

**SYNONYMS
IN MEDICAL TERMINOLOGY**

**СИНОНИМИ
В МЕДИЧНІЙ ТЕРМІНОЛОГІЇ**

**MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE
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DISCIPLINES**

Tetiana VAINAGII

SYNONYMS IN MEDICAL TERMINOLOGY

STUDY GUIDE
for the discipline «ENGLISH FOR MEDICAL PURPOSES»
for International English-Speaking Students of Medical Specialties at Higher
Educational Institutions

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**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
ДЕРЖАВНИЙ ВИЩИЙ НАВЧАЛЬНИЙ ЗАКЛАД
«УЖГОРОДСЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ»
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ДИСЦИПЛІН**

Тетяна ВАЙНАГІЙ

СИНОНІМИ В МЕДИЧНІЙ ТЕРМІНОЛОГІЇ

НАВЧАЛЬНО-МЕТОДИЧНІ МАТЕРІАЛИ
з дисципліни «АНГЛІЙСЬКА МОВА МЕДИЧНОГО СПРЯМУВАННЯ»
для англомовних іноземних студентів медичних спеціальностей ЗВО

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Синоніми в медичній термінології : навчально-методичні матеріали з дисципліни «Англійська мова медичного спрямування» для англомовних іноземних студентів медичних спеціальностей ЗВО / Автор-укладач: Т. М. Вайнагій. – Ужгород : ДВНЗ «УжНУ», 2023. – 74 с.

Навчально-методичні матеріали «Синоніми в медичній термінології» покликані розширити та активізувати професійний словниковий запас майбутніх фахівців галузі охорони здоров'я шляхом аналізу синонімічних рядів найпоширеніших англомовних медичних термінів. Головною метою посібника є формування англомовної комунікативної професійно орієнтованої та соціокультурної компетентності студентів спеціальності 222 «Медицина».

Пропоноване видання рекомендовано для іноземних студентів медичних спеціальностей ЗВО, які здобувають освіту англійською мовою.

Посібник призначений як для аудиторної роботи, так і для самостійного опрацювання.

Автор-укладач:

Вайнагій Тетяна Миколаївна, кандидат педагогічних наук, доцент кафедри громадського здоров'я і гуманітарних дисциплін медичного факультету № 2 ДВНЗ «Ужгородський національний університет»

Рецензенти:

Бабинець Мирослава Миколаївна, кандидат педагогічних наук, доцент, доцент кафедри менеджменту туристичного та готельно-ресторанного бізнесу Ужгородського торговельно-економічного інституту Державного торговельно-економічного університету

Крічфалушій Оксана Павлівна, доктор філософії, доцент кафедри фізіології та патофізіології медичного факультету № 2 ДВНЗ «Ужгородський національний університет»

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PREFACE

The study guide is intended for foreign students of medical specialties of higher education institutions who use English as a medium of instruction. The aim of the guide is to provide international students with educational materials for the formation and development of their English professionally oriented competence within the suggested topics.

The purpose of this study guide is to expand and activate professional vocabulary of future healthcare practitioner; to analyse and study synonymic chains of professional medical terms, using them in appropriate professionally oriented contexts; to distinguish commonly used terms for symptoms, diseases, injuries, parts of the body, professional medical environment, drugs, medical equipment, etc. and their narrowly-focused professional counterparts, as well as practice their usage in appropriate contexts; to compare and justify the peculiarities of the use of synonymous medical terms in variants of the English language (British English and American English).

The study guide is structured in accordance with the requirements of the syllabus for the educational discipline “Elective Course of the Foreign Language (English) For Medical Purposes” (III year) of the Department of Public Health and Humanitarian Disciplines of the Medical Faculty № 2 at State Higher Educational Institution «Uzhhorod National University» and consists of a theoretical part (introduction) that precedes practical materials, 6 chapters, which present 27 synonymic chains of the most common medical terms, and references.

The materials for each synonymic chain include: visualization (an image that reflects the general concept of the synonymic chain), definitions of medical terms with example sentences for each meaning of the term, practical tasks aimed at forming knowledge, skills and abilities to use the relevant terms in stipulated professionally oriented and general contexts.

The guide is designed to help acquire essential knowledge, skills and abilities that will contribute to the formation of English communicative professionally oriented and socio-cultural competence of students majoring in Medicine.

The study guide is intended for classroom work as well as for self-study and self-control.

It can also be used by medical students of specialized secondary and higher educational institutions, who use Ukrainian as a medium of instruction in the process of studying the discipline “English For Medical Purposes”, as well as by teachers who teach English for Medical Purposes.

The proposed publication can be used as a reference book.

ПЕРЕДМОВА

Навчально-методичні матеріали призначені для іноземних студентів медичних спеціальностей ЗВО, які здобувають освіту англійською мовою. Мета посібника – забезпечити іноземних студентів навчальним матеріалом для формування і розвитку у них англійської професійно орієнтованої компетентності у межах запропонованих тем.

Призначення посібника – розширити та активізувати професійний словниковий запас майбутніх фахівців галузі охорони здоров'я; проаналізувати і вивчити синонімічні ряди фахових медичних термінів, використовуючи їх у відповідних професійно обумовлених контекстах; розмежувати загальнонавчальні терміни на позначення симптомів, захворювань, травм, частин тіла, професійного медичного середовища, ліків, медичного обладнання тощо та їх вузьковживані фахові відповідники, а також практикувати їх використання у відповідних контекстах; порівняти та обґрунтувати особливості вживання синонімічних медичних термінів у варіантах англійської мови (британській англійській та американській англійській).

Посібник структурований відповідно до вимог робочої програми навчальної дисципліни «Іноземна мова медичного спрямування за вибором» (III курс) кафедри громадського здоров'я і гуманітарних дисциплін медичного факультету № 2 ДВНЗ «Ужгородський національний університет» і складається з теоретичної частини (вступу), що передує практичним матеріалам, 6 розділів, у котрих представлені 27 синонімічних рядів найпоширеніших медичних термінів, списку використаних джерел.

Матеріали до кожного синонімічного ряду містять: унаочнення (ілюстрацію, яка відображає загальний концепт синонімічного ряду), визначення медичних термінів із прикладами речень до кожного значення терміну, практичні завдання, спрямовані на формування знань, навичок і вмінь вживання відповідних термінів в обумовлених професійно орієнтованих та загальних контекстах.

Посібник покликаний допомогти набутти важливих знань, умінь і навичок, які сприятимуть формуванню англійської комунікативної професійно орієнтованої та соціокультурної компетентності студентів спеціальності «Медицина».

Навчально-методична розробка призначена як для аудиторної роботи, так і для самостійного опрацювання та самоконтролю.

Навчально-методичними матеріалами також можуть послуговуватися україномовні студенти медичних спеціальностей середніх спеціальних та

вищих навчальних закладів у процесі вивчення дисципліни «Англійська мова медичного спрямування», а також викладачі, котрі викладають англійську мову для медичних цілей.

Пропоноване видання може бути використане як довідник.

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LIST OF ABBREVIATIONS

adj. – adjective

AmE – American English

BrE – British English

INTRODUCTION: TYPES OF SYNONYMS IN MEDICAL TERMINOLOGY

Synonyms (*Gr. synonymous* “of like meaning”, *syn* – “with”, *onyma* – “name”) are words belonging to the same part of speech, differing in sound form, and possessing one or more identical or nearly identical (similar) denotational meanings (i.e. meanings connected with naming things with words). English is a very precise language with words to designate different actions or states. It is very rich in synonyms too. The existence of the so-called *absolute synonyms* – interchangeable in any context – (e.g. *looking-glass/mirror, fatherland/homeland*, etc.) is a very rare phenomenon because in the course of language development numerous old names for the same object underwent the process of differentiation and the words came to have either different shades of meaning or usage. Thus, synonyms are usually divided into the following groups: *ideographic, stylistic, contextual, total and phraseological synonyms*.

Each group of synonyms comprises a synonymic dominant – the unit possessing the most general meaning of the kind, e.g. *to shine: to flash – to blaze – to gleam – to glisten – to sparkle – to glitter – to shimmer – to glimmer*.

Ideographic synonyms denote different shades of meaning or degrees of a given quality. They are sometimes called **relative synonyms**, e.g.: *beautiful – fine – handsome – pretty – pleasant; different – various; large – great – huge – tremendous – colossal*.

Stylistic synonyms differ in usage and style, e.g. *doctor* (official) – *doc* (familiar); *examination* (official) – *exam* (colloquial); *to commence* (official) – *to begin* (colloquial).

Contextual (context-dependent) synonyms are similar in meaning in a certain context. For example, the verbs “to buy” and “to get” would not generally be taken as synonyms, but they are synonyms in the following context: *I’ll go to the shop and buy some bread/ I’ll go to the shop and get some bread*.

Total synonyms (also: absolute synonyms) can replace each other in any given context without the slightest alteration in denotative or emotional meaning and connotations, thus the meaning and function of such synonymous words are exactly the same. Examples of this type can be found in special literature among terms belonging to this or that branch of knowledge. It must be noted that it is a very special kind of synonymy: neither ideographic nor stylistic oppositions are possible here. For example, the nouns “*scarlet fever*” and “*scarlatina*” have identical meanings.

Phraseological synonyms. The same misunderstood conception of interchangeability lies at the bottom of considering different dialect names for the same plant, animal, etc. Thus, the cornflower is so called because it grows in cornfields; some people call it bluebottle according to the shape and colour of its petals. Some other examples of phraseological synonyms are: *go to bed – go to roost – hit the high – hit the sack; tell a lie – lie in one’s throat – spin a lie – lie one’s head off – tell a story – lie out of the whole cloth – spin a yarn*, etc.

Contemporary medical English terminology has been diachronically influenced by several languages, in particular Greek, Latin, Latinised Greek, French and Arabic. In English there are some words related to general medical treatments and common symptoms of illness that are very close in their meanings, but they are not exactly synonyms either.

We are going to see synonymous medical terms which typically cause the most confusion among medical students and healthcare professionals.

PART 1. SYMPTOMS & SIGNS



CONTENTS:

1. *Cure / Heal / Care / Treat*
2. *Unwell / Ill / Indisposed / Sick / Ailing / Under the Weather*
3. *Illness / Disease / Ailment / Condition / Sickness / Malady / Malaise / Infirmary*
4. *Congested / Stuffy / Runny / Sore / Swollen / Rash / Seedy / Feverish / Dizzy / Queasy*
5. *Fever / Temperature / Pyrexia*
6. *Dizzy (Dizziness) / Giddy / Light-Headed / Weak at the Knees / Vertigo*

7. *Faint / Lose Consciousness / Pass Out / Black Out / Syncope*

8. *To Vomit / To Be Sick / To Spew / To Throw Up / To Puke / To Barf / To Regurgitate*

1. CURE / HEAL / CARE / TREAT



➤ Cure:

1. (verb) to treat an illness; to restore to health, soundness, or normality. *E.g. She was cured from breast cancer. The doctor cured him of a rare blood disease.*

2. (noun)

a) a particular way of making someone well or stopping an illness. *E.g. Doctors say there are several possible cures for the disease.*

b) a complete or permanent solution or remedy. *E.g. He was seeking a cure for unemployment.*

➤ **Heal:** (verb) to become or make something healthy again. It normally refers to wounds, injuries, etc. *E.g. The cut finally healed up but it left an ugly scar.*

➤ Care:

1. (verb) to give care. *E.g. Nurses care for the sick.*

2. (noun) a very general word that means all the elements or actions provided to make or keep someone or something healthy. *E.g. Medical care.*

➤ Treat: (verb)

a) a general word that means giving medical care to a person or a condition. *E.g. How is gout treated?*

b) to regard and deal with in a specified manner – usually used with “as”. *E.g. The matter was treated as confidential.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) He was from his disease but all was in vain, he died very soon.
- 2) We need to provide poor people with better dental
- 3) I've been putting disinfectant to this wound but it doesn't seem to
- 4) Not much research is done for the discovery of new for malaria.

- 5) She contracted a severe infection and had to go into the intensive unit.
- 6) This is a problem that has no easy
- 7) Try to everyone as an equal.
- 8) He doesn't if he gets fired.
- 9) You've got to give the injury time to
- 10) The children have inadequate medical and little formal education.
- 11) How is bronchitis
- 12) The infection can be completely with antibiotics.
- 13) She was of any illusions she had about college after her first semester.
- 14) The ointment will help the wound.
- 15) She is an expert on skin
- 16) I what happens to her.

2. UNWELL / ILL / INDISPOSED / SICK / AILING / UNDER THE WEATHER



➤ **Unwell:** (adj.) (very general) not too well; being in poor health. *E.g. I am sorry she is feeling unwell.*

➤ **Ill:** (adj.) suffering from a disease or an illness. *E.g. Her grandfather was very ill and he recently passed away.*

➤ **Indisposed:** (adj.) (formal) slightly ill. *E.g. She has a headache and is rather indisposed.*

➤ **Indisposition:** (noun) (formal) the condition of being indisposed; a usually slight illness (*synonyms: illness, sickness, unhealthiness, unsoundness*). *E.g. A brief indisposition made her miss the party.*

➤ Sick: (adj.)

- a) ill or not well; affected with a disease or ill health (*synonym: ailing*). *E.g. I learned that Bill's father was very sick.*
- b) of, relating to, or intended for use in sickness. *E.g. Mark took five sick days last month.*

c) wanting to vomit, having a condition where food is brought up from the stomach into the mouth (*synonyms: queasy, nauseated*). *E.g. Peter was sick to his stomach.*

➤ **Ail:** (verb) to give physical or emotional pain, discomfort, or trouble. *E.g. His back has been ailing him. What's ailing you?*

➤ **Ailing:** (adj.) ill and not improving. *E.g. The nurse was providing care for his ailing father.*

➤ **Under the weather:** (adj.) (informal) slightly unwell or in low spirits. *E.g. You look a bit under the weather.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) They blamed his absence on a minor
- 2) I had salmonellas last summer, I felt really with fever and a terrible stomach ache.
- 3) Sheila Jones is, so the part of the Countess will be sung tonight by Della Drake.
- 4) My wife has been for a long time after her operation.
- 5) That syrup for the cough tastes awful, it makes me
- 6) The concert has been cancelled since the singer is
- 7) Little Nicholas had been for four days.
- 8) Mr. Brown's wrist has been him.
- 9) I don't know what happens with me, I'm feeling these days.
- 10) I feel very I want to throw up.
- 11) I hear you've been a bit Are you feeling better now?
- 12) The speaker was regrettably
- 13) Mary was trying to rest her knee on the chair.
- 14) Too much drinking will make you
- 15) Miss Bennett, are you

3. ILLNESS / DISEASE / AILMENT / CONDITION / SICKNESS / MALADY / MALAISE / INFIRMITY



➤ **Illness:** (noun) (general word) an unhealthy condition of body or mind. *E.g. Mental illness.*

➤ **Disease:** (noun) a specific illness with a name. *E.g. He suffers from a rare genetic disease.*

➤ **Ailment:** (noun) a very common disease that is not normally serious. *E.g. Common winter ailments such as colds, coughs and sore throats can be treated with home remedies.*

➤ **Condition:** (noun) a permanent health problem which affects a particular part of the body. *E.g. She suffers from a heart condition.*

➤ **Sickness:** (noun)

- a) illness. *E.g. Many workers are absent because of sickness.*
- b) a specific disease. *E.g. Sleeping sickness; altitude sickness.*
- c) the feeling of vomiting. *E.g. She's pregnant and now she is suffering from morning sickness.*

➤ **Malady:** (noun) (quite formal) a disease, also used in metaphoric senses. *E.g. Malaria is a kind of serious malady. Our societies are afflicted by a lot of maladies such as violent crimes.*

➤ **Malaise:** (noun) (formal) a general feeling of illness, but not a clear one; a vague sense of mental or moral ill-being. *E.g. Due to the menstruation she is feeling a general malaise.*

➤ **Infirmary:** (noun) weakness because of illness or old age. *E.g. Deafness and failing eyesight are among the infirmities of old age.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) Due to her asthmatic, she must avoid smoking.

- 2) After your long convalescence, you'll probably feel
- 3) The "Asiatic syndrome" is a(n) transmitted from poultry to human beings.
- 4) Old age and had begun to catch up with him.
- 5) The fascination with body perfection is the new of our times.
- 6) Our new food habits in Western societies are the cause for many dietary
- 7) I was feeling too unwell this morning, a(n) that I thought could be related to my lack of sleep lately.
- 8) Sore throat is a(n) affecting many teachers.
- 9) She died at the age of 60 after a brief
- 10) Dogmatism is a(n) in the academic research nowadays.
- 11) Every year 250, 000 women die of coronary heart
- 12) Many women experience morning during pregnancy.
- 13) If left untreated the may become chronic.
- 14) He complained of depression, headaches and
- 15) Liam had suffered violent and diarrhoea.
- 16) There is no specific remedy for the
- 17) The doctor concluded that the patient's was cancer.
- 18) These include general, vision problems, and increases in anxiety and insomnia.
- 19) Naturally, we turn to medical experts to help us distinguish between a cold and the flu or another
- 20) Early in his career, the story goes, a patient appeared with some minor
- 21) This liver is common in heavy drinkers.
- 22) often comes with old age.
- 23) The cause was Alzheimer's, her family said.

4. CONGESTED / STUFFY / RUNNY / SORE / SWOLLEN / RASH / SEEDY / FEVERISH / DIZZY / QUEASY



➤ **Congested:** (adj.) (formal) containing an excessive accumulation especially of blood or mucus; usually refers to the *nose* (also: *nasal congestion*). *E.g. Congested lungs / sinuses. Typical symptoms are runny or congested nose, constant sore throat, difficulty in breathing, and hyperventilation.*

➤ **Stuffy:** (adj.) (general word) if your nose is stuffy or you have a stuffy nose, your nose is blocked with mucus, usually because you have a cold. *E.g. The most common side effects for losartan are upper respiratory infections or stuffy nose, dizziness, and back pain.*

➤ **Runny:** (adj.) refers to the nose, the eyes when liquid flows from them. *E.g. Symptoms are runny nose, headache and cough.*

➤ **Sore:**

1. (adj.) painful (physically tender) and uncomfortable because of injury, infection, or too much use (*synonym: achy*). *E.g. She's feeling a bit sore after the operation. Mary has a bad cold and sore throat.*

2. (noun) a painful area on the surface of a body, especially an infected area. *E.g. He has a sore on his lip.*

➤ **Swollen:** (adj.) inflamed. *E.g. I've detected a swollen ganglion on my neck.*

➤ **Rash:** (noun) an area of red spots that appears on the skin as a result of being ill or having a bad reaction to something that you have eaten or touched. *E.g. He may break in a rash when he eats these nuts.*

➤ **Seedy:** (adj.) slightly unwell, rather ill. *E.g. As woke up feeling seedy this morning, I'm afraid I'm catching the flu.*

➤ **Feverish:** (adj.) suffering from fever (= high body temperature). *E.g. I'm feeling a bit feverish – I hope it's not the start of flu.*

➤ **Dizzy:** (adj.) feeling of losing balance of being about to fall. *E.g. After the accident her head hurt and she felt slightly dizzy and disoriented.*

➤ **Queasy:** (adj.) general malaise, generally in the stomach, as a sign of being sick; feeling that you want to vomit. *E.g. He was very prone to car-sickness and whenever he got in a car, he started feeling queasy.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) When I stand up the room seems to be going round. I feel really
- 2) A temporary loss of smell can be caused by a nose or infection.
- 3) I'm not in pain but the glands in my neck seem to be
- 4) I've got a nose. I suppose it's a cold coming on.
- 5) I've come out in a all over my chest and arms. I think I may be allergic to cats.
- 6) A rubber bulb syringe is used to clear out an infant's nose.
- 7) It's like being sea-sick. I feel whenever I move about.
- 8) The nasal is due to dilation of vessels in the nasal mucosa.
- 9) It's hard to describe. I just feel generally..... . Can you prescribe a tonic?
- 10) My throat's awfully, I hope it's not another bout of tonsillitis.
- 11) He felt sick and, and then passed out.
- 12) I haven't taken her temperature yet but her face is flushed and she seems
- 13) Just the thought of blood makes me
- 14) Common symptoms of vasomotor rhinitis are often nasal and postnasal drip.

5. FEVER / TEMPERATURE / PYREXIA



- **Fever:** (noun)
- a) a rise of body temperature above the normal caused by an illness (synonym: pyrexia). *E.g. He's got a headache and a slight fever.*
 - b) a specified disease in which fevers occurs. *E.g. Hay fever / typhoid fever / scarlet fever / rheumatic fever.*

Collocations:

- **have a fever:** *I have a bit of a fever.*
- **get a fever:** *When you get a virus, you get a fever.*
- **run a fever:** *Billy ran a high fever for days.*
- **develop a fever:** *Unfortunately, I developed a fever that night.*
- **bring down / reduce a fever:** *This drug will help to bring down / reduce the fever.*
- **intermittent fever:** a type or pattern of fever in which there is an interval where temperature is elevated for several hours followed by an interval when temperature drops back to normal (*also: recurring fever*). *E.g. We describe a 65-year-old man who presented with a 10-day history of abdominal pain and intermittent fever.*

➤ **Feverish:** (adj.) tending to cause fever; having the symptoms of a fever; indicating or relating to fever (synonym: febrile). *E.g. Anna was feeling tired and feverish. The boy had a feverish appearance.*

➤ **Temperature:** (noun) abnormally high body heat. *E.g. Let me check your temperature.*

Collocations:

- **have a temperature:** *Lie down and relax, you have a temperature.*
- **run a temperature:** *We both have a cold and are running a temperature.*
- **take a temperature:** *The nurse produced a thermometer and took my temperature.*
- **bring down / lower a temperature:** *They used ice packs to bring down her temperature.*

➤ **Pyrexia:** (noun) (formal) elevation of the body temperature of an individual beyond the normal range (*synonym: fever*). *E.g. Examination showed an ill-looking and obese woman with pyrexia of 38.*

➤ **Pyrexial:** (adj.) (formal, obsolete) of, relating to, or characterized by fever; feverish (*synonyms: feverish, febrile*). *E.g. A pyrexial patient. Pyrexial disease.*

➤ **Febrile:** (adj.) (formal) marked or caused by fever (*synonyms: feverish, pyrexial*). *E.g. A febrile reaction caused by an allergy. In case of febrile seizures, medical advice can be sought for reassurance.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) The nurse takes my twice a day.
- 2) I'm feeling a bit I hope it's not the start of flu.
- 3) is treated with antihistamines.
- 4) The initial symptoms included abdominal pain, notalgia, abdominal distension, and
- 5) Scales of skin peel off after scarlet
- 6) seizures are convulsions that can happen when a young child has a fever above 100.4°F (38°C).
- 7) Most patients had, asthenia, cephalalgia with at least one additional abnormal clinical feature.
- 8) It feels like you're a temperature.
- 9) A warm bath before bed can body temperature, telling your brain to ready itself for sleep.
- 10) She's starting to a fever, and the rash is spreading.
- 11) Typical clinical signs of acute bovine sarcocystosis are: anorexia, (42°C or more), anemia, cachexia, enlarged palpable lymph nodes, excessive salivation and loss of hair at the tip of the tail.
- 12) Antibiotics were prescribed, but the symptoms remained and fever appeared.
- 13) The fourth day, Charlotte was ashen-faced and
- 14) Susie a temperature and has gone to bed.
- 15) If he develops, or a cough, bring him back to hospital.
- 16) The definition of of unknown origin (PUO) dates back to 1961; it was described as a persistent fever above 38.3°C (100°F) that evades diagnosis for at least 3 weeks, including 1 week of investigation in hospital.
- 17) Paracetamol is used to treat headaches or to fever.

18) seizures were first distinguished from epileptic seizures in the twentieth century.

6. DIZZY (DIZZINESS) / GIDDY / LIGHT-HEADED / WEAK AT THE KNEES / VERTIGO



➤ **Dizzy = giddy = light-headed:** (adj.) having a whirling sensation in the head with a tendency to fall. *E.g. The children were dizzy after spinning in circles. He felt giddy and light-headed.*

➤ **Dizziness:** (noun) a temporary feeling that your sense of balance is not good and that you may fall down. *E.g. You may experience some dizziness after taking the medicine.*

➤ **Weak at the knees:** (adj.) so nervous or powerfully affected that it is difficult to stand. *E.g. The shock made me go all weak at the knees.*

➤ **Vertigo:** (noun) (formal) a sensation of motion in which the individual or the individual's surroundings seem to whirl dizzily. *E.g. Just the thought of standing on the balcony gave her vertigo.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) After my second glass of whisky, I began to feel
- 2) A fit of came over her so she had to lie down.
- 3) The problems with his ears caused him attacks of
- 4) Her head still hurt, and she felt slightly and disoriented.
- 5) His smile made her go
- 6) I had an acute attack of while doing my sit-ups.
- 7) Acute cerebellar haemorrhage or infarction often presents with and headache.

7. FAINT / LOSE CONSCIOUSNESS / PASS OUT / BLACK OUT / SYNCOPE



➤ **Faint:** (verb) (general word) to stop being conscious for a short time and usually fall down. *E.g. He always faints at the sight of blood.*



➤ **Lose consciousness:** (verb) to become unconscious. *E.g. She lost consciousness briefly.*

➤ **Pass out:** (phrasal verb) (informal) to become unconscious for a short time, for example when ill,

badly hurt, or drunk. *E.g. I was hit on the head and passed out.*

➤ **Black out:** (phrasal verb) (informal) to become unconscious suddenly but for a short period. *E.g. I blacked out right after the accident.*

➤ **Blackout:** (noun) a short period when someone suddenly becomes unconscious (*synonym: unconsciousness*). *E.g. Jack can't drive because he suffers from blackouts.*

➤ **Syncope:** (noun) (formal) loss of consciousness resulting from insufficient blood flow to the brain (*also: syncopal attack*). *E.g. Syncope has been reported in a small percentage of patients taking the drug.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) As I heard about the accident and of her death I
- 2) In more advanced cases, the patient will and may convulse.
- 3) If an arrhythmia occurs at the time of or near, the diagnosis is established.
- 4) She had a and couldn't remember anything about the accident.
- 5) I could feel blood draining from my face. I wondered whether I was about to

- 6) The victim was taken to the emergency room in a state of
- 7) People everywhere were from the heat.
- 8) Patients who have severe anaemia may experience spells.

8. TO VOMIT / TO BE SICK / TO SPEW / TO THROW UP / TO PUKE / TO BARF / TO REGURGITATE



The difference among these words is just in their degree of formality.

➤ **Vomit:** (verb) (quite formal) to disgorge the stomach contents. *E.g. The patient was vomiting blood.*

➤ **Sick (as: to be sick):** (adj.) (the most frequently used) to vomit. *E.g. You'll be sick if you eat any more of that chocolate!*

➤ **Puke / spew / throw up:** (verbs) (informal) to vomit. *E.g. That disgusting smell made me want to puke / spew / throw up.*

➤ **Barf:** (verb) (vulgar, slang; used in the United States) to vomit. *E.g. He got drunk and barfed all over the carpet.*

➤ **Regurgitate:** (verb)

- a) to bring back swallowed food into the mouth; to expel the contents of the stomach in small amounts, short of vomiting. *E.g. Owls regurgitate partly digested food to feed their young.*
- b) to repeat information without analysing or comprehending it. *E.g. Many students simply regurgitate what they hear in lectures.*

➤ **Regurgitation:** (noun)

- a) the action of bringing swallowed food up again to the mouth. *E.g. Regurgitation is used by a number of species to feed their young.*
- b) the repetition of information without analysis or comprehension. *E.g. Regurgitation of this or any other textbook will cause your essays to be marked down.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) Something was wrong with the dinner; I spent the night
- 2) Buff! I drank too much yesterday; I've been feeling like all day.
- 3) Some birds and animals food to feed their young.
- 4) The patient suffers from gastroenteritis, her symptoms are, diarrhoea and abdominal pains.
- 5) Some birds and insects use defensive to ward off predators.
- 6) I did not, I mean, vomit, but my bowels are loose.
- 7) It's no fun to when you're on vacation.
- 8) She tries to get students to think critically, not just facts.
- 9) The student complained that school was just memorization and of theoretical information.
- 10) A child may or urinate during a seizure.

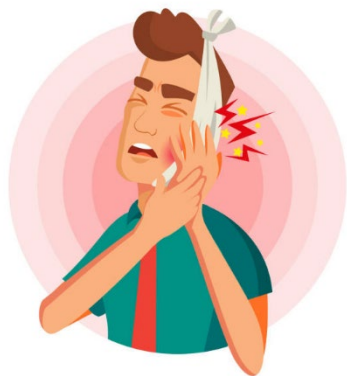
PART 2. PAIN & ITS TYPES



CONTENTS:

9. Pain / Hurt / Sore / Ache / Tingle / Prickle
10. Types of Pain

9. PAIN / HURT / SORE / ACHE / TINGLE / PRICKLE



➤ **Pain:** (noun) (general word) mental or physical suffering or discomfort in any part of the body because of an illness or an injury. *E.g. The separation of their parents caused a great pain to their children. My back gives me a lot of pain.*

➤ **Hurt:**

1. (verb)

a) to inflict with physical pain, either minor or serious (*synonyms: damage, wound*). *E.g. He hurt his back while moving some boxes. They were badly hurt in a car accident.*

b) to cause emotional pain or anguish to somebody (*synonym: offend*). *E.g. You actually hurt her feelings by what you said.*

c) to suffer pain or grief. *E.g. He says his tooth hurts. Amanda has been hurting ever since learning of her friend's betrayal.*

d) to cause damage or distress. *E.g. Hit where it hurts.*

2. (noun)

a) a physical injury or wound. *E.g. Rolling properly into a fall minimizes hurt.*

b) (noun) mental pain, emotional distress or suffering. *E.g. His death caused me a great hurt.*

➤ **Sore:**

1. (adj.)

a) causing emotional pain or distress. *E.g. The divorce of her parents was a sore subject for Sue.*

b) physically tender (as from overuse or injury); feeling or affected by pain (*synonym: achy*). *E.g. His muscles were sore. She felt sore all over.*

2. (noun) a localized sore spot on the body, especially one (such as an ulcer) with the tissues ruptured or abraded and usually with infection. *E.g. To have a sore finger / a sore throat.*

➤ **Ache:**

1. (verb)

a) to suffer a usually dull persistent pain. *E.g. An aching back. My belly aches.*

b) to become distressed or disturbed (as with anxiety or regret). *E.g. She was aching with sadness.*

c) to feel compassion. *E.g. My heart aches for those poor people.*

d) to experience a painful eagerness or yearning. *E.g. John is aching to go.*

2. (noun)

a) a usually dull persistent pain. *E.g. Backache / toothache / tummy-ache.*

b) a condition marked by aching. *E.g. Angelina looked through the old pictures with a dull ache in her heart.*

➤ **Tingle:**

1. (verb) to feel a ringing, stinging, prickling, or thrilling sensation feeling in the limbs when circulation is made difficult; to cause such a sensation. *E.g. I had a tingling feeling in my arm after I slept with my head on it. My arm was numb and tingling.*

2. (noun) a usually slight ringing, stinging, prickling, or thrilling sensation. *E.g. She felt a tingle of anticipation.*

➤ **Prickle:**

1. (verb)

a) to prick slightly; to produce prickles in. *E.g. Her scalp was prickling.*

b) to cause or feel a prickling, tingling, or stinging sensation. *E.g. The wool sweater prickled my skin. Paraesthesia causes terrible prickling.*

2. (noun) a prickling or tingling sensation. *E.g. She felt a prickle of fear as the stranger came closer to her.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) I my finger yesterday opening a can, it is a bit today.
- 2) Give me an aspirin! My head has been all day long.
- 3) Your indifference me very deeply.
- 4) I was in terrible after the accident.
- 5) She's feeling a bit after the operation.
- 6) Her muscles were from shovelling snow.
- 7) His expression was a fifty-fifty mixture of and anger.
- 8) Sometimes words more than swords.
- 9) Sometimes my lips or fingers feel numb or for no reason.
- 10) My scalp began to as I realized the horrible truth.
- 11) He has a(n) on his lip.
- 12) The candy's so sweet that it makes my teeth
- 13) The discussion touched on a(n) spot.
- 14) After running the marathon, his body for a week.

- 15) He used his finger as a pretext for not going to school.
- 16) I had a(n) throat and it to swallow.
- 17) The medicine provides 12 hours of relief.
- 18) Neither the driver nor the passengers were
- 19) I had a(n) throat and limbs.
- 20) As she warmed her hands by the fire, she felt a(n) in her fingers.
- 21) He had a dull pounding in his head.
- 22) Her whole body seemed to with expectation.
- 23) Let go of my arm! You're it!
- 24) The hair on the back of my neck.

10. TYPES OF PAIN



➤ **Burning (pain / sensation):** a pain experienced in heat burns, superficial skin lesions, herpes zoster, and circumscribed neuralgias. *E.g. Burning pain is often applied to the sensation of active peptic ulceration.*

➤ **Dull (pain / ache):** a mild discomfort, often difficult to describe, that may be associated with some musculoskeletal injuries or some diseases of the visceral organs. *E.g. The area can be itchy long after the bite and touching it can bring a dull pain.*

➤ **Gnawing (pain / sensation):** a sensation of dull, constant pain or suffering. *E.g. Gnawing pains and burning are typical for gastritis and ulcers.*

➤ **Sharp pain:** a sudden, intense spike of pain. *E.g. A sharp pain suddenly shot along his arm.*

➤ **Stinging (pain / sensation):** a sharp momentary pain, most commonly produced by the puncture of the skin; something as sudden and painful as being stung. *E.g. A stinging slap across the face jolted her.*

➤ **Stabbing pain:** like a sharp pain, occurs suddenly and intensely; however, it may fade and reoccur many times (*synonyms: drilling pain / boring pain*). *E.g. He couldn't bend over without intense, stabbing pain.*

➤ **Shooting pain:** a pain that seems to travel like lightning from one place to another; a sudden severe pain that moves through the body. *E.g. I get shooting pains up my spine whenever I try to move.*

➤ **Pang(s) = twinge(s):** (nouns)

a) a brief piercing spasm of pain; a sudden sharp feeling (stab) of pain. *E.g. Pangs of hunger. Twinges of rheumatism.*

b) a sharp attack of mental anguish. *E.g. Pangs of remorse. A twinge of sympathy.*

➤ **Throbbing pain = pounding pain:** a pain which continues in repeated short attacks; usually found in dental caries, headache, and localized inflammation; often thought to be caused by arterial pulsations. *E.g. I feel a throbbing (pulsating) pain at my temple.*

➤ **Migraine:** (noun) a sharp severe recurrent headache often associated with vomiting and visual disturbance. *E.g. Her migraine attacks seem to be worse in the summer.*

➤ **Cramp(s):** (noun) a painful involuntary spasm in the muscles where the muscle may stay contracted for some time. *E.g. She started getting stomach cramps this morning.*

➤ **Stiffness:** (noun) a pain in the muscles and the joints because of too much exercise or illness; inability to move easily and without pain. *E.g. As I got about, the stiffness in my left leg gradually worked off.*

➤ **Tenderness:** (noun)

a) a state in which pain is felt on the release of pressure over a part; sensitivity to pain; soreness. *E.g. Symptoms of PMS include breast tenderness and a craving for sweet food.*

b) specifically, such a sensation in the abdomen, considered a sign of peritonitis. It is sometimes used to test for peritonitis; this procedure is controversial because of the pain involved. *E.g. Rebound tenderness is pain when the palpating hand is suddenly removed, which is a sign of peritonitis.*

➤ **Soreness:** (noun) a pain that is felt as when the area is touched (*synonym: tenderness*). *E.g. Stiffness and soreness after prolonged heavy exercise are due to accumulated lactic acid in the muscles.*

➤ **Mild pain:** a nagging, annoying pain, which doesn't really interfere with daily living activities. *E.g. Symptoms of their venomous bite include swelling, mild pain and itching.*

➤ **Moderate pain:** a moderately strong pain that interferes significantly with daily living activities. *E.g. Since that trauma, he had continually suffered from moderate pain of his left shoulder.*

➤ **Severe pain:** an intense pain that dominates your senses and significantly limits your ability to perform normal daily activities or maintain social relationships; interferes with sleep. *E.g. In acute infections of the urinary tract the patient may suffer severe pain.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) Aught! I hardly can move my arms, they are so, I was lifting heavy boxes all day yesterday.
- 2) is commonly associated with vomiting and photophobia.
- 3) Melanie complained of in her joints as she couldn't flex her knees properly. Accordingly, she was admitted to hospital for further tests.
- 4) He also has a pain between his shoulder blades that runs into his arm.
- 5) Premenstrual are suffered very frequently by women.
- 6) Abdomen was soft, no and rebound; liver and spleen were impalpable.
- 7) The pain in her lower back subsided leaving a ache.
- 8) He experienced a sudden of conscience.
- 9) A pain cut through her ribs.
- 10) The main side effects are bleeding and mild to pain.
- 11) Intercostal neuralgia causes paroxysmal pain or pricking pain.
- 12) I felt a of envy for the people who lived there.
- 13) Stop making that noise with the hammer, my head is

14) Burning or feeling in the stomach area lasting between 30 minutes and 3 hours commonly accompanies ulcers.

15) OxyContin is an effective drug that helps ease suffering from pain.

16) Except for a small, her headache has gone.

17) A kidney stone produces an intense, pain.

18) He felt a in his knee as he jumped over the wall.

19) It starts as a dull ache that gradually evolves into a severe pain, centering in the frontal and temporal regions.

20) Arthritis causes and pain in the joints of the body.

PART 3. WOUNDS & INJURIES



CONTENTS:

11. Injury / Injure / Wound / Lesion / Harm
12. Fracture / Break / Sprain / Strain
13. Scar / Scab / Bruise / Contusion / Haematoma / Burn
14. Cuts And Penetrating Injuries
15. Hit / Strike / Beat / Blow / Punch / Kick / Slap
16. Bite / Sting / Nip / Snap

11. INJURY / INJURE / WOUND / LESION / HARM



➤ **Injury:** (noun) harm or hurt; usually applied to damage inflicted on the body by an external force (synonyms: *affliction, damage, detriment, harm, hurt*). E.g. *She fell and suffered an injury to her arm. She's concerned about the risk of injury to her reputation.*

➤ **Injure:** (verb)
a) to cause physical harm to; to hurt. E.g. *The accident injured the passengers. The fall injured his knee.*
b) to experience injury in (oneself or a body part). E.g. *She injured her ankle*

climbing down the hill.

- c) to cause damage to; to impair. E.g. *The gossip injured his reputation.*
d) to commit an injustice or offense against. E.g. *People who were injured by the false accusations.*
e) to cause distress to; to wound. E.g. *Apparently, you've injured their feelings.*

➤ **Wound:**

1. (noun)
a) an injury or damage to any of the tissues of the body, usually restricted to those caused by physical means with disruption of normal continuity of structures. (synonyms: *damage, harm, hurt, injury, trauma*). E.g. *She suffered a knife wound to her thigh.*
b) a surgical incision. E.g. *His surgical wounds became infected, and he was bedridden for six months.*
c) a mental or emotional hurt or blow. E.g. *She has been so deeply hurt it may take forever for the wounds to heal.*
2. (verb) to cause a wound to or in; to inflict a wound. E.g. *Four people were seriously wounded in the explosion. Losing the match wounded his pride.*

***Both verbs “to wound” and “to injure” are used to refer to damage to the body. “Wound” normally implies that the person has been deliberately injured (e.g. He was wounded during the war). When talking about accidents, “injure” is more frequently used. It is also used to refer to emotional or mental harms (e.g. She injured her shoulder while playing tennis).**

➤ **Lesion:** (formal)

1. (noun)

- a) a wound or injury. *E.g. The lesion of the foot is invaded by bacteria causing it to go septic.*
 - b) a pathologic change in the tissues. *E.g. It is well known Crohn's disease is a diffuse lesion of the entire gastrointestinal tract.*
 - c) one of the individual points or patches of a multifocal disease. *E.g. The stomach was then removed and the number of gastric lesions were counted.*
2. (verb) to cause a lesion to form on or in. *E.g. Uvulonodular lobe of cerebellum was lesioned by surgical aspiration to observe the changes of spontaneous discharge activity of central otolith neurons.*

***"Lesion" is referred to any pathological or traumatic discontinuity of tissue or loss of function of a part. Lesion is a broad term, including wounds, sores, ulcers, tumours, cataracts, and any other tissue damage. They range from the skin sores associated with eczema to the changes in lung tissue that occur in tuberculosis.**

- **Harm:** (general word)
 - 1. (noun)
 - a) physical or mental damage (*synonym: injury*). *E.g. The amount of harm sustained by the boat during the storm.*
 - b) mischief, hurt. *E.g. I meant you no harm.*
 - 2. (verb) to damage or injure physically or mentally. *E.g. No animals were harmed in the making of the film.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) The X-ray showed slight pulsation of the smooth round above the left hilum.
- 2) I think she feels desperately and unloved.
- 3) Modern farming methods have done considerable to the countryside.
- 4) A recurring knee may have impaired his chances of winning the tournament.
- 5) Only two small colonic polyps were found in patients who had an upper gastrointestinal
- 6) Blood was still oozing out of the
- 7) He was cordially received, and eagerly listened to, but his imprudent ardour served but to his cause.
- 8) The displays heterogeneous texture with echogenicity similar to the normal renal parenchyma.

- 9) The scandal has done irreparable to his reputation.
- 10) Four police officers sustained serious in the explosion.
- 11) Colonic cancer in the proximal colon is very rare, most occur in the distal colon.
- 12) The driver of an evacuation bus was by shrapnel.
- 13) These blood vessels are easy to and bleeding can occur.
- 14) Some foreign materials like viruses can cause and must be eliminated.
- 15) The latest study has demonstrated that vestibular epithelium has the capacity to self-repair to a certain degree.
- 16) Her mother's scorn left a(n) that never healed.
- 17) Medicines do not come without risks, and patients are by them through no fault of the drug or the prescriber.

12. FRACTURE / BREAK / SPRAIN / STRAIN



- **Fracture:**
 - 1. (noun) (formal) a partial or complete break in the bone. *E.g. She suffered a wrist fracture when she slipped on the ice.*
 - 2. (verb) (formal) to cause a crack or fracture (*synonym: to break*). *E.g. Her wrist fractured when she fell on the ice.*

- **Break:**
 - 1. (noun) (very general) an act or action of breaking (*synonym: fracture*).

E.g. Hip fractures are cracks or breaks in the top of the thigh bone (femur) close to the hip joint.

- 2. (verb) (very general) to fracture a bone of a bodily part. *E.g. She fell off a ladder and broke her arm.*

- **Sprain:**
 - 1. (noun) a sudden or violent twist or wrench of a joint with stretching or tearing of ligaments. *E.g. A sprain usually takes longer to heal than a broken bone.*
 - 2. (verb) to injure by a sudden or severe twist (*synonym: to twist*). *E.g. He fell and sprained his ankle.*

➤ **Strain:**

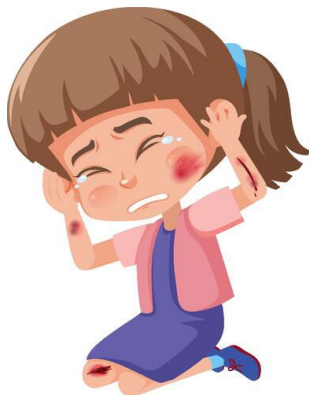
1. (noun) an injury to a muscle or similar soft part of the body caused by using that part too much. *E.g. A muscle strain.*
2. (verb) to injure (a body part or muscle) by too much tension, use, or effort. *E.g. I strained my back trying to lift the couch.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) He landed awkwardly after the high jump and his ankle. He's lucky it's not broken.
- 2) A doctor can reduce a or dislocation.
- 3) I slipped on the ice and I was about to my neck.
- 4) The X-ray showed that the patient had several ribs in the accident.
- 5) He needs to have an operation for a stress in his foot.
- 6) I thought my wrist might be broken, but it was just a bad
- 7) He stumbled and a knee.
- 8) Avoid muscle by warming up with slow jogging.
- 9) Two of her ribs when she was thrown from her horse.
- 10) You'll your back carrying those heavy suitcases.
- 11) The X-ray revealed a
- 12) I think I've my thumb.

13. SCAR / SCAB / BRUISE / CONTUSION / HAEMATOMA / BURN



➤ **Scar:**

1. (noun) a mark left on the skin by a wound, burn etc. after it has healed. *E.g. Will the cut leave a scar?*
2. (verb) to leave a scar. *E.g. He was scarred as a result of the fire.*

➤ **Scab:** (noun) a hard and dry covering made of a crust of hardened blood and serum that forms over a wound as it heals. *E.g. Cuts and grazes on the skin should be covered with a waterproof dressing until a scab forms.*

➤ **Bruise:**

1. (noun) an injury caused by a blow to the body involving rupture of small blood vessels and discoloration without a break in the overlying skin (*formal synonyms: contusion, haematoma*). *E.g. I've got a nasty bruise where I hit my leg against the corner of the table.*
2. (verb) to inflict an injury involving rupture of small blood vessels and discoloration without a break in the overlying skin; to inflict a bruise (*formal synonym: contuse*). *E.g. The girl bruised her knee when she fell.*

➤ **Contusion:** (noun) (formal) an injury to tissue usually without laceration (*formal synonyms: contused wound, haematoma; informal synonym: bruise*). *E.g. The passenger suffered multiple contusions as a result of a car accident.*

➤ **Haematoma:** (noun) (formal) a mass of usually clotted blood that forms in a tissue, organ, or body space as a result of a broken blood vessel. *E.g. Prostate cancer can be complicated by spontaneous intracranial haematoma.*

➤ **Burn:**

1. (noun)
 - a) injury or damage resulting from exposure to fire, heat, caustics, electricity, or certain radiations. *E.g. That burn will leave a nasty scar.*
 - b) an abrasion (as of the skin) having the appearance of a burn. *E.g. Rope burns.*
2. (verb)
 - a) to be hurt, damaged, or destroyed by fire or extreme heat, or to cause this to happen. *E.g. Unable to escape, six people were burned alive / burned to death in the building.*
 - b) if the sun burns you or if you burn, your skin becomes red and damaged because of the sun's heat. *E.g. Use sun cream or you'll burn.*

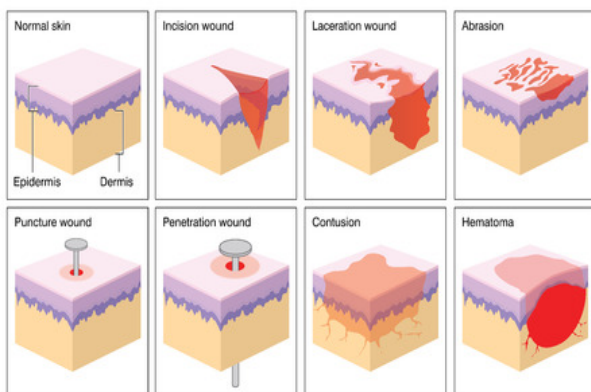
EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) What's that in your abdomen? – It's the left after my operation of appendicitis.
- 2) After the fight, my child was covered with
- 3) He has been crawling on the ground, look at the on his elbows.
- 4) I was sunbathing without any solar protection; my arms are all now.
- 5) The impact may the soft tissues.

- 6) Her face is by burns she received from a campfire when she was a baby.
- 7) The area can be very painful until form after about ten days.
- 8) This condition is called intracerebral hemorrhage or intracerebral (from the word for bruising).
- 9) She suffered appalling on her back as a result of a long exposure to the sun rays.
- 10) Subdural is a rare but remediable cause, especially as very elderly patients are prone to this condition because of cerebral atrophy.
- 11) He was badly in the blaze.
- 12) These tissues are often from previous surgery.

14. CUTS AND PENETRATING INJURIES



➤ **Cut:** (noun) (general) a wound or injury made with a knife, scissors, etc. *E.g. Matthew came home covered in cuts and bruises.*

➤ **Abrasion:** (noun) (formal) a scraped area on the skin or on a mucous membrane, resulting from injury or irritation

(synonyms: graze, scratch, scrape). *E.g. He had severe abrasions to his right cheek after falling to the ground.*

➤ **Abrade:** (verb) (formal) to scrape or wear away by friction or erosion (synonyms: scrape, graze, scratch, chafe, rub (off), scuff). *E.g. My skin was abraded and very tender.*

➤ **Incision:** (noun) (formal):

a) a surgical cut made in skin or flesh; the scar resulting from such a cut. *E.g. The surgeon closed the incision with stitches.*

b) a clean and straight wound caused by a knife, broken glass, or any sharp object (synonyms: incised wound, cut). *E.g. Treatment of incisions is done via thorough wound cleaning and rarely stitching.*

➤ **Laceration:** (noun) (formal) a deep and jagged cut that results in skin tears and heavy bleeding (synonyms: lacerated wound, tear, gash). *E.g. The broken glass caused severe laceration of his feet.*

➤ **Lacerate:** (verb) (formal) to wound jaggedly; to injure flesh by tearing (synonyms: gash, rip). *E.g. His hands were lacerated by the stones after climbing the mountain.*

➤ **Slash:** (informal)

1. (verb) to cut with a wide, sweeping movement, typically using a knife or sword. *E.g. She tried to killed herself by slashing her wrists.*

2. (noun) a superficial cut with a sharp instrument such as razor or a scalpel, or a violent cutting movement with a knife. *E.g. The man staggered over with a crimson slash across his temple.*

➤ **Puncture:**

1. (verb) to pierce with or as if with a pointed instrument or object (synonym: pierce). *E.g. The doctor was worried that the broken rib might puncture the woman's lung.*

2. (noun) an act of puncturing; a hole, wound, or perforation made by puncturing (synonym: puncture wound). *E.g. A spinal tap (lumbar puncture) is another procedure that the doctor may order to diagnose leukaemia.*

➤ **Penetrating wound:** (noun) a wound caused by a sharp, usually slender, object that passes through the skin into the underlying tissues. (synonym: stab wound). *E.g. Penetrating wounds of the neck are often life-threatening.*

➤ **Penetrate:** (verb) to pierce; to pass into the deeper tissues or into a cavity (synonym: stab, pierce). *E.g. A bullet can easily penetrate your skin.*

➤ **Pierce** (verb): to make a hole with something sharp. *E.g. The arrow pierced her shoulder.*

➤ **Stab:**

1. (noun) a wound produced by a pointed object or weapon; a thrust of a pointed weapon. *E.g. He received a stab in the chest.*

2. (verb) to pierce with a pointed instrument, as a knife or dagger. *E.g. The victim was stabbed in the chest five times.*

➤ **Perforating wound:** (noun) a penetrating wound that extends into a viscus or bodily cavity. *E.g. In a perforating wound, the bullet creates an exit wound as it escapes the body.*

➤ **Tunnel wound = tunneling wound:** (noun) a wound having a small entrance and exit of uniform diameter. *E.g. Frequently, tunneling wounds have gone through many layers of tissues, creating curved or S-shaped wounds which are difficult to treat.*

➤ **Subcutaneous wound:** (noun) a wound, such as contusion, that is unaccompanied by a break in the skin. *E.g. The allocated drug based on coded sealed envelope technique was administered by local subcutaneous wound infiltration at the incision site.*

➤ **Sucking (chest) wound:** (noun) a penetrating wound of the chest through which air is drawn in and out, as in open pneumothorax. *E.g. The lecturer explained how to plug a sucking chest wound with a round, super-sticky bandage called a HALO Seal.*

➤ **Gunshot wound (GSW) = bullet wound:** (noun) a penetrating injury from a bullet shot from a gun; GSWs can crush, penetrate, stretch, cavitate, or fracture body structures. *E.g. The patient is being treated for a self-inflicted gunshot wound.*

➤ **Avulsion:** (noun) a forcible tearing away or separation of a bodily structure or part, either as the result of injury or as an intentional surgical procedure. *E.g. Avulsion injuries require surgery to reattach the nerve root to the spinal cord.*

➤ **Avulse:** (verb) to separate, cut, or tear off by avulsion. *E.g. Ingrown toenails may need to be avulsed.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) When he fell off the horse, his right foot got stuck and the animal dragged him several meters, his face and hands are covered with
- 2) I got my ears to carry more earrings.
- 3) A(n) chest wound happens when an injury causes a hole to open in your chest.
- 4) The congresswoman is among 13 people wounded in the shootings in Tucson, Arizona, and is recovering from a(n) wound to the head.
- 5) He his left cheek while shaving.
- 6) The surgeon made a small in the patient's cornea.

7) of the biceps femoris tendon, is the complete pulling away of the tendon from the bone.

8) She was taken to the hospital with broken ribs and a(n) lung.

9) His fingers were badly by the broken glass.

10) I my arm on a piece of broken glass.

11) A(n) usually appears as lines of scraped skin with tiny spots of bleeding.

12) This secretion is caused by the of an insect, *Coccus manni*parus.

13) The bacteria enter the human body via skin or mucous membranes and may disseminate throughout.

14) On opening the abdomen, a small initial peritoneal is made.

15) A(n) may have little or profuse bleeding, the tissue damage is generally greater, and the wound's ragged edges do not readily line up.

16) The in his arm was deep, and maroon blood bubbled into the snow.

17) Lumbar is performed by inserting the needle between the fourth and fifth lumbar vertebrae (L4-L5).

18) The victim was several times in the chest.

19) Two mg/kg/h lidocaine was continuously infused in the first two postoperative days (PODs) through the wound catheter for analgesia.

20) While superficial wounds of the abdomen can be adequately addressed with broad-spectrum antibiotics and conservative management, surgical intervention such as full exploratory laparotomy remains an essential part of the overall management of serious cases.

15. HIT / STRIKE / BEAT / BLOW / PUNCH / KICK / SLAP



➤ **Hit:**

1. (verb) to deliberately touch someone with a lot of force, with your hand or an object held in your hand. *E.g. Furious as she was, she hit the table with a book.*
2. (noun) an act or instance of striking or forcefully coming in contact with someone or something; an act or instance of hitting or being hit. *E.g. She gave him a hit on the head which knocked him flying.*

➤ **Strike:**

1. (verb) to hit or attack someone or something forcefully or violently; it is stronger than a hit, and normally used in administrative language. *E.g. He admitted having stroked the man with an iron bar.*
2. (noun) a sudden and powerful hit or attack. *E.g. Lightning conductors protect buildings and tall structures from lightning strikes.*

➤ **Beat:**

1. (verb) to hit repeatedly and deliberately. *E.g. The man was cruelly beaten by his attacker.*
2. (noun) a regular movement or sound, especially that made by your heart (synonym: pulsation). *E.g. I put my head on his chest but I could feel no heartbeat.*

➤ **Blow:** (noun) a strong hit given with one's closed hand (synonym: punch). *E.g. The blow left him knocked-out.*

➤ **Punch:**

1. (verb) to hit someone or something with your fist (closed hand). *E.g. She punched him in the stomach.*
2. (noun) a forceful hit with a fist (closed hand) (synonym: beat). *E.g. She gave him a punch on the nose.*

➤ **Kick:**

1. (verb) to hit someone or something with the foot, or to move the feet and legs suddenly and violently. *E.g. I kicked the ball as hard as I could.*
2. (noun) a blow or sudden forceful thrust with the foot. *E.g. He gave the ball a good kick.*

➤ **Slap:**

1. (verb) to hit someone or something with the flat part of the hand or other flat object. *E.g. She got so angry that slapped him on the face.*
2. (noun) a quick hit with the flat part of the hand or other flat object. *E.g. Julia gave Roy a slap on the cheek.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) Aught! What a on the nose the boxer has given to his rival!
- 2) A stung her cheek and she gasped.
- 3) It is becoming less common for parents to their children whenever they behave badly.
- 4) Unfortunately, as I threw the pencil to my friend, I the teacher on the back of her head.
- 5) The stone against his forehead and he fell unconscious.
- 6) My heart skipped a when she said, "Yes, I'll marry you".
- 7) Have you ever been by lightning?
- 8) She her thumb with the hammer.
- 9) Tom gave his brother a hearty on the back to congratulate him.
- 10) The boxer his rival on the jaw and knocked his teeth out.
- 11) She felt the baby inside her.
- 12) The ship an iceberg.
- 13) He gave the attacker a violent on the head.
- 14) The she gave him made his cheek tingle.
- 15) They saw him his dog with a stick.
- 16) The autopsy revealed that his murderer had him on the head with an iron bar.
- 17) The nurse gently the patient's face to bring him round.
- 18) The victim was to death.
- 19) The player was penalized for an illegal from behind.
- 20) the iron while it is hot.

16. BITE / STING / NIP / SNAP



➤ **Bite:**

1. (verb)

a) to seize especially with teeth or jaws so as to enter, grip, or wound. *E.g. The boy was bitten by a dog.*

b) to wound, pierce, or sting especially with a fang or a proboscis. *E.g. I was bitten all over by mosquitoes when I was fishing in the river.*

2. (noun)

a) the act of biting. *E.g. He took a bite out of the apple.*

b) a wound or puncture made by a living organism. *E.g. The bite became infected.*

➤ **Sting:**

1. (verb) to prick painfully, such as to pierce or wound with a poisonous or irritating process. *E.g. I got stung by a wasp yesterday.*

2. (noun)

a) an injury (wound) caused by a poisonous substance produced by an animal (insect) or plant (biotoxin) and introduced into or onto an individual, together with mechanical trauma incident to such introduction. *E.g. She had several bee stings.*

b) the organ used to inflict such injury. *E.g. Remove the bee sting with tweezers.*

➤ **Nip = snap:** (verbs) to squeeze something, normally with the fingers or the teeth, causing a slight pain (*synonyms: pinch, bite*). *E.g. A crab nipped my foot on the beach.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) A bee me in my arm and I had an allergic reaction.
- 2) My dog loves playing. Whenever he wants to play, he at my feet.
- 3) Could you believe it! The pig my hand as I was giving it food.
- 4) For a human being a wasp or bee is always painful, but not necessarily serious.
- 5) The spider's can cause pain and swelling.

- 6) The dog his ankle playfully.
- 7) The scorpion has a in its tail.
- 8) She was by a snake while walking through long grass.

PART 4. SKIN LESIONS

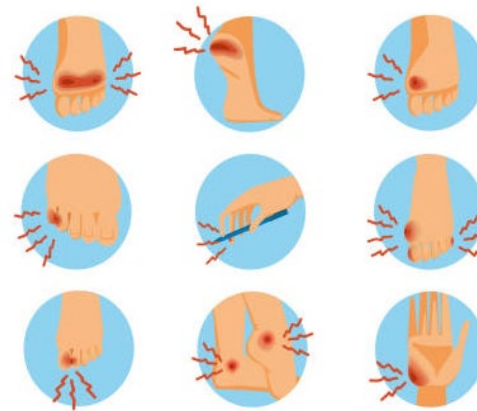


CONTENTS:

17. *Inflammation / Protuberance / Tumescence / Oedema / Swelling / Lump / Bump / Bulge / Blister / Chilblain / Corn / Callus*

18. *Rash / Spot / Pustule / Outbreak / Itch / Pruritus / Hives / Wart / Verruca / Ulcer / Chafe*

17. INFLAMMATION / PROTUBERANCE / TUMESCENCE / OEDEMA / SWELLING / LUMP / BUMP / BULGE / BLISTER / CHILBLAIN / CORN / CALLUS



➤ **Inflammation:** (noun) a localized physical condition in which a part of the body becomes reddened, swollen, hot, and often painful, especially as a reaction to injury or infection. *E.g. Steroids often help reduce the inflammation and itching in the skin.*

➤ **Inflamed:** (adj.) swollen, red, and painful as a result of disease or injury. *E.g. You should call the doctor if the area*

around the wound becomes inflamed.

➤ **Inflammatory:** (adj.) caused or characterized by inflammation; relating to or involved in inflammation. *E.g. Inflammatory arthritis. Inflammatory cells.*

➤ **Protuberance:** (noun) (formal) a projecting part, or prominence thrusting out from a surrounding or adjacent surface often as a rounded mass. *E.g. The occipital protuberance was well developed.*

➤ **Protuberant:** (adj.) (formal) swelling out from the surrounding surface; protruding, bulging. *E.g. He stared at me with blue, slightly protuberant eyes.*

➤ **Tumescence:** (noun) (formal) a swelling or enlarging; a swollen condition; a swollen part or organ. *E.g. If aspiration fails and tumescence recurs, surgical shunts are next attempted.*

➤ **Tumescant:** (adj.) (formal) somewhat swollen; swollen or becoming swollen, especially as a response to sexual arousal. *E.g. Tumescant tissue.*

➤ **Oedema:** (noun) (formal) (**AmE:** edema) an excessive accumulation of serous fluid in tissue spaces or a body cavity. *E.g. Focal areas or blisters of epithelial oedema (bullae) may be particularly painful.*

➤ **Swelling:** (noun) (general word) an abnormal enlargement of a part of the body, typically as a result of an accumulation of fluid. *E.g. The swelling around her eye should subside in a few days.*

➤ **Swollen:** (adj.) (general word) (especially of a part of the body) larger or rounder in size, typically as a result of an accumulation of fluid. *E.g. Her glands were swollen and painful.*

➤ **Lump:** (noun) (informal) an irregularly shaped mass or piece; a swelling or small palpable mass. *E.g. The surgeon excised the lump from her breast.*

➤ **Bump / bulge:** (nouns) a swelling on the body, especially one caused by a blow. *E.g. She had a bump / bulge on her head after falling off the horse.*

➤ **Blister:**

1. (noun) a small bubble on the skin filled with serum and caused by friction, burning, or other damage. *E.g. I had blisters on my heels due to my tight shoes.*

2. (verb) to cause a blister to form on; to become affected with a blister. *E.g. The sap of this plant blisters the skin.*

➤ **Chilblain:** (noun) an abnormal skin reaction (an inflammatory swelling, sore, lesion) caused by exposure (as of the feet or hands) to non-freezing cold, characterized by itching rash and usually goes away within weeks if normothermia is maintained. *E.g. I got chilblains on my feet during my stay in Finland.*

***Frostbite is freezing of a body part. The fact of the freezing means the tissue will die (necrose). Treating frostbite requires careful rewarming hoping to save as much tissue as possible. Infection and other serious complications are possible.**

➤ **Corn:** (noun) a painful area of hardened skin, normally on the feet, especially on toes, caused by pressure or friction. *E.g. Years of wearing uncomfortable shoes normally result in having corns on your feet.*

➤ **Callus:** (noun)

1. a localized thickening and enlargement of the horny layer of the skin. *E.g. Pressure causes plantar warts to develop a painful callus around the soft centre.*

2. the hard bony tissue that develops around the ends of a fractured bone during healing. *E.g. Pathologic analysis revealed a subchondral fracture with callus formation, indicated by the presence of woven bone, in all cases.*

***Corns generally occur at pressure points, typically the bottom of the feet and the sides of toes. They can be painful. A hard corn (on top) is a small patch of**

thickened, dead skin with a central core. A soft corn (on the sides) has a much thinner surface and usually occurs between the 4th and 5th toes. A seed corn (on the bottom) is a tiny, discrete callus that can be very tender if it's on a weight-bearing part of the foot.

Calluses are thickenings of the outermost layer of the skin and are painless. Compared with corns, calluses are larger and have a more irregular (more spread out) shape. They can develop on hands, feet, or anywhere there is repeated friction – even on a violinist's chin. Like corns, calluses have several variants. The common callus usually occurs when there's been a lot of rubbing against the hands or feet. A plantar callus is found on the bottom of the foot.

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

1) I hit my head against the wall when I got up this morning, now I have a painful

2) I wear these boots for the first time and I'm afraid they can cause me

3) The girl was very concerned about the hard on her armpit.

4) She's a hard-working woman, look at the on her palms.

5) The on my feet were so painful that I had to start using special shoes.

6) He demonstrates progressive coarsening of his facial features with a large bulbous nose, broad forehead, lips and forward-jutting jaw (prognathism).

7) With bowel disease, the loss of protein through the gastrointestinal tract is also a contributory factor.

8) What they expected to be the removal of a small turned out to be major surgery.

9) How did you get that on your forehead?

10) Overexposure to cold conditions or extreme cold can lead to hypothermia, frostbite, trench foot, or

11) New shoes always give me

12) Kyphosis is an abnormal rearward curvature of the spine, resulting in of the upper back, also known as a hunchback.

13) Diuretic medication was administered intravenously to control the

14) I burned my shoulders over the weekend and they're starting to

- 15) The finger joints were with rheumatoid arthritis.
- 16) Erectile dysfunction can mean less as well as the complete absence of an erection.
- 17) His ankle is bruised and quite badly
- 18) Urethritis simply means of the urethra.
- 19) The researchers intended to evaluate lengthening for humeral nonunion with large segment defect.
- 20) Put your foot into cold water to help the go down.

18. RASH / SPOT / PUSTULE / OUTBREAK / ITCH / PRURITUS / HIVES / WART / VERRUCA / ULCER / CHAFE



➤ **Rash:** (noun) an area of red spots that appears on your skin when you are ill or have a bad reaction to something that you have eaten or touched (*synonym: (skin) eruption*). *E.g. I've got an itchy rash all over my chest. Eruptions of adolescent acne.*

➤ **Spot:** (noun) a raised, pale red circle on the skin that is temporary; a pimple. *E.g. Teenagers often suffer a lot from spots / pimples.*

➤ **Pustule:** (noun) a small circumscribed elevation of the skin containing pus and having an

inflamed base. *E.g. These ants deliver a painful sting that produces a red pustule that itches and burns.*

➤ **Outbreak:** (noun)

1. a sudden appearance and spread of a disease. *E.g. An outbreak of malaria.*
2. a sudden or violent increase in activity or currency (*synonym: eruption*).

E.g. The recent outbreak / eruption of racial violence in the area is very troubling.

➤ **Itch:**

1. (verb) to have an itch. *E.g. Her palm was itching.*
2. (verb) to produce an itchy sensation; to cause to itch. *E.g. Underwear that itches (also: itchy underwear).*
3. (verb) to have a restless desire or hankering for something. *E.g. The children were itching to go outside.*
4. (noun) an uneasy irritating sensation in the upper surface of the skin usually held to result from mild stimulation of pain receptors. *E.g. Scratching only makes the itch worse.*

5. (noun) a restless usually constant often compulsive desire. *E.g. An itch to travel.*

➤ **Pruritus:** (noun) (formal) an unpleasant sensation of the skin, provoking the desire to scratch or rub it; an intense itching. *E.g. The pruritus often creates a vicious cycle of itching and scratching, which leads to more widespread rash, which leads to more itching.*

➤ **Hives:** (noun) an allergic skin condition characterized by itching, burning, stinging, and the formation of smooth patches, or wheals, usually red; urticaria. *E.g. Hives erupted all over her face and hands.*

➤ **Wart:** (noun) an epidermal tumour of viral origin; a horny projection on the skin usually of the extremities; the term is also applied loosely to any of various benign epidermal proliferations of nonviral origin (*synonym: verruca*). *E.g. For quicker results, a dermatologist can burn off a wart with liquid nitrogen or remove it surgically.*

➤ **Verruca** (noun): a small, hard, infectious growth on the skin, usually on the bottom of the foot; a plantar wart. *E.g. By contrast, 18 of 66 swimming club members of the same age who used communal showers had a verruca (27%).*

➤ **Ulcer:** (noun) a break in skin or mucous membrane with loss of surface tissue, disintegration and necrosis of epithelial tissue, and often pus. *E.g. Her legs are swollen from heart failure, and she has open ulcers on both of them.*

➤ **Chafe:** (verb) when your skin is chafed by something, it means it is sore as a result of something rubbing against it; to rub and thereby cause wear or irritation. *E.g. His wrists began to chafe against the handcuffs binding them.*

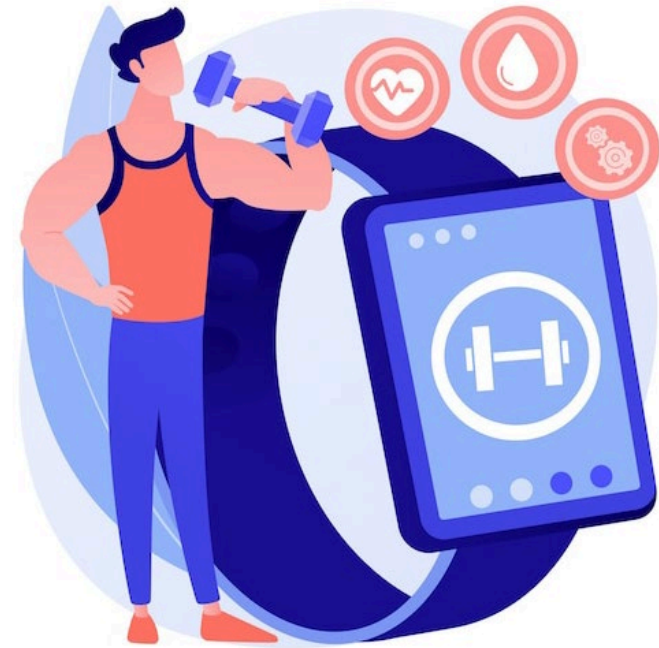
EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) I start to break out in enormous that cover my whole body.
- 2) As a result of his heavy drinking, he developed a stomach
- 3) Warts aren't normally painful, although (warts on the feet) can sometimes hurt.
- 4) I'm afraid I'm allergic to dog's hair, whenever I touch one, I got a on my skin.

- 5) Jill cannot resist her to travel.
- 6) We've been digging the orchard all day long, we have our hands all
- 7) A(n) can be caused by smallpox or a similar eruptive disease.
- 8) Do you know the consequences of the that this virus will cause when released in water? It will wipe out the entire village.
- 9) Mosquito bites are the most common source of acute – or pruritus, in doctor-speak.
- 10) Even those of us who are well past adolescence can get some
- 11) It presents as an area of angry erythema often associated with white
- 12) I think I haven't rinsed my hair well, my scalp is a lot.
- 13) The tissue can be removed with a scalpel and tested to determine what type of HPV virus caused the infection.
- 14) If you stay in the sun too long, you'll get (a) heat

PART 5. BODY PARTS & BODY CONDITIONS



CONTENTS:

19. *Handicap / Disability / Invalidity / Impairment / Special Needs*
20. *Obese / Overweight / Fat / Large / Chubby / Plump / Tubby / Stout / Flabby / Podgy*
21. *Healthy / Fit / Sane (Insane)*
22. *Myocardial Infarction / Heart Attack / Stroke / Palpitations*
23. *Abdomen / Stomach / Belly / Tummy (Tum) / Paunch / Intestines / Bowels / Guts*

19. HANDICAP / DISABILITY / INVALIDITY / IMPAIRMENT / SPECIAL NEEDS



➤ Handicap

(a handicapped person): (noun) a serious, usually permanent physical or mental condition that affects some part of the body or ability to see, hear, etc. *E.g. Deafness can be a terrible handicap.*

➤ Disability

(a disabled person): (noun)

a) a permanent condition or injury that makes a person difficult to move easily; it may exist from birth or be caused by an accident or an illness (*also: a progressively disabling disease*). *E.g. They showed great courage when they found out about their baby's disability.*

b) a program providing financial support to a person affected by disability; the financial support provided by such a program. *E.g. Evans lives on disability because of an accident that left her paralyzed.*

***Because of the negative connotations acquired by "handicapped", nowadays people prefer to use "the disabled people" when referring to people having some kind of mental or physical limitation.**

➤ **Invalidity:** (noun) the condition of being too ill to work or care for oneself. *E.g. Martin still hasn't got his invalidity pension sorted out.*

➤ Invalid:

1. (noun) one who is sickly or disabled. *E.g. He has been an invalid all his life.*
2. (verb) to make sickly or disabled. *E.g. I was wondering if you might be persuaded to join my benefit committee for invalided soldiers?*
3. (adj.) unable to care for oneself due to infirmity of disability. *E.g. His invalid father is becoming a burden.*

➤ **Impairment:** (noun) deterioration in the functioning of a body part, organ, or system that can be temporary or permanent and can result from injury or disease. *E.g. Renal impairment needs to be treated urgently.*

➤ **Impaired:** (adj.) damaged in a way that makes something less effective; used when someone's vision, audition or speaking abilities has been damaged but

not completely destroyed. *E.g. After the accident he is visually impaired and needs special glasses.*

➤ **Special needs:** (noun) (euphemistic term) any of various difficulties (such as a physical, emotional, behavioural, or learning disability or impairment) that causes an individual to require additional or specialized services or accommodations (such as in education or recreation). *E.g. The nurse cares for children with special needs.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) There's an aquarium in California where dolphins help into the recuperation of swimmers.
- 2) Too much alcohol makes drivers to control their cars properly.
- 3) He was offered a(n) after the accident to cover his expenses.
- 4) Pollution, though often more insidious in its effects, can cause ill-health and even permanent intellectual
- 5) After he injured his back, he had to quit his job and go on
- 6) Most important, young people with are given access to youth cultures from which, traditionally, they have tended to be excluded.
- 7) The accident left him physically
- 8) Guide dogs open up the lives of the blind or visually
- 9) For a child to be born with this indicates a defect in obstetric care.
- 10) glucose tolerance is a condition that means your blood glucose falls between normal and diabetic.
- 11) Margaret resides with her mother in a London suburb.
- 12) Mild cognitive was formerly classified with benign memory loss of old age, or simply regarded as forgetfulness.
- 13) The disease results in motor function.
- 14) Blindness is a great
- 15) Clark gets a(n) pension from the government after he had been severely wounded in the war.
- 16) He has a visual in the right eye.
- 17) It is hard enough to cope on benefits at the moment and any cuts or taxes will make life very difficult.

18) Teaching children with requires patience and understanding.

19) His hearing was by the continuous great noise for a long period of time.

20) She's the warden of a home for mentally people.

20. OBESE / OVERWEIGHT / FAT / LARGE / CHUBBY / PLUMP / TUBBY / STOUT / FLABBY / PODGY



➤ **Obese = overweight:** (adj.) the most neutral and formal terms to describe people who are so fat that they are unhealthy. *E.g. Obese people tend to have higher blood pressure than lean people. Those who are overweight or indulge in high-salt diets are candidates for hypertension.*

➤ **Fat:** (adj.) the most usual and direct word although it can be also used in a pejorative way or as an insult. *E.g. Like most women, she thinks she's fat.*

➤ **Large:** (adj.) euphemistic term, synonymous for fat. *E.g. As you can see, he's quite a large man.*

➤ **Chubby:** (adj.) is used to describe children or a particular part of the body. *E.g. He was this cute, chubby baby. He had twined his chubby arms around Vincent's neck.*

➤ **Plump:** (adj.) slightly fat but in an attractive way. *E.g. The nurse was a cheerful plump woman.*

➤ **Tubby:** (adj.) usually used in a friendly way to describe people who are short and round. *E.g. He was a small, tubby man wearing a bulky suit with a belted jacket.*

➤ **Stout:** (adj.) often used to describe older people who have a round and heavy appearance. *E.g. He was a tall, stout man with grey hair.*

➤ **Flabby:** (adj.) describes flesh that is fat and loose. *E.g. I became rather flabby after I stopped doing exercises regularly.*

➤ **Podgy:** (adj.) (chiefly BrE) especially used to refer to hands and fingers that are fat. *E.g. Anyone got any tips on losing podgy belly (preferably not involving too many sit-ups)?*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) Does this dress make me look
- 2) The baby's cheeks and legs make him look like a little doll.
- 3) He was a short man with a bald head.
- 4) She's about 19 kilos
- 5) He was shaking, his hands half-raised, as if in surrender.
- 6) This exercise is good for thighs and bottoms.
- 7) She's a(n) pretty woman.
- 8) He is not really fat, just a bit
- 9) The finding may help scientists create drugs to treat humans.
- 10) Francis was too fat, his face was and he had a paunch.
- 11) She was a(n), motherly woman in her fifties.
- 12) patients are advised to change their diet.
- 13) The banker was a(n), jolly-looking man.
- 14) I'm so my bathrobe won't tie up!
- 15) Weak muscles will give you a(n) shape and bad posture.

21. **HEALTHY / FIT / SANE (INSANE)**



- **Healthy:** (adj.) a very general word referring to mental and physical stability and well-being. *E.g. A healthy lifestyle. A healthy mind is in a healthy body.*
- **Fit:** (adj.) healthy and strong, especially as a result of exercise; in form, in shape, in good physical condition. *E.g. I go to the gym regularly to keep fit.*
- **Sane:** (adj.) mentally sound. *E.g. No sane person could do something so horrible. He hardly recovered his sanity after knowing the murder of his children.*
- **Insane:** (adj.) exhibiting a severely disordered state of mind; mentally ill. *E.g. For the last ten years of his life he was clinically insane.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) My grandpa is so! He can walk two kilometres without stopping just once.
- 2) A diet creates a body resistant to disease.
- 3) His condition has been deteriorating very quickly, first it was his physical condition, now I think he is losing his
- 4) To keep, try to eat more vegetables and fruit.
- 5) Are you enough to walk there?
- 6) A judge ruled that the defendant was at the time of the murder; thus, he was convicted of a first-degree murder and received a sentence of life imprisonment without the possibility of parole.
- 7) She had a(n) glow in her cheeks.
- 8) people are unaccountable for their actions.
- 9) Paul had been behaving so strangely that they began to doubt his
- 10) The leaflet informs customers about eating.
- 11) I jog every morning to keep
- 12) He was declared and ordered to be detained in a mental hospital.

22. **MYOCARDIAL INFARCTION / HEART ATTACK / STROKE / PALPITATIONS**



- **Myocardial infarction:** (noun) (formal) a serious medical emergency that happens when one or more areas of the heart muscle don't get enough oxygen. *E.g. The incidence of myocardial infarction augments considerably among those who smoke.*
- **Heart attack:** (noun) the most common (synonym: myocardial infarction). *E.g. He suffered a heart attack in the middle of the class.*
- **Stroke:** (noun) a serious life-threatening medical condition that happens when the blood supply to part of the brain is cut off, and can cause loss of the power to move, speak or to speak clearly. *E.g. The stroke left him partially paralysed.*

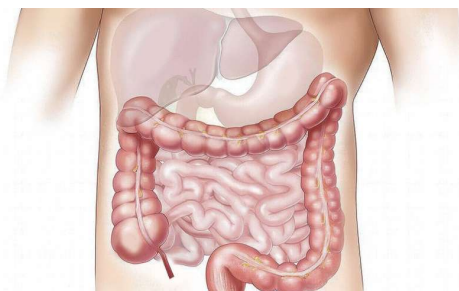
- **Palpitations:** (noun) feelings of having a fast-beating, fluttering or pounding heart. *E.g. Whenever I drink too much coffee, I get palpitations.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) I got so scared that I suffered from until I calmed down.
- 2) She had a massive and lost her speech.
- 3) The percentage of people suffering is substantially higher among males.
- 4) Try to control your cholesterol levels to prevent a
- 5) After the she had serious problems to move her right arm.
- 6) Cooked garlic helps to prevent blood clotting, and so reduces the risk of
- 7) Large amounts of strong coffee can cause insomnia and, in extreme cases, and irregular heartbeats.
- 8) The cost of and other cardiac illness is high and is in part the result of vocational disability.

**23. ABDOMEN / STOMACH / BELLY / TUMMY (TUM) / PAUNCH /
INTESTINES / BOWELS / GUTS**



➤ **Abdomen:** (noun) (formal) the anterior portion of the body between the thorax and the pelvis; it contains the abdominal cavity, which is separated from the chest area by the diaphragm. *E.g. The reason for hospital admission was severe colicky pain in the right upper abdomen for two months.*

➤ **Stomach:**

1. (noun)

a) the internal organ in which the major part of the digestion of food occurs, being (in humans and many mammals) a pear-shaped enlargement of the alimentary canal linking the oesophagus to the small intestine. *E.g. I've had enough to eat; my stomach is full.*

b) the part of the body that contains the stomach (*formal synonym: abdomen; informal synonym: belly*). *E.g. He was lying on his stomach.*

2. (verb) to bear without overt reaction or resentment (*synonym: put up with*). *E.g. George couldn't stomach office politics.*

➤ **Belly = tummy (tum):** (nouns) (informal) familiar words for stomach, particularly in children's language; the front part of the body between your chest and your legs (*formal synonym: abdomen; neutral synonym: stomach*). *E.g. Mummy, my belly / tummy hurts!*

➤ **Paunch:** (noun) a fat stomach, especially on a man (*synonym: belly*). *E.g. Francis was too fat, his face was podgy and he had a paunch.*

➤ **Intestine(s):** (noun) (formal) the tubular part of the digestive tract that extends from the stomach to the anus (*synonym: bowels*). *E.g. Without enough liquid, fibre can plug up the intestines.*

➤ **Bowel(s) = gut(s):** (nouns) (informal) familiar terms for intestines or viscera, although both are frequently used in medical language; a long tube through which food travels while it is being digested after leaving the stomach (*formal synonym: intestines*). *E.g. Not all large bowel blockages are due to cancers originating in the bowel. I've got a terrible pain in the guts.*

**In English you use the word "guts" to refer to the feeling of excitement, nervousness, or anxiety when waiting for something to happen. E.g. I had a feeling in my guts / a gut feeling that something was wrong.*

"To have the guts" also means "to have courage". E.g. I don't have the guts to tell him the truth.

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) In the class of animal biology, we dissect a frog's
- 2) I am feeling something wrong with my, I think the food in that restaurant wasn't okay.
- 3) My feeling was that we couldn't trust her.
- 4) Mom, my aches!
- 5) Crohn's disease affects the
- 6) What a(n)! You don't do much sport, do you?
- 7) She felt the child in her kick.
- 8) He felt a knot of nervousness in the pit of his
- 9) The was distended and the outline of the transverse colon clearly visible.
- 10) The boy was punched in the
- 11) No-one had the to tell Paul what a mistake he was making.
- 12) The live vaccine, however, which is taken orally and goes directly to the, does provide that gut immunity.
- 13) The driver had a hanging over his belt.
- 14) You shouldn't exercise on a full
- 15) The bullet ripped through her intestinal tract and lodged in her lower
- 16) Your baby's should feel warm, but not hot.
- 17) That decision took a lot of
- 18) I've got to lose this flab on my
- 19) Victor can't the idea that Peter might be the next chairman.
- 20) A thin, hollow needle was carefully introduced into the patient's



CONTENTS:

- 24. *Surgery / Operation / (Operating) Theatre / Consulting Room*
- 25. *Medicine / Medicament / Medication / Drug / Remedy / Treatment / Healing / Prescription*
- 26. *Tablet / Pill / Capsule / Lozenge / Tonic / Syrup*
- 27. *Dressing / Gauze / Bandage / Plaster / Band-Aid*

24. SURGERY / OPERATION / (OPERATING) THEATRE / CONSULTING ROOM



➤ **Surgery:** (noun)
a) a branch of medicine concerned with diseases and conditions requiring or amenable to operative or manual procedures (cosmetic surgery, plastic surgery, open-heart surgery, etc.). *E.g. He's a specialist in brain surgery.*

b) (**BrE**) a physician's or dentist's office. *E.g. TV gynaecological ultrasound is a non-invasive test performed in the doctor's surgery.*

c) a room or area where surgery is performed. *E.g. The patient was taken directly to surgery.*

➤ **Operation:** (noun) a procedure performed on a living body usually with instruments especially for the repair of damage or defect or the restoration of health. *E.g. The boy needs a life-saving transplant operation.*

➤ **(Operating) Theatre:** (noun) place where operations are performed. *E.g. An operating theatre should be a sterile environment.*

➤ **Consulting room:** (noun) a room where a doctor examines and talks to patients. *E.g. The walls of Freud's consulting room were red also.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) The dentist receives his patients in his dental
- 2) At the hospital, a surgeon was called and the boy was taken immediately into the
- 3) A(n) can be carried out for the excision of a tumour.
- 4) In the cosy the children are surrounded by familiar objects.
- 5) The has all sorts of reanimating equipment.
- 6) They've brought her out of the, but she's not fully conscious yet.

- 7) I underwent cosmetic and got my legs more stylised with a liposuction.
- 8) She saved her life thanks to a liver transplant
- 9) My father's consisted of a(n) and a minor operations room.
- 10) One of his specialities is minimally invasive

25. MEDICINE / MEDICAMENT / MEDICATION / DRUG / REMEDY / TREATMENT / HEALING / PRESCRIPTION



➤ **Medicine:** (noun)

a) the science and art of diagnosing and treating disease or injury and maintaining health; the branch of this science encompassing treatment by drugs, diet, exercise, and other nonsurgical means. *E.g. Their research has led to many important advances in modern medicine.*

b) a substance, especially a drug, used to treat the signs and symptoms of a disease, condition, or injury. *E.g. He forgot to take his medicine.*

c) something that serves as a remedy or corrective. *E.g. Medicine for rebuilding the economy. Measures that were harsh medicine.*

➤ **Medicament:** (noun) a substance used in therapy; an agent that promotes recovery from injury or ailment; a medicine (*synonyms: medication, drug*). *E.g. They send us out-of-date medicaments.*

➤ **Medication:** (noun)

a) a drug or other substance used to treat disease or injury; a medicine (*synonyms: medicament, drug*). *E.g. The company has developed a new allergy medication. He stopped taking his medications.*

b) the act or process of treating a patient with medicine. *E.g. Her illness has not responded to medication.*

➤ **Drug:**

1. (noun)

a) a substance used in the diagnosis, treatment, or prevention of a disease or as a component of a medication (*synonyms: medicine, medicament, medication*). *E.g. An experimental drug for the treatment of AIDS.*

b) a chemical substance, such as a narcotic or hallucinogen, that affects the central nervous system, causing changes in behaviour and often addiction (*synonym: dope*). *E.g. Have you ever taken any illegal drugs?*

2. (verb)

a) to administer a drug to, especially to treat pain or induce aesthesia. *E.g. She was heavily drugged to ease the pain.*

b) to give a drug to, especially surreptitiously, in order to induce stupor. *E.g. He looks like he's been drugged.*

c) to affect with a drug; to poison or mix (food or drink) with a drug. *E.g. Someone could have drugged your drink.*

➤ **Remedy:**

1. (noun)

a) something, such as a drug, a bandage or treatment, that is used to relieve or cure a symptom, disease, injury, or other condition. *E.g. He took a herbal remedy for his hay fever.*

b) a successful way of curing an illness or dealing with a problem or difficulty. *E.g. Love is a great remedy for unhappiness.*

2. (verb) to provide or serve as a remedy for (*synonym: to relieve*). *E.g. These tablets will do nothing to remedy my sore throat.*

➤ **Treatment:** (noun)

a) the action or way of treating a patient or a condition medically or surgically; management and care to prevent, cure, ameliorate, or slow progression of a medical condition. *E.g. Palliative treatment of inoperable cancer. Infertility treatments. Antiviral treatment.*

b) a therapeutic agent, therapy, or procedure used to treat a medical condition. *E.g. Placebos are medical treatments that contain no active ingredients.*

➤ **Healing:**

1. (noun)

a) the process of becoming well again, especially after a cut or other injury, or of making someone well again. *E.g. This herb has been used in healing for centuries.*

b) the process in which a bad situation or painful emotion ends or improves. *E.g. Healing only begins when the hurt is shared with someone.*

2. (adj.) helping to make someone well again, especially after a cut or other injury. *E.g. Amber was thought to have healing powers.*

➤ **Prescription:** (noun) a written instruction, issued by a doctor, which enables one to buy and use a medicine. *E.g. The drug is only sold with a prescription.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) The doctor gave me a for painkillers.
- 2) A totally effective for the HIV hasn't been found yet.
- 3) She specialised in tropical since she always wanted to work in a central African country.
- 4) We visited the granny in hospital but she was to the eyeballs, so I don't think she even knew we were there.
- 5) The patient showed a marked improvement in her condition after changing
- 6) The hospital offers free dental
- 7) The best for grief is hard work.
- 8) The new could be an important step in the fight against cancer.
- 9) Perhaps it's time to try a new course of
- 10) Wounds should be covered with a gauze dressing while occurs.
- 11) The wine had been
- 12) He is currently taking for his heart.
- 13) Antibiotics are only available on
- 14) Acupuncture is widely used by practitioners of alternative
- 15) The dressing provides release of the chlorhexidine acetate, a broad-spectrum antiseptic.
- 16) I've tried all the home for headaches without success.
- 17) The killer confessed that he often his victims before he killed them.
- 18) Hormonal imbalances can be, and psychological problems resolved.
- 19) In coming decades, infant mortality will be a major concern for public health and preventive
- 20) Local people ascribe properties to this fruit.
- 21) This disease doesn't generally respond to
- 22) She began to suspect that her son was doing

- 23) Hydrocolloid dressings provide an ideal environment for wound
- 24) Laughter is the best

26. TABLET / PILL / CAPSULE / LOZENGE / TONIC / SYRUP



➤ **Tablet:** (noun) a small flat round piece of dry drug which a patient swallows; it may vary in shape, size, and weight, and may be classed according to the method of manufacture, as compressed tablet (*synonym: pill*). *E.g. Take two tablets of the medication every eight hours.*

Its varieties are:

- **buccal tablet:** one which dissolves when it is held between the cheek and gum, permitting direct absorption of the active ingredient

through the oral mucosa.

- **enteric-coated tablet:** one coated with material that delays release of the medication until after it leaves the stomach.

- **sublingual tablet:** one that dissolves when held beneath the tongue, permitting direct absorption of the active ingredient by the oral mucosa.

➤ **Pill:** (noun)

3. a small globular mass of some coherent, but soluble, substance containing a medicinal substance to be swallowed (*synonym: tablet*). *E.g. The drug is available as a pill or a liquid.*

4. a colloquial term for oral contraceptives (*usually referred to as "the pill"*). *E.g. If a woman is on the pill, she takes a pill that prevents her from becoming pregnant.*

➤ **Capsule:** (noun) a solid dosage form in which a drug is enclosed in a hard or soft soluble container or "shell" of a suitable form of gelatine. *E.g. Vitamin C can be taken in capsule or tablet form.*

➤ **Lozenge:** (noun) a small, medicated candy intended to be dissolved slowly in the mouth to lubricate and soothe irritated tissues of the throat. *E.g. She offered me a lozenge when the dust irritated my throat.*

➤ **Tonic:**

1. (noun) a medicine that increases one's strength or energy, taken especially after an illness or when one is tired. *E.g. The salesman proclaimed that his tonic would cure all diseases.*

2. (adj.) increasing or restoring physical or mental tone (synonym: refreshing). *E.g. Breathe in clear tonic mountain air!*

➤ **Syrup:** (noun) a medicine in the form of a thick liquid substance, which is often flavoured. *E.g. Mother dosed the child up with cough syrup.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) You look too pale and weak; shouldn't you take a(n)
- 2) I was coughing all night long, so today I'll buy a cough to avoid that happening again tomorrow.
- 3) Take two a day and you'll observe a prompt alleviation.
- 4) My doctor advised me to go on the
- 5) Drinking orange juice or water may help to alleviate any cramp pain.
- 6) The hasn't dissolved completely yet.
- 7) Throat or a throat spray can alleviate a sore throat and lubricate your throat to help a cough.
- 8) The is the most efficient method of birth control.
- 9) He felt tired and giddy from the sleeping
- 10) Nicotine gum, nicotine sprays, nicotine sublingual, and nicotine lozenges administer nicotine orally.

27. DRESSING / GAUZE / BANDAGE / PLASTER / BAND-AID



➤ **Dressing:** (noun) (general word) any of various materials (such as ointment or gauze) used for covering and protecting a wound. *E.g. The nurse cleaned the cut and applied a dressing.*

➤ **Gauze:** (noun) a very thin, light cloth, used to make clothing, to cover cuts and to separate solids from liquids, etc. *E.g. A piece of sterile gauze.*

➤ **Bandage:**

1. (noun) a piece of cloth which is wrapped around a wound or an injured limb. *E.g. Ensure the wound is free from dirt before applying the bandage.*

Some of its varieties are:

- **adhesive bandage:** a sterile compress of layers of gauze or other material, affixed to a fabric or film coated with a pressure-sensitive adhesive.
- **demigauntlet bandage:** one that covers the hand, but leaves the fingers uncovered.
- **gauntlet bandage:** one that covers the hands and fingers like a glove.
- **plaster bandage:** a bandage stiffened with a paste of plaster of Paris.
- **pressure bandage / dressing:** one for applying pressure, for the purpose of arresting haemorrhage; pressure is applied directly over the wound. Unlike a tourniquet, pressure dressings can be applied to wounds on the trunk of the body or on the head.

2. (verb) to bind, dress, or cover with a bandage. *E.g. To bandage a wound. A bandaged ankle.*

➤ **Adhesive plaster = band-aid / adhesive bandage (AmE) = plaster / sticking plaster (BrE):** (nouns) a sticky band of plastic that serves to cover small wounds or injuries; a bandage consisting of a small pad of gauze affixed to a strip of adhesive tape. *E.g. I made a small cut in my finger with a knife, that's why I'm wearing an adhesive plaster / a band-aid / a sticking plaster around it.*

➤ **Adhesive tape:** (noun)

a) **(BrE)** a tape with an adhesive on one side that is used to join things or bind things. *E.g. I sealed up the package with strong adhesive tape.*

b) **(AmE)** cotton or other fabric coated with an adhesive substance, used for covering minor injuries on the skin, holding a bandage in place, etc. *E.g. Across his nose and cheeks and between his eyebrows was a generous amount of medical adhesive tape designed to keep his nose in place.*

➤ **Plaster:** (noun) a pasty composition that hardens on drying and is used for coating walls, ceilings, and partitions. *E.g. The plaster on the walls was cracked and flaking.*

➤ **Plaster of Paris:** (noun) a mixture of a white powder and water that becomes hard quickly as it dries and is used specially to make plaster casts. *E.g. Used since ancient times, plaster of Paris is so called because of its preparation from the abundant gypsum found in Paris.*

➤ **Plaster cast = plaster of Paris cast = cast:** (nouns) a covering made of plaster of Paris that is put around part of someone's body, forming a hard case to protect them while a broken bone repairs itself. *E.g. It is better not to break your leg than to put a plaster cast on it.*

EXERCISE

Complete the sentences with the correct grammatical forms of the synonymous terms. Some terms can be used more than once.

- 1) Use a piece of to cleanse the cut.
- 2) After the accident he had his leg in a(n) for two months.
- 3) This graze in my finger itches whenever I touch something, I have to put a(n) strip on it.
- 4) The nurse up his sprained ankle.
- 5) He put on a pad of gauze and a strip of over the wound.
- 6) All the upper area of my left arm is very sore and when it rubs against my clothes it gets even more sore, I hope I can alleviate that by wrapping a around it.
- 7) The body was covered by to facilitate cutaneous respiration.
- 8) Additionally, break down if patients get them wet.
- 9) Apply a(n) to the wound and bandage it.
- 10) The on the walls has been removed to expose the original bricks underneath.
- 11) We his wound but couldn't stop the bleeding.

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