

"You've got the blood pressure of a teenager – who lives on junk food, TV and the computer."



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## Listening 2

### Advice about lifestyle changes

- 1 Listen. Write down as many details as you can about the patient. Then compare your details in groups of four.



- 2 Before you listen again, can you answer any of the questions below from the information you have?
- 1 What evidence can you find of the doctor's good bedside manner?
  - 2 What evidence can you find of the patient's cooperative manner?
  - 3 How does the doctor seek to involve the patient in lifestyle changes?
  - 4 How does the doctor make a suggestion about lifestyle changes?
  - 5 How does the doctor reassure the patient of the effect of the lifestyle change suggested?
- 3 Listen again. Answer the questions.
- 4 What other lifestyle changes could the doctor encourage this patient to make? How else could the doctor phrase his suggestions?

### Patient care

When patients are hypertensive, they may have no symptoms. It is therefore not always easy for them to accept or follow any therapy or even remember to keep to it. You, therefore, need to be able to give patients advice and information in a way that fits the situation and doesn't put them off.

Look at the following examples:

*Stop smoking.*

The imperative here is inappropriate for giving patients advice about lifestyle changes.

*Have you thought about taking this tablet once a day after meals?*

The suggestion here doesn't work because you want to direct the patient. It would be better to say: *You take / Take this tablet ... or You'll need to take this tablet once a day after meals.*

- 1 Work in groups. Look at these statements. Where and when can you say them without annoying a patient? Which are appropriate for making suggestions to patients about changing their lifestyle to reduce the risk of future heart attack? Give reasons.
- 1 You'll need to stop smoking from now on.
  - 2 You could stop driving for a while, say six weeks.
  - 3 Have you ever tried to do any kind of sport?
  - 4 Don't take any alcohol.
  - 5 I'd strongly advise you to take the medication.
  - 6 It's better for you if you avoid salt.
  - 7 You need to make sure you take this regularly.
  - 8 You might want to take this medication from now on.
  - 9 You shouldn't eat fatty food like sweets and cakes.
  - 10 Try and give up smoking if you can.
  - 11 You take this one once a day, preferably in the evening.
  - 12 You need to come back and see me after one month.
- 2 Work in pairs. Write at least three sentences giving advice about these topics.
- 1 caffeine and caffeine-rich products
  - 2 relaxation / stress management
  - 3 dynamic exercise – walking, swimming, cycling
  - 4 salt intake
  - 5 fruit and fibre
- 3 Work in pairs. Using the notes you made in *Listening 2*, take turns role-playing the conversation between Mary and her GP. Continue giving advice to Mary about changes to lifestyle. Emphasize the benefits the changes will bring.

#### USEFUL EXPRESSIONS

*If you ...*

*It'll make you ...*

*You'll soon notice the difference.*

*It'll reduce ...*

*All being well, you'll have ...*

**1 Fill in the missing prepositions.**

1. Blood cholesterol is an important attribute in deciding a person's risk \_\_\_\_\_ getting coronary heart disease.
2. When people afflicted \_\_\_\_\_ haemophilia begin to bleed, they are given a transfusion.
3. This technique reduces the risk of rejection \_\_\_\_\_ heart-transplant patients.
4. These conditions are caused by infection \_\_\_\_\_ HIV.
5. Breast milk has been proven to transmit HIV \_\_\_\_\_ others.
6. Almost 75% of children suffering \_\_\_\_\_ leukemia survive.
7. Sepsis is often caused by organisms resistant \_\_\_\_\_ most standard antibiotics and more often than not, it is found \_\_\_\_\_ people with a weakened immune system.

**2 Answer the following questions with a partner.**

What diseases impact the arteries? What are the causes and possible consequences?

What inflammatory heart diseases do you know? Characterize them.

What two main kinds of obstructions are there? How do they differ?

What valvular heart diseases do you know? How do they progress?

What are the typical symptoms of a heart attack?

**3 Complete the table.**

Verb	Noun	Noun	Adjective
<i>auscultate</i>		<i>discomfort</i>	
<i>examine</i>		<i>heart</i>	<i>c</i>
<i>inspect</i>		<i>brain</i>	<i>c</i>
<i>palpate</i>		<i>valve</i>	
<i>percuss</i>		<i>vessel</i>	
<i>build up</i>		<i>vein</i>	

**4 Complete the sentences with the words in correct forms.**

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)