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 «GASTRITIS» (ГАСТРИТ)**

**по учебной дисциплине «Английский язык»**

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

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

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**Мурманск,** **2019**

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# ПОЯСНИТЕЛЬНАЯ ЗАПИСКА

Данная учебная разработка по теме «Gastritis» подготовлена в соответствии с Государственным стандартом для средних медицинских учебных заведений.

Тематическая разработка предназначена как для преподавателей, так и для студентов медицинских колледжей по специальностям 34.02.01 Сестринское дело и 34.02.01 Лечебное дело.

Тема «Gastritis» 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 деятельностно-компетентностного подхода в преподавании иностранных языков в профессиональных образовательных организациях.

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 к упражнениям;
* тест для самопроверки;
* ключи к тесту;
* критерии оценки;
* 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 построения простого предложения.

Используя данную тематическую разработку, студенты имеют возможность:

* совершенствовать навыки употребления лексико-грамматических структур в устной речи;
* подготовить монологическое высказывание по теме;
* проверить правильность выполнения упражнений благодаря наличию ключей;
* оценить общий уровень освоения материала по теме с последующим самоконтролем.

**GASTRITIS**

# I. WORD STUDY

# Task 1

**Read and learn these words:**

gastritis [ɡæsˈtraɪtɪs] – гастрит

inflammation [ɪnfləˈmeɪʃn] – воспаление

lining [ˈlaɪnɪŋ]ofthestomach – слизистаяоболочкажелудка

mucosa [mjuːˈkəʊs] – слизистаяоболочка

mucus [ˈmjuːkəs] – слизь

consequence [ˈkɒnsɪkwəns] - последствие

surgery [ˈsɜːʤərɪ] – хирургическоевмешательство

traumaticinjury [trɔːˈmætɪk ˈɪnʤərɪ] – травматическиеповреждения

burn [bɜːn] – ожог

Helicobacterpylori [ˈhelɪkəbæktɪəpaɪˈlɔːri] – Хеликобактерпилори

reflux [ˈriːflʌks] - рефлюкс

nausea [ˈnɔːsjə] – тошнота

vomiting [ˈvɒmɪtɪŋ] – рвота

belching [ˈbelʧɪŋ] отрыжка

heartburn [ˈhɑːtbɜːn] – изжога

unexplained [ʌnɪkˈspleɪnd] weightloss – необъяснимаяпотерявеса

bloating [ˈbləʊtɪŋ] – вздутие

perniciousanemia [pɜːˈnɪʃəsəˈniːmɪə] – злокачественнаяанемия

stool [stuːl] – испражнения, кал, каловые массы

endoscopy [ɪnˈdɒskəpɪ] – эндоскопия

description [dɪsˈkrɪpʃn] ofthesymptoms – описание симптомов

identify [aɪˈdentɪfaɪ] – выявлять, определять, распознавать

erosion [ɪˈrəʊʒən] – эрозия

biopsy [ˈbaɪɒpsɪ] – биопсия

triggering [ˈtrɪɡərɪŋ] – вызывающий

reduced [rɪˈdjuːst] – уменьшенный, сокращенный, сниженный, пониженный

prohibited [prəˈhɪbɪtɪd] – запрещено

antacid [ˈæntˈæsɪd] – нейтрализующий кислоту

relief [rɪˈliːf] – облегчение

destroy [dɪsˈtrɔɪ] – уничтожать, разрушать, истреблять, убивать

protonpumpinhibitor [ˈprəʊtɔnpʌmpɪnˈhɪbɪtə] – ингибитор протонного насоса

suppress [səˈpres] - подавлять

increase [ˈɪnkriːz] – увеличивать, усиливать, повышать, наращивать

cytoprotective [ˈsaɪtəprəˈtektɪv] – обеспечивающий защиту клеток

tissue [ˈtɪʃuː] – ткань

ulcer [ˈʌlsə] – язва, язвенная болезнь

life-threatening [laɪfˈθretnɪŋ] - опасное для жизни

# Task 2

**Complete the crossword:**

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| **Across:** | **Down:** |
| 1. отрыжка  2. рвота  5. воспаление  6. эрозия  8. гастрит  11. изжога  14. вздутие  15. тошнота  17. кислота | 3. фермент  4. слизистая оболочка  7. несварение  9. рак  10. боль12. слизь  13. рефлюкс  16. язва |

# Task 3

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

1. to suppress, to destroy, to prohibit, to reduce, to describe, to relief, to increase, to protect, to trigger, to identify
2. unexplained weight loss, antacid, cytoprotective, consequence, relief, surgery, description of the symptoms, traumatic injury, stomach lining

**---------------------------------------------------------------------------------------------------------------------**

1. *защищать, уменьшать, уничтожать, увеличивать (усиливать), определять, запрещать, облегчать, подавлять, вызывать, описывать, выявлять*
2. *травматические повреждения, нейтрализующий кислоту, слизистая оболочка желудка последствие, описание симптомов, хирургическое вмешательство, обеспечивающий защиту клеток, облегчение, необъяснимая потеря веса*

# Task 4

**Complete the following sentences choosing suitable words given below:**

Alcohol, stress, abdominal, stomach bleed, H.pylori infection, ulcer, NSAIDs, spicy foods

1. …………… or smoking can make gastritis worse.
2. Consumption of ……………. and alcohol should be absolutely prohibited in patients with gastritis.
3. You’re most probably to develop gastritis if you permanentlyexperience …………..
4. The most common bacterial cause of gastritis is ……………………..
5. The patient need surgery if he has …………..
6. Gastric……..….. weakens the lining so acid can reach the stomach and duodenal wall.
7. …………….. are drugs that provides analgesic (pain-killing) and antipyretic (fever-reducing) effects, and in higher doses anti-inflammatory effects.
8. The most common symptom of gastritis is upper …………………. pain.
9. The stomach lining produces ………….. and enzymes.

# Task 5

**Put the words in the correct order to make sentences:**

1. the stomach, is, an, gastritis, lining, inflammation, of
2. special, the, lining, contains, cells, stomach
3. the, heartburn, also, patient, experience, may
4. provide, pain, stomach, acid, and, neutralize, relief, antacids, can, fast
5. acidity, normalize, proton, inhibitors, pump, the, of, the, stomach
6. the bacteria, suppress, antibiotics
7. based, of, gastritis, is, diet, a ,treatment, on, special
8. ulcers, may, lead, untreated, gastritis, to, if, left, stomach
9. disorders, certain, gastritis, can, trigger, autoimmune
10. be, excluded, inflammation, the, food, which, the, should, triggers

# II. TEXT STUDY

# Task 1

**Read and translate the text:**

**GASTRITIS**

Gastritis is an inflammation of the stomach lining. The stomach lining contains special cells that produce acid and enzymes, which help to break down food for digestion, and mucus, which protects the stomach lining from acid. When the stomach lining is inflamed, it produces less acid, enzymes, and mucus.That leads to complete disorder of the digestive system.

Gastritis has many different causes. The main causes of this disease are regular alcohol consumption or prolonged use of non-steroidal anti-inflammatory drugs (NSAIDs) such as "Aspirin" or "Ibuprofen". Sometimes gastritis develops as a consequence of surgery, traumatic injury, burns or infections. The causes of chronic gastritis are bacterial infection, primarily Helicobacter pylori. Chronic gall reflux, stress and certain autoimmune disorders can trigger gastritis as well.

Many people with gastritis experience no symptoms at all. However, upper abdominal pain is the most common symptom. In case of chronic inflammation such symptoms as nausea, vomiting, belching are possible. The patient may also experience heartburn, feeling full after only a few bites of food, loss of appetite, unexplained weight loss. Other symptoms are indigestion, abdominal bloating and pernicious anemia.

The diagnosis can often be based on the patient’s description of the symptoms. Some laboratory methods can be used to identify gastritis: complete blood test, H.Pylori test, urine tests and stool examinations. Instrumental methods include X-ray, endoscopy of esophagus and stomach, checking of liver, gallbladder and pancreas functions, stomach biopsy, etc.

Treatment of gastritis is based on a special diet and administered drugs. The food which usually triggers the inflammation should be excluded or reduced. Consumption of hot and spicy food, alcohol and smoking are prohibited.

The main used groups of drugs are: antacids,antibiotics,proton pump inhibitors.

Antacids neutralize stomach acid and can provide fast pain relief. Antibiotics destroy the bacteria. Proton pump inhibitors normalize the acidity of the stomach. Cytoprotective substances help to protect the tissue that line the stomach and small intestine, suppress H.pylori activity, heal the inflammation and may increase the effectiveness of antibiotics. Patients with anemia are given B12 injections. Most patients are prescribed a combination of medicines.

If left untreated, gastritis may lead to stomach ulcers, and stomach bleeding. It can also result in a life-threatening condition such as stomach cancer.

# Task 2

**Match the following Russian words and word combinations with the English ones:**

|  |  |
| --- | --- |
| 1. употребление алкоголя | 1. non-steroidal anti-inflammatory drugs |
| 1. изжога | 1. life-threatening consequences of the disease |
| 1. нестероидные противовоспалительные средства | 1. heartburn |
| 1. опасные для жизни последствия заболевания | 1. enough relief |
| 1. значительное облегчение | 1. abdominal bloating |
| 1. развернутый анализ крови | 1. pernicious anaemia |
| 1. рвота с примесью крови | 1. alcohol consumption |
| 1. истончение слизистой оболочки желудка | 1. complete blood count test |
| 1. злокачественная анемия | 1. blood-streaked vomiting |
| 1. вздутие живота | 1. thinning of the stomach lining |

# Task 3

**Say whether the sentences are true or false. Correct the false ones.**

1. Gastritis is an inflammation of the esophagus.
2. Causes of gastritis are unknown.
3. Antibiotics are effective for H.pylori infection
4. Gastritis is often characterized by loss of appetite.
5. Feeling full after only a few bites of food is one of the symptoms of gastritis.
6. Treatment of gastritis includes taking antacids and cytoprotective substance.
7. The most common symptom of gastritis is pain in the pelvic cavity.
8. Many patients with gastritis may experience no symptoms at all.

# Task 4

**Answer the following questions:**

1. What is gastritis?
2. What is the function of stomach lining?
3. What are the symptoms of gastritis?
4. What are the causes of gastritis?
5. Do stress or spicy food cause gastritis?
6. What is the diagnosis of gastritis based on?
7. What diagnostic methods are used to identify gastritis?
8. How is gastritis treated?
9. What are the complications of gastritis?
10. What life-threatening consequences can gastritis cause?

# Task 5

**Match the following terms with their definition:**

|  |  |
| --- | --- |
| 1. Gastritis | 1. The most common complication of gastritis |
| 1. Stomach ulcer | 1. The diagnostic method when a small part of the tissue is taken from the body for examination under a microscope |
| 1. Antacids | 1. The surgical removal of a part of the stomach |
| 1. Gastroectomy | 1. A flexible instrument, containing fiber optics or a miniature video camera, that permits internal visual examination of the stomach |
| 1. Biopsy | 1. The medicines which neutralize stomach acid |
| 1. Gastroscope | 1. Non-steroidal anti-inflammatory drugs |
| 1. NSAIDs | 1. An inflammation of the stomach lining (mucosa) |

# III. LEARN TO SPEAK PROFESSIONAL MEDICAL ENGLISH

# Task 1

**Complete the sentences translating the italicized Russian words**

1. Gastritis can be caused by *регулярноеупотреблениеалкоголя* and chronic stress.
2. The patient has been experiencing a *вздутиеживота* for a long period of time.
3. Gastriccanceris *опасноедляжизнипоследствие*causedbygastritis.
4. The main cause of inflammation is *бактерия*H.Pylori.
5. It is important to administer a patient gastroscopy to identify the *воспаление.*
6. A diagnosis can often be based on the patient’s *описаниесимптомов.*
7. Proton pump inhibitors *нормализуюткислотность* of the stomach.
8. Many people with gastritis *испытывают* no symptoms at all.
9. *Инструментальныеметодыдиагностики* include endoscopy of stomach and esophagus, X-ray, etc.
10. The *больвверхнейчастиживота* is the most common symptom.
11. Gastritis can develop as *последствие* of surgery, traumatic injury, burns or infections.

# Task 2

**Add the missing part of the clinical terms relating to the pathology of the stomach:**

1. Gastro \_\_\_\_\_\_\_\_\_\_(an instrument inserted through the mouth to inspect the inside of the stomach)
2. Gastr \_\_\_\_\_\_\_\_\_\_ (the surgical removal of a part of the stomach)
3. Gastr\_\_\_\_\_\_\_\_(inflammation of the stomach lining)
4. Gastro\_\_\_\_\_\_\_\_\_ (examination of the gastric mucosa using a gastroscope)Gastroentero\_\_\_\_\_\_ (the branch of medicine that is concerned with the disorders of the gastrointestinal tract)
5. Gastros \_\_\_\_\_\_ (surgical incision into the stomach)
6. Gastro\_\_\_\_\_\_\_\_\_\_ (a bleeding from the blood vessels and the stomach lining)
7. Gastr\_\_\_\_\_\_\_\_\_\_\_ (pain in the stomach or abdominal region)

# Task 3

**TranslateintoEnglish:**

1. Гастрит – это воспаление слизистой оболочки желудка, вызванное регулярным употреблением алкоголя или приемом нестероидных препаратов.
2. Наиболее частый симптом гастрита – боль в верхней части живота.
3. Большинство людей, которые болеют гастритом, сначала не испытывают расстройств пищеварения.
4. Гастрит сопровождается тошнотой, рвотой, отрыжкой и другими расстройствами пищеварительной системы.
5. Пациенты должны исключить из употребления острые блюда, алкогольные напитки и прекратить курить.
6. Пациенты могут испытывать изжогу и вздутие живота.
7. Диагноз часто может быть основан на описании симптомов пациентом.
8. Методы диагностики для выявления гастрита: развернутый анализ крови, тест на наличие H. Pylori, анализ кала, эндоскопия желудка.
9. Лечение гастрита основано на диете и назначении лекарственных препаратов.
10. Антибиотики назначают для лечения гастрита.
11. Антацидные препараты нейтрализуют кислоту в желудке и быстро снимают боль.
12. Основные рекомендуемые группы препаратов: антациды, антибиотики, ингибиторы протонной помпы, цитопротекторы.
13. Без лечения гастрит может привести к язве желудка, желудочному кровотечению, а также раку желудка.

# KEYS TO THE TASKS

**I. WORD STUDY**

**Task 2**

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| 8 | **g** | **a** | **s** | **t** | **r** | **i** | **t** | **i** | **s** |  |  |  | l |  |  |  |  |  |
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|  |  |  |  |  | f |  |  |  |  |  |  |  | e |  |  |  |  |  |
|  |  |  |  | 14b | l | o | a | t | i | n | g |  | r |  |  |  |  |  |
|  |  |  |  |  | u |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | x |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Task 3**

**a)** to suppress - подавлять, to destroy - уничтожать, to prohibit - запрещать,

to reduce - уменьшать, to description - описывать, to relief - облегчать,

to increase - увеличивать (усиливать), to protect - защищать, to trigger - вызывать,

to identify - выявлять

**b)** unexplained weight loss – необъяснимая потеря веса, antacid – нейтрализующий кислоту, cytoprotective – обеспечивающий защиту клеток, consequence - последствие, relief - облегчение, surgery – хирургическое вмешательство, description of the symptoms – описание симптомов, traumatic injury –травматические повреждения, stomach lining – слизистая оболочка желудка

**Task 4**

1- alcohol, 2- spicy foods, 3- stress, 4-H.Pylori, 5- stomach bleed, 6-ulcer, 7- NSAIDs,, 8 – abdominal, 9 - acid**Task 5**

1. Gastritis is an inflammation of the stomach lining.
2. The stomach lining contains special cells.
3. The patient may also experience heartburn.
4. Antacids neutralize stomach acid and can provide fast pain relief.
5. Proton pump inhibitors normalize the acidity of the stomach.
6. Antibiotics suppress the bacteria.
7. Treatment of gastritis is based on a special diet.
8. If left untreated, gastritis may lead to stomach ulcers.
9. Certain autoimmune disorders can trigger gastritis.
10. The food which triggers the inflammation should be excluded.

**II. TEXT STUDY**

**Task 2**

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

**Task 3**

1-false, 2-false, 3-true, 4-true, 5-true, 6-true, 7-false, 8-true

**Task 4:** (Variants are possible)

1. Gastritis is an inflammation of the stomach lining.
2. Stomach lining produces acid, enzymes, and mucus.
3. The symptoms of gastritis are upper abdominal pain, nausea, vomiting, belching, heartburn, loss of appetite, feeling full after only a few bites of food, unexplained weight loss, indigestion and abdominal bloating.
4. The causes of gastritis are regular alcohol consumption, prolonged use of NSAIDs, post-operative condition, traumatic injury, burns, H.Pilory infection, chronic gall reflux, stress, autoimmune disorders.
5. Yes, they do.
6. A diagnosis of gastritis is based on the patient’s description of the symptoms.
7. Different laboratory and instrumental diagnostic methods can be used to identify gastritis.
8. Treatment of gastritis is based on a special diet and administered medicines.
9. The complications of gastritis are stomach ulcers and stomach bleeding.
10. Gastritis can cause stomach cancer.

**Task 5:**

1-g, 2-a, 3-e, 4-c, 5-b, 6-d, 7-f

**III. LEARN TO SPEAK PROFESSIONAL MEDICAL ENGLISH**

**Task 1:**

1-regular alcohol consumption, 2-bloating, 3- life-threatening consequences of the disease,

4- bacterium, 5-inflammation, 6-description of the symptoms, 7-normalize the acidity,

8-experience, 9-instrumental diagnostic methods, 10-upper abdominal pain, 11-a consequence

**Task 2:**

1-gastroscope, 2-gastrectomy, 3-gastritis, 4-gastroscopy, 5-gastroenterology, 6- gastrotomy,

7-gastrorrhagia, 8-gastralgia

**Task 3:** (Variants are possible)

1. Gastritis is an inflammation of the stomach lining caused by regular alcohol consumption or non-steroidal drugs taking.

2. The most common symptom of gastritis is upper abdominal pain.

3. Most people with gastritis do not experience digestive disorders at first.

4. Gastritis is followed by nausea, vomiting, belching and other disorders of the digestive system.

5. Patients should exclude spicy foods, alcohol and stop smoking.

6. Patients may experience heartburn and bloating.

7. A diagnosis can often be based on the patient’s description of the symptoms.

8. The diagnostic methods to identify gastritis are complete blood test, H.Pylori test, stool examinations, endoscopy of the stomach.

9. Treatment of gastritis is based on a diet and administered drugs.

10. Antibiotics are necessarily prescribed for the treatment of gastritis.

11. Antacids neutralize the acidic in the stomach and relieve pain fast.

12. The diet is based on the hot and spicy food excluding.

13. Most patients use a combination of drugs.

14. The main groups of recommended medicines: antacids, antibiotics, proton pump inhibitors, cytoprotectors.

15. If left untreated, gastritis may lead to stomach ulcer, stomach bleeding and stomach cancer.

# SELF-CHECK TEST (GASTRITIS)

I. Fill in the right letter.

1. inflam … ation2. su …gery3. in … ury4. n …usea5.hea ..tburn 6. wei …ht7. ul ..er

8. belc ..ing9. pro … ibit10. c… toprotective

II. Make up English-Russian pairs of words.

|  |  |
| --- | --- |
| 1 common | Aпотребление |
| 2 suppress | Bисключать |
| 3 consumption | Cраспространенный |
| 4 inflammation | Dпричина |
| 5 cause | Eв случае |
| 6 heartburn | F определять |
| 7 weight loss | Gизжога |
| 8 identify | Hподавлять |
| 9 exclude | Iпотеря веса |
| 10 in case of | Jвоспаление |

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

|  |  |
| --- | --- |
| **A** | **B** |
| 1. experience | A administer |
| 2. struggle | B cure |
| 3. reduce | C transport |
| 4. be made up of | D produce |
| 5. carry | E problem |
| 6. make | F participate |
| 7. take part in | G cause |
| 8. defend | H fight |
| 9. disorder | I determine |
| 10. trigger | J ruin |
| 11.destroy | K minimize |
| 12. identify | L feel |
| 13. prescribe | M protect |
| 14. treat | N consist of |

IV.Match the words to make words combinations.

a) anti-inflammatory; bacterial; laboratory; stomach; chronic; small; common; regular; complete; digestive; life-threatening; main;

b) gastritis; disorder; cause;drugs; system; lining; infection; consumption;symptom; methods; condition;intestines.

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

1. Acid and enzymes help to break … food for digestion.
2. Mucus protects stomach lining …acid.
3. Many people … gastritis experience no symptoms at all.
4. In case … chronic inflammation such symptoms as nausea, vomiting, belching are possible.
5. Other … symptoms are indigestion, abdominal bloating and pernicious anemia.
6. The diagnosis is often based … the patient’s symptoms description.
7. The laboratory methods may be used … identify gastritis.
8. Treatment … gastritis is based … a special diet and medicines.
9. Patients … anemia are given B12 injections.
10. Gastritis may result … a life – threatening condition as gastric cancer.

VI. Fill in the blanks with appropriate words.

1. Gastritis is a common disease of the … system.

a) respiratory

b) digestive

c) circulatory

1. Gastritis is the inflammation of the … .

a) esophagus lining

b) small intestine lining

c) stomach lining

1. Mucus … the stomach lining from acid.

a) protects

b) ruins

c) produces

1. The most common symptom of gastritis is ….

a) a headache

b) sore muscles

c) upper abdominal pain

1. Antibiotics … the bacteria.

a) kill

b) support;

c) neutralize

1. Patients with anemia are administered …

a) massage

b) B12 injections

c) biopsy

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

1.is,the,lining, gastritis,an inflammation, stomach,of.

2. acid,break, cells, help, digestion, special,foodproduce, and, enzymes, which,to, down, for.

3.symptom, at, many, gastritis, experience,people, no,with, all.

4.can, the, the,the, of, diagnosis, often, patient’s, based, on, description,be, symptoms.

5. to, some, laboratory, be, methods, gastritis, can, used, identify.

6. belching, in, of, inflammation,symptoms,chronic,nausea, case,vomiting, are,such, aspossible.

7. can,antacids, stomach, and, provide, pain, acid, relief,fast, neutralize.

8.cancer, in,as,result, gastritis, also, a, condition, such, can,life-threatening,stomach.

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

1. Gastritis is an inflammation (слизистойжелудка). 2. Enzymes help (расщеплять) food for digestion. 3. Alcohol and non-steroidal (противовоспалительныелекарства) may cause gastritis. 4. (Многиепациенты, страдающиеотгастрита) experiencenosymptomsatall. 5. (вслучае)chronic inflammation such symptoms as nausea, vomiting, belching are possible. 6. The patients may experience (рвоту, отрыжку, изжогу). 7. The diagnosis (частоосновываетсяна) the patient’s description of the symptoms. 8. Some laboratory methods are usually used to identify gastritis: (развернутыйанализкрови), H.Pylori test, urine tests and stool examinations. 9. The food which usually (вызываетвоспаление) should be excluded or reduced 10. If left untreated, gastritis may result in (угрожающемжизни) condition such as stomach cancer.

# KEYS TO SELF-CHECK TEST (BLOOD)

I. Fill in the right letter.

1 – m; 2 – r; 3 – j; 4 – a; 5 – r; 6 - g; 7 – c; 8 – h; 9 - h; 10 – y

II. Make up English-Russian pairs of words.

1 – C; 2 – H; 3 – A; 4 – J; 5 – D; 6 – G; 7 – I; 8 –F; 9 – B; 10 – E

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

1 – L; 2 – H; 3 – K; 4 – N; 5 – C; 6 - D; 7 - F; 8 – M; 9 – E; 10 – G; 11 – J; 12 – I; 13 – A; 14 -B

IV.Match the words to make words combinations.

stomach lining; complete disorder; digestive system; main cause; regular consumption; anti-inflammatory drugs; chronic gastritis; bacterial infection; common symptom; laboratory methods; small intestines; life-threatening condition.

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

1 – down; 2 – from; 3 – with; 4 – of; 5 - …; 6 - on; 7 – to; 8 – of, on; 9 – with; 10 – in

VI. Fill in the blanks with appropriate words.

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

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

1. Gastritis is an inflammation of the stomach lining.

2. Special cells produce acid and enzymes which help to break down food for digestion.

3. Many people with gastritis experience no symptoms at all.

4. The diagnosis can often be based on the patient’s description of the symptoms.

5. Some laboratory methods can be used to identify gastritis.

6.In case of chronic inflammation such symptoms as nausea, vomiting, belching are possible.

7. Antacids neutralize stomach acid and can provide fast pain relief.

8.Gastritis can also result in a life-threatening condition such as stomach cancer.

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

1 - of the stomach lining; 2 - to break down; 3 - anti-inflammatory drugs; 4 - many people with gastritis; 5 - in case of; 6 -vomiting, belching, heartburn; 7 - can often be based on; 8 - complete blood test; 9 - triggers the inflammation; 10 - a life-threatening

|  |  |
| --- | --- |
| **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** |

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