

## HEALTH AND LIFESTYLE

**smallpox** (n) /'smɔ:l.pɒks/

an extremely infectious disease that causes a fever, spots on the skin, and often death (bệnh đậu mùa)

Ex: At the time, **smallpox** posed a serious threat to people in more than thirty nations.

**constituent** (n) /kən'stɪtʃ.u.ənt/

one of the parts that a substance or combination is made of (thành phần, cấu tạo)

Ex: It was recognized for the first time that food contained **constituents** that were essential for human function.

**rectify** (v) /'rek.tɪ.fai/

to correct something or make something right (chỉnh sửa, điều chỉnh)

Ex: Rapid weight loss was associated with nitrogen imbalance and could only be **rectified** by providing adequate dietary protein associated with certain foods.

**diagnose** (v) /'daɪ.əg.nəʊz/

to recognize and name the exact character of a disease or a problem, by examining it (chẩn đoán)

Ex: His condition was **diagnosed** as some type of blood disorder.

**syndrome** (n) /'sɪndrəʊm/

a set of physical conditions that show you have a particular disease or medical problem (hội chứng)

Ex: This **syndrome** mostly affects women in their forties.

**deprivation** (n) /,dep.rɪ'veɪ.ʃən/

the fact of not having something that you need (sự thiếu hụt)

Ex: They used sleep **deprivation** as a form of torture.

**heatstroke** (n) /'hi:t.strəʊk/

a condition that can lead to death, caused by being too long in a very hot place (sốc nhiệt)

Ex: **Heatstroke** has killed two people in Japan, officials said Wednesday (Sep 11), as nearly half a million homes struggled with electricity outages.

**therapeutic** (adj) /,θer.ə'piu:.tɪk/

causing someone to feel happier and more relaxed or to be healthier (chữa trị, trị liệu)

Ex: Many folk cures which have been around for centuries may be more **therapeutic** than previously suspected.

**ulcer** (n) /'ʌl.sər/

a break in the skin, or on the surface of an organ inside the body, that does not heal naturally (lở loét)

Ex: In parts of South America, a powder obtained from grinding sugar cane is used for healing infections in wounds and **ulcers**.

**lethal** (adj) /'li:.θəl/

able to cause or causing death; extremely dangerous (gây chết người)

Ex: Experiments carried out on several hundred patients indicate that ordinary sugar in high concentrations is **lethal** to bacteria.

## Quiz

Fill in the blanks with the words from the box

lethal	syndromes	diagnosed	therapeutic	deprivation
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1. Vitamins came to be recognized in foods, and deficiency \_\_\_\_\_ were described.
2. His son, Kenton, was \_\_\_\_\_ about a month ago with stage three throat cancer.
3. A 59-year-old man was executed by \_\_\_\_\_ injection this morning.
4. Sleep \_\_\_\_\_ not only affects how you feel the next day, it can also have an effect on your entire body.
5. This finding may have \_\_\_\_\_ value in treating people with brain disorders.

**feeble** (adj) /'fi:.bəl/

weak and without energy, strength, or power (ốm yếu)

Ex: He's pretty **feeble**, and has to use a cane to get around.

**clotting** (n) /'klɒt.ɪŋ/

the process in which blood changes into a solid state to form a thick mass or lump (sự đông tụ máu)

Ex: Platelets are essential for blood **clotting**.

**abstinence** (n) /'æb.stɪ.nəns/

the fact of not doing something, such as drinking alcohol or having sex (sự kiêng)

Ex: Infant-mortality rates are a reflection of numerous medical factors, including the mother's prenatal care and **abstinence** from drugs and cigarettes.

**ailment** (n) /'eɪl.mənt/

an illness or health problem (bệnh tật)

Ex: There are many chronic **ailments** that are outside the scope of the existing list.

**excrete** (v) /ɪk'skri:t/

to get rid of material such as solid waste or urine from the body (bài tiết, thải ra)

Ex: Most toxins are naturally **excreted** from the body.

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**deterioration** (n) /dɪˌtɪəriəˈreɪʃən/

the process or fact of becoming worse (sự sụt giảm, xấu đi)

Ex: The experiments do not show that nerve growth factor can stop the general process of **deterioration** caused by Alzheimer's.

**be as fit as a fiddle** (idiom)

to be very healthy and strong (khỏe mạnh, cường tráng)

Ex: My grandmother's 89, but she's **as fit as a fiddle**.

**anaesthetic** (n) /ˌæn.əsˈθet.ɪk/

a substance that makes you unable to feel pain (thuốc gây tê, gây mê)

Ex: The operation is performed under **anaesthetic**.

**clogged** (adj) /klobgd/

blocked or filled so that movement or activity is difficult (bị tắc, kẹt)

Ex: **Clogged** blood vessels can be cleaned out, and broken ones mended or replaced.

**enamel** (n) /ɪˈnæm.əl/

the hard, white, shiny substance that forms the covering of a tooth (men răng)

Ex: The decay begins in a little crack in the **enamel** covering of the tooth.

## Quiz

**Fill in the blanks with the words from the box**

abstinence	anaesthetic	excrete	ailment	clotting
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1. He was then sent on a rather painful five-month journey to diagnose the \_\_\_\_\_.
2. During surgery patients are given heparin to thin the blood and prevent \_\_\_\_\_.
3. Their programs send the message that \_\_\_\_\_ is the expected standard for teens.

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4. The kidneys \_\_\_\_\_ glucose via urine when the glucose level in the blood is too high.
5. I was to have an \_\_\_\_\_ and that was why the operation was still expensive.

**brittle** (adj) /'brit.əl/

delicate and easily broken (giòn, dễ gãy)

Ex: As you get older your bones become increasingly **brittle**.

**rigid** (adj) /'rɪdʒ.ɪd/

stiff or fixed; not able to be bent or moved (cứng nhắc, không linh động)

Ex: In the aged, the joints between the bones also become **rigid** and more inflexible.

**pandemic** (n) /pæn'dem.ɪk/

a dangerous disease that infects many people at one time (đại dịch)

Ex: **Pandemics** happen when a disease changes in a way that our bodies are not prepared to fight.

**innocuous** (adj) /ɪ'nɒk.ju.əs/

completely without harm (vô hại)

Ex: Many people see fad diets as **innocuous** ways of losing weight, and they are grateful to have them.

**agony** (n) /'æɡ.ə.ni/

extreme physical or mental pain or suffering (sự đau đớn, quằn quại)

Ex: They put her on painkillers, but they didn't do enough, and she was in **agony**.

**antidote** (n) /'æn.tɪ.dəʊt/

a way of preventing or acting against something bad (cách phòng ngừa thứ xấu)

Ex: Regular exercise is the best **antidote** to tiredness and depression.

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**inoculate** (v) /ɪˈnɒk.jə.leɪt/

to give a person or animal a vaccine (tiêm chủng)

Ex: My children have been **inoculated** against polio.

**amputate** (v) /ˈæm.pjə.teɪt/

to cut off a part of the body (cắt cụt)

Ex: They had to **amputate** his foot to free him from the wreckage.

**side effect** (n) /ˈsaɪd ɪˈfekt/

an unpleasant effect of a drug that happens in addition to the main effect (tác dụng phụ)

Ex: Does this drug have any **side effects**?

**complication** (n) /ˌkɒm.plɪˈkeɪ.ʃən/

an extra medical problem that makes it more difficult to treat an existing illness (biến chứng)

Ex: If there are no **complications**, the doctor says that she'll be able to come home within two weeks.

## Quiz

Fill in the blanks with the words from the box

complications	pandemic	agony	inoculate	side effects
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1. Flu experts believe it is the leading candidate to ignite the next flu \_\_\_\_\_.
2. Few adverse effects have been reported, but its caffeine content may cause \_\_\_\_\_.
3. His face was contorted in \_\_\_\_\_ as he tried to lift himself out of the chair.
4. She developed \_\_\_\_\_ after the surgery.
5. With more vaccine available, this means the H1N1 vaccine can \_\_\_\_\_ twice as.

## Vocabulary highlights

*Chinh phục kì thi THPT QG cùng với cô Mai Phương tại website ngoaingu24h.vn!*

- ✓ smallpox (n): bệnh đậu mùa
- ✓ constituent (n): thành phần, cấu tạo
- ✓ rectify (v): chỉnh sửa, điều chỉnh
- ✓ diagnose (v): chuẩn đoán
- ✓ syndrome (n): hội chứng
- ✓ deprivation (n): sự thiếu hụt
- ✓ heatstroke (n): sốc nhiệt
- ✓ therapeutic (adj): chữa trị, trị liệu
- ✓ ulcer (n): lở loét
- ✓ lethal (adj): gây chết người
- ✓ feeble (adj): ốm yếu
- ✓ clotting (n): sự đông tụ máu
- ✓ abstinence (n): sự kiêng
- ✓ ailment (n): bệnh tật
- ✓ excrete (n): bài tiết, thải ra
- ✓ deterioration (n): sự sụt giảm
- ✓ be as fit as a fiddle (idiom): khỏe mạnh
- ✓ anaesthetic (n): thuốc gây tê
- ✓ clogged (adj): bị tắc, kẹt
- ✓ enamel (n): cao răng
- ✓ brittle (adj): giòn, dễ gãy
- ✓ rigid (adj): cứng nhắc
- ✓ pandemic (n): đại dịch
- ✓ innocuous (adj): vô hại
- ✓ agony (n): sự quằn quại
- ✓ antidote (n): cách phòng ngừa
- ✓ inoculate (v): tiêm chủng

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- ✓ amputate (v): cắt cụt
- ✓ side effect (n): tác dụng phụ
- ✓ complication (n): biến chứng

## PRACTICE

1. \_\_\_\_\_ are unwanted symptoms caused by medical treatment.  
A. Antidote                      B. Side effects                      C. Agony                      D. Amputation
2. A \_\_\_\_\_ refers to a disease that infects far more people across a wider area.  
A. pandemic                      B. complication                      C. side effect                      D. enamel
3. Patients don't even need a local \_\_\_\_\_ unless the tooth is already painful.  
A. deterioration                      B. ailment                      C. abstinence                      D. anaesthetic
4. The best way to avoid pregnancy is total \_\_\_\_\_ from sex.  
A. enamel                      B. abstinence                      C. deterioration                      D. ailment
5. The disease had left his voice \_\_\_\_\_, but he says singing has made it stronger.  
A. clogged                      B. lethal                      C. feeble                      D. diagnosed
6. By the time he was \_\_\_\_\_ in April 2007, his tumor was the size of his thumb.  
A. diagnosed                      B. clogged                      C. rectified                      D. excreted
7. Then I thought about my headaches and \_\_\_\_\_ and finally stopped deluding myself.  
A. heatstroke                      B. ulcer                      C. deprivation                      D. syndrome
8. Sleep \_\_\_\_\_ affects memory, cognition and motivation, according to a 2016 NPR article.  
A. enamel                      B. complications                      C. syndrome                      D. deprivation
9. The finding disproves the idea that TB widely \_\_\_\_\_ people against leprosy.  
A. rectified                      B. diagnosed                      C. inoculated                      D. amputated
10. They told us they hiked up twice a week, a good \_\_\_\_\_ to a day in the office.  
A. antidote                      B. heatstroke                      C. complication                      D. side effect
11. The man who was taken to hospital had been \_\_\_\_\_ for three hours.  
A. indifferent                      B. insensitive                      C. unconscious                      D. unfeeling



12. It's a good idea to see your doctor regularly for a(n) \_\_\_\_\_.  
A. control                      B. investigation                      C. check-up                      D. revision
13. General \_\_\_\_\_ rarely make home visits anymore; they prefer patients to come to their surgery.  
A. practitioners                      B. surgeons                      C. medicals                      D. doctors
14. The report issued by the National Health Council draws attention to the hazards of \_\_\_\_\_ to X rays.  
A. resistance                      B. involvement                      C. confinement                      D. exposure
15. John, who lost a leg in a car accident, has now been fitted with a(n) \_\_\_\_\_ limb.  
A. artificial                      B. attached                      C. extra                      D. substitute
16. But for people with \_\_\_\_\_ bones, some yoga poses can cause problems, especially for the spine.  
A. innocuous                      B. brittle                      C. diagnosed                      D. clogged
17. The nurse told me that Sam's \_\_\_\_\_ immediately after his operation was satisfactory.  
A. situation                      B. health                      C. condition                      D. state
18. Yes, I did have surgery a few months ago, but I'm as fit as a \_\_\_\_\_ now.  
A. noodle                      B. niddle                      C. fiddle                      D. middle
19. We've learned that ART treatment does not reduce the risk of blood \_\_\_\_\_.  
A. clotting                      B. ailment                      C. complication                      D. agony
20. Everything possible was done to \_\_\_\_\_ the suffering of the wounded man.  
A. diminish                      B. console                      C. alleviate                      D. pacify