

Advice Column

problems about *health and medicine*

- Read the problems below and discuss possible solutions.



Ask Anita!

Dear Anita,

I wonder if you might be able to help me with a problem that my husband has. He is 50 years old and, because of his age, our doctor suggests that he have a medical check-up every year. The doctor says that it's very important to check his blood pressure, weight, and a few other things. However, my husband says that he is just too busy to see a doctor – but I think the real reason he doesn't have a check-up is that he has a phobia: he is afraid of hospitals and doctors. How can I get my husband to stop being afraid?

Anne

Dear Anita,

Last month I started a new job as a cook in a restaurant. As you might guess, this can be a dangerous job. Can you give me any advice about what to do for kitchen accidents – what first aid do you know for small cuts and burns?

Mark

Dear Anita,

Every winter when it gets cold outside I get sick. I get two or three colds. I hate it when this happens. I cough and sneeze, I have a runny nose. And last year when I had the flu, I even had headaches and a fever. The medicine I buy in the clinic doesn't seem to help me very much. This is a big problem for me because I sometimes miss several of my classes. What can I do to stop getting sick in the first place?

Wendy



- Compare your solutions with different classmates. Do you agree or disagree with their ideas?