

Read the text and answer the questions.

Dr. Smith: Good morning, John. How can I help you today?

John: Good morning, Dr. Smith. I've been experiencing some bothering symptoms lately, and I wanted to get your professional opinion.

Dr. Smith: Of course, John. I'm here to assist you. Please go ahead and describe the symptoms you've been having.

John: Well, for the past week, I've been feeling extremely fatigued, even after a full night's sleep. I've also noticed a persistent headache that seems to worsen throughout the day. Additionally, I've been having trouble focusing and remembering things, which is very unlike me.

Dr. Smith: I see. Fatigue, headaches, and cognitive difficulties can be caused by various factors. Can you describe the pain you're experiencing?

John: Yes, the headache feels like a constant pressure in the front and sides of my head. It's like a mild ache that intensifies as the day progresses. Sometimes, it even makes it difficult for me to concentrate.

Dr. Smith: Thank you for providing those details, John. The description of a constant pressure and mild ache suggests a tension-type headache. We'll explore further, but first, let me ask you some additional questions. Have you noticed any changes in your vision or experienced any dizziness or nausea?

John: No, my vision seems fine, and I haven't experienced any dizziness or nausea.

Dr. Smith: Alright. Have you noticed any triggers for these symptoms? Anything that seems to worsen or alleviate the pain?

John: Well, I haven't noticed any specific triggers for the headaches. It seems to be there regardless of what I'm doing or my environment. However, I have noticed that resting in a quiet, dark room for a while seems to provide some temporary relief.

Dr. Smith: That's valuable information, John. It suggests that your symptoms might be related to tension or stress. However, I would like to run a few tests to rule out any other potential causes. We'll start with a comprehensive physical examination and some blood tests. Afterward, depending on the results, we might need to explore further with imaging tests or refer you to a specialist.

John: That sounds reasonable, Dr. Smith. I just want to find some relief and understand what's causing all of this.

Dr. Smith: I recommend practicing stress management techniques like regular exercise, getting enough sleep, and taking breaks throughout the day to relax. We'll also discuss possible treatment options once we have a clearer understanding of the underlying cause.

John: Thank you, Dr. Smith. I appreciate it. I'll follow your recommendations and look forward to finding some relief soon.

Dr. Smith: You're welcome, John. Let's take it one step at a time. We'll start with the tests, and from there, we'll develop a personalized treatment plan for you.

John: Thank you, Dr. Smith. I appreciate your time and attention. Goodbye for now.

Dr. Smith: Take care, John, and we'll see you soon for the test results.

What symptoms has the patient been experiencing?

- a) Fatigue, headaches, and difficulty focusing
- b) Back pain, dizziness, and memory loss
- c) Fatigue, dizziness, and nausea
- d) Stomachache, vision problems, and memory loss

How does the patient describe the pain from the headaches?

- a) Throbbing pain on the front and sides of the head
- b) Shooting pain in the back of the head
- c) Mild pain that intensifies throughout the day
- d) Sudden sharp pain behind the eyes

According to the doctor, what might be causing the patient's symptoms?

- a) Allergies**
- b) Tension or stress**
- c) Migraines**
- d) A bacterial infection**

What does the doctor suggest the patient do while awaiting test results?

- a) Taking over-the-counter painkillers**
- b) Seek a second opinion from another doctor.**
- c) Referring the patient to a specialist immediately**
- d) Practice stress management techniques.**
- e) Ignore the symptoms and carry on with daily activities.**

What kind of test does the doctor mention as a possibility?

- a) X-ray**
- b) MRI (Magnetic resonance imaging)**
- c) Blood pressure test**
- d) Urine test**