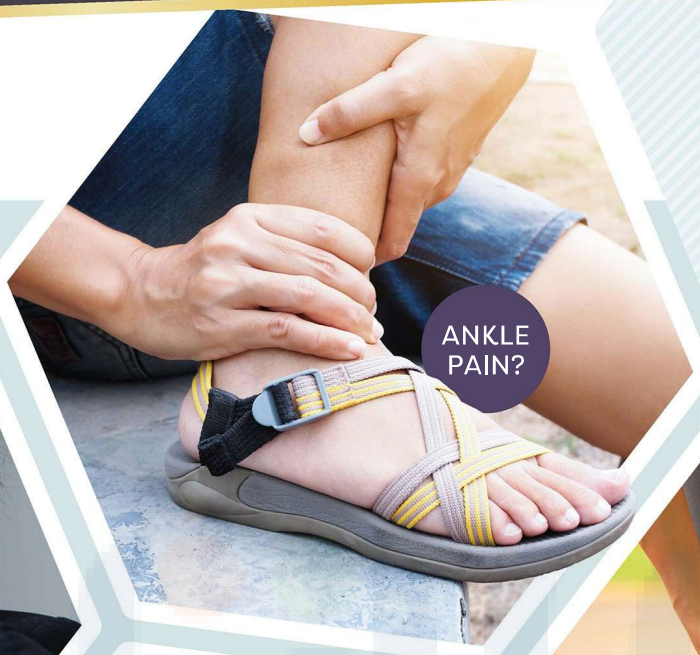
UNIT 4

# Taking Care of Yourself

*Warm-Up*

**Have you ever had . . .**













SOME OTHER KIND OF PAIN?




UNIT 4 COMMUNICATION GOALS

**Lesson 1**
Explain why you can't come to work or class

**Lesson 2**
Express wishes and regrets

**Lesson 3**
Recommend treatments and medications

**Lesson 4**
Compare approaches to health care



Afaq-lc.com

## Topic Warm-Up

**A** MEDICAL PROCEDURES | Complete the questionnaire.




**B** VOCABULARY | Medical procedures | Listen and repeat.

**C** PAIR WORK | Compare your responses to the questionnaire. Explain your responses.

> "Most of the procedures don't scare me. But, to be honest, surgery terrifies me. I hope I never need that!"

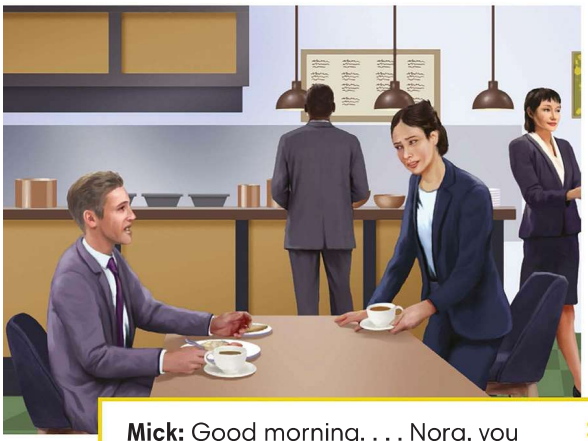
**D** GROUP WORK | Which procedures made the most group members nervous or terrified? Why?


Afaq-lc.com

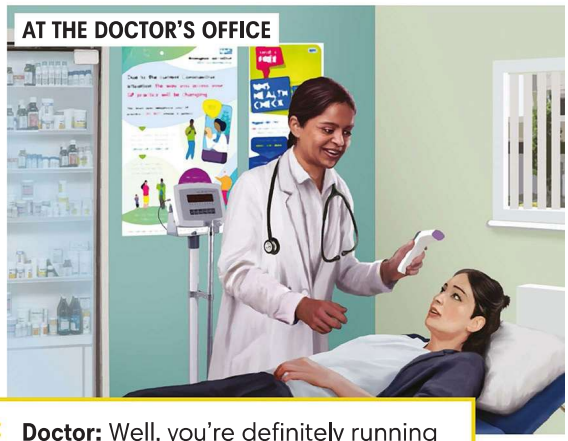
## Language Warm-Up

**A** ZOOM-IN | Read and listen to a conversation at an international meeting at a hotel. Notice the featured words and phrases.

**UNDERSTAND A VARIETY OF ACCENTS**
**Mick** = American English (standard)
**Nora** = Spanish
**Doctor** = Hindi








**Mick:** Good morning. . . . Nora, you don't look so well. Are you OK?

**Nora:** I woke up with an upset stomach. I think I've come down with some sort of virus . . . or maybe it was something I ate last night.

**Mick:** You mean, food poisoning? What did you have at the dinner?

**Nora:** The "New Orleans Catfish" special. Ugh . . . I can't even think about it . . .

**Mick:** Did you get any sleep?

**Nora:** Not really. I just tossed and turned in bed all night. And when the alarm went off, I realized I hadn't slept a wink.

**Mick:** No wonder you look so tired! Look, let's put off your presentation till tomorrow so you can go see a doctor instead, OK?

**Nora:** Oh, I don't think that's necessary. It's probably nothing serious.

**Mick:** Maybe. But better safe than sorry. I'm sure someone at the front desk can help you make an appointment.

**Nora:** You're probably right. I'll go talk to someone after I finish my tea.

**Doctor:** Well, you're definitely running a fever. I think you probably picked up a virus. There's been one going around lately.

**Nora:** So it wasn't anything I ate?

**Doctor:** I doubt it. A fever is usually a sign of a virus.

**Nora:** That's a relief. But I wish I hadn't gotten sick on my first trip to New Orleans!

**Doctor:** No worries. I'll give you something to settle your stomach. This bug usually lasts about twelve hours. So you'll be up and about in no time. But please call me if you aren't.

**B** UNDERSTAND FROM CONTEXT | With a partner, answer the questions about the featured language.

1 When Nora says she thinks she's "come down with something," what does she mean?
2 When Nora says she "tossed and turned all night," what does she mean?
3 When Nora says she didn't "sleep a wink," what does she mean?
4 When Mick suggests that Nora "put off" her presentation, what does he mean?
5 When the doctor says that Nora probably "picked up" a virus, what does she mean?
6 When the doctor says something's been "going around," what does she mean?
7 When the doctor says "I doubt it," what does she mean?
8 When the doctor says that Nora will be "up and about in no time," what does she mean?

**SPEAKING** PAIR WORK | If you had these health problems in a foreign country, would you see a doctor (or dentist) there? Complete the chart and compare responses.

| | | | | | |
|---|---|---|---|---|---|
| hurting an ankle | YES | NO | coming down with the flu | YES | NO |
| eating something that made you sick | YES | NO | having a bad headache | YES | NO |
| having a runny nose | YES | NO | having a bad cough | YES | NO |
| running a fever | YES | NO | breaking a tooth | YES | NO |

"If I broke a tooth but I didn't have pain, I'd put off going to a dentist until I was home."

Afaq-lc.com

# 1 COMMUNICATION GOAL

## Explain why you can't come to work or class

**A** VOCABULARY | Symptoms and conditions | Read and listen. Then listen again and repeat.



[feel / be] short of breath


[feel / be] dizzy


[feel / be] nauseous


throw up / vomit



sneeze


have a swollen [foot]


have a rash



have an itch


have a bruise

**Also**
have a stomachache
have a headache
have an earache
have a toothache
have a backache
have a sore throat
have a fever
have a cough
have a runny nose

**B** PAIR WORK | Have you ever had any of the symptoms and conditions in the Vocabulary? Tell your partner about it.

> "Last month, I was very sick. I felt really nauseous, and I couldn't come to class."

**C** GRAMMAR | The past perfect

**Use the past perfect to clarify the time sequence of two events in the past. Form the past perfect with had + a past participle.**

When Lou's wife called him, he **had** already **seen** the doctor.



*(First, Lou went to the doctor for a checkup.)*



*(Then Lou's wife called him.)*

**The past perfect is often used with time markers such as by, already, and yet.**

I **had forgotten** my doctor's instructions by the end of my checkup.
The assistant **had** already **taken** the patient's X-rays when the dentist arrived.
When I called the hospital, my dad's surgery **hadn't begun** yet.

**Note: In informal speech, you can use the simple past tense instead of the past perfect when the order of events is clear.**

Eva **had** (OR **had had**) lots of dental problems before she started seeing the dentist regularly.

**GRAMMAR EXPANDER** p. 132
Verb usage: present and past (overview)

**D** PRONOUNCE THE GRAMMAR | Listen and repeat the grammar examples.

**E** NOTICE THE GRAMMAR | Find an example of the past perfect in Zoom-In on page 39.


Afaq-lc.com

**F** **GRAMMAR PRACTICE** | **Check the correct meaning for each statement.**

1 Bob realized that he couldn't call his dentist because he had left his phone in his car.
- ☐ First, Bob realized he couldn't call his dentist. Then he left the phone in his car.
- ☐ First, Bob left the phone in his car. Then he realized he couldn't call his dentist.

2 I called my doctor, but he had gone home.
- ☐ First, I called my doctor. Then my doctor went home.
- ☐ First, my doctor went home. Then I called him.

3 My shoulder started to hurt after I had finished my workout.
- ☐ First, my shoulder started to hurt. Then I finished my workout.
- ☐ First, I finished my workout. Then my shoulder started to hurt.

**G** **LISTEN TO ACTIVATE GRAMMAR** | **Listen to each conversation. Then complete each statement, using the past perfect.**

1 The nurse asked him if he ..... any medication before coming to see the doctor.
2 By the time she got out of bed, she realized that she ..... all night.
3 He told the doctor that he fell after he ..... too quickly.
4 She told the nurse that this was the first time she ..... a condition like this.
5 Before his ankle started hurting, he ..... .

## COMMUNICATION ACTIVATOR

**Now let's explain why you can't come to work or class.**



**A** **CONVERSATION MODEL** | **Read and listen.**

**A:** Evelyn? Mark. I'm sorry, but I won't be able to come in today.
**B:** Is something wrong?
**A:** Probably nothing serious, but I woke up with a bad sore throat. And I've been coughing all morning.
**B:** Oh, no. Do you think you should call a doctor?
**A:** I'm not sure. I think I'll give it an hour or two and see what happens.
**B:** Well, please text me later and let me know if you're OK.
**A:** Will do. Thanks.
**B:** And if there's anything I can do, don't hesitate to ask.

**Social language**
**To agree to do what someone suggests, say:**
Will do.
I will.

**B** **PRONUNCIATION PRACTICE** | **Listen again and repeat. Then practice the Conversation Model with a partner.**

**C** **CONVERSATION PAIR WORK** | **Role-play the conversation, describing other symptoms. Say what you won't be able to do, and explain what you were doing when the symptoms began.**

**A:** ..... ? ..... . I'm sorry, but I won't be able to ..... .
**B:** Is something wrong?
**A:** Probably nothing serious, but ..... .
**B:** ..... . Do you think you should ..... ?
**A:** . . .

**D** **CHANGE PARTNERS** | **Change the conversation again.**

**KEEP TALKING!** ●●●

**Ask about other symptoms.**
Are you in a lot of pain?
Do you have [a sore throat]?
Are you running a fever?

**Make other suggestions and offer to help.**

**Ask for a favor.**
Could you [pick up something from the pharmacy]?

Watch the video for ideas!

**RECYCLE THIS LANGUAGE**
- I've come down with something.
- I tossed and turned all night.
- I realized I hadn't slept a wink.
- Don't put off seeing a doctor!
- You probably picked up a virus.
- Something's been going around.
- Better safe than sorry.



Afaq-lc.com

# 2 COMMUNICATION GOAL Express wishes and regrets




## A GRAMMAR | Wish to express regrets and desires

**Use wish + a noun clause to describe a condition you would like to be different. The use of that is optional.**

- **For present conditions, use the simple past tense or were / weren't.**
  I feel awful today. I wish (that) I **felt** better!
  He wishes (that) he **weren't** so sick today.
- **For present and future conditions, use would, could, or were / weren't.**
  That's a terrible cough! I wish (that) you**'d see** a doctor.
  Karen wishes (that) she **could stop** coughing and get some sleep!
  He wishes (that) he **weren't having** surgery tomorrow.
- **For past conditions, use the past perfect.**
  I wish (that) my dad **had had** a checkup last year.
  Derek wishes (that) he **hadn't canceled** his appointment yesterday.

**Be careful!**
**Don't confuse wish and hope. Hope expresses optimism or encouragement, not regret. Don't use a conditional form after hope. Don't use a base form after wish.**
I hope you feel better.
NOT I hope you ~~felt~~ better.
I wish you felt better.
NOT I wish you ~~feel~~ better.

**GRAMMAR EXPANDER** p. 133
Wish versus hope

## B PRONUNCIATION THE GRAMMAR | Listen and repeat the grammar examples.

## C NOTICE THE GRAMMAR | Find an example of wish + a noun clause in Zoom-In on page 39. Is it a present, future, or past condition?

## D GRAMMAR PRACTICE | Complete the wishes for present or future conditions, using contractions when possible.

1 I'm worried about being late. I really wish ..... (you / drive) faster so we can get to the appointment on time.
2 I wish ..... (there / be) a good dentist near my home. I hate having to travel so far to get my teeth cleaned!
3 My dad still has that awful cough. I wish ..... (he / stop) smoking cigarettes.
4 That guy keeps coughing with his mouth open. I wish ..... (he / not do) that. He's going to make everyone sick!

## E GRAMMAR PRACTICE | Complete each statement to describe a past condition, using wish and the prompts. Use contractions when possible.

1

"I cut my finger while I was making dinner. I ..... more careful!" (I / be)

2

"My husband is so tired today. I think he ..... up so late last night." (he / not stay)

3

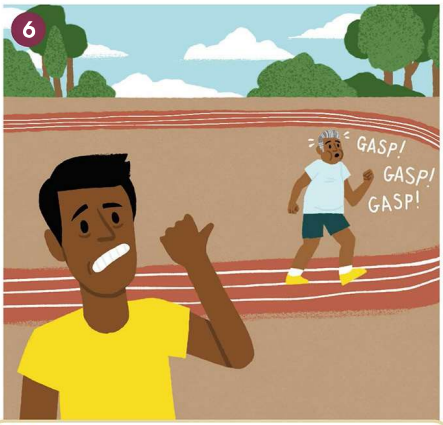
"I told her not to touch the stove. I ..... to me." (she / listen)




"This cold is awful. I ..... (I / not go) skiing yesterday."




"Wow! These really help! I ..... (I / get) glasses years ago."




"My dad's so out of shape! I'm sure he ..... (he / exercise) more when he was younger."

**F** **GRAMMAR PRACTICE** | **Complete the sentences, using wish with could.**

1 This headache is killing me. And there's a test tomorrow. I ..... get some sleep.
2 You're going to be late for your dentist's appointment. I ..... leave work earlier.
3 It's too bad Mary doesn't feel well. I ..... join us for dinner.

## COMMUNICATION ACTIVATOR

**Now let's express wishes and regrets.**



**A** **CONVERSATION MODEL** | **Read and listen.**

**A:** Oh, no! I could kick myself. I missed my doctor's appointment!
**B:** Was it for something urgent?
**A:** Sort of. I need an X-ray. . . . I just forgot.
**B:** Mimi, that could happen to anyone.
**A:** Well, I feel bad about it. I wish I had set a reminder on my phone!
**B:** Don't be so hard on yourself. It's not the end of the world. Just call the office and reschedule.

**Social language**
**To reassure someone who regrets a mistake, say:**
That could happen to anyone.
It's not the end of the world.
Don't be so hard on yourself.
These things happen.

**B** **PRONUNCIATION PRACTICE** | **Listen again and repeat. Then practice the Conversation Model with a partner.**

**C** **CONVERSATION PAIR WORK** | **Change the conversation, using the ideas below or other procedures from Topic Warm-Up on page 38. Say what you wish you had or hadn't done. Then change roles.**

**A:** ..... ! I could kick myself. I missed my ..... appointment!
**B:** Was it for something urgent?
**A:** ..... . I need ..... . I just forgot.
**B:** ..... .
**A:** Well, I feel ..... about it. I wish ..... !
**B:** ..... . Just ..... .

**Ideas**
a shot
a blood test
a filling

**KEEP TALKING!** ●●●

- **Ask your partner for more details.**
- **Tell your partner about a time *you* missed an appointment.**

Watch the video for ideas!

**D** **CHANGE PARTNERS** | **Practice the conversation again.**

FOR MORE PRACTICE, GO TO YOUR DIGITAL RESOURCES



Afaq-lc.com

# 3 COMMUNICATION GOAL Recommend treatments and medications

**A** VOCABULARY | Types of medications | Read and listen. Then listen again and repeat.


an antacid


an antibiotic


an antihistamine


a cold tablet

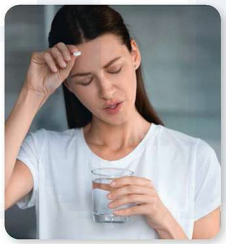

cough medicine


an ointment



a vitamin


eye drops


a painkiller


a nasal spray / a decongestant

**a prescription:** a medication a doctor orders
**an over-the-counter medication:** one you can buy without a prescription

A medication label

**dosage:** Take two tablets in the morning before a meal.
**warnings:** Do not drive a vehicle after taking.
**side effects:** May cause dizziness or nausea.

**B** PAIR WORK | Discuss how you would use each medication.

"I might use an ointment if I burned my hand while I was cooking."

**C** LISTEN FOR MAIN IDEAS | Listen to each conversation with a doctor. Complete each patient's chart.

**Envin González**

What are the patient's symptoms?

Is the patient currently taking any medications? ☐ Yes ☐ No
If so, which ones?

**Sara Kincaid**

What are the patient's symptoms?

Is the patient currently taking any medications? ☐ Yes ☐ No
If so, which ones?

**Kumiko Tanaka**

What are the patient's symptoms?

Is the patient currently taking any medications? ☐ Yes ☐ No
If so, which ones?

**D** **LISTEN FOR DETAILS** | Listen to the conversations again. Complete the information about the medications the doctors prescribe.

PATIENT: Envin González
DOSAGE: One tablet _____ a day with _____
SIDE EFFECTS? ☐ YES ☐ NO
IF SO, WHAT ARE THEY? _____

PATIENT: Sara Kincaid
DOSAGE: One tablet _____ a day
SIDE EFFECTS? ☐ YES ☐ NO
IF SO, WHAT ARE THEY? _____

PATIENT: Kumiko Tanaka
DOSAGE: Apply to eyes _____ a day and _____ your hands _____ times a day
SIDE EFFECTS? ☐ YES ☐ NO
IF SO, WHAT ARE THEY? _____

**E** COACH **PRONUNCIATION** | Intonation of lists | Use falling intonation on the last item in a list. Use rising intonation on each item before it. Read and listen. Then listen again and repeat.

1 I feel dizzy and nauseous.
2 I've been taking an antacid, painkillers, and cough medicine.
3 I have a headache, a backache, a rash, and a sore throat.

**F** **PAIR WORK** | Take turns using the Vocabulary on pages 38, 40 and 44 to make statements with lists of symptoms, medical procedures, or medications. Practice correct intonation.

"I had a checkup, an X-ray, and a blood test."

## COMMUNICATION ACTIVATOR

### Now let's recommend treatments and medications.

**A** **TALKING POINTS** | Imagine you're visiting a doctor. Complete the patient information form.

**B** **ROLE PLAY** | Imagine you're in another country, and you don't feel well. With a partner, role-play the two scenes, using the information from Talking Points.

**Scene 1**
Your partner is a friend, colleague, or relative traveling with you. Include these topics:
- how you feel
- when and how you began to feel bad
- what you should do

**Scene 2**
Your partner is a doctor. Include these topics:
- your symptoms
- medications you've taken
- medications or procedures you need
- dosages, warnings, and side effects

Astoria Medical Center
Last name _____ First name _____
Your symptoms
coughing | dizziness | pain Where? | itching | swelling Where? | a bruise Where? | a rash Where? | shortness of breath | sneezing | nausea | vomiting | other symptoms?
How long have you had these symptoms? _____
Are you currently taking any medications?
No | Yes, prescription. (Which ones?) | Yes, over-the-counter. (Which ones?)
Are you allergic to any medications?
No | Yes (Which ones?)

**RECYCLE THIS LANGUAGE**

I've come down with [something].
I think I picked up a [cold / virus].
It's been going around.
Are you running a fever?
When I went to bed, I'd already [started coughing].
I tossed and turned all night.
[I haven't] slept a wink.
I wish [I'd gotten more sleep].
I could kick myself!
These things happen.
[It] could happen to anyone.
Why don't you [make an appointment]?
You might need [a shot].
Please [text / call] me later and let me know if you're OK.
If there's anything I can do, don't hesitate to ask.
Will do. Thanks.
I hope you feel better soon.



Afaq-lc.com

**A** READING | Read about some alternatives people choose for their own health care. Which is closest to your own approach?

CHOOSING FROM

# THE OPTIONS

Conventional Western medicine has made great progress over the last century in the development of medications, surgical techniques, and treatments for many diseases, conditions, and injuries. However, the United Nations World Health Organization reports that a majority of the world's population uses some form of alternative approach to health care. This includes therapies that claim to maintain good health rather than fight disease, such as Ayurveda (from India), Chinese traditional remedies, and homeopathy (which originated in Germany), as well as mind and body practices such as meditation, tai chi, and yoga.



Acupuncture

While conventional treatments are scientifically tested, people tend to claim success with alternative approaches based on personal experience. For example, someone takes the herb echinacea to avoid catching colds and, if that person doesn't come down with one, he or she is convinced that echinacea works. According to a 2012 survey, about 30% of U.S. adults choose to use alternative remedies—instead of conventional medicine—for the treatment of a variety of conditions such as depression, neck and back pain, and the common cold. In both the U.S. and the U.K., use of alternative approaches has been increasing in recent years.

A growing number of patients, however, choose to take a "complementary" approach to their health care in which they see a doctor who practices conventional medicine but choose to supplement that treatment with another approach. For example, a patient taking conventional medications to fight cancer may choose acupuncture or massage to ease side effects of cancer medications such as stomach pain or nausea.



Meditation

Some doctors and clinics offer an "integrative" (or "holistic") approach to health care—one that, in addition to conventional therapies, considers treatment of all patient needs, including physical, emotional, and social needs. For example:

- Pain relief (meditation, acupuncture, or massage therapy)
- Psychological support (social support groups, in which patients can share experiences)
- Exercise (physical therapy, tai chi, yoga)
- Dietary support (advice about food choices and vitamin supplements)

Most conventional doctors support their patients' use of other therapies that complement conventional treatments. However, they request that their patients keep them informed because there are some herbs and supplements that can cause certain conventional medications to stop working. And there are some exercises and diets that can be dangerous in certain situations. Open communication allows doctors to support their patients' choices while keeping their patients safe.



Tai chi

**B** FIND SUPPORTING DETAILS | Look at the four health care approaches. Then read each situation and write the letter of the health care approach it illustrates. Explain your reasons.

**a** a conventional approach
**b** a complementary approach
**c** an alternative approach
**d** an integrative approach

..... **1** Tom is taking the medications his doctor prescribed for his heart. However, he has also decided to search online for ways to improve his diet.

..... **2** Pam's doctor prescribed medication for her severe arthritis. He also suggested she join an online support group so she can chat with other people dealing with the same issues.

..... **3** Jim has taken prescription painkillers for his severe back pain, but his doctor says she thinks surgery will correct the condition.

..... **4** Ned's doctor suggested an over-the-counter medication for his cold. However, Ned has decided instead to drink a lot of orange juice, have chicken soup, and take vitamin C to treat it.


Afaq-lc.com

**C** APPLY REAL-WORLD KNOWLEDGE | Why do you think so many people around the world choose to use alternative approaches to health care? Discuss with a partner.

**D** RELATE TO PERSONAL EXPERIENCE | Discuss the questions.

1 Have you or someone in your family ever tried a non-conventional treatment? Was the approach one of the ones in the Reading? Was it helpful?
2 What kinds of treatments have been the most effective for you or someone in your family?

## COMMUNICATION ACTIVATOR

### Now let's compare approaches to health care.

**A** TALKING POINTS | Describe the treatments or remedies you think are the best for each ailment. Then, with a partner, discuss and compare your approaches and the experiences you've had with each treatment.

| Ailment | My treatments and remedies |
|---|---|
| a cold | I usually just rest and drink a lot of tea. But for a bad cold, I prefer an over-the-counter medication. |

| Ailment | My treatments and remedies |
|---|---|
| a cold | |
| a headache | |
| nausea | |
| pain | |
| a fever | |
| a cough | |
| a sore throat | |
| a stomachache | |
| a bruise | |

It sounds like you take a conventional approach for a bad cold. Is that right?

I guess so. But I've had success with some alternative cold remedies, like drinking lemon juice in hot water. What about you?

SOFT SKILLS BOOSTER p. 156

**B** DISCUSSION | As a class, compare the kinds of treatments you and your classmates listed. Tell the class what you learned about your partner.

**OPTIONAL** Underline new words or phrases in the Reading to use in your Discussion. Example: "based on personal experience"

"My partner prefers conventional treatments. But he wishes he'd tried my lemon juice remedy the last time he had a cold."

**WRITING** In two paragraphs, compare two approaches to treating health conditions. Consider the following questions:

- How are they similar or different?
- Which do you think is more effective?
- Why might someone choose each treatment?

WRITING HANDBOOK p. 147
- Comparisons and contrasts
- Guidance for this writing activity



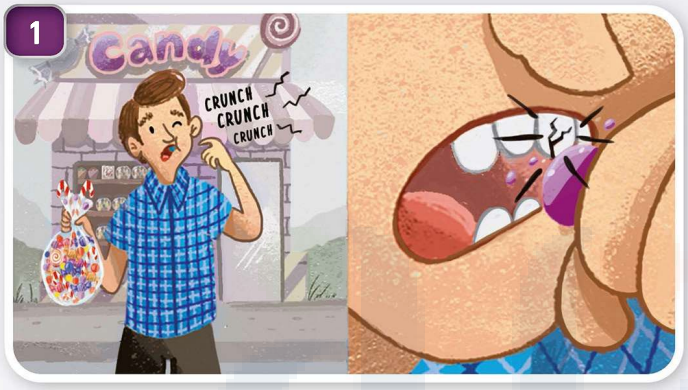
Afaq-lc.com

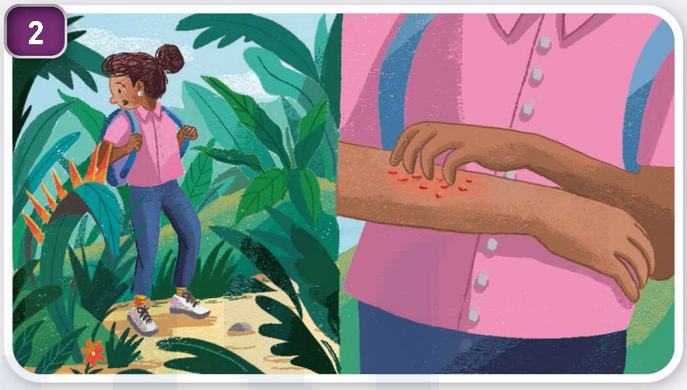
# LIGHTS! CAMERAS!

With a partner, choose one of the situations in the pictures. Work together to create a movie scene script, expanding on the situation in the picture, including what happened before and afterwards. Use your imagination and write as much as you can. Rehearse and then memorize your script. When you're ready, perform – without reading – your movie scene for the class.

**The class votes and awards three prizes:**

- The best use of language from Unit 4!
- The most interesting scene!
- The most hilarous scene!
















## PROGRESS SELF-CHECK

NOW I CAN

- ☐ Explain why I can't come to work or class.
- ☐ Express wishes and regrets.
- ☐ Recommend treatments and medications.
- ☐ Compare approaches to health care.

For more practice . . . Unit Review / *Connect TV* ★ Test-Taking Skills Booster