

## IELTS speaking Health vocabulary

### Part 1-style questions

Examiner: Have you got a relation you're particularly fond of?

Sinita: Yes ... my granddad ... he's 94 years old but generally he's **as fit as a fiddle** ... we're very close and see each other a lot ... whenever he **goes down with a cold** or **is under the weather** I make a point of visiting him ...

Examiner: Do you do any sport?

Jon: Yes ... I'm keen on skateboarding ... but I haven't done it for a while ... I had a bad fall recently and **pulled a muscle** and had a few **cuts and bruises** ... but I'm **on the mend** and hope to be doing it again soon ...

Examiner: Is there anything you're particularly afraid of?

Davide: The dentist ... I hate going to the dentist ... I only ever go if I **have a toothache** so it usually means I have to **have a filling** or even **have a tooth out** ... I really don't like it ...

### Part 2-style task

Describe a time when you were ill. You should say:

- when this was
- what your symptoms were
- how long the illness lasted

and say how it affected your life at the time.

Pierre: This is a tricky one really as I'm usually quite healthy ... I've never been seriously ill ... like everyone else I sometimes get a few **aches and pains** or **catch a cold** ... I can remember a few months ago I had to have time off work with **a heavy cold** ... I had the usual symptoms ... **a blocked nose** ... **sore throat** ... it lasted quite a while ... about 2 weeks I think though I didn't have that much time off work ... for a few days I remember **feeling poorly** but I was **over the worst of it** after a few days and went back to work ... I always find it's better to be active when you feel ill as it keeps your mind off your symptoms ... I think my family get a little fed up with me when I'm ill though ... I tend to feel sorry for myself and lie on the sofa all day as if **I'm at death's door** ... but as I said earlier ... on this occasion it was nothing serious and didn't really cause me any problems ...

### Part 3-style questions

Examiner: What costs are involved when you are ill in your country?

Anya: Well ... people have to pay **prescription charges** which can be quite expensive ... but fortunately general healthcare is free ... unless you want to **go private** of course and then you can pay a fortune for your treatment ...

Examiner: In your experience are people too quick to take time off work when they're ill?

Alicia: Yes .. I've got friends who have a day off work if they wake up with a **runny nose** ... and in most cases they seem **to make a speedy recovery** after they've **phoned in sick** ...

Examiner: Do women pay more attention to their health than men?

Julie: I think so yes ... women are more likely to see their **GP** for a **check-up** if they're concerned about something ... men tend to avoid facing up to any health problems they have ... my dad always seems to have a very **chesty cough** but refuses to go to **make an appointment** to see the doctor ...

#### Definitions

- **aches and pains**: minor pains that continue over a period of time
  - **to be a bit off colour**: to feel a little ill
  - **to be at death's door**: (informal) to be very ill indeed
  - **to be on the mend**: to be recovering after an illness
- **to be over the worst**: to have got through the most serious or uncomfortable stage of an illness
  - **to be under the weather**: (informal) to not feel well
- **a blocked nose**: when the nose has excess fluid due to a cold
  - **to catch a cold**: to get a cold
  - **a check-up**: a physical examination by a doctor
- **a chesty cough**: a cough caused by congestion around the lungs
  - **cuts and bruises**: minor injuries
    - **to feel poorly**: to feel ill
  - **as fit as a fiddle**: to be very healthy
  - **to go down with a cold**: to become ill
- **to go private**: to choose to be treated by commercial healthcare rather than by services offered by the state
  - **GP**: General Practitioner (family doctor)
  - **to have a filling**: to have a tooth repaired
  - **to have a tooth out**: to have a tooth removed
    - **a heavy cold**: a bad cold
  - **to make an appointment**: to arrange a time to see the doctor
  - **to make a speedy recovery**: to recover quickly from an illness
- **to phone in sick**: to call work to explain you won't be attending work due to illness
- **prescription charges**: money the patient pays for medicine authorised by a doctor
  - **to pull a muscle**: to strain a muscle
  - **a runny nose**: a nose that has liquid coming out of it
  - **a sore throat**: inflammation that causes pain when swallowing

## IELTS Speaking Vocabulary. Health

- **addict**: a person, who is obsessed (addicted) by (to) something, drugs or alcohol, for example. *My friend used to be an addict, but thankfully he's healthy now.*
- **a check-up**: an examination done by a doctor. *I felt ill for a few days, so I went for a check-up.*

- **a runny nose:** a nose that has liquid coming out of it.*I caught a cold so now I have a runny nose.*
- **chronic disease:** a type of disease that continues to occur for a long time.*My friend Rob needs to use inhaler every day, because he has chronic asthma.*
- **impediment:** a physical defect that hinders normal or easy speech.*After an accident, Jim developed an impediment - he stutters.*
- **epidemic:** when disease spreads very quickly and effects a large number of people.*There was a large epidemic in South Africa in 20th century. It took away millions of lives.*
- **painkillers:** medicine for dealing with pain.*I had to take the painkillers last night, because I couldn't handle the pain.*
  - **rehab:** a course of treatment for drug or alcohol or any other dependence.*After talking to a doctor, Jim decided to go to a rehab.*
- **to diagnose:** to recognise an illness by examining the patient.*Although Nick had a very rare disease, his doctor managed to diagnose it correctly.*
  - **to stutter:** to talk with a continued accidental repetition of sounds.*Sometimes you might develop a stutter if you have been scared by someone or something*

## Useful idioms:

- **alive and kicking:** to continue being well and healthy.*My grandma is almost 90 but she's still alive and kicking.*
- **to break a habit:** to stop doing something that is a habit, especially something bad or harmful.*I was a drug addict, but a managed to break this habit.*
- **to black out:** to lose consciousness.*I blacked out before my final exam, because I was too worried about it.*
- **to be under the weather:** to feel ill.*Mary won't be at work today, she's a bit under the weather.*
- **to phone in sick:** to call your superior to inform him/her that you are sick and won't be at work for some time.*I had to phone in sick last week, because I caught a flu.*
- **sick as a dog = to be at death's door:** very sick.*Paul caught a flu a few days ago and now he's sick as a dog.*
- **white as a sheet:** can be sad about a very pale person.*Jonh looks sick. Look at him! He's white as a sheet.*