

Academic English UK

Diabetes

Reading to Writing Summary

EXAMPLE

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Student

Two types of lesson

Lesson#1: [Easier] ***** [B2/C1]

1. Predict the content of the text. Write down key terms & ideas.
2. Read the text & check words & meanings with a dictionary.
3. Identify the key points and supporting details and complete the **outline**.
4. Write a one-paragraph summary of 200-250 words.
5. Check key points with the **completed outline** & **model answer** (try to achieve 4 key points with supporting points).
6. Answer the critical thinking questions & check possible answers.

Lesson #2: [Challenging] ***** [C1]

1. Read the text – no dictionary.
2. Identify the key points and supporting details and complete the **outline**.
3. Write a one-paragraph summary of 200-250 words.
4. Check key points with the **completed outline** & **model answer** (try to achieve 4 key points with supporting points).
5. Answer the critical thinking questions & check possible answers.

Teacher

Two types of lesson

Lesson#1: [Easier] ***** [B2/C1]

1. Distribute the text a week /day before the test. Students read, check vocabulary & meanings.
2. Test day: distribute a **new copy of text** and the **summary question**.
3. Set 1 hour to read the text, take notes and write a one-paragraph summary of 200-250 words.
4. Feedback¹: take in and mark [[use our correction code*](#)].
5. Feedback²: distribute **completed outline** & **model answer**. Students compare with their own work.
6. Summary marking: **should contain at least 4 main ideas with support** – see **summary key points**.
7. Extra: critical thinking questions / group discussion (30 minutes).

Lesson #2: [Challenging] ***** [C1]

1. Set 1 hour to read the **text** and write a one-paragraph summary of 200-250 words.
3. Feedback¹: take in and mark [[use our correction code*](#)].
4. Feedback²: distribute **completed outline** & **model answer**. Students compare with their own work.
5. Summary marking: **should contain at least 4 main ideas with support** – see **summary key points**.
6. Extra: critical thinking questions / group discussion (30 minutes).

Correction code*: www.academic-englishuk.com/error-correction

Type 2 Diabetes

By H. Kennedy (2024) EXAMPLE

Diabetes mellitus, [REDACTED], affects more than 4 million people in the UK presently (The British Diabetic Association, 2024a). There are four main types of diabetes – [REDACTED], also known as non-diabetic hyperglycaemia, which is when blood sugar levels are too high. According to Centers for Disease Control and Prevention (2023), [REDACTED] into the blood as sugar in order to be converted into energy. Diabetes is the result of an excessive amount of this sugar [REDACTED] the pancreas [REDACTED] or release enough insulin, that is to say, the hormone that removes sugar from the blood. In type 1 diabetes, this [REDACTED] disease, whereas with gestational diabetes, this can develop in virtue of being pregnant, and both [REDACTED] a result of unhealthy lifestyle choices. These can include being overweight and having a body fat percentage [REDACTED], and mainly around the stomach (Galicia-Garcia et al., 2020). The British Diabetic Association (2024a) has warned that over 13 million people are at risk [REDACTED], most likely by means of the rise in the ageing population rate, but also because of the high obesity rate due to the population becoming less active and at the same time, [REDACTED] (Galicia-Garcia et al., 2020).

[REDACTED] a patient to understand the roles of blood sugar, that is to say glucose, and insulin in the human body. Glucose is stored and produced by the liver, but it mainly comes from the [REDACTED], in order to be broken down and transferred to and between the cells that form part of our major muscles and tissues, such as the brain, [REDACTED] (Mayo Clinic, 2024a). If there is too much glucose in the blood, either due to a dysfunction in the cells that make insulin, known as beta cells, [REDACTED], or because of [REDACTED] resistance owing to higher body fat around the abdomen which causes the adipose tissue to release more free fatty acids, [REDACTED], this can cause blood sugar levels to reach dangerous levels (Galicia-Garcia et al., 2020). For many, these processes are presented in symptoms such as constant fatigue, [REDACTED] hunger, an intense thirst and increased urination (The British Diabetic Association, 2024b), which can lead to more serious [REDACTED], bacterial and fungal infections which take longer to heal, a hearing impairment, blurred vision, depression, and becoming more susceptible to suffering from a stroke, dementia, [REDACTED] among others (Mayo Clinic, 2024a).

Although more than [REDACTED] diabetes display no symptoms (The British Diabetic Association, 2024b), there are several ways to be tested for diabetes, and a multitude of [REDACTED] living with the condition on a daily basis. The most common diagnosis is via the A1C blood test, also known as the haemoglobin A1C [REDACTED], and the glycated or [REDACTED], named due to the fact that glucose sticks to haemoglobin molecules, which can diagnose type 2 diabetes in someone with a [REDACTED] (Mayo Clinic, 2024b). With regard to treatment, most people should see an improvement in their symptoms by exercising more, eating a low-calorie diet, and [REDACTED]. For those [REDACTED] their blood sugar levels through diet and exercise alone, the most commonly prescribed medication is dimethylbiguanide, [REDACTED],

which can help keep blood sugar at a healthy level thanks to one its key ingredients – guanidine – which lowers glucose, and [REDACTED] and the risk of [REDACTED] leading to unwanted weight gain, according to Bailey (2017). However, those with type 2 diabetes and other underlying health [REDACTED] such as dapagliflozin, which helps your heart pump blood around your body as well as lower blood sugar levels, or semaglutide, [REDACTED] If medicines such as [REDACTED] enough to keep the blood sugar level sufficiently low, then an insulin pen or needle is also required, which allows the [REDACTED] safely enough to bring the blood sugar level down to its necessary target level (The National Health Service, 2023).

At present, there is no cure for diabetes, [REDACTED], if [REDACTED]. Although in some cases this may be difficult, on account of symptoms of type 2 diabetes being quite general, or not presenting themselves at all, the National Health Service (2023) argues [REDACTED], does not eat healthily, has other underlying health conditions such as high blood pressure, or takes medicines such as [REDACTED], should be [REDACTED]. Having gestational diabetes and prediabetes, as well as a family history of the disease, further increases the risk of developing type 2 diabetes, [REDACTED], such as reducing the daily intake of salt, fat and sugar, cutting down on alcohol, giving up smoking, doing more physical exercise, and [REDACTED] can help reduce this risk significantly, and could even reverse it completely (ibid).

References

Bailey, C.J., (2017). [REDACTED] [online]. Available at: <https://pubmed.ncbi.nlm.nih.gov/28776081/> [Accessed 11.10.2024]

[REDACTED] (2023). *What is Diabetes?* [online]. Available at: <https://www.cdc.gov/diabetes/basics/index.html> [Accessed 10.10.2024]

Galicía-García, U., [REDACTED] Siddiqi, H., Uribe, K.B., Ostolaza, H., and Martín C., (2020). 'Pathophysiology of Type 2 Diabetes Mellitus', [REDACTED] 21(17), 6275. doi: [REDACTED]

Mayo Clinic, (2024a). *Diabetes* [online]. Available at: [REDACTED] [Accessed 10.10.2024]

Mayo Clinic, (2024b). [REDACTED] <https://www.mayoclinic.org/tests-procedures/a1ctest/about/pac-20384643> [Accessed 11.10.2024]

[REDACTED] *Diabetes: The Basics* [online]. Available at: <https://www.diabetes.org.uk/diabetes-the-basics> [Accessed 10.10.2024].

The British Diabetic Association, (2024b). [REDACTED] [online]. Available at: <https://www.diabetes.org.uk/diabetes-the-basics/diabetes-symptoms> [Accessed 11.10.2024]

The National Health Service, (2023). *Diabetes* [online]. Available [REDACTED] [Accessed 10.10.2024]

Summary: Key Points

Take notes on the key points of the text.

1. Main idea:
Support:
2. Main idea:
Support:
3. Main idea:
Support:
4. Main idea:
Support:

Summary: Key Points (ANSWERS)

Take notes on the key points of the text.

<p>1. Main idea: [REDACTED]</p> <p>Support:</p> <ul style="list-style-type: none"> • Diabetes mellitus affects > 4m ppl in UK (The British Diabetic Association, 2024). • 4 types: [REDACTED] & prediabetes (non-diabetic hyperglycaemia). • Food → absorb. into blood as sug. = conv. into energy. Diabetes ← excess. sugar in blood ∴ pancreas can't create/release enough insulin (Centers for Disease Control and Prevention, 2023). • T1D diabetes: chronic, [REDACTED]. • GDM ← pregnancy. • Prediabetes & T2D diabetes ← [REDACTED]: overweight & having body fat > ideal for person's age (Galicia-Garcia et al., 2020). • 13m ppl → at risk of dev. [REDACTED] ← aging pop. & high obesity ← ppl ↓ act. & eating food high in calcs. (Galicia-Garcia et al., 2020).
<p>2. Main idea: [REDACTED]</p> <p>Support:</p> <ul style="list-style-type: none"> • Glucose ← stored & prod. by liver, bt mostly comes frm food → broken down & transf. to & btw cells that form major muscles & tissues w help of insulin (Mayo Clinic, 2024). • > glucose in blood ← [REDACTED] insulin or due to ↑ insulin resist. ∴ > body fat → adipose tissue to release > free fatty acids, result in > glucose in liver = blood sugar levels reach dang. levels (Galicia-Garcia et al., 2020). • Symptoms: const. fatigue, [REDACTED]. hunger, intense thirst & ↑ urination (The British Diabetic Association, 2024) => serious comp. : nerve dam., bact. & fungal inf. [REDACTED], blurred vis., dep. & > susceptible to stroke, dementia, kidney dis. & heart dis. (Mayo Clinic, 2024).
<p>3. Main idea: [REDACTED]</p> <p>Support:</p> <ul style="list-style-type: none"> • Most common dx.: [REDACTED] (haemoglobin A1C test, HbA1c test, glycated or glycosylated haemoglobin test) → can dx T2D diabetes w blood sugar of 6.5% or > (Mayo Clinic, 2024). • TR: ex, eat low-cal. diet = lose excess body fat & weight. • For ppl who can't ↓ blood sugar thro diet & ex. → med = dimethylbiguanide (metformin) = keeps blood sugar at healthy level coz guanidine → lowers glucose, & helps to ↓ insulin resistance & [REDACTED] (Bailey, 2017). • For ppl w T2 & underlying health conditions → dapagliflozin = helps heart pump blood around body & ↓ [REDACTED] → for weight loss. • If meds not work well enough to keep blood sugar level suff. low, then insulin pen or needle is req. (The National Health Service, 2023).
<p>4. Main idea: [REDACTED]</p> <p>Support:</p> <ul style="list-style-type: none"> • No cure bt can be manag. if diag. quickly & treated. Can be diff. though as symptoms can be general or absent. • PPI → [REDACTED], unhealthy diet, underlying health conditions or take meds over long time → shld b tested (the National Health Service, 2023). • PPI → Gest. diabetes, prediabetes & fam. hist. of dis. are > at risk ∴ chng diet → ↓ salt, fat & sugar, alcohol, x smoking, ↑ ex. = helps ↓ risk (The National Health Service, 2023).

Summary

Task: Write a 200-250 word summary on the key features of the text.

Word Count: _____

Sample Summary: Diabetes

Currently, [REDACTED] (The British Diabetic Association, 2024), with millions more at risk, diabetes mellitus is a disease that develops when blood sugar levels are too high. This occurs on account of the [REDACTED] the adequate amount of insulin (Centers for Disease Control and Prevention, 2023) needed to regulate the sugar in the blood. Although [REDACTED], and gestational diabetes develops through pregnancy, prediabetes and Type 2 diabetes arise when an individual is overweight (Galicia-Garcia et al., 2020). When carrying excess body fat, the [REDACTED] which results in higher sugar levels in the liver, and this causes the blood sugar levels to rise to a dangerous level (ibid). [REDACTED], weight loss and polydipsia (The British Diabetic Association, 2024), which in turn can cause more serious complications to appear, leading to a higher susceptibility of more life-threatening [REDACTED] a [REDACTED] treatments, such as losing weight, taking prescription drugs and/or administering insulin (The National Health Service, 2023) depending on the severity, are vital. It is therefore important that any individual who [REDACTED] underlying health issues, takes steroids or has a family history of diabetes is not only tested, but also reduces the risk by [REDACTED] of fat, sugar, salt and alcohol while eliminating smoking and adopting a more active lifestyle (ibid).

250 words

Critical Thinking Questions

i) What's the stance of the author? What is the evidence for this?

[2 points]

ii) Is this a credible article? Yes /no – why?

[2 points]

iii) Highlight four ideas in the text you would use for an essay titled: 'What are the key arguments that an unhealthy lifestyle can lead to type 2 diabetes'.

[4 points]

iv) Highlight two areas in the text that you question, disagree with or lack evidence.

[2 points]

Critical Thinking Questions

i) What's the stance of the author? What is the evidence for this?

The writer believes that the increase in the number of people diagnosed with diabetes is due to factors out of our control, but mostly factors within our control, and people should be able to reduce the risk of developing diabetes by making lifestyle changes. This is shown in paragraphs 1,3,4.

Examples:

- both prediabetes and type 2 diabetes **are typically** a result of unhealthy lifestyle choices.
- ...**most likely** by means of the rise in the ageing population rate.
- ...**but also** because of the **high obesity rate** due to the population **becoming less active** and at the same time, **consuming large amounts of food high in calories** (Galicia-Garcia et al., 2020).

ALL ANSWERS INCLUDED IN PAID VERSION...