

6-4-2016

COMMON ILLNESSES, DISEASES AND EPIDEMICS



Vocabulary and Phrases

1. Antibiotics
2. Appointment
3. Backache
4. Blockage
5. Blood
6. Bones
7. Brain
8. Broken
9. Cardiac arrest
10. Check up
11. Cold
12. Cough
13. damage
14. Dizziness
15. Drop
16. Drugs
17. Eyes
18. Glasses
19. Headache
20. Healthy
21. Hearing loss
22. Heart
23. Issues
24. Joints
25. Liver
26. Lungs
27. Medicine
28. Nearsightedness
29. Nosebleed
30. Runny nose
31. Skin
32. Smallpox
33. Surgeons
34. Swallow
35. Swelling
36. Symptom
37. Temperature
38. Throat
39. Tissues
40. To catch
41. To fight
42. To look after
43. To Perform
44. To sneeze
45. To suck
46. Treat
47. Upset stomach
48. Virus
49. Wax
50. Weight
51. Weight loss
52. Gum
53. Deals
54. Schedule
55. Awareness
56. Research
57. Bucket
58. Sources
59. Charities
60. Deficiency

Phrases

1. I have a cold
2. I have a fever
3. I am coughing a lot
4. I have a toothache
5. I'm sneezing all the time
6. I feel sick
7. I often feel sick
8. I have a runny nose
9. I feel run down
10. I feel sore
11. What's wrong?
12. What's the matter?
13. I broke my leg
14. I've got a terrible headache

Match the parts of the body with the diseases, illnesses, epidemics or pains that are associated with them.

- | | |
|-----------------------------|---|
| A. Brain and Nervous System | • smallpox () |
| B. Nutrition | • depression and schizophrenia. () |
| C. Stomach , Intestines | • alcohol abuse and drug abuse. () |
| D. Liver | • skin irritation and swelling () |
| E. Skin: | • nearsightedness () |
| F. Heart and Circulation | • hepatitis, , cirrhosis. () |
| G. Blood | • Backache () |
| H. Eye | • a cold () |
| I. Ear | • bronchitis and asthma. () |
| J. Nose , Throat , Lungs | • osteoporosis, arthritis () |
| K. Bone and Joints | • wax blockage () |
| L. Mental disorders | • hearing loss and earache() |
| M. Addictions | • nosebleed () |
| N. General Infections | • high blood pressure () |
| | • Conjunctivitis () |
| | • rash and itching () |
| | • vitamin deficiency () |
| | • runny nose and stuffy nose () |
| | • Anemia and leukemia. () |
| | • anorexia, bulimia. () |
| | • rhinitis and sinusitis () |
| | • cardiac arrest. () |
| | • Indigestion and upset stomach () |
| | • Farsightedness () |
| | • diarrhea, nausea, vomiting () |
| | • gastritis, appendicitis () |
| | • influenza () |
| | • obesity weight loss () |
| | • headache, migraine, dizziness () |

Read the text

A general practitioner or G.P. is also called a family doctor. He or she can treat most medical problems, but if the patient has a very serious condition, he/she will often refer the patient to a specialist. There are many kinds of medical specialists. For example, a pediatrician looks after children. A gynecologist specializes in women's medical conditions. An obstetrician cares for pregnant women and delivers babies. A cardiologist deals with heart problems. If you have a serious problem with your skin, you can see a dermatologist. Surgeons perform operations. A psychiatrist looks after people with mental and emotional problems. Dentists look after teeth and optometrists check your eyes to see if you need glasses. If you have a serious eye problem, you may have to see an ophthalmologist. There are many more kinds of doctors who specialize in different areas of the body. Your G.P. can determine if it is necessary to see one of these.

Match the words on the left with the correct meaning on the right

Column A

1. GP
2. Treat
3. Refer
4. Pediatrician
5. Obstetrician
6. Psychiatrist
7. Symptoms
8. Receptionist
9. Ambulance
10. Optometrist
11. Cardiologist
12. Dermatologist
13. Surgeon
14. Describe

Column B

- () a person who check his eyes
- () a doctor who perform operations
- () an emergency vehicle
- () a family doctor
- () a heart specialist
- () a person who answers the phone in an office
- () give medical care
- () a skin doctor
- () a doctor who specializes in children
- () tell about
- () a doctor who deliver babies
- () condition of an illness
- () send you to someone
- () a doctor who specialize in children

Identify the profession that deals with the disease, illness or sickness mentioned below and write in the blanks

- Ophthalmologist
- Pediatrician
- Oncologist
- surgeon
- Microbiologist
- Gynecologist
- Dermatologist
- Obstetrician
- Neurologist
- Cardiologist
- Psychiatrist
- orthopedist
- allergists

The specialist

1. studies the anatomy , physiology and diseases of the eye: _____
2. studies the skin and the diseases related to it: _____
3. prevents issues that can cause infertility: _____
4. studies the virus and bacteria who can do harm to the human body: _____
5. studies causes and treatments for illnesses related to the brain: _____
6. focuses on child birth: _____
7. focuses on the treatment and prevention of cancer: _____
8. works with infants, children and teenagers in the prevention of health issues: _____
9. works in sessions to alleviate mental illnesses: _____
10. repairs and replaces broken bones: _____
11. perform different type of surgeries: _____
12. specializes in diseases of the heart: _____
13. treats gum diseases and oral effects: _____
14. deals with allergic reactions: _____

Complete the questions with if you followed by the correct expressions from the box.

- | | |
|-------------------------|-----------------------|
| 1. feel run down | 5. have a bad cough |
| 2. feel sore | 6. have a headache |
| 3. get a toothache | 7. have a runny nose |
| 4. get an upset stomach | 8. have a sore throat |

1. Do you gargle salt water if you _____
2. If you _____ after a meal, do you drink herbal tea?
3. What do you do if you _____ and you have no energy?
4. Do you stretch if you _____ after exercising ?
5. If you _____ and itchy eyes, do you take allergy medicine?
6. If you _____, do you go to the dentist right away?
7. What do you do if you _____? Do you suck on a cough drop?
8. What do you do if you _____? Do you take aspirin?

Complete the sentences with the correct verb from the parenthesis

1. I _____ sick (do, take, have)
2. I _____ allergies (do, see, have)
3. We _____ stressed (feel, do, have)
4. They _____ exercises (do, feel , go)
5. I have to _____ home (do, stay , take)

Talking about health (Listening)

Ben and Fay are talk at work. Put the conversation in order using the numbers (1 to 8)

- _____ and go to bed when you get home
- _____ Hi , Ben are you Ok?
- _____ well , why didn't you take the day off?
- _____ oh dear, what's wrong
- _____ ok , see you tomorrow, maybe, bye
- _____ no, I'm not feeling really well
- _____ yes, that's good idea
- _____ I've got a terrible headache

I don't feel very well

Listening: Listen and complete these three conversations (Real Listening and Speaking 1 – Track 35)

A:

What's the _____?

I don't _____ very well. I've got a bad _____

Oh dear. I'm _____ to hear that

B:

What's _____?

My back _____

_____ you!

C:

Are you _____ OK?

Not really . I think I've got a _____

I hope you feel _____ soon

Look at the conversation and find three expression for each column

Asking about someone's health	Explaining a health problem	Showing Sympathy

Giving advice

Focus on giving advice

Complete each sentence using should or shouldn't

When you feel very ill, you...

- _____ see a doctor
- _____ take some medicine
- _____ continue to work
- _____ go home and rest

To keep healthy you...

- _____ drinks lots of water
- _____ smoke
- _____ eat fresh fruits and vegetables
- _____ exercise regularly
- _____ eat a lot fried food

Focus on Imperatives

Look at these sentences that doctors use to give advice

- ✓ Drink a lot of water
- ✓ Don't eat unhealthy food

Use the verbs in the imperative to complete each sentence

use, work , try, take , stay , go , drink

1. _____ one tablet twice a day
2. _____ to work this week
3. _____ in bed for a few days
4. _____ too much coffee
5. _____ this cream every night
6. _____ to relax and rest
7. _____ too hard

Complete these sentences using the words below

- | | | |
|---------------|------------|------------|
| ✓ sprained | ✓ blotches | ✓ sore |
| ✓ temperature | ✓ swollen | ✓ rash |
| ✓ runny | ✓ bleed | ✓ feverish |
| ✓ numb | ✓ itchy | |

- a) my foot is badly _____
b) I need some tissues. I've got _____ nose
c) Have you got anything for a _____ throat?
d) Mike often has a nose _____ in the morning
e) Aunt Sophia has _____ her ankle
f) I've got a high _____
g) I feel very _____ I am sweating a lot.
h) I have no feeling in my fingers. They are _____
i) I've got a bad _____ on my arm.
j) What are these _____ all over my neck
k) My legs are very _____ I can't stop scratching

A CARE PLAN TO PREVENT SKIN DAMAGE

Here's how to prevent skin damage caused by the sun. Use a sunblock cream. Put it on fifteen minutes before you go out into the sun. Wear a hat and close-weave fabrics, wear a shirt with a collar, not a T-shirt (remember a wet T-shirt still transmits ultra violet -UV- radiation). Try to work or play outdoors before 11:00 A.M. and after 3 P.M. to avoid the very dangerous times of the day for sunburn.

1) What is the main cause of skin damage? _____ .

- | | |
|------------------------|----------------------|
| a) Shirts with collars | c) Ultra violet rays |
| b) Sun block cream | d) Dry T-shirts |

2) What kind of clothes protect people from UV radiation? _____.

- | | |
|-----------------|--------------------------------------|
| a) Any T-shirt | c) T-shirts without a collar |
| b) Wet T-shirts | d) Those made of close-weave fabrics |

3) At what time is the exposure to the UV rays dangerous? _____

- a) From 3 p.m. to 11 p.m.
b) From 11 a.m. to 3 p.m.
c) After 3 in the afternoon.
d) Before eleven in the morning.

SLEEP

Most people need seven to eight hours of sleep a night. Some people need less than this, and some people need more. According to sleep expert Dr. Robert Schachter, many people have difficulty sleeping, but they do not know why. Most people know it is important not to drink coffee or tea before they go to bed – both beverages have caffeine. Caffeine keeps people awake. However, not everybody knows that some medicines, such as cold tablets, also have caffeine in them. Stress can cause insomnia, too. Busy people with stressful jobs may not be able to sleep at night. Dr. Schachter suggests, “You shouldn’t use your bedroom as a TV room or an exercise room. You should use it for sleeping only. It’s a good idea to have a regular sleeping schedule. Get up and go to bed at the same time every day. It’s also important not to eat before bedtime. Eating may keep you awake.” And if all this doesn’t work, try counting sheep!

1) How many hours of sleep do most people need? About _____.

- a. ten
- b. five
- c. nine
- d. seven

2) Why do many people have difficulty sleeping? Because they _____.

- a. count sheep
- b. feel stressed
- c. avoid eating before bedtime
- d. have a regular sleeping schedule

Complete the statements

- a) You shouldn’t drink before _____ and _____ before going to bed
- b) You should go to bed at the same _____ every _____
- c) Insomnia can also be caused by _____
- d) Cold Tablets have _____ as an ingredient
- e) It is not recommended to have _____ in the bedroom
- f) The bed must be only for _____
- g) Counting _____ can be options in everything else fails.

The Ice Bucket Challenge

The **Ice Bucket Challenge** is an activity involving dumping a bucket of ice water on someone's head to promote awareness of the disease amyotrophic lateral sclerosis (ALS) and encourage donations to research. It went viral on social media during July–August 2014. In the US, many people participate for the ALS Association. The origins of the idea of dumping cold water on one's head to raise money for charity are unclear and have been attributed to multiple sources. ALS is characterised by muscle spasticity, rapidly progressive weakness due to muscle wasting. This results in difficulty speaking, swallowing, and breathing.

Rules: Within 24 hours of being challenged, participants must record a video of themselves in continuous footage. First, they are to announce their acceptance of the challenge followed by pouring ice into a bucket of water. Then, the bucket is to be lifted and poured over the participant's head. Then the participant can nominate a minimum of three other people to participate in the challenge.

Impact After the Ice Bucket Challenge went viral on social media, public awareness and charitable donations to ALS charities soared. Within weeks of the challenge going viral, *The New York Times* reported that the ALS Association had received \$41.8 million in donations from July 29 until August 21. More than 739,000 new donors have given money to the association, which is more than double the \$19.4 million the association received during the year that ended January 31, 2013. On August 29, the ALS Association announced that their total donations since July 29 had exceeded \$100 million.

True or False

Mark the statements **True** (T) or **False** (F) in the space provided

1. The Ice Bucket Challenge is an activity to raise awareness about the ALS disease: _____
2. The Ice Bucket Challenge wants to keep participant from donating: _____
3. The origin of the Ice Bucket Challenge is attributed to one source: _____
4. The Ice Bucket Challenge indicate that only two people can be dominated: _____
5. The water used in the challenge must be warm: _____
6. The challenge must be taken 24 hours after being nominated: _____
7. The donations to the ALS charities declined: _____

Grammar Focus

What should you do for a cold

- a) It is important to get a lot of rest
- b) It is sometimes important to eat garlic soup
- c) It is a good idea to take vitamin c

Look at these health problems, Choose several pieces of good advice for each problem

- Sore throat:_____
- Cough:_____
- Backache:_____
- Fever:_____
- Toothache:_____
- A bad headache:_____
- A burn:_____
- The flu:_____

Advices

- a) Take some vitamin C
- b) Put some oinment on iit
- c) Drink lots of liquids
- d) Go to bed and rest
- e) Put a heating pad on it
- f) Put it under cold wáter
- g) Take some aspirin
- h) See a dentist
- i) See a doctor
- j) Get some medicine

Write 5 sentences using the information used above

- a) If you have the Flu, It is important to take vitamin C
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

Conversation: Health Problems (Interchange 1)

Complete the conversation and practice with a partner

Joan: Hi, Craig! How are you?

Craig: Not so _____. I have a _____ cold

Joan: Really, That's too bad! You should be at home in bed. It 's really important to get a lot of _____

Craig: Yeah, You are right

Joan: Have you _____ anything for it?

Craig: No I haven't

Joan: Well, It is sometimes helpful to eat _____ soup. Just chop up a whole head of garlic and cook it in chicken stock. Try it! It really _____

Craig: Yuck! That sounds awful

Help: terrible, works, rest, taken, garlic, good

Conversation: What do you suggest? (Interchange 1)

Complete the conversation and practice with a partner

Pharmacist: Hi, May I help you?

Mrs. Webb: Yes, Please. Could I have something for a _____? I think I am getting a cold

Pharmacist: Sure, Why don't you try these cough _____? They work really well

Mrs. Webb: I'll take one box. And what do you suggest for a dry _____?

Pharmacist: Well, you could get a jar of this new _____, It is very good

Mrs. Webb: Ok. And one more thing. My husband has no _____ these days. Can you suggest something?

Pharmacist: He should some of these multivitamins. They are _____

Mrs. Webb: Great! May I have three large bottles, please?

Help: drops, energy, cough, excellent, lotion, skin