

Дата: 26.09.2020

Группа: 402Фк

Специальность: Лечебное дело

Тема: Blood disorders.

Цель: развитие навыков поискового чтения, расширение словарного запаса, тематического словаря.

Задание лекции:

- 1) Ознакомиться с новой лексикой
- 2) Прочитать текст (перевод не обязателен)
- 3) Ответить на вопросы (письменно)

Blood disorders can affect any of the three main components of blood:

Red blood cells, which carry oxygen to the body's tissues

White blood cells, which fight infections

Platelets, which help blood to clot

Blood disorders can also affect the liquid portion of blood, called plasma.

Treatments and prognosis for blood diseases vary, depending on the blood condition and its severity.

Blood Disorders Affecting Red Blood Cells

Blood disorders that affect red blood cells include:

Anemia: People with anemia have a low number of red blood cells. Mild anemia often causes no symptoms. More severe anemia can cause fatigue, pale skin, and shortness of breath with exertion.

Iron-deficiency anemia: Iron is necessary for the body to make red blood cells. Low iron intake and loss of blood due to menstruation are the most common causes of iron-deficiency anemia. It may also be caused by blood loss from the GI tract because of ulcers or cancer. Treatment includes iron pills, or rarely, blood transfusion.

Anemia of chronic disease: People with chronic kidney disease or other chronic diseases tend to develop anemia. Anemia of chronic disease does not usually require treatment. Injections of a synthetic hormone, epoetin alfa (Epoen or Procrit), to stimulate the production of blood cells or blood transfusions may be necessary in some people with this form of anemia.

Pernicious anemia (B12 deficiency): A condition that prevents the body from absorbing enough B12 in the diet. This can be caused by a weakened stomach lining or an autoimmune condition. Besides anemia, nerve damage (neuropathy) can eventually result. High doses of B12 prevent long-term problems.

Aplastic anemia: In people with aplastic anemia, the bone marrow does not produce enough blood cells, including red blood cells. This can be caused by a host of conditions, including hepatitis, Epstein-Barr, or HIV -- to the side effect of a drug, to chemotherapy medications, to pregnancy. Medications, blood transfusions, and even a bone marrow transplant may be required to treat aplastic anemia.

Autoimmune hemolytic anemia: In people with this condition, an overactive immune system destroys the body's own red blood cells, causing anemia. Medicines that suppress the immune system, such as prednisone, may be required to stop the process.

Questions:

- 1) On which parts of blood can blood disorders affect?
- 2) What do the treatment and prognosis depend on in each case?
- 3) Give the general symptoms of anemia (перечислите общие симптомы анемии)
- 4) Which ways can different types of anemia be treated?
- 5) Which type of anemia is the most dangerous, in your opinion? Why?

Домашнее задание: Прочитать текст, определить тип анемии, назначить примерно оптимальное лечение:

A man of 58 years old had chemotherapy 3 months ago. He wasn't being treated against the cancer; he only was a donor of specially made blood cells. Now he has very low level of red blood cells; he also has a tendency to catch the fly easily. He often has mild nausea. The level of red blood cells is about 70.