

ÜDS

READING

for ÜDS

SAĞLIK BİLİMLERİ - 4



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1-Dental amalgam

Dental amalgam is a combination of mercury with other metals and has been used for over 150 years for the treatment of tooth cavities because it is very strong and durable. Moreover, it is soft enough to adapt to the size and shape of the tooth cavity, yet hardens sufficiently fast to make it practical. However, concerns have been voiced about possible harmful effects of the mercury present in dental amalgams. Though it may still be considered a material of choice for some fillings in the back teeth, the use of amalgams has been decreasing in recent years, because it is not tooth-colored and does not adhere to the surface of the tooth. Alternative tooth-colored filling materials have become increasingly popular. Not only do these materials look better, but they require the dentist to remove less tooth material. In addition they do not contain mercury. As a result, the teaching of the use of amalgams has either been reduced or discontinued in many dental schools in Europe in favor of alternative materials.

VOCABULARY

combination	karşım,birleşim
mercury	cıva
treatment	tedavi
cavity	çürük
strong	güçlü
durable	dayanıklı
moreover	ayrıca
soft	yumuşak
adapt to	uyum sağlamak
shape	şekil,şekillendirmek
harden	sertleştirmek
sufficiently	yeterince
concern	ilgi,endişe
voice	ses,dile getirmek
possible	olası
harmful	zararlı
present	mevcut,var
consider	düşünmek
choice	seçim
filling	dolgu
decrease	azalmak azalma
adhere to	yapışmak,tutunmak
surface	yüzey
increasingly	artan şekilde
require	gerektirmek
remove	ortadan kaldırmak
in addition	ayrıca
contain	içermek
as a result	sonuç olarak
reduce	azaltmak
discontinue	devam ettirmemek
in favor of....	-in lehine

2-Assessing health risks of indoor air pollution

Indoor exposure to air pollutants may occur in both private and public indoor environments such as homes, offices, schools and transport systems. Some indoor air pollutants come from the outside, but most are released inside the building, for example when cleaning or when burning fuel for cooking and heating. Furniture and construction materials can also emit pollutants. Dampness and lack of ventilation may further increase indoor air pollution. Because indoor air can contain a mixture of many different pollutants; it is very difficult to assess the associated risks to health. Moreover, there is no such thing as a “typical indoor environment”. This opinion considers how health risks of indoor air pollutants are currently evaluated and how they should be assessed in the future, taking into account simultaneous exposure to multiple pollutants and particularly vulnerable groups of population such as children, pregnant women and elderly people.

VOCABULARY

assess	değerlendirmek
indoor	kapalı alan
exposure to	maruz kalma
pollutant	kirleten
occur	meydana gelmek
private	özel
public	kamu
such as	örneğin,gibi
come from	--den gelmek,kaynaklamak
release	salmak,yaymak
for example	örneğin
burn	yakmak
furniture	mobilya
construction	yapı,inşaat
emit	yaymak
dampness	nem,rutubet
lack of	yoksunluk
ventilation	havalandırma
further	daha,ileri
contain	içermek
mixture	karışım
associated	ilişkili
opinion	fikir
currently	şu anda
evaluate	değerlendirmek
taking into account	hesaba katmak
simultaneous	eş zamanlı
multiple	çoklu
particularly	özellikle
vulnerable	savunmasız
pregnant	hamile
elderly	yaşlı

3. AIDS

The report indicates that important progress has been made in the fight against AIDS. Political commitment, coordination among partners, and money available for HIV/AIDS prevention, research, and treatment have all increased significantly. Globally, access to treatment, testing, and counseling has greatly improved, but it still only reaches a small minority of those who need it. The overall number of people living with HIV continues to rise. Today, about one adult in a hundred is living with HIV, although the extent of the epidemic varies greatly across countries and regions. Sub-Saharan Africa is the most affected region: in some countries, up to one adult in three is living with HIV. Other regions, such as North America, Western and Central Europe, are seeing resurgence in new HIV infection rates which were previously stable or declining. Progress in the fight against HIV has been very uneven across the world and much more effort is still needed. The implementation of national plans to combat the epidemic into effect is still inconsistent. Prevention programs were focused on the general public rather than on vulnerable population groups who need it most, and access to treatment only reaches one in five of those who need it. In recent years, more money has been available for research, prevention, and treatment. It is however still insufficient and in the near future the needs are expected to increase more rapidly than the money raised. UNAIDS stresses that the objective of halting and beginning to reverse the epidemic by 2015 is achievable, but success will require unprecedented long-term efforts and strong leadership at every level of society, focusing on funding, prevention, and access to treatment.

VOCABULARY

indicate that	göstermek
progress	ilerleme, ilerlemek
fight against	-e karşı mücadele etmek
commitment	vaat
coordination	iş birliği
partner	eş
available	ulaşılabilir
prevention	önleme
treatment	tedavi
significantly	önemli derecede
globally	evrensel olarak
access to	erişim
counsel	taviye etmek
greatly	büyük oranda
minority	azınlık
overall	genel, toplam
rise	artmak, artış
extent	boyut, kapsam
vary	değişmek
affect	etkilemek
up to	-e kadar
resurgence	canlanma, dirilme
previously	eskiden
stable	sabit, istikrarlı
declining	gerileme
uneven	düzensiz
implementation	uygulama
combat	mücadele etmek
inconsistent	tutarsız
focus on	odaklanmak
rather than	--den ziyade
insufficient	yetersiz
expect	ummak, beklemek
rapidly	hızlıca
stress that	vurgulamak
objective	hedef, tarafsız
halt	durdurmak
reverse	tersine döndürmek
achievable	ulaşılabilir
require	gerektirmek
unprecedented	eşi görülmemiş
long-term	uzun dönem
leadership	liderlik
fund	fonlamak, para sağlamak

4. Dietary factors

As a result of changes in the way we eat and live, chronic diseases – such as obesity, diabetes, cardiovascular disease, cancer, dental disease, and osteoporosis – are now the most common cause of death in the world. Dietary factors are estimated to account for nearly a third of cancers in industrialized countries, and the number of cases of diabetes in the world, currently around 150 million, is expected to double by 2025. Such diseases are largely preventable through a healthy lifestyle, that is to say the combination of regular physical activity with food variety and social interaction. Factors such as being breastfed, regular physical exercise, and a balanced diet will reduce the risk of developing chronic diseases, whereas a sedentary lifestyle as well as a high intake of fat and drinks containing added sugars will increase the risk. For a balanced diet, the report recommends that, on average, the total fat intake should represent 15 to 30% of total dietary energy intake, and that free sugars such as those found in soft drinks should account for less than 10% of total energy intake. Furthermore, the report suggests that at least 400 grams of fruits and vegetables per day should be part of the diet. Recommendations for physical activity are a minimum of 30 minutes of moderate physical activity every day (such as brisk walking), while a higher level of physical activity can provide even greater benefits.

VOCABULARY

as a result of	-in sonucu olarak
common	yaygın, ortak
estimate	tahmin etmek
account for	oluşturmak, açıklamak
nearly	yaklaşık
the number of	--in sayısı
currently	şu anda
double	ikiye katlamak
largely	büyük ölçüde
preventable	önlenebilir
through	sayesinde, aracılığı ile
healthy	sağlıklı
that is to say	yani
combination	birleşim, karışım
regular	düzenli
variety	çeşitlilik
interaction	etkileşim
breastfed	anne sütü ile besleme
balanced	dengeli
whereas	halbuki, oysa
sedentary	durağan, hareketsiz
as well as	ve de, buna ilaveten
intake	alım
recommend that	tavsiye etmek
on average	ortalamada
represent	temsil etmek
furthermore	dahası, ayrıca
recommendation	tavsiye
moderate	hafifletmek
provide	sağlamak, temin etmek
benefit	fayda, faydalanmak

5. To what extent does diet play a role in chronic diseases?

Chronic diseases are long-term diseases that are not contagious and largely preventable. They are the most common cause of death in the world and present a great burden for society, particularly diseases such as obesity, diabetes, cardiovascular disease, cancer, dental disease, and osteoporosis. Making improvements in terms of diet and physical activity can help reduce the risk of these chronic diseases. Hunger and malnutrition are the most devastating problems facing the world's poorest nations, often leading to physical or mental disability, or even death. Simultaneously, because of rapid changes in the diets and lifestyles among certain population groups, many of these countries have seen an increase in chronic diseases, such as obesity and heart disease. Therefore, safe and adequate food supplies are needed in order to combat both nutritional deficiencies and chronic diseases.

VOCABULARY

extent	boyut,ölçü
contagious	bulaşıcı
largely	büyük ölçüde
preventable	önlenbilir
present	var,mevcut,şu anda
burden	yük
particularly	özellikle
improvement	gelişme
in terms of	dayanarak,açısından
hunger	açlık
malnutrition	kötü beslenme
devastating	yıkıcı
face	yüz yüze gelmek
lead to	yol açmak
disability	sakatlık
even	bile,düzenli
simultaneously	eş zamanlı
because of	-den dolayı
certain	belli,bazı,kesin
therefore	bu yüzden
safe	güvenli
adequate	yeterli
in order to	-mek-mak için
combat	mücadele etmek
nutritional	besinsel
deficiency	yetersizlik

6. How many people are affected by alcohol?

About 2 billion people worldwide consume alcoholic drinks, which can have immediate and long term consequences on health and social life. Over 76 million people are currently affected by alcohol use disorders, such as alcohol dependence and abuse. Depending on the amount of alcohol consumed and the pattern of drinking, alcohol consumption can lead to drunkenness and alcohol dependence. It can result in disablement or death from accidents or contribute to depression and suicide. Moreover, it can cause chronic illnesses such as cancer and liver disease in those who drink heavily for many years. Alcohol causes 1.8 million deaths a year, which represents 3.2% of all deaths worldwide. Unintentional injuries account for about a third of the deaths from alcohol. Alcohol is the third most common cause of death in developed countries. In the limited number of developing countries where overall mortality is low, alcohol is the leading cause of illness and disease. Damage to human life is often described in terms of loss of "disability-adjusted life years" (DALYs). This measure takes into account the number of years lost due to premature deaths as well as the years spent living with disability. Worldwide, alcohol causes a loss of 58.3 million DALYs annually, which represents 4% of the total loss of DALYs from all causes. Mental disorders and diseases of the nervous system account for about 40% of DALYs lost because of alcohol. Drinking patterns vary greatly from country to country and so do health impacts and policy responses.

VOCABULARY

worldwide	dünya çapında
consume	tüketmek
immediate	ani
consequence	sonuç
currently	şu anda
affect	etkilemek
disorder	bozukluk
dependence	bağıllık
abuse	istismar etmek
depend on	dayanmak,bağlı olmak
pattern	tarz,şekil,kalıp
consumption	tüketim
lead to	yol açmak
drunkenness	sarhoşlık
result in	ile sonuçlanmak
disablement	sakatlık
accident	kaza
contribute to	katkıda bulunmak
suicide	intihar
illness	hastalık
liver	karaciğer
represent	temsil etmek
unintentional	kasıtlı olmayan
injury	yaralanma
account for	oluşturmak,açıklamak
mortality	ölüm oranı
leading	önde gelen
describe	tanımlamak
adjust	ayarlamak,uyum sağlamak
takes into account	hesaba katmak
due to	-den dolayı
premature	erken
annually	yıllık
disorder	bozukluk
impact	etki
response	yanıt,tepki,tepki vermek

7. Health risks and precautions: general considerations

The number of people travelling internationally is increasing every year. According to statistics of the World Tourism Organization, international tourist arrivals in the year 2006 exceeded 840 million. In 2006, the majority of international tourist arrivals were for the purposes of leisure, recreation and holiday. Business travel accounted for some 16% and 27% represented travel for other reasons such as visiting friends and relatives, religious purposes/pilgrimages and health treatment. For the remaining 8% of arrivals, the purpose of visit was not specified. International travel can pose various risks to health, depending on the characteristics of both the traveler and the travel. Travelers may encounter sudden and significant changes in altitude, humidity, microbes and temperature, which can result in ill-health. In addition, serious health risks may arise in areas where accommodation is of poor quality, hygiene and sanitation are inadequate, medical services are not well developed and clean water is unavailable. All people planning travel should know about the potential hazards of the countries they are travelling to and learn how to minimize their risk of acquiring these diseases. Forward planning, appropriate preventive measures and careful precautions can substantially reduce the risks of adverse health consequences. Although the medical profession and the travel industry can provide a great deal of help and advice, it is the traveler's responsibility to ask for information, to understand the risks involved, and to take the necessary precautions for the journey.

VOCABULARY

precaution	önlem
consideration	gözönüne alma
according to	-e göre
arrival	varış,geliş
exceed	aşmak,geçmek
majority	çoğunluk
purpose	amaç
leisure	boş vakit
recreation	eğlence
relative	akraba,nisbi,göreceli
religious	dini,dindar
pilgrimage	hacı
remaining	arta kalan
specify	belirlemek
pose risk	risk yaratmak
various	çeşitli
encounter	karşılaşmak
sudden	ani
significant	önemli
altitude	yükseklik
humidity	nem
result in	ile sonuçlamak
in addition	ayrıca
arise	doğmak,ortaya çıkmak
accommodation	barınma
sanitation	hijyen
inadequate	yetersiz
unavailable	ulaşılabilir
potential	olası
hazard	tehlike
acquire	kazanmak,edinmek
appropriate	uygun
preventive	önleyici
measure	ölçmek,önlem
substantially	önemli derecede
adverse	ters,olumsuz
consequence	sonuç
profession	meslek
advice	öğüt
responsibility	sorumluluk
necessary	gerekli
take precaution	önlem almak
journey	seyahat

8. Cholera

Although well known since the nineteenth century, cholera still remains the most feared and stigmatized diarrhoeal disease. Linked to inadequate environmental health, it affects the poorest and most vulnerable populations. The burden it imposes on health care systems is enormous, as is the financial cost for its victims. Moreover, fearful of possible commercial sanctions that would prevent the export of food products, countries are often reluctant to report cases and seek support. Heavy death tolls are regularly reported when outbreaks occur, either in crisis situations, when people are displaced to overcrowded settlements, or in endemic settings, among the inhabitants of urban slums or in poor rural areas. In disaster situations, whether man-made or natural, the possibility of cholera frequently triggers panic – even when the risk of outbreak appears extremely limited.

VOCABULARY

feared	korkulan
stigmatized	damgalanmış
linked to	ilişkili
inadequate	yetersiz
vulnerable	savunmasız
TO	
burden	yük
impose on	koymak,yüklemek
enormous	büyük
victim	kurban
fearful	korkunç
commercial	ticari,reklam
prevent	önlemek
sanction	yaptırım,müeyyide
export	ihraç etmek
reluctant	gönülsüz
seek	araştırmak,çabalamak
support	desteklemek
toll	ölü sayısı
regularly	düzenli
outbreak	patlak verme, salgın
occur	meydana gelmek
displace	yerinden oynatmak
overcrowded	aşırı kalabalık
settlement	yerleşim
setting	ortam
inhabitant	yerleşimci
urban	şehir
slum	kenar mahalle
rural	kırsal
disaster	felaket
man-made	insane yapımı
possibility	olasılık
frequently	sık sık
trigger	tetiklemek
appear	görünmek ortaya çıkmak
extremely	oldukça
limited	sınırlı