

Worksheet for Unit 03: Dehydration

D : Good morning, Mr./Ms. XXXX. I'm Dr. YYYY. (1)今日はどうされましたか？

P : Good morning, Doctor. Well, (2)ここ数日とても疲れていて、食欲もありません。 Then this morning, when I got up, I suddenly felt terribly dizzy and lightheaded. It was a bit scary, so I decided to come to the hospital.

D : (3)それは大変でしたね。他に症状はありますか。 No headache, chest pain or stomachache?

P : No, nothing like that.

D : It's been quite hot this week. (4)きちんと水分を摂っていましたか。

P : Well, I've been making myself barley tea, but I don't know whether I've been drinking enough.

D : I see. Do you use an air conditioner?

P : Yes, but not much.

D : (5)ここ2日ほど口が渇いたりいつもより汗や尿が少なかったりしていませんか。

P : Actually, yes, my mouth has felt kind of dry. I guess I've been going to the bathroom less than usual, too.

D : (6)体重が減ったりしていませんか？

P : I'm not sure. I haven't checked that.

D : OK, let's check your weight. (7)体重計に乗ってみてください。 Let's see. It's 45 kg. Is that what you'd expect?

P : No. I weighed 48 kg several weeks ago, so I've lost 3 kg. Wow!

D : Well, Mr./Ms. XXXX, (8)症状からすると脱水状態だと思われます but we'll need to do a blood test to make sure. Please take some fluids containing electrolytes while we are waiting for the results of the test.

- (1) What seems to be the problem today?
- (2) I've been feeling really tired for the last few days, and I also seem to have lost my appetite.
- (3) That's too bad. Do you have any other symptoms?
- (4) Have you been getting enough fluids?
- (5) Have you had a dry mouth or produced less sweat or urine than usual over the last couple of days?
- (6) Have you lost any weight lately?
- (7) Could you step on the scale, please?
- (8) Your symptoms suggest you're dehydrated