

HEALTH

At a doctor's office

Dialogue 1:

- Ann:** Good morning.
Doctor: Good morning, Ann. How are you?
Ann: Awful, doctor.
Doctor: Oh, dear, what's the trouble?
Ann: I'm not feeling well. I've got a sore throat, runny nose and my chest hurts.
Doctor: How long have you been like this?
Ann: Two or three days.
Doctor: You look feverish, I'd better take your temperature. Now, breathe deeply. Cough, please. I think you've got a flu: there's a lot of it about.
Ann: What should I do?
Doctor: I'll prescribe an antibiotic. Take one teaspoon of this medicine three times a day. An you must stay in bed for five days.
Ann: Isn't it too long? I have to go to school.
Doctor: Forget about it. You must take care of your health now. I want to you come and see me in a couple of days. Now, take this prescription to the chemist's and then go straight to bed.

Dialogue 2:

- Mrs Roberts:** Good morning.
Doctor: Good morning, Mrs Roberts. What's the matter?
Mrs Roberts: I feel terrible. I've got a pain in my stomach and I can't eat. I tried taking some indigestion tablets, but they didn't help.
Doctor: Have you been vomiting?
Mrs Roberts: No, I haven't.
Doctor: It's not food poisoning then. Please lie down over here. Does it hurt when I do that?
Mrs Roberts: Oh yes! It hurts a lot.
Doctor: I think it's appendicitis. You will have to go to hospital, I am afraid.
Mrs Roberts: To hospital? Is that necessary?
Doctor: Yes, but there is nothing to worry about.
Mrs Roberts: Nothing to worry about? I am scared out of my wits.
Doctor: Calm down, please. The sooner you have an operation, the better. I can assure you that you'll recover completely in a week's time. Now I'll come Now I'll call an ambulance.

Dialogue 3:

- Mr Brown:** Good morning.
Doctor: Good morning. What's wrong, Mr Brown? I see that something is troubling you.
Mr Brown: Well, recently I've been suffering from palpitation. I'm feeling depressed and I can't sleep.
Doctor: Please undress to the waist.
(the doctor examines the patient)
Mr Brown: Is it a heart condition?
Doctor: No, I don't think so. You seem to be generally run down.
Mr Brown: What do you advise?
Doctor: You need a rest. Stay away from work for a few days and don't overdo things. Besides, you should do exercises and go for long walks.
Mr Brown: Thank you, doctor. Will you prescribe any tranquillizer?
Doctor: That's not necessary.

Vocabulary A:

office, surgery (bryt.) – gabinet
awful – okropnie
What's the trouble? – Co Ci dolega?
sore throat – ból gardła
runny nose – katar
chest – klatka piersiowa
to hurt – boleć
to look feverish – wyglądać na
rozgorączkowaną
to take one's temperature – zmierzyć
temperature
to breathe deeply – oddychać głęboko
to cough – kaszleć
flu – grypa
there is a lot of it about – wszystko na to
wskazuje
to prescribe – przepisać (na receptę)
antibiotic – antybiotyk
the chemist's – apteka
to be scared out of one's wits – być
przeżaszonym
to calm down – uspokoić się
the sooner... the better... – im wcześniej, tym
lepiej
to recover – wyzdrowieć
to call – wezwać
an ambulance – pogotowie
something is troubling you – coś Cię martwi
(niepokoi)
to suffer from – cierpieć na

Vocabulary B:

to fall ill with – zachorować na
to pick up some sort of infection – podłapać
jakaś infekcję
to catch a cold – przeziębienie się
to go to a doctor – iść do lekarza
to call for a doctor – wezwać lekarza
to register – zarejestrować się
to wait in the infirmary – czekać w izbie
chorych
to examine a patient – badać pacjenta
to cure – leczyć
to write a prescription – wypisać receptę
to get a doctor's leave – dostać zwolnienie
to dose – dawkować lekarstwa
to inject – dawać zastrzyk
to take one's blood pressure – mierzyć
ciśnienie krwi
to apply first aid – udzielać pierwszej pomocy
to vaccinate – szczepić

teaspoon – łyżeczka
medicine – lekarstwo
take care of one's health – zadbać o czyjeś
zdrowie
a couple of days – parę dni
prescription – recepta
the What's the matter? – Co się dzieje (Co pani
dolega?)
terrible – strasznie
pain – ból
stomach – brzuch
indigestion tablets – tabletki na niestrawność
food poisoning – zatrucie pokarmowe
to lie down – położyć się
appendicitis – zapalenie wyrostka
robaczkowego

palpitation – palpacja, kołatanie serca
depressed – w depresji
Please undress to the waist – proszę rozebrać
się do pasa
to examine – badać
heart condition – choroba serca
to be run down – być wyczerpanym
rest – odpoczynek
to overdo things – przemęczać się
to do exercises – uprawiać ćwiczenia
tranquilizer – środek uspakajający

examination – badanie
checkup – badanie kontrolne
blood test – badanie krwi
urine test – badanie moczu
treatment – leczenie
therapy – terapia
symptom – objaw
bleeding – krwawienie
chills (shivers) – dreszcze
fever – gorączka
nausea – nudności
headache – ból głowy
earache – ból ucha
stomachache – ból brzucha
cramp – skurcz
ailment – dolegliwość
cut – skaleczenie
burn – oparzenie
fracture – złamanie

bite – ugryzienie
 sting – ukąszenie
 rash – wysypka
 high / low blood pressure – wysokie / niskie ciśnienie krwi
 allergy – alergia
 insomnia – bezsenność
 disease – choroba
 infectious disease – choroba zakaźna
 epidemic – epidemia
 angina – angina
 asthma – astma
 cancer – rak
 cold – przeziębienie
 heart attack – atak serca
 influenza – grypa
 jaundice – żółtaczka

measles – odra
 mumps – świnka
 pneumonia – zapalenie płuc
 scarlet fever – szkarlatyna
 sunstroke – porażenie słoneczne
 tuberculosis – gruźlica
 family doctor – lekarz rodzinny
 intern – internista
 cardiologist – kardiolog
 gynecologist – ginekolog
 laryngologist – laryngolog
 oculist – okulista
 psychiatrist – psychiatra
 nurse - pielęgniarka

Parts of the body

head – głowa
 neck – szyja
 nape – kark
 arm – ramię
 armpit – pachy
 hand – ręka
 finger – palec (u ręki)
 leg – noga
 knee – kolano
 thigh – udo
 hip – biodro
 calf – łydka
 toe – palec (u nogi)
 foot – stopa
 back – plecy
 breast – pierś
 spine – kręgosłup

bone – kość
 rib – żebro
 lungs – płuca
 heart – serce
 stomach – żołądek
 liver – wątroba
 kidney – nerka
 eye – oko
 ear – ucho
 cheek – policzek
 nose – nos
 mouth – usta
 lip – warga
 tongue – język
 throat – gardło
 tonsils – migdałki
 vein - żyła