

Listen to the audio of the consultation between the doctor and the patient, and choose the correct answers:

The doctor says Mary's blood pressure is **140/85 - 145/80**.

Mary last had her blood pressure checked **about a year ago / about two years ago**.

The doctor plans to run tests to check **kidney function / liver function**.

The doctor will refer her for **a chest X-ray / an ECG**.

Mary says she's been **less active since early retirement / less active since changing medication**.

Mary retired **a year and a half ago / two and a half years ago**.

Mary says she weighed herself **two weeks ago / two months ago**.

Her weight at that time was **118 kg / 112 kg**.

The doctor says her current weight is **110 kg / 115 kg**.

In her family history, relatives had problems with **angina / arrhythmias**.

Now, let's work on language. Read and choose the correct option.



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Case Study: Mr. Daniels

Mr. Daniels is a 58-year-old man **who/whom** visited the clinic last year after his blood pressure increased significantly. At today's appointment, he explains that he has recently experienced mild headaches **during/throughout** the mornings, which started three months ago. He reports that he has been taking the antihypertensive medication **that/which** the cardiologist prescribed, but he has not been exercising regularly.

Last year, he was advised to lose weight and reduce his salt intake. However, he admits that he **has tried/was trying** to follow the recommendations but struggled when he changed jobs and adopted a more sedentary routine. Because of this, he has gained six kilos over the past year.

The doctor reviews his results and tells him that the blood tests are normal, although he **may/could** need an adjustment in his medication if the high blood pressure persists. She also explains that if he **follows/will follow** the exercise plan consistently, he should start feeling an improvement within a few weeks. She warns him that untreated hypertension **can lead/could have led** to cardiovascular complications such as left ventricular hypertrophy or renal impairment.

Mr. Daniels seems motivated. He says that he **would have exercised/would exercise** more if he hadn't felt so fatigued lately, but he agrees to start walking every morning. The doctor finishes by asking whether he experiences shortness of breath, **for which/of which** she wants to rule out an underlying cardiac cause.

RELATIVE PRONOUNS

1. Mr. Daniels is a patient **who/whom** the doctor has been monitoring for a year.
2. The medication **which/that** he is currently taking was prescribed last winter.
3. He reported headaches **which/whose** intensity increased in the mornings.

TENSES

6. He says he **has followed/was following** the dietary advice inconsistently.
7. The symptoms **started/have started** three months ago.
8. The doctor says his pressure remains/is remaining above the recommended range.
9. He has experienced/has been experiencing morning headaches for three months.
10. The doctor has seen/saw him for the first time two years ago.
11. While the doctor examined/was examining him, he mentioned chest tightness.
12. He had gained/gained weight before he came in for the check-up.

MODALS

13. The doctor explains he **may/must** need a medication adjustment.
14. Hypertension **should/could** cause cardiovascular complications.
15. The doctor explains that he **should/might** increase his fluid intake if the dizziness continues.
16. She adds that he **mustn't/shouldn't** stop taking the medication without medical supervision.

CONDITIONALS (0, 1, 2, 3, MIXED)

17. If he **follows/will follow** the exercise plan, he should feel better soon.
18. He **would exercise/would have exercised** more if he hadn't felt fatigued.
19. If hypertension **is/were** untreated, complications may arise.
20. If he **had reduced/has reduced** his salt intake earlier, his pressure might be lower now.

QUESTIONS

21. **What symptoms does he report?/What symptoms he reports?**
22. **When did the headaches begin?/When the headaches began?**

WORD FORMATION

23. Persistent hypertension may lead to **cardiomegaly/cardiopathy**.
24. The doctor wants to rule out renal **dysfunction/dystrophy**.
25. He was prescribed an **antihypertensive/antihyperglycemic** agent.