

# 15 INJURIES AND ILLNESS

## STUDENT'S BOOK PAGES 134–135

### adverse /'ædvɜː(r)s/ Adjective

adverse means negative, bad, or harmful

Collocates: an adverse effect

*he had an adverse reaction to the drug | the flight was cancelled because of adverse weather conditions*

Adverb: *adversely*

Collocates: adversely affect

*this may adversely affect her performance in school*

#### • advers

### allergy /'ælə(r)dʒi/ Noun

an *allergy* is a medical condition in which you become ill or your skin becomes covered with red marks when you eat, breathe, or touch a particular thing

Collocates: an allergy to something | a food/nut allergy

*a dust allergy | Jamie has an allergy to dairy products*

Adjective: *allergic*

Collocates: allergic to something

*I can't eat prawns, I'm allergic | he's allergic to cats*

#### • al·lèrgia

### antibiotics /'æntɪbɪə'ɒtɪks/ Noun plural

*antibiotics* are drugs that are given to people to cure infections and to kill bacteria

Collocates: be on antibiotics | take antibiotics | a course of antibiotics

*the infection should clear up with antibiotics | I'm taking antibiotics for my chest infection*

Adjective: *antibiotic*

*an antibiotic drug*

#### • antibiòtic

### bruise /bruːz/ Noun

a *bruise* is a dark mark you get on your body if you are hit

*he had quite a few cuts and bruises | she had a nasty bruise on her face*

Verb: *bruise* | Adjective: *bruised*

*I fell and bruised my leg*

#### • blau

### clear up /'kliː(r)'ʌp/ Phrasal verb

if an illness *clears up*, or if something *clears it up*, it becomes better

*the rash should clear up in a day or two | the antibiotics cleared the infection up*

#### • millorar

### consciousness /'kɒnjəsnəs/ Noun

*consciousness* is the condition of being awake and being aware of what is happening around you. The adjective is *conscious*

Collocates: lose/regain consciousness

*did you actually lose consciousness? | he was drifting in and out of consciousness*

Adjective: *conscious* || Opposite – Adjective: *unconscious*

*she was knocked unconscious when she fell*

#### • consciència

### diarrhoea /ˌdaɪə'riːə/ Noun uncount

if you have *diarrhoea*, a lot of liquid waste comes out of your bottom because you are ill

*I had awful diarrhoea after that meal | the food gave me an attack of diarrhoea*

#### • diarrea

### dizzy /'dɪzi/ Adjective

if you feel *dizzy*, you feel as if things around you are spinning and you are going to fall over

*I feel dizzy – my head is spinning | the pain made her faint and dizzy | I'm currently having horrible dizzy spells (periods when I feel dizzy)*

Noun: *dizziness*

*have you had any dizziness at all?*

#### • marejat

### dust /dʌst/ Noun uncount

*dust* is the very small pieces of dry dirt that cover surfaces

*the dust is making me sneeze | a layer of dust*

Adjective: *dusty* | Verb: *dust*

*a dusty old box | you need to dust those shelves*

#### • pols

### fluid /'fluːɪd/ Noun

a *fluid* is a liquid

*you need to rest and drink plenty of fluids | brake fluid*

#### • fluid

### heal /hiːl/ Verb

if an injury *heals*, or if something *heals* it, it recovers and becomes well again

*it's quite a nasty cut. It'll take a while to heal | most patients heal within 8 weeks of treatment | continue treatment until the skin is healed*

#### • curar-se

**infected** /ɪnˈfektɪd/ Adjective

if you have an *infection*, there is a bacteria or virus in part of your body that is making you ill. You can also say that a part of your body is *infected*.

*your throat is very sore, but it doesn't look infected | an infected wound | infected water supplies*

Noun: *infection* | Verb: *infect* | Adjective: *infectious*

Collocates: be infected by/with something

*I had a nasty chest infection | it's important not to infect other people | it's a highly infectious illness*

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- **infectat**

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**medication** /ˌmedɪˈkeɪʃ(ə)n/ Noun

*medication* is a drug that you take to cure an illness

Collocates: on medication

*are you on any medication? | the main side effect of the medication is drowsiness*

Verb: *medicate* | Adjective: *medicated*

*patients in hospice care are heavily medicated | medicated shampoo*

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- **medicació**

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**mend** /mend/ Verb

if a person or a part of the body *mends*, or if someone or something *mends* them, they become healthy again after an injury or illness

*she has a small break in her wrist but it will soon mend | how long will I take to mend? | they had to operate to mend the torn ligaments in his ankle*

Phrase: *be on the mend*

*I've been pretty unwell, but luckily I'm on the mend now*

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- **curar-se**

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**nasty** /ˈnɑːsti/ Adjective

if an illness or injury is *nasty*, it is very bad and unpleasant

*you've got a nasty cough | she hit her head and got a nasty cut*

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- **desagradable**

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**reaction** /riˈækʃ(ə)n/ Noun

a *reaction* to something is a particular effect that happens as a result of it

Collocates: have/suffer a reaction | a reaction to something | an allergic reaction

*she had an allergic reaction to the prawns | it could be a reaction to the insect bite*

Verb: *react*

Collocates: react to something

*some patients react badly to the medication*

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- **reacció**

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**sore** /sɔː(r)/ Adjective

if a part of your body is *sore*, it is painful and uncomfortable

*I've got a blocked nose and a horrible sore throat | your eyes may feel dry and sore*

Noun: *soreness*

*the soreness should only last for a few days*

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- **adorit**

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**sprain** /spreɪn/ Verb

if you *sprain* a joint in your body, you hurt it by turning it too much

*I think you've sprained your ankle | I've sprained my wrist*

Adjective: *sprained* | Noun: *sprain*

*a sprained ankle | I've hurt my ankle but I think it's only a sprain*

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- **torçar-se**

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**stick out** /stɪk 'aʊt/ Phrasal verb

if you *stick out* a part of your body, you push it out and away from the rest of your body

*open your mouth and stick your tongue out | Joey stuck his arm out of the window and waved at her*

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- **treure**

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**stitch** /stɪtʃ/ Noun

a *stitch* is a short piece of thread sewn in a piece of cloth. In medicine, *stitches* are short pieces of thread used for joining someone's skin together after it has been cut or injured

*I think you're going to need stitches | you should be more comfortable when we remove the stitches*

Verb: *stitch* | Phrasal verb: *stitch up*

*a nurse washed and stitched up the wound | right, all done. Can you stitch him up now, please?*

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- **punt**

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**swallow** /ˈswɒləʊ/ Verb

if you *swallow* something, it moves from your mouth into your stomach

*I can't swallow this pill | she swallowed a chicken bone by accident | my throat hurts when I swallow*

Noun: *swallow*

*she gobbled up the whole cake in just a couple of swallows*

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- **empassar**

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**swollen** /ˈswɒlən/ Adjective

if a part of your body is *swollen*, it is bigger than usual because of an injury or illness

*his knee was painful and swollen | the joints in her hands are really swollen | a swollen ankle/foot/hand*

Verb: *swell (up)* | Noun: *swelling*

*my arm had swollen up from the bee sting | put some ice on it to reduce the swelling*

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- **inflat**

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**symptom** /ˈsɪmptəm/ Noun

*symptoms* are signs in your body that show you have an illness

*apart from a headache, do you have any other symptoms? | the symptoms of a cold include coughing and sneezing*

- *síмптоma*

**throat** /θrəʊt/ Noun

your *throat* is the area at the back of your mouth and inside your neck

*initial symptoms include fever and a mild sore throat | he cleared his throat (he coughed in order to make it easier to speak) several times before speaking*

- *gola*

**throw up** /θrəʊ ˈʌp/ Phrasal verb

if you *throw up* or *throw* something *up*, food or drink comes up from your stomach and out of your mouth. *Throw up* is informal, and a more polite word is *vomit*

*I think I'm going to throw up | I was up all night throwing up | he threw his lunch up all over the bathroom floor*

- *treure / vomitar*

**virus** /ˈvaɪrəs/ Noun

a *virus* is a very small living thing that can enter your body and cause a disease or illness

*colds are caused by viruses | he picked up a nasty virus*

Adjective: *viral*

Collocates: a viral illness/infection

*flu is a highly contagious viral infection*

- *virus*

**weight** /weɪt/ Noun uncount

*weight* is a measurement of how heavy a person or thing is

Collocates: lose weight | put on weight | gain weight | watch your weight

*he's been trying to lose weight | the sack was about 10 kilos in weight*

Verb: *weigh*

*I'm not sure how much I weigh at the moment*

- *pes*

**STUDENT'S BOOK PAGES 136–137****addictive** /əˈdɪktɪv/ Adjective

if something is *addictive*, you cannot stop taking it or doing it once you start. You become *addicted* to it. A person who is addicted is an *addict*

*nicotine is a highly addictive drug | playing computer games often becomes addictive*

Adjective: *addicted* | Noun: *addict* | Noun: *addiction*

Collocates: addicted to something | an addiction to something

*she says she's been trying to give up cigarettes, but she's addicted | he became a drug addict | an addiction to sleeping pills*

- *addictiu*

**adjust** /əˈdʒʌst/ Verb

to *adjust* something means to change it slightly in order to make it better or more effective

*the machine adjusts the temperature automatically | you'll probably need to adjust the seatbelt*

Adjective: *adjustable* | Noun: *adjustment*

Collocates: make an adjustment | an adjustable seatbelt/strap

*these seats are adjustable | we'll try it out and see whether we need to make some adjustments*

- *ajustar*

**allergic** /əˈlɜː(r)dʒɪk/ Adjective

an *allergy* is a medical condition in which you become ill or your skin becomes covered with red marks when you eat, breathe, or touch a particular thing. If you are *allergic* to something, you are affected by an *allergy*

Collocates: allergic to something

*is she allergic to cats? | I'm afraid she's had a serious allergic reaction to the drugs*

Noun: *allergy*

Collocates: an allergy to something

*Jamie has an allergy to dairy products*

- *al·lèrgic*

**balance** /ˈbæləns/ Verb

if you *balance* two contrasting things or parts of something, you give each one an equal level of importance or strength

Collocates: balance something against/with something  
*we have to balance Jill's needs against the needs of the rest of the group | you can balance these spicier dishes with something a little less hot | it's often tricky balancing the demands of work and family*

Noun: *balance* || Opposite – Noun: *imbalance*

Collocates: a/the balance between something | strike a balance | a/the imbalance in/of something | a/the imbalance between something

*the imbalance between men and women*

- *equilibrar*

**basis** /'beɪsɪs/ Noun

a *basis* for something is an important fact or idea that supports it and that it can develop from

Collocates: a/the basis for/of something

*these stories have no basis in fact | this agreement will provide the basis for future negotiations*

- base

**block** /blɒk/ Verb

to *block* something means to put an object across or in it which stops something else from moving through or along it

*a fallen tree was blocking the road | eating too much fat can block your arteries | the pipes are blocked*

Noun: *blockage* | Noun: *block*

*he's trying to fix a blockage in the drains*

- bloquejar

**bug** /bʌg/ Noun

a *bug* is an illness caused by bacteria and which is not usually serious. *Bug* is an informal word

Collocates: get/pick up a bug

*a sickness/stomach bug | she's got a terrible flu bug*

- virus

**crack** /kræk/ Verb

if you *crack* the joints in your hands, you pull or bend your fingers so that they make a loud sound

*cracking the joints in your fingers can cause arthritis | don't crack your knuckles – it's horrible!*

- petar

**curable** /'kjʊərəb(ə)l/ Adjective

to *cure* someone, or *cure* their illness, means to stop them from being affected by an illness. An illness that can be cured is *curable*

*if the disease is caught early it is often curable | in previous generations this would have been a very serious illness but nowadays it's completely curable*

Verb: *cure* | Noun: *cure* || Opposite – Adjective: *incurable*

Collocates: be cured of something | a cure for something  
*many people believe that mental illnesses are incurable*

- curable

**cure** /kjʊə(r)/ Verb

to *cure* someone, or *cure* their illness, means to stop them from being affected by an illness. A disease that cannot be cured is *incurable*

Collocates: be cured of something

*she's now completely cured of the disease | antibiotics can't cure a common cold*

Noun: *cure* | Adjective: *curable* || Opposite –

Adjective: *incurable*

Collocates: a cure for something

*scientists are still searching for a cure*

- curar

**gently** /'dʒentli/ Adverb

if you do something *gently*, you do it carefully and without a lot of force

*wash your face gently twice a day | the palms swayed gently in the evening breeze*

Adjective: *gentle*

*she gave the rope a gentle tug*

- suaument

**incidentally** /,ɪn'sɪd(ə)ntli/ Adverb

*incidentally* is a word used for adding information which is useful but not directly related to what has just been said, or for suddenly introducing a new subject

*research has failed to find any connection between eating fatty foods and acne. Incidentally, washing too much can make the condition worse | what time is he arriving tonight, incidentally?*

- per cert

**infectious** /ɪn'fekʃəs/ Adjective

if an illness or disease is *infectious*, it can move from one person to another

*it's a highly infectious illness | as measles is extremely infectious, it can spread very quickly*

Noun: *infection* | Verb: *infect* | Adjective: *infected*

Collocates: be infected by/with something

*an ear infection | an infected wound*

- infecció

**irritable** /'ɪrɪtəb(ə)l/ Adjective

if a person is *irritable*, they become angry or annoyed very easily

*the longer he had to wait, the more irritable he became | being tired always makes me irritable | an irritable old woman*

Noun: *irritability* | Adverb: *irritably*

*she also developed unpleasant symptoms of agitation and irritability*

- irritable

**issue** /'ɪʃu:/ Noun

an *issue* is an important subject affecting society that people discuss

Collocates: a contentious/controversial issue | a big/key/major issue | raise an issue

*immigration is a major issue in the current election campaign | it's a topic which raises a number of complex issues*

- assumpt

**joint** /dʒɔɪnt/ Noun

your *joints* are the parts of your body where two bones meet and can move together, for example your knee

*the joints in her wrists are very swollen | I sometimes get terrible pains in my joints | a swollen elbow joint*

- articulació

**link** /lɪŋk/ Verb

if someone or something *links* two things, or if the two things *are linked*, there is a connection between them, for example because one thing causes the other

Collocates: link something to something | be linked to something | closely/inextricably linked

*scientists now link such illnesses to the amount of sugary or fatty food we consume | the two facts are closely linked | skin cancer is thought to be linked to excessive exposure to the sun*

Noun: *link*

Collocates: a link between | establish/find a link

*there's no link between intelligence and social status*

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• **enllaçar**

**modernise** /'mɒdə(r)naɪz/ Verb

if something *modernises*, or if you *modernise* it, it changes because methods, equipment, ideas, etc are replaced by new ones

*they've got plans to modernise the old factory | the existing buildings were modernised and extended | the money was aimed at modernising learning spaces*

Noun: *modernisation* | Noun: *moderniser*

*the station complex is undergoing modernisation | he is considered a moderniser who is interested in embracing new cultures and ideas*

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• **modernitzar**

**myth** /mɪθ/ Noun

a *myth* is an idea or fact that many people believe but that is actually not true

*contrary to popular myth, women do not have a longer life expectancy than men | recent weather patterns have helped to dispel (prove untrue) the myth that the north is always colder*

Adjective: *mythical*

*have you ever seen this mythical girlfriend of his?*

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• **mite**

**question** /'kwɛstʃ(ə)n/ Verb

if you *question* something, you say that you have doubts about it and think it might be wrong

*some doctors have even questioned if there is any link between cholesterol levels and heart disease | she questioned his motives (wondered why he was really doing something)*

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• **qüestionar**

**regular** /'regjʊlə(r)/ Adjective

*regular* describes something that happens or is done often  
*if you want to stay healthy you should take regular exercise | he cycles to work on a regular basis (often) | replace the water at regular intervals*

Adverb: *regularly* | Noun: *regularity*

Collocates: with regularity

*do you shop there regularly? | the media raise the issue with regularity*

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• **regular**

**rub** /rʌb/ Verb

to *rub* something means to press and move your hands or an object over its surface. If you *rub* a part of your body, you press and move your hands over it

*wash your face without soap and don't rub the skin too hard | 'I fell over,' the child cried, rubbing her knee | Alice yawned and rubbed her eyes*

Noun: *rub*

*sit down and I'll give your back a rub | a back rub*

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• **fregar**

**speed up** /spi:d 'ʌp/ Phrasal verb

if something *speeds up*, or if you *speed* it up, it moves or happens more quickly

*what can I do to speed up my computer? | we're trying to speed up the application process | the caffeine in coffee is a stimulant that makes your body speed up*

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• **accelerar-se**

**suffer** /'sʌfə(r)/ Verb

if you *suffer* pain, you feel it in your body or mind. If you *suffer* from an illness, you are badly affected by it

Collocates: suffer from something

*Ann's got a terrible cold and is really suffering | you shouldn't suffer too much discomfort | Ruth has always suffered from bouts of depression*

Noun: *sufferer*

*the high pollen count is very bad news for allergy sufferers*

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• **patir**

**vitamin** /'vɪtəˌmɪn/ Noun

*vitamins* are substances which are necessary to keep your body healthy and can be found naturally in food or eaten in the form of pills. Each *vitamin* is given a name using a letter of the alphabet

*green vegetables are a great source of essential vitamins | vitamin C tablets*

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• **vitamina**

**wrap up** /ræp 'ʌp/ Phrasal verb

if you *wrap up*, you wear enough clothes to keep you warm

Collocates: *wrap up warm*

*wrap up warm – it's freezing outside! | John's mother was always telling us to wrap up | I wrapped up warmly in a scarf, hat and gloves*

- [abrigar-se](#)

**STUDENT'S BOOK PAGES 138–139****bang** /bæŋ/ Noun

a *bang* is a sudden, short, loud noise

*the gun went off with a tremendous bang | another loud bang exploded in my ears*

Verb: *bang*

*the door of a car banged outside*

- [cop](#)

**faint** /feɪnt/ Verb

if you *faint*, you suddenly become unconscious for a short period of time

*I felt dizzy and just fainted | lots of people fainted in the heat | I was so hungry I nearly fainted*

Adjective: *faint*

Collocates: *feel faint*

*Alice closed her eyes, feeling sick and faint*

- [desmaiar-se](#)

**frame** /freɪm/ Noun

a *frame* is an object made of something rigid that goes around the edge of a picture, door, window, etc and keeps the picture, door, or window in place

*the house had been built with a modern timber frame | in the corner of the yard was a pile of rusty old bike frames*

- [marc](#)

**go off** /gəʊ 'ɒf/ Phrasal verb

if you *go off* the road, you lose control of a vehicle and cannot stay on the road

*James went off the road into some bushes and fell off | the road was icy and there was a risk we'd go off the road*

- [sortir-se](#)

**poisoning** /'pɔɪz(ə)nɪŋ/ Noun

*poison* is a substance that can make you ill or kill you if you eat, drink, or breathe it. *Poisoning* is when a person is affected by *poison*

Collocates: *food poisoning*

*I ate a hot dog from a stand and I think it gave me food poisoning | protect children from accidental poisoning by locking up household cleaners*

Noun: *poison* | Verb: *poison* | Adjective: *poisonous*

*rat poison | chemicals are poisoning our lands and rivers | poisonous gases*

- [enverinament](#)

**steep** /sti:p/ Adjective

a *steep* hill, slope, etc rises very quickly and so is difficult to go up or down

Collocates: *a steep hill/path/road/slope*

*be careful how you walk, the steps are pretty steep just here | it was a steep climb back to the hotel*

Adverb: *steeply*

*the beach slopes steeply into deep water*

- [empinat](#)

**sting** /stɪŋ/ Verb

if an insect *stings* you, it sticks a sharp part of its body into you and hurts you

*this bee stung me and my whole arm swelled up | she got stung by a jellyfish on the beach*

Noun: *sting*

Collocates: *a bee/wasp sting*

*it gave me a painful sting*

- [picar](#)

**test** /test/ Noun

a *test* is an examination of someone's body to check that they are healthy or find out if they have an illness

Collocates: *a test for something | an eye/hearing/sight test*

*they've done several tests but they still don't know what's causing the problem | test results are usually available within two weeks*

Verb: *test*

Collocates: *test someone for something*

*she's being tested for diabetes*

- [prova](#)