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.


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 | |

<table>
<thead>
<tr>
<th>what people do</th>
<th>feelings</th>
<th>body</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>b</td>
<td>c</td>
</tr>
</tbody>
</table>
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.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
</table>
| 1 | Get help early – see a doctor or go to your local community health centre. | □ yes  
□ no |
| 2 | Don’t worry about the signs. | □ yes  
□ no |
| 3 | Read about depression and understand it better. | □ yes  
□ no |
| 4 | Get to know organisations that help with depression. *(beyondblue)* | □ yes  
□ no |
| 5 | Don’t talk about your feelings - it will only make things worse. | □ yes  
□ no |
| 6 | Take part in Mental Health Week. (October) | □ yes  
□ 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)

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-9, h-2, i-1, j-12, k-11.

What’s the problem?

<table>
<thead>
<tr>
<th>what people do</th>
<th>feelings</th>
<th>body</th>
</tr>
</thead>
<tbody>
<tr>
<td>a, d, f, h, l</td>
<td>b, e, g, j, k</td>
<td>c, i, m, n, o</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>English</th>
<th>Chinese (Traditional)</th>
<th>Chinese (Simplified)</th>
<th>Arabic</th>
<th>Korean</th>
<th>Vietnamese</th>
<th>Hindi</th>
<th>Farsi</th>
<th>Bengali</th>
<th>Thai</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>alcohol</td>
<td>酒精</td>
<td>酒精</td>
<td>مشروبات كحولية</td>
<td>술</td>
<td>ruou cun</td>
<td>रुआ</td>
<td>الكل</td>
<td>মাদক</td>
<td>酒精</td>
<td>alcohol</td>
</tr>
<tr>
<td>community</td>
<td>社区</td>
<td>社区</td>
<td>المجتمع</td>
<td>공동체</td>
<td>công dong</td>
<td>समुदाय</td>
<td>جامعة محلية</td>
<td>ชุมชน</td>
<td>comunidad</td>
<td></td>
</tr>
<tr>
<td>to cope with something</td>
<td>应对</td>
<td>应对</td>
<td>يتعليش مع شيء ما</td>
<td>～을 극복하다</td>
<td>duong dau</td>
<td>किसी चीज का सामना करना</td>
<td>از عهده جیزی بر آمدن</td>
<td>จัดการกับมาสิ่งสิ่ง</td>
<td>sobrellevar algo</td>
<td>depresión</td>
</tr>
<tr>
<td>depression</td>
<td>抑郁症</td>
<td>抑郁症</td>
<td>اكتئاب</td>
<td>우울증</td>
<td>trầm cảm</td>
<td>अवसाद</td>
<td>افسردگی</td>
<td>ความซึมเศร้า</td>
<td>depresión</td>
<td></td>
</tr>
<tr>
<td>drugs</td>
<td>毒品</td>
<td>毒品</td>
<td>عقاقیر</td>
<td>마약</td>
<td>ma tuy</td>
<td>मादक पदार्थ</td>
<td>مواد مخدر</td>
<td>ड्रग्स</td>
<td>drogas</td>
<td></td>
</tr>
<tr>
<td>irritable</td>
<td>烦躁</td>
<td>烦躁</td>
<td>سريع الخضب</td>
<td>과민한</td>
<td>dể cáu</td>
<td>अतिसंवेदनशील</td>
<td>تند خو</td>
<td>ทรงหดไธ</td>
<td>irritable</td>
<td></td>
</tr>
<tr>
<td>miserable</td>
<td>痛苦</td>
<td>痛苦</td>
<td>باس</td>
<td>불행한</td>
<td>dau khó</td>
<td>दुखी</td>
<td>بدبخت/اندوهنا</td>
<td>ทุกข์ใจ</td>
<td>triste</td>
<td></td>
</tr>
<tr>
<td>overwhelmed</td>
<td>绝望</td>
<td>绝望</td>
<td>إحساس بالفهر</td>
<td>압도당한</td>
<td>quá nhiêu</td>
<td>अभिभूत/पूर्णत: पराजित</td>
<td>شدیدا تحت تاثیر قرار</td>
<td>ทวามทาน / มากมาย</td>
<td>abrumado</td>
<td></td>
</tr>
<tr>
<td>take part in</td>
<td>参加</td>
<td>参加</td>
<td>يشارك</td>
<td>tham gia</td>
<td>भाग लेना</td>
<td>शेयर करन</td>
<td>مشارکت كردن</td>
<td>مشارکت</td>
<td>participar en</td>
<td></td>
</tr>
<tr>
<td>run down</td>
<td>疲惫</td>
<td>疲惫</td>
<td>مرهق</td>
<td>지친</td>
<td>kiết súc</td>
<td>मंद पड़ना</td>
<td>ضعيف و خسته</td>
<td>หมดแรง</td>
<td>decaído</td>
<td></td>
</tr>
<tr>
<td>weight loss/gain</td>
<td>體重減少/體重增加</td>
<td>體重減少/體重增加</td>
<td>فقدان زيادة الوزن</td>
<td>체중 감소/증가</td>
<td>sút cân</td>
<td>वजन घटना/बढ़ना</td>
<td>كاهش/افراش وزن</td>
<td>น้ำหนักลด/เพิ่ม</td>
<td>aumento/ pérdida de peso</td>
<td></td>
</tr>
</tbody>
</table>
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  
Write the dialogue number next to the topic.

___ losing hair
___ faster heart beats
___ getting headaches
___ feeling exhausted
___ not sleeping well

Listening 2  
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

- beyondblue – the national depression initiative: http://www.beyondblue.org/
- 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, 11k

Talking to the doctor
Listening 1
1 losing hair
2 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.
<table>
<thead>
<tr>
<th>English</th>
<th>Chinese (Traditional)</th>
<th>Chinese Simplified</th>
<th>Arabic</th>
<th>Korean</th>
<th>Vietnamese</th>
<th>Hindi</th>
<th>Farsi</th>
<th>Bengali</th>
<th>Thai</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>an argument</td>
<td>论点</td>
<td>论点</td>
<td>محادثة</td>
<td>다움</td>
<td>lý lề</td>
<td>तकर</td>
<td>مشاجره</td>
<td>ความขัดแย้ง</td>
<td>una pelea</td>
<td>migración</td>
</tr>
<tr>
<td>migration</td>
<td>移民</td>
<td>移民</td>
<td>هجرة</td>
<td>이주</td>
<td>di trú</td>
<td>प्रवासन</td>
<td>مهاجرت</td>
<td>ActionCreators</td>
<td>อาการบกพร่อง</td>
<td>วิ่งเดี่ยว</td>
</tr>
<tr>
<td>being left out of a group</td>
<td>受冷落</td>
<td>受冷落</td>
<td>استبعاد من</td>
<td>따돌림</td>
<td>bi cò lappid</td>
<td>समूह से निकाल दिया जाना</td>
<td>ناديدةه, غرفته, شدن</td>
<td>إخلال مجموعة, ليس معنا</td>
<td>ser dejado fuera de un grupo</td>
<td></td>
</tr>
<tr>
<td>a rash</td>
<td>皮疹</td>
<td>皮疹</td>
<td>متهور</td>
<td>발진</td>
<td>nốt phát ban</td>
<td>चकला</td>
<td>نثورات بوستي</td>
<td>โสมนัส</td>
<td>un sarpullido</td>
<td></td>
</tr>
<tr>
<td>indigestion</td>
<td>消化不良</td>
<td>消化不良</td>
<td>عسر هضم</td>
<td>소화불량</td>
<td>chủng khó tiêu</td>
<td>बदहजमी</td>
<td>سوء هادم</td>
<td>อาหารไม่ย่อย</td>
<td>indigestión</td>
<td></td>
</tr>
<tr>
<td>anxious</td>
<td>焦虑</td>
<td>焦虑</td>
<td>불안한</td>
<td>lo lăng</td>
<td>chinh linen</td>
<td>मस्तरत</td>
<td>مطرب</td>
<td>วิตกกังวล</td>
<td>ansioso</td>
<td></td>
</tr>
<tr>
<td>a specialist</td>
<td>專家</td>
<td>专家</td>
<td>متخصص</td>
<td>전문가</td>
<td>chuyên gia</td>
<td>एक विशेषज्ञ</td>
<td>متخصص</td>
<td>ผู้เชี่ยวชาญ</td>
<td>un especialista</td>
<td></td>
</tr>
<tr>
<td>positive self talk</td>
<td>積極的自我暗示</td>
<td>积极的自我暗示</td>
<td>حديث النفس</td>
<td>truyền</td>
<td>tụ những theo chiều hướng lạc quan</td>
<td>स्वयं से सकारात्मक वातनी</td>
<td>أفكار شخصي</td>
<td>พุทธปญหาใจ</td>
<td>diálogo interno positivo</td>
<td></td>
</tr>
<tr>
<td>relaxation techniques</td>
<td>放松技巧</td>
<td>放松技巧</td>
<td>طريق الاسترخاء</td>
<td>kinh nghiệm</td>
<td>những kỹ thuật thư giãn</td>
<td>तनाव मुक्ति की तकनीकियाँ</td>
<td>تكنولوجيا, اعصاب</td>
<td>วิธีที่ให้รู้สึกผ่อนคลาย</td>
<td>técnicas de relajación</td>
<td></td>
</tr>
</tbody>
</table>
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. | 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. | 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. | 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. | 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.

©NSW AMES & NSW Health
Looking after your health - understanding anxiety

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

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

Find out more
Self help advice from Beyond Blue:
Better Health Channel:

Also:
OCD and anxiety Helpline (VIC) – (03) 9886 9377
Facing anxiety Program (MHA NSW Inc) 1300 794 992
Kids Helpline (National) – 1800 551 800
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

<table>
<thead>
<tr>
<th>English</th>
<th>Chinese (Traditional)</th>
<th>Chinese (Simplified)</th>
<th>Arabic</th>
<th>Korean</th>
<th>Vietnamese</th>
<th>Hindi</th>
<th>Farsi</th>
<th>Bengali</th>
<th>Thai</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>anxiety / to feel anxious</td>
<td>焦慮症/感到焦虑</td>
<td>焦虑</td>
<td>فلل / شعور بالقلق</td>
<td>불안감/불안하게 느끼다</td>
<td>lo lắng</td>
<td>चिंता/चकित</td>
<td>اضطراب بودن</td>
<td>ความวิตกกังวล /รู้สึกกระตุ้นภาวะ</td>
<td>เรื่งบิมารกอน</td>
<td>ansiedad / sentirse ansioso</td>
</tr>
<tr>
<td>a phobia</td>
<td>恐懼症</td>
<td>恐惧</td>
<td>شعور بالذكر</td>
<td>공포에 멀다</td>
<td>hoang mang</td>
<td>चबराना</td>
<td>هراس زدگی</td>
<td>دیسکلسینی</td>
<td>โรคหวั้นกลัว</td>
<td>una fobia</td>
</tr>
<tr>
<td>to panic</td>
<td>恐慌</td>
<td>恐慌</td>
<td>شعر بالذعر</td>
<td>공포에 멀다</td>
<td>hoang mang</td>
<td>चबराना</td>
<td>هراس زدگی</td>
<td>دیسکلسینی</td>
<td>โรคหวั้นกลัว</td>
<td>entrar en pánico</td>
</tr>
<tr>
<td>to feel nauseous</td>
<td>恶心</td>
<td>恶心</td>
<td>شعور بالغثيان</td>
<td>구역질 나타다</td>
<td>tốn thương</td>
<td>मानिसक आघात</td>
<td>حالت تهوع</td>
<td>حالات تهوع</td>
<td>مرضية روحی</td>
<td>sentir nauseas</td>
</tr>
<tr>
<td>a trauma</td>
<td>创伤</td>
<td>创伤</td>
<td>صدمة نفسية</td>
<td>트라우마(외 상성 장애)</td>
<td>tón thuong</td>
<td>मानिसक आघात</td>
<td>ضربة روحی</td>
<td>حالة حفظي</td>
<td>مرضية روحی</td>
<td>un trauma</td>
</tr>
<tr>
<td>to feel short of breath</td>
<td>呼吸困难</td>
<td>呼吸困难</td>
<td>شعور بضيق التنفس</td>
<td>숨 가쁘다</td>
<td>khó thở</td>
<td>सांस लेन में कठिनाई होना</td>
<td>دجار تنگی نفس بودن</td>
<td>حالات تنفس نفس بودن</td>
<td>حالات تنفس نفس بودن</td>
<td>sentir que le falta el aire</td>
</tr>
<tr>
<td>dizziness</td>
<td>头晕</td>
<td>头晕</td>
<td>دوار</td>
<td>chóng mặt</td>
<td>chổng mặt</td>
<td>चक्षु आना</td>
<td>گچی</td>
<td>أثار رفع</td>
<td>ماروس</td>
<td></td>
</tr>
<tr>
<td>choking</td>
<td>憋闷</td>
<td>憋闷</td>
<td>اختناق</td>
<td>bì ngén</td>
<td>bì ngén</td>
<td>दम घुटना</td>
<td>حالت حفظي</td>
<td>حالة حفظي</td>
<td>سلاك</td>
<td></td>
</tr>
<tr>
<td>sweat</td>
<td>出汗</td>
<td>出汗</td>
<td>عرق</td>
<td>mò hôi</td>
<td>mò hôi</td>
<td>पसीना</td>
<td>عرق</td>
<td>نشعة</td>
<td>sudar</td>
<td></td>
</tr>
<tr>
<td>to faint</td>
<td>昏倒</td>
<td>昏倒</td>
<td>إغماة</td>
<td>ngất xiu</td>
<td>ngất xiu</td>
<td>वेहङ्ग होना</td>
<td>از هوش رفتن</td>
<td>من النوم</td>
<td>desmayar</td>
<td></td>
</tr>
<tr>
<td>a panic attack</td>
<td>恐懼發作</td>
<td>恐懼發作</td>
<td>نوبة ذعر</td>
<td>공황 발작</td>
<td>chúng hoang số đót ngót</td>
<td>आक्रमण आघात</td>
<td>حمله هراس زدگی</td>
<td>حمله هراس زدگی</td>
<td>un ataque de pánico</td>
<td></td>
</tr>
<tr>
<td>obsessive compulsive disorder</td>
<td>强迫症</td>
<td>强迫症</td>
<td>اضطراب الوسواس الفهري</td>
<td>강박 장애</td>
<td>roi loạn ám</td>
<td>亢奮/亢憤/亢憤</td>
<td>اضطراب الوسواس الفهري</td>
<td>اختلال وسواسي</td>
<td>problea de obsesion compulsiva</td>
<td></td>
</tr>
<tr>
<td>post traumatic stress disorder</td>
<td>削傷後應激障碍</td>
<td>削傷後應激障碍</td>
<td>اضطراب الكرب التالي للرضح</td>
<td>ngoại 후 스트레스 장애</td>
<td>roi loạn càng thương</td>
<td>अभिप्रायततर तनाव विकार</td>
<td>اختلال تشريزية</td>
<td>اضطراب الكرب التالي للرضح</td>
<td>problea de estrés post-traumático</td>
<td></td>
</tr>
</tbody>
</table>
Understanding good health: eating disorders

**Vocabulary**
Match the words to the meanings.

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

**What’s the problem?**
Put the things people say with the correct eating disorders.

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

**anorexia nervosa** *(when someone doesn’t eat because they think they are very fat … but in fact, they are very thin)*

**bulimia** *(eating very large amounts of food and then making yourself throw up or go to the toilet to remove it from your body)*

**binge eating disorder** *(regularly eating large amounts of food when you are not hungry and feeling uncomfortably full)*

©NSW AMES & NSW Health
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 (\(\checkmark\)) yes if the advice is good. Tick no if the advice is bad.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
</table>
| 1 | Don’t worry about what you eat. Your body knows what it needs. | 🔄 yes  
nten  
no |
| 2 | Get help as soon as you can. This means you will get better faster. | 🔄 yes  
nten  
no |
| 3 | Don’t tell your friends or family about your problem. | 🔄 yes  
nten  
no |
| 4 | Eat alone, not with other people. | 🔄 yes  
nten  
no |
| 5 | See a doctor and keep trying to eat in a healthy way. Don’t give up. | 🔄 yes  
nten  
no |

Find out more

- Fact sheets about eating disorders:  
  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/
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?

<table>
<thead>
<tr>
<th>Anorexia nervosa</th>
<th>bulimia</th>
<th>binge eating disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>a, f</td>
<td>b, c</td>
<td>d, e, g</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>English</th>
<th>Chinese (Traditional)</th>
<th>Chinese (Simplified)</th>
<th>Arabic</th>
<th>Korean</th>
<th>Vietnamese</th>
<th>Hindi</th>
<th>Farsi</th>
<th>Bengali</th>
<th>Thai</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>comfort eating</td>
<td>暴飲暴食</td>
<td>暴饮暴食</td>
<td>艾卜拉伊米</td>
<td>위안형 십식</td>
<td>chung an de giay toa noi buon hoac su tuc giay</td>
<td>कम्पफेंट डेंटिंग</td>
<td>غذا خوردن برای ارامش</td>
<td>भोजनकृत शिक्षा</td>
<td>กินเพื่อใหสบายใจ</td>
<td>comer por consuelo</td>
</tr>
<tr>
<td>self-esteem</td>
<td>自尊心</td>
<td>自尊心</td>
<td>自尊心</td>
<td>자존감</td>
<td>lồng tự trọng</td>
<td>आत्मविश्वास</td>
<td>عزت نفس</td>
<td>अपनी आत्मवास</td>
<td>सุขीमति</td>
<td>autoestima</td>
</tr>
<tr>
<td>weight loss/gain</td>
<td>體重減少/體重增加</td>
<td>体重减少/体重增加</td>
<td>体重難 / 体重難</td>
<td>体重難</td>
<td>sut cân</td>
<td>वजन कम होना/वढ़ना</td>
<td>كامش / افزایش وزن</td>
<td>น้ำหนักลด/เพิ่ม</td>
<td>peso más bajo que lo normal</td>
<td></td>
</tr>
<tr>
<td>underweight</td>
<td>體重過輕</td>
<td>体重过轻</td>
<td>体重過輕</td>
<td>体重過輕</td>
<td>thiêu cân</td>
<td>सामान्य से कम वजन</td>
<td>كم وزن</td>
<td>น้ำหนักมากเกินไป</td>
<td>Peso más alto que lo normal</td>
<td></td>
</tr>
<tr>
<td>overweight</td>
<td>超重</td>
<td>超重</td>
<td>超重</td>
<td>超重</td>
<td>thura cân</td>
<td>सामान्य से अधिक वजन</td>
<td>دارای اضافه وزن</td>
<td>น้ำหนักมากเกินไป</td>
<td>formación de peso complicada</td>
<td></td>
</tr>
<tr>
<td>binge eating</td>
<td>暴食</td>
<td>暴食</td>
<td>暴食</td>
<td>暴食</td>
<td>chung an thát nhieu</td>
<td>ज्यादा और जल्दी जल्दी खाना</td>
<td>زیاده و چاق شدن</td>
<td>其他原因造成暴食</td>
<td>comer compulsiva mente</td>
<td></td>
</tr>
<tr>
<td>to throw up</td>
<td>嘔吐</td>
<td>嘔吐</td>
<td>嘔吐</td>
<td>嘔吐</td>
<td>nón</td>
<td>उलटी करना</td>
<td>استفراغ كردن</td>
<td>อาเจียน</td>
<td>vomitar</td>
<td></td>
</tr>
<tr>
<td>laxatives</td>
<td>泻药</td>
<td>泻药</td>
<td>泻药</td>
<td>泻药</td>
<td>thuốc nhuận trắng</td>
<td>विरिक औषधियाँ</td>
<td>مسيل</td>
<td>ยาระบาย</td>
<td>laxantes</td>
<td></td>
</tr>
<tr>
<td>diuretics</td>
<td>利尿剂</td>
<td>利尿剂</td>
<td>利尿剂</td>
<td>利尿剂</td>
<td>thuốc lợi tiểu</td>
<td>मूत्वधारक औषधियाँ</td>
<td>موتر</td>
<td>योगदान प्रदान</td>
<td>diuréticos</td>
<td></td>
</tr>
<tr>
<td>diet pills</td>
<td>减肥药</td>
<td>减肥药</td>
<td>减肥药</td>
<td>减肥药</td>
<td>thuốc giảm cân</td>
<td>आहार गोलियाँ</td>
<td>تقليل الوزن</td>
<td>ลดความอ้วน</td>
<td>pastillas dietéticas</td>
<td></td>
</tr>
<tr>
<td>anorexia nervosa</td>
<td>神经性厌食症</td>
<td>神经性厌食症</td>
<td>神经性厌食症</td>
<td>神经性厌食症</td>
<td>거식증</td>
<td>chung nin an</td>
<td>انوركيسي (بیششتهای عصبی)</td>
<td>โรคเบื่ออาหารที่มีสาเหตุจากการเจ็บป่วย</td>
<td>anorexia nervosa</td>
<td></td>
</tr>
<tr>
<td>bulimia</td>
<td>易饿病</td>
<td>易饿病</td>
<td>易饿病</td>
<td>易饿病</td>
<td>chung an vo đê</td>
<td>भव्यक रोग</td>
<td>بوليميا (بیش خوری) (عصبی)</td>
<td>โรคคลาดเคลื่อนอารมณ์ ทำให้คนกินเกินไป</td>
<td>bulimia</td>
<td></td>
</tr>
<tr>
<td>binge eating disorder</td>
<td>暴食症</td>
<td>暴食症</td>
<td>暴食症</td>
<td>暴食症</td>
<td>chung an thát nhieu</td>
<td>ज्यादा खाना का विकार</td>
<td>اختلال زيادة الرغبة في الطعام</td>
<td>تناول الكثير من الطعام</td>
<td>problema de comer compulsiva mente</td>
<td></td>
</tr>
<tr>
<td>a period</td>
<td>一個週期</td>
<td>一个周期</td>
<td>一个周期</td>
<td>生长周期</td>
<td>kỳ kinh nguyệt</td>
<td>मासिक धर्म</td>
<td>دوره قاعدی</td>
<td>ช่วงมีประจำเดือน</td>
<td>un período</td>
<td></td>
</tr>
</tbody>
</table>
Vocabulary
Match the words to the meanings.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>bodily fluids</td>
</tr>
<tr>
<td>b</td>
<td>safer sex</td>
</tr>
<tr>
<td>c</td>
<td>Sexually Transmitted Infections (STI)</td>
</tr>
<tr>
<td>d</td>
<td>condom</td>
</tr>
<tr>
<td>e</td>
<td>lubricant</td>
</tr>
<tr>
<td>f</td>
<td>discharge</td>
</tr>
<tr>
<td>g</td>
<td>antibiotics</td>
</tr>
<tr>
<td>h</td>
<td>medicated shampoos</td>
</tr>
<tr>
<td>i</td>
<td>treatment</td>
</tr>
<tr>
<td>j</td>
<td>sore</td>
</tr>
<tr>
<td>k</td>
<td>genitals</td>
</tr>
<tr>
<td>l</td>
<td>prevention</td>
</tr>
<tr>
<td>m</td>
<td>a check-up</td>
</tr>
<tr>
<td>n</td>
<td>symptom</td>
</tr>
</tbody>
</table>

What’s the problem?
Put the words in the right groups.

(a) itchiness 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

<table>
<thead>
<tr>
<th>signs and symptoms</th>
<th>treatments</th>
<th>prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>c</td>
<td>d</td>
</tr>
</tbody>
</table>

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**

Write the dialogue number next to the topic.

- ____ rash
- ____ painful sex
- ____ check-up
- ____ discharge
- ____ itchy genitals

**Listening 2**

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 practice 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.

©NSW AMES & NSW Health
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.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Use well-known brands and check the expiry date.</td>
<td>□ yes □ no</td>
</tr>
<tr>
<td>2</td>
<td>Store in a cool, dry place away from direct sunlight.</td>
<td>□ yes □ no</td>
</tr>
<tr>
<td>3</td>
<td>You can re-use condoms and dams.</td>
<td>□ yes □ no</td>
</tr>
<tr>
<td>4</td>
<td>Some people say you should only use water-based lubricants with condoms … but any lubricants are fine.</td>
<td>□ yes □ no</td>
</tr>
<tr>
<td>5</td>
<td>Make sure the condom or dam doesn’t have any holes or other damage before you use it.</td>
<td>□ yes □ no</td>
</tr>
</tbody>
</table>

Find out more


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.

©NSW AMES & NSW Health
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?
<table>
<thead>
<tr>
<th>signs and symptoms</th>
<th>treatments</th>
<th>prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>a, b, g, i, l</td>
<td>c, e</td>
<td>d, f, h, j, k</td>
</tr>
</tbody>
</table>

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.
<table>
<thead>
<tr>
<th>English</th>
<th>Chinese (Traditional)</th>
<th>Chinese (Simplified)</th>
<th>Arabic</th>
<th>Korean</th>
<th>Vietnamese</th>
<th>Hindi</th>
<th>Farsi</th>
<th>Bengali</th>
<th>Thai</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>safer sex</td>
<td>更安全的性行为</td>
<td>更安全的性行为</td>
<td>جنس أمن</td>
<td>안전한 성행위</td>
<td>tinh dục an toàn</td>
<td>सुरक्षित यीन संबंध</td>
<td>انهم</td>
<td>ผังคือ จัณฑี</td>
<td>โค้งยางามัย</td>
<td>sexo más seguro</td>
</tr>
<tr>
<td>STI (sexually transmitted disease)</td>
<td>STI (性传播疾病)</td>
<td>STI (性传播疾病)</td>
<td>إمراض مزولة</td>
<td>병리</td>
<td>Truyền qua đường</td>
<td>असंबंध यीन कहाँ संबंध</td>
<td>بكي</td>
<td>دهان</td>
<td>ฤทธิ์</td>
<td>enfermedad de transmisión sexual (ETS)</td>
</tr>
<tr>
<td>condom</td>
<td>避孕套</td>
<td>避孕套</td>
<td>واقی نکری</td>
<td>콘돔</td>
<td>bao cao su</td>
<td>कंडोम</td>
<td>واقي ذکري</td>
<td>ບ້າ ສານ</td>
<td>ผังคือ จัณฑี</td>
<td>preservativo</td>
</tr>
<tr>
<td>dams</td>
<td>口腔膜</td>
<td>口腔膜</td>
<td>واقی المم</td>
<td>탄델 덤</td>
<td>măng chán nha khoa</td>
<td>चंचल</td>
<td>姗structors</td>
<td>دهان</td>
<td>แผนกฉีดยาใช้สำหรับ</td>
<td>橋樑</td>
</tr>
<tr>
<td>lubricant</td>
<td>润滑剂</td>
<td>润滑剂</td>
<td>محفف</td>
<td>ديل</td>
<td>chat bó tron</td>
<td>ديل</td>
<td>ديل</td>
<td>دهان</td>
<td>روان کنده/جرب كنده</td>
<td>دیلا</td>
</tr>
<tr>
<td>bodily fluids</td>
<td>被液</td>
<td>体液</td>
<td>سوائل الجسم</td>
<td>채액</td>
<td>chat dích, mâu</td>
<td>शारीरिक तरल</td>
<td>مایعات بدنی</td>
<td>ผลหรือการติดเชื้อ</td>
<td>สารละลาย</td>
<td>fluidos corporales</td>
</tr>
<tr>
<td>discharge</td>
<td>排泄</td>
<td>排泄</td>
<td>إفرازات</td>
<td>분비물</td>
<td>chat dích</td>
<td>रिसाव/वैश्वरण</td>
<td>ترشح</td>
<td>สารคลั่งที่ออกจากจา</td>
<td>ภาษา</td>
<td>secreción</td>
</tr>
<tr>
<td>antibiotics</td>
<td>抗生素</td>
<td>抗生素</td>
<td>المضادات الحيوية</td>
<td>thuốc kháng sinh</td>
<td>pranitic pah</td>
<td>अंती बोटिक्हा</td>
<td>مياك بیادر</td>
<td>ภาษาพอรี่</td>
<td>indifferent</td>
<td>antibióticos</td>
</tr>
<tr>
<td>treatment</td>
<td>治疗</td>
<td>治疗</td>
<td>معالجة</td>
<td>치료</td>
<td>diệu trị</td>
<td>उचार</td>
<td>زخم</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>tratamiento</td>
</tr>
<tr>
<td>a sore</td>
<td>發炎</td>
<td>發炎</td>
<td>病症</td>
<td>병</td>
<td>vét thuong</td>
<td>ला रेख</td>
<td>หน้า</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>una herida</td>
</tr>
<tr>
<td>genitals</td>
<td>生殖器</td>
<td>生殖器</td>
<td>الأعضاء التناسلية</td>
<td>생식기</td>
<td>co quan sinh dục ngoài</td>
<td>प्रतिरोधीक</td>
<td>اضعاف تناسلی</td>
<td>ภาษาพอรี่</td>
<td>genitales</td>
<td></td>
</tr>
<tr>
<td>blisters</td>
<td>水泡</td>
<td>水泡</td>
<td>تبانغ</td>
<td>물집</td>
<td>vét bong rôp</td>
<td>फुंगो</td>
<td>หน้า</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>ampollas</td>
</tr>
<tr>
<td>rashes</td>
<td>皮疹</td>
<td>皮疹</td>
<td>طفح جلد</td>
<td>phát ban</td>
<td>chà</td>
<td>तां</td>
<td>หน้า</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>erupciones</td>
</tr>
<tr>
<td>semen</td>
<td>精液</td>
<td>精液</td>
<td>سائل مري</td>
<td>tinh dích</td>
<td>dieu</td>
<td>टिइ</td>
<td>หน้า</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>semen</td>
</tr>
<tr>
<td>vaginal fluid</td>
<td>阴道分泌物</td>
<td>阴道分泌物</td>
<td>افرات محلية</td>
<td>dịch âm đạo</td>
<td>yôcô nin têr</td>
<td>मायुल वाति</td>
<td>หน้า</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>fluo vaginal</td>
</tr>
<tr>
<td>expiry date</td>
<td>失效日期</td>
<td>失效日期</td>
<td>تاريخ الانتهاء</td>
<td>khuyên</td>
<td>han sứ dụng</td>
<td>समाप्तिपर</td>
<td>หน้า</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>fecha de vencimiento</td>
</tr>
<tr>
<td>prevention</td>
<td>预防措施</td>
<td>预防措施</td>
<td>تاريخ الانتهاء</td>
<td>khuyên</td>
<td>han sứ dụng</td>
<td>समाप्तिपर</td>
<td>หน้า</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>fecha de vencimiento</td>
</tr>
<tr>
<td>fever</td>
<td>发烧</td>
<td>发烧</td>
<td>病症</td>
<td>병</td>
<td>sôt</td>
<td>वुह रु</td>
<td>หน้า</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>fiebre</td>
</tr>
<tr>
<td>itchiness</td>
<td>发痒</td>
<td>发痒</td>
<td>حكة</td>
<td>가려움증</td>
<td>ngùa</td>
<td>खुजली</td>
<td>หน้า</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>fiebre</td>
</tr>
<tr>
<td>warts</td>
<td>疣</td>
<td>疣</td>
<td>ตาน</td>
<td>ตาน</td>
<td>mạn cóc</td>
<td>मस्त</td>
<td>หน้า</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>verrugas</td>
</tr>
<tr>
<td>urinate</td>
<td>小便</td>
<td>小便</td>
<td>排泄</td>
<td>⊂</td>
<td>di tiêu</td>
<td>मूत विनयन</td>
<td>ภาพ</td>
<td>อาการเจ็บป่วยมาก</td>
<td>ภาษา</td>
<td>orinar</td>
</tr>
</tbody>
</table>
# Understanding good health: heart disease

## Vocabulary

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

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

## 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.

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

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

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

<table>
<thead>
<tr>
<th>Listen carefully to what your doctor says about medication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Find out how your heart works</td>
</tr>
<tr>
<td>Understand your risk factors</td>
</tr>
<tr>
<td>Talk to your doctor about any risk factors you have</td>
</tr>
<tr>
<td>Make changes to your lifestyle to reduce the risk factors</td>
</tr>
</tbody>
</table>

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

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.
<table>
<thead>
<tr>
<th>English</th>
<th>Chinese (Traditional)</th>
<th>Chinese (Simplified)</th>
<th>Arabic</th>
<th>Korean</th>
<th>Vietnamese</th>
<th>Hindi</th>
<th>Farsi</th>
<th>Bengali</th>
<th>Thai</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>risk factor</td>
<td>風險因素</td>
<td>風險因素</td>
<td>عامل الخطر</td>
<td>위험 요인</td>
<td>yếu tố nguy cơ</td>
<td>जोखिम कारक</td>
<td>عوامل خطر</td>
<td>چگونگی خطر</td>
<td>ปัจจัยเสี่ยง</td>
<td>factor de riesgo</td>
</tr>
<tr>
<td>an artery</td>
<td>動脈</td>
<td>动脉</td>
<td>شريان</td>
<td>동맥</td>
<td>đông mạch</td>
<td>एक धमनी</td>
<td>يك سرخرگ</td>
<td>ใบพลาkok خونی</td>
<td>ไหลเวียน</td>
<td>una arteria</td>
</tr>
<tr>
<td>plaque</td>
<td>斑塊</td>
<td>斑块</td>
<td>لويحات</td>
<td>치석</td>
<td>chat mạng</td>
<td>ज्ञात</td>
<td>پلاک خونی</td>
<td>ใบพลาkok خونی</td>
<td>ไหลเวียน</td>
<td>placa</td>
</tr>
<tr>
<td>a blood clot</td>
<td>血栓</td>
<td>血栓</td>
<td>تجلط دموي</td>
<td>응혈</td>
<td>huyệt khối/tụ máu</td>
<td>खुन का थक्का</td>
<td>يك لخته خونی</td>
<td>ไหลเวียน</td>
<td>ไหลเวียน</td>
<td>un coágulo de sangre</td>
</tr>
<tr>
<td>heart attack</td>
<td>心臟病</td>
<td>心脏病</td>
<td>نوبة صدرية</td>
<td>심장마비</td>
<td>coração do cora</td>
<td>दिल का दीरा</td>
<td>الحمل قلبی</td>
<td>หัวใจล้มเหลว</td>
<td>ataque cardíaco</td>
<td></td>
</tr>
<tr>
<td>blood cholesterol</td>
<td>血醇</td>
<td>血醇</td>
<td>نسبة الكوليسترول بالدم</td>
<td>cholesterol máu</td>
<td>रक्त (श्वस्त) कोलेस्ट्रोल</td>
<td>कलसेट्रॉल खून</td>
<td>كلسترول خون</td>
<td>โคมอรแอสลิสิเอ</td>
<td>คอเลสเตอรอล en la sangre</td>
<td></td>
</tr>
<tr>
<td>blood pressure</td>
<td>血壓</td>
<td>血压</td>
<td>ضغط الدم</td>
<td>혈압</td>
<td>huyết áp</td>
<td>रक्तचाप</td>
<td>فشار خون</td>
<td>ความตันโลหิต</td>
<td>presión sanguínea</td>
<td></td>
</tr>
<tr>
<td>diabetes</td>
<td>糖尿病</td>
<td>糖尿病</td>
<td>مرض السكري</td>
<td>당뇨병</td>
<td>bệnh tiểu đường</td>
<td>मधुमेह</td>
<td>ديبات</td>
<td>โรคเบาหวาน</td>
<td>diabetes</td>
<td></td>
</tr>
<tr>
<td>tightness</td>
<td>緊張</td>
<td>緊張</td>
<td>ضيق</td>
<td>捞담함</td>
<td>tức nguc</td>
<td>सघनता</td>
<td>تنيكي</td>
<td>ความตึงแน่น</td>
<td>tensión</td>
<td></td>
</tr>
<tr>
<td>nausea</td>
<td>噁心</td>
<td>恶心</td>
<td>غثيان</td>
<td>buồn nôn</td>
<td>jì घबराना</td>
<td>तेहूय</td>
<td>आगरा साइल</td>
<td>อาการคลื่นไส้</td>
<td>náusea</td>
<td></td>
</tr>
<tr>
<td>dizziness</td>
<td>頭暈</td>
<td>头晕</td>
<td>دوار</td>
<td>chóng mặt</td>
<td>chóng mặt</td>
<td>गिरीगी</td>
<td>गिरीगी</td>
<td>อาการวิงเวียน</td>
<td>mareos</td>
<td></td>
</tr>
<tr>
<td>cold sweat</td>
<td>出冷汗</td>
<td>出冷汗</td>
<td>عرق بارد</td>
<td>mò hói lanh</td>
<td>ठडा पतीना</td>
<td>दुरा सँदर</td>
<td>दुरा सँदर</td>
<td>เหลืออัก</td>
<td>sudor frío</td>
<td></td>
</tr>
<tr>
<td>shortness of breath</td>
<td>呼吸困難</td>
<td>呼吸困难</td>
<td>ضيق التنفس</td>
<td>숨막힘</td>
<td>khó thở</td>
<td>सांस लेन में तकलीफ</td>
<td>นรกนก์ نفس</td>
<td>หายใจสิ้น</td>
<td>falta de aliento</td>
<td></td>
</tr>
</tbody>
</table>
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.

![Diagram of teeth with labeled parts](image)

What’s the problem?
Match the problem to the definition.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>It hurts.</td>
</tr>
<tr>
<td>b</td>
<td>I've got a toothache.</td>
</tr>
<tr>
<td>c</td>
<td>It's bleeding.</td>
</tr>
<tr>
<td>d</td>
<td>It's swollen.</td>
</tr>
<tr>
<td>e</td>
<td>It's loose.</td>
</tr>
<tr>
<td>f</td>
<td>I can’t eat properly.</td>
</tr>
<tr>
<td>g</td>
<td>It’s damaged.</td>
</tr>
</tbody>
</table>
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.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>floss your teeth once a day</td>
<td>a</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>brush your teeth twice a day</td>
<td>b</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>drink soft drinks</td>
<td>c</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>go for regular check ups</td>
<td>d</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>wear a mouth guard for sport</td>
<td>e</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>eat sugary snacks</td>
<td>f</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>use fluoride toothpaste</td>
<td>g</td>
</tr>
</tbody>
</table>

**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:

- 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)
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.
<table>
<thead>
<tr>
<th>English</th>
<th>Chinese (Traditional)</th>
<th>Chinese (Simplified)</th>
<th>Arabic</th>
<th>Korean</th>
<th>Vietnamese</th>
<th>Hindi</th>
<th>Farsi</th>
<th>Bengali</th>
<th>Thai</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>swollen gums</td>
<td>牙週膿腫</td>
<td>牙周肿胀</td>
<td>لثة متوارمة</td>
<td>부은 잇몸</td>
<td>sung nước</td>
<td>मुसूड़ों में मूजन</td>
<td>لثههای متوارم</td>
<td>নে়িওকাম্বম</td>
<td>encias inflamadas</td>
<td></td>
</tr>
<tr>
<td>painful</td>
<td>疼痛</td>
<td>疼痛</td>
<td>مؤلم</td>
<td>고통스런</td>
<td>dau</td>
<td>दंडनक/पीड़ाकर</td>
<td>دردناک</td>
<td>جد/پاک</td>
<td>doloroso</td>
<td></td>
</tr>
<tr>
<td>plaque</td>
<td>牙斑</td>
<td>牙斑</td>
<td>لوحة</td>
<td>치석</td>
<td>cao răng</td>
<td>च्लाक</td>
<td>پلاک (جرم) دندان</td>
<td>็บาปุจลินทรีย์</td>
<td>placa</td>
<td></td>
</tr>
<tr>
<td>gum disease</td>
<td>牙週病</td>
<td>牙周病</td>
<td>امراض اللثة</td>
<td>잇몸 질환</td>
<td>bệnh vế nước</td>
<td>मुसूड़ों का रोग</td>
<td>بيماري لثه</td>
<td>โรเคเนือก</td>
<td>enfermedad de las encías</td>
<td></td>
</tr>
<tr>
<td>enamel</td>
<td>牙質</td>
<td>牙质</td>
<td>مناء</td>
<td>법양질</td>
<td>men răng</td>
<td>दंतवनक (ऐनामल)</td>
<td>مينا</td>
<td>গ্রেসলেপ্যালিন</td>
<td>esmalte</td>
<td></td>
</tr>
<tr>
<td>tooth decay</td>
<td>牙齿腐烂</td>
<td>牙齿腐烂</td>
<td>تسوس الأسنان</td>
<td>충치</td>
<td>sâu răng</td>
<td>दंत क्षय</td>
<td>پوسیدگی دندان</td>
<td>ฟันผู</td>
<td>caries</td>
<td></td>
</tr>
<tr>
<td>it hurts</td>
<td>疼痛</td>
<td>疼痛</td>
<td>إلها مؤلمة</td>
<td>아프다</td>
<td>bij dau</td>
<td>यह तकलीफ पहुँचाता है</td>
<td>درد ميكن</td>
<td>아프다</td>
<td>duele</td>
<td></td>
</tr>
<tr>
<td>I've got a toothache</td>
<td>我牙疼</td>
<td>我牙疼</td>
<td>أعاني من الأم الأسنان</td>
<td>tüm bi dau rằng</td>
<td>toreiar bi dau ràng</td>
<td>मर दांत में बदें है</td>
<td>دندان درد دارد</td>
<td>मांपट्टीपन</td>
<td>me duele un diente</td>
<td></td>
</tr>
<tr>
<td>it’s bleeding</td>
<td>出血</td>
<td>出血</td>
<td>إلها تنزف</td>
<td>피가 나요</td>
<td>bij chảy máu</td>
<td>खून आ रहा है</td>
<td>خونریزی دارد</td>
<td>لق شده است</td>
<td>está sangrando</td>
<td></td>
</tr>
<tr>
<td>it’s loose</td>
<td>松動</td>
<td>松动</td>
<td>إلها ساتبة</td>
<td>혼들려요</td>
<td>bij lung lay</td>
<td>यह दीला है</td>
<td>لق شده است</td>
<td>ฟันโยก</td>
<td>se mueve</td>
<td></td>
</tr>
<tr>
<td>sensitive</td>
<td>敏感</td>
<td>敏感</td>
<td>حساسة</td>
<td>민감한</td>
<td>nhay cảm</td>
<td>संबद्धतात्विक</td>
<td>حساس</td>
<td>LEGRO</td>
<td>sensible</td>
<td></td>
</tr>
<tr>
<td>abscess</td>
<td>肿腫</td>
<td>肿肿</td>
<td>خراج</td>
<td>증기</td>
<td>áp xe</td>
<td>विद्रोधफोडा</td>
<td>ابهس</td>
<td>เป็นหนอง</td>
<td>absceso</td>
<td></td>
</tr>
</tbody>
</table>
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  
Write the dialogue number next to the topic.

____ passive smoking
____ lump in throat
____ quit smoking
____ wounds/sores
____ problems breathing

Listening 2  
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

©NSW AMES & NSW Health
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. | ☐ yes  
☐ no |
| 2  | Change what you do every day. Have lunch at a different place and don’t go near people who smoke. | ☐ yes  
☐ no |
| 3  | If you want a cigarette - just have one. | ☐ yes  
☐ no |
| 4  | Choose one day a week a day for smoking and don’t smoke on the other days. | ☐ yes  
☐ no |
| 5  | Tell your friends and family that you are quitting so they can help you. | ☐ yes  
☐ no |
| 6  | Use nicotine patches to help you with the nicotine addiction. | ☐ yes  
☐ no |
| 7  | Use Nicotine Replacement Therapy (NRT) - to help you manage nicotine withdrawal. | ☐ yes  
☐ no |

Find out more

- The online service of the cancer institute of the cancer institute of NSW: [http://www.13quit.org.au](http://www.13quit.org.au) (or telephone 137 848)
- 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.
<table>
<thead>
<tr>
<th>English</th>
<th>Chinese (Traditional)</th>
<th>Chinese (Simplified)</th>
<th>Arabic</th>
<th>Korean</th>
<th>Vietnamese</th>
<th>Hindi</th>
<th>Farsi</th>
<th>Bengali</th>
<th>Thai</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>addiction</td>
<td>上癮</td>
<td>上瘾</td>
<td>إدمان</td>
<td>중독</td>
<td>nghiễn</td>
<td>अहसासन</td>
<td>اعتیاد</td>
<td>āhāsaṁ</td>
<td>گرمکشی</td>
<td>adicción</td>
</tr>
<tr>
<td>second hand smoke</td>
<td>二手煙</td>
<td>二手煙</td>
<td>تدخين قهري</td>
<td>간접 흡연</td>
<td>khoái thuốc</td>
<td>दोहे दोमुळ दुमुळ</td>
<td>دود دست دوم</td>
<td>سیگار</td>
<td>कांटा</td>
<td>humo ajeno</td>
</tr>
<tr>
<td>nicotine</td>
<td>尼古丁</td>
<td>尼古丁</td>
<td>نيكوتين</td>
<td>니코틴</td>
<td>chat nicotine</td>
<td>निकोटीन</td>
<td>نیکوتین</td>
<td>نیکوتین</td>
<td>نیکوتین</td>
<td>nicotina</td>
</tr>
<tr>
<td>passive smoking</td>
<td>被動吸烟</td>
<td>被动吸烟</td>
<td>تدخين سلبي</td>
<td>수동 흡연</td>
<td>hút thuốc thủ động</td>
<td>निक्युक्ति धुपपान</td>
<td>سیگار کشیدن</td>
<td>غير فعل</td>
<td>ترک كردن</td>
<td>fumador pasivo</td>
</tr>
<tr>
<td>quit</td>
<td>戒烟</td>
<td>戒烟</td>
<td>اقلاع عن التدخين</td>
<td>금연</td>
<td>cai</td>
<td>छोड़ना</td>
<td>ترک كردن</td>
<td>گرمکشی</td>
<td>گرمکشی</td>
<td>dejar de fumar</td>
</tr>
<tr>
<td>cancer</td>
<td>癌症</td>
<td>癌症</td>
<td>مرض السرطان</td>
<td>암</td>
<td>ung thư</td>
<td>कैंसर</td>
<td>سرطان</td>
<td>कैंसर</td>
<td>โรคมะเร็ง</td>
<td>cancer</td>
</tr>
<tr>
<td>diabetes</td>
<td>糖尿病</td>
<td>糖尿病</td>
<td>مرض السكري</td>
<td>당뇨병</td>
<td>bệnh tiểu đường</td>
<td>मधुमेह</td>
<td>دیابت</td>
<td>دیابت</td>
<td>โรคเบาหวาน</td>
<td>diabetes</td>
</tr>
<tr>
<td>lung disease</td>
<td>肺病</td>
<td>肺病</td>
<td>امراض الرئة</td>
<td>폐질환</td>
<td>bệnh phổi</td>
<td>फार्सों की वीमारी</td>
<td>بیماری ریوی</td>
<td>โรบัล</td>
<td>โรบัล</td>
<td>enfermedad de los pulmones</td>
</tr>
<tr>
<td>heart attack</td>
<td>心脏病</td>
<td>心脏病</td>
<td>نبضة قلبية</td>
<td>심근 경색</td>
<td>nhội máu cơ tim</td>
<td>दिल का दीरा</td>
<td>حمله قلبی</td>
<td>حمله قلبی</td>
<td>ทำใจล้มเหลว</td>
<td>ataque cardíaco</td>
</tr>
<tr>
<td>damage</td>
<td>损害</td>
<td>损害</td>
<td>تلف</td>
<td>손상</td>
<td>tòn thương</td>
<td>खराब होना</td>
<td>اسباب</td>
<td>اسباب</td>
<td>سیئینی یک دانگ</td>
<td>daño</td>
</tr>
<tr>
<td>wound</td>
<td>创伤</td>
<td>创伤</td>
<td>جرح</td>
<td>상처</td>
<td>vét thương</td>
<td>घाव</td>
<td>زخم</td>
<td>زخم</td>
<td>بافتقل</td>
<td>herida</td>
</tr>
<tr>
<td>cough</td>
<td>咳嗽</td>
<td>咳嗽</td>
<td>سعال</td>
<td>기침</td>
<td>ho</td>
<td>खींसी/कफ</td>
<td>سرفه</td>
<td>سرفه</td>
<td>سرفه</td>
<td>آغارریو</td>
</tr>
<tr>
<td>lump</td>
<td>肿块</td>
<td>肿块</td>
<td>ورم</td>
<td>呼隆</td>
<td>buộu</td>
<td>गांठ</td>
<td>غده</td>
<td>گوننده</td>
<td>bulto</td>
<td></td>
</tr>
</tbody>
</table>
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.

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

<table>
<thead>
<tr>
<th>signs and symptoms of a drinking problem</th>
<th>problems you can have when you are drunk</th>
<th>problems that may happen later because you drink too much</th>
</tr>
</thead>
<tbody>
<tr>
<td>drunk</td>
<td>having unsafe sex</td>
<td>high blood pressure</td>
</tr>
</tbody>
</table>
Talking to the doctor

**Listening 1**
Write the dialogue number next to the topic.

____ forget things
____ no period
____ lose balance
____ lose job
____ lose driver's license

**Listening 2**
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.

<p>| | | | | | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Eat before drinking.</td>
<td>□ yes</td>
<td>□ no</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Drink water when you drink alcohol.</td>
<td>□ yes</td>
<td>□ no</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Try to drink as much as your friends.</td>
<td>□ yes</td>
<td>□ no</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Let other people fill up your drinks for you.</td>
<td>□ yes</td>
<td>□ no</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Try low-alcohol drinks.</td>
<td>□ yes</td>
<td>□ no</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Have regular alcohol-free days (stay sober).</td>
<td>□ yes</td>
<td>□ no</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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
- Young Adult, children, youth and Women’s health service: http://www.cyh.com/HealthTopics/HealthTopicCategories.aspx?&p=158
- A joint initiative by NSW Health and St Vincent’s Alcohol and Drug Information Service: 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)
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?

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

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.
<table>
<thead>
<tr>
<th>English</th>
<th>Chinese (Traditional)</th>
<th>Chinese (Simplified)</th>
<th>Arabic</th>
<th>Korean</th>
<th>Vietnamese</th>
<th>Hindi</th>
<th>Farsi</th>
<th>Bengali</th>
<th>Thai</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>drunk</td>
<td>醉酒</td>
<td>醒酒</td>
<td>تلم مشروبات كحولية</td>
<td>술 취한</td>
<td>say xin</td>
<td>ज्यादा पिया हुआ</td>
<td>مست</td>
<td>麻醉</td>
<td>เครื่องดื่มที่เมาหลงสติ</td>
<td>ebrio</td>
</tr>
<tr>
<td>alcohol</td>
<td>酒精</td>
<td>酒精</td>
<td>شرب المشروبات</td>
<td>술</td>
<td>ruu cón</td>
<td>रुषु कर</td>
<td>الكُل</td>
<td>मुशुरना</td>
<td>كحولاً</td>
<td>alcohol</td>
</tr>
<tr>
<td>drink-driving</td>
<td>醉酒驾车</td>
<td>醉酒驾车</td>
<td>قيادة السيارة في حالة السكر</td>
<td>음주 운전</td>
<td>lâi xe khi say xin</td>
<td>पीकर गाड़ी चलाना</td>
<td>راتاندي حين مستي</td>
<td>ขับรถขณะมึนเมา</td>
<td>conducir bajo la influencia del alcohol</td>
<td>alcoholismo</td>
</tr>
<tr>
<td>alcoholism</td>
<td>酒精中毒</td>
<td>酒精中毒</td>
<td>إدمان الكحوليات</td>
<td>알콜 중독</td>
<td>chùng nghiện ruu</td>
<td>शराब और जल्दी-जल्दी पीना</td>
<td>اعتدال به الكُل</td>
<td>โรคพิษสุราเรื้อรัง</td>
<td>ingesta compulsiva de alcohol</td>
<td></td>
</tr>
<tr>
<td>binge drinking</td>
<td>狂飲</td>
<td>狂飲</td>
<td>اسراف في شرب الكحوليات</td>
<td>폭음</td>
<td>uông ruu niệu và nhanh</td>
<td>ज्यादातर नियम हित किया सबसे ज्यादा</td>
<td>دارای کسلت بعد از مصرف نوشیدنی الكُل</td>
<td>نارنجا جای که</td>
<td>ingesta compulsiva de alcohol</td>
<td></td>
</tr>
<tr>
<td>to pass out</td>
<td>昏迷</td>
<td>昏迷</td>
<td>إعفاء</td>
<td>기절하다</td>
<td>bát tính</td>
<td>ग़लेह होना</td>
<td>ظهير</td>
<td>گَلَّة</td>
<td>หลับไม่ตื่น</td>
<td>desmayarse</td>
</tr>
<tr>
<td>sober</td>
<td>冷靜</td>
<td>冷靜</td>
<td>غير متمن للخمر</td>
<td>không say ruu</td>
<td>sa đa/họa mà</td>
<td>हेशार</td>
<td>هشیار</td>
<td>ไม่มีสติ</td>
<td>parado</td>
<td>sobrio</td>
</tr>
<tr>
<td>hungover</td>
<td>倒醉</td>
<td>倒醉</td>
<td>تعبى من أثر تناول الكحوليات</td>
<td>숙취</td>
<td>cam giac molto vào buổi sáng sau đen uông ruu</td>
<td>खुमारी (हंगआवर)</td>
<td>دارای کسلت بعد از مصرف نوشیدنی الكُل</td>
<td>ماء كلغ</td>
<td>resaca</td>
<td></td>
</tr>
<tr>
<td>dizzy</td>
<td>头晕</td>
<td>头晕</td>
<td>شعر الشوار</td>
<td>여지립증</td>
<td>chóng mặt</td>
<td>चढ़ार आना</td>
<td>كَجَّي ُمََّا</td>
<td>ماء كلغ</td>
<td>مارادو</td>
<td>mareado</td>
</tr>
<tr>
<td>lose your balance</td>
<td>失去平衡</td>
<td>失去平衡</td>
<td>فقد الانزال</td>
<td>mất thăng bằng</td>
<td>âm tám sùtun</td>
<td>अपना संतुलन खोना</td>
<td>از دست دادن عدل</td>
<td>ไม่สมดุล</td>
<td>perdido</td>
<td>perder el equilibrio</td>
</tr>
<tr>
<td>period</td>
<td>週期</td>
<td>週期</td>
<td>دورة شهرية</td>
<td>kỳ kinh nguyệt</td>
<td>viRam</td>
<td>دوره فاعلگی</td>
<td>دوره فاعلگی</td>
<td>چشمش بازیلیون</td>
<td>periodo</td>
<td>periodo</td>
</tr>
<tr>
<td>stomach ulcers</td>
<td>胃溃疡</td>
<td>胃溃疡</td>
<td>فرحة المعدة</td>
<td>loét đã đây</td>
<td>पत म पाव (अलग)</td>
<td>ज़ख़ म़ुढ़ (अलग)</td>
<td>ماء كلغ</td>
<td>ไม่สมดุล</td>
<td>úlceras estomacales</td>
<td></td>
</tr>
<tr>
<td>infertility</td>
<td>不育</td>
<td>不育</td>
<td>نابوروزي</td>
<td>vô sinh</td>
<td>बांझपन/नापुंसकता</td>
<td>नापोरोजी</td>
<td>نابوروزی</td>
<td>เป็นหญิง</td>
<td>infertilidad</td>
<td></td>
</tr>
<tr>
<td>high blood pressure</td>
<td>高血压</td>
<td>高血压</td>
<td>ارتفاع ضغط الدم</td>
<td>huyết áp cao</td>
<td>ubƯ đàp và</td>
<td>ुढ़ रक्तचाप</td>
<td>قفصر خون بالا</td>
<td>ไม่สมดุล</td>
<td>hipertensión arterial</td>
<td></td>
</tr>
<tr>
<td>cancer</td>
<td>癌症</td>
<td>癌症</td>
<td>مرض السرطان</td>
<td>ung thur</td>
<td>केनाग</td>
<td>سرطان</td>
<td>केनाग</td>
<td>โรคมะเร็ง</td>
<td>cáncer</td>
<td></td>
</tr>
<tr>
<td>ulcer</td>
<td>溃疡</td>
<td>溃疡</td>
<td>فرحة الجزء</td>
<td>loét</td>
<td>अल्मर</td>
<td>زخم</td>
<td>अल्मर</td>
<td>ไม่สมดุล</td>
<td>úlcer</td>
<td></td>
</tr>
<tr>
<td>liver damage</td>
<td>肝损伤</td>
<td>肝损伤</td>
<td>تليف الكبد</td>
<td>tàn thương gan</td>
<td>tần thương gan</td>
<td>ग़ुंज खराब होना</td>
<td>بَسِط كبد</td>
<td>ไม่สมดุล</td>
<td>daño hepático</td>
<td></td>
</tr>
</tbody>
</table>

**Understanding good health: alcohol**

**English**
- Drunk
- Alcohol
- Drink-driving
- Alcoholism
- Binge drinking
- To pass out
- Sober
- Hungover
- Dizzy
- Lose your balance
- Period
- Stomach ulcers
- Infertility
- High blood pressure
- Cancer
- Ulcer
- Liver damage

**Chinese (Traditional)**
- 醉酒
- 酒精
- 醉酒驾车
- 酒精中毒
- 狂飲
- 冷靜
- 倒醉
- 头晕
- 失去平衡
- 週期
- 胃溃疡
- 不育
- 高血压
- 癌症
- 溃疡
- 肝损伤

**Chinese (Simplified)**
- 醉酒
- 酒精
- 醉酒驾车
- 酒精中毒
- 狂饮
- 冷静
- 倒醉
- 头晕
- 失去平衡
- 週期
- 胃溃疡
- 不育
- 高血压
- 癌症
- 溃疡
- 肝损伤

**Arabic**
- تلم مشروبات كحولية
- شرب المشروبات
- قيادة السيارة في حالة السكر
- إدمان الكحوليات
- اسراف في شرب الكحوليات
- غير متمن للخمر
- تعبى من أثر تناول الكحوليات
- شعر الشوار
- فقد الانزال
- دورة شهرية
- فرحة المعدة
- نابوروزي
- ارتفاع ضغط الدم
- مرض السرطان
- فرحة الجزء
- تليف الكبد

**Korean**
- 술 취한
- 술
- 음주 운전
- 알콜 중독
- 폭음
- 박음
- 기질하다
- 과도한 소주 섭취
- 건강을 망가뜨리고
- 위궤양
- 불임
- 위궤양 (주로 무릎 이상)
- 위궤양 (주로 무릎 이상)
- 위궤양 (주로 무릎 이상)
- 위궤양 (주로 무릎 이상)

**Vietnamese**
- say xin
- ruu cón
- lâi xe khi say xin
- chùng nghiện ruu
- uông ruu niệu và nhanh
- chóng mặt
- mật thăng bằng
- viRam
- loét đã đây
- vô sinh
- huyết áp cao
- ung thur
- loét
- tàn thương gan