



# MEDICAL ALERT!

## You have a cold

You wake up in the morning with an aching head, a **scratchy throat** and a **stuffy nose**. You have a cold! What should you do? If you aren't too sick, you could probably just stay in bed, take **cough drops** for your **sore throat**, an **over-the-counter medicine** for your nose and eat chicken **noodle** soup.

If you really feel bad, or have been sick for a couple of days, you'd better go to the doctor. You will have to **make an appointment**, and sometimes it's very hard to get one quick. Once you are in the **examining room**, the doctor will take your temperature with a **thermometer**, and listen to your heart with a stethoscope. He will then probably tell you to go home and go back to bed, because there isn't much a doctor can do for you if you have a cold.

**diarrhea**, perhaps from something you ate or drank. If you have a lot of headaches, it could be because you have a problem with your eyes. Then you would need to see an optometrist, who would test your eyes using an **eye chart**.



## More serious illnesses

If you have **severe, recurring** headaches, you may suffer from **migraines**. With a migraine, in addition to a really bad headache, you may also **be dizzy, nauseous** and sensitive to light. Headaches could also mean you have a **growth**, or **tumor** in your brain, but this is very rare. Tumors can be anywhere on the body, and can be either **cancerous** or not. The doctor would remove the tumor in an operation, and if it is cancer, you would probably have chemotherapy treatments to kill any cancer **cells** still in your body.

When you have an operation, you can either have it out-patient or in-patient. Out-patient operations are for small easy things, and mean you do not stay

overnight in the hospital. In-patient operations are for more serious problems and mean you will be staying in the hospital for at least a couple of days. If you have cancer, a **heart attack** or a **stroke**, you will probably be **admitted to the hospital** and have to stay until the doctor says you can go home.

What other diseases or illnesses can you get? If there is a certain substance like dust or pet **fur** that makes you **sneeze**, you may have allergies. If you have breathing problems, perhaps you have asthma. **Diabetes** is a chronic condition, which means you will always have it. If you have diabetes, your **pancreas** doesn't produce enough insulin which means you have too much glucose in your blood. A stroke is the sudden death of some brain cells because of **a lack of oxygen**. It occurs when there is a blockage that affects the **blood flow** to your brain.



## Injuries

If you just break a bone, you would probably go to an **emergency room** and would get a **plaster**. The emergency room is a hospital that treats emergencies, like people who have been injured in a car crash. If you think someone is having a heart attack or other medical emergency, you would either call an ambulance that would take them to the emergency room, or drive them there yourself. The US has one telephone number that is used for emergencies. It's 911, and if you dial it you can get help from the police, fire department or medical assistance.



If the doctor does think you need a specific medicine, he will write a **prescription** for it. You can take it to a pharmacy, and in the US or Great Britain, many grocery stores have pharmacies inside.

However, maybe the doctor finds out something else is wrong with you. You could have the flu, which is like a cold with a **fever**. The **stomach flu** is different, that's when you are **vomiting** or have



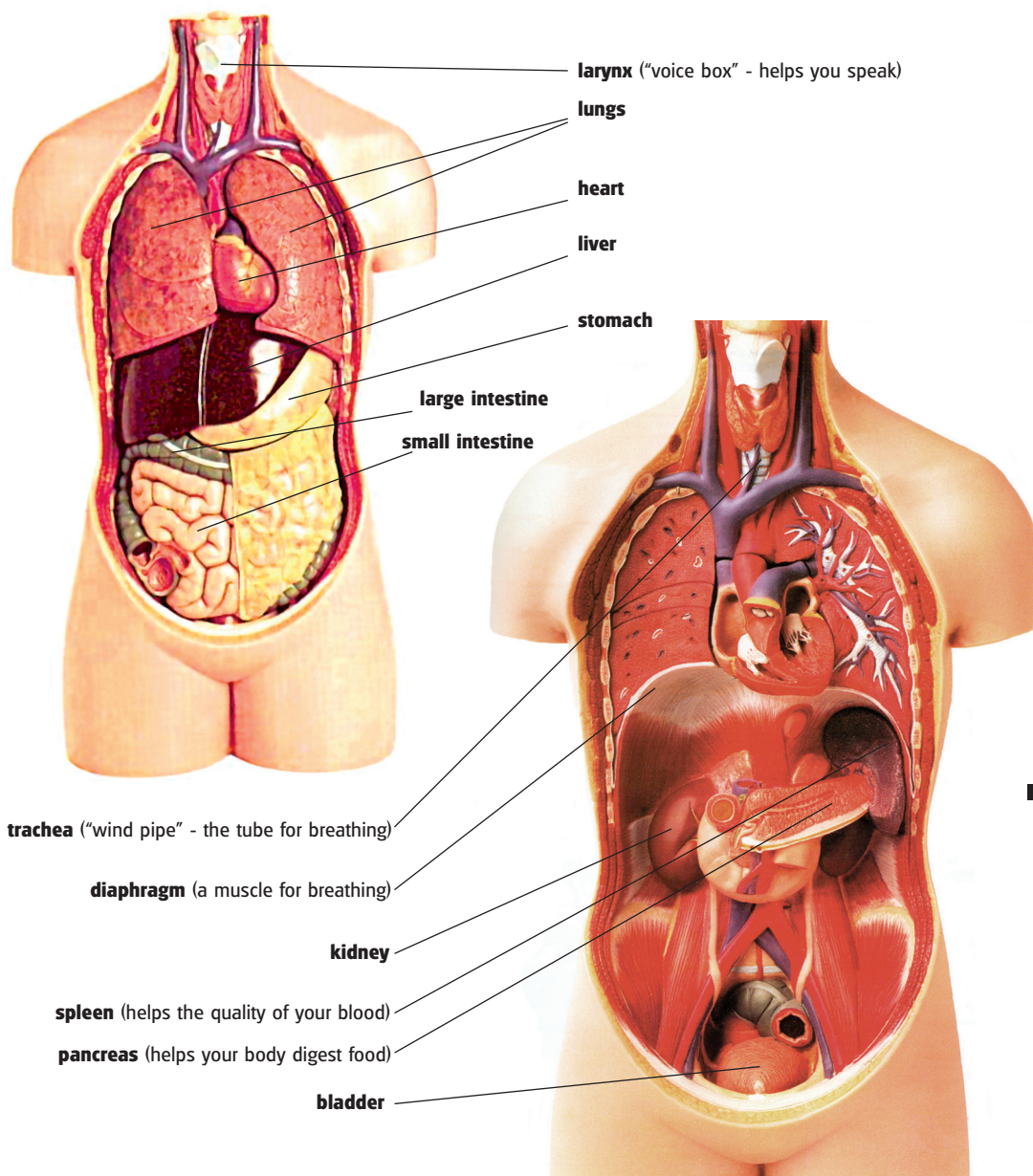
## Important organs of your body

Our bodies are very complicated, and while usually everything is fine, sometimes things can go wrong. If something is wrong on the inside of your body, it may involve one of your organs. The big organs are your **heart and lungs**. But the **stomach, small and large intestines, kidneys, bladder and liver** all play an important role in keeping your body functioning. It's important to treat these organs carefully, because they are the only ones you get. **If one of your organs fails**, you may be lucky enough to get a transplant. That's when an organ from someone else's body is implanted in to yours. This is major surgery, and you will have to take lots of medicine to make sure your body doesn't **reject** its new part.

When different parts of your body are working together, we say they form a system. For example, your cardiovascular system **is in charge of** moving blood throughout your body, while the immune system is responsible for finding and killing bacteria or other viruses that could make us sick. If you are getting sick, your body may warn you by showing you symptoms, like when you start to cough before you have a cold.

In order to prevent some diseases, you can get a **vaccine** or **shot**. Babies get lots of these so they don't get diseases like **polio**. Eating healthy food and exercising regularly can help keep all our body parts in top condition. Learning **first aid** will help you be able to help others who may be sick and injured. And remember, if you love your body, it will love you back!

Jacy Meyer (USA)



## vocabulary

**scratchy throat** ['skrætʃi θrəʊt] - škrábání v krku  
**stuffy nose** ['stʌfɪ] - ucpaný nos  
**cough drops** [kɒf] - kapky proti kašli  
**sore throat** [sɔː] - bolavý krk  
**over-the-counter medicine** ['kaʊntə 'meds(ə)n, 'medisɪn] - léky bez lékařského předpisu  
**noodle** ['nuːd(ə)l] - nudlová  
**to make an appointment** [ə'pɔɪntm(ə)nt] - domluvit si návštěvu (u lékaře)  
**examining room** [ɪg'zæmɪnɪŋ] - ordinace  
**thermometer** [θə'mɒmɪtə] - teploměr  
**prescription** [prɪ'skrɪpʃ(ə)n] - předpis  
**fever** ['fiːvə] - horečka  
**stomach flu** ['stʌmək fluː] - střevní chřipka  
**to vomit** ['vɒmɪt] - zvracet  
**diarrhea** [daɪə'riə] - průjem  
**eye chart** - zraková tabule (pro účel zkoušení zraku)  
**severe** [si'viə] - vážný  
**recuring** [ri'kɜːrɪŋ] - vracející se  
**migraine** ['miːgreɪn] - migréna  
**to be dizzy** ['dɪzi] - mít závrať  
**to be nauseous** ['nɔːsiəs] - trpět nevolností  
**growth** [grəʊθ] - výrůstek  
**tumor** ['tjuːmə] - nádor  
**cancerous** ['kæns(ə)rəs] - rakovinný  
**cell** [sel] - buňka  
**heart attack** [hɑːt ə'tæk] - infarkt  
**stroke** [strəʊk] - mrtvice  
**to admit to the hospital** - přijmout do nemocnice  
**fur** [fɜː] - chlupy

**to sneeze** [sniːz] - kýchat  
**diabetes** [daɪə'biːtiːz] - cukrovka  
**pancreas** ['pæŋkriəs] - slinivka břišní  
**a lack of oxygen** [læk 'ɒksɪdʒ(ə)n] - nedostatek kyslíku  
**blood flow** [blʌd fləʊ] - proudění krve  
**emergency room** [ɪ'mɜːdʒ(ə)nəsi] - pohotovost  
**plaster** - sádra  
**lungs** [lʌŋz] - plíce  
**stomach** - žaludek  
**small / large intestine** [ɪn'testɪn] - tenké / tlusté střevo  
**kidneys** ['kɪdnɪz] - ledviny  
**bladder** ['blædə] - močový měchýř  
**liver** ['lɪvə] - játra  
**if one of your organs fails** - pokud některý z vašich orgánů selže  
**to reject** [rɪ'dʒekt] - odmítnout  
**to be in charge of** - být zodpovědný za  
**vaccine** ['væksɪn] - očkování  
**shot** [ʃɒt] - injekce  
**polio** ['pəʊliəʊ] - obrna  
**first aid** [eɪd] - první pomoc

## British versus American English

**chemist's** (BrE) - **pharmacy, drugstore** (AmE)  
**chemist** (BrE) - **pharmacist, druggist** (AmE)  
**GP, general practitioner** (BrE) - **physician** (AmE)  
**health centre** (BrE) - **clinic** (AmE)  
**admissions** (BrE) - **admitting** (AmE)  
**operating theatre** (BrE) - **surgery, operating room** (AmE)  
**diarrhoea** (BrE) - **diarrhea** (AmE)  
**plaster** (BrE) - **cast** (AmE)