

1. The lymphatic system video: Look at the questions and answer them, then watch the video to see whether your answers were correct.

1. Why is sometimes the lymphatic system referred to as the immune system?
2. Where is the excessive fluid which leaks during diffusion collected?
3. What happens to lymph in lymph nodes?
4. Why do doctors feel your lymph nodes when they examine you?
5. Where is the thymus located and what is its function?
6. Which lymphatic organ helps the organism to get rid of old red blood cells?
7. How can spleen help you if you are haemorrhaging?
8. What makes the lymph move?

Reading

- 1** Work in pairs. Discuss these questions.
 - 1 What do you know about hypertension?
 - 2 What are the causes? What is the usual presentation?
 - 3 Have you treated a patient with hypertension? Was it drug or non-drug treatment?
- 2** Find these items in the text.
 - 1 a definition
 - 2 an effect of treatment
 - 3 prevalence of high BP
 - 4 precipitating factors / aetiology of the high BP
 - 5 a connection with other illnesses

High Blood Pressure – Hypertension

Hypertension (HT) is commonly called high blood pressure, nowadays (2005 on) defined as above 140/85 mm Hg; or if one is diabetic, over 135/80. About 38% of UK adults have hypertension. Advice and treatment includes exercise, lifestyle changes, and / or diet changes, as well as drugs.

Possibly as many as 16 million UK people have high blood pressure, and the proportion of the population is slowly increasing over the years. About 5% have an obvious underlying cause such as kidney disease. Most of the rest have no single obvious cause. Some have a genetic component, with hypertension tending to run in families. In addition there are environmental and lifestyle factors. The most important causes are being obese, smoking, too much alcohol, too much salt, stress, lack of exercise, poor diet, too little potassium, and family history of relatives with hypertension. Oily fish with

omega-3 fatty acids is protective against high blood pressure and heart disease.

Hypertension – why worry if you feel OK?

High blood pressure does not necessarily make someone feel unwell; however, if untreated it tends to cause damage to blood vessels and the heart. The link between hypertension and coronary heart disease and stroke is very well established.

Correct treatment of hypertension reduces the risk of a heart attack by about 20% and reduces the risk of stroke by about 40%. Here risk is based on the observed reduced occurrences in treated past patients. The purpose of treating hypertension is to prevent this damage to blood vessels and the heart from occurring and so help to prevent these illnesses. Most people with hypertension need tablets to lower their blood pressure. Usually, they need

to continue them for life. These tablets are very successful at preventing heart attacks and strokes and have very few side effects.

Five self-help measures are suggested:

- Avoid being overweight.
- Reduce salt intake.
- Keep alcohol down.
- Exercise can reduce your blood pressure and help to keep your weight down. Start slowly and build up. Walking is excellent. Aim for 20 to 30 minutes' activity at least three times a week. Or even better, walk for half an hour five times per week, which is better than more intense exercise for a shorter time.
- Don't smoke.

3. Patient with hypertension

You have a patient with hypertension. Her name is Ms Sweet, she is 52 years old. She is 162 cm tall and weighs 112 kg. She enjoys eating junk food, and gave up swimming 5 years ago because she has too much work both in her job and at home. She is an occasional smoker and cannot live with at least 5 cups of coffee a day. What would you recommend to her?

4. Match the parts of sentences below and finish them so that you give advice to Ms Sweet. Which of these sentences are suggestions and which 'strong advice'?

You will need	of -ing
Have you ever	tried to...
Have you ever thought	and do...
I would strongly	have to...
It is better for	to stop -ing
You might	want to...
You could try	you if you...
You are going to	advise you to...

5. Complete each sentence with a word made from the word given in brackets. The word must be spelled correctly.

1. The lymphatic system engages in _____ of fats. (ABSORB)
2. Aortic valve stenosis is a disease caused by _____ opening of the aortic valve. (COMPLETE)
3. Atherosclerosis is a general term for _____ of the arteries. (HARD)
4. It endangers a person's life if _____ materials accumulate on the walls of arteries. (FAT)
5. A stroke may cause memory _____ (LOSE), speech _____ (IMPAIR) or even _____ (DIE).
6. The rupture of atherosclerotic plaque may cause _____ of a coronary artery. (BLOCK)
7. Heart attack often presents as chest pain, _____ (SHORT) of breath and _____ (ANXIOUS).
8. Hypertension may cause kidney _____ (FAIL).
9. _____ heart disease affects the heart muscle. (INFLAME)

6. Language of discussion

Expressing opinion

Clarifying your ideas

Agreeing

Disagreeing