

Міністерство освіти і науки України
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Medical Care and Healthy Way of Life

***методичні рекомендації до самостійної роботи з англійської мови як другої
іноземної для студентів 2 курсу філологічних спеціальностей***

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VOCABULARY 1

Acne	Congenital	Heart failure	Rash
Allergic rhinitis / hay fever	heart disease	Hypertension	Redness
Asthma	Conjunctivitis	Inflammation	Retinal detachment
Astigmatism	Corn	Irritation	Rhinitis
Atherosclerosis	Coronary thrombosis	Itching	Scar
Blindness	Convulsions	Laryngitis	Scratch
Blister	Crossed eyes	Meningitis	Seizure
Boil	Dementia	Migraine	Sinusitis
Bronchitis	Dermatitis	Nearsightedness	Stroke
Burn	Dizziness	Neuralgia	Sty
Callus	Eczema	Nosebleed	Swelling
Cardiac arrest	Epilepsy	Paralysis	Tenderness
Cataract	Fainting spell	Pimple	Thrombophlebitis
Cerebral palsy	Farsightedness	Pharyngitis	Tonsillitis
Color-blindness	Glaucoma	Pneumonia	Varicose veins
		Psoriasis	Wart

Task 1. Sort out the words from VOCABULARY 1 into the columns of the grid below:

Skin	Eye	Nose, throat, lungs	Heart and circulation	Brain and nervous system

Task 2. Match the words with their meanings:

a) wound; b) pain; c) illness; d) cough; e) prescription; f) heal; g) hangover; h) examine; i) vims; j) plaster.

1. to make or get better;
2. a body condition that hurts;
3. another word for damage to the skin caused by a knife or a bullet;
4. a small patch to put over a cut; also called a band-aid;
5. an illness that is passed from person to person, like SARS or AIDS;
6. what the doctor or nurse does to find out what is wrong with you;
7. feeling bad the morning after having drunk too much alcohol;
8. the piece of paper given to you by the doctor with the medicine you need;
9. feeling unwell; a disease;
10. to try and clear blocked lungs or a blocked throat.

Task 3. Read the text and fill in the blanks with the words listed below:

a) feelings; b) a bruise; c) body; d) specific; e) money; f) causes; g) persistent; h) diagnosis; i) joints; j) an ache; k) symptoms.

How to Diagnose Health Problems by Symptoms

Diagnosing one's own health problems by the symptoms can save you time and 1)_____. Rather than make a doctor's appointment every time you feel 2)_____, you can track your symptoms, investigate via an online symptom checker and then take the appropriate measures. As long as you are aware of how your body feels and reacts overall, spotting new or unusual aches and pains will be simple.

Step 1. Write down any new aches, pains or other unusual 3) _____ or reactions in your body for a day or two. This could be an upset stomach, a 4) _____ headache, abnormal bowel movements, burning upon urination, pain in one of your 5) _____, heart palpitations, sore throat, ongoing cough, a rash, irregular period or anything else that is unusual for you.

Step 2. Rule out certain obvious causes, such as an upset stomach upon drinking expired milk or 6) _____ on your shin after colliding with the coffee table.

Step 3. Go to the symptoms page of an online health site, like mayoclinic.com or medicinenet.com, or a book to check your 7) _____. There will be general categories you can start with, such as skin, eyes/ears and abdomen. Medicinenet even has a sketch of the human 8) _____ so you can point to an area in case you are unsure of some terminology. As you select the symptoms that you are experiencing, the questions and indications will get more 9) _____ (earache, ringing in the ears, loss of hearing). Once you've identified your health issue, you can read about the 10) _____, treatment and future preventive measures.

Step 4. See your doctor if the treatment for your health problem is not a simple home remedy or if you have any uncertainty about the 11) _____.

Task 4. The words in the list are all verbs. Write their noun forms:

Diagnose, examine, prescribe, suffer, operate, cure, recover, analyse, infect, obstruct.

Task 5. Find the odd one out in each line of the words given below and explain your choice in writing:

- 1) backache scoliosis herniaosteoporosis arthritis
- 2) bandage forceps probe scalpel
- 3) expiration inspiration respiration supination
- 4) improve get better recover relapse
- 5) ointment tincture liniment epithem pill
- 6) break crack fracture wound
- 7) concussion tetanus sprain bruise fracture
- 8) encephalitis depression phobia schizophrenia hysteria
- 9) epidermis pore dermis diabetes
- 10) iris lens palm pupil

Task 6. Many illnesses also have informal names. Match the informal and formal names listed below:

Informal	Formal
Chickenpox	Allergic rhinitis
Cold	Infectious parotitis
Flu	Coryza
German measles	Influenza
Hay fever	Rubella
Measles	Rubeola
Mumps	Pertussis
Whooping cough	Varicella

Task 7. Match the questions with their answers:

Education Can Prevent Oral Health Problems in Students

- A) What can educators do to improve students' oral health?
- B) How does poor oral health affect a student's learning or performance?
- C) The Surgeon General has made oral health a priority concern. Why has this become such a hot topic?
- D) What's the latest idea on what causes cavities - and how to prevent them?

Oral health problems caused students to lose 52 million hours of classroom time in the year 2000. Dushanka Kleinman, the deputy director of the National Institute of Dental and Craniofacial Research at the National Institutes of Health, recently explained how oral health impacts learning in an interview with Da'aiyah Bilal of NEA's Health Information Network.

Q:1) _____

A: Children miss 52 million hours of school each year due to oral health problems. About 12.5 million days of restricted activity every year results from dental symptoms or treatment visits. Studies have shown a link between oral disease and low birth weight, cardiovascular disease, respiratory infections and diabetes. And tooth decay is five times more common than asthma. Knowing all this, wouldn't you make it a priority to find out more if you were the Surgeon General?

Q: 2) _____

A: Dental caries, or tooth decay, is an infection caused by bacteria called streptococcus mutans. Caries are transmitted directly from person to person. Typically, caries are transmitted from an adult mother to child — think about times when you have seen people taste a child's food before feeding it to the child. In very basic terms, the bacteria thrive on sugar and form acid that eats away at the tooth enamel, causing cavities. If a cavity goes untreated, it can spread to the pulp of the tooth, causing inflammation and a tooth abscess at the root. Eventually, this process ends in a tooth extraction. Cavities can be prevented with sealants. But a great deal of research is now being generated to find out about different modes of transmission. For instance, pregnant mothers with periodontal disease are having their teeth cleaned to see what the connection is between dental caries and low birth weight.

Q: 3) _____

A: The first thing that comes to my mind is pain. Pain from oral disease will keep students from learning. Any kind of pain or discomfort around the head would distract a child from learning. Pain and swelling are both symptoms of severe disease. Sadly, these severe cases are prevalent in classrooms, especially in low-income areas. More than three-fourths of tooth decay in permanent teeth is found in only one-fourth of children between the ages of 5 and 17. African-American children exhibit twice as much decay as Caucasian children. African-American and Mexican-American children are also three times less likely than Caucasians to have sealants in their permanent teeth.

Q: 4) _____

A: It's important to improve the health literacy of educators, parents and students about basic issues like dental hygiene and risky behavior. Unlike taking care of your ears, for instance, caring for the mouth takes daily attention, as well as access to professional care and the ability to receive care in a timely manner. One particularly important thing to remember: This disease is preventable. Prevention means self care, fluoride and sealants.

Schools can also boost prevention by considering what's in the vending machines they have on site. Vending machines can contribute to a wide range of health problems. I realize that these machines are income-generators for schools, but changing some of their contents could make a difference.

Task 8. Do the multiple choice exercise:

1. It's Spring, and my _____ are acting up again.
a) allergies b) allergic c) allergic reaction
2. I haven't been able to sleep in three days. I think I might have _____.
a) insomnia b) a cold c) the hiccups
3. Drinking water is one way to get rid of _____.
a) the hiccups b) illness c) fever
4. He smokes too much - Just look at the way he _____.
a) spits b) sleeps c) coughs
5. The baby was _____ a fever, so they took him to see the doctor.
a) causing b) running c) having
6. The doctor prescribed _____ for my rash.
a) water b) lots of rest c) an ointment
7. After Will fell off his bike, his mother dressed his _____.
a) wound b) blood c) damage d) bandage
8. Drinking tea with honey can help soothe _____.
a) a hurting throat b) a hurt throat c) a sore throat
9. I'm having _____ sleeping.
a) hard b) trouble c) problem d) difficult
10. The doctor told me to _____ the pills three times a day.
a) take b) eat c) drink d) consume
11. He _____ a few tests = He performed/did a few tests
a) hurried b) carried c) ran
12. To come _____ with something = To become ill/sick
a) clean b) out c) down d) up
13. You can expect to make a _____ (= complete) recovery.
a) full b) fully c) fool-proof
14. This woman has lost a lot of blood, - she might require a _____.
a) blood test b) blood bank c) blood transfusion

Task 9. "The Story of Aspirin "

A. Listen to "The Story of Aspirin" and answer the questions in writing:

1. When and whom was salicin discovered by?
2. Why is it important for the creation of aspirin?
3. Why was aspirin given such a name?
4. What effects do prostaglandins have on the human body?
5. In what way does aspirin interfere with an enzyme?
6. Does aspirin prevent platelets from sticking together?
7. Can aspirin reduce the risk of a heart attack?
8. How many people took part in the research?
9. In what way can aspirin help with cancer prevention and survival?
10. What major health problems can aspirin cause?
11. Do the doctors advise to use aspirin during the spread of influenza?
12. Does the use of aspirin cause ulcers?
13. What patients should avoid taking aspirin?

B. Give English equivalents to the following words and word combinations:

Зменшувати біль та високу температуру тіла; маленькі дози; викликати кровотечу шлунку і кишечнику; прагнути запобігти небезпечним умовам для життя; отримати Нобелівську премію в галузі медицини за відкриття аспірину; пошкодження тканин; створювати захисний ефект; конкурувати з іншими знеболювальними; нешкідлива речовина; на вимогу федеральних органів охорони здоров'я; зниження ризику раку; прискорювати розвиток раку; пригнічувати утворення клітин.

Task 10. Read the text and fill in the gaps with parts of the sentences A-G. One of the parts in the list A-G is extra.

A substance produced by disease-transmitting insects could 1) _____. Mosquitoes and blackflies transmit malaria and river blindness respectively, both of which 2) _____. However, scientists have discovered, in some of these insects, a substance called a peptide which can 3) _____. Recently introduced techniques have allowed researchers to study

these minute insects in order to 4)_____. Professor John Wells said that his team had discovered that the peptides 5)_____. He pointed out that if they could identify the genes responsible for producing the substance, they could introduce into the world genetically altered mosquitoes which 6)_____. In the wake of these exciting developments, it is hoped that science will be able to eradicate some major tropical diseases sooner rather than later.

- A. were incapable of spreading the disease;
- B. kill the viruses and parasites they carry;
- C. provide the key to fighting these same diseases;
- D. cause a large number of deaths every year;
- E. find out more about the peptides;
- F. were active against parasites;
- G. were able to spread the disease.

VOCABULARY 2

Task 11. Match the idioms with appropriate explanations:

1. to catch one's death of cold	a) to die
2. at death's door	b) to become sick with something, to catch an illness
3. to look the picture of health	c) the same treatment that one gives to others
4. back on one's feet	d) physically healthy again
5. a dose of one's own medicine	e) to feel very healthy
6. to feel on top of the world	f) exactly what is needed or wanted
7. out cold	g) to be in good health, to look very healthy
8. to come down with	h) very near death
9. on the mend	i) to have an operation in surgery
10. a flare-up	j) to become sicker
11. to take a turn for the worse	k) not feeling well
12. to go under the knife	l) to become very ill (with a cold/flu etc.)
13. to breathe one's last	m) a sudden worsening of a health condition

14. just what the doctor ordered	n) becoming better, becoming well, healing
15. under the weather	o) recovering from an illness
16. over the worst	p) unconscious, to have fainted

Task 12. Choose an idiom to replace the expression in the brackets:

1. When we arrived at the scene of the car accident the driver was _____ (near death).
a) hanging out his shingle b) drawing blood c) at death's door d) going under the knife
2. After walking home in the rain I _____ (became sick) with a cold.
a) broke out b) came down c) took a turn for the worse d) blacked out
3. My father is _____ (healthy again) after his recent illness.
a) back on his feet b) under the weather c) breathing his last
4. Our secretary has been working very hard and is _____ (getting into poor condition).
a) over the worst b) getting a splitting headache c) back on her feet
d) becoming run down
5. Although the man is very sick I think that he will _____ (recover).
a) run a temperature b) throw up c) pull through d) flare up
6. I went to the doctor last week and _____ (got a medical check-up).
a) ran a temperature b) had a physical c) felt on top of the world
d) went under the knife
7. After eating the seafood at the small restaurant the man began to _____ (vomit).
a) throw up b) pull through c) flare up d) break out
8. The man was forced to _____ (go to a psychiatrist) after he began to act crazy at work.
a) go to a head shrinker b) go under the knife c) breathe his last d) pull through
9. The trainer was able to _____ (restore the boxer to consciousness) after he fainted and fell to the floor.
a) throw the boxer up b) pull the boxer through c) bring the boxer to
d) black the boxer out
10. Last night my grandmother _____ (became sicker).

- a) went under the knife b) felt on top of the world c) breathed her last
d) took a turn for the worse

Task 13. Read the text, then match the statements true or false:

Asthma

Asthma is usually seen as a condition whose symptoms can be adequately controlled with the right medicines. Researchers point out that it is an intermittent disorder, characterized by temporary bouts of inflammation of the airways, which lead to typical symptoms such as wheezing, coughing, and shortness of breath; after each episode (often known as an attack), symptoms subside and the airways return to normal. Asthmatics tend to be susceptible to certain triggers in the environment. These include but are not restricted to animal fur, pollen, cigarette smoke, house dust mites, and perfumes. Attacks can also be brought on by exercise, emotional stress, or a variety of other factors including respiratory infections such as the common cold.

During an episode of asthma, the bronchial tubes and the smaller tubes dividing off from these, known as bronchioles, become narrow or blocked and as a result air can't get in or out of the lungs easily. There are two basic causes behind bronchial narrowing: either the bronchi and bronchioles are squeezed by muscles wrapped around them rather like elastic bands, or they become blocked by mucus and swelling inside the tubes themselves. When the bronchi are constricted, the condition is called bronchoconstriction. Occasional squeezing of the bronchi is normal, but in asthma sufferers these muscles may react too sensitively to environmental triggers. It is also a normal function of the bronchial tubes to produce mucus and, in concert with tiny hairs called cilia, to trap inhaled irritants and remove them from the body, thus protecting the lungs. But some asthmatics produce an overabundance of mucus, and this results in blocked airways and consequent asthmatic symptoms.

1. Asthma is a very common disease and can be easily managed depending on the severity of the illness.

2. Asthma is a disease that affects the respiratory system and constricts the airways which become inflamed and which also become lined with mucus.
3. Asthma is a contagious disease.
4. Anyone can have an asthma attack on cue just to gamer attention.
5. Some of the triggers associated with asthma are allergies, exercise and stress.

Task 14. Choose and speak on one of the points. Record a video and download it to Flipgrid.com:

1. We drink one another's health and spoil our own.
2. The first wealth is health.
3. There are a lot of people in this world who spend so much time watching their health that they haven't the time to enjoy it.
4. Early to bed and early to rise makes a man healthy, wealthy and wise.
5. A sound mind in a sound body.

VOCABULARY 3

Task 15. Match the words and word combinations with their meanings. Translate them into Ukrainian:

Medical Specialists

1. allergist	a) helps people who have difficulty getting pregnant;
2. anesthesiologist	b) specializes in natural cures and remedies;
3. cardiologist	c) specializes in muscle relaxation;
4. chiropractor	d) back specialist;
5. dermatologist	e) specialist for pregnant women;
6. fertility specialist	f) specializes in workplace health;
7. massage therapist	g) specializes in eye diseases;
8. midwife	h) specializes in determining food and environmental allergies;
9. naturopath	i) specializes in the body's movement;
10. neurologist	j) specializes in pain prevention during surgery;
11. obstetrician	k) helps women deliver babies in a natural way;
12. occupational therapist	l) skin specialist;
13. oncologist	m) specialist in mental health;
14. ophthalmologist	n) specializes in imaging tests;
15. physical therapist	o) brain specialist;
16. podiatrist	p) heart specialist;

17. psychiatrist	q) tumour specialist, including cancer;
18. radiologist	r) foot specialist

Task 16. Read the patient complaints. Which specialist does each patient need?

1. I have a terrible rash on my arms and legs. I think I'm allergic to dairy food, but it also might be grass.
2. My husband and I just took a home pregnancy test, and it came out positive. We want to know when we are due and we want to make sure the fetus is healthy.
3. I still can't walk and it's been three months since my accident. I hate being stuck in a wheelchair.
4. The test results show that I have an advanced form of blood cancer.
5. My left eye has an infection that won't go away and my vision has been blurry for two weeks now.
6. I don't want to take any drugs that will cause me to become addicted to them, but I do need some sort of pain relief.
7. I've been having major chest pains this week. I'm also having trouble breathing.
8. I get terrible acne and I have tried all of the products in the pharmacy. I don't know what to do now.
9. My baby is not developing properly. She hasn't put on any weight in two months and she keeps getting ear infections.
10. My husband and I have been trying to get pregnant for three years. We have tried everything that the books suggest.

Task 17. Read the text and use the words listed below to form a grammatically correct word that fits the gaps:

- a) pleasure; b) entertain; c) ache; d) flick; e) comfort; f) bad

The flu season is upon us, and the flu means sore throats, bodies, stuffy noses, sneezes, and fatigue. And the flu, of course, means a trip to the doctor's office for some relief, or a flu shot, if you haven't had one already.

When you're waiting to see the doctor, sitting in comfortable, quality medical office furniture can help ease the _____ experience of having the flu greatly. Being sick is no fun, of course, and you always have the worry that it might get _____, and you'll have to miss even more work.

A _____ waiting room can do wonders to help you feel a little less sick: Lounge sofas that are kind on your aching back, coffee tables piled high with the latest home design and gossip magazines, lighthearted _____ playing on the television, a play area for your child, and a water cooler with plenty of plastic cups at your disposal.

Finally, as you're _____ through a magazine in one of the lounge sofas, your name is called. You go into the doctor's office, and know that your pain will soon be eased.

Task 18. Read the text and find the words according to their definitions:

Doctor's visit

The four great cornerstones of diagnostic medicine are anatomy, physiology, pathology and psychology. In addition, the physician should consider the patient in their 'well' context rather than simply as a walking medical condition. This means the socio-political context of the patient (family, work, stress, beliefs) should be assessed as it often offers vital clues to the patient's condition and further management.

A patient typically presents a set of complaints (the symptoms) to the physician, who then obtains further information about the patient's symptoms, previous state of health, living conditions, and so forth. The physician then makes a review of systems (ROS) or systems inquiry, which is a set of ordered questions about each major body system in order: general (such as weight loss), endocrine, cardio-respiratory, etc. Next comes the actual physical examination and other diagnostic tests; the findings are recorded, leading to a list of possible diagnoses. These will be investigated in order of probability.

The next task is to enlist the patient's agreement to a management plan, which will include treatment as well as plans for follow-up. Importantly, during this process the healthcare provider educates the patient about the causes, progression, outcomes, and

possible treatments of his ailments, as well as often providing advice for maintaining health. This teaching relationship is the basis of calling the physician doctor, which originally meant "teacher" in Latin.

The physician's expertise comes from his knowledge of what is healthy and normal contrasted with knowledge and experience of other people who have suffered similar symptoms (unhealthy and abnormal), and the proven ability to relieve it with medicines (pharmacology) or other therapies about which the patient may initially have little knowledge.

A survey in the United States came to the result that, overall, a physician sees each patient for 13 to 16 minutes. Anesthesiologists, neurologists, and radiologists spend more time with each patient, with 25 minutes or more. On the other hand, primary care physicians spend a median of 13 to 16 minutes per patient, whereas dermatologists and ophthalmologists spend the least time, with a median of 9 to 12 minutes per patient. Overall, female physicians spend more time with each patient than do male physicians.

For the patient, the time spent at the hospital can be substantially longer due to various waiting times, administrative steps or additional care from other health personnel. Regarding wait time, patients that are well informed of the necessary procedures in a clinical encounter, and the time it is expected to take, are generally more satisfied even if there is a longer waiting time.

With increasing access to computers and published online medical articles, the internet has increased the ability to perform self-diagnosis instead of going to a professional health care provider. Doctors may be fearful of misleading information and being inundated by emails from patients which take time to read and respond to (time for which they are not paid). About three-quarters of the U.S. population reports having a primary care physician, but the Primary Care Assessment Survey found "a significant erosion" in the quality of primary care from 1996 to 2000, most notably in the interpersonal treatment and thoroughness of physical examinations.

a) the process of examining the body by means of sight, touch, percussion, or auscultation to diagnose disease or verify fitness;

- b) the science of drugs, including their characteristics and uses;
- c) the processes and functions of all or part of an organism;
- d) any sensation or change in bodily function experienced by a patient that is associated with a particular disease;
- e) the mental make-up or structure of an individual that causes him or her to think or act in the way he or she does;
- f) a physician chosen by the patient or insurance company, whose main function is to direct a patient to other medical specialists;
- g) advancement;
- h) a qualified doctor specializing in the administration of anesthesia;
- i) the physical structure of an animal or plant or any of its parts;
- j) the identification of diseases by the examination of symptoms and signs and by other investigations;
- k) the manifestations of disease, esp. changes occurring in tissues or organs.

VOCABULARY 4

Bandage	Forceps	Probe	Stretcher
Catheter	Gag	Scalpel	Syringe
Curette	Hook	Sling	
Drain	Pipette	Splint	

Task 19. Study the words from VOCABULARY 4 and fill in the blanks:

1. _____ = a small sharp-pointed knife used in surgery
2. _____ = an instrument used to explore inside a cavity or wound
3. _____ = a thin glass tube used for taking and measuring samples of liquid
4. _____ = an instrument placed between the teeth to stop the mouth from closing
5. _____ = a triangular bandage attached around the neck, used to support an injured arm and prevent it from moving

Task 20. Study basic questions a doctor can ask you and complete the dialogues using the sentences from the box:

What's brought you along today?	Where does it hurt?
What can I do for you?	Can you describe the pain?
What seems to be the problem?	What effects does food have?
How long has this been bothering you?	Does laying down help the pain?
Which part of your head is affected?	Does anything make it worse (better)?
	How long does the pain last?

1) Doctor:

Patient: Here. Just under my ribs.

Doctor: _____

Patient: It gets worse and worse. Then it goes away.

Doctor: _____

Patient: Food makes it worse.

2) Doctor: _____

Patient: Down here.

Doctor: _____

Patient: It's a sharp, stabbing pain. It's like a knife.

Doctor: _____

Patient: If I take a deep breath, or I cough, it's really sore.

Task 21. Arrange the replicas of the dialogue in logical order:

- A. - It could become extremely serious. If you are worried about your health cut out your smoking.
- B. - Hello, Mr. First. Come in, please. Sorry to have kept you waiting.
- C. - Do I have to go to the hospital?
- D. - Yes, I got them last night. As to the tests, everything is okay. Your cardiogram is normal too.
- E. - Is that serious?
- F. - Thank you, doctor.
- G. - But what about the X-ray? Is anything wrong?
- H. - Certainly, I'll try to stop smoking. What else could you advise me to do for improving my health?

- I. - No. I'll give you a prescription. Take the pills three times a day. I want you to see me again in three weeks. Stay well.
- J. - That's all right. Did you get all the test results?
- K. - You should do daily exercises. Eat small meals four or five times a day.
- L. - The X-ray shows emphysema. That's evidently the result of your heavy smoking. Your breath shortness and your cough are probably caused by the emphysema.

Task 22. Match the body parts in the first column with the doctor's instructions in the second one:

1. the throat	A) Remove your sock and shoe.
2. the ears	B) Remove your top clothing.
3. the chest	C) Turn your head this way.
4. the back	D) Open your mouth.
5. the foot	E) Tilt your head back.
6. the nasal hay fever	F) Stand up.

Task 23. Try your hand at giving a diagnosis. Complete these conversations between doctors and patients by writing in the name of the illness. Use the terms from task 6:

- | | |
|--|--|
| <p>1. - What seems to be the trouble?
 - My eyes and my nose are running all the time. I feel terrible.
 - When did this begin?
 - At the beginning of July.
 - It's probably just</p> | <p>3. - What's the problem?
 - It's my son. He's got a rash and swelling in his armpits.
 - Does he have a fever?
 -Yes.
 - Hmm. He may have</p> |
| <p>2. - So, what can I do for you?
 - It's the twins. They're covered in these dreadful red spots.
 - Are they experiencing any itching?
 - Yes, they are.
 - It may be</p> | <p>4. - How are you today?
 - Oh, not very well. I've got a fever and this swelling.
 - Where is the swelling?
 - In my throat.
 - It could be</p> |

5. - How are you feeling?
- I've got this terrible cough. And after I cough
I make a noise when I try to breathe.
- Sounds like

Task 24. Read the conversation between a doctor and his patient.

Doctor: Good morning. What seems to be the trouble?

Patient: Well, I've had this cold for ages now and I can't seem to be able to get rid of it. I don't think it's flu but I'm also feeling terribly headachy and I think I'm running a temperature.

Doctor: And how long have you had this?

Patient: Weeks and weeks.

Doctor: I see. Take off your shirt please and let me listen to your chest. Yes, you seem to have caught a rather nasty infection.

Patient: I see. Can you give me anything for it?

Doctor: Well, if it's a virus, antibiotics won't really be much of a remedy but I can try you on a course of penicillin, if you like.

Patient: OK, if you think it'll help.

Doctor: It may do. Take this prescription to the chemist's and come back to me if it hasn't cleared up in a week or so. You could also buy some ointment to rub on at night to help you breathe more easily. The pharmacist can tell you what sort of cream will help.

Patient: Thank you, doctor.

Complete the sentences with suitable endings:

1. The patient is complaining about....
A) flu-like symptoms; B) a heavy cold; C) not being able to recover from a cold.
2. The doctor thinks that....
A) antibiotics won't help; B) the patient has flu; C) the patient has caught a disease.
3. The doctor prescribes

A) ointment only; B) antibiotics and ointment; C) antibiotics only.

4. The patient has to ...

A) come back if the antibiotics don't work; B) see the chemist next week;

C) come back next week

VOCABULARY 5

- taking regular exercise
- binge drinking
- taking drugs
- eating too much salt/ fat/ sugar
- having a balanced diet
- being overweight
- smoking
- doing sport(s)
- (going) swimming
- doing yoga/ pilates/ tai chi
- drinking water
- not having enough sleep
- night dancing
- going to the gym
- (going) cycling

Task 25. Sort out the expressions from VOCABULARY 5 into the columns of the grid below:

Unhealthy habits	Healthy habits

Task 26A. Read the text and using the information make up a list of positive results physical activity has for your health (e.g. it helps control your weight). Then explain the meaning of the words and word combination in bold type.

The Benefits of Physical Activity

Looking to get to or stay at a healthy weight? Both diet and physical activity play a critical role in controlling your weight. You **gain weight** when the calories you burn, including those burned during physical activity, are less than the calories you eat or drink. To maintain your weight: Work your way up to 150 minutes of **moderate-intensity aerobic activity**, 75 minutes of **vigorous-intensity aerobic activity**, or an equivalent mix

of the two each week.

Heart disease and stroke are two of **the leading causes of death** in the United States. But getting at least 150 minutes a week (2 hours and 30 minutes) of moderate-intensity aerobic activity can put you at a lower risk for these diseases. Regular physical activity can also lower your blood pressure and improve your cholesterol levels.

Regular physical activity can reduce your risk of developing **type 2 diabetes** and **metabolic syndrome**. Metabolic syndrome is a condition in which you have some combination of too much fat around the waist, high blood pressure, **low HDL cholesterol**, **high triglycerides**, or high blood sugar. Research shows that lower rates of these conditions are seen with 120 to 150 minutes (2 hours to 2 hours and 30 minutes) a week of at least moderate-intensity aerobic activity. And the more physical activity you do, the lower your risk will be.

Being physically active lowers your risk for two types of cancer: colon and breast. Research shows that: 1) Physically active people have a lower risk of colon cancer than do people who are not active. 2) Physically active women have a lower risk of breast cancer than do people who are not active.

As you age, it's important to protect your bones, joints and muscles. Not only do they support your body and help you move, but keeping bones, joints and muscles healthy can help ensure that you're able to do your daily activities and be physically active. Research shows that doing aerobic, **muscle-strengthening and bone-strengthening physical activity** of at least a moderately-intense level can slow the loss of bone density that comes with age.

Build strong, healthy muscles. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength. Slowly increasing the amount of weight and number of repetitions you do will give you even more benefits, no matter your age.

Regular physical activity can help keep your **thinking, learning, and judgment skills** sharp as you age. It can also reduce your risk of depression and may help you sleep better. Doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits.

Everyone can gain the health benefits of physical activity - age, ethnicity, shape or size do not matter.

Task 27. Fill the gaps with parts of the sentences A-H:

- A. whites or blacks;
- B. a small percentage of Americans;
- C. embraced four healthy behaviors;
- D. didn't engage;
- E. enough physical activity;
- F. moderate drinkers;
- G. to die early;
- H. public health officials.

Healthy Behaviors Will Help You Live Longer

Researchers looked at long-term data from Americans aged 17 and older and found that those who 1)_____ - not smoking, eating a healthy diet, getting regular physical activity and avoiding excessive alcohol use - were 63 percent less likely 2)_____ from any cause than those with none of those healthy habits.

Not smoking offered the most protection from dying young.

Compared to those who 3)_____ in any of the healthy behaviors, those who practiced all four healthy habits were 66 percent less likely to die early from cancer, 65 percent less likely to die early from cardiovascular disease, and 57 percent less likely to die early from other causes.

The U.S. Centers for Disease Control and Prevention researchers said that 47.5 percent of the people in the study had never smoked, 51 percent were 4) _____ (no more than two drinks per day for men and one drink per day for women), 40.2 percent got 5)_____, and 39.3 percent had a healthy diet.

Rates of healthy behaviors were about the same for men and women. Mexican-Americans had more healthy behaviors than 6)_____.

While studies show that only 7)_____ have adopted all four of these healthy behaviors, the number of smokers has decreased significantly, the researchers noted in a CDC news release.

Health care providers and 8) _____ should encourage people to adopt these healthy behaviors, the researchers said.

Task 28A. Title the text and read it. Then give Ukrainian equivalents to the word combinations in bold type.

People who practice Yoga will tell you to turn off the TV, grab something soft to sit on, and get ready to become healthier and **say goodbye to stress**.

Some people describe Yoga as an ancient method of **physical and mental exercises** that can be practiced anywhere. Unlike many other forms of exercise, Yoga does not require any gadgets. People who use Yoga to grow healthier can do so by simply wearing some comfortable clothes and using a blanket to do their training on. Yoga is practiced by all kinds of people. You do not have to be big or small, young or old, a great **athlete or a non-athlete**. You do not need balls, gloves, expensive shoes, or anything with wheels to practice Yoga. Everyone can practice it. You can also practice by yourself or with a group, indoors or out.

Yoga teachers tell you that Yoga is a series of physical exercises that use the body and mind **to create harmony and health within yourself**. Yoga allows you to gain strength, calmness, and flexibility while relieving stress and tension from your body. About 2000 years ago in India, a wise man, Pantanjali, outlined the system for Yoga. In his writings, he explains how Yoga tackles both physical and emotional ailments. Yoga not only can help you **recover from a physical condition**, such as a bad back, asthma, or high blood pressure, but it also can help those of us who suffer from anxiety or depression. Yoga can do what all those items you see on late night television claim to do, and you do not have to buy anything to get started.

As you enter the new millennium, you know that "stress" is capable of causing problems with your health and in your life. Clearly, stress begins with the moment of birth.

You spend your life adjusting to stress. Yoga, by **disciplining the body and the mind**, provides you with a very sophisticated and effective way to curb the effects of stress. By practicing Yoga, stress is minimized, and you can get back to the business of getting and staying healthy. If you have not already done so, you might want to learn more about Yoga as a way to improve your health.

B. Do the multiple choice exercise:

1. People who practice Yoga _____.
 - A) have learned the techniques from the TV;
 - B) will tell you that it helps relieve stress;
 - C) have lost a lot of unwanted weight.
2. The use of gadgets in Yoga are _____.
 - A) advised by great athletes and celebrities;
 - B) not required to practice Yoga;
 - C) required when practicing in a group and outside.
3. Yoga teachers say_____ to help you become healthier.
 - A) a strict regime of weight training, diet, and exercise are needed;
 - B) practicing a series of exercises that use both the body and mind are used;
 - C) you must forget about junk food, stressful relationships, and television.
4. Pantanjali_____.
 - A) outlined the system for Yoga many centuries ago;
 - B) traveled to India and introduced the country to his new philosophy;
 - C) claimed that Yoga only cured high blood pressure and asthma.
5. Yoga relieves stress mainly by _____.
 - A) taking one's mind off stressful events;
 - B) improving one's health;
 - C) disciplining the mind and body.

VOCABULARY 6

Task 29A. Match the words and word combinations with their meanings. Translate them

into Ukrainian:

- | | |
|---------------------------------------|--|
| a) to do something
sporadically | 1) doing exercises in a gym; |
| b) to do something like
clock work | 2) a period of training in a day; |
| c) resistance training | 3) (to do) something very irregularly, not often; |
| d) cardio | 4) weight training – lifting heavy weights to build up your muscles; |
| e) a session | 5) exercises designed to help your heart and lungs; |
| f) training | 6) to do something regularly, usually at the same time |

B. Fill in the gaps using the words and word combinations:

1. I go to gym very _____ but I don't own a car so I walk everywhere and walk very fast.
2. I train on a good week, four times a week and each _____ will last about an hour.
3. I mainly train doing weight training. And a little _____ .
4. I prefer doing _____. But going to some swimming-pool is OK too.
5. The main thing I do is I go to the gym and I go pretty much _____ because I do think it's important to go regularly.

Task 30. Read the text and do the multiple choice exercise after it:

Modern Day Meditation

In a world where bad news has become everyday news, people are turning to an ancient technique to deal with stress: meditation. At meditation centers, prayer groups and yoga studios around the United States, more and more are finding peace of mind by being quiet. Some use meditation to help deal with life changes; others, to process the painful reality of political and social unrest around the world of the type that has been experienced more recently. Stress from the September 11 terrorist attacks is "probably about 70 percent" of

the reason one Chicago man started meditating and practicing yoga with his new wife. He became so emotionally affected that he realized he needed help in managing his stress. The yoga classes he takes begin and end with meditation. This "quiet time" helps him feel a lot more relaxed and gives him more breath control. The fact is, though, that he is not alone.

Across the country, many are turning to more meditative exercise as they seek both psychological and physiological relief. In addition to helping people work out their stress, these classes bring people together, in the same way that religious services or other community activities have done in the past. Different schools of meditation teach particular techniques, but they share a common basis - focusing attention on something your mind can return to if you are distracted. This may be the rhythm of breathing, a mantra (a word or phrase repeated continually, either silently or aloud), an object such as a candle flame or religious icon, a positive affirmation, feelings of loving kindness, or a repetitive movement, as in walking or t'ai chi. Regardless of the specific technique or mode that is followed, meditation has well-documented benefits. Medical research indicates that it causes a sharp decrease in metabolic activity, reduced muscle tension, slower breathing, and a shift from faster beta brainwaves to slower alpha, theta and delta waves. It also reduces high blood pressure. Practitioners are convinced that meditation is good for health because it relaxes the body.

For ages, meditation has been a core practice of many groups meeting in their communal or religious centers. However, let's not forget that this is the twenty-first century. So, for those people who are too shy or busy to go to the nearest meditation center, there are Internet sites that offer online guided meditation. One has a variety of meditations from various religious traditions. At another, Jesuit priests post meditations and readings from the Scriptures every day, and at still another, Buddhist and Hindu practitioners include music and visuals to accompany their offerings. These websites allow anyone with a computer access to meditation at any time. The fact is that whether online, at yoga classes, or at local spiritual centers, more people are turning to the practice of meditation.

1. According to this article meditation is becoming more popular today because:

- A) people have to work much harder than in the past;
 - B) people have to work much harder to find peace of mind;
 - C) people have to cope with more difficulties in their personal and communal lives.
2. The example of one Chicago man shows:
- A) the physical and psychological benefits of yoga and meditation;
 - B) the physical benefits of yoga and meditation;
 - C) the psychological benefits of yoga and meditation.
3. What is the basic underlying approach of all meditative techniques?
- A) people repeat a phrase over and over;
 - B) people focus on something that they can return to;
 - C) people concentrate on a candle flame or a religious object.
4. What two important points are explained in this reading?
- A) An explanation of the various teachers and the different schools of meditation.
 - B) A description of the places to go and procedures people can follow to learn meditation.
 - C) An explanation of the best practices and various health benefits from meditation.
5. What is one idea that is explained in this reading?
- A) The future growth of religious centers that teach meditation.
 - B) The present day appeal of meditation classes compared to the past attraction to religious or community celebrations.
 - C) The increasing popularity of meditation through the availability of on-line resources.

VOCABULARY 7

An addiction to food	Binge eaters	Bulimia
Calorific needs	Eating disorder	To be on a diet
Compulsive sufferers	An anorexic	A bulimic
A dimorphic disorder	Purging	
Anorexia	To be health-conscious	

Task 31. Study the words and word combinations from VOCABULARY 7 and fill in the gaps:

Eating Disorders and Diets

Many people if asked could not tell the difference between someone who _____ and someone who is suffering from _____. They are however two very different things though. A diet is used as a means to lower your weight in a healthy manner; a disorder however, is an illness which effects the self esteem of the individual suffering from it in a very dangerous way.

The most well known of all these disorders is _____. The name itself means 'a lack of desire to eat'. People who have it experience obsessive feelings of self loathing. The only time they feel good about themselves is when they are starving. No matter how thin _____ becomes, their body _____ is so strong they still believe themselves to be fat.

Commonly linked to _____ is _____. It shares some of _____'s features especially the sufferers' low self esteem. The difference is food which is used by _____ as a comfort and is not avoided at all. _____ are able to ingest as much food as they wish and rid themselves of it soon afterwards by taking laxatives or making themselves vomit it up again, this is known as _____.

Another closely linked eating disorder is Compulsive Eating Disorder. In many ways this is very similar to Bulimia and to Anorexia, the factor that sets it aside from both of these is that sufferers do not purge.

_____ consume and keep all the food they eat. Their days can revolve around nothing but food, from reading about it, to cooking to planning the next meal or snack. Some of the world's heaviest people suffer from this disorder, which is fundamentally _____.

Next we have Binge Eating Disorder, again very similar to Compulsive Eating Disorder. It differs in the frequency in which food is consumed and in its secretive nature. _____ will meticulously plan their bingeing and store large quantities of food away to eat all in one sitting when they know they will be alone.

The same issues with self esteem are very apparent in this illness and the shame the

_____ feels at eating beyond their own bodies calorific needs leads of a cycle of yet more comfort eating. Much like the _____ the binge eater will not purge but rather keeps the calories.

Task 32. Read the text and then do the tasks A-C:

People who suffer from excessive drowsiness during the daytime may be victims of a condition known as "narcolepsy". Although most people may feel sleepy while watching TV or after eating a meal, narcoleptics may fall asleep at unusual or embarrassing times. They may doze while eating, talking, taking a shower, or even driving a car.

Victims can be affected in one of two ways. Most narcoleptics have several sleeping periods during each day with alert periods in between, but a minority feel drowsy almost all the time and are alert for only brief intervals. Many people with this condition also suffer from cataplexy — a form of muscular paralysis that can range from a mild weakness at the knees to complete immobility affecting the entire body. This condition lasts from a few seconds to several minutes and is often set off by intense emotions.

No reliable data exist showing how many people have narcolepsy.

[1] Unfortunately, there is also little knowledge about the causes of this illness.

[2] Researchers suggest that the problem may stem from the immune system's reacting abnormally to the brain's chemical processes. [3] Further studies have shown a link between narcolepsy and a number of genes, although it is quite possible for an individual to have these genes and not develop the disease. [4] There are also cases of twins where one member has narcolepsy but the other does not. Thus, an explanation based on genetics alone is not adequate.

There is currently no cure for narcolepsy, so sufferers of this condition can only have their symptoms treated through a combination of counseling and drugs. The available drugs can help control the worst of the symptoms, but **their** administration has unwanted side effects such as increased blood pressure and heart rate and, sometimes, even increased sleepiness. It is clear that improved medications need to be developed.

A. Unlike most people who may feel drowsy after a meal or while watching TV, narcoleptics _____

doze off at odd times

sleep most of the time

suffer in one of two ways

have no trouble falling asleep

B. The word "**their**" in the passage refers to...

sufferers

symptoms

drugs

side effects

C. The following sentence can be added to paragraph 3:

Some estimates put the number as high as 300,000 in the United States alone.

Look at the four squares [] that indicate where the sentence could be added. Where would the sentence best fit? Choose the number of the square []. 1, 2, 3 or 4?

Task 33. Read the text and then give Ukrainian equivalents for the word combinations in bold type.

Too Much TV May Take Years Off Your Life

Spending your days in front of the television may contribute to a shortened lifespan, a new study suggests.

Researchers in Australia found that people who averaged six hours a day of TV lived, on average, nearly five years less than people who watched no TV. For every hour of television watched after age 25, lifespan fell by 22 minutes, according to the research led by Dr. J. Lennert Veerman of the University of Queensland.

But other experts cautioned that the study did not show that TV watching caused people to die sooner, only that there was an association between watching lots of TV and a shorter lifespan.

Though a direct link between watching TV and a shortened lifespan is highly provocative, the harms of TV are almost certainly indirect. "As a rule, the more time we spend watching TV, the more time we spend eating mindlessly in front of the TV, and the less time we spend being physically active," Dr. David L. Katz said. "More eating and less physical activity, in turn, mean greater risk for obesity, and **the chronic diseases it tends to anticipate**, notably diabetes, heart disease and cancer."

Another explanation for the possible link may be that people who watch excessive amounts of TV "are lonely, or isolated, or depressed, and these conditions, in turn, may be the real causes of premature mortality," he added.

In 2008, Australian adults watched a total of 9.8 billion hours of TV. People who watched more than six hours of TV were in the top 1 percent for TV viewing. The statistics suggest that too much TV may be as dangerous as smoking and lack of exercise in reducing life expectancy. For example, smoking can shorten of life expectancy by more than four years after the age of 50. That represents 11 minutes of life lost for every cigarette and that's the same as half an hour of TV watching, the researchers said. Without TV, researchers estimated life expectancy for men would be 1.8 years longer and for women, 1.5 years longer.

"While we used Australian data, the effects in other industrialized and developing countries are likely to be comparable, given the typically large amounts of time spent watching TV and **similarities in disease patterns**".

Task 34. Choose and answer one of the given questions. Record a video (1minute approximately) and download it to Flipgrid.com:

1. What are the most popular ways of keeping healthy in your country?
2. Do you think people worry more about their health as they get older?
3. Why do you think some people continue bad habits when they know that they are damaging to their health?
4. How can children be encouraged to adopt healthy habits?
5. Do you think people have become more health conscious in recent years?
6. Could governments do more to promote healthier lifestyle options?
7. What stops you from having a healthy lifestyle?
8. What are the disadvantages of not having a healthy lifestyle?
9. What can you do in order to have a healthier lifestyle?

Task 35. Fill in the blanks with the words listed below:

a) subfields; b) pharmaceuticals; c) incidence; d) funding; e) chronic; f) policy; g) government; h) mandatory; i) pandemic; j) analysis

The management of any health care system is typically directed through a set of policies and plans adopted by 1) _____, private sector business and other groups in areas such as personal health care delivery and financing, 2) _____, health human resources, and public health.

Public health is concerned with threats to the overall health of a community based on population health 3) _____. The population in question can be as small as a handful of people, or as large as all the inhabitants of several continents (for instance, in the case of a 4) _____). Public health is typically divided into epidemiology, biostatistics and health services. Environmental, social, behavioral, and occupational health are also important 5) _____.

Today, most governments recognize the importance of public health programs in reducing the 6) _____ of disease, disability, the effects of ageing and health inequities, although public health generally receives significantly less government 7) _____ compared with medicine. For example, most countries have a vaccination 8) _____, supporting public health programs in providing vaccinations to promote health. Vaccinations are voluntary in some countries and 9) _____ in some countries. Some governments pay all or part of the costs for vaccines in a national vaccination many 10) _____ diseases, which require costly long-term care and treatment, is making many health managers and policy makers re-examine their health care delivery practices.

Task 36. Read the text and match the statements true or false:

Healthcare in the United Kingdom

Healthcare in the United Kingdom is a devolved matter, meaning England, Northern Ireland, Scotland and Wales each has its own system of private and publicly-funded healthcare, together with alternative, holistic and complementary treatments. Each country having different policies and priorities has resulted in a variety of differences

existing between the systems. That said, each country provides public healthcare to all UK permanent residents that is free at the point of need, being paid for from general taxation. In addition, each also has a private healthcare sector which is considerably smaller than its public equivalent, with provision of private healthcare acquired by means of private health insurance, funded as part of an employer funded healthcare scheme or paid directly by the customer, though provision can be restricted for those with conditions such as AIDS/HIV.

Each NHS system uses General Practitioners (GPs) to provide primary healthcare and to make referrals to further services as necessary. Hospitals then provide more specialist services, including care for patients with psychiatric illnesses, as well as direct access to Accident and Emergency (A&E) departments. Pharmacies (other than those within hospitals) are privately owned but have contracts with the relevant health service to supply prescription drugs.

Each public healthcare system also provides free ambulance services for emergencies, when patients need the specialist transport only available from ambulance crews or when patients are not fit to travel home by public transport.

Each NHS system also provides dental services through private dental practises and dentists can only charge NHS patients at the set rates for each country. Patients opting to be treated privately do not receive any NHS funding for the treatment. About half of the income of dentists in England comes from work sub-contracted from the NHS, however not all dentists choose to do NHS work.

Taken together, the World Health Organisation, in 2000, ranked the provision of healthcare in the United Kingdom as fifteenth best in Europe and eighteenth in the world. Overall, around 8.4 per cent of the UK's gross domestic product is spent on healthcare, which is 0.5% below the Organisation for Economic Co-operation and Development average and about one percent below the average of the European Union.

1. Great Britain's National Healthcare System (NHS) is a government-run, universal healthcare system.
2. People go to a General Practitioner before going to a specialist.

3. Only those who can afford insurance receive the best of healthcare and many parts of society are left without cover.
4. Healthcare is free of charge for everyone in Great Britain.
5. Privatization of some services never occurs.
6. The NHS is paid for by tax revenues.
7. Great Britain is a world leader in providing high-quality health care.
8. Dental services are paid directly by the customer in the UK.

Task 37. Listen to "World Health Day" and match the statements true or false:

1. On World Health Day the World Health Organization has released a report saying that there is a serious problem in developing countries.
2. The problem is caused by tremendous amount of health workers, such as doctors and nurses.
3. Many of these professionals are leaving their countries for better-paying jobs.
4. Access to health care is much more limited in some countries than in others.
5. The report does not call for a fair employment plan for migrant health workers.
6. The report calls to help poor countries educate more health workers.

Task 38. Read the text and fill in the eavs with parts of the sentences A-J.

- A. health coverage;
- B. public programs;
- C. to develop and market;
- D. in addition to medicines;
- E. on a waiting list;
- F. no further treatment;
- G. lack of insurance;
- H. better choices;
- I. hospital costs;

J. radiation and powerful chemicals.

Health Care in the United States

Forty years ago, a Chicago businessman had an operation for cancer. Doctors could offer 1) _____. The cancer spread. The man died about a year later. His medical care cost about ten-thousand dollars.

Six years ago, an office administrator in Washington, D.C., had an operation for cancer. Later she had treatment with 2) _____. Today she feels fine. Her doctors say she will probably live many more years. But her care cost several hundred thousand dollars.

Medical science today saves many more lives. But this can also mean major debt. Government programs provide health insurance to the poor and elderly. Others depend on private insurance. Companies guarantee to pay part or all of the costs of care. But the more the policy covers, the higher the price. Around sixty percent of working Americans have health insurance through their jobs. Their employers usually pay at least part of the cost. But, as those costs increase, employers feel the pressure.

The Department of Health and Human Services reported this month on health care spending for 2002. It says spending rose nine percent that year, to one-point-six million-million dollars. Health costs per person averaged more than 5400 dollars.

Some employers no longer offer 3) _____. Others have increased the share paid by their employees. Getting insurance can be difficult for those who work only part time. The same is true for people who are already sick. Some Americans have no health insurance. The Census Bureau says 14 % of the population had no coverage in 2002. The number was 43.6 million people.

Last week a committee of experts called for health coverage for all by 2010. The report was from the Institute of Medicine, one of the National Academies. The report says about 18000 people each year die unnecessarily because of 4) _____. The experts also estimated how much money the United States loses as a result of poor health and early deaths of uninsured adults. The estimate is between sixty-five-thousand-million and one-hundred- thirty-thousand million dollars a year. A top official in the President

administration, however, says it is not realistic to expect universal health coverage by 2010.

Some uninsured people get care at university teaching hospitals. A number of religious and humanitarian agencies like the Salvation Army offer free or low-cost care. But hospital emergency rooms are where many poor people go even for minor problems. This adds to 5) _____.

The largest number of poor get medical help through 6) _____ at several levels of government. The federal government and the states jointly offer an insurance program called Medicaid. States also administer a program to aid children whose families earn too much to receive Medicaid. However, budget problems have led some states to reduce their services. Florida, for example, has thousands 7) _____ for the State Children's Health Insurance Program there.

Another issue for a lot of people is the cost of prescription medicine, drugs only a doctor can order. Drug companies say new medicines cost a lot 8) _____. The industry notes that about one-tenth of every dollar spent on health care in the United States goes to prescription medicines. It says these drugs represent only a small part of health care spending.

Both major political parties have offered plans to improve the health care system. The candidates for the Democratic nomination for president have proposed their own ideas. And the President recently won approval of big changes to Medicare. Medicare is the government insurance program for people age 65 and older. It also helps pay for some younger people who are disabled. Supporters of the new Medicare act say it is important that seniors will get their first help from Medicare to pay for medicine.

The new law also lets private health plans and insurance companies play a bigger part in Medicare. Opponents say letting these companies compete with the government will damage the system. They say seniors will pay more, not less. Supporters say competition means 9) _____ .

Under the new Medicare law, patients will have choices about their drug plan. They can stay in traditional Medicare for their doctor and hospital costs, and choose a drug policy to go with this. Or, they can join a completely private plan. This would pay for

hospital treatment and doctors 10) _____. Wealthier Medicare patients are to pay more than others for their medicines. But the poorest seniors would pay only a few dollars for each prescription.

When some Americans buy medicine, they do not go to the local drugstore. Some travel to Canada or Mexico to save money. Others use the Internet to order prescription drugs from Canadian suppliers trying to save money.

Task 39. Fill in the blanks with the words listed below:

a) healthcare; b) proof; c) wages; d) fund; e) contact; f) facilities; g) doctor; h) sickness; i) service; j) insurance; k) residents; l) contribution; m) childbirth; n) training; o) fee.

Healthcare in Ukraine

The standard of healthcare in Ukraine is extremely neglected with a severe lack of medical 1) _____ and medicines. Some of the medical staff are highly trained, but some have only completed half of the 2) _____ required. The healthcare is in an extremely poor state. Healthcare in Ukraine is supposedly free and available to all citizens and registered long-term 3) _____. Private healthcare is also available in the country. All employed citizens contribute to the healthcare system. The Government of Ukraine oversees the health 4) _____ and all citizens are entitled by law to equal access to 5) _____.

Healthcare in Ukraine is funded almost entirely by general government revenues; this 6) _____ makes up 7.4 percent of the fund. 3.2 percent of the fund is made up by social 7) _____ contributions from the wages of the employed and 3.3 percent is funded by private clinics and their private patients. Dependent family members are covered by the contributions paid by employed family members. The unemployed, old age pensioners and people on long-term 8) _____ benefit or maternity leave have to pay healthcare contributions but not as much as an employed citizen. Foreigners immigrating to Ukraine without jobs must produce 9) _____ of private health insurance in order to obtain their residence permit.

If you are self-employed, you need to get additional insurance to cover members of your family and you must pay the full 10) _____ to cover yourself.

The state fund covers most medical services including treatment by specialists, hospitalisation, prescriptions, pregnancy and 11) _____ and rehabilitation.

The state, in theory provides free healthcare for its citizens and long term residents who become ill; however this is a serious problem for many parts of the country. Doctors' 12) _____ are extremely low and often ask for a fee. This makes healthcare difficult, as many citizens are on a low income.

Doctors are known as a likar and are the first point of 13) _____ with the Ukrainian health system. Citizens can register with the doctor of their choice, however, people seeking state medical care must make sure that their 14) _____ is contracted into the health scheme. If you are treated by a doctor whether or not the doctor is covered by the state you will have to pay a 15) _____.

Task 40. Choose and speak on one of the points. Record a video and download it to Flipgrid.com:

1. U.S. Health Care System VS U.K. Health Care System.
2. Myths About Health Care in Different Countries.
3. Best Health Care in the World.
4. Quality of Health Care in Ukraine.

LITERATURE

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