

HUMAN BODY

What are the parts of the human head? Can you describe them?

The human body consists of head, body and limbs. The head consists of skull, which protects the brain and the face. The skull is covered with hair. Hair can be of different colours and design. People have round, square or thin face. The parts of the face include forehead, eyes, nose, cheeks, mouth and chin. On both sides, there are eyelashes. Under the nose, there are lips with mouth. In the mouth, there are teeth and tongue.

What are the parts of the human body? Describe some of the organs.

The neck links the head with the body. The chest consists of chest bones, abdomen, back and pelvis. The chest contains two vital organs - the heart and lungs. The abdominal cavity contains the stomach, liver, spleen and intestines. Another major organ is kidney.

What limbs are the parts of human body and what is the role of the skeleton?

Limbs are arms and legs. The skeleton consists of a number of bones. They are covered with muscles. The blood circulates in arteries and veins. Skin is our body film and it covers all our bones and muscles.

SPAS IN THE CZECH REPUBLIC

Are there any healing springs in this country?

In our country, there are several healing springs. To the most famous/well-known spas belong Karlovy Vary, Františkovy Lázně and Mariánské Lázně.

Karlovy Vary was set up in the 14th century by Charles IV. and patients from all over the world have come there. Mariánské Lázně has up to 40 cold springs, and the water is used for both drinking and bathing. Many celebrities were treated there such as Goethe, Chopin, Gogol. Františkovy Lázně is a famous spa for patients with women and heart diseases. The poet Goethe said: It is "Paradise on Earth".

Other spas are Jeseník where kidney diseases are treated, Teplice and Jáchymov for rheumatism and arteriosclerosis, Luhačovice for asthma and bronchitis or Poděbrady for heart diseases.

These are methods to heal disorders: drinking water from healing springs, bathing in water, bathtubs and mud, massages, electrotherapy, cold packs, coverings, inhalation, healing gymnastics, special diets, walking.

AT THE DOCTOR'S

When do we see our general practitioner?

When we have to go to see our doctor, we have certain symptoms of a disease or we go there for regular

check-up.

The most common symptoms are for instance feeling unwell, elevated or high temperature, fever, headache, sickness, cough, cold or sore throat.

What happens in the waiting room and in the surgery?

There are often many people in the waiting room so it is necessary to wait for some time. When the patient is called in, the nurse needs to have his or her personal details (name, address, insurance company). Then the patient is invited into the surgery to see the doctor.

The first question the doctor will normally ask is: "What is wrong with you?" and then comes a thorough examination of the body. The doctor will give the diagnosis when he/she finds out what the cause of the trouble is.

Are doctors always able to make the diagnosis without any doubts?

When the diagnosis cannot be given directly, you have to have laboratory examination. The doctor will decide according to the results whether it is possible to treat the medical problem or whether to refer the patient to a specialist.

Is medicine free of charge?

Not all medicines prescribed by doctor are free of charge. There are also many kinds of medicines available without prescription. Medicine can be in different forms such as tablets, pills, capsules, drops, ointment.

When do we see our doctor for a check-up?

People should go for a regular check-up every two years.

What problems can be brought about by accidents?

You can have scratches, bruises and cuts, which sometimes need stitches so that the scar is not so visible.

In an accident, you may also pull or tear a muscle, stretch or tear ligament or tendon.

DISEASES

What diseases may be caught when travelling?

When we travel, we mostly catch diseases typical for that region. In exotic countries, tourists often catch diarrhoea, fevers, spots or different exotic diseases that aren't typical in the Czech Republic. That's why we should vaccinate ourselves before travelling there.

What are the most frequent causes of death?

The most common causes of death include car accidents, aviation/plane accidents, boat disasters, cholesterol, lung cancer, heart diseases, murder, suicide, civilisation diseases.

What are civilization diseases?

Atherosclerosis, stroke, hypertension, obesity, diabetes, cancer, burnout syndrome, rheumatic disease, premature births, Alzheimer's disease or constipation belong among the civilization diseases.

What do you think about vegetarians and vegans and what is the basis of their life style?

Vegetarians don't eat meat, some of them eat poultry and fish. Nevertheless, vegans are the form of fanatical vegetarians - they don't eat absolutely anything from animals. They have to choose food, which has the same substances that we can find in meat in order to stay healthy and not to suffer from malnutrition.

Vegetarians/Vegans prefer cereals/grains, for example maize, corn, wheat, rice, barley, oats, rye; derived products such as flour (dough, bread, pasta, baked goods), vegetables (fresh or pickled), edible fungi, fruit (fresh or dried), legumes: beans, soybeans and soy products such as tempeh, tofu, soy milk, chickpeas (cizrna), peas, lentils, seaweed, nuts and seeds.