

# CONTENTS

<b>PART I – Your Body From Head To Toe</b> .....	11
Your Body Map.....	12
Your Framework.....	18
On the Move.....	24
Your Body’s Building Blocks.....	28
The Headmaster.....	32
From the Heart .....	38
Breath of Life.....	44
A Bite to Eat .....	50
Windows on the World .....	58
On the Air .....	64
Smelling and Tasting.....	68
Under Cover .....	74
Hair, Nails and Teeth.....	82
Staying Healthy.....	88
Vital Statistics .....	96
<b>PART II – Your Body in Simple Definitions</b> .....	101
<b>Bibliography</b> .....	175
<b>Index</b> .....	176

*Книга подготовлена исключительно на материалах, которые были заимствованы из источников, изданных в Великобритании и США, и не содержит ни одной английской фразы или выражения, созданных искусственно, т.е. на основе перевода с русского языка на английский*

## **Предисловие**

Настоящее издание представляет собой учебное пособие, предназначенное для использования на начальном этапе обучения английскому языку специалистов в области медицины, и в том числе преподающих специальные дисциплины на английском в учебных заведениях медицинского профиля, учащихся медучилищ и студентов медицинских вузов. Кроме того, данное пособие может быть использовано в средних учебных заведениях с углубленным изучением английского языка.

Пособие будет полезно всем, кто ощущает необходимость в практическом применении английского языка в медицине.

При этом – не претендуя на какую-либо профессиональную ценность содержащегося в нем материала с точки зрения медицины – настоящее пособие дает возможность научиться называть на английском языке основные функции различных систем нашего организма с использованием тех основных особенностей научного стиля, которым написана текстовая часть всех его разделов.

Авторы уверены, что содержащиеся в издании словосочетания и фразы помогут будущему преподавателю сделать первые шаги в разговорной практике по специальности.

Несмотря на кажущуюся простоту приведенных в пособии выражений, они составят основу для развития разговорных навыков специалиста, как минимум, на начальном этапе его обучения английскому языку, хотя вполне могут оказаться полезными и в дальнейшем. Основой для такого утверждения является относительная стилистическая простота речи при обмене информацией в устной форме в ее противопоставлении значительно большей стилистической сложности, присущей изложению любого материала в письменном виде.

Использование этого пособия в сочетании с основным курсом английского языка на начальном этапе обучения специалистов дает возможность избежать одной из наиболее распространенных методических ошибок, которая заключается в стремлении обеспечивать опережающее развитие пассивных (чтение и письмо) навыков по отношению к активным (восприятие речи на слух и умение выражать мысли посредством устной речи).

В связи с вышеизложенным, авторы надеются, что данное пособие позволит увеличить количество говорящих – а не только читающих – специалистов из числа тех, кто уже работает или планирует начать работу на английском языке.

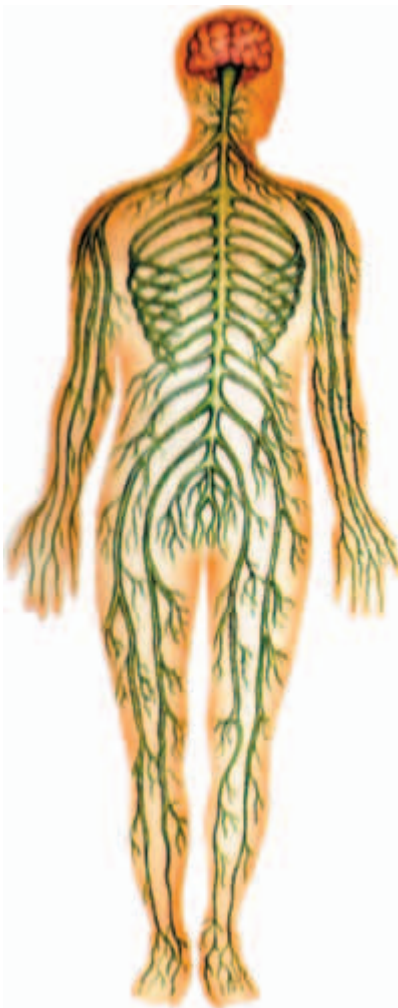
# Your Body Map

Even if you are doing nothing, your body is always busy. It is made up of lots of different organs that work together to keep you alive and healthy.



## Your body's HQ

Your brain allows you to think, and controls everything that your body does. Nerves leading from your brain and spinal cord send out electrical signals to all parts of your body and bring messages back again. This is called the nervous system.



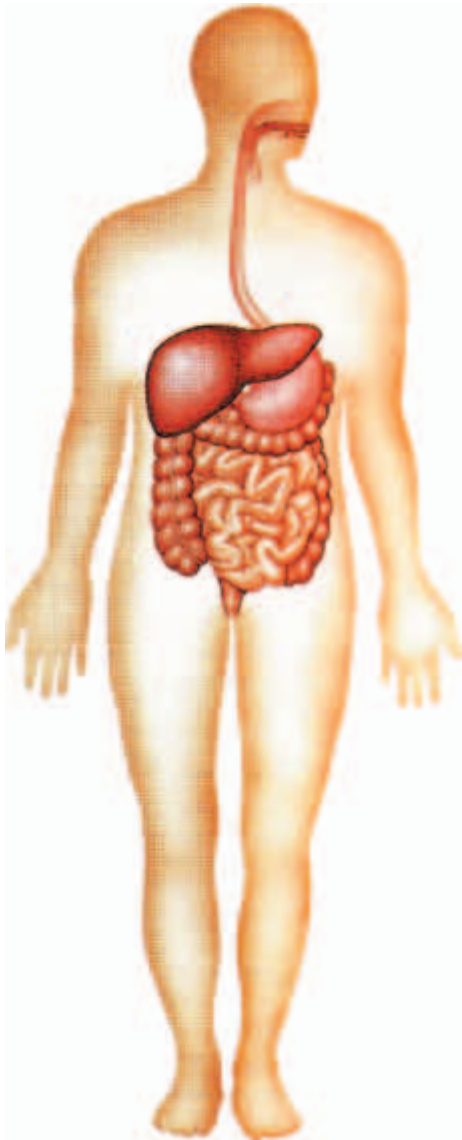
## Heart of the matter

Your heart is a muscular pump that pushes blood around the body all day and all night. Blood supplies your body parts with food and oxygen and removes waste.



## **A breath of fresh air**

Every time you breathe in, air is taken to your lungs where the oxygen you need is carried away in the blood. When you breathe out you get rid of the carbon dioxide that your body doesn't want.



## **Food on the move**

Have you ever wondered what happens to food between eating it and going to the toilet? It travels through a long tube called your digestive system and on the way the nutrients you need are kept while everything else leaves your body as waste products.



## **OTHER BITS OF YOUR BODY**

You also have eyes for seeing, ears for hearing, a nose for breathing and smelling and a tongue for tasting. Your muscles allow you to move and your skin holds you together, but without bones you would look like a blob of jelly.



**UNIT 1**

**YOUR BODY MAP**

**KEY VOCABULARY**

No.	English Word	Definition
1.	<b>Blood</b>	the red liquid inside your body. It flows through tubes called blood vessels, and is pumped all around your body by your heart. Blood carries substances, which come from the food you eat, and oxygen, which comes from the air you breathe, to make you stay alive and grow. It also helps to take waste products away
2.	<b>Body</b>	the physical structure of a person or animal
3.	<b>Brain</b>	Your brain is in your head and controls the whole of your body and nearly everything you do. It contains millions of cells. Each section of your brain looks after a different part of the body. The largest section, called the cerebrum, controls the senses, intelligence, movement and feelings. A part called cerebellum controls your muscles and helps with balance
4.	<b>Carbon dioxide</b>	a gas produced by your body when you use food and drink. It leaves your body when you breathe out
5.	<b>Food</b>	what you eat to keep your body living and growing
6.	<b>Health</b>	the state of your body and your mind. To help to keep in good health, you need to eat properly, to take exercise and to keep clean
7.	<b>Heart</b>	the organ in your chest which pumps blood through your body. It is about the same size as your clenched fist. It is divided into four parts called chambers. The two upper chambers are called atria and the two lower ones are called ventricles
8.	<b>Lungs</b>	You have two lungs in your chest on either side of your heart. You use them to breathe. Air goes in through your nose, down your windpipe, and then into two tubes called bronchi which lead to your lungs. Inside each lung, the bronchi branch into lots of little tubes which end in tiny bags called air sacks

9.	<b><i>Nerve</i></b>	a bundle of fibres forming a network that transmits messages, in the form of impulses, between the brain or spinal cord and the body's organs
10.	<b><i>Nervous system</i></b>	the brain, spinal cord and all the nerves in the body make up the nervous system
11.	<b><i>Nutrient</i></b>	a chemical or food that provides what is needed for plants or animals to live and grow
12.	<b><i>Organ</i></b>	a complete and independent part of a plant or animal that has a specific function
13.	<b><i>Oxygen</i></b>	a gas in the air all humans need to live. When you breathe air into your lungs, some oxygen goes from the air into your blood and travels to the cells in your body
14.	<b><i>Spinal cord</i></b>	the thick bundle of nerves that runs from the base of the brain down to the bottom of the back. With the brain, it makes up the central nervous system. Nerves branch out from the spinal cord to every part of the body

## UNIT 1

## YOUR BODY MAP

### PHRASES AND WORD COMBINATIONS

- **To be made up of** *sth* = to consist of *sth*, to contain *sth*
- **To keep** *sb* **alive and healthy** = to help *sb* continue to exist being physically strong and not likely to become ill or weak
- **To lead from** = to go from
- **To send out** *sth* **to** *sth* = to make things go from one place to various other places
- **To bring** *sth* **back** = to take something or someone with you when you come back from somewhere
- **To breathe in / out** = to take air into your lungs / to send air out from your lungs
- **To take** *sth* **to some place** = to move something from one place to another
- **To get rid of** *sth* = to throw away or destroy something you do not want any more
- **To supply** *sb/ sth* **with** *sth* = to provide people or things with something that they need or want, especially regularly over a long period of time

### VOCABULARY PRACTICE

1. Learn the words from the key vocabulary and their definitions. Translate the words into Russian.
2. Group work. Play a guessing game with your group mates (Say a definition of a word and let your group mates guess the word).
3. Complete the following sentences with the words from the key vocabulary:
  - a) Invasion of the ..... causes paralysis of the arms and legs or of the trunk.
  - b) This increases your heart rate and encourages more ..... into the body as you breathe more quickly.
  - c) I wish you ..... and happiness.
  - d) My ..... was beating so fast I thought it would burst.
  - e) During the procedure pulse rate, ..... pressure, and oxygen saturation were recorded every minute by the research nurse.
  - f) These electrical pulses are then analysed and used to produce detailed pictures of a patient's internal .....
  - g) Hypothyroidism may affect equilibrium by its effect on the eighth cranial ..... and on the peripheral .....
  - h) If you had any ..... at all, you wouldn't ask such a stupid question.
  - i) Approximately 90% of deaths from ..... cancer and bronchitis are caused by smoking.

4. Give the appropriate English equivalents to the following phrases:

- снабжать кого-либо (что-либо) чем-либо –
- вдыхать –
- посылать электрические сигналы –
- избавляться от чего-либо –
- выдыхать –
- доставлять что-либо куда-либо –
- состоять из чего-либо –

5. Compose sentences of your own, using as much of the vocabulary of the unit as possible.

### **READING COMPREHENSION EXERCISES**

1. Answer the following questions using words and phrases from this unit:

1. What is your body made up of?
2. What keeps you alive and healthy?
3. Your brain allows you to think, doesn't it?
4. How are electrical signals sent out to all parts of your body?
5. What does blood supply your body parts with?
6. Is your heart a muscular pump?
7. What happens when you breathe in/out?
8. Which substances are vitally important for your body: nutrients or waste products?

2. Tell whether the statements below are true or false, using any of the following phrases: *That's it! Precisely. Very true! I fully agree with it. I'm afraid not. It is not quite right, I'm afraid. Far from it.*

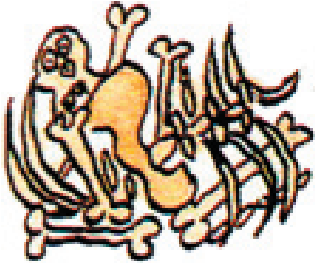
1. The nervous system helps push blood around the body and supplies your body parts with food and oxygen.
2. When you breathe out you get rid of the carbon dioxide.
3. Your heart allows you to think, and controls everything that your body does.

*Retell the material of the unit. Use the questions from ex.1 as a guide.*



# Your Framework

When an engineer designs a building or a bridge, he first plans a strong framework of steel beams. Your skeleton is like a remarkable system of beams strong enough to support all your flesh and organs.

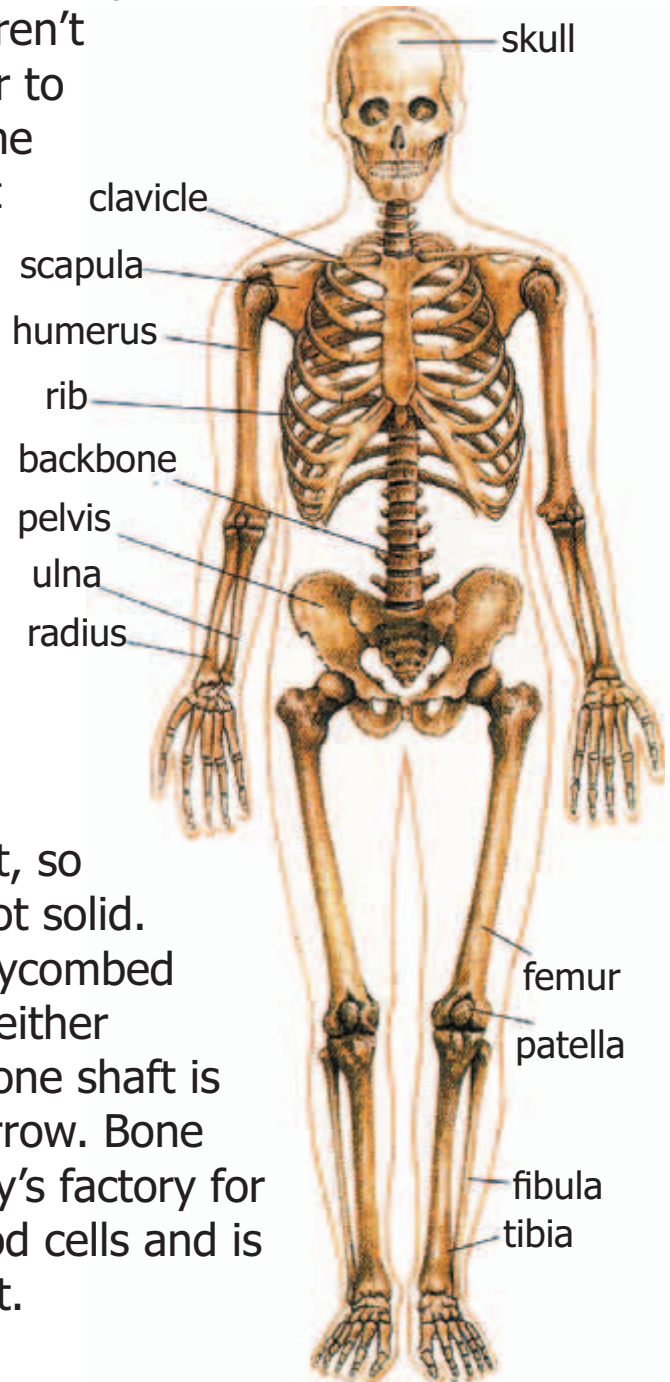


There are 206 bones in your body. The longest is the thigh bone, while the smallest – in your middle ear – measures just 3 mm. If they weren't all joined together to make a bony frame

called the skeleton, they wouldn't be of much use to you.

## Broken bones

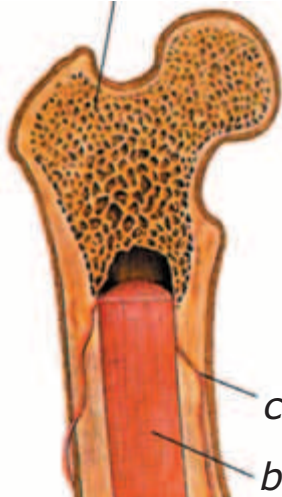
If you break a bone, doctors use a plaster cast to keep the bone in the right position while the fracture heals.



## THE BLOOD FACTORY

Bones must be strong and light, so they are hollow, not solid. Each bone is honeycombed with air spaces at either end. The hollow bone shaft is filled with soft marrow. Bone marrow is the body's factory for producing red blood cells and is used for storing fat.

*spongy bone*



*compact bone*

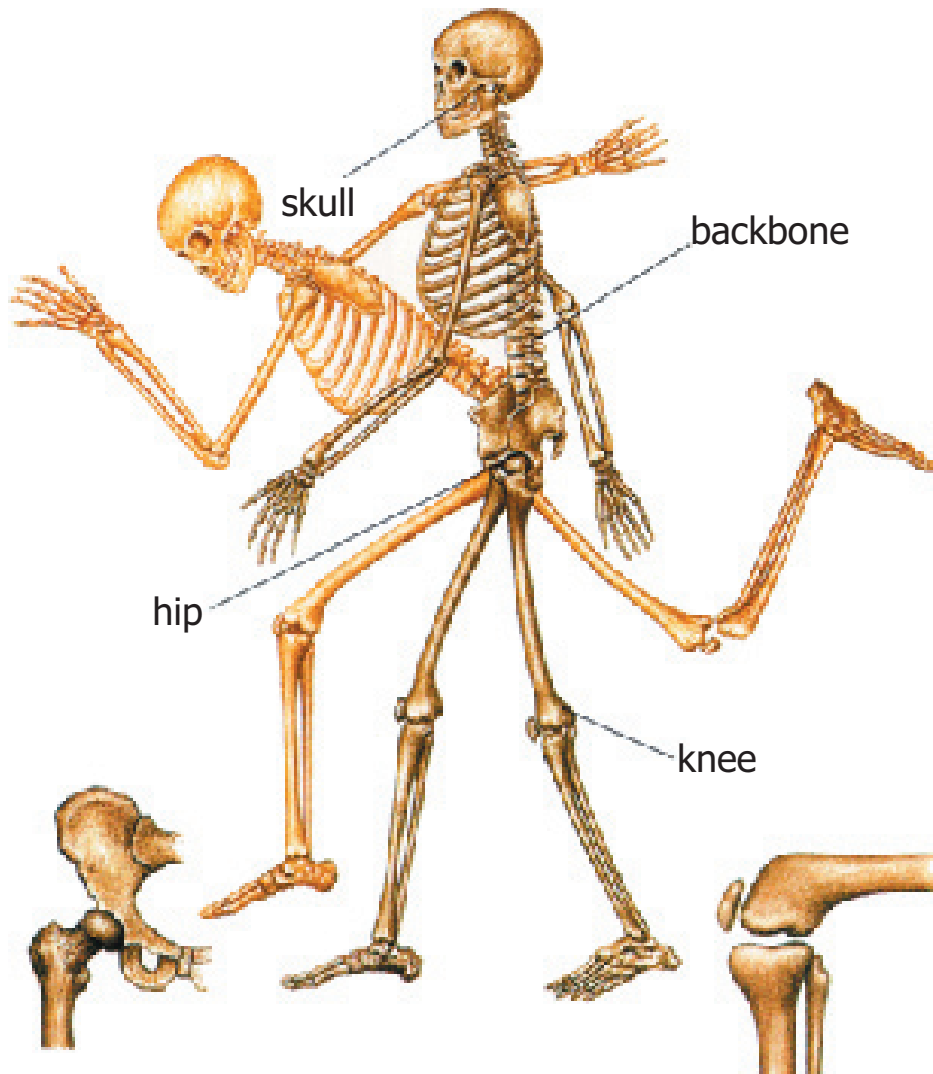
*bone marrow*

## Jobs for joints



Your backbone is made up of 33 bones joined together by pads of cartilage. If it wasn't jointed like this you wouldn't be able to lean back or touch your toes.

There is a pivot joint where your backbone meets your skull which allows you to turn your head in lots of directions.



Your hip and shoulder joints are both very flexible because they are ball and socket joints. This kind of joint allows your legs and arms plenty of movement.

The knee and the elbow are both hinge joints and without these you would not be able to sit down, stand up or bend your arms.