

Talking with the Doctor

Doctor: Hi Ana. How do you feel today?

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

Doctor: How long have you had a headache?

Ana: I have had a headache for _____ days.

Doctor: Do you have any other symptoms?

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

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

Ana: I _____ about 5 hours a night.

Doctor: I see. Do you exercise?

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

Doctor: Do you eat healthy food?

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

Doctor: Do you smoke?

Ana: No, I _____ not.

Doctor: Great...

Ana: What is my _____?

Doctor: It sounds like you have a migraine.

Ana: What _____ 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 _____?

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, _____ 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 _____ try.