

# ***ESL Health Unit***

## **Unit Three Managing Illness**

### **Lesson One Diabetes**



Source: <http://www.emergency-nurse.org/images/clipart/needle4.jpg>

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

### ***Intermediate***

#### **Checklist for learning**

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

- Understand and be able to talk about the symptoms and complications of diabetes
- Understand and be able to talk about risk factors for type 2 diabetes

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# **MetLife Foundation**



**Lesson One: Diabetes**

***Reading and Writing Practice***

## **Before You Read!**

*In this lesson, you will read stories from people diagnosed with diabetes.*

*Before you begin reading, complete the following activity with your classmates and your teacher.*

*Answer these questions with a partner:*

1. Do you, or someone you know, have diabetes?
2. What does a person with diabetes do to maintain his or her health?
3. Do you know the symptoms and risk factors for diabetes?

## **Reading One - Living with Diabetes**

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

My name is Maria Gonzales. I have been in the United States for 15 years. My most serious medical concern is my diabetes.

Before my doctor told me I had diabetes, I felt normal. I didn't have any strange symptoms. I went for a regular test, and the doctor told me that I had diabetes. I remember I felt bad about it, but also it was normal for many seniors, so I didn't get too upset.

Now, I try to maintain my health. I have patience with myself, and try to care for myself step by step. I take my medicine every day, and I changed my diet. I don't eat fried food, and I don't eat rice. I drink a lot of juice and water, and I eat a lot of vegetables.

**New Words:**

**Symptoms**

**Maintain**

**Patience**

1. How did Maria feel about having diabetes?
2. What does she do to maintain her health?

## **Health Watch: Diabetes Facts You Should Know**

Diabetes is a disease in which the body does not produce or properly use insulin. Your body needs insulin to convert sugar, starches and other food into energy. Although scientists do not know what causes diabetes, both family history and environmental factors such as obesity and lack of exercise appear to play roles.

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. It kills almost 210,000 people each year.

While an estimated 13 million have been diagnosed with diabetes, unfortunately, 5.2 million people (or nearly one-third) are unaware that they have the disease. Some people with diabetes exhibit symptoms, some do not.

If you have any of the following symptoms, contact your doctor:

- Extreme thirst
- Frequent urination
- Unexplained weight loss
- Blurred vision

*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 nearly one-third of them (or 5.2 million people) don't know it! Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

To find out if you are at risk, write in the points next to each statement that is true for you. If a statement is *not* true, write a zero. Then add all the points to get your total score.

<u>Questions</u>		<u>Yes</u>	<u>No</u>
1	My weight is equal to or above that listed in the chart below?	5pts	0pts
2	I am under 65 years of age <u>and</u> I get little or no exercise during a usual day?	5pts	0pts
3	I am between 45 and 64 years of age?	5pts	0pts
4	I am 65 years old or older?	9pts	0pts
5	I am a woman who has had a baby weighing more than nine pounds at birth?	1pts	0pts
6	I have a sister or brother with diabetes?	1pts	0pts
7	I have a parent with diabetes?	1pts	0pts
Total Points:			

**Scoring 3-9 points**

You are probably at low risk for having diabetes now. But don't just forget about it -- especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.

**Scoring 10 or more points**

You are at greater risk for having diabetes. Only your health care provider

can determine if you have diabetes. At your next office visit, ask your doctor about it.

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

1. Which of the above risk factors can you control?

2. Which risk factors can't you control?

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

### **Reading Two - Difficulties of Living with Diabetes**

My name is Dominga (Minnie) Diaz. I have been in the United States for 7 years. My most serious concern is my diabetes, because I am afraid to lose my legs. A couple of years back, the doctor gave me a physical, and my blood test showed the diabetes. I thought I was going to die.

**New**

**Words:**

**A physical**

**Disciplined**

**Bone spurs**

**Metabolism**

I'm not disciplined, and I don't like to follow diets or exercise. I'm supposed to walk for exercise, but because I have bone spurs it is very difficult for me. I want you to know that I'm very heavy, and because I have problems with my metabolism, it's hard for me to lose weight. I try to take my pills, and they are many. I try to keep it under control, but I have trouble.



# Managing Illness

## Lesson One Diabetes



Source: <http://www.emergency-nurse.org/images/clipart/needle4.jpg>

### *Listening and Speaking Practice* *Intermediate*

#### **Checklist for learning:**

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

- Use the modals should, ought to, have to and had better to give advice
- Understand and be able to talk about risk factors for type 2 diabetes
- Understand and be able to talk about ways to prevent and manage type two diabetes

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### **Lesson One: Diabetes**

### ***Listening and Speaking Practice Module***

## Before You Listen!

*There are two types of diabetes. Read about the two types below and then discuss the similarities and differences between the two diseases with your classmates and teacher.*

<b>Type 1 diabetes</b>	<b>Type 2 diabetes</b>
Symptoms usually start in childhood or young adulthood. People often seek medical help because they are seriously ill from sudden symptoms of high blood sugar.	May not have symptoms before diagnosis. Usually the disease is discovered in adulthood; however, there is an increasing number of children being diagnosed with the disease.
Episodes of low blood sugar level (hypoglycemia) common	No episodes of low blood sugar level, unless taking insulin or certain oral diabetes medications
Cannot be prevented	Can be prevented or delayed with a healthy lifestyle, including maintaining a healthy weight, eating sensibly, and exercising regularly

Both types of diabetes greatly increase a person's risk for a range of serious conditions. Despite the fact that monitoring and management of the disease can usually prevent most complications, diabetes remains the leading cause of blindness and kidney failure. It also continues to be a critical risk factor for heart disease, stroke, and leg amputations.

*Questions:*

1. How are the two diseases similar?
2. How are they different?

### **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 has just been diagnosed with type 2 diabetes. He is very worried and has a lot of questions about the disease. The doctor has recommended that Dimitri speak with a nurse who has a lot of experience counseling diabetes patients. Listen to the conversation and then answer the questions that follow with your classmates and teacher.*

Nurse: Hello Dimitri. The doctor told me you have some questions for me about type 2 diabetes.

Dimitri: Yes...I'm very depressed. My doctor told me I have type 2 diabetes and I am afraid about it.

Nurse: There's no need to be afraid Dimitri. Now that you know you have type 2 diabetes you just need to manage it. You can have a healthy, active life if you make up your mind to do so.

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 and stick to it.
- Exercise for 30 or more minutes on most days of the week.
- Take your diabetes medicine exactly as prescribed.
- Check your blood sugar (glucose) levels exactly as the doctor recommended.

Dimitri: I really do need to lose weight. I guess I've got to stop eating.

Nurse: Don't stop eating Dimitri and never skip meals! I'll give you a plan for a low-fat, low-salt diet. I know your

wife...she is a great cook and she will help  
you follow it!

Dimitri: And I've got to exercise too?

Nurse: What's the problem Dimitri? Are you a couch potato?

You should do some form of physical activity on  
most days of the week. We'll ask the doctor first to see  
what type of exercise you should start with.

Dimitri: Why is exercise so important?

Nurse: People with type 2 diabetes have to keep their weight  
down. No diet works without exercise. Exercise will  
also help your insulin work better and it's good for you  
heart and lungs

Dimitri: But I'm too tired to exercise!

Nurse: Believe me. You'll feel less tired if you exercise regularly.

Dimitri: Do you think I can do it?

Nurse: You mean exercise?

Dimitri: No! I mean, do you think I can manage my diabetes?

Nurse: Don't worry! You can do it. Millions of people with type 2 diabetes live healthy lives. If you think you need help why don't you join our type 2 diabetes support group? We meet the first Monday of every month at 6:30 here in the office. Our first meeting is next week!

*The nurse gives Dimitri a lot of good advice about managing his diabetes.*

*In the box below, write down the nurse's advice about each of the questions.*

<b>Questions</b>	<b>The Nurse's Advice</b>
What do I need to stay healthy?	
If I am overweight and I am diagnosed with type 2 diabetes, should I stop eating? What kind of diet is healthy for me?	
Why is it important to exercise if I have type 2 diabetes? How do I know what kind of exercise is best for me?	

**Talk About It!**

*First a grammar lesson about giving advice:*

There are a number of formulas used when Giving Advice in English. Here are some of the most common:

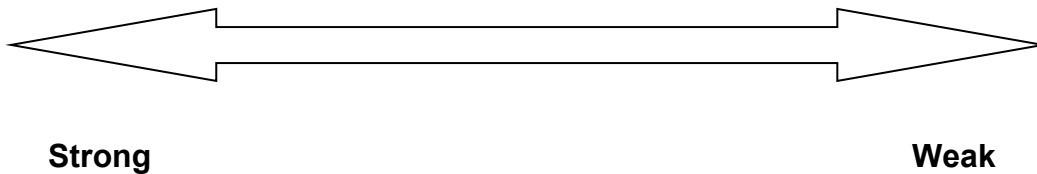
- If I were you, I would stop eating fried foods.
- You should check your blood sugar levels regularly.
- You ought to talk to your doctor about how to lose weight.
- You have to exercise if you want to stay healthy.
- You had better take your diabetes medicine exactly as described.

<b>Formula</b>	<b>+ Verb Form</b>
<b>If I were you,</b> I would stop eating fried foods.	Use 'If I were' + 'you' + 'I wouldn't' OR 'I would' + base form of the verb.

<b>You should</b> check your blood sugar levels regularly.	Use 'you should' OR 'you shouldn't' + the base form of the verb.
<b>You ought to</b> talk to your doctor about how to lose weight.	Use 'You ought to' + the base form of the verb.
<b>You have to</b> exercise if you want to stay healthy.	Use 'You have to' + the base form of the verb.
<b>You had better</b> take your diabetes medicine exactly as described.	Use 'You had better' (you'd better) + the base form of the verb.

All of these modal phrases are good ways to give advice but are they all exactly the same? Which phrase would you use if you wanted to give very strong advice?

*With your classmates and teachers discuss which of the phrases above is strongest and which is weakest and write the phrases along this line.*



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

## **Health Watch: Tips for People at Risk of Developing Diabetes.**

The National Diabetes Education Program urges adults age 60 and over who are at risk for diabetes or have a condition called pre-diabetes to take the following three steps.

### ***STEP ONE: Start Now, Get Moving and Have Fun***

- **Warm Up.** Warm-ups get your body ready for physical activity. Shrug your shoulders, tap your toes, swing your arms, or march in place. Spend a few minutes warming up for any activity, even walking.
- **Dance.** Dancing increases strength, energy and movement. It is a fun way to exercise without realizing it. Take a dance class with a friend. Or get off the couch, turn on the radio and dance in your living room.
- **Walk.** This is one of the best ways to increase your activity. There are many ways to add walking to your day. Be sure you have the proper shoes. Find a safe place to enjoy your walk, such as a shopping mall or a community center.
- **Stretch.** You don't need a special time or place to stretch. At home or at work, stand up, push your arms toward the ceiling and stretch. Stretch slowly. You should not feel pain. Hold the stretch without bouncing for about 30 seconds. Stretch after any brisk activity.

### ***TWO: Easy Steps to Increase Activity***

- Put away the TV remote control – get up to change the channel. March in place during commercial breaks.
- Try walking around the house while you talk on the phone.
- Park the car farther away from stores, movie theatres, or wherever you're going.
- Get off the bus one stop early if you are in a safe place to walk.
- Visit museums, the zoo, or an aquarium. These are great ways to be<sup>21</sup> active with your family.

Tina, Alex, Martin and Yolanda all need advice about their health. Read through their stories and then write your advice for them in the spaces that follow. When you are writing your advice, try to use one or more of the phrases you learned about in class.

*Tina's Story*

Tina is 65 years old. Her health has always been good except that she is a little overweight. She is 5'3" and weighs 160 pounds. Recently, Tina has begun to feel poorly. She often feels dizzy, has been experiencing blurred vision, and is constantly running to the bathroom. Tina's son and daughter are worried about her and would like her to see a doctor, but Tina refuses to go. She says her symptoms are "nothing" and that nobody should worry about her.

*Your advice for Tina:*

### *Alex's Story*

Alex is 70 years old. He has recently been diagnosed with type 2 diabetes.

Alex is extremely overweight. He is 5'11'' and weighs 275 pounds. Alex knows he needs to lose weight, but he loves food! He does not want to follow a special diet that will not allow him to have the dishes he loves.

*Your advice for Alex:*

### *Martin's Story*

Martin is 78 years old. He has had type 2 diabetes for years. His doctor has warned him that he needs to maintain a healthy weight, but Martin keeps

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<sup>2</sup>ESL Health Unit/Intermediate, Unit Three: Managing Illness, Lesson One: Diabetes, Listening and Speaking Practice

<sup>3</sup>ESL Health Unit/Intermediate, Unit Three: Managing Illness, Lesson One: Diabetes, Listening and Speaking Practice

gaining pounds. He has tried many different kinds of diets but nothing seems to work. A nurse at his doctor's office advised him to start exercising. Martin told her she was crazy! He said, "How do you expect an old guy like me to start exercising at my age!"

*Your advice for Martin:*

### *Yolanda's Story*

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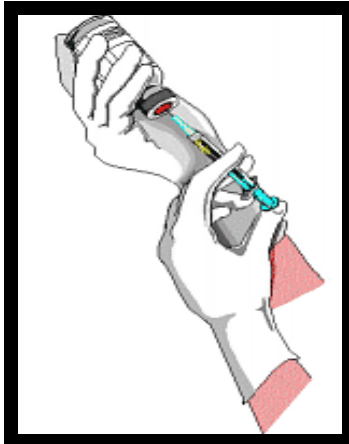
<sup>4</sup>ESL Health Unit/Intermediate, Unit Three: Managing Illness, Lesson One: Diabetes, Listening and Speaking Practice

Yolanda is 67 years old and was recently diagnosed with type 2 diabetes. Yolanda takes medication for diabetes and is supposed to check her blood sugars throughout the day. The problem is, Yolanda is a very busy woman. She takes care of her three young grandchildren during the week while her daughter is at work. She often gets so busy that she does not take her medicine when she is supposed to and she often goes a whole day without checking her blood sugars.

*Your advice for Yolanda*

***ESL Health Unit***  
**Unit Three**  
**Managing Illness**

# Lesson One Diabetes



Source: <http://systemaxonline.com/clipart/medical/syringe1.gif>

## *Real Practice* *Intermediate*

### Checklist for learning:

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

- Understand and be able to talk about the symptoms and complications of diabetes
- Understand and be able to talk about risk factors for type 2 diabetes

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**Lesson One: Diabetes**

***Real Practice!***

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If you have been diagnosed with diabetes, you need to do everything you can to manage your healthcare. Taking responsibility for managing your diabetes and looking after yourself will help you to delay or even prevent the onset of diabetes-related complications.

To manage your diabetes well, it is very important that you:

- Don't smoke
- Live a healthy lifestyle
- Keep your blood glucose levels (the amount of sugar in your blood) in your target range
- Keep your cholesterol and other blood fats in your target range
- Keep your weight in a healthy range
- Keep your blood pressure close to target level
- Take your medication as prescribed

Living a healthy lifestyle includes:

- Managing your stress effectively
- Following a balanced meal plan

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<sup>6</sup>ESL Health Unit/Intermediate, Unit Three: Managing Illness, Lesson One: Diabetes, Real Practice

- Being physically active
- Taking care of your feet
- Regular visits to your
  - dentist
  - eye specialist (every one to two years)
  - doctor for diabetes management and testing for complications

### **Your diabetes healthcare team can help you!**

Ask your doctor about diabetes education. Your healthcare team can answer all your questions and tell you more about diabetes. For example:

- The nurse can explain diabetes and show you how to manage your diabetes
- The dietitian can help you with a meal plan

Your team may also include a:

- Pharmacist

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<sup>8</sup>ESL Health Unit/Intermediate, Unit Three: Managing Illness, Lesson One: Diabetes, Real Practice

<sup>9</sup>ESL Health Unit/Intermediate, Unit Three: Managing Illness, Lesson One: Diabetes, Real Practice

- Social worker
- Psychologist
- Foot care specialist
- Endocrinologist
- Ophthalmologist

### **Get the support you need**

It is not unusual to feel scared, shocked, overwhelmed, or even angry when you first hear that you have diabetes. A positive and realistic attitude towards your diabetes can help you to maintain good blood glucose levels. Talk to others who have diabetes – ask your doctor about joining a peer-support group or visiting an information session.

### **Set goals for yourself!**

*Think about the information that you have learned in this unit. Write a paragraph below that explains what you need to do to manage your diabetes.*

*A Thematic Unit for Intermediate Level ESL Teachers  
Intermediate 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...*

- Use the simple past and past progressive tense when telling a story
- Learn how to effectively communicate with the 9-1-1 dispatcher in the case of an emergency
- Pronounce numbers and street addresses
- \_\_\_\_\_

