

# MODULE 11 Health

## Vocabulary Healthy living

1 a) Rank the following in order of importance from 1-8, 1 being the most important to you.

- eating red meat
- leading a stress-free life
- exercising regularly
- sleeping eight hours a night
- being a healthy weight
- eating plenty of fruit/vegetables
- drinking eight glasses of water a day
- taking vitamin pills

b) Use your list to discuss with a partner what is most important for a healthy lifestyle.

A: *In my opinion, the most important part of a healthy lifestyle is exercising regularly.*  
B: *Well, I think eating plenty of fruit/vegetables is the number one thing a person can do to stay healthy.*

## Human body

2 Match the body parts to their primary roles: lungs, heart, arteries, stomach, joints, teeth, bones, muscles, veins, trachea, intestines, nose.

BREATHE AIR      DIGEST FOOD  
MOVE      CIRCULATE BLOOD

*Our lungs help us to breathe air.*

## Health care professionals

3 Match the medical professions to the statements.

1	midwife
2	cardiologist
3	dentist
4	paramedic
5	porter

6	surgeon
7	paediatrician
8	dermatologist
9	speech therapist
10	GP

- a "I perform operations on patients."
- b "I treat people who have problems with their heart."
- c "I treat ill children."
- d "I help women to give birth."
- e "I treat people's teeth."
- f "I treat people who have problems with their skin."
- g "I take care of patients in an ambulance."
- h "I move patients and equipment around a hospital."
- i "I'm a doctor who provides general health care."
- j "I help people who have speech difficulties."

## Illnesses/Injuries

4 Fill in with: muscle, eye, blood pressure, sickness, ankle, heartburn, hearing.

- 1 The doctor says I have high ..... and need to reduce my salt intake.
- 2 My grandfather has very poor ..... which is why he wears a hearing aid.
- 3 Yesterday, Sam fell over while he was running and twisted his .....
- 4 My dad suffers from ..... so he takes an antacid pill when he finishes a meal.
- 5 I think I've pulled a ..... in my leg.
- 6 How did you get that black ..... ?
- 7 I hate travelling by sea as I get motion ..... .

5 Fill in with: scar, stitches, bruise, sling, cast, graze, crutches.

- 1 How long will your arm be in that ..... for?
- 2 It's only a ..... on your leg – you don't need a bandage.
- 3 I was on ..... for three months after I broke my leg.
- 4 That's a nasty black ..... on your leg.
- 5 I have an old ..... on my leg from a skiing accident when I was young.
- 6 The bone's broken so we'll need to put your arm in a plaster .....
- 7 The doctor says I need five ..... in my cut.

## Symptoms & treatment

6 Fill in with: concussion, runny nose, vomiting, itchy eyes, swollen glands, blurry vision.

- 1 I had mild ..... after banging my head on the cupboard door.
- 2 If I start to get ..... , I know I'm about to have a migraine headache.
- 3 The worst thing about a cold is the ..... !
- 4 When I had food poisoning, I spent the whole day ..... .
- 5 "The reason you have ..... is that your body is fighting an infection," said the doctor.
- 6 Matt gets hay fever every spring and suffers from .....

7 Fill in the verbs in their correct form: *relieve, heal, apply, cure, prescribe, treat*.

- 1 Many types of cancer can be ..... if the disease is found early enough.
- 2 The doctor ..... a course of antibiotics for his ear infection.
- 3 She took some aspirin to ..... the pain of her headache.
- 4 This herbal ointment ..... wounds fast.
- 5 The dermatologist told her to ..... the cream to her face twice a day.
- 6 That doctor avoids ..... his patients with antibiotics.

## Disabilities

### Word formation

8 Use the words in bold to form new words to fill in the gaps.

## The Paralympics

The Paralympics are an international sports event for 1) ..... (physical) disabled athletes that are held once every four years. They allow athletes with disabilities ranging from 2) ..... (blind) to cerebral palsy to compete on the world stage. 3) ..... (compete) are placed in different categories so that athletes with similar disabilities compete against each other. For example, people who are 4) ..... (visual) impaired do not compete with people who have had 5) ..... (amputate). Some of the sports in the Paralympics are 6) ..... (specific) designed for disabled people, such as wheelchair rugby, but most sports are the same as those in the Olympic Games. Nowadays, the Paralympics are a huge event, with increasing media 7) ..... (cover) around the world.

## Health care

9 Choose the correct word.

- 1 The doctor wrote a(n) **prescription/recipe** for some pills.
- 2 Lisa had to undergo a medical **scan/examination** before she could become a pilot.
- 3 The patient was under anaesthetic throughout the **surgery/clinic**.
- 4 They carried the injured football player off the field on a **trolley/stretcher**.
- 5 The porter wheeled the patient into the **operating/working** theatre.
- 6 Greg slept in a **ward/carriage** that had four other patients.
- 7 The ambulance rushed the man from the accident scene to **casualty/fatality**.
- 8 Her leg was in plaster for six weeks after she broke one of her **bandages/bones**.
- 9 When are the visiting **hours/periods**?
- 10 He's **allergic/susceptible** to nuts. He always gets a **rash/rush** when he eats them.

10 Match the medical fields below to their areas of speciality, then make sentences.

1	<b>h</b>	neurology
2		geriatrics
3		podiatry
4		obstetrics
5		ophthalmology
6		radiology
7		cardiology
8		dentistry

a	the eyes
b	pregnant women
c	X-rays and ultrasounds
d	the heart
e	the elderly
f	the teeth
g	the feet
h	the nervous system

*Neurology is the study of the nervous system.*

## Addictions

11 Fill in with: *behavioural, rehabilitation, withdrawal, substance, hard, former, binge*.

## BEAT YOUR ADDICTION!

Do you, or someone you love, have a 1) ..... abuse problem? Is it ruining your life? If the answer is yes, you will find help at The George Clinic - London's premier 2) ..... centre. Our experienced staff are experts in helping 3) ..... drug users and 4) ..... drinkers beat their addictions. Our 5) ..... psychologists use a unique method to minimise 6) ..... symptoms. 7) ..... addicts who have been through our programme recommend us. So call The George Clinic today and take back control of your life.

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