

ESL Health Unit

Unit Three Managing Illness

Lesson Two High Blood Pressure



Reading and Writing Practice Advanced Beginning

Goals for this lesson:

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

- Understand and talk about the symptoms of high blood pressure
- Understand and talk about risk factors for high blood pressure
- Understand and talk about ways to prevent and manage high blood pressure
- Use *will* and *be going to* to talk about the future



Lesson Two: High Blood Pressure

Reading and Writing Practice

Before You Read!

In this lesson, you will read stories from people who have high blood pressure. Before you begin reading, answer the following questions with your classmates and your teacher.



Picture taken from: <http://health.allrefer.com/pictures-images/blood-pressure-check.html>

Look at the picture above and answer the following questions with a partner:

1. What kind of test is the man having?
2. Have you ever had this test?
3. When is the last time you had this test?
4. WhAT does this test measure?
5. Why is this test important?

Reading Three

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

My name is Elsa Raudales. I am from Honduras. I have been in the United States for twenty years. I have high blood pressure.

I went to the doctor for a physical and he asked about my lifestyle. I told him I eat a lot of fast food and I do not exercise. He checked

my blood pressure and told me it was too high. I was surprised! I had no symptoms.

Now, I take medicine for high blood pressure. I take one pill in the morning and a different pill at night. I no longer eat fast food and I try to exercise some days. I need to check my blood pressure every month.

New Words:

High Blood Pressure



Picture taken from: <http://achms.org:4306/pte/>

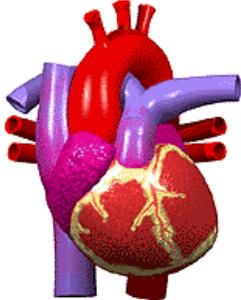
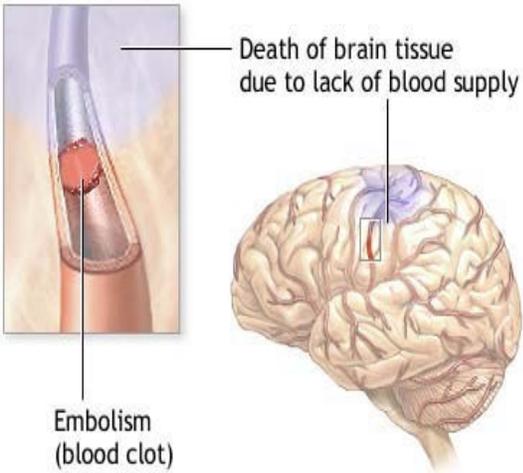
Highbp/Page19.htm

Questions:

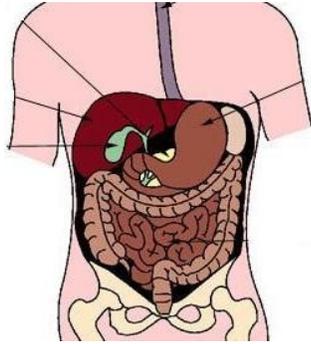
1. How long has Elsa been in the United States?
2. Why did Elsa visit the doctor?
3. What did the doctor do during Elsa's visit?
4. What were Elsa's symptoms of high blood pressure?
5. How does Elsa take care of her high blood pressure?

Vocabulary

Look at these vocabulary words before you read *Health Watch*.

Vocabulary Word	Definition
<p data-bbox="370 363 488 394">Arteries</p>  <p data-bbox="370 737 870 762">Picture taken from: http://achms.org:4306/pte/Highbp/Page35.htm</p>	<p data-bbox="982 331 1549 457">These are tubes that carry blood from the heart to other parts of the body.</p>
<p data-bbox="370 856 483 894">Stroke</p>  <p data-bbox="453 1346 578 1409">Embolism (blood clot)</p> <p data-bbox="639 974 924 1037">Death of brain tissue due to lack of blood supply</p> <p data-bbox="841 1457 954 1488">ADAM.</p> <p data-bbox="370 1493 951 1541">Picture taken from: http://health.allrefer.com/pictures-images/stroke-1.html</p>	<p data-bbox="982 829 1520 955">This is a sudden decrease or loss of feeling and movement.</p>

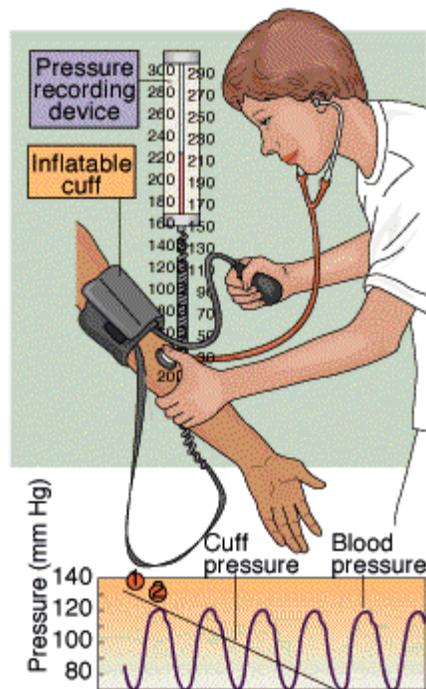
Organs



Picture taken from: <http://www.swiss-magen-darm.com/en/picts/euebersicht.jpg>

A structure in the body that completes an important job. For example, the heart pumps blood. The stomach digests food.

Systolic and Diastolic



© 1998 Wadsworth Publishing Company/ITP
http://faculty.southwest.tn.edu/jwilliams/blood_pressure_determination.htm

These are the two measurements of your blood pressure. The systolic number is on the top. The diastolic is on the bottom.

Health Watch: What is High Blood Pressure?

When you have [high blood pressure](#), or hypertension, the force of blood in your **arteries** is too strong. High blood pressure is very dangerous. It is called a "silent killer" because it often does not cause symptoms.

High blood pressure can hurt your arteries and your organs, such as the heart and brain. High blood pressure can lead to heart attack and [stroke](#).

We measure blood pressure with two numbers: **systolic** and **diastolic**. It is important to look at both numbers in your blood pressure reading.

- The **systolic number measures** the force in your arteries when your heart beats. **It is the first or top number** of a



Picture

blood pressure reading.

taken from <http://achms.org:4306/pte/Highbp/Page38.htm>

- The **diastolic number measures** the force in your arteries



when your heart is at rest. **It is the**

second or bottom number in a blood

Measurements

[Systolic](#)

[Diastolic](#)

High blood pressure (hypertension) is:

140 or above

High Blood Pressure Risk Test
 Prehypertension is:

120 to 139

80 to 89

Normal adult (age 18 or older) blood

pressure is:

119 or below

79 or below

Could you have high blood pressure and not know it? Answer the following questions with your classmates and teacher.

There are 50 million Americans with high blood pressure, and most have no symptoms. Are you at risk? Take this quiz to find out. Select true or false for the statements below. How many risk factors do you have?

Risk Factors Quiz

		<u>Yes</u>	<u>No</u>
1	Does someone in your family have high blood pressure?		
2	Are you over 55 years old?		
3	Do you eat unhealthy foods?		
4	Do you smoke?		
5	Do you drink alcohol?		
6	Are you overweight?		
7	Do you exercise regularly?		
9	Do you manage your stress?		

If you answer yes to several questions

You may be at risk for developing high blood pressure. Ask your doctor about high blood pressure at your next office visit. Only your health care provider can tell you if you have high blood pressure.

Reading Four

Now read the following story and answer the questions that follow with your classmates and teacher.

My name is Ludmilla and I am 72 years old. I am from Slovakia. I have had high blood pressure since I was 55.

I have seen many different doctors. The doctors have given me a lot of advice. One doctor told me to change my diet and exercise. A different doctor told me that only medication helps lower my high blood pressure.

I always eat healthy food and take my medication, but it isn't always easy. I sometimes eat my favorite soup, which has a lot of salt. I feel too tired to exercise every day. I have been on different medications because some pills didn't work. Some pills made me feel sick.

1. When did Ludmilla learn she had high blood pressure?
2. What advice did the doctors give her?
3. What problem has she had with her diet?
4. What problem has she had with her medication?

ESL Health Unit

Unit Three Managing Illness

Lesson Two High Blood Pressure



Listening and Speaking Practice *Advanced Beginning*

Goals for this lesson:

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Lesson Two: High Blood Pressure

Listening and Speaking Practice

Before You Listen!

What are some changes we could make to help lower the risk of high blood pressure? List them below and discuss your answers with your classmates.

Use the pictures below to help you start your list.



Pictures taken from:
<http://achms.org:4306/pte/Highbp/Page15.htm>
<http://achms.org:4306/pte/Highbp/Page08.htm>
<http://achms.org:4306/pte/Highbp/Page18.htm>
<http://achms.org:4306/pte/Highbp/Page09.htm>
<http://achms.org:4306/pte/Highbp/Page27.htm>

Vocabulary:

*Study these new vocabulary words before you listen. Read the sentences and guess the meaning of the **bold** words from context. Discuss the words with your teacher.*

- 1. My doctor put me on a **low-sodium** diet. I cannot eat a lot of salt.*
- 2. The doctors studied high blood pressure for a long time. Their **research** showed that high blood pressure can run in families.*
- 3. My brother likes to eat a **snack** after dinner. He loves potato chips.*
- 4. My doctor told me **to cut back on** salt. He says I should eat fewer salty foods.*

Listening Two:

****Note to teacher: Do **not** pass out the written message in the box below until students are ready for the “Talk About It!” activity. Record it onto a cassette and have students listen to the recording (if you have time, it may be helpful to ask a friend or family member to record this message so that your learner(s) can practice listening to an unfamiliar voice). Play once or twice before they begin to listen for specific information.**

Listen to the following conversation from a call-in radio talk show. A doctor is talking about treatment for high blood pressure. Listen to the conversation and then answer the questions that follow with your classmates and teacher.

Dr. Mercy: Now we have Jim calling from Philadelphia. Hi Jim!

Jim: Hi Dr. Mercy. I have high blood pressure and I’ve been on a low-sodium diet for about 10 years.

Dr. Mercy: Great. How can I help you?

Jim: Well, I feel healthy. I eat healthy foods and take my medication, but I don’t like my low-salt diet. Is it OK for me to eat a bag of potato chips?

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Dr. Mercy: A whole bag? Sorry, but I don't think you should eat so many potato chips. They're too high in fat and salt. New research shows that people who have low sodium in their diets have lower blood pressure overall.

Jim: But I found low-salt potato chips! I want to eat my favorite snack. Besides, I take my medication. Isn't that enough to control my blood pressure?

Dr. Mercy: I don't know for sure, but medication is probably not enough. Since you have had hypertension for so long, it's best to treat it with a combination of both lifestyle changes AND medication. If you really want to eat low salt potato chips, just eat a small amount, not the whole bag.

Jim: So, if I eat just a few potato chips I will be OK?

Dr. Mercy: Well, cutting back on your salt is only one way to manage your high blood pressure. What else do you do stay healthy?
Do you exercise regularly and manage your stress?

Jim: Yes, I do. I ride my bike every day. I feel relaxed. So does this mean I can eat my low-salt potato chips?

Dr. Mercy: Yes, but don't eat the whole bag! Please talk more with your doctor about your diet. Thanks for calling.

Jim: Thanks for your advice. Bye!

Activity One:

Choose whether the following statements are true or false based on the listening:

- | | | |
|---|---|---|
| 1. Jim wants to eat potato chips. | T | F |
| 2. The doctor wants Jim to cut back on his salt. | T | F |
| 3. Jim never exercises. | T | F |
| 4. Medication alone will control high blood pressure. | T | F |
| 5. Jim should talk to his doctor more about his diet. | T | F |

Activity Two:

Practice the dialogue with a partner. Take turns being Jim and the doctor.

Vocabulary:

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¹⁰ESL Health Unit/Advanced Beginning, Unit Three: Managing Illness, Lesson Two: High Blood Pressure, Listening and Speaking Practice

*Study these new vocabulary words before you read. Read the sentences and guess the meaning of the **bold** words from context. Discuss the words with your teacher.*

- 1. My doctor will **treat** my disease. When I visit his office, he will take care of me.*
- 2. My friend is a positive **influence** on me. She lives a healthy lifestyle, but I do not.*
- 3. Changing your diet takes a lot of **effort**. It is hard to make changes.*
- 4. To stay healthy, we need a **combination** of diet and exercise. We need to do both.*
- 5. High blood pressure leads to **life-threatening** problems. Without treatment, people can die.*

Talk About It!

Now, read through the following Health Watch segment and then do the activities with your classmates and teacher. Discuss any words you don't know with your teacher.

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Health Watch: How do we treat high blood pressure?

You have treatment choices for high blood pressure. If you do not treat your high blood pressure, it will probably get worse (bad). It can lead to life-threatening problems like a heart attack or stroke.

Treating high blood pressure is a lifelong effort. Your lifestyle is one of the biggest influences on your blood pressure. Making healthy changes in your lifestyle and taking medication are the most common treatments for high blood pressure.

Lowering your blood pressure

There are three ways to lower your blood pressure:

- Medications

- Lifestyle changes

- A combination of medications and lifestyle changes

Treatments are different for each person, and can change over time.

The best way to treat hypertension is to change unhealthy lifestyles. Your medications work better if you have a healthy lifestyle. When you have high blood pressure, you will probably need several medications.

When you discuss treatment with your doctor, she will look at your blood pressure, your other health problems, and your risk factors for heart disease.

You'll also decide what your blood pressure should be. You will make a plan with your doctor

Activity One:

Now answer these questions.

1. What will happen if you don't treat your high blood pressure?
2. What are three ways to lower your blood pressure?
3. Are treatments the same for each person?
4. What is the best way to treat high blood pressure?
5. What will your doctor look at when you talk about treatment?

Grammar Tip: Be Going to and Will: Talking about the Future

Be going to	<i>Will</i>
<p><u>Statements:</u> <i>to be + going to + verb</i></p> <p>She <i>is going to</i> check her blood pressure.</p> <p>We <i>are going to</i> exercise this week.</p>	<p><u>Statements:</u> <i>will + verb</i></p> <p>We <i>will</i> eat nutritious food.</p> <p>She <i>will</i> manage her stress.</p>
<p><u>Questions:</u></p> <p>(Wh-word) + <i>be</i> + subject + <i>going to</i> + verb</p> <p>(How) <i>are you going to</i> change your diet?</p> <p><i>Are you going to</i> visit the doctor</p>	<p><u>Questions:</u></p> <p>(Wh-word) + <i>will</i> + <i>subject</i> + <i>verb</i></p> <p>(What) <i>will</i> we eat tomorrow?</p> <p><i>Will</i> you exercise with me next week?</p>

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tomorrow?	
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Pronunciation Note: Reductions

Native speakers of English often reduce the words *going to* and *will* in speech.

Going to → *gonna*

When are you *gonna* visit the doctor?

Will → *'ll*

I *'ll* visit the doctor next week.

¹⁴ESL Health Unit/Advanced Beginning, Unit Three: Managing Illness, Lesson Two: High Blood Pressure, Listening and Speaking Practice

Activity One:

Underline the future verbs with *will* in the Health Watch reading above.

Then, underline *will* and *be going to* in the following dialogues.

Katia: What are you going to do to prevent high blood pressure?

Daniela: I'm going to lose weight.

Katia: How are you going to do that?

Daniela: I'm going to eat a low salt and low fat diet, and exercise every day.

Katia: Good luck!

Franz: When are you going to see the doctor?

Estella: I'm going to see the doctor at 10 a.m. tomorrow.

¹⁵ESL Health Unit/Advanced Beginning, Unit Three: Managing Illness, Lesson Two: High Blood Pressure, Listening and Speaking Practice

Franz: What's he going to do in your appointment?

Estella: He's going to check my blood pressure.

Carlos: Will you help me with my diet?

Mirta: Sure, I'll help you cook healthy meals.

Carlos: Will you clean this kitchen too?

Mirta: Sorry, you'll have to do that on your own.

Activity Two:

Now take turns reading the dialogues in Practice One and Activity One with a partner. While speaking, try to reduce *be going to* to *gonna* and *will* to its contraction *'ll*.

Activity Three:

Fill in the blanks with the correct form of the verb.

Using **be going to**

1. Jasna _____ (get) her medication tomorrow.

2. You _____ (begin) your exercise program next week.

6. We _____ (watch) our weight.

7. I _____ (check) my blood pressure.

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8. They _____
(go) to their support group next week.

Using **will**

1. Maria _____ (visit) her doctor every month.
2. Marco _____ probably _____ (need) to take two types of medication.
3. Rosa told her doctor, “I promise I _____ (take) my medication every day.”
4. Maria’s doctor _____ (ask) about her other health problems.
5. They _____ (exercise) at least three times a week.

Activity Four:

Max has high blood pressure. Read his story and write your answers to the question. Discuss with your classmates.

Max's Story

Max is 68 years old. Max is overweight and never exercises. He loves eating meat and potatoes. He loves cooking. He uses a lot of salt in his food. Max loves to drink wine and he usually enjoys a glass of red wine at lunch and dinner. Max went to the emergency room last month. His blood pressure was 160/90. Next week Max is going to see his doctor.

What will Max do in the future to treat his disease?

ESL Health Unit

Unit Three Managing Illness

Lesson Two High Blood Pressure



Real Practice *Advanced Beginning*

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Lesson Two: High Blood Pressure

Real Practice!

With your teacher, talk about a place where you can get your blood pressure checked such as a drugstore or clinic. Then compare your numbers with the chart below.

Blood Pressure	SYSTOLIC		DIASTOLIC
Optimal	120 or less	and	80 or less
Normal	130 or less	and	85 or less
High Normal	130 – 139	or	85 – 89
Hypertension			
Stage 1	140 – 159	or	90 – 99
Stage 2	160 – 179	or	100 – 109
Stage 3	180 or higher	or	100 – 109

If you find that your blood pressure is high, see your doctor. Even if it is not high now, consider the following ways to control your blood pressure.

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Ten Ways to Control High Blood Pressure

1. Know your blood pressure. Have it checked regularly.
2. Know what your weight should be. Keep it at or below that level.
3. Don't use too much salt in cooking or at meals. Avoid salty foods.
4. Eat a diet low in saturated fat.
5. Control alcohol intake. Don't have more than one drink a day.
6. Take your medicine exactly as prescribed.
7. Keep appointments with the doctor.
8. Follow your doctor's advice about physical activity.
9. Make certain your family members have their blood pressure checked regularly.
10. Live a normal life in every other way.

Adapted from the American Heart Association, <http://www.americanheart.org>

A Thematic Unit for Beginning Level ESL Teachers
Beginning Level, Unit Three: Managing Illness
Lesson Two: High Blood Pressure

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...

- describe your feelings
- understand a voicemail message
- learn new vocabulary
- describe why you call the doctor
- make an appointment
- _____