

2 - Health Care

Health Care

Talk about:

- **Common illnesses / diseases, symptoms, treatment** /bežné choroby, symptómy, liečba/
- **A healthy lifestyle** /zdravý životný štýl/
- **How can people protect their health** /ako si môžu ľudia chrániť zdravie/
- **Health care in Slovakia** /zdravotná starostlivosť v SR/
- **A visit to a doctor** /návšteva lekára/

Health /zdravie/ is very important and therefore everybody should look after it. **1.**

People can suffer from /trpieť, byť chorý na/ these illnesses and diseases:

- **A FLU /chrípka/** - when you have a flu, you have a temperature /teplota/, your body aches /bolieť/ and you feel bad. You should see the doctor – he will give you antibiotics. You should stay in bed, drink a lot of tea and take pills /užívať tabletky/

- **A COLD /nádcha/** - when you have a cold, you sneeze /kýchať/, you have a sore throat /bolesť v hrdle/ and your nose is runny /tečie ti z nosa/. You should stay in bed, drink a lot of hot tea and take some vitamins.
- **DIABETES** – cukrovka
 - **APPENDICITIS** – zápal slepého čreva
 - **DIARRHOEA** - hnačka
 - **MEASELS** – osýpky

People can also suffer from **fatal diseases** /smrteľné choroby/. For example:

- **AIDS** – if you have AIDS, you lose /stratiť/ your immunity. The patient /pacient/ feels weak /slabý/, can have a fever /horúčka/, loses weight /chudne/ and any infection can be fatal to him. It is a very serious disease /vážna choroba/ and scientists /vedci/ are trying to find a cure /liek/ for it.

- **CANCER /rakovina/** a serious disease – the patient has a tumor /nádor/ which is cured /lieči sa/ by tablets, injections or a chemotherapy
 - **HEART ATTACK** – srdcový infarkt
 - **Diseases of civilization** /civilizačné choroby/:
 - **ASTHMA** - astma
 - **ALLERGIES** - alergie
 - **MIGRENES** – migréna
- 2.** If we want to avoid /vyhnúť sa/ illnesses, we should keep /dodržiavať/ a **healthy lifestyle** /zdravý životný štýl/. A healthy lifestyle can

help us to protect /ochrániť/ our body against diseases. A healthy lifestyle involves /zahŕňa/:

- **regular exercise** – pravidelné cvičenie
- **plenty of rest** – veľa odpočinku
- **enough sleep** – dostatok spánku
- **good eating habits** – dobré stravovacie návyky
- **a lot of vitamins** – veľa vitamínov
- **no smoking or alcohol**
- **we should think positively** – mali by sme myslieť pozitívne

If we want to be healthy, we should take care of our health /staráť sa o svoje zdravie/. We should:

- **clean our teeth regularly** – čistiť si zuby pravidelne
 - **do some exercise every day** – každý deň cvičiť
 - **go for a walk** – ísť na prechádzku
 - **have a massage or a sauna sometimes**
 - **reduce amount of fat, salt, sugar and cholesterol** – zredukovať množstvo tuku, soli, cukru a cholesterolu
 - **lose weight if we are overweight** - schudnúť ak máme nadváhu
 - **visit our doctor /GP/ regularly for check-ups** – navštíviť pravidelne lekára na kontroly
 - **visit a dentist twice a year** – navštíviť zubára dvakrát za rok
 - **eat a lot of vegetables**
 - **take some vitamin pills** – jesť vitamínové tabletky => it is better to eat fruit and vegetables. It is more healthy because fruit and vegetables don't contain chemical additives /chemické prísady/ but the vitamin pills usually do. It is better to eat raw /surový/ fruit and vegetables because when we cook it, it loses the vitamins.
- 3. Health care in Slovakia** is provided /zabezpečená/ for people from birth to death /od narodenia do smrti/. In Slovakia we have these health facilities:
- a) **State** - štátna
 - b) **Private** – súkromné

Medical care can be given in:

- **a health centre** – zdravotné centrum
- **a clinic** - klinika
- **a hospital** - nemocnica
- **a surgery** – súkromná ambulancia
- **an ambulance** - sanitka

A pediatrician /pediater, detský lekár/ is a doctor who looks after the health of children. When a child is born, he is vaccinated against /zaočkovaný proti/ such

diseases as tuberculosis, tetanus and so on. **GP** /= **general practitioner** = obvodný lekár/ is a doctor who looks after the health of adults. In case of emergency /v súrnom prípade/ we can call an ambulance – we call the number 155 – the ambulance takes the patient to a hospital. Serious cases /vážne prípady/ are immediately operated on in the operating theatre /operačná sála/. If we break a leg or an arm, we are X-rayed /roentgen/.

4. If we feel ill, we go to see our doctor who is called a GP. We should make an appointment in advance /objednať sa vopred/ and we must take our insurance card /poisteneckú kartičku/ with us. Everybody in our country has the right /právo/ go choose a doctor. When we come to the doctor's surgery, he asks us how we feel and what problems we have. He examines us /vyšetrí nás/ and prescribes medicine /predpíše lieky/. Sometimes we must see a specialist – for example a dentist /zubár/, a surgeon /chirurg/, a psychiatrist and so on.

Some people prefer **alternative medicine** /alternatívna medicína/ – it isn't the traditional way of treating illnesses /nie je to tradičný spôsob liečenia chorôb/ - for example acupuncture when thin needles /tenké ihly/ are put into different parts of the body.

BODY PARTS /časti tela/:

- **head** – hlava
- **eye** – oko
- **mouth** – ústa
- **ear** – ucho
- **cheek** – líce
- **nose** – nos
- **neck** – krk
- **shoulders** – plecia
- **chest** – hrud'
- **back** – chrbát
- **arm** - rameno
- **elbow** - lakte'
- **hand** - ruka
- **fingers** - prsty
- **bottom** - zadok
- **leg** – noha /celá/
- **knee** - koleno
- **foot** – noha /chodidlo/