



Reading task (1)

Plantar Fasciitis: Causes, Symptoms, and Treatment

Plantar fasciitis is a common foot condition characterized by pain in the heel or arch, resulting from inflammation of the plantar fascia. The plantar fascia is a thick band of tissue running across the bottom of the foot, connecting the heel bone to the toes. This condition often develops due to repetitive stress on the plantar fascia, causing tiny tears that lead to irritation, inflammation, and eventually chronic pain if untreated.

The primary symptom of plantar fasciitis is a sharp or stabbing pain in the heel, typically experienced with the first steps in the morning or after periods of rest. As the tissue warms up, the pain may decrease but often returns after prolonged activity. Those most at risk include individuals who stand for long periods, athletes, particularly runners, and those with flat feet or high arches. Obesity and wearing inadequate footwear with insufficient arch support are also contributing factors.

Diagnosing plantar fasciitis generally involves a physical examination, where a doctor may press on the heel to identify areas of discomfort. Imaging tests, such as X-rays, may be used to rule out other conditions like stress fractures or bone spurs. Fortunately, several non-surgical treatments are effective for managing plantar fasciitis. Rest, icing, and anti-inflammatory medications can reduce inflammation, while physical therapy focuses on stretching and strengthening the plantar fascia and Achilles tendon. Custom orthotics or supportive footwear can relieve stress on the foot. Night splints that stretch the foot overnight are also beneficial for some individuals.

In cases where conservative treatments do not alleviate symptoms, advanced options like corticosteroid injections, extracorporeal shock wave therapy, or even surgery may be considered. Preventing plantar fasciitis involves wearing supportive footwear, maintaining a healthy weight, and engaging in foot-strengthening exercises.

While plantar fasciitis can be persistent and painful, early intervention and consistent treatment often lead to successful management, enabling individuals to resume daily activities without pain.



1. **On the basis of the text, decide whether the following statements are True (T) or False (F).**

___/4 p

- | | T/F |
|--|-----|
| 1. Inflammation in the plantar fascia is induced by pain. | ___ |
| 2. Overuse can cause plantar fasciitis. | ___ |
| 3. The pain from plantar fasciitis is constant. | ___ |
| 4. Deformations in the foot may lead to plantar fasciitis. | ___ |

___/4 p

2. **Decide whether the following were mentioned (+) or not mentioned (-) in the text.**

	+/-
0. example: examination by the doctor	+
1. bone growth	
2. insoles	
3. special braces	
4. dieting	

___/7 p

3. **Fill in the gaps choosing from the words in the box.**

activity	come	physical	steps
alleviate	condition	shock	strain
causing	exercises	stemming	supportive

Plantar fasciitis is a frequent cause of heel pain, (1)_____ from irritation in the plantar fascia, the tissue that runs from the heel to the toes. This (2)_____ often arises due to repetitive (3)___ on the foot, leading to small tears. People typically experience stabbing pain, especially after a period of (4)___ in the morning. Treatment may involve rest, anti-inflammatory drugs, and targeted (5)___, while (6)___ inserts and night braces can help (7)___ symptoms.

2



Reading task (2)

Injuries - a public health practice focus

Injuries affect people of all ages, ranging from minor cuts and bruises to major catastrophes that claim thousands of lives. While some injuries are short-lived and cause little disruption, others result in long-term pain or permanent disabilities that limit an individual's ability to perform personal, recreational, or work-related tasks. Serious injuries have far-reaching effects beyond the individual. They can destroy families and devastate entire communities, as seen in the aftermath of natural disasters such as earthquakes, hurricanes, and tsunamis. These tragic events often leave individuals and societies with significant medical costs, extensive rehabilitation needs, major lifestyle changes, and emotional tolls such as depression. The losses suffered in these circumstances are often too great to recover from.

Injury prevention strategies are categorized into primary and secondary prevention. Primary prevention aims to prevent the initial event that causes injury by eliminating hazards or reducing the risk of exposure. For example, traffic safety laws prevent automobile crashes, fences around swimming pools reduce the risk of drowning, and safety devices such as gun locks and poison caps help prevent accidents. Secondary prevention focuses on minimizing the severity of injuries once an exposure has already occurred. This can include the use of protective gear like helmets for motorcycles and bicycles, seat belts in cars, life vests for boating, and bulletproof vests.

The ultimate goal of injury research is to prevent the occurrence of injuries altogether and to reduce their severity when they do occur, improving safety for individuals and communities worldwide.

1. Based on the text, complete the gaps below with ONE word.

___/5p

1 Injuries may _____ a person's abilities to live a full life.

2 A major _____ can shatter even a whole community.

3 Such events create _____ financial burdens.



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4 Primary prevention aims to minimize the chance of _____ to hazards.

5 Secondary prevention tries to eliminate or reduce the possible consequences of injuries _____ they have occurred.

2. Find the words defined- maximum two words per definition! _____/5p

- to act so that something amounts to zero
- dying in water
- takes place, happens
- personal protection when travelling by boat
- seriousness of something

3. Decide whether the following topics are mentioned (+) or not mentioned (-) in the text. _____/5p

	+/-
1 forms of injuries	
2 places where injuries can happen	
3 preventive measures regarding natural catastrophies	
4 effects on mental health	
5 regulations as part of secondary prevention	



Mediation task

Write the following text in English in about 100 words.

_____ / 20p

- Egy 3 éves kislány érkezett az ambulanciára délelőtt. Édesanyja elmondása szerint, a kislány 1 hete köhög.
- A betegnek orrdugulása, szem- és orrvizketése van, a torka is sokszor viszket.
- Egy évvel ezelőtt allergiára kapott kezelést allergia ellenes orrsprayvel.
- Mivel az allergia ritkábban okoz köhögést, inkább az allergiás asztma volt a gyanú. Ezt olyan triggerek okozhatják, mint a háziállatok szőre, penészgomba, pollen ha ezek közül valamelyikre allergiás a beteg.
- A fizikális és légzésfunkciós vizsgálat alapján a diagnózis beigazolódott.
- Inhalációs hörgőtágítót, köptetőt, orrcseppet és antihisztamint írt fel a betegnek. Kontrollra két hét múlva várják vissza.



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Listening task

Body Temperature

1. Based on the listening comprehension task decide whether the statement is True (T) or False (F)

T/F

- 1 Body temperature is a measure of the heating up and the cooling down of the body. _____
- 2 The body keeps a normal temperature even if the external temperature changes. _____
- 3 Sweat cools the body because the vessels in the skin get wider. _____
- 4 Blood flow is less rapid when the vessels get narrow so you definitely start to shiver. _____

2. Choose the best answer based on the listening comprehension task.

1. Shivering occurs when you are cold. It is also called _____.
 - a) waving
 - b) trembling
 - c) shaking

2. Before the words Fahrenheit and Celsius, one must use _____.
 - a) degrees
 - b) decrease
 - c) centigrade

3. The unit _____ used in most countries is °C.
 - a) general
 - b) equally
 - c) standard

3. Complete the sentences with one word in each space.

When using a thermometer, one puts the cone-shaped end into the ear and the result is shown on the (1) _____. Some thermometers show the oral and (2) _____ temperature as well. Electronic thermometers are to be used in the mouth, (3) _____ or rectum.

_____ / 10 p



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