

## ■ Tekst 6

*Let op! De oorspronkelijke alinea's 2, 3 en 4 zijn uit de onderstaande tekst weggelaten.*

### What's 'Alternative'?

*Americans are embracing unconventional care as never before – and researchers are catching up*

1 1 Remember when alternative medicine was a fringe thing? To say those days are gone  
2 would be a terrible understatement. Last year, according to a new study, some 83 million  
3 Americans – more than 40 percent of the adult population – sought out herbalists,  
4 chiropractors and other unconventional practitioners. We paid more visits to these healers  
5 (629 million) than to primary-care physicians (386 million), and the cost of the whole  
6 endeavor topped \$27 billion. If some of that money was wasted, some of it now appears very  
7 well spent. This month the American Medical Association stocked all 10 of its journals  
8 – including its flagship, JAMA – with articles on alternative remedies. And though several  
9 techniques withered under scientific scrutiny, others emerged looking better than  
10 mainstream treatments.

2 11 .....

3 12 .....

4 13 .....

5 14 What, then, distinguishes “alternative” from “mainstream” medicine? Alternative  
15 practitioners have been known to put belief before evidence – but so have conventional  
16 physicians. As Dr. James Dalen writes in the current Archives of Internal Medicine, fewer  
17 than half of the protocols now used to prevent blood clots in people with heart trouble have  
18 been evaluated in controlled clinical trials. Yet no one calls the untested ones  
19 unconventional. “In my opinion,” he writes, “the principal distinguishing characteristic of  
20 unconventional and conventional therapies is their source of introduction ... American  
21 academic medicine has a bias against outsiders.” But things are changing. “My courses are  
22 so crowded they are standing-room only,” says Dr. Pamela Peeke, head of the University of  
23 Maryland’s Division of Complementary Medicine. “Students don’t want to look like  
24 jackasses when patients come to them with questions.” Thanks to studies like the ones  
25 published last week, those who keep up with the journals won’t have to.

*Geoffrey Cowley and Anne Underwood in 'Newsweek', November 23, 1998*

## Tekst 6 What's 'Alternative'?

1p 26  'To say those days are gone would be a terrible understatement.' (regels 1–2)  
Leg in één zin uit wat hiermee bedoeld wordt.

1p 27  'some of it now appears very well spent' (lines 6–7)  
Why does the writer conclude this?  
A Because alternative medicine has turned out to be relatively cheap.  
B Because patients can now choose between traditional and alternative treatments.  
C Because several alternative treatments have proved to be effective.

Oorspronkelijk kwamen de onderstaande drie alinea's na alinea 1 in the tekst (let op: ze staan hieronder in alfabetische volgorde):

a But several other studies yielded brighter findings. For example, researchers in Italy and China showed that moxibustion – a traditional Chinese practice that uses heat from burning herbs to stimulate acupuncture points – can help move a fetus into the proper position for a head-first delivery.

b Chinese herbs may hold similar promise for treating the chronic digestive trouble that afflicts up to one in five Americans. Still other papers reported that practicing yoga for two to three hours a week can ease the symptoms of 'Repetitive Strain Injury (RSI)'.

c Of the studies JAMA published last week, seven evaluated specific remedies, and three found no apparent benefits. At New York's St. Luke's-Roosevelt Hospital, for example, researchers found that *Garcinia cambogia*, a popular herbal weight-loss remedy, was no more effective than a placebo. In another study, researchers found that chiropractic maneuvers were no better than simple massage for treating tension headaches.

2p 28  In welke volgorde moeten deze alinea's in de oorspronkelijke tekst hebben gestaan? Noteer de letters *a*, *b* en *c* in de juiste volgorde.

1p 29  'What, then, distinguishes "alternative" from "mainstream" medicine?' (line 14)  
What is the answer to this question, according to Dr Dalen (paragraph 5)?

Alternative medicine

- A does not have a traditional university background.
- B does not sufficiently research the effectiveness of its own therapies.
- C fails to keep up with the latest scientific discoveries.
- D is concerned with mental rather than with physical health.

1p 30  Which of the following medical terms from the article *What's 'Alternative'?* refers to the area of alternative medicine?

- A 'primary-care physicians' (line 5)
- B 'mainstream treatments' (line 10)
- C 'Internal Medicine' (line 16)
- D 'academic medicine' (line 21)
- E 'Complementary Medicine' (line 23)