

1. Replace the underlined words with a synonym.

alleviate, subside, washed out, stiffness, squeeze, impairment, determine, bring on, cause

1. Symptoms of Parkinson's disease are tremors, slow movement and muscle rigidity.
2. Symptoms of Alzheimer's disease include difficulty in learning and worsening of judgment.
3. Treatments are available to lessen some of the symptoms.
4. What triggers this disease is unknown.
5. We don't know what causes the symptoms to arise.
6. Scientists have not yet been able to identify the cause.
7. Carpal tunnel syndrome is a condition in which the median nerve is compressed.
8. During the last phase of migraine the person often feels drained.
9. The bad feeling disappears within 24 hours.

2. Match the words so that they form phrases.

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|----------------|--------------------|
| 1. experience | a) sheath |
| 2. lapse into | b) disease |
| 3. lose | c) unconsciousness |
| 4. myelin | d) consciousness |
| 5. pass on | e) pain |
| 6. progressive | f) to a person |
| 7. recurrent | g) convulsion |
| 8. throbbing | h) seizures |

3. History lesson: complete the sentences using the verbs in brackets.

- a) If Alexander the Great (march) _____ west instead of east, he (conquer) _____ the whole of Europe.
- b) If more Vikings (go) _____ to North America, the Viking settlements (succeed) _____.
- c) If the ancient Egyptians (build) _____ bigger boats, they (cross) _____ the Atlantic and (land) _____ in America.
- d) If a storm (not hit) _____ Bartolomeu Dias's ship off the coast of Africa in 1487, they (not arrived) _____ in the Indian Ocean by accident.
- e) If Cheng Ho and other Chinese explorers (continue) _____ further on their voyages, they (sail) _____ up the west coast of Africa and reached Europe in the early 15th century.

4. Listening.

a) Watch the video about the polio epidemic and answer the questions below.

1. Why did the first polio epidemic occur at the beginning of the 20th century?
2. What purposes did the March of Dimes have?
3. When was the first polio vaccine created?
4. Why was Ms Duffy not allowed to go to the cinema when she was a child?
5. What was the situation like in 1953?

b) Read the text and complete a word which fits best.

Polio is a _____ disease caused by a virus that mainly _____ children. Before people knew the importance of sanitation babies often _____ polio at a young age when their mothers' _____ system still protected them so the disease passed with no symptoms and the babies would not get polio again. As the importance of sanitation was recognised, children were not _____ to the polio virus until protection from mothers' immune system had long worn _____. As a _____, older kids become infected _____ polio and many experienced symptoms before the disease passed. 10 to 15% of them became _____ or killed when the virus attacked the nerves of the spine and brain.

5. Speaking: Depression

1. What is depression?
2. Have you ever been depressed? Why?
3. Do you know anyone who suffers from depression?

Depression

Everyone occasionally _____ blue or sad. However, these feelings are usually short-lived and pass within a _____ of days. When you have depression, it interferes _____ daily life and causes pain for both you and those _____ care about you. Depression is a common but serious illness.

A _____ of people with a depressive illness never seek treatment. But _____ majority, even those with the _____ severe depression, can get better with treatment. Medications, psychotherapies, and other methods can effectively treat people with depression.

Depressive illnesses are disorders of the brain. Brain-imaging technologies, _____ as magnetic resonance imaging (MRI), _____ shown that the brains of people who have depression look different _____ those of people without depression. The parts of the brain involved _____ mood, thinking, sleep, appetite, and behaviour appear different. But these images do not reveal why the depression has occurred. They also _____ be used to diagnose depression.

Symptoms of depression:

- Persistent _____ (SAD), _____ (ANXIOUS), _____ (HOPE) and feeling of guilt
- _____ (IRITATE) and restlessness
- Loss of interest in activities once _____ (PLEASURE), including sex
- Fatigue, decreased energy, difficulty concentrating and making _____ (DECIDE)
- Insomnia, early-morning wakefulness, or _____ (EXCESS) sleeping
- _____ (EAT) (=eating too much) or appetite loss
- _____ (THINK) of suicide, suicide attempts

Number the treatments of depression according to their importance:

- ___ Improve and regulate your diet (omega-3 fatty acids and nutrients)
- ___ Antidepressants and psychotherapy
- ___ Get in a routine
- ___ Set manageable goals
- ___ Exercise
- ___ Get enough sleep
- ___ Try occupational therapy or get a pet

