

# 1. HEALTH




9/11 • abortion • advertising • alcohol abuse • armed forces • asbestos • bonuses • BRICS • CIA • cloning • CO<sub>2</sub> • computers • consumer society • couch potatoes • creationism • **AIDS** • credit bubble • cultural exception • dating • DEA • death penalty • deforestation • dictatorship • digital piracy • diplomacy • domestic violence • drought • drug trafficking • endangered species • English-speaking world • euthanasia • fanaticism • fossil fuels • free speech • free trade • gender gap • glass ceiling • greenhouse gases • guinea pigs • gun control • hijacking • human rights • immigration • justice • **eating disorders** • policy • intercourse • ISPs • IVF system • labour • multiculturalism • NASA • natural disasters • NGOs • nuclear • nuclear deterrent • oil slicks • on parole • outsourcing • overfishing • ozone layer • PC • pension system • philanthropy • physics • pidgin • **food scares** • prevention • racial profiling • recycling • renewables • RP • salad bowl • same-sex marriage • second-hand smoking • serial killers • sex industry • slump • social divide • social networks • Spanglish • **epidemics** • standard English • STDs • stem-cell research • suffragettes • suicide • **health care** • bombers • surrogacy • surveillance • technophobia • teenage violence • truancy • United Nations • uprisings • video games • waste disposal • welfare state • WMDs • working poor • WTO

a <b>disease</b> [dɪ'zi:z], an illness	une maladie
to catch a disease	attraper une maladie
to suffer from a disease	souffrir d'une maladie
to die of, to die from cancer	mourir du cancer
to eradicate a disease	éradiquer une maladie
lung / breast / skin cancer	cancer du poumon / du sein / de la peau
carcinogenic [ˌkɑ:sɪnə'dʒenɪk]	cancérogène
Severe Acute Respiratory Syndrome (SARS) [sa:s]	syndrome respiratoire aigu sévère (SRAS)
a sexually-transmitted disease (STD)	une maladie sexuellement transmissible (MST)

**The World Health Organization** (WHO [ˌdʌblju: ɛɪtʃ 'əʊ]) 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.


a <b>virus</b> (pl: viruses) ['vaɪərəs, 'vaɪərəsɪz]	un virus
bacteria [bæk'tɪərɪə]	des bactéries
a germ [dʒɜ:m]	un microbe, un germe
contagious [kən'teɪdʒəs], catching, infectious	contagieux, infectieux
to contaminate	contaminer
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
a symptom	un symptôme
to cough [kɒf]	tousser
to have a temperature ['temprətʃə]	avoir de la température
to have a fever, to run a fever	avoir de la fièvre

 The French verb "*guérir*" is not always translated by the same English verb. For instance, you say that a doctor **cures** a patient or that a disease can **be cured** (e.g. In the Middle Ages they did not know how to cure diabetes). But a patient **gets better** or **recovers**. Eventually he will **be cured** — hopefully. On the other hand a wound (*une blessure*) will **heal** after a while.

<b>an epidemic</b> [ˌepɪ'demɪk]	une épidémie
to check an epidemic	enrayer une épidémie
a pandemic	une pandémie
to break out	éclater, se déclarer
to spread	se propager

the spread of a virus  
 to affect a country  
 the scope, extent  
 flu [flu:], influenza [,ɪnflu'enzə]  
 swine flu / bird flu

la propagation d'un virus  
 affecter, toucher un pays  
 l'ampleur, l'étendue  
 la grippe  
 la grippe porcine / la grippe aviaire

 **Contagion** is a thriller directed by Steven Soderbergh (2011). It documents the spread of a deadly virus which brings about mass panic and the collapse of social order. Attempts by researchers and public health officials to contain the epidemic lead to the development (*mise au point*) of a vaccine. The film, which was inspired by the 2003 SARS epidemic and the 2009 flu pandemic, explores the various aspects of the tragedy using several interacting plot lines. It has been praised by scientists for its accurate description of medical and scientific practices.

**AIDS**, acquired immune deficiency syndrome  
 to develop AIDS  
 an AIDS sufferer, an AIDS patient  
 HIV-positive [,eɪtʃaɪ'vi:]  
 a screening test  
 to screen sb for AIDS

to have unprotected sex  
 a needle  
 antiretroviral drugs

SIDA, syndrome d'immunodéficience acquise  
 contracter le SIDA  
 un malade du SIDA  
 séropositif  
 un test de dépistage  
 faire passer un test de dépistage du SIDA à qn  
 avoir des rapports non protégés  
 une aiguille  
 anti-rétroviraux



South Africa has witnessed an “unparalleled” five-year increase in life expectancy since 2005 thanks to the world’s biggest programme of HIV/Aids drug treatment. The trend marks a spectacular reversal from when former president Thabo Mbeki was branded (*était catalogué*) an “Aids denialist” whose dogma was blamed for 330,000 deaths. Professor Salim Abdool Karim, president of the South African Medical Research Council, said the rise in life expectancy — from 54 years in 2005 to 60 in 2011 — was of the order usually only seen after a major societal shift (*mutation*), such as the abolition of slavery. In this case, the catalyst was the industrial scale distribution of antiretroviral (ARV) drugs by the public health sector, greatly reducing deaths among people in their 30s. In 2005, under Mbeki and health minister Manto Tshabalala-Msimang — who promoted a “treatment” of beets (*betterave*) and garlic (*ail*) — only 133,000 patients were on ARVs. Now the total stands at 1.9m, the biggest programme on the planet.

*The Guardian*, Monday 3 December 2012

**medical treatment**  
 health care

the health system

un traitement médical  
 les soins médicaux OU les services de santé

le système de santé

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
a diagnosis [,daɪəg'nəʊsɪs]	un diagnostic
to cure a patient	guérir un patient
a remedy, a cure	un remède
to recover	se rétablir, guérir
recovery	guérison, rétablissement



**Medicare** is a US social insurance program providing coverage to people who are over 65 while **Medicaid** does the same for low-income families.


a drug, a medicine	un médicament
a painkiller	un antalgique, analgésique
a side effect	un effet secondaire
an injection, a shot	une piqûre
a vaccine ['væksɪ:n]	un vaccin
to vaccinate	vacciner
a vaccination campaign	une campagne de vaccination




The **Food and Drug Administration (FDA)** is a US federal agency that was created in 1906 to protect and promote public health.


One of the obvious and measurable effects of noise pollution is hearing loss. However, a more difficult to measure, but increasingly significant, health hazard is the stress and agitation that may occur from exposure to loud noise. Persistent noise can increase stress levels, which in turn, can result in high blood pressure (*hypertension*), an important health concern. Known as the "silent killer" because there are few obvious symptoms, it can result in serious health problems requiring medical assessment and intervention. Sleep disruption (*troubles du sommeil*) is another common effect of loud and/or persistent noise...The social consequences include poor familial and social relationships, and poor work performance.

food scare	alerte à l'intoxication alimentaire
health scare	péril sanitaire, alerte aux risques sanitaires
bovine spongiform encephalopathy, BSE	ESB, encéphalopathie bovine spongiforme
mad cow disease	la maladie de la vache folle
dioxin [daɪ'ɒksɪn]	dioxine
traceability	la traçabilité


 **BSE**, bovine spongiform encephalopathy, informally known as **mad cow disease**, is a brain disease affecting cattle. Its human form, **CJD** or Creutzfeldt-Jacob disease, is an incurable degenerative neurological disorder.

<b>eating patterns, eating habits</b>	les habitudes alimentaires
food	la nourriture
foodstuffs	denrées alimentaires, aliments
to cook	cuisiner
vegetables	légumes
fruit	fruits
green vegetables, greens	légumes verts

 The **National Health Service (NHS)** is the British equivalent of the French *Sécurité sociale*. It was set up in 1945 and constitutes the mainstay (*principal pilier*) of the welfare state.

 The world's **infant mortality rate** has been reduced from 13.4 % in 1970 to about 8.8% in 1990 and 5.7% in 2010.

<b>weight</b>	le poids
to weigh [weɪ] oneself	se peser
to put on weight	prendre du poids
to be overweight	être trop gros, en surpoids
fat	gros, gras
obese [əʊ'bi:s]	obèse
bulimia [bʊ'li:mɪə]	la boulimie
binge eating	les excès de nourriture
anorexia [ænə'reksɪə]	l'anorexie
to be underweight	être trop maigre, ne pas peser assez
thin	maigre
slim	mince

 A **binge** is an informal word that is used to refer to a short period when you do too much of something, in particular eating or drinking but also shopping. Thus you may **binge on** chocolate, for instance, but you can also **go on a shopping binge**.

<b>a fast food restaurant</b>	un fast food
to eat junk food	manger des cochonneries
processed foods	des aliments préparés
fatty foods	aliments riches en graisses
sodas, fizzy drinks	boissons gazeuses
a chocolate bar	une barre chocolatée

**a diet**

to go on / be on a diet ['daɪət]  
balanced / unbalanced diet

diet foods / health foods

organic food

vegetarian [ˌvedʒɪ'teəriən]

un régime

commencer / faire un régime  
une alimentation équilibrée /

mal équilibrée

aliments basses calories /

aliments diététiques

nourriture biologique, aliments bio

végétarien



It is no longer just the inhabitants of the rich world whose waistlines (*tour de taille*) are spreading dangerously. Though 40% of its 50m people live off less than \$2 a day, South Africa has become one of the world's fattest countries. A study by London's Imperial College found as many as three-quarters of South African women to be overweight, up from 57% in 1980; it classified 43% as obese, up from 24% in 1980. Men are only a shade trimmer (*plus mince*), with 62% reckoned overweight. As in the richer world, South Africa's accumulating kilos are the result of rapid urbanisation, less physically demanding work, the spread of television, and a shift in diet from home-cooking to processed foods rich in fats and sugar. The country's fast-food industry is booming. But whereas most Westerners seek to be thin, many black Africans still admire bulk (*corpulence*) in men and big contours in women.

*The Economist*, 17<sup>th</sup> December 2011

# LANGUAGE PRACTICE

1. Find the appropriate suffix.

<i>un chirurgien</i>	a surgeon	surg _ _ _	<i>chirurgie</i>
<i>contagion</i>	contagion	contagi _ _ _	<i>contagieux</i>
<i>cancer</i>	cancer	carcino _ _ _ _ _	<i>cancérogène</i>
<i>se rétablir</i>	to recover	recov _ _ _	<i>guérison</i>
<i>retrouver</i>	to trace	trace _ _ _ _ _	<i>traçabilité</i>

2. Find the words corresponding to the following abbreviations.

The **NHS** is the N..... H..... S.....  
 The **WHO** is the W..... H..... O.....  
**STDs** are s..... t..... d.....  
 A **GP** is a g..... p.....  
**AIDS** means A..... I..... D..... S.....

3. Associate the following words so as to form compound nouns and translate them: **binge / breast / foods / screening / drinking/ fatty / test / vaccination / cancer / campaign**

.....  
 .....  
 .....  
 .....  
 .....

4. Find the appropriate prepositions or adverbial particles.

Adrian's lost two kilos since he went ..... a diet last month.  
 My wife came ..... with the flu twice last winter.  
 His grandfather suffers ..... Alzheimer's or Parkinson's disease, I can't remember which.  
 Vince has put ..... a lot of weight since he got married.  
 In my company, new employees are always screened ..... AIDS.

### 5. Translate into French

Anorexia is estimated to affect 1% of adolescent girls.  
.....

My uncle, a heavy smoker, was diagnosed with lung cancer last year.  
.....

Ivor will have to be operated on if his health doesn't improve.  
.....

Sophie's husband is at least ten kilos overweight.  
.....

Some young people don't realize how dangerous unprotected sex is.  
.....

### 6. Translate into English

Les soins médicaux représentent une part énorme de notre budget.  
.....

L'épidémie s'est déclarée il y a trois jours et se propage rapidement.  
.....

Il faudra changer tes habitudes alimentaires si tu veux perdre du poids.  
.....

On ne sert pas d'aliments diététiques dans les fast foods.  
.....

Les effets secondaires de ce nouveau vaccin sont encore mal compris.  
.....



**Is medical tourism unethical?**

**A healthy mind in a healthy body. Discuss.**

**Do you think students should be allowed or even encouraged to use brainpower-enhancing drugs?**