

Reading: "Pain"

Pain is a vital part of our body's defenses, and without it we could not survive.

Pain warns us what things are dangerous, and so help us avoid damage to our body. If the body is already damaged, pain helps with healing because it makes us protect our injuries. Some babies are born with a rare condition that makes them unable to feel pain. They do not learn the lessons that pain teaches, and as a result suffer many fractures and infections.

Pain happens when nerve endings in our skin and our internal organs send messages through the central nervous system to our brain. The brain itself cannot feel pain. There are two types of pain - *acute pain* which lasts a short time and is removed when the cause is cured, and *chronic pain* which can last a lifetime and cannot usually be treated. *Chronic pain* must be managed using drugs or other methods.

Drugs relieve pain in two ways. Some block the nerve's messages and prevent them getting to the brain. Others change the way the brain receives the message, reducing their effect. Many methods of controlling *chronic pain* without drugs have been developed. These include hypnosis, acupuncture, massage and electronic stimulation of nerves.

Pain sometimes works in a strange way. It is possible, for example, to suffer a serious injury but not feel any pain. Soldiers in battle may not feel pain from wounds until after the battle. The opposite can happen too. Patients who lose a limb can continue to feel pain in the limb long afterwards, even though it is missing. This *phantom limb* pain is an example of neuropathic pain, caused by damage to the remaining nerves.

1. Read the article and decide if these statements are true (T), or false (F).

1. People who are born unable to feel pain are unlucky. _____
2. Pain starts in the brain. _____
3. Chronic pain lasts longer than acute pain. _____
4. All drugs which stop pain work directly on the brain. _____
5. *Phantom limb* pain is felt by people who have lost an arm or leg. _____

2. Complete the gaps using verbs from the article. You may need to change the tense.

1. She wears a mask to p_____ the area of burnt skin.
2. The pain in your legs should go when we t_____ your back problem.
3. She used breathing exercise and gas and air to m_____ the pain of childbirth.
4. A local anaesthetic will p_____ you feeling any pain during the operation.
5. Breathing exercise helps c_____ the pain to some extent.
6. When you s_____ a serious injury, you may not feel pain immediately.

▪ **Grammar: Making comparisons.**

1. Match these examples with the rules below.

- a. It's much **less sore** than it was yesterday, thanks.
- b. They have **more beds** in the City hospital.
- c. This is **the strongest** painkiller available without a prescription.
- d. **Most women** choose to have pain relief when giving birth.
- e. Last night the pain was **more severe** than it was this morning.

- We use comparative to say how things are different.
Example. These painkillers are **milder than** those.
 1. _____
- To make a comparative stronger, we often use much or a lot.
Example. You look **much better** today.
- The opposite of more and less.
 2. _____
- We can use **more and less** with a noun to talk about quantity.
 3. _____
- We use superlatives to compare something to all other things of the same type.
 4. _____
- The opposite of the most is the least.
Example. It is **the least** serious type of fracture.
- We can use most with a noun to talk about a large proportion of something.
 5. _____

Painkiller Comparison Table

Medication	Effectiveness	Cost	Side Effects
Nuradeine	✓✓✓✓	€€	✓
Ibroxen	✓	€	✓✓✓
Solpafen	✓✓	€€€€	✓✓

Using the data above, fill in the blanks with the correct form of the adjectives:

1. Nuradeine is much _____ (effective) than Ibroxen.
2. Ibroxen is _____ (cheap) than Nuradeine.
3. Ibroxen has _____ (many / side effects) than Nuradeine.
4. Nuradeine is _____ (effective) of the three medications.
5. Solpafen is _____ (expensive) than Ibroxen.
6. Nuradeine has _____ (few / side effects) of all the painkillers.
7. Although Solpafen is _____ (effective) than Ibroxen, it is also much _____ (expensive).

Listening: "Pain relief"

1. Listen to Janice and Karen talking about their experiences of pain relief in labour.

Choose the correct one.

1. Their babies are *different sexes / the same sex*. _____
2. Karen started with *gas and air / Pethidine*. _____
3. Gas and air *made / didn't make* her feel good. _____
4. The epidural relieved *all / some* of the pain. _____
5. Janice *had / didn't have* gas and air. _____
6. Janice lost *all / no* feeling during her previous birth. _____

2. Complete these sentences with the verbs below, then listen again to check:

became – cope with – feel – got – losing – relieve – took away – wears off

1. It does _____ the pain a bit ...
2. ... the effect _____ very quickly.
3. It made me _____ sick too.
4. ... when the pain _____ unbearable, I had an epidural
5. Did that help you _____ the pain?
6. It _____ the pain completely.!
7. I decided to have gas and air if the pain _____ worse.... |
8. I didn't like _____ all sensation.