

READING

# New medical research

**LEVEL**

Upper-Intermediate  
(B2)

**NUMBER**

EN\_B2\_2093R

**LANGUAGE**

English



## Learning outcomes

- I can read and understand the main points in a text about new medical research.
- I can talk about lifestyle diseases and the future of medical research.



## Warm-up

**What do you do  
when you have a  
cold?**

**Share your answer with the  
rest of the class!**





# Matching

1. **Read** the text in the yellow boxes.
2. Then, **match** the titles with the correct box of text.

1 Emergence of lifestyle diseases

2 An accidental discovery

3 Cleaner environments

4 Surgery with fewer risks

**A**

Improvements in sanitation and cleanliness have led to a lower incidence of disease and illness in communities. Innovation in sewage systems, more widespread access to clean drinking water, and a higher standard of personal hygiene promotes a cleaner environment, limiting the spread of disease.

**B**

The innovation of anaesthesia and disinfection use has made performing surgery much less risky than it used to be. Since 1846, when William Morton used ether to dull the sense of pain in his patients, anaesthetics have been vital to allow life-saving operations to go ahead and spare patients from trauma and pain.

**C**

Only having emerged in the last century, antibiotics are crucial to ward off bacterial illnesses. They work by killing and inhibiting the growth of bacteria. Their accidental discovery in 1928 was a revolution for the medical industry.

**D**

With our rise in living standards and knowledge of medicine, a host of diseases have risen in prominence. As people live longer and in greater affluence, diseases such as Alzheimer's, cancer, asthma, stroke, obesity and dementia increase in frequency. These are known as lifestyle diseases as they are commonly linked to the way people live their lives.



# Categorise

**Categorise** the statements into one of the pink boxes.

- 1 Dulls the sense of pain.
- 2 Their discovery was accidental.
- 3 Emerged only in the last century.
- 4 Promotes a cleaner environment.
- 5 Spares patients from trauma and pain.
- 6 More access to clean drinking water helps limit the spread of disease.

**Antibiotics**

**Anaesthesia**

**Sanitation**



# Matching

**Match** the words with their definition.

1

**incidence**

2

**crucial**

3

**widespread**

4

**to spare**

5

**to inhibit**

**a**

occurring or existing in several places and/or among many people

**b**

to slow down the growth of something

**c**

extremely important

**d**

the rate at which something happens

**e**

to not hurt or destroy something or someone





Antibiotics are crucial  
to **ward off** bacterial  
illnesses.

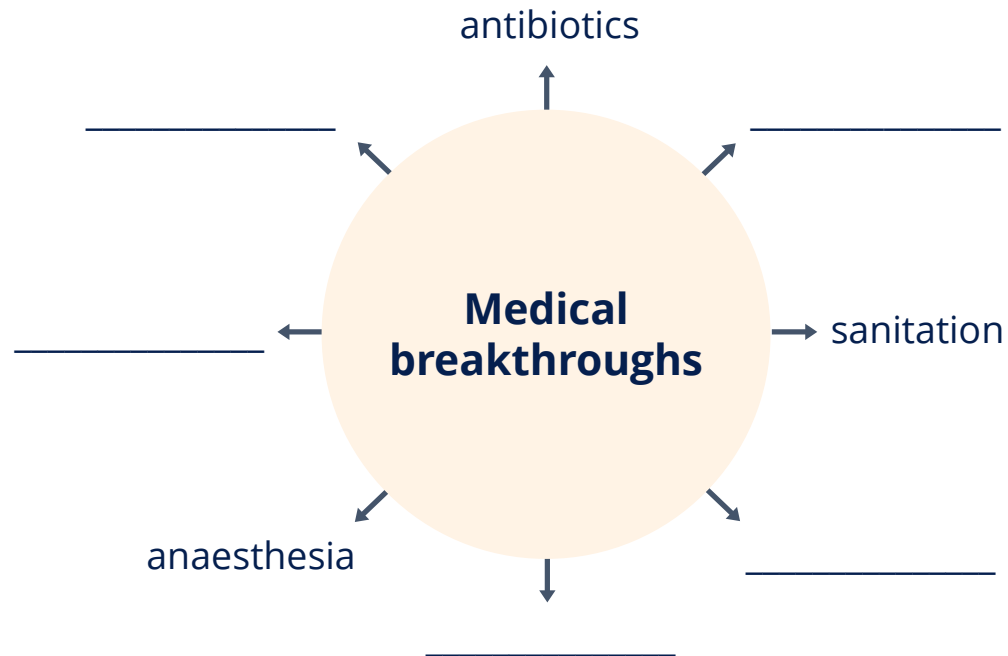
If you **ward someone or something off**,  
you prevent them from harming or  
coming close to you.

What do you do to **ward off** colds in the  
winter?



# Brainstorm

In breakout rooms, or together as a class, **think** of some other **medical breakthroughs**.







# Lifestyle diseases

1. **Read** the diseases below.
2. Which ones do you think are **lifestyle diseases**?
3. **Explain** why.

chickenpox

obesity

rabies

asthma

measles

diabetes



# Discuss

Answer the questions below.

**Which lifestyle diseases are prominent in your country?**



**What can people do to decrease the frequency of lifestyle diseases?**



# What's your opinion?

1. **Read** the statements below.
2. Do you **agree** or **disagree** with them? Explain why.

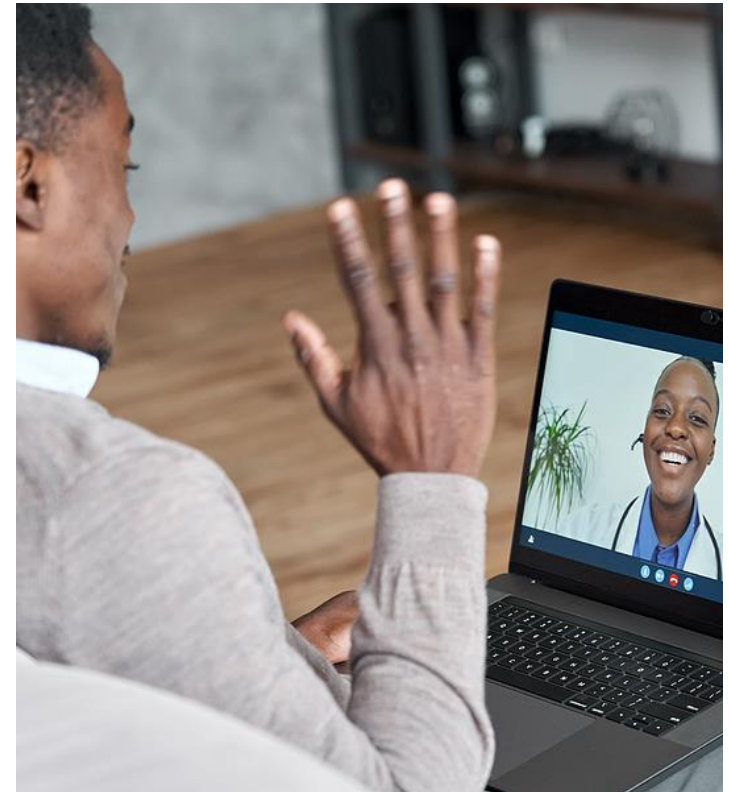
1 In the future, surgeons will be replaced by robots.

2 Taking vitamins every day does nothing for your health.

3 In the future, most people will live to be over 100 years old.

4 In the future, virtual checkups with doctors will become the standard.

5 Gene editing will eliminate most genetic diseases.





# End of the lesson

Idiom

***Green around the gills.***

**Meaning:** to look sick

**Example:** Stephanie looks a little green around the gills today. I hope she's feeling okay!



# Additional practice





# New medical research

1. **Read** the text. 2. **Then** answer the questions below.

Recent breakthroughs in medical technology have impacted the lives of everyone in the modern world. Those with chronic illnesses now have the opportunity to live longer and healthier lives than at any point in history. Our more robust health has changed the world and our place in it. One of the most effective methods to defend against viral infection is vaccination. The concept of vaccination was first introduced in the 1790s when a doctor managed to prevent an English boy from getting smallpox.

The idea became more widespread during the World Wars of the 20th century, when soldiers were successfully vaccinated against diseases such as tetanus and typhus. Today, it is estimated that vaccination saves up to 2 – 3 million lives each year. Many parents choose not to vaccinate their children due to a belief that diseases are not a threat in the present age. According to data from the World Health Organisation, up to 29% of deaths of children under 5 years old in 2013 could have been prevented with the use of a vaccine.

Why did vaccination become more widespread during the World Wars?

Why is vaccination such an effective practice?

Why are many parents opposed to the concept of vaccination?



# Fill in the gaps

**Complete** the sentences with the correct word.

- 1 Anaesthesia helps \_\_\_\_\_ patients from pain and discomfort.
- 2 Advancements in sanitation have been \_\_\_\_\_ in lowering the incidence of disease and illness in communities.
- 3 Unfortunately, the \_\_\_\_\_ of lifestyle diseases has increased over the years.
- 4 Antibiotics \_\_\_\_\_ the growth of bacteria.
- 5 The \_\_\_\_\_ access to clean water has had a dramatic impact on the quality of life for many.

incidence  
crucial  
widespread  
spare  
inhibit



# Discuss

**Answer** the question below.

**What do you think are the most significant breakthroughs in medical research in the last century?**

**Describe them to the rest of the class!**





# Discuss

Answer the question below.

**What are some differences between medical care now compared to medical care 50 years ago?**





# Answer key

**P.4:** A – 3, B – 4, C – 2, D – 1

**P.5:**

Antibiotics: 2, 3

Anaesthesia: 1, 5

Sanitation: 4, 6

**P.6:** 1.) d 2.) c 3.) a 4.) e 5.) b

**P.9:** Lifestyle diseases are more likely obesity, asthma, and diabetes

**P. 15:**

First question: Soldiers were vaccinated against diseases such as tetanus and typhus.

Second question: It is estimated that vaccination saves up to 2 – 3 million lives each year.

Third question: Many parents choose not to vaccinate their children due to a belief that diseases are not a threat in the present age.

**P.16:** 1.) spare 2.) crucial 3.) incidence 4.) inhibit 5.) widespread



# Summary

## Medical research

- *incidence; critical; widespread; to spare; to inhibit; to ward off*
- *Improved sanitation lowered the **incidence** of disease.*
- *Antibiotics **inhibit** the growth of bacteria and can help **ward off** bacterial infections.*





# Vocabulary

incidence

crucial

widespread

to spare

to inhibit

to ward off

breakthrough

