

Text B.

You and Your Health

What Do You Know About Disease?

Just what is disease? Disease is a change from the condition of good health. In disease, the normal structure or function of the body is harmed or weakened. Disease is often called sickness or illness.

A disease may last a brief time or a long time. It maybe mild or severe. Some diseases such as the common cold may go away after a few days without any treatment. Other diseases require medical treatment to cure them. Still other diseases may require a lifetime of medical supervision to manage them.

Favorable standards of living help promote health. Also the body itself has defenses against disease. But now and then the defenses give way and illness occurs. Disease germs may break through the defenses. Parts of the body may begin to function poorly. Tissues in the body may grow in uncontrolled ways. Something may go wrong with certain chemical reactions in the body.

Symptoms of Illness

How do people know they are ill? Often they have symptoms such as pain, nausea, sore throat, lack of appetite, fatigue, or fever. However, a disease may be present without a person knowing it. Sometimes a disease is discovered during a routine health examination.

Illnesses, that can be passed along by an infected person to a well person either directly or indirectly are called infectious or communicable diseases.

In early 1900s infectious diseases were still a serious public health problem. Today as a result of improved hygiene and living conditions, new drugs, new kinds of medical treatment, and the widespread use of vaccines, the picture has changed. Many diseases such as malaria, yellow fever, scarlet fever, small pox, and diphtheria have been almost wiped out. However, some of these diseases — and others — pose problems in certain areas of the world.

The cold is the most common communicable disease. So far, scientists have identified more than 100 different viruses capable of causing cold symptoms. For this reason, no vaccine exists to immunize against colds.

Some diseases are not caused by disease-producing microorganisms. These diseases cannot be passed from person to person. No immunity can be produced for this diseases. They are called noncommunicable. Among them are most diseases of the heart, allergy and a lot of others.

HEALTH

Notes:

- 1 . tissues — ткани;
- 2 . immunity (n) — safety, security from disease;
immunize (v) — exemption from disease.
- 3 . There are several nouns referring to poor health;
sickness — more general, sometimes refer to nausea alone;
illness — more formal, imply a longer lasting episode of poor health, mental disturbance;
disease — more often imply infectious diseases;
disorder — malfunction of some part of a body;
malady — more formal synonym for disease;
- 4 . fatigue (tired) — a painful reduction of strength.

Ex. 17. Comprehension questions

1. How do diseases vary according to the difficulty in getting over them?
2. What helps promote health?
3. When does illness occur?
4. How is illness discovered?
5. What are infectious diseases?
6. Is there any vaccine against the cold?
7. What are noncommunicable diseases?
8. Why no immunity can be produced for these diseases?

Ex. 18. Find in the text equivalents to the following words and phrases.

Нормальная функция, структура нарушена, продолжаться короткое время, **лжа** болезнь, тяжелая болезнь, пройти (о болезни), медикаментозное лечение, **влечив** условия жизни, уровень жизни, защита от болезни, защита ослабевает, **пхи** функционировать, нарушиться, тошнота, усталость, отсутствие аппетита, **обычны** медицинский осмотр, инфекционное заболевание, передаваться от **больноп** здоровому, проблема общественного здоровья, истребить (о болезнях), **представлю** проблему, самая распространенная болезнь, создать иммунитет.

Ex. 19. Examining a patient. Match the examination in column A with the instructions in column B.

Model: I'd just like to examine your throat. Could you just open your mouth as wide as you can?

A

1. the throat
2. the ears
3. the chest
4. the back
5. the foot
6. the nasal passage

B

- a. remove your sock and shoe.
- b. remove your top clothing.
- c. turn your head this way.
- d. open your mouth.
- e. tilt your head back.
- f. stand up.

Ex. 20. Imagine, you're a doctor. Try to diagnose these illnesses.

1) Common symptoms: weakness, fever, sore throat, and "puffiness" to the **cheek(s)**. The swelling may extend from the cheeks to under the angle of the jaw.

2) This common childhood illness has its highest incidence in the spring. One **Ы** fever, malaise, headache, and sore throat. These symptoms will give way to a rash (**pink!**

circular spots) that starts on the face and spreads to the trunk, arms, and legs. Duration of the rash is typically 1-3 days.

3) Common symptoms in adults include: fever, chills, runny nose, sore throat, swollen glands, frontal headache, muscle and body aches, joint pains, dry cough, chest pains with coughing, and weakness.

4) The common presentation is abdominal pain with fever, loss of appetite, and nausea. Within hours (6-8 hours) the pain localizes to the right lower quadrant of the abdomen.

5) Common symptoms include productive cough, fever, and chills. Shortness of breath is seen in more severe cases, breathing OUT is more difficult than breathing IN. The act of breathing OUT may be accompanied by a musical wheeze.

6) This infection will commonly start as an upper respiratory infection with symptoms of runny nose, fever, and sore throat. A cough may be present, but it is usually dry and nonproductive. Eventually a rash erupts, first on the face or trunk finally spreading to the limbs. The rash starts as red spots that later turn to blistering bumps (vesicles). The rash will eventually crust over, scab, and only rarely cause scarring. This process may take 7-14 days.

7) It is generally a 3-7 days illness (often seasonal) that results in congestion, runny nose, sneezing, watery eyes, sore throat and dry cough. There may be an associated low grade fever.