**ENGLISH FOR MEDICAL PURPOSES**

1. **Listening**

**Listen to the text on stress and complete the following sentences or answer the questions:**

1. Stress is sometimes used to denote external influence, and sometimes it is used\_\_\_\_\_\_\_\_\_\_

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2. List at least three of the external stimuli for stress: a)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, b)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, c) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

3. When does stress response develop?

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4. List illnesses that have traditionally been regarded as stress responses:

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5. What are the physiological responses to stress due to? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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6. How can stress response be measured?

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7. How is the organ that responds to stress called?

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8. How are alcohol consumption and cigarette smoking related to stress?

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**II. Reading**

***Read the text and complete or correct the statements.***

1. Vegetarianism has several advantages according to the Vegetarian Society. List at least three of them.

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2. There is a greater likelihood for vegetarian to die as compared to meat eaters. *(correct the statement)*

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3. More exercise in vegetarian women does not relate to the lower values of their body weight, blood pressure and cholesterol. *(correct the statement) \_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. When meat eaters turn to vegetarianism, their cholesterol level \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5. Different constituents of fruit and vegetables are believed to protect against cancer, some of them being \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The more fish or skinless chicken is consumed, the higher the risk of getting colon cancer. *(correct the statement) \_\_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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7. Strict vegetarianism may be related to cancer in the following way: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Vegan mothers breastfeeding their children prevent them from being mentally retarded. *(correct the statement) \_\_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Asian people in south London do not develop TB as a result of vitamin D deficiency in their diet. *(correct the statement)* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. It is traditional vegetarians that become iron-deficient. *(correct the statement) \_\_\_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*\_\_\_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**When a child gives up meat**

More and more perfectly ordinary people, particularly among the young, are giving up meat. The Vegetarian Society claims that 2,000 people every week are converted to the humanitarian, economic, spiritual, and physiological advantages of a meat-free diet. Should parents worry or be pleased when their children follow the trend and turn against meat?

One of the more credible research studies, conducted by a group of Oxford epidemiologists with no particular religious, moral or cultural beliefs, gathered 6,000 vegetarians through the British Vegetarian Society and asked each of them to nominate a meat-eating friend or relative to act as a control. Twelve years later, the overall death rate in the vegetarians was 20 per cent lower than in the meat eaters, even after adjusting the figures for differences in gender, social class, smoking status and degree of obesity between the two groups. Deaths from cancer were 39 per cent lower, and those from coronary heart disease 28 per cent lower, in the vegetarians.

The Oxford study did not, however, account for differences in the amount of exercise taken. Vegetarian women in particular may take large amounts of exercise. In contrast, an American study of 5,000 young adults found vegetarians had significantly better cardiorespiratory fitness than meat-eaters. Differences in exercise may partly account for several other benefits seen in vegetarians and generally attributed to their diet: lower body weight, lower blood pressure, lower cholesterol levels, and a substantially reduced risk of diabetes.

However, studies in which habitual meat eaters changed to a vegetarian diet for a month or two have consistently demonstrated improvements in cholesterol levels. The changes reversed when the subjects returned to their usual diet. Unhealthy constituents of meat, particularly saturated fatty acids, and positive constituents of the vegetarian diet, particularly antioxidants (vitamins C and E and betacarotene), were thought to be jointly responsible.

Very few studies have compared a no-meat diet with a low lean-meat diet in terms of heart disease risk. In general, a low lean-meat diet seems to produce LDL cholesterol and blood pressure levels intermediate between those of strict vegetarianism and the standard Western diet.

The link between vegetarianism and reduced risk of cancer is complex. Lung cancer is commoner in meat eaters, partly (but not entirely) because of the higher prevalence of cigarette smoking in this group: ascorbic acid in fruit may protect against the condition. Cancer of the colon and rectum may be related to particular constituents of cooked meat, heterocyclic amines, which are carcinogenic at high dose in animals. But there is also evidence that folic acid, phytosterols and protease inhibitors, present in plant-based diets, protect against the condition.

But the results of two recently published large studies preclude any simplistic conclusion that “meat causes cancer''. In one, the risk of colon cancer in American women rose steadily the more pork, beef and lamb they consumed, but eating skinless chicken or fish was associated with reduced risk of this condition.

In the other study, 1,900 strict or semi-vegetarians in Germany were followed up for 11 years. The overall death rate was 25 per cent higher, and the risk of cancer 50 per cent higher, in those who never touched meat or fish than in those who ate it occasionally. The authors concluded that strict vegetarianism may lead to malnutrition, which in turn might predispose to cancer.

Deficiencies of B vitamins, notably B6, have been found in some studies of strict vegetarians. Vegetarian children tend to be taller but leaner than their meat-eating contemporaries, but strictly vegan children may not meet their calorie or protein requirements and can become growth-retarded, while the exclusively breast-fed infants of vegan mothers can develop B12-related mental retardation. This is reversible once the deficiency is rectified.

A study just published in the medical journal Thorax showed that the incidence of tuberculosis in ethnic Asian people in south London was more than eight times higher in vegetarians than in regular meat eaters. Here the differences were attributed to dietary vitamin D deficiency, which is believed to weaken the immune system.

Iron deficiency is commoner in vegetarians, particularly in those who have only recently changed their diet. One study found that white teenage girls who had gone vegetarian were five times as likely to be iron-deficient as their meat-eating friends, while Asian vegetarian teenagers were 50 per cent less likely than Asian meat eaters to be iron deficient. This is in line with other evidence that nutritional deficiencies occur most frequently in people who describe their vegetarianism as an “exclusion diet'' rather than as a traditional part of their culture.

It is well established that a high-carbohydrate, high-fibre, low-fat, low-meat diet containing a variety of fresh fruit and vegetables, and supplemented with oily fish or fish oil, has significant health benefits. But the evidence is more equivocal as to whether the prudent diet can be improved still further by removing all lean meat.

**II. Use of English**

***1. Read the dialogue and fill in what the doctor asked with appropriate questions:***

D: Now you’re telling me that you’ve had this problem with your breathing.

P: Yes, Doctor, I really can’t breathe.

D: (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

P: For almost a month.

D: (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

P: It feels as if I’m choking.

D: (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

P: Yes, it’s been getting worse every day.

D: (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

P: Yes, Doctor, about 5 kilos over the last six weeks.

D: (5) (allergies) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

P: No, not that I know of.

D: (6) (medicines) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

P: No, I haven’t, I wouldn’t take any before I have consulted you.

D: (7) (recently/blood transfusion) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

P: No, I have never been given a blood transfusion in my life?

D: (8) (drinking habits) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

P: Well, just an occasional glass of beer.

D: (9) (abroad/lately) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

P: No, I haven’t been abroad for two years. I couldn’t afford it.

D: (10) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

P: I work as a barman at present.

D: All right, I’ll send you to the laboratory for a couple of tests and then we’ll see what to do next.

***2. Read the text and fill in the blanks with* only one *appropriate word:***

Tonsillitis is an (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the tonsils. It may be (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by a viral infection or infection with streptococcal bacteria. Tonsillitis (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ most commonly during early childhood. The disease is characterised by a sore throat, difficulty in swallowing, headache, (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ glands, and (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fever.

The treatment of viral tonsillitis is directed toward (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the symptoms. It is not usually necessary to (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the tonsils surgically (tonsillectomy) unless tonsillitis occurs or complications arise. Tonsillitis that is caused by streptococcal infection is (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with antibiotics, usually penicillin or erythromycin, for a full ten days to eradicate the infection. An analgesic may also be (9) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to relieve the pain. The patient should eat soft foods and drink plenty of fluids to (10) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dehydration. The body’s immune system may react to the streptococcal organism, causing rheumatic fever. The infection may also (11) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to surrounding tissues, producing a peritonsillar abscess.

Tonsillectomy is the surgical removal of the palatine tonsils. The tonsils are not usually removed (12) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the patient has suffered several attacks of severe tonsillitis or a peritonsillar abscess; if there is airway (13) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ; or if there is a suspicion of cancer. A physician may also recommend a tonsillectomy if a (14) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , such as peritonsillar abscess, develops from tonsils, or if the tonsils are so large that they obstruct (15) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Tonsillectomy rarely causes complications. Middle ear infections, such as otitis media, may occur, but the most serious complication is haemorrhage. For this reason it is (16) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to stay in hospital until the surgeon is certain the area is healing well.

For four hours before the operation the patient must not eat or drink. Generally a parent is allowed to stay with a young patient until the anaesthesiologist is ready to inject an (17) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into a vein in the arm. After the operation the child is sleepy for several hours, but apart from some bloodstained (18) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ there should be no complications. The next day the child may complain of a sore throat. This is controlled with acetaminophen, ice drinks, ice cream, gelatine which can be (19) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ without too much discomfort. In most cases a complete (20) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is achieved within a few days.

**III. Writing**

Read carefully the information given in the hospital form. Write a short case report based on it.

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| AGE 16 SEX M/F MARITAL STATUS single |
| OCCUPATION student |
| PRESENT COMPLAINT  vomited frequently for 3 days prior to admission  10 units of soluble insulin each morning |
| O/E  General Condition  lethargic, drowsy, obviously underweight for his age  ENT  RS lungs NAD  CVS P 140/min BP 100/60 mmHg  heart NAD  GIS abdomen NAD  GUS  CNS |
| IMMEDIATE PAST HISTORY  known insulin dependent diabetes mellitus  thirst 1 month prior to admission  developed polyuria and polydipsia |
| POINTS OF NOTE |
| INVESTIGATIONS  Hb 16.5 g/dl, WBC 15x109/l, plasma sodium 144 mmol/l, potassium 5.0 mmol/l, bicarbonate 8 mmol/l, blood sugar 39 mmol/l, urea 7 mmol/l. |
| DIAGNOSIS  diabetic ketoacidosis |
| MANAGEMENT  perform hourly electrolytes  blood glucose monitored frequently  amoxycillin |

Listening comprehension

Stress

The definition of stress is itself a bit of a problem because it can be used sometimes to denote external influence, the stimulus, the pressures on the individual and sometimes it’s used as the individual’s response to those pressures. I think it’s probably best to talk about stress as the outside problems and the stress response as what happens in the individual. But it’s a matter of semantics and people do use the term rather vaguely.

Now the type of external stimuli, the type of stresses that we are particularly concerned with in medicine are, first of all, the stress of a physical illness itself, this is quite a common stress, over and above the physical demands of that illness. Then there are problems in everyday life, marital problems, employment problems, problems with other individuals, problems worrying about work and so on. Some people can make almost anything into stress, they exaggerate everything so that what to some people would be a pleasurable experience becomes a stress to others.

If the physiological changes which accompany stress exceed given limits, or are maintained for long periods of time, a stress response develops. Physiological responses include the anxiety disorders and phobic states with depression, which is often severe, occurring in chronic conditions. Certain illnesses have traditionally been regarded as stress responses and psychosomatic conditions, like asthma, high blood pressure, ulcerative colitis, peptic ulcer and so on.

Physiological responses to stress are caused by changes in the autonomic nervous system, with increased sympathetic activity causing release of noradrenaline and related substances. Hormonal fluctuations, which trigger hypothalamic activity and affect the immune system, are also observed and individual organs may respond with specific symptoms.

By and large, a stress will produce an increase in the activity of most organs and this stress response is mediated partly by direct nervous discharges, particularly of the noradrenergic system, noradrenaline, norepinephrine, seems to be involved. But also there are hormonal responses and they, roughly speaking, are again adrenaline, noradrenaline as a hormonal response, but in addition to that, you get the activation of the hypothalamic-pituitary-suprarenal axis, which is related to the general defense mechanisms of the body. And this causes a rise in blood steroids, particularly cortisol, and this can be measured and is in fact used as a measure of stress response.

Now with the individual organs, they will vary from individual to individual and this is again one of the hypotheses in stress medicine, in psychosomatic medicine, that each person has his organ of least resistance, as it’s called, so that in a stress response it will be that organ which will respond to stress. Some people will get dyspepsia, some people will get a headache because of muscle tension, some people will get a rise in blood pressure which may be symptomless and so on.

In other people the organ systems don’t seem to give you a good measure of stress, and you can sometimes get then an abnormal, or at least an unfortunate response. I’m particularly thinking of the use of alcohol consumption when they’re under stress and this can get out of control because alcohol is a known drug of abuse and dependence. And cigarette smoking is another example. A lot of people increase their cigarette smoking when they’re under stress. The more self-aware amongst them will realize that they’re increasing their cigarette smoking because of stress and try and cut down the stress, but other people just don’t understand why their cigarette smoking is going up or their alcohol consumption is going up.