

Unit 5

Traditional and Complementary Medicine

LEARNING OBJECTIVES

Speaking

> Talking about pros and cons of alternative medicine

> Asking for and making recommendations

Listening

> Therapeutic radiology for cancer-alternative medicine

Reading

> Understanding texts on alternative and traditional medicine

Writing

> Writing instructions

Vocabulary

> Herbal medicine, Thai Chi, homeopathy, massage therapy

DISCUSSION

1. What is considered as the main difference between conventional and alternative medicine?
2. Would you use alternative medicine? In which occasion?

Exercise 1. Work in pairs. Underline the different alternative medicine techniques you know well about. Share your experience with your partner and classmates. Be ready to explain. If there is any of you who have not heard about it, please google it.

acupuncture **herbal medicine** **moxibustion** **cupping**
ozone therapy **yoga** **homeopathy** **ayurveda**
tuina **Thai Chi** **Bach flower remedies** **acupoint injection**
traditional Chinese medicine

Exercise 2. In small groups, discuss the following questions. Then, feedback your discussion to the class.

a) Have you used complementary therapies such as acupuncture, massage or flower therapy before?
b) Do you think massage is suitable for all patients? Which patients may not like massage?
c) Look at the Natural and Traditional medicine products below. What do you know about them?



LISTENING

Alternative medicine

Exercise 3. Listen to the talk between two medical doctors and tick (✔) the correct statement:

1. Dr Skyler Johnson
   a) is a consultant in therapeutic radiology.
   b) is a therapeutic radiology resident.
   c) is a resident on internal medicine .
2. Dr. James Yu is
   a) an Associate professor at Yale School of medicine.

b) a Full professor at Yale School of medicine.
c) an Assistant professor at Yale School of medicine.

3. Johnson started his specialty
   a) because his wife asked him so.
   b) because his wife was diagnosed with a Hodgkin's.
   c) because his wife was a senior resident in Oncology.
4. Dr. Johnson said
   a) there has been an increase of cases in the clinic.
   b) there has been a decrease of cases in the clinic.
   c) there has been less frequency in the clinic.
5. He feels that alternative therapies are
   a) highly recommended.
   b) unproven therapies.
   c) good when trying something a bit different

Exercise 4. Work with a partner and test each other. One partner closes the book, while the other asks questions such as "What's the opposite of *back*?". Words in italics with their opposites in the box on the right. The first one has been done for you as an example.

1. The opposite of *back* is_____*front*_____
2. The opposite of *acute* is _____
3. The opposite of *dead* is _____
4. The opposite of *improve* is _____
5. The opposite of *healthy* is _____
6. The opposite of *open* is _____
7. The opposite of *major* is _____
8. The opposite of *reduce* is _____
9. The opposite of *smooth* is _____
10. The opposite of *benign* is _____
11. The opposite of *healing* _____
12. The opposite of *rotten* _____

alive
chronic
closed
deteriorate
front
worsening
ill
increase
malignant
minor
rough
fresh

Exercise 5. Match the types of pain relief (1-6) to the definitions (a-f).

1 massage	a	Use of water to stimulate the body´s ability to heal itself
2 reflexiology	b	Use of fragrant oils for well-being and treating stress and anxiety
3 acupuncture	c	A piece of burning moxa placed on the head of an acupuncture needle
4 moxibustion	d	Rub or press parts of the body to relieve pain
5 hydrotherapy	e	Treatment of disorders by massaging the feet
6 aromatherapy	f	Use of fine needles to relieve pain

Exercise 6. Work in pairs and state your views why we need traditional medicine.

Exercise 7. Complete the statements below.

A) Asking for recommendations

best *good* *worth* *about*

What else is _____ drinking for alleviating this pain?
Have you heard about any _____ herb for reducing anxiety?
Can you tell me which is the _____ herbal drink for headache?
What _____ aloe vera? Is it effective?

B) Recommending therapies

definitely *better* *must* *tips*

He really _____ go to the hospital**.**
You should _____ be treated with Bach flower healing.
It is probably _____ to use acupuncture.
Any other _____ for curing this malaise?

C) Not recommending things

would not *don´t* *worth* *suggest*

It is not really _____ using it (avocado oil).
_____ ever drink that (fungus tea).
They say they _____ try it on (rotten mango peel).
If that is not good, then, what do you _____?

D) Responding to recommendations

know *sounds* *heard* *useful*

That really _____ good.
No, I really haven't _____ that before.
Thank you, it seems very _____.
It is good to _____ it.

Exercise 8. Work in pairs and complete the following dialogue at the community clinic, between a GP and a patient from the neighborhood. You're given sentences to insert in the dialogue. Where does each match?

Patient: Good morning, doctor. May I come in?
Doctor: Hello, Mr. Arias. Come in, please. (1)_____
Patient: Well, my backache is better when I take the tablets you prescribed. But (2)___ _____. Sometimes I have tingling in my ears.
Doctor: Did you take the pill this morning? And the one for your BP?
Patient: Yes. I took both of them.
Doctor: Let's check your blood pressure now. (3)_____, please. Roll up your sleeve. Ok... Hmm, it's a little bit high.
All right. Many anti-inflammatory drugs, which are also painkillers, are non-steroidal and (4) _____.
Patient: (5) _____ I must take something to relieve the pain in my back.
Doctor: Yes, of course. But you must stop taking naproxen. It is interfering with your hypotensive medicine. I suggest that you try some physiotherapy on your back. (6)_____. The specialist will discuss the best option for your problem. Ok?
Patient: Sure, doc; whatever you think is best.

PROHIBIDA SU REPRODUCCIÓN

I feel that my blood pressure is higher	They tend to raise your blood pressure	Stretch out your right arm
What can we do, doc?	I'll refer you to the pain clinic	What brings you to the clinic today?

WRITING

Exercise 9. According to the notes given about Mr. Arias, write a referral letter to Michael Kane, Bachelor in Physical Therapy (PT) and head of the department at the pain clinic. Suppose you are the GP, so sign with your name. Exchange letters with a partner.

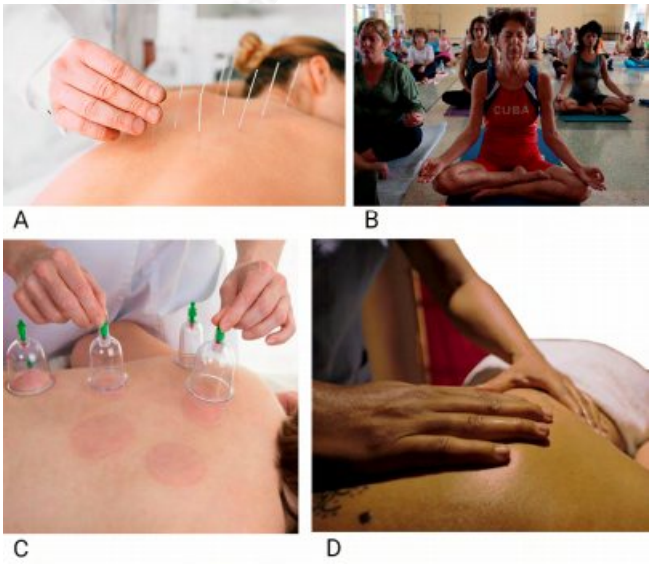
Robert Arias, 66, married, retired, 76 Mounting St. 2458NW,
Hypertensive patient. BP under control with enalapril and a diuretic
Complaining of backache, mainly on the waistline. On naproxen for a week but as NSAD, interfering with hypotensive effects of the other drugs
Referring him for alternative options to relieve his pain
I'd appreciate you seeing him and keep me posted on Mr. Arias' recovery
(GP Name), MD. at the walk-in clinic 35 Uptown

Exercise 10. Work in pairs and discuss.

1. What complementary medicine technique(s) might be appropriate to help Mr. Arias? Support your choice.
2. What other complementary medicine procedures do you know of?

ORAL PRACTICE

Exercise 11. Work in pairs. Look at the photos A-D. What can you see? Tell your partner according to your knowledge in what occasion you will recommend its use.



Exercise 12. Work in new pairs. Discuss these questions:

a) What is the most common (popular) traditional medicine used in your province/country?
b) Have you heard about any good outcome of any herbal medicine?
c) If you had to recommend any traditional medicine for alleviating stress, what would you recommend?

Case study

A major pharmaceutical group has started selling low-price drugs, herbal medicine, materials and equipment to hospitals in an effort to increase their *market share*. The *PillFlow* company hopes to persuade the hospital consultants and health technologists to prescribe the drugs, an anti-ulcer cure TILLT, and buy their product rather than the established rival products.

"We have decided to offer the hospitals a 27 % reduction on our products", said Mr. Kurt Clauss, the production manager of *PillFlow*. "I know there is intense competition for the hospital market and we have adjusted our prices *accordingly*".

It seems that the drugs and equipment are not of such good quality and there are *fears* that this move may be a simple marketing *ploy***.**

"You have to be very careful", says Dominique Pention, the director of SaludTech, a rival company. "The reduction in price is good but if this reduction has to do with quality and effectiveness, then the hospitals will need to rule out the drugs and equipment. Our business is to make profits from our healthcare products. We cannot afford to subsidize anyone, only those who really need it".

Exercise 13. Answer the following questions. Discuss your ideas with a partner.

a) What would you do if you were the Purchasing director in the hospital?
b) Is it ethical to buy low-quality products even when you do not have enough money to buy everything you need?
c) If you were asked to buy products, which company would you buy from?

Exercise 14. Role Play. Work in groups of four. One pair will work out an answer to Kurt Clauss. The other pair will prepare a reply to Dominique Pention. Read the text and prepare a short presentation.

Giving reasons

We can give reasons for things in a number of ways:

– **for + noun**
  People take herbal medicines *for* good *health.*
  I see a reflexologist *for* the *pain* in my back.
– **to + infinitive**
  I visited a Korean healer *to get* some relief from the pain.
– **so that**
  Some people in rural areas chew leaves *so that* they keep healthy.
– t**hat´s why…**
  My Chinese friend uses only herbal medicine, that's why he seems so healthy.

– **…because**
I have music therapy *because* it makes me relax and happy.

Exercise 15. Match the beginnings and endings of the sentences.

1. They use massage ….	a) because your yin and yang are not balanced
2. Healers need a lot of information	b) that´s why I feel so good now
3. I gave up smoking ten months ago….	c) for relaxing the body and mind
4. You are ill ….	d) so that you can get the full benefit
5. Lie in the water	e) to make a diagnosis

Prescriptions in Traditional and Complimentary Medicine have their own specific way

– Homeopathy. Rhus Toxicodendron 15CH, four globules twice daily for one week.
– Ozone therapy. First week volume150 mL concentration 20 up/mL every 24 hours during five days (Monday to Friday), second week 150 mL concentration 25 ug/mL every 24 hours during five days; third week same concentration 30 ug/mL, every 24 hours during 5 days and fourth week 200 mL concentration 35 ug/mL during 5 days.
– Ayurveda (a single herbal prescription) Ashwagandha extract 500 mg twice a day with warm water.

Exercise 16. Work in groups of three and research on the way the following Traditional and Complementary medicines are administered or managed:

a) Chinese herbal tea
b) Acupuncture
c) Cupping

Exercise 17. Work in pairs. You are going to debate whether conventional treatments are better in all occasions than herbal medicine.

The teacher will appoint first which teams will argue in favor of herbal medicine and which against. The main issues to discuss are:

a) Are all the practitioners qualified?
b) is experience in traditional healing important?
c) What evidence can be shown?
d) Do people usually feel satisfied with the outcome?

DILEMMA FOR DISCUSSION

Write your own opinion about the following dilemma in no less than 60 words, and later discuss it orally with your partner "Should medical doctors refuse gifts or perks from pharmaceutical companies because they may influence their medical judgement?

READING

Exercise 18. On your own read the headline and discuss with your partner what you expect to read in the first paragraph.

Doctors call for tighter regulation of Traditional Chinese Medicine

Sarah Boseley

Exclusive: European experts fear WHO recognition will encourage use of unproven therapies

Wed 6 Nov 2019 14.06 GMT

Exercise 19. Skim through the article and select the negative information about herbal medicine.

Europe's leading doctors are to call for tighter regulation of traditional Chinese medicine, anxious that recent recognition by the World Health Organization will encourage the use of unproven therapies that can sometimes be harmful.

The Federation of European Academies of Medicine (FEAM) and the European Academies' Science Advisory Council will issue a joint statement on Thursday urging the WHO to clarify how traditional Chinese medicine and other complementary therapies should be used.

Earlier this year, the WHO decided to add a chapter on traditional Chinese medicine to the International Classification of Diseases, which lists treatments available globally for medical conditions. The ICD is influential with governments, which look at its recommendations when deciding how to spend health budgets.

The WHO says this is not an endorsement, but European scientists fear it will be used by manufacturers to promote their herbal and other remedies – and that the public will be misled into thinking there is good evidence that they work and are safe. There is a risk, they say, that some people with a serious medical condition may even avoid or delay going to a conventional doctor.

Doctors stress the importance of evidence-based medicine, said Prof George Griffin, the president of FEAM. "We don't give drugs and surgical treatments unless there is real evidence that they work and do no damage and basically the feeling is that most of the traditional Chinese medicine drugs are unregulated," he said. "They are not tested properly for toxicity.

They probably vary greatly between batches produced, for example seaweed, which is the latest, and they may be harmful.
"The other side of the equation is that they may be deluding patients into thinking they are taking appropriate therapies for serious disease."

Traditional Chinese medicine includes herbal remedies, tai chi, skin cupping and acupuncture. Its practitioners are interested in the entirety of the mind and body and do not diagnose on the basis of isolated symptoms. They believe that vital energy, called qi, circulates through body channels, connected to organs and functions. While many of the therapies have been in use for hundreds of years, there is little evidence of benefit from scientific trials and some evidence of harm.

Exercise 20. After reading the article, write a short report (100 words) explaining what might be the pros and cons according to your point of view about tighter regulation of traditional Chinese medicine

SPEAKING

Project 2. A class survey on Traditional and Complementary Medicine.

1. **Choose the kind of traditional medicine you want to research about.**
   You are going to carry out a survey to find out your medical school members´ position towards Traditional and Complementary Medicine
   a) As a class, make a list of possible kinds of traditional medicine you could ask questions about. These could include:
      – Acupuncture.
      – Ayurveda.
      – Homeopathy.
      – Traditional Chinese medicine.
   b) In groups of three or four think about what sort of questions will help you decide on the school members´ position
2. **Prepare and carry out the survey.** Using the notes of the group, write questions for your questionnaire. Define the scoring system and decide if the high score means to be in favor or not. See the example below

   Task. Look for information about:
   a) Traditional and Complementary Medicine in Internet in Cuba.
   b) The most common herbal medicine in Cuba.
   c) Can traditional medicine become a source of earning in developing countries?
   d) Carry out the interviews and note down the medical students´ answers.

SURVEY SAMPLE

Yes/No questions

1. Have you ever experienced the use of herbal medicine to cure an illness?
2. Did the patient agree with the treatment proposal?
3. Was it effective?

Ranking

1. How often do people use herbal medicine?
   Always__ Usually___ Sometimes___ Rarely___ Never___
2. Who usually recommends the use of herbal medicine?
   Professionals__ medical students_ grass-root people__ elderly people__
   Others__. Say who _____

Open questions

1. How would you recommend the use of aloe vera to cure ….?
2. Do you see any benefits when using …?
3. Do patients comply with traditional medicine medications?

3. **Write up the results**

Check the answers and prepare a report. You may use the system you like for presenting the results (or agreed with your teacher).

Checklist

Assess your progress. Tick (√) what you can do.

_____ I can speak about herbal medicine
_____ I can ask for and make recommendations about complementary medicine
_____ I can talk about some Traditional and Complementary Medicine pros and cons
_____ I understand the function of some complementary therapies
_____ I can recommend some herbal medicine
_____ I can interview a patient, advise him /her, also refer patient. to a specialist

Key words
- **Aromatherapy**
- **Yoga**
- **Ruqyah**
- **Hijama**
- **suction cups**
- **Ayurveda**

Verbs
- **rub**
- **afford**
- **boost**
- **deluding**
- **chew**
- **heal**

Nouns
- **well-being**
- **market share**
- **fears**
- **ploy**
- **needles**
- **seaweed**
- **batches**

Adjectives
- **complementary**
- **low-price**
- **conventional**

https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/traditional-medicine
https://www.nccih.nih.gov/health/herbsataglance