

2 Health

Naming health problems and treatments | Recognizing synonyms | Recognizing collocations

Vocabulary

Health problems:

- **addiction (addictions)**
NOUN **Addiction** is the condition of taking harmful drugs and being unable to stop taking them. ▀ *long-term addiction to nicotine*
- **allergy (allergies)**
NOUN If you have a particular **allergy**, you become ill or get a rash when you eat, smell, or touch something that does not normally make people ill. ▀ *Food allergies can result in an enormous variety of different symptoms.*
- **cancer (cancers)**
NOUN **Cancer** is a serious disease in which cells in a person's body increase rapidly in an uncontrolled way, producing abnormal growths. ▀ *a cancer research charity*
- **dehydration**
UNCOUNTABLE NOUN You are suffering from **dehydration** if you lose too much water from your body. ▀ *Cholera causes severe dehydration.*
- **disease (diseases)**
NOUN A **disease** is an illness that affects people, animals or plants, for example one which is caused by bacteria or infection. ▀ *the rapid spread of disease in the area*
- **infection (infections)**
NOUN An **infection** is a disease caused by germs or bacteria. ▀ *Ear infections are common in pre-school children.*
- **obesity**
UNCOUNTABLE NOUN Someone suffering from **obesity** is extremely fat. ▀ *The excessive consumption of sugar leads to obesity.*

- **stroke (strokes)**

NOUN If someone has a **stroke**, a blood vessel in their brain bursts or becomes blocked, which may kill them or make them unable to move one side of their body. ▀ *He had a minor stroke in 1987, which left him partly paralyzed.*

Verbs associated with treatment:

- **administer (administers, administering, administered)**
VERB If a doctor or nurse **administers** a drug, they give it to a patient. ▀ *Paramedics are trained to administer certain drugs.*
- **admit (admits, admitting, admitted)**
VERB If someone is **admitted** to hospital they are taken into hospital for treatment and kept there until they are well enough to go home. ▀ *She was admitted to hospital with a soaring temperature.*
- **diagnose (diagnoses, diagnosing, diagnosed)**
VERB If someone or something is **diagnosed as** having a particular illness or problem, their illness or problem is identified. ▀ *Almost a million people are diagnosed with colon cancer each year.*
- **discharge (discharges, discharging, discharged)**
VERB When someone is **discharged from** hospital, they are officially allowed to leave, or told they must leave. ▀ *He has a broken nose but may be discharged today.*
- **examine (examines, examining, examined)**
VERB If a doctor **examines** you, he or she looks at your body, feels it, or does simple

tests in order to check how healthy you are.

▪ *Another doctor examined her and could still find nothing wrong.*

• **screen (screens, screening, screened)**

VERB To **screen for** a disease means to examine people to make sure that they do not have it. ▪ *Men over 50 are routinely screened for prostate abnormalities.*

• **vaccinate (vaccinates, vaccinating, vaccinated)**

VERB A vaccine is a harmless form of the germs that cause a particular disease. If a person or animal **is vaccinated**, they are given a vaccine, usually by injection, to prevent them getting that disease. ▪ *Dogs must be vaccinated against distemper.*

Practice exercises

1 The words below describe different disorders. Circle the words that you associate with rich countries. Underline the words you associate with poor countries.

- | | |
|-----------------|---------------|
| a infection | e stroke |
| b heart disease | f dehydration |
| c allergies | g addiction |
| d obesity | |

2 Read the passage below and compare your answers to Exercise 1 with the information in the passage.

Diseases of Affluence – Diseases of Poverty

Health conditions associated with wealth are sometimes referred to as diseases of affluence. These include diseases which are not communicable, such as Type 2 diabetes, cancer, and stroke as well as alcohol and drug addiction, obesity and some allergies. Risk factors for these conditions are associated with the lifestyle of the economically prosperous, in particular: physical inactivity, easy availability of meat, sugar, salt and processed foods, excessive consumption of alcohol and tobacco, and lower exposure to infectious agents.

The diseases of poverty, in contrast, are predominantly infectious diseases such as HIV/AIDS, tuberculosis, malaria and diarrhoeal diseases. Risk factors for these conditions include: overcrowding, inadequate sanitation, malnutrition, and inadequate access to health care. Millions of lives could be saved every year by addressing these underlying problems and by simple preventive measures such as immunizing the population against common infectious agents.

Exam tip: In the IELTS Reading exam you may have to indicate whether statements about a passage are True, False or Not given (i.e. not mentioned).

You can often recognize a True statement if you can match it to a part of the passage that expresses the same idea in different words.

Recognizing synonyms (words with approximately the same meaning) can help you do this.

Example: *Allergies are common in **wealthy** countries. Allergies are common in **affluent** countries.*

3 Underline words in the passage for Exercise 2 which could be replaced by the words in bold below.

- 1 Minor skin **disorders** do not normally require hospital treatment.
- 2 **Misuse** of prescription drugs is a growing problem.
- 3 **Germs** can cause stomach upsets.
- 4 **Vaccinating** children against measles has reduced the prevalence of this disease.

4 The words below describe actions that medical staff may take when a person enters hospital. Number the verbs from 1 to 5 to show the order in which they typically occur.

diagnose ____	discharge ____	admit ____	treat ____	examine ____
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Exam tip: In the IELTS Reading exam you may have to complete gaps in sentences with words from a reading passage. Recognizing collocations (i.e. words that commonly go together) can help you do this.

If you look carefully at the words on either side of the gap you may be able to use your knowledge of collocations to choose the right word(s).

Example: *The patient was _____ for cancer. The patient was treated for cancer.*

5 Complete the sentences below with words a–e. Look carefully at the prepositions after the gaps to help you choose the right word.

a vaccinated	b diagnosed	c screened	d administered	e discharged
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- 1 In poor countries patients are sometimes _____ from hospital before they are fully cured.
- 2 If all women over the age of 50 are _____ for breast cancer, many lives can be saved.
- 3 The patient was _____ with heart disease.
- 4 All children should be _____ against infectious diseases such as measles.
- 5 The doctor _____ a drug to the patient to help him sleep.

Exam practice: Reading – answering True/False/Not given questions – completing sentences

QUESTIONS 1–4

Do the statements 1–4 below agree with the information given in the following text? Write:

TRUE	<i>if the text confirms the statement</i>
FALSE	<i>if the text confirms the opposite of the statement</i>
NOT GIVEN	<i>if it is impossible to know from the text</i>

Tip: Look for synonyms for key terms.

Scientists from the UK and USA have recently reported that over the last 30 years the incidence of Type 2 diabetes has more than doubled. They estimate that nearly 350 million adults worldwide now have the disease. In every country studied, rates of diabetes had either remained the same or increased. The rise has been particularly acute in the Pacific Islands with up to thirty per cent of women in some areas suffering from the condition.

Type 2 diabetes is a chronic progressive condition which occurs when there is too much glucose in the blood, either because the pancreas does not produce enough insulin or because cells have become resistant to insulin. Complications resulting from diabetes include damage to kidneys, blindness, heart disease and strokes.

The condition is associated with obesity; however, nearly three-quarters of the rise has been attributed to longer lifespans and better diagnosis. Having a close relative with the disease is also a risk factor.

Type 2 diabetes has also become a major burden on health care systems around the world. Expenditure on treating the condition is projected to rise to over £30 billion annually within the next three years. However, a recent study has shown that if the condition is diagnosed within four years of onset, it can be reversed by following a low-calorie diet. Limiting food intake to 600 calories per day for eight weeks was shown to have a lasting effect on the majority of subjects who took part in the trial. For many, Type 2 diabetes can be cured – and it need not cost the earth.

- 1 More than twice as many adults have Type 2 diabetes as did thirty years ago.
- 2 Nearly a third of people in the Pacific Islands have diabetes.
- 3 Type 2 diabetes is a long-term illness which can be caused by insufficient insulin production.
- 4 The increase in Type 2 diabetes is partly due to greater life expectancy.

QUESTIONS 5–7

Complete the sentences 5–7 using **NO MORE THAN THREE WORDS** from the passage above.

- 5 Treating diabetes places a significant _____ on health care budgets.
- 6 If a person _____ with diabetes early, he or she can be cured.
- 7 Most people _____ in the low-calorie diet study made a good recovery.