Health and Doctor Vocabulary List: 24 Words with Examples

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NAME

DATE

Word or phrase	Meaning	Example
a symptom	a sign that you are ill	What are your symptoms?
a headache	a pain in your head	I've had a headache since this morning.
a sore throat	a painful throat	I've got a sore throat and a cough.
a cough	the action or sound of forcing air from your lungs	That cough sounds bad.
a temperature / fever	a body temperature higher than normal	She has a temperature of 39 degrees.
to feel dizzy	to feel that everything is spinning	I feel dizzy when I stand up.
to hurt	to be painful	My back hurts when I sit for a long time.
an appointment	a fixed time to see a doctor	I've made an appointment for Tuesday.
a prescription	a doctor's note for medicine	The doctor gave me a prescription for antibiotics.
a pharmacy / chemist's	a shop that sells medicine	You can buy painkillers at the pharmacy.
a painkiller	medicine that stops pain	Take two painkillers every six hours.
an allergy	a bad reaction to something	I have an allergy to nuts.
to recover	to become healthy again	It took me two weeks to recover from the flu.
to sprain	to injure a joint by twisting it	I sprained my ankle playing football.
a check-up	a general medical examination	I go for a check-up once a year.
to be off sick	to be away from work because you are ill	Ana is off sick today.
a healthy diet	food that is good for you	A healthy diet includes lots of vegetables.
to work out	to do exercise	I work out three times a week.
to get enough sleep	to sleep the amount you need	I don't get enough sleep during the week.
stress	a feeling of worry and pressure	Stress can cause headaches.
to cut down on	to have less of something	I'm trying to cut down on sugar.
to give up	to stop doing something completely	He gave up smoking last year.
an injury	damage to the body	She can't play because of a knee injury.
to be in good shape	to be fit and healthy	He's in really good shape for his age.

Practice: complete with a word from the list

Use the correct form of the word or phrase.

1. I've got a _____ throat, so I can't talk much.
2. The doctor gave me a _____ for the medicine.
3. I _____ my ankle when I fell.
4. I'm trying to _____ on coffee. Two cups a day maximum.
5. She's _____ sick today with the flu.
6. I have an _____ to cats; they make me sneeze.
7. I _____ out at the gym before work.
8. Take a _____ if your head still hurts.

Speaking

- When were you last ill? What were your symptoms?
- What do you do to stay in good shape?
- Is there anything you would like to cut down on or give up?
- Do you get enough sleep? What stops you sleeping well?

My new words

Answer key

Practice: 1 sore · 2 prescription · 3 sprained · 4 cut down · 5 off · 6 allergy · 7 work · 8 painkiller