08/Health

Words you need...

cancer  a serious disease that happens when cells grow in a way that is not normal
a cold  a common illness that makes you sneeze and cough

Exercise 1
Complete the sentences.
1 I ate too many green apples and I had  a stomach ache  afterwards.
2 My husband has a bad           , and the noise kept me awake all night.
3 When he arrived at the hospital, a doctor           him.
4 His mother is suffering from skin           .
5 Philip went to the dentist because he had           .
6 If you are           , you should see a doctor.
7 The room was dusty, and I started to           .
8 It’s annoying when people           during a concert.

Exercise 2
Choose the correct word to complete each sentence.
1 Amanda can’t come to the movies with us – she’s in bed  for/because/with  flu.
2 The doctor says I need to  have/do/make  an operation on my knee.
3 When I bend my arm, I have a pain  on/in/at  my elbow.
4 If you go out with wet hair, you will  find/catch/make  a cold.
5 This loud music is  making/causing/giving  me a headache.
6 The doctor says I must  eat/take/get  this medicine for two weeks.

UK /US
If someone is not healthy, they are  ill  or  sick.
Ill  is used more often in UK English and  sick  is used more often in US English.
To be sick  often means  to vomit  in UK English.

a headache  a common illness that makes you sneeze
(a) toothache  an unpleasant feeling in a part of your body, usually caused by illness or an injury
(a) stomach ache
If your throat hurts, you can say you have a sore throat.
If someone breaks their arm/leg, etc., they break a bone in that part of their body. If someone has a heart attack, they have a pain in their heart and it suddenly stops working.
If you arrange to see a doctor, you make an appointment.

When your illness goes, you get better.
If you think you are going to be sick, you feel as though food will come up from your stomach through your mouth.
If you have a temperature, your body is too hot because you are ill. If someone takes your temperature, they use a piece of equipment to find out how hot you are.

To tell someone what is wrong with you, you can use phrases like these:
To talk about how you feel, you can say:
- I feel sick/ill.
To talk about a particular problem, you can say:
- I have a headache./He has cancer.

In UK English, we often use have got:
- I’ve got a headache./He’s got cancer.
If you have a pain in a particular part of your body, you can say:
- My head/stomach/arm, etc. hurts.
If it is a dull, continuous pain, you can say
- My head/stomach/arm, etc. aches.

Exercise 3
Match what these people did (1–6) with what was wrong with them afterwards (a–f).

1. ‘I tried to climb over the wall, but I fell off.’
2. ‘I had to carry my shopping for miles.’
3. ‘I ate five bars of chocolate.’
4. ‘I worked 14 hours a day, smoked, and never did any exercise.’
5. ‘I walked all day in the rain.’
6. ‘I walked all the way from London to Scotland.’

1. José had a heart attack.
2. Gustavo caught a cold.
3. Pedro’s arms ached.
4. Matt broke his leg.
5. Fatima was sick.
6. Lucy’s feet hurt.

Exercise 4
Listen to and read the two dialogues. Are the following sentences (1–6) true (T) or false (F)?

Doctor: Good morning, Mrs Silva, how are you?
Mrs Silva: Not too good. I have a sore throat, and I feel really sick.
Doctor: Do you have a cough?
Mrs Silva: Yes, and I keep sneezing. I took my temperature this morning, and it was very high.
Doctor: I think you have flu. You need to rest and drink plenty of water. I think you will get better in about a week.

Doctor: Come in, Mr Palmer. How are you?
Mr Palmer: I feel OK, but sometimes I have pains in my chest. I had a heart attack three months ago.
Doctor: OK. I think you should rest for a few days. I will make an appointment for you to see someone at the hospital.
Mr Palmer: Will I need an operation?
Doctor: I don’t think so, but you might have to take some medicine.

1. Mrs Silva’s leg hurts.  F
2. The doctor took Mrs Silva’s temperature.  T
3. The doctor gave Mrs Silva some medicine.  T
4. Mr Palmer’s chest sometimes hurts.  T
5. The doctor is sending Mr Palmer to the hospital.  T
6. Mr Palmer will have an operation.  T

Imagine you are ill. Describe how you feel to the doctor.