



Otázka: Health and Diseases

Jazyk: Angličtina

Přidal(a): Adéla

Health is a state of complete physical, mental and social well-being.

Healthy lifestyle - What people do to keep fit?

Health is the most important thing in our life. To stay healthy, we should drink a lot of liquids, eat regularly, eat a lot of vegetables and fruits, do some sports, sleep about eight hours a day, avoid stress, have some time to relax, do something active in the fresh air, and think positively. We shouldn't drink too much alcohol, smoke, eat too much or too little, or live under stress.

Diseases (illnesses):

We know:

- children's diseases: measles (spalničky), chicken pox (neštovice), rubella (zarděnky), mumps (příušnice), scarlet fever (spála)
- flu, fever, cold, cough, sore throat , allergy
- headache, toothache, stomach ache
- cancer, AIDS

- high or low blood pressure, heart attack, stroke
- diarrhoea, upset stomach

Treatment

Light diseases or disorders can be treated at home. You must stay in bed, take pills or other medicaments (treacles, drops, sprays). We should measure our temperature, keep calm, drink a lot of herbal tea with lemon and honey. More complicated diseases must be treated in hospital. Which decided our doctor.

Injuries

In some situations, injuries may happen. We can injure ourselves while doing sports. Lots of injuries happen at home. We can get burnt (by fire, by some hot drinks or boiling water), cut our fingers or hands with a knife and break our legs or arms. Also, when we fall and hit our head we can have a concussion (otřes mozku).

Allergies

Lots of people suffer from allergies today. We can be allergic to animals, dust, sun, flower pollen, etc... If we have an allergic reaction, we have a rash, red eyes, we sneeze and sometimes we can't breath normally. Allergic people must take pills.

At the doctor's

We know several kinds of doctors:

- a general practitioner (GP)
- a dentist, a psychiatrist, a cardiologist, a neurologist, a surgeon, an allergologist etc.



For example:

We go and see the general practitioner when we feel bad: we have high temperature, feel sick, have a cold etc.

To the dentist's we should go for a preventive check up every half year. He/She looks after our teeth.

Do you think people are healthier now than they used to be?

I think we are healthier, because we have many more medicaments and better health care than people used to have before. But on the other hand we live under stress and work overtime more than our forefathers.

Have you ever had any serious problem?

No, I hadn't any serious problem. I had only contusions and big bruises after car accident. I had to stay in bed and relax because I couldn't move.

Do you know any famous discoveries in the field of medicine?

Yes, I know that Alexander Fleming discovered penicillin and Louis Pasteur discovered rabies vaccine. Also I heard something about a new diagnostic tool in the field of ophthalmic optics. This modern technology helps in the treatment of glaucoma and retinal disease.

How does new technology help?

For example some modern machine in medicine help us to treat cancer, tumors or other serious illnesses. Or as I said something about diagnostic tool which helps in the treatment of glaucoma and other eye problems.