

**Intermediate 1**  
**Unit 1 Reading**  
**Presented by Mohammad Rajabpur**

## Health Care

**care** = protection; safe keeping

A general practitioner spends most of his time diagnosing everyday sicknesses such as coughs, the flu, sore throats, and minor pains. He usually reassures his patients and sends them home with a prescription, but if a more serious illness needing immediate attention comes his way, like pneumonia or appendicitis, he may send the patient to the hospital for treatment. Other patients may be advised to see a specialist if the illness is serious or they need major operations.

**General Practitioner** (British) = Physician (American)

G.P. = General Practitioner

**diagnose** (verb) = to identify a disease

diagnosis (noun) = identification of a disease

diagnostic (adjective) = related to diagnosis

**sore** = painful

**minor** ≠ major

**minor** = not serious

**reassure** = to comfort someone and stop them from worrying

**reassure** ≠ frighten

**prescription** = a piece of paper on which a doctor writes the details of the medicine or drugs that someone needs

**illness** = sickness, disease

*a more serious illness needing immediate attention = a more serious illness which needs immediate attention*

**needing** = which needs

**pneumonia** = a serious illness in which one or both lungs become red and swollen and filled with liquid

**appendix** = a small tube-shaped part that is joined to the intestines on the right side of the body and has no use in humans:

*She had her appendix out (= medically removed) last summer.*

**appendicitis** /əˌpen.də'saɪ.tɪs/ = an illness in which the appendix is infected and painful and usually needs to be removed in an operation

**treatment** = cure

*Other patients may be advised to... = The general practitioner may advise other patients to...*

**Other patients may be advised...** = The general practitioner may advise other patients...

The specialist may then arrange a time for the patient to be admitted into a hospital or nursing home where all the necessary equipment is on hand. Sometimes, the original doctor is a surgeon, so he himself may perform the operation.

**arrange** = organize; fix; plan

**nursing home** = a place for looking after old or handicapped people

**on hand** = available

**the original doctor** = the first doctor

**surgeon** = a doctor who can perform surgical operations

**operation** = surgical operation = an occasion when a doctor cuts a body for medical reasons in order to repair, remove, or replace an unhealthy or damaged part

Some diseases are infectious or contagious like those commonly caught by children, for example, chicken pox and scarlet fever, while others may simply be due to old age. Older people may suffer from indigestion, rheumatism, heart trouble, and high blood pressure far more often than the young. Still other causes of ill health may be due to misfortune or accidents. Examples of these are burns, scalds, wounds, blood poisoning, food poisoning, and bone fractures. Some of the commonest things used to prevent or cure these conditions are pills, powders, ointments, sleeping pills, injections, bandages, disinfectants, and syrups.

**infectious** (adjective) = (of a disease) able to be passed from one person, animal, or plant to another

**contagious** (adjective) /kən'teɪ.dʒəs/ = (of a disease) which can be caught by touching someone who has the disease or by touching an infected object, or by an infected person coughing, sneezing, etc. near you

**chicken pox** = an infectious disease that causes a slight fever and red spots on the skin

**scarlet fever** = an infectious illness that causes a sore throat, a high body temperature, and red spots on the skin

**while** = whereas, despite the fact that, although

**due to** = because of

**indigestion** /,ɪn.dɪ'dʒes.tʃən/ = pain that you get in your stomach when you have eaten food that is difficult to digest

**rheumatism** /'ru:.mə.tɪ.zəm/ = a medical condition that causes stiffness and pain in the joints (= places where two bones are connected) or muscles of the body

**far more often** = much more often; more frequently

**still** = yet, but

**misfortune** = bad luck

**scald** = an injury to the skin caused by boiling liquid or steam

**poisoning** (noun) = being poisoned

**fracture** = being broken; the act of getting broken

**condition** = an illness for a long time

**ointment** (noun) = a type of medicine that you rub on your skin

**syringe** (noun) = a hollow, cylinder-shaped piece of equipment used for sucking liquid out of something or pushing liquid into something, especially one with a needle that can be put under the skin and used to inject drugs, remove small amounts of blood, etc.

**give sb an injection** = give sb a shot

- The nurse gave the patient a shot.

**disinfectant** = a substance that we use to disinfect something or somewhere



**Pills**



**Ointment**



**Syringe**



**Bandage**



**Syrup**

Special parts of the body are treated by special doctors. Dentists extract or fill teeth and make dentures, using equipment such as drills, forceps and water sprays. Oculists examine eyes, test sight, and write out prescriptions for opticians. Opticians make glasses or contact lenses. Altogether, it takes several doctors to keep you healthy.

**Special parts of the body are treated by special doctors.** = Special doctors treat special parts of our body.

**extract** = pull out

**denture** = false teeth

**oculist** (British) = ophthalmologist (American) = eye specialist



**forceps**



**dentures**

## Full Text:

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The specialist may then arrange a time for the patient to be admitted into a hospital or nursing home where all the necessary equipment is on hand. Sometimes, the original doctor is a surgeon, so he himself may perform the operation.

Some diseases are infectious or contagious like those commonly caught by children, for example, chicken pox and scarlet fever, while others may simply be due to old age. Older people may suffer from indigestion, rheumatism, heart trouble, and high blood pressure far more often than the young. Still other causes of ill health may be due to misfortune or accidents. Examples of these are burns, scalds, wounds, blood poisoning, food poisoning, and bone fractures. Some of the commonest things used to prevent or cure these conditions are pills, powders, ointments, sleeping pills, injections, bandages, disinfectants, and syrups.

Special parts of the body are treated by special doctors. Dentists extract or fill teeth and make dentures, using equipment such as drills, forceps and water sprays. Oculists examine eyes, test sight, and write out prescriptions for opticians. Opticians make glasses or contact lenses. Altogether, it takes several doctors to keep you healthy.

## Sample Summary:

The text provides an overview of health care, focusing on the roles of different medical professionals and the treatment of various health conditions. Here's a summary:

- **General Practitioners (GPs):** They diagnose and treat common illnesses, prescribing medication and reassuring patients. Serious cases like pneumonia or appendicitis are referred to hospitals.
- **Specialists:** For severe illnesses or surgeries, GPs may refer patients to specialists who have access to the necessary equipment in hospitals or nursing homes. Sometimes, the GP may also be a surgeon who performs operations.
- **Diseases:** Some are infectious (e.g., chicken pox, scarlet fever), others are age-related (e.g., indigestion, rheumatism), and some result from accidents (e.g., burns, fractures). Treatments include medications, injections, and other medical supplies.
- **Specialized Doctors:** Different doctors treat specific body parts, such as dentists for teeth and oculists for eyes, with opticians making corrective lenses.

Overall, maintaining health requires the collaborative efforts of various medical professionals.

**Sample Summary:**

Doctors who see patients for common sicknesses like colds or small pains give them medicine. If someone is very sick, they might send them to a hospital. Some patients need to see doctors who are experts in certain illnesses or surgeries.

There are doctors for every part of the body. For example, dentists take care of teeth and eye doctors check your eyesight. People who make glasses or contact lenses are called opticians. Many different doctors work together to help you stay healthy.

**Source:**

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