

# 10 HEALTH AND ILLNESS

## STUDENT'S BOOK PAGES 88–89

### 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)*

Verb: *anaesthetise* | Noun: *anaesthesia*

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

#### • *anestèsic*

### 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*

Verb: *bleach* | Adjective: *bleached*

*she took off her hat, revealing her short, bleached hair*

#### • *lleixiu*

### blood vessel /'blʌd ves(ə)l/ 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*

#### • *vas sanguini*

### 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*

#### • *quimioteràpia*

### 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*

Adverb: *consciously*

*we might not consciously experience this as fear*

#### • *conscient*

### 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 | this condition is very difficult to diagnose accurately*

Noun: *diagnosis* | Adjective: *diagnostic*

Collocates: diagnostic test/tool

*early diagnosis is very important | X-rays are an important diagnostic tool (something that helps make a diagnosis)*

#### • *diagnòstic*

### 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*

Verb: *donate*

*she agreed to donate her organs after she died*

#### • *donant*

### 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 | she had a drip going into each arm*

#### • *gota a gota*

### 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*

#### • *gotes*

**excruciating** /ɪk'skruːʃi,etɪŋ/ Adjective

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

*the pain was excruciating | the atmosphere in the meeting was excruciating | he described his research topic in excruciating detail*

Adverb: *excruciatingly*

*an excruciatingly painful visit to the dentist*

• **insuportable**

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**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 | there was extensive discussion about the election*

Adverb: *extensively*

*he has written extensively on the history of the World Wide Web*

• **extensiu**

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**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*

• **vista**

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**fast** /fɑːst/ 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)*

• **fer dejuni**

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**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 | when he opened his mouth, you could see he had several fillings*

• **empastat**

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**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

*the injury required a bone graft | 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*

• **empelt**

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**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)*

Verb: *laser*

*I had my eyes lasered to correct my short-sightedness*

• **làser**

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**mercifully** /'mɜː(r)sɪf(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 | he hoped he would be dealt with mercifully*

Adjective: *merciful* | Noun: *mercy*

*he believed in a merciful God | he begged for mercy*

• **afortunadament**

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**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

*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*

• **fisioteràpia**

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**rehabilitation** /,ri:əbɪlɪ'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 | the rehabilitation of offenders*

Verb: *rehabilitate*

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

• **rehabilitació**

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**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 | the main aim of the treatment is to prevent a relapse*

Verb: *relapse*

*he soon relapsed and was rushed back to hospital*

- recaiguda

**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*

- remissió

**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*

- canya

**scarring** /ska:riŋ/ 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 attack left him with permanent scarring*

Noun: *scar* | Verb: *scar*

*I've got a scar on my leg | his face was permanently scarred by a childhood illness*

- cicatriu

**solution** /sə'lju:ʃ(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 | a weak solution of water and sugar*

- solució

**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*

- augmentar

**STUDENT'S BOOK PAGES 90–91****belly** /'beli/ Noun

your *belly* is the front part of your body below your chest

*an enormous man with a round belly | he lay on his belly reading the newspaper*

- panxa

**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 | 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*

- explotar

**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 | her education was interrupted by frequent bouts of illness*

- atac

**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*

Adjective: *clenched*

*Robbie repeated the words through clenched teeth | I was so angry I punched the door with my clenched fist*

- serrar (les dents, els llavis, etc.)

**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

*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*

- agafar / aferrar-se

**dietary** /ˈdaɪət(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 | 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  
*poor diet can lead to loss of energy*

• **dietètic**

**dwell on** /ˈdwell 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 | the subject was too painful to dwell on*

• **donar voltes a alguna cosa**

**eradicate** /ɪˈrædɪkeɪt/ Verb

to *eradicate* something unpleasant or unwanted means to get rid of it altogether

*many infectious diseases have been completely eradicated | 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*

• **erradicar**

**eyelash** /ˈaɪ.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*

• **pestanya**

**flutter** /ˈflʌtə(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 | 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*

• **aleteig**

**grumpy** /ˈgrʌmpi/ 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*

Adverb: *grumpily* | Noun: *grumpiness*

*he agreed, rather grumpily, and got ready to come with me | his grumpiness spoiled the whole evening*

• **rondinaire**

**harmony** /ˈhɑː(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)

*within a few hours, harmony was restored | here, man and nature have achieved perfect harmony*

Adjective: *harmonious* | Adverb: *harmoniously*

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

• **harmonia**

**low-level** /ˈləʊ lev(ə)l/ 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*

• **de nivell baix / bàsic**

**march** /mɑː(r)tʃ/ Noun singular

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

*the march of progress will never end | the relentless march of technology*

• **marxa**

**mortality** /mɔː(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*

• **mortalitat**

**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*

Adjective: *mounting*

*a single mother with mounting debts*

- **incrementar**

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**neural** /'njʊərəl/ Adjective

*neural* means relating to nerves or the nervous system

*your neural pathways are the links in your brain through which information passes | there was no sign of neural activity*

- **neural**

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**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 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*

- **receptar**

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**recurrent** /rɪ'kʌrənt/ Adjective

something that is *recurrent* happens again and again

*having recurrent dreams is a very common experience | 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 | he then suffered a recurrence of the same injury | she suffered from recurring nightmares*

- **recurrent**

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**regulation** /ˌregjʊ'leɪʃ(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 | they introduced stronger regulation of the gambling industry*

Verb: *regulate* | Noun: *regulator*

*the housing market is heavily regulated*

- **regulació**

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**scepticism** /'skeptɪ,sɪz(ə)m/ Noun uncount

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

*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 | this account is regarded sceptically by most historians | climate sceptics (people who doubt that the climate is changing)*

- **esceptisme**

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**shrug off** /ʃrʌg 'ɒf/ Phrasal verb

if you *shrug*, 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 | these issues were shrugged off as irrelevant*

- **arronsar (les espatlles) / treure importància**

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**shudder** /'ʃʌdə(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 | just thinking about it makes me shudder*

Noun: *shudder*

*a cold shudder ran down my back*

- **estremir-se**

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**spiral** /'spɑɪrəl/ 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 | he became stuck in a spiral of depression*

Adjective: *spiral* | Verb: *spiral*

*a spiral staircase | he could feel his life spiralling out of control*

- **espiral**

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**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

*buying cheap supplements is not a good idea | some of the patients received supplements containing iron*

Verb: *supplement* | Adjective: *supplementary*

*breakfast every day was toast, which he occasionally supplemented with orange juice*

• *suplement*

**underpin** /ˌʌndə(r)ˈpɪn/ Verb

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

*exports have been the main base underpinning the economy | the company's growth was underpinned by growing demand from China | our values underpin everything we do*

Noun: *underpinning*

*democracy is the necessary underpinning of a peaceful society*

• *sustentar*

## STUDENT'S BOOK PAGES 92–93

**breach** /brɪ:tʃ/ Verb

to *breach* a rule, contract, or agreement means to break it  
*he was accused of breaching patient confidentiality | he breached the contract and they took him to court*

Noun: *breach*

Collocates: (in) *breach of contract*

*failure to pay by the end of the month will leave you in breach of contract*

• *infringir*

**break-in** /ˈbreɪkɪn/ 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*

Phrasal verb: *break in*

*thieves broke in and stole £3,000 in cash*

• *robatori amb violació de domicili*

**bypass** /ˈbaɪpɑ: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 | plans to build a bypass round Ambleside have finally been dropped*

Verb: *bypass*

*similar roads in Sweden tend to bypass towns and villages*

• *carretera secundària*

**cliché** /ˈkli: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 | as the cliché goes, it was too little too late*

Adjective: *clichéd*

*most reviewers found the novel clichéd and uninteresting*

• *clixé*

**confidentiality** /ˌkɒnfɪdənjɪˈæləti/ 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 | confidentiality was guaranteed*

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

Noun: *confidence*

Collocates: *strictly/highly confidential* | *in confidence*

*you must keep your password strictly confidential | all personal details will be treated confidentially | I'll tell you – but in strictest confidence*

• *confidencialitat*

**cover-up** /ˈkʌvə(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 | his book exposed a massive government cover-up*

Phrasal verb: *cover up*

*documents were destroyed in an attempt to cover up the truth*

• *encobriment*

**falling-out** /ˌfɔ:lɪŋ ˈaʊt/ 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 | she had a falling-out with Ray over financial matters*

Phrasal verb: *fall out*

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

*the two of them fell out over who should do the cooking*

• *discussió*

**outbreak** /ˈaʊtbreɪk/ 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*

Phrasal verb: *break out*

*fighting broke out on the border*

• *brot / esclat*

**run-up** /ˈrʌŋ 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*

Phrasal verb: *run up*

Collocates: run up to something

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

- *període previ*

**shake-up** /ˈʃeɪk 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*

Phrasal verb: *shake up*

*we've got a new boss who's busy shaking up the department*

- *canvi radical*

**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*

- *trampoli*

**upbringing** /ˈʌp,bɪŋɪŋ/ 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*

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

*we were brought up to believe that good manners were important | a very well brought-up child*

- *educació*

**walkout** /ˈwɔːkaʊt/ Noun

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

*they staged a walkout in protest at the cutbacks | union members voted to end the week-long walkout*

Phrasal verb: *walk out*

*workers walked out when their pay claim was turned down*

- *vaga*

**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*

Phrasal verb: *work out*

*she listens to music when she's working out*

- *entrenament*

**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*

- *sinistre total*

**STUDENT'S BOOK PAGES 94–95****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

*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*

- *assistència posterior*

**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 | so far, the strategy is paying off and sales are increasing*

- *recompensar*

**resent** /rɪˈzent/ 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 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 | it wasn't my fault, he thought resentfully*

- *ressentir-se*