

Glossary

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- 8.1 wellbeing** (n) /'welbi:ɪŋ/
general good physical and psychological health • *A good night's rest is essential for your own wellbeing.* ❖ dobre samopoczucie
- 8.2 hay fever** (n) /hɛɪ 'fi:və(r)/
the state of being unwell, e.g. sneezing because of pollen from flowers and trees • *Erica avoids country walks in springtime as she suffers from hay fever.* ❖ katar sienny
- 8.3 nutritionist** (n) /nju'tri:ʃənɪst/
a medical expert on healthy eating • *You should take advice from a qualified nutritionist rather than go on some weird diet you found on the internet.* > nutrition (n), nutritional, nutritious (adj) ❖ dietetyk
- 8.4 asthma** (n) /'æsmə/
a medical problem that affects the breathing system • *Although I love cats, I suffer from asthma which affects my breathing, so I can't have them indoors.* > asthmatic (adj) ❖ astma
- 8.5 plaster** (n) /'plɑ:stə(r)/
a hard cover around an arm or leg to keep a broken bone in place while it heals • *I had my wrist in plaster when I broke it.* ❖ gips
- 8.6 sling** (n) /slɪŋ/
a fabric support tied behind sb's neck and used to take the weight off a broken arm, wrist, etc. • *She had her broken arm in a sling.* ❖ temblak
- 8.7 face mask** (n) /'feɪs mɑ:sk/
a protective face covering worn to prevent catching or spreading disease • *The level of air pollution is so high in some cities that it's advisable to wear a face mask outside.* ❖ maseczka ochronna

Reading Pages 90–91

- 8.8 insomnia** (n) /ɪn'sɒmniə/
inability to sleep • *Drinking coffee in the evening could be the reason for your insomnia, so you'd sleep better if you cut down on it.* > insomniac (n) ❖ bezsenność
- 8.9 nap** (v) /næp/
take a short sleep • *In some hot countries, it's common to nap for a couple of hours in the afternoon.* > nap (n) ❖ drzemka

- 8.10 digestion** (n) /daɪ'dʒestʃən/
the process of breaking down and absorbing food in the body • *Eating too quickly is generally bad for your digestion.* > digestive, digestible (adj) ❖ trawienie
- 8.11 immunity** (n) /ɪ'mju:nəti/
the body's ability to resist infection and illness • *Lack of rest and sleep may lower your immunity to illness.* > immune (adj), immunise (v) ❖ odporność
- 8.12 rapid** (adj) /'ræpɪd/
quick • *The patient is doing well and making a rapid recovery.* > rapidity (n), rapidly (adv) ❖ szybki
- 8.13 rhythmically** (adv) /'rɪðmɪkli/
in a regular pattern of movements or sounds • *They danced rhythmically to the beat of the music.* > rhythm (n), rhythmic, rhythmical (adj) ❖ rytmicznie
- 8.14 sleepwalk** (v) /'sli:pwɔ:k/
walk around while still sleeping • *When Tom suddenly woke up in the kitchen, he realised he'd been sleepwalking.* > sleepwalker (n) ❖ lunatykować
- 8.15 lid** (n) /lɪd/
an eyelid; the skin that covers the eye when you close it • *After working on her laptop all day, Daisy's lids were closing, so she went to bed.* ❖ powieka
- 8.16 paralysed** (adj) /'pærəlaɪzd/
unable to move part or all of your body • *He couldn't walk after the accident because his back was paralysed.* > paralyse (v), paralysis (n) ❖ sparaliżowany
- 8.17 progressively** (adv) /prə'gresɪvli/
continuously step by step • *The snow was becoming progressively heavier as the day passed.* > progressive (adj), progress (n, v) ❖ progresywnie
- 8.18 circadian** (adj) /sɜ:'keɪdiən/
connected to the natural changes in living things in a 24-hour period • *Working night shifts disturbed my circadian rhythms, making it hard to sleep properly.* ❖ dobowy
- 8.19 drive** (n) /draɪv/
a strong need or wish to do sth • *The accident lessened his drive to succeed at all costs.* > drive (v), driving (adj) ❖ determinacja, silna potrzeba

- 8.20 sleepiness** (n) /ˈsliːpiːnəs/
a feeling of being very tired or about to sleep
• *Unable to concentrate any more due to sleepiness, she took a short nap.* > sleepy (adj), sleepily (adv) ❖ senność
- 8.21 battle** (n) /ˈbætl/
an effort to change a bad situation or to achieve sth in a difficult situation • *Sadly, the 80-year-old actress lost her battle against cancer.* > battle (v) ❖ walka
- 8.22 aid** (n) /eɪd/
sth, such as a device, that helps you to do sth
• *For me, reading a book is the best aid for a good night's sleep.* > aid (v) ❖ pomoc
- 8.23 sleep tracker** (n) /sliːp ˈtrækə(r)/
a device that records your sleep patterns
• *He wore a sleep tracker on his wrist to make sure he was getting enough sleep.*
❖ urządzenie do śledzenia snu
- 8.24 inability** (n) /ˌɪnəˈbɪləti/
the lack of ability • *Their inability to see the path made the descent risky.* ❖ niezdolność
👉 Opp: ability
- 8.25 in-built** (adj) /ˌɪnbɪlt/
that exists as an integral or natural part of sth
• *Cats have an in-built ability to see in the dark.* ❖ wbudowany
- 8.31 rash** (n) /ræʃ/
an area of red spots on sb's skin • *When she touched the caterpillar, she got a rash on her arm.* ❖ wysypka
- 8.32 scar** (n) /skɑː(r)/
a mark left on the skin after a cut has healed
• *He has a scar on his leg from an operation he had years ago.* > scar (v) ❖ blizna
- 8.33 stitch** (n) /stɪtʃ/
a piece of thread used to join the two sides of a cut on the skin • *The cut on your finger will need three stitches.* > stitch (v)
❖ szew
- 8.34 swell** (v) /swel/
get bigger or rounder • *Her broken toe had swollen up and turned blue.* > swelling (n), swollen (adj) ❖ puchnąć
- 8.35 transplant** (n) /ˈtrænsplɑːnt/
an operation to replace an organ in sb's body
• *The patient is recovering well after her lung transplant.* > transplant (v) ❖ przeszczep
- 8.36 lean** (adj) /liːn/
thin and strong • *Although she eats a lot, she stays lean by walking to work.* ❖ szczupły
- 8.37 toned** (adj) /təʊnd/
well-exercised and strong • *I do regular Pilates workouts to stay toned and fit.* > tone (n, v)
❖ wymodelowany
- 8.38 severe** (adj) /sɪˈvɪə(r)/
causing great pain; very serious • *You must go to the hospital if you have a severe chest infection.* > severely (adv), severity (n)
❖ ciężki, poważny
- 8.39 acute** (adj) /əˈkjuːt/
very painful or serious • *He had an acute pain in his ear and went to see the doctor about it.*
> acutely (adv) ❖ ostry
- 8.40 mild** (adj) /maɪld/
not serious or extreme • *I've got a mild case of flu so I'll stay in and rest.* > mildly (adv)
❖ łagodny
- 8.41 infect** (v) /ɪnˈfekt/
spread bacteria or an illness to another person or living thing • *Within days, thousands of people were infected with the virus.* > infection (n), infectious (adj) ❖ zarażać
- 8.42 cure** (v) /kjʊə(r)/
make better • *Unfortunately, some diseases still can't be cured.* > cure (n), curable (adj)
❖ leczyć
- 8.43 non-infectious** (adj) /ˈnɒn ɪnˈfektʃəs/
(of illness) that cannot be spread easily from one person to another • *Don't worry! Broken bones are non-infectious, so I'll come round to visit you.* ❖ niezaraźliwy 👉 Opp: catching, contagious, infectious

Vocabulary Page 92

- 8.26 allergy** (n) /ˈælədʒi/
a medical condition that causes a bad physical reaction to certain things • *Her allergy to wheat flour means she has to avoid eating most types of bread.* > allergic (adj)
❖ alergia
- 8.27 diarrhoea** (n) /ˌdaɪəˈrɪə/
a condition that causes sb to go to the toilet to empty body waste more often, and in soft liquid form • *I had a dreadful attack of diarrhoea after eating meat that was off.*
❖ biegunka
- 8.28 faint** (v) /feɪnt/
lose consciousness • *It was so hot on the bus that one passenger fainted.* ❖ zemdleć
- 8.29 food poisoning** (n) /ˈfuːd pɔɪzənɪŋ/
an illness caused by eating food that has dangerous bacteria • *The restaurant closed because so many of its customers suffered from food poisoning on Sunday.*
❖ zatrucie pokarmowe
- 8.30 itchy** (adj) /ˈɪtʃi/
with an uncomfortable feeling, making you want to rub your skin • *My legs were covered in itchy spots where I had touched the plant.*
❖ swędzący

- 8.44 catching** (adj) /'kætʃɪŋ/
(of illness) that can be spread easily from one person to another • *The virus was catching and half the students in the school had it.*
> catch (v) ❖ zaraźliwy 📖 Syn: contagious, infectious
- 8.45 contagious** (adj) /kən'teɪdʒəs/
(of illness) that can be spread easily from one person to another • *All medical staff have to wear face masks to avoid catching contagious diseases.* > contagion (n) ❖ zakaźny
📖 Syn: infectious, catching
- 8.46 immune** (adj) /'ɪmjʊ:n/
protected against a disease, so you can't catch it • *People who have had certain childhood diseases are then immune to them.*
> immunity (n) ❖ odporny
- 8.47 resistant** (adj) /rɪ'zɪstənt/
not easily affected or infected by sth • *A healthy lifestyle can make you more resistant to illness.* > resistance (n) ❖ wytrzymały
- 8.48 vulnerable** (adj) /'vʌlnərəbəl/
easily hurt or infected by sth • *Babies are more vulnerable to the illness than older people.* > vulnerability (n) ❖ podatny, wrażliwy
📖 Opp: invulnerable
- 8.49 shiver** (v) /'ʃɪvə(r)/
when your body shakes a little because of cold, fear, etc. • *Waiting for the bus in the rain, she shivered with cold.* > shiver (n)
❖ trząść się
- 8.50 scratch** (v) /skrætʃ/
rub your skin using your nails • *Don't scratch your rash or you'll make it worse.* > scratch (n)
❖ drapać
- 8.51 be better off** (expr) /bi: 'betə(r) ɒf/
be in a better position; be happier, healthier, etc. • *If you still have a fever tomorrow, you'd be better off calling the doctor.*
❖ lepiej coś zrobić
- 8.52 fracture** (n) /'fræktʃər/
a broken bone • *Laura had a minor fracture in her arm, which healed quickly in a month.*
> fracture (v) ❖ złamanie
- 8.53 trauma** (n) /'trɔ:mə/
a bad injury or experience, or a mental condition caused by shock • *He hasn't recovered from the trauma of seeing the accident.* > traumatic (adj) ❖ uraz
- 8.54 vaccine** (n) /'væksɪn/
a chemical substance that a doctor puts into your blood to protect you from a disease • *The vet gave the kitten a vaccine to protect it against cat flu.* > vaccinate (v), vaccination (n)
❖ szczepionka
- 8.55 agony** (n) /'æɡəni/
a feeling of intense pain • *He was in agony when he fell and broke a toe.* ❖ agonia
- 8.56 pandemic** (n) /pæn'demɪk/
a disease that spreads around most of the world • *The pandemic known as the Spanish flu began in 1918 and had a devastating effect, killing millions around the world.*
❖ pandemia
- 8.57 injection** (n) /ɪn'dʒekʃn/
when you are given medicine through a needle • *When she cut her hand in the garden, the doctor gave her an injection to prevent infection.* > inject (v) ❖ zastrzyk
- 8.58 physiotherapist** (n) /fɪziəʊ'therəpɪst/
sb whose job is to treat people who have medical problems with their muscles or bones • *The physiotherapist used various machines on my injured back and helped me to heal it.*
> physiotherapy (n) ❖ fizjoterapeuta
- 8.59 surgeon** (n) /'sɜ:dʒn/
a doctor who performs operations • *The surgeon did an excellent job of saving the patient's arm after the accident.* > surgery (n)
❖ chirurg
- 8.60 paramedic** (n) /pærə'medɪk/
sb who is trained to give medical help • *The paramedics took the injured passengers and gave them first aid in the ambulance.*
❖ ratownik medyczny
- 8.61 psychiatrist** (n) /saɪ'kaɪətrɪst/
a doctor who treats patients with mental illnesses • *People with depression usually get a lot of help from trained psychiatrists.*
> psychiatry (n) ❖ psychiatra
- 8.62 associate** (v) /ə'səʊsɪeɪt/
connect • *I will always associate the year 2019 with the start of the pandemic.* > association (n) ❖ łączyć, kojarzyć

Medical treatment

amputation	sling	vaccine
injection	stitch	
plaster	transplant	

Grammar Page 93

- 8.63 allergic** (adj) /ə'lɜ:dʒɪk/
having an allergy • *I'm allergic to jelly and any food that contains it makes me sick instantly.*
> allergy (n) ❖ uczulony

Listening Page 94

- 8.64 non-disabled** (adj) /'nɒn dɪs'eɪbld/
having no mental or physical disability
• *Even with one leg, he swims faster than most non-disabled people.* ❖ bez niepełnosprawności
- 8.65 adaptive** (adj) /ə'dæptɪv/
flexible; which can be adapted to suit the situation • *The course content is adaptive to suit the needs of different age groups.* > adapt (v), adaptation (n) ❖ dopasowujący się
- 8.66 amputation** (n) /,æmpju'teɪʃn/
the act of surgically cutting off a limb (e.g. arm, leg) • *His foot had to be amputated to prevent the spread of the infection.* > amputate (v), amputee (n) ❖ amputacja
- 8.67 impairment** (n) /ɪm'peɪmənt/
a physical or mental condition which prevents part of your body functioning correctly • *Dad has a hearing impairment, so he wears a hearing aid.* > impair (v) ❖ upośledzenie
- 8.68 mobility** (n) /məʊ'bɪləti/
the ability to move around • *Her mobility improved with physiotherapy and she was able to use her legs again.* > mobilise (v), mobile (adj) ❖ ruchomość
- 8.69 limitation** (n) /lɪmɪ'teɪʃn/
sth that prevents you from doing more
• *Shortage of time was our main limitation on the project.* > limit (v, n) ❖ ograniczenie
- 8.70 cerebral palsy** (n) /,serəbrəl 'pɔ:zli/
a medical condition that causes the brain to lose control of movements in the arms and legs • *Susie was born with cerebral palsy, so she has mobility problems.* ❖ dziecięce porażenie mózgowie
- 8.71 wheelchair** (n) /'wi:lʃeə(r)/
a chair with wheels used by people who can't walk • *He needed a wheelchair to move around after both his legs were injured.* ❖ wózek inwalidzki
- 8.72 able-bodied** (adj) /,eɪbl 'bɒdɪd/
not physically disabled • *Both disabled and able-bodied athletes can take part in the Olympic Games.* ❖ sprawny fizycznie
- 8.73 ultimate** (adj) /'ʌltɪmət/
final • *Her ultimate goal is to win a gold medal for swimming.* ❖ ostateczny

Health issues

allergy	food poisoning	pandemic
asthma	fracture	rash
blindness	hay fever	scar
cerebral palsy	impairment	trauma
diarrhoea	insomnia	
digestion	mobility	

Speaking Page 95

- 8.74 summarise** (v) /'sʌməraɪz/
say the general meaning of sth in a few words
• *On the application form, he had to summarise the reasons why he wanted the job.*
> summary (n) ❖ podsumowywać

Grammar Page 96

- 8.75 hop** (v) /hɒp/
move forward by repeatedly jumping on one leg • *He hurt his ankle badly and hopped into the house using his other leg.* > hop (n)
❖ skakać na jednej nodze

Use your English Page 97

- 8.76 (I'll) believe it when I see it** (expr) /'(aɪl) brɪ'li:v it wen aɪ si: ɪt/
(I) doubt if it's likely or true • *So you promise you'll never be late again? I'll believe it when I see it!* ❖ uwierzę, gdy zobaczę
- 8.77 (the) chances are** (expr) /'(ðə) tʃɑ:nsɪz ɑ:(r)/
it's likely that • *The chances are you'll feel better after a good sleep.* ❖ jest prawdopodobne, że
- 8.78 (a) good chance that** (expr) /'(ə) gu:d tʃɑ:ns ðæt/
a strong likelihood that • *There's a good chance she's forgotten about the meeting, so call her.* ❖ duże prawdopodobieństwo, że
- 8.79 probability** (n) /,prɒbə'bɪləti/
the level of possibility that sth might happen
• *I heard a crack when I fell, so there's a strong probability my ankle is broken.*
> probable (adj), probably (adv)
❖ prawdopodobieństwo 📖 Syn: likelihood
📖 Opp: improbability
- 8.80 (I) wouldn't bet on it** (expr) /'(aɪ) ,wʊdnt 'bet ɒn ɪt/
(I) think it's unlikely or not true • *He might get the job, but I wouldn't bet on it!* ❖ nie byłbym tego pewien
- 8.81 take issue with** (expr) /teɪk 'ɪʃu: wɪθ/
disagree with • *He took issue with the referee's decision.* ❖ zaprzeczać
- 8.82 take effect** (expr) /teɪk ɪ'fekt/
start to have the intended results
• *My temperature dropped as the painkillers took effect.* ❖ zacząć działać
- 8.83 take (sb's) word for it** (expr) /teɪk ('sʌmbədɪz) wɜ:d fər ɪt/
believe sb • *It seems incredible that he was arrested, but I'll take your word for it.*
❖ wierzyć komuś

- 8.84 take note (of)** (expr) /teɪk nəʊt (əv)/
pay attention to • *I took note of my coach's suggestions.* ❖ brać coś pod uwagę
- 8.85 take (sth) on board** (expr) /teɪk ('sʌmθɪŋ) ɒn bɔ:d/
accept and consider an idea • *He took his friend's advice on board and applied for the coaching course.* ❖ w pełni rozważyć
- 8.86 build up** (phr v) /bɪld ʌp/
develop, strengthen • *She went swimming every day to build up her strength.*
❖ wzmacniać
- 8.87 contract (sth)** (v) /kən'trækt ('sʌmθɪŋ)/
catch an illness • *They wore face masks to avoid contracting the virus.* ❖ złapać (chorobę, wirusa)
- 8.88 diagnose** (v) /'daɪəgnəʊz/
say what illness sb has • *The doctor has diagnosed me with a throat infection.*
> diagnosis (n) ❖ diagnozować
- 8.89 discharge** (v) /dɪs'tʃɑ:dʒ/
give official permission for sb to leave • *He was discharged from hospital four days after the operation.* > discharge (n) ❖ wypisywać (ze szpitala)
- 8.90 sustain** (v) /sə'steɪn/
suffer (injury/damage/defeat) • *She had to stop running for months when she sustained a back injury.* ❖ ponosić
- 8.91 twist** (v) /twɪst/
turn part of the body (e.g. ankle, wrist) the wrong way causing injury • *I fell and twisted my ankle when I was playing tennis.* > twist (n) ❖ skręcić
- 8.92 immune system** (n) /ɪ'mju:n sɪstəm/
the body's natural defence system against disease • *If you feel tired all the time, it's a sign you have a weak immune system.*
❖ układ odpornościowy
- 8.93 consultant** (n) /kən'sʌltənt/
a medical expert • *He has an appointment to see a consultant about his knee injury.*
> consult (v), consultation (n) ❖ specjalista, konsultant
- 8.94 diagnosis** (n) /,daɪəg'nəʊsɪs/
the act of identifying what is wrong with sb's health • *The doctor's original diagnosis was that I had a bad cold, but it turned out to be a more serious chest infection.* > diagnose (v)
❖ diagnoza 📖 Plural: diagnoses

Expressions and phrasal verbs

be better off	take effect
believe it when I see it	take issue with
build up	take note of
(the) chances are	take on board
(a) good chance	take your word for it
I wouldn't bet on it	

Writing Pages 98–99

- 8.95 address** (v) /ə'dres/
deal with; give attention to • *The council are having a meeting to address the issue of public transport.* ❖ rozwiązywać (problem)
- 8.96 fundamental** (adj) /ˌfʌndə'mentl/
basic and essential • *Physical exercise is a fundamental requirement of a healthy lifestyle.*
> fundamentally (adv) ❖ fundamentalny
- 8.97 outdated** (adj) /ˌaʊt'deɪtɪd/
old-fashioned • *This old computer software is outdated and needs upgrading.*
❖ przestarzały

Adjectives

able-bodied	fundamental	paralysed
acute	immune	resistant
adaptive	lean	sufficient
allergic	mild	toned
catching	non-disabled	ultimate
circadian	non-infectious	vulnerable
contagious	outdated	

Video Page 100

- 8.98 blindness** (n) /'blaɪndnəs/
lack of ability to see • *He suffered temporary blindness after his accident, but now his sight is restored.* > blind (adj, v) ❖ ślepotą
- 8.99 ophthalmologist** (n) /ˌɒfθæ'l'mɒlədʒɪst/
a doctor who specialises in diseases of the eye
• *My ophthalmologist recommends that I have laser treatment to correct my sight problems.*
> ophthalmology (n), ophthalmological (adj)
❖ okulista
- 8.100 regain** (v) /rɪ'geɪn/
get back sth you had • *After he fainted, he regained consciousness within a few seconds.*
❖ odzyskiwać
- 8.101 apartheid** (n) /ə'pɑ:təɪt/
the political system of separating black and white people in South Africa in which only white people had full rights • *During apartheid, black people and white people were not allowed to travel on the same public transport.*
❖ apartheid

Jobs

consultant	physiotherapist
nutritionist	psychiatrist
ophthalmologist	surgeon
paramedic	