Hospital ITALIANO Rosario

BEGINNERS MEDICAL ENGLISH I
FINAL EXAM
December 2024

READING: Understanding Diabetes

Diabetes is a chronic medical condition characterized by high levels of sugar (glucose) in the blood. There are two primary types of diabetes: Type 1 and Type 2. Type 1 diabetes is an autoimmune condition where the body's immune system attacks and destroys the insulin-producing cells in the pancreas. This type usually develops in children and young adults, and those affected need to take insulin injections for life.

Type 2 diabetes is more common and generally develops in adults over the age of 45, although it is increasingly being diagnosed in younger individuals, including children, adolescents, and young adults. It is often associated with obesity, physical inactivity, and poor diet. Unlike Type 1 diabetes, people with Type 2 diabetes can often manage their condition through lifestyle changes, oral medications, and sometimes insulin.

Common symptoms of diabetes include increased thirst, frequent urination, extreme fatigue, blurred vision, and slow healing of wounds. If left untreated, diabetes can lead to serious complications such as heart disease, kidney failure, nerve damage, and vision loss.

Managing diabetes effectively requires regular monitoring of blood glucose levels, maintaining a healthy diet, exercising regularly, and adhering to prescribed medications. Education and support from healthcare providers are crucial in helping individuals with diabetes lead healthy lives.

True or False Questions:

1. Type 1 diabetes is an autoimmune condition.
2. Type 1 diabetes typically develops in adults over the age of 45.
3. Type 2 diabetes is less common than Type 1 diabetes.
4. Type 2 diabetes is often associated with obesity and poor diet.
5. Symptoms of diabetes include increased thirst and frequent urination.
6. Diabetes, if untreated, can lead to heart disease and kidney failure.
7. Managing diabetes effectively does not require any lifestyle changes.
8. Support from healthcare providers is important in managing diabetes.
9. People with Type 2 diabetes always need to take insulin injections.
10. Diabetes management includes regular monitoring of blood glucose levels.

LIVEWORKSHEETS

GRAMMAR: Exercise: Choose the best option:

1. "Hypertension is _____ than hypotension in terms of health risks."
   - a) more severe
   - b) most severe
2. "Of all the types of diabetes, Type 2 diabetes is the _____ prevalent."
   - a) most
   - b) more
3. "Obesity is _____ risk factor for Type 2 diabetes than a sedentary lifestyle."
   - a) a greater
   - b) the greatest
4. "Managing Type 1 diabetes is _____ than managing Type 2 diabetes due to the need for insulin injections."
   - a) the most challenging
   - b) more challenging
5. "Among all the complications of hypertension, stroke is one of the _____ serious."
   - a) most
   - b) least
6. "_____ the medication every six hours to manage the patient's pain.
   - a) administering
   - b) administer
7. _____the use of antibiotics if an allergic reaction is observed.
   - a) discontinue
   - b) discontinued
8. After the procedure for reassessment, _____ a follow-up appointment two weeks
   - a) discontinue
   - b) discontinued
9. _____ a risk of complications with this procedure?
   - a) is there
   - b) there are
10. _____ are the potential side effects of this medication?
    - a) who
    - b) what
11. _____ any allergic reactions to medications before?
    - a) you have experienced
    - b) have you experienced
12. What _____for administering this immunotherapy in a patient with autoimmune disorders?
    - a) the contraindications are
    - b) are the contraindications
13. How _____ its efficacy in patients with renal impairment?
    - a) does the pharmacokinetics influence
    - b) the pharmacokinetics influences

LIVEWORKSHEETS

14.What _____ personalized treatment plans in populations with diverse genetic backgrounds?

- a) are the challenges in implementing
- b) the challenges in are implementing

15. The patient's heart rate remained _____ expected during the procedure.

- a) as stable as
- b) more stable

16. The new diagnostic test is _____ the gold standard in detecting the condition.

- a) the most accurate
- b) as accurate as

17. The patient's condition was _____ that the emergency team had encountered that day.

- a) the most severe
- b) severer

18. This surgical technique is considered _____ for minimizing postoperative complications.

- a) the safest
- b) the most safe

19. This medication is _____ treatment for managing chronic pain in patients with neuropathy.

- a) the most effective
- b) the more safe

20. _____ the patient on the importance of adhering to the prescribed medication regimen.

- a) education
- b) educate

LISTENING: Exercise: Choose the best option:

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 patient
2. Wheezes – in out
3. Coughs up blood
4. Vomits
5. Allergies
6. fever

LIVEWORKSHEETS