

3 Just for the Health of It!

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- 3.1 **monitor** (v) /'mɒnɪtə/
check the progress of sb/sth • *The man with a head injury was monitored carefully overnight to make sure he was OK.*

Word Focus

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- 3.2 **amnesia** (n) /æm'ni:ziə/
a medical condition in which sb cannot remember things • *She has amnesia and cannot remember her name.*
- 3.3 **blunder** (n) /'blʌndə/
a stupid or careless mistake • *Asking after her ex-husband was a bit of a blunder! You know she hates him.* > blunder (v)
- 3.4 **neuron** (n) /'njʊərən/
a cell which is part of the nervous system • *Our brains consist of billions of neurons.*
- 3.5 **spectrum** (n) /'spektrəm/
a range • *People from across the social spectrum attend this university.*
- 3.6 **ravage** (v) /'rævɪdʒ/
damage badly • *The fire ravaged the forest and not a single tree was left standing.*

Reading

pages 32-33

- 3.7 **anterograde amnesia** (expr) /'æntɪrəʊgreɪd æm'ni:ziə/
loss of memory after an event that caused amnesia • *After suffering a head injury, he got anterograde amnesia and can't remember anything from that day to today.*
- 3.8 **retrograde amnesia** (expr) /'retrəʊgreɪd æm'ni:ziə/
loss of memory before an event that caused amnesia • *The man with retrograde amnesia does not know his own name.*
- 3.9 **recall** (v) /rɪ'kɔ:l/
remember • *He said he knew me but I could not recall ever having met him.*
- 3.10 **wipe out** (phr v) /waɪp aʊt/
destroy • *He remembers nothing because the shock wiped out any memory of the accident.*
- 3.11 **vivid** (adj) /'vɪvɪd/
producing very clear images in the mind • *Grandma has vivid memories of her childhood as if it was only yesterday.* > vividness (n)
- 3.12 **oblivious** (adj) /ə'blɪvɪəs/
unaware • *Being deaf, he was oblivious to the sound of the doorbell.* > oblivion (n)

- 3.13 **slip of the mind** (expr) /slɪp əv ðə maɪnd/
sth you forget • *Because of a slip of the mind, she forgot to keep her dental appointment.*
- 3.14 **accompany** (v) /ə'kʌmpəni/
go/come with • *My headache was accompanied by a sore throat, so I knew it was flu.*
- 3.15 **bewilderment** (n) /bɪ'wɪldəmənt/
confusion • *She felt terrible bewilderment when she could not remember her name.* > bewildered (adj), bewildering (adj), bewilder (v)
- 3.16 **recollection** (n) /rekə'leɪʃn/
memory of sth • *He has no recollection of the accident although he does remember the events leading up to it.* > recollect (v)
- 3.17 **vast** (adj) /vɑ:st/
very large • *It would be impossible to count the vast number of hairs on one person's head.* > vastness (n)
- 3.18 **virus** (n) /'vaɪrəs/
a microscopic living thing that causes disease • *There is a flu virus going around at the moment.*
- 3.19 **chunk** (n) /tʃʌŋk/
a thick, solid piece of sth • *I ate a large chunk of cheese before lunch so I'm not very hungry now.*
- 3.20 **literally** (adv) /'lɪtərəli/
according to the original meaning of a word • *Literally millions of people watched the Olympic Games.* > literal (adj)
- 3.21 **mixed blessing** (expr) /mɪkst 'blesɪŋ/
sth that has advantages and disadvantages • *Living here is a mixed blessing because although my friends live nearby, it is a noisy area.*
- 3.22 **precise** (adj) /prɪ'saɪs/
exact • *The information she gave me was clear and precise.* > precision (n), precisely (adj) ☞ Opp: imprecise
- 3.23 **insignificant** (adj) /ɪn'sɪɡnɪfɪkənt/
unimportant • *The price is insignificant; what matters is that you like the gift.* > significance (n) ☞ Opp: significant
- 3.24 **minor** (adj) /'maɪnə/
small; less important • *It is hard to remember minor events because they tend not to make an impression on us.* ☞ Opp: major
- 3.25 **task sb with sth** (expr) /tɑ:sk 'sʌmbədi wɪð 'sʌmθɪŋ/
give sb the responsibility for doing sth • *I was tasked with writing up the minutes of our last meeting.*

Vocabulary

pages 34-35

- 3.26 consult** (v) /kən'sʌlt/
ask for expert advice • *He consulted a doctor about his constant headaches.* > consultation (n), consultant (n)
- 3.27 nurse** (v) /nɜːs/
care for a sick or injured person • *She nursed her brother when he had a high temperature.* > nurse (n), nursing (n)
- 3.28 practise** (v) /'præk.tɪs/
work as a doctor, lawyer, etc. • *He wants to become a doctor and practise medicine in Africa.*
- 3.29 prescribe** (v) /prɪ'skraɪb/
(as a doctor) tell sb what medicine to take • *The doctor prescribed a course of antibiotics.* > prescription (n)
- 3.30 relieve** (v) /rɪ'liːv/
make pain or a bad feeling go away or become less • *Take an aspirin to relieve the pain.* > relief (n), relieved (adj)
- 3.31 respond** (v) /rɪ'spɒnd/
react positively • *The patient responded to the treatment and was allowed to leave the hospital.* > response (n), responsive (adj)
- 3.32 sprain** (v) /spreɪn/
pull or twist • *I sprained my ankle and now I can't walk easily.* > sprain (n)
- 3.33 emotional** (adj) /ɪ'məʊʃənl/
full of feeling • *She is very emotional and cries easily.* > emotion (n)
- 3.34 dehydrated** (adj) /,diːhaɪ'dreɪtɪd/
having lost too much water from your body • *If you forget to drink water during the run, you risk getting dehydrated.* > dehydrate (v), dehydration (n)
- 3.35 parched** (adj) /pɑːtʃt/
very dry • *It never rained in the desert and the soil was parched.*
- 3.36 muscular** (adj) /'mʌskjʊlə/
with strong, shapely muscles • *He works out every day to keep his body muscular.* > muscle (n)
- 3.37 sane** (adj) /seɪn/
normal and reasonable • *The murderer was judged to be sane and fully aware of his actions.* > sanity (n) ☞ Opp: insane
- 3.38 wholesome** (adj) /'həʊlsəm/
good for your health • *We eat wholesome food like fruit, vegetables and nuts.*
- 3.39 nutritious** (adj) /njuː'trɪʃəs/
full of substances that your body needs to be healthy or grow • *Children need nutritious food to help them grow.* > nutrition (n)
- 3.40 beneficial** (adj) /benɪ'fɪʃl/
good or helpful • *Exercise and a good diet are beneficial to health.* > benefit (v, n)
- 3.41 delirium** (n) /dɪ'lɪrɪəm/
state of not being able to think or speak clearly, usually because of fever • *He was in a state of delirium when he ran into the road without looking.* > delirious (adj)
- 3.42 hysteria** (n) /hɪ'stɪərɪə/
violent and uncontrolled emotion • *She had a fit of hysteria and needed medication to calm down.* > hysterical (adj)
- 3.43 disorder** (n) /dɪs'ɔːdə/
a problem/illness of the mind or body • *He has a skin disorder which makes him excessively sensitive to the sun.*
- 3.44 bony** (adj) /'bəʊni/
so thin that your bones show • *The bony model probably weighed about 48 kilos.* > bone (n)
- 3.45 anorexic** (adj) /ænə'reksɪk/
suffering from a mental illness that makes sb stop eating • *She is anorexic so she finds it almost impossible to eat.* > anorexia (n)
- 3.46 delicate** (adj) /'delɪkət/
rather weak in health • *The delicate child could not go out in the cold without getting ill.*
- 3.47 undernourished** (adj) /,ʌndə'nʌrɪʃt/
underfed • *The undernourished babies urgently needed food.*
- 3.48 forgetful** (adj) /fə'getfəl/
not able to remember things well • *He's forgetful so don't be surprised if he can't remember your name.* > forget (v), forgetfulness (n)
- 3.49 contented** (adj) /kən'tentɪd/
happy with life • *She felt contented just sitting in the garden and relaxing.* > content (n)
- 3.50 scatty** (adj) /'skæti/
absent-minded and disorganised • *The scatty man was wearing one shoe and one sandal.*
- 3.51 absent-minded** (adj) /æbsənt-'maɪndɪd/
tending to forget things because you are thinking about sth else • *You're so absent-minded you forgot to meet me at the station again.*
- 3.52 blood bank** (n) /blʌd bæŋk/
a store of blood that can be used in hospitals • *She went to the blood bank to give blood.*
- 3.53 blood donor** (n) /blʌd 'dɒnə/
sb who gives blood • *We need a blood donor to give blood to this patient.*
- 3.54 intravenous** (adj) /ɪntrə'viːnəs/
through a vein • *An intravenous line was attached to his arm through which he was given medicine.* > intravenously (adv)
- 3.55 blood pressure** (n) /blʌd 'preʃə/
force with which blood flows around your body • *Low blood pressure can cause you to faint.*
- 3.56 blood vessel** (n) /blʌd 'vesəl/
one of the tubes through which blood flows in your body • *Blood vessels are visible on the inside of your wrist.*

- 3.57 blood transfusion** (n) /blʌd træns'fju:ʒn/
putting blood from one person's body into the body of sb else as a medical treatment • *The patient had lost a lot of blood and needed a blood transfusion.*
- 3.58 procedure** (n) /prə'si:dzə/
a way of doing sth • *The surgeon explained the procedure for the operation to the patient so that she knew what would happen.*
- 3.59 surgery** (n) /'sɜ:dʒəri/
an operation • *He needs heart surgery to unblock an artery.* > surgeon (n), surgical (adj)
- 3.60 establish** (v) /ɪs'tæblɪʃ/
begin a relationship that will continue • *They have established a good relationship built on trust.* > establishment (n), established (adj)
- 3.61 donation** (n) /dəʊ'neɪʃn/
the act of giving sth • *He makes a blood donation every three months at the blood bank.* > donate (v), donor (n)
- 3.62 heal** (v) /hi:l/
get better (of wound or cut) • *Your cut hand should heal in a couple of days.*
- 3.63 recover** (v) /rɪ'kʌvə/
get better from an illness • *It took her a long time to recover from pneumonia.* > recovery (n)
- 3.64 injure** (v) /'ɪndʒə/
hurt • *Three people were injured when they slipped on ice.* > injury (n), injured (adj)
- 3.65 wound** (v) /wu:nd/
injure sb, usually seriously, with a knife or gun • *The soldiers that were wounded were taken to hospital.* > wound (n), wounded (adj)
- 3.66 mortally** (adv) /'mɔ:təli/
causing or resulting in death • *The man was mortally wounded in a fight and died an hour later.* > mortal (adj), mortality (n)
- 3.67 malaria** (n) /mə'leəriə/
a serious disease caused by the bite of a mosquito • *He got malaria and was very ill for weeks.*
- 3.68 swallow** (v) /'swɒləʊ/
when sth goes from your mouth to your stomach • *Drink some water to help you swallow the pill.*
- 3.69 fever** (n) /'fi:və/
a high temperature • *If the thermometer reads more than 37°C, you have a fever.* > feverish (adj)
- 3.70 bark** (n) /bɑ:k/
the outside covering of a tree • *If you cut into the bark of this tree, it will drip resin.*
- 3.71 miracle** (n) /'mɪrəkl/
an event that is impossible according to the laws of nature • *It's a miracle that he wasn't injured in the crash.* > miraculous (adj), miraculously (adv)
- 3.72 tribe** (n) /traɪb/
a group of people of the same race and with the same language and customs who live in a particular area • *I saw a documentary about a tribe who live in the Brazilian rainforest.* > tribal (adj)
- 3.73 come down with** (phr v) /kʌm daʊn wɪð/
get an illness • *I've come down with flu so I'll stay in bed.*
- 3.74 fight off** (phr v) /faɪt ɒf/
recover from an illness quickly • *She can always fight off a cold because she is so healthy.*
- 3.75 pass out** (phr v) /pɑ:s aʊt/
faint • *She passed out after standing in the sun for half an hour.*
- 3.76 pick up** (phr v) /pɪk ʌp/
catch an illness from sb/sth • *He picked up a cold from somebody at work.*
- 3.77 take out** (phr v) /teɪk aʊt/
remove sth • *The dentist took out her back tooth because it was rotten.*
- 3.78 throw up** (phr v) /θrəʊ ʌp/
vomit • *He threw up all over the carpet!*
- 3.79 seasick** (adj) /'si:zɪk/
nauseous from the movement of a boat • *I get seasick on boats, so I don't want to get the ferry to Crete.* > seasickness (n)
- 3.80 wisdom tooth** (n) /'wɪzdəm tu:θ/
one of the large teeth at the back of your mouth • *His wisdom teeth began to show after he turned 18.*
- 3.81 in agony** (expr) /ɪn 'æɡəni/
in a lot of pain • *I was in agony when I broke my leg.*
- 3.82 bodily function** (expr) /'bɒdəli 'fʌŋkʃn/
an organic process that takes place in the body • *Digestion is a bodily function.*
- 3.83 failing eyesight** (expr) /'feɪlɪŋ 'aɪ,saɪt/
gradual loss of the ability to see • *Because of her failing eyesight she can no longer read street signs at a distance.*
- 3.84 internal organ** (expr) /ɪn'tɜ:nəl 'ɔ:gən/
a body part inside you • *He needs a donor for an internal organ, a heart in fact.*
- 3.85 terminal** (adj) /'tɜ:mɪnəl/
fatal • *The doctor has given him three months to live because he has terminal cancer.*
- 3.86 running sore** (n) /'rʌnɪŋɔ:s/
a sore area on the skin that has liquid coming out of it • *She had a running sore, so she went to the doctor.* > sore (adj)
- 3.87 bruise** (n) /bru:z/
a blue, brown or purple mark on your skin that appears after you have fallen or been hit • *I got a nasty bruise on my knee where I hit it on the stool.* > bruise (v)

- 3.88 gauze** (n) /gɔːz/
thin cotton cloth used for covering injuries like cuts and wounds • *The child had a gauze bandage around his hand.*
- 3.89 fit** (n) /fɪt/
a short time when you cough, sneeze or laugh a lot in an uncontrollable way • *I get a sneezing fit whenever I sit in the garden.*
- 3.90 spasm** (n) /'spæzm/
uncontrollable tightening of your muscles • *The football player stopped running when he felt a spasm in his right thigh.*
- 3.91 imbalance** (n) /ɪm'bæləns/
lack of balance • *Because of a chemical imbalance he takes these pills every day.*
📖 Opp: balance
- 3.92 inequality** (n) /ɪnɪ'kwɒlɪti/
lack of equality • *In some countries, inequality means that women are paid less for doing the same job a man does.* 📖 Opp: equality
- 3.93 medication** (n) /medɪ'keɪʃn/
medicine • *This flu medication must be taken twice a day.* > medicate (v)
- 3.94 smashing** (adj) /'smæʃɪŋ/
great • *That was a smashing meal. Is there any more food?*
- 3.95 splitting headache** (adj) /'splɪtɪŋ 'hedek/
a very bad headache • *He went to bed because he has a splitting headache.*
- 3.96 have a change of heart** (expr)
/hæv ə tʃeɪndʒ əv ha:t/
change your mind about sth • *She had a change of heart and decided to invite Bob after all.*
- 3.97 bite sb's head off** (expr)
/baɪt 'sʌmbədɪz hed əv/
shout and get angry at sb • *Mum bit my head off when I asked her why she was angry.*
- 3.98 get cold feet** (expr) /get kəʊld fi:t/
feel afraid to do sth at the last minute • *He didn't do the bungee jump because he got cold feet.*
- 3.99 be at each other's throats** (expr)
/biː æt iːtʃ 'ʌðəz θrəʊts/
fight • *The sisters are at each other's throats again. They never stop fighting.*
- 3.100 shout at the top of your lungs** (expr)
/ʃaʊt æt ðə tɒp əv jɔː lʌŋz/
shout very loudly • *He shouted at the top of his lungs all through the football match.*
- 3.101 keep your chin up** (expr) /kiːp jɔː tʃɪn ʌp/
stay cheerful despite difficulties • *Keep your chin up; things could be worse.*
- 3.102 turn a blind eye** (expr) /tɜːn ə blaɪnd aɪ/
deliberately ignore sth that you know should not be happening • *The teacher turned a blind eye to the students' bad behaviour on the last day of term.*

- 3.103 be on the tip of your tongue** (expr)
/biː ɒn ðə tɪp əv jɔː tʌŋ/
almost remember sth but not quite • *I know the word. It's on the tip of my tongue.*

Phrasal verbs

bring on	pick up
come down with	stem from
fight off	take out
get around	throw up
pass out	wipe out

Grammar

pages 36-37

- 3.104 dandruff** (n) /'dændrʌf/
pieces of dead skin in your hair • *He uses a special shampoo to get rid of his dandruff.*
- 3.105 genetically modified** (expr)
/dʒə'netɪkli 'mɒdɪfaɪd/
(food) that has had its DNA changed by genetic engineering • *Genetically modified food could harm your health.*
- 3.106 attention deficit disorder** (ADD) (n)
/ə'tenʃn 'defɪsɪt dɪs'ɔːdə/
a condition where sb cannot concentrate for long • *Her son has attention deficit disorder so he finds it hard to listen to a whole lesson.*
- 3.107 utterly** (adv) /'ʌtəli/
completely • *The film was utterly boring; don't go to see it.* > utter (adj)
- 3.108 stem from** (phr v) /stem frɒm/
come from • *His back problem stems from an old football injury at school.*
- 3.109 soothing** (adj) /'suːðɪŋ/
calming; relaxing • *When she comes home from work, she likes to have a long, soothing bath.* > soothe (v)
- 3.110 gum** (n) /ɡʌm/
pink flesh in your mouth that your teeth grow from • *She smiled so widely we could see her teeth and pink gums.*

Listening

page 38

- 3.111 plague** (n) /pleɪɡ/
a disease that is usually fatal and spreads quickly to a large number of people • *The plague killed so many people in medieval times that they called it the Black Death.*
- 3.112 tooth decay** (n) /tuːθ dɪ'keɪ/
a chemical change that causes the slow destruction of the teeth • *He has terrible tooth decay because he eats sweets and does not brush his teeth.*

- 3.113 sleep deprivation** (n) /sli:p deprɪ'veɪʃn/
serious lack of sleep • *Sleep deprivation was a problem for the soldiers who had to guard the camp all night.*
- 3.114 lollipop** (n) /'lɒlɪpɒp/
a hard sweet on a stick • *The child sucked the strawberry lollipop.*
- 3.115 bring on** (phr v) /brɪŋ ɒn/
make sth unpleasant happen to sb • *Eating too much can bring on heart disease.*
- 3.116 infectious** (adj) /ɪn'fekʃəs/
(disease) that can be passed easily from one person to another • *This flu is very infectious and everyone at work has got it.*
➤ infect (v), infection (n)
- 3.117 medieval** (adj) /,medi'i:vəl/
connected with the Middle Ages (about 1000AD to 1450AD) • *I'm interested in medieval history.*
- 3.118 graveyard** (n) /'greɪvjɑ:d/
an area of land, usually near a church, where people are buried • *We visited our grandparents' grave in the graveyard.*
- 3.119 conduct** (v) /kən'dʌkt/
do a particular activity like an experiment • *The scientists conducted a series of experiments.*
- 3.120 sample** (n) /'sɑ:mpl/
a small quantity of sth that is examined in order to find out sth about the whole
• *They examined a sample of the suspect's DNA.* ➤ sample (v)
- 3.121 severe** (adj) /sə'veɪə/
serious • *He has got severe symptoms so I recommend he goes to hospital.* ➤ severity (n)
- 3.122 rodent** (n) /'rəʊdənt/
a small animal with sharp teeth, eg a rat, a mouse • *Rats and mice are common rodents.*
- 3.123 contract** (v) /kən'trækt/
get an illness • *You can contract this disease by drinking dirty water.*
- 3.124 flea** (n) /fli:z/
a jumping insect that bites people or animals to eat their blood • *This dog might have fleas because it keeps scratching.*
- 3.127 preventative measure** (expr)
/prɪ'ventətɪv 'meʒə/
an action taken to stop sth happening
• *A preventative measure against heartdisease is regular exercise.*
- 3.128 wellbeing** (n) /wel'bi:ɪŋ/
general health • *Your parents care about your happiness and wellbeing.*
- 3.129 safeguard** (v) /'seɪfga:ɪd/
protect • *Take plenty of exercise to safeguard your health.*
- 3.130 CPR** (abbr) /,si: pi: 'ɑ:z/
breathing air into sb's mouth and pressing on their chest to keep them alive • *The paramedic gave the child CPR and saved his life.*
📖 CPR: cardiopulmonary resuscitation
- 3.131 organic produce** (n) /ɔ: 'gæni:k 'prɒdju:s/
fruit, vegetables and other food grown or made without using artificial chemicals • *They sell organic produce at the local market.*
- 3.132 paramedic** (n) /pærə'medɪk/
sb who is trained to give medical help • *The paramedic gave the injured man first aid in the ambulance.*
- 3.133 dispense** (v) /dɪ'spens/
prepare medicines and give them to people • *A pharmacy dispenses medicines and gives advice about minor health problems.*
- 3.134 resuscitation** (n) /rɪ'sʌsɪ'teɪʃn/
breathing into the mouth of an unconscious person to help them breathe • *The man stopped breathing and needed resuscitation.*
➤ resuscitate (v)
- 3.135 side-effect** (n) /saɪd-ɪ'fekt/
an undesirable effect that a drug has on your body as well as treating illness • *One side-effect of this medication is that it makes you feel sleepy.*
- 3.136 stretcher** (n) /'stretʃə/
canvas on poles used to carry an ill or injured person • *The injured player was carried off the field on a stretcher.*
- 3.137 vaccination** (n) /væksɪ'neɪʃn/
the act of putting a substance into a person's body to prevent them from getting a disease
• *Babies have their first vaccinations when they are three months old to protect them from serious diseases.* ➤ vaccinate (v)

Speaking

page 39

- 3.125 conventional** (adj) /kən'venʃənəl/
traditional; used for a long time and considered normal • *I have great faith in conventional medicine.* ➤ convention (n)
📖 Opp: unconventional
- 3.126 alternative** (adj) /ɔ:l'tɜ:nətɪv/
not based on the usual western methods
• *She is going to try some alternative treatments to get rid of the spots on her face.*
➤ alternative (n)

Making you better

consult	prescribe
heal	recover
medication	relieve
monitor	resuscitation
nurse	surgery
paramedic	vaccination

Writing: an information sheet

pages 40-41

- 3.138 succinct** (adj) /sək'sɪŋkt/
using only a few words • *His explanation was short and succinct.* > succinctly (adv)
- 3.139 heat stroke** (n) /hi:t strəʊk/
fever caused by very high temperatures • *The temperature was 45°C and some people suffered from heat stroke.*
- 3.140 fibre** (n) /'faɪbə/
thread that form materials such as cotton and linen • *In the summer, I wear clothes made from natural fibres.*
- 3.141 hassle-free** (adj) /'hæsəl-frɪː/
with no problems • *We had a hassle-free journey as there was no traffic.*
- 3.142 creepy-crawly** (n) /'kriːpi-'krɔːli/
an insect, spider, worm, etc. • *There was a big creepy-crawly that looked like a beetle on the plant.*
- 3.143 mosquito** (n) /mɒs'kiːtəʊ/
a small flying insect that sucks blood and may spread disease • *She got bitten by mosquitoes while she slept in the tent.*
- 3.144 a pain in the neck** (expr) /ə peɪn ɪn ðə nek/
sth annoying • *Having so much homework is a pain in the neck.*
- 3.145 insect repellent** (n) /'ɪnsekt rɪ'pelənt/
a substance that keeps insects away • *We sprayed on insect repellent to stop being bitten by mosquitoes.*
- 3.146 get around** (phr v) / get ə'raʊnd/
go from place to place • *She gets around the city on her bicycle.*
- 3.147 cope** (v) /kəʊp/
manage; deal with • *I've got too much work and I can't cope with everything.*
- 3.149 root** (n) /ruːt/
part of a plant which is under the ground
• *The roots of this tree go deep into the ground.*
- 3.150 diabetes** (n) /daɪə'bɪtɪsɪz/
a condition when sb has too much sugar in their blood • *If you have diabetes, you must be very careful about your diet.*
> diabetic (adj, n)
- 3.151 transmit** (v) /trænz'mɪt/
pass sth from one person to another • *Flu can be transmitted through the air, when people sneeze, for example.*
- 3.152 chant** (n) /tʃɑːnt/
word(s) repeated over and over • *The children learnt the alphabet with an abc chant.*
> chant (v)
- 3.153 deforestation** (n) /diːfɔːrɪs'teɪʃn/
destruction of the forests • *The deforestation of this area means that many animal species have lost their homes.* > deforest (v)
- 3.154 extensive** (adj) /ɪks'tensɪv/
containing a lot of information and details
• *He wrote an extensive report on the disease that was a thousand pages long.*
> extent (n)
- 3.155 healer** (n) /'hiːlə/
sb who can make sick people well • *The healer gave the sick man some herbs that would make him better.* > heal (v)
- 3.156 potential** (adj) /pə'tenʃl/
possible • *Deforestation of the Amazon is a potential disaster for the whole world.*
> potential (n)
- 3.157 prayer** (n) /preɪ/
words spoken to a god • *He said a prayer to God to ask for good health.* > pray (v)
- 3.158 urgent** (adj) /'ɜːdʒənt/
needing to be done soon • *He needs urgent medical treatment as he seems to be having a heart attack.* > urgency (n), urgently (adv)

Disease carriers

creepy-crawly	mosquito
flea	rodent

Video 3: Paraguay Shaman

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- 3.148 shaman** (n) /'ʃeɪmən/
a person in some religions and societies who can contact spirits and cure sick people • *The members of the tribe consulted the shaman when they got sick.*

Needing medical attention

amnesia	malaria
anorexic	plague
diabetes	running sore
disorder	side-effect
failing eyesight	sprain
fever	tooth decay
heat stroke	undernourished
hysteria	virus