



1 Here I am, in my 80s and still quite – I mean I go shopping, visit my friends and go to the cinema when I want to. What more can you ask for?



2 I do an hour's in the morning before going to college, and in the evening I usually have time for a couple of hours' sport, so I really think I'm very fit.



3 I do the occasional cold or other I'm a doctor, so I can't really avoid them, but I them pretty quickly and they don't usually stop me going to work.



4 I visit the doctor regularly once a year for a Once or twice I've needed for something she's found, but it's never been anything very serious.



5 I never go to the doctor and in fact I don't even know my doctor's name. I'm lucky, I've never had a day's in my life.



6 I'm very careful to eat a – only a little meat and plenty of fresh fruit and vegetables – and I'm careful about not weight, so I do a reasonable amount of exercise as well.

Starting off

1 Work in pairs. Complete what each of the people says about their health by writing the words or phrases from the box in the gaps.

active balanced diet catch check-up get over
illness infection putting on treatment workout

2 **02** Work in pairs. Listen to the first part of what each speaker (A–F) says about their health and, when you hear the 'beep', predict which extract (1–6) from Exercise 1 comes next.

Example: A 2

3 **03** Now listen to the complete extracts to check your answers to Exercises 1 and 2.

4 Work in pairs.

- Which speaker do you think has the healthiest lifestyle?
- Which speakers say something you agree with? Why?

Listening | Part 3

- 1 You are going to hear five people talking about a visit to their family doctor. Before you listen, answer the questions in the Exam round-up box.

Exam round-up

How much do you remember about Listening Part 3?

Circle the correct option in *italics* in these sentences.

- You listen to *four* / five speakers and you must choose the statement which best summarises what they say from *seven* / eight options.
- Before you listen, you should *read and think about the meaning of each option* / read through the options, then wait patiently for the listening to begin.
- The speaker will express the same idea / use exactly the same words as in the question.

- 2 Match the words and phrases (1-9) with their definitions (a-i).

- | | |
|---------------|--|
| 1 cure | a an injection to prevent someone getting a disease |
| 2 diagnose | b piece of paper on which a doctor writes that a patient is ill and has permission not to go to school or work |
| 3 examination | c say what medical treatment someone should have |
| 4 heal | d recognise and name the exact character of a disease or a problem, by making an examination |
| 5 prescribe | e use drugs, exercises, etc. to cure a person of a disease or heal an injury |
| 6 sick note | f when a doctor looks at a patient carefully in order to discover the problem |
| 7 surgery | g make someone with an illness healthy again |
| 8 treat | h make or become well again, especially after a cut or other injury |
| 9 vaccination | i a place where you can go to ask advice from or receive treatment from a doctor or dentist |

- 3 04 Now listen and tick ✓ the words and phrases from Exercise 2 as you hear them.

- 4 Listen again. For speakers 1-5, choose from the list (A-H) what each speaker says about their visit. Use the letters only once. There are three extra letters which you do not need to use.

- A I wasn't given enough attention by the doctor at first.
- B I was told by the doctor that I needed to relax.
- C I was irritated by what the doctor said.
- D I wish I hadn't gone to the doctor at all.
- E I felt better after the visit.
- F I asked for a specialist to deal with my problem.
- G I agreed with the doctor's diagnosis.
- H I arrived late for my doctor's appointment.

Speaker 1 ☐ 1

Speaker 2 ☐ 2

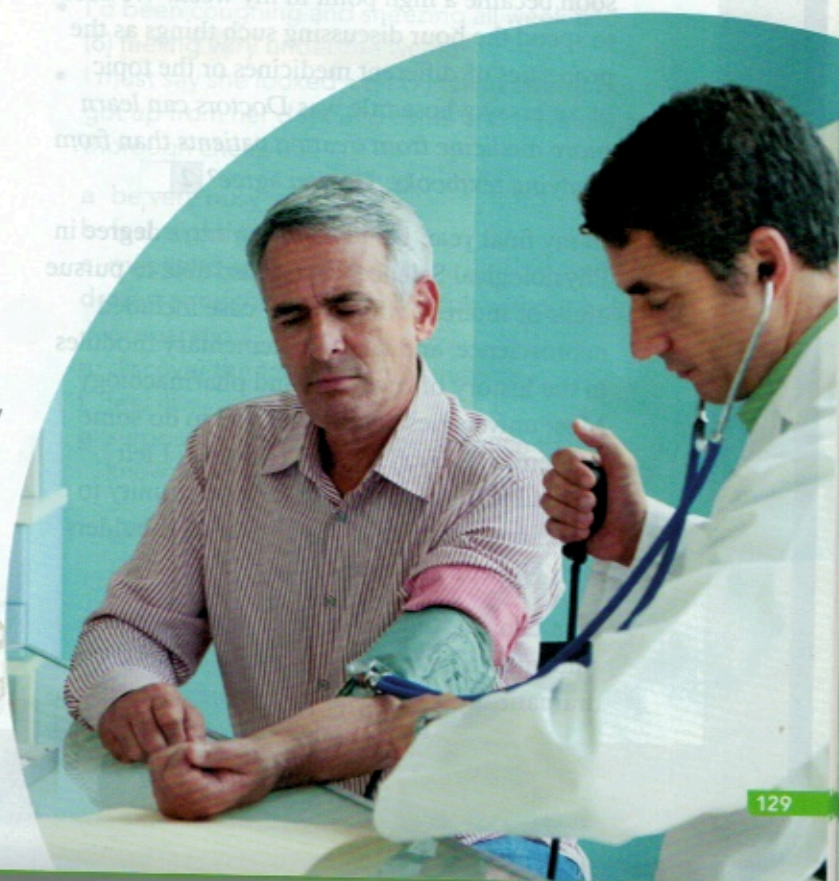
Speaker 3 ☐ 3

Speaker 4 ☐ 4

Speaker 5 ☐ 5

- 5 Work in pairs.

- What can people do when they are unhappy with their doctor?
- Which do you think is more important: dealing with the medical problem or treating the patient well?



Reading and Use of English | Part 6

- 1 Work in groups. You will read an article about studying medicine. Before you read, discuss these questions.
 - What attracts young people to become doctors?
 - How do you think studying medicine might be different from studying other subjects at university?
- 2 Read the article carefully, ignoring the gaps. Note the subject of each paragraph in the margin as you read.



What's it like to study medicine?

Dr Fred Clough recounts his experience

How
studying
medicine is
different

Medicine isn't quite like other degrees. I spent the first three years studying and attending lectures on anatomy, cell biology and pathology (what happens when the body goes wrong). I found when I got to medical school that I was required to memorise far more than I had had to at secondary school and put in far longer hours, especially around exam time.

As well as the lessons and lectures, I had individual weekly classes with my tutor, who also gave me work to do. **1** These classes soon became a high point in my week. We used to spend the hour discussing such things as the properties of different medicines or the topic of an essay whose title was *Doctors can learn more medicine from treating patients than from studying textbooks. Do you agree?* **2**

In my final year, I studied for an extra degree in Physiological Sciences. I was also able to pursue areas of interest, which in my case included neuroscience, and take supplementary modules in the history of medicine and pharmacology. Most universities now expect you to do some academic research as well. However, I felt incredibly lucky that I had the opportunity to work in laboratories where I rubbed shoulders with Nobel Prize winners. **3**

As a clinical student, in other words as a student in a hospital, my timetable changed dramatically. I was expected to dress smartly, as

I spent every day with patients as a functioning part of a medical team. **4** These included surgery, medicine, dermatology, neurology and many more.

I moved to a London hospital for my clinical training, and had some very memorable experiences, such as delivering my first baby and visiting a prison psychiatric ward. **5** I was permitted to walk into any ward or any operating theatre and observe, learn, ask questions and speak to patients, whereas practising doctors are all rushed off their feet. Students can often take time to really investigate a patient's condition more deeply, and may even be able to inform the doctors and nurses of some very important detail that has been overlooked and which might lead to the patient being misdiagnosed. **6** Everyone teaches each other at whatever level, and now I also help secondary-school students who are preparing entrance exams for the top medical schools.

Medicine is a very time-intensive degree. However, being thrown in at the deep end of some of the most challenging situations I have ever been in, and having to deal with patients from all areas of life, continues to inspire me and satisfy me on a daily basis.

Adapted from *The Independent*



Exam advice

- Read the text, looking carefully at the information before and after each gap.
- After choosing a sentence, underline the words before and after the gap which tell you the sentence fits. This will help you to make sure you have chosen the right sentence.

Vocabulary

Idiomatic expressions

It's important to be able to guess the meanings of idiomatic expressions from the context.

Match the **highlighted** expressions 1-7 in these extracts from Reading and Use of English Part 6 and Listening Part 3 with their definitions a-g below.

- I had the opportunity to work in laboratories where I (1) **rubbed shoulders with** Nobel Prize winners.
 - ... practising doctors are all (2) **rushed off their feet**. Students can often take time ...
 - ... (3) **being thrown in at the deep end** of some of the most challenging situations I have ever been in, and having to deal with patients from all areas of life continues to inspire me ...
 - I've been (4) **feeling a bit off-colour** for some time now and I've been to the doctor several times to try to (5) **get to the bottom of it**.
 - I'd been coughing and sneezing all week and (6) **feeling very under the weather**.
 - I must say she looked a bit (7) **taken aback**, but then she got up from her desk and came and gave me a really thorough check-up.
- a be very busy
b feel slightly ill
c meet and spend time with
d start something new or difficult without help or preparation
e discover the truth about a situation
f feel ill
g surprise or shock someone so much that they do not know how to behave for some time

- 3 Work in pairs. Six sentences have been removed from the article. Underline words which may refer to something in the article and discuss what they may refer to.

What did we use to do on the occasions when we didn't play chess?

Who are 'we'?

- A And on other occasions we used to just play chess.
B Now, as a working doctor, who is expected to do certain jobs by certain times, I appreciate that while I was studying medicine, I had the opportunity to do many things I would not have time for now.
C On average, four weeks was spent rotating around each of the different specialties across the three years.
D The culture within medicine is that each team member's input is respected, and the team itself is hugely valued.
E And although I was expected to work extremely hard, most of the work was enjoyable.
F These well-known people would always be more than happy to answer questions in the corridor, or reply to an email that requested more information about their subject.
G This usually consisted of writing an essay on a topic related to my studies.

Choose from the sentences A-G the one which fits each gap (1-6). There is one extra sentence which you do not need to use.

Work in pairs. Would you like to study medicine? Why? / Why not?

