**My Visiting Card. (Introducing Myself)**

At the first meeting people get acquainted and better recognize each other. The first subject which people start studying when they learn any foreign language is “My family and me”. It is very important to be able to tell about yourself and ask questions to the interlocutor. And have you ever met foreigners? What did you talk about? What can you tell about yourself?

****

Text A

**Read and tell what you’ve learnt from this text:**

First name My name is Arkady.

Last name My last name is Naishuler.

Age I am 41 years old.

Birthday My birthday is in winter, in February. I was born in 1971.

Place of birth My homeland is Russia, I’m from Siberia. But now I live in

 Finland.

Marital status I am married, I am head of my family.

(family state)

Profession I’m a doctor by profession.

Position (post) I am a manager of pharmaceutical company.

Hobby My hobbies are fishing, travelling and poetry.

Likes/dislikes I’m fond of arts, I respect creative people and dislike boring

 people.

Interests I’m interested in politics in Russia.

I about myself In my opinion, I am a good mixer!

Words:

To be a good (bad) mixer – легко (трудно) сходиться с людьми

(to be sociable/unsociable); to be easy to deal with

to be a couch- potato - лежебока (couch [‘kauʧ]-диван)

to be a slow- coach – «резинщик», медлительный (coach [‘kǝuʧ]-экипаж, вагон)

to be a lazy-bones – лентяй

a hacker – хакер

a good organizer [‘o:gǝnaizǝ] – организатор

competent, demanding, logical, industrious (hard-working), practical, optimistic, reasonable, responsible.

Text B

**Read the sample text and enrich your vocabulary:**

My name is Ann, I’m 25 years old. I was born in summer in 1985, my birthday is on the 3-rd of July. I am from Achinsk. I am not married. I’m a pharmacist by profession and I work in the chemist’s. I am interested in medicine that is why I am a student of the Medical University, besides I want to get a higher education. When I was a schoolgirl my favourite subjects were Chemistry and Biology. I am fond of sports and computer games; in addition I’m good at knitting. I like to spend my free time in the open air with my friends. My hobby is reading and I enjoy reading detectives.

Additional reading

Text 1

**Read about Professor Smirnov’s views. Answer the questions:**

What’s important for Prof. Smirnov, in his opinion?

Why is English necessary for him? What does he do to know English?

What’s his opinion about person’s luck and success?

Is Prof. Smirnov optimistic?

What’s your opinion about importance of learning English?

What kind of people do you respect?

It’s very important for me to keep up to date. I can get much information from Internet, for this I should know English. English is also necessary for communication with my foreign colleagues and reading scientific articles. That’s why I’ve got down to English (I attend English courses). I often go abroad on business to take part in conferences, symposiums and I should keep up the conversation and understand my interlocutors.

I respect intelligent, competent and hard-working people and I can’t stand narrow-minded but ambitious people.

 I believe in success and I consider that luck and success depend on person’s abilities and every person should do his best to accomplish goals himself.

Words:

to keep up to date – идти в ногу со временем; got down to… - взялся за…;

to go abroad on business – ездить заграницу в командировку; to keep up the conversation – поддержать разговор; interlocutors – собеседники;to depend on – зависеть от…; abilities – способности; to accomplish goals himself – самому добиваться целей.

**My Nearest and Dearest. (About my family)**

Text A. My name is Ann. I am from Achinsk. My family isn’t large; we are four all in all: my mother, father, my sister and me. My mother is a housewife; my father is an engineer and my younger sister is a student of the Federal State University.

 My mother keeps the house, she is fond of gardening and she is good at cooking. My father is interested in cold steel and fire arms; he often reads magazines about them so he is always in the know of new products. In his free time he likes hunting.

As for my sister, she is a very sociable person: she has got a lot of friends.

In summer she climbs the mountains, goes down the caves and goes on hikes. Her lifestyle is active, she’s sporty.

Our family is very united, we are happy to be together.

Words:

tо be fond of –увлекаться; to be interested in - интересоваться;

cold steel – холодное оружие; firearms – огнестрельное оружие

tо be good at – быть способным; to climb the mountains – лазить по горам;

caves – пещеры; to go on hikes – ходить в походы; united - дружный, крепкий,

Text B. My family

**Read the text and tell about your family:**

My family is large. I have a mother, a farther, a sister and a brother. There are five of us in our family. My mother is a doctor, she is a physician. My mother is a good-looking woman with brown hair. She is forty -seven, she is tall and slim. Her hobby is music. My father is a computer programmer. He is very experienced. He is a broad- shouldered tall man with fair hair and grey eyes. He is forty-nine. My father is fond of singing.

My parents have much in common, but they have different views on books, films and sports. My father is fond of horror films and my mum - "soap-operas". My father's hobby is tennis but my mum is not interested in sports. But my parents have the same opinion about our education and upbringing. My parents are hard­–working people. My mum is good at cooking, and she is clever with her hands. She is very practical.

My sister Helen is twenty-five. She is married and has a family of her own. She is an accountant. Her husband is a scientist. They have twins: a daughter and a son. My brother Boris is eleven. He is a schoolboy. His hobby is football. He is good at football.

We have many relatives: aunts, uncles and cousins. We have a very good time together. Our family is very united. We are always happy to be together.

Words:

good-looking- симпатичный, приятный; broad-shouldered- широкоплечий; to have much in common-иметь много общего; education and upbringing- образование и воспитание; hard- working – трудолюбивый;

to be clever with hands - иметь умелые руки.

**Krasnoyarsk State Medical University**

Did you visit the university on the “Welcome Day”? Did you go on the excursion to the anatomical museum, what do you know about the history of our university? What interested you most of all? Who was V.F. Voyno -Yasenetsky?

Text A. **Read the text, learn the new words and do exercises to the text:**

 At first Krasnoyarsk State Medical University was a Medical Institute which was founded in 1942 on the base of two Institutes: Leningrad Medical Institute and Voronezh Stomatologic Institute. In 1995 Krasnoyarsk Medical Institute changed its status for the Academy and in 2008 it became a University.

There are both free and paid forms of education at our University. Students who pass their exams with excellent grades receive scholarships (grants/stipends). Non-resident students are offered hostel accommodation.

At present the University consists of the following departments: General Medicine, Pediatric, Stomatologic Institute, Pharmacy with the Distance Learning Department, a department of Economics and Management and a department of Clinical Psychology. Pharmacy department started its work in 2005. Departments of Economics and Management and Clinical Psychology began working in 2010. In 2011 a department of Medical Cybernetics and a department of Social Work in Medicine made the 1-st enrollment of students. They are the newest faculties of the University. There is also a Faculty of Advanced Training for physicians and pharmacists and post-graduate courses for medical graduates conducting research. For school leavers and those who are eager to become students and pass entrance exams successfully a preparatory department (pre-university course) works in the evenings.

Each department is headed by a dean. The dean’s office is the place where students can get all the necessary information.

For the first 3 years all these departments are joined into the faculty of Fundamental Medical Education which is headed by a professor, Doctor of Medical Science.

78 % of professors and lecturers have an academic degree. Among the University staff there are members of the Russian and International Academies of Science.

 The academic year is divided into 2 terms, each of 17-19 weeks duration. At the end of each term, there is an examination session when students have a number of credit tests and exams. During the 1-st 2 years the students study the basis of theoretical medicine, Latin and Foreign Languages, Philosophy and Ethics, Biophysics and Biology, History of Medicine. During these 2 years they study the structure of human body and its physiological functions and the courses of diseases. The study of human anatomy, systems and organs is carried out on corpse material. In the third year (during the second period) senior students begin to master clinical subjects, such as surgery, internal diseases, ophthalmology, obstetrics and gynecology, clinical pharmacology, pharmacognosy, and the basics of accounting and management. They spend most of their time in teaching hospitals and clinics, as well as in pharmacies and laboratories.

 A course of training in General Medicine and Pediatrics lasts for 6 years, while in Stomatology, Pharmacy, Economics and Management and Clinical Psychology - for 5 years. If a student completes the six-years programme of medical course and passes the state final examinations (or finals), he will be awarded the Medical Doctor Diploma.

 After that, there is a further year of training (internship) for those medical or pharmacy interns who are willing to obtain a Certificate of Experience that will enable them to practice. Those who want to specialize in a definite field and to obtain promotion to a higher-ranking job must have a period of residency, which is 2 or 3 years, depending on their specialty. Many medical graduates enter post-graduate courses. They write and defend a thesis based on their original research, and obtain the degree of a Candidate of Medical or Pharmaceutical Science.

 Our University ranks high among the higher medical educational establishments both in Siberia and in the whole of Russia. Our graduates work in different parts of the country and abroad. They work in hospitals, Medical Academies and Scientific Research Institutes as well as in the pharmacies and pharmaceutical companies.

**My Department**

I’m a student of Pharmaceutical Department. It’s one of the newest departments of our University. Our Pharmacy Department started its work in 2005. That time it was a branch of the Tomsk University. And in 2006 the department made its first enrollment of students. It has Distance Learning Department.

The academic year is divided into 2 terms, each of 17-19 weeks duration. At the end of each term, there is an examination session when students have a number of credit tests and exams.

A course of training lasts for 5 years. During the first 2 years the students study general subjects, they are: Higher Mathematics and Computer Science, Study of Culture and History of Homeland, Philosophy and Ethics, Latin and Foreign Languages, the basis of theoretical medicine, Biophysics and Biology, History of Medicine and Pharmacy. In the third year senior students begin to learn Clinical Pharmacology, Pharmacognosy, the basics of accounting and management. Besides they have management practice in the chemist’s shops to gain knowledge and work experience necessary for a pharmacist and they also have field practice in Botany. During the last years of study the students spend most of their time in pharmacies and laboratories.

 At the end of their studies they get the Diploma.

Active work in the student's scientific societies makes it possible to achieve great success in the regional and All-Russian competitions among students. And those students who care for science and conduct research have an opportunity to advance their knowledge taking post-graduate courses. They write and defend a thesis based on their original research and obtain the degree of a Candidate of Pharmaceutical Science.

Words:

to found– основывать; senior–старший; a distance learning department-заочное отделение; a preparatory department- подготовительное отделение;

post-graduate courses–аспирантура; a credit test–зачет; corpse – труп; a faculty of advanced training -факультет повышения квалификации; to conduct research – проводить исследовательскую работу; to rank high – высоко котироваться;

a dean –декан.

**My Future Profession**

What do you know about your future profession? What does a pharmacist do? What attracts you in your future profession? Do you have any relatives or your family friends working at the chemist’s? Do you agree that a profession of a pharmacist isn’t boring?

Pharmacists should keep learning throughout their professional activities. Why?

Text

**Read the text and tell what new information you have learnt.**

 Medicine is a respected sphere of life. Being a doctor is a noble job and it is required in all times. Pharmacists are very helpful in medicine. It's interesting to know that in Peter I's times pharmacists were exempted from taxes.

 A pharmacist is a specialist whose work is connected with manufacturing, preservation and selling of medical preparations. A lot of specialists work in this field. There are technologists who are responsible for preparation of medicines and analysts who maintain quality audit. A Pharmacologist is a specialist who carries out the pharmacological control and researches in the manufacture of various medical preparations, investigates medicines’ effect (medicinal substances) on an organism. A Pharmacologist investigates and tests drugs on experimental animals. He also studies both domestic and foreign scientific and technical achievements and an advanced experience in the field of the pharmacological control.

 Besides pharmacist's duties are control of selling activities especially narcotic substances and they also organize and coordinate wholesaling. It's impossible to perform all these duties without medical and economic knowledge and abilities to supervise, i.e. a pharmacist must possess communication and management skills, in other words, strong interpersonal skills, ability to manage a team and nowadays computer literacy.

 A pharmacist is a doctor, a chemist, a psychologist, a seller and an economist taken as a whole. Like doctors they help people to treat their diseases to keep fit. They must know all medicines, their **indications** and **contraindications**, proper dosage and similar preparations. Pharmacology is making progress now and a good specialist should **be in the know of** all achievements in this field of science.

Words:

1. indications- показания к применению; 2. contraindications- противопоказания; 3. to be in the know of- быть в курсе

**Choosing a Career. (My Choice)**

After leaving school millions of young people begin an independent life. They start a working career, go into business or continue learning to receive a higher education. Some follow their own choice and some follow their parents’ advice.

I have asked myself a lot of times: «What do I want to be when I leave school?” It was difficult for me to give a definite answer. I changed my mind a lot of times which science or sphere of industry to specialize in.

At last I decided to become a pharmacist. My aunt is a pharmacist, a very good and experienced pharmacist. And when I was a child my mother and I often went to my aunt’s place of work. We saw her working and we felt pleasure in that. It was clean and quiet in the chemist’s. I liked the atmosphere.

I consider this work interesting and exciting and it is a very noble profession. Besides, pharmacists are always required. I’m sure that a problem of unemployment won’t touch me. I want to help people to solve their problems with their health. I think that a pharmacist should be kind and attentive to people, responsible and reasonable, honest and prudent. And I’ll do my best to develop good traits in myself. A pharmacist can’t say that he knows everything in his field. He goes on learning during his entire career to be able to answer any question. He should be an example of competence.

At school I was good at biology and chemistry; I attended optional courses to master my knowledge. I‘ve passed all entrance exams at the University and now I’m a student of the Pharmaceutical Department.

Words:

unemployment – безработица;

traits – черты характера;

to attend optional courses – посещать факультативы;

reasonable - благоразумный;

prudent - предусмотрительный; осторожный.

Helpful words and word combinations:

to be keen on (care for)–увлекаться

Common National Examinations (Unified State Exams) – ЕГЭ

to take part (to participate) – принимать участие

to earn a living –зарабатывать на жизнь

a post-graduate course – аспирантура; up-to-date – актуальный

responsible – ответственный; noble – благородный; attentive – внимательный

kind – добрый; honest –честный; well-educated – хорошо образованный

well-informed – хорошо информированный

to do one’s best – делать всё возможное, что в силах

to develop good traits – развивать хорошие черты характера

an example of competence –пример компетентности

to suit – подходить (о профессии)

to take into consideration – принимать во внимание

to bring satisfaction – приносить удовлетворение

**Answer the questions:**

When did you begin making plans for the future? When were you able to give a definite answer about your future profession? Did anybody help you to make the choice? What reasons helped you to choose the profession? What traits are necessary for this profession? What are the difficulties in this profession?

**Practice of Pharmacy**

What does the word “Pharmacy” mean? What is pharmacology? Do you know what pharmacognosy means? Have you ever heard about pharmacopoeia? You are going to learn all this information in the text given below.

Text

Pharmacy is the science which concerns the study of medical substances. It involves not only medicines, compounding and dispensing them but their combination, analysis and standardization as well. The word “pharmacy” is also used to define the place where medicines are compounded, dispensed, stored and sold. A person who is scientifically and professionally capable of engaging in the practice of pharmacy is called a “pharmacist”.

The compounding of medicines usually requires the scientific combination of 2 or more ingredients but dispensing may only require the transfer of manufactured products to a prescription container. Both services demand special knowledge, experience and high professional standards. A pharmacist should have knowledge of different subjects such as physics, chemistry, botany, etc.

 The field of medicine which studies drugs, their nature, origin, and effect in the body is called “pharmacology”. Pharmacology is broadly defined as the science of drugs.

Pharmacognosy is the science which embraces the history, source, cultivation, collection, preparation, distribution, identification, composition, purity and preservation of drugs of vegetable and animal origin.

A Pharmacopoeia is a book containing a list of medicinal substances with description, tests and formulas for preparing the same. The pharmacopoeial names of chemical substances do not always represent their chemical composition. The official description consists usually of physical characteristics, the structure of the drug when sectioned or powdered. The official description usually includes its physical properties such as colour, crystalline and other forms, odour, taste and the result of exposure to air. It’s important for the pharmacist to know if chemicals are stable or if they lose to attract moisture. The reaction to litmus or other indicators is also indicated unless the reaction is an important test of identity or purity. The Pharmacopeia describes also the proper method of packaging and storing the drug to prevent or retard deterioration.

Words:

dispensing- расфасовка; standard**–**уровень; official description – фармакопейное (официальное) описание; a prescription container – ёмкость, предусмотренная рецептом; exposure to air – воздействие воздуха; to lose to attract moisture – терять свойства, притягивая влагу; to retard deterioration–замедлять, задерживать, тормозить ухудшение (состояния или качества).

Text B. Pharmacy Specialities

In the practice of pharmacy there are some specialties. Each specialist performs his own duties. Thus; for example, **pharmacist-technologist** makes preparation of medicines, concentrated solutions, intrachemist's blanks, observing all the rules of preparation technology and technological methods. He also carries out drug development and creation of rational medicinal forms (a tablet, a capsule, aerosols, solutions etc.) providing the maximum bioavailability of an active component to an organism. He observes the requirements of sanitary regimen, a pharmaceutical order, rules and safety regulations.

Of course, this specialist uses technology equipment and mechanization and he’s responsible for the quality of performed work.

**A pharmacist-technician** works under the pharmacist’s supervision in the drug store, hospitals or clinics. He prepares drugs according to the doctor’s prescription, prints stickers with the names of drugs, places pharmaceutical products, cleans and sterilizes instruments, works with documents, with the insurance companies, inventory of the goods and negotiates with doctors.

The next specialist is **A Clinical pharmacist** who controls recipes, confirms the prescription of medicine indicated by doctors; it’s his duty to study the patient’s case report with the purpose not to allow negative consequences which can come as a result of interaction of medicines, besides he puts a drug on prescription, carries out supervision for pharmacist – technicians and assistants.

**A Pharmacologist** is a specialist who carries out the pharmacological control and researches in the manufacture of medicines, vitamins and other medical preparations, investigates medicines’ effect (medicinal substances) on an organism. A Pharmacologist investigates and tests drugs on experimental animals. He also studies both domestic and foreign scientific and technical achievements and an advanced experience in the field of the pharmacological control.

As for **a Pharmacist-pharmacognost,** he studies herbs, bioactive connections in their composition; he prepares vegetative medical products, and also resources of vegetative medicinal raw materials.

**A Pharmacist-analyst** maintains quality audit of medications in the process of their production and storage and solves a question of standardization and certification of medicinal preparations.

A lot of duties are performed by **a Pharmacist-manager.** He deals with handling of applications, registration of returns and claims from clients; exercises control over work of chemist's warehouses. The manager is responsible for tracing of the forged and defective medicines, maintenance and development of contacts to key clients and distributors, organization of advancement production and performance of the sales’ plan; selection, training, motivation, the organization and the control of work of a command; planning of sales and the market analysis; coordination and realization of various kinds of marketing activity, besides he keeps books (accounting).

**Main Medicinal Forms**

There are many different types of medicines available to us today, some of which cure diseases while others make us feel better and able to carry on with our lives. They can be represented in various forms. What kinds of medicinal forms do you know? Which of them do you prefer when you are unwell? Why?

**Read and learn these medicinal forms**:

There are the most common medicinal forms: tablets, pills, capsules, powder, solution, decoction, mixture, tincture, drops, suppositories, ointments.

**Remember some definitions:**

* Any chemically and physically homogeneous mixture of 2 or more substances is **a solution.**
* **A tablet** is the most common form of medication in a dry state. (a synonym is a pill).
* **A capsule** is a medication in a gelatin container. There are two forms of capsules, *hard capsules* and *soft capsules.* Hard capsules are for powders or semi-solid preparations and soft capsules for liquids.
* **Ointments** are semi-solid preparations for external application.
* Alcoholic or hydro alcoholic solutions prepared from animal or vegetable drugs or from chemical substances are **tinctures.**
* **A drop** is a dosage unit of a liquid medication.
* **Powder** is a dry homogeneous mixture of fine particles of one or more substances.
* **Decoction** is a medicinal form prepared from dried parts of herbs infused in hot water (a process of boiling the plant material, or percolation, in which the water passes through the material).
* A combination of two or more substances without any chemical reactions is **a mixture.**
* A medicinal preparation in solid form suitable for insertion into a body cavity (rectum or vagina) is called **a suppository**.
* **A suspension** is a medicinal form obtained when comparatively large particles are mixed in water.
* **Infusion** is a liquid extract, as tea, prepared by steeping or soaking.

Besides you can find the following forms at the pharmacy:

dragee- драже; infusion- раствор для капельного введения, настой (напр.,трав);

extract - экстракт, вытяжка; syrup–сироп; spray, aerosol- аэрозоль;

liniment–линимент; emulsion–эмульсия; pessaries –пессарий; paste –паста;

lotion – лосьон; cream- крем; plaster -пластырь; dust–присыпка;

bolus - лекарственное средство в форме шарика, болюс.

**Chemist’s Shop**

There is no person who has never been in the pharmacy. Pharmacy is the place which a person certainly visits at some period in his life. Do you often have to visit a pharmacy? What do you pay attention to when you go to the pharmacy? How do you feel about the fact that now it is possible to measure blood pressure and get to know a level of blood sugar in the pharmacy?

Text

How many departments are there at the chemist’s? What are they? What do white labels indicate? What is necessary to know for chemists? What mау the overdosage cause? What must a patient know before using the medicine? Where are drugs kept? What information is indicated on a label?

 When you are unwell or ill you need medicines. A doctor prescribes you the treatment and writes out a prescription. You can buy or order medicines at a chemist's. There are usually two departments in a large chemist's. At the chemist's department one can have the medicine immediately; at the prescription department a patient can order medicines which aren’t on sale at the moment. At any chemist's all the drugs are kept in drug cabinets. Every small bottle, a tube or a box of medicine has a label on it. Green labels indicate drugs for internal use, yellow (or orange) ones indicate drugs for external use and blue ones indicate drugs for injections. The dose to be taken and the directions for the administration are also indicated on a label. The dose indicated on the label and the name of any medicine is necessary for chemists, nurses, doctors and patients themselves. It prevents confusing different remedies, some of which are poisonous. Their overdosage may cause unfavorable reactions and sometimes even death.

In some chemist’s shops a person can measure his blood pressure and learn a level of his blood sugar.

Words:

to be on sale – быть в продаже; drug cabinets – шкафчик для лекарств; for internal use – для внутреннего применения; for external use – для наружного применения; confusing–путаница; unfavorable – неблагоприятный, отрицательный; to measure blood pressure – измерить кровяное давление.

**At the Chemist’s**

Read the text and name all possible medical goods a consumer can buy at the chemist’s.

At a chemist's a patient can buy different drugs for intramuscular and intravenous injections, for oral administration and for external use. Before using the medicine the patient must know well that he takes the proper drug and in the necessary dosage. At the chemist's a patient can get patent medicines of all kinds: ampoules of glucose and camphor for injections, different pills, tablets and powders, cough mixtures, heart drops, nasal drops, vitamins, cod liver oil, ointments, suppositories, sleeping pills, laxatives and obstipants, sedatives, bandages, adhesive plasters, mustard plasters, bottles of iodine. Here you can get antifertility agents (condoms and other contraceptives), hygiene items - sanitary napkins, panty liners, tampons and others. One can also buy hot-water bottles, medicine droppers, ice-bags, sponges, tooth-brushes and tooth-pastes, perfumes - soap, shampoo, cream, lotions, bath salts and many other useful things.

In the chemist’s you can also buy some medical devices – tonometres, thermometers, glucometers; and orthopedic footwear (corrective insoles), shaping underwear, baby food etc.

Words:

bandages – перевязочный материал, бинты; adhesive plasters–лейкопластырь; mustard plasters–горчичники; medicine droppers–пипетки; ice-bags – пузыри/пакеты со льдом; sponges- губки.

**Proper Storage of Drugs**

What do you mean by speaking about rules of storing medical substances?

Do you observe the rules of proper drug storage? Where do you keep your medicines at home? How often do you clear your first-aid kit? Do you always pay attention to the package and date of manufacture?

Text

It’s very important to keep medicines properly; everyone should know some simple rules.

Store the medicine away from heat and direct light. You shouldn’t keep your medicines on the windowsill. Influence of light and heat from radiators (in winter) may lead to decomposition of some ingredients of the drugs thus eliminating positive effect of the treatment.

Store in a dark, cool, dry place.

Do not store in the bathroom. Some tablets are in the paper packing. Humidity influences medical effect badly. Medicines kept in the bathroom may have less therapeutical effect.

It’s not acceptable to keep drugs in the kitchen near the stove. Vapour and as a result increased humidity and besides a high temperature influence the medicines badly, they lose effectiveness. Moisture evaporates (in the liquid forms) and concentration of the active ingredients increases and overdosage may occur. A patient may get unfavourable reactions.

Mind that not all of them should be stored in the refrigerator. Some medicinal forms such as suppositories, ointments, eye drops and solutions for injections are subject to be kept in the refrigerator to prevent change of their properties. It’s not acceptable to keep drugs next to the freezer otherwise they can freeze and lose their effectiveness. Do not refrigerate.

Keep the medicine out of the reach of children and away from pets.

They may get poisoned and a lot of problems concerning the health may occur.

Keep medicines in special place in a special box.

Don’t take expired\* medicines.

Words:

windowsill –подоконник; decomposition –разложение; eliminate – аннулировать, исключать; humidity – сырость, влажность; vapour – пар, испарения; moisture – влага, влажность; evaporate–испаряться; to be subject – подлежать чему-либо; \*expired – с истёкшим сроком действия.

**General Rules for Drug Taking**

There are often questions asked regarding various aspects of medicines. The effectiveness of dosing and administration of drugs: what time of the day to take a drug, what route of administration is the most effective (oral, injection, etc), how many times in the day should a drug ideally be taken.

Do you have any idea how to take medications correctly? What is taken into account when taking medications?

Text

What information does a prescription contain? Why are some medicines impossible to take with meals or just after meals? How should a patient take medicines having an organic structure? What medicines are impossible to take with acidic juices? How does alcohol influence medicines? What should a patient do in case he misses a dose?

 It’s very important to take medicines in a proper way. If medicine is taken incorrectly, it may actually cause harm. As a rule, a prescription contains information about dosage and doses, time for taking it and the way of taking. But some patients do not always strictly follow the prescribed instructions. To protect patients from possible harm basic suggestions are given.

 Many medicines taken after a meal can completely lose their effect or their effect decreases by their interaction with food in the stomach and intestinal tract. Hence pharmacological therapy fol­lows this general rule:

* medicines having an organic structure should be taken one-half hour to one hour before meal-time.
* Non-acid-resisting antibiotics, such as ampicillin, erythromycin, penicil­lin and other medicines should not be taken with acidic juices or drinks containing alcohol as alcohol has a very negative influence on the effect of medicines. It intensifies the effect of histamines, barbiturates, and tricyclic antidepressants. Alcohol increases the toxicity of barbiturates by more than 50%.
* Do not miss any doses. Do not suddenly stop taking medicines without checking with your doctor even if you feel much better. Side effects may occur. If you miss a dose, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.
* Make and use a fresh solution each day. Do not boil the solution.
* Do not give the medicine to anyone else.
* Follow the doctor’s orders or directions on the label. Read it carefully.

Words:

proper – правильный, надлежащий; to cause harm – причинить вред;

to decrease – уменьшить, понизить; non-acid-resisting antibiotics – некислотоустойчивые антибиотики

**Structure of Annotation to Medical Preparations**

Do you always read annotations to medical preparations or do you take medicines as your doctor appointed? Have you ever paid attention to the structure of annotations? What information does a structure to annotation to medical preparation contain? Why is it necessary to read an annotation to medical preparation?

Express your opinion if a structure of annotation may vary depending on where it is published– in the directory of medical products, medical magazine or advertising brochure.

Text

Analyzing medical preparations in English the rule is to keep to the established order:

1. Name of the medical preparation;

2.Pharmacodynamics;

3.Pharmacokinetics;

4.Pharmacologic classification;

5.Administration;

6.Dosage;

7.Indications;

8.Doses;

9.Contraindications;

10.Adverse effects;

11.Precautions;

12.Warnings.

After the name of the medical preparation the following information may be indicated: a firm – manufacturer, beside pharmacologic classification (reactant) - therapeutic classification, risk category.

Structure of annotations may vary depending on that on whom it is intended for – a doctor, a pharmacist or a patient, besides where it is published – in the directory of medical products, medical magazine or advertising brochure.

Pharmacologic classification indicates whether the drug belongs to the group of antibiotics, analgesics, sedatives, laxatives or antidiarrheal preparations, etc.

Administration indicates a way of taking drugs. The routes of administration may be: per os, by injection (subcutaneous, intramuscular, intravenous), inhalation, rectal administration, topical (local) administration;

It’s necessary to remember the following medicinal forms:

tablets, suppositories, solutions, capsules, dragee, powders, ointments, drops, suspensions, mixtures, decoctions, tinctures, infusions. Tablets may be film – coated, enteric coated, sugar coated, sublingual, buccal, chewable, multilayered, scored, biconvex; with delayed/extended/prolonged action.

All the drugs are supplied: ampoule, bottle, capsule, container, phial and vial.

Drug dose: it may be safe, heavy, age – dependent, permissible, initial, single, median/average, total;

A patient may take a medicine: daily, hourly, at bedtime, without regard to meals, with extreme caution, preferably in the morning, divided, with fluid, topically; he may also crush a tablet.

To understand a part “Side effects” one should know the following words:

diarrhea, discolored nails, dizziness, excitement, fainting, heartburn, insomnia, irritation, numbness, nausea, vomiting, headache, fever, dyspnea/ breathlessness, weakness, malaise, fatigue, coryza (rhinitis), belching – отрыжка, constipation, cramp - спазм, drowsiness– сонливость, somnolence - гиперсонливость, полубессознательное состояние, edema -отёк, водянка, hives - крапивница, pruritus - зуд; eruption– сыпь, blurred vision – неясное, затуманенное зрение.

Words and word combinations:

available by prescription – выдаётся только по рецепту;

excretion, elimination – выведение из организма;

lifetime – срок действия;

shelf life – срок хранения;

to alleviate – смягчать;

to promote–способствовать;

to assure–обеспечивать;

to inhibit – тормозить;

delay – задерживать;

discontinue – прекращать;

suppress – подавлять;

to monitor–контролировать;

to exacerbate–обострять;

to precipitate – ускорять течение;

to rotate–чередовать;

to increase/reduce a dose by … to … grams – увеличить/уменьшить дозу с…до…г.

**IMMUNITY AND VITAMINS**

 Vitamins play a very important role in human health. Vitamins are special substances that body needs along with proteins, fats, carbohydrates and minerals.

The functions they perform fall into two categories, the maintenance of normal structural and of normal metabolic functions.

When the winter months come your food becomes poor of vitamins. Winter is the time for virus infections, colds, flu and your resistance is especially low. One must take vitamins A, B, C every day. They are often called “winter vitamins”.

Vitamin A is essential for the maintenance of normal epithelial tissue; you can find vitamin A in carrots, fish, oil, eggs. This vitamin is needed to protect eyesight and to increase resistance to infection. Vitamin A is often combined with other vitamins, especially vitamin D.

Vitamin D functions in the absorption of normal bone salts for the formation and growth of a bony structure. So vitamin D is needed for healthy bones and for protection against rickets. It is found in very small amounts in eggs, butter and fish. We get most of vitamin D from the sun.

Vitamin B is present in milk, eggs, liver. It’s needed to strengthen our nervous system. Cooking destroys vitamin B. You must take it daily.

You can find vitamin C in cherry, orange, lemon and green vegetables. Vitamin C is needed to increase resistance to infections. It helps to recover after illness. Vitamin E is needed to improve poor blood circulation, in treatment of thrombosis. You can find it in soya, fruit.

Vitamins and minerals are important nutrients which help our body to function properly. The research workers proved that a balanced diet contains all the nutrients necessary to keep us healthy. No one food supplies all the nutrients that our body needs. Because some foods are high in certain nutrients and other foods are high in other nutrients, it is important for us to eat a variety of foods. If some vitamins are lacking in the diet of people deficiency diseases may occur. A lot of deficiency causes scurvy.

But everyone should remember that overdosage of some vitamins may be harmful so people must take proper doses of vitamins.

Words:

to increase – увеличить; to strengthen – укрепить, усилить; to destroy–разрушать; to recover –выздоравливать; to improve – улучшить; to lack–не хватать, недоставать; deficiency diseases - болезни, вызываемые нехваткой факторов питания; scurvy –цинга.

**AVOID SELF - TREATMENT**

It’s well-known that self-treatment is dangerous. It may lead to serious consequences. Do you always consult a doctor when you feel unwell? Did you happen to feel unwell on account of self-treatment? What errors are common when a person refuses to consult a doctor and prefers to undergo treatment on his own? What are the other causes of patient’s sufferings who get treatment without doctor’s assistance?

Text

If you are unwell you should consult a doctor. Never take medicines without doctor’s administration. A person who thinks he can cure himself without the doctor’s consultation makes a mistake. He can stop his symptoms but he doesn’t cure the cause of them. The illness may become more serious and chronic. A prescription is usually written for a certain person. Never use medicines prescribed not for you.

 A lot of drugs have adverse effects such as headache, insomnia, nausea, vomiting, high blood pressure, rapid pulse rate and some others. Besides every drug has some contraindications which a patient may ignore. When you take medicines following your own way you may fail to take interaction of different drugs into consideration. Some drugs may lessen therapeutical effect of the other drugs and so make the treatment helpless. On the other hand, there are drugs that strengthen effect of medical preparations.

Your doctor treats you individually, he appoints you a course of treatment depending on the state of your health, age, family history, past history and some other data. A doctor observes attentively any changes in a patient’s condition.

 You should remember that over dosage is harmful. Dosing errors are common. A lot of hospitalized patients suffer an adverse drug event every year. In every case a patient needs proper medical care.

Words:

rapid pulse rate –учащенный пульс; to follow one’s own way– поступать по своему усмотрению; to take into consideration –принимать во внимание; family history –семейный анамнез; past history–анамнез; error ['erə] - заблуждение, оплошность, ошибка.

**HERBS AND HERBAL REMEDIES**

Do you know any herbal remedies? Are they often used in your family? Do you gather herbs? Have you ever gathered herbs? What herbs grow in your region?

In what places is it recommended to gather herbs? Why?

Herbal Medicine sometimes referred to as Herbalism or Botanical Medicine, is the use of herbs for their therapeutic or medicinal value. A herb is a plant or plant part valued for its medicinal, aromatic or savory qualities. Herb plants produce and contain a variety of chemical substances that act upon the body.

Herbalists use the leaves, flowers, stems, berries, and roots of plants to prevent, relieve, and treat illness. From a "scientific" perspective, many herbal treatments are considered experimental. The reality is, however, that herbal medicine has a long and respected history. Many familiar medications of the twentieth century were developed from ancient healing traditions that treated health problems with specific plants. Today, science has isolated the medicinal properties of a large number of botanicals, and their healing components have been extracted and analyzed. Many plant components are now synthesized in large laboratories for use in pharmaceutical preparations. For example, vincristine (an antitumor drug), digitalis (a heart regulator), and ephedrine (a bronchodilator used to decrease respiratory congestion) were all originally discovered through research on plants.

Rather than using a whole plant, pharmacologists identify, isolate, extract, and synthesize individual components, thus capturing the active properties. This can create problems, however. In addition to active ingredients, plants contain minerals, vitamins, volatile oils, glycosides, alkaloids, bioflavanoids, and other substances that are important in supporting a particular herb's medicinal properties. These elements also provide an important natural safeguard. Isolated or synthesized active compounds can become toxic in relatively small doses; it usually takes a much greater amount of a whole herb, with all of its components, to reach a toxic level. Herbs are medicines, however, and they can have powerful effects. They should not tee taken lightly.

**Healthy Life Style**

**Read the text and find the English equivalents**: потеря памяти, пропущенный завтрак, хорошая осанка, предотвратить заболевание, влияние окружающей среды, защита организма, поднять настроение, кровообращение, перекусывание, клетчатка, ожирение.

Health is above wealth

Our health depends on many things: the food we eat, our good or bad habits, our physical activity and environmental influence.

Obesity and physical inactivity are known from ancient times. Besides such bad habits as smoking and drinking too much alcohol, the surprising “danger” of sleeping too much or too little, eating between meals and skipping breakfast can double the chance of dying or lead to different diseases.

Of course sleeping too much or too little, snacking and skipping breakfast are not quite as deadly as smoking, obesity and drinking. But they are indicative dangerously chaotic lifestyles.

Some people worry about their weight and follow a calorie-controlled diet. They eat a low-fat food and more fibre. Eat is thought to be the cause of disease. Besides, people believe that they should exercise more not to be fat. Some people have started counting the calories they eat every day. So, that they can try to take in less calories and lose weight. This is called a calorie-controlled diet.

Such bad habits as smoking, drinking too much alcohol can cause a cough, a headache, some diseases, slow reactions and even loss of memory. Bad habits make teeth yellow, skin unhealthy, speech unclear and brain centers sleep.

The role of sports is significant as it gives good physiological results on the body. Good exercises increase heart action and blood circulation. They strengthen the nerves. Taking long walks in the open air is also important. The sun and the air are good medicines. It’s interesting to know that bus drivers who sit all day have heart diseases twice as more than conductors who move all day. Physically inactive people get old earlier than those who exercise. If a man does daily exercises he feels refreshed and has good posture. And good posture lifts spirits. Poor posture often causes fatigue.

Everyone should remember the Latin saying “Mens sana in corpore sano”. A healthy lifestyle is “a good remedy” for the protection of our organism against diseases.

It’s well known that it’s easier to prevent a disease than to cure it. Doctors must promote a healthy lifestyle and serve an example for other people.

\*“ Mens sana in corpore sano”- (лат) “ В здоровом теле здоровый дух”.

**Answer the following questions using the words and expressions given below:**

* + 1. What factors influence health?
		2. What bad habits do you know?
		3. How do they influence your health and appearance?
		4. What are the popular ways to lose weight and avoid gaining it?
		5. Do you control your weight? How?
		6. What do you do to keep fit?

**Use the following words when you answer the questions:**

dieting; follow a diet; eating wholemeal bread; eating high-fibre food; eating low-fat food; exercising; environmental influence; physical inactivity; cut out snacks and desserts; cut down on fat; do aerobics and yoga; walk for exercises; go cycling; cause; hereditary factor.

**KRASNOYARSK**

1. Krasnoyarsk is the largest industrial and cultural centre of Eastern Siberia, and capital of Krasnoyarsk Territory, the second largest region in Russia by area. Krasnoyarsk was founded by Cossacks headed by Andrey Dubensky in 1628 as a military settlement where the river Kacha flows into Yenisei. Krasnoyarsk became a town in 1690. The town began to grow rapidly after the Siberian road (federal highway M53 now) was constructed in 1735. The road connected Krasnoyarsk with Achinsk and the rest part of European Russia. Further development of the city was due to gold-fields found in the region and the railway constructed in 1895. In the Russian Empire, Krasnoyarsk was the city of political exiles. Eight Decembrists were exiled to Krasnoyarsk after uprising was suppressed.

2. The major rivers in and near Krasnoyarsk are the Yenisei, Mana, Bazaikha, and Kacha Rivers, the latter flowing throughout the historical center of the city. The city is distinguished by its unique landscapes, mountain views, majestic Siberian forest and a well-known Stolby Nature Reserve. Stolby Nature Reserve is the most popular place of attraction for tourists visiting Krasnoyarsk, numerous giant granite rocks formations are of very extraordinary shapes. Stolby is also a major rock climbing location. Many local climbers call their extreme sport stolbizm, known elsewhere as solo climbing.

3. Today’s Krasnoyarsk is a modern industrial city with unique architecture, a capital of artistic and talented people of Siberia and one of the most beautiful cities in the country. More than 1 million people live in Krasnoyarsk.

The city has rich cultural traditions. Great Russian artist, Vasiliy Surikov, writer Victor Astafyev, and opera singer Dmitry Khvorostovskiy were all born, educated and worked here. There are five professional theatres in Krasnoyarsk. Mikhail Godenko’s State Academic Dance Company of Siberia is known to spectators of more than 50 countries worldwide. Forty municipal cultural institutions are situated in Krasnoyarsk.

4. There are a number of local holidays celebrated annually in Krasnoyarsk. The most significant holiday is the Day of the City celebrated in June, usually with a carnival. Other holidays and cultural events are the Mana Festival (Russian: Манский фестиваль) usually held on the last weekend in June with the traditional bard contest, the International Museum Biennale traditionally held in the Krasnoyarsk Cultural/Historical Center, the avant-garde Museum Night festival dedicated to the International Museum Day (May 18), the Jazz on Yenisey festival, the Stolbist Day held many times a year celebrating the traditions of mountain climbing in the Stolby national reserve, and the Bikers' Rally.

5. Places of interest.

Vasily Surikov Museums (in Lenin St. and Karl Marks St.) are the museums of the one of the greatest Russian painters who was born and lived in Krasnoyarsk until he moved to Moscow to become a member of the National Academy of Arts. The first is a two-storey wooden house built in 1830 by the painter's father, Vasily Surikov was born and lived for many years in that house; and the second is a later-built one-storey house holding many of his works.

Karaulnaya Gora (Караульная гора, Russian for 'The Watch Hill') — a large hill with the Paraskeva Pyatnitsa Chapel (Часовня Параскевы Пятницы), on its top there is a symbol of the city depicted on the 10-rouble banknote.

Krasnoyarsk bridges are among the main sights of the city. The Railway Bridge over the Yenisei, constructed in 1899 by mechanical engineer E.K. Knorre as part of the project by known Russian engineer L.D. Proskuryakov, was awarded with gold medal at the World Fair in Paris in 1900 as the highest achievement of technical idea. Communal Bridge is one of the symbols of our city.

In 2003, a new symbol, the Historical Gates to the City, appeared in Krasnoyarsk. They were constructed at the exact place, where almost four centuries ago the settlement’s history began.

Krasnoyarsk Regional Museum (Dubrovinsky St.) is a monumental building in an ancient Egyptian style. It holds a lot of good exhibitions on the history of the Krasnoyarsk Territory as well as many archeological artifacts.

The Culture and History Center (former Lenin Museum) constantly presents various local and international exhibitions and events, all open to the public and sometimes free: fine art and photography by modern artists, art-house and independent movie festivals, and museum nights with performances by young local artists, wax figure exhibitions, moving exhibitions from other cities, etc. The very building of the center itself is an incredibly interesting place to visit due to its original and atmospheric inside architecture.

Roev Ruchey Zoo (Роев ручей, Russian for Royev's Brook) is a very good zoo, where animals live in good conditions, the city children and adults love to visit it throughout the whole year. Its animal collection is one of the richest in Russia. The most famous inhabitant is a polar bear called Sedov.

6. Krasnoyarsk is a sports center of Siberia. Children and youth sport schools of the Olympic reserve, a lot of sports federations, sport clubs, organizations of adaptive physical training and sports work in the city. The "Everybody Starts" jogging competition takes place every year and a number of participants grows constantly. The Children's Olympic Games became a visiting card of Krasnoyarsk. Ivan Yarygin’s International Tournament in Free-Style Wrestling is annually held in Krasnoyarsk.

Krasnoyarsk is a symbol of bright victories in rugby, bandy (ice hockey with a ball) and free-style wrestling. Twice, in 1982 and 1986, Krasnoyarsk was host of the Winter Games of Peoples of the USSR, the biggest mass competition of the country. Names of prize-winners of the Russian, European and World championships in biathlon Olga Pyleva and Pavel Rostovtsev, pupils of the ‘Yenisei’ bandy team Lomanov father and son, Ivan Maksimov, Olympic champions in free-style wrestling Saytiev brothers, as well as Alexey Shumakov are known all over the world.

In 2019 Krasnoyarsk will be a host city of the Winter Universiade.

7. Krasnoyarsk is a prominent scientific and educational center of Siberia. The most notable higher education institutes are:

Siberian Federal University (Russian abbreviation is SFU), founded in 2006. The institution integrated four large higher education institutions (Krasnoyarsk State University, Krasnoyarsk State Academy of Architecture and Civil Construction, Krasnoyarsk State Technical University, State University of Non-Ferrous Metals and Gold)

Krasnoyarsk State Pedagogical University named after V. P. Astafyev (Russian abbreviation is KGPU), founded in 1932.

Siberian State Technological University (Russian abbreviation is SibGTU), the oldest in the city, founded in 1930 as the Siberian Institute of Forest.

Siberian State Aerospace University (Russian abbreviation is SibGAU), founded in 1960.

Krasnoyarsk State Medical University named after Prof. V.F.Voyno-Yasenetsky (Russian abbreviation is KrasGMU), founded in 1942.

Like Novosibirsk, Krasnoyarsk has a special city district called Akademgorodok ("Academic Town"), where several scientific research institutes are located.