

## LESSON 10 HEARTBURNS (2)



### Conversation 1

Asking questions about a patient's problem

Situation: The doctor enquires further about the patient's problem.

The doctor asks a number of questions to find out the exact extent of the problem:

"When did you first have the problem?"

"What do you understand by 'heartburn'?"

"When have you been getting it?"

"Have you ever noticed any particular kind of other discomfort or pain, perhaps associated with the heartburn?"

"When you say 'after meals' - is that long after?"

"You're not regularly over-eating, are you?"

"To make a pig of oneself" means to eat too much.

#### Medical words:

stomach

acid

mouth

discomfort

pain

burp

chronic

condition

over-eating

#### Possible problematic words:

noticed

seems

usually

perhaps

associated

generally

special

shoots

unpleasant

occasionally

regularly

### Conversation 2

Identifying a patient's chronic problem

Situation: The doctor identifies Mr. Wilson's problem.

The doctor starts by explaining a medical term (**chronic**) to Mr. Wilson. He does this by explaining the word and the opposite of the word (**acute**) to reiterate (repeat to show importance) the point and confirm the full meaning to Mr. Wilson.

"**Long standing**" means that the problem in question has occurred over a long period of time.

"**Out of the blue**" means something that arises (happens) unexpectedly or unplanned.

"Straight after" means immediately after.

"Trigger" means to cause something to happen, eg:

"Now, have you noticed that any particular foods that trigger the heartburn especially fast?"

"Bring it on" is a phrasal (multi-word) verb meaning to cause something to happen, in this case in a negative way.

"I never touch" spirits means that the patient (avoids) the consumption of spirits and goes on to say "I've seen too much of what spirits can do to other people". This reaffirms the point he is making.

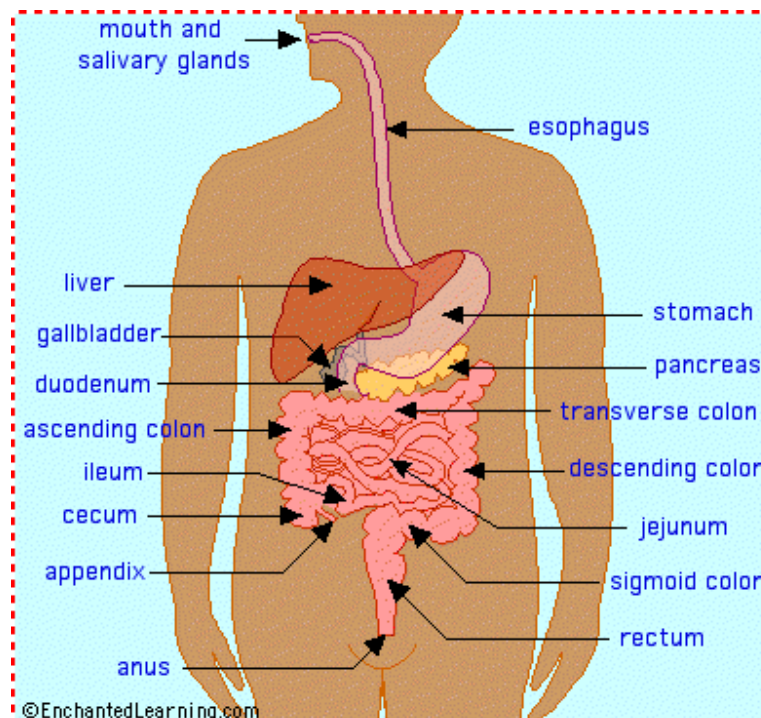
Medical words:

chronic  
condition  
acute  
acid  
liquids

Possible problematic words:

arisen  
definitely  
particular  
manifest  
suppose  
remember  
worst  
trigger  
effect

### Human Digestive System



The human digestive system is a complex series of organs and glands that processes food. In order to use the food we eat, our body has to break the food down into smaller molecules that it can process; it also has to excrete waste.

Most of the digestive organs (like the stomach and intestines) are tube-like and contain the food as it makes its way through the body. The digestive system is essentially a long, twisting tube that runs from the mouth to the anus, plus a few other organs (like the liver and pancreas) that produce or store digestive chemicals.

### The Digestive Process

The start of the process - the mouth: The digestive process begins in the mouth. Food is partly broken down by the process of chewing and by the chemical action of salivary enzymes (these enzymes are produced by the salivary glands and break down starches into smaller molecules).

On the way to the stomach: the esophagus - After being chewed and swallowed, the food enters the esophagus. The esophagus is a long tube that runs from the mouth to the stomach. It uses rhythmic, wave-like muscle movements (called peristalsis) to force food from the throat into the stomach. This muscle movement gives us the ability to eat or drink even when we're upside-down.

In the stomach - The stomach is a large, sack-like organ that churns the food and bathes it in a very strong acid (gastric acid). Food in the stomach that is partly digested and mixed with stomach acids is called chyme.

In the small intestine - After being in the stomach, food enters the duodenum, the first part of the small intestine. It then enters the jejunum and then the ileum (the final part of the small intestine). In the small intestine, bile (produced in the liver and stored in the gall bladder), pancreatic enzymes, and other digestive enzymes produced by the inner wall of the small intestine help in the breakdown of food.

In the large intestine - After passing through the small intestine, food passes into the large intestine. In the large intestine, some of the water and electrolytes (chemicals like sodium) are removed from the food. Many microbes (bacteria like Bacteroides, Lactobacillus acidophilus, Escherichia coli, and Klebsiella) in the large intestine help in the digestion process. The first part of the large intestine is called the cecum (the appendix is connected to the cecum). Food then travels upward in the ascending colon. The food travels across the abdomen in the transverse colon, goes back down the other side of the body in the descending colon, and then through the sigmoid colon.

The end of the process - Solid waste is then stored in the rectum until it is excreted via the anus.

### Digestive System Glossary:

abdomen - the part of the body that contains the digestive organs. In human

beings, this is between the diaphragm and the pelvis

alimentary canal - the passage through which food passes, including the mouth, esophagus, stomach, intestines, and anus.

anus - the opening at the end of the digestive system from which feces (waste) exits the body.

appendix - a small sac located on the cecum.

ascending colon - the part of the large intestine that run upwards; it is located after the cecum.

bile - a digestive chemical that is produced in the liver, stored in the gall bladder, and secreted into the small intestine.

cecum - the first part of the large intestine; the appendix is connected to the cecum.

chyme - food in the stomach that is partly digested and mixed with stomach acids. Chyme goes on to the small intestine for further digestion.

descending colon - the part of the large intestine that run downwards after the transverse colon and before the sigmoid colon.

digestive system - (also called the gastrointestinal tract or GI tract) the system of the body that processes food and gets rid of waste.

duodenum - the first part of the small intestine; it is C-shaped and runs from the stomach to the jejunum.

epiglottis - the flap at the back of the tongue that keeps chewed food from going down the windpipe to the lungs. When you swallow, the epiglottis automatically closes. When you breathe, the epiglottis opens so that air can go in and out of the windpipe.

esophagus - the long tube between the mouth and the stomach. It uses rhythmic muscle movements (called peristalsis) to force food from the throat into the stomach.

gall bladder - a small, sac-like organ located by the duodenum. It stores and releases bile (a digestive chemical which is produced in the liver) into the small intestine.

gastrointestinal tract - (also called the GI tract or digestive system) the system of the body that processes food and gets rid of waste.

ileum - the last part of the small intestine before the large intestine begins.

intestines - the part of the alimentary canal located between the stomach and the anus.

jejunum - the long, coiled mid-section of the small intestine; it is between the duodenum and the ileum.

liver - a large organ located above and in front of the stomach. It filters toxins from the blood, and makes bile (which breaks down fats) and some blood proteins.

mouth - the first part of the digestive system, where food enters the body. Chewing and salivary enzymes in the mouth are the beginning of the digestive process (breaking down the food).

pancreas - an enzyme-producing gland located below the stomach and above the intestines. Enzymes from the pancreas help in the digestion of carbohydrates, fats and proteins in the small intestine.

peristalsis - rhythmic muscle movements that force food in the esophagus from the throat into the stomach. Peristalsis is involuntary - you cannot control it. It is also what allows you to eat and drink while upside-down.

rectum - the lower part of the large intestine, where feces are stored before they are excreted.

salivary glands - glands located in the mouth that produce saliva. Saliva contains enzymes that break down carbohydrates (starch) into smaller molecules.

sigmoid colon - the part of the large intestine between the descending colon and the rectum.

stomach - a sack-like, muscular organ that is attached to the esophagus. Both chemical and mechanical digestion takes place in the stomach. When food enters the stomach, it is churned in a bath of acids and enzymes.

transverse colon - the part of the large intestine that runs horizontally across the abdomen.



Reference:

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

<http://www.enchantedlearning.com>