

READ

Read this transcript of part of a TV program about health.

Concerned About Health? Ask the Expert.

- MIRANDA OLSON: Good **afternoon**. Welcome to *Ask the Expert*. I'm Miranda Olson. My **guest** today is Dr. Mel Brand, an **authority** on everyday **health issues**, and we're going to devote today's entire **program** to your **questions** about **health**. So let's get right to it with our first **caller**. ... Tell us your **name** and where you're from.
- SALLY MATTHEWS: Hi, Dr. Brand. I'm Sally Matthews from San Diego, California. We hear a lot of negative **stuff** about fast **food**, but my **husband** and **kids** love **hamburgers** and **fries** and **sodas**. How bad is fast **food**?
- DR. MEL BRAND: Sally, it's OK in **moderation**—but I wouldn't make a **habit** of eating it. Most fast **food** is full of **salt**, **sugar**, **cholesterol**, and lots of **calories**. An occasional **trip** to a **fast-food place** won't hurt you, especially if you can offset the **junk food** with healthy **salads** or **sandwiches**. But I wouldn't eat it more than once or twice a **week**.
- MIRANDA OLSON: OK. Next **question**?
- BOB GONZALES: Dr. Brand, I'm Bob Gonzales from Tampa, Florida. I'm twenty-five years old, and my **question** is about **sun**. My lovely **wife** is a wonderful **woman**, but she's also a **member** of the **sunblock police**. She won't let me go out the **door** without putting **sunblock** on. I've always been able to get a good **tan**, so is this really necessary? It's a **pain**.
- DR. BRAND: Bob, I've got to side with your **wife**. The **sun** makes us feel wonderful, and we love its **warmth**, but it has its **dangers**. I've treated **patients** with **skin cancer**. The most telling **example** was an older **man** who hiked for forty **years** and refused to wear a **hat**. He developed **skin cancer** and didn't survive it. I'm not trying to scare you, but I do advocate **sunblock** if you're going out in the **sun** for more than a few **minutes**. And you should definitely wear a brimmed¹ **hat** that protects your **face** and your **neck**. And that's all of us, not just fair-skinned **people**.
- MIRANDA OLSON: OK. Let's go to the next **question** now.
- MARTINA SMITH: Dr. Brand. I'm Martina Smith from Toronto, Canada. My **question** is about **weight**. My **husband** has gotten enormous. He's 5 **feet** 11 **inches** tall and weighs about 250 **pounds**. He used to be in good **shape** when he was a **tennis champion**, but now he doesn't get any **exercise**. When I try to get him to go to the **gym**, he either says he's too tired or he doesn't have **time**. Any **suggestions**?
- DR. BRAND: Martina, it's evident that your **husband** is way too heavy. Have you heard of **body mass index**? Anyone with a **BMI**² of more than 25 is considered overweight. Hence, your **husband** would have a **BMI** of about 35, which puts him in the obese³ **category**. He's got to start exercising and taking off the **pounds**. Have him start slowly and build up to at least three **times** a week and not deviate from that **plan**. Get him to play a **game** of **tennis** with you. But don't delay.
- MIRANDA OLSON: All right. Do we have another **question**?
- FRANK LEE: Hi, Dr. Brand. I don't know if this is a **health question** or not, but is there a **cure** for **baldness**? I've been losing my **hair** since I was thirty-five, and ...

¹ *brimmed*: with an edge that gives protection or shade

² *BMI*: body mass index; a numerical measurement of body fat

³ *obese*: extremely overweight

AFTER YOU READ

A VOCABULARY Complete the sentences with the words from the box.

advocate	category	hence	in moderation
authority	deviate	imperative	offset

- Someone who is an accepted expert in a certain field is a(n) _____.
- The word _____ means basically the same as *for this reason*.
- To do something in order to make something bad have a smaller effect is to _____ it.
- To _____ from a plan or course of action is to turn away from it.
- When you do something _____, you don't do it too much.
- When it is extremely important to do something, it is _____ to do it.
- To _____ something is to support or recommend it.
- A(n) _____ is a general class of things or ideas.

B COMPREHENSION Complete the sentences based on the reading. Choose the correct answers.

- According to Dr. Brand, consuming fast food is ____ OK.
a. usually b. occasionally c. never d. always
- Dr. Brand suggests that too much ____ in food is not beneficial.
a. protein b. calcium c. fiber d. sugar
- Dr. Brand says ____ should wear sunblock if they spend time in the sun.
a. fair-skinned people b. dark-skinned people c. people over forty d. everyone
- Exposure to the sun ____ cause skin cancer.
a. will b. shouldn't c. can d. won't
- Anyone with a BMI exceeding ____ is considered overweight.
a. 40 b. 35 c. 25 d. 20
- Dr. Brand believes exercise is of ____ importance to someone who is overweight.
a. no b. great c. some d. minimal