

FUMC ESL 3-7-2022 High Intermediate and Advanced Lesson

**Note to Teachers:** This is a long, very involved lesson. Please don't rush through it. If you don't finish, we can put it on the next lesson to discuss.

**Introduce yourself.** Tell where you are from and where you live now. During Covid, many of us have had "cabin fever". That means we're tired of being cooped up in our houses and not being able to go out and see friends. How did you fight cabin fever during Covid?

**Review the symptoms and injury vocabulary from below. Ask questions about this vocabulary and how to use it.**

 **Symptoms and Injuries**

							
							
							
1. headache	2. toothache	3. earache	4. stomachache	5. backache			
6. sore throat	7. nasal congestion	8. fever / temperature	9. chills	10. rash			
A. cough	B. sneeze	C. feel dizzy	D. feel nauseous	E. throw up / vomit			
							
11. insect bite	12. bruise	13. cut	14. sunburn	15. blister	16. swollen finger	17. bloody nose	18. sprained ankle

Most of the words in the picture above can be used with, I HAVE. EX: I have a cold, an earache, a sore throat, a high fever, chills...

But we don't say, "I have a sneeze." We say, "I am sneezing." We don't say, "I have a dizzy." We say, "I am dizzy or I feel dizzy. We don't have nauseous. We feel nauseous OR We have nausea. "I am nauseous." "I have nausea." Nausea is the condition where you feel you are going to vomit. We don't say, "I have vomit." We say, "I am vomiting." We could also say, "I have been vomiting."

A doctor might listen to your lungs and say, "breathe in." Or she might say, "Take a big breath and hold it." Breathe is the verb form of the noun "breath". They are spelled differently and pronounced differently.

### What questions do you have about medical issues?

**Read this conversation. Discuss the bold words and phrases. Ask questions about how these words and phrases are used.**

**Doctor:** I'm going to feel your **pulse**. Your heart beat is a little fast. Are you **nervous**?

**Patient:** No, I'm not nervous, but I am in pain. My head is **throbbing**!

**Doctor:** Is it a **sharp pain** or **dull pain**?

**Patient:** I don't know what you mean.

**Doctor:** Well a sharp pain is very **severe**. If you break a bone, you feel a sharp pain at the break. A dull pain is an **ache**. It hurts in a more general area.

**Patient:** It's a dull ache, but it is throbbing.

**Doctor:** The nurse **took your temperature**. She said you weren't **running a fever**.

**Patient:** Not this morning, but I had a fever last night before I went to bed.

**Doctor:** That's very common. Fever tends to **come on** in the afternoon and evening when we are more tired. I think you probably just have a cold. There are lots of **viruses** around at this time of year. It's cold outside so people **tend to gather** inside. Some people cough and sneeze into their hands, then shake hands with others. It's a good way to **spread germs**. It's better to cough or sneeze into a **tissue**. Or if you don't have a tissue, into your sleeve.

**Patient:** I seem to **catch a cold** every winter. I've tried some home **remedies**, like eating chicken soup, but it didn't make me feel any better.

**Doctor:** Unfortunately the best **cure** is drink lots of **fluids** and get lots of rest. It will **run its course** in a few days. I'm sorry I don't have any **miracle cure** for you.

**Use one of the bold words or phrases from this table to fill in the blanks.**

gather	tissue	throbs	remedy	ache
severe	fluid	heart	run a fever	spread

1. Your pulse measures how fast your \_\_\_\_\_ beats.
2. \_\_\_\_\_ means very bad or serious.
3. An \_\_\_\_\_ means something that hurts. It rhymes with "bake".
4. If something \_\_\_\_\_ it hurts regularly. It rhymes with "robs".
5. If you \_\_\_\_\_, your temperature is more than 99 degrees.
6. When people come together they \_\_\_\_\_. This word rhymes with rather.
7. If you give your viruses to other people, you \_\_\_\_\_ the virus.
8. A soft, thin paper used to blow your nose is a \_\_\_\_\_.
9. A \_\_\_\_\_ is a cure. A home remedy is not a medicine you buy at the pharmacy, but something you make at home.
10. A \_\_\_\_\_ is a liquid.

**Kay:** Doctor, have you **examined** my father?

**Doctor:** Yes, I have. And I have a **diagnosis**. Your father is **suffering from dementia**.

**Kay:** That is what I **suspected**. He doesn't remember anything these days. It is very sad. Is there a cure?

**Doctor:** Unfortunately not. And your father will probably continue to get worse. I'm sorry. Many people your father's age suffer from dementia. It **robs them of their memories**.

1. Do any of your family suffer from dementia?
2. Is it common in your country to have your parents live with you when they are old and unable to care for themselves?

**Idioms– Fill in the blank with the correct idiom.**

1. It took a while to heal his back pain but he's finally better again. He is \_\_\_\_\_.

**Answer:**

- in labor
- back on his feet
- having a check-up
- at death's door

2. She fell off her horse and was bruised all over. She was \_\_\_\_\_.

**Answer:**

- over the hill
- green around the gills
- out of shape
- black and blue

3. I thought the pain was almost gone but then it suddenly got worse again. The pain \_\_\_\_\_.

**Answer:**

- flared up
- blacked out
- broke down
- passed out

4. My back is really hurting. It's \_\_\_\_\_.

**Answer:**

black and blue  
killing me  
on the mend  
feeling blue

5. If someone is very worried about something, they are \_\_\_\_\_.

**Answer:**

worried out  
worried sick  
worried over  
worried under

6. If you get sick, you \_\_\_\_\_.

**Answer:**

over tire  
get goose bumps  
come down with something  
get to first base

7. If you do too much exercise or work, you might \_\_\_\_\_.

**Answer:**

get goose bumps  
go under the knife  
get a clean bill of health  
get overtired

8. Many people in that family have diabetes. His grandfather, father and two uncles have diabetes. The doctor says diabetes \_\_\_\_\_.

**Answer:**

runs in the family  
is over the hill  
is very ill  
catches colds

### **Discussion**

1. Do you get sick a lot? Do your children get sick? When your children are sick, do you often catch their illness?

2. Have you ever had an ear infection or strep throat?

3. What do you do to prevent illness?

4. Do you have any home remedies for an illness? Do you think home remedies work?

5. Have you been to a doctor in the U.S.? Have you been to a hospital here? Tell about your experience seeing a doctor or going to a hospital. Explain how it differs from health care in your country.

6. Have you ever gone "under the knife"?

**Teachers, the following section is not meant to be covered in the lesson unless the students ask about it or you end up with extra time. It is just general information that**

**might be helpful to some students. You may have additional medical information that you want to share with the students as well.**

### **Initials You Might Need to Know:**

**E.R.** refers to an emergency room. **Note:** If you hurt yourself or are sick, but it is not **life threatening**, you can go to an emergency clinic. They might be **associated** with a hospital but are usually not located in a hospital. For example, near my house is the St. David's emergency clinic. It is staffed by doctors. They can take care of most illnesses and simple injuries. I went there when I broke my finger. They are much cheaper than going to a hospital emergency room. There are many of these clinics. They are frequently in the larger shopping centers. You can google, "emergency clinics near me" to see a map of locations. Be sure to ask about **fees** BEFORE you get treated. Some of these emergency clinics do not take insurance and charge very high fees. You might ask your neighbors what their experience has been with emergency clinics near you.

**BP:** This stands for blood pressure. Most pharmacies have machines that measure your blood pressure. If high blood pressure is a problem for you, you might want to locate a place you can measure your BP.

**RX:** This the abbreviation for a prescription. You can fill a prescription at all pharmacies. Pharmacies also have a good supply of **OTC** medications. OTC means over the counter. In other words, medicines you can buy without a prescription. Most grocery stores have a pharmacy attached. At the pharmacy, you can also get vaccinations and shots. Most common are flu shots, covid vaccinations and boosters, and shingles vaccines. If you have a mild illness like a cold, you can ask to speak to the pharmacist. They can recommend OTC medicines to relieve your symptoms. But they are not doctors, so can't prescribe prescription drugs.

**PA and NP's:** A PA is a physician's assistant. An NP is a nurse practitioner. These are people with extensive medical training. Many doctor's employ PA's or NPR's in their practice to see patients. Then if the PA or NPR feels they need to see the doctor, the doctor will come in and see the patient. In many states, NP's can see patients without being under the supervision of a doctor.