6. HEALTH CARE

**a)** human body

**b)** common diseases and diseases caused by current lifestyles, injuries, mental and physical conditions, seeing a doctor, at the chemist’s/pharmacy

**c)** healthy lifestyles, physical and mental hygiene

**d)** health care (prevention, vaccination)

**e)** national/public and private health care, health insurance, specialists

More and more people today start to realise that good health means a longer and happier life. That is why they take better care of their health than before.

Most kinds of medicine begin when you’re ill. Preventive medicine begins when you’re well. The idea is very simple. If you make your body strong and healthy, then you won’t become ill. There are three ways to do this. They are: diet, relaxation, exercise. In general, a healthy person does not smoke, is at a healthy weight, eats healthy and exercises. The trick to healthy living is making small changes – taking more exercise, adding fruit and vegetables to your diet (strava), adding fruit to your cereal, having an extra glass of water, having enough sleep, avoid stress – these are just a few ways you can start living healthy without drastic changes.

For many people, bad health begins with a bad diet. Some eat the wrong kind of food. Others eat too much or too little. It’s not surprising that people like this often become ill. On the other hand, people concerned about their health eat healthier food. They try to eat regularly, avoid eating chips, hamburgers, food in tins and packets. Instead, they try to eat fresh fruit and vegetables, brown bread, fish and white meat and reduce the amount of salt, fat, and sugar.

Modern life is full of pressure and problems. Some people can control these. They sleep well, enjoy life, don’t worry very much and try to avoid stressful situations as much as possible. They know how to relax and that relaxation helps the body to rest and repair itself. Others are the opposite. They sleep badly, don’t enjoy life and worry all the time. People like this are suffering from stress. Stress is a kind of illness itself and it can lead to many others.

Exercise is very important for good health. Without it the body becomes slow and fat. It also becomes weak and less able to fight illness. Unfortunately, modern life makes it very easy to be lazy.

When we are ill, we usually see a doctor (GP – general practitioner). The doctor examines our body, asks about the symptoms and usually prescribes some medication, which is usually available on prescription in a pharmacy. In some cases we need to make an appointment with a specialist. When the illness is too serious to be treated at home, we are taken to hospital and sometimes even undergo surgery.

People who are employed pay their **health insurance** monthly. They do not need to pay for basic health care and basic medication. When they want extra care or special treatment, they have to pay the extra costs. Some people decide to go to a private health care establishment (zariadenie), usually for surgical interventions, delivery or dental care.

Everybody goes through various diseases during their childhood and adult life. Most of the diseases are not serious and do not take a long time to cure because we have efficient medication against them. Such diseases are flu, tuberculosis, or scarlet fever. However, there are diseases which we have problems to cure or cannot cure at all yet, such as **cancer, AIDS** or **heart attacks** (infarkt, srdcový záchvat).

A healthy lifestyle, prevention and personal responsibility for our health can help us avoid possible dangers. Many people care about their health, go to the doctor for check-ups (kontroly), get eye exams done, weigh themselves regularly, get vaccinated and see the dentist twice a year. Others still need to learn that good health means a longer and happier life and that they need to care about themselves.

Human body consists of a head, neck, trunk, upper and lower limbs. It consists of blood, bones, muscles, skin and inner organs. The most important organs include a heart, lungs, stomach, liver (pečeň) and kidneys (obličky). A head consists of hair and a face with eyes, ears, nose, mouth, lips, teeth, tongue, cheeks, chin, eyebrows, eyelashes, forehead and moustache or beard in men. An upper limb consists of a shoulder, an arm, an elbow, a wrist, a hand with fingers (index finger, middle finger, ring finger, little finger and a thumb). Trunk consists or chest in men and breasts in women (u žien), back, waist, sex organs and hips (boky). A lower limb consists of a thigh, a knee, a calf (lýtko), a shin (píšťala), an ankle, a foot with toes and a heel.

When you get ill, for example when you get food poisoning, flu, twisted ankle or cold you should see a doctor. If you want to see GP (general practitioner) you don’t have to make an appointment. If you need to see a specialist (an eye doctor) you have to make an appointment. You wait in the waiting room until the nurse calls your name. At the doctor’s surgery he usually asks about your symptoms. You tell him your symptoms. Then he takes your temperature and he examines your body. He tells you your diagnosis and prescribes you some pills, tablets, painkillers or drops. You go to the pharmacy/chemist’s and you show your prescription. They give you your medicine, you pay for the prescription and you go home. When you have got flu, you have to stay in bed, take your medicines, drink plenty of herbal tea with lemon and honey.