

## A Diseases of the young

In the developed world, fewer children now **suffer from** the **diseases** which are still a problem in developing countries, but the number of young people **around the world** with **asthma** has increased. There are **various** reasons for this, but doctors believe that **breathing difficulties** are often caused by **allergies** to cigarette smoking, certain types of food or pollution. There has also been an increase in **mental health issues** among **the young**, and these are often very hard to **treat**.

### SPOTLIGHT *disease and illness*

An **illness** [C] is a medical problem. **Illness** [U] is a period when you are not well. (A) **disease** [C,U] is a serious physical medical problem, and quite often spreads from person to person, e.g. typhoid. It can affect a particular part of the body.

- **heart disease**
- **skin disease**

### GLOSSARY

<b>the young</b> [pl]	young people considered as a group
<b>suffer (from sth)</b>	have the experience of sth bad
<b>around the world</b>	everywhere; all parts of the world
<b>asthma</b>	a medical condition which makes it difficult to breathe
<b>various</b>	several different: <i>He has <b>various</b> illnesses.</i> <b>variety</b> n
<b>breathing</b>	taking in and letting out air through your nose and mouth
<b>difficulty</b>	a problem; sth that is not easy to do
<b>allergy</b>	a medical condition that makes you ill when you touch, eat or breathe sth that doesn't normally make other people ill: <i>a <b>nut allergy</b> <b>allergic (to sth)</b> adj</i>
<b>mental issue</b>	of or in your mind: <i><b>mental</b> illness</i> an important problem that people talk about
<b>treat</b>	try to make a sick person well again <i><b>treatment</b> n</i>

### 1 Match a word from Box A with a word from Box B to form six more phrases.

skin ✓

suffer

various

breathing

allergic

treat

mental

difficulty

to certain types of food

illness

from asthma

disease ✓

illnesses

a sick patient

► skin disease

### 2 Complete the sentences.

- If you have breathing difficulties, you may be suffering from asthma.
- Some people have an \_\_\_\_\_ to milk or nuts. It can affect their breathing.
  - Taking in and letting out air through the nose and mouth is called \_\_\_\_\_.
  - She's got \_\_\_\_\_ allergies: shellfish and nuts, and also to cat fur.
  - An illness that spreads from person to person is often called a \_\_\_\_\_.
  - Asthma is a common disease amongst the \_\_\_\_\_ in Europe and the USA.
  - Care for older people is a major \_\_\_\_\_ for many countries in the western world.
  - Doctors \_\_\_\_\_ many diseases with a \_\_\_\_\_ of drugs.
  - My sister is \_\_\_\_\_ to certain drugs, such as aspirin and some antibiotics.

### 3 Complete the text.

My younger brother has never had very good health. He has had ► asthma all his life, which gives him serious (1) \_\_\_\_\_ problems, and sometimes he also has (2) \_\_\_\_\_ sleeping. As a child, doctors (3) \_\_\_\_\_ him for a skin (4) \_\_\_\_\_, which made his skin red and often painful. Fortunately, he grew out of that, but recently he has (5) \_\_\_\_\_ from periods of (6) \_\_\_\_\_ illness, which may be related to his (7) \_\_\_\_\_ physical problems. The main (8) \_\_\_\_\_ for his mental (9) \_\_\_\_\_ has been various drugs to help him manage his emotions better.



### TEST YOURSELF

## B An ageing population

In the western world, people are living longer. This is good news, but an **ageing** population also creates social and **economic** problems, and we have to **limit** how much we spend. Who **cares for the elderly**, and **equally** important, who pays for that **care**? Should the government ask everyone to **save** more money for their **old age**, so they can pay for their own care? Should we also ask **working** people to pay for the elderly through higher **taxes**? One answer, of course, is to help older people to keep up their **strength**, and to stay **fit** for **as long as possible**.

### SPOTLIGHT *as ... as possible*

You use this structure to emphasize an adjective or adverb.

- I want to work **as long as possible** / **I possibly can**. (= the longest time possible)
- I'll do it **as soon as possible**. (= at the earliest possible moment)
- He wants it **as quickly as possible**. (= in the quickest possible time)
- I go there **as much as possible**. (= the most I can)

### GLOSSARY

<b>ageing</b>	becoming older <b>age</b> v	<b>the elderly</b>	a polite way of saying old people
<b>economic</b>	connected with the way people and countries spend money and make, buy and sell things <b>(the) economy</b> n	<b>equally</b>	in the same way
<b>limit sth (to sb)</b>	keep sth below a certain amount, size, degree, etc. <b>limit (on sth)</b> n	<b>save (money)</b>	keep or not spend money so you can spend it later
<b>care for sb</b>	do the things for sb that they need. A person who cares for a sick or old person, usually at home, is a <b>carer</b> . <b>care</b> n	<b>old age</b>	the part of your life when you are old
		<b>working</b>	employed; having a job: <b>working mothers</b>
		<b>tax</b>	money that you have to pay to the government
		<b>strength</b>	how strong you are
		<b>fit</b>	healthy and strong <b>fitness</b> n

### 4 Match words from Box A with words from Box B.

**A** working ✓ save as soon  
care for limit an ageing old

**B** mothers ✓ the elderly as possible  
what we spend age money population

▶ working mothers

### 5 Complete the sentences using the correct form of the word on the right.

- ▶ His mother has aged since her illness. AGE
- 1 My mother was a \_\_\_\_\_ for a number of years. CARE
- 2 Our country has some serious \_\_\_\_\_ problems. ECONOMY
- 3 You need your \_\_\_\_\_ when you get ill. STRONG
- 4 \_\_\_\_\_ is very important as you get older. FIT
- 5 He needs a job without stress, but money is \_\_\_\_\_ important. EQUAL
- 6 Good public transport affects everyone, not just \_\_\_\_\_ people. WORK
- 7 I'll come as soon as I \_\_\_\_\_ can. POSSIBLE

### 6 Complete the sentences.

- ▶ I don't like work. I'd like to stop working as soon as possible.
- 1 Countries with \_\_\_\_\_ populations may need to employ more foreign workers.
- 2 I don't want to stop work: I want to work as long as \_\_\_\_\_.
- 3 One problem is that young people are not interested in the problems of the \_\_\_\_\_.
- 4 In my country children often \_\_\_\_\_ for their elderly parents if they get sick.
- 5 I can't think of any good things about old \_\_\_\_\_.
- 6 I do a lot of exercise so that I can stay \_\_\_\_\_ for as \_\_\_\_\_ as possible.
- 7 I think working people should pay more \_\_\_\_\_ to help the elderly. There is a \_\_\_\_\_ to how much old people can contribute.

### ABOUT YOU

### 7 ABOUT YOU AND YOUR COUNTRY Do you think the sentences in Exercise 6 are true for you? And do you agree with them?

- ▶ That's not true for me. I enjoy work and would like to work until I'm no longer able to.



### TEST YOURSELF