

Seminar 9:

Let's talk...

Medicine & Healthcare

Modal verbs of Obligation





Welcome back!!!





OVERVIEW:

- 1. Relevante Expressions, Verbs & Vocabulary (REVV!)
- 2. Important Grammar: Modal verbs of Obligation; Adjectives
- 3. Precise Pronunciation: Consonants: Th vs C
- 4. False Friends & Avoiding Common Errors!
- 5. Most common questions Can you answer them?





























"The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated."

— Plato

















Health

"The greatest wealth is health."
-Virgil

"He who has health, has hope; and he who has hope, has everything." - Arabian Proverb

"Take care of your body.
It's the only place you have to live."

- Jim Rohn





Curative Medicine

Curative medicine focuses on <u>treating</u> existing <u>illnesses</u>, <u>diseases</u>, or health conditions after they have developed. This type of medicine aims to cure or <u>alleviate</u> symptoms, improve health outcomes, and restore a person's health to its previous state. Curative treatments may include <u>medications</u>, <u>surgeries</u>, <u>therapies</u>, or other interventions aimed at addressing specific health issues.





Feeling sick

VERBS: To...

feel sick

not feel well

feel under the weather

feel congested

have a cold (head cold, chest cold)

catch a cold

be contagious

have a fever

have the flu

have a high temperature

become ill/sick

have an illness or disease

have a serious illness or disease

suffer from an illness

be diagnosed with...

sentirse enfermo

no sentirse bien

sentirse mal

sentirse congestionado

tener un resfriado (congestión o pecho)

coger un catarro

contagiar

tener fiebre

tener gripe

tener temperatura alta

enfermar/enfermar

tener una enfermedad o dolencia

tener una enfermedad o dolencia grave.

padecer una enfermedad

ser diagnosticado de...





Preventative Medicine

"When we strive to become better than we are, everything around us becomes better too."

- Paulo Coelho.





Preventative Medicine

Preventative medicine, on the other hand, focuses on preventing illnesses, diseases, or health conditions before they occur or become more severe. This type of medicine aims to promote overall health and well-being, reduce the risk of developing certain health problems, and improve longevity and quality of life. Preventative measures may include lifestyle modifications (such as healthy diet and exercise), vaccinations, screenings, regular check-ups, and early intervention to address risk factors or detect health issues at an early stage.





Doctors

"Medicines cure diseases,
but only doctors can cure patients."
--- Carl Jung Read





Types of doctors

- Family Physician (General Practitioner): Provides primary care for patients of a wide range of health issues and coordinate with specialists.
- Internist (Internal Medicine Physician): Specializes in diagnosing and treating complex medical conditions, chronic diseases, and preventive care.
- Pediatrician: Focuses on the medical care of infants, children, and adolescents.
- **Obstetrician-Gynecologist (OB-GYN):** Specializes in women's reproductive health related to pregnancy, childbirth, fertility, menstruation, and menopause.
- **Surgeon:** Performs surgical procedures to treat injuries, diseases, or deformities, specializing in areas such as orthopedic surgery, cardiovascular surgery, or neurosurgery.





Types of doctors

- **Dermatologist:** Specializes in diagnosing and treating conditions of the skin, hair, and nails, including acne, eczema, psoriasis, and skin cancer.
- **Psychiatrist:** Focuses on mental health disorders, including depression, anxiety, bipolar disorder, and schizophrenia.
- **Anesthesiologist:** Administers anesthesia and monitors patients during surgery, procedures, or childbirth to ensure pain management and safety.
- **Radiologist:** Uses medical imaging techniques such as X-rays, MRI, CT scans, and ultrasounds to diagnose and treat diseases or injuries.
- Cardiologist: Specializes in the heart and cardiovascular diseases, including coronary artery disease, heart failure, and arrhythmias.





Seeing the doctor

VERBS: To...

make/get an appointment to concertar/conseguir una cita (para ver al médico)

go to the doctor ir al medico

go to get a check up ir a hacerse un chequeo/revision

go have the doctor check you / your problem ir a que el médico te revise a ti/tu problema.

get a doctor's opinion obtener la opinión de un médico

get a second opinion obtener una segunda opinión

go to the health centre / health clinic acudir al centro de salud/ clínica de salud

go to the hospital ir al hospital

go to the emergency room ir a urgencias

get a blood test / do a blood analysis hacerse un análisis de sangre / hacer una analítica

get a biopsy hacerse una biopsia

have something removed (tumour, cyst, etc.) que le extirpen algo (tumor, quiste, etc.)





Top 5 Illnesses

- 1. **Influenza** (**Flu**): A contagious respiratory illness caused by influenza viruses, characterized by <u>fever</u>, <u>cough</u>, <u>sore throat</u>, <u>body aches</u>, and <u>fatigue</u>.
- 2. **Common Cold:** A viral infection of the upper respiratory tract, causing symptoms such as a <u>runny or stuffy nose</u>, <u>sneezing</u>, coughing, and sore throat.
- 3. **Urinary Tract Infection (UTI):** An infection in the urinary system often causing painful <u>urination</u>, frequent urination, and pelvic pain.
- 4. **Gastroenteritis:** Inflammation of the gastrointestinal tract, also called <u>stomach flu</u>, causing symptoms such as <u>diarrhea</u>, <u>vomiting</u>, abdominal <u>cramps</u>, and <u>nausea</u>.
- 5. **Bronchitis:** Inflammation of the bronchial tubes in the lungs resulting in coughing, wheezing, chest discomfort, and mucus production.





Top 5 Injuries in Spain

- 1. **Falls:** Injuries resulting from slips, trips, or falls, which can lead to <u>fractures</u>, <u>sprains</u>, and <u>head injuries</u>.
- 2. **Road Traffic Accidents:** Injuries sustained in motor vehicle collisions, including fractures, head injuries, and <u>soft tissue injuries</u>.
- 3. **Sports Injuries:** Injuries related to participation in sports and recreational activities, such as sprains, strains, fractures, and concussions.
- 4. Workplace Injuries: Injuries occurring in the workplace, including falls, strains, cuts, and burns.
- 5. **Cuts and Lacerations:** Injuries caused by sharp objects or tools, resulting in wounds that may require stitches or surgical intervention.





Operations & Surgery

VERBS: To...

patient

have an operation (on your leg)... operarte la pierna...

get an operation to... operarme para...

undergo an operation ... someterse a una operación de/en...

doctor

operate on the patient >>> A doctor operates on... operar al paciente

do an operation >>> A doctor does... hacer una operación

To conduct an operation >>> a doctor conducts realizar una operación

To perform an operation realizar una operación





Top 5 operations

- 1. **Appendectomy:** Surgical removal of the appendix, usually performed to treat appendicitis.
- 2. **Cholecystectomy:** Surgical removal of the gallbladder, commonly performed to treat gallstones or gallbladder disease.
- 3. **Hip Replacement (Total Hip Arthroplasty):** Surgical procedure to replace a damaged or diseased hip joint with an artificial implant.
- 4. **Knee Arthroscopy / replacement:** Minimally invasive surgical procedure to diagnose and treat problems in the knee joint, such as torn cartilage or ligaments. / Or procedure to replace knee with an artificial implant.
- 5. **Hernia Repair:** Surgical correction of a hernia, which occurs when an organ protrudes through a weak spot in the muscle or tissue wall.





Important treatments

- Intravenous (IV) Fluids: Administration of fluids, electrolytes, and medications directly into the bloodstream through an intravenous catheter.
- Wound Care: Cleaning, dressing, and treating wounds to prevent infection and promote healing.
- **Diagnostic Tests:** Including blood tests, imaging studies (such as X-rays, CT scans, and MRIs), biopsies, and other procedures to diagnose medical conditions and monitor patient health.
- Physical Therapy: Rehabilitation exercises and techniques to improve mobility, strength, and function after surgery or injury.
- **Respiratory Therapy:** Treatment and management of respiratory conditions, including asthma, chronic obstructive pulmonary disease (COPD), and pneumonia.





Important treatments

- **Dialysis:** Removal of waste products and excess fluid from the blood for patients with kidney failure or other renal disorders.
- Radiation Therapy: Treatment of cancer using high-energy radiation to destroy cancer cells or shrink tumors.
- **Chemotherapy:** Administration of medications to kill cancer cells or inhibit their growth, often used in combination with other cancer treatments.
- **Transfusions:** Administration of blood products, such as red blood cells, platelets, or plasma, to patients who require blood transfusions due to anemia, bleeding disorders, or other medical conditions.





Important Acronyms

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NHS = National Health System (U.K.)
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HMO = health maintenance organization (for health insurance) (US)

MD = medical doctor

RN = registered nurse

PT = physical (US) therapist / physio (UK) therapist

HX = Medical history

ER/ED = emergency room (US) / emergency department (UK)

ICU = intensive care unit (SPN = UCI)

OR = operating room

CPR = cardio-pulmonary resuscitation (SPN = RCP)

MRI = magnetic resonance imagery (SPN = resonancia magnetica)

CATscan = computed axial tomography(SPN = TAC)

Xray = image of hard tissue via radiation imaging (SPN = radiografia)

AIDS = (SPN = SIDA)





Getting better

VERBS: To...

improve

get better

get well

get/be healthy again

recover

make a recovery

mejorar

mejorar

mejorar

recuperarse/estar sano otra vez

recuperarse

recuperarse





Summary Sentences

The healthcare system helps people who suffer injuries and illnesses.

Patients are admitted to the hospital. Patients are released from the hospital.

Quicker procedures can be out-patient

treatment (same day).
Longer procedures and treatments are called

in-patient (overnight).

El sistema sanitario ayuda a las personas que sufren lesiones y enfermedades.

Los pacientes ingresan en el hospital. (baja)

Los pacientes son dados de alta del hospital.

Los procedimientos más rápidos pueden ser

tratamientos ambulatorios (el mismo día).

Los procedimientos y tratamientos más prolongados se denominan hospitalización (estancia de más de un día).





Summary Sentences

Doctors observe symptoms and assess a patient's condition. Los médicos observan los síntomas y evalúan el estado del paciente.

Some conditions are difficult to diagnose. Algunas dolencias son difíciles de diagnosticar.

Patients are treated with medication, surgery or therapy. Los pacientes son tratados con medicación, cirugía o terapia.

When a medication runs out the prescription is refilled. Cuando se acaba un medicamento, se vuelve a prescribir la medicación.

Patients consult with a doctor for the best treatment. Los pacientes consultan con un médico para obtener el mejor tratamiento.

Doctors can refer the patient to other specialists. Los médicos pueden derivar al paciente a otros especialistas.

Only doctors can prescribe medication. Sólo los médicos pueden recetar medicamentos.

Some medicines and treatments have side effects. Algunos medicamentos y tratamientos tienen efectos secundarios.





Summary Sentences

Doctors recommend a treatment or medication. Los médicos recomiendan un tratamiento o medicamento.

Nurses and aids help administer medication. Las enfermeras y auxiliares ayudan a administrar los medicamentos.

Doctors will operate on a patient if needed. Los médicos operarán a un paciente si es necesario.

Healthcare takers have to monitor patients. Los profesionales sanitarios deben controlar a los pacientes.

Patients will hopefully improve and injuries heal. Es de esperar que los pacientes mejoren y las lesiones sanen.

It may take time to make a full recovery. Es posible que lleve tiempo recuperarse por completo.

Patients with chronic pain have to manage it carefully. Los pacientes con dolor crónico deben tratarlo con cuidado.

Exercising and eating healthily help prevent illnesses. Hacer ejercicio y comer saludablemente ayuda a prevenir enfermedades.

Vaccinations also help prevent illnesses. Las vacunas también ayudan a prevenir enfermedades.

Health insurance and Healthcare management is a big Los seguros médicos y la gestión sanitaria son una gran industria.

industry.





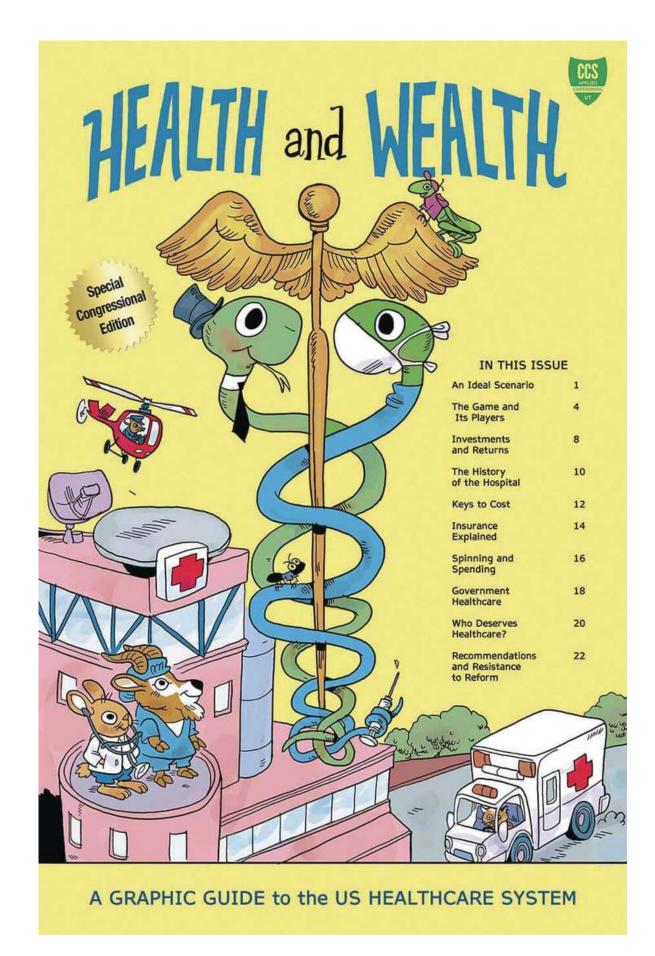
How is healthcare different in different cultures?



"Is this a good time to discuss your health insurance needs?"











POLL TIME!







- 1. Which country has the best-rated healthcare system in the world?
- a. Canada
- b. Germany
- c. Ireland
- d. Switzerland
- e. United States





- 1. Which country has the best-rated healthcare system in the world?
- a. Canada
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- c. Ireland
- d. Switzerland
- e. United States





- 2. Are you satisfied with the Spanish healthcare system?
- a. Yes
- b. No
- c. Partially
- d. Undecided





3. As of 2023, where does Spain's health care system rank with respect to the rest of the world?

- a. 17th
- b. 21st
- c. 22nd
- d. 24th





3. As of 2023, where does Spain's health care system rank with respect to the rest of the world?

a. 17th

Spain ranked 21st overall in the 2022 World

b. 21st

Index of Healthcare Innovation, up from 22nd

c. 22nd

in 2021 and 24th in 2020.

d. 24th





3. As of 2023, where does Spain's health care system rank with respect to the rest of the world?

a. 17th

b. 21st

c. 22nd

d. 24th

Respective to specific categories, Spain ranked:

13th for Choice

17th for Quality

20th for Science and Technology

23rd for Fiscal Sustainability





3. As of 2023, where does Spain's health care system rank with respect to the rest of the world?

a. 17th Spain ranks higher than these 'Moderate' countries:

b. 21st Portugal (22), Austria (23), France (24), Canada (25),

c. 22nd Japan (26)

d. 24th





3. As of 2023, where does Spain's health care system rank with respect to the rest of the world?

a. 17th	Spain ranks	lower than these	'Elite' and	'Good' countrie	s:
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b. 21st Switzerland (1), Ireland (2), Netherlands (3), Germany (4),

c. 22nd Israel (6), Sweeden (8), United States (11), United Kingdom

d. 24th (15)





4. As of 2011 how much of its total budget did Spain designate to mental health?

- a) 3%
- b) 5% (6 million euros)
- c) 7%
- d) 9%





5. How much has child obesity increased in Spain from 2011 to 2021?

- a) 5.5%
- b) 10.6%
- c) 16.3%
- d) 24.5%





Spain is the healthiest country in the world.

In 2019, the <u>Bloomberg Healthiest Country Index</u> evaluated and ranked over 150 nations based on their life expectancy, environmental factors (ex: access to fresh, clean water) and health risks (ex: obesity).

This study gave Spain a grade of 92.75 based on the aforementioned criteria and ranked the Iberian country first out of the listed countries.

According to macrotrends.net, the current life expectancy for Spain in 2024 is 84.12 years, a 0.15% increase from 2023





Medicine & Healthcare



"We all have busy schedules, Mr. Murdoch, but you need to plan for either one hour of exercise a day or 24 hours of being dead."





Grammar Focus:

Modal verbs of Obligation

























I work this Saturday. I can work this Saturday. I may work this Saturday. I might work this Saturday. I will work this Saturday. I would work this Saturday. I could work this Saturday. I shall work this Saturday. I should work this Saturday. must work this Saturday.

Trabajo este sábado. Puedo trabjar este sábado. Puede que trabaje este sábado. Puede que trabaje este sábado. Trabajaré este sábado. Trabajaría este sábado. Podría trabajar este sábado. Trabajaré este sábado. Debería trabajar este sábado.

Debo trabajar este sábado.



I work this Saturday. I can work this Saturday. I may work this Saturday. I might work this Saturday. I will work this Saturday. I would work this Saturday. I could work this Saturday. shall work this Saturday. | should work this Saturday. must work this Saturday.

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Debo trabajar este sábado.





RULES REVIEW:

- 1) NO 'to' before or after
 - 2) no 's'
 - 3) no conjugation
 - 4) not together

I must to buy some bread after work.

I should to practice speaking more.

She musts do it.

I must do it. He must do it. You must do it. We must do it. They must do it.





RULES REVIEW:

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I must to buy some bread after work.

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In this position she **must** <u>be able to</u> know how the new laws affect the policy.





STRONG - AFFIRMATIVE

(Formal verbs)

(Normal verbs)

(Modal verbs)

supposed to

necessary to

required to

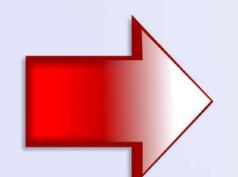
obligated to

mandatory to

have to

have got to

need to



must

It is mandatory to

wear a mask.

You have to

wear a mask.

You must

wear a mask.





STRONG - AFFIRMATIVE

We can use 'must' for official obligation, but we commonly use it for more <u>personal</u>, <u>subjective</u> statements.

He must exercise more.

She must study more.

I must go.





STRONG - NEGATIVE

(Formal verbs)

(Modal verbs)

unacceptable to

not supposed to

not permitted to

not allowed to

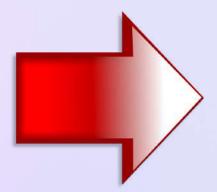
prohibited (from/to*)

banned (from)

outlawed (from)

You are not supposed to smoke inside.

Smoking is prohibited.



must not (mustn't)
can not (can't)

You must not smoke.

You can't smoke here.





STRONG - NEGATIVE

We use 'must NOT' for prohibition.

He must not smoke inside.

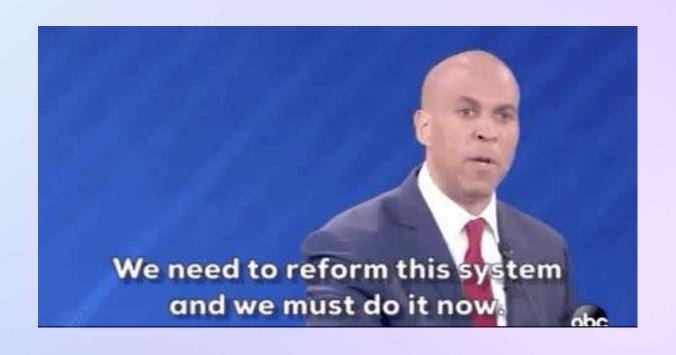
She must not park there.

I mustn't be late.





OBLIGATION in the PRESENT













FWRONG





OBLIGATION in the Present/Future

ADVICE /SOFT OBLIGATION - AFFIRMATIVE

(Formal verbs)

recommend that someone

suggest that someone

advise someone to

urge someone to



(Modal verbs)

should

(ought to)*

(had better)

I recommend that you see a doctor.

You should see a doctor.

You ought to see a doctor.





OBLIGATION in the Present/Future

ADVICE / SOFT OBLIGATION - NEGATIVE

(Formal verbs)

recommend that someone not

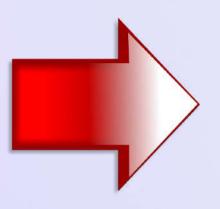
suggest that someone not

advise someone to not

urge someone to not

beg someone to not

(Modal verbs)



should not (ought not to)

I urge you not to accept the offer. You should not accept the offer.





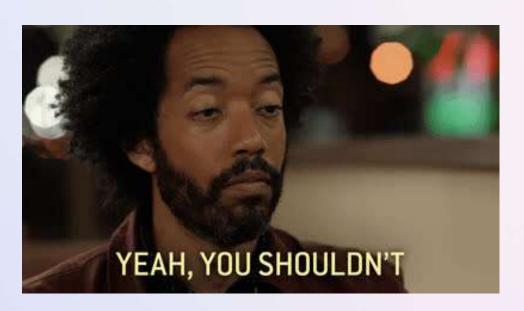
















COMMON ERRORS



8



CONFUSION!!











'Mustn't' and 'don't have to' are not the same!



Mustn't = it's not allowed, or it's a bad idea:

You mustn't eat so much chocolate, you'll be sick

Don't have to = you don't need to do something, but it's OK if you do it:

I don't have to get up early at the weekend (it's optional).

No tienes que tocar ese botón! / You don't have to push that button

= You must not push that button!





In public healthcare systems, hospitals must ...





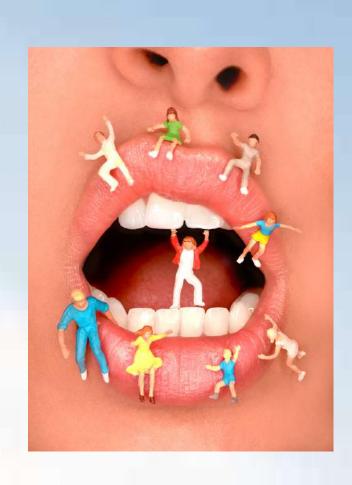
In public healthcare systems, hospitals must provide essential medical services to all citizens, regardless of their ability to pay. This means that everyone should have access to basic healthcare services, such as primary care, emergency treatment, and preventive screenings. Additionally, hospitals must follow strict standards of cleanliness and safety to ensure patient well-being. Patients should feel confident that they will receive quality care and attention from healthcare professionals.





Precise Pronunciation: Castilla y León











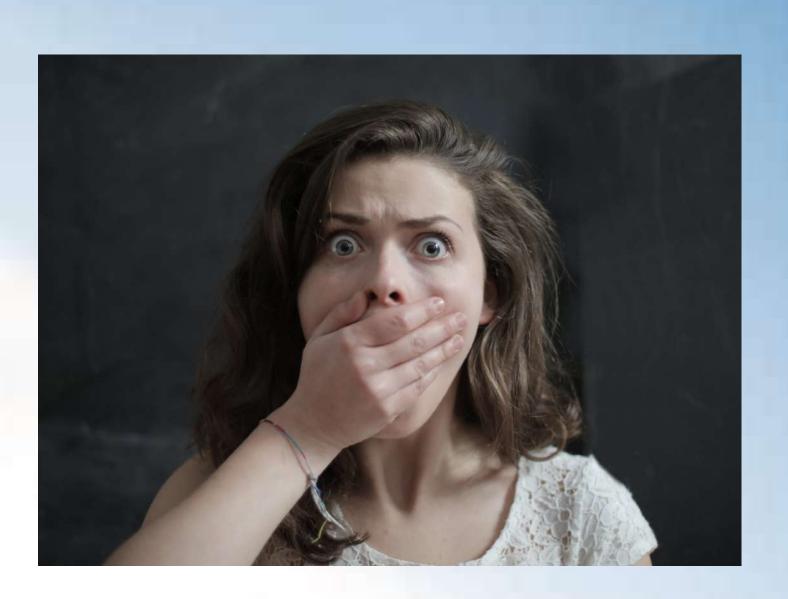






Precise Pronunciation:



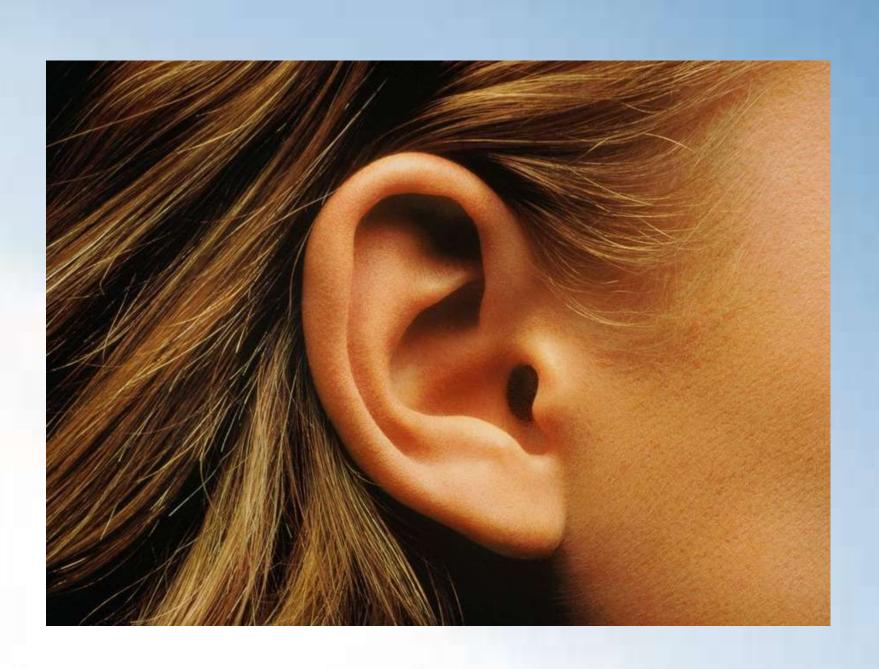






Precise Pronunciation: Castilla y León









Consonants:







Consonants:







CONTRASTING consonants:

Th VS. VS. VS. den cent/sent ten then do 100 Sue "tirty" dirty thirty certain duh the suh dose those toes coast bat bad bath 0055

Those dirty toes need a bath.





Precise Pronunciation: Castilla y León Precise Pronunciation:

Vowel:







Consonants: 'Th'

There are only two primary ways to pronounce the 'th' sound.





Consonants:

th = voiced

BEGINNING

than that the their them then there these they this those

MIDDLE

another although to **bother** brother father mother other to gather together worthy

END

to **bathe** to **breathe** clothes to **loathe** smooth to **teethe**





Consonants:

BEGINNING

thankful thanks theatre theory thick thin thirsty thirteen thirty thought thousand three through throw **Thursday** θ /th = <u>un</u>voiced

MIDDLE

author bathtub birthday faithful worthless

END

bath

faith fourth, fifth, sixth growth health month strength teeth truth warmth wealth





VS

Consonants:

/θ/

th = <u>un</u>voiced

breath (n) mouth (n) bath (n) cloth (n) worth (n/adj) /ð/

th = voiced

to breathe (v) to mouth (v) to bathe (v)

to clothe (v)

to be worthy (adj)





Precise Pronunciation: Castilla y León Precise Pronunciation:

Consonants:

th = t

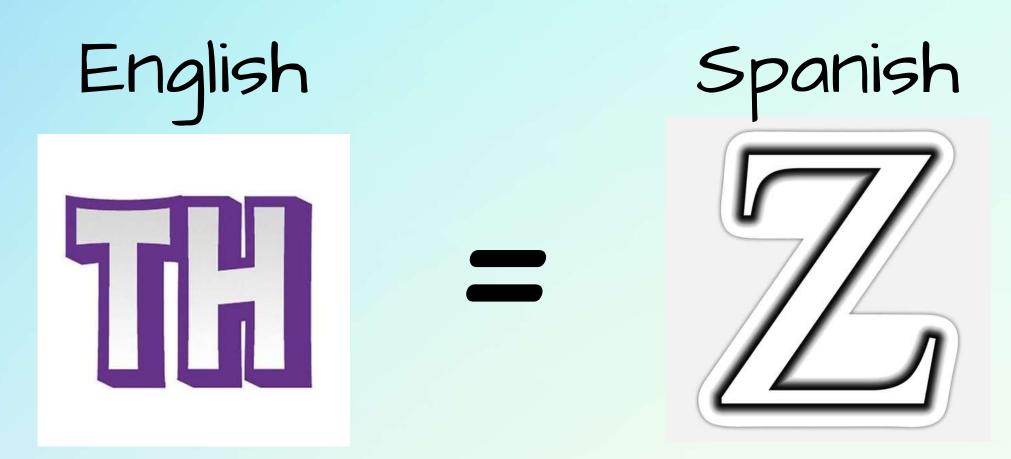
Thames /temz/ Thomas /'tpməs/ thyme /tʌɪm/





Precise Pronunciation:

Think key:







Precise Pronunciation: Castilla y León Procise Pronunciation:

'Th' Challenge:

I get together every Thursday with my brother, father and mother.

Those clothes are for the theatre, not to throw away.

They were thankful for the methods of therapy used by the physical therapists.

Wealth comes from good health, family strength and inner faith





COMMON ERRORS



8





CONFUSION!!









Commonly confused!





health vs hell

They are concerned about her health. vs They are concerned about her hell.

Tuesday vs Thursday

We have to finish it before Tuesday vs We have to finish it before Thursday.

dirty vs thirty

He is already dirty. vs He is already thirty.





Precise Pronunciation: Castilla y León Pronunciation:

Consonants:







Consonant:

/k/ c = k (hard c)

CA

cake call candy car care cash cat catering CO

cobra coffee cold Colorado comb cone corn cotton

CU

cub cube cup curl curtain curve cut cute





Consonant:

cell celery cement cent cereal ceiling center

dance face police sentence space

/k/ c = s (soft c)

cider cinema cinnamon citizen citrus city

> acid decide icing pencil recipe

CY

cyber cycle cynic cypress cyst

emergency fancy icy juicy spicy





Consonant:

BOTH
/k/ &/ /s/

cancel circle circumstance circus concern concert cycle inconvenience practice

accelerate accent accentuate accept access accessories accident occipital succeed success vaccine





Precise Pronunciation:

Consonant:

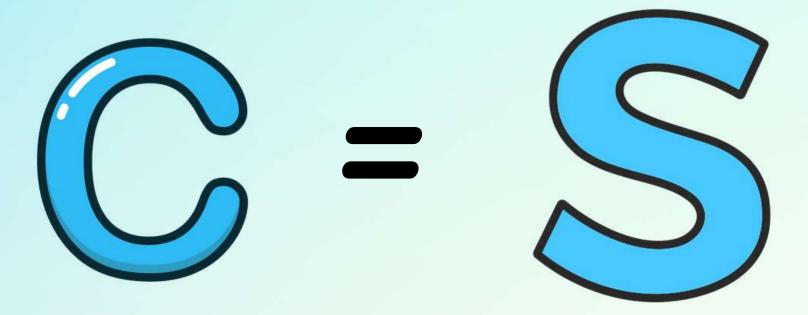
crucial financial ocean official precious special





CONTRASTING consonants:

Think key:







'C' Challenge:

Success is based on accelerating access to other successful people. She accepted the circumstance and cancelled her order of accessories. After the accident the doctor was concerned about her occipital nerve.

> Cereal is produced from the process of crushing grains. He practiced using a local accent for the concert. Getting access to the account is crucial. The juice contains a lot of citric acid.





'C' vs 'Th' Challenge:

They accepted the birthday gifts and said 'thanks' for the three seats to the city cinema.

The truth is that the growth of cyber-attacks is concerning.

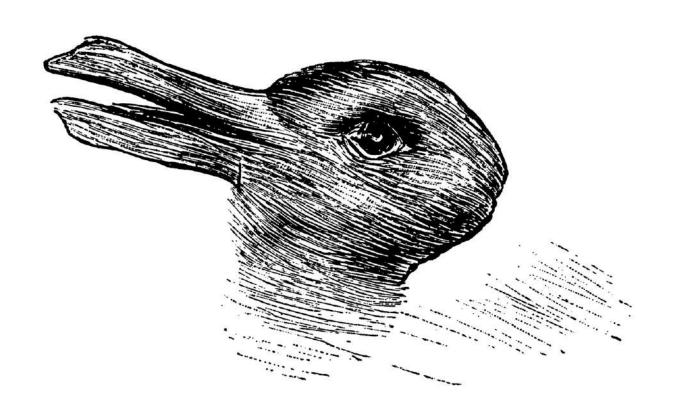
They went to the zoo outside the city centre to see the civet and the zebras.







False Friends







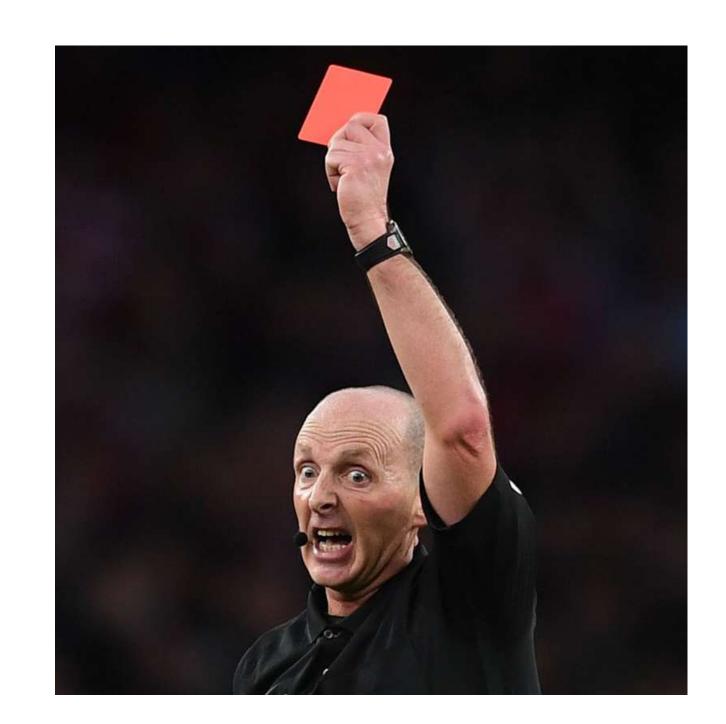




False Friends



CONFUSION!!







Spanish word: receta

False equivalent:

recipe

= receta de comida

Error: I need a recipe from the doctor to get the medicine.

False Friends (1)

Correct word: prescription

Definition:

a written instruction by a doctor that authorizes a patient to receive medicine

I need a prescription from the doctor to get the medicine.





Spanish word: sanitaria

False equivalent: sanitary

= relacionado a higiene y salud, especialmente con alcantarillado y agua potable

Error: They want to spend more money on the sanitary system.

False Friends (2)

Correct word: healthcare

Definition:

the organized provision of medical care to individuals or a community

: They want to spend more money on the healthcare system.



Spanish word: constipado

False equivalent:

constipated

= estreñido/a

Error: This morning I am very constipated.

False Friends (3)

Correct word: congested

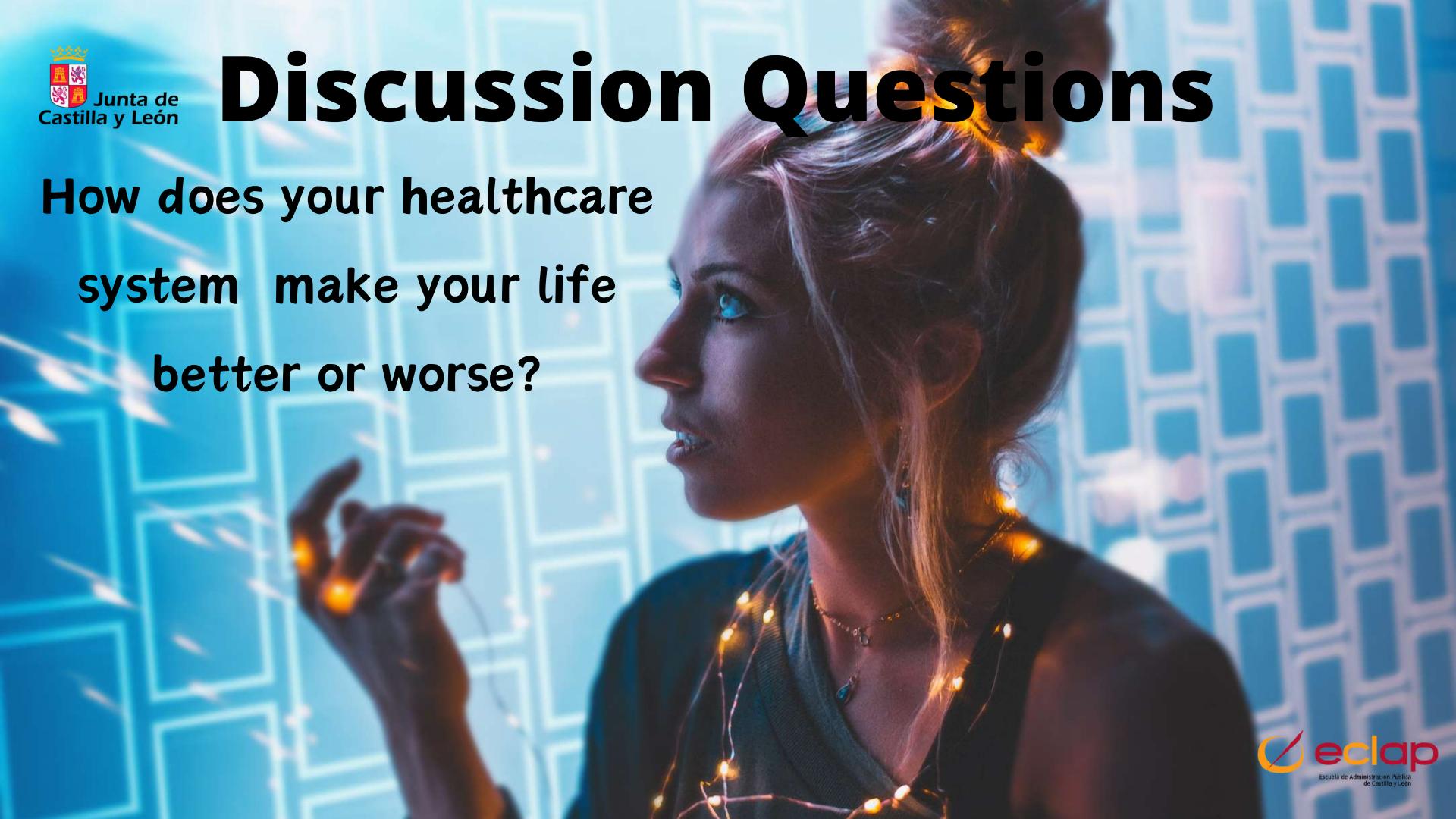
Definition:

blocked with mucus which makes breathing difficult



This morning, I am very congested.







Discussion Questions

What are some common health problems in your country, and how are they treated?

What health problems have you experienced personally? How did you get better?

What role do doctors and nurses play in society, and why are they important?

What are some of the good and bad things about the Spanish system in your opinion?

What impact does technology have on the future of healthcare?

Do you think mental health is given enough attention in healthcare systems?

How do cultural beliefs and practices influence healthcare decisions and treatments?

How should the government play a role in regulating unhealthy behaviours, such as smoking or eating junk food?



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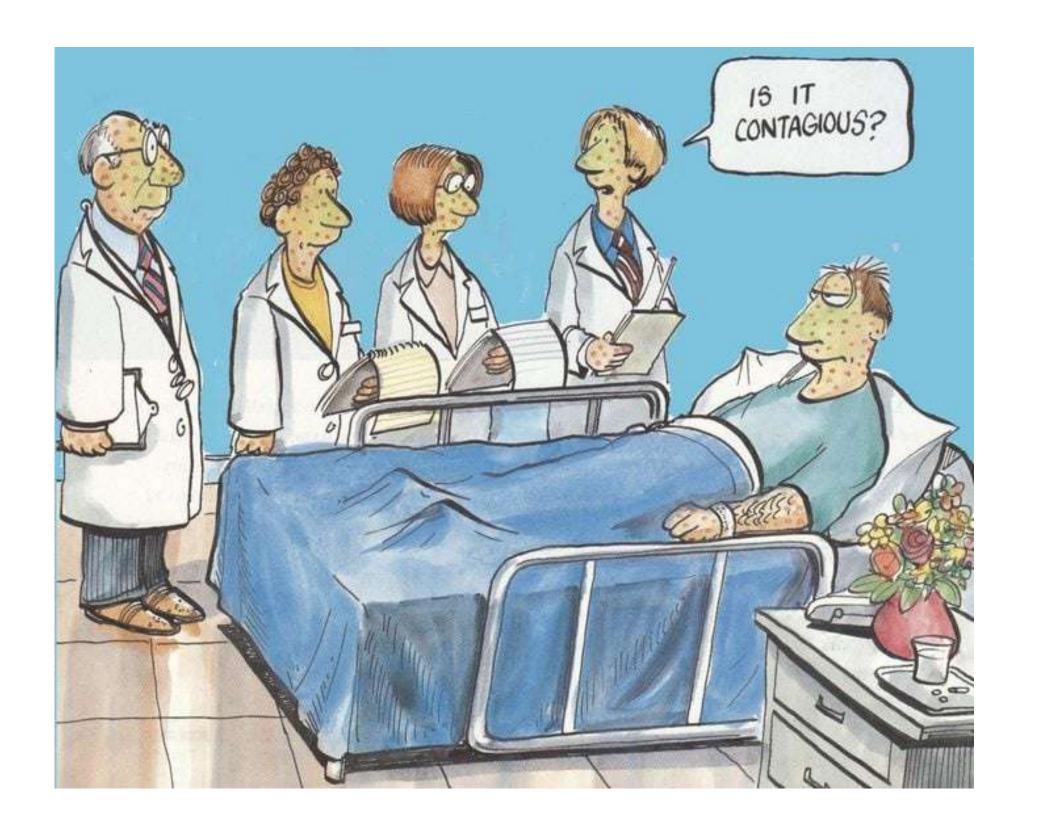
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CONTRASTING consonants:

den cent/sent ten then zen do 100 Sue **ZOO** dirty "tirty" thirty certain Zurich duck tuck Zuckerberg suck the dose coast those toes C05Y bad bat bath basil 0055

I have problems with my vowels.

