

● What are some ways of staying healthy?

You should take care of your body by doing physical activity / exercise / walking regularly / going cycling. You should eat a healthy diet / vegetables / less meat / less junk food / less sugar. Being overweight / obese can cause a lot of health problems / increases your chance of getting diabetes or other serious illnesses. You shouldn't smoke / drink too much / take drugs because it can cause heart / liver / kidney disease / cancer.

● If you aren't feeling well, where can you go? What happens there?

You need to see a doctor / make an appointment to go to the doctor's. The doctor might check your temperature / see if you have a fever / look down your throat / check / measure your blood pressure / heart rate / do a physical examination. The doctor might refer you to a specialist / give you a prescription for medicine. If you have a serious problem, you should call an ambulance / go to the hospital.

● What are some common illnesses and injuries?

You might have a cough / cold / temperature / fever / runny nose / earache / the flu. You might have acne / skin problems / allergies. If you are allergic to something, you could have itchy eyes / sneeze / get a rash / experience shortness of breath. If you have an accident, you might bang your head / cut / scratch yourself / fall over / sprain / twist your ankle / break a bone.

● What serious illnesses / diseases can you get?

A heart attack can be caused by problems with the flow of blood to the heart / the heart not working properly. Cancer is when the normal cells in the body change so that they grow in an uncontrolled way / a tumor grows in the body. There are many different cancers including lung / breast / skin cancer. A stroke is when the blood supply to part of the brain is disrupted causing brain cells to die. People with diabetes can't produce enough insulin to control the level of sugar in their blood and help the body function normally. Kidney or liver diseases are serious and can stop the body from processing toxins. Alzheimer's disease is the slow loss of brain functions such as memory.

● When do people need to go to a hospital?

People go to the hospital when they are very ill / have a serious illness / disease / have an emergency. If they have a serious accident, they would go to A&E (accident and emergency; *BrE*) / the ER (emergency room; *AmE*) where they are seen by a doctor / operated on / admitted to hospital.

People go to a hospital to have an operation / have surgery / get an x-ray / have a baby.

● Can you list some medical jobs?

A GP is a 'general practitioner' who deals with general medical issues. A dentist is someone who specializes in teeth. If you have a problem with your eyes, you can see an optician / optometrist. A paediatrician works with children / specializes in children. An anaesthetist is someone who works with patients in surgery / administers anaesthetics. A surgeon is someone who performs operations / surgery. A pharmacist is an expert in medicine and prescription drugs.

● What do you know about mental health issues?

Anxiety and depression are some of the most common mental health problems. Some people take medication or see a psychiatrist / psychologist / therapist. More serious problems include people feeling suicidal / hearing voices / bi-polar disorder / schizophrenia.

● What are some different types of medicine that you can take?

You can take paracetamol / ibuprofen / aspirin tablets / pills / painkillers if you have a fever / pain. You can also take medication in liquid form, like cough medicine / syrup. You need eye drops if you have a problem with your eyes. If you have cut yourself, you might need a plaster / bandage / antiseptic cream. If you need a vaccination / injection / shot, the doctor will use a syringe / needle. If you have asthma, you might need an inhaler. If you have an allergic reaction, you can take an antihistamine. If you have a rash / skin problem, you might need some cream / ointment.

● What happens if you break a bone?

You need to go to a hospital to have an x-ray. Then you will need to have your arm / leg in a plaster cast / splint. You may need to use crutches / a wheelchair.

● What are some English expressions related to being ill?

I don't feel well / I'm not feeling good today / I feel sick / I'm going to throw up / vomit / I feel rough / I have a fever / temperature / I feel weak. I have a headache / toothache / stomach ache. I have a sore throat / cold / runny nose. I've got leg pain / I have sprained / twisted my ankle / wrist. I think I've broken my arm / cut my leg / grazed my knee. I have food poisoning / diarrhoea / an upset stomach. I have a rash / spots on my skin / my foot itches. I'm feeling wheezy / short of breath / dizzy. I am allergic to bees / dogs / chocolate / pollen.