

10

HEALTH AND ILLNESS

VOCABULARY Operations

1 Match the sentence halves.

- 1 I suffered severe burns because
 - 2 The hospital doctors recommended a steady supply of liquids and painkillers, so
 - 3 I'm fine now. Once the wound had healed,
 - 4 I was put on a waiting list after the doctors confirmed that
 - 5 They couldn't operate on my leg again after the injury, so to repair the muscle damage
 - 6 As I hadn't been able to clean the cut properly,
 - 7 When the ambulance arrived,
 - 8 It wasn't serious. After the doctor took my temperature and listened to my cough,
- a I underwent extensive physiotherapy.
b I was diagnosed with the flu.
c I was put on a drip.
d I would need an operation.
e I actually got an infection.
f I'd had to fight my way out through the fire.
g I had my stitches removed and that was that.
h I was rushed to hospital.

Language note vocabulary

Be careful of commonly confused words in English. A *wound* is a type of *injury* in which the skin is torn, cut or pierced. A medical professional can *cure* someone of a disease, but some injuries can *heal (up)* by themselves.

2 Choose the correct verbs or phrasal verbs.

- 1 She had to *undergo / suffer* surgery to remove the lump in her leg.
- 2 I have to *starve / fast* for at least 12 hours before the operation, with no food at all.
- 3 She had to have an operation to *insert / graft* metal rods to hold the bones together.
- 4 The bite *swelled / expanded up* horribly until it was the size of a grape!
- 5 The headaches became worse, so he had to have a *transplant / scan* to see what was wrong.
- 6 After the car accident, Stephen had to *take part / take place* in a long rehabilitation programme.
- 7 The cut was so deep I had to have *stitches / a skin graft* to close the wound.
- 8 When I crashed into the tree, I *broke / severed* my arm in two places, and it took months for it to heal.

DEVELOPING CONVERSATIONS

Vague language

3 Find and correct five mistakes.

- 1 It may take a few years so until they find a cure.
- 2 When Martin was in a coma, I knew he could hear somehow me.
- 3 He made a kind of bandage or somehow.
- 4 I knew I needed to do some sort exercise but I wasn't sure what type.
- 5 I suppose Shanti was acting as a kind of doctor when there was no one else to help us.
- 6 He managed to mix up somehow the children's medical records.
- 7 I find it sort of uncomfortable to look at someone bleeding.
- 8 There were about a hundred people or so involved in the train accident.

4 Complete the conversations with (some) kind of, somehow, or so or something. You can use these expressions more than once.



- A: So, what can I do for you?
B: Well, I've ¹..... got a strange rash on my arm. Here, I mean.
A: Oh, yes. When did it first appear?
B: Erm, about a week ²..... ago.
A: Have you ever had anything like this before?
B: I've had a rash or ³..... there before but it wasn't this bad. I tried ⁴..... natural antiseptic on it and it went away.
- A: How can I help you?
B: Well, I managed to cut my foot open ⁵..... I think it's ⁶..... infected, by the looks of it.
A: Yes, it looks that way. Well, with antibiotics, it'll only take a day ⁷..... for the inflammation to go down.

DEVELOPING WRITING

A story – describing events

5 Quickly read the story. What was the holiday disaster?

It was in my last year of high school when the accident happened. The whole class had gone on a camping trip to the mountains, including myself and my best friend, Juri. We'd been looking forward to the trip for ages. Having just finished our exams, we saw it as a real chance to let off some steam.

So there we were: it was our second day in the camp and we'd been divided into five teams. We were having a competition. To win, each team had to build its own raft and be the first across the river.

We were madly chopping up bits of wood and tying them up with rope when Juri suddenly tripped over a log. Landing on the ground, he hit his head. At first it seemed funny. It wasn't until he stood up that we saw the blood pouring out of a gash on his head. So we abandoned the rafts and Juri and I made a rather unexpected journey to hospital.

After a three-hour wait, Juri ended up getting a whole row of stitches. Poor Juri. Poor me! A trip to the hospital was hardly the way we'd pictured spending our holiday!

6 Complete the table with the expressions in the box.

It was (back) in ... when ...	After all that, ...
In the middle of all this, ...	So there we were, ...
It all started when ...	I ended up ...
One thing it's taught me is ...	While all this was going on, ...
Have I ever told you about the time ...?	
But the ... part of ... was yet to come	

1 introducing the story; setting the scene

2 moving from one event to the next; re-establishing the situation

3 concluding the story; giving the outcome of an event

Language note emphasising

To emphasise exactly when something happened, you can use the structure

It was + only when / only after / not until / at this point + that ...

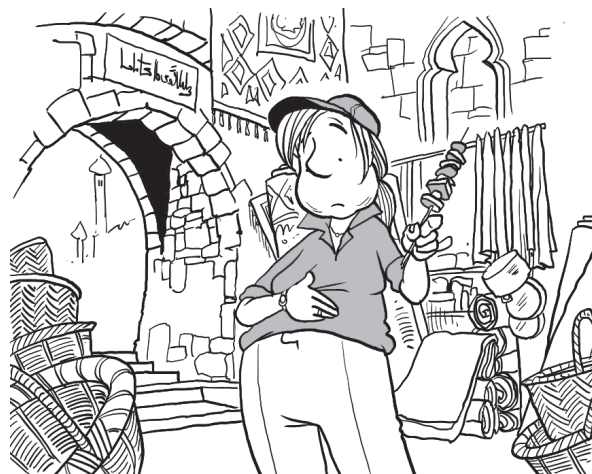
For even greater emphasis, you can use inversion:

Only when he got up did we see what had happened.

7 Rewrite the sentences correctly.

- It was at this point that I did notice my foot was bleeding quite badly.
.....
- It was until we had been walking for a couple of hours that we remembered our flashlights.
.....
- It was only when Lois reached the village that felt she a sense of relief that the trip was over.
.....
- Not until midnight we could find our way back.
.....
- Only after standing up did I realise how much I have hurt myself.
.....

8 Write a story (180–220 words) ending with the sentence *A trip to the hospital was hardly the way I'd pictured spending my holiday!* Use one of the ideas in the pictures or your own ideas.



VOCABULARY Mind and body

1 Complete the sentences with the pairs of words in the box.

clench / fist	flutter / eyelashes	mind / drift
raise / eyebrows	shrug / shoulders	stretch / legs

- I was vaguely aware of the tutor's voice as my started to towards lunch.
- I saw Grant his in anger at the news.
- Anya just thinks she can her at the boss and get whatever she wants.
- I saw my doctor her in disapproval when I confessed I never did any exercise.
- Most people will just their and admit they don't know much about allergies.
- After spending hours in the waiting room, I needed to go out and my

2 Choose the correct words.

- In Thailand, it's taboo to *clutch / pat / crouch* children on the head.
- People usually *raise / clench / shrug* their shoulders to show they don't know or care about something.
- In my country, it's illegal to *spit / kick / scratch* your gum on the pavement.
- In Japan, people tend not to *glare / grin / hug* one another in public.
- It's not socially acceptable to *punch / blink / sniff* in public when you have a cold.
- You may *wipe / flutter / click* your forehead when it's very hot.

3 Correct the errors in the sentences.

- She stretched her eyelashes at the good-looking waiter.
- Leaving the building, he glared as the strong sunlight hit his face.
- She raised her chest desperately. Was she having a heart attack?
- I've been on the computer all morning, so I'm going out to support my legs.
- He fluttered down to stroke the small dog, and almost fell flat on his face.
- When she saw what he was wearing, she blinked her eyebrows in surprise.
- Use a cushion to crouch your back while you work at your desk, Mrs. Jones.
- He clutched angrily at the woman who had taken his parking space.

READING

4 Look at the picture opposite, then quickly read the article. Why is the woman behaving like this?

.....

5 Read the article again. Choose the best options.

- The writer didn't immediately go to the doctor because
 - she'd had similar symptoms before.
 - she didn't believe the doctor would help her.
 - she didn't want to be prescribed antibiotics.
- What is the main point made in paragraph 2?
 - GPs' surgeries should be more comfortable.
 - It isn't always possible to see a doctor at a convenient time.
 - It doesn't take long to do research online.
- After completing the questionnaire, she
 - discovered things could be worse than she'd imagined.
 - found the results unconvincing.
 - was reassured by reading the diagnosis.
- What was the result of her visit to the doctor?
 - The doctor confirmed what she'd suspected.
 - She doubted the doctor's assessment.
 - She had mixed feelings about the diagnosis.
- What does she find particularly worrying about cyberchondria?
 - The amount of time people spend researching medical conditions.
 - The inaccuracy of some online information.
 - The failure to recognise that it's just as serious as hypochondria.
- What final point does she make?
 - It's better to visit a doctor than search for symptoms online.
 - The internet is a completely unreliable source of diagnoses.
 - The more information we have, the better.

6 Replace the underlined words with the correct form of five of the phrases in the box.

clear up	come down with	come up with
head off to	take up	turn out

- It was discovered that Andreas had a rare disease.
- Marius started going towards the pharmacy.
- As soon as summer is finished, my hay fever should get better and disappear.
- We must think of a cure for this disease.
- Researching my symptoms has occupied a lot of my time recently.

INCREASING TRENDS

A CURE FOR cyberchondria?

- 1 It started with a bit of casual itching and scratching on the scalp, but after a week it had spread to the back of my neck, enough to lead me to my laptop. Annoying as it was, I was reluctant to take up my doctor's time with such a silly complaint and then have a wasted journey only to be informed that it would clear up by itself and that, no, antibiotics would be of no use at all.
- 2 As soon as I'd tapped in 'online self-diagnosis', the search engine provided me with over 11.5 million results. And in the fraction of the time normally spent in my GP's waiting room absorbing the *Woman's Weekly* – and plenty of germs – I was able to find a site that would provide a free assessment in the comfort of my swivel chair, and with no need for an appointment.
- 3 I scrolled down the series of 'Yes / No / Go to' questions until I eventually reached a description exactly matching my symptoms. As I clicked on 'More Information', I was hit with a prognosis I'd never anticipated. The worst case scenario was complete hair loss. At best, it would be bare patches. I couldn't have been more alarmed.
- 4 I headed off to the doctor for what I thought would be a blood test but which turned out to be a valuable lesson in not believing everything you read on the internet. It took him less than a minute to guess at and locate head lice. I was simultaneously relieved to know that I would be keeping my hair, and horrified to know that it was being occupied. I guess it's not just homework that kids bring home from school these days.
- 5 I learnt my lesson, but for some the preoccupation with looking up every twitch, ache and spasm has led to a new form of hypochondria. Dubbed 'cyberchondria' by the print media back in 2000, this particular affliction has increased exponentially. Although most people's main port of call is still the doctor's surgery, it's estimated that health worries are now the second most researched topic on the web. This is truly a serious concern when approximately 25% of the medical information online is thought to be misleading.
- 6 Once upon a time, hypochondria required time and effort: you had to go to the library to research your ailments and painstakingly go through the glossary. Now it's just a matter of a few clicks of a mouse. But whereas your doctor will make a diagnosis taking into consideration your age, appearance and medical history, a search engine will rely simply on algorithms. These come up with results graded according to popularity or numbers of key words. So the most highly ranked hits might actually be for very genuine diseases, which are nonetheless extremely rare. One minute you think you've come down with the flu, the next you're under attack from sub-tropical, flesh-eating bacteria. Time spent going to the doctor's for peace of mind suddenly seems fair enough.



Glossary

- GP:** a British term for a non-hospital doctor
head lice: small insects that live in human hair
hypochondria: the belief that you are seriously ill when you are actually fairly healthy
algorithm: a mathematical process

LISTENING

1 10.1 Listen to part of a radio phone-in show about health.



Why have Iris and Brett phoned the show?

- a to discuss ways in which hospital services could be improved
- b to comment on new government policies relating to health care
- c to complain about the medical staff in hospitals

Learner tip

Always read the questions carefully *before* you listen and think about the kind of language you might expect to hear. For example, words relating to *money* in question 1 in exercise 2 might be *income, funding, earn, pay or spend*.

2 Listen again and match the opinions with Iris (I) or Brett (B).

- 1 Hospitals don't have enough money.
- 2 Hospital food needs to be improved.
- 3 It's worth getting an additional diagnosis from another doctor.
- 4 People who smoke should not receive free treatment.
- 5 More private health care would be a good idea.
- 6 The number of visitors a patient receives should be restricted.
- 7 Young doctors are less effective.
- 8 Nurses receive adequate salaries.

3 Does Steve, the radio host, agree (A) or disagree (D) with Iris and Brett about the opinions in exercise 2?

- 1 3 5 7
- 2 4 6 8

VOCABULARY

Nouns based on phrasal verbs

4 Match the nouns (1–7) with their definitions (a–g).

- | | |
|----------------|--|
| 1 outbreak | a act of making major improvements |
| 2 breakthrough | b exercising in a gym |
| 3 upbringing | c sudden widespread occurrence of a disease |
| 4 workout | d period leading to an event |
| 5 dropout | e way in which someone is raised as a child |
| 6 shakeup | f act of leaving university before finishing |
| 7 runup | g major new discovery in science |

5 Complete the sentences with a noun from exercise 4.

- 1 This new drug represents a in the quest for a cure to Parkinson's disease.
- 2 Mary's on the slopes of Mount Pelion provided her with a knowledge of wild herbs, and fostered her later interest in herbalism.
- 3 The acupuncture course is so well-organised that there are hardly ever any
- 4 In the to Christmas, there is invariably an increase in the number of road accidents.
- 5 The sudden of measles in the school caused widespread concern among the parents.
- 6 The recent in hospital management is already having a positive impact on staff efficiency.
- 7 Shelley's doctor recommended she go for a session at her local gym three times a week.

GRAMMAR Modal auxiliaries

6 Match the sentence halves (1–4 with a–d, and 5–8 with e–h).

- 1 John shouldn't have taken the medicine
 - 2 He couldn't have taken the medicine
 - 3 He would have taken the medicine
 - 4 He could have taken the medicine
- a because it's still here.
 - b because it's out-of-date.
 - c if you'd told him it was necessary.
 - d but I'm not sure because the bottle isn't here.
- 5 The antibiotics should have worked
 - 6 They must have worked
 - 7 They can't have worked
 - 8 They might have worked
- e by now. That's what we were told.
 - f because the infection is still bad.
 - g if they'd been prescribed earlier on.
 - h because the infection has cleared up.

7 Rewrite the sentences using the words provided. Use modal verbs and the words in brackets.

- I'm certain you are better.
You better. (feeling)
- Dr Hollis has been on holiday. You certainly didn't see her.
You Dr Hollis because she's been on holiday. (possibly)
- Without his glasses, it was a really bad idea for Ernesto to drive.
Ernesto without his glasses. (been)
- It was possible to have a vaccination but I didn't want one.
I I'd wanted one. (if)
- Perhaps I got food poisoning from that hamburger!
It food poisoning! (gave)
- It was a mistake not to tell your parents that you don't want to become a doctor.
You wanting to become a doctor. (about)

PRONUNCIATION Linking sounds

Language note linking

When native speakers are talking at normal speed, they often link words together. A consonant sound at the end of one word is often linked to a vowel at the start of the next word.

8 Underline the places where a word which ends with a consonant sound is followed by a word which starts with a vowel sound.

- He saw his old doctor.
- I don't know why he felt unwell.
- You shouldn't have ignored your injury.
- I think it was some kind of natural medicine.
- The doctor asked me to get dressed again.
- He could have picked up the disease on holiday.
- I was put on a waiting list for my heart operation.

9 10.2 Listen. Then practise saying the sentences.

Vocabulary Builder Quiz 10

Download the Vocabulary Builder for Unit 10 and try the quiz below. Write your answers in your notebook. Then check them and record your score.

1 Complete the sentences with the correct form of the word in brackets.

- Looking down, he saw that his knee had (swell) like a balloon.
- Clara takes (diet) supplements daily to combat her anaemia.
- The WHO has declared that the (eradicate) of diseases like Ebola is now a priority.
- They (anaesthesia) the injured rhino in order to be able to examine its wounds.
- The reputation of this hospital is (pin) by a strict policy on patient welfare.
- The findings of Dr. Mason's (extend) research on the MAOA gene have formed the basis for this report.

2 Complete the sentences with suitable nouns based on phrasal verbs.

- Fortunately, he wasn't badly hurt, but his car's a complete
- The hospital porters are staging a to protest against the new policy.
- They had a over who owned the apple tree which stands in both gardens.
- Plans to build a around the town have just been approved.
- There was a at the Medical Centre, and apparently they stole medical supplies.
- Following the in the hospital administration, things have been running much more smoothly.

3 Which three sentences describe a form of treatment?

- He had a lump.
- He is undergoing rehabilitation.
- He relapsed last week.
- He's going through remission.
- He had a skin graft.
- He was prescribed morphine.

4 Choose the word or phrase which can't complete the collocations.

- mounting *tension* / *pressure* / *mortality* / *evidence*
- a bout of *illness* / *nausea* / *cure* / *anxiety*
- breach *aftercare* / *a contract* / *safety rules* / *confidentiality*
- undergo *disease* / *physiotherapy* / *treatment* / *an operation*
- clutch *your chest* / *at your heart* / *at straws* / *your fingers*
- extensive *remission* / *scarring* / *research* / *experience*
- clench your *teeth* / *head* / *fist* / *muscles*

Score ___/25

Wait a couple of weeks and try the quiz again. Compare your scores.