

Parkinson's Disease

Lekce angličtiny
s americkou sestrou

Pro letní dvojčíslo jsme pro vás nechali připravit lekci odborné angličtiny na téma Parkinsonova choroba. Autorkou lekce je již tradičně americká sestra Jennifer Granger. Správné odpovědi na jednotlivá cvičení najdete v Archivu článků na www.g5plus.com.



Vocabulary

advanced age – pokročilý věk
confusion – zmatení
contraction – zkrácení, stažení
curative – léčebný
deficiency – nedostatek
drooling – slintání
fatigue – únava, vyčerpanost
intervention – zásah
originate – pocházet, májící původ v
palliative – utišující
progressive – postupující, zhoršující se
spasm – křeč
stiffness – ztuhlost, tuhost
tremor – třes, chvění

Parkinson's Disease Reading

Parkinson's Disease is a neurological disease that is progressive. It is a disease in which nerve cells in the brain are destroyed. This leads to a deficiency of the neurotransmitter, dopamine. It also leads to a degeneration of muscular function. Patients often develop Parkinson's disease with advanced age or if they have a family history of Parkinson's. The most common sign patients with Parkinson's may have is a generalized tremor. For example, a finger may move or spasm uncontrollably. These tremors progress until patients sometimes have tremors of many nerves that make it impossible for the patient to sit still without moving. Patients with severe tremors may also have problems such as poor speech and drooling.

Other early signs of Parkinson's include mild fatigue, muscular pain and stiffness of the large joints. Other symptoms that come later include a decrease in voluntary movements (hypokinesia) and an increase in difficulty in performing usual activities. Usual activities may include writing, dressing, standing up from a sitting position. Voluntary movements may also become very slow for patients with Parkinson's. This is called bradykinesia. Eventually, patients may be unable to move. This is called akinesia. In older adults, it is possible to develop dementia and confusion.

Caring for patients with Parkinson's disease usually involves pharmacologic interventions that replace dopamine. Physiotherapy can help to reduce muscle stiffness and prevent contraction. Sometimes surgery is attempted, such as deep brain stimulation. The neurosurgeon can use deep brain stimulation to destroy the parts of the brain that the tremors originate in. It is important to remember that medical care for Parkinson's patients is palliative, however, gene transfer is being studied as a curative technique.

Exercise with the Possibility to Win – Conversation

Directions: Fill in the missing words from the word bank below. Send the words in the right order together with your address by e-mail to info@g5plus.com. On September 16, 2008 we will publicly draw 10 winners who will be sent a present of the 500 CZK value by Johnson&Johnson company!

NEUROLOGICAL ● FAMILY ● STIFF ● TWITCHING
● ACHES ● FEELING ● PHYSIOTHERAPY

Physician: Hello, Mr. Fox, how are you ___(1)___ today?

Mr. Fox: I'm feeling ok, doctor. I just have a few aches and pains.

Physician: Please tell me more about your ___(2)___ and pains, Mr. Fox.

Mr. Fox: Well, I started noticing that my knee joints feel very ___(3)___ lately. And, one of my fingers on my left hand is twitching uncontrollably at times.

Physician: When did you start noticing these symptoms?

Mr. Fox: 2 months ago. I think the ___(4)___ has also started to happen in a second finger as well. Oh, and, I feel so much more tired than I used to.

Physician: Mr. Fox, I suspect you may have the early signs of Parkinson's disease. I would like to monitor the tremors you are having and have you start ___(5)___ to help your stiff knees. I also want to do a complete ___(6)___ examination and ask you some questions about your ___(7)___ medical history.

Word Unscramble

Directions: Unscramble the words, hints below can help you

PSMAS

(hint: an abnormal, involuntary muscular contraction)

RTRMOE

(hint: involuntary shaking of the body or limbs)

OOIALCGEUNLR

(hint: the science of the nerves and the nervous system)

IPPAALLVE

(hint: relieving the symptoms of a disease or disorder without curing it)

PDOAEINM

(hint: neurotransmitter found in the brain and essential for the normal functioning of the central nervous system)

Lekci angličtiny pro vás vytvořila americká sestra Jennifer Granger, RN, BSN, lektorka společnosti G5 Plus (www.g5plus.com). G5 Plus nabízí sestrám, fyzioterapeutům, porodním asistentkám a záchranářům odbornou předodjezdovou přípravu a následné zprostředkování zaměstnání v USA, Saúdské Arábii, Bahrajnu, Kataru a Irsku.

Jennifer Granger, RN, BSN

Hebká chodidla do střečků

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