

6. Health Care

More and more people know that good health means a longer and happier life nowadays, people care about their health more than they did in the past. They eat healthier food practise different kinds of sports and try to avoid stressful situations. A healthy, strong and beautiful body is an ideal for many people.

(Doctors often say that headaches and stomachaches are the results of depression)

When we are ill, we usually see a doctor. The doctor examines our body, asks about the symptoms and usually prescribes some medicine. Then we go to the pharmacy to get our antibiotics, painkillers or vitamins. When the illness is too serious, the patient must go to the hospital (for operation)

Basic health care is free in Slovakia for all people who pay their insurance monthly.

Everybody goes through various diseases during their childhood and adult life. Most of the diseases are not serious and do not take a long time to cure (Nowadays, there exist vaccines against some diseases (flu tuberculosis, scarlet fever, chicken-pox, rubella, polio, jaundice, typhoid, playne, rabies....) But there are also some diseases which we have problems to cure or cannot cure at all yet. They are for example: cancer, AIDS, diabetes....

There are several types of medicine which can help us to beat illness. Classical medicine offers various painkillers. It also fights against illness and diseases with drugs and surgery and doctors can save millions of people / In my opinion, studying medicine is very hard being a doctor is very difficult and responsible./ On the other hand taking a lot of painkillers can destroy other organs of your body, f.e. liver, stomach, kidneys,...

That's why many people prefer other kinds of medicine, which are sometimes called alternative medicine.

Alternative medicine looks at whole person not just the illness. This includes: your age, sex, your family, background, eating habits, sleeping habits, regular exercise, job combinations, bad habits like drinking or smoking and all problems you have in your everyday life.

QUESTIONS :

1. Compare classical medicine and alternative. Give the pros and cons for each.
2. How do you protect your body against disease.
3. Do you take vitamins regularly? Why? Why not?
4. Do you live a healthy lifestyle? Why? Why not?
5. What do you do to stay healthy?
6. When do you go to see a doctor?
7. What are the most dangerous diseases ?
8. How do people take care about their health?
9. What do people do when they are ill?
10. What does a doctor do when a patient comes to see him?
11. What diseases cannot be cured at all?
12. What are the parts of the human head? Can you describe them?
13. What are the parts of the human body ?

flu tuberculosis, scarlet fever - šarlach, chicken-pox – kiahne, rubella, polio - obrna, jaundice - žltáčka, typhoid - týfus, playne - mor, rabies – besnota,

HEAD: skul-lebka

brain-mozog

face-tvár

hair-vlasy

forehead-čelo

eyes-oči
nose-nos
cheeks-líca
mouth-ústa
chin-brada
ears-uši
eyebrows-obočie
eye lids-očné viečka
eyelashes-mihalnice
lips-pery
tongue-jazyk
teeth-zuby

BODY: head-hlava
neck-krk
chest-hrud'
chest boues-hrudný kôš
abdomen-brucho
back-chrbát
pelvis-pánva
keart-srdce
lungs-pl'uca
aboneinal coity-brušna dutina
stomach-žalúdok
liver-pečeň
spleen-slezina
intestines-črevá
kidneys-obličky
linebs-končatiny
fingers-nechty
skeleton-kostra
boues-kostra
muscles-svaly
blood-krv
arteries-tepny
veins-žily
skin-koža

blister-otlak
diarrkoea-hnačka
constipation-zápcha
pneumonia-zápal' pl'úc
appendicitis-zápal slepého čreva
concussion-otras bozgu
hig blood-vysoký krvný tlak
asthma-astma
broken boues-zlomenina
tousillitis-angína
cough-kašeľ

cold-nádcha
flu-chrípka
allergen-alergia

sickness-zvracanie
bleeding-krvácanie
tiredness-únava
lack of appetite-nechutenstvo
swelling-opuchnutie
purulency-hnísanie
feeling unwell-neboľnosť
unconsciousness-bezvedomie

Treatment : taking medicine regularly
staying calm – klúd
sleep – spánok
dressing – obklad
wet or hot pack- zábal
gargling – kloktanie
operation
going on a diet
getting an injection sweeting – potenie