UNIT 9

HEALTH PROBLEMS OF THE ELDERLY

21 **1. 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

build up – gromadzić, rozbudować
confusion – dezorientacja, zamieszanie
deficiency – niedobór, niedostatek
disrupt – zakłócać, przerywać
ease – łagodzić
eventually – ostatecznie, w końcu
gradually – stopniowo
impaired – osłabiony, upośledzony
interchangeably – zamiennie
major – główny, istotny
perception – postrzeganie, percepcja
progress – postępować, rozwijać się
recall – przypominać sobie, przywoływać
reverse – odwracać, cofać
severe – ciężki, poważny
shortage – brak, niedobór
vascular – naczyniowy

What is the difference between Alzheimer's and dementia?

Alzheimer's and dementia are often used **interchangeably** in everyday conversation and understanding, but even though there is a relationship between these conditions, there are **major** differences between the two.

What is dementia?

Dementia is the name for a group of symptoms that include problems with memory, thinking, problem solving, language and **perception**. It is not a disease in its own right, but is caused by different diseases that damage the brain by causing a loss of nerve cells. Alzheimer's disease is the most common cause of dementia (it is responsible for 50 to 70% of all dementia cases).

LIVEWORKSHEETS

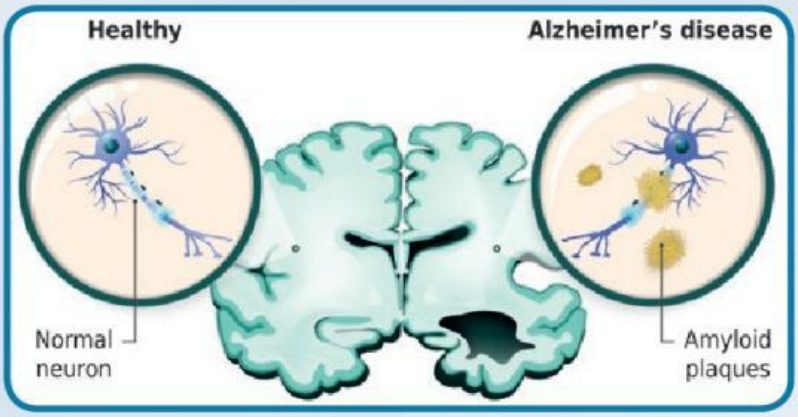
Some other common forms or causes of dementia include **vascular** dementia and dementia with Lewy bodies. Parkinson's disease and Creutzfeldt-Jakob disease can also cause dementia.

Some forms of dementia can be **reversed**, for example those caused by vitamin **deficiency** or depression.

What is Alzheimer's Disease?

Alzheimer's disease is a physical disease that affects the brain and the most common cause of dementia. Symptoms of Alzheimer's include **impaired** thought and speech and **confusion**.

The disease usually begins **gradually** with mild memory loss. The person may have difficulty **recalling** recent events or learning new information, difficulties finding the right words or making decisions.



As the disease **progresses**, problems with memory loss, communication, reasoning and orientation become more **severe**. The person will need more day-to-day support from those who care for them.

The disease is caused by abnormal structures called "plaques" and "tangles" which **build up** inside the brain and **disrupt** how nerve cells work and communicate with each other, and **eventually** cause them to die. There is also a **shortage** of some important chemicals, which means that information doesn't travel around the brain as well as it should.

There is currently no cure for Alzheimer's disease. However, available treatments may **ease** some symptoms or slow down their progression in some people.

Adapted from: www.alzheimers.net and www.alzheimers.co.uk

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1 People often mix up Alzheimer's disease and dementia in everyday communication.

2 Dementia is caused by a single factor.

3 Dementia symptoms can sometimes be cured.

4 Alzheimer's disease usually starts with severe memory loss.

5 Symptoms of Alzheimer's disease cannot be reversed.

6 Both conditions cause problems with memory and thinking.

22 **2. Read the text about Parkinson's disease and match the headings to the appropriate fragments.**

Przeczytaj tekst o chorobie Parkinsona i dopasuj nagłówki do odpowiednich fragmentów.

GLOSSARY

balance – równowaga
bend – zginać
constant – powtarzający się, ciągły
contraction – skurcz
degenerative – zwyrodnieniowy, postępujący
express – wyrażać, wykazywać
fluid – płynny
frown – marszczyć brwi/czoło
grin – uśmiechać się szeroko
impact – mieć wpływ
involuntary – mimowolny, bezwiedny
lean – pochylać się, opierać
pace – tempo, chód
posture – postawa, poza
prevent – zapobiegać, uniemożliwiać
random – przypadkowy, dowolny

A Decreased ability to bend (Rigidity)

B Shuffling walk

C Decreased facial expressions

D Slowness of movement

E Unsteady balance

F Monotonous vocal tone/soft speech

G Tremors

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Parkinson's disease

It is a slowly developing **degenerative** brain disease, classified as a "movement disorder".

Parkinson's disease is caused by a loss of nerve cells in the part of the brain responsible for producing a chemical called dopamine, which acts as a messenger between the parts of the brain and nervous system that help control and co-ordinate body movements. Those with the disease have 60 to 80% less dopamine than the average person.

Parkinson's disease is difficult to diagnose and the rate at which the disease progresses is an individual matter.

Symptoms of Parkinson's disease include the following:

1. _____

Muscles move slower in coordination with each other and the body can't move as quickly as would normally be possible. This symptom is known as "bradykinesia".

2. _____

As Parkinson's disease progresses, a patient's face starts to get less expressive. Patients may not be able to **express** emotions and facial expressions as well as they used to simply because their body is not allowing them to quickly **grin** or **frown**. Known as "hypomimia", the condition has some connection with bradykinesia.

3. _____

Formally known as "dyskinesia", they are defined as an "**involuntary**, rhythmic muscle **contractions** leading to shaking movements in one or more parts of the body". These contractions can be **constant** or occur at **random** times. They occur most frequently in hands, arms, legs, head and neck.

4. _____

In the later stages of the disease, a person's **balance** may start to fall by the wayside, which can **impact** basic activities like walking, putting on clothes and bathing. An unsteady balance is partially connected to bradykinesia, because the body's inability to move

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muscles as quickly when reacting to certain movements can cause falls and a general instability. Having an unsteady balance and trying to overcompensate by bending or **leaning** a certain way to **prevent** consistent falls can result in poor **posture**.

5. _____

Just as one's face can start to get less expressive, so can their voice, because the muscles surrounding the lips and neck provide less opportunity for the person to speak loudly and change the tone of their voice.

6. _____

As the disease progresses, people may find it more difficult to **bend** their arms, legs and back, making their overall movements far less **fluid**. This can make it challenging to put on clothes, get in and out of bed, roll over in bed or walk at a fluid **pace**.

7. _____

Some patients say that it feels like their feet are glued to the floor when they try to move them. Also, once their feet do move, it's more of a shuffle – they can't pick one foot up and place it in front of the other. This can occur while overcompensating with poor balance, which can make walking extremely difficult and painful.

Adapted from: www.aging.com

23 **3. Listen to the recording and complete the table below.**
Posłuchaj nagrania i uzupełnij poniższą tabelę.

GLOSSARY

confined to bed – przykuty do łóżka
deteriorate – pogarszać się
noticeable – zauważalny
stiffness – sztywność

PARKINSON'S DISEASE	
Stage 1	• sometimes there are 1. _____ • possible tremors, affecting 2. _____
Stage 2	• the disease starts to affect your 3. _____ • routine activities take longer to complete • your posture and 4. _____ may start to change

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Stage 3	• all the symptoms that started to deteriorate in 5. _____ become worse • people start to experience a loss of balance and coordination • 6. _____ cause their own injuries
Stage 4	• it's nearly impossible to live on your own • you shouldn't perform 7. _____ without assistance because it's dangerous • your movement, if possible, is often restricted to 8. _____
Stage 5	• you can't live without assistance • you're confined 9. _____ for movement • 10. _____, hallucinations and confusion begin to set in

4. Listen to the recording and decide whether the following statements are true (T) or false (F). 24

Posłuchaj nagrania i określ, czy poniższe stwierdzenia są prawdziwe (T) czy fałszywe (F).

1 The man is worried his father may suffer from dementia.

2 The man's father has already been to a neurologist.

3 The man is familiar with the term "akinesis".

4 The woman thinks that Parkinson's disease is more likely than Alzheimer's in that case.

5 The man decides to schedule an appointment with the doctor recommended by his friend.

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5. Match the words with their Polish equivalents.

Dopasuj wyrazy do ich polskich odpowiedników.

1	severe	a	przypominać sobie, przywoływać
2	vascular	b	niedobór, niedostatek
3	progress	c	postępować, rozwijać się
4	recall	d	pogarszać się
5	express	e	osłabiony, upośledzony
6	balance	f	dezorientacja, zamieszanie
7	deficiency	g	ciężki, poważny
8	degenerative	h	naczyniowy
9	deteriorate	i	mimowolny, bezwiedny
10	involuntary	j	równowaga
11	confusion	k	wyrażać, wykazywać
12	impaired	l	zwyrodnieniowy, postępujący

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

Praca w parach. Spróbujcie odpowiedzieć na poniższe pytania.

1. Why are older people more prone to falling?
2. Why are falls dangerous for older people?

25 **7. Listen to the recording and complete the information below.**

Posłuchaj nagrania i uzupełnij informacje poniżej.

Facts on falling/the United States

- ✔ 1. _____: the number of older adults treated for fall injuries every year
- ✔ 2. _____: the number of seniors hospitalised for hip fractures every year
- ✔ 3. _____ of all hip fractures are caused by falling
- ✔ 4. _____: the number of people who die every year as a result of a fall
- ✔ every 5. _____, an older adult is treated in the emergency room for a fall
- ✔ every 6. _____ an older adult dies from a fall

LIVEWORKSHEETS

8. Work in pairs. Read the following tips on how to avoid falls. Match the words in bold to their Polish equivalents. What other ideas would you add to the list?

Praca w parach. Przeczytajcie porady dotyczące zapobiegania upadkom. Dopasujcie pogrubione wyrazy do ich polskich odpowiedników. Jakie inne pomysły dodalibyście do tej listy?

How to prevent falls?



- ✓ Make sure any **carpets** and mats are attached to the floor and are **non-slip**.
- ✓ Arrange cupboards and shelves so important things are within easy reach.
- ✓ Make sure that any **spillages** are cleaned up as soon as possible.
- ✓ Be aware of the **obstacles** that unnecessary **clutter** can cause.
- ✓ Watch out for common **hazards** on stairs and **stairways**.
- ✓ Take good care of your feet, trim your toenails regularly and wear well-fitting shoes.
- ✓ Place night lights in bedrooms, hallways, bathrooms and everywhere you may walk in the dark.
- ✓ Keep mobile and active! Even simple activities such as daily walks can improve your balance and coordination.
- ✓ Remember that it's not weak to use mobility aids! Walkers and **walking canes** were designed to help you.

Adapted from: www.which.co.uk

1 _____ – antypoślizgowy
2 _____ – rozlanie, rozsypanie
3 _____ – zagrożenie, niebezpieczeństwo
4 _____ – klatka schodowa
5 _____ – laska
6 _____ – przeszkoda
7 _____ – dywan, wykładzina
8 _____ – bałagan, zagracenie

LIVEWORKSHEETS