

Health

https://www.youtube.com/live/ZYIARvkx870?si=p7iSBQfGvQVoK3M_

(Lesson notes:

<https://keithspeakingacademy.com/download/ielts-speaking-health-topic-vocabulary-lesson/>)

<https://www.youtube.com/live/XdevoRoD8so?si=LC8wugVVrfRJp14p>

https://youtu.be/Zal7zkQ8nxA?si=32um_sjGeLiahDGu

<https://youtu.be/W6c3UU8Sn24?si=54ljshKadQeXLY9y>

<https://youtu.be/wva1rclob1g?si=uSDZeD3A9ICvHqec>

https://youtu.be/RaB5Bydz8rE?si=8DwZ9_qn2in1irnG

1. Fit as a fiddle: To be in very good health.
 - "Even at 70, my grandmother is fit as a fiddle."
2. Under the weather: To feel ill.
 - "I won't be coming to work today. I'm feeling a bit under the weather."
3. An apple a day keeps the doctor away: Eating healthy food will keep you healthy.
 - "My mom always told me that an apple a day keeps the doctor away."

4. In the pink of health: In very good health.
 - After her surgery, she is now in the pink of health."
5. Burning the candle at both ends: To overwork yourself to the point of exhaustion.
 - "You need to rest more; you've been burning the candle at both ends."



Advanced idioms

1. To be on the mend: To be recovering after an illness or injury.
 - "After weeks of bed rest, he's finally on the mend."
2. Kick the bucket: To die.
 - "He was so healthy; no one expected him to kick the bucket so suddenly."
3. A bitter pill to swallow: An unpleasant fact that has to be accepted.
 - "Being diagnosed with a chronic illness was a bitter pill to swallow, but she's coping well."
4. Under the knife: To undergo surgery.
 - "He went under the knife for a heart bypass surgery."
5. Throw in the towel: To give up, especially when dealing with a difficult health situation.
 - "Despite the tough treatment, she never threw in the towel and kept fighting."

Collocations

1. Chronic condition: A long-lasting condition that can be controlled but not cured.
 - "Managing a chronic condition like diabetes requires careful monitoring and lifestyle changes."
2. Acute symptoms: Severe and sudden in onset.
 - "He was admitted to the hospital with acute symptoms of appendicitis."
3. Palliative care: Specialized medical care focused on providing relief from the symptoms and stress of a serious illness.
 - "Palliative care is essential for improving the quality of life for terminally ill patients."

4. Preventive measures: Actions taken to reduce the risk of disease or injury.
- "Preventive measures like vaccinations and regular check-ups are crucial for maintaining public health."
5. Holistic approach: An approach to medicine that considers the whole person, including their physical, mental, and emotional health.
- "Many practitioners advocate for a holistic approach to health that addresses both body and mind."

Extra learning:

Diets

Losing weight

Getting fit

Keeping active

Homemade cooking

Go the whole hog=dip it thoroughly

Superfoods

A Marketing ploy=A marketing trick

Antioxidants

Vitamin

Nutrients

Go for a stroll at a leisurely pace =

با سرعتی آرام به قدم زدن بروید

walk at a brisk pace

با سرعت زیاد قدم زدن

Get some fresh air

Leading a healthy lifestyle

Go for a jog

Go for a run

Go for a jog

Go for a swim

Do karate

Do yoga (flexibility)

Do pilates

Posture

She's got very good/bad posture.

Have a close shave/call(an accident nearly happens)

To take action on

We are drawing in health articles. They are all over the place, Left, Right and center.

There is a big build-up تجمع بزرگی وجود دارد

We get excited But we don't take an action

Hype (Excitement and marketing)

a situation in which something is advertised and discussed in newspapers, on television, etc. a lot in order to attract everyone's interest:

The honeymoon effect has worn off.

The excitement has died down.

Physical activity is not so widespread.

Less hype about nutrition.

strenuous(needing great effort)

Lead a sedentary lifestyle=**involving little exercise or physical activity:**

Heightened awareness of nutrition

On the brink of ...=on the edge

On the brink of pandemic

Gyms have cropped up(appeared)

Maintain a healthy lifestyle.

The dual system of public and private health care.

Choose to go private, Gives a wider choice

Health insurance - If you pay tax, You are covered.

This was the case in

In some emerging economies, 60-70% of the workforce are working outside of the formal economy, so they are not contributing tax payments.

There are clearly downsides to having a health insurance system.

To cut you off to interrupt

Healthcare service is understaffed.

خدمات بهداشتی و درمانی کم است.

A&E=Accident and Emergency unit

You can book an appointment online.

Saving on staffing time.

صرفه جویی در زمان پرسنل

Educating the public on preventive care.

What if we prevent people getting sick?

Take a holistic approach

People self-monitor, Do a check-up and Catch a disease before it gets too serious.

Equipment and facilities are not up to par.

تجهیزات و امکانات در حد استاندارد نیستند.

par=**the usual standard or condition**

Investment has been cut and has had a detrimental impact.

Digitalised health care

See the doctor one-on-one

The doctor can treat the patient via video conferencing.

Coronavirus

Outbreak=**a time when something suddenly begins, especially a disease or something else dangerous or unpleasant:**

Lockdown

Flabby

Do physical training (Verb)=Work

Describe a Lifestyle without much physical activity=Sendentary

Describe a person who is unfit=Out of shape

I'm not trying to lose weight.

I'm just trying to stay off junk food.

I'm trying to get my five a day.

I can never stick to a diet.

I have such a sweet tooth.

Talking about bad habits.

I'm trying to cut down.

I didn't think you were a big drinker.

I still get cravings.

Coffee is my vice. (a habit but bad habit.)

Coffee's not so bad in moderation.

Talk about work-life balance.

I have too much work.

I have a lot of work.

1- Talking about symptoms.

Do you have a fever? Do you have a sore throat?

Do you have a cough?

How long have been feeling like this?

Is this the first time you've had a problem like this?

How severe is the pain?

I've been having really bad headaches.

I've having a lot of problems getting to sleep.

I've been having sore stomach problems. I've had this cough for a week now.

I have a swelling in my right knee.

I have this rash on my arm.

2- Check basics

Check pressure

3- Prescribing medicine and giving advice

Prescribe prescription

The doctor prescribed antihistamines but they didn't help.

Prescribing medicine.

Take one pill every twelve hours.

Make sure you take the pills with food.

Painkillers.

Avoid alcohol while you're taking these, or they might not be as effective.

I lost my prescription, So I'll have to call the doctor and if she can send me a replacement.

General Advice:

You should also mask, sure you get enough sleep. Stay hydrated and avoid stress if possible.

GP=General practitioner پزشک عمومی

1-Do most people use public health care or is it more usual to buy private health insurance?

2-is public healthcare high quality and reliable? Why or why not?

3- Are all residents entitled to free public health or are there restrictions?

Going hospital

They sent him to A&E right away.

BR=Accident and Emergency

AMerican=Emergency room

How long are they keeping him in?

No, they have set visiting hours.

I've never had to stay overnight in a hospital.

Hopefully, he'll be discharged soon.

Talking about recovery

1)I'm feeling quite fragile.

2)I should get some strength back in time a couple of weeks.

3)It's a big wound. So that's taken to heal just by itself.

One day at a time.

Everything's so busy right now. I can't make plans for next year. I'm just talking things one day at a time.

