

Talking with the Doctor Dialogue

Doctor: Hi Ana. How do you feel today?

Ana: I don't feel well. I have a terrible headache.

Doctor: How long have you had a headache?

Ana: I have had a headache for 3 days.

Doctor: Do you have any other symptoms?

Ana: Yes, I feel nauseous and I feel very sensitive to light. I am also exhausted.

Doctor: Ok. How many hours do you sleep at night?

Ana: I sleep about 5 hours a night.

Doctor: I see. Do you exercise?

Ana: I try to exercise often, but sometimes I am too busy.

Doctor: Do you eat healthy food?

Ana: I like to eat fruit and dairy, but I do not like vegetables or meat. I know I eat too much sugar.

Doctor: Do you smoke?

Ana: No, I do not.

Doctor: Great...

Ana: What is my problem?

Doctor: It sounds like you have a migraine.

Ana: What can I do to feel better?

Doctor: You can take a prescription medicine and try to sleep a lot. Sleep in a cool, dark room.

Ana: Why is it important for me to take prescription medicine?

Doctor: The medicine will help you feel better so you can go to work, study and take care of your family. If you do not take the medicine and you do not sleep your migraine will continue.

Ana: Ok, thank you very much, Doctor.

Doctor: You can pick up your prescription before you leave the clinic. Try to exercise more. This will help relieve stress and you will feel more relaxed. You should try to eat less sugar as well.

Ana: Ok, I will try.