

### 3 Check-up 35+

#### LISTENING Track 4

1 Listen to the dialog and try to answer the following questions:

- Why is Mrs. Pikker at the doctor's practice?
- What does the medical assistant do?

#### READING

2 Read the text and check any new vocabulary in the word list or in a dictionary:

In Germany, from the age of 35 you are entitled to a health check-up every two years in order to detect common illnesses like diabetes, cardiovascular or kidney disease early on. There are a lot of risk factors for these diseases which should be avoided or at least reduced.

5 Your personal and your family's medical history are taken. The check-up includes a physical examination (including the head, neck, chest, abdomen, vertebral column and extremities). A blood and urine sample are taken to analyze your cholesterol and glucose levels and test your urine for protein, glucose, red and white blood cells. Your blood pressure is also taken.

10 The physician discusses the test results with you and gives you advice on how to change unhealthy habits. You do not have to pay the practice fee for this check-up.

15 If an illness is suspected or detected, the doctor will arrange further diagnostic tests or medical treatment. In this case you have to pay the 10,- Euro practice fee.

20



diabetes,  
cardiovascular,  
abdomen,  
vertebral column,  
urine,  
cholesterol,  
glucose,  
protein

physician AE,  
doctor BE und AE = Arzt

#### COMPREHENSION

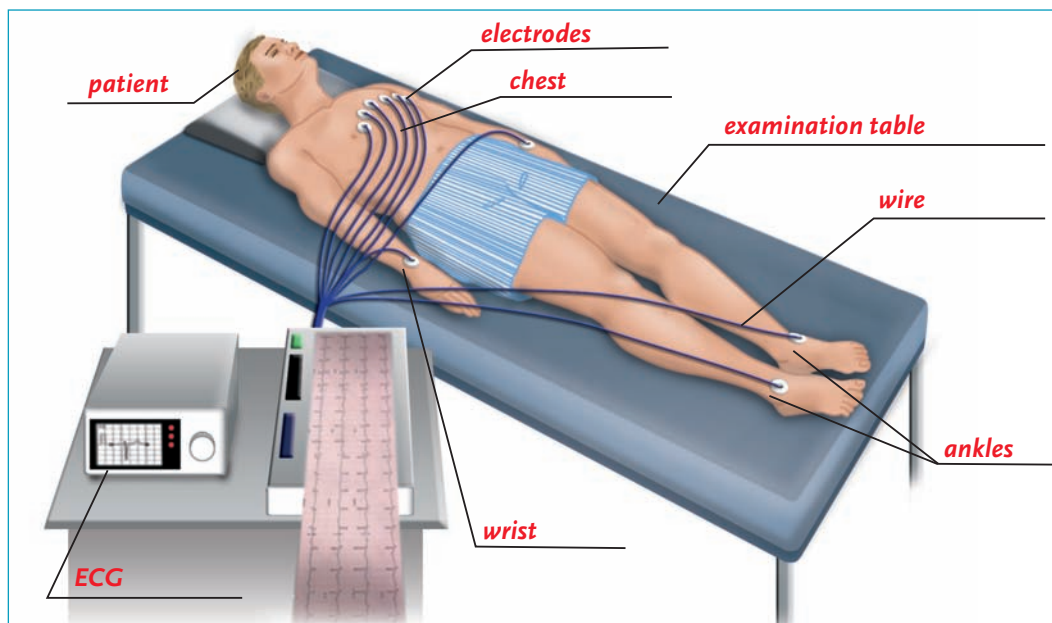
3 Find the following words in the text:

Gesundheitsuntersuchung    auffinden    weitverbreitet/häufig vorkommend  
Herz-Kreislauf-Erkrankung    Nierenerkrankung    Risikofaktoren  
vermeiden    mindestens    Familienanamnese    körperliche Untersuchung  
Wirbelsäule    Bauch    Brustkorb    Blutprobe    Urinprobe  
Blut-Cholesterin-Spiegel    Eiweiß    Blut-Glucose-Spiegel    Blutdruck    messen  
Arzt    Untersuchungsergebnisse    Rat    ungesunde Gewohnheiten

**VOCABULARY**

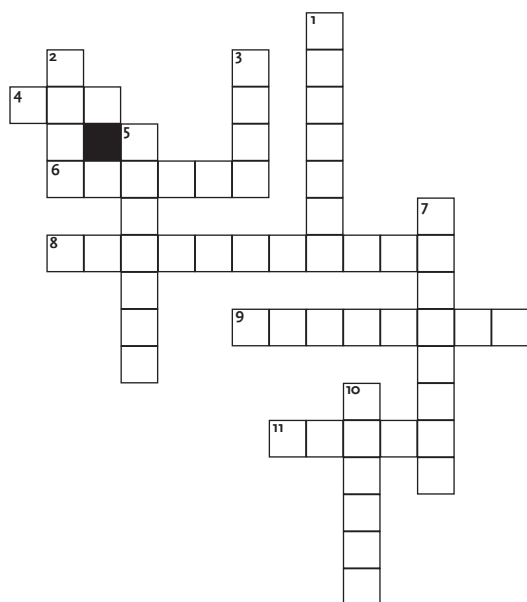
3 Label the picture with the following words:

examination table – ECG – electrodes – chest – wrist – ankles – wire – patient



**COMPREHENSION**

4 ECG Criss-Cross



**Across**

- 4. electrocardiogram **ECG**
- 6. to take off/away **REMOVE**
- 8. heart beats fast with irregular rhythm **PALPITATION**
- 9. to become shorter and smaller **CONTRACT**
- 11. to cut hair from body **SHAVE**

**Down**

- 1. something to keep you warm **BLANKET**
- 2. mark on the skin after a wound has healed **SCAR**
- 3. cable **WIRE**
- 5. to increase in intensity **AMPLIFY**
- 7. bigger than normal **ENLARGED**
- 10. physical harm **DAMAGE**

## COMPREHENSION

4

Match the sentence parts correctly:

abrasion -  
Schürfwunde

- |  |           |   |
|--|-----------|---|
| 1. You have to put pressure on a wound             | <b>d.</b> | a. the patient will feel a burning pain.                |
| 2. Superficial wounds like abrasions <sup>15</sup> | <b>i.</b> | b. to reduce the risk of infection.                     |
| 3. After cleaning the wound                        | <b>h.</b> | c. for his last tetanus immunization booster.           |
| 4. Sutures and staples are methods                 | <b>g.</b> | d. to stop severe bleeding.                             |
| 5. Roller bandages are used                        | <b>j.</b> | e. because there is the risk of poor blood circulation. |
| 6. Sometimes an antibiotic ointment is applied     | <b>b.</b> | f. ask him to flex it at a 45 degree angle.             |
| 7. Be careful that the bandage is not too tight    | <b>e.</b> | g. of closing deep large wounds.                        |
| 8. Alcohol should not be used because              | <b>a.</b> | h. a gauze pad is placed over the wound.                |
| 9. If the patient has an injury around his knee    | <b>f.</b> | i. first have to be cleaned thoroughly with saline.     |
| 10. The medical assistant should ask the patient   | <b>c.</b> | j. to fasten a dressing.                                |

5

What do you say? Write your sentences down in direct speech:

Fragen Sie die Patientin...

- nach der Ursache für die Wunde.

*What caused the wound?*

- ob der Verband bequem oder zu fest ist.

*Does it feel comfortable or too tight?*

- wann die Patientin das letzte Mal eine Tetanusimpfung bekommen hat.

*When did you get your last tetanus booster?*

Sagen Sie der Patientin...

- dass sie ihre Schuhe auszuziehen und sich auf die Untersuchungsliege legen soll.

*Could you take off your shoes and lie down on the treatment couch please?*

- dass Sie jetzt die Wunde säubern.

*I'm going to clean the wound.*

- dass Sie Kompressen und Salbe auf die Wunde tun und diese dann verbinden.

*I'm going to put a compress with some ointment on the wound and wrap a bandage around it.*

- dass sie wiederkommen soll, falls der Verband zu eng ist.

*Please come back if the bandage feels too tight.*

- dass sie nach x Tagen sich wieder beim Arzt vorstellen soll.

*Please see the doctor in x days.*

- dass sie nach x Tagen zum Fädenziehen kommen soll.

*Please come back in x days to have the stitches removed.*

DIALOG / ROLE PLAY  Track 19

6 Write a dialog with a partner. Complete the speech bubbles:

*A patient, Lalit Kumar, comes into your practice to have his foot checked because he had an operation ten days ago. The doctor examines the wound and wants you to remove the stitches. You take the material you need and go into the treatment room.*



*Hello Mr. Kumar, I'm here to remove the stitches in your foot.*

*First I want to disinfect the wound. It'll feel a bit cold.*

Der Patient äußert, dass er Angst vor Schmerzen hat.

*I'm afraid of pain. I hope it won't hurt.*



MFA erklärt, dass es nicht schmerzen wird, jedoch wird er ein leichtes Kribbeln merken. Sie fragt den Patienten, ob er bereit ist.



*It won't hurt but you'll feel a kind of prickling sensation.*

*Are you ready? Can we start?*

Der Patient ist bereit.

*OK, you can go ahead.*

