

08/Health

Words you need...



▶ **to sneeze**



▶ **to cough**



▶ **a headache**



▶ **(a) stomach ache**



▶ **(a) toothache**



▶ **to examine (someone)**



▶ **an operation**



▶ **medicine**

- ▶ **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

- ▶ **a cough** an illness that makes you cough
- ▶ **flu** an illness like a very bad cold
- ▶ **a pain** an unpleasant feeling in a part of your body, usually caused by illness or an injury

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.

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.

Putting words together...



- ▶ 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.

Saying what is wrong with you



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).

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|--|----------------------------|
| 1 'I tried to climb over the wall, but I fell off.' | a José had a heart attack. |
| 2 'I had to carry my shopping for miles.' | b Gustavo caught a cold. |
| 3 'I ate five bars of chocolate.' | c Pedro's arms ached. |
| 4 'I worked 14 hours a day, smoked, and never did any exercise.' | d Matt broke his leg. |
| 5 'I walked all day in the rain.' | e Fatima was sick. |
| 6 'I walked all the way from London to Scotland.' | f 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.
- 2 The doctor took Mrs Silva's temperature.
- 3 The doctor gave Mrs Silva some medicine.
- 4 Mr Palmer's chest sometimes hurts.
- 5 The doctor is sending Mr Palmer to the hospital.
- 6 Mr Palmer will have an operation.

F

Use the words you've learned...

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