

- How often do you change your toothbrush?
- Have you already had many dental problems?
- What kind of toothpaste do you use? Why?
- Do you follow your dentist's advice?
- etc.

3. Can you explain the following words in English?

mum-to-be	plaque	saliva
appointment	"wisdom teeth"	socket
crown	denture	pulp

4. Read the dialogue. Have you ever had a similar dream? Tell us about it.

A Nightmare

Mick: Do you often have dreams, Frank?

Frank: No, not very often.

Jeff: I do. I had a terrible dream last night.

Frank: So you had a nightmare, not a dream!

Jeff: Alright. I had a nightmare last night.

Mick: What was it about?

Jeff: I dreamt I had toothache, and...

Mick: But that's not a nightmare, I often have toothaches.

Frank: Yes, you've got bad teeth!

Mick: Oh no, I haven't!

Jeff: Well, anyway, I had toothache, and I went to the dentist. And the dentist had an enormous pair of pincers...

Frank: What, like a crab?

Jeff: Yes, just like that, but much, much bigger! And he started to pull out my tooth. He pulled and he pulled, but the tooth grew bigger and bigger. And in the end, he pulled my head off!

Mick: Ugh! Horrible! I had a nice dream last night.

Frank: About girls?

5. These phrases are the most common on toothpaste boxes. Read and translate them into Czech:

- contains fluoride, allantoin and extracts from healing plants that have anti-inflammatory, disinfecting and healing effects,
- abrasive ingredients prohibit the build-up of plaque on the teeth and strengthen teeth against decay,
- leaves a long-lasting feeling of fresh breath,
- very effectively maintains healthy gums and teeth,
- prevents parodontosis,
- prevents gum inflammation,
- healing of the inflammation is already under way,
- fresh, pleasantly scented.

This toothbrush is acceptable as an effective cleansing device for use as a part of a program for good oral hygiene to supplement the regular professional care required for oral health.

6. Translate. Use the words and phrases from ex. 5.

Hlavní příčinou vzniku zubního kazu a parodontózy jsou zubní povlaky vznikající ze zbytků potravy a ze slin. Tyto povlaky obsahují různé mikroorganismy, jejichž produkty mohou vyvolávat záněty dásní a poškozovat zubní sklovinu. Proto je nezbytné jejich pravidelné odstraňování vhodnou zubní pastou, čištění chrupu po každém jídle, nejméně však dvakrát denně ... Tato nová pasta představuje ideální spojení tradice, výrobních zkušeností a nejnovějších poznatků.

3 Blood System and Circulation

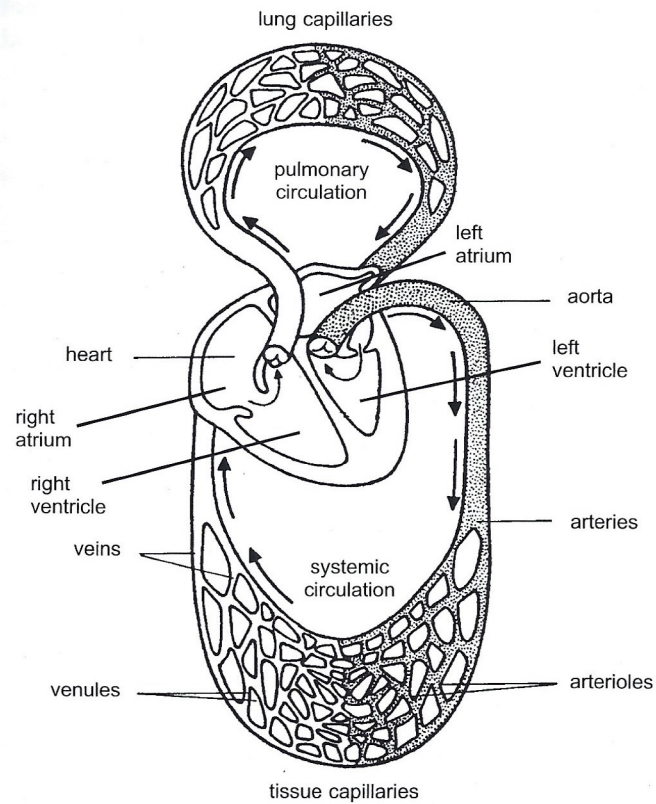
Practise reading the medical vocabulary used in the texts of Unit 3:

angina [ændʒinə/æn'dʒaɪnə] *n.*; **anterior** [æn'tiəriə] *adj.*; **aorta** [ei'o:tə] *n.*; **apex** [eɪpɛks] *n.*; **apnoea** [æ'p-ni:ə] *n.*; **arterial** [a:'tiəriəl] *adj.*; **arteriole** [a:'tiəriəʊl] *n.*; **artery** [a:təri] *n.*; **atrium** [a:'triəm] *n.*; **bacteria** [bæk'tiəriə] *n.*; **carbon dioxide** [ka:bn dai'oksaid]; **cardiac** [ka:diæk] *adj.*; **deoxygenate** [di:'oksɪdʒineɪt] *v.*; **diabetic coma** [daɪə'betɪk kəʊmə] *n.*; **diastolic** [daɪə'stolɪk] *adj.*; **dyspnoea** [dis'pni:ə] *n.*; **erythrocyte** [e'riθrəsait] *n.*; **phagocyte** [fægəsait] *n.*; **frequency** [fri:kwənsi] *n.*; **function** [fʌŋkʃn] *n.*; **haemoptysis** [hi:'moptisis] *n.*; **haemorrhage** [hemərɪdʒ] *n.*; **h(a)emostasis** [hi:'mostəsis] *n.*; **hormone** [hɔ:məʊn] *n.*; **hyperpnoea** [haɪpə'pni:ə] *n.*; **hypertension** [haɪpə'tenʃn] *n.*; **infant** [ɪnfənt] *n.*; **infection** [ɪn'fekʃn] *n.*; **irregularity** [ɪregjʊ'lærəti] *n.*; **leucocyte** [lju:kəsait] *n.*; **lymph** [lɪmf] *n.*; **medulla** [me'dalə] *n.*; **membrane** [membrein] *n.*; **muscle** [masl] *n.*; **muscular** [maskjʊlə] *adj.*; **myocardium** [maɪə'ka:diəm] *n.*; **nervous** [nə:vəs] *adj.*; **nuclei** [nju:kliai] – *pl. of nucleus* [nju:k-liəs] *n.*; **orthopnoea** [o:θə'pni:ə] *n.*; **oxygen** [oksɪdʒən] *n.*; **pigmentation** [pɪgmən'teɪʃn] *n.*; **plasma** [plæzmə] *n.*; **primary** [praɪməri] *adj.*; **pulmonary** [palmənəri] *adj.*; **pulse** [pals] *n.*; **radial** [reɪdɪəl] *adj.*; **radius** [reɪd-jəs] *n.*; **rhythm** [rɪðm] *n.*; **septum** [septəm] *n.*; **substance** [səbstəns] *n.*; **systolic** [sɪs'tolɪk] *adj.*; **thrombocyte** [θrɒmbəsait] *n.*; **uraemia** [juə'ri:mɪə] *n.*; **urea** [juəriə] *n.*; **vein** [veɪn] *n.*; **venae cavae** [vi:ni: keɪvi:] – *pl. of vena cava* [vi:nə keɪvə]; **ventricle** [ventrɪkl] *n.*; **venule** [venju:l] *n.*

3.1 Heart and Blood

Our heart is a hollow, muscular, coneshaped organ lying between the lungs. The heart is about the size of a closed fist. Its wall consists largely of cardiac muscle (myocardium), lined and surrounded by membranes. It is divided by a septum into separate right and left halves, each of which is divided into an upper chamber called an atrium and a lower chamber – ventricle. Deoxygenated blood from the venae cavae passes through the right atrium to the right ventricle. This contracts and pumps blood to the lungs via the pulmonary artery. The

newly oxygenated blood returns to the left atrium via the pulmonary veins and passes through to the left ventricle. This forcefully contracts, pumping blood out to the body via the great artery – aorta. The direction of blood flow within the heart is controlled by valves.



About 5 litres of blood fill our arteries, veins and capillaries. Blood is a red fluid. It contains formed elements (blood cells) and a fluid portion called plasma. The formed elements of the blood are the erythrocytes (red blood cells), leucocytes (white blood cells), and thrombocytes or platelets (clotting cells).

Erythrocytes bring oxygen to the tissue cells and return to the plasma. Leucocytes attack and consume bacteria. They are less numerous than the red blood cells. The primary function of blood platelets is hemostasis (blood clotting).

The blood system has many functions. Blood carries vital materials such as oxygen, nutrients and hormones to tissue cells and transports waste materials, such as carbon dioxide and urea away. Blood, as well as lymph, protects the body by carrying disease-fighting cells (phagocytes) and protein substances – antibodies which combat infection.

VOCABULARY

- branch** [bra:nč/bra:nš] větvit se
- circulation** [sə:kju'leišn] cirkulace, oběh
- pulmonary** [palmənəri] c. – malý oběh krevní, plicní oběh
- systemic** [sis'temik] c. – velký oběh krevní
- clot** [klot] koagulovat, srážet se
- combat** [kom'bæt] bojovat s čím, proti čemu

- fluid** [flu:ɪd] tekutina
- hollow** [holəu] dutý
- numerous** [nju:mərəs] četný, početný
- nutrient** [nju:triənt] potrava, živina
- platelet** [pleitlit] destička
- red blood cell** [sel] červená krvinka
- tissue** [tišu:/tisju:] tkáň; tkáňový
- valve** [vælv] chlopeň, záklopka
- vein** [veɪn] vena, žíla
- white blood cell** bílá krvinka

3.2 Temperature. Pulse. Blood Pressure (BP). Respiration (TPR)

When a nurse looks after her patients in the daytime or at night, she can see the changes in the patients' condition. She takes their temperature, pulse and blood pressure to check the work of their heart and observes their breathing.

Human beings maintain an almost constant body temperature. The normal temperature of some adults is as low as 97 °F (36,1 °C) and in others, it is as high as 99 °F (37,2 °C). There is also a normal daily variation of about one degree. The temperature is lowest in the early hours of the morning and highest in the evening.

Body heat is produced by metabolic and muscular activity. It is lost by evaporation of sweat from the skin, expiration of air from the lungs and excretion of urine and faeces. The balance between heat production and heat loss is maintained by the heat-regulating centre in the hypothalamus, which is sensitive to minute variations in the temperature of the blood passing through it.

Fever is the rise of the body temperature above normal. In some diseases the temperature rises gradually, in others it rises high on the very first day. The symptoms of high temperature are headache, aches all over the body, red face, hot dry skin, loss of appetite, quick pulse and breathing.

Study the Fahrenheit and Centigrade (Celsius) thermometric scale and the conversion tables:

The Fahrenheit thermometric scale extends from 0° to 212°.

- 0 °F = -18 °C
- 32 °F = 0 °C (freezing point)
- 212 °F = 100 °C (boiling point)

Normal body temperature is 98,4 °F.

