



Medicine Transcript

Peter: Hi everyone! I'm Peter and today we have Katy with us. Welcome to our podcast Katy.

Katy: Thanks, Peter. It's great to be here!

Peter: Now, you are a doctor, is that right?

Katy: Yes, that's right.

Peter: And today we're going to talk about the most common illnesses and how to remedy them. So, let's start with a cold. What should you do when you have a cold?

Katy: So there's no cure for a cold. I recommend sleeping in bed to feel stronger, drink lots of water and sometimes there is some medicine that helps you breathe better or not feel so bad.

Peter: And what about a cough?

Katy: A cough is a little bit different. It's very difficult to do, but try not to cough if you can. Sometimes a drink of hot water with some honey and lemon can help your throat. You can also have strepsils and try not to talk.

Peter: That's very difficult to do! What about stomach ache?

Katy: For any kind of ache, like stomach ache, earache, a headache, you can take some painkillers to reduce the pain and then get some rest. For stomach ache try not to eat a lot of food, maybe lie down in bed, drink

lots of water. You can buy some special medication at the local chemist's. But I think resting in bed solves most problems.

Peter: I have quite bad toothache at the moment, what do you recommend?

Katy: The dentist is definitely the best person to talk to if you have toothache. But if you eat healthily and brush your teeth, this will help avoid any toothache!

Peter: OK, I'll give my dentist a call then.

Katy: That's a good idea!

Peter: What about if you have a temperature? How can you get better?

Katy: Definitely rest in bed and try to cool yourself down by drinking lots of water, use an ice-pack on your head or the back of your neck. But mostly rest and the temperature should come down.

Peter: Onto some more physical injuries now. What about if you fall over and hurt your arm or your leg?

Katy: It depends how serious it is. If it's sprained, you can hold it high in the air with no pressure on it, if you cut it, you can put a plaster or a bandage on it, but if it's very sore, it might be broken so you'll need to go to the hospital to get an x-ray. But it depends on how serious the injury is.

Peter: Well thank you for all that information. Hopefully our listeners learnt how to deal with some basic illnesses at home.