

High Level Listening  
**TRANSCRIPTS**  
with Kat and Mark

## American Doctor's Office

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### #6 Smoking

So, do you smoke?

—Answer— I used to smoke quite a bit when I was younger, I think I was probably up to a pack a day, but, ever since a few years ago, I'm down to only a few a week.

I don't smoke that often, probably if I'm out with my friends and we've been out having a few drinks, then I might have a cigarette.

No, I never smoke.

### #7 Alcohol

Do you drink alcohol and how often? How often do you drink?

—Answer— If I'm being honest, I probably have a drink almost every day after work, uhm maybe a couple more on the weekends when I'm just relaxing, but it's usually just beer, I don't really do any of the hard stuff. I mean, I have a couple of glasses with friends on the weekends, that's probably it, I don't usually drink during the week.

Ever since I had my kids, I'm not really a big drinker, so, yeah, I probably only have a glass of wine once a month maybe.

### #8 Recreational Drugs

Do you or have you taken any recreational drugs?

—Answer— I mean, I tried it in college, but I haven't really done anything since then.

No, I've never done anything like that.

### #9 Family History

Do you have a family history of this problem? Does anything like this run in your family?

—Answer— Uhm, I think that diabetes definitely runs in the family, uhm my...both my grandparents had it, and then... so my dad and I are very susceptible, and so we just have to watch our weight, but I don't think that's a problem.

There is a history of mental illness on my father's side of the family.

No, not that I know of, but not all of my family has been tested for that.

### #10 Medicines or Supplements

Are you currently on any medication or taking any medicines or supplements?

—Answer— Does protein powder count as a supplement? Because I take that every time I go to workout. Well, every morning I take a multivitamin and a probiotic, so, that's about all I take though.

I've been on medication since my last surgery, so probably been on it for the past 3 months.

I was taking antibiotics about two months ago, uh, for the same problem, but it went away and then it came back.

### #11 Surgeries

Have you had any previous surgeries? Have you had any major surgeries in the last year or so?

—Answer— Actually, I only had a minor surgery about two years ago.

The last surgery I had was my wisdom teeth, that was probably when I was in college.

Yeah, I had back surgery about 6 months ago.

No, I've never had any surgery, major or minor.

### #12 Does it hurt?

Does it hurt when I push here? Do you feel any discomfort when I push here?

How does it feel when I do this?

—Answer— Right there it's just a dull pain, but if you move a little to the right, it... the pain is quite uncomfortable. When I move this way, the pain is really sharp. Please don't touch it, it's just really tender.

There's really no pain, but it's actually a numb feeling, I don't feel anything at all.

# High Level Listening

# TRANSCRIPTS

with Kat and Mark

## British Doctor's Office

### #6 Smoking

Do you smoke? Are you a smoker? How often do you smoke cigarettes?

—Answer—

I normally smoke about 2 packs a week.

I'm kind of a social smoker, so I only really smoke when I'm with my friends, so that's normally on the weekends.

I'm trying to cut down actually, so usually it's only about or 5 a week.

No I don't smoke.

### #7 Alcohol

How often do you drink alcohol? How much alcohol do you consume per week?

—Answer—Uhm, honestly. My friends and I usually go to the pub a couple of times week, usually after work. But I have to drive so I only have a pint each time we go out.

I usually have a glass of wine or two after work - it just helps me unwind. But I usually don't get drunk very often - it's just a few drinks.

I only really drink on special occasions like birthdays, or parties and things like that, so about once a month I'd say.

Uh no, I don't drink.

### #8 Recreational Drugs

Okay, have you taken any recreational drugs in the last six months?

—Answer—Uhm, some friends and I went to Amsterdam last month. And we had some, like edibles over there, so it was just marijuana, nothing else. That was it.

Uhm, only maybe, once or twice in the last six months.

No, I haven't taken anything at all.

### #9 Family History

Is there any family history of this problem? Do you know of any family history related to this issue?

Do you think this problem runs in the family?

—Answer—Uhm, I have two uncles with type 2 diabetes, but as far as I know, they're the only people with that... with that problem in my family.

I know my grandfather has some heart problems, but so far, no one else in the family has been affected by that.

No, I don't, not as far as I know.

### #10 Medicines & Supplements

Are you currently taking any medicines or supplements? Are you currently on any medication?

—Answer—I've been taking some multi-vitamins in the morning and a few fish oil capsules after meals. Oh and I also use some protein supplement if that counts.

Because of my hay fever, I'm taking antihistamines every day, but they're not very strong, and I just take one a day.

No, I'm not taking anything.

### #11 Surgeries?

Have you had any previous surgeries? Have you had any major surgeries in the last few years?

—Answer— Yes, I had a knee surgery last year.

I had a minor surgery on my back about six months ago.

No, I haven't gone through any surgeries.

### #12 Any Pain?

Does it hurt when I push here? Does it hurt when I do this? Do you feel any pain when I move it this way?

—Answer— Uh, yeah, that hurts a lot.

I can feel a dull pain, but there's more pain on the other side.

It hurts a little bit, but it's not too bad.

No, I can't feel anything at all.