



Dr. Cole: Welcome to “Ask the Doctor.” I’m Dr. Carmen Cole. I’m here this morning to help you with your health problems.

Caller 1: Hello, Dr. Cole. My problem is sunburn. I feel terrible. What should I do?

Dr. Cole: For bad sunburn, don't go outside the sun, stay in a cold place and rest. Drink a lot of water or cold juice and eat cold foods like ice cream. You should be fine. Now on to our next caller.

Caller 2: My problem is I can’t sleep at night. I’m always awake.

Dr. Cole: If you can’t sleep, do not take a sleeping medicine. It will not help you get well, try to get some exercise. Second, don’t drink a lot of coffee and alcohol.

Activity

Problems	Dr. Cole’s advice
1.	
2.	

Vocabulary Task.

Fill in the blank with the correct word.

Arm sunburn headache stomach

1. My stomach hurts.

I had a bad _____.

2. I had a skiing accident.

I broke my _____.

3. Ooh..What a ____!

My head is going to burst.

4. Ouch! I stayed in the sun too long.

I have a bad _____.

Interaction Link

1. If you were Dr. Cole, what advice would you give?
2. Have you had any health problems? What did you do?