Healthcare

1 Match the sentence in the left-hand column with a sentence in the right-hand column. Use the words and phrases in bold to help you.

PROBLEMS

1. Mrs Brady has suffered from terrible ***rheumatism*** for years.
2. More women than men are affected by **arthritis.**
3. Air conditioning units are often responsible for spreading ***infections*** around an office.
4. **Cardiovascular disease** is becoming more common in Britain.
5. Too much exposure to the sun can cause skin ***cancer***.
6. It is important not to eat too much food with a high ***cholesterol*** content.
7. Too many people these days live a **sedentary lifestyle.**
8. People in positions of responsibility often have **stress-related** illnesses.
9. Premature babies are ***vulnerable*** to illnesses.

(A) Illnesses which affect the ***circulation*** of blood are particularly common with people who are overweight.

(B) This is deposited on the walls of the ***arteries*** and can block them.

(C) They can easily be spread from one person to another.

(D) Pains or stiffness in the ***joints*** or ***muscles*** can be very difficult to live with.

(E) They don't get enough exercise.

(F) This is because their **immune system** is not properly developed.

(G) Anyone who has caught the ***virus*** is reminded that it cannot be treated with ***antibiotics,*** and they should stay inside until the ***symptoms*** have passed.

(H) The painful ***inflammation*** of a joint may require ***surgery.***

(I) However, the government denies it has made ***cutbacks*** to the National Health Service.

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10. Healthcare professionals say that hospitals around the country are suffering from serious ***underfunding.***

(J) However there are drugs which can slow down its cell-destroying properties.

11. The AIDS ***virus*** is ***incurable.***

(K) Once the body's ***cells*** start growing abnormally, a cure can be difficult to find.

12. The country is currently experiencing its worst ***flu epidemic*** for over 30 years.

(L) The pressures of a high-powered job can cause nervous ***strain,*** which may require drugs.

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2 Replace the words or phrases in bold in these sentences with a word or phrase from the box so that the sentence sounds more natural. There are three words or phrases that you do not need.

CURES

active	a diet	consultant	conventional medicine
debilitating	diagnose	holistic medicine	minerals
operation	protein	surgeon	therapeutic	traditional
medicines	vitamins	welfare state	

1. If you suffer from a bad back, a massage may be **able to cure or relieve the disorder**.
2. One of the secrets of remaining in good health is to choose **food to eat** that is high in fibre and low in fat.
3. Most people, when they are ill, rely on **modern pills and tablets** to cure them.
4. Some **old-fashioned cures for illnesses**, such as herbal tablets and remedies, are becoming increasingly popular.
5. Many people are turning to **treatments which involve the whole person, including their mental health, rather than just dealing with the symptoms of the illness**.

LIVEWORKSHEETS

6. Doctors sometimes refer their patients to a **medical specialist attached to a hospital**.
7. It takes many years of training to become a **doctor specialising in surgery**.
8. Meat, eggs and nuts are rich sources of **a compound which is an essential part of living cells, and which is essential to keep the human body working properly**.
9. On his holiday, he had to take **essential substances which are not synthesised by the body but are found in food and are needed for growth and health**, because the food he ate lacked the B and C groups.
10. Calcium and zinc are two of the most important **substances found in food**.
11. Most doctors recommend an **energetic** lifestyle, with plenty of exercise.
12. British people enjoy free healthcare thanks to the **large amount of money which is spent to make sure they have adequate health services**.

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3 Now look at this extract from a magazine article and complete the gaps with one of the words or phrases from Exercises 1 and 2. In some cases, more than one answer may be possible.

A cure for the future in the past?

For over 50 years, the people of Britain have relied on the 1..... to make sure they have adequate health services. But now the National Health Service is sick. Government 2..... and 3..... are forcing hospitals to close, and waiting lists for treatment are getting longer. Under such circumstances, it is no surprise that more people are turning to private (but expensive) healthcare.

For some, however, there are alternatives. They are turning their backs on modern pills, tablets and other 4..... It seems paradoxical,

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but in an age of microchips and high technology, 5..... (the old-fashioned cures that our grandparents relied on) is making a comeback. Consider these case studies:

Maude is 76 and has been suffering from 6..... for almost 10 years. "The inflammation in my joints was almost unbearable, and my doctor referred me to a 7..... at the London Hospital. I was told that I needed 8....., but would need to wait for at least two years before I could have the operation. In desperation, I started having massage sessions. To my surprise, these were very 9....., and while they didn't cure the disorder, they did relieve it to some extent."

Ron is 46. His high-powered city job was responsible for a series of 10..... illnesses, and the drugs he took did little to relieve the nervous strain. "I read about treatments which involve the whole person rather than the individual 11....., but I had always been sceptical about 12..... However, my friend recommended a dietician who advised me that part of my problem was 13.....-related. Basically, the foods I was eating were contributing to my disorder. She gave me a list of foods that would provide the right 14..... and 15..... to keep me in good health. At the same time, she recommended a more 16..... lifestyle – running, swimming, that kind of thing. I'm a bit of a couch potato, and the 17..... lifestyle I had lived was compounding the problem. Now I feel great!"

So is there still a place in our lives for modern medicine? While it is true that some infections and viruses may be prevented by resorting to alternative medicine, more serious illnesses such as 18..... need more drastic measures. We do need our health service at these times, and we shouldn't stop investing in its future. But we mustn't forget that for some common illnesses, the cure may lie in the past.

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