

Diseases

The term disease refers to any condition that impairs the normal functioning of the body.

Exercise I

Division of diseases – match the disease with its description.

acquired disease	disease that is present at birth
acute disease	a type of genetic disease caused by mutation that is hereditary (and can run in families)
chronic disease	disease that cannot be cured
congenital disease	disease that began at some point during one's lifetime
genetic disease	disease whose cause is unknown
hereditary or inherited disease	disease that came about as a root cause of illness
idiopathic disease	disease that is a sequela or complication of some other disease
incurable disease	disease of a short-term nature
primary disease	disease with death as an inevitable result
secondary disease	disease that is caused by genetic mutation
terminal disease	disease that is a long-term issue

Note:

Infectious diseases are caused by pathogenic microorganisms, such as bacteria, viruses, **parasites** or fungi; the diseases can be spread, directly or indirectly, from one person to another.

Exercise II

Read the descriptions of the diseases and try to find out what diseases are described. Underline the key words characteristic for each disease.

1. The classic signs and symptoms of _____ include four-day fevers, cough, sneezing, and **conjunctivitis** (red eyes) along with rashes. Fever is common and typically lasts for about one week; the fever is often as high as 40 C. Spots appear inside the mouth. Recognizing these spots before a person reaches their maximum infectiousness can help physicians reduce the spread of the disease. The characteristic rash begins several days after the fever starts. It starts on the back of the ears and, after a few hours, spreads to the head and neck before spreading to cover most of the body, often causing itching. The rash changes color from red to dark brown, before disappearing. Overall, the disease usually resolves after about three weeks.

2. _____ is a viral disease caused by the virus. Initial signs and symptoms often include fever, muscle pain, headache, and feeling tired. This is then usually followed by painful swelling of one or both **salivary glands**. Symptoms typically occur 16 to 18 days after exposure and resolve after seven to ten days. Symptoms in adults are often more severe than in children. About a third of people have mild or no symptoms. Complications may include meningitis or permanent deafness. It is highly contagious and spreads rapidly among people. The virus is transmitted by respiratory droplets or direct contact with an infected person.

3. _____ is an illness caused by an acute infection which involves the upper respiratory tract including the nose, sinuses, pharynx or larynx. This commonly includes nasal obstruction, sore throat, tonsillitis, pharyngitis, laryngitis, sinusitis, and the common cold. Most infections are viral in nature and in other instances the cause is bacterial. The disease can also be fungal, but this is less common.

4. _____ is an infectious disease. It generally affects the lungs, but can also affect other parts of the body. Most infections do not have symptoms, in which case it is known as latent _____. About 10% of latent infections progress to active disease which, if left untreated, kills about half of those infected. The classic symptoms are a chronic cough with blood-containing sputum, fever, night sweats, and weight loss. It is spread through the air when people who have active _____ in their lungs cough, spit, or sneeze. People with latent _____ do not spread the disease. Active infection occurs more often in people with HIV/AIDS and in those who smoke. Diagnosis is based on chest X-rays, as well as microscopic examination and culture of body fluids.

5. _____ is a parasitic disease. Infections usually cause no obvious symptoms in adults. Occasionally there may be a few weeks or months of mild flu-like illness such as muscle aches and tender lymph nodes. In a small number of people, eye problems may develop. In those with a weak immune system, severe symptoms such as **seizures** and poor coordination may occur. If infected during pregnancy may affect the child. It is usually spread by eating poorly cooked food that contains cysts, exposure to infected cat feces, and from a mother to a child during pregnancy if the mother becomes infected. Rarely the disease may be spread by blood **transfusion**. It is not otherwise spread between people. The parasite is only known to reproduce sexually in the cat family.

Exercise III

Read the text and complete the gaps with the words from the box. Do not change the form of the words.

swollen	vaccine	cataracts
deafness	exposure	measles
miscarriage	fatigue	joint
antibodies	spreads	pregnancy
infected	infection	immune

Rubella, also known as German measles or three-day measles, is an _____ caused by the rubella virus. This disease is often mild with half of people not realizing that they are sick. A rash may start around two weeks after _____ and last for three days. It usually starts on the face and _____ to the rest of the body. The rash is not as bright as that of _____ and is sometimes itchy. _____ lymph nodes are common and may last a few weeks. A fever, sore throat, and _____ may also occur. In adults _____ pain is common. Complications may include bleeding problems, swelling, and **inflammation** of nerves. Infection during early _____ may result in a child born with

congenital rubella syndrome (CRS) or _____. Symptoms of CRS include problems with the eyes such as _____, ears such as _____, heart and brain. Problems are rare after the 20th week of pregnancy.

Rubella is usually spread through the air via coughs of people who are _____. People are infectious during the week before and after the appearance of the rash. Babies with CRS may spread the virus for more than a year. Only humans are infected. Insects do not spread the disease. Once recovered, people are _____ to future infections. Testing is available that can verify immunity. Diagnosis is confirmed by finding the virus in the blood, throat, or urine. Testing the blood for _____ may also be useful.

Rubella is preventable with the _____ with a single dose being more than 95% effective. Often it is given in combination with the measles vaccine and mumps vaccine. With a population vaccination rate of less than 80%, however, more women might make it to childbearing age without developing immunity and issues could increase. Once infected, there is no specific treatment.

Exercise IV

Pay attention to the pronunciation of the following words.

congenital /kəndʒenɪtəl/	acquire /əkwʌɪə/
pathogenic /pæθədʒenɪk/	fungi /fʌŋɡiː/
sequela /sɪkwɪ:lə/	conjunctivitis /kəndʒʌŋktɪvɪtɪs/
infectiousness /ɪnfɛkʃəsənəs/	physician /fɪzɪʃən/
occur /əkəː/	initial /ɪnɪʃəl/
exposure /ɪkspəʊʒə/	meningitis /mɛnɪndʒaɪtɪs/
contagious /kəntəɪdʒəs/	sinus /sɪnəs/
laryngitis /lɑrɪndʒaɪtɪs/	sinusitis /sɪnəsaɪtɪs/
seizure /siːʒə/	

Exercise V

Translate the words into English.

1. zaburzać _____
2. następstwa _____
3. powikłania _____
4. o charakterze krótkotrwałym _____
5. chorobotwórczy _____
6. rozprzestrzenianie się _____
7. grzyby _____
8. wirusowy _____
9. osiągnąć _____
10. krosty _____
11. zaraźliwość _____
12. grzybiczy _____
13. płwocina _____
14. ukryty _____
15. węzły limfatyczne _____

16. torbiel _____

17. kał _____

Exercise VI

Find the words in the previous exercises corresponding to the definitions below. The words are marked in bold.

1. a sudden attack of illness, especially a stroke or an epileptic fit - _____
2. inflammation of the conjunctiva of the eye - _____
3. an organism which lives in or on another organism (its host) and benefits by deriving nutrients at the other's expense - _____
4. a small organ that produces saliva in the mouth - _____
5. an act of transferring donated blood or other fluid into the circulatory system of a person or animal - _____
6. physical condition in which part of the body becomes reddened, swollen, hot, and often painful, especially as a reaction to infection - _____

Exercise VII

Translate the sentences into English.

1. Co zalicza się do początkowych objawów?
2. Gdzie pojawiają się pierwsze krosty?
3. Choroba zwykle ustępuje po około 2 tygodniach.
4. Świnka jest chorobą wirusową.
5. Objawy zwykle występują 10 dni po zarażeniu.
6. Do powikłań zalicza się zapalenie opon mózgowych oraz trwałą głuchotę.
7. Zapalenie górnych dróg oddechowych dotyczy zatok, gardła oraz krtani.
8. Infekcja dotyczy zwykle osób, które palą.
9. U osób ze słabym układem odpornościowym mogą się pojawić poważne objawy, takie jak atak padaczki lub słaba koordynacja.
10. Wirus rozprzestrzenia się drogą kropelkową.

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