

PTIMUM

The Big Picture

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en anglais

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Jean Max Thomson



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 [dʒɜːm]

bacteria [bæk'tɪərɪə]

to go down with the flu

a health hazard

a curse, a plague, a scourge [skɜːdʒ]

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 [kɑːsɪnə'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	un symptôme
to affect a country	affecter, toucher un pays
to afflict 20% of the population	toucher 20 % de la population
the hardest-hit area	la zone la plus durement touchée
to eradicate	éradiquer
endemic	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	le SIDA, le syndrome d'immunodéficience acquise
to develop AIDS	contracter le SIDA
an AIDS sufferer, an AIDS patient	un malade du SIDA
HIV-positive [<i>ˌeɪtʃaɪ'viː</i>]	séropositif
to screen sb for AIDS	faire passer un test de dépistage du SIDA à qn
an HIV screening centre	un centre de dépistage du SIDA
a screening test	un test de dépistage
sperm, semen [<i>'si:mən</i>]	le sperme
to have unprotected sex	avoir des rapports non protégés
a condom	un préservatif
abstinence	l'abstinence
faithfulness	la fidélité
a needle	une aiguille
anti-retroviral drugs	les anti-rétroviraux
triple therapy, combination therapy	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 [ˈtri:tmənt]	un traitement médical
medical confidentiality	secret médical
a hospital-acquired infection	une infection nosocomiale
MRSA	MRSA, un staphylocoque résistant à la méthicilline
a superbug	une bactérie multi-résistante
to prescribe	prescrire
a prescription	une ordonnance
a general practitioner, a GP [dʒi:ˈpi:]	un médecin généraliste
a surgeon [ˈsɜ:dʒən]	un chirurgien
to have surgery, go through surgery	se faire opérer
have an operation	
to diagnose [ˈdaɪəgnəʊz]	diagnostiquer
a diagnosis	un diagnostic
to cure a patient	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	un remède
a drug, a medicine, a medication	un médicament
a generic drug	un médicament générique
a painkiller	un antalgique, analgésique
a side effect	un effet secondaire
an injection, a shot	une piqûre
to be on antibiotics [ˈæntɪbaɪˈɒtɪks]	prendre des antibiotiques, être sous antibiotiques
a pharmaceutical [ˌfɑ:məˈsju:tɪkəl]	un laboratoire pharmaceutique
laboratory	
pharmaceuticals	des produits pharmaceutiques
a vaccine [ˈvæksɪ:n]	un vaccin
to recover	se rétablir, guérir
recovery	guérison, rétablissement
to relapse	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	une alerte à l'intoxication alimentaire
a health scare	un péril sanitaire, une alerte aux risques sanitaires
an epizootic disease	épizootie
food-and-mouth disease	la fièvre aphteuse
bovine spongiform encephalopathy, BSE	l'encéphalopathie bovine spongiforme, l'ESB
mad-cow disease	la maladie de la vache folle
Creutzfeldt-Jacob Disease (CJD)	la maladie de Creutzfeldt Jacob (MCJ)
a prion [ˈpraɪəʊn] disease	une maladie à prions
dioxin [daɪ'ɒksɪn]	la dioxine
the dioxin chicken scandal	le scandale du poulet à la dioxine
traceability	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	les soins médicaux OU les services de santé
public health	la santé publique
public health officials	les responsables de la santé publique
the health authorities	les autorités sanitaires
the health care system, the health system	le système de santé
health services	les services de santé
health expenses	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?

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.

- s..... t..... d.....
- N..... H..... S.....
- h..... i..... v.....
- G..... P.....
- 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*