

23 Feeling ill

^x While SYMPTOMS are problems that a patient notices or feels, SIGNS are whatever a physician can objectively detect or measure.

1 Basic vocabulary

Translate the words in colour into your language:

- | | |
|--------------------------------|------------------|
| 1. I've got a cold. | coryza, snuffle |
| 2. My neck aches. | a sore throat |
| 3. I think I've got flu. | influenza |
| 4. I've got a pain in my knee. | My knee hurts. |
| 5. I've got a sore back. | backache |
| 6. My arm hurts. | a pain in my arm |
| 7. Have you got a temperature? | a fever |
| 8. What are the symptoms? | x signs |

2 Saying you don't feel very well

Match the beginnings of each sentence on the left with the pairs of endings on the right:

- | | |
|--------------------------|---|
| B 1. I'm | a. terrible / awful / dreadful.
a bit under the weather. |
| C 2. I've got | b. ill.
not very well. |
| D 3. I don't feel | c. a cold.
the flu. |
| A 4. I feel | d. very well.
too good. |

4 Causes and symptoms

Match the symptom on the left with the cause on the right:

- | | | |
|---|-------|--|
| 1. I've got a blister . | F, 12 | a. I think I've been working too much. |
| 2. I've got a headache. | C, 16 | b. Our bed is too soft. We need to get a firmer one. |
| 3. I've got jetlag . | H, 10 | c. I had too much to drink at dinner last night. |
| 4. I've got a bad back. | B, 14 | d. I've just been chopping some wood. |
| 5. I'm feeling really run down . | A, 11 | e. It must have been that take-away last night. |
| 6. I've got a splinter in my hand. | D, 15 | f. I wore the wrong shoes to go hill-walking! |
| 7. My nose is blocked up . | G, 13 | g. I always get hay fever at this time of year. |
| 8. I've got diarrhoea . | E, 9 | h. It was an 18-hour flight and a 10-hour time difference. |

Now match the following pieces of advice to the situations above:

9. Make sure you drink plenty of water. Otherwise, you'll get **dehydrated**.
10. Go straight to bed for a couple of hours, then get back to your normal sleeping pattern tonight.
11. Why not take some time off and go somewhere warm? That's what you need!
12. There's a special kind of **plaster** you can use on blisters. I had one and it helped a lot.
13. Get one of those nasal sprays from the chemist. They always work for me.
14. Have you tried an osteopath or a chiropractor?
15. Let me see. Have you got a pair of **tweezers**?
16. Stick to orange juice in future!

3 Serious conditions

Match the condition on the left with the part of the body that it particularly affects on the right:

- | | | |
|-----------------|----------|--------------------------|
| 1. appendicitis | D | a. your stomach |
| 2. tonsillitis | G | b. your lungs |
| 3. hepatitis | F | c. your head |
| 4. asthma | B | d. your appendix |
| 5. an ulcer | A | e. your joints and bones |
| 6. arthritis | E | f. your blood |
| 7. migraine | C | g. your tonsils |

Match the diseases with their possible causes:

- | | | |
|-------------------|----------|--------------------|
| 8. AIDS | M | h. stress |
| 9. typhoid | L | i. the sun |
| 10. heart disease | H | j. smoking |
| 11. skin cancer | I | k. a mosquito bite |
| 12. malaria | K | l. dirty water |
| 13. lung cancer | J | m. unprotected sex |

5 Health problems

Complete the following dialogues with the sentences below:

- I've got a bit of a **hangover**.
- I feel **dizzy**.
- I've caught a cold.
- You'll make yourself ill.
- I always get **seasick**.
- I've got **indigestion**.

- What's the matter?
> I think I ate my dinner too quickly. **I've got indigestion.**
- Maybe we should take the boat. It's much cheaper than flying.
> Oh no, I'd rather not. **I always get seasick.**
- I think **I've caught a cold.**
> Well, why don't you have a glass of hot lemon and honey and get an early night?
I've got a bit of a hangover.
> Well, it's your own fault. You shouldn't have opened that second bottle of wine!
- You look **exhausted**. You've been working too hard recently. If you don't slow down a bit, **you'll make yourself ill.**
- Are you all right? You've gone as white as a sheet!
> No, I need to sit down. **I feel dizzy.**

6 Illnesses and symptoms

Match these illnesses with the symptoms below:

hay fever food poisoning flu
an allergy bronchitis measles

- I've got a terrible cough and pains in my chest, and I seem to be constantly **short of breath**. **bronchitis**
- I feel absolutely **awful**. My temperature is 41°, and I've got a headache and a **runny nose**. I've got a **sore throat** – it's agony every time I **swallow**. **flu**

- I can't go near cats. I **come out in** a horrible red **rash**. **an allergy**
- She's been off school for two weeks now. She's got a **temperature** and she's covered in little red **spots**. She's completely lost her appetite – she hasn't eaten a thing for the last three days. **measles**
- I think it must be something I ate. I was **sick** all night. I still feel sick now and I've got a terrible **stomach-ache**. **food poisoning**
- It's the same every summer. My eyes get really **itchy** and I can't stop **sneezing**. **hay fever**

In British English *be sick* means **vomit** (bring food back up from the stomach).

If you have an allergy, you are **allergic to** something. Are you allergic to anything?

7 She's feeling a bit better

Complete the following dialogue with the correct form of the verbs below:

recover feel get make

- A: The office is empty. Where is everybody this morning?
B: Well, Jane phoned to say she's got an **upset tummy**, but she said she'll come in as soon as she's **feeling** . . . a bit better – probably this afternoon. Dave's got the flu and he says it'll take him a few days to **get** over it – and Sarah's plane was delayed at the airport for seven hours and she wants an extra day to **recover** . . . from the journey. At least Mark's here – he'd been in bed with **tonsillitis** all weekend, but he's **made/making** a speedy recovery and he's upstairs working at his computer at this very moment.
A: I'm glad somebody's here!

*There are several different ways of talking about stomach problems. An **upset stomach**, an **upset tummy** or **indigestion** are not very serious. If it is serious, you might talk about **stomach trouble**.*

the trots/runs
worn out/weary
the morning after (feeling)
chill
German measles/rubella
smallpox, chickenpox
dyspepsia
giddy

Add your own words and expressions

I have the sniffles.
My nose is running.
I feel a flu coming on.
I've caught a chill.
I have vertigo.
weary to death
constipation