

## List of collocations connected with health

to alleviate (the) pain/symptoms—to reduce the amount/effect of pain/symptoms.

*Take two of these. They'll alleviate the pain.*

to contract a disease/illness—to catch/fall ill with a disease/illness. (Note: not used with minor illness)

*It was during his trip down to Amazon that he contracted malaria.*

to give blood—to voluntarily have blood taken from you so that it can be stored and used for somebody else.

*Hospitals are appealing to donors to come forward and give blood.*

to make a recovery—to recover, to get better (Note: to make a full recovery—to recover completely)

*It was a simple operation and the doctors expected him to make a full recovery.*

to nurse sb back to health—to help sb get better

*After the operation, his sister nursed him back to health.*

to perform an operation—(formal) to operate on sb

*The man performing your operation is the best heart surgeon in the country.*

to reduce the swelling—do sth (put ice on the swelling) or take some medicine which will return the swollen part of your body back to its normal size

*We can't put it in plaster yet. We have to reduce the swelling first.*

to regain consciousness—to 'wake up' having previously fainted/been unconscious; to come round/to

*He regained consciousness in the hospital ward.*

to respond to treatment—to get better as a result of taking a particular medicine, etc

*For some reason, he is not responding to treatment.*

to take effect—to start to work (for a medicine, a painkiller, an anesthetic).

*You'll feel much better when the painkillers take effect.*

to treat an illness—to try and cure an illness

*It's one of those illnesses that you just can't treat with conventional medicine.*

to undergo surgery— (formal) to have a surgeon operate on you

*The Vice President underwent surgery late last night and his condition is said to be stable.*

### Prepositions

to be admitted to hospital—to be taken into hospital

*He was admitted to hospital after complaining of pains in his chest.*

to be allergic to sth—if you are allergic to sth (cats, dust, nuts, etc), your body reacts to it in a negative way - perhaps you start sneezing, or perhaps you get a rash

*I'm allergic to pollen.*

to be on antibiotics—to be taking antibiotic medicine

*I'm on antibiotics and they make me feel a bit sleepy.*

a cure for a disease— a medicine or medical treatment that will get rid of an illness or a disease

*Scientists have recently discovered a cure for Redstein's disease.*

to die of sth— if sb dies of a particular disease/illness, it kills them

*He died of pneumonia.*

to be discharged from hospital— to be allowed to leave hospital

*The President was discharged from hospital last night.*

to be in intensive care—to be in a hospital ward where people who are very ill are treated and looked after

*It was very serious. He was in intensive care for two weeks.*

to be on the mend—to be getting better

*Although not yet fully recovered he is on the mend.*

to operate on sb—to treat sb by cutting open part of body and removing or repairing sth.

*He's being operated on tomorrow.*

to get medicine on prescription—you must have a prescription to obtain it [Note: buy medicine over the counter you do not need a prescription to buy it]

*Here you cannot buy tranquillizers over the counter, you can only get them on prescription.*

to be rushed to/into hospital—to be taken to hospital very quickly.

*He collapsed at work and was rushed to the city hospital.*

to be in good shape—to be fit and healthy

*It's an extremely difficult climb but we're in very good shape.*

to be under a lot of stress—to be unable to relax because you if worrying a lot

*I know he's been bad-temper recently, but he's under a lot of stress at the office at the moment*

to suffer from sth— to have a particular illness or disease

*Kelly suffers from migraine.*

to be susceptible to sth—to be a kind of person who easily catches a disease or illness

*The vaccination is being given to those groups in society who are particularly susceptible to flu.*

to hang by a thread—if one's life is hanging by a thread they are very ill and likely to die

*The doctors later told her how her life had hung by a thread during the operation.*

to take its toll/a heavy toll on—have a bad effect on

*Working down the mines for so many years had taken its toll on his health.*

*Task 1. The following exercise has been done by a fellow student. Are his/her answers correct? If the answer is wrong supply the correct answer.*

1. So you have to **give** blood. It won't hurt.
2. These pills will help you to **alleviate** the pain.
3. He has to **undergo** surgery on his left knee and will therefore not play in Milan.
4. Bathing your ankle in cold water should **contract** the swelling.
5. These painkillers will **make** effect almost immediately.
6. I **took** the disease in Africa this summer.
7. It was his wife who **regained** him back to health, tending to his every need.
8. She was out cold. it was seven hours before she **reduced** consciousness.
9. If it doesn't **respond** to this treatment, we'll have to operate.
10. The hospital's senior eye specialist was going to **nurse** the operation, so she was in good hands.
11. Most common infections can be **treated** with antibiotics.
12. Thankfully, he **performed** a complete recovery.

*Task 2. Complete the sentences below with appropriate preposition.*

1. You can't buy these tablets .....the counter. You have to get them .....prescription.
2. There is no cure .....Sterrits disease.
3. He has rushed ..... hospital with suspected appendicitis.
4. He couldn't eat what she had prepared for him because he was allergic ..... cheese.
5. He had been ..... a lot of stress, and it was beginning to take its toll .....health.
6. You are supposed to finish the course if you're ..... antibiotics.
7. His grandfather died .....cancer.
8. Both of her sons suffer ..... hay fever.
9. He was ..... pretty good shape for a man of his age.
10. They operated ..... him on Monday and he was discharged ..... hospital on Tuesday.
11. He was ..... intensive care, his life hanging ..... a thread.
12. She takes vitamin supplements in winter because she is susceptible ..... cold and flu.
13. She was admitted ..... hospital with third-degree burns.
14. There's a long way to go before my leg is totally better but at least it is ..... the mend.

*Make up story based on the following phrases:*

- a) rush to hospital, suffer from heart attack, undergo surgery, life, hang by thread, intensive care, respond to treatment, on the mend
- b) suffer from migraine and back pain, stress, take medicine on prescription, no effect, take up yoga and relaxation techniques. alleviate pain, in good shape now.