**МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ МУРМАНСКОЙ ОБЛАСТИ**

**ГОСУДАРСТВЕННОЕ АВТОНОМНОЕ ПРОФЕССИОНАЛЬНОЕ ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ МУРМАНСКОЙ ОБЛАСТИ**

**«МУРМАНСКИЙ МЕДИЦИНСКИЙ КОЛЛЕДЖ»**



**УЧЕБНО-МЕТОДИЧЕСКАЯ РАЗРАБОТКА ПО РАЗВИТИЮ УСТНОЙ РЕЧИ**

**ПО ТЕМЕ «CYSTITIS» (ЦИСТИТ)**

**(для студентов программы подготовки специалистов среднего звена по**

**специальности 31.02.01 Лечебное дело; 34.02.01 Сестринское дело)**

**по учебной дисциплине «Английский язык»**

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**ПОЯСНИТЕЛЬНАЯ ЗАПИСКА**

Учебная-тематическая разработка по теме «Cystitis» подготовлена в соответствии с Государственным образовательным стандартом для средних медицинских учебных заведений и

предназначена для использования как преподавателями, так и для студентами медицинских колледжей по специальностям 34.02.01 Сестринское дело и 34.02.01 Лечебное дело.

Тема «Cystitis» является интегративной частью тематического раздела «The most common diseases and nursing care of the patients with different pathologies» и рассчитана на два аудиторных занятия.

Актуальность данной разработки очевидна, так как из-за насыщенности медицинскими терминами и их схожести с соответствующей терминологией на латинском и русском языках, изучение и усвоение данной темы представляет определенную трудность для студентов.

Данная разработка составлена с учетом современных тенденций в методике преподавания английского языка и демонстрирует реализацию деятельнстно-компетентностного подхода в преподавании иностранных языков в среднем специальном учебном заведении.

Разработка состоит из трех частей. Первая часть направлена на активизацию усвоения медицинской терминологии по данной теме, вторая часть – на развитие и совершенствование навыков употребления лексико – грамматических структур, третья часть имеет целью совершенствование навыков устной речи на профессиональные, медицинские темы. Разработка включает:

* список необходимых лексико-грамматических структур с транскрипцией;
* базовый текст;
* упражнения;
* ключи;
* библиографический список.

Данная тематическая разработка эффективна при самостоятельной работе студентов над указанной темой, так как содержит ключи к упражнениям и рекомендации по изучению и освоению лексико-грамматических структур.

Самостоятельная работа студентов предполагает предварительное повторение следующих грамматических разделов:

* правила употребления глагола «to be»
* правила употребления структуры «there is / there are»
* правила употребления «to have»
* правила употребления «Present Simple»
* правила употребления «Passive Voice»
* правила построения простого предложения.

Используя данную тематическую разработку, студенты имеют возможность самостоятельно подготовить:

* монологическое высказывание по теме;
* благодаря наличию ключей проверить правильность выполнения упражнений (самоконтроль);
* совершенствовать навыки употребления лексико-грамматических структур в устной речи.

**CYSTITIS**

# **I. Word study**

**Task 1: Read and learn the following words and word combinations:**

**cystitis** [sɪˈstaɪtɪs] – цистит, воспаление мочевого пузыря

**inflammation** [ɪnfləˈmeɪʃ(ə)n] – воспаление

**refer** [rɪˈfɜː] – относиться

**acute** [əˈkjuːt] – острый

**chronic** [ˈkrɒnɪk] – хронический

**multiple** [ˈmʌltɪp(ə)l] – множественный

**determinedly** [dɪˈtɜːmɪndlɪ] – определенно

**urethra** [jʊˈriːθrə] - уретра, мочеиспускательный канал

**urinary tract infection (UTI)** [’juərɪn(ə)rɪˈtræk tinˈfekʃn]- инфекция мочевыводящих путей

**imbalanced** [imˈbælənst] - несбалансированный

**frequent urge** [ˈfriːkwənt ɜːdʒ] - частый позыв

**cramp** [ˈkræmp] – cпазм

**spread** [spred] – распространяться

**chill** [ˈtʃɪl ] – озноб

**prostate** [ˈprɒsteɪt ] – предстательная железа

**irritate** [ˈɪrɪteɪt] – раздражать

**retention** [rɪˈtenʃ(ə)n] – удержание

**HIV** [ˌeɪʧaɪˈviː] – ВИЧ

**urologist** [jəˈrɒləʤɪst] – уролог

**cystoscope** [ˈsɪstəskəʊp] – цистоскоп

**biopsy** [ˈbaɪɒpsɪ] – биопсия

**beverage** [ˈbevərɪʤ]– напиток

**cloudy urine** [ ˈklaʊdɪˈjʊərɪn] – мутная моча

**hollow** [ˈhɒləʊ] – полый

**issue** [ˈɪʃuː] – проблема

**chemotherapy** [ˌkiːmoʊˈθerəpi] – химиотерапия

**catheter** [ˈkæθətə] – катетер

**diabetes**[ˌdaɪəˈbiːtiːz] - диабет

**Task 2.Find the words:** *цистит, инфекция, острый, хронический, уретра, мочевой пузырь, моча, почка, риск.*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **C** | **N** | **Q** | **E** | **R** | **I** | **S** | **K** | **B** | **F** |
| **T** | **Y** | **O** | **S** | **N** | **W** | **B** | **H** | **L** | **C** |
| **S** | **A** | **S** | **I** | **A** | **I** | **L** | **K** | **A** | **I** |
| **J** | **D** | **Z** | **T** | **T** | **X** | **R** | **P** | **D** | **N** |
| **E** | **V** | **M** | **K** | **I** | **C** | **Z** | **U** | **D** | **O** |
| **E** | **T** | **U** | **C** | **A** | **T** | **E** | **X** | **E** | **R** |
| **K** | **I** | **D** | **N** | **E** | **Y** | **I** | **F** | **R** | **H** |
| **U** | **R** | **E** | **T** | **H** | **R** | **A** | **S** | **N** | **C** |
| **L** | **K** | **J** | **G** | **Y** | **I** | **U** | **B** | **X** | **I** |

**Task 3. Fill in the gaps with the proper English form of the words given below:**

*Биопсия, почки, мутная моча, острый, мочевой пузырь, антибиотики, бактерии, мочевыделительная система, цистит, уретра.*

1. … is one of the vital systems of the body.
2. The filter organs in the urinary system are…
3. … is an inflammation of the bladder.
4. A … is a sampling of a piece of tissue to be examined.
5. The main symptom of cystitis is …
6. The most common type of cystitis is ... cystitis.
7. The urinary system consists of the kidneys, bladder, ureters, and ...
8. … are the main treatment for cystitis.
9. … cause bladder inflammation.
10. The … is a hollow organ.

**Task 4. Translate the following sentences into English.**

1. Бактерии приводят к инфекции и вызывают воспаление.
2. Цистит – частое заболевание мочевыделительной системы.
3. Почки являются фильтром организма.
4. Главный симптом воспаления – повышение температуры.
5. Мочевой пузырь – это эластичный орган.
6. Продукт жизнедеятельности организма, который вырабатывают почки – моча.
7. Тепло снимает спазмы и снижает болевые ощущения.
8. Женщины имеют короткую уретру.
9. При появлении симптомов заболевания следует обратиться к урологу.
10. Диагностика включает в себя анализ мочи и крови.

# **II. Text study**

**Task 1. Read and translate the text.**

**CYSTITIS**

Cystitis is a common lower urinary tract infection. It is an inflammation of the bladder wall. Although cystitis is not normally a serious condition, it can be uncomfortable and lead to complications if left untreated. Cystitis can be either acute or chronic. The cause of cystitis determines its type. In most cases, the cause of cystitis is a urinary tract infection (UTI). A UTI happens when bacteria enter the bladder or urethra and begin to multiply. This could also happen with naturally occurring bacteria in your body that become imbalanced. These bacteria lead to an infection and cause inflammation. But cystitis does not always come from an infection. Symptoms of cystitis can include:

• frequent urge to urinate

• urge to urinate after you’ve emptied your bladder

• cloudy or strong-smelling urine

• a high fever

• blood in your urine

• pain during sexual intercourse

• sensations of pressure or bladder fullness

• cramps in your abdomen or back

Cystitis is more common in women due to their shorter urethra. Women may be at a higher risk for cystitis if they are sexually active, pregnant, having experienced menopause, use irritating personal hygiene products. Men may be at a higher risk for cystitis if they have an enlarged prostate due to retention of urine in the bladder. Risk factors common to men and women are current or recent urinary tract infection, radiation therapy, chemotherapy, use of a catheter, diabetes, kidney stones, HIV, spinal injuries.

There are a few different ways to diagnose cystitis. A urologist usually asks for a urine test to be done to determine the cause of cystitis and check for a UTI. Doctor may also perform cystoscopy or a urography to determine the cause of cystitis. During cystoscopy, a doctor inspects bladder with a thin tube that has a camera and light attached. A doctor can use a cystoscope to collect bladder tissue for a further biopsy testing. An X-ray or ultrasound can help to rule out other causes of cystitis, such as a structural issue or tumor.

Antibiotics are a common treatment for bacterial cystitis. Surgery can treat cystitis, but it may not be the doctor’s first choice. It is more common for chronic conditions. Sometimes surgery can repair a structural issue.

Home treatment can ease discomfort. Common methods are: applying heating pads to your abdomen or back, painkillers, such as ibuprofen and nice. Common home therapy methods are: drinking lots of fluid including cranberry juice, wearing cotton underwear and loose-fitting clothes, avoiding any food or beverages that you suspect make your symptoms worse.

**NOTES**

1. Outlook [ˈaʊtlʊk] – прогноз.
2. Rule out – исключать.
3. Structural issue – структурная проблема (т.е. врождённая патология).
4. Urography [jʊˈrɒɡrəfɪ]– урография.
5. Using irritating personal hygiene products – использование раздражающих средств личной гигиены.
6. Tumor [ˈtjuːmə] - опухоль

**Task 2. Make up English – Russian pairs of the following words:**

**A:** 1. to refer 2. to affect 3. to determine 4. to happen 5. to become imbalanced 6. to treat 7. to depend 8. to perform 9. to collect 10. to repair.

*a. лечить b. зависеть c. случаться d. выполнять e. cобирать f. восстанавливать*

*g. стать несбалансированным h. определить i. относиться*

*j. поражать*

**B:** 1.urography 2. painkillers 3. cranberry juice, 4. urge 5. experience 6. irritant 7. tumor 8. overflow 9. complications 10. Sensation

*a. опыт b. ощущение c. раздражитель d. позыв e. урография f. морс g. осложнения*

*h. переполнение i. опухоль j. болеутоляющие*

**Task 3. Find English equivalents for these words and word combinations in the basic text:**

1. инфекция нижних мочевыделительных путей 2. воспаление стенки мочевого пузыря 3. острый цистит 4. воспаление 5. мочеиспускательный канал 6. неcбалансированный 7. начинают размножаться 8. короткая уретра 9. использование катетера 10. камни в почках 11. позывы к частому мочеиспусканию 12. мутная моча 13. врач-уролог 14. выполнять цистоскопию 15. небольшой образец ткани 16. пить много жидкости.

**Task 4. Are these sentences true or false? Correct the false ones:**

1. Cystitis is an inflammation of the bladder wall.

2. This disease most often develops in men.

3. Chronic cystitis is called interstitial.

4. The main symptom of cystitis is a high temperature.

5. Female urethra shorter than male.

6. During an exacerbation, you need to reduce the amount of fluid you drink.

7. Cystitis is treated with antibiotics.

8. Dry heat relieves spasms of the bladder.

9. Chemotherapy is one of the main methods for the diagnosis of cystitis.

NOTES

an exacerbation[ɪɡˌzæsəˈbeɪʃən] – обострение

interstitial[ˌɪntəˈstɪʃ(ə)l]– интерстициальный (поражает несколько слоёв)

**Task 5. Answer the questions. Variants are possible.**

1. What is cystitis?

2. What are the symptoms of cystitis?

3. What are the causes of the disease?

4. How does the inflammation develop?

5. What diagnostic methods are used to determine urinary tract disease?

6. What are the recommendations for the home treatment?

7. What is cystoscopy?

8. What are the types of cystitis?

9. What can happen if you do not treat cystitis?

**Task 6. Tell about the spread of infection by using a schematic representation.**

|  |  |
| --- | --- |
|  | **Notes**Pubic – [ˈpjuːbɪk] - лобковый,bowel – [ˈbaʊəl] -кишка,flushes out – вымывать |

**Task 7. Translate the text and insert a necessary preposition from the list below:**

1. Cystitis is an infection (…) the bladder that almost always follows (is secondary to) bacterial infection (…) the lower urinary tract. 2. It is the most common type (…) the urinary tract infection (UTI), particularly (…) women. 3. The bladder is a muscular bag that stores urine (…) the kidneys. 4. Urine leaves the body (…) a tube called the urethra. 5. Cystitis occurs when bacteria travel (…) the urethra, infect the urine and inflame the bladder lining. 6. If left untreated, the infection can ‘backtrack’ deeper (…) the urinary system (…) the bladder and reach the kidneys. 7. A kidney infection is serious and needs prompt medical attention (…) it can cause kidney damage or even kidney failure. 8. The symptoms include frequent urge to urinate, if only (…) pass a few drops; burning pain or a ‘scalding’ sensation (…) urination; cloudy or bloody urine; pain in your lower abdomen; blood in your urine.

**Of (2), from (2), up, during, though, into, to, in (2), as.**

**Task 8. Complete the sentences in column A with those given in column B**

|  |  |
| --- | --- |
| **A** | **B** |
| 1. Cystitis is | a)determines the type. |
| 2. Cystitis can be either | b)bacterial cystitis. |
| 3. The cause of cystitis | c) a fairly common lower urinary tract infection. |
| 4. Antibiotics are a common treatment | d) cranberry juice, drinking lots of fluids, wearing cotton underwear and loose-fitting clothes. |
| 5. Common home therapy methods are | e) urinary tract infection (UTI), taking certain medical, exposure to radiation, ongoing use of a catheter, irritating hygiene products. |
| 6. Possible causes of cystitis include: | f) a small tissue sample used for further testing. |
| 7. A biopsy | g) acute or chronic. |
| 8. The outlook of cystitis is | h) rule out other causes of cystitis, such as a structural issue or tumor. |
| 9. An X-ray or ultrasound can help | i) dependent on the cause of the symptoms. |
| 10. Cystitis is more common | j) in women due to their shorter urethra. |

# **III Learn to speak medical English**

**Task 1. Choose the proper words given below and fill in the gaps.**

1. Cystitis is a fairly common … urinary tract infection. 2. Women may be at a higher risk for cystitis if they: are sexually active, pregnant, having … menopause, using irritating personal hygiene products. 3. However, both men and women are at risk for this …. 4. A urologist may ask for a urine sample … the cause of your cystitis and check for a UTI. 5. An X-ray or ultrasound tests are not often necessary, but they can be … in diagnosing cystitis. 6. Medication for interstitial cystitis … on its cause. 7. Cystitis does not always come from an …. 8. Home care … can help to ease discomfort.

**Lower,** **condition,** **helpful,** **experienced,** **depends,** **treatments,** **infections,** **to determine.**

**Task 2. Make up sentences, having put words in the correct sequence.**

1. when, enter, the, or, rapidly, to multiply, an inflammation, the bladder, begin, and, urethra, develops, bacteria.

2. the kidneys, urine, the bladder, from, bag, that, stores, a, is, muscular.

3. the body, leaves, urine, a tube, thought, the urethra, called.

4. will, to, spread, infection, then, not, do, treat, you, if, cystitis, kidney, your.

5. system, the, body, human, most, the, urinary, the, system, in, important.

6. is, the, tract, lower, of, urinary, common, a, cystitis, infection.

7. cystitis, frequent, a, is, of, symptom, urination, is.

**Task 3. Complete sentences by translating parts in brackets.**

1. There are two types of cystitis (острый и хронический). 2. The urinary system consists of (почек, мочеточников, мочевого пузыря и уретры). 3. The bladder has (эластичные стенки). 4. Patients feel that the bladder is (полон мочи). 5. (Воспаление развивается) when bacteria enter the bladder or urethra and begin to multiply rapidly. 6. (Цистоскопия) is a visual examination of a bladder wall with a thin tube that has a camera and light attached. 7. In most cases, the cause of cystitis is a (инфекция мочевыделительных путей). 8. Sometimes surgery can repair a (структурную проблему). 9. Some people are more likely than others to develop bladder infections or (рецидив инфекций мочевыделительных путей). 10. Cystitis may also occur as (осложнением других заболеваний). 11. Women have a shorter urethra, (которая сокращает дистанцию для бактерий) must travel to reach the bladder. 12. It`s a common type of urinary tract infection, (особенно у женщин).

**Task 4. Open the brackets using the correct form of verbs.**

1. Patients feel that the bladder is full with urine even when bladder is (to have) minimal urine. 2. Patients usually (to have) negative urine cultures. 3. A UTI (to happen) when bacteria enter the bladder or urethra and (to be) to multiply. 4. A urologist may ask for a urine sample (to determine) the cause of your cystitis and check for a UTI. 5. An X-ray or ultrasound can (to help) rule out other causes of cystitis, such as a structural issue or tumor. 6. A doctor (to inspect) your bladder with a thin tube that (to have) a camera and light attached. 7. Cystitis always (not to come) from an infection. 8. Bowel bacteria enter the bladder and infection (to occur).

**Task 5.Translate into English. (Variants are possible)**

1.Мочевыделительная система является важнейшей системой человеческого организма. 2. Цистит – распространённая инфекция нижних мочеиспускательных путей. 3. Мочевой пузырь – это полый орган, в котором хранится моча. 4. Заболевание приносит дискомфорт и приводит к осложнениям, если его не лечить. 5. Частые позывы к мочеиспусканию являются симптомом цистита. 6. Некоторые лекарственные препараты могут вызвать аллергические реакции. 7. Мочевыделительная система состоит из почек, мочеточников, мочевого пузыря и уретры. 8. Цистит возникает, когда бактерии перемещаются вверх по уретре, заражают мочу и воспаляют слои мочевого пузыря. 9. Прогноз цистита зависит от причины и симптомов. 10. Моча образуется в почках.

# **IV. Keys to the tasks**

**Word study**

Task 2:

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **C** | **N** | **Q** | **E** | **R** | **I** | **S** | **K** | **B** | **F** |
| **T** | **Y** | **O** | **S** | **N** | **W** | **B** | **H** | **L** | **C** |
| **S** | **A** | **S** | **I** | **A** | **I** | **L** | **K** | **A** | **I** |
| **J** | **D** | **Z** | **T** | **T** | **X** | **R** | **P** | **D** | **N** |
| **E** | **V** | **M** | **K** | **I** | **C** | **Z** | **U** | **D** | **O** |
| **E** | **T** | **U** | **C** | **A** | **T** | **E** | **X** | **E** | **R** |
| **K** | **I** | **D** | **N** | **E** | **Y** | **I** | **F** | **R** | **H** |
| **U** | **R** | **E** | **T** | **H** | **R** | **A** | **S** | **N** | **C** |
| **L** | **K** | **J** | **G** | **Y** | **I** | **U** | **B** | **X** | **I** |

Task 3:

1. *The urinary system* is one of the vital systems of the body.
2. The filter organs in the urinary system are *kidneys*.
3. *Cystitis* is an inflammation of the bladder.
4. *A biopsy* is a sampling of a piece of tissue to be examined.
5. The main symptom of cystitis is *cloudy urine*.
6. The most common type of cystitis is *acute* cystitis.
7. The urinary system consists of the kidneys, bladder, ureters, and *urethra*.
8. *Antibiotics* are the main treatment for cystitis.
9. *Bacteria* cause bladder inflammation.
10. *The bladder* is a hollow organ.

Task 4:

1. Bacteria lead to infection and cause inflammation.

2. Cystitis is a frequent disease of the urinary system.

3. The kidneys are the filter of the body.

4. The main symptom of inflammation is fever.

5. The bladder is an elastic organ.

6. The product of vital activity of the body which is produced by the kidneys is urine.

7. Warmth relieves spasms and reduces pain.

8. Women have a short urethra.

9. If symptoms of the disease appear, you should consult your urologist.

10. Diagnosis of the disease includes urine and blood tests.

**Text study**

Task 2:

**A:** 1-i, 2-j, 3-h, 4-c, 5-g, 6-a, 7-b, 8-d, 9-e, 10-f.

**B:** 1-e, 2-j, 3-f, 4-d, 5-a, 6-c, 7-i, 8-h, 9-g,10-b.

Task 3:

1. urinary tract infection 2. inflammation of the bladder wall 3. acute cystitis 4. inflammation 5.

urethra 6. imbalanced 7. begin to multiply 8. shorter urethra 9. use of a catheter 10. kidney stones 11. frequent urge to urinate 12. cloudy urine 13. chills 14. urologist 15. to perform cystoscopy 16. a small tissue sample 17. drink lot the fluids.

Task 4:

1. true 2. false 3. true 4. false 5. true 6. false 7. true 8. true 9. false

Task 5:

1. Cystitis is an inflammation of the bladder wall..
2. The symptoms of cystitis are: frequent urge to urinate, urge to urinate after you’ve emptied your bladder, cloudy or strong-smelling urine, a high fever if in combination with a UTI, blood in your urine, pain during sexual intercourse, sensations of pressure or bladder fullness, cramping in your abdomen or back.
3. The causes of the disease are current or recent urinary tract infection, radiation therapy, chemotherapy, use of a catheter, diabetes, kidney stones, HIV, spinal injuries.
4. An inflammation develops when bacteria enter the bladder or urethra and begin to multiply rapidly.
5. X-ray, ultrasound, urography, urine tests, cystoscopy are used for diagnosis to determine urinary tract disease.
6. Urologist recommends to apply heating pads to patient’s abdomen or take relievers, such as ibuprofen and nice. Moreover, common home therapy methods are cranberry juice, drinking lots of fluids, wearing cotton underwear and loose-fitting clothes.
7. Cystoscopy is a visual examination of a bladder wall with a thin tube that has a camera and light attached.
8. There are two types of cystitis: acute and chronic.
9. If you do not treat cystitis then infection will spread to your kidney.

Task 7:

1. Cystitis is (…an…) infection of the bladder that (…almost…) always follows ((is secondary to)) bacterial infection in the lower urinary tract. 2. It is the most common type (…of…) urinary tract infection (UTI), particularly in women. 3. The bladder is a muscular bag that stores urine (…from…) the kidneys. 4. Urine leaves the body (…through…) a tube called the urethra. 5. Cystitis occurs when bacteria travel up the urethra, infect the urine and inflame the bladder lining. 6. If left untreated, the infection can ‘backtrack’ deeper (…into…) the urinary system from the bladder and reach the kidneys. 7. A kidney infection is serious and needs prompt medical attention (…as…) it can cause kidney damage or even kidney failure. 8. The symptoms (…include…): frequent urge to urinate, if only (…to…) pass a few drops; burning pain or a ‘scalding’ sensation on urination; cloudy or bloody urine; pain in your lower abdomen; blood in your urine.

Task 8:

1-c, 2-g, 3-a, 4-b, 5-d, 6-e, 7- f, 8-i, 9-h, 10-j.

**Learn to speak medical English**

Task 1:

1. lower 2. experienced 3. сondition 4. to determine 5. helpful 6. depends 7. infection 8. treatment

Task 2:

1. An inflammation develops when bacteria enter the bladder or urethra and begin to multiply rapidly. 2. The bladder is a muscular bag that stores urine from the kidneys. 3. Urine leaves the body through a tube called the urethra. 4. If you do not treat cystitis then infection will spread to your kidney. 5. The urinary system is the most important system of the human body. 6. Cystitis is a common infection of the lower urinary tract. 7. Frequent urination is a symptom of cystitis.

Task 3:

1. There are two types of cystitis: acute and chronic. 2. The urinary system consists of the kidneys, ureters, urinary bladder, and urethra. 3. The bladder has elastic walls. 4. Patients feel that the bladder is full of urine. 5. An inflammation develops when bacteria enter the bladder or urethra and begin to multiply rapidly. 6. Cystoscopy is a visual examination of a bladder wall with a thin tube that has a camera and light attached. 7. In most cases, the cause of cystitis is a UTI. 8. Sometimes surgery can repair a structural issue. 9. Some people are more likely than others to develop bladder infections or recurrent urinary tract infections. 10. Cystitis may also occur as a complication of another illness. 11. Women have a shorter urethra, which cuts down the distance bacteria must travel to reach the bladder. 12. It`s a common type of urinary tract infection, particularly in women.

Task 4:

1. Patients feel that the bladder is full with urine even when bladder is having minimum of urine. 2. Patients usually have negative urine cultures. 3. A UTI happens when bacteria enter the bladder or urethra and begin to multiply. 4. A urologist may ask for a urine sample to determine the cause of your cystitis and check for a UTI. 5. An X-ray or ultrasound can help rule out other causes of cystitis, such as a structural issue or tumor. 6. A doctor inspects your bladder with a thin tube that has a camera and light attached. 7. Cystitis does not always come from an infection. 8. Bowel bacteria enter the bladder and infection occurs.

Task 5:

1. The urinary system is the most important system of the human body. 2. Cystitis is a common infection of the lower urinary tract. 3. The bladder is a hollow organ in which urine is stored. 4. The disease brings discomfort and leads to complications if not treated.5. Frequent urination is a symptom of cystitis. 6. Some medications may cause allergic reactions. 7. The urinary system consists of the kidneys, ureters, bladder and urethra. 8. Cystitis occurs when bacteria move up the urethra, infect urine and inflame the layers of the bladder. 9. The prognosis of cystitis depends on the cause and symptoms. 10. Urine is formed in the kidneys.

# **V. Self-check test**

I. Fill in the right letter.

1. urin …ry 2. infl…mmation 3. c…ronic 4. ure…hra 5. fre…uent 6. hyg…ene 7.d…e to

8. a…ute 9. i…balanced 10. ..ntreated

II. Make up English-Russian pairs of words.

|  |  |
| --- | --- |
| 1 common | A ставить диагноз |
| 2 determine | B раздражать |
| 3 hygiene | C распространенный |
| 4 inflammation | D причина |
| 5 cause | E опухоль |
| 6 enlarged | F определять |
| 7 diagnose | G увеличенный |
| 8 irritate | H гигиена |
| 9 inspect | I обследовать |
| 10 tumor | J воспаление |

III. Match the words from (A) and (B) in a logical way:

|  |  |
| --- | --- |
| **A** | **B** |
| 1. to experience | A complications |
| 2. in case of  | B discomfort |
| 3. lower urinary  | C the bladder wall |
| 4. to lead to  | D either acute or chronic |
| 5. to determine | E multiply  |
| 6. can ease  | F more common in women |
| 7. inflammation of  | G imbalanced |
| 8. can be  | H factors |
| 9. to begin to  | I tract infection |
| 10. cystitis is  | J test to be done |
| 11.to become | K bladder |
| 12. risk | L the cause of cystitis |
| 13. a urine | M cystitis |
| 14. to inspect  | N frequent urge to urinate |

1 – n; 2 – m; 3 – I; 4 – a; 5 – l; 6 – b; 7 – c; 8 – d; 9 – e; 10 – f; 11 – g; 12 – h; 13 – j; 14 - k

IV. Match the words to make words combinations.

a) urge; risk; common (2); chronic (2); strong-smelling; bacterial; personal; laboratory; anti-inflammatory; urinary tract;

b) medicines; frequent; urine; methods; infection (2); symptom; cystitis; hygiene; treatment; factors; condition

V. Fill in the blanks with the prepositions where necessary.

1. Cystitis is an inflammation … the bladder wall.
2. Cystitis can lead … complications if left untreated.
3. A UTI happens when bacteria enter … the bladder.
4. Having got … either the urethra or the bladder bacteria start …multiply.
5. One … the cystitis’ symptoms is frequent urge …urinate
6. Cystitis doesn’t always come … infection.
7. Cystitis is more common … women.
8. Women are …higher risk … cystitis when they are pregnant.
9. A urologist usually asks … a urine test to be done.
10. Antibiotics are a common treatment … bacterial cystitis.

VI. Fill in the blanks with appropriate words.

1. Cystitis is a common disease of the … system. a) respiratory b) digestive c) urinary
2. Cystitis is the inflammation of the … . a) esophagus lining b) bladder wall c) stomach lining
3. During the cystoscopy a physician … bladder. a) inspects b) measures c) makes.
4. The most common symptom of gastritis is …. a) diarrhea b) sore muscles c) frequent urge to urinate
5. Antibiotics … the bacteria. a) kill b) support; c) neutralize
6. Patients with cystitis are administered … a) massage b) B12 injections c) biopsy

VII. Put the words in the right order to make a sentence.

1. is, urinary, the, cystitis, a, disease, common, of, system.

2. wall, the, cystitis, is, an, of, bladder, inflammation.

3. symptom, frequent, the, to, common, of, is, urge, cystitis, most, urinate.

4. more, cystitis, is, women, common, in.

5. urethra, having, in, the, or, the, bacteria, got, start, to, either, multiply, bladder.

6. visual, cystoscopy, wall, examination, the, bladder, is, of, a.

7 hollow, the, is, in, a, urine, organ, is, stored, bladder, which, is.

8. cystitis, symptoms, cause, the, of, depends, the, and, on, prognosis.

VIII. Complete the sentences by translating parts in the brackets.

1.Cystitis is an inflammation of (стенки мочевого пузыря). 2. Cystitis is a common infection of (нижнего отдела мочевыделительной системы). 3. The bladder is a muscular bag that (накапливает мочу, поступающую из почек) 4. (Пациенты, страдающие от цистита) experience frequent urge to urinate.5. Cystitis can lead to complications (если его не лечить). 6. (Есть два вида цистита) acute and chronic. 7. Patients feel that the bladder (полон мочи). 8. Some laboratory methods are usually used to identify cystitis: (рентгеновское обследование мочевого пузыря ) or ultrasound and urine test.9. Hypothermia (вызывает воспаление) of the bladder. 10. If left untreated, cystitis may cause (заболевания почек).

# **VI. Keys to self-check test**

**I.** Fill in the right letter.

1 – a; 2 –a; 3- h; 4 – t; 5 – q; 6- i; 7 – u; 8 – c; 9 – m; 10 – u

**II.** Make up English-Russian pairs of words.

1- c; 2 – f; 3 – h; 4 – j; 5 – d; 6 –g; 7 – a; 8 – b; 9 – I; 10 - e

**III.** Match the words from (A) and (B) in a logical way:

1 – n; 2 – m; 3 – I; 4 – a; 5 – l; 6 – b; 7 – c; 8 – d; 9 – e; 10 – f; 11 – g; 12 – h; 13 – j; 14 - k

**IV**. Match the words to make words combinations.

anti-inflammatory medicines; frequent urge; strong-smelling urine; urinary tract infection; ; common treatment; bacterial infection; common symptom; laboratory methods; chronic cystitis; personal hygiene; risk-factors

**V**. Fill in the blanks with the prepositions where necessary.

1 – of; 2 – to; 3 - -; 4 – in, to; 5 – of, to; 6 – from; 7 – in; 8 – at, for; 9 – for; 10 - for

**VI**. Fill in the blanks with appropriate words.

1 – c; 2 – b; 3 – a; 4 – c; 5 – a; 6 – c

VII. Put the words in the right order to make a sentence.

1. Cystitis is a common disease of the urinary system.

2. Cystitis is an inflammation of the bladder wall.

3. The most common symptom of cystitis is frequent urge to urinate.

4. Cystitis is more common in women.

5. Having got in either the urethra or the bladder bacteria start to multiply.

6. Cystoscopy is a visual examination of the bladder wall.

7 The bladder is a hollow organ in which urine is stored.

8. The prognosis of cystitis depends on the cause and symptoms.

VIII. Complete the sentences by translating parts in the brackets.

1 - of the bladder wall; 2 - the lower urinary tract; 3 - stores urine from the kidneys; 4 – patients with cystitis; 5 - if left untreated; 6 –there are two types of cystitis; 7 - is full of urine; 8 – urinary bladder X-ray; 9 - triggers the inflammation; 10 – kidneys ‘diseases

# **VII. Criteria**

|  |  |
| --- | --- |
| **Points:** | «5» - 90% - 100% - 104 - 94points |
| Maximum:104points | «4» - 89% - 80% - 93 - 83points |
|  | «3» - 79% - 70% - 83 -73points |
| **Task number** | **Evaluation** |
| № 1 | 1 point |
| **maximum:** | **10 points** |
| № 2 | 1 point |
| **maximum:** | **10 points** |
| № 3 | 1 point |
| **maximum:** | **14 points** |
| № 4 | 1 point |
| **maximum:** | **12 points** |
| № 5 | 1 point |
| **maximum:** | **10 points** |
| № 6 | 2points |
| **maximum:** | **12 points** |
| № 7 | 2points |
| **maximum:** | **16 points** |
| № 8 | 2points |
| **maximum:** | **20 points** |

# **VIII. Bibliography**

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