The Importance of Health

Common Health Problems and How to Treat Them

view

INTRODUCTION

What Causes Health Problems?

Many people suffer from health problems.

These can be caused by various reasons.

Some health problems may be genetic,

meaning that they are passed on to you from

your parents. Others can be caused by poor

health management such as bad diet, smoking

or drinking excessively. This lesson will contain

information on some common health

problems, what causes them, and how to

avoid them.

START

VOCABULARY

Lets check whether you know each following word.

Permanent (Adjective) To last forever.

Bacteria (Noun) Group of microorganisms.

Lifelong (Adjective) Lasting throughout a person's life.

Medical (Adjective) Related to medicine.

Vocabulary

Kidney Infection

Kidney infections are common and very painful.

If treated promptly, a kidney infection doesn't cause serious harm, but if left untreated, it can cause **permanent** damage. Kidney infections are caused when **bacteria** such as E. Coli gets into the urethra and travels into one of the kidneys.

To prevent kidney infection, good hygiene is recommended along with keeping the bladder and urethra free from bacteria.

Diabetes

There are two kinds of diabetes. One is treatable, the other is a **lifelong** condition. Both kinds of diabetes cause the blood sugar level of a person to become too high. Symptoms of diabetes are: becoming very thirsty, urinating frequently, feeling very tired, and weight loss. It is caused by a lack of insulin in the body. If you suspect you have diabetes you should seek **medical** advice to help control the condition. It is usually a genetic condition but can be caused by obesity. The good news is, if it is caused by obesity, it is treatable.
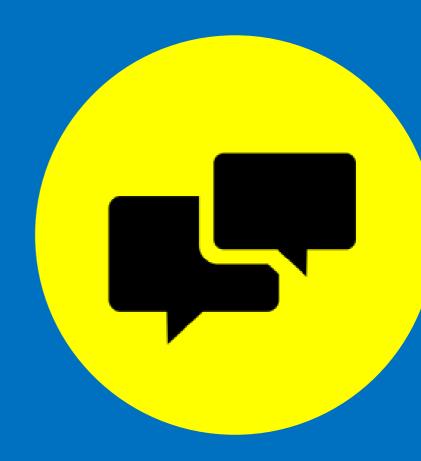
REVIEW DISCUSSION

Did you find this lesson useful? Are you going to do your

best to avoid these medical conditions?

Which one are you most at risk from?

SPEAKING TASK

Write an action plan to avoid suffering from kidney disease and back

pain. Write down the steps you will take and changes in your life you

will make to avoid these problems.

ASSESSMENT

Complete the sentences using the vocabulary words

from this lesson:

medical / permanent / bacteria / lifelong

1. Because of an accident at work I now have _____ muscle damage.

2. _____ can cause kidney disease.

3. Diabetes can be a _____ condition.

4. It is best to avoid _____ conditions as they have

   negative effects on your health.

ASSESSMENT

E-TALKING
BEST
FOR YOU

Thank you !

ETALKING