

G present perfect simple and continuous **V** illnesses and injuries **P** /ʃ/, /dʒ/, /tʃ/, and /k/

1 VOCABULARY illnesses and injuries

- a Take the first-aid quiz with a partner. As you read the options, try to figure out the meaning of the **highlighted** words and phrases.
- b **C Communication** Medical myths or first-aid facts? **A p.106**
B p.111 Check your answers to the quiz and explain the reasons to your partner.

c **V p.152 Vocabulary Bank** Illnesses and injuries

- d What illnesses or injuries might you get if you are...?

eating out hiking in the mountains
playing sports visiting a tropical country

MEDICAL MYTHS OR FIRST-AID FACTS?

First aid can help treat a minor injury, or even save a life in a medical emergency. However, it's important to know what **NOT** to do. Sometimes, incorrect first aid can actually be more harmful than helpful. So how useful is the advice you've heard? Take our quiz to find out.

For each question, decide which answers are myths (**M**) and which are facts (**F**).



- 1 What's the first thing you should put on a burn?

a ☐ butter
b ☐ cool **running water**
c ☐ an ice pack



- 2 How should you treat a sprained ankle?

a ☐ put a hot, **damp cloth** on the ankle
b ☐ put an ice pack on the ankle
c ☐ put the leg up, e.g., on a chair



- 3 What's the best thing to do for someone with hypothermia?

a ☐ **rub** their arms and legs to warm them up
b ☐ give them hot coffee
c ☐ cover them in something warm, e.g., a coat or a blanket



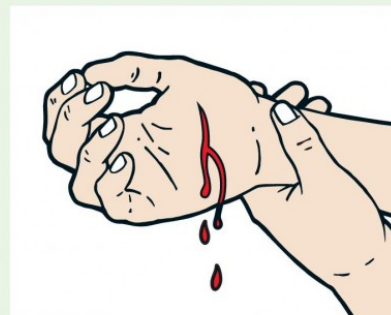
- 4 What's the first thing to do if someone is choking?

a ☐ stand behind them and **press** their stomach inwards
b ☐ make them continue to cough hard
c ☐ hit them hard on the back



- 5 What's the best way to stop a nosebleed?





a ☐ **tip** your head forwards
b ☐ **pinch** the soft part of your nose
c ☐ tip your head backwards



- 6 After you have cleaned a bad cut, what should you do...?

a ☐ put on a **bandage**
b ☐ put on antibiotic ointment
c ☐ leave it open to the air

2 PRONUNCIATION /f/, /dʒ/, /tʃ/, and /k/

1 	2 	3 	4 

- a How do you pronounce sounds 1–4 in the chart? Write the words from the box in the correct column.

ache allergic bandage choking
emergency infection injury pressure rash
sick stomach temperature unconscious

- b **2.5** Listen and check. Practice saying the words.
- c Use the words in a to answer questions 1–3 about the sound-spelling rules.
- What ways can you spell the /f/ sound? Which do you think is the most common?
 - How do you often pronounce g before i and e?
 - Which two ways can ch be pronounced? Which do you think is the more common?
- d **P p.166–7 Sound Bank** Look at the typical spellings for /f/, /dʒ/, /tʃ/, and /k/, and more examples. Practice saying the words.
- e **2.6** Look at some more medical words. Are they the same in your language? Which sounds in a do they contain? Listen and check.

cholesterol indigestion injection
operation scratch surgeon syringe

3 LISTENING & SPEAKING

- a Talk in pairs. What would you do and why?

If you were on the street and saw someone who had a medical problem, what would your immediate reaction be?

- I wouldn't do anything myself, but I would wait to see if someone else was able to help.
- I'd call an ambulance and stay with the person until it came.
- I'd go up to the person and see if I could do any first aid.

- b **2.7** You are going to listen to Bettina, Umesh, and Alison talking about a time when someone needed first aid. First, listen to some extracts and complete the expressions.

Bettina

- ...he didn't have a _____, so I thought he was probably _____.
- ...he took her to one side to _____.
- I kept going until the _____.
- ...because obviously she was _____.

Umesh

- ...an old lady stepped off the sidewalk in front of me and she _____ onto the street.
- She'd fallen pretty hard, but she _____.
- It was obviously an effort for her to sit up, it was _____.

Alison

- Then all of a sudden, he stopped walking and _____.
- Some teenagers in line _____.
- ...then they put him on a stretcher and _____.

- c **2.8** Now listen to their stories. When the incident happened, did they help? Why (not)?
- d Listen again and answer the questions for each story.
- What was he / she doing when it happened?
 - Who needed first aid? Why?
 - What did he / she do?
 - What happened in the end?
 - How did he / she feel a) during the event, b) after the event?
- e Talk in small groups.

Have you ever been in a situation where you had to give first aid? Who to? Where were you? What happened? How did you feel?

Has anyone ever had to give you first aid? Why? Where were you? What happened?

Have you ever received any first-aid training? If no, would you like to? In which jobs should people be given mandatory first-aid training?

What could you do if someone...?

- had a severe allergic reaction
- had a high temperature
- got very bad sunburn
- felt faint and dizzy
- got a big blister on their foot
- got food poisoning
- had an epileptic seizure

4 GRAMMAR present perfect simple and continuous



a **2.9** Listen to a conversation between a doctor and a patient and answer the questions.

- 1 What symptoms does the patient have?
- 2 What does he think might be wrong with him?
- 3 What does he think he needs?
- 4 What does the doctor suggest?

b **2.10** Listen to what the doctor and receptionist say after Mr. Payne has left. What do they think of him? Do you know the name for someone like this?

c **2.11** Now listen to some extracts from the conversation in **a** and circle the correct form, present perfect simple or continuous. Are there any where you think both options would also be possible?

- 1 I *haven't been feeling* / I *haven't felt* well for a few days.
- 2 I *'ve been coughing* / I *'ve coughed* a lot and I keep getting headaches.
- 3 What *have you been taking* / *have you taken* for the headaches?
- 4 How many tablets *have you been taking* / *have you taken* today?
- 5 And *have you taken* / *have you been taking* your temperature this morning?
- 6 Yes. I *'ve been taking it* / I *'ve taken it* five or six times already.
- 7 I think I need a blood test. I *haven't had* / *haven't been having* one for two months.

d **p.134 Grammar Bank 2A**

e In pairs, use the prompts to ask and answer the questions. The first question should be simple present and the second should be present perfect simple or continuous.

- 1 / often get colds? How many colds / *have* in the last three months?
- 2 / *take* any vitamins or supplements? How long / *take* them?
- 3 / *drink* much water? How many glasses / *drink* today?
- 4 / *exercise*? What? How long / *do* it?
- 5 / *eat* a lot of fruit and vegetables? How many servings / *have* today?
- 6 / *walk* to school (or work or college)? How far / *walk* today?
- 7 How many hours / *sleep* a night? / *sleep* well recently?
- 8 / *be* allergic to anything? / *ever have* a serious allergic reaction?

5 READING & SPEAKING

- a** Look at the title of the article on p.19 and read the first paragraph. With a partner, try to complete the definition of a **cyberchondriac**. Do you think the tone of the article is humorous or serious?

cyberchondriac /saɪbər'kɒndrɪæk/ (noun) a person who compulsively searches the internet for information about

b Now read the whole article.

Complete the summary of each paragraph with phrases a–e.

- 1 When the writer found out that she had a fast heart rate, she
 - 2 At the hospital, she discovered that she
 - 3 Since she returned from the hospital, she
 - 4 It's difficult to know from online information whether a condition
 - 5 A lot of online medical information
- a has been obsessively checking her symptoms online.
b googled the possible causes.
c isn't very reliable or up to date.
d was suffering from a chest infection and cyberchondria.
e is rare or very common.

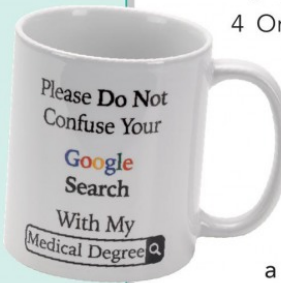
c The **highlighted** phrases in the article are related to medicine. Match them to definitions 1–7.

- 1 _____ the medical treatment of a heart problem that involves an operation
- 2 _____ successful treatments for an illness that was thought to be impossible to cure
- 3 _____ **IDM** not feeling very well
- 4 _____ exaggerated reports in the news that make people worry
- 5 _____ the most terrible situations that could happen
- 6 _____ the speed at which your heart beats
- 7 _____ an illness that could kill you

Confessions of a cyberchondriac

I'm sure that's what I've got...

- 1 A few weeks ago, I was feeling **under the weather**. After days of intensive internet diagnosis, I finally went to see my doctor. After examining me, she told me that my **heart rate** was a little fast and sent me off to the hospital for some tests. Did I go straight there? Of course not. First I took out my phone, logged on to Google, and found out that the technical term for a fast heart rate is *supraventricular tachycardia*. Then I typed these two words into Google. Sadly, the problem with Dr. Google is that he isn't exactly a comfort in times of crisis. One website immediately scared me with a list of 407 possible causes.
- 2 I raced to the hospital, convinced that I probably needed **open-heart surgery**. Four hours later, I got a diagnosis. I had a chest infection...and a bad case of *cyberchondria*. The only consolation for the latter condition is that I'm in good company. A Microsoft survey of one million internet users last year found that 2% of all searches – a not-insignificant number – were health-related.
- 3 Unfortunately, once you have it, cyberchondria can be hard to cure. Since my trip to the hospital, I have been obsessively checking my pulse, swapping symptoms in chat rooms, and reading all about **worst-case scenarios**. What if the doctors got it wrong? What if the EKG machine was faulty? It's exhausting trying to convince yourself that you might have a **life-threatening illness**.
- 4 The Microsoft study also revealed another serious problem – that online information often doesn't discriminate between common and very rare conditions. One in four of all articles thrown up by an internet search for *headache* suggested a brain tumor as a possible cause. Although it is true that this may be the cause, in fact, brain tumors develop in fewer than one in 50,000 people. People also assume that the first answers that come up in searches refer to the most common causes, so if you type in *mouth ulcer* and see that *mouth cancer* has several mentions near the top, you think that it must be very common. However, this is not the case at all.
- 5 Another problem for cyberchondriacs is that online medical information may be from an unreliable source, or out of date. A recent American study showed that 75% of the people who use the internet to look up information about their health do not check where that information came from, or the date it was created. "Once something has been put up on the internet, even if it's wrong, it's difficult to remove," says Sarah Jarvis, a doctor. "This is a problem, especially with **scare stories**, and also with some alternative remedies that claim to be **miracle cures**, but which may actually do you harm." Check the information? Sorry, I don't have time – I'm off to buy a heart-rate monitor!



- d Now read each paragraph again carefully and choose a, b, or c.
 - 1 The problem with Dr. Google is that the information is ____.
a insufficient b worrying c false
 - 2 Microsoft's survey discovered that ____ searches are about health.
a very few
b a lot of
c the majority of
 - 3 The information the writer has found since coming back from the hospital has ____.
a made her cyberchondria worse
b made no difference to her cyberchondria
c cured her cyberchondria
 - 4 One of the problems with internet searches is that they ____.
a don't rank answers in order of probability
b only focus on common illnesses
c don't always give an answer
 - 5 Most people are unlikely to check ____ health information was posted.
a why and by who
b how and when
c when and by who

- e In small groups, answer the questions. Ask for and give as much information as possible.

- 1 Do you know anyone who you think is a hypochondriac or a cyberchondriac? What kinds of things do they do?
- 2 Do you think people in your country worry a lot about their...?

blood pressure cholesterol level
digestive system liver

Give examples if you can. Are there other things related to health that they worry about?

6 WRITING

W p.115 Writing An informal email
Write an email to a friend explaining that you haven't been well, and saying what you've been doing recently.

Glossary

EKG machine electrocardiogram machine, used to test people's heart rate

1 AN INFORMAL EMAIL

From: Anna
To: johnstons586@gmail.com
Subject: News!

Hi Olivia,

Sorry that I **havent** been in touch for a while, but I've been sick. I got the flu last week and I had a **temprature** of 102°F, so I've been in bed **since** four days. I'm feeling a little better today, so I've been catching up on my emails. **Luckly** my college classes don't start until next week.

How are you? What have you been doing? **Anything exciting**. Here everyone **are** fine (apart from me and my flu!). My brother Mike started his new job with a **software-company** – I think I told you about it when I wrote last time – anyway, so far, he's really been enjoying it. How is your family? I hope **their** well.

I have some good news – I'm going to a conference in your town in **may**, from the 16th to the 20th. Could you **recomend** a hotel where I could stay near the downtown area? It needs to be somewhere not too expensive because my college is paying. I'll have a free half-day for **siteseeing**. Do you think **you'll be able show** me around? That would be great.

Well, that's all for now. Please give my regards to your family.

Hope to hear from you soon.

Take care,

Anna

PS Please reply to this email address. I've stopped using the old Yahoo one.



Beginning an informal email

When you are writing an informal email, it is more usual to start with *Hi* than with *Dear*.

- a Read the email from Anna. It has 12 **highlighted** mistakes – four grammar or vocabulary, four punctuation, and four spelling. With a partner, decide what kind of mistake each one is and correct it.

- b Read Anna's email again and find phrases that mean...
 emailed, messaged, or called
 reading and replying to
 Have you been doing anything fun?
 I don't have anymore news.
 send my best wishes to

- c You're going to answer Anna's email. Look at the **Useful language** expressions and try to complete them.



Useful language: an informal email

Opening expressions

Thanks ¹_____ your email / letter.

It was great ²_____ hear from you.

Sorry that I haven't been in touch for a while. / Sorry for ³_____ writing earlier.

I ⁴_____ you and your family are well.

Responding to news

Glad to ⁵_____ that you're all well.

Sorry ⁶_____ hear about your final grades.

Good ⁷_____ with the new job.

Hope you ⁸_____ better soon.

Closing expressions

Anyway, / Well, that's all ⁹_____ now.

¹⁰_____ my regards (love) to...

Hope to hear from you soon. / Looking ¹¹_____ to hearing from you soon.

Take ¹²_____ / (Lots of) love

¹³_____ wishes / Regards

Something you forgot and want to add

¹⁴_____ Don't forget to send me the photos you promised.

- d Plan the content of your email.

- 1 Underline the questions in the email that Anna wants you to answer.
- 2 Underline other places in the email where you think you need to respond, e.g., *I've been sick*.
- 3 Think about how to respond to each of the things you've underlined.

- e Write 140–190 words, in two or three paragraphs. Use informal language (contractions, etc.), and expressions from **Useful language**.

- f Check your email for mistakes (grammar, punctuation, and spelling).



present perfect simple and continuous

present perfect simple: *have / has + past participle*

- 1 Have you ever **broken** a bone?
I've never **seen** him before. 2.12
- 2 I've **called** for an ambulance, but it **hasn't arrived** yet.
I've already **told** you three times.
- 3 It's the best book I've ever **read**.
- 4 I've **known** Keiko since I was a child.
My sister **has been** sick for ten days now.
- 5 How many Patricia Cornwell novels **have** you **read**?
They've **seen** each other twice this week.

• We use the present perfect simple:

- 1 to talk about past experiences when you don't say when something happened, often with *ever* or *never*.
 - 2 with *yet* and *already*.
 - 3 with superlatives and *the first, second, last time*, etc.
 - 4 with nonaction verbs (= verbs not usually used in the continuous form, e.g., *be, need, know, like*, etc.) to say that something started in the past and is still true now.
- This use is common with time expressions like *How long...?*, *for* or *since*, *all day / evening*, etc.
 - Don't use the simple present in this situation. **NOT** ~~I know~~ Keiko since I was a child.
- 5 when we say or ask *how much / many* we have done or *how often* we have done something up to now.

present perfect continuous: *have / has + been + verb + -ing*

- 1 How long **have** you **been waiting** to see the doctor? 2.13
He's **been messaging** his girlfriend all evening.
- 2 I **haven't been sleeping** well recently.
It's **been raining** all day.
- 3 I've **been shopping** all morning. I'm exhausted.
My shoes are filthy. I've **been working** in the yard.

• We use the present perfect continuous:

- 1 with action verbs (e.g., *run, listen, study, cook*) to say that an action started in the past and is still happening now (unfinished actions).
- This use is common with time expressions like *How long...?*, *for* or *since*, *all day / evening*, etc.
- Don't use the present continuous in this situation.
NOT ~~I'm living here for the last three years.~~
- 2 for repeated actions, especially with a time expression, e.g., *all day, recently*.
- 3 for continuous actions that have just finished (but that have present results).

present perfect simple or continuous?

- 1 I've **been feeling terrible** for days.
He's **liked** classical music since he was a teenager. 2.14
- 2 She's **been having** a good time at school.
They've **had** that car for at least ten years.
- 3 We've **lived** in this town since 2010.
We've **been living** in a rented house for the last two months.
- 4 I've **painted** the kitchen. I've **been painting** the kitchen.

- 1 To talk about an unfinished action, we usually use the present perfect continuous with action verbs (e.g., *run, listen, study, cook*) and the present perfect simple with nonaction verbs (e.g., *be, need, know, like*, etc.).
- 2 Some verbs can be action or nonaction, depending on their meaning, e.g., *have a good time* = action, *have a car* = nonaction.
- 3 With the verbs *live* or *work*, you can often use the present perfect simple or continuous. However, we usually use the present perfect continuous for more temporary actions.
- 4 The present perfect simple emphasizes the completion of an action (= the kitchen has been painted). The present perfect continuous emphasizes the duration of an action (= the painting of the kitchen may not be finished yet).

a Circle the correct form. Check (✓) if both are possible.

Have you ever tried / ~~been trying~~ caviar?

- 1 She's worked / ~~been working~~ here since July.
- 2 Your mother has called / ~~been calling~~ three times this morning!
- 3 The kids are exhausted because they've run / ~~been running~~ around all day.
- 4 Tim and Lucy haven't seen / ~~been seeing~~ our new house yet.
- 5 I've never met / ~~been meeting~~ her boyfriend. Have you?
- 6 It's snowed / ~~been snowing~~ all morning.
- 7 My brother has lived / ~~been living~~ alone since his divorce.
- 8 I've read / ~~been reading~~ all morning. I've now read / ~~been reading~~ 100 pages.

b Complete the sentence with the present perfect simple or continuous of the verb in parentheses.

I've bought a new car. Do you like it? (buy)

- 1 We _____ Jack and Ann for years. (know)
- 2 You look really sweaty. _____ at the gym? (you / work out)
- 3 Emily _____ her homework yet, so I'm afraid she can't go out. (not do)
- 4 They don't live in Toronto. They _____. (move)
- 5 I hope they're getting along OK. They _____ a lot recently. (argue)
- 6 We _____ for hours. Is this the right way? (walk)
- 7 Why is my laptop on? _____ it? (you / use)
- 8 Oh, no! I _____ my finger on this knife. (cut)

1 MINOR ILLNESSES AND CONDITIONS

a Match the sentences with the pictures.

She has / She's got...

- ☐ a **cough** /kɒf/
- ☐ a **headache** /'hedeɪk/ (backache, earache, stomachache, toothache)
- ☐ 1 a **rash** /ræʃ/
- ☐ a **temperature** /'temprətʃər/
- ☐ **sunburn** /'sʌnbɜːn/
- ☐ She's **sick**. / She's **vomiting**. /'vɒmɪtɪŋ/
- ☐ She's **sneezing**. /'sniːzɪŋ/
- ☐ Her **ankle's swollen**. /'swʊlən/
- ☐ Her back **hurts**. /hɜːts/ / Her back **aches**. /eɪks/
- ☐ Her **finger's bleeding**. /'blɪdɪŋ/



b 2.1 Listen and check.

c Match the illnesses and conditions with their cause or symptoms.

- 1 ☐ B He has a **sore throat**. /sɔː θrəʊt/
- 2 ☐ He has **diarrhea**. /daɪə'riːə/
- 3 ☐ He **feels sick**. /'fiːlz sɪk/
- 4 ☐ He's **fainted**. /'feɪntəd/
- 5 ☐ He has a **blister** on his foot. /'blɪstər/
- 6 ☐ He has a **cold**. /ə 'kəʊld/
- 7 ☐ He has **the flu**. /flu/
- 8 ☐ He feels **dizzy**. /'dɪzi/
- 9 ☐ He's **cut himself**. /'kʌt hɪm'self/

- A He has a temperature and he aches all over.
- B It hurts when he talks or swallows food.
- C It's so hot in the room that he's lost consciousness.
- D He's been to the bathroom five times this morning.
- E He feels like he's going to vomit.
- F He's sneezing a lot and he has a cough.
- G He feels like everything is spinning around.
- H He's been walking in uncomfortable shoes.
- I He's bleeding.

d 2.2 Listen and check.

2 INJURIES AND MORE SERIOUS CONDITIONS

a Match the injuries with their causes or symptoms.

- 1 ☐ C He's **unconscious**. /ʌn'kɒŋʃəs/
- 2 ☐ He's had an **allergic reaction**. /ə'lɜːdʒɪk ri'ækʃn/
- 3 ☐ He's **sprained** his ankle. /spreɪnd/
- 4 ☐ He has **high** (low) **blood pressure**. /'blʌd preʃər/
- 5 ☐ He has **food poisoning**. /'fud pɔɪzənɪŋ/
- 6 ☐ He's **choking**. /'tʃʊkɪŋ/
- 7 ☐ He's **burned** his hand. /bɜːnd/
- A He spilled some boiling water on himself.
- B He fell badly and now it's swollen.
- C He's breathing, but his eyes are closed and he can't hear or feel anything.
- D It's 180 over 140.
- E He ate some chicken that wasn't fully cooked.
- F He was eating a steak and a piece got stuck in his throat.
- G He was stung by a wasp and now he has a rash and has difficulty breathing.



Common treatments for...

- a **cut** minor: put a bandage on it and antibiotic ointment, major: get stitches
- headaches** take **painkillers**
- an infection** take antibiotics
- a **sprained ankle** put ice on it and **bandage** it
- an allergic reaction** take antihistamine **tablets** / pills or apply cream

b 2.3 Listen and check.

ACTIVATION Cover the illnesses, injuries, and conditions in 1a/c (1–9) and 2a (1–7). Look at the pictures, or causes and symptoms, and say the sentences.

3 PHRASAL VERBS CONNECTED WITH ILLNESS

a Match the **bold** phrasal verbs to their meanings.

- Please **lie down** on the table. I'm going to examine you.
- I'd been standing for such a long time that I **passed out**, and when I **came around** I was lying on the floor.
- It often takes a long time to **get over** the flu.
- A few minutes after drinking the liquid I had to run to the bathroom to **throw up**.

- 1 _____ faint
- 2 _____ put your body in a horizontal position
- 3 _____ vomit, be sick
- 4 _____ get better / recover from something
- 5 _____ become conscious again

b 2.4 Listen and check.