

## HEALTH ISSUES

## QUESTIONS DE SANTÉ

health hazards,  
health scares...

dangers  
et alertes sanitaires...

a disease, an illness, a sickness  
to suffer from a disease  
to die of, to die from a disease  
a serious disease  
to be critically ill  
a germ [dʒɜ:m]  
bacteria [bæk'tɪərɪə]  
to go down with the flu  
a health hazard  
a curse, a plague, a scourge [skɜ:dʒ]

une maladie  
souffrir d'une maladie  
mourir d'une maladie  
une maladie grave  
être dans un état critique  
un microbe, un germe  
des bactéries  
attraper la grippe  
un danger pour la santé  
un fléau

The **World Health Organization (WHO)** is a specialized agency of the United Nations that coordinates international efforts to control outbreaks of infectious disease, such as SARS, malaria, Tuberculosis (TB), swine flu (*grippe porcine*), and AIDS. It supports the development and distribution of safe and effective vaccines and drugs. For instance, after over two decades of fighting smallpox (*variole*), the disease was eradicated in 1980—the first disease in history to be eliminated by human effort. In addition, the WHO carries out various health-related campaigns—for example, to boost (*encourager*) the consumption of fruits and vegetables worldwide and to discourage tobacco use.

lung / breast / skin cancer  
carcinogenic [kɑ:sɪnə'dʒenɪk]  
diabetes  
hepatitis  
malaria [mə'lɛərɪə]  
a sexually transmitted disease (STD),  
a venereal disease (VD)  
to have a heart condition  
Alzheimer's / Parkinson's disease  
a neurodegenerative disease

le cancer du poumon / du sein / de la peau  
cancérogène  
le diabète  
l'hépatite  
la malaria, le paludisme  
une maladie sexuellement transmissible  
(MST), une maladie vénérienne  
avoir une maladie cardiaque  
la maladie d'Alzheimer / de Parkinson  
une maladie neurodégénérative

When people think of malnutrition, they usually picture its most acute (*aigu*) form—listless (*amorphe*) infants with bloated (*gonflé*) bellies, the little victims of famine. But there is a chronic manifestation of hunger, too, milder but more widespread. It affects those with enough calories to eat but too few micronutrients (vitamins, minerals and so on). They suffer the diseases of poor nutrition. These diseases are stunningly widespread (*répandu*). Over half of women in India and two-fifths of those in Indonesia are anaemic—deficient in iron. Lack of vitamin A causes membranes around the organs to shrivel (*se flétrir*), leaving them vulnerable. The first to go are the eyes: half a

million children become blind each year. Then, the other organs: half of those children will die within 12 months.  
 March 24th 2011, *The Economist*.

a symptom  
 to affect a country  
 to afflict 20% of the population  
 the hardest-hit area  
 to eradicate  
 endemic

un symptôme  
 affecter, toucher un pays  
 toucher 20 % de la population  
 la zone la plus durement touchée  
 éradiquer  
 endémique

Doctors Without Borders sends medical personnel to some of the most destitute (*dépourvu*) and dangerous parts of the world and encourages them not only to save lives, but also to condemn the injustices they see. The group was awarded the Nobel Peace Prize in 1999. "Médecins Sans Frontières" was founded in 1971 in Paris by a band of young French doctors disillusioned with the neutrality of the Red Cross after treating the starving in Biafra at the end of the 1960s. Red Cross confidentiality prevented them from speaking out (*protester*). They organized themselves after the widespread flooding in East Pakistan (later Bangladesh). The volunteer group has more than 27,000 personnel who are treating the wounded, the sick and the starving in countries around the world, including war zones.

*The New York Times*, April 1, 2011

AIDS, acquired immune deficiency syndrome  
 to develop AIDS  
 an AIDS sufferer, an AIDS patient  
 HIV-positive [ˌeɪtʃaɪˈviː]  
 to screen sb for AIDS

le SIDA, le syndrome d'immunodéficience acquise  
 contracter le SIDA  
 un malade du SIDA  
 séropositif  
 faire passer un test de dépistage du SIDA à qn

an HIV screening centre  
 a screening test  
 sperm, semen [ˈsiːmən]  
 to have unprotected sex  
 a condom  
 abstinence  
 faithfulness  
 a needle  
 anti-retroviral drugs  
 triple therapy, combination therapy

un centre de dépistage du SIDA  
 un test de dépistage  
 le sperme  
 avoir des rapports non protégés  
 un préservatif  
 l'abstinence  
 la fidélité  
 une aiguille  
 les anti-rétroviraux  
 la trithérapie

Acquired immune deficiency syndrome (**AIDS**) is a disease of the human immune system caused by the human immunodeficiency virus (**HIV**). HIV is transmitted through direct contact of a mucous membrane or the bloodstream with a bodily fluid containing HIV, such as blood, semen (*sperme*), vaginal fluid and breast milk. There were approximately 38 million people across the globe with HIV/AIDS in 2018 and an estimated 1.7 million became newly infected in the same year. Since treating HIV is difficult and expensive, preventing infection is a priority in controlling the AIDS pandemic, in particular by promoting safe sex and needle-exchange programmes.

medical treatment ['tri:tmənt]  
medical confidentiality  
a hospital-acquired infection  
MRSA

a superbug  
to prescribe  
a prescription  
a general practitioner, a GP [dʒi:'pi:t]  
a surgeon ['sɜ:dʒən]  
to have surgery, go through surgery  
have an operation  
to diagnose ['daɪəgnəʊz]  
a diagnosis  
to cure a patient

un traitement médical  
secret médical  
une infection nosocomiale  
MRSA, un staphylocoque résistant  
à la méthicilline  
une bactérie multi-résistante  
prescrire  
une ordonnance  
un médecin généraliste  
un chirurgien  
se faire opérer  
diagnostiquer  
un diagnostic  
guérir un patient

It is generally agreed that the number of medical tourists has grown in the past few years. But the data are still fuzzy (*imprécis*). Patients Beyond Borders estimates that as many as 12m people globally now travel for care, perhaps 1m of them Americans. Industry insiders admit that growth has not matched the initial heady (*grisant*) expectations. Patient interest also turned out to be lower than predicted. Though some patients in the rich world seek out deals, most receive adequate health care at a manageable price and would prefer to stay at home. Potential savings are often insufficient to trump (*compenser*) concerns about quality and the lack of recourse if something goes wrong. In 2008 Hannaford, an American supermarket chain, offered to pay the full cost of hip and knee replacements for its employees, including travel and patients' usual share—provided they would go to Singapore. None took up the offer. *The Economist*, February 15th, 2014

a remedy, a cure  
a drug, a medicine, a medication  
a generic drug  
a painkiller  
a side effect  
an injection, a shot  
to be on antibiotics ['æntɪbaɪ'ɒtɪks]

a pharmaceutical [fɑ:mə'sju:tɪkəl]  
laboratory  
pharmaceuticals  
a vaccine ['væksɪn]  
to recover  
recovery  
to relapse

un remède  
un médicament  
un médicament générique  
un antalgique, analgésique  
un effet secondaire  
une piqûre  
prendre des antibiotiques,  
être sous antibiotiques  
un laboratoire pharmaceutique  
des produits pharmaceutiques  
un vaccin  
se rétablir, guérir  
guérison, rétablissement  
rechuter

*The Constant Gardener* is a 2005 film based on the eponymous novel by John Le Carré which tells the story of a British diplomat working in Kenya who falls in love with a young activist investigating the activities of drug companies in Africa. After she is murdered, he finds out that new drugs with harmful (*nocif*) side effects are being tested on children

living in the slums (*taudis*) of Nairobi. The film thus exposes the evil doings of greedy (*avide*) pharmaceutical companies.

a food scare  
a health scare

an epizootic disease  
food-and-mouth disease  
bovine spongiform encephalopathy,  
BSE  
mad-cow disease  
Creutzfeldt-Jacob Disease (CJD)  
a prion ['praɪəʊn] disease  
dioxin [daɪ'ɒksɪn]  
the dioxin chicken scandal  
traceability

une alerte à l'intoxication alimentaire  
un péril sanitaire, une alerte  
aux risques sanitaires  
épizootie  
la fièvre aphteuse  
l'encéphalopathie bovine spongiforme,  
l'ESB  
la maladie de la vache folle  
la maladie de Creutzfeldt Jacob (MCJ)  
une maladie à prions  
la dioxine  
le scandale du poulet à la dioxine  
la traçabilité

There are loads of reasons why it's smart to exercise, and most of us are familiar with the menu of options and how each can shape and benefit your body. But we are discovering that there are numerous ways in which exercise makes you smart too. Many of its effects have been going unnoticed, but if you were to peer inside the heads of people who like to keep active, you'd see that different exercises strengthen, sculpt and shape the brain in myriad ways. That the brains of exercisers look different to those of their more sedentary counterparts is, in itself, not new. We have been hearing for years that exercise is medicine for the mind, especially aerobic exercise. Physical fitness has been shown to help with the cognitive decline associated with dementia, Parkinson's disease and depression, and we know this is at least in part because getting your blood pumping brings more oxygen, growth factors, hormones and nutrients (*nutriments*) to your brain, leading it—like your muscles, lungs and heart—to grow stronger and more efficient.

Teal Burrell, *New Scientist*, August 19, 2015

health care

public health  
public health officials  
the health authorities  
the health care system,  
the health system  
health services  
health expenses

les soins médicaux  
OU les services de santé  
la santé publique  
les responsables de la santé publique  
les autorités sanitaires  
le système de santé

les services de santé  
les dépenses de santé

The **National Health Service** or **NHS** (roughly the British equivalent of the French *Sécurité Sociale*) is the publicly-funded healthcare system in England—there are other similar systems in the other three countries of the UK, e.g. **NHS Scotland**. It was founded in 1948. It provides the majority of healthcare in England. Private health care (used by about 8% of the population) has continued parallel to the NHS, paid for mainly by private insurance. The NHS is funded largely through taxes (including a proportion from

National Insurance payments). The UK government department responsible for the NHS is the Department of Health, headed (*diriger*) by the Secretary of State for Health.

## IDIOMS & PROVERBS

- Prevention is better than cure** Il vaut mieux prévenir que guérir
- to be as fit as a fiddle** se porter comme un charme
- to be under the weather, to be off-colour** ne pas être dans son assiette
- to have a frog in your throat** avoir un chat dans la gorge
- to be alive and kicking** être bien vivant
- to be at death's door** être à l'article de la mort
- to kick the bucket, to pop your clogs** casser sa pipe, passer l'arme à gauche
- Early to bed, early to rise make a man healthy, wealthy and wise** l'avenir appartient à ceux qui se lèvent tôt

### Traduire en français

1. Prevention is better than cure.
2. Medicare is a US social insurance program providing coverage to people who are over 65 while Medicaid does the same for low-income families.
3. The appearance of a rash indicates the onset of this disease.
4. At the age of 14, Paul was diagnosed with a mental illness, which was later identified as schizophrenia.
5. The rise in breast cancer cases is being driven by lifestyle changes that alter the levels of female hormones including later childbirth and shorter breast feeding.
6. Across sub-Saharan Africa, the extreme shortage of health workers remains a critical barrier to fighting AIDS.
7. Britons outlive Americans, despite the US having a higher national income and the highest spending on healthcare.
8. My aunt Joan seemed to be fit as a fiddle, so everyone was surprised when she kicked the bucket at 62.
9. Certain levels of radiation exposure are known to increase the risk of cancer, but scientists disagree about the effects of very low doses.
10. If you were to peer inside the heads of people who like to keep active, you'd see that it strengthens, sculpts and shapes the brain in myriad ways.

### Traduire en anglais

1. Plus vous fumez longtemps, plus cela aura d'effets néfastes pour votre santé.
2. Pour lutter contre le SIDA, il faut persuader les femmes enceintes de se faire tester et de prendre les médicaments qui les empêchent de transmettre la maladie à leurs nouveau-nés.
3. Il arrive que des médicaments soient mis sur le marché avant que l'on en ait évalué sérieusement les effets secondaires pour la santé.
4. Je n'étais pas dans mon assiette et le lendemain il était clair que j'avais attrapé la grippe.
5. Des milliers d'Américains se font opérer au Costa Rica, où les soins sont bien plus abordables qu'aux États-Unis.
6. En 2009, The Lancet, une revue médicale britannique réputée, a accusé le Pape Benoît XVI de déformer les données scientifiques sur les préservatifs.
7. Les enfants qui naissent séropositifs ont plus de risques de mourir avant l'âge adulte.
8. Si les résultats de ses analyses ne s'améliorent pas, il faudra qu'on l'opère.
9. Médecins Sans Frontières, qui a été fondé par des médecins français, a reçu le Prix Nobel de la paix en 1999.
10. Un demi-million d'enfants qui manquent de vitamine A deviennent aveugles chaque année et la moitié d'entre eux meurent en l'espace de 12 mois.

### Questions

- Why is it difficult to stop the spread of HIV/AIDS?  
What is the link between health and economic prosperity?  
What is the future of medical tourism?

**Exercices** (tous les mots à trouver sont dans le chapitre)

**01. Trouver les dérivés des mots racines à gauche.**

<i>prescrire</i>	to prescribe	.....	<i>une ordonnance</i>
<i>se rétablir</i>	to recover	.....	<i>rétablissement</i>
<i>confier</i>	to confide	medical .....	<i>le secret médical</i>
<i>tuer</i>	to kill	a .....	<i>un antalgique</i>
<i>le cancer</i>	cancer	.....	<i>cancérigène</i>

**02. Trouver un synonyme pour les mots suivants.**

1. a medicine • 2. an AIDS patient • 3. a scourge • 4. an injection of morphine • 5. semen

**03. Compléter les abréviations suivantes.**

1. s..... t..... d.....  
 2. N..... H..... S.....  
 3. h..... i..... v.....  
 4. G..... P.....  
 5. b..... s..... e.....

**04. Compléter avec les mots adéquats.**

- My uncle's had a heart ..... for years, so his sudden death didn't surprise me.
- In developing countries, many don't even have access to clean water or basic health .....
- Poor air quality, contaminated drinking water are serious health .....
- Acquired immune ..... syndrome (AIDS) is called that because it reduces the capacity of those affected to resist infections.
- There was a food ..... involving contaminated salad oil a few years ago in Spain.

**05. Compléter les phrases avec la préposition ou particule adéquate.**

- The boy suffered ..... a serious mental illness and had to be hospitalized.
- In the nineteenth century, many people in France or Britain died ..... tuberculosis.
- My wife went ..... with the flu last week, and I've been a bit off colour myself.
- If Tom's condition doesn't improve, he may have to go ..... surgery.
- I've been ..... antibiotics for five days now.

**06. La traduction des mots suivants ne pose qu'un problème d'orthographe.**

1. *des bactéries* • 2. *un diagnostic* • 3. *le diabète* • 4. *la traçabilité* • 5. *éradiquer*