

12 HEALTH AND MEDICINE

STUDENT'S BOOK PAGES 106–107

asthma /'æsmə/ Noun uncount

asthma is a medical condition which affects someone's chest. People who have *asthma* cough a lot and sometimes have difficulty breathing

Collocates: suffer from asthma | an asthma attack | severe/acute/chronic asthma

one in seven primary-school children now suffers from asthma | taken to hospital after an asthma attack

Adjective: *asthmatic* | Noun: *asthmatic*

Collocates: an asthmatic attack | an asthmatic patient

provision of care for asthmatic patients | this medicine should not be given to children or asthmatics

- asma

eczema /'eksɪmə/ Noun uncount

eczema is a skin condition in which your skin is constantly sore and you want to scratch it all the time

I have slight eczema on the palms of my hands | Jeffrey's eczema was getting worse as a result of all the stress

- èczema

sneeze /sni:z/ Verb

if you *sneeze*, you suddenly force a lot of air out your nose or mouth without being able to prevent it, for example when you have a cold

he was coughing and sneezing all night | she sneezed twice as the cold air blew in through the open door | the pepper spilled and made me sneeze

Noun: *sneeze*

- esternudar

swell up /'swel ʌp/ Phrasal verb

if a part of your body *swells up* or *swells*, it gets larger than usual because you are ill or uncomfortable

my feet always swell up on aeroplanes | his lips started swelling up | my ankle had swollen up

Adjective: *swollen* | Noun: *swelling*

her face was a bit swollen | a large swelling on his neck

- inflar-se

rash /ræʃ/ Noun

a *rash* is a lot of red spots on someone's skin caused by an illness or a bad reaction to something they have eaten or touched

Collocates: a heat rash | a skin rash | nappy rash

a faint pink rash and a slight fever | he tried not to scratch, although the heat rash was really itchy

- erupció

stiff /stɪf/ Adjective

if you feel *stiff*, your muscles and joints move only with difficulty because you are ill, or because you have been very active, or because you have been in the same position for a long time

my knee is quite stiff this morning | I woke up with a stiff neck | people who suffer from backache and stiff joints

Noun: *stiffness* | Adjective: *stiffly*

sprains, bruises and muscular stiffness | she climbed stiffly out of the car

- encarcarat / rigid

plaster /'plɑ:stə(r)/ Noun uncount

if you have an arm or leg *in plaster*, it is covered in a solid substance that makes a sleeve to protect a broken bone while it is recovering. The sleeve is called a *plaster cast* and is made from *plaster of Paris*, which is a mixture of a white powder and water that becomes firm and solid once it is dry

she left hospital with her wrist in plaster | I couldn't type with a plaster cast on my hand

- guix

crutch /krʌtʃ/ Noun

a *crutch* is one of a pair of long sticks that fits under your arm and which you use to help you walk when you have hurt your leg

Collocates: be on crutches

I was on crutches for months (could walk only with the help of crutches) | he's still walking with crutches

- crossa

stitch /stɪtʃ/ Noun

if you have *stitches*, a doctor uses a strong thread to close up your skin where you have had a deep cut

Collocates: have stitches | have stitches out

she had to have four stitches in her knee | come back in a week and I'll take the stitches out (remove them)

- punt

fume /fju:m/ Noun

fumes are gases and smoke from fires, burning chemicals, car engines, etc, that are unhealthy and unpleasant to breathe, and that can make people feel unwell

Collocates: toxic/poisonous fumes | petrol/diesel/exhaust/traffic fumes

asthma is made worse by the exhaust fumes | a cloud of toxic fumes

- fum

itchy /'ɪtʃi/ Adjective

if part of your body feels *itchy*, it is uncomfortable and you want to scratch your skin to stop it feeling like that

Collocates: an itchy scalp/rash | itchy skin

I soon felt dirty and itchy | the rash will be itchy, but try not to scratch it | they also had itchy skin, fever, and loss of appetite

Noun: *itch* | Verb: *itch* | Noun: *itchiness*

I've got an itch just here, where I can't scratch it | his scalp wasn't itching any more | the itchiness should go away if you use this cream

- que pica

throw up /'θrəʊ ʌp/ Phrasal verb

if you *throw up*, food that you have eaten comes back up from your stomach and out of your mouth. *Throw up* is informal, and a more polite word is *vomit*

I felt a lot better after I'd thrown up | as the sea got rougher, people on deck started throwing up | he threw up all over the teacher's skirt

- treure / vomitar

faint /feɪnt/ Verb

if you *faint*, you lose consciousness for a short time, for example because you are very hungry or too hot

she fainted from hunger | I think I'm about to faint | he turned white and almost fainted

- desmaiar-se

panic /'pæɪnɪk/ Noun uncount

panic is a state when people suddenly become very worried about something and start behaving in a slightly wild way because they are not sure what to do

Collocates: widespread panic | blind/sheer panic | panic breaks out/sets in | in a panic | with panic

the epidemic caused widespread panic across the continent | a panic attack (a sudden feeling of panic) | in a panic, he jumped out of the second floor window

Verb: *panic* | Adjective: *panicky*

Collocates: panic about something

he felt panicky as soon as he stepped inside the plane

- pànic

chronic /'krɒnɪk/ Adjective

a *chronic* medical condition is one that is serious and lasts a long time without getting any better

Collocates: a chronic disease/illness/condition | chronic pain

stress can be a factor in the development of chronic illness | chronic indigestion | chronic back pain

Adverb: *chronically*

Collocates: chronically sick/ill

the needs of chronically sick children

- crònic

bring on /'brɪŋ ɒn/ Phrasal verb

if something *brings on* something bad or unwanted, it causes it or makes it start happening. If you say that someone *brought it on* himself or *brought it on* herself, you mean that it was their own fault that something bad happened to them

Collocates: be brought on by something

I get really bad headaches, and eating fish usually brings one on | and what brought on that fit of anger? | he brought it on himself so he won't get any sympathy from me

- buscar-se alguna cosa / causar-la

panic /'pæɪnɪk/ Verb

if you *panic*, you suddenly start behaving in a slightly wild way because you are very worried about something

Collocates: panic about something

whatever you do, don't panic | just stop panicking about it and calm down | I panicked and ran into the garden

Noun: *panic* | Adjective: *panicky*

Collocates: widespread panic | blind/sheer panic | panic breaks out/sets in | in a panic | with panic

he felt panicky as soon as he stepped inside the plane

- entrar en pànic

rush /rʌʃ/ Verb

if you *rush* somewhere or *rush* to do something, you try and go there as soon as you can or you try and do it as quickly as possible

Collocates: rush to do something

no need to rush, the train's not due for another ten minutes | he rushed to the hospital as soon as he heard the news | he rushed in ten minutes late for the lesson

Noun: *rush*

Collocates: (be) in a rush | a great rush | a mad/frantic rush | a sudden rush | a rush to do something

we were in a rush to get to the station

- afanyar-se

needle /'ni:d(ə)/ Noun

a *needle* is a long, thin piece of metal with a hole through the middle of it which is used to push medicine into people's bodies

disposable needles (ones that are used only once) | he fainted when he saw the needle

- agulla

heal /hi:l/ Verb

if a wound or a broken bone *heals* or if something *heals* it, it recovers and becomes well again

it took several weeks for the wound to heal | give it time and it will heal itself | she was healed by the latest medical treatment

Noun: *healing*

the healing process

- curar

STUDENT'S BOOK PAGES 108–109**chest** /tʃɛst/ Noun

your *chest* is the front part of your body between your neck and your stomach

Collocates: chest pain | a chest infection | a hairy chest
taking medicine for a throat and chest infection | he punched the policeman in the chest and ran off

Adjective: *chesty*

- **pit**

elbow /'ɛlbəʊ/ Noun

your *elbow* is the joint in the middle of your arm, which makes your arm able to bend

I banged my elbow on the door | can you bend your elbow, or is it too stiff?

- **colze**

hip /hɪp/ Noun

your *hips* are the two bones at the side of your body, just below your waist

Collocates: narrow/slim hips | wide hips | an artificial hip | a hip replacement | a hip operation

Christopher is going into hospital for a second hip operation | Alyssia placed her hands on her hips and stared angrily at him

- **maluc**

kidney /'kɪdni/ Noun

your *kidneys* are the two organs in your body which filter your blood and produce urine

suffering from kidney failure | a kidney transplant (when a kidney from one person's body is put into another person's body to replace a kidney that has failed)

- **ronyó**

liver /'lɪvə(r)/ Noun

your *liver* is an organ in your body that cleans your blood
cancer of the liver | cirrhosis of the liver (a serious disease caused by drinking too much alcohol)

- **fetge**

lung /lʌŋ/ Noun

your *lungs* are the two organs in your chest that fill with air when you breathe and that process the air to make oxygen for your blood

empty your lungs and breathe deeply in through your nose | this training is good for the heart and lungs

- **pulmó**

rib /rɪb/ Noun

your *ribs* are the 12 pairs of bones in the middle of your body that form a cage around your heart and chest

Collocates: broken/fractured/sore/bruised ribs
he suffered injuries to his rib cage

- **costella**

skull /skʌl/ Noun

your *skull* is the bone that makes up your head and that contains your brain

Collocates: a fractured skull | a human/animal skull
a strong blow to the skull can cause brain damage | these dinosaurs had very bony skulls

- **crani**

spine /spain/ Noun

your *spine* is the row of bones that goes down your back from your neck and that helps you stay upright

an exercise that is good for the spine without putting unnecessary strain on the rest of the body | the body's main nerves branch out from either side of the spine

Adjective: *spinal*

she had to undergo spinal surgery

- **columna vertebral**

wrist /rɪst/ Noun

your *wrist* is the joint that connects your hand to your arm

Collocates: sprain/break your wrist | a sprained/sore/broken wrist | grab someone's wrist

I sprained my wrist playing rugby | she wore a watch on her right wrist

- **canell**

pin /pɪn/ Noun

a *pin* is a piece of metal that is put into someone's body to hold together a bone that has been broken

the pin will be removed in the clinic | internal pins and or screws are used to hold the bone in place

Verb: *pin*

I had to have my leg pinned

- **clau**

transplant /'trænsplɑ:nt/ Noun

a *transplant* is an operation in which a new organ is put into someone's body to replace an organ that no longer works properly

Collocates: a heart/kidney/liver transplant | transplant surgery | a transplant operation

to donate a kidney for transplant | he needs a heart transplant | the transplant operation took hours

Verb: *transplant*

the new heart is ready to be transplanted

- **trasplantament**

remove /rɪ'mu:v/ Verb

when surgeons *remove* a part of someone's body, they do an operation to take it out because it has become damaged or diseased and will cause someone to be seriously ill or die if it stays in their body

a six-hour operation to remove the tumour | an appendectomy is an operation to remove someone's appendix

Noun: *removal*

removal of the tumour was a difficult procedure

- *retirar / treure*

tumour /'tju:mə(r)/ Noun

a *tumour* is a mass of diseased cells that grows inside someone's body, and that can be very dangerous for their health. Some *tumours* turn into cancers

Collocates: a benign tumour | a malignant tumour | a brain tumour

an inoperable brain tumour (one that cannot be cured by surgery) | the doctor said it was a benign tumour (a tumour that is not dangerous to health)

Adjective: *tumorous*

a tumorous growth

- *tumor*

ligament /'lɪgəmənt/ Noun

a *ligament* is a strong band of muscle in your body that connects your bones and keeps your organs in the right place

if you don't warm up first you can easily pull a muscle or tear a ligament | luckily, there was no ligament damage

- *lligament*

globalisation /ˌglɒsbəlaɪ'zeɪʃ(ə)n/ Noun uncount

globalisation is the increasing way in which large companies can operate all over the world instead of in just one country, and in which people can move easily from one country to another when they want something that they can't get in their own country

Collocates: economic globalisation | cultural globalisation | increasing globalisation

the increasing globalisation of world trade | a positive response to the globalisation of our industry

Verb: *globalise* | Adjective: *globalised*

production has been increasingly globalised | our globalised 24-hour news culture | the globalised economy

- *globalització*

ever-increasing /'evə(r) ɪn'kri:ɪŋ/ Adjective

something that is *ever-increasing* is continuing to grow in size or number

Collocates: ever-increasing numbers/demand

we're using up fossil fuels at an ever-increasing rate | ever-increasing fuel bills

- *en augment*

dispute /dɪ'spju:t/ Noun

if there is a *dispute* about something, people cannot agree about it and so they argue about it

Collocates: a dispute over/about something | a dispute between people | a pay dispute | a major/minor dispute | a bitter/fierce dispute | be in dispute with someone | settle a dispute

if there's any dispute, call me and I'll sort it out | a dispute between the two parents

Verb: *dispute* | Adjective: *disputed*

Collocates: a disputed territory/border/region

his client disputed the fee | the result of disputed elections

- *conflicte*

combine /kəm'baɪn/ Verb

if you *combine* two activities, you take the opportunity to do them both at the same time

we combined the conference trip with a weekend in Florence | combine business with pleasure | she combined the roles of soloist and conductor in a performance of the violin concerto

Adjective: *combined*

a combined business trip and weekend break

- *combinar*

arise /ə'raɪz/ Verb

if an issue or question *arises*, it starts to become important in such a way that you have to deal with it or answer it

Collocates: an issue/problem/situation/question arises
this issue arises in different branches of computing | there may be financial problems arising from the patient's illness | the question arose as to what needed to be done

- *sorgir*

outsource /'aʊt,ʃɔ:(r)s/ Verb

when a company *outsources* its work or services, it arranges for the work to be done or the services to be provided by a different organisation, sometimes one in another country
hospitals outsource their record keeping | it's much cheaper to outsource the work

Noun: *outsourcing*

the benefits of outsourcing

- *externalitzar*

record /'rekɔ:(r)d/ Noun

records are documents, photographs, computer files, etc that relate to a particular business or activity, and that are kept so that they can be looked at later. The activity of looking after records and maintaining them is *record keeping*

Collocates: keep/maintain a record | official records | financial/health/medical records

let me check the records | the official city records were destroyed during a fire

- registres

beneficiary /,benɪ'fɪəri/ Noun

a *beneficiary* of something is someone who gets a benefit or advantage from it

Collocates: a beneficiary of something | the main/principal/primary beneficiary

the main beneficiary of the deal | borrowers will be the main beneficiaries if interest rates fall

- beneficiari

healthcare /'helθkeə(r)/ Noun uncount

healthcare is a system that provides medical treatment for people. Some healthcare systems are private, and people have to pay for them, but some countries provide healthcare for all citizens and pay for it out of taxes

the demand for healthcare services is increasing | providers and consumers of healthcare

- assistència mèdica

hi-tech /'haɪtek/ Adjective

hi-tech equipment and systems use the latest, best, and most modern technology available

Collocates: hi-tech equipment/weapons/devices | hi-tech systems | hi-tech computers

hi-tech products made in China | the growth of hi-tech industries

Noun: *hi-tech* | Noun: *high technology*

increased production will rely on high technology

- d'alta tecnologia

surgery /'sɜ:(r)dʒəri/ Noun uncount

surgery is a medical treatment that involves cutting into someone's body in order to repair or take out a part that is diseased or damaged

Collocates: undergo surgery | major/minor surgery | emergency surgery

you may need further surgery | she had to have emergency surgery

Adjective: *surgical* | Adverb: *surgically* | Noun: *surgeon*

Collocates: a surgical procedure/treatment/intervention
pioneering new surgical techniques | the lump was surgically removed | a newly-qualified surgeon

- cirurgia

panic /'pæɪnk/ Noun uncount

panic is a state when people suddenly become very worried about something and start behaving in a slightly wild way because they are not sure what to do

Collocates: widespread panic | blind/sheer panic | panic breaks out/sets in | in a panic | with panic

the epidemic caused widespread panic across the continent | a panic attack (a sudden feeling of panic)

Verb: *panic* | Adjective: *panicky*

Collocates: panic about something

don't panic! | I felt a panicky urge to run away

- pànic

gamble /'gæmb(ə)l/ Verb

to *gamble* means to do something that involves risk. It also means to risk money in an attempt to win more

Collocates: gamble on something | gamble with something
if you go abroad for treatment, you are gambling with your health | he's gambling that the product will be popular | I've never been tempted to gamble on horse racing

Noun: *gamble* | Noun: *gambling* | Noun: *gambler*

deciding to go ahead with the event was a gamble | people who disapprove of gambling | a compulsive gambler (a gambler who cannot stop gambling)

- apostar

fraudulent /'frɔ:dʒʊlənt/ Adjective

fraud is the crime of deliberately deceiving people in order to get money from them. *Fraudulent* activity is based on a lie and deliberately tries to deceive people, especially in order to get money from them

Collocates: fraudulent activities/practices | a fraudulent claim

a fraudulent insurance claim

Adverb: *fraudulently* | Noun: *fraud* | Noun: *fraudster* | Verb: *defraud*

the money had been fraudulently obtained | he was sent to prison for tax fraud | a convicted fraudster | he had been accused of defrauding church members

- fraudulent

regulatory /'regjʊlət(ə)ri/ Adjective

a *regulatory* organisation controls an activity using rules

Collocates: a regulatory body/authority/agency | regulatory approval | a regulatory system

the regulatory authority | a government regulatory agency | the regulatory controls to which unions are required to conform

Verb: *regulate*

the use of these drugs is strictly regulated

- regulador

rigorous /'rɪgərəs/ Adjective

if something is *rigorous*, it is careful and thorough

Collocates: rigorous standards | rigorous training | a rigorous analysis/approach

rigorous safety checks | *all products have to meet our rigorous quality standards*

Noun: *rigour* | Adverb: *rigorously*

Collocates: rigorously enforce/apply/control | intellectual/academic/scientific rigour

spending is rigorously controlled | *the academic rigour of the historian's method*

• *rigorós*

experimental /ɪkˌsperɪ'ment(ə)l/ Adjective

an *experiment* is a scientific test that you do to see what happens under certain conditions. Activities that you do like this are *experimental*

Collocates: experimental methods/data/results

no changes were allowed during the experimental period | *an experimental research project* | *the experimental nature of the scheme*

Noun: *experiment* | Verb: *experiment* |

Adverb: *experimentally*

Collocates: do/conduct/carry out/perform an experiment | an experiment shows/proves something

the experiment was a failure | *we need to experiment further* | *the theory cannot be tested experimentally*

• *experimental*

detract /dɪ'trækt/ Verb

if something *detracts* from something else, it makes it seem worse than it really is

Collocates: detract from something

we mustn't let this detract from our other achievements | *attempts to cut costs without detracting from the level of service provided*

Noun: *detractor*

his policies have many detractors (people who say they are not good)

• *desmerèixer*

array /ə'reɪ/ Noun

an *array* of things is a large number of them

Collocates: an array of something | a wide/vast array | a dazzling array

we have a wide array of modern equipment | *the skirts come in an array of bright colours*

• *conjunt / gamma*

all-inclusive /ɔːlɪn'kluːsɪv/ Adjective

if a price is *inclusive* of something, it includes the cost of that thing. If a holiday is *all-inclusive*, it includes all the costs of travelling, hotels, meals, etc

an all-inclusive weekend break in Edinburgh for just £140 | *all-inclusive packages to 12 European capitals*

• *tot inclòs*

recuperation /rɪˌkuːpə'reɪʃ(ə)n/ Noun uncount

recuperation is the process of becoming well again after being ill or after having an operation

Collocates: a period of recuperation | rest and recuperation

I need a period of recuperation | *I hope you'll find time for a little rest and recuperation*

Verb: *recuperate*

Collocates: recuperate from something

she's still recuperating from her illness

• *recuperació*

stand to /'stænd/ Verb

if you *stand to* get something or *stand to* lose something, it's likely that you will get it or lose it

Collocates: stand to gain/win/benefit something | stand to lose something

a lot of countries stand to benefit from the trade agreement | *he stands to lose a lot of money* | *we stand to gain a lot from the merger* | *I stand to win £10,000*

• *arriscar-se a guanyar o perdre*

scam /skæm/ Noun

a *scam* is a dishonest and illegal way of getting money from people by cheating them

Collocates: an insurance/investment scam

be careful to avoid scams | *luckily, we realised it was a scam before we handed over any money*

Verb: *scam*

a gang scamming households across the city

• *estafa*

regain /rɪ'geɪn/ Verb

if you *regain* something good or useful that you have lost, you get it back again

Collocates: regain control | regain your health | regain consciousness

the important thing is to rest and regain your health | *troops regained control of the city*

• *recuperar*

contagious /kən'teɪdʒəs/ Adjective

if an illness is *contagious*, it can spread from person to person through physical contact. You can also say that a feeling or attitude is *contagious* if you think it is spreading through a group of people

Collocates: a contagious disease/illness | highly/very contagious

it's a relatively new disease and highly contagious | *his good humour was contagious*

Noun: *contagion*

everything was burned for fear of contagion

• *contagiós*

qualify /'kwɒlɪfaɪ/ Verb

if you *qualify* as a doctor, lawyer, architect, etc, you pass the necessary exams and are allowed to work in that profession

Collocates: qualify as someone | qualify in a profession | qualify someone to do something

she qualified in 2003 | she hopes to qualify in dentistry next year | her degree qualifies her to teach at secondary level

Adjective: *qualified*

Noun: *qualification*

a qualified teacher | he's got excellent qualifications

- qualificar-se

negligence /'neglɪdʒ(ə)ns/ Noun uncount

negligence is not being careful enough, with the result that something is damaged or someone is injured

Collocates: medical/clinical/professional negligence | criminal negligence | gross/serious negligence

he was guilty of professional negligence | charged with gross negligence (very serious negligence)

Adjective: *negligent*

the hospital was found to be negligent

- negligència

-ENCE

Some nouns are formed by adding *-ence* to adjectives. For example: criminally *negligent* behaviour / professional *negligence*.

the crowd was completely silent / a stunned silence; a very independent person / the country gained independence; very different tastes / notice the difference; an inconvenient truth / apologise for any inconvenience; a violent person / domestic violence

action /'ækj(ə)n/ Noun

if you take legal *action* against someone, you start a case in a court of law because you want to prove that they have done something wrong

Collocates: bring a legal action (against someone) | take legal action | face legal action

the surgeon is facing legal action for using the wrong procedure on a patient | if I don't pay by the end of the month, they'll take legal action

Adjective: *actionable*

breach of contract is actionable (it can justify someone taking legal action)

- acció

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life expectancy /,laɪf ɪk'spektənsɪ/ Noun

your *life expectancy* is the number of years you can reasonably expect to be alive

life expectancy in the UK for women is now over 82 years | the inhabitants of Liechtenstein have the longest life expectancy in Europe

- esperança de vida

relief /rɪ'li:f/ Noun uncount

if you get *relief* from pain, the pain becomes less or stops altogether

Collocates: relief from something | pain/stress relief | effective relief

effective methods of pain relief | the injections provided temporary relief from stress and helped her sleep

Verb: *relieve*

a good way to relieve stress

- alleujament

literacy /'lɪt(ə)rəsi/ Noun uncount

literacy is the basic ability to be able to read and write. You can also use *literacy* about other skills, for example *financial literacy* is knowing how to deal with your money sensibly, and *computer literacy* is the ability to use a computer

Collocates: financial/computer/scientific literacy | adult literacy | literacy rates | literacy skills

financial literacy should be taught in schools | they had basic literacy and numeracy (they could read and write and do basic arithmetic)

Adjective: *literate*

he was barely literate when he left school

- alfabetització

productivity /,prɒdʌk'tɪvəti/ Noun uncount

productivity is the rate at which goods are produced or work is done, measured by calculating how much time is taken for different tasks and how much money it costs

Collocates: productivity levels | increase/improve productivity | industrial productivity | productivity grows/rises | productivity falls/declines

he expected to see productivity levels decline in the winter months | factors that significantly affect productivity

Adjective: *productive* | Adverb: *productively*

Collocates: highly productive

the workforce was highly productive | the time was productively spent developing a new logo

- productivitat

ward /wɔː(r)d/ Noun

a *ward* is a room in a hospital where patients stay while they are having treatment or recovering from illness

Collocates: on/in a ward

a surgical ward (for people recovering from surgery) | each ward has 16 patients and four nurses

- *sala*

suspect /sə'spekt/ Verb

if you *suspect* something, you think it is true although you do not have any evidence or proof that it is

Collocates: strongly suspect | be widely suspected

art historians have long suspected the painting was by da Vinci | I strongly suspect it will take longer than two weeks

Noun: *suspicion*

she had a strong suspicion that he would not return

- *sospitar*

reveal /rɪ'vi:l/ Verb

to *reveal* something means to make it known, especially when it was previously unknown or secret

Collocates: a report/survey reveals something

the man's identity has not yet been revealed | the minister revealed plans to limit immigration | this newspaper can exclusively reveal the date of the next election

Noun: *revelation*

revelations about her private life

- *revelar*

phenomenon /fə'nɒmɪnən/ Noun

a *phenomenon* is something that happens or exists

Collocates: a natural phenomenon | a new/recent phenomenon | a rare/common phenomenon

the recent phenomenon of taking selfies | the storm was a natural phenomenon of great power

- *fenomen*

substantially /səb'stænj(ə)li/ Adverb

substantially means greatly or a lot

Collocates: substantially reduce/increase | substantially more/less

the flight has been substantially delayed (delayed for a long time) | deliver substantially more profit

Adjective: *substantial*

Collocates: a substantial increase/decrease | a substantial difference | a substantial improvement | substantial growth/development

the economy had three years of substantial growth

- *substancialment*

control group /kən'trəʊl ɡru:p/ Noun

a *control group* is a set of people in an experiment who do not receive the medicine that is being tested, so that researchers can compare what happens to them with what happens to the people who do try the new medicine

the control group was constantly monitored throughout the three weeks | the control group were given just flavoured water

- *grup de control*

mortality /mɔː(r)'tæləti/ Noun uncount

mortality is the number of people who die in a particular group, at a particular age, in a particular place, or in a particular period of time

Collocates: infant/child mortality | mortality rates

we are seeing reduced mortality from cancer | studies have shown those who cycle to have a significantly lower mortality rate

- *mortalitat*

gesture /'dʒestʃə(r)/ Noun

a *gesture* is a movement you make with your arms or body as a way of saying something, either instead of speaking or at the same time as you are speaking

Collocates: an angry/rude gesture | a hand gesture | make a gesture

he made a gesture for me to sit down | he held up his hand in an angry gesture

Verb: *gesture*

Collocates: gesture to/towards/at something | gesture for someone to do something

she gestured for me to follow her outside

- *gest*

everyday /'evri:deɪ/ Adjective

everyday things and activities are very normal and not unusual in any way

Collocates: everyday life/experience/language | everyday activities/situations | everyday objects

a language will not survive if it is not used in everyday life | the everyday activities of ordinary people

- *quotidià*

inadequate /ɪn'ædɪkwət/ Adjective

if something is *inadequate*, there is not enough of it, or it is not of good enough quality

Collocates: prove inadequate | feel inadequate | totally inadequate |

an inadequate supply of qualified teachers | the new facilities proved to be wholly inadequate | if you feel alone and inadequate, call a friend

Noun: *inadequacy*

the inadequacy of the welfare programme

- *inadequat*