

10 HEALTH AND ILLNESS

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anaesthetic /ˌænəs'tetɪk/ Noun

an *anaesthetic* is a drug which stops a patient feeling any pain during a medical operation

Collocates: general anaesthetic | local anaesthetic | under anaesthetic

they gave him an anaesthetic when he got to the hospital | she had the operation under general anaesthetic (an anaesthetic which makes you sleep) | the dentist gave me a local anaesthetic (which works on a small area of the body) | the anaesthetic wore off after a couple of hours (stopped being effective)

Verb: *anaesthetise* | Noun: *anaesthesia*

he was anaesthetised before the operation | I had the operation without any anaesthesia

bleach /bli:tʃ/ Noun uncount

bleach is a very strong chemical that is used for killing germs and to make things white

he used a bleach solution on my teeth | mix one part bleach to 10 parts water and apply with a stiff brush | household bleach (bleach that people can use at home rather than in factories)

Verb: *bleach* | Adjective: *bleached*

his hair was bleached by the sun (made white by strong sunshine) | she took off her hat, revealing her short, bleached hair

blood vessel /'blʌd ves(ə)/ Noun

your *blood vessels* are the tubes (veins and arteries) which carry blood around your body

blood vessels in his brain had been damaged | the blood vessels were blocked | luckily, the bullet missed his blood vessels | I burst a blood vessel under my right eye

chemotherapy /ˌki:məʊ'therəpi/ Noun uncount

chemotherapy is treatment to try to stop or cure cancer using very powerful drugs

she underwent a course of chemotherapy | he started receiving weekly chemotherapy | chemotherapy can cause hair loss | the chemotherapy was meant to destroy the cancer cells

conscious /'kɒnʃəs/ Adjective

if you are *conscious* of something, you are aware of it and know it is happening or present

Collocates: conscious of something | conscious that

I was conscious of what was happening, but I couldn't feel anything | she was very conscious that she hadn't done her best in the interview | he wasn't conscious of being tired even though he'd been up for 20 hours | Tom was suddenly conscious of the fact that he was lost

Adverb: *consciously*

we might not consciously experience this as fear

diagnose /'daɪəgnəʊz/ Verb

if a doctor *diagnoses* an illness, he or she identifies exactly what illness a patient has

Collocates: be diagnosed with something | diagnose someone as having something

the lump was diagnosed as cancer | his doctor diagnosed heart disease | he was diagnosed with pneumonia (a serious illness of the chest and lungs) | this condition is very difficult to diagnose accurately | his father was diagnosed as having skin cancer

Noun: *diagnosis* | Adjective: *diagnostic*

Collocates: diagnostic test/tool

early diagnosis is very important | a second blood test confirmed the diagnosis | diagnosis will depend on what they see in the X-ray | X-rays are an important diagnostic tool (something that helps make a diagnosis)

donor /'dɒnə(r)/ Noun

a *donor* is someone who gives some of their blood or part of their body to be used for medical operations. A blood *donor* gives blood, and an organ *donor* gives something such as a kidney or a liver

Collocates: a blood donor | an organ donor | a donor card

after several months, they finally found a kidney donor | I've been a blood donor for 20 years | there are not enough organ donors in the UK | an online donor registry (a list of people who have agreed to be donors) | a donor card (a card saying you give permission for your organs to be used if you die suddenly in an accident)

Verb: *donate*

she agreed to donate her organs after she died | people queued up to donate blood after the disaster

drip /drɪp/ Noun

a *drip* is a tube that feeds medicine directly into someone's body

once in the ambulance he was put on a drip | an intravenous drip (one that puts medicine directly into the blood) | she had a drip going into each arm

drop /drɒp/ Noun

drops are *medicine* that you drop into your eyes, ears, or nose

I bought some eye drops because my eyes were really sore | try these ear drops if the pain hasn't gone away yet | the doctor gave her nose drops to take three times a day

excruciating /ɪk'skruːʃɪ,etɪŋ/ Adjective

something that is *excruciating* is extremely painful, boring, or embarrassing

the pain was excruciating | the lecture was an hour of excruciating boredom | the atmosphere in the meeting was excruciating | he described his research topic in excruciating detail

Adverb: *excruciatingly*

an excruciatingly painful visit to the dentist | the lorry in front was going excruciatingly slowly

extensive /ɪk'stensɪv/ Adjective

something that is *extensive* is very thorough and includes a lot of details or activity

she had to undergo extensive physiotherapy on her injured knee | the article was based on extensive research | she has extensive experience in sports journalism | there was extensive discussion about the election

Adverb: *extensively*

he has written extensively on the history of the World Wide Web | as a teacher, he encouraged his students to read extensively

eyesight /'aɪ,saɪt/ Noun uncount

your *eyesight* is your ability to see

Collocates: good/keen eyesight | bad/poor eyesight | failing eyesight

my father had poor eyesight from when he was a child | I've never had any problems with my eyesight | my eyesight has been getting worse over the last couple of years | they test your eyesight as part of your driving test | he had exceptionally keen eyesight and could read the notice from the other end of the room | failing eyesight meant he could no longer play the piano

fast /fa:st/ Verb

when you *fast*, you do not eat anything for a period of time, usually for religious reasons or medical reasons

you have to fast for 12 hours before the operation | Muslims fast during Ramadan

Noun: *fast* | Noun: *fasting*

Collocates: break a fast

after a week, I was able to break my fast (start eating again) | he died after 48 days of fasting

filling /'fɪlɪŋ/ Noun

if you have a *filling* in a tooth, a dentist has put a small amount of metal or plastic in it to protect it from breaking or rotting

I went to the dentist to have a filling | she never had a filling until she was in her 30s | when he opened his mouth, you could see he had several fillings

graft /gra:ft/ Noun

a *graft* is a piece of healthy skin or bone that is put onto a damaged area of someone's body so that it will grow there and repair it

Collocates: a skin/bone graft

she was rushed to hospital for a skin graft | the injury required a bone graft | if the graft fails, they might have to amputate his leg (cut his leg off) | he may need skin grafts to repair the damaged area

Verb: *graft*

Collocates: graft something onto something

the surgeon grafted skin from her thigh onto her neck

laser /'leɪzə(r)/ Verb

a *laser* or a *laser* beam is a narrow and powerful beam of light. *Lasers* are used in some medical treatments, and to cut through metals and other hard materials

laser eye surgery can help reduce loss of vision | a laser cutter (a tool for cutting hard materials) | the clinic offers laser hair removal treatment

Verb: *laser*

I had my eyes lasered to correct my short-sightedness

mercifully /'mɜ:(r)ɪf(ə)li/ Adverb

mercy is forgiving someone or treating them gently instead of punishing or hurting them. Someone who is *merciful* shows mercy to someone. You use *mercifully* to say you are glad that a situation is not as bad as it might have been, or that someone has treated you gently instead of punishing or hurting you

mercifully, I didn't have to have an injection | violence in the classroom is mercifully rare | the lecture was excruciatingly dull but mercifully short | he hoped he would be dealt with mercifully

Adjective: *merciful* | Noun: *mercy*

he believed in a merciful God | he was so angry that I was sure he would show no mercy on us | he begged for mercy

physiotherapy /'fɪziəʊ'therəpi/ Noun uncount

physiotherapy is treatment for parts of the body that are injured, which involves doing special exercises to get them working properly again

she had to undergo extensive physiotherapy on her injured knee | I'm still having physiotherapy on my shoulder | physiotherapy will strengthen the muscles in your legs

Noun: *physiotherapist*

she's training to be a physiotherapist | I have a weekly session with a physiotherapist

rehabilitation /,ri:ə'bɪlɪ'teɪʃ(ə)n/ Noun uncount

rehabilitation is the process of helping someone to live a normal life again, for example after a serious illness or after being in prison

he went through a rehabilitation programme after the operation | a rehabilitation centre | the rehabilitation of offenders

Verb: *rehabilitate*

it's very important to do everything we can to rehabilitate young offenders

relapse /'ri:læps/ Noun

a *relapse* is when someone who has slightly recovered from a serious illness becomes seriously ill again

Collocates: have/suffer a relapse

he suffered a relapse two months later | she's not had a relapse for the last year and a half | the main aim of the treatment is to prevent a relapse | a cycle of remission and relapse (getting better from an illness then having it come back again)

Verb: *relapse*

one patient had relapsed within three months, but the others stayed healthy for over a year | he soon relapsed and was rushed back to hospital

remission /rɪ'mɪʃ(ə)n/ Noun uncount

if a patient with a serious disease is in *remission*, or if the disease is in *remission*, the disease stops developing for a while and the patient recovers slightly

Collocates: be in remission | go into remission
she's been in remission for two months now | the treatment worked and resulted in a second remission | the cancer appeared to be in full remission | some patients are able to achieve long-term remission with this treatment | quite unexpectedly, her condition went into remission

rod /rɒd/ Noun
 a rod is a long thin bar made of metal or wood or plastic
they inserted metal rods in his ankle to help it heal | he went back to hospital three months later to have the rods taken out

scarring /skɑːrɪŋ/ Noun uncount
 scarring is visible damage to the skin that remains after a wound has healed
after several months, the scarring was still noticeable | the treatment is painful and can lead to scarring | he was lucky to survive, but suffered severe facial scarring (a lot of scarring on his face) | the attack left him with permanent scarring
 Noun: scar | Verb: scar
I've got a scar on my leg | how did you get that scar? | his face was permanently scarred by a childhood illness

solution /sə'luːʃ(ə)n/ Noun
 a solution is a liquid that has a gas or solid dissolved into it
he used a bleach solution on my teeth | the solution should be mixed with warm water | a weak solution of water and sugar

swell /swel/ Verb
 if part of your body swells or swells up, it becomes bigger
my knee swelled up straight away | my ankles swell when I'm on a plane | I could feel my foot starting to swell
 Adjective: swollen | Noun: swelling
his face was very swollen | I went to the doctor with a swelling on my back

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belly /'beli/ Noun
 your belly is the front part of your body below your chest
I need to lose weight, especially off my belly | an enormous man with a round belly | he lay on his belly reading the newspaper

blow up /,bləʊ 'ʌp/ Phrasal verb
 if you blow up, you suddenly lose your temper and become very angry
 Collocates: blow up at someone
to be honest, I have a tendency to blow up when I'm under stress | she would blow up at me over nothing, then calm down again | he managed to stay calm during the meeting, but as soon as Derek had left he blew up | he didn't take the news well, blowing up at her and saying it was all her fault

bout /baʊt/ Noun
 if you have a bout of illness, you are ill for a period of time
 Collocates: a bout of something
he suffered recurrent bouts of depression and anxiety | I'm just recovering from a bout of flu | her education was interrupted by frequent bouts of illness

clench /klentʃ/ Verb
 if you clench your fist, jaw, teeth etc., you squeeze them tightly together, often because you are angry or upset
 Collocates: clench your fist/teeth/jaw
my face went red and I clenched my teeth | he had clenched his fist and was obviously angry | her jaw was clenched tight in anger | he clenched his fingers round the coffee cup
 Adjective: clenched
Robbie repeated the words through clenched teeth | I was so angry I punched the door with my clenched fist

clutch /klʌtʃ/ Verb
 if you clutch something, you hold on to it very firmly because you do not want to lose it. If you clutch at something, you suddenly take hold of it
he arrived at the door of the hotel clutching his bag | her fingers clutched at the sleeve of his coat | he fell down sideways, clutching his knee in pain | Jo's hands clutched at the arms of his chair
 Noun: clutch
the boy wriggled out of his clutch and ran off down the street

dietary /'daɪət(ə)ri/ Adjective
 your diet is the food that you eat. Dietary means relating to the food you eat
 Collocates: dietary supplement | dietary fibre
I take a lot of dietary supplements to keep my body in balance | there is no link between dietary fat and breast cancer | breakfast cereal was a source of dietary fibre (food that helps food pass through your body efficiently) | the dietary guidelines recommend eating less fat
 Noun: diet
 Collocates: a healthy diet | a balanced diet | a poor diet
a healthy diet | you need to eat a balanced diet (a mix of different kinds of food) | their diet was rich in nuts and beans | poor diet can lead to loss of energy

dwell on /'dwel ɒn/ Phrasal verb
 if you dwell on something unpleasant, you spend a lot of time thinking about it or talking about it
I'll often dwell on things, and that makes me feel a bit down | we all make mistakes, but it's best not to dwell on them | the subject was too painful to dwell on | there was no time to dwell upon past failures – we had to get started on the next project

eradicate /ɪ'rædɪkeɪt/ Verb
 to eradicate something unpleasant or unwanted means to get rid of it altogether
many infectious diseases have been completely eradicated | it is impossible to eradicate poverty altogether | we are committed to eradicating extreme

hunger in Africa by 2020 | more work is needed to eradicate racism from football

Noun: *eradication*

Collocates: the eradication of something

their aim is the eradication of the illegal drugs trade | its goals are human development and poverty eradication

eyelash /'aɪ.læʃ/ Noun

your *eyelashes* are the hairs that grow from your eyelids above and below your eyes

he had unusually long eyelashes for a man | she had the longest eyelashes I'd ever seen | her eyebrows and eyelashes were black

flutter /'flʌtə(r)/ Verb

if something *flutters*, it moves lightly and quickly up and down or from side to side. If someone *flutters* their eyelashes at you, they open and close their eyes several times very quickly as a sign that they are attracted to you or want you to do something for them

I could hear the birds fluttering their feathers outside | at the gate he turned and waved, and she fluttered her handkerchief in response | the flag fluttered in the light breeze | it's no use fluttering your eyelashes at me – I'm not lending you any money

Noun: *flutter*

the flutter of wings

grumpy /'grʌmpɪ/ Adjective

if someone is *grumpy*, they are slightly bad-tempered and often complain about something

Collocates: *grumpy about something*

I get quite grumpy when I'm hungry | what are you so grumpy about? | a grumpy old man | I got home after a long journey feeling tired and grumpy

Adverb: *grumpily* | Noun: *grumpiness*

he agreed, rather grumpily, and got ready to come with me | Alex sat there grumpily waiting for dinner | his grumpiness spoiled the whole evening | we couldn't work out the cause of his grumpiness

harmony /'hɑ:(r)məni/ Noun uncount

harmony is a state where different things and/or people are able to exist peacefully alongside each other

Collocates: in *harmony* (with someone or something)

TCM builds on harmony between mind, body, and the environment | within a few hours, harmony was restored | we need to learn to live in harmony | here, man and nature have achieved perfect harmony | are you in harmony with your surroundings now?

Adjective: *harmonious* | Adverb: *harmoniously*

employees are expected to build up and maintain harmonious relationships with each other | communities where people live harmoniously together

low-level /'ləʊ lev(ə)/ Adjective

low-level situations, people, or jobs are not very important and do not have a high rank

many doctors dismiss patients with low-level complaints as 'the worried well' | even low-level employees can access the central database | the investigation was not carried out by a low-level official but by the managing

director herself | he was arrested and charged with a relatively low-level crime

march /mɑ:(r)tʃ/ Noun singular

the *march* of something is its steady development over time

none of this seems to be halting the march of mindfulness | the march of progress will never end | we are all part of the march of history | the relentless march of technology

mortality /mɔ:(r)'tæləti/ Noun uncount

mortality is the rate at which people die. If there is high *mortality* somewhere, more people die at a young age compared with places where there is lower *mortality*, where people on average live longer

Collocates: *mortality rate*

western medicine has been very successful in improving mortality | measures to reduce infant mortality rates | child mortality increased slightly there in the 1960s before falling in the 1970s

mount /maʊnt/ Verb

if something *mounts*, it increases gradually in quantity or intensity

evidence is mounting of its potential to combat a range of health issues | pressure is mounting on the government to take stronger action | as war became more likely, tension mounted in the capital | speculation is mounting that the prime minister will resign

Adjective: *mounting*

she came under mounting pressure to stand in the leadership election | a single mother with mounting debts | there is mounting evidence that the drug is unsafe

neural /'njʊərəl/ Adjective

neural means relating to nerves or the nervous system

mindfulness is believed to spark new neural connections | your neural pathways are the links in your brain through which information passes | there was no sign of neural activity

prescribe /prɪ'skraɪb/ Verb

if a doctor *prescribes* you a particular medicine or treatment, he or she says that you should have that medicine or treatment. A *prescription* is the piece of paper from the doctor that tells the chemist what medicines to give you

Collocates: *prescribe someone something*

your doctor might prescribe drugs for your condition | take no drugs unless they've been prescribed by your doctor | the pills were prescribed to treat his depression | the doctor prescribed me some pills and told me to come back in a week

Noun: *prescription*

Collocates: on *prescription*

take this prescription to the chemist | a repeat prescription (the same prescription that you have every time) | prescription drugs (drugs that you can get legally only if a doctor has authorised them) | you can only get these pills on prescription

recurrent /rɪˈkʌrənt/ Adjective

something that is *recurrent* happens again and again
having recurrent dreams is a very common experience
unemployment was a recurrent problem during this period | *there are no recurrent illnesses in the family* | *he suffered recurrent bouts of depression and anxiety*

Verb: *recur* | Noun: *recurrence* | Adjective: *recurring*
the cancer recurred in 2014 | *problems with his health recurred and he was forced to retire* | *he then suffered a recurrence of the same injury* | *we need to take action to prevent a recurrence of the problem* | *she suffered from recurring nightmares* | *the park has had recurring problems of vandalism*

regulation /ˌregjʊˈleɪʃ(ə)n/ Noun uncount

regulation is control of a particular activity or process
 Collocates: regulation of something

these areas of the brain are associated with the regulation of emotions | *everyone agrees we need stricter regulation of the banks* | *they introduced stronger regulation of the gambling industry* | *effective regulation in medical practice is essential*

Verb: *regulate* | Noun: *regulator*

the financial sector was regulated by the Bank of England | *the housing market is heavily regulated* | *the allegations have been extensively investigated by regulators in Europe and the US*

scepticism /ˈskeptɪsɪz(ə)m/ Noun uncount

scepticism is doubt about the truth or usefulness of something or about the likelihood of something happening

the proposals were met with scepticism from the majority of voters | *other speakers expressed scepticism about the usefulness of the procedure* | *the claim was greeted with scepticism by environmental campaigners* | *despite his initial scepticism, he became a keen supporter of the policy*

Adjective: *sceptical* | Adverb: *sceptically* | Noun: *sceptic*

Collocates: *sceptical about/of something*

people are often sceptical about buying shoes online | *she was deeply sceptical of Malcolm's ability to solve the problem* | *while at school, he had shown a sceptical attitude to Christian belief* | *he raised his eyebrows sceptically at the news* | *this account is regarded sceptically by most historians* | *the sceptics were proved wrong when share prices rose sharply* | *climate sceptics (people who doubt that the climate is changing)*

shrug off /ʃrʌɡ ˈɒf/ Phrasal verb

if you *shrug off*, or *shrug* your shoulders, you move your shoulders up and down slightly as a sign that you are not sure about something or do not care about something. If you *shrug* something *off*, you are able to show that you do not care about it or that it does not worry you

I sometimes get negative feelings, but I can usually shrug them off | *I admire the way she can just shrug off all her problems* | *these issues were shrugged off as irrelevant* | *Harper shrugged off questions about his past and insisted he was the right man for the job*

shudder /ˈʃʌdə(r)/ Verb

if you *shudder*, your body shakes for a short while, for example because you are afraid, worried, or cold
she shuddered and turned away from the door | *hearing those words, his whole body shuddered* | *just thinking about it makes me shudder*

Noun: *shudder*

a cold shudder ran down my back | *I thought I saw a shudder of fear when I told him the news*

spiral /ˈspaɪrəl/ Noun

a *spiral* is a line that curves round and round a central point with each curve getting further from the central point. A *spiral* is also a situation in which something becomes uncontrollably worse or better

Collocates: a spiral of something | a downward/upward spiral

since they lost the election, the party has been in a downward spiral | *inflation began another upward spiral* | *he became stuck in a spiral of depression*

Adjective: *spiral* | Verb: *spiral*

a spiral staircase | *he could feel his life spiralling out of control* | *profits spiralled downwards* | *spiralling costs led to the company closing its Manchester factory* | *the news sent the share price spiralling upwards*

supplement /ˈsʌplɪmənt/ Noun

a *supplement* is a pill or a special kind of food that you eat in order to make sure you have enough of a particular kind of nutrition

I take a lot of dietary supplements to keep my body in balance | *the government recommends vitamin D supplements for pregnant women* | *buying cheap supplements is not a good idea* | *some of the patients received supplements containing iron*

Verb: *supplement* | Adjective: *supplementary*

he was still supplementing his diet with pills from the health food shop | *breakfast every day was toast, which he occasionally supplemented with orange juice*

underpin /ˌʌndə(r)ˈpɪn/ Verb

to *underpin* something means to be the main thing that supports it and helps it to succeed

all research is underpinned by quality assurance teams | *exports have been the main base underpinning the economy* | *the company's growth was underpinned by growing demand from China* | *honesty and hard work underpin our success* | *our values underpin everything we do*

Noun: *underpinning*

democracy is the necessary underpinning of a peaceful society

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breach /brɪ:tʃ/ Verb

to *breach* a rule, contract, or agreement means to break it
he was accused of breaching patient confidentiality | *there were six charges of breaching safety rules* | *he breached the contract and they took him to court* | *it was the NCJ, not Hansen, who first breached the agreement*

Noun: *breach*

Collocates: (in) breach of contract

failure to pay by the end of the month will leave you in breach of contract | a rule observed more in the breach than the observance (nobody pays any attention to the rule and it does not seem to be enforced) | such breaches of parliamentary procedure carry a fine of £500

break-in /'breɪkɪn/ Noun

when there is a *break-in*, one or more criminals force their way into a building in order to steal things

we had a break-in last night, but luckily they didn't take much | I phoned the police to report the break-in | police are investigating several break-ins in the Holmfirth area | we've not had a break-in since the alarm was installed

Phrasal verb: *break in*

thieves broke in and stole two computers and £3,000 in cash | you need to get a proper lock fitted, otherwise anyone could break in

bypass /'baɪpɑ:s/ Noun

a *bypass* is a road that deliberately goes past a town rather than through it

they want to build a bypass to reduce traffic in the town centre | the Kingston bypass opened in 1927 | the plane crashed onto the Shoreham bypass | plans to build a bypass round Ambleside have finally been dropped

Verb: *bypass*

the A283 bypasses Steyning to the west | similar roads in Sweden tend to bypass towns and villages

cliché /'kli:ʃeɪ/ Noun

a *cliché* is an idea or expression that has been used so many times that it no longer has any real meaning

in most cases, using clichés is just lazy writing | we got married a year later and the rest is history, if you'll forgive the cliché | as the cliché goes, it was too little too late | to use the old cliché, I couldn't put the book down (it was a very exciting story) | his writing was littered with tired clichés, not to mention a number of spelling mistakes

Adjective: *clichéd*

most reviewers found the novel clichéd and uninteresting | despite a rather clichéd beginning, the film turned out to be quite good

confidentiality /'kɒnfɪdənsi'æləti/ Noun uncount

confidentiality is a requirement that certain information should not be passed on or told to anyone else

the principle of patient confidentiality is very important | we will respect the confidentiality of your personal details | confidentiality was guaranteed | all staff are required to sign confidentiality agreements | a serious breach of confidentiality

Adjective: *confidential* | Adverb: *confidentially* |

Noun: *confidence*

Collocates: *strictly/highly confidential | in confidence confidential information is kept on a separate area of the computer system | you must keep your password strictly confidential | a confidential email was leaked to the press | all personal details will be treated confidentially | he told me confidentially that he was*

moving to another company | I'll tell you – but in strictest confidence | this was a serious breach of confidence

cover-up /'kʌvə(r)ʌp/ Noun

a *cover-up* is a deliberate attempt to stop the truth about a crime or mistake becoming known by the public

there was a big cover-up to stop the public finding out about it | the Watergate cover-up led to Nixon resigning in 1974 | his book exposed a massive government cover-up | the investigation revealed a sequence of mistakes, but not a deliberate cover-up

Phrasal verb: *cover up*

the government wanted to cover up the unemployment figures until after the local elections | documents were destroyed in an attempt to cover up the truth

falling-out /'fɔ:lɪŋ 'aʊt/ Noun

if two people have a *falling-out*, they have a disagreement or argument

Collocates: a *falling-out* with someone (over something)

we had a bit of a falling-out over something quite stupid | his refusal to join the family firm led to a falling-out with his father | she had a falling-out with Ray over financial matters | they haven't spoken since their falling-out six years ago | the incident resulted in a major falling-out between the two

Phrasal verb: *fall out*

Collocates: *fall out* with someone (over something)

the two of them fell out over who should do the cooking | let's not fall out over something as unimportant as this | she fell out with her brother over the arrangements for their mother's funeral

outbreak /'aʊtbreɪk/ Noun

if there is an *outbreak* of something unpleasant or unwanted, it starts to happen or be present somewhere

Collocates: an *outbreak* of something

I had to give up my studies during the Ebola outbreak | there's been a recent outbreak of fighting in the region | medical experts warned there could be another outbreak of the disease

Phrasal verb: *break out*

fighting broke out on the border | the fire broke out at 3 in the morning | an argument broke out between the driver and a cyclist | when war broke out in 1939, his father left home to join the army

run-up /'rʌn ʌp/ Noun

the *run-up* to an event is the period of time shortly before it happens when there is a lot of activity connected to the event

Collocates: the *run-up* to something

she was frantically busy in the run-up to the election | shops stay open for longer in the run-up to Christmas | people became more and more excited in the run-up to independence

Phrasal verb: *run up*

Collocates: *run up* to something

she became increasingly tired in the weeks running up to the baby's birth

shake-up /ʃeɪk ʌp/ Noun

a *shake-up* is an important number of changes to the way an organisation or system works

our health system needs a serious shake-up to cope with an aging population | primary schooling is in the middle of another shake-up | the company carried out a major shake-up of its management structure | it was the biggest political shake-up in years

Phrasal verb: *shake up*

it's time to shake up the legal system | we've got a new boss who's busy shaking up the department

springboard /ˈsprɪŋ,bɔː(r)d/ Noun

a *springboard* is something that helps you start an activity that will develop and become successful

Collocates: a *springboard* for something

I've found it a really useful springboard for my students to discuss ethics | editing the student newspaper was a springboard into a career in journalism | getting an MBA was a springboard to a better-paid job | we hope this training course will be a springboard for future personal growth

upbringing /ˈʌp,briŋɪŋ/ Noun

someone's *upbringing* is the way their parents looked after them and how they taught them to behave when they were growing up

he'd had a very strict upbringing | little is known of Perkins' childhood and upbringing | a traditional Irish catholic upbringing | I had a pretty normal, middle-class upbringing

Phrasal verb: *bring up* | Adjective: *brought-up*

I was brought up by my grandmother after my parents died | we were brought up to believe that good manners were important | a very well brought-up child

walkout /ˈwɔːkaʊt/ Noun

if there is a *walkout*, employees of a company go on strike

they staged a walkout in protest at the cutbacks | management increased their pay offer to try and prevent a walkout | teachers started a 24 hour walkout at lunchtime on Tuesday | union members voted to end the week-long walkout

Phrasal verb: *walk out*

workers walked out when their pay claim was turned down

workout /ˈwɜː(r)kaʊt/ Noun

a *workout* is a period of hard physical exercise that you do to keep fit

a vigorous workout for 30 minutes a day will help keep you fit | I really enjoy my morning workout | a 40 minute workout | this is a good upper body workout (to strengthen muscles in your chest and arms)

Phrasal verb: *work out*

I try and work out at least three times a week | she listens to music when she's working out

write-off /ˈraɪtɒf/ Noun

a *write-off* is a car that has been so badly damaged that it cannot be repaired

luckily, no one was injured, but the car was a complete write-off | it didn't look too badly damaged, but the insurance company said it was a write-off

Phrasal verb: *write off*

he'd written off two cars by the time he was 21 | the first time he borrowed his dad's car, he wrote it off

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aftercare /ˈɑːftə(r)keə(r)/ Noun uncount

aftercare is the care someone needs after they leave hospital or prison to help them to live independently

Maxine's owners had to make sacrifices to provide her with the aftercare she needed | social workers helped draw up an aftercare plan for her | councils are now expected to provide more aftercare but have less money to do it

pay off /ˌpeɪˈɒf/ Phrasal verb

if something *pays off*, it starts to give you successful results

Catherine's dedication eventually pays off | her hard work paid off and she got top grades in all her exams | your guitar lessons might just pay off if you get to play in the concert | so far, the strategy is paying off and sales are increasing

resent /rɪˈzɛnt/ Verb

if you *resent* something, you don't like it and are angry or upset about it because you think it is unfair

Collocates: bitterly/deeply/strongly *resent* something

he'd always resented the amount of time his wife spent at her mother's house | I resented having to drive him everywhere when he was perfectly capable of driving himself | I deeply resent the comments she made about me | locals resented the presence of foreign soldiers in their town

Adjective: *resentful* | Adverb: *resentfully* |

Noun: *resentment*

he was deeply resentful towards his mother for making him stay at home that night | she felt resentful that Jerry had been able to sleep through the night | she frowned resentfully, and he immediately regretted his words | it wasn't my fault, he thought resentfully | the incident caused resentment that lasted several years | her resentment grew worse when a junior colleague was promoted above her

