Community Health and Chronic Disease Managemen

COMMON TYPES OF CHRONIC DISEASES

| Alzheimer's disease | Arthritis | Cancer | Chronic kidney disease | Chronic liver disease |
| Chronic respiratory diseases | Diabetes | Heart disease | Mental health disorders | Obesity |

Community medicine focuses on preventing disease and promoting health at the population level. In recent years, chronic diseases such as diabetes, hypertension, and asthma have increased significantly. These conditions require continuous care and patient education.

Healthcare professionals are currently working with multidisciplinary teams to improve patient outcomes. Nurses are monitoring patients while doctors are adjusting treatments. At the same time, public health workers are educating families about healthy lifestyles.

Before modern community programs were implemented, many patients had received limited follow-up care. They had often visited hospitals only when symptoms became severe. By the time they arrived, complications had already developed.

Since community-based programs have expanded, patients have had better access to care. Health centers have offered regular screenings, and professionals have identified diseases earlier. As a result, mortality rates have decreased.

In one clinical case, a 55-year-old patient was experiencing chest pain while he was working. He had been smoking for over 30 years. Doctors discovered that he had developed coronary artery disease. He was admitted to the hospital, where he received immediate treatment.

The medical team reviewed his history. He had not followed previous medical advice. By the time he changed his lifestyle, damage had already occurred. However, after he had received education and medication, his condition improved.

In the future, community medicine is going to play a more important role. Governments will invest more resources, and healthcare workers will continue developing prevention strategies. If patients follow recommendations, complications can be avoided.

(El texto continúa con análisis de reportes, tablas de prevalencia, descripciones de gráficos de enfermedades crónicas y seguimiento clínico).

❇️ Activity 1: Skimming (Main Idea)

Choose the correct answer.

1. The main purpose of the text is to:
   A) Explain hospital technology
   B) Describe community health and chronic disease care
   C) Compare doctors and nurses
   D) Discuss medical education

🔍 Activity 2: Scanning (Specific Information)

2. How old was the patient in the clinical case?
A) 45
B) 50
C) 55
D) 60

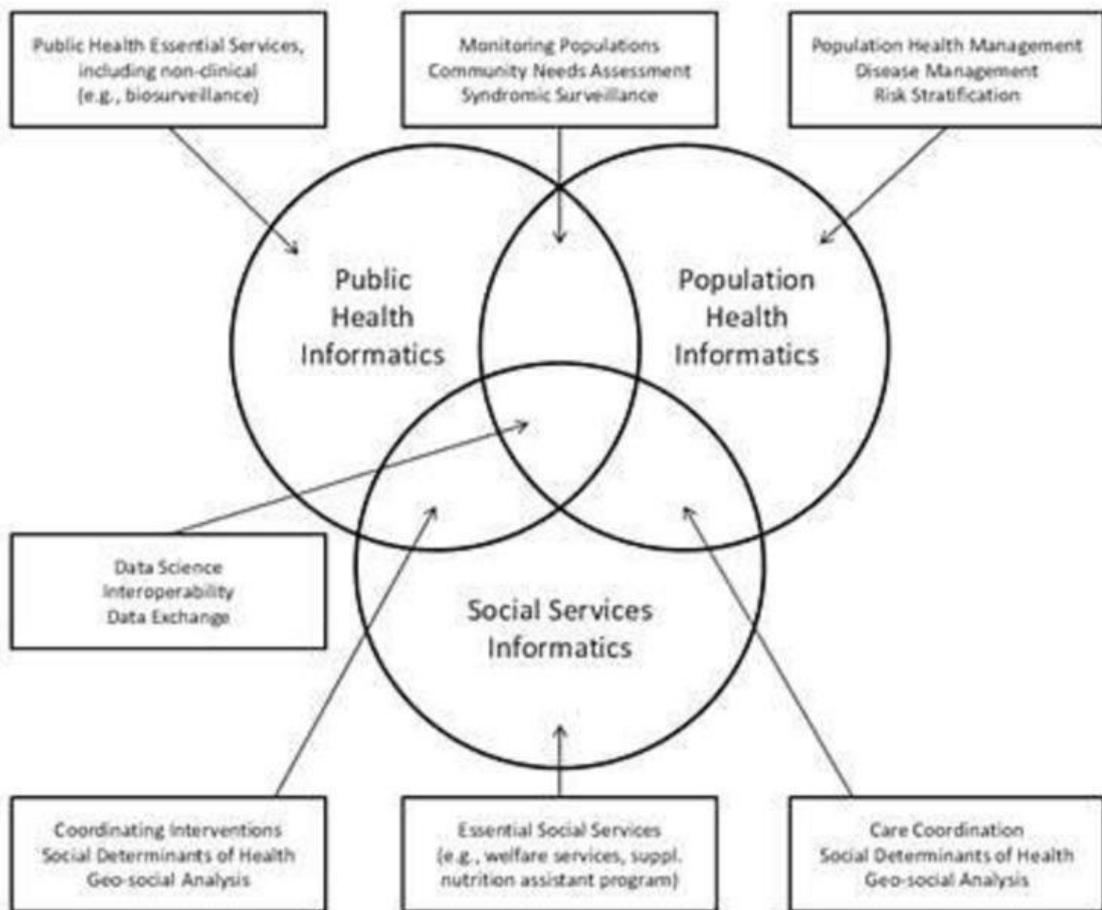🔑 Activity 3: Keyword Identification (Present & Past Continuous)

3. Which action was in progress in the past?
A) He received treatment
B) He was working
C) He has improved
D) He will recover

🔑 Activity 4: Keyword Identification (Grammar)

4.   Identify the sentence in Present Continuous:

A) Nurses monitored patients

B) Nurses are monitoring patients

C) Nurses will monitor patients

D) Nurses have monitored patients

📘 Concept Maps & Diagrams (Text-based)

Medical Chart Template

Patient Demographics

Patient Name:

Date of birth: Sex/Gender:

Address:

Phone: Email:

Emergency Contact Name:

Relationship: Phone:

Primary Care Provider: Insurance Details:

Vital Signs

Blood Pressure   Heart Rate

Respiratory Rate   Temperature

Oxygen Saturation   Pain Level

Weight   Height

Medical History

Past Illnesses/ Chronic Conditions:

(List any significant past or ongoing medical conditions, injuries, or chronic illnesses.)

Surgeries & Hospitalizations (with dates):

✳️ Activity 5: Concept Map (Short Answer)

5.   Complete the map:

Community Medicine

→ Prevention

→ _____

→ Reduced mortality

🔗 Activity 6: Paragraph Structure & Connectors

Choose the correct connector. Write the letter.

6.   Patients received education, _____ their condition improved.
A) however
B) because
C) therefore
D) although

🔮 Activity 7: Future (going to / will) Write.

7.   Community medicine _____ play a more important role.
A) is going to
B) was going to
C) has
D) had

📊 Activity 8: Tables & Charts (Multiple Choice)

8.　What does a decrease in mortality usually indicate?

A) Poor treatment

B) Better prevention

C) More diseases

D) Less education

⏳ Activity 9: Present Perfect vs Past Perfect

9.　Which sentence uses Past Perfect correctly?

A) He has followed advice

B) He followed advice

C) He had followed advice before complications occurred

D) He will follow advice

📝 Activity 10: Exam-Style Questions (Modals)

10.　What should patients do to prevent complications?

A) They might ignore symptoms

B) They should follow medical advice

C) They can stop treatment

D) They must avoid doctors

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