

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 HEALTHILY** - get enough sleep/ relax - be outside/ get fresh air - avoid stress - avoid drugs - avoid smoking - do not drink too much alcohol



What are some COMMON ILLNESSES & injuries? [ilnesis, indžurýs] (=běžné nemoci, zranění) People often have a headache/toothache/stomach ache/backache. You can have a **sore throat** [sór srouť], cold / **runny nose**. 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.

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 [kof] (=kašel) syrup, 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 MAKE AND APPOINTMENT and 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** [entydajrýja] (=proti průjmu) 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 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** [tju-mr] 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** [dysraptyd] (=přerušena), **brain cells die**.
 - **AIDS** - loss of the body's cellular immunity
 - **Epilepsy** is a **disease** / condition of the **nervous system**.
 - People with **diabetes** [dajbýtýs] **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**. – **AIDS**
- 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 prektišnr] (=obvodní lékař) who **deals with general medical problems/ issues**.
- **A dentist** is someone who **specializes [speš-lajzís] in teeth**.
- If you have a **problem with your eyes, you can see (=navštívit) an optician/optometrist**.
- **A paediatrician** [pýdjýtrýšn] **works with children** / specializes in children.
- **An anaesthetist** [enesSetýst] 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** [farmasíst] (=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** [kračís] (=berle), a **wheelchair** [wílčér] (=voziček)



What do you do if someone sprains a muscle?

You must rest, compress the area with a bandage, elevate the **injured** [indžrd] (=poraněný)/ **sprained** [sprejnd] (=vymknutý) 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 [obéz] 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](=zpúsobit)/**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'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 [dajrja]/ 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.

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Maturita Card 48: Health

● 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.

● 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 / the heart not working properly. Cancer is when the normal cells in the body change so that they grow in an uncontrolled way / a tumor grows in the body. There are many different cancers including lung / breast / skin cancer. A stroke is when the blood supply to part of the brain is disrupted causing brain cells to die. People with diabetes 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.

● When do people need to go to a hospital?

People go to the hospital when they are very ill / have a serious illness / 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 / get an x-ray / have a baby.

● Can you list some medical jobs?

A GP is a 'general practitioner' who deals with general medical issues. A dentist is someone who specializes in teeth. If you have a problem with your eyes, you can see an optician / optometrist. A paediatrician works with children / specializes in children. An anaesthetist is someone who works with patients in surgery / administers anaesthetics. A surgeon is someone who performs operations / surgery. A pharmacist is an expert in medicine and prescription drugs.

● 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.

Bridge

