

# Unit 8

## Symptoms

ache (n) C	/eɪk/	dolore	An <b>ache</b> is a pain in a part of your body.
backache (n) C	/ˈbæk.eɪk/	mal di schiena	Workers are starting to sue their companies for chronic <b>backache</b> .
hacking cough (n) C	/ˈhækɪŋ ˈkɒf/	tosse secca	I've got a <b>hacking cough</b> and a sore throat.
high temperature (n) C	/haɪ ˈtemprɪtʃə/	febbre alta	Symptoms of a heavy cold are a headache, sore throat and a <b>high temperature</b> .
rash (n) C	/ræʃ/	irritazione cutanea	I've had an upset stomach and a strange <b>rash</b> on my face since we went to that restaurant.
run-down (adj)	/ˌrʌnˈdaʊn/	spossato	I feel tired and generally <b>run-down</b> .
runny nose (n) C	/ˌrʌni ˈnəʊz/	naso che cola	I've had a really <b>runny nose</b> for the last few days.
sore throat (n) C	/ˌsɔː ˈθrəʊt/	mal di gola	I've got a hacking cough and a <b>sore throat</b> .
stiff muscles (n) C	/ˌstɪf ˈmʌslz/	muscoli rigidi	All my <b>muscles</b> feel really <b>stiff</b> and my back aches.
throbbing headache (n) C	/ˈθrɒbɪŋ ˈhed.eɪk/	mal di testa lancinante	I woke up with a high temperature and a <b>throbbing headache</b> .
upset stomach (n) C	/ʌpset ˈstʌmək/	stomaco in disordine	I've had an <b>upset stomach</b> since we went to that restaurant.

## Health idioms

at death's door	/ət ˌdeθs ˈdɔː/	in punto di morte	The next day I felt worse and thought I was <b>at death's door</b> .
there's a bug going around	/ðeəz ə ˈbʌg ɡəʊɪŋ ˌraʊnd/	c'è un germe che gira	<b>There was a bug going around</b> so I thought I was going down with something.
give (sb) a clean bill of health	/ɡɪv ə ˌkliːn bɪl əv ˈhelθ/	dichiarare (q.cuno) in buona salute	The doctor <b>gave me a clean bill of health</b> and said I was fine.
go down with (sth)	/ɡəʊ ˌdaʊn wɪð/	prendere (una malattia)	There was a bug going round so I thought I was <b>going down with something</b> .
in good shape	/ɪn ˌɡʊd ˈʃeɪp/	in forma	The doctor said there was nothing wrong with me – that I was <b>in good shape</b> .
my back was killing me	/maɪ ˌbæk wəz ˈkɪlɪŋ miː/	il mal di schiena mi stava uccidendo	<b>My back was killing me</b> so I went to the doctor's.

## Phrasal verbs with objects

get back to (sb)	/get ˈbæk tə/	ritornare da	I need to call him. I promised I'd <b>get back to</b> him today.
put up with (sb)	/pʊt ˈʌp wɪð/	sopportare (q.cuno)	I don't know how Linda <b>puts up with</b> you!

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put (sth) off	/pʊt 'ɒf/
put (sb) up to (sth)	/pʊt 'ʌp tə/
sort (sth) out	/sɔ:t 'aʊt/
tell (sb) off	/tel 'ɒf/

rinviare (q.cosa)
indurre (q.cuno) a (q.cosa)
chiarire (q.cosa), risdversi
sgridare (q.cuno)

How long are you going to keep **putting** it **off**?  
 It was your idea, was it? You **put him up to it**.  
 It'll **sort** itself **out**. It always does.  
 Even little Jo was **telling** me **off** the other day.

## Other words & phrases

absenteeism (n) U	/æbsən'ti:ɪz(ə)m/
achiness (n) U	/eɪkɪnəs/
acupuncture (n) U	/ækjʊ,pʌŋktʃə/

assenteismo
dolori diffusi
agopuntura

**Absenteeism** has gone down and everyone seems happier.  
 The supplementary symptoms are sickness, **achiness** and a cough.  
 Maybe the **acupuncture** or the reflexology for the first question and the colour charts embedded in the Office Doctors text?

alarmed (adj)	/ə'la:md/
anti-smoker (n) C	/ænti'sməʊkə/
aromatherapist (n) C	/ə,rəʊmə'θerəpɪst/
aromatherapy (n) U	/ə,rəʊmə'θerəpi/

allarmato
anti fumatore
aromaterapeuta
aromaterapia

For the moment, at any rate, there's no reason to be **alarmed**.  
**Anti-smokers** strongly dislike cigarettes and smoky atmospheres.  
 Next came the **aromatherapist**, Jules.

bed rest (n) U	/bed rest/
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riposo a letto
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**Aromatherapy** is a health treatment in which oils with a nice smell are rubbed into your skin to relax you.

bergamot (n) C	/bɜ:gəməʊt/
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bergamotto
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A heavy cold requires **bed rest** and you need to make sure you've got all the right equipment.

blend (n) C	/blend/
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miscela
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He chose a blend of lemon, **bergamot** and lavender for the central diffusion system.

blender (n) C	/blendə/
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frullatore
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He chose a **blend** of lemon, bergamot and lavender for the central diffusion system.

boost (v)	/bu:st/
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potenziare
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They make country soup by feeding left-over vegetables into a **blender**.

calm (v)	/kɑ:m/
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calmare
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'Chosen with care, essential oils can reduce stress and **boost** immunity.'

chain smoker (n) C	/tʃeɪn ,sməʊkə/
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fumatore accanito
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'Blue is a particularly **calming** colour and ideal in counterbalancing high levels of stress,' she explained.

chronic (adj)	/krɒnɪk/
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cronico
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A **chain smoker** smokes a lot of cigarettes, one after the other.

claim (n) C	/kleɪm/
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richiesta
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Many workers sue their companies for **chronic** back pain.

clinical (adj)	/klɪnɪkl/
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clinico
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The British government is putting aside nearly 3 billion pounds in order to cover compensation **claims**.

collapse (v)	/kə'læps/
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avere un collasso
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Earlier this year, a judge ruled that the doctor was guilty of '**clinical** negligence'.

Mr Bowe **collapsed**, the victim of a stroke that left him permanently disabled.

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colour therapy (n) C	/kʌlə ˌθerəpi/	terapia del colore	<b>Colour therapy</b> is the use of particular colours in order to make people feel calm and relaxed.
come across (v)	/kʌm əˈkrɒs/	dare l'impressione di essere	Loud, repeated sniffing is good on the phone, but don't try to communicate general achiness or you may <b>come across</b> as a bit too melodramatic.
compensation (n) C	/kɒmpən'seɪʃn/	risarcimento	The increase in <b>compensation</b> claims cannot be the result of more medical errors.
concern (n) C	/kən'sɜ:n/	preoccupazione	I appreciate the <b>concern</b> , but I'd rather just put up with it, OK?
consultation (n) C	/kɒnsəl'teɪʃn/	consulto	Increased workloads have led to shorter <b>consultation</b> times.
cordless (adj)	/kɔːdləs/	cordless	She persuaded the company to invest in <b>cordless</b> mice and <b>cordless</b> phones.
couch potato (n) C	/kaʊtʃ pə'tetəʊ/	individuo sedentario	A <b>couch potato</b> is someone who spends a lot of time on the sofa watching TV.
counter-argument (n) C	/kaʊntə 'ɑ:gjumənt/	contro deduzione	Make a list of the <b>counter-arguments</b> that the people could use.
counterbalance (v)	/kaʊntəˌbæləns/	controbilanciare	Blue is a good colour for <b>counterbalancing</b> high levels of stress.
cure (v)	/kjʊə/	curare	She <b>cured</b> my headaches and I didn't have to pay her a penny.
deathbed (n) U	/deθbed/	letto di morte	Use this time to make more <b>deathbed</b> phone calls to work.
deliver a baby	/dɪˌlɪv ə 'beɪbi/	far nascere un bambino	One in seven doctors are refusing to <b>deliver babies</b> because they cannot afford the insurance policies they need.
diagnosis (n) C	/daɪəg'nəʊsɪs/	diagnosi	It is not always possible for doctors to make the correct <b>diagnosis</b> .
disrupt (v)	/dɪs'rʌpt/	interrompere	We had to make sure that we didn't <b>disrupt</b> the day-to-day work of the office.
ease (v)	/iːz/	alleviare	Not only does it help <b>ease</b> back pains, it also relieves built up tensions and revitalizes.
energize (v)	/enədʒaɪz/	infondere energia	In the staff rest area she decided to use colours that stimulate and <b>energize</b> .
entitled (adj)	/ɪn'taɪtld/	avente diritto	Mr Bowe is now <b>entitled</b> to compensation.
ergonomics (n pl)	/ɜːgə'nɒmɪks/	ergonomia	She assessed the <b>ergonomics</b> of each work station.
essential oil (n) C	/ɪ'senʃl ɔɪl/	olio essenziale	Chosen with care, <b>essential oils</b> can reduce stress and boost immunity.
fitness freak (n) C	/fɪtnəs ˌfriːk/	maniac della forma fisica	A <b>fitness freak</b> is someone who does a lot of exercise.
flu (n) U	/fluː/	influenza	Someone who is feeling stiff and run down may be going down with the <b>flu</b> .
fluorescent (adj)	/flʊə'resnt/	fluorescente	She installed full-spectrum <b>fluorescent</b> lights.

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fly off the handle /flaɪ ɒf ðə 'hændl/  
go off (your) food /gəʊ ɒf fu:d/  
GP (n) C /dʒi: 'pi:/

grumble (v) /grʌmbl/  
happy medium (n) U /'hæpi 'mi:diəm/

healing (adj) /hi:liŋ/

heighten (v) /'haɪtn/  
hot toddy (n) C /'hɒt 'tɒdi/  
house (v) /haʊz/  
hypnosis (n) U /'hɪp'nəʊsɪs/  
hypochondria (n) U /'haɪpəʊ'kɒndrɪə/  
hypochondriac (n) C /'haɪpəʊ'kɒndrɪæk/

immunity (n) U /'ɪmjʊnəti/  
insurance policy (n) C /ɪn'ʃʊərəns 'pɒləsi/

irritable (adj) /'ɪrɪtbl/  
junk food addict (n) C /dʒʌŋk fu:d ˌædɪkt/

lavatory (n) C /'lævətri/  
leftover (adj) /'leftəʊvə/  
melodramatic (adj) /'melədrə'mætɪk/  
migraine (n) C /'mi:greɪn; 'maɪgreɪn/  
moan (v) /məʊn/  
moody (adj) /'mu:di/  
morale (n) U /mə're:l/  
negligence (n) U /'neglɪdʒəns/  
osteopath (n) C /'ɒstiəʊ,pæθ/  
painkiller (n) C /'peɪnkɪlə/

perdere le staffe  
diventare inappetente  
medico generico

brontolare, lamentarsi  
la giusta via di mezzo

curativo

intensificare  
punch caldo  
sistemare  
ipnosi  
ipocondria  
ipocondriaco

immunità  
polizza di assicurazione

irritabile  
chi è abituato a mangiare  
cibi poco sani

gabinetto  
avanzato  
melodrammatico  
emicrania  
lamentarsi  
di malumore  
morale  
negligenza  
osteologo  
analgesico

She just **flew off the handle** – she was seriously angry with me.  
You normally lose your appetite and **go off your food** when you are ill.  
Hypochondriacs may enjoy identifying a hundred possible explanations for why they feel at death's door, but the only sensible course of action remains a visit to your **GP**.  
I'm sick and tired of your bad moods and your **grumbling**.  
Decide what you think is an acceptable **happy medium** for each pair of positions.  
The green light, as well as fighting irritability, also has a **healing** effect on the body.  
Yellow **heightens** motivation and orange stimulates creativity.  
The **hot toddy** is specially prepared by someone who claims to love you.  
The offices were **housed** in an old building.  
**Hypnosis** can work as a kind of therapy to improve healing.  
'**Hypochondria** is your only problem,' he said.  
**Hypochondriacs** may enjoy identifying a hundred possible explanations for why they feel at death's door, but the only sensible course of action remains a visit to your GP.  
Essential oils can reduce stress and boost **immunity**.  
Some American doctors do not want to perform operations because they cannot afford the **insurance policies**.  
The pain was making him **irritable** and moody.  
A **junk food addict** eats a lot of fast food.  
You'll be on your feet, but you'll be running quickly for the **lavatory**.  
They make country soup by feeding **leftover** vegetables into a blender.  
Try not to come across as too **melodramatic**.  
A **migraine** is a very severe headache.  
I'm sick and tired of your bad moods and your **moaning**.  
The pain was making him irritable and **moody**.  
The firm was experiencing problems with staff illness and low **morale**.  
The doctor was judged guilty of "clinical **negligence**".  
Buy a new chair for your desk, make an appointment with the **osteopath**.  
The doctor will be able to prescribe some **painkillers**.

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pampering (n) U	/pæmpərɪŋ/	caloroso affetto	Use this time to get maximum attention and <b>pampering</b> from your loved ones.
paracetamol (n) C / U	/pærə'si:təməʊl/	salicilato	You'll also need some <b>paracetamol</b> to cope with the symptoms of your cold.
physiotherapist (n) C	/fɪziəʊ'therəpɪst/	fisioterapista	<b>Paracetamol</b> can be helpful in relieving aches and pains. I know a really good <b>physiotherapist</b> – he does these special lower back massages.
prescribe (v)	/prɪ'skraɪb/	prescrivere	The doctor will be able to <b>prescribe</b> some painkillers.
put aside (v)	/pʊt ə'saɪd/	mettere da parte	The British government is <b>putting aside</b> nearly three billion pounds in order to cover compensation claims.
raging fever (n) C	/reɪdʒɪŋ 'fi:və/	febbre da cavallo	Saying you've got a temperature isn't enough; you've got to have a <b>raging fever</b> of 45°C.
reflexology (n) U	/rɪflek'sɒlədʒi/	riflessologia	<b>Reflexology</b> is a type of health treatment in which a person's hands or feet are rubbed in order to make them feel relaxed.
renewed (adj)	/rɪ'nju:d/	rinnovato	The rest area doesn't just provide a break from work, but helps the staff go back to their desks with <b>renewed</b> energy and enthusiasm.
repetitive stress injury (n) U	/rɪ'petətɪv stres 'ɪndʒəri/	infortunio da stress ripetuto	<b>Repetitive stress injuries</b> and other workplace related illnesses.
revitalize (v)	/rɪ:'vaɪtəlaɪz/	rivitalizzare	Not only does it help ease back pains, it also relieves built up tensions and <b>revitalizes</b> .
sickness (n) C	/sɪknəs/	nausea	The supplementary symptoms are <b>sickness</b> , achiness and a cough.
skip (v)	/skɪp/	saltare, astenersi da	Once you've got three out of six of the symptoms, you can call the boss and <b>skip</b> work.
snap (v)	/snæp/	arrabbiarsi, scattare	It makes you irritable and moody – you get tired and <b>snap</b> at the kids.
sneeze (v)	/sni:z/	starnutire	Try not to make too much noise when you <b>sneeze</b> .
sniff (v)	/snɪf/	aspirare con il naso	Every time she's got a cold she <b>sniffs</b> and sneezes all the time.
spectrum (n) C	/spektrəm/	spettro	Liz installed full- <b>spectrum</b> fluorescent lights.
spinal (adj)	/spaɪnl/	vertebrale	Osteopaths can do <b>spinal</b> manipulation.
splitting headache (n) C	/splɪtɪŋ 'hedeɪk/	mal di testa acuto	The doctor told me I was fine but I got a <b>splitting headache</b> that afternoon.
staggering (adj)	/stægərɪŋ/	stupefacente	Absenteeism has gone down by a <b>staggering</b> 30% and everyone seems to be much happier.
starve (v)	/sta:v/	affamare	There's a saying 'feed a cold, <b>starve</b> a fever'.
stress-related (adj)	/stresrɪ'leɪtɪd/	collegato allo stress	With <b>stress-related</b> illness on the increase, more and more companies are turning to alternative therapies to help reduce the levels of stress in their workplace.

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stroke (n) U	/strəʊk/	ictus
Tai-chi (n) U	/taɪtʃi/	Tai-chi
tetchy (adj)	/tɛtʃi/	stizzoso
the bush (n) U	/ðə bʊʃ/	la boscaglia
the outback (n) U	/ði: 'aʊt,bæk/	l'interno
tissue (n) C	/tɪʃju:/	fazzoletto di carta
trace (n) C	/treɪs/	traccia
under-fire (adj)	/ʌndə'faɪə/	sotto accusa
under the weather	/ʌndə ðə 'weðə/	indisposto
vegan (n) C	/vi:gən/	vegan, vegetariano
wavelength (n) C	/weɪv,leŋθ/	lunghezza d'onda
wheelchair (n) C	/wi:l,tʃeə/	sedia a rotelle
workload (n) C	/wɜ:k'ləʊd/	carico di lavoro
work-related (adj)	/wɜ:k,rɪleɪtɪd/	dipendente dal lavoro

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The **stroke** might have been avoided.

**Tai-chi** is a Chinese activity that involves doing slow physical exercises to make your mind relax.

Bob can be **tetchy** and irritable.

Fewer than two million people live in the vast Australian outback, or **the bush**.

Fewer than two million people live in **the** vast Australian **outback**, or bush.

Don't leave too many **tissues** stuffed up your sleeve.

Some of the patients claim they smelt gas, but no **traces** of gas were found.

Critics of Britain's **under-fire** health service fear that the country may soon find itself in a similar situation to the United States where many doctors are refusing to perform certain operations.

I've been feeling **under the weather** and generally run down.

A **vegan** doesn't eat any meat or dairy products.

Full spectrum lights have all the colours and **wavelengths** of natural light.

The stroke left him permanently disabled and requiring a **wheelchair** to leave his house.

Increased **workloads** have led to shorter consultation times.

The Office Doctors is one of a growing number of companies which claim they can reduce **work-related** stress by making workplaces healthier and happier.