less meat, less sugar, avoid junk food. Being overweight/obese [oběž] can cause a lot of health problems, diabetes, heart attack, other serious illnesses. Do not smoke, drink too much, take drugs, it can cause heart [cóz] (=způsobit)/liver/ kidney disease / cancer.

What symptoms do patients who come to the doctor have? What are some phrases/ expressions related to health?

- I don't feel well / I'm not feeling good today - I am/ I feel sick = I'm going to throw up/ vomit. - I have a fever[fivr] = temperature.
- I have a headache/footache/stomach ache/backache.
- I have a sore throat [sóř Srot], cold / runny nose. I've got pain in my leg / I have sprained / twisted my ankle / wrist. - I think I've broken my arm / cut my leg.
- I have food poisoning / diarrhoea [dajřja] / an upset stomach.
- I have a rash / spots on my skin / it's itchy. - I'm short of breath / dizzy.
- I am allergic to bees / dogs / chocolate / pollen - pyl/ dust - prach.

• **What symptoms might you have so that you have to go to the doctor / GP?**

I've got a headache... My head hurts / is sore / is throbbing...
 My stomach / tummy / belly... I have a stomachache / bellyache / tummy ache... I have an upset stomach... My stomach is in pain / agony... I have a burning sensation in my stomach / tummy... I feel sick / nauseous / like vomiting... I have been sick / vomiting / throwing up... My eyes are sore... My vision is blurry / fuzzy / hazy... I'm seeing spots... I'm having trouble seeing... I have an ear ache... My ear hurts... I have trouble hearing... I have a temperature / fever... I have bloody / runny nose... My nose is bleeding / running... I have sore throat... I have an itchy throat... My throat is itching / burning... I'm having trouble breathing... I'm short of breath... I have a rash / burning (itchy) sensation / funny spots on my skin... My skin is itchy / dry / scaly... It hurts to breathe / swallow... I have cold / the flu... I missed my period... I've twisted / sprained / broken / fractured my ankle / arm / knee / leg / wrist... My joints / muscles ache... I feel stiff... I have / suffer from high / low blood pressure... I have... an allergic reaction / allergy to... wheat / pollen dust / mold.

• **What does the doctor / GP do when you visit him / her?**

Usually he / she... takes / checks my temperature (with a thermometer) / blood pressure (with a blood pressure monitor / sphygmomanometer) / pulse (with a stethoscope)... checks / looks at my eyes / ears... He / she speaks with me about my problem / illness... asks questions... gives me advice... writes a prescription... refers me to a specialist... changes / checks my bandages... checks my condition / symptoms / how / am healing.

• **Why would you go to hospital?**

I would go to hospital if... I had food poisoning... had been poisoned... had a serious injury / fracture / broken bone... injured my spine / backbone / head... I had been in a serious / terrible accident... I had been diagnosed / needed treatment for a serious disease like cancer / pneumonia / typhus... if I had a heart attack / a seizure / a stroke... I had to / needed to go in for an operation... I was going to give birth.

• **What are some serious diseases / illnesses / conditions? Can you describe some of the symptoms?**

Epilepsy is a disease / condition of the nervous system. It causes people to have fits / seizures... Cancer is a disease which can affect any organ. It affects how cells grow. Cancer can be caused by smoking / too much sun / too much meat / radiation / chemicals... Strokes are when a blood vessel / artery is blocked by fatty tissue. Strokes are likely when people have diets high in fat / low in fibre... don't exercise enough.

• **What are some medical specialists and what do they do?**

An optometrist is someone who checks / looks after our eyes... gives us an eye test... prescribes glasses... A surgeon operates on us... a paediatrician (= *pediatrician AmE*) is a doctor for / a specialist in children... A podiatrist is a doctor

/ specialist for our feet... A dermatologist is someone / the person we see for problems / conditions with the skin.

• **When do you need to go to / visit the dentist?**

I need to / must visit the dentist for... a regular check-up... if I have toothache... if my gums bleed / hurt / are in pain... if I chip / break / lose a tooth... if I have a cavity / hole in my tooth... to get braces / a plate / a filling... to have my teeth capped / whitened... to have a tooth pulled out / removed.

• **What can we do to prevent getting sick / falling ill?**

We can eat a healthy diet... take regular exercise / exercise regularly... avoid fatty / greasy foods... dress warmly / stay warm in the winter... have a shot of plum brandy once a day (it works for my Grandpa)... get flu shots / vaccines... get vaccinated / immunized against diseases / illnesses / viruses / the flu / the cold... not smoke / drink too much.

• **What would you recommend someone with a cold / the flu?**

I would recommend that they / tell them... to get plenty of rest... to have hot tea with lemon... to take two aspirins / some antibiotics / cough syrup... to have chicken soup... to take cold and flu tablets / medicine / medication... to stay indoors. I would tell them not... to take antibiotics because they don't help... not to smoke if they do.

• **What would you do if someone had a stomachache?**

I would tell them to / recommend that they... avoid dairy / rich / greasy / spicy foods / alcohol... drink lots of water... get lots of rest... take anti-diarrhoea (= *diarrhea AmE*) medicine / medication / formula.

• **What do you do if someone sprains a muscle?**

You must... rest the sprained / injured limb immediately... wrap / compress the area / swelling with a bandage / air cast / splint... elevate the injured / sprained limb / arm / leg... put ice on the sprain / injury / swelling.

• **What happens when you break a bone?**

The doctor takes an x-ray... You get an x-ray of the break / fracture / broken bone / fractured bone... The doctor puts the break / fracture / broken bone / fractured bone in plaster / cast... The doctor ties a splint to the broken / fractured bone... The doctor gives you crutches / a wheelchair.

• **What medication do you need a prescription for / can you buy over the counter at the pharmacy / chemist's (= *drugstore AmE*)?**

You can buy / get... aspirin... cold and flu / pills / tablets / capsules... cough syrup / mild painkillers... anti-diarrhoea formula... eye drops... herbal teas... acne cream... a prescription. You don't need a prescription for... You do need a prescription for... antibiotics / strong painkillers / heart tablets.

• **What are some ways of staying healthy?**

You should take care of your body by doing physical activity / exercise / walking regularly / going cycling. You should eat a healthy diet / vegetables / less meat / less junk food / less sugar. Being overweight / obese can cause a lot of health problems / increases your chance of getting diabetes or other serious illnesses. You shouldn't smoke / drink too much / take drugs because it can cause heart / liver / kidney disease / cancer.

• **If you aren't feeling well, where can you go? What happens there?**

You need to see a doctor / make an appointment to go to the doctor's. The doctor might check your temperature / see if you have a fever / look down your throat / check / measure your blood pressure / heart rate / do a physical examination. The doctor might refer you to a specialist / give you a prescription for medicine. If you have a serious problem, you should call an ambulance / go to the hospital.

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People go to a hospital to have an operation / have surgery / get an x-ray / have a baby.

• **Can you list some medical jobs?**

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• **What do you know about mental health issues?**

Anxiety and depression are some of the most common mental health problems. Some people take medication or see a psychiatrist / psychologist / therapist. More serious problems include people feeling suicidal / hearing voices / bi-polar disorder / schizophrenia.

• **What are some different types of medicine that you can take?**

You can take paracetamol / ibuprofen / aspirin tablets / pills / painkillers if you have a fever / pain. You can also take medication in liquid form, like cough medicine / syrup. You need eye drops if you have a problem with your eyes. If you have cut yourself, you might need a plaster / bandage / antiseptic cream. If you need a vaccination / injection / shot, the doctor will use a syringe / needle. If you have asthma, you might need an inhaler. If you have an allergic reaction, you can take an antihistamine. If you have a rash / skin problem, you might need some cream / ointment.

• **What happens if you break a bone?**

You need to go to a hospital to have an x-ray. Then you will need to have your arm / leg in a plaster cast / splint. You may need to use crutches / a wheelchair.

• **What are some English expressions related to being ill?**

I don't feel well / I'm not feeling good today / I feel sick / I'm going to throw up / vomit / I feel rough / I have a fever / temperature / I feel weak. I have a headache / toothache / stomach ache. I have a sore throat / cold / runny nose. I've got leg pain / I have sprained / twisted my ankle / wrist. I think I've broken my arm / cut my leg / grazed my knee. I have food poisoning / diarrhoea / an upset stomach. I have a rash / spots on my skin / my foot itches. I'm feeling wheezy / short of breath / dizzy. I am allergic to bees / dogs / chocolate / pollen.