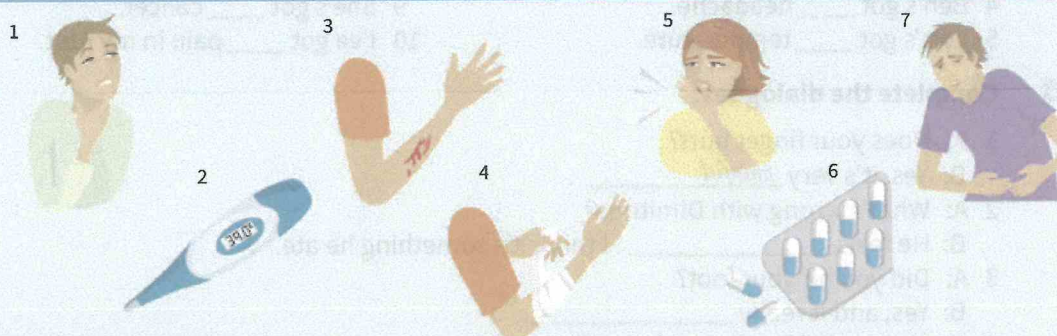


# 20 Health

## A Common problems

What's the matter?	What you should do
A: I've got a <b>sore throat</b> <sup>1</sup> and a <b>temperature</b> . <sup>2</sup>	B: That sounds like <b>flu</b> . You should see a doctor.
A: I've <b>cut</b> my arm; it's <b>bleeding</b> . <sup>3</sup>	B: Put a <b>bandage</b> <sup>4</sup> round it.
A: I've got a terrible <b>cough</b> . <sup>5</sup>	B: Go to the chemist and get some cough <b>medicine</b> [something you take to treat an illness].
A: I've got a <b>headache</b> .	B: Take some <b>tablets</b> <sup>6</sup> for the pain. (also <b>pills</b> )
A: I <b>feel sick</b> . <sup>7</sup>	B: Go to the bathroom quickly!



## B Describing pain

We can use different words to describe **pain**. An **ache** describes pain that is not always strong, but often continues. It is used with certain parts of the body.

I've got a **headache**. Aria's got **stomach ache**.

My dad **suffers from** [often has the pain of] **backache**.

For other parts of the body we often use **pain**.

I've got a **pain** in my shoulder/foot.

**Ache** can also be a verb to describe pain that continues for some time.

By the end of the day my feet were **aching**.

For stronger or more sudden pain, we usually use the verb **hurt**.

My throat **hurts** when I speak.

I hit my leg on the table and it really **hurts** / it's very **painful**.

## C Serious illnesses

For **serious** [bad] illnesses, you will probably go into hospital. A person who stays in hospital is called a **patient**. Many patients need an **operation** [when special doctors, called **surgeons**, cut into the body for medical reasons; also called **surgery**].

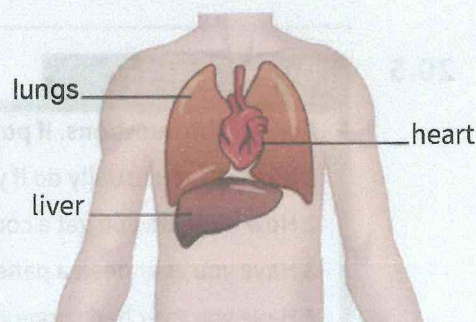
**Lung cancer** can be caused by smoking.

**Heart attacks** can happen very suddenly.

Hepatitis is a **disease** affecting the **liver**.

### Language help

**Disease** is used to talk about more serious medical problems, often affecting certain parts of the body, e.g. heart disease. **Illness** is used to talk about serious and minor medical problems and those affecting the mind, e.g. mental illness. Disease is not used about a period of illness, e.g. He died after a long illness. (NOT He died after a long disease.)



## Exercises

**20.1** Look at the underlined letters in each pair of words. Is the pronunciation the same or different? Use the index to help you.

- |  |  |
|--|--|
| 1 <u>a</u> che <u>pai</u> n <i>same</i>              | 5 li <u>v</u> er    di <u>s</u> ease     |
| 2 co <u>l</u> d    sto <u>m</u> ach <i>different</i> | 6 sto <u>m</u> ach    o <u>p</u> eration |
| 3 co <u>u</u> gh    thro <u>u</u> gh                 | 7 <u>ch</u> emist <u>a</u> che           |
| 4 fl <u>u</u> cu <u>t</u>                            | 8 pa <u>t</u> ient    ba <u>n</u> dage   |

**20.2** Complete the sentences with *a* or nothing (-).

- |                              |                                |
|------------------------------|--------------------------------|
| 1 She's got - hepatitis.     | 6 I've got - backache.         |
| 2 I've got <i>a</i> cough.   | 7 Zarita's got - flu.          |
| 3 I'm getting - sore throat. | 8 My uncle had - heart attack. |
| 4 Ben's got - headache.      | 9 She's got - cancer.          |
| 5 Luis's got - temperature.  | 10 I've got - pain in my foot. |

**20.3** Complete the dialogues.

- 1 A: Does your finger hurt?  
B: Yes, it's very *painful*.
- 2 A: What's wrong with Dimitrios?  
B: He feels -. I think it's something he ate.
- 3 A: Did you hit your foot?  
B: Yes, and it really -.
- 4 A: My hand's bleeding quite badly.  
B: Well, put a - round it.
- 5 A: Your finger's -.  
B: I know. I cut it using that knife.
- 6 A: Does Tanya still - from bad headaches?  
B: Yes, she gets them all the time.
- 7 A: What's the matter?  
B: My back - from sitting at that computer all day.
- 8 A: I understand Lena has had quite a - illness.  
B: Yeah. She was in hospital for over a week.

**20.4** Find five more pairs of words. Why are they pairs?

lung	heart	surgeon	tablets/pills	attack	liver
operation	cancer	hepatitis	sore	medicine	throat

*lung and cancer - because you can get lung cancer.*

**20.5** Over to you

Answer the questions. If possible, compare your answers with someone else.

- 1 What do you usually do if you get a headache?
- 2 How often do you get a cough or a sore throat?
- 3 Have you ever been a patient in hospital? If so, what was it like?
- 4 Have you ever had surgery?
- 5 Are there some medicines you always keep in your home? What are they?