

# WORD BANK: Health and Health Care

## How to say you are feeling OK

- I am **alive and kicking** (to continue to be well, healthy or successful - *Don't worry about your grandfather; he is alive and kicking*)
- I feel **good** (used to talk about emotional state)
- I feel **great / well**
- He is **a picture of (good) health** (to be in a very healthy condition - *The doctor told him that he is a picture of good health*)

## Health advice:

- Exercise regularly.
- Eat healthy food.
- Brush your teeth regularly.
- Sleep early (= don't stay up late!)
- Have regular medical check up.
- Relax.
- Go on a diet.

## How to say you are ill

- I'm **ill**.
- I feel **really rough**.
- I'm **shattered** (meaning *tired out or exhausted*)
- I'm **on my last legs** (to be very tired, especially after a lot of physical activity or work. It also means to be going to die soon - *'the old man is on his last leg'*).
- I feel / look **poorly / rough / awful**.
- I feel / look **like death warmed up** (very ill or appearing very sickly - *Poor thing! She looks like death warmed up*)

## Health problems

- I have a **stomachache / headache / toothache / backache / earache...**
- I have a pain in my back / tooth / head...
- I have a **broken / sprained / twist** an ankle / wrist.
- I have a flu / cold / runny nose / fever / high temperature / sore throat
- I feel **sick**. I'm feeling **nauseous**.
- I have a bruise / cut / graze / wound.

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## Medicines

- eye drops
- cream
- syringe
- syrup
- bandage
- dose (of medicine)
- drugs
- shot / injection (give someone an injection)
- medicine (take medicine)
- pain-killer
- pill
- plaster
- tablet
- tranquilizer

## Treatment

- check-up
- diagnosis
- operation / surgery
- prescription

## People

- doctor / physician
- general practitioner (GP)
- dentist
- midwife
- nurse
- patient
- specialist
- surgeon

## Places

- doctor's
- pharmacy / drugstore /chemist's
- hospital
- surgery (medical operation)
- waiting room
- ward (a geriatric/maternity/psychiatric ward)

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