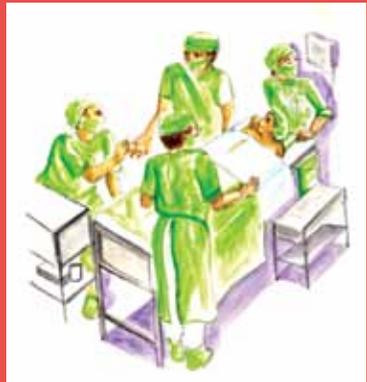


Zaynab's Narrow Escape



Zaynab's Narrow Escape

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'Jon Loses Weight' about weight management.

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A health reader for Entry 2
ESOL students

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Do you or any of your family members smoke?

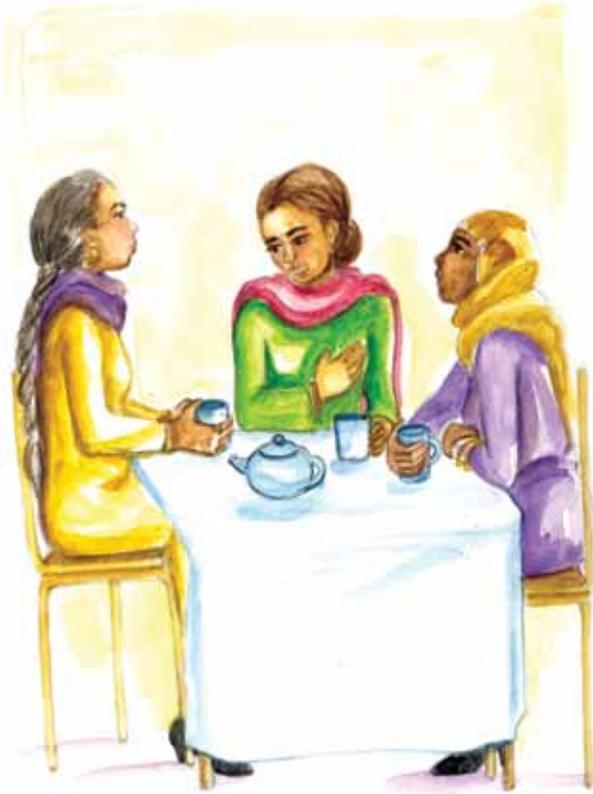
In the UK, 38,000 people are diagnosed with lung cancer every year and 34,500 of them die.

90% of people with lung cancer have smoked, but passive smoking also causes cancer.

You can get advice about giving up smoking from the free NHS Smoking Helpline on 0800 0224332 or by contacting your GP or local pharmacist.



Zaynab Begum lives with her husband Mohamed and their three children: Akash age 18, Suniti 14 and Samir 11. She loves her family very much.



Zaynab is very worried.
She has had a really bad cough for sometime
now and has started coughing up blood.
She tells her friends Rahima and Tara.
“You must go and see your doctor,” they say.



“What can I do for you Mrs Begum?”
says the doctor.
“I’ve got a really bad cough, my chest hurts
and I’ve been coughing up blood,” says Zaynab.
The doctor listens to Zaynab’s chest.



"I think I should do a blood test and get you to give me a urine sample," says the doctor.

"I know you don't smoke Mrs Begum, but your husband does, doesn't he?"

"Yes, he smokes 40 a day," says Zaynab.

"and my son, Akash, has taken it up too."



When Zaynab gets home, she talks to her husband Mohamed.

"Dr Kumar thinks my symptoms may have been caused by passive smoking," she says.

"She thinks it might have caused Suniti's asthma and Samir's ear infection too!"



Mohamed is really upset.

He had no idea that his smoking could make his wife and children sick. He goes to a health advice day at his local mosque and talks to a health trainer. “Why don’t you try giving up smoking for Ramadan?” he says.



Zaynab’s doctor sends her to the hospital for a chest x-ray. She is worried Zaynab’s symptoms could be caused by lung cancer. Zaynab is really scared.



“I’m afraid things are not looking too good
Mrs Begum, says the consultant.

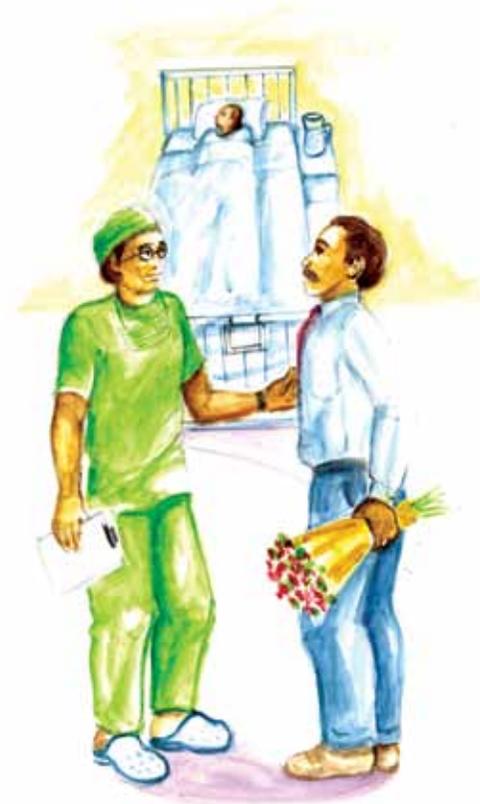
“There is a grey area on the x-ray that
I think might be a tumour. I need to send you
for a CT scan to be sure.”



Zaynab has a CT scan and is diagnosed with
lung cancer. The tumour is quite small and the
consultant decides that surgery is the best option.
“It was lucky you went to your doctor so quickly,”
says the consultant. “With a bit of luck,
we may be able to cure you, as long
as the cancer hasn’t spread.”



It is the day of the operation and Zaynab has been anaesthetised and taken into the operating theatre. She is lying on the operating table and the surgeons are about to start the operation. They are going to cut the tumour out of Zaynab's lung.



Zaynab is lying in bed after the operation. Mohamed is talking to the consultant. "You are a very lucky man Mr Uddin," says the consultant. "I think she is going to be alright. We were able to remove all the tumour and I don't think the cancer has spread."



After 10 days in hospital, Zaynab is able to come home. She feels really weak and spends most of the time lying on the sofa in the living room. Her family are very happy to have her home. "I think I've had a really narrow escape," she says.

Comprehension Questions

1. Why does Zaynab go to the doctor?

2. What has caused Zaynab's symptoms?

3. What does passive smoking mean?

4. What does the consultant diagnose?

5. Why has Zaynab had a 'narrow escape'?

Dialogue at the Hospital

- ☞ Hello, Mrs Begum. How are you?
- ☞ Not too bad thanks.
- ☞ I have the result of your CT scan. I'm afraid it looks like you need an operation.
- ☞ Oh, I was worried you might say that.
- ☞ Yes, I can see there is a small tumour. It would be best to remove it.
- ☞ Will it cure the cancer?
- ☞ We've caught it early, so there is a good chance.
- ☞ How long will I have to be in hospital?
- ☞ Probably about a week.
- ☞ When can you do the operation?
- ☞ I can fit you in at the end of the month.

Glossary

Anaesthetise	to put someone to sleep using drugs
asthma	a medical condition that makes breathing difficult
blood	a red liquid found in the body
cancer	a serious disease of the cells of the body
cough	make air come out of the throat with a loud sound
diagnose	to decide what illness someone has
infection	something you get when a bacteria or virus attacks the body
passive smoking	breathing in someone else's smoke
spread	to start growing in another part of the body
surgeon	a doctor who does operations
symptom	something that shows you are ill
tumour	a lump of abnormal cells
urine	the yellow liquid you see when you go to the toilet

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