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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 [www.phdakademi.com](http://www.phdakademi.com) 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 **treated** with cold wraps and medication.

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

## 2. How to Protect Yourself Against the Dangers of Extreme Heat

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 **releases** 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	sıvı
face	yüz, yüzleşmek, yüz yüze gelmek
high blood pressure	yüksek tansiyon
severe	ciddi, şiddetli, güç, zor



5

[illegible]





**immediate** medical attention. Doctors say such treatment is necessary or the person could die before help arrives. The **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. Star

[illegible]

[illegible]





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 **published** 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 **sources** 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 **grains**, 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 **proved** to be **effective** for many people. However, **critics** say it lets dieters eat too many

<b>measure</b>	ölçmek, ölçü, önlem
<b>equal</b>	eşit, eşit olmak
<b>combine</b>	birleşmek, birleştirmek
<b>supervision</b>	denetim, gözetim, nezaret
<b>debate</b>	tartışmak, tartışma
<b>requirement</b>	gereksinim, zorunluluk
<b>publish</b>	(kitap) basmak, yayımlamak
<b>release</b>	yaymak, gösterime girmek, piyasaya sürmek, salıvermek, salınım, bırakma
<b>source</b>	kaynak
<b>blame</b>	suçlamak, suç, ayıplama, suçlama
<b>saturated fat</b>	doymuş yağ
<b>grain</b>	tahıl, hububat
<b>stay away from</b>	uzak durmak, uzak kalmak
<b>prove</b>	ispatlamak, kanıtlamak
<b>effective</b>	etkili
<b>critics</b>	eleştirmenler



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.

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.

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.

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.

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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.







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.

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.

[illegible]





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.

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.

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 **locations** in two thousand six. The website also says that more than twelve million people now **attend** Zumba classes in one hundred twenty-five countries.



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.

<b>aim</b>	amaç, hedef, amaçlamak
<b>intensity</b>	yoğunluk, şiddet
<b>workout</b>	çalışma, idman
<b>take turns between</b>	arasında dönüş yapmak
<b>benefit</b>	fayda, kar, faydalanmak
<b>advise</b>	tavsiye etmek, öğüt vermek
<b>inactive</b>	aktif olmayan, pasif, uykuda
<b>complete</b>	tamamlamak
<b>influence</b>	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 **means** people stay inside more.

RANIT MISHORI: "People **tend to congregate** and be together and the way the common cold virus is **transmitted** from one person to another is **through handshakes**, 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, iyileştirmek, tedavi
common	ortak, yaygın
mean	anlamına gelmek, kastetmek, somurtkan, cimri, ortalama
tend to	eğilimli olmak
congregate	birleşmek, toplanmak, kolektif
transmit	iletmek, ulaştırmak, göndermek
through	aracılığıyla, tamamen, içinden
handshake	tokalaşma
sneezing	hapşırma, aksırma
coughing	öksürme, öksürük
likely	muhtemel, olası
mistakenly	yanlışlıkla
become resistant	dirençli hale gelmek
different	farklı
get infected	enfeksiyon kapmak
develop immunity	bağışıklık kazanmak
the rest of	geriye kalanı (birşeyin)
get a cold	nezle olmak, soğuk kapmak
increased evidence	artan kanıt
shorten	kısaltmak
duration	süre, müddet
especially	özellikle de
feed	beslemek, yemek vermek
substance	madde
sick	hasta
treat	tedavi etmek, davranmak, işlemek, ikram, kurabiye
properties	özellikler, mülkler, sahne elbiseleri
clear	açık, net, duru, berrak, temiz, temizlemek, kökünü kazımak
sticky substance	yapışkan madde



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”.











### **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 **inspected** 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 **chances** of carbon monoxide escaping. Companies that produce the devices usually provide **directions** 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 **involves** breathing in large amounts of oxygen. However, a doctor will know the best method to treat the effects of such poisoning.

[illegible]



## 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 **common-sense** 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.

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

## 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 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



**lowers** 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.

[illegible]

## 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 **discovered** 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 **shared** the Nobel Prize in Medicine in part for discovering how aspirin works. Sir John Vane found that aspirin **blocks** 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, **kidneys** 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

ancient times	antik zamanlar
lessen	azalmak, azaltmak
lower	düşürmek, alçaltmak, indirmek
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	havlama, ağaç kabuğu
chemical	kimyasal
discover	keşfetmek, bulmak
chemist	kimyager, eczacı
active substance	etken madde
medicine	ilaç, tıp
common	ortak, yaygın
share	paylaşmak, pay, hisse
block	blok, bloke etmek, engellemek
effect	etki
expansion	genişleme, yayılma, büyüme
swelling	şişme, şişlik
damaged tissue	hasarlı doku
protect	korumak
kidney	böbrek
interfere with	karışmak, müdahale etmek, araya girmek
protective effect	koruyucu etki
harm	zarar, ziyan, zarar vermek
suggest	önermek, ortaya koymak





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.

Doctor Craven believed that the bleeding **took place** because aspirin prevented blood from **thickening**. 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 **invited** other scientists to test his ideas. But it was years before large studies took place.

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.



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-





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.





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 **considered** 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**

<b>herpes</b>	uçuk, herpes
<b>smallpox</b>	çiçek hastalığı
<b>infect</b>	hastalık bulaştırmak, enfeksiyon bulaştırmak
<b>through</b>	aracılığıyla, tamamen, içinden
<b>worldwide</b>	dünya çapında
<b>consider</b>	düşünmek
<b>yellow fever</b>	sarıhumma
<b>without any signs</b>	herhangi bir işaret olmadan
<b>officially</b>	resmen, resmi olarak
<b>recognize</b>	farkına varmak, tanımak, bilmek, kabul etmek
<b>combination</b>	birleşim, birleşme, kombinasyon
<b>experimental drug</b>	deneysel ilaç

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.

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





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.





### **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 **survived**.

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 **increases** 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 of 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.

[illegible]

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 **rubbing** 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 **images** 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. Drug-maker 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

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



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 **involved** 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**.

[illegible]



**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 differences** 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 **darkening** 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.

[illegible]





## 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 gained** 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 **improves** 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

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







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.







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**.









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



## 16. Health Problems Caused by Smoking

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

Barack Obama **completed** 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 **weakens** or **destroys** **memory** and **reasoning**.


In the study, researchers **examined** 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

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



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 **decreased** in the United States and Europe. But rates have **risen** in other areas.



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**.

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.

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**.

[illegible]



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.

















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.

[illegible]



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.





## 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

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



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 States. 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-year-old 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 **diagnosed** 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 **attached** to a mask that he placed over his mouth and nose. The nebulizer turned the liquid albuterol medicine into mist. Arick **inhaled** 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 **replaced** his nebulizer with a small medical **device** called an inhaler. He also began seeing a

[illegible]



doctor who **specializes** 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.

[illegible]



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.







**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.

[illegible]





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 **blocks** 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.

[illegible]



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.

[illegible]



## 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 vitamins were amines. So the name was **shortened** 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 **sailors** 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.

[illegible]



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.

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.





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 **stores** 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 **intestines** 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 **gathered** 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.

[illegible]



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.









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

[illegible]

### **23. New Warnings about Smoking and Tobacco Products**

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 **published** 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 **considered** 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 **products** 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.

carry out	yapmak, yürütmek
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



## 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



## 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 **established** 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
cover	kapak, örtmek, örtü, kaplamak, kapsamak
establish	kurmak, tesis etmek
recommendation	tavsiye, öneri
exposure	teşhir, açığa vurma, maruz bırakma, poz

## 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 **collected** 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.

collect	Toplamak
seem	gibi görünmek, görünmek
share	paylaşmak, pay, hisse
emotional	duygusal
satisfaction	memnuniyet, tatmin, doyumluk
drop	damla, düşmek
generally speaking	genel anlamda
possibility	ihtimal
recognize	farkına varmak, tanımak, bilmek, kabul etmek
limitation	sınırlama, sınırlandırma
give up on	vazgeçmek
long-held	uzun süreli
dream	rüya, hayal, rüya görmek, hayal etmek
responsible for	den mesul, sorumlu
value	değer
remaining	bakiye, artık, kalma
suicide	intihar
injury-related	yaralanma ile ilgili
by comparison	kıyasla, karşılaştırarak
nearly	hemen hemen, neredeyse, almost
accidental	kazara, tesadüfi



## 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 **believed** 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 **compares** 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 **expected**: 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 **involves** 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

[illegible]

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.

<b>traditional</b>	geleneksel
<b>strength</b>	güç, kuvvet
<b>community</b>	Topluluk, toplum
<b>increasing amount</b>	artan miktar
<b>activate</b>	aktif hale getirmek, etkinleştirmek
<b>terrible</b>	korkunç
<b>understanding</b>	anlayışlı
<b>mental</b>	ruhsal, akli, zihinsel
<b>search for</b>	aramak
<b>result</b>	sonuç
<b>luck</b>	şans, talih
<b>power</b>	güç, kuvvet, yetki, enerji
<b>pressure</b>	baskı, baskılamak, sıkıştırmak
<b>actually</b>	aslında, gerçekte
<b>situation</b>	durum, hal



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.

<b>journalist</b>	gazeteci
<b>investigate</b>	araştırmak, incelemek, soruşturmak
<b>measure</b>	ölçmek, ölçü, önlem
<b>citizen</b>	vatandaş
<b>community</b>	Topluluk, toplum
<b>striking</b>	dikkat çekici, çarpıcı
<b>creativity</b>	yaratıcılık
<b>human mind</b>	insan aklı
<b>imagination</b>	hayal gücü, hayal
<b>explain</b>	açıklamak
<b>trick</b>	hile, hile yapmak, oyuna getirmek
<b>create</b>	yaratmak, oluşturmak
<b>event</b>	olay, vaka
<b>fear</b>	korku, korkmak
<b>valuable</b>	değerli, kıymetli
<b>remarkable</b>	dikkate değer, olağanüstü
<b>adjust</b>	adapte olmak, uyum sağlamak, alışmak
<b>adapt</b>	adapte olmak, uyum sağlamak
<b>almost</b>	neredeyse, hemen hemen
<b>mistakenly</b>	yanlışlıkla
<b>predict</b>	tahmin etmek, öngörmek





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 **influenced** 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 **questions** 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.

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

## 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 **enters** 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 **infects** 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 **remains** 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

<b>officially</b>	resmen, resmi olarak
<b>pass from</b>	-den geçip gitmek
<b>expel</b>	çıkarmak, dışarı atmak, defetmek
<b>suddenly</b>	aniden, birdenbire
<b>enter</b>	girmek
<b>infect</b>	hastalık bulaştırmak, enfeksiyon bulaştırmak
<b>become infected</b>	enfeksiyon kapmak
<b>remain</b>	kalmak, sürmek, sürdürmek
<b>carried out</b>	yerine getirilmiş, gerçekleştirilmiş, yapılmış
<b>experiment</b>	deney yapmak, sınamak, deney
<b>investigate</b>	araştırmak, incelemek, soruşturmak
<b>confirm</b>	onaylamak, kabul etmek
<b>present</b>	şimdi, şimdiki, hediye, sunmak, var olmak
<b>humidity</b>	nemlilik, rutubet
<b>completely</b>	tamamen



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.





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.

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 **resources** in those countries are limited, and people there are weakened by poor health and diet.

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.

[illegible]

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.

[illegible]



### **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 **healing**. 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.

[illegible]



### 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 **involved** 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 **permitted** 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
involve	içermek, kapsamak, gerektirmek
permit	izin vermek, izin
byproduct	yan ürün, istenmeyen sonuç



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 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 **urged** all countries to **pass laws** banning smoking in workplaces.

The W. H. O. **estimates** 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.

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.

[illegible]

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.

<b>bladder</b>	mesane, idrar torbası
<b>smokeless</b>	dumansız
<b>tar</b>	katran
<b>improvement</b>	iyileşme, gelişme, geliştirme
<b>public health</b>	halk sağlığı
<b>local</b>	yerel, yerliler, yöresel
<b>support</b>	destek, desteklemek, savunmak



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.

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.



### 32. Gaining Weight as Friends, and Maybe Losing It Too

When one person **gains weight**, their **close friends** 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 **collected** 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
issue	konu, mesele, sorun, baskı, basım

### 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.

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



### 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.

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



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 **prepares** 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 periods** of cortisol in the body **weakens** 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 periods** 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
stroke	felç, darbe, okşamak, sıvazlamak
extended period	uzatılmış süre
personality	kişilik, şahsiyet, kişilik

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.

<b>influence</b>	etki, etkilemek
<b>aggressive</b>	saldırğan
<b>differently</b>	farklı bir şekilde
<b>explain</b>	açıklamak
<b>in reaction to</b>	(bir şeyin) bir sonucu olarak
<b>imbalance</b>	dengeşizlik, oransızlık
<b>constant</b>	sürekli, sabit, devamlı
<b>caregiver</b>	hasta bakıcı

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.

<b>stress-reduction</b>	stresin azaltılması
<b>measures</b>	önlemler, ölçüler
<b>inability</b>	yetersizlik, yeteneksizlik, özür
<b>identify</b>	tanımlamak
<b>express</b>	İfade etmek
<b>accept</b>	kabul etmek

### 36. Prostate Cancer: What It Is and How Doctors 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.

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



### 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 needles** in different parts of the body. About one-thousand-three-hundred years ago, the Chinese filled **holes** 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

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

**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 **destroyed** 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

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



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 **explores** 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 **cereals**, 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