Hospital ITALIANO Rosario

Intermediate Medical English Final Exam – December 2025

A&L LANGUAGE SOLUTIONS

Name: _____

Reading: Diabetes in Clinical Practice

Diabetes mellitus is a chronic condition that affects how the body uses glucose, its main source of energy. There are two main types seen in clinical practice: Type 1 and Type 2 diabetes. Although both conditions involve problems with insulin, their causes and treatments are different.

Type 1 diabetes is an autoimmune disease in which the immune system destroys the insulin-producing cells of the pancreas. As a result, patients produce little or no insulin and must take insulin every day. This type is usually diagnosed in children or young adults, but it can appear at any age. Symptoms often include excessive thirst, frequent urination, weight loss, and fatigue. If untreated, Type 1 diabetes can lead to diabetic ketoacidosis, a dangerous complication.

Type 2 diabetes is much more common. In this type, the pancreas still produces insulin, but the body becomes resistant to it. Over time, the pancreas may also produce less insulin. Many patients have mild or no symptoms in the early stages, and the condition is sometimes discovered during routine blood tests. Risk factors include obesity, poor diet, lack of exercise, and family history. Treatment may involve lifestyle changes, oral medications, injectable drugs, or insulin if needed.

Monitoring blood glucose is essential for all patients. They may use a glucometer or continuous glucose monitoring devices to check their levels. Good control helps prevent complications such as heart disease, kidney problems, nerve damage, and vision loss. Education is also a key part of diabetes care. Patients need to understand their condition, follow their medication plan, and recognize signs of high and low blood sugar. Regular medical check-ups and support from healthcare professionals help patients manage the disease effectively.

LIVEWORKSHEETS

True / False Questions

1. ___ Type 1 diabetes occurs because the body does not produce enough insulin.
2. ___ Type 2 diabetes is usually diagnosed only in childhood.
3. ___ Many patients with Type 2 diabetes have no early symptoms.
4. ___ Monitoring blood glucose levels helps prevent complications.
5. ___ Lifestyle factors can increase the risk of developing Type 2 diabetes.
6. ___ Patient education is not necessary for diabetes management.

Find the word in the text that has the same meaning as the word below.

1. illness → _____
2. dangerous → _____
3. risk factors → _____
4. routine →
5. complications → _____

LIVEWORKSHEETS

English in Use. Multiple-choice Exercise.

1. The patient usually ___ dizziness when he stands up.

a) *experiences* / b) *is experiencing*

2. Right now the nurse ___ the patient's blood pressure.

a) *checks* / b) *is checking*

3. The medical team ___ new guidelines for infection control this week.

a) *reviews*/b) *is reviewing*

4. Dr. Smith often ___ morning rounds at 8 a.m.

a) *does*/b) *is doing*

5. When I entered the room, the patient ___ to breathe normally again.

a) *tried*/b) *was trying*

6. While the surgeon ___ the procedure, the power suddenly went out.

a) *performed*/ b) *was performing*

7. Last night the ER ___ ten new cases of food poisoning.

a) *received*/ b) *was receiving*

8. I ___ the patient when the alarm started ringing.

a) *examined*/b) *was examining*

9. The nurse placed the thermometer ___ the patient's tongue.

a) *under*/b) *over*

10. The emergency cart is located ___ the door, in case the team needs it quickly.

a) *near*/b) *between*

LIVEWORKSHEETS

English in Use. Multiple-choice Exercise: A helpline call.

Listen to Sandy Mc Guire taking a call on the helpline. As you listen, fill in the information about the patient. Answer YES or NO.

1. Age of the patient _____

2. Wheezes in ____and out ____

3. Cough up blood ____

4. Vomits ____

5. Allergies ____

6. Fever _____

LIVEWORKSHEETS