4a) Match the words with their opposites in the box on the right.

back –
cure –
dead –
improve –
healthy –
open –
prevent –
reduce –
smooth –
remove –

alive
allow
closed
deteriorate
ill
front
increase
kill
replace
rough

b) Complete these sentences using the words from exercise A. Use one word from the opposites.

1. He was very ill, but now his condition has begun to _____.
2. She hurt her _____ working in the garden.
3. She had an operation to _____ her appendix.
4. The hospital is _____ to visitors from noon to five o'clock.
5. The doctor arrived too late: the patient was already _____.
6. There's nothing wrong with you: you're completely _____.

5. Gap-filling exercise.
(Put one word in each blank only.)

Sleepwalking

Do you _____ talk or walk in your sleep? People sleepwalk in deep sleep and sleepwalkers do _____ things. They open doors _____ windows, they ride bicycles and _____ cars. They cook, they take _____ bath _____ a shower (often in their pyjamas), they shave, they clean _____ teeth, they ____ dressed, they dig the _____ and they get into bed with _____ people. A man in Scotland woke _____ in his car two miles from his house. He had no clothes _____. A girl from Wales woke up at five _____ in the morning in a launderette. She had a shopping bag and the _____ dog with her. Sleepwalkers _____ asleep, but they have their eyes open and they _____ see. They can't wake up _____. If they do, they can't _____ anything. Do you ever sleepwalk? Are you _____? Perhaps you _____, but nobody sees you.

other o'clock family's ever get easily
do and a or drive garden can amazing
on up remember are their sure

6. These sentences all give very good advice, but they have been divided into separate halves. Match the half-sentences in column A with the half-sentences in column B to make thirteen sentences which are correct, complete and true.

A

1. If you do a lot of exercise...
2. A patient in shock should...
3. Not taking any exercise is...
4. Reading in bad light can...
5. The administration of drugs must...
6. The patient should fast...
7. A hard bed is good...
8. You should have your main meal...
9. AIDS can be transmitted...
10. Surgical instrument must...
11. You should get into the habit of...
12. Babies should...
13. Vitamins help...

B

...swimming every morning before breakfast to keep fit.
...you develop strong muscles.
...be inoculated against diphtheria.
...be kept warm and lying down.
...at midday.
...from midnight of the night before an operation.
...to restore strength.
...for someone with back problems.
...be sterilized before use.
...be supervised by a qualified doctor or nurse.
...make the eyes ache.
...an unhealthy way of living.
...by using non-sterile needles.

Extension. Work with a partner, dictate the sentences to each other.

☺ *Let's Laugh a Little*

"Doctor", said a man, "if there is anything the matter with me, don't frighten me half to death by giving it a scientific name. Just tell, what it is in plain English."

"Well", said the doctor, "to be frank you are just lazy."

"Thank you, doctor", said the patient with relief. "Now give me a scientific name for it, so I can go home and tell my wife."

11 Infectious Diseases

When a nurse looks after a patient who has an infectious disease she has two important tasks: to take care of the patient and to prevent the spread of infection.

The first symptom of many infectious diseases is a skin rash which is very alike in all cases. It is very

important for a nurse when she comes to a patient with a rash to ask very carefully when the rash first appeared and on what part of the body, because the rash in measles and scarlet fever appears only in a few spots like a typhoid fever.

EXERCISES

1. Practise reading and translation of the paragraphs below. What do these two diseases have in common?

VOCABULARY

crop [krop] (*inform.*) seskupení, shromáždění, množství
deposit [di'pozit] povlak
detection [di'tekšən] objevení
determine [di'tə:min] určit, stanovit
gargle [ga:gl] kloktat
irritable [iritəbl] dráždivý
mouthwash [mauθwoš] ústní voda
onset [onset] začátek, počátek
pallor [pelə] bledost, sinalost
peel [pi:l] oloupávat (se)
persistent [pə'sistənt] trvalý, vytrvalý, úporný
scab [skæb] strup, stroupek
scratch [skræč] škrábat se, drbat se
since [sins] *zde:* because
soothe [su:ð] zmírnit bolest, ulevit, uklidnit
whitish [waitiš] bělavý, s nádechem do běla

2. Fill in the missing words. Choose the correct ones.

difficult	around	infectious	whole	over	be
a	third	pleasure	sneezing	dislike	from	out
		of	infection	in	and	

Measles

Measles is a very _____ disease. The disease passes _____ one child to another. The first symptoms are _____ and coughing. The disease begins signs of _____ heavy cold, a running nose and a dry cough. The temperature is high ____ the child has a ____ of the light. The rash appears on the _____ or fourth day

CHILDHOOD INFECTIONS AND PROTECTION

	CHICKENPOX	SCARLET FEVER
INCUBATION	10 to 25 days	1 to 5 days
SYMPTOMS	First sign of the illness is usually the detection of spots on the trunk when the child is being bathed or undressed.	This can be determined precisely since the rash always appears within 24 hours of the onset of the first symptoms. Starts with sore throat and vomiting. There are painful swollen glands in the neck. No rash on the face but flushed cheeks and a whitish area of pallor round the mouth.
DISTINCTIVE FEATURES	The spots become 'blistery' then yellow and form scabs. There may be several 'crops'of spots.	The rash is a mass of small slightly raised points against a general bright red background. The throat is a brilliant red colour and there may be white deposit on the tonsils.
DURATION	A child is no longer infectious as soon as ALL the spots have dried to scabs.	The rash disappears within a week or more rapidly with modern treatment. An untreated case may have 'peeling' of the skin. This is not infectious. Return to school after treatment completed.
NURSING POINTS	It is almost impossible to prevent the child from scratching the irritable spots so fingernails should be kept short.	Mouthwashes are soothing and older children may be taught to gargle. Report persistent ear ache to the doctor.

behind the ears and _____ the mouth and then covers the _____ body. The nurse must _____ very careful to prevent the spread of _____ (hygiene of the mouth).

3. Write a similar paragraph about any other infectious disease.

4. Match the informal and formal names of the illnesses. Which ones are informal?

1. Mumps		infectious parotitis
2. Measles		coryza
3. German measles		influenza
4. Flu ———	is the same as	morbilli, rubella
5. A cold		rubeola
6. Chickenpox		varicella

5. Complete these two conversations between doctors and patients by writing in the name of illness. Use the informal terms from ex. 4.

– What's the problem?
– It's my son. He's got a rash and swelling in his armpits.
– Does he have a fever?
– Yes.
– Hmm. He may have _____.

– So, what can I do for you?
– It's the twins. They're covered in these dreadful red spots.
– Are they experiencing any itching?
– Yes, they are.
– It may be _____.

6a) Practise reading the dialogue.

b) Translate the doctor's (Dr) explanation of the disease to the patient (P) into Czech (in writing).

Dr: Hi, Jack, I wasn't expecting to see you here. Nothing wrong, I hope?
P: You know I've been travelling recently, mainly around the Far East. I'm rather worried.
Dr: What's up?
P: Basically I just don't feel well.
Dr: In what way?
P: I thought I'd had too much to drink on the plane coming back, because when I got home I felt awful. I had a headache. I was sick. I had a fever. Worse than anything else, I had a blazing row with Joan. That didn't help, I can tell you.
Dr: Where exactly have you been?
P: I went to Thailand, Singapore, Indonesia and Bangladesh.
Dr: When did you come back?
P: Fifteen days ago exactly.
Dr: How often does the fever come on?
P: Every two to three days.
Dr: Are you taking any pills or medicines at the moment?
P: Nothing. (*In a few days.*)
Dr: Okay, Jack, that's it. I think you've got malaria.
P: You do?
Dr: I do. Your liver and spleen are enlarged, and all the symptoms fit perfectly.
P: Tell me a couple of things, will you?
Dr: If I can, certainly.
P: How is it that my urine has gone dark?
Dr: I'll tell you. Malaria is a disease caused by a parasite which does damage to the host by invading its red blood cells and causing them to break down, thus releasing their contents. The main constituent released is haemoglobin, the oxygen-carrying pigment of the blood, which passes through the kidneys and so darkens the urine.
P: That's clear. But why do I get headaches if the trouble is in my blood?
Dr: Via the bloodstream, the parasite becomes established in the brain. When swelling occurs there, you get a headache.

7. Vaccination is the efficient way of protection against infectious diseases. Study the 'Immunisation Check' table.

IMMUNISATION CHECK		DATE
AT 2, 3 & 4 MONTHS		
DIPHTHERIA, TETANUS, WHOOPING COUGH (DTP)	One combined injection each month.	
POLIO	By mouth each month.	
*HIB	Separate injection.	
AT 12–18 MONTHS (usually before 15 months)		
MEASLES, MUMPS, RUBELLA (MMR)	One combined injection.	
BY 5 YEARS (around school entry)		
DIPHTHERIA, TETANUS	One combined injection.	
POLIO	By mouth.	
*HIB (if required)	Separate injection.	

* (Hib) HAEMOPHILUS INFLUENZAE b MENINGITIS VACCINE
Hib is an important cause of bacterial meningitis in the under-6s. A vaccine is now available, and is given as a separate injection, along with the 2, 3 and 4 months' triple vaccine doses. Pre-school children will be offered a single 'catch-up' dose of vaccine, until everybody under age 5 has been immunised. Hib vaccine can also be given to under-5s who have been in contact with Hib meningitis in the family or nursery.

tuberculosis [tju:bə:kju'ləusis] *n.*; **diphtheria** [dif'θiəriə] *n.*; **tetanus** [tetənəs] *n.*; **whooping cough** [hu:piŋkof] *n.*; **polio** [pəuliəu] *n.*; **measles** [mi:zlz] *n.*; **mumps** [mamps]; **rubella** [ru'belə] *n.*

VOCABULARY

dose [dəus] dávka
negative [negətiv] negativní
previous [pri:vjəs] předchozí
recall injections [ri'ko:l indžekšnz] přeočkování
test *for* zkouška *na*
vaccination [væksi'neišn] očkování
vaccine [væksi:n] očkovací látka

8. Useful information

TRAVEL PROTECTION

DISEASE	RISK AREAS	HOW CAUGHT
CHOLERA	South America, Africa, Asia, Middle East, especially in conditions of poor hygiene and sanitation.	From contaminated food or water.
VIRAL HEPATITIS A	Most parts of the world but especially in conditions of poor hygiene and sanitation.	Usually from contaminated food or water, sometimes person to person.
VIRAL HEPATITIS B	World-wide.	By intimate contact with an infected person; from injections using dirty needles or infected blood.
MALARIA	Africa, Asia, Central and South America.	Bite from infected mosquito.
POLIOMYELITIS	Everywhere except Australia, New Zealand, North West Europe and North America.	Direct contact with an infected person; rarely by contaminated water or food.
RABIES	Many parts of the world.	Bite or scratch from an infected animal.
TETANUS	World-wide but particularly dangerous in places where medical facilities not readily available.	Any skin-penetrating wound, especially if soiled.
TUBERCULOSIS	Asia, Africa, Central and South America.	Airborne from infectious person. Unpasteurised milk.
TYPHOID	Everywhere except Australia, New Zealand, Europe, North America, in conditions of poor hygiene and sanitation.	Contaminated food or water.
YELLOW FEVER	Africa and South America.	Bite from infected mosquito.

Smallpox has been eradicated world-wide. There is no requirement for vaccination.

11.1 Influenza

Influenza is a very contagious disease. The disease can be so mild that it may be difficult for a doctor to determine whether it is influenza or a simple cold. Or it may be so severe that it is like pneumonia.

The symptoms of influenza are: high temperature, headache and body aches. These symptoms are usually followed by catarrh. In most cases the patient must rest in bed, keep warm and drink a lot of fluids. The patient should stay in bed until the temperature is back to normal and for two or three days following, he may be up for only short periods of time. Recovering from influenza, patients feel weak and often depressed.

Flu is generally considered a common disease, but it may have very serious results. It may even be a life threatening disease for old and weak people. There is