

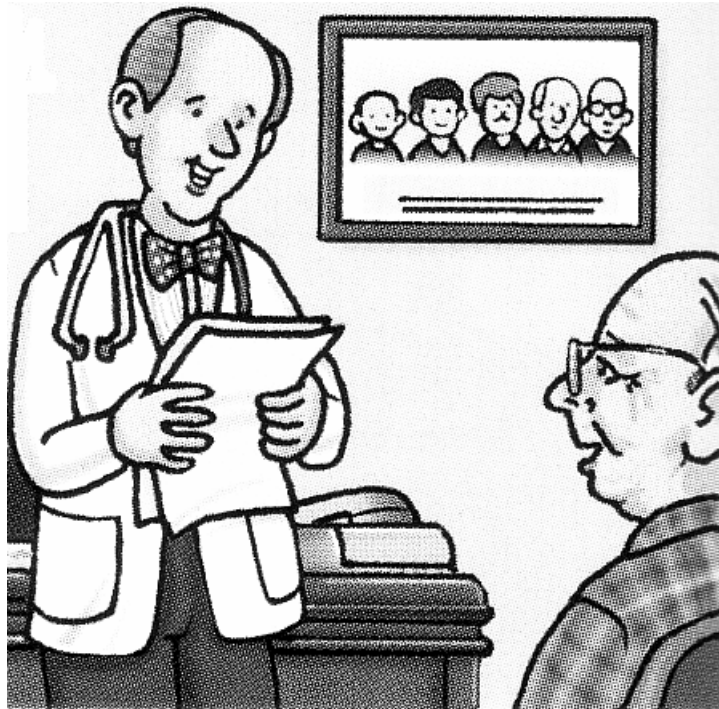
HEALTH CARE LESSON 3

INTERMEDIATE LOW-ADVANCED

Task 3 - Talking to the Doctor

Objectives: Describing health problems, stating the symptoms.
General medical terms.
Showing understanding of the doctor's diagnosis.
and instructions related to medications.

ESLRS: Effective communicator.
Productive individual.



Talking to the doctor

Level Intermediate Low - Advanced

Vocabulary



Feel run-down

- | | |
|--------------------|--|
| 1. Feel run down | feel tired because of lack of sleep or overwork. |
| 2. Be stressed out | so worried and tired that you cannot relax. |
| 3. Caffeine | a substance in coffee, tea and some other drinks that makes people feel more active. |
| 4. Insomnia | the condition of not being able to sleep over a period of time. |
| 5. Prescribe | to say what medicine or treatment a sick person should have. |
| 6. Diagnosis | when a doctor says what is wrong with someone who is ill. |

Read about Tam Tran. Then practice the dialogue with a partner.

Tam Tran works in a bookstore. His hours are 9:00 A.M to 3:00 P.M Monday through Friday. He has the weekend off.

Tam hasn't been feeling well. He can't sleep at night and feels run down. He's had this problem for a week. He only drinks one cup of coffee in the morning. Since Tam is new on the job, he often feels stressed out .

Tam is speaking to Dr. Anderson.

Dr. Anderson: Hi, I'm Dr. Anderson.
Tam: Hi Doctor. My name is Tam Tran.
Dr. Anderson: What seems to be the problem?
Tam: I can't sleep at night and feel run-down.
Dr. Anderson: How long have you had this problem?
Tam: For a week.
Dr. Anderson: Do you drink caffeine?
Tam: I drink one cup of coffee in the morning.
Dr. Anderson: Do you often feel stressed out?.
Tam: Yes, I do.
Dr. Anderson: You have insomnia. I will prescribe a sleeping pill for you.
Take one pill before bedtime .
Tam: Thank you. Good bye.

A. Comprehension questions . Write your answer on the line.

1. What was the doctor's diagnosis ?
Tam has _____.
2. How often does Tam take the medication?
_____.

B. Fill in the blanks with the following words.

Prescribed - stressed out – caffeine - insomnia - run down.- diagnosis.

1. She was really _____ about all the problems at home.
2. _____ is a substance that keeps some people awake at night.
3. _____ is a condition of not being able to sleep over a period of time.
4. Tam feels _____ because he hasn't been able to sleep for a week.
5. Dr. Anderson _____ some sleeping pills for Tam.
6. Dr. Anderson gave Tam a _____ of insomnia.

Practice 1

Vocabulary



Sore throat



Have a cold and feel achy all over.



Sneeze



A nasal spray



throat lozenges

- | | |
|---------------------------|---|
| 1. Feel achy all over: | Feel a persistent dull pain all over the body. |
| 2. A congested nose: | the nose is filled with thick liquid that does not flow easily. |
| 3. A saline nasal spray: | a solution of water and salt used in the nose to help a congested person breathe. |
| 4. Dissolve in the mouth: | keep in the mouth until something solid turns into liquid. |
| 5. A throat lozenge: | a small candy that has medicine for the throat. |

Read about Maria Martinez.

Maria Martinez works in a big hotel. Her regular hours are 6:00 A.M to 3:00 P.M, Monday through Thursday. Maria has a terrible sore throat and feels achy all over . She's felt sick for four days. She's also congested and sneezing.

Maria is speaking to Dr. Anderson.

Fill in the blanks with the information about Maria. Then, practice the dialogue with a partner.

- Dr. Anderson: Hi, I'm Dr. Anderson.
Maria: Hi Doctor. My name is _____(1).
Dr. Anderson: What seems to be bothering you?
Maria: _____.(2)

Dr. Anderson: How long have you had this problem?
 Maria: _____.(3)
 Dr. Anderson: Are you congested?
 Maria: _____(4)
 Dr. Anderson: Are you sneezing?
 Maria: _____.(5)
 Dr. Anderson: You have a bad cold. I will prescribe some throat lozenges for your throat and a saline nasal spray for your nose.
 Dissolve one lozenge in the mouth every two hours.
 Use the saline nasal spray when necessary.
 Maria: Thank you. Goodbye.

A. Comprehension questions. Write your answer on the line.

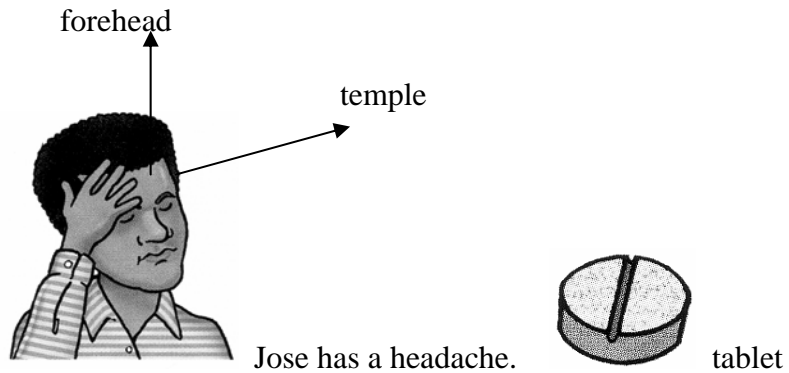
1. What was the doctor's diagnosis?
 Maria has _____.
2. How often does Maria take the lozenges?
 _____.
3. How often does Maria use the saline nasal spray?
 _____.

B. Rewrite:

- | | |
|---|--|
| 1. Maria feels a dull pain all over her body. | Maria feels achy all over. |
| 2. Maria's throat hurts. | Maria has a _____. |
| 3. She can't breathe through her nose. | She is _____. |
| 4. She can't control air bursting out of her nose. | She _____. |
| 5. A solution of water and salt used in the nose will help her breathe more easily. | A _____ will help her breathe more easily. |
| 6. Maria will get some candy for her throat at a local drugstore. | Maria will get _____ at a local drugstore. |
| 7. She will keep the candy in her mouth until it turns to sweet liquid. | She will _____ in her mouth. |

Practice 2

Vocabulary



- 1. throbbing pain: you feel pain in a series of regular beats.
- 2. Over-the-counter medicine: medicine you can buy without a doctor's prescription.
- 3. Migraine headache: a very bad headache.

Read about Jose Garcia.

Jose Garcia works in a restaurant.
Jose has an awful headache. He's had that headache for three days. He feels a throbbing pain in his left temple. Jose is currently taking an over-the-counter medicine for the pain, but it hasn't done much good.
Jose is speaking to Dr Andrew.

Fill in the blanks with the information about Jose. Then, practice the dialogue with a partner.

- Dr. Andrew: Hi, I'm Dr. Andrew.
- Jose: Hi Doctor. My name is _____(1).
- Dr. Andrew: What seems to be the problem?
- Jose: _____.(2)

- Dr. Andrew: How long have you had this headache?
- Jose: _____.(3)
- Dr. Andrew: Do you a feel a throbbing pain in your head?

Jose: _____.(4)

Dr. Andrew: Do you feel the pain in the forehead or in the temples?

Jose: _____.(5)

Dr. Andrew: You have a migraine headache. I will prescribe a medication for you.

Take three tablets a day after meals.

Jose: Thank you. Goodbye.

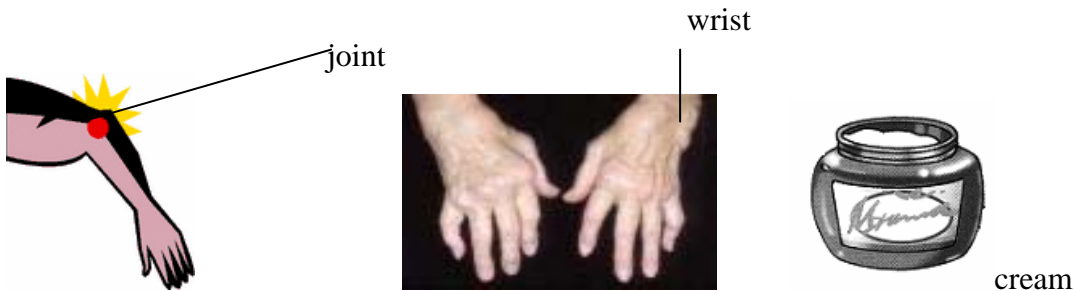
A. Comprehension questions.

1. What was the doctor's diagnosis ?
Jose has _____.
2. How often does Jose take the medication?
_____.

B. Fill in the blanks with the information about Jose.

Jose has had an _____ for three days. He feels a _____ in his left temple. The _____ medicine that he's been taking hasn't helped much. Doctor Andrew says that Jose has a _____ headache. Doctor Andrew prescribes a _____ for him. Jose will have to take three _____ a day after meals.

Practice 3



Her fingers are swollen and stiff

Vocabulary

- | | |
|----------------|---|
| 1. Stiff | difficult to move and painful. |
| 2. swollen | become bigger because of sickness. |
| 3. joint | part of the body where two bones meet, that can bend. |
| 4. arthritis | a serious condition in which a person's joints become painful, swollen and stiff. |
| 5. wear off | the effect of the medicine slowly disappears. |
| 6. pain killer | medicine that alleviates the pain and helps the sick person feel better. |

Read about Sandy Chen.

Sandy Chen is 65 years old. She lives with her son John who gives her rides every time she needs to go to the doctor. Lately, Sandy's left hand has been bothering her. She's had a pain in the wrist for a week now. Her fingers are stiff and swollen. The pain goes away when she takes a pain killer. But it comes back when the medicine wears off.

Sandy is speaking to Dr. Snow.

Fill in the blanks with the information about Sandy. Then, practice the dialogue with a partner.

Dr. Snow: Hi, I'm Dr. Snow.
Sandy: Hi Doctor. My name is _____(1).
Dr. Snow: What seems to be bothering you?
Sandy: _____.(2)
Dr. Snow: Where does it hurt?
Sandy: _____.(3)
Dr. Snow: How long have you had that pain ?
Sandy: _____.(4)
Dr. Snow: Are you currently taking any pain killer?
Sandy: _____.(5)
Dr. Snow: I can see that your fingers are stiff and swollen.
You have arthritis. I will write you a prescription for some cream.
Apply the cream on the wrist three times a day.
Sandy: Thank you. Goodbye.

A. Comprehension questions. Write your answer on the line.

1. What was the doctor's diagnosis?
Sandy has _____.
2. How often does Sandy apply the cream on her wrist?
_____.

B. Cross out and replace the incorrect words.

Sandy Chen is 65 years old. She lives with her son John who gives her rides every time she needs to go to the doctor. Lately, Sandy's left hand has been bothering her. She's had a pain in the wrist for a week now. Her fingers are stiff and swollen. The pain goes away when she takes a pain killer. But it comes back when the medicine wears off.

Ex: Sandy Chen is ~~75~~ years old. 65

1. Sandy's neighbor gives her rides to the doctor.
2. Sandy's left leg has been bothering her.

3. She's had a pain in the back for a week now.
4. Her ankles are stiff and swollen.
5. The pain doesn't go away when she takes a pain killer.
6. It comes back after she takes the medicine.