

## 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 brimmed 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<sup>2</sup> of more than 25 is considered overweight. Hence, your husband would have a BMI of about 35, which puts him in the obese<sup>3</sup> 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 ...

<sup>1</sup> brimmed: with an edge that gives protection or shade

<sup>2</sup> BMI: body mass index; a numerical measurement of body fat

<sup>3</sup> 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

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

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

1. According to Dr. Brand, consuming fast food is \_\_\_\_ OK.  
a. usually      b. occasionally      c. never      d. always
2. Dr. Brand suggests that too much \_\_\_\_ in food is not beneficial.  
a. protein      b. calcium      c. fiber      d. sugar
3. 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
4. Exposure to the sun \_\_\_\_ cause skin cancer.  
a. will      b. shouldn't      c. can      d. won't
5. Anyone with a BMI exceeding \_\_\_\_ is considered overweight.  
a. 40      b. 35      c. 25      d. 20
6. Dr. Brand believes exercise is of \_\_\_\_ importance to someone who is overweight.  
a. no      b. great      c. some      d. minimal