

LESSON 3

Feeling Queasy



Conversation

Nurse: Good morning, Mr. Adams. How are you doing today?

Patient: Horrible! I can't eat anything! I just feel sick to my stomach. Take the tray away.

Nurse: That's too bad. I'll just put this over here for now. Have you felt queasy for very long?

Patient: I woke up during the middle of the night. I couldn't get back to sleep, and now I feel terrible.

Nurse: Have you been to the toilet? Any diarrhea or vomiting?

Patient: I've been to the toilet twice, but no diarrhea or vomiting. Perhaps, I should drink something. Can I have a cup of tea?

Nurse: Certainly! I'll get you some immediately. Would you like black tea or green tea?

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Nurse: Let's get you feeling better Jack! Is there anything else I can get for you?

Patient: That's alright. I think a cup of tea and a warm blanket should help.

Nurse: OK. I'll be back as soon as the tea is ready.

Patient: Thank you.

Key Vocabulary

to feel queasy

to feel sick to one's stomach

tray

to wake up

to feel terrible, awful, horrible

to get (go) back to sleep

to be to the toilet

diarrhea

vomit

black tea, peppermint tea

blanket
to get the chills
to tuck someone in

Dialogue Quiz

Choose the correct answer to these questions based on the dialogue. Each question has only one correct answer.

Q: How much has the patient eaten today?

- a. Just a little
- b. A big breakfast
- c. Nothing

Q: Why is the patient not eating?

- a. He has no appetite.
- b. He feels sick to his stomach.
- c. He's been vomiting

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- a. A cup of tea
- b. An extra blanket
- c. An extra pillow

Q: What shift will Alice be working for the next few days?

- a. The night shift
- b. The day shift
- c. No shift, she'll be on vacation.

Reading & Discussion

A Word with the DOCTOR

by: Dr. John Winsor

Bulimia

Most people know about [anorexia nervosa](#) — when people deliberately starve themselves to keep their weight down — but [bulimia](#), or excessive vomiting, is another extreme of the disorder.

Although **bulimics** have near normal weight, it comes at a price, and that is their health.

They **delude** themselves into thinking that the only way to keep the calories they have eaten from turning into fat is to make themselves vomit or by taking excessive amounts of laxatives.

What they don't realize is that it is not an effective way of preventing the absorption of extra calories.

It isn't just women who can suffer from anorexia or bulimia, although women are 10 times more liable to **succumb** to eating disorders.

Bulimia may start after months or years of anorexia. It is essentially a teenage problem, though it may extend into adult life or even begin then.

The frequent food **binges** by bulimics can lead to **depression**. The physical and psychiatric complications of his behavior lead to educational, occupational, social and family problems.

One of the **obvious** signs of bulimia is hard skin or marks on the back of the hand due to repeated **abrasion** of the skin as the hand is **thrust** down the throat to produce vomiting.

A dentist may also spot the condition as the **salivary glands** can become enlarged as well as the teeth losing their enamel through repeated vomiting — which causes the teeth to come into contact with abnormal amounts of **gastric acid**.

And it is not just the outside appearance of the body that suffers.

Repeated vomiting also upsets the chemical balance of the blood, which can result in painful cramps, fits and even kidney damage.

A sympathetic ear is the first priority when it comes to treating the disorder. Once the problem is out in the open, the sufferer and their doctor, friends and family can join together to fight it.

The person who has the disorder will need **psychotherapy** to tackle and overcome their behavior. This will reveal why they feel they have to binge and vomit, and break the cycle.

There is help out there for anorexics and bulimics, but they must take the first step and seek help from their doctors as soon as possible before they seriously damage their health.

Vocabulary

- **anorexia nervosa** - An eating disorder characterized by a distorted body image, fear of becoming obese, persistent aversion to food, and severe weight loss and

malnutrition. It most commonly affects teenage girls and young women, who often develop amenorrhea, osteoporosis and other abnormalities.

- **bulimia** - An eating disorder characterized by uncontrolled rapid ingestion of large quantities of food over a short period of time, followed by self-induced vomiting, fasting, and other measures to prevent weight gain. It is most common among young women and teenage girls.
- **bulimics** - people suffering from bulimia
- **delude** - to deceive the mind or judgment of; mislead
- **succumb** - to submit to an overpowering force or yield to an overwhelming desire; give up or give in.
- **binges** - (v) To engage in excessive or uncontrolled indulgence in food or drink; (n) A period of excessive or uncontrolled indulgence in food or drink
- **depression** - A psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death
- **obvious** - easy to see or understand; evident
- **abrasion** - the process of scraping or wearing down by friction; A scraped area on the skin or on a mucous membrane, resulting from injury or irritation.
- **thrust** – To shove (push forward or along) something into or at something else; push.
- **salivary glands** - glands of the oral cavity whose combined secretion constitutes the saliva, including the parotid, sublingual, and submandibular glands and numerous small glands in the tongue, lips, cheeks, and palate.
- **gastric acid** - the hydrochloric acid secreted by the gastric glands in the stomach; aids in the preparation of food for digestion.
- **psychotherapy** - treatment of mental disorders and behavioral disturbances using verbal and nonverbal communication, as opposed to agents such as drugs or electric shock, to alter maladaptive patterns of coping, relieve emotional disturbance, and encourage personality growth.

Reference:

<http://esl.about.com>

<http://www.englishmed.com/>

