

50) Health issues

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

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

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**
- 1 Some people have an to milk or nuts. It can affect their breathing.
- 2 Taking in and letting out air through the nose and mouth is called
- 3 She's got allergies: shellfish and nuts, and also to cat fur.
- 4 An illness that spreads from person to person is often called a
- 5 Asthma is a common disease amongst the in Europe and the USA.
- 6 Care for older people is a major for many countries in the western world.
- 7 Doctors many diseases with a of drugs.
- 8 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

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

► **working mothers**
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.....
.....

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

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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