НАРОДНА УКРАЇНСЬКА АКАДЕМІЯ



ПЕРЕКЛАДАЦЬКИЙ ПРАКТИКУМ ПЕРЕКЛАД МЕДИЧНИХ ТЕКСТІВ (АНГЛІЙСЬКА МОВА)

НАРОДНА УКРАЇНСЬКА АКАДЕМІЯ

ПЕРЕКЛАДАЦЬКИЙ ПРАКТИКУМ ПЕРЕКЛАД МЕДИЧНИХ ТЕКСТІВ (АНГЛІЙСЬКА МОВА)

Для студентів ІІ курсу факультету «Післядипломної освіти», які навчаються за спеціальністю 035 Філологія (Переклад)

Харків Видавництво НУА 2021

УДК 811.133.1'25'36'37(075.8)

Затверджено на засіданні кафедри теорії та практики перекладу Народної української академії Протокол № 4 від 02.11.20 р.

Автор-укладач М.Ф.Чемоданова

Рецензент доц. В.В.Ільченко

Перекладацький практикум. Переклад медичних текстів для студентів факультету післядипломної освіти — Переклад / Нар. укр. акад., [каф. теорії і практики перекладу ; упоряд. М.Ф.Чемоданова]. — Х. : Вид-во НУА. — 48 с.

Збірник текстів призначено для аудиторної, самостійної та індивідуальної роботи слухачів курсу післядипломної освіти. Мета посібника — сформувати у студентів навички перекладу англійської мови на українськумедичних текстів,. Збірник укладено відповідно до програми курсу перекладу з англійської мови для студентів ПДО.

УДК 811.111'25'36

© Народна українська академія, 2021

Introduction

Medicinal translation is a very special niche in the translation services field. Unlike other fields, a translation mistake here may not just lead to an amusing slogan, a quirky misprint, or even some financial loss. A mistake in pharmaceutical translation could very well lead to the irreversible consequences of injury or death.

Translations are required at many different stages all throughout the research testing, patenting, and marketing process. In addition to the essential accuracy of the information in many different languages, the translation is often exceptionally time sensitive. Not only are many companies often competing for the same drug or drug process, but translation delays can cause backlogs, rejections, or even lawsuits. This doesn't even start to address the losses in time, money, and even human health and welfare that can be affected by delays getting the new pharmaceuticals to market.

The goal of medicinal translation is clear: you need an accurate, clear, understandable, culturally and regionally relevant translation of data into the target language. The consequences of receiving anything less could be catastrophic.

Content

Introduction	4
Unit 1. Medical education in the USA	6
Unit 2. Disease	11
Unit 3. Alzheimer's disease	12
Unit 4. Down syndrome	18
Unit 5. Migraine headaches	21
Unit 6. Anesthesia	24
Unit 7. Diabetes	27
Unit 8. Compulsive Hoarding	29
Articles	
Article 1. New Vaccine to Fight Polio	33
Article 2. How Healthy is Coffee Really?	36
Article 3. A Cure for the Common Cold?	38
Article 4. Obese Teenagers Show Signs of Heart Disease	41
Article 5. World Health Organisation Introduces Gaming Disorder.	43
Article 6. New Cancer Treatment Provides Hope for Patients	45
References.	48

Unit 1 Medical education in the USA

Task 1. Read and translate the text

Study the vocabulary

- 1. provide information- надавати інформацію
- 2. admittance-допуск, вхід
- 3. MCAT Medical College Admission Test вступний тест
- 4. average cost-середня вартість
- 5. treat disease -лікувати захворювання
- 6. doctors-in-training професійна лікарська підготовка
- 7. residency-ординатура
- 8. mini-med school медицинська школа
- 9. extend educational activities збільшувати освітню діяльність
- 10. referrals-напрям
- 11. aisle відділ

Medical education in the USA

It is not easy to become a doctor in the United States. The first step is getting into a medical college. More than one hundred twenty American schools offer study programs for people wanting to be doctors.

People can get advice about medical schools from many resources. One of these is a publication called "The Princeton Review." It provides information about colleges, study programs and jobs.

"The Princeton Review" says competition to enter medical schools is strong. American medical schools have only about sixteen thousand openings for students. However, more than two times this many seek entry. Many of those seeking admittance are women.

Most people seeking admission contact more than one medical school. Some applicants contact many. An important part of the application usually is the Medical College Admission Test, or MCAT. The Association of American Medical Colleges provides the test by computer. It is offered in the United States and in other countries.

The applicant is rated on reasoning, physical and biological sciences and an example of writing. Applicants for medical school need to do well on the MCAT. They also need a good record in their college studies.

People who want to become doctors often study a lot of biology, chemistry or other science. Some students work for a year or two in a medical or research job before they attempt to enter medical school.

An interview, or direct meeting, also is usually required for entrance to medical schools. This means talking with a school representative. The interviewer wants to know if the person understands the demands of life as a medical student and doctor in training. The interviewer wants to know about the person's goals for a life in medicine.

A medical education can cost a lot of money. One year at a private medical college can cost forty thousand dollars -- or more. The average cost at a public medical school is more than fifteen thousand dollars. Most students need loans to pay for medical school. Many finish their education heavily in debt.

Some Americans become doctors by joining the United States Army, Navy, Air Force or Public Health Service. They attend the F. Edward Hebert School of Medicine of the Uniformed Services University of the Health Sciences in Bethesda, Maryland. These students attend without having to pay. In return, they spend seven years in government service.

Doctors are among the highest paid people in the United States. Bigcity doctors who work in specialties like eye care usually earn the most money. Some other doctors earn far less. That is especially true in poor communities.

Most medical students spend their first two years mainly in classroom study. They learn about the body and all its parts. They also begin studying how to recognize and treat disease.

By the third year, students begin working with patients in hospitals. Experienced doctors who have treated many patients guide them as they work. As the students learn, they think about the kind of medical skills they will need to work as doctors.

During the fourth year, students begin contacting hospital programs for the additional training they will need after medical school. Competition to work at a top hospital is fierce.

Doctors-in-training in hospitals are known as interns or residents. Many are called interns during their first year. After that, the name of the job is "resident."

All fifty states require at least one year of hospital work for doctors-in-training educated at medical schools in the United States. Graduates of study programs at most foreign medical schools may have to complete two or three years of residency, although there are exceptions.

This month, about two hundred people will be taking classes at the Georgetown University School of Medicine, in Washington, DC. But these students have no interest in becoming a doctor.

The classes are being held at Georgetown University. And the teachers are medical school professors. But this is not exactly a medical school. The students are instead attending a mini-med school.

About seventy schools, research centers and hospitals in North America and Europe hold mini-med schools. America's National Institutes of Health Office of Science and Education says the information offered in such schools is the same that medical students receive, but less detailed. Mini-med schools offer classes that give students a wider, more general explanation of a disease.

Most of these schools are eight weeks long -- two hours a night once a week. Some give students a chance to visit laboratories, see films of operations and give them hands-on demonstrations.

Fifteen years ago, Herbert Herscowitz helped organize the mini-med school at Georgetown University. He wanted to invite people from the Washington area to the hospital and to meet its doctors. He says the university also wanted to improve relations with its neighbors.

HERBERT HERSCOWITZ: "We're an educational institution — we're offering education to our community neighbors and we'd love you to come and see what we do at Georgetown. I thought we could extend our educational activities beyond the walls of Georgetown to our community neighbors."

Herbert Herscowitz has been at Georgetown since nineteen seventy. Today, he is the Senior Associate Dean for Faculty and Academic Affairs at Georgetown University Medical Center. He remains involved with the mini-med school as its co-director.

Dean Herscowitz says the school has become increasingly popular. Over the past two or three years, all of its classes have been filled. Two hundred students pay one hundred dollars each to attend the eight class meetings.

Georgetown holds two mini-med schools every year — one in the spring, the other in autumn. The subjects differ from one season to the next, depending on what medical issues are in the news at the time. Dean Herscowitz says some students have been coming to the mini-med school for years.

HERBERT HERSCOWITZ: "We've got a number of groupies in this program – people who have come to it for several years, have sat through some of the same lectures over the years, but they keep on coming back. Now I don't know if this is a way for them to spend their Tuesday evenings – they have nothing else to do – or if it's a way for them to be educated about their health."

Dean Herscowitz says the classes at the mini-med school help people know more about their bodies. The classes also help them ask the right questions when they see their doctor.

HERBERT HERSCOWITZ: "People attend to become educated about their own illnesses and their family illnesses. The lecturer will usually spend the break talking to people, (who) say that friend of mine

has this, you know just like you might expect. There are a lot of referrals that are given out at that time and there are a lot of questions that say 'you better see your doctor - I'm not gonna give you any advice at this point."

Dean Herscowitz says the school has had students as young as twelve years old. But most of the students, he says, are older and retired. Some retired medical doctors who have been out of school for many years attend the classes to learn the latest medical science. Other people attend classes to see if they want to go to medical school and become a doctor.

Dean Herscowitz says the students receive a diploma when the program ends.

HERBERT HERSCOWITZ: "We have a graduation exercise at the end of the session, where my co-director and I march down the aisle in full academic regalia. We go through the process as it would be at a medical school graduation, where I bestow upon them the degree of doctor of mini-medicine with all rights and entitlements thereof."

While the diploma is not really worth anything, some students put it on the wall in their office or home.

Task 2. Listen the text and fill in the gaps

https://classroom.google.com/c/MzAwOTMyNTA0OTY5/a/MzAwOTMyNTA1MDQ4/details

"The classes are being held at Georgetown University. And the
teachers are medical school professors. But this is not exactly a medical
school. The students are instead attending a mini-med school.
About seventy schools, research centers and in North
America and Europe hold mini-med schools. America's National
Institutes of Health Office of Science and Education says the information
offered in such schools is the same that medical students, but
less detailed. Mini-med schools offer classes that give students a wider,
more general explanation of a disease.
Most of these schools are eight weeks long two hours a night once
a week. Some give students a chance to visit laboratories, see films of
operations and give them hands-on
Fifteen years ago, Herbert Herscowitz helped organize the mini-med
school at Georgetown University. He wanted to invite people from the
Washington area to the hospital and to meet its doctors. He says the
university also wanted torelations with its neighbors.

we're offering education to our community neighbors and we'd love you to come and see what we do at Georgetown. I thought we could

HERBERT HERSCOWITZ: "We're an educational institution -

our educational activities beyond the walls of Georgetown to our community neighbors."

Herbert Herscowitz has been at Georgetown since nineteen seventy. Today, he is the Senior Associate Dean for Faculty and Academic Affairs at Georgetown University Medical Center. He remains involved with the mini-med school as its co-director.

Dean Herscowitz says the school has become_____popular. Over the past two or three years, all of its classes have been filled. Two hundred students pay one hundred dollars each to attend the eight class ..."

Task 3. Translate the following expressions:

- 1. seeking admittance
- 2. medical schools
- 3. to treat disease
- 4. hospital programs
- 5. hands-on demonstrations
- 6. mini-med schools
- 7. medical issues
- 8. a number of groupies in the program
- 9. to receive a diploma
- 10. graduation exercise
- 11. degree of doctor of mini-medicine

Unit 2 Disease

Task 1. Read and translate the text

$\frac{https://classroom.google.com/c/MzAwOTMyNTA0OTY5/a/MzAwOT}{M0MTQ1Mzg4/details}$

Study the vocabulary

- 1. abnormal
- 2. injury
- 3. pathogens
- 4. hypersensitivity
- 5. afflicted
- 6. behaviors
- 7. non-communicable
- 8. anxiety

A disease is a particular abnormal condition that negatively affects the structure or function of all or part of an organism, and that is not due to any immediate external injury. Diseases are often known to be medical conditions that are associated with specific signs and symptoms. A disease may be caused by external factors such as pathogens or by internal dysfunctions. For example, internal dysfunctions of the immune system can produce a variety of different diseases, including various forms of immunodeficiency, hypersensitivity, allergies and autoimmune disorders.

In humans, disease is often used more broadly to refer to any causes pain, dysfunction, distress, social condition that problems. or death to the person afflicted, or similar problems for those in contact person. In this broader sense. it sometimes includes injuries, disabilities, disorders, syndromes, infections, isolated symptoms, deviant behaviors, and atypical variations of structure and function, while in other contexts and for other purposes these may be considered distinguishable categories. Diseases can affect people not only physically, but also mentally, as contracting and living with a disease can alter the affected person's perspective on life.

Death due to disease is called death by natural causes. There are four main types of disease: infectious diseases, deficiency diseases, hereditary diseases (including both genetic diseases and non-genetic hereditary diseases), and physiological diseases. Diseases can also be classified in other ways, such as communicable versus non-communicable diseases.

The deadliest diseases in humans are coronary artery disease (blood flow obstruction), followed by cerebrovascular disease and lower respiratory infections. In developed countries, the diseases that cause the most sickness overall are neuropsychiatric conditions, such as depression and anxiety.

Task 2. Translate the following expressions:

- 1. abnormal condition
- 2. external injury
- 3. internal dysfunctions
- 4. autoimmune disorders.
- 5. atypical variations
- 6. hereditary diseases
- 7. deadliest diseases
- 8. neuropsychiatric conditions

Task 3. Translate into English

Смерть від хвороби називається смертю з природних причин. Існує чотири основних види хвороб: інфекційні хвороби, дефіцитні захворювання, спадкові хвороби (включаючи як генетичні, так і негенетичні спадкові захворювання), а також фізіологічні захворювання. Хвороби можуть також класифікуватися іншими способами, такими як інфекційні та неінфекційні захворювання.

Unit 3 Alzheimer's disease

Study the vocabulary

- 1. infection-інфекція
- 2. sight-зір, погляд
- 3. іпјигу-травма
- 4. lung -легені
- 5. victims -жертва
- 6. ability-здібність
- 7. cholinesterase- холінестераза ацетилхолінестерази
- 8. inhibitors- інгібітори сповільнювачі
- 9. memantine-мемантін
- 10. amyloid plaques-амілоїдні бляшки

Alzheimer's disease

September twenty-first is World Alzheimer's Day. The theme for the observance this year is "Diagnosing Dementia: See It Sooner." The goal is early identification of the disease so those affected get the treatment they need. Around the world, there will be walks to raise money for medical research. Training courses and educational meetings also are planned. In the United States, for example, more than twenty thousand teams are preparing for what organizers call memory walks. Singapore will hold public events in at least three languages: English, Malay and Mandarin. And, Barbados will mark World Alzheimer's Day with events like a religious service, a health fair and performances by musicians.

An estimated thirty million people around the world have Alzheimer's disease. In the United States alone, more than five million people are said to suffer from this slowly increasing brain disorder.

Alzheimer's affects memory and personality -- those qualities that make a person an individual. There is no known cure. Victims slowly lose their abilities to deal with everyday life. At first, they forget simple things, like where they put something or a person's name. As time passes, they forget more and more. They forget the names of their husbands, wives or children. Then they forget who they are.

Finally, they remember almost nothing. It is as if their brain dies before the other parts of the body. Victims of Alzheimer's do die from its effects or conditions linked to it. But death may not come for many years.

Alzheimer's disease is the most common disability or mental sickness called dementia. Dementia is the loss of thinking ability that is severe enough to interfere with daily activities. It is not a disease itself. Instead, dementia is a group of signs of some conditions and diseases.

Some kinds of dementia can be cured or corrected. This is especially true if they result from drugs, infection, sight or hearing problems, head injury, and heart or lung problems. Other kinds of dementia can be corrected by changing levels of hormones or vitamins in the body. However, brain cells of Alzheimer's victims die and are not replaced.

Victims can become angry and violent as the ability to think and remember decreases. They sometimes shout and move with no purpose or goal. Media reports tell about older adults found walking in places far from their homes. They do not know where they are or where they came from. These people often are suffering from Alzheimer's disease.

Alzheimer's generally develops differently in each person. Yet some early signs of the disease are common. The victims may not recognize changes in themselves. Others see the changes and struggle to hide them.

Probably the most common early sign is short-term memory loss. The victim cannot remember something that happened yesterday, for example. Also, victims of the disease have increasing difficulty learning and storing new information. Slowly, thinking becomes much more difficult. The victims cannot understand a joke, or cannot cook a meal, or perform simple work.

Another sign of the disease is difficulty solving simple problems. Alzheimer's patients might not know what to do if food on a stove is burning. Also, people have trouble following directions or finding their way to places they have known all their lives.

Yet another sign is struggling to find the right words to express thoughts or understand what is being discussed. Finally, people with Alzheimer's seem to change. Quiet people may become noisy and aggressive. They may easily become angry and lose their ability to trust others.

Alzheimer's disease normally affects people more than sixty-five years old. But rare cases have been discovered in people younger than fifty.

Alzheimer's is identified in only about two percent of people who are sixty-five. But the risk increases to about twenty percent by age eighty. By eighty five or ninety, half of all people are found to have some signs of the disease.

Alzheimer's affects people of all races equally. Yet women are more likely to develop the disease than men. This is partly because women generally live longer than men.

There is no one, simple test to show if someone has Alzheimer's disease. Social workers and mental health experts sometimes test for memory and judgment. Patients may be asked to identify smells like smoke, natural gas or fruits. Some scientists say a weakened ability to

identify smells may be involved. They believe it might show possible development of Alzheimer's.

Doctors who suspect a patient has Alzheimer's must test the person for many other physical problems first. Alzheimer's is considered if the tests fail to show the existence of other problems. The only way to be sure a person has Alzheimer's is to examine the victim's brain after death.

People who care for Alzheimer's patients may become extremely tired physically and emotionally. Families often can get advice and emotional support from local groups. The Alzheimer's Disease Education and Referral Center and the Alzheimer's Association provide information and support.

Another group, Alzheimer's Disease International, lists ten symptoms of the disease on its Web site. The list shows the difference between these signs of normal aging and the possibility of developing Alzheimer's.

Patients cannot fully recover from the disease. But many can be helped by medicine. That is especially true if the disease is found early.

America's Food and Drug Administration has approved several drugs to treat symptoms of the disease. The drugs are of two kinds. A doctor must order these medicines for patients. Most are called cholinesterase inhibitors.

Cholinesterase inhibitors may work by protecting a chemical messenger needed for brain activities. They are meant to treat memory, thinking, language, judgment and other brain activity. They are used for mild to moderate cases of the disease.

The second kind of drug has a long name. It is represented by the drug memantine. This medicine seems to work by governing the activity of a chemical involved in information processing, storage and memory. It treats patients with moderate to severe Alzheimer's.

The British writer Iris Murdoch died of Alzheimer's disease. She said it was a dark and terrible place.

The two thousand-seven film "Away From Her" tells what happens to one marriage when a partner suffers from the disease. Julie Christie was nominated for the Academy Award for Best Actress for playing the patient. Listen as she describes the pain of her mental condition.

JULIE CHRISTIE: "Half the time I wander around looking for something I can't remember what it is. Everything is gone."

It has been more than a century since a German doctor, Alois Alzheimer, told about a dementia patient whose brain was studied after death. Her brain had sticky structures and nerve cells that appeared to be mixed together.

Later studies showed these nerves are made of a protein that changes so it sticks together in groups. The sticky structures were shown to be amyloid plaques.

Scientists are still not sure what causes Alzheimer's disease. The leading theory blames amyloid plaques. Still, a theory exists that amyloid plaques are an effect of the disease, not the cause.

Work continues on possible genetic causes. This month, two teams of European researchers said they identified new genetic markers linked to Alzheimer's disease. The teams worked separately. Their findings were reported in the journal Nature Genetics.

The newly-found genetic markers may affect a person's risk of developing Alzheimer's. Until now, only four genes had been linked with the disease. They provided a better understanding of the disease process, but no immediate treatment.

Task 2. Listen the text and fill in the gaps

 $\frac{https://classroom.google.com/c/MzAwOTMyNTA0OTY5/a/MzAwOTM}{0MTQ1NDE1/details}$

"It has been more than a century since a German doctor, Alois
Alzheimer, told about a patient whose brain was studied
after death. Her brain had sticky structures and nerve that
appeared to be mixed together.
Later studies showed these nerves are made of a protein that changes
so it sticks together in groups. The structures were shown
to be amyloid plaques.
Scientists are still not sure what causes Alzheimer's disease. The
leading theory blames amyloid plaques. Still, a theory exists that amyloid
plaques are an effect of the disease, not the
Work continues on possible genetic causes. This month, two teams
of European researchers said they identified new genetic markers linked
to Alzheimer's disease. The teams worked Their findings
were reported in the journal Nature Genetics.

Task 3. Translate the following expressions:

- 1) suffer from this slowly increasing brain disorder.
- 2) to affect memory
- 3) to lose abilities
- 4) mental sickness
- 5) signs of some conditions

- 6) sticky structures
- 7) amyloid

Task 4. Translate into English

Інгібітори холінестерази можуть працювати, захищаючи хімічний посильний, необхідний для діяльності мозку. Вони призначені для лікування пам'яті, мислення, мови, суджень та іншої активності мозку. Вони використовуються в легких і помірних випадках захворювання.

Другий вид ліків має довгу назву. Він представляє собою наркотик - мемантін. Цей препарат, здається, працює, керуючи діяльністю хімікату, який бере участь в обробці інформації, зберіганні і пам'яті. Він лікує пацієнтів з помірною та важкою формою хвороби Альцгеймера.

Unit 4 Down syndrome

Study the vocabulary

- 1. cells -клітини
- 2. chromosome xpomocoma
- 3. angle кут нахилу
- 4. treatable- виліковний, зручний для обробки
- 5. curable-виліковний
- 6. mental retardation-розумова відсталість

Down syndrome

Human genes are normally organized along forty-six chromosomes in our cells, twenty-three from each parent.

But some people are born with an extra copy of the twenty-first chromosome. This third copy is a result of a mistake in cell division. The name for this condition is Down syndrome.

A British doctor named John Langdon Down first described it in the eighteen sixties. An estimated three hundred fifty thousand people in the United States have Down syndrome.

Many babies with Down syndrome have low muscle tone, so they need extra support when they are held. Their heads are smaller than average and they can have unusually shaped ears. Also, their eyes often angle upward.

People with Down syndrome often have other conditions. These include problems with their heart and with their breathing and hearing. A lot of these conditions, though, are treatable.

About one in every one hundred people with Down syndrome will develop leukemia, a cancer of the blood. But the National Down Syndrome Society says many of these cases are curable as well.

As a result, people with Down syndrome are living longer. In the early nineteen eighties they lived an average of just twenty-five years. Today the life expectancy for someone with Down syndrome is sixty years.

But with that longer life, people with Down syndrome may have an increased risk for Alzheimer's disease at an early age. An estimated twenty-five percent of those thirty-five and older show signs of the brainwasting disease. It slowly destroys memory, thinking and reasoning skills. Alzheimer's is usually not found in the general population until people are over the age of sixty-five.

Down syndrome is the most common genetic cause of mental retardation. Most people with Down syndrome are mildly to moderately retarded. Many, however, are able to attend regular classes with other students. And later, as adults, many are able to hold jobs and lead independent lives.

There are tests that can be done to look for Down syndrome during pregnancy.

The risk of having a baby with Down syndrome increases with the mother's age. The rate is one in every one thousand two hundred births at age twenty-five. At thirty-five it rises to one in three hundred fifty births. And at forty-five the rate is one in thirty.

Task 2. Listen the text and fill in the gaps

https://classroom.google.com/c/MzAwOTMyNTA0OTY5/p/MzM0NjU4ODE0ODI0/details

People with Down syndrome often have other_____. These include problems with their heart and with their breathing and hearing. A lot of these conditions, though, are treatable.

About one in every one hundred people with _____ syndrome will develop leukemia, a cancer of the blood. But the National Down Syndrome Society says many of these cases are curable as well.

As a result, people with Down syndrome are living longer. In the early nineteen eighties they lived an average of just twenty-five years. Today the life expectancy for someone with Down syndrome is sixty years.

But with that longer life, people with Down syndrome may have an increased risk for Alzheimer's disease at an early age. An estimated twenty-five percent of those thirty-five and older show signs of the brainwasting disease. It slowly destroys ______, thinking and reasoning skills. Alzheimer's is usually not found in the general population until people are over the age of sixty-five.

Down syndrome is the most common genetic cause of mental retardation. Most people with Down syndrome are mildly to moderately retarded. Many, however, are able to attend regular classes with other students. And later, as ______, many are able to hold jobs and lead independent lives.

Task 3. Translate the following expressions:

1) low muscle tone

- 2) breathing and hearing
- 3) a cancer of the blood
- 4) the life expectancy
- 5) the brain-wasting disease
- 6) to hold jobs

Task 4. Translate into English

У людей з синдромом Дауна часто бувають і інші захворювання. До них відносяться проблеми з серцем, диханням і слухом. Однак багато хто з цих захворювань піддаються лікуванню.

Приблизно у кожного сотні людей з синдромом Дауна розвивається лейкемія, рак крові. Але Національне товариство по боротьбі з синдромом Дауна каже, що багато хто з цих випадків також виліковні.

Unit 5 Migraine headaches

Study the vocabulary

- 1. disabling відключення, інвалідність
- 2. trigger -тригер, запуск
- 3. the emergency room -пункт швидкої допомоги
- 4. evidence-докази
- 5. pressure-тиск
- 6. strokes-інсульт

A migraine headache can cause disabling pain. People may not feel back to normal for hours or even days.

Migraine headaches are most common among young adults and middle-aged people. In the United States, about eighteen percent of women and six percent of men report having migraines.

People who suffer from migraines can find that different "triggers" in different people may get a headache started. Stress can act as a trigger. So can chocolate in some people.

Many migraine sufferers say hot weather and low barometric pressure can act as triggers. But researchers say they did not have much scientific evidence of that -- until now.

In a new study, a team examined the medical records of seven thousand hospital patients. The patients had visited the emergency room at Beth Israel Deaconess Medical Center in Boston, Massachusetts, because of a headache. More than two thousand of them had been found to have a migraine.

The team then compared those records to weather conditions in the twenty-four hours before the hospital visits. For every increase of five degrees Celsius in air temperature, the patients had a seven and one-half percent higher risk of migraine. Decreases in barometric pressure two to three days before the visit also appeared to trigger headaches, but to a lesser extent.

The researchers found no evidence that air pollution influenced headaches. But they could not rule out the possibility of a smaller effect similar to that seen earlier for strokes.

Kenneth Mukamal of Beth Israel Deaconess and Harvard Medical School led the study, reported in the journal Neurology.

A separate study has found that age, gender and where a person has extra body fat may affect the risk of migraine. It found that overweight people between the ages of twenty and fifty-five may have a higher risk.

On average, those who were larger around the middle were more likely to have migraines than those of the same age with smaller waistlines.

The study involved twenty-two thousand people. It was led by Lee Peterlin of Drexel University College of Medicine in Philadelphia, Pennsylvania. She says early results suggest that losing weight in the stomach area may help younger people who experience migraines, especially women. The findings will be presented in a few weeks at the American Academy of Neurology meeting in Seattle, Washington.

Task 2.Listen the text and fill in the gaps

$\frac{https://classroom.google.com/c/MzAwOTMyNTA0OTY5/a/MzAwOT}{M0MTQ1NDUx/details}$

People who from migraines can find that different "triggers" in different people may get a headache started. Stress can act as a So can chocolate in some people.
Many migraine sufferers say hot weather and low barometric pressure can act as triggers. But researchers say they did not have much scientific evidence of that until now.
In a new study, a team examined therecords of seven thousand hospital patients. The patients had visited the room at Beth Israel Deaconess Medical Center in Boston, Massachusetts, because of a headache. More than two thousand of them had been found to have a migraine.
The team then compared those records to weather in the twenty-four hours before the hospital visits. For every increase of five degrees Celsius in air temperature, the patients had a seven and one-half percent higher risk of migraine. Decreases in pressure two to three days before the visit also appeared to trigger headaches, but to a lesser extent.

Task 3.Translate the following expressions:

- 1. disabling pain
- 2. act as a trigger
- 3. scientific evidence
- 4. risk of migraine
- 5. overweight people

6. experience migraines

Task 4.Translate into English

Окреме дослідження показало, що вік, стать і то, де у людини ε зайвий жир, можуть впливати на ризик мігрені. Було встановлено, що люди з надмірною вагою у віці від двадцяти до п'ятдесяти п'яти років можуть мати більш високий ризик. В середньому у тих, хто був більше середнього віку, ймовірність мігрені була вище, ніж у тих, хто був того ж віку з меншою талією.

Unit 6 Anesthesia

Study the vocabulary

- 1) receive -отримувати
- 2) fluid -рідина
- 3) a wound -рана
- 4) the spine -хребет
- 5) amount of -кількість
- б) windpipe-трахея

Anesthesia is used during operations and other medical procedures to block pain signals from traveling through the nervous system. The kind of anesthesia that patients receive depends on their condition and the kind of procedure they need.

Local anesthesia is used to make a small area of the body lose feeling. Usually, local anesthesia is for minor procedures, like fixing a tooth or closing a wound. The person remains fully awake.

Regional anesthesia is used to block pain in a large area of the body. For example, when a woman is giving birth, she might request an epidural anesthesia. It is injected into the fluid in the spine. It acts on the lower half of the body.

General anesthesia makes a person fall asleep. This is known as being "put under." The drugs are injected into the blood or breathed as gas. General anesthesia also blocks memory.

People are not supposed to remember an operation when they wake up. In rare cases, they do. The Mayo Clinic says patients may have a sense of their surroundings during about one-fifth of one percent of all operations. It says they generally do not feel pain, but may wish to talk to a mental health provider if the memories trouble them.

An anesthesiologist is a doctor specially trained to give anesthesia. During an operation, the anesthesiologist will observe the patient's heart rate, blood pressure and amount of oxygen in the blood. A breathing tube may be put into the person's windpipe. The tube is connected to a respirator machine.

There are, of course, risks to anesthesia. People can have different reactions to the drugs. Mistakes can happen. But medical experts say the safety of anesthesia has greatly improved.

The Mayo Clinic says not too long ago, one in ten thousand cases resulted in death. Now, it says, the number is one in two hundred fifty thousand.

The experts say everyone's experience with anesthesia is different. To reduce the risks, the Mayo Clinic says open communication is important among the patient and the doctors before an operation.

Patients can expect questions like: What is your current health? What medications do you take? Do you smoke or drink alcohol? Do you know if you have any allergies to foods or medicines? And what experiences have you had in the past with anesthesia?

Task 2. Listen the text and fill in the gaps

https://classroom.google.com/c/MzAwOTMyNTA0OTY5/a/MzAwOTM0MTQ1NTE5/details

People are not supposed to remember an	_ when they wake
up. In rare cases, they do. The Mayo Clinic says pat	cients may have a
sense of their surroundings during about one-fifth of	one percent of all
operations. It says they generally do not feel, bu	t may wish to talk
to a mental health provider if the memories trouble then	1.
An anesthesiologist is a doctor specially trained t	o give anesthesia.
During an operation, the will observe the pa	atient's heart rate,
blood pressure and amount of oxygen in the blood. A b	reathing tube may
be put into the person's windpipe. The tube is connec	ted to a respirator
machine.	
There are, of course, risks to anesthesia. People	can have different
reactions to the Mistakes can happen. But medi-	cal experts say the
safety of anesthesia has greatly improved.	
The Mayo Clinic says not too long ago, one in to	en thousand cases
resulted in death. Now, it says, the number is one in	two hundred fifty
thousand.	
The experts say everyone's with anesthesi	a is different. To
reduce the risks, the Mayo Clinic says open communic	ation is important
among the patient and the doctors before an operation.	

Task 3. Translate the following expressions:

- 1. medical procedures
- 2. the kind of procedure
- 3. fully awake
- 4. the fluid in the spine
- 5. sense of surroundings

- 6. the patient's heart rate
- 7. the person's windpipe
- 8. current health

Task 4. Translate into English

Анестезіолог - це лікар, спеціально навчений давати анестезію. Під час операції анестезіолог спостерігає за серцевим ритмом, кров'яним тиском і кількістю кисню в крові пацієнта. В дихальну трубку пацієнта може бути вставлена дихальна трубка. Трубка підключається до апарату штучного дихання.

Unit 7 Diabetes

Study the vocabulary

- 1. to urge
- 2. a resolution
- 3. kidney disease

Today is World Diabetes Day, part of a campaign to urge governments to do more to fight the disease. Organizers warn of a diabetes epidemic affecting two hundred forty-six million people worldwide.

Last December the United Nations passed a resolution to observe World Diabetes Day every November fourteenth. The International Diabetes Federation and the World Health Organization began the event in nineteen ninety-one. The federation is an alliance of diabetes groups. It also has partnerships with drug companies.

People with diabetes have too much glucose, or sugar, in their blood. The body changes food into glucose for energy with the help of insulin, a hormone. In diabetics, the body produces little or no insulin or has trouble using the insulin that is produced.

As a result, too much glucose remains in the blood instead of entering cells. Over time, the disease can cause blindness, kidney disease and nerve damage. It also can lead to strokes and heart disease.

People with type one diabetes need insulin injections. Many with type two do not. Instead, it can be controlled through diet, exercise and treatment. And people may be able to prevent it.

This year's World Diabetes Day campaign is about children and adolescents. One of the organizers is Doctor Francine Kaufman. She traveled around the world for a film called "Diabetes: A Global Epidemic." The Discovery Health Channel will show it on Sunday.

Type two diabetes used to appear mostly in adults, but now more and more children have it. Doctor Kaufman says it is spreading as more people rise out of poverty in developing countries -- for example, India.

FRANCINE KAUFMAN: "They're in cars all day long, and they've got satellite dishes outside their houses. They are eating more food, and more westernized food and getting overweight and developing diabetes."

She says another place where diabetes is spreading is South Africa.

FRANCINE KAUFMAN: "We were in the townships and people were overweight. There is more food available than has been in the past.

And people are getting on buses and going to offices and not necessarily being as physically active as they have been in the past."

Doctor Kaufman says solutions must be developed country by country and patient by patient. In Brazil, for example, a health clinic holds dances to get diabetes patients more active. Doctor Kaufman says the message of World Diabetes Day is that the disease is manageable and, in the case of type two diabetes, preventable.

Unit 8 Compulsive Hoarding

Many people in the United States are looking forward to the return of spring. During this season, millions of Americans do what is known as spring cleaning. They open windows in their homes to let in fresh air. They use cleaning products that make their homes smell nice. And they organize their belongings.

Some Americans have a strong desire to clean up their homes. This can also be called removing clutter. Clutter can be described as a disorganized collection of things. To remove clutter means to throw away the things you do not want. Then, organize the things you have decided to keep.

In recent years, it has become easy to find information on how to attack clutter. There are books and even television programs on the subject. Specialty stores sell containers and boxes for storing things around the house.

Some Americans pay people to come to their home to remove clutter. Such people provide advice on what to keep and what to throw away. They also help with organizing things. However, the services of a professional organizer can be costly. Such services can cost up to two hundred dollars an hour.

Some people have serious problems with clutter. They have a mental disorder called compulsive hoarding syndrome. Hoarding is the gathering of objects and not being able to throw them away. Most people would say the objects are useless or worthless. However, hoarders believe the objects could be useful some day. They may even develop an emotional connection to such things.

Hoarders are afraid to throw away things. Yet they continue to bring more and more things into their homes. They may save objects such as newspapers, clothing, and even old food.

Hoarders live with so much clutter it may endanger their physical health. Dirt, insects, and bacteria that form over a period of time can cause sickness.

Safety experts say the homes of hoarders often are unsafe. A room filled with newspapers, for example, can cause floor supports to break down. In many cases, a room is filled from top to bottom with useless things. There is only a small space to walk from one end of the room to the other.

One of the most famous hoarding cases involved two brothers in New York City. Homer and Langley Collyer were found dead in their home in nineteen forty-seven. Langley Collyer was buried under what appeared to be a mountain of old newspapers. The weight of the newspapers crushed him. Langley was Homer's caretaker. Medical experts believed Langley had been dead for several days before his brother Homer died of starvation.

Police found the home was filled with thousands of unused books, pieces of wood, and skins from large fruits and vegetables. The two brothers also saved pipes and very large automobile parts.

Compulsive hoarding can have a severe effect on a family. Family members who share a home with the hoarder cannot understand why their loved one keeps so many useless and sometimes dangerous things. It prevents the family from enjoying their home. Experts say the hoarder should make a greater effort to keep the home clean and organized. However, it is not that simple.

Randy Frost is a psychologist at Smith College in Massachusetts. He also has studied hoarding. Mr. Frost says it is more than a mental disorder. He says hoarding is a public health problem.

Collecting waste, food or materials that can cause fires creates serious health risks. In the United States, hoarding violates laws that were created to protect public safety and property. Some cities have formed groups to deal with the problems caused by hoarding. Each group usually has representatives from one or more government agencies.

Agency officials say they often hear about hoarders from citizens who live near someone affected with the disorder. The citizens no longer want to see broken household equipment or old clothing lying on property near their homes.

Persons suffering from compulsive hoarding syndrome do not only collect objects. Some collect cats, dogs or other animals. Most animal hoarders believe they are rescuing the animals with the purpose of caring for them. However, hoarders do not realize when they have too many animals. They are really doing more harm than good. They may not be able to provide medical care for the animals. Some animals may not be washed or fed.

Officials have been shocked at the condition of the homes of animal hoarders. Floors were covered with animal wastes. Infectious diseases were a problem. Some animals were found starving, while others had died.

An animal hoarder usually collects other things, such as clothing or magazines. Experts suspect that many hoarders have had uncaring parents or disorderly lives as children. The animals serve as a way for hoarders to get the love they always wanted.

Compulsive hoarding syndrome affects an estimated one million people in the United States. Compulsive hoarding is most commonly connected to obsessive-compulsive disorder, or O.C.D. This disorder causes people to have ideas that interfere with their daily activities. Such persons act on these ideas, even when they know the resulting actions are senseless.

For example, fear of being dirty may cause persons with O.C.D. to wash their hands again and again. They may inspect things repeatedly, like making sure all electrical devices are turned off.

Sanjaya Saxena is director of the Obsessive-Compulsive Disorders Program at the University of California at San Diego School of Medicine. He says hoarders have high levels of uneasiness, depression and a need to be perfect.

In a recent paper, Professor Saxena reported discovery of an effective treatment for patients who suffer from compulsive hoarding. The study included seventy-nine patients with O.C.D. Thirty-two of them had compulsive hoarding syndrome. The study found that the drug paroxetine was effective in treating those suffering from compulsive hoarding. Researchers say the study suggests that more controlled studies of medicines to treat the disorder could offer more improvements.

Professor Saxena also led an earlier study of the disorder. In that study, he and his team used images from a process called positron emission tomography to measure brain activity. They compared images of the brains of hoarders to those from other persons with O.C.D.

The hoarders had lower activity in an area of the brain called the anterior cingulated gyrus. This area helps to control decision-making and the ability to solve problems. The study suggested that different medicines could improve the success of treatment.

Recently, another study identified a possible genetic marker for compulsive hoarding. The American Journal of Psychiatry published results of the study.

The lead researcher was Jack Samuels of the Johns Hopkins Hospital in Maryland. He and his team studied more than two hundred families with O.C.D. The researchers found evidence suggesting that an area of genes on chromosome fourteen was linked with compulsive hoarding. They said the linkage became stronger when two or more family members affected with compulsive hoarding were tested.

Treatment of compulsive hoarding is very difficult. It may involve medicines and working with a mental health expert. The expert helps hoarders to understand their actions of saving worthless things. Patients are taught to develop a plan for organizing. They learn how to decide what to throw away. They learn to resist the urge to bring home more things.

Experts suggest taking a picture of the area to be organized before and after the work is completed. They say this will provide the patient with a feeling of progress. They also say the treatment program, changes in the way of thinking, and improved decision-making skills will help the patient for a long time.

Article 1 New Vaccine to Fight Polio

Words

according to за словами

besides крім саse справа сепtury сотрава битва

common загальний сайт

completely повністю сonstantly постійно внесок

decrease зменшуватися deform спотворювати developed country розвинута країна відкрити для себе

disease хвороба dose доза ліки

effective діючий сайт especially особливо вакцинація infectious заразний

mass vaccination масова вакцинація overcrowded переповнений паралізувати

pharmaceutical company фармацевтична фірма

protect захищати recently нещодавно

research study наукове дослідження scientist науковий співробітник

significantзначимийspreadпоширенийsymptomсимптомtargetцільової

throughout протягом усього сайту

vaccine вакцина vanish зникати

widespread широко поширений сайт

wipe out зачищати

Scientists have created a new polio vaccine that may help wipe out the disease altogether.

A research study has shown that the new vaccine already produces better results at protecting children than the common polio vaccine. It has already been tested in Afghanistan, India and Nigeria.

Polio an infectious disease which can deform bodies is and paralyze children. It mostly hits children under the age of 5 and can spread quickly in overcrowded areas with poor sanitation. There is no cure for polio. Polio is especially hard to combat because about 90% infected have no symptoms at all. The disease was first discovered in 1840. Throughout the 19th century and the first half of the twentieth century polio was the most widespread disease among children.

After mass vaccination programs started in the 1950s polio vanished in developed countries but it has all but disappeared in poor countries of Asia and Africa.

The number of polio cases has been going down constantly in the last 20 years. In 1988 there were still 350,000 polio cases in about 125 countries around the world. In 2009 the number has dropped to 1600 cases in four countries.

Recently, researchers have carried out experiments on new born babies in India. According to the results, the new drug is about 30% more effective than the older one. Besides the new vaccine, immunization programs in Third World countries have the significant decrease in also contributed to polio. Pharmaceutical companies play an important part in the fight against polio because they offer the new vaccine at the same price as the older one.

While the old polio vaccine targets either one or all three types of the disease the new one combats the two more dangerous types. Children can get full immunization with only one dose of the vaccine. Within the next there years scientists hope to wipe out the disease completely.

Task 1. Find the definitions of the words and translate them

- 1. illness
- 2. the amount of medicine that you should take
- 3. useful, helpful
- 4. to protect someone from a certain disease by giving them medicine
- 5. a disease that can be passed on from one person to another
- 6. to protect most of the people living in an area by giving them medicine
- 7. company that produces drugs, vaccines and other medicine

- 8. to examine a topic in order to find out more about it
- 9. to protect people by removing waste and cleaning dirty water
- 10. a person who is trained in science or who works in a laboratory
- 11. sign that a disease exists in your body

Task 2. Translate the following words and expressions

- 1. a substance with a weak form of a virus that causes a disease; vanish;
- 2. widespread ;wipe out ;case ;combat ;звичайний;повністю;незмінно;
- 3. грати роль в;зменшуватися;змінювати форму або розмір;
- 4. багата або промислово розвинена країна; відкрити для себе

Article 2 How Healthy is Coffee Really?

Words

link

advantage перевага although хоча

awareness обізнаність

blood pressure артеріальний тиск

brew варити cancer рак

claim претензія споживання contain містити

develop розвиватися diabetes діабет disease хвороба ефект effect elderly літній flavor смак however проте insomnia инсомния key ключовий kick стусан lethargic млявий

neurologist невролог Parkinson's disease хвороба Паркінсона

посилання

раssageway пасаж

point out показувати

popular популярний сайт premature передчасний збирати

reduce зменшити relationship зв'язок

research дослідження roast спекотне

scientist науковий співробітник

socialize соціалізуватися stimulant стимулятор Study дослідження

uncover відкрити для себе undecided невирішене питання

Coffee is one of the most popular drinks around the world. There are many different types of coffee and experts claim that there are more flavors of coffee than there are of wine. Coffee contains caffeine, a stimulant that raises our awareness, keeps us from falling asleep or simply gives us a kick in the morning or after lunch.

Food experts, however, are still undecided on how healthy coffee is. For a long time doctors have told people not to drink too much coffee, because it may lead to heart problems, high blood pressure, insomnia and headaches.

Scientists have now found out that it is the quality of coffee and the way it is brewed that holds the key to our health. Elderly people on the Greek island of Ikaria, live longer than normal. Among other things, this is linked to the consumption of a strong brew of coffee. Experts also point out that different roasts and types of coffee beans have different effects on our health. Milk and sugar change the different levels of caffeine in a cup of coffee.

A new study by a Harvard research group says that there is no link between coffee and health problems. Drinking several cups of strong coffee a day is not connected with premature death or other heart diseases. Doctors, however, warn against drinking too much coffee, as it can lead to stomach problems.

Coffee has many advantages, as the new study suggests. While alcohol makes people lethargic and slow-moving, coffee gives them energy. Getting together for a cup of coffee is also a form of socializing and has a positive effect on relationships.

Although a lot still needs to be uncovered about coffee, it seems to reduce the risk of cancer and diabetes. Reports show that people who drink coffee may develop Parkinson's disease later in life, or maybe not at all. Neurologists think that coffee may have a positive effect on connecting passageways in our brain.

Task 1. Find the definitions of the words and translate them

- 1) understanding
- 2) the force with which blood travels through your body
- 3) serious disease in which cells in your body start to grow in an uncontrolled way
- 4) use, drinking
- 5) slow; feel as if you have no energy
- 6) a person who has studied the brain and the nervous system
- 7) serious illness in which your muscles start to become very weak and lower
- 8) a person who is trained in science and works in a lab

9) a substance that makes you feel full of energy

- 1. have different effects on;
- 2. research group;
- 3. health problems.;
- 4. premature death;
- 5. призвести до;
- 6. переваги

Article 3 A Cure for the Common Cold?

Words

words	
antibody	антитіло
cancer	рак
cause	причина
common cold	застуда
copy	копія
damage	збиток
defeat	поразку
destroy	знищити
discovery	відкриття
drugs	наркотики
hang on to	повиснути
infection	зараження
invade	вторгатися на
proof	Доведення
protein	білок
scientist	науковий співробітник
substance	істота
treat	пригостити
trigger	тригер
viral	вірусний

British scientists say they have made a discovery that could defeat the common cold. Up thought to now they that antibodies could only fight viral infections outside of cells. Now they have proof that antibodies can destroy viruses even have invaded human cells. Antibodies can hang on to viruses as they enter cells.

Normally the virus would copy itself many times and take over control of the cell. The antibody in the cell however can trigger an action that causes a protein to get rid of bad substances, before the virus is able to cause damage.

The Cambridge scientists who made the discovery said it would possibly take years to find the right drugs to treat viral infections and that it may not work on all viruses.

Viruses are the world's biggest killers. They are very hard to treat and kill more people than cancer. There are about 200 viruses that can cause a normal cold.

Task 1. Find the definitions of the words and translate them

a substance produced by your body to fight off a disease; very serious disease in which cells in one part of the body starts to grow in a way that is not normal; an illness in which your throat hurts and you have problems breathing; wipe out, kill; go in together with; a disease that affects a part of your body and is caused by bacteria or a virus; one of the natural substances that exist in food and which your body needs to grow and stay healthy

- 1. damage; hang on to;
- 2. attack; substance; treat; trigger;
- 3. людські клітини;
- 4. речовини.

Article 4 Obese Teenagers Show Signs of Heart Disease

Words

аорта
підхід
уникати
артеріальний тиск
корвоносна судина
холестерин
десятиліття
розвиватися
діабет
хвороба
вправа
досвід
малюнок
збільшити
інформувати
спільний сайт
огрядний
фізична культура
дослідження
різко
підписувати
манірний
штрих
припустимо

Canadian researchers have found out that the blood vessels of obese teenagers look like those of older people. It is a sign that heart disease may be approaching. The aorta, the largest blood vessel of our body, was stiffer and thicker than it was supposed to be.

In the last two decades the number of obese children and teenagers has increased sharply. Doctors say that this will lead to massive heart problems, strokes and diabetes when such young people get older. Blood pressure and cholesterol levels were also higher. Young obese children may also develop bone and joint problems.

The research team suggests rethinking ways on how to protect our children from such diseases. Numbers in other western countries show the same signs. Figures show that about a fourth of all youngsters are obese. When they become adults they will experience many health problems. This means that health costs will go up and obese adults may have problems getting work.

Stopping such a time bomb is not easy. Families have to be informed that healthy food and exercise are the best ways to avoid such diseases. There are also other things that can be done. More physical education in schools and healthier school food could be one way. Experts also suggest that parents let their children walk to school, where possible, not drive them.

Task 1. Find the definitions of the words and translate them

the largest artery that takes blood away from your heart; the force with which blood travels through your body; one of the tubes through which the blood of your body flows; a chemical material in your blood; if you have too much , it may lead to heart disease; flexible part of your body where two bones meet; overweight

- 1. Illness:
- 2. experience;
- 3. joint;
- 4. sharply;
- 5. symptomstiff ;огрядний;
- 6. фізична культура;
- 7. дослідження.

Article 5 World Health Organization Introduces Gaming Disorder

Words

words	
according to	за словами
addicted to	схильний до
addiction	залежність
behaviour	поведінка
classification	класифікація
consequence	наслідок
constantly	постійно
daily routine	щоденна рутина
decade	десятиліття
dementia	слабоумство
depression	депресія
disorder	безлад
excessive	завзятий сайт
get fired	звільнятися
highly addictive	сильно захоплюючий
however	проте
influence	впливати на
official	офіційний сайт
realize	реалізувати
refer	звертатися за адресою
regard as	по відношенню до
serious	серйозний
studies	дослідження
update	оновлення
World Health Organisation (WHO)	Всесвітня організація охорони
	здоров'я (ВООЗ)

The **World Health Organisation** has added the term "gaming disorder" to its International **Classification** of Diseases. It **refers** to people who are **addicted** to video and other games and cannot stop. It is the first **update** in the WHO's catalogue in almost three **decades**.

According to the WHO, gaming becomes a **disorder** if you are unable to control how long you play and when to stop. When that happens, it gets control of your life, **influences** everyday situations and affects your **daily routine**. WHO **officials** say that **excessive** gaming is a **serious** disorder that must be closely watched.

In order for a person to be **regarded as** having a gaming disorder, the **behaviour** must be going on for at least one year, either **constantly** or

in phases. Gamers put their **addiction** above their family life, meeting with friends and going to school.

On one side **studies** have shown that playing video games may help with problems like **depression** and **dementia**. **However**, gaming is **highly addictive** and many people play for a longer time than is healthy. As a result, people **get fired** for not going to work or miss school classes for a longer period of time.

Many continue with their addiction, even if they see and **realize** the negative **consequences** it leads to.

Task 1. Find the definitions of the words and translate them

when you have to and want to do something regularly; when you put people into a group; illness that affects the brain, in which you cannot think clearly and behave in a normal way; you also forget a lot of things; situation in which you are unhappy, nervous and cannot live a normal life; mental or physical illness which stops your body from working the way it should; too much

- 1. disorder ;excessive;
- 2. get fired;
- 3. highly addictive;
- 4. influence; впливати на;
- 5. реалізувати;
- 6. серйозний;
- 7. дослідження;
- 8. оновлення;
- 9. Всесвітня організація охорони здоров'я (ВООЗ)

Article 6 New Cancer Treatment Provides Hope for Patients

Words

aimметаalthoughхочаattackатакаbreakthroughпроривнийcancerрак

cancerракcellосередокchemotherapyхіміотерапіяclaimпретензія

consider розглядати можливість

developстворенняdevelopmentрозвиватисяdiscoverрозробка

divide ts відкрити для себе even though розділяти тс

guide however хоча

Impossible керівництво, однак

immunotherapyнеможливоin additionімунотерапіяmarkerдо того жmutateміткаpersonalizedмутувати

prove персоналізований

provide довести replace надавати required замінити

roots обов'язковий сайт

scientist коріння

side effect науковий співробітник

spread побічна дія success rate поширений

treatment частка успішних спроб

tumour vaccine лікування

vary пухлинна вакцина welcome варіюватися

вітання

A new cancer treatment may provide hope for cancer patients. Scientists have discovered that some cancer cells in a person's body mutate in the same way. The breakthrough came when

researchers found out that cancer cells leave behind markers when they spread.

In the past scientists believed that the cancer cells of a tumour were not all the same. Changes in cell structure varied in different parts of the cancer area. Now scientists claim that they may be able to stop cancer cells at their roots. They aim to create a vaccine that could guide immune cells to attack cancer cells and stop mutations from spreading.

Although it is still a long way before that happens, scientists hope that testing this new cancer treatment on humans could begin within the next five years.

However, there are some facts to consider. First of all, not all forms of cancer develop at the same speed . Some may be so quick that it would be impossible to find out where mutations begin in time. Others would have a higher success rate. In addition, such a treatment would be expensive, because each patient would have a "personalized" vaccine.

Immunotherapies have been on the market for some time but only about a third of the drugs have worked and proved successful. Up to now doctors have mostly used chemotherapy to treat cancer. Even though this form of treatment kills off cancer cells when they divide it also attacks healthy cells and produces many side effects.

Chemotherapy could now be replaced with an individualized treatment. Pharmaceutical companies have welcomed the new development and will spend money on developing the required vaccines.

Task 1. Find the definitions of the words and translate them

serious disease in which cells in your body grow in an uncontrolled way; the smallest unit in a plant, animal or person; treatment of cancer using chemicals; treatment that improves the way a person's immune system; when you use medicine and exercises to make a person healthy again; tumour

- 1. Хіміотерапія;
- 2. розглядати можливість створення;
- 3. розвиватися;
- 4. розробка;
- 5. імунотерапія;

- мітка;
- 7. side effect;
- 8. spread;
- 9. success rate;
- 10. treatment;
- 11. tumour vaccine.

References

- 1. Алексєєва І. С. (2001). Професійний тренінг перекладача. Ін-т іноземних мов. СПб., 278 с.
- 2. Alekseeva I. S. (2001). Professiyniy trening perekladacha[Professional Training of Translators] Istitut inozemnyh mov. St. Peterburg, 278 p.
- 3. Гавриленко Н. Н. (2009). Теорія і методика навчання перекладу в сфері професійної комунікації. М.: НТО ім. Вавилова, . 178 с.
- 4. Havrilenko N.N. (2009). Teoriya i metodika navchannya perekladu v sferi profesiynoi komunikacii [Theory and Methodology of Teaching Translation in the Sphere of Professional Communication]. M: NTO Vavilova [Vavilov Scientific and Technical Association]. 178 c.
- 5. Рецкер Я. І.(2007). Теорія перекладу і перекладацька практика: Нариси лінгвістичної теорії перекладу / Я. І. Рецкер. 2-е изд., Стер. М.: Валент . 240 с.
- 6. Retzker Y. I. (2007). Teoriya perekladu I perekladac'ka praktika: Narisi linhvistichnoi teoriiperekladu[The Theory of Translation and Translation Practice: Outlines of Linguistic Theory of Translation] 2 vid. M: Valent . 240 c.
- 7. Oxford Business English: English for Medical Industry / Michaeta Bucheler: Oxford University Press, 2010.

Навчальне видання

ПЕРЕКЛАД МЕДИЧНИХ ТЕКСТІВ

Збірник вправ для студентів ІІ курсу факультету післядипломної освіти, які навчаються за спеціальністю 035 Філологія (Переклад)

Автор-упорядник Чемоданова Марина Федорівна

В авторській редакції

Відповідальна за випуск Гусленко Ірина Юріївна Комп'ютерний набір М.Ф. Чемоданова

Підписано до друку Формат 60х84/16. Папір офсетний. Гарнітура «Таймс». Ум. друк. арк. 2,79 Обл.-вид. арк. 2,99 Тираж 20 пр. Зам. №

Видавництво Народної української академії Свідоцтво № 1153 від 16.12.2002.

Надруковано у видавництві Народної української академії Україна, 61000, Харків, МСП, вул. Лермонтовська, 27.