MEDICAL MATTERS - 1

EX 1  In addition to treatments involving chemicals and operations there are many alternative therapies, often practised by people with special training but no orthodox medical qualifications. Can you match the following therapies with their definition?

A herbalism 1 treatment with water  
B hydrotherapy 2 treatment with needles  
C aromatherapy 3 treatment with plant remedies  
D homeopathy 4 treatment with stroking and pressure (especially muscles)  
E acupuncture 5 treatment with scented oils  
F massage 6 treatment with remedies producing symptoms similar to the disease  
G osteopathy 7 treatment with movement and pressure (especially joints)

EX 2  Look at the sentences, or parts of sentences, below. They are all from the interview. Change the word in capitals into the right.

A Science now supports the herbalists' methods.  
B Information becomes more widely available.  
C Plants have an advantage over artificial remedies.  
D Orthodox medicine replaces herbalism in popularity.  
E It is important not to try to treat yourself.

EX 3  Choose the correct preposition from the box to complete the expressions about being ill in the following passage.

for with off from over down out

I had never taken much care of my health, but I had noticed that I always seemed to be going (1) ____ with something or other. This meant that I often needed to take time (2) ____ work - if I wasn't actually in bed (3) ____ flu then I'd be just getting (4) ____ a sore throat or a nasty cold. As if that wasn't enough, I also suffered (5) ____ frequent migraines and dizzy spells. When I passed (6) ____ at work, a colleague recommended that I should see a homeopath. I was doubtful at first, but in the end I made an appointment. After a long consultation, which covered not only my symptoms but my entire lifestyle, the homeopath prescribed a remedy (7) ____ my migraines and gave me a lot of advice about listening to what my body was telling me. That was six months ago. The improvement has been gradual, but I haven't missed a day's work for the last four months and I feel fitter than I've ever been.

EX 4  You are going to read an article about herbalism - using plants for healing. Choose from the list A-I the sentence which best summarizes each part (1-7) of the article. There is one extra sentence which you do not need to use. There is an example at the beginning (0).

A Science now supports the herbalists' methods.  
B Information becomes more widely available.  
C Plants have an advantage over artificial remedies.  
D Orthodox medicine replaces herbalism in popularity.  
E It is important not to try to treat yourself.  
F Herbalists' methods vary according to training.  
G Herbalism has been well documented since ancient times.  
H The use of artificial medicines has a serious drawback.  
I The ancient use of plants in medicine is popular again.

0 I The ancient use of plants in medicine is popular again.

The use of plants for healing is undoubtedly the world's oldest and most comprehensive therapy. Since the dawn of humanity a knowledge of herbal remedies has been handed down from generation to generation. With the growth of artificial drug manufacture, the direct use of plants became unfashionable for a while, but in recent times there has been renewed interest in herbalism as a system of medicine that is safe, natural and cheap.

1 The main purpose of herbal remedies is to activate the body's own natural healing abilities by rebalancing and cleansing it. Like the artificial drugs of orthodox or 'scientific' medicine, many herbs also have antibiotic properties, but unlike the artificial ones they rapidly return the body to a healthy state without damaging side-effects. When correctly prescribed, herbs can be combined to heal any organ of the body unless it has been totally destroyed.

2 The earliest known records of medicinal herbs are from northern China and date from about 5,000 years ago. Egyptian records go back almost as far and the herbs we can identify from these old records are still in use today. There is evidence that herbal remedies continued to form the major part of medical practice around the world for several millennia.

3 The coming of printing made possible an enormous range of books on herbalism - most notably Nicholas Culpeper's Complete Herbal (1653). This reflected the huge demand for knowledge about medicinal plants.

4 However, from the 16th century onwards the split between herbalism and 'scientific' orthodox medicine became wider and wider. Swiss chemists started the use of chemical substances (which were often poisonous) and it became normal practice to use surgery in many areas. By the 19th century, although knowledge of herbalism had grown considerably, herbal cures were increasingly out of fashion.

5 About 40% of modern pre-packaged medicines now used in orthodox medical practice are artificial variations of plant ingredients and several well-known 'wonder drugs' such as aspirin are in fact extracted from traditional medicinal herbs. Unfortunately, the process of extracting single ingredients, and using them singly, usually produces unwanted side-effects, because it destroys the balance of the whole herb.

6 Universities and other research institutions have confirmed the value of the traditional use of whole herbs and also of the herbalists' tradition of picking plant remedies at certain times of day. They have found that at particular times the plants contain more of the substances that give them their healing powers.

7 Today, medical herbalists combine a detailed understanding of the human body with knowledge of a vast list of herbal remedies. Furthermore, they are trained to search out the root cause of an illness. Many herbs will correct the symptoms temporarily but it takes an experienced practitioner to identify the cause. For this reason it is wisest to consult a professional, even if you have read about the value of a remedy and matched it to an illness.
Work in groups. You will read an article about studying medicine. Before you read, discuss these questions.

- What attracts young people to become doctors?
- Would you like to study medicine? Why? / Why not?
- How do you think studying medicine might be different from studying other subjects at university?

What's it like to study medicine?
Dr Fred Clough recounts his experience

Medicine isn't quite like other degrees. I spent the first three years studying and attending lectures on anatomy, cell biology and pathology (what happens when the body goes wrong). I found when I got to medical school that I was required to memorise far more than I had had to at secondary school and put in far longer hours, especially around exam time.

As well as the lessons and lectures, I had individual weekly classes with my tutor, who also gave me work to do. 1 These classes soon became a high point in my week. We used to spend the hour discussing such things as the properties of different medicines or the topic of an essay whose title was Doctors can learn more medicine from treating patients than from studying textbooks. Do you agree? 2

In my final year, I studied for an extra degree in Physiological Sciences. I was also able to pursue areas of interest, which in my case included neuroscience, and take supplementary modules in the history of medicine and pharmacology. Most universities now expect you to do some academic research as well. However, I felt incredibly lucky that I had the opportunity to work in laboratories where I rubbed shoulders with Nobel Prize winners. 3

As a clinical student, in other words as a student in a hospital, my timetable changed dramatically. I was expected to dress smartly, as I spent every day with patients as a functioning part of a medical team. 4 These included surgery, medicine, dermatology, neurology and many more.

I moved to a London hospital for my clinical training, and had some very memorable experiences, such as delivering my first baby and visiting a prison psychiatric ward. 5 I was permitted to walk into any ward or any operating theatre and observe, learn, ask questions and speak to patients, whereas practising doctors are all rushed off their feet. Students can often take time to really investigate a patient's condition more deeply, and may even be able to inform the doctors and nurses of some very important detail that has been overlooked and which might lead to the patient being misdiagnosed. 6

Everyone teaches each other at whatever level, and now I also help secondary-school students who are preparing entrance exams for the top medical schools.

Medicine is a very time-intensive degree. However, being thrown in at the deep end of some of the most challenging situations I have ever been in, and having to deal with patients from all areas of life, continues to inspire me and satisfy me on a daily basis.

(Adapted from The Independent)

Six sentences have been removed from the article. Choose from the sentences A-G the one which fits each gap (1-6). There is one extra sentence which you do not need to use.

A And on other occasions we used to just play chess.
B Now, as a working doctor, who is expected to do certain job by certain times, I appreciate that while I was studying medicine, I had the opportunity to do many things I would not have time for now.
C On average, four weeks was spent rotating around each of the different specialties across the three years.
D The culture within medicine is that each team member's input is respected, and the team itself is hugely valued.
E And although I was expected to work extremely hard, most of the work was enjoyable.
F These well-known people would always be more than happy to answer questions in the corridor, or reply to an email that requested more information about their subject.
G This usually consisted of writing an essay on a topic related to my studies.
Yoga is one of the most ancient forms of exercise, originating in India 5000 years ago. Yoga has (0) **TAKEN** several years to become recognised world-wide, (1) **recently** much more attention has been (2) **given** to it because of the ways in which it can benefit health. Yoga can be practised by anyone, at any age, (3) **of** any physical condition, (4) **on** physical needs. For example, athletes and dancers can practise it to (5) **restore** their energy and to improve stamina; executives to give a much needed (6) **break** to their overworked minds; children to improve their memory and concentration.

It's a good idea to (7) **check** with a doctor first if you've suffered from any type of (8) **injury**. None of the exercises should (9) **cause** you any pain, but it's best to start slowly at first. The best (10) **time** to practise is either in the morning or in the evening. Beginners (11) **find** it easier in the evening (12) **when** the body is more supple.

Contrary to what many people believe, you do not (13) **require** to practise an hour of yoga (14) **each** day. Just taking ten to fifteen minutes out of your schedule can (15) **show** to be extremely helpful.

**Example:**

1 A although  
2 A put  
3 A at  
4 A according  
5 A restore  
6 A pause  
7 A see  
8 A hurt  
9 A make  
10 A hour  
11 A find  
12 A though  
13 A insist  
14 A each  
15 A demonstrate

A B C D

**A** a) taken  
**B** lastex  
**C** spent  
**D** passed

You are going to hear part of a radio programme about health matters. A doctor is being interviewed about acupuncture. Look at Questions 1-7 and choose the correct answer from A, B or C.

1 What do we find out about Dr Carpenter's time in Hong Kong?  
A She was there to study acupuncture.  
B She practised acupuncture while she was there.  
C She enjoyed seeing a different approach to medicine.

2 Patients who she recommends for acupuncture  
A go to the local hospital.  
B choose who they want to see.  
C need to go on a waiting list.

3 What does she say happens if you have a problem with backache?  
A You spend some time answering questions.  
B You have a needle inserted into the area which hurts.  
C You are given advice about changing your lifestyle.

4 What does she say happens after a treatment?  
A You usually feel better.  
B You might feel tired.  
C You have to go to bed.

5 She says people who have acupuncture complain of pain when the needle  
A is put in.  
B is in position.  
C is taken out.

6 What does Dr Carpenter say about acupuncture?  
A It works whether you believe in it or not.  
B It's best to keep an open mind.  
C A negative attitude will stop it working.

7 In 1971 acupuncture received a great deal of publicity because an American reporter  
A went to China to investigate its use there.  
B was given some acupuncture treatment in China.  
C talked to patients who'd had operations without anaesthetic.

You will hear a high-school student interviewing a doctor as part of his research for a project on sleep. For questions 1-7, choose the best answer (A, B or C).

1 Compared to the past, people now sleep at night  
A less heavily.  
B longer than recommended.  
C for a shorter time.

2 The doctor says a natural pattern of sleep includes  
A one long sleep at night.  
B a short sleep in the afternoon.  
C frequent short sleeps.

3 Research has already shown that a lack of sleep can affect teenagers'  
A long-term health.  
B performance at school.  
C emotional well-being.

4 What does the doctor say is to blame for teenagers not getting enough sleep?  
A poor diet  
B lack of exercise  
C lack of discipline at home

5 What advice does the doctor give for teenagers who have trouble getting to sleep?  
A read a favourite book  
B listen to music  
C drink hot chocolate

6 What does the doctor think schools should do?  
A shorten the school day  
B offer classes in the evenings  
C start lessons later

7 The doctor says that you may find when you wake up  
A you have forgotten a problem.  
B you can see a solution to a problem.  
C you think a problem is less important.
Tapescript (A doctor is being interviewed about acupuncture.)

Interviewer: Good morning. On the programme this morning we have Dr Sylvia Carpenter, who is a family doctor. Dr Carpenter, you're a great believer in Chinese medicine, aren't you?

Doctor: Yes, I am. When I was a medical student I spent a wonderful month at a hospital in Hong Kong, where they use acupuncture as well as western medicine, which is of course, what I was studying. I saw how effective acupuncture could be, especially for people with digestive disorders, asthma, back pain or stress.

Interviewer: Now, you're not qualified to practise acupuncture yourself, are you?

Doctor: Oh, I'm just an ordinary GP or General Practitioner. I work in a small community, with about 3,000 people on my list. In the past we only referred patients to specialists at the local hospital for treatment you know, to have their chests X-rayed or have a blood test done. Now I often suggest they see an acupuncturist as well, if I feel it would be of benefit. I can't actually recommend one specifically, but I keep a list of qualified ones.

Interviewer: So, say I go to see an acupuncturist about my backache. What would happen to me?

Doctor: Well, first of all the acupuncturist will ask you for very detailed information, not just about your medical history, but about your lifestyle, what you eat, what sort of exercise you do, how much sleep you get. The treatment you need is then decided and he or she will insert needles in various parts of your body. If you have a back pain, you won't necessarily have a needle in your back, though. It might be in one of your limbs - maybe in a knee or a wrist.

Interviewer: How often would I have to go?

Doctor: It depends on your problems. For some conditions one or two treatments a week for several months may be recommended. For less acute problems, usually fewer visits are required. There aren't usually any side effects. You might feel worse for a couple of days, but that just means the treatment is working. It's quite common to feel exhausted after the first treatment, and this can be overcome with a bit of extra rest.

Interviewer: Now, the big question. Does it hurt?

Doctor: Well, it'd be wrong to say 'No': It depends where the needles are inserted. Some areas are more sensitive than others. Once the needles are in place there's no pain at all.

Interviewer: Are any positive benefits all in the mind, do you think?

Doctor: No, not at all. Acupuncture has been successfully used on cats and dogs. These animals don't understand or believe in the process that helps them to get better. A positive attitude towards the treatment may reinforce its effects, just as a negative attitude may hinder the effects.

Interviewer: It's a relatively new type of treatment, isn't it?

Doctor: Only in the West. It was first discovered in China in 2696 BC! In 1671 a French Jesuit priest wrote about his experiences in China and was the first westerner to see acupuncture in use. In 1820 acupuncture was actually being used in a Paris hospital! Acupuncture received a lot of publicity in the West when James Reston, a reporter for the New York Times, was covering the visit of President Nixon to China in 1971. Reston developed appendicitis and his appendix was removed using acupuncture as the anaesthetic. He felt no pain during or after the operation because of acupuncture. But, in some ways, your question was right. Acupuncture is still a fairly new subject in the West, but growing all the time.

Interviewer: Thank you, Dr Carpenter. Now we're...

Tapescript (A project on sleep.)

Jake: Thank you for seeing me, Doctor Reid. I've got some questions I need to investigate for my project on the effect of sleep on school students.

Dr Reid: OK. Well, fire away!

Jake: Well, the first thing I'm not sure about is whether people in general are sleeping less than in the past. I've read some reports on the Internet which give conflicting information.

Dr Reid: It's good to see you are checking your facts; the Internet can be unreliable. As you know, today the average person gets about seven and a half hours' sleep every night, which is a bit less than the recommended eight hours. However, without the interference of electric light bulbs and alarm clocks, people usually sleep for nine hours and this was the case up to the early part of the 20th century.

Jake: I thought so. And is it natural for people to just sleep at night like most people do now?

Dr Reid: If allowed to, we would sleep for two periods in the night and get up and do things in the middle. We just don't do that now because of our working days. Also, most people have a tendency to feel sleepy after lunch but because of the way our days are structured, most of us just have a cup of coffee and carry on, when we should let ourselves have a nap - just for half an hour at the most. But a constant need to nap is a sign that people aren't getting enough sleep at night, which is a problem that seems to be getting worse.

Jake: I've read that it's a problem that affects teenagers in particular.

Dr Reid: That's correct. A lot of teenagers are getting far too little sleep and there are concerns that this could have a serious long-term impact on their health, but we don't know for sure yet. Researchers are also looking into how far a lack of sleep affects young people with depression. But one study has clearly demonstrated that high-school students getting low grades also get on average one hour less sleep than students getting As and Bs.

Jake: Really? Why do you think teenagers aren't getting enough sleep?

Dr Reid: It's an interesting question. It's a problem that seems to affect all teenagers, not just the ones who eat the wrong things and who don't take any exercise. So my feeling is that parents need to take more responsibility. Too many teenagers watch TV in their rooms or play computer games until very late, or they're allowed to go out on school nights.

Jake: Some of my friends say they stay up late because they can't get to sleep if they go to bed earlier.

Dr Reid: Well, there are things you can do to make yourself feel sleepy. Your brain needs to switch off and relax so don't have any drinks that contain caffeine, which includes hot chocolate and a lot of soft drinks. Reading a book you know well or listening to a story, rather than music, should help your brain to relax.

Jake: So you shouldn't do your homework just before going to sleep?

Dr Reid: Definitely not! Schools should be careful how much homework they set because working late in the evening doesn't help people to get a good night's sleep. It would be better for schools to stay open for longer so that pupils can do their homework before they get home to avoid this problem. Another thing that some schools have tried successfully is to begin the school day half an hour later, which seems like a good idea to me.

Jake: Well, that's very interesting. Thank you, Doctor Reid. Just one last question. Is it true that our brains are actively thinking while we're asleep?

Dr Reid: Well, our brains are good at sorting information while we are asleep. It's often the case that we wake up having found the answer to a problem that we'd been worrying about the day before. But it's important to write it down immediately as we can forget it easily.

Jake: Great. That's all the information I need. Thanks very much for your help.
1 How healthy are you? Read through this questionnaire and decide which is the best answer for you.

1) How often do you get a good 8 hours' sleep?
   A Every night -and I prefer 9 or 10 hours. B Not often -I don't need much sleep. C I find it hard to sleep.
2) How often do you do any exercise? A once a week B every day C hardly ever
3) What do you usually have for lunch? A a large meal B salad or sandwiches C nothing
4) When did you last have a cold? A I usually have one or two a year. B I can't remember. C I get them all the time.
5) How many cups of tea or coffee do you drink a day?
   A No more than 3 B I don't drink anything with caffeine in it C 4 -14
6) You have had a few headaches recently. Do you
   A go straight to the doctor? B take an aspirin or paracetamol? C hope they will go away?
7) Do you think it's necessary to add salt to your food? A sometimes B never C always
8) Which is true for you? A I've given up smoking. B I've never smoked. C I smoke about 5 cigarettes or more a day.
9) Which is true for you?
   A I think I'm really fit and healthy. B I think illness is all in the mind. C I worry about my health

How did you score?
Mostly As: You are fairly healthy and have a good attitude to life. You should try to watch what you eat a little more and if I were you I'd try to do a little more exercise. Too much work and not enough play isn't good for you! I think it's about time you thought about your diet.
Mostly Bs: You are obviously in the peak of condition! I recommend you relax, as you ought to get some rest even if you don't need much sleep.
Mostly Cs: Oh dear! It's time you took a good look at your lifestyle. Missing meals and not getting enough sleep and exercise are very bad for you. My advice to you is to start right away - you'd better book a place in the gym. I also suggest cutting down on coffee and drinking more water and fruit juice. Too much caffeine will keep you awake!

Do you agree with what is said about you? Compare your answers with a partner.

2 Look at the following problems and, with a partner, take it in turns to give appropriate advice and make suggestions. Try to vary the verbs you use.
EXAMPLE: I can't stop sneezing.
   ADVICE: If I were you, I'd take a cold shower. How about putting your head over a bowl of hot water?
   a I can't stop hiccupping. b I woke up covered in spots this morning. c I can't sleep at night. d I worry about my health all the time. e I think I've broken my wrist.

Which of the items in B would you do if the following in A happened to you?

EXAMPLE: If I broke my arm, I'd wear a sling.
A

<table>
<thead>
<tr>
<th>Condition</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>broke my leg</td>
<td>take an aspirin</td>
</tr>
<tr>
<td>had a headache</td>
<td>have stitches</td>
</tr>
<tr>
<td>cut my knee badly</td>
<td>go to bed</td>
</tr>
<tr>
<td>grazed my elbow</td>
<td>take some syrup/mixture</td>
</tr>
<tr>
<td>sprained my ankle</td>
<td>put a bandage on it</td>
</tr>
<tr>
<td>had flu</td>
<td>get an elastoplast / a plaster/ a Band -Aid</td>
</tr>
<tr>
<td>had a cough</td>
<td>have it put in plaster</td>
</tr>
</tbody>
</table>

3) Which is true for you?
   A I've given up smoking. B I've never smoked. C I smoke about 5 cigarettes or more a day.
   A I think I'm really fit and healthy. B I think illness is all in the mind. C I worry about my health
   A I can't stop hiccupping. B I woke up covered in spots this morning. C I can't sleep at night. D I worry about my health all the time. E I think I've broken my wrist.
   A I don't drink anything with caffeine in it. B I drink a lot of coffee. C I never drink tea.
   A I can't stop hiccupping. B I woke up covered in spots this morning. C I can't sleep at night. D I worry about my health all the time. E I think I've broken my wrist.
   A I don't drink anything with caffeine in it. B I drink a lot of coffee. C I never drink tea.

4) Match the words and phrases (1-9) with their definitions (a-i).
   1 cure 2 diagnose 3 examination 4 heal 5 prescribe 6 sick note 7 surgery 8 treat 9 vaccination
   a an injection to prevent someone getting a disease
   b piece of paper on which a doctor writes that a patient is ill and has permission not to go to school or work
   c say what medical treatment someone should have
   d recognise and name the exact character of a disease or a problem, by making an examination
   e use drugs, exercises, etc. to cure a person of a disease or heal an injury
   f when a doctor looks at a patient carefully in order to discover the problem
   g make someone with an illness healthy again
   h make or become well again, especially after a cut or other injury
   i a place where you can go to ask advice from or receive treatment from a doctor or dentist

5) You are going to hear five people talking about a visit to their family doctor. For speakers 1-5, choose from the list (A-H) what each speaker says about their visit. Use the letters only once. There are three extra letters which you do not need to use.

   A I wasn't given enough attention by the doctor at first.
   B I was told by the doctor that I needed to relax.
   C I was irritated by what the doctor said.
   D I wish I hadn't gone to the doctor at all.
   E I felt better after the visit.
   F I asked for a specialist to deal with my problem.
   G I agreed with the doctor's diagnosis.
   H I arrived late for my doctor's appointment.

   Speaker 1 __  Speaker 2 __  Speaker 3 __  Speaker 4 __  Speaker 5 __
The strongest drug of all: the doctor. Balint's prescription is as timely today as it was in the 1950s. A founding insight of mind-body and heart physicians, Balint recognized that medicine is as nothing I could do to change her mind, so it was back to school the same morning, worse luck!

When I went in, my doctor just asked me a few questions but she didn't examine me. Then she prescribed me some pills and said that if the symptoms persisted, I should come back the following week. I told her I wanted a proper examination straight away and I stayed there sitting in my chair. I must say she looked a bit taken aback, but then she got up from her desk and came and gave me a really thorough check-up. In the end, she apologised and said she'd been up all night on duty in the local hospital.

I went to my doctor complaining of neck pains and I was there for what seemed like hours. She gave me a very complete and thorough examination. She suggested I should take time off to unwind and then the pain would just go away on its own.

The medical problem may be caused by too much sitting in front of the computer studying, and with a good rest, my neck would heal itself. She suggested that I should take time off to unwind and then the pain would just go away on its own.

You're on a plane in mid-air. You (0) undo your seatbelt and begin to relax when you hear an announcement: 'Is there a doctor on board?' As we all know, air travel can be an extremely stressful experience, especially after going through airport (1)電子的 checks. Studies of airline passengers reveal that we all (2)電子 the worry that we or another (3)電子 passenger may have a (4)電子 problem far from a hospital at a (5)電子 of 10,000 metres. Well, now Lufthansa, the German airline, has made the (6)電子 that on 80% of its flights, there is in fact a doctor amongst the passengers. Having previously obtained the doctor's agreement, when there's a medical emergency on board, one of the cabin staff will discreetly ask for his or her (7)電子 It is hoped that in the future, this system will avoid making the other passengers (8)電子 when these situations arise.

Speaker 1: Well, I got to the surgery at a quarter past eight for an appointment at eight-thirty, but in fact I had to hang around there till nearly half past nine to see him, so I was feeling pretty uptight because there were only a couple of other people ahead of me. I mean, I only had a sore throat - so I was with the doctor for about a couple of minutes. Anyway, he said I'd just got a slight infection, which is what I was expecting, and he prescribed some antibiotics to treat it. But I did find it a bit annoying to have to wait so long, especially as I was missing my favourite class of the week!

Speaker 2: I've been feeling a bit off-colour for some time now and I've been to the doctor several times to try to get to the bottom of it. Anyway, this time my doctor was so sympathetic. She asked me all sorts of questions about my medical history and my family background and she took lots of notes. She spent a really long time and sounded so interested that when I left, I felt almost cured! Not that she was able to diagnose my problem straight away, but she did send me off for tests.

Speaker 3: My mum sent me to see the doctor the other day because I thought I'd got the flu and needed a few days off school. Anyway, the doctor gave me quite a thorough examination and then she told me I was hardly ill at all and that I should've had a vaccination and she refused to give me a sick note. Frankly, I was amazed and pretty annoyed, because I'd been coughing and sneezing all week and feeling very under the weather. Anyway, there was nothing I could do to change her mind, so it was back to school the same morning, worse luck!

Speaker 4: When I went in, my doctor just asked me a few questions but she didn't examine me. Then she prescribed me some pills and said that if the symptoms persisted, I should come back the following week. I told her I wanted a proper examination straight away and I stayed there sitting in my chair. I must say she looked a bit taken aback, but then she got up from her desk and came and gave me a really thorough check-up. In the end, she apologised and said she'd been up all night on duty in the local hospital.

Speaker 5: I went to my doctor complaining of neck pains and I was there for what seemed like hours. She gave me a very complete check-up and took ages over it. She looked at my neck, asked about my medical history and my daily routine. Then she told me that the problem was probably caused by too much sitting in front of the computer studying, and with a good rest, my neck would heal itself. She suggested that I should take time off to unwind and then the pain would just go away on its own.

You won't lose weight if you don't change your eating habits. You're the doctor. Your patient feels ill, but you don't have anything curative in your medicine bag. What do you do? That question has long stymied physicians. But as the Hungarian psychoanalyst Michael Bainton recognized a half century ago, mystifying symptoms are not necessarily untreatable. Listen to patients' stories, Balint urged his colleagues. Treat them as friends. They may need a dose of the strongest drug of all: the doctor. Balint's prescription is as timely today as it was in the 1950s. A founding insight of mind-body physicians.

For questions 1-6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example (0).

KEYS Listening ex. 5: 1 G, 2 E, 3 C, 4 A, 5 B

For questions 1-6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example (0).

Work in pairs. 1. What can people do when they are unhappy with their doctor?
   2. Which do you think is more important: dealing with the medical problem or treating the patient well?

7 Reading and Use of English I Part 4

For questions 1-6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example (0).

0 Children's diets are not as healthy as they used to be. Children's diets are (1) more unhealthy than they used to be.

1 The doctor (2) said I should give up smoking.
2 You won't lose weight unless you stop eating junk food.
3 Why don't we go for a jog? Mike said.
4 I expect people ate more vegetables in the past.
5 'I'll give you a check-up next week,' said Amy's doctor.
6 Ella was so tired she couldn't study properly.

The doctor (3) smoking.
You won't lose weight (4) eating junk food.
Mike (5) for a jog.
People (6) in the past.
The doctor (7) give Amy a check-up the following week.
Ella (8) study properly.

For questions 7-10, read this text. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. Before you decide which word, decide what type of word you need (adjective, noun, etc.), whether you need a negative form, a plural form or the correct form of a verb.

8 For questions 1-8, read this text. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. Before you decide which word, decide what type of word you need (adjective, noun, etc.), whether you need a negative form, a plural form or the correct form of a verb.

Is there a doctor on board?

You're on a plane in mid-air. You (0) undo your seatbelt and begin to relax when you hear an (1) announcement: 'Is there a doctor on board?' As we all know, air travel can be an extremely stressful experience, especially after going through airport (2) checks. Studies of airline passengers reveal that we all (3) worry that we or another (4) passenger may have a (5) problem far from a hospital at a (6) of 10,000 metres. Well, now Lufthansa, the German airline, has made the (7) that on 80% of its flights, there is in fact a doctor amongst the passengers. Having previously obtained the doctor's agreement, when there's a medical emergency on board, one of the cabin staff will discreetly ask for his or her (8) It is hoped that in the future, this system will avoid making the other passengers (9) when these situations arise.

Do undo Expect secure occasion medicine high calculate assist easy

WE ALL NEED A DOSE OF THE DOCTOR


You're the doctor. Your patient feels ill, but you don't have anything curative in your medicine bag. What do you do? That question has long stymied physicians. But as the Hungarian psychoanalyst Michael Bainton recognized a half century ago, mystifying symptoms are not necessarily untreatable. Listen to patients' stories, Balint urged his colleagues. Treat them as friends. They may need a dose of the strongest drug of all: the doctor. Balint's prescription is as timely today as it was in the 1950s. A founding insight of mind-body physicians.

Newsweek October 4, 2004)
medicine is that everyone needs a dose of the doctor, even when state of the art tests and treatments are available. Patients who have a good and trusting relationship with a clinician are more satisfied, studies show, and satisfied patients get better clinical results. They're more motivated to take care of themselves, more comfortable seeking help when problems arise and more willing to follow advice and take medication as prescribed. A healthy doctor-patient relationship can also give consolation when bad news comes. The relationship itself provides an emotional safety net.

Yet as science confirms the power of the healing relationship, other forces are conspiring to undermine it. Health systems can leave patients and doctors feeling stressed out and alienated from one another. Relationships take time. Fifteen minutes may be long enough for a practitioner to diagnose an infection and dash off a prescription. It's rarely enough to make sense of another person's experience, convey that understanding or act as an advocate.

The medical profession, to its credit, is struggling to revive the healing relationship. Many medical schools are trying to pull health care away from an exclusive focus on disease and toward the promotion of wellness, stressing the doctor's role as partner, teacher and coach. Consumers, for their part, are venturing outside the medical system in search of healing practices that involve more of the human touch. Few of these patients would give up effective drugs or surgery in favour of more sympathy, but most recognize that pills and procedures are an incomplete model of care.

Anyone with access to health care can take steps to improve the therapeutic exchange. Step one is to communicate freely. Educate yourself about whatever condition ails you, and share the information you find. Don't hold back for fear of being a nuisance. A good clinician is eager to teach and learn, and willing to acknowledge medicine's limits. In fact, the healing relationship can grow stronger when a doctor runs out of more treatments to offer. In that moment, he or she sheds authority and becomes a peer who is struggling with the emotional consequences of illness. Doctor and patient become allies in an effort to sustain hope and find a meaning in suffering.

For a healing relationship to thrive, then, patients must be experts about their needs, values and objectives. Doctors must be experts on wellness and illness. Few physicians emerge from training without some qualms about caring for other people. We learn that even when we can't cure illness, we can make it less baffling and less onerous. The value of the doctor-patient relationship is not always easy to measure, but it is always immeasurable.

A QUICK SURVEY OF SOME ALTERNATIVE HEALING THERAPIES

Alternative medicine has been described as any of various systems of healing or treating disease not included in the traditional medical curricula. These practices are often based in belief systems not derived from modern science, which means that they may incorporate spiritual or metaphysical underpinnings, non-Western medical traditions, or newly developed approaches to healing.

Many people utilize mainstream medicine for diagnosis and basic information, while turning to alternatives for what they believe to be health-enhancing measures. However, studies indicate that a majority of people use alternative approaches in conjunction with conventional medicine.

As long as alternative treatments are used alongside conventional treatments, the majority of medical doctors find most of them acceptable. Some problems might arise if some forms of complementary medicine are done in place of conventional medical treatments.

Some sceptics of alternative practices point out that a person may attribute symptomatic relief to an otherwise ineffective therapy due to the placebo effect, the natural recovery from or the cyclical nature of an illness or the possibility that the person never originally had a true illness.

Those who have had success with one alternative therapy for a minor ailment may be convinced of its efficacy and persuaded to use it for a more serious, possibly life-threatening illness, which might be very dangerous.

It is advisable for patients to inform their medical doctor when they are using alternative medicine, because some alternative treatments may interact with orthodox medical treatments. However, many conventional practitioners are biased about alternatives, and patients are often reluctant to share this information with their medical doctors since they fear it will hurt their doctor-patient relationship.

Many forms of alternative medicine are rejected by conventional medicine because the efficacy of the treatments has not been demonstrated through double-blind randomized controlled trials; in contrast, conventional drugs reach the market only after such trials have proved their efficacy. Some argue that less research is carried out on alternative medicine because many alternative medicine techniques cannot be patented, and hence there is little financial incentive to study them.

Drug research, by contrast, can be very lucrative, which has resulted in funding of trials by pharmaceutical companies. [Abridged from Wikipedia]

TIMESONLINE - J. Booth, M. Henderson - Prince defiant over alternative medicine after doctors' attack

The Prince of Wales today issued an impassioned plea for alternative medicine to be given a bigger place in the mainstream, hours after a group of Britain's leading doctors issued their own appeal for the NHS to stop paying for complementary therapies.

The Prince addressed the annual meeting of the World Health Organisation in Geneva, arguing that an integrated, holistic approach was the best way of tackling chronic disease, rather than a "dangerously fragmented" approach that relied just on what he called the bio-physical treatment model.

While not detracting from modern medicine, which he said had served humanity well, he criticised excessive reliance on it for upsetting natural harmony.

“I believe there is now a desperately urgent need to redress the fragile but vital balance between man and nature, through a more integrated approach where the best of the ancient is blended with the best of the modern. I say that a mix of modern and traditional remedies that emphasises the participation of the patient can create a powerful healing force,” he told the WHO delegates from 192 nations.

But in a direct challenge to the Prince's campaign, 13 British doctors and scientists issued an open letter to NHS trusts that said public funding of “unproven or disproved treatments” such as homeopathy and reflexology were unacceptable while huge deficits are forcing trusts to sack nurses and limit access to life-saving drugs of proven effectiveness.

The Prince did however stick to his guns, saying that increasing numbers of alternative therapies - including acupuncture for osteo-arthritis of the knee, the use of St John's Wort for mild depression - were being shown in clinical trials to have therapeutic effects.


Homeopathy is a gentle, holistic system of healing, suitable for everyone, young and old. It focuses on you as an individual, concentrating on treating your specific physical and emotional symptoms, to give long lasting benefits.

Homeopathy has been widely used throughout the world for more than 200 years. In 2000, the House of Lords’ Select Committee on Science & Technology cited homeopathy as one of the five Group One therapies, having “an individual diagnostic approach” along with osteopathy, chiropractic, herbal medicine and acupuncture.

Homeopathic remedies are a unique, potentised energy medicine, drawn from the plant, mineral and animal worlds. They work by gently boosting the natural energy of the body, strengthening your health and immune system, without any danger of damaging side effects or addiction even for pregnant and sensitive patients. Your homeopath understands that establishing good health involves treating both mind and body, so time is taken to listen to your emotional and physical symptoms. To stimulate your body's own healing process, a remedy closest to your individual symptom picture is prescribed.
The therapy is based on the theory of treating “like with like”. Homeopathic remedies are highly diluted natural substances that if given in stronger doses to a healthy person, would produce the symptoms the medicine is prescribed for. After each dilution the mixture is vigorously agitated in a machine that delivers a calibrated amount of shaking. This is called succussion. It is thought that this process imprints the healing energy of the medicinal substance throughout the body of water (the diluent) as if a message is passed on. The message contains the healing energy. Even in ultra-molecular dilutions, information specific to the original dissolved substance remains and can be detected.

Homeopathy has a wide application, from acute fevers, sore throats and toothache, to chronic illnesses such as arthritis, eczema, asthma, anxiety, mild depression and chronic fatigue syndrome.

If you want to find a qualified homeopath, you can contact The Society of Homeopaths in your area. They will send you a list of professional, registered homeopaths nearest to your home, and answer any of your questions.

**REFLEXOLOGY** was first practised by the Chinese 5,000 years ago. It is the healing art of foot massage and is based on the principle that there are ten energy zones running through the body. These zones are accessible through the soles of your feet. Each foot represents the left or right side of your body and the soles of your feet are divided up into ‘reflex’ areas which correspond to parts of your body.

Imagine the sole of your foot as a map of your body: think of your big toe as your head, the top third of the foot as your chest, the middle section as your stomach and your heel as the area around your hips.

Reflexologists use pressure at various points on the sole of the foot to stimulate energy, reduce stress and improve the circulation of the blood.

**FOOT REFLEXOLOGY CHART**

**OSTEOPATHY** [Abridged from Better Heath Channel]

Osteopathy is a medical practice based on the theory that diseases are due chiefly to loss of structural integrity which can be restored to harmony or equilibrium by manipulation of the skeleton and muscles.

The central belief of this manual medicine is that a healthy body relies on a structurally sound musculo-skeletal system. Only when the bones, joints and muscles are working smoothly and harmoniously can the other systems of the body function at their best. The osteopathic philosophy states that the body is capable of healing itself - and maintaining a healthy state - if barriers, such as structural problems and poor posture, are removed. Osteopathy was developed by a physician in the late nineteenth century and has since gained world-wide recognition as a valuable and effective healing system.

Osteopaths treat a range of disorders, including: Asthma - Back and neck pain - Chronic fatigue - Headache - Joint pain - Repetitive strain injuries - Sciatica (shooting pains down the leg) - Sports injuries - Tendonitis.

Central to osteopathy is the study of ‘biomechanics’ - how each part of the musculo-skeletal system interacts with and influences every other part. Any joint or muscle injury must therefore be treated in the context of the whole body, since other parts of the musculo-skeletal system will also be affected. For instance, an ankle injury may mean that the patient limps and favours the other foot. Over time, this imbalance can lead to secondary injuries, such as soreness in the other ankle, knee or hip, or perhaps back pain. The osteopath will devise a strategy of treatment that takes into account the entire musculo-skeletal system. Attention is given to other systems of the body - such as the circulatory, nervous and lymphatic systems - since these all play significant roles in the healing process.

Osteopathy encourages the patient to take responsibility for their own long term health and wellbeing. For instance, an osteopath can help you discover the particular lifestyle and environmental factors that may be contributing to your disorder. These may include poor posture, stress or...
the need for ergonomic furniture. An osteopath might devise a range of treatments, including individually tailored exercise routines, relaxation techniques or body awareness sessions that show you how to move the body in gentler ways.

**Chiropractic**
Chiropractic is concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system and the effects of these disorders on the nervous system and general health. In other words, chiropractors believe that the health of the spine and the nervous system running through it can influence the health of the whole body. Manual treatments, such as spinal manipulation or adjustment, are usually used.
A Medical Research Council clinical trial, reported in the British Medical Journal in 1990, found that chiropractic treatment of back pain was 29% more effective than hospital outpatient treatment. A recent follow-up trial confirmed these results and found that chiropractic patients were, on the whole, more satisfied than those who had conventional hospital outpatient treatment for back pain. The Royal College of General Practitioners recommends manipulation for acute and sub-acute back pain.

**Nutritional Therapy**
Nutritional therapy uses food and diet to help the body’s own healing ability to maintain good health and to prevent or alleviate illness. Practitioners look for nutritional deficiencies, allergies or intolerances to food, or for factors that can cause poor digestion or absorption in the stomach or intestine. Treatment involves dietary change and may include the use of nutritional supplements, such as vitamins and minerals. Nutritional therapists often work with patients who have long-term health problems that conventional medicine finds difficult to treat. These include allergies, digestive and bowel disorders, hormonal imbalances, fatigue, depression or stress, migraine and skin disorders.

**Shiatsu**
Shiatsu is a Japanese therapy, based on the principle that vital energy (known in Japanese as Ki) flows throughout the body in a series of channels in the arms and legs called meridians. According to this principle, symptoms can be caused when this energy stops flowing freely. Shiatsu practitioners apply pressure using only the fingers, palms and especially the thumbs on points that have been related to the central nervous systems to restore the balance of energy.
A shiatsu treatment should a) involve the whole body, b) require a focussed practitioner sensitive to the energy distributions of the body, and c) provide an extra dimension of connection and support (using both hands where one 'listens' and the other acts). The essence of shiatsu is “Diagnosis and Therapy combined” that is the ability of the practitioner to use his sensory organs (palms, fingers, and thumbs) to detect disharmonies in the energetic components of the body, (such as stiffness or slackness at or within its surface), and to perform empirically established routines to correct these problems. To acquire this skill takes considerable experience. The defining difference between shiatsu therapy and Traditional Chinese Medicine (TCM), such as acupuncture and moxibustion) is this “Diagnosis and Therapy combined”.

**Aromatherapy**
Aromatherapy uses the healing properties of essential oils, which are extracted from plants, to improve health and help prevent illness. Essential oils can be used in different ways, including massage (most commonly used method), baths, inhalation (not if you have asthma), creams and lotions.
Different oils are thought to affect the body in different ways. For instance, they can be calming, relaxing, uplifting or energising. Some oils are believed to have properties which fight infections. Tea tree oil, for example, is used as an antiseptic or to relieve fungal infections.

**Reiki**
Reiki is a method of healing that originated with Mikao Usui in Japan in the early part of the 20th century. The word reiki means universal life energy in Japanese. A reiki practitioner uses this energy to encourage the body to heal itself. Reiki takes place in a peaceful and relaxing environment. You will be asked to sit, or lie on a couch and the practitioner will take your medical history. Apart from your coat and shoes, it is not necessary to take off any clothes. The practitioner will then gently place their hands on or over your body. You may feel a flow of energy, mild tingling, warmth, coolness or nothing at all.
Reiki is used for a wide range of physical, mental and emotional conditions, including the relief of stress and tension.