

Задача 1. *Переведите текст, используя словарь.*

World Stroke Campaign

Stroke happens when the blood supply to part of your brain is cut off. Without blood your brain cells can be damaged or die. This damage can have different effects, depending on where it happens in your brain, it can affect your body and mobility, your speech as well as how you think and feel. Stroke is the leading cause of disability globally.

This year the World Stroke Campaign is focused on women.

This is because a woman is

- more at risk of having a stroke
- more likely to die from a stroke than a man
- less likely to receive acute care and rehabilitation than a man, even though she responds equally well to treatment
- more likely than men to experience hypertension, atrial fibrillation (irregular heartbeat), diabetes, depression and obesity, all of which increase stroke risk
- more likely to take on the caregiving role.

Some stroke risks are also specific to women. Pregnancy related diabetes, preeclampsia, the use of birth control pills, hormone replacement therapy and hormonal change all increase the risk of stroke for women. Show you care about the women in your life and ask them to have a health check to avoid preventable stroke and cardiovascular disease. Make healthy lifestyle choices. You can play your part in preventing stroke by making basic lifestyle changes and knowing your risk factors.

- Eat healthily.
- Stay active.
- Control your weight.
- Stop smoking.
- Moderate your alcohol consumption.
- Reduce stress.

Taking these basic steps will not only reduce your stroke risk, they will also reduce your risk for heart disease, cancer and dementia.

World Stroke Organization's mission is to reduce the global burden of stroke through prevention, treatment and long-term care. We work to reduce the impact of stroke on individuals, their families and their communities. Our members campaign together to increase awareness of stroke risk and to improve treatment and care. We believe that reducing the global burden of stroke makes the world a healthier place for everyone.

Задача 2. Закончите предложения, выбрав правильный вариант в соответствии с прочитанным текстом.

1. Stroke happens when the blood supply to..... is cut off.

- a. your heart c. part of your brain*
b. your lungs d. your nervous system

2. Stroke is the leading cause of..... globally.

- a. disease c. rehabilitation*
b. disability d. obesity

3. This year the World Stroke Campaign is focused on.....

- a. men c. children*
b. women d. older people

4. The use of increases the risk of stroke for women.

- a. birth control pills c. antianginals*
b. vitamins d. antibiotics

5. If you reduce your stroke risk, you will also reduce your risk for.....

- a. pneumonia c. infectious diseases*
b. blood diseases d. cancer