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Öğr. Gör. Veysel ŞENOL

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Önsöz

Sağlık sektörü çalışanları özellikle de doktorlar açısından İngilizcenin önemi yadsınamaz bir gerçektir. Fakat lise döneminde tıp için hazırlanan öğrencilerin İngilizce derslerine yeterince önem verilememesi ve sonrasında da fakültede derslerin yoğun olması İngilizce bakımından eksik kalınmasının ana nedenleri olmuştur. Göreve geçildikten sonra da hem çalışma şartlarının zor olması hem de çalışacak zamanın az olması İngilizce ders almayı ve kurs için zaman ayırmayı çok zor kılmaktadır. İşte bu yüzden sağlık çalışanlarının ihtiyacını karşılamak üzere hem tıp diline aşina kılacak hem de nispeten basit olacak ve kelime çıkarma derdinden kurtaracak bu çalışmayı yapmayı düşündük. Müsait vakitlerde kelimelere bakıp sonra okuma yapılabilecek ya da okurken bilinmeyen kelimelere aşina kılacak bu çalışmayla sağlık çalışanlarının işini kolaylaştırmayı hedefledik. Ayrıca <a href="www.phdakademi.com">www.phdakademi.com</a> sayfasında bunların çeviri videolarını da bulmanız mümkün. Yakında çıkacak olan kelibu uygulaması üzerinden hem bu kelimelere hem de Yökdil Sağlık sınavında çıkan kelimelere sınav sınav çalışmanız da mümkün olacak.

Hızlıca bitirilirse bir sonraki aşamaya geçmek daha kolay olacaktır. Sonraki aşama içinde benzer bir çalışma yapmaktayız. Bu ikinci çalışmada bu kitaptaki metinlerden daha ağır bir dili olan metinler ve Yökdil Sağlık ve TıpDil sınavlarındaki metinlere yakın metinler seçilecektir.

Eğer bu kitaptaki metinleri okuyamayacak düzeyde iseniz sitemiz üzerinden tamamen sizin çalışma koşullarınıza uygun esnek saatlerle istediğiniz zaman çalışabileceğiniz bir sistem üzerinden İngilizce öğrenmeye sıfırdan başlayabilirsiniz.

Dil çalıştığımız doktor arkadaşlarımızla dertleşmelerimiz sonucunda tıp fakültesi öğrencilerine naçizane tavsiyemiz daha okurken az da olsa bu konuda bir çalışmaya başlayıp günlük 45 dakika bile olsa İngilizceye zaman ayırmanızdır. Bu konuda da yardımcı olmaktan mutluluk duyarız.

Ayrıca çevirileriniz ve başka talepleriniz için istediğiniz zaman site üzerinden ya da whatsapp üzerinden iletişimde bulunabilirsiniz.

Sağlık çalışanlarına çok az bile olsa yardımcı olmaktan gurur duyuyor ve içinde bulunduğunuz zor koşullarda yanınızda olduğumuzu bilmenizi istiyoruz.

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#### 1. Wisdom Teeth

Wisdom teeth are normally the last teeth to appear. This usually happens when people are in their late teen years or early twenties - in other words, when they are older and wiser. Wisdom teeth are molars, or chewing teeth, at the back of the mouth. The third set of molars, if you have them, are your wisdom teeth. They can grow into place normally and never cause a problem. But often there is not enough **room** for them in the mouth. They might crowd other teeth. Sometimes they even push sideways through the gums. An impacted wisdom tooth is one that fails to completely rise through the gums -- the term is erupt. Wisdom teeth that only partially erupt can leave space for bacteria to enter around the tooth. Infection is a risk in these cases. Wisdom teeth that are not well aligned and become impacted are often removed. People should have the placement of their wisdom teeth examined between the ages of sixteen and twenty. X-rays can show wisdom teeth that are below the gums. The American Dental Association says removal is generally advised when wisdom teeth only partly break through the gums. Removal is also advised if there is a chance that **poorly** aligned wisdom teeth will damage other teeth. And removal is called for in cases where fluid collects around a wisdom tooth that is partly or fully below the gum. But why do we have wisdom teeth if we often need to get them removed? One theory has to do with our diets. Scientists say the diet of prehistoric humans probably required more chewing teeth. Life was probably a little rougher on the teeth back then, too. So it was good to have extras. The removal of wisdom teeth is performed by oral surgeons. They say if removal is advised, the best time to do it is before the teeth cause any problems or pain. The American Association of Oral and Maxillofacial Surgeons says young adults are the best candidates for wisdom teeth removal. The group says older patients may be at greater risk for disease in the tissue surrounding the molars. Patients can have general anesthesia during the operation. Or they might choose to have a local painkiller and remain awake. It may depend on the condition of the wisdom teeth and the number to be removed. After surgery, there can be swelling of the gums and face and some pain. Both can be **treat**ed with cold wraps and medication.

	appear	görünmek, ortaya çıkmak	
	chewing	çiğneme (besin)	
	cause	neden olmak, neden	
	room	oda	
	push	itmek	
	gum	sakız, diş eti	
	erupt	patlamak, püskürmek, volkan patlaması	
	align	hizalamak, dizmek, ayarlamak, ittifak kurmak	
	remove	kaldırıp atmak, kurtulmak	
	examine	incelemek, muayene etmek, muayene etmek	
	removal	sökme, kaldırma, çıkarma, atma	
	advise	tavsiye etmek, öğüt vermek	
	partly	kısmen, bir ölçüde	
'	poorly	başarısız bir şekilde	
	call for	istemek, gerektirmek, çağrıda bulunmak, çağırmak	
	in cases	durumlarda, vakalarda	
	fluid	sıvı, sıvı şeyler	
	collect	Toplamak	
	partly or fully	kısmen veya tamamen	
	have to do with	ile ilgisi olmak, ile ilgilenmek	
١	prehistoric humans	tarih öncesi insanlar	
	probably	muhtemelen, belki de	
	required	gerekli	
	oral surgeon	çene cerrahı	
	pain	ağrı, sızı, sancı	
	candidate	aday, aday göstermek	
	disease	hastalık	
	tissue	kağıt mendil, doku	
١	surrounding	çevre, çevresinde, çevreleyen	
	local painkiller	lokal(yerel) ağrı kesici	
	remain awake	ayık kalmak	
	depend on	bağlı olmak, bağımlı olmak, dayanmak	
	surgery	ameliyat	
	swelling of the gums	diş etlerinin şişmesi	
	treat	tedavi etmek, davranmak, işlemek, ikram, kurabiye	





## 2. <u>How to Protect Yourself Against the Dangers of Extreme Heat</u>

This week, we tell about **health** problems **linked to extreme** heat. We tell what experts suggest to prevent and treat these problems. Extremely hot weather is **common** in many parts of the world. Although hot weather just makes most people feel hot, it can cause serious medical problems -- even death. Floods, storms and other natural events kill thousands of people every year. So does extreme heat. Experts say heat may be nature's deadliest killer. Last month, for example, some towns and cities on America's East Coast set all-time temperature records. Temperatures rose as high as forty-two Celsius. Several hot days that follow each other are considered a heat wave. Experts say heat waves often become dangerous when the nighttime temperature does not drop much from the highest daytime temperature. This causes great stress on the human body. Doctors say people can do many things to **protect** themselves from the dangers of extreme heat. Stay out of the sun, if possible. Drink lots of cool water. Wear light colored clothing made of natural materials. Make sure the clothing is loose, permitting **freedom** of movement. Also, learn the danger signs of the medical problems linked to heat. The most common health problem linked to hot weather is heat stress. Usually, it is also the least severe. The causes of heat stress **include** wearing heavy clothing, physical work or exercise, hot weather and high humidity. Humidity is the amount of water in the air. If several of these conditions are present at the same time, a person's body temperature may **rise** above safe levels. The person loses large amounts of body water and salt in perspiration. Perspiration is one of the body's defenses against heat. It is how the body **release**s water to cool the **skin**. Most people suffer only muscle pain because of heat stress. The pain is a warning that the body is becoming too hot. Doctors say those suffering muscle pain should stop all activity and **rest** in a cool place. They should also drink cool liquids. Doctors say not to return to physical activity for a few hours because serious conditions could develop. Some people face an increased danger from heat stress. They may have a weak or damaged heart, high blood pressure or other problems of the blood system. Severe heat increases problems for small children, older adults and those who have the disease diabetes. It is also dangerous for people who weigh too

health	sağlık
linked to	ilişkili olmak, bağlantılı olmak
extreme heat	aşırı sıcak
expert	uzman
suggest	önermek, ortaya koymak
prevent	önlemek
treat	tedavi etmek, davranmak, işlemek, ikram, kurabiye
common	ortak, yaygın
serious	ciddi
death	ölüm
flood	sel, sel basmak, çok sayıda olmak
storm	fırtına
temperature	sıcaklık, sıcak
consider	düşünmek
drop	damla, düşmek
protect	korumak
natural materials	doğal materyaller
make sure	emin olmak
loose	gevşek, bol
permit	izin vermek, izin
freedom	özgürlük
include	dahil olmak, içermek
humidity	nemlilik, rutubet
amount	miktar
present	şimdi, şimdiki, hediye, sunmak, var olmak
rise	yükselmek
perspiration	terleme, ter
release	yaymak, gösterime girmek, piyasaya sürmek, salıvermek, salınım, bırakma
skin	ten, deri, cilt
muscle	kas, adele
rest	istirahat etmek, dinlenmek, dinlenme, geriye kalan
liquid	SIVI
face	yüz, yüzleşmek, yüz yüze gelmek
high blood	
pressure	yüksek tansiyon





much and have too much body fat, and for people who drink alcohol. Hot weather also increases dangers for people who must take medicine for high blood pressure, poor blood flow, nervousness or depression. Untreated heat stress can lead to a more serious problem called heat exhaustion. A person suffering from heat exhaustion loses too much water through perspiration. The person becomes dehydrated. A person suffering heat exhaustion feels weak and extremely tired. He or she may have trouble walking normally. Heat exhaustion may also produce a feeling of sickness, a fast heartbeat, breathing problems and pain in the head, chest or stomach. Doctors say people with such problems should rest quietly in a cool place and drink plenty of water. They also say it may help to wash with cool water. Heat exhaustion can develop quickly. It also can develop slowly, over a period of days. Doctors call this dehydration exhaustion. Each day, the body loses only a little more water than is taken in. The person may not even know this problem is developing. If the problem continues for several days, the effects will be the same as the usual kind of heat exhaustion. Experts say even a two percent drop in the body's water supply can cause signs of dehydration. These signs include problems with memory and even simple mathematics. Dehydration limits a person's ability to work and think. Experts say a reduction of only four or five percent in body water leads to a drop of twenty to thirty percent in work ability. The loss of salt through perspiration also reduces the amount of work that muscles can do. The treatment for dehydration exhaustion is the same as for heat exhaustion. Drink plenty of water and rest in a cool place. Even better, doctors say, drink about two liters of water a day so problems with dehydration will not have a chance to develop. Heat exhaustion can lead to heat stroke if it is not treated. Heat stroke is the most serious disorder linked to hot weather. It results when the body is not able to control its temperature. The body's temperature increases and perspiration fails. Generally, the body temperature rises to more than forty degrees Celsius. The body stops perspiring. The skin becomes dry and very hot. A person may become unconscious, not knowing what is happening. Doctors say tissues and organs begin to cook when the body's temperature is higher than forty-two degrees Celsius. Permanent brain damage and death may result. Someone suffering heat stroke requires

	1
lead to	neden olmak, sebep olmak
develop	gelişmek, geliştirmek
continue	devam etmek
effect	etki
limit	sınır, sınırlandırmak
reduction	azalma, azaltma
loss	zarar, hasar, kayıp
reduce	azaltmak, azalmak
treatment	
	tedavi, davranış
disorder	hastalık, bozukluk, düzensizlik
become unconscious	bilinçsiz olmak
permanent brain damage	kalıcı beyin hasarı



immediate medical attention. Doctors say such treatment is necessary or the person could die before help arrives. purpose of immediate treatment is to cool the victim as quickly as possible to stop the body temperature from increasing. Begin by moving the victim out of the sun. Raise the person's feet up about thirty centimeters. Take off the victim's clothing. Put cool water on the body. Place pieces of ice in areas where blood passageways are close to the skin. These include the back of the neck and under the arms. Experts say it is important to know the danger signs of the medical disorders linked to hot weather. It is also important to know what to do if the signs appear...in yourself or in someone else. Experts say water is important for many reasons. Between fifty-five and seventy-five percent of the body is water. Water in blood carries hormones and antibodies through the body. Water in urine carries away waste materials. Water is needed for cooling the body on hot days, and when we are working or exercising. Water carries body heat to the surface of the skin. There, the heat is lost through perspiration. Health experts say adults should drink about two liters of water a day to replace all the water lost in liquid wastes and perspiration. They say people should drink more than that in hot weather. Experts say it is important to drink before, during and after exercise. They say we should drink water even before we start to feel like we need something to drink. During hot weather, cool liquids are best. Also, avoid sweet drinks and alcohol. We need to add that doctors also say it is possible to drink too much water. Some people, for example, do this if they exercise hard during a heat wave. Experts with the Mayo Clinic say drinking too much water can cause hyponatremia. In this condition, the level of sodium in the blood falls too low. The result is that the amount of water in the body increases. This causes cells to become larger. Mayo Clinic experts say the enlarged cells can cause a person to become sick or restless. They also can interfere with mental ability, make muscles weak and cause pain in the head. In a mild case, simply reducing fluids may be all that the person needs. But medical help is necessary if the condition is more severe. Experts have suggestions for runners and others exercising or working hard in hot weather. They say drinking a sports drink with sodium in it can help prevent the condition. Doctors say actions other than drinking water can protect against the health dangers of heat. Stay

	acil, hemen ardından gelen,
immediate	anında, birden
purpose	amaç, maksat, gaye, amaçlamak
victim	kurban, bir olaydan etkilenen kişi
raise	kaldırmak, yükseltmek, biriktirmek, yetiştirmek, büyütmek
take off	kalkmak, uçağın havalanması elbise vb. çıkarmak
urine	idrar
carry away	sürüklemek, alıp götürmek, kendinden geçirmek
waste materials	atık madde
replace	değiştirmek, yerine koymak
add	eklemek, toplamak, ilave etmek
in this	bu koşulda, bu durumda
enlarged	genişlemiş, hastalık sebebiyle büyümüş
interfere with	karışmak, müdahale etmek, araya girmek
mental ability	mental yetenek, zihinsel yeti
in a mild case	hafif bir durumda, hafif bir vakada
suggestion	öneri



out of the sun, if possible. Wear loose, lightweight and light colored clothes. Wear a hat or other head covering when in the sun. Eat fewer hot and heavy foods. If possible, cook foods during cooler times of the day. Also, rest more often. Physical activity produces body heat. Experts say these simple steps can prevent the health problems linked to heat. They will prevent sickness, help you feel better and may even save your life.

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#### 3. Diet and Weight Loss

Today, we will talk about diet and **weight loss**. Exercise is important if you want to **get in good shape**. But experts say exercise **alone** is not enough if your **goal** is to **lose weight**.

It is that time of year again. Warm weather has returned to earth's northern hemisphere. Summer is a time when people of all ages feel like getting their swimwear and going to the nearest swimming pool or seashore. But first, there is that **troublesome** little thing called winter **weight gain**. Many of us gain weight because of **inactivity** during the winter.

Some people **go to extremes** to lose that extra weight before going to the beach. In the weight loss industry, there is never a lack of ideas about how to lose weight. Consider the "Sleeping Beauty diet," where you sleep your way to weight loss. You cannot eat if you are sleeping, or so the theory goes. Then there is the **tapeworm** diet. The tapeworm is said to help people lose weight by eating the food that is stored in their stomach. But first you have to be **willing** to **swallow** the little **creature**. This may be more trouble than many people want.

Strange, new diets, treatments and exercise programs arrive on the market every day. Each one **promises** to help people lose weight and get a beach beautiful body. The weight loss industry takes in billions of dollars each year, and it is growing.

One **research** company says the weight loss business will be worth more than five hundred eighty billion dollars **worldwide** by the year twenty fourteen. MarketsandMarkets also says the food and drink market **represents** the largest part of that growth. It is **expect**ed to reach more than three hundred fifty five billion dollars by twenty fourteen.

There is a **seemingly endless supply** of ideas about how to lose weight. There are low-carbohydrate diets and low-fat diets, diets that limit calories and ones that let you eat as much as you want. And, there are thousands of different kinds of diet **pills** and programs. So where does one begin? Which one is best?

Experts say there is no **single** diet plan that works best for everyone. Many experts agree on one thing: that to lose weight, you must use or **burn off** more calories than you **take in**. When you eat more calories than your body needs, it **store**s that extra energy as fat.

weight loss	kilo kaybı
get in good shape	forma girmek, fit olmak, sağlığı yerine gelmek
alone	yalnız
goal	amaç
lose weight	kilo vermek
troublesome	sıkıntılı, zahmetli
weight gain	kilo alımı
inactivity	hareketsizlik
go to extremes	aşırıya kaçmak
tapeworm	tenya, bağırsak kurdu
willing	istekli
swallow	kırlangıç, yutmak, yutkunmak
creature	yaratık
promise	söz vermek, vaat etmek, söz, vaad
research	araştırma
worldwide	dünya çapında
represent	temsil etmek
expect	ummak, beklemek
ar	görünüşe göre, anlaşılan,
seemingly	zahiren
endless	sonsuz
	sağlamak, tedarik etmek,
supply	tedarik, arz
pill 	hap
single	tek, bekar
	(enerji, kalori) yakmak/harcamak,
burn off	buharlaşmak, yakıp kül etmek
take in	içine almak, kapsamak, içermek
store	mağaza, depo, depolamak



Calories are a **measure** of energy in food. A pound of fat is **equal** to about four hundred fifty three grams or three thousand five hundred calories. To lose that fat in a week, you have to burn off at least that amount in calories or eat that much less. The best thing to do is to **combine** both ideas. Eat fewer calories and increase physical activity so that you burn off more.

America's National Institutes of Health has suggested that women limit calories to no less than one thousand two hundred calories a day without medical **supervision**. It also says men should have no less than one thousand five hundred calories. **Debate** continues about the best way to fill those calorie **requirements**.

For years, eating a diet low in fat was said to be the best way to lose weight. A low-fat diet is one in which less than thirty percent of a person's daily calorie intake comes from fat.

Dean Ornish developed one of the most popular low fat diets after years of research on ways to control heart disease. His dietary ideas were first **publish**ed in the medical journal The Lancet in nineteen ninety. The Ornish diet plan became more popular in nineteen ninety-three with the **release** of his book "Eat More, Weigh Less". Dr. Ornish studied the effects of carbohydrates — one of the most important **source**s of energy for the body. He found that carbohydrates were not to **blame** for making people fat. Instead, he said, fat makes people fat. He noted that a baked potato is not high in fat, but it becomes fatty when people add sour cream and butter to it.

Dr. Ornish's diet plan limits daily calories from fat to less than ten percent, with little to no **saturated fat** or cholesterol. He also suggested that people get seventy to seventy-five percent of their calories from complex carbohydrates, and fifteen to twenty percent from proteins.

Like other low-fat diets, the Ornish plan suggests that people eat diets high in whole **grain**s, fruits, vegetables, beans and other legumes. The plan advises people to avoid all meat and meat products, and to **stay away from** oils, nuts and seeds. It does not limit the number of calories people eat. But, eating the foods suggested by the diet plan would reduce the number of calories.

The Ornish diet has **prove**d to be **effective** for many people. However, **critics** say it lets dieters eat too many

measure	ölçmek, ölçü, önlem
equal	eşit, eşit olmak
combine	birleşmek, birleştirmek
supervision	denetim, gözetim, nezaret
debate	tartışmak, tartışma
requirement	gereksinim, zorunluluk
publish	(kitap) basmak, yayımlamak
release	yaymak, gösterime girmek, piyasaya sürmek, salivermek, salinim, birakma
source	kaynak
blame	suçlamak, suç, ayıplama, suçlama
saturated fat	doymuş yağ
grain	tahil, hububat
stay away from	uzak durmak, uzak kalmak
prove	ispatlamak, kanıtlamak
effective	etkili
critics	eleştirmenler
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carbohydrates while setting **restriction**s on calories from fat. They also say the changes required in eating **habits** may be too extreme for many people to follow.

Unlike the Ornish diet, low carbohydrate diets limit foods that are high in carbohydrates. These diets advise people to avoid things like white **flour**, **pasta**, rice, potatoes and foods high in sugar. Instead they suggest that people eat foods that are high in proteins and fats. These include foods like meat, fish, chicken, eggs, cheese and nuts.

The Atkins diet is one of the most popular of these diets. It suggests that people eat fewer than twenty grams of carbohydrates a day. This amount is slowly increased to between forty and one hundred grams of carbohydrates a day to keep the weight off.

Both weight loss plans have been carefully studied over the years. But no one plan has come out as a **clear** winner. Three years ago, a study in the New England Journal of Medicine found low-carb diets to be the best at **providing** the most weight loss. The study was led by researchers at the Brigham and Women's Hospital in Boston and Ben Gurion University in Israel.

The researchers **studied** more than three hundred obese patients who followed one of three diet plans. These included a low-fat diet, a low-carb diet and a Mediterranean diet, which is **made up of** fruits, vegetables, lean proteins, olive oil and nuts.

A similar study published a year later looked at more than eight hundred dieters. The study found that low fat diets and high fat diets were **equally successful** at providing and **maintaining** weight loss over a two year period.

The researchers concluded that the most important thing for any diet is that people stick with it. And you must burn more calories than you take in no matter what you eat.

Some people are unable to lose weight through diet and exercise, no matter how hard they try. Others are just not willing to put in the effort. Many of these people choose to have surgical operations to reach their weight loss goals.

One kind of weight loss surgery reduces the size of the **stomach**. This is done by **separating** the stomach into two parts,

	1
restriction	sınırlandırma
habit	alışkanlık, adet
flour	un, unlamak
pasta	makarna
clear	açık, net, duru, berrak, temiz, temizlemek, kökünü kazımak
provide	sağlamak, temin etmek
study	çalışmak, öğrenim görmek, ilim, bilim, incelemek, çalışma odası
made up of	den oluşmak
equally	eşit bir şekilde
successful	başarılı
maintain	bakım yapmak, sürdürmek, devam ettirmek, iddia etmek
stomach	karın, mide
separate	ayrı, farklı, ayırmak, ayrılmak
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**including** a very small **section** at the top. People who have had this operation are **force**d to eat smaller amounts of food because their top stomach **fills up** much faster.

**Research** suggests that most people lose about half of their overweight pounds in the first year after surgery. However, a large number of people **regain** the weight in three to five years.

A new report suggests **similar** results for another popular weight loss surgery. Liposuction has been **widely** used since the nineteen seventies to **improve** the body's **appearance**. It improves body shape by removing fat from certain parts of the body. The most common areas are the stomach, waist, hips, thighs, neck and arms. The International Society of Aesthetic Plastic Surgery says liposuction is the most popular form of cosmetic surgery **worldwide**.

Recently, researchers at the University of Colorado School of Medicine found that the effects of the surgery may not be long-lasting. They said people who have liposuction usually experience weight gain within one year after the surgery. And the fat that comes back reappears in a new area of the body, most noticeably the shoulders, arms and upper abdomen. The researchers say this is one more reason to try to prevent obesity before it happens.

including	içeren, kapsayan	
section	kısım, bölüm	
force	zorlama, güç, kuvvet, zorlamak	
fill up	doyurmak, dolmak, doldurmak	
research	araştırma	
regain	yeniden almak, kazanmak	
similar	benzer	
widely	geniş ölçüde, yaygın bir şekilde	
improve	iyileştirmek, gelişmek, geliştirmek	
appearance	görünüş	
worldwide	dünya çapında	
recently	son zamanlarda	
researcher	araştırmacı	
long-lasting	uzun ömürlü, dayanıklı	
	tecrübe etmek, yaşamak, tecrübe,	
experience	deneyim	-
reappear	tekrar görünmek	<del>                                     </del>
noticeably	gözle görülür derecede	
shoulder	omuz	
arm	kol, silah	
upper abdomen	ust karın	
upper		



#### 4. Why Exercise Is Important and How to Get It

Health experts have long **note**d the **importance** of physical activity. Exercise not only improves your appearance. It can also improve your health. Exercise helps to **reduce** the risk of some **disease**s. They include **heart disease**, **stroke**, type-two diabetes, osteoporosis and even some kinds of cancer.

America's Centers for Disease Control and Prevention says heart disease is the **leading** cause of death in the United States. In two thousand six, heart disease killed more than six hundred thirty thousand Americans. High blood pressure and high cholesterol **levels** in blood can **increase** your risk of heart disease. Medical experts say both can be reduced **through** normal exercise.

Physical activity is also known to increase the **release** of endorphins. These chemicals reduce **feeling**s of pain. They also help people feel more happy and **peaceful**.

There is some **debate** about exactly what causes the brain to release endorphins. Some experts **believe** it is the act of exercising itself. Others say it is the feeling one gets from having met an exercise goal. Either way, the two things work together **when it comes to** improving one's **emotional health**.

Exercise improves your energy levels by increasing the flow of blood to the heart and blood vessels. One of the main reasons people exercise is to control or reduce their weight. Physical activity burns calories – the energy stored in food. The more calories you burn, the easier it is to control or reduce your weight. So exactly how much exercise do you need to do to gain all of these great health effects? Experts say it is easier than you think.

In two thousand eight, the Centers for Disease Control released its first ever Physical Activity Guidelines for Americans. The report included suggestions for young people, adults, **disabled** persons and those with **long-term health problems**. One of the major ideas noted in the report was that some activity is better than none. So if you are not doing anything, now is the time to get started.

The CDC **define**s physical activity as anything that gets your body moving. And, it says there are two **separate**, but equally important kinds of physical activity. Aerobic or cardio exercise gets your **heart rate** going faster and increases your breathing. Some

note	not, not etmek, fark etmek, belirtmek
importance	önem
reduce	azaltmak, azalmak
disease	hastalık
heart disease	kalp hastalığı
stroke	felç, darbe, okşamak, sıvazlamak
leading	önde gelen, başlıca, lider konumda
level	seviye
increase	artmak, artırmak, artış
through	aracılığıyla, tamamen, içinden
release	yaymak, gösterime girmek, piyasaya sürmek, salıvermek, salınım, bırakma
feeling	duygu, his
peaceful	huzurlu, barışçıl
debate	tartışmak, tartışma
believe	inanmak, güvenmek
when it comes	söz konusu olduğunda
emotional health	ruhsal sağlık, duygusal sağlık
flow	akmak, akıntı
vessel	gemi, damar, kap
burn	yanmak, yakmak
exactly	net olarak, tam olarak
disabled	özürlü, engelli, devre dışı
long-term health problems	uzun vadeli sağlık sorunları
define	tanımlamak
separate	ayrı, farklı, ayırmak, ayrılmak
heart rate	kalp atış hızı
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examples are activities like walking at an increased speed, dancing, swimming or riding a bicycle. Muscle-strengthening activities help build and **strengthen** muscle groups in the body. This kind of exercise includes lifting weights, or doing sit-ups and push-ups.

To get the most from your exercise plan, experts say adults should get **at least** two and a half hours of aerobic exercise each week. More **intense** activities reduce the suggested amount of time to one hour and fifteen minutes. Some examples are playing basketball, swimming and distance running.

Earlier advice from the CDC said people need to exercise thirty minutes each day for at least five days to get the health benefits of exercise. More recent research suggested that those gains are the same whether you exercise for short periods over five days or longer sessions over two or three days.

In addition, the newer suggestions say any exercise plan should include at least two days of muscle training. Each exercise period should be at least ten minutes long. The total amount of activity should be **spread** over at least two days **throughout** the week. Most importantly, experts say people should choose physical activities that they find fun. This helps to guarantee that they stay with the program.

So, what are some of the most popular forms of exercise in the United States? Walking tops the list. A two thousand six report from the CDC found that more than seventy-nine million Americans walk to stay physically fit. For many people, it is considered the easiest way to get exercise. It does not require a health club membership. Walking is safe. And it is said be to as valuable for one's health as more intense forms of exercise like jogging. Walking is also said to be less **damaging** to the knees and feet. This makes it a better choice of exercise for older adults. Another popular form of exercise is jogging, or running at a slow to medium speed. USA Track and Field Hall of Famer Bill Bowerman was credited with bringing jogging to the United States in the nineteen seventies. He did so after witnessing the popularity of the activity himself during a trip to New Zealand in the nineteen sixties. He started the first running club in America and wrote a book about jogging for fitness. Bill Bowerman also helped establish Nike, the tennis shoe company.

atuan ath an	ari al an dinna al c
strengthen	güçlendirmek
at least	en azından
intense	yoğun, şiddetli, güçlü
spread	yayılmak, yaymak
throughout	tamamen, baştan başa, her tarafında
stay physically fit	fiziksel olarak fit kalmak
membership	üyelik
safe	emniyetli, güvenli
valuable	değerli, kıymetli
damaging	zararlı, zarar verici
	bir şeyi sağlayan kişi olarak
credited with	bilinmek
witness	şahit, şahitlik etmek
popularity	popülarite, ün
establish	kurmak, tesis etmek
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Jogging provides great physical conditioning for the heart and **lungs**. And, it increases the **flow of blood** and oxygen in the body. All of these things **combined** help to improve heart activity, lower blood pressure and cholesterol levels, and reduce **bone** and muscle **loss**. Running is also a good way to lose weight. People burn an **average** of one hundred sixty calories a kilometer while running.

The Census Bureau says swimming was the second most popular sports activity in the United States in two thousand eight. The top activity was exercise walking. Swimming is said to be one of the best ays to exercise. **Nearly** all of the **major** muscle groups are put to work. Swimming also presents less risk of muscle and **joint** injury because of the body's weightlessness in water. This makes it a great choice of exercise for people with **special needs**, like **pregnant** women, older adults, and persons who are overweight. Some people have questioned whether swimming burns as many calories as other forms of exercise. But one thing is sure: the effects on your health are just as great.

Water aerobics is another popular form of exercise. This can be anything from walking or running against the **resistance** of water, to doing jumping jacks in the water. Dancing can also be a fun way to exercise. This is **especially** true for those who see exercise as a necessary evil: something they should do, not something they want to do. A dance-fitness program called Zumba has **grown in popularity** in recent years. Zumba is said to be one of the fastest-growing group programs in the physical fitness industry today.

Alberto Beto Perez **create**d Zumba in his **native** Colombia in the nineteen nineties. His dance-fitness program is **based on** salsa, meringue, and other forms of Latin American music. Mr. Perez brought the program to the United States in two thousand one. Since then it has spread **around the world**.

The Zumba website says its classes are now offered in more than one hundred thousand gyms, fitness studios and dance clubs around the world. That is up from about two thousand **location**s in two thousand six. The website also says that more than twelve million people now **attend** Zumba classes in one hundred twenty-five countries.

lung	akciğer
flow of blood	kan akışı
combine	birleşmek, birleştirmek
bone	kemik
loss	zarar, hasar, kayıp
average	ortalama
nearly	hemen hemen, neredeyse, almost
major	ana, asıl
joint	eklem, eklem yeri, ortaklaşa, müşterek
special needs	özel ihtiyaçlar
pregnant	hamile
resistance	rezistans, direnç, direnme
especially	özellikle de
grown in popularity	popüler olmak, popülerliği artmak
create	yaratmak, oluşturmak
native	yerli, o bölgeye ait
based on	e dayanmak
around the world	bütün dünyada, dünyanın her yerinde
location	konum, mevki
attend	katılmak, devam etmek (okula, derse), dikkat etmek
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Whatever kind of exercise you choose, experts agree that you should start small and work your way up. Start by exercising ten minutes a day two times a week. After a few weeks, increase your time to fifteen or twenty minutes, and increase the number of days.

Next, **aim** to increase the **intensity** of your **workout**. If you have been walking, trying walking faster, or **take turns between** walking and jogging. And try not to forget those muscle strengthening exercises. The more time you spend exercising, the more health **benefits** you get.

Health experts **advise** people who have been physically **inactive** to have a **complete** physical exam before beginning a new exercise program. If one of the goals of your exercise program is to lose weight, you will also need to change how and what you eat. Next week we will look at the **influence** of diet on your weight loss efforts.

aim	amaç, hedef, amaçlamak
intensity	yoğunluk, şiddet
workout	çalışma, idman
take turns	2 3
between	arasında dönüş yapmak
benefit	fayda, kar, faydalanmak
advise	tavsiye etmek, öğüt vermek
inactive	aktif olmayan, pasif, uykuda
complete	tamamlamak
influence	etki, etkilemek



#### 5. What Do You Know About the Common Cold?

Do you think getting cold can give you a cold? Is it bad to drink milk when you have a cold? Can chicken soup **cure** a cold?

Ranit Mishori is a family medicine doctor at Georgetown University Medical Center in Washington. She says colds are more **common** in winter, but not because of low temperatures. The cold weather just **mean**s people stay inside more.

RANIT MISHORI: "People **tend to congregate** and be together and the way the common cold virus is **transmit**ted from one person to another is **through handshake**s, through **sneezing**, or **coughing** on one another".

Adults generally get two to three colds a year. Children are **likely** to catch four or five. Dr. Mishori says some people **mistakenly** believe they can **become resistant** to colds.

RANIT MISHORI: "There are about two hundred **different** viruses that cause the common cold. People think that once you **get infected** one time you **develop immunity** for **the rest of** your life. This is wrong ".

There is still no cure for the common cold. But Dr. Mishori says there are ways to feel better sooner.

RANIT MISHORI: "So if you **get a cold** and on day one and you start taking about two grams of vitamin C a day, there is evidence that it might shorten the number of days that you will be suffering with these symptoms".

She says honey can also help. RANIT MISHORI: "There is increased evidence that it helps shorten the duration of the common cold sometimes even by two to three days ".Dr. Mishori says honey seems to be especially effective in children with colds. But the Agriculture Department says never to feed honey to babies less than one year old. It says even honey in prepared foods may contain substances that can make babies very sick. Some people believe in treating a cold with chicken soup. Does it work? RANIT MISHORI: "Chicken soup has anti-inflammatory properties, so it helps reduce the duration of the cold but also it helps clear the mucus ".

Mucus is the **sticky substance** that can make you cough and have trouble breathing during a cold. Have you ever heard the

cure tedavi etmek, iyil tedavi common ortak, yaygın anlamına gelmel somurtkan, cimri tend to eğilimli olmak congregate birleşmek, toplar iletmek, ulaştırmı göndermek through aracılığıyla, tama handshake tokalaşma sneezing hapşırma, aksırı coughing öksürme, öksürü muhtemel, olası mistakenly yanlışlıkla become resistant dirençli hale gelri different farklı get infected enfeksiyon kaprı develop immunity bağışıklık kazanı the rest of geriye kalanı (bir get a cold nezle olmak, soğ increased evidence artan kanıt shorten kısaltmak duration süre, müddet especially özellikle de feed beslemek, yeme substance madde sick hasta tedavi etmek, da işlemek, ikram, kı özellikler, mülkle elbiseleri açık, net, duru, be temizlemek, köki sticky substance yapışkan madde	
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clear açık, net, duru, b temizlemek, köki sticky	r, sahne
sticky	
	unu NaziillaN
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old saying "feed a cold, starve a fever"? Dr. Mishori says this is not **necessarily** a good guideline to follow. She says if you have a cold but do not feel hungry, then don't eat.

RANIT MISHORI: "But you have to drink a lot and you can drink water or you can drink tea -- anything that gets **fluid**s into your body. That's very important". But what about drinking milk during a cold? Some people think it only causes more mucus. Dr. Mishori says yes and no.

RANIT MISHORI: "Dairy products do not cause increased secretions, but they can thicken the secretions. So it's possible that discomfort is somewhat more enhanced when you drink milk. But obviously, if you're a baby and that's all you drink, you should not stop giving babies milk".

necessarily	illa ki, illa, muhakkak, şart
fluid	sıvı, sıvı şeyler
dairy products	süt ürünleri
secretion	salgı, sekresyon, sır tutma
thicken	kalınlaştırmak
discomfort	rahatsızlık
enhance	artırmak, yükseltmek, iyileştirmek
obviously	açık bir şekilde, apaçık
	aşın ən şəimaə, apaşın
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### 6. Avoiding the Danger of Carbon Monoxide Poisoning

Winter has brought cold weather to many areas in Earth's northern **hemisphere**. With the cold comes a danger as old as man's **knowledge** of fire -- **death** or **injury** by carbon monoxide **poisoning**. Today, we tell about this **ancient** and continuing danger.

An eight year old boy died earlier this month in his home near Boston, Massachusetts. His mother **reportedly** had burned charcoal in the home. Police **believe** the boy died of carbon monoxide poisoning.

Also in January, carbon monoxide killed four members of a poor family in central California. A ten-year-old girl, her eight-year-old sister and two of their **relatives** died from the **poison** gas. It is said to have come from a gas-powered **generator** being used to **heat** the home. They were using the **device** because they had failed to pay their **heating bill**, and the **company** had turned off their heat.

Carbon monoxide poisoning causes many deaths and injuries to people and animals **around the world**. The gas has been a problem since people first began burning fuels to cook food or to create heat. It is a problem in all parts of the world that **experience** cold weather.

America's Centers for Disease Control and Prevention has studied deaths caused by carbon monoxide poisoning. It found that the **average** number of carbon monoxide deaths in the United States was greatest in the month of January.

The CDC also found that carbon monoxide kills more than four hundred Americans each year. And, it said, more than twenty thousand people are **taken to hospital emergency rooms** for **treatment** of health problems linked to the gas. Four thousand of them had to stay in the hospital to be treated.

Carbon monoxide is called the **silent killer** because people do not know it is in the air. The gas has no color. It has no taste. It has no smell. It does not cause burning eyes. And it does not cause people to cough. But it is very **deadly**. It steals the body's **ability** to **use** oxygen.

Carbon monoxide **decrease**s the ability of the blood to carry oxygen to body **tissue**s. It does this by linking with the blood.

	<del> </del>
hemisphere	yarımküre
knowledge	bilgi
death 	ölüm
injury 	yara, yaralanma
poisoning	zehirlenme, zehirleme
ancient	eski, antik
reportedly	resmi olarak, söylentilere göre, dediklerine bakılırsa
believe	inanmak, güvenmek
relative	akraba, nisbi
poison	zehir, zehirlemek
generator	jeneratör, üretici
heat	ısı, sıcaklık, ısıtmak
device	araç, aygıt, cihaz
heating bill	ısıtma faturası
company	şirket
around the world	bütün dünyada, dünyanın her yerinde
ovnorions -	tecrübe etmek, yaşamak,
experience	tecrübe, deneyim
average	ortalama
take to	götürmek
hospital emergency	
rooms	hastane acil servisleri
treatment	tedavi, davranış
silent	sessiz
killer	katil, öldüren
deadly	ölümcül
ability	yetenek
use	kullanmak, kullanım
decrease	azaltmak, azalmak, azalma
tissue	kağıt mendil, doku
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When the gas links with the blood, the blood is **no longer** able to carry oxygen to the tissues that need it. **Damage** to the body can begin very quickly from large **amounts** of carbon monoxide. How quickly this happens **depends on** the **length** of time a person is breathing the gas and the amount of the gas he or she **breathes in**. Another **consideration** is how much alcohol the person might have to drink.

Carbon monoxide poisoning has warning signs. But people have to be awake to recognize them. Small amounts of the gas will cause a person's head to hurt. He or she may begin to feel tired. The person may feel sick. The room may appear to be turning around. The person may have trouble thinking clearly.

People **develop severe** head pain as the amount of gas continues to **enter** their blood. They will begin to feel very tired and **sleepy**. They may have **terrible** stomach pains.

Carbon monoxide is **measure**d in parts per million in a normal atmosphere. Breathing in two hundred parts per million of carbon monoxide will cause the first signs of poisoning. It will **result in** head pain, stomach problems and a feeling of tiredness after two to three hours.

A level of eight hundred parts per million will cause a person to **lose consciousness**. **Victims** will not know what is **taking place** around them. This will happen within two hours of breathing in this amount of carbon monoxide. Twelve thousand parts per million of the gas will **cause death** in one to three minutes.

Medical experts say carbon monoxide **affect**s people differently. For example, a small child will experience health problems or die much quicker than an adult will. The general health of the person or his or her age can also be **important**.

An older adult with health problems may suffer the effects of carbon monoxide more quickly than a younger person with no health problems. People with heart disease may suffer **chest pains**. They may begin to have trouble breathing.

Carbon monoxide does not always cause death. But it can cause many medical problems. Breathing low amounts of the gas for long periods of time can **lead to permanent damage** in the heart, lungs or brain. Experts say small amounts of carbon monoxide over a long period of time can greatly **harm** an **unborn baby**.

no longer	artık
damage	zarar vermek, hasar bırakmak zarar, ziyan, hasar
amount	miktar
depend on	bağlı olmak, bağımlı olmak, dayanmak
length	uzunluk
breathe in	nefes almak, nefesi içine çekmek
consideration	düşünme, göz önünde bulundurma
warning signs	tehlike sinyalleri
awake	uyanık
recognize	farkına varmak, tanımak, bilmek, kabul etmek
begin	başlamak
feel tired	yorgun hissetmek
have trouble	sorun yaşamak, problemi olmak
clearly	açıkça, net bir şekilde
develop	gelişmek, geliştirmek
severe	ciddi, şiddetli, güç, zor
enter	girmek
sleepy	uykulu
terrible	korkunç
measure	ölçmek, ölçü, önlem
result in	neden olmak
lose consciousness	bilincini yitirmek, bayılmak
victim	kurban, bir olaydan etkilenen kişi
taka plaas	olmak, gerçekleşmek,
take place cause death	meydana gelmek
affect	ölüme sebep olmak etkilemek
	önemli
important chest pain	göğüs ağrısı
lead to	neden olmak, sebep olmak
permanent	nederi olinak, sebep olinak
damage	kalıcı hasar
harm	zarar, ziyan, zarar vermek
unborn baby	doğmamış bebek
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#### 7. What causes carbon monoxide gas?

Any device that burns fuels like coal, gasoline, kerosene, oil or wood can **create** the gas. Water heaters that burn natural gas create carbon monoxide. Fireplaces and stoves that burn wood create the gas. Natural gas stoves and gas dryers or charcoal grills also create carbon monoxide. Automobiles create it.

Experts say the **leading** cause of carbon monoxide poisoning is damaged or **misused equipment** that burns these fossil fuels. Many people die or are injured by the gas because they do not use these devices correctly. Any device used to heat a home should be **inspect**ed to make sure it is working correctly. And cooking equipment like a charcoal grill should never be used to heat an **enclosed area**.

Fuel-burning devices can create carbon monoxide gas because not all of the fuel is burned. Most devices used for home heating have a way to **expel** the gas from the home. For example, a fireplace has a chimney. Natural-gas stoves or gas water heaters are usually connected to a device that **safely** expels the gas from the home. Automobiles also have a system for releasing unburned fuel.

Anyone who uses a device that burns fossil fuel must inspect the equipment carefully to reduce **chance**s of carbon monoxide escaping. Companies that produce the devices usually provide **direction**s about using the device correctly. These directions should be read and understood before using any equipment that burns fuel inside a home.

A small, **portable** generator used to create electricity during a **power outage** can be dangerous. The Centers for Disease Control and Prevention warns that such a device can kill within minutes when not used correctly.

You can do a number of things to **protect** yourself from the effects of carbon monoxide. First, immediately leave the area if you recognize the signs of carbon monoxide poisoning in yourself or others. Seek emergency medical services after you leave the area where you **suspect** the gas might be. Usually, the treatment for carbon monoxide poisoning **involve**s breathing in large amounts of oxygen. However, a doctor will know the best method to treat the effects of such poisoning.

	1
create	yaratmak, oluşturmak
	önde gelen, başlıca, lider
leading	konumda
misuse	istismar etmek, kötüye kullanmak
equipment	ekipman, teçhizat, araç gereç
	incelemek, teftiş etmek,
inspect	denetlemek
enclosed area	çevrelenmiş alan
expel	çıkarmak, dışarı atmak, defetmek
safely	güvenli bir şekilde
chance	ihtimal, olasılık, şans
direction	yön, yönlendirme
portable	portatif, seyyar, taşınabilir
power outage	elektrik kesintisi
protect	korumak
suspect	şüphelenmek, şüphe
involve	içermek, kapsamak, gerektirmek
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Carbon monoxide does not quickly leave the body, even after treatment has begun. It can take several hours before the gas **disappears**. If you suspect carbon monoxide is a problem in your home, call your local fire department. Many firefighters have the necessary equipment to find or identify the gas.

disappear	gözden kaybolmak
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#### 8. Treatment for Hypothermia - 2010 Version

Today we are going to talk about emergency treatment of hypothermia.

Hypothermia can be **mild**, **moderate** or **severe**. Mild hypothermia is something that most people in cold climates have experienced at one time or another. You feel so cold that your body starts to **shake** -- not very much, but **uncontrollably**.

The **treatment** for mild hypothermia starts with getting out of the cold and, if necessary, changing into dry clothes. Drinking warm, non-alcoholic liquids and eating something sugary can stop the **shivering**. Taking a warm bath or sitting by a fire or doing some exercise can also help the body **warm up**. These are all **commonsense** treatments. But treatment needs to **change** when people enter the moderate or severe **stages** of hypothermia. **In that situation**, their body temperature **drops below** thirty-five degrees Celsius. They lose the ability to think clearly. Their muscles **become stiff**. They might **bump into** things or fall over objects.

**Members** of **search-and-rescue teams** will first try to **prevent additional** heat loss. They will place extra covering around the chest, head and neck of hypothermia victims to keep them warm.

Hypothermia victims need medical help **as soon as possible**. Working quickly to get people out of the cold is important. However, hypothermia victims must be moved slowly and gently. Any **rough** or **sudden movement** can **force** cold blood from the arms, legs and hands deep into the warmer middle of the body. This sudden **flow** of cold blood can create shock, a **serious condition**. It can also cause an **abnormal heartbeat**.

Members of search-and-rescue teams have a saying that hypothermia victims are not dead until they are warm and dead. The **process** of "rewarming" a person needs to be done slowly, in a hospital **setting**. An extremely low body temperature can cause the heart to beat so slowly that a **pulse** may be difficult to find. In other words, a person who is suffering from the effects of severe cold may seem dead, but still be alive.

milal	hafif arta uluman ulumlu
mild	hafif, orta, ılıman, ılımlı
moderate	ılımlı, yumuşatmak, hafifletmek
severe	ciddi, şiddetli, güç, zor
	sallamak, titremek, titretmek,
shake	el sıkışmak
uncontrollably	önlenemez bir şekilde
treatment	tedavi, davranış
shivering	titreme
warm up	ısınmak
common sense	sağduyu
	değişim, değişmek,
change	değiştirmek, bozuk para
stage	sahne, aşama, derece
in that situation	bu durumda
drop	damla, düşmek
below	alttaki, aşağıdaki, altında
become stiff	sertleşmek
bump into	çarpışmak, karşılaşmak
member	üye
search-and-	-,-
rescue teams	arama kurtarma timleri
prevent	önlemek
additional	ek, ilave
as soon as	,
possible	mümkün olduğunca çabuk
rough	kaba saba, kaba, pürüzlü, sert, sıkı
sudden	ani, ansızın olan
movement	hareket, düşünce akımı
force	zorlama, güç, kuvvet, zorlamak
flow	akmak, akıntı
serious condition	ciddi durum
abnormal	oldar durum
heartbeat	anormal kalp atışı
process	süreç, işlemek
setting	kurma, ortam, ayar, dizme
pulse	nabız, çarpmak
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### 9. Advice for Staying Warm and Safe in Freezing Weather - 2010 Version

Freezing weather can mean frostbite and hypothermia unless a person is prepared. Today we talk about how to stay warm, dry and safe. Frostbite is damage that happens when skin is exposed to extreme cold for too long. It mainly happens on the hands, feet, nose and ears. People with minor cases of frostbite that affect only the skin may not suffer any permanent damage. But if deeper tissue is affected, a person is likely to feel pain every time the area gets cold.

If **blood vessels** are damaged, people can suffer a **gangrene** infection. Sometimes the only way doctors can treat an **injury** like this is to **remove frostbitten areas** like fingers and toes. Hypothermia is a condition that develops when the body cannot **produce** as much heat as it **releases**. Signs of hypothermia include **uncontrollable shaking**, very slow breathing and difficulty thinking clearly. Hypothermia can **lead to** death if the person does not **receive** help.

To **avoid cold-related** injuries, here is a simple way to remember four **basic steps** to staying warm. Think of COLD -- C. O. L. D.

The C stands for cover. Wear a hat and scarf to keep heat from escaping through the head, neck and ears. And wear mittens instead of gloves. In gloves, the fingers are separated, so the hands might not stay as warm as they would in mittens.

The O stands for **overexertion**. Avoid activities that will make you **sweaty**. Wet clothes and cold weather are a **dangerous combination**.

L is for **layers**. Wearing **loose**, lightweight clothes, one layer on top of another, is better than wearing a single heavy layer of clothing. Make sure outerwear is made of material that is **water-resistant** and **tightly knit**.

D is for dry. In other words, stay as dry as possible. **Pay attention to** the places where snow can enter clothing. These include the tops of boots, the necks of coats and the wrist areas of mittens or gloves.

And here are two other things to **keep in mind** -- one for children and the other for adults. Eating snow might be fun but it

freezing	dondum ou hou-
weather	dondurucu hava
frostbite	soğuk ısırması
prepared	hazır, tedarikli
damage	zarar vermek, hasar bırakmak zarar, ziyan, hasar
exposed to	maruz kalmış
extreme cold	aşırı soğuk
mainly	başlıca, temel olarak
minor cases of frostbite	küçük(ufak) donma vakaları
affect	etkilemek
tissue	kağıt mendil, doku
blood vessel	kan damarı
gangrene	kangren, kangren olmak, yozlaşma, ahlaki çöküntü
injury	yara, yaralanma
remove	kaldırıp atmak, kurtulmak
frostbitten areas	soğuktan donmuş bölgeler
produce	üretmek, ürün
release	yaymak, gösterime girmek, piyasaya sürmek, salıvermek, salınım, bırakma
uncontrollable shaking	kontrol edilmez titreme
lead to	neden olmak, sebep olmak
receive	teslim almak, almak, kabul etmek,
avoid	sakınmak, çekinmek, kaçınmak, önlemek
cold-related	soğukla ilgili, soğukla bağlantılı
basic	temel, esas, ana, basit
step	adım, basamak, adım atmak, basmak
stand for	anlamına gelmek, temsil etmek, aday olmak
cover	kapak, örtmek, örtü, kaplamak, kapsamak
escaping	kaçış, kurtulma, kaçma
mittens	eldiven
glove	eldiven
separated	ayrılmış, ayrık
overexertion	aşırı yorgunluk
sweaty	ıslak, terli



**lower**s the body's temperature. And drinking alcohol might make a person feel warm. But what it really does is **weaken** the body's ability to **hold heat**. Next week: advice from experts about what to do, and not to do, to help someone who is injured by cold weather.

dangerous	tehlikeli
combination	birleşim, birleşme, kombinasyon
layer	katman, tabaka, kat
loose	gevşek, bol
water-resistant	suya dayanıklı, su geçirmez
tightly knit	sıkı dokunmuş, fazlasıyla bütünleşmiş
pay attention to	dikkate almak, dikkatini vermek
keep in mind	akılda tutmak
lower	düşürmek, alçaltmak, indirmek
weaken	zayıflatmak
hold heat	ısı tutma
	,
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#### 10. The Story of Aspirin - 2010 Version

People have known since ancient times that aspirin lessens pain and lowers high body temperature. But that is not all the drug can do. It has gained important new uses in recent years. Small amounts may help prevent a stroke or heart attack. Some researchers say aspirin may help patients with colon cancer live longer, or may even prevent some cancers. But doctors also warn that the acid in aspirin can cause problems like bleeding in the stomach and intestines. So, how did aspirin become so important? The story begins with a willow tree. Two thousand years ago, the Greek doctor Hippocrates advised his patients to chew on the bark and leaves of the willow.

The tree contains a **chemical** called salicin. In the eighteen hundreds, researchers **discover**ed how to make salicylic acid from the chemical. In eighteen ninety-seven, a **chemist** named Felix Hoffmann at Friedrich Bayer and Company in Germany created acetyl salicylic acid.

Later, it became the **active substance** in a **medicine** that Bayer called aspirin. The "a" came from acetyl. The "spir" came from the spirea plant, which also produces salicin. And the "in"? That is a **common** way to end medicine names.

In nineteen eighty-two, a British scientist **share**d the Nobel Prize in Medicine in part for discovering how aspirin works. Sir John Vane found that aspirin **block**s the body from making natural substances called prostaglandins.

Prostaglandins have several **effects** on the body. Some cause pain and the **expansion**, or **swelling**, of **damaged tissue**. Others **protect** the lining of the stomach and small intestine. Prostaglandins also make the heart, **kidney**s and blood vessels work well. But there is a problem.

Aspirin works against all prostaglandins, good and bad.

Scientists have also learned how aspirin interferes with an enzyme. One form of this enzyme makes the prostaglandin that causes pain and swelling. Another form of the enzyme creates a protective effect. So aspirin can reduce pain and swelling in damaged tissues. But it can also harm the inside of the stomach and small intestine. And sometimes it can cause bleeding. But a British study released in two thousand nine suggests that taking another drug with a small amount of aspirin may help reduce the risk

analant times	antik zamanla:
ancient times	antik zamanlar
lessen	azalmak, azaltmak
lower	düşürmek, alçaltmak, indirme
drug	ilaç, uyuşturucu
gain	elde etmek, kazanmak, kazanım
stroke	felç, darbe, okşamak, sıvazlamak
heart attack	kalp krizi
warn	uyarmak
cause	neden olmak, neden
bleeding	kanama, kanayan
intestine	bağırsak, ince bağırsak
important	önemli
willow tree	söğüt ağacı
advise	tavsiye etmek, öğüt vermek
chew	çiğnemek
bark	havlamak, ağaç kabuğu
chemical	kimyasal
discover	keşfetmek, bulmak
chemist	kimyager, eczacı
active	, agor, occaoi
substance	etken madde
medicine	ilaç, tıp
common	ortak, yaygın
share	paylaşmak, pay, hisse
block	blok, bloke etmek, engellemel
effect	etki
expansion	genişleme, yayılma, büyüme
swelling	şişme, şişlik
damaged	3.3.110, 3.3.117
tissue	hasarlı doku
protect	korumak
kidney	böbrek
-	karışmak, müdahale etmek,
interfere with	araya girmek
protective effect	koruyucu etki
harm	zarar, ziyan, zarar vermek
suggest	önermek, ortaya koymak



of bleeding. If that **proves true**, it would help thousands of people who are **seeking to** prevent **life-threatening** conditions.

Many people take aspirin to reduce the risk of a heart attack or stroke from **blood clots**. Clots can block the flow of blood to the heart or brain and cause a heart attack or stroke. Scientists say aspirin prevents blood cells called platelets from sticking together to **form** clots.

A California doctor named Lawrence Craven first noted this effect sixty years ago. He **observed unusual** bleeding in children who chewed on an aspirin product to **ease the pain** after a common operation.

Doctor Craven believed that the bleeding **took place** because aspirin prevented blood from **thicken**ing. He thought this effect might help prevent heart attacks caused by blood clots. He examined the medical records of eight thousand aspirin users and found no heart attacks in this group. He **invite**d other scientists to test his ideas. But it was years before large studies took place.

Charles Hennekens of Harvard Medical School **led** one of the studies. In nineteen eighty-three, he began to study more than twenty-two thousand healthy male doctors over forty years of age. Half took an aspirin every other day. The others took what they thought was aspirin. But it was only a placebo, a **harmless substance**. Five years later, Doctor Hennekens **report**ed that people who took aspirin reduced their risk of a heart attack. But they had a higher risk of bleeding in the brain than the other doctors. Last year, a group of experts **examine**d studies of aspirin at the request of federal health officials in the United States. The experts said people with an **increased risk** of a heart attack should take a low-strength aspirin every day.

Aspirin may help someone who is having a heart attack caused by a blockage in a blood vessel. Aspirin thins the blood, so it may be able to flow past the blockage. But heart experts say people should **seek emergency help immediately**. And they say an aspirin is no **substitute** treatment, only for temporary help. But what about reducing pain? Aspirin **competes** with many other medicines for reducing pain and high body temperature. The **competition** includes acetaminophen, the active substance in products like Tylenol. Like the medicine ibuprofen, aspirin is an NSAID -- a non-steroidal anti-inflammatory drug.

	aslı çıkma, doğruluğunu
prove true	kanıtlama
seek to	çalışmak, çabalamak
life-threatening	hayati tehlike oluşturan
blood clot	kan pıhtısı, pıhtılaşma
form	şekil, form, oluşturmak, oluşmak
observe	gözlem yapmak
unusual	sıradışı
ease the pain	acıyı hafifletmek
taka nlaga	olmak, gerçekleşmek,
take place thicken	meydana gelmek
invite	kalınlaştırmak
IIIVILE	davet etmek
lead	yönetmek, yönlendirmek, liderlik etmek, kurşun
harmless	, 3
substance	zararsız madde
	haber vermek, rapor etmek,
report	bildirmek, rapor, röportaj
examine	incelemek, muayene etmek, muayene etmek
increased risk	artan risk
seek emergency help	acil yardım istemek
immediately	hemen, derhal, acilen
substitute	yedek, yerine geçirmek
compete	yarışmak, rekabet etmek
competition	yarışma, rekabet
	<b>5</b>



Several studies have found that men who take aspirin and other NSAIDS have a **decreased risk** of prostate cancer. The prostate is part of the male reproductive system. Researchers at the Mayo Clinic in Minnesota wanted to see how NSAIDs might affect prostates that are **enlarged** but not cancerous. They followed the health of two thousand, five hundred men for twelve years.

The researchers said these drugs may **delay** or stop **development** of an enlarged prostate. They said the risk of an enlarged prostate was fifty percent lower in the NSAID users than the other men. The risk of **bladder** problems was thirty-five percent lower.

Other studies have suggested that aspirin can help with cancer prevention and survival. They showed that aspirin may help prevent cancers of the stomach, intestines and colon.

Researchers reported in two thousand nine about people who had **colorectal** cancer. They found that aspirin users had an almost thirty percent lower risk of dying from their cancer. That was during an average of eleven years after the cancer was discovered.

Two years ago, European researchers reported that aspirin may have what they called a "**long-term** protective effect **against** colorectal cancer". Peter Rothwell of the University of Oxford led the researchers. They examined twenty years of results from four large studies.

The studies **involve**d fourteen thousand people. Some of them took a seventy-five milligram baby aspirin once a day. Others took a three hundred milligram, adult-sized aspirin.

The researchers found that people who took one aspirin a day for about six years reduced their risk of colon cancer by twenty-four percent. And deaths from the **disease drop**ped by thirty-five percent. That was in comparison to those who took a harmless substance or nothing at all.

Last week, the Lancet **publish**ed the combined results of a larger **observational** study, also led by Professor Rothwell. This time, he and researchers examined eight studies that involved more than twenty-five thousand individuals.

They found that taking a small aspirin once a day reduced death rates from a number of common cancers. Taking seventy-five milligrams of aspirin daily for five years reduced the risk of bowel cancer by one-fourth. Deaths from the disease fell by one-

decreased risk	azalan risk
enlarged	genişlemiş, hastalık sebebiyle büyümüş
delay	ertelemek, sonraya bırakmak, ötelemek, erteleme, gecikme
development	gelişme, ilerleme, gelişim
bladder	mesane, idrar torbası
colorectal	kolorektal
long-term	uzun vade, uzun vadeli, uzun süre
against	e karşı, zıt, zıttına
involve	içermek, kapsamak, gerektirmek
disease	hastalık
	damla, düşmek
drop	-
publish	(kitap) basmak, yayımlamak
observational	gözlemsel
death rate	ölüm oranı
daily	günlük, günübirlik
bowel	bağırsak
	/4
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third. Aspirin does not help everything, however. It can cause problems. For example, it can interfere with other medicines, although this is true of many drugs. Also, some people should not take aspirin. People who take other **blood thinners** or have bleeding disorders are among this group. **Pregnant** women are usually told to **avoid** aspirin. And research has shown a link between aspirin use and the disease Reye's syndrome. Children's doctors say patients up to age nineteen should not take anything containing salicylatic products when sick with high temperatures.

Experts say most people should not take aspirin for disease prevention without first talking to a doctor because there are risks to taking aspirin. Some researchers have even said that some people get little or no protection from aspirin. So research continues on one of the oldest and most **widely used** drugs in the world.

blood thinner	kan sulandırıcı
pregnant	hamile
	sakınmak, çekinmek, kaçınmak, önlemek
avoid widely used	
widely used	geniş ölçüde kullanılan



### 11. What You Can Do to Reduce the Risk of Getting Hepatitis

This week, we will tell about six diseases of the **liver**. The diseases come from six different viruses. Doctors have one name for all of them: hepatitis.

The liver is in the upper right part of the stomach. This dark, red organ is big. It **weighs** more than one kilogram. And, it has a big job. The liver helps **clean** the blood and **fight** infection. It also helps **break down food** and **store** energy until the body needs it.

Hepatitis **destroy**s liver cells. Some kinds of hepatitis are much more **serious** than others. Which kind a person has can only be known from tests for **antibodies** in the blood. Antibodies are **special** proteins that the body's natural **defense**s against disease **produce in answer to** a **threat**. **Identify** the antibody and you identify the threat.

Hepatitis A is usually **spread** through **human waste** in water or food. It is in the same group of viruses as those that cause the disease **polio**. The hepatitis A virus causes high body temperature, pain and **weakness**. It causes problems with the stomach and intestines, making it difficult to eat or break down food. Also, the **skin** of a person with hepatitis may become yellow. This is a **sign** that the liver is not **operating** normally. To help prevent the spread of hepatitis A, people should wash their hands after they use the **restroom** or change a **baby's diaper**. People should also wash their hands before they eat or prepare food.

Hepatitis A can spread quickly to hundreds or thousands of people. But the virus is **deadly** in less than one percent of cases. Many people **infected** with the virus never even get sick. But those who do usually **recover** within two months. The World Health Organization says hepatitis A is often found in Africa, Asia and Central and South America. People who have had hepatitis A cannot get it again. There is a **vaccine** to prevent hepatitis A. America's Centers for Disease Control and Prevention says the vaccine is the best way to protect against the disease. The World Health Organization says as many as two billion people are infected with the hepatitis B virus. More than three hundred fifty million of those infected have lifelong infections. WHO officials say an **estimated** six hundred thousand people die each year as a result of hepatitis B.

ver	karaciğer
veigh	ağırlığında olmak, tartmak
lean	temizlemek, temiz
ight	savaşmak, mücadele etmek dövüşmek, savaş, dövüş
reak down ood	yiyecekleri parçalamak
tore	mağaza, depo, depolamak
lestroy	yok etmek, tahrip etmek
erious	ciddi
ntibody	antikor
pecial	özel
lefense	savunma, davalı
roduce	üretmek, ürün
n answer to	cevaben
hreat	tehdit
dentify	tanımlamak
pread	yayılmak, yaymak
p. 044	insan vücudundan atılan
uman waste	maddeler
olio	çocuk felci
veakness	zayıflık, güçsüzlük
kin	ten, deri, cilt
ign	işaret, belirti
	çalıştırma, işletme, ameliyat
perating	yapan, işleyen
estroom	tuvalet, halka açık tuvalet
aby's diaper	bebek bezi
eadly	ölümcül
nfected	enfekte, bulaşmış, hasta
ecover	iyileşmek
accine	aşı
stimated	tahmini
	1



The virus is in the same group as the **herpes** and **smallpox** viruses. Hepatitis B vaccines have been given since the nineteen eighties. The W-H-O says the vaccine is ninety-five percent effective in preventing the development of infection.

Hepatitis B spreads when blood from an infected person enters the body of another person. An infected mother can **infect** her baby. The virus can also spread **through** sexual activity, and if people share injection devices.

Blood products from an infected person can spread hepatitis B. People also can get infected if they share personal-care products that might have blood on them. Some examples are toothbrushes and sharp hair-cutting instruments. **Worldwide**, most hepatitis B infections are found in children. Young children are the ones most likely to develop a chronic or lifelong infection. The risk of such an infection is small for children older than four years.

About ninety percent of babies infected with hepatitis B during the first year develop chronic infections. Such persons are at high risk of death from liver disease or liver cancer. The hepatitis B vaccine is **consider**ed to be the first medicine that can protect people against liver cancer.

Hepatitis C is even more dangerous. Like hepatitis B, it spreads when blood from an infected person enters someone who is not infected.

The hepatitis C virus belongs to the same group of viruses as **yellow fever** and West Nile virus. Most people living with hepatitis C develop chronic infections, often **without any signs**. They are at high risk for liver disease and liver cancer.

The World Health Organization says about one hundred seventy million people are infected with hepatitis C. That is three percent of the population of the world! The WHO. also says that as many as four million more become infected each year. It warns that those infected may develop diseases of the liver, including liver cancer. The WHO says the highest rates of infection are in Africa, Asia, and Central and South America.

The hepatitis C virus was first observed in nineteen seventy-four. But it was not **officially recognized** as a new kind of hepatitis until nineteen eighty-nine. Scientists have been working to develop a vaccine and other treatments. Last month, the journal Lancet reported that a **combination** of two **experimental drugs** 

hornos	usuk harnas
herpes	uçuk, herpes
smallpox	çiçek hastalığı
infect	hastalık bulaştırmak, enfeksiyon bulaştırmak
through	aracılığıyla, tamamen, içinden
worldwide	dünya çapında
consider	düşünmek
yellow fever	sarıhumma
without any signs	herhangi bir işaret olmadan
officially	resmen, resmi olarak
recognize	farkına varmak, tanımak, bilmek, kabul etmek
reoognize	birleşim, birleşme,
combination	kombinasyon
experimental	
drug	deneysel ilaç
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could **clear** the infection in eight to twelve weeks. However, researchers are still studying the effects of the treatment.

The Centers for Disease Control and Prevention says about three million Americans are infected with hepatitis C. The rates are highest among people born between nineteen forty-five and nineteen sixty-five. Those **especially** at risk include persons who **inject** themselves with drugs and those who received blood or blood products before nineteen ninety.

Hepatitis D is spread through blood, but only infects people who already have hepatitis B. The hepatitis D virus greatly **increases the chance** of severe liver damage. Experts say the virus infects about fifteen million people around the world. They say it also appears in five percent of persons infected with hepatitis B.

Doctors say the best way to **prevent** hepatitis D is to get vaccine that protects against hepatitis B. Doctors can treat some cases of hepatitis B, C and D. The drugs used are **costly**, however. But they are less costly than getting a new liver.

The fifth virus is hepatitis E. Experts say it spreads the same way as hepatitis A -- through infectious waste. Cases often **result from polluted** drinking water. Medical science recognized hepatitis E as a **separate** disease in nineteen eighty.

Hepatitis E is also found in animal waste. Studies have shown that the virus can infect many kinds of animals.

The WHO says many hepatitis E cases have been reported in Central and Southeast Asia, North and West Africa and Mexico. No vaccines or medicines are **effective** against hepatitis E. Most people recover, usually in several weeks or months. But the disease can cause liver damage. **In some cases**, hepatitis E can be deadly.

The virus is especially dangerous to pregnant women. Twenty percent of those living with hepatitis E die in the last three months of pregnancy. Scientists discovered yet another kind of hepatitis in the nineteen nineties. It has been named hepatitis G. The hepatitis G virus is **totally** different from any of the other hepatitis viruses.

Donald Poretz is an **infectious disease specialist** in Washington, DC. He says the hepatitis G virus is spread through blood and blood products. But he says the virus has not been found to cause any real disease.

clear	açık, net, duru, berrak, temiz, temizlemek, kökünü kazımak
especially	özellikle de
inject	enjekte etmek, iğne yapmak
increases the	Sugarior, igno yapınar
chance	şansı arttırır
prevent	önlemek
costly	pahalı, masraflı
result from	den kaynaklanmak
polluted	kirlenmiş
separate	ayrı, farklı, ayırmak, ayrılmak
effective	etkili
In some cases	bazı durumlarda
totally	tamamen, toplam
infectious	
disease	bulaşıcı hastalık
specialist	uzmanlaşmış
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	PhD Akademi



The World Hepatitis Alliance works to increase **knowledge** about the dangers of hepatitis. The group says people should know that the disease kills about one million five hundred thousand people each year. It also says one in twelve people worldwide is living with hepatitis B or hepatitis C. And, it says, most of those infected do not even know it.

Hepatitis cannot be **cure**d. The only way to protect against infection is to **receive** vaccines against hepatitis A and B, and to avoid contact with the other viruses. And that may be difficult.

Remember that some kinds of hepatitis spread through sex or sharing needles. Blood products should be carefully tested for hepatitis. People in high-risk groups and those who have had hepatitis should not give blood. They also should not agree to leave their organs to others after they die. **Donated organ**s can also spread hepatitis.

Experts say people can take other steps to protect themselves. These include always washing your hands with soap and water after using the restroom and before preparing or eating food. Experts say travelers should not drink water of **unknown** quality when visiting foreign or unknown areas. They also should avoid eating uncooked fruits and vegetables.

knowledge	bilgi
cure	tedavi etmek, iyileştirmek, tedavi
receive	teslim almak, almak, kabul etmek,
donated organ	bağışlanmış organ
unknown	bilinmeyen
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#### 12. Food Safety After a Flood

Food that has **come in contact with** floodwaters can **sicken** anyone who eats it. Water from floods may contain animal and human waste. It can also contain other **pollutants** like **chemicals** from **agriculture** and industry. After a **flood**, food **safety** specialists at the United States Department of Agriculture have this advice: **Throw away** anything that is not stored in a **waterproof container** if there was a chance of contact. Food containers that are not waterproof include those with screw caps, snap lids, pull tops and crimped caps. Also, throw away boxes of juice, milk or baby formula if they have come into contact with **floodwater**.

The Department of Health in the state of Minnesota says you should throw away anything in soft packaging. And the Extension Service at North Dakota State University offers other advice: Do not save plastic bags of food even if boxes or containers inside the bags appear dry. Do not eat fresh produce from the garden if it has come in contact with floodwater. To be safe, have the soil tested. And throw away screw-topped or crimp-topped jars and bottles even if they have never been opened. Glass jars and bottles of home-canned foods should be thrown out as well. Experts say the containers cannot be effectively cleaned after a flood.

Throw away damaged metal cans or hard plastic containers. Do not use cans that are swollen or leaking, or that are rusted or crushed. But food safety experts say that some unopened, undamaged all-metal cans can be saved. First, remove any labels. The paper may contain dirt and germs from the floodwater. Wash the cans with soap and water, and brush or wipe away dirt. Use hot water and water that is safe for drinking if they are available. Next, place the cans again in water and heat the water to one hundred degrees Celsius. Boil the cans for two minutes. Another way to disinfect the cans is in a freshly made solution of chlorine bleach. Use eight drops of unscented liquid bleach for every four liters of water. Use drinking water or the cleanest, clearest water available. Place the cans in the solution for fifteen minutes. Let sanitized cans air-dry for at least one hour before opening or storing them. And relabel the cans with a marking pen to list their contents and any dates when the foods are best used by. Experts advise using the cans as soon as possible.

come in	
contact with	görüşmek, temas etmek
sicken	tiksindirmek, iğrendirmek
pollutant	kirletici
chemical	kimyasal
agriculture	tarım
flood	sel, sel basmak, çok sayıda olmak
safety	güvenlik
throw away	atmak, dışarı atmak, çöpe atmak
waterproof	su geçirmez
container	kap, kabin, konteyner
floodwater	sel suyu
offer	teklif etmek, sunmak
advice	öğüt, tavsiye
save	biriktirmek, kurtarmak, kaydetmek,
dry	kurutmak, kuru
fresh produce	taze ürün
effectively	etkili bir şekilde
swollen	şişmiş, şişik
leaking	sızdıran, sızdırma
rusted	paslanmış
unopened	açılmamış
undamaged	zarar görmemiş, sağlam
germ	mikrop
wipe away	silmek, temizlemek, yok etmek
available	mevcut, hazır, müsait
disinfect	mikroplardan arındırmak
solution	çözüm
unscented	kokusuz
sanitize	sterilize etmek, temizlemek
relabel	veniden etiketlemek
relabel	yemden edikedemek



#### 13. Keeping a Lookout for Skin Cancer

Today, we will tell about skin cancer.

Skin cancer is one of the most common forms of cancer. It is also the most deadly. America's National Cancer Institute **reports** that more than one million people in the United States developed skin cancer last year. Skin cancer is one of the easiest cancers to **cure** if found and treated early. When left untreated, however, it can **lead to** changes in a person's **physical appearance** and even death.

Skin cancer can **affect** anyone at any age. Former Presidents Ronald Reagan, Bill Clinton and George W. Bush all received treatment for skin cancer or **pre-cancerous lesions**. Doctors also treated Elizabeth Taylor, Cybill Shepherd and Melanie Griffith for skin cancer or early signs of it. All three performers **survive**d.

Not everyone is so lucky. Musician Bob Marley died in nineteen eighty-one after melanoma **spread** in his body. Melanoma is the most **severe** form of skin cancer.

The **main** cause of skin cancer is ultraviolet radiation from the sun. Light and heat from the sun can change chemicals in the skin. Ultraviolet, also called U-V, rays cause the skin to **burn**. Over time, cancer could develop.

Anyone can get skin cancer. People with light-colored skin, hair or eyes are at greatest risk. A history of sunburn early in life also **increase**s the risk. So does a family history of skin cancer.

Tanning beds can also produce high levels of U-V radiation. Many Americans think they look better when their skin is brown in color. They spend time in tanning beds in hopes to making their skin darker.

The two most **common** forms of skin cancer are basal cell and squamous cell cancers. They can develop as **flat**, **discolored** areas of skin or as raised growths, often with a **rough surface**.

Melanoma is far more dangerous. Melanomas can appear even in areas of skin that do not get a lot of sun. Malignant melanoma begins in body cells that **produce** a brown color. It usually first grows in a **mole**, a small dark area of skin. Melanoma often looks like a dark area with an **unusual shape**. It can be **flat** or **raised**. Other warning signs are a change in skin color and **uneven borders** around a mole.

report bildirmek, rapor, röportaj tedavi etmek, iyileştirmek, tedavi etmek, iyileştirmek, tedavi etmek, iyileştirmek, tedavi etmek, iyileştirmek, tedavi etmek physical appearance fiziksel görünüş affect etkilemek  pre-cancerous lesions prekanseröz (kanser önces lezyonlar  survive yaşamak, hayatta kalmak spread yayılmak, yaymak severe ciddi, şiddetli, güç, zor main ana, asıl burn yanmak, yakmak increase artmak, artırmak, artış common ortak, yaygın flat apartman dairesi, yassı, dü discolored solmuş, rengi bozulmuş rough sert, sıkı surface yüzey produce üretmek, ürün mole cilt beni, leke, köstebek unusual sıradışı şekillendirmek flat apartman dairesi, yassı, dü artan, artmış, yükselmiş, kalkık, kabarık dengesiz, istikrarsız, inişli yokuşlu, düzensiz, eşit olmayan sınır, hudut, sınırını border oluşturmak		1
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sınır, hudut, sınırını	uneven	yokuşlu, düzensiz, eşit
border oluşturmak		sınır, hudut, sınırını
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The **majority** of people with melanoma are white men over the age of fifty. Without early treatment, this kind of cancer can spread quickly. Each year, more than sixty-eight thousand people in the United States learn they have melanoma. The National Cancer Institute **estimates** that eight thousand six hundred fifty Americans died because of melanoma last year.

The sooner skin cancer is found, the easier it is to treat. That is why doctors advise people to **perform** monthly exams of all areas of skin, from the top of the head to the bottom of the feet.

It is **important** to know early warning signs so that **cancerous growths** are found before they spread. The signs include a skin growth that changes in size, color, **thickness** or **texture**. **Exams** with a trained medical worker are also important. See a doctor if a mole bleeds, is bigger than six millimeters or you feel like **rub**bing it. If one or more of the warning signs are present, a doctor should **examine** you **immediately**.

Knowing what your skin looks like will help you **recognize** any changes. Some experts suggest taking pictures of moles and dating the **image**s to **compare over time**.

Treatment of skin cancer **depends on** the **kind**, **size**, **position** on the body and **depth** of the growth, or tumor. Other **considerations** are the patient's age and general health. An **operation** to **remove** the cancerous cells can **cure** melanoma if the cancer has not spread.

Doctors use drugs to treat melanoma when it has already spread. They also may use radiation to kill cancer cells and reduce the size of cancerous growths. In addition, doctors now use treatments like gene therapy or remove affected fingers or toes. They also may use immunotherapy -- getting the body's **immune system** to fight the cancer.

Last month, researchers reported that an **experimental** drug **improved survival** in a **study** of melanoma patients. The drug, ipilimumab, worked by helping the body's **natural defenses** to fight cancer. Patients getting the drug lived **on average** for ten months **compared to** six months for those not getting it. Drugmaker Bristol-Myers Squibb hopes to **get permission** to sell ipilimumab by the end of the year.

America's Centers for Disease Control and Prevention says **protection** from the sun is important all year long, not just during

majority	çoğunluk
estimate	tahmin etmek, hesaplamak
perform	yapmak, uygulamak, yerine getirmek, rol yapmak
important	önemli
cancerous	Offerini
growths	kanserli oluşumlar
thickness	kalınlık, gürlük
texture	doku, özellik
exams	muayeneler, sınavlar
rub	valamak, ovmak, okşamak, sürtmek
examine	incelemek, muayene etmek, muayene etmek
immediately	hemen, derhal, acilen
recognize	farkına varmak, tanımak, bilmek, kabul etmek
image	görüntü, görüntüleme
compare	karşılaştırmak
over time	zamanla
depend on	bağlı olmak, bağımlı olmak, dayanmak
kind	kibar, nazik, çeşit, tür
size	beden , boyut
position	· · ·
depth	durum, konum, mevki, pozisyon derinlik
черш	
consideration	düşünme, göz önünde bulundurma
operation	ameliyat, operasyon
remove	kaldırıp atmak, kurtulmak
cure	tedavi etmek, iyileştirmek, tedavi
immune system	bağışıklık sistemi
experimental	deneysel, tecrübi, deneyde kullanılan, deney aşamasında
improve	iyileştirmek, gelişmek, geliştirmek
survival	hayatta kalma
-1-1-	çalışmak, öğrenim görmek, ilim, bilim, incelemek, çalışma
study	odası
natural defense	doğal savunma
on average	ortalama, vasati, sıradan karşılaştırıldığında,
compared to	kıyaslandığında
get permission	izin almak
protection	koruma, himaye
	PhD Akademi



the summer. It says ultraviolet radiation from the sun can **reach** you on **cloudy** days, as well as bright and sunny ones. During the summer, the most dangerous period for U-V rays in the United States mainland is between the hours of ten in the morning and four in the afternoon.

C. D. C. officials say U-V rays can damage your skin in as little as fifteen minutes. Sunglasses, hats and clothing offer some protection. Experts say the denser the material, the less radiation reaches the skin. Also, darker colors may offer more protection, and natural cotton blocks more than bleached, or whitened cotton. When clothing is wet or stretched, however, it lets more U-V rays pass through.

Choose to wear U-V ray-blocking sunglasses and sunscreen products. C. D. C. officials say people should **put on** sunscreen before they leave home, even on cloudy or cool days. Put a thick amount of sunscreen on all areas of skin **exposed to** the sun. Babies older than six months can wear sunscreen. Newborn babies should be kept out of the sun.

Doctors also **suggest** avoiding tanning salons and U-V tanning beds to prevent skin cancer. Each year, nearly thirty million people use indoor tanning beds in the United States. More than two million of them are young adults, between thirteen and eighteen years old. The Skin Cancer Foundation says use of **tanning beds** in **youth** increases a person's risk of developing melanoma by seventy-five percent.

Still, a study earlier this year found that most Americans think having darker skin is **appealing** and gives a healthy look. More than seven thousand American men and women **took part in** the study. Eighty percent of those questioned said they were **concerned** about skin cancer and believed it was important to protect themselves. At the same time, seventy-two percent **believed** people look better when their skin is **tanned**. And, about sixty percent mistakenly thought the sun was generally good for one's health.

Another study **involve**d more than four hundred college women who used tanning beds. The women were more **likely** to reduce their tanning for fear of looking older and developing **wrinkled skin** than fear of getting skin cancer. The women read information warning about skin cancer and the dangers of **wrinkles**.

	ulaşmak, yetişmek, erişmek,
reach	uzanmak, kavuşmak
cloudy	bulutlu
official	yetkili, görevli
damage	zarar vermek, hasar bırakmak, zarar, ziyan, hasar
offer	teklif etmek, sunmak
dense	yoğun
cotton	pamuk
block	blok, bloke etmek, engellemek
bleach	çamaşır suyu, beyazlatmak, rengini açmak
whiten	beyazlatmak
wet	ıslak, nemli, yağışlı
stretched	gergin, gerili
put on	giyinmek, giydirmek
exposed to	maruz kalmış
suggest	önermek, ortaya koymak
tanning bed	şezlong, solaryum
youth	gençlik, genç, genç kişi
appealing	çekici, güzel, cazibeli
take part in	katılmak
concerned	ilgili, kaygılı
believe	inanmak, güvenmek
tanned	esmerleşmiş, bronzlaşmış, yanık
involve	içermek, kapsamak, gerektirmek
likely	muhtemel, olası
wrinkled skin	kırışık deri
WITIKICG SKIII	kırışıklık, kırışmak, alın
wrinkle	çizgileri
	PhD Akademi



Later, the women recorded their tanning activity and feelings. **Based on** the results, researchers advised doctors and parents to warn young women about the risk of wrinkles as a more effective way to prevent tanning bed use.

Another report suggests that driving a **vehicle** on its left side increases the risk of developing skin cancer on the left side of the body. Scott Fosko is chairman of dermatology at Saint Louis University Medical School. He recently led a study of nearly nine hundred skin cancer patients. He found that more than half had skin cancer on the left side of their face or body. The percentage of men with skin cancer on their left side was even higher.

Doctor Fosko says this could have **resulted from difference**s between the men and women. So, can driving with the windows up save your skin? Experts at the American Academy of Dermatology say no. They say modern automobile **windshields** block two kinds of ultraviolet radiation. But side windows generally block only one kind from reaching the driver or passengers. Mister Fosko suggests **darken**ing windows or using sunscreen and **protective** clothing while driving. So can you still enjoy sunny days without getting skin cancer? The answer is yes. However, you first must **take the steps** necessary to protect yourself and your family from the dangers of the sun.

_		
	based on	e dayanmak
	vehicle	araç
	result from	den kaynaklanmak
	difference	fark
	windshield	arabanın ön camı
		karartmak, kararmak,
	darken	koyulaştırmak
	protective	koruyucu
		(bir şeyleri yapmak için) adım
	take the step	atmak
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#### 14. How to Get the Most Out of a Workout

Today, we will tell about physical exercise. We will tell why exercise is important, and some of the popular ways to **get in shape**.

Summer officially returns to the United States in less than two weeks. For many Americans, summer is a time to put on swim wear and spend time at the sea or a lake. But before going anywhere, they may want to **lose any extra weight gain**ed during the winter. So, where does one get started? Diet is surely important, but diet **alone** will not do much good without an exercise plan. Health experts have long noted the **importance** of physical activity.

Exercise not only **improve**s your appearance. It can also improve your health. Exercise helps to reduce the risk of some diseases. They include heart disease, stroke, type-two diabetes, osteoporosis and even some kinds of cancer.

The Centers for Disease Control and Prevention says heart disease is the **leading cause** of death in the United States. In two thousand six, heart disease killed more than six hundred thirty thousand Americans. High blood pressure and high cholesterol **levels** in blood can increase your risk of heart disease. Medical experts say both can be reduced through normal exercise.

Physical activity is also known to increase the **release** of endorphins. These chemicals reduce feelings of pain. They also help people feel more happy and peaceful. There is some **debate** about **exactly** what causes the brain to release endorphins. Some experts believe it is the act of exercising itself. Others say it is the feeling one gets from having met an exercise **goal**. Either way, the two things work together **when it comes to** improving one's **emotional health**.

Surprisingly, exercise improves your energy levels by increasing the flow of blood to the heart and blood vessels. One of the main reasons people exercise is to control or reduce their weight. Physical activity burns calories – the energy stored in food. The more calories you burn, the easier it is to control or reduce your weight. So exactly how much exercise do you need to do to gain all of these great health effects? Experts say it is easier than you think. Two years ago, the Centers for Disease Control released its first ever Physical Activity Guidelines for Americans. The report included suggestions for young people, adults, disabled persons and those with long-term health problems. One of the major ideas noted in the

get in shape	forma girmek
lose weight	kilo vermek
gain	elde etmek, kazanmak, kazanım
alone	yalnız
importance	önem
improve	iyileştirmek, gelişmek, geliştirmek
leading cause	başlıca neden, başlıca sebep
level	seviye
release	yaymak, gösterime girmek, piyasaya sürmek, salıvermek, salınım, bırakma
debate	tartışmak, tartışma
exactly	net olarak, tam olarak
goal	amaç
when it comes to	söz konusu olduğunda
emotional health	ruhsal sağlık, duygusal sağlık
surprisingly	şaşırtıcı bir şekilde
flow of blood	kan akışı
main reason	ana sebep
suggestion	öneri
disabled	özürlü, engelli, devre dışı
major	ana, asıl
	PhD Akademi



report is that some activity is better than none. So if you are not doing anything, now is the time to get started.

The C. D. C. **define**s physical activity as anything that gets your body moving. And, it says there are two **separate**, but **equally** important kinds of physical activity. Aerobic or cardio exercise gets your heart rate going faster and increases your breathing. Some examples are activities like walking at an increased speed, dancing, swimming or riding a bicycle.

Muscle-**strengthen**ing activities help build and strengthen muscle groups in the body. This kind of exercise includes things like lifting weights, or doing sit-ups and push-ups.

To get the most from your exercise plan, experts say adults should get at least two and a half hours of aerobic exercise each week. More intense activities reduce the suggested amount of time to one hour and fifteen minutes. Examples are playing basketball, swimming and distance running.

Earlier advice from the C. D. C. said people need to exercise thirty minutes each day for **at least** five days to get the health **benefits** of exercise. More recent research suggested that those gains are the same whether you exercise for short periods over five days or longer sessions over two or three days.

In addition, the newer suggestions say any exercise plan should include at least two days of muscle training. Each exercise period should be at least ten minutes long. The total amount of activity should be spread over at least three days **throughout** the week. Most importantly, experts say people should choose physical activities that they find fun. This helps to guarantee that they stay with the program.

So, what are some of the most popular physical activities in the United States? Walking tops the list. A two thousand six report from the C. D. C. found that more than seventy-nine million Americans walk to stay physically fit. For many people it is **consider**ed the easiest way to get exercise. It does not **require** a health club membership. Walking is safe. And, it is said be to as **valuable** for one's health as more intense forms of exercise like jogging. Walking is also reported to be less **damaging** to the **knees** and feet. This makes it a better choice of exercise for older adults.

Another popular form of exercise is jogging, or running at a slow to **medium speed**. USA Track and Field Hall of Famer, Bill

define	tanımlamak
separate	ayrı, farklı, ayırmak, ayrılmak
equally	eşit bir şekilde
strengthen	güçlendirmek
at least	en azından
benefit	fayda, kar, faydalanmak
throughout	tamamen, baştan başa, her tarafında
consider	düşünmek
require	gerektirmek
valuable	değerli, kıymetli
damaging	zararlı, zarar verici
knee	diz
medium	orta
	hız
speed	IIIZ
	+
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Bowerman, is **credited with** bringing jogging to the United States in the nineteen seventies. He did so after **witness**ing the popularity of the activity himself during a trip to New Zealand in the nineteen sixties. He started the first running club in America and wrote a book about jogging for fitness. Bill Bowerman also helped **establish** Nike, the tennis shoe company.

Jogging **provide**s great physical conditioning for the heart and **lungs**. And, it increases the flow of blood and oxygen in the body. All of these things combined help to improve heart activity, lower **blood pressure** and cholesterol levels, and reduce bone and muscle **loss**. Running is also a good way to lose weight. People burn an average of one hundred sixty calories a kilometer while running.

The Census Bureau says swimming was the third most popular sports activity in the United States in two thousand seven. The top two were walking and exercising with equipment. Swimming is said to be one of the best ways to exercise. Nearly all of the major muscle groups are put to work.

	his only on Marian I delicated
credited with	bir şeyi sağlayan kişi olarak bilinmek
witness	şahit, şahitlik etmek
establish	kurmak, tesis etmek
provide	sağlamak, temin etmek
lung	akciğer
blood pressure	tansiyon, kan basıncı
loss	zarar, hasar, kayıp



# 15. What Doctors Are Doing About Headaches, and What You Can Do

Today we tell about **headache**s, the pain that **strike**s almost everyone at some time.

Have you had a headache **recently**? If your answer is yes, you are like many millions of people worldwide who **experience** pain in the head. The pain can be **temporary**, **mild** and **cure**d by a **simple painkiller** like aspirin. Or it can be **severe**.

The National Headache Foundation says more than forty five million people in the United States suffer chronic headaches. Such a headache causes severe pain that goes away but **returns** later.

Some headaches may **prove difficult** and **require** time to treat. But many experts today are working toward cures or **major** help for chronic headaches.

The US Headache Consortium is a group with seven member organizations. They are **attempt**ing to **improve** treatment of one kind of headache -- the migraine. Some people experience this kind of pain as often as two weeks every month. The National Headache Foundation says about seventy percent of migraine **sufferers** are women.

Some people **describe** the pain as **throbbing**, causing **pressure** in the head. Others **compare** it to someone driving a **sharp** object into the head. Migraine headaches cause Americans to miss at least one hundred fifty million workdays each year. A migraine can be mild. But it also can be so severe that a person cannot live a normal life.

One migraine sufferer lives in Ellicott City, Maryland. Video producer Curtis Croley had head pain as a child. He does not know what kind of headaches they were. But when he suffered severe headaches as an adult, doctors **identified** the problem as migraine.

Today, Mister Croley says months can pass without a headache. But then he will have three migraines within a month. If he takes the medicine his doctor ordered early in his headache, it controls the pain. If not, the pain in his head becomes extremely bad. Sometimes he has had to be treated with a combination of drugs in a hospital.

Some people take medicine every day to prevent or **ease** migraine headaches. Others use medicine to control pain already

	1
headache	baş ağrısı
strike	çarpmak, vurmak, grev, darbe
recently	son zamanlarda
experience	tecrübe etmek, yaşamak, tecrübe, deneyim
temporary	geçici
mild	hafif, orta, ılıman, ılımlı
cure	tedavi etmek, iyileştirmek, tedavi
simple	basit, sade, yalın
painkiller	ağrı kesici
severe	ciddi, şiddetli, güç, zor
return	geri dönmek, dönmek, dönüş
prove difficult	zor olduğunun ortaya çıkması
require	gerektirmek
major	ana, asıl
attempt	teşebbüs
improve	iyileştirmek, gelişmek, geliştirmek
sufferer	acı çeken kimse
describe	tanımlamak, tasvir etmek, açıklamak, betimlemek
throbbing	çarpıntı, çarpma
pressure	baskı, baskılamak, sıkıştırmak
compare	karşılaştırmak
sharp	keskin
identified	tanımlanmış, belirlenmiş
within	içinde
order	emir, sıra, sipariş vermek, emretmek, düzen
extremely	son derece, oldukça
ease	kolaylaştırmak, kolay, rahat
	1.



developed. Doctors treating migraine sufferers often order medicines from a group of drugs **known as** triptans.

Most migraines **react** at least **partly** to existing medicine. And most people can use **existing** medicine without experiencing bad effects. Doctors sometimes use caffeine to treat migraine headaches. Interestingly, caffeine also can cause some migraines.

Medical experts have long **recognize**d the work of the Mayo Clinic in Rochester, Minnesota. The Mayo Clinic says several foods are **suspect**ed of causing migraines. Cheese and alcoholic drinks are among them. **Food additive**s like salt and monosodium glutamate also are **suspected causes**.

The Mayo Clinic tells patients to avoid strong **smells** that have **seemingly** started migraines in the past. Some people react badly to products like perfume, even if they have a pleasant smell.

The clinic's experts say aerobic exercise can help migraine sufferers. Aerobic exercise increases a person's heart rate. It can include walking, swimming or riding a bicycle. But a sudden start to hard exercise can cause headaches.

The experts advise that people should plan to exercise, eat and sleep at the same times each day.

The Mayo Clinic has advice about estrogen for women who suffer from migraines. The female body makes estrogen. Drugs like **birth control pills** contain a version of this chemical. Such medicines may produce headaches or cause them to **worsen**, the clinic says. The same is true for estrogen **replacement** drugs for women. Doctors sometimes order estrogen replacement for women who no longer able to have children.

The clinic also says hypnotherapy might help **suppress** headaches. It says the method could reduce the number and **severity** of a patient's headaches. In hypnotherapy, **willing** people are placed in a condition that lets them receive suggestions. They look like they are sleeping. The suggestions they receive may be able to direct their whole **mental** energy against pain.

The Mayo Clinic says the hypnotizer can never control the person under hypnosis. It also says the hypnotized person will remember what happened during the treatment. More people suffer tension headaches than migraines. But most tension headaches are not as **powerful**.

known as	olarak bilinmek
react	tepki göstermek
-	kısmen, bir ölçüde
partly existing	var olan, mevcut
existing	<del>                                     </del>
recognize	farkına varmak, tanımak, bilmek, kabul etmek
suspect	şüphelenmek, şüphe
food additive	gıda maddesi katkısı
suspected causes	şüpheli nedenler
smell	kokmak, koku, koklamak
o comingly	görünüşe göre, anlaşılan, zahiren
seemingly birth control	Zaniren
pill	doğum kontrol hapı
worsen	kötüleşmek
	yenisiyle değiştirme, yerine
replacement	geçme
suppress	bastırmak, ortadan kaldırmak
severity	ciddiyet, şiddet
willing	istekli
mental	ruhsal, akli, zihinsel
powerful	güçlü, kuvvetli, yetkili, enerjili
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Events that start tension headaches may include **emotional pressure** and the deeper than normal **sadness** called depression. Other tension headaches can start from something as simple as **tiredness**. Common changes in atmospheric conditions also can be **responsible**.

The Mayo Clinic says you may feel a tension headache as **tightness** in the skin around your eyes. Or, you may feel pressure around your head. Episodic tension headaches strike from time to time. Chronic tension headaches happen more often. A tension headache can **last** from a half hour to a whole week.

The Mayo Clinic says the pain may come very early in the day. Other signs can include pain in the **neck** or the lower part of the head. Scientists are not sure what causes tension headaches. For years, researchers **blame**d muscle tension from tightening in the face, neck and the skin on top of the head. They believed emotional tension caused these **movements**.

But that **belief** has been **dispute**d. A test called an electromyogram shows that muscle tension does not increase in people with a tension headache. The test records **electrical current**s caused by muscle activity. Such research caused the International Headache Society to re-name the tension headache. The group now calls it a tension-type headache.

Some scientists now believe that tension headaches may result from changes among brain chemicals such as serotonin. The changes may start sending pain messages to the brain. These changes may interfere with brain activity that suppresses pain.

Medicines for tension headache can be as simple as aspirin or other painkillers. But if your pain is too severe, you will need a doctor's advice.

A web site called Family Doctor dot org **provides information** from the American Academy of Family Physicians. The group suggests steps to ease or end a tension headache. For example, it says putting heat or ice on your head or neck can help. So can standing under hot water while you are getting washed. The group also advises exercising often. Another idea is taking a holiday from work. But you had better ask your employer first.

Ask anyone with a **cluster headache**, and they will tell you that the pain is terrible. The Cleveland Clinic in Ohio says the cluster headache can be many times more **intense** than a migraine.

emotional	duvguaal baaki
pressure	duygusal baskı keder, hüzün
tiredness	yorgunluk
responsible	sorumlu, mesul
tightness	sıkılık, darlık
ughinoss	geçen, son, sürmek, devam
last	etmek
neck	boyun
blame	suçlamak, suç, ayıplama, suçlama
movement	hareket, düşünce akımı
belief	inanç
dispute	tartışma, tartışmak
electrical current	elektrik akımı
result from	den kaynaklanmak
to do not not not not not not not not not no	karışmak, müdahale etmek,
interfere with	araya girmek
suppress	bastırmak, ortadan kaldırmak
provide	sağlamak, temin etmek
information	bilgi
cluster headache	küme tipi baş ağrısı
intense	yoğun, şiddetli, güçlü
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Cluster headaches usually strike young people. Smokers and persons who drink alcohol often get these headaches. Men are about six times more likely than women to have them. The Cleveland Clinic says this is especially true of younger men. Doctors say cluster headaches often strike during changes of season.

Cluster headache patients **describe** the pain as burning. The pain is almost always felt on one side of the face. It can last for up to ninety minutes. Then it stops. But it often starts again later the same day. Eighty to ninety percent of cluster headache patients have pain over a number of days to a whole year. **Pain-free** periods separate these periods.

The Cleveland Clinic says the cause of cluster headaches is in a brain area known as a trigeminal-autonomic reflex pathway. When the **nerve** is made active, it starts pain linked to cluster headaches. The nerve starts a **process** that makes one eye **watery** and red.

Studies have shown that activation of the trigeminal nerve may come from a part of the brain called the hypothalamus. The Cleveland Clinic says injections of the drug sumatriptan can help. Many other drugs could be used. For example, doctors say breathing oxygen also can help.

Thankfully, modern medicine has ways to treat almost all of our headaches.

	tanımlamak, tasvir etmek,
describe pain-free	açıklamak, betimlemek ağrısız
nerve	sinir, cesaretlendirmek
process	süreç, işlemek
watery	sulu
watery	
	PhD Akademi



#### 16. Health Problems Caused by Smoking

This week, we talk about smoking – the leading cause of cancer worldwide.

Barack Obama **complete**d his first routine physical **examination** as President of the United States last week. Doctors reported that Mr. Obama is in excellent health. They say all **evidence** suggests that he will **remain** so during his **presidency**.

The doctors gave the president suggestions so that he can stay healthy. One is for him to continue with efforts to stop smoking. Mr. Obama has spoken publicly about those efforts in the past. The new report shows his battle against smoking is continuing.

President Obama is not alone. More than one billion people around the world are smokers. Health experts have been warning about links between smoking and disease for years.

Smoking kills an **estimated** five million people worldwide every year. Experts say smoking is the leading cause of **preventable** death. And, it is the second leading cause of death, after cancer.

Smoking is also the leading cause of cancer. Experts say forty percent of cancers could be prevented by avoiding health risks like smoking and tobacco use.

Smoking also causes forty-two percent of cases of chronic **respiratory disease**, including asthma, bronchitis and emphysema. And, it causes ten percent of cardiovascular diseases, like heart disease and stroke.

The medical research community is **continually** reporting reasons why smokers should stop. A recent study found that people who smoke are nearly two times as likely as non-smokers to develop Alzheimers disease. Alzheimers **weaken**s or **destroy**s **memory** and **reasoning**.

In the study, researchers **examine**d forty-three published studies about the link between Alzheimers disease and smoking. They found that smoking increased the risk of Alzheimers developing by one and seven-tenths percent. The researchers work at the University of California in San Francisco. Their **findings** were **published** in the Journal of Alzheimers Disease.

In an earlier study, seven thousand people were **observed** for an average of seven years. Each person was fifty-five years or

complete	tamamlamak
examination	muayene, sınav, inceleme
evidence	delil
remain	kalmak, sürmek, sürdürmek
presidency	başkanlık, rektörlük, reislik
stay healthy	sağlıklı kalmak
continue	devam etmek
effort	çaba, gayret
publicly	remen, açıkça, herkesin önünde
battle	cephe, savaş
estimated	tahmini
preventable	önlenebilir
respiratory disease	solunum bozukluğu, solunum sistemi hastalığı
	sürekli bir şekilde,
continually	mütemadiyen
weaken	zayıflatmak
destroy	yok etmek, tahrip etmek
memory	anı, hatıra, hafıza
reasoning	mantık, mantıklı düşünme, akı yürütme, muhakeme
examine	incelemek, muayene etmek, muayene etmek
findings	bulgular
publish	(kitap) basmak, yayımlamak
observe	gözlem yapmak



older. Those who smoked were fifty percent more likely to develop memory loss than those who never smoked, or who had **quit**.

Other research has linked smoking to Amyotrophic Lateral Sclerosis. ALS is a deadly disease affecting the motor nerves and the **voluntary muscles**. Last year, a study in the medical journal Neurology found smoking to be an **established risk factor** in developing the disease. Some of the evidence even suggested smoking may be **directly** responsible for ALS.

Smoking also increases the risk of developing **age-related** macular degeneration. AMD is the leading cause of **blindness** among adults fifty and older. Research has shown AMD is two to three times more common among smokers than other people.

A recent study examined how smoking affects a persons risk of AMD later in life. Researchers at the University of California in Los Angeles studied **nearly** two thousand women.

Four percent of the women were smokers. Each woman had pictures of her retinas taken at age seventy-eight. The researchers compared these retinal images with pictures taken five years later when the women were eighty-three. They studied the pictures for signs of AMD and to see whether smoking **influence**d the womens chances of developing the disease.

The women who smoked had an eleven percent higher rate of AMD than the other women. In women over eighty, those who smoked were five and a half times more likely to develop AMD than the women who did not smoke. A report on the study was published in the American Journal of Ophthalmology.

People who smoke are not only **hurt**ing themselves. They also can **harm** non-smokers. The World Health Organization **estimates** that **secondhand smoke** kills six hundred thousand people each year.

The International Union Against Cancer says about seven hundred million children **breathe** smoke-filled air. **Expectant mothers** who smoke are more likely to have babies with health problems and low birth weight. Such babies may suffer health problems as they **grow**. Even after all the warnings, the WHO says one billion three hundred million people still smoke. The number of smokers is expected to grow to one billion seven hundred million by twenty twenty-five. Smoking rates have **decrease**d in the United States and Europe. But rates have **rise**n in other areas.

	bırakmak, terketmek, çıkmak,
quit	tahliye etmek
voluntary muscles	istemli kas
established risk factor	yerleşik risk faktörü
directly	doğrudan, direkt olarak
age-related	yaşa bağlı
blindness	körlük
<u> </u>	hemen hemen, neredeyse,
nearly	almost
influence	etki, etkilemek
hurt	acımak, incinmek, ağrıtmak, incitmek, incinmiş, gücenmiş
harm	zarar, ziyan, zarar vermek
estimate	tahmin etmek, hesaplamak
second hand smoke	pasif içicilik
breathe	nefes almak, solumak
expectant mothers	hamila kadınlar anna adayılırı
	hamile kadınlar, anne adayları
grow decrease	büyümek, yetişmek azaltmak, azalmak, azalma
rise	yükselmek
1136	yunsellien
	///.



WHO officials say eighty-four percent of all smokers live in developing countries. Nations in the Western Pacific Ocean have the highest smoking rates. One-third of all smokers live in East Asia and the Pacific. The area has the largest number of male smokers. It also has the fastest growing number of female and child smokers. Every day, diseases linked to tobacco use kill more than three thousand people in the area.

Scientists have found more than four thousand chemicals in cigarette smoke. At least two hundred fifty of them are known to be **harmful**. And, fifty have been found to cause cancer. They include arsenic, which can be used to kill plants and small animals. Cigarette smoke also contains formaldehyde – a **liquid** used to protect the look of **dead bodies**.

As bad as those chemicals are, nicotine may be the most threatening of them all. Nicotine is a poison found in tobacco. It gives smokers **pleasure** and keeps them coming back for more.

The body grows to **depend on** nicotine. Studies have found that nicotine can be as difficult to **resist** as alcohol or the drug cocaine. Experts say nicotine can kill a person when taken in large amounts. It does this by stopping the muscles used for breathing.

Menthol cigarettes are said to be no safer than other tobacco products. Menthol cigarettes produce a cool feeling in the smokers **throat**. This may cause people to hold the smoke in their **lung**s longer than smokers of other products. As a result, scientists **suspect** that menthol cigarettes may be even more dangerous than other cigarettes.

Some smokers believe that cigarettes with low tar levels are safer. Tar is a **substance** produced when tobacco leaves are burned. It is known to cause cancer. America's National Cancer Institute has said that people who smoke low-tar cigarettes do not reduce their risk of getting diseases linked to smoking. So is there any way to smoke without harming your health? The **majority** of **available** research suggests not. Smoking even a few cigarettes can be dangerous. But, many of the harmful effects of smoking ARE **reversible**. They can be **undone**. That is why most medical experts advise people to stop smoking **forever**.

The American Cancer Society says blood pressure returns to normal twenty minutes after the last cigarette. Carbon monoxide levels in the blood **return to normal** after eight hours. The **chance** 

	I
h a mar ford	
harmful	zararlı
liquid	SIVI
dead body	ceset, cansız beden
pleasure	zevk, haz, keyif
depend on	bağlı olmak, bağımlı olmak, dayanmak
resist	dayanmak, direnmek
throat	boğaz
lung	akciğer
suspect	şüphelenmek, şüphe
tar	katran
substance	madde
majority	çoğunluk
available	mevcut, hazır, müsait
reversible	tersine çevrilebilir, düzeltilebilir
undo	geri almak, mahvetmek
forever	ebediyen, sonsuza kadar
return to	normale dönmek
chance of heart attack	kalp krizi olasılığı
-	
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of heart attack decreases after one day. After one year, the risk of heart disease for a non-smoker is half that of a smoker.

There are many **products available** to help people reduce their **dependence on** cigarettes. Nicotine **replacement** products provide the body with small amounts of the chemical through forms other than cigarettes. The amounts of nicotine are slowly **reduced over time**.

Chantix and Zyban are two **prescription** medicines that have also been shown to help smokers quit. They do not contain nicotine. Chantix works on nicotine receptors in the brain to reduce the **urge** to smoke. Zyban works by increasing levels of dopamine in the brain. Dopamine is a chemical that produces pleasure.

People who have quit smoking offer this helpful advice to those who want to stop. Stay away from alcohol. Take a walk instead of smoking. And, avoid people who are smoking. If possible, stay away from situations that trouble you. It is not easy to quit smoking. And, people never can completely control their own health. But as one doctor advises her patients, becoming a non-smoker is one way to gain control of your life.

zaltmak, azalmak, azalma rün, mahsül nevcut, hazır, müsait e bağımlılık enisiyle değiştirme, yerine eçme zaltmak, azalmak amanla eçete, talimat eşvik etmek, dürtmek ğer mümkünse urum, hal
rün, mahsül nevcut, hazır, müsait e bağımlılık enisiyle değiştirme, yerine eçme zaltmak, azalmak amanla eçete, talimat eşvik etmek, dürtmek ğer mümkünse
nevcut, hazır, müsait e bağımlılık enisiyle değiştirme, yerine eçme zaltmak, azalmak amanla eçete, talimat eşvik etmek, dürtmek ğer mümkünse
e bağımlılık enisiyle değiştirme, yerine eçme zaltmak, azalmak amanla eçete, talimat eşvik etmek, dürtmek ğer mümkünse
enisiyle değiştirme, yerine eçme zaltmak, azalmak amanla eçete, talimat eşvik etmek, dürtmek ğer mümkünse
eçme zaltmak, azalmak amanla eçete, talimat eşvik etmek, dürtmek ğer mümkünse
zaltmak, azalmak amanla eçete, talimat eşvik etmek, dürtmek ğer mümkünse
amanla eçete, talimat eşvik etmek, dürtmek ğer mümkünse
eçete, talimat eşvik etmek, dürtmek ğer mümkünse
eşvik etmek, dürtmek ğer mümkünse
ğer mümkünse
urum, nai



## 17. Swearing as Pain Relief: When Bad Words Can Make You Feel Good

This week, we will tell about new concerns about the H1N1 virus. We will also tell about a study of socially unacceptable words.

Governments around the world have been taking steps to guard against the H1N1 influenza virus, **commonly known as** swine flu. Health officials say the virus is especially risky for pregnant women. If they become infected, especially after the first three months of pregnancy, they can get very sick or even die.

Pregnant women **face** an increased risk even during **outbreak**s, or periods, of **seasonal influenza**. But the H1N1 flu has been affecting a younger age group than seasonal flu epidemics.

The World Health Organization says pregnant women should take the antiviral drug Tamiflu as soon as possible after they show signs of being sick. The drug is also called oseltamivir.

The W. H. O. says treatment should begin immediately and not wait for the results of laboratory tests. The effects are greatest when given within forty-eight hours. But experts say the medicine could still do some good even if there is a **delay**.

Since April, more than one thousand deaths have been reported from the H1N1 virus. But the virus has yet to show itself to be more severe than seasonal flu.

The World Health Organization has **predict**ed that the virus will **infect** at least two billion people in the next two years. The WHO's Director-General, Margaret Chan, has **expressed concern** there is not a good **process** in place to produce enough **vaccine** against the virus.

In the United States, there are now policies for the use of H1N1 vaccine when it becomes available. An advisory committee of the Centers for Disease Control and Prevention said there are five groups that should be vaccinated first.

These include pregnant women and people who live with or care for children younger than six months. They also include workers in health care and emergency services, and people between six months and twenty-four years of age. The fifth group on the list is people twenty-five to sixty-four with chronic, or long-lasting, health problems.

Dirty language. Curse words. **Profanity**. Swearing. These are all ways of describing words people consider **socially** 

commonly	genellikle, yaygın olarak, sıklıkla
known as	olarak bilinmek
face	yüz, yüzleşmek, yüz yüze gelmek
outbreak	salgın, patlak verme, başlama ortaya çıkma
seasonal influenza	mevsimsel grip
delay	ertelemek, sonraya bırakmak, ötelemek, erteleme, gecikme
predict	tahmin etmek, öngörmek
infect	hastalık bulaştırmak, enfeksiyon bulaştırmak
express concern	kaygılarını ifade etmek
process	süreç, işlemek
vaccine	aşı
care	bakmak, ilgilenmek, özen, bakım
long-lasting	uzun ömürlü, dayanıklı
profanity	sövme, küfür, kutsal şeylere saygısızlık
socially unacceptable	sosyal yönden kabul edilemez
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**unacceptable**. But such words are commonly said after a painful injury. So, do they **serve a purpose** in reducing physical pain? That is what researchers at Keele University in Britain **set out** to **discover**.

Psychologist Richard Stephens wondered if using curse words truly helped people experiencing physical pain. To test the theory, he asked more than sixty college students to take part in an experiment.

The students were asked to write down five words they might say after hitting their finger with a **hammer**. One of the words was chosen as their swear word. The students were also asked to choose five words they might use to **describe** another object: a table. These words were their control words.

The students were then asked to hold their hand in cold water for as long as they could. While holding their hand underwater, they were asked to **repeat** a swear word. Then they repeated the experiment using their control word instead.

The researchers found a link between swearing and an increased ability to deal with pain. When students repeated a swear word, they were able to hold their hand longer in the cold water. On average, students using swear words were able to keep their hand in the water for about two minutes. Those using control words removed their hands after about one minute fifteen seconds. In addition, those using swear words said they experienced less pain than those who used control words.

The experiment showed that swearing caused people's heart rate to increase. It also found interesting **differences** between men and women. The heart rate of both men and women increased. Yet swearing had a greater effect on the women.

Researchers believe the increase in heart rate might demonstrate what they call the fight or flight response. They say this **permits** the body to experience or **ignore** pain better. The results of the study were **publish**ed in the journal NeuroReport.

It is **unclear** to scientists exactly how swearing affects physical **reaction**s to pain. Professor Stephens believes that swearing **activates** a different part of the brain than normal language. He says more experiments on different kinds of pain are needed to better understand the effect of swearing.

serve a	
purpose	bir amaca hizmet etmek
set out	başlamak, yola çıkmak
discover	keşfetmek, bulmak
wonder	merak etmek, harika, merak
take part in	katılmak
	deney yapmak, sınamak,
experiment	deney
hammer	çekiç
describe	tanımlamak, tasvir etmek, açıklamak, betimlemek
repeat	tekrar, tekrarlamak
increased	towar, towariaman
ability	artmış kabiliyet, artan kabiliyet
	uğraşmak, ele almak,
deal with	üstesinden gelmek
on average	ortalama, vasati, sıradan
difference	fark
demonstrate	göstermek, gösteri yapmak
permit	izin vermek, izin
	umursamamak, görmezden
ignore	gelmek
publish	(kitap) basmak, yayımlamak
unclear	belirsiz, muğlak
reaction	tepki
_	aktif hale getirmek,
activate	etkinleştirmek
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	PhD Akademi



The researchers **note** that swear words have **exist**ed for hundreds of years. They say their **findings** offer one reason why the **custom** of cursing may have continued for so long. Swear words are said with **emotion**. For that reason, says Mr. Stephens, the more someone swears, the less of an effect the words have.

	not, not etmek, fark etmek,
note	belirtmek
exist	var olmak
findings	bulgular
custom	gelenek, görenek, örf, adet
emotion	duygu, his



## 18. <u>Learning First Aid: What to Do Until Help</u> Arrives

Today, we will provide a short guide to first aid.

Doctors in hospital emergency rooms often see **accidental poisonings**. A frightened parent arrives with a child who **swallowed** a cleaning liquid. Or perhaps the **harmful substance** is a medicine. Or it might be a product meant to kill **insects**. These are common causes of accidental poisoning.

In cases like this, seek medical help as soon as possible. Save the container of whatever caused the poisoning. And look on the container for information about anything that stops the effects of the poison. Save anything expelled from the mouth of the victim. That way, doctors can examine it.

In the past, some people **force**d poisoning victims to **empty** the stomach. They used a liquid -- syrup of ipecac -- to do this. But a leading medical organization no longer advises parents to keep syrup of ipecac. The American Academy of Pediatrics says some poisons can cause additional damage when they come back up the throat.

Millions of people know how to give **abdominal thrusts** to save a person **choking** on something trapped in the throat. The American Red Cross says a **rescuer** should first hit the person on the back five times between the shoulder bones. These back **blows** may ease the choking. If the airway is still **blocked**, the Red Cross suggests pushing hard five times along the victim's **abdomen**. The abdomen is the area between the **chest** and the **hipbones**.

You can do these abdominal thrusts by getting directly behind a sitting or standing person. Put your arms around the victim's waist. Close one hand to form a ball. Place it over the upper part of the stomach, below the **ribs**. Place the other hand on top. Then push forcefully **inward** and **upward**. Repeat the abdominal thrusts until the object is expelled from the mouth.

For someone in late pregnancy or who is very fat, place your hands higher than with normal abdominal thrusts. Place the hands at the base of the breastbone -- just above the place where the lowest ribs join. Then begin pushing, as with other victims.

The American Heart Association suggests another method in this case. The group advises chest thrusts instead of abdominal

accidental	kazara tesadüfi
poisoning	kazara, tesadüfi zehirlenme, zehirleme
swallow	kırlangıç, yutmak, yutkunmak
harmful	minangiş, yulmak, yulkumlak
substance	zararlı madde
insect	böcek
in cases like this	bu gibi durumlarda, bu gibi vakalarda
seek	aramak, çabalamak, uğraşmak
as soon as possible	mümkün olduğunca çabuk
container	kap, kabin, konteyner
expel	çıkarmak, dışarı atmak, defetmek
victim	kurban, bir olaydan etkilenen kişi
examine	incelemek, muayene etmek, muayene etmek
force	zorlama, güç, kuvvet, zorlamak
empty	boşaltmak, boşalmak, boş
abdominal thrust	heimlich manevrası
choking	boğma, tıkanma
rescuer	kurtarıcı, kurtarma görevlisi
blow	esmek, üflemek, patlamak, vurmak, darbe
blocked	bloke, tikali
abdomen	karın
chest	göğüs
hipbone	kalça kemiği
ribs	kaburga kemiği
inward	içe doğru
upward	yukarıya dönük, yukarıya
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	PhD Akademi



thrusts. For chest thrusts, put your arms under the victim's arms and your hands on the center of the victim's chest.

Even if you are the person choking, you can still help yourself. Place a closed hand over the middle of your abdomen just above your waist. Take hold of that hand with your other hand. Find a hard **surface** like a chair and rest your body on it. Then push your closed hand in and up.

Red Cross experts say taking these steps can save many lives. But they also say abdominal thrusts are not for people who have almost **drown**ed. They say using the method could delay other ways to re-start breathing in the victim.

CPR is cardiopulmonary resuscitation. It forces air into the lungs and **pump**s blood and oxygen to the brain. Doctors say CPR greatly increases the chances that a person whose heart stops will survive. It increases the chances that he or she will suffer little or no **brain damage**.

The American Heart Association suggests two ways of helping. One **combine**s the use of hands to pump the victim's chest with rescue breathing. The other method is called "Hands-Only CPR ".

"Hands-Only" is for people who are **unwilling** or unable to perform rescue breathing. Some people **fear** infection. Others say they are afraid of making the patient worse. But an expert in emergency medicine says a person cannot be worse than dead. Doctor Michael Sayre works at Ohio State University. He strongly **urge**s people in contact with a victim to **take action**.

The American Heart Association tells how to take that action. It says you can recognize a person needing CPR because the person has **collapsed**. He or she is **unconscious** -- unable to **communicate** or **react** to surroundings or speech. His or her skin has lost color. The person is not breathing. If such conditions describe the situation, chances are the heart has stopped beating.

You should act by calling for help, or sending someone else. Even if you cannot do mouth-to-mouth rescue breathing, you can perform hands-only CPR. You can do chest compressions that help to keep blood flowing to the brain, heart and other organs.

To perform the compressions, place one hand over the other and **press firmly** on the center of the victim's chest. **Push** 

surface	yüzey
drown	boğulmak
pump	pompalamak
brain damage	beyin hasarı
combine	birleşmek, birleştirmek
unwilling	isteksiz, gönülsüz
fear	korku, korkmak
urge	teşvik etmek, dürtmek
take action	harekete geçmek
collapse	çökmek, yıkılmak, çöküş, yıkılma
unconscious	şuursuz, bilinçsiz, farkında olmayan
communicate	iletişime geçmek, iletişim kurmak
react	tepki göstermek
press	baskı uygulamak, basınç uygulamak, basın
firmly	sıkıca, sıkı sıkıya
push	itmek
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down about five centimeters. Aim for one hundred compressions each minute. Doctor Sayre says you do not need a measuring stick or a timing device.

If the heart does not start beating, continue with chest compressions until help arrives. For a choking victim who is unconscious with no heartbeat, clear the airway first. Then do chest compressions.

Doctor Sayre suggests that medical workers do both the breathing method and chest compressions. He says some victims, including babies, need the mouth-to-mouth breathing with the compressions. Still, the doctor says it is better to do just chest compressions than to do nothing. CPR is not difficult to learn. Many organizations teach it.

Most CPR training now includes how to use an automated **external** defibrillator, or AED. Defibrillators use electric shocks to **correct** abnormal heartbeats that can **lead to** sudden death. Such devices are found increasingly in public places like airports, restaurants and office buildings. A recorded voice on the AED guides the user. The voice provides detailed information about what to do.

The defibrillator of today has developed from the first defibrillators. Medical historians say the devices appeared late in the nineteenth century.

In the nineteen twenties, American Claude Beck performed the first **surgical operations** to repair damaged hearts. Doctor Beck worked at what is now called Case Western Reserve University School of Medicine in Ohio.

Another doctor, Carl J. Wiggers, had kept laboratory animals with heart stoppage alive by massaging their hearts. Then he followed this rubbing with electrical defibrillation. This led Claude Beck in his efforts to help return normal heart actions to human patients.

In nineteen forty-seven, Doctor Beck saved a patient with a defibrillator device for the first time. The doctor's **success** led others to further develop the method and device. Today small, **movable** AEDs can **identify** heart rhythms and produce electricity to treat victims of heart stoppage.

external	harici, dışarıdan, dış yüzey
correct	doğru, düzeltmek
lead to	neden olmak, sebep olmak
surgical	
operations	cerrahi operasyonlar
success	başarı
movable	taşınabilir, menkul
identify	tanımlamak
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	PhD Akademi



Bacteria can enter the body through even the smallest cut in the skin. So medical experts advise people to treat all **wounds**. Clean the cut with soap and water. Then **cover** the wound while it **heals**.

The Mayo Clinic health centers suggest several steps if bleeding is severe. First, if possible, have the person lie down and raise the legs. Remove dirt from the wound and press on it with a clean cloth or piece of clothing. If you cannot find anything clean, use your hand. Keep putting pressure on the wound until the bleeding stops or medical help arrives. Do not remove the cloth if the blood comes through it. Instead, put another cloth on top and continue pressure. If the bleeding does not stop with direct pressure, put pressure on the **artery** that carries blood to the wound.

In the past, people were advised to stop severe bleeding with a tourniquet. This device is made with a stick and a piece of cloth or a belt. But experts now say tourniquets are dangerous because they can **crush** blood passages and nerves.

If a wound seems infected, let the victim rest. Physical activity can spread the infection. Treat the wound with a mixture of salt and water until medical help arrives. Add nine and one-half milliliters of salt to each liter of boiled water. Place a clean cloth in the mixture and then put the cloth on the wound. But be sure not to burn the skin.

To learn more about first aid, ask a hospital or organization like a Red Cross or Red Crescent Society for information. Training may be offered in your area. If you know first aid methods, you can be calmer and more **helpful** in case of emergency.

wound	yara, yaralamak
	kapak, örtmek, örtü,
cover	kaplamak, kapsamak
heal	iyileşmek, iyileştirmek
artery	atardamar, arter
crush	ezmek, ezilmek, aşk, hoşlanma
helpful	yardımsever, faydalı
	PhD Akademi



### 19. Ways to Control Asthma, a Lung Disease

This week we talk about the lung disease asthma.

Asthma is a **serious lung disease** that makes it difficult to **breathe**. The World Health Organization says asthma affects about three hundred million people **worldwide**. An **estimated** two hundred fifty thousand people die from the disease every year. And, more than five hundred thousand are **hospitalized**.

Asthma happens when **tissue** that lines the airways to the lungs begins to **expand** or **swell**. The swelling makes the airways smaller. The muscles in the airways **tighten**. **Cells** in the airways begin to produce too much of a thick, **sticky substance** called mucous. The mucous causes the airways to close even more. This makes it difficult for air to **flow** in and out of the lungs.

This **series** of **events** is called an asthma attack. As asthma **sufferers struggle** to get air into their lungs, they may begin to **cough** a lot. They may also make a whistling or squeaky sound, called wheezing, when they breathe. Some asthma sufferers have **tightness** or pain in the chest. They say it feels as if someone is sitting on them. When asthma is most severe, the person may have extreme difficulty breathing. The disease can severely **limit** a person's activity, and even **lead to** death.

Doctors do not know what causes asthma. Researchers believe a combination of **environmental** and genetic factors may be **responsible**. Forty percent of children who have parents with asthma will also develop the disease. Seventy percent of people with asthma also have allergies. Allergies are abnormal **reactions** of the **immune system in response to** otherwise **harmless substances**.

Doctors have **identified** many of the things that may start, or **trigger**, an asthma attack. Triggers are things that cause the asthma sufferer's airways to swell. Different people are affected by different triggers. Allergens are one of the most common triggers. These impurities in the air cause allergic reactions. Some of the more common allergens include animal **fur**, dust, **mold** and pollen.

Pollen is a **fine** dust that comes from grass, trees and flowers. Mold is a type of fungus. It can grow on the walls and floors of homes. It is commonly found in wet or **damp** areas like bathrooms, kitchens and basements. A study by the Environmental

serious	ciddi
lung	akciğer
disease	hastalık
breathe	nefes almak, solumak
worldwide	dünya çapında
estimated	tahmini
hospitalize	hastaneye yatırmak
tissue	kağıt mendil, doku
expand	genişlemek, yayılmak, büyütmek
swell	şişmek, kabarmak
tighten	sıkılaştırmak
cell	hücre
sticky	yapış yapış, sıcak, nemli
substance	madde
flow	akmak, akıntı
series	seri, dizi, zincir
event	olay, vaka
sufferer	acı çeken kimse
struggle	çalışmak, çabalamak çalışma, çaba, uğraş, mücadele
cough	öksürmek, öksürük
tightness	sıkılık, darlık
limit	sınır, sınırlandırmak
lead to	neden olmak, sebep olmak
environmental	çevresel
responsible	sorumlu, mesul
reaction	tepki
immune system	bağışıklık sistemi
in response to	in karşılığında, e cevaben
harmless	zararsız
substance	madde
identified	tanımlanmış, belirlenmiş
trigger	tetiklemek
fur	kürk, tüy
mold	kalıba dökmek, biçimlendirmek, küflenmek, küf
fine	iyi, para cezası, ince, ceza kesmek
damp	nemli, ıslak

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Protection Agency estimates that twenty-one percent of asthma in the United States is linked to mold and dampness in homes.

**Air pollution** can also trigger asthma. Cigarette smoke is a major problem for asthma sufferers. So is air pollution caused by cars. Chemical sprays like air fresheners, hair spray, household cleaning products and even strong perfumes can also trigger an asthma attack.

Some people cough, wheeze or feel out of breath during or after exercise. They are said to suffer from **exercise-induced asthma**. During the winter, breathing in cold air can trigger asthma symptoms. So can colds and other **respiratory infections**.

The Centers for Disease Control and Prevention reports more than twenty-two million people suffer from asthma in the United Sates. Among adults, more women have the disease than men. Asthma affects more than seven million children each year and is considered one of the leading childhood illnesses. It is more common among boys than girls.

The National Institute of Allergies and Infectious Diseases says the disease affects African Americans more than whites. African American children die from the disease at five times the rate of white children.

Special English reporter June Simms has a thirteen-yearold son with asthma. Arick first showed signs of the disease when he was about two years old. He had a bad cold that seemed to last longer than usual. It was very difficult for him to breathe. When his mother listened to his chest she could hear that squeaky whistling sound known as wheezing. Arick was **diagnose**d with asthma during an emergency visit to the doctor.

The doctor gave Arick a medicine called albuterol. Albuterol helps to relax the muscles in the airways of the lungs and increases air flow. The doctor also gave Arick a special machine called a nebulizer. It is **attach**ed to a mask that he placed over his mouth and nose. The nebulizer turned the liquid albuterol medicine into mist. Arick **inhale**d the mist through the mask. The treatments made it easier for him to breathe. During times when Arick's asthma was really severe, he was also given steroids to help **reduce swelling** in his airways.

As Arick grew older, the doctor **replace**d his nebulizer with a small medical **device** called an inhaler. He also began seeing a

air pollution	hava kirliliği
exercise- induced asthma	egzersize bağlı astım
respiratory infection	solunum enfeksiyonu
diagnose	teşhis etmek, tanılamak, teşhis
attach	bağlamak, iliştirmek
inhale	nefesi içine çekmek
reduce	azaltmak, azalmak
swelling	şişme, şişlik
replace	değiştirmek, yerine koymak
device	araç, aygıt, cihaz
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	PhD Akademi



doctor who **specialize**s in treating patients with asthma. This doctor said Arick was "a poor perceiver of his asthma ". That means he had a hard time realizing when it was out of control. She advised his parents to use a special device called a peak flow meter. It measures the amount of air Arick is able to push out of his lungs. This can help him **realize** he is having a problem before he feels it.

The doctor also discovered that Arick suffers from allergies. He now takes daily medicines to help **keep his asthma and allergies under control**. In two thousand five, he successfully completed the American Lung Association Open Airways for Schools Program. Now Arick is considered an expert in his asthma management. It has been more than two years since he has been to a hospital emergency room because of asthma. And, he is using his inhaler a whole lot less.

Asthma has become a **major** health problem around the world, and a great problem for **individuals**, families and economies. The **yearly economic cost** of asthma is **close to** twenty billion dollars. And, the World Health Organization says asthma rates are increasing worldwide by an average of fifty percent every ten years. The largest increase has been among children.

The Global Initiative for Asthma, or GINA, was formed in nineteen ninety-three to raise attention about the growing problem. It also seeks to improve asthma care around the world. GINA is a joint effort between the National Heart, Lung and Blood Institute of the National Institutes of Health and the World Health Organization. GINA released a report called "The Global Burden of Asthma" in two thousand four. It said asthma is not just a growing problem in industrial countries. It is also on the rise in developing countries. The GINA report suggests that asthma rates in developing countries increase as they become more westernized. The report estimates that there may be an additional one hundred million people with asthma by the year two thousand twenty-five.

While asthma cannot be cured, it can be successfully controlled. This year, GINA's World Asthma Day campaign was once again called "You Can Control Your Asthma ". The organization launched the campaign in two thousand seven. Its aim is to show that a large majority of asthma patients can control the disease with correct treatment. GINA says several simple steps can help people control their asthma.

specialize	uzmanlaşmak
realize	fark etmek, gerçekleştirmek
keep under	ram camen, gerşemeşamının
control	kontrol altında tutmak
major	ana, asıl
individual	bireysel, birey
yearly	
economic cost	yıllık ekonomik maliyet
close to	a yakın olmak, yakın
form	şekil, form, oluşturmak, oluşmak
	kaldırmak, yükseltmek, biriktirmek, yetiştirmek,
raise	büyütmek
attention	dikkat
growing	
problem	büyüyen problem
seek to	çalışmak, çabalamak
improve	iyileştirmek, gelişmek, geliştirmek
burden	yük
on the rise	yükselişte
launch	başlatmak, atmak, fırlatmak, denize indirmek, açılış, atma, fırlatma
aim	amaç, hedef, amaçlamak
correct	doğru, düzeltmek
	PhD Akademi



People should take their asthma medicines the way their doctor says to take them. Most people need two kinds of medicines. One is a quick-acting "rescue" medicine taken when needed to stop asthma symptoms. The other is a controller medicine taken every day to **prevent** these symptoms.

People should know the causes of their asthma symptoms and try to avoid these triggers. For example, try to avoid animals with fur, dust, pollen from trees and flowers or cigarette smoke. Some people may need to take medicines before they work hard or exercise.

Patients should work with their doctors to control the disease. They should go to the doctor for check-ups even if they are feeling fine. They should **make sure** they understand how and when to take their medicines. And they should act quickly to treat asthma attacks and know when to **seek** medical help.

prevent	önlemek
make sure	emin olmak
	aramak, çabalamak,
seek	aramak, çabalamak, uğraşmak
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## 20. What You Can Do to Prevent Health Problems While Traveling

Summer is a busy time for travel. Today, we discuss ideas about how to stay healthy on a long trip. For years, people have **wonder**ed whether they are safe from **germ**s when they travel in small, enclosed areas. They worry about close contact with others who may be sick.

The **current** spread of a swine influenza virus has added to these **concerns**. Recently, the World Health Organization **raise**d its warning about the new H1N1 virus to its highest level. W. H. O. Director-General Margaret Chan **declare**d the sickness a pandemic – a disease that has spread to many nations. Given this information, many people want to know how safe is it to travel?

The answers people are getting may seem **conflicting**. For example, a W. H. O. **statement urged** nations *not* to close their **borders** or **limit** trade and travel. Director-General Chan said cases are generally **mild** for most people. Still, W. H. O. officials continue to report new cases **across the world**.

In the past, the W. H. O. and experts with America's Centers for Disease Control and Prevention noted guidance for disease spread on airplanes. The experts said you could **get infected** only if you sit within two rows of someone who is sick. That would be a **distance** of up to three meters from the sick person. And this was true only if you sat there for more than eight hours. But a travel-health expert says this guidance may not be helpful for swine flu. Mark Gendreau works at the Lahey Clinic Medical Center in the American state of Massachusetts. He suggests steps that could help prevent getting swine flu on an airplane. His advice includes keeping the airflow over your seat on the "low" position. The doctor says you should point the device so the flow of air is just in front of your face.

Infection can **spread through** touching an infected surface and then touching your eyes, nose or mouth. Doctor Gendreau suggests cleaning your hands with soap and water, or using **handsanitizer** wipes. These products should contain at least fifty percent alcohol. In addition, he said you may want to cover your face with a mask. Most importantly, avoid traveling when you are sick.

	1
wonder	merak etmek, harika, merak
germ	mikrop
germ	şu anki, güncel, geçerli,
current	mevcut, akım, akıntı
concern	kaygı, ilgi, kaygılandırmak, endişelendirmek, ilgilendirmek
raise	kaldırmak, yükseltmek, biriktirmek, yetiştirmek, büyütmek
declare	ilan etmek, deklare etmek
conflicting	çelişen, çatışan, çakışan, çelişkili
statement	söz, ifade, açıklama
urge	teşvik etmek, dürtmek
border	sınır, hudut, sınırını oluşturmak
limit	sınır, sınırlandırmak
mild	hafif, orta, ılıman, ılımlı
across the world	
get infected	dünyanın her tarafında enfeksiyon kapmak
distance	uzaklık, mesafe, uzak, aralık
spread	yayılmak, yaymak
through	aracılığıyla, tamamen, içinden
hand-sanitizer	el antiseptiği, el dezenfektanı
	PhD Akademi



**Clearly**, most people do not get sick while taking long trips. But something else might **interfere with** your travel plans. You could be placed in medical isolation if someone you traveled with on a plane is suspected of having swine flu.

The top official of an American city recently had this experience. New Orleans Mayor Ray Nagin, his wife and a security guard spent several days in a **hospital-like** center in Shanghai, China. At the time, they were on their way to Australia. Mayor Nagin was preparing to speak there. But they were **detained** because of someone who sat near them on their arriving flight. The person was **suspected** of having swine flu. The Nagins did not get sick.

Students from a high school in Maryland had a **similar** experience. On a recent visit to China, the students had to spend several days in hotel rooms in the city of Kaili. They were **barred** from leaving their rooms because someone on their flight was suspected of having the flu. Tests later **proved** that the **suspicion** was wrong. The students lost several days of sight-seeing. But one girl said she was still glad she made the trip.

Many other people **share** her feeling. One man from Maryland says he has planned a trip to Ireland for many years. He wants to visit the burial places of his grandparents. He says it will take more than a pandemic to keep him from making his trip.

Technology on most airplanes might make you feel safer about air travel. The United States Federal Aviation Administration says most large passenger planes now use HEPA filters. The devices are **design**ed to remove dangerous **particles** from the air.

The letters H-E-P-A **represent** the words High Efficiency Particulate Air. HEPA filters capture almost all particles in the air that are zero point three microns in size or larger.

America's Atomic Energy Commission developed HEPA filters many years ago. The **goal** was to protect workers who were developing the atomic bomb. The first HEPA filters removed radioactive particles from the air. Today, the filters clean the air in planes.

The Centers for Disease Control says HEPA filters are effective in clearing the air of many particles that cause disease. Makers of the devices say they kill bacteria and viruses because they help to remove the **wetness** that germs need to **survive**. But

clearly	açıkça, net bir şekilde
	karışmak, müdahale etmek,
interfere with	araya girmek
hospital-like	hastane benzeri
detain	alıkoymak, göz altına almak
suspect	şüphelenmek, şüphe
similar	benzer
h.a.r	çubuk, kısıtlamak, engel
bar	olmak
prove	ispatlamak, kanıtlamak
suspicion	kuşku, şüphe
share	paylaşmak, pay, hisse
design	tasarım, dizayn, tasarlamak
particle	tanecik, zerre, cisimcik, parçacık
represent	temsil etmek
goal	amaç
wetness	ıslaklık, nemlilik
survive	yaşamak, hayatta kalmak
341 1116	Jagaman, nayatta halillah
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	PhD Akademi



HEPA filters cannot remove disease-causing particles smaller than zero point three microns. These will continue to move around in the air and can infect people.

On a passenger cruise ship, fresh air is **available** on decks and in other places above sea level. A spokesperson for the Cruise Lines International Association says other air quality depends on the **requirement**s of the nation where a ship was built.

Experts say people should know about other health concerns that can strike when traveling by air. One of these is hypoxia. It **results from** a lack of oxygen to the brain. Experts say the body begins losing oxygen minutes after an airplane leaves the ground.

The air pressure in a plane during flight is lower than at sea level. This makes it more difficult for the body to effectively use the same amount of oxygen as it would on the ground. Fewer oxygen molecules cross the tissues in the lungs and **reach** the **bloodstream**. The result is a five to twenty percent drop in the amount of oxygen in the blood. This reduces the amount of oxygen that reaches the organs of the body.

One effect of this lack of oxygen to the brain is a headache. When this happens, the heart attempts to **fix** the situation by **beat**ing harder and faster. This can make the traveler feel tired. These signs of hypoxia are not dangerous in a healthy person. But a drop in oxygen levels can cause a health emergency in people with heart or lung problems. They might **lose consciousness** or even suffer a heart attack.

Experts say use of cigarettes and alcoholic liquids also reduces the body's ability to use oxygen. So they suggest that people not drink alcohol or smoke cigarettes either before or during a flight. They also say persons with heart or lung problems should seek advice from their doctor before flying.

Another problem for travelers can be a condition called deep vein thrombosis. A thrombosis is a blood **clot** -- a condition in which some blood **thickens** and **block**s the flow to the heart. Blood clots can kill if they move to the heart and lungs and stop needed oxygen from reaching those important organs. This is known as a pulmonary embolism.

available	mevcut, hazır, müsait
requirement	gereksinim, zorunluluk
result from	den kaynaklanmak
reach	ulaşmak, yetişmek, erişmek, uzanmak, kavuşmak
bloodstream	kan dolaşımı
fix	tedavi etmek, düzeltmek, tamir etmek, sabit
beat	atmak, vurmak, dövmek, yenmek, vuruş
lose consciousness	bilincini yitirmek, bayılmak
clot	
thicken	pıhtı, pıhtılaşmak kalınlaştırmak
	-
block	blok, bloke etmek, engellemek
	574
	PhD Akademi



The World Health Organization says **passengers** who sit still for four or more hours **face** a greater risk of developing blood clots. But it says only one in six thousand people develop deep vein thrombosis.

Last week, Harvard University researchers reported that people who travel are **three times** more likely than others to develop deep vein thrombosis. The researchers examined information from fourteen earlier studies. They found the longer the trip, the greater the **threat** of deep vein thrombosis. They even found a **measurable** increase in the condition for every two hours sitting in a car.

Experts say the chance of a clot also increases if a person does not drink enough water. They say passengers who sit for hours need to drink plenty of water -- not liquids that contain alcohol or caffeine. Passengers should also increase blood flow to the legs. The doctors suggest covering your legs with support stockings and walking every hour or so during the trip. Or, at least move your legs and feet.

Doctors say anyone with pain, swelling or red skin on a leg during or after a long trip may have a blood clot. Anyone with such signs should see a doctor as soon as possible. The condition many times can be treated with drugs that thin the blood and stop the clot from moving through the body.

passenger	yolcu, gezgin
face	yüz, yüzleşmek, yüz yüze gelmek
three times	üç kat, üç kez
threat	tehdit
measurable	ölçülebilir
	<u> </u>
	PhD Akademi



### 21. Vitamins Are Important to Good Health

This week, we tell about vitamins.

Many jobs must be done with two people. One person takes the lead. The other helps. It is this cooperation that brings success. So it is with the human body. Much of our good health depends on the cooperation between substances. When they work together, chemical reactions take place smoothly. Body systems are kept in balance.

Some of the most important helpers in the job of good health are the substances we call vitamins. The word "vitamin" dates back to Polish scientist Casimir Funk in nineteen-twelve. He was studying a substance in the hull that covers rice. This substance was believed to cure a disorder called beriberi.

Funk believed the substance belonged to a group of chemicals **known as** amines. He added the Latin word "vita" meaning life. So he called the substance a "vitamine" -- an amine necessary for life.

Funk was not able to **separate** the anti-berberi substance from the rice hulls; it was later shown to be thiamine. Other studies found that not all vitamines were amines. So the name was **shorten**ed to vitamin. But Funk was correct in recognizing their importance.

Scientists have discovered fourteen kinds of vitamins. They are known as vitamins A, the B group, C, D, E and K. Scientists say vitamins help to **carry out** chemical changes within cells. If we do not get enough of the vitamins we need in our food, we are **at risk** of developing a number of diseases. This brings us back to Casimir Funk. His studies of rice were part of a long **search** for foods that could cure disease.

One of the first people **involved** in that search was James Lind of Scotland. In the seventeen-forties, Lind was a doctor for the British Navy. He was **investigating** a problem that had existed in the Navy for many years.

The problem was the disease scurvy. So many **sailor**s had scurvy that the Navy's fighting **strength** was very low. The sailors were weak from bleeding inside their bodies. Even the smallest wound would not heal. Doctor Lind thought the sailors were getting sick because they failed to eat some kinds of foods when they were at sea for many months.

take the lead	liderlik etmek, başı çekmek, önayak olmak
cooperation	işbirliği
work together	birlikte çalışmak
take place	olmak, gerçekleşmek, meydana gelmek
smoothly	pürüzsüz bir şekilde, kolayca, rahat , pürüzsüzce, sorunsuz
balance	denge, dengelemek
date back to	eskiye dayanmak
cover	kapak, örtmek, örtü, kaplamak, kapsamak
cure	tedavi etmek, iyileştirmek, tedavi
disorder	hastalık, bozukluk, düzensizlik
known as	olarak bilinmek
separate	ayrı, farklı, ayırmak, ayrılmak
shorten	kısaltmak
carry out	yapmak, yürütmek
at risk	riskli
search	aramak, araştırmak, araştırma
involved in	bir işe karışmış, bir işe dahil olmuş
invoctionts	araştırmak, incelemek,
investigate	soruşturmak
sailor	denizci
strength	güç, kuvvet



Doctor Lind separated twelve sailors who had scurvy into two groups. He gave each group different foods to eat. One group got oranges and lemons. The other did not. The men who ate the fruit began to **improve** within seven days. The other men got weaker. Doctor Lind was correct. Eating citrus fruits prevents scurvy.

Other doctors looked for foods to cure the diseases rickets and pellagra. They did not yet understand that they were seeing the problem from the opposite direction. That is, it is better to eat vitamin-rich foods to prevent disease instead of eating them to cure a disease after it has developed.

Which foods should be eaten to keep us healthy? Let us look at some important vitamins for these answers. Vitamin A helps prevent skin and other tissues from becoming dry. It is also needed to make a **light-sensitive** substance in the eyes. People who do not get enough vitamin A cannot see well in **darkness**. They may develop a condition that dries the eyes. This can **result in** infections and **lead to blindness**. Vitamin A is found in fish liver oil. It also is in the yellow part of eggs. Sweet potatoes, carrots and other darkly colored fruits and vegetables contain substances that the body can change into vitamin A.

Vitamin B-one is also called thiamine. Thiamine changes starchy foods into energy. It also helps the heart and nervous system work smoothly. Without it, we would be weak and would not grow. We also might develop beriberi. Thiamine is found not just in whole grains like brown rice, but also in other foods. These include beans and peas, nuts, and meat and fish. Another B-vitamin is niacin. It helps cells use food energy. It also prevents pellagra -- a disease that causes weakness, reddish skin and stomach problems. Niacin is found in meat, fish and green vegetables. Vitamin B-twelve is needed so folic acid can do its work. Together, they help produce red blood cells. Vitamin B-twelve is found naturally in foods like eggs, meat, fish and milk products. Folic acid has been shown to prevent physical problems in babies when taken by their mothers during pregnancy. Vitamin B-twelve is found in green leafy vegetables and other foods, like legumes and citrus fruits. In some countries, it is added to products like bread.

improve	iyileştirmek, gelişmek, geliştirmek
light-sensitive	ışığa karşı duyarlı
darkness	karanlık
result in	neden olmak
lead to	neden olmak, sebep olmak
blindness	körlük
starchy	nişastalı
whole grain	tam tahıl
leafy	yapraklı
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	PhD Akademi
	PhD Akademi



In two thousand three, Japanese researchers identified a new member of the B-vitamin group. It is a substance known as pyrroloquinoline quinone or PQQ.

The researchers found that PQQ is important in the **reproductive** and **defense** systems of mice. They said the substance is **similarly** important for people. PQQ is found in fermented soybeans and also in parsley, green tea, green peppers and kiwi fruit.

Vitamin C is needed for strong bones and teeth, and for healthy blood passages. It also helps wounds **heal** quickly. The body **store**s little vitamin C. So we must get it every day in foods such as citrus fruits, tomatoes and uncooked cabbage.

Vitamin D increases levels of the element calcium in the blood. Calcium is needed for nerve and muscle cells to work normally. It also is needed to build strong bones.

Vitamin D prevents the children's bone disease rickets. Ultraviolet light from the sun changes a substance in the skin into vitamin D. Fish liver oil also contains vitamin D. In some countries, milk producers add vitamin D to milk so children will get enough.

Vitamin K is needed for healthy blood. It thickens the blood around a cut to stop bleeding. Bacteria in the **intestine**s normally produce vitamin K. It can also be found in pork products, liver and in vegetables like cabbage, kale and spinach.

Experts agree that everyone needs vitamins so that their bodies can **operate** normally. In general, a **complete** diet should **provide** all the vitamins a body needs in their natural form. In addition, many foods and food products now have extra vitamins and minerals added.

Some people **fear** they do not get enough vitamins from the foods they eat. So they take products with large amounts of vitamins. They think these products, called vitamin **supplements**, will improve their health and **protect** against disease. Many adults now take vitamin supplements every day.

In two thousand six, medical experts **gather**ed near Washington, D. C. to **discuss** studies about vitamin supplements. The experts found little **evidence** that most supplements do anything to protect or improve health. But they noted that some do help to prevent disease.

reproductive	üreme
defense	savunma, davalı
similarly	benzer şekilde
heal	iyileşmek, iyileştirmek
store	mağaza, depo, depolamak
intestine	bağırsak, ince bağırsak
operate	işletmek, çalıştırmak, ameliyat ettirmek
complete	tamamlamak
provide	sağlamak, temin etmek
fear	korku, korkmak
supplement	ek, eklemek, tamamlamak
protect	korumak
gather	buluşmak, toplamak, toplanmak
discuss	tartışmak, bir konuyu ele almak
evidence	delil
	PhD Akademi



The experts said women who wish to become mothers should take folic acid to prevent problems in their babies. And, they said vitamin D supplements and calcium can protect the bones of older women.

The medical experts **agree**d with doctors who say that people who know they **lack** a vitamin should take vitamin supplements. Some older adults, for example, may not have enough vitamin B-twelve. That is because, as people get older, the body loses its ability to take it from foods.

The experts also noted that taking too much of some vitamins can be harmful. They said people should be sure to discuss what vitamins they take with their doctors.

Several studies have not been able to show that taking vitamin supplements in addition to a balanced diet helps to prevent disease. One study found that older Americans do not get enough Vitamin C and required minerals. The study involved more than six thousand individuals. More than half of them took vitamin supplements.

Vitamins are important to our health. A **lack of required** vitamins can lead to health problems. Different vitamins are found in different foods -- grains, vegetables and fruits, fish and meat, eggs and milk products. And even foods that contain the same vitamins may have them in different amounts. Experts say this is why it is important to eat a **mixture** of foods every day, to get enough of the vitamins our bodies need.

agree	aynı fikirde olmak, kabul etmek, anlaşmak
lack	eksik, yoksun, eksiklik, eksik olmak, yoksun olmak
lack of	yoksunluk, yokluk, mahrumiyet
required	gerekli
mixture	karışım
	,
	PhD Akademi
	FIID ARAGEIII



# 22. Laying the Roots for Healthy Teeth in Young Children

Bad teeth can be painful -- and worse. They can even be deadly. Infections of the **gums** and teeth can release bacteria into the blood system. Those bacteria can increase the chances of a heart attack or stroke and **worsen** the effects of other diseases. And adults are not the only ones at risk. For example, in two thousand seven, doctors in the Washington area said a boy died when a tooth infection spread to his brain. They said it might have been prevented had he received the **dental care** he needed. He was twelve years old.

Experts at the National Institutes of Health say good dental care starts **at birth**. Breast milk, they say, is the best food for the healthy development of teeth. Breast milk can help slow bacterial growth and acid production in the mouth. But dentists say a baby's gums and early teeth should be cleaned after each feeding. Use a **cloth** with a little warm water. Do the same if a baby is fed with a bottle. Experts say if you **decide** to put your baby to sleep with a bottle, give only water.

When baby teeth begin to appear, you can clean them with a wet toothbrush. Dentists say it is important to find soft toothbrushes made especially for babies and to use them very gently.

The use of fluoride to protect teeth is common in many parts of the world. For example, it is often added to drinking water supplies. The fluoride mixes with enamel, the hard surface on teeth, to help prevent holes, or cavities, from forming. But young children often swallow toothpaste when they brush. The American Academy of Pediatric Dentistry notes that swallowing fluoridated toothpaste can cause problems. So young children should be carefully supervised when they brush their teeth. And only a small amount of fluoridated toothpaste, the size of a green pea, should be used.

Parents often wonder what effect **thumb sucking** or sucking on a **pacifier** might have on their baby's teeth. Dental experts generally agree that this is fine early in life. The American Academy of Family Physicians says most children stop sucking their thumb by the age of four. If it continues, the group advises

sakız, diş eti
kötüleşmek
diş bakımı
doğumda
kumaş
karar vermek
delik
diş çürükleri, boşluk, diş
boşluğu
kırlangıç, yutmak, yutkunmak
gözetlemek, denetlemek, gözlemek
parmak emme
bebek emziği, diş kaşıma
halkası, arabulucu
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parents to talk to their child's dentist or doctor. It could **interfere with** the correct **development** of **permanent** teeth.

Dentists say children should have their first dental visit at least by the time they are one year old. They say babies should be **examine**d when their first teeth appear -- usually at around six months.

interfere with	karışmak, müdahale etmek, araya girmek
development	gelişme, ilerleme, gelişim
permanent	sürekli, sabit, geçici olmayan
	incelemek, muayene etmek,
examine	muayene etmek



## 23. New Warnings about Smoking and Tobacco Products

This week, we will present some new warnings about smoking and tobacco products.

For many years, scientists have **warn**ed us not to smoke. The World Health Organization says tobacco is the leading **preventable** cause of death in the world. Five million people die of causes linked to tobacco use every year.

Now, medical research has **provide**d even more warnings. **Advisers** to America's Centers for Disease Control and Prevention **report** that pneumococcal pneumonia **threatens** smokers more than nonsmokers. The advisers say many smokers will need a **vaccine** to help prevent the disease.

This is the first time medical experts have suggested the vaccine for young and middle-aged adult smokers. The Advisory Committee on Immunization **propose**d that the vaccine be given to smokers ages nineteen through sixty-four.

Past research showed that cigarette smokers are four times more likely to get pneumococcal diseases than nonsmokers. For years, older adults and children under two have been **urge**d to get the vaccine. So have people with serious health problems like diabetes and heart disease. Others at risk are people with low **resistance** to infection.

A C. D. C. official says it is not known why smokers are more likely to get pneumococcal infections. One idea is that smoking **damages protective tissue** in the back of the throat. As a result, bacteria are more likely to **connect** to the smoker's **windpipe** and lungs.

The vaccine fights several kinds of Streptococcus pneumoniae. The bacteria can infect a person's brain, causing the disease meningitis. It also can **affect** the blood. Experts say up to twenty percent of people with pneumococcal blood infections die, even when treated.

The experts say smoking even one cigarette a day can increase the **threat** of pneumococcal pneumonia by one hundred percent. The more cigarettes a person smokes, the greater the threat of the disease. Health officials say smokers should do more than get the pneumococcal vaccine. They urge people to stop smoking.

warn	uyarmak
preventable	önlenebilir
provide	sağlamak, temin etmek
adviser	danışman
report	haber vermek, rapor etmek, bildirmek, rapor, röportaj
threaten	tehdit etmek
vaccine	aşı
Vaccinic	önermek, teklif etmek, ileri
propose	sürmek
urge	teşvik etmek, dürtmek
resistance	rezistans, direnç, direnme
damage	zarar vermek, hasar bırakmak, zarar, ziyan, hasar
protective	
tissue	koruyucu doku
connect	bağlamak, bağlanmak
windpipe	nefes borusu
affect	etkilemek
threat	tehdit
inout	Condit
<del></del>	
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	PhD Akademi



Smoking also can affect your hearing. That warning resulted from a study reported earlier this year by the International Society of Audiology Congress in Hong Kong. The study was said to be one of the largest ever **carried out** about hearing loss. The results were **publish**ed in Springer's "Journal of the Association for Research in Audiology". The report says hearing loss is not just a natural **result** of the **aging process**. The **major** cause is noise. But the report says smoking and being over-weight aid the development of **hearing loss**.

Four thousand eighty-three people **took part in** the study. They were fifty-three to sixty-seven years old. They answered questions about their medical history and their contact with possible environmental threats. They also took hearing tests.

Researchers **consider**ed the **possibility** of the links between the possible threats and hearing loss. The researchers found a **close connection** between smoking and hearing loss. Many smokers use tobacco **product**s while eating or drinking alcohol in public. The American state of Massachusetts banned smoking in almost all restaurants and workplaces four years ago. The Massachusetts Department of Public Health and the Harvard School of Public Health organized the study. The **findings** may **strengthen** evidence for workplace smoking bans.

	1
carry out	yapmak, yürütmek
carry out	
publish	(kitap) basmak, yayımlamak
result	sonuç
aging process	yaşlanma süreci
major 	ana, asıl
hearing loss	duyma kaybı
take part in	katılmak
consider	düşünmek
possibility	ihtimal
close connection	yakın bağlantılı
product	ürün, mahsül
findings	bulgular
strengthen	güçlendirmek
	+
	+
	1
	-
	1
	PhD Akade



## 24. Keeping Your Ears Clean

Some people's ears produce wax like busy little bees. This can be a problem even though earwax appears to **serve an important purpose**.

Experts say it protects and cleans the ear. It **traps** dirt and other matter and keeps **insects** out. Doctors think it might also help protect against infections. And the waxy oil keeps ears from getting too dry. So earwax is good. It even has a medical name: cerumen. And there are two kinds. Most people of European or African **ancestry** have the "wet" kind: thick and **sticky**. East Asians commonly have "dry" earwax. But you can have too much of a good thing. The **glands** in the ear canal that produce the wax make too much in some people. Earwax is normally **expel**led; it falls out of the ear or gets washed away. But extra wax can **harden** and **form** a blockage that interferes with sound waves and reduces hearing. People can also cause a blockage when they try to clean out their ears -- but only push the wax deeper inside. Earwax **removal** is sometimes necessary. But you have to use a safe method or you could do a lot of damage.

Experts at N. I. H., the National Institutes of Health, suggest some ways to treat **excessive** earwax yourself. They say the wax can be **soften**ed with mineral oil, glycerin or ear drops. They say hydrogen peroxide or carbamide peroxide may also help.

Another way to remove wax is **known as irrigation**. With the head upright, take hold of the outer part of the ear. Gently pull upward to **straighten** the ear canal. Use a syringe device to gently direct water against the wall of the ear canal. Then turn the head to the side to let the water out. The experts at N. I. H. say you may have to repeat this **process** a few times. Use water that is body temperature. If the water is cooler or warmer, it could make you **feel dizzy**. Never try irrigation if the eardrum is broken. It could lead to infection and other problems. After the earwax is gone, gently dry the ear. But if irrigation fails, the best thing to do is to go to a health care provider for professional assistance. You should never put a cotton swab or other object into the ear canal. But you can use a swab or cloth to clean the outer part of the ear. The experts agree with the old saying that you should never put anything smaller than your elbow in your ear.

serve an important purpose	önemli bir amaca hizmet etmek
trap	tuzak, tuzak kurmak, önünü kesmek, kıstırmak
insect	böcek
ancestry	ced, soy, ata
sticky	yapış yapış, sıcak, nemli
gland	et bezi, beze, salgı bezleri
expel	çıkarmak, dışarı atmak, defetmek
harden	sertleşmek, sertleştirmek, katılaşmak
form	şekil, form, oluşturmak, oluşmak
removal	sökme, kaldırma, çıkarma, atma
excessive	aşırı, fazla, haddinden fazla
soften	yumuşamak, yumuşatmak
known as	olarak bilinmek
irrigation	sulama (toprağı)
straighten	düzeltmek, yoluna koymak
process	süreç, işlemek
feel dizzy	başı dönmek, gözü kararmak



## 25. Colds, Flu and Folk Advice

Autumn and winter are cold and flu season -- when people are most **likely** to catch the viruses that cause influenza and the common cold. Is the old advice true that dressing **warmly** will help prevent a cold? Or if you do **get sick**, should you follow the old saying, "Feed a cold and starve a fever"?

And what about that fever? Should you **take medication** to reduce your temperature, or is it better to let the body treat the infection itself? Everyone seems to have an answer. But how much value is there in popular wisdom? Doctor Alvin Nelson El Amin knows a lot about cold and flu season in California. He is medical director of the immunization program for the Los Angeles County Department of Public Health.

Doctor Nelson El Amin says research may be just starting to provide evidence for long-held beliefs. For example, scientists for years dismissed the idea that getting cold and wet might cause colds or flu. But recent studies have shown that cold temperatures cause stress on the body. That stress can create conditions more inviting to viruses. So maybe it does make sense to wrap up warmly before going outside. And what about the advice to feed a cold and starve a fever? Doctor Nelson El Amin says if you have a cold and are hungry, you should eat. But a fever, especially a high one, suggests a more serious problem. He says people are usually not hungry anyway when they have a high fever. Eating might even cause a person to **vomit**. But drinking plenty of liquids is important. A fever can easily dehydrate the body. Finally, when should you treat a fever? Doctor Nelson El Amin says a fever should be treated if it stays at forty degrees centigrade or above for a day or more. A temperature that high can damage brain cells. The doctor also believes in treating a fever if it prevents a person from sleeping.

Aspirin, acetaminophen and ibuprofen can all be used to reduce pain and fever. But aspirin should not be given to children because it can cause a rare condition.

One belief that Doctor Nelson El Amin wanted to **make clear** is wrong is that influenza vaccine can cause the flu. It cannot. Sometimes people get the flu from another person soon after they **get vaccinated**, so they **blame** the vaccine, he says. But, flu vaccines do not protect everyone who gets them. Still, even if a person does get sick, the vaccine can limit the effects of the virus.

likely	muhtemel, olası
warmly	samimi bir şekilde
get sick	hastalanmak, hasta olmak
take medication	ilaç almak
provide	sağlamak, temin etmek
evidence	delil
long-held	uzun süreli
belief	inanç
dismiss	kovmak, azletmek, görevden almak
make sense	mantıklı olmak, anlam kazanmak
wrap up	sarınıp sarmalanmak, kalın giyinmek
fever	ateş, hasta ateşi
vomit	kusmak
make clear	netleştirmek, açıklığa kavuşturmak, adını koymak
get vaccinated	aşı olmak
blame	suçlamak, suç, ayıplama, suçlama
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#### 26. Among Vitamins, D Seems Short for 'Does a Lot'

Vitamin D helps bones and muscles grow strong and healthy. Low levels of vitamin D can **lead to** problems such as rickets, a **deformity mainly** found in children. Osteoporosis, the thinning of bone, is a common problem as people, **especially** women, get older. But **more and more** research is suggesting that vitamin D might also help prevent many diseases.

The easiest way to get vitamin D is from sunlight. The sun's ultraviolet rays **react** with skin cells to produce vitamin D. But many people worry about getting skin cancer and skin damage from the sun. As a result they **cover** their skin or wear sunblock or stay out of the sun. Also, darker skinned people produce less vitamin D than lighter skinned people. Production also decreases in older people and those living in northern areas that get less sunlight. Not many foods naturally contain vitamin D. Foods high in this vitamin include oily fish such as salmon, tuna and mackerel, and fish liver oils.

Boston University researchers reported last year that farmed salmon had only about one-fourth as much vitamin D as wild salmon. Small amounts of D are found in beef liver, cheese and egg yolks. And some people take dietary supplements containing the vitamin. But most of the vitamin D in the American diet comes from foods with D added, like milk.

In nineteen ninety-seven, the United States Institute of Medicine **establish**ed levels for how much vitamin D healthy people need. It set the daily amount at two hundred international units from birth through age fifty. It set the level at four hundred I. U. s through age seventy, and six hundred for age seventy-one and over. But some groups say these amounts are not high enough. They are hoping that the new research findings will lead to new **recommendations**.

Research in the last several years has shown that low levels of vitamin D may increase the risk of heart attacks in men and deaths from some cancers. Other studies have shown that people with rheumatic diseases often have low levels of vitamin D.

More doctors are now having their patients tested for their vitamin D levels. But as research continues, some experts worry that if people take too much vitamin D, it might act as a poison. Also, skin doctors warn people to be careful with sun **exposure** because of the risk of skin cancer.

lead to	neden olmak, sebep olmak
deformity	sakatlık, çarpıklık, biçim bozukluğu
mainly	başlıca, temel olarak
especially	özellikle de
more and more	gitgide daha da çok
react	tepki göstermek
	kapak, örtmek, örtü,
cover	kaplamak, kapsamak
establish	kurmak, tesis etmek
recommendation	
exposure	teşhir, açığa vurma, maruz bırakma, poz
	PhD Akademi



#### 27. Midlife Crisis and U

A new study shows that unhappiness in middle age, also known as midlife crisis, is a universal experience. Two economists did the study: Andrew Oswald of the University of Warwick in England and David Blanchflower at Dartmouth College in New Hampshire. They used information **collect**ed earlier on two million people from eighty nations.

They found that people around the world **seem** to **share** an **emotional** design in life. That design, they say, is shaped like the letter U. Levels of happiness are highest when people are young and when they are old. In the middle, however, most people's happiness and life **satisfaction** levels **drop**. Professor Oswald says some people suffer from midlife depression more than others. But, he says, it happens to men and women, to single and married people, to rich and poor and to those with and without children. **Generally speaking**, people reach their lowest levels between the ages of about forty and fifty-five. But then, as they continue into old age, their happiness starts to climb back up.

What the research does not show is why all this happens. Professor Oswald says one **possibility** is that people **recognize** their **limitations** in middle age and **give up on** some **long-held dreams**. Or perhaps people who are happier live longer, and this is **responsible for** a growing percentage of happy older people. Or, he says, maybe people have seen others their age die and they **value** more their own **remaining** years. The report is to be published in the journal Social Science and Medicine.

Last December, government researchers reported a big increase in **suicides** among middle-aged people in the United States. They looked at **injury-related** death rates by age group from nineteen ninety-nine to two thousand four. They found that suicide increased almost twenty percent among people ages forty-five to fifty-four. No one is sure why. **By comparison**, rates generally fell for those sixty-five and older. And for people twenty to twenty-nine the suicide rate was **nearly** unchanged. The report from the Centers for Disease Control and Prevention noted that the findings are subject to some limitations. For example, **accidental** drug poisonings might sometimes be mistaken for suicides.

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hemen hemen, neredey almost	hemen hemen, neredeyse almost		-
nearly almost	early almost	by comparison	
-	· ·	nearly	hemen hemen, neredeyse,
NAZAIA, IGGAUIII			

PhD Akademi



**Over all**, suicides in the United States increased four percent from nineteen ninety-nine to two thousand four. That year thirty-two thousand four hundred people took their own lives.

over all	sonuçta, genelde, her yönden
	+
	+



## 28. Understanding Happiness

For thousands of years, people have been debating the meaning of happiness and how to find it.

From the **ancient** Greeks and Romans to **current** day writers and professors, the **debate** about happiness continues. What makes someone happy? In what parts of the world are people the happiest? Why even study happiness? Today, we **explore** these questions and learn about several new books on happiness studies.

The Greek philosopher Aristotle said that a person's highest happiness comes from the use of his or her **intelligence**. **Religious** books such as the Koran and Bible **discuss faith** as a form of happiness. The British scientist Charles Darwin **believe**d that all **species** were formed in a way so as to enjoy happiness. And, the United States Declaration of Independence guarantees "life, **liberty** and the **pursuit** of happiness" as a **basic human right**. People **throughout** history may have had different ideas about happiness. But today, many people are still searching for its meaning.

But how do you study something like happiness? You could start with the World Database of Happiness at Erasmus University in Rotterdam, The Netherlands. This set of information includes how to **define** and **measure** happiness. It also includes happiness averages in countries around the world and **compare**s that information through time.

Some **findings** are not surprising. For example, the database suggests that married people are happier than single people. People who like to be with other people are happier than **unsocial** people. And people who have sex a lot are happier than people who do not. But other findings are less **expect**ed: People with children are **equally** happy as couples without children. And wealthier people are only a little happier than poorer people. The database suggests that people who live in strongly democratic and wealthy countries are happier than those who do not.

This database also shows that studying happiness no longer **involve**s just theories and ideas. Economists, psychiatrists, doctors and social scientists are finding ways of understanding happiness by examining real sets of information.

Positive psychology is the new **term** for a method of **scientific study** that tries to examine the things that make life worth

ancient	eski, antik
current	şu anki, güncel, geçerli, mevcut, akım, akıntı
debate	tartışmak, tartışma
explore	araştırmak, keşfetmek
intelligence	zeka, bilgi, istihbarat
religious	dini
discuss	tartışmak, bir konuyu ele almak
faith	inanç, iman
believe	inanmak, güvenmek
species	tür
liberty	özgürlük, serbestlik, hürriyet
pursuit	kovalama, takip
basic	temel, esas, ana, basit
human rights	insan hakları
thun code a cot	tamamen, baştan başa, her
throughout define	tarafinda
	tanımlamak
measure	ölçmek, ölçü, önlem
compare findings	karşılaştırmak
unsocial	bulgular
	çekingen, asosyal ummak, beklemek
expect equally	eşit bir şekilde
equality	içermek, kapsamak,
involve	gerektirmek
term	terim, dönem
scientific study	bilimsel çalışma
	,



living instead of life's problems. **Traditional** psychology generally studies negative situations like mental suffering and sickness. But positive psychology aims to study the **strengths** that allow people and **communities** to do well. Martin Seligman is the director of the Positive Psychology Center at the University of Pennsylvania in Philadelphia. He says positive psychology has three main concerns: positive emotions, positive individual qualities and positive organizations and communities.

There is also an **increasing amount** of medical research on the physical qualities of happiness. Doctors can now look at happiness at work in a person's brain using a method called magnetic resonance imaging, or MRI. For example, an MRI can show how one area of a person's brain **activates** when he or she is shown happy pictures. A different area of the brain becomes active when the person sees pictures of **terrible** subjects.

Doctors are studying brain activity to better understand the physical activity behind human emotions. This research may lead to better **understanding** of depression and other **mental** problems.

Happiness is an extremely popular subject for books. If you search for "happiness" on the Web site of the online bookseller, Amazon. com, you will find more than two hundred thousand results. Experts from several areas of study recently published books on the subject.

The historian Darrin McMahon examines the development of happiness in "Happiness: A History". Mr. McMahon looks at two thousand years of politics and culture in western countries. He says it is only in recent history that people think of happiness as a natural human right.

Darrin McMahon explains how the ancient Greeks thought happiness was linked to **luck**. He says it was not until the Enlightenment period in eighteenth century Europe that people began to think they had the **power** to find happiness themselves. He notes that in demanding happiness, people may think something is wrong with them or others if they are not happy. Mr. McMahon sees the **pressure** to be happy as **actually** creating unhappiness.

Darrin McMahon says his book will not make readers happier. But he says that by comparing your **situation** with people throughout history, you can have a better understanding of the idea of happiness.

traditional	geleneksel
strength	güç, kuvvet
community	Topluluk, toplum
increasing	
amount	artan miktar
activate	aktif hale getirmek, etkinleştirmek
terrible	<u> </u>
	korkunç
understanding mental	anlayışlı ruhsal, akli, zihinsel
search for	aramak
result	sonuç
luck	şans, talih
power	güç, kuvvet, yetki, enerji
pressure	baskı, baskılamak, sıkıştırmak
actually	aslında, gerçekte
situation	durum, hal
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The **journalist** Eric Weiner recently wrote a book called "The Geography of Bliss". Mr. Weiner traveled to countries such as Switzerland, Bhutan, Qatar and Thailand to **investigate** happiness in different parts of the world. He met with experts and talked with local people to try to understand what makes people in different societies happy.

For example, Eric Weiner learned that in Bhutan, the government **measures** "Gross Domestic Happiness" as a way to tell whether its **citizens** are happy. Mr. Weiner also traveled to Moldova, a country he says is one of the least happy countries in the world. And he traveled to Iceland because studies show that it is one of the happiest nations in the world.

Mr. Weiner at first could not understand why a country with so little sunlight in the winter and so many alcohol drinkers could be so happy. But, he decided that happiness in Iceland is linked to its close **community**, **striking** natural beauty and high levels of **creativity**. Denmark, another cold country, also has been listed as one of the happiest countries. Mr. Weiner says the United States is the twenty-third happiest country in the world.

Dan Gilbert teaches psychology at Harvard University in Massachusetts. He recently published "Stumbling on Happiness". Mr. Gilbert looks at the way the human mind is different from other animals because we can think about the future and use our imaginations. He also explains how our minds can trick us in a way that creates difficulties in making happy choices for the future.

For example, a person might think that buying a new car would make him or her happy even though the last car the person bought did not. So, **events** that we believe will bring us happiness bring us less than we think. And, events we **fear** will make us unhappy make us less unhappy than we believe. The book provides **valuable** information on the surprising ways in which our minds work. Here is a recording of Mr. Gilbert talking about this "impact bias". It was taken from the Big Think Web site.

DAN GILBERT:"Most of the time when people are wrong about how they'll feel about the future, they're wrong in the direction of thinking that things will matter to them more than they really do. We are **remarkable** at our ability to **adjust** and **adapt** to **almost** any situation; but we seem not to know this about ourselves. And so we **mistakenly predict** that good things will make us happy really

journalist	gazeteci
-	araştırmak, incelemek,
investigate	soruşturmak
measure	ölçmek, ölçü, önlem
citizen	vatandaş
community	Topluluk, toplum
striking	dikkat çekici, çarpıcı
creativity	yaratıcılık
human mind	insan aklı
imagination	hayal gücü, hayal
explain	açıklamak
trick	hile, hile yapmak, oyuna getirmek
create	yaratmak, oluşturmak
event	olay, vaka
fear	korku, korkmak
valuable	değerli, kıymetli
remarkable	dikkate değer, olağanüstü
adjust	adapte olmak, uyum sağlamak, alışmak
adapt	adapte olmak, uyum sağlamak
almost	neredeyse, hemen hemen
mistakenly	yanlışlıkla
predict	tahmin etmek, öngörmek
	<b>52</b> h
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happy for a really long time. Bad things, why they'll just slay us. It turns out neither of these things is **by and large** true ".

Why is studying happiness important? There are many answers to this question. One **has to do with** understanding happiness in order to create better **public** policies. Richard Layard is a British economist and **lawmaker** who studies this subject. His research is **influence**d by the eighteenth century thinker Jeremy Bentham. Mr. Bentham believed that the goal of public policy was to create the "greatest happiness for the greatest number".

Richard Layard has looked at the **relation** between happiness and a country's wealth. He **question**s why people in western countries are no happier than they were fifty years ago although they now earn more money.

Mr. Layard believes that part of the problem is that economics and public policy **tend** to measure a country's **success** by the amount of money it makes. He notes that happiness depends on more than the **purchasing power** of a person or a nation.

Mr. Layard says that public policy should also help people improve the things that lead to happiness such as job **security** and health. To help improve public health policies in Britain, Mr. Layard has pressed the British government to spend more money on mental health treatment centers. He argues that by helping people **recover** from **mental illness**, the government can make a big step in the effort to increase happiness.

by and large	genel olarak, genellikle
have to do with	ile ilgisi olmak, ile ilgilenmek
public	kamu, umumi, halk
lawmaker	kanun yapıcı, meclis üyesi
influence	etki, etkilemek
relation	ilişki, bağıntı
question	soru, sormak, sorgulamak
tend	eğilimi olmak, bakmak
success	başarı
purchasing power	alım gücü
security	güvenlik
recover	iyileşmek
mental illness	akıl hastalığı, zihinsel hastalık
	PhD Akademi



#### 29. About Influenza, Commonly Called the Flu

This week, our subject is influenza, commonly called the flu. Winter **officially** arrived in northern areas of the world last month. Medical experts have another name for the start of winter -- the flu season.

Influenza is a common infection of the nose and throat, and sometimes the lungs. The cause is a virus that **passes from** one person to another. The virus spreads through the air when an infected person **expels** air **suddenly**.

Influenza develops after the virus **enter**s a person's nose or mouth. The flu causes muscle pain, sudden high body temperature, breathing problems and weakness. Generally, most people feel better after a week or two. But the flu can kill. It is especially dangerous to the very young, the very old and those with weakened defenses against disease.

The World Health Organization says the influenza virus **infect**s up to five million people around the world each year. Between two hundred fifty thousand and five hundred thousand people die every year from influenza.

Medical experts have recognized for some time that people **become infected** with influenza during the winter months. But they did not really know why until recently.

American researchers say they now know why the influenza virus spreads in the winter and not in the summer. They say it is because the virus **remain**s in the air longer when the air is cold and dry.

Researchers in New York carried out twenty experiments with guinea pigs to investigate how the virus spreads. First, they confirmed that the guinea pigs could develop the flu and pass it on to others. The researchers then placed the animals in areas where the virus was present in the air. Then they changed the temperature and humidity levels of their environments. Humidity is the amount of wetness in the air.

The researchers found the virus spread the most when the temperature was about five degrees Celsius and the humidity was twenty percent. Few of the guinea pigs developed influenza as the temperature increased. The virus stopped spreading **completely** at thirty degrees Celsius and eighty percent humidity. The researchers

officially	resmen, resmi olarak
pass from	-den geçip gitmek
expel	çıkarmak, dışarı atmak, defetmek
suddenly	aniden, birdenbire
enter	girmek
infect	hastalık bulaştırmak, enfeksiyon bulaştırmak
become infected	enfeksiyon kapmak
remain	kalmak, sürmek, sürdürmek
carried out	yerine getirilmiş, gerçekleştirilmiş, yapılmış
experiment	deney yapmak, sınamak, deney
investigate	araştırmak, incelemek, soruşturmak
confirm	onaylamak, kabul etmek
present	şimdi, şimdiki, hediye, sunmak, var olmak
humidity	nemlilik, rutubet
completely	tamamen
	_
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also found that the animals spread the virus among themselves nearly two days longer when the temperature was low.

Results of the study were reported in PLoS Pathogens, a publication of the Public Library of Science. One of the researchers said the study shows that influenza virus is more likely to infect people during an outdoor walk on a cold day than in a warm room. He said cold air helps the virus survive in the air and low humidity helps it stay there longer. That is because **particles** of the virus ride on the extremely small drops of water **float**ing in the air. When the air is very humid, water **droplets** fall to the ground more quickly.

The researchers say, however, that people should not stay in warm places all the time in cold weather to avoid the flu. They say the best way to prevent the sickness is to get yearly injections of a vaccine that prevents influenza.

Medical experts have identified three major kinds of influenza. They call them type A, B and C. Type C is the least serious. People may not even know they have it. But researchers study the other two kinds very closely. Viruses change to survive. This can make it difficult for the body to **recognize** and **fight** an infection.

A person who has suffered one kind of flu cannot develop that same kind again. The body's defense system produces antibodies. These substances stay in the blood and **destroy** the virus if it appears again. But the body may not recognize a flu virus that has even a small change.

Each year, researchers develop vaccines to prevent the spread of the flu virus. The World Health Organization holds **meetings** in which experts discuss what kinds of flu viruses to include in the next vaccine.

Historical records have described sicknesses believed to be influenza for more than two thousand years. The Roman historian Livy described such a disease **attack**ing the Roman army. People in fifteenth century Italy thought sicknesses were caused by the influence of the stars. So they called it, "influenza ".

In seventeen eighty-one, influenza moved from Europe to North America to the West Indies and Latin America. The flu spread in Asia in eighteen twenty-nine, then again in eighteen thirty-six. It also traveled to Southeast Asia, Russia and the United States.

particle	tanecik, zerre, cisimcik, parçacık
particle	suvun üstünde kalmak.
float	yüzmek, batmamak
droplet	damlacık
recognize	farkına varmak, tanımak, bilmek, kabul etmek
fight	savaşmak, mücadele etmek, dövüşmek, savaş, dövüş
destroy	yok etmek, tahrip etmek
meeting	toplantı, görüşme, buluşma, miting
attack	saldırmak, saldırı
	,



In eighteen eighty-nine, the flu began in Central Asia, spread north into Russia, east to China and west to Europe. Later, it affected people in North America and Africa. Experts say two hundred fifty thousand people died in Europe in that flu pandemic. Around the world, the number was at least one million.

The deadliest spread of influenza ever reported involved a flu that first appeared in Spain. The Spanish flu killed between twenty million and fifty million people around the world in nineteeneighteen and nineteen-nineteen. Even young, healthy people became sick and died in just a few days.

Periods when diseases spread around the world are called pandemics. The World Health Organization says the next flu pandemic is likely to kill as many as six hundred fifty thousand people in industrial countries. But it says the greatest effect will likely be in developing countries. The W. H. O. notes that health **resource**s in those countries are limited, and people there are weakened by poor health and diet.

Researchers say the new kind of flu will appear unexpectedly. They will not have enough time to identify it and produce a vaccine. That is why they are developing faster ways to produce vaccines. Eighty years ago, the flu virus took months to spread around the world. Today, airplane travel means a virus can spread to far around the world in just days.

Last year, the World Health Organization said the world is closer to a pandemic of the influenza virus than at any time since nineteen sixty-eight. The flu virus would spread quickly to large numbers of people in many countries. The pandemic threat is the h-five n-one influenza virus, also known as the bird flu.

Wild and farm birds often have a flu virus. Yet they usually are able to carry the virus without getting sick. In nineteen ninety-seven, six people in Hong Kong died of the h-five n-one virus. The Hong Kong government quickly ordered the killing of all farm birds there. That stopped the spread of h-five n-one to people in Hong Kong. Yet the virus had already spread to other parts of Asia. It was found in sixteen countries between two thousand three and two thousand six. The WHO says the bird flu virus had infected a total of three hundred thirty-eight people by December twelfth. Two hundred eight of them died. Yet fewer people were infected with bird flu or died of it last year than in two thousand six.

resource	kaynak, kaynak sağlamak, beceriklilik
unexpectedly	beklenmedik bir şekilde
identify	tanımlamak
mean	anlamına gelmek, kastetmek, somurtkan, cimri, ortalama
government	hükümet
order	emir, sıra, sipariş vermek, emretmek, düzen
total	toplam
	+
	+
	+
	+
	+
	+
	,
	///



These numbers show that the deadly bird flu virus is not spreading among people very easily. But that could change. Researchers are **worried about** the virus changing so that it could spread from person to person. People would become infected with a virus their bodies have never before experienced. They would have no **protection**.

Researchers are **attempt**ing to develop a vaccine to protect against bird flu. Still, they know that any vaccine would not be ready until a pandemic had already begun.

Some British researchers say people should be told to wear physical barriers against infectious diseases, like masks on the face or gloves to protect the hands. The researchers examined fifty-one published studies on the effect of simple ways to prevent throat and lung infections. They found that hand-washing, wearing masks and using gloves each stopped the spread of viruses. The researchers also found that such physical barriers were even more effective when used together. They said these simple, **low-cost** measures could prove to be an easy way to prevent the spread of deadly viruses.

worried about	endişeli olmak
protection	koruma, himaye
attempt	teşebbüs
low-cost	düşük maliyetli, uygun fiyatlı



#### 30. Skin Care: Don't Let a Little Cut Fool You

Even **minor** cuts can **become infected** if they are **left untreated**. Any break in the **skin** can let bacteria **enter** the body. **An increasing number of** bacterial skin infections are **resistant** to antibiotic medicines. These infections can spread **throughout** the body. But taking good care of any **injury** that breaks the skin can help prevent an infection.

Medical experts say the first step in treating a **wound** is to use clean water. Lake or ocean water should not be used. To clean the area around the wound, experts suggest using a clean cloth and **soap**. They say **there is no need** to use products like hydrogen peroxide or iodine.

It is important to **remove** all **dirt** and other material from the wound. After the wound is clean, use a small amount of antibiotic ointment or cream. Studies have shown that these medicated products can **aid** in **heal**ing. They also help to keep the **surface** of the wound from becoming dry. Finally, cover the cut with a clean bandage while it heals. Change the bandage daily and keep the wound clean.

As the wound heals, **inspect** for signs of infection including increased pain, redness and fluid around the cut. A high body temperature is also a sign of infection. If a wound seems infected, let the victim **rest**. Physical activity can spread the infection. If there are signs of infection, seek help from a doctor or other skilled medical provider. For larger wounds, or in case **bleeding** does not stop quickly, use direct pressure. Place a clean piece of cloth on the area and hold it **firmly** in place until the bleeding stops or medical help arrives.

Direct pressure should be kept on a wound for about twenty minutes. Do not remove the cloth if the blood **drips** through it. Instead, put another cloth on top and continue pressure. Use more pressure if the bleeding has not stopped after twenty minutes. Deep cuts usually **require immediate attention** from **trained** medical providers.

Doctors suggest getting a tetanus vaccination every ten years. A tetanus booster shot may be required if a wound is deep or dirty. To learn more about first aid, contact a hospital or local organization like a Red Cross or Red Crescent society. There may be training programs offered in your area.

minor	önemsiz, az önemi olan, küçük
become	,
infected	enfeksiyon kapmak tedavi edilmeden bırakmak
leave untreated	
enter	ten, deri, cilt girmek
an increasing	giillek
number of	artan sayıda
resistant	dirençli, rezistan
	tamamen, baştan başa, her
throughout	tarafinda
injury	yara, yaralanma
wound	yara, yaralamak
soap	sabun
there is no need	gerek yok
remove	kaldırıp atmak, kurtulmak
dirt	kir, toz, toprak
aid	yardım, yardım etmek
heal	iyileşmek, iyileştirmek
surface	yüzey
	incelemek, teftiş etmek,
inspect	denetlemek
rest	istirahat etmek, dinlenmek, dinlenme, geriye kalan
bleeding	kanama, kanayan
firmly	sıkıca, sıkı sıkıya
drip	damlamak, sızdırmak
require	gerektirmek
immediate	acil, hemen ardından gelen, anında, birden
attention	dikkat
trained	eğitimli
ırameu	egitifili

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## 31. Smokers Should Stop Smoking

On our program this week, some new information about tobacco smoke -- and it's not good news. Few people would **argue** that tobacco smoke is good for you. For more than forty years, scientists have said cigarette smoking can cause **serious** health problems. But today, smokers and people who do not smoke often argue about smoking in the **workplace**.

Many non-smokers would like to have smoking **banned** where they work. They **fear harmful** effects from other people's tobacco smoke, also known as secondhand smoke. Business owners often say a ban on smoking would **harm** their **profits**. And, smokers say such a ban would **interfere with** their rights.

In the United States, secondhand smoke causes about three thousand non-smoking adults to die of lung cancer each year. That information comes from a **private** group, the American Cancer Society.

Recently, the American Journal of Public Health published two reports about secondhand smoke. The Multnomah County Health Department in Oregon and the Oregon Department of Human Services organized one study. The University of Minnesota Cancer Center in Minneapolis **assisted** them.

The study **involve**d eighty-four non-smokers who worked at restaurants and drinking places in Oregon. Thirty-two worked in businesses that banned smoking. Fifty-two others worked in businesses that **permit**ted smoking. Most worked as servers or prepared drinks. Two thirds of those studied were women.

The researchers asked the non-smokers about how much time they had spent around smokers while away from work. The breath of the workers was tested to make sure they had not been smoking.

Then the researchers tested liquid wastes from the workers. They found a substance called NNAL in the urine. NNAL is a **byproduct** of NNK, a chemical found only in tobacco products. Other studies have linked NNK to lung cancer. Over time, scientists have identified more than sixty chemicals in tobacco smoke that cause cancer in people and animals.

The researchers tested the urine of the workers before they started their jobs and again as they finished. Those working where smoking was permitted were more likely to have NNK in their urine.

argue	tartışmak
serious	ciddi
workplace	iş yeri
ban	yasaklamak, yasak
fear	korku, korkmak
harmful	zararlı
harm	zarar, ziyan, zarar vermek
profit	kar, fayda, çıkar, yarar
interfere with	karışmak, müdahale etmek, araya girmek
private	özel, şahsi
assist	yardım etmek
	içermek, kapsamak,
involve	gerektirmek
permit	izin vermek, izin
byproduct	yan ürün, istenmeyen sonuç
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The study did not **deal with** whether secondhand smoke caused health problems in nonsmokers. But last year, the **evidence** against secondhand smoke caused America's top medical officer to advise banning smoking in buildings.

The second report in the American Journal of Public Health came from the Public Health Institute in California. The Public Health Institute is a **nonprofit organization** that says businesses should be free of smoke.

The Institute says employers must keep workplaces safe for employees. It tells employers that they are open to **legal action** if their environment harms workers. Margaret Chan is director-general of the World Health Organization. She has **urge**d all countries to **pass laws** banning smoking in workplaces.

Businesses are not the only places where secondhand smoke is a **threat**. People who smoke at home should think about the health of others living with them. The American Cancer Society says secondhand smoke causes lung infections in as many as three hundred thousand young children each year.

The W. H. O. **estimate**s that smoking is **responsible for** the deaths of five million people each year. At current rates, it says tobacco use could kill ten million people a year by two thousand twenty. Smoking by **pregnant** women can **threaten the unborn**. **Expectant mothers** are more likely to have babies with health problems and low birth weight. Babies with low weight at birth have an increased risk of dying young. They may also suffer health problems.

Older smokers are also at risk. A study in the **publication**Neurology showed that older adults who smoke face an **increased risk** of Alzheimer's disease. Decreased mental health also was more likely in persons who smoked than in non-smokers.
Alzheimer's patients lose ability to think, plan and organize. After a time they become unable to care for themselves.

Researchers in the Netherlands studied almost seven thousand adults aged fifty-five years or older. Seven hundred six of the adults developed dementia during the seven years of the study. Dementia is a condition that causes a **decrease** in a person's thinking ability. Persons who smoked during the study were fifty percent more likely to develop dementia than those who never smoked or had stopped.

	I
	uğraşmak, ele almak,
deal with	üstesinden gelmek
evidence	delil
nonprofit	
organization	kar amacı gütmeyen kuruluş
legal action	hukuk davası, yasal girişim, kanuni işlem
urge	teşvik etmek, dürtmek
pass law	kanun yapmak / geçirmek
threat	tehdit
estimate	tahmin etmek, hesaplamak
responsible for	den mesul, sorumlu
pregnant	hamile
threaten	tehdit etmek
	doğmamış bebek, anne
the unborn	karnındaki çocuk
expectant mother	hamile kadın, anne adayı
	yayınlama, yayımlama, ilan,
publication	duyuru
increased risk	artan risk
decrease	azaltmak, azalmak, azalma
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Most people know that smoking causes lung cancer. But it also has been proven to be a major cause of cancers of the mouth, esophagus, kidney, **bladder** and pancreas. Cigarettes are not the only danger. **Smokeless** tobacco and cigars also have been linked to cancer. But these facts are not enough to prevent people from smoking.

The American Cancer Society says there is no safe way to smoke. It says smoking begins to cause damage immediately. All cigarettes can damage the body. Smoking even a few cigarettes is dangerous.

Nicotine is a substance in tobacco that gives pleasure to smokers. Nicotine is a poison. The American Cancer Society says nicotine can kill a person when taken in large amounts. It does this by stopping the muscles used for breathing. The body grows to depend on nicotine. When a former smoker smokes a cigarette, the nicotine reaction may start again. This forces the person to keep smoking.

Studies have found that nicotine can be as difficult to resist as alcohol or the drug cocaine. So experts say it is better never to start smoking than it is to smoke with the idea of stopping later.

Experts say menthol cigarettes are no safer than other tobacco products. Menthol cigarettes produce a cool feeling in the smoker's throat. So people can hold the smoke in their lungs longer than smokers of other products. As a result, experts say menthol cigarettes may be even more dangerous than other cigarettes.

Other smokers believe that cigarettes with low **tar** levels are safer. Tar is a substance produced when tobacco leaves are burned. It is known to cause cancer.

America's National Cancer Institute has said people who smoke low-tar cigarettes do not reduce their risk of getting diseases linked to smoking. Scientists found no evidence of **improvements** to **public health** from changes in cigarette design and production in the past fifty years.

Is there no way to smoke without harming your health? The American Cancer Society does not think so. The group wants people to stop or at least reduce smoking. For this reason it organizes the Great American Smokeout every year. The event takes place in November. **Local** volunteers **support** the efforts of individuals who want to stop smoking.

bladder	mesane, idrar torbası
smokeless	dumansız
tar	katran
improvement	iyileşme, gelişme, geliştirme
public health	halk sağlığı
local	yerel, yerliler, yöresel
support	destek, desteklemek, savunmak
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The American Cancer Society says blood pressure returns to normal twenty minutes after the last cigarette. Carbon monoxide gas levels in the blood **return to normal** after eight hours. The chance of heart attack decreases after one day. After one year, the risk of heart disease for a non-smoker is half that of a smoker.

There are products designed to help people reduce their **dependence** on cigarettes. Several kinds of nicotine replacement products provide small amounts of the chemical. These can help people stop smoking.

Experts also say a drug used to treat depression has helped smokers. The drug is called Zyban. It does not contain nicotine. It works by increasing levels of dopamine in the brain. Dopamine is a chemical that produces pleasure.

Here is some advice from people who have stopped smoking: **Stay away from** alcoholic drinks. Take a walk instead of smoking a cigarette. Avoid people who are smoking. If possible, stay away from situations that trouble you.

It is not easy to stop smoking. And people never can completely control their own health. But as one doctor advises her patients, becoming a non-smoker is one way to **gain control** of your life.

return to	
normal	normale dönmek
dependence	bağımlılık, bağlılık
stay away from	uzak durmak, uzak kalmak
gain control	kontrol sağlamak
	,
	///,



## 32. <u>Gaining Weight as Friends, and Maybe Losing It</u> Too

When one person **gains weight**, their **close friend**s often follow. Researchers have just offered evidence in a study that says obesity appears to spread through **social ties**. But the findings might also offer hope.

If friends help make obesity **acceptable**, then they might also be **influential** in losing the fat. The researchers note that **support groups** are already an effective tool in dealing with other socially influenced problems, like alcoholism.

The findings appeared in the New England Journal of Medicine. The researchers used information **collect**ed from twelve thousand people. It was collected between nineteen seventy-one and two thousand three as part of the Framingham Heart Study. The information was **highly detailed**. There was even contact information for close friends of the people in the study.

The researchers examined more than forty thousand social ties. They found that a person's chances of becoming **severely overweight** increased by fifty-seven percent if a friend had become obese. A sister or brother of a person who became obese had a forty percent increased chance of becoming obese. The risk for a wife or husband was a little less than that.

Nicholas Christakis of Harvard Medical School was a lead **investigator** in the study. He says there is a direct causal relationship between a person getting fat and being followed in weight gain by a friend. The study found that the sex of the friends was also an influence. In same-sex friendships, a person had a seventy-one percent increased risk of becoming obese. Men had a forty-four percent increased risk of becoming obese after weight gain in a brother. In sisters, it was sixty-seven percent.

The researchers also considered the effect of where people lived **in relation to** each other. James Fowler of the University of California, San Diego, was the other lead investigator. He says a friend who lives a few hundred kilometers away has as much influence as one in the same neighborhood. He says the study **demonstrates** the need to **consider** that a major part of people's health is tied to their social **connections**. Both investigators say their research shows that obesity is not just a private medical **issue**, but a public health problem.

gain weight	kilo almak
close friend	yakın arkadaş
social ties	sosyal bağlar
acceptable	kabul edilebilir
influential	etkili
support groups	destek grupları
collect	Toplamak
highly detailed	son derece ayrıntılı
severely	ağır, ciddi bir şekilde
overweight	aşırı kilolu
investigator	araştırmacı
in relation to	konusunda, hususunda, ilişkin
demonstrate	göstermek, gösteri yapmak
consider	düşünmek
connection	bağlantı
	konu, mesele, sorun, baskı,
issue	basım
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## 33. The ABCs of Allergies

An allergy is an **unusually** strong **reaction** to a substance. Many things can cause allergies. The most **common** cause is pollen. Trees usually produce pollen in the spring, grasses in the summer and **weeds** in the fall as part of their **reproductive process**. Other causes include organisms such as dust mites and molds. Chemicals, plants and dead skin **particles** from dogs and cats can also cause allergic reactions. So can insect **stings** and some foods. The most common kind of allergic reaction is **itchy**, watery eyes and a blocked or watery nose. Allergies can also cause red, itchy skin. Some reactions can be **life-threatening** -- for example, when breathing passages become blocked.

Avoiding whatever causes an allergy may not always be easy. Antihistamine drugs may offer an effective treatment. Another treatment used **in some cases** is called immunotherapy. A patient is injected with small amounts of the allergy-causing substance. The idea is that larger and larger amounts are given over time until the patient develops a resistance to the allergen.

In the United States, experts estimate that up to four percent of adults and up to eight percent of young children have food allergies. Every year these allergies cause about thirty thousand cases of anaphylaxis, a severe reaction that requires immediate treatment. It can **result in** trouble breathing and in some cases death. The National Institute of Allergy and Infectious Diseases says one hundred to two hundred people die. It says most of the reactions are caused by **peanuts** and tree nuts such as **walnuts**.

People can also be allergic to medicines. The American Academy of Allergy, Asthma and Immunology says about five to ten percent of bad reactions to commonly used medicines are allergic. In other words, a person's immune system **overreacts** and produces an allergic reaction. The most common reactions include skin rashes, itching, breathing problems and swelling in areas such as the face. But the academy estimates that allergic reactions to drugs cause one hundred six thousand deaths each year in the United States alone. It says antibiotics such as penicillin are among the drugs more likely than others to produce allergic reactions. So are anticonvulsants and hormones such as insulin. Other kinds include some anesthesia medicines, vaccines and biotechnology-produced proteins.

unusually	sıradışı bir şekilde
reaction	tepki
common	ortak, yaygın
weed	yabani otları yolmak, yabani ot
reproductive	
process	üreme (çoğalma) süreci
particle	tanecik, zerre, cisimcik, parçacık
sting	arı vs'in sokması, sokmak, ısırmak, batmak
itchy	kaşıntılı, kaşıntı
life-threatening	hayati tehlike oluşturan
in some cases	bazı durumlarda
result in	neden olmak
peanut	fıstık
walnut	ceviz
overreact	aşırı tepki göstermek
	PhD Akademi



## 34. When Fear Takes Control of the Mind

A panic attack is a **sudden** feeling of **terror**. Usually it does not **last** long, but it may feel like **forever**. The cause can be something as normally **uneventful** as driving over a bridge or flying in an airplane. And it can happen even if the person has driven over many bridges or flown many times before.

A fast **heartbeat**, **Sweaty** hands, Difficulty breathing, A **lightheaded** feeling. At first a person may have no idea what is wrong. But these can all be signs of what is known as panic **disorder**. The first **appearance** usually is between the ages of eighteen and twenty-four. In some cases it develops after a tragedy, like the death of a loved one, or some other difficult situation.

In the United States, the National Institute of Mental Health says more than two million people are affected in any one-year period. The American Psychological Association says panic disorder is two times more likely in women than men. And it can last anywhere from a few months to a lifetime. Panic attacks can be dangerous -- for example, if a person is driving at the time. The Chesapeake Bay Bridge in the state of Maryland is so long and so high over the water, it is famous for scaring motorists. There is even a driver **assistance** program to help people get across.

Some people who suffer a panic attack develop a phobia, a deep fear of ever repeating the activity that brought on the attack. But experts say panic disorder can be treated. Doctors might suggest anti-anxiety or antidepressant medicines. Talking to a counselor could help a person learn to **deal with** or avoid a panic attack. There are breathing methods, for example, that might help a person **calm down**.

Panic disorder is included among what mental health professionals call **anxiety disorders**. A study published last week reported a link between anxiety disorders and several physical diseases. It says these include thyroid disease, lung and stomach problems, arthritis, migraine headaches and allergic conditions.

Researchers at the University of Manitoba in Canada say that in most cases the physical condition followed the anxiety disorder. But, they say, **exactly** how the two are connected **remains unknown**. The report in the Archives of Internal Medicine came from a German health study of more than four thousand adults.

sudden	ani, ansızın olan
terror	terör, korku, korkutmak
terror	geçen, son, sürmek, devam
last	etmek
forever	ebediyen, sonsuza kadar
uneventful	sakin, sıradan
heartbeat	kalp çarpması, kalp atışı
sweaty	ıslak, terli
lightheaded	başı dönen, sersemlemiş
disorder	hastalık, bozukluk, düzensizlik
appearance	görünüş
assistance	yardım
deal with	uğraşmak, ele almak, üstesinden gelmek
calm down	yatışmak, sakinleşmek, sakin olmak
anxiety	anksiyete bozukluğu, kaygı
disorder	bozukluğu
exactly	net olarak, tam olarak
remain unknown	bilinmeyen kalmak, halen bilinmeyen
ulikilowii	Dillillilleyen
	PhD Akademi



# 35. Stress: What It Can Do to Us, What We Can Do About It

On our program this week, we talk about an emotional or mental influence **commonly** called stress. We also tell about the effects of stress on people's health.

Many people in the United States suffered **emotional** or **mental** problems after the terrorist attacks on September eleventh, two thousand one. Terrorism **creates fear** and fear often **leads to** severe stress. Studies suggest that stress can reduce the body's ability to fight disease and can lead to serious health problems. Stress affects everybody every day. It is your body's reaction to physical, chemical, emotional or environmental influences. Some stress is **unavoidable** and may even be good for us. Stress can keep our bodies and minds strong. It gives us the push we need to react to an **urgent situation**. Some people say it makes them more **productive** at work and gives them more energy.

Too much stress, however, can be harmful. It may make an existing health problem worse. Or it can lead to other illnesses or disease if a person is at risk for the condition. For example, your body reacts to **stressful** situations by raising your blood pressure and making your heart work harder. This is especially dangerous if you already have heart disease or high blood pressure. Stress is more likely to be harmful if you **feel helpless** to deal with the problem or situation that causes the stress.

Anything you see as a problem can cause stress. It can be caused by everyday situations or by major problems. Stress results when something causes your body to act as if it were **under attack**. Causes of stress can be physical, such as **injury** or illness. Or they can be mental, such as problems with your family, job, health or finances. Many visits to doctors are for conditions connected with stress.

The tension of stress can interfere with sleep or cause uncontrollable **anger** or **sadness**. A person may become more **forgetful** or find it harder to think clearly. Losing one's sense of humor is another sign of an unhealthy amount of stress.

Stress can lead to other health problems if people try to **ease** it by smoking, drinking alcohol, taking drugs, or by eating more or less than normal.

	_	genellikle, yaygın olarak,
commor		sıklıkla
emotion	al	duygusal
mental		ruhsal, akli, zihinsel
create		yaratmak, oluşturmak
fear		korku, korkmak
lead to		neden olmak, sebep olmak
unavoid	able	kaçınılmaz
urgent		acil
situation	า	durum, hal
product	ive	üretken, verimli
stressfu	I	stresli, gergin
feel help	oless	aciz hissetmek
under at		saldırı altında
injury		yara, yaralanma
anger		kızgınlık, öfke, sinir
sadness		keder, hüzün
forgetfu		unutkan
ease	-	kolaylaştırmak, kolay, rahat
		itolayiayiimak, kolay, ranat
		\
		PhD Akademi



Chronic stress lasts a long time or happens often. Chronic stress causes the body to produce too much of the hormones cortisol and adrenalin.

Cortisol is called the "worry" hormone. It is produced when we are afraid. Adrenalin is known as the "fight or flight" hormone. It **prepare**s the body to react physically to a **threat**.

Persons under chronic stress produce too much of these hormones for long periods. Too much cortisol and adrenalin can result in physical problems and even changes that lead to stress-linked illnesses.

Cortisol provides high levels of energy during important periods. However, scientists have become **concerned** about the hormone's **long-term** effects on our health.

Evidence shows that **extended period**s of cortisol in the body **weaken**s bones, damages nerve cells in the brain. It also can weaken the body's defense system against disease. This makes it easier to get viral and bacterial infections.

Chronic stress has been linked to high blood pressure and heart disease. Studies suggest that people who are easily stressed develop blockages in blood passageways faster than people who are calm. A few years ago, a study of women was **carried out** in Japan. It found that women who reported high levels of stress were more than two times as likely to die from **stroke** and heart disease as other women.

High stress levels have been found to cause asthma attacks that make it difficult to breathe. Stress also is linked to mental conditions such as depression and anxiety disorders.

Studies also have shown that chronic stress reduces the levels of the hormone estrogen in women. This might put some women at greater risk for heart disease or the bone-thinning disease, osteoporosis.

Experts say long-term stress also can weaken your resistance to infections such as colds and influenza, as well as your ability to recover from these diseases. **Extended period**s of stress are also linked to headaches, difficulty sleeping, stomach problems and skin problems.

Mental and health experts believe **personality** is an important part in how we experience stress. Personality is the way

prepare	hazırlamak
threat	tehdit
result in	neden olmak
lead to	neden olmak, sebep olmak
stress-linked	stresle ilişkili, strese bağlı
concerned	ilgili, kaygılı
long-term	uzun vade, uzun vadeli, uzun süre
extended period	uzatılmış süre
weaken	zayıflatmak
carry out	yapmak, yürütmek
	felç, darbe, okşamak,
stroke	sıvazlamak
extended period	uzatılmış süre
personality	kişilik, şahsiyet, kişilik
	PhD Akademi



a person acts, feels and thinks. Many things **influence** the development of a person's personality, including genetics and experience.

Some people, for example, are **aggressive** and always in a hurry. They often become angry when things do not happen the way they planned. They are called "Type A" personalities. Studies suggest that these people often get stress-related illnesses.

The "Type B" personality is a much more calm person. These people are able to deal with all kinds of situations more easily. As a result, they are less affected by stress.

Studies show that men and women deal with stress differently. Women usually have stronger social support systems to help them in times of trouble. These social supports may help explain why many women seem to be better able to deal with stress than men are. However, experts say women are three times more likely to develop depression in reaction to the stress in their lives.

Chronic stress is most common among people in the workplace, especially among women. Scientists studying stress in the workplace say many women are under severe stress because of the pressures of work, marriage and children. Some experts say that pressure can cause a chemical **imbalance** in the brain that can lead to depression. More than thirty million American women suffer from depression. These problems are linked to their stress-filled lives and **constant** hurrying.

People who care for family members who are old or sick also suffer from high levels of stress. Most **caregivers** in the United States are women. Several studies have been done on people who care for family members with Alzheimer's disease. The studies showed that the caregivers had high cortisol levels in their bodies. This greatly weakened their natural defenses against disease.

For example, one study in the United States found that women who cared for family members with Alzheimer's took an average of nine days longer to heal a small wound. It also showed the blood cells from the caregivers produced lower amounts of substances that are important for healing and for fighting disease.

Experts say there are several ways to deal with stress. They include deep breathing and a method of guided thought called meditation. They also include exercise, eating healthy foods, getting enough rest and balancing the time spent working and playing.

_	
influence	etki, etkilemek
aggressive	saldırgan
differently	farklı bir şekilde
explain	açıklamak
in reaction to	(bir şeyin) bir sonucu olarak
imbalance	dengesizlik, oransızlık
constant	sürekli, sabit, devamlı
caregiver	hasta bakıcı
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Doctors say people should limit the amounts of alcohol and caffeine in their diets. People who have many drinks with caffeine, like coffee, experience more stress and produce more stress hormones.

Experts say exercise is one of the most effective **stress-reduction measures**. Running, walking or playing sports causes physical changes that make you feel better. Exercise also improves the body's defenses against disease. And a recent study found that it helps protect against a decrease in mental ability.

Doctors say deep, slow breathing also is helpful. And many medical studies have shown that clearing the mind through quiet meditation helps you become calm. This causes lower blood pressure, reduced muscle tension and decreased heart rate.

Experts say keeping stress to yourself can make problems worse. Researchers have linked the **inability** to **identify** and **express** emotions to many health conditions. These include eating disorders, fear disorders and high blood pressure. They say expressing emotions to friends or family members or writing down your feelings can help reduce stress.

Experts say people should try to **accept** or change stressful situations whenever possible. Reducing stress may help you feel better and live longer.

stress-	
reduction	stresin azaltılması
measures	önlemler, ölçüler
inability	yetersizlik, yeteneksizlik, özür
identify	tanımlamak
express	İfade etmek
accept	kabul etmek
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## 36. <u>Prostate Cancer: What It Is and How Doctors</u> Treat It

A listener in Vietnam recently asked what causes prostate cancer and how this disease is treated.

The prostate **gland** is part of the **reproductive system** in males. Scientists are not sure what causes cancer of the prostate. But they have found things that can **influence** the development.

Men with fathers or brothers who have had prostate cancer are more likely to get the disease. Also, the World Health Organization says diet may affect a man's chances. Prostate cancer appears more common in groups that eat a lot of **animal fat**, such as red meats and high-fat milk products.

The W. H. O. says about two hundred fifty thousand men each year die from prostate cancer. The death rate is about ten times higher in Europe and North America than in Asia. In the United States, prostate cancer is the second **leading** cause of cancer death in men. The first is lung cancer from smoking.

The American Cancer Society says exercise might help reduce the risk of prostate cancer. Prostate cancer is common in older men. The National Cancer Institute says more than seventy percent of men with the disease are age sixty-five or older.

Most prostate cancers **grow** slowly. Some never cause any major problems. In these cases, a doctor might suggest **simply** watching for changes. In other cases, doctors may want to remove the prostate. This is a complex operation. A third kind of treatment involves the use of high energy X-rays to kill the cancer cells. Or a doctor may place small radioactive seeds in the prostate. Doctors have greater control with this method, so there is less risk of damage to healthy tissue. Cancer that has spread beyond the prostate gland may require more aggressive treatment.

An **enlarged** prostate can be a sign of cancer. But the prostate normally increases in size as men get older. This can put pressure on the **bladder** and **restrict** the flow of waste. It can also affect sexual ability. And it can cause pain in the lower back and upper part of the legs. Doctors say one of the most important ways to reduce the risk of death from prostate cancer is to find the disease early. A doctor can feel the prostate for any **hardness** or **growth**. There is also a blood test to measure levels of a protein that might signal the **presence** of cancer.

gland	et bezi, beze, salgı bezleri
reproductive system	üreme sistemi
influence	etki, etkilemek
animal fat	hayvansal yağ
leading	önde gelen, başlıca, lider konumda
grow	büyümek, yetişmek
simply	sadece, only
эшріу	genişlemiş, hastalık sebebiyle
enlarged	büyümüş
bladder	mesane, idrar torbası
restrict	sınırlamak
hardness	sertlik, katılık
growth	büyüme, gelişme
presence	varlık, var olma, bir yerde bulunma
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#### 37. Dental Health

Today, we tell about diseases of the teeth and **gums**, and ways to prevent and treat them.

People have been troubled by tooth and gum problems for thousands of years. The earliest record of **dental** treatment comes from ancient Egypt. Books say the Egyptians treated gum **swelling** by using a substance made of spices and onions. The earliest known person to treat tooth problems was also from Egypt. He lived about five-thousand years ago. He was known as a "doctor of the tooth ".

Experts say Chinese people living almost five-thousand years ago treated tooth pain by acupuncture placing small **sharp needle**s in different parts of the body. About one-thousand-three-hundred years ago, the Chinese filled **hole**s in the teeth with a **mixture** of the metals mercury, silver and tin. That was almost one-thousand years before a **similar** substance was first used in western countries. Some ancient people like the Maya did not treat dental disease. But they made their teeth pretty by placing pieces of stone and metal on them.

The ancient Romans were **careful** about keeping their teeth clean. More than two-thousand years ago, the Romans treated toothaches, filled holes in teeth, and made false teeth to **replace** those that had been lost.

From the fifth to the fifteenth centuries, Europeans with tooth problems went to people called barber-surgeons. These people performed many services, including cutting hair, pulling teeth and treating medical conditions. Dental treatment improved during the fourteenth and fifteenth centuries as doctors increased their knowledge about teeth.

Modern **dentistry** began in the seventeen-hundreds in France. That was when Pierre Fauchard published his book called "The Surgeon Dentist ". It was the first book about dental science. The book provided information about dental problems for other dentists to use. And it **described** ways to keep teeth healthy. Pierre Fauchard is considered the father of modern dentistry. His work was **important** in helping **establish** dentistry as a **separate profession**.

Organized dentistry began in eighteen-forty. That is when the world's first dental school opened in the American city of Baltimore, Maryland. Four years later, a dentist first used drugs to

gum	sakız, diş eti
dental	diş ile ilgil
swelling	şişme, şişlik
sharp	keskin
needle	iğne
hole	delik
mixture	karışım
similar	benzer
careful	dikkatli
replace	değiştirmek, yerine koymak
surgeon	cerrah
Surgeon	yapmak, uygulamak, yerine
perform	getirmek, rol yapmak
knowledge	bilgi
dentistry	diş hekimliği, dişçilik
describe	tanımlamak, tasvir etmek, açıklamak, betimlemek
important	önemli
establish	kurmak, tesis etmek
separate	ayrı, farklı, ayırmak, ayrılmak
profession	meslek, uğraşı, ileri sürme
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	PhD Akademi



ease the pain during dental work. Two years after that, another dentist publicly demonstrated the use of the gas, ether, as a way to reduce pain. And in eighteen-fifty-eight, another American dentist invented a dental drill that was powered by stepping on a device. This machine made it possible for dentists to use both hands when working in a patient's mouth.

In eighteen-ninety, an American scientist showed that bacteria in the mouth act on sugars that **remain** on the teeth after eating. This action creates acid that damages the tooth. The damage appears as a hole in the tooth. It is called a **cavity**. The part of the tooth that has been **destroy**ed by the acid is inside the cavity. It is known as **tooth decay**.

Tooth decay is common in the United States and around the world. Dental professionals say the acid remaining in the mouth must be removed before it destroys the **outer covering** of the teeth. Dentists say the best thing people can do for their teeth is to keep them clean. After eating, people should use a toothbrush or other device to clean the teeth. Then they should use a thin **string** or **dental floss** to remove **particles** of food between the teeth. Visiting a dentist every six months can help keep the teeth healthy and prevent cavities.

Experts say the greatest **improvement** in dental health during the twentieth century began in the United States in the early Nineteen-Hundreds. Dentists in the small western town of Colorado Springs, Colorado found that children there had low rates of tooth decay. They discovered that the town's **water supply** contained fluoride, an element found in rocks and minerals. Public health researchers thought that adding fluoride to water in other American cities could reduce the rates of tooth decay.

In Nineteen-Forty-Five, a test program began in the middle western state of Michigan. Ten years later, results showed a fifty to seventy percent **reduction** in cavities in the children who drank water containing fluoride. Since then, many studies have **confirmed** the **value** of fluoride. Today, most of the American water supply contains fluoride. And international health organizations, including the World Health Organization, **support** water fluoridation programs.

Decay is not the only disease that can cause tooth **loss**. Another serious disease affects the gums, the tissue that

ease the pain	acıyı hafifletmek
publicly	remen, açıkça, herkesin önünde
demonstrate	göstermek, gösteri yapmak
invent	icat etmek, uydurmak
dental drill	dişçi matkabı
make it	
possible	mümkün kılmak
remain	kalmak, sürmek, sürdürmek
cavity	boşluk, oyuk, diş çukuru, çürük (diş)
destroy	yok etmek, tahrip etmek
tooth decay	diş çürümesi
outer covering	dış kaplama
string	ipe dizmek, ip, tel
dental floss	diş ipi
	tanecik, zerre, cisimcik,
particle	parçacık
improvement	iyileşme, gelişme, geliştirme
water supply	su kaynağı
reduction	azalma, azaltma
confirm	onaylamak, kabul etmek
value	değer
support	destek, desteklemek, savunmak
loss	zarar, hasar, kayıp
	PhD Akademi



**surround**s the teeth. It is also caused by bacteria. If the bacteria are not removed every day, they form a substance that stays on the teeth. This substance is known as plaque.

At first, the gums appear to be **swollen**, and may **bleed** when the teeth are brushed. This can lead to serious infection of the tissue around the teeth. The infection may damage the bone that supports the teeth and cause tooth loss and other health problems. Studies have found that people with severe gum disease have an increased risk of developing heart disease, diabetes and stroke.

Gum disease can be treated by a special dentist called a periodontist. Periodontists are **train**ed to repair the gum areas that have been damaged. This can be **painful** and **costly**.

Dental health experts say the best thing to do is to stop gum disease before it starts. The way to do this is to clean the teeth every day. People also should use dental floss to remove plaque from between the teeth. Most experts also agree that another way to prevent tooth and gum problems is to eat foods high in calcium and vitamins and low in sugar.

Scientists continue to develop better dental treatments and equipment. Improved technology may change the way people receive dental treatment in the future. For example, dentists are now using laser light to treat diseased gums and teeth. Dentists use computer technology to help them repair damaged teeth. Researchers have developed improved methods to repair bone that supports the teeth. And genetic research is expected to develop tests that will show the presence of disease-causing bacteria in the mouth.

Such increased knowledge about dental diseases and ways to prevent them has improved the health of many people. Yet problems remain in some areas. In industrial countries, minorities and other groups have a high level of untreated dental disease. In developing countries, many areas do not have even emergency care services. The World Health Organization says people in countries in Africa have the most tooth and gum problems.

World Health organization experts say the dental health situation is different for almost every country in the world. As a result, it has developed oral health programs separately for each area.

	T
	etrafını sarmak, çevirmek,
surround	çevrelemek
swollen	şişmiş, şişik
bleed	kanamak
train	eğitmek, eğitim almak, tren
painful	ağrılı, sancılı, eziyetli
costly	pahalı, masraflı
improved	
technology	gelişmiş teknoloji
	teslim almak, almak, kabul
receive	etmek,
repair	tamir, tamir etmek
presence	varlık, var olma, bir yerde bulunma
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The W-H-O oral health program is **mainly** for people living in poor areas. It provides them with information about mouth diseases and health care. It also studies **preventive** programs using fluoride in water, salt, milk and toothpaste. And it **explore**s ways to include dental health in national health care systems.

Many governments and other organizations provide help so people can get needed dental health services. But dental health professionals say people should **take good care of** their teeth and gums.

They say people should keep their teeth as clean as possible. They should eat foods high in calcium and fiber. These include milk products, whole grain breads and **cereal**s, vegetables, fruits, beans and nuts. Recent studies have shown that eating nuts can help slow the production of plaque on the teeth.

Experts say these activities will help everyone improve their dental health **throughout** their lives.

mainly	başlıca, temel olarak
preventive	önlem, önleyici
explore	araştırmak, keşfetmek
take good care	, ;
of	iyi bakmak, dikkat etmek
cereal	tahıl, tahıl gevreği
throughout	tamamen, baştan başa, her tarafında
	//
	<b>57</b>