

CORRECTIONS EXERCICES ANGLAIS

Tout savoir sur les oligo-éléments

Activity 1: 1.g 2.d 3.f 4.a 5.h 6.e 7.c 8.b

Activity 2: 1B 2A 3 C 4A

Activity 3:

1. Hyperthyroidism (high levels of thyroid)
2. Radioiodine treatment
3. go on a low iodine diet

Activity 4:

Low Iodine Diet		
Food or Drink	Can Eat or Drink	Can't Eat or Drink
seafood		X
dairy products		X
black tea or coffee	X	
tea or coffee with milk		X
egg yolks		X
egg whites	X	
fruit and vegetables	X	

Activity 5:

1. thyroid condition
 2. overactive thyroid
 3. radioiodine treatment
 4. an operation
 5. absorbed
 6. single treatment
 7. change your diet
 8. low iodine diet
 9. avoid
 10. appreciate
 11. reduce
 12. patient information leaflet
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Transcript of the video.

Nurse: Your doctor has asked me to explain the treatment you are going to have for your thyroid condition. I'll also explain what you need to do to prepare for the treatment.

Patient: Thank you. I'm a bit confused about everything.

Nurse: Let's talk about your thyroid first. You have an overactive thyroid, so your body is producing excessive amounts of thyroid hormones.

Patient: Yes. That's why I'm hyperactive all the time which makes it difficult to relax. I keep losing weight too, even if I try to eat very big meals.

Nurse: You're going to have radioiodine treatment which will damage your thyroid and reduce the amount of hormones the thyroid produces.

Patient: What sort of treatment is it?

Nurse: It's not an x-ray or an operation. You'll just be given a drink which contains a low dose of radiation. The radiation is absorbed by your thyroid.

Patient: I see. How often do I have to have the treatment?

Nurse: Most people only need a single treatment.

Patient: That's good. When will I have the treatment?

Nurse: You'll get an appointment for the treatment in the next week. But before you come into hospital, you need to change your diet to increase the effectiveness of the treatment.

Patient: Oh, OK. What changes do I have to make?

Nurse: You should switch to a low iodine diet. Iodine is found in varying amounts in all food and drink. It's particularly high in seafood and dairy products such as milk and cheese.

Patient: What about eggs? I usually have an egg for breakfast.

Nurse: I'm afraid that you can only eat egg whites, not egg yolks. You should also avoid any food containing egg yolks. On the other hand, you can eat any fruit or vegetable.

Patient: Really? What about drinks? I love my coffee in the morning.

Nurse: You can drink any hot or cold beverage. As long as it doesn't have any milk or cream in it. So, black coffee is fine. Sugar is OK too.

Patient: This is going to be very hard. Is it really necessary to go on a low iodine diet?

Nurse: I appreciate that it is not an easy diet, but it is very important that you reduce the

amount of iodine in your body before you have the treatment. I'll give you a patient information leaflet about the diet. It has a list of all the food and drink you should eat before your treatment.

Patient: Thank you. That would be helpful.