

ÜDS

READING

for ÜDS

SAĞLIK BİLİMLERİ - 3



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1- Cavities

Cavities (dental caries) are decayed areas in the teeth, the result of a process that gradually dissolves a tooth's hard outer surface (enamel) and progresses toward the interior.

Along with the common cold and gum disease, cavities are among the most common human afflictions. If cavities are not properly treated by a dentist, they continue to enlarge. Ultimately, an untreated cavity can lead to tooth loss.

For tooth decay to develop, a tooth must be susceptible, acid-producing bacteria must be present, and food must be available for the bacteria to thrive. A susceptible tooth is one that has relatively little protective fluoride incorporated into the enamel or that has pronounced pits, grooves, or fissures that retain plaque. Poor oral hygiene that allows plaque and tartar to accumulate can accelerate this process. Although the mouth contains large numbers of bacteria, only certain types generate acid, which causes decay. The most common decay-causing bacterium is Streptococcus mutans.

Some people have especially active decay-causing bacteria in their mouth. A parent may pass these bacteria to a child through kissing or sharing eating utensils. The bacteria flourish in the child's mouth after the first teeth come in and can then cause cavities. So a tendency toward tooth decay that runs in families does not necessarily reflect poor oral hygiene or bad eating habits.

VOCABULARY

decay	:	çürüme, çürümek
process	:	işlem,süreç
gradually	:	yavaş yavaş
dissolve	:	çözülmek
hard	:	sert
outer	:	dış
surface	:	yüzey
progress	:	ilerlemek
interior	:	iç
along with	:	ile birlikte
common	:	yaygın,ortak
affliction	:	acı,üzüntü
properly	:	doğru düzgün
treat	:	tedavi etmek, davranmak
enlarge	:	genişlemek
ultimately	:	sonunda
untreated	:	tedavi edilmemiş
lead to	:	yol açmak
loss	:	kayıp
susceptible To	:	savunmasız
present	:	var,mevcut
available	:	ulaşılabilir
thrive	:	büyümek, gelişmek
relatively	:	nispeten
protective	:	koruyucu
incorporate into	:	dahiletmek birleştirmek
retain	:	tutmak, muhafaza etmek
allow	:	izin vermek
accumulate	:	birikmek
accelerate	:	hızlandırmak
contain	:	içermek
certain	:	belli,bazı, kesin
especially	:	özellikle
utensil	:	alet
flourish	:	gelişmek
tendency	:	eğilim
necessarily	:	illaki,mutlaka
habit	:	alışkanlık

2- Leukemia

Leukemia is a cancer of the blood-forming tissues characterized by a large increase in the numbers of white blood cells (leukocytes) in the circulation or bone marrow. A number of different leukemias are classified according to the course of the disease and the predominant type of white blood cell involved. Some types of leukemia have been related to radiation exposure, as noted in the Japanese population exposed to the first atomic bomb at Hiroshima; other evidence suggests hereditary susceptibility.

Leukemias are defined as either acute or chronic and as either myelogenous (from bone marrow) or lymphocytic (involving lymphocytes). These characteristics are used to designate almost all cases as one of four types—acute myelogenous, acute lymphocytic, chronic myelogenous, and chronic lymphocytic leukemia. Acute leukemias affect immature cells; the disease develops rapidly, with symptoms including anemia, fever, bleeding, and swelling of the lymph nodes. Immature leukemia cells continue to divide in the bone marrow, which leads to rapid death if left untreated. In chronic leukemia the cells develop and are transported to the tissues, but the cells do not function normally. Myelogenous leukemia affects granulocytes and monocytes, white blood cells that destroy bacteria and some parasites. The most common form in children, acute lymphocytic leukemia, once killed more than 90 percent of its victims within six months. With new drug therapies, the majority of acute lymphocytic patients now achieve complete remission, with no evidence of malignant cells in the blood. With continued therapy, more than half remain free of disease for five years or longer. These patients are presumed to be cured.

VOCABULARY

form	: şekil, oluşturmak
tissue	: doku
increase	: artmak, artış
bone marrow	: kemik iliği
a number of	: bir çok
classify	: sınıflandırmak
according to	: -e göre
predominant	: egemen
involved	: karışan, işin içinde olan
related to	: ile ilgili
exposure To	: maruz kalma
noted	: ünlü, tanınmış
evidence	: kanıt
suggest	: göstermek, önermek
hereditary	: kalıtsal
susceptibility To	: duyarlılık, savunmasızlık
define	: tanımlamak
designate	: göstermek, adlandırmak
affect	: etkilemek
immature	: olgunlaşmamış
develop	: gelişmek
rapidly	: hızlıca
including stg.	: dahil
swelling	: şişme
divide	: bölmek
function	: işlev
victim	: kurban
drug	: ilaç, uyuşturucu
majority	: çoğunluk
achieve	: başarmak, ulaşmak
complete	: tam, tamamlamak
remission	: vazgeçme
remain	: kalmak
presume	: varsaymak
cure	: tedavi, tedavi etmek

Results of treatment for other leukemias have not been as positive. In acute myelogenous leukemia, which is more common in adults, patients can experience complete remission, but recurrence is common. Chronic leukemias also occur more frequently in adults. These are characterized by a more gradual onset and a more protracted course. Chronic myelogenous leukemia, which has a peak incidence among adults in their 40s, may remain quiescent for long periods before symptoms such as weight loss, low fever, and weakness develop. Chronic lymphocytic leukemia occurs primarily in elderly people and may be inactive for months or years. The leukemia itself is rarely the cause of death, but it renders the patient vulnerable to infection or hemorrhage.

VOCABULARY

treatment	:	tedavi, davranış
experience	:	deneyim, yaşamak
recurrence	:	tekrarlama
occur	:	meydana gelmek, olmak
frequently	:	sık sık
gradual	:	yavaş, aşamalı
onset	:	başlangıç
protracted	:	uzatılmış, geciktirilmiş
peak	:	zirve
incidence	:	meydana gelme oranı
quiescent	:	durgun, sakin
weight loss	:	kilo kaybı
fever	:	ateş
weakness	:	zayıflık
primarily	:	başlıca
elderly	:	yaşlı
rarely	:	nadiren
render	:	yapmak,
vulnerable To	:	savunmasız

3- Hepatitis

Hepatitis is the inflammation of the liver that results from a variety of causes, both infectious and noninfectious. Infectious agents that cause hepatitis include viruses and parasites; noninfectious substances include certain drugs and toxic agents. In some instances hepatitis results from an autoimmune reaction directed against the liver cells of the body.

Most cases of hepatitis are caused by viral infection. The viruses that give rise to liver inflammation include cytomegalovirus; yellow-fever virus; Epstein-Barr virus; herpes simplex viruses; measles, mumps, and chickenpox viruses; and a number of hepatitis viruses. The term viral hepatitis, however, usually is applied only to those cases of liver disease caused by the hepatitis viruses.

There are seven known hepatitis viruses, which are labeled A, B, C, D, E, F, and G. Hepatitis A, E, and F viruses are transmitted through the ingestion of contaminated food or water (called the fecal-oral route); the spread of these agents is aggravated by crowded conditions and poor sanitation. The B, C, D, and G viruses are transmitted mainly by blood or bodily fluids; sexual contact or exposure to contaminated blood are common modes of transmission.

The signs and symptoms of acute viral hepatitis result from damage to the liver and are similar regardless of the hepatitis virus responsible. Patients may experience a flu-like illness, and general symptoms include nausea, vomiting, abdominal pain, fever, fatigue, loss of appetite, and, less commonly, rash and joint pain. Sometimes jaundice, a yellowing of the skin and eyes, will develop. The acute symptomatic phase of viral hepatitis usually lasts from a few days to several weeks; the period of jaundice that may follow can persist from one to three weeks. Complications of acute viral hepatitis include fulminant hepatitis, which is a very severe, rapidly developing form of the disease that results in severe liver failure, impaired kidney function, difficulty in the clotting of blood, and marked changes in neurological function. Such patients rapidly become comatose; mortality is as high as 90 percent. Another complication is chronic hepatitis, which is characterized by liver cell death and inflammation over a period greater than six months.

VOCABULARY

inflammation	: iltihap
result from	: -den kaynaklanmak
a variety of	: birçok farklı
include	: içermek
substance	: madde
certain	: belli,bazı, kesin
give rise to	: sebep olmak
measles	: kızamık
mump	: kabakulak
chickenpox	: su çiçeği hastalığı
apply	: uygulamak, başvurmak
label	: etiket, isimlendirmek
transmit	: geçirmek, bulaştırmak
ingestion	: sindirim
contaminated	: kirli
spread	: yaymak, yayılmak
aggravate	: kötüleştirmek
crowded	: kalabalık
sanitation	: hijyen
mainly	: başlıca
sign	: işaret, imzalamak
damage	: zarar, zarar vermek
similar	: benzer
regardless of	: bakılmaksızın
responsible	: sorumlu
nausea	: mide bulantısı
vomiting	: kusma
fatigue	: yorgunluk
loss	: kayıp
appetite	: iştah
commonly	: yaygın şekilde
joint	: eklem
last	: sürmek
persist	: sürmek
failure	: başarısızlık
impaired	: bozulmuş
kidney	: böbrek
clotting	: pıhtılaşma
marked	: dikkate değer

Hepatitis A, caused by the hepatitis A virus (HAV), is the most common worldwide. The onset of hepatitis A usually occurs 15 to 45 days after exposure to the virus, and some infected individuals, especially children, exhibit no clinical manifestations. In the majority of cases, no special treatment other than bed rest is required; most recover fully from the disease. Hepatitis A does not give rise to chronic hepatitis. The severity of the disease can be reduced if the affected individual is injected within two weeks of exposure with immune serum globulin obtained from persons exposed to HAV. This approach, called passive immunization, is effective because the serum contains antibodies against HAV. An effective vaccine against HAV is available and is routinely administered to children over two years of age living in communities with high rates of HAV. The vaccine is also recommended for people who travel to areas where HAV is common, homosexuals, people with chronic liver disease, hemophiliacs, and people who have an occupational risk for infection.

Hepatitis B is a much more severe and longer-lasting disease than hepatitis A. It may occur as an acute disease, or, in about 5 to 10 percent of cases, the illness may become chronic and lead to permanent liver damage. Symptoms usually appear from 40 days to 6 months after exposure to the hepatitis B virus (HBV). Those persons at greatest risk for contracting hepatitis B include intravenous drug users, sexual partners of individuals with the disease, health care workers who are not adequately immunized, and recipients of organ transplants or blood transfusions. A safe and effective vaccine against HBV is available and provides protection for at least five years. Passive immunization with hepatitis B immune globulin can also provide protection. Approximately 1 in 10 patients with HBV infection becomes a carrier of the virus and may transmit it to others. Those who carry the virus are also 100 times more likely to develop liver cancer than persons without HBV in their blood.

VOCABULARY

worldwide	:	dünya çapında
especially	:	özellikle
exhibit	:	sergilemek
manifestation	:	görünme
rest	:	dinlenme, dinlenmek
require	:	gerektirmek
recover	:	iyileşmek
fully	:	tamamen
severity	:	şiddet
reduce	:	azaltmak
affect	:	etkilemek
obtain	:	elde etmek
approach	:	yaklaşım, yaklaşmak
call	:	adlandırmak, çağ ırmak
effective	:	etkili
available	:	ulaşılabilir
administer	:	uygulamak, yönetmek
recommend	:	tavsiye etmek
occupational	:	mesleki
lasting	:	süren
permanent	:	kalıcı
adequate	:	yeterli
recipient	:	alıcı
provide	:	sağlamak temin etmek
protection	:	koruma
at least	:	en azından
approximately	:	yaklaşık
carrier	:	taşıyıcı
carry	:	taşımak
likely	:	muhtemel

Hepatitis C virus (HCV) was isolated in 1988. Symptoms of hepatitis C usually appear within six to nine weeks after exposure. HCV appears to be transmitted in a manner similar to HBV. Hepatitis C has a greater propensity than hepatitis B to develop into chronic liver disease. Alcoholics who are infected with hepatitis C are more prone to develop cirrhosis. The treatment for hepatitis C is a combination of alpha interferon and ribavarin; only about half of those receiving these drugs respond.

Infection with hepatitis D virus (HDV), also called the delta agent, can occur only in association with HBV infection, because HDV requires HBV to replicate. Infection with HDV may occur at the same time infection with HBV occurs, or HDV may infect a person already infected with HBV. The latter situation appears to give rise to a more serious condition, leading to cirrhosis or chronic liver disease. Alpha interferon is the only treatment for HDV infection. Preventing infection with HBV also prevents HDV infection.

VOCABULARY

manner	:	tarz,şekil
propensity	:	eğilim
prone to	:	eğilimli
treatment	:	tedavi davranış
receive	:	almak
respond	:	yanıt vermek
in association with	:	ile bağlantılı olarak, birlikte
replicate	:	yinelemek, tekrarlamak
The latter	:	ikincisi
situation	:	durum
prevent	:	önlemek

Discovered in the 1980s, the hepatitis E virus (HEV) is similar to HAV. HEV is transmitted in the same manner as HAV, and it, too, only causes acute infection. However, the effects of infection with HEV are more severe than those caused by HAV, and death is more common. The risk of acute liver failure from infection with HEV is especially great for pregnant women. In less-developed countries, including Mexico, India, and those in Africa, HEV is responsible for widespread epidemics of hepatitis that occur as a result of ingestion of contaminated water or food (enteric transmission).

Some cases of hepatitis transmitted through contaminated food or water are attributed to the hepatitis F virus (HFV), which was first reported in 1994. Another virus isolated in 1996, the hepatitis G virus (HGV), is believed to be responsible for a large number of sexually transmitted and blood-borne cases of hepatitis. HGV causes acute and chronic forms of the disease and often infects persons already infected with HCV.

Most cases of chronic hepatitis are caused by the hepatitis viruses B, C, and D, but other factors such as alcoholism, reaction to certain medications, and autoimmune reactions lead to development of the disease. Chronic hepatitis may also be associated with some illnesses, such as Wilson disease and alpha-1-antitrypsin deficiency. Chronic hepatitis B primarily affects males, whereas chronic hepatitis C arises in equal numbers in both sexes. Autoimmune hepatitis, a disorder associated with a malfunction of the immune system, generally occurs in young women. Treatment for autoimmune hepatitis includes corticosteroids, which help to reduce symptoms. Alcoholic hepatitis results from sustained consumption of excessive amounts of alcohol. The condition can be reversed if it is caught in its early stages and if the individual either significantly reduces or entirely curtails intake of alcohol. If untreated, it can result in alcoholic cirrhosis.

VOCABULARY

pregnant	:	gebe
as a result of	:	-in sonucu olarak
attribute to	:	yüklemek, atfetmek
blood-borne	:	kanla taşınan
already	:	çoktan, zaten
reaction to	:	tepki
equal	:	eşit
arise	:	doğmak, kaynaklanmak
disorder	:	bozukluk
associated with	:	ile ilgili
malfunction	:	bozukluk
sustain	:	sürdürmek
consumption	:	tüketim
excessive	:	aşırı
reverse	:	tersine döndürmek
individual	:	birey
significant	:	önemli
entirely	:	tümüyle
curtail	:	azaltmak
intake	:	alım
result in	:	ile sonuçlanmak

4-Insomnia

Insomnia is the inability to sleep adequately. Causes may include poor sleeping conditions, circulatory or brain disorders, a respiratory disorder known as apnea, stress, or other physical or mental disorders. Insomnia is not harmful if it is only occasional; the body is readily restored by a few hours of extra sleep. If, however, it is regular or frequent, insomnia may have harmful effects on other systems and functions of the body.

Treatment of mild insomnia may involve simple improvement of sleeping conditions or such traditional remedies as warm baths, warm milk, or relaxation. Chronic insomnia may require the temporary use of sedatives, hypnosis, or psychotherapy; apnea and its associated insomnia may be treated surgically. The prolonged use of sleeping pills as a relief from frequent or recurring insomnia can have harmful effects. The body tends to build up a tolerance to the medication, necessitating a more potent dosage in order to fall asleep; habitual use can lead to addiction.

VOCABULARY

inability	:	kabiliyetsizlik
adequate	:	yeterli
include	:	içermek
disorder	:	bozukluk
respiratory	:	solunum
known as	:	olarak bilinen
mental	:	zihinsel
harmful	:	zararlı
occasional	:	ara sıra
readily	:	hazır,gönüllü
restore	:	eski haline getirmek
regular	:	düzenli
mild	:	hafif
involve	:	içermek, gerektirmek
simple	:	basit yalın
improvement	:	gelişme
traditional	:	geleneksel
remedy	:	çare
require	:	gerektirmek
temporary	:	geçici
prolonged	:	uzamış
relief	:	rahatlatma
recur	:	tekrarlamak
tends to	:	eğiliminde olmak
build up	:	biriktirmek, inşa etmek
necessitate	:	gerektirmek
fall asleep	:	uyuyakalmak
habitual	:	alışılmış,daimi
lead to	:	yol açmak
addiction	:	bağımlılık

5- Walking For Fat Loss?

Along with the dramatic increase in obesity and other related diseases to gaining too much weight is the advent of a variety of products and medical and even some unscientific technology on how to lose unwanted weight. Losing weight, needless to say, is becoming an important concern not only in the United States but also throughout the world. The number of individuals who are concerned with a lot of health complications brought about by being overweight is continually ballooning to millions. Very recent studies of trusted experts from America reveal that the way many people lead their life nowadays has an important correlation to obesity and other peripheral problems on health. Leading a sedentary lifestyle is one of the most cited contributory factors of being overweight. But aside from not getting ample amount of exercise, the ubiquity of fast food chains and unhealthy food products that are not conducive to health, likewise throws in a lot to the increasing cases of corpulence.

Among the many ways on losing weight that are either endorsed by proper health authorities or not, walking for fat loss is considered the most natural and healthy procedure. There are several accounts, though, that disclaims the potency of walking as an effective way to decrease weight. As per what they claim, merely walking should not be depended too much upon if and when what we want is a dramatic change in weight. Walking for fat loss, they say, should only be supplementary to a more established and effective procedure to diminish fats in our body.

But walking for fat loss should not also be stripped off all credence when it comes to decreasing weight. Medical authorities say that walking should only be given additional attention, in that, people who wants walking to be significant part of their goal, should pay more attention to 'more serious' walking.

along with	:	ile birlikte
dramatic	:	şiddetli
related	:	ilgili
gain	:	kazanmak
advent	:	geliş, orataya çıkış
unwanted	:	istenmeyen
needless	:	gereksiz
concern	:	endişe
throughout	:	boyunca
concerned with	:	ilgili
bring about	:	sebeup olmak
overweight	:	aşırı kilolu
continually	:	sürekli olarak
trusted	:	güvenilir
expert	:	uzman
reveal	:	ortaya koymak, açıklamak
nowadays	:	bugünlerde
correlation to	:	ilişkili,orantılı
sedentary	:	sabit,durağan
cite	:	bahsetmek
contributory	:	katkı yapan
ample	:	bol
ubiquity	:	aynı zamanda her yerde mevcut olma
conducive	:	sebeup veya vesile olan
likewise	:	aynı biçimde
throw	:	atmak
corpulence	:	şişmanlık
lose weight	:	kilo vermek
endorse	:	onaylamak. kabul etmek
proper	:	uygun
consider	:	düşünmek
account	:	hesap, betimleme
disclaim	:	reddetmek,
decrease	:	azalmak
merely	:	sadece
depend on	:	dayanmak, bağlı olmak
supplementary	:	tamamlayıcı
establish	:	kurmak
diminish	:	azalmak
strip	:	soymak
credence	:	güven
when it comes to	:	söz a geldiğinde
additional	:	ilave
goal	:	hedef ,amaç
pay attention to	:	dikkat etmek

We prettily understand that walking is already a run-of-the-mill routine our body performs every now and then. But to be able to really commit to walking as an agent of fat loss, the first thing to do is to increase your 'walking' time every day. Not only that. We should take note that the old habit of walking is too much a function of our body already. Hence, if we you succumb to this mere 'all walking custom, it might be that you are only wasting your time.

An efficient walking for fat loss duration would be 30 to 45 minutes for natural walking. When using apparatus as the treadmill though, a 20 to 30 minute on it would be good enough. Of course this routine would not be as effective if you do it infrequently. Needless to say, a religious and committed dedication to walking for fat loss should be done at least five days every week. This way, albeit walking does not really motivate fat loss, at least, it would not anymore be just a so-so routine to be able to attain your ideal weight. Because proper attention and enough discipline, plus the naturalist nature of walking, might be an efficient pattern to get you back into shape.

VOCABULARY

now and then	:	ara sıra
commit	:	işlemek, yapmak
note	:	belirtmek
hence	:	bu yüzden, böylece
succumb to	:	yenilmek
custom	:	adet
duration	:	devam,süre
apparatus	:	aygıt,alet
of course	:	elbette
infrequently	:	seyrek
religious	:	dini,dindar
dedication	:	adama,ithaf
albeit	:	her ne kadar gerçi ise de
attain	:	başarmak, ulaşmak