

VOCABULARY PRACTICE

Read these pieces of information about aphthous ulcers. Decide if they are true or false . Mark T for True, F for False

1. Aphthous ulcers are classified as minor or major. Minor aphthous ulcers are small , superficial and heal slowly. Major lesions are large, often as big as 10mm, deep, severely painful and sometimes very fast to heal. __F__
2. Aphthous ulceration is a dangerous condition. __F__
3. The typical aphthous ulcer is irregular in shape with a yellow, base and a red rim. __T__
4. Aphthae commonly runs in family. __T__
5. Sutton's aphthae is most often seen in pre-adolescent or adolescent girls. __T__
6. Sutton's aphthae is often preceded by fever. __F__
7. Aphthae is recurrent ranging from infrequent to very frequent, to the point where they are almost constant. __T__
8. Sutton's aphthae is infectious. __F__

Guess what word is being described? One dash stands for one letter.

1. RECURRING - an adjective describing that something is about to return, come back again.
2. DIAMETER- a straight line segment that passes through the center of a circle or sphere from one side to the other.
3. ULCER - a sore on the skin or a mucous membrane, accompanied by the disintegration of tissue, the formation of pus, etc.
4. MAJOR ulcer- another name given to Sutton's aphthae.
5. OVAL- resembling an ellipse in shape.
6. HEAL- a medical verb describing a process of repairing by natural processes, as by scar formation.
7. ONSET - the beginning or start of something.
8. CONTAGIOUS- capable of being passed on by direct contact with a diseased individual.
9. INFECTIOUS- capable of being transmitted thanks to viruses, bacteria and other microorganisms.
10. LESION - any localized, usually well-defined area of diseased or injured tissue or of abnormal structural change.

Complete the text about standard treatment of Sutton's aphthae with words from the table

Solution (4)	Administered (6)	Symptomatic (1)
fungus candida (8)	Application (2)	Irritating (5)
Affected (3)	Recurring (9)	Heal (7)

Translate these pieces of information/advice into Polish.

1. Rinsing with a warm-water solution and eating bland foods can minimize discomfort from major ulcers. *Plukanie roztworem ciepłej wody i jedzenie łagodnych (nie pikantnych) pokarmów może zminimalizować dyskomfort związany z owrzodzeniem.*
2. If you have severe, recurring aphthae ulcers, or if they are becoming worse, consult your dentist or physician. *Jeśli masz poważne, powtarzające się afty, lub jeśli ich stan jest coraz gorszy, skonsultuj się ze stomatologiem lub lekarzem.*
3. Some research has shown that aphthae improve when deficiencies of iron, folate or vitamin B12 are treated. *Niektóre badania wykazały, że afty łagodnieją, gdy niedobór żelaza, kwasu foliowego lub witaminy B12 jest leczony.*
4. Anesthetic medications or over-the-counter agents that are placed directly on the sores to coat them may help to remove discomfort. *Leki znieczulające lub leki OTC, które są umieszczone bezpośrednio na rany aby je chronić/ zakrywać, mogą przyczynić się do usunięcia dolegliwości.*
5. Some steroid medications significantly shorten the healing time of the ulcers and prevent them from becoming larger. *Niektóre leki steroidowe znacznie skracają czas gojenia owrzodzeń i zapobiegają ich wzrostowi.*