

THEME 8 EMERGENCY AND HEALTH PROBLEMS READING SKILL (UPLIFT)

A. Read the texts and write the correct specialist for each answer column.

Since I was a little child, I have had yellow teeth, although I brush them regularly each day. I have tried many different kinds of toothpaste, but they didn't work at all. I'm 18 years old, and I can't even smile. Please help me! (Rockstar)

_____ : Firstly, teeth are not pure white; they are naturally yellowish, and they can turn yellow for several reasons, like eating habits, using antibiotics, or genetic factors. Next, certain foods or drinks, such as coffee, tea, citrus juices, berries, and curry, can change the colour of your teeth. Have you ever tried professional cleaning and polishing? Visit your dentist and talk about your problem. S/He will prescribe you the best treatment for you. And lastly, do not let anything stop you from smiling!

I have always had trouble falling asleep, but the situation has become worse in the past three months. Even when I'm exhausted, it is difficult for me to fall asleep some nights. I wake up several times throughout the night and find myself looking at the clock. I feel anxious because it really affects my performance at work. How can I solve my sleep problem? (Sleepless)

_____ : Many factors like stress, depression, or physical pain can cause insomnia, but the common cause is lifestyle factors, and it gets better by changing some of your habits. Start by identifying the things that keep you awake at night. Maybe you shouldn't have had that afternoon coffee or the evening tea. Avoid caffeine for four hours before going to bed. The blue light from electronics such as laptops, tablets, TVs, and mobile phones also negatively affects sleep quality at night. It tricks your brain into thinking it is daytime. Avoid using them two hours before bedtime. If the problem continues, you had better see a doctor to find out the main reason.

I'm a fifteen-year-old girl. I have had problems with acne and pimples on my cheeks and chin for about a year. I have tried a few remedies that I found on the Net, but they didn't seem to help much. What should I do to get rid of them? (Angel)

_____ : First of all, if you are using the Internet as a source of health information, please stop it because it is full of misinformation. The experts also cannot give you direct medical care in this forum. However, washing your skin is the most important step in preventing acne. You can use over-the-counter cleansers with salicylic acid. It can help reduce acne and dry pimples, but make sure to apply a moisturizer afterwards. Have you ever visited a dermatologist to talk about your problem? I would suggest you see a dermatologist for the best treatment for you.

B. Read the texts again and choose the statement that best expresses the main idea.

1. You can take medical advice and receive treatment for your medical problem from the website.
2. You must consult a doctor to take medical advice and receive suitable treatment for your health problems.
3. You had better visit a website before seeing a doctor.

C. Answer the following questions according to the texts.

1. How long has Rockstar had a problem with his teeth?
2. What factors can affect the colour of the teeth?
3. When has the sleep problem become worse for Sleepless?
4. How does blue light affect sleep quality?
5. What problem has Angel had for about a year?
6. What did the specialist warn her not to do?

D. Skim the leaflet and circle the main idea.

1. You can do nothing to protect yourself from the flu.
2. You can protect yourself and others from the flu by following a few simple steps.
3. The only thing you can do to protect yourself from the flu is to stay at home.

Do Not Let the Influenza (the Flu) Catch You!

Know the most common symptoms

Muscle or body aches / Fever (38°C or above) / Runny or stuffy nose / Sore throat / Headache / Cough

How to protect yourself from the flu

Wash your hands often and for at least 20 seconds.

Wear a protective mask in public places.

Avoid close contact with sick people.

Eat a balanced and healthy diet.

Get a flu vaccine each year.

Get enough sleep.

When you have any of these symptoms

Stay at home and rest.

Do not visit public areas or use public transportation to prevent spreading your illness to others.

Seek emergency medical care if you have

Shortness of breath or difficulty in breathing

Pain or pressure in the chest

E. Tick (✓) the information mentioned in the leaflet.

1. how to prevent the flu
2. high-risk groups
3. common symptoms of the flu
4. how the virus spreads
5. responsibilities for not making others sick
6. when to seek medical care
7. how to recover from the flu