

Choroby i dolegliwości – kurs w bibliotece 11.2018

Diseases / illnesses and ailments/ afflictions

broken arm/leg	- złamana ręka/noga
bronchitis	- zapalenie oskrzeli
burn	- oparzenie
cancer	- rak
chicken pox	- ospa wietrzna
common cold	- zwykle przeziębienie
colic	- kolka
diabetes	- cukrzyca
diarrhoea / diarhea	- biegunka
flu	- grypa
heart attack	- atak serca
heart disease	- zawał serca
heart failure	- niewydolność serca
heartburn	- zgaga
infection	- infekcja
leprosy	- trąd
measles	- odra
meningitis	- zapalenie opon mózgowych
mumps	- świnka
shingles	- półpasiec
travel sickness	- choroba lokomocyjna
ulcer	- wrzód
varicose veins	- żylaki
ache	- ból
bedsore	- odleżyny
blister	- pęcherz, bąbel
bruise	- siniak
cold sore	- opryszczka

cough	- kaszel
fever	- gorączka
high/low blood pressure	- nadciśnienie/niskie ciśnienie
indigestion	- niestrawność
nasal congestion	- zapchany nos
nausea	- wymioty / mdłości
nosebleed	- krwotok z nosa
pain	- ból
rash	- wysypka
redness	- zaczerwienienie
shivers	- dreszcze
sore throat	- ból gardła
swelling	- opuchlizna
vomiting	- wymioty
to bleed	- krwawić
to break out sweat	- oblać się potem
to catch a cold	- przeziębienie
to cough	- kaszleć
to develop an illness	- zachorować na coś
to faint	- zemdleć
to have a runny nose	- mieć katar
to hurt	- boleć
to pick up sth	- złapać coś, zarazić się czymś
to run a temperature	- mieć gorączkę
to sneeze	- kichać
to vomit	- wymiotować
antibiotic	- antybiotyk
anti-depressant	- lek przeciwdepresyjny
anti-inflammatory drug	- lek przeciwzapalny
antiseptic	- środek odkażający
aspirin	- aspiryna

capsule	- kapsułka
cough sweet	- tabletki do ssania na kaszel
dose	- dawka
ear drops	- krople do uszu
eye drops	- krople do oczu
hydrogen peroxide	- woda utleniona
insulin	- insulina
iodine	- jodyna
laxative	- środek przeczyszczający
medicine	- lekarstwo
ointment	- maść
pain killer	- środek przeciwbólowy
sedative	- środek uspokajający
smelling salts	- sole trzeźwiące
suppository	- czopek
tranquilliser	- środek uspokajający
vaccine	- szczepionka
vitamin	- witamina
chemist	- aptekarz/-rka
over the counter	- bez recepty
pharmacist	- farmaceuta/-ka
prescription	- recepta
to apply a dressing	- założyć opatrunek
to bandage	- bandażować
to be on antibiotics	- być na antybiotykach
to change a dressing	- zmienić opatrunek
to clean a wound	- oczyścić ranę
to dissolve in water	- rozpuścić w wodzie
to dress a wound	- opatrzyć ranę
to ease the pain	- zmniejszyć ból

English	Polish
ache	- <i>ból</i>
anti-inflammatory drug -	- <i>lek przeciwzapalny</i>
antibiotic	- <i>antybiotyki</i>
anti-depressant	- <i>lek przeciwdepresyjny</i>
antiseptic	- <i>środek odkażający</i>
aspirin	- <i>aspiryna</i>
bedsore	- <i>odleżyna</i>
blister	- <i>pęcherz, bąbel</i>
broken arm/leg	- <i>złamana ręka/noga</i>
bronchitis	- <i>zapalenie oskrzeli</i>
bruise	- <i>siniak</i>
burn	- <i>oparzenie</i>
cancer	- <i>rak</i>
capsule	- <i>kapsułka</i>
chemist	- <i>aptekarz/-rka</i>
chicken pox	- <i>ospa wietrzna</i>
cold sore	- <i>opryszczka</i>
colic	- <i>kolka</i>
common cold	- <i>zwykle przeziębienie</i>
cough	- <i>kaszel</i>
cough sweet	- <i>tabletki do ssania na kaszel</i>
diabetes	- <i>cukrzyca</i>
diarrhoea / diarhea	- <i>biegunka</i>
dose	- <i>dawka</i>
ear drops	- <i>krople do uszu</i>
eye drops	- <i>krople do oczu</i>
fever	- <i>gorączka</i>
flu	- <i>grypa</i>
heart attack	- <i>atak serca</i>
heart disease	- <i>zawał serca</i>
heart failure	- <i>niewydolność serca</i>

Polish	English
- <i>antybiotyki</i>	antibiotic
- <i>aptekarz/-rka</i>	chemist
- <i>aspiryna</i>	aspirin
- <i>atak serca</i>	heart attack
- <i>bandażować</i>	to bandage
- <i>bez recepty</i>	over the counter
- <i>biegunka</i>	diarrhoea / diarhea
- <i>boleć</i>	to hurt
- <i>ból</i>	ache
- <i>ból</i>	pain
- <i>ból gardła</i>	sore throat
- <i>być na antybiotykach</i>	to be on antibiotics -
- <i>choroba lokomocyjna</i>	travel sickness
- <i>cukrzyca</i>	diabetes
- <i>czopek</i>	suppository
- <i>dawka</i>	dose
- <i>dreszcze</i>	shivers
- <i>farmaceuta/-ka</i>	pharmacist
- <i>gorączka</i>	fever
- <i>grypa</i>	flu
- <i>infekcja</i>	infection
- <i>insulina</i>	insulin
- <i>jodyna</i>	iodine
- <i>kapsułka</i>	capsule
- <i>kaszel</i>	cough
- <i>kaszleć</i>	to cough
- <i>kichać</i>	to sneeze
- <i>kolka</i>	colic
- <i>krople do oczu</i>	eye drops
- <i>krople do uszu</i>	ear drops
- <i>krwawić</i>	to bleed

heartburn	- zgaga
high/low blood pressure	- nadciśnienie/niskie ciśnienie
hydrogen peroxide - indigestion	- woda utleniona - niestrawność
infection	- infekcja
insulin	- insulina
iodine	- jodyna
laxative	- środek przeczyszczający
leprosy	- trąd
measles	- odra
medicine	- lekarstwo
meningitis	- zapalenie opon mózgowych
mumps	- świnka
nasal congestion	- zapchany nos
nausea	- wymioty / mdłości
nosebleed	- krwotok z nosa
ointment	- maść
over the counter	- bez recepty
pain	- ból
pain killer	- środek przeciwbólowy
pharmacist	- farmaceuta/-ka
prescription	- recepta
rash	- wysypka
redness	- zaczerwienienie
sedative	- środek uspokajający
shingles	- półpasiec
shivers	- dreszcze
smelling salts	- sole trzeźwiące
sore throat	- ból gardła

- krwotok z nosa	nosebleed
- lek przeciwzapalny	anti-inflammatory drug -
- maść	ointment
- mieć gorączkę	to run a temperature -
- mieć katar	to have a runny nose -
- nadciśnienie/niskie ciśnienie	high/low blood pressure
- niestrawność	indigestion
- niewydolność serca	heart failure
- oblać się potem	to break out sweat
- oczyścić ranę	to clean a wound
- odleżyny	bedsore
- odra	measles
- oparzenie	burn
- opatrzyć ranę	to dress a wound
- opryszczka	cold sore
- opuchlizna	swelling
- ospa wietrzna	chicken pox
- pęcherz, bąbel	blister
- półpasiec	shingles
- przeziębienie się	to catch a cold
- rak	cancer
- recepta	prescription
- rozpuścić w wodzie	to dissolve in water -
- siniak	bruise
- sole trzeźwiące	smelling salts
- szczepionka	vaccine
- środek odkażający	antiseptic
- środek przeciwbólowy	pain killer
- środek przeczyszczający	laxative

suppository	- <i>czopek</i>
swelling	- <i>opuchlizna</i>
to apply a dressing -	- <i>założyć opatrunek</i>
to bandage	- <i>bandażować</i>
to be on antibiotics -	- <i>być na antybiotykach</i>
to bleed	- <i>krwawić</i>
to break out sweat	- <i>oblać się potem</i>
to catch a cold	- <i>przeziębienie się</i>
to change a dressing -	- <i>zmienić opatrunek</i>
to clean a wound	- <i>oczyścić ranę</i>
to cough	- <i>kaszleć</i>
to develop an illness -	- <i>zachorować na coś</i>
to dissolve in water -	- <i>rozpuścić w wodzie</i>
to dress a wound	- <i>opatrzyć ranę</i>
to ease the pain	- <i>zmniejszyć ból</i>
to faint	- <i>zemdleć</i>
to have a runny nose -	- <i>mieć katar</i>
to hurt	- <i>boleć</i>
to pick up sth	- <i>złapać coś, zarazić się czymś</i>
to run a temperature -	- <i>mieć gorączkę</i>
to sneeze	- <i>kichać</i>
to vomit	- <i>wymiotować</i>
tranquilliser	- <i>środek uspokajający</i>
travel sickness	- <i>choroba lokomocyjna</i>

- <i>środek uspokajający</i>	sedative
- <i>środek uspokajający</i>	tranquilliser
- <i>świnka</i>	mumps
- <i>tabletki do ssania na kaszel</i>	cough sweet
- <i>trąd</i>	leprosy
- <i>witamina</i>	vitamin
- <i>woda utleniona</i>	hydrogen peroxide -
- <i>wrząd</i>	ulcer
- <i>wymiotować</i>	to vomit
- <i>wymioty</i>	vomiting
- <i>wymioty / mdłości</i>	nausea
- <i>wysypka</i>	rash
- <i>zachorować na coś</i>	to develop an illness -
- <i>zaczerwienienie</i>	redness
- <i>założyć opatrunek</i>	to apply a dressing -
- <i>zapalenie opon mózgowych</i>	meningitis
- <i>zapalenie oskrzeli</i>	bronchitis
- <i>zapchany nos</i>	nasal congestion
- <i>zawał serca</i>	heart disease
- <i>zemdleć</i>	to faint
- <i>zgaga</i>	heartburn
- <i>złamana ręka/noga</i>	broken arm/leg
- <i>złapać coś, zarazić się czymś</i>	to pick up sth
- <i>zmienić opatrunek</i>	to change a dressing -

ulcer	- wrzód
vaccine	- szczepionka
varicose veins	- żylaki
vitamin	- witamina
vomiting	- wymioty

- zmniejszyć ból	to ease the pain
- zwykle przeziębienie	common cold
- żylaki	varicose veins
-lek przeciwdepresyjny	anti-depressant
-lekarstwo	medicine

Materialy z Internetu

<http://wordki.pl/angielski/23773.html>

accident	wypadek
asthma	astma
backache	ból pleców
blind	niewidomy
broken arm	złamana ręka
broken ribs	złamane żebra
burn	oparzenie
cancer	rak
lung cancer	rak płuc
cold	przeziębienie
condition	schorzenie
skin condition	schorzenie skóry
cough	kaszel
deaf	głuchy
disabled	niepełnosprawny
mentally disabled	niepełnosprawny umysłowo
physically disabled	niepełnosprawny fizycznie
dizziness	zawroty głowy
dumb	niemy
earache	ból ucha
fast pulse	szybkie tętno
fever	gorączka
flu	grypa
food poisoning	zatrucie pokarmowe
hard of hearing	niedosłyszący
headache	ból głowy
heart attack	zawał serca
heart disease	choroba serca
heart-related illnesses	choroby związane z układem krążenia
hypochondriac	hipochondryk

ill	<i>chory</i>
illness/disease	<i>choroba</i>
fatal illness/disease	<i>śmiertelna choroba</i>
infected	<i>zarażony, zakażony</i>
injured	<i>kontuzjowany, ranny</i>
injury	<i>uraz, obrażenie, kontuzja</i>
insect bite	<i>ukąszenie owada</i>
insomnia	<i>bezsenność</i>
irritated	<i>podrażniony</i>
jaundice	<i>żółtaczka, zażółcenie skóry</i>
measles	<i>odra</i>
mumps	<i>świnka</i>
numb	<i>zdrętwiały, bez czucia</i>
pain	<i>ból</i>
painful	<i>bolesny</i>
pneumonia	<i>zapalenie płuc</i>
rash	<i>wysypka</i>
runny nose	<i>katar</i>
scratch	<i>zadrapanie</i>
short-sighted	<i>krótkowzroczny</i>
sore throat	<i>bolące gardło</i>
sprained wrist	<i>skręcony nadgarstek</i>
stomach cramp	<i>skurcz żołądka</i>
stomachache	<i>ból brzucha</i>
stroke	<i>udar</i>
swollen tonsils	<i>powiększone migdałki</i>
symptom	<i>objaw</i>
toothache	<i>ból zęba</i>
twisted ankle	<i>zwichnięta kostka</i>
upset stomach	<i>problemy z żołądkiem</i>
virus	<i>wirus</i>
wound	<i>rana</i>
wounded	<i>ranny</i>

<https://www.ingless.pl/artukul/choroby-i-dolegliwosci-w-jezyku-angielskim/>

Choroby (illnesses)

Choroby dzielimy na uleczalne (*curable*) i nieuleczalne (*incurable*).

Alzheimer's disease – Alzheimer

anaemia – anemia

appendicitis – zapalenie wyrostka robaczkowego

asthma – astma
bulimia – bulimia
cancer – rak
epilepsy – epilepsja
fever – gorączka
flu – grypa
gastro-enteritis – zapalenie żołądka i jelit
insomnia – bezsenność
jaundice – żółtaczką
leukemia – białaczka
measles – odra
meningitis – zapalenie opon mózgowych
mental disease – choroba psychiczna
mumps – świnka
plague – dżuma
pneumonia – zapalenie płuc
rabies – wścieklizna
rash – wysypka
rheumatism – reumatyzm
rubella – różyczka
tonsillitis – zapalenie migdałków
tuberculosis – gruźlica
venereal disease – choroba przenoszona drogą płciową

Dolegliwości (afflictions)

ache – ból
allergy – alergia
attack – napad
backache – ból pleców/krzyża
bellyache – ból brzucha
bite – ukąszenie
bleeding – krwawienie
bruise – siniak
bump – guz

burn – oparzenie
chills – dreszcze
cold – katar
concussion – wstrząśnienie mózgu
cough – kaszel
cut – rozcięcie
diarrhoea – biegunka
dislocation – zwichnięcie
faint – omdlenie
fatigue – zmęczenie
food poisoning – zatrucie pokarmowe
fracture – złamanie
hangover – kac
headache – ból głowy
hiccups – czkawka
indigestion – niestrawność
infection – infekcja
injury – uraz/kontuzja
nausea – mdłości
pain – ból
rash – wysypka
runny nose – katar
sore throat – ból gardła
sprain – skręcenie
stroke – zawał
sunstroke – udar słoneczny
toothache – ból zęba
wound – rana

Links

<https://www.helloangielski.pl/rozmowki/choroby-po-angielsku/>

<https://www.gettinenglish.com/choroba-i-objawy/>

<https://fiskoteka.pl/zestaw/320232-nazwy-chorob-i-dolegliwosci-angielski>

I've been having this dry cough for the past 2 days.

Mam suchy kaszel od dwóch dni.

cough	kaszel
rash	wysypka
inflammation	zapalenie
blister	pęcherzyk
sneezing	kichanie
swollen	spuchnięty
unconscious	nieprzytomny
diarrhoea	biegunka
dizzy	zawroty głowy
stroke	wylew
food poisoning	zatrucie pokarmowe
sprained ankle	skręcona kostka
bruise	siniak
wound	rana

a **condition** choroba przewlekła

He has a heart condition, he has to take care of himself, take medications and he'll live for a long time.

Ma problem z sercem, musi o siebie dbać, brać leki i będzie żył jeszcze długie lata.

fit	attack
coma	śpiączka

The footballer was in a state of coma for over two weeks.

Piłkarz był w stanie śpiączki przez ponad dwa tygodnie.

tuberculosis gruźlica

smallpox oспа

brittle hair łamliwe włosy

mental disability niepełnosprawność umysłowa

photosensitivity nadwrażliwość na światło

terminally ill nieuleczalnie chory

Despite being terminally ill, John decided to go to Australia.

Pomimo nieuleczalnej choroby, John postanowił wyjechać do Australii.

upset stomach rozstrój żołądka

sterility bezpłodność

throbbing pain ból kłujący

labour pains bóle porodowe

C section cesarskie cięcie

to feel downhearted być przygnębionym

hereditary disorder choroba dziedziczna

circulatory diseases choroby układu krążenia

coronary heart disease Choroba wieńcowa

viral disease choroba wirusowa

contagious disease choroba zakaźna

diabetes cukrzyca

hic cup czkawka

chills dreszcze

icterus żółtaczka

mumps świnka

rubella różyczka

tetanus tężec

dyspnoea	duszność
myopia	krótkowzroczność
hyperopic	nadwzroczność
plague	dżuma
plaque	kamień nazębny
measles	odra
leprosy	trąd
bump	guz
admissions	izba przyjęć
catarrh	katar
colic	kolka
haemorrhage	krwotok
coagulation	krzepliwość krwi
cramp	kurcz
cirrhosis of the liver	marskość wątroby
sclerosis	miażdżycy
tingling	mrowienie
hypertension	nadciśnienie
to strain muscles	nadwreżyć mięsień
benign tumour	nowotwór łagodny
malignant tumour	nowotwór złośliwy
nausea	nudności
callus	odcisk
graze	otarcie skóry
ICU	Intensive Care Unit
filling	plomba

prevention	profilaktyka
caries	próchnica
hernia	przepuklina
scab	strup
midwife	położna
vaccine	szczepionka
syringe	strzykawka
enamel	szkliwo
itching	swędzenie
denture	sztuczna szczęka
oxygenated water	woda utleniona
ulcer	wrzód
brain haemorrhage	wylew
flatulence	wzdęcie
cataracts	zaćma
to put in plaster	założyć gips
scratch	zadrapanie
arthritis	zapalenie stawu
appendicitis	zapalenie wyrostka
constipation	zaparcie
strabismus	zez
acidity	zgaga
cyst	torbiel
varicose veins	żylaki

<http://www.e-angielski.com/slowka/choroby>

<i>Polish word</i>	English word
<i>anemia</i>	anaemia
<i>astma</i>	asthma
<i>atak serca</i>	heart attack
<i>bezsenność</i>	insomnia
<i>ból</i>	pain
<i>ból gardła</i>	sore throat
<i>ból pleców</i>	backache
<i>ból zęba</i>	toothache
<i>czkawka</i>	hiccups
<i>dolegliwość</i>	ailment
<i>dreszcze</i>	shivers
<i>gorączka</i>	fever
<i>gruźlica</i>	tuberculosis
<i>grypa</i>	flu
<i>guz</i>	tumor
<i>katar sienny</i>	hayfever
<i>migdalki</i>	tonsils
<i>rak</i>	cancer
<i>odra</i>	measles
<i>ospa wietrzna</i>	chickenpox
<i>porażenie słoneczne</i>	sunstroke
<i>przeziębienie</i>	cold
<i>różyczka</i>	German measles
<i>szkarlatyna</i>	scarlet fever
<i>świnka</i>	mumps
<i>zapalenie płuc</i>	pneumonia
<i>złamanie</i>	fracture
<i>żółtaczka</i>	jaundice

Słownictwo - alfabetycznie

<i>Polish word</i>	English word
<i>anemia</i>	anaemia
<i>astma</i>	asthma
<i>atak serca</i>	heart attack
<i>bezsenność</i>	insomnia
<i>ból</i>	pain

English word	<i>Polish word</i>
ailment	<i>dolegliwość</i>
anaemia	<i>anemia</i>
asthma	<i>astma</i>
backache	<i>ból pleców</i>
cancer	<i>rak</i>

<i>ból gardła</i>	sore throat
<i>ból pleców</i>	backache
<i>ból zęba</i>	toothache
<i>czkawka</i>	hiccups
<i>dolegliwość</i>	ailment
<i>dreszcze</i>	shivers
<i>gorączka</i>	fever
<i>gruźlica</i>	tuberculosis
<i>grypa</i>	flu
<i>guz</i>	tumor
<i>katar sienny</i>	hayfever
<i>migdałki</i>	tonsils
<i>rak</i>	cancer
<i>odra</i>	measles
<i>ospa wietrzna</i>	chickenpox
<i>porażenie słoneczne</i>	sunstroke
<i>przeziębienie</i>	cold
<i>różyczka</i>	German measles
<i>szkarlatyna</i>	scarlet fever
<i>świnka</i>	mumps
<i>zapalenie płuc</i>	pneumonia
<i>złamanie</i>	fracture
<i>żółtaczka</i>	jaundice

chickenpox	<i>ospa wietrzna</i>
cold	<i>przeziębienie</i>
fever	<i>gorączka</i>
flu	<i>grypa</i>
fracture	<i>złamanie</i>
German measles	<i>różyczka</i>
hayfever	<i>katar sienny</i>
heart attack	<i>atak serca</i>
hiccups	<i>czkawka</i>
insomnia	<i>bezsenność</i>
jaundice	<i>żółtaczka</i>
measles	<i>odra</i>
mumps	<i>świnka</i>
pain	<i>ból</i>
pneumonia	<i>zapalenie płuc</i>
scarlet fever	<i>szkarlatyna</i>
shivers	<i>dreszcze</i>
sore throat	<i>ból gardła</i>
sunstroke	<i>porażenie słoneczne</i>
tonsils	<i>migdałki</i>
toothache	<i>ból zęba</i>
tuberculosis	<i>gruźlica</i>
tumor	<i>guz</i>

Przykładowe zdania

English	Examples	Examples	Examples
broken arm/leg - <i>złamana ręka/noga</i> <i>I think my leg is broken.</i>	His broken arm was the result of a slip on the ice	He got a number of injuries in the car accident, including a broken arm and leg	In his first season, Jimmy Smith suffered a broken leg .
bronchitis - <i>zapalenie oskrzeli</i>	an illness in which the bronchial tubes become infected and swollen, resulting in coughing and difficulty in breathing	I have had a very severe attack of bronchitis .	Bronchitis set in and he lost his voice. <i>Zapalenie oskrzeli wpadło i stracił głos.</i>

<p>burn – <i>oparzenie</i> <i>I've burnt my fingers.</i></p>	<p>to be hurt, damaged, or destroyed by fire or extreme heat, or to cause this to happen:</p>	<p>He was badly burned in the blaze. <i>Był poważnie spalony w płomieniach.</i></p>	<p>On her first day in the Caribbean Josie was badly burned (= her skin became red and painful from too much sun).</p>
<p>cancer - <i>rak</i></p>	<p>a serious disease that is caused when cells in the body grow in a way that is uncontrolled and not normal, killing normal cells and often causing death:</p>	<p>He died of liver cancer. Ninety percent of lung cancers are caused by smoking.</p>	<p>Her mother died of breast cancer. Jane was just 25 when she learned she had cancer. It was a secondary cancer.</p>
<p>chicken pox / chickenpox - <i>ospa wietrzna</i></p>	<p>chickenpox - an infectious disease that causes a slight fever and red spots on the skin. They both came down with the chicken pox at the same time.</p>	<p>a highly communicable viral disease most commonly affecting children, characterized by slight fever and the eruption of a rash</p>	<p>Chickenpox is a disease which gives you a high temperature and red spots that itch. Another question is how long the vaccine will protect against chicken pox.</p>
<p>common cold - <i>zwykłe przeziębienie</i></p>	<p>a slight illness that a lot of people catch, causing a cough, sore throat, and blocked nose. <i>They are arguably second only to the common cold as a cause of human viral infections.</i></p>	<p>The common cold is a mild illness. <i>If you have it, your nose is blocked or runny and you have a sore throat or a cough.</i></p>	<p>a mild viral infection of the upper respiratory tract, characterized by sneezing, coughing, watery eyes, nasal congestion, sore throat, etc <i>First, a fellow in Germany found the cure for the common cold.</i></p>
<p>colic - <i>kolka</i></p>	<p>a severe but not continuous pain in the bottom part of the stomach or bowels, especially in` babies</p>	<p>Colic is an illness in which you get severe pains in your stomach and bowels. <i>Babies especially suffer from colic.</i></p>	<p>The doctor said it was colic and that she would grow out of it. <i>This caused frequent outbreaks of colic or wine disease throughout Europe.</i></p>
<p>diabetes - <i>cukrzyca</i></p>	<p>a disease in which the body cannot control the level of sugar in the blood</p>	<p>Being too heavy can cause health problems, such as diabetes.</p>	<p>People with diabetes should not eat foods with sugar.</p>

diarrhoea / diarrhea - <i>biegunka</i>	an illness in which the body's solid waste is more liquid than usual and comes out of the body more often:	If someone has diarrhoea , a lot of liquid excrements comes out of their body because they are ill.	But the food itself was barely digestible, and many team members suffered from diarrhea or constipation.
flu - <i>grypa</i>	a common infectious illness that causes fever and headache: <i>Flu is an illness which is similar to a bad cold but more serious. It often makes you feel very weak and makes your muscles hurt.</i>	She's very hot and shivery, so I think she must have flu . <i>There are lots of people off school this week with flu.</i>	I got flu . <i>He had come down with the flu.</i> However, the primary symptom of the yuppie flu is fatigue. <i>Flu is quite contagious and travels quickly through households and offices.</i>
heart attack - <i>atak serca</i> <i>I had a heart attack in May.</i>	a serious medical condition in which the heart does not get enough blood, causing great pain and often leading to death:	He collapsed and died of a heart attack . <i>Since my heart attack, I've cut fatty foods out altogether.</i>	If someone has a heart attack , their heart begins to beat very irregularly or stops completely. <i>He died of a heart attack brought on by overwork.</i>
heart disease - <i>zawał serca</i>	a medical condition affecting the heart: <i>Heart disease is the leading cause of death in many Western countries.</i>	disease affecting the heart. <i>Heart disease and stroke are still the nation's biggest killers.</i>	HEALTHY people almost double their risk of heart disease by worrying about being ill, a study says.
heart failure - <i>niewydolność serca</i>	an occasion when the heart stops working correctly or stops completely. <i>He remained in a critical condition after suffering heart failure.</i>	The patient died of refractory heart failure one month later. <i>Almost a million people in Britain have heart failure, a condition in which heart muscles struggle to pump enough blood.</i>	Heart failure is a serious medical condition in which someone's heart does not work as well as it should, sometimes stopping completely so that they die.
heartburn - <i>zgaga</i>	a painful burning feeling in the lower chest caused by the stomach not digesting food correctly	Heartburn is a painful burning sensation in your chest, caused by indigestion.	Medics gave him milk and heartburn medicine before discharging him.

infection - <i>infekcja</i>	An <i>infection</i> is a disease caused by germs or bacteria.	Ear infections are common in pre-school children. Exactly which bacteria cause the infection is still unknown.	But then the number of infections began to grow in 1985. <i>It had watery eyes and signs of an upper respiratory infection.</i>
leprosy - <i>trąd</i>	an infectious disease that damages a person's nerves and skin. Leprosy is an infectious disease that damages people's flesh. People with leprosy are forbidden from holding government or parliamentary posts.	Clinical examination was performed for signs and symptoms of leprosy.	One of the earliest recorded epidemic diseases was leprosy . They had leprosy , a disease for which there was no cure
measles - <i>odra</i>	the measles an infectious disease that produces small, red spots all over the body: Measles is an infectious illness that gives you a high temperature and red spots on your skin.	Measles vaccine efficacy during an outbreak in a highly vaccinated population: incremental increase in protection with age at vaccination up to 18 months.	They have not seen a case of measles for more than three years. <i>The number of confirmed cases of measles has increased dramatically this year.</i>
meningitis - <i>zapalenie opon mózgowych</i>	a serious infectious disease that causes the tissues around the brain and spinal cord to swell. <i>While viral meningitis tends to strike more in the summer, bacterial meningitis peaks in the winter.</i>	Meningitis is a serious infectious illness which affects your brain and spinal cord. <i>But the good news is that viral meningitis is nowhere near as serious as bacterial meningitis.</i>	Not doing them could miss signs of sepsis, meningitis or pneumonia with lives being lost as a result, charities say. <i>The hospital has been monitoring three other children for possible meningitis.</i>
mumps - <i>świnka</i>	the mumps an infectious disease that causes painful swelling in the neck and slight fever:	Well, I caution you, that getting the mumps ... adult could result a serious complications.	I've had measles, mumps and whooping cough.

shingles - <i>półpasiec</i>	an acute viral disease affecting the ganglia of certain nerves, characterized by inflammation, pain, and skin eruptions along the course of the affected nerve	a disease caused by a virus that infects particular nerves and that produces a line or lines of painful red spots, especially around the waist	The new shingles vaccine is given as a one-off dose and is being phased in gradually across the UK.
travel sickness - <i>choroba lokomocyjna</i>	a feeling of illness, especially of needing to vomit, that some people get in a moving vehicle. <i>These animals are particularly vulnerable to travel sickness.</i>	If someone has travel sickness , they feel sick as a result of travelling in a vehicle.	<i>Other complaints included window advertising which blocked the views outside and caused travel sickness in some passengers..</i>
ulcer - <i>wrzód</i>	a break in the skin, or on the surface of an organ inside the body, that does not heal naturally: <i>The most common is recurrent mouth ulcers.</i>	a sore on the skin or inside the body that will not heal without treatment: <i>They treated his ulcer a few years back.</i>	An ulcer is a sore area on the outside or inside of your body which is very painful and may bleed or produce an unpleasant poisonous substance.
varicose veins - <i>żyłaki</i>	a condition in which the tubes that carry blood, esp. those in the legs, are swollen and can be seen on the skin:	He was taken to a hospital, where he was told that absolute rest was required and that only surgery would repair the varicose veins .	They were all ages and sizes, yet nobody seemed worried about wearing shorts with varicose veins and chubby knees showing.
ache – <i>ból</i> <i>I want something for a headache.</i>	a continuous pain that is unpleasant but not very strong: <i>She felt a persistent ache at the back of her head.</i>	As you get older, you have all sorts of aches and pains.	I've got a dull (= slight) ache in my lower back
bedsore - <i>odleżyny</i>	a painful place on the body, caused by having to lie in bed for a long time	This old lady is confined to bed, paralysed and incontinent, and suffers from bedsores .	Lacking proper assistance, pain control, and dietary advice, patients are prone to develop bedsores and infections at an earlier stage.

<p>blister - <i>pęcherz, bąbel</i></p>	<p>a painful swelling on the skin that contains liquid, caused usually by continuous rubbing, especially on your foot, or by burning:</p>	<p>A blister is a painful swelling on the surface of your skin. Blisters contain a clear liquid and are usually caused by heat or by something repeatedly rubbing your skin. <i>New shoes always give me blisters.</i></p>	<p>a hollow rounded swelling that appears on a surface</p>
<p>bruise – <i>siniak</i> <i>Could you have a look at this bruise?</i></p>	<p>an injury or mark where the skin has not been broken but is darker in colour, often as a result of being hit by something: <i>If you have a low platelet count you may notice that you bruise more easily.</i></p>	<p>Fruits and vegetables have also been genetically engineered so that they do not bruise as easily, or so that they have a longer shelf life.</p>	<p>His arms and back were covered in bruises. <i>She had a few cuts and bruises but nothing serious.</i> One or two of the peaches had bruises on them.</p>
<p>cold sore - <i>opryszczka</i></p>	<p>a painful, red swelling, especially on the lips or nose, that is caused by a virus</p>	<p>A cold sore on my mouth refused to heal.</p>	<p>It was merely a cold sore in an unusual place until the 1970s.</p>
<p>cough – <i>kaszel</i> <i>I haev a bad cough.</i> <i>I want something for a cough</i></p>	<p>an act of forcing air out of your lungs through your throat with a short, loud sound, often unwillingly:</p>	<p>an act or sound of coughing. <i>The smoke made me cough.</i> I coughed all night long.</p>	<p>He was interrupted by a discrete cough behind him.</p>
<p>fever – <i>gorączka</i> <i>I've got a fever.</i></p>	<p>a medical condition in which the body temperature is higher than usual and the heart beats very fast:</p>	<p>If you have a fever you should drink plenty of fluid(s).</p>	<p>Signs of the illness include fever, nausea and vomiting.</p>
<p>high/low blood pressure - <i>nadciśnienie/niskie ciśnienie</i></p>	<p>high blood pressure - a medical condition in which the force of the blood against the walls of the arteries as the blood travels through them is greater than is considered healthy</p>	<p>High blood pressure increases the risk of heart attacks.</p>	<p>The most serious side effects are shallow breathing, low blood pressure and shock.</p>

indigestion – <i>niestrawność</i> <i>I have indigestion.</i>	pain that you get in your stomach when you have eaten food that is difficult to digest:	an uncomfortable condition caused when your body cannot digest food after you have eaten it:	Greasy food gives me indigestion. <i>Do you suffer from indigestion after you have eaten?</i>
nasal congestion - <i>zapchany nos</i>	Nasal congestion is the blockage of the nasal passages usually due to membranes lining the nose becoming swollen from inflamed blood vessels	Nasal congestion has many causes and can range from a mild annoyance to a life-threatening condition	Respiratory, Thoracic and Mediastinal Disorders Common: - nasal congestion .
nausea - <i>wymioty / mdłości</i> <i>I have nausea.</i>	the feeling that you are going to vomit: <i>Nausea is the condition of feeling sick and the feeling that you are going to vomit.</i>	The severity of nausea should also be measured, as should the frequency and duration of vomiting.	I was overcome with a feeling of nausea . <i>It can cause stomach pain and nausea.</i>
nosebleed - <i>krwotok z nosa</i>	an occasion when blood comes out of a person's nose:	If someone has a nosebleed , blood comes out from inside their nose.	He's always sniffing and frequently has nosebleeds .
pain - <i>ból</i>	a feeling of physical suffering caused by injury or illness: Her symptoms included abdominal pain and vomiting.	Pain is the feeling of great discomfort you have, for example when you have been hurt or when you are ill.	I felt a sharp pain in my lower back. <i>She was in constant pain.</i>
rash - <i>wysypka</i>	A rash is 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.	a lot of small red spots on the skin: <i>I noticed a rash on my leg.</i> He may break out in a rash when he eats these nuts.	I've got an itchy rash all over my chest. <i>If you stay in the sun too long you'll get (a) heat rash.</i>
redness - <i>zaczerwienienie</i>	the quality of being red in colour; used especially about skin that is sore or unhealthy:	Her scar healed, but the redness remained for a long time. <i>Severe peanut reactions can include redness and swelling of the face.</i>	They help to flatten the scars and reduce redness . <i>The medicine may cause temporary skin redness and dryness.</i>

shivers - <i>dreszcze</i>	the act of shaking slightly because you are frightened, cold, or ill: <i>an attack of shivering, esp caused by fear or illness</i>	I shivered , chilled to the bone. <i>They are shivering, but they are also shaking with temper.</i> This sent shivers up my spine.	She's aching and she has the shivers , so I've sent her to bed. <i>She gave a little shiver as the wind flicked at her bare arms</i>
sore throat - <i>ból gardła</i> <i>I have a sore throat.</i>	a condition in which your throat is red and feels painful, especially when you swallow : <i>She has a sore throat and a fever.</i>	Blood disorder which may be characterised by fever or chills, sore throat, ulcers in your mouth or ...	Do you remember that patient you saw with the sore throat ?
swelling - <i>opuchlizna</i>	a part of your body that has become bigger because of illness or injury: <i>Put your foot into cold water to help the swelling go down.</i>	A swelling is a raised, curved shape on the surface of your body which appears as a result of an injury or an illness.	His eye was partly closed, and there was a swelling over his lid. <i>There is some swelling and he is being detained for observation.</i>
vomiting – <i>wymioty</i> <i>I've been vomitting.</i>	the act of emptying the contents of the stomach through the mouth: <i>What causes nausea and vomiting in pregnancy?</i> <i>If vomiting continues for more than 12 hours, see your doctor.</i>	the act of ejecting the contents of the stomach through the mouth as the result of involuntary muscular spasms of the stomach and oesophagus	Exposure to the chemical can cause nausea, vomiting , and low blood pressure. <i>In children, the flu is often accompanied by vomiting.</i>
to bleed - <i>krwawić</i>	to lose blood:	She was found unconscious and bleeding .	What's the matter with your hand? It's bleeding
to break out sweat - break into a sweat /break out in a sweat <i>oblać się potem</i>	to start sweating to become very nervous or frightened <i>I'd blush red as a beet and break out in a sweat</i>	I didn't even break out in a sweat . <i>I began to break into a sweat.</i>	He was very weak and his body trembled and broke into sweats whenever he tried to sleep.
to catch a cold - <i>przeziębic się</i> <i>I've caught a cold.</i>	Be careful not to catch a cold	Can't afford to catch a cold .	I'm going to run around outside with a wet head and try to catch a cold .

to cough - <i>kaszleć</i>	to force air out of your lungs through your throat with a short, loud sound: <i>John began to cough violently. Coughs and sneezes spread infections much faster in a warm atmosphere.</i>	When you cough, you force air out of your throat with a sudden, harsh noise. You often cough when you are ill, or when you are nervous or want to attract someone's attention.	The smoke made me cough . <i>I coughed all night long. He was then overcome by a terrible fit of coughing.</i>
to develop an illness - <i>zachorować na coś</i>	After an incubation of 8-10 days, a mild and usually self-limited flu-like illness develops .	Women are up to 40% more likely than men to develop mental health conditions, according to new analysis by a clinical psychologist at Oxford University.	
to faint – <i>zemdleć</i> <i>I fainted.</i>	If you faint , you lose consciousness for a short time, especially because you are hungry, or because of pain, heat, or shock.	to suddenly become unconscious for a short time, usually falling down:	She suddenly fell forward on to the table and fainted . <i>I nearly fainted in the heat.</i>
to have a runny nose - <i>mieć katar</i>	If your nose is runny , it is producing more mucus than usual, usually because you are ill:	His throat does not usually cause runny nose , voice changes or cough.	I've got a runny nose. <i>Other features may include a runny nose and swelling of the conjunctiva.</i>
to hurt – <i>boleć</i> <i>My stomach hurts.</i>	to feel pain in a part of your body, or to injure someone or cause them pain:	If you hurt yourself or hurt a part of your body, you feel pain because you have injured yourself.	Tell me where it hurts . My head hurts . She says that her ear hurts her.
to pick up sth - <i>złapać coś, zarazić się czymś</i>			
to run a temperature - <i>mieć gorączkę</i>	to have a body temperature that is higher than normal, because you are ill	If you are running a temperature or if you have a temperature, your temperature is higher than it usually is.	He began to run an extremely high temperature .

to sneeze - <i>kichać</i>	When you sneeze , you suddenly take in your breath and then blow it down your nose noisily without being able to stop yourself, for example because you have a cold.	<i>What exactly happens when we sneeze?</i> When you sneeze, air and often small drops of liquid suddenly come out of your nose and mouth in a way you cannot control	See your doctor now to beat summer sneezing . <i>My nose is tickling, I think I'm going to sneeze.</i>
to vomit - <i>wymiotować</i>	to empty the contents of the stomach through the mouth: <i>Any product made from cow's milk made him vomit</i>	If you vomit , food and drink comes back up from your stomach and out through your mouth.	He came home drunk and vomited all over the kitchen floor.
antibiotic antybiotyk	A medicine (such as penicillin or its derivatives) that inhibits the growth of or destroys microorganisms. antibiotic resistance.	The patient was treated with oral antibiotic therapy. Antibiotics can't kill viruses.	Strep throat. Here's a prescription for an antibiotic .
anti-depressant <i>lek przeciwdepresyjny</i>	People with both major or less severe depression often respond well to antidepressant medication.	Chiefly of a drug, used to alleviate depression. She's been on antidepressants ever since her husband died.	I'm going to take a tranquilizer, an anti-depressant and a sleeping pill.
anti-inflammatory drug <i>lek przeciwzapalny</i>	Painkillers (such as paracetamol and codeine) or anti-inflammatories (such as ibuprofen) may help to control the pain if the symptoms are mild.	Mavacoxib is a non-steroidal anti-inflammatory drug (NSAID) of the coxib class.	The administration of a non-steroidal anti-inflammatory drugs may reduce the antihypertensive effect of ACE inhibitors.
antiseptic <i>środek odkażający</i>	Surgical antiseptic techniques are now the go.	A warm bath, antibacterial soap, or antiseptic medicine to stop infection may help.	It has anti-inflammatory and antiseptic properties.
aspirin <i>aspiryna</i>	Allergy is more common in those people who are allergic to aspirin .	Both aspirin and warfarin reduce the risk of blood clots that can cause stroke.	My husband's an aspirin addict.

capsule <i>kapsułka</i>	If you are taking the sustained-release capsule : swallow the capsule whole.	The capsule(s) must be swallowed whole, and must not be chewed crushed or divided.	Officially, the capsule attracts all the fat cells and flushes them away.
cough sweet <i>tabletki do ssania na kaszel</i>	a lozenge to relieve a cough	a hard, sweet piece of medicine that you suck on to help a cough get better	Isn't that a cough sweet ?
dose <i>dawka</i>	a measured amount of something such as <u>medicine</u> :	You will then continue treatment with this dose , also called the maintenance dose .	
ear drops <i>krople do uszu</i>	liquid medicine put into the ears, usually to cure an ear <u>infection</u>	liquid medication to be applied in small amounts to the ear.	
eye drops <i>krople do oczu</i>	liquid medication to be applied in very small amounts to the eyeball.		
hydrogen peroxide <i>woda utleniona</i>	a clear liquid chemical used to kill bacteria, to remove colour from cloth, and to bleach hair	Typically, hydrogen peroxide is an oxidizing and reducing agent.	
insulin <i>insulina</i>	a hormone in the body that controls the amount of sugar in the blood:	a hormone produced in the pancreas by the islets of Langerhans that regulates the amount of glucose in the blood. The lack of insulin causes a form of diabetes.	
iodine <i>jodyna</i> <i>Can I have a iodine?</i>	a chemical element that is found in small amounts in sea water and used to prevent infection	Not so long ago, tincture of iodine was one of the most popular of antiseptics.	
laxative <i>środek przeczyszczający</i>	(chiefly of a drug or medicine) tending to stimulate or facilitate evacuation of the bowels.	<i>a substance that helps a person excrete the contents of the bowels</i>	

medicine <i>lekarstwo</i> <i>I'd like you to prescribe some medicine for me.</i>	Treatment for illness or injury. A compound or preparation used for the treatment or prevention of disease, especially a drug or drugs taken by mouth.	the science or practice of the diagnosis, treatment, and prevention of disease (in technical use often taken to exclude surgery).	
ointment <i>maść</i>	A thick substance, usually containing medicine, that is put on the skin where it is sore or where there is an injury, in order to cure it:	a smooth oily preparation that is rubbed on the skin for medicinal purposes or as a cosmetic.	
pain killer <i>środek przeciwbólowy</i>	A drug that is used to reduce or remove physical pain: A drug or medicine for relieving pain.	The body produces chemicals that are natural painkillers .	
sedative <i>środek uspokajający</i>	a drug used to calm a person or animal or to make them sleep	a drug taken for its calming or sleep-inducing effect.	
smelling salts <i>sole trzeźwiące</i>	a chemical with a strong smell that is put under the nose of people who have become unconscious in order to make them awake again	Alex was waving some smelling salts in front of her face.	
suppository <i>czopek</i>	a small, solid pill containing a drug that is put inside the anus, where it dissolves easily	This medicine may be a cream or a suppository that you put into your vagina with a special applicator.	
tranquiliser <i>środek uspokajający</i> <i>Can you prescribe a tranquilizer?</i>	a drug used to make a person or animal calmer:	a drug used to make a person or animal calmer:	
vaccine <i>szczepionka</i>	<i>a special substance that you take into your body to prevent a disease, and that contains a weakened or dead form of the disease-causing organism</i>	<i>Our children have been vaccinated for measles and other childhood diseases.</i>	

vitamin <i>witamina</i>	any of a group of natural substances that are necessary in small amounts for the growth and good health of the body:	Which vitamins should you take for skin problems?	
chemist <i>aptekarz</i>	pharmacist a person whose job is to prepare and sell medicines and other goods in a shop	As any chemist will tell you, the dose makes the poison.	
over the counter <i>bez recepty</i>	Drugs that are bought over the counter are bought in a shop without first visiting a doctor:	You can buy most cold remedies over the counter .	
pharmacist <i>farmaceuta</i>	a person who is trained to prepare and give out medicines in a hospital or shop. Taking antihistamine tablets may also help reduce itching - ask your pharmacist for advice.	a person who is professionally qualified to prepare and dispense medicinal drugs.	
prescription <i>recepta</i> <i>Can I get up without prescription?</i> <i>Can you make up this prescription for me?</i>	a piece of paper on which a doctor writes the details of the medicine or drugs that someone needs:	He scribbled a prescription for tranquillizers. <i>These drugs are only available on prescription.</i>	When a patient comes into the surgery the doctor wants to give them something that will help and the patient expects a prescription .
to apply a dressing <i>złożyć opatrunek</i>	put on a dressing . Wash and dry your hands before applying any dressing, and wear disposable surgical gloves if you have them.	a dressing it is a covering that is put on a cut or an area of damaged skin to protect it	

to bandage <i>bandażować</i>	<i>a strip of cloth that is used to cover an injury on someone's body to protect it</i>	They bandaged his wounds. Apply an antibiotic ointment and cover the wound with an adhesive bandage or gauze.	
to be on antibiotics <i>być na antybiotykach</i>	I am on antibiotics . Antibiotics are medical drugs used to kill bacteria and treat infections.	He's on antibiotics for an ear infection. My doctor put me on a course of antibiotics and I have to stay off work for a week.	
to change a dressing <i>zmienić opatrunek</i>	You need to change the dressing twice a day.	I'll write out instructions on how to change your dressings .	
to clean a wound <i>oczyścić ranę</i>	The doctor said that we had to clean the wounds twice a day.	We need to clean the wound with spirits.	
to dissolve in water <i>rozpuścić w wodzie</i>	Dissolve in water 2 grams of sodium chloride.	This substance dissolves in water .	
to dress a wound <i>opatrzyć ranę</i>	Paid a late-night visit to a local drugstore, bought supplies to dress a knife wound .	I need to dress a wound , but I don't know if it's infected.	
to ease the pain <i>zmniejszyć ból</i>	The nurse has given you something to ease the pain.	There are ways to ease the pain .	

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