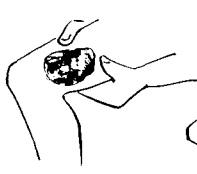


48 Health and medicine

A What are your symptoms?



rash



bruise



lump



spots



a black eye

I've got a cold / a cough / a sore throat / a temperature / a stomach ache / chest pains / earache / a pain in my side / a rash on my chest / spots / a bruise on my leg / a black eye / a lump on my arm / indigestion / diarrhoea / painful joints / blisters / sunburn.
I feel sick / dizzy / breathless / shivery / faint / particularly bad at night.
I am depressed / constipated / tired all the time.
I've lost my appetite / voice; I can't sleep, my nose itches and my leg hurts.

B What do doctors do?

They take your temperature, listen to your chest, look in your ears, examine you, take your blood pressure, ask you some questions and weigh and measure you before sending you to the hospital for further tests.



What's the diagnosis?

You've got flu / chickenpox / mumps / pneumonia / rheumatism / an ulcer / a virus / a bug something that's going round.
You've broken your wrist and sprained / dislocated your ankle.
You're pregnant / a hypochondriac.
He died of lung cancer / a heart attack / a brain haemorrhage / AIDS.

What does the doctor prescribe?

- Take one three times a day after meals.
- Take a teaspoonful last thing at night.
- Rub a little on before going to bed each night.
- We'll get the nurse to put a bandage on.
- You'll need to have some injections before you go.
- I'll ask the surgeon when he can fit you in for an operation.
- You'll have to have your leg put in plaster.
- I think you should have total bed rest for a week.

E What might the doctor ask you?

What would you say if the doctor asked you the following questions?

- | | |
|--------------------------------|-----------------------------------|
| Do you have health insurance? | Have you ever had any operations? |
| Are you taking any medication? | Are you allergic to anything? |

Exercises

48.1 Match the diseases with their symptoms.

- | | |
|--------------|---|
| 1 flu | swollen glands in front of ear, earache or pain on eating |
| 2 pneumonia | burning pain in abdomen, pain or nausea after eating |
| 3 rheumatism | rash starting on body, slightly raised temperature |
| 4 chickenpox | dry cough, high fever, chest pain, rapid breathing |
| 5 mumps | headache, aching muscles, fever, cough, sneezing |
| 6 an ulcer | swollen, painful joints, stiffness, limited movement |

48.2 What does the doctor or nurse use the following things for?

Example: stethoscope *For listening to a patient's chest.*

- 1 thermometer 2 scales 3 tape measure 4 scalpel

48.3 Look at statements (a) to (g) in D opposite. Which do you think the doctor said to each of the following patients?

- | | |
|----------------------------------|-----------------------------------|
| 1 Anne with bad sunburn. | 5 Liz with a bad cough. |
| 2 Jo who's broken her leg. | 6 Sam who needs his appendix out. |
| 3 John who's off to the Tropics. | 7 Rose suffering from exhaustion. |
| 4 Paul with flu. | 8 Alf who's sprained his wrist. |

48.4 Complete the following table.

<i>noun</i>	<i>adjective</i>	<i>verb</i>
.....	breathless
.....	faint
.....	shivery
.....	dislocated
ache
treatment	—
.....	swollen

48.5 What medical problems might you have if...

- | | |
|---------------------------------|---------------------------------------|
| 1 you wear shoes that rub? | 7 you eat food you're allergic to? |
| 2 you eat too fast? | 8 you run unusually fast for a bus? |
| 3 you smoke a lot? | 9 you eat food that is bad? |
| 4 you play football? | 10 a mosquito bites you? |
| 5 you go ski-ing? | 11 you get wet on a cold day? |
| 6 you stay too long in the sun? | 12 you think you're ill all the time? |

48.6 Think of some of the illnesses you (or members of your family or friends) have had. What were the symptoms and what did the doctor prescribe?

Follow-up: Look at the health page of a magazine or newspaper. Make a note of any new vocabulary on the theme that you find there. Look in your medicine cabinet at home, at school or work. Can you name everything that you find there?

55 Health and illness I

55.1 Read these comments, then answer questions 1–10 below.

10 marks

- JIM: I've been feeling a little unwell these last few days.
 SUE: I can't get an appointment at my national health dentist so I think I'll go to one where I can pay for it myself.
 ROB: I'm struggling against a cold at the moment. I've been taking hot lemon drinks.
 ANNE: I was quite ill last week, but I have come through the most serious phase now.
 JASON: I became ill with a cold a couple of weeks ago.
 MIKE: I get colds now and then, but I usually recover from them quickly.
 JACKIE: I was in hospital but I'm fully active again now.
 SARAH: I was sick for a couple of weeks, but I'm gradually recovering now.
 DANNY: I think I'm beginning to suffer from a cold! I'd better take some medicine.
 ROSE: I find it hard to sit for a long time with the pain. I have to get up and walk around.

- 1 Who usually gets over things quite easily?
- 2 Who's on the mend?
- 3 Who's been feeling poorly?
- 4 Who's trying to fight something off?
- 5 Who is over the worst?
- 6 Who went down with a minor illness a few weeks ago?
- 7 Who's suffering from backache?
- 8 Who is back on her feet again?
- 9 Who's thinking of going private?
- 10 Who's coming down with something?

55.2 What do these initials mean?

6 marks

- 1 NHS 2 GP 3 TB

55.3 Complete each sentence with three different words. You are given the first letters.

6 marks

- (a) d.....
 1 Heart (b) a..... is/are a very common cause of death in western societies.
 (c) f.....
 (a) l.....
 2 She is suffering from (b) b..... cancer.
 (c) s.....

55.4 Match the illnesses on the left with their definitions on the right.

6 marks

- | | |
|----------------|---|
| 1 hepatitis | inflammation of the breathing system; causes coughing |
| 2 tuberculosis | intestinal disease; can be caused by bad drinking water |
| 3 typhoid | inflammation of the liver |
| 4 bronchitis | the body does not properly absorb sugar and starch |
| 5 diabetes | highly infectious disease in the lungs |
| 6 cholera | fever, with red spots on the chest and abdomen |

55.5 Match the words in the box to make six expressions.

12 marks

doctor	prescription	sore	blood	insurance	fever
throat	charge	family	national	transfusion	hay

Your score

/40

56 Health and illness 2

56.1 Complete what the person on the left says about their symptoms. Then match the symptoms with an appropriate response on the right.

10 marks

- 1 I feel a bit f..... .
- 2 My head is t..... .
- 3 I'm a..... to nuts.
- 4 I feel n..... in a car.
- 5 My nose is b..... up.

- You should lie down in a darkened room.
- Take these travel sickness pills.
- Take an aspirin to reduce your temperature.
- Try inhaling steam.
- Don't eat that cake then.

56.2 Make ten expressions by matching words from box A with words from box B. Then write an appropriate definition for each expression.

20 marks

A:

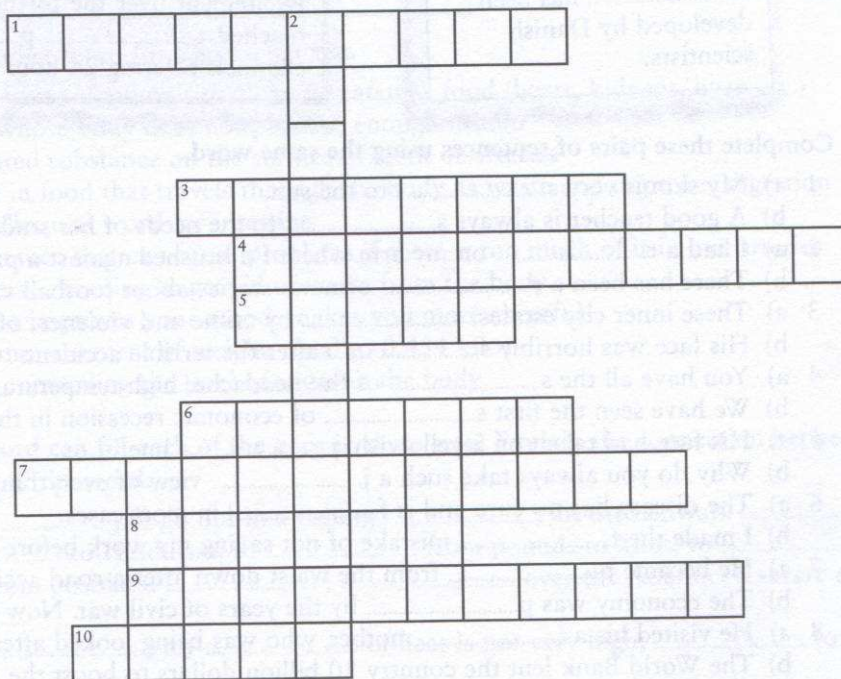
aches and	donate	contact
cuts and	herbal	off-
out of	sick	stiff
under the		

B:

lenses	medicine	colour
sorts	weather	note
blood	bruises	pains
neck		

56.3 Complete the word puzzle.

10 marks



Clues

- 1 set of medicine used to treat an illness
- 2 using perfumed oils to help with medical or other physical problems
- 3 the medical problems that indicate an illness, e.g. high temperature, cough, rash
- 4 injection that prevents you from getting a specific disease
- 5 what a bee or wasp may do to you
- 6 shake, usually because of nervousness or fear
- 7 the paper the doctor gives you so you can get medicine from the chemist's
- 8 the amount of medicine that you need to take
- 9 traditional Chinese form of medicine using needles
- 10 how you feel when your head spins

Your score

/40

57 Health and illness 3

57.1 Rewrite these sentences using the word in brackets.

10 marks

- Her pregnancy began five months ago. (PREGNANT)
- Babies who experience breastfeeding have more immunity to certain diseases. (BREASTFED)
- I was feeling extremely dehydrated. (DEHYDRATION)
- This is symptomatic of a deeper problem. (SYMPTOM)
- The doctor's diagnosis was bronchitis. (DIAGNOSED)

57.2 Fill the gaps in these newspaper extracts with health-related words. You are given the first letters.

6 marks

1

**NEW HEART
DRUG UNVEILED**

A new drug, said to be 95% effective in preventing blood c..... and with no visible s..... e..... has been developed by Danish scientists.

2

ECONOMIC FORECAST GOOD

The Minister said the p..... for the next five years was very positive, with growth expected in all sectors.

3

FOOTBALL FRENZY GROWS

Excitement over the forthcoming world cup has reached f..... p....., with TV channels offering 24-hour coverage.

57.3 Complete these pairs of sentences using the same word.

20 marks

- My skin is very s..... to the sun.
 - A good teacher is always s..... to the needs of her students.
- I had a r..... on my arm where I'd brushed against a prickly plant.
 - There has been a r..... of news stories about football violence lately.
- These inner city estates, s..... by crime and violence, offer little hope.
 - His face was horribly s..... after the terrible accident.
- You have all the s..... of flu: headache, high temperature, aching limbs.
 - We have seen the first s..... of economic recession in the last six months.
- His face had taken on a yellowish, j..... hue.
 - Why do you always take such a j..... view of everything? You're so negative.
- The disease has no cure and is f..... in most cases.
 - I made the f..... mistake of not saving my work before the computer crashed.
- He became p..... from the waist down after a road accident.
 - The economy was p..... by the years of civil war. Now it can grow again.
- He visited his a..... mother, who was being looked after by a private nurse.
 - The World Bank lent the country 10 billion dollars to boost the a..... economy.
- Health workers have to protect themselves from c..... diseases.
 - He has a c..... laugh; when he starts laughing everyone starts laughing.
- She is ill, but the p..... is good, and she should get better in the next few weeks.
 - The Minister said the p..... was good, and that the economy would grow.

57.4 Answer these questions.

4 marks

- Give three words meaning 'solid human waste': give (a) a formal word often used by doctors, (b) a general formal word and (c) a word often used when talking to children.
- What do you call a painful, infected area which you can get in your mouth or stomach?

Your score

/40

58 Diet, sport and fitness

58.1 Answer these questions.

10 marks

- 1 Would you feel proud or embarrassed if you scored an own goal?
- 2 If you sail through an interview, does the interview go well or badly?
- 3 If you are in the running for a promotion, what may happen?
- 4 If someone moves the goalposts, do you feel pleased or annoyed?
- 5 If a politician skates around a subject, what are they trying to do?
- 6 If Rob and Jimmy are neck and neck in a race, who is winning?
- 7 What sport does the idiom 'neck and neck' come from?
- 8 What kind of playing field is an expression used to mean a fair situation?
- 9 If you do cardiovascular exercise, what will you be benefitting?
- 10 What verb most frequently goes with *calories* meaning to use them up?

58.2 Find the words that match the definitions 1–10. You are given some clues in the box.

20 marks

p_ _ _ e	g_ _	m_ d e_ _ _ _ r
o_ _ l	g l u c o s e	i_ _ _ _ n p_ _ _ d
f_ _ e	d_ _ _ _ c	c_ _ _ _ _ l
e_ _ _ _ e		

Example: another word for sugar – *glucose*

- 1 internal organs of animals that can be eaten as food (heart, kidneys, liver, etc.)
- 2 a person whose body does not produce enough insulin
- 3 an unwanted substance on the surface of teeth or arteries
- 4 substance in food that travels through the body as waste and improves digestion
- 5 a more colloquial word for intestine
- 6 fatty substance that can cause problems if there is too much of it in our arteries
- 7 medical term meaning to get rid of waste from the body
- 8 a drug that improves your mood, makes you more cheerful
- 9 a British measurement of weight equal to 0.454 kilos
- 10 hormone controlling the level of sugar in the body

58.3 Which one word can fill each of the gaps in these sets? Explain the connection between the different uses of the word.

10 marks

- 1 blood ; to go out in a fishing ; an earthenware
- 2 to to Hinduism; to from pounds to kilos; to a loft
- 3 to suffer from postnatal ; a over the Atlantic; a severe economic
- 4 religious ; my of heat is not very high; to medical drugs
- 5 to disease; to take the line of least ; wind

Your score

/40