



CURBS ON HOT WEIGHT-LOSS DRUG



Scan to review worksheet

Expemo code:
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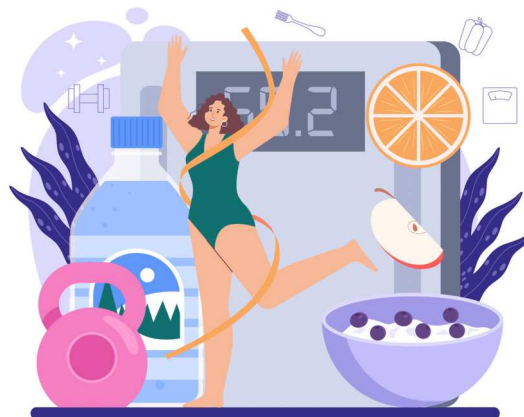


1

Warm up

Discuss the questions in pairs or small groups.

1. Do you go to the gym, or do regular exercise?
2. Have you ever followed a special diet? If so, did you find it useful?
3. Do you know anyone who lost a lot of weight deliberately? How did they do it?
4. What are the best ways to keep fit in the twenty-first century?
5. Has anyone ever made an unkind comment to you because of your appearance? Why do you think some people do this?





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Pre-listening task: vocabulary focus

Part A: Match words with the correct definitions.

- | | |
|---------------------------|--|
| 1. soar (v) | a. an amount of a medicine or a drug that is taken once, or regularly over a period of time |
| 2. curb (n) | b. the likely future for somebody/something |
| 3. dose (n) | c. describing something that is intended to be used by somebody who is beginning to do something |
| 4. <u>in</u> jection (n) | d. increase in a high level very quickly |
| 5. <u>out</u> look (n) | e. a person or organisation that is very large, strong, intelligent or important |
| 6. <u>ti</u> tan (n) | f. get rid of something that is no longer wanted or needed |
| 7. shed (v) | g. something that controls and puts limits on something |
| 8. <u>star</u> ter (adj.) | h. the act of putting a drug into the body of a person or animal using a needle |

Part B: Complete the sentences with the missing words from Part A. You may need to change the form of the word.

1. Most snakes _____ their skin several times a year.
2. My grandfather was described by a newspaper as a _____ of the business world.
3. Housing prices are _____.
4. My daughter doesn't like having _____.
5. The government is planning _____ on drinking in public.
6. Our son opened a _____ account at the bank today, a week after his eighteenth birthday.
7. The _____ for our hometown is poor, as many factories have closed down and businesses are moving out of the area.
8. I took my first _____ of the medicine yesterday, and I feel a bit better already!



3

Listening for specific information

Listen to the report. Write down the items mentioned next to the things they relate to.

- a. _____ the company that makes the drug Wegovy
- b. _____ the number of times the company that makes Wegovy has raised its profit and sales forecasts this year
- c. _____ the percentage by which the company expects operating profits to grow
- d. _____ the percentage of body weight that people can lose by using the drug
- e. _____ Europe's most valuable company
- f. _____ the percentage by which the company's shares had dropped on Thursday

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Listening for comprehension

Listen to the report again. Answer the questions true (T), false (F) or not given (NG).

- 1. The company behind the drug is increasing supplies to the US. _____
- 2. Wegovy is made by a company from Denmark. _____
- 3. The company behind the drug said, in May, that it would double the supply of starter doses. _____
- 4. The company that makes Wegovy was founded in 1923. _____
- 5. The injection should not be used in conjunction with other weight loss techniques. _____
- 6. The company that makes Wegovy has been described as a "luxury titan". _____
- 7. The company's shares dropped because of a warning about low supplies. _____





5

Reading: general vocabulary

Part A: Match the words and phrases in bold with the correct definitions.

Group 1

1. My cousin is considering **gastric bypass surgery** as a means to lose weight. (n)
 2. Some of my friends **dabbled** with drugs as teenagers, but I was never interested in trying them. (v)
 3. The **efficacy** of the vaccine impressed doctors and scientists. (n)
 4. Our cat is a bit **chubby**, but everyone loves him! (adj.)
 5. We decided to take **drastic** action and used all of our savings to buy a house, instead of continuing to rent. (adj.)
 6. We love our dog, but he has a **voracious** appetite. He's always hungry! (adj.)
 7. I hope that the current obsession with artificial intelligence is just a **fad**. (n)
-
- a. try something or take part in an activity in a way that is not serious
 - b. the ability of something to produce the results that are wanted
 - c. slightly fat in a way that people usually find attractive
 - d. extreme in a way that has a sudden, serious or violent effect on something
 - e. eating or wanting large amounts of food
 - f. something that people are interested in for only a short period of time
 - g. an operation that reduces the size of somebody's stomach so that they will eat less food



**Group 2**

1. The doctor suggested a less **invasive** option for the procedure, which we were happy to accept. (adj.)
 2. My **high-flying** aunt arrived at the wedding in an expensive sports car. (adj.)
 3. The art gallery is actually a former factory that has been **repurposed**. (v)
 4. John has been **binge eating** since his wife left him. (v)
 5. I have been **prescribed** a variety of drugs for my condition. (v)
 6. The patient **presented** with a cough and a sore throat. (v)
 7. We're trying to change some of the **entrenched** views that the locals seem to hold. (adj.)
-
- a. say what medical treatment someone needs
 - b. change something slightly in order to make it suitable for a new use
 - c. eat too much, especially without being able to control yourself
 - d. (of medical treatment) involving cutting into the body
 - e. (of a patient or an illness) to have or show particular symptoms
 - f. describing ideas, attitudes, etc. that are so fixed or have existed for so long that they cannot be changed
 - g. very successful





Part B: Complete the text below with the words and phrases from the above exercise. You may need to change the tense of the word or phrase.

Over the years, I have treated many individuals who _____¹ with symptoms of depression related to obesity. I remember one young man in particular. His name was Tim, and, during our first appointment, he told me that he had always had a _____² appetite, but considered himself _____³ rather than overweight. After a family member died, he began _____⁴, and became much larger. Tim told me that he had decided to take _____⁵ action, and wanted to have _____⁶. I pointed out that this is a complicated procedure, and that it is typically only used when there is no other option.

After our initial conversation, Tim decided to try some less _____⁷ options first. I've never been a fan of weight loss drugs, as I consider them to be a _____⁸, but Tim was keen to give them a go, so I _____⁹ him a course of weekly injections. To my surprise, the _____¹⁰ of the drug was rather impressive. Of course, Tim was also following a series of lifestyle changes. He told me that he had previously _____¹¹ with team sports, but had never taken them seriously, so I suggested that this could be a goal for the future.

Tim lost a significant amount of weight over the next year or two. I didn't see him for a while, but three years after our first appointment, I received an invitation to an awards ceremony. It turns out that Tim – who was jobless when we met – now had a _____¹² career, and had set up a business to help others who were struggling with their mental health. Tim's story made me think about my own _____¹³ attitude towards certain types of treatment. Previously, I thought that no drug could cause somebody to lose weight. Now I know that some medications – even if they have been _____¹⁴ from their original usage – can be extremely helpful, when combined with exercise and lifestyle changes.

Part C: Discuss these questions in pairs.

1. If your child seemed very **withdrawn**, what would you do?
2. Is it a teacher's responsibility to prevent **bullying** in the classroom? Why/why not?
3. Do you follow a regular exercise **regime**?
4. Do you think it's cute if a cat or dog is a bit **chubby**?
5. In your country, is there an **obsession** with looking good?

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Pre-reading task: reading for general understanding

You are going to read a text about people's opinions on weight loss treatments. Scan the text quickly and match the profession with the correct speaker. One profession cannot be matched to any of the four speakers, and should be marked 'Not given'.



Weight loss in the twenty-first century

Four people share their opinions

A. Mike, 39

I'm a big guy. Friends call me "Fat Mike" like the singer, and while I try to take it on the chin, it can be hurtful. My size has affected my life to such a degree that I have considered all kinds of drastic action. Last year, I looked into gastric bypass surgery, but the side effects and risks put me off. My weight didn't use to be such a big problem, but after my divorce, I developed depression and started binge eating. This was a few years back, and I had a high-flying job in stocks. Eventually, I became so large that I found it difficult to get into the car and drive to work, and had to give up my job, which compounded the issues I was facing – both the weight gain and the depression. A couple of months ago I decided to try something less invasive than surgery, and started taking diet pills. To my surprise, they actually seem to help! I've lost fifteen kilograms so far, and hope to get back to work soon.

B. Karen, 47

Although I consider myself to be overweight, my doctor says I'm perfectly healthy. I have struggled with my body image for years, and was bullied as a child, but, over time, I've learnt to love myself. Of course, I've tried to lose weight in the past, and have dabbled with fad diets, but I'm happy with my life at the moment. I work as a counsellor at a college, and I see many young people each month. Often, they are worried about their physical appearance, particularly the size and shape of their bodies. I think that our society encourages a dangerous obsession with being slim, with looking good at all times. Marketing is to blame, as are some of the more entrenched attitudes towards gender roles. It's important for everyone to realise that our bodies are all different, and that difference is okay. In fact, it's more than okay – it's beautiful! Imagine how boring life would be if we all looked identical.

C. Max, 23

My teenage years were miserable. I didn't have many friends, and girls didn't want to get to know me. I attribute this to my weight. As a child, I was chubby, but not fat. Something changed when I reached the age of thirteen – hormones, perhaps – and I started piling on the pounds. People assumed I had an unhealthy diet, but I always avoided junk food. I didn't do much exercise, but neither did my sister, Susie, who spent all day in front of her Playstation. She was – and still is – as skinny as a rake, despite having a voracious appetite. By my eighteenth birthday, I was rather withdrawn, and couldn't make eye contact with strangers. I discovered an Instagram influencer by chance who had created her own exercise regime that could be done at home. On a whim, I decided to give it a whirl, and, within a few months I was feeling – and looking – a lot better! I ended up going to university and studying physical therapy, and now I help others get fit for a living.

D. Fatima, 43

As a doctor, I generally err on the side of caution when considering weight loss pills. I do prescribe the medication in some circumstances, but I'm careful to explain to my patients that they will probably regain the lost weight as soon as they stop the treatment. Additionally, the side effects can be unpleasant, although this varies from individual to individual. However, in some cases, they are the best line of defence, such as patients who present with severe obesity. Although I would typically suggest surgery, it can be expensive and may not be appropriate. Even for those who may be suited to surgery, the idea of taking a pill each day can be more appealing. From a medical perspective, my biggest concern is that many of these medications are relatively new, or were developed for entirely different disorders, and have been repurposed to serve as obesity cures. Their efficacy and long-term side effects are, therefore, questionable.

Sources: BBC, The Guardian, The New York Times

Fatima

Karen

Max

Mike

Not given



1. Singer → _____
2. Doctor → _____
3. Counsellor → _____
4. Out of work → _____
5. Physical therapist → _____

7

Reading comprehension

Part A: Read the article again. Match statements with the correct speakers. Some statements can be matched to more than one speaker. One of the statements cannot be matched to any of the speakers and should be marked 'Not given'.

Mike / Karen / Max / Fatima / Not given

1. They lost weight some years ago. → _____
2. They lost weight recently. → _____
3. They know somebody who attacked a politician. → _____
4. They help others to lose weight in their job. → _____
5. Their friends have made comments about their weight. → _____
6. They are happy with their body but think of themselves as overweight. → _____



Part B: For each question, choose the answer you believe best suits the speaker.

1. Which event seemed to trigger Mike's binge eating and depression?
 - a. unkind comments from friends
 - b. his divorce
 - c. losing his job

2. What does Karen believe our society encourages?
 - a. the bullying of people who don't look like everyone else
 - b. the purchase of junk food and following unhealthy lifestyles
 - c. an obsession with being slim and looking good at all times

3. Who does Max believe helped him to lose weight?
 - a. an Instagram influencer
 - b. a girl he dated as a teenager
 - c. his sister

4. What is Fatima's biggest concern about weight loss drugs?
 - a. Patients are unlikely to want to take drugs on a regular basis.
 - b. The drugs are relatively new or were originally developed for other conditions.
 - c. A number of her patients have had severe side effects after taking weight loss drugs.





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Post-reading: expressions and phrases

Part A: Using the text above for reference, complete the definitions of the phrases below by filling in the gaps with the correct words from the list.

careful

heavier

like

unpleasant

unusual

1. **pile on the pounds (idiom)**: gradually get _____ and fatter
2. **on a whim (phrase)**: a sudden wish to do or have something, especially when it is something _____ or unnecessary
3. **take something on the chin (idiom)**: accept a difficult or _____ situation without complaining, trying to make excuses, etc.
4. **give something a whirl (idiom)**: try something to see if you _____ it or can do it
5. **err on the side of caution (idiom)**: be too _____ rather than take a risk

Part B: Complete the sentences with the correct phrases from Part A. You may need to change the form of the phrase.

1. At the age of fifty, I finally decided to _____ gaming _____ and bought myself an Xbox!
2. When driving, it is better to _____ rather than being too confident.
3. Sally seems to have taken the loss of her job _____; she's doing great!
4. I tend to _____ over Christmas. I think it's because of all the chocolate!
5. I bought the book _____, but I'm glad I did. It's one of the best novels I've ever read.



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Talking Point

In pairs or small groups, discuss the following questions.

1. Do you feel any pressure from society to maintain a certain weight?
2. Do you know anybody who is naturally skinny, and can eat whatever they want without gaining weight?
3. Should we love our bodies no matter what shape or size they are, or is there an ideal body type that we should all aim to achieve?
4. If you could take a pill every day that gave you all of the nutrition and energy you needed, would you choose it instead of eating food? Why/why not?
5. Is it more acceptable to make a comment about someone's body if they are underweight or overweight?
6. When choosing a romantic partner, do you have an ideal body type in mind?
7. Can fitness become an obsession? Do you know anybody who spends too much time worrying about exercise and diet?

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Extended activity/writing homework

Write an opinion essay on **ONE** of the topics below. Your essay should agree with or disagree with the statement, and should be between 280 – 340 words.

1. Society puts far too much pressure on people to look a certain way. Everybody is different, and we should celebrate our differences.
2. Governments have a duty to look after their population, and should encourage individuals to maintain healthy lifestyles.

Alternative extended activity:

You are part of a team writing an article on weight loss techniques. In small groups, brainstorm the top five ways to lose weight safely. You should prepare your ideas for a presentation to the class. Make sure to allow each member of the group time to talk!