

Topic: Medical Matters

Let's get started . . . When you were a child, did you or a family member get sick or injured? Describe what happened.

Story:

John has a desk job. He sits a lot every day. One day, his shoulder began to hurt. John wrote to his friend, Carol, and told her about it. He asked for her advice.



Carol wrote back: "Shoulder pain and lower back pain are common symptoms of workers who spend most of their day hunched over a computer. I felt a sharp pain when I turned my neck and I had a stiff back. I went to a naturopath clinic where the doctor suggested that I try acupuncture. It was scary at first to see all the needles they were going to insert (put) in me. However, when I overcame the fear, I was delighted to be relieved from the acute pain."

Have you ever had pain like this? Have you ever had acupuncture? Explain.



In pairs, choose one or more of these questions and talk about it. Switch partners and talk again.

1. When do you give, or when have you given health advice to a friend? Has a friend given advice to you? Give examples.
2. How often do you see a doctor or a health worker? Who do you see and for what reason?
3. What types of health workers are there in your native country? How close to your home was health care when you needed it?



Share with the group something you learned.

Group Activity - What are common diseases or injuries in your native country? When do you see a health worker and when do you take care of yourself at home? Write them here or on a white board. Talk about your experiences.

You go to a health worker for _____	You stay at home and take care of _____

Hot Topic! - H1N1 (swine) flu - Are you preparing for swine flu at work, school or home? How?

Discussion Questions - talk in pairs or small groups:

In what ways are illnesses and health practices in the U.S. **similar** to those in your native country and in what ways are they **not similar**? Compare one or more of these areas:

The cost of hospitals, doctors and medicines

Illness, flu or disease

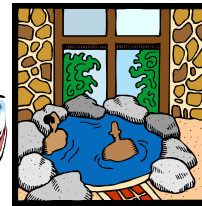
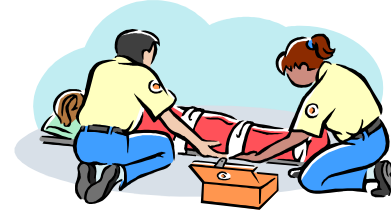
Teeth and dentists

Herbal medicine

Health insurance

Nutrition and the food we eat

Sleep and exercise



Dialogue (Conversation) - Practice one of the conversations. Then, change the conversation. Practice in pairs and share your new conversation with the group.

Bill and Hong work together. They know each other's families. They are talking about Bill's wife, Grace. Grace has cancer and is taking chemotherapy.

<i>Harder</i>	<i>Easier</i>
Hong: How's Grace doin'?	Hong: How is Grace?
Bill: Ok, I guess. She's really tired this week.	Bill: OK. She's really tired.
Hong: Hmm. It's tough stuff. How are you holding up?	Hong: How are you?
Bill: Ok. I'm able to work from home some during the bad weeks. Do the cooking. You know.	Bill: OK. I work from home sometimes. I cook dinner.
Hong: We would be glad to bring over dinner one night.	Hong: We can bring dinner one night.
Bill: Thanks for offering, Hong. I think we're ok for now. I appreciate it.	Bill: Thanks, Hong. We're ok.

New vocabulary: common, symptoms, hunched, stiff, naturopath, clinic, acupuncture, scary, needles, insert, overcame, delighted, relieved, acute, pain, illness, herbal, nutrition, cancer, chemotherapy, tough, "holding up", offering

Keep talking about it this week: Ask a coworker or friend for health advice this week. Write down the conversation and bring it to share at Talk Time next week.

More on H1N1 flu: read about it at www.cdc.gov/H1N1FLU/.