



Complejo Educativo Dr. Humberto Romero Alvergue
Segundo Año de Bachillerato Técnico en Atención Primaria en Salud
Laboratorio del Tercer Periodo. Materia: Ingles Modular

Student's name: _____

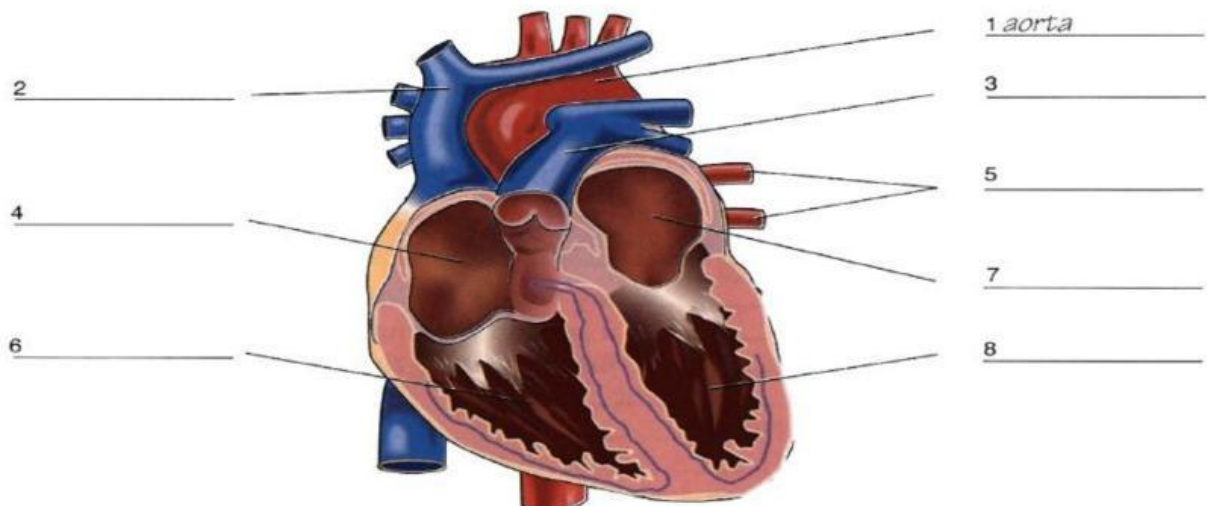
PART I. Use will and the correct form of the verbs in the box.

be eat feel hold put roll see take wrap

I ¹_____ just _____ your sleeve up a little. That's good. We ²_____ a pillow on your lap. Can you ³_____ your arm out straight for me? You can rest it on the pillow. I ⁴_____ the cuff round your arm. Just relax, that's right. You ⁵_____ any pain; it ⁶_____ just ⁷_____ a bit tight around your arm. OK?
That's 130 / 85. I ⁸_____ just _____ the cuff off now and then you can ⁹_____ your breakfast in peace! I'll ¹⁰_____ you later.

PART II. Label the diagram of the heart with the words in the box.

aorta left atrium left ventricle pulmonary artery pulmonary vein
right atrium right ventricle vena cava



Reading 3 Read and complete the information about the function of the heart. Use the words in the boxes.

WHAT THE DOES HEART DO?

The heart is a muscle that ¹_____ blood around the body. The blood ²_____ through to the other organs and takes food and oxygen to them. The blood then ³_____ to the heart via the veins.

circulates pumps returns

THE CHAMBERS OF THE HEART

Inside the heart there are four chambers. The two upper chambers are called the ⁴_____. They receive and collect blood. The two lower chambers of the heart are called the ⁵_____. They pump blood out of the heart into the ⁶_____ to other parts of the body.

atria circulatory system ventricles

THE BLOOD FLOW

Blood enters the right atrium of the heart from the superior and inferior ⁷_____. The heart then pumps blood into the right ventricle. From there the blood goes into the lungs through the ⁸_____, where it is filled with oxygen. The oxygen-rich blood then returns to the heart through the pulmonary veins into the left atrium. From there the blood is pumped into the left ventricle which then pumps it into the rest of the body through the ⁹_____.

aorta pulmonary artery vena cava

PART IV. READ THE PATIENT LEAFLET. CHOOSE TRUE OR FALSE.

Smoking and cardiovascular disease

Smoking is a major risk factor for getting cardiovascular (heart and blood vessel) disease. The more you smoke, the greater your risk. Did you know that nicotine and carbon monoxide from cigarettes have a significant effect on your heart and blood vessels? When you smoke, your heart rate increases and your blood pressure rises. At the same time, your arteries narrow and blood flow decreases.



Giving up smoking – what are the real benefits?

Your risk of heart disease begins to decrease almost immediately after you stop smoking.

In 20 minutes: your blood pressure and heart rate fall to their normal level.

In eight hours: your level of oxygen rises to its normal rate and your carbon dioxide level drops.

In 24 hours: your chance of a heart attack starts to go down.

In 12 months: your risk of a heart attack falls by more than 50%.

After several years: your risk of heart disease could be similar to that of someone who has never smoked at all.

Give up smoking – it's never too late!

Are these sentences *true* (T) or *false* (F)? Correct the false statements.

- 1 Your risk of cardiovascular disease is greater if you smoke. (T / F)
- 2 Nicotine will increase your blood flow and decrease your blood pressure. (T / F)
- 3 Heart rate returns to normal less than half an hour after stopping smoking. (T / F)
- 4 Even ex-smokers remain high risk for heart disease. (T / F)
- 5 It is sometimes too late to stop smoking. (T / F)

Cover the text. Complete a summary of the main points.

- 1 The risk of heart disease _____ the more you smoke.
- 2 Chemicals in cigarettes can block the arteries. The heart rate _____ and blood pressure _____.
- 3 As soon as you stop smoking, the risk of heart disease _____.
- 4 After eight hours, your oxygen level _____ and the level of carbon-dioxide _____.
- 5 The risk of a heart attack _____ by 50 percent within 12 months.