

Communicable Diseases

Write at least 120 words about a **communicable disease** (e.g. flu, Ebola, HIV/AIDS, measles, rabies, TB, malaria).

You **MUST** write about:

- ☐ What the disease is;
- ☐ What causes this disease and how does it spread to other people;
- ☐ How this disease can be prevented.

Communicable Diseases

A disease, in general, is a malfunction and abnormality in the human body. A communicable disease can be spread from one person to the other.

In addition, causes of the communicable diseases are germs, being bitten by insects, and contact with blood. Also, they spread to others by infection and that can happen by physical contact, sneeze or cough, and food or water.

On the other hand, for the prevention which is about avoiding getting the disease. One can to practice good hygiene, vaccination, and practice food safety and eat good clean food.

Finally, one should he or she is up to date with all these different communicable diseases and follows the prevention advice to keep them safe and healthy.

Computers in Medicine

Write at least 120 words about **computers in medicine**.

You **MUST** write about:

- ☐ How can computers be used in medicine;
- ☐ What has been one of the most important developments in the use of computers in medicine;
- ☐ How this development has helped save lives;
- ☐ The disadvantages of using computers in medicine.

Computers in Medicine

Computers are a part of almost every field, and the medical field is one them. And, they can be used in medicine in different ways.

The surgical field is the most important development in the use of computers in medicine. It is helpful in locating the damaged area, allowed them to easily reviewing the scans and the patient history. The computer can be used to guide surgeons with the surgical tools inside the human body.

However, there are disadvantages in using computers in medicine. For example, the computer could crash, plus it is expensive which will cost more for the healthcare service.

In the end, I think it is a great way to update the medical field with all the benefit of the computers, but we need to make sure that without it we can provide the same care because it is all about saving lives.

A Career in Medicine

Write at least 120 words about a **career in medicine**.

You **MUST** write about:

- ☐ What types of jobs are available in the medical field;
- ☐ What are the advantages and disadvantages of working in the medical field;
- ☐ Which job you would like in the future and why;
- ☐ How you can help patients.

A Career in Medicine

A career in medicine is one of the most successful careers. There are different types of jobs in the medical field and each has an important function from Doctor, Radiologist, Dentist, Physical therapist, Nurse, as well as Pharmacist.

There are many advantages to working in a medical field. To start, being helpful to others by saving their lives. Further, the work is challenging work, and it involves creative thinking. However there are disadvantages too, the long working hours, and job-related stress being some examples.

Meanwhile, I would like to be a Doctor because, I have a huge interest in this major, it is a part of my personality to be a good and kind person, and I also love to help people.

In addition, I can help people in many ways by providing healthcare, researching for a cure to cancer, and be there whenever they need me.

Lastly, in my opinion, the medical field is a great community, and working in this field means always helping someone.

The Importance of a Good Diet in our Daily Life

Write at least 120 words about **the importance of a good diet in our daily life**.

You MUST write about:

- ☐ The importance of a good diet;
- ☐ What kind of food and drink we need for a good diet;
- ☐ The impact of NOT having a good diet.

The Importance of a Good Diet in our Daily life

A healthy lifestyle is about having mental, physical, and emotional balance. And the diet has a huge impact on our health, so it is important to have a good diet to feed cell growth and to keep your body system well functioning.

The kind of food you need for a good diet is what we get from all the nutrients which are protein, fat, carbs, water, salt and minerals, and vitamins. And they can found in vegetables, fruits, whole grains, low-fat dairy products, lean meat, eggs, and healthy nut. Also, we should make sure we are taking the right portions and your calories intake.

As compared to an unhealthy diet which first, will not provide all the nutrients our bodies needs. Second, gaining weight which can lead to obesity. Third, the chance of chronic diseases will increase.

In the end, healthy lifestyle is about enjoying yourself without risking your health.

The Importance of Having a Healthy Lifestyle

Write at least 120 words about **the importance of having a healthy lifestyle**.

You **MUST** write about:

- ☐ What is a healthy lifestyle;
- ☐ The importance of a healthy lifestyle (why you should have a healthy lifestyle);
- ☐ How can you have a healthy lifestyle;
- ☐ The impact of NOT having a healthy lifestyle.

The Importance of Having a Healthy Lifestyle

A healthy lifestyle is about having mental, physical, and emotional balance. And it is about introducing healthy habits to improve your life. It is important to have a healthy lifestyle because you will be fit, energized, happy, and reduce the risk of diseases.

A good diet that contains all the nutrients, physical activity to keep you fit, healthy sleep for managing the life stress and to relax, is the solid foundation to start a healthy lifestyle.

However, the impact of an unhealthy lifestyle starts with a poor diet and you will not get all the nutrients your body needs. Second, a lack of physical activity that leads to weight gain. Third, the risk of different diseases will increase.

In the end, healthy lifestyle is about enjoying yourself without risking your health.

Systems in the Body

Write at least 120 words about **a system in the body**.

You **MUST** write about:

- ☐ Choose one body system and discuss how it works (for example: respiratory system; circulatory system, digestive system);
- ☐ The possible problems that can occur in this system;
- ☐ How we can keep this system healthy.

Digestive System

There are many systems in the body that each play an important function and The one system in our body that is in charge of food is the digestive system. It breaks the food and turns it into energy that helps us to grow, move, and stay alive. Also, it starts from the mouth and finishes at the anus.

In addition, there are possible problems that occur in the digestive system such as, stomach ache, vomiting, bloat, nausea, and severe diseases like cancer or infections.

However, one can keep the digestive system healthy by following a healthy diet and avoid unhealthy food as much as you can. And whenever one feels sick, they should visit the doctor to get the right medication.

In conclusion, the digestive system is one of the important systems in the body. One should take care of it by eating the right kind of the food because it is the source of energy that you need to be alive.