

BACCALAURÉAT PROFESSIONNEL

ÉPREUVE ORALE SPÉCIFIQUE – ANGLAIS

ASSP / SPVL

**SECTION EUROPÉENNE
DURÉE DE L'ÉPREUVE : 20 minutes**

La calculatrice et le dictionnaire ne sont pas autorisés.

GIVING UP SMOKING

Situation

You work at The Public Health Agency (PHA) in Belfast, Northern Ireland. You inform smokers about the benefits of giving up smoking.

Tasks

You are expected to:

- find the most convincing arguments to encourage smokers to give up smoking.
- inform them about the risks of second-hand smoking.

Vocabulary:

to commit: engager
preventable: évitable
stroke: attaque cérébrale
bones: les os
cot death: mort subite du nourrisson
miscarriage: fausse couche

About The Public Health Agency

The Public Health Agency (PHA) was established in April 2009 as part of the reforms to Health and Social Care (HSC) in Northern Ireland. We are the major regional organisation for health protection and health and social wellbeing improvement. Our role also commits us to addressing the causes and associated inequalities of preventable ill-health and lack of wellbeing.

Source : <http://www.publichealth.hscni.net/>

Smoking know the facts leaflet



Smoking
know the facts

 Smoking causes **90%** of all lung cancer

 Every day more than 6 people die in Northern Ireland from smoking-related illnesses

 Babies exposed to second-hand smoke are **3 times** more likely to die from cot death

 Smoking increases the risk of blindness

 Quitting smoking for **1 year** reduces the risk of a heart attack to about half that of a smoker

 Quit smoking for 10 years and you will have saved **£34,000**
(based on a 20-per-day smoker)

 HSC Public Health Agency

Why stop?

- Smoking is the main cause of illness and early death in Northern Ireland. It causes many types of cancer (including cervical cancer) and can also lead to leukaemia, heart disease, stroke, serious breathing conditions and weak bones.
- A smoker's eyesight is more likely to get worse as they get older and sometimes there is no treatment for this. In severe cases, this can mean the smoker will eventually go blind.
- If a woman smokes during her pregnancy:
 - there is more chance of miscarriage;
 - there is more chance of the baby being born with a low birth weight, which can cause death or lead to a range of health and behavioural problems as the child develops.

Save money and feel better

The cost of smoking is very high. Here are a few examples of the health and financial benefits if you quit.

Time since quitting	Health benefits	Money saved*
20 minutes	Your heart rate drops	47p
8 hours	Nicotine and carbon monoxide levels in your blood reduce by half	£3.13
24 hours	Carbon monoxide and nicotine are cleared from your body	£9.40
48 hours	Your ability to taste and smell is improved	£18.80
2-12 weeks	Circulation improves and your lung function increases	£131- £789
1 year	Your risk of having a heart attack falls to half that of a smoker	£3,431
5 years	Stroke risk is reduced to that of a non-smoker, in most cases	£17,155
10 years	Your risk of dying from lung cancer is about half that of a smoker	£34,310
15 years	Your risk of having a heart attack falls to that of a non-smoker	£51,465

* Based on a 20-per-day smoker at an average price of £9.40 for 20 cigarettes.

Source : <http://www.publichealth.hscni.net/publications/smoking-know-facts>