

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 [pl]	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 <i>n</i>
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) <i>adj</i>
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 <i>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
illness

from asthma
to certain types of food
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

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 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.

ABOUT YOU

- ▶ 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.

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