

ÜDS

READING

for ÜDS

Sağlık Bilimleri-2



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Introduction to 12 B Vitamin

The 12 b vitamin is one of the b vitamins that are essential to maintain a healthy body. Otherwise known as Cobalamin, the 12b vitamin is needed for the processes to convert the carbohydrates, fats and proteins from food into energy. 12 b also, more importantly, helps keep the red blood cells healthy and therefore prevent heart disease as well as keeping the immune system functioning at its maximum level. In addition, 12 b is used to create the protective covering of all nerve cells in the body.

The most important function of 12 b is to form healthy red blood cells. However, all cells need 12 b to keep them healthy. It is the white blood cells, amongst others, that need 12 b to help ensure that the immune system functioning properly. All of the nerve cells in the body also need 12 b to form their protective fatty layer. This is essential for all of the nerves but is especially so for those in the brain. If there is not sufficient 12 b to create this protective layer then the brain will not be functioning properly.

Interestingly, the amount of 12 b that the body needs is relatively small but is needed on a regular basis. However, 12 b on its own is not enough as the body cannot absorb it easily. To help the body absorb 12 b the stomach produces intrinsic factor which enables more of the 12 b to be absorbed. 12 b is only found in animal foods such as liver, eggs, fish and meat but most people consume far more than their recommended daily amount of 12 b. This is not a problem as the body can only absorb about half of the 12 b that is consumed. It is also worth noting that the body can recycle the 12 b which cuts down on the impact of a 12 b deficiency. However, strict vegetarians or vegans are likely to require 12 b supplements if they do not eat any animal products that contain 12 b.

VOCABULARY

essential	gerekli
maintain	korumak,sürdürmek
otherwise	aksi takdirde
known as	olarak bilinen
process	süreç
convert (stg into stg)	dönüştürmek
therefore	bu yüzden
prevent (from)	önlemek
as well as	-de , -da
in addition	ayrıca =what is more
protective	koruyucu
covering	kaplama,tabaka
nerve	sinir
function	işlev
however	fakat
properly	doğru düzgün
form	şekil,oluşturmak
layer	tabaka
fatty	yağlı
especially	özellikle =particularly
sufficient	yeterli X insufficient
interestingly	ilginç şekilde
amount	miktar
relatively	nispeten
on a regular basis	düzenli olarak
absorb	emmek
intrinsic	iç X extrinsic
enable	olanak vermek
liver	karaciğer
consume	tüketmek
recommend	tavsiye etmek
daily	günlük
worth	değer
recycle	dönüştürmek
cuts down on	azaltmak
impact	etki
deficiency	eksiklik
strict	katı
likely	muhtemel olası
require	gerektirmek
supplements	takviye
contain	içermek

How Can Meditation Help Deal With Depression?

Depression is a mind state in which you lose all interest living your normal life. It affects many people in different ways and there are several ways to treat depression. Meditation can be a helpful respite from the pain and loneliness of depression, even if your depressed mood is situational because of a string of events which have happened, or you have been diagnosed with a chemical imbalance in your brain which leads to your condition. However, learning to meditate is a challenging process in which you must learn to clear your mind and focus on your emotions and other physical interactions which affect you daily and as such, it's not recommended to try and learn to meditate while dealing with a severe bout of depression. Being unable to learn this technique after a few tries could lead to a depressed person feeling inadequate about yet another function in his or her life, which could lead to an even further downward spiral in which it could be even harder for the person to recover.

Those with mild cases of depression might find it easy to meditate once they are familiar with the process, and could easily use the time to consider the positive interactions in their life and the influences these positive interactions have had over years. This inner reflection is a sort of positive reinforcement which sends the message of no matter how bad things seem to be at the moment, there are always small ways to bring joy into your life. These meditation sessions with positive reinforcement can lead to a positive mind frame, effectively lifting a person from their depression through self reflection. However, you can't expect one meditation session to lift you entirely from depression. Meditating several times a week over a number of months is key to see the best results.

VOCABULARY

mind	akıl,zihin
state	durum
lose	kaybetmek
affect	etkilemek
treat	tedavi etmek,davranmak
helpful	faydalı
respite	ertelemek
pain	ağrı
loneliness	yalnızlık
mood	ruhsal durum
situational	duruma bağlı
because of	-den dolayı = due to =owing to =on account of
string	dizi,seri
event	olay
diagnose	teşhis yokmak
imbalance	dengesizlik
leads to	yol açmak = give rise to,cause
condition	durum
challenging	zorlu
process	süreç
focus on	odaklanmak
emotion	duygu
interactions	etkileşim
deal with	çözmek = cope with
severe	şiddetli
bout	nöbet
inadequate	yetersiz
yet another	bir başka daha
downward	aşağı doğru
spiral	sarma
recover (from)	iyileşmek
mild	yumuşak,ılımlı
case	durum,vaka
meditate	yatıştırmak
familiar with	-e aşina
consider	düşünmek
influence	etki,etkilemek
inner	iç X outer
reflection	yansıma
reinforcement	takviye,güçlendirme
sessions	oturum
frame	çerçeve
effectively	etkili bir şekilde
lift	kaldırmak
through	sayesinde
expect	ummak,beklemek
entirely	tümüyle = completely
key	anahtar

Growth Hormone Deficiency

Growth hormone (GH) deficiency is a disorder that absorbs the pituitary gland (a small gland sited at the base of the brain), which produces increase hormone and other hormones. When the pituitary gland does not produce adequate growth hormone, growth will be slower than normal. GH deficiency can arise at any age, and the most common mark in kids and teens is a slowing of growth to less than 2 inches (5 centimeters) a year. Kids with this disorder generally have normal body proportions - in other words, their bodies look normal, just smaller. Growth hormone deficiency does not involve intelligence or brain function.

Growth hormone is generally secreted in response to sleep, exercise, and hypoglycemia and encourages growth and metabolic function. It is likely that GHD affects 1 in every 4,000 school-age children. GHD occurs three or four times more frequently among boys than girls. Causes of GHD embrace hypothalamic disorders that impair secretion of growth hormone, and lesions of the pituitary gland or pituitary stalk that cause deficiencies. In addition, 65% of children who have received radiation therapy for such diseases as leukemia or middle-ear or nasopharyngeal tumors have deficiencies in growth hormone.

GHD can also arise among children with emotional disturbances caused by living in hostile and not enough living environments. In normal aging, there is a reduce in the amount of growth hormone secreted each day and in the pattern of secretion. It is not clear if this is clinically important or requires any additional administration. Acquired causes of growth hormone deficiency comprise infections; brain tumors; and injury, surgery, or radiation to the head. GHD is characterized by a decrease in growth, wait in skeletal maturation and lack of other explanations for poor growth.

VOCABULARY

growth	büyüme
deficiency	eksiklik,yetersizlik
disorder	bozukluk
gland	bez
increase	artmak X decrease
adequate	yeterli =sufficient
arise (from)	kaynaklanmak
common	yaygın,ortak
mark	işaret
kid	çocuk
proportion	oran
in other words	başka bir deyişle
involve	içermek,gerektirmek
intelligence	akıl
function	işlev
generally	genellikle
secrete	salgılamak
in response to	...e tepki/yanıt olarak
encourage	teşvik etmek
likely	muhtemel,olası
occur	meydana gelmek = take place
embrace	kapsamak
impair	bozmak
secretion	salgı
stalk	sap
in addition	ayrıca =moreover =furthermore
receive	almak
emotional	duygusal
disturbance	rahatsızlık
hostile	düşmanca
reduce	azaltmak
clear	açık,belli =evident =obvious
require	gerektirmek
additional	ilave
administration	uygulama,yönetim
acquire	kazanmak
comprise	oluşturmak
characterize	tanımlamak
skeletal	iskelet
maturation	olgunlaşma
lack of	yoksun
explanation	açıklama