

Medical vocabulary – revision

I. Reading comprehension

1. Read the text and answer the questions.

Do you have the cold or the flu?

It is getting colder and colder. Winter is coming... When you wake up sneezing, coughing and painful and your energy has gone, you are ill. Even though you know that you don't feel well, and your health is in bad condition, you may be unable to recognize the disease that you are suffering from. While many people are able to notice unpleasant symptoms of the illness, many of them are unable to determine if they have a common cold or the flu. They both are different diseases and they are caused by different viruses infecting human body, mainly the respiratory system. However, it is not so easy to differentiate between a common cold and influenza, because they share similar symptoms and the patient may feel the same. But the knowledge considering the difference may help treatment work quicker. Here are some basic guidelines presenting the difference between cold and flu symptoms, and what to do if you have either one of these infections.

A common cold is a milder respiratory illness than the flu. While cold symptoms can make you feel bad just for a few days, flu can force you stay in bed much longer. What is more, the flu can cause serious health problems such as pneumonia, heart diseases or even death. In 1919, an influenza virus called "Spanish flu" killed about ... million people in Europe.

A cold is a seasonal respiratory infection which make people stay at home for a couple of days. Although a cold generally resolves quickly, symptoms can last for up to two weeks. However, unlike the flu, symptoms are generally mild and in most cases do not lead to any serious health complications. There are many different viruses that can cause the common cold. The rhinovirus is the virus that makes people sneeze, and it's highly contagious. Most cold-causing viruses live in environments with low humidity during cold months. However, it is possible to catch a cold any time of year. You are able to catch a cold directly from someone who's infected and sends virus-filled droplets by sneezing, or you can get infection if you touch a surface that has recently been in contact with a cold-infected person.

Cold symptoms usually start with a sore throat. Then it comes sneezing, runny nose together with a cough. At first, watery nasal secretion lasts for the first few days, but later, clear mucus that develops into thicker, green mucus as the cold progresses. The cold causes more nasal problems, such as blocked nose, than flu. Fever is not very common in adults, and it is a bit higher than normal. Children have fever more often. What is more, mild tiredness, headache and earache may develop. After a few days, the condition is getting better. In some cases it lasts up to two weeks, but it is most contagious during the early stages, when a runny nose is reported.

Flu symptoms are usually similar to those of a cold, but they are more severe. The person may have sore throat, stuffy and runny nose, headache, muscle aches, cough and moderate-to-high

fever (38-40°C). Fatigue may last up to two weeks. Some people may experience vomiting and diarrhoea (mainly children). Most flu symptoms gradually improve over two to five days, and most people recover within a week. However, the flu may cause secondary complications such as pneumonia, bronchitis, croup or lung or heart problems. So, if you notice that the symptoms like shortness of breath or fever do not go away, get medical help.

While a severe cold can also cause muscle aches and fever, it can be difficult to identify the difference. But a common cold seldom has symptoms of fever above 38°C. As for flu symptoms, a fever appears at the beginning and you may feel miserable. Body and muscle aches are also more common with the flu.

On average you can expect about three colds a year, although small children may get infection more often. It is better to stay home and rest up. Remember that antibiotics are not effective in treating a cold. However, over-the-counter medications can relieve cold symptoms. No drugs can treat the cold. Drink plenty of fluids to avoid dehydration. Colds usually go away within a few days. On the other hand, if you have allergies, or a bacterial infection, you may require antibiotics. What is more, in most cases, fluids and rest are also the best way to treat the flu. Over-the-counter remedies and pain relievers can only control your symptoms. Staying in bed, rest and a large amount fluids intake are advised for the treatment. Your doctor may prescribe antiviral drugs — oseltamivir (Tamiflu), zanamivir (Relenza), or peramivir (Rapivab) — to treat the flu. They can shorten the disease and prevent complications. However, the best way is to prevent the disease. Following hygiene rules such as hands wash or other healthy habits like lots of sleep, healthy diet, active lifestyle or lack of stress may help us survive flu season. Another recommended prevention is getting the vaccine at the very start of flu season.

1. Do people have problems with noticing symptoms of these health problems?
2. What is the cause of a cold?
3. Why is it difficult to recognize a common cold?
4. What are the symptoms of a cold?
5. How long does the cold last?
6. What are the symptoms of flu?
7. How long does the flu last?
8. Are there any differences between a cold and flu?
9. Are there any differences in treatment?
10. How to prevent these health conditions?

II. Common complaints – vocabulary

2. Complete the sentences.

- a) I think it is not flu. It is just a _____.
- b) Yesterday I drank too much and today I've got a _____.
- c) She came back from skiing resort with a _____. It was just an accident.
- d) Tom's eaten something rotten and now he feels _____.
- e) Even I hurt my arm yesterday, but today do not feel any _____.
- f) I was fighting with my brother and today I must wear sunglasses because I've got a _____.
- g) I hurt my arm when I fell off my bike. Now it is _____.
- h) Turn off this music. I've a _____.
- i) I can't go to school because I am _____.
- j) I am _____ because I've cut my finger with a knife.

3. Match the pictures with words.

runny nose, cough, sore throat, broken leg, bruise, insect bite, stomach-ache, fever, swollen leg, backache



1. _____ 2. _____ 3. _____ 4. _____ 5. _____



6. _____ 7. _____ 8. _____ 9. _____ 10. _____

4. Word formation. Complete the table.

| Verb | Noun | Adjective |
|------|------|-----------|
|------|------|-----------|

| | | |
|-----------|-----------|-----------|
| a) _____ | treatment | treatable |
| _____ | _____ | bloody |
| b) bleed | _____ | _____ |
| c) -- | illness | _____ |
| d) cut | _____ | -- |
| e) wound | _____ | _____ |
| f) _____ | wound | _____ |
| _____ | bite | bitten |
| g) injury | _____ | injured |
| h) _____ | _____ | -- |
| _____ | bandage | _____ |
| i) burn | burn | _____ |
| j) -- | _____ | feverish |
| k) _____ | _____ | -- |
| _____ | vomit | painful |
| l) -- | _____ | _____ |
| _____ | _____ | _____ |

5. Use one words from a line to complete the sentences. Remember about correct grammar form.

- I think that this _____ is effective and should be used.
- Look! Your leg is _____ quite a lot. You need a bandage.
- I think he is really _____. He should go to the doctor.
- After the accident I had many _____ but I didn't need any stitches.
- Many soldiers are _____ during the war.
- Insect _____ may cause many allergies.
- He has _____ badly so we called the ambulance.
- You should _____ you wound. It is serious.
- _____ skin should be cleaned immediately after the accident.
- Muscle aches and a _____ are common symptoms of flu.
- _____ may appear in case of food poisoning.
- I've had an injection recently and it is really _____.

6. Arrange medical vocabulary according to the topics

lump, scissors, black eye, ointment, bacterium, painkillers, syringe, drugs, headache, prescription, flu, cold, needle, antibiotics, stethoscope, rash, sprain, latex gloves, healthy diet, temperature, infection, mixture, disease, pain, crutches, virus, forceps,

Medical condition:

Treatment:

Equipment:

III. Everyday English

7. Read the dialogue and complete the sentences

Patient Good morning, Doctor.

Doctor Good morning. ¹ _____?

Patient I don't feel very well. I feel ill. ² _____.

Doctor I see. Could you just take off your shirt for a minute? I need to examine you.

Patient Of course.

Doctor Thank you. ³ _____?

Patient For three days.

Doctor You can put on your shirt now. Do you feel feverish?

Patient ⁴ _____.

Doctor OK. You've got a bit of a temperature. One more question. ⁵ _____?

Patient No.

Doctor Well, ⁶ _____. You must stay in bed for a few days. If necessary, take some pain

Patient ⁷ _____. But, what about my rash?

Doctor You probably suffer from chickenpox. It is a viral infection with a rash. ⁸ _____. We may only relieve symptoms. ⁹ _____.

Patient Thank you doctor. ¹⁰ _____?

Doctor Well, you should feel better in a few days, but stay at home till next week. That's all.

Patient All right. Thank you. Goodbye.

Doctor Goodbye.

- a) When can I go back to work
- b) I've got a headache, a fever and I've got a rash all over my body
- c) I think it's just a virus
- d) What can I do for you
- e) Yes, I do
- f) Try not to scratch it
- g) Have you got a sore throat
- h) How long have you been feeling unwell
- i) We cannot cure it
- j) Of course, I will

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Flu symptoms are usually similar to those of a cold, but they are more severe. The person may have sore throat, stuffy and runny nose, headache, muscle aches, cough and moderate-to-high fever (38-40°C). Fatigue may last up to two weeks. Some people may experience vomiting and diarrhoea (mainly children). Most flu symptoms gradually improve over two to five days,

and most people recover within a week. However, the flu may cause secondary complications such as pneumonia, bronchitis, croup or lung or heart problems. So, if you notice that the symptoms like shortness of breath or fever do not go away, get medical help.

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1. Do people have problems with noticing symptoms of these health problems? **No**
2. What is the cause of a cold? **Virus**
3. Why is it difficult to recognize a common cold? **Similar symptoms**
4. What are the symptoms of a cold?
5. How long does the cold last? **A few days**
6. What are the symptoms of flu?
7. How long does the flu last? **A week or longer**
8. Are there any differences between a cold and flu? **Fever, different virus, fatigue, more severe symptoms**
9. Are there any differences in treatment? **Similar, with anti-viral drugs**
10. How to prevent these health conditions? **Hygiene, healthy lifestyle and vaccines against the flu**

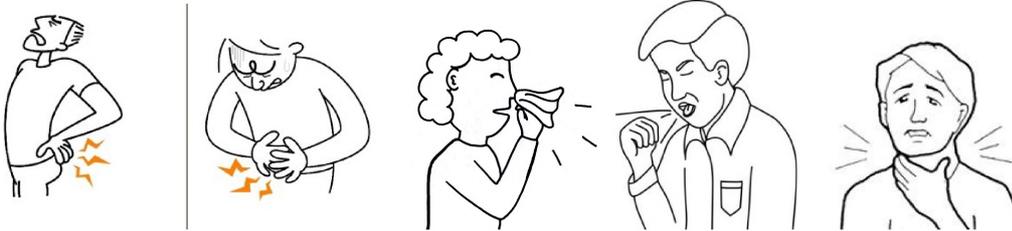
II. Common complaints – vocabulary

2. Complete the sentences.

- a) I think it is not flu. It is just a cold.
- b) Yesterday I drank too much and today I've got a hangover.
- c) She came back from skiing resort with a broken leg. It was just an accident.
- d) Tom's eaten something rotten and now he feels sick.
- e) Even I hurt my arm yesterday, but today do not feel any pain.
- f) I was fighting with my brother and today I must wear sunglasses because I've got a black eye.
- g) I hurt my arm when I fell off my bike. Now it is painful.
- h) Turn off this music. I've a headache.
- i) I can't go to school because I am ill.
- j) I am bleeding because I've cut my finger with a knife.

3. Match the pictures with words.

runny nose, cough, sore throat, broken leg, bruise, insect bite, stomach-ache, fever, swollen leg, backache



- 1. backache
- 2. stomach-ache
- 3. runny nose
- 4. cough
- 5. sore throat



- 6. bruise
- 7. fever
- 8. swollen leg
- 9. broken leg
- 10. insect bite

4. Word formation. Complete the table.

| Verb | Noun | Adjective |
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|------|------|-----------|

| | | |
|-------------------|---------------|----------------|
| m) <u>treat</u> | treatment | treatable |
| n) bleed | <u>blood</u> | bloody |
| o) -- | illness | <u>ill</u> |
| p) cut | <u>cut</u> | -- |
| q) wound | wound | <u>wounded</u> |
| r) <u>bite</u> | bite | bitten |
| s) injury | <u>injury</u> | injured |
| t) <u>bandage</u> | bandage | -- |
| u) burn | burn | <u>burnt</u> |
| v) -- | <u>fever</u> | feverish |
| w) <u>Vomit</u> | vomit | -- |
| x) -- | pain | painful |

5. Use one words from a line to complete the sentences. Remember about correct grammar form.

- I think that this treatment is effective and should be used.
- Look! Your leg is bleeding quite a lot. You need a bandage.
- I think he is really ill. He should go to the doctor.
- After the accident I had many cuts but I didn't need any stitches.
- Many soldiers are wounded during the war.
- Insect bites may cause many allergies.
- He has injured badly so we called the ambulance.
- You should bandage you wound. It is serious.
- Burnt skin should be cleaned immediately after the accident.
- Muscle aches and a fever are common symptoms of flu.
- Vomits may appear in case of food poisoning.
- I've had an injection recently and it is really painful.

6. Arrange medical vocabulary according to the topics

Medical condition: lump, black eye, headache, flu, cold, rash, sprain, temperature, infection, disease, pain, virus, bacterium

Treatment: drugs, prescription, ointment, painkillers, antibiotics, healthy diet, mixture

Equipment: scissors, syringe, needle, stethoscope, latex gloves, forceps, crutches

III. Everyday English

7. Read the dialogue and complete the sentences

Patient Good morning, Doctor.

Doctor Good morning. ¹What can I do for you?

Patient I don't feel very well. I feel ill. ²I've got a headache, a fever and I've got a rash all over my body.

Doctor I see. Could you just take off your shirt for a minute? I need to examine you.

Patient Of course.

Doctor Thank you. ³How long have you been feeling unwell?

Patient For three days.

Doctor You can put on your shirt now. Do you feel feverish?

Patient ⁴Yes, I do.

Doctor OK. You've got a bit of a temperature. One more question. ⁵Have you got a sore throat?

Patient No.

Doctor Well, ⁶I think it's just a virus. You must stay in bed for a few days. If necessary, take some pain

Patient ⁷Of course, I will. But, what about my rash?

Doctor You probably suffer from chickenpox. It is a viral infection with a rash. ⁸We cannot cure it. We may only relieve symptoms. ⁹Try not to scratch it.

Patient Thank you doctor. ¹⁰When can I go back to work?

Doctor Well, you should feel better in a few days, but stay at home till next week. That's all.

Patient All right. Thank you. Goodbye.

Doctor Goodbye.

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