

## 1 VOCABULARY & SPEAKING

### health and medicine

How much medical vocabulary do you know? Take the quiz in small groups.

#### How good a doctor are you?

##### 1 When might you get...?

- a a bruise
- b a blister
- c a rash
- d side effects

##### 2 Why might you be given...?

- a a bandage
- b a cast
- c antibiotics
- d stitches
- e an X-ray
- f an ultrasound
- g an anesthetic

##### 3 When might you need to see...?

- a your primary care physician
- b a specialist
- c a surgeon

##### 4 What are the symptoms of...?

- a a cold
- b the flu
- c food poisoning
- d a heart attack
- e asthma
- f a stroke

##### 5 What might happen to you if you...?

- a had to stand for a long time in a hot, crowded room
- b were stung on your hand by a bee
- c turned on a light with wet hands

## 2 READING

- a With a partner, look at the list below. Which things do you think most doctors might not want to do themselves?

follow a low-carb diet  
go to the doctor with a long list of symptoms  
have a full health check  
have cosmetic surgery  
see a life coach  
eat fried, fatty foods  
sunbathe  
take anti-malaria pills when visiting a country where it is endemic  
take sleeping pills  
take vitamin supplements  
use alternative medicine  
vaccinate their children against childhood illnesses like measles

- b Read the article on page 77 once and complete the headings A–G with a treatment or habit from a.

- c Read the article again. Why wouldn't the doctors do these things? Match reasons 1–7 with paragraphs A–G.

- 1 ☐ Because it might be difficult later to stop doing this.
- 2 ☐ Because the doctor may take you less seriously.
- 3 ☐ Because the short-term benefit may be outweighed by long-term problems.
- 4 ☐ Because you may develop another illness as a result of unnecessary treatment.
- 5 ☐ Because you may end up getting treatment you didn't really need.
- 6 ☐ Because you may not necessarily be treated by a professional.
- 7 ☐ Because you are doing something that is deliberately damaging.

### LEXIS IN CONTEXT

- d Look at the **highlighted** phrases. With a partner, figure out what they mean and try to paraphrase them.

- e Work in small groups.

- Do any of the doctors' opinions surprise you?
- Might their opinions affect the way you behave? Why (not)?
- Is there anything connected with medicine or health that you would never do?



# What doctors won't do...

Doctors reveal the treatments or habits they would avoid

## I would never...

A

I would never take up the regularly advertised offers by private medical companies. Why? Well, if you have symptoms, you go to your GP and they listen to your history, examine you, request investigations, and reach a decision. This process is known as "diagnosis." A full check when you feel totally well is not diagnosis, it is "screening." There are few screening tests where **the advantages outweigh the disadvantages** and they could lead you to have potentially harmful investigations, or indeed treatment, that you may not have needed.

Mike Smith, GP

B

Patients often think this helps, but **it makes the doctor's heart sink**. They're not going to be able to deal with everything in one go and, most importantly of all, it makes them think you haven't got one particular problem, you've got a multiplicity of problems, which is a sure sign of a hypochondriac.

Carol Cooper, GP

C

**People underestimate the risk**. They think, "My skin looks all right; how can it be damaged?" Even if your skin doesn't look aged, you can end up with skin damage that sets you up for potential cancers in the future. Tanning in your teens and early 20s is a strong risk factor. We are now seeing cancers in the under 40s that we used to see only on the faces of old, weather-beaten guys who had spent a lifetime outdoors. I would go out in the sun, but I would never lie in it just to get a tan.

Carol Cooper, GP

D

I have come across many patients who have been taking them for decades. They are addictive and it can be very difficult for people to wean themselves off them; the side-effects can include falls, confusion, sleepiness in the daytime, and the feeling that increasingly high doses are needed to achieve the same effects. I can't imagine any situation in which I would start using them.

Helen Drew, GP

E

Why? Because although you will probably lose weight, it may kill you. **Don't take my word for it**—read about the 43,396 Swedish women followed for an average of 15 years. Those who stuck to low carbs and high protein had a rising risk of dying from heart attacks and strokes. There was a staggering 62% higher risk among the women eating the strictest diet over those who ate normally. Eating is for enjoyment; these diets turn food into medicine and it's the wrong medicine.

Tom Smith, GP

F

The reason for my reluctance? **Nothing to do with** anesthetics (safe these days), but entirely to do with surgery, which should never be undertaken for what you might call "soft" reasons. It's not that surgery is so dangerous that I would worry about death. Mainly it's the worry of an infection, which can be very unpleasant.

Mark Patrick, consultant anesthetist

G

I would never see a "counselor" if I was having mental health problems. Absolutely anyone can claim to be a counselor—it's an entirely unregulated area. So, there's a huge variation in quality and I have seen too many patients who have been further psychologically damaged by poorly qualified counselors.

Max Pemberton, psychiatrist

### Glossary

**GP** (general practitioner) a doctor who is trained in general medicine and who treats patients in a local community rather than at a hospital

**screening** the testing or examining of people to see if they have a disease when they have no symptoms

**counselor** (NAmE therapist) a person who has been trained to advise people with problems, especially personal problems

From The Guardian



## 3 LISTENING & SPEAKING

- a Look at these types of alternative medicine. Do you know what any of them involve?

acupuncture   aromatherapy   chiropractic  
homeopathy   hypnotherapy   osteopathy

- b 8.1 Listen to four people talking about alternative medicine. Answer these questions for each speaker.

Did they have any treatment?

**Yes** What treatment did they have?  
What for?  
Was it successful?

**No** Why not?

- c Listen again. Which speaker...?

- 1 ☐ doesn't believe in alternative medicine of any kind
- 2 ☐ was told by a doctor to use alternative medicine
- 3 ☐ had been trying traditional medicine, but it hadn't worked
- 4 ☐ doesn't really believe in alternative medicine, but was willing to try it
- 5 ☐ thinks alternative medicine only works because of the placebo effect
- 6 ☐ felt better with fewer than the recommended number of treatments
- 7 ☐ might consider repeating the treatment as a last resort
- 8 ☐ was having one alternative treatment when he / she was given another type of alternative medicine

- d Which forms of alternative medicine are popular in your country? Have you ever tried any forms of alternative medicine, or do you know anyone who has? Was your / their experience positive or negative?



#### 4 GRAMMAR gerunds and infinitives

- a Write the verbs or phrases in the correct column.

afford agree avoid can't help  
can't stand deny had better happen  
imagine involve be worth  
look forward to manage miss practice  
pretend refuse regret risk suggest  
tend threaten would rather

+ infinitive	+ gerund	+ base form

- b 8.2 Listen and check.

- c Cross out the wrong form. Check (✓) if both are possible.
- I regret *not going* / *not having gone* to the doctor earlier.
  - I hate *telling* / *being told* that I've gained weight.
  - I'd like *to have stopped* / *to stop* smoking sooner, but at least I've finally done it.
  - I was unwise *not to take* / *not to have taken* all the antibiotics.
  - Is it easier *to park* / *park* at the hospital now?
  - I exercise enough *to stay* / *for staying* in reasonably good shape.
  - It's no use *worrying* / *to worry* about being out of shape if you don't change your diet.
  - She was the first woman *to become* / *becoming* a professor of cardiac surgery.
- d p.156 Grammar Bank 8A Learn more about gerunds and infinitives, and practice them.
- e Communication Guess the sentence A p.109 B p.113. Imagine the missing phrases. Then check with a partner.

#### 5 LISTENING & SPEAKING

- a Look at these infographics. What medical advice do you think each image represents?



- b 8.3 Listen to the radio program and check your ideas.
- c Listen again and make notes for each piece of advice about what we should really be doing.

### LEXIS IN CONTEXT

- d 8.4 Look at some sentences from the listening script. Try to complete them with the correct form of *make* or *do*. Then listen and check.

- You're constantly \_\_\_\_\_ **decisions** based on what you want versus what you think is good for you.
- Does it really \_\_\_\_\_ a **difference**?
- So, although five will \_\_\_\_\_ **you good**, more might be better.
- So, eight hours a night is probably about right, though a little more or a little less shouldn't \_\_\_\_\_ **you any harm**.
- \_\_\_\_\_ **the recommended amount** of moderate activity, but try to do more if you can, especially if you spend a lot of the day sitting down.
- ...but a large-scale UK study of 11,000 children showed no relationship between screen time and emotional or social problems, or an inability to concentrate or \_\_\_\_\_ **friends**.
- Instead we should \_\_\_\_\_ **up our own minds** about what's best for our children—and for ourselves.

- e Talk to a partner.

- Which piece of advice in **a** was the most accurate? Which was the least accurate? Were you surprised?
- Have you heard similar advice in your country? Do you know where it comes from? Do people follow it? How seriously do you take it?
- Do you think advice like this is helpful, or should people be left to make their own decisions?
- Is there a piece of health advice you strongly believe in and try to put into practice?

## 6 VOCABULARY similes

Some people can **eat like a horse** and not put on weight.

- a Look at the example from the listening script and read the information about similes. Then complete sentences 1–10 with a word from the list.

### Similes for comparisons

A simile is a fixed informal / colloquial expression of comparison using *as* or *like*. Similes add emphasis to an adjective, adverb, or verb, e.g., *I think Jane's underweight for her age—she's **as light as a feather**.* (= extremely light).

angel bat dream flash gold log mule post rail sheet

- My husband's **as stubborn as a** \_\_\_\_\_—he refuses to go to the doctor about his bad back.
- She's **as white as a** \_\_\_\_\_. I think she's going to faint.
- He **sings like a** \_\_\_\_\_. He really should be on a singing competition show.
- He's **as deaf as a** \_\_\_\_\_. You'll have to speak up a little.
- She **sleeps like a** \_\_\_\_\_. I don't think she's ever had problems with insomnia.
- Your mother's **as blind as a** \_\_\_\_\_. She should get her eyes tested.
- She's been **as good as** \_\_\_\_\_. She took all her medicine without making any fuss.
- He's lost a lot of weight since his illness. He's **as thin as a** \_\_\_\_\_.
- When I pressed the button, the nurse came **as quick as a** \_\_\_\_\_ and changed my IV drip.
- My new medication **works like a** \_\_\_\_\_. I feel 100 times better.

- b 8.5 Listen and check.

## 7 PRONUNCIATION /ə/

### Fine-tuning your pronunciation: the most common sound in English

/ə/ is the most common sound in English. If you use it, it will help your word stress and sentence stress sound more natural and fluent.

/ə/ is the vowel sound in many common unstressed words in a sentence, e.g., *a / an, the, to, as, than*, etc.

My **husband's** *as stubborn as a mule*—he **refuses** to **go** to the **doctor** about his **bad back**.

- a Look at the sentence from the vocabulary exercise. Circle the unstressed words with the /ə/ sound. Which one of the stressed words also has the /ə/ sound?
- b 8.6 Listen and check. Practice saying the sentence. Then practice saying sentences 2–10 in **6a**.
- c Try to think of three people or things you could describe with the similes. Compare with a partner.



## complex gerunds and infinitives

- 1 She hates **being told** she should exercise more.  
I'm tired of **being lied to**. I want the truth.  
It's very difficult **to get promoted** in this company.  
My car needs **to be serviced**.
- 2 He thanked them for **having helped** him.  
**Having studied** one language previously makes it easier to learn another.  
How wonderful **to have finished** all our final exams!  
By the time I'm 30 I hope **to have started** a family.
- 3 I would like **to have seen** your face when they told you you'd won the competition!  
We would rather **have stayed** in a more central hotel, but they were all full.
- 4 I'd like **to be lying** on the beach right now.  
She seems **to be coughing** a lot—do you think she's OK?

- 1 We use a passive gerund (*being done*) or a passive infinitive (*to be done*) to describe actions that are done to the subject.
- 2 We use a perfect gerund (*having done*) or a perfect infinitive (*to have done*) if we want to emphasize that an action is completed or in the past.
  - Often there is no difference between using a simple gerund or infinitive and a perfect gerund or infinitive, e.g.,  
*He denied stealing / having stolen the money.*  
*It was our fault. It was foolish of us not to lock / not to have locked the car.*
- 3 We use the perfect infinitive after *would like*, *would love*, *would hate*, *would prefer*, and *would rather* to talk about an earlier action. Compare:  
*I would like to see the Eiffel Tower.* (= when I go to Paris in the future)  
*I would like to have seen the Eiffel Tower.* (= I was in Paris, but I didn't see it)
- 4 We use a continuous infinitive (*to be + verb + -ing*) to say that an action / event is in progress around the time we are talking about.

## other uses of gerunds and infinitives

- 1 **It's no use worrying.** There's nothing you can do.  
**Is there any point (in) asking** him? He never has anything useful to say.  
**It's no good talking** to my dad because he doesn't listen to me.
- 2 We had **an agreement to share** the costs.  
Our **plan is to leave** on Saturday.
- 3 You can't visit the Palacio de Bellas Artes in a day—there's **too much to see**.  
There wasn't **enough** snow for us **to ski**.
- 4 Is there **anything to eat**? There's **nowhere to go** at night.
- 5 I don't know **where to go** or **what to do**.
- 6 He's the **youngest** player ever **to play** for Peru.

- 1 We use the gerund after certain expressions with *it* or *there*, e.g., *It's no use*, *There's no point*, *It's no good*, etc.  
We use the infinitive:
  - 2 after nouns formed from verbs that take the infinitive, e.g., *agree*, *plan*, *hope*, etc.
  - 3 after expressions with quantifiers, e.g., *enough*, *too much*, *a lot*, *plenty of*, etc.
  - When we want to refer to the subject of the infinitive verb we use *for + person* or object pronoun before the infinitive. This can be used before any infinitive structure, e.g., after adjectives: *It's very difficult for me to decide*.
  - 4 after *something*, *anywhere*, etc.
  - 5 after question words (except *why*).
  - 6 after superlatives and *first*, *second*, *last*, etc., e.g., *Who was the first person to walk on the moon?*

### and + verb

We often use *and + verb* instead of infinitive after *try*, *wait*, *come*, and *go*, e.g., *Come and see me when you're next in New York. I'm not sure what's going to happen—we need to wait and see.*

- a Complete with the right gerund or infinitive form of the verb in parentheses.  
I don't like **being prescribed** (prescribe) sleeping pills, even if I'm having problems sleeping.
  - 1 I was smart \_\_\_\_\_ (follow) my mother's advice. She was exactly right.
  - 2 I'd love \_\_\_\_\_ (be) there when you told him you were leaving.
  - 3 If I had a serious illness, I would prefer \_\_\_\_\_ (tell) the truth by my doctor.
  - 4 It's no use \_\_\_\_\_ (run). The train will have left by now.
  - 5 Mark seems \_\_\_\_\_ (work) too hard. He looks very tired.
  - 6 By the time I'm 55, I expect \_\_\_\_\_ (save) enough to be able to just work part-time.
  - 7 The man denied \_\_\_\_\_ (commit) the crime.
  - 8 There will be plenty of time to have something \_\_\_\_\_ (eat) at the airport.
  - 9 It's no good \_\_\_\_\_ (call) him because he's bound to have put it in airplane mode.
  - 10 Who was the second man \_\_\_\_\_ (walk) on the moon?
- b Rewrite the sentences using the bold word.  
Don't get angry with the doctor. That won't help. **point**  
*There's no point getting* angry with the doctor.
  - 1 We don't have much time so we can't do any more shopping. **enough**  
We \_\_\_\_\_ do anymore shopping.
  - 2 I hate it when people wake me up from a siesta. **woken**  
I \_\_\_\_\_ from a siesta.
  - 3 Are you sorry you didn't study harder at school? **regret**  
\_\_\_\_\_ harder at school?
  - 4 I love it when people help me in the kitchen even when I don't ask them. **without**  
I love it when people help me in the kitchen \_\_\_\_\_.
  - 5 I really wish I'd been able to go to your birthday party. **love**  
I \_\_\_\_\_ your birthday party.
  - 6 The children look as if they're having a good time, don't you think? **seem**  
\_\_\_\_\_, don't you think?
  - 7 I'm not planning to have an operation until I've tried all the other alternatives. **plan**  
My \_\_\_\_\_ until I've tried all the other alternatives.

➔ p.78