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Департамента здравоохранения города Москвы
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**МЕТОДИЧЕСКАЯ РАЗРАБОТКА
УЧЕБНОЕ ПОСОБИЕ**

«Сборник текстов с упражнениями по дисциплине «Иностранный язык»

Дисциплина: основы латинского языка с медицинской терминологией

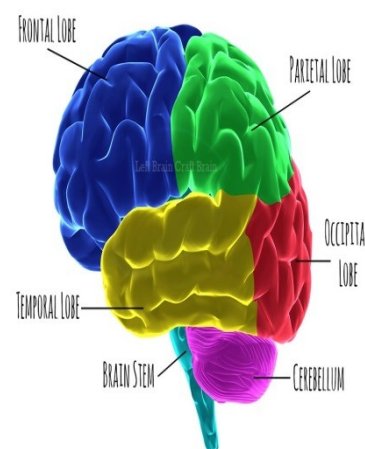
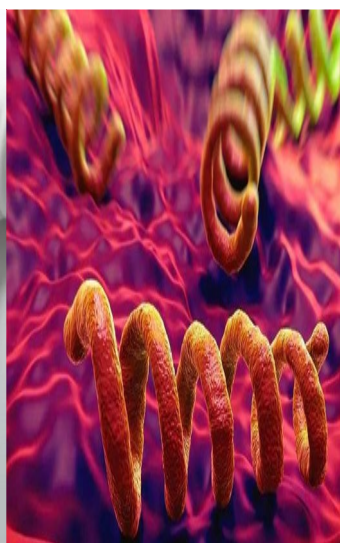
Специальность: 34.02.01 Сестринское дело

**Москва
2021**



A COLLECTION OF TEXTS

with exercises in medical literature
and
conducting conversations on medical topics.



Пояснительная записка

Учебное - методическое пособие «Сборник текстов с упражнениями по дисциплине «Иностранный язык» /английский/» (далее по тексту - Пособие)

подготовлено в соответствии с требованиями ФГОС СПО для специальностей Сестринское дело (1–3 курсы), Лечебное дело (1-4 курсы), Акушерское дело (1-3 курсы) и Лабораторная диагностика (1-3 курсы) по дисциплине «Иностранный язык» (английский).

Цель пособия – оказание помощи обучающимся при самостоятельной работе с текстовым материалом, необходимым для совершенствования навыков и умений чтения адаптированной и аутентичной медицинской литературы и ведения беседы по медицинской тематике.

Для работы с текстом предлагаются задания: на чтение, перевод, нахождение эквивалентов лексики в текстовом материале на английском и русском языках и формирование относительно самостоятельных высказываний, а также ответы на вопросы.



HYGIENE OF THE BODY



Text

Hygiene of the body includes a lot of the methods by which we maintain (keep) good health. Hygiene involves a great many aspects of living. They are: ventilation, heating, lighting, possible contacts with industrial hazards, bacterial control of foods, the source of water supply, exposure to infectious diseases. All these aspects influence the people's health.

The care of mouth, teeth and gums is part of the hygiene of the digestive tract. The teeth should be brushed once a day. Children should be taught to do it properly. It's necessary to visit a dentist once a year to prevent the diseases of the oral cavity.

Care of skin is of great importance to personal hygiene. The skin is more than just a protective coat of body. It is wonderful in many ways. It can stretch and fold. It has coloring matter called pigment. Pigment helps to protect the skin from the sun. The skin has a thin layer of oil. Oil glands send oil to the skin surface to make it «waterproof». There are sweat glands in the skin. The sweat moves out of the skin through pores. The sweat evaporates and body cools.

One must take care of eyes and ears too.

There are five senses that help us to enjoy the world.

With eyes we can see pictures, read words. We can see flowers and birds, the sun and the moon and the stars. We can see our dearest and nearest. Vision is precious. One should avoid serious disturbances of vision.

With ears we can hear our own voice and the voices of the others. We can hear music that makes us feel happy or sad. Hearing is important. Exposure to long – continued, loud noise damages the hearing apparatus. Chronic infection should be treated as early as possible.

BABY HYGIENE



Text

Practicing a good hygiene is extremely important to keep your baby happy and healthy all the time. Apart from the basic cleanliness, there are certain areas that require special attention to avoid any kind of infection. A good bath is necessary to keep the baby clean and tidy. But make sure you are not over-bathing your baby. Bathing the baby 2 or 3 times a week is sufficient in the first year. Excessive bathing can lead the skin to go dry and chip. It is advised to go for sponge bathing your baby till the time the navel area gets completely healed. Position the baby on a surface that is not hard, (spread a soft towel), in a warm room. Arrange for a warm water, a moist bath linen, and gentle baby soap. One of your hands should all the time be on the baby. Expose only that area of baby's body which is to be washed, keeping the rest of the body covered by a towel. Do not use soap on baby's face. And wash rest of the body using mildly soapy water

Baby's nails are an important part that requires proper hygiene. Always keep baby's nails well-trimmed so that he/she cannot scratch himself/herself. The ideal time to trim your baby's nails is when he/she is in sleep. Do not cut the nails too deep, it can hurt the baby. Baby-sized nail clippers or scissors can be used to clip the nails.

Mother's must pay special attention towards the baby's ears. Make sure you are washing only and strictly the outer ear and not the inside of the ear. Never use a cotton bud or swab to clean baby's ear as it can lead to damage of eardrum leading to permanent deafness.

Proper cleaning of baby's nose is also essential part of the overall cleanliness of the baby. Look out for dried mucus collected in the nose, this can sometimes create problem for the baby to breathe. Use a damp wash cloth to gently clean any dried mucus in the nostrils. (Stop if the baby is feeling irritated and upset.) Use a nasal syringe to remove excess mucus from a runny or engorged , to avoid any kind of breathing problem.

Cloth diapers are less expensive than disposable ones, but unless you use a diaper service, cloth diapers are more work for you. Most newborns use about 10 diapers a day. If you are going to wash diapers, start with about 4 dozen. You can always buy more if you find this isn't enough.

Words:

1. method – метод

2. good health – хорошее здоровье
3. industrial hazards – опасности, вызванные деятельностью промышленностью
4. water supply – водоснабжение
5. exposure – воздействие
6. infectious disease – инфекционная болезнь
7. digestive tract – пищеварительный тракт
8. oral cavity – ротовая полость
9. personal hygiene – личная гигиена
10. oil glands – сальные железы
11. surface- поверхность
12. sweat glands – потовые железы
13. to require – требовать
14. sufficient – достаточный
15. navel – пупок
16. to heal – заживать
17. to require – требовать
18. cotton bud – ватная палочка
19. deafness – глухота
20. diaper – подгузник

Ex.1. Find English equivalents. Найдите английские эквиваленты.

Включает, опасности, вызванные промышленностью, эти аспекты, хорошее здоровье, подверженность риску инфекционных заболеваний, вентиляция (проветривание), заботиться о, зрение, хронические инфекции, очень важно, пупок, накрыт полотенцем, подстричь ногти, ватная палочка, чистить уши, назальный шприц.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

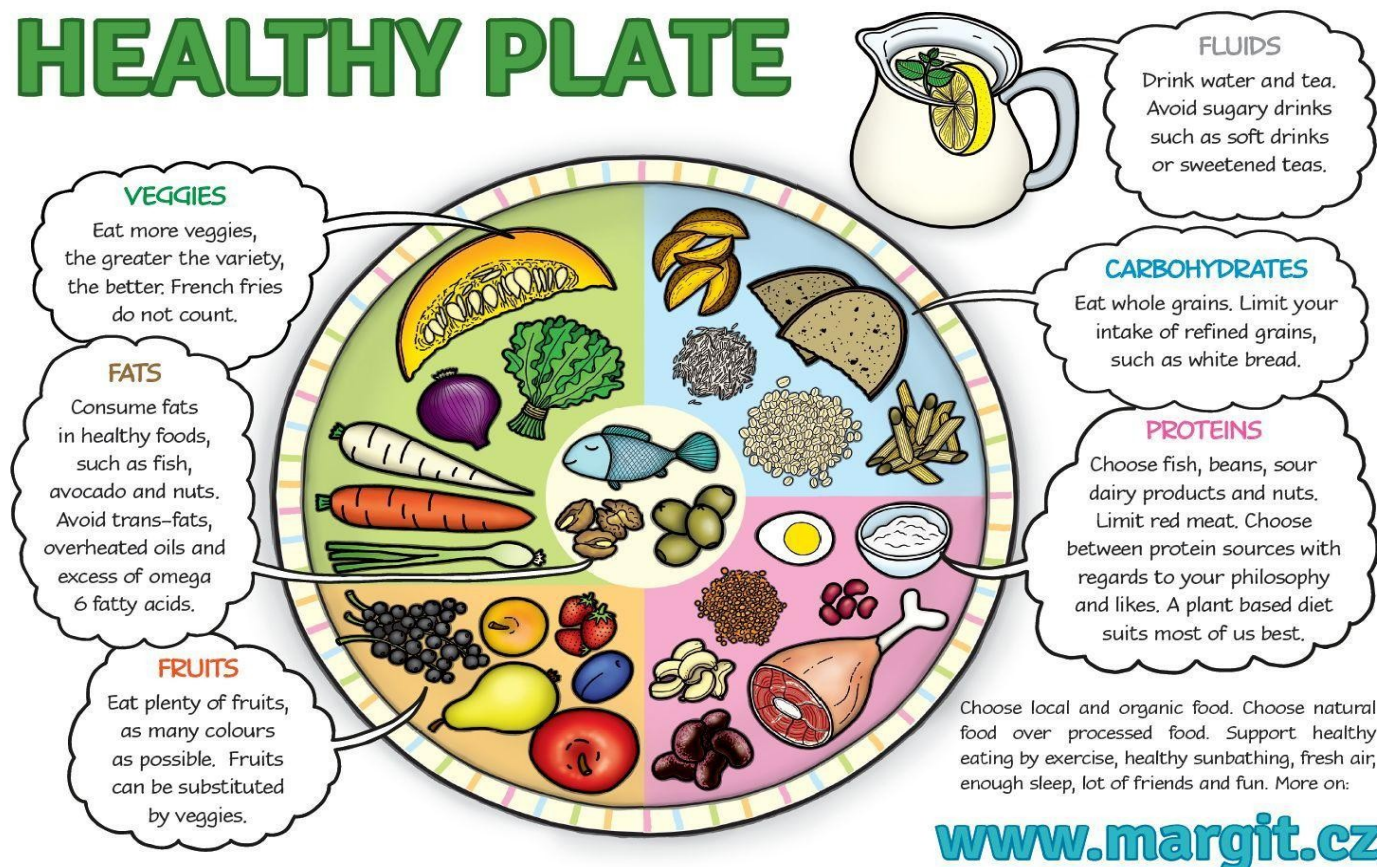
A lot of methods; to maintain; a great many aspects of living; possible contacts; the source of water supply; the people's health., ventilation, industrial hazards, exposure to infectious diseases, these aspects, personal hygiene, oral cavity, oil glands, sweat glands, extremely important, certain areas, bathing the baby, the navel area, soft towel, baby's nails, a nasal syringe, cloth diapers.

Ex. 3. Answer the questions. Ответьте на вопросы.

1. What does the hygiene of the body include?
2. How many aspects of living does hygiene involve?
3. What do all these aspects influence?
4. What helps to keep the baby clean and tidy?
5. What is the ideal time to trim baby's nails?
6. Why is proper cleaning of baby's nose so important?
7. How many diapers a day do most newborns use?

OUR MEALS AND DIET

HEALTHY PLATE



Text

Our eating habits affect our health. If a person has no breakfast, or poor breakfast he feels tired or cross and hungry till lunch. Food is a form of fuel. It gives us energy, helps us to grow, resist disease and form strong teeth and bones. Different foods do different things for the body. If a person wants to be in good health he must be careful about his meals and diet.

Diet should contain everything sufficient to supply the needs of the body. People of physical work need more food than and form strong teeth and bones. It is important to know that a diet must consist of proteins, carbohydrates, fats, minerals, water and vitamins.

In the hospital the doctor usually prescribes the diet for every patient. A person with high temperature and poor appetite needs caloric diet. You can treat many diseases by diet.

Words:

1. habit - привычка
2. to feel tired or cross - чувствовать себя усталым и раздраженным
3. fuel - топливо
4. sufficient - достаточный
5. to supply - снабжать, поставлять

Ex.1. Find English equivalents. Найдите английские эквиваленты.

Влиять на здоровье; сопротивляться болезни; содержать все необходимое, чтобы обеспечить потребности тела; умственная работа; углеводы; плохой аппетит

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

a form of fuel; form strong teeth and bones; must consist of proteins, carbohydrates, fats, minerals, water and vitamins

Ex.3 Answer the questions. Ответьте на вопросы.

1. What will happen if we have no breakfast?
2. Why do we say that food is a form of fuel?
3. Why must a person be careful about meals and diet?
4. Do people of mental work need more food?
5. What diet does a person with high temperature and poor appetite need?

VITAMINS



Text

Vitamins play a very important role in human health. The story of vitamins began more than 100 years ago when a Polish chemist extracted from rice polishings a crystalline substance. This substance could cure beriberi. The chemist called it "vitamin". Vitamins are necessary for the growth and health, development and general health of the body. Overdosage of some vitamins may be harmful, so people must take normal doses of them. In planning a nutrition program for a person, we must know that certain foods are the best sources of each body requirement. We must eat carrots, fish, oil and eggs because they contain vitamin A which protects eyesight, increases resistance to infection. We may find vitamin B in liver, yeast and eggs. It strengthens nervous system. Fruit and vegetables contain vitamin C which helps to recover after illness. We find vitamins D and E in milk, eggs, fish liver oil, yeast and soya. They help the body in formation of bones and strong teeth, improve poor blood circulation.

Words:

- | | |
|-------------------------------------|--------------------------------------|
| 1. rice polishing – рисовая шелуха; | 5. nutrition - питание; |
| 2. resistance - сопротивляемость; | 6. requirement - требование, запрос; |
| 3. yeast - дрожжи; | 7. certain - определенный. |
| 4. to improve - улучшать; | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Играют очень важную роль; дозировки в пределах нормы; при планировании программы питания; защищает зрение; укрепляет нервную систему; рыбий жир.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

a crystalline substance; are necessary for the growth and health; may be harmful ; certain foods are the best sources of each body requirement; resistance to infection;

Ex.3 Answer the questions. Ответьте на вопросы.

1. Do vitamins play a very important role in human health?
2. When did the story of vitamins begin?
3. What are the vitamins necessary for?
4. What vitamin protects eyesight, increases resistance to infection?
5. Does vitamin D help the body in formation of bones and strong teeth?



Text

Minerals are an essential part of life on Earth as they work to promote the health of all living cells. They are necessary ingredients of life. There are over 20 minerals which are essential for mammalian life on Earth. Among these, there are some minerals that appear with the most prevalence in the human body.

Calcium plays an important role in forming bones and teeth; helps with blood clotting, and muscle and nerve function.

We can find calcium in salmon, sardines, milk, cheese, yogurt, calcium-set tofu, Chinese cabbage, kale, broccoli. Lack of calcium can lead to bone density issues, dental concerns, and muscular cramping. Overdosage of calcium can cause kidney stones; faulty kidney function; high blood levels of calcium; calcium deposits in soft tissue; decreased absorption of iron, zinc and magnesium

Iodine is a part of the thyroid hormones; it prevents goiter and a birth defect called infantile myxedema.

We can find this mineral in iodized salt, seafood, kelp.

Overdosage of iodine can lead to elevated level of thyroid-stimulating hormone (TSH).

Iron is a part of hemoglobin; it helps blood carry oxygen to your body's tissues and muscles; needed to make energy; supports immune system health; prevents one type of anemia We can find iron in meat, fish, poultry, lentils, beans, fortified breads and cereals.

Possible effects of taking too much are an upset stomach; constipation; diarrhea; dark stools; decreased absorption of zinc, calcium and copper.

Magnesium helps maintain normal muscle and nerve function; it sustains regular heartbeat; keeps bones strong; helps your body produce energy.

Magnesium is contained in meats, seafood, milk, cheese, yogurt, green leafy vegetables, bran cereal, nuts.

Possible effects of taking too much are diarrhea; nausea; appetite loss; muscle weakness; trouble breathing; low blood pressure; irregular heartbeat; mental changes; kidney failure.

Phosphorus is essential for healthy bones; helps your body produce energy .

It is contained in milk, yogurt, cheese, peas, meat, fish, eggs, some cereals and breads

Overdosage of phosphorus can cause decreased absorption of calcium. It also can join with calcium in the blood and form calcium deposits in soft tissue and also lead to porous bones.

Zinc supports your immune system; needed for wound healing and tissue repair; maintains your sense of taste and smell; helps digestion; supports normal reproduction, growth and development

We can find zinc in red meats, liver, oysters, certain seafood, milk products, eggs, beans, nuts, whole grains, and fortified cereals.

Possible effects of taking too much are decreased absorption of iron and copper; reduced immune function; reduced levels of high-density lipoproteins (HDL)—also called the “good cholesterol”

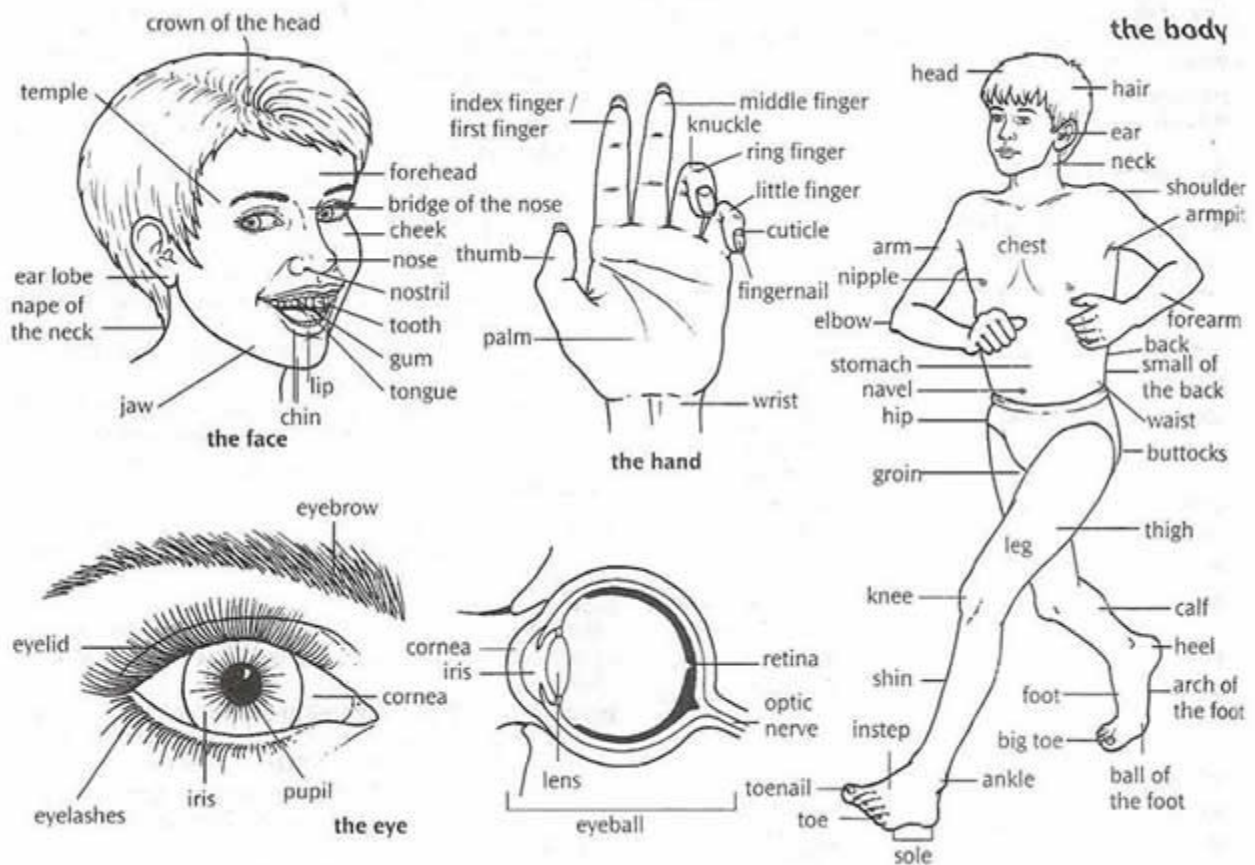
Life is a game of balance. The dietary minerals or elements as they're known today, that are in every human are in a constant balancing act to regulate cellular health, which leads to total body health. Deviations in the balance of any of these elements can have adverse effects that could be life threatening. By promoting a balanced range of nutrition, you will be providing your body with the essential dietary elements which are necessary to develop and grow.

Ex.1 Find English equivalents. Найдите английские эквиваленты необходимая часть; формирование костей и зубов; ткани и мышцы тела; камни в почках; злаки; потеря аппетита; нарушение в работе почек; заживление ран; сниженная всасываемость железа и меди; отложения кальция в мягких тканях.

Ex.2 Answer the questions. Ответьте на вопросы.

1. Why are minerals an essential part of life on Earth?
2. Does calcium play an important role in forming bones and teeth?
3. What mineral sustains regular heartbeat?
4. Overdosage of phosphorus can cause decreased absorption of calcium, can't it?
5. Why is zinc needed?
6. What effects can the overdosage of iron have?

PARTS OF THE HUMAN BODY



Text

The body is wonderfully made, like a complex, perfect machine. Each part is specially constructed to carry out its own function, and to work as a whole with the other parts.

The body has a strong frame work of bones called the skeleton. The skeleton is covered by muscles and other soft tissues, and by skin on the outside.

The human body consists of three parts. They are the head, the trunk and the limbs.

The main part of the head is called the skull. The forehead, the temples, the cheeks, the cheekbones, the two jaws and the mouth compose the face. The teeth and the tongue are loading in the mouth. One chews food with the teeth and tastes food with the tongue. The lips are the two margins of the mouth. We see with the eyes, breathe and smell with the nose.

The trunk consists of the spine, the chest and the pelvic bones. The trunk is divided into two large cavities by diaphragm. The upper cavity of the trunk is called thorax and lower one is called the belly. The lungs and the heart are located above the diaphragms in the upper cavity. In the lower cavity we find interior organs such as stomach, liver, urinary bladder, gallbladder kidneys, spleen and intestines.

The upper limb is divided into the shoulder, the upper arm, the forearm and the hand. The join between upper arm and forearm we call the elbow. The wrist is the joint between forearm and hand. Each hand has five fingers: index, middle finger, ring finger, little finger and a thumb.

The lower limb consists of the thigh-bone, the shin-bone and the fibula. We call the calf the back of the lower leg. The join between the femur and the lower leg is called the knee-joint. This joint is protected by the knee-cap. The joints between lower legs and feet are the ankles. The foot consists of heel, sole and toes.

Words:

1. construct - строить
2. to carry out - нести
3. to cover - покрывать
4. muscle - мышца
5. tissue - ткань
6. trunk - туловище
7. limb - конечность
8. skull - череп
9. temple - висок
10. chew - жевать
11. to divide into – делиться на
12. belly – живот
13. shin-bone – большеберцовая кость
14. thighbone – бедренная кость
15. joint - сустав
16. knee-joint – коленный сустав
17. knee-cap – коленная чашечка
18. ankle-лодыжка
19. sole – подошва
20. frame – скелет, каркас
21. margin - поле, кромка
22. thorax – грудная клетка
23. cavity – полость
24. diaphragm – диафрагма
25. wrist – запястье
26. thumb – большой палец
27. fibula – малоберцовая кость
28. calf – икра
29. femur – бедро

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Составляют лицо; располагаются во рту; работать как одно целое; покрыт мускулами и мягкими тканями; жевать еду; состоять из трех частей; внутренние органы; верхние конечности; нижние конечности.

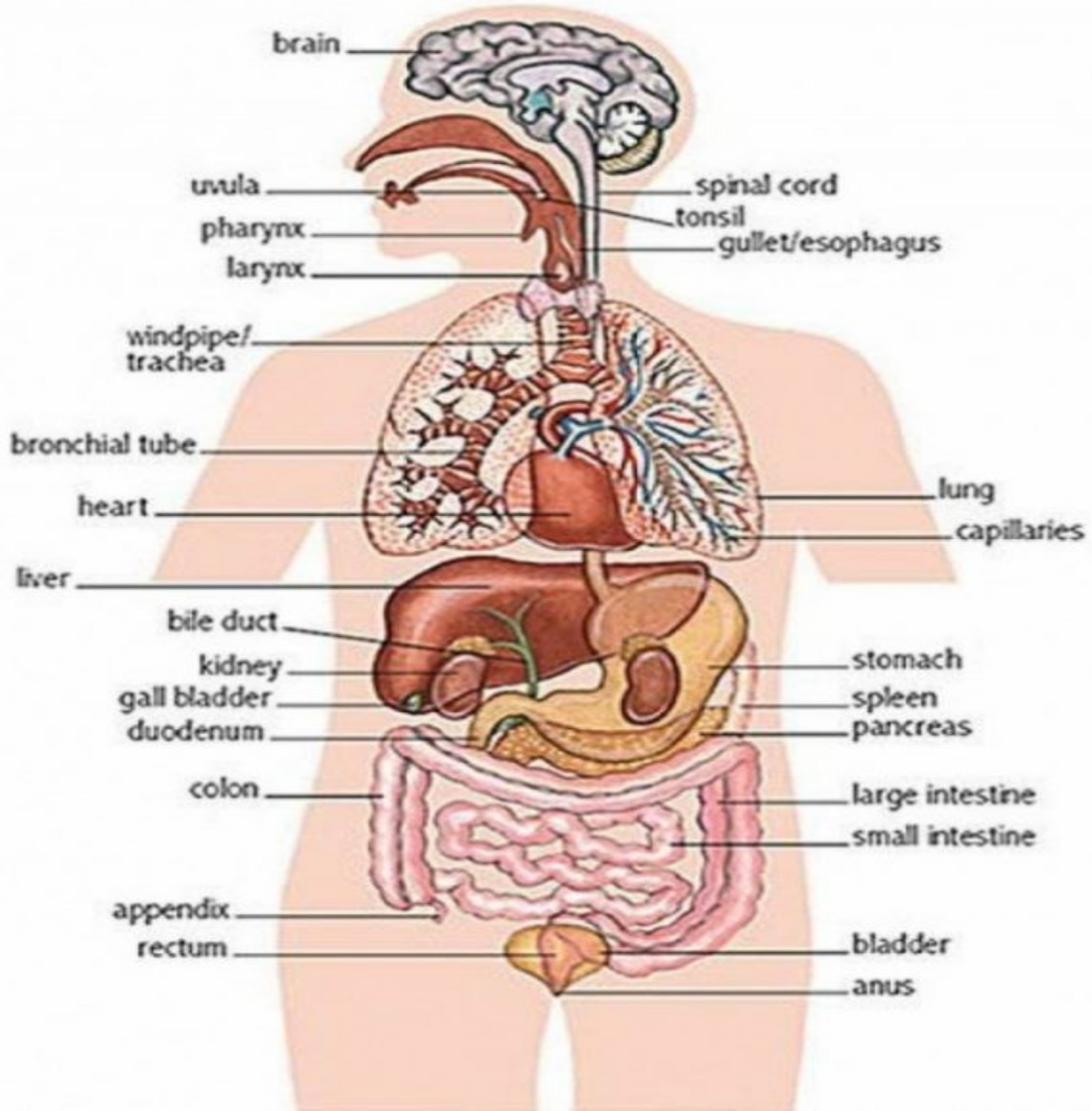
Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To carry out its own function; complex machine; the teeth and the tongue are loading in the mouth; strong frame work of bones; upper cavity; lower cavity; tastes food with the tongue; joint between forearm and hand.

Ex.3 Answer the questions. Ответьте на вопросы.

3. What is the human body?
4. What is skeleton?
5. What parts of the human body do you know?
6. What is the main part of head?
7. What fingers does the hand consist of?

INTERNAL ORGANS



Text

All internal organs are situated in the chest and abdomen. The chest is separated from the abdomen by the diaphragm. The principal organs of the chest are the gullet, the heart and the lungs. The gullet connects the pharynx and the stomach. There are two lungs - one in each half of the chest. They differ in size. The right lung is larger than the left one. There is the heart between the lungs behind the breastbone. The heart pumps the blood to the whole body.

The lower part of the trunk is the abdominal cavity. The principal organs here are the stomach, the liver, two kidneys, the gallbladder, the pancreas, the spleen, the small and large intestines, the bladder and internal sex glands. There is the liver with the gallbladder in the right upper abdominal part. The liver is the largest and heaviest organ in the body. It works over all the products of digestion. The liver destroys poisons and bacteria which get into the blood. There is the stomach, the pancreas and the spleen in the left upper part of the abdominal cavity. Behind them there are the right and left kidneys at the back.

The small and large intestines occupy all the lower abdomen. Here is also the bladder and sex glands. Each internal organ of the body plays a specific role in the organism. The branch of medicine which studies internal organ diseases is called internal medicine.

Words:

- | | |
|--|--|
| 1. chest - грудь | 11. liver - печень |
| 2. abdomen – живот | 12. kidney - почка |
| 3. diaphragm - диафрагма | 13. gallbladder - желчный пузырь |
| 4. gullet - пищевод | 14. pancreas - поджелудочная железа |
| 5. lung - легкое | 15. spleen - селезенка |
| 6. trunk - туловище | 16. small and large intestines - тонкий и толстый кишечник |
| 7. pharynx - глотка | 17. bladder - мочевой пузырь |
| 8. stomach - желудок | 18. internal sex glands - внутренние половые железы |
| 9. breastbone - грудина | |
| 10. abdominal cavity - брюшная полость | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

расположены в области груди и живота; перерабатывает все продукты пищеварения; яды; бактерии; нижняя часть туловища; правая верхняя часть брюшной полости; самый большой и тяжелый орган тела;

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Principal organs; behind the breastbone; to pump the blood; lower part of the trunk; the right and left kidneys at the back; intestines occupy all the lower abdomen; internal medicine

E.3 Answer the questions. Ответьте на вопросы.

1. What are the principal organs of the chest?
2. What does the gullet connect?
3. Where is the heart?
4. What are the principal organs of the abdominal cavity?

Text

Blood contains a fluid called plasma plus microscopical cellular elements: erythrocytes, leucocytes, and thrombocytes.

Erythrocytes are red blood cells of which 4.5 – 5 million are found in each cubic millimeter. These cells are made in the bone marrow and are important in transporting oxygen from the lungs through the blood stream to the cells all over the body. The oxygen is then used up by body cells in the process of converting food to energy (catabolism). Hemoglobin, containing iron, is an important protein in erythrocytes, which helps in carrying the oxygen as it travels through the blood stream. Erythrocytes also carry away carbon dioxide (CO₂), a waste product of catabolism of food in cells, from the body cells to the lungs. On arriving there it is expelled in the process of breathing.

Leucocytes are white blood cells from 4.000 to 10.000 per cubic millimeter existing in several types: granulocytes and agranulocytes, which are also subdivided into different types.

BLOOD



Granulocytes are cells with granules in their cytoplasm formed in the bone marrow. There are three types of granulocytes: eosinophils, basophils, neutrophils.

Agranulocytes are produced in lymph nodes and spleen. There are two types of agranulocytes: lymphocytes and monocytes.

Thrombocytes or platelets are tiny cells formed in the bone marrow. They are necessary for blood clotting. Their number is 400.000 per cubic millimeter. The plasma is the fluid portion before clotting has occurred. The serum is the fluid portion of blood remaining after the coagulation process is completed.

The body contains about five liters of blood kept at a constant temperature of 37°C. Blood consists of three different types of cell floating in a liquid called plasma. The blood cells are known as red cells, white cells and platelets. Red cells and platelets are unique among body cells in having no nucleus. Blood cells are so small that one cubic millimeter of blood (the size of a pin head) contains about five million red cells, 7.000 white cells and 250.000 platelets.

The red blood cells contain a pigment called hemoglobin, which gives the blood its red color. The main function of red cells is to carry oxygen to the body cells.

For its journey from the lungs to the body cells, oxygen combines with hemoglobin of the red cells. It is then released from the hemoglobin when the body cells are reached. Some people do not have enough hemoglobin in their red cells and are consequently short of oxygen. This condition is called anemia and such people tire easily, become breathless on exertion and have a pale complexion. They need special care during general anesthesia.

The white blood cells defend the body against disease. They do this by attacking germs and repairing damage.

The function of platelets is to stop bleeding. They do this in two ways: by blocking the cut blood vessels; and by producing substances, which help the blood to clot.

Words:

- | | |
|---|---|
| 1. contain - содержать | 16. agranulocyte - агранулоцит |
| 2. plasma - плазма | 17. cytoplasm- цитоплазма |
| 3. microscopical - микроскопический | 18. granulocyte - гранулоцит |
| 4. element - элемент | 19. eosinophil - эозинофил |
| 5. erythrocyte - эритроцит | 20. basophil - базофил |
| 6. leucocyte - лейкоцит | 21. neutrophil - нейтрофил |
| 7. thrombocyte - тромбоцит | 22. node - узел |
| 8. bone marrow - костный мозг | 23. spleen - селезенка |
| 9. transport - транспортировать, переносить | 24. lymphocyte - лимфоцит |
| 10. convert - преобразовывать, превращать | 25. monocyte - моноцит |
| 11. carry - переносить | 26. platelet - тромбоцит |
| 12. arrive - прибывать | 27. tiny - крошечный |
| 13. expel - вытеснять, выводить | 28. blood clotting - свертываемость крови |
| 14. catabolism - катаболизм | 29. occur - происходить, случаться |
| 15. hemoglobin (haemoglobin) - гемоглобин | 30. remain - оставаться |
| | 31. coagulation - коагуляция |
| | 32. complete - заканчивать |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Микроскопические клеточные элементы, в каждом кубическом миллиметре, через кровотоки, по всему организму, процесс превращения пищи в энергию, выводить, продукт отхода, выталкивать, несколько видов, лимфатические узлы, крошечные клетки, свертываемость крови, завершаться

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To call, to be found, bone marrow, to be used, to convert, iron, to be expelled, spleen, a fluid portion, coagulation process, three types of granulocytes, tiny cells, blood clotting, the main function, five liters of blood.

Ex.3 Answer the questions. Ответьте на вопросы..

1. What does blood contain?
2. How many erythrocytes can be found in each cubic millimeter?
3. Where are these cells made?
4. What is their function?
5. What role does hemoglobin play?
6. What are the types of leucocytes?
7. Where are agranulocytes produced?
8. What types of granulocytes do you know?
9. What organ forms thrombocytes?
10. How many platelets are there in one cubic millimeter?
11. What is the difference between the plasma and serum?

RESPIRATORY SYSTEM

Text

All animals need oxygen to live. Land animals get oxygen from the air. Without the oxygen in the air we cannot survive more than a few minutes. Breathing happens automatically, we do not have to even think about it.

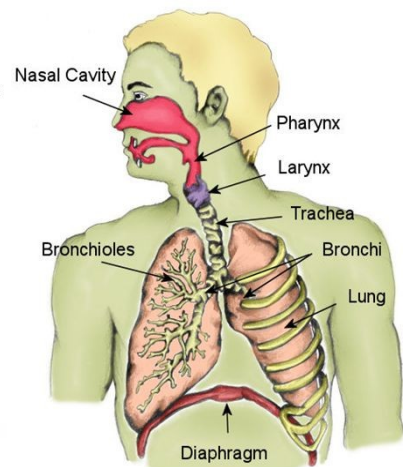
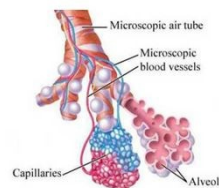
We breathe in order to take oxygen into our bodies and get rid of carbon dioxide. The oxygen is carried in the blood to all the body's cells. The air we breath out has 100 times more carbon dioxide than the air we breath in.

Nose and Nasal Cavity. The respiratory system is made of body parts that are in charge of your breathing. It includes your nose and nasal cavity. You air though your nose. As you inhale, small specks of dirt are trapped by many tiny hairs in your nose. This cleans the air. The hairs stop the dirt from going further in your body. The moist inside surface in your nose traps even smaller pieces of dirt. The nasal cavity, the air passage behind the nose, plays an important role in breathing. The nasal cavity is divided into a right and left passageway. The tissue that covers the wall of your nasal cavity contains many blood vessels. Heat from the blood in the vessels helps warm the air as you breath. Moisture is added to the air you breath by special cells in the walls of the nasal cavity. The air is warmed and moistened before it reaches your lungs.

Respiratory System Anatomy

Follow the pathway of an air molecule:

- Nasal cavity AND/OR Mouth
- Pharynx
- Epiglottis
- Larynx
- Trachea
- Lung
- Bronchus
- Bronchiole
- Alveolus



Windpipe and Bronchial Tree. The windpipe (trachea) joins the upper respiratory tract to the lungs. If you gently touch the front of your throat you can feel the trachea. The bottom of the trachea splits into two branches called bronchi. One enters the right lung and one goes to the left lung.

The bronchial tree's job is to spread the air from the trachea over a very wide area as quickly as possible. The air passing through the windpipe divides into two branches. These divide into twigs called bronchioles. These twigs open into little bags called alveoli.

We have about 300 million alveoli (air sacs) in each lung. The alveoli gives our lungs a huge surface for absorbing oxygen from the air.

Lungs. Lungs provide the breath of life. Our lungs are about the size of a pair of footballs. They fill our chest from the neck to the ribs. The lungs are protected by our ribs. The lungs are the pickup place for oxygen and the drop off place for carbon dioxide. The lungs are always working, breathing in oxygen and breathing out carbon dioxide.

Blood is pumped into the lungs from the heart through the pulmonary arteries. Blood with oxygen leaves the lungs through the pulmonary veins and travels to the heart. Oxygen is the fuel that makes all the body processes run.

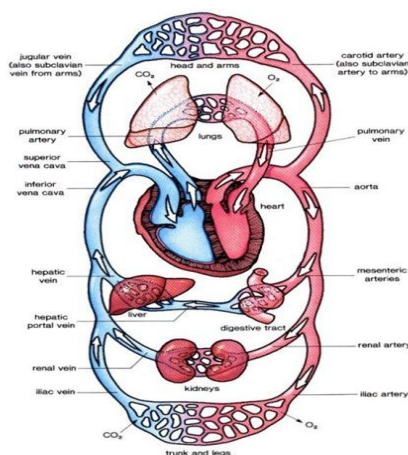
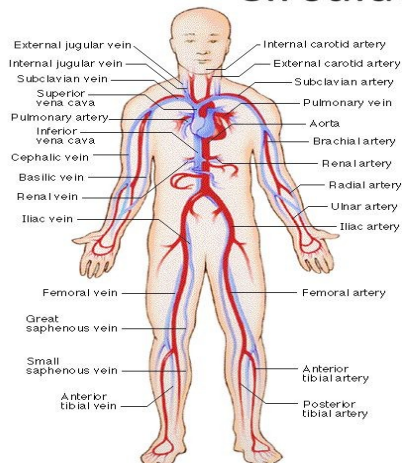
Words:

- | | |
|---------------------------------------|---|
| 1. land animals – сухопутные животные | 12. moisture - влага |
| 2. to survive - выживать | 13. to add - добавлять |
| 3. to get rid - избавляться | 14. gently – мягко |
| 4. carbon dioxide – углекислый газ | 15. bottom – низ |
| 5. nasal cavity носовая полость | 16. to split – расщеплять |
| 6. to inhale - вдыхать | 17. twig – ветка |
| 7. speck - покрывать | 18. to provide – обеспечивать |
| 8. moist - влажный | 19. pickup – перевозка |
| 9. surface – поверхность | 20. pulmonary arteries – легочные артерии |
| 10. to trap – ловить | 21. fuel –горючее |
| 11. passageway - отверстие | |

Ex.1 Answer the questions. Ответьте на вопросы.

1. What organs are made up respiratory system?
2. What do lungs provide?
3. What protect lungs?

Circulatory System



CIRCULATORY SYSTEM

The circulatory system is made up of the vessels and the muscles that help and control the flow of the blood around the body. This process is called circulation.

The main parts of the system are the heart, arteries, capillaries and veins.

As blood begins to circulate, it leaves the heart from the left ventricle and goes into the aorta. The aorta is the largest artery in the body. The blood leaving the aorta is full of oxygen. This is important for the cells in the brain and the body to do their work. The oxygen rich blood travels throughout the body in its system of arteries into the smallest arterioles.

On its way back to the heart, the blood travels through a system of veins. As it reaches the lungs, the carbon dioxide (a waste product) is removed from the blood and replaced with fresh oxygen that we have inhaled through the lungs.

Arteries. Arteries are tough, elastic tubes that carry blood away from the heart. As the arteries move away from the heart, they divide into smaller vessels. The largest arteries are about as thick as a thumb. The smallest arteries are thinner than hair. These thinner arteries are called arterioles. Arteries carry bright red blood! The color comes from the oxygen that it carries.

Veins. Veins carry the blood to the heart. The smallest veins, also called venules, are very thin. They join larger veins that open into the heart. The veins carry dark red blood that doesn't have much oxygen. Veins have thin walls. They don't need to be as strong as the arteries because as blood is returned to the heart, it is under less pressure.

Heart. Heart is the strongest muscle? Heart is divided into two sides. The right side pumps blood to your lungs where it picks up oxygen. The left side pumps oxygen-soaked blood out to your body. They do not work on their own, but together as a team. The body's blood is circulated through the heart more than 1,000 times per day. Between five and six thousand quarts of blood are pumped each day. Your heart is about the same size as a fist.

Words:

- | | |
|---------------------------------|--------------------------------------|
| 1. to make up - составлять | 10. tube - труба |
| 2. vessel - сосуд | 11. join - соединять |
| 3. flow - течь | 12. wall-стенка |
| 4. circulation - кровообращение | 13. to pump - качать |
| 5. ventricle - желудочек | 14. pick up - собирать |
| 6. to remove - перемещать | 15. oxygen-soaked - |
| 7. replace - менять | кислородосодержащий |
| 8. to inhale -вдыхать | 16. quart — кварта (единица объема в |
| 9. tough - жесткий | Великобритании) |
| | 17. fist — кулак |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Кровообращение, желудочек, свежий кислород, самая большая артерия, перекачивает кровь, работают в команде, красные кровяные тельца, белые кровяные тельца, тромбоциты, размером с кулак.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

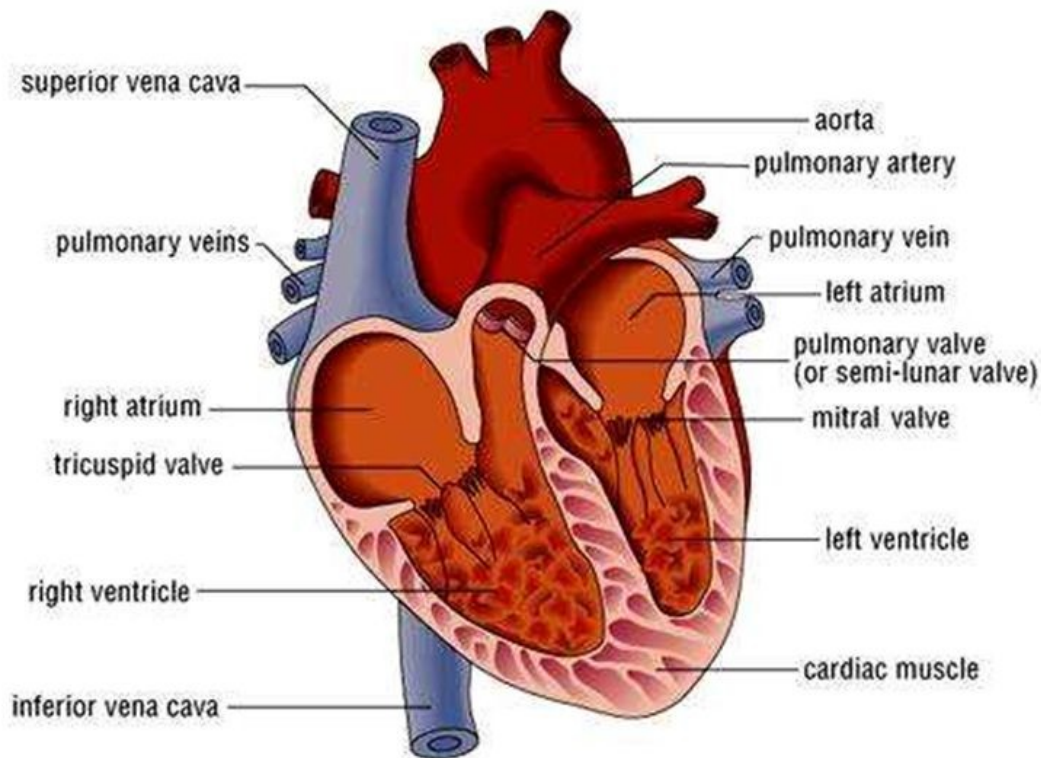
Veins, arteries, nutrients, capillaries, transport, oxygen, energy, dark, heat, circulatory, lungs, carbon dioxide, bright, blood, heart, pumped, intestine, atmosphere.

Ex. 3. Answer the questions. Ответьте на вопросы.

- | | |
|---|--|
| 1. What does Circulatory System consist of? | 4. What do know size of your heart? |
| 2. What is circulation? | 5. What are the main elements of blood? |
| 3. What is the largest artery in the body? | 6. How many liters of blood are in the human body? |

HEART

Anatomy of the Heart



Text

The heart is simply a pump, which circulates blood throughout the body. Tubes called blood vessels carry it from the heart to all parts of the body and back again. This round trip is known as the circulation. Vessels carrying blood away from the heart are known as arteries and those returning blood to the heart are known as veins.

The heart pumps blood round the body about 70 times a minute in adults. The heartbeats can be felt as the pulse where certain arteries lie just beneath the skin, and the most well – known place where this occurs is at the wrist.

The heart lies in the chest immediately behind the breast bone. It consists of two chambers, left and right, separated from each other by a wall. Each chamber is further divided into upper and lower compartments, which communicate with each by valves. Each upper compartment is called an atrium and each lower a ventricle. Note that there is no communication at all between the left and right sides of the heart.

Heart failure, or cardiac arrest, means that the heart has stopped beating. This of course, means that no blood is being pumped round the body and death occurs in a few minutes. But as the heart is just a simple pump, it can be made to beat artificially by rhythmically applying pressure to the chest. This squeezes the heart between the breast bone and forces blood out the heart into the circulation. When pressure on the chest has been relaxed, blood returns to the heart again.

Words:

- | | |
|--|----------------------------|
| 1. can be felt as the pulse – можно определить по пульсу. | 12. vein - вена |
| 2. ately behind the breast bone – непосредственно за грудиной. | 13. adult - взрослый |
| 3. is further divided – далее подразделяется | 14. pulse - пульс |
| 4. communicate with each other – сообщаются друг с другом. | 15. skin - кожа |
| 5. heart failure – паралич, остановка сердца; сердечная недостаточность. | 16. occur - происходить |
| 6. as the heart is just a simple pump – поскольку сердце всего лишь простой насос. | 17. wrist - запястье |
| 7. pump - насос | 18. chest - грудная клетка |
| 8. circulate - циркулировать | 19. breast - грудь |
| 9. tube - труба | 20. chamber - камера |
| 10. carry - переносить | 21. valve - клапан |
| 11. artery - артерия | 22. atrium - предсердие |
| | 23. ventricle - желудочек |
| | 24. death - смерть |
| | 25. apply - применять |
| | 26. pressure - давление |
| | 27. squeeze - сжимать |
| | 28. spine - позвоночник |
| | 29. relax - расслабиться |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Просто насос, кровеносные сосуды, круговое движение, известны как, у взрослых, располагаться непосредственно под кожей, где это происходит, состоит из двух камер, каждый верхний отдел, вообще нет сообщения, заставить биться искусственно, выталкивать кровь из сердца.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

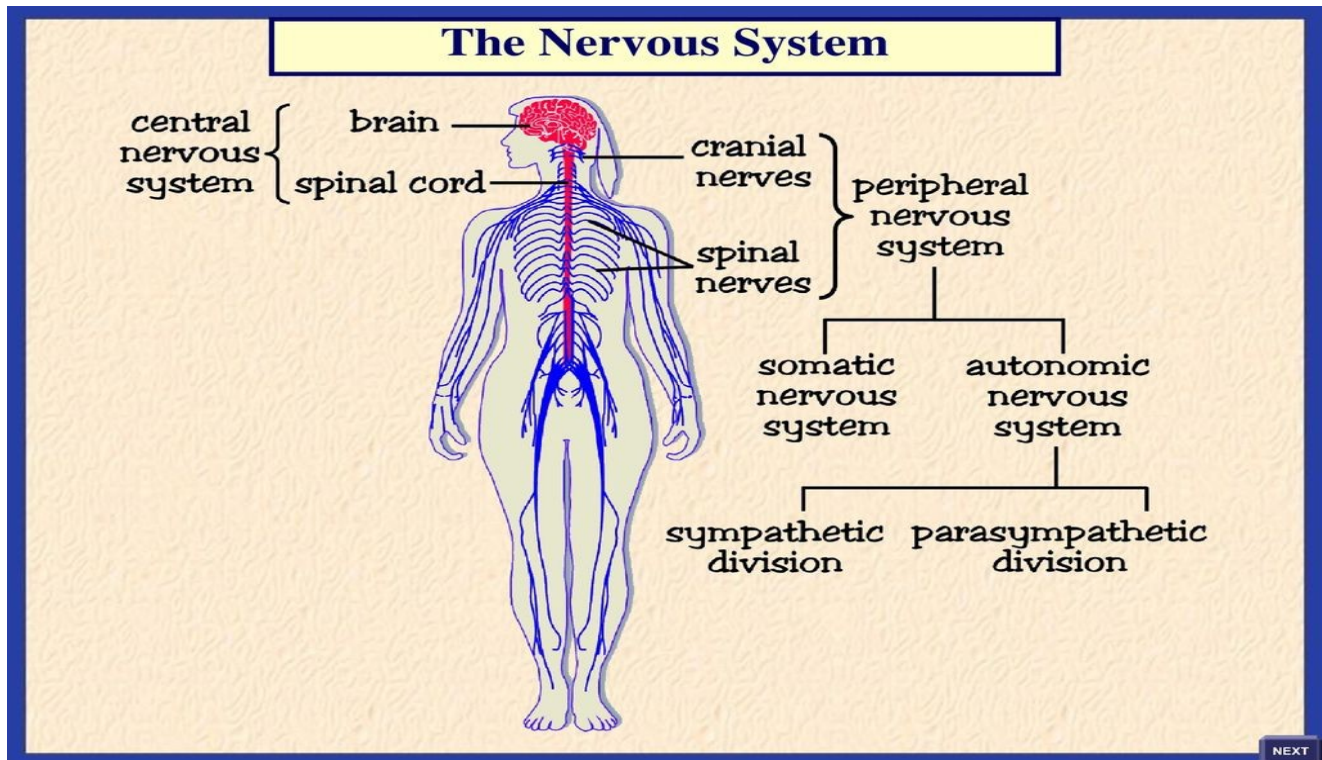
Throughout the body, blood vessels, about 70 times a minute, immediately behind the breast bone, separated from each other, upper and lower compartments, communication, cardiac arrest, round the body, to beat artificially, pressure on the chest

Ex.3 Answer the questions. Ответьте на вопросы.

1. What is heart?
2. What are tubes carrying blood called?
3. Where can the heartbeats be felt?
4. What does the heart consist of?
5. What compartments is each chamber divided into?
6. What does heart failure mean?
7. Can the heart be made to beat artificially?
8. When does blood return to the heart again?

Text

THE NERVOUS SYSTEM



Text

The nervous system is made up of the brain, the spinal cord, and nerves. One of the most important systems in your body, the nervous system is your body's control system. It sends, receives, and processes nerve impulses throughout the body. These nerve impulses tell your muscles and organs what to do and how to respond to the environment. There are three parts of your nervous system that work together: the central nervous system, the peripheral nervous system, and the autonomic nervous system.

Brain. The brain keeps the body in order. It helps to control all of the body systems and organs, keeping them working like they should. The brain also allows us to think, feel, remember and imagine. In general, the brain is what makes us behave as human beings.

The brain communicates with the rest of the body through the spinal cord and the nerves. They tell the brain what is going on in the body at all times. This system also gives instructions to all parts of the body about what to do and when to do it.

Spinal Cord. Nerves divide many times as they leave the spinal cord so that they may reach all parts of the body. The thickest nerve is 1 inch thick and the thinnest is thinner than a human hair. Each nerve is a bundle of hundreds or thousands of neurons (nerve cells). The spinal cord runs down a tunnel of holes in your backbone or spine. The bones protect it from damage. The cord is a thick bundle of nerves, connecting your brain to the rest of your body.

Senses. There are five main senses - touch, smell, taste, hearing and sight. These are the external sensory system, because they tell you about the world outside your body. Your senses tell you what is happening in the outside world. Your body's sense organs constantly send signals about what is happening outside and inside it to your control center - the brain.

The cerebrum is part of the forebrain. The cerebral cortex is the outer layer of the cerebrum. Certain areas of the cerebral cortex are involved with certain functions.

Sensory areas such as touch, smell, taste, hearing and sight receive messages from the skin, nose, mouth, ears and eyes. We feel, taste, hear and see when these messages are received by the sensory parts of the brain.

The Peripheral Nervous System. The nervous system is made up of nerve cells or neurons that are "wired" together throughout the body, somewhat like communication system. Neurons carry messages in the form of an electrical impulses. The messages move from one neuron to another to keep the body functioning.

Words:

- | | |
|---|------------------------------|
| 1. spinal cord – спинной мозг | 3. rest – остаток |
| 2. to send - посылать | 4. bundle – пучок |
| 3. to receive - получать | 5. external – внешний |
| 4. to respond - отвечать | 6. forebrain – передний мозг |
| 5. environment - окружение | 7. cerebral cortex – кора |
| 1. to keep the body in order –
поддерживать тело в порядке | 8. involve – вовлекать |
| 2. to allow – позволять | 9. to wire – связывать |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Нервная система состоит из; центральная нервная система; периферическая нервная система; вести себя как человек; достигать всех частей тела; защищать от повреждений; получать информацию (сообщения) от кожи; электрический импульс

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

It sends, receives, and processes nerve impulses; to respond to the environment; to keep the body in order; brain communicates with the rest of the body; nerves divide many times; tunnel of holes in backbone or spine; thick bundle of nerves

Ex. 3. Answer the questions. Ответьте на вопросы.

1. What is the function of brain?
2. How does the brain communicate with the rest of the body?
3. What senses do you know?
4. What is neuron?
5. What is the function of neuron?

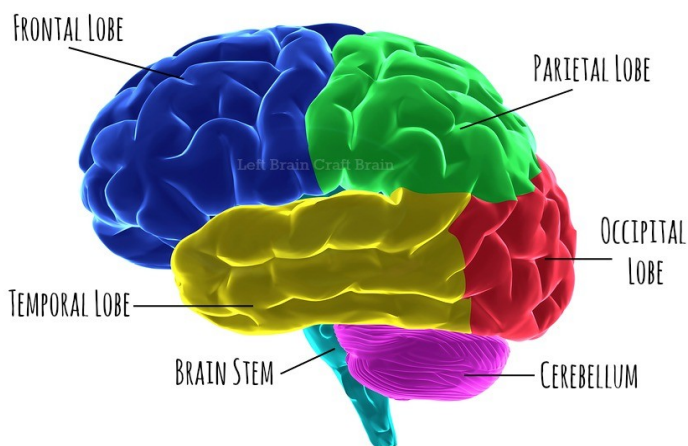
THE BRAIN

Text

The brain is the most wonderful organ in the human body. It consists of about 12 billion cells and weighs about 1 kilogram. It is soft and spongy with 3 membranes and fluid in between the first and second membranes.

The brain is the center of a wide system of communication. It controls the body functions. It keeps all the body parts working together. Thousands of stimuli come into the brain through the spinal cord. The messages come to the brain from our eyes, ears and other sense organs for pain, temperature, smell and other feelings. All the stimuli are analyzed and then the brain sends orders through the spinal cord to different parts of the human body. Due to these orders we eat, move, hear, see and do many other things.

There are special areas in the brain which control vision, hearing, physical movements and even emotions.



Words:

1. to weight - весить
2. stimuli - мн.ч. побудители, стимулы, послания
3. spinal cord - спинной мозг
4. area - область

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Самый замечательный орган; состоит; весит; центр системы; функции организма; через спинной мозг; органы чувств; анализируются; посылает приказы; особые области в мозге.

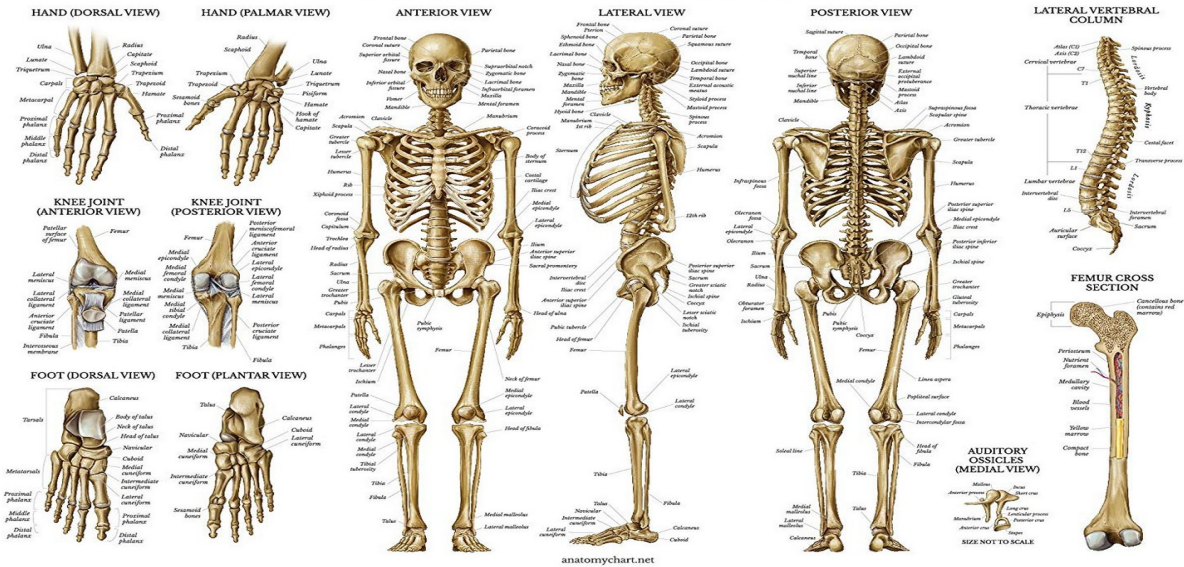
Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

The human body; soft and spongy; fluid; through the spinal cord; stimuli are analyzed; sends orders; due to these orders.

Ex. 3 Answer the questions. Ответьте на вопросы:

1. The brain is the most wonderful organ in the human body, isn't it?
2. Is the brain soft and spongy?
3. What is the main function of the brain?
4. Do thousands messages come to the brain each minute?
5. Are the messages analyzed in the brain?
6. What does the brain send to different parts of the body?
7. Are there special areas in the brain? What do they control?

THE SKELETAL SYSTEM



Text

The skeletal system is made up of bones, ligaments and tendons. It shapes the body and protects organs. The skeletal system works with the muscular system to help the body move. Marrow, which is soft, fatty tissue that produces red blood cells, many white blood cells, and other immune system cells, is found inside bones.

The Spine. The spine is the central support for the body. Another word for the spine is the backbone. The spine is made of separate irregular bones called vertebrae. The vertebrae are made up of spongy or cancellate bone surrounded by a layer of compact bone. In between each vertebrae is a layer of cartilage that keeps the bones from rubbing against each other.

There are twenty six vertebrae in the spine. Although each vertebrae can only move a little bit, the total spine is very flexible. The spine of a human being is curved. Most other mammals have a straight spine. The curves allow the spine to support and balance the body on only two legs.

The breastbone, or the sternum, is linked to the bones which make up the ribs. The sternum is a flat bone that is about 6 inches long. The ribs curve around from the spine to the front of the body. This makes a bony framework which is known as the thoracic case. This case helps protect your chest.

Most people have 12 pairs of ribs. The ribs are connected to the sternum by cartilage. This makes the ribs more flexible, which is necessary during breathing. The first seven pairs of ribs are attached directly to the breastbone. The eighth, ninth and tenth pairs are attached to the sternum by a cartilage band. The last two pairs of ribs are not attached to the sternum or cartilage. The last five pairs of ribs are called false ribs.

Hands & Feet. The bones of the hands and feet are flexible. The foot has twenty-six bones, one less than in the hand. The bones in the toes are shorter and fatter than the bones in the fingers. This helps us to balance on two feet.

The seven bones in the ankle are called tarsal bones. The main part of the foot is made of metatarsal bones. Phalanges are the bones in the toes. The arch in the foot helps to support the body's weight.

Each hand has twenty-seven separate bones. These are connected with muscles and tendons. Hand bones are also called the metacarpus. Just like the foot, the bones in the fingers are called phalanges.

The fingers have three phalanges and the thumb has two. These joints allow the finger to flex. Because of this, the human hand can make more precise and finer movements than other creatures.

Hips & Legs. The hip bones help us stand upright and move. They support much of the body's weight. Each hip is made up of three bones. These bones are called the ilium, ischium, and pubis. When you are born, these three bones are separated. As you get older, they begin to join together.

The main bones of the legs are the femur, tibia and fibula. Another name for the femur is the thigh bone. The femur extends from the hip joint to the knee. This is the longest bone in the body.

The tibia and fibula are the bones of the lower leg. As it helps to support the body's weight, the tibia is the strongest bone in the body. The thinner bone is the fibula and helps to control the movement of the ankle. Another name for the fibula is the shin bone.

The bone that is at the middle of the leg is the patella, or knee cap.

Words:

- | | |
|---|-----------------------------------|
| 1. bone – кость | 13. ankle - лодыжка |
| 2. ligament - связка | 14. femur- бедро |
| 3. tendon – сухожилие | 15. tibia- большая берцовая кость |
| 4. muscular system - мышечная система | 16. fibula –малая берцовая кость |
| 5. spine - позвоночник | 17. coccyx- копчик |
| 6. vertebra - позвонок | 18. hip bone - тазовая кость |
| 7. cartilage - хрящ | 19. sacrum - крестец |
| 8. curved - <u>изогнутый</u> | 20. ulna,- локтевая кость |
| 9. rib – ребро | 21. radius – лучевая кость |
| 10. breastbone - грудина, грудная кость | 22. humerus – плечевая кость |
| 11. sternum - грудная кость | 23. elbow- локоть |
| 12. flexible - гибкий | 24. wrist – запястье |

Ex. 1. Find English equivalents. Найдите английские эквиваленты.

Придает форму телу, защищает органы, мягкая ткань, очень подвижен, позвоночник, позвонки, костный каркас, рёбра, грудина, необходимо во время дыхания, тазовая кость помогает, копчик, бедро, лодыжка, сустав.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Made up of bones, ligaments and tendons, twenty six vertebrae, to support and balance the body, the ribs curve around from the spine, are attached to the breastbone, the arch in the foot, to stand upright and move, very flexible, a hip bone, a coccyx, curved, an ulna.

Ex. 3. Answer the questions. Ответьте на вопросы.

1. What is the skeletal system made up of?
2. What is the spine?
3. How many vertebrae are in the spine?
4. Is the spine of a human being curved?
5. Do the ribs curve around from the spine to the front of the body?
6. What are the main bones of the legs?
7. What bone is the longest in the body.

TYPES OF MUSCLES

Text

The word «muscle», according to one theory, comes from a word that means «little mouse»: that is when a man's muscles are contracting they look as if a little mouse runs about under his skin. According to another theory the word «muscle»

comes from a Greek expression that means «to enclose», that is layers of muscles enclose the body. We know that the muscles constitute about 50 per cent of total body weight, slightly more in the average male than the female. Tendons, fasciae and the various organs themselves depend on the muscular system and the function of muscle cells.

There are three main types of muscular tissue that we identify classify on the basis of structure and functions:

- 1) smooth or visceral muscle,
- 2) striated or skeletal muscle,
- 3) cardiac muscle.

Smooth muscles can contract slowly. They make up the walls of internal organs such as those of the blood vessels, and the digestive tract. Since we identify the internal organs as viscera, we sometimes call smooth muscles visceral muscles. The visceral muscles react relatively slowly to changes within the body and do so without the intervention of the will.

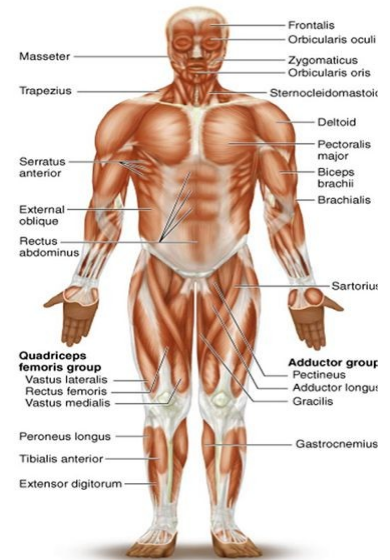
The walls of the blood vessels are contracting or expanding when they respond to certain chemicals in the blood or in response to the effect of temperature but we cannot deliberately cause them to lift our arm or open our mouth. For this reason, we may call them involuntary muscles. Smooth muscle tissue consists of long cells. Smooth muscle fibres are bound (связаны) into bundles by connective tissue which contain blood vessels and nerves.

Striated muscle tissue consists of large fibres in the form of bundles. Striated muscles are most necessary manipulation of the bones of the skeleton. Those are the muscles necessary for walking, running, turning the head and so on. That's why we sometimes call them skeletal muscles. This type of muscle tissue includes the large muscle masses of the body, the muscles of the arms, legs, back etc. It includes all those muscles which must react quickly to changes in the environment, i.e. those that become active through an effort of will. For this reason, we call striated muscles voluntary muscles.

Cardiac (heart) muscle is, in a sense, a cross between the previous two. A characteristic feature of cardiac muscle is that fibres have neither a beginning nor an end. In other words,

Types of Muscles

- Skeletal muscles are voluntary
- Smooth muscles are involuntary
- Cardiac muscle is involuntary
- All muscle activity controlled by nervous system



the heart is simply a huge net of muscles in which all elements are continuous with each other. Cardiac muscles («heart» — Greek) have the strength and force of contraction of the skeletal muscle. Cardiac muscle is under complete involuntary control. In that, it resembles visceral muscle.

Ex.1 Find English equivalents. Найдите английские эквиваленты.

согласно одной теории; прилежать; 50% от общей массы тела; связки; сокращаются; без вмешательства воли; длинные клетки; изменения окружающей среды; поперечнополосатые мышцы; мышцы сердца; добровольный; напоминает.

Ex.2 Answer the questions. Ответьте на вопросы.

1. How many types of muscular tissue are there?
2. How do we sometimes call smooth muscles?
3. Smooth muscles can contract slowly, can't they?
4. What is another name of striated muscles?
5. Are there any differences between cardiac and skeletal muscles? What are they?
6. Has cardiac muscle a beginning or an end?

MEDICAL EDUCATION IN GREAT BRITAIN

Text

In Great Britain physicians are trained in medical schools or faculties of Universities.

To enter a medical school in Great Britain candidates must pass entrance examinations in oral form. Tuition fees are charged. Most students receive financial assistance in the form of grants.

The academic year is divided into 3 terms each of 10-11 weeks duration.

Two pre-clinical years are occupied by human anatomy, biology, biochemistry and other subjects.

Students attend lectures, do dissection and practical work in labs.

Beginning with the third year, students study the methods of clinical examinations and history-taking, they have practical training in teaching hospitals. Besides the work in the wards the students attend lectures and study clinical subjects.

After passing the finals students are given the degree of Bachelor of Medicine (B.M.) or Bachelor of Surgery (B.S.). Besides these degrees there is the degree of Doctor of Medicine (D.M.). This degree is a post graduate qualification obtained by a thesis.

Words:

1. in oral form - в устной форме
2. tuition - обучение
3. fee - плата
4. fee for tuition - плата за обучение
5. charge - плата, расходы
6. assistance - помощь
7. grant - стипендия
8. dissection - препарирование
9. history taking - составление истории болезни(анамнез)
10. teaching hospital - клиническая база
11. ward - больничная палата

12. degree of Bachelor of Medicine - степень бакалавра медицины
13. degree of Doctor of Medicine - степень доктора медицины (хирурга)

Ex.1 Find English equivalents. Найдите английские эквиваленты.

терапевты, факультет, семестр, посещают лекции; учебный год, оплачиваются, длительность, лаборатория, проходят практику, клинические предметы, начиная с 3-его курса, после сдачи госэкзаменов, диссертация.

Ex.3 Answer the questions. Ответьте на вопросы.

1. Where are doctors trained in G.B.?
2. What examinations is it necessary to pass?
3. Is education in G.B. charged?
4. How many terms has the academic year?
5. What subjects do the students study?
6. What degrees are given to students in G.B. after passing the finals

POLICLINICS

Text

There are many polyclinics in our country. Doctors of different specialties: therapist, neurologists, surgeons, dentists, oculists, psychiatrists, urologists and nurses work there. There are many different laboratories, x-ray and procedure rooms, consulting and waiting rooms in our polyclinics.

When a patient comes to the polyclinics he goes to the registry first. A registering clerk on duty asks his name, address, age, occupation and writes it down in the patient's card.

Doctors examine their patients in their consulting rooms. During the medical examination doctors question their patients thoroughly, listen to their heart and lungs, feel their pulse and take their blood pressure, palpate, auscultate and percuss them, make the diagnosis, fill in their cards and prescribe them a special treatment.

During the physical examination doctors use such methods as palpation, percussion, auscultation, questioning a patient, feeling his pulse, taking electrocardiograms, etc.

At the end of the physical examination doctors make a diagnosis, prescribe the necessary medicine and treatment if it is necessary.

Our doctors treat patients not only with the help of different mixtures, powders, injections, but they always use a good bedside manner and deal with patients very carefully.

The duty of the doctor is to treat a patient not only with different remedies but with a kind word and hearty attitude.



Words:

- | | |
|---------------------------------------|---|
| 1. specialty - специальность | 6. procedure room - процедурный кабинет |
| 2. laboratory - лаборатория | 7. surgeon - хирург |
| 3. therapist - терапевт | 8. waiting room - комната ожидания |
| 4. x-ray room - рентгеновский кабинет | 9. psychiatrist - психолог |
| 5. neurologist - невролог | 10. registry - регистратура |

11. urologist - уролог

12. to auscultate - выслушивать(мед)

13. nurse - м.сестра

14. to percuss-выстукивать(мед.)

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Врачи разных специальностей, процедурные кабинеты, медицинский осмотр, поставить диагноз, измерять кровяное давление, лечить пациента.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Consulting and waiting rooms, listen to heart and lungs, to auscultate and percuss, prescribe them a special treatment, to use a good bedside manner.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What are our polyclinics equipped with?

2. Where do doctors examine their patients ?

3. What do doctors do during the medical examination ?

4. What kind of methods do doctors use during the physical examination ?

5. How must the doctor treat a patient ?

HOSPITAL

Text

When patients are admitted to the hospital, they are examined by a doctor on duty in the reception ward. He gives the instructions to what wards and departments a sick person should be admitted.

A nurse on duty fills-in a patient's case report (case history) in which she writes down a name and initial diagnosis made by a doctor at the polyclinic (= made by a district doctor).

At the in-patient department nurses begin working early in the morning. They take patient's to, give them intramuscular and intravenous injections, take stomach juice for analysis apply cups and mustard plasters, give all prescribed medicines (remedies).

The drugs are kept in a special drug cabinet'. All medicines have labels with names and doses indicated on them.

Doctors begin to make rounds at nine o'clock in the morning.

After medical check-up (examination) doctors administer different procedures to the patients. They order electrocardiograms to be taken of some patients. Other patients are to undergo lab. tests. Some patients are administered a bed regimen, some are recommended (allowed) to have a walk, some are to follow a special diet to relieve pain in the stomach or to prevent stomach troubles.

As a rule the doctors treat their patients carefully that helps sick people to get better.

As soon as the patient is admitted to the in-patient department the ward doctor fills-in the patient's case report (case history, case record, in-patient' card, in-patient's chart – история болезни). It must include the information about the patient's parents – if they alive or dead.



The doctor must know what caused the death and at what age the parents died. It is necessary for a doctor to know if anybody in the family has ever been ill with tuberculosis or has had any mental or emotional impairments. This information composes the family history (семейный, наследственный анамнез).

The patient's medical history (case report, case record, medical in-patient card, chart) must include the information about diseases the patient had both as a child and as an adult. The doctor must know if a patient had an operation or a trauma. These finding compose the past history (PH past medical history, life history – жизненный анамнез). The patient's blood group and his sensitivity to antibiotics must be determined. The doctor writes down the obtained information in the case report.

The attending doctor must know the symptoms and complaints of patients as well as how long the people have had these complaints.

The history of present illness makes a part of a case history. The history of present illness contains a lot of findings, i.e. information of the patient on his admission, the results of laboratory tests and X-ray examination, the course of the disease with any changes in symptoms and condition, the exact doses of the administered (prescribed) medicines, the effects of treatment.

The case history must always be written, very accurately and have exact and complete information.

Words.

1. case history (case report, in-patient card, in-patient chart, case record) – история болезни;
2. to cause the death – вызывать смерть;
3. mental or emotional impairments – душевные или эмоциональные нарушения (повреждения);
4. trauma – травма;
5. past history (PH, past medical history, life history) – жизненный анамнез;
6. blood group – группа крови;
7. sensitivity – чувствительность;
8. the history of present illness – история настоящего заболевания.

Ex.1 Find Russian equivalents. Найдите русские эквиваленты:

To admit to the hospital, a reception ward, a doctor on duty, a nurse on duty, to fill-in a case report, initial diagnosis, to give intravenous injections, to give intramuscular injections, stomach troubles, bed regimen, accurately, exact, complete information, is admitted to the in-patient department, fills-in, the patient's case report, must include, if they alive or not, to cause the death, has ever been ill with, tuberculosis, any mental or emotional impairments, to compose, medical history, must include, to have an operation or a trauma, past history, sensitivity, the patient's blood group, the obtained information, symptoms and complaints.

Ex.1 Find English equivalents. Найдите английские эквиваленты.

история болезни (дать синонимы); точный полный; верный (правильный); при поступлении в больницу; результаты лабораторного обследования; течение болезни; изменения в симптомах и состоянии больного; дозы выписанного лекарства; воздействие лечения; очень точно; верная и полная информация

FIRST AID STATION

Text

The other day two medical students had a very interesting talk with Victor. Victor had graduated from the University two years before. He had been working as an ambulance doctor the First Aid Station for two years. The two friends were greatly interested in the work of the First Aid Station. Victor was glad to answer their questions. Victor said that in case of an accident or a sudden severe illness calls were made to the First Aid Station which was on duty all day round.



The First Aid Station has many ambulances which are equipped with everything necessary for giving first aid and making a diagnosis. The ambulances carry artificial respiration apparatuses, different medicines, such as painkillers, tonics and sedatives; dressings, first aid instruments, such as pincers, scalpels, syringes and others; sets of splints and stretchers. There are special ambulances equipped with everything necessary for reanimation of the organism. All ambulances are radio equipped. This is a very important thing for the ambulance doctor, because it enables him to send the necessary information to the hospital, so that the hospital can prepare beforehand all the necessary instruments for an urgent operation, a blood transfusion or anything else.

The main thing in the work of the ambulance doctor is to make a correct diagnosis quickly. The ambulance doctor must have a deep knowledge of emergency surgery, toxicology, emergency therapy, obstetrics and gynecology, because he must always do his best to give the patient a proper aid on the spot.

While working as an ambulance doctor Victor had had some interesting cases. Last June, for example, a call was made to the First Aid Station. It turned out that a man had been run over by a car. When Victor reached the place of the accident he examined the victim. The man was badly injured, he had an open bleeding wound in his leg, his arm was fractured, there were many injuries, abrasions and bruises on his face and forehead. The man lost his consciousness and was moaning all the time.

First Victor tried to arrest profuse arterial bleeding; he elevated the injured extremity carefully and applied a tourniquet to it. Next he applied a sterile gauze dressing on the man's face and forehead to prevent contamination. Then Victor examined the arm and applied a splint to it. The injection of morphine and camphor having been given, the man recovered his consciousness, but he complained of nausea. It was necessary to transport the patient to the nearest hospital without delay, because the patient was in a very poor state, in which shock might develop as well. The stretcher-bearers laid the patient down on the stretcher carefully and in 15 minutes the patient was brought to the hospital. If the ambulance doctor hadn't given the patient emergency help, the patient would have died.

Once Victor had to give first aid to a boy who was badly burned. He removed only that clothing which was absolutely necessary. The remaining pieces of the clothing were

removed from the burned surface with pincers. Victor didn't carry out any other measures to treat the burn, as excessive handling of the burned part could increase pain and cause shock. If Victor had done so, shock would have developed. The burn was covered with a sterile, dry dressing. Doing this Victor tried to handle the burned part as little as possible. As it was a severe burn involving the whole leg and the knee-joint, a splint was applied over the dressing for the immobilization of the injured extremity.

Just the other day Victor was called to a patient with myocardial infarction. Being questioned the patient said he had been suffering from a severe, squeezing pain in the substernal area for two hours. The patient had had such a pain before, but it had been relieved by nitroglycerin. This time the pain was much more severe and it didn't subside after nitroglycerin. Besides the pain radiated to the left shoulder and arm. The examination suggested myocardial infarction.

Victor came up to the ambulance and called up a thromboembolic team. Before the arrival of the thromboembolic team Victor gave the patient an injection of 1 % promidole and 0,1 % atropine, after which the pain considerably subsided. If Victor had not given the patient these injections, the pain would have been too severe. The thromboembolic team having arrived, the electrocardiogram was taken, the blood analysis was made, the prothrombin time was determined. The electrocardiogram and the blood analyses confirmed the diagnosis of myocardial infarction. The patient was transported to the hospital without delay.

Words:

- | | |
|--|--|
| 1. Syringe - шприц | 14. For reanimation of the organism — для оживления (реанимации) организма. |
| 2. Emergency – неотложный | 15. This is a very important thing — это очень важно обратите внимание на перевод слова thing после прилагательного: |
| 3. Gynaecology - гинекология | 16. The main thing is to make a correct diagnosis. Главное — это поставить правильный диагноз |
| 4. Injure – травма, повреждение | 17. he must always do his best — он всегда должен делать все возможное |
| 5. Abrasion – ссадина, царапина | 18. shock might develop as well — мог также развиться шок; to develop — развиваться, появляться. |
| 6. Bruise – синяк, кровоподтек, гематома | |
| 7. Moan - стонать | |
| 8. Elevate - поднимать | |
| 9. Tourniquet - жгут | |
| 10. Nausea - тошнота | |
| 11. Excessive - избыточный | |
| 12. Joint – сустав | |
| 13. All day round — круглые сутки | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Оборудование, первая помощь, студенты медики, закончил университет, круглые сутки, ставить диагноз, аппарат искусственного дыхания, оснащены радио, быстро, неотложная хирургия, стараться изо всех сил, потерял сознание, стонал, остановить кровотечение, осмотреть пострадавшего, положить на носилки, обожженная поверхность, перевозить пациента, сделать пациенту уколы.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To sterilize a syringe, syringes are sterilized before giving injections, an ambulance doctor must always have a syringe with him, emergency case, emergency measures, emergency surgery, emergency therapy, lectures in Emergency Surgery, to take notes of a lecture in

Gynaecology, to pass an examination in Gynaecology, injured, to injure badly, to injure seriously, to injure slightly, to be injured in an accident, to injure one's arm, to injure one's leg, to injure the kidney, to injure the liver, abrasions, a slight abrasion, bad abrasions, to get abrasions while falling down, there are abrasions on the patient's face, bruises, many bruises, there are many bruises on the patient's body, to get bruises in an accident, bruises.

Ex. 3. Answer the questions. Ответьте на вопросы.

1. With whom did medical students have a very interesting talk the other day?
2. When did Victor graduate from the University?
3. Where had Victor been working for two years?
4. What do ambulances carry?
5. What is the main thing in the work of the ambulance doctor?
6. What knowledge must the ambulance doctor have?
7. What did Victor do to arrest profuse arterial bleeding?
8. Why did Victor apply a sterile gauze dressing?
9. What injection did Victor give the man?
10. What did the man complain of after he recovered his consciousness?
11. Why was it necessary to transport the man to the nearest hospital without delay?
12. What did the stretcher-bearers do?

HEALTH CARE IN RUSSIA.

Text

The characteristic feature of health care in Russia is the attention paid to the prophylaxis. One of the main tasks is the fight against various diseases is the early detection of the first signs of the diseases. That's why much attention is paid to the health education of the population.

The primary medical care is provided by polyclinics. Modern polyclinics are large, they have their own laboratories and X-ray, physiotherapy (medical treatment), surgical and dental departments. There are polyclinics for adult patients and for children. Out-patients are seen at the polyclinics by district doctors.

The emergency ambulance service operates day and night and is free of charge. A person has to dial 03 for a doctor to come.

Specialized hospitals in big cities are for the treatment of particular diseases –infectious diseases and mental impairments, cancer, eye diseases and others. Nowadays there are a number of private diagnostic and consultation centers, general hospitals specialized clinics in Russia. Medical and health care is provided with compulsory and voluntary medical insurance programs set up by the State via [vaiə] private insurance companies.

Words:

1. health care-здравоохранение
2. district doctor-участковый врач
3. emergency ambulance service –скорая (неотложная) помощь
4. primary medical care- первичная медицинская помощь
5. to be equipped with- быть оборудованным чем-либо
6. qualitative-качественный
7. mental impairment [im'preəmənt]-умственное расстройство
8. medical insurance - медицинское страхование

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Раннее выявление; санитарное просвещение, взрослые пациенты, участковые врачи, работает день и ночь, надо набрать 03, определенные заболевания, обязательное и добровольное страхование.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

the attention paid to the prophylaxis; the fight against various diseases; polyclinics for adult patients and for children; are for the treatment of particular diseases .

Ex.3 Answer the questions. Ответьте на вопросы.

1. What is the characteristic feature of health care in Russia?
2. Why is much attention paid to the health education of the population?
3. What is primary medical care provided by?
4. Is ambulance service free of charge in our country?
5. What are specialized hospitals for?

HEALTH CARE IN THE USA

Text

Health care system in the USA exists on three levels: the level of the family doctor, the medical institution or hospital and the United States Public Health Service. Not many Americans seek medical help from private doctors.

A private doctor, they call him a family doctor, gives his patients regular examinations and inoculations. In case professional care is needed, the family doctor arranges for the patient to see a specialist or to go to a hospital. The family doctors' receives pay directly from the patient. Most physicians have private practices. They make use of the hospital's facilities whenever necessary. A family doctor either has his own private office or works with several other doctors in a so-called group practice.

Many Americans have no family doctor and they come directly to the hospital for all their medical needs. The hospital provides health care to the sick and injured. They have government-financed and private hospitals. The patients are admitted to hospitals or clinics staffed by consulting physicians, residents, interns and highly skilled nurses. The nursing staff is very important. Nurses and patients are in close contact throughout the patients' stay in the hospital. Social services are available to the patients and families regarding personal, emotional, and financial problems that may arise from continued illness or disabilities.

Most hospitals have the following major departments or units: surgery, obstetrics and gynecology, pediatrics and general medicine. They may also have trauma and intensive care units, neurosurgical and renal care units, and a psychiatric unit. The emergency room (unit) is a very special area in the hospital. The emergency patients receive immediate attention.

The cost of medical care in country is very high. Two thirds of the population has private health insurance. Some people have health insurance, life insurance (financial assistance for the relatives in case of death), disability insurance and retirement benefits at their place of employment. Most employees and their families now pay more than 50 per cent of the costs of health insurance. The great cost of medical care in the country and a lot of people who could not pay for it forced the federal government to develop two health insurance programs – Medicaid and Medicare.

Medicaid, started in 1966, is a federal program providing free medical care for low-income people, the aged, the blind and for dependent children.

Medicare, started in 1967, is a health insurance program for the elderly and disabled. It provides free medical care aged Americans over 65, for those who in the past had the greatest medical expenses.

The chief scientific problems facing USA medicine are: heart disease and cancer. The chief causes of suffering and death today are cancer and cardiovascular disease, including hypertension, stroke and atherosclerosis. Also much medical research is done on illnesses of aging, disabilities caused by arthritis, mental illness, drug addiction, and genetic problems.

Words:

- | | |
|--|--|
| 1. private doctor – частный врач | медицинское обслуживание |
| 2. to inoculate - делать прививку | беднякам и инвалидам. |
| 3. inoculation – прививка | 9. Medicare-правительственная |
| 4. consulting physician – врач-консультант | программа, предусматривающая |
| 5. disability - нетрудоспособность, инвалидность | частичную оплату медицинского обслуживания престарелым за счет страхования, остальную часть – за счет государства. |
| 6. retirement - пенсия | 10. dependent children - |
| 7. stroke - инсульт | несовершеннолетние дети |
| 8. Medicaid - социальная правительственная обеспечивающая бесплатное | 11. the aged - пожилые |
| | 12. the blind - слепые |
| | 13. the disabled - инвалиды |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Здравоохранение; нуждаются в медицинской помощи; больницы, финансируемые государством; урологическое отделение; пособие по инвалидности; люди с низкими доходами; престарелые; бесплатная медицинская помощь; заболевания сердца; генетические проблемы.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To give regular examinations and inoculations; to arrange; to receive pay directly from the patient; private practices; the hospitals facilities; provides health care; highly skilled nurses; are in close contact; social services; emergency patients; health insurance; scientific problems.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What kinds of hospitals are there in the USA?
2. What duties does a private doctor have?
3. Who works at the American hospitals?
4. Do social services help people at the hospitals?
5. Do nurses work in close contact with patients?
6. What are the departments of hospitals?
7. Is the cost of medical care high in the USA?
8. Are there people who can't pay for medical care?
9. What are Medicaid and Medicare?
10. What are the main problems of medical science in the USA?

HEALTH CARE IN GREAT BRITAIN

Text

In Great Britain the National Health Service (NHS) provides free medical care both in hospitals and in the out-patient clinic. Free emergency medical treatment is given to any visitor from abroad who becomes ill while staying in the country. But those who come to England specifically for treatment must pay for it.

The general practitioner services include the family doctor service, the dental service, the pharmaceutical service and the ophthalmic service. If a patient is dissatisfied with NHS or family doctor, or a dentist, he may change to another one. In fact, 97% of the population uses the NHS. It is necessary to say about the role of the family doctor (General Practitioner – GP), which is very important. As a rule, not all patients need highly specialized attention and GP does 90% or so of the total medical work. Family doctors work in close cooperation with the hospital doctors.

A patient in England may choose between NHS or private treatment. Many people who have enough money prefer to be private patients because they want to establish a closer relationship with the doctor and they do not want to be put in a large ward with other patients.

In big cities there are some private hospitals which people may use.

There are many small hospitals with only about 200 beds in Great Britain.

Most of them are housed in inconvenient buildings because they are over 100 years. They are not economical and cannot provide a full range of service which requires a district hospital of 800 beds or more. Now there are more than 150 big health centers in the UK. The first Scottish health center was opened in Edinburgh in 1953. Health centers are institutions where various medical services both preventive and curative are brought together.

Health centers provide all the special diagnostic and therapeutic services family doctors may need, such as electrocardiography, X-ray, physiotherapy and good administrative and medical records systems. Health centers are the basis of primary care. They provide consultant services in general medicine, ear-nose-throat diseases, obstetrics and surgery, gynecology, ophthalmology, psychiatry and orthopedics. All consultations in the center are by appointment only. The patient is given a definite time at which to attend. Each doctor decides for himself how many patients he can examine in one hour.

The patient is the most important person in the health center and the doctors should direct all their energy towards helping him as much as possible.

Words:

1. To be dissatisfied - быть неудовлетворенным
2. Close cooperation - тесное сотрудничество
3. Enough- достаточно
4. Inconvenient - неудобный

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Национальная система здравоохранения; оказывается; население; как правило; нуждаться; работают в тесном сотрудничестве; индивидуальное лечение; быть помещенным; помещены, центр здоровья; рентгенологическое обследование;

электрокардиограмма; основа; хирургия; только по назначению; определенное время; за час.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Our-patient clinic; free medical care; may change; highly specialized attention; to provide; a full range of service; are housed; preventive and curative; by appointment; a definite time; towards.

Ex.3 Answer the questions. Ответьте на вопросы.

1. Where does the NHS provide free medical care in Great Britain?
2. How do doctors help foreign visitors and citizens of the country?
3. What do the general practitioner services include?
4. Is GP's role important in GB? Why?
5. Why was it necessary to build new and big hospitals in Great Britain?
6. Health centers provide all special diagnostic and therapeutic services family doctors may need, don't they?
7. Can a patient come to the center without appointment?
8. Should doctors do their best to help patients as much as possible?



AT THE CHEMIST S



When you are ill you consult a doctor. He prescribes you the treatment and writes out a prescription.

At the chemist's you can get patent medicines of all kinds: ampules of glucose and camphor for injections, different pills, tablets and powders, cough mixtures, heart drops, nasal drops, vitamins, cod liver oil, ointments, sleeping draughts, laxatives, sedatives, bandages, adhesive plasters, mustard plasters, bottles of iodine.

There are usually two departments in a large chemist s at the chemist s department one can have the medicine immediately, other drugs have to be ordered at the prescription department.

At the chemist's all medicines are kept in drug cabinets, on the open shelves and in the refrigerator. Every small bottle, a tube or a box has a label with the name of the medicine. There are labels of four colours: green labels indicate medicines for internal use; blue labels indicate drugs for injections, labels of a yellow colour indicate drugs for external application and labels of a pink colour indicate drugs for the treatment of eye diseases. The single dose and the total dosage are indicated on the label.

At the chemist's one can buy different drugs for intramuscular and intravenous injections, tubes of ointments, different pills and tablets for internal use, tonics and sedatives; drugs for cough and headache; cardiac medicines; herbs and things for medical care (hot-water bottles, medicine droppers, cups, thermometers) and many other things.

One must be careful using medicine.

Words:

1. A chemist - аптека
2. a chemist s department - отдел ручной продажи
3. a prescription department - рецептурный отдел
4. for internal use - для внутреннего использования
5. for external application - для внешнего использования
6. to indicate - указывать, показывать
7. cod liver oil - рыбий жир
8. infusion - настой
9. drops - капли

10. tincture - настойка
11. powder - порошок

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Лечение; выписывать рецепт; различные таблетки; снотворное; слабительное средство; рыбий жир; два отдела; внутримышечные и внутривенные

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

you can get patent medicines of all kinds; have to be ordered at the prescription department; all medicines are kept in drug cabinets; drugs for external application; must be careful using medicine.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What can you get at the chemist's
2. How many departments are there in a large chemist's?
3. Where are all medicines kept in?
4. What do labels of four colours mean?
5. How must we use medicine?

DRUGS

The metric system is used exclusively when ordering and prescribing drugs. The metric unit of weight is the gram (g) and this is divided into thousandths called milligrams (mg).

The unit of volume is the liter (l) which is subdivided into thousandths called milliliters (ml). A liter is equivalent to just under two pints. The standard medicine teaspoon holds 5 ml.

Various reference books are available to help practitioners keep up to date with new drugs, the trade names of drugs, dosages and precautions with particular drugs. Manufacturers are also legally required to provide data sheets for all new drugs, giving full details of usage.

Drugs may be administered externally or internally.

Drugs are classified into groups which have a specific action, such as antibacterial drugs, which are used for the treatment of infections, or local anesthetics, which abolish pain. Some drugs belong to more than one group. For example, lignocaine, which is local and surface anesthetic. Let's take antibacterial drugs as an example.

They are administered internally to kill bacteria.

Antibiotics are drugs originally derived from microorganisms: for example, penicillin, tetracycline, and erythromycin. Many people are allergic to penicillin and its derivatives. If such people are given any of these drugs they are liable to develop a dangerous reaction. Patients must always be asked beforehand if they are allergic to penicillin or any other drugs.

There are strict legal requirements for the purchase, storage, use, identification, dispensing and prescription of drugs.



Many drugs are poisonous if taken accidentally or in excess; others caustic and may cause painful burns. Some common sense precautions in storing drugs are to keep them well away from food and drinks; keep poisons locked up in a special poisons cabinet; and to keep caustics on the lowest shelf where accidental spillage cannot affect the eyes or burn the face.

Stocks of drugs must be stored in accordance with manufacturers' instructions and not kept beyond their expiry date. Records of their purchase, supply and expiry date must be kept for at least 11 years. Any drugs which have passed their expiry date should be discarded, together with any solutions which have become discolored or cloudy.

Certain drugs, such as adrenaline, halothane and hydrogen peroxide must be stored in dark bottles to prevent premature deterioration, while poisons bottles are ribbed to indicate by touch that their contents are dangerous.

Words:

- | | |
|--|--|
| 1. drug - лекарство, наркотик | 16. liable - подверженный, склонный |
| 2. exclusively - исключительно | 17. beforehand - заранее |
| 3. prescribe - предписывать | 18. order – заказывать |
| 4. volume - объем | 19. just under two pints – приблизительно двум пинтам |
| 5. reference book - справочник | 20. various reference books are available – существуют самые различные справочники |
| 6. available - доступный | 21. keep up to date with new drugs – осваивать новые препараты |
| 7. precaution - осторожность, противопоказание | 22. trade names – торговые знаки (зарегистрированные фирменные названия, например, лекарств) |
| 8. data sheet - вкладыш – инструкция | 23. to provide data sheets – обеспечить вкладышем – инструкцией |
| 9. administer - назначать, применять, давать (лекарство) | 24. which abolish pain – которые действуют обезболивающе |
| 10. externally - наружно | |
| 11. anesthetic - анестетик | |
| 12. abolish - снимать, устранять | |
| 13. kill - убивать | |
| 14. derive - происходить от | |
| 15. derivatives - производные | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

метрическая система, деленные на тысячные доли, стандартная чайная ложка содержит 5 мл, торговый знак, в соответствии с законом, представляя детальное предписание по употреблению, внутреннее или наружное применение, классифицироваться по группам, местное обезболивающее, получаемые из микроорганизмов, быть аллергическим, опросить заранее.

Ex.2 Answer the questions. Ответьте на вопросы.

1. What system is used when ordering and prescribing drugs?
2. What is the metric unit of weight?
3. What units of volume do you know?
4. Why are reference books useful to practitioners?
5. Who are legally required to provide full details of new drugs usage?
6. How are drugs administered?
7. What groups are drugs classified into?
8. Do drugs belong only to one group?
9. What is the aim of administering antibacterial drugs?

10. What are antibiotics originally derived from?
11. What reaction can develop if the people are allergic to some drugs?

INFECTIOUS DISEASES

Infection means invasion of the body by microorganisms which are harmful. Every infectious disease has its own specific way of invasion into a human body. Infection may pass from one person to another through blood, stools, saliva, instruments; it may enter the body through skin cuts, it may be swallowed.

There are intestinal infections, which are spread through intestines and stools; infections of the respiratory tract, which are spread during coughing or talking; skin infections and infections spread by living insects.

All the infectious diseases are divided in several stages. They are: 1) the period of incubation, 2) the prodromal stage during which the initial symptoms may appear, 3) the stage of a fully developed disease, 4) the stage of decline

To establish a proper disease it is necessary to do some laboratory tests at the right time and in the right place.

Characteristic symptoms of the diseases may be local and systemic. Symptoms vary according to a disease, but a sore throat, sneezing, nausea and vomiting, restlessness and prostration, pain in the limbs and back, rash may occur among the most characteristic local symptoms.

A lot of disease may begin with these symptoms.

It is necessary for a medical staff to be careful during physical examination of the infected patients. There are two important steps which mustn't be omitted: to take the temperature and examine the throat. A nurse who looks after the infected person must wear a special gown and a mask. She must wash her hands with soap as often as she can, she must be very careful to prevent the spread of the infection.

Words:

- | | |
|----------------------------------|--------------------------------|
| 1. infection - инфекция | 5. respiratory - респираторный |
| 2. infectious - инфекционный | 6. insect - насекомое |
| 3. invasion - инвазия, вторжение | 7. prodromal - предшествующий |
| 4. intestinal - кишечный | 8. decline - упадок, стихание |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Микроорганизмами; может переходить; через порезы в коже; можно проглотить; во время кашля или разговора; распространяемые живыми насекомыми; делятся; чтобы осмотреть горло; ухаживать за инфицированным больным; предотвратить распространение инфекции.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Invasion of the body; specific way of invasion; it may be swallowed; through intestines and stools; skin infections; are divided; fully developed disease; characteristic symptoms; rash may occur; medical staff; must be very careful.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What does infection mean ?
2. In what ways may infection pass?

3. What kinds of infections are there ?
4. How many stages are infectious diseases divided in ?
5. What is necessary for a medical staff during examination of the infected patients ?
7. What are the main tasks for nurses?

SWINE INFLUENZA

Swine influenza is a new highly infectious respiratory disease of pigs caused by influenza a (H1N1) that was not previously detected in swine or humans. Infection in human is a result of close contact with infected animals. Later the infection is spread by human-to-human transmission. If efficient human-to-human transmission is established, a pandemic is possible.

Symptoms of H1N1 influenza (swine flu) are the same as of seasonal influenza: fever, cough, a sore throat, body aches, headache, chills and fatigue, diarrhea, nausea and vomiting.

Persons with these symptoms should stay at home, avoid close contact with people who are not sick, wash their hands often, avoid touching their eyes, nose and mouth and should call their districts doctor immediately. The duration of illness is typically 4-6 days.

If swine flu is suspected, the doctor should obtain a respiratory swab for H1N1 influenza testing and send it to the laboratory for diagnostic study.

Treatment of a patient ill with swine flu, is largely supportive and consists of the following: a doctor must give a patient a sick list or take him to the hospital prescribe him a bed regimen, much fluid to drink, cough suppressants, may require intravenous injection and others supportive measures.

If there is a confirmed case of H1N1 flu, preventive measures are recommended. Schools and colleges should be closed for some time. Children and students must avoid all meetings. Duration of schools and colleges closing depends on epidemiological findings.

Words:

- | | |
|-----------------------------------|--|
| 1. pandemic - пандемия | 7. respiratory swab - мазок из верхних дыхательных путей |
| 2. chills - озноб, дрожь | 8. cough suppressants - противокашлевое средство |
| 3. fatigue - усталость, утомление | 9. antipyretic - жаропонижающее средство |
| 4. diarrhea - понос | 10. to confirm - подтверждать |
| 5. nausea - тошнота | |
| 6. vomiting - рвота | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Инфекционное респираторное заболевание; вызванное; тесный контакт; распространяется; устанавливается; озноб и усталость; тошнота и рвота; участковый врач; продолжительность заболевания; подозревается; мазок из верхних дыхательных путей; поддерживающий; пить много жидкости; внутривенная инфекция; предупредительные меры; должны избегать встреч; показатель.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Highly infectious disease ; close contact ; infected animals ; human -to-human transmission ; seasonal influenza ; should call a district doctors ; should obtain a respiratory swab ; antipyretics and analgesics for fever; other supportive measures ; schools and colleges should be closed ; depends on epidemiological findings

Ex.3 Answer the questions. Ответьте на вопросы.

1. What is swine influenza ?
2. How is swine influenza spread ?
3. Is pandemic of swine influenza possible ?
4. What are the symptoms of swine influenza?
5. What is the treatment of swine flu ?
6. Should a patient stay at home if he becomes ill?
7. What are the tasks of a district doctor?
8. What preventive measures are recommended if there is a confirmed case of a swine flu ?

INFLUENZA

Part I

Influenza is a very infectious disease. The disease can be mild or severe.

The symptoms of influenza are: high temperature, head-ache, general pains.

In most cases the patient must stay in bed, be warm, drink much water. The patient must stay in bed until the temperature is normal and for the next two or three days he may be up for only short periods. After influenza patients feel weak and often depressed.

As influenza is very infectious you must remember:

Never shake hands when you have a cold. Colds pass through the hands. But don't say: "I cannot shake hands. I have a cold." Let it be as if you forgot to shake hands. But you must be very polite in speech.

Part II

A 40-year old man came home from his work. In the evening he felt a had headache and cold. Next morning his wife called a doctor. The doctor examined the man and found all the symptoms of influenza. The man complained of pains in the head, back, eyes, limbs and joints. His temperature was 38.5°C (thirty-eight point five). He was hoarse and had a bad cough. He often sneezed. The doctor prescribed some medicine to the man and told him to keep in bed for some days. The man took the medicine regularly and stayed in bed. In a few days the temperature became normal, there was no pain in the limbs and joints but he remained hoarse for several days. In two weeks he was well again and went to work.

Words:

1. influenza – грипп вирусный, инфлюэнца
2. mild – легкий
3. depressed – подавленный
4. joints – сустав
5. to be hoarse – охрипнуть
6. to sneeze- чихать
7. to stay- оставаться

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Заразная болезнь, симптомы гриппа, головная боль, чувствовать слабость, передается при рукопожатии, вызвать врача, осмотреть мужчину, жаловаться на головную боль, охрипнуть, сильно кашлять, прописывать лекарство, принимать лекарство, чихать, выздоравливать.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

A very infectious disease, the symptoms of influenza, general pains, high temperature, head-ache, to stay in bed, to feel weak, to have a cold, to call a doctor, the symptoms of influenza, a bad cough, to take the medicine, pain in the limbs and joints,

Ex.3 Answer the questions. Ответьте на вопросы .

1. Do you know the symptoms of influenza?
2. How long must the patient stay in bed?

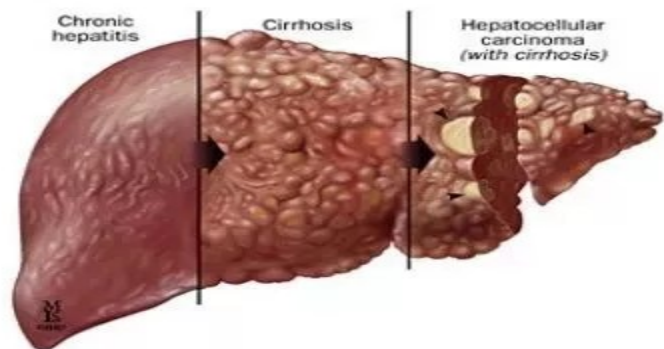
3. How does the patient feel after influenza?
4. When did the man feel a had headache and cold?
5. Who called a doctor?
6. What did the man complain of?

Hepatitis

- Hepatitis is a general term referring to inflammation of the liver

- Causes:

- Infectious
 - Viral
 - Bacterial
 - Fungal
 - Parasitic
- Non infectious
 - Alcohol
 - Drugs
 - Autoimmune
 - Metabolic diseases



This is quite a common disease and every now and then one hears of someone who has jaundice. The disease is acquired by drinking, or eating anything contaminated by the hepatitis virus, which is passed in the infected person's stool.

The presence of hepatitis is a pointer to the inadequate arrangements of safe water supply and sewage disposal in a locality. The virus is very resistant and even boiling does not destroy it.

There is fever, loss of appetite, vomiting and pain in the upper abdomen. Loss of appetite and a feeling of being ill is out of proportion of the fever. Even the smell or sight of food may make the person sick. In 4-5 days the urine becomes dark in colour, and later the eyes and skin become yellow. Gradually, the appetite returns and the fever comes down.

The child should remain in bed as long as he has fever and feels ill. Once his appetite returns he can play about in the house, but should not go to nursery school till jaundice has disappeared and he feels quite well.

In the acute stage, the child should be encouraged to drink sweet drinks such as orange juice. Sugarcane juice is excellent. Sugar is good for recovery of the liver.

As the appetite returns, ordinary household food can be given, but you should cut down on butter, oil, fried food.

Words:

- | | |
|----------------------------|------------------------|
| 1. Jaundice - желтуха | 4. Resistant - стойкий |
| 2. To cut down - исключить | 5. Disease - болезнь |
| 3. Sewage - сточные воды | 6. Boiling - кипение |

7. Vomiting - рвота

Ex.1 Find English equivalents. Найдите английские эквиваленты

остаточно распространенное заболевание; вирус очень устойчив; потеря аппетита; рвота и боль в верхней части живота; моча становится темного цвета.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

The presence of hepatitis; even boiling does not destroy it; the eyes and skin become yellow; the child should remain in bed; ordinary household food can be given.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What kind of disease is hepatitis?
2. Name the common sources of hepatitis?
3. Does boiling destroy it?
4. When does the urine become dark in colour?
5. What are the typical symptoms of hepatitis?

DIPHTHERIA

Diphtheria is a highly contagious disease which mainly effects the throat. The symptoms are sore throat, fever, headache. There is difficulty in swallowing. There is a whitish patch in the throat and if it spreads to the windpipe, there is difficulty in breathing. The child looks ill and toxic. The disease can lead to many complications of nerves, heart and kidneys, and sometimes an emergency operation (tracheostomy) may have to be done if the windpipe gets blocked with the membrane and the child has difficulty in breathing. The child will have to be hospitalized in an infectious diseases hospital for 3-4 weeks, and then convalescence proceeds at home for a few weeks more. This disease can be prevented by immunizing the child.

Words:

- | | |
|---|----------------------------------|
| 1. contagious - заразный | 6. windpipe - дыхательное горло |
| 2. to effect - поражать | 7. complication - осложнение |
| 3. whitish - беловатый | 8. emergency - неотложная помощь |
| 4. patch - налет | 9. convalescence - выздоровление |
| 5. to spread - распространять, расстилаться | 10. to proceed - продолжать |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Беловатый налет, заразное заболевание, трудности при дыхании, дыхательное горло, заболевание можно предупредить.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Difficulty in swallowing, to look ill and toxic, heart and kidneys, have to be hospitalized in an infectious diseases hospital, can be prevented by.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What kind of disease is diphtheria. ?
2. What are the main symptoms of diphtheria?
3. Can the disease lead to many complications of nerves, heart and kidneys?
4. Can diphtheria be prevented by immunizing the child ?

SCARLET FEVER

Scarlet fever (also called scarlatina in older literature) is an infectious disease which most commonly affects 4–8-year-old children and only sometimes in grown-ups.

There is no vaccine, but the disease is effectively treated with antibiotics. Most of the clinical features are

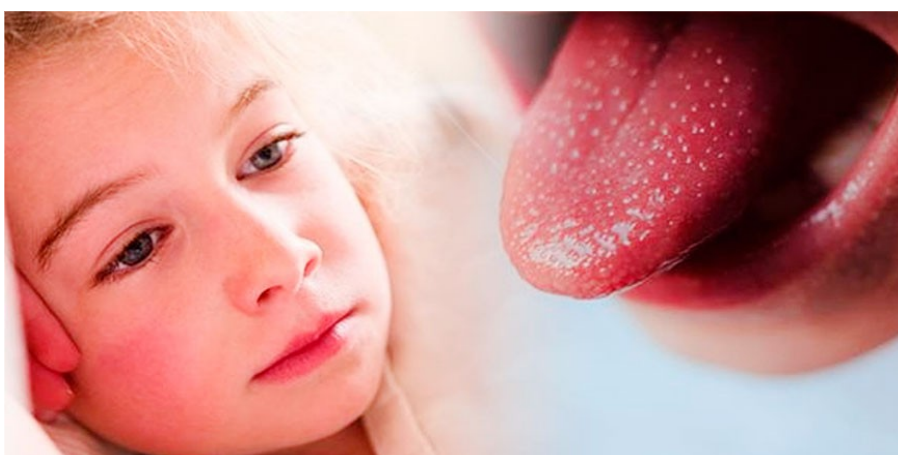
caused by erythrogenic toxin, a substance produced by the bacterium *Streptococcus pyogenes* (group A strep.) when it is infected by a certain bacteriophage.

Before the availability of antibiotics, scarlet fever was a major cause of death. It also sometimes caused late complications, such as glomerulonephritis and endocarditis leading to heart valve disease, all of which were protracted and often fatal afflictions at the time.

It is important to recognize that strains of Group A Strep which produce the erythrogenic toxin are not inherently more dangerous than other strains which do not; they are merely more easily diagnosed because of the characteristic rash.

The disease passes from one person to another through the nose and mouth. Scarlet fever is usually spread by inhalation. Symptoms include sore throat, fever and a characteristic red rash. The beginning of the disease is quick. The patient has a sore throat, fever, headache and he often vomits. The face is flushed and the skin feels hot and dry. The temperature rises quickly on the first day and remains high for a few days. The rash appears on the second day. After the temperature falls the skin begins to peel.

We must isolate the child with scarlet fever and put him in bed. When the temperature is high the nurse gives him fluid diet and when the temperature falls she gives him nourishing food.



Words:

- | | |
|-------------------------------|-----------------------------|
| 1. Scarlet fever - скарлатина | 5. rash - сыпь |
| 2. to pass - переходить | 6. to peel - шелушиться |
| 3. through - через, сквозь | 7. to isolate - изолировать |
| 4. to vomit - страдать рвотой | 8. nourishing - питательный |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

эффективно лечится с помощью антибиотиков; клинические признаки, инфракрасный токсин, вещество, основные причина смерти; осложнения; ведущих к пороками клапанов сердца, смертельные недуги; штаммы Группы Стрептококковое, более легко диагностировать.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Before the availability of antibiotics; the characteristic rash; from one person to another; a sore throat, fever, headache; fluid diet; him nourishing food.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What kind of disease is scarlet fever?
2. What are the first symptoms of scarlet fever?
3. How can the disease pass from one person to another?
4. What diet must a child with scarlet fever have?

SYPHILIS

Syphilis is a sexually transmitted disease (STD). Syphilis can affect men, women and infants.

Syphilis is dangerous, but it is easily treated if it is diagnosed early. If left untreated, it can cause blindness, insanity, paralysis, heart disease or death. Symptoms may appear 10-90 days after exposure. Symptoms of syphilis are divided into four stages:

Stage One: The main symptoms in this stage are: swelling of the

glands and the appearance of chancres, which are usually seen on genitals, the mouth or anus. Chancres are very infectious. Chancres in women may not be noticed because they may occur inside the vagina. Chancres are not painful.

Stage Two: After the chancre is gone, a rash appears on the hands and feet. The lymph glands swell, the throat may be sore, patches appear in the mouth. There may be bumps around the genitals and the mouth. The bumps are very infectious. Other symptoms are: hair loss, loss of appetite, nausea, joint or bone pain.

Stage Three: This latent stage may last many years. Some people may have lesions in bones, skin, nervous tissue and the heart. It is not infectious stage.

Stage Four: Heart problems, skin rashes, bone and joint pain develop. There are many other problems such as insanity, slurred speech, senility or paralysis. If left untreated syphilis may cause death.

A pregnant woman with syphilis can infect her unborn child. She may experience miscarriage, stillbirth or give birth to a child with birth defects: blindness, brain damage or other problems with growth and development.

Those who have number of sexual partners and unprotected sex have a greater risk to be infected by syphilis. The use of condoms can prevent the spread of syphilis. Avoiding multiple sexual partners is also helpful.

Syphilis is diagnosed on fluid from chancres at the first stage. At the three later stages a blood test is needed to detect the disease.



Syphilis is treated with penicillin. Syphilis is curable if treated in time. It is very important to take all the medications the physician prescribes.

Words:

- | | |
|---------------------------------|--|
| 1. insanity - умопомешательство | 7. lesion - повреждение, поражение |
| 2. chancre - шанкр, язва | 8. slurred - неразборчивый |
| 3. patch - пятно | 9. senility - дряхлость |
| 4. bump - шишка | 10. miscarriage - выкидыш |
| 5. constipation - запор | 11. still birth - рождение мертвого
плода |
| 6. nausea - тошнота | 12. damage - повреждение |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Болезнь, передающаяся половым путем; может поражать; если оставлен без лечения; может вызвать; могут появиться; после заражения; четыре стадии; основные симптомы; можно не заметить; не болезненный; лимфатические железы опухают; пятна появляются; потеря волос; потеря аппетита; боль в суставах или костях; проблемы с сердцем; беременная женщина; врожденные дефекты; незащищенный секс; лечится.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

It is easily treated; if left untreated; can cause blindness; heart disease; after exposure; swelling of the lymph glands; may not be noticed; inside vagina; after the chancre is gone; constipation; lesions in bones; many other problems; syphilis may cause death; may experience miscarriage; sexual partners; to be infected by syphilis; is needed to detect; with penicillin.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What is syphilis?
2. When do symptoms appear after exposure?
3. How many stages is the disease divided in?
4. What are the main symptoms of the first stage?
5. Are chancres painful? Are they infectious?
6. What is the last stage characterized by?
7. What problems may a pregnant woman with syphilis have?
8. How do people may prevent the risk to be infected by syphilis?

GONORRHEA

Gonorrhea is a sexually transmitted disease. Bacteria infect men women and infants. Symptoms of gonorrhea usually appear two days to three weeks after a person had a contact with the infection. The most frequent symptoms are vaginal discharge, painful, burning sensation with urination, lower abdominal pain and fever. Gonorrhea infections are often spread during vaginal, oral or anal sexual contact. Babies can get gonorrhea during birth if the mother has this infection. In many cases it is difficult to detect the symptoms of gonorrhea. The only sure way to know about the infection is to be tested. Diagnosis is made by culturing material from the cervix (in women). The sample is sent to a laboratory for testing. Gonorrhea must be treated. If left untreated gonorrhea can cause permanent damage

to the reproductive organs, tubal pregnancy and sterility. Gonorrhea can be cured with antibiotics (usually penicillin, erythromycin or tetracycline).

You can prevent a gonorrhea infection. You should not have sex with anyone. You should have sex with non-infected partner who has sex only with you. The best protection from gonorrhea is using condoms during sexual activity. If you suspect that you have exposed to gonorrhea, see a doctor at once.

Words:

- | | |
|-------------------------------|------------------------------|
| 1. gonorrhea - гонорея | 7. diagnosis - диагноз |
| 2. to appear - появляться | 8. cervix - шейка матки |
| 3. discharge –
выделение | 9. damage - вред |
| 4. vaginal-
вагинальный | 10. pregnancy -беременность |
| 5. urination - мочеиспускание | 11. sterility - стерильность |
| 6. to detect - определять | 12. to cure - лечить |
| | 13. condom - презерватив |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Болезнь, передающаяся половым путем; заражать, обычно появляются; имел контакт; наиболее часто встречающиеся симптомы; вагинальные выделения; болезненное чувство; чувство жжения; боль внизу живота; во время родов; трудно определить; надежный способ; обследоваться; выращивание бактерий; может вызвать; внематочная беременность; можно вылечить; можно предотвратить; лучшая защита; вы заразились.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

A sexually transmitted disease; to infect infants; the most frequent symptoms; burning sensation with urination; lower abdominal pain; it is difficult to detect; the only sure way; to be tested; culturing material from the cervix; if left untreated; permanent damage; reproductive organs; tubal pregnancy; to prevent; non-infected partner; sexual activity; to expose to gonorrhea.

Ex.3. Answer the questions. Ответьте на вопросы:

1. What is gonorrhea?
2. When do symptoms of gonorrhea usually appear?
3. What are the most frequent symptoms of gonorrhea?
4. Can babies get gonorrhea?
5. Is gonorrhea dangerous disease for women?
6. What can gonorrhea cause if it is not treated?
7. Can gonorrhea be cured? With what?
8. In what way can you prevent a gonorrhea infection?

YEAST INFECTIONS

Yeast infection is caused by a fungus. Certain types of yeast may present in the mouth, bowels, vagina and skin. Under certain conditions (for example, using of antibiotics for different illnesses, diabetes, etc.) an overgrowth of yeast occur. The symptoms of yeast are: itching and burning within the vagina and on the outer parts of female genitals, white discharge, unpleasant odor, discomfort during or after sexual contact, pain or burning when passing urine. The disease is diagnosed by examining of a discharge sample under a

microscope. Yeast must be treated only by a doctor. There are many drugs of treatment of yeast, most are creams and suppositories. It is important that the treatment be continued for the entire time the medicine was prescribed. You must remember that if the medication is stopped too soon the infection can return. You must also remember that self-treatment is not a good idea. Yeast infection can be prevented by keeping hygiene of genitals.

Words:

1. yeast - грибок дрожжи
2. fungus - гриб
3. bowel - кишка
4. to occur - случаться, происходить
5. itching - зуд
6. burning - жжение
7. genital - половой, pl. половые органы
8. odor - запах
9. discharge – мед. выделение

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Вызываются грибами, определённые типы дрожжей, использование антибиотиков, различные заболевания, происходить, симптомы грибов, белые выделения, боль и жжение во время мочеиспускания, заболевание диагностируется, под микроскопом, лечение дрожжей, было выписано лекарство, слишком быстро, медикаментозное лечение, может быть предотвращено.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Yeast infection; to cause; is caused; bowels; under certain conditions; different illnesses; overgrowth; itching; burning within the vagina; outer parts of female genitals; sexual contact; to pass urine; to diagnose a disease; to examine a discharge sample; to continue treatment.

Ex.3 Answer the questions. Ответьте на вопросы:

1. What is yeast infection caused by?
2. When can an overgrowth of yeast do you know?
3. What are the symptoms of yeast?
4. How is the disease diagnosed?
5. What is important to remember when the disease is treated?
6. When can the infection return?
7. Is self-treatment a good idea?

TRICHOMONIASIS

Trichomoniasis is a sexually transmitted disease (STD), that affect both women and men, although symptoms are more common in women.

Trichomoniasis is caused by the single-celled protozoan parasite. The vagina is the most common site of infection in women, and the urethra is the most common site of infection in men. Women can acquire the disease from infected men or women, but men usually contract it only from infected women.

Symptoms usually appear in women within 5 to 28 days of exposure. Signs of infection include yellow-green vaginal discharge with a strong odor, discomfort during urination and

intercourse, as well as irritation and itching of the female genital area. Some men have an irritation inside the penis, mild discharge, or slight burning after urination.

Pregnant women with trichomoniasis have babies who are born early or with low birth weight.

For both men and women a physical examination and laboratory test must be done to diagnose trichomoniasis.

Trichomoniasis can usually be cured by prescription drugs. It is important that both partners should be treated at the same time to eliminate the parasite.

The surest way to avoid infection is to abstain from sexual contacts with different partners. It is desirable to be in relationship with a partner who has been tested and is known to be uninfected.

Words:

- | | |
|-----------------------------------|------------------------------------|
| 1. trichomoniasis - трихомониаз | 8. to acquire - приобретать |
| 2. vagina - вагина, влагалище | 9. to contract - подхватить |
| 3. single-celled - одноклеточный | 10. intercourse - половые сношения |
| 4. protozoa - простейший организм | 11. itching - зуд |
| 5. parasite - паразит | 12. to eliminate - устранять |
| 6. u | 13. to abstain - воздерживаться |
| 7. rethra - мочевого канал | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Болезнь, передающаяся половым путем; вызывается; паразит; самое распространенное место инфекции; подхватить; симптомы обычно появляются; признаки; выделение; жжение и зуд; беременные женщины; лабораторный анализ; можно вылечить; уничтожить; самый надежный способ; воздержаться; желательно; который обследован.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Both women and men; are more common; within 5 to 28 days of exposure; signs of infection; with strong odor; female genital area; with low birth weight; must be done; different partners; the surest way; to be in relationship.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What is trichomoniasis?
2. What is trichomoniasis caused by?
3. What is the most common site of the infection in women? In men?
4. What are the signs of the infection?
5. Why is it dangerous for a pregnant woman to be infected with trichomoniasis?
6. What must be done to diagnose the infection?
7. What must trichomoniasis be cured by?
8. How may a person avoid the infection?

CLAMIDIOSIS

Clamidosis is a disease, caused by Chlamydia bacteria. Nowadays we know several types of Chlamydia, but the most frequent is Chlamydia trachomatis, which affects genital system of both men and women, causing the development of urogenital clamidosis: cystitis, urethritis, cervicitis, erosion, vulvovaginitis, endometritis, and prostatitis.

Chlamydiosis is mostly sexually transmitted. Seldom chlamydiae are also transmitted by contact and social way (via hygiene articles of joint use): there are cases when children of people suffering from chlamydiosis also had this disease.

Incubation period of chlamydiosis lasts from 1 to 3 weeks. The most typical symptom of genital chlamydiosis is appearance of glassy discharge. There may be noted itching or unpleasant feeling at urination, adhesion of urethra lips. Sometimes general state changes – there is weakness, and mild body temperature. These symptoms very often are insignificant and terminate quickly. At the same time chlamydiosis becomes chronic.

Chlamydiae are not simply bacteria, they are intracellular parasites. They cannot be found with general smear from genitals. That is why the diagnosis must be done only in the laboratory with the help of special tests.

Treatment of chlamydiosis includes antibacterial, immune, polyvitaminic therapy, life-style normalization, diet, abstinence from sex life during treatment period. Treatment should be applied to all sexual partners. At the end of treatment course it is necessary to carry out control analyses.

Chlamydiosis is dangerous for its complications. In men chlamydiae may cause chronic prostatitis. In women chlamydia infection often causes extrauterine pregnancy, and endometritis. Pregnancy in chlamydiosis patient is often accompanied by complications. In the process of delivery, mother, who is suffering from chlamydiosis, may infect her child. In addition to different complications connected with genitals, chlamydiosis may cause eye, joint and skin lesions.

It is much easier to prevent chlamydiosis than to treat it. The rules of chlamydiosis prevention are the same as the rules of prevention of all sexually transmitted diseases. The main rule is the hygiene of sexual life, which will secure against different sexually transmitted diseases:

- permanent sexual partner, who you trust;
- refuse casual sexual affairs or use condom;
- in case of the slightest suspicion of the infection, it is necessary to turn to the doctor.

Words:

1. adhesion - слипание
2. insignificant - незначительный
3. to terminate - проходить, кончаться
4. intracellular - внутриклеточный
5. abstinence - отказ
6. complication - осложнение
7. lesion - поражение
8. to secure - защищать
9. suspicion - подозрение

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Несколько типов; наиболее часто встречающийся; мочеполовой; передается половым путем; при контакте; инкубационный период; появление прозрачных выделений; неприятное чувство; при мочеиспускании; незначительны; хронический; внутриклеточные паразиты; специальные анализы; антибактериальное лечение; воздержание от половой жизни; необходимо; осложнения; во время родов; гораздо

проще; главное правило – гигиена сексуальной жизни; случайные сексуальные связи; обратиться к врачу.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты A disease caused by Chlamydia bacteria; affect genital system; is mostly sexually transmitted; incubation period lasts; may be noted itching; mild body temperature; clamidiosis becomes chronic; the diagnosis must be done in the laboratory; life – style normalization; treatment should be applied to all sexual partners; to carry out; is dangerous for its complications; extrauterine pregnancy; eye, joint and skin lesions; clamidiosis prevention; against different sexually transmitted diseases; the slightest suspicion.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What does Chlamydia trachomatis cause?
2. Is clamidiosis mostly sexually transmitted?
3. What are the most typical symptoms?
4. Where must the diagnosis be done?
5. What does the treatment of clamidiosis include?
6. What are the complications of clamidiosis (in men; in women)?
7. May an infected pregnant woman affect her child?
8. What is easier: to prevent a disease or to treat it?
9. What are the rules of prevention of clamidiosis?
10. Are they the same as the rules of prevention of other sexually transmitted diseases?

HIV

Human immunodeficiency virus (HIV) is a type of virus called a retrovirus, which infects the human immune system (the system in the body which is in charge of fighting off illness). HIV may cause AIDS (a collection of diseases and symptoms, or problems in the body) by eventually killing the white blood cells, which a healthy body uses to fight off disease.



It is possible that a person can get infected with HIV if any body liquid with the virus gets into their body. The body liquids that carry HIV are blood, semen, liquid from the vagina, and breast milk. The liquids can go into the body through injured skin. The liquids can also enter through the mouth, eyes, nose, vagina, anus, or penis. However, though HIV

might enter the body through any of these places, when people get HIV by having sex, the virus usually enters the body through the vagina or anus.

There are some common ways to get HIV:

- A person with HIV can give a sexual partner the virus if they have unprotected sex. That means having sexual intercourse without a condom.
- A person can get HIV if he or she uses the same needle as a person with HIV to inject drugs or get a tattoo.
- A person may get HIV if he or she is stuck by a needle that was used on a patient with HIV.
- Babies can get the virus from their mothers when they are born or when they are breastfeeding. A baby may be protected from getting HIV this way if their mother takes certain medications while she is pregnant.
- Blood transfusions using infected blood products was a common cause of HIV. The blood had been taken from people with HIV infections. Now, in the developed world screening of blood products for HIV has mostly stopped this happening. However, people may still get HIV from blood transfusions in less-developed countries if blood is not screened carefully.

A person cannot get infected with HIV from non-sexual touching, like a hug or handshake, or touching someone else's saliva. A person cannot get HIV from an insect bite, a cough, or a sneeze. People also cannot get HIV from touching light switches, using toilets, or drinking from the same glass as a person with HIV.

Words:

1. enlargement - увеличение
2. esophagus – пищевод
3. fever - жар, лихорадка; высокая температура
4. gastric – желудочный
5. headache – головная боль

6. liver – печень
7. lymphadenopathy – лимфаденопатия
8. lymph node - лимфоузел
9. malaise – недомогание
10. myalgia - миалгия, боль в мышцах
11. nausea – тошнота
12. neuropathy - нервное заболевание, невропатия
13. pharyngitis – фарингит
14. sore - болячка, рана, язва
15. spleen – селезенка
16. thrush - а) молочница б) афтозный стоматит
17. vomiting – рвота
18. weight loss – потеря веса

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Ретровирус; белые кровяные тельца; жидкость тела (биологическая жидкость); грудное молоко; через поврежденную кожу; сексуальный партнер; уколаться иглой; инфицированная кровь; укусы насекомых;

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Human immunodeficiency virus; to be in charge of fighting off illness; a collection of diseases and symptoms; semen; enter through the mouth; unprotected sex; breastfeeding; blood transfusion; cause of HIV; screening of blood products

Ex. 3. Answer the questions. Ответьте на вопросы.

1. What is HIV?
2. How can HIV cause AIDS?
3. How can person get infected with HIV?
4. What are the body liquids that carry HIV?
5. How can liquids go into the body?

HISTORY TAKING

Dr. Harper: Have you ever been sick before?

Patient James Ross: Yes, sir. I have had scarlet fever and pneumonia.

Dr. H.: Have you ever had measles? Chicken-pox? Whooping cough?

Patient: Yes, sir. I had all the childhood diseases.

Dr. H.: How about adult illnesses, have you ever had TB, jaundice, heart or kidney trouble?

Patient: No, I have only had the ones I just told you.

Dr. H.: Have you ever been operated on? Have you ever had any operations?

Patient 'Yes, several. I've had my appendix out. And I've also had my tonsils operated on.

Dr. H.: Did you ever break any bones?

Patient: I broke my arm when I was a child and that's all.

Dr. H.: Are your parents living?

Patient: No, both are no longer living. My father died of natural causes and my mother died of cardiac insufficiency.

Dr. H.: Do you have brothers and sisters? Are they in good health?

Patient: I have two brothers, one is living and the other is not. He had a stroke. My sister has diabetes.

Dr. H.: Are you married? Do you have any children?

Patient: Oh, yes. I'm married. I have two boys and they seem to be all right.

Dr. H.: Do you smoke?

Patient: I smoke 10 cigarettes a day. I tried to quit twice, but with no success.

Words:

1. scarlet fever – скарлатина
2. pneumonia – пневмония
3. measles - корь
4. chicken-pox – ветряная оспа
5. whooping cough - коклюш
6. TB (от tuberculosis) -туберкулез
7. jaundice - желтуха
8. tonsil - миндалевидная железа
9. died of natural causes – умереть в следствии естественных причин
10. cardiac insufficiency - сердечная недостаточность
11. stroke – удар

Ex.1 Find English equivalents. Найдите английские эквиваленты.

умер по естественным причинам; ломать руку; сердечная недостаточность; детские заболевания; удалить аппендикс; бросить дважды

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

adult illnesses; heart or kidney trouble; to break bone; to have an operation; to have a stroke; smoke 10 cigarettes a day; with no success

Ex. 3. Answer the questions. Ответьте на вопросы.

1. Has James Ross ever been sick before?
2. Did patient ever break any bones?
3. Are patient's parents living?
4. Does James Ross smoke?
5. Are patient's brothers and sister in good health?

METHODS OF PHYSICAL EXAMINATION

Before the treatment of a disease it is necessary to make diagnosis, to determine the cause of the disease, and all symptoms by which it can be revealed.

Correct diagnosis must be based on a complete clinical examination of the patient. The usual methods of examination which doctors use in their practice, are: inquiry, inspection, auscultation, palpation, percussion, taking the temperature, feeling the pulse, taking the blood pressure, making X-ray examinations and various laboratory studies.

By questioning the patient the doctor learns about his complaints, the onset of the disease, his past history and his family history, hereditary diseases.

Inspection is the method by which doctor reveals the appearance of the patient, his build, nourishment, complexion, the state of his skin, mucous membranes, tongue, pupils, etc.

While auscultating the patient, the physician can determine the abnormal heart sounds, crepitations and rales in the lungs.

By palpation the doctor determines elasticity or rigidity of the abdomen, the outlines or the enlargement of the organ, swelling, edema and existence of growth.

Percussion reveals dullness of sound and distribution of fluids in the body.

The temperature is taken by means of thermometer to ascertain whether the patient has or has no temperature.

The blood pressure is measured by means of monometer to find out whether the patient is suffering from hypertension or hypotension.

The patient's pulse is felt to determine whether the pulse rate is normal or accelerated. The normal rate is 65-70 beats per minute.

The usual laboratory studies are various blood tests, urine analyses, stool studies and sputum, bile examinations.

Patient's swabs or smears are taken for cytological examination. If the patient suffers from any kind of allergy it is necessary to make allergy tests.

Biopsy specimens are taken to detect the character of tumor.

In order to detect lesions in the bones or tissues patients are X-rayed.

The results of physical examination and laboratory investigations are recorded into patient's case history.

Ex.1 Find English equivalents. Найдите английские эквиваленты.



метод осмотра, расспрашивание, анамнез, берут, семейный анамнез, телосложение, хруст, крепитирующие хрипы, притупленность, необходимо, установить, выяснить, образец, мазок, цвет лица, записывают.

Ex.2 Answer the questions. Ответьте на вопросы.

1. What are the usual methods of examination?
2. What does inquiry reveal?
3. What does inspection reveal?
4. What can be determined by palpation, auscultation and percussion?
5. How do the doctors take the patient's temperature, measure blood pressure?
6. What is the patient's normal pulse?
7. Which are the usual laboratory studies?
8. In what case is it necessary to make biopsy?
9. When is an X-ray examination made?

EXAMINATION AND FUNCTIONS OF DOCTOR

Before the treatment of a disease an attending doctor should establish a diagnosis. It is necessary for a doctor to determine the etiology of the disease, pathogenesis and symptoms, signs by which it can be revealed.

A number of different procedures are used to make a diagnosis. They are: history-taking, physical examination, palpation, percussion, auscultation (выслушивание), laboratory studies, and instrumental studies.

The attending doctor must know objective and subjective symptoms and complaints of patients as well as how long sick people have been having these symptoms.

History of present illness makes a part on a case history (=case report). The history of present illness contains a lot of findings: information of the patient on his admission, the results of laboratory and instrumental tests, and the course of disease with any changes in the symptoms and condition, the exact doses of the prescribed medicines, the produced effects of treatment. The case history should be written in a correct way, it should contain the exact and complete information.

Words:

1. attending doctor - лечащий врач;
2. to establish - устанавливать;
3. pathogeneses - патогенез;
4. to reveal - обнаруживать;
5. signs - признаки;
6. history taking - сбор анамнеза;
7. auscultation - выслушивание;

8. percussion - перкуссия (выстукивание);
9. palpation - пальпация;
10. instrumental - инструментальный;
11. laboratory - лабораторный;
12. studies - обследование;
13. course - курс;
14. to contain - содержать;
15. exact - точный.



Ex.1 Find English equivalents. Найдите английские эквиваленты.

Лечащий врач, установить диагноз, объективные и субъективные симптомы, история болезни, результаты лабораторных и инструментальных обследований,

Ex.3 Answer the questions. Ответьте на вопросы.

1. When should an attending doctor establish a diagnosis?
2. What procedures are used to make a diagnosis?
3. What must an attending doctor know?
4. What part does history of present illness make?
5. What way should the case history be written?

FUNCTIONS OF NURSE



I am a nurse. I work at a therapeutic hospital. Many doctors and nurses work at the hospital. Our hospital is very large. Work at the hospital begins at 6 o'clock in the morning. The nurses begin to take the patients' temperature at 6 o'clock. They write it down in temperature charts. Then the nurses give the patients medicines and carry out other prescriptions of the doctors. They open the windows and air the wards. The sometimes I tell the doctor that the temperature of some of the patients is high and the doctor prescribes some new medicine or injections. I like my profession very much. I know that much of the nurse's work can be learnt by practice.

So I am very attentive and try to observe any changes in a patient's condition. doctors come at 9 o'clock in the morning and begin to examine the patients. Each ward nurse tells the doctor about her patients. As I am a ward nurse the doctor asks me about the condition of my patients. Sometimes I tell him that they are well. And

Words:

1. bed – patient – лежачий больной
2. sitting patient – сидячий больной
3. up – patient – ходячий больной
4. in – patient – стационарный больной
5. out – patient – амбулаторный больной

PHYSICAL EXAMINATION OF PREGNANT WOMEN

Many aspects of obstetric physical examination are unique.



The assessment of pregnancy should begin with a general examination of a pregnant woman. The general examination includes first of all the woman's height and weight. Then the body mass index (BMI) can be calculated, because some antenatal and perinatal complications are associated with a BMI less 20 and more 25. The thyroid gland and breast should also be examined. Auscultation of the heart sound and lungs is essential. Many detected conditions, such as a cardiac murmur, breast lumps and others may have significant implications on the course of her pregnancy and health. Sometimes more detailed examinations are indicated in a diabetic or hypertensive woman. The measurement of maternal blood pressure (BP) is of great importance in pregnancy.

An abdominal examination (palpation and auscultation) is another important step of physical examination of a pregnant woman. It may indicate the shape and size of the uterus. The uterine size is objectively measured and expressed as height. The highest point of the fundus of the uterus should be palpated. It is important because the number of fetuses may be determined. By palpation the pelvic presentation of the fetus is examined as well.

All the examination findings are necessary for understanding of a woman clinical condition. They should form the basis for further investigations if needed.

Words:

- | | |
|--------------------------------------|--|
| 1. assessment - оценка | 12. significant - значительный, |
| 2. pregnancy - беременность | существенный |
| 3. pregnant - беременная | 13. implication - зд. значение, смысл |
| 4. height - рост | 14. to indicate - требовать, указывать |
| 5. weight - вес | 15. measurement - измерение |
| 6. antenatal - утробный, до рождения | 16. uterus - матка |
| 7. perinatal - перинатальный | 17. shape - форма, очертание |
| 8. thyroid - щитовидный | 18. fundus - дно |
| 9. essential - необходимый, важный | 19. fetus - плод |
| 10. murmur - шум (в сердце) | 20. to determine - определять |
| 11. lump - зд. нарушение | 21. presentation - зд. предлежание |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Акушерский физикальный осмотр; общий осмотр; должен включать; рост и вес; можно посчитать; осложнения; тон сердца; требуется; указывать на; размер матки; дно матки; также определяется; клиническое состояние женщины; основа для дальнейших исследований.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

A pregnant woman; are associated; a thyroid gland; an implication; blood pressure; an abdominal examination; is measured; the highest point; presentation of the fetus; if needed.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What does the general examination of a pregnant woman include?
2. What does BMI mean?
3. Is heart sound auscultation essential?
4. What detected conditions may have significant implication?
5. What is necessary for a diabetic or hypertensive woman?
6. What may abdominal examination reveal?
7. Why is it important to palpate the fundus of the uterus?
8. Why are all the examination findings necessary?

LABOUR

Labour is divided into three stages.

The first stage begins with onset of pains and ends with the full dilatation of the cervix. It is the stage of dilation. At this stage uterine contractions occur from time to time.

The second stage begins after full dilatation of the cervix and ends with expulsion of foetus.

The third stage begins after the expulsion of the foetus and ends with the expulsion of the placenta and membranes.

When the uterine contractions become more strongly the pregnant woman suffers of pains and discomforts very much. She fears for her baby and herself. An obstetrician may give some medicine or anesthesia to the woman, if it is necessary. A role of a midwife is very important at that time. She must be very attentive and polite to the woman, she must try to calm, support and help her. The midwife must remember that she is responsible for the health and life of the pregnant woman and her baby.

Words:

- | | |
|--|---|
| 1. labour - роды | 7. foetus - утробный плод |
| 2. birth - роды | 8. placenta - детское место, послед, плацента |
| 3. dilatation - расширение, раскрытие | 9. membrane - плева ,оболочка, пленка |
| 4. contraction - мн.ч. схватки | 10. to deliver - родить; принимать (роды) |
| 5. cervix - шейка | |
| 6. expulsion - выталкивание, изгнание(плода) | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

на подготовить; как можно удобнее; какие-либо проблемы; должна поддерживать; отдохнуть и расслабиться; если необходимо; головки ребенка начинает появляться; это даст ей силы.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Into three stage; full dilatation; after the expulsion of the foetus; become more strongly; must be very attentive; an obstetrician; for the birth; during her pregnancy; during her labour; the task of the midwife; the infant's head appear.

Ex3 Answer the questions. Ответьте на вопросы:

1. What stages is labour divided?
2. What is the second stage?
3. Does a pregnant woman suffer from pains during labour?
4. Is the role of the midwife important at that time?
5. Must the midwife help the woman during pushing?
6. At what case must a pediatric team be present during labour?
7. What are the duties of the midwife during the woman's delivery?

OBSTETRIC HISTORY

Obstetric history-taking is a skill for good clinical practice. Competence in this area requires a deep knowledge. A carefully taken obstetric history provides good results of a physical examination of a pregnant woman because many important details of her pregnancy can be revealed.

An obstetrician should ask a name of the woman, age, number of pregnancies, including the current one (or gravidity) and parity (number of births). The expected date of delivery (EDD) can be calculated from last menstrual period (LMP) by the rule: add one year and seven days to the LMP and subtract 3 months. Then it is necessary to inquire about her health and that of her fetus. After 20 weeks it is inquired about fetal movements. Then the obstetrician asks of the current problems if there are any. Much attention should be paid to laboratory tests and ultrasound scans.

A medical worker (obstetrician) should reveal the facts and any significant events of the previous pregnancies which may have influence at the current pregnancy, such as maternal complications, mode of delivery, birth weights and the life and health of babies. It may be relevant to know some medical conditions because they may have a significant impact on the pregnancy. Heart disease, epilepsy, bronchial asthma, thyroid disorders, insulin-dependent diabetes and other medical conditions may have significant impact on the pregnancy. Alternatively pregnancy may have an impact on the medical condition.

During pregnancy the use of drugs should be noted because allergic complications may occur.

It is important to reveal hereditary illness or congenital defects, and it may be of concern to the couple. Appropriate counseling and investigations may be organized. It is time to discuss about stopping to smoke or to reduce alcohol intake. Social aspects such as childcare arrangements and plans for breast-feeding and contraception can be discussed at this point.

The summary of obstetric history should include main details that will impact on the investigations to be carried out and the proposed plan of a pregnancy management.

Words:

- | | |
|--|--------------------------------------|
| 1. Obstetrics - акушерство | 14. antenatal - предродовой, |
| 2. Obstetrician - акушерка | преднатальный |
| 3. Obstetric - акушерский | 15. maternal - материнский |
| 4. to require - требовать | 16. mode - способ |
| 5. to provide - обеспечивать | 17. relevant - уместный |
| 6. to reveal - выявлять | 18. epilepsy - эпилепсия |
| 7. gravidity - беременность | 19. bronchial asthma - бронхиальная |
| 8. parity - способность к деторождению | астма |
| 9. delivery - роды | 20. thyroid - щитовидная железа |
| 10. to subtract - вычитать | 21. diabetes - диабет |
| 11. to inquire - спрашивать, узнавать | 22. hereditary - наследственный |
| 12. fetus - утробный плод | 23. congenital - врожденный |
| 13. ultrasound - ультразвук | 24. counseling - консультация, совет |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Клиническая практика; глубокие знания; физикальное обследование; беременная женщина; можно посчитать; менструальный период; необходимо; большое внимание; выявить факты; значительное влияние; аллергические осложнения; наследственные болезни; врожденные дефекты; пара; грудное вскармливание; ведение беременности.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Competence in this area; provides good results; examination of a pregnant woman; number of pregnancies; her fetus; fetal movements; the current problems; may have influence; mode of delivery; may be relevant; medical conditions; significant impact; it may be concern; alcohol intake; can be discussed; investigations to be carried out.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What can be revealed by the physical examination of a pregnant woman?
2. What should an obstetrician ask a pregnant woman?
3. How can EDD be calculated?
4. Are laboratory tests important for the pregnant woman examination?
5. May medical conditions impact on the course of the pregnancy?
6. Is it important to reveal hereditary illnesses and congenital defects? Is it concerned only a pregnant woman?
7. Is smoking and alcohol dangerous for a pregnant woman?
8. What should the summary of obstetric history include?

S.P. BOTKIN

S.P. Botkin was born on September 17, 1832. After finishing one of Moscow schools, he entered the Medical Faculty of Moscow University.

Botkin was interested in medicine very much and soon became one of the best students.

After graduating from the Medical Faculty in 1855 Botkin went to the Crimea where he worked as a physician at the Simferopol Military Hospital under the direction of the well-known Russian surgeon Pirogov.

In 1860 Botkin began to work at the Medico-Surgical Academy in Petersburg. In 1861 he became a professor of the Therapeutic Clinic at the Academy. He worked hard. He wanted to have a model clinic at the Academy. Botkin organized a well-equipped physiological laboratory for clinical experiments. Botkin was a brilliant therapist and diagnostician. One of his greatest achievements was his theory of nervosism, which is the most progressive theory in clinical medicine.

Botkin was not only a brilliant scientist but an excellent teacher too. Many of his pupils became famous physicians and worked at Russian universities as professors.

Botkin was also one of the founders of military therapeutics. He worked at the front during the Russo-Turkish war giving much of his time to the organization of medical aid.

During his whole life he never stopped working for the good of the Russian people. His name is one of the most famous names in medicine and it will be always remembered in the history of Russian science.

Words:

- | | |
|----------------------------|-----------------------------|
| 1. faculty – факультет | 4. model – образец |
| 2. Crimea – Крым | 5. to equip – оборудовать |
| 3. direction – руководство | 6. diagnostician – диагност |

7. achievement – достижение

8. scientist – ученый

9. excellent – превосходный

10. therapeutics – терапия

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Медицинский факультет Московского университета, интересовался медициной, один из лучших студентов, после окончания, работать врачом, под руководством, стал профессором, хорошо оснащенная лаборатория, терапевт и диагност, работал на фронте, никогда не прекращал работать.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To be interested in medicine, to work as a physician, one of the best students, under the direction, a well-known surgeon, a well-equipped physiological laboratory, clinical experiments, a brilliant therapist and diagnostician, one of his greatest achievements, an excellent teacher, the founders of military therapeutics, for the good of the Russian people.

Ex.3 Answer the questions. Ответьте на вопросы.

1. When was S.P. Botkin born?
2. What University did he enter?
3. Where did S.P. Botkin work after graduating from the Medical Faculty in 1855?
4. When did Botkin begin to work at the Medico-Surgical Academy in Petersburg?
5. Was Botkin a brilliant therapist and diagnostician?
6. Botkin was an excellent teacher, was not he?
7. Did he work at the front or in Petersburg during the Russo-Turkish war?
8. Botkin was also one of the founders of military therapeutics, was not he?

BLOOD TRANSFUSION

A blood transfusion is a safe, common procedure in which you receive blood through an intravenous (IV) line inserted into one of your blood vessels. Blood transfusions are used to replace blood lost during surgery or a serious injury. A transfusion also might be done if your body can't make blood properly because of an illness. During a blood transfusion, a small needle is used to insert an IV line into one of your blood vessels. Through this line, you receive



healthy blood. The procedure usually takes 1 to 4 hours, depending on how much blood you need.

Blood transfusions are very common. Each year, almost 5 million Americans need a blood transfusion. Most blood transfusions go well. Mild complications can occur. Very rarely, serious problems develop.

Important Information About Blood

The heart pumps blood through a network of arteries and veins in the body. Blood has many vital jobs. For example, it carries oxygen and other nutrients to your body's organs and tissues. Having a healthy supply of blood is important for your overall health. Blood is made up of various parts, including red blood cells, white blood cells, platelets (PLATE-lets), and plasma. Blood is transfused either as whole blood (with all its parts) or, more often, as individual parts.

Blood Types. Every person has one of the following blood types: A, B, AB, or O. Also, every person's blood is either Rh-positive or Rh-negative. So, if you have type A blood, it's either A positive or A negative.

The blood used in a transfusion must work with your blood type. If it doesn't, antibodies (proteins) in your blood attack the new blood and make you sick.

Type O blood is safe for almost everyone. About 40 percent of the population has type O blood. People who have this blood type are called universal donors. Type O blood is used for emergencies when there's no time to test a person's blood type.

People who have type AB blood are called universal recipients. This means they can get any type of blood.

If you have Rh-positive blood, you can get Rh-positive or Rh-negative blood. But if you have Rh-negative blood, you should only get Rh-negative blood. Rh-negative blood is used for emergencies when there's no time to test a person's Rh type.

Blood Banks. Blood banks collect, test, and store blood. They carefully screen all donated blood for infectious agents (such as viruses) or other factors that could make you sick. (For more information, go to Blood banks also screen each blood donation to find out whether it's type A, B, AB, or O and whether it's Rh-positive or Rh-negative. You can get very sick if you receive a blood type that doesn't work with your own blood type. Thus, blood banks carefully test donated blood.

Words:

- | | |
|--|-------------------------------------|
| 1. a blood transfusion – переливание крови | 7. rarely – редко |
| 2. a common procedure – обычная процедура | 8. arteries – артерии |
| 3. intravenous – внутривенная | 9. a blood type – группа крови |
| 4. blood vessels – кровеносные сосуды | 10. antibodies – антитела |
| 5. to replace- заменить | 11. to collect – собирать |
| 6. complications – осложнения | 12. carefully – внимательно |
| | 13. donated blood – донорская кровь |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Переливание крови безопасно, кровеносный сосуд, во время операции, процедура обычно занимает, небольшие осложнения, сердце перекачивает кровь, сеть артерий и вен, группа крови, антитела, собирают, тестируют и хранят кровь, донорская кровь.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

A safe procedure, to receive blood, a blood vessel, to replace blood, lost during surgery, a serious injury, to make blood properly, mild complications, to pump blood, red blood cells, white blood cells, platelets, a blood type, universal recipients, to test donated blood.

Ex. 3. Answer the questions. Ответьте на вопросы.

1. What is blood transfusion?
2. When are blood transfusions used?
3. What kind of needles are used during a blood transfusion?
4. Can complications occur during a blood transfusion?
5. What blood types do you know?
6. What do blood banks do?

SURGERY



Treatment of injuries or traumas by operative techniques is the subject of surgery.

The surgeon has always been an integral part of medical science. Early medical texts are devoted chiefly to records of surgical cases. Strangely, however, the great advances in surgery have been dependent on medical discoveries in other fields. These advances include the discovery of ether anesthesia by Morton and Long in 1847; the discovery of the principle of antiseptics by Joseph Lister in 1865—87, and the application of rubber gloves introduced by Halstead. The use of blood transfusion, the control of fluid in the body and the use of drugs for various symptoms have also aided success in surgery.

Not many years have passed since the time when few surgeons dared to invade the interior of the abdomen.

Today every portion of the human body has been invaded successfully. The surgery of today is called physiological surgery and is aimed at restoring (восстановление) normal function of various organs and tissues when these functions have failed.

Words:

1. integral-неотъемлемый
2. chiefly-главным образом
3. ether-эфир

4. to aid-способствовать
5. to invade-вторгаться
6. to aim-нацелиться

Ex.1. Find English equivalents. Найдите английские эквиваленты.

ранения и травмы; неотъемлемая часть; однако; великие достижения; принцип антисептики; применение переливание крови; различные симптомы; каждая часть; ткани; успех; потерпеть неудачу.

Ex.2. Find Russian equivalents. Найдите русские эквиваленты.

operative techniques; records of surgical cases; application of rubber gloves; use of drugs for various symptoms; have also aided success; dared to invade; every portion of the human body; has been invaded.

Ex.3. Answer the questions. Ответьте на вопросы.

1. What is the subject of surgery?
2. Who has always been an integral part of medical science?
3. Who discovered ether anesthesia?
4. What did Joseph Lister propose?
5. The use of blood transfusion, the control of fluid in the body and the use of drugs for various symptoms have also aided success in surgery, haven't they?
6. Is the surgery of today called physiological or urgent surgery?

INTRODUCTION INTO GENERAL SURGERY

The term "surgery" comes from Greek. Surgery is the branch of medicine in which various mechanical therapeutic manipulations (incisions, punctures, suturing, reductions of dislocations and so on) performed by the physician used. These procedures are designated by the words "surgical operation" or merely by one word "operation".

For a very long time surgical operations were performed only on the superficial parts of the body, but even after such operations severe inflammations due to the infection of wound were frequently met with, causing death.

Only during the second half of the 19th century, general development of natural science made it possible to solve this difficult problem. The brilliant Russian surgeon N. I. Pirogov was the first to voice the assumption that wounds were infected by invasion of special causative agents named by him "miasmas". In 1863 the famous French scientist Pasteur published the results of his remarkable studies of the processes of putrefaction. Pasteur proved that these processes were evoked by minute living organisms — bacteria. On the basis of Pasteur's works the British surgeon Lister concluded that the purulence of wounds was also caused by bacteria which found their way into the wounds from the air. To protect the wounds from the penetration of bacteria or to destroy these bacteria after their penetration into the wounds Lister began to irrigate the wounds with a solution of carbolic acid and to treat the instruments and dressing material to be used in the operations with the same solution.

The method elaborated by Lister was given the name of antiseptic. This method gave fine results.

During the years that followed scientists found that to protect the wounds from infection it was enough to treat all objects to be handled and used during an operation with a physical agent namely, heat. This new method of disinfection was given the name of asepsis.

The antiseptic and aseptic methods of treating wounds revolutionized surgery and almost completely eliminated the danger of infecting wounds to be operated on.

Words:

- | | |
|---|--|
| 1. incision - иссечение, разрез, надрез | 11. minute living organisms - мельчайшие живые организмы |
| 2. puncture - пункция, прокол | 12. purulence - нагноение |
| 3. suturing - наложение шва | 13. solution of carbolic acid - раствор карболовой кислоты |
| 4. reduction - of dislocation вправление вывиха | 14. to treat the instruments обрабатывать инструменты |
| 5. superficial - parts of the body поверхность тела | 15. dressing material - перевязочный материал |
| 6. infection of the wound заражение раны | 16. antiseptic - антисептический |
| 7. to voice - зд. высказать | 17. antiseptics - антисептика |
| 8. special causative agents - специфические возбудители | 18. namely - а именно |
| 9. miasmas (<i>pl</i>) от miasma миазмы | 19. asepsis - асептика |
| 10. putrefaction - гниение | |

Ex.1. Find English equivalents. Найдите английские эквиваленты.

термин; поверхность тела; часто; тяжелые воспаления; вывих; наложение шва; быть первым; вызывая (являясь причиной); даже после; гниение; прийти к выводу; французский ученый; на основе работ Пастера; раны; опубликованный; в течение последующих лет; жар.

Ex.2. Find Russian equivalents. Найдите русские эквиваленты.

branch of medicine; are designated; second half of the 19th century; general development of natural science; made it possible; to voice the assumption; purulence of wounds; methods of treating wounds; to irrigate the wounds; fine results; eliminated the danger of infecting wounds.

Ex.3. Answer the questions. Ответьте на вопросы.

1. Where does the term "surgery" come from?
2. What do the words "surgical operation" mean?
3. What were inflammatory processes after operations due to?
4. When was this difficult problem solved?
5. What made it possible to solve the problem?
6. Who was the first to discover the real cause of wound infection?
7. What did the famous French scientist Pasteur publish?
8. What did Pasteur prove?
9. What did the British surgeon Lister conclude on the basis of Pasteur's work?
10. What did Lister begin to do to protect the wounds from the penetration of bacteria?
11. With what did he treat the instruments to be used in the operations?
12. What name was given to the Lister's method?
13. What new method did the scientists find during the years that followed?
14. What is the significance of the antiseptic and aseptic methods for surgery?

THE HISTORY OF ORGAN TRANSPLANTATION

Though organ transplants are becoming more common in modern medicine, it was not that long ago that transplanting certain organs seemed like science fiction. The idea of transferring an organ from one body to another has been around for a long time, but today we can transplant several organs, including the heart, lungs and liver.

Ancient Transplants and Myths. Many Roman and Chinese myths cite transplants of legs and hearts by saints and medicine men, but the first account of an actual transplant took place in the second century B.C. The Indian surgeon Sushruta transplanted skin from one man to help rebuild the nose of another man. Another recorded account of transplantation took place in the late 16th century, again with skin. Italian surgeon Gasparo Tagliacozzi also did a skin graft, but his is also the first recorded account of rejection of the transplant by the patient.

Early 1900s. The most important experimenter of transplantation in the early 20th century was the French surgeon Alexis Carrel. He began to experiment with the transplantation of arteries and veins, one of his few successful human procedures. This work would earn him the Nobel Prize in 1912. Carrel also was the first to identify the problem of rejection, a dilemma that would stymie many scientists and doctors. Experimenting on dogs, Carrel learned the recipient body most often rejects donor organ material.

Joseph Murray. In 1954, Dr. Joseph Murray performed the first successful transplant of a kidney. The procedure, which transferred a kidney from one identical twin to another, was successful because the twins shared the same genes and the new body did not reject the kidney. He followed this procedure in 1962 with the first successful transplantation of a kidney from a dead body to a living one. Using immunosuppressive drugs during surgery, Murray stopped the recipient from rejecting the new kidney.

Other Organs. The next major organs to be transplanted were the lungs in 1963 by James Hardy of Mississippi. The lungs were taken from a deceased donor and put into a patient with lung cancer. The recipient lived for 18 days before his kidneys failed. A Colorado doctor attempted a liver transplant also that year, but would have to wait until 1967 to achieve success. The first heart transplant came in 1967 by Christiaan Barnard in South Africa, but the recipient also died 18 days later.

Advances. The success of modern transplant can be attributed to cyclosporine, an immunosuppressant. Designed to reduce the immune system, cyclosporine helped the body adapt to the newly transplanted tissue. In 1980s, the FDA also approved a drug called Viaspan that helped people with new livers live longer. In 1992, the first baboon- to-man transplant successfully occurred. The FDA is testing a drug called Cylex, which could reduce infections in postoperative patients.

Words:

- | | |
|---|--|
| 1. science fiction – научная фантастика | 8. in the late 16th century – в конце 16 века |
| 2. to cite - упомянуть | 9. a surgeon – хирург |
| 3. saints – святые | 10. a skin graft – лоскут кожи |
| 4. an account – отчет | 11. a rejection of the transplant – отторжение трансплантата |
| 5. to take place- иметь место, быть | 12. to earn - заработать, получить |
| 6. the second century B.C. – во втором веке до Н.Э. | 13. to identify – обозначить |
| 7. to rebuild – восстановить | |

- 14. the problem of rejection – проблема отторжения
- 15. the recipient body – тело реципиента
- 16. to perform – выполнять
- 17. immunosuppressive drugs – иммунодепрессанты
- 18. a kidney – почка

- 19. lungs – легкие
- 20. a deceased donor – умерший донор
- 21. a cancer – рак
- 22. an attempt – попытка
- 23. to achieve success – добиться успеха
- 24. can be attributed – можно отнести
- 25. to reduce – редуцировать, сократить

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Было похоже на научную фантастику, идея трансплантации органов, включая сердце, легкие, печень, в мифах упоминаются, пересадка ног и сердца, восстановить нос, лоскут кожи, экспериментируя на собаках, пересадка артерий и вен, проблема отторжения, первая удачная пересадка, достичь успеха, первая пересадка сердца, иммунодепрессанты.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

The idea of transferring an organ, to transplant several organs, including the heart, lungs and liver, the first account of an actual transplant, to help rebuild the nose, a skin graft, an experimenter of transplantation, the transplantation of arteries and veins, the Nobel Prize, to reject donor organ material, the first successful transplant of a kidney, immunosuppressive drugs, the first heart transplant, to achieve success, to adapt to the newly transplanted tissue.

Ex.3 Answer the questions. Ответьте на вопросы.

- 1. Can doctors transplant several organs, including the heart, lungs and liver?
- 2. Who transplanted skin from one man to help rebuild the nose of another man?
- 3. Who was the most important experimenter of transplantation in the early 20th century?
- 4. When did Dr. Joseph Murray perform the first successful transplant of a kidney?
- 5. How did Murray stop the recipient from rejecting the new kidney?
- 6. When did the first baboon- to -man transplant successfully occur?

BLEEDING

Bleeding can lead to a severe loss of blood. The best way to stop bleeding is by direct pressure with a clean cloth. If the bleeding is from the arm or the leg, the limb can be kept in a raised position. If the bleeding is from a nose, put a cold compress on the nose. It will stop the blood. Ice placed on the nose also stops bleeding. In severe case doctors make blood transfusion.

Words:

- 1. bleeding - кровотечение
- 2. severe - тяжелый
- 3. loss - потеря
- 4. case - случай
- 5. blood transfusion - переливание крови.

Ex.1 Find English equivalents. Найдите английские эквиваленты.

лучший способ остановить кровотечение, потеря крови, чистая ткань, поднятое положение, кровотечение из носа, остановить кровотечение, переливание крови.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Bleeding from the arm or the leg; cold compress; severe case; severe loss of blood; direct pressure; to put a compress on

Ex.3 Answer the questions. Ответьте на вопросы.

1. What can lead to a severe loss of blood?
2. What is the best way to stop the bleeding?
3. What do the doctors in severe cases?

FAINTING

The cause of fainting may be different: strong emotion, want of food, fatigue or pain.

In fainting person loses consciousness. Blood doesn't get to the brain. The face of a person before fainting gets very pale and sweat appears on his forehead. He feels dizzy and weak. His breathing is shallow. His pulse is weak and slow.

If you help a person who lost his consciousness:

1. Lay the person flat on his back.
2. Raise his feet a little.
3. Loose his dress.
4. Cover him warmly and open the window.
5. Sprinkle cold water on his face.
6. Give the person to breathe in ammonia water.

Words:

- | | |
|---|---------------------------------|
| 1. fainting - обморок | 9. weak - слабый |
| 2. cause - причина; вызывать | 10. shallow - поверхностный |
| 3. emotion - душевное волнение | 11. slow - медленный |
| 4. want of food - голод | 12. to lay - (laid) положить |
| 5. fatigue - усталость | 13. flat - плоско |
| 6. lose consciousness - терять сознание | 14. to loose - зд. ослабить |
| 7. brain - мозг | 15. to cover - покрывать |
| 8. to feel dizzy - чувствовать головокружение | 16. to sprinkle - брызгать |
| | 17. sweat - пот, испарина |
| | 18. ammonia - нашатырный спирт. |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Сильные эмоции; терять сознание; кровь не поступает в мозг; лицо становится бледным; уложить на спину; поднять ноги; побрызгать водой; ослабить одежду; тепло укрыть.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

the cause of fainting; wait of food; the face gets pale; sweat appears; he feels diszy; shallow breathing; weak pulse; slow pulse

Ex.3 Answer the questions. Ответьте на вопросы.

1. What may be the cause of fainting?
2. What does person lose in fainting?
3. What appears on his forehead before fainting?
4. What does person feel?
5. How can you help a person who lost his consciousness?

BURNS

John's mother stood near the electric fire and her dress caught fire. John heard her scream and ran into the room. "Lie down!" he ordered and covered the flame with a carpet. The flames went out without air. "Don't worry, mother," he said. "You'll be all right."

"Do not take the pieces of burnt dress off your leg. Get into the bath with your clothes on." John helped her.

"Keep your leg under the water for ten minutes," he said. He telephoned for an ambulance." When John's mother got out of the bath, he wrapped her leg in a clean cotton tablecloth. Every 10 minutes he gave her drink. Soon the ambulance came and took her to hospital. Because John knew First Aid for burns his mother was not badly hurt and her leg soon healed.

Words:

burn - ожог
electric fire- электрический камин
to catch fire - загораться
scream - крик
flame - пламя
carpet - ковер
to go out - потухать

piece - кусок
burnt - сожженный
clothes - платье, одежда
ambulance - машина скорой помощи
to wrap - завертывать
tablecloth - скатерть
to heal - заживлять, излечивать

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Одежда загорелась; вбежал в комнату; без воздуха; держать ногу под водой; позвонить в скорую; давать пить каждые 10 минут.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Lie down; to cover the flame; to wrap the leg in a clean cotton tablecloth; to take to the hospital; First Aid for burns; badly hurt

Ex.3 Answer the questions. Ответьте на вопросы.

1. Why did John's mother scream?
2. What did John order?
3. What did he say about the pieces of burnt dress?
4. What did he say about mother's leg?

POISONING

Poisoning is caused by swallowing, injecting, breathing in, or otherwise being exposed to a harmful substance. Most poisonings occur by accident.

Immediate first aid is very important in a poisoning emergency. The first aid you give before getting medical help can save a person's life.

Items that can cause poisoning include: carbon monoxide gas, certain foods, chemicals in the workplace, drugs, including over-the-counter and prescription medicines (such as an aspirin overdose) and illicit drugs such as cocaine, cleaning products, household and outdoor plants (eating toxic plants), insecticides, paints



First Aid. Seek immediate medical help!

For poisoning by swallowing:

- Check and monitor the person's airway, breathing, and pulse. If necessary, begin rescue breathing and [CPR](#).
- Try to make sure that the person has indeed been poisoned. It may be hard to tell. Some signs include chemical-smelling breath, burns around the mouth, difficulty breathing, vomiting, or unusual odors on the person. If possible, identify the poison.
- Do NOT empty person's stomach unless told to do so by a health care professional.
- If the person vomits, clear the person's airway. Wrap a cloth around your fingers before cleaning out the mouth and throat. If the person has been sick from a plant part, save the vomit. It may help experts identify what medicine can be used to help reverse the poisoning.
- If the person starts having convulsions, give [convulsion first aid](#).
- Keep the person comfortable. The person should be rolled onto the left side, and remain there while getting or waiting for medical help.
- If the poison has spilled on the person's clothes, remove the clothing and wash the skin with water.

For inhalation poisoning:

- Call for emergency help.
- If it is safe, open windows and doors to remove the fumes.
- Take several deep breaths of fresh air, and then hold your breath as you go in. Hold a wet cloth over your nose and mouth.
- Do not light a match or use a lighter because some gases can catch fire.
- After rescuing the person from danger, check and monitor the person's airway, breathing, and pulse. If necessary, begin rescue breathing and CPR.
- If necessary, perform [first aid for eye injuries](#) or convulsion first aid.
- If the person vomits, clear the person's airway. Wrap a cloth around your fingers before cleaning out the mouth and throat.
- Even if the person seems perfectly fine, get medical help.

Words:

- | | |
|--|--|
| 1. swallow - глотать | 9. household – домашний |
| 2. inject – впрыскивать, вводить | 10. airway – дыхательный путь |
| 3. to be exposed – подвергаться воздействию | 11. rescue breathing – искусственное дыхание |
| 4. harmful – вредоносный, опасный для здоровья | 12. CPR - СЛР, сердечно-лёгочная реанимация (искусственное дыхание и закрытый массаж сердца) |
| 5. occur by accident – происходить случайно | 13. empty – опустошать |
| 6. carbon monoxide gas – угарный газ | 14. stomach – желудок |
| 7. over-the-counter – продаваемые без рецепта | 15. fume – газ, пар, испарения |
| 8. illicit – незаконный | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Обмотайте ткань вокруг пальца, кусочки растений, проверьте и следите за дыхательными путями человека, химический запах дыхания, необычный запах, проверить пульс, первая помощь при конвульсиях, нелегальные наркотики, человек выглядит в порядке.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

occur by accident, over-the-counter and prescription medicines, burns around the mouth, identify, wash the skin with water, deep breaths of fresh air, first aid for eye injuries, clean out the mouth and throat

Ex.3 Answer the questions. Ответьте на вопросы.

1. What can cause the poisoning?
2. What to do if the poison has spilled on the person's clothes?
3. What to do if the person vomits?
4. Do you need to keep the person comfortable?
5. What to do if the person starts having convulsions?

INSECT BITES AND STINGS



Insect bites and stings can cause an immediate skin reaction. The bite from fire ants and the sting from bees, wasps, and hornets are usually painful. Bites caused by mosquitoes, fleas, and mites are more likely to cause itching than pain. Insect and spider bites cause more deaths from poisoning than bites from snakes.

Considerations. In most cases, bites and stings can be easily treated at home. Some people have extreme reactions that require immediate medical treatment to prevent death.

Certain spider bites, such as the [black widow](#) or brown recluse, can be serious and life-threatening. Most spider bites, however, are harmless. If bitten by an insect or spider, bring it for identification if this can be done quickly and safely.

Symptoms. Symptoms depend on the type of bite or sting. They may include pain, redness, swelling, itching, burning, numbness, tingling

Some people have severe, life-threatening reactions to bee stings or insect bites. This is called anaphylactic shock. This condition can occur very quickly and lead to rapid death if not treated quickly.

Symptoms of anaphylaxis can occur quickly and affect the whole body. They include: chest pain, face or mouth swelling, difficulty swallowing, difficulty breathing.

First Aid

For severe reactions:

- Check the person's airways and breathing. If necessary, call ambulance and begin rescue breathing and CPR.
- Reassure the person. Try to keep him or her calm.
- Remove nearby rings and constricting items because the affected area may swell.
- Use the person's EpiPen or other emergency kit, if they have one. (Some people who have serious insect reactions carry it with them.)
- If appropriate, treat the person for signs of shock. Remain with the person until medical help arrives.

General steps for most bites and stings:

- Remove the stinger by scraping the back of a credit card or other straight-edged object across the stinger. Do not use tweezers -- these may squeeze the venom sac and increase the amount of venom released.
- Wash the site thoroughly with soap and water.
- Place ice (wrapped in a washcloth) on the site of the sting for 10 minutes and then off for 10 minutes. Repeat this process.
- If necessary, take an antihistamine, or apply creams that reduce itching.
- Over the next several days, watch for signs of infection (such as increasing redness, swelling, or pain).

DO NOT

- Do NOT apply a tourniquet.
- Do NOT give the person stimulants, aspirin, or other [pain medication](#) unless prescribed by the doctor.

When to Contact a Medical Professional

Call 911 or your local emergency number if someone with a sting has the following symptoms:

- Trouble breathing, wheezing, shortness of breath
- Swelling anywhere on the face or in the mouth
- Throat tightness or difficulty swallowing
- Feeling weak
- Turning blue

If you had a severe, body-wide reactions to a bee sting, your doctor should send you to an allergist for skin testing and therapy. You should receive an emergency kit to carry with you wherever you go.

Prevention

- Avoid rapid, jerky movements around insect hives or nests.
- Avoid perfumes and floral-patterned or dark clothing.
- Use appropriate insect repellants and protective clothing.
- Use caution when eating outdoors, especially with sweetened beverages or in areas around garbage cans, which often attract bees.
- If have severe allergies to insect bites or stings, you should have an emergency kit and EpiPen. Make sure your friends and family know how to use it if you have a reaction.

Words:

1. fire ant-муравей
2. wasp-оса
3. hornet- шершень
4. mite-клещ
5. numbness-онемение
6. tingling-покалывание
7. stinger- жало
8. venom sac-мешочек с ядом
9. hive- улей
10. emergency kit-аптечка

11. floral-patterned-узор на ткани в виде цветов

Ex.1. Find English equivalents. Найдите английские эквиваленты.

укусы насекомых и жалящих; блохи и клещи; пауки; можно вылечить в домашних условиях; безвредный; предоставить для опознания; скоропостижная кончина; близлежащие кольца; тщательно вымыть водой с мылом; признаки инфекции; повязка; резкие движения; сладкие напитки; шприц с дозой антидота; убедиться, что друзья и семья знают.

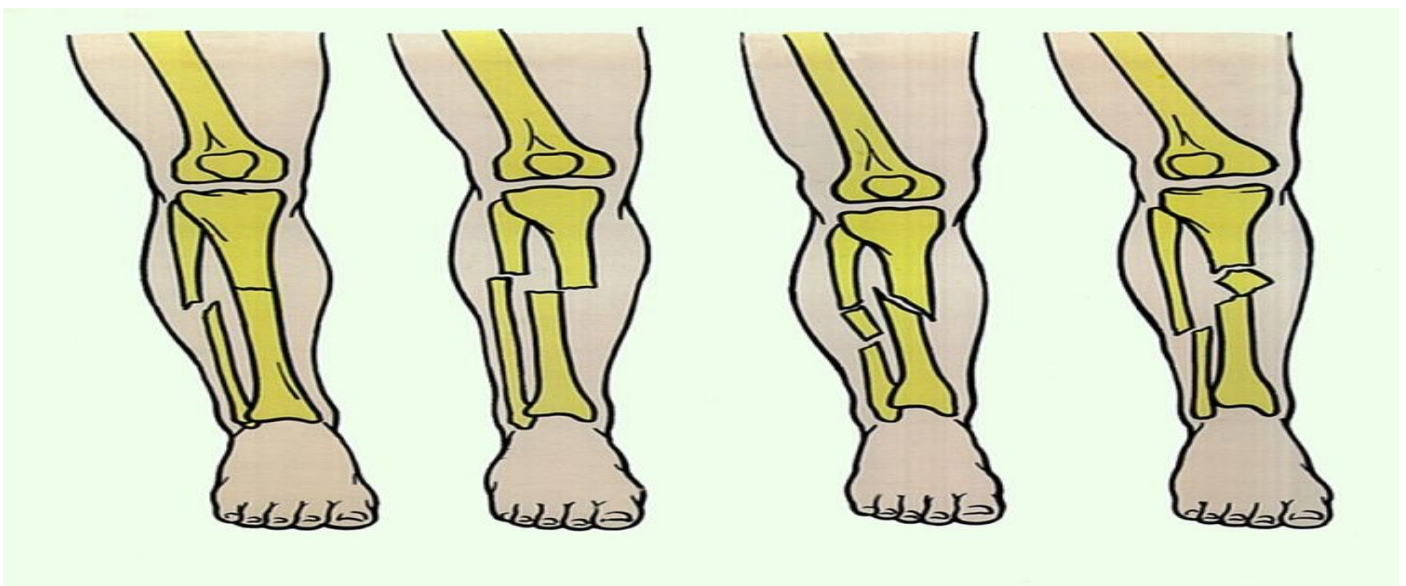
Ex.2. Find Russian equivalents. Найдите русские эквиваленты.

immediate skin reaction; to have extreme reactions; redness, swelling, itching, burning, numbness, tingling; if not treated quickly; airways and breathing; person's EpiPen; tweezers; scraping the back of a credit card; to apply creams that reduce itching; throat tightness; turning blue; to use appropriate insect repellants.

Ex.3. Answer the questions: - ответьте на вопросы:

1. What can insect bites and stings cause?
2. What bite is usually painful, cause itching?
3. Certain spider bites, such as the [black widow](#) or brown recluse, can be serious and life-threatening, can't they?
4. Can a bite cause anaphylactic shock?
5. What are the symptoms of anaphylactic shock?
6. Do you know the first aid at severe reactions?
7. Why is it prohibited to apply a tourniquet or give a person stimulants?
8. What are the special signs in patient's condition for contacting a medical professional?
9. How can a person prevent insect bites and stings?

FRACTURES



Your bones are tough stuff — but even tough stuff can break. Like a wooden pencil, bones will bend under strain. But if the pressure is too much, or too sudden, bones can snap.

You can break a bone by falling off a skateboard or crashing down from the monkey bars. When a bone breaks it is called a fracture. The word “fracture” means a break in a bone.

There are two kinds of fractures: closed and open. In a closed fracture there is no wound on the skin. In an open fracture there is a wound. Open fractures are more serious than closed ones.

Doctors describe fractures in the following ways:

A complete fracture is when the bone has broken into two pieces.

A greenstick fracture is when the bone cracks on one side only, not all the way through.

A single fracture is when the bone is broken in one place.

A comminuted fracture is when the bone is broken into more than two pieces or crushed.

A bowing fracture, which only happens in kids, is when the bone bends but doesn't break.

If a person breaks his arm or leg he complains of pain in the place of the break. The pain becomes more severe if he presses the place or tries to move. If you think you or someone else has broken a bone, the most important things to do are to:

- stay calm
- make sure the person who is hurt is as comfortable as possible
- do not let the person move
- use a splint for the broken limb
- bind the splints to the limb but not at the place of the fracture
- call the emergency number in your area

One super-important tip: If you're not sure what bone is broken or you think the neck or back is broken, do not try to move the injured person. Wait until a trained medical professional has arrived.

Doctors use X-rays to see the break and put plaster casts on the broken limbs. the special bandage that will keep the bone in place for the 1 to 2 months it will take for the break to mend.

Words:

- | | |
|--|---|
| 1. fracture – перелом | 10. greenstick fracture – перелом по типу зеленой веточки |
| 2. to break – ломать, перелом | 11. complete fracture – полный перелом |
| 3. bone – кость | 12. to appear – появляться |
| 4. closed – закрытый | 13. splint – шина |
| 5. open – открытый | 14. to bind - перевязывать |
| 6. to complain of – жаловаться на | 15. X-rays – рентгеновы лучи |
| 7. to move – двигаться | 16. plaster cast – гипсовая повязка |
| 8. comminuted fracture – оскольчатый перелом | 17. limb – конечность |
| 9. single fracture – единичный перелом | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Нет раны на коже, более серьезный, жаловаться на боль, становиться более сильной, пытаться двигаться, не позволяйте, наложите шину, на сломанные конечности.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To bend under strain, by falling off a skateboard, a break in a bone, more serious, a wound on the skin, an open fracture, a closed fracture, a comminuted fracture, a single fracture, a greenstick fracture, a complete fracture, to see the break, to put plaster casts/

Ex.3 Answer the questions. Ответьте на вопросы.

1. What does the word “fracture” mean?
2. What kinds of fractures do you know?
3. What fracture is more serious?
4. When does the pain become more severe?
5. How can you help the person with fracture?
6. What do the doctors do with fractures?

SUNSTROKE

It is very dangerous to fall asleep in the open air when the sun is hot or to be in the hot sun for a long time without a hat. You may get a sunstroke.

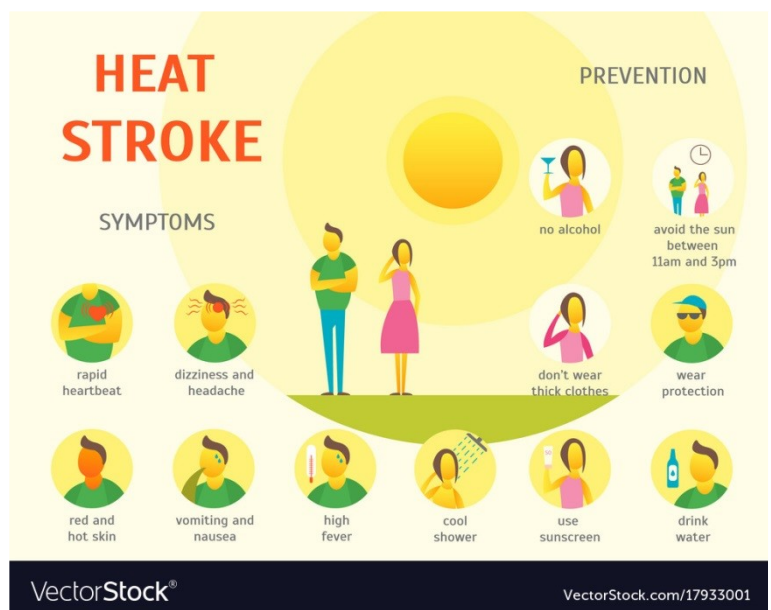
When a person has a sunstroke, he has a high temperature. His skin is very hot, dry and red. He has a bad headache and can even lose consciousness. Sunstroke can cause death. One must avoid walking in excessive heat conditions during the summers. It is important to stay cool.

If you help a person who has a sunstroke:

1. Take the patient into a cool and shady place.
2. Put him on his back.
3. Raise his head and shoulders a little.
4. Put cold cloth on his head.
5. Cool his body with cold water.
6. Rub his skin with a sponge to keep up blood circulation.

If you are suffering heatstroke alone:

1. Get into a shady, cool (preferably air-conditioned) area.
2. Call emergency services. Even if you still feel like you are hanging in there, you may start going into shock and be unable to call for help when you really need it. Prolonged heat stroke damages the brain, heart, kidneys, and muscles, so it's better to be safe than sorry.
3. Remove any extra clothing (hat, shoes, socks) to aid in the cooling process.
4. Get in a cold bath, shower, stream, or pond if possible. Otherwise, put a cool, wet rag on the back of your neck, on your groin, and/or in your armpits. If you can, mist and fan yourself to promote evaporative cooling.



5. Lie down and raise your feet by about a foot (30cm). This will help you avoid potential shock.

6. Replenish your fluids and electrolytes. If you have it, slowly sip Gatorade to counteract both dehydration and the loss of salts through sweating, but don't drink quickly or you could induce shock. If you don't have Gatorade, sip plain water; trying to hunt down the right beverage in a panic will hurt more than help.

7. Calm yourself. Minimize your agitation by breathing deeply and focusing your thoughts away from what is happening to you.

During the summer, we try to go to the sea to get a welcome dose of sunshine and warmth. To make sure we stay undamaged, we must be aware of the danger of heat or sunstroke in advance and take the necessary measures.

Words:

1. sunstroke – солнечный удар
2. dry – сухой
3. headache – головная боль
4. to cool – охлаждать
5. sponge – губка
6. to keep up – поддерживать
7. blood circulation - кровообращение

Ex.1 Find English equivalents. Найдите английские эквиваленты.

На открытом воздухе, высокая температура, сухая красная кожа, сильная головная боль, потерять сознание, перенести в прохладное помещение, слегка приподнять голову, обтереть кожу губкой, принять холодный душ, поднять ноги на 30 см., успокойтесь, восполните недостаток жидкости, жаловаться, остаться невредимым.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

In the open air, the sun is hot, to get a sunstroke, a high temperature, to lose consciousness, a cool and shady place, blood circulation, to start going into shock, to raise your feet, replenish your fluids, to get a welcome dose, necessary measures.

Ex. 3. Answer the questions. Ответьте на вопросы.

1. What symptoms of sunstroke do you know?
2. Have you ever had a sunstroke?
3. What must we do to help a person who has a sunstroke?
4. Can sunstroke cause death?
5. What must you do if you are suffering heatstroke alone?

SMOKING STUDY SHOWS NEW CANCER RISK

A new study suggests that people who have smoked for more than 25 years may have caused lung cell damage, which can not be stopped by quitting.

According to researchers long-term smoking appears to trigger a biological switch in the lung, which causes cell growth and this in turn could lead to cancer.

Besides, most smokers die from heart disease. Stopping smoking reduces the risk of



heart disease almost immediately. It's always worth giving up, whatever your age, but the sooner the better.

Scientists say, that smoking causes at least 24 separate diseases and there are clear benefits from giving up smoking at any time.

There are immediate benefits, short-term benefits and long-term benefits from quitting smoking. And there are clear benefits both for individuals and their families – according to the new study.

Within two years of stopping smoking the increased risk of heart disease is halved. And many other unpleasant diseases, like emphysema, which damage the quality of life can be prevented by stopping smoking.

A large-scale study published in 1994 found that cigarettes would eventually kill one in two smokers, and that smoking was lethal and nicotine was an addictive drug.

Can't stop smoking? Then cut some risks. The ill effects of cigarette smoking on health and appearance and a social climate is evident. And it is difficult for nonsmokers to understand why anyone continues to smoke. But cigarettes still have a stranglehold on millions of people, many of whom think they cannot quit or have no desire to try.

Clearly, there is no substitute for quitting smoking and banishing it from the air we breathe. But there is reason to believe that active and passive smokers can to some degree counter the ill effects of tobacco. Much of the harm caused by tobacco smoke can be traced to what biochemists call oxidative damage.

To counter such damage, recent studies suggest, the diet should be rich in a group of nutrients known as antioxidants. The major dietary antioxidants are vitamins C and E, beta-carotene and other carotenoids

But vitamin E is hard to come by in an otherwise wholesome diet, for it is most prominent in vegetable oils and margarine, which should be cautiously consumed in a low-fat diet. To raise vitamin E intake to effective antioxidant levels, a daily supplement is necessary. Doctors recommend fish rich in omega-3 fatty acids, especially species like mackerel, salmon, bluefish and sardines, is another good source of protective nutrients. Diets rich in omega-3 fatty acids are associated with a low risk of developing coronary heart disease and suffering heart attacks.

Ex.1 Find English equivalents. Найдите английские эквиваленты:

изгонять из общества, удушение, жирные кислоты, питательное вещество, антиоксидант, сердечный приступ, рак, легкие, бросить курить, сидеть на диете, пассивный курильщик

DRUGS

More people are abusing drugs today than in any other time in history of mankind and many of those people are youth.

Understanding what drugs are is fundamental for understanding their potential abuse .

Drugs are a psychoactive substance.

A psychoactive substance is something that people take to change the way they feel think or behave . Some of these substances are called drugs and other , like alcohol and tobacco , are



considered dangerous , but are not called drugs .The term drug also covers a number of substances that must be used under medical supervision to treat illnesses .

I am going to talk about drugs as those man—made or naturally occurring substances used without medical supervision , basically to change the way a person feels thinks or behaves .

In the past , most drugs were made from plants . That is plants were grown and then converted into drugs such as coca paste , opium and marijuana . Over the years ,these crude products were further processed to drugs like cocaine and heroin and finally , in the 20th century , people found out how to make drugs from chemicals.

There are called man—made or synthetic drugs and include ecstasy , LSD, etc . These were initially manufactured for largely experimental reasons and only later were used for recreation purposes . Now , however , with the increased size and scope of the drug trade , people set out to invent drugs especially for human consumption .

For the first time in human history , a whole industrial complex creates and produces drugs that are meant to be used for the sole purpose of "having fun" . People use drugs just to escape the reality , to have fun . The majority of them are young , even very young , who do not understand what might happen to them because of drugs

Words:

- | | |
|---|---|
| 1. to abuse - злоупотреблять | 15. to find – найти, изобрести |
| 2. drugs - наркотики | 16. ecstasy – экстази (наркотик, вызывающий чувство эйфории, широко употребляется на дискотеках) |
| 3. mankind – человечество | 17. LSD – ЛСД (наркотик, вызывающий галлюцинации) |
| 4. youth - молодежь | 18. initially – в начальной стадии, вначале |
| 5. substance - вещество | 19. recreational – развлекательный, относящийся к сфере развлечений, отдыху |
| 6. to behave – вести себя, поступать, держаться | 20. purpose – назначение, намерение, цель |
| 7. to consider – думать, полагать, считать | 21. to invent - изобрести |
| 8. dangerous - опасный | 22. consumption - потребление |
| 9. to cover – включать, содержать | 23. to escape – уходить от реальности, отключаться |
| 10. supervision – лечение, предписание | |
| 11. to treat - лечить | |
| 12. illness - болезнь | |
| 13. plants - растения | |
| 14. crude - сырой | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Злоупотребляют наркотиками, препараты психотропного вещества, должны применяться под наблюдением врача, были сделаны из растений, уйти от реальности.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

understanding their potential abuse; take to change the way they feel think or behave, must be used under medical supervision, to treat illnesses; basically to change the way a person feels thinks or behaves;

Ex.3 Answer the questions.Ответьте на вопросы.

- 1)What is fundamental to understand the essence of drugs?
- 2)What are drugs?
- 3) What is a psychoactive substance?
- 4) What kind of drugs do you know?
- 5) What naturally occurring drugs do you know?
- 6)What synthetic drugs do you know?
- 7) Why do people use drugs?

WHAT MUST YOU KNOW ABOUT AIDS?

Aids is an abbreviation for acquired immune deficiency syndrome. This means that the body's natural defense mechanism against infection is seriously impaired.

Aids is an illness that can kill. Aids is caused by a virus called HIV. People with Aids can look and feel healthy. There are no particular symptoms of AIDS as they depend solely upon whichever chance infection affects the sufferer. This is the main risk of the disease. Like hepatitis B the AIDS virus has been found in most sufferers but is transmitted mainly by contact with blood containing the virus. HIV is present on the blood of all infected persons but it usually takes years before they suffer any effects.

You should know some important facts about Aids.

You can get infected with the Aids virus by:

- Having sex with a person who has the virus;
- Sharing needles to inject drugs with a person who has the virus.

To protect yourself from Aids:

- You should always use condom if you have sex. Use it properly. Read the directions on the package.
- Do not use anyone else's needles. Don't share your needles with anyone.

Don't forget that a woman with the Aids virus can infect her unborn baby. A woman with the Aids virus can also pass it to her baby when breast-feeding. If you think you may be infected you can take your blood test and it can show if you have the Aids virus.

You cannot get the Aids virus by:

- sitting near someone;
- shaking hands;
- using bathrooms, telephones, drinking fountains;
- eating in a restaurant;
- sharing food, plates, cups, forks and spoons;
- swimming in a pool;
- being bitten by mosquitoes or other bugs;
- giving blood.

You cannot get the Aids virus through the air or by everyday contact.

Words:

- | | |
|--|---|
| 1. a defense mechanism – защитный механизм | 8. containing the virus – содержащей вирус |
| 2. an illness – болезнь | 9. a needle – игла |
| 3. to kill – убить | 10. to protect – защищать |
| 4. healthy – здоровый | 11. a condom – презерватив |
| 5. an infection – инфекция | 12. to infect – заразить |
| 6. to suffer – страдать | 13. to take a blood test – сдать анализ крови |
| 7. body fluids – биологические жидкости | |

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Синдром иммунодефицита, защитный механизм организма, выглядеть и чувствовать себя здоровым, основной риск заболевания, биологические жидкости, обмениваться иглами, инфицировать ребенка, анализ крови, рукопожатие.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

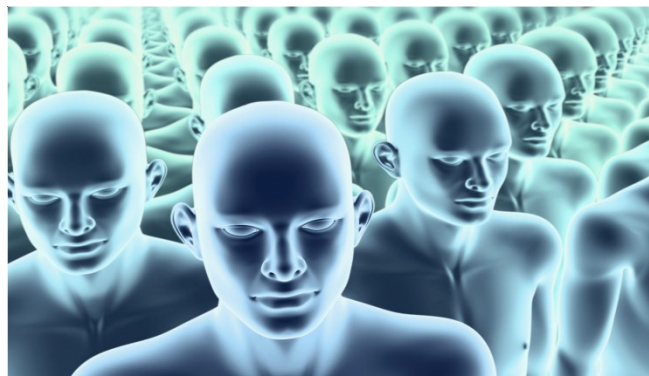
The body's natural defence mechanism, an illness that can kill, symptoms of AIDS, a sufferer, to get infected with the Aids virus, the blood of all infected persons, sharing needles, to infect her unborn baby, when breast-feeding, shaking hands.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What is the main risk of Aids?
2. What important facts should we know about Aids?
3. What should we do to protect ourselves from Aids?
4. Can we get the Aids virus by shaking hands, sharing food, swimming in a pool?
5. Can we get the Aids virus through the air?

CLONING

The world was stunned by the news in late February 1997 that a British embryologist named Ian Wilmut and his research team had successfully cloned a lamb named Dolly from an adult sheep. Dolly was created by replacing the DNA of one sheep's egg with the DNA of another sheep's udder. The world media was immediately filled with heated discussions about the ethical implications of cloning. Scientists and ethicists have debated the implications of human and non-human cloning extensively when scientists at the Roslin Institute in Scotland produced Dolly.



No direct conclusions have been drawn, but compelling arguments state that cloning of both human and non-human species results in harmful physical and psychological effects on both groups.

Many people are convinced that the cloning of any species, whether they are human or non-human, is ethically and morally wrong. Cloning of human beings would result in severe psychological effects in the cloned child, and that the cloning of non-human species subjects them to unethical or unmoral treatment for human needs. The possible physical damage that could be done if human cloning became a reality is obvious when one looks at the sheer loss of life that occurred before the birth of Dolly. Less than ten percent of the initial transfers survive to be healthy creatures.

There were 277 trial implants of nuclei. Nineteen of those 277 were deemed healthy while the others were discarded. Five of those nineteen survived, but four of them died within ten days of birth of severe abnormalities. Dolly was the only one to survive. It has lived for seven years. In addition to physical harms, there are worries about the psychological harms on cloned human children. "One of those harms is the loss of identity, or sense of uniqueness and individuality.

The cloning of a non-human species subjects them to unethical treatment purely for human needs. What would happen if humans started to use animals as body for growing human organs? Where is the line drawn between human and non-human? If a primate was cloned so that it grew human lungs, liver, kidneys, and heart, what would it then be? Would non-human primates, such as a chimpanzee, who carried one or more human genes via transgenic technology» be defined as still a chimp, a human, a subhuman, or something else? It could create a world-wide catastrophe that no one would be able to stop. That is why the majority considers that the ethical and moral implications of cloning are such that it would be wrong for the human race to support it.

On the other hand, some people think that potential benefits outweigh the potential harms of cloning. Cloning would be probably used by infertile people who now use donated sperm, eggs, or embryos. It may provide a way for completely sterile individuals to reproduce, a valuable basic research of technologies related to reproduction and development.

The dilemma is very complex. The question shakes us all to our very souls. For humans to consider the cloning of one another forces them all to question the very concepts of right and wrong that make them all human. Many countries imposed a ban for human-cloning research.

Words:

1. to stun — оглушать, ошеломлять
2. research — (научное) исследование
3. lamb — ягненок, барашек; овечка
4. adult — взрослый, совершеннолетний
5. DNA — ДНК
6. egg — биол. яйцеклетка
7. heated discussion — горячая дискуссия
8. implication — следствие, вывод; последствия, результаты
9. to draw a conclusion — сделать, извлечь вывод
10. compelling — неодолимый, неотразимый, непреодолимый
11. harmful — вредный, пагубный
12. severe — жестокий, тяжелый (о болезни, утрате и т. п.); крупный, ощутимый (об убытке и т. п.)
13. treatment — обращение (of — с кем-л.)
14. obvious — очевидный, явный, ясный
15. sheer — абсолютный, полнейший, суший, явный
16. loss — утрата, потеря
17. creature — создание, творение

18. trial — испытательный, пробный
19. nuclei — ядра
20. to survive — остаться в живых; выжить
21. abnormality — отклонение; аномалия
22. in addition — в добавление, к тому же, сверх, кроме того
23. identity — индивидуальность; личность
24. uniqueness — единственность, уникальность
25. lung — анат. Легкое
26. liver — анат. Печень
27. kidney — анат. Почка
28. heart — анат. Сердце
29. chimpanzee, chimp — шимпанзе
30. gene — ген
31. via — посредством чего-л., с помощью чего-л.
32. transgenic — трансгенный
33. majority — большинство
34. outweigh — перевешивать; быть более влиятельным, важным
35. embryo — биол. зародыш, эмбрион
36. to impose a ban — налагать запрет; запрещать

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Британский эмбриолог, исследовательская команда, клонировали овечку, горячая дискуссия, пагубный эффект, потеря индивидуальности, легкое, печень, почка, сердце, потенциальная польза, трансгенный, во многих странах наложен запрет.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

A research team, an adult sheep, the DNA of one sheep's egg with the DNA of another sheep's udder, heated discussions, cloning of both human and non-human species, the psychological effects, the physical damage, human lungs, liver, kidneys, and heart, infertile people.

Ex. 3. Answer the questions. Ответьте на вопросы.

1. Why was the world stunned in late February 1997?
2. How was Dolly created?
3. What was the world media immediately filled with?
4. Why are many people convinced that the cloning is ethically and morally wrong?
5. What would cloning of human beings result in?
6. How many trial implants of nuclei were there? How many of them survived?
7. What are the worries about the psychological harms on cloned human children?
8. What could cloning create?
9. What are the benefits of cloning?
10. Is human-cloning research allowed nowadays?
11. What is your opinion about cloning?

NATIONAL PROJECT "HEALTH"

Leaders of the Federal Assembly and the Presidium of the State Council of the Russian Federation, the Russian Ministry of Health and Social Development and the Federal Service for Surveillance on Consumer Rights Protection and Human Well-being developed the National Priority Project in Public Health.

The project aims to:

- Decrease mortality, disability and morbidity;
- Make medical care more accessible for the population and improve the quality of care;
- Develop a prevention-oriented health care system;
- Increase the role of primary health care (including general practitioners, pediatricians, and other specialists);
- Create conditions to expand out-patient medical services;
- Increase hi-tech medical care to satisfy the population's demand.

The implementation period for the project is 2006-2008.

The following outcomes of the project are expected:

- Decreased mortality and disability rates among the population of the Russian Federation by ensuring higher accessibility and higher quality of the provided medical care;
- Satisfy the demand of the Russian Federation population for free high-tech medical services;
- Improved living standards for patients who need hi-tech medical care (minimize waiting period to get treatment, maintain ability to work on a permanent or temporary basis);
- Solve social problems in terms of providing medical care to those who need social support from the state;
- Decreased economic losses by recovering the labour forces and decreased material losses for disability payments and sick benefits.

Objectives and priorities of the project. Specific objectives of the project include:

- Primary health care development (financial compensations, training and retraining of medical workers, equipping health care settings with diagnostic equipment):
- Prevention (population immunization within the national vaccination programme, detection and treatment of people with HIV infection, hepatitis B and hepatitis C, medical examination of new-born children, clinical examination of the working population);
- Provision of hi-tech medical care.

Words:

1. Federal Assembly and the Presidium of the State Council of the Russian Federation - Федеральное Собрание и Президиум Государственного Совета Российской Федерации
2. Ministry of Health and Social Development - Министерство здравоохранения и социального развития
3. Federal Service for Surveillance on Consumer Rights Protection and Human Well-being - Федеральная служба по надзору в сфере защиты прав потребителей и благополучия человека
4. aim – цель
5. decrease - уменьшение
6. mortality- смертность
7. disability – инвалидность
8. morbidity – заболеваемость
9. accessible - доступный
10. quality – качество
11. prevention-oriented – ориентация на профилактику
12. primary health care – первичная медицинская помощь
13. expand – расширение
14. satisfy – удовлетворять
15. demand – требования, спрос
16. implementation period – срок реализации
17. outcomes – результаты
18. intend – собираться, намереваться

Ex.1 Find English equivalents. Найдите английские эквиваленты.

финансовые компенсации, переобучение медицинских работников, диагностическое оборудование, высокое качество, уменьшить смертность, врач общей практики

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

out-patient medical services, population's demand, higher accessibility, living standards, social support, sick benefits

Ex.3 Answer the questions. Ответьте на вопросы.

1. Who developed the National Priority Project in Public Health?
2. What is the implementation period for the project?
3. How they intend to improve living standards for patients who need hi-tech medical care?
4. How they intend to decrease economic losses?
5. How they intend to develop primary health care?

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