

**VOCABULARY<sup>1</sup> in context.** Match the following definitions with words from the reading passage below, then give an appropriate translation in French.

1. *Suffering from disease or illness* : \_\_\_\_\_
2. *To seek (ask for) medical advice or information* : \_\_\_\_\_
3. *A person who is skilled or trained in caring for the sick or infirm especially under the supervision of a physician ; A person especially trained to assist a physician or dentist (as in an operating room)* : \_\_\_\_\_
4. *A fraction or ratio with 100 understood as the denominator* : \_\_\_\_\_
5. *To enter in a record or list ; record officially* : \_\_\_\_\_
6. *A doctor regularly consulted by a family in time of medical need ; a doctor specializing in family practice Also called family physician, family practitioner, general practitioner* : \_\_\_\_\_
7. *Dating from an earlier time or period ; archaic, former, obsolete ; Attached to methods, ideas, or customs of an earlier time* : \_\_\_\_\_
8. *Causing injury or damage ; injurious* : \_\_\_\_\_
9. *Opinion about what could or should be done about a problem ; counsel* : \_\_\_\_\_
10. *To make a request to have something* : \_\_\_\_\_
11. *To become aware of something ; discover, detect ; To perceive, observe* : \_\_\_\_\_
12. *Relating to a neck or a cervix (neck-shaped anatomical structure, such as the narrow outer end of the uterus)* : \_\_\_\_\_
13. *Regularly, habitually, commonly ; as a general rule* : \_\_\_\_\_
14. *1. To contain as a part ; include ; To have as a necessary feature or consequence ; entail. 2. To engage as a participant* : \_\_\_\_\_
15. *To prohibit, especially by official decree* : \_\_\_\_\_
16. *A notice, such as a poster, newspaper display, or paid announcement in the electronic media, designed to attract public attention* : \_\_\_\_\_
17. *The leaves of the Nicotiana plant, dried and processed chiefly for use in cigarettes, cigars, or snuff or for smoking in pipes* : \_\_\_\_\_
18. *A colorless, volatile, flammable liquid, C<sub>2</sub>H<sub>5</sub>OH, synthesized or obtained by fermentation of sugars and starches and widely used as a solvent and in drugs, cleaning solutions, explosives, and intoxicating beverages (drinks)* : \_\_\_\_\_
19. *Ability that is acquired or developed through experience ; talent, competence, aptitude* : \_\_\_\_\_
20. *To make or become greater or larger in number or amount* : \_\_\_\_\_
21. *To measure a certain quantity by using a scale or balance* : \_\_\_\_\_
22. *To a certain extent ; somewhat* : \_\_\_\_\_
23. *Having little or no variation or variety ; boring* : \_\_\_\_\_
24. *To be occupied or concerned with something ; treat ; To take action with respect to a problem* : \_\_\_\_\_

<sup>1</sup> Les définitions du vocabulaire à réviser sont données en italique et numérotées en gras, ainsi, par exemple, les définitions 1-6 sont à réviser pour l'examen, les numéros 7, 10, 11, 13 etc. n'ont pas besoin d'être appris.

Answer the following questions, then check your answer by reading the article.

1. If a person in Britain is sick, as a first step he consults
  - a) a nurse
  - b) a general practitioner
  - c) a chemist (US = "pharmacist")
  - d) a specialist
2. The percentage of the British population registered with a family doctor is...
  - a) 80 percent
  - b) 60 percent
  - c) 99 percent
  - d) 50 percent
3. "Reactive" medicine means
  - a) the doctor treats patients in an old-fashioned harmful way.
  - b) the doctor gives medical advice to those who have not asked for it.
  - c) the doctor only treats the patient when the patient notifies that something is wrong.
  - d) the doctor makes up imaginary diagnoses just to see his patients' reactions.
4. Cervical cancer tends to develop
  - a) very slowly
  - b) irregularly
  - c) rapidly
  - d) very rapidly
5. The test for cervical cancer is usually...
  - a) every year
  - b) every three years
  - c) every five years
  - d) every ten years
6. Health education involves
  - a) the doctor not smoking or drinking to give an example to patients.
  - b) making medical students learn foreign languages.
  - c) the doctor giving advice about such things as smoking, alcohol and diet.
  - d) the government banning advertisements for tobacco and alcohol.
7. The most important skill of a family doctor is...
  - a) making injections as painless as possible
  - b) accounting
  - c) communication

*General Practice : primary care, referrals and preventive medicine*

d) writing out prescriptions legibly

**8. The general practitioner ...**

a) needs many skills.

b) only gives out aspirin and weighs babies.

c) needs to know an enormous amount about every branch of medicine.

d) The general practitioner's work is rather monotonous because he has to deal with a lot of routine problems.

*General Practice : primary care, referrals and preventive medicine*

**VOCABULARY in context.** Match the following definitions with words from the reading passage below, then give an appropriate translation in French.

26. One unit in a series : \_\_\_\_\_
27. The prevention, treatment, and management of illness and the preservation of mental and physical well-being through the services offered by the medical and health professions : \_\_\_\_\_
28. Not healthy ; sick ; Infected by disease : \_\_\_\_\_
29. Health care provided by a medical professional (as a general practitioner or a pediatrician) with whom a patient has initial contact and by whom the patient may be referred to a specialist for further treatment. Its aims (objectives) are to provide the patient with a broad spectrum of care, both preventive and curative, and to coordinate all of the care the patient receives : \_\_\_\_\_
30. A person licensed to practice medicine ; a medical doctor ; A person who practices general medicine as distinct from surgery : \_\_\_\_\_
31. A physician whose practice is not oriented to a specific medical specialty but instead covers a variety of medical problems in patients of all ages. Also called family doctor : \_\_\_\_\_
32. To direct to a source for help or information : \_\_\_\_\_
33. Not usual or common ; rare ; exceptional : \_\_\_\_\_
34. Disease of body or mind ; poor health ; sickness : \_\_\_\_\_
35. A degree of health care intermediate between that offered in a physician's office and that available at a research hospital, as the care typically offered at a clinic or community hospital : \_\_\_\_\_
36. The surrounding conditions and circumstances : environment, context : \_\_\_\_\_
37. The place in which a physician receives patients and provides basic health care ; a.k.a. doctor's surgery (BrE) : \_\_\_\_\_
38. The section of a health care facility intended to provide rapid treatment for victims of sudden illness or trauma : \_\_\_\_\_
39. A patient who is admitted to a hospital or clinic for treatment that does not require an overnight stay : \_\_\_\_\_
40. The process of directing or redirecting (as a medical case or a patient) to an appropriate specialist or agency for definitive treatment : \_\_\_\_\_
41. A program planned to prevent illness, to maintain the best level of function, and to promote health. It is central to health care, especially to nursing care at all levels : \_\_\_\_\_
42. A child in the earliest period of life, especially before he or she can walk. A very young child ; baby : \_\_\_\_\_
43. The creation of immunity usually against a particular disease (e.g. against smallpox) ; especially treatment of an organism for the purpose of making it immune to subsequent attack by a particular pathogen : \_\_\_\_\_
44. 1. To separate 2. To examine systematically ; To test or examine for the presence of disease or infection : \_\_\_\_\_
45. Capable of being transmitted from person to person, animal to animal, animal to human, or human to animal ; syn. transmissible : \_\_\_\_\_

46. A pathological condition of a part, an organ, or a system of an organism resulting from various causes, such as infection, genetic defect, or environmental stress, and characterized by an identifiable group of signs or symptoms : \_\_\_\_\_
47. To watch, observe, or check closely or continuously : \_\_\_\_\_
48. The carrying of young in the uterus from conception to delivery : \_\_\_\_\_
49. Physical harm or damage ; syn. wound, trauma : \_\_\_\_\_
50. The whole system of care and treatment of a disease or a sick individual : \_\_\_\_\_
51. 1. Marked by long duration, by frequent recurrence over a long time, and often by slowly progressing seriousness : not acute chronic indigestion her hallucinations became chronic. 2. Having a slow progressive course of indefinite duration — used especially of degenerative invasive diseases, some infections, psychoses, inflammations, and the carrier state : \_\_\_\_\_
52. A physician specializing in internal medicine (especially as distinguished from a surgeon) : \_\_\_\_\_
53. A physician who specializes in the branch of medicine that deals with the care of infants and children and the treatment of their diseases : \_\_\_\_\_
54. A hospital, clinic, or health-care professional, or group of health-care professionals who give a service to patients : \_\_\_\_\_
55. The branch of medicine that deals with the care of women during pregnancy, childbirth, and the recuperative period following delivery : \_\_\_\_\_
56. The branch of medicine dealing with the administration of health care to women, especially the diagnosis and treatment of disorders affecting the female reproductive organs : \_\_\_\_\_
57. The branch of medicine that is concerned with the physiology and pathology of the skin : \_\_\_\_\_
58. The branch of medicine that deals with diagnosis and treatment of diseases of the ear, nose, and throat : \_\_\_\_\_
59. The medical science that deals with the study and treatment of rheumatic diseases (characterized by inflammation and pain in muscles or joints) : \_\_\_\_\_
60. The medical study of the structure, function, and disorders of the heart : \_\_\_\_\_
61. More than two or three but not many : \_\_\_\_\_
62. Low in price or cost ; not expensive : \_\_\_\_\_
63. A manner or method : \_\_\_\_\_
64. To use or spend without real need, gain (advantage) , or purpose : \_\_\_\_\_
65. Apt, correct, proper : \_\_\_\_\_

Britain has a two-tier system of medical care. A person who is ill goes first to a **primary care physician** or **general practitioner**. The general practitioner treats most problems himself, and refers patients with unusual or serious illnesses to specialists for **secondary care**.

## Health encyclopaedia

[Health encyclopaedia](#) » [G](#) » [GPs](#)

## GPs

## Definition

 Printer friendly layout  
[Send to a friend](#)

GPs are often thought of as community doctors. This is because they provide access to a wide range of physical, psychological and social services in the local area. They work alongside other health professionals to provide preventative healthcare and treat patients, as well as advising them about self-help and healthy living.

GPs may also be involved in the healthcare of their patients outside the surgery, for example, in hospitals or emergency centres. They have to be knowledgeable about a large number of medical conditions to be able to assess many different problems and provide the best course of treatment or referral. Many GPs receive further training, leading to a specialist qualification such as in Primary Care (MRCGP).

GPs have to be highly organised and able to consult with other healthcare professionals, as well as patients and their families.

2

Primary, or "first contact," care is provided in such settings as doctors' offices, hospital emergency services and outpatient clinics. Primary care may be obtained by individuals on their own initiative, without referral by a doctor. It\* includes health maintenance in infants and children, immunizations, screening for infectious and communicable diseases, the monitoring of normal pregnancies, treatment of minor injuries and common complaints, and management of chronic diseases. In the United States, internists, family practitioners, and pediatricians, as well as general practitioners, are the main providers of primary care.

Care at the secondary level is provided by a specialist, often in a community hospital. Specialties that are usually considered secondary level include obstetrics and gynecology, dermatology, otolaryngology, rheumatology, and cardiology.

The two-tier system has several advantages. Primary care is a cheap and accessible way of treating minor illnesses. The patient can consult the same doctor for almost all illnesses. Specialists do not waste their time on simple problems. In serious illness the general practitioner helps the patient find the most appropriate specialist.

<sup>2</sup> <http://www.nhsdirect.nhs.uk/>

## Common health questions

## How do I get a referral to an NHS specialist?

 Printer friendly layout  
[Send to a friend](#)

You are entitled to ask for a referral for specialist treatment on the NHS. You will need to see your GP if you wish to be referred to a specialist in a particular field - for example, a surgeon, or a gynaecologist (a specialist in the female reproductive system).

All your medical records are held by your GP who understands your health history and treatments better than anyone. Therefore, your GP can decide whether a specialist referral is necessary and, if so, which specialist you should be referred to. Your GP will usually refer you to a specialist within your local Primary Care Trust (PCT).

If you ask your GP to refer you to a specialist, it is likely they will first suggest that you try various tests, or treatment options, to see if your condition improves. Generally, you cannot self-refer to a specialist within the NHS, except when accessing sexual health clinics or accident or emergency (A&E) treatment.

A specialist will only see you with a letter of referral from your GP. This letter will give the specialist essential background information, such as your medical history, and it will also contain details for the specialist to pay particular attention to.

If you wish to see a private specialist, you are still advised to get a letter of referral from your GP. However, if you see a private specialist without a GP referral, your GP is not obliged to accept the specialist's recommendations.

## \*What do the following words refer to ?

- a. "It\* includes health maintenance ..., immunizations, screening..." → "It" refers to ...

## True or False ? (Be ready to explain)

- In Britain, patients can consult a specialist on their own initiative.
- Some people have specialists as their Primary Care Provider (PCP).
- General Practitioners have an important role in preventive medicine.
- General Practitioners have an important role in the treatment of serious and unusual illnesses.

Questions : (1) Ask questions about the following points, then (2) let someone else answer in a complete sentence (3) using as many of the suggested terms as possible.

HOW – WHAT KINDS – WHAT – FOR WHOM -- WHY

- The way patients receive most primary care. *Types of practices that primary care includes.* → ...

their own -- from a -- both -- measures -- such as -- or -- as well as curative -- (e.g. -- )

*Patients ...*

2. The second tier in the British health care system. *Patients for whom* this type of care is reserved. *The reasons for this.* → ...

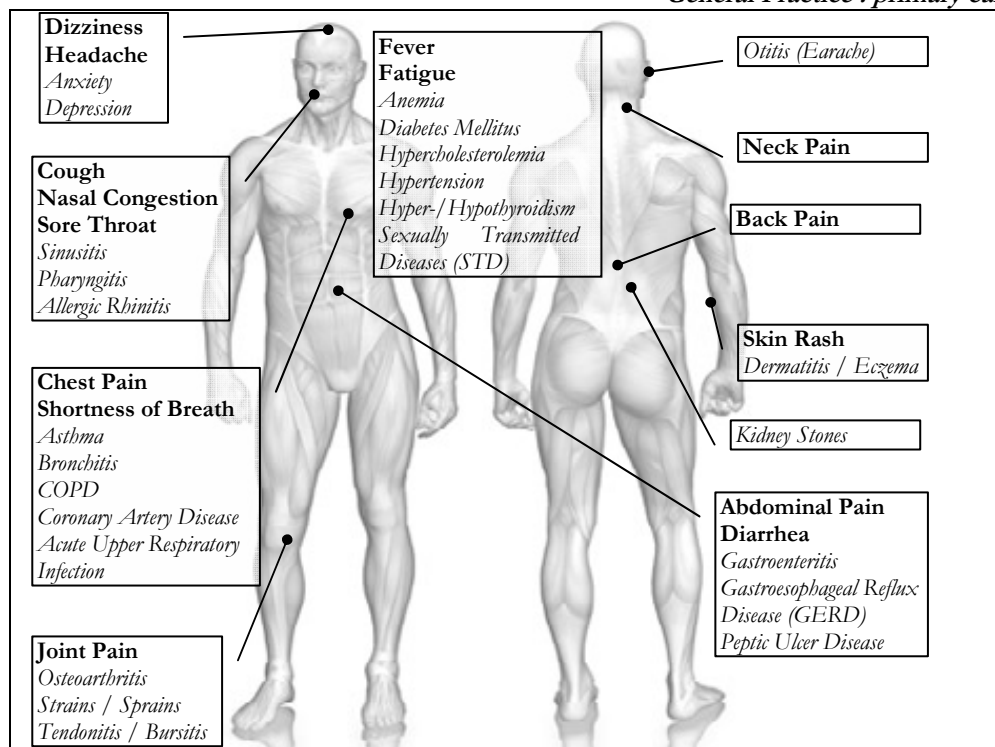
i.e. -- provided -- by -- reserved for -- serious -- who -- by their -- so as to<sup>3</sup> avoid -- time -- common -- or minor -- and because -- expensive -- than

*The second tier in ...*

3. Make up one original question of your own relating to this section of the article, then write a 2-3 line answer to it using information either from the article or from outside sources.

---

<sup>3</sup> NB. so as to = in order to / *afin de*



#### Common Complaints / Common Problems<sup>4</sup> :

**VOCABULARY in context.** Match the following definitions<sup>5</sup> with words from the figure above (clockwise U from top), then give an appropriate translation in French.

- i. 1. A rise of body temperature above the normal whether a natural response (as to infection) or artificially induced for therapeutic reasons 2. An abnormal bodily state characterized by increased production of heat, accelerated heart action and pulse, and systemic debility with weakness, loss of appetite, and thirst : \_\_\_\_\_
- ii. 1. Physical or mental weariness resulting from exertion. 2. Physiology. The decreased capacity or complete inability of an organism, an organ, or a part to function normally because of excessive stimulation or prolonged exertion : \_\_\_\_\_
- iii. A pathological deficiency in the oxygen-carrying component of the blood, measured in unit volume concentrations of hemoglobin, red blood cell volume, or red blood cell number. A condition in which the blood is deficient in red blood cells, in hemoglobin, or in total volume : \_\_\_\_\_

<sup>4</sup> www.healthsystem.virginia.edu/internet/familymed/student-programs/clerkship/handbook/goals.cfm

<sup>5</sup> NB. No specific definitions are given for the following terms : Neck Pain, Back Pain, Chest Pain, Acute Upper Respiratory Infection

- iv. A variable disorder of carbohydrate metabolism caused by a combination of hereditary and environmental factors and usually characterized by inadequate secretion or utilization of insulin, by excessive urine production, by excessive amounts of sugar in the blood and urine, and by thirst, hunger, and loss of weight : \_\_\_\_\_
- v. 1. An excess of cholesterol in the blood. 2. A familial disorder characterized by a high level of cholesterol in the blood. : \_\_\_\_\_
- vi. 1. Arterial disease in which chronic high blood pressure is the primary symptom. 2. Abnormally elevated blood pressure. : \_\_\_\_\_
- vii. 1. Pathologically excessive production of thyroid hormones. 2. The condition resulting from excessive activity of the thyroid gland, characterized by increased basal metabolism. : \_\_\_\_\_
- viii. 1. Insufficient production of thyroid hormones. 2. A pathological condition resulting from severe thyroid insufficiency, which may lead to cretinism or myxedema. : \_\_\_\_\_
- ix. Any of various diseases transmitted by direct sexual contact that include the classic venereal diseases (as syphilis, gonorrhea, and chancroid) and other diseases (as hepatitis A, hepatitis B, giardiasis, and AIDS) sometimes contracted by other than sexual means : \_\_\_\_\_
- x. Inflammation of the ear. : \_\_\_\_\_
- xi. A temporary eruption on the skin : \_\_\_\_\_
- xii. An inflammatory condition of the skin characterized by redness, itching, and oozing vesicular lesions which become scaly, crusted, or hardened : \_\_\_\_\_
- xiii. A small hard mass in the kidney that forms from deposits chiefly of phosphates and urates. : \_\_\_\_\_
- xiv. Excessive and frequent evacuation of watery feces, usually indicating gastrointestinal distress or disorder. : \_\_\_\_\_
- xv. Inflammation of the mucous membrane of the stomach and intestines. : \_\_\_\_\_
- xvi. Backward flow of the gastric contents into the esophagus resulting from improper functioning of a sphincter at the lower end of the esophagus, cf. heartburn. : \_\_\_\_\_
- xvii. An ulcer in the wall of the stomach or duodenum resulting from the digestive action of the gastric juice on the mucous membrane when the latter is rendered susceptible to its action (as by psychosomatic or local factors) : \_\_\_\_\_
- xviii. Pain in one or more joints, cf. arthralgia : \_\_\_\_\_
- xix. A form of arthritis, occurring mainly in older persons, that is characterized by chronic degeneration of the cartilage of the joints. Also called degenerative joint disease. : \_\_\_\_\_
- xx. A physical injury resulting from excessive tension, effort, or use, especially one involving undue stretching of muscles or ligaments : \_\_\_\_\_
- xxi. A joint injury in which some of the fibers of a supporting ligament are ruptured but the continuity of the ligament remains intact. A sudden or violent twist or wrench of a joint causing the stretching or tearing of ligaments and often rupture of blood vessels with hemorrhage into the tissues; usually marked by swelling, inflammation, hemorrhage, and discoloration : \_\_\_\_\_
- xxii. Inflammation of a tendon. : \_\_\_\_\_

*General Practice : primary care, referrals and preventive medicine*

- xxiii.** Inflammation of a bursa (small serous sac between a tendon and a bone), especially in the shoulder, elbow, or knee joint. : \_\_\_\_\_
- xxiv.** Difficulty in drawing sufficient breath, labored breathing. A sensation of difficult or uncomfortable breathing or a feeling of not getting enough air : \_\_\_\_\_
- xxv.** A chronic respiratory disease, often arising from allergies, that is characterized by sudden recurring attacks of labored breathing, chest constriction, and coughing. Recurrent attacks of paroxysmal dyspnea, with wheezing due to spasmodic contraction of the bronchi. It is usually either an allergic manifestation (allergic or extrinsic) or secondary to a chronic or recurrent condition : \_\_\_\_\_
- xxvi.** Chronic or acute inflammation of the mucous membrane of the bronchial tubes. : \_\_\_\_\_
- xxvii.** Pulmonary disease (as emphysema or chronic bronchitis) that is characterized by chronic typically irreversible airway obstruction resulting in a slowed rate of exhalation. : \_\_\_\_\_
- xxviii.** A condition (as sclerosis or thrombosis) that reduces the blood flow through the coronary arteries to the heart muscle : \_\_\_\_\_
- xxix.** An explosive expulsion of air from the lungs acting as a protective mechanism to clear the air passages or as a symptom of pulmonary disturbance. To expel air suddenly and noisily from the lungs through the glottis, either as the result of an involuntary muscular spasm in the throat or to clear the air passages : \_\_\_\_\_
- xxx.** Swelling and inflammation of the blood vessels lining the membranes of the nose : \_\_\_\_\_
- xxxi.** Painful throat due to inflammation of the isthmus of the fauces and pharynx : \_\_\_\_\_
- xxxii.** Inflammation of the sinuses or a sinus, especially in the nasal region. : \_\_\_\_\_
- xxxiii.** Inflammation of the pharynx. : \_\_\_\_\_
- xxxiv.** Any allergic reaction of the nasal mucosa, occurring perennially (nonseasonal) or seasonally (hay fever) : \_\_\_\_\_
- xxxv.** A sensation of unsteadiness accompanied by a feeling of movement within the head ; cf. vertigo, lightheadedness : \_\_\_\_\_
- xxxvi.** A pain in the head. Also called cephalgia. : \_\_\_\_\_
- xxxvii.** A state of intense apprehension, uncertainty, and fear resulting from the anticipation of a threatening event or situation, often to a degree that normal physical and psychological functioning is disrupted. : \_\_\_\_\_
- xxxviii.** A psychotic or neurotic condition characterized by an inability to concentrate, insomnia, and feelings of extreme sadness, dejection, and hopelessness : \_\_\_\_\_

*Which of these common complaints or conditions can be treated by a primary care physician (PCP), and which might require referral to a specialist for secondary care ? (Give several examples)*

Primary Care	Secondary Care
• ...	• ...
• ...	• ...
• ...	• ...
• ...	• ...
• ...	• ...

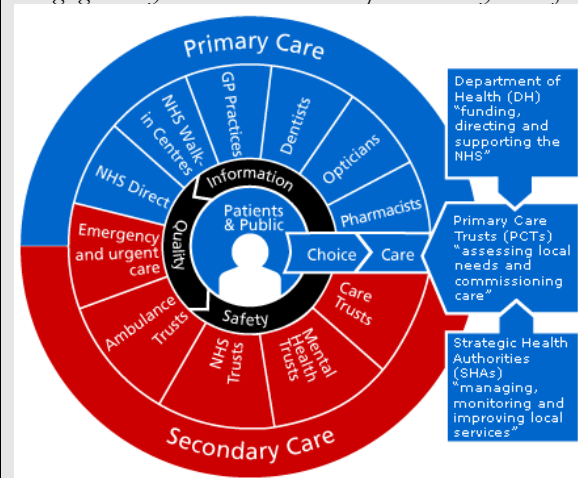
### General Practice : primary care, referrals and preventive medicine

**VOCABULARY in context.** Match the following definitions with words from the reading passage below, then give an appropriate translation in French.

66. An entrance or a means of access : \_\_\_\_\_
67. A branch of medicine or surgery, such as cardiology or neurosurgery, in which a physician specializes ; the field or practice of a specialist : \_\_\_\_\_
68. Through one's own authority, ability, etc. ; without dependence on others : \_\_\_\_\_
69. One part in a hundred : \_\_\_\_\_
70. One of three equal parts (1/3) : \_\_\_\_\_
71. Do the same thing, also ; likewise : \_\_\_\_\_
72. Not less than ; as a minimum : \_\_\_\_\_
73. One time : \_\_\_\_\_
74. For that reason ; consequently : \_\_\_\_\_
75. A branch of medicine that promotes activities to prevent the occurrence of disease : \_\_\_\_\_
76. Educational activities aimed at the improvement of health-related knowledge, attitudes, and behavior : \_\_\_\_\_
77. A symptom, condition, or sign which is patent (evident) upon initial examination of a patient or which the patient discloses to the physician. The symptom or distress about which a patient seeks medical assistance : \_\_\_\_\_
78. A characteristic sign or indication of a disorder or disease : \_\_\_\_\_
79. A state of mental uneasiness and ; apprehension, worry : \_\_\_\_\_
80. In accompaniment ; together ; with (oneself) : \_\_\_\_\_
81. (Not) up to the time that ; (Not) before : \_\_\_\_\_
82. Not functioning properly : \_\_\_\_\_
83. Taking the initiative. Acting in advance to deal with an expected difficulty ; anticipatory : \_\_\_\_\_
84. To communicate ; to interact or associate : \_\_\_\_\_

General practice is the "gateway" to specialist health care. But it\* is also becoming a specialty in its own right. In Britain 99 percent of the population is registered with a general practitioner. Two-thirds of the population visits a general practitioner every year and 98 percent\* do so\* at least once every five years. The general practitioner can therefore\* offer **preventive medicine** and **health education** to almost everyone in the community. In the past the general practitioner dealt only with "presenting complaints," that is, the symptoms and anxieties which patients brought along to the doctor. This\* is called **reactive medicine**, where the doctor does nothing until the patient has noticed that something is wrong. Modern general practice involves **pro-active medicine**, where the doctor makes contact with healthy people and offers medical care to people who have not asked for it\*.

**About the NHS - How the NHS Works**<sup>6</sup> The NHS was set up in 1948 and is now the largest organisation in Europe. It is recognised as one of the best health services in the world by the World Health Organisation but there need to be improvements to cope with the demands of the 21st century. The NHS is changing the way it works to make sure patients always come first.



**Primary care** Primary care is the first point of contact most people have with the NHS and is delivered by a wide range of professionals, including family GPs, nurses, dentists, pharmacists and opticians. This care focuses on the treatment of routine injuries and illnesses as well as preventive care, such as services to help people stop smoking. Primary care is mostly concerned with a patient's general health needs, but increasingly more specialist treatments and services are becoming available in primary care settings closer to where people live.

**GP practices** Diagnosing and treating a wide range of health problems in the local community General practitioners (GPs) look after the health of people in their local community and deal with a wide range of health problems. They and their teams also provide health education and advice on things like smoking and diet, run clinics, give vaccinations and carry out simple surgical operations. Doctors usually work with a team including nurses, and midwives, as well as a range of other health professionals such as physiotherapists and occupational therapists. Practices are offering an increasingly wide range of services and treatments – including tests to diagnose conditions like coronary heart failure and lung problems. But if a GP cannot deal with your problem themselves, they'll usually refer you to a hospital for tests, treatment or to see a consultant with specialised knowledge.

Around 300 million consultations a year take place in England's practices. Every UK citizen has a right to be registered with a local GP and visits to the surgery are free.

**Secondary care** Secondary care can be either elective care or emergency care and usually takes place in an NHS hospital.

**Elective care** means planned specialist medical care or surgery, usually following referral from a primary or community health professional such as a GP. Examples of elective care include a hip replacement operation or

<sup>6</sup> <http://www.nhs.uk/england/AboutTheNhs/Default.cmsx>



### General Practice : primary care, referrals and preventive medicine

kidney dialysis. Elective care patients may be admitted either as an inpatient or a day case patient, or they may attend an outpatient consultation or clinic.

**Emergency care** – also known as Accident and Emergency (A&E) – is when patients attend hospital as a result of an accident or trauma and require emergency treatment. Examples of emergency care include responses to a sudden onset of chest pain or a road traffic accident.

Other examples of secondary care services include specialist services for mental health, learning disability and older people.

#### \*What do the following words refer to ?

- b. "it\* is also becoming a specialty in its own right..." → "It" refers to ...
- c. "98 percent\* do so at least once every five years" → "98 percent" means 98% of ...
- d. "do so\* at least once every five years" → "Do so" means ...
- e. "The general practitioner can therefore\* offer preventive medicine and health education to almost everyone" → "Therefore" refers to the fact that ...
- f. "This\* is called reactive medicine" → "This" refers to ...
- g. "people who have not asked for it\*" → "It" refers to ...

#### True or False ? (Be ready to explain)

- v. About 1/3 of the British population visit a GP less than once a year.
- vi. On average, British patients visit their GP about 5 times a year.
- vii. Nowadays, many GPs are equipped to diagnose conditions like coronary heart failure or provide kidney dialysis
- viii. Most people wait until they feel ill before they visit a doctor.
- ix. Nowadays general practitioners mainly deal with presenting complaints.

**Questions : (1) Ask questions about the following points, then (2) let someone else answer in a complete sentence (3) using as many of the suggested terms as possible.**

WHY (×2) – HOW – WHAT – HOW OFTEN

4. **The reason** general practice is referred to as a "gateway". → ...

referred -- to -- care -- because -- first -- responsible -- unusual -- serious -- appropriate

General practice ...

5. **Ways in which** general practice has changed in recent years. → ...

reactive -- that is -- used to<sup>7</sup> + V -- deal -- presenting -- once -- noticed -- wrong -- nowadays -- pro-active -- in other words -- it is -- who -- initiative -- contact -- to offer -- and

Whereas in the past ...

6. **Areas in which** general practice is becoming a specialty. **The reasons** for this. **The frequency with which** most people visit their GP in Great Britain. → ...

out of 3 -- yearly<sup>8</sup> visit -- another 31% -- every -- and -- % overall -- with a GP -- becoming -- in the areas of -- and -- because of -- potential to -- virtually<sup>9</sup>

Given that ...

7. **Make up one original question of your own relating to this section of the article, then write a 2-3 line answer to it using information either from the article or from outside sources.**

<sup>7</sup> NB. "used to+V" indique qu'il s'agit d'une époque révolue. On traduit en français par des adverbes (autrefois, auparavant, etc.) car il n'existe pas de forme verbale équivalente. NE PAS CONFONDRE used to+V avec "be used to V-ING" qui signifie "avoir l'habitude/être habitué à faire quelque chose" (ou encore "get used to" = "s'habituer à"), ni avec "use" tout court qui veut dire "utiliser (pour faire quelque chose)"

Traduire :

- Autrefois, j'habitais Strasbourg. →
- J'ai l'habitude de travailler seul., il faudra t'y faire. →
- Il a utilisé le marteau pour enfoncer le clou. →

<sup>8</sup> NB. "Yearly" peut être soit un adjectif (annuel), soit un adverbe (annuellement)

<sup>9</sup> NB. virtually = almost, nearly, practically / pratiquement, presque

**VOCABULARY in context.** Match the following definitions with words from the reading passage below, then give an appropriate translation in French.

85. Various malignant neoplasms characterized by the proliferation of anaplastic cells that tend to invade surrounding tissue and metastasize to new body sites : \_\_\_\_\_
86. A hollow muscular organ located in the pelvic cavity of females in which the fertilized egg implants and develops ; also called uterus : \_\_\_\_\_
87. A condition that typically precedes or develops into a tumor : \_\_\_\_\_
88. To increase in size ; To develop : \_\_\_\_\_
89. In the direction of ; toward the condition, state, or form of ; : \_\_\_\_\_
90. To a high degree ; very, considerably : \_\_\_\_\_
91. 1. To spread (distribute) on a surface 2. A method or a test for the early detection of cancer especially of the uterine cervix that involves staining exfoliated cells by a special technique which differentiates diseased tissue : \_\_\_\_\_
92. A device that emits coherent light of a precise wavelength in an intense, narrow beam : \_\_\_\_\_
93. Treatment of illness or disability ; The systematic application of remedies to effect a cure : \_\_\_\_\_
94. To keep (stop) from happening ; To anticipate or counter (oppose) in advance : \_\_\_\_\_
95. The proper method for doing something ; technique : \_\_\_\_\_
96. Management, especially of business affairs : \_\_\_\_\_
97. To follow the development, process, or history etc. : \_\_\_\_\_
98. A nation or state : \_\_\_\_\_
99. A function to be performed ; an objective ; The action for which one is responsible : \_\_\_\_\_
100. A series of operations which may be used to control the functions of an electronic device : \_\_\_\_\_
101. Once a year or every year ; annual ; (With number 'N' = once every 'N' number of years) : \_\_\_\_\_
102. The consequence, outcome or effect : \_\_\_\_\_
103. To have or place confidence in ; To believe : \_\_\_\_\_
104. To talk about a subject ; take up in conversation : \_\_\_\_\_
105. A feeling of agitation and anxiety caused by the presence or imminence of danger : \_\_\_\_\_

An example of pro-active medicine is cervical cancer screening. Cervical cancer is a type of cancer of the womb. It\* begins as pre-cancer, which grows very slowly and develops into destructive cancer after five to fifteen years. Women with the pre-cancer are quite healthy and have no symptoms. A test called the cervical smear can detect this pre-cancer. The pre-cancerous cells can then be treated (by laser therapy) to prevent cancer developing. The cervical smear test and laser therapy are both very simple procedures. But the administration\* is complex. It\* is not easy to trace all the adult women in a country and invite them\* for screening every three years. In Britain, the task\* is much easier because almost all women are registered with a general practitioner. A simple computer program can identify which patients need their three-yearly

cervical smear. The computer writes letters to these women inviting them to come for the test. The general practitioner takes the smear tests and writes to each woman a few weeks later to tell her the result. In this way, if the result\* is abnormal, the woman receives the news\* from a doctor she\* knows and trusts. She\* can then go back to him\* to discuss her fears.

**CANCER SCREENING**

The Facts

**What is cervical screening?**

- Cervical screening is not a test for diagnosing cervical cancer. It is a test to check the health of the cervix, which is the lower part of the womb (often called the neck of the womb).
- For many women the test results show that everything is fine.
- But for one in 10 women, the test shows changes in the cells that can be caused by many things.
- Most of these changes will not lead to cervical cancer.

**Why do I need cervical screening?**

Cervical cancer can often be prevented. The signs that it may develop can be spotted early on so it can be stopped before it even gets started.

Around 900 women die of cervical cancer in England each year. However, many of those who develop it have not been screened regularly. Not going for cervical screening is one of the biggest risk factors for developing cervical cancer.

**What is the NHS Cervical Screening Programme?**

The programme makes sure that if you are aged between 25 and 64, you will automatically receive an invitation. We will get your name from your doctor's list. This means it is important that your doctor always has your correct name and address.

After your first cervical screen, you will receive invitations every three years between the ages of 25 and 49. You will then be invited every five years between the ages of 50 and 64.

**Who will carry out my test?**

A doctor or nurse will carry out your test. If you prefer a female member of staff, or would like someone with you, please ask when you make your appointment.

**Will I have to undress?**

We will ask you to undress from the waist down, but if you wear a full skirt you will not have to remove it.

**Should all women have the test?**

We offer the test to all women aged between 25 and 64 but cervical cancer is more common if you:

- smoke;
- first had sex at an early age;
- have had several sexual partners or have had a sexual partner who has had several other partners; or
- take immunosuppressant drugs (for example, after an organ transplant).

If you have passed the menopause, you still need to be tested to check that your cervix is healthy. Ask your doctor for advice if you:

- have had a hysterectomy;
- are over 65;
- have never had sex with a man; or
- you are not sure whether you still need to be tested.

**What is the NHS Cervical Screening Programme ? <sup>10</sup>**

The programme makes sure that if you are aged between 25 and 64, you will automatically receive an invitation. We will get your name from your doctor's list. This means it is important that your doctor always has your correct name and address. After your first cervical screen, you will receive invitations every three years between the ages of 25 and 49. You will then be invited every five years between the ages of 50 and 64.

**\*What do the following words refer to ?**

- h. "It\* begins as pre-cancer, which grows very slowly..." → "It" refers to ...
- i. "But the administration\* is complex" → "The administration" refers to the procedures required for ...
- j. "It\* is not easy" → "It" refers to ...
- k. "and invite them\* for screening every three years" → "Them" refers to ...
- l. "In Britain, the task\* is much easier" → "The task" is that of ...
- m. "if the result\* is abnormal" → "The result" is the result of ...
- n. "the woman receives the news\* from a doctor" → The news is about ...
- o. "from a doctor she\* knows and trusts. She\* can then go back" → "She" refers to ...
- p. "go back to him\* to discuss her fears" → "Him" refers to ...

<sup>10</sup> <http://www.cancerscreening.nhs.uk/cervical/publications/nhsjsp-the-facts-english-2006.pdf>

**True or False ? (Be ready to explain)**

- x. *Healthy patients don't need screening.*
- xi. *Thanks to cervical cancer screening, 5 out of 6 cervical cancers are treated in Great Britain.*
- xii. *One of the biggest risk factors for developing cervical cancer is smoking.*

**Questions : (1) Ask questions about the following points, then (2) let someone else answer in a complete sentence (3) using as many of the suggested terms as possible.**

HOW LONG – WHY (×2) – HOW (×2) -- WHAT

**8. *The length of time over which cervical cancer grows in the pre-cancer stage. The importance of early detection of cervical cancer.* → ...**

stage -- slowly -- for -- years -- this period -- however, -- no -- hence<sup>11</sup> the importance of -- to detect -- and -- therapy -- before -- into

*While cervical cancer ...*

**9. *The relative complexity of cervical cancer screening, compared to its treatment. The reason for this. The way in which General Practice facilitates the administration involved in screening.* → ...**

treatment -- to prevent -- such as -- simple -- administration -- for -- complex -- as it involves -- in order to invite -- every 3 -- facilitates -- in that<sup>12</sup> -- registered -- by computer

*Although the tests and ...*

**10. *The human advantage in giving GPs the responsibility for cervical cancer screening.* → ...**

responsibility -- is that -- test positive -- discuss -- and trust

*From a human point of view ...*

**11. *Make up one original question of your own relating to this section of the article, then write a 2-3 line answer to it using information either from the article or from outside sources.***


<sup>11</sup> NB. *hence* = "this is the reason for" (Fr. : *d'où*...)

<sup>12</sup> NB. "in that" = *en ce sens que*

**VOCABULARY in context.** Match the following definitions with words from the reading passage below, then give an appropriate translation in French.

106. Familiar or famous : \_\_\_\_\_
107. (To be) apt to, disposed to do something : \_\_\_\_\_
108. A person not known or familiar to one ; a person who is not an acquaintance : \_\_\_\_\_
109. Producing good results for the amount of money spent ; efficient or economical : \_\_\_\_\_
110. A course of action, guiding principle, or procedure : \_\_\_\_\_
111. A way (manner) of living that reflects the attitudes and values of a person or group : \_\_\_\_\_
112. A group session offering counsel or instruction in a particular field or activity : \_\_\_\_\_
113. 1. The usual food and drink of a person. 2. A regulated selection of foods, especially as prescribed for medical reasons : \_\_\_\_\_
114. It may be surprising but... ; All the same : \_\_\_\_\_
115. A physician whose practice is limited to a particular branch of medicine or surgery, especially one who is certified by a board of physicians : \_\_\_\_\_
116. To offer reasons for ; To make clear : \_\_\_\_\_
117. The act or process of identifying or determining the nature and cause of a disease or injury through evaluation of patient history, examination, and review of laboratory data. The opinion derived from such an evaluation : \_\_\_\_\_
118. To control or direct (a group, activity, or process) : \_\_\_\_\_
119. Causing physical suffering : \_\_\_\_\_
120. Tiresome (causing fatigue) by reason of length : \_\_\_\_\_

Health education is another important aspect of modern general practice. The general practitioner is usually a well-known and respected member of the local community. People are more likely to accept the advice of their own general practitioner than that\* of a stranger or an "expert" on television. Advice from a general practitioner to stop smoking is the most cost-effective health policy in the developed world. Many general practitioners now organize "lifestyle" clinics, where patients can come for advice about smoking, diet, alcohol, exercise or stress reduction.



## Alconbury & Brampton Surgeries


[Home](#)
[Staff](#)
[Surgery Times](#)
[Clinics](#)
[Notice board](#)

### Clinics

All newly registered patients over the age of 45 are encouraged to see a member of the nursing team for a brief medical check and discussion regarding their health.

The doctors and nursing teams offer a full range of services. These are by appointment and include: Asthma, Diabetes, Family Planning (including preconception advice), Maternity Services, Child Health (baby, immunisation and development), Well Person, Adolescent (teenage), Cytology, Stress Management, Hypertension, Life Style (heart disease prevention, alcohol, smoking, diet, weight), Menopausal Advice, Minor Injury, Minor Surgery, Cryotherapy and Foreign Travel Advice (vaccinations including yellow fever, skin care, diet, first aid kit).

Clinics are nurse-led and supported by the doctors.



13

## Five Choices to Help You Stay Healthy

This leaflet gives a summary of five major choices that you can make to help you stay healthy. The main benefit of these lifestyle choices is that in the future you are less likely to develop heart disease, stroke, diabetes, liver problems, lung problems, and certain cancers.

### What can I do to help stay healthy?

#### You should not smoke

If you smoke, stopping smoking is often the single most effective thing that you can do to reduce your risk of future illness. The risk to health falls rapidly as soon as you stop smoking (but takes a few years before the increased risk reduces completely). If you find it hard to stop smoking, then see your practice nurse for help. Medication may be advised to help you to stop.

#### Do some regular physical activity

Anything that gets you mildly out of breath and a little sweaty is fine. For example: jogging, heavy gardening, swimming, cycling, etc. A brisk walk each day is what many people do - and that is fine. However, it is thought that the more vigorous the activity, the better. To gain most benefit you should do at least 30 minutes of physical activity on most days. Two shorter bursts is thought to be just as good. For example, two 15 minute bouts of activity at different times in a day.

#### Eat a healthy diet

Briefly, a healthy diet means:

- AT LEAST five portions, and ideally 7-9 portions, of a *variety* of fruit and vegetables per day.
- THE BULK OF MOST MEALS should be starch-based foods (such as cereals, wholegrain bread, potatoes, rice, pasta), plus fruit and vegetables.
- NOT MUCH fatty food such as fatty meats, cheeses, full-cream milk, fried food, butter, etc. Use low fat, mono-, or poly-unsaturated spreads.
- INCLUDE 2-3 portions of fish per week. At least one of which should be 'oily' (such as herring, mackerel, sardines, kippers, pilchards, salmon, or *fresh* tuna).
- If you eat meat it is best to eat lean meat, or poultry such as chicken.
- If you do fry, choose a vegetable oil such as sunflower, rapeseed or olive oil.
- Try not to add salt to food, and limit foods which are salty.

#### Try to lose weight if you are overweight or obese

You don't need to get to a perfect weight. If you are overweight you can gain great health benefits by losing 5-10% of your weight. This is often about 5-10 kg. (10 kg is about one and a half stone.)

#### Don't drink too much alcohol

A small amount of alcohol is usually fine, but too much can be harmful. Men should drink no more than 21 units per week (and no more than 4 units in any one day). Women should drink no more than 14 units per week (and no more than 3 units in any one day). One unit is in about half a pint of normal strength beer, or two thirds of a small glass of wine, or one small pub measure of spirits.

14

Perhaps the most important skill in general practice is communication. Even when a patient has seen a specialist, it is the general practitioner who explains the diagnosis to the patient and supervises the treatment of the illness. If the patient does not understand the problem, or if he\* finds the treatment painful or tedious, he\* may not follow the doctor's advice. It\* is important to involve the patient in his\* own care. The days of "doctor's orders" are gone<sup>15</sup>.

#### \*What do the following words refer to ?

- q. "than that\* of a stranger or an "expert" on television ..." → "That" refers to ...  
 r. "if he\* finds the treatment painful ..., he\* may not follow..." → "He" refers to ...  
 s. "It\* is important" → "It" refers to ...  
 t. "in his\* own care" → "His own" refers to ...

#### True or False ? (Be ready to explain)

- xiii. Most GPs advise their patients to stop smoking.  
 xiv. Most patients accept their doctor's advice to stop smoking.  
 xv. General Practitioners are involved in secondary level care.  
 xvi. The effectiveness of a treatment may be compromised by noncompliance.

Questions : (1) Ask questions about the following points, then (2) let someone else answer in a complete sentence (3) using as many of the suggested terms as possible.

WHAT (×2) – WHAT SORTS OF -- HOW (×2)

12. One common form of health education in Great Britain. Topics (themes/subjects) *that* health education focuses on. → ...

often -- form of -- which focus on -- such as

Health education, ...

13. *The effectiveness of* General Practice as a framework (structure) for health education. → ...

Tyne and Wear, England, for over 10 years and have a particular interest in writing and providing evidence based patient information. They are editors and lead authors for the content on Patient UK.

<sup>15</sup> NB. The days of "doctor's orders" are gone = The time when a doctor could give "orders" to patients is finished

most – since<sup>16</sup> -- more likely -- follow -- of their own -- (for instance, -- ) -- than -- not know

*General practice ...*

**14. Ways in which GPs are involved in secondary care. → ...**

insofar as<sup>17</sup> -- responsible -- diagnosis -- and -- so as to ensure that -- advice

*General practitioners ...*

**15. The risk of not involving a patient in his own care. → ...**

patient -- Thus -- essential for -- to understand -- both -- and -- especially if -- otherwise -- ignore -- and -- the effectiveness

*No remedy will work unless ...*

**16. Make up one original question of your own relating to this section of the article, then write a 2-3 line answer to it using information either from the article or from outside sources.**

---

<sup>16</sup> NB. since = 1. depuis (que), 2. puisque

<sup>17</sup> insofar as = because, considering that / *dans la mesure où*



**VOCABULARY in context.** Match the following definitions with words from the reading passage below, then give an appropriate translation in French.

121. Commonly called or recognized by a different name : \_\_\_\_\_
122. To make available ; to offer : \_\_\_\_\_
123. A small low bed for an infant : \_\_\_\_\_
124. A hole in the ground in which to bury a dead body ; tomb : \_\_\_\_\_
125. Involving difficulty or effort ; giving cause for concern ; dangerous : \_\_\_\_\_
126. To go to see (someone) in an official or professional capacity : \_\_\_\_\_
127. The quality or state of being associated ; connection : \_\_\_\_\_
128. To have as a necessary condition ; necessitate, demand : \_\_\_\_\_
129. To tend toward a certain result : \_\_\_\_\_
130. Including everything ; comprehensive ; Regarded as a whole ; general ; total : \_\_\_\_\_
131. Someone that makes a service available : \_\_\_\_\_
132. The entire amount or the complete group ; entire, total : \_\_\_\_\_

In Britain the general practitioner is also known as the family doctor. He provides primary care for patients "from the cradle to the grave." If one member of a family has a serious illness, the general practitioner can give support and advice to the rest of the family. If necessary, the general practitioner visits the patient at home. This\* unique relationship is quite different from that\* which patients experience in other countries. In the United States, for example, each new illness often requires a new specialist doctor who has probably never met the patient or the family before. This\* leads to a very reactive type of health care. The doctor treats the illness but does not accept overall responsibility for the patient's health. Most doctors do not see themselves as pro-active health care providers for a whole community.

**Table 153. Physicians by Sex and Specialty: 1980 to 2004**

[In thousands (467.7 represents 467,700). As of Dec. 31, except 1990 as of Jan. 1, and as noted. Includes Puerto Rico and island areas]

Activity	1980		1990		2000		2004	
	Total <sup>1</sup>	Office-based	Total <sup>1</sup>	Office-based	Total <sup>1</sup>	Office-based	Total <sup>1</sup>	Office-based
<b>Doctors of medicine, total. ....</b>	<b>467.7</b>	<b>272.0</b>	<b>615.4</b>	<b>361.0</b>	<b>813.8</b>	<b>490.4</b>	<b>885.0</b>	<b>538.5</b>
Place of medical education:								
U.S. medical graduates .....	370.0	226.2	483.7	286.2	616.8	376.5	660.9	414.9
International medical graduates <sup>2</sup> .....	97.7	45.8	131.8	74.8	197.0	113.9	224.0	123.6
Sex: Male .....	413.4	251.4	511.2	311.7	618.2	382.3	649.3	401.1
Female .....	54.3	20.6	104.2	49.2	195.5	108.1	235.6	137.5
Allergy/immunology. ....	1.5	1.4	3.4	2.5	4.0	3.1	4.1	3.2
Anesthesiology. ....	16.0	11.3	26.0	17.8	35.7	27.6	38.8	30.0
Cardiovascular diseases. ....	9.8	6.7	15.9	10.7	21.0	16.3	22.1	17.3
Child psychiatry. ....	3.3	2.0	4.3	2.6	6.2	4.3	6.8	5.0
Dermatology. ....	5.7	4.4	7.6	6.0	9.7	8.0	10.4	8.7
Diagnostic radiology. ....	7.0	4.2	15.4	9.8	21.1	14.6	23.7	16.8
Emergency medicine. ....	5.7	3.4	14.2	8.4	23.1	14.5	27.9	19.0
Family practice. ....	27.5	18.4	47.6	37.5	71.6	54.2	80.3	63.3
Gastroenterology. ....	4.0	2.7	7.5	5.2	10.6	8.5	11.7	9.4
General practice. ....	32.5	29.6	22.8	20.5	15.2	13.0	11.7	9.9
General surgery. ....	34.0	22.4	38.4	24.5	36.7	24.5	37.6	25.3
Internal medicine. ....	71.5	40.6	98.3	58.0	134.5	89.7	150.9	101.8
Neurology. ....	5.7	3.3	9.2	5.6	12.3	8.6	13.7	9.6
Neurological surgery. ....	3.3	2.5	4.4	3.1	5.0	3.7	5.3	4.0
Obstetrics and gynecology. ....	26.3	19.5	33.7	25.5	40.2	31.7	42.1	33.8
Ophthalmology. ....	13.0	10.6	16.1	13.1	18.1	15.6	18.7	16.3
Orthopedic surgery. ....	14.0	10.7	19.1	14.2	22.3	17.4	23.8	18.6
Otolaryngology. ....	6.6	5.3	8.1	6.4	9.4	7.6	9.9	8.2
Pathology. ....	13.6	6.1	16.6	7.5	18.8	10.6	19.2	11.0
Pediatrics. ....	29.5	18.2	41.9	27.1	63.9	43.2	71.9	50.5
Physical medicine/rehabilitation. ....	2.1	1.0	4.1	2.2	6.5	4.3	7.3	5.2
Plastic surgery. ....	3.0	2.4	4.6	3.8	6.2	5.3	6.9	5.8
Psychiatry. ....	27.5	16.0	35.2	20.1	39.5	25.0	40.3	26.0
Pulmonary diseases. ....	3.7	2.0	6.1	3.7	8.7	5.9	9.8	7.1
Radiology. ....	11.7	7.8	8.5	6.1	8.7	6.7	4.3	3.3
Radiation oncology. ....	1.6	1.0	2.8	2.0	3.9	3.0	8.7	6.9
Urological surgery. ....	7.7	6.2	9.4	7.4	10.3	8.5	10.6	8.8
Other specialty. ....	5.8	2.4	7.3	2.7	5.8	2.3	5.4	2.2
Other surgical specialty. ....	2.9	2.3	2.9	2.4	6.1	5.1	6.2	5.2
Other remaining specialty <sup>4</sup> .....	6.1	2.5	7.8	3.3	8.8	4.2	8.7	4.2
Not classified. ....	20.6	(X)	12.7	(X)	45.1	(X)	48.0	(X)
Other categories <sup>5</sup> .....	32.1	(X)	55.4	(X)	75.2	(X)	92.8	(X)
Doctors of Osteopathy <sup>6</sup> .....	18.8	(X)	30.9	(X)	44.9	(X)	54.1	(X)

X Not applicable. <sup>1</sup> Includes unspecified physicians. <sup>2</sup> International medical graduates received their medical education in schools outside the United States and Canada. <sup>3</sup> Includes Colon and Rectal Surgery and Thoracic Surgery. <sup>4</sup> Includes Aerospace Medicine, General Preventive Medicine, Nuclear Medicine, Occupational Medicine, Medical Genetics, and Public Health. <sup>5</sup> Includes inactive and address unknown. <sup>6</sup> Total number of DOs as of June 1. This number includes all living DOs, including retired DOs, DOs in in postdoctoral training and federally employed DOs. Data from American Osteopathic Association Fact Sheet, American Osteopathic Association, Chicago, IL. <[http://www.osteopathic.org/index.cfm?PageID=aoa\\_annualrpt](http://www.osteopathic.org/index.cfm?PageID=aoa_annualrpt)>.  
Source: Except as noted, American Medical Association, Chicago, IL, *Physician Characteristics and Distribution in the U.S.* annual (copyright).

18

*In the United States, a general practitioner has completed the one-year internship required to obtain a medical license, after having received at least an undergraduate Baccalaureate degree and a four-year M.D. Doctor of Medicine. A physician who specializes in family medicine (also known as a family physician), however, has completed a three-year family medicine residency in addition to the undergraduate and doctoral studies. It was not until 1979 that Family Medicine (formerly known as Family Practice) was recognized as a distinct specialty in the U.S. Training is focused on treating an individual throughout all of his or her life stages. Family physicians will see anyone with any problem, but are experts in common problems. Many family physicians deliver babies as well as taking care of all ages of patients.*

### ***General Practice : primary care, referrals and preventive medicine***

*There is currently a shortage of family physicians (and also other primary care providers) due to several factors, notably the lesser prestige associated with the young specialty, the lesser pay, and the increasingly frustrating practice environment in the U.S. Physicians are increasingly forced to do more administrative work, shoulder higher malpractice premiums due to the highly litigious society in the US, and spend less and less time with patient care due to the current payor model stressing patient volume vs. quality of care. The average starting salary in the United States for family physicians is \$120,000 to \$150,000 a year.<sup>19</sup>*

#### **\*What do the following words refer to ?**

- u. "This\* unique relationship" → "This relationship" refers to the relationship ...
- v. "different from that\* which patients experience" → "That" refers to ...
- w. "This\* leads to a very reactive type of health care" → "This" refers to the fact that ...

#### **True or False ? (Be ready to explain)**

xvii. *Most doctors in the United States are specialists.*

xviii. *In the United States, preventive medicine is provided by specialists.*

xix. *Many patients in the United States only visit a doctor when they feel ill.*

**Questions : (1) Ask questions about the following points, then (2) let someone else answer in a complete sentence (3) using as many of the suggested terms as possible.**

WHY (×2) – WHAT TYPE(S) OF

**17. *The reason* general practitioners are also known as "family doctors" in Britain → ...**

called -- because -- care for -- members -- ages -- house calls (a.k.a. -- ) -- and -- support -- whole -- when -- ill

*General practitioners are often ...*

**18. *Forms of* health care *that* specialists do (or do not) provide. *The reason* health care in the United States has become very reactive. → ...**

specific -- only -- when -- already -- and -- not -- overall -- individuals whom -- never -- before -- (and -- never -- again). -- Moreover, -- not -- care -- (e.g. -- ) -- communities -- As a result, -- become very -- for lack of -- who could

*Since specialists treat ...*

**19. Make up one original question of your own relating to this section of the article, then write a 2-3 line answer to it using information either from the article or from outside sources.**

<sup>19</sup> [http://en.wikipedia.org/wiki/General\\_Practice](http://en.wikipedia.org/wiki/General_Practice)



**VOCABULARY in context.** Match the following definitions with words from the reading passage below, then give an appropriate translation in French.

133. To have an opinion, judgment, etc. about something ; To consider : \_\_\_\_\_
134. Characterized by a small degree, intensity, or amount of a specified attribute ; inferior, insufficient : \_\_\_\_\_
135. Position ; prestige : \_\_\_\_\_
136. Not much more ; Few things other than... : \_\_\_\_\_
137. Large in extent ; general, vast : \_\_\_\_\_
138. Extent (dimensions) of perception, knowledge, experience, or ability ; An amount or extent of variation : \_\_\_\_\_
139. A small quantity or amount ; a minimum : \_\_\_\_\_
140. Someone who restores others to health : \_\_\_\_\_
141. A person who offers advice to another, especially officially or professionally ; counselor, consultant : \_\_\_\_\_
142. One who directs a business or other enterprise : \_\_\_\_\_
143. One that keeps, audits, and inspects financial records and prepares financial and tax reports : \_\_\_\_\_
144. A person having authority in an organization ; Someone who makes decisions in a work environment : \_\_\_\_\_
145. To meet, especially unexpectedly ; come upon. To confront : \_\_\_\_\_
146. To have the benefit or advantage of something : \_\_\_\_\_
147. To advance to a better state or quality ; To make better : \_\_\_\_\_
148. Having reached the age of... : \_\_\_\_\_
149. To speak of one's illness or symptoms to a doctor : \_\_\_\_\_
150. The part of the body between the neck and the abdomen, enclosed by the ribs and the breastbone ; the thorax : \_\_\_\_\_
151. A sensation of hurting, or strong discomfort, in some part of the body, caused by an injury, disease, or functional disorder, and transmitted through the nervous system : \_\_\_\_\_
152. To provide medical assistance or supervision : \_\_\_\_\_
153. The act of dying ; termination of life : \_\_\_\_\_
154. Acute myocardial infarction typically resulting from an occlusion or obstruction of a coronary artery (coronary thrombosis or a coronary occlusion) and characterized by sudden, severe pain in the chest that often radiates to the shoulder, arm, or jaw : \_\_\_\_\_
155. The chambered, muscular organ that pumps blood received from the veins into the arteries, thereby maintaining the flow of blood through the entire circulatory system : \_\_\_\_\_
156. Not happy ; sad : \_\_\_\_\_
157. Weighing more than is normal, especially having more body weight than is considered normal or healthy : \_\_\_\_\_
158. Filled with fear ; afraid, terrified : \_\_\_\_\_
159. Psychological assistance and advice : \_\_\_\_\_

Some specialists still think of general practice as a low-status and uninteresting branch of medicine. They think that the general practitioner does little more than give out aspirin and weigh babies. But good general practice

demands a wide range of skills. The general practitioner should know a little about every branch of medicine, and know when to ask a specialist for advice. To many people in the community, the general practitioner is "my doctor" -- healer, adviser, helper and friend. He must also be a manager, an accountant and an administrator. Of all doctors, the general practitioner encounters the greatest variety of medical problems, enjoys the most satisfying doctor-patient relationships, and has the greatest potential for improving the health of an entire community.

### Case history

Timothy, aged ten, was brought to his general practitioner complaining of severe chest pains. The general practitioner knew the family well. She had cared for Timothy's father three years ago. The father had had chest pains followed by sudden death from a heart attack. The doctor examined Timothy and found nothing wrong with his heart, but noticed that the boy was unhappy and overweight. Timothy said he was frightened that he too might die of a heart attack. The doctor said that there was nothing physically wrong, and Timothy did not need to see a heart specialist. She asked the boy and his mother to come back for some counselling to talk about the father's death. A few weeks later Timothy stopped getting chest pains.

### True or False ? (Be ready to explain)

- xx. Timothy's GP couldn't determine the cause of his chest pains.
- xxi. Timothy's physical exam was unremarkable.
- xxii. Timothy's family history was most important in understanding the cause of his symptoms.
- xxiii. Timothy has risk factors for heart disease.

**Questions :** (1) Ask questions about the following points, then (2) let someone else answer in a complete sentence (3) using as many of the suggested terms as possible.

WHAT KINDS -- WHAT

20. *Types of skills involved in good general practice.* → ...

demands -- such as -- knowing -- branch -- when -- specialist -- advice -- in addition -- management -- accounting -- administration -- of course

*Good general practice...*

21. *The probable cause of* Timothy's chest pains. → ...

anxiety -- result from -- death -- caused -- pain

...

22. Make up one original question of your own relating to this section of the article, then write a 2-3 line answer to it using information either from the article or from outside sources.

## General Practice : primary care, referrals and preventive medicine

- (bring, take etc.) along (with) / avec soi
- (change, develop) into / (se transformer, se changer) en
- (health) care / les soins médicaux
- (not) until / (pas) avant
- (three-)yearly / (tris)annuel
- (to be) likely to / avoir des chances de
- a little (bit) / un peu, un minimum
- accountant / comptable
- administration / la gestion, la logistique
- administrator / directeur, gestionnaire
- advertisement / publicité
- advice / des conseils
- adviser / conseiller
- aged / âgé de
- alcohol / l'alcool (ethylique)
- allergic rhinitis / une rhinite allergique (apériodique / saisonnière)
- also known as / connu (aussi) sous le nom de, dit, alias
- anemia / l'anémie
- anxiety / anxiété, angoisse, souci
- anxiety / l'anxiété, l'angoisse
- appropriate / compétent, approprié
- ask for / demander à avoir
- asthma / l'asthme (m.)
- at least / au moins
- ban / interdire, proscrire
- bursitis / une bursite
- cancer / le cancer
- cardiology / la cardiologie
- care for / soigner
- cervical / cervical
- cervical smear (Papanicolaou smear, Papanicolaou test, Pap test) / frottis
- cheap / bon marché, économique
- chest / torse, poitrine (douleur de poitrine)
- chronic / chronique
- chronic obstructive pulmonary disease (COPD) / la broncho-pneumopathie chronique obstructive (BPCO)
- clinic / 1. une clinique 2. un stage, un séminaire, une conférence
- communicable / contagieux, transmissible
- complain of / signaler un trouble, souffrir de
- computer program / un logiciel
- consult / consulter
- coronary artery disease (CAD) / l'artériosclérose coronaire
- cost-effective / rentable
- cough, to cough / la toux, tousser
- counselling / aide psychologique, assistance psychiatrique,
- country / un pays
- cradle / le berceau
- deal with / traiter, s'occuper de, faire face à
- death (≠dead) / la mort
- depression / la dépression
- dermatology / la dermatologie
- diabetes mellitus / le diabète sucré
- diagnosis / un diagnostic (NB. pl. = diagnosES ; ne pas confondre avec le verbe "to diagnoSE")
- diarrh(o)ea / la diarrhée
- diet / 1. l'alimentation 2. un régime (alimentaire)
- discuss / discuter de
- disease / une maladie, une pathologie
- dizziness / les vertiges
- do so / faire ainsi, faire cela, faire de même
- doctor's office / un cabinet médical
- eczema / l'eczéma
- emergency room (Abbr. ER) / le service des urgences
- encounter / rencontrer, être confronté à
- enjoy / bénéficier de, jouir de
- even / même
- explain / expliquer
- family doctor, family practitioner / médecin de famille, médecin traitant
- fatigue / la fatigue, l'épuisement
- fear / la peur
- fever / la fièvre
- frightened / effrayé
- gastroenteritis / une gastro-entérite
- gastroesophageal reflux disease (GERD) / reflux gastro-oesophagien
- gateway / porte, entrée, portail
- general practitioner / médecin généraliste
- grave / la tombe
- grow / croître
- gynecology / la gynécologie
- harmful / nuisible
- headache / mal à la tête, une céphalée
- healer / guérisseur
- health education / éducation à la santé, éducation sanitaire
- health maintenance / ≈ les visites de contrôle
- heart . le coeur
- heart attack / une crise cardiaque, un infarctus du myocarde
- hypercholesterolemia / hypercholestérolémie
- hypertension (a.k.a. high blood pressure) / l'hypertension artérielle
- hyperthyroidism (a.k.a. overactive thyroid) / l'hyperthyroïdie
- hypothyroidism (a.k.a. underactive thyroid) / l'hypothyroïdie
- ill / malade
- illness / maladie
- immunization / l'immunisation, une vaccination
- improve / (s')améliorer
- in its own right / à part entière
- increase / augmenter
- infant / un bébé, un enfant en bas âge
- injury / une blessure
- internist / interniste, spécialiste de médecine interne
- involve / impliquer
- joint pain / l'arthralgie
- kidney stone / un calcul rénal
- laser / un laser
- lead to / conduire, mener, aboutir à
- lifestyle / un mode de vie
- little more than / à peine plus, rien de plus que
- low / bas, petit, inférieur, moindre
- make contact (with) / entrer en contact avec
- management / la gestion, la prise en charge
- manager / gérant
- monitor / surveiller, suivre (monitoring = le suivi)
- monotonous / monotone
- nasal congestion / l'obstruction nasale, la congestion nasale
- notice / remarquer
- nurse / infirmière
- obstetrics / l'obstétrique (f. sg.)
- old-fashioned / désuet, suranné, rétrograde
- once / une fois
- osteoarthritis / l'arthrose (f.)
- otitis (a.k.a. earache) / l'otite
- otolaryngology / l'oto-rhino-laryngologie
- outpatient / (patient) en consultation externe, (service des) consultations externes
- overall / global, d'ensemble
- overweight / en surpoids, obèse
- pain / douleur
- painful / douloureux
- pediatrician / un pédiatre
- peptic ulcer disease (PUD) / un ulcère gastro-duodénal
- percent / pour cent
- percentage / pourcentage
- pharyngitis / une pharyngite
- physician / médecin (en général ou généraliste)
- policy / une politique, un principe
- pre-cancer / lésion précancéreuse
- pregnancy / la grossesse
- presenting complaint / motif de consultation, symptôme fonctionnel, subjectif
- prevent / empêcher
- preventive medicine / la médecine préventive
- primary care / soins primaires (non-spécialisés), dispensés par un médecin traitant
- proactive / "proactif" c.-à-d. dynamique, prévoyant, qui prend l'initiative
- procedure / procédure
- provide / fournir, offrir, pourvoir
- provider (health care provider) / un fournisseur, un "prestataire", terme utilisé (surtout aux États-Unis) pour désigner les professionnels de la santé
- quite / parfaitement, tout à fait (ou presque), plutôt
- range / gamme, éventail, fourchette, étendue
- rather / quelque peu
- refer / envoyer chez un spécialiste, orienter vers
- referral / (le fait d')envoyer un patient chez un spécialiste
- register with / (s')inscrire chez, être inscrit chez
- relationship / un rapport, une relation
- require / exiger, nécessiter, demander
- result / le résultat
- rheumatology / la rhumatologie (NB. rh-E-umatology)
- routine / de routine, routinier
- screen / dépister
- secondary care / ≈ soins spécialisés, dispensés par un spécialiste
- serious / grave
- setting / un cadre, un contexte
- several / plusieurs
- sexually transmitted disease (STD) / une maladie sexuellement transmissible (MST)
- shortness of breath / l'essoufflement, la dyspnée
- sick / malade
- sinusitis / une sinusite
- skill / compétence, savoir-faire
- skin rash / une éruption cutanée
- sore throat / mal à la gorge
- specialist / un spécialiste
- specialty / spécialité
- sprain / une entorse, une foulure
- status / prestige (low status = peu prestigieux)
- strain (muscle strain) / un claquage, un froissement
- stranger / un inconnu (à ne pas confondre avec : étranger = foreign, a foreigner)
- supervise / surveiller, diriger
- symptom / un symptôme
- task / une tâche
- tedious / pénible, exténuant, laborieux
- tendonitis OR tendinitis / une tendinite
- therapy / une thérapie
- therefore / par conséquent
- think of ... as / considérer comme
- third / un tiers
- tier / niveau, échelon
- tobacco / le tabac
- trace / suivre
- trust / faire confiance à, avoir confiance en
- unhappy / malheureux
- unusual / inhabituel
- usually / d'habitude, d'ordinaire
- visit / faire une visite (à domicile)
- waste time on / perdre du temps
- way / façon, manière
- weigh / peser
- well-known / (bien) connu
- whole / entier, complet
- wide / vaste, larger
- womb / l'utérus
- wrong / qui ne va pas bien, dérangé