

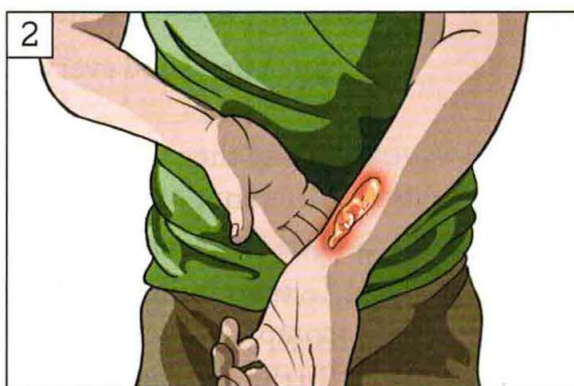
# 2A Call the doctor?

## 1 VOCABULARY illnesses and injuries

- a Look at the six quiz questions. With a partner, decide what the **highlighted** words might mean. Use the pictures to help you.
- b Now do the quiz with a partner.
- c ► **Communication** First aid quiz **A** p.105 **B** p.109. Read the answers to half of the quiz and the reasons why, and tell each other.
- d ► **p.152 Vocabulary Bank** *Illnesses and injuries.*

## Help save **lives!** The British Red Cross first aid quiz [www.redcross.org.uk/firstaid](http://www.redcross.org.uk/firstaid)

Would **you** know what to do in these common medical emergencies?



**1** If someone is **choking**, you should...

- a) hit them on the back
- b) **lean** them backwards
- c) lie them on their side

**2** What is the best thing to put on a **burn** at first?

- a) warm running water
- b) cold running water
- c) kitchen film

**3** If someone has a cut which is **bleeding** badly, you should first...

- a) **press** on the **wound**
- b) cover the wound
- c) wash the wound under running water

**4** Which of these is the best way to **treat** a nose bleed?

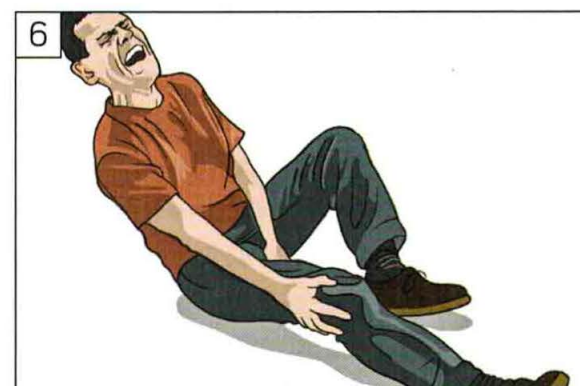
- a) lean your head forwards and **pinch** the soft part of the nose
- b) lean your head forwards and pinch the hard part of the nose
- c) lean your head backwards and pinch the soft part of the nose

**5** If you find someone **collapsed** on the ground, what should you do first?

- a) put your jacket over them to keep them warm
- b) check if they are breathing
- c) run off to find someone else to help

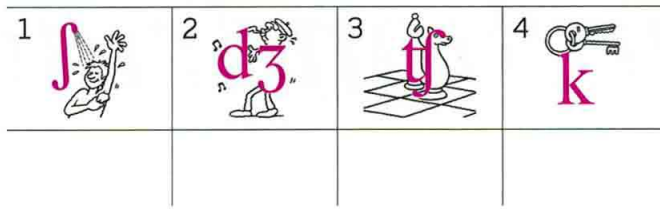
**6** If someone has fallen and you think they may have broken their leg, you should...

- a) try to move their leg into a straight position
- b) make sure the leg is supported to prevent unnecessary movement
- c) put a **bandage** on their leg where you think the break is



## 2 PRONUNCIATION & SPEAKING

/f/, /dʒ/, /tʃ/, and /k/; word stress



- a How do you pronounce sounds 1–4 above? Write the words from the list in the correct column.

ache allergy ankle bandage choking  
pressure rash stomach temperature  
unconscious

- b (133)) Listen and check. Practise saying the words.

- c ► p.167 Sound Bank. Look at the typical spellings for /f/, /dʒ/, /tʃ/, and /k/.

- d Look at some more words related to illness and injury. Which ones are similar in your language? Do you know what the other ones mean?

an|ti|bi|o|tics /æntɪbaɪ'ɒtɪks/ symp|tom /'sɪmptəm/  
medi|cine /'medsn/ e|mer|gen|cy /i'mɜ:dʒənsi/  
o|pe|ra|tion /ɒpə'reɪʃn/ as|pi|rin /'æspərɪn/  
spe|cial|ist /'speʃəlɪst/ pa|ra|ce|ta|mol /pærə'sɪtəməʊl/  
X-|ray /'eks reɪ/ cho|les|te|rol /kə'lestərɒl/  
in|jec|tion /ɪn'dʒekʃn/ scan /skæn/

- e (134)) Listen and underline the stressed syllable. Practise saying the words.

- f Ask and answer the questions with a partner.

### 1 What injuries or illnesses might you get when you are...?

- a) cooking  
b) doing sport  
c) eating in a restaurant

Have any of these things ever happened to you?

### 2 Have you ever been in a situation where you had to give first aid? Who to? Why? What happened?

How much do you know about first aid? Where did you learn it?

Has anyone ever had to give you first aid? What happened?

### 3 What do you think you should do if...?

- a) someone has a very high temperature  
b) someone is stung by a wasp and has an allergic reaction  
c) someone has very bad sunburn

## 3 GRAMMAR present perfect simple and continuous

- a (135)) Listen to a conversation between a doctor and patient. What symptoms does the patient have? What does the doctor suggest?
- b Listen again and complete the gaps with a verb in the present perfect simple or present perfect continuous.

**Doctor** Good morning, Mr Blaine. What's the problem?

**Patient** I <sup>1</sup> \_\_\_\_\_ well for a few days. I keep getting headaches, and I <sup>2</sup> \_\_\_\_\_ a lot, too. And I have a temperature.

**D** <sup>3</sup> \_\_\_\_\_ anything for the headaches?

**P** Yes, paracetamol. But they don't really help. I read on the internet that headaches can be the first symptom of a brain tumour...

**D** How many tablets <sup>4</sup> \_\_\_\_\_ so far today?

**P** I took two this morning.

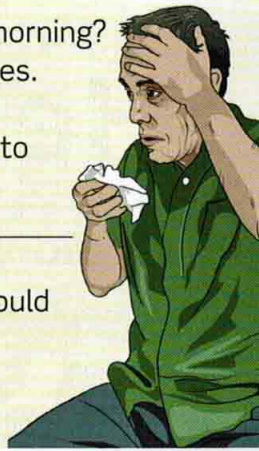
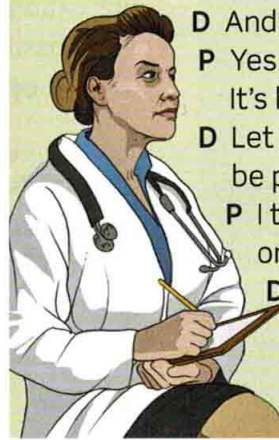
**D** And have you taken your temperature this morning?

**P** Yes. I <sup>5</sup> \_\_\_\_\_ it five or six times. It's high.

**D** Let me see... Well, your temperature seems to be perfectly normal now.

**P** I think I need a blood test. I <sup>6</sup> \_\_\_\_\_ one for two months.

**D** Well, Mr Blaine, you know I think we should wait for a few days and see how your symptoms develop. Can you send the next patient in please, nurse?



- c (136)) Listen to what the doctor and nurse say after Mr Blaine has left. What do they think of him?

- d Look at the sentences and circle the right verb form. Tick (✓) if you think both forms are possible.

1 Have you *been taking* / *taken* anything for the headaches?

2 How many tablets have you *been taking* / *taken* so far today?

- e ► p.134 Grammar Bank 2A. Learn more about the present perfect simple and continuous, and practise them.

- f In pairs, use the prompts to ask and answer the questions. The first question should be present simple or continuous, and the second should be present perfect simple or continuous.

1 / often *get* colds? How many colds / *have* in the last three months?

2 / *take* any vitamins or supplements at the moment? How long / *take* them?

3 / *drink* much water? How many glasses / *drink* today?

4 / *do* any exercise? What? How long / *do* it?

5 / *eat* a lot of fruit and vegetables? How many portions / *have* today?

6 / *walk* to school (or work or university)? How far / *walk* today?

7 How many hours / *sleep* a night? / *sleep* well recently?

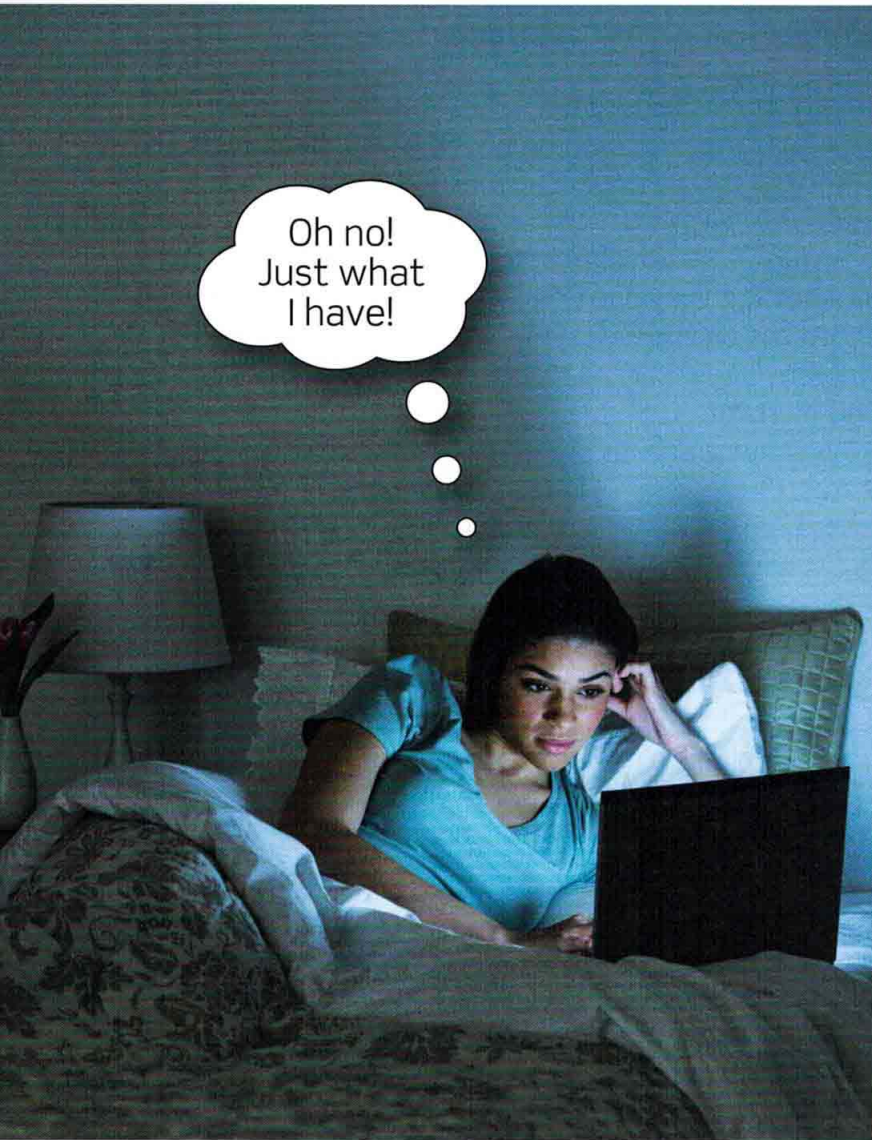
8 / *allergic* anything? / ever *have* a serious allergic reaction?

## 4 WRITING

- p.113 Writing An informal email. Write an email to a friend explaining that you haven't been well, and saying what you've been doing recently.

## 5 READING & VOCABULARY

- a Look at the title of the article. How would you define a hypochondriac? What do you think a 'cyberchondriac' is?



- b Read the article once and check. Then complete the paragraphs with topic sentences A–E.

### Topic sentences

In a well written article each paragraph usually begins with a 'topic sentence' which tells you what the paragraph is about.

- A Another problem for cyberchondriacs is that online medical information may be from an unreliable source or be out of date.
- B Sadly, the problem with Dr Google is that he isn't exactly a comfort in times of crisis.
- C The Microsoft study also revealed another serious problem – that online information often doesn't discriminate between common and very rare conditions.
- D Unfortunately, once you have it cyberchondria can be hard to cure.
- E Four hours later I got a diagnosis.

# CONFESSIONS OF A *cyberchondriac*

A few weeks ago I was feeling **under the weather**. After days of intensive internet diagnosis, I finally went to see my GP. After examining me she told me that my **heart rate** was a bit fast and sent me off to A&E to have some tests. Did I go straight there? Of course not. First I took out my phone, logged on to Google, and found out that the technical term for a fast heart rate is supraventricular tachycardia. Then I typed these two words into Google.

1  
For example, *wrongdiagnosis.com* immediately scared me with a list of 407 possible causes. I raced to the hospital, convinced that I probably needed open-heart **surgery**.

2  
I had a chest **infection**... and a bad case of cyberchondria. The only consolation for the latter condition is that I'm in good company. A Microsoft survey of one million internet users last year found that 2% of all searches were health-related.

3  
Since my trip to hospital, I have been obsessively checking my **pulse**, swapping symptoms in chatrooms, and reading all about worst-case scenarios. What if the doctors got it wrong? What if the ECG machine was faulty? It's exhausting trying to convince yourself that you might have a **life-threatening** illness.

4  
One in four of all articles thrown up by an internet search for 'headache' suggested a brain **tumour** as a possible cause. Although it is true that this **may** be the cause, in fact brain tumours develop in fewer than one in 50,000 people. People also assume that the first answers that come up in searches refer to the most common causes, so if you type in '**mouth ulcer**' and see that 'mouth **cancer**' has several mentions near the top, you think that it must be very common. However, this is not the case at all.

5  
A recent American study showed that 75% of the people who use the internet to look up information about their health do not check where that information came from, or the date it was created. 'Once something has been put up on the internet, even if it's wrong, it's difficult to remove,' says Sarah Jarvis, a doctor. 'This is a problem especially with scare stories, and also with some **alternative remedies** which claim to be **miracle cures**, but which may actually do you harm.'

Check the information? Sorry, I don't have time – I'm off to buy a heart-rate monitor!

### Glossary

**GP** general practitioner (= family doctor)

**A&E** Accident and Emergency department of a hospital

**ECG machine** electrocardiogram machine used to test people's heart rate

**scare stories** stories in the news, e.g. 'Mobile phones give you cancer' which make people worry about their health

Adapted from The Sunday Times

- c With a partner, look at the **highlighted** words and phrases and guess what they mean. Then match them with definitions 1–11.

**More medical vocabulary**

- 1 \_\_\_\_\_ *adj* sth very serious, which could kill you
- 2 \_\_\_\_\_ *noun* a small blister in the mouth that can be very painful, but is not serious
- 3 \_\_\_\_\_ *noun* ways of curing illnesses that are not traditional medicine, e.g. herbal medicine
- 4 \_\_\_\_\_ **IDM** not feeling very well
- 5 \_\_\_\_\_ *noun* a serious illness in which malignant cells form in the body and kill normal body cells
- 6 \_\_\_\_\_ *noun* an illness that is caused by bacteria or a virus
- 7 \_\_\_\_\_ *noun* the speed at which your heart beats
- 8 \_\_\_\_\_ *noun* the medical treatment of an illness or injury that involves an operation
- 9 \_\_\_\_\_ *noun* the number of times your heart beats in a minute
- 10 \_\_\_\_\_ *noun* a group of cells that are growing in a place where they should not be
- 11 \_\_\_\_\_ *noun* successful treatments for illnesses that were thought to be impossible to cure

- d **1 40**))) Listen and check.

- e Read the article again carefully. Choose a, b, or c.

- 1 The first thing the journalist did after leaving her GP was...
- a go and see a specialist  
b go to A&E  
c find out what her condition was called
- 2 After realizing that she was a cyberchondriac, she...
- a stopped worrying  
b worried just as much as before  
c stopped visiting health-related websites
- 3 One problem with health-related websites on the internet is that...
- a they make unusual illnesses seem more common than they really are  
b they often describe conditions which don't really exist  
c they give more information about rare illnesses than about common ones
- 4 Another problem with these websites is that...
- a they encourage people to go to the doctor more often  
b they make people believe in miracle cures  
c the information may not be right

**6 LISTENING & SPEAKING**



- a **1 41**))) Listen to a radio interview with a doctor about cyberchondria. What's her general opinion of patients using health websites?
- b Listen again. Then answer the questions with a partner.
- 1 What did a patient she saw recently think he had? What did he really have?
- 2 What four things does she say that diagnosis depends on apart from symptoms?
- 3 What kind of website forums does she recommend?
- 4 Complete the three tips she gives to cyberchondriacs:
- i *Only look online...*  
ii *Make sure that the website you are using is...*  
iii *Remember that common symptoms usually...*
- c With a partner, or in small groups, answer the questions. Ask for and give as much information as possible.
- 1 Which of the doctor's three tips do you think is the most important?
- 2 How often do you look up information about health and illness on the internet? What websites do you usually go to? How useful is the information?
- 3 Do you know anyone who you think is a hyperchondriac or cyberchondriac?
- 4 Do you think people in your country worry a lot about...?
- a their blood pressure  
b their cholesterol level  
c their eyesight
- Do they worry about anything else related to health?

**7 1 42**))) **SONG** *Just Like a Pill* 🎵