

'The only way to keep your health is to eat what you don't want  
drink what you don't like and do what you'd rather not.'

MARK TWAIN (AMERICAN SATIRICAL WRITER, 1835-1910)



**ILLNESSES, INJURIES, SYMPTOMS**

1 Match the illnesses and injuries to the pictures.

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> 1 backache   | <input type="checkbox"/> 4 stomachache   |
| <input type="checkbox"/> 2 broken arm | <input type="checkbox"/> 5 twisted ankle |
| <input type="checkbox"/> 3 headache   | <input type="checkbox"/> 6 toothache     |

2 Put the words from the box into the categories below.

.....  
cancer broken ribs heart disease sprained wrist  
pneumonia stroke flu  
.....

ILLNESSES	INJURIES

3 Complete Tim's description of how he is feeling.

I'm a bit poorly. I must have caught a <sup>1</sup>c\_\_\_\_\_. I've been <sup>2</sup>s\_\_\_\_\_ing and <sup>3</sup>c\_\_\_\_\_ing all day and I think I've got a bit of a <sup>4</sup>f\_\_\_\_\_ as well - I feel very hot.



4 Match the words to make two-word nouns.

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| <input type="checkbox"/> 1 food  | <input type="checkbox"/> a nose      |
| <input type="checkbox"/> 2 sore  | <input type="checkbox"/> b stomach   |
| <input type="checkbox"/> 3 runny | <input type="checkbox"/> c attack    |
| <input type="checkbox"/> 4 upset | <input type="checkbox"/> d throat    |
| <input type="checkbox"/> 5 heart | <input type="checkbox"/> e poisoning |

5 Match the words to the explanations.

- |  |  |
|--|--|
| <input type="checkbox"/> 1 Someone who is <b>ill</b> ...             | <input type="checkbox"/> a can't see.  |
| <input type="checkbox"/> 2 Someone who is <b>injured</b> ...         | <input type="checkbox"/> b can't hear well.  |
| <input type="checkbox"/> 3 Someone who is <b>disabled</b> ...        | <input type="checkbox"/> c can't hear at all.  |
| <input type="checkbox"/> 4 Someone who is <b>blind</b> ...           | <input type="checkbox"/> d can't use a part of their body completely or easily as a result of illness or injury. |
| <input type="checkbox"/> 5 Someone who is <b>deaf</b> ...            | <input type="checkbox"/> e is suffering from a disease.  |
| <input type="checkbox"/> 6 Someone who is <b>hard of hearing</b> ... | <input type="checkbox"/> f has been hurt in an accident.   |
| <input type="checkbox"/> 7 Someone who is <b>short-sighted</b> ...   | <input type="checkbox"/> g can't see well.   |

**ORGANS OF THE BODY**

6 Complete the text with names of organs of the body. The first letter has been given.

- To have strong **b** \_\_\_\_\_, you should drink plenty of milk.
- He works out at the gym every day to build up big **m** \_\_\_\_\_.
- Running is good for your **h** \_\_\_\_\_.
- Pneumonia is a disease of the **l** \_\_\_\_\_.
- Alcohol is bad for your **l** \_\_\_\_\_.
- He fell off a tree and broke his **s** \_\_\_\_\_.
- You shouldn't take these pills on an empty **s** \_\_\_\_\_.

**TREATMENT**

7 Circle the correct verbs.

- The doctor *examined / treated / cured* him but found nothing wrong.
- She was *examined / treated / cured* with a new drug, but it didn't help her.
- Many types of cancer can now be *examined / treated / cured* completely if they are diagnosed early.

8 Complete the leaflet with the words from the box.

herbs injections pills surgery vaccine X-ray

**CHOOSE ALTERNATIVE MEDICINE**

*Panchamahabhutas  
Holistic Medicine Association*

Do you like going to the doctor's? If you're ill, you'll be given disgusting <sup>1</sup> \_\_\_\_\_ and painful <sup>2</sup> \_\_\_\_\_. You'll be told to have an <sup>3</sup> \_\_\_\_\_, which means harmful radiation going through your body. If you're seriously ill, they'll say you need <sup>4</sup> \_\_\_\_\_ - in other words, cutting up! And even if you're perfectly fine, they'll give you a <sup>5</sup> \_\_\_\_\_ so that you don't get ill in future! Forget all that - all you need is a healthy diet and some <sup>6</sup> \_\_\_\_\_.

**HEALTH CARE**

9 Match the words with their definitions.

PEOPLE

- |                |   |
|----------------|---|
| 1 A nurse      | a performs operations.                    |
| 2 A dentist    | b is an ill person in hospital.           |
| 3 A specialist | c looks after ill people.                 |
| 4 A surgeon    | d looks after your teeth.                 |
| 5 A patient    | e knows a lot about one area of medicine. |

PLACES

- |   |                  |
|---|------------------|
| 1 A section of a hospital is called a     | a surgery.       |
| 2 If you need medical advice, you go to a | b pharmacy.      |
| 3 A doctor sees his patients in his       | c ward.          |
| 4 You can buy medicine at a               | d health centre. |

**USEFUL PHRASES**

10 Complete the sentences with the correct prepositions.

- Our neighbour **suffers** \_\_\_\_\_ heart disease.
- Walt Disney **died** \_\_\_\_\_ lung cancer as a result of smoking.
- Many famous musicians of the 1960s were **addicted** \_\_\_\_\_ drugs.
- I'm **allergic** \_\_\_\_\_ milk. I can't eat ice cream!
- Ann had really bad pneumonia last winter, but she **recovered** \_\_\_\_\_ it completely.
- They **operated** \_\_\_\_\_ him last night and he's already getting better.
- My granddad is seventy, but he's still \_\_\_\_\_ **good shape**.
- I've been studying too hard and not exercising. I'm \_\_\_\_\_ of shape.
- I've got a bad **pain** \_\_\_\_\_ my left leg.

11 Complete the sentences with the correct verbs.

- You really should \_\_\_\_\_ a doctor about this pain in your chest.
- Hello? I'd like to \_\_\_\_\_ an appointment to see Doctor Wheeler, please.
- I'm going to \_\_\_\_\_ your temperature now.
- Let me \_\_\_\_\_ your blood pressure.
- What do you do to \_\_\_\_\_ fit?



**MATCHING** ◀ 26

- 1 Match the words 1–6 to the explanations a–f.**
- |             |   |
|-------------|---|
| 1 A nap     | <input type="checkbox"/> a is the ability to see.                           |
| 2 Treatment | <input type="checkbox"/> b carries one piece of genetic information.        |
| 3 Obesity   | <input type="checkbox"/> c is a short sleep.                                |
| 4 To hug    | <input type="checkbox"/> d is something that is done to cure an ill person. |
| 5 A gene    | <input type="checkbox"/> e is being seriously overweight.                   |
| 6 Sight     | <input type="checkbox"/> f is to hold someone in your arms.                 |

- 3 In pairs, ask each other the following questions.**
- Which of the new treatments described in the text do you think is the most useful? Why?
  - What other drug or treatment would you like to see invented? Why?

*I'd like to see...*  
 - a cure for \_\_\_\_\_  
 - a vaccine against \_\_\_\_\_  
 - something to help people with \_\_\_\_\_

**examtask**

- 2 Read the text below. Match the headings A–H to the paragraphs 1–6. There are two extra headings that you do not need to use.**
- A Bionic Eyes
  - B Close your eyes and live longer
  - C Eat me, cure me
  - D Eat more fish
  - E Gym Pill
  - F How far can you walk?
  - G Love can help your heart
  - H New cure for sleeplessness

- 4 Find three synonyms of 'sickness' in the text. They are used in these collocations:**
- 1 heart-related i \_\_\_\_\_
  - 2 heart d \_\_\_\_\_
  - 3 skin c \_\_\_\_\_

**NEW SCIENCE • INVESTIGATIONS**

**1** A short nap after lunch may reduce your chances of suffering a heart attack. In a medical study in Greece, people who took a half-hour siesta at least three times a week were thirty-seven per cent less likely to die from heart-related illnesses. For working men, the result was even more dramatic: a sixty-four per cent reduction. The explanation could be that siestas reduce stress, one of the most common causes of heart disease.

**2** There is a new treatment for skin conditions: a hot bath with hundreds of tiny toothless fish. 'Doctor fish' from Turkey eat dead and diseased cells, treating the symptoms of various illnesses of the skin. It does not hurt and the only side-effects may be some slight bleeding. Unfortunately, it is not a permanent cure. The results last only a few months.

**3** A study into the effects of hugging has shown that hugs lower blood pressure, reduce the risk of heart disease, and generally improve your health. People in loving relationships benefit more from hugs. And women benefit more than men. During the study, thirty-eight American couples had to talk about a happy time, watch a romantic movie, and hug for twenty seconds.

**4** Childhood obesity is a growing problem in the UK. In response to this, the British Government is to give 45,000 free pedometers to thousands of overweight children to help them become fitter. It is hoped the pedometers, which count the steps you take, will encourage the children to take more exercise and lose weight. In trials, the average number of steps taken by children rose from 8,355 to 13,939 per day.

**5** A new drug that turns on a gene which burns body fat could lead to a new medicine that imitates physical exercise,

allowing you to become thinner without effort. Mice on the drug lost weight even though they did no exercise and ate a high-fat diet. The aim is to create a medicine for people suffering from obesity, rather than a pill which lets you eat too much while staying thin.

**6** Millions of blind people could regain their sight thanks to a new invention being tested in the USA. A tiny camera which sits on a pair of glasses sends optical information to electrodes in the eye. This happens in real time, allowing patients to distinguish lights, shapes and movement. It could be available within two years.



## MULTIPLE CHOICE ◀ 14

1 Which of these medical procedures do you dislike? Which ones are OK?

- being examined
- having your blood pressure taken
- injections
- blood tests
- X-rays
- taking pills

## examtask

2 CD 2-29 You are going to hear a conversation about health between a father and his two children. For questions 1–6, choose the correct answer A–C.

- 1 Where are the characters?
  - A In a hospital.
  - B In a doctor's surgery.
  - C At home.
- 2 Which symptom does the father NOT say he's got?
  - A A headache.
  - B Vomiting.
  - C A sore throat.
- 3 Which procedures do the children perform on their dad?
  - A They take his blood pressure and his temperature.
  - B They give him an injection and an X-ray.
  - C They carry out an operation.
- 4 What is Paul's diagnosis?
  - A The flu.
  - B Food poisoning.
  - C He's not certain.
- 5 Paul tells his father to
  - A take some pills.
  - B go home and lie down.
  - C go to a health centre for some tests.
- 6 Why does Elisa start crying?
  - A She doesn't want to play any longer.
  - B She imagines her father dying.
  - C She wants to be the doctor, not the nurse.

3 In pairs, ask each other the following questions.

- What should a good doctor be like?
- What should a good nurse be like?

## OPEN CLOZE ◀ 36

1 How do you avoid stress in everyday life? List three ideas. Compare ideas in small groups.

## examtask

2 Read the following article about reducing stress. Some words are missing from the text. Complete the gaps 1–9 with one word.

## STRESS REDUCERS

Are you stressed? Well, don't worry. We have asked the experts <sup>1</sup> \_\_\_\_\_ their advice and searched the internet for ideas and here are <sup>2</sup> \_\_\_\_\_ best ideas that you can use easily and immediately to make your life <sup>3</sup> \_\_\_\_\_ relaxing and healthier.

- Get up fifteen minutes earlier so that, when all those little problems happen in the morning, you will <sup>4</sup> \_\_\_\_\_ fifteen extra minutes to sort them out.
- Forgetting things <sup>5</sup> \_\_\_\_\_ be stressful so write down everything that you have to remember. Keep a diary, write notes on a wall calendar or use electronic reminders.
- Take a book wherever you go. Don't get impatient in queues, read and relax.
- Look for the positives in any problems. If the train <sup>6</sup> \_\_\_\_\_ late, don't worry, enjoy the rest at the station.
- Unplug your phone. There probably won't be an emergency during the half hour that you are in the bath or watching <sup>7</sup> \_\_\_\_\_ favourite TV programme so you can safely make sure that you aren't disturbed.
- Do the unpleasant things first. That way, the rest of the day will be more enjoyable and free of worries.
- Change your appearance in some way. "<sup>8</sup> \_\_\_\_\_ you look good, you'll feel good.
- Try to find relaxed friends. Two worriers together will just make each <sup>9</sup> \_\_\_\_\_ even more stressed.

Now you know how easy it is to be more relaxed, there is no reason why you can't reduce the stress in your life. Of course, that is unless you enjoy worrying and rushing around, in which case please ignore the above advice.

**examworkout**

1 Read the text and answer the multiple-choice questions.

Possibly the most famous novel set in a hospital is *One Flew Over The Cuckoo's Nest* by Ken Kesey, which takes place in a mental institution. The ward is run by cold, authoritarian Nurse Ratched, who neither has respect nor sympathy for the patients and simply wants to control them. The routine is disturbed by the arrival of Randle McMurphy, a loud, fun-loving man, who has been moved to the hospital from prison. McMurphy challenges the Nurse's authority. His behaviour encourages the other patients, previously too frightened to be themselves, to do the same. The conflict intensifies to a dramatic climax. Kesey convincingly presents his view that the 'mentally ill' are in fact people who have been pushed out by society because they did not fit the conventional ideas of how they should behave.

1 **McMurphy**

- A disturbs the other patients.
- B makes the other patients feel frightened.
- C shows the other patients they could act differently.
- D gets into conflict with the other patients.

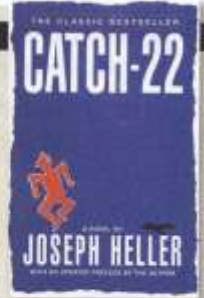
2 **Ken Kesey believes that mentally ill people**

- A have conventional ideas.
- B hate conventional ideas.
- C are pushed around by unfeeling people.
- D are different from the way others want them to be.

2 Compare the use of the underlined words in the text and the words in the answers. Why are the answers containing those words incorrect?

**LANGUAGE & CULTURE**

*Catch-22*, written by Joseph Heller in 1961, is a satirical novel set in Italy during World War II. The main character, Captain Yossarian, a pilot in the United States Air Force, has flown too many combat missions and would like to stop. But there is a hidden problem, a *catch*: You can only get out of flying if you are crazy. However, if you say you don't want to fly any more, it proves that you are *not* crazy, so you have to continue flying. That's catch 22. *Catch-22* was made into a film by director Mike Nichols in 1970.



**examtask**

3 Read the following fragment of *Catch 22*. For questions 1–6 choose the correct answer A–D.

1 **The doctors were annoyed because**

- A they didn't know what was wrong with Yossarian.
- B Yossarian pretended to be ill.
- C Yossarian behaved impatiently.
- D Yossarian refused to take the pills.

2 **Nurse Duckett disliked Yossarian**

- A but most other nurses didn't.
- B and so did all the nurses.
- C because he was rude to her.
- D because she was an unpleasant person.

3 **Yossarian**

- A told the doctors he was feeling worse.
- B didn't tell the doctors he was better.
- C made himself ill on purpose.
- D never spoke to the doctors.

4 **How did Yossarian feel about being in hospital?**

- A He was happy to be there.
- B He was impatient to get out.
- C He disliked the staff.
- D He missed his friends.

5 **It was easy for Yossarian to stay on in the hospital because**

- A the doctors were interested in his case.
- B he was seriously ill.
- C he had an unusually high temperature.
- D it was comfortable.

6 **Yossarian wrote letters about going on a dangerous mission**

- A in order to appear brave.
- B because he had volunteered to go.
- C so that people would think he was dead and leave him alone.
- D without mentioning why.

## CHAPTER 1

Yossarian was in the hospital with a pain in his liver that fell just short of being jaundice. The doctors were puzzled by the fact that it wasn't quite jaundice. If it became jaundice, they could treat it. If it didn't become jaundice and went away, they could discharge him. But this just being short of jaundice all the time confused them.

Each morning they came around, three brisk and serious men with efficient mouths and inefficient eyes, accompanied by brisk and serious Nurse Duckett, one of the ward nurses who didn't like Yossarian. They read the chart at the foot of the bed and asked impatiently about the pain. They seemed irritated when he told them it was exactly the same.

'Still no movement?' the full colonel demanded.

The doctors exchanged a look when he shook his head.

'Give him another pill.'

Nurse Duckett made a note to give Yossarian another pill, and the four of them moved along to the next bed. None of the nurses liked Yossarian. Actually, the pain in his liver had gone away, but Yossarian didn't say anything and the doctors never suspected.

Yossarian had everything he wanted in the hospital. The food wasn't too bad, and his meals were brought to him in bed. There were extra rations of fresh meat, and during the hot part of the afternoon he and the others were served chilled fruit juice or chilled chocolate milk. Apart from the doctors and the nurses, no one ever disturbed him. He was comfortable in the hospital, and it was easy to stay on because he always ran a temperature of 101.

After he had made up his mind to spend the rest of the war in the hospital, Yossarian wrote letters to everyone he knew saying that he was in the hospital but never mentioning why. One day he had a better idea. To everyone he knew he wrote that he was going on a very dangerous mission. 'They asked for volunteers. It's very dangerous, but someone has to do it. I'll write you the instant I get back.' And he had not written anyone since.

### LANGUAGE & CULTURE

A temperature of 101 means 101°F (degrees Fahrenheit), which is equal to 38.3°C (degrees Celsius or centigrade).

#### 4 Read the last two paragraphs of the text again. In pairs, discuss the following questions.

Yossarian is happy to stay in hospital because he doesn't want to go back to the fighting and get killed. What's your opinion of this attitude?

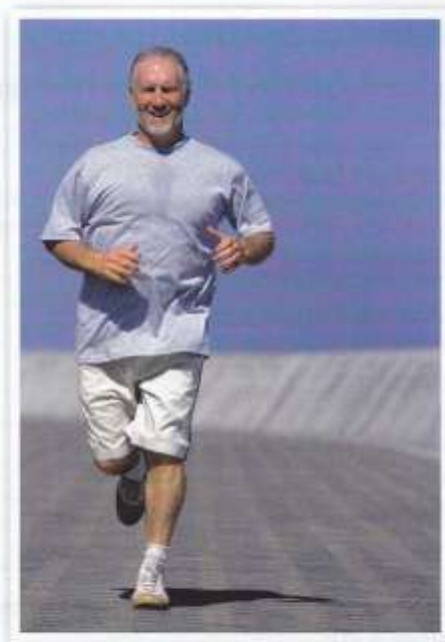
- Is he a coward?
- Is he unpatriotic?
- Is he behaving sensibly?

#### 5 In pairs, ask and answer the following questions.

- What's good and what's bad about being in hospital?
- What should a good hospital be like?

## LISTENING

### GAP FILLING ◀ 19



#### 1 Describe the photo and answer the questions.

- Why do you think the man is doing this?
- What else can people do to stay healthy?

### examtask

#### 2 CD 2-30 You are going to hear a man talking about a healthy lifestyle. Complete the gaps 1–8 with a maximum of two words.

### A HEALTHY LIFESTYLE

#### FOOD

- If you want to get fit and stay fit, watch what <sup>1</sup>\_\_\_\_\_.
- Eat at least <sup>2</sup>\_\_\_\_\_ pieces of fresh fruit and vegetables every day.
- Always choose <sup>3</sup>\_\_\_\_\_ foods

#### SMOKING

- If you smoke, <sup>4</sup>\_\_\_\_\_.

#### SPORT

- Take up a sport. Do regular <sup>5</sup>\_\_\_\_\_.
- If you lack discipline, join a <sup>6</sup>\_\_\_\_\_.

#### RELAXATION

- Relax. Avoid <sup>7</sup>\_\_\_\_\_ and make sure you get <sup>8</sup>\_\_\_\_\_.

#### 3 Discuss the following questions as a class.

- Do Pam and Ken enjoy the talk? Why?/Why not?
- Is the advice given by the speaker good? Is it convincing?
- How can young people be encouraged to adopt a healthy lifestyle?

## DISCUSSION ◀ 58

## examworkout

- 1 Complete the phrases 1–8 using the endings from the box:

.....  
 agree with me? all up,... considered,...  
 important I'd like to add. just like to say that...  
 to say is that... understand your point of view.  
 I don't think that...  
 .....

- 1 Excuse me, I'd \_\_\_\_\_  
 2 I think I can \_\_\_\_\_  
 3 So, all things \_\_\_\_\_  
 4 Sorry, but there is something \_\_\_\_\_  
 5 To be honest, \_\_\_\_\_  
 6 To wrap it \_\_\_\_\_  
 7 What I am trying \_\_\_\_\_  
 8 Would you \_\_\_\_\_

- 2 Match the phrases 1–8 from Exercise 1 to their functions A–D:

- A Expressing and justifying opinion  
  B Summing up the discussion  
  C Interrupting in a polite way  
  D Expressing interest

## examtask

- 3 Work in pairs and do the exam task below.

Look at the list of factors which influence health and well-being. Discuss their importance and say what you do to keep healthy.

- the right diet
- rest and relaxation
- doing exercise
- giving up unhealthy habits
- avoiding stress

- 4 Work in pairs and answer the follow-up questions below. One of you is a student and answers the questions, the other plays the role of the examiner.

Follow-up questions:

- Is having a healthy lifestyle important for you?
- What in your opinion constitutes a healthy diet?
- Do you often get stressed out? How do you deal with stressful situations?
- What is your favourite way to relax?

## NOTE ◀ 45

## examworkout

- 1 Read the following exam task and complete a student's response to it with the words and phrases from the box.

While your roommate was out her sister called to inform that their mother was ill. Write a note for your roommate, in which you will:

- write about the illness and give details of the treatment
- explain that her sister asked for help
- express your hope that their mother will soon be better

Begin like this: *Hi Jane,*

.....  
 come and help a bit get well medication  
 prescribed take things easy the flu  
 .....

*Hi Jane*

*Your sister Vicky called and said your mum's got  
 1 \_\_\_\_\_ The doctor has been and he  
 2 \_\_\_\_\_ some 3 \_\_\_\_\_*

*but mostly he just told her to stay in bed and*

*4 \_\_\_\_\_ Vicky would like you to*

*5 \_\_\_\_\_, because she doesn't want*

*to leave her alone in the house for too long.*

*I'm sorry about it. But I'm sure your mum will*

*6 \_\_\_\_\_ soon.*

*Take care.*

*Zsofi*

## examtask

- 2 Read the exam task below and write a note.

You are sharing a flat with Jane, a British student. Jane is out and you need to leave urgently because you have received a text message from your brother, saying that he is ill and asking you to do some shopping for him. Write a note to Jane in which you will:

- explain the situation
- say that you might come back home late
- ask her not to forget to feed the cat

## PHOTO DESCRIPTION ◀ 62

- 5 Look at page 171 and do exercises 1–4.

## ILLNESSES, INJURIES,

### SYMPTOMS

backache /'bækɪk/  
 be injured /bi 'ɪndʒəd/  
 bleed /bli:d/  
 blind /blaɪnd/  
 broken arm /'brəʊkən ɑ:m/  
 burn /bɜ:n/  
 cancer /'kænsə/  
 choke /tʃəʊk/  
 cold /kəʊld/  
 condition /kən'dɪʃən/  
 cough /kɒf/  
 critically ill /krɪ'tɪkli ɪl/  
 deaf /def/  
 disease /di'zi:z/  
 dreadful pain in the back /'dredfəl  
 peɪn ɪn ðə bæk/  
 dumb /dʌm/  
 earache /'iəreɪk/  
 faint /feɪnt/  
 feel a bit poorly /fi:l ə bɪt 'pɔ:li/  
 feel dizzy /fi:l 'dɪzi/  
 feel sick /fi:l sɪk/  
 feel terrible /fi:l 'terəbəl/  
 feel weak /fi:l wi:k/  
 fever /'fi:və/  
 flu /flu:/  
 food poisoning /fu:d 'pɔɪzənɪŋ/  
 hard of hearing /hɑ:d əv 'hiəriŋ/  
 have a high temperature /hæv ə haɪ  
 'temprətʃə/  
 have a sore throat /hæv ə sə: θrəʊt/  
 have an upset stomach /hæv ən ʌp'set  
 'stʌmək/  
 headache /'hedɪk/  
 heart attack /hɑ:t ə'tæk/  
 heart disease /hɑ:t di'zi:z/  
 heart-related illness /hɑ:t ri'leɪtɪd 'ɪlnəs/  
 hurt /hɜ:t/  
 ill /ɪl/  
 illness /'ɪlnəs/  
 injury /'ɪndʒəri/  
 insomnia /ɪn'sɒmniə/  
 jaundice /'dʒɑ:ndɪs/  
 lose your sight /lu:z jə saɪt/  
 mentally disabled /'mentəli dɪs'ɛɪbəld/  
 my arm hurts /maɪ ɑ:m hɜ:ts/  
 not feel very well /nɒt fi:l 'veri wel/  
 painful /'peɪnfəl/  
 physically disabled /'fɪzɪkli dɪs'ɛɪbəld/  
 pneumonia /nju:'mɔ:niə/  
 rash /ræʃ/  
 regain your sight /ri'geɪn jə saɪt/  
 runny nose /'rʌni nəʊz/  
 seriously ill /'sɪəriəsli ɪl/  
 shiver /'ʃɪvə/  
 short-sighted /ʃɔ:t'saɪtɪd/  
 side effects /saɪd i'fɛkts/  
 skin condition /skɪn kən'dɪʃən/  
 sneeze /sni:z/  
 stomachache /'stʌməkɪk/  
 stroke /strəʊk/  
 swollen tonsils /'swəʊlən tɒnsəls/  
 symptoms /sɪmptəmz/  
 take an overdose /teɪk ən 'əʊvədəʊs/

terminally ill /'tɜ:mɪnəli ɪl/  
 toothache /'tu:θeɪk/  
 twist one's ankle /twɪst wʌns 'æŋkəl/  
 vomit /'vɒmɪt/  
 wound /waʊnd/  
 wounded /'wʊndəd/

## ORGANS OF THE BODY

bone /bəʊn/  
 heart /hɑ:t/  
 liver /'lɪvə/  
 lungs /lʌŋz/  
 muscles /'mʌsəls/  
 spine /spɑɪn/  
 stomach /'stʌmək/

## TREATMENT

cough medicine /kɒf 'medsən/  
 cure /kjʊə/  
 doctor's surgery /'dɒktəz 'sɜ:dʒəri/  
 drops /drɒps/  
 drugs /drʌgz/  
 examine /ɪg'zæmɪn/  
 first aid /'fɜ:st eɪd/  
 gene /dʒi:n/  
 get better /get 'betə/  
 go to hospital /gəʊ tə 'hɒspɪtl/  
 go to the doctor's /gəʊ tə ðə 'dɒktəz/  
 herbs /hɜ:bs/  
 injection /ɪn'dʒɛkʃən/  
 medical check-up /'medɪkəl 'tʃek-ʌp/  
 medication /medɪ'keɪʃən/  
 medicine /'medsən/  
 painkillers /peɪnkɪləz/  
 plaster /'plɑ:stə/  
 prescription /prɪ'skrɪpʃən/  
 run some tests /rʌn sʌm tests/  
 sleeping pills /sli:pɪŋ pɪlz/  
 thermometer /θə'mɒmɪtə/  
 treat /tri:t/  
 treatment /'tri:tmənt/  
 vaccine /'væksɪ:n/  
 What's the matter? /wɒts ðə 'mætə/  
 What's wrong? /wɒts rɒŋ/  
 wheelchair /'wi:lʃeə/  
 x-ray /'eks reɪ/

## HEALTH CARE

ambulance /'æmbjələns/  
 dentist /'dentɪst/  
 doctor /'dɒktə/  
 General Practitioner /'dʒenərəl  
 præk'tɪʃənə/  
 GP /dʒi: pi:/  
 health care /helθ keə/  
 health centre /helθ 'sentə/  
 hospital /'hɒspɪtl/  
 hospital bed /'hɒspɪtl bed/  
 nurse /nɜ:s/  
 patient /'peɪʃənt/  
 public health care /pʌblik helθ keə/  
 specialist /'speʃəlist/  
 surgeon /'sɜ:dʒən/  
 surgery /'sɜ:dʒəri/  
 ward /wɔ:d/

## HEALTHY/UNHEALTHY LIFESTYLE

avoid stress /ə'vɔɪd stress/  
 cut down on fatty foods /kʌt daʊn ən  
 'fæti fu:dz/  
 do exercise /du:'eksəsaɪz/  
 follow a sensible diet /'fɒləʊ ə 'sensəbəl  
 'daɪət/  
 get enough sleep /get ɪ'nʌf sli:p/  
 give up smoking /gɪv ʌp 'sməʊkɪŋ/  
 healthy diet /helθi 'daɪət/  
 healthy food /helθi fu:d/  
 healthy habits /helθi 'hæbɪts/  
 high-fat diet /haɪ fæt 'daɪət/  
 low-fat food /ləʊ fæt fu:d/  
 obesity /əʊ'bi:səti/  
 overweight /əʊvə'weɪt/  
 reduce stress /rɪ'dju:s stress/  
 take regular exercise /teɪk 'regjələ  
 'eksəsaɪz/  
 take up a sport /teɪk ʌp ə spɔ:t/  
 work out at the gym /wɜ:k aʊt ət ðə  
 dʒɪm/

## USEFUL PHRASES

be addicted to /bi ə'dɪktɪd tə/  
 be allergic to /bi ə'lɜ:dʒɪk tə/  
 be in good shape /bi ɪn gud ʃeɪp/  
 consult a doctor /kən'sʌlt ə 'dɒktə/  
 die of /daɪ əv/  
 have a pain in one's leg /hæv ə peɪn ɪn  
 wʌnz leg/  
 keep fit /ki:p fit/  
 make an appointment with /meɪk ən  
 ə'pɔɪntmənt wɪð/  
 operate on /'ɒpəreɪt ən/  
 recover from /rɪ'kʌvə frəm/  
 see a doctor /si: ə 'dɒktə/  
 stay fit /steɪ fit/  
 suffer from /'sʌfə frəm/  
 take blood pressure /teɪk blʌd 'preʃə/  
 take temperature /teɪk 'temprətʃə/  
 take things easy /teɪk θɪŋz 'i:zi/