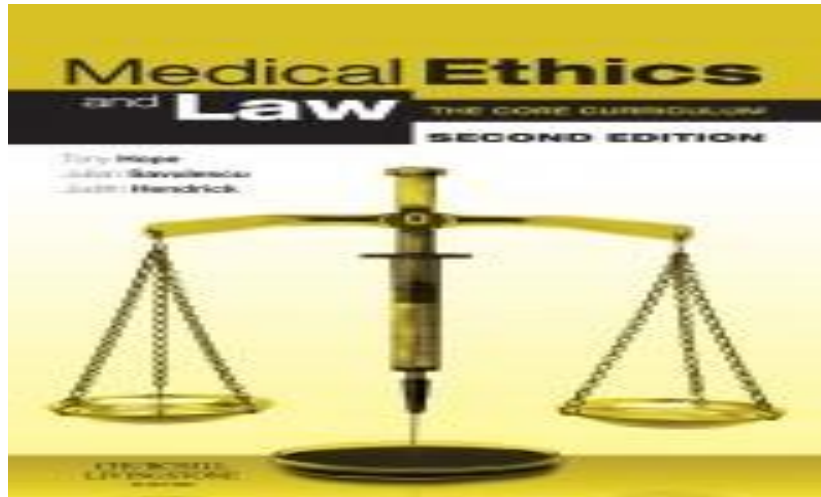
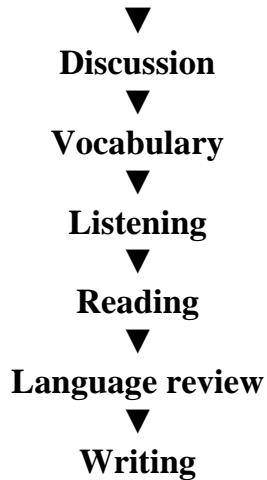


# UNIT 1

# Medical Ethics

## OVERVIEW



## DISCUSSION



**Work in groups. Discuss these ethical issues.**

1. Is it ethical for a doctor to reveal the sex of a fetus ?
2. The smallpox vaccine, like many other vaccines (example: oral polio vaccine) can actually transmit the virus to others. In light of this, is it ethical to force people to get the vaccine? Or is it ethical for someone to refuse the vaccine?
3. Should a national health care program pay for the custodial care of the elderly?
4. Should family members be required by law to help pay the health care expenses of the other family members?
5. Can you give examples of nurse-physician conflicts where ethical duties and rights are concerned?

## VOCABULARY

A. Match the word in column A with its suitable definition in column B.

Column A: Words	Column B: Definitions
1. Malpractice 2. conduct 3. confidentiality 4. integrity 5. competence 6. advocate 7. discrimination 8. code 9. Euthanasia 10. Informed consent 11. Ethics 12. QI (quality improvement) 13. autonomy 14. Risk management	A. Set of rules B. Behaviour C. Being honest with yourself in how you work D. Have skills and knowledge to do work E. Think about how to help other people F. Treating some people better than others because of colour, race, religion, gender G. The intentional killing by act or omission of a dependent human being for his or her alleged benefit. H. Addressing liability, both proactively and reactively by considering patient safety, quality assurance and patients' rights I. Agreement to do something or to allow something to happen only after all the relevant facts are known. K. Of or relating to moral action and conduct; professionally right. L. Using quantitative and qualitative methods to improve the effectiveness, efficiency, and safety of health care delivery processes and systems. M. An act or continuing conduct of a professional which does not meet the standard of professional competence and results in provable damages to his/her client or patient. N. Duty, expectation or promise that information exchanged within a relationship will not be spread beyond the boundary of that relationship. O. The ability to govern oneself and the freedom to do so (self-determination)


B. Use the words in column A above to fill in the following sentences:

1. Opponents of \_\_\_\_\_ contend that doctors have a moral responsibility to keep their patients alive as reflected by the Hippocratic Oath.

2. The president is underlining the need for \_\_\_\_\_ in all professionals, especially medical doctors.
3. The researchers determined that the harmful effects of \_\_\_\_\_ do play a role in health disparities between blacks and whites.
4. The most common type of medical \_\_\_\_\_ case is a misdiagnosis of illness or injury.
5. Patient \_\_\_\_\_ does allow for health care providers to educate the patient but does not allow the health care provider to make the decision for the patient.
6. \_\_\_\_\_ for physicians and other health care personnel involves defining instances in that place the physician or health professional at risk and determining the frequency and significance of these instances.

## LISTENING



 **T1.1 Listen to a case presentation about an ethical issue in medicine. Fill ONE missing word in the space provided.**

### ***Editor's note:***

This column presents a problematic case that poses a medical-ethical \_\_\_\_\_ (1) for patients, families, and healthcare professionals. As it is based on a real case, some details have been omitted in the effort to maintain patient \_\_\_\_\_ (2). This case and discussion point out some of the complexities in treating the minor child. While agreeing with the recommendation, the editor's comment reflects a different paradigm for approaching the issue of a requested confidentiality purposefully withholding information from the patient.

### ***Question***

Should a nine-year old patient be told about her \_\_\_\_\_ (3) medical condition?

### ***Case Presentation***

An ethics consultation was called for assistance in the case of a nine-year old girl with a two year \_\_\_\_\_ (4) of AIDS. At the time of the consultation, her disease had progressed, and it was the opinion of her physicians that she would probably die within the next six months. During the previous two years, she had multiple hospital \_\_\_\_\_ (5) for treatment of various infections and for poor growth. In addition, she had developed \_\_\_\_\_ (6) lung disease and required intravenous fluids for nutritional support. More recently, she had developed AIDS nephropathy that had progressed to end stage renal failure requiring daily peritoneal dialysis. She developed \_\_\_\_\_ (7), and was hospitalized with hypoxia that was compounded by the other aspects of her disease process. At the time of admission, her grandmother (guardian) requested that the

patient not be told about the diagnosis of HIV or AIDS, and that information about the predicted terminal course of her disease be \_\_\_\_\_ (8) from her. Members of the health care team were uncomfortable with this request and asked for an ethics consultation.

### Discussion

This case represents a “battle of good intent vs. good intent”. Everyone involved in the care of the patient sincerely wanted to act in her best interests and to optimize her quality of life while minimizing her \_\_\_\_\_ (9). However, individual perceptions (medical team and guardian) of her best interests were in conflict over the potential harms and benefits of \_\_\_\_\_ (10) of the information. It is helpful not only to summarize each relevant perception of her best interests, but also to acknowledge the relative amount of power held by each interested party (patient, grandmother, and the medical team) in deciding which party should have decisional authority... (to be continued)

## READING

### Matters of life and death

(By Dr Francis Moore, National Academy of Sciences)

*In a new book, A Miracle and a Privilege, Dr Francis Moore, 81, of Harvard Medical School, discusses a lifetime of grappling with the issue of when to help a patient die.*

**Doctors of our generation** are not newcomers to this questions. Going back to **my internship days**, I can remember many patients in pain, sometimes in coma or delirious, with late, hopeless cancer. For many of them, we wrote an order for heavy medication – morphine by the clock. This was not talked about openly and little was written about it. It was essential, not **controversial**.

The best way to bring the problem into focus is to describe two patients whom I cared for. The first, formerly a nurse had sustained a fractured pelvis in an automobile accident. A few days later, her lungs seemed to fill up; her urine stopped; her heart developed dangerous rhythm disturbances. So there she was in coma, on dialysis, on a breathing machine, her heartbeat maintained with an electrical device. One day after **rounds**, my secretary said the husband and son of the patient wanted to see me. They told me their wife and mother was obviously going to die; she was a nurse and had told her

## How Will You Say Goodbye...



## To Someone You Love?

Canada is moving closer to legalizing assisted suicide and euthanasia.

Parliamentary Debate	8:2
Public Opinion	8:8
What's Happening?	8:9
Medical Issues	8:9
Assisted Suicide	8:9
Other Issues	8:9
Is It Your Body To Die?	8:9
What's Your Role?	8:9
Preserving Your Life	8:9

I said, “I’ll take the word back to the nurses about her and we will talk about it some more before we decide. The instructor and the students were shocked: “You mean this is a real patient?”. The teacher of ethics was not

family that she never wanted this kind of terrible death, being maintained by machines. I told them that while I respected their view, there was nothing intrinsically lethal about her situation. The kidney failure she had was just the kind for which the artificial kidney was most effective. While possibly a bit reassured, they were disappointed. Here was the head surgeon, seemingly determined to keep everybody alive, no matter what.

When the patient started to get very sick, they often seem to fall apart all at once. The reverse is also true. Within a few days, the patient's pacemaker could be removed, and she awoke from her coma. About six months later, I was again in my office. The door opened and in walked a gloriously fit woman. After cheery words of appreciation, the father and son asked to speak to me alone. As soon as the door closed, both men became quite tearful. All that came out was, "We want you to know how wrong we were".

The second patient was an 85 year -old lady whose hair caught fire while she was smoking. She arrived with a deep burn; I knew it would surely be fatal. As a remarkable coincidence, there was a seminar going on at the time in medical ethics, given by the wife of an official of our university. She asked me if I had any sort of ethical problem I could bring up for discussion. I described the case and asked the students their opinions. After the discussion, I made a remark that was, in retrospect, a serious mistake.

accustomed to being challenged by reality. In any event, I went back and met with the nurses. A day or two later, when she was making no progress and she was suffering terribly, we began to back off treatment. When she complained of pain, we gave her plenty of morphine. A great plenty. Soon she died quietly and not in pain. As a reasonable physician, you had better move ahead and do what you want done for you.. And **don't discuss it with the world first.** There is a lesson here for everyone. Assisting people to leave life requires strong judgement and long experience to avoid its misuse.

**A. Read the following statements. The scan the article again quickly to find out if each sentence is True (T), False (F), or an Inference (I).**

1. \_\_\_\_\_ The first patient discussed, who was formerly a nurse, died.
2. \_\_\_\_\_ The first patient's husband and son wanted the doctor to end her life.
3. \_\_\_\_\_ The instructor and students were very surprised that Dr Moore was discussing a real patient.
4. \_\_\_\_\_ Dr. Moore gave the 85-year-old woman enough morphine so that she would die.
5. \_\_\_\_\_ Dr. Moore would probably choose assisted suicide if he should become terminally ill.

**B. Look back these bold words in the text. Read each question below carefully and circle the correct letter (a, b, c, or d).**

**1. Doctors of our generation** refers to:

- a. old doctor.
- b. young doctor.
- c. doctor about the same age as the author.
- d. general doctor.

**2. My internship days** refers to:

- a. the time when the author was young.
- b. a time in the recent past.
- c. the time when the author was training as a doctor.
- d. the time when the author was working in hospital.

**3. Controversial** refers to:

- a. something people agree on.
- b. something people argue about.
- c. something people have to do.
- d. something people should do.

**4. Rounds** refers to:

- a. circular motions.
- b. when doctors go around a hospital visiting their patients.
- c. when a person is put on a breathing machine.
- d. round objects.

**5. “Don’t discuss it with the world first”** means:

- a. don’t talk about your patients at seminars.
- b. don’t talk about your patients with nurses.
- c. don’t talk to many people about your patients.
- d. don’t talk about your patients with their relatives.

## LANGUAGE REVIEW

- ◆ Natural English Conversations include many phrasal verbs. These are words made up of a verb and one or two particles (preposition or adverbs).
- ◆ Types of phrasal verbs:
  - Without an object  
*The patient often get up early.*
  - With an object – separable  
*I want to take out your gall bladder.*
  - With an object - inseparable  
*The doctor promised to look at the test results.*
- ◆ It is sometimes possible to guess the general meaning of phrasal verbs from the context.  
*The doctors have found out the causes of the new disease. (= identified)*
- ◆ However, sometimes the meaning is difficult or impossible to guess.  
*If you want to get fit, you should take up some exercise.*

Complete the following sentences using the phrasal verbs in the box. You will have to change the forms of some of the verbs to make the grammar correct. The first one has been done for you as an example.

1. He **got over** his cold. → *Example*
2. The nurses are \_\_\_\_\_ her very well.
3. He must have \_\_\_\_\_ the disease when he was traveling in Africa.
4. She often \_\_\_\_\_ in front of the TV.
5. When we told her that her father was ill, she \_\_\_\_\_.
6. She \_\_\_\_\_ and cried as she described the symptoms to the doctor.
7. He \_\_\_\_\_ his father.
8. The doctor asked him to \_\_\_\_\_ his shirt.
9. He was \_\_\_\_\_ mucus.
10. Since she had the accident, she \_\_\_\_\_ using crutches.

### Phrasal Verbs

*break down* = become upset.

*bring up* = to cough up material (usually from the lungs or throat)

*drop off* = fall asleep

*get around* = move about

~~*get over*~~ = ~~become better after an illness or a shock.~~ (example)

*look after* = take care of a person and attend to her/his needs.

*pass out* = to faint

*pick up* = to catch a disease

*take after* = be like one or other parent.

*take off* = remove something

## WRITING

Write a paragraph stating your opinions either on one of the following topics:

1. What is your opinions on doctor-assisted suicide? Should it be legal? Should it be banned?
2. If someone you loved were terminally ill and wanted his or her doctor to perform an assisted suicide, would you approve? Would you encourage the doctor to agree to assist in the suicide? Explain your reasons .





# Unit 2

# Malaria

## OVERVIEW



Starting up



Listening



Reading



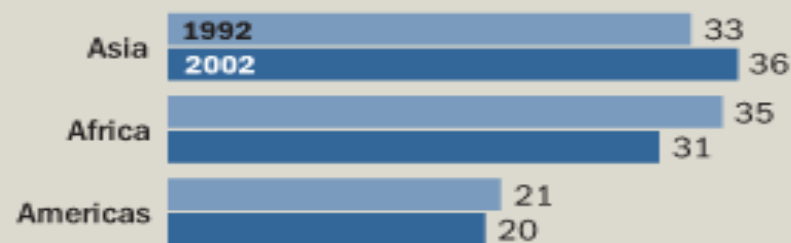
Language review



Writing

### Persistent Problem

Number of malaria-prone countries reporting malaria cases to the WHO, by region:



Source: World Health Organization

## STARTING UP

### How well do you know about malaria?

To know about malaria, rearrange the scrambled words in the bracket to fill in the missing information in the sentences below.

- Malaria is an infectious disease that is transmitted \_\_\_\_\_ (bites through mosquito).  
**Example:** *through mosquito bites*
- Malaria is caused \_\_\_\_\_ (blood by parasites in).
- The initial symptoms are malaise (not feeling well), low grade fever, \_\_\_\_\_ (pain intermittent high body followed by fever).
- Generally, the symptoms start approximately 10 to 14 days \_\_\_\_\_ (infective after the of an mosquito biting).
- Communities and individuals can reduce mosquito breeding by removing discarded \_\_\_\_\_ containers \_\_\_\_\_ (collect that might water).
- One of the danger signs of severe malaria are \_\_\_\_\_ (heavy nose or gums unexplained bleeding from).
- To control malaria, communities and individuals can do a lot to can help by eliminating breeding grounds and stagnant water, by understanding how malaria is spread and by recognizing the signs and symptoms and

5. There are three main ways to prevent malaria: Prevent mosquitoes from biting people, kill adult mosquitoes, and \_\_\_\_\_ (breeding control mosquito).
6. Malaria mosquitoes may breed in pools of water left after the rains or \_\_\_\_\_ (as a result of poor water management).
10. \_\_\_\_\_ (diagnosis facilitating early and treatment)
- Remember, malaria is dangerous. But it is \_\_\_\_\_ (a multi-sectoral effort preventable through) to address and control the problem by individuals, community, media and their sectors.

## LISTENING



**2.1** You are going to listen to a health report titled "*The Long Search for a Malaria Vaccine*". Listen and do the tasks that follow:

### A. Are these sentences true or false?

- \_\_\_\_\_ 1. Scientists keep trying to find ways to prevent malaria by treated bed nets and spraying against mosquitoes.
- \_\_\_\_\_ 2. The Plasmodium parasite contains a lot of proteins.
- \_\_\_\_\_ 3. The idea of make the vaccine by using the parasite at a time in its growth when the organism is called a sporozoite has been known since the 20<sup>th</sup> century.
- \_\_\_\_\_ 4. Sporozoites are isolated and purified by Robert Seder so that they could be administered as a vaccine to humans.
- \_\_\_\_\_ 5. Researchers tested it on volunteers and found that forty-four volunteers were protected when bitten by malaria-infected mosquitoes.
- \_\_\_\_\_ 6. Mr. Seder says vaccines would have been more effective if it had been given by mouth or injected into the skin or muscle.

### B. Answer these questions.

1. What is used to weaken the parasite so it cannot make people sick or get spread by a mosquito?  
 \_\_\_\_\_
2. Who is Stephen Hoffman?  
 \_\_\_\_\_

3. What does Robert Seder do at the National Institute of Allergy and Infectious Diseases, near Washington ?  
-----
4. How are the vaccines generally given (the general route)?  
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## READING

### Protect Yourself Against Malaria



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#### Before you read

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**A.** Do you think the headlines below will come true one day? When? How will they change the world? Discuss this with your partner(s).

- ❖ Malaria now everywhere in USA/Europe - Millions dying.
- ❖ Our cancer-free world - Scientists find cure for all cancers.
- ❖ Alien disease affects whole world population.
- ❖ Computer viruses cross to humans - Millions of Internet users hospitalized.
- ❖ Perfect genes - Humans now protected against all diseases.

The United Nations has reported that great progress is being made in the fight against malaria in Africa. The UNICEF website says the area that is making the most dramatic improvement is sub-Saharan Africa. This is the region hardest hit by the disease. One of the biggest reasons for these gains against the killer infection is the increased use of special insect nets. This simple solution can reduce child

#### **Nets help cut malaria in Africa**

UNICEF prepared the report together with the Roll Back Malaria Partnership. This organisation is a collaboration of aid agencies launched in 1998 to help fight malaria. Its vision is that by 2015, malaria “is no longer a major cause of mortality and no longer a barrier to social and economic development”. The report also provides a healthy picture of the use of drugs in reducing the number of malaria

deaths by as much as 20 percent. The report says the number of children using the insecticide-treated nets has tripled since 2000. UNICEF's Executive Director Ann Veneman said: "Controlling malaria is vital to improving child health and economic development in affected countries... Studies show that malaria [unfairly] affects the poorest people in these countries, and...contributes to their [poorer living conditions]."



cases. Since 2003, national health programmes have invested heavily in buying anti-malarial drugs called ACTs. UNICEF's health chief Pater Salama is optimistic and says the future looks bright. He reports: "With the strong backing of some of the international donors and the price of ACTs starting to be reduced, I think governments are becoming more confident now that this will be a sustainable strategy for anti-malaria treatment."

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### While you read

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**B. TRUE / FALSE:** Look at the article's headline "Nets help cut malaria in Africa" and guess whether these sentences are true (T) or false (F):

- |  |       |
|--|-------|
| 1. Malaria is being reduced fastest in the very north of Africa.       | T / F |
| 2. A key weapon in the fight against malaria is the mosquito net.      | T / F |
| 3. The use of these insect nets has increased by 30% since 2000.       | T / F |
| 4. Malaria hits the poorest people and worsens their living standards. | T / F |
| 5. UNICEF's vision is to wipe out malaria by 2015.                     | T / F |
| 6. A UNICEF report says anti-malarial drugs are proving ineffective.   | T / F |
| 7. Governments in Africa are refusing to buy anti-malarial drugs.      | T / F |
| 8. UNICEF's health chief paints a rosy picture for Africa's future.    | T / F |

**C. SYNONYM MATCH:** Find the synonyms (from the article) which can match the following words:

1. essential
2. support
3. loss of life
4. headway
5. affected
6. full of hope
7. plays a part in
8. obstacle
9. master plan
10. alliance

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## After you read

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### **D. QUICK DEBATE:**

Students A think countries should spend more money on fighting diseases than on fighting other countries. Students B think this is a ridiculous idea. Debate this with your partners.

## LANGUAGE REVIEW

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### Verbs: Mixed Tenses

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All the verbs in the box relate to malaria. Use them to complete the sentences. You may have to change the form of the verbs to fit the grammar of the sentences.

ask	make	renew	kill	focus
die	declare	to be	work	cut

1. Former U.S. President George W. Bush \_\_\_\_\_ April 25 as World Malaria Awareness Day in 2007.
2. He \_\_\_\_\_ the world to join the fight to wipe out malaria on the African continent.
3. He said: "We \_\_\_\_\_ our attention on all who suffer from this terrible disease, especially the millions on the continent of Africa.
4. We remember the millions more who \_\_\_\_\_ from this entirely preventable and treatable disease.
5. On this special day, we \_\_\_\_\_ our commitment to lead the world toward an urgent goal, and that is to turn the tide against malaria in Africa and around the globe.
6. Malaria \_\_\_\_\_ 3,000 children a day and takes nearly 1 million lives every year in Africa.
7. Although it is a preventable and treatable disease, poverty in Africa \_\_\_\_\_ it a huge killer.
8. Malaria is one of the world's most common infectious diseases. It \_\_\_\_\_ spread by mosquito bites.
9. The spread of malaria \_\_\_\_\_ by providing poor Africans mosquito nets and insect repellents.
10. Scientists \_\_\_\_\_ currently on breeding malaria-proof mosquitoes.

## WRITING

**You are Tony's mother. Write an e-mail to a friend telling her about Tony's problem with malaria.**

- ❖ Describe how you noticed the first signs, symptoms of malaria.
- ❖ How you are helping your son to get out of the disease.
- ❖ Ask for advice.

*You should write an e-mail of 15 -18 lines.*

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# UNIT 3

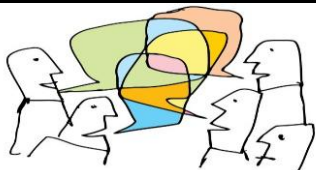
## Alternative Medicine

### OVERVIEW

- ▼
- Discussion
- ▼
- Vocabulary
- ▼
- Listening
- ▼
- Reading
- ▼
- Language review
- ▼
- Writing



### DISCUSSION



**In groups, discuss these questions related to alternative medicine.**







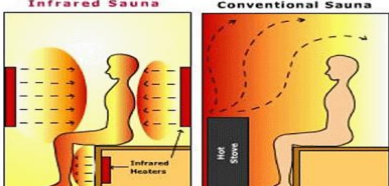
1. What alternative medicine do you know about?
2. What springs to mind when you hear the term 'alternative medicine'?
3. Have you tried any alternative medicine? Do you think alternative medicine works?
4. Do you think alternative medicines work better than modern drugs?
5. Do you trust alternative medicine? Do you think doctors should study about and be experts in alternative medicine?
6. Do you think alternative medicines are tried, tested and safe?
7. Why do you think so little is known about the health benefits of alternative medicine?

8. Are alternative medical treatments common in your culture or a culture you are familiar with? If yes, please describe.



# VOCABULARY

What kind of alternative therapy is it? Match the word with its definition and then with the picture.

Words	Pictures	Definitions
1. Acupuncture	a. 	A. You sit in a hot bath.
2. Aroma therapy	b. 	B. Doctors put needles into your skin.
3. Herbal medicine	c. 	C. You drink tea and eat powders made from plants.
4. Heat therapy	d. 	D. A masseur touches and rubs your body.
5. Light therapy	e. 	E. You sit in bright light.
6. Massage	f. 	F. You breathe in oil flavours made from plants.
7. Meditation	g. 	G. You focus on one word or thought for a while.

## LISTENING



3.1 Listen and write the correct words in the blank space. After doing the dictation, match these complementary techniques to the description.

A. Hypnosis

B. Relaxation Therapy

C. Massage Therapy

D. Acupuncture

E. Biofeedback

\_\_\_\_ 1. Complementary care uses variations of touch, from gentle stroking to \_\_\_\_\_ manipulation. The most common technique is \_\_\_\_\_, in which the muscles are stroked or kneaded with varying \_\_\_\_\_.

\_\_\_\_ 3. According to this ancient Chinese techniques, each person has an \_\_\_\_\_ called Qi (pronounced chee), which travels through \_\_\_\_\_ in the body. Pain or illness results when channels become \_\_\_\_\_. To restore flow, fine \_\_\_\_\_ at specific points on the \_\_\_\_\_.

\_\_\_\_ 5. A mind-body technique that uses sensors to measure physiological functions like \_\_\_\_\_ or gastrointestinal activity; as patients watch the “feedback” on a monitor, they become aware of how their bodies respond and learn how to control that response.

\_\_\_\_ 2. A mind-body technique in which the patient becomes \_\_\_\_\_; in this state, the power of suggestion is used to \_\_\_\_\_.

\_\_\_\_ 4. Complementary techniques include guided imagery, a form of self-hypnosis in which the patient tenses, holds, and then \_\_\_\_\_ groups; and meditation, in which the patient tries to \_\_\_\_\_ by focusing on a word or sound.





in

# Australia

**A.** You are going to read about alternative medicine in Australia. Six sentences have been removed from the article. Choose from the sentences A-H the one which fits each gap (1-6). There are two extra sentences you do not need to use. Question (1) has been done as an example.

- |   |   |
|---|---|
| <p>A. Its is based on the yin/yang principle of balancing and harmonising conditions within the body.</p> <p>B. Australia is one of the leading countries in the world in regard to practice and teaching of alternative and complementary medicine.</p> <p>C. Another reason is the perceived or real need to avoid the unwanted side effects of conventional medical drugs.</p> <p>D. For example with herbal medicine there is western herbal medicine, Traditional Chinese Medicine and Ayurveda, each with its own particular philosophy and treatment regime.</p> | <p>E. Distinction must be made between alternative medicine and complementary medicine.</p> <p>F. For example, an 'allergy' is not a disease, but rather a symptom of a physiological imbalance which is treated from many different aspects included improving the immune system.</p> <p>G. Herbal remedies are considered by this organisation to be 'reasonably safe with less adverse reactions than conventional pharmaceutical treatments'.</p> <p>H. Some people turn to alternative medicine when the traditional medical community can offer them no help or cure for a condition.</p> |
|---|---|

The alternative and complementary medicine industry in Australia is growing at a rapid rate. It is currently estimated that the market is worth over one billion dollars, with more than 20% of that market being herbal medicine and related products. In Australia, as well as overseas, this market appears to be growing at about 30% per year.

The rapid growth is largely due to a growing demand from the public, with reportedly more than 50% of Australians using herbal or complementary medicines. One reason for this growth is a strong desire from people to take greater control of their own health and well-being. This can be achieved through consultation with an appropriately trained practitioner and through methods such as improving nutrition, or changes in lifestyle techniques such as increasing exercise and reducing stress.

1.

C

### What is alternative and complementary medicine?

Many terms have been used for this growing field of medicine. *Natural therapies, holistic medicine, naturopathy, complementary medicine and alternative therapies* are some of the terms which have been used to describe the broad range of modalities incorporated in this field, the more prominent of which are herbal medicine, nutrition, massage and homeopathy. Within each of these fields there are further different forms.

2.

Forms of massage include reflexology, shiatsu, Reiki and the Bowen and Alexander techniques. Other forms of treatment include acupuncture, iridology, Bach flowers, aromatherapy and gem therapy.

The term *alternative and complementary medicine* (ACM) has been picked up by some of the newer institutions, and is looked upon more favorably by the more conventional scientific and medical profession.



### Western Herbal Medicine

In Australia, western herbal medicine is one of the most popular forms of ACM. There are many colleges throughout Australia teaching comprehensive courses in western herbal medicine. The National Herbalists Association of Australia (NHAA) was founded in 1920 and is the national body for practising herbalists. The NHAA has a minimum required standard for full practising members and accredits only those courses which meet those minimum requirements. There are currently twelve colleges in Australia with fully accredited courses. Another four are presently under review.

An accredited course in herbal medicine requires a minimum of 700 hours of study in herbal medicine and medical sciences. Many courses also require additional study in areas such as nutrition, counseling, iridology and massage. The majority of courses in herbal medicine are currently conducted through private colleges although recently, degree courses have been implemented in several of the universities in Australia.

Western herbal medicine incorporates a relatively traditional philosophy of treatment, maintaining scientific and medical terms consistent with conventional western medical practice. However the fundamental difference between ACM and conventional medicine is treatment of the overall person, not the disease.

3.

Diseases of the skin are not just treated with topical agents, but are treated internally with 'detoxifying' or 'cleansing' agents for areas such as the liver and bowel. Specific herbs are used for treatment of pre-menstrual syndrome, however discussion of dietary and lifestyle factors is always included.

Herbal medicines are primarily whole extracts of plant material rather than extracts of an isolated constituent as with orthodox drugs. The additional constituents in the plant temper the action of some of the stronger isolates (such as alkaloids or glycosides), avoiding unwanted side effects within the body while not detracting from their efficiency. Most herbal medicines used by practitioners are in the form of liquid concentrated extracts. Herbal practitioners in Australia can practice as prime contact therapists and can dispense their own medicines.

### Traditional Chinese Medicine

TCM has existed in Australia since the influx of Chinese migrants to the gold fields over 100 years ago. Although some herbs are common to both TCM and western herbal practitioners, most are different and need to be imported from overseas.

4.

Most TCM herbs are dispersed as dried chopped herbs and need to be prepared by the patient.



### Quality and Safety

To ensure the quality and safety of medicines in Australia, the Therapeutic Goods Administration (TGA) of the Government has established a Complementary Medicines Evaluation Committee (CMEC) to make recommendations a safety, quality and efficacy of herbal substances which are required to be listed or registered with the TGA.

5.

### Research

There are many institutions world-wide that carrying out research into the use of herbal medicines. In Australia investigations are being made into the use of traditional medicines, including Australian aboriginal medicine, as a source of new pharmaceuticals. Sydney University has established the Herbal Medicines Research and Education Centre (HMREC) to 'promote high quality scholarship and research excellence in herbal medicines through teaching, research and international linkages'.

6.

The standard of education and practice of ACM is as high as any in the world. Australia is at the forefront of continuing to raise these standards to a professional and academic level recognised and respected by the Australian public, the scientific and medical community, and by the world at large.

**B. Find the word or phrase in the article which means:**

- a. at the position of greatest importance or prominence.
- b. a good or satisfactory condition of existence.
- c. leading, important or particularly noticeable.
- d. take away a part, as from quality, value.
- e. forms or combines into one body or uniform substance, as ingredients.
- f. in a process of discussing.
- g. a system of health care which fosters a cooperative relationship among all those involved, leading towards optimal attainment of the physical, mental emotional, social and spiritual aspects of health.

## LANGUAGE REVIEW

Study these examples:

✚ We have seen **that** with the introduction “super nurses”, who can perform many of the tasks that doctors used to.

⇒ The word **that** refers back to something mentioned in a previous sentence.

✚ We have checked **that** all the patients have been given the correct medication.

⇒ The word **that** does not refer to anything. It connects two clauses.

Look at the sentences below. Decide if the word 'that' refers to something in a previous sentence or not. Circle the correct option.

	Refers	Doesn't refer
1. Having said <b>that</b> , I am not sure why nurses are not allowed to prescribe drugs.	<input type="checkbox"/>	<input type="checkbox"/>
2. We have seen <b>that</b> , in the medical profession, there is clearly a divide between roles for men and roles for women.	<input type="checkbox"/>	<input type="checkbox"/>
3. The doctor checked <b>that</b> and then he took my blood pressure.	<input type="checkbox"/>	<input type="checkbox"/>
4. I believed <b>that</b> ; that's why I became a surgeon.	<input type="checkbox"/>	<input type="checkbox"/>

5. Although alternative medicine may have a placebo effect on some people, I believe **that** its actual medical benefits are overstated and actually nonexistent.



## WRITING



To write an argumentative essay, we not only give information but also present an argument with the PROS (supporting ideas) and CONS (opposing ideas) of an argumentative issue. We should clearly take our stand and write as if we are trying to persuade an opposing audience to adopt new beliefs or behavior. The primary objective is to persuade people to change beliefs that many of them do not want to change.

### ➤ **Choosing the topic:**

The topic of the essay should:

- be narrowed down
- contain an argument
- be a topic that can be adequately supported (with statistics, outside source citations, etc.)

### ➤ **Organization:** All argumentative topics have PROs and CONS. Before starting writing, it is imperative to make a list of these ideas and choose the most suitable ones among them for supporting and refusing. There are three possible organization patterns:

#### Pattern 1:

Thesis statement:

PRO idea 1

PRO idea 2

CON(s) + Refutation(s)

Conclusion

#### Pattern 2:

Thesis statement:

CON(s) + Refutation(s)

PRO idea 1

PRO idea 2

Conclusion

#### Pattern 3:

Thesis statement:

CON idea 1          ----->          Refutation

CON idea 2          ----->          Refutation



- **Supporting our ideas:** This is the most important part when persuading others. We are asking some people to change their beliefs or actions. We should be supporting our ideas with such facts, statistics and/or authorities that there should not be room for any doubts.
- **Refuting opposing arguments:** Before we start saying that the opponents are wrong, we should *specify* their opposing ideas. Otherwise, it would be like hitting the other person with eyes closed. We should see clearly what we are hitting and be prepared beforehand so that he cannot hit us back. We can do this by knowing what we are refuting.
- **Language:** Signposts gain importance in the argumentative essay. They enable the readers to follow our arguments easily. Look at the language functions below:

✚ **When pointing out opposing arguments (CONs):**

*Opponents of this idea claim / maintain that ...*

*Those who disagree / are against these ideas may say / assert that ...*

*Some people may disagree with this idea.*

✚ **When stating specifically why they think like that:**

*They put forward this idea because ...*

*They claim that ... since ...*

✚ **Reaching the turning point:**

*However,*

*but*

*On the other hand,*

✚ **Refuting the opposing idea by using the following strategies:**

- *compromise* but prove that their argument is not powerful enough:

*They have a point in thinking like that.*

*To a certain extent they are right.*

- *completely disagree:*

*After seeing this evidence, there is no way we can agree with what they say.*

- say that their argument is *irrelevant* to the topic:

*What we are discussing here is not what they are trying to prove.*

*Their argument is irrelevant.*



## A sample argumentative essay

Study this sample argumentative essay and do the tasks that follow:

### HEALTH AND HEALING AT YOUR FINGERTIPS

Throw out the bottles and boxes of drugs in your house. A new theory suggests that medicine could be bad for your health, which should at least come as good news to people who cannot afford to buy expensive medicine. However, it is a blow to the medicine industry, and an even bigger blow to our confidence in the progress of science. This new theory argues that healing is at our fingertips: we can be healthy by doing Reiki on a regular basis.

Supporters of medical treatment argue that medicine should be trusted since it is effective and scientifically proven. They say that there is no need for spiritual methods such as Reiki, Yoga, Tai Chi. These waste our time, something which is quite precious in our material world. There is medicine that can kill our pain, x-rays that show us our fractured bones or MRI that scans our brain for tumors. We must admit that these methods are very effective in the examples that they provide. However, there are some "every day complaints" such as back pains, headaches, insomnia, which are treated currently with medicine. When you have a headache, you take an Aspirin, or Vermidon, when you cannot sleep, you take Xanax without thinking of the side effects of these. When you use these pills for a long period, you become addicted to them; you cannot sleep without them. We pay huge amounts of money and become addicted instead of getting better. How about a safer and more economical way of healing? When doing Reiki to yourself, you do not need anything except your energy so it is very economical. As for its history, it was discovered in Japan in the early 1900s and its popularity has spread particularly throughout America and Western Europe. In quantum physics, energy is recognized as the fundamental substance of which the universe is composed. Reiki depends on the energy within our bodies. It is a simple and effective way of restoring the energy flow. There are no side effects and it is scientifically explained.

Opponents of alternative healing methods also claim that serious illnesses such as HIV/AIDS and cancer cannot be treated without drugs. They think so because these patients spend the rest of their lives in the hospital taking medicine. How can Reiki make these people healthy again? It is very unfortunate that these patients have to live in the hospital losing their hair because of chemotherapy, losing weight because of the side effects of the medicine they take. Actually, it is common knowledge that except for when the cancer is diagnosed at an early stage, drugs also cannot treat AIDS or cancer. Most of the medicine these patients use are to ease their pain and their sufferings because of the medical treatment they undergo. Instead of drugs which are expensive and have many side effects, you can use your energy to overcome the hardships of life, find an emotional balance, leave the stress of everyday life and let go of the everyday worries.

Most of the chronic conditions such as eczema or migraine are known to have causes such as poor diet and stress. Deep-rooted anger or other strong emotions can contribute to viral infections as well. Since balancing our emotions and controlling our thoughts are very important for our well-being, we should definitely start learning Reiki and avoid illnesses before it is too late.

Some people may still maintain that in our material world, everything depends on time. It is even "lacking time" that causes much of the stress that leads to the illnesses we mentioned. How would it be possible to find time to do Reiki to ourselves and the people around us when we cannot even find time to go to the theater? This is one good thing about Reiki; it does not require more than 15 minutes of our time. There is no need for changing clothes or special equipment. It is a wonderfully simple healing art, an effective method of relaxation and stress-relief. Most important of all, it is less time consuming than medicine if we think of all the time we spend taking medicine for some complaints and taking some more for the side effects as well.

Having said these, resistance to Reiki would be quite illogical. Reiki is natural and drug-free. What is more, it is easy to learn by anyone, regardless of age and experience. It can be used anywhere, anytime. It also enhances physical, mental, emotional and spiritual well-being and the benefits last a lifetime. It is definitely high time to get away from the drug boxes we store in our drug cabinet!

**Answer these questions:**

1. Which organization pattern does the essay follow?

-----

2. What is the thesis of the essay?

-----

3. Find the Counter arguments or Refutation in the sample essay and write in the space provided:

<u>Counter arguments</u>		<u>Refutation</u>
a. People should trust medicine since it is effective and scientifically proven.	---->	-----
b. -----	---->	Medicine also cannot treat serious illnesses if not diagnosed at an early stage. (refutation method: opponents are partially correct)
c. Reiki, like alternative healing methods, requires a lot of time.	---->	-----

# UNIT 4

# Health & Nutrition

## OVERVIEW

▼  
Starting up  
▼  
Listening  
▼  
Reading  
▼  
Language review  
▼  
Writing



A. Work as groups and do this quiz:

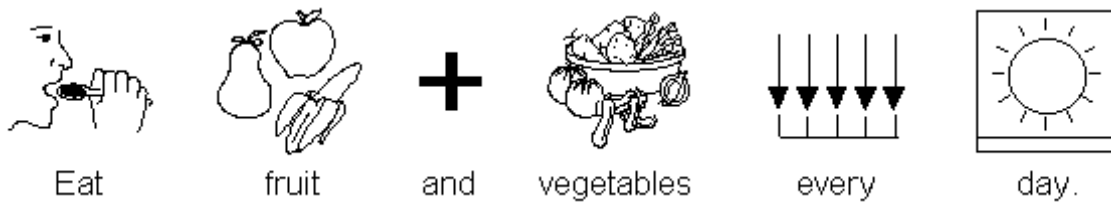
### A NUTRITION

## Quiz

- Q1.** Which of the following nutrients is needed as the main structural component of the body?
- A. Carbohydrates
  - B. Protein
  - C. Fat
  - D. Fiber
- Q2.** Which of the following nutrients is known as the sunshine vitamin?
- A. Vitamin C
  - B. Vitamin A
  - C. Vitamin K
  - D. Vitamin D
- Q3.** All of the following are needed for strong bones except:
- A. Vitamin A
  - B. Calcium
  - C. Magnesium
  - D. Vitamin D
- Q4.** Which of these nutrients is the preferred energy source for the body?
- A. B Complex Vitamins
  - B. Carbohydrates
  - C. Fats
  - D. Fiber
- Q5.** This nutrient is needed for a healthy immune system and strong connective tissue:
- A. Fiber
  - B. Vitamin K
  - C. Vitamin C
  - D. Fluoride
- Q6.** Which of the following is the best source for Omega 3 oils?
- A. Corn oil
  - B. Wheat products
  - C. Pork
  - D. Sardines
- Q7.** This mineral is essential for healthy red blood cells and a deficiency causes anemia:
- A. Iron
  - B. Magnesium
  - C. Iodine
  - D. Chromium
- Q8.** This vitamin is needed to prevent a birth defect called Spina Bifida:
- A. Vitamin D
  - B. Vitamin A
  - C. Folic Acid
  - D. Vitamin E
- Q9.** This nutrient is needed for healthy thyroid function:
- A. Iodine
  - B. Fluoride
  - C. Chromium
  - D. Vitamin B12
- Q10.** This nutrient is most important for healthy vision:
- A. Vitamin K
  - B. Iron
  - C. Calcium
  - D. Vitamin A

**B. Make up sentences about healthy living or nutrition basing on the pictures below:**

1. ⇒ Example:



2. ....



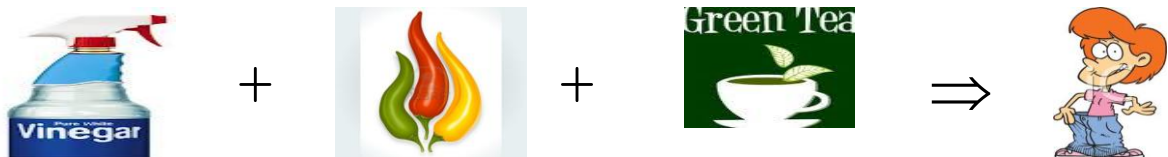
3. ....



4. ....



5. ....



6. ....

## LISTENING



You are going to listen to a talk on "Nutrition Traps". Listen and do the tasks that follow:

🎧 4.1

**A.**

**Are these sentences true or false?**

\_\_\_\_\_ 1. Most of the readers are ignorant when it comes to nutrition.

\_\_\_\_\_ 2. Even health-conscious people assume that foods are good for you simply because

they're all-natural.

\_\_\_\_\_ 3. It is not so easy for people to get distracted by the so-called "health halo".

\_\_\_\_\_ 4. Nutritionists can often get you to forget what you know about nutrition by

focusing your attention elsewhere.

\_\_\_\_\_ 5. John Tierney of *The New York Times* found that people estimated the calories

for a meal as being 300 calories lower when it was accompanied by a packet of crackers labeled "trans-fat free."

🎧 4.2

**B.**

**Complete the text with the ONE missing word.**

## DO ORGANIC FOODS REALLY TASTE BETTER?

More recently, a researcher from Cornell University asked people to compare organic and conventional versions of the same cookie. In reality, the cookies were identical but people estimated that the faux-organic brand was lower in fat and higher in \_\_\_\_\_(1). Even so, people rated them as better-tasting!

Barron's *Dictionary of Marketing Terms* explains it this way:

"In theory, an individual should be able to evaluate each feature of a given brand independently and should have no difficulty giving a high rating to one feature while giving another a low rating. However, in practice, researchers have noticed that respondents have a tendency to give a high rating to all the brand's features if they like the brand, and a low rating to all the features if they do not like the brand. This is known as a halo \_\_\_\_\_(2)."

## BE ON GUARD AGAINST THE HEALTH HALO

There are a lot of good reasons to choose foods that are less \_\_\_\_\_(3) and more natural. You can reduce your exposure to pesticides by choosing organic foods, for example. Just don't fall into the trap of assuming that a food is more \_\_\_\_\_(4) (or less damaging) just because it's natural. And don't let food marketers get away with the old magician's distraction trick.

Hold organic and all-natural products to the same standard you'd apply to conventional goods. Check the nutrition facts \_\_\_\_\_(5) to see how the calories, fat, sodium, and sugars \_\_\_\_\_(6) up. Organic or not, make sure that fresh fruits, vegetables, and other whole or minimally processed foods are taking up most of the space in your cart and that chips, crackers, cookies, and other treats are in the \_\_\_\_\_(7).

## READING



### 7 Components of a Balanced Diet and Sporting Activities

---

#### Before you read

**A.** Can you name 6 essential substances (nutrients) that our body needs in order to grow and stay healthy? The first letters are given as hints. The first nutrient is given as an example.

1. p\_ \_ \_ \_ \_ . (protein = example)
2. v\_ \_ \_ \_ \_ \_
3. l\_ \_ \_ \_ \_
4. f\_ \_ \_ \_ \_
5. c\_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_
6. m\_ \_ \_ \_ \_

**B. Do you know which of the above nutrients:**

1. are sugars and starches which the body uses for energy?
2. are made from many amino acids connected together in different arrangements?
3. are substances that do not dissolve in water?
4. have been known to cause heart diseases?
5. must be obtained from the food you eat since your body can not make them?

---

**While you read**

---

**C. Read the text below and match the right food type in the box below with the suitable information in the spaces given from (1-7) in the chart in the next page.**

**water, minerals, fibres, carbohydrates, protein, fats,  
vitamins**

Food type	How does it help	When do we need it in sport?	Where do we get it?
1. _____	Provides quick energy. 60% of our diet should comprise this food type	Running: Athletes in training will eat more of this food. Marathon runners will load before the event.	Pasta, cereal and potatoes
2. _____	Provides slow energy. 25% of our diet should be this food	Walking and low impact exercises. It produces energy too slowly to be used when working hard	Dairy products, nuts and fish
3. _____	Builds and repairs muscles. We only need 15% of it in our diet.	When training hard or recovering from injury.	Pulses, fish, meat
4. _____	Helps the body work and helps concentration.	Staying calm. Making quick decision	Fresh fruit and vegetables
5. _____	Helps release energy from food. Helps decision making.	When training hard and competing	Fruit, vegetables and fish
6. _____	Can't be digested. Fills you up and keeps you regular	Healthy digestion, no constipation, also helps with weight control.	Fresh fruit and vegetables, wholegrain cereals
7. _____	Maintains fluid levels	Whenever you sweat. It prevents dehydration.	The tap!

---

### After you read

---

**D.** In pairs, write the questions for the following answers.

1. A. ----- ?

B. It is the science that deals with all the various factors of which food is composed and the way in which proper nourishment is brought about; nutrition consists of diet (what you take in) and metabolism (what happens to it after it enters your body)



2. A. ----- ?
- B. Nutrition is very important. It gives humans energy. Children especially need nutrition in everyday meals, as well as adults.
3. A. ----- ?
- B. Your body needs the right amount of all the molecules to function properly or else it will lack one or more essential nutrients and will not be able to function normally.
4. A. ----- ?
- B. To function properly, your body must take in adequate amounts of several vitamins and minerals as well as of proteins, fats, and carbohydrates. If you are not getting adequate amounts of some required nutrients, your body will develop symptoms of deficiency.
5. A. ----- ?
- B. There are many. Poor nutrition may cause diabetes, cardiovascular disease, obesity, malnutrition., etc.

## LANGUAGE REVIEW

*In English, words can sometimes be omitted from a sentence without changing the meaning of the sentence. The words which are omitted are said to be "understood".*

### Study these examples:

✚ The man <i>who is going to Japan</i> is Roger	⇒	The man <i>going to Japan</i> is Roger.
✚ <i>When he was traveling to Japan</i> , Roger met Lori.	⇒	<i>When traveling to Japan</i> , Roger met Lori.
✚ No membership fee	⇒	There is no membership fee
✚ No children	⇒	No children are allowed.

### Rewrite these notes as full sentence:

- Want to get fit and have fun at the same time?  
\_\_\_\_\_
- Satisfied with your local gym?  
\_\_\_\_\_
- Coach parties welcome.  
\_\_\_\_\_

4. Only limited wheelchair access.

---

5. Vegetarians catered for.

---

6. Membership details on requests.

---

## WRITING



### Write about the following topic:

In some societies it is increasingly common to try to achieve good health and fitness through physically demanding sports, special diets, or preventative medicine conventional or alternative. Some people, however, believe that the best way to stay fit and healthy is simply to lead a normal life. To what extent do you agree or disagree with this opinion?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

*You should write your paragraphs within 15 -18 lines.*

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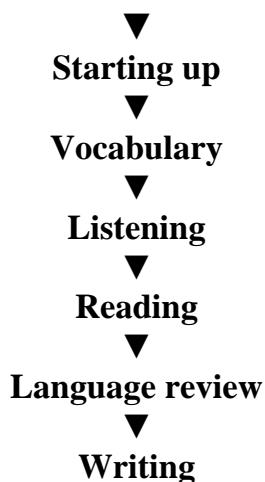
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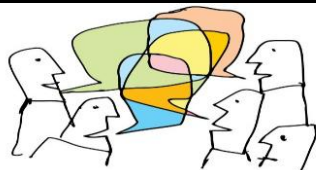
# UNIT 5

## Hospital Infection

### OVERVIEW



### STARTING UP



#### A. Answer these questions:

- What are the most common types of infection acquired in hospitals?
- Who are more susceptible to hospital Infection?
- What does HAI stand for?
- What risk factors may increase the likelihood of acquiring HAI?
- If you get infection, what are you expected to do to stop the spread of infection to other patients?

#### B. Match the above questions with these answers.

- ✚ Hospital Acquired Infection.
- ✚ Very young people, very old people, those with medical conditions - such as diabetes and people with defective immunity
- ✚ a long hospital stay, operations and surgical procedures, inadequate hand washing, overuse of antibiotics, invasive procedures, wounds, surgical cuts, burns and ulcers, and some high-risk areas in hospital.

- ✚ Urinary tract infections, wound infection, pneumonia, bloodstream.
- ✚ Depending on the type of infection, these might include: isolation in a single room, being put last on the operation surgery list, being nursed by staff wearing gloves and gowns.

## VOCABULARY

### Two word expressions

Make 10 two- word expressions connected with Hospital Infection by combining words from the two lists A & B to make appropriate phrases. Use each word ONCE. After that, write the phrases in the sentences below. The first one has been done for you as an example.

#### A

intensive  
antibiotic  
central-line  
alcohol-based  
risk  
blood-borne  
personal protective  
hand  
isolation  
super

#### B

equipment  
factor  
bugs  
care units  
hand sanitizers  
hygiene  
resistance  
infection  
pathogens  
precautions

1. **Antibiotic resistance** is a type of drug resistance where a microorganism is able to survive exposure to an antibiotic.
2. \_\_\_\_\_ is a serious infection that occurs when germs enter the bloodstream through an intravenous catheter that is placed into a large vein in a patient's neck, chest, arm, or groin.
3. \_\_\_\_\_ are viruses found in blood which produce infection, such as hepatitis B, virus (HBV), hepatitis C virus (HCV) or HIV.
4. \_\_\_\_\_ is a general term that applies to handwashing, antiseptic handwash, antiseptic hand rub, for example, alcohol-based hand rinse or surgical hand antisepsis.
5. \_\_\_\_\_ is an informal
6. \_\_\_\_\_ specialized clothing such as gloves, masks, protective eyewear, gowns worn by an employee for protection against an infectious hazard.
7. \_\_\_\_\_ is a special ward found in most hospitals which provides treatment and monitoring for people who are in a critically ill or unstable condition.
8. \_\_\_\_\_ are special precautionary measures, practices, and procedures used in the care of patients with contagious or communicable diseases.
9. The use of \_\_\_\_\_ has been shown to reduce illness and absence rates in places where germs are commonly spread, such as in schools or hospitals.
10. \_\_\_\_\_ is something that increases your chances of getting a disease.

term for a bacterium that has become resistant to antibiotics usually used to treat it, as methicillin-resistant *Staphylococcus aureus* (MRSA).

## LISTENING



### Reporting infections

*Between 5 and 10 percent of all patients contract at least one healthcare-associated infection (HAI) during their stay at U.S. hospitals. States that require public reporting of HAI cases:*



#### 4.1 Correct the wrong words in the text as you listen.

**Balintfy:** Infectious diseases are caused by germs or microbes. Microbes are tiny living things that are found everywhere - in air, soil and water - but they can't be seen without a microscope. Some microbes are essential for a healthy life; but others, if touched, consulted or inhaled, can cause infection, disease and even death. Preventing infectious diseases is a key factor of public health. Dr. Thomas Frieden, director of the Centers for Disease Control and Prevention says while great progress has been made, more can be done to decrease the burden of illness, disease and death here and worldwide.

**Frieden:** In this country we can continue to reduce infections that happen in healthcare facilities. We can continue to reduce food borne infections and we can continue to reduce HIV, herps and other leading causes of illness and death. Globally there's much more we can do with HIV with new knowledge. We can continue to make progress with measles prevention and control.

**Balintfy:** He adds that there are preventable infections that continue to kill billions of children worldwide. These could be drastically reduced by improving vaccination efforts.

**Frieden:** Vaccines are one of the great success stories of public health and in fact of society. But we have much further to go. We're not yet over the finish line in polio eradication and we need to make more progress in malaria vaccination and other vaccine programs.

**Balintfy:** The CDC's Dr. Frieden, presenting at The Kinyoun Lecture at the NIH, discussed tuberculosis - also called TB - as a case study or example of preventing an infectious disease.

**Frieden:** Tuberculosis is really a model for good public health practice. Figuring out what works and then scaling it up.

**Balintfy:** He explains that working with patients and healthcare staff is how a public health system - including both private physicians and public hospitals - can protect not only individual patients, but society in general. He adds that data and scientific study are essential.

**Frieden:** Fundamentally what we want to do is show the science so we know what's making people sick, we know how to prevent it and then we find out what is the best way to scale that up.

**Balintfy:** An earlier example of science leading public health efforts dates back to 1874. Dr. Joseph James Kinyoun founded the Laboratory of Hygiene where he identified the infectious disease cholera. That lab went on to become the first national laboratory in the United States dedicated to improving public health and later evolved to become the NIH.

## READING

**A. Read the text below and match the headings from (A-I) in the box with the suitable paragraphs from (1-9) numbered in the text.**

- A. How infection perpetuates
- B. Basic elements of the infection control program
- C. Extent of problem
- D. Routes of spread of infection
- E. Source of infection
- F. Why is infection such a problem even after 100 years since Lister and Pasteur ?
- G. Role and functions of the ICC
- H. Hospital infection control program (example)
- I. Effective control measures

## Hospital Infection Program



*Hospital infection is also called Nosocomial infection. It is the single largest factor that adversely affects both the patient and the hospital. The English word Nosocomial is derived from the Greek NOSOKOMEION meaning "hospital". Nosocomial infection is that which develops in the patients after more than 48 hours of hospitalization. Bacterial infections, which appear within first 48 hours of admission, are considered as community acquired.*

1.

- Advancing age of the patients, as they are more prone to infection.
- Use of sophisticated and complicated equipment which is not easy to clean, disinfect or sterilize.
- Increasing specialization bringing together patients susceptible to some type of infection.
- Increased use and trial use of antibiotics resulting in drug resistance.
- Higher rate of staff turnover makes it difficult to maintain uniform standards
- Effective sterilization system as yet not fully understood by all concerned.

2.

In western countries the range of hospital infections varies a low of 0.8 to a high of 8 (A comprehensive study done in USA showed a median infection rate of 3 per hundred discharged). In India hospital infection estimates vary from 10 to 30 percent, the least being about 3 percent in the best of hospitals. Hospital infection occurs in every hospital; the difference is in the degree of the severity only. It adversely affects the image of the hospital.

3.

What affects the development of Hospital infection is the relationship between the agent, the patient (host) and the environment.

4.

- Infection can be acquired as cross-infection from the other patients, hospital staff and visitors
- Hospital environment
- Self infection from microbes that are carried by the patient himself on admission to the hospital

Actually it is a very difficult task to trace the source of infection.

5.

Droplets route

Contact route

Environmental route

Intravenous route

High risk areas in the hospital, for example, nurseries, intensive care unit, organ transplant unit, burns unit, operation theatres, delivery rooms, post-operative wards, etc.

Primary ailments complicated by other associated diseases

Diminished body resistance use to immunosuppressive drugs

Indiscriminate use of antibiotics and steroids

Longer patient exposure through complicated and lengthy operative procedures.

## **6. Hospital infection control program (example)**

The main aim of the infection control program is to lower the risk of an infection during the period of hospitalization.

The three main areas for the infection control program are as follows:

- Development of surveillance system regularly analyzed and reported to those who are in position to take appropriate actions. The surveillance system will establish a database, which will give endemic rates of Nosocomial infection.
- Development of policies and procedures  
These policies and procedure are useful in decreasing the risk of Hospital infection
- Continuing medical program  
The medical and paramedical staffs are enrolled in the CME for the updated knowledge in hospital infection.

## **7.**

- Providing a system of identification and reporting of infection.
- Providing a system for keeping records of infection in patients and personnel.
- Providing for good hygiene, aseptic techniques and sterilization and disinfection practices.
- Providing the staff, orientation and CME in infection prevention and control
- Providing for coordination with all departments and with medical audit committee in quality assurance.

## **8.**

- Determine the method of surveillance and reporting
- Determine the criteria for reporting of infections
- Review occurrence of clusters of infections



- Review of records of all infected patients
- Review with the medical audit committee the use of antibiotics and anti infectives.
- Recommendation in relation to selection of equipment used for sterilization
- Development of forms or data sheets used for collecting and reporting of data for the infection control program
- Prepare and update procedure manuals of aseptic techniques used in the hospital
- Determine the policy on screening and immunization of hospital staff
- Determine the content and methodology of training program for hospital staff in prevention and control of Hospital infection.

9.

- People: The people in the hospital are significant carriers. The most important factor is the failure of hospital staff to wash their hands often enough between patients to prevent spread of cross infections. Adequate hand washing facilities must be available in all areas.
- Aseptic techniques: Strict adherence to aseptic techniques even while the procedures are done outside of the operation theatres.
- Segregation of contaminated materials and instruments: There must be a system for keeping the contaminated pieces of linen, sputum cups, bedpans and similar items separately to minimize the chances of getting mixed up with the clean ones. The same applies to the instruments.
- Dis-infection practices: Selection of appropriate disinfectants for different purposes is important.
- The following should be checked:
  - Appropriate choice
  - Appropriate concentration
  - Appropriate contact time
  - Appropriate method of use
- Sterilization practices: An efficient central sterilization department ensures supply of properly sterilized articles to all the users of the hospital. Sterilization in flash sterilizer's in the OT must be done meticulously by a trained person.
- Good housekeeping: Cleaning of OT walls, floors, tables and fixtures should be organized as a scheduled program at predetermined intervals and use of appropriate disinfectants is strongly advocated.
- Antibiotic policy: Use of antibiotics must be monitored and controlled. The major problem in involvement of organisms showing multi-drug resistance.
- Careful handling of soiled linen: All soiled linen should be considered as potentially infected and treated accordingly
- Air hygiene in operation theatres: Clogging of air filters of the air conditioning system renders the ventilation in OT ineffective. The filters should be frequently cleaned. The AC

system must achieve the desirable number of air changes per hour.

- Developing sense of awareness: This is the single most important factor in the control of hospital infection. A high sense of awareness and training goes a long way in controlling hospital infection.

### B. Find the word in the text which means:

1. to be susceptible to (para 1) \_\_\_\_\_
2. a change or movement of people in, out, or through a place (2 words, para 1) \_\_\_\_\_
3. rigorousness (para 2) \_\_\_\_\_
4. to find out or discover (para 4) \_\_\_\_\_
5. an area in a hospital that is equipped for delivering babies. (2 words, para 5) \_\_\_\_\_
6. harmonious combination or interaction, as of functions or parts. (para 7 ) \_\_\_\_\_
7. compliance, obedience (para 9) \_\_\_\_\_
8. isolation (para 9) \_\_\_\_\_
9. exactly, precisely, accurately (para 9) \_\_\_\_\_
10. makes (para 9) \_\_\_\_\_

## LANGUAGE REVIEW

### Clauses functioning as Subject

Clauses can also function as Subjects. When they perform this function, we refer to them generally as *Subject clauses*. The table below shows examples of the major types of Subject clauses:

Clauses	Example
<b>That-clause</b>	⇒ <i>That his theory was flawed soon became obvious</i>
<b>Nominal Relative clause</b>	⇒ <i>What I need is a long holiday</i>
<b>To-infinitive clause</b>	⇒ <i>To become an opera singer takes years of training</i>
<b>-ing clause</b>	⇒ <i>Being the chairman is a huge responsibility</i>

### Rearrange the following words to make a complete sentence:

1. might what the not be reliable patient.

2. priceless making smile is people.
3. comes will whoever be welcome.
4. find what should do is to a good they doctor.
5. who to wait for makes people are never punctual me angry.
6. said what the important physician to me was really.
7. To tiring be becomes around her all day.
8. not what yours I do is a concern of.
9. hospitals preventing makes more infections profitable.
10. rewarding audience winning laughs from an is a feeling.

## WRITING



### Write about the following topic:

According to you, what are the best ways to prevent and control hospital infections?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

*You should write your paragraphs within 15 -18 lines.*

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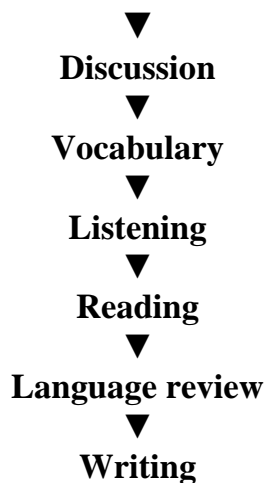
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# UNIT 6

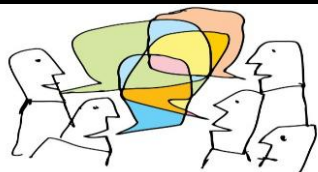
# Health care systems

## OVERVIEW



*"Of all forms of inequality, injustice in health care is the most shocking and inhumane."  
- Dr. Martin Luther King Jr.*

## DISCUSSION



**In groups, discuss these questions:**

- ✚ Do you think healthcare should be free for everyone?
- ✚ Is it right for hospitals to make profits?
- ✚ What's the system of healthcare in your country like? Is there a big healthcare gap?
- ✚ What is the life expectancy in your country?
- ✚ What is the infant mortality rate?
- ✚ What is the number of doctors and nurses per 1000 people?
- ✚ Do people in your country have access to safe water, adequate sanitation and mass immunization programs?
- ✚ What are the national health programs in Vietnam?
- ✚ How do Vietnamese people pay for their health care?

## VOCABULARY

A. Put the correct words from the table below in the article **"World healthcare system for the rich"**

- |                 |             |                |                |
|-----------------|-------------|----------------|----------------|
| 1. A. equity    | B. equality | C. inequal     | D. unequal     |
| 2. A. system    | B. service  | C. gap         | D. distance    |
| 3. A. For       | B. Even     | C. With        | D. Even though |
| 4. A. cases     | B. bags     | C. wallets     | D. purses      |
| 5. A. when      | B. for      | C. In spite of | D. while       |
| 6. A. have      | B. do       | C. make        | D. save        |
| 7. A. developed | B. found    | C. did         | D. create      |
| 8. A. sick      | B. sickness | C. ills        | D. illness     |
| 9. A. trend     | B. trendy   | C. trends      | D. tend        |
| 10. A. lanes    | B. linear   | C. row         | D. line        |

A new United Nations report has found that healthcare systems across the world are becoming more (1) \_\_\_\_\_. The annual World Health Report, launched on October 14th by the World Health Organization (WHO), found that the healthcare (2) \_\_\_\_\_ between rich and poor people is wider today than it was thirty years ago. (3) \_\_\_\_\_ people living in the same city experience enormous differences in the quality of medical care they have access to. The WHO said in its report: "In far too many (4) \_\_\_\_\_, people who are well-off and generally healthier have the best access to the best care, (5) \_\_\_\_\_ the poor are left to fend for themselves." Perhaps the saddest conclusion of the report is that health care today is frequently treated as something which hospitals can (6) \_\_\_\_\_ profits on.

The WHO recommends a return to a more basic "primary health care" system that many countries (7) \_\_\_\_\_ in the 1970s. Back then, the (8) \_\_\_\_\_ could visit a family doctor and get the treatment they needed. The report says healthcare no longer focuses on poorer members of society: "Health care is often delivered according to a model that concentrates on diseases, high technology, and specialist care," it stated. WHO Director-General Dr. Margaret Chan said: "Viewed against current (9) \_\_\_\_\_, primary health care looks more and more like a smart way to get health development back on track." She added: "We are, in effect, encouraging countries to go back to the basics." More than 100 million people are pushed below the poverty (10) \_\_\_\_\_ each year because they cannot afford healthcare.

B. Find the synonyms from the article for these words:

- |                           |          |
|---------------------------|----------|
| 1. huge                   | a. _____ |
| 2. aims at                | b. _____ |
| 3. suggests               | c. _____ |
| 4. in the right direction | d. _____ |

- |               |          |
|---------------|----------|
| 5. care       | e. _____ |
| 6. different  | f. _____ |
| 7. cope alone | g. _____ |
| 8. pay for    | h. _____ |
| 9. present    | i. _____ |
| 10. rich      | j. _____ |

## LISTENING



**T6.1 Listen to an interview with Casaundra Bronner about health insurance. Say if these sentences are true or false.**

- \_\_\_\_\_ 1. Bronner goes to Zumba because she is unemployed.
- \_\_\_\_\_ 2. She has diabetes and high blood pressure.
- \_\_\_\_\_ 3. She worked in the marketing department at Anheuser-Busch two years ago.
- \_\_\_\_\_ 4. She now works for a small event planning company and she is on her company's insurance.
- \_\_\_\_\_ 5. Her children are on her husband's insurance.

**T6.2 Listen to an interview with Annica Trotter about health insurance. Answer these questions.**

1. What health problem is she having now? How long has she had this problem?

\_\_\_\_\_

2. How does she describe the pain?

\_\_\_\_\_

3. What was she doing when she had the pain?

\_\_\_\_\_

4. Does she have health insurance now? Why?

\_\_\_\_\_

5. What else is she worried about except the pain that she's having now?

\_\_\_\_\_

**T6.3 Listen to an interview with Randy Howland about health insurance. Fill ONE missing word in the space provided.**

For Randy Howland, 51, the need for regular medical care is arguably even greater. But he hasn't had insurance in a \_\_\_\_\_(1). He's had seizures in the past, even once, a long time ago, when he was driving.

"And that was a full \_\_\_\_\_(2). " Howland says. "I hit a school bus. The school bus luckily didn't have kids on it. Our car was totaled. I was limping for quite some time."

He takes medication for it, which he pays for out of \_\_\_\_\_(3), and is supposed to get regular blood tests and other monitoring. But he rarely does. His attitude is almost fatalistic.

"Get that insurance and we'll get that looked at," he says.

But every time Howland has come close to getting insurance, he's either lost his job or realized that on \$10 or \$12 an hour, he simply couldn't \_\_\_\_\_(4) it. On a number of occasions, he and his wife, Lisa, have chosen paying the mortgage over paying for insurance.

"I worry about his medical condition, and I worry every day he gets in the car," Lisa says.

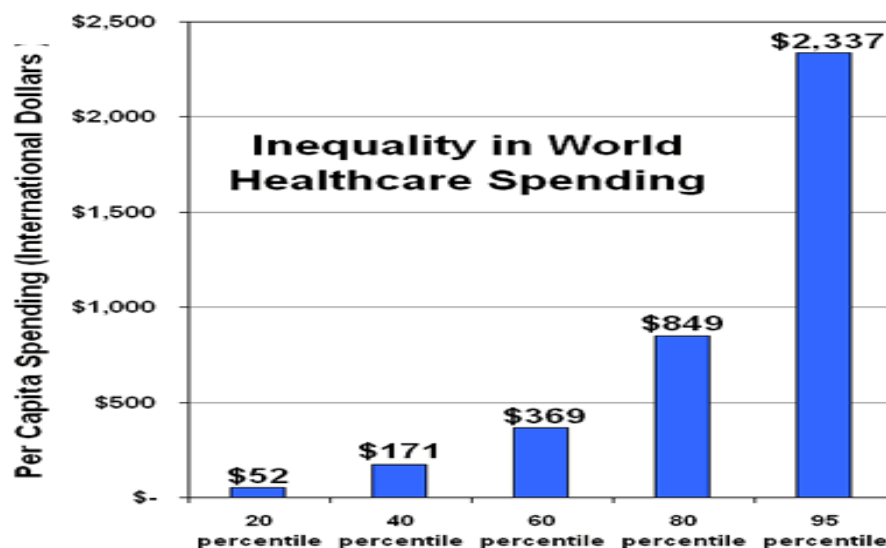
"There's nothing I can do about it. I just have to get up every day, say my prayers and hope that somebody's watching out for us."

This line of discussion clearly makes Randy uncomfortable. He pipes in and asks the last time his wife has gotten a mammogram. It's been years.

"I worry more about you than myself, dear," she says, looking over at her husband. "And you know that."

Randy Howland just started a new job that pays a little better than the last one. And he's hoping this time, finally, he will be able to get \_\_\_\_\_(5).

## READING



Costs and priorities: Meeting healthcare needs in

1	<p>At first, developing and developed nations may seem to have very different problems and priorities in health care. However, they have a great deal in common. The first of these is HIV/AIDS, which was identified as a major problem in the United States in the 1980s. By 2003, an estimated 38 million people in developing countries were living with HIV/AIDS, 90 percent of all global infections.</p> <p>Second, cardiovascular diseases (CVD), illnesses of the heart and circulatory system, are no longer seen as exclusive to the wealthy nations. CVD is increasing in many developing countries as lifestyles change. Consider the recent history of Singapore, which has become one of the wealthier developed nations of the world. Between 1940 and 1979, while life expectancy rose from forty to seventy years of age, deaths from infectious diseases fell from 40 percent to 12 percent of total deaths. At the same time, however, deaths from cardiovascular diseases rose from 5 percent to 32 percent of all deaths. Similar changes are expected worldwide as other developing nations move away from traditional lifestyles. In 2001, the World health Organization (WHO) predicted that CVD would be the leading cause of death in developing countries within ten years.</p> <p>The health care systems of industrialized and developing countries have a third area of common concern: a tendency to focus on crisis care. Although they have less money to spend for health care, developing countries clearly have inherited the Western tendency to give priority to treating disease after it has developed. Recent statistics show that about 80 percent of health care funds in developing countries are spent to train doctors and to build hospitals.</p> <p>We have already seen that an emphasis on care creates problems for the industrial countries. Because crisis care is incapable of meeting the different health care priorities of poorer nations, it has even more disastrous consequences there. In the world's poorest nations, children under five die at a rate that is twenty times greater than in the world's wealthiest countries. The diseases that kill them include malaria, which is controllable and treatable if it is diagnosed early. Among the other killer diseases are the so-called vaccine-preventable diseases (measles, whooping cough, diphtheria tetanus, polio, and tuberculosis), which killed 2.1 million children in 1990. They also include simple diarrhoea, which kill enormous numbers of young children and which is caused by contaminated water and food.</p> <p>Although these killer diseases are no long real problem for the wealthier countries, they were a major cause of death in the nineteenth and early twentieth centuries. Ultimately they were bought under control not by crisis care, but by prevention; in their words, when safe water, adequate sanitation, and mass immunization programs became available.</p> <p>There is, however, a second reason why infectious diseases remain such an</p>
2	
3	
4	
5	
6	
7	
8	
9	



enormous problem in poorer countries. Effective public health programs are often far too expensive for these countries-even with some international assistance. As evidence of this, the survey shows that the world's poorest countries cannot afford to meet even the basic health needs of their people.

To solve the most urgent health problems of developing countries, experts have recommended that priority should be given to primary health care. This approach to health care, as we have seen, emphasizes health maintenance through disease prevention and control. Many of the developing world's deadliest diseases, the experts point out, can be prevented if clean water and adequate sanitation are provided. Other diseases can be prevented by mass vaccination programs. Still others can be controlled by effective health education that gives people information about ways to avoid malaria-carrying mosquitoes or about the importance of nutrition, especially for pregnant women and young children.

Primary health care, as we have seen, does not merely focus on prevention and ignore the treatment of disease. Another priority for poorer nations is to provide timely diagnoses and basic treatment for the general populations instead of technologically advanced and expensive treatment for a few wealthy people. Under international programs, the governments of developing countries are given incentives to build community health centres and train health workers. Patients receive immediate attention from doctor, nurses, and health workers who have the necessary diagnostic training and equipment and have an adequate supply of drugs. These local health centres are much more accessible to people who need treatment than a few hospitals in the larger cities.

If poorer countries can offer this type of health care, the health of their general populations will improve rapidly. A number of developing countries have already shown that primary health care programs can be successful. Cuba eliminated polio in 1972, even before the disease was eliminated in the United States. In 1974, the World Health Organization began a program to immunize the world's children against six vaccine-preventable diseases during their first year of life. By 1994, the vaccinations were protecting 80 percent of children and the annual number of child deaths had fallen by 3 million. Another WHO program, whose goal was to wipe out polio in the Americas, began in 1985. The goal was achieved in 1991. In that year, nearly 2 million children in Peru were vaccinated in one week after polio had been diagnosed in a two-year-old boy. The boy, Luis Fermin, recovered and proved to be the last case of polio in the Americas.

Similar successes have been achieved in the fight against diseases for which no effective vaccines are available. In one area of Nigeria, deaths from diarrhoea fell by 82 percent after local health workers learned to use oral dehydration therapy (ORT), a simple treatment that does not depend on complex hospital equipment or expensive drugs. By 1990, according to United Nations estimates, ORT was saving the lives of 1 million children annually. In 1992, Brazil conducted a program of malaria control that

emphasized early diagnosis and treatment as well as preventing the transmission of the disease—for example, by the use of bed nets that were treated with insecticides. By 1996, malaria-related fatalities had fallen by 21 percent; in addition, an estimated 1.8 million infections and over 100,000 deaths had been prevented.

### Main idea check

Here are the main ideas of each paragraph in the article. Match each paragraph (1-10) to its main idea (A-J). Write the number of the paragraph in the blank.

- \_\_\_\_\_ A. Cardiovascular disease, which is usually associated with the industrial countries, is becoming a problem in developing nations.
- \_\_\_\_\_ B. An emphasis on crisis care cannot solve the most urgent health problems of developing countries.
- \_\_\_\_\_ C. HIV/AIDS is one problem that wealthy and poor countries have in common.
- \_\_\_\_\_ D. The diseases that face developing countries today were once problems in the wealthier countries but were finally controlled by prevention.
- \_\_\_\_\_ E. The health care systems of the developing world, like those of wealthier countries, tend to emphasize crisis care.
- \_\_\_\_\_ F. Primary health care also provides better access to early diagnosis and treatment of common diseases.
- \_\_\_\_\_ G. Diarrhoea, malaria, and infectious diseases remain a major problem because developing nations cannot afford to fund effective programs of basic health care.
- \_\_\_\_\_ H. Primary health care programs can be successful in fighting diseases like malaria and diarrhoea, for which no vaccines exist.
- \_\_\_\_\_ I. As a solution to their most urgent needs, developing countries need to focus on providing primary health care.
- \_\_\_\_\_ J. Experience shows that primary health care can have a major impact on the problem of vaccine-preventable diseases.

### A closer look

Look back at the article and answer the following questions.

1. Why does the writer mention Singapore in the third sentence of paragraph 2?

- A. To show that life can improve for developing countries
- B. To show that we can expect CVD to increase as countries develop
- C. To show that Singapore is no longer a developing country
- D. To show that infectious diseases are no longer a major problem in Singapore

2. In which way(s) are the health problems of developing countries and those of the industrial nations similar? Circle the answer(s) that apply.

- A. HIV/AIDS is threat in both groups of nations.
- B. Vaccine-preventable diseases are no longer a problem in either type of country.
- C. Some problems in both groups are associated with the emphasis on crisis care.

- D. The answer to many of the problems in both types of countries is greater access to safe water and better sanitation and effective public health programs.

**3. Why does the writer mention Cuban and World Health Organization programs in paragraph 9?**

- A. To show that primary health care programs can be successful against vaccine-preventable diseases.  
 B. To show that primary health care could also help people in the United States.  
 C. To show that polio is no longer a problem in some parts of the developing world.  
 D. To show how close the world was to eliminating polio in 1991.

## LANGUAGE REVIEW

### Describe trends

There are different ways to describe trends. Study these examples:

**1. Verbs or different verb forms.**

Health care costs have been rising in recent years.

**2. Verbs + adverbs**

The cost of living fell dramatically in those years.

**3. There is/are + noun phrase**

There is a rise in health care costs every year.

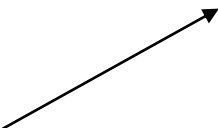
**4. Prepositions:**

The company's international sales of emergency medical products have increased by \$0.5 million.

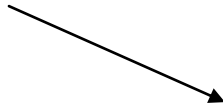
**5. Fractions**

The cost of healthcare doubled in less than a year.

Study some basic trends and words to describe these trends in the table below:

Basic trends	Describe trends	
<p>1. Upward movement :</p> 	Verbs	Nouns
	increase rise (rose, risen) grow extend boom/soar/climb jump, to rocket peak reach a peak, reach an all-time high	(an) increase (a) raise, a rise (a) growth (an) extension (a) boom (a) jump (a) peak

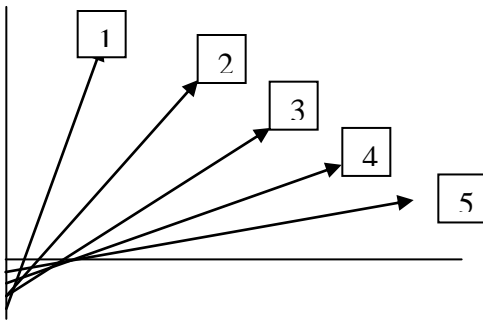
2. Downward movement :



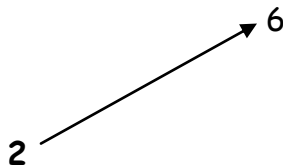
3. No movement :



4. Degree or speed of change



5. Size of change



#### Verbs

decrease  
reduce  
fall (off)  
plunge, plummet  
drop (off)  
go down  
decline  
collapse

#### Nouns

(a) decrease  
(a) reduction  
(a) fall  
(a) plunge  
(a) drop  
(a) downswing  
(a) decline  
(a) collapse

#### Verbs

(to) remain stable  
(to) stay constant  
(to) stabilize

#### Nouns

stability

#### Adverbs

1. dramatically, steeply  
2. vastly, hugely, sharply  
3. significantly, considerably, a lot  
4. moderately  
5. a little, slightly.

#### Prepositions

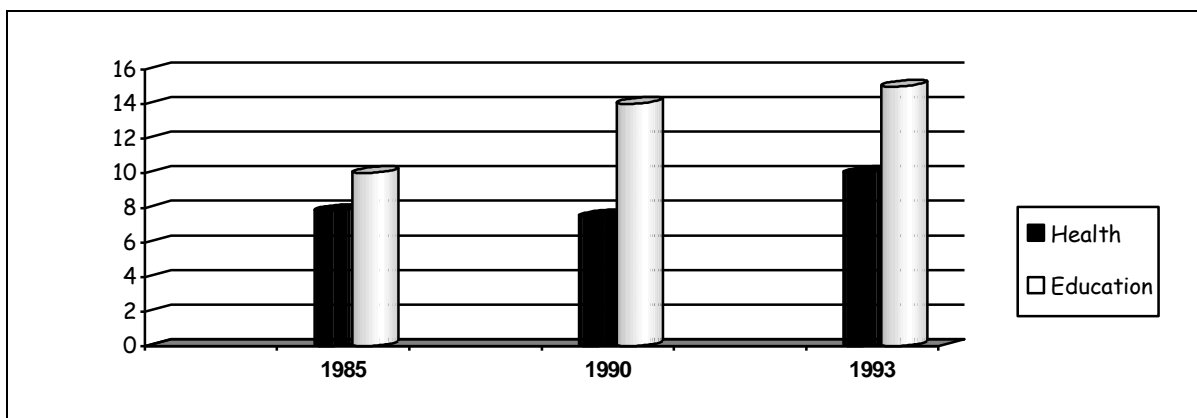
To (an) increase: from ....to  
by  
to  
of  
at  
in  
between  
until

#### Fractions

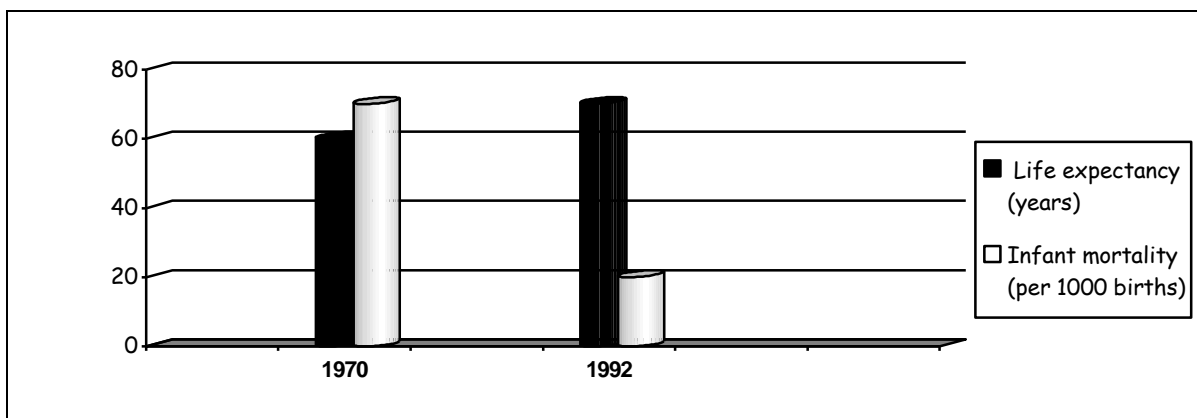
to double  
to halve  
to triple  
by a third  
by a quarter

## WRITING

The two charts below shows health and education spending and changes in life expectancy and infant mortality in the UAE. Write a report to your university lecturer to describe the information shown in both charts. You should write at least 150 words.



*Chart 1: Expenditure on health and education, UAE as % of GDP*

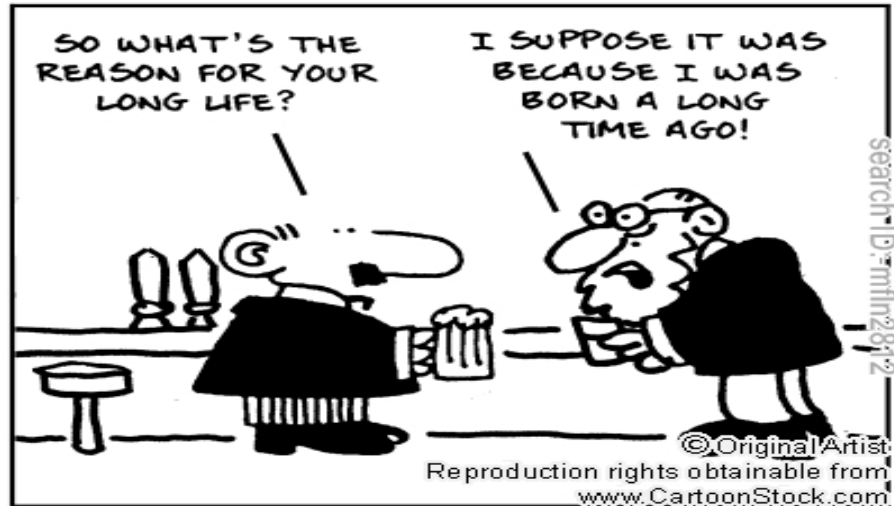


*Chart 2: Infant mortality and Life expectancy, 1970-1992*

# UNIT 7 Life Expectancy

## OVERVIEW

- ▼
- Starting up
- ▼
- Listening
- ▼
- Reading
- ▼
- Language review
- ▼
- Writing



## Life Expectancy

# Quiz

This life expectancy quiz is typical questionnaires used by insurance companies. Of course it can't be 100 percent accurate. But though exceptions exist, it is likely that your predicted life span may be somewhat in that range. Try this quiz to know your life expectancy.

Start with number 74

- 1- If you are a male, subtract 2.
- 2- If a female, add 4.
- 3- If you live in an urban area of over 2 million people, subtract 2.
- 4- If living in a rural area with population under 70,000, add 2.
- 5- If any grandparents live to be 85, add 2.
- 6- If all grandparents live to be 85, add 2.

+	-




**Your total score will be the estimated number of years you may live. But there is more. You are likely to live even longer if:**

- Your blood pressure is less than 130/75.
- Cholesterol is less than 200.
- Resting pulse rate is less than 60 beats per minute with no breathing problems, asthma or history of chronic illness.
- Presently living with a pet and still work after age 62.
- Light eater, do not skip breakfast and has social contact besides your spouse.

## LISTENING



**You are going to listen to a health report on “Life expectancy declining in parts of WV, rural America”. Listen and do the tasks that follow:**

 **7.1 A.** As you listen, underline the wrong information in these sentences and correct them.

1. The researchers found hundreds of low-income, rural counties – scattered across Appalachia, the deep South and the Great Plains - where men were expected to die at a younger age than women.
2. In the 1960s and 70s, life expectancy decreased in every county in the United States for both sexes.
3. But between 1983 and 1999, the average life span for women decreased by more than one year in 11 counties.
4. A baby born in McDowell County can expect to live longer than a baby born in Nicaragua or the Philippines.
5. Between 1969 and 2006, the average age at death in West Virginia decreased by six months, to slightly more than 72 years.

 **7.2 B.** Fill each blank with the word you hear.

In Wyoming and McDowell counties, it's even worse. Their average age at death \_\_\_\_\_ (1) by more than four years - to just 67 years old. Again, that's a drop of four years in just a decade.

This is no surprise to Jerry Stafford, who runs a funeral home in the Wyoming County town of Oceana. More often, he's making arrangements for people in the prime of their lives who \_\_\_\_\_ (2) on drugs – including a friend he went to high school with.



“She was a year younger than me,” Stafford said. “Some of them, like this one in particular, you say, ‘Wow...what’s going on here?’

\_\_\_\_\_ (3) painkillers like OxyContin are killing about 40 people a year in Wyoming County. That has a huge impact on the average lifespan – and an impact on families for years to come.

“Probably the hardest funerals I do are the young parents, when a young parent has passed away,” Stafford said. “I see the children that are going to grow up without the \_\_\_\_\_ (4) of a mother or father. You know, mommy can do a lot of things, but she’s not daddy. Daddy can do a lot of things, but he’s not mommy.”

What’s behind this drop in life expectancy? Murray’s study didn’t pick up the recent spike in overdose deaths because the data stopped in 2000.

Instead, Murray’s study found big increases in diabetes and lung diseases – especially among women.

Murray blames lung disease on more smoking. Another recent study from WVU says that \_\_\_\_\_ (5) to coal dust and other mining pollution could be a factor.

The rise in diabetes is tied to a rise in \_\_\_\_\_ (6). Dr. Paul Little, medical director of Tug River Medical Center in McDowell County, has one eight-year-old patient who already weighs 160 pounds.

“He goes to McDonalds every single day,” Little said. “And we try to educate parents that’s not good. And they say, he cries, he carries on. So we say, let the kid cry and carry on. You need to start to do this and this, because here he is, eight years old, and he’s already obese.”

Little said the boy is just following his father’s example.

“You know, the little boy sees that his father goes to McDonalds every morning and gets biscuits and gravy, so he wants the same thing. And his father’s obese and his mother’s obese,” Little said.

The solution, Little says, is \_\_\_\_\_ (7) – the earlier the better.

### 7.3 **C.** Answer these questions.

1. What is Becky Bailey’s job?

.....

2. According to Donald Hansbury, what activities does he do at nutrition camps?

.....

3. What difficulties do the kids who go through the program have ?

.....

4. What barriers lead to the parents’ bad choices which are blamed for the epidemic of obesity?

.....

5. According to Murray, what should be done to stop the spread of obesity, lung disease, and drug use to other parts of the country?

.....

## READING

### WHY DO THE JAPANESE HAVE THE LONGEST LIFESPAN?

# Healthy Living

A recent statistic in the World Bank Group states that the Japanese have the longest lifespan in the world. Japanese men live be 78 years old on average while the average lifespan of a Japanese woman is 85. How do the Japanese do it? After personally experiencing the Japanese lifestyle in Tokyo for five years, I learned a little about why Japanese people live so long and will share a few of their secrets.

#### Part 1 : It's All in the Food

The Japanese diet does not center on delicacies eaten solely for taste. In fact, most dishes are consumed based on the health benefits people gain from them. Conscious decisions are based on 'What would be good for me?' as opposed to 'What do I feel like eating?' This leads one to contemplate what is the diet for the average Japanese person and what are their secrets?

Below are five secrets help to explain why the Japanese are so healthy and have the longest life expectancy.

#### **Secret 1: Eating fish instead of red meat lowers the risk of heart attacks.**

For a source of protein, fish is a common staple in most meals. Red meat is significantly more expensive and less frequently consumed. Fish is healthier and the fresher it is the better. Keep in mind that not all fish in Japan is consumed raw, there are many ways that fish is prepared (grilled, baked, fried, poached, etc) and served. Furthermore,

#### Part 2: Live the Lifestyle

Why do the Japanese have the longest lifespan? You have learned to eat the things Japanese people eat, and now you will learn how to live like they live. Fast, long, and lively best describes a usual day in Japan. The country is geared towards an active lifestyle, as the 'couch potato' concept is completely foreign. This lively lifestyle centers around three key aspects: work, socializing and recreation.

The workday begins early due to the commute by train that most people endure. This can range from 20 minutes to over two hours with the majority of people standing, as there are not enough seats. Walking is the focal point in the daily exercise regime. On average, people walk one to two kilometers to the train station in the morning. After arriving at the closest station to their office, people typically walk another one to two kilometers to their place of business. At the end of their long day, workers go through the same routine. All in all, the average Japanese individual will walk between three to five kilometers per day.

Japanese women believe that the skin on fish helps bring out the natural beauty of their skin and improves their complexion.

**Secret 2: Soy products help reduce heart disease and high blood pressure and are a great source of protein.**

Tofu and soy products are also staples in the Japanese diet. Considering that saturated fats from meat and dairy products increase cholesterol, it is encouraging to know that foods derived from plants such as soy actually have the opposite effect. Soybeans provide adequate protein without the saturated fat and cholesterol of meats and high-fat dairy. Soy sauce, tofu, and natto (soy beans mixed with raw egg served over rice) are a few examples of soy products consumed daily.

**Secret 3: Wheat and buckwheat flour helps in the digestive process.**

The consumption of starches is at a minimum and usually contains no white flour. Japanese noodles are made from wheat flour or buckwheat flour. Both are significantly healthier than enriched white flour. Rice is a staple in the diet but consists of a small bowl at meals. The significance is to cleanse the mouth when changing dishes. Rice will remove the flavor in one's mouth much like cheese and crackers when sampling wines.

**Secret 4: Smaller portions reduce the opportunity for excessive eating.**

Traditional Japanese meals are about half the regular portion of western dishes. Even though most dishes are viewed as healthy, portions are still relatively small.

**Secret 5: Oolong tea counter balances some of the effects unhealthy food has on the body.**

Finally, the consumption of Japanese green tea or Chinese oolong tea, served hot or cold,

Interestingly enough, these walks generally occur immediately or soon after meals, which helps with the digestive process.

Socializing is also different than that for western culture. As homes and apartments in Japan are considerably smaller, people opt to entertain outside of their home. This is one of the primary reasons clubs; hobbies and leisure activities play such an important role in the culture. In fact it is very uncommon to have dinner parties or get-togethers in Japanese homes. A popular alternative is to meet at public establishments for events and parties.

Automobiles do have some purpose, however they are viewed as a hobby or a luxury. Parking in Japan is costly and limited with simply not enough parking spaces for everyone to park. Cars are used for longer excursions to other cities or the countryside. The most common recreational activities are active ones. Trips to the mountains, lakes or open spaces are most popular.

Although the pace of life is fast in Japan, we can learn from certain aspects. Changing our eating habits is an important first step and combining low impact exercise after eating, such as walking, will have a greater impact. Involvement in clubs or activities that are active will also create an opportunity to engage in activity. Finally, being less reliant on our vehicles will require more effort for some daily physical activity.

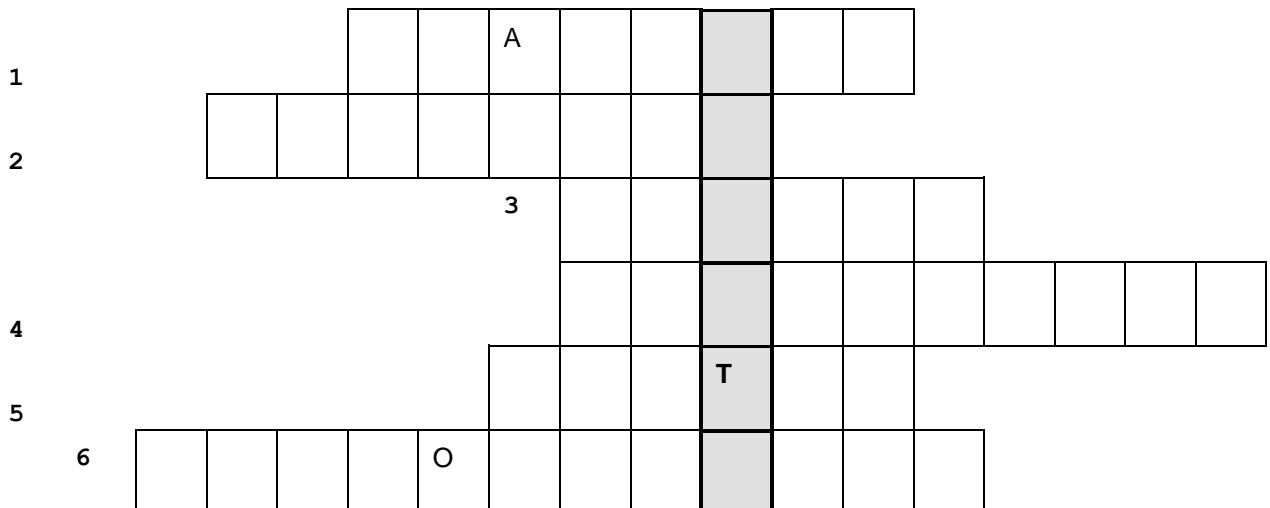


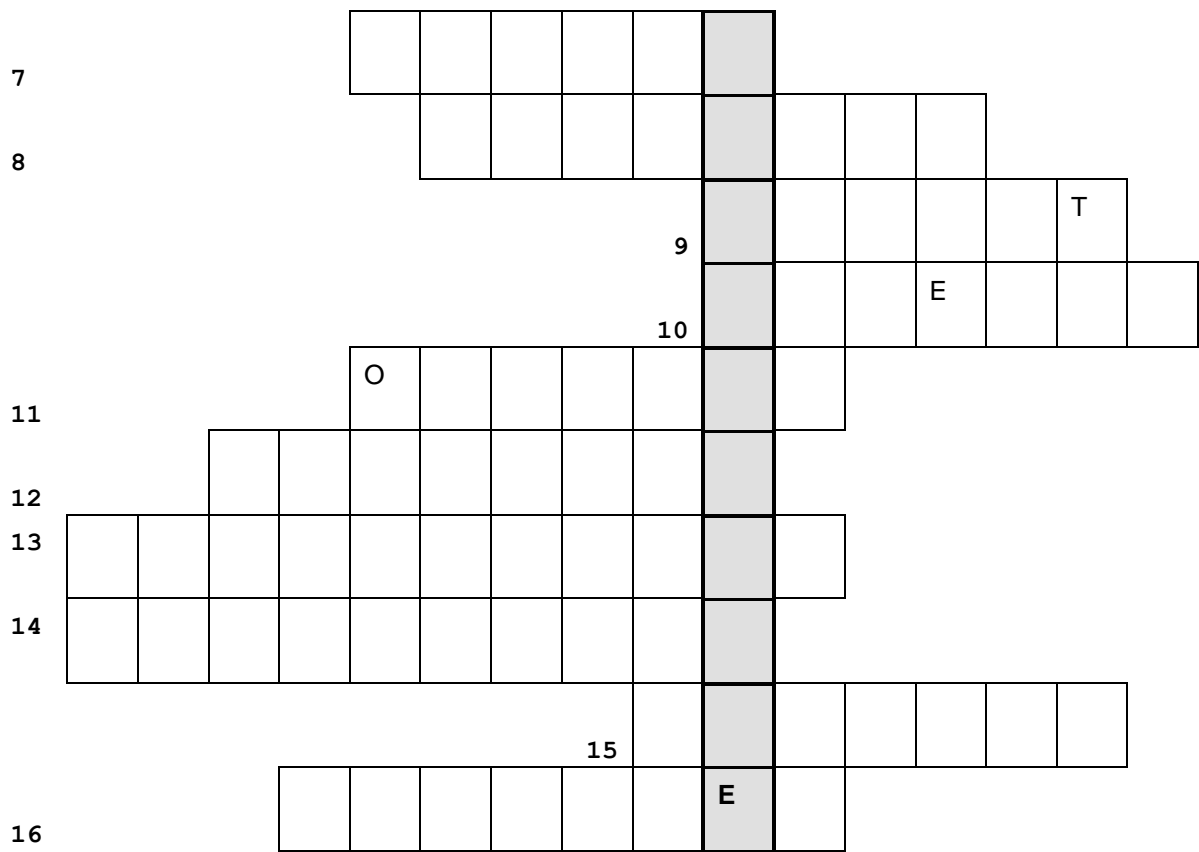
has numerous health benefits. Tea has half the caffeine of coffee. Oolong tea, in particular, helps to break up oil in the digestive system and is usually consumed at mealtime, particularly when fried or breaded foods are being served.

So perhaps if you do what they do and eat what they eat you could be extending your lifespan. Your life is what you make it.

**Find the word(s) in the article for the definitions below from (1-16) to solve the wordcomb.**

1. a white, tasteless, solid carbohydrate found in potatoes, rice, corn, wheat, beans, and many other vegetable foods. (8 letters)
2. enough (8 letters)
3. main component (6 letters)
4. tasty food (10 letters)
5. part or share of sth, amount of food for one person (7 letters)
6. social meetings (12 letters)
7. expensive (6 letters)
8. testing a small amount of sth to see what it is. (8 letters)
9. strong effect that sb/sth has on sb/sth. (6 letters)
10. strange or different (7 letters)
11. opposite (7 letters)
12. existing in large numbers (8 letters)
13. a person who lives a sedentary lifestyle (11 letters)
14. quite (10 letters)
15. clean (7 letters)
16. eaten or drunk (8 letters)





## LANGUAGE REVIEW

### Articles

#### Indefinite article: a/an

#### We use indefinite article a/an:

- ✚ before unspecified singular countable nouns to introduce new information
- ✚ with the names of professions, in expressions of measurement, in general description.

#### Definite article: the

#### We use definite article the

- ✚ When it is clear from the context what particular thing or place is meant.
- ✚ Before a noun that we mentioned before.
- ✚ With unique objects, with groups or classes, musical instruments, oceans, rivers...etc

#### Zero article:

#### We do not use article:

- ✚ before mass nouns in general statements.
- ✚ with certain buildings when their purpose is important.
- ✚ before countries, states, cities, names of people, meals, transport...

Write in appropriate article a/an/the in the blank.

## Do Happy People Live Longer?

For decades, research has suggested that people with positive emotions may live longer and healthier lives. An analysis of the autobiographical writings of 180 Catholic nuns found those with \_\_\_\_\_ (1) most positive feelings in their early twenties had \_\_\_\_\_ (2) greatest chance of being alive sixty years later. Now, the first study of its kind has linked positive emotions to a lower risk of coronary heart disease.

The title of the paper is: "Don't worry, be happy: positive affect and reduced 10-year incident coronary heart disease: The Canadian Nova Scotia Health Survey." \_\_\_\_\_ (3) study followed 1739 adults in their mid-forties over \_\_\_\_\_ (4) ten year period. On a one-to-five scale, trained nurses rated the subjects for "positive affect" - defined by the authors as "the experience of pleasurable emotions such as joy, happiness, excitement, and contentment." Each one-point increase in positive affect was linked to \_\_\_\_\_ (5) 22% reduction in the risk of coronary heart disease (such as heart attack). \_\_\_\_\_ (6) authors cautioned that this was an observational study and therefore did not demonstrate a "cause and effect" relationship. But the findings are intriguing.

The authors discuss possible mechanisms for a protective effect of positive affect. Previous research has suggested that positive emotions may help slow the heart rate, lower blood pressure, reduce stress hormones, or improve sleep.

For this week's CBS Doc Dot Com, I spoke to the study's lead author, Karina W. Davidson, Ph.D., Intervention Research Director of the Behavioral Cardiovascular Health & Hypertension Program at Columbia University Medical Center. She admitted that \_\_\_\_\_ (7) study of "positive affect" is in its infancy. We have no idea whether happiness (or positive affect) lowers the risk of heart disease. There could be explanations for the study findings other than a direct effect of happiness. For example, perhaps exercise makes you happy - and it's the exercise, not the happiness that lowers your odds of a heart attack. Maybe there's \_\_\_\_\_ (8) happiness gene that's linked to a healthy heart gene - and it's just a matter of genetic luck that makes \_\_\_\_\_ (9) a person more likely to have both a strong heart and a positive outlook.

This study is not saying that everybody who gets \_\_\_\_\_ (10) heart attack is unhappy or that unhappy people are doomed to get heart disease. Heart attacks routinely strike perfectly happy people and spare curmudgeons. It's important to remember there are many risk factors for heart disease, including smoking, hypertension, high cholesterol, diabetes, obesity, and lack of exercise.

Here's what I take away from this latest research: there's no evidence that becoming happier will lower your risk of heart disease. But it couldn't hurt.

## WRITING



### Topic:

In general, people are living longer now.  
Discuss the causes of this phenomenon.

Use specific reasons and details to develop your essay.

**Add these sentences from (1-5) in the suitable places in the sample essay below.**

1. Along with the improvement in health care, people now have far greater knowledge of how to live a long and healthy life thanks to approachable and accessible information sources.
2. Consequently, a person becomes less susceptible to any illness or stress and thus can spend a healthy life.
3. Sure enough, due to the advancements in health care, and a better knowledge of living a healthy life, life expectancy has been increasing significantly.
4. Taking into account the reasons mentioned above, modern society has a great advantage over our ancestors when it comes to living a long and healthy life.
5. First of all, it's apparent that health care services through modern medicine and technology employed to cure illnesses are playing an pivotal role in increasing human longevity.

**Ronald Chernow an American biographer once asserted that: "I think one of the important things that's happened in the course of the century is that life expectancy has doubled." The fact that people are now enjoying a longer life is a testament for modern society.**

**A remarkable number of medications have been discovered for various diseases and epidemics, such as flu, tuberculosis and pneumonia, which were irremediable in the past. In addition to medicine, technology also efficiently support the process of treatment and therapy, making it become more reliable and manageable. These improvements in health care services have saved and helped prolong a countless numbers of lives.**

**It enables people to make better and wiser decision in terms of nutrition options and lifestyle. For instance, people have more thorough grasp of what sort of foods and drinks they should consume or avoid and how they affect their well-being. People have also become more health conscious as many spend a considerable time of their day in health clubs and gymnasiums. Exercise keeps one toned physically as well as mentally.**

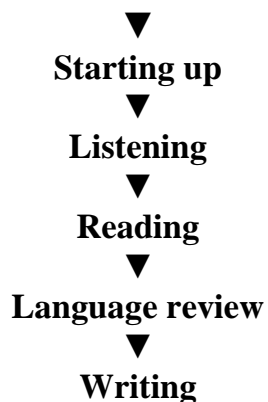
**Medicine and technology will continue to improve as will our knowledge of healthy living.**



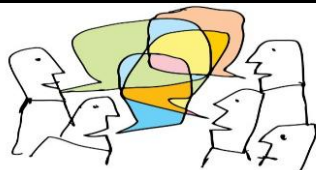
# UNIT 8

# Vaccination

## OVERVIEW



## DISCUSSION



1. What is a vaccination and how does it work?
2. Do vaccines work?
3. Are vaccines safe?
4. Are there any reasons why someone should not be vaccinated?
5. What would happen if we stopped immunizing?
6. Do vaccines weaken the immune system?
7. Where can people get vaccinated and do they have to pay for it ?
8. Is it compulsory for children in Viet Nam to get immunizations?
9. What are the recommended vaccines for children?
10. Where can people get information about vaccinations?

## VOCABULARY

**A- Complete the article about Vaccine with the words from the box.**

suffered	fight(2)	repel	combat	fend	overwhelm	
exposed	confronts	clear	defeat	protect	make	struck



## What Is a Vaccine?

Chances are you never had diphtheria. You probably don't know anyone who has (1).....from this disease, either. In fact, you may not know what diphtheria is. Similarly, diseases like whooping cough (pertussis), measles, mumps, and German measles (rubella) may be unfamiliar to you. In the 19th and early 20th centuries, these illnesses (2)..... hundreds of thousands of people in the United States each year, mostly children, and tens of thousands of people died. The names of these diseases were frightening household words. Today, they are all but forgotten. That change happened largely because of vaccines.

Chances are you've been vaccinated against diphtheria. You may even have been (3)..... to the bacterium that causes it, but the vaccine prepared your body to (4)..... off the disease so quickly that you were unaware of the infection. Vaccines take advantage of your body's natural ability to learn how to (5)..... many disease-causing germs, or microbes, that attack it. What's more, your body "remembers" how to (6)..... itself from the microbes it has encountered before. Collectively, the parts of your body that remember and (7)..... microbes are called the immune system. Without the immune system, the simplest illness—even the common cold—could quickly turn deadly.

On average, your immune system takes more than a week to learn how to (8)..... off an unfamiliar microbe. Sometimes that isn't soon enough. Stronger microbes can spread through your body faster than the immune system can (9)..... them off. Your body often gains the upper hand after a few weeks, but in the meantime you are sick. Certain microbes are so powerful, or virulent, that they can (10)..... or escape your body's natural defenses. In those situations, vaccines can make all the difference.

Traditional vaccines contain either parts of microbes or whole microbes that have been killed or weakened so that they don't cause disease. When your immune system (11)..... these harmless versions of the germs, it quickly (12)..... them from your body. In other words, vaccines trick your immune system to teach your body important lessons about how to (13)..... its opponents.

**B- Find the words in the article which are similar in meaning to the followings.**

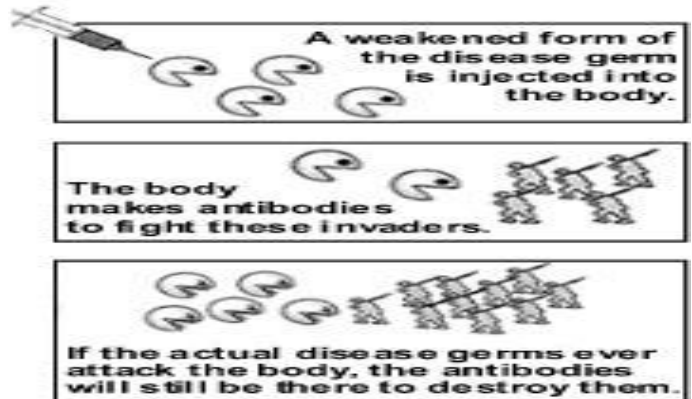
1. Opportunities .....
2. Immunized .....
3. Foreign .....
4. Passed away .....
5. Scary .....
6. Illness .....
7. Meet .....
8. Safe .....

- 9. Conventional .....
- 10. Enemies .....

## READING

### How Vaccines Prevent Disease

Previously titled "How Do Vaccines Work?"



1	<p>Parents are constantly concerned about the health and safety of their children and they take many steps to protect them. These preventive measures range from child-proof door latches to child safety seats. In the same respect, vaccines work to safeguard children from illnesses and death caused by infectious diseases. Vaccines protect children by helping prepare their bodies to fight often serious, and potentially, deadly diseases</p>
2	<p><b>Disease Prevention - Protect Those Around You</b></p> <p>Disease prevention is the key to public health. It is always better to prevent a disease than to treat it. Vaccines prevent disease in the people who receive them and protect those who come into contact with unvaccinated individuals. Vaccines help prevent infectious diseases and save lives. Vaccines are responsible for the control of many infectious diseases that were once common in this country, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, and <i>Haemophilus influenzae</i> type b (Hib).</p>
3	<p>Vaccine-preventable diseases have a costly impact, resulting in doctor's visits, hospitalizations, and premature deaths. Sick children can also cause parents to lose time from work.</p>
4	<p>Each child is born with a full immune system composed of cells, glands, organs, and fluids that are located throughout his or her body to fight invading bacteria and viruses. The immune system recognizes germs that enter the body as "foreign" invaders, or <i>antigens</i>, and produces protein substances called <i>antibodies</i> to fight them. A normal, healthy immune system has the ability to produce millions of these antibodies to defend against thousands of attacks every day, doing it so naturally that people are not even aware they are being attacked and defended so often (Whitney, 1990). Many antibodies disappear once they have destroyed the invading antigens, but the cells involved in antibody production remain and become "memory cells." Memory cells remember the original antigen and then defend against it when the antigen</p>

5	<p>attempts to re-infect a person, even after many decades. This protection is called <u>immunity</u>.</p> <p>Vaccines contain the same antigens or parts of antigens that cause diseases, but the antigens in vaccines are either killed or greatly weakened. When they are injected into fatty tissue or muscle, vaccine antigens are not strong enough to produce the symptoms and signs of the disease but are strong enough for the immune system to produce antibodies against them (Tortora and Anagnostakos, 1981). The memory cells that remain prevent re-infection when they encounter that disease in the future. Thus, through vaccination, children develop immunity without suffering from the actual diseases that vaccines prevent.</p>
6	<p><b>Why are Childhood Vaccines So Important?</b></p> <p>It's true that newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, the duration of this immunity may last only a month to about a year. Further, young children do not have maternal immunity against some vaccine-preventable diseases, such as whooping cough.</p>
7	<p>If a child is not vaccinated and is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today, but babies are now protected by vaccines, so we do not see these diseases as often.</p>
8	<p>Immunizing individual children also helps to protect the health of our community, especially those people who are not immunized. People who are not immunized include those who are too young to be vaccinated (e.g., children less than a year old cannot receive the measles vaccine but can be infected by the measles virus), those who cannot be vaccinated for medical reasons (e.g., children with leukemia), and those who cannot make an adequate response to vaccination. Also protected, therefore, are people who received a vaccine, but who have not developed immunity. In addition, people who are sick will be less likely to be exposed to disease germs that can be passed around by unvaccinated children. Immunization also slows down or stops disease outbreaks.</p>

### Main idea check

Here are the main ideas of each paragraph in the article. Match each paragraph (1-8) to its main idea (A-H). Write the number of the paragraph in the blank.

- \_\_\_\_\_ A. It is better safe than sorry.
- \_\_\_\_\_ B. Without immune system, human bodies are likely to get sick.
- \_\_\_\_\_ C. Sick children cost their parents both time and money.
- \_\_\_\_\_ D. Vaccination contributes to the improvement of the entire population health.

\_\_\_\_\_ E. Maternal immunity can not help a child to be safe from many diseases long \_\_\_\_\_ after birth.

\_\_\_\_\_ F. Vaccines are one of the preventive measures that parents should take into \_\_\_\_\_ account for their children's safety.

\_\_\_\_\_ G. Vaccines now can eliminate many diseases that used to take lives of thousands \_\_\_\_\_ of children.

\_\_\_\_\_ H. Injecting a small amount of weakened disease-germs can make human bodies \_\_\_\_\_ generate substances that can fight against them.

### A closer look

**Read the article again and find the answers to the following questions.**

1. How can vaccines prevent children from diseases?
2. What is the main function of immune system?
3. What are the 'memory cells'?
4. Where are the good shelters for vaccines in human body?
5. What helps newborn babies fight against many diseases?
6. How can vaccinations help to protect the health of our community?

### LISTENING



🔊 **8.1 Listen to Melisa John giving definition of Vaccine. Listen and complete the notes.**

Now, let us see what a vaccine is. A vaccine is nothing but a ----- <sup>1</sup> or a part of the -----  
 ----- <sup>2</sup> which has been processed or modified in such a way it has lost its ----- <sup>3</sup> to  
 produce a disease but it can still endure ----- <sup>4</sup> or fighting power of the body when -----  
 ----- <sup>5</sup> in the body. Here we see that with vaccination one develop immunity without -----  
 ---- <sup>6</sup> from disease. Now you know that immunization protect your baby ----- <sup>7</sup> many -----  
 ----- <sup>8</sup> diseases.

🔊 **8.2 Dr. Richard Brown from The Children Hospital of Philadelphia talks about how vaccines prevent diseases. Listen and tick the sentences below which are true and correct those which are false.**

- \_\_\_\_\_ 1. Pathogens, viruses and bacteria are considered as invaders that enter human body and cause illness.
- \_\_\_\_\_ 2. The white blood cells can help determine the way to combat disease-causing germs.
- \_\_\_\_\_ 3. Vaccinations develop the weak and dead germs into diseases.
- \_\_\_\_\_ 4. Memory cells are generated when the body produce substances to fight against pathogens in vaccines.
- \_\_\_\_\_ 5. The memory cells are unable to destroy the pathogens in future if they enter human body.

🔊 **8.3 Stephanie Taylor works in an organizations which ensure the safety of vaccine. Listen to his talk and choose the best answer to these questions.**

**1. What concerns do parents have about vaccines?**

- A. They wonder the safety of the vaccines.
- B. They want to know how vaccines are made.
- C. They want to know where vaccines are evaluated.

**2. When can a vaccine be given to a child in the United States?**

- A. When it is tested in laboratory.
- B. When it is agreed and licensed by Food and Drug Administration
- C. When it is labelled by the Food and Drug Administration

**3. What is the second step in the approval process?**

- A. commendations.
- B. recognition.
- C. recommendation.

**4. How many groups involve in the approval process of a vaccine?**

- A. 1
- B. 2
- C. 3

**5. What do the 3 basic questions asked by these groups concern about?**

- A. the safety of the vaccines.
- B. the effectiveness of the vaccines.
- C. all the information related to the safety and effectiveness of the vaccines.

**6. What happens in the Post-Licensure Monitoring step?**

- A. Anyone can report a health problem to the Vaccine Adverse Effect Reporting System if they think is caused by vaccines
- B. Only doctors and nurses can report a health problems caused by vaccines.
- C. Parents can report a health problem of their children to the Vaccine Adverse Effect Reporting System.

## WRITING



### Topic:

Given that you are working for the Department of Public Health in a rural district. The people in your district are innocent to the importance of Vaccinations.

Write a letter to the Women Union of that district and ask them to help inform and persuade parents to take children to the Community Clinic for Vaccinations as requested by the National Immunization Program.

# UNIT 9 Family Planning

## OVERVIEW

- ▼
- Starting up
- ▼
- Vocabulary
- ▼
- Listening
- ▼
- Speaking
- ▼
- Reading
- ▼
- Language review
- ▼
- Writing



## A HEALTH QUIZ

Do you know anything about family planning and reproductive health? Look at the following quiz and find the answers for yourself.

1. How many people are living with HIV or AIDS worldwide?  
A. 6.5 million    B. 40 million    C. 1 billion    D. 25 million
2. Which of the following put a person at risk for HIV?  
A. Unprotected anal sex with an infected partner  
B. Unprotected vaginal sex with an infected partner  
C. Breast milk from an infected nursing mother  
D. A and B only  
E. All of the above
3. What is the best way to protect yourself from pregnancy and STIs?  
A. Sex with a condom  
B. Anal sex  
C. Taking birth control pills  
D. Abstinence
4. Emergency Contraception:  
A. Is used after unprotected sex to help prevent pregnancy  
B. Must be prescribed by a doctor  
C. Is less effective than the Pill, Depo-provera (the shot), or condoms  
D. All of the above
5. How long can sperm live inside the vagina?

- A. 5 hours      B. 1 day      C. 7 days      D. 3 days      E. 12 hours
6. A woman is fertile for more than 21 days of her menstrual cycle T/ F
7. Natural Family Planning is only suitable for women with regular periods T/ F
8. Any time a woman has intercourse there is a chance of pregnancy T/ F
9. A couple planning pregnancy should aim to have intercourse on day 14 T/ F
10. A woman cannot get pregnant during a period T/ F

## VOCABULARY

**Match the types of family planning with their definitions.**

1. Withdrawal method, coitus interruptus
2. Natural family planning
3. Contraception, contraceptive method
4. Oral contraception
5. Basal body temperature method
6. Ovulation method
7. Calendar method, rhythm method
8. Surgical contraception

**A.** birth control by the use of devices (diaphragm or intrauterine device or condom) or drug or surgery.

**B.** contraception achieved by taking oral contraceptive pills.

**C.** natural family planning in which the fertile period of the women's menstrual cycle is inferred by noting the rise in basal body temperature that typically occurs with ovulation

**D.** natural family planning in which the fertile period is inferred from changes in the character and quantity of cervical mucus; ovulation is marked by an increase in mucus that become sticky and then clearer and slippery.

**E.** natural family planning in which ovulation is assumed to occurred 14 days before the onset of a period (the fertile period would be assumed from day 10 through day 18 of the women's cycle).

**F.** contraception by surgical sterilization

**G.** any of several methods of family planning that do not involve sterilization or contraceptive devices or drug; coitus is avoided during the fertile time of a woman's menstrual cycle.

**H.** a method of birth control in which coitus is initiated but the penis is deliberately withdrawn before ejaculation.







🎧 9.1 Listen to “World Population Day Warning” and correct the wrong information in the following summary.

1. Annually, there is an estimated 25 – million pregnancies around the world and about 60% of which are un-intended.
2. Approximately 70 millions women in the world who may not be contracepting because they don’t either have it at all or they are not using it properly.
3. According to a world bank report, the countries with highest birth-rates are those of higher education level, low death – rate and extreme poverty.
4. As shown from a survey findings, women who go to primary school or have no education often have less children compared to those with secondary education.
5. Little attention has been paid to such issues as the rising food crisis, about the fuel crisis, about climate change.
6. Promoting girls and women education is not as important in reducing birth-rate in the long run as promoting contraception and family planning.
7. It is the men who decide how many children they want to have and when do they want to have children.
8. Children are healthier and more likely to survive if they are born close to each other.
9. Mother face no risks of dying if they have another child within 15 months of previous pregnancies.

🎧 9.2 Listen to Christina Camellia, a nurse midwife, talking about how to use two methods of Birth Control and answer the questions.

1. Why do women use two methods of birth control?

.....

.....

2. What are the examples of hormonal method?

.....

.....

3. What can be the benefit of using condoms beside avoid pregnancy?

.....

.....

4. Who are recommended to use secondary methods?

.....

.....

5. When do women need to use “morning-after-pill”?

.....

.....

6. How long can IUDs be effective?

.....

.....

## **SPEAKING**



*Do you agree with the following statements.*

1. Teaching gender education and contraception to young teenagers is wrong.
2. Well-educated and wealthy couples should be encouraged to have as many children as they desire.
3. Family planning should be imposed to poor nations and poor women.
4. Family planning helps to protect environment.
5. Vietnam should impose one-child policy.

## **READING**



the impact of OVERPOPULATION on ecology  
and ECONOMIC DEVELOPMENT

### **GETTING INTO THE TOPIC**

Read the title of this article. Then discuss the following questions with a partner.

1. Why is overpopulation a problem, especially with regard to a country's ecology?

2. What is the connection between a country's population growth and its economic development?

### **GETTING A FIRST IDEA ABOUT THE ARTICLE**

*In the chart below, formulate a question for each paragraph that is missing one. Read the first sentence of the paragraph and formulate a question that you think the paragraph will answer. Write the question in the chart.*

<b>PARAGRAPH</b>	<b>QUESTION</b>
1	How quickly did the world's population grow in the past 10,000 years?
2	
3	What evidence is there that population growth is a danger to the environment locally?
4	What evidence is there that population growth is a danger to the environment at the national level?
5	
6	
7	Why are birth-control programs not enough to solve the problem of overpopulation?
8	
9	What complicates the process of finding an effective solution to the problem?
10	

*Now read the article and complete the tasks given.*

- 1** **Approximately** ten thousands years ago, when the first permanent human settlements emerged after about 2 million years of hunter-gatherer society, the total population of the earth was only about 5 million people. Not until the beginning of the nineteenth century did the population exceed 1 billion. During that time, the human species had a negligible influence on the ecology of the planet as a whole.
- 2** By the beginning of the twentieth century, however, the population stood at 2 billion. By 1950, it was 2.5 billion. Then, in the next fifty years, it more than doubled, to 6.1 billion. According to United Nations' projections, although the rate of population growth will stabilize and may fall in the future, the total population will continue to increase significantly and will reach 9.3 billion by 2050. All of this growth will be in less-developed countries, which will be home to more than 85 % of the world's people in 2050. Today, as a direct result of population growth, the impact of human activities on the world's ecology is already substantial. In the future, it may be catastrophic.
- 3** Study have shown that runaway population growth represents a massive **threat to the environment on the local, national, and global levels**. In areas of Nepal, for example, the pressure of overpopulation and poverty forces farmers into the hills, where they cut down the vegetation to provide wood for heating and construction, food for their animals, and land to raise crops. In a short time, the fertile topsoil is eroded by rain because it is now without the protection offered by the natural vegetation. The hillside fields then become unproductive,

incapable of supporting the people who have settled there.

- 4 Elsewhere, in the world's tropical zones, to provide employment and earn money from exports, nations like Indonesia, Malaysia, and Thailand have been cutting down their hardwood forest faster than they can replace these valuable resources. Brazil, in a desperate attempt to relieve poverty and create economic growth, has permitted the destruction of vast areas of its Amazon rain forest for agricultural use. The sad irony is that much of the cleared land proves unsuitable for traditional farming after a few years because the destruction of the forest has interrupted the recycling of natural nutrients to the soil.
- 5 By 2000, at least half the world's tropical forests had disappeared. Their destruction has **consequences** that cross national borders and are felt globally. First, the burning of the forests releases large amounts of carbon dioxide into the atmosphere – emissions that are contributing to potentially disastrous changes in global climate and animal life. Thus, the human race may be losing, along with the tropical forests, a vast potential source of scientific knowledge.
- 6 Clearly, if action is not taken soon, the ecological damage caused by overpopulation and unwise development threatens to run out of control. **A partial solution to the crisis may lie in the family-planning programs that have been operating** in a number of developing countries for some time. In Indonesia, for example, the family-planning program established a large number of village centers that distribute free contraceptives and information about birth-control. The programs has had considerable success. Between 1972 and 1988, the fertility rate fell by almost 40 percent, and the number of couples practicing birth-control increased fifty fold. A reduction in the birthrate has also been experienced by other countries with family-planning programs, including South Korea, Thailand, Mexico, and Tunisia. And there is clear evidence, too, that lower birth-rates can bring economic benefits to developing nations. According to a 2002 U. N report, declines in the birthrate accounted for 33% of the economic growth in East Asia between 1960 and 1995.
- 7 As a response to the problem, birth-control programs are necessary but, for at least one good reason, not sufficient. Since a large proportion of the population of the developing countries consists of children below productive age, the world's population is certain to grow when these children reach adulthood and begin having children. Even if birth-control becomes widely accessible and acceptable, therefore, a fifty percent increase in the world's population is inevitable in 2050.
- 8 According to most experts, the second essential component of the a solution to the overpopulation-environment problem is social and economic development. The history of the industrial world clearly shows that birthrates fall and stabilize at a significantly lower level when a society offers the majority of its people an acceptably high standard of living. Prosperity, better educational and career opportunities, especially for women, adequate health-care, and relative financial security for people in their old age are probably all factors that have contributed to the low, stable birthrates of the affluent nations. For this reason, most experts believe that the birthrates of the less-developed nations will decline as their populations experience the benefits of **economic development**.
- 9 The situation today, however, is more complex than this apparently simple solution would suggest. A first major complication is that one essential component of the solution – namely,

economic development – is also one cause of the problem. However, most of the danger to the world's ecological systems comes directly from the attempts of nations to pursue economic development. A second complication is that the industrial world must now ask poorer nations to give up the same strategy for economic development that brought it prosperity – the exploitation of natural resources with little thought for the future. Let us remind ourselves of one historical cost of this strategy. In the course of their history, Europeans have destroyed almost 80% of the forests that originally covered their continent; and North Americans are asking the people of developing nations to cease doing what they themselves have been doing for centuries.

- 10 Because all countries have the right to pursue the goal of economic development for their people, **two conclusions** are unavoidable. First, the traditional development policies pursued by the poorer countries must be fundamentally revised. The policies now in operation will both exhaust those nations' ecological resources and cause serious, perhaps irreversible, damage to the world's ecology. They are, in a word, *unsustainable*. Second, because unsustainable economic development is a clear characteristic of the individual world, it is the obligation of the most prosperous nations to lead the way. They can do so by modifying many of their unsustainable policies and practices and by offering economic and technical assistance to the poorer countries that are willing to **do the same**. In the same way, they will be supporting, and not undermining, global efforts to encourage sustainable development.

#### MAIN IDEA CHECK

*Here are the main ideas of each paragraph in the article. Match each paragraph to its main idea. Write the number of the paragraph in the blank.*

#### Paragraphs 1- 5

- \_\_\_\_\_ A. The disappearance of tropical forests – a result of countries' attempts at economic development is causing great damage to the natural resources and the ecology of those nations.
- \_\_\_\_\_ B. The destruction of the world's tropical forests will have negative consequences for the entire globe.
- \_\_\_\_\_ C. Up until two hundred years ago, humans did not have a significant effect on the ecology planet Earth.
- \_\_\_\_\_ D. Locally, people respond to the pressure of over-population in ways that destroy the ecology of the ecology of the areas they live in.
- \_\_\_\_\_ E. Because of the massive increase in population in the last two centuries, damage to the ecology from human activities is considerable and may become much worse.

#### Paragraph 6 -10

- \_\_\_\_\_ F. Social and economic development is also an essential part of a solution to the environmental damage caused by over-population.
- \_\_\_\_\_ G. In both developing and developed countries, traditional economic development must be replaced by policies and practices that are sustainable.

- \_\_\_\_\_ H. Family-planning programs, which have proved successful in some developing countries, could contribute to the solution of the overpopulation problem.
- \_\_\_\_\_ I. Economic development, which is the answer to the problem of over-population, is also the cause of massive damage to the environment.
- \_\_\_\_\_ J. The number of children currently in the world's population means that birth-control cannot be the sole solution to the problem of over-population.

### **VOCABULARY STUDY: SYNONYMS**

***Find words in the article that are similar in meaning to the followings.***

1	very small and therefore unimportant	(adj) Par. 1
2	numbers calculated now but expected in the future	(n) Par. 2
3	large and therefore important	(adj) Par. 2
4	the plants growing in a specific region	(n) Par. 3
5	to damage something by gradually taking away parts of it	(v) Par. 3
6	regions or areas	(n) Par. 4
7	a situation that has the opposite result of what was intended or expected	(n) Par. 4
8	to allow something to flow out into the environment	(v) Par. 5
9	to give things out to a number of people	(v) Par. 6
10	items that are intended to prevent pregnancy	(n) Par. 6
11	related to the ability of living things to produce young	(adj) Par. 7
12	to stop changing	(v) Par. 8
13	the use of something in order to make a profit	(n) Par. 9
14	to use up something completely	(v) Par.10
15	impossible to continue doing	(adj) Par. 10

## **LANGUAGE REVIEW**

Noun combination	<ul style="list-style-type: none"> <li><b>We can combine two or more nouns in several ways.</b></li> </ul>	
	<b>1</b> 's possessive <i>The world's ecology</i>	<b>3</b> phrases with of <i>date of birth</i>
	<b>2</b> one noun used as an adjective <i>hospital record</i>	<b>4</b> compound nouns forming one word <i>birthrate</i>
	<ul style="list-style-type: none"> <li><b>Match these examples from the reading passage with the categories above.</b></li> </ul>	
	a) healthcare	c) career opportunities
	b) the world's people	d) the population of the Earth

A. Find noun combinations in the reading passage. Write them under these four headings:

<u>'s possessive</u>	<u>one noun used as an adjective</u>	<u>phrases with of</u>	<u>compound nouns forming one word</u>

B. Underline the most suitable noun combination in each group

- |  |   |
|--|---|
| <p>1      a) health status<br/>         b) status of health<br/>         c) health's status</p> <p>2      a) a data's base<br/>         b) a base of data<br/>         c) a database</p> | <p>3      a) the proportion of health expenditure<br/>         b) health expenditure's proportion<br/>         c) health expenditure proportion</p> <p>4      a) the meeting of today<br/>         b) today's meeting<br/>         c) today meeting</p> |
|--|---|

C. Match each noun in column 1 to two of the nouns in column 2 to make word partnership

1. Breast	a) milk	b) cancer	c) method
2. Puberty	a) period	b) health	c) time
3. Contraceptive	a) device	b) day	c) pill
4. Sterilization	a) budget	b) procedure	c) method
5. Community	a) house	b) men	c) development
6. Government	a) work	b) policy	c) hospital
7. Pregnancy	a) women	b) test	c) symptom
8. Fertility	a) rate	b) calculator	c) number
9. Reproduction	a) system	b) test	c) work

## LANGUAGE REVIEW



### RECOGNIZING THE STRUCTURE OF AN ESSAY

A. Some sentences are taken from the essay addressing topic "Should sex education be taught at school?". Complete the essay by inserting sentences A-G in the box into the appropriate numbered space.

Around the age of puberty, sex education should absolutely be taught to children in school. Sex and the human body are subjects that are pertinent to the human life, perhaps the most important ones of all. -----<sup>1</sup>. Children spend more time at school during the week than they do at home, just as most parents in America spend more time at work than they do at home.

-----<sup>2</sup>. Not all children have siblings at home or have parents with the time or education themselves to be able to teach them.

There are so many people, grown women and men, who do not have the slightest clue about natural family planning, natural child birth, and related issues. When they grow older, they become parents and they must then learn as they go. Often times, they make regrettable decisions because they are uninformed.

Breastfeeding is not widely accepted in our culture; although, it is starting to be respected a bit more. -----<sup>3</sup> The girls must know that it is the best food for their babies, and the boys must know that the women need their wives' support and approval. Breastfeeding offers many health benefits for the mother as well.

School is to prepare children and young adults for the real world, and sex and child birth are real. It should not be about giving them an egg to tote around for a week to see whose breaks first and whose lasts the longest. That does not scratch the surface of the truly important issues. -----<sup>4</sup>.

Girls are not taught how to properly track their menstrual cycle using techniques such as basal body temperature and BBT charting. -----<sup>5</sup>. They'd have to track their cycle every day. If they took birth control pills, they'd have to remember to take those every day too. What is the difference? The difference is that one is 100% safe to their bodies, and one is not. We have this wonderful non-invasive technology available at a reasonable cost, yet people do not use it.

-----<sup>6</sup>. These medications are normally given by prescription with the exception of the new morning after pill, and it raises the question of how do they get away with it? There are safer ways to protect children from getting pregnant, like condoms and natural family planning techniques using a BBT and/or ferning scope. Going to planned parenthood to get birth control without parental permission is just as wacky as the school handing it out. The point that schools won't give a child a Tylenol without written permission or a doctor note, but they will give out a (dangerous) synthetic hormone pill is outrageous. The young ladies are going through puberty and growing, and the hormones interfere with the rhythm of their bodies. It "cures" acne, yes I know. It can also kill. If a child is taking antibiotics or other drugs, they can make the pill less effective and the child could still end up pregnant. -----<sup>7</sup>. It happens



Children deserve the chance to know the truth about their bodies and about life, and learning about it in school along with reading, writing, and arithmetic just makes sense.

A. It would be beneficial for children to learn about sex and the basics of family planning at an early age.

B. The importance and normalcy of breastfeeding should be stressed to boys and girls in high school.

C. Natural family planning won't harm a child.

D. Our children need to know the truth, and teens should have sex education that explains issues in depth, so that they are prepared for what their futures likely hold.

E. Some schools are now handing out birth control pills.

F. What about when these women grow up and they want to have children, but the synthetic hormones have disrupted their reproductive system to the point of infertility?

G. School is supposed to prepare children for the real world.

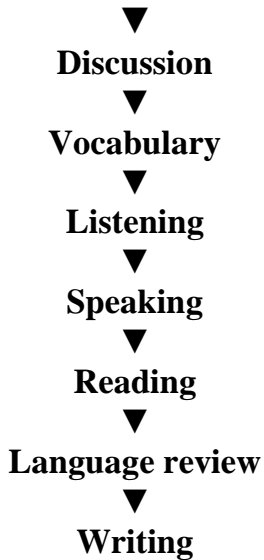
## **B. Recognizing the structure of an Essay.**

1. What is the matter being discussed in the essay?
2. What are the main points and their supporting ideas?
3. What is the conclusion of the essay?

# UNIT 10

# Pharmacy Management

## OVERVIEW



## DISCUSSION



*Read the facts about Medication Errors from a study in the US and discuss the questions below in groups.*

### The facts

- More people die in a given year as a result of medical errors than from motor vehicle accidents (43,458), breast cancer (42,297), or AIDS (16,516).
- Medication errors alone, occurring either in or out of the hospital, are estimated to account for 7,000 deaths annually.
- Adverse drug events cause more than 770,000 injuries and deaths each year and cost up to \$5.6 million per hospital.
- Patients who suffered unintended drug events remained in the hospital an average of 8 to 12 days longer than patients who did not experience such mistakes. These added days mean their hospital stays cost \$16,000 to \$24,000 more.
- One recent study conducted at two prestigious teaching hospitals found that about two out of every 100 admissions experienced a preventable adverse drug reaction event resulting in

average increased hospital costs of \$4,700 per admission or \$2.8 million annually for a 700-bed teaching hospital.

- Two large studies, one conducted in Colorado and Utah and the other in New York, found that adverse events occurred in 2.9 and 3.7 percent of hospitalizations, respectively.
- Preventable Adverse Drug Events (ADEs) cost the healthcare system \$2 billion annually.
- Infusion devices account for up to 35% of all medication errors that result in significant harm. The most common errors are manually programming incorrect infusion parameters, failure to ensure the right patient receives the right medication, and tampering of infusion parameters by unauthorized users.
- The most common error is manually programming infusion parameters into the device (e.g. rate, drug, dose, etc.).

## Questions:

1. What are medication errors?
2. What can be the consequences of medication errors?
3. How do medication errors occur?
4. What is medical negligence?
5. Can a victim file a lawsuit for a medication error?
6. What should a victim do after s/he has suffered from a medication error?
7. What should be done to prevent medication errors?
8. Do you know any cases of medication errors?

## VOCABULARY

A- Read the following article and choose the best answer to complete it.

**WASHINGTON** -- Medication errors are among the most common medical errors, <sup>(1)</sup> *harming/ harm/ harmed* at least 1.5 million people every year, says a new report from the Institute of Medicine of the National Academies. The extra medical costs of treating drug-related injuries occurring in hospitals alone conservatively <sup>(2)</sup> *amount/ account/ according* to \$3.5 billion a year, and this estimate does not take into account lost wages and productivity or additional health care costs, the report says.

The committee that wrote the report <sup>(3)</sup> *recommended/ gave/ introduced* a series of actions for patients, health care organizations, government agencies, and pharmaceutical companies. The recommendations include <sup>(4)</sup> *steps/ phases/ periods* to increase communication and improve interactions between health care professionals and patients, as well as steps patients should <sup>(5)</sup> *do/ help/ take* to protect themselves. The report also recommends the creation of new, consumer-friendly information resources through which patients can obtain objective, easy-to-understand drug

<sup>(6)</sup> **news/ information/ usage**. In addition, it calls for all prescriptions to be <sup>(7)</sup> **given/ written/ noted** electronically by 2010 and suggests ways to improve the naming, labeling, and packaging of drugs to reduce confusion and prevent errors.

"The frequency of medication errors and preventable <sup>(8)</sup> **bad/adverse/ effective** drug events is cause for serious concern," said committee co-chair Linda R. Cronenwett, dean and professor, School of Nursing, University of North Carolina, Chapel Hill. "We need a comprehensive <sup>(9)</sup> **approach/ method/ way** to reducing these errors that involves not just health care organizations and federal agencies, but the industry and consumers as well," she said. Co-chair J. Lyle Bootman, dean and professor, College of Pharmacy, University of Arizona, Tucson, added, "Our recommendations boil down to ensuring that consumers are fully <sup>(10)</sup> **educated/ told/ informed** about how to take medications safely and achieve the desired results, and that health care providers have the tools and data necessary to prescribe, dispense, and administer drugs as safely as possible and to monitor for problems. The ultimate goal is to achieve the best care and outcomes for patients each time they take a medication."

**B- Match the medical terms with their definitions.**

1. Hand - off process
2. Drug-related injury
3. Adverse drug reaction
4. Medical negligence
5. Side -effect
6. Dosage
7. Medication error
8. Prescription

**a.** "any preventable event that may cause or lead to inappropriate medication use or patient harm while the medication is in the control of the health care professional, patient, or consumer. Such events may be related to professional practice, health care products, procedures, and systems, including prescribing; order communication; product labeling, packaging, and nomenclature; compounding; dispensing; distribution; administration; education; monitoring; and use."

**b.** the situation occurs when doctors or other medical professionals fail to meet the standard of conduct for duties related to the medical profession. Medical negligence is also considered to be a failure to exercise reasonable medical judgment.

**c.** It happens when anyone is injured as a result of a dangerous or defective drug product or because of a medical error in the prescribing or administering of a drug

**d.** an instruction written by a medical practitioner that authorizes a patient to be issued with a medicine or treatment

**e.** the size or frequency of a dose of a medicine or drug

**f.** a secondary, typically undesirable effect of a drug or medical treatment

**g.** the process of changing from one work shift to another.

h. harm associated with the use of given medications at a normal dosage during normal use.

## LISTENING



**10.1 Listen to the recording named "Death and Serious Injury Caused by Preventable Medical Error" and identify if the statements that follow are true or false.**

- \_\_\_\_\_ 1. None of ten patients dies within 19 days because of preventable medical errors.
- \_\_\_\_\_ 2. The study was carried out by the US Department of Human Right.
- \_\_\_\_\_ 3. "Never events" is the term for the worst errors that can be avoided.
- \_\_\_\_\_ 4. Medical errors are life and money-threatening.
- \_\_\_\_\_ 5. Victim of medical errors have the right to be protected by law.

**10.2 Listen to the recording and complete the note about definition of what a prescription error is.**

".... Prescription error can come in all <sup>(1)</sup> \_\_\_\_\_ and <sup>(2)</sup> \_\_\_\_\_. Some common prescription errors we see are a doctor writing down the wrong <sup>(3)</sup> \_\_\_\_\_, a doctor writing down the wrong <sup>(4)</sup> \_\_\_\_\_, a pharmacist reading the wrong dosage, mixing <sup>(5)</sup> \_\_\_\_\_ that should not be mixed, something that the doctor should have checked, or that the nursing home should have checked. You would be surprised how common prescription errors are in the pharmacy world, in the doctor world. Fortunately, most of those errors don't <sup>(6)</sup> \_\_\_\_\_ in significant damages..."

**10.3. Listen to a Healthcare consultant giving advice to avoid medication errors and do the tasks that follow.**

There are 6 steps to avoid medication errors

Step 1: (a) \_\_\_\_\_ attention to details.

Step 2: keep a clear (b) \_\_\_\_\_ of communication.

Step 3: don't (c) \_\_\_\_\_ to ask a question.

Step 5: use clear and effective (d)\_\_\_\_\_process.

Step 6: have a good (e)\_\_\_\_\_and stick to it.

## SPEAKING



Dr Kim at Saint Paul hospital had left a sponge in a patient after surgery. Consequently, the patient is now suffering from serious health problem and his family members are getting angry. They had a serious talk with the Dean of Surgery Department enquiring a compensation and punishment for Dr. Kim.

Suppose that you are the Dean of Surgery Department, discuss this problem with your Deputy and find out ways to deal with this.

## READING

### DOCTORING SALES



"Perhaps you'd prefer to come back another time, sir."

***Pharmaceuticals is one of the most profitable industries in North America. But do the drugs industry's sales and marketing strategies go too far***

**A**

A few month ago Kim Schaefer, sales representative of a major global pharmaceutical company, walked into a medical center in New York to bring information and free samples of her company's latest products. That day she was lucky – a doctor was available to see her. 'The last rep offered me a trip to Florida. What do you have?' the physician asked. He was only half joking.

- B** What was on offer that day was a pair of tickets for a New York musical. But on any given day, what Scheafer can offer is typical for today's drug rep – a car trunk full of promotional gifts and gadgets, a budget that could buy lunches and dinners for a small country, hundreds of the free drug samples and the freedom to give a physician \$200 to prescribe her new product to the next six patients who fit the drug's profile. And she also has a few \$ 1,000 honoraria to offer in exchange for doctors' attendance at her company's next educational lecture.
- C** Selling pharmaceuticals is a daily exercise in ethical judgement. Salespeople like Scheafer walk the line between the common practice of buying a prospect's time with a free meal, and bribing doctors to prescribe their drugs. They work in an industry highly criticized for its sales and marketing practices, but find themselves in the middle of the age – old chicken – or – egg question – businesses won't use strategies that don't work, so are doctors to blame for the escalating extravagance of pharmaceutical marketing? Or is it the industry's responsibility to decide the boundaries?
- D** The explosion in the sheer number of salespeople in the field – and the amount of funding used to promote their causes – forces close examination of the pressures, influences and relationships between drug reps and doctors. Salespeople provide much-needed information and education to physicians. In many cases the glossy brochures, article reprints and prescriptions they deliver are primary sources of drug education for healthcare givers. With the huge investment the industry has placed in face-to-face selling, salespeople have essentially become specialists in one drug or group of drugs – a tremendous advantage in getting the attention of busy doctors in need of quick information.
- E** But the sales push rarely stops in the office. The flashy brochures and pamphlets left by the sales reps are often followed up with meals at expensive restaurants, meeting warm and sunny places, and an inundation of promotional targets. Rarely do patients watch a doctor write with a pen that isn't emblazoned with a drug's name, or see a nurse use a tablet not bearing a pharmaceutical company's logo. Millions of dollars are spent by pharmaceutical companies on promotional products like coffee mugs, shirts, umbrellas, and golf balls. Money well spent? It's hard to tell. 'I've been the recipient of golf balls from one company and I use them, but it doesn't make me prescribe their medicine,' says one doctor. 'I tend to think I'm not influenced by what they give me.'
- F** Free samples of new and expensive drugs might be the single most effective way of getting

doctors and patients to become loyal to a product. Salespeople hand out hundreds of dollars' worth of samples each week - \$ 7.2 billion worth of them in one year. Though few comprehensive studies have been conducted, one by the University of Washington investigated how drug sample availability affected what physicians prescribe. A total of 131 doctors self-reported their prescribing patterns - the conclusion was that the availability of samples led them to dispense and prescribe drugs that differed from their preferred drug choice.

**G** The bottom line is that pharmaceutical companies as a whole invest more in marketing than they do in research and development. And patients are the ones who pay - in the form of skyrocketing prescription prices - for every pen that's handed out, every free theater ticket, and every steak dinner eaten. In the end the fact remains that pharmaceutical companies have every right to make a profit and will continue to find new ways to increase sales. But as the medical world continues to grapple with what's acceptable and what's not, it is clear that companies must continue to be heavily scrutinized for their sales and marketing strategies.

**A. Choose the correct heading for each paragraph from the list of headings below.**

	List of headings
1 Paragraph A _____	i Not all doctors are persuaded.
2 Paragraph B _____	ii Choosing the best offers.
3 Paragraph C _____	iii Who is responsible for the increase in promotions?
4 Paragraph D _____	iv Fighting the drug companies.
5 Paragraph E _____	v An example of what doctors expect from drug companies.
6 Paragraph F _____	vi Gifts include financial incentives.
7 Paragraph G _____	vii Research shows that promotion works.
	viii The high costs of research.
	ix The positive side of drug promotion.
	x Who really pays for doctors' free gifts?

**B. Do the following statements agree with the views of the writer in the reading passage.**

**Write:**



<b>YES</b>	if the statement agrees with the views of the writer
<b>NO</b>	if the statement contradicts the views of the writer
<b>NOT GIVEN</b>	if it is impossible to say what the writer thinks about this

- 1 ----- Sale representatives like Kim Schaefer work to a very limited budget.
- 2 ----- Kim Schaefer's marketing technique may be open to criticism on moral grounds.
- 3 ----- The information provided by drug companies is of little use to doctors.
- 4 ----- Evidence of drug promotion is clearly visible in the healthcare environment.
- 5 ----- The drug companies may give free drug samples to patients without doctors'
- 6 prescription.
- 7 ----- It is legitimate for drug companies to make money

## LANGUAGE REVIEW

### REPORTED SPEECH

We use reported speech forms to talk about things that other people have said.

#### Reporting statements

When reporting what someone has said, we make changes to the tense, as follows:

##### Tenses

Present Simple	→	Past Simple
Present Continuous	→	Past Continuous
Present Perfect	→	Past Perfect
Past Simple	→	Past Perfect
But Past Perfect	→	Past Perfect

##### Modal verbs

must	→	had to
can	→	could
will	→	would

When reporting a statement, we use a reporting verb such as *say*, *tell*, *explain*, or *advise*.

**Note:** There are **some changes** that may need to be made when reporting what someone has said.

<b>PRONOUN</b>	I	→	he/ she
	My	→	his/ her

<b>PLACE</b>	here	→	there, at the...
--------------	------	---	------------------

<b>TIME</b>	now	→	then, at that time
	today	→	that day, on Wednesday, etc.
	yesterday	→	the day before, the previous day
	tomorrow	→	the next day, on Thursday, etc.
	this week	→	that week

last week	→	the week before
an hour ago	→	an hour before

## Reporting questions

When reporting what someone has asked, we make changes to verb tenses and word order.

### Yes/ No questions

When reporting a yes/ no question, we use the reporting verb *ask* and change the tense of the main verb. However, note the structure *if* + positive word order.

Eg:

<u>DIRECT SPEECH</u>	<u>REPORTED SPEECH</u>
"Have you taken any medication?"	The doctor asked if I had taken any medication.
"Do you want to ask any questions?"	She asked (me) if I wanted to ask any questions

### Wh-questions

When reporting a wh-question, we keep the question word, change the tense of the main verb, and use positive word order.

<u>DIRECT SPEECH</u>	<u>REPORTED SPEECH</u>
'Where were you treated before, Mr Taylor?'	She asked Mr Taylor where he'd been treated before.

## Work in pairs. Change these sentences into reported speech.

1. 'Mr Jones has just telephoned to say he can't come for the afternoon clinic,' said Nurse Burses.
2. 'Is it OK to call you by your first name, Mrs Hall?' asked the nurse.
3. 'Ahmed, could you tell me how this is done in your home country?' asked Dr Ono.
4. 'It would be better to give up eating red meat like pork and beef,' said Dr Sind.
5. 'What is his patient number?' asked the nurse.
6. 'I left my appointment card at home,' said Mrs Taylor.
7. 'I am not sure how to pronounce your name,' he said.



Based on the outcome of the discussion in SPEAKING part, write a letter to the Head of Personnel Department of Saint Paul Hospital informing what you have agreed on the case of Dr. Kim

