

# **Point-by-Point and Block Form Organization (KEY)**

## **Writing Practice 1**

Comparing and Contrasting Parkinson's Disease and Multiple Sclerosis

Although Parkinson's disease and multiple sclerosis share some symptoms, they differ in others. Patients with either disease experience tremors, impaired balance and coordination, limb stiffness, and bladder dysfunction as well as speech problems. Difficulties with concentration and memory arise as well. Patients with Parkinson's disease may also suffer from other symptoms, such as a fixed, mask-like facial expression, a shuffling walk, and a stooped posture. In contrast, additional symptoms of multiple sclerosis may include pain, tingling sensations in the extremities, muscle spasms, and sudden paralysis. Often, vision problems, which include blurred or double vision, blindness in one eye, and rapid, involuntary eye movements, occur.

## **Writing Practice 2**

Comparing and Contrasting Crohn's Disease and Ulcerative Colitis

Crohn's disease and ulcerative colitis have some similarities and some differences in terms of their treatment methods. Patients with either disease are advised to use relaxation techniques to reduce stress and follow a special diet that includes low-fiber food and vitamin supplements. Medications are also used to treat the two diseases. The medication that is often prescribed for patients with Crohn's disease is prednisone, which is a powerful corticosteroid, while anti-inflammatory drugs are most commonly used to treat ulcerative colitis. If these medications are not effective, surgery is recommended for patients with either condition. In the case of Crohn's disease, the doctor performs restorative proctectomy, a newer procedure that eliminates the need for the post-surgical use of an ostomy bag. On the other hand, the procedure that is carried out for ulcerative colitis patients is colectomy, during which damaged portions of the intestine are removed.

## **Writing Practice 3**

### **With Categories**

#### A Comparison and Contrast of Chickenpox and Measles

Patients with chickenpox or measles are treated with medications and home remedies. The medications that are most commonly used to treat the two diseases are acetaminophen to relieve fever, and acyclovir, an antiviral drug. Another medication that may be used to treat chickenpox is famciclovir, whereas an antiviral drug called ribavirin is sometimes prescribed for patients with measles. The home remedies that are usually recommended for either disease include resting as much as possible and drinking plenty of fluids. Other home remedies for chickenpox patients include applying calamine lotion to reduce the itching and keeping the nails short to discourage scratching. In contrast, patients with measles are advised to take cool baths with baking soda and place ice packs on blisters.

### **Without Categories**

#### A Comparison and Contrast of Chickenpox and Measles

Treatment methods for chickenpox and measles are similar. In the case of either disease, patients take medications. The medications that are most commonly used are acetaminophen to relieve fever and the antiviral drug acyclovir. Another medication that may be used to treat chickenpox is famciclovir, whereas an antiviral drug called ribavirin is sometimes prescribed for patients with measles. Home remedies, such as resting as much as possible and drinking plenty of fluids, are also usually recommended to treat both diseases. Other home remedies for patients with chickenpox include applying calamine lotion to reduce itching and keeping the nails short to discourage scratching. On the other hand, patients with measles are advised to take cool baths with baking soda and apply ice packs to the blisters.

## **Writing Practice 4**

### **With Categories**

#### A Comparison and Contrast of Migraines and Cluster Headaches

Migraines and cluster headaches are similar in that they are both treated with medications and preventive measures. The medications that may be used to treat patients with either condition are triptans or ergot alkaloids in order to reduce inflammation and constrict the blood vessels. In the case of migraines, patients can additionally take a drug called promethazine for nausea and vomiting, while an antihistamine can be used to relieve the nasal congestion associated with cluster headaches. The preventive measures that are usually recommended for both types of headache include avoiding stress, drinking plenty of fluids, and exercising at least three times a week. Migraine sufferers are also advised to avoid certain foods, such as chocolate and cheese. In contrast, relaxation techniques may be useful in preventing cluster headaches.

### **Without Categories**

#### A Comparison and Contrast of Migraines and Cluster Headaches

For patients with either migraines or cluster headaches, the treatment methods are similar. In the case of either condition, medications may be taken, which are triptans or ergot alkaloids, which are used to reduce inflammation and constrict the blood vessels. In addition, patients with migraines can take a drug called promethazine for nausea and vomiting, while an antihistamine may be used to relieve the nasal congestion associated with cluster headaches. Preventive measures are usually recommended for both types of headache as well. These measures include avoiding stress, drinking plenty of fluids, and exercising at least three times a week. Migraine sufferers are also advised to avoid certain foods, such as chocolate and cheese. In contrast, relaxation techniques may be useful in preventing cluster headaches.

## Writing Practice 5

### A Comparison and Contrast of Iron-deficiency Anemia and Hemolytic Anemia

The causes of iron-deficiency anemia and hemolytic anemia are completely different. Possible causes of iron-deficiency anemia include heavy and persistent bleeding, which often occurs in women of childbearing age who lose blood during menstruation and in patients with conditions that affect the digestive tract, such as ulcers and colon cancer. Iron-deficiency anemia may also result from inadequate consumption of iron. In addition, this type of anemia can occur when the patient does not consume enough iron-rich foods or enough vitamin C, which helps the body absorb iron. Unlike iron-deficiency anemia, hemolytic anemia is most commonly due to an autoimmune reaction to certain drugs, which causes antibodies to attack and destroy the body's own red blood cells. This condition may be caused by an inherited deficiency in the enzyme G6PD as well. This enzyme deficiency affects 1 out of 10 black men, and it is common among men from Mediterranean countries.