

# ***ESL Health Unit***

## **Unit Three Managing Illness**

### **Lesson One Diabetes**



**Reading and Writing Practice**  
*Advanced Beginning*

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**Goals for this lesson:**

*Below are some of the goals of this lesson. Which ones are your goals too? Check (✓) them.*

- Understand and talk about the symptoms of diabetes
- Understand and talk about risk factors of diabetes
- Understand and talk about ways to prevent and manage diabetes
- Use *yes/no* and *wh-*questions to ask for information



## **Lesson One: Diabetes**

### ***Reading and Writing Practice***

#### **Before You Read!**

*In this lesson, you will read stories from people who have diabetes. Before you begin reading, complete the following activity with your classmates and your teacher.*

*Answer these questions with a partner:*

1. How often do you visit the doctor's office?
2. Do you go to the doctor's office when you feel healthy?
3. How do you stay healthy?

## Vocabulary

*Study these new vocabulary words before you read. Read the sentences and guess the meaning of the **bold** words from context. Discuss the words with your teacher.*

- 1. I visited my doctor for a **physical**. He gave me an exam and asked questions about my health.*
- 2. After my exam, my doctor did a **blood test**. He checked my blood for disease.*
- 3. I am always **thirsty**. I drink a lot day and night. I always want to drink more.*
- 4. I exercise and eat well **to maintain my health**. Staying healthy is important.*
- 5. I don't feel well. My head hurts and I have a sore throat. Are these **symptoms** of a **disease**? Am I sick?*

## Reading One

*Next read Marcia's story and answer the questions that follow with your classmates and teacher.*

My name is Marcia Lin. I am 68 years old. I have been in the United States for 18 years.

Last year I went to my doctor for a physical. My doctor checked my weight and my vision. I am not overweight, but my vision is blurred. I cannot see the numbers at the bus stop clearly. After my physical, my doctor sent me to another office to have a blood test.

One week later, my doctor called me. She told me I have diabetes. I was surprised. I learned about diabetes. I needed to change my lifestyle.

I changed my diet and exercise habits. Now I eat healthy foods. I drink a lot of water and I eat a lot of vegetables. I don't eat rice or fried foods. Now I exercise every day. I walk to the bus stop. I feel good. I like to stay healthy.

### **New words**

**To check:** to look at

**Lifestyle:** way of living

**Habits:** frequent activities

**Blurred vision:** seeing

unclearly

1. What did the doctor check during Marcia's physical?
2. Is Marcia overweight?
3. How is Marcia's vision?
4. What did the doctor tell Marcia when she called?
5. How did Marcia's lifestyle change after she found she had diabetes?
6. How does Marcia feel now?

## Health Watch: Diabetes Facts

Diabetes is a disease. In this disease, your body cannot change food into energy. Healthy bodies use a chemical called **insulin** to change sugar and starches in foods, such as cookies and rice, into energy. If you have diabetes, your body does not make insulin or use insulin well.

What causes diabetes? Scientists do not know exactly. You might get diabetes if it is in your family. You might get it if you are overweight and don't exercise.

Diabetes is a serious disease. It kills almost 210,000 people each year. A lot of people do not know they have diabetes. Some people have symptoms, but some do not. If you have **any** of the following symptoms, contact your doctor:

- Extreme thirst (*often very thirsty*)
- Frequent urination (*releasing liquids from the body*)
- Unexplained weight loss (*no reason*)
- Blurred vision (*cannot see clearly*)

*Discuss any words you do not know with your classmates and teacher.*

## Diabetes Risk Test

Could you have diabetes and not know it? Answer the following questions with your classmates and teacher.

There are 18.2 million Americans with diabetes – and many don't know it!

Are you at risk? Take this test to find out.

To find out if you are at risk, check yes to each statement that is true for you.

If the statement is not true for you, check no. Then count the checks in the yes column to understand your risk for diabetes.

		<b>Yes</b>	<b>No</b>
1	My weight is equal to or above that listed in the chart below.		
2	I am under 65 years of age <u>and</u> I do not exercise.		
3	I am between 45 and 64 years of age.		
4	I am 65 years old or older.		
5	a. I am a woman. I had a baby that weighed more than nine pounds at birth.		
	b. I have a sister, brother or parent with diabetes.		
<b>Totals:</b>			

**If you check no 4 or 5 times**

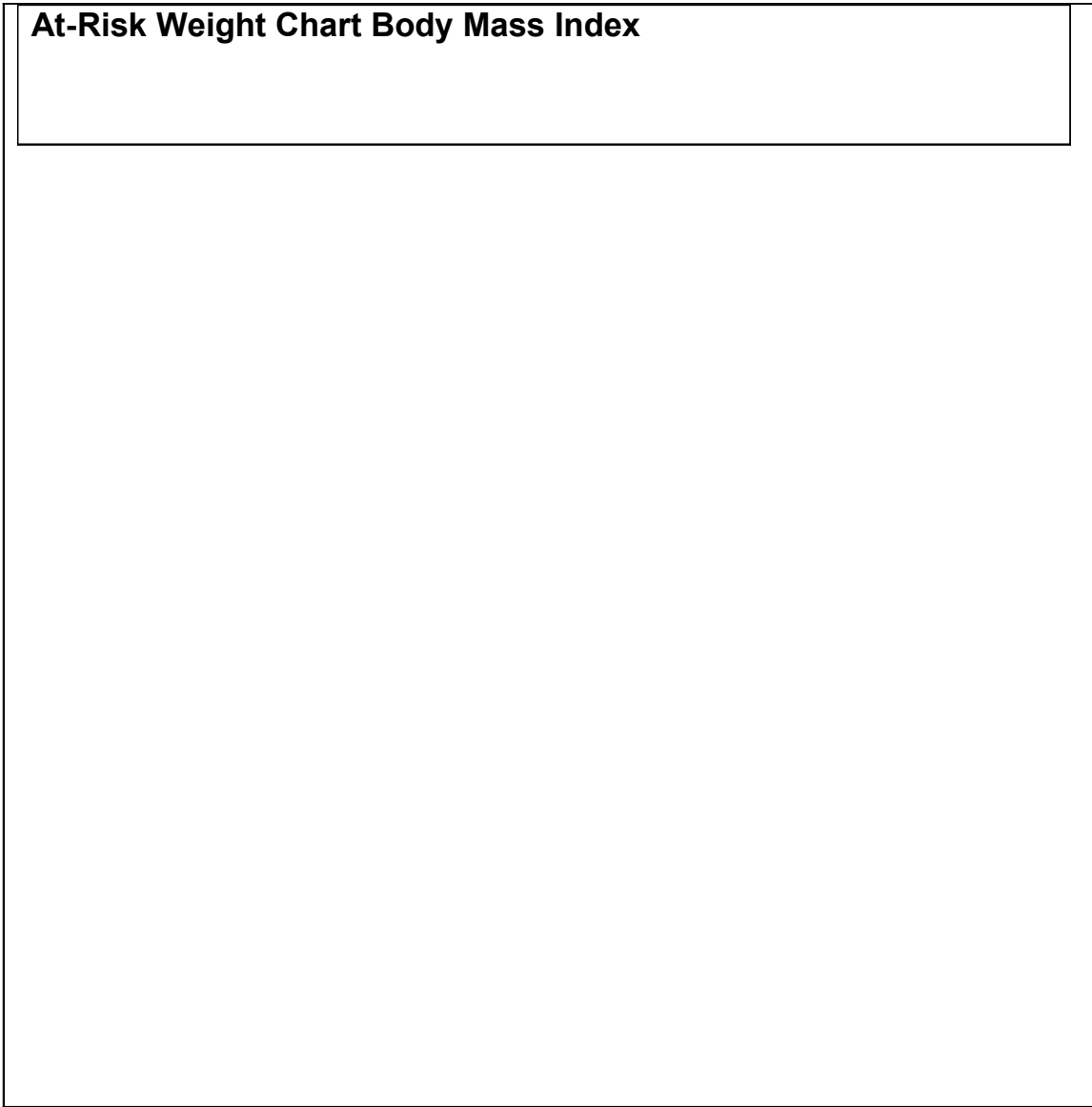
You are probably at low risk for having diabetes now. Don't forget about it!

You may be at higher risk in the future.

**If you check yes 2 or more times**

You are at greater risk for having diabetes. Ask your doctor about diabetes at your next office visit. Only your health care provider can tell you if you have diabetes.

**At-Risk Weight Chart Body Mass Index**



Height in feet and inches		
Weight in pounds		
4'10"		
129		
4'11"		
133		
5'0"		
138		
5'1"		
143		
5'2"		
147		
5'3"		
152		
5'4"		
157		
5'5"		
162		
5'6"		
167		
5'7"		
172		
5'8"		
177		
5'9"		
182		
5'10"		
188		

*Now read Minnie's story and answer the questions that follow with your classmates and teacher.*

**Reading Two:**

My name is Dominga (Minnie) Diaz. I am 47 years old. I have been in the United States for 10 years.

I always cook at home. I love to prepare food for my family. Our favorite dish is meat and rice. We love dessert too.

Last month, I lost 10 pounds. This month I lost 5 more. I weigh 143 pounds and I am 5'4". I do not know why I lost weight. I did not change my diet and I do not exercise. I drink a lot of orange juice, but I often feel thirsty. I wake up during the night to go to the bathroom.

**New Words**

**To make an appointment:** to schedule a meeting

**To suggest:** to give advice

I told my father about my changes in health. He knows my symptoms. He has diabetes. He suggests that I go to the doctor's office for a physical and blood test. I called my doctor and made an appointment. Do I have diabetes?

**Activity One:**

*Answer the following questions based on the reading.*

1. How much does Minnie weigh?
  - a. forty seven pounds
  - b. one hundred and forty three pounds
  - c. ten pounds
2. How old is Minnie?
  - a. forty seven
  - b. one hundred and forty three
  - c. ten
3. Which statement about Minnie's lifestyle is true?
  - a. Minnie likes to cook.
  - b. Minnie exercises every day.
  - c. Minnie does not eat desserts.
4. Does Minnie have any of the following symptoms of diabetes? Circle the symptoms she has:

- a. Extreme thirst
- b. Frequent urination
- c. Unexplained weight loss
- d. Blurred vision

**Activity Two:**

*Do you think Minnie is at risk for diabetes? Using the information in the reading and the chart from the last lesson, assess her risk below.*

		<u>Yes</u>	<u>No</u>
1	Minnie's weight is equal to or above that listed in the chart above (on the previous page).		
2	Minnie is under 65 years of age <u>and</u> she gets little or no exercise during a usual day.		
3	Minnie is between 45 and 64 years of age.		
4	Minnie is 65 years old or older.		
5	a. Minnie is a woman. She had a baby weighing more than nine pounds at birth.  b. Minnie has a sister, brother or parent with		

	diabetes.		
Totals:			

**If you check no 4 or 5 times**

She is probably at low risk for having diabetes now. She may be at risk later.

**If you check yes 2 or more times**

She is at greater risk for having diabetes. At her next office visit, she should ask her doctor about it.

# ***ESL Health Unit***

## **Unit Three Managing Illness**

### **Lesson One Diabetes**

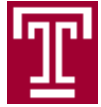


## **Listening and Speaking Practice** *Advanced Beginning*

### **Goals for this lesson:**

*Below are some of the goals of this lesson. Which ones are your goals too? Check (✓) them.*

- Understand and talk about the symptoms of diabetes
- Understand and talk about risk factors of diabetes
- Understand and talk about ways to prevent and manage diabetes
- Use yes/no and wh-questions to ask for information



## Lesson One: Diabetes

### *Listening and Speaking Practice*

#### **Before You Listen!**

*What do you already know about the symptoms and risk factors for diabetes? Decide which statements are true (T) or false (F).*

1. People with diabetes always have symptoms. *T F*
2. If someone in the family has diabetes, you are at greater risk. *T F*
3. An unhealthy lifestyle can cause diabetes. *T F*
4. If you have diabetes, your body uses insulin well. *T F*
5. Feeling hungry all the time is a symptom of diabetes. *T F*

## Listening One:

**\*\*Note to teacher: Do not pass out the written message in the box below. Record it onto a cassette (if possible with someone to play the second role in the dialogue) and have students listen to the recording. Play once or twice before they begin to listen for specific information.**

*Dimitri just learned he has diabetes. He has a lot of questions for the nurse. Listen to the conversation and then answer the questions that follow with your classmates and teacher.*

**Dimitri:** I feel worried. My doctor told me I have diabetes. I have many questions about the disease.

**Nurse:** Don't worry Dimitri. I can help you learn more about diabetes.

**Dimitri:** What do I need to do to stay healthy?

**Nurse:** You have to take care of yourself every day. This means:

- Make a meal plan.
- Exercise for 30 or more minutes most days.
- Take your diabetes medicine.

**Dimitri:** How do I make a meal plan?

**Nurse:** You need to eat a low-fat, low-salt diet. You have to avoid desserts.

**Dimitri:** Do I have to exercise too?

**Nurse:** You should do physical activity on most days of the week. Try walking or ride a bicycle.

**Dimitri:** Why is exercise so important?

**Nurse:** Your low-fat, low-salt diet works best with exercise. Exercise also helps your insulin work better. Remember, insulin helps your body change food into energy.

**Dimitri:** But I'm too tired to exercise!

**Nurse:** You have to do it. It is hard at first, but it will get easier. I promise you'll feel better soon.

**Dimitri:** Do you think I can do it?

**Nurse:** Of course you can! Millions of people with diabetes live healthy lives. Come to our support group. You can meet other people with diabetes. Our first meeting is next Monday.

**Dimitri:** OK. I will come. Thank you for answering my questions.

**Nurse:** You're welcome.

### **Activity One:**

*Choose whether the following statements are true or false based on the listening:*

- |                                                   |   |   |
|---------------------------------------------------|---|---|
| 1. Dimitri has diabetes.                          | T | F |
| 2. The nurse suggests a low-fat diet.             | T | F |
| 3. Dimitri likes to exercise.                     | T | F |
| 4. The nurse tells Dimitri to exercise most days. | T | F |
| 5. The support group meets Monday.                | T | F |
| 6. Dimitri will go to the support group.          | T | F |

## **Activity Two:**

*Practice the dialogue with a partner. Take turns being Dmitri and the nurse.*

## **Talk About It!**

*Now, read through the following Health Watch segment and then do the activity with your classmates and teacher.*

### **Health Watch: Tips for Preventing Diabetes**

To help prevent diabetes, the National Diabetes Education Program tells adults age 60 and over to take the following steps:

#### ***STEP ONE: Exercise regularly***

- **Warm Up.** Warm-ups get your body ready for physical activity.
- **Walk.** Get walking shoes. Find a safe place to walk, such as a shopping mall or a community center.
- **Stretch.** You don't need a special time or place to stretch. Stretch slowly. You should not feel pain.

#### ***STEP TWO: Eat Right***

Make healthy food choices. Try some of these tips:

- Eat less. Eat less often.

- Eat three normal meals at regular times.
- Eat more fresh fruit, vegetables, nuts and whole grains.
- Don't eat a lot of fried foods.
- Drink six to eight glasses of water every day.

*Discuss any words you do not know with your classmates and teacher.*

*From the National Diabetes Education Program, [www.ndep.nih.gov](http://www.ndep.nih.gov)*

## Grammar Tip: Question Formation

### Asking for Information Using Yes/No and Wh-questions

<b>Yes/No Questions</b>	<b>Wh-Questions</b>
<p><u>Form:</u> helping verb + subject + verb</p> <p>Do you feel healthy?</p> <p>Can Marcia see clearly?</p>	<p><u>Form:</u> <b>Wh-word</b>+ <b>helping verb</b> + <b>subject</b> + <b>verb</b></p> <p>What should you do to stay healthy?</p> <p>How often does Marcia visit the doctor?</p> <p>Wh-words: <i>Who, what, when, why, where, how</i></p>

### Pronunciation Note: Intonation (Melody)

Native speakers of English use rising and falling intonation (pitch) in questions. Listen to your teacher pronounce the following questions.

Yes/No → *rising pitch*

Do you feel healthy?

Wh-Questions → *falling pitch*

What should you do to stay healthy?

### **Activity One:**

*Identify the type of question a nurse might ask. Circle WH for a Wh-question and YN for Yes/no question.*

1. How old are you? *WH YN*
2. When was your last physical? *WH YN*
3. Have you lost weight recently? *WH YN*
4. Do you feel dizzy? *WH YN*
5. Who has diabetes in your family? *WH YN*
6. Do you often feel thirsty? *WH YN*
7. Do you see clearly? *WH YN*
8. What kind of foods do you eat? *WH YN*
9. How often do you exercise? *WH YN*
10. Where do you usually exercise? *WH YN*

**Activity Two:**

*Practice reading the questions in Activity One. Read Yes/No questions with a rising pitch pattern. Read Wh-questions with a falling pitch pattern. Listen to your teacher for samples.*

### **Activity Three:**

*In this activity, you will work with a partner to ask questions and describe symptoms.*

#### ***Situation One***

*Partner A: You are a nurse. Ask your patient questions about his health.*

*Write down his/her answers. When you ask the questions, pay attention to your pitch patterns.*

1. What's your name?	
2. How old are you?	
3. How much do you weigh?	
4. Do you feel dizzy?	
5. Do you see clearly?	

*Partner B: You are a patient. Read your story and answer the nurse's questions about your health. Describe your symptoms.*

Your name is Tina. You are 65 years old. You are a little overweight. You are 5'3'' and weigh 160 pounds. Recently, you have not felt good. You often feel dizzy, have blurred vision, and often go to the bathroom.

***Situation Two***

*Partner A: You are a nurse. Ask your patient questions about his health.*

*Write down his/her answers. When you ask the questions, pay attention to your pitch patterns.*

1. What's your name?	
2. How old are you?	
3. How much do you weigh?	
4. Have you lost weight recently?	
5. Do you exercise?	

*Partner B: You are a patient. Read your story and answer the nurse's questions about your health. Describe your symptoms.*

Your name is Alex. You are 70 years old. You have diabetes. You are very overweight. You are 5'11'' and weigh 275 pounds. You know you need to lose weight, but you love food! You do not want to follow a special diet.

You want to eat the food you love.

# ***ESL Health Unit***

## **Unit Three Managing Illness**

### **Lesson One Diabetes**



#### **Real Practice** *Advanced Beginning*

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## **Lesson One: Diabetes**

### **Real Practice!**

You need to take care of yourself, even if you do not have diabetes. It is very important that you:

- Live a healthy lifestyle
- Keep your weight at a normal level
- Take your medication as prescribed

Living a healthy lifestyle includes:

- Following a balanced meal plan
- Being physically active
- Regular visits to your doctors

## Set goals for yourself!

*Think about the information that you have learned in this unit. Do you live a healthy lifestyle? A food diary can help you pay attention to your lifestyle. Use the template below and write down what you eat.*

Food Diary	
<b>Breakfast</b>	
<b>Mid-morning</b>	
<b>Lunch</b>	
<b>Mid-afternoon</b>	
<b>Evening meal</b>	
<b>Before bed</b>	

## Get the support you need

You may feel scared, shocked, overwhelmed, or even angry about your diabetes.

A positive attitude (*feeling*) about your diabetes can help you to maintain your health. Talk to others who have diabetes. Ask your doctor about joining a peer-support group or visiting an information session.

**A Thematic Unit for Beginning Level ESL Teachers**

*Beginning Level, Unit Three: Managing Illness*

*Lesson One: Diabetes*

**Checklist for Learning**

**Vocabulary Log:**

*In the space below, write down all of the new words you learned during this lesson that you want to remember. Try to separate your list of words into nouns (person, place or thing), adjectives (describing words) and verbs (action words). For extra practice use them in sentences of your own.*

***New words I learned during this lesson:***

*Nouns:*

*Adjectives:*

*Verbs:*

**What can you do?**

*Below are some of the language goals you worked on during this lesson. Check (✓) what you learned from this lesson. Add more ideas if you wish.*

*I learned to...*

- describe your feelings
- understand a voicemail message
- learn new vocabulary
- describe why you call the doctor
- make an appointment
-