Reading Passage for Note Making and Summary Writing.

A Sample

Read the following passage and answer the questions that follow:

1. Occasional self medication has always been part of normal living. The making and selling of drugs has a long history and is closely linked, like medical practice itself, with belief in magic. Only during the last hundred years or so has the development of scientific techniques made diagnosis possible. The doctor is now able to follow up the correct diagnosis of many illnesses with specific treatment of their cause. In many other illnesses of which the causes remain unknown, he is still limited, like the unqualified prescriber, to the treatment of symptoms. The doctor is trained to decide when to treat symptoms only and when to attack the cause. This is the essential difference between medical prescribing and self-medication.

2. The advance of technology has brought about much progress in some fields of medicine, including the development of scientific drug therapy. In many countries public health organisation is improving and peoples' nutritional standards have risen. Parallel with such beneficial trends are two which have an adverse effect. One is the use of high pressure advertising by the pharmaceutical industry which has tended to influence both patients and doctors and has lead to the overuse of drugs generally. The other is the emergence of sedentary society with its faulty ways of living: lack of exercise, overeating, unsuitable eating, insufficient sleep, excessive smoking and drinking. People with disorders arising from faulty habits such as these, as well as from unhappy human relationships, often resort to self-medication. Advertisers go to great lengths to catch this market.

3. Clever advertising aimed at chronic sufferers; who will try anything because doctors have not been able to cure them; can induce faith in a medicine, particularly if it is steeply priced. Advertisements are also aimed at people suffering from mild complaints such as simple colds and coughs which advertisements claim will clear up within a short time due to the intake of a medicinal product.

4. These are the main reasons why laxatives, indigestion-remedies, pain killers, cough mixtures, tonics, vitamins and iron tablets, nose drops, ointments and many other preparations are found in quantity in many households. It is doubtful whether taking these things even improves a person’s health or it simply makes it worse. Worse, because the preparation may contain unsuitable ingredients making a person dependent on them. They may also cause poisoning and worst of all the symptoms of an underlying problem may be masked and therefore medical help may be sought. Self-diagnosis is a greater danger than self-medication.

a) On the basis of your reading of the above passage, make notes using headings and subheadings. Use recognisable abbreviations, wherever necessary (minimum 4). Use a format you consider suitable. Also supply an appropriate title to the set of notes.

b) Write a summary of the passage in about 80 words
A Sample

Self Medication- A Growing Trend

1. Self Medication and Medical Prescription
   a) Occasional self medication practiced in past
   b) Medical diagnosis recent-100 yrs. ¹ approx. ²
   c) Difference between a prescribed medicine and self medication
      I. Doc. ³ trained –knows when to treat symptoms & when to treat cause.
      II. Indiv. ⁴ doing self medication ignorant abt. ⁵ above.

2. Growth in Technology- Benefits and Adverse Effects
   a) Improvement in medicines, public health systems, nutritional stds. ⁶
   b) Sedentary society: lack of exercise, overeating, unsuitable eating, insufficient sleep, excessive smoking and drinking.
   c) Self Medication-Ppl. ⁷ with lifestyle disorders or relationship prblms ⁸ – target of advertisers.

3. Types of Self Medication & Effects
   a) Laxatives, indigestion-remedies, pain killers, cough –mixtures, tonics, vitamins and iron tablets, nose drops, ointments etc
   b) Can worsen prblm
      I. Unsuitable ingredients
      II. Medicine may mask real cause

Abbreviations:

1. Yrs- Years
2. Approx.- Approximately
3. Doc.-Doctor
4. Indiv.-Individual
5. Abt. –about
6. Stds.-Standards
7. Ppl.-People
8. Prblms.-Problems

SUMMARY

Advancements in diagnostic techniques and improvement in medicines and public health systems are accompanied by harmful effects. Technological advancement promotes a sedentary lifestyle with lack of exercise, over eating, eating wrong foods, insufficient sleep, excessive drinking and smoking. This leads to rise in disorders, self-medication and relationship problems. Further advertising promotes self medication when doctors cannot find cures. Easy cough, cold indigestion medicines promising quick
A Sample recovery attract consumers. However self medication might mask the real problem and unsuitable ingredients might harm.