**HEALTH MATTERS**

**Task 1 – Reading comprehension**
**Read the text and answer the questions in note form.**

Health is the balance or harmony between the body and the mind. If there is an imbalance, people might fall ill. The imbalance results in certain symptoms, like rash, swollen joints, throbbing headache … Sick people have two options if they want to recover. They can **consult** specialists practising:

- western medicine,

- holistic or alternative medicine such as homeopathy, herbalism, faith healing, acupuncture, chiropractic, osteopathy ...

If you have a health problem, which is not too urgent, you can make an appointment to see your doctor, who is your GP (general practitioner). He or she works in a private ***surgery*** clinic or in a local health centre. You might go there if you have caught a cold or flu (influenza) or if you seem to be showing symptoms of an illness or a disease. For example, you might be shivering, feeling faint or sick, dizzy, coughing or sneezing. You might also have a temperature, or be suffering from different kinds of aches (headache, earache, backache ...). If people feel unwell, they obviously need to have a medical check-up. What is more, to prevent a certain illness, people can sometimes get vaccinated.

The doctor or **physician** will then examine you. S/he might take your blood pressure, test your reflexes, listen to your heartbeat, feel your pulse ... After the doctor has **established the diagnosis** he will give you medical advice and prescribe medicines to you (write out a prescription) to try to cure you. Usually doctors prescribe tablets, ointments, cough mixture ... You might have to **apply** something **to** your skin, or go on a **course of antibiotics** to treat the symptoms. Apart from the prescribed medicines, you can get painkillers, **sedatives**, tranquilizers, drops, mouthwash, sleeping pills, sanitary towels, cotton wool, **laxatives**, condoms, contraceptive pills ... at the chemist's.

In more serious cases GPs write down a referral and send a patient to a specialist, sometimes they are taken or even rushed to hospital. They might go there to have an operation in an operating theatre performed by surgeons. Before the operation, patients are given an anaesthetic, local or general. Hospitals also have to deal with emergency cases to save people who have seriously injured themselves (**fractures**, severe burns, bleedings, swellings, pulled muscles, torn ligaments, dislocated bones ...). Less serious injuries include minor cuts, scratches, grazes, stings, bites, blisters, bruises, or bumps. They can be treated at home or at a health centre.

You might also be taken to the Accident & Emergency Unit (A&E) if you are unconscious, have a concussion or if you develop an illness very quickly and unexpectedly (you can develop an allergic reaction to pollen, e. g.) Patients are taken to hospital in an ambulance with resuscitation equipment and are staffed by a couple of paramedics, who can give first aid treatment and thus take a good care of the vulnerable patient.

In hospital, you may be x-rayed or you may have to undergo some laboratory tests, which will help determine the extent of the injury. Possible treatments: **stitching** up a wound, putting an injured limb in a plaster cast, giving an injection, or having a bandage placed on a wound or injured area to help it heal.

Patients who are recovering or **recuperating** from injuries do so in **wards** of the hospital or at home. A patient who has recovered sufficiently is discharged or released from hospital.

(Written by Alenka Rozman and Holly Buchanan.)

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1. If you are ill, you have two options as far as the treatment is concerned. Which two? Explain. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Who is a general practitioner or a GP? What does (s)he do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. List at least three symptoms of an illness or a disease. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What can one purchase at the chemist’s? List at least three items. \_\_\_\_\_\_\_\_\_\_

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1. Explain where patients are operated and how they are prepared for a surgery.

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1. List minor and major injuries. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Where in hospital are patients with serious injuries treated? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. If somebody is not breathing, he is given artificial respiration or if (s)he is bleeding, somebody has to stop it or the patient dies. What do we call such treatment? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Task 2 – Boosting vocabulary**

**Match the words in bold to their definitions.**

1. to recover from an ailment or injury =
2. to see the physician =
3. an operation =
4. a doctor =
5. a broken limb =
6. to find out (discover) what the matter is with the patient after examining him thoroughly =
7. a drug used to calm a person or animal or to make them asleep =
8. one of the parts into which a hospital is divided for treating people with a similar type of condition =
9. a medicine that can destroy harmful bacteria in the body or limit their growth =
10. to spread or rub a substance such as cream on a skin surface =
11. a substance that helps patients excrete the contents of their bowels =

**Task 3: Dictionary work**

**Look up the remaining underlined vocabulary items in the English-English dictionary and make a meaningful sentence with each of them.**

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**Task 4: Matching**

**Match the patient's questions with the doctor's answers.**

1. Can I have an appointment to see the doctor? 2. I have a sore throat.
3. I have a pain in my kidneys.
4. My arm hurts badly; I suppose I have sprained it.
5. I have a throbbing headache.
6. My ankle is broken, I suppose.
7. How long will it take to heal?
8. I have lost my appetite. I have upset my stomach.
9. I have cut my finger.

a. You will need a sling.
b. You will need stitches.
c. Approximately three weeks.
d. You'll have to take a course of antibiotics.
e. You will need a plaster cast.
f. I have openings on Monday or Tuesday. Which would be best for you?
g. Take a painkiller.
h. You may have got food poisoning.
i. Go to bed and rest for a few hours.

1. \_\_, 2. \_\_, 3. \_\_, 4. \_\_, 5. \_\_, 6. \_\_, 7. \_\_, 8. \_\_, 9. \_\_.

**Task 5 – Improving your speaking skills**

**Answer the questions.**

1. **If you were seriously ill, what healthcare would you choose?**
2. **Try to list some advantages and drawbacks of western and holistic medicine.**

  

(Source: <https://revertirladiabeteshoy.org/wp-content/uploads/2016/10/plantas-medicinales-para-la-diabetes.jpg>; <https://i.dailymail.co.uk/i/pix/scaled/2015/06/10/01/1B646FD5000005DC-0-image-a-34_1433896849336.jpg>; <http://mahoganyrevue.com/wp-content/uploads/2017/08/28-JULY-PICTURES-3b-Hand.jpg>)

1. **Have you ever heard of any of these forms of medicine? Have you or any of your friends ever tried one? What happened? Did you/they get better? Do you know any other forms of holistic medicine? Which of these practices do you believe in most? Why? Which practice would you avoid?**

**Task 6 – Listening comprehension**

**Listen to the following videoclip and decide whether the following statements are TRUE, FALSE or NOT GIVEN. Tick the appropriate column.**

**7 FACTS ABOUT COFFEE YOU PROBABLY DIDN'T KNOW**

<https://www.youtube.com/watch?v=TN0cxBYh8t8&t=5s>

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | T | F | NG |
| 1. | Coffee does not help people who suffer from jet lag. |  |  |  |
| 2. | Drinking coffee improves your long-term memory. |  |  |  |
| 3. | Coffee contains antioxidants, which is very healthy. |  |  |  |
| 4. | It is a good idea to drink coffee on an empty stomach. |  |  |  |
| 5. | Drinking coffee relieves pain in your back. |  |  |  |
| 6. | Caffeine and glucose are good for your nervous system.  |  |  |  |
| 7. | Before drinking coffee, you should always consult your GP.  |  |  |  |
| 8. | Thanks to coffee intake, there are fewer suicides committed. |  |  |  |

**Task 7 – Boosting your writing skills**

**Follow the instructions underneath and write a composition in 120–180 words. Use as much health related vocabulary as possible.**

On a boating holiday with a group of friends, one member of the group had an accident and nearly drowned in the sea. He finally ended up in hospital. Describe the accident and say what happened next.

Last August \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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