



4

Ana Sees the Doctor



Written and Illustrated by Lauren Piovesan

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Ana Sees the Doctor Level 4

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This story has been checked by a medical professional.

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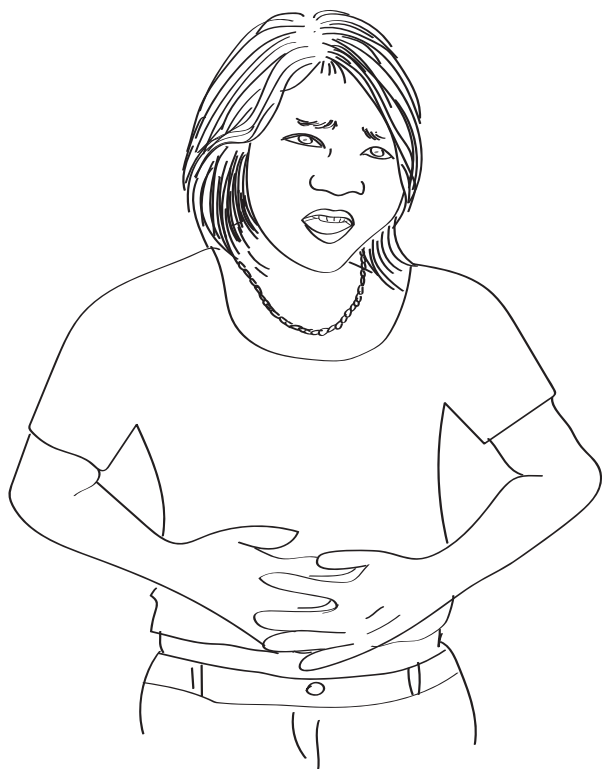
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“Oh no!” exclaimed Ana. She felt sick again! In the past month, she had been getting regular stomach aches. She couldn’t understand why they kept reoccurring.

“I eat well and I drink plenty of water. What on Earth could it be?” she wondered.



“Ana, are you sick again?” asked her older brother Win in a caring voice.

“Maybe you need to go to the doctors,” he suggested.

“I think you’re right Win,” decided Ana as she looked for the closest medical centre on her phone. Ana dialed the medical centre’s number to make an appointment.

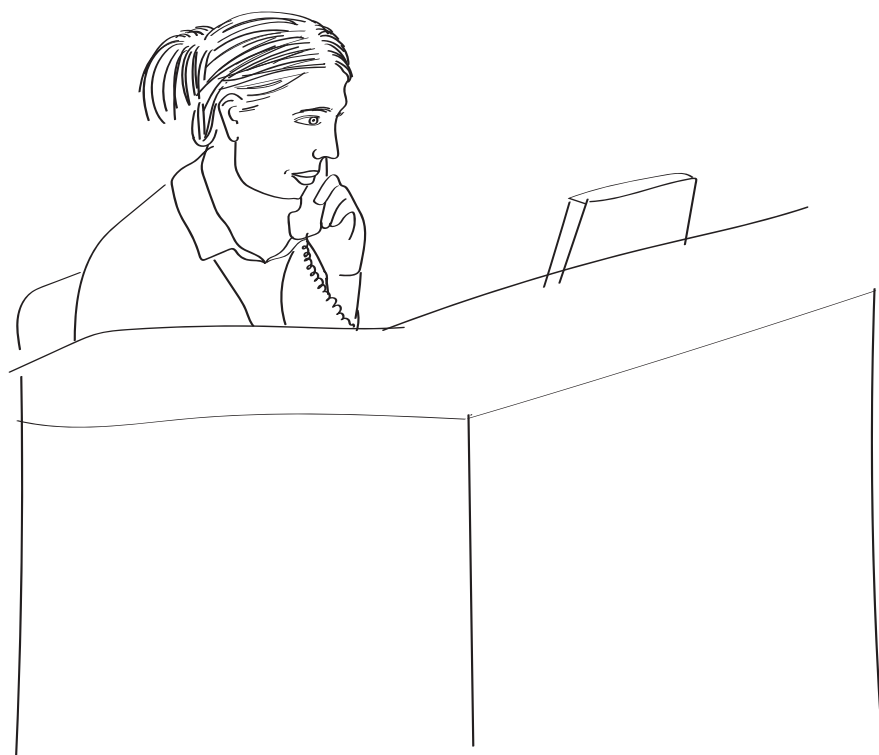


“Hi, can I please make an appointment to see a doctor?” Ana requested.

“Sure, do you have a preference of days?” asked the receptionist.

“Today please,” said Ana.

“What time?” asked the receptionist.



“As soon as possible please,” Ana replied.

“I just had a cancellation for 12:00pm today. Does that suit?”
asked the receptionist.

“Brilliant, yes please!” said Ana happily. Ana gave the
receptionist her details.



However, just before the receptionist could hang up, Ana remembered that the receptionist hadn't asked her about an interpreter.

"What about if I don't understand the doctor?" thought Ana worriedly. She worked up the courage to ask the receptionist, "Can I use an interpreter please?"



“Yes, of course, which language?” asked the receptionist. After Ana told her the language, she explained that today, the doctor would use a phone interpreter. Ana was relieved as she believed the phone interpreter was better.

“The phone interpreter won’t know who I am and it will feel more private,” she thought.

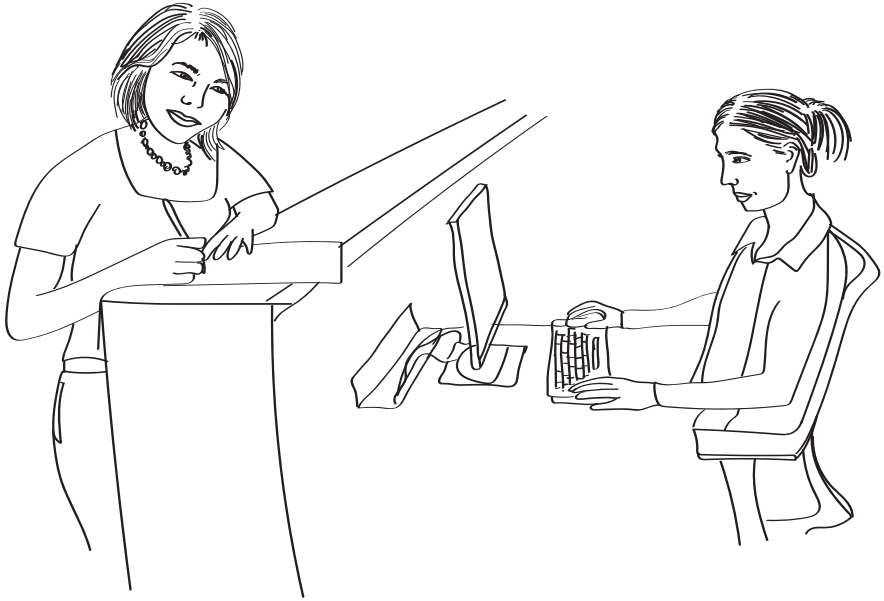


At ten to twelve, Win drove her to the medical centre.

Ana walked up to the receptionist and checked in, “Hi, my name is Ana and I have a 12:00pm appointment.”

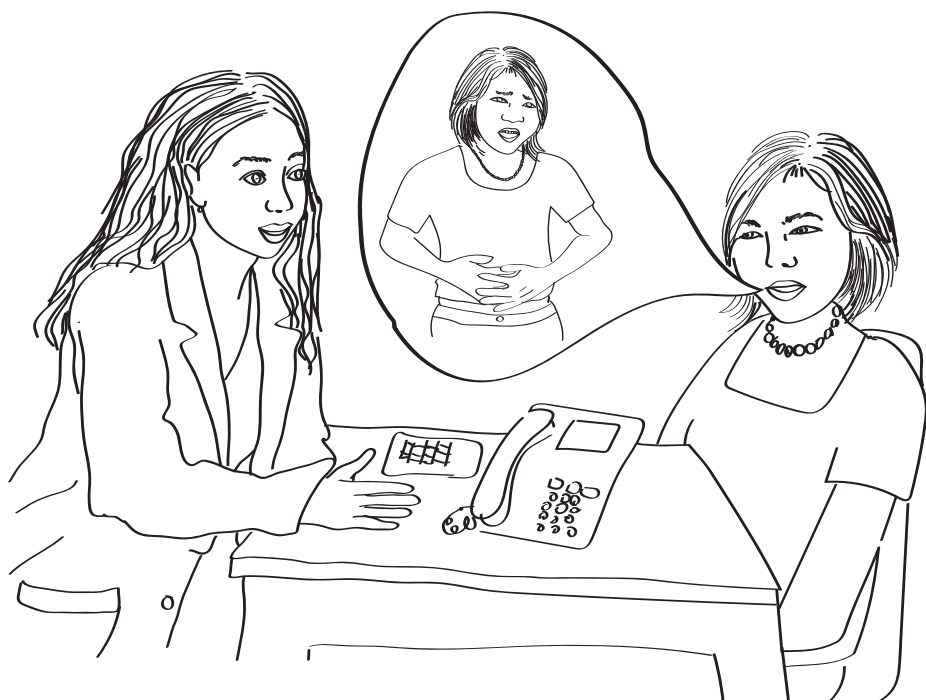
“Thanks Ana, have you been here before?” asked the receptionist in a friendly voice.

“No I haven’t,” said Ana as she looked in her bag for her cards.



The receptionist handed Ana a form for new patients and explained that she needed to fill it out and return it when she was done. Ana completed the form, turned it in and before she knew it, her name was being called.

“Yes, that’s me!” said Ana as stood up quickly to follow the doctor down the hallway and into their suite.



The doctor motioned towards the empty chair and Ana took a seat. The doctor sat down and gave her attention to Ana.

“What can I help you with?” she asked.

“I have been getting a lot of stomach aches in the past month. I eat well and I drink plenty of water so I don’t know why I keep getting sick!” explained Ana.



The doctor followed this up with a range of questions.

“Do you feel worse after you eat, or if you eat certain foods?”
asked the doctor.

“Not that I’ve noticed. It seems to happen randomly but
frequently,” Ana replied.



“So, it doesn’t sound like indigestion or a food intolerance,” concluded the doctor.

“When you get a stomach ache, do you feel like you want to vomit?” asked the doctor.

“No, it doesn’t feel like that,” said Ana. The doctor concluded that it wasn’t nausea.



“It is like a churning feeling. It feels as though there is a giant knot in my stomach and it keeps getting tighter,” Ana described to the doctor.

“Hmmm,” sighed the doctor as she thought about what it could be.



“Can I feel your stomach please?” asked the doctor.

The doctor pressed up and down and all around her tummy.

“Does this hurt?” she asked every now and again as she pressed down on different parts.

Ana denied that there was any pain, so the doctor concluded that everything felt normal.



“Have you had any major changes in your life this month?

Any unusual feelings or moods?” asked the doctor.

“Yes, I had a fight with my family so I moved out of my mum’s house and into my brother’s house,” explained Ana as she looked down at the ground.



“On top of that, my brother has a new baby so the house is crowded! I am trying to find a new place to live but without the money, it’s really hard! I don’t have a job yet as I am still learning English. So, it hasn’t been easy,” Ana explained to the doctor.



“It sounds like there have been a lot of significant life changes lately. Do you find yourself thinking and worrying about them a lot?” asked the doctor kindly.

“Yes, I am constantly thinking. In fact, I can’t stop! All this thinking is making me feel exhausted, sad or I feel nothing at all,” Ana described.



“Do you think there is something wrong with me?” asked Ana. Suddenly, Ana burst into tears. The doctor kindly handed her a tissue. “There is absolutely nothing wrong with you! Many people feel this way when they have stressful situations in their lives. I recommend talking to a professional about it,” suggested the doctor.



“You want me to speak to a counsellor? My friend tried that, and it didn’t help at all!” said Ana, a little annoyed.

“No, I want you to see a psychologist,” said the doctor in a serious voice. Ana hadn’t heard of a psychologist before.

“What is that?” she asked.



“They will help you understand your mental health and learn different strategies for coping with stress, anxiety and depression. You can speak to them openly and honestly about what is happening in your life and how you are feeling. I know a good psychologist who also speaks your language,” suggested the doctor excitedly.



“No way! I don’t want to talk to anyone who speaks my language. They will tell others in the community about my problems and soon everyone will know! I don’t want my family to find out or my community to think I am crazy!” Ana said, panicked.



The doctor explained to Ana that there was something called confidentiality. That means that when you speak to a health professional, like a psychologist, they aren't allowed to tell anyone what you say to them. The only reason they would tell someone is if they think you are in danger and might hurt yourself or others.



Ana still felt uneasy about the idea of seeing a psychologist. She simply didn't want anyone to find out!

"What about if you see a different psychologist and they use a phone interpreter?" suggested the doctor. Ana liked this option much more. She remembered that it felt much more private using a phone interpreter.



The doctor smiled as she gave Ana the referral and the psychologist's business card.

"Call this number when you are ready to make an appointment and let me know if you need any help," she said. Ana left the medical centre a little sad. She never thought she would need to see a psychologist in her life!



She worried about what her family and friends would think of her. She worried about what her community would think. She felt her stomach ache returning! Ana looked at the referral letter and thought about what the doctor said. “If the psychologist will help me feel better, maybe I should call. I can only try,” she thought to herself.

Milad Goes to the Library



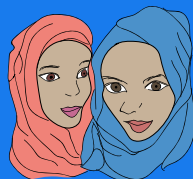
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Sayed's Test



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Ana Sees the Doctor

Ana is sick and she has absolutely no idea why.
She decides to see the doctor and seek answers.

What is making her feel so ill?

Can this doctor help her?

Will she feel better again?



Pre-Level 1

Level 1

Level 2

Level 3

Level 4