

IELTS Vocabulary Topics

Healthcare Word List

Word/phrase	Meaning	Example
Pandemic	A disease that exists in almost every area or group of people.	Governments have emergency plans to cope with a pandemic.
Active lifestyle	To be physically and mentally active.	It's important for elderly people to live an active lifestyle.
Sedentary lifestyle	Taking very little exercise or physical activity.	One of the causes of obesity is a sedentary lifestyle.
Infect	To pass a disease to someone else.	The patient infected a lot of the medical staff because the virus was undetected.
Allergy	A condition where someone has a negative physical reaction to certain foods or substances.	My brother has a nut allergy and eating them could be fatal.
Treatment	The use of medicine to cure an illness/disease.	There are various recommended treatments for this condition.
Mental health	Someone's emotional and psychological health.	Stress can lead to mental health problems.
Diagnose	To find out the cause or nature of an illness/disease.	He was diagnosed with having diabetes.
Debilitating	An illness or disease that makes someone physically weak.	Diabetes can be a debilitating disease unless it is treated.
Holistic medicine	Medical treatment that deals with the whole person, not just the disease.	Holistic medicine promotes well-being, stress reduction and a healthy lifestyle.
Incurable	An physical illness or medical condition that cannot be cured.	His medical condition was incurable, but it could be controlled with medicine.
Stress-related illness	Getting ill because of stress.	His heart condition was diagnosed as a stress related illness because of the pressures of work.
Symptoms	Feeling physically or mentally ill because of a disease.	One of the symptoms of the common cold is a runny nose.
Obesity	To be extremely overweight.	Obesity amongst kids is quite common because of their lifestyle and diet.
Addiction	Not able to stop taking or doing something that harms one's health.	Alcohol addition results in physical and mental damage.
Detoxify	To remove harmful chemicals from one's body.	One of the functions of the liver is to detoxify the body's waste products.
Health scare	Feeling worried about having or developing health problems.	He got a health scare and stopped smoking after having chest pains.
Health-conscious	To be aware of how your lifestyle affects your health.	After having a stroke, she became more health-conscious and changed her diet.

Balanced diet	To eat the healthy types and amount of food.	Eating a balanced diet prevents health problems.
Disease	Illness caused by infection or health condition rather than from an accident.	Flu is the number one contagious disease in my country.
Contagious disease	A disease that can be caught from someone or something else.	The disease was so contagious that local authorities had to impose lockdown.
Check-up	A physical examination carried out by a medical professional.	In order to get a work visa, I had to get a medical check-up at the local hospital.
Prescription	The paper on which a doctor writes the recommended medicine that someone needs.	Some drugs are only available on prescription and can't be bought at the pharmacy.
Immunization	The program of preventing the spread of an infectious disease.	A program of immunization stopped the spread of the disease before it got out control.
Vaccine	A drug that protects the body against disease.	The government now offers a free flu vaccine every winter.
Surgery	The practice of cutting open the body to repair or remove damaged parts.	Last year I had surgery to remove my appendix after it became inflamed.
Cure	To stop a disease or improve a medical condition.	She was prescribed sleeping pills to cure her insomnia.
Psychotherapy	Treatment of mental illness without the use of drugs or medicine.	She found her psychotherapy sessions very helpful. Her therapist was understanding and patient.
Therapist	A qualified professional who treats mental or physical conditions.	I was recommended to see a therapist to control my anger.
Physiotherapy	Treatment of muscles, joints and nerves.	The athlete had to undergo physiotherapy after he broke his leg.

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Healthcare Idioms

In the pink

Meaning: To feel fit and healthy.

Example: Since he stopped smoking, he claims to be *in the pink* although he does have the occasional cigar.

An apple a day keeps the doctor away

Meaning: Eating an apple every day will keep you healthy.

Example: My grandmother always told us that eating *an apple a day keeps the doctor away*.

One foot in the grave

Meaning: To be very old or ill and not have long to live.

Example: He has *one foot in the grave*. He's been diagnosed with a terminal illness and doesn't have long to live, according to the doctors.

Sick as a dog

Meaning: To feel very ill/sick.

Example: After catching the flu, I was *sick as a dog* for days with a high fever and sore throat.

Catch a cold

Meaning: To become sick with the common cold.

Example: You should wear warm clothes in this weather. It's easy to *catch a cold* in this weather.

Feel blue

Meaning: To feel sad or depressed.

Example: She *felt blue* for several days after she got a low score in her test, but she picked herself up and will try again.

Kick the bucket

Meaning: To die.

Example: Before I *kick the bucket*, I plan to visit the 7 wonders of the natural world.

Have a frog in one's throat

Meaning: Not being able to speak clearly because of an irritation in one's throat.

Example: He had to postpone the class because he *had a frog in his throat* and kept coughing every time he tried to speak.

Burn out

Meaning: To feel very tired and mentally exhausted because of working too much.

Example: If you keep working these long hours, you'll *burn out*. Cut back on work and try to take a short holiday.

Basket case

Meaning: Someone who is incredibly nervous and can't organize their life.

Example: After the course he was a real *basket case*. He couldn't focus on anything because of the pressure he was feeling.

A taste of their own medicine

Meaning: To treat someone the same way they treat you.

Example: He was always unfriendly and rude to the staff, so he got *a taste of his own medicine* when nobody came to his leaving party.