

Задание I

Прочитайте и сделайте письменный перевод текста.

1. A Case of Bronchitis

Patient Smirnov called in a physician from the local polyclinic. He could not go to the polyclinic himself because his temperature was about 38°C. In a few hours doctor Belova, an experienced therapist, came to the call.

Doctor Belova wanted to know the patient's complaints. When the patient was being questioned by the physician on his condition he said that a short, painful dry cough associated with rapid respiration had developed two days before. In addition to that the patient complained of the pain both in the throat and behind the breastbone.

While the patient was being examined the physician listened to his heart and lungs and then measured his blood pressure. Neither the blood pressure nor the heart sounds were abnormal. But both dry and moist rales were heard in the lungs. The respiratory rate was considerably increased and the patient breathed with difficulty. The physician also determined that the patient felt discomfort in the chest.

On the basis of all the findings the physician made the diagnosis of acute bronchitis in a mild form. She thought it was neither a catarrh nor a cold. The amount of the discharge from the bronchial mucous membrane was large. It accumulated in the bronchial tubes and made the patient cough. Passing through this fluid in the bronchial tubes the air which was breathed in and out produced moist and dry rales.

It was not necessary to admit the patient to the hospital, he was allowed to follow home treatment. The patient had to be on a sick-leave until his temperature became normal and all the symptoms were controlled. He was to follow a bed regimen and a light diet. He was also recommended to drink either warm milk or have warm applications to his chest. These procedures had to control the cough and impaired breathing.

The doctor administered the patient two tablets of tetracyclin to be taken orally and a cough mixture to be taken three times a day.

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2. A TYPICAL WORKDAY FOR A DENTIST

The typical dentist's day at work is not easy to describe, as each dentist may experience special aspects of work that depend on his specialty. However, for most dentists, the workday begins very early to accommodate patient schedules and may go on into the late evening hours and on weekends for emergency cases. Dentists will generally review the dental files and records briefly in the morning before each patient arrives and then add new notes at the end of each visit. Once inspecting patients' teeth and gums, a dentist will most likely recommend a course of action that can include preventative practices, cosmetic work and education about the importance of caring for the mouth.

Most dentists work in an office environment. A workday can include removing decay, filling cavities, examining x-rays, straightening teeth, brightening teeth, realigning jaws, treating gum diseases, extracting teeth, fabricating substitutes for lost teeth and oral tissues, making models and measurements for dentures, performing surgery to correct facial and dental deformities caused by accidents or birth defects and simply educating patients on how to prevent oral health problems. Dentists also administer anesthetics and write prescriptions for antibiotics and other medications.

Dentists treat and interact with people of all ages, backgrounds and personalities on a daily basis. Every single patient has unique problems, so a dentist has to provide unique treatments for each individual. This makes workdays diverse and interesting though.

Unlike most other branches of medicine, dentistry offers flexibility. Many private practitioner dentists have the option of working either full-time or part-time and have the luxury of choosing their own hours, therefore allowing them to structure their lives based on their personal and professional needs. According to the Canadian Dental Association, today the average dentist provides oral health care to 1,000 different patients each year with an average of 63 patient visits each week.

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3. DENTAL EDUCATION IN RUSSIA

Any citizen of our country who has a complete secondary education may apply to a medical school. Applicants who have good results of the unified state exams are admitted. At the end of each term during the year the students have to pass a number of examinations.

The course of study lasts 5 years and covers basic preclinical and clinical subjects. During the first two years students study physics as well as general, organic, inorganic and biological chemistry. The students also study human anatomy, physiology, histology, microbiology, Latin, a foreign language and philosophy. Special clinical subjects are introduced when students start studying the four principal divisions of stomatology: therapeutic stomatology, oral surgery, pediatric dentistry and orthopedic dentistry.

At the end of first and second year students take a summer practical course. They perform the duties of nurses. After their third year students take another practical course during which they are exposed to direct doctor-patient communication at the department of therapeutic stomatology. Working as doctor's assistants, students master a definite number of medical and diagnostic procedures. The fourth year students have practical courses at the departments of surgery and orthopedics. During the final year of training students apply their practical skills at the department of pediatric dentistry.

The graduate medical students take a final state examination which includes theoretical questions in clinical subjects. The graduates also have to demonstrate their practical skills and finally they have interviews during which they must show their best in diagnosing and treating clinical cases. Those who have passed the examination receive their diploma, which certifies them as doctors. Having received a diploma they may do a residency course qualifying them as narrow specialists. New specialists work under the supervision of experienced specialists in clinics and in major hospitals.

Medical graduates can also apply for the post-graduate training. For three years post-graduates do research into one of the important problems of modern medicine, prepare a thesis, defend it, and obtain an academic degree of Candidate of Medical Science.

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4. Text « illnesses and their treatment»

Nobody likes visiting a doctor. However, when people feel sick they make an appointment with a doctor, send for a doctor or, in most serious cases, call an ambulance. For such illnesses as flu, cold, hay fever, food poisoning, you can buy either some medicine from the chemist, or have a prescription made up. Undoubtedly, all of the illnesses have different symptoms. For instance, if you have a sore throat, sneezing and cough, it is obvious that you have caught a cold. But when you are running a high temperature and have symptoms for cold, you've got flu. Let us try to make another diagnosis. If you feel sick, want to vomit and have a stomachache, you must have got a food poisoning.

Many people are afraid of dentists. However, it is essential to see your dentist for a regular checkups and cleaning. It will help to prevent dental caries. Besides, doctors recommend that people should brush their teeth each time after meals. Anyway, when people have a toothache they should make an appointment with a doctor as soon as it is possible.

The most common childhood diseases are measles, pneumonia, flu, scarlet fever and sore throat. If the disease is catching, the sick child is usually isolated and should keep the bed. Doctors usually recommend that the patients should drink a lot of hot tea with lemon and honey as well as taking some pills for curing.

The most serious diseases include heart attacks, asthma, multiple sclerosis, sepsis and many others. In case of unbeatable illness most people need special medical attention and are under care of a doctor in hospital. Anyway, any hospital stay, any treatment or any surgical operation is stressful. That is why visitors may see the patients.

Taking into consideration all mentioned above, I think that all people should take care of their health and go for regular checkups. Undoubtedly, sooner or later all people are sick and have health problems. So, for speedy recovery it is essential to follow the doctor's advice.

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5. THE SKELETON.

The skeleton is composed of bones. In the adult the skeleton has over 200 bones. The bones of the skull consist of cranial and facial parts. There are 26 bones in the skull.

The bones of the trunk are the spinal column or the spine and the chest (ribs and the breastbone). The spine consists of the cervical, thoracic, lumbar, sacral vertebrae and the coccyx.

The vertebra is a small bone, which is formed by the body and the arches. All the vertebrae compose the spinal column or the spine. There are 32 or 34 vertebrae in the spine of the adult. In the spinal column there are seven cervical vertebrae, twelve thoracic vertebrae five lumbar, five sacral vertebrae and from one to five vertebrae which form the coccyx. The cervical part of the spine is formed by seven cervical vertebrae. Twelve thoracic vertebrae have large bodies. The lumbar vertebrae are the largest vertebrae in the spinal column. They have oval bodies.

The chest (thorax) is composed of 12 thoracic vertebrae, the breastbone and 12 pairs of ribs. The breastbone is a long bone in the middle of the chest. It is composed of three main parts. The basic part of the chest is formed by the ribs. On each side of the chest seven ribs are connected with the breastbone by cartilages.

The cartilages of three other ribs are connected with each other and with the seventh rib. But the cartilages of these ribs are not connected with the breastbone.

The eleventh and the twelfth ribs are not connected with the breastbone either.

They are not connected with other ribs, they are free. Each rib is composed of a head, neck and body.

The lower extremity consists of the thigh, leg and foot. It is connected with the trunk by the pelvis. The upper extremity is formed by the arm, forearm and hand. It is connected with the trunk by the shoulder girdle.

The bones of the skeleton are connected together by the joints or by the cartilages and ligaments. The bones consist of organic and inorganic substance.

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6. Polyclinics

The state has established a wide network of medical institutions to protect the health of people. One of such medical institutions is the polyclinic.

If a person falls ill, he will ring up his local polyclinic and call in a doctor. When his condition isn't very poor, he has no high temperature he will go to the local polyclinic, and a physician will examine him there.

Many specialists including therapeutics, neurologists, surgeons and others work at the polyclinic. During the medical examination a physician usually asks the patient what he complains of and according to the complaints carries on the medical examination. The physician listens to the patient's heart and lungs, measures his blood pressure, and if necessary asks the patient to take the temperature. The laboratory findings, which include blood analysis, the analysis of urine (urinalysis) and other tests, help the physician to make a correct diagnosis and administer a proper treatment.

In addition to their consulting hours at the polyclinic, local physicians go out to the calls to examine those patients who are seriously ill and whose condition is bad. Such sick persons receive a sick-leave. They usually follow a bed regimen.

Any physician of the polyclinic knows his patients very well because he treats only a definite number of patients. At the local polyclinic, every patient has a personal patient's card, which is filled in by his physician. Everything about the patient—the diagnosis of the disease, the administrations made by the doctor, the course of the disease, the changes in the patient's condition after the treatment are written down in the card.

If it is necessary a nurse will come to the patient's house to give him the administered injections or carry out any of the doctor's administrations.

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7. Systems of the body.

There are several main systems of the body: the skeletal, the muscular, the nervous, the digestive, the respiratory, the urinary, the endocrine and the reproductive systems.

The skeletal system consists of the bones of the body and ligaments and cartilages, which join them. The chief function of the skeletal system is structural.

The muscular system consists of the skeletal muscles and their associated structures. The main function of this system is to move us about.

The nervous system consists of the brain and spinal cord, nerves, ganglia and receptors. It is a complex information system with all the necessary means for receiving, processing and communicating information.

The circulatory system consists of the heart and blood vessels and the blood, which is pumped through the blood vessels by the heart. Its function is mainly that of transportation system: the nutrients, oxygen, special substances which are required by cells are carried by the blood stream; and the cellular wastes and sometimes other materials produced by the cells are carried away by the blood stream.

The digestive system consists of the alimentary canal and a number of associated glands.

The respiratory system consists of the lungs, the air passages leading to them and associated structures. Its main function is to convey oxygen to the lungs.

The urinary system consists of the kidneys, the two ureters, the urinary bladder and the urethra

The endocrine system consists of a number of glands throughout the body, which produce regulatory substances called hormones

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8. AIDS

AIDS is an acronym for Acquired Immune Deficiency Syndrome and is thought to be caused primarily by a virus that invades white blood cells (lymphocytes) and certain other body cells including the brain.

AIDS is thought to have originated in sub-Saharan Africa during the twentieth century and is now a global epidemic.

Once inside a human host cell, the retrovirus using its own capacities begins to copy its genetic code into a DNA molecule which is then incorporated into the host's DNA. The virus becomes an integral part of the person's body. But the viral DNA may sit hidden and inactive within human cells for years, until some trigger stimulates it to replicate.

Thus HIV may not produce illness until its genes are «turned on» five, ten, fifteen or perhaps more years after the initial infection.

During the latent period, HIV carriers who harbour the virus without any sign of illness can unknowingly infect others. On average, the dormant virus seems to be triggered into action three to six years after first invading human cells. When switched on, viral replication may speed along, producing new viruses that destroy fresh lymphocytes. As viral replication spreads, the lymphocyte destruction virtually sabotages the entire immune system.

In essence, HIV viruses do not kill people, they merely render the immune system defenceless against other infections, e.g. yeast invasions, toxoplasmosis, cytomegalovirus, massive herpes infections, special forms of pneumonia that kill in half of all AIDS patients.

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9. Health

Good health is very important for every person. Moreover, there is nothing more important than health. Wise people even say: “Health is above wealth”, because if you don’t care of your health, you can’t study or work properly.

Unfortunately, having perfect health is almost impossible nowadays. Due to highly polluted environment people suffer from many diseases.

The best way to stay healthy is to do regular morning exercise, to eat healthy products, to sleep at least 8 hours a day and to quit bad habits. The good thing is that people are becoming more health-conscious. In my opinion, the number of smoking and alcohol drinking people is decreasing in our country. This is happening because people started to understand how dangerous these two bad habits are. Obesity is another health problem. People, who eat lots of fattening food and do almost no exercise, are often overweight. A healthy diet involves many fruit and vegetables, seafood and wholegrain products. Salt, sugar and fat should be avoided. Excessive dieting can be also dangerous. Some people refuse to eat meat and become vegetarian. However, doctors say that meat is an excellent source of good nutrition.

To my mind, one of the best ways to stay healthy and fit is to go in for various sports. My favourite sport is swimming. I spend a lot of time in the swimming-pool. I think it revitalizes my body and gives me energy for the whole day. Other sports I enjoy are cross-country skiing and figure-skating. To stay healthy, it is also important to spend lots of time in the open air. It is especially useful to go for a walk before going to bed.

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10. Medicine

It is almost impossible to imagine the modern world without medicine. The word medicine is derived from Latin and means 'the art of healing'. Being an ancient science, medicine has always helped to cure people from dangerous diseases.

The main aim of medicine is not only to treat the illness, but also to diagnose and try to prevent it. Contemporary medicine is so advanced that doctors can foresee the health problems of a baby yet in the womb. It became possible thanks to modern technology.

The development of medicine started at ancient times, when animal parts, minerals and plants were used to cure people. It was the time of 'herbal medicine'. Some people still follow this type of treatment and find it effective. Middle Ages have introduced small hospitals attached to cathedrals or monasteries.

Modern medicine has brought various vaccines and antibiotics. There are also many branches and highly-qualified health professionals in modern medicine. If someone is allergic to some products or plants, he or she can see an allergist. If someone suffers from poor eyesight, he or she can address the ophthalmologist. If the problem is connected with teeth, people go to the dentist.

Nowadays, our country offers two kinds of medical service. There are state institutions which treat the local residents free of charge, and private clinics, where all services are paid and quite expensive. Speaking of my family, we usually try to go to a state clinic if someone gets ill but it's not always easy. You need to schedule an appointment in advance and be a resident of a region where you want to be treated.