UNIT 14

MEDICAL CONDITIONS

1. Try to answer the following questions.
Spróbuj odpowiedzieć na poniższe pytania.

1 What does pathology deal with?
2 What are the most typical causes of pathological conditions?
3 What's the difference between a medical sign and a medical symptom?
4 What is the onset of a disease and how can it be characterised?

23 **2. Read the text and check your answers to the questions in exercise 1.**
Przeczytaj tekst i sprawdź swoje odpowiedzi z ćwiczenia 1.

GLOSSARY

abrupt – gwałtowny, nagły
acute – ostry, dotkliwy
anxiety – niepokój, obawa
attribute to – przypisywać, zarzucać
chronic – przewlekły
deficiency – brak, deficyt, niedobór
deviation – dewiacja, odchylenie
diarrhoea – biegunka
dizzy – cierpiący na zawroty głowy, oszołomiony
hereditary factor – czynnik dziedziczny
indication – oznaka, sygnał, wskazówka
lack – brak, brakować
lymph node – węzeł chłonny
measurable – mierzalny
numbness – odrętwienie
rash – rumień, wysypka
tingle – ścierpnąć, mrowić
trauma – bolesne przeżycie, trauma, uraz
tremor – drżenie, wstrząs

LIVEWORKSHEETS

The causes and symptoms of diseases

Pathology is the study of disease, i.e. **deviations** from a normal condition or functions. Diseases have different causes, signs and symptoms.

The most frequent causes can be **attributed to**:

- **hereditary factors,**
- environmental factors,
- poor diet,
- mineral or vitamin **deficiency**,
- **lack** of exercise,
- infection,
- **trauma**,
- ageing.

Signs are **measurable** physical manifestations of a pathological condition. Signs are an objective **indication** that something is wrong.

Some examples of signs include:

- **rashes**,
- **diarrhoea**,
- coughing,
- a fever,
- bruising,
- swollen **lymph nodes**,
- unexplained weight loss,
- muscle **tremors**.



Symptoms are the patient's subjective feelings about their condition. Because symptoms are only observed by the patient, they cannot be measured.

Some examples of symptoms include:

- pain,
- **anxiety**,
- nausea,
- feeling sleepy,
- feeling **dizzy**,
- feeling tired,
- headaches,
- **numbness**,
- **tingling**.



LIVEWORKSHEETS

The onset of diseases may be described as **acute** if a condition develops quickly and its beginning is **abrupt**. The onset of the disease is usually accompanied by severe symptoms that last for a relatively short period of time. Chronic diseases do not have an abrupt onset. **Chronic** diseases develop slowly. As the disease progresses, symptoms gradually intensify. In some cases, chronic diseases may last a lifetime. Diseases are often treated with medication. However, massage therapy is a drug-free alternative that may be beneficial in some cases. To understand whether a massage can be performed, massage therapists need knowledge of pathological conditions. Only then can they ensure that the massage is safe for them (disease transmission) as well as for their patients.

3. Match the words from the text with their synonyms.

Dopasuj słowa z tekstu do ich synonimów.

1	abrupt	a	paralysed
2	numb	b	long-lasting
3	deficiency	c	change
4	acute	d	sharp
5	chronic	e	sudden
6	deviation	f	lack

4. Translate the following words.

Przetłumacz poniższe słowa.

1 mrowienie, ciarki – _____

2 (choroba) przewlekła – _____

3 drżenie – _____

4 (choroba) ostra – _____

5 nagły, gwałtowny – _____

6 cierpiący na zawroty głowy – _____

LIVEWORKSHEETS

5. Listen to the recording and complete the sentences with the missing words. 24

Posłuchaj nagrania i uzupełnij zdania brakującymi słowami.

Fractures and sprains

A fracture is a cracked or _____ bone. The breakage may be complete or incomplete. If a bone is fractured, the patient feels pain and _____ of the surrounding area is typically affected. Massage of the fractured region is **contraindicated**. But a full body massage may be **beneficial** as it will improve _____ and reduce **inflammation**, thereby speeding up _____.

A sprain is an injury to a ligament that occurs as a result of trauma or when a ligament is _____ beyond its normal **capacity**. The tear may be partial or _____. The onset is acute, accompanied by pain, _____, and **loss** of joint function. Massage therapy can help decrease swelling, alleviate pain, loosen _____ and speed up **recovery**. However, massage therapy should be avoided during _____.

6. Translate the following words. Use the words in bold from exercise 5.

Przetłumacz poniższe słowa. Użyj pogrubionych słów z tekstu z ćwiczenia 5.

1 przeciwwskazany – _____
2 utrata – _____
3 powrót do zdrowia – _____
4 stan zapalny – _____
5 korzystny – _____
6 zdolność – _____

7. Work in pairs. Practice a dialogue according to the instructions.

Praca w parach. Przećwiczcie dialog zgodnie ze wskazówkami.

Student A

You are a very active person. You cycle, run and ski. During your last holiday you sprained your ankle for the fourth time in two years. Answer the questions Student B is going to ask you.

Student B

You are a massage therapist. Student A is your patient. Ask the Student some questions about a recurring injury and give advice on how to prevent such injuries in the future.

LIVEWORKSHEETS