

Topic: Health and Injuries

Let's get started...

Before you begin discussing today's topic, brainstorm as many health, illnesses, and related problems as you can. Next, talk about how you can prevent or cure these illnesses and problems.

New words and Idioms:

Health care, checkup, prevention, early detection, doctor's office, patient, insurance, symptoms, allergies, house call, interpreter, medical history form, prescription, medicine, alternative health care, house call, sicker than a dog, second opinion, etc.

Background:

In the U.S., prevention and early detection are an important part of health care. For example, many people got flu shots last fall to prevent them from getting the flu. Seeing a doctor for a medical checkup can help detect (find) problems early.

If a medical problem is *not* an emergency, you should make an appointment to visit a doctor. Patients whose first language is not English can ask for an interpreter, or they can take someone with them who speaks better English.

When patients arrive at the doctor's office, they should give their name to the receptionist and then wait for their name to be called. New patients will have to fill out a medical history form. Your doctor will examine you and ask you questions about your health and any problems that you have. In the U.S. it is okay for you to ask the doctor questions, too. For serious medical problems, it is common for people to talk to a second doctor and get a second opinion.



In pairs for 5 minutes, discuss these medical words and sayings:

Sayings:

What is the matter with you?
Where does it hurt? Tell me where it hurts.
Do you have any pain?
Have you been running a fever?
Do you have any allergies?

Symptoms:

Cough, sneezing, stomach ache, headache, toothache, allergy, pain, infection, bleeding, bloated, bruise, burn, chills, fever, cold, flu, dizzy, sore throat, swelling, chest pain, bloody nose, virus, germs, etc

Treatments:

aspirin, shot, vaccine, prescription drugs, pills, cough syrup, stitches, x-ray, cast, surgery, bed rest, etc.

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How many of these have you heard? Are there any others that you've heard and don't understand?

Share your partner's answers with the group.

Discussion Questions:

Some countries have free health care. Is health care free, inexpensive, or expensive in your native country?

Is there "alternative health care" (acupuncture, homeopathy, naturopathy, etc.) available in your native country? If there is, did you ever go to one of these "alternative doctors"? Why or why not?

Have you ever been to see a doctor in the United States?

Was it difficult to talk with the doctor? Did you take a friend with you or use an interpreter at the doctor's office?

Do you know a doctor or nurse who can speak your native language?

Have you ever had problems filling out forms at a doctor's office?

What advice would you give someone about going to a doctor's office in the U.S.?

What are some examples of questions that you could ask a doctor or nurse at your appointment?

In the U.S., it is uncommon for a doctor to make a house call. Do doctors make house calls in your native country?

If a doctor gives you a prescription for medication, where do you go to buy it?

Where do you go to buy medicine in your native country?

If the doctor gives you a prescription for medicine or pills, it is important that you understand how to take it. Make sure your doctor knows about any other drugs that you are taking and whether you have any allergies.

All medicine will have a label with instructions on how to take it. What does this label tell you?

BIG Sky Pharmacy 6225 Pine Lake Road, Renton, WA	Phone: 425-555-1912 Date: 02-02-06
Name: Peter L. Green Dr. Smith	RX # 10015288
Take 1 tablet twice a day	30 penicillin tabs
TAKE WITH FOOD	Expires 12-31-06 No refill
Caution: Do not use with alcohol or other prescription drugs without consulting a physician.	