

Unit 7 Planning treatment and closing the interview

Vocabulary from the book

achievable	give it my best shot
advantage	irritate
benefit	itching
bitter taste	keep to
blackouts	lifestyle change
bring down	limit oneself to
clear up	low-fat diet
complete the course	manageable
comply with	option
consider	outline
cravings	persevere
dentures	pluses and minuses
disadvantage	pros and cons
dizziness	quit
do-able	rash
downside	realistic
drag on	reduce weight
drawback	regular exercise
fatigue	side effects
flush out	sort out
get by on	washed out
get rid of	wear off
get through	willpower
give it a go	withdrawal symptoms

Additional vocabulary

be sick
bring round
calm
clinicians
GP
health visitor
midwife
mole
paramedic
pass out
pharmacy
resolve
sick note
sister
theatre nurse
vomit

Exercise 1a

Match the words in the two columns to make a common useful phrase from the unit.

- | | |
|-----------------|---------------|
| 1 withdrawal | a course |
| 2 give it my | b exercise |
| 3 bitter | c and cons |
| 4 low-fat | d a go |
| 5 reduce | e symptoms |
| 6 regular | f diet |
| 7 pluses | g best shot |
| 8 pros | h change |
| 9 lifestyle | i weight |
| 10 give it | j and minuses |
| 11 complete the | k effects |
| 12 side | l taste |

Exercise 1b

Match the phrasal verbs to the definitions.

- | | |
|---------------|--|
| 1 drag on | a remove/end |
| 2 sort out | b reduce |
| 3 bring down | c disappear |
| 4 wear off | d not exceed |
| 5 keep to | e manage to finish something difficult |
| 6 get rid of | f continue for too long |
| 7 get through | g gradually stop |
| 8 clear up | h survive with the minimum of |
| 9 get by on | i cure/deal with a problem |

Exercise 2

Match the words and phrases with their synonyms.

- | | |
|-----------------------|----------------------------|
| 1 craving | a achievable |
| 2 dentures | b persist; keep going with |
| 3 irritate | c false teeth |
| 4 realistic | d stick to; follow |
| 5 quit | e restrict |
| 6 persevere | f annoy |
| 7 comply with | g give up; stop |
| 8 give something a go | h determination |
| 9 willpower | i attempt; try |
| 10 limit oneself to | j desire |

Exercise 3

Put the following words into the correct column.

downside benefit plus minus dizziness fatigue drawback upside
disadvantage blackouts itching advantage

negative points	positive points	side effects of drugs

Exercise 4

Identify which one out of the following groups of words is the odd one out.

1	pluses and minuses	pros and cons	ups and downs	advantages and disadvantages
2	quit	get rid of	give up	pack in
3	withdrawal	downside	disadvantage	drawback
4	advantage	benefit	plus	option
5	bring down	reduce	lower	shoot up
6	willpower	craving	urge	desire
7	black out	faint	pass out	break out
8	outline	try	consider	think about

Exercise 5

Fill the gaps with suitable words or phrases from the unit.

- Many people believe that drinking a glass of hot water with lemon every day helps to _____ the toxins from your body.
- Changing to a new washing powder can often cause a _____ to develop where clothes come into contact with the body.
- For heavy drinkers, completely giving up alcohol requires strong _____ and is very difficult. It's usually better to set a more _____ goal, such as cutting down on units consumed per week.
- When taking antibiotics, it is important to complete the _____ of medication.
- Patients are more likely to _____ with treatment if all the possible complications and side effects are explained fully before the treatment is started.
- Following a _____ diet and taking regular exercise are two very simple ways of _____ your blood pressure.
- When women are pregnant they often have _____ for foods that they wouldn't normally eat.
- Like all smoking cessation options, there are various _____ and _____ to using nicotine patches.

If you are having difficulty, here are the words or phrases for the exercise.

willpower course flush out cons achievable bringing down low-fat comply
cravings pros rash