

I. Study the medical form. Then read and discuss the information below.

**clinic:** a place where you get medical treatment

**clinician:** A clinician is a doctor who treats patients. Some doctors do research. They do not see patients. They are not clinicians.

**concerns:** A concern is a problem. It is something you worry about. If you have lots of headaches, that is a concern. Concern can be a verb. Example: I am concerned about you. That means I am worried about you. You are concerned about a friend who is ill.

**condition:** your symptoms. If you go to the doctor with a headache, fever and vomiting that is your condition. A doctor might ask you how long you have had this condition.

**uncomfortable:** not comfortable. Example: This pillow is too hard. It is uncomfortable. Uncomfortable can also mean feeling a little embarrassed. Example: I feel uncomfortable when people ask personal questions. This is the sentence in the medical history form: "If you are uncomfortable with any question, do not answer it." Explain what this means.

II. Read this conversation and answer the questions.

**Jan:** I went to the urgent care clinic yesterday.

**Ming:** Why did you go to the clinic?

**Jan:** I had a horrible headache. I was also vomiting. My husband was concerned about me.

**Ming:** I don't blame him. That sounds serious. What did the doctor say?

**Jan:** He asked me if I have had this condition long. I told him, "No." He said it was just a virus. He gave me some Tylenol.

**Ming:** Are you comfortable now?

**Jan:** I am not vomiting, but I still have a little headache. It's not very painful. I just feel uncomfortable.

**Ming:** I am sorry you are uncomfortable. I am concerned about you.

**Jan:** Thank you, Ming. I think I'll feel better tomorrow.

**Questions:**

1. Where did Jan go yesterday?
2. What were Jan's symptoms?
3. What did the doctor say?
4. Does Jan feel better?
5. Two people were concerned about Ming. Who are they?

**best estimate:** means best guess. If you can't remember when you had measles, you should try to guess or estimate. Estimate is both a verb and a noun. The pronunciation is different for each. Read the sentences below. Decide if estimate is used as a verb or a noun. Practice the pronunciation.

1. Please estimate how much coffee you drink each day.
2. My estimate is two cups a day.
3. I estimate it will take three and one half hours to drive to Dallas.
4. That estimate is probably correct.

**specific details:** The medical history form says, "Best estimates are fine if you cannot remember specific details". This means you should guess if you don't remember exactly.

**present health concerns:** This means what medical problems do you have now?

**medications:** a drug used for medical treatment. Example: I take medication for high blood pressure.

**prescription or non-prescription:** The doctor gives you a prescription for drugs you need. You can't buy these drugs without a prescription. That is a prescription drug. A non-prescription drug is one you can buy without a prescription.

**vitamins:** chemicals in food that you need to stay healthy. Some people take vitamin pills every day.

**birth control pills:** pills you take so you don't get pregnant

**herbs:** a plant used as medicine. Chamomile and lavender are herbs. Example: He drinks chamomile tea every night to sleep well.

**herbal:** something made with herbs. Example: I love to drink herbal tea. Dad uses herbal remedies when he has an upset stomach.

**dosage:** the dosage of a drug is the amount you need to take. Example: The dosage for Tylenol is two capsules every four hours.

**allergies or reactions to medicines/foods/ other agents:** If you have a reaction to a drug, you might have a rash, or it might make you dizzy or sick. This question is asking you what medicines you are allergic to. If you have allergies that make you sick, you "**suffer**" from allergies. Example: Jo suffers from allergies to cedar pollen.

**side effects:** Some drugs have side effects. They cause problems for your body. For example, one side effect of Lipitor is that it causes your muscles to ache. A side effect of some drugs is nausea.

*III. Use the vocabulary words above to fill in the blanks in these sentences.*

1. She has an \_\_\_\_\_ to peanuts. If she eats peanuts, she throws up.
2. I take \_\_\_\_\_ every day because I don't have good nutrition.
3. Bob and Sara don't want to have a baby yet. Sara takes \_\_\_\_\_.
4. Mother's \_\_\_\_\_ is not good. She is overweight and has high blood pressure. She suffers from dizziness.
5. Mother suggested I drink \_\_\_\_\_ tea with peppermint for my nausea.
6. My daughter \_\_\_\_\_ from allergies every year when the trees bloom.
7. I can buy aspirin at the grocery store. It is a \_\_\_\_\_ drug.
8. The \_\_\_\_\_ for this drug is one teaspoonful twice daily.