

# Health

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## Life expectancy

In the 21st century our **life expectancy** has increased significantly due to better **diet** and better **health care**. **Pregnancy** and birth have been made safer and various **infectious diseases** have been **eradicated**. Nevertheless, there are still enormous differences between life expectancy in industrialised and **developing countries**.

## Industrialised and developing countries

In **poverty-stricken** regions, millions of people **do not have access to clean drinking water, sanitations or vaccinations** against deadly **diseases**. The big paradox is that, while people from underdeveloped countries **suffer from malnutrition**, the global **epidemic** of industrialised countries is **obesity**. People are **overweight** due to a lack of physical activity and an **unhealthy lifestyle**. In extreme cases this can lead to **diabetes, heart diseases, high blood pressure, strokes or cancer**. On the other hand, an obsession with your weight can lead to **eating disorders** such as **anorexia** and **bulimia**.

## Staying fit and healthy

**Routine check-ups** with your **GP** can help detect problems at an early stage. Doctors generally advise their patients to eat a **healthy and balanced diet**. You should **exercise** regularly without **overdoing it**. **Avoid stress!** Quit smoking! Do not **indulge in binge drinking!**

# Keywords

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<b>life expectancy</b>	- Lebenserwartung
<b>a healthy diet</b>	- eine gesunde Ernährung
<b>to be on a diet</b>	- auf Diät sein
<b>health care</b>	- Gesundheitsfürsorge
<b>pregnancy</b>	- Schwangerschaft
<b>infectious disease</b>	- ansteckende Krankheit
<b>to eradicate</b>	- ausrotten
<b>developing countries</b>	- Entwicklungsländer
<b>poverty-stricken</b>	- von Armut geplagt
<b>to have access to</b>	- Zugriff haben auf
<b>drinking water</b>	- Trinkwasser
<b>sanitations</b>	- sanitäre Anlagen
<b>vaccinations</b>	- Impfungen
<b>a disease</b>	- eine Krankheit
<b>to suffer from</b>	- an etwas leiden
<b>malnutrition</b>	- Unterernährung
<b>an epidemic</b>	- eine Epidemie
<b>obesity</b>	- die Fettleibigkeit
<b>to be overweight</b>	- übergewichtig sein
<b>high blood pressure</b>	- hoher Blutdruck
<b>a stroke</b>	- ein Infarkt
<b>cancer</b>	- Krebs
<b>an eating disorder</b>	- eine Essstörung
<b>a routine check-up</b>	- eine Routineuntersuchung
<b>a GP</b>	- ein Hausarzt
<b>to overdo sth</b>	- etwas übertreiben
<b>to indulge in</b>	- einer Sache fröhnen
<b>binge drinking</b>	- Komasaufen

## AIDS / HIV

Due to the fact that our society has become much more mobile, viruses can **spread** a lot faster. According to the **WHO (World Health Organisation)**, **AIDS** is one of the biggest **threats** nowadays. In 2013, approximately 2.1 million individuals **became infected with HIV**. There are **drugs** available to hold up the damage to the **immune system** but there is **no cure**.

## Smoking kills

Most people are **aware of** the fact that smoking can cause lung cancer and heart diseases. A cigarette is a very **poisonous** product containing at least 400 **toxins**. The most damaging ones are tar and nicotine. The latter is highly **addictive** and increases your cholesterol levels. However, you do not only **damage your own health**. The effects of **passive smoking** are significant. Being exposed to cigarette is harmful and may **lead to** asthma.

Warning signs on cigarette packs are designed to motivate you to **kick the habit**. Statistics prove that **on average**, it takes more than 3 attempts to **give up**. The best cure against smoking is **sheer willpower**.

## Alcohol

Excessive **alcohol consumption** is another problem of our society. Binge drinking is the latest trend amongst teenagers. The consequences are enormous. Alcohol-related violence as well as accidents due to **intoxication** are on the rise. Ministers want to **tackle** the problem via education and **prevention**.

# Keywords

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<b>to spread</b>	- sich verbreiten
<b>a threat</b>	- eine Gefahr
<b>to become infected with</b>	- sich mit etwas infizieren
<b>cure</b>	- die Heilung
<b>drugs</b>	- hier: Medikamente
<b>the immune system</b>	- das Immunsystem
<b>to be aware of</b>	- sich etwas bewusst sein
<b>poisonous</b>	- giftig
<b>toxins</b>	- Gifte
<b>addictive</b>	- abhängig machend
<b>to damage your health</b>	- der Gesundheit schaden
<b>passive smoking</b>	- das Passivrauchen
<b>to lead to</b>	- zu etwas führen
<b>to kick the habit</b>	- es sich abgewöhnen
<b>on average</b>	- im Durchschnitt
<b>to give up</b>	- aufhören
<b>sheer willpower</b>	- pure Willenskraft
<b>alcohol consumption</b>	- Alkoholkonsum
<b>intoxication</b>	- hier: Rauschzustand
<b>to tackle</b>	- hier: ein Problem angehen
<b>prevention</b>	- Vorbeugung

## Drugs

Illegal drugs can be divided into two categories: soft and hard drugs. Marijuana is often referred to as a soft drug, whereas heroin and crack are hard drugs. Nonetheless, both types of drugs are **habit-forming** and **affect your mood**. **Side effects** can include **euphoria**, **apathy**, **nausea**, **insomnia** and poor concentration. Experts argue that soft drugs like cannabis are **gateway drugs**.

When a **drug addict** tries to stop using, he suffers from **withdrawal symptoms**. **Rehabilitation centres** help addicts to **overcome** their **psychological and physical dependency**. **Self-help groups** are very efficient because they try to help people so that they do not have a **relapse**.

## Drug-related crime

**Substance abuse** can lead to physical, psychological and financial problems. Often, addicts find it hard to **fund** their habit and so they start **committing crimes** or turn to prostitution to come up with the necessary money. Lots of crimes also happen under the influence of drugs because they cause a **loss of inhibition**.

**Drug trafficking** is a serious problem in many countries. **Narcotics agents** do their best to arrest the big dealers through undercover operations.

# Keywords

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<b>habit-forming</b>	- süchtig machend
<b>to affect</b>	- etwas beeinflussen
<b>the mood</b>	- die Laune
<b>side effects</b>	- Nebenwirkungen
<b>euphoria</b>	- Hochstimmung
<b>apathy</b>	- Teilnahmslosigkeit
<b>nausea</b>	- Übelkeit
<b>insomnia</b>	- Schlaflosigkeit
<b>gateway drugs</b>	- Einstiegsdrogen
<b>a drug addict</b>	- ein Drogensüchtiger
<b>withdrawal symptoms</b>	- Entzugserscheinungen
<b>rehabilitation centre</b>	- die Rehabilitationsklinik
<b>to overcome</b>	- etwas überwinden
<b>dependency</b>	- Abhängigkeit
<b>self-help groups</b>	- Selbsthilfe Gruppen
<b>a relapse</b>	- ein Rückfall
<b>substance abuse</b>	- Drogenmissbrauch
<b>to commit a crime</b>	- eine Straftat begehen
<b>loss of inhibition</b>	- die Hemmungslosigkeit
<b>drug trafficking</b>	- Drogenhandel
<b>narcotics agents</b>	- Drogenfahnder

# CHECKPOINT

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**Can you answer these questions with adequate vocabulary?**

1. What is the big contradiction between health issues in developed and industrialised countries?
2. What can we do to live a longer, healthier life?
3. What should we not do if we want to remain healthy?
4. Which social trends threaten our health? Why?
5. Drugs can ruin your life in many ways. Explain.
6. What do legal and illegal drugs have in common?