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ENGLISH FOR PHARMACY AND PARAPHARMACY

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Edición revisada 2016



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A reference and practice
book for initial students of
Pharmacy and Parapharmacy

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<ol style="list-style-type: none"> 1. Respiratory system 2. Digestive system 	Lung cancer	Travelling through the body	Why do we need respiratory system
<ol style="list-style-type: none"> 1. Parapharmacy products 2. Parapharmacy products dispensation 	Dialogue in the chemist.	Advising my friend	Accident cares
<ol style="list-style-type: none"> 1. The Skin 2. Types of skin and principal skin lesions 3. Dermopharmacy 4. Cosmetology 	What is Alex doing?	What are you doing this evening?, Phone conversation; Wh-questions speaking; Dermopharmacy; Cosmetics; Beauty	Cosmetics
<ol style="list-style-type: none"> 1. What is hygiene? 2. Bucco-dental hygiene 3. Chil hygiene 4. Hygiene tips 	A disease	A disease; what is in the class?; hygienic practices; How often do you...?; importance of hygiene	Personal hygiene on your day-to-day
<ol style="list-style-type: none"> 1. Basic concepts about nutrition and dietetics 2. The energy 3. Stages of life and nutrition 4. The Food Pyramid 	Diets	Diets, good and bad nutritional habits Being healthy Food competition	Elaborate your diet
<ol style="list-style-type: none"> 1. The chemist's 2. Diseases I 3. Diseases II 	Booking a doctor's appointment At the chemist's	Visit to a chemist's Phone call	Informal letter
<ol style="list-style-type: none"> 1. Treatment and prevention of diseases 2. Pharmaceutical forms 3. Acetylsalicylic acid 	Pharmaceutical companies Interaction pharmacist-patient	Describing a place Describing a person	Advertisement
<ol style="list-style-type: none"> 1. What's a sanitary product? 2. Classification in Pharmacy 3. Healing products 	Healing products. Sanitary products and wounds.	Guess the sanitary product How and when would you use it?	How did you heal that wound? What products did you use?
<ol style="list-style-type: none"> 1. Products for burns. 2. Diagnosis products. 3. Products for Breastfeeding period and children's products. 4. Barrier birth control methods and Gynaecological and Feminine hygiene products. 	Buying sanitary products at the chemist's. Sanitary products to take care of a baby	Childhood. Giving advice. Guess the word	Describing past situations
<ol style="list-style-type: none"> 1. Phytotherapy. 2. Plants. 3. Aromatherapy. 	Alternative medicines Essential oils	Future plans. Aromatherapy	Essential oils

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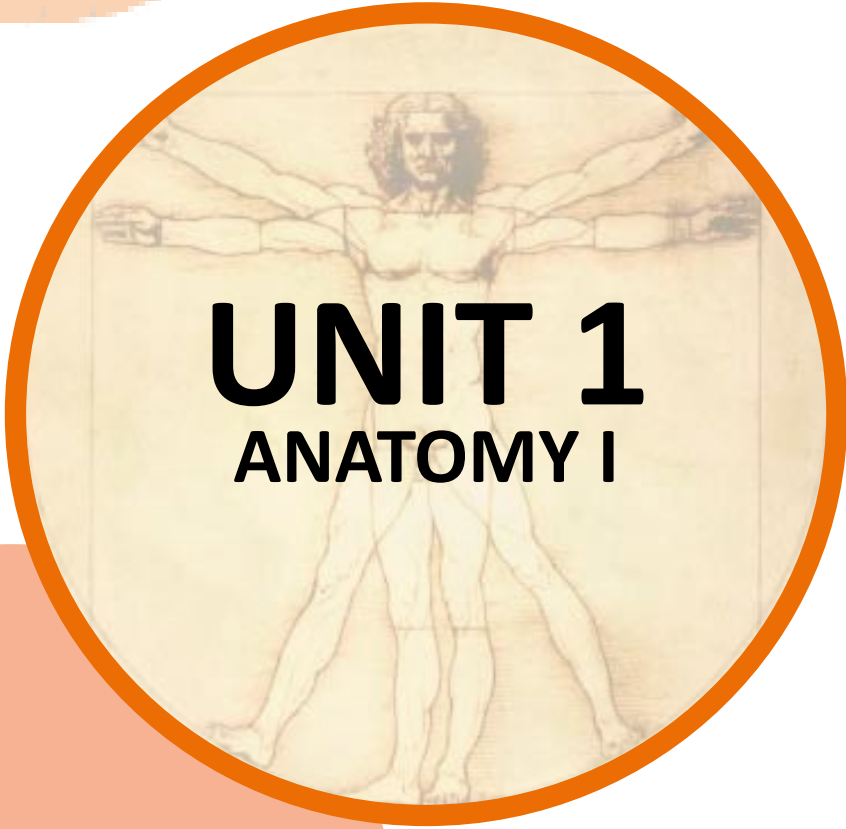
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UNIT 1

ANATOMY I

In this unit you are going to learn:

- What anatomy is.
- The concept of physiology.
- The bones and their functions.
- The muscular system.
- The five senses.



Grammar

TO BE

- The verb to be is the most important verb in English. We form the affirmative with:

SUBJECT + TO BE + COMPLEMENTS

Complete form	Contracted form
I am	I'm
You are	You're
He is	He's
She is	She's
It is	It's
We are	We're
You are	You're
They are	They're

- We can make the negative form adding not:

SUBJECT + TO BE + NOT + COMPLEMENTS

Complete form	Contracted form
I am not	I'm not
You are not	You're not / You aren't
He is not	He's not / He isn't
She is not	She's not / She isn't
It is not	It's not / It isn't
We are not	We're not / We aren't
You are not	You're not / You aren't
They are not	They're not / They aren't



- We also make the interrogative form changing the order:

TO BE + SUBJECT + COMPLEMENTS + ?

Am I...?
Are you...?
Is he...?
Is she...?
Is it...?
Are we...?
Are you...?
Are they...?

Exercises

1 Complete the sentences about with am, are or is.

He _____ my teacher.
They _____ Pharmacy and Parapharmacy students.
_____ she your partner?
These books _____ very heavy.
RMI _____ an interesting subject.
This exercise _____ easy.
_____ I a hard worker?
You and your class mate _____ so brilliant.
_____ we in page 23?



2 Look at the affirmative sentences from exercise 1 and transform them into negative.

Affirmative Negative Affirmative Negative



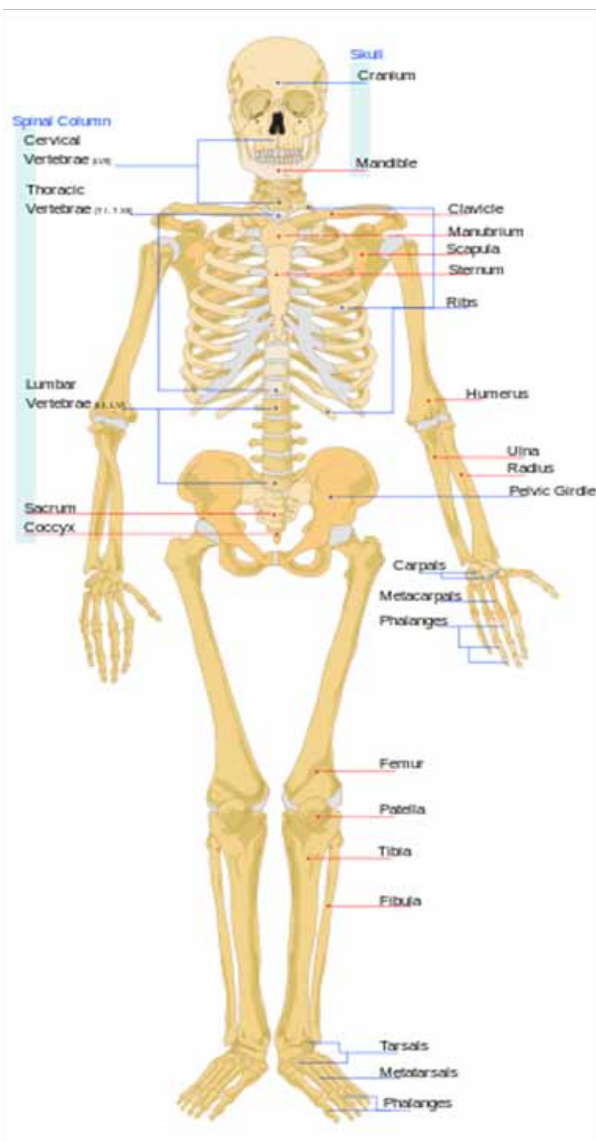
ANATOMY AND PHYSIOLOGY

Physiology is the study of how organisms, organ systems, organs, cells, and bio-molecules carry out the chemical or physical functions that exist in a living system. That is the general definition. Specifically, human physiology is the science of the mechanical, physical, and biochemical functions of humans, but most of the foundation of knowledge in human physiology was provided by animal experimentation.



Physiology is closely related to anatomy. Anatomy is the study of form, and physiology is the study of function. Due to the frequent connection between form and function, physiology and anatomy are intrinsically linked and are studied in tandem. In addition, human anatomy is primarily the scientific study of the morphology of the human body.

In any case, human body is divided in several systems which allow us to differentiate functions.



Human skeleton

The skeleton serves six major functions:

Support

The skeleton provides the framework which supports the body and maintains its shape. The pelvis, associated ligaments and muscles provide a floor for the pelvic structures.

Movement

The joints between bones permit movement, some allowing a wider range of movement than others.

Protection

The skeleton protects many vital organs (the skull protects the brain, the clavicle and scapulas protect the shoulder, etc.).

Blood cell production

The skeleton is the site of haematopoiesis, the development of blood cells that takes place in the bone marrow.

Storage

Bone matrix can store calcium and is involved in calcium metabolism, and bone marrow can store iron in ferrotin and is involved in iron metabolism.

Endocrine regulation

Bone cells release a hormone called osteocalcin, which contributes to the regulation of blood sugar (glucose) and fat deposition. Osteocalcin increases both the insulin secretion and sensitivity, in addition to boosting the number of insulin-producing cells and reducing stores of fat.



Exercises 

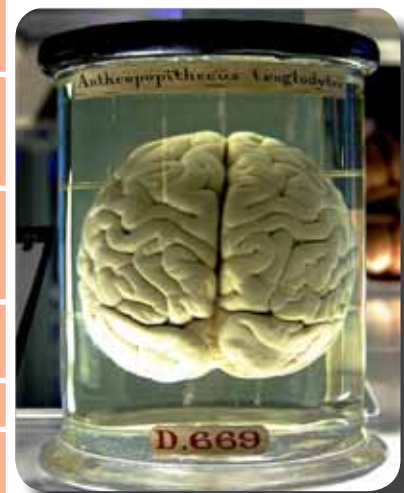
1 Check the vocabulary in page 188 and relate it with the numbers in the picture.



Exercises 

2 Match these words with the correct definition from *Cambridge English Dictionary Online*.

WORD	DEFINITION
1. Brain	a) A hormone in the body that controls the amount of sugar in the blood.
2. Pelvis	b) Any of various chemicals made by living cells that influence the development, growth, sex, etc. of an animal and are carried around the body in the blood.
3. Hormone	c) The bones which form a bowl-shaped structure in the area below the waist at the top of the legs, and to which the leg bones and spine are joined.
4. Cell	d) The organ inside the head that controls thought, memory, feelings, and activity.
5. Insulin	e) The smallest basic unit of a plant or animal.
6. Fat	f) The bones of the head, which surround the brain and give the head its shape.
7. Skull	g) All the chemical processes in your body, especially those that cause food to be used for energy and growth.
8. Metabolism	h) The substance under the skin of humans and animals that stores energy and keeps them warm.





3 Answer the following questions:

1. What's the difference between physiology and anatomy?

2. Which are the different function systems that are not mentioned in the text?

3. In your opinion, which are the two most important functions of the skeleton system?

4. Explain the support function with your own words.

5. Relate the movement function of the skeleton system with the muscle system.



Speaking



1 Research with your partners how many muscles you have to use for smiling and draw it in this space:



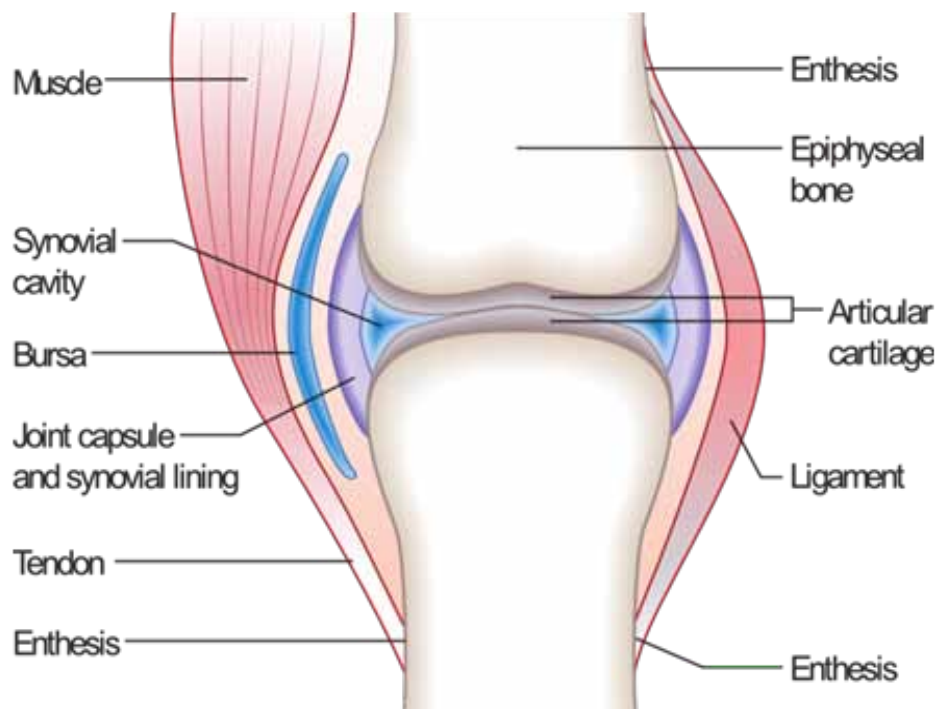
Exercises

1 Fill in the gaps. The words in brackets are clues:

The _____ is a joint which has three parts. The thigh _____ (femur) meets the large shin bone (tibia) forming the main knee _____. This joint has an inner (medial) and an outer (lateral) compartment. The _____ (patella) joins the femur to form a third joint, called the patellofemoral joint.

The knee joint is surrounded by a joint capsule with _____ strapping the inside and outside of the joint (collateral ligaments) as well as crossing within the joint (cruciate ligaments). These ligaments provide _____ and _____ to the knee joint.

The _____ is a thickened _____ pad between the two joints formed by the femur and _____. The meniscus acts as a smooth surface for the joint to move on. The knee joint is surrounded by fluid-filled sacs called bursae, which serve as gliding surfaces that reduce friction of the tendons. There is a large _____ (patellar tendon) which envelops the knee cap and attaches to the front of the tibia bone. There are large blood _____ passing through the area behind the knee (referred to as the popliteal space). The large muscles of the _____ move the knee. In the front of the thigh, the _____ muscles extend, or straighten, the knee joint by pulling on the patellar tendon. In the back of the thigh, the hamstring muscles flex, or bend, the knee. The knee also _____ slightly under guidance of specific muscles of the thigh.





SPEAKING TWO & GRAMMAR TWO



Speaking

1 All together in class, try to guess the answer of these riddles.

What's the most musical bone?
T_e t__m-b_n_

What makes music on your hair?
A he__nd

What's the best thing to put in a pie?
__r t__th

What did the skeleton order for dinner?
S_a_e_r_bs

Why didn't the skeleton cross the road?
l_d_dn'_ ha_e t__g_ts

What do you call a skeleton who won't work?
L__y b__es

What kind of flower grows on your face?
T_lip_

What do you call a frog with no legs?
U_hop_y

What has eight legs and eight eyes?
Ei__t pir_te_

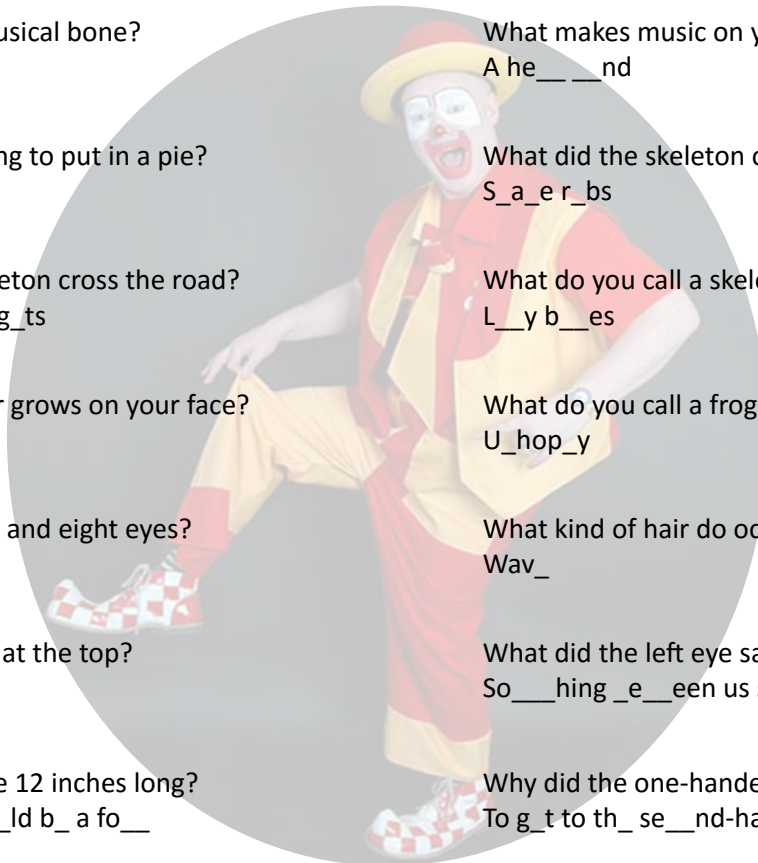
What kind of hair do oceans have?
Wav_

What has a bottom at the top?
Y__r l_gs

What did the left eye say to the right eye?
So __hing_e__een us s_e_ls

Why can't a nose be 12 inches long?
Beca__ th_n it wo_ld b_ a fo__

Why did the one-handed man cross the road?
To g_t to th_se__nd-ha_d s_op



Grammar

TO HAVE / HAVE GOT

• We can say I have or I have got indistinctly.

I We You They	Have
He She It	Has

I We You They	Have got	(I've got) (we've got) (you've got) (they've got)
He She It	Has got	(he's got) (she's got) (it's got)



Exercises

1 Write these sentences with got (I've got/have you got etc.). The meaning is the same.

- They have two exercises to do.
- She doesn't have a pencil.
- He has a new electric car.
- They don't have a lot of pages to study.
- Do you have a pet?
- Uff, we have a lot of exams to do.
- Does your brother have a motorcycle?
- How much money do they have?

2 Write have got ('ve got), has got ('s got), haven't got or hasn't got.

- Juan _____ a car. He goes everywhere on foot.
- They love films. They _____ three hard discs with thousands of movies.
- Verónica isn't happy. She _____ some fails this evaluation.
- They don't read much. They _____ many books in their e-book.
- What's wrong? I _____ a lot of pain in my knee.
- Where is my tablet? I don't know. We _____ it.
- Javier wants to go to the doctor, but he _____ an appointment.





THE FIVE SENSES

The senses allow us to perceive whatever is around us. Most of our sensory feelings are from eyes, as they tell us about shapes, sizes and colours of the objects around us.

The sense of vision

Both eyeballs are in a hole bone, called socket. The eye has membranes which have a system to receive light.

- Sclerotic: It protects the eye and seems the white part of it, its frontal part is called cornea and its back, the optical nerve pod.
- Choroid: The choroid is composed by the iris (colored) and the pupil (the black central circle). The iris has two muscles, one of them contracts the pupil and the other dilates it, both movements regulate the quantity of light which reach the retina.
- Retina: Contains the cones. The cones are useful for colour vision, three million cones occupy the chromatic vision, but they work well only when there is enough light. The canes are light-sensitive but don't capture the colours.



We can see the objects because they reflect a certain quantity of light, the light rays reach our eyes and we can capture them. The process starts when the light rays impact in the cornea and it works like a lens and they cross the humour and entry in the pupil. Then, the light rays reach the crystalline lens and are concentrated on the retina, capturing the images. In the same moment, light rays cross the choroid and the photoreceptor cells which transform the light and colours in nerve impulses. These impulses are driven along the optical nerve to the occipital lobe where the stimulus is created, composing a complete image and its meaning.



THE SENSE OF HEARING

THE HEARING ALLOWS US TO PERCEIVE SOUNDS AROUND US. THEY ARE PRODUCED BY AIR VIBRATIONS THAT ARE TRANSFORMED IN AUDITORY STIMULUS.

THE HEARING IS DIVIDED IN THREE PARTS: THE EXTERNAL, THE MEDIUM AND THE INTERNAL ONES.

- EXTERNAL HEARING IS COMPOSED BY THE PAVILION OF THE EAR AND THE EXTERNAL AUDITORY CANAL. IT HAS SWEAT GLANDS SPECIALIZED IN MAKING EAR WAX, WHOSE FUNCTION IS TO PROTECT THE HEAR AGAINST THE WATER. THE TYMPANIC MEMBRANE IS THE BORDERLINE BETWEEN EXTERNAL AND MEDIUM HEARING AND VIBRATES WITH THE AIR PRESSURE.
- THE MEDIUM HEARING OR EARDRUM BOX IS A SMALL SPACE WITH SOME BONES: THE HAMMER, THE ANVIL AND THE STIRRUP, TOGETHER CONFORM A SYSTEM THAT ABSORBS THE EARDRUM VIBRATIONS. THE EUSTACHIAN TUBE IS A CANAL WHICH CONNECTS THE MEDIUM HEARING WITH THE NASOPHARYNX. WHEN WE SWALLOW OR YAWN, IT BALANCE THE AIR PRESSURE.
- THE INTERNAL HEARING IS PLACED IN THE TEMPLE BONE AND IS FORMED BY THE COCHLEA AND THE VESTIBULAR APPARATUS. THE SHELL IS A SPIRAL CANAL WHERE WE CAN FIND THE CORTI'S ORGAN, WITH THOUSANDS OF AUDITORY CELLS. THE UTRICULE AND THE SACCULE CONTROL THE EQUILIBRIUM.

THE SENSE OF TASTING

TASTE IS THE SENSATION PRODUCED WHEN ANY SUBSTANCE IN THE MOUTH REACTS CHEMICALLY WITH RECEPTORS OF TASTE BUDS.
HUMANS PERCEIVE TASTE THROUGH SENSORY ORGANS CALLED TASTE BUDS OR GUSTATORY CALYCVLI, CONCENTRATED ON THE TOP OF THE TONGUE.





THE SENSE OF SMELL

THE OLFACTORY RECEPTORS ARE IN THE PITUITARY GLAND.
 THE MOLECULES REACH THE PITUITARY WITH THE AIR OR FROM THE MOUTH.
 THE OLFACTORY CELLS ARE SPECIALIZED IN GAINING THE STIMULUS AND TRANSPORT THOSE TO THE BRAIN.

THE SENSE OF TOUCH

THE SKIN IS AN ORGAN WHICH COVERS THE WHOLE BODY AND HAS THREE LAYERS:

- Epidermis: IS FORMED BY CELLS FULL OF KERATIN.
- Dermis: THE CELLS ARE COMPOSED BY RETICULIN AND COLLAGEN TO HAVE MORE ELASTICITY AND RESISTANCE. IN THE DEEPEST PART OF THIS LAYER WE CAN FIND THE NERVE RECEPTORS.
- Hypodermis: ITS FAT CONTENTS MAKE THE HYPODERMIS AN INSULATING MATERIAL FROM TEMPERATURE AND A PROTECTION AGAINST INJURIES.

Exercises

1 True or false:

1. The senses allow us to perceive whatever is around us.
2. The eye has four membranes which have the system to receive the light.
3. We can see objects because they reflect a certain quantity of light.
4. Food reacts chemically in the mouth and we perceive flavours.
5. The sense of smell allows us to perceive sounds around us.
6. The internal hearing balances the air pressure when we swallow or yawn.
7. Humans perceive taste through sensory organs called taste recipients.
8. The skin is an organ which covers the whole body and has five layers.

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2 Summarize the text in 50 words.



VOCABULARY ONE

Vocabulary

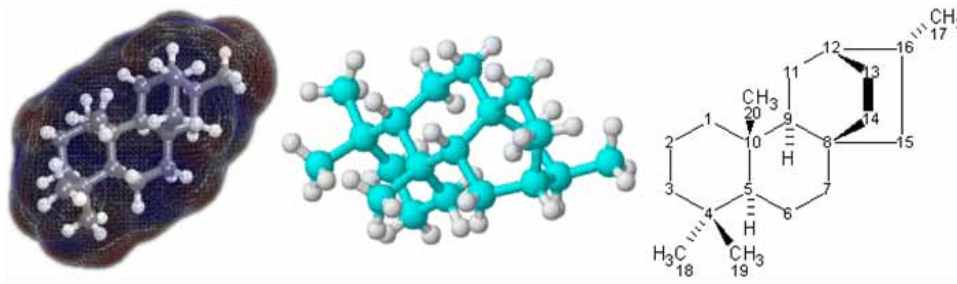


Exercises



1 Match these words with the correct definition from *Cambridge English Dictionary Online*.

WORD	DEFINITION
1. Gland	a) Physical harm or damage to someone's body caused by an accident or an attack.
2. Keratin	b) A nerve ending that reacts to a change, such as heat or cold, in the body by sending a message to the central nervous system.
3. Membrane	c) An organ of the body or of a plant that secretes liquid chemicals that have various purposes.
4. Receptor	d) The simplest unit of a chemical substance, usually a group of two or more atoms.
5. Injury	e) A thin piece of skin that covers or connects parts of a person's or animal's body.
6. Molecule	f) A strong natural protein, the main substance that forms hair, nails, hoofs, horns, feathers, etc.



Extra voluntary task

Draw 30 muscles or bones in a complete body.

