

LESSON 3 GOAL Discuss types of treatments

BEFORE YOU READ

WARM-UP What do you do when you get sick or you're in pain? Do you treat the problem yourself or see a doctor right away?

READING

Consider the Choices...

Conventional Medicine



Surgical techniques have greatly improved over the last century.

The beginnings of conventional medicine can be traced back to the fifth century BCE in ancient Greece. It is based on the scientific study of the human body and illness.

In the last century, there has been great progress in what doctors have been able to do with modern surgery and new medications. These scientific advances have made conventional medicine the method many people choose first when they need medical treatments.

Homeopathy



Homeopathic remedies are popular in many countries.

Homeopathy was founded in the late eighteenth century in Germany. It is a low-cost system of natural medicine used by hundreds of millions of people worldwide.

In homeopathy, a patient's symptoms are treated with remedies that cause similar symptoms. The remedy is taken in very diluted form: one part remedy to one trillion (1,000,000,000,000) parts water.

Acupuncture



An acupuncturist inserts needles at certain points on the body.

Acupuncture originated in China over 5,000 years ago. Today, it is used worldwide for a variety of problems.

Acupuncture needles are inserted at certain points on the body to relieve pain and/or restore health. Many believe acupuncture may be effective in helping people stop smoking as well.

Spiritual Healing



Many believe meditation or prayer may help heal illness.

Also known as faith healing, or "mind and body connection," various forms of spiritual healing exist around the world. This is a form of healing that uses the mind or religious faith to treat illness.

A number of conventional doctors say that when they have not been able to help a patient, spiritual healing just may work.

Herbal Therapy



Herbs are used to treat many ailments.

Herbal medicine, often taken as teas or pills, has been practiced for thousands of years in almost all cultures around the world. In fact, many conventional medicines were discovered by scientists studying traditional uses of herbs for medical purposes.

The World Health Organization claims that 80% of the world's population uses herbal therapies for their regular health care.

A UNDERSTAND FROM CONTEXT Four of these words have similar meanings. Cross out the four words that don't belong. Look at the Reading again for help.

medications	treatments	symptoms	remedies
uses	purposes	therapies	illnesses

B RELATE TO PERSONAL EXPERIENCE Discuss the questions.

- Which of the treatments in the Reading have you or your family tried?
- Which treatments do you think are the most effective? Why?

C DRAW CONCLUSIONS Decide which treatment or treatments each patient would probably NOT want to try and which he or she might prefer. Explain your answers, using *might*, *might not*, *must*, or *must not*. (More than one therapy might be appropriate.)



1 "I definitely want to see a doctor when I have a problem. But I want to avoid taking any strong medications or having surgery."



2 "I believe you have to heal yourself. You can't just expect a doctor to do everything for you."



3 "I think it would be silly to try a health care method that isn't strongly supported by scientific research."

NOW YOU CAN Discuss types of treatments

A NOTEPADDING With a partner, discuss treatments and practitioners you prefer for each ailment. Write your views on the notebook.

Ailment	You	Your partner
a cold		
a headache		
nausea		
back pain		
a high fever		
a broken finger		

Practitioners

- a conventional doctor
- a homeopathic doctor
- an acupuncturist
- an herbal therapist
- a spiritual healer

B DISCUSSION Compare the kinds of treatments and practitioners you and your classmates would use. Say what you learned about your partner.

Test-taking (optional)
Find and underline three words or phrases in the Reading that were new to you. Use them in your Discussion.
For example: "low-cost."

"My partner has been to an acupuncturist a few times. It really helped for back pain."

"I would never try herbal therapy. I just don't think it works. My partner agrees."

"I see a homeopathic doctor regularly, but my partner doesn't believe in that. He prefers a conventional doctor."