

# HEALTH AND ILLNESS

## VOCABULARY- B2

---

- To feel under the weather = to feel slightly ill
- To be as fit as fiddle= to be healthy
- To phone in sick= to call work and say you're ill
- To suffer from a disease
- To be a hypochondriac or a cyberchondriac /,haɪ.pə'kɒn.dri.ək/
- To give someone a diagnosis /,daɪ.əg'nəʊ.sɪs/  
*Ex: The doctor cannot give a diagnosis without doing some tests*
- To treat an illness such as asthma, depression, high blood pressure
- To relieve a headache, dental pain, arthritis /ɑ:'θraɪ.tɪs/
- To practise self-medication with non-prescription medicines /'med.ɪ.sən/ /'med.sən/
- To have an operation, to undergo an operation
- To donate organs , to be a donor
- To go down with a cold / the flu
  
- To need surgery /'sɜ:.dʒər.i/
- Symptoms
- A life-threatening illness
- A tumour /'tʃu:.mə/ (UK) /'tu:.mə/ (US)  
*Brain tumours develop in fewer than one in 50,000 people*
- The side effects of drugs
- Vaccination
- Integrative medicine: a combination of traditional and alternative medicine
  
- Home-made remedies
- Alternative medicine /ɒl'tɜ:.nə.tɪv/
  - Homeopathy /,həʊ.mi'ɒp.ə.θi/ : a way of treating illnesses using very small amounts of natural substances,
  - Osteopathy /,ɒs.ti'ɒp.ə.θi/ : the treatment of injuries to bones and muscles using pressure and movement
  - Yoga,
  - Reflexology: a treatment in which your feet are rubbed and pressed in a special way in order to improve blood flow and help you relax,
  - Acupuncture /'æk.jə.pʌŋk.tʃər/: to insert very fine needles into the body at points along the meridians,