

Task 7

Read the text below. Choose from (A-H) the one which best fits each space (1-6). There are two choices you do not need to use.

Did you know that we forget about 80% of the medical information a doctor might give us? This interesting fact came to light as a result of a study carried out at Utrecht University. What is (1) _____ we think we remember is wrong.

Why do you think this happens? Well, going to the doctor can make most people nervous, and (2) _____ we are more likely to concentrate on the diagnosis rather than on the treatment. Therefore, (3) _____ but with no idea what to do about it.

Here are some good tips to keep in mind when seeing a doctor. Always bring along a notepad to write down important pieces of information, such as (4) _____ or how to prepare for any medical tests you might need. What would be even better is (5) _____. In this way, you can replay it at home, where you are more likely to be able to understand your doctor's advice. If you believe the situation is serious or you're really worried, get a family member or a close friend to come with you to listen in.

Regardless of what you choose to do, there is one golden rule (6) _____—to communicate effectively you need to ask the right questions. The 'Ask Me 3' program, an initiative of the Institute for Healthcare Improvement, advises patients to ask the following three questions every time they talk to a medical professional: 'What is my main problem, what do I need to do, and why is it important for me to do this?' These will help ensure that you understand the problem and how to deal with it in a rational way.

- A. when we are stressed
- B. what we read about on the Internet
- C. we go to the doctor
- D. if your doctor agreed to let you record the conversation
- E. how to take prescribed medication
- F. even more interesting is that almost half of what
- G. you should always take into account
- H. we walk away knowing what is wrong with us

