# **ĆWICZENIA** Lekcja 24.



Ucz się angielskiego z "Głosem Fizjoterapeuty"

### **EXERCISE 1.**

Połącz słowa z ich definicjami.

- 1. embarrassment
- 2. pregnancy
- 3. urine
- 4. postpartum
- 5. intermittent

- a. a liquid waste product excreted by the kidneys
- b. the period following childbirth
- c. an emotional state characterized by feelings of shame
- d. a physiological process in which a female organism carries a developing offspring within her uterus
- e. something occurring at irregular intervals

### **EXERCISE 2.**

Połącz wyrazy z odpowiednimi przyimkami.

aware | reluctant | number | due | according

~ TO	~ OF

## EXERCISE 3.

### Wstaw wyrażenia z ćwiczenia 2 do odpowiednich luk<sup>1</sup>.

1.	The problem of Upopulation.	I will occur more freq	uently than ever before	the aging
2.	Urinary incontinen		g problem for some women, mo	aking them
3.	Many women are	not	the existence of urogyneo	cological physiotherapy.
4.		nd is considered a wid	Organization (WHO), urinary inco	. ,
5.	The actual	affec	ted individuals is much higher.	
EX	(ERCISE 4.	•	słowo by stworzyć logiczne nie. Nie daj się zmylić <sup>1</sup> .	e i poprawne
1.		n of information abou res to improve the qua	t risk <b>factors / issues</b> will enak ality of life in women.	ble early implementation of
2.	Research carried symptoms.	for / out over a 15-ye	ar period has shown that pelv	ric floor exercises reduce UI
3.	It is crucial to incre UI incidence.	ase women's <b>awaren</b> e	ess / ageing during pregnancy o	and postpartum to minimize
4.	Excellent results co	an be <b>widespread / a</b> o	<b>chieved</b> by approaching wome	en's problems holistically.
5.		d that pelvic <b>floor</b> / ment methods for UI.	<b>superficial</b> muscle training is	among the most reliable
No	tes			

### EXERCISE 5.

Słowotwórstwo. Przeczytaj fragment artykułu i wstaw w luki słowa w odpowiednich formach. W niektórych przypadkach wystarczy dodać przedrostek lub przyrostek, a gdzieniegdzie musisz zmodyfikować słowo w znacznym stopniu<sup>1</sup>.

#### Results

The 1.	of women were aware of the existence of UI. For example, 88.4%	1. major
of participants ind	icated that they had already heard of such a problem, while 11.6%	2. familiar
of women were 2.	with the condition. Women's level of knowledge of	3. question
preferred breathing	g techniques during pelvic floor muscle exercises was investigated.	4. diaphragr
The 3	did not explain the differences between abdominal and	5. know
4	breathing techniques. Nevertheless, most women identified the	6. abdomen
correct breathing to	echnique. Meanwhile, 23.8% of the women had no <b>5.</b>	
of the subject. Durir	ng pelvic floor exercises, diaphragmatic breathing is recommended;	
in addition, the <b>6.</b>	muscles and gluteal muscles should be relaxed	
(Table 2). A very str	rong negative linear correlation was observed between knowledge	
of "Kegel" muscle	exercises and knowledge of correct breathing patterns during the	
exercises.		

### **EXERCISE 6.**

Przeczytaj fragmenty artykułu i przetłumacz na język angielski wyrazy w nawiasach. Następnie zaznacz czy podane zdania są prawdziwe (TRUE) czy fałszywe (FALSE)1?

1. (prawie) half of the r	espondents feel embarrassed abo	out experiencing UI (48.6%),
25.9% of women feel 2.	(wstyd), 15.0% are afraid for the	r health, only 8.9% are not
ashamed of the problem, and 1.6% of indi	viduals feel <b>3.</b> (	<b>bbojętnie)</b> . However, for the
4. (większości) of wor	men, the problem of UI causes sh	ame and embarrassment;
therefore, when treating the condition, it	would be important to work with	n a <b>5.</b>
(psychologiem) to boost patients' menta	ıl health.	
6. The majority of women feel asham	and and amharranced about	

<ol> <li>The majority of women feel ashamed and embarrassed about experiencing UI.</li> </ol>	TRUE / FALSE
7. Working with a psychologist is important in treating UI.	TRUE / FALSE

Ν	0	t	е	S

The research presented above showed that women's lev	vels of <b>8. (wiedzy)</b> varied
considerably. Therefore, there is a strong need to educate	e people about urinary <b>9.</b>
(nietrzymanie). Furthermore, it is crucial to address the top	ic of UI prevention. It is necessary to educate
people on the effectiveness of physiotherapy treatment 1	<b>0.</b> (terapia) for UI so that
women are not ashamed to 11. (przyzn	ać się) to the problem and confidently seek
professional help. It is important to 12.	(podkreślić) that the earlier the treatment
begins, the more significant results can be achieved.	

13. There is no need to educate people about urinary incontinence.	TRUE / FALSE
14. The timing of treatment for UI does not affect the results achieved.	TRUE / FALSE

Notes

### **Bibliografia:**

Karolina Siewier, Anna Kubsik-Gidlewska: Assessment of knowledge level of women with urinary incontinence – a single-center online study, Research, Physiotherapy Review, 2023, 27(1), 75-83



8. knowledge, 9. incontinence, 10. treatment, 11. admit, 12. emphasize 13. F, 14. F

1. almost, 2. shame, 3. indifferent, 4. majority, 5. psychologist

Exercise 6.

g. apqominal

Exercise 5. 1. majority, 2. unfamiliar, 3. questionnaire, 4. diaphragmatic, 5. knowledge,

1. factors, 2. out, 3. awareness, 4. achieved, 5. floor

Exercise 4.

), due to, 2. reluctant to, 3. aware of, 4. according to, 5. number of

Exercise 3.

J. c, 2. d, 3. a, 4. b, 5. e TO: reluctant, according, due, OF: number, aware

Exercise J. Exercise 2.

Klucz odpowiedzi: