

Unit 6

Typical or Not?

I. Pre-Reading

1. What do you do when you feel yourself getting sick?
 2. If you don't go to see a doctor, can you think of any other ways that you could help yourself when you are feeling bad?
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When Steve Studemeyer finished medical school, he went on to specialize in the field of neurology, to focus on the human brain. He studied the working of a normal brain and about brain tumors (abnormal growths, like cancer). He studied psychology as well and became a well-known surgeon. Brain surgery was his specialty. He healed a great number of sick people. He seemed like a typical doctor.

Then one day, Steve walked out of his medical practice as a successful neurosurgeon and opened a different kind of medical office. Steve, whose mother is Chinese, became an acupuncturist. He uses special long needles and herbs (natural plants) to cure patients, not the tool of the medical profession that he spent twenty years of his life learning to use. He was no longer typical.

If you asked Steve why he quit, his answer is clear. In his soft, gentle voice, you will hear him say, "I did not quit! I merely changed kind of medicine that I practice." If you asked him what he learned in medical school, he will answer you. "I learned a lot about how the human body works. It was great!" And if you asked him why he decided to become an acupuncturist, he'll tell you. "I have always been an acupuncturist. My mother's family were all doctors. And all of them used acupuncture. We use it because it works."

Steve says that he loves medicine, and he has always liked being a doctor. He adds that he didn't like a number of things about being neurologist at a big hospital.

For one thing, he didn't get to know his patients. "They were brain tumors, not people, to me." He goes to explain that he wanted to help people—in a personal way. That was the reason for wanting to be a doctor in the first place. Now in this kind of practice, he gets to know his patients as he helps them. If you ask him whether he made the right decision in leaving the hospital business, he'll say yes. He doesn't need more money than he has now. And he feels good about the work that he does. He does what he wants to do: he heals sick people.

Steve's whole office is a collection of healers. He works with a chiropractor—a doctor who adjusts people's bones so that the spine (backbone) and joints stay in order. Steve cooperates with a nutritionist in the office too. This professional helps people with dietary (food) problems. A lot of common disorders can be helped with the proper diet. There are also two massage therapists as a part of Steve's healing team. These people work on patients' sore muscles and keep the body in shape. After an accident (car accident, sports accident) a person may need the help of more than one kind of healer.

Steve also has a psychologist on the staff of his healing center. This counselor is able to help people keep a positive attitude about physical matters. All in all, Steve's office is a place where people can get a variety of kinds of help.

There are times, of course, when Steve sends a person to a traditional medical doctor—of the kind he used to be. He refers sick people to specialists when he can't help them. He doesn't see any problems or inconsistencies with that. He believes in all kinds of medical therapy. But he is a kind of doctor that he wants to be.

Even in the medical office of a traditional doctor, conditions are changing. Modern medicine keeps changing. So doctors' offices are changing too. For example, people today expect to be examined when they enter a medical doctor's office. They certainly expect their blood pressure and temperature to be measured. However, only two hundred years ago, a doctor's treatment depended on talking with the patients. It was a lot more like what Steve's treatment is today.

In general, the communication between doctors and their patients was the most important part of medical methods. The modern age of medicine began with the

stethoscope, an instrument for listening to a patient's heartbeat and breathing. Before that, a doctor did not touch a patient. In fact, there was no such thing as a medical examination. All treatment was the result of the patient's explanation of the problem. The treatment depended on the doctor's being able to understand the patient's description. The stethoscope—and all other medical instruments—had a serious effect on the practice of medicine. Doctors became better at finding the medical problems. More lives were saved. At the same time, doctors gave less importance to the communication between patient and doctor. Some physicians actually stopped talking to their patients. It is easy to understand why some sick people thought of themselves as broken machines.

In the seventies and eighties, the holistic health movement began in the field of medicine. And it stuck. Patients and physicians liked the basic idea. Doctors and patients work together to treat the whole person. When one part of a person is not well, the other parts suffer, too. A human being is more than a body; it is also a thinking mind, a feeling person, and a spirit of soul. If a person feels sad or angry, his or her body will feel the effects. The connection is clear between the stomach and stress. People who worry about their work are likely to get ulcers. There is a clear connection between anxiety and disease. The right mental attitude can improve a person's chances for getting well.

Discipline and spirit make a big difference in a patient's recovery from disease. For a victim of a chronic disease, discipline and spirit make a big difference in managing to continue a productive life with the physical disability. For example, there are people who have disorders like multiple sclerosis—an incurable illness that affects the brain and nervous system. These patients can live long and productive lives if they have positive mental attitudes.

There are people who had crippling diseases like polio in their childhoods. Many of them have overcome all of the problems to live productive lives. They follow the doctors' orders, refused to give up, and—with discipline—met the challenge and won. A healthy attitude made the difference. Self-pity (feeling sorry for oneself) is a

destructive attitude. Doctors of all kinds know that people should always take their medicine with a positive attitude. A capsule of hope is powerful therapy.

It was in the mid-eighties that Steve decided to join the holistic health movement. He had learned that signs of problems can be seen and felt in other parts of the body. And he believed that the ancient methods were best. He knew, for example, that one organ, such as the liver, has a problem, there are other signs. The patient will have sore places on both hands and feet. Knowledge of this kind of body connection comes from the Chinese practice of acupuncture. This information was a part of Steve's cultural heritage. Information from many sources like acupuncture is part of holistic health.

For example, no one is sure where the study of the iris, the colored part of the eye, came from. Doctors now know that eye color will be affected by sickness. There will be small differences in color. As a result of evidence like this, doctors (especially holistic healers like Steve) are paying attention to more than the evidence of instruments and tests. Furthermore, they are treating the whole person, not just the disorder.

II. Understand the Reading

A. Main Idea

Read the statements. Decide whether each statement is a main idea or a supporting idea. Write an **M** in front of the main idea and an **S** in front of the supporting idea.

1. _____ Steve was a neurosurgeon, but he became a healer.
2. _____ Acupuncturists use long needles and herbs to cure illness.
3. _____ Steve became acupuncturist because acupuncture works.
4. _____ There are many different kinds of healers.
5. _____ Steve sends patients to traditional doctors sometimes.
6. _____ In the past, doctors only talked with their patients; they did not touch them.
7. _____ Some sick people thought about themselves as broken medicines.
8. _____ The holistic health movement has had a great influence on modern medical practice.

9. _____ The right mental attitude can improve a person's chance of getting well.
10. _____ Polio was a crippling disease.
11. _____ A capsule of hope is a powerful therapy.
12. _____ Modern medical practice treats the whole person, not just the disorder.

B. Working with details: True or False?

Decide whether each statement is true or false according to the reading.

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|---|-------------------------|
| 1. Steve Studemeyer was a brain surgeon. | True False _____ |
| 2. Steve became an acupuncturist. | True False _____ |
| 3. Steve's father came from China. | True False _____ |
| 4. A chiropractor works in Steve's office. | True False _____ |
| 5. A nutritionist adjusts people's bones | True False _____ |
| 6. Steve never sends his patients to medical specialists. | True False _____ |
| 7. Multiple sclerosis is an incurable disease. | True False _____ |

C. Comprehension Questions

Use information from the reading to complete this activity.

1. Why did Steve walk away from his practice as a neurologist?

2. How was Steve's work with patients different after he left his practice at the hospital? _____

3. Name the "collection of healers" in Steve's office.

4. Describe the effect of holistic health on the medical profession?

5. Name a childhood disease that used to cripple children.

6. How does a healthy attitude make a difference for patients?

7. What do you think this statement means? "It is easy to understand why sick people thought of themselves as broken machines."

8. What are two things that people expect to happen when they go to a doctor's office?

D. Expressing Your Opinion

Read each sentence and check "I agree," "I disagree," or "I'm not sure."

	Some Opinions	I agree	I disagree	I'm not sure
1	Traditional doctors are better doctors than healers like Steve.			
2	People with a healthy attitude will get better faster than people with self-pity			
3	Discipline and spirit are necessary for a patient's recovery.			
4	All doctors should be like Steve.			
5	Modern methods are better than ancient medical methods.			
6	Steve was foolish to quit when he could make a lot of money as a brain surgeon.			

IV. Word Study

A. Practice with these words and learn more about them.

1. There is a **psychologist** in Steve's office. A **psychologist** _____.
 - a. adjusts people's bones and spines.
 - b. helps people keep a positive attitude
 - c. performs surgery
 - d. plans the proper diet for people
2. A **physician** is a _____.
 - a. patient
 - b. hospital
 - c. attitude
 - d. doctor
3. Some diseases are **incurable**. A patient with an **incurable disease** will _____.
 - a. live a long time because he or she is cured
 - b. live with the disease or die from it
 - c. get an immunization and be cured
 - d. go to a hospital for a long time before being cured
4. People who have self-pity _____.
 - a. have destructive attitudes
 - b. refuse to give up
 - c. live long productive lives
 - d. have positive attitudes
5. The positive person has a lot of **spirit**. This person is one who _____.
 - a. gives up quickly
 - b. refuses to do what her doctor tells her to do
 - c. follows the doctor's orders and does what will make her well
 - d. has a destructive attitude toward herself and her disease
6. When a person is ill, he **suffers**. To **suffer** means to _____.
 - a. give up
 - b. have pain
 - c. be cured
 - d. feel sorry

B. Building Vocabulary

1. Many young people are studying **psychology** because they are interested in knowing how the **normal** mind works and why people act as they do. Psychologists also know how the **abnormal** mind works. They can help people with ordinary

problems and people who have serious **mental** problems. Psychologists are healers for emotional problems of many kinds. They use all kinds of **treatments**, or ways to heal a person.

A. **Psychology** is the study of _____.

- a. how the minds works
- b. why young people study
- c. why young people act as they do
- d. what people are interested in

B. **Normal** and **abnormal** mean _____.

- a. action and answer
- b. ordinary and not ordinary
- c. serious and not serious
- d. emotional problems of different kind

C. **Mental** refers to _____.

- a. help of a certain kind
- b. ordinary problems
- c. healing
- d. things of mind

D. A way of helping a patient back to feeling good is called a _____ .

- a. treatment
- b. healing
- c. problem
- d. doctor

2. The scientist changed her area of study when she became a psychologist. Her **field** had been nuclear physics, but she changed her profession.

A **field** means _____.

- a. a modern method
- b. a change
- c. an area of study
- d. nuclear physics

3. After having medical care in a hospital for a few days, Gerard went home; however, he had to go to the hospital once a week for **therapy** on his injured leg. The treatment included swimming and other exercise. Although the therapy hurt a great deal, Gerard was always cheerful and determined to get better. Everyone liked his **spirit**, his determination, and his enthusiasm.

A. Another word for **therapy** is _____.

- a. method
- b. medicine
- c. cure
- d. treatment

B. A person with **spirit** is also _____.

- a. hurting
- b. injured
- c. unhappy
- d. determined

4. The doctor removed the **tumor** from the patient's body. She found that the large group of unusual, abnormal cells was cancer cells. She was a fine **surgeon**, so the operation went well. The patient recovered quickly from the **surgery** as well, and he was able to return to his family in just a few days. He was pleased with the skill of his doctor.

A. A **tumor** is _____.

- a. cancer
- b. a large group of unusual or abnormal cells
- c. one unusual cell
- d. a large group of cells

B. A **surgeon** is _____.

- a. a particular kind of illness
- b. a kind of medicine
- c. a kind of cancer
- d. a doctor who removes things from a person's body

C. **Surgery** is _____.

- a. a person
- b. a family
- c. an operation
- d. a tumor

5. The patient had all the **symptoms** of flu. His head ached, his muscles were sore, and he had a high fever. The doctor said that these signs meant flu. The patient was like most flu patients; he was **typical**.

A. **Symptoms** are not _____.

- a. fever and pain
- b. some things that indicate a disorder.
- c. signs of a disease
- d. medicine

B. **Typical** means _____.

- a. large
- b. like most others
- c. symptoms
- d. unusual
