

Module 3

Health & Medicine

Part I TEST

Частина «Читання»

Reading

Task 1

Read the text below. Match choices (A – H) to (1–5). There are three choices you do not need to use. Write your answers on the separate answer sheet.

Healthy Lifestyle Benefits: Tips for Living Your Strongest, Healthiest Life Yet

1. _____

Ask 50 people to define what a “healthy lifestyle” is, and you’ll likely get 50 different answers. That’s because there’s no one way to be healthy. A healthy lifestyle simply means doing things that make you happy and feel good. For one person, that may mean walking a mile five times a week, eating fast food once a week, and spending virtual or in-person time with loved ones every other day. For someone else, a healthy lifestyle may be training and running two marathons a year, following a keto diet, and never having a sip of alcohol.

2. _____

Healthy habits can reduce the risk of various diseases, including those that may run in your family. For example, in a recent study, adults who followed a standard American diet (rich in fruits and vegetables) for 8 weeks had a reduced risk of cardiovascular disease.

In another study, researchers found that every 66-gram increase in daily fruit and vegetable intake was associated with a 25 percent lower risk of developing type 2 diabetes. Swapping out some refined grains for whole grains also reduces the risk of disease.

3. _____

It’s always smart to see your primary care physician for an annual physical exam. This is especially true seeing how some health conditions, such as high blood pressure, are “silent.” This means they don’t have any symptoms, so unless you are checked, you usually don’t know you have the condition. However, the healthier you are, the less likely you will have to see a doctor. This could save money by reducing co-pays, the need for prescriptions, and other treatments.

4. _____

Basic healthy habits are connected with living a longer life. If, at age 50, you’ve never smoked, maintain a healthy weight, are regularly active, follow a healthy diet, and keep alcohol to a moderate consumption, you could live up to 14 years longer. Making even a few of these changes could lengthen your lifespan.

Ultra-processed foods are those that contain refined grains and additives to change the texture, taste, or colour. Some examples of these foods are cheese puffs, packaged dessert cakes, chicken nuggets, and sweetened breakfast cereals. More than 70 percent of foods in U. S. supermarkets are ultra-processed.

5. _____

The making of ultra-processed foods contributes to greenhouse gas emissions, water scarcity, decreased biodiversity, plastic waste, and deforestation. But it's not only about what you eat more or less of. Replacing short car rides with biking can also cut back on the amount of carbon dioxide released into the atmosphere.

Your journey toward a healthier lifestyle starts with small changes that you feel confident you can achieve.

(Adapted from:

<https://www.healthline.com/health/fitness-nutrition/healthy-lifestyle-benefits>)

- A Improving overall health
- B Lessening your expenses
- C Avoiding falling ill
- D Differing attitudes
- E Influencing climate scenario
- F Ensuring healthy weight
- G Promoting longevity
- H Improving due to additives

Task 2

Read the text below. For questions (6–10) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

I remember going to the British Museum one day to read up the treatment for some slight ailment of which I had a touch – hay fever. I got the book, and read all I came to read; and then, in an unthinking moment, I idly turned the leaves, and began to indolently study diseases, generally. I forget which was the first distemper I plunged into – some fearful, devastating disorder – and, before I had glanced half down the list of “premonitory symptoms,” I realised that I had fairly got it.

I sat for a while, frozen with horror; and then, in despair, I again turned over the pages. I came to typhoid fever – read the symptoms – discovered that I had typhoid fever, must have had it for months without knowing it – wondered what else I had got; turned up St. Vitus’s Dance – found, as I expected, that I had that too, – began to get interested in my case, and determined to sift it to the bottom, and so started alphabetically – read up ague, and learnt that I was sickening for it, and that the acute stage would commence in about another fortnight. Bright’s disease, I was relieved to find, I had only in a modified form, and, so far as that was concerned, I might live for years. Cholera I had, with severe complications; and diphtheria I seemed to have been born with. I plodded conscientiously through the twenty-six letters, and the only illness I could conclude I had not got was housemaid’s knee.

I felt rather hurt about this at first; it seemed offending. Why hadn’t I got housemaid’s knee? After a while, however, less strong feelings prevailed. I reflected that I had every other known malady in the pharmacology, and I grew less selfish, and determined to do without housemaid’s knee. Gout, in its most dangerous stage, it would appear, had seized me without my being aware of it; and zymosis I had evidently been suffering from boyhood. There were no more diseases after zymosis, so I concluded there was nothing else the matter with me.

I sat and pondered. I thought what an interesting case I must be from a medical point of view, what an acquisition I should be to a class! Students would have no need to “walk the hospitals,” if they had me. I was a hospital in myself. All they need do would be to walk round me, and, after that, take their diploma.

I went to my medical man. He is an old chum of mine, and feels my pulse, and looks at my tongue, and talks about the weather, all for nothing, when I fancy, I’m ill; so I thought I would do him a good turn by going

to him now. "What a doctor wants," I said, "is practice. He shall have me. He will get more practice out of me than out of seventeen hundreds of your ordinary, commonplace patients, with only one or two diseases each."

(Adapted from:

Jerome K. Jerome Three Men in a Boat

<http://www.authorama.com/three-men-in-a-boat-1.html>

<https://booksonline.com.ua/view.php?book=165087>)

6. Why did the narrator go to the British Museum?

- A to indolently study diseases
- B to find out the symptoms of the distemper he plunged into
- C to get to know how to cure his symptoms
- D to look through premonitory symptoms

7. What is NOT true according to the text?

- A He decided to read the information in A-Z order.
- B He thought he suffered from typhoid fever.
- C Bright's disease was not terminal.
- D The acute stage could last for another fortnight.

8. What disease did he believe was passed on him?

- A Bright's disease
- B Cholera
- C Diphtheria
- D Gout

9. What were his feelings about not having housemaid's knee?

- A He felt harmed
- B He felt excited
- C He felt selfish
- D He felt enthusiastic

10. What did he think of himself from a medical point of view?

- A He could be a good student of medicine
- B Students would take him to hospital
- C He could award diplomas to students
- D Students could learn medicine studying him

Task 3

Read the texts below. Match choices (A – H) to (11–16). There are two choices you do not need to use. Write your answers on the separate answer sheet.

Habits of Super-Healthy People

11. It's important for a bunch of reasons. It jump-starts your metabolism and stops you from overeating later. Plus, studies show that adults who have it do better at work, and kids who are served it score higher on tests. If a big plateful first thing isn't for you, keep it light with a granola bar or a piece of fruit. Just don't skip it.

12. Don't just grab another cup of coffee – get up and move. Do some deep lunges or stretches. It's great for your body and mind. Just 30 minutes of walking five times a week may help keep the blues at bay. And if you can't do those minutes all at once, short bursts help, too.

13. Checking your email and social media a lot? Sure, your friends' and family's latest updates are just a click away, but do you really need to see pictures of your cousin's latest meal? Let it wait until morning. Set a time to log off and put the phone down. When you cut back on screen time, it frees you to do other things. Take a walk, read a book, or help your cousin chop veggies for their next great dinner.

14. Acquiring additional skills helps keep your brain healthy. Sign up for a dance class or a creative writing workshop. Better yet, master a new language. The mental work it takes can slow the signs of ageing and may even delay the effects of Alzheimer's disease.

15. If you light up, quit. It's a big move toward better health. Your body repairs itself quickly. As soon as 20 minutes after your last cigarette, your heart rate and blood pressure drop. Why wait? Kick the habit, today. Your doctor will be happy to help you get started.

16. Strength training helps your body trade fat for muscle mass. That means you'll burn more calories even when you're being a couch potato. But these workouts can also help you slim down, strengthen your heart, and build up your bones. Do strength-training exercises – like push-ups, lunges, and weight lifting – at least twice a week.

(Adapted from: <https://www.webmd.com/fitness-exercise/ss/twelve-habits-super-healthy-people>)

Which habit presupposes _____?

- A keeping your balance
- B abandoning it
- C having morning meal
- D learning something new
- E planning your meals
- F training your muscles
- G taking an exercise break
- H going offline

Task 4

Read the text below. Choose from (A – H) the one which best fits each space (17–22). There are two choices you do not need to use. Write your answers on the separate answer sheet.

Autumn Anxiety: Why You May Feel More Stressed This Season

“Once the hot summer weather has subsided, autumn is a great time for enjoying the outdoors, (17) _____ by taking long walks or cycle rides. Alternatively, start a new sport or join the gym,” doctors say.

“Exercise is key across the board for mental health disorders. Every study shows improved mood after exercise,” Thornton said. Rather than associating autumn with negative experiences, Thornton said to try to look at it (18) _____.

“Humans are very focused on loss. In this case, the loss of sunlight and being outside, so try to think about what you can do about being inside,” she said. “Rather than thinking, ‘It's cold and I'll be stuck inside,’ try to think of being inside as, say, cosy,” she said.

One way to do this is (19) _____ in your home with a comfortable, warm blanket, or accent pillows that are autumn colours. “Now, you are taking what feels like a loss and are thinking about it in a different way,” said Thornton.

Cognitive behavioural therapy (CBT) has been shown in research Trusted Source to effectively treat anxiety and seasonal affective disorder. Additionally, antidepressants are (20) _____.

“This is because SAD is more about depression. However, it does tend to start in autumn because of the anticipatory anxiety and because the days are getting shorter,” said Thornton.

If (21) _____, Morrison says to see your doctor. “Don’t wait until things get really bad,” she said. “If you start to feel anxious and depressed, (22) _____ to improve your mood.”

Thornton agreed, noting that she advocates exercise with all her clients.

Autumn is an excellent time to think about what you eat, said Morrison.

Thornton agreed, saying the autumn season is a great time to make your favourite seasonal soups and warm meals you didn’t get to eat over the summer.

(Adapted from:

<https://www.healthline.com/health-news/autumn-anxiety>)

A you find yourself feeling overwhelmed

B take prompt action

C your mood has changed for the better

D often prescribed for SAD

E differently by reframing

F so do make the most of it

G can be done

H to change the environment

Частина «Використання мови» Use of English

Task 5

Read the text below. For questions (23–32) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Basic First Aid Knowledge Is Essential

Most people are (23) _____ to take first aid training programmes because they think that the chances of emergencies happening are highly unlikely. However, mishaps, accidents, and certain contingencies can occur anytime. These scenarios may cause serious physical injury when there’s nobody around to perform immediate first-aid treatment.

First aid (24) _____ to the immediate care you should provide when a person is injured, poisoned, or sick. The goal is to ease the pain or reduce its potential from worsening before they receive full treatment.

When (25) _____ first aid, it’s crucial to keep the three Ps in mind – preserve life, prevent deterioration, and promote recovery.

If you’re in the same place where the accident occurred, step up and provide immediate care. If the person is (26) _____, you ought to initially introduce yourself as the first aid responder and ask permission before you can touch and help them. However, if the person is dazed or has (27) _____, you can assume that they’re willing to receive aid.

Being helpless during a critical situation might lead you to panic, especially if it’s your loved one whose life is on the line. You may have (28) _____ later on for not being able to take appropriate action during the event.

(29) _____, if you've undergone first aid training, you'll be able to determine the appropriate steps to manage the patient's trauma, pain, or wounds. At the same time, this helps you to identify whether the situation is a minor or serious one.

For instance, if the patient acquired minor injuries or superficial skin abrasions, you can offer simple solutions to (30) _____ the need for having the person sent to the hospital. With your first aid experience, you'll have an idea of how to lightly put pressure on the wounded area and control the bleeding.

On the other hand, if the person has sustained a major injury, you can stop the situation from becoming worse as you administer temporary relief and (31) _____ their suffering. All these can help you rescue anyone and save their lives without waiting for medical responders to arrive. (32) _____ yourself with adequate first aid knowledge and training, you can empower yourself and gain experience on how to approach these emergencies.

(Adapted from:

<https://medicalaid.org/9-reasons-basic-first-aid-knowledge-is-essential/>)

23	A	eager	B	reluctant	C	willing	D	ready
24	A	cites	B	names	C	mentions	D	refers
25	A	prescribing	B	reducing	C	providing	D	feeling
26	A	invidious	B	conscious	C	sick	D	premonitory
27	A	passed out	B	passed around	C	passed away	D	passed by
28	A	regards	B	regatta	C	regress	D	regrets
29	A	Though	B	Although	C	However	D	Besides
30	A	evacuate	B	eliminate	C	extinct	D	enrich
31	A	aggravate	B	ease	C	irritate	D	provoke
32	A	By equipping	B	Having equipping	C	For equipping	D	To equipping

Task 6

Read the text below. For questions (33–42) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Health on Holiday

Nobody wants to deal with a medical emergency when they are on holiday. In practice you may not have (33) _____ choice in the matter, and it is best to be as (34) _____ prepared as possible. If you're travelling independently that means taking a medical kit.

The whole idea of the kit (35) _____ that you can carry it around with you, therefore it needs to be both light and compact. You can buy a pre-packed kit (36) _____ includes the main essential items, and this should be adequate in most situations. The problems that you are most likely to encounter will be minor inconveniences – cuts, stings, blisters, and so on, and these can (37) _____ out easily by using the things in the kit.

If you do decide to put your own kit together, however, do bear in mind that it's pointless (38) _____ items that you don't know (39) _____ to use; complicated bandages for example that only a trained nurse can put on correctly. It's much (40) _____ important to buy, read and preferably pack a good basic first aid book. This (41) _____ you to know what to do in any less familiar situation as well as in any possible emergencies.

Finally, keep your first aid kit in a pocket or towards the top of your bag in case you need to find it in (42) _____ hurry.

(Adapted from:

First Certificate Practice Tests Plus New Edition/N. Kenny, L. Luque-Mortimer. Pearson/Longman, 2011)

33	A	any	B	some	C	less	D	more
34	A	far	B	good	C	well	D	better
35	A	was	B	are	C	is	D	is being
36	A	why	B	that	C	what	D	whose
37	A	sort	B	being sorted	C	to be sorted	D	be sorted
38	A	been included	B	include	C	including	D	included
39	A	how	B	why	C	what	D	where
40	A	surely	B	most	C	more	D	sure
41	A	is helping	B	will helps	C	will have helped	D	will help
42	A	a	B	an	C	the	D	–

PART II VOCABULARY FOCUS

1. Complete the following sentences with a word or expression from the box.

operate	medicine	workout	surgery	operations
treat	health	depression	headache	muscles
recovery	emergency	first aid	prevent	

- Start your _____ with some gentle stretching exercises.
- Acupuncture can help relieve pain and _____ a range of other complaints.
- Lack of sleep can cause car wrecks, bad decisions, _____ and heart disease.
- They have all had major _____ at some time in their lives, but there are no doubts about their fitness.
- Herbal medicine includes the use of herbs and plants to promote and improve _____.
- To prevent certain paralysis they needed to perform a series of _____.
- All that light from your TV or smart device can make your eyes sensitive and give you a _____.
- Giving appropriate, temporary relief can help minimise the patient's _____ time.
- Take a teaspoonful of _____ before going to bed.
- When you sit for a long time, you put a lot of stress on your back _____, neck, and spine.
- If your friend acquires burns or cuts, you can easily cope with the _____ by using simple items around you.
- While you can learn to perform _____ with the help of online resources, it's much better to attend actual classes.
- Doctors had to _____ on her stomach.
- Lifestyle medicine is a medical approach that builds behaviours to help treat, manage and _____ chronic disease.

2. Choose the best word which completes each of these sentences.

- I'm a very _____ person because I've been going to the gym and doing different sports for years.
a. listless *b. sick* *c. reluctant* *d. fit*
- Mothers and family members treated most _____ in ancient times.
a. antidepressant *b. illnesses* *c. recovery* *d. vaccinations*

3. Priests said prayers to help the _____ and protect from illness.
a. sick *b. fit* *c. sickening* *d. worsening*
4. _____ mostly cared for older people who could not look after themselves.
a. muscles *b. operations* *c. hospitals* *d. prescriptions*
5. A healthy diet, exercise and other lifestyle factors have long been suggested as ways to _____ illness.
a. deteriorate *b. commence* *c. fancy* *d. prevent*
6. Dewey had been in hospital for several weeks suffering _____ malaria.
a. from *b. of* *c. for* *d. on*
7. It is important to note that first aid is not medical _____ and cannot be compared with what a trained medical professional provides.
a. despair *b. emergency* *c. treatment* *d. suffering*
8. High _____ can damage your health in many ways.
a. prescription *b. treatment* *c. blood pressure* *d. vaccination*
9. Keep in mind that _____ is a boon for overall health.
a. treat *b. drug* *c. exercise* *d. cold*
10. Common anxiety signs and symptoms include: breathing rapidly, sweating, trembling and having _____.
a. cough *b. panic* *c. flu* *d. arthritis*
11. _____ may be entered into an electronic medical record system and transmitted electronically to a pharmacy.
a. measles *b. drugs* *c. prescriptions* *d. medical kits*
12. Many studies have shown that yoga can help people manage _____ caused by a host of conditions, from headaches to arthritis to lingering injuries.
a. pain *b. walking* *c. hospital* *d. training*
13. Pain can linger for weeks or even months, causing needless _____ and interfering with quality of life.
a. recovery *b. workout* *c. suffering* *d. drugs*
14. Apparently Don's wife is seriously ill, and they think it might be _____.
a. dental pain *b. a cold* *c. abrasion* *d. cancer*

3. Choose the correct word.

1. My trainer said I shouldn't give **out/ up** the gym.
2. I was very **unfit/ fit** but determined to do some hill walking.
3. They need to operate **on/ in** her stomach.
4. The woman was rushed to a hospital about 20 miles away, resulting in about a one-hour delay in **treatment/ cure**.
5. You must be very fit if you do so much **running/ worsening**.
6. I'm thinking of **signing up/ running in** for a yoga course.
7. It was difficult to **treat/ recover** patients because of a shortage of medicine.
8. I nearly passed **out/ on** when I saw all the blood.
9. I always feel better after a good **complication/ workout**.
10. There is still no cure **from/ for** AIDS.
11. The government aims to influence people's behaviour to improve their **lifestyle/ lifespan** to reduce chances of cancer.
12. Patients do not pay for emergency treatments, medical advice, periods in **ailment/ hospital** or medical tests.
13. You can get help from a GP for free, but you'll usually need to make a(n) **appointment/ prescription**.
14. To **prevent/ promote** the spread of coronavirus (COVID-19) there have been changes to GP appointments

SELF-CHECK

<p>Keeping fit exercise follow a (healthy/ low-fat) diet healthy lifestyle jogging join the gym lifespan moving running start a sport stretching swimming train for <i>the marathon</i> training take a walk/ a ride walking workout – <i>a period of physical exercise, especially as training for a sport</i></p>	<p>Adjectives conscious dazed – <i>unable to think clearly, especially because of a shock, accident etc.</i> fit – <i>someone who is fit is strong and healthy, especially because they exercise regularly</i> indolent – <i>lazy</i> invidious – <i>written unpleasant, especially because it is likely to offend people or make you unpopular</i> listless – <i>feeling tired and not interested in things</i> premonitory – <i>formal giving a warning that something unpleasant is going to happen</i> prompt – <i>done quickly, immediately, or at the right time</i> reluctant – <i>slow and unwilling</i> sick sickening – <i>very unpleasant and making you feel as if you want to vomit</i> superficial – <i>not serious</i> worsening</p>
<p>Health/ Medicine acute stage ailment – <i>an illness that is not very serious</i> an annual physical exam antidepressant anxiety blister – <i>a swelling on your skin containing clear liquid, caused for example by a burn or continuous rubbing</i> blood pressure complication – <i>a medical problem or illness that happens while someone is already ill and makes treatment more difficult</i> cure for – <i>a medicine or medical treatment that makes an illness go away</i> cut – <i>skin wound</i> despair disease – <i>an illness which affects a person, animal, or plant</i> (medical) emergency first aid general practitioner (GP) – <i>a doctor who is trained in general medicine</i> hospital illness</p>	<p>Nouns accident – <i>a situation in which someone is injured or something is damaged without anyone intending them to be</i> additive – <i>a substance that is added to food to improve its taste, appearance etc.</i> ageing – <i>American English aging</i> chum – <i>informal old-fashioned a good friend</i> contingency – <i>an event or situation that might happen in the future, especially one that could cause problems</i> co-pay – <i>additional payment</i> mishap – <i>a small accident or mistake that does not have very serious results</i> rescue scourge – <i>something that causes a lot of harm or suffering</i></p>

life-threatening illness
 malady – *old use an illness*
 medical kit
 medicine/ drug
 panic
 patient
 prescription
 primary care physician
 recovery
 responder – *American English a member of the police, fire, or medical services who has been specially trained to be the first person to go to a very serious accident or to an extremely dangerous and unexpected situation that must be dealt with quickly*
 side effects of drugs
 sting – *a wound or mark made when an insect or plant stings you*
 suffering
 surgeon
 surgery on
 symptom
 a trained nurse
 treatment
 tumour – *a mass of diseased cells in your body that have divided and increased too quickly*
 vaccination
 wounded area
 administer temporary relief
 become/fall/ get ill (*sick American English*)
 cause physical injury
 control the bleeding
 donate organs, to be a donor
 ease/reduce/ lessen/ alleviate the pain
 feel one's pulse
 feel stressed/ anxious/ depressed/ overwhelmed
 go to see/visit a doctor
 have/undergo an operation
 have/undergo surgery
 lightly put pressure on the wounded area
 listen to one's chest
 look at one's tongue
 make an appointment/ to have an appointment to see the doctor – *an arrangement for a meeting at an agreed time and place, for a particular purpose*
 manage the patient's trauma/ pain/ wounds
 need surgery

<p>practise self-medication with non-prescription medicines</p> <p>provide immediate care</p> <p>put on bandages</p> <p>suffer/ sustain a major injury</p> <p>take one's temperature/ blood pressure</p> <p>treat illness</p>	
<p>Types of treatment</p> <p>Acupuncture: <i>to insert very fine needles into the body at points along the meridians</i></p> <p>Cognitive behavioural therapy</p> <p>Integrative medicine – <i>a combination of traditional and alternative medicine</i></p> <p>Homoeopathy: <i>a way of treating illnesses using very small amounts of natural substances</i></p> <p>Osteopathy: <i>a treatment of injuries to bones and muscles using pressure and movement</i></p> <p>Reflexology: <i>a treatment in which your feet are rubbed and pressed in a special way in order to improve blood flow and help you relax</i></p> <p>Surgery: <i>medical treatment in which a surgeon cuts open your body to repair or remove something inside</i></p> <p>Therapy: <i>the treatment of an illness or injury over a fairly long period of time</i></p> <p>Yoga</p>	<p>Phrasal verbs</p> <p>cut back on – <i>to reduce the amount, size, cost etc. of something</i></p> <p>go down with something – <i>to become ill, especially with an infectious disease</i></p> <p>light up – <i>informal to light a cigarette</i></p> <p>log off/out – <i>to stop using a computer system by giving it particular instructions</i></p> <p>pass away – <i>to die</i></p> <p>pass out – <i>to become unconscious</i></p> <p>sort something/somebody out – <i>to successfully deal with a problem or difficult situation</i></p> <p>pass something on – <i>a) to give something, especially a disease, to your children through your genes; b) to give a slight illness to someone else</i></p> <p>put something together – <i>to make a machine, model etc. by joining all the different parts [= assemble]</i></p> <p>sign up for – <i>to put your name on a list for something because you want to take part in it</i></p> <p>turn over – <i>British English to turn a page in a book or a sheet of paper to the opposite side</i></p>
<p>Diseases</p> <p>abrasion – <i>an area on the surface of your skin that has been injured by being rubbed against something hard</i></p> <p>ague – <i>old-fashioned a fever that makes you shake and feel cold</i></p> <p>AIDS</p> <p>arthritis</p> <p>asthma</p> <p>cancer</p> <p>chickenpox</p> <p>cold</p> <p>dental pain</p> <p>depression</p> <p>distemper – <i>a serious infectious disease that affects animals, especially dogs</i></p> <p>flu</p>	<p>Fixed phrases</p> <p>be in a good/bad mood</p> <p>be in a hurry</p> <p>be on the line – <i>if something important is on the line, there is a risk that you might lose it or something bad could happen to it</i></p> <p>be/go on a diet</p> <p>bear in mind</p> <p>do somebody a good/bad turn – <i>to do something that is helpful or unhelpful for someone</i></p> <p>get interested in</p> <p>give someone a diagnosis</p> <p>keep/hold something at bay – <i>to prevent something dangerous or unpleasant from happening or from coming too close</i></p> <p>operate on</p> <p>phone/ring/call in sick – <i>to call to say you are not coming to work because you are ill</i></p>

<p>gout – <i>a disease that makes your toes, fingers, and knees swollen and painful</i></p> <p>hay fever</p> <p>headache</p> <p>heart attack</p> <p>measles</p> <p>mental health disorder</p> <p>pneumonia</p> <p>seasonal affective disorder (SAD)</p> <p>ulcer</p> <p>virus</p>	<p>run in the family – <i>if something such as a quality, disease, or skill runs in the family, many people in that family have it</i></p> <p>suffer from a disease</p>
<p>Symptoms</p> <p><i>to have a cold/ a cough/ a sore throat/ a temperature/ a stomach ache/ chest pains/ earache/ a pain in one's side/ a rash on one's body/ a bruise on one's leg/ a black eye/ swollen glands/ high fever/ aching muscles</i></p>	<p>Idioms</p> <p><i>as pale as a ghost – extremely pale</i></p> <p><i>be back on one's feet – physically healthy again</i></p> <p><i>be/feel under the weather – slightly ill</i></p> <p><i>be as fit as a fiddle – to be healthy</i></p>
<p>Verbs</p> <p><i>commence – formal to begin or to start something</i></p> <p><i>cure somebody of something</i></p> <p>delay</p> <p><i>deteriorate – to become worse fancy – to think or believe something without being certain</i></p> <p><i>lunge – to make a sudden strong movement towards someone or something, especially to attack them</i></p> <p>poison</p> <p><i>ponder – formal to spend time thinking carefully and seriously about a problem, a difficult question, or something that has happened [= consider]</i></p> <p>prescribe</p> <p>preserve (life)</p> <p>prevent</p> <p>promote (recovery)</p> <p>reduce <i>the risk</i></p> <p>reflect</p> <p>save</p> <p><i>skip – informal to not do something that you usually do or that you should do [= miss]</i></p> <p><i>swap – to stop using or get rid of one thing and put or get another thing in its place</i></p> <p><i>treat – to treat somebody with something</i></p> <p><i>vomit – to bring food or drink up from your stomach out through your mouth, because you are ill</i></p>	