

HEALTH

Prevention is better than cure.

As long as you have health, nothing else matters.

- Do you often feel under the weather?
- Are you health conscious?
- Are you physically fit, and in shape?
- How should you keep fit? -by exercising regularly, - by eating healthy
- What do you do to maintain your physical and mental health? -well balanced diet, - beauty sleep
- What should be done to promote better health in the workplace? -extra curriculum activities
- Are you hypochondriac (a person who worries or talks excessively about his or her health)?
What dangers are we exposed to in everyday life?

We:

- inhale cigarette smoke, dust, dangerous chemicals, chemicals of aerosol sprays
 - touch dirt, bacteria *covered in bacteria
 - wear artificial material, underwear made of polyester (that doesn't let your skin breathe)
 - eat junk food, unhealthy food
 - lead a miserable life, stressful life
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- Conventional/Western medicine
treats symptoms, not the cause
treats patients as a series of isolated parts
symptomatic - drugs can remove the symptoms
prescribes drugs/medicines
 - Alternative/Holistic medicine
holistic means whole - looking at the whole body
prevents illness (healthy diet, exercising, not too much worries,..=
healthy balance between mind and body
builds an overall picture
*well and kicking
acupuncture
aromatherapy
hypnosis
colour therapy
reflexology
Tai Chi
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- How are you keeping?

to take the patient's temperature	to sprain your wrist
to perform a difficult operation	to have spots on your face
to be carried on a stretcher	to be wounded by a wasp (-osa)
to fall over and graze your knee	to be stung from sunburn

to feel sea-sick during the crossing
to feel faint in the smoky atmosphere

to be lucky to survive the crash
to suffer a heart attack

- to be wounded
to be injured (in)
to sprain (zviti) (your wrist,..)ž
sore (adj.) – painful to the touch,
tender (boleč)
to dislocate (your shoulder) .. a
dislocated shoulder
a bandage (povoj, poveza)
stitches (šivi) .. to have stitches in your
leg
a sling (trikotna ruta .. you know what
I mean)
(a sharp) pain (in)

ache - to suffer a dull, sustained pain
bruise(s)
a rash (kožni izpuščaj)
wart(s) (izrastek)
allergic to
(to have) a blister (žulj) (on)
a blemish (lepotna napaka)
a boil (tvor)
drowsy (dremav)
tipsy (fajhen)
to feel dizzy (vrtoglav)
to be run down
to damage – Smoking damages your
health.

- to have a cold
something (npr. neck) aches
a flu
to have a pain in ..

to have a sore back (boleč hrbet)
to have a temperature
the symptoms are ..
to have a runny nose

- to have an upset tummy, upset
stomach
indigestion (prebavne motnje)
stomach trouble
to feel a bit better

to get over it (a flu,..)
to recover from (the ..)
tonsillitis (angina)
to make a speedy recovery

- to have a headache
to have jetlag - a temporary
disruption of bodily rhythms caused
by high-speed travel across several
time zones typically in a jet aircraft
to have a bad back
to feel really run down*
to have a splinter (trska) in (your
hand,..)

your nose is blocked up ... nasal
sprays
diarrhoea
hay fever
to be dehydrated
normal sleeping pattern
a (sticky) plaster (obliž)
an osteopath
a chiropractor

a plaster cast (mavec)
to be allergic to pollen (cvetni prah)
to soo the pain

to ease the pain
to lessen the pain

- MEDICINES

sleeping pills/tablets (you can't sleep,
insomnia)
antibiotics (you have a chest infection)
painkillers (you have very bad
backache)
eye drops (you have an eye infection)

cough mixture (you have a dry cough)
a drugstore/the chemist's/a pharmacy

- a (nasty) cough
a (really nasty) virus
rest is the best medicine
a/that prescription
the chemist's
to have an appointment with the
doctor

the (main) symptom of
measles (ošpice) – red spots all over
your body
to have a rash
to itch (srbeti)
Has the infection cleared up?

- to give you an injection
to take your blood pressure
to listen to your chest
to take your temperature

to take your pulse
to give you a prescription
to give you a check-up
to take a blood sample

- to have an operation on ..
they give me an injection
to give you a general anaesthetic
to have sth. X-rayed, to do some X-
rays
to put a bandage on
a deep wound
to need stitches

to leave a scar
to need a surgery
to find a cure for (common cold)
the (new) treatment
to be treated for (two days)
to be cured
maggots (ličinke)
to heal

- **UČBENIK str.76/77**

a sore throat
a hacking headache
a throbbing cough
my muscles feel really stiff

to have terrible pains
to feel your forehead
supplementary symptoms
sickness

achiness
to skip work
a raging fever
a large box of tissues
hot toddy – warm drink, often
including alcohol

to lose your appetite
to starve
a blender – a machine for mixing food
the lavatory – toilet
pampering – tender loving care

- **UČBENIK str.78/79**

at death's door – extremely ill
it's killing me – extremely painful
there was a bug going round – failing ill
give me a clean bill of health – said I was not ill
lots people had the same illness – going down with something
in good shape – well
consultation – a meeting with a professional person in order to give advice or discuss a
problem
stroke – a serious medical condition that can make someone suddenly unable to speak or
move
diagnosis – a statement about what the disease someone has, based on examining them
migraine – a very severe headache
compensation – money that someone receives because something bad has happened