

HEALTH ISSUES

QUESTIONS DE SANTÉ

epidemics, health
scars...

épidémies, périls
sanitaires...

a disease, an illness, a sickness	une maladie
to suffer from a disease	souffrir d'une maladie
to die of, to die from cancer	mourir du cancer
carcinogenic [ˌkɑːsɪnə'dʒenɪk]	cancérigène
a serious disease	une maladie grave
a virus (pl: viruses) ['vaɪərəs, 'vaɪərəsɪz]	un virus
to contract a virus / a disease	contracter un virus / une maladie
bacteria [bæk'tɪərɪə]	des bactéries
a germ [dʒɜːm]	un microbe, un germe
contagious, catching, infectious	contagieux, infectieux
to contaminate	contaminer
to mutate	muer
a curse, a plague, a scourge [skɜːdʒ]	un fléau

The World Health Organization (WHO) is a specialized agency of the United Nations that coordinates international efforts to control outbreaks of infectious disease, such as SARS, malaria, Tuberculosis (TB), swine flu, and AIDS. It supports the development and distribution of safe and effective vaccines and drugs. For instance, after over two decades of fighting smallpox (*variole*), the disease was eradicated in 1980 — the first disease in history to be eliminated by human effort. In addition, the WHO carries out various health-related campaigns — for example, to boost (*encourager*) the consumption of fruits and vegetables worldwide and to discourage tobacco use.

lung / breast / skin cancer	le cancer du poumon / du sein / de la peau
malaria [mə'leəriə]	la malaria, le paludisme
plague [pleɪg]	la peste
cholera	le choléra
smallpox	la variole
a sexually-transmitted disease (STD, a venereal disease (VD)	une maladie sexuellement transmissible (MST), une maladie vénérienne
Alzheimer's / Parkinson's disease	la maladie d'Alzheimer / de Parkinson
a neurodegenerative disease	une maladie neurodégénérative
Severe Acute Respiratory Syndrome (SARS) [saːs]	syndrome respiratoire aigu sévère (SRAS)

When people think of malnutrition, they usually picture its most acute (*aigu*) form— listless (*amorphe*) infants with bloated (*gonflé*) bellies, the little victims of famine. But there is a chronic manifestation of hunger, too, milder but more widespread. It affects those with enough calories to eat but too few micronutrients (vitamins, minerals and so on). They suffer the diseases of poor nutrition. These diseases are stunningly

widespread (*répandu*). Over half of women in India and two-fifths of those in Indonesia are anaemic—deficient in iron. Lack of vitamin A causes membranes around the organs to shrivel (*se flétrir*), leaving them vulnerable. The first to go are the eyes: half a million children become blind each year. Then, the other organs: half of those children will die within 12 months.

The Economist, March 24th, 2011

to go down with the flu	attraper la grippe
to be infected with a virus, by a virus	être contaminé par un virus
to carry a virus	être porteur d'un virus
the immune [ɪ'mju:n] system	le système immunitaire
a carrier	un porteur
a symptom	un symptôme
to cough [kɒf]	tousser
to have a temperature ['temprɪtʃə]	avoir de la température
to have a fever, to run a fever	avoir de la fièvre
an epidemic [ˌepɪ'demɪk]	une épidémie
a pandemic	une pandémie
to break out	éclater, se déclarer
the scope, the extent of the epidemic	l'ampleur, l'étendue de l'épidémie
to affect a country	affecter, toucher un pays
to afflict 20% of the population	toucher 20 % de la population
the hardest-hit area	la zone la plus durement touchée
to eradicate	éradiquer
to check an epidemic	enrayer une épidémie
to spread	se propager
the spread of a virus	la propagation d'un virus
endemic	endémique

Doctors Without Borders sends medical personnel to some of the most destitute (*dépourvu*) and dangerous parts of the world and encourages them not only to save lives, but also to condemn the injustices they see. The group was awarded the Nobel Peace Prize in 1999. "Médecins Sans Frontières" was founded in 1971 in Paris by a band of young French doctors disillusioned with the neutrality of the Red Cross after treating the starving in Biafra at the end of the 1960s. Red Cross confidentiality prevented them from speaking out (*protester*). They organized themselves after the widespread flooding in East Pakistan (later Bangladesh). The volunteer group has more than 27,000 personnel who are treating the wounded, the sick and the starving in countries around the world, including war zones.

The New York Times, April 1, 2011

flu [flu:], influenza	la grippe
the A/H1N1 virus	le virus de la grippe A
swine flu, pig flu, H1N1 flu	la grippe porcine
bird flu, avian ['eɪviən] flu,	la grippe aviaire
avian influenza H5N1	
flu strain	souche de grippe
a case of avian flu	un cas de grippe aviaire
an outbreak of avian flu	un foyer de grippe aviaire

Acquired immune deficiency syndrome (**AIDS**) is a disease of the human immune system caused by the human immunodeficiency virus (**HIV**). HIV is transmitted through direct contact of a mucous membrane or the bloodstream with a bodily fluid containing HIV, such as blood, semen (*sperme*), vaginal fluid and breast milk. In 2009, it was estimated that 33.3 million people worldwide were living with HIV/ AIDS, the vast majority of them in sub-Saharan Africa. Since treating HIV is difficult and expensive, preventing infection is a priority in controlling the AIDS pandemic, in particular by promoting safe sex and needle-exchange programmes in attempts to slow the spread of the virus.

AIDS, acquired immune deficiency syndrome	le SIDA, le syndrome d'immunodéficience acquise
to develop AIDS	contracter le SIDA
an AIDS sufferer, an AIDS patient	un malade du SIDA
HIV-positive [ˌetʃaɪ'vi:]	séropositif
to screen sb for AIDS	faire passer un test de dépistage du SIDA à qn
an HIV screening centre	un centre de dépistage du SIDA
a screening test	un test de dépistage
sperm, semen ['si:mən]	le sperme
to have unprotected sex	avoir des rapports non protégés
a condom	un préservatif
abstinence	l'abstinence
faithfulness	la fidélité
a needle	une aiguille
anti-retroviral drugs	les anti-rétroviraux
triple therapy, combination therapy	la trithérapie

The mild nature of the [swine flu] virus in most people had led scientists to question (*remettre en cause*) the strategy of treating everyone with anti-viral drugs. Advice was being sought on whether the standard (*habituel*) treatment for seasonal flu — a couple of paracetamol and a hot drink — was sufficient for most people and the antivirals Tamiflu and Relenza should be restricted to certain groups at higher risk of suffering complications, such as those with chronic underlying illnesses, pregnant women and children.

The Independent, Friday, 26 June, 2009

medical treatment ['tri:tmənt]	un traitement médical
medical staff, health workers	les personnels de santé
a hospital-acquired infection	une infection nosocomiale
MRSA	MRSA, un staphylocoque résistant à la méthicilline
a superbug	une bactérie multi-résistante
to prescribe	prescrire
a prescription	une ordonnance
a general practitioner, a GP [dʒi:'pi:]	un médecin généraliste
a surgeon ['sɜ:dʒən]	un chirurgien
to have surgery, have an operation	se faire opérer
to diagnose ['daɪəgnəʊz]	diagnostiquer
diagnosis	un diagnostic
to cure a patient	guérir un patient

a remedy, a cure	un remède
a drug, a medicine, a medication	un médicament
a generic drug	un médicament générique
a painkiller	un antalgique, analgésique
a side effect	un effet secondaire
an injection, a shot	une piqûre
to be on antibiotics ['æntɪbaɪ'ɒtɪks]	prendre des antibiotiques, être sous antibiotiques
a pharmaceutical [ˌfɑːmə'sjuːtɪkəl]	un laboratoire pharmaceutique
laboratory	
pharmaceuticals	des produits pharmaceutiques
a vaccine ['væksɪːn]	un vaccin
a flu vaccine	un vaccin contre la grippe
to vaccinate	vacciner
a vaccination campaign	une campagne de vaccination
to quarantine sb ['kwɒrəntiːn]	mettre qn en quarantaine
to recover	se rétablir, guérir
recovery	guérison, rétablissement
to relapse	rechuter

The Constant Gardener is a 2005 film based on the eponymous novel by John Le Carré which tells the story of a British diplomat working in Kenya who falls in love with a young activist investigating the activities of drug companies in Africa. After she is murdered, he finds out that new drugs with harmful (*nocif*) side effects are being tested on children living in the slums (*taudis*) of Nairobi. The film thus exposes the evil doings of greedy (*avide*) pharmaceutical companies.

a food scare	une alerte à l'intoxication alimentaire
a health scare	un péril sanitaire, une alerte aux risques sanitaires
an epizootic disease	épizootie
food-and-mouth disease	la fièvre aphteuse
bovine spongiform encephalopathy, BSE	l'encéphalopathie bovine spongiforme, l'ESB
mad-cow disease	la maladie de la vache folle
Creutzfeldt-Jacob Disease (CJD)	la maladie de Creutzfeldt Jacob (MCJ)
a prion ['praɪən] disease	une maladie à prions
dioxin [daɪ'ɒksɪn]	la dioxine
the dioxin chicken scandal	le scandale du poulet à la dioxine
traceability	la traçabilité

Japan banned the sale of food products from near Fukushima after finding elevated radiation levels in spinach (*épinard*) and milk from the area's farms. The International Atomic Energy Agency said: "Though radioactive iodine (*iode*) has a short half-life of about eight days and decays (*se désintégrer*) naturally within a matter of weeks, there is a short-term risk to human health if radioactive iodine in food is absorbed into the human body..." The food scare is the latest consequence of the cascade of disasters unleashed (*déclencher*) by the earthquake on 11 March.

The Guardian, March 19, 2011

public health	la santé publique
health care	les soins médicaux OU les services de santé
public health officials	les responsables de la santé publique
the health authorities	les autorités sanitaires
the health care system, the health system	le système de santé
health services	les services de santé
health expenses	les dépenses de santé

The National Health Service or **NHS** (roughly the British equivalent of the French *Sécurité Sociale*) is the publicly-funded healthcare system in England — there are other similar systems in the other three countries of the UK, e.g. **NHS Scotland**. It was founded in 1948. It provides the majority of healthcare in England. Private health care (used by about 8% of the population) has continued parallel to the NHS, paid for mainly by private insurance. The NHS is funded largely through taxes (including a proportion from National Insurance payments). The UK government department responsible for the NHS is the **Department of Health**, headed (*diriger*) by the Secretary of State for Health.

Translation from English into French

1. Prevention is better than cure.
2. Medicare is a US social insurance program providing coverage to people who are over 65 while Medicaid does the same for low-income families.
3. The appearance of a rash indicates the onset of this disease.
4. At the age of 14, Paul was diagnosed with a mental illness, which was later identified as schizophrenia.
5. The Black Death —the bubonic plague which reached England in 1349— is estimated to have killed between 30% and 60% of Europe's population.
6. The rise in breast cancer cases is being driven by lifestyle changes that alter the levels of female hormones including later childbirth and shorter breast feeding.
7. Across sub-Saharan Africa, the extreme shortage of health workers remains a critical barrier to fighting illness.
8. Britons outlive Americans, despite the US having a higher national income and the highest spending on healthcare.
9. Severe Acute Respiratory Syndrome (Sars), which struck in 2003, is believed to have killed 774 people in mainland China and Hong Kong.
10. Certain levels of radiation exposure are known to increase the risk of cancer, but scientists disagree about the effects of very low doses.

Translation from French into English

1. Plus vous fumez longtemps, plus cela aura d'effets néfastes pour votre santé.
2. Pour lutter contre le SIDA, il faut persuader les femmes enceintes de se faire tester et de prendre les médicaments qui les empêchent de transmettre la maladie à leurs nouveaux-nés.
3. Il arrive que des médicaments soient mis sur le marché avant que l'on en ait évalué sérieusement les effets secondaires pour la santé.
4. La grippe espagnole est une pandémie qui a duré de 1917 à 1920 et a fait entre 50 et 100 millions de morts.
5. Des milliers d'Américains se font opérer au Costa Rica, où les soins sont bien plus abordables qu'aux États-Unis.
6. En 2009, *The Lancet*, une revue médicale britannique réputée, a accusé le Pape Benoît XVI de déformer les données scientifiques sur les préservatifs.
7. Les enfants qui naissent séro-positifs ont plus de risques de mourir avant l'âge adulte.
8. Si les résultats de mes analyses ne s'améliorent pas, il faudra que l'on m'opère.
9. Médecins Sans Frontières, qui a été fondé par des médecins français, a reçu le prix Nobel de la paix en 1999.
10. Un demi-million d'enfants qui manquent de vitamine A deviennent aveugles chaque année et la moitié d'entre eux meurent en l'espace de 12 mois.

Questions

Why is it difficult to stop the spread of HIV/AIDS?
 What is the link between health and economic prosperity?
 What is the future of medical tourism?

EATING DISORDERS

LES TROUBLES DE L'ALIMENTATION

2

you are what you eat

on est ce que l'on
mange

food	la nourriture
foodstuffs	les denrées alimentaires, les aliments
to feed oneself on sth	se nourrir de qch
to cook	cuisiner
to do the cooking	faire la cuisine
eating habits, eating patterns	les habitudes alimentaires
fruit and vegetable intake	la consommation de fruits et de légumes
daily salt intake	la consommation quotidienne de sel

The **body mass index** (or BMI; in French: *indice de masse corporelle, IMC*) is a measurement used to diagnose (*diagnostiquer*) weight problems. It is obtained by dividing a person's weight in kilograms by the square of their height in meters. A healthy person's BMI is between 18.5 and 25.

weight [weɪt]	le poids
to weigh [wei] oneself	se peser
to weigh 55 kg	peser 55 kg
to put on, gain weight	prendre du poids

THE evening meal is over, the dishwasher stacked (*rempli*), and yet often there's that irresistible urge (*forte envie*) for a small snack as you put your feet up in front of the television. But around one million people in the United Kingdom with night eating syndrome (NES) do not stop at a snack. They go on to consume a third or more of an entire day's calories — mainly carbohydrates (*hydrates de carbone*) — all over again. Driven by hunger pains, they often continue to raid the refrigerator throughout the night. In the past NES, which affects men and women, was dismissed as simply greed (*gourmandise*)...

The Times, January 17, 2005

to be overweight	être trop gros, en surpoids
to be ten kilos overweight	avoir dix kilos de trop
overweight	le surpoids, la surcharge pondérale
fat	gros, gras
obese [əʊ'bi:s]	obèse
obesity	l'obésité
childhood obesity	l'obésité des enfants
plump	grassouillet, dodu
stout [staut], corpulent	corpulent

the waistline
flab
a paunch

le tour de taille
la graisse superflue
une bedaine, une panse

Weight Watchers is the name of an American company founded in 1963 and operating in 30 countries. When they join its members choose a goal weight compatible with a healthy BMI. They then encourage (*inciter*) each other to achieve their objective.

bulimia [bə'limiə]
bulimic
to be a compulsive eater
to binge [bɪndʒ] on chocolate
binge eating
binge drinking
to go on a binge
to resist temptation
to give in to temptation

la boulimie
boulimique
ne pas pouvoir s'empêcher de manger
s'empiffrer de chocolat
les excès de nourriture
les excès de boisson
faire des excès (de nourriture, de boisson...)
résister à la tentation
céder à la tentation

Super Size Me is a 2004 documentary film directed by and starring Morgan Spurlock. For 30 days Spurlock dined at McDonald's restaurants three times a day, sampling (*goûtant*) every item on the chain's menu. He also "supersized" his meal (that is, he ate larger portions than usual). He consumed an average of 20.92 megajoules or 5,000 cal (the equivalent of 9.26 Big Macs) per day. The film shows the effects of this diet on his physical and psychological well-being (*bien-être*), and how the fast food industry encourages poor nutrition for its own profit. During the experiment, he put on 24½ lbs. (that is to say, 1¼ stone or 11.1 kg), and experienced mood swings (*sautes d'humeur*), sexual dysfunction, and liver damage (*problèmes de foie*). It took Spurlock fourteen months to lose the added weight.

a fast food restaurant
to eat junk food
processed foods
fatty foods
starch [stɑ:tʃ], starchy foods
vegetables
fruit
green vegetables, greens
sodas, fizzy drinks
a chocolate bar
a chocaholic, a chocoholic
to be addicted to sth
addiction
addictive

un fast food
manger des cochonneries
les aliments préparés
les aliments riches en graisses
les féculents
les légumes
les fruits
les légumes verts
les boissons gazeuses
une barre chocolatée
un accro au chocolat
être accro à qch
l'accoutumance, la dépendance
qui crée une accoutumance, addictogène

No one knows what triggers (*déclenche*) eating disorders. Emerging studies point to altered brain signals, but it is tricky to decipher (*déchiffrer*) whether the defective biochemistry is a cause or a result of poor eating. The reigning theory is the same as it is for so many syndromes with no known cause: some people are born with genes