



An initiative of:

NSW AMES  
Sydney Local Health Network  
South Western Sydney Local Health

# Understanding good health

# UNDERSTANDING GOOD HEALTH

## INTRODUCTION

Generally the health of migrants is better than Australian born people. This is because people in good health are more likely to meet the eligibility criteria for migrating to Australia and be willing and economically able to migrate. This is called the “healthy migrant effect: (although certain diseases and health risk factors are more prevalent among some countries of origin.) However over time migrants lose this health advantage. This is due to a range of factors.

- Social isolation
- Language barriers
- Financial stress
- Lack of recognition of qualifications
- Lack of recognition of experience
- Unemployment and underemployment
- Racism, discrimination and alienation
- Experience of torture and trauma

The health experiences and needs of refugees are very different from those of other overseas - born residents of NSW. Experiences of persecution, psychological trauma, disrupted access to healthcare and other adverse effects of conflict contribute to their health needs. Health issues commonly identified in resettlement countries include psychological problems, injuries due to hostilities or torture, poor oral health, infectious diseases, under immunization, conditions related to poor nutrition and developmental issues among children. Refugees are also known to face significant barriers in accessing appropriate health care.

*Reference: NSW HEALTH The Health of the People of NSW – Report of the Chief Health Officer 2008*

## PREVENTATIVE HEALTH.

### What is it?

Health programs are developed for the general population, including migrants from other countries, to increase awareness and understanding of major health issues that are common in society today. These health programs aim to provide people with information and skills on how to prevent health problems from occurring and to reduce the effects of health problems. These programs are known as **preventative health programs** and can be funded by governments nationally, state and local or by a wide range of community organisations.

The health topics that are covered in these programs provide information on how people can make changes individually and on a population basis.

**Mental Health** is a major problem across the world and within Australia a number of health promotion programs exist to increase the understanding and reduce the stigma of mental health issues. The national organisation Beyond

Blue is government funded and provides through its website information, support and research into mental health issues. In NSW Mental Health Month is held in October with community activities held across NSW.

Some health prevention programs are designed to target entire populations to motivate people to give up **smoking** by increasing the awareness of health risks with smoking. For example tobacco control programs and legislation restrict smoking in public areas, ban the advertising of cigarettes and provide support to people to give up smoking.

**Sexual Health** Week is celebrated in November across Australia by a large number of organisations and is organised to increase the population's understanding and prevention of sexually transmitted infections and designed to promote safer sex and sexuality. Information of events can be found on the internet and people of all ages are invited to become involved.

Government funded health programs also target specific groups of people to be involved in health screening so that problems are either prevented or detected early. For example the National Cervical Screening Program provides two yearly Pap smears for women 18 – 69 years of age and Breastscreen provide two yearly mammogram screening programs for women 50-69 years of age. These are designed to detect early problems that can be treated preventing long term illness or death.

## **TEACHER NOTES**

This resource is designed for use with young people and women with low literacy levels.

Each of the sections begins with vocabulary and related activities, dealing with key terminology and description of symptoms/problems. This is followed by listening practice featuring short exchanges between health workers and patients. These can also be exploited for speaking practice and provide basic models for health worker > patient interactions. Sound files for the listening can be downloaded for each section.

Further content includes tasks framing advice and treatment information and which provide details of further online and other resources. Full answer keys are included along with translations of important vocabulary.

This learning resource was developed through a partnership between New South Wales Health and the NSW Adult Migrant English Service (NSW AMES). Copies of the resource can be made free of charge but NO changes must be made to the content.

# Understanding good health: depression



## Vocabulary

Match the words to the meanings.

a	drugs	1	deal with something - even though it is difficult
b	alcohol	2	get angry easily
c	sedatives	3	a drug that makes someone calm or makes them sleep
d	run down	4	very unhappy
e	appetite	5	so tired that you do not feel well
f	put on weight	6	something you put in your body to feel happy, excited or to feel better if you are sick. Some drugs are illegal.
g	miserable	7	wanting to eat
h	overwhelmed	8	drinks like wine and beer that can make people feel drunk
i	irritable	9	when something is too much for you ... the problems are too big
j	to cope	10	become fatter
k	lose weight	11	health problems where there is no medical explanation maybe caused by stress or emotional problems
l	somatic complaints	12	become thinner

## What's the problem?

Put the problems in groups.

a) not finishing things at work	i) sick and run down
b) overwhelmed	j) unhappy
c) tired all the time	k) miserable
d) drinking too much alcohol	l) using too many sedatives
e) irritable	m) sleep problems
f) no contact with family / friends	n) weight loss/gain
g) sad	o) headaches and muscle pains
h) not doing the things you enjoy	

what people do	feelings	body
a	b	c



## Talking to the doctor

### Listening 1 Audio Depression

Write the dialogue number next to the topic.

- \_\_\_\_\_ sleep
- \_\_\_\_\_ weight
- \_\_\_\_\_ drugs and alcohol
- \_\_\_\_\_ not enjoying life
- \_\_\_\_\_ work



### Listening 2 Audio Depression

Listen again and fill the gaps.

1

**Doctor:** How are you today?

**Patient:** I'm \_\_\_\_\_ all the time.

**Doctor:** Tell me a bit more about it.

**Patient:** I don't \_\_\_\_\_ myself anymore. I don't want to see my close family or friends.

2

**Doctor:** Have you had any problems?

**Patient:** Yes, I'm \_\_\_\_\_ all the time.

**Doctor:** All the time?

**Patient:** Yes, all the time but I \_\_\_\_\_ sleep.

3

**Doctor:** Any problems?

**Patient:** I'm sick and \_\_\_\_\_.

**Doctor:** Can you tell me a bit more?

**Patient:** I've \_\_\_\_\_ a lot of weight and I don't feel good about myself.

4

**Doctor:** Hello, how have you been?

**Patient:** I'm feeling \_\_\_\_\_.

**Doctor:** Why?

**Patient:** I don't know. I can't get things done at work and I'm \_\_\_\_\_ all the time. I can't cope.

5

**Doctor:** How are you?

**Patient:** I've come to see you today because I'm \_\_\_\_\_.

**Doctor:** Do you have any aches or pains?

**Patient:** Not really, but I'm drinking a lot of alcohol and I take a lot of \_\_\_\_\_. It stops me worrying.

Now practise the dialogues.

## Looking after your health - understanding depression

Tick *yes* (✓) if the advice is good. Tick *no* if the advice is bad.

1 Get help early – see a doctor or go to your local community health centre.	<input type="checkbox"/> yes <input type="checkbox"/> no
2 Don't worry about the signs.	<input type="checkbox"/> yes <input type="checkbox"/> no
3 Read about depression and understand it better.	<input type="checkbox"/> yes <input type="checkbox"/> no
4 Get to know organisations that help with depression. ( <i>beyondblue</i> )	<input type="checkbox"/> yes <input type="checkbox"/> no
5 Don't talk about your feelings - it will only make things worse.	<input type="checkbox"/> yes <input type="checkbox"/> no
6 Take part in Mental Health Week. (October)	<input type="checkbox"/> yes <input type="checkbox"/> no

### Find out more

- Information on depression, anxiety and bipolar disorder: [www.beyondblue.org.au](http://www.beyondblue.org.au)
- *beyondblue* website for young people: [www.ybblue.com](http://www.ybblue.com)
- Cognitive behaviour therapy to prevent depression: [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)
- Information about depression, anxiety and its management: [www.crufad.unsw.edu.au](http://www.crufad.unsw.edu.au)
- A website for young people about mental health and wellbeing: [www.reachout.com.au](http://www.reachout.com.au)

Also:

*beyondblue* info line: 1300 224 636; *Kids Helpline*: 1800 55 1800; *Lifeline*: 131 114; *Mental Health advice line*: 1300 280 737

## Answers

### Vocabulary

a-6, b-8, c-3, d-5, e-7, f-10, g-4, h-9, i-2, j-1, k-12, l-11.

### What's the problem?

what people do	feelings	body
a, d, f, h, l	b, e, g, j, k	c, i, m, n, o

### Talking to the dentist

Listening 1

2 sleep, 3 weight, 5 drugs and alcohol,

1 not enjoying life, 4 work

Listening 2

1 sad, enjoy

2 tired, can't

3 run down, put on

4 overwhelmed, irritable

5 miserable, sedatives

### Looking after your health

1 yes

2 no

3 yes

4 yes

5 no

6 yes

## Transcript

### Talking to the doctor

1

**Doctor:** How are you today?

**Patient:** I'm sad all the time.

**Doctor:** Tell me a bit more about it.

**Patient:** I don't enjoy myself anymore. I don't want to see my close family or friends.

2

**Doctor:** Have you had any problems?

**Patient:** Yes, I'm tired all the time.

**Doctor:** All the time?

**Patient:** Yes, all the time but I can't sleep.

3

**Doctor:** Any problems?

**Patient:** I'm sick and run down.

**Doctor:** Can you tell me a bit more?

**Patient:** I've put on a lot of weight and I don't feel good about myself.

4

**Doctor:** Hello, how have you been?

**Patient:** I'm feeling overwhelmed.

**Doctor:** Why?

**Patient:** I don't know. I can't get things done at work and I'm irritable all the time. I can't cope.

5

**Doctor:** How are you?

**Patient:** I've come to see you today because I'm miserable.

**Doctor:** Do you have any aches or pains?

**Patient:** Not really, but I'm drinking a lot of alcohol and I take a lot of sedatives. It stops me worrying.

### Understanding good health: depression

English	Chinese (Traditional)	Chinese (Simplified)	Arabic	Korean	Vietnamese	Hindi	Farsi	Bengali	Thai	Spanish
alcohol	酒精	酒精	مشروبات كحولية	술	rượu cồn	एल्कोहल/शराब	الكل	মদ	เครื่องดื่มที่มีแอลกอฮอล์	alcohol
community	社區	社区	المجتمع	공동체	cộng đồng	समुदाय	جامعه محلی		ชุมชน	comunidad
to cope with something	應對	应对	يتعايش مع شيء ما	~을 극복하다	đương đầu	किसी चीज का सामना करना	از عهده چیزی بر آمدن		จัดการกับบางสิ่ง	sobrellevar algo
depression	抑鬱症	抑郁症	اكتئاب	우울증	trầm cảm	अवसाद	افسردگی		ความซึมเศร้า	depresión
drugs	毒品	毒品	عقاقير	마약	ma túy	मादक पदार्थ	مواد مخدر		ยาเสพติด	drogas
irritable	煩躁	烦躁	سريع الغضب	과민한	dễ cáu	अतिसंवेदनशील	تند خو		หงุดหงิด	irritable
miserable	痛苦	痛苦	بائس	불행한	đau khổ	दुखी	بدبخت/اندوهناك		ทุกข์ใจ	triste
overwhelmed	絕望	绝望	إحساس بالقهر	압도당한	quá nhiều	अभिभूत/पूणेत्तः पराजित	شدیداً تحت تاثیر قرار گرفتن		ท่วมท้น / มากมาย	abrumado
take part in	參加	参加	يشترك	~에 참여하다	tham gia	भाग लेना	مشارکت کردن در		มีส่วนร่วม	participar en
run down	疲憊	疲惫	مرهق	지친	kiệt sức	मंद पड़ना	ضعیف و خسته		หมดแรง	decaído
weight loss/gain	體重減少/體重增加	体重减少/体重增加	فقدان/زيادة الوزن	체중 감소/증가	sụt cân	वजन घटना/बढ़ना	کاهش / افزایش وزن	/	น้ำหนักลด/เพิ่ม	aumento/pérdida de peso



# Understanding good health: stress

## Vocabulary

Stress is when you worry about things in your life that stop you relaxing.  
Match the words to the pictures.

1 exams		a	
2 arguments		b	
3 migration		c	
4 having a baby		d	
5 a job interview		e	
6 being left out of a group		f	
7 getting married		g	

## What's the problem?

When people have stress for a long time, we can see different signs. Match the signs with the explanations.

1 I'm really exhausted		a you are worried
2 I've lost my confidence		b problems sleeping at night
3 I'm depressed		c red spots on your skin
4 I get headaches		d hair is falling out from your head
5 I'm losing my hair		e pain in your stomach after eating
6 There's a rash on my skin		f very very tired
7 I get indigestion		g feeling very unhappy
8 I can't sleep		h now you think you can't do things well
9 My heart beats faster		i pains in your head
10 I feel anxious		j your heart goes quicker than normal
11 My appetite has changed		k I'm eating more /less than usual

## Talking to the doctor

### Listening 1 Audio Stress

Write the dialogue number next to the topic.

- \_\_\_\_\_ losing hair
- \_\_\_\_\_ faster heart beats
- \_\_\_\_\_ getting headaches
- \_\_\_\_\_ feeling exhausted
- \_\_\_\_\_ not sleeping well



### Listening 2 Audio Stress

Listen again and fill the gaps.

1

**Doctor:** How can I help you?

**Patient:** I feel really \_\_\_\_\_ all the time.

**Doctor:** You could be stressed. How often do you feel like that?

**Patient:** Every \_\_\_\_\_ and \_\_\_\_\_.

2

**Doctor:** How are you today?

**Patient:** Ok thanks, but I'm \_\_\_\_\_ my hair.

**Doctor:** I see and are you losing more than usual?

**Patient:** Yes I \_\_\_\_\_, it's recently getting much \_\_\_\_\_.

3

**Doctor:** Hi there. How are you feeling?

**Patient:** Quite tired actually. I can't \_\_\_\_\_ at night.

**Doctor:** Right. Are feeling stressed? That can stop you sleeping.

**Patient:** Yes my job is quite \_\_\_\_\_ at the moment.

4

**Doctor:** What have you come to see me for?

**Patient:** I feel \_\_\_\_\_ and it's making my heart \_\_\_\_\_ faster.

**Doctor:** Are you taking any medication for this?

**Patient:** No I'm \_\_\_\_\_.

5

**Doctor:** How are you going?

**Patient:** Ok but I get \_\_\_\_\_ all the time.

**Doctor:** That can be a sign of stress. Has anything changed in your life recently?

**Patient:** Well I'm \_\_\_\_\_ house soon and I'm quite \_\_\_\_\_ about that.

Now practise the dialogues.

## Looking after your health: understanding stress

Put the ways of dealing with stress with the examples.

*get more information    talk to someone    see a specialist    use positive self talk*

*use relaxation techniques    live a balanced lifestyle    change things in your life*

A: \_\_\_\_\_

Make an appointment to see someone who knows a lot about stress and can give you specific advice.

B: \_\_\_\_\_

Make a list of small things you could change in your life. Try and change one of these every week

C: \_\_\_\_\_

Tell yourself positive statements every day, eg: *I'm good at .....* or *I have inner strength*.

D: \_\_\_\_\_

Look on the internet for more advice about being stressed.

E: \_\_\_\_\_

Go and see a doctor or health worker and explain how you feel.

F: \_\_\_\_\_

Join a regular class like mediation and practise it yourself at home.

G: \_\_\_\_\_

Write down everything you do and ask yourself if you do too much of one thing or not enough of something else.

### Find out more

- *Your Health Line* – Health and Wellness for today: <http://yourhealthline.com/fbeyondblue> – the national depression initiative: <http://www.beyondblue.org/>
- NSW Multicultural Health Communication Service (NSW Government): <http://www.mhcs.health.nsw.gov.au/>
- The *moodGYM* training program: <http://www.moodgym.anu.edu.au/welcome>
- *Living Life to the Full*: <http://www.livinglifetothefull.com/>

## Answers

### Vocabulary

1-d, 2-a, 3-e, 4-b, 5-g, 6-f, 7-c

### What's the problem?

1 f, 2 h, 3 g, 4 i, 5 d, 6 c, 7 e, 8 b, 9 j, 10 a, 11 k

### Talking to the doctor

#### Listening 1

- 2 losing hair
- 4 faster heart beats
- 5 getting headaches
- 1 feeling exhausted
- 3 not sleeping well

#### Listening 2

- 1 exhausted, morning, evening
- 2 losing, am, worse
- 3 sleep, stressful
- 4 stressed, beat, not
- 5 headaches, moving, worried

### Looking after your teeth

- A - see a specialist
- B - change things in your life
- C - use positive self talk
- D - get more information
- E - talk to someone
- F - use relaxation techniques
- G - live a balanced lifestyle

## Transcript

### Talking to the doctor

1

**Doctor:** How can I help you?

**Patient:** I feel really exhausted all the time.

**Doctor:** You could be stressed. How often do you feel like that?

**Patient:** Every morning and evening.

2

**Doctor:** How are you today?

**Patient:** Ok thanks, but I'm losing my hair.

**Doctor:** I see and are you losing more than usual?

**Patient:** Yes I am, it's recently getting much worse.

3

**Doctor:** Hi there. How are you feeling?

**Patient:** Quite tired actually. I can't sleep at night.

**Doctor:** Right. Are feeling stressed? That can stop you sleeping.

**Patient:** Yes my job is quite stressful at the moment.

4

**Doctor:** What have you come to see me for?

**Patient:** I feel stressed and it's making my heart beat faster.

**Doctor:** Are you taking any medication for this?

**Patient:** No I'm not.

5

**Doctor:** How are you going?

**Patient:** Ok but I get headaches all the time.

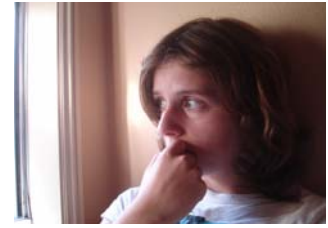
**Doctor:** That can be a sign of stress. Has anything changed in your life recently?

**Patient:** Well I'm moving house soon and I'm quite worried about that.

### Understanding good health: stress

English	Chinese (Traditional)	Chinese Simplified)	Arabic	Korean	Vietnamese	Hindi	Farsi	Bengali	Thai	Spanish
an argument	論點	论点	مجادلة	다툼	lý lẽ	तर्क	مشاجره		ความขัดแย้ง	una pelea
migration	移民	移民	هجرة	이주	di trú	प्रवासन	مهاجرت		อาการปวดหัวข้างเดียว	migración
being left out of a group	受冷落	受冷落	استبعاد من مجموعة ما	따돌림 당하는	bị cô lập	समूह से निकाल दिया जाना	نادیده گرفته شدن در یک گروه		เข้ากลุ่มกับใครไม่ได้	ser dejado afuera de un grupo
a rash	皮疹	皮疹	متهور	발진	nốt phát ban	चकत्ता	بثورات پوستی	ফুসকুড়ি	ผื่นบนผิวหนัง	un sarpullido
indigestion	消化不良	消化不良	عسر هضم	소화불량	chứng khó tiêu	बदहजमी	سوء هاضمه		อาหารไม่ย่อย / ท้องอืด	indigestión
anxious	焦慮	焦虑	قلق	불안한	lo lắng	चिन्तित	مضطرب		วิตกกังวล	ansioso
a specialist	專家	专家	متخصص	전문가	chuyên gia	एक विशेषज्ञ	متخصص		ผู้เชี่ยวชาญ	un especialista
positive self talk	積極的自我暗示	积极的自我暗示	حديث النفس الإيجابي	긍정적인 혼잣말	tự nhủ theo chiều hướng lạc quan	स्वयं से सकारात्मक बातचीत	افکار شخصی مثبت		พูดปลอบใจตนเอง	diálogo interno positivo
relaxation techniques	放鬆技巧	放松技巧	طرق الاسترخاء	긴장이완 기술	những kỹ thuật thư giãn	तनाव मुक्ति की तकनीकें	تکنیک های تمدد اعصاب		วิธีทำให้รู้สึกผ่อนคลาย	técnicas de relajación

# Understanding good health: anxiety



## Vocabulary

Match the words to the meanings.

a	anxiety / feel anxious	1	afraid of something or really don't like it
b	phobia	2	you feel things around you are spinning ... you think are going to fall down
c	panic	3	you worry and think something bad will happen
d	nausea	4	you fall down because you are tired or sick
e	trauma	5	you can't breathe easily
f	feel short of breath	6	a bad experience in your life
g	dizziness	7	you feel that you are going to vomit – that the food in your stomach will come out of your mouth
h	choking	8	water that comes out of your skin when you are hot or afraid
i	sweat	9	you can't breathe because there is something in your throat
j	faint	10	a strong feeling of fear or worry ... you can't think clearly

## What's the problem?

Match the problems to the examples.

a	You are afraid of something and it stops you living a normal life. <i>a phobia</i>	1	washing yourself many times – even when you are already clean, counting objects for no reason, cleaning something many times when it is not dirty
b	You want to do something again and again and you can't stop yourself. <i>obsessive compulsive disorder</i>	2	you remember and think all day and all about night something bad that happened in your past
c	You have an attack for no reason. <i>a panic attack</i>	3	fear of animals, crowded places, people, heights and you may sweat, faint, feel dizzy and have problems breathing
d	A stressful situation in your past. <i>post traumatic stress disorder</i>	4	you feel short of breath, you sweat and feel dizzy and sick ... your heart goes very fast



## Talking to the doctor

### Listening 1 Audio Anxiety

Write the dialogue number next to the topic.

- \_\_\_\_\_ something you can't stop doing
- \_\_\_\_\_ panic attack
- \_\_\_\_\_ trauma
- \_\_\_\_\_ phobia
- \_\_\_\_\_ anxious



### Listening 2 Audio Anxiety

Listen again and fill the gaps.

1

**Doctor:** How are you today?

**Patient:** I've come to see you because I feel \_\_\_\_\_ all the time.

**Doctor:** Tell me a bit more about it.

**Patient:** I worry \_\_\_\_\_ what people think about me and so I don't see my friends.

2

**Doctor:** So, what can I do for you today?

**Patient:** I \_\_\_\_\_ when I am somewhere with a lot of other people.

**Doctor:** All the time?

**Patient:** Yes, every time I am in a large crowd, I \_\_\_\_\_ and feel nauseous.

3

**Doctor:** Any problems?

**Patient:** Well, I wash my hands a lot, I can't stop and now they are red and dry. Is this a \_\_\_\_\_?

**Doctor:** Why do you wash them so much?

**Patient:** I don't like dirt and there are germs everywhere. I don't like touching things because I think I'll \_\_\_\_\_ sick.

4

**Doctor:** Hello, how can I help you today?

**Patient:** Sometimes my heart just starts beating quickly and I feel \_\_\_\_\_ of breath.

**Doctor:** When does this happen?

**Patient:** I don't know. It just happens and it happens a lot, I can't control it. I also feel \_\_\_\_\_. It's not a nice feeling.

5

**Doctor:** How are you?

**Patient:** Well, I can't sleep and I'm having difficulty working. I feel like I'm \_\_\_\_\_.

**Doctor:** Why?

**Patient:** I had a bad thing happen in my past and now I see things in my mind from that \_\_\_\_\_ – day and night.

Now practise the dialogues.

## Looking after your health - understanding anxiety

Tick *yes* (✓) if the advice is good. Tick *no* if the advice is bad.

1 Learn anxiety and relaxation techniques.	<input type="checkbox"/> yes <input type="checkbox"/> no
2 Just take medicine and it will go away.	<input type="checkbox"/> yes <input type="checkbox"/> no
3 Try a therapy to help you change the way you think and do things like Cognitive Behavioural Therapy.	<input type="checkbox"/> yes <input type="checkbox"/> no
4 Slowly put yourself in the situations that cause the anxiety.	<input type="checkbox"/> yes <input type="checkbox"/> no
5 Medicines help with your symptoms but you should also see a doctor.	<input type="checkbox"/> yes <input type="checkbox"/> no
6 Don't see family and friends until you are feeling better.	<input type="checkbox"/> yes <input type="checkbox"/> no

### Find out more

Self help advice from Beyond Blue:

[http://www.beyondblue.org.au/index.aspx?link\\_id=90.621](http://www.beyondblue.org.au/index.aspx?link_id=90.621)

Better Health Channel:

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/ct\\_anxiety?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/ct_anxiety?open)

Also:

OCD and anxiety Helpline (VIC) – (03) 9886 9377

Facing anxiety Program (MHA NSW Inc) 1300 794 992

Kids Helpline (National) – 1800 551 800

Bourne, E.J. The anxiety and Phobia Workbook (3rd ed.) New Harbinger Publications, Inc. Oakland, CA.

## Answers

### Vocabulary

a-3, b-1, c-10, d-7, e-6, f-5, g-2, h-9, i-8, j-4

### What's the problem?

a-3, b-1, c-4, d-2

### Talking to the doctor

Listening 1

- 3 something you can't stop doing
- 4 panic attack
- 5 trauma
- 2 phobia
- 1 anxious

Listening 2

- 1 anxious, about
- 2 panic, sweat
- 3 problem, get
- 4 short, faint
- 5 choking, trauma

### Looking after your health

- 1 yes
- 2 no
- 3 yes
- 4 yes
- 5 yes
- 6 no

## Transcript

### Talking to a doctor

1

**Doctor:** How are you today?

**Patient:** I've come to see you because I feel anxious all the time.

**Doctor:** Tell me a bit more about it.

**Patient:** I worry about what people think about me and so I don't see my friends.

2

**Doctor:** So, what can I do for you today?

**Patient:** I panic when I am somewhere with a lot of other people.

**Doctor:** All the time?

**Patient:** Yes, every time I am in a large crowd I sweat and feel nauseous.

3

**Doctor:** Any problems?

**Patient:** Well, I wash my hands a lot, I can't stop and now they are red and dry. Is this a problem?

**Doctor:** Why do you wash them so much?

**Patient:** I don't like dirt and there are germs everywhere. I don't like touching things because I think I'll get sick.

4

**Doctor:** Hello, how can I help you today?

**Patient:** Sometimes my heart just starts beating quickly and I feel short of breath.

**Doctor:** When does this happen?

**Patient:** I don't know. It just happens and it happens a lot, I can't control it. I also feel faint. It's not a nice feeling.

5

**Doctor:** How are you?

**Patient:** Well, I can't sleep and I'm having difficulty working. I feel like I'm choking.

**Doctor:** Why?

**Patient:** I had a bad thing happen in my past and now I see things in my mind from that trauma – day and night.

## Understanding good health: anxiety

English	Chinese (Traditional)	Chinese (Simplified)	Arabic	Korean	Vietnamese	Hindi	Farsi	Bengali	Thai	Spanish
anxiety / to feel anxious	焦慮症/感到焦慮	焦虑症/感到焦虑	قلق / شعور بالقلق	불안감/불안하게 느끼다	lo lắng	चिंता /दुर्शाचिंता	اضطراب مضطرب بودن	/	ความวิตกกังวล /รู้สึกกระวนกระวายใจ	ansiedad / sentirse ansioso
a phobia	恐懼症	恐惧症	الرهاب	공포증	sợ hãi	भय/फ़ोबिया	ترس بیمارگونه		โรคหวาดกลัว	una fobia
to panic	恐慌	恐慌	يشعر بالذعر	공포에 떨다	hoang mang	घबराना	هراس زدگی		ตื่นกลัว	entrar en pánico
to feel nauseous	噁心	恶心	شعور بالغثيان	구역질 나다	buồn nôn	उल्टी जैसा महसूस करना	حالت تهوع داشتن		รู้สึกคลื่นไส้	sentir náuseas
a trauma	創傷	创伤	صدمة نفسية	트라우마(외상성 장애)	tổn thương	मानसिक आघात	ضربه روحی		บาดแผลทางจิตใจ	un trauma
to feel short of breath	呼吸困難	呼吸困难	شعور بضيق التنفس	숨 가쁘다	khó thở	सांस लेने में कठिनाई होना	دچار تنگی نفس بودن		หายใจติดขัด	sentir que le falta el aire
dizziness	頭暈	头晕	دوار	어지러움	chóng mặt	चक्कर आना	گیجی		อาการวิงเวียน	mareos
choking	憋悶	憋闷	اختناق	숨막힘	bị nghẹn	दम घुटना	حالت خفگی		สำลัก	ahogarse
sweat	出汗	出汗	عرق	땀	mồ hôi	पसीना	عرق		เหงื่อออก	sudar
to faint	昏倒	昏倒	إغماء	기절하다	ngất xỉu	बेहोश होना	از هوش رفتن		เป็นลม	desmayarse
a panic attack	恐慌發作	恐慌发作	نوبة ذعر	공황 발작	chứng hoảng sợ đột ngột	आकास्मिक आघात	حمله هراس زدگی		โรคตื่นตระหนก	un ataque de pánico
obsessive compulsive disorder	強迫症	强迫症	اضطراب الوسواس القهري	강박 장애	rối loạn ám ảnh cưỡng chế	मनोग्रस्त बाध्यकारी/ज़ब दंस्त विकार	اختلال وسواسی جبری		โรคย้ำคิดย้ำทำ	problema de obsesión compulsiva
post traumatic stress disorder	創傷後應激障礙	创伤后应激障碍	اضطراب الكرب التالي للرضح	외상 후 스트레스 장애	rối loạn căng thẳng hậu chấn thương	अभिघातोत्तर तनाव विकार	اختلال تنش زای پس از ضربه روحی		โรคเครียดหลังภัยพิบัติ	problema de estrés post-traumático

# Understanding good health: eating disorders



## Vocabulary

Match the words to the meanings.

a	comfort eating	1	become less heavy / more heavy
b	self-esteem	2	you eat too much, very quickly
c	weight loss / gain	3	a tablet to stop you being hungry and to help you lose weight
d	underweight	4	sometimes you eat because you are sad or lonely or angry and you want to feel better
e	overweight	5	how you feel about yourself
f	binge eating	6	when the food in your stomach comes back out of your mouth
g	throw up	7	your weight is too high
h	laxatives	8	your weight is too low
i	diuretics	9	illnesses where people have the wrong idea about their body size and they think a lot about food and weight
j	diet pills	10	a drug that helps water come out from the body
k	eating disorders	11	a medicine, food or drink that helps solid waste come out of the body

## What's the problem?

Put the things people say with the correct eating disorders.

a	My friends say I am too thin but I think I'm fat. I want to lose more weight.	e	I eat too much and I eat where no-one can see me.
b	I make myself sick after I eat.	f	I'm hungry, but I don't want to eat ... I'll get fat.
c	I take laxatives and diuretics to remove the food I eat.	g	I keep eating - even when I am really full.
d	I overeat and then feel guilty. I'm not hungry, but I just keep eating.		

<b>anorexia nervosa</b> ( <i>when someone doesn't eat because they think they are very fat ... but in fact, they are very thin</i> )	<b>bulimia</b> ( <i>eating very large amounts of food and then making yourself throw up or go to the toilet to remove it from your body</i> )	<b>binge eating disorder</b> ( <i>regularly eating large amounts of food when you are not hungry and feeling uncomfortably full</i> )
a		d

## Talking to the doctor

### Listening 1 Audio Eating disorders

Write the dialogue number next to the topic.

- \_\_\_\_\_ feel sad and irritable
- \_\_\_\_\_ eating more to feel better
- \_\_\_\_\_ unhealthy nails and hair
- \_\_\_\_\_ no period
- \_\_\_\_\_ problems with teeth



### Listening 2 Audio Eating disorders

Listen again and fill the gaps.

1

**Doctor:** How are you today?

**Patient:** I'm \_\_\_\_\_ all the time but I don't want to eat.

**Doctor:** Do you have any other problems?

**Patient:** Yes, my nails and hair aren't healthy and I feel angry \_\_\_\_\_ the \_\_\_\_\_.

2

**Doctor:** Have you had any problems?

**Patient:** Yes, I haven't had a \_\_\_\_\_ for a few months now.

**Doctor:** Are there any other problems?

**Patient:** Yes, I \_\_\_\_\_ cold easily and there's all this hair on my face and body.

3

**Doctor:** Any problems?

**Patient:** I eat too much and then I \_\_\_\_\_.

**Doctor:** Can you tell me a bit more?

**Patient:** I \_\_\_\_\_ problems with my teeth and I always have a sore throat.

4

**Doctor:** Hello, how have you been?

**Patient:** \_\_\_\_\_ moody and depressed.

**Doctor:** Why?

**Patient:** I don't know. I'm not happy with my \_\_\_\_\_ and I eat to help me feel good.

5

**Doctor:** How are you?

**Patient:** I've come to see you today because I eat and eat until I feel sick but I just keep eating.

**Doctor:** Do you have any aches or pains?

**Patient:** Not really, \_\_\_\_\_ just \_\_\_\_\_ angry and upset with myself and then I eat again to make me feel better.

Now practise the dialogues.



## Looking after your health – understanding eating disorders

Tick (✓) yes if the advice is good. Tick *no* if the advice is bad.

1 Don't worry about what you eat. Your body knows what it needs.	<input type="checkbox"/> yes <input type="checkbox"/> no
2 Get help as soon as you can. This means you will get better faster.	<input type="checkbox"/> yes <input type="checkbox"/> no
3 Don't tell you friends or family about your problem.	<input type="checkbox"/> yes <input type="checkbox"/> no
4 Eat alone, not with other people.	<input type="checkbox"/> yes <input type="checkbox"/> no
5 See a doctor and keep trying to eat in a healthy way. Don't give up.	<input type="checkbox"/> yes <input type="checkbox"/> no

### Find out more

- Fact sheets about eating disorders:  
<http://au.reachout.com/find/issues/mental-health-difficulties/eatingdisorders?kt=info>  
<http://www.youthbeyondblue.com/search-results/?q=eating+disorders>
- Home site for The Butterfly Foundation, which provides support for Australians who suffer from eating disorders and negative body image issues and their carers: <http://www.thebutterflyfoundation.org.au/>
- General information and support: <http://something-fishy.org/>
- The Eating Disorders Foundation of Victoria gives support, information, community education and legal help for people with eating disorders and their families in Victoria: <http://www.eatingdisorders.org.au/>

## Answers

### Vocabulary

a-4, b-5, c-1, d-8, e-7, f-2, g-6, h-11, i-10, j-3, k-9

### What's the problem?

Anorexia nervosa	bulimia	binge eating disorder
a, f	b, c	d,e,g

### Talking to the doctor

#### Listening 1

- 4 - feel sad and irritable
- 5 - eating more to feel better
- 1 - unhealthy nails and hair
- 2 - no period
- 3 - problems with teeth

#### Listening 2

- 1 hungry, all, time
- 2 period, get
- 3 throw up, have
- 4 I'm feeling, weight
- 5 I, feel

### Looking after your health

- 1 no
- 2 yes
- 3 no
- 4 no
- 5 no
- 6 yes

## Transcript

### Talking to the doctor

1

**Doctor:** How are you today?

**Patient:** I'm hungry all the time but I don't want to eat.

**Doctor:** Do you have any other problems?

**Patient:** Yes, my nails and hair aren't healthy and I feel angry all the time.

2

**Doctor:** Have you had any problems?

**Patient:** Yes, I haven't had a period for a few months now.

**Doctor:** Are there any other problems?

**Patient:** Yes, I get cold easily and there's all this hair on my face and body.

3

**Doctor:** Any problems?

**Patient:** I eat too much and then I throw up.

**Doctor:** Can you tell me a bit more?

**Patient:** I have problems with my teeth and I always have a sore throat.

4

**Doctor:** Hello, how have you been?

**Patient:** I'm feeling moody and depressed.

**Doctor:** Why?

**Patient:** I don't know. I'm not happy with my weight and I eat to help me feel good.

5

**Doctor:** How are you?

**Patient:** I've come to see you today because I eat and eat until I feel sick but I just keep eating.

**Doctor:** Do you have any aches or pains?

**Patient:** Not really, I just feel angry and upset with myself and then I eat again to make me feel better.

## Understanding good health: eating disorders

English	Chinese (Traditional)	Chinese (Simplified)	Arabic	Korean	Vietnamese	Hindi	Farsi	Bengali	Thai	Spanish
comfort eating	暴飲暴食	暴饮暴食	أكل مرتبط بالحالة النفسية	위안형 섭식	chứng ăn để giải tỏa nỗi buồn hoặc sự tức giận	कम्फर्ट ईटिंग	غذا خوردن برای آرامش	মানসিক খাওয়া	กินเพื่อให้สบายใจ	comer por consuelo
self-esteem	自尊心	自尊心	تقدير الذات	자존감	lòng tự trọng	आत्मविश्वास	عزت نفس		ภูมิใจในตัวเอง	autoestima
weight loss/gain	體重減少/體重增加	体重减少/体重增加	فقد/زيادة الوزن	체중 감소/증가	sụt cân	वजन कम होना/बढ़ना	کاهش/افزایش وزن	/	น้ำหนักลด/เพิ่ม	pérdida/aumento de peso
underweight	體重過輕	体重过轻	نحافة	저체중	thiếu cân	सामान्य से कम वजन	کم وزن		น้ำหนักน้อยเกินไป	peso más bajo que lo normal
overweight	超重	超重	بدانة	과체중	thừa cân	सामान्य से अधिक वजन	دارای اضافه وزن		น้ำหนักมากเกินไป	Peso más alto que lo normal
binge eating	暴食	暴食	نوبات الدفر	폭식	chứng ăn thật nhiều	ज्यादा और जल्दी जल्दी खाना	زیاده روی در غذا خوردن		การกินมากเกินไป	comer compulsivamente
to throw up	嘔吐	呕吐	قيء	토하다	nôn	उल्टी करना	استفراغ کردن		อาเจียน	vomit
laxatives	瀉藥	泻药	ملينات	설사제	thuốc nhuận tràng	विरेचक औषधियाँ	مسهل		ยาระบาย	laxantes
diuretics	利尿劑	利尿剂	عقاقير المنرة للبول	이뇨제	thuốc lợi tiểu	मूत्रवर्धक औषधियाँ	مُدر		ยาขับปัสสาวะ	diuréticos
diet pills	減肥藥	减肥药	أقراص الحمية	다이어트약	thuốc giảm cân	आहार गोलियाँ	قرص های رژیم		ยาลดความอ้วน	pastillas dietéticas
anorexia nervosa	神經性厭食症	神经性厌食症	فقدان الشهية العصبي	거식증	chứng nhịn ăn	अरुचि तांत्रिकांश/नेवोसा	آنورکسی (بی اشتهايي عصبی)		โรคเบื่ออาหารที่มีสาเหตุจากจิตใจ	anorexia nerviosa
bulimia	易餓病	易饿病	الشه المرضي	폭식증	chứng ăn vô độ	भस्मक रोग	بوليميا (پر خوري عصبی)		โรคผิดปกติทางอารมณ์ทำให้กินมากเกินไปแล้วอาเจียนออก	bulimia
binge eating disorder	暴食症	暴食症	اضطراب نوبات الدفر	폭식 장애	chứng ăn thật nhiều	ज्यादा खाने का विकार	اختلال زياده روی در غذا خوردن		ความผิดปกติจากการกินมากเกินไป	problema de comer compulsivamente
a period	一個週期	一个周期	دورة شهرية	생리 기간	kỳ kinh nguyệt	मासिक धर्म	دوره قاعدگی		ช่วงมีประจำเดือน	un período

# Understanding good health: safe sex and sexually transmitted diseases



## Vocabulary

Match the words to the meanings.

a	bodily fluids	1	sex when people use different kinds of protection (so the risks of sexual diseases are lower)
b	safer sex	2	a medical examination where the doctor makes sure you are healthy
c	Sexually Transmitted Infections (STI)	3	a drug that stops some kinds of illnesses and infections
d	condom	4	used during sex to make skin to skin contact easier, smoother
e	lubricant	5	sexually transmitted infections - eg. HIV. These infections can be passed through bodily fluids during sex
f	discharge	6	anything you <i>before</i> sex to make sure sex will be safe
g	antibiotics	7	a thin rubber tube that a man covers his penis with during sex to stop a woman becoming pregnant or to protect against a sexually transmitted infection (STI)
h	medicated shampoos	8	a sign that someone has an illness
i	treatment	9	contains something that helps some infections on your skin or hair
j	sore	10	semen, vaginal fluids, blood
k	genitals	11	liquid or a fluid that comes out of a part of your body
l	prevention	12	parts of the body used for sex
m	a check-up	13	medical care
n	symptom	14	a painful place on your skin because of an injury or infection

## What's the problem?

Put the words in the right groups.

(a) itchy skin and rashes on genitals    (b) sores, blisters and warts    (c) medicated shampoos  
 (d) use condoms and dams    (e) antibiotics    (f) learn about STIs    (g) unusual discharge  
 (h) don't re-use condoms    (i) pain during sex    (j) don't use condoms past their expiry date  
 (k) no contact with bodily fluids    (l) hurts while urinating

signs and symptoms	treatments	prevention
a	c	d

Even if you don't feel all of these things at once, it can still be helpful to talk to someone about how you feel.

## Talking to the doctor

### Listening 1 Audio

Sexual health

Write the dialogue number next to the topic.

- \_\_\_\_\_ rash
- \_\_\_\_\_ painful sex
- \_\_\_\_\_ check-up
- \_\_\_\_\_ discharge
- \_\_\_\_\_ itchy genitals



### Listening 2 Audio

Sexual health

Listen again and fill the gaps.

1

**Doctor:** How are you today?

**Patient:** I've come to see you because it's \_\_\_\_\_ when I have sex.

**Doctor:** Does it hurt when you \_\_\_\_\_ ?

**Patient:** Yes.

2

**Doctor:** Have you had any problems?

**Patient:** Yes, my \_\_\_\_\_ are very \_\_\_\_\_ and red.

**Doctor:** How long have you had this?

**Patient:** For about a week.

3

**Doctor:** Any problems?

**Patient:** I've got some unusual \_\_\_\_\_ around my genitals.

**Doctor:** Are you sexually active?

**Patient:** Yes, but I haven't been using \_\_\_\_\_.

4

**Doctor:** How can I help you today?

**Patient:** I've come for an STI \_\_\_\_\_.

**Doctor:** Have you had \_\_\_\_\_ sex?

**Patient:** Not recently, but I have in the past.

5

**Doctor:** How are you feeling?

**Patient:** I've got a \_\_\_\_\_ on my genitals.

**Doctor:** Do you have any other problems?

**Patient:** Yes, I've had a \_\_\_\_\_ for a couple of days.

Now practise the dialogues.

Even if you don't feel all of these things at once, it can still be helpful to talk to someone about how you feel.

## Looking after your health – tips for correct use of condoms and dams

Tick (✓) yes if the advice is good. Tick *no* if the advice is bad.

1 Use well-known brands and check the expiry date.	<input type="checkbox"/> yes <input type="checkbox"/> no
2 Store in a cool, dry place away from direct sunlight.	<input type="checkbox"/> yes <input type="checkbox"/> no
3 You can re-use condoms and dams.	<input type="checkbox"/> yes <input type="checkbox"/> no
4 Some people say you should only use water-based lubricants with condoms ... but any lubricants are fine.	<input type="checkbox"/> yes <input type="checkbox"/> no
5 Make sure the condom or dam doesn't have any holes or other damage before you use it.	<input type="checkbox"/> yes <input type="checkbox"/> no

### Find out more

- Young adults and sexually transmitted diseases:  
<http://www.cyh.com/HealthTopics/HealthTopicCategories.aspx?&p=299>
- Teens and safe sex:  
<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=292&id=2180>
- Teens and sexually transmitted diseases:  
<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=292&id=2302>
- Better Health Channel – Victorian Government: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- Family Planning NSW Family Planning Health line 1300 658 886 9-5pm Mon-Fri:  
<http://www.fpnsw.org.au/>

Also:

Sydney Sexual Health 1800 451 624 9-5.30pm Mon-Fri

Even if you don't feel all of these things at once, it can still be helpful to talk to someone about how you feel.



## Answers

### Vocabulary

a-11, b-1, c-5, d-7, e-4, f-11, g-3, h-9, i-13, j-14, k-12, l-6, m-2, n-8

### What's the problem?

signs and symptoms	treatments	prevention
a,b,g,i,l	c, e	d,f,h,j,k

### Talking to the doctor

Listening 1

5 - rash

1 - painful sex

4 - check-up

3 - discharge

2 - itchy

Listening 2

1 painful, urinate

2 genitals, itchy

3 discharge, condoms

4 check-up, unprotected

5 rash, fever

### Looking after your health

1 yes

2 yes

3 no

4 no

5 yes

## Transcript

### Talking to the doctor

1

**Doctor:** How are you today?

**Patient:** I've come to see you because it's painful when I have sex.

**Doctor:** Does it hurt when you urinate?

**Patient:** Yes.

2

**Doctor:** Have you had any problems?

**Patient:** Yes, my genitals are very itchy and red.

**Doctor:** How long have you had this?

**Patient:** For about a week.

3

**Doctor:** Any problems?

**Patient:** I've got some unusual discharge around my genitals.

**Doctor:** Are you sexually active?

**Patient:** Yes, but I haven't been using condoms.

4

**Doctor:** How can I help you today?

**Patient:** I've come for an STI check-up.

**Doctor:** Have you had unprotected sex?

**Patient:** Not recently, but I have in the past.

5

**Doctor:** How are you feeling?

**Patient:** I've got a rash on my genitals.

**Doctor:** Do you have any other problems?

**Patient:** Yes, I've had a fever for a couple of days.

## Understanding good health: sexual health

English	Chinese (Traditional)	Chinese (Simplified)	Arabic	Korean	Vietnamese	Hindi	Farsi	Bengali	Thai	Spanish
safer sex	更安全的性行為	更安全的性行为	جنس آمن	안전한 성 행위	tình dục an toàn	सुरक्षित यौन संबंध	مقاربت جنسی ایمن	নিরাপদ	การมีเพศสัมพันธ์ที่ปลอดภัยขึ้น	sexo más seguro
STI (sexually transmitted disease)	STI (性傳播疾病)	STI (性传播疾病)	أمراض منقولة عبر الاتصال الجنسي	STI(성인성 질환)	bệnh lây truyền qua đường tình dục (STI)	STI (यौम संचारित रोग)	STI (بیماری های آمیزشی)	STI( )	โรคติดต่อทางเพศสัมพันธ์	enfermedad de transmisión sexual (ETS)
condom	避孕套	避孕套	واقي ذكري	콘돔	bao cao su	कंडोम	کاندوم		ถุงยางอนามัย	preservativo
dams	口腔膜	口腔膜	واقي الفم	덴탈 댐	màng chắn nha khoa	बंधीकरण	سد لاستیکی محافظ دهان		แผ่นยางอนามัยใช้สำหรับบอรัลเช็กซ์	barreras dentales
lubricant	潤滑劑	润滑剂	مخفف للاحتكاك	윤활액	chất bôi trơn	चिकनाई	روان کننده/چرب کننده		สารหล่อลื่น	lubricante
bodily fluids	體液	体液	سوائل الجسم	체액	chất dịch, máu	शारीरिक तरल	مایعات بدنی		ของเหลวต่างๆ ภายในร่างกาย	fluidos corporales
discharge	排泄	排泄	إفرازات	분비물	chất dịch	रिसाव/स्खलन	ترشح		สารคัดหลั่งที่ออกจากร่างกาย	secreción
antibiotics	抗生素	抗生素	المضادات الحيوية	항생제	thuốc kháng sinh	प्रांतजीवक औषधियाँ/एंटी बायोटेक्स	انٹی بیوتیک ها		ยาปฏิชีวนะ	antibióticos
treatment	治療	治疗	معالجة	치료	điều trị	उपचार	درمان		การรักษา	tratamiento
a sore	發炎	发炎	قرحة	통증	vết thương	त्वचा संक्रमण/घाव	زخم		อาการเจ็บปวดจากบาดแผลหรือการติดเชื้อ	una herida
genitals	生殖器	生殖器	الأعضاء التناسلية	생식기	cơ quan sinh dục ngoài	गुप्तांग	اعضای تناسلی	সৌক্য	อวัยวะเพศ	genitales
blisters	水泡	水泡	بثور	물집	vết bóng rộp	फुन्सी/फफोले	تاول		แผลเป็นตุ่ม	ampollas
rashes	皮疹	皮疹	طفح جلدي	발진	phát ban	चकत्त	بثورات پوستی		ผื่นหนังเป็นผื่น	erupciones
semen	精液	精液	سائل منوي	정액	tinh dịch	वीर्य	منی		น้ำอสุจิ	semen
vaginal fluid	陰道分泌物	阴道分泌物	إفرازات مهبلية	질액	dịch âm đạo	योनि तरल	مایعات واژنی		น้ำหล่อลื่นในช่องคลอด	flujo vaginal
expiry date	失效日期	失效日期	تاريخ الانتهاء	유효기간	hạn sử dụng	समापन तिथि	تاريخ انقضاء	মেয়াদপূর্তি	วันหมดอายุ	fecha de vencimiento
prevention	預防措施	预防措施	الوقاية	예방	ngăn ngừa	रोकथाम	پیشگیری		การป้องกัน	prevención
fever	發燒	发烧	حمى	열	sốt	बुखार	تب		ไข้	fiebre
itchiness	發癢	发痒	حكة	가려움증	ngứa	खुजली	خارش		อาการคัน	picazón
warts	疣	疣	ثآليل	사마귀	mụn cóc	मसम	زگیل		หูด	verruugas
urinate	小便	小便	تبول	소변을 보다	đi tiểu	मूत्र विमर्जन	ادرار کردن		ถ่ายปัสสาวะ	orinar

# Understanding good health: heart disease



## Vocabulary

Many women and men get heart disease in their lives.  
Match the words to the definitions.

a	an artery	1	when blood becomes almost solid because it is very thick
b	plaque	2	the heart stops working suddenly
c	a blood clot	3	this can make the blood tubes thinner and stop your heart from getting blood
d	heart attack	4	one of the big tubes that takes blood from your heart to other parts of your body

## What's the problem?

1 There are many things that are dangerous for heart disease. These are called risk factors. Match the risk factors to the definitions.

a	I smoke regularly	1	you do don't much exercise like playing a sport or going to the gym
b	I have a family history of heart disease	2	the strength of the blood moving through your body is above normal
c	I've got high blood cholesterol	3	you have cigarettes every day
d	I'm getting older	4	you have a disease with too much sugar in your blood
e	I've got high blood pressure	5	if you have too much of this in your blood, you have more risk of heart disease
f	I don't do much exercise	6	someone in my family has had problems with their heart in the past, eg my father
g	I'm overweight	7	you are not young now
h	I'm depressed	8	your body weight is too much, you are fat
i	I have diabetes	9	you are unhappy about your life

2 There are different signs that you could be getting a heart attack. Match the signs with the definitions.

a	tightness in a part of the body	2	feeling like you want to be sick
b	nausea	4	water comes out through your skin when you are hot, frightened or ill
c	dizziness	6	it is difficult for you to breathe (move the air in and out from your lungs)
d	cold sweat	8	uncomfortable feeling of pressure in your chest, shoulder, jaw or back
e	shortness of breath	10	feeling everything is moving round and you and you might fall down

## Talking to the doctor

### Listening 1 Audio Heart disease

Write the dialogue number next to the topic.

- \_\_\_\_\_ nausea
- \_\_\_\_\_ shortness of breath
- \_\_\_\_\_ tightness in the chest
- \_\_\_\_\_ dizziness / cold sweat
- \_\_\_\_\_ hard to breathe / tight jaw



### Listening 2 Audio Heart disease

Listen again and fill the gaps.

1

**Doctor:** How are you today?

**Patient:** I've got \_\_\_\_\_ in my chest. I'm a little worried.

**Doctor:** And when did this start?

**Patient:** This morning. It \_\_\_\_\_ tight here.

2

**Doctor:** How can I help you today?

**Patient:** I have \_\_\_\_\_ and I think my blood \_\_\_\_\_ is quite high.

**Doctor:** I see I'll check that for you now.

**Patient:** Thanks I hope it's not \_\_\_\_\_.

3

**Doctor:** What have you come to see me for?

**Patient:** I'm finding it \_\_\_\_\_ to breathe and my \_\_\_\_\_ feels tight.

**Doctor:** Right. Are you taking any medication?

**Patient:** No I'm not. It feels very \_\_\_\_\_.

4

**Doctor:** What are your symptoms?

**Patient:** \_\_\_\_\_ and I get this cold \_\_\_\_\_ on my face.

**Doctor:** Do you have a family history of heart problems?

**Patient:** Actually, my father has problems with his \_\_\_\_\_.

5

**Doctor:** Hello, how have you been?

**Patient:** Not so \_\_\_\_\_. I have diabetes and I have this \_\_\_\_\_ of breath today.

**Doctor:** Right. When did this start?

**Patient:** It \_\_\_\_\_ last night after dinner.

Now practise the dialogues.

## Looking after your health – understanding heart disease

Put the ways of dealing with stress with the examples.

*Listen carefully to what your doctor says about medication*

*Find out how your heart works*

*Understand your risk factors*

*Talk to your doctor about any risk factors you have*

*Make changes to your lifestyle to reduce the risk factors*

A: \_\_\_\_\_

Make changes to your life to reduce things that are dangerous for your heart – eg: stop smoking or do more exercise.

B: \_\_\_\_\_

Ask your doctor or look on the Internet for a list of things that are dangerous for your heart. Write down any that are true for you.

C: \_\_\_\_\_

Read the instruction for taking the medicine carefully and make sure you take it on time and regularly.

D: \_\_\_\_\_

Look in books or on the Internet for more information about your heart and what it does.

E: \_\_\_\_\_

Go and see a doctor or health worker and talk about things that you feel are dangerous for your heart – eg: not doing exercise.

### Find out more

- Heart foundation: <http://www.heartfoundation.org.au>
- Australian Government Health institute:  
[http://www.healthinsite.gov.au/topics/Diet\\_and\\_Heart\\_Disease](http://www.healthinsite.gov.au/topics/Diet_and_Heart_Disease)

## Answers

### Vocabulary

a-4, b-3, c-1, d-2

### What's the problem?

1 a-3, b-6, c-5, d-7, e-2, f-1, g-8, h-9, i-4

2 a-3, b-1, c-5, d-2, e-3

### Talking to the doctor

Listening 1

2 nausea

5 shortness of breath

1 tightness in the chest

4 dizziness / cold sweat

3 hard to breathe / tight jaw

Listening 1

1 tightness, feels

2 nausea, pressure, serious

3 hard, jaw, uncomfortable

4 dizziness, sweat, heart

5 good, shortness, started

### Looking after your health

A - make changes to your lifestyle to reduce the risk factors

B - understand your risk factors

C - listen carefully to what your doctor says about medication.

D - have a basic understanding of how your heart works

E - talk to your doctor about any risk factors you have

## Transcript

### Talking to the doctor

1

**Doctor:** How are you today?

**Patient:** I've got tightness in my chest. I'm a little worried.

**Doctor:** And when did this start?

**Patient:** This morning. It feels strange all over here.

2

**Doctor:** How can I help you today?

**Patient:** I'm feeling a little sick and I think my blood pressure is quite high.

**Doctor:** I see I'll check that for you now.

**Patient:** Thanks I hope it's not serious.

3

**Doctor:** What have you come to see me for?

**Patient:** I'm finding it hard to breathe and my jaw feels tight.

**Doctor:** Right. Are you taking any medication?

**Patient:** No I'm not. It feels very uncomfortable.

4

**Doctor:** What are your symptoms?

**Patient:** Dizziness and I get this cold sweat on my face.

**Doctor:** Do you have a family history of heart problems?

**Patient:** Actually, my father has problems with his heart.

5

**Doctor:** Hello, how have you been?

**Patient:** Not so good. I have diabetes and I have this shortness of breath today.

**Doctor:** Right. When did this start?

**Patient:** It started last night after dinner.



### Understanding good health: heart disease

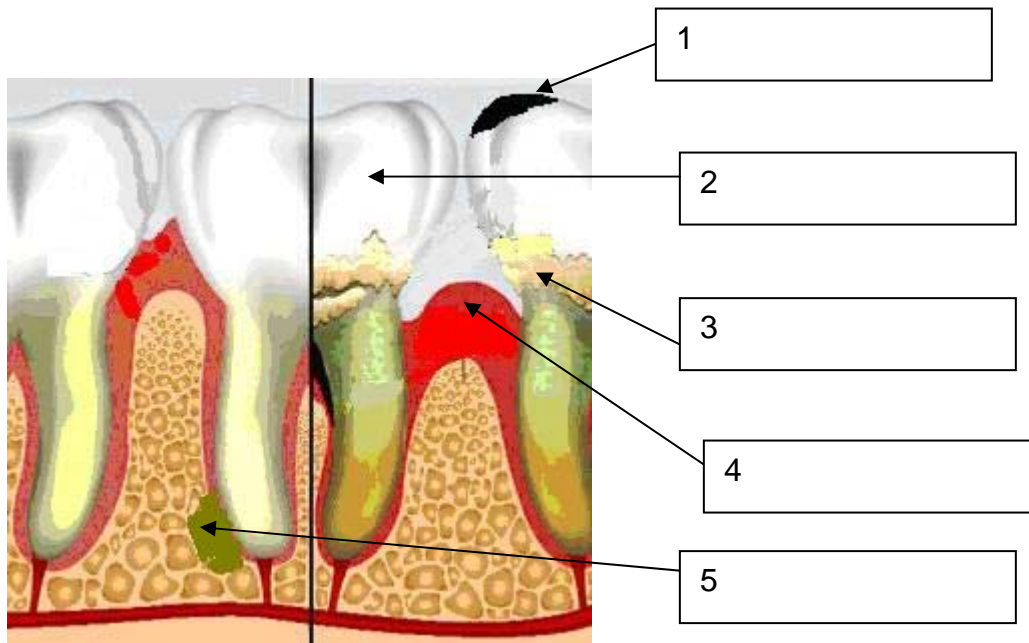
English	Chinese (Traditional)	Chinese (Simplified)	Arabic	Korean	Vietnamese	Hindi	Farsi	Bengali	Thai	Spanish
risk factor	風險因素	风险因素	عامل الخطر	위험 요인	yếu tố nguy cơ	जोखिम कारक	عوامل خطر	ঝুঁকির	ปัจจัยเสี่ยง	factor de riesgo
an artery	動脈	动脉	شريان	동맥	động mạch	एक धमनी	یک سرخرگ		หลอดเลือดแดง	una arteria
plaque	斑塊	斑块	لويحات	치석	chất mảng	प्लाक	پلاک خونی		ไขมันในหลอดเลือด	placa
a blood clot	血栓	血栓	تجلط دموي	응혈	huyết khối/tụ máu	खून का थक्का	یک لخته خونی		เลือดอุดตัน	un coágulo de sangre
heart attack	心臟病	心脏病	ذبحة صدرية	심장마비	nhồi máu cơ tim	दिल का दौरा	حمله قلبی		หัวใจล้มเหลว	ataque cardíaco
blood cholesterol	血醇	血醇	نسبة الكوليسترول بالدم	혈중 콜레스테롤	cholesterol máu	रक्त (ब्लड) कोलेस्ट्रॉल	کلسترول خون		คอเลสเตอรอลในเส้นเลือด	colesterol en la sangre
blood pressure	血壓	血压	ضغط الدم	혈압	huyết áp	रक्तचाप	فشار خون		ความดันโลหิต	presión sanguínea
diabetes	糖尿病	糖尿病	مرض السكري	당뇨병	bệnh tiểu đường	मधुमेह	دیابت		โรคเบาหวาน	diabetes
tightness	緊張	紧张	ضيق	답답함	tức ngực	सघनता	تنگی		ความตึงแน่น	tensión
nausea	噁心	恶心	غثيان	구토	buồn nôn	जी घबराना	تهوع		อาการคลื่นไส้	náusea
dizziness	頭暈	头晕	دوار	어지럼증	chóng mặt	चक्कर आना	گیجی		อาการเวียน	mareos
cold sweat	出冷汗	出冷汗	عرق بارد	식은땀	mồ hôi lạnh	ठंडा पसीना	عرق سرد		เหงื่อออก	sudor frío
shortness of breath	呼吸困難	呼吸困难	ضيق التنفس	숨막힘	khó thở	सांस लेने में तकलीफ	تنگی نفس		หายใจถี่	falta de aliento

# Understanding good health: teeth

## Vocabulary

Write the words in **bold** on the picture of teeth.

- **swollen gums**: large, red and painful when you don't clean them properly.
- **plaque**: grows on your teeth when you don't clean them. This can cause gum disease.
- **enamel**: the outside of your teeth. This can become thinner when you eat and drink the wrong things.
- **tooth decay**: when you have a hole in your tooth and you need to see the dentist.
- **infection/abscess**: swelling or bubble on the gum, causing pain.



## What's the problem?

Match the problem to the definition.

a It hurts.		1 Blood is coming out.
b I've got a toothache.		2 It's bigger than normal.
c It's bleeding.		3 My tooth is painful.
d It's swollen.		4 I can't chew my food.
e It's loose.		5 It moves.
f I can't eat properly.		6 It's broken or not healthy.
g It's damaged.		7 It's painful.

## Talking to the dentist

### Listening 1 Audio Teeth

Write the dialogue number next to the topic.

- \_\_\_\_\_ swollen gums
- \_\_\_\_\_ bleeding gums
- \_\_\_\_\_ a lot of plaque
- \_\_\_\_\_ sore tooth
- \_\_\_\_\_ thin enamel



### Listening 2 Audio Teeth

Listen again and fill the gaps.

1

**Dentist:** How are you today?

**Patient:** I've got a \_\_\_\_\_.

**Dentist:** Let me have a look. Yes I can see a hole.

**Patient:** Yes, it \_\_\_\_\_. I can't eat properly.

2

**Dentist:** Have you had any problems?

**Patient:** Yes, my \_\_\_\_\_ are bleeding and my teeth feel \_\_\_\_\_.

**Dentist:** When do they bleed?

**Patient:** When I \_\_\_\_\_ my teeth.

3

**Dentist:** Any problems?

**Patient:** Yes, my gums are \_\_\_\_\_.

**Dentist:** Let me have a look. Yes, they're very red. Does it hurt here?

**Patient:** Yes, it \_\_\_\_\_ a lot.

4

**Dentist:** Hello, how have you been?

**Patient:** My teeth \_\_\_\_\_ quite sensitive. It hurts when I have cold food and drink.

**Dentist:** Yes, the enamel, the outside part of some of your teeth is very thin.

**Patient:** Oh dear, what \_\_\_\_\_ I do?

5

**Dentist:** How are you?

**Patient:** Fine thanks.

**Dentist:** Let's \_\_\_\_\_ your teeth. There's quite a lot of \_\_\_\_\_ to clean today.








**Patient:** Yes, I need to clean my teeth more carefully.

**Dentist:** Yes, you do or you will get tooth \_\_\_\_\_.

Now practise the dialogues.

## Looking after your teeth

Match the words to the pictures. Tick (✓) if the actions are good or bad.

1 floss your teeth once a day	a		<input type="checkbox"/> good <input type="checkbox"/> bad
2 brush your teeth twice a day	b		<input type="checkbox"/> good <input type="checkbox"/> bad
3 drink soft drinks	c		<input type="checkbox"/> good <input type="checkbox"/> bad
4 go for regular check ups	d		<input type="checkbox"/> good <input type="checkbox"/> bad
5 wear a mouth guard for sport	e		<input type="checkbox"/> good <input type="checkbox"/> bad
6 eat sugary snacks	f		<input type="checkbox"/> good <input type="checkbox"/> bad
7 use fluoride toothpaste	g		<input type="checkbox"/> good <input type="checkbox"/> bad

## Find out more

When you visit a **free** dental clinic, you must take your Centrelink card and your Medicare card. Free dental clinics have waiting lists (you will need wait for your turn). More information:

- Better health Channel (Teeth) Victorian Government: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- Bupa Health Care: [http://hcd2.bupa.co.uk/fact\\_sheets/html/caring\\_for\\_your\\_teeth.html](http://hcd2.bupa.co.uk/fact_sheets/html/caring_for_your_teeth.html)
- Australian Dental Association: <http://www.ada.org.au>

## Answers

### Vocabulary

- 1 1 tooth decay
- 2 enamel
- 3 plaque
- 4 swollen gums
- 5 infection/abscess

### What's the problem?

a-7, b-3, c-1, d-2, e-5, f-4, g-6

### Talking to the dentist

#### Listening 1

- 3 swollen gums
- 2 bleeding gums
- 5 a lot of plaque
- 1 sore tooth
- 4 thin enamel

#### Listening 2

- 1 toothache, hurts
- 2 gums, loose, clean
- 3 swollen, hurts
- 4 feel, should
- 5 check, plaque, decay

### Looking after your teeth

- 1 b - good
- 2 a - good
- 3 c - bad
- 4 g - good
- 5 f - good
- 6 d - bad
- 7 e - good

## Transcript

### Talking to the dentist

1

**Dentist:** How are you today?

**Patient:** I've got a toothache.

**Dentist:** Let me have a look. Yes I can see a hole.

**Patient:** Yes, it hurts. I can't eat properly.

2

**Dentist:** Have you had any problems?

**Patient:** Yes, my gums are bleeding and my teeth feel loose.

**Dentist:** When do they bleed?

**Patient:** When I clean my teeth.

3

**Dentist:** Any problems?

**Patient:** Yes, my gums are swollen.

**Dentist:** Let me have a look. Yes, they're very red. Does it hurt here?

**Patient:** Yes, it hurts a lot.

4

**Dentist:** Hello, how have you been?

**Patient:** My teeth feel quite sensitive. It hurts when I have cold food and drink.

**Dentist:** Yes, the enamel, the outside part of some of your teeth is very thin.

**Patient:** Oh dear, what should I do?

5

**Dentist:** How are you?

**Patient:** Fine thanks.

**Dentist:** Let's check your teeth. There's quite a lot of plaque to clean today.

**Patient:** Yes, I need to clean my teeth more carefully.

**Dentist:** Yes, you do or you will get tooth decay.

## Understanding good health: teeth

English	Chinese (Traditional)	Chinese (Simplified)	Arabic	Korean	Vietnamese	Hindi	Farsi	Bengali	Thai	Spanish
swollen gums	牙週腫脹	牙周肿胀	لثة متورمة	부은 잇몸	sưng nướu	मसूड़ों में सूजन	لثه‌های متورم		เหงือกบวม	encías inflamadas
painful	疼痛	疼痛	مؤلم	고통스런	đau	दर्दनाक/पीड़ाकर	دردناک		เจ็บ/ปวด	doloroso
plaque	牙斑	牙斑	لويحة	치석	cao răng	प्लाक	پلاک (جرم دندان)		คราบจุลินทรีย์	placa
gum disease	牙週病	牙周病	أمراض اللثة	잇몸 질환	bệnh về nướu	मसूड़ों का रोग	بیماری لثة		โรคเหงือก	enfermedad de las encías
enamel	釉質	釉质	میناء (الأسنان)	법랑질	men răng	दंतवल्क (ऐनामल)	مینا		การเคลือบผิวฟัน	esmalte
tooth decay	牙齒腐爛	牙齿腐烂	تسوس الأسنان	충치	sâu răng	दंत क्षय	پوسیدگی دندان	ক্ষয়	ฟันผุ	caries
it hurts	疼痛	疼痛	إنها مؤلمة	아프다	bị đau	यह तकलीफ पहुँचाता है	درد می‌کند		เจ็บ/ปวด	duele
I've got a toothache	我牙疼	我牙疼	أعاني من آلام الأسنان	치통이 있어요	tôi bị đau răng	मेरे दांत में दर्द है	دندان درد دارم		ฉันปวดฟัน	me duele un diente
it's bleeding	出血	出血	إنها تنزف	피가 나요	bị chảy máu	खून आ रहा है	خونریزی دارد		เลือดไหล	está sangrando
it's loose	鬆動	松动	إنها سائبة	흔들려요	bị lung lay	यह ढीला है	لق شده است		ฟันโยก	se mueve
sensitive	敏感	敏感	حساسة	민감한	nhạy cảm	संवेदनशील	حساس		เสียวฟัน	sensible
abscess	膿腫	脓肿	خُرّاج	종기	áp xe	बिद्राधि/फोड़ा	آبسه		เป็นหนอง	absceso

# Understanding good health: smoking



## Vocabulary

Match the words to the meanings.

a	addiction	1	a serious illness that happens when cells (small parts of the body) grow in the body in an uncontrolled way
b	second hand smoke	2	the heart stops working because it is not getting enough blood
c	nicotine	3	breathing in the smoke that other smokers breath out
d	passive smoking	4	when your lungs (you use these to breathe) do not work properly
e	quit	5	the smoke that someone breathes out when they have a cigarette
f	cancer	6	stop doing something – maybe a habit
g	diabetes	7	something hurts you
h	lung disease	8	something in tobacco that makes it difficult for people to stop smoking
i	heart attack	9	places where your skin is hurt, cut or in pain
j	damage	10	when you need something (like a drug) so much that you can't stop taking it ... even if you want to stop
k	wounds and sores	11	a serious medical problem when your body cannot lower the amount of sugar in your blood

## What's the problem?

Match the smoking problems to places on the body.

a	a bad smell	1	lungs
b	a yellow colour	2	hair, breath, clothes
c	you can't taste or smell much	3	from lungs to throat then to mouth
d	blindness	4	tongue, nose
e	cancer	5	mouth, throat, lungs
f	problems with breathing	6	eyes
g	diabetes	7	teeth, fingers
h	wounds and sores	8	liver, blood
i	cough	9	skin

## Talking to the doctor

### Listening 1 Audio Smoking

Write the dialogue number next to the topic.

- \_\_\_\_\_ passive smoking
- \_\_\_\_\_ lump in throat
- \_\_\_\_\_ quit smoking
- \_\_\_\_\_ wounds/sores
- \_\_\_\_\_ problems breathing



### Listening 2 Audio Smoking

Listen again and fill the gaps.

1

**Doctor:** How are you today?

**Patient:** I'm having \_\_\_\_\_ breathing.

**Doctor:** Do you smoke.

**Patient:** Yes. It's hard to walk up stairs and I have a cough that won't go away.

2

**Doctor:** Have you had any problems?

**Patient:** Yes. I have \_\_\_\_\_ old wounds, some sores that won't heal.

**Doctor:** Can I see them?

**Patient:** I've had them for months.

3

**Doctor:** Any problems?

**Patient:** I \_\_\_\_\_ to \_\_\_\_\_ smoking.

**Doctor:** Ok. Have you tried before?

**Patient:** No, but it's an addiction that I want to stop before my health gets worse.

4

**Doctor:** Hello, how have you been?

**Patient:** Well, my partner smokes and we have a baby in the house. Is that a problem?

**Doctor:** Yes. The baby breathes in the second \_\_\_\_\_ smoke and this is called \_\_\_\_\_ smoking.

**Patient:** Have you got something for me to give my partner, some brochures or books about this?

5

**Doctor:** How are you feeling?

**Patient:** Ok, but I have something in my \_\_\_\_\_, it feels like a lump.

**Doctor:** Let me see.

**Patient:** It \_\_\_\_\_ when I swallow and you can see it on my neck.

Now practise the dialogues



## Looking after your health – how to quit smoking

Tick (✓) yes if the advice is good. Tick *no* if the advice is bad.

1 Eat well and eat regularly. Don't drink coffee or alcohol - these drinks may make you want a cigarette.	<input type="checkbox"/> yes <input type="checkbox"/> no
2 Change what you do every day. Have lunch at a different place and don't go near people who smoke.	<input type="checkbox"/> yes <input type="checkbox"/> no
3 If you want a cigarette - just have one.	<input type="checkbox"/> yes <input type="checkbox"/> no
4 Choose one day a week a day for smoking and don't smoke on the other days.	<input type="checkbox"/> yes <input type="checkbox"/> no
5 Tell your friends and family that you are quitting so they can help you.	<input type="checkbox"/> yes <input type="checkbox"/> no
6 Use nicotine patches to help you with the nicotine addiction.	<input type="checkbox"/> yes <input type="checkbox"/> no
7 Use Nicotine Replacement Therapy (NRT) - to help you manage nicotine withdrawal.	<input type="checkbox"/> yes <input type="checkbox"/> no

### Find out more

- The online service of the cancer institute of the cancer institute of NSW:  
<http://www.13quit.org.au> (or telephone 137 848)
- NSW Multicultural Health Communication Service:  
<http://www.mhcs.health.nsw.gov.au/topics/Smoking.html> Children, Youth and
- Women's Health Service The Government of South Australia:  
<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=240&np=158&id=2099>
- A joint initiative by NSW Health and St Vincent's Alcohol and Drug Information Service: [www.yourroom.com.au](http://www.yourroom.com.au)
- NSW quitline: ph 137848 (multilingual counsellors)

## Answers

### Vocabulary

a-10, b-5, c-8, d-3, e-6, f-1, g-11, h-4, i-2, j-7, k-9

### What's the problem?

a-2, b-7, c-4, d-6, e-5, f-1, g-8, h-9, i-3

### Talking to the doctor

Listening 1

4 - passive smoking

5 - lump in throat

3 - quit smoking

2 - wounds/sores

1 - problems breathing

Listening 2

1 problems

2 some

3 want, quit

4 hand, passive

5 throat, hurts

### Looking after your health

1 yes

2 yes

3 no

4 no

5 yes

6 yes

7 yes

## Transcript

### Talking to a doctor

1

**Doctor:** How are you today?

**Patient:** I am having problems breathing.

**Doctor:** Do you smoke.

**Patient:** Yes. It's hard to walk up stairs and I have a cough that won't go away.

2

**Doctor:** Have you had any problems?

**Patient:** Yes. I have some old wounds, some sores that won't heal.

**Doctor:** Can I see them?

**Patient:** I've had them for months.

3

**Doctor:** Any problems?

**Patient:** I want to quit smoking.

**Doctor:** Ok. Have you tried before?

**Patient:** No, No, but it's an addiction that I want to stop before my health gets worse.

4

**Doctor:** Hello, how have you been?

**Patient:** Well, my partner smokes and we have a baby in the house. Is that a problem?

**Doctor:** Yes. The baby breathes in the second hand smoke and this is called passive smoking.

**Patient:** Have you got something for me to give my partner, some brochures or books about this?

5

**Doctor:** How are you feeling?

**Patient:** Ok, but I have something in my throat, it feels like a lump.

**Doctor:** Let me see.

**Patient:** It hurts when I swallow and you can see it on my neck.

### Understanding good health: smoking

English	Chinese (Traditional)	Chinese (Simplified)	Arabic	Korean	Vietnamese	Hindi	Farsi	Bengali	Thai	Spanish
addiction	上癮	上瘾	إدمان	중독	nghiện	ब्यसन/लत	اعتیاد		การติดสารเสพติด	adicción
second hand smoke	二手煙	二手烟	تدخين قهري	간접 흡연	khói thuốc	दूसरे द्वारा छोड़ा धुआँ	دود دست دوم سیگار		ควันบุหรี่มือสอง	humo ajeno
nicotine	尼古丁	尼古丁	نيكوتين	니코틴	chất nicotine	निकोटीन	نيكوتين		สารนิโคติน	nicotina
passive smoking	被動吸煙	被动吸烟	تدخين سلبي	수동 흡연	hút thuốc thụ động	निष्क्रिय धूम्रपान	سیگار کشیدن غیر فعال		การสูดควันบุหรี่จากผู้ที่ไม่สูบบุหรี่	fumador pasivo
quit	戒煙	戒烟	إقلاع عن التدخين	금연	cai	छोड़ना	ترک کردن	খেড়ো	เลิก	dejar de fumar
cancer	癌症	癌症	مرض السرطان	암	ung thư	कैंसर	سرطان	ক্যান্সার	โรคมะเร็ง	cáncer
diabetes	糖尿病	糖尿病	مرض السكري	당뇨병	bệnh tiểu đường	मधुमेह	دیابت		โรคเบาหวาน	diabetes
lung disease	肺病	肺病	أمراض الرئة	폐 질환	bệnh phổi	फेफड़ों की बीमारी	بیماری ریوی		โรคปอด	enfermedad de los pulmones
heart attack	心臟病	心脏病	ذبحة صدرية	심근 경색	nhồi máu cơ tim	दिल का दौरा	حمله قلبی		หัวใจล้มเหลว	ataque cardíaco
damage	損害	损害	تلف	손상	tổn thương	खराब होना	آسیب		สิ่งทำร้ายตนเอง	daño
wound	創傷	创伤	جرح	상처	vết thương	घाव	زخم		บาดแผล	herida
cough	咳嗽	咳嗽	سعال	기침	ho	खाँसी/कफ़	سرفه		อาการไอ	tos
lump	腫塊	肿块	ورم	혹	bướu	गांठ	غده		ก้อนเนื้อ	bulto

# Understanding good health: alcohol



## Vocabulary

Match the words to the meanings.

a	drunk	1	you have no effects of drinking because you have not had anything to drink (or very little)
b	alcohol	2	tired and ill in the morning because you drank too much alcohol the night before
c	drink-driving	3	you have had too much alcohol
d	alcoholism	4	when you drink a lot of alcohol at one time (often quite quickly)
e	binge drinking	5	drinks such as wine, beer and whisky
f	pass out	6	driving after you have had too much of drinks such as wine, beer, whisky.
g	sober	7	to become unconscious / faint (you can't see, hear or feel anything)
h	hung-over	8	you cannot stand up, you fall over
i	dizzy	9	someone with this problem frequently drinks too much alcohol and has trouble living a normal and healthy life
j	lose your balance	10	feeling that things around you are moving round and round ... and you feel you will fall over

## What's the problem?

Put the words in the correct categories.

<i>hung-over</i>	<i>losing balance or feeling dizzy</i>	<i>stomach ulcers</i>	<i>brain damage</i>
<i>drink-driving</i>	<i>infertility</i>	<i>cancer</i>	<i>binge drinking</i>
<i>accidents at work (with machinery etc)</i>	<i>passing out</i>	<i>alcoholism</i>	
	<i>missing work</i>	<i>liver damage</i>	

signs and symptoms of a drinking problem	problems you can have when you are drunk	problems that may happen later because you drink too much
drunk	having unsafe sex	high blood pressure

## Talking to the doctor

### Listening 1 Audio Alcohol

Write the dialogue number next to the topic.

- \_\_\_\_\_ forget things
- \_\_\_\_\_ no period
- \_\_\_\_\_ lose balance
- \_\_\_\_\_ lose job
- \_\_\_\_\_ lose driver's license

### Listening 2 Audio Alcohol

Listen again and fill the gaps.



1

**Doctor:** How are you today?

**Patient:** Well, I've lost my job because my boss said he could smell \_\_\_\_\_ on my breath at work.

**Doctor:** Do you drink alcohol every day?

**Patient:** No, I usually just go out \_\_\_\_\_ on the weekend.

2

**Doctor:** Have you had any problems?

**Patient:** I've been getting into fights at work and I lost my driver's license for \_\_\_\_\_.

**Doctor:** How's your general health?

**Patient:** I'm \_\_\_\_\_ a lot and I often feel unwell.

3

**Doctor:** Any problems?

**Patient:** I can't concentrate or think clearly and I keep \_\_\_\_\_ things.

**Doctor:** Do you know why this may be happening?

**Patient:** Well, someone told me it might be because I drink a lot of alcohol and that I should get some help and read about \_\_\_\_\_.

4

**Doctor:** Hello, how have you been?

**Patient:** I've come to see you because I haven't had a \_\_\_\_\_ for a while but I'm not pregnant.

**Doctor:** Can you tell me how you're feeling?

**Patient:** I've been feeling \_\_\_\_\_ and a bit down.

5

**Doctor:** How are you?

**Patient:** I \_\_\_\_\_ my balance a lot at work and I often feel dizzy.

**Doctor:** Is there anything else you want to tell me?

**Patient:** I passed \_\_\_\_\_ on the weekend and hurt my head.

Now practise the dialogues.

## Looking after your health – understanding alcohol

Tick *yes* (✓) if the advice is good. Tick *no* if the advice is bad.

1 Eat before drinking.	<input type="checkbox"/> yes <input type="checkbox"/> no
2 Drink water when you drink alcohol.	<input type="checkbox"/> yes <input type="checkbox"/> no
3 Try to drink as much as your friends.	<input type="checkbox"/> yes <input type="checkbox"/> no
4 Let other people fill up your drinks for you.	<input type="checkbox"/> yes <input type="checkbox"/> no
5 Try low-alcohol drinks.	<input type="checkbox"/> yes <input type="checkbox"/> no
6 Have regular alcohol-free days (stay sober).	<input type="checkbox"/> yes <input type="checkbox"/> no

### Remember:

- 1 Keeping to no more than 2 standard drinks a day reduces the risk of harm from alcohol related diseases or injury (10 grams of pure alcohol is one standard drink )
- 2 The legal driving limit for alcohol in your blood (BAC: Blood Alcohol Concentration) is 0.05.

### **Find out more**

- The Australian Drug Foundation's drug prevention network site:  
[www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)
- The National Binge Drinking Campaign:  
<http://www.health.gov.au/internet/drinkingnightmare/publishing.nsf>
- Young Adult, children, youth and Women's health service:  
<http://www.cyh.com/HealthTopics/HealthTopicCategories.aspx?&p=158>
- New national guidelines for alcohol consumption:  
<http://www.health.gov.au/internet/alcohol/publishing.nsf/content/guide-adult>
- A joint initiative by NSW Health and St Vincent's Alcohol and Drug Information Service: [www.yourroom.com.au](http://www.yourroom.com.au)

### Also:

Clearinghouse telephone: 1300 85 85 84

Family Drug Help: 1300 660 068

ADIS Alcohol and Drugs Information service: 9361 3000 (Sydney); 1800 422 599 (NSW country)

## Answers

### Vocabulary

a-3, b-5, c-6, d-9, e-4, f-7, g-1, h-2, i-10, j-8

### What's the problem?

Signs and symptoms that you have a problem with drinking	problems you can have when you are drunk	problems that may happen later because you drink too much
drunk	passing out	cancer
alcoholism	having unsafe sex	high blood pressure
hangover	losing balance or feeling dizzy	liver damage
missing work	drink-driving	stomach ulcers
binge drinking	accidents at work (with machinery etc)	infertility
		brain damage

### Talking to the doctor

#### Listening 1

3 forget things, 4 no period, 5 lose balance, 1 lose job, 2 lose driver's license

#### Listening 2

- 1 alcohol, binge drinking
- 2 drink-driving, hung-over
- 3 forgetting, alcoholism
- 4 period, sick
- 5 lose, out

### Looking after your health

- 1 yes
- 2 yes
- 3 no
- 4 no
- 5 yes
- 6 yes

## Transcript

### Talking to the doctor

1

**Doctor:** How are you today?

**Patient:** Well, I've lost my job because my boss said he could smell alcohol on my breath at work.

**Doctor:** Do you drink alcohol every day?

**Patient:** No, I usually just go out binge drinking on the weekend.

2

**Doctor:** Have you had any problems?

**Patient:** I've been getting into fights at work and I lost my driver's license for drink-driving.

**Doctor:** How's your general health?

**Patient:** I'm hungover a lot and I often feel unwell.

3

**Doctor:** Any problems?

**Patient:** I can't concentrate or think clearly and I keep forgetting things.

**Doctor:** Do you know why this may be happening?

**Patient:** Well, someone told me it might be because I drink a lot of alcohol and that I should get some help and read about alcoholism.

4

**Doctor:** Hello, how have you been?

**Patient:** I've come to see you because I haven't had a period for a while but I'm not pregnant.

**Doctor:** Can you tell me how you're feeling?

**Patient:** I've been feeling sick and a bit down.

5

**Doctor:** How are you?

**Patient:** I lose my balance a lot at work and I often feel dizzy.

**Doctor:** Is there anything else you want to tell me?

**Patient:** I passed out on the weekend and hurt my head.

## Understanding good health: alcohol

English	Chinese (Traditional)	Chinese (Simplified)	Arabic	Korean	Vietnamese	Hindi	Farsi	Bengali	Thai	Spanish
drunk	醉酒	醉酒	ثمل	술 취한	say xỉn	ज्यादा पिया हुआ	مست		เมาเหล้า	ebrio
alcohol	酒精	酒精	مشروبات كحولية	술	rượu cồn	एल्कोहल/शराब	الكل		เครื่องดื่มที่มีแอลกอฮอล์	alcohol
drink-driving	醉酒駕車	醉酒驾车	قيادة السيارة في حالة السكر	음주 운전	lái xe khi say xỉn	पीकर गाड़ी चलाना	رانندگی حین مستی		ขับรถขณะมึนเมา	conducir bajo la influencia del alcohol
alcoholism	酒精中毒	酒精中毒	إدمان الكحوليات	알콜 중독	chứng nghiện rượu	शराब की लत	اعتیاد به الكل		โรคพิษสุราเรื้อรัง	alcoholismo
binge drinking	狂飲	狂饮	إسراف في شرب الكحوليات	폭음	uống rượu nhiều và nhanh	ज्यादा और जल्दी-जल्दी पीना	زیاده روی در مصرف مشروبات الکلی		การดื่มมากเกินไป	ingesta compulsiva de alcohol
to pass out	昏迷	昏迷	إغماء	기절하다	bất tỉnh	बेसुध होना	غش کردن		ขาดสติ /เป็นลม	desmayarse
sober	冷靜	冷静	غير مدمن للخمر	맑은 정신	không say rượu	सादा/होश में	هشیار		มีสติ	sobrio
hangover	倒醉	倒醉	تعاني من آثار تناول الكحول	숙취	cảm giác mệt mỏi vào buổi sáng sau đêm uống rượu	खुमारी (हंगऑवर)	دارای کسالت بعد از مصرف نوشیدنی الکلی		เมื่อดัง	resaca
dizzy	頭暈	头晕	شعور بالدوار	어지럼증	chóng mặt	चक्कर आना	گیج		มึนเมา	mareado
lose your balance	失去平衡	失去平衡	فقد الاتزان	균형을 잃다	mất thăng bằng	अपना संतुलन खोना	از دست دادن تعادل		สูญเสียการทรงตัว	perder el equilibrio
period	週期	周期	دورة شهرية	기간	kỳ kinh nguyệt	विराम	دوره قاعدگی		ช่วงมีประจำเดือน	período
stomach ulcers	胃潰瘍	胃溃疡	قرحة المعدة	위 궤양	loét dạ dày	पेट में घाव (अल्सर)	زخم معده		แผลในกระเพาะอาหาร	úlceras estomacales
infertility	不育	不育	عقم	불임	vô sinh	बांझपन/नपुंसकता	ناباروری		เป็นหมัน	infertilidad
high blood pressure	高血壓	高血压	ارتفاع ضغط الدم	고혈압	huyết áp cao	उच्च रक्तचाप	فشار خون بالا		ความดันโลหิตสูง	hipertensión arterial
cancer	癌症	癌症	مرض السرطان	암	ung thư	कैंसर	سرطان	ক্যান্সার	โรคมะเร็ง	cáncer
ulcer	潰瘍	溃疡	قرحة	궤양	loét	अल्सर	زخم		ฝี	úlceras
liver damage	肝損傷	肝损伤	تليف الكبد	간 손상	tổn thương gan	लीवर खराब होना	آسیب کبدی		ตับพิการ	daño hepático