

## HEALTH, AT THE DOCTOR'S

1) Where should you go if you do not feel well? Describe such an examination.

If you feel really unwell, you should see your GP (= General Practitioner) – in the surgery hours of course. Sometimes you have to wait your turn in the waiting room for some time. The nurse finds your medical record, wants to see your insurance card and sometimes takes your temperature. Then you can enter the surgery.

The doctor usually asks what the trouble is and asks you to strip to the waist because they must examine your chest and throat (they listen to your lungs and heart and want to see if your tonsils are red and swollen). Sometimes they take your blood pressure and pulse, perhaps also run some tests (or have them run in a lab). Finally, the doctor diagnoses the case and often prescribes a medicine (pills, drops, gargles, ointments ...) which you get at the pharmacy (also called the chemist's in GB/the drugstore in the U.S.A.).

Then you should stay in bed at home, take medicines regularly, drink herbal tea and sweat. Sometimes you have to go for a check-up in about a week, the doctor examines you again and if everything is O.K., they declare you are fit for work/school.

2) Enumerate some kinds of medical specialists.

Besides GPs there are various types of doctors who treat different diseases and disorders e.g. eye doctors, dentists, internists, surgeons, orthopaedists, allergists, dermatologists.

3) What are the most common infectious diseases and their symptoms?

Most often people suffer from a common infectious disease such as cold, flu, angina, bronchitis or indigestion. Their symptoms are e.g. cough and cold (= runny nose), headache, sore throat, vomiting and diarrhoea, high temperature or fever, lack of appetite.

4) Do you know any more serious diseases?

Pneumonia, jaundice, scarlet fever, chickenpox and some other infectious diseases belong to more serious diseases. Especially elderly people suffer from diabetes and/or high blood pressure, their sight and hearing have been failing etc. A lot of people are afraid of cancer or AIDS. However, the disease you could hear most often about recently is COVID 19.

5) Give some examples of lifestyle diseases.

Some of the above mentioned diseases are called lifestyle diseases (or diseases of civilization) because they are caused by the unhealthy lifestyle of people in the civilized society. It is also true of allergies (whose most frequent symptoms are various eczemas and asthma).

6) What do you know about injuries?

You can also hurt (= injure) yourselves – cut, burn, or scald yourselves, break your arm or leg, sprain your ankle as well as suffer concussion.

7) What should people do so as not to become ill? What is a healthy lifestyle?

Many diseases can be prevented by a healthy lifestyle.

First of all when, how much and what you eat and drink is important: You should eat regularly, about five times a day smaller portions (not overeat). The healthiest drink is water, you

should avoid sugary and energy drinks, drinking too much alcohol can be dangerous too. As for healthy diet (=healthy food), you should eat a lot of vegetables and fruit, cereals, pulses, fish. On the other hand you should avoid food which is too sugary, salty, fatty and spicy.

Besides, there are a lot of other rules to observe: Having enough rest and sleep, having enough physical exercise (practising sports or at least going for longer walks), spending enough time in the countryside (to get fresh air). It is also important to try to be optimistic/positive (to avoid stress), to have regular medical check-ups, to socialize (to a reasonable extent) and to avoid smoking and taking drugs of course.

8) Is health important for you? Is your lifestyle healthy? Is there anything you should improve?

9) Enumerate parts of the human body.

Every human body is a complicated structure. It consists of a head, a trunk and limbs.

Head: forehead, eyes (eyelids, eyelashes, eyebrows), nose, mouth (lips, tongue, teeth), ears, chin, face, cheeks.

Neck.

Limbs: arms, legs.

Arm: shoulder, upper arm, elbow, forearm, hand, fingers (thumb, index finger, middle finger, ring finger, little finger), wrist, palm.

Leg: hip, thigh, knee, shin, calf, ankle, foot, toes (big toe), instep, heel.

Trunk: chest (breast), stomach, back, waist, hips, bottom.