UNIT 8

HEALTH CONDITIONS

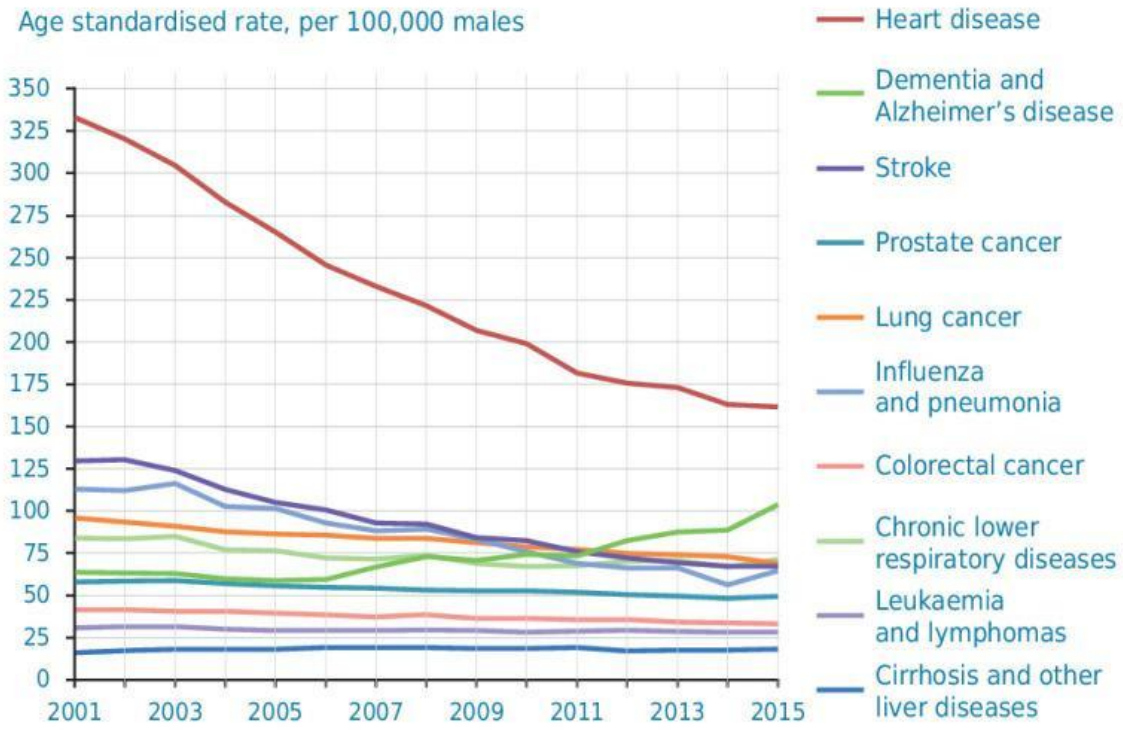
1. Work in pairs. Look at the charts and try to answer the questions below.

Praca w parach. Spójrzcie na wykresy i spróbujcie odpowiedzieć na poniższe pytania.

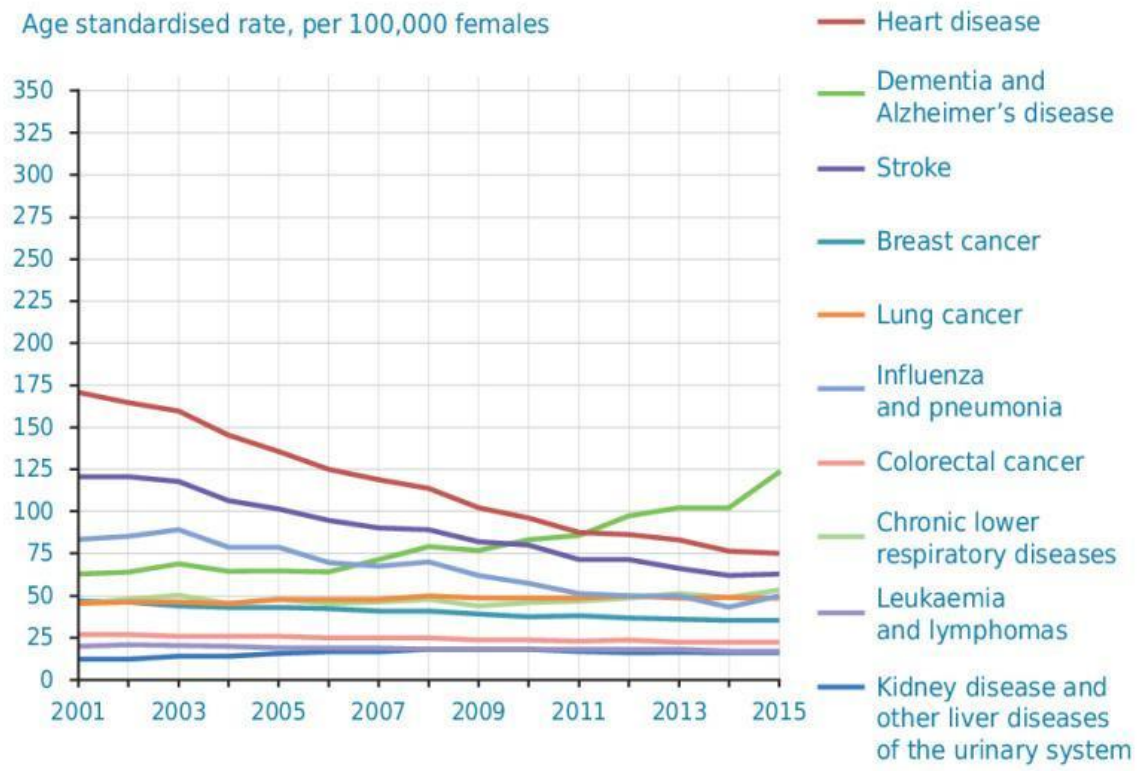
GLOSSARY

cirrhosis – marskość	**leukaemia** – białaczka
colorectal – dotyczący okrężnicy i odbytu	**lymphoma** – chłoniak
influenza – grypa	**pneumonia** – zapalenie płuc

Leading causes of death in the UK, 2001–2015



LIVEWORKSHEETS



Source: www.gov.uk

1 What are the differences and similarities between the causes of death for men and women?

2 Why do you think the number of deaths from heart disease fell so significantly for men?

3 Why is the number of deaths from dementia and Alzheimer's on the rise for both men and women?

4 Do you think the charts would look similar or much different for the Polish population?

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LIVEWORKSHEETS

2. Complete the sentences with the missing words.

Uzupełnij zdania brakującymi wyrazami.

influenza urinary respiratory
leukaemia cirrhosis pneumonia

1 The most common causes of _____ are drinking too much alcohol over many years and being infected with hepatitis C.

2 In severe cases _____ can lead to death, particularly in patients who are already experiencing other chronic conditions, such as cancer.

3 The typical symptoms of the _____ include fever, coughing, a sore throat, runny nose, muscle and joint pain, and feeling generally unwell.

4 Blood and marrow transplants are used to treat cancers such as _____, lymphoma and neuroblastoma.

5 Having certain _____ symptoms can be a sign of prostate cancer but more often they are caused by a harmless enlargement of the prostate, which is common as men get older.

6 Cardiovascular and _____ diseases are the leading causes of premature death worldwide. In the UK alone, 1 in 4 people will die from heart disease and 1 in 5 from lung disease.

3. Circle the correct answer.

Zakreśl poprawną odpowiedź.

1 **Pneumonia/lymphoma** is a cancer of the lymphatic system, which is part of the immune system.

2 Colonoscopy is offered to patients to confirm the diagnosis of **colorectal/breast** cancer.

3 Chronic bronchitis is a **respiratory/heart** condition. Most cases develop due to an infection irritating the bronchi of the lungs, causing an overproduction of mucus.

4 A **cirrhosis/stroke** occurs when the blood supply to a part of the brain is cut off. Without blood, brain cells can be damaged and may even die.

5 Dialysis is a medical procedure which removes waste products and excess fluid from the blood when the **kidneys/lungs** stop working properly.

LIVEWORKSHEETS

4. Listen to the conversations and complete the information below. 17

Posłuchaj rozmów i uzupełnij informacje poniżej.

GLOSSARY

anxiety – niepokój, obawa
quit – rzucić
saturated – nasycony

Conversaton 1

Patient's name: Mark Jones

Identified symptoms: 1. _____

Health condition: 2. _____

Recommendations: 3. _____

Conversation 2

Patient's name: Linda Hamilton

Identified symptoms: 4. _____

Health condition: 5. _____

Recommendations: 6. _____

5. Listen to the recording and complete the table below. 18

Posłuchaj nagrania i uzupełnij tabelę poniżej.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER NUMBER)	DIASTOLIC MM HG (LOWER NUMBER)
NORMAL	less than 1. _____	less than 2. _____
ELEVATED	3. _____	less than 4. _____
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	5. _____	6. _____
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	7. _____ or higher	8. _____ or higher
HYPERTENSIVE CRISIS (Consult your doctor immediately!)	higher than 9. _____	higher than 10. _____

Source: www.heart.gov

LIVEWORKSHEETS

19 **6. Read the text and decide whether the following statements are true (T) or false (F).**

Przeczytaj tekst i określ, czy poniższe stwierdzenia są prawdziwe (T) czy fałszywe (F).

GLOSSARY

avoid – unikać
coronary arteries – tętnice wieńcowe
cough – kaszleć, kaszel
CT, computerised tomography – tomografia komputerowa
fibre – błonnik
inflammation – stan zapalny, zapalenie
intake – spożycie
lump – grudka, nabrzmienie
measure – środek, sposób
obesity – otyłość
obstruct – zablokować, utrudniać
pancreas – trzustka
processed – przetworzony
stiffness – sztywność
strain – odmiana, szczep
supply – zaopatrzenie, zapasy
tissue – tkanka
treadmill test – próba wysiłkowa na bieżni
tumour – guz, nowotwór
wear and tear – zużycie

Common medical conditions affecting older people

Arthritis

Arthritis is the breakdown of tissue inside the joints which can cause pain, **inflammation** and restricted movement.

Osteoarthritis and rheumatoid arthritis are the two main types of arthritis. Osteoarthritis is more common in older people and is caused by **wear and tear** (the older you are the more you have used your joints).

Symptoms of arthritis include:

- inflammation in and around the joints,
- joint pain and **stiffness**,
- restricted movement of joints.

There is yet no cure for the illness but medications can help slow down the condition.

LIVEWORKSHEETS

Cancer

A third of the population will suffer from a form of cancer at some point in their lives. There are over 200 **strains** of this medical condition, such as breast cancer, prostate cancer and lung cancer.



Cancer is a condition where cells reproduce uncontrollably and cause a mass known as a **tumour**. The cancerous cells can spread through the bloodstream and destroy surrounding healthy **tissues** and organs.

There are many different symptoms, just as there are many different cancers, but some of the more typical include:

- finding an unexpected **lump**,
- unexplained weight loss,
- unexplained blood in the stool, urine or when **coughing** or vomiting.

Mammograms, skin checks, colonoscopies and annual screening for certain types of cancers can significantly reduce the risk of death. There are also certain **measures** which can reduce the risk of cancer, including exercising regularly, maintaining a healthy diet and **avoiding** cancer-causing substances, such as tobacco and alcohol.

Coronary heart disease

Coronary heart disease (CHD) develops when the blood **supply** to the heart becomes **obstructed** by the build-up of fatty materials inside the walls of the **coronary arteries**.

CHD can be caused by certain lifestyle choices (e.g. smoking) and other medical conditions such as high cholesterol and blood pressure, diabetes and **obesity**.

Tests such as a **treadmill test** and a **CT** scan are just a few of the options that can help to diagnose CHD. The main symptoms of the disease are angina, heart attacks and heart failure.

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LIVEWORKSHEETS

In order to reduce the risk of CHD, people should take part in regular exercise, eat a balanced diet and stop smoking if they smoke. There are also several types of medications or surgery options to help treat CHD.

Diabetes

Diabetes occurs when the **pancreas** does not produce enough insulin. Among the older population, type 2 diabetes is a growing problem, and a larger proportion of newly diagnosed diabetics are from the older generation. The condition affects more and more people worldwide, especially in the developed countries, which is related to unhealthy lifestyle choices.



Lifestyle changes which can reduce the risk of the disease include:

- eating a healthy and balanced diet – reducing sugar and fat **intake**, increasing the amount of **fibre**, eating more vegetables and less **processed** foods,
- losing weight – by gradually reducing calorie intake and becoming more physically active,
- exercising regularly – keeping active by completing both aerobic and muscle-strengthening activities.

Adapted from: www.nhs.uk and www.lifelne24.co.uk

1 Arthritis is more common in people who are very active.

2 Tumour is a mass of abnormal cells.

3 Screening tests can help detect cancer early and increase the chance of survival.

4 Blocked coronary arteries can cause heart attack.

5 Diabetes is more common in poorer and less developed countries.

6 The risk of most diseases can be lowered by a healthier lifestyle.

LIVEWORKSHEETS

7. Match the words with their Polish equivalents.

Dopasuj wyrazy do ich polskich odpowiedników.

1	pancreas	a	zapalenie płuc
2	inflammation	b	trzustka
3	respiratory	c	guz, nowotwór
4	coronary	d	otyłość
5	stroke	e	stan zapalny, zapalenie
6	cirrhosis	f	wieńcowy
7	leukaemia	g	marskość
8	pneumonia	h	oddechowy
9	obesity	i	udar, wylew
10	tumour	j	białaczka

8. Complete the sentences with the missing words.

Uzupełnij zdania brakującymi wyrazami.

treadmill **fibre** **tumours** **processed** **CT scan**

1 A _____ can produce images of structures inside the body, including the internal organs, blood vessels, bones and _____.

2 An exercise stress test (also known as a _____ test) can help your doctor learn how your heart performs during exercise or other activities.

3 The different sources of _____ in food help digestion in different ways (some speed up the process while others improve the overall function of the intestines).

4 A _____ food is one that is changed to have an extended shelf life. Most of the ingredients used to accomplish this are unhealthy if eaten in large amounts, e.g. sodium, hydrogenated fats, sugar etc.

9. Work in pairs. Try to answer the questions below.

Praca w parach. Spróbujcie odpowiedzieć na poniższe pytania.

1 What is a stroke and what causes it?

2 What are the consequences of a stroke?

LIVEWORKSHEETS

20 **10. Listen to the recording and complete the table with the missing information.**

Posłuchaj nagrania i uzupełnij tabelę brakującymi informacjami.

IF YOU WANT TO:	AN OCCUPATIONAL THERAPIST CAN:
Be as independent as possible if one side is paralysed	Show you 1. _____ for how to do things like open packages, get dressed, cut food and use a computer. Provide you with 2. _____ to increase your ability to do things on your own.
Increase your safety in your home	Observe you as you complete all of your daily activities, including 3. _____ etc., and make recommendations for equipment and changes to your home based on your particular skills and needs. Teach you and your caregivers how you can safely move from sitting to standing, 4. _____ _____, use the bathroom and perform other activities.
Increase your strength	Show you how to use ordinary activities such as gardening, pet care, 5. _____ _____ to improve function and strength. Help you learn to safely use your affected arm and/or leg more effectively.
Adjust for problems with memory, confusion and concentration	6. _____ to make them easier. Provide cognitive rehabilitation to help you regain as much of your memory as possible.

Adapted from: www.aota.org/About-Occupational-Therapy/Patients-Clients

LIVEWORKSHEETS

11. Circle the correct answer.
Zakreśl poprawną odpowiedź.

GRAMMAR: 14. The passive voice

1 The patient **diagnosed/was diagnosed** with coronary heart disease.

2 Diagnostic imaging **uses/is used** a variety of methods to create pictures of structures and function inside the human body.

3 A lot of older people **suffer/are being suffered** from arthritis.

4 My mother **admitted/was admitted** to the cardiology ward on Friday.

5 Urinary tract infections (UTIs) **cause/are caused** by bacterial infection, so doctors usually treat them with antibiotics.

6 Lowering cholesterol in the body by using statins **can reduce/can be reduced** the risk of a heart attack.

7 It is very important that patients **treat/are treated** with dignity and respect.

8 The pulmonary veins **transport/are transported** the oxygenated blood from the lungs to the heart.

9 Healthier diet **relates/is related** to lower cholesterol levels.

10 Assisted living facilities **designed/were designed** for seniors with mild age-related health problems.

LIVEWORKSHEETS