

## Close-Up C1 – Unit 3 USE OF ENGLISH

### Just for the Health of It

**1. Read the text. Fill in the gaps with ONE suitable word.**

How could I \_\_\_\_\_ got a stress fracture?

Stress fractures are small cracks in \_\_\_\_\_ normal bone, related to repeated impact, often \_\_\_\_\_ weight-bearing bones of the shin or foot, \_\_\_\_\_ commonly in runners and other sportspeople.

Bone is constantly remodelling, clearing damaged bone, replacing \_\_\_\_\_, allowing adaptation to different loads. If it can't adapt quickly \_\_\_\_\_, there's an imbalance, areas of weakness or 'stress', \_\_\_\_\_ then fracture, causing persistent pain, swelling or tenderness over several weeks. They often occur \_\_\_\_\_ there's a sudden increase in physical activity or training intensity without enough rest time for the bone to adapt and remodel.

Manage by offloading the bone and resting \_\_\_\_\_ activity, allowing time to heal. You may need crutches and a walking boot. Use pain resolution as the guide to rehabilitating, and start less load-bearing exercises, and more cross training, static cycling, or swimming. Ensure good bone health \_\_\_\_\_ a balanced diet containing calcium, protein, carbs, and fats. Wear correct supportive footwear. Physio \_\_\_\_\_ help.



2. Read the texts below and use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line.

### Ibuprofen makes your stomach bleed

Ibuprofen is a \_\_\_\_\_ painkiller but possible side effects include gastric \_\_\_\_\_, ulceration and bleeding. Always take it with food or a \_\_\_\_\_ drink to reduce risks. If you have health problems that increase \_\_\_\_\_ risks or if you're over 65, talk to your general \_\_\_\_\_, who may prescribe medicine to protect your stomach.

USE  
IRRITATE  
MILK  
BLOOD  
PRACTICE

### Muscle Training

A \_\_\_\_\_ assistive technology, Earswitch, might offer people with \_\_\_\_\_ conditions, including motor neurone disease (MND), new ways of \_\_\_\_\_ communication. The device is controlled by \_\_\_\_\_ a muscle in the ear, control of which might be preserved in people 'locked-in' from stroke, or late-stage MND. It's important because current \_\_\_\_\_ devices can become \_\_\_\_\_ as conditions deteriorate, but more research is needed.

REVOLUTION  
NEUROLOGY  
COMPUTER  
TENSE  
ASSIST  
USE

(Source: Woman's Weekly, 13 July, 2021)