

Opinions on health

Make a true sentence about health and fitness, for example using one of the words below. Does your partner have the same opinions, experiences, etc?

Ask about any words which you don't understand or couldn't use, working together to come up with an opinion each time.

Funding and doing medical research discussion

Discuss (public, private, academic and charity) medical research and funding of medical research as a class.

Where should (most) funding for medical research come from? Where should (most of) that money go?

What are the advantages and disadvantages of public, private, academic and charity organisations funding and doing medical research?

Is there any difference in the kinds of research that governments and NGOs should do and fund, and research that should be left to the private sector?

Read a description of a medical research non-profit and discuss:

- Would you give money to this organisation?
- Would you be happy for your government, company, etc to give money to this organisation?
- What sort of research do you think this organisation should do?

Topics column 1	Topics column 2
<ul style="list-style-type: none"> ● Abortion(s) ● Acne/ Teenage spots/ Zits ● ADHD/ Hyperactive children ● (Medical/ Lifestyle) advice (pamphlets, blogs, podcasts, Doctor Google, etc) ● (Dietary/ Animal/ Environmental) allergies (hay fever, etc) ● Alternative therapies (acupuncture, homeopathy, moxibustion, herbalism, Ayurveda, etc) ● Anti-oxidants ● Antibacterial soaps/ materials/... ● Antibiotics ● Arthritis ● Baby boomers ● (Lower/ Upper) back pain ● Birth control/ Family planning (the pill, the coil, condoms, etc) ● (High/ Low) blood pressure ● Body image problems/ Eating disorders (anorexia, bulimia, body dysmorphia) ● Bugs/ Germs (bacteria, fungi, viruses, superbugs such as MRSA, etc) ● (Empty/ Kilo-) calories ● (Lung/ Stomach/ Bowel/ Breast/ Prostate) cancer/ Carcinogens ● (Complex) carb(ohydrate)s (starch, sugar, etc) ● (International) (healthcare/ medical) 	<ul style="list-style-type: none"> ● Diet/ Dieting (paleo, Atkins, calorie counting, Weight Watchers, etc) ● Digestion (constipation, diarrhoea/ the runs/ the trots, indigestion, etc) ● (Mental/ Physical) disabilities ● Dizziness ● (Blood/ Organ) donors/ donation ● (IV) drips ● (Generic/ Prescription/ Non-prescription/ Over-the-counter/ Soft/ Hard) drugs ● Drug companies/ Big pharma ● E-cigarettes/ Vaping ● Epidemics/ Pandemics ● (Light/ Strenuous/ Aerobic) exercise ● (Health) fad(s) ● (Trans/ Saturated/ Unsaturated) fats ● Fertility treatment (surrogate mothers, test tube babies, sperm donation, etc) ● (High) fever/ Temperature ● (Dietary) fibre ● First aid (first aid kits, mouth-to-mouth resuscitation, etc) ● Five a day ● Flu/ Influenza ● Folk medicine ● Hangover (cure)s ● Headaches/ Migraines ● Health scares ● Heart problems

<p>charities/ NGOs/ NPOs/ organisations (MSF, Red Cross, WHO, etc)</p> <ul style="list-style-type: none">● (Good/ Bad/ High/ Low) cholesterol● (Common) cold/ Sniffle (cough, sore throat, sneezing, blocked up/ runny nose, etc)● (Drug/ Medical) costs/ expenses/ fees/ prices● DNA (testing)/ Gene therapy/ Stem cells● Dementia (Alzheimer's, etc)● Detoxing/ Juicing● Drug regulations (FDA, etc)	<ul style="list-style-type: none">● Hiccups/ Hiccoughs● Hormones (endorphins, oestrogen, etc)● Hospices/ Nursing homes● Hypochondriacs/ Hypochondria● Immune system (white blood cells, etc)● Infections● Injections/ Jabs/ Inoculation/ Vaccination(s)● (Life/ National/ Private health/ Private medical) insurance● Itching/ Itchiness● Keyhole surgery● Lifestyle diseases (diabetes, gout, blood pressure, etc)
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Topics column 3	(Optional) opinions
● (Medical) marihuana	<i>should(n't)...</i>
● Masks	<i>(un)acceptable</i>
● Medical technology (X-rays, MRI, endoscopes, laser surgery, etc)	<i>addictive</i> <i>all in the head</i>
● (Randomised) (double blind) medical trials	<i>ban</i>
● (Male) menopause	<i>con/ fraud/ scam</i>
● Mental health problems (bi-polar, chronic depression, schizophrenia, etc)	<i>control</i> <i>counterproductive</i>
● Metabolic syndrome	<i>crime</i>
● Mind over matter	<i>crucial/ essential/ vital</i>
● Nutrition (protein, vitamins, minerals, etc)	<i>danger/ dangerous</i>
● Obesity	<i>discredited</i>
● Outpatient care	<i>exaggerated/ overblown</i>
● (Chronic/ Mild) pain relief/ Painkillers (aspirin, paracetamol, ibuprofen, opiates, etc)	<i>fake/ sham</i> <i>good value for money</i>
● (Online) pharmacies/ chemists/ drug stores	<i>imaginary</i>
● Pregnancy/ Childbirth/ Maternal care (ante-natal care, caesarean, post-natal care, etc)	<i>(un)important</i> <i>impossible to (dis)prove</i>
● Private healthcare (providers/ research/ organisations)	<i>increase</i> <i>inevitable</i>
● Public healthcare (providers/ research/ policy)	<i>legalise</i>
● Radiation/ Radiotherapy	<i>naïve</i>
● (Funding for) (medical/ biotech/ biological) research	<i>overestimated</i>
● RSI	<i>overpriced</i>
● Salt/ Sodium	<i>overprescribed</i>
● Side effects	<i>over...</i>
● Skin problems (rashes, eczema, etc)	<i>(just) the placebo effect</i>
● Sleeping problems (insomnia, snoring, sleep walking, sleeping tablets, sleep apnoea, etc)	<i>(major/ minor/ trivial)</i> <i>problem/ issue</i>
● Smoking/ Tobacco/ Cigarettes	<i>(scientifically) (un/dis)proven</i>

<ul style="list-style-type: none"> ● Spiritual healing (reiki, etc) ● Sports injuries (sprains/ strains, etc) ● Steroids ● Stiff shoulders ● Stimulants ● Stress (relief) ● Surgery/ Operations ● (Psycho/ Occupational) therapy ● (Chronic) tiredness ● Traditional (Chinese) medicine ● Treating yourself ● Tropical diseases (dengue fever, malaria, etc) 	<p><i>pseudoscience</i></p> <p><i>psychosomatic</i></p> <p><i>quack</i></p> <p><i>(de)regulate(d)</i></p> <p><i>ridiculous</i></p> <p><i>a scandal/ scandalous</i></p> <p><i>scaremongering</i></p> <p><i>superstition</i></p> <p><i>(major) threat</i></p> <p><i>underestimated</i></p> <p><i>under...</i></p> <p><i>understandable</i></p> <p><i>useful</i></p> <p><i>valuable</i></p> <p><i>worth...</i></p>
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