

| | | |
|------------------|-------------------------|----------------------|
| addicted (adj) | diabetes (n) | risk (n) |
| addiction (n) | disability (n) | severely (adv) |
| balanced (adj) | experience (v) | stroke (n) |
| blind (adj) | genetic (adj) | support (n) |
| cancer (n) | heart attack (n) | therapy (n) |
| carbohydrate (n) | learning disability (n) | to what extent (phr) |
| condition (n) | mental (adj) | unfit (adj) |
| dependent (adj) | nutritious (adj) | vitamin (n) |
| depression (n) | overweight (adj) | wheelchair (n) |

A Complete the text using words and phrases from the box.

Health issues Like 44 Comment 14 Share 8

blind dependent on disability health conditions learning disability severely support wheelchair

When we think about health, our first thought tends to be about coughs and colds: minor illnesses which are easily treated. Many people, though, are living with long-term ¹_____ that ²_____ impact on their everyday lives. According to government statistics, in the UK around 16% of working-age adults are living with a long-term health condition or a ³_____. A lot of these people have trouble getting around: for example, they may use a ⁴_____. Over two million people in the UK suffer from sight loss and, of those, around 360,000 are ⁵_____. Other people have difficulties with communication, or they have a ⁶_____ which may mean they are ⁷_____ family or carers for ⁸_____ in their daily lives.

addicted to addiction depression mental health therapy will experience

The other area of health that is rarely talked about is ⁹_____. It is estimated that about one in four people ¹⁰_____ mental health problems each year. The most common problems are anxiety and ¹¹_____. Mental health issues can also be linked to other social problems such as homelessness and ¹²_____. People often become ¹³_____ drugs or alcohol as a way of coping with negative feelings. Finding ways to help these people and give them access to appropriate ¹⁴_____ is a major challenge for health and social care professionals.

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B Match the first part of the sentences (1–8) to the second part (a–h).

- | | |
|--|--|
| 1 Diabetes is a serious health | a disability need extra help in school. |
| 2 People who smoke become addicted | b on their family for 24-hour care. |
| 3 He has been battling an addiction | c of family and friends. |
| 4 Children with a learning | d health issues such as depression. |
| 5 Children with this condition are dependent | e condition that affects millions of people. |
| 6 The centre offers help with mental | f to the nicotine in cigarettes. |
| 7 She finally recovered with the support | g disability in the UK. |
| 8 Arthritis is the most common cause of physical | h to drugs and alcohol for several years. |

C Complete the profiles. Use one word from the vocabulary list at the top of the page for each space.

My name is Jack. I lost my right leg as a result of meningitis when I was a kid. At first, I thought I'd have to use a ¹_____, but I soon learned to walk again using an artificial leg. Now, not only can I get around and live an independent life, but I also compete as a 100 m runner. I race against other athletes with similar ²_____, and I hope to represent my country at the next Paralympics. Of course, I sometimes ³_____ problems and injuries, but that's the same for any athlete.



My name is Emily and I'm ⁴_____; I haven't been able to see anything since birth. As a child, I didn't think of myself as different from anyone else, but during my teenage years I had a difficult time. My friends were all planning careers, but it can be difficult for blind people to find work. I didn't want to be ⁵_____ on my family and I didn't see any hope for the future. I started to have ⁶_____ health problems and I suffered from ⁷_____. I had some ⁸_____, though, and my counsellor encouraged me to go to university. At first, I was worried about how I would cope, but the university has provided lots of ⁹_____ for me. Now I'm much happier and more confident about my future.



D Complete the text using words and phrases from the box.

nutritious overweight prevent cancer risk of strokes and heart attacks unfit

Medical experts are always telling us that a healthy lifestyle is important. If we're ¹ _____ because we don't exercise enough and ² _____ because we eat too much unhealthy food, then they say that we increase our ³ _____ serious health problems like ⁴ _____. News stories tell us that a healthy, ⁵ _____ diet can help ⁶ _____, for example.

balanced diet carbohydrate diabetes genetic factors to what extent vitamins

But ⁷ _____ can a healthy lifestyle really reduce your risk of these conditions, and how much is down to ⁸ _____? For example, I could eat a ⁹ _____, with lots of fruit and vegetables to provide the ¹⁰ _____ I need, avoid too much sugar, and limit ¹¹ _____ from things like bread and pasta. I could exercise regularly and keep my weight under control. But if I have a history of ¹² _____ in my family, doesn't that mean all my hard work would be useless?

to what extent: *To what extent does your risk of a heart attack depend on your family history?*

to the extent that: *The condition affects her life to the extent that she's unable to work.*

to some extent: *Both arguments are true to some extent.*

to a certain/large/great extent: *Health is determined to a large extent by genetic factors.*



E Choose the best words or phrases to complete the sentences. In some cases, both options are possible.

- Fresh fruit and vegetables contain *factors* / *vitamins* that are important for health.
- Patients who are seriously *overweight* / *unfit* are put on a low-calorie diet.
- George was unable to use his left arm after suffering a *stroke* / *cancer*.
- How much you should eat depends, to *some* / *a certain* extent, on how much activity you do.
- For lunch, children get a *healthy* / *nutritious* meal, including fresh fruit and vegetables.
- People with *diabetes* / *strokes* have to monitor how much sugar is in their diet.
- Doing regular exercise can help reduce your *danger* / *risk* of a heart attack.
- Try to limit the amount of *carbohydrate* / *vitamin* in your diet, such as bread, pasta and potatoes.
- I know I need to do more regular exercise; I'm really *unfit* / *unwell*.
- William has a *genetic* / *historical* condition that's passed from parent to child.
- We don't fully understand to *what* / *an* extent climate influences our health.
- Smoking was first linked to *cancer* / *diabetes* in the 1900s.

F Complete the sentences using words from the box. Add any other words necessary.

balanced diabetes extent genetic overweight risk

- Do you have a history _____ in your family?
- Do you eat _____?
- Do you consider yourself to _____?
- Is the condition caused by _____, or is it a result of lifestyle choices?
- Does drinking too much coffee increase your _____ having a heart attack?
- To _____ does sitting at a desk all day affect your health?