



Dr. Cole: Welcome to “Ask the Doctor”. I’m Dr. Carmen Cole, here this morning to help you with your health problems.

Caller 1: Hello. My problem is sunburn. I feel asleep in the sun. I feel terrible. What should I do?

Dr. Cole: For bad sunburn, drink a lot of water. Stay in a cold place. Rest and don’t go outside the sun. Eat cold foods like ice cream and drink cold juice. Now on to our next caller.

Caller 2: My problem is I can’t sleep at night. I’m always awake.

Dr. Cole: If you can’t sleep, do not take sleep medicine. It doesn’t really help you. You try to get some exercise. Second, don’t have a lot of coffee and alcohol.

Activity

Problems	Dr. Cole’s advice
1.	
2.	

Vocabulary Task.

Fill in the blank with the correct word.

Arm sunburn headache stomach

1. My stomach hurts.

I had a bad _____.

2. I had a skiing accident.

I broke my _____.

3. Ooh..What a _____!

My head is going to burst.

4. Ouch! I stayed in the sun too long.

I have a bad _____.

Interaction Link

1. If you were Dr. Cole, what advice you would give?
2. Have you had any health problems? What did you do?