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Önsöz

Sağlık sektörü çalışanları özellikle de doktorlar açısından İngilizcenin önemi yadsınamaz bir gerçektir. Fakat lise döneminde tıp için hazırlanan öğrencilerin İngilizce derslerine yeterince önem verilememesi ve sonrasında da fakültede derslerin yoğun olması İngilizce bakımından eksik kalınmasının ana nedenleri olmuştur. Göreve geçildikten sonra da hem çalışma şartlarının zor olması hem de çalışacak zamanın az olması İngilizce ders almayı ve kurs için zaman ayırmayı çok zor kılmaktadır. İşte bu yüzden sağlık çalışanlarının ihtiyacını karşılamak üzere hem tıp diline aşina kılacak hem de nispeten basit olacak ve kelime çıkarma derdinden kurtaracak bu çalışmayı yapmayı düşündük. Müsait vakitlerde kelimelere bakıp sonra okuma yapılabilecek ya da okurken bilinmeyen kelimelere aşina kılacak bu çalışmayla sağlık çalışanlarının işini kolaylaştırmayı hedefledik. Ayrıca www.phdakademi.com sayfasında bunların çeviri videolarını da bulmanız mümkün. Yakında çıkacak olan kelibu uygulaması üzerinden hem bu kelimelere hem de Yökdil Sağlık sınavında çıkan kelimelere sınav sınav çalışmanız da mümkün olacak.

Hızlıca bitirilirse bir sonraki aşamaya geçmek daha kolay olacaktır. Sonraki aşama içinde benzer bir çalışma yapmaktayız. Bu ikinci çalışmada bu kitaptaki metinlerden daha ağır bir dili olan metinler ve Yökdil Sağlık ve TıpDil sınavlarındaki metinlere yakın metinler seçilecektir.

Eğer bu kitaptaki metinleri okuyamayacak düzeyde iseniz sitemiz üzerinden tamamen sizin çalışma koşullarınıza uygun esnek saatlerle istediğiniz zaman çalışabileceğiniz bir sistem üzerinden İngilizce öğrenmeye sıfırdan başlayabilirsiniz.

Dil çalıştığımız doktor arkadaşlarımızla dertleşmelerimiz sonucunda tıp fakültesi öğrencilerine naçizane tavsiyemiz daha okurken az da olsa bu konuda bir çalışmaya başlayıp günlük 45 dakika bile olsa İngilizceye zaman ayırmanızdır. Bu konuda da yardımcı olmaktan mutluluk duyarız.

Ayrıca çevirileriniz ve başka talepleriniz için istediğiniz zaman site üzerinden ya da whatsapp üzerinden iletişimde bulunabilirsiniz.

Sağlık çalışanlarına çok az bile olsa yardımcı olmaktan gurur duyuyor ve içinde bulunduğunuz zor koşullarda yanınızda olduğumuzu bilmenizi istiyoruz.

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1. Wisdom Teeth

Wisdom teeth are normally the last teeth to **appear**. This usually happens when people are in their late teen years or early twenties - in other words, when they are older and wiser. Wisdom teeth are molars, or **chewing** teeth, at the back of the mouth. The third set of molars, if you have them, are your wisdom teeth. They can grow into place normally and never **cause** a problem. But often there is not enough **room** for them in the mouth. They might crowd other teeth. Sometimes they even **push** sideways through the **gums**. An impacted wisdom tooth is one that fails to completely rise through the gums -- the term is erupt. Wisdom teeth that only partially **erupt** can leave space for bacteria to enter around the tooth. Infection is a risk in these cases. Wisdom teeth that are not well **aligned** and become impacted are often **removed**. People should have the placement of their wisdom teeth **examined** between the ages of sixteen and twenty. X-rays can show wisdom teeth that are below the gums. The American Dental Association says **removal** is generally **advised** when wisdom teeth only **partly** break through the gums. Removal is also advised if there is a chance that **poorly** aligned wisdom teeth will damage other teeth. And removal is **called for in cases** where **fluid collects** around a wisdom tooth that is **partly or fully** below the gum. But why do we have wisdom teeth if we often need to get them removed? One theory **has to do with** our diets. Scientists say the diet of **prehistoric humans probably required** more chewing teeth. Life was probably a little rougher on the teeth back then, too. So it was good to have extras. The removal of wisdom teeth is performed by **oral surgeons**. They say if removal is advised, the best time to do it is before the teeth cause any problems or **pain**. The American Association of Oral and Maxillofacial Surgeons says young adults are the best **candidates** for wisdom teeth removal. The group says older patients may be at greater risk for **disease** in the **tissue surrounding** the molars. Patients can have general anesthesia during the operation. Or they might choose to have a **local painkiller** and **remain awake**. It may **depend on** the condition of the wisdom teeth and the number to be removed. After **surgery**, there can be **swelling of the gums** and face and some pain. Both can be **treated** with cold wraps and medication.

appear	görünmek, ortaya çıkmak
chewing	çiğneme (besin)
cause	neden olmak, neden
room	oda
push	itmek
gum	sakız, diş eti
erupt	patlamak, püskürmek, volkan patlaması
align	hizalamak, dizmek, ayarlamak, ittifak kurmak
remove	kaldırıp atmak, kurtulmak
examine	incelemek, muayene etmek, muayene etmek
removal	sökme, kaldırma, çıkarma, atma
advise	tavsiye etmek, öğüt vermek
partly	kısmen, bir ölçüde
poorly	başarısız bir şekilde
call for	istemek, gerektirmek, çağırıda bulunmak, çağırılmak
in cases	durumlarda, vakalarda
fluid	sıvı, sıvı şeyler
collect	Toplamak
partly or fully	kısmen veya tamamen
have to do with	ile ilgisi olmak, ile ilgilenmek
prehistoric humans	tarih öncesi insanlar
probably	muhtemelen, belki de
required	gerekli
oral surgeon	çene cerrahı
pain	ağrı, sızı, sancı
candidate	aday, aday göstermek
disease	hastalık
tissue	kağıt mendil, doku
surrounding	çevre, çevresinde, çevreleyen
local painkiller	lokal(yerel) ağrı kesici
remain awake	ayık kalmak
depend on	bağlı olmak, bağımlı olmak, dayanmak
surgery	ameliyat
swelling of the gums	diş etlerinin şişmesi
treat	tedavi etmek, davranmak, işlemek, ikram, kurabiye

2. How to Protect Yourself Against the Dangers of Extreme Heat

This week, we tell about **health** problems **linked to extreme heat**. We tell what **experts suggest** to **prevent** and **treat** these problems. Extremely hot weather is **common** in many parts of the world. Although hot weather just makes most people feel hot, it can cause **serious** medical problems -- even **death**. **Floods, storms** and other natural events kill thousands of people every year. So does extreme heat. Experts say heat may be nature's deadliest killer. Last month, for example, some towns and cities on America's East Coast set all-time **temperature** records. Temperatures rose as high as forty-two Celsius. Several hot days that follow each other are **considered** a heat wave. Experts say heat waves often become dangerous when the nighttime temperature does not **drop** much from the highest daytime temperature. This causes great stress on the human body. Doctors say people can do many things to **protect** themselves from the dangers of extreme heat. Stay out of the sun, if possible. Drink lots of cool water. Wear light colored clothing made of **natural materials**. **Make sure** the clothing is **loose**, **permitting freedom** of movement. Also, learn the danger signs of the medical problems linked to heat. The most common health problem linked to hot weather is heat stress. Usually, it is also the least severe. The causes of heat stress **include** wearing heavy clothing, physical work or exercise, hot weather and high **humidity**. Humidity is the **amount** of water in the air. If several of these conditions are **present** at the same time, a person's body temperature may **rise** above safe levels. The person loses large amounts of body water and salt in **perspiration**. Perspiration is one of the body's defenses against heat. It is how the body **releases** water to cool the **skin**. Most people suffer only **muscle** pain because of heat stress. The pain is a warning that the body is becoming too hot. Doctors say those suffering muscle pain should stop all activity and **rest** in a cool place. They should also drink cool **liquids**. Doctors say not to return to physical activity for a few hours because serious conditions could develop. Some people **face** an increased danger from heat stress. They may have a weak or damaged heart, **high blood pressure** or other problems of the blood system. **Severe** heat increases problems for small children, older adults and those who have the disease diabetes. It is also dangerous for people who weigh too

health	sağlık
linked to	ilişkili olmak, bağlantılı olmak
extreme heat	aşırı sıcak
expert	uzman
suggest	önermek, ortaya koymak
prevent	önlemek
treat	tedavi etmek, davranmak, işlemek, ikram, kurabiye
common	ortak, yaygın
serious	ciddi
death	ölüm
flood	sel, sel basmak, çok sayıda olmak
storm	fırtına
temperature	sıcaklık, sıcak
consider	düşünmek
drop	damla, düşmek
protect	korumak
natural materials	doğal materyaller
make sure	emin olmak
loose	gevşek, bol
permit	izin vermek, izin
freedom	özgürlük
include	dahil olmak, içermek
humidity	nemlilik, rutubet
amount	miktar
present	şimdi, şimdiki, hediye, sunmak, var olmak
rise	yükselmek
perspiration	terleme, ter
release	yaymak, gösterime girmek, piyasaya sürmek, salıvermek, salınım, bırakma
skin	ten, deri, cilt
muscle	kas, adele
rest	istirahat etmek, dinlenmek, dinlenme, geriye kalan
liquid	sıvı
face	yüz, yüzleşmek, yüz yüze gelmek
high blood pressure	yüksek tansiyon
severe	ciddi, şiddetli, güç, zor

8. Treatment for Hypothermia - 2010 Version

Today we are going to talk about emergency treatment of hypothermia.

Hypothermia can be **mild**, **moderate** or **severe**. Mild hypothermia is something that most people in cold climates have experienced at one time or another. You feel so cold that your body starts to **shake** -- not very much, but **uncontrollably**.

The **treatment** for mild hypothermia starts with getting out of the cold and, if necessary, changing into dry clothes. Drinking warm, non-alcoholic liquids and eating something sugary can stop the **shivering**. Taking a warm bath or sitting by a fire or doing some exercise can also help the body **warm up**. These are all **common-sense** treatments. But treatment needs to **change** when people enter the moderate or severe **stages** of hypothermia. **In that situation**, their body temperature **drops below** thirty-five degrees Celsius. They lose the ability to think clearly. Their muscles **become stiff**. They might **bump into** things or fall over objects.

Members of search-and-rescue teams will first try to **prevent additional** heat loss. They will place extra covering around the chest, head and neck of hypothermia victims to keep them warm.

Hypothermia victims need medical help **as soon as possible**. Working quickly to get people out of the cold is important. However, hypothermia victims must be moved slowly and gently. Any **rough** or **sudden movement** can **force** cold blood from the arms, legs and hands deep into the warmer middle of the body. This sudden **flow** of cold blood can create shock, a **serious condition**. It can also cause an **abnormal heartbeat**.

Members of search-and-rescue teams have a saying that hypothermia victims are not dead until they are warm and dead. The **process** of "rewarming" a person needs to be done slowly, in a hospital **setting**. An extremely low body temperature can cause the heart to beat so slowly that a **pulse** may be difficult to find. In other words, a person who is suffering from the effects of severe cold may seem dead, but still be alive.

mild	hafif, orta, ılıman, ılımlı
moderate	ılımlı, yumuşatmak, hafifletmek
severe	ciddi, şiddetli, güç, zor
shake	sallamak, titremek, titretmek, el sıkışmak
uncontrollably	önlenemez bir şekilde
treatment	tedavi, davranış
shivering	titreme
warm up	ısınmak
common sense	sağduyu
change	değişim, değiştirmek, bozuk para
stage	sahne, aşama, derece
in that situation	bu durumda
drop	damla, düşmek
below	alttaki, aşağıdaki, altında
become stiff	sertleşmek
bump into	çarpmak, karşılaşmak
member	üye
search-and-rescue teams	arama kurtarma timleri
prevent	önlemek
additional	ek, ilave
as soon as possible	mümkün olduğunca çabuk
rough	kaba saba, kaba, pürüzlü, sert, sıkı
sudden	ani, ansızın olan
movement	hareket, düşünce akımı
force	zorlama, güç, kuvvet, zorlamak
flow	akmak, akıntı
serious condition	ciddi durum
abnormal heartbeat	anormal kalp atışı
process	süreç, işlemek
setting	kurma, ortam, ayar, dizme
pulse	nabız, çarpımak

9. Advice for Staying Warm and Safe in Freezing Weather - 2010 Version

Freezing weather can mean **frostbite** and hypothermia unless a person is **prepared**. Today we talk about how to stay warm, dry and safe. Frostbite is **damage** that happens when skin is **exposed to extreme cold** for too long. It **mainly** happens on the hands, feet, nose and ears. People with **minor cases of frostbite** that **affect** only the skin may not suffer any permanent damage. But if deeper **tissue** is affected, a person is likely to feel pain every time the area gets cold.

If **blood vessels** are damaged, people can suffer a **gangrene** infection. Sometimes the only way doctors can treat an **injury** like this is to **remove frostbitten areas** like fingers and toes. Hypothermia is a condition that develops when the body cannot **produce** as much heat as it **releases**. Signs of hypothermia include **uncontrollable shaking**, very slow breathing and difficulty thinking clearly. Hypothermia can **lead to** death if the person does not **receive** help.

To **avoid cold-related** injuries, here is a simple way to remember four **basic steps** to staying warm. Think of COLD -- C. O. L. D.

The C **stands for cover**. Wear a hat and scarf to keep heat from **escaping** through the head, neck and ears. And wear **mittens** instead of **gloves**. In gloves, the fingers are **separated**, so the hands might not stay as warm as they would in mittens.

The O stands for **overexertion**. Avoid activities that will make you **sweaty**. Wet clothes and cold weather are a **dangerous combination**.

L is for **layers**. Wearing **loose**, lightweight clothes, one layer on top of another, is better than wearing a single heavy layer of clothing. Make sure outerwear is made of material that is **water-resistant** and **tightly knit**.

D is for dry. In other words, stay as dry as possible. **Pay attention to** the places where snow can enter clothing. These include the tops of boots, the necks of coats and the wrist areas of mittens or gloves.

And here are two other things to **keep in mind** -- one for children and the other for adults. Eating snow might be fun but it

freezing weather	dondurucu hava
frostbite	soğuk ısırması
prepared	hazır, tedarikli
damage	zarar vermek, hasar bırakmak, zarar, ziyan, hasar
exposed to	maruz kalmış
extreme cold	aşırı soğuk
mainly	başlıca, temel olarak
minor cases of frostbite	küçük(ufak) donma vakaları
affect	etkilemek
tissue	kağıt mendil, doku
blood vessel	kan damarı
gangrene	kangren, kangren olmak, yozlaşma, ahlaki çöküntü
injury	yara, yaralanma
remove	kaldırıp atmak, kurtulmak
frostbitten areas	soğuktan donmuş bölgeler
produce	üretmek, ürün
release	yaymak, gösterime girmek, piyasaya sürmek, salıvermek, salınım, bırakma
uncontrollable shaking	kontrol edilmez titreme
lead to	neden olmak, sebep olmak
receive	teslim almak, almak, kabul etmek,
avoid	sakınmak, çekinmek, kaçınmak, önlemek
cold-related	soğukla ilgili, soğukla bağlantılı
basic	temel, esas, ana, basit
step	adım, basamak, adım atmak, basmak
stand for	anlamına gelmek, temsil etmek, aday olmak
cover	kapak, örtmek, örtü, kaplamak, kapsamak
escaping	kaçış, kurtulma, kaçma
mittens	eldiven
glove	eldiven
separated	ayrılmış, ayrık
overexertion	aşırı yorgunluk
sweaty	ıslak, terli

The **majority** of people with melanoma are white men over the age of fifty. Without early treatment, this kind of cancer can spread quickly. Each year, more than sixty-eight thousand people in the United States learn they have melanoma. The National Cancer Institute **estimates** that eight thousand six hundred fifty Americans died because of melanoma last year.

The sooner skin cancer is found, the easier it is to treat. That is why doctors advise people to **perform** monthly exams of all areas of skin, from the top of the head to the bottom of the feet.

It is **important** to know early warning signs so that **cancerous growths** are found before they spread. The signs include a skin growth that changes in size, color, **thickness** or **texture**. **Exams** with a trained medical worker are also important. See a doctor if a mole bleeds, is bigger than six millimeters or you feel like **rubbing** it. If one or more of the warning signs are present, a doctor should **examine** you **immediately**.

Knowing what your skin looks like will help you **recognize** any changes. Some experts suggest taking pictures of moles and dating the **images** to **compare over time**.

Treatment of skin cancer **depends on** the **kind**, **size**, **position** on the body and **depth** of the growth, or tumor. Other **considerations** are the patient's age and general health. An **operation** to **remove** the cancerous cells can **cure** melanoma if the cancer has not spread.

Doctors use drugs to treat melanoma when it has already spread. They also may use radiation to kill cancer cells and reduce the size of cancerous growths. In addition, doctors now use treatments like gene therapy or remove affected fingers or toes. They also may use immunotherapy -- getting the body's **immune system** to fight the cancer.

Last month, researchers reported that an **experimental** drug **improved survival** in a **study** of melanoma patients. The drug, ipilimumab, worked by helping the body's **natural defenses** to fight cancer. Patients getting the drug lived **on average** for ten months **compared to** six months for those not getting it. Drug-maker Bristol-Myers Squibb hopes to **get permission** to sell ipilimumab by the end of the year.

America's Centers for Disease Control and Prevention says **protection** from the sun is important all year long, not just during

majority	çoğunluk
estimate	tahmin etmek, hesaplamak
perform	yapmak, uygulamak, yerine getirmek, rol yapmak
important	önemli
cancerous growths	kanserli oluşumlar
thickness	kalınlık, gürlük
texture	doku, özellik
exams	muayeneler, sınavlar
rub	valamak, ovmak, okşamak, sürtmek
examine	incelemek, muayene etmek, muayene etmek
immediately	hemen, derhal, acilen
recognize	farkına varmak, tanımak, bilmek, kabul etmek
image	görüntü, görüntüleme
compare	karşılaştırmak
over time	zamanla
depend on	bağlı olmak, bağımlı olmak, dayanmak
kind	kibar, nazik, çeşit, tür
size	beden , boyut
position	durum, konum, mevki, pozisyon
depth	derinlik
consideration	düşünme, göz önünde bulundurma
operation	ameliyat, operasyon
remove	kaldırıp atmak, kurtulmak
cure	tedavi etmek, iyileştirmek, tedavi
immune system	bağışıklık sistemi
experimental	deneysel, tecrübi, deneyde kullanılan, deney aşamasında
improve	iyileştirmek, gelişmek, geliştirmek
survival	hayatta kalma
study	çalışmak, öğrenim görmek, ilim, bilim, incelemek, çalışma odası
natural defense	doğal savunma
on average	ortalama, vasatı, sıradan
compared to	karşılaştırıldığında, kıyaslandığında
get permission	izin almak
protection	koruma, himaye

19. Ways to Control Asthma, a Lung Disease

This week we talk about the lung disease asthma.

Asthma is a **serious lung disease** that makes it difficult to **breathe**. The World Health Organization says asthma affects about three hundred million people **worldwide**. An **estimated** two hundred fifty thousand people die from the disease every year. And, more than five hundred thousand are **hospitalized**.

Asthma happens when **tissue** that lines the airways to the lungs begins to **expand** or **swell**. The swelling makes the airways smaller. The muscles in the airways **tighten**. **Cells** in the airways begin to produce too much of a thick, **sticky substance** called mucous. The mucous causes the airways to close even more. This makes it difficult for air to **flow** in and out of the lungs.

This **series** of **events** is called an asthma attack. As asthma **sufferers struggle** to get air into their lungs, they may begin to **cough** a lot. They may also make a whistling or squeaky sound, called wheezing, when they breathe. Some asthma sufferers have **tightness** or pain in the chest. They say it feels as if someone is sitting on them. When asthma is most severe, the person may have extreme difficulty breathing. The disease can severely **limit** a person's activity, and even **lead to** death.

Doctors do not know what causes asthma. Researchers believe a combination of **environmental** and genetic factors may be **responsible**. Forty percent of children who have parents with asthma will also develop the disease. Seventy percent of people with asthma also have allergies. Allergies are abnormal **reactions** of the **immune system in response to** otherwise **harmless substances**.

Doctors have **identified** many of the things that may start, or **trigger**, an asthma attack. Triggers are things that cause the asthma sufferer's airways to swell. Different people are affected by different triggers. Allergens are one of the most common triggers. These impurities in the air cause allergic reactions. Some of the more common allergens include animal **fur**, dust, **mold** and pollen.

Pollen is a **fine** dust that comes from grass, trees and flowers. Mold is a type of fungus. It can grow on the walls and floors of homes. It is commonly found in wet or **damp** areas like bathrooms, kitchens and basements. A study by the Environmental

serious	ciddi
lung	akciğer
disease	hastalık
breathe	nefes almak, solumak
worldwide	dünya çapında
estimated	tahmini
hospitalize	hastaneye yatırmak
tissue	kağıt mendil, doku
expand	genişlemek, yayılmak, büyütme
swell	şişmek, kabarmak
tighten	sıkılaştırmak
cell	hücre
sticky	yapış yapış, sıcak, nemli
substance	madde
flow	akmak, akıntı
series	seri, dizi, zincir
event	olay, vaka
sufferer	acı çeken kimse
struggle	çalışmak, çabalamak çalışma, çaba, uğraş, mücadele
cough	öksürmek, öksürük
tightness	sıkılık, darlık
limit	sınır, sınırlandırmak
lead to	neden olmak, sebep olmak
environmental	çevresel
responsible	sorumlu, mesul
reaction	tepki
immune system	bağışıklık sistemi
in response to	in karşılığında, e cevaben
harmless	zararsız
substance	madde
identified	tanımlanmış, belirlenmiş
trigger	tetiklemek
fur	kürk, tüy
mold	kalıba dökmek, biçimlendirmek, küflenmek, küf
fine	iyi, para cezası, ince, ceza kesmek
damp	nemli, ıslak

