

# Sore Throat

Sore throats are very common at this time of the year, and are not usually something to worry about if they get better within a week. Most are caused by things such as colds or flu and are easily **treatable** at home.

**A**side from colds and flu, the following can cause sore throat: **laryngitis**, **inflammation** of the **voice box**, **tonsillitis**, inflammation of the tonsils, strep throat, a bacterial throat infection, and last but not least, **glandular fever**. Whatever the cause, the symptoms can be alleviated by doing all or any of the following: gargling with a warm water and salt solution, drinking plenty of fluids but nothing too cold or too hot, **sucking lozenges** and giving your voice a rest. In some

cases, it might be necessary to take ibuprofen, or paracetamol to help with the pain. **Avoiding** smoky places or stopping smoking also help. What is also somewhat more effective than lozenges is a throat spray available at the pharmacy...

**Pharmacy customer:** Hello, do you speak English?

**PTA:** Hello. Yes, I do. How may I help you?

**I'm having trouble swallowing and my throat feels a little raw.** Do you have a **cough** or a **cold** at the moment?

**I have a bit of a cough alright and I'm just getting over the flu.** Could you **describe** the cough, please?

**It's quite dry and irritating. And, if I talk for longer periods of time, my voice gets hoarse and the cough gets worse.** Do you have a temperature or fever symptoms?

**Not at the moment.** Have you noticed that the **glands** in your neck are swollen or **tender**?

**No, not swollen or tender, but I do have a little trouble swallowing.** Have you taken anything to help alleviate the symptoms? You know: things such as painkillers or gargle solutions, that kind of thing?

**No, not really. To be honest, I'm not great at taking any type of medication!**

There are a few things that I can recommend for your sore throat.

**They are?**

Firstly, I have this throat spray which has a **numbing effect** and will help **ease** the pain in the throat. You can use the spray two to three times a day.

**Good, I'll take that. You said that you had a few things that you can recommend.**

Yes. We also have these lozenges with different flavours. They help to keep the throat moist and give pathogens fewer chances at increasing. You might also consider taking paracetamol or ibuprofen to deal with the pain.

**Okay, I'll take the lozenges in mint and a packet of ibuprofen, thank you.**

You should also drink plenty of fluids, things like herbal tea but nothing too hot or too cold.

**Why not too hot or too cold?**

Anything that is too hot or too cold will only irritate your throat even more. The only exception is ice cream.

**Ice cream! Really?**

Yes, as long as you don't eat it too quickly!

**I'll try and remember that. Thank you.**

By the way: If symptoms don't improve within the next week or so, you should most definitely consult your doctor.

**Thank you, I will. Goodbye.**

Bye, bye! ■

*Catherine Croghan,  
Lecturer in English and native speaker*

## VOCABULARY

sore throat	Halsentzündung, Rachenentzündung
treatable	behandelbar
laryngitis	Kehlkopfentzündung
inflammation	Entzündung
voice box	Kehlkopf
tonsillitis	Mandelentzündung
glandular fever	Pfeiffersches Drüsenfieber
alleviated	gelindert
sucking	lutschen
lozenges	Lutschtabletten
avoiding	vermeidend
swallowing	schlucken
cough	Husten
cold	(hier) Erkältung
describe	beschreiben
irritating	lästig
hoarse	heiser
glands	Drüsen
tender	schmerzempfindlich
numbing effect	betäubende Wirkung
ease	lindern
moist	feucht

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- Erhöht den **Schutz** vor Austrocknung<sup>1</sup>
- Unterstützt den **Heilungsprozess**<sup>1</sup>

1 Vs. Hyaluronsäure alleine. Ketelson H, Rangarajan R, Kraybill B. Effects of a dual polymer artificial tear solution on prolonged protection, recovery, and lubricity in an in vitro human corneal epithelial cell model. The Association for Research in Vision and Ophthalmology Annual Meeting; 2014; E-Abstract #3695/A0209.

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