Grade 11 Gen. **Unit 6 Lesson 10** **Listening**

Student name: _____ **Date:** _____

Reporter We all feel ill every once and a while, and we are bound to get sick occasionally! Sometimes we get better on our own – we remember what our grandmother told us to do when we had a cold or we just go the pharmacy to buy over the counter medication. So when should we go to the doctor? In our interview, we talk to Dr Hamad, a family doctor, who's going to explain to us the best ways to deal with the common illnesses that we face. Dr Hamad, what are the first steps we should take regarding illnesses?

Dr Hamad Well, the first step is actually before you get ill. It's prevention. Of course different illnesses and diseases can be prevented in different ways, but there are general guidelines that we can follow to avoid some issues. Let's start with hygiene habits: by routinely washing your hands every time you go home you are less likely to catch colds. It has become easier to protect yourself, nowadays. Many supermarkets have free wipes and disinfectant soap at the door. Use them to clean your trolley and you've already protected yourself from many germs. People can also prevent health issues by adjusting their lifestyles. Food and exercise habits have a big influence on what chronic diseases we get. You don't need to be an Olympic athlete – if you exercise 15–20 minutes a day, three days a week, you've already given your heart and body the exercise it needs. Taking the stairs or parking your car a bit further away makes a difference. Adding more vegetables and fruit in your diet also helps, as you'll get full faster with fewer calories. By making these small changes, you are more likely to avoid many diseases like diabetes, obesity and high cholesterol levels.

Rep Thank you Doctor, those are great tips. What about when we do get ill? What should we do?

Dr H It really depends on what symptoms you have, but a general recommendation I would give is to try to cure it at home using natural ingredients. Not everything needs medication – sometimes home remedies can be better. If you have a sore throat, the best thing you can do is have a spoon of honey when you wake up and before sleeping. But home remedies aren't only for colds and flu. We're bound to have physical injuries at some point in our lives and, in these cases, sometimes a pack of ice on the area, or a very hot bath, is enough.

Rep Does that mean we should always avoid taking medication?

Dr H No, we don't need to avoid medication, but if there are natural ways you can use to cure something, you should try them first because medications have been tried and tested by professionals to help us feel better when we need them. However, you shouldn't let yourself suffer in pain if the remedy isn't working, and of course if you visit the doctor and he/she says that you must take a certain medication, then it's best to go with what he/she says. Although taking medicine helps with symptoms, it can have side effects such as headaches and nausea. It's important to always read the instructions leaflet before you take medication in case you have an allergy to it. Also, if you take medicine for every small ache or pain then your body could get used to it and it won't have the same effect when you really need it.

Rep Thank you Dr Hamad, you've really provided us with some useful information today. Can you give one last piece of advice?

Dr H Take care of your body and your health. If you think about what you eat, and how you live, you can be healthier and happier. Everybody gets ill, but if we listen to our body, it can be much less often.

LIVEWORKSHEETS

Reading

1 **Read the statements then read the article to decide whether the statements are true (T), false (F) or the information is not given (NG).**

1 According to Dr Hamad, the first step when you feel ill should be to buy over the counter medication.
2 According to Dr Hamad, we should never take medication.
3 According to Dr Hamad, by caring for your hygiene you can reduce the chance of catching colds.
4 According to Dr Hamad, if you exercise three times a week, you can become an Olympic athlete.
5 According to Dr Hamad, making small changes to your diet can reduce the chances of getting chronic disease.
6 The final tip Dr Hamad gives for becoming healthier is to consider the food we eat and be aware of our bodies.

Write three tips Dr. Hamad gives to us to protect ourselves from diseases and illnesses?

1. _____
2. _____
3. _____

LIVEWORKSHEETS