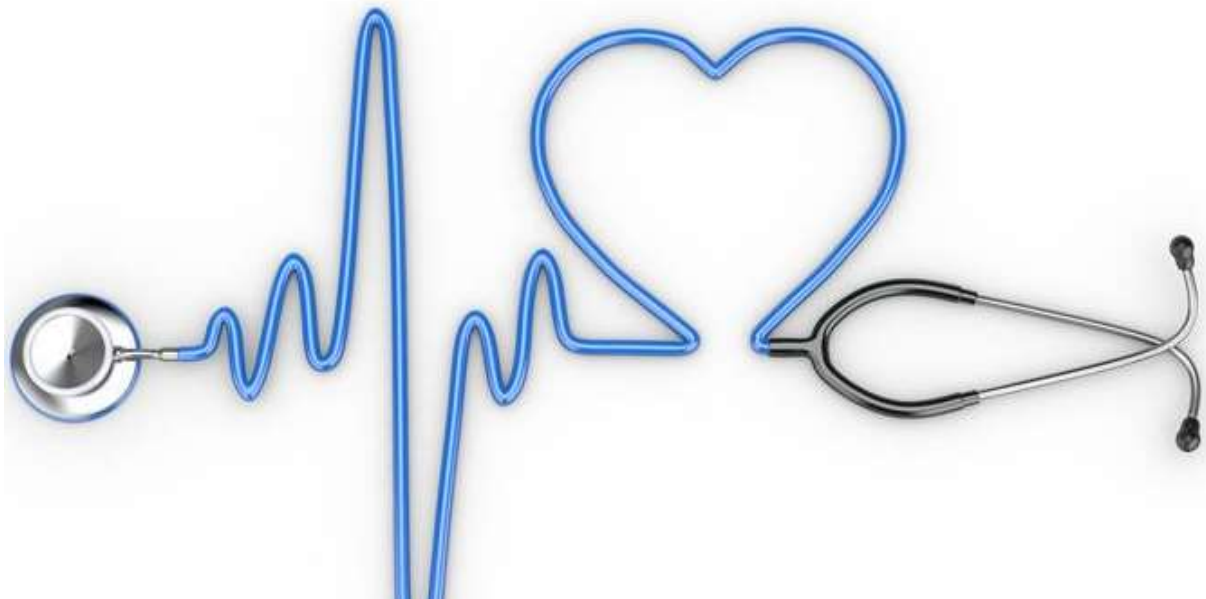


**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ  
ЗАПОРІЗЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ**

**Кафедра іноземних мов**

**АНГЛІЙСЬКА МОВА**

**ПРАКТИКУМ  
ДЛЯ САМОСТІЙНОЇ РОБОТИ  
СТУДЕНТІВ МЕДИЧНИХ ФАКУЛЬТЕТІВ  
З ДИСЦИПЛІНИ  
«ІНОЗЕМНА МОВА ЗА ПРОФЕСІЙНИМ СПРЯМУВАННЯМ»**



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A-64                      **Англійська мова:** практикум для самостійної роботи студентів медичних факультетів з дисципліни «Іноземна мова за професійним спрямуванням» / уклад. О. В. Гордієнко, О. А. Мирошніченко, О. Л. Соляненко. – Запоріжжя : [ЗДМУ], 2018. – 160с.

Практикум з англійської мови для самостійної роботи студентів медичних факультетів з дисципліни «Іноземна мова за професійним спрямуванням» складається з 20 уроків, які охоплюють такі розділи, як нормальна фізіологія, мікробіологія та хвороби. Студенти мають нагоду познайомитися і вивчити медичну англійську мову, читати, перекладати і презентувати клінічні картини багатьох хвороб. Практикум призначений для самостійної роботи студентів медичних факультетів за спеціальностями «Медицина», «Технології медичної діагностики та лікування», «Фізична терапія, ерготерапія» та «Педіатрія».

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## ПЕРЕДМОВА

Вимоги програми з іноземних мов в медичних вузах передбачають володіння студентами професійно орієнтованими лексико-граматичними знаннями й уміннями читання, перекладу і висловлювання на іноземній мові.

Практикум з англійської мови є доповненням до існуючих підручників англійської мови з дисципліни «Іноземна мова за професійним спрямуванням» для студентів медичних факультетів.

Мета посібника - розширити загальноосвітній і лінгвістичний кругозір студентів II курсів медичних спеціальностей і сприяти формуванню навичок і умінь професійної комунікації англійською мовою.

Основними завданнями практикуму є розвиток навичок роботи з навчальною та довідковою медичною літературою, використовуючи усі види читання, обговорювати медичні проблеми, писати історії хвороб, а також організація самостійної підготовки студентів до занять, поточних контрольних робіт та підсумкового контролю успішності з дисципліни.

Посібник складається з 20 розділів (units), кожен з яких містить автентичні тексти і післятекстові завдання. Всім текстам передують англо-український словник з транскрипцією. Вправи до текстів передбачають, що їх читання проводиться у декілька етапів – від ознайомлювального й пошукового до читання з повним охопленням змісту. Тексти супроводжуються вправами, які контролюють розуміння прочитаного й водночас формують певні комунікативні компетенції: отримання інформації шляхом розпитування, погодження чи непогодження з думкою. У кожному розділі є вправи, присвячені розвитку навичок аналізу та побудови термінів, пов'язаних з темою тексту. На етапі післятекстової роботи студентам пропонується обговорення певних проблем, написання есе, в якому вони можуть висловити свою власну думку. Кожний розділ розрахований на 4-6 годин самостійної роботи.

Лексичний матеріал охоплює тематику робочої програми: Physiology of the Cardiovascular System; Physiology of the Respiration and the Nervous System; Microbiology; Medical Institutions; The Diseases of the Respiratory Tract; Physiology of the Respiration and the Nervous System; The Diseases of the Alimentary Tract, Liver and Bile Ducts та Infectious Diseases.

Граматичний матеріал включає питання, необхідні для володіння англійською мовою на рівні B2 відповідно загальноєвропейської системи компетенцій володіння іноземною мовою (Common European Framework of Reference, CEFR ).

Цей практикум призначений для навчання студентів 2 курсів медичних факультетів професійному спілкуванню. При створенні цього посібника укладачі керувалися принципами комунікативного підходу до вивчення іноземних мов, засадами концепції мови для спеціальних потреб, а також принципом одночасного формування продуктивних і рецептивних навичок.

Практикум також може бути використаний для занять з аспірантами, лікарями та усіма, хто хоче поліпшити знання англійської мови.

Серед різних видів мовленнєвої діяльності (говоріння, читання, аудіювання, письмо) саме читання відіграє найважливішу роль у володінні іноземною мовою. По-перше, читання – це такий вид діяльності, у якому можна практикуватися самостійно. По-друге, студент може вибирати посильний для нього темп роботи. По-третє, читання оригінальної літератури іноземною мовою деякою мірою знімає проблему все ще існуючого дефіциту безпосереднього спілкування з носіями мови.

Одне з основних завдань навчання іншомовного читання полягає в умінні читати й розуміти текст без його перекладу рідною мовою. Саме систематична самостійна робота з літературою є базою вироблення таких навичок, які звужують відстань між перекладом і розумінням тексту без його перекладу, і загалом зводять нанівець необхідність перекладу.

Крім того, самостійна робота з літературою загально-пізнавального спрямування має на меті: привчити студента до самостійної роботи з такою літературою; розвивати й удосконалювати мовленнєві навички; розширювати словниковий запас; виявляти і розвивати індивідуальні творчі здібності студента; прищеплювати студенту звичку користуватися іншомовною літературою у навчальних та професійних цілях; розширювати кругозір студента.

## UNIT 1

### «WHY DO WE BECOME ILL?»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

In general	[ 'dʒenərəl]	взагалі
human beings	[ 'hju:mən 'bi:ɪŋz]	людина
diet	[ 'daɪət]	харчування
pollution	[ pə'lu:ʃən]	забруднення
environment	[ ɪn'vaɪrənmən]	довкілля
acid rain	[ 'æsɪd reɪn]	кислотний дощ
hole	[ həʊl]	дірка
ozone layer	[ 'əʊzəʊn 'leɪə]	озоновий шар
chemicals	[ 'kɛmɪkəlz]	хімікалії
drugs	[ drʌgz]	наркотики
to pollute	[ pə'lu:t]	забруднювати
alcohol	[ 'ælkə,hɒl]	алкоголь
illegal	[ ɪ'li:gəl]	незаконний, нелегальний
cocaine	[ kə'keɪn]	кокаїн
heroin	[ 'herəʊɪn]	героїн
disease	[ dɪ'zi:z]	хвороба
reason	[ 'ri:zən]	причина
to catch	[ kætʃ]	заражатися
cancer	[ 'kænsə]	рак
to inherit	[ ɪn'hɛrɪt]	успадкувати
machine	[ mə'ʃi:n]	механізм
fuel	[ fjʊəl]	паливо
properly	[ 'prɒpəli]	як слід

stress	[stres]	напруження
pressure	['preʃə]	тиск
to worry	['wʌrɪ]	хвилюватися
opposite	['ɒpəzɪt]	протилежність
accident	['æksɪdənt]	нещасний випадок, аварія
safe	[seɪf]	безпечний, надійний
fat	[fæt]	гладкий, товстий
weak	[wi:k]	слабкий, ослаблений
unfortunately	[ʌn'fɔ:tʃənɪtli]	на жаль
lazy	['leɪzɪ]	ледачий
to suffer	['sʌfə]	страждати
to find out		дізнатися
headache	['hed,eɪk]	головний біль
to relax	[rɪ'læks]	розслаблюватись
to calm	[kɑ:m]	заспокоювати
to hide	[haɪd]	ховати
tranquilliser	['træŋkwɪ,laɪzə]	заспокійливий засіб
pill	[pɪl]	таблетка
to chew	[tʃu:]	жувати
gum	[gʌm]	гумка
worry beads	['wʌrɪ bi:dz]	чотки
common way		звичайний спосіб
to relieve	[rɪ'li:v]	полегшувати
advice	[əd'vaɪs]	порада
frequently	['fri:kwəntli]	часто



- ***Read and understand the text.***

In general, human beings are healthier than ever before. We are taller, stronger and have a better diet than in the past. We live longer, too. But that's only one side of the story. Modern life isn't all good for us. In fact, some of it can be very unhealthy indeed.

**Pollution** – Human beings have two environments. One is the outside world and the other is their own bodies. Pollution is bad for both. Acid rain – traffic hole in the ozone layer – in big cities chemicals in rivers and seas.. they can all make us seriously ill. 3

**Drugs** – Many people pollute themselves. Some legal drugs like alcohol and tobacco drugs. Others do it with illegal drugs like cocaine and heroin. Drugs kill thousands every year. But that's not all. They make millions seriously ill.

**Disease** – Why do we get diseases? Well – there are three main reasons.

1. We catch them from other people. (for example AIDS)
2. Our own bodies develop them. (for example cancer)
3. We inherit them from our parents and grandparents. (for example, some kinds of heart disease)

**Diet** – For many people, bad health begins with a bad diet. Some eat the wrong kind of food. Others eat too much or too little. It's not surprising that people like this often become ill. After all, the human body is a machine – it needs the right kind of fuel to work properly.

**Stress** – Modern life is full of pressure and problems. Some people can control these. They sleep well, enjoy life and don't worry very much. Others are the opposite. They sleep badly, don't enjoy life and worry all the time. People like this are suffering from stress. Stress is a kind of illness itself and it can lead to many others.

**Accidents** – Homes, offices and factories are much safer today than 50 or 100 years ago. Even so, thousands of accidents still happen at home and at work every day. As a result, some people die and many more become seriously ill.

**Too little exercise** – Exercise very important for good health. Without it the body becomes slow and fat. It also becomes weak and less able to fight illness. Unfortunately, modern life makes it very easy to be lazy.

From "Dossier"

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian word combinations in the text. Write down them.*

Наслідки дії кофеїну; знизити ризик депресії; зменшити відчуття втоми; було встановлено; покращити загальні результати; полегшити стресовий стан; зменшити рівень тривожності; збільшити ризик смерті; ризик для здоров'я; позитивні зміни; запобігти головному болю; рівень втомлюваності та депресії; навколо тіла; покращує пам'ять.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-H) the one which fits each gap (1-7). There is one extra title which you don't need to use.*

### **SOME FASCINATING HEALTH FACTS**

1. \_\_\_\_\_

We hear a lot about the negative effects of caffeine on our health, but it turns out that caffeine has its good points too. Research from the Harvard School of Public Health found that women who drank a minimum of four cups of coffee per day could lower their risk of depression by 20 per cent. Earlier research also found that females who drank two or more cups per day were less likely to commit suicide.

2. \_\_\_\_\_

If your suffering from a mid-afternoon slump or can't seem to concentrate in the morning, then try chewing some gum to make you feel awake. Coventry University researchers found that chewing mint flavoured gum dramatically reduced feelings of tiredness. Another study on the subject found that chewing gum can improve overall test scores and memory by 35 per cent, relieve stress and reduce anxiety levels.

3. \_\_\_\_\_

Office workers beware, as research from the University of Sydney found that office workers who sit for longer than 10 hours a day at their desk had a 48 per cent increase in risk of death, in comparison to people who sat for less than four hours a day. To counteract this health risk, try to introduce five minutes of activity every hour and make sure you take regular breaks away from your workstation. Simple changes like taking the stairs instead of the lift will also make a positive difference to your health.

4. \_\_\_\_\_

According to a study from Duke University Medical Center, heart patients who were more optimistic about their treatment, actually lived longer than those who were more pessimistic in their mindsets. Also, according to findings of a study published in the *European Heart Journal*, people who are optimistic have less chance of suffering from heart disease.

5. \_\_\_\_\_

An apple a day can do more than just keep the doctor away, it can also help with claustrophobia. Apparently smelling a green apple will relieve the stress associated with confined spaces, according to research from the Smell and Taste Treatment and Research Foundation. Sniffing a green apple can also prevent headaches and migraines and some homeowners even use the scent to make their houses seem bigger to potential buyers.

6. \_\_\_\_\_

After a long day at work, going to the gym is probably the last thing on your list of priorities but research has found that exercising actually gives you more energy. A study published in *Medicine and Science in Sports and Exercise* found that levels of fatigue and depression improved after a 30-minute session of moderate intensity exercise. This is because exercise improves your cardiovascular health means that more blood and oxygen flow around the body, therefore giving you more energy.

7. \_\_\_\_\_

Research from Indiana University found that in order to remember something, you should handwrite notes, rather than type them. Writing is thought to boost your memory as note taking by hand requires different cognitive processes than typing. For example, if in a lecture you are writing notes, you have to listen carefully to what the speaker has said as it is impossible to write down every word. Therefore through this process, you are listening, digesting and summarising the information more effectively than someone who is just typing words into a laptop.

- A. Sit-ups won't give you a flat stomach
- B. Smell an apple to prevent claustrophobia
- C. Handwriting things can help your memory
- D. Chewing gum makes you more alert
- E. Exercise improves your cardiovascular health
- F. Drinking coffee can prevent depression
- G. If you're an optimist, it could help you live longer
- H. If you're tired... exercise

**EXERCISE 4. *Translate into English:***

1. Хвороба – процес, що виникає в результаті впливу на організм шкідливого подразника зовнішнього або внутрішнього середовища.
2. Запах зеленого яблука може запобігти головниму болю та мігрені.
3. Рівень втомлюваності та депресії покращується після 30-хвилинного сеансу тренування середньої тяжкості.
4. Записування інформації збільшує пам'ять, оскільки нотування вручну вимагає різних когнітивних процесів, ніж друкування.
5. Для зменшення стресу експерти рекомендують регулярні фізичні вправи, медитацію та спеціальну методику дихання.

**EXERCISE 5. 1) *Do you know if you suffer from stress? Do the Stress Test and find out!***

## STRESS TEST

Do you:

- often sleep badly?
- get headaches a lot?
- find it difficult to relax?
- need alcohol or cigarettes to calm your nerves?
- usually hide your feelings?
- find it difficult to concentrate?
- take tranquillisers or sleeping pills?
- get angry when things go wrong?

If you answer Yes to more than two of these questions you are one of many people who suffer from stress. So what can you do about it?

Doing yoga or relaxation exercises, chewing gum and playing with worry beads are all common ways of relieving stress. But doctors now say that there are simpler ways. Their advice is that people should laugh and smile more often. When you laugh and smile, your body relaxes. They also say that people – and especially men – ought to cry more frequently. Crying is a natural way of relieving stress.

**2) WRITING** 1) Answer the questions: Have You got your own way of reducing stress? Write about your experience.

2) With an increasing overweight teenage population some people think universities should make health lifestyle a compulsory one.

To what extent do you agree?

## UNIT 2

### «BEAUTY ATTRACTS, BUT IT'S BRAINS THAT COUNT»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

Brains	[breɪnz]	розм. розумові здібності
count	[kaʊnt]	брати до уваги
hip	[hɪp]	стегно
eat one's heart out		сильно непокоїти
offspring	['ɒf, sprɪŋ]	нащадок
thickos		розм. тупий
mate	['ma:teɪ]	шлюб
bimbo	['bɪmbəʊ]	сленг: пуста людина
physique	[fɪ'zi:k]	будова тіла
chromosome	['krəʊmə, səʊm]	хромосома
suggest	[sə'dʒest]	наводити на думку
admittedly	[əd'mɪtɪdli]	правда (вставне слово)
mediocre	[,mi:di'əʊkə]	пересічний
different story	['stɔ:ri]	інша справа
emerge	[ɪ'mɜ:dʒ]	виявлятися
ancestor	['ænsesətə]	предок
bear out	[bɔə, bɔrne]	підтверджувати
enduring	[ɪn'dʒʊərɪŋ]	тривалий
adoration	[,ædə'reɪʃən]	обожування
sophisticated	[sə'fɪstɪ, keɪtɪd]	досвідчений
brightness	['braɪtnɪs]	яскравість
counterbalance	['kaʊntə, bæləns]	урівноважувати
incidence	['ɪnsɪdəns]	випадок, охват

retardation	[,ri:ta:'deɪʃən]	мед. ретардація (відставання)
cotton on	['kɒtən]	розм. розуміти
deity	['deɪtɪ]	божество
profoundly	[prə'faʊndli]	глибоко
obsessed	[əb'sest]	захоплений
mater	['meɪtə]	жарг. мати
incidentally	[,ɪnsɪ'dentəli]	між іншим
be vexed	[vɛkst]	гніватися
grandly	['grændli]	піднесено
dote on smb.	[dəʊt]	кохати до нестями
inherit	[ɪn'hɛrɪt]	успадковувати
credit	['krɛdɪt]	завдячувати
lad	[læd]	хлопець
Freud	[frɔɪd]	Фрейд (1856–1939)
indisputable	[,ɪndɪ'spju:təbəl]	незаперечний
conqueror	['kɒŋkərə]	переможець
induce	[ɪn'dju:s]	спричиняти

- ***Read and understand the text.***

As every schoolboy knows, even in the days before it was possible to chat up women in nightclubs, Neolithic man would choose his mate on the basis of long legs, childbearing hips, a big mouth and wavy blonde hair.

And as every woman in the world knows, nothing much has changed over the past 200,000 years. Men go for beauty, women go for brains. Well, Pamela Anderson, eat your heart out. If Neolithic man had acted on the basis of looks alone, his offspring would have been thickos.

*It turns out that the best way to produce an intellectual son is to mate with a bluestocking, rather than a bimbo, as the genes which carry intelligence are passed down through women rather than men.*

Shakespeare, Mozart, Einstein and Newton all owed their genius to their mothers, according to Professor Gillian Turner, because brain power is passed through the X chromosome. Women have two X chromosome and men have one.

According to Professor Turner, it is women, not men, who choose their partner on the basis of appearance.” A woman”, she says, “may be driven to mate by her partner’s physique, but the brightness of her children lies mainly within her.”

Equally, the mutations on the intelligence gene in the X chromosome will influence men more strongly than women, as women have a second X chromosome to counterbalance the first. This explains why there are more incidences both of mental retardation and genius in men than women, says Professor Turner.

Some people cottoned on to this a long time ago. The very earliest gods were female deities and to this day, Judaism is passed down through the mother, not the father.

And certainly, geniuses throughout the ages would appear to have been profoundly influenced by their mothers. Shakespeare’s most famous play, Hamlet, is about a man obsessed with his mater. His own mother Mary, incidentally, came from a very rich farming family, which suggests that his father John was influenced by something other than looks.

Charles Dickens’s grandmother (admittedly on his father’s side) was famous for her story-telling.

Pablo Picasso’s father was a rather mediocre painter. His mother Dona Maria Picasso y Lopez was a different story: not only did her son, unquestionably the greatest artist of this century, resemble her physically but it has since emerged that there were two painters among her ancestors as well.



Another modern example of genius, Stephen Hawking, author of *A brief History Of Time*, bears the theory out even more strongly.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian word combinations in the text. Write down them.*

Будова тіла людини; хвилясте світле волосся; гени, що передаються від матері; бути забов'язаним матері; може бути змушений (одружитись); впливати на чоловіків сильніше; випадки розумової відсталості та геніальності; передаватися через матір; мати глибокий вплив; свідчить про те, що...; посередній живописець; сучасний приклад генія; серед предків.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-K) the one which fits each gap (1-10). There is one extra title which you don't need to use.*

### **FASCINATING FACTS ABOUT THE HUMAN BRAIN**

How the human brain works? It stores our memories, both good and bad, it controls our every movement and every function of our bodies and it still has some spare capacity to make us laugh and cry too! Our brains are the most complex and incredible organs in our bodies that actually make us who we really are, and here are ten other amazing facts about the human brain, the thing that makes us all tick:

1. \_\_\_\_\_

Despite the fact that your brain only makes up 2% of your body weight, it uses up 20% of your energy, just to keep it going. It uses this energy to maintain the health of your brain cells and to fuel the electrical impulses that create the connection between the neurons in your brain.

2. \_\_\_\_\_

Even though the brain is what controls your nervous system, it is the only organ in the body that contains no nerves itself. So, while we say that emotions can hurt, they can't really.

3. \_\_\_\_\_

Your brain needs approximately 25 watts of energy to function. That is enough to power the average electric light bulb.

4. \_\_\_\_\_

The brain contains the highest concentration of fat, of any organ in the human body. About 60% of the human brain consists of fat and 75% of the total mass, is actually water. That's why drinking too much or too little water can affect the way that you think and feel.

5. \_\_\_\_\_

It's a commonly held myth that human beings only use 10% of their brain. This is completely untrue and it has now been proven that every part of our brain has a specific function that we make use of.

6. \_\_\_\_\_

A calorie controlled diet may be all well and good, for losing weight, but did you know that your brain consumes between twenty and thirty percent of your total calorie intake? That makes it even more important to be careful of what you eat and how many calories you take on board.

7. \_\_\_\_\_

The part of your brain that is responsible for language and consciousness is called the neo-cortex, and that accounts for about 75% of your total brain. That is the largest proportion given over to those functions that can be found in the kingdom of living beings, which accounts for many of the differences between us and animals.

8. \_\_\_\_\_

It is the connections between your neurons that allow you to think, recall memories, have a personality and to develop ideas. Each neuron can be connected

to thousands of other neurons and you have a total of approximately 100 billion neurons in your brain. That is about 14 times more, than the total number of human beings that live on our planet.

**9.** \_\_\_\_\_

The size and the weight of your brain make absolutely no difference to how clever you are. Albert Einstein's brain weighed in at only 1,230 grams, which is actually less than the average weight of a human brain.

**10.** \_\_\_\_\_

The reality around you is only what your brain perceives it to be. Often, your brain fools you into believing things, by filling in the gaps for you. The best example of this can be found in optical illusions, where your brain makes you see something, that isn't really there.

- A.** The myth that you use only 10% of your brain is untrue
- B.** The brain is fat!
- C.** Most of your brain is devoted to language and to consciousness
- D.** You could light up a light bulb with your brain
- E.** Every human brain is different
- F.** Size doesn't matter...when it comes to your brain
- G.** Your brain takes up a lot of energy
- H.** Reality is a subjective thing
- I.** Your brain contains around 100 billion neurons
- J.** You need your calories, for your brain
- K.** The brain can feel no pain

**EXERCISE 4. *Translate into English:***

1. Вчені дослідили, що інтелект не передається від батька до сина.
2. Успадкувати інтелект чоловік може тільки від матері, який вона, в свою чергу, успадкувала від свого батька.

3. Поняття «геніальність» походить від латинського *genius*, що означає дух, рід.
4. В наш час вчені схилиються до думки, що геніальність залежить не від одного гена, а від цілої комбінації.
5. Гени визначають наші задатки, наші можливості і схильності, але не нашу долю.

### **EXERCISE 5. WRITING**

What is more important in today's world: beauty or brain?

If you could choose between beauty or brains, what would you choose? Why?

What do you think is better: brains or beauty?

Beauty is one of those topics that's conventionally more geared toward women than it is to men. However, anyone can appreciate beauty in all its forms, and anyone can recognize the importance of the concept of beauty in our cultures, societies and behaviors. Plus, men might surprise you by caring to chime in on beauty, looks and grooming. Think about and write:

What is "beauty"?

What/who do you consider beautiful?

What does "inner beauty" mean to you?

Do you consider artificial beauty (cosmetic surgery) to still be beauty?

How do you feel about the emphasis that people put on beauty these days?

Does intelligence have the power to cure? What is intelligence?

Is intelligence still valuable in the world?

What would you tell your children about beauty?

### UNIT 3

#### «RECOVERY FROM TRAUMATIC STRESS»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

acute	ə'kju:t	гострий
disorder	dɪs'ɔ:də	розлад
troublesome	'trʌb(ə)ls(ə)m	неприємний
nightmare	'naɪtmɛː	кошмар
flashback	'flʌʃbæk	спогади
numb	'nʌm	викликати оніміння, заціпеніння
unresponsive	ʌnrɪ'spɒnsɪv	той, що не реагує, нечутливий
surroundings	sə'raʊndɪŋz	оточення, середовище
to varying degrees	'veəriŋ	в різній мірі
ghastly	gɑ:s(t)li	страшний, жахливий
transient	'trænzɪənt	тимчасовий
apparently	ə'pærəntli	ймовірно
benefit	'benɪfɪt	отримувати користь
confidant	'kɒnfɪdant	довірена особа
empathetic	empə'θetɪk	співчуваючий
sympathetic	sɪmpə'θetɪk	добррозичливий
treatment	'tri:t(ə)nt	лікування
concern	kən'sə:n	турбота
pill	pɪl	пігулка
alter	'ɔ:ltə	змінювати(ся)
atrocious	ə'trɒsɪti	жорстокість, звірство
crash	kraʃ	врізатися

significant	sɪg'nɪfɪk(ə)nt	значний
deterioration	dɪ'tɪərɪə'reɪʃn	погіршення
complain	kəm'pleɪn	скаржитися
insomnia	ɪn'sɒmniə	безсоння
undefined	ʌndɪ'faɪnd	невизначений
unease	ʌn'i:z	занепокоєння
affect	ə'fekt	впливати
threaten	'θret(ə)n	погрожувати
injury	'ɪn(d)ʒ(ə)rɪ	травма, ушкодження
outcome	'aʊtkʌm	результат
recall	rɪ'kɔ:l	пригадувати
trigger	'trɪgə	давати імпульс
disaster	dɪ'zɑ:stə	біда, нещастя
recur	rɪ'kɔ:l	пригадувати, згадувати
medication	medɪ'keɪʃ(ə)n	медикаментозне лікування
account for	ə'kaʊnt	пояснювати
seek (sought)	si:k	шукати
undergo	ʌndə'gəʊ	переживати, відчувати
similar	'sɪmlə	схожий, подібний
desensitize	di:'sensɪtaɪz	знижувати чутливість, зменшувати сприйнятливність до захворювань
haunting	'hɔ:ntɪŋ	нав'язливий
adopt	ə'dɒpt	виробляти звичку

confront	kən'frʌnt	протистояти
interfere	ɪntə'fɪə	заважати, шкодити
meanwhile	"mi:nwaɪl	тим часом, між тим
favour	"feɪvə	надавати перевагу

- ***Read and understand the text.***

It will take years to clear the minds of some of those who were witnesses, directly or not, to the terrorist attack on the twin towers of the World Trade Centre.

After experiencing a traumatic event, many people showed signs of acute stress disorder. Though it has similar symptoms to post-traumatic stress disorder, it is, however troublesome and short-lived, like the dust clouds. Acute stress disorder begins within a month of the incident, lasts for not less than two weeks, but not more than four weeks.

Many people who suffer from acute stress disorder have the nightmares and flashbacks characteristic of post-traumatic stress disorder, but they also show various psychological defence mechanisms. They will be numbed by the event, emotionally unresponsive, indifferent to their surroundings to varying degrees and have a sense that such a ghastly event couldn't really have happened. They may have transient amnesia, so that much of the detail of the horror is apparently forgotten.

Those who have suffered from acute stress disorder often say that once they can start to talk repeatedly about their experiences, they begin to improve. They benefit from the ear of an understanding and kindly confidant who is prepared to listen to the same story many times over, and on each occasion be as interested, empathetic and sympathetic as the first time they heard it. Usually no other treatment is needed other than that offered by a good friend's concern and, for a limited time, sleeping pills at night.

For all those who could be described as suffering from the symptoms of acute stress disorder, there are thousands more who may find that their general mood has been altered by the terrorists' atrocity. A New Yorker told me that the only difference he had noticed in his mood was that his usual autumnal early-morning depression was slightly deeper than it was usually. Several British patients who watched the television images of the planes crashing into the towers and the Pentagon over and over again reported similar changes in their mood and feelings. Other patients with a history of psychological problems have noticed a significant deterioration in their mood; depression, if present, has been deeper, and most have complained of insomnia, anxiety attacks and a general, but undefined, sense of unease and uncertainty.

Post - traumatic stress disorder affects those who have been in horrific situations where they have either suffered or been threatened by serious injury, with the possibility of death. Others have developed post-traumatic stress disorder as a result of living through a time of great fear, while witnessing an event that could possibly involve death or injury to family, friends or colleagues at a time when they felt helpless because they were unable to influence the outcome-

After surviving the horrific incident, the image of it is constantly recalled, its memory triggered through any of the senses that would remind the person of the disaster. Not unnaturally, people with post-traumatic stress disorder arrange their lives so that these triggers are avoided. Many patients develop severe depression, which may appear in many forms. The symptoms may recur on the anniversary of the date.

Both medication and psychotherapy have their place in the treatment of post-traumatic stress disorder. There is debate about the most efficient form of psychotherapy, but what is not in dispute is that the therapist needs to be sympathetic and empathetic. This desire accounts for the need of those who have had terrible experiences to seek the company of those who have undergone similar ones. The aim of the therapy is to gradually desensitise people to the haunting



memory of the trauma and to remove any habits that they may have adopted to avoid confronting the memories that interfere with their domestic or professional lives.

Meanwhile, the depressive component of the disorder is treated with antidepressants. The ones favoured are those that also have a strong anti-anxiety effect.

From «The Times»

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.*

Очистити розум; острій стресовий розлад; подібні симптоми; посттравматичний стресовий розлад; страждати від стресових розладів; різні механізми психологічного захисту; інше лікування; сподійне; змінитися під впливом злодіяння; психологічні проблеми; значне погіршення настрою; відчуття невпевненості; серйозне ушкодження; сильна депресія; симптоми можуть повторюватися; ліки та психотерапія; уникати зіткнення зі спогадами; депресивна складова.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-J) the one which fits each gap (1-9). There is one extra title which you don't need to use.*

### **SOME INTERESTING FACTS ABOUT POST-TRAUMATIC STRESS DISORDER (PTSD)**

Post-traumatic stress disorder (PTSD) is an often-stigmatized and misunderstood mental health disorder that affects millions of people who have experienced trauma. There are little-known facts about the disorder.

1. \_\_\_\_\_

People who experience trauma can develop PTSD, but a diagnosis can be tricky. Diagnosis requires that a person experiences PTSD symptoms for at least a month. Symptoms can include anxiety, depression, and flashbacks. Some people do not

experience any symptoms until years later, which can cause them to think something else is wrong. However, brains are unique and everyone processes things differently, so it is quite common for someone to not develop PTSD until long after the traumatic event occurred.

**2.** \_\_\_\_\_

More women have PTSD than men. This fact goes against the common stereotype that PTSD only affects combat veterans, so it is especially surprising. According to a review published by the American Psychological Association, sexual trauma may be more likely to cause PTSD than any other trauma.

**3.** \_\_\_\_\_

Too often society treats mental health issues the same as physical health issues and expects people to heal easily and within a certain timeframe. PTSD, like other mental health disorders, are not easy to overcome. There are a variety of treatment methods to help manage symptoms, but finding a therapist who specializes in PTSD can be especially helpful.

**4.** \_\_\_\_\_

Symptoms of PTSD may not always be obvious to the person experiencing them or to those around them. PTSD symptoms can often look like depression, which can lead to misdiagnosis.

**5.** \_\_\_\_\_

There are a variety of treatment options for PTSD and while medication can be very helpful, it isn't the only option. Often, just talking to a professional can be the most effective way to work through the trauma and learn how to manage the symptoms.

**6.** \_\_\_\_\_

Each person with PTSD has his or her own trigger that can cause a flashback. The type of flashback can also differ from person to person. Some people experience extremely vivid flashbacks, where they are essentially transported back to the traumatic event, while others don't experience flashback at all. There is also a

middle-ground flashback, where people don't vividly picture the event, but suddenly feel overwhelmed and anxious and are unsure why.

7. \_\_\_\_\_

Studies show exercise helps people manage a variety of mental health disorders, including stress and depression. The benefits of exercise also apply to those with PTSD. Some studies even suggest that consistent exercise can have the same positive effects as therapy.

8. \_\_\_\_\_

Not everyone will develop PTSD after a traumatic event. This is simply because we are all wired differently and have different thresholds. It is important to remember that we all respond to events in our own way, and it does not make any of us better or worse than anyone else.

9. \_\_\_\_\_

Children recognize, understand, and process things far more than adults realize. Anything that can cause an adult trauma can also cause a child trauma. Whether it's a car crash, sexual assault, or something else, it is entirely possible for a child to develop PTSD. Children are likely to express their trauma in how they play. For instance, their drawings might be darker, or they may pretend to hold a gun if they witnessed a shooting. PTSD in teens, on the other hand, is more likely to manifest the way it does in adults and exhibit itself in angry or aggressive behavior.

- A.** You can't just "get over" PTSD
- B.** The symptoms can be subtle
- C.** There are different types of flashbacks
- D.** Symptoms of post-traumatic stress disorder
- E.** People have different thresholds for trauma
- F.** Therapy might be all that's needed for treatment
- G.** Symptoms can appear years after the traumatic event
- H.** Exercise helps manage PTSD

I. Women are at higher risk of developing PTSD

J. Children can also develop PTSD

**EXERCISE 4 . *Translate into English:***

1. Різні екстремальні ситуації, стихійні лиха і катастрофи здійснюють негативний вплив на психіку постраждалих людей.

2. Перші симптоми посттравматичного розладу більше схожі на звичайну депресію.

3. Психотерапевт проаналізував причини та симптоми посттравматичного стресового розладу пацієнта.

4. Стан часто ускладнюється соматичними розладами та захворюваннями – в основному з боку нервової, серцево-судинної та травної систем.

5. Лікування, як правило, використовується комплексне – фармакологічне та психотерапевтичне.

**EXERCISE 5. WRITING**

Using the information from exercises 1, 3 on post-traumatic stress disorders, give your own example that illustrates recovering anyone from traumatic stress. You may use a personal experience or you may create an example.

The following questions will help you:

Do you know anyone who has been affected by Post Traumatic Stress Disorder?

What was the cause? (War, Rape, Assault, ...)

What were the symptoms?

If you know someone, how has it impacted their life and the lives of their family?

What can you do to assist people with PTSD to get some help?

What kind of advocacy to help people with PTSD would you like to engage in or encourage others to engage in?

## UNIT 4

### «MICROBIOLOGY. MICROORGANISMS»

**EXERCISE 1.** *Get ready to read the following text «MICROBIOLOGICAL PROCESSES IN FOOD PRODUCTION» but initially have a look at the words.*

Upcoming	ʌp'kʌmɪŋ	майбутній
microorganism	mʌkrəʊ'ɔ:g(ə)nɪz(ə)m	мікроорганізм
spoil	spɔɪl	зіпсувати
livestock	'lɪvstɒk	худоба
to be involved	ɪn'vɒlvd	бути задіяним
available	ə'veɪləb(ə)l	наявний
sustainable	sə'steɪnəb(ə)l	життєздатний
increasingly	ɪn'kri:sɪŋli	все більше і більше
pivotal role	'pɪvətl	кардинальний, основний
outline	'aʊtlʌɪn	накреслити в загальних рисах
participate	pɑ:'tɪsɪpeɪt	брати участь
exemplify	ɪg'zemplɪfaɪ	ілюструвати
contamination	kən'tamɪ'neɪʃ(ə)n	забруднення
awareness campaigns	ə'we:nəs kæm'peɪnz	інформаційні кампанії
burden	'bɜ:d(ə)n	тягар
ensuring	ɪn'ʃʊərɪŋ	забезпечення
famine	'fɑ:mɪn	гостра нестача
outbreak	'aʊtbreɪk	масова поява, вибух
blight	blaɪt	хвороба рослин
foot-and-mouth disease		афтозна лихоманка
bovine tuberculosis	'bəʊvɪn	туберкульоз великої рогатої худоби

pose	pəʊz	являти собою; бути
threat	θret	загроза
harvest	hɑ:vɪst	врожай
microbial spoilage	'spɔɪlɪdʒ	мікробне псування
reduction	rɪ'dʌkʃ(ə)n	зменшення, зниження
halt	hɔ:lt	зупиняти; припиняти
headline	h'edlɪn	заголовок
desperately	'dɛsp(ə)rətli	відчайдушно
benefits	'benɪfɪts	переваги
yields	ji:ldz	врожайність
mycorrhizae		мікоріза
rhizobia		різобія
interaction	ɪntər'ækʃ(ə)n	взаємодія
manipulation	mənɪpju'leɪʃ(ə)n	керівництво
an important facet	'fasɪt	важливий аспект
similarly	'sɪmələli	аналогічно
probiotic formulations	[,prəʊ.baɪ'ɒt.ɪk ]  fɔ:mju'leɪʃnz	пробіотичні препарати
imminent	'ɪmɪnənt	неминучий
shortage	'ʃɔ:tɪdʒ	нестача

- *Read and understand the text.*

### MICROBIOLOGICAL PROCESSES IN FOOD PRODUCTION

During the upcoming holidays, many events will involve traditional foods, such as turkey at Thanksgiving and Christmas. That microorganisms can spoil any of these foods, and thereby the entire party, is well known, but perhaps less obvious

is the fact that microbiological processes are involved in the production of nearly all types of food. The global population is now more than 7 billion and is expected to pass 9 billion before 2050. Producing the maximum amount of food from the available land in a sustainable manner will therefore become increasingly important. As made clear by the recent “*Position statement on food security and safety*” (from the British Society of General Microbiology and Plant Pathology), microbiologists can have a pivotal role in this important field. The position statement outlines nine research themes through which microbiologists can participate in food safety and security, including the investigation of microorganisms that cause food poisoning or kill crops and livestock, as well as research into the ways in which microorganisms can improve food production.

When thinking of microorganisms and food safety, food poisoning immediately comes to mind. As exemplified by the recent outbreaks of *Escherichia coli* infection in Germany and *Listeria monocytogenes* infection in the United States, microbial food contamination remains a major problem. There are roughly 47.8 million cases of food poisoning in the United States annually, leading to more than 125,000 hospitalizations and 3,000 deaths, and in the United Kingdom there are about 1 million cases of food poisoning, 20,000 hospitalizations and 500 deaths. Improved detection methods and processing practices, in addition to awareness campaigns that inform the public of the potential dangers in food, should help reduce the burden of these infections.

Safeguarding future food safety and security also means ensuring that the world grows sufficient produce to feed the expanding population. Microbiologists can play an important part in this in two ways: by reducing the losses of crops and farm animals, and by increasing crop yields and animal health (thereby increasing the yield per animal). The best known example of crop loss owing to microorganisms is the Irish potato famine, during which an outbreak of potato blight caused by *Phytophthora infestans* led to an estimated 1 million deaths. Similarly, animal diseases such as foot-and-mouth disease, bovine tuberculosis

and blue tongue pose a major threat to the world's food supply. Even after harvest, microbial spoilage causes further reductions; more than 25% of food is lost in this manner, and it has been estimated that each 1% reduction represents enough food for 25 million people. More research into the organisms involved is desperately needed to develop new treatments, vaccines and culture or growth regimens that can halt their transmission. Such investigations has shown the benefits of targeting diseases of livestock.

Less obvious, but just as important, are the ways in which microbiologists can improve food yields. A better understanding of the interactions of fungi and bacteria with plants, in the form of mycorrhizae and rhizobia, may allow the manipulation of these interactions to increase plant growth. Soil conditions can also affect the growth of crops, making nutrient cycling by microorganisms in soil an important facet of the role of microbiology in food production. Similarly, the gut microbiota of animals can affect body weight and general health. An understanding of the microbiota associated with farm animals may therefore lead to treatments or probiotic formulations that can increase animal growth and well-being.

Most of people are not faced with an imminent food shortage, in many parts of the world food production needs to continue to increase to feed the growing number of mouths. Microbiologists around the world are trying to solve such problems.

**EXERCISE 2. Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.**

Вбивати зернові культури та худобу; мати ключову роль у цій сфері; безпека харчових продуктів; зменшити тягар інфекцій; мікробне забруднення їжі; поліпшені методи виявлення; гостра нестача картоплі; становить серйозну загрозу; розробляти нові вакцини та методи лікування; мікробіологи можуть



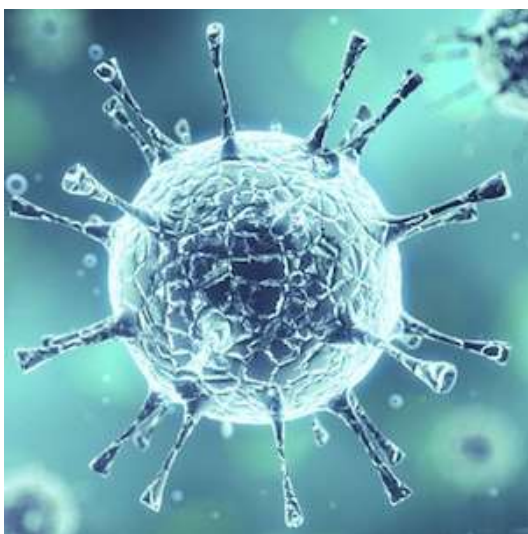
покращити врожайність; збільшити ріст рослин; мікробіота кішківника тварин; неминучий дефіцит їжі.

**EXERCISE 3.** 1) *Read and translate the following text.* 2) *Five sentences have been removed from the text. Choose from the sentences (A-F) the one which fits each gap (1-5). There is one extra sentence which you don't need to use.*



### AMAZING FACTS ABOUT MICROBIOLOGY

Microbiology is a subfield of biology. It studies the world of microscopic organisms like bacteria and viruses and the way those interact with humans and our environment. 1.\_\_\_\_\_.



This field is mysterious, intriguing, and often overlooked. That's why there are some amazing facts about the micro world and the people who made it so prevalent today.

Most of the time, microbes and other small creatures are analyzed with the help of a high-resolution microscope. 2. \_\_\_\_\_. Some microbes, like spirochetes, move around a lot, which is mesmerizing to watch through the lenses.

Moreover, you don't have to be a doctor or a scientist to admire this natural spectacle. You can buy yourself a microscope from the Internet and do it at home. You can even purchase slides with all kinds of microorganisms to analyze. Who knows, you might also make a breakthrough discovery.

Another cool thing about microbes is that they are virtually everywhere. And this ubiquity is not a bad thing. For example, the bacteria in your digestive system help you break down foods and absorb vitamins and minerals. Additionally, the good bacteria on your skin and other areas of the body prevent the harmful ones from growing and causing diseases.

**3.** \_\_\_\_\_. Which means we are their descendants. A few years ago, 50 million-year-old spores had been revived, which only shows how resilient these micro-creatures are because they survived in suspended animation in salt crystals for all that time.

Another curious fact is that each of our cells contains bacteria. Each of these bacteria is not a living one, but rather a shell. **4.** \_\_\_\_\_. Scientists believe mitochondria to be ancient bacteria that morphed with lipids to create the necessary blocks of evolved life.

Although an adult has more bacteria than he or she has cells, a mind-bending fact is that we are born completely bacteria-free. **5.** \_\_\_\_\_. All the microorganisms humans carry are acquired in the first years of life.

Microbiology has reached new heights. Scientists can now engineer bacteria and viruses to cure many diseases, and it is thought that in the future they can even be used to treat conditions like Alzheimer's. Furthermore, instead of hating bacteria, we should use them to our advantage and learn a great deal from their resilience and adaptability.

**A.** And this is the famous powerhouse of the cell – the mitochondria.

**B.** The microbes and the branch of microbiology are the most studied due to their great importance to medicine.

- C. The mother's womb is utterly sterile since her immune system attacks everything that could potentially harm the baby.
- D. Microbiology also concerns itself with the study of parasites, fungi, and algae.
- E. Some of the oldest life forms in the world are thought to be viruses and bacteria.
- F. If you pay attention, you can see their shape, size, and even number.

**EXERCISE 4. Translate into English:**

1. Створення перших оптичних приладів на початку XVII ст. відкрило нову еру в історії мікробіології.
2. Досягнення в галузі мікробіології відкривають великі перспективи розвитку промисловості.
3. Вивчаючи процеси внутрішньоклітинного травлення, І. Мечников відкрив, що фагоцити виконують функцію захисту від хвороботворних мікроорганізмів.
4. Велике значення для розвитку медичної мікробіології мали відкриття німецького вченого Роберта Коха – засновника бактеріології.
5. Успіхи мікробіології з вивчення збудників інфекційних захворювань зробили можливою їх своєчасну профілактику.

**EXERCISE 5. WRITING**

Food microbiology deals with the study of microorganisms that cause food spoilage and at the same time those involved in creating food such as yoghurt and wine as well. How do you think is it necessary to develop the food microbiology and why? Is this subfield adequately funded by government?

Must microbiological testing have severe limitations and standards as a control option? What limits should be placed on the presence of each contaminant?

Imagine You are an experienced microbiologist, express your point of view on this issue.

## UNIT 5

### “MEDICAL INSTITUTIONS IN PAST”

**EXERCISE 1. Get ready to read the following text «BRIEF HISTORY OF HOSPITALS» but initially have a look at the words**

BCE		before the Common Era or before the Current Era
deity	'deɪnti	божественність
integrity	ɪn'teɪgrɪti	недоторканність
legion	'li:dʒ(ə)n	легіон
emperor	'emp(ə)rə	імператор
sanctuary	'sæn(k)tʃʊəri	святилище
convert	kən'vɜ:t	навернути (до релігії)
abolish	ə'bɒlɪʃ	скасувати
pagan	'peɪɡ(ə)n	язичницький
emphasize	'emfəsaɪz	підкреслювати, наголошувати
leprosy	'leɪprəsi	проказа
notable	'nəʊtəb(ə)l	видатний, помітний
ultimately	'ʌltɪmətli	накінець
repute	rɪ'pjʊ:t	репутація
monastic infirmary	mə'nastɪk   ɪn'fə:m(ə)ri	монастирський лазарет
laity	'leɪti	миряни
pilgrim	'pɪlgrɪm	пілігрим, мандрівник, паломник
accelerate	ək'seləreɪt	прискорюватися
Crusades	kru:'seɪdz	хрестові походи
pestilence	'pestɪl(ə)ns	моровиця
enemy	'enəmi	ворог

Saracens	'særəsənz	сарацини (назва арабів та мусульман у IV ст.)
defeat	dɪ'fi:t	захист
regardless	rɪ'gɑ:dləs	незалежно
found	fəʊnd	засновувати
secular	"sɛkjʊlə	світський
institutional	ɪnstɪ'tju:ʃ(ə)n(ə)l	що належить до лікувального (та або) благодійного закладу
gradual	"grɑdʒʊəl	поступовий
dissolution	dɪsə'lu:ʃ(ə)n	розпуск, скасування
put an end		покласти кінець
handicapped	"hændɪkɑpt	інвалід
voluntary	"vɒlənt(ə)rɪ	добровільний
conquistador	kɒn'kwɪstədɔ:	конкістадор (іспанський завойовник нових земель XV-XVI ст.)
noblewoman	"nəʊb(ə)lwʊmən	благородна жінка
primarily	"praɪm(ə)rɪli	передусім
almshouse	"ɑ:mzhaʊs	богадільня
incorporated	ɪn'kɔ:pəreɪtɪd	об'єднаний
charter	"tʃɑ:tə	привілегія, згода, льгота
the crown	kraʊn	<i>тут:</i> коронована особа

- ***Read and understand the text.***

As early as 4000 BCE, religions identified certain of their deities with healing. The temples of Saturn, and later of Asclepius in Asia Minor, were recognized as healing centres. Brahmanic hospitals were established in Sri Lanka as early as 431 BCE, and King Ashoka established a chain of hospitals in Hindustan about 230

BCE. Around 100 BCE the Romans established hospitals for the treatment of their sick and injured soldiers; their care was important because it was upon the integrity of the legions that the power of ancient Rome was based.



*Ruins of the sanctuary of Asclepius at Cos, Greece*

It can be said, however, that the modern concept of a hospital dates from 331 BCE when Roman emperor Constantine the Great, having been converted to Christianity, abolished all pagan hospitals and thus created the opportunity for a new start. Until that time disease had isolated the sufferer from the community. The Christian tradition emphasized the close relationship of the sufferer to the members of the community. Illness thus became a matter for the Christian church. About 370 BCE St. Basil the Great established a religious foundation in Cappadocia that included a hospital, an isolation unit for those suffering from leprosy, and buildings to house the poor, the elderly, and the sick. Following this example, similar hospitals were later built in the eastern part of the Roman Empire. Another notable foundation was that of St. Benedict of Nursia at Montecassino, founded early in the 6th century, where the care of the sick was placed above and before every other Christian duty. It was from this beginning that one of the first medical schools in Europe ultimately grew at Salerno and was of high repute by

the 11th century. This example led to the establishment of similar monastic infirmaries in the western part of the empire.

The Hôtel-Dieu of Lyon was opened in 542 and the Hôtel-Dieu of Paris in 660. In these hospitals more attention was given to the well-being of the patient's soul than to curing bodily ailments. The manner in which monks cared for their own sick became a model for the laity. The monasteries had an *infirmatorium*, a place to which their sick were taken for treatment. The monasteries had a pharmacy and frequently a garden with medicinal plants. In addition to caring for sick monks, the monasteries opened their doors to pilgrims and to other travelers.



*The Hôtel-Dieu in Lyon, France*

Religion continued to be the dominant influence in the establishment of hospitals during the Middle Ages. The growth of hospitals accelerated during the Crusades, which began at the end of the 11th century. Pestilence and disease were more potent enemies than the Saracens in defeating the crusaders. Military hospitals came into being along the traveled routes. It is said to have been especially

concerned with eye disease, and it may have been the first of the specialized hospitals.

Throughout the Middle Ages, but notably in the 12th century, the number of hospitals grew rapidly in Europe. Arab hospitals—such as those established at Baghdad and in Spain—were notable for the fact that they admitted patients regardless of religious belief, race, or social order. The Hospital of the Holy Ghost, founded in 1145 in France, established a high reputation and later became one of the most important centres in Europe for the training of doctors. By far the greater number of hospitals established during the Middle Ages, however, were monastic institutions under the Benedictines, who founded more than 2,000.

The Middle Ages also saw the beginnings of support for hospital-like institutions by secular authorities. Toward the end of the 15th century, many cities and towns supported some kind of institutional health care: it has been said that in England there were no fewer than 200 such establishments that met a growing social need. This gradual transfer of responsibility for institutional health care from the church to civil authorities continued in Europe after the dissolution of the monasteries in 1540 by Henry VIII, which put an end to hospital building in England for 200 years.

The loss of monastic hospitals in England caused the secular authorities to provide for the sick, the injured, and the handicapped, thus laying the foundation for the voluntary hospital movement. The first voluntary hospital in England was probably established in 1718 by Huguenots from France and was closely followed by the foundation of such London hospitals as the Westminster Hospital in 1719 and the London Hospital in 1740. Between 1736 and 1787, hospitals were established outside London in at least 18 cities. The initiative spread to Scotland, where the first voluntary hospital was opened in Edinburgh in 1729.

The first hospital in North America (Hospital de Jesús Nazareno) was built in Mexico City in 1524 by Spanish conquistador Hernán Cortés; the structure still stands. The French established a hospital in Canada in 1639 at Quebec city, which



is still in operation (as the Hôtel-Dieu de Québec), although not at its original location. In 1644 Jeanne Mance, a French noblewoman, built a hospital on the island of Montreal; this was the beginning of the Hôtel-Dieu de St. Joseph, out of which grew the order of the Sisters of St. Joseph, now considered to be the oldest nursing group organized in North America. The first hospital in the territory of the present-day United States is said to have been a hospital for soldiers on Manhattan Island, established in 1663.

The early hospitals were primarily almshouses, one of the first of which was established by English colonist William Penn in Philadelphia in 1713. The first incorporated hospital in America was the Pennsylvania Hospital, in Philadelphia, which obtained a charter from the crown in 1751.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.*

Мав високу репутацію; благополуччя душі пацієнта; домінуючий вплив на створення лікарень; були пов'язані з захворюваннями очей; перші спеціалізовані лікарні; незалежно від релігійних переконань, національності чи соціального статусу; поступова передача відповідальності; подібні заклади (установи); зіткнутися зі зростаючими соціальними потребами; добровільний рух в підтримку створення лікарень; бути в експлуатації; отримати згоду та привілеїї.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-I) the one which fits each gap (1-8). There is one extra title which you don't need to use.*

Today, hospitals are central to the delivery of medical and surgical care. However, in past centuries most people would have avoided entering them. Hospitals were often a place of 'last resort' associated with poverty, infection and death.

1. \_\_\_\_\_

From as early as 4000 BCE there were places of healing associated with certain gods or deities, such as Asklepios in both the Greek and the Roman Empires. In India and Sri Lanka hospitals were established by the late 200s BCE. From the 100s BCE, valetudinaria were established in the Roman Empire; based on the archaeological evidence, it is sometimes unclear whether these buildings were used to house the poor, isolate the sick or provide medical care. Some may have offered medical treatment only to Roman soldiers, on whose health the empire depended, while others might have been rest-houses for the weak and dying. The idea of a hospital as a teaching centre, where doctors learned their craft, can first be documented in the 900s.

## 2. \_\_\_\_\_

Christian hospices first developed in the East in the late 300s. The idea of religious charity lay at the heart of the medieval and early modern hospital. Medicine and morality were closely tied. This was evident in the location of beds, which was often determined by the location of an altar. Medical care was usually delivered by monks and nuns. The Christian practice of charity in Europe was based on the relationship between Christ and the pauper. The emphasis in hospital was therefore on care rather than cure, and the common denominator of patients was poverty, not illness. The original religious nature of early hospitals is still alive, most often in their names. One of the most notable examples is St Bartholomew's Hospital in London, which was founded in the 1100s and still exists today.

## 3. \_\_\_\_\_

Religious motivations were also central to the development of hospitals in the Islamic Empire. There is a clear obligation in Islamic belief to treat the ill regardless of their background, religion or ability to pay. Hospitals, known as bimaristan, were open to all and were established in many urban centres, such as Cairo in 872 CE and Baghdad in 932 CE. Their functions seem to have been broader than those of European hospitals at the same time. They offered medical and surgical treatments, a place to recover or convalesce, treatment for the

mentally ill, and care for the old. They were secular rather than religious, and employed Christian and Jewish doctors as well as Muslim ones. Such hospitals were constructed throughout the Islamic Empire, and by the tenth and eleventh centuries were large establishments, with outpatient clinics, pharmacies, and both male and female staff caring for patients.

4. \_\_\_\_\_

In Europe during the Middle Ages, care for the ill gradually became less reliant on religious orders. During the Renaissance most European hospitals increased in size. Religious sisterhoods of nuns were sometimes in charge of nursing - in a number of cases these sisterhoods survived into the 1900s. Some institutions disappeared soon after they were built, but others were transformed into plague or leper hospitals, otherwise known as leprosaria. Civic hospitals, whether founded by confraternities or city states, developed beside medieval monasteries across Europe. Others, such as the Great Hospital in Norwich, survived despite all these changes and continue to offer services to their local communities.

5. \_\_\_\_\_

The Reformation brought about the secularisation of hospitals. Some were dissolved and reformed under new conditions. In 1534, Henry VIII closed many of the larger hospitals and monasteries in England. The loss of monastic hospitals meant that others needed to provide for the sick. Throughout the late 1500s and early 1600s, voluntary charity was the means by which many hospitals were funded. Equally, although many poor and ill people required medical care, admission to hospitals was not always guaranteed. In most cases it was reserved for the 'deserving poor', those judged to be hard-working people who led 'respectable' lives. The charitable mission of most hospitals continues to this day, but their religious character has faded, while their role in the provision of health care has grown.

6. \_\_\_\_\_

During the 1800s most hospitals became secularised. Medical and nursing staff also began to play a more prominent role at institutions. Throughout the early 1800s medical staff, rather than lay subscribers, began to select patients. Gradually, over the course of the century, greater numbers of resident medical staff were appointed. Surgical cases also began to outnumber medical cases.

Science and technological improvements in hospitals from the 1800s.

Hospital services in Europe and North America changed dramatically in the late 1800s because of scientific and technological innovations, starting with the introduction of X-rays. Hospitals increasingly began to offer treatments that were not available elsewhere. For example, radium treatment for cancer was restricted to hospitals in the 1920s, mainly because of its expense. Invasive forms of surgery were also carried out more successfully in a hospital environment. Specialist hospitals for children and women emerged, complemented by more specialised medical and nursing staff.

7. \_\_\_\_\_

While modernised in terms of medical equipment, the hospital was also transformed as a space, with electric lights, elevators, central heating and ventilation, and new regimes of cleaning and deodorising. Each change influenced the patient experience in its own way. Many feared new machines and equipment were alienating patients, simply reducing them to their ailments and those symptoms which the technologies could detect. In turn, practitioners were said to be losing sight of patients as individuals.

8. \_\_\_\_\_

The charitable mission of most hospitals survived into the 1900s and continues to this day. In most cases, however, their religious character has faded. Much of their finance now comes directly from municipal authorities who allocate greater amounts into institutional health care. Hospitals' role in the provision of health care has therefore only grown. In the process, they have become highly medicalised and technological sites of both healing and research. They are also of

central importance to the professional structure of medicine. As importantly, they retain their central place in the communities where they are based. Interestingly, they have been described as 'cathedrals of medicine', an expression that continues to invoke their religious origins. In the eyes of many patients and practitioners, they continue to offer miraculous cures, but most hospital staff concentrate on saving lives, not souls.

- A. The modern hospital space - the patient experience
- B. Healing and gods - the start of hospitals
- C. Christian hospitals: care rather than cure
- D. The loss of monastic hospitals
- E. Cathedrals of medicine - hospitals in the modern age
- F. The move away from religion in hospitals in the Middle Ages
- G. Hospitals in the Islamic Empire
- H. Church-sponsored hospitals and nurses
- I. The new respect for medical and nursing staff

***EXERCISE 4. Translate into English:***

1. У VII ст. н.е. виникли спеціальні заклади для лікування хворих та поранених, а також монастирські лікарні для пересічного населення.
2. Медицина у стародавніх країнах досягла значних успіхів.
3. З розвитком медицини у різних країнах зародились медичні навчальні заклади.
4. У 1662 р. лікарня Пітьє-Сальпетрієр (Pitie-Salpetriere Hospital) могла приймати 10 тис. хворих, це був найбільший хоспіс світу.
5. Лікарня була заснована у 1823 році, і сьогодні вона є однією з найсучасніших незалежних лікарень, які існують на пожертви спонсорів.

### ***EXERCISE 5. WRITING***

You have get acquainted with the texts and now it is clear that historically a place for the sick and dying, hospitals have the potential to educate and promote health and wellness. Let's imagine hospitals of future.

What do you think they will be like?

What is the best way to control hospitals in future?

What quality standarts should they have?

Suggest a good sampling strategy for perfect operation of hospitals in future.

What are the most important staff's responsibilities for improvement of care quality in hospitals of future?

Write your opinion about virtual hospitals.

**UNIT 6**  
**«SLEEPLESSNESS»**

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

Perchance	[pə'tʃɑ:ns]	можливо
to dream	[dri:m]	бачити сни
miserable	[ˈmɪz(ə)rəb(ə)l]	поганий
mood	[mu:d]	настрій
to appear	[ə'piə]	з'явитися
to drift	[drɪft]	<i>перен.</i> дрейфувати
to affect	[ˈæfekt]	впливати
to depend	[dɪ'pend]	залежати
in turn	[tɜ:n]	в свою чергу
performance	[pə'fɔ:məns]	<i>тут</i> поведінка
level	[ˈlevəl]	рівень
to remain	[ri'meɪn]	залишатися
to link	[lɪŋk]	пов'язувати
source	[sɔ:s]	джерело
creativity	[kri:ei'tɪvɪtɪ]	творчість
to restore	[ri'stɔ:]	відновлювати
trial	[ˈtraɪəl]	випробування
eery	[iəri]	моторошний
nightmare	[ˈnaɪt, meə]	кошмар
conqueror	[ˈkɒŋkərə]	завойовник
canvas	[ˈkænvəs]	полотно
to expand	[ɪk'spænd]	розширяти
to identify	[aɪ'dentɪ, faɪ]	розпізнавати

human	[ˈhju:mən]	людина
to elude	[ɪˈlu:d]	уникати
precise	[prɪˈsaɪs]	точний
psychiatrist	[saɪˈkaɪətrɪst]	психіатр
psychologist	[saɪˈkɒlədʒɪst]	психолог
to pose	[pəʊz]	поставити (питання);
to relate	[rɪˈleɪt]	бути пов'язаним
previous	[ˈpri:vɪəs]	попередній
causal	[ˈkɔ:zəl]	причинний
to manipulate	[məˈnɪpjəˌleɪt]	керувати
insomnia	[ɪnˈsɒmniə]	безсоння
excessive	[ɪkˈsesɪv]	надмірний
drugabuse	[drʌg] [əˈbju:z]	зловживання наркотиками
aging	[ˈeɪdʒɪŋ]	старіння
to alter	[ˈɔ:lteɪ]	змінювати
to determine	[dɪˈtɜ:mɪn]	визначати
to devise	[dɪˈvaɪz]	винаходити
adjective	[ˈædʒɪktɪv]	<i>грам.</i> : прикметник
shaky	[ˈʃeɪki]	непевний
rude	[ru:d]	грубий
alert	[əˈlɜ:t]	насторожений
dizzy	[ˈdɪzi]	що відчуває запаморочення;
volunteer	[vɒlənˈtɪə]	доброволець
questionnaire	[kwɛstʃəˈneɪ]	анкета
range	[reɪndʒ]	діапазон



to swing	[swɪŋ]	коливатися
to occur	[ə'kɜː]	відбуватися
consistent	[kən'sɪstənt]	закономірність
pattern	['pætən]	модель
to speculate	['spɛkjʊ ,leɪt]	роздумувати
lack	[læk]	нестача
association	[ə ,səʊsɪ'eɪʃən]	спілкування

- ***Read and understand the text: "To sleep, perchance to dream..."***

So you awoke this morning in a miserable mood. Well, maybe your special dream character didn't appear last night, or maybe there just weren't enough people drifting through your dreams.

While sleep affects how sleepy, friendly, aggressive and unhappy we feel after awakening, feelings of happiness or unhappiness depend most strongly on our dreams.

Each of us has a special dream character, a type of person whose appearance in our dreams makes us feel happier when we awake.

Our sleep influences our mood. Our mood, in turn, affects our performance. And throughout the day, our levels of mood and performance remain closely linked.

Poets and philosophers - and some scientists - have long viewed dreams as a source of creativity, and sleep as a means of restoring the body after the physiological and psychological trials of the day. Edgar Allan Poe based some of his eeriest short stories on his nightmares. Samuel Coleridge awoke from a dream about the Mongol conqueror Kubla Khan and quickly wrote down his famous poem of the same name.

Salvador Dali draws on his dreams to create some of his surrealistic canvases.

During the past two decades, research has greatly expanded our knowledge about sleep and dreams. Scientists have identified various stages of sleep, and they

have found that humans can function well on very little sleep, but only if they dream. Yet the true function of sleep and dreaming continues to elude precise explanation.

In 1970 psychiatrist Milton Kramer and psychologist Thomas Roth, researchers at the VA Hospital and the University of Cincinnati College of Medicine, respectively, posed this question: Do our moods in the morning relate in any way to our sleep and dreams the previous night? Human experience suggests that they do.

If the relationship of mood and sleep is causal then by manipulating sleep we may be able to manipulate how well we feel, and how well we perform. Insomnia and excessive daytime sleepiness, drug abuse, depression, premenstrual tension, and aging are all related to how we feel. Understanding the sleep-feeling relationship may help us understand and alter these conditions.

Kramer and Roth began by seeking to determine whether one's mood differs between night and morning and whether this is related directly to sleep.

They found that there is a difference, and it is definitely related to sleep. Then they explored the various aspects of mood and their relationship to the various stages of sleep and dreaming.

Mood is a very subjective thing. When two people say they feel «fine», each may mean quite different things. Over the years, therefore, psychologists have devised ways to measure mood more objectively.

Kramer and Roth chose the Clyde Mood Scale for their tests. This consists of 48 adjectives such as shaky, tired, rude, pleasant, and alert. Each adjective relates to one of six aspects of mood - sleepy, friendly, aggressive, clear-thinking, unhappy, and dizzy. Each evening before bed and each morning immediately upon waking, volunteers in the experiment filled out questionnaires. They indicated whether they felt "a lot", "some", "a little", or "none" of each adjective.

We all have ranges in our moods. We swing from happy to unhappy, from friendly to unfriendly, and these swings may occur at any time of day. But Kramer and

Roth found a consistent pattern in range of people's moods before and after sleep. The range for any individual is greater before bed than at awakening.

«Your range of aggression, for example, will be wider in the evening than in the morning,» Kramer explains.

What does a good night's sleep mean to our mood? Generally we are happier, less aggressive, sleepier, and, a bit surprisingly, less friendly. Being sleepier is easily explained. It simply takes a little time to become fully alert after awakening.

But why should we feel less friendly? Here the researchers must speculate a little. They suggest answer may be the lack of association with other humans during the period of sleep.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian word combinations in the text. Write down them.*

Почуття щастя або нещастя; залежати від чітких мрій; впливати на настрій та поведінку; як джерело творчості; засіб відновлення тіла після фізіологічних і психологічних випробувань дня; дослідження значно розширили наші знання; справжня функція сну; висловити запитання; людський досвід показує; безсоння і надмірна денна сонливість; розуміння взаємозв'язку сну; різні аспекти настрою та їх зв'язок з різними ступенями сну; діапазон агресії; пропонувати відповідь.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-H) the one which fits each gap (1-7). There is one extra title which you don't need to use.*

### **SOME INTERESTING FACTS ABOUT SLEEPING**

On the outside, we look relaxed, peaceful, and unaware. But what really goes on while we sleep? We spend nearly one-third of our lives—approximately 25 years—in a state of sleep, yet we remember little to none of it. When you hit the pillow, your body doesn't turn off. It begins an intricate cycle of rejuvenation that

is vital to your health and well-being. Read on to learn more about this thing that none of us can live without.

**1.**\_\_\_\_\_

Sleep researcher William Dement once claimed that the national sleep debt is a greater threat to the United States than the national monetary debt. Most people do not get an adequate amount of shut-eye. In a 2009 poll, 20 percent of Americans reported getting less than six hours of sleep per night. Why do we need sleep? The answer seems obvious. Without it, we become walking zombies, propelled through the day by caffeine and weary determination alone. Though no definitive answers exist concerning its precise purpose, sleep is believed to help restore body tissues and assist in the growth process.

**2.**\_\_\_\_\_

It's Saturday morning—your one day to sleep in. To your dismay, you wake at the time your alarm normally goes off and have trouble getting back to sleep. That happens because your body is acting in accordance with its biological clock, or circadian rhythm (from the Latin *circa*, “about,” and *dies*, “day”). A region of your brain called the hypothalamus regulates your patterns of sleep and wakefulness, matching them to the 24-hour cycle of day and night. A person typically sleeps for 8 hours within that period and is awake for 16. Be careful—staying up unusually late or snoozing for too long can throw off your rhythm and necessitate a period of readjustment.

**3.**\_\_\_\_\_

The process of sleep occurs in five distinct stages that repeat about every 90 minutes. When you first lay down to rest, your breathing rate slows as you transition from consciousness to a light sleep known as stage 1. After two minutes or so, you relax further, entering into stage 2 sleep. Your body temperature drops and breathing becomes regular during that 20-minute stage. Stages 3 and 4—where sleepwalking and talking can occur—are deep, restorative forms of sleep characterized by large, slow brain waves. Together they last approximately 30

minutes. Before entering stage 5—an intriguing stage known as REM (rapid eye movement) sleep—you pass back through stages 3 and 2. Most people repeat that cycle several times before morning.

#### 4. \_\_\_\_\_

The phenomenon of REM rebound suggests that dreams serve a purpose beyond mere entertainment. A number of theories seek to explain the function of dreams. Psychologist Sigmund Freud—whose theories revolve around the concept of the “unconscious mind”—believed that dreams are a way for a person to harmlessly discharge repressed thoughts and desires. A more-recent theory suggests that dreams allow us to consolidate and arrange our memories, and yet another proposes that dreams serve the physiological purpose of preserving and maintaining neural pathways. Despite those ideas, other experts maintain that dreams are nothing but random meaningless bursts of brain activity.

#### 5. \_\_\_\_\_

Has a friend ever approached you excitedly and announced, “You’ll never believe what I dreamt last night!” If so, they likely followed with a vivid dream story that left you laughing or puzzled. Perhaps you have experienced a dream like that yourself. While fantastic dreams do occur—as well as the occasional nightmare—the majority of dreams are actually quite ordinary. We tend to relive typical day-to-day events in our dreams, and sometimes factors in our environment are incorporated into our dream story, such as a particular scent or, in an unfortunate case, the buzz of an alarm clock.

#### 6. \_\_\_\_\_

The most commonly reported sleep disorder is insomnia, experienced by approximately 10 to 15 percent of adults. Insomniacs report difficulties falling asleep or staying asleep. Some turn to sleeping pills or alcohol, but a number of natural alternatives have been established to assist with sleeplessness. Experts recommend regular exercise, a consistent sleep schedule, and a relaxing bedtime routine for those struggling with insomnia.

7. \_\_\_\_\_

Something strange sometimes occurs between sleep stages 1 and 2. Perhaps you have experienced this phenomenon: just as you begin to drift off, your body jerks involuntarily, often in response to an abrupt sensation of falling. Such jolts are known as a hypnic jerks, or sleep starts. Experts insist that they are completely normal, but the reason for them is unclear. Some theorize that, as the muscles relax, the brain mistakenly registers that the body is falling and jolts to “catch” itself.

**A. Sleep Stages Facts**

**B. Hypnic Jerks**

**C. Dream Content**

**D. Circadian Rhythm**

**E. The Sleep Cycle**

**F. Insomnia: A Common Sleep Disorder**

**G. The Necessity of Sleep**

**H. The Function of Dreams**

#### **EXERCISE 4 . *Translate into English:***

1. Існує кілька класифікацій розладів сну.
2. Кожного вечора, коли настає час лягати, наростають напруження і тривога — і людині справді стає важко заснути.
3. Сон необхідний людині для відновлення фізичних і душевних сил, підтримки імунітету, ефективної переробки інформації.
4. Деякі лікарські препарати можуть стати причиною порушення сну.
5. Найбільше на якість сну впливають збої в роботі щитовидної залози та захворювання нервової системи.

#### **EXERCISE 5 .WRITING**

As people get older, they start to appreciate a good night's sleep more and more. This topic is often a favorite for all. Discuss the questions in your essay:

How much sleep do you usually get?

Why do some people sleep well while other people do not sleep well?

What do you do when you have trouble sleeping?

What time do you usually go to sleep? What time do you usually get up?

Have you ever slept in a strange place that was not a bed?

**UNIT 7**  
**«FOOD»**

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

Munchies	[ˈmʌntʃɪz]	відчуття голоду
to release	[ri ˈli:s]	випускати
to hit	[hit]	уражати
vulnerable	[ˈvʌlnərəbəl]	уразливий
guard	[ga:d]	пильність
to devour	[di ˈvaʊə]	пожирати
cookie	[ˈkʊki]	домашнє печиво
craving	[ˈkreɪvɪŋ]	палке бажання
liver	[ˈlɪvə]	печінка
to be equipped	[i ˈkwɪpt]	бути підготовленим
to quell	[kwel]	заглушати
to defeat	[di ˈfi:t]	завдати поразки
to deal with	[di:l]	мати справу з...
level	[ˈlevl]	рівень
blood	[blʌd]	кров
to store	[stɔ:]	накопичувати(ся)
glycogen	[ˈɡlikoʊdʒen]	глікоген



horrific	[hɒ'rifɪk]	жахливий
period	[ˈpɪəriəd]	менструація
to deplete	[di ˈpli:t]	виснажувати
celery	[ˈseləri]	селера
brain	[breɪn]	МОЗОК
to go bananas	[bə'nɑ:nəz]	божеволіти
to trigger	[ˈtrɪgə]	викликати
cell	[sel]	клітина
to wolf down	[wʊlf]	пожирати жадібно
fiber	[ˈfaɪbə]	ВОЛОКНО
goodies	[ˈɡʊdɪz]	СОЛОДОЩІ
admittedly	[əd'mɪtɪdli]	признатися
junk	[dʒʌŋk]	<i>тут:</i> солодощі

- ***Read and understand the text.***

THE MUNCHIES HIT YOU when you're at your most vulnerable. When your guard is down, they push your private taste buttons and don't let go until you've devoured the entire bag of candy, carton of ice cream or (and?) package of cookies. Of course, it's true that your emotions have something to do with food cravings, but there are also absolute biological reasons for the munchies.

### **SOME OF IT'S ALL IN YOUR LIVER**

Once you understand the physiological meanings behind the munchies, you'll be better equipped to defeat them. "You get the seemingly uncontrollable cravings for two main reasons," says Eric Sternlicht. "The first has to deal with levels of glucose – or sugar – in your blood. This is necessary for energy and is

stored in the liver as glycogen. In between meals, the liver releases glycogen into your bloodstream. As long as there's enough glycogen in your liver, you can move through the day without feeling hungry.”

But sometimes you don't have enough glycogen in your liver. Like when your body undergoes those horrific hormonal changes right before your period. Exercise, too, can deplete glycogen stores. And when that happens, wham! You crave food. But not just *any* food. You can eat a trainload of celery and still have the munchies, because if the body's low on sugar, that's what it wants: SWEETS!!!

### **SOME OF IT'S ALL IN YOUR BRAIN**

The second reason your appetite goes bananas has to do with your brain. Your brain is made up of numerous neurotransmitters, which send messages to various parts of your body. Imbalances in certain appetite-controlling neurotransmitters trigger cravings for certain foods.

### **WHEN YOU'VE GOT A MUNCHINE ON YOUR BACK...**

Whatever the reason, when the munchies strike, you have to satisfy them with sugar. Most of us reach for our dear, dear friends – Ben and Jerry's, Mrs. Fields, Sara Lee. However sweet they may seem, they're full of as much (if not more) fat than sugar. As a result, most of the food you eat to quell the munchies ends up in your fat cells – very little glycogen actually makes it to your liver or bloodstream, so after you've wolfed it down, you still want more.

To control (and satisfy) yourself, you'd do better reaching for a piece of fruit or a glass of juice – no, *really*. Fruit is not just fat-free and high in fiber, it's extremely high in fructose, a type of sugar your liver can easily store.

And if you want to have your cake and eat it too, at least start with a piece of fruit; then 15 or 30 minutes later, go for the goodies.

Admittedly, shifting from candy and ice cream to fruit isn't easy. But it is possible. When the munchies come gunning for you, remind yourself that what they're demanding is sugar. So eat the fruit first and note how much better you feel. You may even discover you don't want the junk.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.*

Біологічні причини; за двома основними причинами; не відчуваючи голоду; недостатньо глікогену у печінці; жахливі гормональні зміни; низький вміст цукру в організмі; мозок складається з численних нейромедіаторів; надсилати повідомлення різним частинам тіла; незалежно від причини; високий вміст клітковини; краще відчувати; починати з фруктів.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-H) the one which fits each gap (1-7). There is one extra title which you don't need to use.*

**“YOU ARE WHAT YOU ATE”**

A very common piece of nutrition advice around the world is to ‘eat a balanced diet.’ This seems like quite an easy idea today, where words like ‘carbohydrates’, ‘fibre’, ‘fructose’ and ‘omega-3 fatty acids’ are now making their way into everyday conversation. In recent decades, scientific research has rapidly expanded the understanding of human nutrition, but this may make a healthy diet seem much more complicated than it used to be. How do we make sure we get enough – but not too much – of the seemingly endless numbers of nutrients out there?

The good news is it's actually pretty simple. A balanced meal is a snapshot of a diet that covers the three core food groups. As seen on this portion plate, the balance is a quarter proteins, a quarter carbohydrates and half vegetables.

1. \_\_\_\_\_

There are six types of nutrients essential for survival: proteins, carbohydrates, lipids (fats), vitamins, minerals and water. Proteins, carbohydrates and fats are macronutrients, ‘macro-’ meaning we require them in large amounts. These provide the body with energy, measured in kilojoules or kilocalories. Vitamins and minerals are classed as micronutrients because they are only required in small amounts. Water is also an essential macronutrient, as the volume produced by the

body through metabolic processes falls far short of the amount we lose every day through perspiration, urine, faeces and respiration.

## 2. \_\_\_\_\_

Despite cultural variations, food is always grouped according to the main functions of its key nutrients. Keeping it simple, most foodstuffs are put to one of three uses: energy, growth and repair, or maintaining healthy metabolic function. Depending how specific we want to be, foodstuffs can be further categorised in up to eight groups, which is why national dietary guidelines around the world may vary regarding the foodstuffs used, but remain very similar regarding overall nutrient needs.

## 3. \_\_\_\_\_

Carbohydrate-rich food includes rice, pasta, quinoa, couscous, potatoes, bread, barley, oats and other cereals. These provide energy for the brain, muscles and other organs. Wholegrain carbohydrates are the preferred choice since they also provide fibre and vitamin B. Fibre is essential to keep your bowels working smoothly, and vitamin B allows the body to utilize the energy it received from carbohydrates. The more active we are, the more carbohydrates we require.

## 4. \_\_\_\_\_

Protein-rich food includes eggs, seafood, poultry, red meat, pulses, milk, yoghurt, cheese, tofu, nuts and insects. This group is vital for maintaining muscle tissue, red blood cells, and hormone and enzyme production. We need more of these kinds of food in periods of growth (i.e. childhood and adolescence) or physical illness. A lot of high-protein foodstuffs also contain fats and fat-soluble vitamins; fish and eggs are two good examples.

## 5. \_\_\_\_\_

Vegetables (and other plants, such as pulses, fruit, nuts, seeds and herbs) are rich in vitamins, minerals, fibre and phytonutrients<sup>4</sup>, such as antioxidants. Vitamins and minerals keep our metabolism and organs running efficiently, which is essential for

staying healthy. A number of vitamins act as antioxidants. These repair tissue damage caused by metabolic processes or some environmental pollutants. Vegetables, herbs and fresh fruit are also satiating while relatively low in energy, meaning they help maintain a healthy weight. There can never be too many vegetables on the plate provided there is a variety.

## 6. \_\_\_\_\_

A balanced meal definitely does not need to be split up like the plate shown here. This is a guide to give an idea of the proportions of each food group that make up an ideal meal. It also does not mean every meal needs to look like this! If some days we eat more or less of a food group, it can still be balanced out over the week. Processed food, such as chocolate, cake, chips, biscuits, etc., can be part of a healthy and balanced diet too, in moderation of course. The key is to remember they all are part of the same food group, whatever we call it: treats, junk food, sometimes food, unhealthy food, snacks, etc. Eating lots of different kinds of 'treats' still adds up to lots of treats. The more of this kind of food we eat, the more likely we are to either neglect more nutritious food or consume unnecessary kilocalories.

## 7. \_\_\_\_\_

Food containing fibre and/or protein increases satiety, keeping us feeling fuller for longer. This means we are less likely to be tempted by readily accessible and conveniently packaged food, such as sweets, chocolates, crackers and cheese, crisps or an ice cream an hour after your meal. Including protein and fibre at main meals promotes better eating patterns, which would support long-term weight maintenance. High-fibre food includes wholegrain cereals, fruit and vegetables, particularly the skins.

Herbs and spices make wonderful additions to any dish. They provide lots of micronutrients, almost no kilocalories, and a delicious flavour lift to even the most basic meals.

Protein is the main nutrient for growth and repair, but calcium is essential to bone and muscle health too – and is the reason dairy products are often given their own food group. Milk, yoghurt and cheese are well-known sources, but plenty of other types of food boast a boost of calcium too: tofu and soya-bean products, calcium-fortified non-dairy milk, pak choi, kale, collard, almonds, broccoli and the soft bones of cooked fish such as sardines.

Healthy eating does not need to be complicated. In fact, it shouldn't be! Using the principles of  $\frac{1}{4} + \frac{1}{4} + \frac{1}{2}$ , any meal can nourish your wellbeing.

- A. Three core food groups
- B. Mixed meals and processed food
- C. One quarter carbohydrate food for energy
- D. What is a balanced diet?
- E. A few other important considerations
- F. One quarter protein food for growth and repair
- G. One half vegetables for a healthy metabolism
- H. Quick refresher: nutrient basics

**EXERCISE 4. *Translate into English:***

1. В меню збалансованого харчування знаходяться тільки натуральні корисні продукти.
2. Прості вуглеводи слід отримувати не з цукру і цукерок, а з натуральних продуктів – меду, горіхів, фруктів.
3. Відчуття голоду пов'язане лише з 2 причинами: порожнім шлунком і низьким рівнем цукру в крові.
4. Якщо людина довго не приймає їжу, вона відчуває хворобливі симптоми: занепад сил, слабкість, сонливість і головний біль.
5. Для нормальної життєдіяльності організму необхідна енергія, яка надходить з їжею.

## **EXERCISE 5. WRITING**

Write about your own attitude to food. The following questions will help you:

What is your favorite snack?

What unhealthy food do you love?

What food, in your opinion, helps with which health problem?

What is the best food to eat when you are sick?

Do you prefer to eat unhealthy or healthy food?

Do you eat a healthy diet? Why or why not?

What do you think about canned, frozen and processed food?

Do you agree with the expression : “you are what you eat”?

## UNIT 8

### ”STUDENTS ARE DYING; COLLEGES CAN DO MORE”

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

Ravage	[ 'ræv.ɪdʒ ]	спустошувати, руйнувати
freshman	[ 'freʃ.mən ]	першокурсник
related	[ rɪ'leɪ.tɪd ]	пов'язаний
crash	[ kræʃ ]	аварія
funeral	[ 'fju:nərəl ]	поховання
under the influence	[ 'ɪnfluəns ]	у нетверезому стані
wrestling	[ 'res.lɪŋ ]	боротьба ( <i>спорт.</i> )
total	[ 'təʊtl ]	розбити
partially	[ 'pɑ:ʃəl.i ]	частково
permanent	[ 'pɜ:mənənt ]	постійний
damage	[ 'dæmɪdʒ ]	ушкодження
rural	[ 'rʊərəl ]	сільський
witness	[ 'wɪtnəs ]	свідок
recount	[ rɪ'kaʊnt ]	розповідати
swerve	[ swɜ:v ]	випити
assign	[ ə'saɪn ]	доручати роботу
windshield	[ 'wɪnd.ʃi:ld ]	вітрове скло
fraternity	[ frə'tɜ:.nə.ti ]	студентське братство
toga	[ 'təʊ.gə ]	мантія
to excess	[ ɪk'ses ]	надмірно
ultimately	[ 'ʌltɪmətli ]	зрештою
wheel	[ wi:l ]	кермо
reluctant	[ rɪ'lʌk.tənt ]	неохочий
trustee	[ ,trʌs'ti: ]	опікун



liable	[ 'laɪ.ə.bəl ]	відповідальний
combat	[ 'kɒm.bæt ]	боротися
intoxicated	[ ɪn'tɒk.sɪ.keɪ.tɪd ]	напідпитку
infirmary	[ ɪn'fɜː.mə.ri ]	лазарет
persist	[ pə'sɪst ]	залишатися, зберігатися
abolish	[ ə'bɒl.ɪʃ ]	скасовувати
alumni	[ ə'lʌm.naɪ ]	колишні студенти
controversial	[ ,kɒn.trə'vɜː.ʃəl ]	суперечливий
eulogy	[ 'juː.lə.dʒi ]	надгробна промова
grief	[ griːf ]	горе

- ***Read and understand the text***

Drunk driving isn't a new problem, but it continues to ravage our campuses. I know we can change that.

Unfortunately, I am an expert on drinking and driving. As a high-school freshman in Wayland, Mass., I suffered through the death of a classmate on my hockey team who was killed in an alcohol-related crash. Two years later I attended the funeral of another classmate who died while driving under the influence. Twelve months after that a wrestling teammate returning to Wayland from a college break totaled his car in a drunk-driving accident, partially paralyzing himself and causing permanent brain damage. His father, a town firefighter responding to a 911 call, was the one to find him on the roadside near death.

After all that, I thought I knew the worst about drunk driving. I was wrong. Three years ago my brother, Ryan, a Middlebury College senior, drove 70-100 miles an hour on a rainy rural road into a tree, ending his life. His blood-alcohol level was nearly three times the legal limit. Witnesses later recounted that he was swerving and speeding on a nearby road.

It was one of the worst accidents that officers at the crash site had ever seen. The two policemen assigned to wipe Ryan's blood and tissue off the car's broken windshield found it impossible even to talk to us about the details of what they found.

Ryan was last seen drinking on campus at a fraternity house that was serving vodka punch. He left the party intending to drive to his off-campus apartment three miles away to pick up a toga for yet another event. He never made it home. After his death, we found out that Ryan had developed a drinking problem while away at college. But even though he drank to excess at nearly every social function, usually three to four times a week, many of his friends never realized he was on his way to becoming an alcoholic.

What should we do about the Ryans of the world? I know that my brother was ultimately responsible for his own death, but in my view, college administrators can work harder to keep kids like Ryan from getting behind the wheel. But many schools have been reluctant to address the problem. Why? Perhaps because taking responsibility for drinking and driving will make trustees and college presidents legally liable for college students' drunk-driving behavior.

On campuses like Middlebury's, where many students own cars, administrators can use more aggressive methods to combat drinking and driving. Yet after Ryan's death his university ignored my family's request to fund a Middlebury town officer to patrol the main entry into campus for out-of-control drivers on weekend evenings. This, despite the fact that the Middlebury College director of health services informed me and my family that approximately 15 percent of the school's freshmen were so intoxicated at some point during the last year that a classmate had to bring them to the infirmary.

Why does the problem of drunk driving persist? It's not easy to solve. College students are young and irresponsible, and drinking is part of their culture. Administrators have not wanted to abolish social houses and fraternities for fear that ending such beloved college traditions would lower alumni donations.

To college presidents, trustees and all college officials, I ask that you go home tonight and consider your love for your own son or daughter, your own brother or sister. Imagine the knock on your door at 3 a.m. when a uniformed police officer announces that your loved one has died. Then go to a mirror and look deep into your own eyes. Ask yourself the question: have I done enough to help solve this problem?

The choice is simple. You can choose to be a leader and an agent of change on a controversial issue. Or you can continue the annual practice of authoring one of your student's eulogies. My family, in its grief, begs you to do the former.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.*

Продовжує руйнувати; страждати через смерть однокласника; потрапити у аварію через алкоголь; завдаючи постійного пошкодження мозку; водіння у нетверезому стані; втричі перевищувати допустимий рівень; найгірший нещасний випадок; говорити про деталі; після його смерті; нести відповідальність за смерть; використовувати більш агресивні методи боротьби; некеровані водії; повинен доставити до лікарні; це нелегко вирішити; допомогти вирішити проблему.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-G) the one which fits each gap (1-6). There is one extra title which you don't need to use.*

Getting behind the wheel of a vehicle – car, truck, motorcycle or any other motorized vehicle – after consuming alcohol is a serious crime. Some drivers may not even show warning signs of being under the influence, but that doesn't mean it's any less dangerous. It's important to remember that any form of drinking and driving is illegal and can come with strict punishment.

1. \_\_\_\_\_

Any amount of alcohol in your bloodstream can impact your driving ability. The effects of alcohol abuse vary greatly, putting you at risk for causing an accident or highway injury. Safe driving requires the ability to concentrate, make good judgements and quickly react to situations. However, alcohol affects these skills, putting yourself and others in danger.

Here are several ways alcohol impairs your driving skills:

2. \_\_\_\_\_

When alcohol is in your system, it affects how quickly you're able to respond to different situations. Drinking slows your response time, which can increase the likelihood of an accident. Therefore, if the car in front of you brakes suddenly or a pedestrian crosses the street, it will take longer for your brain to process the situation and prevent an accident.

3. \_\_\_\_\_

Heavy drinking affects your motor skills such as eye, hand and foot coordination. Without crucial coordination skills, you may be unable to avoid an impending harmful situation. Some telltale signs of reduced coordination include trouble walking, swaying and inability to stand straight. Too much alcohol can even make it difficult to get in your car and find its ignition.

4. \_\_\_\_\_

Alcohol, no matter how much or how little, can influence your concentration. With driving, there are many things that require your undivided concentration such as staying in your lane, your speed, other cars on the road and traffic signals. Your attention span is dramatically reduced with drinking, which significantly increases the chance of an accident.

5. \_\_\_\_\_

Excessive alcohol consumption can negatively impact your vision. After drinking, you may notice that your vision is blurred or that you're unable to control your eye movement. Impaired vision can affect how you judge the distance between your

car and other vehicles on the road. Additionally, fewer objects may be visible within your peripheral vision, or what you can see to either side of you when looking straight ahead.

6. \_\_\_\_\_

Your brain controls how you judge certain circumstances. When operating a motorized vehicle, your judgement skills play an important role in how you make decisions. For instance, you need to be able to foresee potential problems and make clear decisions if another vehicle cuts you off. Your judgement helps you stay alert and aware of surrounding conditions while driving.

**A. Dangers of Drinking and Driving**

**B. Reduce concentration**

**C. Inhibit judgment**

**D. Warning Signs of Alcoholism**

**E. Slow reaction time**

**F. Lack of coordination**

**G. Decrease vision**

#### **EXERCISE 4. *Translate into English:***

1. Водіння в нетверезому стані є причиною приблизно 1/3 усіх смертей у світі.
2. Для повного виведення алкоголю з організму потрібно близько шести годин.
3. Чоловіки приблизно в два рази частіше, ніж жінки сідають за кермо у нетверезому стані.
4. Водії перестають реагувати на знаки світлофора і навколишній потік машин.
5. Визначити рівень алкоголю в крові досить легко.

## **EXERCISE 5. WRITING**

Many crimes are often related to the consumption of alcohol. Some people think that the best way to reduce the crime rate is to ban alcohol.

Do you think this is an effective measure against crime?

What other solutions can you suggest?

Write about harmful effects of drinking and driving.

What is the punishment for drunk driving?

What age group is at the highest risk of getting involved in an alcohol impaired fatal crash?

## UNIT 9

### ”SHOULD WE EAT MEAT?”

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

Vegan	[ 'vi:.gən ]	суворий вегетаріанець
dairy products	[ 'deə.ri ]	молочні продукти
honey	[ 'hʌn.i ]	мед
protein	[ 'prəʊ.ti:n ]	білок
definitely	[ 'defɪnətli ]	безперечно
source	[ sɔ:s ]	джерело
bean	[ bi:n ]	боб
nut	[ nʌt ]	горіх
doubt	[ daʊt ]	сумнів
cruelty	[ 'kru:.əl.ti ]	жорстокість
grain	[ greɪn ]	зерно, хлібні злаки
to starve	[ stɑ:v ]	помирати від голоду
advantage	[ əd'vɑ:ntɪdʒ ]	перевага
frequency	[ 'fri:.kwən.si ]	частотність
cancer	[ 'kænsə(r) ]	рак
quality	[ 'kwɒləti ]	якість
non-leather	[ nɒn 'leðə(r) ]	не шкіряний
no way	[ weɪ ]	ні в якому разі
politely	[ pə'laɪt.li ]	ввічливо
roast	[ rəʊst ]	смажений
gravy	[ 'ɡreɪ.vi ]	підлива, соус
room	[ ru:m ]	місце
stomach	[ 'stʌmək ]	шлунок
to solve	[ sɒlv ]	вирішувати

to admit	[ əd'mɪt ]	визнавати
to remind	[ rɪ'maɪnd ]	нагадувати
burger	[ 'bɜːgər ]	бутерброд із цілої булочки
relish	[ 'rel.ɪʃ ]	гостра приправа
lettuce	[ 'let.ɪs ]	салат-латук
to substitute	[ 'sʌbstɪtjuːt ]	заміняти
nutritious	[ njuː'trɪʃ.əs ]	поживний
to prove	[ pruːv ]	доводити
including	[ ɪn'kluːdɪŋ ]	включаючи
turkey	[ 'tɜːki ]	індичка

- **Read and understand the text**

A) DIALOGUE WITH JUDITH

- **Are you a vegetarian?** – I used to be a vegetarian but now I'm a vegan.
- **What's the difference between a vegetarian and a vegan?**



JUDITH

- Vegetarians don't eat meat or fish. Vegans don't use any animal products. It means that I don't eat any meat, fish, dairy products or honey.
- **Do you eat enough protein?** – People always ask me this! The answer is definitely yes. My main sources of protein are beans, soya and nuts. People often worry that vegetarians and vegans don't eat enough protein. However, a diet with



too much protein can be bad too. I eat a lot of fruit and vegetables, so I'm quite healthy. There's no doubt that a vegetarian diet is healthy.

– **Why did you choose to be a vegetarian and then a vegan?** – For many reasons. When I was eight, I wasn't happy about eating animals. My older sister was already a vegetarian, so I decided to be one too. When I was thirteen, I found more reasons for not eating animals or using animal products. I hate the way animals suffer before they are killed. If they are exported, they might travel for 30 hours without food or water and they can't move.

– **Is cruelty to animals your main reason for being a vegan?** – No, there are other reasons. For example, in many countries there are people dying from hunger. They might be able to grow food to eat for themselves but their fields have grain to feed animals. It's not an economical use of the land. The animals eat a lot of grain but the starving people can't eat the animals because one field of grain doesn't feed many animals. If there are not many animals, not many people can eat. Also, I don't eat fish because they are part of a food chain and it ruins the ecosystem when we eat them.

– **What are the advantages of being a vegetarian?** – I'm a lot healthier. The frequency of heart disease and cancer is less for vegetarians. I've also heard that food companies put a lot of chemicals in meat. I don't think these chemicals are good for people.

– **Is it difficult being a vegetarian?** – No. restaurants always have something for vegetarians. It's more difficult to be a vegan but I usually find something. My main problem was finding good quality non-leather shoes!

– **If you go to someone's house and they offer you food that contains meat, do you eat it?** – No way. I very politely refuse and explain my reasons. People usually understand.

– **Have you ever protested against cruelty to animals?** – No, but I might go on a demonstration soon.

– **How do people react when you tell them you are a vegan?** – At first, they think that I’m stupid or strange. However, when I explain, they understand and they often agree with me.

– **What are you going to eat on Christmas day?** – Nut roast, soya sausages, vegetarian gravy, potatoes and vegetables. Then we might have a vegan Christmas pudding if there’s room in our stomachs. Last Christmas all my family ate the same food as me and they enjoyed it so we are going to eat the same things again this year.

## B) DIALOGUE WITH ADAM



– **Are you a vegetarian?** – No, I’m not.

– **Do you agree with what vegetarians say?** – Not really. Killing animals might be cruel but there are a lot of other problems in the world too. Vegetarians always worry about animals but what about human suffering? Also, I don’t think that being vegetarian solves the problem.

– **Why not?** – If everyone stops eating meat, farmers will lose jobs. Farm animals will not be able to eat and might die from hunger. I believe that some farm animals have quite a nice life before they are killed.

– **Have you ever thought about being a vegetarian?** – No. people need to enjoy what they eat and I enjoy meat. I admit that I don’t like eating meals, that remind me of the animal. For example, when cooked fish still has the head on, I don’t like it.

– **What do you enjoy eating?** – My favourite meal is roast chicken. I love it. I also like burgers with everything on them – ketchup, relish, lettuce, tomato... Being a vegetarian is definitely a bad idea!

– **Why is being a vegetarian a bad idea?** – I think it's difficult to substitute meat. It's nutritious and I like the taste. Humans have eaten meat for millions of years. Eating meat is natural. We have teeth that are specially designed for eating it.

– **Do you think vegetarians are mad?** – No, I don't think vegetarians are mad. People can choose what they want to eat. If they are healthy and happy that is good. However, I want to choose what I eat too and I want meat. I don't want vegetarians to tell me that I mustn't eat meat. It's my body! Also some vegetarians talk about cruelty to animals but they wear leather shoes. Another thing, many people stop eating meat but they start again after a year or two. This proves that they don't enjoy it and that vegetarians miss eating meat. I doubt it's fun being a vegetarian!

– **What are you going to eat on Christmas Day?** – Lots of things. The entire family including my grandparents are going to have a meal at our house. We are going to have all the traditional things including turkey.

*From "Team"*

**EXERCISE 2. Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.**

Judith: суворий вегетаріанець; продукти тваринного походження; досить здоровий; головна причин; молочні продукти; немає сумніву; жорстокість відносно тварин; боби-соя-горіхи; люди, які помирають від голоду; вирощувати; годувати тварин; люди, що голодують; ввічливо відмовляти; пояснювати причини; якщо залишиться місце у шлунку.

Adam: вбивство тварин; у світі існує багато інших проблем; вирішує проблему страждання людей; втратити роботу; померти від голоду; я люблю м'ясо; божевільний; обирати; носити шкіряні туфлі; це доводить що...;

сумувати за м'ясом; бургери зі всякою всячиною; кетчуп; гостра приправа; салат-латук; вся родина; індичка.

**EXERCISE 3. The titles of each part of the text “Veganism And Health”**

***have been removed from it. Choose from the sentences (A-F) the one which fits each gap (1-5). There is one extra title which you don't need to use.***

**1.** \_\_\_\_\_

A vegan diet consists of vegetables, grains, nuts, fruits and other foods made only from plants. Many argue that we should all be making a conscious effort to reduce consumption of animals and animal products for the sake of our health and for the planet.. Vegan or not, a diet high in fruit and veg, and plant-based food is a good starting point for a healthy lifestyle.

**2.** \_\_\_\_\_

The answer depends as much on what you eat as with any other diet. Someone living purely on crisps or chips, for example, would be technically following a vegan diet, but it would in no way be healthy.

Research has shown that the average vegan diet is higher in vitamin C and fibre, and lower in saturated fat than one containing meat, all of which are beneficial. In addition, statistics show that vegans have a lower BMI (height-to-weight ratio) than meat eaters – in other words, they are skinnier.

A diet without any meat or dairy products is likely to contain a lot less saturated fat, which is related to increased cholesterol levels and increased risk of heart disease. We also know that fat contains more calories per gram than other foods, and so vegans may consume fewer calories as a result. Finally, a vegan diet is generally thought to contain more cereals, fruits, vegetables, nuts and seeds than a non-vegan diet.

**3.** \_\_\_\_\_

By eliminating food groups from your diet, you are potentially at risk of missing out on certain micronutrients. By avoiding animal and animal products, a vegan

diet is at risk of being low in calcium, vitamin D, iron, vitamin B12, zinc and omega-3 fatty acids. Therefore, if you follow a vegan diet it is essential that you get enough of these nutrients through specific vegan food sources – and may even need to take additional supplements.

When selecting dairy-free alternatives, make sure you are choosing the fortified options, e.g. Alpro unsweetened soya milk is a source of calcium, vitamin B2 and vitamin B12 (which are found in milk), and also vitamin D. Humous is a good choice – the tahini (sesame seed paste) in the recipe is a good source of calcium, zinc and iron, which are all micronutrients hard to get a hold of on a vegan diet.

#### 4. \_\_\_\_\_

Many people see the word vegan on the label and they assume it must be super healthy – wrong. Even if it's vegan, it's just as important to look at the ingredients list and the nutrition information to see how much fat, sugar and salt something contains. Coconut oil is hugely popular in vegan baking and its health benefits are shouted about all over the place. However, it's also worth noting that coconut oil is high in saturated fat. This is not to say you shouldn't use it or it can't be healthy in small amounts, but too much of it could be detrimental.

#### 5. \_\_\_\_\_

According to the “eatwell” plate, you will see that less than 15% of our diet should be made up of protein. Try and moderate intake of both red and white meat and replace with plant-based proteins like beans and pulses, tofu, nuts and seeds, as well as having a few meat-free days a week.

If you do decide to follow a vegan diet, apply all the same principles that you would to any healthy balanced diet: eat plenty of different fruits and vegetables, whole grains, nuts, seeds, pulses, and make sure you are aware of the nutrients you may be at risk of developing a deficiency for some vitamins, micro- and macro elements.

#### A. What is a vegan diet?

**B.** We should all be reducing meat consumption and eating more plant based foods...

**C.** Disease prevention

**D.** Misconceptions

**E.** What are the benefits of going vegan?

**F.** However...

#### **EXERCISE 4. *Translate into English:***

**1.** Вчені довели, що прихильники вегетаріанства рідко страждають від ожиріння і підвищеного рівня холестерину.

**2.** Відомо, що вегетаріанці замінюють м'ясо соєвими продуктами.

**3.** Головною перевагою свого типу харчування вегетаріанці, звичайно ж, називають здоров'я.

**4.** Посилене протеїнове харчування призводить до перезбудження нервової системи, що поступово стає причиною неврозів.

**5.** Переважна більшість корисних амінокислот міститься виключно в м'ясних продуктах, і отримати їх з іншої їжі практично неможливо.

#### **EXERCISE 5. WRITING**

Vegetarianism is known to be beneficial for health and yet more and more young people are vegans or vegetarians these days. Everyone should adopt a vegetarian diet because eating meat can cause serious health problems.

Do you agree or disagree?

## UNIT 10

### «WEATHER AND MOOD»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

Mood	[ mu:d ]	настрій
Hippocrates	[ hi' pɒkrəti:z ]	Гіппократ
to observe	[ əb' zə:v ]	помічати
BC/before Christ	[ ,bi:' si: ]	до нашої ери
whoever	[ hu:' evə ]	хто б не
to pursue	[ pə'sju: ]	займатися
science	[ 'saɪəns ]	наука
to investigate	[ in'vestigeɪt ]	вивчати, досліджувати
to occur	[ ə'kɔ: ]	траплятися
to suffer	[ 'sʌfə ]	страждати, терпіти
seasonal	[ 'si:znl ]	сезонний
affective	[ ə'fektɪv ]	емоційний
disorder	[ dɪs'ɔ:də ]	розлад, хвороба
depressed	[ dɪ'prest ]	пригнічений в стані депресії
predisposed	[ ,pri:di'spəuzd ]	схильний
over-eat	[ ,əʊvər'i:t ]	переїдання

a great deal		багато
to be linked	[ 'lɪŋkt ]	бути пов'язаним
amount	[ ə 'maʊnt ]	кількість
light	[ laɪt ]	світло
optic nerve	[ 'ɒptɪk 'nɜ:v ]	зоровий нерв
to hit		поражати, улучати
headline	[ 'hedlaɪn ]	заголовок
sufferer	[ 'sʌfərə ]	страждалець
to treat	[ tri:t ]	лікувати
therapy	[ 'θerəpi ]	терапія
altitude	[ 'æltɪtu:d ]	висота
Sweden	[ 'swi:dn ]	Швеція
Finland	[ 'fɪnlənd ]	Фінляндія
Alaska	[ ə 'laskə ]	Аляска
Iceland	[ 'aɪslənd ]	Ісландія
psychocological	[ ,saɪkə 'lɑ:dʒɪkl ]	психологічний
lack of sunlight	[ 'læk ɒv 'sʌnlɑɪt ]	нестача сонячного світла
highrate	[ 'haɪ 'reɪt ]	високий відсоток
suicide	[ 's(j)u:ɪsaɪd ]	самогубство



inhabitant	[ɪn'hæbɪtənt]	мешканець
northerly	[ 'nɔ:ðəli ]	північний
to endure	[ ɪn'dʒʊə ]	терпіти
bio-rhythmic	[ 'baɪərɪðmɪk ]	біоритмічний
confusion	[kən'fju:ʒn ]	плутанина
to have jet lag		відчувати втому після довгої подорожі літаком
to put on weight	[ weɪt ]	гладшати
to cease	[si:s ]	припиняти
effect	[ɪ'fekt ]	дія, вплив
Mediterranean	[ ,medɪtə'reɪniən]	Середземне море
tiredness	[ 'taɪənɪs ]	стомленість
headache	[ 'hedɪk ]	головний біль
insomnia	[ ɪn'sɒmniə]	безсоння
temper	[ 'tempə ]	настрій

- ***Read and understand the text***

Hippocrates, the father of medicine, observed in the 4th century BC that "whoever wishes to pursue the science of medicine must first investigate the seasons of the year and what occurs in them."

People who suffer from SAD (Seasonal Affective Disorder) are depressed, predisposed to over-eat and need a great deal of sleep. The disorder is linked

directly to the amount of light travelling through the optic nerve. The acronym first hit the headlines in the early 80s. Many SAD sufferers have been successfully treated using light therapy.

Countries in the higher altitudes (including Sweden, Finland, Alaska, Iceland) often suffer psychological and sociological problems through lack of sunlight, with high rates of suicide, depression and alcoholism. The inhabitants of the world's most northerly city - Tromso, Norway - have to endure two months in darkness. The result is bio-rhythmic confusion: many people can't sleep, feel as if they have jet lag, out on weight and women cease to ovulate.

Local winds such as le Mistral can have effect on mood. Le Mistral is a strong, dry, cold wind that blows through the Rhone Valley and the South of France to the Mediterranean. Symptoms include tiredness, headaches, insomnia, bad temper.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.*

Будь-який, хто побажає займатися наукою; потребувати більш тривалого сну; використовуючи світлову терапію; нестача сонячного світла; країни в північних широтах; на початку 80-х років; повинні терпіти; можуть впливати на...; симптоми включають втому, головний біль, безсоння, поганий настрій.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-F) the one which fits each gap (1-5). There is one extra title which you don't need to use.*

### **SOME HEALTH IMPACTS OF WEATHER CHANGE**

Many people tend to report an increase in pain when there are drastic weather changes. Though there is not full agreement among researchers, there appears to be a relationship between cold weather and storms and an increase in inflammatory pain. The leading theory suggests changes in air pressure are to blame. Barometric

pressure is the weight of the atmosphere that surrounds us. Sunny and dry days tend to have a high barometric pressure; when a weather front approaches, the barometric pressure tends to drop. The weather can have as long reaching effects. Increased pain can lead to sleep disturbances; lack of sleep can lead to fatigue and an overall sense of lethargy. Increased pain in the joints can make sitting, standing and walking more painful for some people.

**1.** \_\_\_\_\_

One reason joint pain is linked with cold weather is that people are less motivated to exercise when it is cold and damp. Too cold out? Be proactive by bringing your workout indoors. To improve joint function, choose low impact, aerobic exercises. Low impact activities like walking, yoga or tai chi can boost your range of motion. Weight lifting can also help you to strengthen joint supporting muscles. Just remember to respect your personal limits and don't overdo it!

**2.** \_\_\_\_\_

Weather changes can trigger migraines in people that are prone to them. According to the mayoclinic.com you can try to avoid migraine triggers (if possible) by monitoring weather changes. They suggest staying indoors during very cold or windy days.

**3.** \_\_\_\_\_

With cold weather quickly approaching, people who suffer from heart disease can have narrowed coronary arteries. Add to those factors the additional exertion from a loathsome winter chore (snow shoveling), this can quickly turn into an unexpected heart attack. On the flip side, extreme heat also presents a problem, in addition to having heart disease makes it harder to regulate the body's core temperature. Although people with risk factors are more vulnerable, no one is immune to the dangers of extreme temperatures.

**4.** \_\_\_\_\_

There are two types of rhinitis (irritation and inflammation of the mucous membrane inside the nose) non-allergic rhinitis and allergic rhinitis. Generally

speaking, they both tend to occur at the same time of year and present similar symptoms. Though the symptoms seem the same, the treatment is not. People with non-allergic rhinitis are not going to respond to antihistamines, it's best to get diagnosed by your doctor before taking unnecessary medications.

5. \_\_\_\_\_

Cold weather can exacerbate asthma symptoms. Rapidly breathing cold air can cause the airway to react by swelling because the air exchange doesn't have a chance to warm-up. Thunderstorms carry pollen at ground level which can cause an asthma attack. Try to avoid being outdoors during extremely windy days.

- A. Heart risk
- B. Asthma
- C. Skin irritation
- D. Achy joints
- E. Migraine headaches
- F. Allergies

#### **EXERCISE 4. *Translate into English:***

1. Через нестачу сонячного світла люди страждають від порушення біоритмів.
2. Коли в місті дують сильні, сухі та холодні вітри, люди не можуть спати, скаржаться на втому, головний біль та поганий настрій.
3. Є болі, які важко переносити.
4. Коли я його зустрів, він був пригнічений, скаржився на весняну депресію.
5. Я не помічав, щоб погода впливала на моє здоров'я та настрій.

#### **EXERCISE 5. WRITING**

The number of people who are suffering from weather changes is increasing. It is known that health of every person depends on certain climate conditions. Do you know how these people solve such health problems?

Write, please, how the weather affects your mood and how rainy days make you feel. May fresh air and sunshine help anyone to relief depression?

## UNIT 11

### «KIM'S TWO LIVES»

**EXERCISE 1.** *Get ready to read and translate the following text but initially have a look at the words.*

buddy	[ 'bʌdi ]	приятель
down	[ daʊn ]	випити
drag race	[ dræg reɪs ]	швидкісна гонка на коротку відстань
spin	[ spin ]	вертіння
quadriplegic	[ ,kwɑ:drə'pli:dʒɪk ]	хворий на параліч рук та ніг
paralysis	[ pə'reɪləsɪs ]	параліч
resigned to one's fate	[ rɪ'zaɪnd tu wʌnz feɪt ]	той, хто скорився своїй долі
frustrate	[ frʌ'streɪt ]	розстроювати
depress	[ dɪ'pres ]	пригнічувати
regain	[ rɪ'geɪn ]	знову знайти
gift	[ ɡɪft ]	дар
capuchin	[ 'kæpjuʃɪn ]	капуцин
hissi-fit	[ hissi-fit ]	подібний до шипіння чи свисту
screech	[ skri:tʃ ]	крик
discouraging	[ dɪs'kʌrɪdʒɪŋ ]	що бентежить
sweet nothings	[ 'swi:t 'nʌθɪŋz ]	ніжності
monkey thrive on sound	[ 'mʌŋkiθraɪv 'ɒn'saʊnd ]	мавпам до вподоби звуки
endearment	[ ɪn'diəmənt ]	ніжність
diaper	[ 'daɪəpə ]	пелюшка
coo	[ ku: ]	говорити ніжним голосом
nestle	[ 'nesl ]	зручно влаштуватися
pick through	[ 'pɪk 'θru: ]	вишукувати
cooty	[ cooty ]	воша
slender rod	[ 'slendə rɒd ]	тонкий прутик

TV remote	[ ,ti:'vi: rɪ'məʊt ]	телеуправління
scratch	[skrætʃ ]	чухати
itch	[ɪtʃ ]	сверблячка
punctuate	[ 'pʌŋktʃʊeɪt ]	переривати
health-care aide	[health-care eɪd ]	санітар
hoist	[hɔɪst ]	піднімати
visually impaired	[ 'vɪʒuəli ɪm'peəd ]	з слабим зором
stick	[ stɪk ]	паличка
secure	[ sɪ'kjʊə ]	прикріпляти
splint	[splɪnt ]	шина
cage	[keɪdʒ ]	клітка
cower	[ 'kaʊə ]	зіщулюватися
shrill	[ ʃrɪl ]	пронизливий
rub	[ rʌb ]	терти
rash	[ ræʃ ]	висип
lollipop	[ 'lɒlɪpɒp ]	льодяник
suds	[sʌdz ]	мити
squeal	[skwi:l ]	пронизливо кричати
tear around	[teə(r) ə'raʊnd ]	носитися,гасати
confirm	[ kən'fɜ:m ]	підтверджувати
remedy	[ 'rem.ə.di ]	ліки
devastate	[ 'dev.ə.steɪt ]	спустошувати
wean from	[ wi:n frɒm ]	відучати
cuddle	[ 'kʌdl̩ ]	пригортати до себе
sob	[sɒb ]	ридати

- *Read and understand the text. Put the paragraphs in the correct order from A to L.*

### **KIM'S TWO LIVES**

C. To lose hope is a tragedy. To regain it is a marvelous gift. Gift came to Kim in a newspaper article about Helping Hands Boston-based organization that trains

capuchin monkeys to quadriplegics. The monkeys, the story explained, are able to do the routine things that quadriplegics cannot do for themselves pick up a fallen TV remote or scratch an itch. The idea of help appealing, but Kim also warmed to the notion of company. His time was punctuated only by twice-daily sessions with a health-care aide (to hoist him into and out of bed, bathe and feed him) and visits from Beverly Clarey, his neighbor and girlfriend (Bev is visually impaired; she and Kim live outside Utica, N.Y. building for disabled people).

**J.** But as the months passed, the rash on Kim's face became so unbearable that even Mymu's scratching gave little relief. Judi Zuzula suggested that Kim keep Mymu in her cage for a few days. He did. The rash disappeared. Mymu came out of the cage. The rash returned. Repeating the process confirmed the horrifying truth: Kim was allergic to Mymu.

**E.** Only 37 of the more than 100,000 quadriplegics in the U.S. have capuchin monkey aides. But Judi Zazula, Helping Hands' director ,had no doubt that Kim would be one of the fortunate few.

**B.** Kim is 41 now, and his second life-the one in which he is a quadriplegic has lasted longer than his first. It took him years to accept his paralysis, to believe that life could be even worse. After all, he can read books, watch TV, talk on the telephone. But no matter how resigned man is to his fate, it is frustrating and depressing to be as physically needy as a small child-fully dependent on others to turn on a light or get a snack.

**F.** Disbelief turned to joy when Kim learned that he had been accepted into the program. Capuchins can live for 40 years. Did he really want to spend the rest of his life an still with a monkey?

When Mymu arrived, she stayed close to her cage, unsure of Kim and her surroundings. He kept back, careful not to frighten her. Man and monkey watched each other for several days before their formal training began.

Then, "Mymu, cage," said Kim-the command for the capuchin to return to her cage. Mymu looked at Kim, and at Judi Zuzula. The monkey cowered and



screamed-a shrill, deafening, hissy-fit screech that repeated like a broken record.

**A.** Kim Torbitt calls it his "first life." It ended September 8, 1972, the night he and his buddies downed a few beers at a bar before climbing into their cars for a midnight drag race down Main Street in Ilion, a small town in upstate New York. Kim remembers the speedometer topping 100 and the car going into a spin. He can still picture being thrown from the passenger seat and flying through the air. He remembers his neck breaking, though he felt no pain, he says, only the wet grass touching his face. He was 18 years old.

**G.** Mymu's refusal to listen to Kim was discouraging: If the capuchin didn't accept Kim, he wouldn't be allowed to keep her. Judi left the room, and he tried the command again. With her trainer out of sight, the monkey did as told "Good girl, Mymu," said Kim. "You're such a good girl. I'm so proud of you." He was embarrassed about murmuring sweet nothings to a monkey, but monkeys are social creatures that thrive on sound. The endearments continued. He was so gentle and patient with Mymu that when she had an accident (the monkeys are trained to use their cage rather than wear a diaper) he cooed, "Oh Mymu, you doo-dooed on my kitchen floor."

**D.** Kim contacted Helping Hands. After years of rehabilitative therapy, he can type on his computer, one key at a time, using pencil-like stick secured to a splint on his left hand. It took two weeks to complete the 13 page application.

**I.** Kim delighted in Mymu's every move. At the command "Mymu, stick," the monkey placed a slender rod in Kim's mouth so he could push buttons or pop cassettes into the tape deck. At "Mymu, itch," the monkey rubbed small towel across Kim's face. When Kim developed an itchy rash, it was no big deal. Not with Mymu around. For her ninth birthday, Kim and Bev gave Mymu a party, complete with cake and wrapped gifts (keys on a key chain and an activity box). At her bathtimes Mymu licked a lollipop while she was being sudsed. And then the monkey and Bev would play a round of chase-with the squealing capuchin tearing around the living room. "You fly like a bird," Kim happily told the monkey.

**K.** Remedies failed. "Can I live like this for the rest of my life?" Kim asked himself. "If not, can I live the rest of my life without her?" The dilemma devastated him, and he hoped the condition would just disappear. It got worse. In April he gave up hoping. "I can't go on like this," he told Judi when he called her.

In their last weeks together Kim tried to wean himself from Mymu. "I can't have her cuddling with me," he said. Mymu watched nervously from her cage while Bev packed her belongings the night before her departure.

**L.** Mymu "looked real hurt" when Judi carried her out, Kim recalls. Judi suggested that Kim try another monkey-maybe his allergy was specific to Mymu but he refused. "I can't just replace her," he said. "If I can't have Mymu, I don't want any monkey." Kim sobbed as Judi drove away with the monkey. He has not seen Mymu since. "I'm still not sure I made the right decision," he says.

**H.** Kim's eyes filled the first time the nine-pound monkey usually nestled into his lap. As she climbed to his shoulder, licked his ear, touched her rubbery fingertips to his face and picked through his hair ("for cooties that aren't there," explains Kim), he whispered, "This is so wonderful. This is so wonderful." He spoke softly, fearful he would scare her away.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian word combinations in the text. Write down them.*

Його приятелі; виконувати звичайні справи; пульт дистанційного керування; вміє набирати на комп'ютері; знадобилося два тижні, щоб заповнити заяву; провести залишок життя як зіпсована платівка; очі Кіма наповнилися сльозами; справжнє свято з тортом і загорнутими подарунками; грати в доганялки; упаковувала речі; нервово спостерігала з клітки; був збентежений; відмова слухати;налякати.

**EXERCISE 3.** *Read the text, choosing the correct variant of the missing words.*

## **WHAT MAKES US SCRATCH AN ITCH? SCIENTISTS FINALLY HAVE THE ANSWER**

Having an itch can be incredibly annoying but it actually serves an important (1), protecting us from damage to our skin. However, scientists have long struggled to explain what actually causes the sensation – in particular why some types of touch cause an itch whereas others do not.

Now a new study in mice has shed light on what actually happens in the body when we want to scratch an itch. The research, published in *Science*, could lead to treatments for many thousands of people suffering from chronic itch, a disorder causing an intense desire to scratch.

### **A hair problem**

The itching (2) usually occurs following a light touch on the hairy skin of our bodies. This triggers us to move our hand to the source of the insult and scratch away at it. While seemingly mindless, this simple behavior is our body's neat way of attempting to protect us from damage to our skin from objects in the environment or nasty insects and parasites.

The protective (3) comes from the fact that by scratching you may disturb whatever is on your skin causing the itch – just as when a mosquito lands on your arm and the tickle causes you to scratch the site and dislodge that freeloading blood sucker. What clever bodies we have.

But not everything that brushes against your skin requires an immediate frenzy of scratching. Your clothes, for example, brush constantly against your skin. If every touch caused an itch, you would end up scratching yourself senseless. So how exactly does the body know that sensations requiring action should be perceived as itchy while the multitude of other, unimportant touches should not? The new (4) is important because it has started to unravel how this process works. It reveals a specialized group of cells, a subpopulation of “inhibitory spinal

interneurons”, which exist in the spine and act as a gateway between the skin and the brain. These inhibitory cells work to either allow an itch sensation to travel up to the brain or stop it in its (5) by inhibiting the message.

1. a) function; b) purpose; c) meaning; d) task; e) occupation
2. a) feeling; b) sensation; c) sense; d) awareness; e) perception
3. a) component; b) part; c) section; d) portion; e) element
4. a) learning; b) training; c) study; d) education; e) revision
5. a) trail; b) route; c) lane; d) path; e) alleyway

#### **EXERCISE 4. Translate into English:**

1. Тепер нове дослідження на мишах проливає світло на те, що насправді відбувається в тілі, коли ми відчуваємо свербіж.
2. Але незалежно від того, як людини покійна до своєї долі, це засмучує та пригнічує бути такими, фізично залежним, як маленька дитина, повністю залежить від інших, щоб включити світло.
3. Знадобилися роки, щоб прийняти його параліч, та вважати, що життя може бути ще гіршим.
4. Втратити надію - це трагедія. Відновити це чудовий подарунок.
5. Лише 37 з більш ніж 100 000 квадриплегіків у США мають капуцинових помічників мавп.

#### **EXERCISE 5.**

*Write a summary to the text. Use the following phrases: The article centers about (deals with; devotes considerable attention to; is oriented forward to); It is of importance to note; First (secondly, thirdly); Finally; Above all; Thus (therefore); Furthermore; Therefore; However; This chapter / abstract has examined macroeconomics data; The abstract develops the earlier view on the problem of; The work surveyed in this article gives good grounds for believing that; Lastly I'd like to say that; It may be important to conclude*

## UNIT 12

### «THE ACHIEVEMENTS OF GERONTOLOGY»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

envisaged	[ in'vɪzɪdʒd ]	передбачати
probed	[ prəʊbd ]	випробувати, зондувати
crack	[ kræk ]	тріщина
archives	[ 'ɑ:kɑɪv ]	архіви
instances	[ 'ɪn.stəns ]	наводити як приклад
frauds	[ frɔ:d ]	шахрайство
life-span	[ 'laɪf.spæn ]	тривалість життя
barn	[ bɑ:n ]	сарай, амбар
initiated	[ ɪ'nɪʃ.i.ət ]	ініційований
reliably	[ rɪ'laɪə.bəl ]	надійно
weaken	[ 'wi:kən ]	послабити

- *Read and understand the text.*

#### **THE DOOR OF HOPE OR WILL THOSE BORN IN 1982 SEE THE 22<sup>nd</sup> CENTURE?**

«Nothing is Final in life. Only

Life is final» (English proverb)

Is it possible that having invented old age and death, nature has not envisaged any ways of resisting them? In their search for an answer to that question biologists have probed into the living cell, and it looks as if they have done only a little way to go before they crack the mystery.

The programme “Prolonging Life” was initiated in our country for the first time in the history of science. The three main tasks have been formulated as follows: to reveal the mechanisms of ageing and the components that have to be influenced in order to control the process as a whole; to find out the role various natural

environmental factors play in ageing; to develop the means and methods of prolonging life.

What are the chances of success?

The longest living person in history was Li Chungyun, a Tibetan, who is claimed to have lived 252 years. English archives speak of one Thomas Carne who in his 207 years, survived 12 monarchs... How are we to interpret these instances? Were they frauds, mistakes or did those people belong to the "select few?"

Nature has put no time limits on the life-span of man. Such is today the view of the scientists.

It has been reliably established that after the age of 30 most of the functions of our organism weaken by about 1 per cent a year. But even so, barring accidents and diseases, that would grant men, as a biological species, a life-span of 100-120 years.

Experimental data suggest that every person has an "ageing" programme recorded in his or her genetic code.

Vladimir Frolkis, a prominent Ukrainian researcher (Kiev Institute of Gerontology), thinks that nature has left door of hope open.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian word combinations in the text. Write down them.*

Природа не передбачала; шукати відповідь; біологи проникли в живу клітку; це виглядає так, якби вони зробили лише трохи, перш ніж розбити таємницю; програма "старіння"; видатний український дослідник; функції нашого організму; немає обмежень часу на тривалість життя людини; архіви Англії розкривають; було започатковано в нашій країні; виявити механізми старіння.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-K) the one which fits each gap (1-10). There is one extra title which you don't need to use.*

### **TEN AMAZING FACTS ABOUT YOUR HEART**

Your body's most important muscle needs your attention.

Your heart does more work than you might imagine.

Your heart isn't only your most critical muscle - it's what keeps you alive, after all - but also one of the hardest working. It ticks 24-7 and except for the times when you're relaxing or sleeping, it rarely gets a break. Below, find fascinating facts about your heart that might inspire you to give it a little more TLC every day.



---

1. \_\_\_\_\_

Do the math, and that's at least one beat every second, or 60 to 100 times a minute, according to the American Heart Association. For people whose heart rate is closer to 60 beats per minute (bpm), that's about 86,000 times a day. And it's 144,000 times a day if your heart rate is closer to 100 bpm.

2. \_\_\_\_\_

Generally, as children grow or adults get fitter, the heart rate gets slower. See how it changes throughout the decades with this chart from the National Institutes of Health:

- Newborn (0 to 11 months): 70 to 160 bpm
- One to four years: 80 to 120 bpm
- Five to nine years: 75 to 110 bpm
- Children 10 years and up and adults (non-athletes): 60 to 100 bpm
- Adults (athletes): 40 to 60 bpm

### 3. \_\_\_\_\_

Your heart doesn't care if you're from Mars or Venus. "Heart disease is an equal opportunity buzz kill," says James Beckerman, MD, director of the Center for Prevention and Wellness at the Providence Heart and Vascular Institute in Portland, Oregon, and author of *Heart to Start* (2015). More women die of heart disease than from most cancers combined, notes Dr. Beckerman.

According to the American Heart Association (AHA), more than one in three women is living with heart disease. Every minute in this country, one woman dies from heart disease, stroke, or another form of cardiovascular disease.

### 4. \_\_\_\_\_

Heart size depends on the size of the person as well as the condition of their heart. Generally speaking, a healthy heart is about the size of the person's fist.

That's only a healthy heart, though. "Hearts can enlarge in response to certain conditions," says Kathryn Boling, MD, a family medicine physician with Lutherville Personal Physicians in Lutherville, Maryland. For instance, congestive



heart failure can cause the heart to enlarge, explains the American College of Cardiology.

5. \_\_\_\_\_

At night, it's common for heart rates to drop below 60 bpm. Some people even have rates in the 40s while sleeping. Why? "It's because your metabolism slows and the parasympathetic nervous system, which slows your heart and relaxes you, is more active," Boling says.

6. \_\_\_\_\_

Although heart disease is an equal opportunity killer, symptoms of heart attack show up differently in men versus women. Whereas men often report crushing chest pain, sweating and nausea, women might instead experience shortness of breath, dizziness, lightheadedness or fainting, pain in the lower chest or upper abdomen, and upper back pressure, notes the AHA.

7. \_\_\_\_\_

People with low fitness levels have double the risk of heart disease as their more active counterparts, Beckerman says. The AHA recommends logging at least 150 minutes of moderate-intensity exercise, or 75 minutes of vigorous activity, or a combination of the two, every week.

8. \_\_\_\_\_

If you're a woman under 55 with moderate or severe depression, listen up. This group of women are more than twice as likely to suffer a heart attack, die of heart disease, or require an artery-opening procedure, Boling says.

9. \_\_\_\_\_

You may have heard that sitting is the new smoking. Numerous studies show that spending most of the day on your duff has been linked to chronic health conditions, including heart disease.

“When we’re more active, even with smaller movements like when we stand or shift from side to side, our muscles turn on genes that create chemicals and proteins that not only help us process blood sugar and cholesterol more efficiently but also create a healthier atmosphere in the walls of our blood vessels,” Beckerman says. That then leads to a lower heart disease risk, which is why you should stand up and move around at least every hour for a few minutes.

**10.** \_\_\_\_\_

Every minute, your heart pumps about five quarts of blood through a system of blood vessels that's over 60,000 miles long, according to the Cleveland Clinic. That translates to about 2,000 gallons of blood every day.

- A.** Excessive amounts of sitting have been linked to an increased risk of heart disease.
- B.** Want to know how big your heart is? Make a fist.
- C.** Depression increases your risk for a heart attack, especially if you’re a woman.
- D.** You could light up a light bulb with your brain
- E.** Your heart is one giant pump.
- F.** Age and fitness level affect your heart rate.
- G.** Your activity level is the greatest potential risk factor for heart disease.
- H.** Heart disease isn’t only the number one killer of men, it’s also the top killer for women.
- I.** Heart attack symptoms are different in men and women.
- J.** Your adult heart beats about 100,000 times each day.
- K.** Your heart rate drops while you sleep.

**EXERCISE 4. *Translate into English:***

1. У пошуках відповіді на це питання біологи проникли у живу клітку, і, схоже, вони пройшли лише трохи шляху, перш ніж розбити таємницю.
2. Природа не встановила жодних обмежень на тривалість життя людини.
3. Англійські архіви говорять про Томаса Карнера, який за 207 років пережив 12 монархів.
4. Чи були вони шахрайствами, помилками чи то ці люди належали до "обраних"?
5. Встановлено, що після 30 років більшість функцій нашого організму послаблюються приблизно на 1% за рік.

**EXERCISE 5. WRITING**

Are there long-living persons in your family?

What tasks have been formulated in the programme "Prolonging Life"?

Has nature put time limits on the life-span of man?

Would you like to live to be one hundred and see the 22<sup>nd</sup> century?

Who was the longest living person in history?

What does a prominent Ukrainian researcher think?

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## UNIT 13

### «ARE YOU HOOKED?»

**EXERCISE 1.** *Get ready to read and translate the following text but initially have a look at the words.*

addict	[ 'æd.ɪkt ]	залежний
creatures	[ 'kri:tʃə ]	істоти
damaging	[ 'dæm.ɪ.dʒɪŋ ]	руйнівний
downright strange	[ 'daʊn.raɪt streɪndʒ ]	цілком дивно
odd	[ ɒd ]	непарний
chocaholic	[chocaholic]	chocaholic
urge	[ ɜ:dʒ ]	спонукати
essentials	[ ɪ'sen.ʃəl ]	необхідний
counsellor	[ 'kaʊn.səl.ə ]	радник, адвокат
collapse	[ kə'læps ]	колапс
excessive	[ ek'ses.ɪv ]	надмірний
displace	[ dɪ'spleɪs ]	витіснити
agonizing	[ 'æg.ə.naɪ.zɪŋ ]	мучитися
household goods	[ 'haʊshəʊld ]	господарські товари

- 
- *Read and understand the text.*

#### **ARE YOU HOOKED?**

No one likes to admit they are an addict. They are sad band s creatures ruled by deadly substances such as tobacco or alcohol. But there are others less damaging to the health. Like it or not, large numbers of us are addicts. Addictions can be chemical (caffeine), emotional (shopping), physical (exercise) or downright strange - such as picking your spots! You're the odd one our if you don't have at least one everyday addiction. What do you do when you feel under pressure, bored

or depressed? Get lost in the world of TV? Go shopping? Eat on the bar of chocolate after another?

1 Becci has been a chocaholic for ten years. "I just get an urge for it - a need," says Becci. "I really don't know why, it's just so delicious. People say that chocolate can make up for lost passion - I don't know about that, but I love the way it melts in my mouth. Every day, Becci gets through several bars of her favourite Cadburys chocolate (the one with the soft caramel center is the best). But it's not only the bars she goes for - hot chocolate drinks and chocolate cakes are also essentials. Towards exam time, Becci feels she has to increase her intake to cope with all the work. If I get up late, I'll have chocolate for breakfast, then more and more during the day. I am addicted. It's like smoking, I suppose but I have no plans to give it up. If I like it so much, why should I?"

2 Addiction to exercise can ruin your life, Janine learnt to her cost. I was swimming at least fifty lengths a day, jogging to the gym and doing three aerobic classes a week. At home, I used an exercise bike and keep-fit videos. My husband said that I didn't have time for him, and he was right. But I couldn't believe it when he left me. Finally, I came to my senses, I wanted to get fit but it all got out of hand and my addiction ruined my marriage. Now, I'm seeing a counsellor and gradually reducing the amount of exercise do.

3 Well-known Member of Parliament, Tony Benn just can't live without his favourite drink. He has on average eighteen pints of tea a day and his addiction has raised concern about his health. When he collapsed recently, some people blamed his excessive tea drinking. Mr. Benn has calculated that, over the years, he has drunk enough tea (around 300.000 gallons) to displace an ocean-going liner. If he ever tried to stop he would find it agonizing.

4 Anne shopped for thirteen hours a day without leaving her living room - she was addicted to TV shopping. When she got home from her job as a night care worker at 8.30 a.m., Anne would immediately tune into a satellite TV shopping channel and buy everything in sight. Her home was soon an Aladdin's cave of household

goods and trendy clothes she didn't need. When her cash ran out, she stole money from the elderly patients in her care and was charged with theft. "It seemed so easy," she says. "I didn't realize, I'd become so addicted. Anne's family have now removed her satellite receiver.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian word combinations in the text. Write down them.*

Дізнався її вартість; стати настільки залежним; вийняв її супутниковий приймач; визнати, що вони залежні; менш шкідливий для здоров'я; купувала тринадцять годин на день; має в середньому вісімнадцять пітнів чаю в день; залежність до вправ; хотіла привести тіло в порядок; готівка закінчилася; гарячі шоколадні напої; мати час для нього; я не зрозумів; шоколад на сніданок; її робота працівник нічного догляду; океанський лайнер; я люблю, як він тане в роті.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-H) the one which fits each gap (1-7). There is one extra title which you don't need to use.*

### **SEVEN SURPRISING FACTS ABOUT YOUR NOSE**

Our noses, along with our eyes and mouths, are the facial points of our appearance and – in many ways – our identity. The nose is prominently visible from the front and side, and in many cases, we can determine ethnicity from the size and shape of the nose. The critical life functions that our facial organs perform may seem pretty obvious. Yet, when it comes to the nose, there is more than meets the eye.

Here are seven surprising facts about your nose:

1. \_\_\_\_\_

The nose and mouth can serve as the pathway of air entering and exiting the lungs. In normal breathing, the nose is the primary pathway. Even with aggressive exercise where mouth breathing becomes dominant, some air continues to pass through the nose. Despite the fact that the mouth is a bigger tube, people feel remarkably uncomfortable if their noses are plugged or congested.

This nasal breathing role is critical in newborns, who must breathe through their noses almost all the time. This is a unique feature related to the configuration of their throats that allow them to breathe and suckle at the same time without choking. This cannot happen in older children or adults who have to stop breathing to swallow.

The nose plays another important role in breathing. There is a reflex neural mechanism that connects the nose to the lungs, called the nasal-pulmonary reflex. As the nose closes up, the lungs become more closed, and as the nose opens up, the lungs open up. Although it is difficult to know how big a factor this is, it may be important when there is difficulty breathing or when there is a high volume of breathing with exercise. This may be why some elite athletes use nasal strips to open their noses during exercise.

## 2. \_\_\_\_\_

The nose processes the air we breathe to prepare it for our lungs and throat, which do not tolerate dry air well. As the inhaled air passes through the nose, it is moisturized and humidified, thanks to a complex multiple layer structure called turbinates.

Now you know why your throat feels dry when you've been breathing a long time through the mouth: The inhaled air didn't get humidified in the nose.

## 3. \_\_\_\_\_

The air we breathe has all kinds of stuff in it – from oxygen and nitrogen to dust, pollution, allergens, smoke, bacteria, viruses, small bugs and countless other things. The nose helps clean that air. On the surface of the nasal tissues, particularly the turbinates, are cells with small hair-like appendages called cilia

that trap much of the bad stuff. Once captured, the bad stuff sits in the mucous and gradually is pushed into the throat, where it's swallowed. Our stomachs tolerate bad stuff much better than our lungs.

4. \_\_\_\_\_

Just like our throat and lungs do not like dirty air, they do not like air that is too cold or too hot. The passing of the air through the nose allows the air to become more like body temperature, which is much better tolerated by the tissues. Warming cool air is more common than cooling warm air, as humans spend much more of their time in environments below body temperature — 98.6 degrees — than above it. One clear manifestation of the warming and humidifying effect is the runny nose we get in cold weather, which is related to condensation of the moisture in the nose when exposed to cold air.

5. \_\_\_\_\_

High in the nose are a large number of nerve cells that detect odors. To smell, the air we breathe needs to be pulled high in the nose so that it can come in contact with these nerves. When we have a cold or allergies, it's hard for the air to get to these receptors and so people notice a decreased ability to smell.

Smell plays a key role in taste. We have four primary tastes: bitter, sour, sweet and salty. All of the refinements in taste are in fact related to smell, so people feel that food is tasteless when their ability to smell is decreased.

The sense of smell is not only for pleasure; it is necessary for safety. We need our smell to detect smoke, spoiled food and some toxic gases. People who have lost their sense of smell need to have alarms for these gases and they have to be careful with what they eat.

Lastly, smell may be important in identification. Many people can identify those close to them by their smell, whether that's through their characteristic lotion or perfume or their characteristic body odor.

6. \_\_\_\_\_



What we hear when people speak and sing is in large part related to the resonating structures of the throat and nose. The voice is produced in the larynx but that sound is really a buzzing sound. The richness of the sound is determined by how the sound is processed above the larynx, which occurs in the nose and throat. It's the same principle that separates a grand piano from a child's toy piano. The nasal voice we hear in someone with a cold and allergies is due to the loss of this nasal resonance since the air cannot pass through the nose.

It's very hard to talk about the nose without mentioning the sinuses, which have a number of important and positive roles. The sinuses are air-filled structures in the head that make the head lighter and probably played an important role in allowing us to become upright. They also serve as air cushion shock absorbers that help protect the brain and eyes.

Sinuses are part of voice resonance. Sinuses also help control the amount of nitric oxide in the body and in the lungs. Although the potential value of nitric oxide would take an entire article to describe, it appears that it plays positive roles in breathing and potentially in immune function.

## 7. \_\_\_\_\_

It's amazing how many of our body functions are directed toward sexual activity and reproduction. The nose plays a critical role in our perceptions of sex through the olfactory system. The sense of smell is a key component of how we identify people when we are close to them. The characteristic smell of a person's perfume or cologne or the scent of their shampoo or soap may be important to sexual arousal. The smell of human perspiration has a direct effect on sexual receptors in the brain. Loss of smell correlates with decreased sexual drive.

Another interesting and widely debated area is the impact of pheromones, which are very important to reproduction in animals, as well as on human sexuality and stimulation. Particularly fascinating is a small accessory organ in the nose – the vomeronasal organ (VNO) – that is related to the olfactory system. Some refer to it as the sixth sense. The VNO is located at the base of the nasal septum or in the roof

of the mouth and is present in almost all animals, including amphibians. Unlike in many animals like rodents and dogs where the VNO is important, the human VNO is largely vestigial, which means it's non-functional or acts as an old remnant like the appendix. But some researchers believe that it still plays a role in pheromone and other chemical communication.

Most of us ignore our nose unless it gives us trouble, but clearly it's one of the most versatile and elegant organs in the human body.

*This post is based on one of a series of articles produced by U.S. News & World Report in association with the medical experts at Cleveland Clinic.*

- A. Your nose cleans the air you breathe.
- B. Your nose shapes the sound of your voice.
- C. Your nose is the main route for breathing.
- D. Your nose humidifies the air you breathe.
- E. Your nose protects you.
- F. Your heart rate drops while you sleep.
- G. Your nose helps you find a mate.
- H. Your nose regulates the temperature of the air your breathe.

#### **EXERCISE 4. *Translate into English:***

1. Що ти робиш, коли ти під натиском , нудьгуєш або пригнічений?
2. Коли він був виснажений останнім часом, деякі звинувачували його в надмірному чаюванні.
3. Ніхто не любить визнавати, що вони залежні.
4. Під час іспиту Беккі відчуває, що їй потрібно збільшити споживання, щоб справитися з усією роботою.
5. В її будинку незабаром з'явилася печера Аладдіна побутових виробів та модного одягу, якого вона не потребувала.

## **EXERCISE 5. WRITING**

What is your opinion about these people and their addiction?

You certainly have got some relatives or friends which are hooked, haven't you?

Can you say you are hooked too?

What everyday addiction do you have?

Is your addiction linked with your feeling under pressure, bored or depressed?

What other serious addictions can you remember?

## UNIT 14

### «HALING YOUR HICCUPS»

**EXERCISE 1.** *Get ready to read the following text «HALING YOUR HICCUPS»*

*but initially have a look at the words.*

hiccup	[ 'hɪk.ʌp ]	ікота
conceal	[ kən'si:l ]	приховувати
crunching lumps	[ krʌntʃlʌmp ]	хрусткі
backwards	[ 'bækwədz ]	у зворотному напрямі
afflicte	[afflicte]	страждати
complaint	[ kəm'pleɪnt ]	скарга
breathe in	[ bri:ð ]	вдихати
required	[ rɪ'kwaɪərd ]	вимагається
sensitive nerve	[ 'sensətɪv nɜ:v ]	чутливий нерв
badly-chewed	[ tʃu: ]	погано пережований
soothe	[ su:ð ]	заспокоювати
fervently	[ 'fɜ:vənt ]	палко, гаряче
clutching	[ klʌtʃ ]	стискаючи
bounce up	[ baʊns ]	підстрибувати вгору
revolving	[ rɪ'vɒl.vɪŋ ]	обертається
polythene	[ 'pɒl.i.θi:n ]	поліетилен
endured	[ ɪn'dʒʊəd ]	витриманий

- *Read and understand the text.*

### HALING YOUR HICCUPS

A famous physician, Dr. Charles Mayo, once wrote: «Perhaps there is no disease which has had more forms of treatment and fewer results from treatment...» But he was not referring to cancer, leukemia or even the common

cold. He was thinking of hiccups.

Scientifically speaking, hiccups are an abnormal form of breathing which involves a spasm caused by the contraction of the diaphragm and a closing of the wind pipe. But to most of us, it is an embarrassing affliction which is impossible to conceal and hard to cure.

In 400 BC, the Greek poet and playwright, Aristophanes, is recorded as having long bouts of hiccups and holding his breath whilst sipping water in attempts to cure his attacks – with no success. And today, all those years after Aristophanes people are trying remedies such as crunching lumps of sugar in their mouths and counting backwards – with similar results.

Although science knows exactly what causes hiccups a lot of research into the subject has failed to find a reason why some people are afflicted and other are not. It is incredibly difficult to induce an attack of hiccups artificially in order to study the complaint. Equally, doctors find it hard, even impossible, to stop naturally-started bouts.

The diaphragm normally expands when we breathe in and contracts when we breathe out. The brain, via the phrenic nerve, send signals to the diaphragm each time a movement is required. The phrenic nerve which runs right down the spine is very sensitive nerve, and if anything upsets its rhythm or irritates it, it affects regular breathing and the hiccups begin. Sometimes the reason is that we swallow too much air, or that our stomachs are trying to cope with unsuitable or badly-chewed food. Drinking water often helps to soothe the stomach-lining and the nerve stops being irritated. Frequently, though, the hiccups last for much longer, and then the home-made remedies are brought into action.

Down through the centuries, people have fervently believed in all sorts of amazing hiccup cures. Here are some of the most common ones: drinking water from two glasses at once; clutching the lobe of one ear whilst spinning round on the floor; counting up to 1000; putting very cold or very hot objects on the back of the neck; letting another person bounce up and down on your stomach; drinking

water from the far side of a glass whilst revolving the body in a circle; holding the nose while swallowing; pressing on the upper lip; standing on one`s head, preferably holding one`s breath at the same time; breathing very deeply and making a wish whilst holding a tea-cup.

These are old-fashioned remedies. What about the twentieth century? Dr. Roland K. Knight says: «The most popular and frequent cure for hiccups is the «paper bag cure». The subject covers his head with a paper bag and breathes in the carbon dioxide which has just emitted from his own lungs. It relaxes the nerves and muscles because it cuts down the supply of oxygen to the blood-stream».

«A danger in this remedy» says Dr. Knight, «is that you may faint from lack of oxygen. And of course, the hiccup treatment should never be attempted with a polythene or plastic bag».

In extreme cases continual hiccups have lasted for days, months and even years. In fact, there are actually people who have died from too much hiccupping. The longest known attack was that endured by poor Jack O`Leary, a Californian, who hiccupped more than 160 million times between June 1948 and June 1956, during which time his weight dropped by four stone. Well-wishers sent him 60,000 suggestions for cutting his terrible attack, but only one appeared to do the trick - a prayer to St. Jude patron saint of lost causes!

**EXERCISE 2. Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.**

Старомодні ліки; більше форм лікування; посилаючись на; науково кажучи; ненормальна форма дихання; стиснення діафрагми; це незручна фізична вада; неможливо приховати і важко вилікувати; тримаючи дихання; неймовірно важко викликати; штучні напади гикавки; діафрагма звичайно розширюється, коли ми дихаємо; проковтнути надто багато повітря; скоротити потік кисню до кровотоку; стискаючи частку вуха, обертаючись на підлозі; ви можете зомліти через брак кисню; найдовша відома атака була такою, що.

**EXERCISE 3. 1) Read and translate the following text. 2) Five sentences have been removed from the text. Choose from the sentences (A-F) the one which fits each gap (1-5). There is one extra sentence which you don't need to use.**

### **ESSENTIAL FACTS ABOUT RARE DISEASES**

1. \_\_\_\_\_

When you take into account the total number of people living with a rare disease in the United States, they don't sound so rare. For perspective, consider that in 2014, there were 14.5 million Americans with a history of cancer, according to the American Cancer Society. And 1.5 million Americans have a stroke or heart attack each year. Rare diseases, by comparison, impact many more people.

2. \_\_\_\_\_

Many rare diseases have nonspecific symptoms such as pain, weakness, and dizziness, which can make them hard to diagnose. They can also be hard to diagnose because they're so unusual. Your doctor may never have seen a similar case and may not even realize a specific disease exists. In addition, it could take weeks or months for you to get an appointment with a specialist. Then, if that specialist was not the right one, you might wait months before seeing the next one. Patients with rare diseases visit more than seven doctors on average before receiving an accurate diagnosis, according to a 2013 study published in the Journal of Rare Disorders. While it's certainly frustrating, it's important that you don't give up searching for an accurate diagnosis, whether you suspect a rare disease or something more common. Continue to see your primary care physician, who can help track your symptoms and let you know if any new research has been done that might help.

3. \_\_\_\_\_

Drug research that helps a limited number of people can be cost-prohibitive for pharmaceutical companies. (Remember, the pool of prospective patients with a rare condition is by definition less than 200,000, compared to the pool of those who could potentially take cholesterol-lowering drugs, for example.) In response, the Food and Drug Administration (FDA) created the Office of Orphan Products Development (OOPD) in 1983 to offer grants and other incentives to pharmaceutical companies for research.

4. \_\_\_\_\_

Genetic testing identifies a genetic cause in an estimated 25 percent to 30 percent of cases. As mentioned above, even with a diagnosis, it's still unlikely that there is a cure or even treatment for any given rare disease. However, one major benefit of getting a definitive diagnosis of a rare disease is peace of mind. You also may have an easier time getting insurance to cover doctor bills, procedures, and tests once a condition has been diagnosed.

5. \_\_\_\_\_

Screening requirements for newborns vary by state, but they're increasingly becoming routine, especially for cystic fibrosis, sickle cell disease, and other conditions where early detection and treatment can improve outcomes for the child. Even without a cure for a particular condition, early diagnosis is important to prevent death or disability and to help children reach their full potential.

- A. It can take several years to diagnose a rare disease.
- B. Although science knows exactly what causes hiccups.
- C. Genetic testing can help diagnose many rare diseases, but not all.
- D. Rare diseases affect nearly 30 million Americans combined.



E. Newborn screening for rare diseases is recommended.

F. Only 5 percent of rare diseases have treatments.

**EXERCISE 4. Translate into English:**

1. Науково кажучи, гикавка - це ненормальна форма дихання, що включає спазм, спричинений скороченням діафрагми та закриттям трубки вітру.
2. Хоча наука точно знає, що викликає гикання, багато досліджень з цього питання не змогли знайти причину, через яку деякі люди страждають, а інші - не.
3. У екстремальних випадках безперервні гикання тривали протягом декількох днів, місяців і навіть років.
4. Фактично, насправді, є люди, які померли від надто сильної ікоти.
5. Можливо, немає хвороби, яка б мала більше форм лікування і менше результатів лікування.

**EXERCISE 5. WRITING**

Can you prove, that hiccups are an abnormal form of breathing which involves a spasm caused by the contraction of the diaphragm and a closing of the wind pipe? Write about treatment and disease. What do you think about hiccups? Have you ever had it? What have you done? Can genetic testing help diagnose many rare diseases? What do you think about an embarrassing affliction which is impossible to conceal and hard to cure?

## UNIT 15

### «HEPATITIS C VIRUS»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

bloodborne	[ blʌd bɔ:n ]	кровопостачання
cirrhosis	[ sɪ'rəʊ.sɪs ]	цироз печінки
reuse	[ ,ri:'ju:z ]	повторне використання
hugging	[ 'hʌgɪŋ ]	обіймаючи
exhibit	[ ɪg'zɪbɪt ]	експонат
pangenotypic		пангенотипичний
grey-coloured faeces		сіро-кольорові фекалії
pegylated		пекований

- *Read and understand the text.*

#### **Key facts**

- Hepatitis C is a liver disease caused by the hepatitis C virus: the virus can cause both acute and chronic hepatitis, ranging in severity from a mild illness lasting a few weeks to a serious, lifelong illness.
- The hepatitis C virus is a bloodborne virus and the most common modes of infection are through exposure to small quantities of blood. This may happen through injection drug use, unsafe injection practices, unsafe health care, and the transfusion of unscreened blood and blood products.
- Globally, an estimated 71 million people have chronic hepatitis C infection.
- A significant number of those who are chronically infected will develop cirrhosis or liver cancer.
- Approximately 399 000 people die each year from hepatitis C, mostly from cirrhosis and hepatocellular carcinoma.

- Antiviral medicines can cure more than 95% of persons with hepatitis C infection, thereby reducing the risk of death from liver cancer and cirrhosis, but access to diagnosis and treatment is low.
- There is currently no vaccine for hepatitis C; however research in this area is ongoing.

Hepatitis C virus (HCV) causes both acute and chronic infection. Acute HCV infection is usually asymptomatic, and is only very rarely (if ever) associated with life-threatening disease. About 15–45% of infected persons spontaneously clear the virus within 6 months of infection without any treatment.

The remaining 60–80% of persons will develop chronic HCV infection. Of those with chronic HCV infection, the risk of cirrhosis of the liver is between 15–30% within 20 years.

### **Geographical distribution**

Hepatitis C is found worldwide. The most affected regions are Eastern Mediterranean and European Regions, with the prevalence of 2.3% and 1.5% respectively. Prevalence of HCV infection in other regions varies from 0.5% to 1.0%. Depending on the country, hepatitis C virus infection can be concentrated in certain populations (for example, among people who inject drugs) and/or in general populations. There are multiple strains (or genotypes) of the HCV virus and their distribution varies by region.

### **Transmission**

The hepatitis C virus is a bloodborne virus. It is most commonly transmitted through:

- injecting drug use through the sharing of injection equipment;
- the reuse or inadequate sterilization of medical equipment, especially

- syringes and needles in healthcare settings; and
- the transfusion of unscreened blood and blood products.

HCV can also be transmitted sexually and can be passed from an infected mother to her baby; however these modes of transmission are much less common.

Hepatitis C is not spread through breast milk, food, water or by casual contact such as hugging, kissing and sharing food or drinks with an infected person.

Estimates obtained from modelling suggest that worldwide, in 2015, there were 1.75 million new HCV infections (globally, 23.7 new HCV infections per 100 000 people).

## **Symptoms**

The incubation period for hepatitis C is 2 weeks to 6 months. Following initial infection, approximately 80% of people do not exhibit any symptoms. Those who are acutely symptomatic may exhibit fever, fatigue, decreased appetite, nausea, vomiting, abdominal pain, dark urine, grey-coloured faeces, joint pain and jaundice (yellowing of skin and the whites of the eyes).

## **Treatment**

Hepatitis C does not always require treatment as the immune response in some people will clear the infection, and some people with chronic infection do not develop liver damage. When treatment is necessary, the goal of hepatitis C treatment is cure. The cure rate depends on several factors including the strain of the virus and the type of treatment given.

The standard of care for hepatitis C is changing rapidly. Sofosbuvir, daclatasvir and the sofosbuvir/ ledipasvir combination are part of the preferred regimens in the guidelines, and can achieve cure rates above 95%. These medicines are much more

effective, safer and better-tolerated than the older therapies. Therapy with DAAs can cure most persons with HCV infection and treatment is shorter (usually 12 weeks). It is currently updating its treatment guidelines to include pangenotypic DAA regimens and simplified laboratory monitoring. Meanwhile, there remains a very limited role for pegylated interferon and ribavirin in certain scenarios. Although the production cost of DAAs is low, these medicines remain very expensive in many high- and upper middle-income countries. Prices have dropped dramatically in some countries (primarily low-income) due to the introduction of generic versions of these medicines.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.*

Ціни різко впали; ці ліки залишаються дуже дорогими у багатьох країнах з високим і середнім рівнем доходу; може досягти рівня лікування вище; завжди вимагає лікування; у деяких людей з хронічною інфекцією не розвивається ураження печінки; інкубаційний період гепатиту С; не виявляють жодних симптомів; отримані при моделюванні; свідчать про те, що в усьому світі; гепатит С не розповсюджується через грудне молоко; вживання ін'єкційних наркотиків шляхом спільного ін'єкційного обладнання; зазвичай передаються через.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-H) the one which fits each gap (1-7). There is one extra title which you don't need to use.*

## **DOCTORS AND NURSES REVEAL THE MEDICAL FACTS EVERYONE SHOULD KNOW**

These tips might just save your life (or at least make it a little healthier).

## 1. \_\_\_\_\_

When it comes to your health, staying informed is key. In their own words, here are 16 medical tips that doctors and nurses of Reddit believe everyone would be better off knowing:

“Nurse here. If you’re an alcoholic that’s admitted to the hospital, don’t lie about how much you drink. There are drugs we can give you to take the edge off of withdrawals. It’s safer for you and safer for us. We’re not judging you; we have safety in mind.” Learn the things 8 former alcoholics wish they’d known.

“Just don’t lie to us,” adds another medical professional. “We don’t judge you...Remember always, we’ve seen something far, far worse.”

## 2. \_\_\_\_\_

“ER doc here. Medical fact...’Emergency’ means potential loss of life, limb, or eyesight. It does NOT mean inconvenience, irritation, or chronic condition. Your sore throat evaluation in the emergency department is gonna cost you \$1,000; go to Urgent Care.”

“I’ve seen countless number of people...go to the ER for non-emergent issues, like splinter removal or the common cold,” adds an ER nurse. “And they get billed a ridiculous amount of money for their ER trip. Some of these people...don’t realize that their bodies will take care of these issues on their own. Urgent Care facilities are vastly underused.” These are 50 more secrets emergency room doctors won’t tell you.

## 3. \_\_\_\_\_

“Keep an eye on your weight. Rapid unintentional weight loss is often a sign something serious is up.”

“Or gain,” adds another Redditor. “I was in the ER last night. Overheard guy in front of me say that he gained around 30 pounds in two weeks and could no longer walk. Based off his swollen abdomen and wet lungs, I thought he was in

congestive heart failure. He was roomed near me and it turns out that's exactly what he has."

4. \_\_\_\_\_

"Your immune system is one of the greatest assets you have, and you never thank it. In your life, your body will autonomously eradicate between six to 10 cancers without your realizing. It will fight your infections, repair microtraumas, and police the entire population of billions of cells in your body without your asking.

"All it requests in return is a little bit of health to preserve it. Stop smoking, lose weight. Maybe exercise a little. Don't drink so much. Your diet is so much more important than you realize." Here are some easy ways to protect your immune system.

5. \_\_\_\_\_

"If you don't treat your hearing loss early, eventually you'll wish you did. The brain loses connection to sounds and impairs your ability to understand speech more and more the longer you go with untreated hearing loss."

Another Redditor offers some suggestions: "Treatment for permanent hearing loss includes things like hearing aids, regular monitoring from an audiologist (and possibly speech pathology), and other assistive devices such as FM devices and sound field systems."

Here's more about the scary risks of leaving hearing loss untreated.

6. \_\_\_\_\_

"Mental illness can be as serious as a physical one. Get treated. You wouldn't let a broken leg go."

Here are some more mental health myths that need to be busted right now.

7. \_\_\_\_\_

“Doc here. If you suspect a heart attack, take an aspirin or two. Not Ibuprofen, not paracetamol, not some other...analgesic/painkiller- an actual aspirin.

“Also get yourself to a hospital. But that aspirin might save your life...Chewing is better, but if you swallow it whole that will also work in a pinch. It’s much easier to remember ‘take an aspirin,’ especially if you’re panicking, than to also worry about how to take it. Always keep things as simple as you can, and get the basics down first. In a pinch you are much more likely to recall a random person on Reddit saying ‘heart attack = aspirin’ than you are to also remember ‘and don’t forget to chew”.

- A. Can you hear me now?
- B. They can handle the truth.
- C. Watch your weight.
- D. “That aspirin might save your life”.
- E. These medicines are much more effective.
- F. Immune system to the rescue.
- G. Make sure an “emergency” is just that.
- H. No, it’s not “all in your head”.

**EXERCISE 4. Translate into English:**

1. Ці ліки є набагато ефективнішими, безпечнішими та краще переносяться, ніж застарілі терапії.
2. Стан нагляду за гепатитом С швидко змінюється.
3. Якщо лікування необхідне, мета лікування гепатита С - лікування.
4. Лікування залежить від кількох факторів, включаючи штам вірусу та тип лікування.
5. У тих, хто має гострі симптоми можуть проявлятися лихоманка, втома, зниження апетиту, нудота, блювота, біль у животі, темна сеча, сіро-кольорові фекалії, болі в суглобах та жовтяниця (пожовкнення шкіри та білизна очей).



### ***EXERCISE 5. WRITING***

What is Hepatitis C disease? Describe the distribution, transmission, symptoms, treatment. What is the incubation period for hepatitis C? Is the hepatitis C virus a bloodborne virus? What are the most common modes of infection? May this happen through injection drug use, unsafe injection practices, unsafe health care, and the transfusion of unscreened blood and blood products?

## UNIT 16

### «THE COXSACKIE VIRUSES»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

suckling	[ 'sʌk.lɪŋ ]	немовля
ultimately	[ 'ʌltɪmətli ]	зрештою
yielded	[ ji:lɪd ]	зароджений
replication	[ 'rep.lɪ.keɪt ]	реплікація, відповідь
oncolytic		онколітичний
interferon	[ ,ɪn.tə'fɪə.rɒn ]	інтерферон
vehicle	[ 'vi:əkl ]	транспортний засіб
eventually	[ ɪ'ventʃʊəli ]	врешті-решт

- **Read and understand the text**

The coxsackie viruses were discovered in 1948–49 by Dr. Gilbert Dalldorf, a scientist working at the New York State Department of Health in Albany, New York.

Dalldorf, in collaboration with Grace Sickles, had been searching for a cure for poliomyelitis. Earlier work Dalldorf had done in monkeys suggested that fluid collected from a nonpolio virus preparation could protect against the crippling effects of polio. Using newborn mice as a vehicle, Dalldorf attempted to isolate such protective viruses from the feces of polio patients. In carrying out these experiments, he discovered viruses that often mimicked mild or nonparalytic polio. The virus family he discovered was eventually given the name Coxsackie, from Coxsackie, New York, a small town on the Hudson River where Dalldorf had obtained the first fecal specimens.

Dalldorf also collaborated with Gifford on many early papers.

The coxsackie viruses subsequently were found to cause a variety of infections, including epidemic pleurodynia (Bornholm disease), and were subdivided into

groups A and B based on their pathology in newborn mice. (Coxsackie A virus causes paralysis and death of the mice, with extensive skeletal muscle necrosis; Coxsackie B causes less severe infection in the mice, but with damage to more organ systems, such as heart, brain, liver, pancreas, and skeletal muscles.)

The use of suckling mice was not Dalldorf's idea, but was brought to his attention in a paper written by Danish scientists Orskov and Andersen in 1947, who were using such mice to study a mouse virus. The discovery of the coxsackie viruses stimulated many virologists to use this system, and ultimately resulted in the isolation of a large number of so-called "enteric" viruses from the gastrointestinal tract that were unrelated to poliovirus, and some of which were oncogenic (cancer-causing).

The discovery of the coxsackie viruses yielded further evidence that viruses can sometimes interfere with each other's growth and replication within a host animal. Other researchers found this interference can be mediated by a substance produced by the host animal, a protein now known as interferon. Interferon has since become prominent in the treatment of a variety of cancers and infectious diseases.

In 2007, an outbreak of coxsackie virus occurred in eastern China. It has been reported that 22 children died. More than 800 people were affected, with 200 children hospitalized.

Cavatak, a wild-type Coxsackie virus A21, is being used in human clinical trials as an oncolytic virus.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian word combinations in the text. Write down them.*

Використовується в клінічних випробуваннях людини; спалах вірусу коксакі почався у східному Китаї; білок, відомий як інтерферон; дослідники знайшли це втручання; віруси іноді можуть перешкоджати зростанню один одного;

постраждало понад 800 людей; лікування різних видів раку та інфекційних захворювань; з ушкодженням більшості органів; шукав ліки від поліомієліту; препарат неpolіотичного вірусу може захистити від руйнівних ефектів поліомієліту.

**EXERCISE 3.** *The sentences and word-combinations of the text have been removed from it. Choose from the sentences (A-E) the one which fits each gap (1-5). There is one extra title which you don't need to use.*

### **TOP TIPS FOR A BRILLIANT MEDICAL CAREER**

Undergraduate medical students got given some career advice from a high-flying female doctor on Friday during the BMA medical students conference.

Royal College of Physicians' president Jane Dacre, who is also UCL medical school director, offered students the benefit of experience gained over her own career as busy doctor, academic and mother-of-three.

Tips given:

- **Choose wisely** – ‘Go into the career pathway that suits you and your personality. If you do that you will feel better, happier and then you will do better. There are some specialties where you can choose where you want to work, so don't be too fixated in what you want to do. Look at competition ratios’
- **Equality and Diversity** – Women must be ‘more forthright, believe in themselves and take a few more risks’. **1.** \_\_\_\_\_
- **Work life balance** – Don't forget the importance of a work/life balance
- **Supporting networks** – ‘Don't isolate yourself as a doctor. Network, make sure you talk to everybody, develop your own supporting networks. Don't become a singlehanded GP, make sure you have got friends’
- **Professional support and development** – Get involved in the BMA and the medical royal colleges

- **Family support** – ‘Look after your family. Your parents have looked after you and you need to be prepared to look after them, your children and your siblings. When you fail an exam, you want your mum – nurture and support those relationships. **2.**\_\_\_\_\_
- **Location** – ‘Most students will stay where they are put in their foundation years – geography is the single most **3.**\_\_\_\_\_ in your career’
- **Conscientiousness** – ‘It’s the biggest attribute that predicts success in doctors apart from grades in chemistry A-level’
- **Leadership** – ‘You need to get yourself on the platform’
- **The Future** – ‘Things change, you don’t know what’s going to happen – **4.**\_\_\_\_\_, help shape the future.’

[https://www.bma.org.uk/connecting-doctors/community\\_focus/b/student\\_opinion/posts/top-10-tips-for-a-brilliant-medical-career](https://www.bma.org.uk/connecting-doctors/community_focus/b/student_opinion/posts/top-10-tips-for-a-brilliant-medical-career)

**A.** They will help you to have a brilliant career’

**B.** get engaged

**C.** important factor

**D.** She also called for students to support widening participation to make the profession more representative and create more opportunities for black and minority ethnic doctors.

**E.** Dalldorf also collaborated with Gifford on many early papers.

#### **EXERCISE 4 . Translate into English:**

1. Виявлення вірусів коксакі стимулювало багатьох вірусологів використовувати цю систему.
2. Інші дослідники виявили, що це втручання може бути опосередковане речовиною, що виробляється тваринним білком, відомим як інтерферон.
3. У 2007 році в східному Китаї стався спалах вірусу коксакі.

4. Повідомлено, що померло 22 дітей. Постраждали понад 800 людей, з яких 200 дітей були госпіталізовані.

5. Виявлений вірус, в кінцевому рахунку отримав назву коксакі.

### **EXERCISE 5 .WRITING**

Write about the coxsackie viruses, use the plan:

1.The coxsackie viruses were discovered.

2. Searching for a cure for poliomyelitis.

3. Transmission, symptoms, treatment.

## UNIT 17

### «TEENAGE PREGNANCY»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

decline	[ dɪ'klaɪn ]	занепад
substantially	[ səb'stænʃəli ]	істотно
non-Hispanic		неіспаномовний
foster	[ 'fɒs.tər ]	прийом
childbearing	[ 'tʃaɪld,beə.rɪŋ ]	дітородний
dropout	[ 'drɒp.aʊt ]	викинути
incarcerated	[ ɪn'kɑː.sər.eɪt ]	ув'язнений

- *Read and understand the text.*

#### TEEN PREGNANCY IN THE UNITED STATES

In 2015, a total of 229,715 babies were born to women aged 15–19 years, for a birth rate of 22.3 per 1,000 women in this age group. This is another record low for U.S. teens and a drop of 8% from 2014. Birth rates fell 9% for women aged 15–17 years and 7% for women aged 18–19 years.

Although reasons for the declines are not totally clear, evidence suggests these declines are due to more teens abstaining from sexual activity, and more teens who are sexually active using birth control than in previous years.

Still, the U.S. teen pregnancy rate is substantially higher than in other western industrialized nations, and racial/ethnic and geographic disparities in teen birth rates persist.

#### DISPARITIES IN TEEN BIRTH RATES

In 2015, the birth rate of Hispanic teens were still more than two times higher than the rate for non-Hispanic white teens. The birth rate of non-Hispanic black teens was almost twice as high as the rate among non-Hispanic white teens, and

American Indian/Alaska Native teen birth rates remained more than one and a half times higher than the non-Hispanic white teen birth rate. Geographic differences in teen birth rates persist, both within and across states. Among some states with low overall teen birth rates, some counties have high teen birth rates.

Less favorable socioeconomic conditions, such as low education and low income levels of a teen's family, may contribute to high teen birth rates. Teens in child welfare systems are at higher risk of teen pregnancy and birth than other groups. For example, young women living in foster care are more than twice as likely to become pregnant than those not in foster care.

To improve the life opportunities of adolescents facing significant health disparities and to have the greatest impact on overall U.S. teen birth rates, CDC uses data to inform and direct interventions and resources to areas with the greatest need.

## **THE IMPORTANCE OF PREVENTION**

Teen pregnancy and childbearing bring substantial social and economic costs through immediate and long-term impacts on teen parents and their children.

- In 2010, teen pregnancy and childbirth accounted for at least \$9.4 billion in costs to U.S. taxpayers for increased health care and foster care, increased incarceration rates among children of teen parents, and lost tax revenue because of lower educational attainment and income among teen mothers.
- Pregnancy and birth are significant contributors to high school dropout rates among girls. Only about 50% of teen mothers receive a high school diploma by 22 years of age, whereas approximately 90% of women who do not give birth during adolescence graduate from high school.
- The children of teenage mothers are more likely to have lower school achievement and to drop out of high school, have more health problems, be incarcerated at some time during adolescence, give birth as a teenager, and face



unemployment as a young adult.

These effects continue for the teen mother and her child even after adjusting for those factors that increased the teenager's risk for pregnancy, such as growing up in poverty, having parents with low levels of education, growing up in a single-parent family, and having poor performance in school.

Teen pregnancy prevention is one of CDC's top seven priorities, a "winnable battle" in public health, and of paramount importance to health and quality of life for our youth. CDC supports the implementation of evidence-based teen pregnancy prevention programs that have been shown, in at least one program evaluation, to have a positive effect on preventing teen pregnancies, sexually transmitted infections, or sexual risk behaviors. Evidence-based teen pregnancy prevention programs have been identified by the US Department of Health and Human Services (HHS) TPP Evidence Review, which used a systematic process for reviewing evaluation studies against a rigorous standard. Currently, the Evidence Review covers a variety of diverse programs, including sexuality education programs, youth development programs, abstinence education programs, clinic-based programs, and programs specifically designed for diverse populations and settings. In addition to evidence-based prevention programs, teens need access to youth-friendly contraceptive and reproductive health services and support from parents and other trusted adults, who can play an important role in helping teens make healthy choices about relationships, sex, and birth control. Efforts at the community level that address social and economic factors associated with teen pregnancy also play a critical role in addressing racial/ethnic and geographical disparities observed in teen births in the US.

**EXERCISE 2.** *Прочитайте текст «Перш ніж завести дитину».*

*Передайте письмово\усно його зміст англійською мовою.*

## ПЕРШ НІЖ ЗАВЕСТИ ДИТИНИ

Щоб відчути, якими стануть ночі, ходіть колами по кімнаті з 5 до 10 вечора з мокрим кульком вагою від 3 до 6 кг. О 10 вечора покладіть кульок, поставте годинник на північ і вирушайте спати. Прокиньтеся в 12 та ходіть по кімнаті з кульком до першої години. Поставте годинник на 3. Оскільки заснути вам не вдасться, встаньте о 2 і що-небудь випийте. О 2.45 вирушайте в ліжко. О 3 годині разом з годинником встаньте. Співайте в темряві пісні до 4 ранку. Поставте годинник на 5 годин. Встаньте і приготуйте сніданок. Повторюйте протягом 5 років.

1. Одягати маленьких дітей не так просто, як здається купіть авоську і восьминога. Намагайтеся засунути восьминога в авоську так, щоб жодна з щупалець не висовувалася назовні. Час на виконання вправивесь ранок.
2. Щоб підготуватися до малюка, котрий робить перші кроки перемажте варенням диван і усі фіранки. Засуньте рибну паличку в музичний центр і залиште її там на пару місяців.
3. Приготуйтеся вийти гуляти, потім почекайте у ванній півгодини. Вийдіть на вулицю. Зайдіть назад. Вийдіть. Знову зайдіть в будинок. Вийдіть і дуже повільно пройдіть по доріжці. Кожні 10 секунд зупиняйтеся і розглядайте недопалки, залишки жувальної гумки брудні папірці і дохлих комах. Ідіть назад голосно кричіть, що з вас досить і що ви вже більше так не можете. Досягніть, щоб сусіди вийшли зі своїх будинків і дивились на вас. Ви готові спробувати вивести малюка на прогулянку.
4. Видаліть м'якоть з дині і виконайте збоку невеликий отвір розміром з кульку для настільного тенісу. За допомогою мотузки підвісьте диню до потолку і качайте з боку в бік. Потім візьміть миску розмочених кукурудзяних пластівців і намагайтеся засунути їх ложкою в розгойдану диню, підстрибуючи, як коник. Продовжуйте, поки не

скінчиться половина миски. Половину перекиньте собі на коліна. Тепер ви готові годувати 12-місячного малюка.

Отже, ви готові стати батьками?

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-H) the one which fits each gap (1-7). There is one extra title which you don't need to use.*

### **INTERESTING FACTS ABOUT DREAMS**

Dreaming is one of the most mysterious and interesting experiences in our lives. During the Roman Era some dreams were even submitted to the Roman Senate for analysis and dream interpretation. They were thought to be messages from the gods. Dream interpreters even accompanied military leaders into battles and campaigns!

In addition to this, it is also known that many artists have received their creative ideas from their dreams.

But what do we actually know about dreams?

Here are 15 interesting facts about dreams – enjoy and what's most important, don't forget to share your dream stories in the comment section!

1. \_\_\_\_\_

Within 5 minutes of waking half of your dream is forgotten. Within 10, 90% is gone.

2. \_\_\_\_\_

People who became blind after birth can see images in their dreams. People who are born blind do not see any images, but have dreams equally vivid involving their other senses of sound, smell, touch and emotion.

3. \_\_\_\_\_

Every human being dreams (except in cases of extreme psychological disorder). If you think you are not dreaming – you just forget your dreams.

4. \_\_\_\_\_

Our mind is not inventing faces – in our dreams we see real faces of real people that we have seen during our life but may not know or remember. We have all seen hundreds of thousands of faces throughout our lives, so we have an endless supply of characters for our brain to utilize during our dreams.

5. \_\_\_\_\_

A full 12% of sighted people dream exclusively in black and white. The remaining number dream in full color. Studies from 1915 through to the 1950s maintained that the majority of dreams were in black and white, but these results began to change in the 1960s. Today only 4.4% of the dreams of under-25 year-olds are in black and white. Recent research has suggested that those changing results may be linked to the switch from black-and-white film and TV to color media.

6. \_\_\_\_\_

If you dream about some particular subject it is not often that the dream is about that. Dreams speak in a deeply symbolic language. Whatever symbol your dream picks on it is most unlikely to be a symbol for itself.

7. \_\_\_\_\_

The most common emotion experienced in dreams is anxiety. Negative emotions are more common than positive ones.

**A.** In Our Dreams We Only See Faces That We already Know.

**B.** Blind People also Dream.

**C.** Dreams are Symbolic.

**D.** Less favorable socioeconomic conditions.

**E.** Everybody Dreams.

**F.** Emotions.

**G.** You Forget 90% of Your Dreams.

**H.** Not Everybody Dreams in Colour.

#### **EXERCISE 4. *Translate into English:***

1. Щоб поліпшити життєві умови підлітків, які зазнають значних порушень у здоров'ї та мають найбільший вплив на загальний рівень народжуваності серед підлітків США.
2. Вагітність та народження є важливими факторами, що сприяють підвищенню рівня не відвідування школи серед дівчат.
3. Лише близько 50% підлітків отримують диплом про вищу освіту до 22 років, тоді як приблизно 90% жінок, які не народжують у підлітковому віці, випускаються з середньої школи.
4. На додаток до профілактичних програм підлітки потребують доступу до послуг, спрямованих на підтримку молоді, контрацепції та репродуктивного здоров'я.
5. Зусилля на рівні держави, спрямовані на вирішення соціальних та економічних факторів, пов'язаних з підлітковою вагітністю, також відіграють критичну роль у вирішенні расових / етнічних та географічних відмінностей, що спостерігаються під час народження дитини у США.

#### **EXERCISE 5. WRITING**

What If There's No Proper Pre-Natal Care? What Classes Can Pregnant Teens Take? How Many Teens Opt for Abortion? What Percentage of Teen Parents are Unmarried at Baby's Birth? How Do Teen Pregnancy Rates in America Compare to Other Countries? How Likely is a Teen Couple to Become Pregnant?

## UNIT 18

### «THE FUTURE OF HEALTHCARE»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

reimbursements	[ ,ri·əm' bɜrs·mənt ]	компенсації
healthcare	[ 'helθ.keər ]	охорона здоров'я
vertically	[ 'vɜ:..tɪ.kəl ]	вертикально
skewed	[ skju: ]	перекошений
demographic changes		демографічні зміни
maintaining	[ meɪn'teɪn ]	підтримка
skyrocket	[ 'skaɪ,rɒk.ɪt ]	швидкий рух
huge gap	[ hju:dʒ gæp ]	величезний розрив

- **Read and understand the text**

Healthcare in the United States is currently undergoing the most extreme transformational paradigm shift in a century. As a builder of healthcare facilities, DPR Construction conducted a research initiative to better understand the long-term trends that its healthcare customers will have to manage and asked owners, designers and management consultants: Where is the industry heading? How will healthcare be delivered? What will the physical campus of the future look like?

Forty-two leaders shared their insights into what the future holds for the healthcare industry and for their own systems. CEO's and senior executives, vice presidents, design and construction directors, design professionals, developers and hospital consultants joined the conversation. It should be no surprise that everyone agrees that uncertainty is one of the biggest challenges facing the healthcare industry today. The unknowns of reform, reimbursements and regulations are greatly affecting health systems and their planning for the future. As one participant noted, "there's so much uncertainty right now, but there's one thing for sure and that's doing more with less."

While the healthcare industry is being continually tasked with change and doing more for less, there is an underlying optimism in the new focus on wellness, integration and community embeddedness. Here is what we learned:

1. Hospitals will be smaller and more integrated at many levels

"There's so much uncertainty right now, but there's one thing for sure and that's doing more with less."

*CEO, Healthcare Provider*

Hospitals will be used for the highest acuity patients. Integrated care around the patient, an emphasis on prevention and wellness, less invasive procedures and advancements in research ultimately will reduce the demand for hospitalizations. Systems will reach further into the neighborhoods with different models. Redundancy will be eliminated by having specialty areas of medicine available within a certain radius, but not necessarily at each campus within a system.

"Today, the hospital is the cost center. It should be the last place for it to be. The focus needs to be on home health, primary care and outpatient care." *CEO*

"Organizations are starting to offer more than just healthcare; they're bringing in more amenities that support the principles of wellness, such as farmer's markets, par courses, bike paths." *Architect*

"It's becoming less about the boundaries of the hospital campus as things start to become more virtual and more disseminated into the community. Next, we need to incorporate healthcare into our daily thinking." *Strategic Planning Healthcare Consultant*

"Environments will be created that are much more supportive of team-based care, where it's much more collaborative. The physicians will lead, but not dominate." *Strategic Planning Healthcare Consultant*

"Healthcare will be vertically integrated and not all in one place. It may be delivered at home, at a retail store, at your workplace, just about everywhere." *Architect*

Demographics are a top concern, both for maintaining qualified staff and for the skewed aging patient population.

Systems are not prepared for the different care expectations between those under and those over 45 years old. The growing numbers of the aging population are staggering. And, when healthcare reform gets implemented, with 32 million more insured U.S. citizens, demand will skyrocket, and the numbers of doctors coming out of medical school won't be anywhere near what will be needed.

“What scares me the most is the demographic changes and how facilities need to be set up differently. Hospitals are not set up as geriatric hospitals, and reimbursements do not support this.” *VP of Support Services*

“The skilled high-level people are getting older, they're retiring, and there's a huge gap without enough people coming up to replace them. *Director of Facilities*

Systems have already started to make the changes that will make them more competitive regardless of the impact of government-mandated reform. The consensus is that healthcare, as it is practiced today, is not fiscally sustainable. There must be, and there certainly will be, transformative changes over the next 10 years.

“Healthcare reform is an evolutionary event. It's coming and hospitals haven't seen anything like it before. Other industries have, and there is a lot to learn from them.” *Real Estate Hospital Consultant*

“There is a new appreciation of personal responsibility. It's my health, not yours. We have to get there. I see opportunity for communities to reinforce and foster wellness. I hope there are opportunities for courageous and innovative methodologies to be tried out, that can lead to best practices.” *Director of Research*

“The best thing we can do is have some no-regret strategies. Improving quality, safety and service and reducing cost is a winning strategy no matter what.” *CEO*

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.*



Набагато більше співпраці; найкраще, що ми можемо зробити; можливість спільнот зміцнювати і розвивати благополуччя; нова оцінка особистої відповідальності; можливості для сміливих та інноваційних методологій; кваліфіковані люди; демографічні зміни; реформа охорони здоров'я реалізується; для підтримки кваліфікованого персоналу; охорона здоров'я буде вертикально інтегрована; зростаюча кількість старіючого населення; вплив державної реформи; первинна допомога та амбулаторне лікування.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-G) the one which fits each gap (1-6). There is one extra title which you don't need to use.*

Your kidneys are one of the most important “detox” organs in your body. If your kidneys could tell you how to make them healthier, here's what they'd want you to know.

1. \_\_\_\_\_

That's 600 cups' worth, passing through these two bean-shaped organs- every Single Day. Each kidney is about the size of your fist and made up of a million or so little filtering units called nephrons. Their job: to remove waste and excess fluid from your blood to produce urine. Urine flows from the kidneys to your bladder, in route to its exit. You pee out about one to two quarts of urine per day.

2. \_\_\_\_\_

Your kidneys are responsible for helping balance your body's sodium, potassium, and acid content. They also release hormones that regulate blood pressure, produce an active form of vitamin D that helps bones stay strong, and control the production of red blood cells.

3. \_\_\_\_\_

That's because too much glucose in your blood can damage your kidney's blood vessels, breaking down their filtering system and resulting in a buildup of waste and excess fluid. Damaged filters also allow the protein albumin to pass out of your blood and into your urine. Your body needs that protein to stay healthy; a well-working kidney keeps it in place. Diabetes is the leading cause of chronic kidney disease, or the gradual loss of kidney function. Learn more about diabetes and kidney health and other diabetes complications [here](#).

**4.** \_\_\_\_\_

Over time, uncontrolled high blood pressure can cause arteries around the kidneys to narrow, weaken, or harden. The nephrons that filter your blood then can't get the oxygen and nutrients they need to do their job. Extra fluid in the blood vessels can blood pressure to increase even more, creating a dangerous cycle. As more arteries become blocked, the kidneys may eventually fail. Learn more about your blood pressure numbers (what's healthy, what's not) [here](#).

**5.** \_\_\_\_\_

You won't get much warning when your kidneys are in trouble. That's because they're super adaptable organs and can compensate for loss of function. In fact, most people with kidney disease have no symptoms in the early stages. Once kidney disease has progressed, some signs may include: nausea or vomiting; fatigue or weakness; urine that's foamy, pink, or dark; puffy eyes; or swollen hands, feet, or ankles. (Here's more info on what your urine color says about your health.) The best way to find out if you have kidney disease is to get tested. If you have diabetes, high blood pressure, or other risk factors for kidney disease, your doctor will likely take regular urine and blood tests to keep tabs on how well your kidneys are working.

**6.** \_\_\_\_\_

Kidney stones are hard deposits made of minerals and salts; they form when urine becomes concentrated, which allows minerals to crystallize and stick together. When the stone is the size of a grain of sand, it may pass through your urinary tract without you feeling a thing. Consider yourself lucky. Any larger, and you'll feel them in a big way. Some stone grow to a pea size; others can reach golf ball-size proportions. (Awful.) As these move through your kidneys, they can get stuck in your urinary tract, blocking the flow of urine and causing sharp pains in your side and back. The pain may come and go in waves, fluctuate in intensity, and radiate to your lower abdomen or groin. Other symptoms include nausea and vomiting, fever, or blood in your urine. Treatment for kidney stones depends on the size and cause. (And in case you're wondering, the Guinness World Book Record for the biggest kidney stone measured in at 5.11 inches wide!)

- A. "High blood pressure is a close second."
- B. "We filter about 150 quarts of blood every day."
- C. Warning Signs of Alcoholism
- D. "But if we have kidney stones, you'll know it."
- E. "Waste removal isn't our only business."
- F. "We're often silent when we're sick."
- G. "Diabetes is enemy number one."

**EXERCISE 4. *Translate into English:***

1. Демографічні показники стосуються, як підтримки кваліфікованого персоналу, так і старіння населення.
2. Охорона здоров'я в Сполучених Штатах на даний час переживає найбільш екстремальну зміну трансформаційної парадигми протягом століття.
3. Будуть створені середовища, які набагато більше підтримують командну допомогу, та співпрацю.

4. Найкраще, що ми можемо зробити, - це мати стратегію без шкоди.

5. Будучи будівельником медичних закладів, компанія DPR Construction провела дослідницьку ініціативу, щоб краще зрозуміти довгострокові тенденції, які потребують клієнти в галузі охорони здоров'я, і запитали власників, дизайнерів та консультантів з питань управління.

## **EXERCISE 5. WRITING**

If you could change ONE thing about our health care system, what would that be?

Most people agree that the costs are out of control. What can be done about that?

What works in our system? What doesn't? What role should the government play in providing with health care? What role should the marketplace play? The baby boomers are now starting to retire, and people question whether Medicare will be able to handle them. Will it? What are the estimates on costs?

## UNIT 19

### «AN AUTOIMMUNE DISEASE»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

autoimmune disease	[ ,ɔː.təʊ.ɪ'mjuːn ]	аутоіму́нне захворювання
lupus	[ 'luː.pəs ]	вовчак
misfire	[ ,mɪs'faɪə ]	давати осічку
childbearing	[ 'tʃaɪld,beə.rɪŋ ]	дітородний
susceptibility	[ sə,sep.tɪ'bɪl.ɪ.ti ]	сприйнятливість
solvents	[ 'sɒl.vənt ]	розчинники
stiffness	[ 'stɪf.nəs ]	жорсткість
the myelin sheath	[ 'maɪə.lɪn ʃiːθ ]	мієлінова оболонка
numbness	[ 'nʌm.nəs ]	оніміння
balance issues		проблеми з балансом
bloating	[ bləʊt ]	роздуття

- **Read and understand the text**

#### **What is an autoimmune disease?**

An autoimmune disease is a condition in which your immune system mistakenly attacks your body. The immune system normally guards against germs like bacteria and viruses. When it senses these foreign invaders, it sends out an army of fighter cells to attack them. Normally, the immune system can tell the difference between foreign cells and your own cells. In an autoimmune disease, the immune system mistakes part of your body — like your joints or skin — as foreign. It releases proteins called autoantibodies that attack healthy cells. Some autoimmune diseases target only one organ. Type 1 diabetes damages the pancreas. Other diseases, like lupus, affect the whole body.

#### **Why does the immune system attack the body?**

Doctors don't know what causes the immune system misfire. Yet some people are more likely to get an autoimmune disease than others.

Women get autoimmune diseases at a rate of about 2 to 1 compared to men — 6.4 percent of women vs. 2.7 percent of men. Often the disease starts during a woman's childbearing years (ages 14 to 44).

Some autoimmune diseases are more common in certain ethnic groups. For example, lupus affects more African-American and Hispanic people than Caucasians.

Certain autoimmune diseases, like multiple sclerosis and lupus, run in families. Not every family member will necessarily have the same disease, but they inherit a susceptibility to an autoimmune condition.

Because the incidence of autoimmune diseases is rising, researchers suspect environmental factors like infections and exposures to chemicals or solvents might also be involved.

A "Western" diet is another suspected trigger. Eating high-fat, high-sugar, and highly processed foods is linked to inflammation, which might set off an immune response. However, this hasn't been prove.

Another theory is called the hygiene hypothesis. Because of vaccines and antiseptics, children today aren't exposed to as many germs as they were in the past. The lack of exposure could make their immune system overreact to harmless substances.

### **Common autoimmune diseases**

There are more than 80 different autoimmune diseases.

#### **1. Type 1 diabetes**

The pancreas produces the hormone insulin, which helps regulate blood sugar levels. In type 1 diabetes, the immune system attacks and destroys insulin-producing cells in the pancreas. High blood sugar can damage blood vessels, as well as organs like the heart, kidneys, eyes, and nerves.

#### **2. Rheumatoid arthritis (RA)**

In rheumatoid arthritis (RA), the immune system attacks the joints. This attack causes redness, warmth, soreness, and stiffness in the joints. Unlike osteoarthritis, which affects people as they get older, RA can start as early as your 30s.

### **3. Psoriasis/psoriatic arthritis**

Skin cells normally grow and then shed when they're no longer needed. Psoriasis causes skin cells to multiply too quickly. The extra cells build up and form red, scaly patches called scales or plaques on the skin. About 30 percent of people with psoriasis also develop swelling, stiffness, and pain in their joints. This form of the disease is called psoriatic arthritis.

### **4. Multiple sclerosis**

Multiple sclerosis (MS) damages the myelin sheath — the protective coating that surrounds nerve cells. Damage to the myelin sheath affects the transmission of messages between your brain and body.

This damage can lead to symptoms like numbness, weakness, balance issues, and trouble walking. The disease comes in several forms, which progress at different rates. About 50 percent of people with MS need help walking within 15 years after getting the disease.

### **5. Inflammatory bowel disease**

Inflammatory bowel disease (IBD) is a term used to describe conditions that cause inflammation in the lining of the intestines. Each type of IBD affects a different part of the GI tract.

- Crohn's disease can inflame any part of the GI tract, from the mouth to the anus.
- Ulcerative colitis affects only the lining of the large intestine (colon) and rectum.

### **6. Addison's disease**

Addison's disease affects the adrenal glands, which produce the hormones cortisol and aldosterone. Having too little of these hormones can affect the way the body uses and stores carbohydrates and sugar.

Symptoms include weakness, fatigue, weight loss, and low blood sugar.

### **Autoimmune disease symptoms**

The early symptoms of many autoimmune diseases are very similar, such as:

- fatigue
- achy muscles
- swelling and redness
- low-grade fever
- trouble concentrating
- numbness and tingling in the hands and feet
- hair loss
- skin rashes

Individual diseases can also have their own unique symptoms. For example, type 1 diabetes causes extreme thirst, weight loss, and fatigue. IBD causes belly pain, bloating, and diarrhea.

With autoimmune diseases like psoriasis or RA, symptoms come and go. Periods of symptoms are called flare-ups. Periods when the symptoms go away are called remissions.

### **How are autoimmune diseases treated?**

Treatments can't cure autoimmune diseases, but they can control the overactive immune response and bring down inflammation. Drugs used to treat these conditions include:

- nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Motrin, Advil) and naproxen (Naprosyn)
- immune-suppressing drugs



Treatments are also available to relieve symptoms like pain, swelling, fatigue, and skin rashes.

Eating a well-balanced diet and getting regular exercise can also help you feel better.

**EXERCISE 2.** *Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.*

Занадто оброблені продукти; відсутність незахищеності; нешкідливі речовини; низький рівень цукру в крові; збалансована дієта; лікування також доступне для полегшення симптомів; висип шкіри; імунодепресанти; може контролювати надмірну імунну реакцію і знизити запалення; періоди симптомів називаються спалахами; цукровий діабет 1 типу викликає спрагу; мають свої унікальні симптоми; низька температура; у людей з псоріазом також розвиваються набряки, нерухомість і біль у суглобах.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-F) the one which fits each gap (1-5). There is one extra title which you don't need to use.*

### **HEALTH BENEFITS OF COFFEE, BASED ON SCIENCE**

Coffee is actually very healthy. It is loaded with antioxidants and beneficial nutrients that can improve your health. The studies show that coffee drinkers have a much lower risk of several serious diseases.

1. \_\_\_\_\_

Coffee can help people feel less tired and increase energy levels. This is because it contains a stimulant called caffeine, which is actually the most commonly consumed psychoactive substance in the world. After you drink coffee, the caffeine is absorbed into the bloodstream. From there, it travels into the brain. In the brain,

caffeine blocks an inhibitory neurotransmitter called Adenosine. When that happens, the amount of other neurotransmitters like norepinephrine and dopamine actually increases, leading to enhanced firing of neurons. Many controlled trials in humans show that coffee improves various aspects of brain function. This includes memory, mood, vigilance, energy levels, reaction times and general cognitive function .

## 2. \_\_\_\_\_

Did you know that caffeine is found in almost every commercial fat burning supplement? There's a good reason for that... caffeine is one of the *very few* natural substances that have actually been proven to aid fat burning. Several studies show that caffeine can boost the metabolic rate by 3-11%. Other studies show that caffeine can specifically increase the burning of fat, by as much as 10% in obese individuals and 29% in lean people. However, it is possible that these effects will diminish in long-term coffee drinkers.

## 3. \_\_\_\_\_

Caffeine stimulates the nervous system, causing it to send signals to the fat cells to break down body fat. But caffeine also increases Epinephrine (Adrenaline) levels in the blood. This is the "fight or flight" hormone, designed to make our bodies ready for intense physical exertion. Caffeine makes the fat cells break down body fat, releasing them into the blood as free fatty acids and making them available as fuel. Given these effects, it is not surprising to see that caffeine can improve physical performance by 11-12%, on average. Because of this, it makes sense to have a strong cup of coffee about a half an hour before you head to the gym.

## 4. \_\_\_\_\_

Coffee is more than just black water. Many of the nutrients in the coffee beans do make it into the final drink.

A single cup of coffee contains:

- Riboflavin (Vitamin B2): 11% of the RDA.
- Pantothenic Acid (Vitamin B5): 6% of the RDA.
- Manganese and Potassium: 3% of the RDA.
- Magnesium and Niacin (B3): 2% of the RDA.

Although this may not seem like a big deal, most people are drinking more than one cup per day. If you drink 3-4, then these amounts quickly add up.

## 5. \_\_\_\_\_

Type 2 diabetes is a gigantic health problem, currently afflicting about 300 million people worldwide.

It is characterized by elevated blood sugars in the context of insulin resistance or an inability to secrete insulin.

For some reason, coffee drinkers have a significantly reduced risk of developing type 2 diabetes.

The studies show that people who drink the most coffee have a 23-50% lower risk of getting this disease, one study showing a reduction as high as 67%.

According to a massive review that looked at data from 18 studies with a total of 457,922 individuals, each daily cup of coffee was associated with a 7% reduced risk of developing type 2 diabetes .

<https://www.healthline.com/nutrition/top-13-evidence-based-health-benefits-of-coffee#section4>

- A. The Caffeine Can Drastically Improve Physical Performance.**
- B. Coffee Can Improve Energy Levels and Make You Smarter.**
- C. Coffee May Lower Your Risk of Type II Diabetes.**

- D. What are the benefits of going vegan?
- E. Coffee Can Help You Burn Fat.
- F. There Are Essential Nutrients in Coffee.

**EXERCISE 4. *Translate into English:***

1. Періоди, коли симптоми зникають, називаються ремісіями.
2. Симптоми включають слабкість, втому, схуднення та низький вміст цукру в крові.
3. Маючи занадто мало цих гормонів може вплинути те, що організм використовує і зберігає вуглеводи і цукор.
4. Жінки отримують аутоімунні захворювання у порівнянні з чоловіками - 6,4 відсотка жінок проти 2,7 відсотка чоловіків.
5. Підшлункова залоза виробляє інсулін, який допомагає регулювати рівень цукру в крові

**EXERCISE 5. WRITING**

How Much Do You Know About Autoimmune Diseases?

What is autoimmunity? What causes autoimmunity? What are the types of autoimmunity? What are some of the treatments for autoimmune diseases?

What is the family connection in autoimmune diseases? How many people have an autoimmune disease? If you have an autoimmune disease, what happens with the immune system? What tissues, organs, or body systems can be affected by autoimmune diseases? How does a person develop an autoimmune disease? Why are some autoimmune diseases difficult to diagnose?

## UNIT 20

### «TEN EARLY SYMPTOMS OF DEMENTIA»

**EXERCISE 1.** *Get ready to read the following text but initially have a look at the words.*

subtle	[ 'sʌt.əl ]	гострий
listlessness		безглуздість
lapses	[ læps ]	пропуски, недоліки
spatial	[ 'speɪ.ʃəl ]	просторовий
crave	[ kreɪv ]	дуже бажати
landmarks	[ 'lænd.mɑ:k ]	орієнтири
frontotemporal		феноменологічна деменція
experience	[ ɪk'spɪəriəns ]	досвід

- ***Read and understand the text***

Dementia is a collection of symptoms that can occur due to a variety of possible diseases. Dementia symptoms include impairments in thought, communication, and memory.

#### **Symptoms of dementia**

If you or your loved one is experiencing memory problems, don't immediately conclude that it's dementia. A person needs to have at least two types of impairment that significantly interfere with everyday life to receive a dementia diagnosis.

In addition to difficulty remembering, the person may also experience impairments in:

- language
- communication

- focus
- reasoning

### **1. Subtle short-term memory changes**

Trouble with memory can be an early symptom of dementia. The changes are often subtle and tend to involve short-term memory. An older person may be able to remember events that took place years ago but not what they had for breakfast.

Other symptoms of changes in short-term memory include forgetting where they left an item, struggling to remember why they entered a particular room, or forgetting what they were supposed to do on any given day.

### **2. Difficulty finding the right words**

Another early symptom of dementia is struggling to communicate thoughts. A person with dementia may have difficulty explaining something or finding the right words to express themselves. Having a conversation with a person who has dementia can be difficult, and it may take longer than usual to conclude.

### **3. Changes in mood**

A change in mood is also common with dementia. If you have dementia, it isn't always easy to recognize this in yourself, but you may notice this change in someone else. Depression, for instance, is typical of early dementia.

Along with mood changes, you might also see a shift in personality. One typical type of personality change seen with dementia is a shift from being shy to outgoing. This is because the condition often affects judgment.

### **4. Apathy**

Apathy, or listlessness, commonly occurs in early dementia. A person with symptoms could lose interest in hobbies or activities. They may not want to go out anymore or do anything fun. They may lose interest in spending time with friends and family, and they may seem emotionally flat.

### **5. Difficulty completing normal tasks**

A subtle shift in the ability to complete normal tasks may indicate that someone has early dementia. This usually starts with difficulty doing more complex tasks like balancing a checkbook or playing games that have a lot of rules.

Along with the struggle to complete familiar tasks, they may struggle to learn how to do new things or follow new routines.

## **6. Confusion**

Someone in the early stages of dementia may often become confused. When memory, thinking, or judgment lapses, confusion may arise as they can no longer remember faces, find the right words, or interact with people normally.

Confusion can occur for a number of reasons and apply to different situations. For example, they may misplace their car keys, forget what comes next in the day, or have difficulty remembering someone they've met before.

## **7. Difficulty following storylines**

Difficulty following storylines may occur due to early dementia. This is a classic early symptom.

Just as finding and using the right words becomes difficult, people with dementia sometimes forget the meanings of words they hear or struggle to follow along with conversations or TV programs.

## **8. A failing sense of direction**

The sense of direction and spatial orientation commonly starts to deteriorate with the onset of dementia. This can mean not recognizing once-familiar landmarks and forgetting regularly used directions. It also becomes more difficult to follow a series of directions and step-by-step instructions.

## **9. Being repetitive**

Repetition is common in dementia because of memory loss and general behavioral changes. The person may repeat daily tasks, such as shaving, or they may collect items obsessively.

They also may repeat the same questions in a conversation after they've been answered.

## **10. Struggling to adapt to change**

For someone in the early stages of dementia, the experience can cause fear. Suddenly, they can't remember people they know or follow what others are saying. They can't remember why they went to the store, and they get lost on the way home.

Because of this, they might crave routine and be afraid to try new experiences. Difficulty adapting to change is also a typical symptom of early dementia.

### **When to see a doctor**

Forgetfulness and memory problems don't automatically point to dementia. These are normal parts of aging and can also occur due to other factors, such as fatigue. Still, you shouldn't ignore the symptoms. If you or someone you know is experiencing a number of dementia symptoms that aren't improving, talk with a doctor.

They can refer you to a neurologist who can examine you or your loved one's physical and mental health and determine whether the symptoms result from dementia or another cognitive problem. The doctor may order:

- a complete series of memory and mental tests
- a neurological exam
- blood tests
- brain imaging tests

Dementia is more common in people over the age of 65, but it can also affect younger people. Early onset of the disease can begin when people are in their 30s, 40s, or 50s. With treatment and early diagnosis, you can slow the progression of the disease and maintain mental function. The treatments may include medications, cognitive training, and therapy.

### **What causes dementia?**

Possible causes of dementia include:

- Alzheimer's disease, which is the leading cause of dementia
- brain damage due to injury or stroke



- Huntington's disease
- Lewy body dementia
- frontotemporal dementia

### **Can you prevent dementia?**

You can take steps to improve cognitive health and reduce your or your loved one's risk. This includes keeping the mind active with word puzzles, memory games, and reading. Being physically active, getting at least 150 minutes of exercise per week, and making other healthy lifestyle changes can also lower your risk. Examples of lifestyle changes include stopping smoking if you smoke and eating a diet rich in:

- omega-3 fatty acids
- fruits
- vegetables
- whole grains

You can also reduce your risk by increasing your intake of vitamin D. According to the Mayo Clinic, some researchers suggest that “people with low levels of vitamin D in their blood are more likely to develop Alzheimer's disease and other forms of dementia.”

### **EXERCISE 2. Find the appropriate English equivalents of the following Ukrainian words and word combinations in the text. Write down them.**

Просторова орієнтація; знизити ризик, збільшивши споживання вітаміну D; бути фізично активним; змінюючи спосіб життя; ліки, пізнавальні тренування та терапія; людина може повторювати щоденні справи; забудькуватість та проблеми з пам'яттю; ранній початок захворювання; зміни короткочасної пам'яті; мати труднощі з поясненням чогось.

**EXERCISE 3.** *The titles of each part of the text have been removed from it. Choose from the sentences (A-I) the one which fits each gap (1-8). There is one extra title which you don't need to use.*

### **HEALTH BENEFITS OF COFFEE, BASED ON SCIENCE 2**

1. \_\_\_\_\_

Alzheimer's disease is the most common neurodegenerative disease and the leading cause of dementia worldwide. This disease usually affects people over 65 years of age. Unfortunately, there is no known cure for Alzheimer's. However, there are several things you can do to prevent the disease from showing up in the first place. This includes the usual suspects like eating healthy and exercising, but drinking coffee may be incredibly effective as well. Several studies show that coffee drinkers have up to a 65% lower risk of getting Alzheimer's disease.

2. \_\_\_\_\_

Parkinson's disease is the second most common neurodegenerative disease, right after Alzheimer's. It is caused by death of dopamine-generating neurons in the brain. Same as with Alzheimer's, there is no known cure, which makes it that much more important to focus on prevention. In studies, coffee drinkers have a much lower risk of developing Parkinson's disease, with a reduction in risk ranging from 32-60%.

In this case, it appears to be the caffeine itself that is causing the effect. People who drink decaf don't have a lower risk of Parkinson's.

3. \_\_\_\_\_

The liver is an amazing organ that carries out hundreds of important functions in the body. Several common diseases primarily affect the liver, including hepatitis, fatty liver disease and others. Many of these diseases can lead to a condition called cirrhosis, in which the liver has been largely replaced by scar tissue. It turns out

that coffee may protect against cirrhosis. People who drink 4 or more cups per day have up to an 80% lower risk.

4. \_\_\_\_\_

Depression is a serious mental disorder that causes a significantly reduced quality of life. It is incredibly common and about 4.1% of people in the U.S. currently meet the criteria for clinical depression. In a Harvard study published in 2011, women who drank 4 or more cups per day had a 20% lower risk of becoming depressed. Another study with 208,424 individuals found that those who drank 4 or more cups per day were 53% less likely to commit suicide.

5. \_\_\_\_\_

Cancer is one of the world's leading causes of death and is characterized by uncontrolled growth of cells in the body. Coffee appears to be protective against two types of cancer- liver cancer and colorectal cancer. Liver cancer is the third leading cause of cancer death in the world, while colorectal cancer ranks fourth. Studies show that coffee drinkers have up to a 40% lower risk of liver cancer. One study of 489,706 individuals found that those who drank 4-5 cups of coffee per day had a 15% lower risk of colorectal cancer.

6. \_\_\_\_\_

It is often claimed that caffeine can increase blood pressure. This is true, but the effect is small (3-4 mm/Hg) and usually goes away if you drink coffee regularly. However, the effect may persist in some people, so keep that in mind if you have elevated blood pressure. That being said, the studies do NOT support the myth that coffee raises the risk of heart disease. In fact, there is some evidence that women who drink coffee have a reduced risk of heart disease. Some studies also show that coffee drinkers have a 20% lower risk of stroke.

7. \_\_\_\_\_

Given that coffee drinkers are less likely to get many diseases, it makes sense that coffee could help you live longer. There are actually several observational studies showing that coffee drinkers have a lower risk of death. In two very large studies, drinking coffee was associated with a 20% lower risk of death in men and a 26% lower risk of death in women, over a period of 18-24 years. This effect appears to be particularly strong in type II diabetics. In one study, diabetics who drank coffee had a 30% lower risk of death during a 20 year study period.

8. \_\_\_\_\_

For people who eat a standard Western diet, coffee may actually be the healthiest aspect of the diet. That's because coffee contains a massive amount of antioxidants. In fact, studies show that most people get more antioxidants from coffee than both fruits and vegetables... combined. Coffee is one of the healthiest beverages on the planet.

- A.** Coffee Does Not Cause Heart Disease and May Lower The Risk of Stroke
- B.** Coffee is one of the healthiest beverages on the planet.
- C.** Caffeine May Lower The Risk of Parkinson's
- D.** Coffee is The Biggest Source of Antioxidants in The Western Diet
- E.** Coffee Can Fight Depression and Make You Happier
- F.** Coffee May Protect You From Alzheimer's Disease and Dementia
- G.** Coffee Appears to Have Protective Effects on The Liver
- H.** Coffee May Help You Live Longer
- I.** Coffee Drinkers Have a Lower Risk of Some Types of Cancer

#### **EXERCISE 4. *Translate into English:***

1. Симптоми деменції включають ураження мозоку, мовлення та пам'яті.
2. Проблеми з пам'яттю можуть бути ранніми симптомами деменції.
3. Розмова з людиною, яка має деменцію, може бути складною, і це може зайняти більше часу, ніж зі звичайною людиною.
4. Вони можуть втратити інтерес до проведення часу з друзями та сім'єю, і вони можуть здаватися емоційно спокійно.
5. Повторення характерне для слабоумства через втрату пам'яті та загальні поведінкові зміни.

#### **EXERCISE 5. WRITING**

What is dementia? What causes dementia in some older persons? How do you get a dementia diagnosis? What's the difference between Alzheimer's and dementia? What care can a person with Alzheimer's get? What support is there for carers? How many different types of dementia are there and what are the symptoms? Is there a dementia test? What treatment is available for dementia?

## РЕКОМЕНДОВАНА ЛІТЕРАТУРА

### *Основна:*

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