

# 1 Health and illness

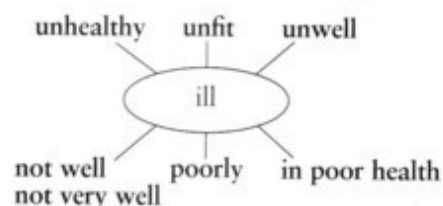
## A Asking about health

**Health** is the state of the body. When doctors want to know about a patient's usual health, they ask questions such as:

What is your **general health** like?

How's your health, generally?

If you are **in good health**, you are **well** and have no **illness** (disease). If you are **healthy** you are normally well and can resist illness. If you are **fit**, you are well and strong.



## B Sickness

**Sickness** has a similar meaning to illness. It is also used in the names of a few specific diseases, for example **sleeping sickness** and **travel sickness**. Patients also talk about sickness when they mean nausea and vomiting.

Patient says	Possible meanings
I was sick this morning.	I was ill this morning. I felt unwell this morning. I vomited this morning.
I feel sick.	I feel ill. I feel unwell. I am nauseous. I feel the need to vomit.

The combination **sickness and diarrhoea** means vomiting and diarrhoea.

## C Recovery

When patients return to normal health after illness, they have **recovered**. We can also say:

The patient	made a	good full complete	recovery.
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If a patient's health is in the process of returning to normal, the patient is **improving**. The opposite is **deteriorating**. We can also say that the patient's condition **improved** or **deteriorated**.

In speech, we often use the verb **get** to talk about change:

get	over (an illness)	= to recover
	better	= to improve
	worse	= to deteriorate

If a patient is better, but then gets worse again, the patient has **relapsed**. Another word for **improvement**, especially in recurring conditions such as cancer, is **remission**.

He **got over** the illness very quickly.

Two years later she remains **in complete remission**.

- 1.1 Complete the table with words from A and B opposite. The first one has been done for you.

Noun	Adjective
fitness	fit
health	
illness	
sickness	

- 1.2 Make word combinations using a word from each box. Look at B and C opposite to help you.

complete	sickness
feel	health
get	remission
poor	sick
travel	over

- 1.3 Complete the conversation. Look at B opposite to help you.

Doctor: How are you feeling today?

Patient: Not very (1) .....

Doctor: How long have you been feeling (2) ..... ?

Patient: About a week.

Doctor: What is your (3) ..... like normally?

Patient: Very good. I'm usually quite (4) ..... and (5) .....

Doctor: What is the problem now?

Patient: It's my stomach.

Doctor: Do you feel (6) ..... ?

Patient: Yes.

Doctor: Have you actually been (7) ..... ?

Patient: No.

Doctor: Have you had any serious (8) ..... in the past?

Patient: No, none at all.

- 1.4 Choose the correct word to complete each sentence. Look at B and C opposite to help you.

1 Her condition ..... (deteriorated/improved) and she died.

2 He ..... (relapsed/recovered) and was allowed to go home from hospital.

3 The cause of sleeping ..... (illness/sickness) was discovered in 1901.

4 The patient made a full ..... (remission/recovery).

5 I have been in ..... (poor/good) health for months and feel very fit.

6 It was a month before I ..... (got over / got better) the illness.

7 He seems to be rather ..... (unhealthy/unwell) – his diet is bad and he never exercises.



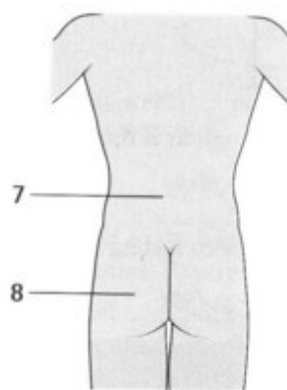
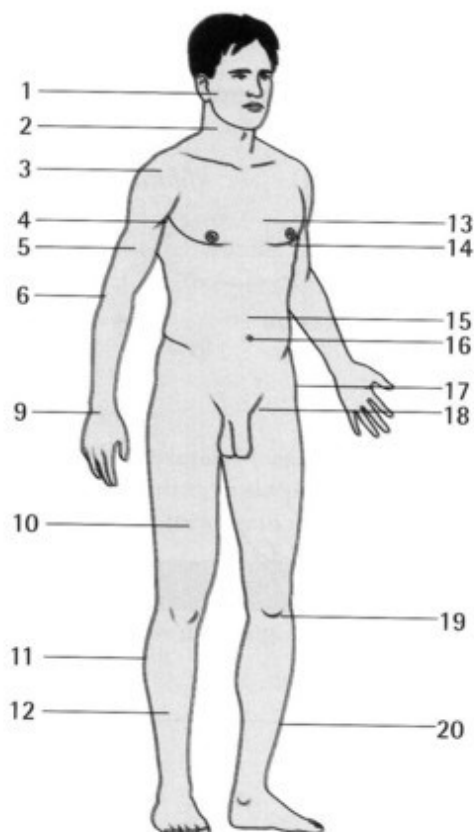
**Over to you**

What advice do you give people for keeping fit and well?

# 2 Parts of the body 1

## A Parts of the body

Most external parts of the body have ordinary English names as well as anatomical names. Doctors normally use the English names, even when talking to each other. There are a few exceptions where doctors use the anatomical name; these are shown in brackets below.



- 1 jaw (mandible)
- 2 neck
- 3 shoulder
- 4 armpit (axilla)
- 5 upper arm
- 6 elbow
- 7 back
- 8 buttock
- 9 wrist
- 10 thigh
- 11 calf
- 12 leg
- 13 chest (thorax)
- 14 breast
- 15 stomach, tummy (abdomen)
- 16 navel (umbilicus)
- 17 hip
- 18 groin (inguinal region)
- 19 knee (patella = kneecap)
- 20 shin

**Limb** means arm (**upper limb**) or leg (**lower limb**). The **trunk** is the body excluding the head and limbs.

For a more detailed diagram showing parts of the body, see Appendix I on page 00.

## B Referring to parts of the body

When patients speak about their problem they often refer to a part of the body:

I'm having trouble with my hip, shoulder, knee.

The doctor often needs to ask about a part of the body:

Do you get any pain in the your chest? stomach? back?

## C Describing radiation of pain

A patient is telling the doctor about his back pain and the parts of the body it radiates to.

It starts in the back. Then it seems to go into the right buttock and down the back of the right thigh to the knee.