

37 I can discuss health issues

A Diseases common among younger people 🎧

Nowadays fewer children **suffer from infectious diseases**, but the number of children around the world with **asthma** has **increased**. Doctors believe that the **breathing** difficulties of asthma sufferers are often caused by **allergies** to smoke, food, or pollution. There has also been a **dramatic** increase in **obesity** in young people in the last 20 years. Amongst other things, it can **lead to heart attacks**, **diabetes**, and **depression**.

Glossary

suffer from sth have the experience of sth bad.

infectious An **infectious** disease passes easily from person to person. **infection** N.

disease an illness (e.g. skin disease, kidney disease).

asthma a medical condition which makes it difficult to breathe.

increase get larger in number or amount. **increase** N. OPP **decrease** V, N.

breathe (in/out) take air into your **lungs** (see picture) and let it out again.



1 Write the related adjective.

- infection infectious
- 1 allergy _____
- 2 obesity _____
- 3 depression _____
- 4 diabetes _____

2 Circle the correct word.

- Breathing problems can be caused by asthma/depression.
- 1 Diabetes/Asthma is related to sugar in the blood.
- 2 She has a food allergy/asthma.
- 3 Diseases/Asthma can be infectious.
- 4 Instances of asthma have increased/decreased.
- 5 The increase is dramatic/infectious.
- 6 He had a heart/lung attack.

Outlook

allergy a medical condition that makes you ill when you touch, eat, or breathe sth that doesn't normally make other people ill. **allergic** ADJ.

dramatic sudden and surprising.

obesity the state of being so fat that you are unhealthy. **obese** ADJ.

lead to sth cause or have sth as a result, often sth bad.

heart attack When sb has a **heart attack**, their **heart** (see picture) suddenly stops working normally.



diabetes a disease in which your body can't control the level of sugar in the blood. **diabetic** ADJ.

depression a feeling of being very unhappy (this can also be an illness). **depressed** ADJ.

3 Complete the sentences.

- If you have breathing difficulties, you may be suffering from asthma.
- 1 I can eat most things, but I'm _____ to seafood. It makes me really ill.
- 2 So many children eat junk food; we have a big problem with _____ in our country.
- 3 My uncle had a heart _____ last year, but he's fine now.
- 4 He lost his job and became very _____, but he's happier now.
- 5 More people _____ from asthma than in the past.
- 6 He's _____, so he has to test his blood sugar levels regularly.
- 7 When you _____ in, your _____ fill with air.
- 8 Obesity can _____ to a number of serious _____.
- 9 Fortunately there has been a small _____ in numbers of children suffering from infectious diseases.

B Diseases common among older people 🎧

Word	Example	Meaning
disabled disability N	My sister is disabled ; she can't walk.	not able to use a part of your body properly.
blind go or be blind SYN lose your sight	My uncle is going blind .	not able to see.
deaf go or be deaf	I'm a bit deaf , so please speak up.	not able to hear.
(have a) stroke	She had a stroke , but she's able to walk again now.	 a sudden illness which affects the brain (see picture) and can stop you walking, talking, etc.
heart disease	He suffers from heart disease .	a serious long-term condition causing problems for your heart.
cancer e.g. skin cancer	He got lung cancer from smoking.	a very serious illness in which tumours often grow in the body.
arthritis arthritic ADJ	I can't walk very far because of my arthritis .	a disease which causes pain when you bend your arms, fingers, etc.
memory loss	She suffers from memory loss ; she forgets things easily.	a condition in which you lose your ability to remember things.

4 Complete the words.

- ▶ lung cancer 4 bl_____
 1 mmerlss 5 stre
 2 arrtic 6 hrt dsse
 3 brn 7 dsblty

spotlight go + adjective

Go + adjective means 'become', e.g., **go blind**, **go deaf**. You can also use it to describe a change of colour: *His hair **went white**.* *She stopped breathing and her face **went blue**.*

5 True or false? Write T or F.

- ▶ If someone has heart disease, the problems started some time ago. T
 1 Arthritis means your fingers, feet, etc. may be painful. _____
 2 If you are going deaf, you can't see very well. _____
 3 If you lose your sight completely, you go blind. _____
 4 People with cancer often have a tumour in their body. _____
 5 Heart disease is the same as a heart attack. _____
 6 If you suffer from memory loss, you can remember things. _____
 7 A stroke attacks the lungs. _____
 8 Being deaf and blind are disabilities. _____

6 Complete the text.

Elderly people usually become more ▶ disabled as time goes by. My grandmother, for example, suffers from (1) a _____, and she can't walk very easily. Last year she started to go a bit (2) d _____, but fortunately she hasn't lost her (3) s _____, so she can still enjoy the TV. Sadly, she suffers from (4) m _____ loss, but that's very common with people of her age. No one in our family has suffered from either (5) c _____ or (6) h _____ disease, however.