



13 I can describe illness and injuries

A Problems from head to toe

Example	Meaning
I had an itchy scalp until I started using this special shampoo. 	scalp the skin covering the part of the head where your hair is. If it itches (or is itchy), you want to scratch it (see picture).
I've got a splitting headache .	a very bad headache.
I suffer from hay fever in the summer.	an allergy affecting the nose, eyes, and throat, caused by pollen from plants.
Why does he get mouth ulcers ?	small sore areas inside the mouth, usually lasting a few days.
He dislocated his shoulder.	put a bone out of its normal position.
That's a nasty rash on your arm.	rash an area of red spots on the skin, caused by an illness or a reaction to sth; nasty = unpleasant (also a nasty accident).
I had an upset stomach this morning. (or I had a stomach upset ...)	a stomach problem causing sickness or diarrhoea (= passing waste from the body too often and in liquid form).
I often get constipated on holiday.	unable to move waste material from the body. constipation n.
My mother's got high blood pressure .	blood pressure the pressure of the blood as it moves round the body. (High and low blood pressure are problem conditions.)
I sprained my ankle running.  He pulled a muscle in training.	sprain sth injure a part of the body (usually the wrist or ankle) by turning it suddenly. vs: twist sth. pull a muscle injure a muscle by stretching it too much.
I've got a blister on my heel from wearing those new shoes.	a sore swelling on the surface of the skin (here on the back of the foot) often caused by rubbing or burning.

1 Combine words in the box to form nine common illnesses or injuries.

sprain high hay upset nasty dislocated splitting itchy
 stomach scalp blood pressure mouth shoulder fever headache
 your ankle rash ulcer

2 Complete the sentences with a single word.

- I've got _____ on my hands from working so hard in the garden.
- I sometimes get a _____ on my face if I eat seafood.
- The _____ was caused by something I ate last night.
- I've got a few mosquito bites and they really _____.
- I took tablets for diarrhoea, then I had the opposite problem. I was _____.
- He _____ a muscle in training yesterday.

3 ABOUT YOU Which problems do you think are serious, and how many of them would require a visit to the doctor? Write your answers or ask another student.

B Medicine labels

Tablets must be **dissolved** in water.

This product can cause **lethargy** or drowsiness.

For **short-term** use only.

WARNING
DO NOT EXCEED
THE STATED DOSE

Please read the enclosed **leaflet** before taking these tablets.

Possible **side effects** may include stomach disorders.

Discard any remaining solution 60 days after opening the bottle.

If symptoms **persist**, consult your doctor.

Do not use after **expiry date**.

spotlight **exceed** and related forms

- do more of sth than is stated in an order or a law.
*Do not **exceed** the stated dose.*
*You shouldn't **exceed** the speed limit.*
- be greater than a number, amount, or quality.
*The cost won't **exceed** \$5,000.* or *The cost won't be **in excess of** \$5,000.*
*The film **exceeded** my expectations.* (= it was better than I had expected)

Glossary

<p>dissolve sth (in sth)</p> <p>lethargy</p> <p>drowsiness</p> <p>short-term</p> <p>dose (or dosage)</p> <p>enclosed</p> <p>leaflet</p> <p>side effect</p> <p>disorder</p> <p>discard sth</p> <p>persist</p> <p>expiry date</p>	<p>mix a solid with a liquid until it becomes part of it. (If sth is soluble it can be dissolved, e.g. soluble aspirin.)</p> <p>the state of not having any energy to do things. lethargic ADJ.</p> <p>the state of feeling tired and almost asleep. drowsy ADJ.</p> <p>lasting only a short period, e.g. a short-term solution, <i>or</i> long-term, e.g. a long-term contract.</p> <p>the amount of a medicine that you take at any one time.</p> <p>included inside sth else, usually inside a letter or packet.</p> <p>one or several pages of information about sth.</p> <p>an extra and usually bad effect that a drug has on you.</p> <p>an illness in a part of the body.</p> <p>get rid of sth you no longer want or need.</p> <p>continue to exist (used especially about sth unpleasant). persistent ADJ.</p> <p>the date after which sth should not be used. expire V.</p>
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4 True or false? Write T or F.

- Drugs can have side effects. _____
- Drowsiness means dying under water. _____
- You can read a leaflet. _____
- Lethargy means a lack of energy. _____
- If something persists, it stops. _____
- 'In excess of 50' is more than 50. _____
- You can dissolve sugar in water. _____
- If you feel drowsy, you want to sleep. _____

5 Add a word to complete a common phrase.

- Don't exceed the stated _____
- a long-_____ solution
- the expiry _____
- soluble _____
- exceed the speed _____
- common side _____

6 Rewrite the sentences but keep the meaning the same. You only need one word.

- I don't have any energy.
I feel _____.
- He's got something wrong with his stomach.
He's got a stomach _____.
- The information is included with this letter.
The information is _____.
- It was better than I thought it would be.
It exceeded my _____.
- I keep getting headaches.
I've had _____ headaches.
- They threw away the old newspapers.
They _____ the old newspapers.