

Giving Advice about Health



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Read the Dialogue to practise and Improve your Speaking Skills. Listen to and answer the Lesson Activity to test your level.



Kate: My hand hurts today.
Frank: Again? Do you need something?
Kate: Again...and I'm starting to worry. What do you think I should do?
Frank: If I were you, I'd visit the doctor.
Kate: I would like to but I have many things to do.
Frank: Do you really want to continue with that pain?
Kate: I know but if I don't finish the project by tomorrow I'll be in trouble.
Frank: You will have to make a decision but I think health comes first.
Kate: You are right, I guess I'll have to listen to you this time.
Frank: Perhaps you should try putting some ice on your hand meanwhile.
Kate: It could work...thanks Frank, I'll tell you what the doctor said.
Frank: Great, see you later then.
...
Kate: Frank, I tried what you suggested and came to the doctor's.
Frank: That's good, and what did he say?
Kate: He suggested it might be a muscle problem and prescribed a relaxant cream.
Frank: You shouldn't spend so much time using the computer, I think the PC mouse is hurting your hand.
Kate: I agree but there's nothing I can do, it's my work tool. I feel better anyway.
Frank: Well that's good news!
Kate: Thank you for advising me, I needed to do something about that pain.
Frank: Why don't you try kinesiology too?
Kate: I'll try, I don't want the pain to bother me again.
Frank: I really recommend it, it helped me a lot in the past.
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ACTIVITIES

Listen and Answer to Test your Speaking Level.
Learn different English accents: Kate (British) and Frank (American).
Audio Transcript + Correct Answers on bottom page.

Listen and Choose the Correct Answer

1. Listen to the Audio (Kate 1)
I'd visit a doctor if I were you.
I should try a relaxer this time.
I'm great
2. Listen to the Audio (Frank 1)
Great, see you later then.
That's spot on, I'll do it.
Well that's good news!
3. Listen to the Audio (Kate 2)
Thanks for coming.
I have no idea.
I guess it isn't.
4. Listen to the Audio (Frank 2)
Well that's good news!
I think health comes first.
That's exactly what I was thinking.
5. Listen to the Audio (Kate 3)
That's good, and what did he say?
Thank you for advising me.
Sure, what can I do for you?
6. Listen to the Audio (Frank 3)
I'll try, thanks!
He prescribed it, so calm down.
It's my work tool.
7. Listen to the Audio (Kate 4)
Glad to hear that!
Glad to meet you!
Happy to meet you!
8. Listen to the Audio (Frank 4)
He suggested it might be a muscle problem.
He suggested we should leave now.
I really recommend it.
9. Listen to the Audio (Kate 5)
I don't want the pain to bother me again.
I'll tell you what the doctor said.
You'll have to be patient if you want to feel better.
10. Listen to the Audio (Frank 5)
I'm not sure that is a good idea.
Never mind, I'll call a cab.
Why don't you try kinesiology too?
11. Listen to the Audio (Kate 6)
I had never been here.
I had once.
No, I don't.
12. Listen to the Audio (Frank 6)
I'll try, I don't want the pain to bother me again.
I'll be in trouble.
I agree but there's nothing I can do.
13. Listen to the Audio (Kate 7)
I'm not sure that's a good idea.
I'd have done the same.
I'll try anyway.
14. Listen to the Audio (Kate 8)
I know, they have potential side effects.
Maybe you should.
I guess I could but I don't want to.
15. Listen to the Audio (Kate 9)
Nice to meet you.
Sorry to hear that.
That's good news!

AUDIO TRANSCRIPT

1. It hurts a lot, what do you think I should do? (Kate 1)
2. If I were you, I would ask him about the use of the mouse. (Frank 1 | American English)
3. I'm not sure it's a good idea to keep working. (Kate 2)
4. Maybe you could try putting some ice on it. (Frank 2 | American English)
5. Why don't you try helping me with this? (Kate 3)
6. I'm not sure that relaxer works for you. (Frank 3 | American English)
7. I tried what you suggested and I feel better now. (Kate 4)
8. What did the doctor say? (Frank 4 | American English)
9. This is ridiculous, I can't hold my hand like this all day long. (Kate 5)
10. The hospital is too far away from here.(Frank 5 | American English)
11. Have you already had this problem? (Kate 6)
12. Why don't you try kinesiology too? (Frank 6 | American English)
13. When the doctor took my hand I cried in pain. (Kate 7)
14. I feel better anyway. (Kate 8)
15. The last time I took painkillers they made me sleepy. (Kate 9)

CORRECT ANSWERS

1. I'd visit a doctor if I were you.
2. That's spot on, I'll do it.
3. I guess it isn't.
4. That's exactly what I was thinking.
5. Sure, what can I do for you?
6. He prescribed it, so calm down.
7. Glad to hear that!
8. He suggested it might be a muscle problem.
9. You'll have to be patient if you want to feel better.
10. Never mind, I'll call a cab.
11. I had once.
12. I'll try, I don't want the pain to bother me again.
13. I'd have done the same.
14. That's good news!
15. I know, they have potential side effects.