

PODCAST TRANSCRIPT

Episode 166:
Title: “Movember”
Duration: 46:25

How to use this transcript

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- Circle, highlight and note anything that you want. We have even provided space for you to do so!

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- Don’t worry about understanding every single word. Just focus on training your ears to the sound of English.

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00 :00	You are listening to the Déclic Anglais Podcast, THE podcast for intermediate, French-speaking learners of English. This podcast is like a steppingstone *(un tremplin)* to help you understand more advanced materials in English. There is a transcript *(une transcription)* available for this and every episode of this podcast. You can download the transcript for free from the link in the description of this episode. Or go to **www.declicanglais.com/podcast.** *(Ecrivez vos notes ici).*
01:03	Hello there, dear listeners! Welcome back to the Déclic Anglais podcast. This is Tom speaking! I'm your host and English teacher. It has been a little while since our last episode. Have you missed me? *(Je vous ai manqué ?)* Well, I have certainly missed YOU. As you know, I became a father this year. And so I have been a little busy these past few months. But I'm still here, and I'm still helping motivated French-speakers *(like you!)* improve their English. And so, I have found a little time to make you this episode. *(Ecrivez vos notes ici).*
02:00	Today's episode, dear listeners, is all about men's health *(la santé des hommes)*. *Pourquoi ça, Tom?* Why's that, Tom? Well, it's because we are in MOVEMBER. No, not NNNNovember. **MMM**ovember! (With an "**M**"!) *(Ecrivez vos notes ici).*

02:32	The word Movember is a portmanteau word *(un mot valise).* That is, a word composed of two other words. *« Movember » est un mot-valise formé à partir des mots « mustache » et « November ».* “Mustache” like the facial hair that grows above a man’s lip *(une lèvre),* and “November” like the eleventh month of the year. *(Ecrivez vos notes ici).*
03:16	So, what’s it all about, Movember? Movember is a worldwide movement to raise awareness for health issues affecting men. *(Movember est un mouvement mondial visant à sensibiliser le public aux problèmes de santé qui touchent les hommes).* Most notably, testicular cancer *(cancer des testicules)*, prostate cancer *(cancer de la prostate),* and male suicide *(le suicide chez les hommes).* *(Ecrivez vos notes ici).*
04:13	Prostate cancer is especially common, especially in men over 50 *(fifty)* years of age. In France, about a quarter *(un quart)* of all new cancer diagnoses are for prostate cancer. There are around 55 000 *(fifty-five thousand)* to 60 000 *(sixty thousand)* new cases of prostate cancer per year. *(En France, on recense chaque année entre 55 000 et 60 000 nouveaux cas de cancer de la prostate).* That means that around 1 in 8 men *(un homme sur huit)* in France will be affected by prostate cancer at some point in their lives. *(Ecrivez vos notes ici).*

05:25	Testicular cancer is not as common as prostate cancer *(le cancer des testicules n'est pas aussi fréquent que le cancer de la prostate)*. Testicular cancer accounts for only 1%-2% of all cancers in men, but that still means that there are around 2 500 *(two thousand five hundred)* new cases every year in France. That's still a lot of men! Interestingly, testicular cancer mostly affects younger men – especially from about 15 *(fifteen)* years of age, to 35 *(thirty-five)* years of age. So, prostate cancer is mostly found in men over 50 *(fifty),* and testicular cancer mostly affects adolescents and younger men. *(Ecrivez vos notes ici).*
06:37	Both of these diseases are deadly. *(Ces deux maladies sont mortelles).* Really, dear listeners, they are not a laughing matter *(ces maladies ne sont pas à prendre à la légère)*. Prostate cancer, especially. It is the third *(la troisième)* highest cause of cancer deaths per year in France. That means that around 8 000 *(eight thousand)* men die in France every year from prostate cancer. *(Ecrivez vos notes ici).*

07:28	But, I have some good news and some bad news, dear listeners. Let's start with the good news... These cancers are highly treatable and highly survivable! *(Ces cancers se soignent très bien et le taux de survie est très élevé).* Especially if they are detected early. If prostate cancer is detected and treated early, the 5-year survival rate *(le taux de survie à 5 ans)* is higher than 93% *(ninety-three percent)!* *(Ecrivez vos notes ici).*
08:18	The 5-year survival rate for testicular cancer is even better. Again, the earlier that it is detected, the better! *(Plus on le détecte tôt, mieux c'est !)* If it is detected and treated early, the number of patients surviving 5 years or more rises to 95% *(ninety-five percent)!* So, it's not all doom and gloom, dear listeners! *(Tout n'est pas tout noir !)* But like I said: the survival rate *(le taux de survie)* **absolutely** depends on **WHEN** the cancer is detected and treated. Time is critical! *(Ecrivez vos notes ici).*
19:14	And so, here's the bad news: Far too many men around the world ignore their health *(ils négligent / ignorent leur santé).* You see it everywhere, there's a kind of misplaced machismo *(un machisme déplacé)*. A man might notice that something is unusual. Perhaps he has a little bit of swelling in an unusual place. *(Il y a peut-être un petit gonflement à un endroit inhabituel)*. Maybe he finds that urinating *(uriner)* doesn't feel like normal, perhaps it feels difficult. *(Ecrivez vos notes ici).*

10:15	But, he says, “I’m a man, I don’t want to complain. It will go away on its own!” *(« Je suis un homme, je ne veux pas me plaindre. Ça va passer tout seul ! »)* “Doctor? HA! I don’t need to go to the doctor. I’m sure it’s nothing.” *(« Un médecin ? HA ! Je n'ai pas besoin d'aller chez le médecin. Je suis sûr que ce n'est rien. »)* How many times have you heard (or said!) something like this? It’s very common, isn’t it? *(Ecrivez vos notes ici).*
10:52	And sure, when you have a little cold *(un petit rhume)* you can afford to just say “it will go away on its own!” If you are already healthy, a lot of illnesses *(beaucoup de maladies)* are not the end of the world. Maybe you don’t need a doctor. But gentlemen, be careful. Because so many men dismiss symptoms of serious diseases as being “nothing serious”. They dismiss the symptoms, they minimise the symptoms. *(Ecrivez vos notes ici).*
11:34	And that, dear listeners, is where Movember comes in. So, what is Movember? Movember is about educating people. It’s about teaching people important information about serious diseases that affect men, like testicular or prostate cancer. And it’s also about encouraging men to talk about their health, and also to GO TO THE DOCTOR! *(Ecrivez vos notes ici).*

12:08	*Tom, tu as dit tout à l'heure que « Movember » est un mot-valise, formé à partir de « moustache » et de « novembre ». Mais quel est le rapport avec les moustaches ?* So, this is the fun part... At the moment, in the 2020s, mustaches are not so common, are they? They were much more fashionable in the twentieth century. *(Les moustaches étaient bien plus à la mode au XXe siècle).* Perhaps older gentlemen can still wear a mustache and look good. But a younger guy, in his twenties with thin little whiskers *(une fine petite moustache)* over his lip... Hmm, not so sexy. *(Ecrivez vos notes ici).*
13:06	But, dear listeners, that's the point! *(C'est justement ça le but !)* In the month of November, many men begin to grow a mustache. Their friends say: "Why are you growing a mustache? It looks terrible, like a furry little caterpillar *(ta moustache ressemble à une petite chenille poilue)*." *(Ecrivez vos notes ici).*
13:37	And then, the man growing the mustache says: "Well, actually, I'm growing a mustache for Movember." The friend replies: "Movember? What's that?" "Oh well, it's to raise awareness *(pour sensibiliser le public)* for men's health problems." And so, the friend replies: "Men's health problems? What do you mean?" *(Ecrivez vos notes ici).*

14:08	"You know... Things like testicular cancer. Did you know there are two thousand new cases of testicular cancer every year?" "Oh really? I didn't know that. So, what are the symptoms of testicular cancer?" "Well, swelling *(un gonflement)* is one symptom." ... *(Ecrivez vos notes ici).*
14:27	You see? So, it's all about starting a conversation. Because that's another problem that many of us men have, dear listeners. We don't talk. We're often stubborn *(nous sommes têtus)* and we don't talk. That's a problem when it comes to illnesses where time is critical! One guy grows a mustache. His male friends make fun of him *(ses amis masculins se moquent gentiment de lui).* But, it opens the door for important conversations - conversations that might save lives. *(Ecrivez vos notes ici).*
15:12	In the 1980s, there was a children's cartoon called *G.I. Joe*. And each episode had a safety or moral lesson for the children watching, something like "kids, don't play with matches!" *(Les enfants, ne jouez pas avec des allumettes !)* ...that sort of thing. And the lesson always concluded with a famous catchphrase (slogan). The catchphrase was: **"Now you know, and knowing is half the battle!"** *(« Maintenant, tu le sais, et savoir, c'est déjà la moitié du chemin ! »)* *(Ecrivez vos notes ici).*

16:12	And that's very true for certain diseases like cancers. Information and education save lives. Often, early prostate cancer has no symptoms at all. You might not be aware that something is really wrong *(Vous ne vous rendez peut-être pas compte que quelque chose ne va vraiment pas)*. This is exactly why medical check-ups matter! *(Ecrivez vos notes ici).*
16:53	OK, dear listeners, let's have a quiz. Are you ready for your first question? OK. Dear listeners, where is your prostate gland? *(Où se trouve votre prostate ?)* To my listeners born with female genitalia: If you are thinking *« Hum, où est ma prostate ? »* let me save you some time... You don't have one! So, the prostate gland is a part of the male reproductive system. *(Ecrivez vos notes ici).*
17:38	Guys, your prostate is not visible – you can't see it. It's inside you, just under your bladder *(juste en dessous de votre vessie)*. And the fact that your prostate isn't visible is a reason why it's a bit difficult to know if something isn't right. OK, your next question, dear listeners... What is the prostate exactly? What does it do? It's a good question, because, at least in my experience, we don't really learn about it at school. As I said earlier, the prostate is part of the male reproductive system. It's about the size of a walnut *(à peu près de la taille d'une noix)*, and it's crucial for fertility because it makes fluid for semen. *(Ecrivez vos notes ici).*

18:52	The urethra *(l'urètre)*, that is, the tube that transports urine and sperm out of the body passes directly through the prostate. *(L'urètre, c'est-à-dire le canal qui évacue l'urine et le sperme hors du corps, traverse directement la prostate).* OK then, your next big question: How do you know that something is wrong with your prostate? *(Comment savoir si quelque chose ne va pas au niveau de votre prostate ?)* Well, if you have male genitalia, or someone you love has male genitalia – pay attention! *(Si vous avez des organes génitaux masculins, ou si un de vos proches en a, soyez attentifs !)* *(Ecrivez vos notes ici).*
20:02	So, when something is going wrong with your prostate, it can become inflamed *(enflammée)*. When it becomes inflamed, the prostate might swell *(la prostate peut gonfler)*. Remember, dear listeners, I said that the urethra *(le canal par lequel passe l'urine)* passes directly through the prostate? Well, when the prostate swells, the first sign might show when you go to the toilet. *(Ecrivez vos notes ici).*
20:46	Imagine, you really need to pee *(imaginez que vous ayez vraiment envie de faire pipi)*. You get to the toilet, you're ready to pee, and... Hmm... That's strange... The pee doesn't come immediately. You push, but there's a weak or slow flow of urine. *(Vous poussez, mais le jet d'urine est faible ou lent).* *(Ecrivez vos notes ici).*

21:24	And for some people, there might also be a feeling that the bladder doesn't empty completely *(une impression que la vessie ne se vide pas complètement)*. This is because a swollen prostate *(une prostate gonflée)* is pressing on the urethra, constricting it. Think of a garden hose *(un tuyau d'arrosage dans votre jardin),* if you stand on the hose you lose water pressure, don't you? It's the same idea with an inflamed prostate. *(Ecrivez vos notes ici).*
22:08	You might also find that you need to pee much more often, or you may have a feeling of sudden urgency. One moment you're happily driving your car down the road. The next moment, "OH MY GOD I NEED TO PEE – NOW!" You need to stop the car immediately because you're scared of peeing yourself *(on ressent soudain une envie si intense d'uriner qu'on a peur de se faire pipi dessus).* *(Ecrivez vos notes ici).*
22:43	There are also other signs that need IMMEDIATE medical attention... **IMMEDIATE medical attention!!!** If you find **blood** in your urine or semen. If there is pain or a burning sensation *(une sensation de brûlure)* when you pee. Another big sign is persistent, unexplained pain in your lower back, in your hips *(les hanches),* in your pelvis, or upper thighs *(en haut des cuisses)*. *(Ecrivez vos notes ici).*

23:30	OK, and what about testicular cancer? Again, dear listeners, if you have testicles or if someone you love has testicles: Pay attention! *(Si vous avez des testicules ou si un de vos proches en a : soyez attentifs !)* Let's start with some good news: Your testicles are located **outside** your body! *(WEYHEYY!)* So that makes it much easier to detect the symptoms of testicular cancer. *(Ecrivez vos notes ici).*
24:08	The British *National Health Service* recommends that men check their testicles at least once per month. And well, I say men... But even young guys around 15 *(fifteen)* years of age should be taught to check themselves. While rare, testicular cancer does unfortunately affect teenagers/adolescents. *(Ecrivez vos notes ici).*
24:42	If you are a father with adolescent sons at home, now is the time to talk to them about checking themselves. *(Si vous êtes un père et que vous avez des fils adolescents à la maison, c'est le moment de leur parler de l'importance de faire des auto-examens).* It's an embarrassing conversation, sure! *(C'est une conversation gênante, c'est sûr)*. But think of it this way: It's a conversation that might save your son's life in a few years' time *(c'est une conversation qui pourrait sauver la vie de votre fils dans quelques années)*. *(Ecrivez vos notes ici).*

25:30	OK. So, let's talk about symptoms. What are the clues *(les indices)* that something is wrong? The first thing that a guy might notice is a kind of lump in one testicle *(une sorte de grosseur dans un testicule).* Think like a pea *(un petit pois)* in a testicle. You might also notice swelling *(un gonflement)* in one testicle. More symptoms: Some people notice that a testicle has changed shape, it has become bigger, harder, heavy... Not at all how it should usually feel. *(Ecrivez vos notes ici).*
26:22	Sometimes, a testicle might become painful *(il arrive parfois qu'un testicule devienne douloureux),* **but not always**. A lot of these changes are painless *(indolore)*. And again, this is why a lot of guys might ignore the symptoms: "It doesn't hurt, so I don't need to worry." *(Ça ne fait pas mal, donc je n'ai pas à m'inquiéter).* *(Ecrivez vos notes ici).*

27:01	Now, dear listeners, maybe some of you are listening to me here, and thinking: *Oh purée, j'ai des symptômes similaires. OH MON DIEU, J'AI UN CANCER !* **WOW! STOP STOP STOP!!!** Let me begin by saying: **DON'T PANIC.** **If you have any of these symptoms, it's not necessarily cancer.** *(Ecrivez vos notes ici).*
27:30	An inflamed prostate is not necessarily because of cancer. *(Si vous souffrez d'une inflammation de la prostate, cela ne signifie pas forcément que vous avez un cancer).* If you need to pee a lot, there are also MANY reasons for that, too. For example, high blood sugar (hyperglycemia) is a common cause of frequent urination. Painful testicles aren't necessarily cancerous either. It could be because of an infection or an injury. *(Ecrivez vos notes ici).*
28:09	My point is, people: **GO TO VISIT A DOCTOR**. You cannot know for sure until you have an expert opinion. *(Vous ne pouvez en être certain tant que vous n'avez pas obtenu l'avis d'un expert).* *(Ecrivez vos notes ici).*
28:40	Why is it, then, that so many men ignore symptoms? Well, it's a bit complicated. First of all, I would say that so many men don't know anything about these symptoms. There is a lack *(un manque)* of education. Remember: "Knowing is half the battle!" *(Ecrivez vos notes ici).*

29:08	And secondly, I would say that many men are scared of having bad news from the doctor. In French, you say: *"nous faisons l'autruche"* – in English, "we bury our heads in the sand" *(nous enfouissons nos têtes dans le sable).* *(In a silly voice): "Oh, if I don't see the doctor, I can pretend that the problem doesn't exist."* Gentlemen – the problem doesn't go away/disappear because you ignore it. That attitude can have fatal consequences. *(Ecrivez vos notes ici).*
29:49	And that leads us to my third point: I think that a lot of men don't go to the doctor, because, well... Your prostate and your testicles – those are intimate places! Some people might think: "I'm not letting the doctor grope my testicles!" *(Je ne laisserai pas le médecin me toucher les testicules !)* Guys... You're visiting a doctor. They are trained professionals who do this every day. Your doctor has probably touched thousands of testicles already in their daily work – your testicles are nothing special... Sorry! *(Ecrivez vos notes ici).*
30:34	Let me share with you a story – unfortunately, a true one. But it's a good illustration of why we have Movember! My father is very health conscious, he pays a lot of attention to his health, his diet, his fitness. Really, he's in his 60s *(sixties),* but he's fitter and stronger than a lot of guys in their 30s! *(Ne lui dites pas que j'ai dit ça, ça pourrait lui monter à la tête !)* *(Ecrivez vos notes ici).*

31:09	Now, before my dad retired, he worked in the same company for over 30 *(thirty)* years. It was very much a male-dominated atmosphere. Good people, good colleagues, but when a lot of men come together – again, you can have that machismo. *(Ecrivez vos notes ici).*
31:30	Well, one day, my father and his colleagues were drinking coffee and chatting. The conversation turned to men's health – especially for guys over 50 *(fifty).* My dad had recently had a routine check-up with the doctor *(mon père venait de passer une visite médicale de routine chez le médecin)*. And during this check up, the doctor examined my father's prostate... *(Ecrivez vos notes ici).*
32:07	Now, dear listeners, remember that I said your prostate is inside you? Well, if you didn't know already, a common way for a doctor to examine the prostate for inflammation, is to insert their finger into the anus – a rectal exam. (Yes, you heard that correctly!) The prostate can be physically examined this way. It doesn't sound good, but it's actually a very effective method. A doctor can detect inflammation very quickly and reliably this way. It only takes a moment, and there's no waiting for laboratory results - the doctor can tell you very quickly if everything is OK, or if further tests are needed. *(Ecrivez vos notes ici).*
33:01	*Je tiens à préciser que l'examen rectal n'est pas le seul moyen de contrôler la prostate. Il est rare que les médecins se fient uniquement à un examen rectal pour le dépistage ; ils l'associent presque toujours à un simple dosage sanguin du PSA — ou commencent par celui-ci. Si vos analyses sanguines sont normales, un examen rectal n'est peut-être pas nécessaire. (Du coup vous n'avez même pas besoin d'enlever vos sous-vêtements !)* *(Ecrivez vos notes ici).*

33:31	So, back to my father and his colleagues... My father told his colleagues about his prostate exam, and told them that they should do the same – especially seeing as they were mostly in their 50s *(fifties).* As you can imagine, my dad's colleagues found it hilarious *(les collègues de mon père ont trouvé ça hilarant).* They really had a good laugh! "HA! You let the doctor touch your bum? You weirdo!" *(Tu as laissé le médecin te toucher les fesses ? Espèce de tordu !)* *(Ecrivez vos notes ici).*
34:18	But despite the laughter and jokes *(malgré les rires et les plaisanteries)*, my dad noticed that one of his colleagues (let's call him Robert) had become silent, and his face had become pale. *(Mon père a remarqué que l'un de ses collègues, que l'on va appeler Robert, était devenu silencieux et que son visage avait pâli).* Later that day, my dad and his colleague Robert had another conversation. Robert told my father that he hadn't been able to urinate for weeks *(Robert a dit à mon père qu'il n'avait pas pu uriner depuis des semaines).* Like I told you earlier, dear listeners, an inflamed prostate can put pressure on the urethra, making it difficult to pee. *(Ecrivez vos notes ici).*
35:30	This poor guy, day after day, was absolutely BURSTING to pee *(il avait extrêmement envie de faire pipi).* But every time he went, it was just... Little drops *(des petites gouttes)*. Pure torture! My dad told Robert: "Dude, that sounds like really bad prostate trouble. You need to go to the doctor ***ASAP!***" *(**A**s **S**oon **A**s **P**ossible).* *(Ecrivez vos notes ici).*

36:07	You know what Robert said? “But I don’t want the doctor to put his finger up my bum...” *(Mais je ne veux pas que le médecin me mette le doigt dans les fesses).* HELLO? WAKE UP! *(Réveille-toi, mec !)* You can’t pee, your life is torture, and you’re worried about the doctor?! *Are you joking?* My father told him: “Robert, you’re a husband to your wife, you’re a father to your children. Stop being such a baby and GO TO THE DOCTOR.” *(Robert, tu es le mari de ta femme, tu es le père de tes enfants. Arrête de faire le bébé et VA VOIR UN MÉDECIN !)* *(Ecrivez vos notes ici).*
36:54	Robert finally went to see a doctor. It was indeed prostate cancer. Unfortunately, by the time Robert went to the doctor, the cancer had grown and metastasized - it had spread to other parts of Robert’s body. *(Le cancer avait formé des métastases, il s'était propagé à d'autres parties de son corps).* Despite treatment, Robert didn’t survive his cancer. It was sad, really sad. My dad lost a good friend and colleague, because this guy was scared of going to the doctor. And so, the symptoms worsened *(les symptômes se sont aggravés)*. And when Robert finally went to the doctor, well... Too late. *(Ecrivez vos notes ici).*
37:50	**Movember** was created to stop cases like Robert’s. Perhaps you know a “Robert” yourselves – someone who has symptoms (not necessarily of cancer, but symptoms of any serious illness) and who refuses to see a doctor. Perhaps you know a guy like Robert who minimises the symptoms... “Oh, it’s fine. I’m sure it will go away on its own.” There are far too many men like Robert. *(Ecrivez vos notes ici).*

38:24	The thing is, when it comes to cancer - especially testicular or prostate cancer - it's a race against time *(c'est une course contre la montre)*. The earlier that something is detected, the more easily and successfully it can be treated. Remember what I said earlier, dear listeners – the 5-year survival rate *(le taux de survie)*: • For prostate cancer it's 93% *(ninety-three percent)* of men survive. • For testicular cancer it's 95% *(ninety-five percent).* That's very good! The prognosis *(pronostic)* gets better the earlier the cancer is detected. *(Plus le cancer est détecté tôt, plus le pronostic s'améliore).* *(Ecrivez vos notes ici).*
39:29	Dear listeners, talking – having a conversation - saves lives. That's what Movember is all about – it's not about the mustaches. Movember is about educating people, and helping men have conversations. Generally speaking, I think that younger men find it easier. I'm in my thirties *(j'ai la trentaine),* and health is not such a taboo subject for me or my friends. Perhaps there are generational differences. *(Ecrivez vos notes ici).*
40:08	And honestly, dear listeners, that gives me a lot of hope. Because earlier in this episode, I mentioned the third major focus of Movember: **male suicide and mental health** (*le suicide chez les hommes et la santé mentale*). Now, this is a heavy subject (*un sujet lourd*), so I won't go into dark details today. But it connects directly to everything we've just talked about. Just like with physical health, too many men suffer in silence *(trop d'hommes souffrent en silence)* when they are struggling mentally. *(Ecrivez vos notes ici).*

41:02	When a man feels stressed, anxious, or depressed (*stressé, anxieux ou déprimé*), that same misplaced machismo often tells him: “Be strong. Don’t show weakness. Keep it to yourself.” (*« Sois fort. Ne montre pas de faiblesse. Garde ça pour toi. »*) And that silence can be just as dangerous as ignoring a physical symptom. *(Ecrivez vos notes ici).*
41:37	You know, in English, we have a wonderful proverb: **“A problem shared is a problem halved.”** (*Un problème partagé est un problème divisé par deux / réduit de moitié)*. Simply talking to a friend, a partner, or a doctor doesn't make you weak—it takes courage (*il faut du courage*) to talk. And often, just saying “I’m not doing great right now” *(Je ne vais pas très bien en ce moment*) is the first step toward feeling better. *(Ecrivez vos notes ici).*
42:25	So, what can you do this Movember, dear listeners? Well, if you’re a man, maybe you can decide to grow a mustache—even if it looks like a furry little caterpillar! And if someone asks you about it, you have a great opportunity to share what you learned today. *(Ecrivez vos notes ici).*
42:45	And if you don’t want to grow a mustache—or if you’re one of my female listeners—you can still take part! Check in on the men in your life (*prenez des nouvelles des hommes dans votre vie*). Your dad, your brother, your boyfriend, your husband, or any your male friends – ask them how they are *really* doing. *(Ecrivez vos notes ici).*

43:14	You don't need to become a therapist *(pas besoin de devenir thérapeute)* – you don't need to resolve their problem. Just be there for them. Listen to them, let them know that they don't have to suffer in silence. And if they've been complaining about a strange pain or always feeling exhausted *(s'ils se sentent toujours épuisés*), encourage them to book an appointment with their doctor (*prendre rendez-vous chez le médecin*). *(Ecrivez vos notes ici).*
43:49	Before we finish today, let's do a quick recap of five useful English expressions from this episode, to help you remember them: 1. **A portmanteau word** (*un mot-valise*) – Two words combined into one, like *Movember*. 2. **To raise awareness** (*sensibiliser le public*) – To inform people about an important issue. 3. **Not a laughing matter** (*ce n'est pas à prendre à la légère*) – Something very serious. 4. **To bury your head in the sand** (*faire l'autruche*) – To ignore a problem and hope it disappears. 5. **A problem shared is a problem halved** (*un problème partagé est un problème divisé par deux*) – Talking about your worries makes them easier to carry. *(Ecrivez vos notes ici).*

45:23	And on that note, dear listeners, that brings us to the end of today's episode! Thank you so much for listening, and thank you for your patience while I've been busy being a new dad *(merci de votre patience pendant cette période où j'ai été très occupé par mon nouveau rôle de papa)*. It feels great to be back behind the microphone (*derrière le micro*). *(Ecrivez vos notes ici).*
45:55	If you enjoyed this episode, please share it with a friend, or leave a five-star review on your podcast app—it really helps other French learners find *Déclic Anglais*. Until next time, take care of yourselves, look after each other (*prenez soin les uns des autres*). Bye for now! *(Ecrivez vos notes ici).*