

VIBE ACTIVITIES

Healthy Body – Feeling Rundown? page 26

HEALTHY VIBE

HEALTHY BODY

Feelin' rundown? Don't be sore

IT'S THE START OF SPRING AND IF YOU'RE LUCKY YOU'VE ESCAPED THE LONG WINTER WITHOUT A BOUT OF THE FLU. BUT IF YOU'RE ONE OF THE MILLIONS WHO WEREN'T SO LUCKY THIS FLU SEASON, YOU COULD BE FORGIVEN FOR FEELING TIRED AND RUNDOWN IN THE WEEKS FOLLOWING YOUR ILLNESS.

It's when we're in this rundown state that some of the less serious ailments that cold and flu can trigger strike.

Cold sores and mouth ulcers are certainly not a great reward after days of coughing, aches and pain, but an unfortunate reality of a weakened immune system.

The virus that causes cold sores is known as the herpes simplex virus or HSV. There are two types of HSV, Type 1 and Type 2 and cold sores are caused by Type 1.

Cold sores are caused by a contagious oral virus and spread from person to person by kissing or some other contact with sores but a person infected with HSV can pass it on even when a cold sore is not active.

They start as small, red bumps on or around the lips that eventually turn into fluid-filled blisters. Once you're infected with HSV, the virus enters your system and can remain dormant until it is triggered or reactivated.

Stress, changes in the immune system, fever, colds and the flu are just some of the ways a cold sore is reactivated.

VIRUSES CAN STRIKE WHEN IMMUNE SYSTEMS TAKE A BATTERING

When cold sores are reactivated, the blister stage is usually short. Blisters dry up and leave scabs that can last from a day to several days.

There are ways to treat cold sores, particularly if they are painful. There are a number of topical creams and ointments available with or without a prescription that can reduce pain, itching, and healing time.

Oral antiviral medicines available from your doctor by prescription can be used when the first symptoms (such as burning or itching) begin.

Mouth ulcers are round, tender sores that develop on the inside of the mouth. In most cases mouth ulcers are harmless and clear up in a few days. They often kick off with a tingling, followed by a painful red spot that blisters or ulcerates. The centre of an ulcer often turns white.

The cause of mouth ulcers is largely unknown. Some people appear to be more susceptible than others and this may be linked to anything from genetic makeup, stress, dietary factors, hormonal imbalances or weaknesses in the immune system.

To ease the discomfort from mouth ulcers, try gargling with salty water or a mild mouthwash, and maintaining good oral hygiene by regularly brushing and flossing your teeth.

Strengthening Your Immune System

Flu comes in many varieties now and the severity of flu should never be underestimated. Assuming you're one of the millions who has been struck down this winter, particularly with a nasty bout, you will probably be feeling rundown. There are simple ways, though, to build yourself up after illness.

- Make sure you're eating a good, balanced diet. Flu can rob your body of nutrients and vitamins, particularly if your stomach has been upset or you've not been eating well. Make sure you eat plenty of fruit and vegetables each day, along with a range of foods from five food groups.
- Take a vitamin and mineral supplement. It's a great head start after you've been sick.
- Drink plenty of water and keep your body well-hydrated as flu can leave you with low fluid levels.
- Get plenty of sleep and allow your body to recover and restore itself.
- Some gentle exercise, without pushing yourself too hard, can help boost your fitness levels after illness.
- Stress less. If you're not feeling 100%, then pace yourself. Avoid the known stress points in your life. Give yourself a break and if you can't avoid the things that stress you out, try a different approach.

But remember if you're not feeling yourself and are in need of professional advice, talk to someone at your Aboriginal Medical Centre or see your local doctor.

Stress, changes in the immune system and fever, colds or the flu is just some of the ways a cold sore is reactivated.

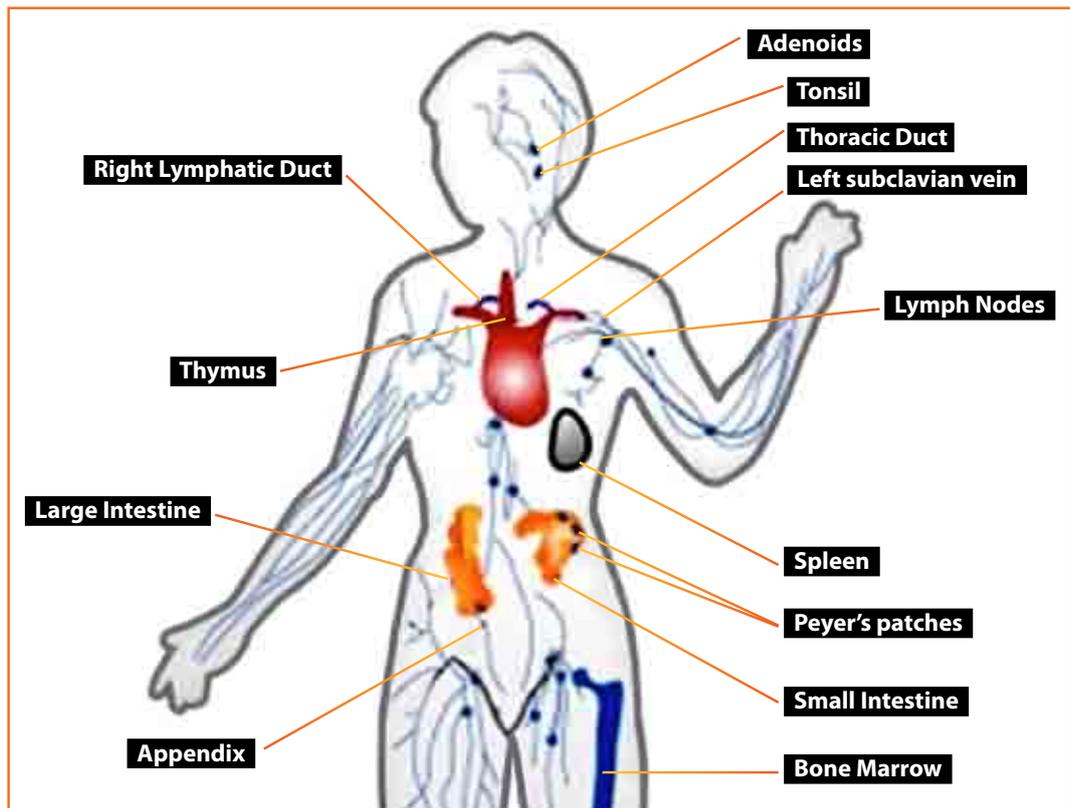
ISTOCK

Our immune system can be weakened through the winter months when it has to fight off the effects of colds and flu. If your immune system is working properly, your body will heal itself of any disease. However, health issues, such as cold sores and mouth ulcers can be signs of a weakened immune system.

Read *Healthy Body – Feeling Rundown?* on page 26

ACTIVITY 1

READING FOR MEANING



Immune system

Building reading skills

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

There are three levels of comprehension questions:

- | | |
|-----------------|---|
| Literal | The answer is located in one sentence in the text. |
| Inferred | You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know. |
| Applied | The answer is in your background knowledge, what you already know or feel. |

1 The virus that causes cold sores is known as

(inferred)

- the immune system.
- herpes simplex virus or HSV.
- HIV AIDS.
- the common cold.



2 Once you have cold sores, they can remain dormant in your body and infect others.

(inferred)

- TRUE
- FALSE

3 The text says, "Some people appear to be more susceptible than others." In this text, "susceptible" means

- immune.
- tired and rundown.
- suspicious of the virus.
- likely to get the virus.

4 Three ways of strengthening your immune system are

Write your answer on the lines.

5 The purpose for adding the pictures to the written text is to

(applied)

ACTIVITY 2

LANGUAGE CONVENTIONS - SPELLING

- 1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.



He was susseptible to the virus.

It was a seerius problem.

The disease was contageous.

- 2** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

It could eventually become a cold sore.

You may need a prescripshon for your doctor.

It is important to have good oral hygeen.

ACTIVITY 3

LANGUAGE CONVENTIONS - GRAMMAR

- 1** Which word correctly completes this sentence?



To help with the symptoms of mouth ulcers, try _____ with salty water.

- gargle
- gargled
- gargling
- gargles

2 Which word is a **noun** in this sentence?

Mouth ulcers are round, tender sores that develop on the inside of the mouth.

- ulcers
- tender
- that
- develop



3 What does the pronoun **they** refer to in these sentences?

There are ways to treat cold sores, particularly if **they** are painful.

- treating cold sores
- cold sores
- pain
- viral infections

ACTIVITY 4

LANGUAGE CONVENTIONS – PUNCTUATION

1 Punctuate this passage correctly. Correct two spelling errors.



some people appear to be more susceptible than others and this may be linked to anything from genetic makeup stress dietary factors hormonal imbalances or weakness in the immune system

ACTIVITY 5

WRITING AN EXPOSITION



An **Exposition** is a type of argument text that states **one** point of view about an issue. **Expositions** use persuasive language to put forward the argument.

Expositions begin by stating the Thesis, and then give different Arguments to the point of view, concluding with a Restatement to sum up the arguments.

Here's how an **Exposition** is structured:

Argument type	Social purpose	Stages	Phases
Exposition	argues one point of view about an issue	<p>Thesis</p> <p>Arguments</p> <p>Restatement</p>	<p>preview</p> <p>evidence</p> <p>statistics</p> <p>quotes</p> <p>examples</p> <p>elaborations</p> <p>review</p> <p>conclusions</p>

Topic:

Write an Exposition to argue the importance of a healthy diet in keeping the immune system healthy.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.

Immune system

The immune system is a network of cells, tissues and organs that defend the body against harmful toxins and microorganisms.

1. Red bone marrow:

spongy tissue of the bone that produces cells of the immune system including lymphocytes and macrophages.

Lymphocytes recognize antigens (harmful foreign bodies), and macrophages engulf and destroy antigens.

2. Lymphatic system:

network of lymph nodes and lymph vessels that store and transport disease-fighting immune cells.

3. Thymus:

organ of the immune system that produces a special kind of white blood cell called T-lymphocytes or T-cells. T-cells detect and destroy infected cells in the body.

4. Spleen:

lymphoid organ that contains disease-fighting white blood cells and filters the blood by destroying old blood cells and removing small particles.

5. Pharyngeal tonsils (adenoids):

lymphoid tissue located at the back of the nasal cavity thought to be the first line of defense against inhaled pathogens (harmful microorganisms).

6. Palatine tonsils:

lymphoid tissue located at the back of the throat thought to be the first line of defense against inhaled pathogens (harmful microorganisms).

