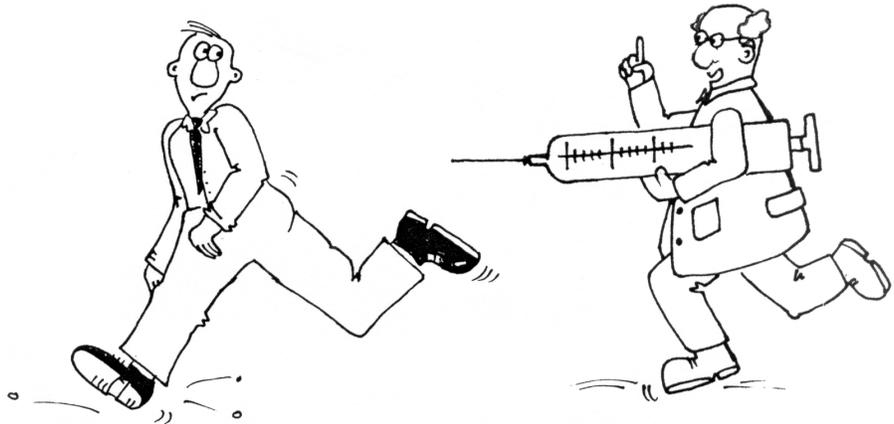


Unit 1**INTERNAL MEDICINE****(HISTORY-TAKING IN GENERAL)****Contents**

- 1 PAST MEDICAL HISTORY
- 2 FAMILY HISTORY
- 3 SOCIAL HISTORY
- 4 PRESENT COMPLAINTS
- 5 PAIN
- 6 HEADACHE
- 7 VERTIGO
- 8 BODY TEMPERATURE AND SWEAT
- 9 NAUSEA AND VOMITING
- 10 DYSPNOEA
- 11 COUGH
- 12 HEART SYMPTOMS
- 13 BODY WEIGHT AND DIET
- 14 BOWEL MOVEMENTS
- 15 BLOOD
- 16 MEDICAL EXAMINATION
- 17 ISOTOPE SCANNING



1/1 PAST MEDICAL HISTORY

- 1  This is a pre-listening activity to prepare you for the dialogue you will hear next. Circle the questions according to whether you would hear them concerning a patient's past medical history during the first visit to the hospital specialist or not.

- a) Have you ever been in hospital?
- b) Did you have any childhood diseases?
- c) Do you ever see double?
- d) Are your parents still alive?
- e) Have you ever had an operation?
- f) Are you currently taking any medicine?
- g) Do you have any problems with your teeth?
- h) What kind of treatment did you receive?



- 2  Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.

- 3 Read the questions below, then listen to both dialogues again and tick the correct answer.

- a) What does the patient tell the doctor about his childhood diseases?
 - A He never had any of the childhood diseases the doctor listed.
 - B He had rubella.
 - C He had chickenpox and measles.
- b) Has the patient ever been in hospital?
 - A Yes, once, when he had his tonsils out.
 - B No, he has never had to stay in hospital.
 - C Yes, once. He had his appendix removed.
- c) How old was he when he developed diabetes?
 - A 40
 - B 14
 - C 44

4 Listen to both dialogues again, then find the equivalent expression in the American dialogue.

- a) German measles
- b) Have you ever been in hospital?
- c) I've been having insulin injections.
- d) Are you up-to-date with all your immunisations?

5 Here are some useful phrases a doctor needs when inquiring about a patient's past medical history. Pair up the words below that you would expect to find in the same context.

- | | |
|------------------------|------------------------|
| a) chickenpox | A hospitalisation |
| b) appendicitis | B major health problem |
| c) insulin shots | C childhood disease |
| d) high blood pressure | D treatment |

6 Complete the questions using the words or phrases in the box.

symptoms	major health problem	in hospital
up-to-date	childhood diseases	

- a) Have you ever had any like measles or chicken pox?
- b) Have you ever been for more than a week?
- c) Do you have a such as diabetes or high blood pressure?
- d) Are you with your immunisations?
- e) What were the first of your overactive thyroid?

7 Read the following phrases which tell you what information to obtain from your patient. Formulate questions and write them out below.

- a) childhood diseases
- b) major health problems
- c) admission to hospital
- d) surgery
- e) treatment
- f) immunisation

1/2 FAMILY HISTORY

1  This is a pre-listening activity. Read the following questions and choose the one from each pair which you consider more polite.

- a) A Is there anyone in your family who is crazy?
B Is there anyone in your family who suffers from mental illness?
- b) A At what age did your father die?
B How old was your dad when he popped off?
- c) A Are there any medical problems with your kids?
B Is there anything wrong with your children's health?
- d) A And your aunt with diabetes, is she still so fat?
B And your aunt who has diabetes, does she still have a weight problem?

2  Read through the comprehension questions below. Now listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.



3 On the basis of the dialogue indicate whether the following statements are true or false.

- a) There are no illnesses in the woman's family.
- b) Her father died of a heart attack.
- c) Her father suffered from a long illness.
- d) Her children both have diabetes.

4 Listen to both dialogues and find the equivalent expression in the American dialogue.

- a) He died.
- b) Did he suffer for a long time with his heart condition?
- c) to have insulin injections
- d) tablets

5 Match up those phrases which have the same meaning.

- | | |
|-------------------------------------|---------------------------------------|
| a) as far as you know | A to be very ill with something |
| b) to be on a diet | B injections for people with diabetes |
| c) insulin injections | C in your opinion |
| d) illnesses that run in the family | D to eat carefully |
| e) to suffer from a disease | E medical problems among relatives |

6  You will hear several questions a doctor would ask a patient. After listening to the questions, choose the patient's response.

- | | |
|--|------------------------------------|
| 1 | 3 |
| a) Yes, three times to Greece. | a) He was 55 years old. |
| b) Yes, I'm married with two children. | b) He visited the hospital. |
| c) No, we have an apartment. | c) He died of old age. |
| 2 | 4 |
| a) Yes, diabetes and heart problems. | a) She is 60 years old. |
| b) Yes, chickenpox and measles. | b) Her husband died last year. |
| c) Yes, pneumonia and a bad cough. | c) She has trouble with her heart. |

1/3 SOCIAL HISTORY**1   The following questions are necessary to take a patient's social history. You will hear some patients' responses. Which pair of answers could be given to each of the questions? Number the questions in the order you hear the responses.**

- Are you employed?
- Is it an office job or are you on your feet all day?
- How much do you smoke a day?
- Do you ever drink any alcohol?
- What are your living conditions like?

**2  Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.**

3 Indicate whether the following statements are true or false.

- a) The patient had a white-collar job.
- b) The patient realises that smoking is harmful.
- c) The patient started drinking and smoking at the same age.
- d) He likes to drink whisky and beer, but prefers not to drink wine.
- e) The patient and his family rent a small house.

4 After listening to both dialogues, find the equivalent expression in the American dialogue:

- a) I've just been made redundant.
- b) I was desk-bound.
- c) I gave up smoking.
- d) What sort of house do you live in?
- e) We live in a small flat.

5 Read the four sets of questions below, and choose the odd-one-out from each set which does not mean the same as the others.

- a) A Are you employed? c) A Have you ever been drunk?
 B Do you have a job? B What is your alcohol consumption?
 C Is your job stressful? C How much alcohol do you drink a day?
- b) A Have you given up tobacco? d) A Do you have a big mortgage?
 B Have you stopped smoking? B Is your rent expensive?
 C How much do you smoke? C Does your landlord charge a lot?

6  You will hear some statements made by patients. Choose the questions the doctor must have asked to elicit the patients' responses. It is a good idea to read the questions before you listen to the patient.

- | | |
|--------------------------------------|--|
| 1 | 3 |
| A How long have you been unemployed? | A Do you smoke a pipe or cigarettes? |
| B Do you have any children? | B How long have you been smoking? |
| C Are you working right now? | C Have you ever tried to stop smoking? |

- | | |
|---|--|
| <p>2</p> <p>A Where do you work?</p> <p>B Is your job quite stressful?</p> <p>C Are your working conditions safe?</p> | <p>4</p> <p>A Do you only drink at night or do you start in the morning?</p> <p>B Do you ever feel guilty about your use of alcohol?</p> <p>C Have you ever tried cutting down on your drinking?</p> |
|---|--|

1/4 PRESENT COMPLAINTS

- 1  You will see eight questions. Five of them are about a patient's present complaints and three would be asked during other visits. Find the three odd-ones-out, then listen to the recording and repeat the questions. Remember that stress and intonation are important.

- a) What's the problem today?
- b) Was your mother also allergic to cats?
- c) Can you tell me what your symptoms are?
- d) Have you ever had these complaints before?
- e) Are you married or single?
- f) What seems to bring this condition on?
- g) When did you start feeling poorly / to feel ill?
- h) Does anyone else in your family have the same problem at the moment?



- 2  Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.

- 3 Decide whether the following statements are true or false.

- a) The patient was short of breath for the first time a year and a half ago.
- b) He has had the same complaints on and off since he was a child.
- c) He knows the cause of his illness and wants some tablets for it.
- d) His condition improves whenever he goes to see his sister in London.
- e) The doctor thinks that something might be wrong with the patient's respiratory and circulatory systems.

- 4 After listening to both dialogues, find the equivalent expression in the American dialogue:**
- a) I've been feeling so poorly recently.
b) You haven't experienced this symptom before?
- 5**  **The following questions are useful when asking a patient about his present condition. Match the questions that have the same meaning. When you have finished, listen to the recording and repeat the questions.**
- | | |
|---------------------------------|--|
| a) What can I do for you today? | A Can you describe the changes that have occurred? |
| b) What do you mean by that? | B What do you think causes your condition? |
| c) What are your symptoms? | C Did your condition change without any warning? |
| d) Did it start suddenly? | D Can you describe that in more detail? |
| e) What brings it on? | E How can I help you, Mr. Jones? |
- 6 Here are several questions the doctor asked her patient. Unfortunately, the questions got mixed up. Rearrange them in a logical order.**
- a) What do you mean by feeling poorly?
b) What do you think brought it on this time?
c) What is the problem today?
d) Let me listen to your heart and lungs.
e) When did you first notice the symptoms?

1/5 PAIN

- 1**   **It is vital for doctors to understand exactly what kind of pain the patient experiences. There are a large number of words describing pain in English and this unit tries to introduce most of them. Overleaf are questions which are asked concerning pain in particular areas. Study the different words and phrases used and indicate the one or ones in each section which is inaccurate.**

HEAD**Do you have a/an ... headache?**

splitting
throbbing
band-like
dull
aching
burning
sharp
stabbing
colicky
blinding
stress-induced
tension

**Do you have a migraine?****TOOTH****Do you have (a) ... toothache? /****Is your toothache ...?**

sharp
dull
throbbing
stabbing
pulsating

**Is your tooth ...?**

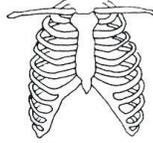
sensitive
aching
tender
cramping

LOWER BACK**Is the pain in your back ...?**

slow in onset
long in duration
dull
diffused
aching
steady/constant
severe
progressing poorly
localised
crushing
deep
mild

**CHEST****Is the pain in your chest ...?****Do you have a ... pain in your chest?**

burning
constricting
bursting
choking
squeezing
gripping
pressing
crushing
sticking
jabbing
sharp
sensitive
knife-like
fleeting
throbbing
dull
severe
stabbing

**Is the pain in your chest ...?**

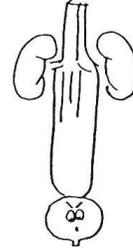
like a weight on it
like a band across it

ABDOMEN**Do you feel any / a ... pain in your abdomen?**

sharp
dull
aching
gnawing
burning
cramping
colicky
diffused
localised
recurrent
constant
flank
intermittent
stabbing
Do you get / feel bloated?
Do you have any heartburn / indigestion?

**KIDNEYS AND URINARY TRACT****Do you have (a) ... pain/ache/ discomfort?**

sharp
dull
severe
burning
stinging
nagging
niggling
splitting
flank
back
abdominal
steady
low grade

**Do you have slight discomfort?****EXTREMITIES****Do you have a/an ... pain in your shoulder/hand/foot?**

sharp
tingling
shooting
dull
burning
severe
pulsating
throbbing

**Do you have ... in your hands/arms?**

weakness
numbness
tension

Do you have cramp?**Do you have an ache in your hand?**

2 Match the kinds of pain with the parts of the body that they are most usually associated with.

A

- | | |
|--------------|--------------------|
| a) aching | A abdomen |
| b) sharp | B heart |
| c) throbbing | C appendix |
| d) splitting | D chest or abdomen |
| e) stabbing | E head |
| f) squeezing | F tooth |
| g) colicky | G back |
| h) cramping | |



B

Match the kinds of pain with their synonyms.

acute	chronic	circumscribed	constant	constricting	cramp
diffused	dull	excruciating	fixed	intermittent	piercing
pins and needles	pounding	severe	sore	stinging	vague discomfort

- | | |
|--|--|
| a) continuous | j) tender, painful |
| b) very painful | k) sharp, penetrating |
| c) not sharp | l) extremely painful |
| d) not moving | m) limited to one area |
| e) burning | n) throbbing, beating, pulsating |
| f) coming and going | o) widespread, not localised |
| g) tingling, pricking sensation | p) short, sharp, severe, lancing, cutting |
| h) painful, spasmodic muscle contraction | q) uncomfortable sensation lacking painfulness |
| i) squeezing, tight | |

3  **Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.**

4 Determine whether the following statements are true or false.

- The patient feels a localised pain in the chest.
- The pain is usually spasmodic and sometimes piercing.
- The pain doesn't come in attacks, it's constant once it starts.
- When she coughs or takes a deep breath, the pain subsides.

5 After listening to both dialogues, find the equivalent expression in the American dialogue:

a) I find going upstairs difficult.

6  **Below are groups of questions. Select the correct heading for each group. When you have finished listen to the recording and repeat the questions.**

Duration	Factors that alter the problem	Location	Onset
	Character	Radiation	Related symptoms

a)
 Can you show me where it hurts?
 Can you point with your finger to the spot where it hurts?
 Where does it hurt?
 Where is your pain?
 Where is it sore?

b)
 Could you describe what the pain feels like?
 Can you describe the pain?
 What's the pain like?
 What kind of pain do you feel?
 What kind of pain is it?
 Is it getting more or less severe?
 How bad is the pain?
 Does it wake you up at night?
 Does it interfere with your everyday life?
 Does it affect your work?
 Is the pain better or worse now?

c)
 How long have you had this pain?
 How long has it been bothering you?
 How long does it last?

Do you have it all the time or does it seem to come and go?
 Is it constant or intermittent?
 Did it happen suddenly or gradually?
 How often do you get it?

d)
 When does it come, when does it go?
 When did this pain start?
 What were you doing at the time this pain started?
 When was the last time you were without pain?
 When was the first time you noticed that something was wrong?
 Have you had anything like this before?

e)
 Does anything relieve the symptoms or make them worse?
 What do you do when it happens?
 Is there anything that makes it better or worse?
 Is there any position that makes it feel better or worse?

<p>Have you received any drugs for your pain?</p> <p>How long does it take for the medicine to take effect?</p> <p>After you take the medicine, how long is it before you feel better?</p> <p>What makes the pain go away / disappear?</p> <p>f)</p> <p>Does the pain move to another part of your body?</p> <p>In which direction does the pain go?</p>	<p>Does the pain seem to move anywhere else?</p> <p>Has the pain spread?</p> <p>Has the pain affected any other part of your body?</p> <p>g)</p> <p>What brings it on?</p> <p>What are your symptoms?</p> <p>Is it related to eating / coughing / your mood / tiredness / broken skin / body position / movement?</p> <p>Do you notice any side-effects?</p> <p>Does anything else happen at the same time?</p>
--	---

7 You can see some patients' complaints below. Write out the necessary questions to elicit these responses.

D: I believe that you are having some pain at the moment.

P: Right here down in my abdomen.

D:

P: It started just a few days before my period.

D:

P: It hurt really badly for about two or three days.

D:

P: I'd say it was a sharp, cramping feeling, unbearable.

D:

P: Yes, to my lower back, and all the way to my knees.

D:

P: Well, it seemed to get a bit better if I took some tablets, but it was still pretty bad.

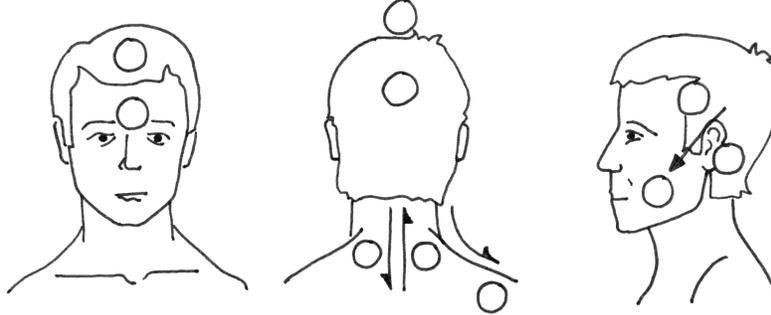
D:

P: Oh, yes, I vomited a lot, I felt weak and bloated.

1/6 HEADACHE

See also Headache in Unit 12.

- 1  You will hear questions concerning location and radiation of pain in the head. Indicate the location and radiation of the pain in each question on the outlines below by writing the question number in the appropriate place.



- 2  Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.

- 3 After listening to the dialogues, try to remember how the patient responded to the doctor's questions about various characteristics of her headache. Write in the missing words in the space provided.



- a) LOCATION: It was on the of my head.
 b) DURATION: It can last between and 4 or 5 hours.
 c) ACCOMPANYING SYMPTOMS: I felt nauseous and saw
 d) RELIEVING FACTORS: I have to go to a dark room and
 e) MEDICATION: Sometimes, if I take some, that seems to help.
 f) FAMILY HISTORY: used to suffer from migraines.
 g) CHARACTER OF PAIN: I have this throbbing, sort of headache.
- 4 After listening again to both dialogues, find the equivalent expression in the American dialogue.
- a) I feel sick. b) I actually vomit. c) Have you found any tablets?
 d) I suppose. e) I'm not able to carry on with what I'm doing.

5 Read the following groups of expressions relevant to headaches. From each group, choose the one phrase which does not mean the same as the other two.

- | | |
|--|--|
| <p>a) A When did the headache start?
 B Is this something new or have you had it in the past?
 C Is there any particular time of the day when you have the headache?</p> | <p>c) A Is there anything in particular that brings the pain on?
 B Are there any periods of time when you don't feel any pain?
 C Is there anything that seems to trigger the headache?</p> |
| <p>b) A Can you point out the painful area?
 B Is the pain spreading from one to both sides of your head?
 C Whereabouts in your head is the pain?</p> | <p>d) A What do you do to get rid of the headache?
 B Do you take any medicine to treat the headache?
 C Have you ever blacked out?</p> |

6  Below are some key pieces of information you need to find out from a patient regarding a headache. Write in the appropriate questions. Then listen to our version on the recording.

- | | |
|--------------------------|-------|
| a) location | |
| b) duration | |
| c) character of pain | |
| d) accompanying symptoms | |
| e) relieving factors | |
| f) medication | |
| g) family history | |

1/7 VERTIGO

1   Below are several doctor's questions about vertigo. Next to each are three patients' responses to these questions. Read the questions. You will hear a version of one of the patients' statements. Circle the response you think you have heard.

Practise the doctor's questions.

- a) **How would you describe your dizziness?**
 A spinning, as if the room were going around
 B leaning, as if somebody were pulling me sideways
 C just a feeling of unsteadiness
- b) **What does a dizzy spell consist of for you?**
 A "dizziness in the feet", staggering
 B just a type of light-headedness
 C as if everything were spinning around with me
- c) **How long does an episode of dizziness last?**
 A from several days to weeks
 B from hours to days
 C only for a few seconds
- d) **In what body position do you feel dizzy?**
 A when I roll over in bed
 B when I turn my head too quickly to look up
 C when I stand up suddenly

2  **Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.**

3 **Indicate which of the following statements according to the dialogue are true.**



- a) A He experiences dizziness on changing his body position.
 B He feels dizzy in a reclining position.
- b) A His dizziness feels like a sensation of lateral pulsion.
 B His dizziness feels like a rotating sensation.
- c) A His dizziness is accompanied by tinnitus.
 B His dizziness is accompanied by visual disturbance.
- d) A The patient had been referred by an ENT specialist.
 B The patient had been referred by an optician.
- 4 **After listening to both dialogues, find the equivalent expression in the American dialogue.**
- a) Do you ever suffer from dizziness?
 b) Have you seen a consultant about this?

5 Complete the following questions to help a patient describe the symptoms of vertigo.

- a) Does your dizziness last a long time or is it ?
- b) Does your dizziness subside when you are in a resting position or ?
- c) When you are dizzy, do you experience a sensation of falling in one direction or is it more like ?
- d) Is your attack of dizziness usually so severe that you are confined to bed or ?
- e) Do your dizzy spells happen very suddenly or ?

6 The following sets of questions are about dizziness. Choose the ones that are appropriate for communicating with a patient. Be careful not to use too much medical jargon.

- a) A Do you frequently suffer from vertigo?
B Do you often experience dizzy spells?
- b) A Do you ever feel that the room is spinning around or that you are falling to one side?
B Do you ever have the sensation of lateral pulsion or rotation?
- c) A Do you feel uncoordinated when you stand?
B Do you just feel wobbly on your feet?
- d) A When you are dizzy, do you notice any ringing in your ears?
B Is your dizziness accompanied by tinnitus?

1/8 BODY TEMPERATURE AND SWEAT

1  **Most of the expressions below relate to fever, body temperature and perspiration. Tick the expressions which you do not think belong to this group.**

- | | | |
|---------------------|----------------------|---------------------------|
| a) wheezing | b) shivering | c) high fever |
| d) under the tongue | e) bloating | f) swinging temperature |
| g) heart murmur | h) soaking wet | i) excessive perspiration |
| j) extremely high | k) putting on weight | |

2  **Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.**



3 After listening to the dialogue in this unit, decide whether the following statements are true or false.

- a) The patient took her temperature orally.
- b) The doctor wants to know if the patient has visited a foreign country recently.
- c) The patient's whole body trembles because of fever.
- d) She has always perspired a lot.
- e) Apart from feeling feverish, she feels well.
- f) She starts to sweat very suddenly.

4 After listening to both dialogues, find the equivalent expression in the American dialogue.

- a) Have you got a temperature?
- b) Is your temperature high all the time?
- c) I took my temperature under my tongue.
- d) Do you also have shivers?
- e) Have you been abroad?

5 Complete the following sentences or questions by inserting the appropriate words or phrases from the box.

in the armpit	trembling	perspire	has gone down	feverish
rattle	orally	extremely high fever	swings	

- a) Do you have a temperature?
Are you feeling.....?
- b) Does your temperature go up and down suddenly?
Are there any in temperature?
- c) Did you take your temperature under your tongue?
Did you take your temperature
- d) Was it an axillary temperature?
Did you take your temperature
- e) I'm afraid your son's temperature is 104 °F.
I'm sorry, but your son has an.....
- f) I'm glad to say that your fever has fallen.
You will be pleased to know that your temperature.....
- g) My entire body was shaking.
My whole body was.....

- h) When you have a fever, do your teeth chatter?
When you have a high temperature, do your teeth..... ?
- i) Do you sweat a lot?
Do you a lot?

6 Complete the dialogue between the patient and the doctor by writing in the doctor's questions.

D: *What's the problem?*

P: I've been feeling very warm.

D:

P: Yes, I took it last night before going to bed.

D:

P: It was 102 °F.

D:

P: Under my tongue.

D:

P: Yes, it usually goes up at night.

D:

P: Yes, I'm always soaking wet.

D:

1/9 NAUSEA AND VOMITING

1  Most of the expressions below are relevant to the topic of nausea and vomiting. However, there are three which are not. Tick these three.

- | | |
|------------------------------------|--------------------------|
| a) difficult to keep anything down | j) belch |
| b) spurt out in a stream | k) projectile |
| c) spread to the shoulders | l) burp |
| d) looks like ground coffee | m) varicose veins |
| e) my mother had migraines | n) undigested food |
| f) few spots of red blood | o) feeling queasy |
| g) bring up | p) little clots of blood |
| h) feel sick | q) feel nauseous |
| i) throw up | r) keep retching |

- 2  Listen to the dialogues. You will hear five of the expressions from the previous exercise. Circle them. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.



- 3 After listening to the dialogue, read the following statements. Based on the dialogue, choose the correct statement from each pair below.

- a) A He feels only nauseous.
B He vomited as well.
- b) A It started two weeks ago.
B It started two months ago.
- c) A It's worse after eating.
B It's not related to meals.
- d) A He brings up something more like bile.
B He brings up undigested food.
- e) A It seems to be red.
B It seems to be a yellowish green colour.
- f) A It never looks like coffee grounds.
B Sometimes it looks like ground coffee.
- g) A He rarely belches.
B He belches a lot.

- 4 After listening to both dialogues, find the equivalent expression in the American dialogue.

- a) Do you just feel sick?
b) I vomit.
c) Do you have a bad taste in your mouth?
d) I suffer from a lot of wind.

5 Match the following groups of phrases with the appropriate sentences on the left.

a) Is your vomiting ... ?

A

mucus undigested food blood

b) Do you vomit ... ?

B

a strange odour any particular smell any odour
--

c) Is your nausea caused by ... ?

C

every day early in the morning during the night

d) What you bring up, does it have ... ?

D

related to meals spontaneous self-induced

e) Does the vomit contain ... ?

E

certain places stress, fear or depression car or motion sickness
--

f) Is it difficult to ... ?

F

keep food down bring anything up keep liquid down

6 Below are some responses from a patient who suffers from nausea and vomiting. Formulate appropriate questions which could elicit these answers.

D:

P: I keep retching and I have actually vomited.

D:

P: It happens very often.

D:

P: When I eat, it gets better.

D:

P: I bring up food mostly.

- D:
 P: It's never black like that.
 D:
 P: I burp an awful lot.

1/10 DYSPNOEA

- 1  Below are several sentences which are related to shortness of breath. Choose the appropriate words or expressions from the box and then write them in the correct sentences. When you have finished, listen and repeat the questions.

flat	tests	stop	relieved	difficulty	short of breath	breathing in
------	-------	------	----------	------------	-----------------	--------------

- a) Do you have any breathing?
 b) What's harder or breathing out?
 c) Are you when you are resting?
 d) Can you lie in bed?
 e) Is it by sitting up in bed?
 f) Do you have to frequently when you climb the stairs?
 g) Have you ever had any breathing?
- 2  Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.



3 Choose the right answer from the groups of statements below. Base your choices on the dialogue you have heard in the previous activity.

- a) He has been short of breath ...
 A for several days
 B for several weeks
 C since last month
- c) The dyspnoea occurs ...
 A on exertion
 B at rest
 C both at rest and on exertion
- b) He has more difficulty breathing ...
 A during expiration
 B during inspiration
 C during both inspiration and expiration
- d) At night he can only sleep ...
 A in a horizontal position
 B in an upright position
 C on his side
- e) At night, when he wakes up, he has to ...
 A sit up
 B stand up
 C lie in a lateral position

4 Match the following phrases with the ones that are similar in meaning. The expressions in the two groups are in medical /formal A and patient / informal B jargon.

A

- a) Is the dyspnoea aggravated by dust or smoke?
 b) Do you need to rest in a reclined position or are you able to remain horizontal?
 c) Is there a history of pulmonary disease in your family?
 d) Do you often experience dyspnoea?
 e) Are your symptoms relieved by bronchodilators?
 f) Does cessation of exercise relieve the dyspnoea?

B

- A Do you feel short of breath?
 B Do you feel better if you take something to open your lungs/relieve the congestion?
 C Do you feel better when you stop moving around?
 D Do your symptoms get worse with dust or cigarettes?
 E Do you have to use any pillows or can you lie flat in bed?
 F Does anybody in your family have any respiratory problems?

- 5  **Formulate questions based on the patient's answers in the following dialogue. When you have completed the exercise listen and repeat the questions.**

D:
 P: I've had difficulty breathing for about two weeks.
 D:
 P: I wheeze in the early hours.
 D:
 P: Breathing out is harder.
 D:
 P: I'm short of breath when I'm working.
 D:
 P: Yes, I can sleep on my back.
 D:
 P: Yes. I wake up several times because I'm short of breath.
 D:
 P: I usually get up and walk around when it happens.

1/11 COUGH

- 1  **Before listening to the recording, match each expression with the appropriate definition or description.**

to bark	to be hoarse	to whoop	a coughing fit	to wheeze
---------	--------------	----------	----------------	-----------

- a) to make the characteristic sound accompanying the deep intake of air following a series of coughs in pertussis
 b) to breathe with difficulty and with a whistling sound
 c) a sudden, acute attack of coughing
 d) to speak with a harsh, raspy low sound
 e) to utter an abrupt, explosive cry that sometimes sounds like a dog



- 2  **Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.**

- 3 Read the patient's retelling of his symptoms. Some of the information is different from the dialogue. Tick the underlined expressions if you think they are incorrect.**

I had a cough (a...) but I didn't notice (b...) a wheeze. I had had it only for a short time (c...) when I went to see the doctor. It was a productive (d...) cough and I noticed some blood streaks (e...) in it several times (f...). It had an offensive (g...) odour. I had been taking some drugs (h...) to thin my blood.

- 4 Match the phrases below with the expressions you have heard in the dialogue.**

- | | |
|--|--|
| a) Do you cough? | A Can you describe the sputum for me? |
| b) Is it a productive cough? | B Has there ever been any blood in it? |
| c) Did it develop within the last two weeks? | C Do you have a cough? |
| d) Is your cough unproductive? | D Does it have a strange smell? |
| e) What's the character of the phlegm? | E Is it a recent symptom? |
| f) Does it smell bad? | F Is it a dry cough? |
| g) Do you ever cough up blood? | G Do you bring up phlegm? |

- 5  You will hear patients' complaints about a cough. Write out the necessary questions that could elicit these responses.**

Question 1

Question 2

Question 3

Question 4

Question 5

Question 6

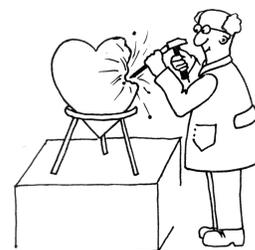
1/12 HEART

- 1  From the groups of phrases below, indicate the phrase which is not relevant to a patient with heart problems.**

- a) Patient's complaints
 A shortness of breath
 B blurred vision
 C tightness in the chest
- b) What aggravates a heart patient's complaints?
 A going up the stairs
 B climbing up a mountain
 C swimming in a pool
- c) Where does the pain radiate?
 A to the neck
 B to the shoulder
 C to the groin
- d) Where will the patient notice some swelling?
 A wrist
 B ankles
 C feet
- e) How does the heart beat?
 A rapidly
 B it skips a beat
 C musically

2  **Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.**

3 **There are six pairs of statements below. Tick the correct statements.**



- a) A The patient is referred by his family doctor.
 B The patient himself decided to consult a specialist.
- b) A The condition has been getting worse over the last few weeks.
 B The condition has changed over the last four weeks.
- c) A The pain radiates to his shoulders.
 B The pain radiates to his left arm.
- d) A His heart always beats rapidly.
 B He has palpitations.
- e) A His heart beats either slowly or rapidly.
 B His heart skips a beat several times per minute.
- f) A Only one of his feet is swollen by the evening.
 B The swelling of his feet disappears by the morning.

4 From the box choose the opposite of the expressions underlined in the sentences.

aggravated	spread/travel/move	slowly	improved	sit
------------	--------------------	--------	----------	-----

- a) Does your job require you to stand?
- b) Does your heart beat rapidly?
- c) Are your heart palpitations relieved by holding your breath?
- d) Does the swelling seem worse at the end of the day?
- e) Does the pain seem to be localised?

5  Formulate questions based on the patient's answers in the following dialogue. When you have finished, listen to the recording and repeat the questions.

D: *Have you ever had any heart problems?*

P: I've never been diagnosed with anything but I think something could be wrong with my heart.

D:

P: It beats irregularly especially when I smoke.

D:

P: I get pressure in my chest sometimes when I have to walk a long distance.

D:

P: Absolutely. I'm always short of breath when I go upstairs.

D:

P: Yes, I break out in a really bad sweat when my chest hurts.

D:

P: Down my left arm.

D:

P: Yes, my ankles seem to be swollen all the time.

D:

P: Yes, the pain is fairly constant, but it helps when I put my feet up.

1/13 BODY WEIGHT AND DIET

- 1  There are six sentences below. One word, relating to eating habits, food and nutrition, is missing from each of them. From the list in the box, choose the word that best completes each sentence. When you have finished, listen and repeat the questions.

followed	special	steady	lose	appetite	cholesterol
----------	---------	--------	------	----------	-------------

- a) What's your like?
 b) Are you on a diet?
 c) Have you ever a diet?
 d) Have you tried to weight?
 e) Have you had your checked?
 f) Is your weight ?

- 2  Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.



- 3 There are five sets of phrases below. Tick the one expression in each set which is true, based on the dialogue in this unit.

- a) His appetite has ...
 A changed
 B decreased
 C increased
- b) He has ... weight.
 A lost
 B put on
 C stayed at the same
- c) His weight change occurred ...
 A during the last six months
 B during the last six weeks
 C very suddenly
- d) When he is anxious ...
 A he eats a lot of fruit and vegetables
 B he can't finish his meals
 C he can't eat anything
- e) He is allergic to ...
 A nuts
 B pasta dishes
 C dairy products

4 After listening to both dialogues, find the equivalent expression in the American dialogue.

- a) What's your appetite like?
- b) How do you feel about your eating habits?
- c) Over how long a time?
- d) I've been putting on weight.

5 Complete the sentences using the correct word from the box.

dairy products	my food	cut out/down on	special	putting on
----------------	---------	-----------------	---------	------------

- a) Have you ever been on a diet?
- b) I've been weight.
- c) I've been off lately.
- d) You should cut down on
- e) You should sugar.

6  You will hear various complaints from a patient. Write out the doctor's questions which would elicit such responses.

- D1:
- D2:
- D3:
- D4:
- D5:

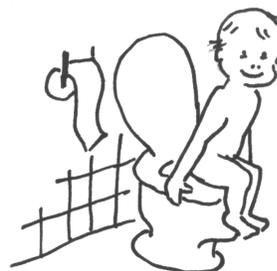
1/14 BOWEL MOVEMENTS

1  Below there are several questions and answers which relate to a patient's bowel movements. Match the questions with the appropriate answers.

- a) Do you feel that you want to move your bowels but you can't?
- b) Can you tell me what your stool looks like?
- c) What colour is it?
- d) What about the consistency? Is it soft?
- e) Have you noticed that you get more constipated at certain times of the month, or season, or after certain foods?

- A Yes, I just sit down and try, but nothing happens.
- B It looks like little round balls.
- C No, very hard.
- D It is usually brown.
- E Actually, I get more regular at the time of my menstrual period and during the times between my periods I feel more constipated.

2  **Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation and vocabulary.**



3 **From the information in the dialogue, correct the sentences below.**

- a) The patient has regular bowel movements.
- b) He has no problems going to the toilet.
- c) It is difficult to flush the stool away.
- d) He has noticed some mucus in his stool.
- e) He has noticed some blood on the surface of the stool.
- f) Only enemas help him.

4 **After listening to both dialogues, find the equivalent expression in the American dialogue.**

- a) Do you have to go to the toilet more frequently?
- b) Do you give yourself an enema?
- c) Do you feel bloated?
- d) Do you have any problems with excessive wind or belching?

5  **Match the sentences which have similar meaning. When you have completed the exercise, listen and repeat the questions.**

- a) Is it actually painful to have a bowel movement?
- b) Have you ever tried taking any laxatives that you can get at a chemist's?
- c) Does your stomach ever feel distended?
- d) Do you have wind moving around in your bowels?
- e) Do you pass wind?
- f) Do you have a tendency towards flatulence?

- A Do you take anything for your bowels?
- B Do you ever suffer from excessive wind?
- C Do you break wind?
- D Does it hurt when you open your bowels?
- E Do you ever feel bloated when you are constipated?
- F Do you feel gassy? (Am)

6 Below are six sets of responses a patient may make. Write out the appropriate doctor's questions which can elicit such answers.

- A Do you have any rectal problems?
- B Is it foul smelling?
- C How often do you go to the toilet?
- D Has the quality of your stool changed at all lately?
- E Are you having any trouble with it or is it normal?
- F Do you have piles/haemorrhoids?

- a) Twice a day.
Once a week.
Daily.
- b) It's normal.
I'm usually constipated.
I have diarrhoea.
- c) Yes, it has a foul smell.
It's terrible.
No, it smells normal.
- d) Yes, I have trouble sitting for long periods.
No, I don't.
Yes, but they were operated on last year.
- e) It itches.
It bleeds.
It's painful.
- f) It's thinner than usual.
It's black and tarry.
It's white and floats.

1/15 BLOOD**1**  **Match the words to their explanations.**

abnormal bleeding	blood transfusion	bruises	clot
	a tendency to bleed	units	

- a)small bluish–black spots on the body
 b)specific amounts of blood
 c)he is likely to bleed
 d)not like the average or usual amount of blood, or
 disordered clotting
 e)receiving blood from a donor
 f)blood which has congealed

**2**  **Listen to the dialogues. Dialogue A is in British English, dialogue B is in American English. Pay close attention to the differences in pronunciation.****3** **From the five sets of statements below, choose the ones that match the patient's responses in the dialogue.**

- a) A He does not have any idea what his blood type might be.
 B His blood type might be AB.
 C He is sure that his blood type is AB.
- b) A He has never bruised easily.
 B His gums bleed before he brushes his teeth.
 C He has had bleeding problems recently.
- c) A It takes only 10–15 seconds to stop the bleeding.
 B He needs some medication to stop the bleeding.
 C It takes about a quarter of an hour to stop the bleeding.
- d) A He doesn't think that anybody in his family had bleeding problems.
 B His bleeding symptoms started like his uncle's did.
 C He inherited this haemophilia from his grandmother.
- e) A He did not need a transfusion as a teenager.
 B He needed 15 units of blood after the car accident.
 C He is not a blood donor but he was given blood.

4 Form the doctor's questions based on the patient's answers.

P: I'm having a lot of trouble with bleeding.

D:

P: Yes, even from the smallest shaving cut or scratch.

D:

P: About fifteen minutes.

D:

P: In my childhood.

D:

P: Yes, after an operation five years ago.

D:

P: Three units I think.

1/16 MEDICAL EXAMINATION**1  Match the verbs with the various objects or parts of the body with which they are usually associated.**

- | | |
|---------------|---------------------------|
| a) take off | A a deep breath |
| b) strip to | B your wrist |
| c) lie on | C your arm |
| d) give me | D your clothes |
| e) straighten | E your arms by your sides |
| f) stick out | F the couch/table |
| g) hold | G your breath |
| h) take | H the waist |
| i) put | I your tongue |

2 Match the instructions in column A with the phrases which should follow them in column B.

- | A | B |
|------------------------------------|--|
| a) I'd like to examine you. | A Stick your tongue out for me. |
| b) Give me your wrist. | B Look up for me, please. |
| c) Let's take your blood pressure. | C Would you take off your clothes. |
| d) Let's have a look at your eyes. | D Breathe out quietly. |
| e) Turn your head. | E I'm going to take your pulse. |
| f) Open your mouth. | F I want to check the pulse in your neck |
| g) I want to listen to your heart. | G Will you straighten your arm for me, please. |

3  Listen to the instructions given by two doctors (A: British, B: American) when examining a patient and number the pictures.



4 Look at the pictures again and practise giving instructions to your patient using polite forms with the following phrases:

Would you mind ...ing
 Can you just ...
 Let me ...
 Will you ...

Would you like to ...
 If you can / just ...
 I want you to ...

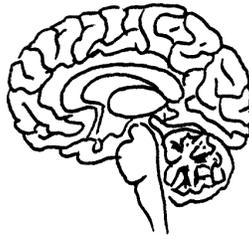
Could you just ...
 Please ...
 I'd like you to ...
 Would you ...

1/17 ISOTOPE SCANNING

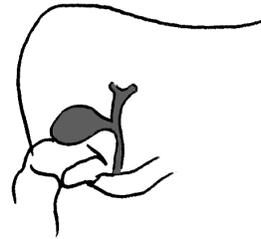
- 1  Listen to the instructions given by two specialists (A: British, B: American) before the isotope scanning of the kidneys, lungs, skeleton, gallbladder, stress and rest examination of the heart muscles, lymph nodes and brain. Number the pictures in the order in which you hear them.



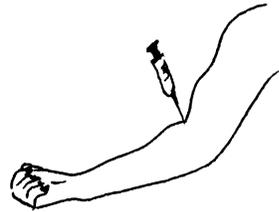
a



b



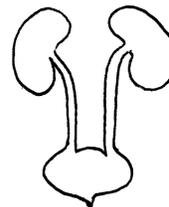
c



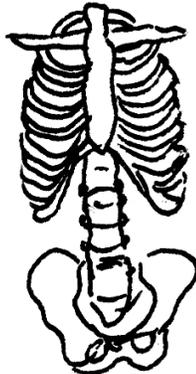
d



e



f



g



h