



03 - VOCABULARY: HEALTH & SICKNESS



- 1 - There are a number of **lifestyle changes** you can make to improve your **overall health** and increase your **life expectancy**.
- 2 - You can **quit smoking, reduce stress, eat a balanced diet, get plenty of sleep,** and **exercise regularly**.
- 3 - It's also important to **get vaccinations/immunizations** to prevent diseases. No matter how healthy you are, it's still a good idea to have **health insurance** – a program/plan to cover expenses in case of an accident or serious illness.
- 4 - If you're in a car accident, you might **suffer/sustain serious injuries**. Of course, if you're wearing your seatbelt, you're more likely to have only **minor injuries**.
- 5 - If you've **broken/fractured a bone** – for example, your leg – the doctor will **put your leg in a cast**. If you have a cut, the doctor will **give you stitches**.
- 6 - If you have a burn, the doctor will give you an ointment to **prevent infection**. If you have a **minor ailment** like a headache, you can **take some aspirin** to **relieve the pain** (*reduce the effects of the pain*).
- 7 - If you **suffer from a chronic condition** (*a condition that continues for a long time*) like allergies, asthma, back pain, or depression, there are both **over-the-counter** and **prescription medications** that can help **alleviate the symptoms**.
- 8 - When someone has a minor **respiratory infection**, we say they **have a cold**. Don't get too close to that person, because you could **catch a cold**, too!
- 9 - You can "catch" other types of contagious diseases as well – such as **sexually-transmitted diseases (STDs)**.
- 10 - If someone **is diagnosed with** a more serious illness such as cancer or AIDS, they'll need more extensive treatment.
- 11 - When a disease has progressed so far that it will be impossible to cure, then the patient is said to be **terminally ill** – in other words, the person will definitely die of the disease soon.