

DEPRESSION

Nurse: Good morning, Mrs Smith. How can I help you?

Patient: Good morning, I have only a few questions. I have been feeling very tired, **exhausted**, for a few weeks, and also pessimistic and **helpless**. I'm afraid I have been **suffering from** depression...

Nurse: **Fatigue**, pessimism and feeling of helplessness can be **signs** of depression, but they are also symptoms of many other diseases.

Patient: And what are other symptoms of depression?

Nurse: Well, for example **insomnia** or **excessive** sleeping, **loss** of appetite or **overeating**, loss of interest in hobbies, headaches, digestive problems... And **thoughts of suicide**.

Patient: Oh, I am not thinking of suicide. I am just sad and tired, I don't have any energy.

Nurse: There are times you may feel sad for a few days. But major depression -- clinical depression -- **lasts** longer and it can **prevent** you **from** functioning normally. The symptoms should be present **daily** or **nearly** daily for **at least** two weeks.

Patient: I started to feel this way a month ago, but there are days when I feel better.

Nurse: The best way to **realize** what is wrong is to see a doctor. He can diagnose depression or any other disease that can cause your fatigue and bad **mood**.

Patient: How does a doctor diagnose depression?

Nurse: Well, most laboratory tests are not very **helpful** in this **case**. Talking with the patient is the most important diagnostic **tool** the doctor has.

Patient: Do you have an **opening** next week then?

...

SLOVNÍ ZÁSoba

exhausted = vyčerpaný

helpless = bezmocný, bezradný

helplessness = bezmocnost, bezradnost

to suffer from = trpět (něčím)

fatigue = únava, vyčerpanost

sign = znak

insomnia = nespavost

excessive = nadměrný

loss = ztráta

overeating = přejídání

thoughts of suicide = myšlenky na sebevraždu

to last = trvat

to prevent from = zabránit (čemu)

daily = denně

nearly = téměř, takřka

at least = alespoň, minimálně

to realize = zjistit

mood = nálada

helpful = užitečný, nápomocný

case = případ

tool = nástroj, pomůcka

opening = volný termín



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