

BLOQUE III – GENERAL HEALTH I

UNIT 9

“ASTHMA”

Asthma is a disease of the lungs that is characterized by tightening of the airways. Common symptoms of asthma are wheezing, shortness of breath, coughing, chest pain, tightness or pressure. Many of these conditions are reversible with medication but not 100% reversible in all patients. Some common features of asthma are inflammation, airway obstruction and airway sensitivity. Some risk factors for asthma are a family history of asthma, regular lung infections, presence of allergies, exposure to tobacco smoke, low birth weight, and being male.

The current rise in asthma cases among children is alarming. Asthma may occur at any age but is very common in children. Approximately 10% of children have asthma and that rate may rise in the future. Experts don't agree why the rate is increasing but here are some ideas:

- Children are being exposed to more triggers (things that bring on asthma attacks; dust, tobacco smoke, pollution)
- Children don't have strong immune systems (they aren't exposed to many childhood diseases.)
- Decreases in the rates of breast feeding may also play a role

Asthma is a disease that causes many problems for the patient. However, it can be controlled. With the right information and medical attention medical professionals can prevent many deaths.

KEYWORDS:

Asthma	Symptoms	Treatment	Obstruction
Disease	Tightness	Signs	Exposure
Condition	Wheezing	Features	Allergens
Immune System	Pressure	Sensitivity	Breath
Breathe	Infection	Inflammation	

A) Answer the following questions:

1. What are some common symptoms associated with asthma?

- A. shortness of breath
- B. coughing
- C. chest pain
- D. all of the above

2. What age does asthma present at?

- A. any age
- B. childhood
- C. 30s
- D. 10-12 years

3. Asthma is a _____ of the lungs

- A. part
- B. disease
- C. risk factor
- D. symptom

4. Family history of asthma, regular lung infections, and exposure to tobacco smoke are all _____ of asthma

- A. risk factors
- B. triggers
- C. diseases
- D. exposure

5. Recently, there has been an increase in asthma cases among _____

- A. young adults
- B. IV drug users
- C. the elderly
- D. children

6. Many of the symptoms of asthma are 100% _____ with medication in some patients

- A. reversible
- B. stronger
- C. avoidable
- D. sensitivity

7. What percentage of children has asthma?

- A. 20%
- B. 1%
- C. 10%
- D. 15%

8. What is one idea why the asthma rate is increasing in children?

- A. Children are being exposed to more triggers
- B. Children have strong immune systems
- C. Breast feeding has increased
- D. More children are smoking

9. Airway obstruction and airway sensitivity are common _____ of asthma

- A. diseases
- B. triggers
- C. features
- D. risk factors

10. Asthma is a disease that causes _____

- A. severe headaches
- B. tightening of airways
- C. relaxation of the lungs
- D. medication

UNIT 10

“TYPE I DIABETES”

Type I Diabetes is an autoimmune disease. It is thought to be caused by an environmental trigger (possibly a virus or toxin but doctors aren't sure.) This trigger causes the immune system to attack beta cells in the pancreas. Beta cells produce insulin, and after the immune system damages enough beta cells, the body cannot produce sufficient insulin supplies.

Type I diabetes can present at any age but usually presents before the age of 20 and the symptoms are subtle. Some of the more common symptoms are frequent urination, unexplainable weight loss, hunger after meals, fatigue, blurred vision and dehydration complications. Filtering of glucose by the kidneys results in large amounts of water loss causing dehydration. Dehydration associated with hyperglycaemia (high blood sugar) causes increased thirst and dry mouth, as well as increased skin, urinary tract, and vaginal infections.

Diagnosis is usually made by detection of abnormalities in blood glucose levels and by glucose or ketone bodies in the urine. Because of the high risks associated with hyperglycaemia and the difficulties associated with therapy, it is suggested patients visit a diabetes nurse for regular monitoring, counselling and follow-up.

KEYWORDS:

Abnormality	Dehydration	Infection
Blood vessels	Diagnosis	Insulin
Cells	Function	Kidney
Circulatory	Glucose	Nerve
Complications	Hyperglycaemia	Nutrients
Damage	Immune System	Pancreas

A) Answer the following questions

1. What type of disease is type I diabetes?
2. Why can't the body produce insulin in type I diabetes?
3. What are common symptoms of type I diabetes?
4. What are the problems associated with dehydration?
5. How is diabetes usually diagnosed?

UNIT 11

“TYPE II DIABETES”

Type II diabetes is the most common of the two forms of diabetes, affecting 90% or greater of the people with diabetes. In type II diabetes, the pancreas produces insulin, but the cells of the body become resistant or the amount of insulin produced is not enough. Glucose builds up in the blood stream (hyperglycaemia,) and the cells of the body are unable to function properly.

Type II diabetes can affect anyone at any age but is more common in overweight populations, people with a family history of type II diabetes, the elderly, and people with metabolic syndrome (problems with hypertension and cholesterol issues.) The origin is still unknown, but it is probably a combination of factors.

Many life-threatening problems can occur with uncontrolled blood glucose levels like stroke, heart attack, cataracts, diabetic foot, glaucoma, etc. The three most notable are diabetic retinopathy, diabetic nephropathy (kidney damage), and circulatory problems (peripheral artery disease) - nerve damage (peripheral neuropathy).

- Retinopathy is caused by damage to the small blood vessels of the retina. These blood vessels begin to filter fluid into the retina which leads to blurred vision.
- Nephropathy is caused by destruction of the small vessels in the nephrons (functional units of the kidney) allowing protein to flow into the urine. As this nephropathy continues, the function of the kidney declines and leads to kidney failure and end-stage kidney disease.
- Peripheral artery disease and peripheral neuropathy are caused by a hardening of the arteries. This causes loss of sensation, risk of ulcers, infection and can lead to amputation.

The effects of type II diabetes on the body are often irreversible and complicated. Quick diagnosis, immediate strict control of blood glucose levels and patient education are crucial to avoid further complications.

KEYWORDS:

Amputation	Arteries	Overweight	Blurred
Metabolic syndrome	Retina Failure	Nephrons	Retinopathy
Fatigue	Neuropathy	Therapy	Hypertension
Numbness	Ulcers	Injections	Obesity
Life expectancy			

Answer the following questions

1. What is the problem with type II diabetes?
2. What populations are most affected by type II diabetes?
3. Which life-threatening problems can occur with uncontrolled blood glucose levels?
4. What are some of the most notable complications associated with type II diabetes?
5. Which actions are crucial in order to avoid complications?

HELPING PATIENTS WITH DIABETES MANAGEMENT.

DOING A BLOOD SUGAR TEST:

A. Label the pictures (1-5) below using the words in the box. Which piece of equipment is not used in a blood sugar test?

Blood testing strips cotton swabs glucometer
lancets urinalysis sticks

1. _____



2. _____



3. _____



4. _____



5. _____



B. Match the types of diabetes (1-3) to the definitions (a-c)

- | | |
|----------------|--|
| 1. Type 1 | a. diabetes during pregnancy |
| 2. Type 2 | b. diabetes controlled by insulin |
| 3. Gestational | c. diabetes usually controlled by medication, diet and exercises |

C. Look at the pictures and complete the sentence using the phrases in the box.

.... a drop of blood on the test strip.
.... for the result to flash on the screen
.... hold out your finger, please?
.... it on your chart now.
.... prick the side of your finger with this lancet.
.... a test strip in the glucometer.
.... the cotton swab on your finger now.
.... ~~your blood glucose level before you see the doctor. Is that OK?~~



1. I need to check your blood glucose level before you see the doctor. Is that OK?



2. I'll just put _____



3. Can you _____

WHICH JOB?

Work with a partner and match each quote with a job:

1. Can you read the bottom line of letters? _____

2. Today I delivered two sets of twins! _____

3. I go around delivering mail every morning _____

4. Clamps.... Suction.... Forceps... needle. _____

5. Bend your knee ten times and then rest _____

6. Open wide _____

7. I'm examining a culture of organisms extracted from a patient _____

8. This machine will give us a picture of your lungs.

9. I'm arranging an appointment now. _____

10. We're going to move you on this stretcher.

11. Move your feet, please. I need to disinfect the floor _____

- a. Lab technician
- b. Physiotherapist
- c. Radiologist
- d. Porter
- e. Receptionist
- f. Optician
- g. Dentist
- h. Surgeon
- i. Midwife
- j. Cleaner
- k. Paramedic

WHAT'S WRONG WITH MY PATIENT?

A. You keep being sick. Your neck feels stiff. You have a headache. You have to wear your sunglasses all the time, because the light hurts your eyes. Your temperature is high, and you just can't think clearly.

B. You've had a bad cough for a week. You are coughing up bright green phlegm and you are wheezing. You feel sick, your lips look a little purple and you are short of breath. It hurts when you breathe.

C. You feel extremely tired all the time. You also get shivery then hot. You noticed blood in your urine this morning. You feel sick, although you haven't actually been sick yet. Your back aches and you have a temperature. It is painful to pass urine.

D. Your muscles really ache. Your hands and feet feel cold. You feel a bit sick; you are extremely weak and fatigued. Your heart is beating very fast, and you have a really high temperature (39.2).

E. You have a temperature of 38.5. You were sick several times in the night and you have been having diarrhoea. Your tongue and your skin are very dry, and you've completely lost your appetite.

A) Find the word:

1. Which of these things has nothing to do with illness or disease?

- a) heart trouble
- b) high blood pressure
- c) a heart attack
- d) a broken heart

2. Suppose someone tells you “I am feeling very run down”. Which answer would be the best?

- a) really? Were any bones broken?
- b) Perhaps you should take a rest or go on holiday
- c) I don't want to run any more, either

3. How many of these things can you catch?

- a) a ball
- b) a bus
- c) a cold
- d) a headache
- e) pneumonia
- f) toothache
- g) a train

4. When people are homesick, they:

- a) have to stay at home because of illness
- b) don't want to stay at home any more
- c) wish they were back home

5. When people are under the weather, they:

- a) can see heavy clouds coming
- b) don't feel very well or happy
- c) get wet because the rain is heavy

6. Only two of these things bleed. Which?

- a) a bruise
- b) a blister
- c) a cut
- d) a wound
- e) a pain

7. If a woman says she gets hay fever every summer, she means that she:

- a) gets a strange infection
- b) doesn't like the heat
- c) is allergic to something in the air

8. If a man has a hangover, it means that:

- a) he had too much to drink yesterday
- b) his stomach is so big he can't see his feet
- c) he should lose a lot of weight

9. Which of these things can be sharp?

- a) a knife b) a cold c) a pain d) an illness

10. Which of these things can be heavy?

- a) a bag b) a cold c) a pain d) an illness

11. I'm sick of this food, means:

- a) this food has made me ill
- b) if I eat this food, I will be ill
- c) I don't want to eat it any more

12. If someone suddenly stops eating and says "Oh dear, I think I'm going to be sick", they probably mean:

- a) This food isn't going to be in my stomach much longer
- b) I'm going to sneeze or cough
- c) I have a bad stomachache

13. What would you say if someone told you “I passed out yesterday”?

- a) Congratulations
- b) Why? Did you have too much to drink? Or were you ill?
- c) Where did you go?

14. When people say “There’s a strange bug going around”, they are probably talking about:

- a) some kind of unusual insect
- b) a cold or other illness a lot of people have
- c) something that makes certain types of food unsafe to eat

15. What do surgeons do to people?

- a) they operate them
- b) they operate on them
- c) they hand them

B) Find the correct preposition

1. That man gets _____ my nerves
2. She died _____ heart failure
3. He is suffering _____ a strange disease
4. I’m allergic _____ penicillin
5. I have a strange pain _____ my back
6. He had a fever which developed _____ pneumonia
7. In the car crash he had several injuries _____ his face and legs
8. He will have scars _____ his face for the rest of his life
9. My father is slightly deaf _____ one ear
10. He is also blind _____ one eye

C) Match the condition with its symptoms and then with the correct treatment.

CONDITION

SYMPTOMS

- | | |
|--------------------------|--|
| A) Indigestion | 1. My stomach hurts badly, and I've got diarrhea. When I eat something, I have to throw up. I feel nauseous. |
| B) A flu | 2. Every night I lie awake and I can't fall asleep. I feel exhausted |
| C) A cold | 3. I've got stomachache and heartburn after eating. |
| D) Constipation | 4. I feel itchy and scratchy. I have to scratch my skin all the time |
| E) A bad cough | 5. I've got a stuffy nose and strong headaches. I have had fever for 2 days. I feel tired and I've lost my appetite. My muscles ache and I feel dizzy. |
| F) Insomnia | 6. My throat hurts badly. I can't eat anything, and I can't sleep because I feel terrible: I've got chills. |
| G) Sore throat | 7. I've got a runny nose and can't breathe well. I have a splitting headache. |
| H) Food poisoning | 8. I can't stop coughing. My chest and my back hurt. |
| I) Rash | 9. My belly is swollen, it's always hard to defecate. |

TREATMENT

CONDITION

- | | |
|--|--------------------------|
| 1. Don't eat solid food and drink fluids. Avoid sugary drinks. Eating should begin slowly, when nausea and vomiting have stopped. You can eat plain foods that are easy on the stomach: rice, wheat, breads, potatoes, low-sugar cereals, lean meats and chicken to start. | A) Indigestion |
| 2. Eat healthy and exercise regularly. Take sleeping pills when you feel too tired. | B) A flu |
| 3. Avoid spicy or fried food. Cut down on salt, fat and sugar and eat small portions of food. If you don't get better, we might have to run some tests. | C) A cold |
| 4. Apply a soothing ointment on the affected areas, wash your skin with antibacterial lotion. | D) Constipation |
| 5. Take paracetamol and antiviral medication 3 times daily after meals, get a lot of rest and drink a lot of fluids. | E) A bad cough |
| 6. Take antibiotics every 8 hours. Use honey drops to soothe the pain. | F) Insomnia |
| 7. Take aspirin to appease your headache and nasal drops three times a day. Get some rest. | G) Sore throat |
| 8. Take cough syrup twice a day. If the cough doesn't stop, you'll have to come back to take an x-ray. | H) Food poisoning |
| 9. Take a laxative every morning for 2 days. Get some exercise and eat lots of fruit and veggies. | I) Rash |

D) Translate the following sentences into English:

1. El niño llegó al centro de salud con sibilancias y dificultad respiratoria
2. La contaminación produce enfermedades respiratorias
3. Los pacientes diabéticos deben cuidarse si quieren evitar más complicaciones
4. En los diabéticos Tipo I el páncreas no funciona
5. En los diabéticos Tipo II hay resistencia celular a la insulina
6. ¿Le parece bien si le mido el azúcar en sangre con un pequeño pinchazo?
7. La fotofobia es uno de los síntomas de la meningitis
8. Mi compañero de trabajo no se encuentra muy bien hoy
9. Cuando alguien tiene gastroenteritis tiene náuseas, diarrea y vómitos

COMMUNICATION

USEFUL EXPRESSIONS FOR A DIALOGUE:

- ⇒ I'm asthmatic/diabetic/ epileptic, etc.
- ⇒ I need another inhaler/some more insulin/some medicine, etc.
- ⇒ I'm having difficulty breathing
- ⇒ I've got very little energy
- ⇒ I've been feeling very tired
- ⇒ I've been feeling depressed
- ⇒ I've been having difficulty sleeping
- ⇒ How long have you been feeling like this?
- ⇒ How have you been feeling generally?
- ⇒ Is there any possibility you might be pregnant?
- ⇒ I think I might be pregnant
- ⇒ Do you have any allergies?
- ⇒ I'm allergic to antibiotics
- ⇒ Are you on any sort of medication?
- ⇒ I need a sick note
- ⇒ Cough, please
- ⇒ The doctor has prescribed you some antibiotics/ a syrup for your cough/ a cream for your rash, etc.
- ⇒ Prescription
- ⇒ What are your symptoms?
- ⇒ I've got a temperature/sore throat/headache/rash
- ⇒ I've been having headaches
- ⇒ I'm very congested
- ⇒ Have an allergy
- ⇒ I want to make sure I know what your blood pressure problems are as well as your diabetes, since one can affect the other

DIALOGUES

A) Read the following example of dialogue:

Nurse: Good morning Mr./Ms. ____ . How are you doing today?

Patient: Not very well nurse, I have a sore throat and runny nose.

Nurse: Do you have any other symptoms, fever or diarrhea perhaps?

Patient: Not really nurse, but I did have a bit of headache this morning when I woke up.

Nurse: Okay, so I'll ask the doctor to have a look at your throat, it might be irritated.

Patient: Sounds great nurse, could the doctor give me a note so I can miss work without getting fired?

Nurse: You are not contagious, so he will probably give you a note for one day. I think he will prescribe you some throat lozenges and nose drops, they should help. Tomorrow you will have to return to work.

Patient: Okay, thank you for your time.

Nurse: You are welcome, just wait for the doctor to come. Get well soon.

A) After reading useful expressions for a dialogue and the examples above, create your own dialogue considering the following premises:

- Think about the patient situation
- What the patient symptoms are
- How the patient feels
- How long the patient has had those symptoms
- Talk about treatment/medication
- Talk about eating habits/ lifestyle
- Talk about other health problems