

You should be able to answer the following questions:

What causes atherosclerosis?

What are the symptoms of heart attack?

What is the difference between thrombosis and embolism?

What is the lymphatic system responsible for?

Make sure you know these words:

plaque

sudden cardiac arrest

angina

stroke

sufficient

sweat

palpitation

nausea

fever

valve

anxiety

elevate

Describe these diseases using your own words:

Heart attack

Sudden cardiac arrest

Hypertension

Heart failure

Valvular heart disease

Varicose veins

Angina

Thrombosis

Aortic valve stenosis

Ischemic heart disease

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?
lymphatic system helps fight off infections
2. Where is the excessive fluid which leaks during diffusion collected?
in the lymphatic capillaries
3. What happens to lymph in lymph nodes? It is cleaned there.
4. Why do doctors feel your lymph nodes when they examine you?
To find out whether your lymph nodes are swollen, which is a sign of infection.
5. Where is the thymus located and what is its function? above the heart
6. Which lymphatic organ helps the organism to get rid of old red blood cells? spleen
7. How can spleen help you if you are haemorrhaging? It serves as an emergency storage of blood.
8. What makes the lymph move? The movement of the skeletal muscles. (among others)

2. Reading: Hypertension

1. Hypertension (HT) is commonly called high blood pressure and it is defined as above 140 over 85 mm of mercury (Hg). In case the patient is diabetic values higher than 135/80 are considered to be HT.
2. Correct treatment of hypertension reduces the risk of a heart attack by about 20% and the risk of stroke by about 40%.
3. As many as 16 million UK people have high blood pressure
4. kidney disease, being obese, too much alcohol, too much salt, stress, lack of exercise, poor diet, too little potassium and family history (whether the disease runs in the family)
5. Kidney disease or diabetes are diseases contributing to the development of HT. HT may cause heart diseases and stroke.

How to give advice to a patient?

Stop smoking!

Would you be so kind as to think about taking this tablet once a day after meals?

Is it appropriate? How can you change it?

Stop smoking! - this may be considered too direct or even offensive by the patient (However, it depends on the situation)

Would... - this is overpolite, the patient won't think that taking the tablet is necessary

Write down some phrases that express:

suggestion / recommendation

advice

'strong advice'/command

4. Match the parts of sentences below and finish them so that you give advice to Ms Sweet.

suggested answers:

You will need to stop overeating.

'strong advice'

Have you ever tried to walk to your work?

suggestion

Have you ever thought of taking up some sport?

suggestion

I would strongly advise you to reduce the amount of coffee you drink.

'strong advice'

It is better for you if you stop smoking.

advice

You might want to drink tea instead of coffee.

suggestion

You could try and do yoga.

suggestion

You are going to have to lose some weight.

'strong advice'

You are a doctor and your partner Ms Sweet, make a dialogue.

5. Wordformation:

ABSORPTION, INCOMPLETE, HARDENING, FATTY, LOSS, IMPAIRMENT, DEATH, BLOCKAGE, SHORTNESS, ANXIETY, FAILURE, INFLAMMATORY, SHORTAGE

6. Language of discussion

Expressing opinion

Why don't we...?

If you ask me, I would say that ...

As far as I am concerned...

In my opinion/experience...

Clarifying your ideas

In other words ...

What I was trying to say was ...

(No) I didn't mean that, what I wanted to say was

Agreeing

Disagreeing

I couldn't agree more.
No doubt about it.
So do I. Neither do I.

But don't you think that...?
Nonsense!
I see what you mean, but...
I wouldn't say that...
I agree up to a point, but...

Heart Attack Grill.

1. You are going to watch a video called Heart Attack Grill. What is it going to be about? Tell your partner and use as many of the phrases above as possible.



2. Watch the video and answer the questions.

1. What is the Heart Attack Grill?
2. What do they serve?
3. What happened to their spokesperson Blair River?
4. Who is Jon Basso? What is his intention?
5. What does Marion Nestle think about the Heart Attack Grill?

Some other sources:

<http://www.heartattackgrill.com/>

<http://www.dailymail.co.uk/news/article-2101399/Heart-Attack-Grill-customer-Las-Vegas-suffers-cardiac-arrest-eating-Triple-Bypass-Burger.html>

Songs:

<https://www.youtube.com/watch?v=mDSFxcf2UgQ>

<https://www.youtube.com/watch?v=KSbbDnbSEyM>