

## HEALTH AND WELLNESS

**Carla: How are you feeling today, Ellen?**

*Ellen: Hi, Carla. I am well, thank you. How are you?*

**Carla: Actually, I don't feel very well today, Ellen.**

*Ellen: I'm sorry! What's the matter?*

**Carla: I have a sore throat and a stuffy nose. My head hurts, too.**

*Ellen: Maybe some cough syrup and a decongestant would help you feel better.*

**Carla: Thank you, Ellen, maybe I'll go to the pharmacy now. I want to feel better.**

**\* How to use the verb HURT:**

My back/head/stomach **hurts**. (use "hurts" for one thing)

My shoulders/feet/eyes **hurt**. (use "hurt" for more than one thing)

### **I have.....**

...a headache

...a backache

...a toothache

...a stomachache

...an earache

...a cold

...congestion

...a fever

...allergies

...a cough

...trouble breathing

...a sore throat

...insomnia/trouble sleeping

...a runny nose/a stuffy nose

...an itch

...the chills

...hot flashes

...a rash

...a bruise

...a sprained \_\_\_/a broken \_\_\_\_\_

...heartburn

...the flu

...a migraine

...an insect bite/a bee sting/a mosquito bite

...nausea

...a bad sunburn

...nosebleeds

## What advice would you give someone with these minor symptoms?

### Follow the dialogue below as an example.

*"I have \_\_\_\_\_."*

*"You should \_\_\_\_\_."*

*"Yes, I will. Thank you."*

1. I have a sore throat.
2. I have a bruise.
3. I have a bee sting.
4. I have trouble sleeping sometimes.
5. I have a nosebleed.

## When would you give someone this advice?

1. Don't eat a lot of spicy foods. ---If you have heartburn, don't eat a lot of spicy foods.
2. Don't spend too much time in the hot sun between 10:00 AM and 2:00 PM.
3. Use an anti-itch lotion.
4. Take some cough syrup and suck on lozenges.
5. Drink lots of fluids.
6. See a dentist if it continues.
7. Eat chicken soup and drink hot liquids.
8. Rest and elevate your feet.
9. Take some aspirin.

## ARE THESE THINGS IN YOUR MEDICINE CABINET? WHEN SHOULD YOU USE THEM?

BANDAGES/GAUZE/BANDAIDS

ANTIBIOTIC CREAM

ASPIRIN

IBUPROFEN

DECONGESTANT

AN ICE PACK

ANTIHISTAMINES

A HEATING PAD

EXPECTORANT

AN INHALER

ANTACID

ALOE/SUNBURN LOTION

ANTI-ITCH CREAM

LOZENGES

EYE DROPS

AN EPI-PEN

**Here are the symptoms.**

1. I have a stomachache.
2. I have a big cut on my finger.
3. I'm tired and I ache all over.
4. I sneeze and cough a lot.
5. I have so many mosquito bites! ☹️
6. I am allergic to the grass and trees.
7. I have a sprained ankle.
8. I have trouble breathing.
9. My eyes are really red and itchy.

**What is the treatment?**

Try an antacid.

**DO YOU KNOW WHAT THESE SPECIALISTS DO? Match their names to their job**

\_\_\_\_\_ a cardiologist

\_\_\_\_\_ a general practitioner (a GP)

\_\_\_\_\_ a pediatrician

\_\_\_\_\_ a physical therapist (a PT)

\_\_\_\_\_ an allergist

\_\_\_\_\_ an oncologist

\_\_\_\_\_ a pulmonologist

\_\_\_\_\_ a surgeon

\_\_\_\_\_ an otolaryngologist (an ENT)

\_\_\_\_\_ a gastroenterologist (GI)

\_\_\_\_\_ an obstetrician;  
a gynecologist (an OBGYN)

A. -is a doctor for cancer patients

B. -delivers babies and specializes in women's health

C. -specializes in allergies

D. -performs operations

E. -a heart specialist

F. -specialist for ear, nose, throat

G. -specializes in taking care of children

H. -specializes in the digestive tract

I. -does special therapy for pain

J. -a lung doctor

K. -is your primary doctor

Here is an example of your conversation if you are calling sick to work:

“Hello/Good morning, this is \_\_*(your name)*\_\_\_\_\_. I’m calling to tell you that I can’t come into work today because I have \_\_\_\_\_/I feel \_\_\_\_\_.”

If you need to call your child’s school to report him/her sick:

“Hello/Good morning, my name is \_\_\_\_\_. My son/daughter is \_\_\_\_\_. He/She will not be coming to school today because he/she has \_\_\_\_\_.” Could his/her teacher please send him any work he/she will miss?”

If you need to write a note of absence for your child when he/she goes back to school:

*Please excuse my son, Thomas, for his absence yesterday. He had a bad stomachache.*

*Sincerely,*

*Samuel Edison*

*Please excuse my daughter, Maria, for her absence from 5/15 to 5/17. She had a sore throat and cough.*

*Sincerely,*

*Alessandro Montessori*

Check your answers on the next page.....

## **When would you give someone this advice?**

1. Don't eat a lot of spicy foods. ---If you have heartburn, don't eat a lot of spicy foods.
2. Don't spend too much time in the hot sun between 10:00 AM and 2:00 PM. If you burn easily, don't spend too much time in the sun.
3. Use an anti-itch lotion. If you have insect bites/mosquito bites, use anti-itch lotion.
4. Take some cough syrup and suck on lozenges. If you have a sore throat do this.
5. Drink lots of fluids. Drink lots of fluids if you have the flu.
6. See a dentist if it continues. See a dentist if you have a toothache.
7. Eat chicken soup and drink hot liquids. This is good if you have a cold.
8. Rest and elevate your feet. Rest and elevate your feet if you have a backache.
9. Take some aspirin. If you have a headache, take some aspirin.

## **DO YOU KNOW WHAT THESE SPECIALISTS DO? Match their names to their job**

- E a cardiologist -a heart specialist
- K a general practitioner (a GP) - is your primary doctor
- G a pediatrician -specializes in taking care of children
- I a physical therapist (a PT) -does special therapy for pain
- C an allergist -specializes in allergies
- A an oncologist -is a doctor for cancer patients
- J a pulmonologist -a lung doctor -
- D a surgeon -performs operations (surgery)
- F an otolaryngologist (an ENT) -specialist for ear, nose, throat
- H a gastroenterologist (GI) -specializes in the digestive tract
- B an obstetrician;  
a gynecologist (an OBGYN) --delivers babies and specializes in women's health