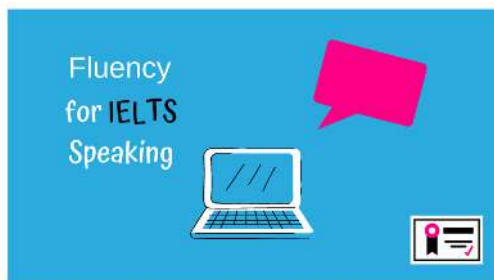


Live Lesson Notes

Medicine

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What you will learn

Links

Vocabulary

COVID

Alternative Medicines

Idioms

Sample Answers

Some useful Links

Find more great **vocabulary** to talk about **COVID**

<https://www.esolcourses.com/content/topics/health/vocabulary/viral-illnesses.html>

Know your **bugs, viruses, bacteria** and **parasites**

<https://theconversation.com/know-your-bugs-a-closer-look-at-viruses-bacteria-and-parasites-49695>

Kinds of **alternative medicines**

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/types-of-complementary-and-alternative-medicine>

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Essential Vocabulary

For very technical topics, like medicine, science or technology, you don't need to know all the technical language or ideas, but you do need to know the basics.

A useful phrase to use with the examiner is the following. It shows off good English and sounds very natural.

I'm not an expert, but I think....

I'm by no means an expert, but I think....

When you have a health problem inside your body, we use the following words:

Sickness / illness / ailment / disease

A disease tends to be long term

A **chronic** disease = there is no cure for it

Examples of illnesses are:

A **cold** (you have a runny nose, you're sniffing and coughing)

The flu (you have a fever, you have a high temperature, you are sweating)

a **bug** (a bacteria)

a **virus** (it is highly contagious)

an **infection** (n.)

it is **infectious** (adj.)

I've got a / an _____

I've caught a _____

I've caught a cold and now I **have** a high temperature. **I might have** a fever.

When you have a health problem outside your body, we use the following:

Injury

a broken bone
a cut
a burn
a sprained ankle / twisted ankle



Medicine (n.)

- 1) Something you take to cure an illness
- 2) a field of study

Medication (n.)

Something you take to cure an illness (same as medication)

We buy medicine in a

Chemist (GB) / Pharmacy (US) / Drug store (US)

Different types of medicine

- Pills
- Syrups
- Creams
- Antibiotics (to tackle infections)
- Vaccines (to treat viruses)

Vaccines give us **immunity** (n.)
Vaccines build our **immunity** (n.)

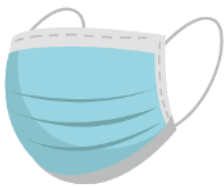
A strong / weak **immune** (adj.) system

The doctor looked at my symptoms, diagnosed me, and then prescribed some medicine

She put me on a **course of antibiotics**

I need to **take** some medicine

COVID Vocabulary



Face mask



Lockdown



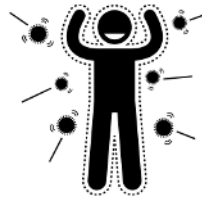
Vaccine



Medicine/ pills



Social Distancing



Immunity

I hate wearing a **face mask**

This **vaccine** can boost your **immunity**

Social distancing is really important

I don't like taking **pills**, especially capsules

Lockdown or confinement have meant we have had to spend a lot of time at home, without going out to socialise.

Quarantine is needed for anyone coming into the country with a fever. Some older people choose **self-isolation** to keep themselves safe.

The Covid **pandemic** has changed our lives significantly

Find more great vocabulary to talk about COVID here

<https://www.esolcourses.com/content/topics/health/vocabulary/viral-illnesses.html>

How has Covid changed the way you live?

I cannot **socialise** as much as I used to

I have to stay **isolated** at home and I have become **a couch potato** (=lazy)

Many people have started **working from home**

A lot of people have been **laid off** or **made redundant**, and so lost their main sources of income

I have started studying more online

My whole **schooling has moved online**

Before I could travel anywhere quite freely, now there are lots of **restrictions on travel**, especially international travel

It has completely transformed my daily routine, now I feel I am **in a bit of a rut** (=stuck in the same boring routine)

It has **turned my life upside down**. Now I cannot visit my family due to **lockdown** and so I feel quite lonely.

It has forced me to wear a **face mask** all the time. I am really a lot more cautious and **careful about general hygiene** now

It's not only affected me personally, but **the whole economy**, so we are heading for a **recession** now (=bad economic situation)

COVID has **killed off the livelihood** of many people, leaving them feeling hopeless and even depressed.

What is your opinion about alternative medicines?

The following are some of the more common and well known alternative medicines.

Most of them take a holistic approach to treating the body and also tend to focus on preventing disease rather than treating it after it happens.

Herbal medicine - using plants

Acupuncture - using needles to touch pressure points

Ayurveda - ancient herbal-based medicine

Homeopathy - lets the body cure/heal itself using tiny amounts of natural medicine (plants and minerals)

Chiropractic medicine - aligning bones, muscles through manipulation

Chinese medicine - use of natural plants and herbs to prevent illness

IN FAVOUR

I actually trust these alternative approaches more than modern medicine, I mean they have been around a long time and are **tried and tested**.

I think they are great, as they **take a holistic look at** your body, so they make sense to me.

I suppose some of them are good, for example, I have done acupuncture and it worked for me. Maybe they are **a good complement to modern medicine**.

I think they tend to be more popular with the **older generation**, but younger people tend **to favour** more modern approaches to medicine

AGAINST

To be honest, I am a bit **sceptical**, they don't seem to be **science-based** to me, so I don't know if they really work

I think they are **mumbo jumbo** (*=nonsense*), I mean there is no scientific evidence that they work

I am in two minds about it, some people **swear by** homeopathy, but I wonder if it just works like a **placebo** (*=a fake medicine that works because you believe it is a real medicine*)

The only evidence that they work is **anecdotal**, I don't think they are very scientific

Idioms - Health and Medicine

The following expressions are used to talk about not feeling well, or feeling a little sick.

I feel under the weather

I feel off

I fell off colour

I have a **splitting headache** = *a terrible headache*

You look **as pale as ghost** = *you don't look well*

The following expressions are used to talk about recovering and feeling healthy again.

The doctor gave me a **clean bill of health**

I feel **as fit as a fiddle** = *to be healthy*

I feel **fighting fit** = *to be healthy*

To be **on the mend** = *to be recovering*

to be **back on my feet** = *to have recovered from a sickness*

He is **the picture of health** = *he looks very healthy*

Sample Answers

Keith, do you think health is important? Why?

Absolutely, to be honest, I think health is probably one of the most important things in our life.

I mean sure, things like family, friends, and money, and **wealth, job security** are all pretty important, but if you don't have your health, then you can't **make the most of** any of those other things.

So, I think it's essential that we look after our health and that we try **to stay fighting fit**.

You know, that if ever we do **feel under the weather** that to take some kind of medicine to try and **sort yourself out**, so that you will **be as fit as a fiddle** and then enjoy life a lot more.

Keith, have you used alternative medicine?

It's an interesting question. The short answer is, yes, I have!

I **am a real advocate of** (=I am a fan of) using a holistic approach to staying healthy, **preventing disease**, as well as **treating disease**.

So, of course if you **fall sick**, I do sometimes take medicine whether it's pills or antibiotics, but I have also used different kinds of alternative medicine.

I've been treated by a 'Chiro practitioner' (we *should* say "*chiropractor*") who did manipulation of my bones to help me when I had back problems. I have also had acupuncture and that was interesting because it's quite strange having needles put into your body on different pressure points and then waiting for the impact, and of course, you don't feel the **direct impact**.

I think, as with a lot of alternative medicines, it takes a long time for the body to **regain balance** and so you don't have an **immediate impact**, but **long term**, yes it can help so.

So, yes I ..., for me it's not a choice one or the other, I use a lot different kinds of medicine.