

HEALTH ISSUES

QUESTIONS DE SANTÉ

epidemics, health
scares...

épidémies, périls
sanitaires...

a disease, an illness, a sickness

to suffer from a disease

to die of, to die from cancer

carcinogenic [ˌkɑːsɪnəˈdʒenɪk]

a serious disease

a virus (pl: viruses) [ˈvaɪərəs, ˈvaɪərəsɪz]

to contract a virus / a disease

bacteria [bækˈtɪəriə]

a germ [dʒɜːm]

contagious, catching, infectious

to contaminate

to mutate

a health hazard

a curse, a plague, a scourge [skɜːdʒ]

une maladie

souffrir d'une maladie

mourir du cancer

cancérogène

une maladie grave

un virus

contracter un virus / une maladie

des bactéries

un microbe, un germe

contagieux, infectieux

contaminer

muter

un danger pour la santé

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 (*varirole*), 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

malaria [məˈleəriə]

plague [pleɪɡ]

cholera

smallpox

a sexually transmitted disease (STD),

a venereal disease (VD)

Alzheimer's / Parkinson's disease

a neurodegenerative disease

Severe Acute Respiratory

Syndrome (SARS) [saɪs]

le cancer du poumon / du sein / de la peau

la malaria, le paludisme

la peste

le choléra

la varirole

une maladie sexuellement transmissible

(MST), une maladie vénérienne

la maladie d'Alzheimer / de Parkinson

une maladie neurodégénérative

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 ['eɪvɪən]	la grippe aviaire
flu, 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 [ˌeɪtʃaɪˈviː]	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

It is generally agreed that the number of medical tourists has grown in the past few years. But the data are still fuzzy (*imprécis*). *Patients Beyond Borders* estimates that as many as 12m people globally now travel for care, perhaps 1m of them Americans. Industry insiders admit that growth has not matched the initial heady (*grisant*) expectations. Patient interest also turned out to be lower than predicted. Though some patients in the rich world seek out deals, most receive adequate health care at a manageable price and would prefer to stay at home. Potential savings are often insufficient to trump (*compenser*) concerns about quality and the lack of recourse if something goes wrong. In 2008 Hannaford, an American supermarket chain, offered to pay the full cost of hip and knee replacements for its employees, including travel and patients' usual share—provided they would go to Singapore. None took up the offer.

The Economist, Feb 15th, 2014

medical treatment ['tri:tmənt]	un traitement médical
medical staff, health workers	les personnels de santé
medical confidentiality	secret médical
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 ['sɜːdʒən]	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 ['væksɪn]	un vaccin
a flu vaccine	un vaccin contre la grippe
to vaccinate	vacciner
a vaccination campaign	une campagne de vaccination
to quarantine sb ['kwɒrəntɪːn]	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

There are loads of reasons why it's smart to exercise, and most of us are familiar with the menu of options and how each can shape and benefit your body. But we are discovering that there are numerous ways in which exercise makes you smart too. Many of its effects have been going unnoticed, but if you were to peer inside the heads of people who like to keep active, you'd see that different exercises strengthen, sculpt and shape the brain in myriad ways. That the brains of exercisers look different to those of their more sedentary counterparts is, in itself, not new. We have been hearing for years that exercise is medicine for the mind, especially aerobic exercise. Physical fitness has been shown to help with the cognitive decline associated with dementia, Parkinson's disease and depression, and we know this is at least in part because getting your blood pumping brings more oxygen, growth factors, hormones and nutrients (*nutriments*) to your brain, leading it – like your muscles, lungs and heart – to grow stronger and more efficient.

Teal Burrell, *New Scientist*, 19 August, 2015

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.

Traduire en français

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.

Traduire en anglais

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?

1. Trouver les dérivés des mots-racines à gauche.

<i>prescrire</i>	to prescribe	<i>une ordonnance</i>
<i>chirurgien</i>	a surgeon	to have	<i>se faire opérer</i>
<i>guérir</i>	to recover	<i>guérison</i>
<i>diagnostiquer</i>	to diagnose	<i>diagnostic</i>
<i>porter</i>	to carry	to be an AIDS	<i>être porteur du SIDA</i>

2. Trouver un synonyme pour les mots suivants.

1. a medicine • 2. an AIDS patient • 3. a scourge • 4. an injection of morphine • 5. infectious

3. Compléter les abréviations suivantes.

1. s..... t..... d.....
 2. N..... H..... S.....
 3. h..... i..... v.....
 4. G..... P.....
 5. b..... s..... e.....

4. Donner la traduction des mots suivants qui sont à la fois noms et verbes.

	NOM	VERBE
spread
cough
quarantine
cure
relapse

5. Compléter les phrases avec la préposition ou particule adéquate.

1. The boy suffered a serious mental illness and had to be hospitalized.
 2. In the nineteenth century, many people in France or Britain died tuberculosis.
 3. My wife went with the flu last week, and I've been a bit off colour myself.
 4. The number of people infected the virus keeps rising.
 5. The AIDS pandemic broke in the early 1980s.

6. La traduction des mots suivants ne pose qu'un problème d'orthographe.

1. une épidémie • 2. un vaccin • 3. la traçabilité • 4. éradiquer • 5. muter

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

Food safety scandals, such as mad cow disease in England and outbreaks of *E. coli* contamination in fast food hamburgers in America, have raised disturbing questions about how we are producing meat. At the same time, climbing rates of obesity and Type 2 diabetes have led many to wonder if perhaps Americans have developed a national eating disorder of some kind. Food, which is supposed to sustain us and give us pleasure, is making people anxious and sick. Why? Michael Pollan, author of *The Omnivore's Dilemma*.

The Washington Post, June 6, 2016

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	le tour de taille