



The Digestive System

TD -2-

PART-A-: Gastro-oesophageal reflux disease:

- The pain
- Swallowing
- Bowel habit
- Abdominal distention

PART-B- : EXERCISES

PART -A-

A. The Pain

- Do you get acid regurgitation? (Sour or bitter taste in your mouth).
- Do you belch frequently?

The pain: heartburn

Burning pain behind the chest wall. (Pyrosis)

- Has it ever radiated to your arms or jaw?
- Do you also have (a chronic cough? A shortness of breath? A bad breath (halitosis)? Frequent hiccups? Do you think that its linked with: (lying down? Stooping forward? Being pregnant?
- Is it worse if you take? (fatty food, chocolate, hot drinks, coffee, alcohol, spicy food).
- What have you tried so far to relieve the symptoms? (antacids, Proton pump inhibitor(PPI), raising losing wait.

B. Swallowing

- Do you have difficulty: (in swallowing? Initiating swallowing.
- What type of food causes difficulty: (solids, liquids)
- At which level does the food stick?



- Is swallowing painful?
- Does fluid regurgitate into your nose?
- Do you choke when trying to swallow?

C. Bowel habit

1. **Diarrhoea:** Are you passing stools more often? How many times a day? Is there a change in consistency of your stool? What your stools look like (colour: pale, brown, black and tarry.

-**Smell:** Offensive

- **Consistency:** – Hard, soft, watery, and frothy

- **Quantity:** bulky, moderate.

Have you noticed any: Blood, mucus, pus?

2. **Constipation:** Do you have difficulty in emptying your bowels? Have recently: (hanged your diet) Started new medications? Which ones?) Are passing wind (Fart)?

D. Abdominal distension

- Do have difficulty in swallowing? Initiating in swallowing.
- What type of food causes difficulty: (solids, liquids?)
- At which level does the food stick? (Show me with your hand)
- For how long have you been complaining of this?
- Is it getting any worse?
- Is swallowing painful?
- Does fluid regurgitate into your nose?
- Do you choke when trying to swallow?

PART - B-

Exercise 1 : Fill in the gaps with the correct word

Nausea – stoma – polyp – emesis – hemorrhoids – dysentery – feces – cirrhosis – flatus –
palpate – ascites – reflux – adhesion – melena - obesity



- Physician during an examination will to feel for texture, size, consistency and location of body parts with hands.
- A is a small tumour like growth that extend from the surface of a mucous membrane.
- Is an abnormal increase in the proportion of fat cells resulting in excess body weight for height.
- Distended and swollen veins in the rectum and anus are called
- The medical term for vomiting is
- is black tarry stool that contains blood from the gastrointestinal tract.
- is the medical term for gas in the gastrointestinal tract.
- Abnormal intraperitoneal accumulation of fluid with large amount of proteins and electrolytes is
- is fecal matter.
- Abnormal backward flow is called
- The urge to vomit is

EXERCISE 2 : improve your English vocabulary by choosing the appropriate answer to each of the following questions:

1. You should _____ your food thoroughly before swallowing it, to help the digestion process.

- absorb
- eat
- chew
- ingest

2. An average adult should _____ 2000 calories per day.

- digest
- ingest
- swallow
- drink

3. In order to help muscles and tissue grow, a person should consume lots of _____.

- carbohydrates
- fats
- proteins
- fibre



4. _____ are stored energy in the body.

- Fats
- Carbohydrates
- Proteins
- Amino acids

5. Absorption of nutrients in the body takes place mostly in the _____.

- stomach
- throat
- mouth
- intestines

6. Too much salt, also known as _____, is not good for you.

- cholesterol
- iron
- calcium
- sodium

7. Trans fats are a byproduct of the manufacturing process of things like _____.

- butter
- milk
- olive oil
- margarine

8. Minerals usually have names, while vitamins usually have _____.

- numbers
- letters
- numbers and letters
- interesting shapes and flavours

9. Proteins, fats, vitamins, and minerals are considered _____ nutrients.

- acidic
- nonessential
- essential
- synthetic

10. Nutrients are things the body cannot _____ on its own and must be derived from food.

- purchase
- synthesize
- process
- absorb