

Unit 2 The presenting complaint

Vocabulary from the book

achy joints
aggravate
alleviate
blinding
blow up
bring up
build up
clear up
clog up
come on suddenly
comply with treatment
constant
cough
cramping
dull ache
ease up
every so often
feels like it is clamped in a vice
flare up
gripping
hot spells
impact of the disease
night sweats
on and off
patient centred approach
pounding
puff up
shaking
sharpish twinge
shooting
sneezing
stabbing
terrified
throbbing
throw up
tingling
wheezing

Additional vocabulary

awful
block
bring on
feverish
hot flushes
occasional
pins and needles
prickling
regular
relieve
terrible
terrific
the shivers/shivering
twitching

Exercise 1

Match the words in the two columns to make a common useful phrase from the unit.

- | | |
|---------------|--------------------|
| 1 comply with | a joints |
| 2 hot | b ache |
| 3 night | c suddenly |
| 4 achy | d and off |
| 5 dull | e up |
| 6 come on | f treatment |
| 7 patient | g so often |
| 8 on | h of the disease |
| 9 ease | i sweats |
| 10 every | j centred approach |
| 11 impact | k spells |

Exercise 2

Match the verbs with the definitions.

- | | |
|-------------|---|
| 1 bring up | a to suddenly get bad again; usually used to describe recurring problems |
| 2 build up | b to make something less painful |
| 3 clog up | c to make small sudden quick movements because of an illness |
| 4 clear up | d to produce a whistling sound when breathing because the airways are blocked or compressed |
| 5 flare up | e to become blocked or filled |
| 6 aggravate | f to produce an involuntary expulsion of air and bacteria from the nose and mouth |
| 7 alleviate | g to cough up a substance, e.g. mucus or food |
| 8 shake | h to get better |
| 9 sneeze | i to increase |
| 10 wheeze | j to make an illness worse |

Exercise 3a

Put the following words into the correct column

constant throbbing stabbing occasional sharp dull
every so often pounding regular on and off

describing pain	describing how often

Exercise 3b

Match the adjectives to the kind of feeling of pain that they describe.

- | | |
|-------------|---|
| 1 throbbing | a a short sharp pain |
| 2 stabbing | b a slight prickling, stinging pain |
| 3 dull | c a crushing or squeezing pain |
| 4 blinding | d a heavy, repeating, thudding pain |
| 5 tingling | e a pain which comes again and again like a heartbeat |
| 6 gripping | f a sharp intense pain usually used to describe a severe headache |
| 7 pounding | g a mild constant pain |

Exercise 3c

Match the words on the left to the ones on the right that are closest in meaning.

- | | |
|------------|-------------|
| 1 pounding | a stabbing |
| 2 tingling | b cramping |
| 3 gripping | c prickling |
| 4 shooting | d throbbing |

Exercise 4

Identify which one out of the following groups of words or phrases is the odd one out.

1	hot spells	night sweats	the shivers	hot flushes
2	bring on	relieve	ease up	alleviate
3	tingling	throbbing	stabbing	pounding
4	gripping	shivering	shaking	twitching
5	puff up	flare up	clog up	clear up
6	sneezing	shooting	wheezing	coughing
7	clog up	build up	block up	throw up
8	terrified	terrible	terrific	awful

Exercise 5

Fill the gaps with suitable words from the unit.

- 1 **Doctor:** Well, Mr Smith, you're right in thinking that achy _____ can be caused by osteoarthritis but there are many other things that it could be.
- 2 **Patient:** I keep having these terrible night _____; I wake up in the morning and the sheets are soaking.
- 3 **Doctor:** So, tell me a little more about these headaches that you're having.
Patient: Well, Doctor, they come on nearly every morning and they usually last about a couple of hours. For those two hours or so it's a _____ throbbing; it just doesn't stop.
- 4 **Doctor:** So, tell me a little more about these headaches that you're having.
Patient: Well, Doctor, probably the easiest way to describe them is to say that it feels like my head has been _____ in a vice; like my head is being squashed. Is there anything that you can do to _____ the pain at all; you know, ease it up a bit?
- 5 **Doctor:** So, tell me a little more about this sensation that you keep getting in your arms.
Patient: Well, to be honest, it's not really painful. It's more of a _____ feeling; you know, like pins and needles.
- 6 **Patient:** Eggs are OK, aren't they?
Doctor: Well, yes, in moderation. However, because they're high in cholesterol, if you eat too many, they will lead to a gradual _____ of fat in your arteries and, if this continues for too long, it could lead to the eventual _____ up of your arteries.
- 7 **Doctor:** And how has your eczema been recently?
Patient: Well, it was fine for a few months and then at the beginning of this month it _____ up really badly again; one day my skin was fine and the next it was really itchy and red.

If you are having difficulty, here are the words for the exercise.

alleviate constant build-up sweats clogging flared clamped joints tingling
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