

B2-C1 • Upper Intermediate to Advanced English



## At the Doctor's

### 1. WARM-UP QUESTIONS

1. How do you research medical information before visiting a doctor?
2. What questions should patients ask when receiving a diagnosis?
3. How important is it to get a second medical opinion for serious conditions?
4. What role does technology play in modern healthcare delivery?
5. How do you think healthcare will change in the next decade?

## 2. VOCABULARY

Match the words with their meanings:

- |                            |   |
|----------------------------|---|
| <b>___ 1. acute</b>        | a) doctor with expertise in a specific area of medicine                 |
| <b>___ 2. consultation</b> | b) long-lasting or recurring medical condition                          |
| <b>___ 3. side effects</b> | c) identification of an illness after examining symptoms and tests      |
| <b>___ 4. diagnosis</b>    | d) unwanted reactions caused by medication                              |
| <b>___ 5. prevention</b>   | e) medical care aimed at curing or improving a condition                |
| <b>___ 6. symptoms</b>     | f) written order for medication from a doctor                           |
| <b>___ 7. specialist</b>   | g) sudden onset, severe medical condition requiring immediate attention |
| <b>___ 8. prescription</b> | h) meeting between patient and healthcare professional                  |
| <b>___ 9. treatment</b>    | i) physical signs that indicate illness or disease                      |
| <b>___ 10. chronic</b>     | j) actions taken to avoid illness or disease                            |

### **3. READING**

#### **The Evolution of Patient-Centered Healthcare**

Modern healthcare has shifted dramatically toward patient-centered care, where individuals play an active role in their medical journey. When patients experience concerning symptoms, they increasingly research their conditions online before seeking professional consultation. While this can lead to better-informed discussions, it can also create anxiety when patients encounter alarming information about potential diagnoses.

Contemporary medical practice emphasizes thorough diagnosis through multiple approaches, including advanced imaging, laboratory tests, and specialist referrals when necessary. Acute conditions requiring immediate attention are typically addressed in emergency settings, while chronic conditions like diabetes or hypertension require long-term management strategies that focus heavily on prevention of complications.

Treatment protocols have become increasingly personalized, with doctors considering individual patient factors when selecting therapies. However, all medications carry potential side effects, making it crucial for patients to understand both benefits and risks. Many doctors now use electronic prescription systems that help prevent medication errors and drug interactions.

The integration of telemedicine has revolutionized healthcare accessibility, allowing patients to receive consultation remotely. This technology proves particularly beneficial for managing chronic conditions and follow-up appointments. However, certain symptoms still require physical examination, and acute emergencies cannot be adequately assessed virtually.

Patient education has become a cornerstone of effective healthcare, with doctors spending more time explaining diagnoses, treatment options, and prevention strategies. This collaborative approach improves patient compliance and health outcomes while building stronger doctor-patient relationships.

#### 4. COMPREHENSION

1. How has the role of patients changed in modern healthcare?
2. What challenges arise when patients research medical information online?
3. How do doctors approach acute versus chronic conditions differently?
4. What factors do doctors consider when selecting personalized treatments?
5. What are the benefits and limitations of telemedicine?
6. Why has patient education become more important in healthcare?

#### 5. VOCABULARY REVIEW

Fill in the blanks with words from the vocabulary list:

1. The doctor's \_\_\_\_\_ was diabetes after reviewing my blood test results.
2. I've been experiencing \_\_\_\_\_ like fatigue and frequent headaches for weeks.
3. The new \_\_\_\_\_ has significantly improved my condition with minimal discomfort.
4. This medication may cause \_\_\_\_\_ such as nausea and dizziness.
5. My doctor referred me to a \_\_\_\_\_ for further evaluation of my heart condition.
6. Managing \_\_\_\_\_ diseases requires lifestyle changes and regular monitoring.
7. The patient was rushed to emergency care due to an \_\_\_\_\_ cardiac episode.
8. Regular exercise and healthy diet are key to disease \_\_\_\_\_.
9. I need to fill this \_\_\_\_\_ at the pharmacy before my medication runs out.
10. During our \_\_\_\_\_, the doctor explained all available treatment options.

## 6. GRAMMAR EXERCISES

### Exercise A: Present Perfect vs Past Simple (Medical Context)

1. I have had/had this condition since childhood, but it got/has gotten worse recently.
2. She went/has gone to three different specialists, but none found/have found the cause.
3. Medical technology improved/has improved dramatically over the past decade.

### Exercise B: Modal Verbs for Medical Advice and Possibility

1. You ----- stop smoking immediately to prevent further lung damage.  
(strong advice)
2. The symptoms ----- indicate a viral infection, but we need more tests.  
(possibility)
3. Patients ----- always inform doctors about other medications they're taking.  
(obligation)

### Exercise C: Conditional Sentences (Medical Scenarios)

1. If you ----- (take) the medication as prescribed, your symptoms would improve faster.
2. If the test results ----- (be) positive, we will need to start treatment immediately.
3. If medical technology ----- (not advance), many diseases would still be untreatable.

### Exercise D: Passive Voice in Medical Context

1. Doctors diagnose most diseases through careful examination and testing.
2. Medical researchers have developed new treatments for cancer.
3. The specialist will prescribe a different medication for your condition.

### Exercise E: Advanced Vocabulary and Formal Register

1. The doctor said/stated that surgery was necessary.
2. We need to do/conduct more tests to confirm the diagnosis.
3. The medicine works/demonstrates efficacy in treating this condition.

### Exercise F: Gerunds and Infinitives (Healthcare Context)

1. The doctor recommended exercising/to exercise regularly for better health.
2. I avoid taking/to take unnecessary medications whenever possible.
3. She decided consulting/to consult a specialist about her ongoing symptoms.

## 7. DIALOGUE EXERCISE

Complete the dialogue with the missing words:

### Medical Consultation Discussion

A: I've been experiencing several concerning ----- over the past month.

B: Can you describe them in detail? When did they first appear?

A: I'm worried about the possible ----- - I've researched my symptoms online.

B: Internet research can be helpful, but we need proper tests for an accurate ----- .

A: If it's serious, will I need to see a ----- ?

B: That depends on what we find. Some conditions require specialized ----- .

A: What about ----- ? Will the medications cause problems?

B: All treatments have risks, but we'll monitor you carefully during your ----- .

A: I prefer focusing on ----- rather than just treating disease.

B: Absolutely. Preventive care is the foundation of good health management.

#### Words to use:

- side effects
- prevention
- consultation
- acute
- symptoms
- diagnosis
- specialist
- treatment

## 8. ADVANCED MEDICAL COMMUNICATION

### Exercise A: Explaining Medical Concepts

Practice explaining these concepts using B2-C1 vocabulary:

1. The difference between acute and chronic conditions
2. Why specialist consultation might be necessary
3. How to balance treatment benefits with potential side effects

### Exercise B: Professional Medical Language

Rewrite these sentences using more sophisticated vocabulary:

1. "The patient feels bad" → "The patient ----- significant discomfort"
2. "The medicine helps" → "The medication ----- therapeutic benefits"
3. "We should check this" → "This requires further -----"

### Exercise C: Medical Decision-Making Scenarios

Discuss these situations using advanced vocabulary:

1. A patient with chronic symptoms requiring specialist referral
2. Balancing treatment options when side effects are a concern
3. Preventive care strategies for high-risk patients

## 9. CRITICAL THINKING AND ANALYSIS

### Healthcare System Analysis:

Using the vocabulary from this lesson, discuss:

1. How has patient involvement in healthcare decision-making evolved?
2. What are the advantages and disadvantages of increased medical information accessibility?
3. How do economic factors influence treatment decisions and specialist access?

### Case Study Discussion:

A patient presents with chronic symptoms that could indicate multiple diagnoses. The primary care doctor considers specialist consultation but is concerned about treatment side effects and patient anxiety. Discuss the optimal approach using lesson vocabulary.

### Future Healthcare Trends:

Analyze how these factors might change healthcare delivery:

1. Telemedicine expansion
2. Personalized medicine advancement
3. Preventive care emphasis
4. Patient education technology

## 10. WORD FORMATION EXERCISE

Complete the missing forms:

Verb	Noun	Adjective
-----	diagnosis	diagnostic
treat	-----	treatable
-----	consultation	consultative
prevent	-----	preventive
prescribe	prescription	-----



## ADVANCED WRITING EXERCISE

Use the text editor below to write a comprehensive response to one of these prompts:

### Writing Prompts:

1. Analyze the impact of telemedicine on patient-doctor relationships
2. Discuss the ethical considerations in personalized medicine
3. Evaluate the role of patient education in modern healthcare

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## ANSWER KEY

**Vocabulary:** 1-c, 2-a, 3-b, 4-d, 5-e, 6-f, 7-g, 8-h, 9-i, 10-j

**Dialogue:** symptoms, diagnosis, diagnosis, specialist, treatment, side effects, consultation, prevention

**Word Formation:** diagnose, treatment, consult, prevention, prescriptive