***UNIT 6.***

***1ST STAGE.***

***Read about Sandy McGuire and decide sentences are true (T) or false (F).***

* Sandy works at night. ( T )
* Her shift is a quiet one. ( F )
* Some people phone because they are lonely. ( T )
* Sandy only gives information - not advice. ( F )
* Helpline nurses have to speak foreign languages. ( F )

Sandy McGuire

I operate the telephone helpline on the graveyard shift -that's the one from midnight through to the morning. Although it's quiet and still in the streets outside, it's not so quiet in the office. The early hours of the morning are sometimes the busiest time, when the telephone never stops ringing People call the helpline for information or advice, or sometimes they just need to hear a friendly voice. We talk to people who are depressed and worried, and sometimes in pain. Sometimes we get some funny enquiries-yesterday, a teenager phoned because he had swallowed some chewing gum and he was afraid he was going to die! We can't see our patients, so we have to be very good on the phone. We have to learn how to do it, because it doesn't come naturally. We have to know how to ask the right questions so that we get clear and accurate answers, and we have to be able to speak in language anyone can understand.

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| Night coughing |

( 10 ) coughing up ( 2 ) occurs ( 4 ) make ( 7 ) sounds ( 1 ) wheeze

( 9 ) accompanied ( 5 ) get ( 8 ) are ( 3 ) has ( 6 ) breathe

Asthma

Children with asthma cough, and wheeze when

they breathe out. They become very short of breath

when an attack occurs

A cold

Sometimes a child has a cough and a fever

with a cold. Abad cough can make a child vomit.

Croup

Children under three years old sometimes

get croup. They have a sore throat and they

wheeze when they breath in. When they cough

it often sounds like a dog barking.Pneumonia

The symptoms of pneumonia are a temperature of over lOrF (39Q C), fast

breathing.

sometimes accompanied by vomiting and sometimes coughing up blood.

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| Read the article and decide if the sentences are true (T) or false (F). |

1 CFS is caused by a virus.\_\_ ( F )

2 CFS sufferers cannot lead a normal life.\_\_ ( T )

3 Some doctors believe they are not really ill.\_\_ ( T )

4 Gulf War Syndrome sufferers were attacked with chemicals.\_\_ ( F )

5 They were vaccinated against the syndrome.\_\_ ( F )

6 The army officially says that stress caused their illness.\_\_(T )

MYSTERY SYNDROMES.

When you are ill, you expect your doctor to tell you what you have, and then to treat you. But sometime people have symptoms whose cause is not understood, and for these people it can be difficult or impossible to get treatment. The main symptom of Chronic Fatigue Syndrome (CFS) is an overwhelming feeling of tiredness. The tiredness is so disabling that it is impossible for the sufferer to continue normal physical and mental activities. Other symptoms include muscle aches and pains, poor sleep, loss of appetite, a recurrent sore throat, and swollen glands in the neck. Sufferers often undergo many tests for known diseases, which prove negative, and many feel that doctors see them as hypochondriacs.After the Gulf War of 1991, tens of thousands of ex-soldiers suffered chronic illnesses which doctors still cannot explain. Symptoms include dizziness, numbness in the arms, rashes, severe headaches, mood swings, and persistent, extreme tiredness. The cause remains a mystery, but the symptoms have been given the name Gulf War Syndrome. Some soldiers believe they may have been exposed to chemical weapons without knowing, and others blame the vaccinations they were given before they went to war. Military officials say that Gulf War Syndrome is not a real illness. There is no doubt the ex-soldiers are ill, they say, but their symptoms are simply the result of stress. Maybe one day the cause of these syndromes will be known and will be treatable. But for people like ex-soldier Dave Harries, the first step is for their condition to be recognized by the medical profession. Then people will believe that their symptoms are not imaginary.

CHOOSE THE CORRECT OPTION/ WORD.

( 1) problems ( 2) indicates ( 3) disorder ( 4 ) effectively ( 5) sign

( 6 ) condition ( 7 ) balance ( 8 ) thinking ( 9 ) state ( 10 ) aggressive

Color

Blood\_\_\_ problems\_\_\_ l are associated with a white tongue. Yellow \_\_\_ indicates \_2

a disordered liver and

gallbladder. Blue or purple shows up \_\_ disorder \_\_3 in the digestive system. Purple on the

underside shows the immune system is not working

effectively 4. Adark red tongue can be a \_ sign \_\_5 of inflammation or ulcers in the body.

Movement

The flexibility of the tongue shows the general\_ condition \_\_'6 of the digestive system.

Width

A wide tongue is good. for it shows a physical and Psychological\_\_ balance \_\_\_ 7.

A narrow tongue indicates sharp thinking \_ 8

Tip

A rounded tip shows a\_\_\_\_\_ state \_\_\_ 9 of good physical and mental health. People

whose tongues have a pointed tip have \_\_\_ aggressive \_\_10 personalities.