

Collocations

to alleviate (the) pain/symptoms: to reduce the amount/effect of pain/symptoms. [Note: alleviate is also used with **boredom, a problem, anxiety, poverty**]

Take two of these. They'll alleviate the pain.

to contract a disease/illness: to catch/fall ill with a disease/illness: not used with minor illnesses in spoken English

It was during his trip down the Amazon that he contracted malaria.

to give blood: to voluntarily have blood taken from you so that it can be stored and used for sb else at a later date

Hospitals are appealing to donors to come forward and give blood.

to make a recovery: to recover, to get better [Note: **to make a full recovery:** to recover completely]

It was a simple operation and the doctors expected him to make a full recovery.

to nurse sb back to health: to help sb get better

After the operation, his sister nursed him back to health.

to perform an operation: (formal) to operate on sb

The man performing your operation is the best heart surgeon in the country.

to reduce the swelling: do sth (put ice on the swelling) or take some medicine which will return the swollen part of your body back to its normal size

We can't put it in plaster yet. We have to reduce the swelling first.

to regain consciousness: to 'wake up' having previously fainted/ been unconscious; to come round/to

He regained consciousness in the hospital ward.

to respond to treatment: to get better as a result of taking a particular medicine, etc

For some reason, he is not responding to treatment.

to take effect: to start to work (for a medicine, a painkiller, an anaesthetic)

You'll feel much better when the painkillers take effect.

to treat an illness: to try and cure an illness

It's one of those illnesses that you just can't treat with conventional medicine.

to undergo surgery: (formal) to have a surgeon operate on you

The Vice President underwent surgery late last night and his condition is said to be stable.

Prepositions

to be admitted to hospital: to be taken into hospital

He was admitted to hospital after complaining of pains in his chest.

to be allergic to sth: if you are allergic to sth (cats, dust, nuts, etc), your body reacts to it in a negative way – perhaps you start sneezing, or perhaps you get a rash

I'm allergic to pollen.

to be on antibiotics: to be taking antibiotic medicine

I'm on antibiotics and they make me feel a bit sleepy.

a cure for a disease: a medicine or medical treatment that will get rid of an illness or a disease

Scientists have recently discovered a cure for Redstein's disease.

to die of sth: if sb dies of a particular disease/illness, it kills them

He died of pneumonia.

to be discharged from hospital: to be allowed to leave hospital

The President was discharged from hospital last night.

to be in intensive care: to be in a hospital ward where people who are very ill are treated and looked after

It was very serious. He was in intensive care for two weeks.

to be on the mend: to be getting better

Although not yet fully recovered, he is on the mend.

to operate on sb: to treat sb by cutting open part of their body and removing or repairing sth

He's being operated on tomorrow.

to get medicine on prescription: you must have a prescription to obtain it [Note: buy medicine **over the counter:** you do not need a prescription to buy it]

Here you cannot buy tranquillisers over the counter; you can only get them on prescription.

to be rushed to/into hospital: to be taken to hospital very quickly

He collapsed at work and was rushed to the city hospital.

to be in good shape: to be fit and healthy

It's an extremely difficult climb, but we're in very good shape.

to be under a lot of stress: to be unable to relax because you are worrying a lot

I know he's been bad-tempered recently, but he's under a lot of stress at the office at the moment.

to suffer from sth: to have a particular illness or disease

Kelly suffers from migraine.

to be susceptible to sth: to be the kind of person who easily catches a disease or illness

The vaccination is being given to those groups in society who are particularly susceptible to flu.

to hang by a thread: if one's life is hanging by a thread they are very ill and likely to die

The doctors later told her how her life had hung by a thread during the operation.

to take its toll/a heavy toll on: to have a bad effect on

Working down the mines for so many years had taken its toll on his health.

Practice

1. The following exercise has been done by a fellow student. Are his/her answers correct? Put a tick (✓) if the answer is correct or, if not, supply the correct answer.



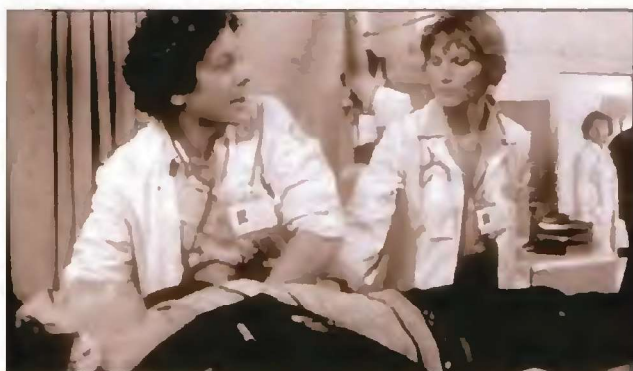
- 1 So you have to **give** blood. It won't hurt.
- 2 These pills will help to **alleviate** the pain.
- 3 He has to **undergo** surgery on his left knee
and will therefore not play in Milan.
- 4 Bathing your ankle in cold water should **contract** the swelling.
- 5 These pain killers will **make** effect almost
immediately.
- 6 I **took** the disease in Africa last summer.
- 7 It was his wife who **regained** him back
to health, tending to his every need.
- 8 She was out cold. It was seven hours
before she **reduced** consciousness.
- 9 If it doesn't **respond** to this treatment,
we'll have to operate.
- 10 The hospital's senior eye specialist was
going to **nurse** the operation, so she was
in good hands.
- 11 Most common infections can be **treated**
with antibiotics.
- 12 Thankfully, he **performed** a complete
recovery.

2. Complete the sentences below with an appropriate preposition.



- 1 "You can't buy these tablets the counter. You have to get them prescription."
- 2 There is no known cure Sterrits disease.
- 3 He was rushed hospital with suspected appendicitis.
- 4 He couldn't eat what she had prepared for him because he was allergic cheese.
- 5 He had been a lot of stress, and it was beginning to take its toll his health.
- 6 You are supposed to finish the course if you are antibiotics.
- 7 Her grandfather died cancer.
- 8 Both of her sons suffer hayfever.
- 9 He was pretty good shape for a man of his age.
- 10 They operated him on Monday and he was discharged hospital on Tuesday!
- 11 He was intensive care, his life hanging a thread.
- 12 She takes vitamin supplements in winter because she is susceptible colds and flu.
- 13 She was admitted hospital with third-degree burns.
- 14 There's a long way to go before my leg is totally better but at least it is the mend.

3. What do you think is happening/has happened in the pictures? Use the prompts, as well as your own ideas, to talk about them.



- A rush to hospital/suffer from heart attack/undergo surgery/life/hang by a thread/intensive care/respond to treatment/on the mend

- B suffer from migraine and back pain/stress/take medicine on prescription/no effect/take up yoga and relaxation techniques/alleviate pain/in good shape now



Phrasal Verbs

to clear up: if a rash or a cold clears up, it goes away

The doctor gave me some ointment and told me that the rash should clear up within five days.

to come out in a rash/spots: if you come out in a rash/spots, a rash or spots start covering part or all of your body

I'm allergic to feathers. I only have to look at a bird and I come out in a rash.

to come out of a coma: to wake up from a coma

It was two months before he came out of his coma.

to come round/come to: to regain consciousness after you have fainted

When I came round/to, I was in an ambulance.

to go down with sth: to become ill with sth

Tommy's gone down with measles.

to pass out: to faint, to lose consciousness

My finger bled so badly that I very nearly passed out.

to pull through: to survive and recover from a serious illness

He's in critical condition but the doctors have assured us that he will pull through.

to put sb on sth: if a doctor puts you on a particular course of medicine, he prescribes that medicine for you to take [Note: a doctor can also **put you on a diet**]

The doctor has put me on a course of antibiotics.

to put your back out: to hurt your back, often because you have tried to lift sth very heavy

John won't be playing for us today. He's put his back out.

to shake (sth) off: to get rid of sth

Angela has been on antibiotics for a week but she can't seem to shake off her cold.

to take a tooth out: to remove a tooth

The last time I went to the dentist, he took four of my teeth out.

to wear off: to stop having an effect

When the anaesthetic wears off, you will be in some pain.

Illness, Aches, and Pains

a blinding/splitting/thumping headache: a very bad headache

Give me some aspirin; I've got that thumping headache again.

a bug: an illness which is easily caught but which is not serious and probably lasts for two or three days [Note: a **stomach/tummy bug:** a bug which affects the stomach]

I hope I don't pick up that bug which is going round the school at the moment.

to feel as right as rain: to feel 100% well, after having previously felt ill

Helen went to bed with a blinding headache but in the morning she felt as right as rain.

a highly infectious disease: a disease that is very easily passed from one person to another

Bushell's disease is highly infectious. You only need someone to sneeze near you and you will get it.

to have/suffer a nervous breakdown: to become extremely depressed and unable to cope

He's had two nervous breakdowns in the last three years.

to have (got) poor eyesight: not to be able to see very well and probably needing to wear glasses or contact lenses [Note: **to be hard of hearing:** not to be able to hear very well and probably needing to use a hearing aid]

We all wear glasses in my family. We've all got very poor eyesight.

You'll have to speak up a bit; he's quite hard of hearing.

a runny nose: if you have (got) a runny nose or if your nose is running, you have a cold and your nose is producing a lot of liquid

I've just got a bit of runny nose and a bit of a sore throat, that's all.

to be seriously ill: to be very ill and probably in hospital as a result

She is seriously ill in hospital and the doctors say that it is touch and go whether she will pull through.

shooting pains: sudden, sharp pains which do not last for a long time but which do repeat themselves

I keep getting shooting pains like needles in my back.

a sore throat: if you have (got) a sore throat, your throat hurts so that you find it difficult to swallow and sometimes even to speak

These lozenges are very good for a sore throat.

a stinking cold: a very bad cold

I'm not going into work today. I've got a stinking cold.

to have a touch of flu: to have some of the symptoms of flu (a runny nose, a headache, etc) but not be so ill that you need to go to bed

I've just got a touch of flu. It's nothing a few paracetamol won't fix.

to feel (a bit) under the weather/off-colour: to feel slightly ill

Geoff went to work yesterday, even though he felt under the weather.

You don't normally need to visit the doctor or take any medicine if you just feel off-colour.

to have an upset stomach/to have a stomach upset: not be able to keep anything in your stomach because you have probably eaten or drunk sth bad

The last time I ate that, I got an upset stomach.

Practice

1. Complete the sentences with an appropriate phrasal verb from the box below. You may have to change the tense or form of the verbs.

go down with – take out – come out of – pass out –
come out in – put on – pull through – shake off –
come round/to – put out – wear off – clear up

- 1 Ted his back trying to lift a very heavy box of books.
- 2 Chris is allergic to cheese, and if she has even a slice of it she a rash all over her body.
- 3 I can't seem to this cold. I've tried everything, but it just won't go away.
- 4 He One minute he was standing, chatting to Mark, and the next he was on the floor.
- 5 I didn't feel anything because I was anaesthetised, but when the anaesthetic I was in agony.
- 6 Naturally, we're all incredibly relieved, as at one point it was touch and go whether he would
- 7 Her tooth was so decayed she had to have it
- 8 When he his coma, the first words he said were "Where am I?"
- 9 We're so short-staffed because half our teachers have food poisoning.
- 10 As Emi's throat infection hadn't, the doctor decided to her a stronger course of antibiotics.
- 11 I don't know how long I had been unconscious, but when I, I found myself neatly tucked up in a hospital bed.
- 12 The doctor Anna a special diet for diabetics.

2. Make up questions for the following answers.

- 1 A:
B: I'm sure he'll pull through.
- 2 A:
B: Yes. I can't seem to shake it off.
- 3 A:
B: It'll clear up within a couple of days.
- 4 A:
B: She just passed out!

3. a. Complete the sentences in Section A with an appropriate noun from Section B.

A

- 1 I've got a stinking
- 2 She's got a runny
- 3 He's got a sore
- 4 I shouldn't have eaten that curry. It's given me an upset
- 5 I think I've got a touch of
- 6 I've got a blinding
- 7 Before he collapsed, he complained of a shooting In his chest.
- 8 He's not coming into work today. He says he feels a bit off-.....
- 9 It's a highly infectious
- 10 I've got a stomach
- 11 She is seriously
- 12 He had a nervous
- 13 I'm feeling a bit under the
- 14 She's got very poor
- 15 Take two of these and you'll feel as right as in the morning.

B

flu
cold
colour
throat
weather
nose
headache
eyesight
ill
breakdown
rain
pain
bug
disease
stomach

- b. Can you match the pictures to any of the sentences in 3a?

