

بسم الله الرحمن الرحيم

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# Action Pack 12



# Units 1 - 4

ملخص القطع - ٢٠١٩

الدورة الشتوية



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## Complementary Medicine

Most doctors used to be sceptical about the validity of homoeopathy, acupuncture and other forms of complementary medicine. If patients wanted to receive this kind of non-conventional treatment, **they** used to have to consult a private practitioner who was likely not to have a medical degree. However, in recent years, the perception of this type of treatment has changed. These days, many family doctors study complementary medicine alongside conventional treatment, and many complementary medicine consultants also have medical degrees.

### 1. Mention two kinds = form = types of complementary medicine .

1. homoeopathy
2. acupuncture

### 2. Two evidences that the perception of this type of treatment (complementary medicine) has changed .

- a- Many family doctors study complementary medicine alongside conventional treatment.
- b- Many complementary medicine consultants also have medical degrees.

### 3. Two kinds of doctors patients consult them receive complementary treatment .

- a- A private practitioner who was likely not to have a medical degree. (in the past)
- b- Complementary medicine consultants who have medical degrees. (in recent years)

### 4. complementary medicine = non-conventional treatment conventional treatment = modern medicine

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Whereas **critics** used to say that there was not scientific evidence that non-conventional treatments actually worked, now it is more common for medical experts to recognize that conventional medicine may not always be the only way to treat an ailment .

### 1. Critics opinions about complementary medicine in the past (used to) and in the present (now) :

- **In the past** : They say that there was not scientific evidence that non-conventional treatments actually worked.
  - **In the present** : It is more common for medical experts to recognize that conventional medicine may not always be the only way to treat an ailment .
  - **ailments** = medical complaints = medical conditions = illnesses = diseases
  - **Why did medical experts change their opinion about complementary medicine ?**  
Because they recognized that conventional medicine may not always be the only way to treat an **ailment** .
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At a surgery in London, 70% of patients who were offered the choice between a herbal or a conventional medicine for common complaints such as insomnia, arthritis and migraines chose the herbal remedy. Fifty percent said that the treatment helped. One doctor said, " I now consider homoeopathy to be a viable option for many different conditions, including anxiety, depression and certain allergies. It provides another option when conventional medicine does not address the problem adequately."

### 1. Two choices were offered to patients to be treated :

1. Herbal
2. Conventional medicine (modern medicine)

### 2. Mention six complaints = conditions = ailments :

(insomnia , arthritis , migraines , anxiety , depression and certain allergies.)

### 3. Why did doctors change their perception about complementary medicine after their research ?

- It provides another option when conventional medicine does not address the problem adequately.
- They believe that homoeopathy is a viable option for many different conditions.
- Fifty percent of the patients said that the treatment helped

However, complementary medicine cannot be used for all medical treatments. It can never substitute for immunizations as it will not produce the antibodies needed to protect against childhood diseases. It also cannot be used to protect against malaria .

**1. Why cannot complementary medicine be used for all medical treatments ? Two reasons :**

**A -** It can never substitute for immunizations .

**Why ?** As it will not produce the antibodies needed to protect against childhood diseases.

**B -** It also cannot be used to protect against malaria .

One doctor said, " I will always turn to conventional treatment first to ensure that no underlying condition is missed. However, the idea of complementary treatments is no longer an alien concept. In my opinion, it should work alongside modern medicine, and not against it."

**Why should complementary medicine work alongside modern medicine, and not against it ?**

**Because : (Thinking )**

1. It cannot be used to protect against malaria .
2. It can never substitute for immunizations .
3. It provides another option when conventional medicine does not address the problem adequately.
4. homoeopathy is a viable option for many different conditions.

**Critical Thinking :**

**1. He who has health has hope; and he who has hope, has everything . ( Quotation )**

**Thomas Carlyle (1795 CE–1881 CE).**

The quotation is stressing the importance of health through emphasizing that it is possible to feel optimistic about the future when one is healthy. Hope for the future and a positive attitude are seen as , overall, the most important things in life.

**2. The article suggests that people's perception of complementary medicine has changed over time .**

**Why do you think this is the case ?**

Because of more information being freely available on the internet . Additionally, more research may have been done on the effects of complementary medicine.

Key Word	Meaning in English	Arabic
acupuncture	A system of complementary medicine in which fine needles are inserted in the skin at specific points.	الوخز بالابر
ailment	illness	مرض - اعتلال
allergy	A reaction of the immune system when it is sensitive to something. ( sneezing )	حساسية
arthritis	A disease causing painful inflammation and stiffness of the joints .	التهاب المفاصل
herbal remedy	An extract or mixture of a plant used to prevent , alleviate , or cure disease .	العلاج بالاعشاب
homoeopathy	a system of complementary medicine in which illnesses are treated by minute doses of herbs and other natural substances	العلاجات المكملة (اعشاب)
immunisation	The process in which an individual's immune system becomes protected against illness	التحصين - تلقيح
malaria	A dangerous disease transmitted by mosquitoes .	ملاريا
migraine	A very bad headache which often comes with a feeling with sickness and problems with vision	الصواع النصفي