Филиал учреждения образования
«Минский государственный лингвистический университет»
«Лингвогуманитарный колледж»

Электронный образовательный ресурс

по учебному предмету

«Практика устной и письменной речи»

по теме «Социальные болезни XXI века / Social maladies»

Специальности:

5-04-0231-01 Лингвистическое сопровождение межкультурной коммуникации (английский язык)

5-04-0113-01 Обучение иностранному языку (английский язык)

Разработчик: Градович Лидия Андреевна

преподаватель

Минск, 2024

АННОТАЦИЯ

Использование данного электронного образовательного ресурса (далее – ЭОР) по учебному предмету «Практика устной и письменной речи» специальностей 5-04-0231-01 «Лингвистическое сопровождение межкультурной коммуникации (с указанием языка)», 5-04-0113-01 «Обучение иностранному языку (с указанием языка)» может быть использован самими учащимися при выполнении работы самостоятельно или под руководством преподавателя на учебном занятии по учебному предмету «Практика устной и письменной речи» в образовательном процессе, а также будет способствовать у учащихся формированию и развитию лексических навыков в процессе обучения иностранному языку.

ЭОР представляет собой структурный элемент ЭУМК (контрольно-измерительные материалы) по теме «Социальные болезни XXI века» по учебному предмету «Практика устной и письменной речи». Данная тема актуальная в современном обществе, среди молодежи, в ней рассматриваются вопросы заболевания сердца, стрессы, аллергии, экологические заболевания. ЭОР содержит такие контрольно-измерительные материалы (тематический контроль), как тексты с заданиями, вопросами, систему упражнений, направленных на развитие умений диалогической и монологической речи учащихся.

В содержании тем даны ссылки на аутентичные аудио- и видеоматериалы (YouTube-канал), разработанные интерактивные контрольно-оценочные материалы по данному разделу на многофункциональной платформе, используемой для создания интерактивных и материалов в PDF-формате wordwall.net; онлайн-карточки, разработанные в приложении Quizlet, предоставляющем инструменты для учебы и обучения.

ЭОР предназначен для использования преподавателями по учебному предмету «Практика устной и письменной речи» при преподавании английского языка.

Оглавление

Тема 1. Maladies of the 21st Century 4
Тема 2. Stress 10
Тема 3. Allergies 14
Тема 4. Heart attacks 17
Тема 5. Environmental diseases 19
Answers: 21

Тема 1. Maladies of the 21st Century

Active vocabulary:

https://quizlet.com/858311205/social-maladies-flash-cards/?x=1jqU&i=2fl3zo

Work in pairs. Answer the following questions:

Social maladies (speaking) - Speaking cards (wordwall.net)

1. **Look at the pictures and describe each one using 3-4 sentences.**





2. **Read the text and do the exercises below:**

Maladies of the 21st Century

We entered the 21st century with such maladies as heart and vascular system diseases, environmental diseases, cancer, AIDS (Acquired Immune Deficiency Syndrome). The risk factors causing these diseases are poor environment (especially after Chernobyl disaster), constant stress and bad habits. We witness more and more cases when people suffer from such environmental diseases as food allergies, chronic fatigue syndrome, asthma, thyroid gland. They all have a huge impact on the quality of life, darken our prospects for future. Alcohol, drugs, smoking, AIDS have also become the reality of our life, especially among young and middle-aged people. Such social maladies as smoking, alcohol consumption, drug abuse, AIDS have come as a result of people's ignorance and lack of healthy habits.

SMOKING

Smoking is very dangerous. Most young people smoke because their friends *pressure them to do so*. They may be *copying their parents* who smoke, or other adults they respect. At one time this would have been accepted as normal. But in the past 30 years attitudes about smoking have changes. Smoking is now *banned* in

many places so that other people don't have to breathe in smokers' shocking tobacco smoke. *Passive smoking*, when you are breathing someone else's smoke, can damage your health just like smoking can. Smoking becomes *addictive* very quickly, and it's one of the hardest habits to break.

Take 1000 young people who smoke 20 cigarettes a day. A quarter of them will die from a disease caused by smoking. That's 250 lives wasted! Only six of those 1000 teenagers will die in road accidents. So what is it in cigarette smoke that is harmful? Chemical called nicotine is *a substance* that causes addiction. It is a *stimulant* that *increases the pulse rate and a rise in the blood pressure*. Cigarette smoke also contains *tar* - a major factor for causing cancer. Chronic bronchitis occurs when tar and *mucus* damage the *air sacks* in the lungs. The sufferer has a bad cough which is worse in the mornings, and may get breathless easily.

Gases in cigarette smoke *increase your blood pressure and pulse rate*. This can contribute to heart disease. Smokers as twice as *non-smokers* are likely to have heart trouble.

Smokeless tobacco that is chewed rather than smoked is also harmful, causing mouth sores, damage to teeth and cancer.

If you've ever watched an adult try to *give up smoking*, you know how hard it can be. It's easier, *healthier and cheaper never to start.*

Facts about smoking

- The smell of smoke on your breath and clothes will *put people off*.
- Someone who smokes 15 cigarettes a day can forget six to nine years of their life.
- You're burning a great deal of money. In many countries cigarettes are heavily taxed.
- Your skin will *wrinkle* faster and deeper than that of a non-smoker.
- Females who smoke heavily may wrinkle like a woman 20 years older in age.

ALCOHOL

Another poison of many young people is alcohol. Remember, alcohol is a drug. It can make you sick, and you can become addicted to it. It's a very common form of drug abuse among teenagers. Don't let anyone at a party *pressure you into drinking* if you don't want to, especially if you're legally under age.

For years we have been told not to drive after we have drunk alcohol, which *weakens our sense and clouds our judgment*. And yet people still do. Young people, who are drunk are less likely to wear their seat belts, and are less experienced when a problem occurs. The alcohol makes them think they are

brilliant drivers and can take risks without getting hurt. But, more importantly, they become a risk to other drivers and pedestrians - *potential killers*. If they do have an accident, the alcohol in their body will make treatment of an injury more difficult.

Alcohol drinks are made up chiefly of water and ethanol, which is an alcohol produced by fermenting fruits, vegetables or grain. Beer is about one part ethanol to 20 parts water. Wine is stronger, and spirits are about half ethanol and half water. Alcohol is a drug. In fact, it is a mild poison. It is absorbed quickly into the bloodstream, within four or 10 minutes of being drunk. Absorption is slower if there's food in the stomach. Once inside the body it passes through the bloodstream to the liver, where poisons are digested.

But the liver can only process 28 grams of pure alcohol each hour.

This is a small amount - just over half a glass of beer. Anything else you drink is pumped round the body while it waits its turn to enter the liver. When alcohol reaches your brain, you may immediately feel more relaxed and light-hearted. You may feel you can do crazy things. But after two or three drinks, your *actions are clumsy and your speech is slurred.* If you over-drink, you might *suffer from double vision and loss of balance, even fall unconscious, hangover.*

DRUGS

In facts, all medicines are drugs. You take drugs for your headache or your asthma. But you need to remember that not all drugs are medicines. Alcohol is a drug, and nicotine is a drug. There are many drugs that do you no good at all.

There's nothing wrong with medicinal drugs if they're used properly. The trouble is, some people use them wrongly and make themselves ill. Most of the drugs are illegal, but some are ordinary medical substances that people use in the wrong way.

People take drugs because they think they make them feel better. Young people are often introduced to drug-taking by their friends.

Many users take drugs to *escape from a life that may seem too hard to bear.* Drugs may seem the only answer, but they are no answer at all. They simply make the problem worse.

Depending on the type and strength of the drug, all drug-abusers are *in danger of developing side effects.* Drugs can *bring on confusion and frightening hallucinations and cause unbalanced emotions* or more serious mental disorders.

First-time heroin users are sometimes violently sick. Cocaine, even in small amounts, can cause sudden death in some young people, due to *heartbeat irregularities*. Children born to drug-addicted parents can be badly affected.

Regular users may become constipated and girls can miss their periods. Some drugs can slow, even stop the breathing process, and if someone overdoses accidentally they may become unconscious or even die.

People who start taking drugs are unlikely to do so for long without being found out. Symptoms of even light drug use are *drowsiness, moodiness, loss of appetite and, almost inevitably, a high level of deceit.*

First there's the evidence to hide, but second, drugs are expensive and few young people are able to find the money they need from their allowance alone. Almost inevitably, needing money to pay for drugs leads to crime.

AIDS

AIDS is a sickness that attacks the body's natural system against disease. AIDS itself doesn't kill, but because the body's defence system is damaged, the patient has a reduced ability to fight off many other diseases, including flu or the common cold.

It has been reported that about 10 million people worldwide may have been infected by the virus that causes AIDS. It is estimated that about 350 thousand people have the disease and that another million (!) may get it within the next five years. Africa and South America are the continents where AIDS is most rampant, although in the States alone about 50,000 people have already died of AIDS.

So far there is no *cure for* AIDS. We know that AIDS is caused by a virus which invades healthy cells, including the white blood cells that are part of our defence system. The virus takes control of the healthy cells genetic material and forces the cell to make a copy of the virus. The cell then dies and the multiplied virus moves on to invade and kill other healthy cells. The AIDS virus can be passed on sexually or by sharing needles used to inject drugs. It also can be passed in blood products or from a pregnant woman with AIDS to her baby.

Many stories about the spread of AIDS are false. One cannot get AIDS by working with someone who's got it, or by going to the same school, or by touching objects belonging to or touched by an infected person. Nobody caring for an AIDS patient has developed AIDS and, since there is no cure for it at present, be as helpful and understanding as possible to those suffering from this terrible disease.

Are these sentences true or false?

1. Smoking is banned in all public places worldwide.

2. Passive smoking has no negative health effects.

3. Tar in cigarette smoke is a significant cause of cancer.

4. Chronic bronchitis is not related to tar and mucus in the lungs.

5. Gases in cigarette smoke can lead to heart disease.

6. Chewing tobacco can lead to mouth sores, tooth damage, and cancer.

7. Giving up smoking is easy for most adults.

8. Alcohol is considered a poison by many young people.

9. AIDS is a curable disease.

Answer the questions:

1. Why is smoking banned in many places?

2. How does passive smoking affect health?

3. What are the dangers of cigarette smoke containing tar?

4. How does alcohol consumption contribute to heart disease?

5. What happens when someone overdoses on drugs accidentally?

6. How can AIDS be transmitted from one person to another?

7. Is there a cure for AIDS?

Match expressions into the right column. Think about other examples:

Reasons	Consequences

under friends' pressure,

bring on lung cancer

to share alcohol in a family setting

to look grown-up

to copy parents or friends

the smell of smoke puts people off

to join the crowd

develop a bad persistent cough

not to lose face

skin wrinkles faster and deeper

to feel more relaxed and sociable

increase blood pressure and pulse rate

to escape from a life that may seem too hard to bear

3. Expand the following situations:

Most young people start to smoke because…

Cigarette smoke is extremely harmful, as it contains..

When alcohol reaches your brain….

People take drugs because…

AIDS is caused by a virus which….

One cannot get AIDS by….

4. Now the so-called E-smoking is popular. But is it better than a usual cigarette? Listen to the podcast and express your idea.

BBC Learning English - 6 Minute English / Cigarettes v e-cigarettes

5. Comment on the statements (5-7 sentences), using the active vocabulary:

"Old habits die hard"

"Smoking just a few cigarettes a day isn't harmful"

"Drinking before going to bed helps you sleep better"

"Teenagers are too young to get addicted"

6. In groups of 3-4, think about the preventive ways. Share your ideas with the other groups.

Тема 2. Stress

Vocabulary

Карточки Stress vocabulary | Quizlet

Work in pairs. Answer the following questions:

https://wordwall.net/resource/72618337

Stress

A Human Concern

1. Read the text and say whether the following statements are True or False.

1. Stress is more common in this century than in previous centuries.
2. Stress can cause illness and illness can cause stress.
3. Some people still think that stress is unnatural.
4. We should stop feeling stress.

Stress is a disease of the 21 century. Life has never been faster and jobs have never been more stressful than they are today. People have to perform more and more work under difficult and more stressful conditions. Many people suffer from stress and the illnesses it can cause. But as this situation is becoming recognized, people shouldn't have to fear comments such as, "He's had a nervous breakdown. Can't take the pressure, you know." This is because more people are recognizing that stress is a natural reaction – it is a reaction of a person's body to pressure, either from the outside world or from the inner world of emotions and physical organs. We can't avoid stress. And we can't help ourselves, or others, until we know more about it. Not all stress is bad and perhaps if we understood it better we could make the most of it.

2. Exercises:

1) Fill in the prepositions:

1) To work ____ difficult conditions
2) The attitude ____ stress
3) The reaction of the body ___ pressure
4) To be concerned ____ stress
5) Cancer can be caused ___ cancer
6) Stress can happen ___ anyone
7) Stress builds ___

2) What symptoms of stress have you ever experienced? When and what was the reason for it?

When you are ready to speak, link each symptom with *the linking words.*

Ex. I feel aches and pains when _____, because/ the reason is …

	Symptom	When	The reason fo
Feel Have Experience Suffer from	**1. Constant irritability**		
	2. Difficulty in making decisions		
	3. A feeling if having failed		
	4. Difficulty in concentrating		
	5. Aches and pains		
	6. Lack / loss of appetite		
	7. Frequent indigestion and heartbeat (изжога)		
	8. Insomnia		
	9. Constant tiredness		

3. Read the text and answer the questions below:

Cfs. Tired All the Time

Chronic fatigue syndrome

[`krɔnik] [fə`ti:g] [`sindrom]

Синдром хронической усталости

to be prone to – быть склонным к …

to be exhausted [ig`zɔ:stid] – быть истощенным, измученным

to transmit [trænz`mit] - передавать

contagious [kə`nteidʒəs] - заразный

susceptible [sə`septəbl] – чувствительный, восприимчивый

Estimates range from ten thousand cases

to as many as five million

The real number is somewhere in between – about 1 per cent of the population, or 2,4 million people. Most of them are in their twenties and thirties. And there are twice as many women as men.

Why are young woman more prone?

It isn't cleat yet. it may be simply that women are more likely to go to doctors, so they're diagnosed more frequently. But it could be hormonal, though doctors can't explain why.

Why is CFS so hard to diagnose?

Because at first glance CFS looks like something – or everything – else. CFS has similar symptoms other diseases. It also resembles a variety of psychiatric illnesses – depression, panic disorder. There's no test that can say, yes, you have CFS, or no, you don't. So the diagnosis becomes a process of ruling out all these other diseases.

What are the symptoms of CFS?

Persistent flulike aches and fatigue – you're really exhausted, to the point that you can't get out of bed for at least four to six months. That sounds like a long time, but anything less than that could just be a prolonged virus, and CFS is more than a prolonged virus.

The symptoms are: mild fever; sore throat; lymph node swelling and/ or tenderness; muscle weakness; muscle aches; prolonged fatigue; headaches; joint pait; neuropsychologic complaints – depression, forgetfulness, inability to concentrate, and sleep disturbances. For a doctor to officially diagnose CFS, a patient must have eight symptoms for a period of at least six months.

How does the illness usually start?

Patients might initially feel tired and achy, then feel worse over a period of three to six months, become increasingly exhausted from even minimal activity, and have more sore throats and muscle and joint aches. Sometimes they're very restless all the time and can't get to sleep. Some patients complain of extreme vertigo.

Is CFS contagious?

No one knows – we're not sure how it's transmitted. I think it probably is contagious and that certain people, perhaps because of a faulty immune system, are

more susceptible than others. Nevertheless, some patients have families, boyfriends, and friends who are perfectly fine.

Questions:

1. Why are there more women diagnosed with CFS than men?

2. What makes diagnosing CFS difficult?

3. What are the symptoms of CFS that a patient must have for at least six months to be officially diagnosed?

4. How does CFS typically start in patients?

5. Is Chronic Fatigue Syndrome (CFS) considered contagious?

6. What factors may contribute to certain individuals being more susceptible to CFS?

7. How long does a patient need to experience persistent flulike aches and fatigue before it can be considered CFS?

4. Here there are some tips how to cope with stress. Listen to the podcast\watch the videos and write the tips out. Add your own techniques.

https://www.youtube.com/watch?v=TK5KOXLT15g&pp=ygUQY29wZSB3aXRoIHN0cmVzcw%3D%3D

https://www.youtube.com/watch?v=svh5_wkTPK4&pp=ygUQY29wZSB3aXRoIHN0cmVzcw%3D%3D

BBC Learning English - 6 Minute English / How resilient are you?

5. Work in pairs. Recall the last time you felt under stress. Tell your partner what happened and why and how you coped with the situation.

Тема 3. Allergies

1. **Work in pairs. Answer the following questions:**

1) What can cause an allergy?
2) What are the types of an allergy?
3) What are the symptoms of it?
4) Are you (relatives\friends) allergic to anything? Share your experience.

2. Read the text below and check your ideas.

Allergies occur when your immune system reacts to a foreign substance — such as pollen, bee venom or pet dander — or a food that doesn't cause a reaction in most people.

Your immune system produces substances known as antibodies. When you have allergies, your immune system makes antibodies that identify a particular allergen as harmful, even though it isn't. When you come into contact with the allergen, your immune system's reaction can inflame your skin, sinuses, airways or digestive system.

Symptoms

Allergy symptoms, which depend on the substance involved, can affect your airways, sinuses and nasal passages, skin, and digestive system. Allergic reactions can range from mild to severe. In some severe cases, allergies can trigger a life-threatening reaction.

Hay fever, also called allergic rhinitis, can cause:

- Sneezing
- Itching of the nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes (conjunctivitis)

A food allergy can cause:

- Swelling of the lips, tongue, face or throat
- Hives
- Anaphylaxis

An insect sting allergy can cause:

- A large area of swelling (edema) at the sting site
- Itching or hives all over the body

- Cough, chest tightness, wheezing or shortness of breath
- Anaphylaxis \ˌænəfɪˈlæksiːz\

Causes

An allergy starts when your immune system mistakes a normally harmless substance for a dangerous invader. The immune system then produces antibodies that remain on the alert for that particular allergen. When you're exposed to the allergen again, these antibodies can release a number of immune system chemicals, such as histamine, that cause allergy symptoms.

Common allergy triggers include:

- **Airborne allergens,** such as pollen, animal dander, dust mites and mold
- **Certain foods,** particularly peanuts, tree nuts, wheat, soy, fish, shellfish, eggs and milk
- **Insect stings,** such as from a bee or wasp
- **Medications,** particularly penicillin or penicillin-based antibiotics

Prevention

Preventing allergic reactions depends on the type of allergy you have. General measures include the following:

- **Avoid known triggers.** Even if you're treating your allergy symptoms, try to avoid triggers. If, for instance, you're allergic to pollen, stay inside with windows and doors closed when pollen is high. If you're allergic to dust mites, dust and vacuum and wash bedding often.
- **Keep a diary.** When trying to identify what causes or worsens your allergic symptoms, track your activities and what you eat, when symptoms occur and what seems to help. This may help you and your provider identify triggers.

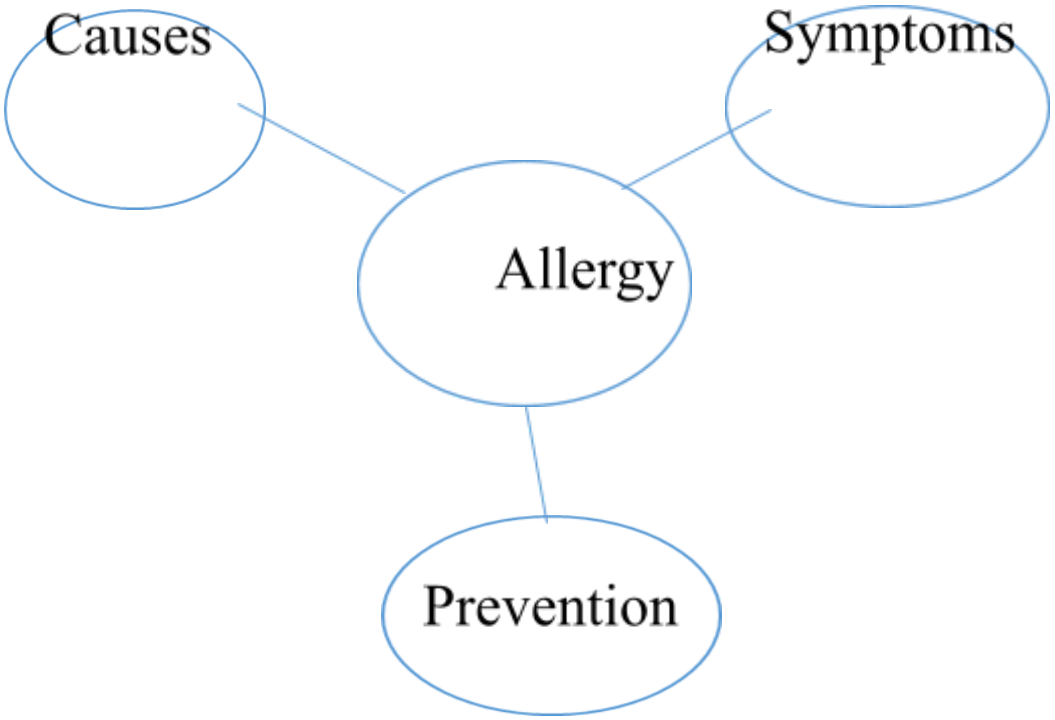
When to see a doctor

You might see your health care provider if you have symptoms you think are caused by an allergy, and nonprescription allergy medications don't provide enough relief. If you have symptoms after starting a new medication, call the provider who prescribed it right away.

For a severe allergic reaction (anaphylaxis), call 911 or your local emergency number or seek emergency medical help. If you carry an epinephrine auto-injector (Auvi-Q, EpiPen, others), give yourself a shot right away.

Even if your symptoms improve after an epinephrine injection, you should go to the emergency department to make sure symptoms don't return when the effects of the injection wear off.

3. Work in pairs\groups. Tell your groupmates about allergies using the mind map:



Тема 4. Heart attacks

1. Work in pairs. Answer the following questions:

1. What is a heart attack?
2. What are the reasons for it?
3. How to prevent a heart attack?
4. What can a heart attack lead to?

2. Read the text below and check your ideas:

Most heart attacks are caused by a blockage of one of the coronary arteries by a blood clot. This cuts off the blood supply to part of the heart muscle, which then dies. The main symptom of a heart attack is a tight pain in the chest, which may spread to one or both shoulders and down the arms the hands.

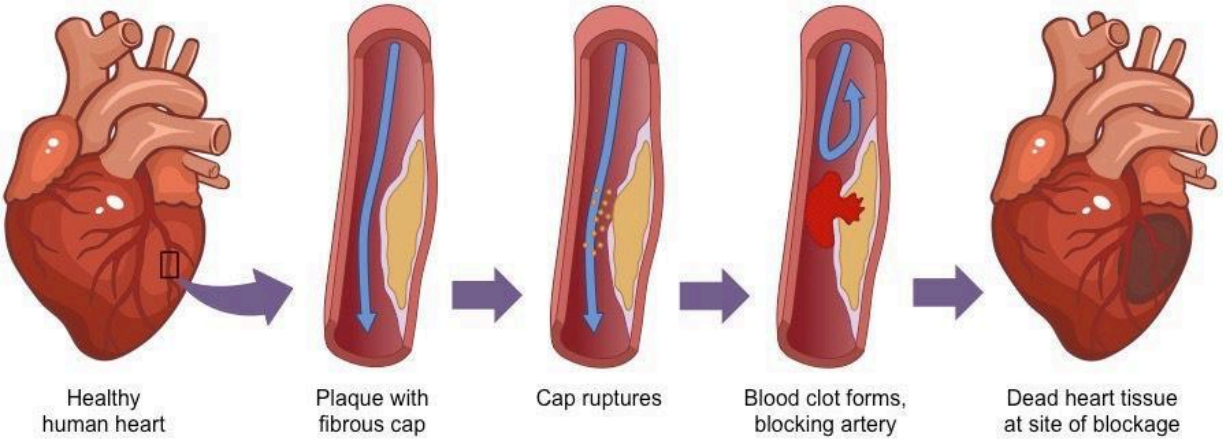
Heart attacks vary greatly in their nature. They may occur suddenly with a little or no warning, or they may develop gradually. The pain can vary from a slight feeling of discomfort to a very strong bursting feeling in the chest. It may last for up to an hour, or it may disappear after a few minutes and then return. A person suffering a heart attack is also likely to feel sick, dizzy and out of breath.

A heart attack is a serious matter and should be treated as an emergency. Don't try to travel to the doctor yourself, but stay with the patient and call an ambulance immediately. Keep the patient warm and as calm as possible. While you are waiting for help to arrive, lift the patient into a half sitting position. Put pillows or cushions behind the patient's head and neck, bend the knees and loosen any tight clothing around the neck, chest and waist. Don't give anything to eat or drink, and don't leave the patient alone. If the patient becomes unconscious, try mouth-to-mouth artificial respiration, and at the same time press down on the patient's chest to force blood around the body.

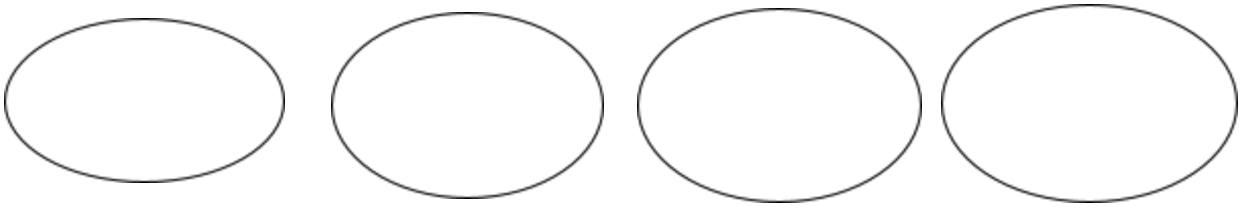
When the ambulance arrives, the patient will be taken straight to hospital, and will probably be kept there for several days. The patient's chances of recovery are very good: two out of every three people who have a heart attack recover completely, and nearly half a million people recover from heart attacks in Britain every year.

Exercises:

1. **Describe the process of the blockage of the artery. Use the text.**



2. **What are the symptoms of the heart attack?**



3. **What should be done / shouldn't be done *to give an emergency help* ?**

+	-

Тема 5. Environmental diseases

1. Work in pairs. Answer the following questions:

1. What comes to your mind when you hear “environmental diseases”?

2. What makes environmental problems?

3. What is the biggest environmental disease? Why do you think so?

4. Is it possible for everyone to change their lifestyle to help the Earth?

2. Read the text and answer the following questions:

Birth defects

Sometimes, when pregnant women are exposed to chemicals or drink a lot of alcohol, harmful substances reach the fetus.

Some of these babies are born with an organ, tissue or body part that has not developed in a normal way. Aspirin and cigarette smoking can also cause birth problems.

Birth defects are the leading cause of death for infants during the first year of life.

Cancer

Cancer occurs when a cell or group of cells begins to multiply more rapidly than normal.

As the cancer cells spread, they affect nearby organs and tissues in the body. Eventually, the organs are not able to perform their normal functions. Cancer is the second leading cause of death in the U.S., causing more than 500,000 deaths each year.

Some cancers are caused by substances in the environment: cigarette smoke, asbestos, radiation, natural and man-made chemicals, alcohol, and sunlight.

Kidney diseases

About 7.5 million adults have some evidence of chronic kidney disease.

These diseases range from simple infections to total kidney failure.

People with kidney failure cannot remove wastes and poisons from their blood. They depend on expensive kidney machines in order to stay alive. Some chemicals found in the environment can produce kidney damage. Some nonprescription drugs, when taken too often, can also cause kidney problems. Be sure to read the label and use drugs as directed.

Lung diseases

Lung infection is one of the most common diseases worldwide. In the United States alone, millions of people suffer from this condition especially women. Lung infectious diseases at mostly caused by infections, genes, and most especially smoking.

Lung infection is one of the most common diseases worldwide. In the United States alone, millions of people suffer from this condition especially women. Lung infectious diseases at mostly caused by infections, genes, and most especially smoking.

Questions:

1. What are some factors that can cause birth defects in babies?

2. Why are birth defects considered the leading cause of death for infants during their first year of life?

3. How does cancer develop in the body?

4. What are some environmental substances that can cause cancer?

5. How many deaths does cancer cause each year in the U.S.?

6. What is chronic kidney disease, and how many adults have evidence of it?

7. What are some common causes of lung infectious diseases?

3. Comment on the following statements:

Prevention is better than cure.

"The greatest wealth is health."

"Your body is a reflection of your lifestyle."

Answers:

Тема 1. Maladies of the 21st century

1. 1) F 2) F 3) T 4) F 5) T 6) T 7) F 8) T 9) F

2. a) Smoking is now banned in many places so that other people don't have to breathe in smokers' shocking tobacco smoke.

b) Passive smoking, when you are breathing someone else's smoke, can damage your health just like smoking can.

c) A major factor for causing cancer.

d) It is absorbed quickly into the bloodstream, within four or 10 minutes of being drunk. Absorption is slower if there's food in the stomach. Once inside the body it passes through the bloodstream to the liver, where poisons are digested.

e) May become unconscious or even die.

f) The AIDS virus can be passed on sexually or by sharing needles used to inject drugs. It also can be passed in blood products or from a pregnant woman with AIDS to her baby.

g) There is no cure for AIDS.

3. ***Reasons:*** under friends' pressure, to share alcohol in a family setting, to look grown-up, to copy parents or friends, to join the crowd, not to lose face, to feel more relaxed and sociable, to escape from a life that may seem too hard to bear.

Consequences: bring on lung cancer, the smell of smoke puts people off, develop a bad persistent cough, skin wrinkles faster and deeper, increase blood pressure and pulse rate.

Тема 2. Stress

1. 1) T 2) T 3) T 4) F

2. 1) under 2) to 3) to 4) about 5) by 6) to 7) up

CFS – 1) Women are more likely to go to doctors

2) CFS has similar symptoms other diseases. It also resembles a variety of psychiatric illnesses – depression, panic disorder.

3) Mild fever; sore throat; lymph node swelling and/ or tenderness; muscle weakness; muscle aches; prolonged fatigue; headaches; joint pait; neuropsychologic complaints – depression, forgetfulness, inability to concentrate, and sleep disturbances.

4) Patients might initially feel tired and achy, then feel worse over a period of three to six months, become increasingly exhausted from even minimal activity, and

have more sore throats and muscle and joint aches. Sometimes they're very restless all the time and can't get to sleep. Some patients complain of extreme vertigo.

5) No one knows – we're not sure how it's transmitted.

6) Some people because of a faulty immune system, are more susceptible than others.

7) For at least four to six months

Тема 3. Allergies

1. 1) Airborne allergens (pollen, animal dander, dust mites and mold), certain foods, insects, medications.

2) Seasonal allergies, food allergies, environmental allergies, insect sting allergies, drug allergies, latex allergies, and inhalant allergies.

3) Coughing, Shortness of breath, Chest tightness, Runny nose, Itchy nose\ throat, mouth\eyes or skin, Burning or watery eyes, Conjunctivitis, Diarrhea, Vomiting, Skin rashes, Skin swelling.

Тема 4. Heart attacks:

1. Most heart attacks are caused by a blockage of one of the coronary arteries by a blood clot. This cuts off the blood supply to part of the heart muscle, which then dies. The main symptom of a heart attack is a tight pain in the chest, which may spread to one or both shoulders and down the arms the hands.

2. The pain can vary from a slight feeling of discomfort to a very strong bursting feeling in the chest. It may last for up to an hour, or it may disappear after a few minutes and then return. A person suffering a heart attack is also likely to feel sick, dizzy and out of breath.

3. Don't try to travel to the doctor yourself, but stay with the patient and call an ambulance immediately. Keep the patient warm and as calm as possible. While you are waiting for help to arrive, lift the patient into a half sitting position. Put pillows or cushions behind the patient's head and neck, bend the knees and loosen any tight clothing around the neck, chest and waist. Don't give anything to eat or drink, and don't leave the patient alone. If the patient becomes unconscious, try mouth-to-mouth artificial respiration, and at the same time press down on the patient's chest to force blood around the body.

Тема 5. Environmental diseases:

1. Exposure to harmful chemicals or excessive alcohol consumption during pregnancy can cause birth defects in babies.

2. Birth defects are considered the leading cause of death for infants during their first year of life because some babies are born with organs, tissues, or body parts that have not developed normally.

3. Cancer develops when a cell or group of cells begin to multiply more rapidly than normal, spreading to affect nearby organs and tissues in the body.

4. Some environmental substances that can cause cancer include cigarette smoke, asbestos, radiation, natural and man-made chemicals, alcohol, and sunlight.

5. Cancer causes more than 500,000 deaths each year in the U.S.

6. Chronic kidney disease ranges from simple infections to total kidney failure, affecting about 7.5 million adults.

7. Lung infectious diseases are commonly caused by infections, genetic factors, and smoking.