

Health

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Health

A. Discussion

Discuss the following questions with your classmates.

1. Is health care free in your country?
2. Is medicine free?
3. Do doctors make house calls?
4. Have you ever been seriously ill? If so, with what?
5. How often do you have a regular checkup?
6. Have you ever had an operation?
7. Have you ever been in the hospital?
8. Are you allergic to anything?
9. Have you had an X-ray recently?
10. Have you ever broken a bone and worn a cast?
11. Are drugstores very different in your country than they are here?
12. List three different contagious diseases. What are the symptoms of each?

B. Complete the Chart

There may be different treatments or remedies for common health problems in different countries. How do you usually treat the following problems?

Example:

- What do you do when you have a cold?
- When I have a cold, I...

NAME / COUNTRY			
Cold			
Headache			
Hiccups			
Toothache			
Sore throat			
Bee sting			

Parts of the Body

A. Odd One Out

Three out of the four words in each line belong together.
 Circle the word that does not fit. Explain why
 the word does not belong on the line to the right.

- | | |
|---------------------------------------|-------|
| 1. ankle / toe / heel / thumb | _____ |
| 2. shoulder / knee / wrist / elbow | _____ |
| 3. heart / lungs / hip / kidneys | _____ |
| 4. chin / calf / ears / neck | _____ |
| 5. palm / tongue / thumb / fingernail | _____ |
| 6. brow / lash / knuckle / eye | _____ |
| 7. mustache / beard / eyebrow / nail | _____ |
| 8. thigh / shoulder / calf / knee | _____ |
| 9. liver / neck / kidney / stomach | _____ |
| 10. lip / tongue / cheek / teeth | _____ |

B. Choose the Correct Word

Name the correct body part. There may be more than one correct answer.

- | | |
|---|---|
| 1. _____ This is used to smell. | 8. _____ This connects the head to the body. |
| 2. _____ These are used to chew. | 9. _____ This joint allows your arm to bend. |
| 3. _____ This is used to think. | 10. _____ This joint connects
your hand to your arm. |
| 4. _____ This is facial hair on
a man's cheeks and chin. | 11. _____ This joint connects
your foot to your leg. |
| 5. _____ These are used to pick things up. | 12. _____ This joint allows your leg to bend. |
| 6. _____ This is used when
you swallow food. | 13. _____ This is used to talk. |
| 7. _____ This is hair over the lip. | 14. _____ This hurts if you have a bad cough. |

Going to the Doctor

A. Reading

1. A general practitioner, or **GP**, is also called a family doctor. He or she can **treat** most medical problems, but if the patient has a very serious condition, a GP will often **refer** that patient to a specialist. For example, a **pediatrician** looks after children. A gynecologist specializes in women's medical conditions. An **obstetrician** cares for pregnant women and delivers babies. A **cardiologist** deals with heart problems. If you have a serious problem with your skin, you can see a **dermatologist**. **Surgeons** perform operations. A **psychiatrist** looks after people with mental and emotional problems. Dentists look after teeth, and **optometrists** check your eyes to see if you need glasses. If you have a serious eye problem, you may have to see an ophthalmologist. There are many more kinds of doctors who specialize in different areas of the body. Your GP can determine if it is necessary to see one of them.
2. If you want to see your doctor, it is necessary to phone and make an appointment. The nurse or **receptionist** will ask you what the problem is and may ask you to **describe** your **symptoms** before he/she gives you an appointment. If you have an appointment with a doctor and cannot make it, you must call and cancel. If you call the doctor's office and it is closed, there will be an answering service to take your call. If your problem is serious, the doctor will call you back. If that doctor is not available, another doctor will be "on call." Nowadays, walk-in clinics are becoming very popular. You do not need an appointment to see a doctor in these clinics. Many people use these clinics for minor problems, particularly on weekends or evenings when their regular doctor's office is closed. If you have a very serious medical problem, you can go directly to the emergency department of your nearest hospital or call an **ambulance**.

B. Comprehension

Practice asking and answering the questions with your partner. Then write the answers in your notebook.

1. What does a GP do?
2. What can a GP do if his/her patient has a serious medical problem?
3. When you call to make a doctor's appointment, what will the nurse or receptionist ask you?
4. What will happen if you call the doctor and the doctor's office is closed?
5. What is a walk-in clinic?

Medical Personnel and Conditions

A. Match the Definitions

Match the words on the left with the correct meanings on the right.

- | | |
|-------------------------|--|
| _____ 1. GP | a) a person who checks your eyes |
| _____ 2. treat | b) a doctor who performs operations |
| _____ 3. refer | c) an emergency vehicle |
| _____ 4. pediatrician | d) a family doctor |
| _____ 5. obstetrician | e) a heart specialist |
| _____ 6. psychiatrist | f) a person who answers the phone and greets people in an office |
| _____ 7. symptoms | g) to give medical care |
| _____ 8. receptionist | h) a skin doctor |
| _____ 9. ambulance | i) a doctor who specializes in children |
| _____ 10. optometrist | j) to tell, to explain |
| _____ 11. cardiologist | k) a doctor who delivers babies |
| _____ 12. dermatologist | l) the conditions of an illness |
| _____ 13. surgeon | m) to send you to someone |
| _____ 14. describe | n) a doctor who specializes in mental illnesses |

B. Match the Sentences

Match each sentence on the left with the appropriate response on the right.

- | | |
|--|---|
| _____ 1. He has a toothache. | a) He needs to see a psychiatrist. |
| _____ 2. He has a broken leg. | b) The surgery will be next month. |
| _____ 3. I have a bad headache. | c) The dermatologist will give you some cream. |
| _____ 4. She's pregnant. | d) He should go to the dentist. |
| _____ 5. He needs glasses. | e) You should put some ice on it. |
| _____ 6. I think he's having a heart attack. | f) He needs a cast and crutches. |
| _____ 7. He is very depressed. | g) She should go to the obstetrician every month. |
| _____ 8. This rash is quite bad. | h) You need to take some aspirin. |
| _____ 9. He's going to have an operation. | i) The optometrist will give him a prescription. |
| _____ 10. Your lip is swollen. | j) I'm going to call an ambulance. |

Drugstores and Medicine

A. Reading

Drugstores in North America may be very different from pharmacies in your country. North American drugstores usually sell many things besides drugs. You can find paper products such as Kleenex and toilet paper as well as soap, hair products, and toothpaste. Most drugstores also carry greeting cards, wrapping paper, books, magazines, school supplies, chocolates, and candies. Many North American drugstores also sell groceries, cosmetics, and toys. In fact, up until very recently, most drugstores even sold cigarettes!

The most important product for sale in the drugstore is medicine. There are two basic kinds of medicine: prescription drugs and non-prescription drugs, which are also called “over-the-counter” drugs. Prescription drugs are stronger than non-prescription drugs. To buy prescription drugs, you must have an order or prescription from your doctor. Sleeping pills and antibiotics such as penicillin require a prescription. Pharmacies also carry non-prescription medicine such as aspirin, cough and cold remedies, ointments, and creams for rashes and sore muscles.

Things to Remember

There are many things to remember when taking any kind of drugs:

1. Always read the **label** and instructions on the bottle.
2. Never exceed the recommended **dosage**. (Never take more medicine than the label says. Never take the medicine more often than the label says.)
3. Many drugs have side effects. This means that the medicine will help treat your illness but may give you other problems. Some drugs can make you **drowsy** (tired), and you should not drive a car when taking this kind of medicine. Other drugs may make you **nauseous** (sick to your stomach).
4. Never give your prescription drugs to someone else and never take someone else's.
5. Always keep drugs in a safe place where children cannot get them.
6. Don't keep old medicine in the house after the expiration date. Get rid of it.

Medicine Label 1

EXTRA-STRENGTH PAIN RELIEF

For fast **relief** of headache pain, muscular aches and pains, aches and fever due to cold and flu, and minor aches and pains of arthritis.

Dosage: Adults (12 years and older): 1–2 tablets every 4 hours as required. It is dangerous to **exceed** 8 tablets per day. Consult a **physician** if **symptoms persist** more than 7 days.

Medicine Label 2

COLD TABLETS

To relieve nasal **congestion**, runny nose, watery eyes, and sneezing **due to** common colds.

Dosage: Adults: 2 pills to start, followed by 1 pill every 4 hours. Do not exceed 8 pills in 24 hours. (Children 6–12: Use adult dose.)

Caution: May cause drowsiness.

Drugstores and Medicine cont.

B. Complete the Sentences

Fill in the blanks with an appropriate word from page 6.

1. A doctor's order for medicine is called a _____ .
2. There are two basic kinds of medicine, _____ drugs and _____ drugs. _____ drugs are stronger and you need a doctor's order to buy them.
3. Penicillin is an example of a _____ drug.
4. You should always read the _____ and instructions on the outside of a medicine bottle.
5. Aspirin is an example of a _____ drug.
6. Some drugs have _____. This means that the medicine will help you but may also give you other problems. Some drugs make you _____ (tired), so you should not drive a car when taking this medicine.
7. You should always keep drugs in a _____ place where children cannot reach them.
8. Don't keep old medicine in the house after the _____ date. Get rid of it.

D. Matching

Match the words on the left with the correct meanings on the right.

- | | |
|---------------------|--|
| _____ 1. physician | a) a stuffed-up feeling |
| _____ 2. exceed | b) to continue |
| _____ 3. symptoms | c) tired |
| _____ 4. persist | d) a doctor |
| _____ 5. due to | e) a piece of paper which identifies something |
| _____ 6. dosage | f) to be more than |
| _____ 7. label | g) sick to the stomach, feeling like vomiting |
| _____ 8. relief | h) because of |
| _____ 9. congestion | i) conditions of an illness |
| _____ 10. drowsy | j) making better, the removal of pain |
| _____ 11. nauseous | k) the amount of medication to take |

C. Read and Discuss

Read and discuss the labels on the previous page.

1. What is each medication for?
2. How much medication can be taken in a 24-hour period?
3. What is the dosage for adults and children?
4. Are there any side effects?

Sicknesses and Injuries

Fill in the blanks with the correct word from the list on the right.

1. When I have a cold, I have a _____ nose and I _____ a lot.
2. Anne is _____ to some antibiotics.
When she takes penicillin, her face becomes swollen.
3. Betty fell down when she was skating.
She has a big, purple _____ on her leg.
4. I have a _____. It hurts when I swallow.
5. I can't get warm. I am shivering. I have the _____.
6. I have a stomachache and the runs. I have _____.
7. She hasn't eaten for two days. If she doesn't eat something soon, she is going to _____.
8. A mosquito bite is very _____.
9. Her temperature is 40°C (104°F). She has a high _____.
10. When children have chicken pox, they want to _____ their skin because it is very itchy.
11. John twisted his ankle last week. It is still badly _____. It is twice as big as normal.
12. Cancer is not a _____ disease, but influenza (the flu) is.
13. Yesterday he wore a woolen sweater. Now he has a _____ all over his chest. He is probably allergic to wool.
14. He had too much wine to drink. He feels very _____.
The room is spinning. Tomorrow he will probably have a _____.
15. She has an upset stomach. She can't keep her food down.
She is going to _____ again. She has felt _____ all day.

Word List:

- fever
- sore throat
- scratch
- chills
- dizzy
- diarrhea
- swollen
- allergic
- faint
- nauseous
- vomit
- sneeze
- contagious
- rash
- bruise
- runny
- itchy
- hangover