

## CORRECTIONS EXERCICES D'ANGLAIS

### Tout savoir sur le tabagisme

#### Answer

#### Activity 1:

1 i 2 j 3 h 4 g 5 b 6 a 7 e 8 d 9 c 10 f

#### Activity 2:

- |                             |                                   |
|-----------------------------|-----------------------------------|
| (1) tobacco addiction nurse | (2) smoking cessation             |
| (3) smoking                 | (4) cigarette butts               |
| (5) electronic cigarettes   | (6) nicotine gum                  |
| (7) nicotine patches        | (8) nicotine replacement therapy. |
| (9) Underdosing             | (10) withdrawal symptoms          |

#### Activity 3:

1A 2C 3B 4A 5B 6C

#### Activity 4: Complete Dialogue

**Nurse:** I've brought you a packet of (1) nicotine gum to help with your quit smoking program.

**Patient:** Thanks. I've tried to stop smoking a few times before on my own but have never used anything to help me. I've never been very successful and have always gone back to smoking.

**Nurse:** Well, it's good that you are trying again. Hopefully, by replacing the (2) nicotine in your system you'll be able to quit this time or at least cut down a lot. The first thing to look at is the (3) dose of gum which is appropriate for you. You told us that you smoke your first cigarette of the day within 30 minutes of waking up, so you'll need the 4mg gum.

**Patient:** I see. Do I use it like regular chewing gum? You know, whenever I want?

**Nurse:** No. You need to think of it as a (4) medication. Chew the gum regularly, one (5) piece every one to two hours for the first 6 weeks.

**Patient:** Just for 6 weeks?

**Nurse:** No. After six weeks, you (6) extend the time between doses to one piece every 2 to 4 hours. Do that for the next 3 weeks. Then, during the following 3 weeks, you'll have one piece every 4 to 8 hours.

**Patient:** I see. So, I slowly (7) reduce the amount of nicotine I'm having over 12 weeks?

**Nurse:** That's right. You'll notice a different (8) sensation when you chew the gum, unlike normal chewing gum. Slowly chew the gum until you either taste the nicotine or feel a (9) tingling in your mouth.

**Patient:** What do I do then?

**Nurse:** Stop chewing and move the nicotine gum between your (10) cheek and gums. When the feeling has gone, start chewing again. Keep doing this for about 30 minutes. It's also important to remember not to eat or drink for 15 minutes before chewing the gum.

**Patient:** OK. Is there anything else I should be careful about?

**Nurse:** A few things to be aware of. Don't chew more than one piece of gum at a time and don't have more than 24 pieces a day. Chewing one piece of gum continuously can cause you to have hiccups or you may get some (11) heartburn. It might cause you to feel sick as well.

**Patient:** What if it doesn't work?

**Nurse:** Stop using the gum after 12 weeks and see how you've gone. You should (12) consult your doctor if you still have cravings after this time as the dose may need to be adjusted.