

## Diseases and illnesses

### 1 Vocabulary: Disease or illness?

The two words *disease* and *illness* actually describe two slightly different concepts.

a) Skim the article below to get a grasp of the difference between the two expressions.



["The difference between illness and disease: A key concept for student nurses"](#)

b) With the help of online dictionaries, give definitions of the words *disease* and *illness* in your own words.

c) Collect examples for diseases and illnesses.

### 2 Listening: Flu attack

Many diseases are caused by viruses which enter the body and trick its cells into helping to multiply the virus and pass it on.

a) Watch the video below and find out how exactly viruses populate the body and use its cells to distribute the disease.



[Flu attack! How a virus invades your body](#)

b) Summarise the information in two ways:

- Write a short summary in which you describe the key stages involved in the process.
- Using the online tool mentioned below, design a flow chart that visualises the process



Zen Flowchart – Draw flowcharts online:

<https://www.zenflowchart.com/>



### 3 Reading: How medicine works

On the page "How stuff works" you can find out how everyday phenomena, machines and devices work. Let's find out more about how medicine works!

a) Before reading the article about how painkillers work, discuss the following questions with a partner:

- Do you take medicine when you are sick? Why/Why not?
- Do you take vitamins or mineral supplements? Why/Why not?
- Do you think traditional medicine is a good alternative to modern medicine? What are its advantages or disadvantages?
- What is alternative medicine? Have you ever practiced it?

b) Now read the article below and answer the questions in the grid on the next page.



[Aspirin 101](#)

1. Why do we have nerve endings?	To feel things like heat, vibration or touch.
2. What is the function of chemicals like prostaglandins?	
3. What is an inflammation and what does it do?	
4. When does pain serve a purpose, when doesn't it? Give examples.	
5. What do painkillers like Aspirin basically do to stop the pain?	

c) *Apart from taking medicine, what other traditional methods are there to stop pain? Do a quick internet research and present your results to your classmates.*

#### 4 Writing: Interpreting an infographic

Infographs give you a lot of information about a topic in a visually nicely designed way. They may be used as a starter for a presentation or to get ideas when writing an informative text.

- a) *With a partner, open the infographic about the deadliest pandemics in history and look at it in detail.*
- b) *Choose one disease and write a short text about it, combining information you get in the infographic and more details you research online.*



[Infograph about the deadliest pandemics in history](#)

#### 5 Reading: Bank robbery to get healthcare

Healthcare is not a given service in all countries in the world. The standards of healthcare services differ enormously, even in industrialised countries. One nation particularly often criticised is the USA.

- a) *Read the article about a US citizen who committed a bank robbery just to receive public healthcare.*



["US man stages \\$1 bank robbery to get state healthcare"](#)



- b) *Compile all the information you get in the article about healthcare in the US. Then write down three questions about the topic you would like to have answered.*
- c) *Exchange your questions with a partner and research answers to each others' questions. Use various media to answer the questions: articles, websites, videos and podcasts.*