

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)

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**

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**

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**

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**

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**

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**

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**

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**

physiotherapy /ˌfɪziəʊ'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**

rehabilitation /ˌriːəbɪlɪ'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**

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'lu: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 /ˈdwel 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 /ˈɡrʌmpi/ 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**

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**

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**

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**

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**

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**

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**

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**

spiral /'spaɪrəl/ 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**

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)ˈpiːn/ 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**

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breach /briːtʃ/ 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 /ˈbaɪpɑːs/ 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 /ˈkliːʃeɪ/ 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 /ˌfɔːlɪŋ 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 /ˈsprɪŋbɔː(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 /ˈʌpbrɪŋɪŋ/ 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 /peɪˈɒf/ 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**
