

HEPATITIS PREVENTION

- Nurse:** Good morning, Mrs. Newton, how can I help you?
- Patient:** Good morning. I would like to **learn** something about hepatitis - I need to know how to **protect** myself and my children.
- Nurse:** Hepatitis is an **inflammation** of the **liver**. When we talk about viral hepatitis there are five **main** hepatitis viruses – they are called types A, B, C, D and E.
- Patient:** Which are the most **common** types in our country?
- Nurse:** Type A, B and C. People usually get hepatitis A by eating infected food or drinking infected water. Hepatitis A never becomes chronic. **Within** a few weeks, the symptoms go away and the virus is **no longer** in your system.
- Patient:** What about hepatitis B?
- Nurse:** Hepatitis B is **transmitted through** blood or other **body fluids**. The most common way people get the infection is through unprotected sex or use of unsterilized **needles**. Hepatitis B can **lead** to cirrhosis or liver cancer.
- Patient:** And hepatitis C?
- Nurse:** Hepatitis C is the most **serious** type of hepatitis because doctors can control it but not treat effectively.
- Patient:** What are the most common symptoms of hepatitis?

- Nurse:** At the beginning it is similar to flu – **diarrhoea**, **nausea**, **fatigue**, **loss** of appetite, fever, muscle or **joint aches**. **Further** symptoms are dark urine, headache, **itchy skin**, **jaundice**. But many people with hepatitis have no symptoms.
- Patient:** And how do you **treat** hepatitis?
- Nurse:** There is no specific treatment for hepatitis A. Doctor will tell the patient to rest, **avoid** fatty foods and alcohol, and stay hydrated. Patients with acute hepatitis B will need a rest and a **diet** to repair **damaged** liver **cells**. To treat chronic hepatitis B, medication is often used. Patients with hepatitis C will need medication - the treatments are not easy to take, especially because of frequent injections.
- Patient:** And how can I prevent hepatitis?
- Nurse:** To prevent hepatitis A, you should wash your hands with soap after going to the toilet, if you are somewhere where **sanitation** is **unreliable** drink **bottled** or **boiled** water, eat fruits that you can **peel**, eat **raw** vegetables only if you are sure they are clean. You can get a vaccine for hepatitis A if you travel to places with poor hygiene. To prevent hepatitis B and C you should practice safe sex, you shouldn't share toothbrushes, **manicure equipment**, razors or drug equipment.
- Patient:** Thank you very much.

SLOVNÍ ZÁSoba

to learn = dozvědět se, zjistit
to protect = chránit, odhraňovat
(un)protected = (ne)chráněný
inflammation = zánět
liver = játra
main = hlavní
common = běžný
within = během, v průběhu
no longer = už ne
to transmit through = přenášet skrz
body fluid = tělesná tekutina
needle = jehla
to lead (to) = vést (k)
serious = vážný, závažný
diarrhoea = průjem
nausea = nevolnost
fatigue = únava
loss = ztráta
to lose = ztratit
joint aches = bolesti kloubů
further = další
itchy skin = svědící pokožka
jaundice = žloutenka
to treat = léčit
treatment = léčba
to avoid = vyhybat se
diet = dieta
damaged = zničený, poškozený
cell = buňka
sanitation = hygiena
unreliable = nespolehlivý
bottled = lahvový
boiled = převařený
to peel = oloupat
raw = syrový
manicure equipment = vybava na manikúru



JAZYKOVÉ
LEKCE
EKLUZIVNĚ
PRO FLORENCE
PŘIPRAVUJE



SKŘIVÁNEK

SKŘIVÁNEK MEDICAL

Specializovaná
divize pro jazykovou
výuku, překlady
a tlumočení v oboru
zdravotnictví

+420 466 615 721
 +420 603 163 629
 medical@skrivanek.cz
 WWW.SKRIVANEK.CZ