

Health and Medicine Vocabulary

Vocabulary Lesson, Examples & Practice Questions

Health and Medicine Vocabulary for Advanced Learners

Whether you are navigating a complex medical consultation, reading a clinical research paper, or discussing public health policy, a sophisticated command of health and medicine vocabulary is indispensable at the C1 level. This lesson takes you beyond everyday expressions such as "I have a cold" or "I feel tired" and introduces the precise, nuanced language used by healthcare professionals, medical journalists, and informed patients alike.

Setting the scene: Imagine you are a health correspondent for a national newspaper. You have just attended a press briefing on a newly identified infectious disease and must now write an accurate, authoritative article for a general readership. You need vocabulary that is both technically sound and accessible — the kind of language that bridges the gap between the clinic and the public. That is exactly what this lesson equips you with.

Key Vocabulary and Meaning Breakdown

1. Diagnosis, Symptoms, and Disease

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
aetiology	<i>noun</i> — the cause or set of causes of a disease or condition	The aetiology of the disorder remains poorly understood, despite decades of research.	the aetiology of a disease; complex/multifactorial aetiology; establish the aetiology
symptomatic	<i>adjective</i> — showing or producing symptoms of a disease; also used figuratively to indicate something is a sign of a deeper problem	Many carriers are entirely asymptomatic, making the virus particularly difficult to track.	symptomatic of; symptomatic relief; symptomatic treatment; asymptomatic (opposite)
acute	<i>adjective</i> — (of a disease or condition) severe and of sudden onset; also means sharp or intense	He was admitted to the intensive care unit with acute respiratory failure.	acute pain/illness/condition; acute vs chronic (see below); acute onset

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
chronic	<i>adjective</i> — persisting for a long time or constantly recurring; the opposite of acute in medical contexts	Living with a chronic illness demands considerable psychological resilience as well as physical endurance.	chronic disease/pain/condition; chronic fatigue; chronically ill
comorbidity	<i>noun</i> — the simultaneous presence of two or more diseases or medical conditions in the same patient	Patients with comorbidities such as diabetes and hypertension are at significantly greater risk of severe outcomes.	underlying comorbidity; comorbid conditions; high/multiple comorbidities
prognosis	<i>noun</i> — a medical opinion about the likely course or outcome of a disease	The oncologist gave her a guarded prognosis, warning that recovery would depend heavily on how she responded to chemotherapy.	give/offer a prognosis; favourable/poor/guarded prognosis; long-term prognosis
differential diagnosis	<i>noun phrase</i> — the process of distinguishing between diseases with similar symptoms to identify the correct one	The GP ran a battery of tests to narrow down the differential diagnosis before referring the patient to a specialist.	reach/establish a differential diagnosis; broad/narrow differential
pathogen	<i>noun</i> — a bacterium, virus, or other micro-organism that can cause disease	The laboratory identified the pathogen responsible for the outbreak within forty-eight hours.	bacterial/viral/fungal pathogen; pathogen transmission; airborne/waterborne pathogen
virulent	<i>adjective</i> — (of a disease or toxin) extremely severe or harmful in its effects; (of a pathogen) highly infective	Health authorities expressed alarm at how virulent the new strain appeared to be compared with its predecessor.	highly virulent; virulent strain/pathogen; virulence (noun)
relapse	<i>noun / verb</i> — a deterioration in someone's condition after a period of improvement	Despite making significant progress, she suffered a relapse six months into her treatment.	suffer/experience a relapse; relapse into; prevent a relapse; relapse rate

2. Treatment, Intervention, and Medical Procedures

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
therapeutic	<i>adjective</i> — relating to the healing of disease; having a good effect on the body or mind	The therapeutic benefits of cognitive behavioural therapy for anxiety disorders are well documented.	therapeutic effect/benefit/approach; therapeutic intervention; therapeutics (noun)
contraindication	<i>noun</i> — a condition or factor that makes a particular treatment or procedure inadvisable	A history of severe allergic reactions to penicillin is a clear contraindication for prescribing amoxicillin.	a contraindication for/to; absolute/relative contraindication; contraindicated (adjective)
palliative	<i>adjective / noun</i> — relieving pain or alleviating the symptoms of a disease without curing it	When curative treatment was no longer viable, the medical team shifted to palliative care to ensure her comfort.	palliative care/treatment; palliative medicine; palliative effect
prophylactic	<i>adjective / noun</i> — intended to prevent disease rather than treat it	Prophylactic antibiotics are sometimes prescribed to patients at heightened risk of post-surgical infection.	prophylactic treatment/measure/drug; take as a prophylactic; prophylaxis (noun)
invasive	<i>adjective</i> — (of a medical procedure) requiring incision into the body or insertion of instruments; also describes cancer that has spread beyond its origin	Fortunately, the tumour was detected early enough to be treated without recourse to invasive surgery.	minimally invasive; invasive surgery/procedure/cancer; non-invasive (opposite)
administer	<i>verb</i> — to give or apply a drug, treatment, or therapy to a patient	The nurse administered the injection with remarkable efficiency, causing the patient minimal discomfort.	administer medication/a drug/a vaccine; administer treatment; administer intravenously
remission	<i>noun</i> — a temporary or permanent decrease or disappearance of the signs and symptoms of a disease	After two years of treatment, his leukaemia went into complete remission, much to the relief of his family.	go into/be in remission; complete/partial remission; spontaneous remission
placebo	<i>noun</i> — a harmless pill, medicine, or procedure	Participants in the control group were given a	placebo effect; administer a placebo; placebo-controlled

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
	that has no therapeutic effect, often used as a control in clinical trials	placebo, though neither they nor the researchers knew who had received the active drug.	trial; placebo group
dosage	<i>noun</i> — the size or frequency of a dose of a medicine or drug	The physician cautioned that exceeding the recommended dosage could cause serious hepatic damage.	recommended/prescribed dosage; adjust/increase/reduce the dosage; dosage regimen
triage	<i>noun / verb</i> — the process of sorting patients according to urgency of need, particularly in emergencies	Under the triage system adopted during the surge, only the most critically ill patients were admitted to the ward immediately.	triage system/nurse/protocol; triage a patient; perform triage

3. Public Health, Research, and Medical Systems

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
epidemiology	<i>noun</i> — the branch of medicine dealing with the incidence, distribution, and control of diseases within populations	Advances in epidemiology have transformed our understanding of how lifestyle factors contribute to cardiovascular disease.	epidemiological study/data/evidence; epidemiologist (person); epidemiological surveillance
mortality rate	<i>noun phrase</i> — the number of deaths within a particular population over a specific time period	The campaign to increase vaccination uptake succeeded in driving down the mortality rate substantially within three years.	high/low mortality rate; infant/maternal mortality rate; reduce/increase mortality rate
endemic	<i>adjective</i> — (of a disease or condition) regularly found among particular people or in a particular area	Malaria remains endemic in many parts of sub-Saharan Africa, placing enormous pressure on healthcare infrastructure.	endemic disease/region; endemic to (a place); endemicity (noun)
pandemic	<i>noun / adjective</i> — an outbreak of a	The global response to the pandemic exposed stark	global pandemic; declare a pandemic; pandemic

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
	disease occurring worldwide or across a very wide area and usually affecting many people	inequalities in access to healthcare across different nations.	preparedness; pandemic vs epidemic (see below)
herd immunity	<i>noun phrase</i> — indirect protection from an infectious disease that occurs when a sufficient proportion of a population has become immune	Scientists estimated that herd immunity would only be achievable once approximately seventy per cent of the population had been vaccinated.	achieve herd immunity; herd immunity threshold; natural herd immunity
clinical trial	<i>noun phrase</i> — a research study in which people volunteer to test new treatments, interventions, or tests to prevent, detect, treat, or manage diseases	The drug cannot be approved for widespread use until it has undergone rigorous phase three clinical trials.	conduct/run/participate in a clinical trial; randomised clinical trial; clinical trial results/data/phase
iatrogenic	<i>adjective</i> — (of an illness or problem) caused inadvertently by medical examination or treatment	The patient's renal failure was ultimately identified as iatrogenic, caused by prolonged use of a prescribed anti-inflammatory drug.	iatrogenic disease/complication/harm; iatrogenic cause
contraindicate	<i>verb</i> — to make a particular medical treatment inadvisable	His history of peptic ulcers contraindicated the use of high-dose aspirin therapy.	be contraindicated in/for; contraindicated by; strongly contraindicated
immunocompromised	<i>adjective</i> — having an impaired immune system, making a person more susceptible to infections	Live vaccines are generally not recommended for immunocompromised patients due to the risk of infection from the vaccine itself.	immunocompromised patient/individual; severely/mildly immunocompromised

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
morbidity	<i>noun</i> — the condition of being diseased or the rate of disease in a population; also refers to the presence of illness or suffering	Rising obesity rates have been linked to significantly increased morbidity across a range of chronic conditions.	high morbidity; morbidity rate; morbidity and mortality; reduce morbidity

Collocations and Useful Expressions

present with + symptoms

The patient presented with acute chest pain and shortness of breath.

Used by clinicians to describe what symptoms a patient shows when they arrive.

manage + a condition

With the right medication, most patients are able to manage their condition effectively.

Distinct from "cure" — implies ongoing control rather than elimination of a disease.

undergo + treatment/surgery/a procedure

She underwent a series of radiation treatments over the course of six weeks.

More formal and precise than "have" surgery or treatment.

refer + a patient to + a specialist

The GP referred the patient to a consultant cardiologist for further investigation.

Key phrase in medical communication and patient journey language.

conduct/carry out + a clinical trial

The pharmaceutical company is currently carrying out a multi-centre clinical trial across twelve countries.

Note: "carry out" is slightly less formal than "conduct" in academic writing.

make a full recovery

Against all expectations, the patient made a full recovery within three months.

A common idiomatic expression; note that "full" is far more natural here than "complete recovery" in everyday speech.

deteriorate / stabilise / improve (condition)

Her condition deteriorated rapidly over the weekend before stabilising on Monday morning.

These three verbs form a natural spectrum of patient status language.

put on + medication / a course of treatment

Following his diagnosis, he was put on a long-term course of anticoagulants.

Very common in informal and semi-formal medical contexts.

run/carry out + tests

The consultant ran a comprehensive panel of blood tests to rule out autoimmune disorders.

"Run tests" is widely used in both spoken and written medical English.

rule out + a condition / diagnosis

An MRI scan was ordered to rule out any structural abnormality in the brain.

Frequently appears in diagnostic contexts; the opposite is "rule in" (less common).

Important Differences and Confusing Words

Acute vs Chronic

These two terms are frequently confused by learners and are among the most important distinctions in medical English.

Acute refers to a condition that is sudden in onset, severe, and short-lived. It does not simply mean "bad" in a medical context.

An acute asthma attack requires immediate intervention.

Chronic describes a condition that persists over a long period of time, often for the rest of a patient's life. It does not necessarily mean severe.

Chronic lower back pain can be debilitating even when the underlying cause is not life-threatening.

⚠ A condition can be both: a patient with *chronic* obstructive pulmonary disease (COPD) may experience an *acute* exacerbation of that chronic condition.

Epidemic vs Pandemic vs Endemic

Endemic — a disease that is consistently present within a specific geographical region or population but is generally stable and predictable.

Dengue fever is endemic to parts of Southeast Asia.

Epidemic — a sudden, significant increase in the number of cases of a disease beyond what is normally expected in a specific area.

The city declared an epidemic after the number of measles cases tripled in a single month.

Pandemic — an epidemic that has spread across multiple countries or continents, affecting a very large number of people globally.

The 2020 coronavirus pandemic affected virtually every nation on earth.

Prognosis vs Diagnosis

Diagnosis — the identification of the nature of an illness or condition by examination of symptoms.

After months of uncertainty, she finally received a diagnosis of multiple sclerosis.

Prognosis — the likely outcome or course of a disease following a diagnosis; it is the forecast, not the identification.

The prognosis for early-stage breast cancer is generally very favourable with prompt treatment.

⚠ You receive or are given a *diagnosis*. You are given a *prognosis*. You do **not** "take a diagnosis" or "make a prognosis" (unless you are the clinician).

Morbidity vs Mortality

Morbidity — refers to the state of being ill or the rate of illness in a population. It is about *disease* and *suffering*.

High levels of air pollution contribute significantly to respiratory morbidity.

Mortality — refers specifically to death or the death rate. It is about *fatality*.

Improved surgical techniques have substantially reduced post-operative mortality.

Symptomatic vs Asymptomatic

Symptomatic — showing symptoms of a disease.

Only symptomatic patients were initially eligible for testing during the early phase of the outbreak.

Asymptomatic — infected with or carrying a disease but showing no visible symptoms.

A significant proportion of those infected remained asymptomatic, making containment exceptionally challenging.

Common Mistakes

✗ The doctor made a diagnosis of the patient's symptoms.

✓ **The doctor diagnosed the patient's condition.** — "Make a diagnosis" is possible, but it means the act of identifying a disease, not of examining symptoms. More naturally: "The doctor arrived at/reached a diagnosis after several tests."

✗ She has an acute back pain for the past five years.

✓ **She has had chronic back pain for the past five years.** — Acute implies sudden and short-lived; long-term pain is chronic. Also note the present perfect tense for duration up to the present.

✗ He took a surgery last year to remove the tumour.

✓ **He underwent surgery last year to remove the tumour.** — You undergo surgery/treatment/a procedure; you do not "take" surgery in standard medical English.

✗ The drug is contraindicated for patients who don't have heart problems.

✓ **The drug is contraindicated for patients who have a history of heart problems.** — Contraindicated means it is inadvisable *because of* a risk factor, not the absence of one.

✗ The mortality of this disease is very high, so many people suffer.

✓ **The morbidity of this disease is very high, causing widespread suffering.** — Mortality specifically refers to death rates. If the focus is on suffering or illness rather than death, morbidity is the correct term.

✗ He was prescribed with antibiotics by his doctor.

✓ **He was prescribed antibiotics by his doctor.** — "Prescribe" does not take "with" as a preposition. The structure is: prescribe something to/for someone, or someone is prescribed something.

✗ The pandemic of flu in 1918 was an endemic.

✓ **The flu outbreak in 1918 was a pandemic.** — It affected populations across multiple continents, making it a pandemic by definition. An endemic is geographically confined and stable.

✗ After the operation, the patient went into a full remittance.

✓ **After the treatment, the patient went into full remission.** — The correct medical term is *remission*. Remittance is a financial term referring to money sent from one party to another.

Health and Medicine Vocabulary: Quick Summary and Review

In this lesson, you have explored a rich range of advanced health and medicine vocabulary across three key thematic areas:

- **Diagnosis, symptoms, and disease** — including *aetiology*, *comorbidity*, *prognosis*, *virulent*, and *differential diagnosis*
- **Treatment, intervention, and procedures** — including *palliative*, *prophylactic*, *contraindication*, *remission*, and *triage*
- **Public health, research, and medical systems** — including *epidemiology*, *herd immunity*, *clinical trial*, *iatrogenic*, and *morbidity*

You have also practised essential medical collocations such as *present with symptoms*, *rule out a condition*, and *undergo treatment*, and explored critical distinctions between easily confused terms including *acute vs chronic*, *epidemic vs pandemic*, and *morbidity vs mortality*.

At C1 level, precision is everything. Choosing the right medical term — rather than a close approximation — can fundamentally alter the meaning of what you communicate. Whether you are writing a report, preparing for a professional examination, or simply engaging with complex health news, this vocabulary will allow you to express ideas with the accuracy and authority that the subject demands.

Now practise **Health and Medicine** vocabulary in the exercises below.

Health and Medicine Vocabulary – Practice Test

C1 | Practice Exercises: Multiple Choice, Fill-in-the-Gap, Fill-in-the-Blank, Matrix Matching & Sorting

Part 1: Multiple Choice (Questions 1–10)

1 The patient was referred to a specialist after her symptoms failed to _____ to the initial course of antibiotics.

- A** respond
- B** comply
- C** submit
- D** adhere

2 A prolonged deficiency of vitamin D can lead to _____, a condition characterised by weakening and softening of the bones.

- A** osteoporosis
- B** rickets
- C** sclerosis
- D** atrophy

3 The surgeon recommended a(n) _____ approach, arguing that watchful waiting rather than immediate intervention was the most prudent course of action.

- A** invasive
- B** palliative
- C** conservative
- D** prophylactic

4 Which term refers to the simultaneous presence of two or more chronic diseases or conditions in a patient?

- A** complication
- B** comorbidity
- C** contraindication
- D** sequela

5 The clinical trial was _____, meaning neither the patients nor the researchers administering the treatment knew who was receiving the placebo.

- A** double-blind
- B** peer-reviewed
- C** randomised
- D** longitudinal

6 The physician noted signs of _____ in the patient's lower limbs, a condition in which excess fluid accumulates in the body's tissues.

- A** haemorrhage
- B** ischaemia
- C** oedema
- D** embolism

7 Which word best completes the following sentence? 'The cardiologist ordered an _____ to assess the electrical activity of the patient's heart.'

- A** endoscopy
- B** electrocardiogram
- C** echocardiogram
- D** electrolysis

8 The pharmacist advised the patient that the two prescribed drugs could cause an adverse _____, potentially increasing the risk of internal bleeding.

- A** interaction
- B** reaction
- C** dependency
- D** tolerance

9 A disease described as _____ is one that spreads rapidly and extensively among many people in a community at a particular time.

- A** endemic
- B** pandemic
- C** epidemic
- D** sporadic

- 10** The concept of _____ refers to a patient's ability to make informed, voluntary decisions about their own medical treatment without external coercion.
- A** informed consent
 - B** patient autonomy
 - C** clinical governance
 - D** duty of care

Part 2: Fill in the Gap (Questions 11–20)

- 11** After the car accident, the patient was rushed to the intensive care unit and placed on a ____ to support her breathing.

- A** ventilator
- B** stethoscope
- C** catheter

- 12** The oncologist recommended a course of ____ to shrink the tumour before surgery could be performed.

- A** chemotherapy
- B** dialysis
- C** immunisation

- 13** The patient's symptoms were ____, meaning they arose without any identifiable underlying cause.

- A** idiopathic
- B** iatrogenic
- C** asymptomatic

- 14** The doctor warned that the new painkiller carried a significant risk of ____, meaning patients could become physically dependent on it.

- A** habituation
- B** contraindication
- C** remission

- 15** Following the liver transplant, the patient was prescribed immunosuppressants to prevent ____ of the donated organ.

- A** rejection
- B** metastasis
- C** atrophy

16 The cardiologist noted significant ____ of the coronary arteries, which was severely restricting blood flow to the heart.

- A** stenosis
- B** fibrosis
- C** necrosis

17 The patient's blood test revealed an elevated white cell count, suggesting an ____ response triggered by the infection.

- A** inflammatory
- B** allergic
- C** autoimmune

18 Years of exposure to asbestos left the worker with severe ____, a condition causing irreversible scarring of lung tissue.

- A** fibrosis
- B** emphysema
- C** pleurisy

19 The pathologist confirmed that the cancer had undergone ____, spreading from the primary site to the lymph nodes and liver.

- A** metastasis
- B** remission
- C** proliferation

20 The physician conducted a thorough ____ examination, carefully observing the patient's gait, posture, and coordination.

- A** neurological
- B** haematological
- C** pharmacological

Part 3: Fill in the Blank (Questions 21–30)

21 The patient was diagnosed with a rare autoimmune disorder in which the body's immune system mistakenly attacks its own tissues, a process known as _____.

22 Following the cardiac arrest, the surgeon recommended an immediate _____ to widen the severely narrowed coronary arteries and restore adequate blood flow.

- 23** The oncologist explained that the tumour had undergone _____, spreading from the original site in the lung to the liver and lymph nodes.
- 24** The physician prescribed a broad-spectrum _____ to combat the bacterial infection before the results of the culture and sensitivity test were available.
- 25** After years of heavy alcohol consumption, the patient developed _____, a late-stage scarring of the liver that severely impaired its normal function.
- 26** The endocrinologist confirmed that the patient's persistent fatigue, weight gain, and cold intolerance were classic symptoms of _____, a condition caused by an underactive thyroid gland.
- 27** The neurologist noted that the patient's recurring, debilitating headaches accompanied by visual disturbances and nausea were consistent with _____ rather than tension-type headaches.
- 28** The hospital implemented strict _____ protocols to contain the highly contagious respiratory illness and prevent its spread to other wards and the wider community.
- 29** The psychiatrist determined that the patient's intense, irrational fear of open spaces met the diagnostic criteria for _____, and recommended a combination of cognitive-behavioural therapy and medication.
- 30** The pharmacist cautioned the patient about potential drug _____, particularly the dangerous interaction between the newly prescribed blood thinner and the existing anti-inflammatory medication.

Part 4: Matrix / Match Values (Questions 31–40)

31 Match each medical term on the left with its precise definition on the right.

MATCHING OPTIONS:

- A** The study of the causes or origins of a disease **B** A prediction of the likely course and outcome of a disease
- C** A condition that is a consequence of a previous disease or injury **D** The biological mechanism by which a disease develops

Item / Phrase	Write Match Letter (A, B, C...)
Aetiology	[]
Prognosis	[]
Pathogenesis	[]
Sequela	[]

32 Match each pharmacological term on the left with its correct meaning on the right.

MATCHING OPTIONS:

- A** The study of how the body absorbs, distributes, and eliminates drugs **B** The ratio between the toxic dose and the effective dose of a drug
- C** A specific situation in which a drug or treatment should not be used

Item / Phrase	Write Match Letter (A, B, C...)
Contraindication	[]
Pharmacokinetics	[]
Therapeutic index	[]

33 Match each adjective on the left with the noun it most precisely collocates with on the right.

MATCHING OPTIONS:

- A** A condition arising spontaneously with no known cause **B** A procedure that involves entering the body by incision or insertion
- C** Care aimed at relieving symptoms rather than curing disease **D** An illness or complication caused inadvertently by medical treatment

Item / Phrase	Write Match Letter (A, B, C...)
Palliative	[]
Invasive	[]
Idiopathic	[]
Iatrogenic	[]

34 Match each medical synonym on the left with the more common equivalent on the right.

MATCHING OPTIONS:

- A** Difficulty breathing
- B** Fever
- C** Abnormal accumulation of fluid in body tissues

Item / Phrase	Write Match Letter (A, B, C...)
Pyrexia	[]
Dyspnoea	[]
Oedema	[]

35 Match each health-related collocation on the left with its correct completion on the right.

MATCHING OPTIONS:

- A** ...immune response **B** ...remission
- C** ...prophylactic dose **D** ...surgery

Item / Phrase	Write Match Letter (A, B, C...)
To mount a robust...	[]
To reach clinical...	[]
To undergo elective...	[]
To administer a...	[]

36 Match each diagnostic term on the left with its precise meaning on the right.

MATCHING OPTIONS:

- A** The removal and examination of tissue from a living body for diagnostic purposes
 - B** The process of distinguishing a disease from others with similar symptoms
 - C** The process by which bleeding is stopped through clotting mechanisms

Item / Phrase	Write Match Letter (A, B, C...)
Differential diagnosis	[]
Biopsy	[]
Haemostasis	[]

37 Match each term related to disease spread on the left with its definition on the right.

MATCHING OPTIONS:

- | | |
|---|--|
| A A disease consistently present within a particular geographic area or population | B A disease outbreak occurring across multiple countries or worldwide |
| C An infectious disease that has crossed from animals to humans | D An inanimate object that can carry and transmit infectious agents |

Item / Phrase	Write Match Letter (A, B, C...)
Pandemic	[]
Endemic	[]
Zoonosis	[]
Fomite	[]

38 Match each idiomatic health expression on the left with its correct meaning on the right.

MATCHING OPTIONS:

- | | |
|---|--|
| A To survive a serious illness or medical crisis | B To feel slightly unwell or out of sorts |
| C To be in the process of recovering from an illness | |

Item / Phrase	Write Match Letter (A, B, C...)
To be on the mend	[]
To pull through	[]
To be under the weather	[]

39 Match each term related to mental health on the left with its precise definition on the right.

MATCHING OPTIONS:

- | | |
|--|--|
| A The manifestation of psychological distress through physical symptoms | B The psychological discomfort of holding conflicting beliefs or attitudes simultaneously |
| C The inability to feel pleasure in activities that were previously enjoyable | D A disconnection from one's thoughts, feelings, or sense of identity |

Item / Phrase	Write Match Letter (A, B, C...)
Cognitive dissonance	[]
Somatisation	[]
Dissociation	[]
Anhedonia	[]

40 Match each term related to medical ethics and health systems on the left with its correct definition on the right.

MATCHING OPTIONS:

- A** The process of prioritising patients based on the urgency of their medical need
- B** The prevalence of a disease or ill-health within a given population
- C** A patient's voluntary agreement to treatment based on full understanding of the risks and benefits

Item / Phrase	Write Match Letter (A, B, C...)
Informed consent	[]
Triage	[]
Morbidity	[]

Part 5: Sort the Values (Questions 41–50)

41 Arrange the words to make a correct sentence.

recommended antibiotics infection. physician bacterial course combat The the
of to a

42 Arrange the words to make a correct sentence.

diagnosis paramount improving prognosis malignant tumours. Early the is
in of

43 Arrange the words to make a correct sentence.

opportunistic chemotherapy susceptible infections. undergoing Patients highly are
to

44 Arrange the words to make a correct sentence.

acknowledged significant clinical placebo trials. effect factor long been The
has as in a

45 Arrange the words to make a correct sentence.

comprehensive procedure invasive medical history carried before taken must
out. any be is A

46 Arrange the words to make a correct sentence.

management. palliative terminally advances patients adequate Despite care,
still many lack pain ill in

47 Arrange the words to make a correct sentence.

autoimmune understood aetiology disorders research. remains despite decades
poorly The of of

48 Arrange the words to make a correct sentence.

professionals biohazardous imperative healthcare materials. protocols handling
adhere strict that when It is to

49 Arrange the words to make a correct sentence.

multidisciplinary post-operative complications. significantly approach patient reduce
shown care been has to to A

50 Arrange the words to make a correct sentence.

experimental

commencing

treatment.

Informed

obtained

consent

patient

prior

must

from

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be

to

Answer Key & Explanations

Health and Medicine Vocabulary | C1

Part 1: Multiple Choice

1. **A** Correct Answer: respond

✓ **Explanation:** The collocation **respond to treatment** is standard medical language meaning that a condition improves as a result of therapy. *The tumour failed to respond to chemotherapy, prompting a change in protocol.* **Comply** and **adhere** are used with patients following instructions, not with symptoms reacting to drugs.

2. **B** Correct Answer: rickets

✓ **Explanation:** **Rickets** is a skeletal disorder caused specifically by **vitamin D, calcium, or phosphate deficiency**, resulting in soft and weakened bones. *Rickets was historically prevalent in children with poor nutrition and limited sunlight exposure.* **Osteoporosis** involves bone density loss, **sclerosis** refers to tissue hardening, and **atrophy** means the wasting of tissue.

3. **C** Correct Answer: conservative

✓ **Explanation:** A **conservative approach** in medicine refers to managing a condition with minimal intervention, avoiding surgery or aggressive treatment unless necessary. *A conservative approach was adopted given the patient's advanced age and comorbidities.* **Palliative** focuses on comfort rather than cure, while **prophylactic** means preventive.

4. **B** Correct Answer: comorbidity

✓ **Explanation:** **Comorbidity** is the co-occurrence of two or more chronic medical conditions in a single patient, which can complicate diagnosis and treatment. *Diabetes and hypertension are common comorbidities.* A **complication** arises from a disease or its treatment, a **contraindication** is a reason not to use a treatment, and a **sequela** is a condition that is the consequence of a prior disease.

5. **A** Correct Answer: double-blind

✓ **Explanation:** A **double-blind trial** is one in which both participants and researchers are unaware of who receives the active treatment and who receives the placebo, eliminating bias. *The double-blind design ensured that researchers' expectations could not influence the outcomes.* **Randomised** means participants are assigned by chance, and **longitudinal** refers to long-term observation.

6. **C** Correct Answer: oedema

✓ **Explanation:** **Oedema** (also spelled *edema*) is the abnormal accumulation of fluid beneath the skin or in body cavities, often causing swelling. *Peripheral oedema in the ankles is a classic sign of heart failure.* **Haemorrhage** is bleeding, **ischaemia** is insufficient blood supply to tissue, and an **embolism** is a blockage in a blood vessel.

7. **B** Correct Answer: electrocardiogram

✓ **Explanation:** An **electrocardiogram (ECG/EKG)** records the **electrical activity of the heart** and is used to detect arrhythmias, infarctions, and other cardiac conditions. *The electrocardiogram revealed atrial fibrillation.* An **echocardiogram** uses ultrasound to image the heart's structure, while an **endoscopy** examines the digestive tract.

8. **A** **Correct Answer: interaction**
✓ **Explanation:** A **drug interaction** occurs when one medication affects the activity or efficacy of another, sometimes producing harmful effects. *The drug interaction between warfarin and aspirin significantly elevates bleeding risk.* An **adverse reaction** refers to unwanted effects of a single drug, while **tolerance** and **dependency** relate to long-term use patterns.
9. **C** **Correct Answer: epidemic**
✓ **Explanation:** An **epidemic** refers to a rapid spread of disease affecting a large number of individuals within a community or region at the same time. *The influenza epidemic swept through the northern regions during winter.* **Endemic** means regularly found in a specific area, a **pandemic** crosses international boundaries, and **sporadic** means occurring occasionally and without pattern.
10. **B** **Correct Answer: patient autonomy**
✓ **Explanation:** **Patient autonomy** is the ethical principle recognising a patient's right to make independent decisions about their own healthcare, free from coercion or undue influence. *Respecting patient autonomy means providing all necessary information so the patient can choose their treatment.* **Informed consent** is a related but distinct process, **clinical governance** refers to institutional accountability frameworks, and **duty of care** is a legal obligation to avoid causing harm.

Part 2: Fill in the Gap

11. **A** **Correct Answer: ventilator**
✓ **Explanation:** A **ventilator** is a medical device that mechanically assists or replaces spontaneous breathing. *Patients in critical condition are often placed on a ventilator.*
12. **A** **Correct Answer: chemotherapy**
✓ **Explanation:** **Chemotherapy** refers to the use of drugs to treat cancer by killing or inhibiting the growth of malignant cells. *Chemotherapy is often used alongside radiotherapy in cancer treatment.*
13. **A** **Correct Answer: idiopathic**
✓ **Explanation:** **Idiopathic** describes a condition that arises spontaneously with no known or identifiable cause. *Idiopathic epilepsy is diagnosed when no structural or metabolic cause is found.*
14. **A** **Correct Answer: habituation**
✓ **Explanation:** **Habituation** in a medical context refers to the process by which a patient develops a physical or psychological dependence on a drug. *Opioids carry a well-documented risk of habituation with prolonged use.*
15. **A** **Correct Answer: rejection**
✓ **Explanation:** **Rejection** occurs when the recipient's immune system identifies a transplanted organ as foreign and attacks it. *Immunosuppressant drugs are essential to minimise the risk of organ rejection.*
16. **A** **Correct Answer: stenosis**
✓ **Explanation:** **Stenosis** refers to the abnormal narrowing of a blood vessel or other tubular organ, restricting flow. *Coronary artery stenosis is a major risk factor for myocardial infarction.*

17. **A** Correct Answer: inflammatory

✓ **Explanation:** An **inflammatory** response is the body's biological reaction to harmful stimuli, characterised by elevated white blood cell counts. *An inflammatory response is a hallmark sign of active infection.*

18. **A** Correct Answer: fibrosis

✓ **Explanation:** **Fibrosis** refers to the thickening and scarring of connective tissue, often as a consequence of chronic inflammation or injury. *Pulmonary fibrosis caused by asbestos exposure is known as asbestosis.*

19. **A** Correct Answer: metastasis

✓ **Explanation:** **Metastasis** is the process by which cancer cells spread from the original tumour to distant organs or tissues. *A diagnosis of metastasis typically indicates an advanced stage of the disease.*

20. **A** Correct Answer: neurological

✓ **Explanation:** A **neurological** examination assesses the functioning of the nervous system, including motor skills, reflexes, and coordination. *A neurological examination is essential when diagnosing conditions such as Parkinson's disease or multiple sclerosis.*

Part 3: Fill in the Blank

21. **autoimmunity** Correct Answer: autoimmunity

✓ **Explanation:** **Autoimmunity** refers to the condition in which the immune system **erroneously targets** the body's own healthy cells and tissues. *Rheumatoid arthritis is a classic example of autoimmunity.*

22. **angioplasty** Correct Answer: angioplasty

✓ **Explanation:** **Angioplasty** is a medical procedure used to **mechanically widen** obstructed or narrowed blood vessels, typically using a balloon catheter. *The patient recovered well after a successful angioplasty.*

23. **metastasis** Correct Answer: metastasis

✓ **Explanation:** **Metastasis** is the process by which cancer cells **migrate and colonise** organs or tissues distant from the primary tumour site. *Late-stage metastasis significantly reduces treatment options.*

24. **antibiotic** Correct Answer: antibiotic

✓ **Explanation:** A **broad-spectrum antibiotic** is a drug capable of acting against a **wide range of bacteria**, used when the specific pathogen has not yet been identified. *Amoxicillin is a commonly prescribed antibiotic.*

25. **cirrhosis** Correct Answer: cirrhosis

✓ **Explanation:** **Cirrhosis** is a chronic liver condition characterised by **extensive scarring (fibrosis)** that replaces healthy tissue, often caused by long-term liver damage. *Cirrhosis can lead to liver failure if left untreated.*

26. **hypothyroidism** **Correct Answer: hypothyroidism**
 ✓ **Explanation: Hypothyroidism** occurs when the thyroid gland **fails to produce sufficient** thyroid hormones, leading to a slowed metabolism and characteristic symptoms. *Levothyroxine is the standard treatment for hypothyroidism.*
27. **migraines** **Correct Answer: migraines**
 ✓ **Explanation: Migraines** are a type of severe, recurring headache often accompanied by **neurological symptoms** such as aura, photosensitivity, and nausea, distinguishing them from ordinary headaches. *Triptans are commonly prescribed to manage migraines.*
28. **quarantine** **Correct Answer: quarantine**
 ✓ **Explanation: Quarantine** refers to the enforced **isolation of individuals** who may have been exposed to a contagious disease to prevent further transmission. *Passengers were placed in quarantine upon arrival at the border.*
29. **agoraphobia** **Correct Answer: agoraphobia**
 ✓ **Explanation: Agoraphobia** is an anxiety disorder characterised by an **intense fear of situations** where escape might be difficult, such as open or crowded spaces. *Agoraphobia can become severely debilitating if left untreated.*
30. **contraindications** **Correct Answer: contraindications**
 ✓ **Explanation: Contraindications** are specific situations or conditions in which a drug or treatment **should not be used** due to the risk of harm or adverse reactions. *Pregnancy is a common contraindication for many medications.*

Part 4: Matrix / Match Values

31. **Aetiology: A • Prognosis: B • Pathogenesis: D • Sequela: C** **Correct Matches:**
- **Aetiology** → The study of the causes or origins of a disease
 - **Prognosis** → A prediction of the likely course and outcome of a disease
 - **Pathogenesis** → The biological mechanism by which a disease develops
 - **Sequela** → A condition that is a consequence of a previous disease or injury
- ✓ **Explanation:** These are core clinical terms. **Aetiology** asks *why* a disease occurs, **pathogenesis** explains *how* it develops, **prognosis** predicts *what will happen*, and a **sequela** is what *remains after* the illness, such as *post-viral fatigue as a sequela of influenza*.

32. Contraindication: C • Pharmacokinetics: A • Therapeutic index: B

Correct Matches:

- **Contraindication** → A specific situation in which a drug or treatment should not be used
- **Pharmacokinetics** → The study of how the body absorbs, distributes, and eliminates drugs
- **Therapeutic index** → The ratio between the toxic dose and the effective dose of a drug

✅ **Explanation:** **Contraindications** are critical safety considerations, e.g. *aspirin is contraindicated in children due to the risk of Reye's syndrome.*

Pharmacokinetics covers ADME: *absorption, distribution, metabolism, and excretion*. A narrow **therapeutic index** means a drug like *warfarin* requires careful monitoring.

33. Palliative: C • Invasive: B • Idiopathic: A • Iatrogenic: D

Correct Matches:

- **Palliative** → Care aimed at relieving symptoms rather than curing disease
- **Invasive** → A procedure that involves entering the body by incision or insertion
- **Idiopathic** → A condition arising spontaneously with no known cause
- **Iatrogenic** → An illness or complication caused inadvertently by medical treatment

✅ **Explanation:** **Palliative** care focuses on comfort, not cure. **Invasive** procedures carry infection risk. **Idiopathic** comes from Greek meaning *of one's own*, implying unknown origin. **Iatrogenic** derives from *iatros* (physician), e.g. *an iatrogenic infection acquired during surgery.*

34. Pyrexia: B • Dyspnoea: A • Oedema: C

Correct Matches:

- **Pyrexia** → Fever
- **Dyspnoea** → Difficulty breathing
- **Oedema** → Abnormal accumulation of fluid in body tissues

✅ **Explanation:** These are Latin or Greek clinical terms for common conditions. **Pyrexia** is the formal term for *elevated body temperature*. **Dyspnoea** is documented in patient notes when a patient reports *breathlessness on exertion*. **Oedema** is frequently seen in conditions like *congestive heart failure or renal impairment*.

35. To mount a robust...: A • To reach clinical...: B • To undergo elective...: D • To administer a...: C

Correct

Matches:

• **To mount a robust...** →

...immune response

• **To reach clinical...** →

...remission

• **To undergo elective...** →

...surgery

• **To administer a...** →

...prophylactic dose



Explanation:

These are high-register collocations used in medical writing.

Mounting an immune response

implies strength and effectiveness.

Clinical remission

means symptoms have substantially subsided, particularly in *chronic conditions like Crohn's disease*.

Elective

surgery is planned and non-emergency. A **prophylactic dose** is given to *prevent*

rather than
treat illness.

36. Differential diagnosis: B • Biopsy: A • Haemostasis: C

Correct Matches:

- **Differential diagnosis** → The process of distinguishing a disease from others with similar symptoms
- **Biopsy** → The removal and examination of tissue from a living body for diagnostic purposes
- **Haemostasis** → The process by which bleeding is stopped through clotting mechanisms

✅ **Explanation:** A **differential diagnosis** is a systematic method, e.g. *ruling out appendicitis before diagnosing irritable bowel syndrome*. A **biopsy** is essential for confirming malignancies. **Haemostasis** involves *vasoconstriction, platelet aggregation, and coagulation cascade*.

37. Pandemic: B • Endemic: A • Zoonosis: C • Fomite: D

Correct Matches:

- **Pandemic** → A disease outbreak occurring across multiple countries or worldwide
- **Endemic** → A disease consistently present within a particular geographic area or population
- **Zoonosis** → An infectious disease that has crossed from animals to humans
- **Fomite** → An inanimate object that can carry and transmit infectious agents

✅ **Explanation:** **Pandemic** contrasts with *epidemic* (regional) and *endemic* (persistent baseline). **Zoonoses** include diseases like *rabies and avian influenza*. A **fomite** such as a *door handle or stethoscope* can harbour pathogens and facilitate nosocomial infection.

38. To be on the mend: C • To pull through: A • To be under the weather: B

Correct Matches:

- **To be on the mend** → To be in the process of recovering from an illness
- **To pull through** → To survive a serious illness or medical crisis
- **To be under the weather** → To feel slightly unwell or out of sorts

✓ **Explanation:** These idioms are commonly used in both everyday and semi-formal English. *She's finally on the mend after her knee replacement.* **Pulling through** implies overcoming a life-threatening situation: *The surgeons were confident he would pull through.* **Under the weather** is a mild, colloquial expression typically used for *minor ailments like colds*.

39. Cognitive dissonance: B • Somatisation: A • Dissociation: D • Anhedonia: C

Correct Matches:

- **Cognitive dissonance** → The psychological discomfort of holding conflicting beliefs or attitudes simultaneously
- **Somatisation** → The manifestation of psychological distress through physical symptoms
- **Dissociation** → A disconnection from one's thoughts, feelings, or sense of identity
- **Anhedonia** → The inability to feel pleasure in activities that were previously enjoyable

✓ **Explanation:** **Cognitive dissonance** was coined by *Leon Festinger*. **Somatisation** is seen in conditions like *somatic symptom disorder*. **Dissociation** ranges from mild *daydreaming* to severe disorders. **Anhedonia** is a hallmark symptom of *clinical depression* and often the most diagnostically significant.

40. Informed consent: C • Triage: A • Morbidity: B

Correct Matches:

- **Informed consent** → A patient's voluntary agreement to treatment based on full understanding of the risks and benefits
 - **Triage** → The process of prioritising patients based on the urgency of their medical need
 - **Morbidity** → The prevalence of a disease or ill-health within a given population
- ✓ **Explanation:** **Informed consent** is a cornerstone of medical ethics and patient autonomy, distinguishing it from mere *verbal agreement*. **Triage**, from the French *trier* (to sort), is critical in *emergency medicine and mass casualty events*. **Morbidity** is distinct from *mortality* (death rate) and measures the *burden of disease* in a population.

Part 5: Sort the Values

41. Correct Answer: The physician recommended a course of antibiotics to combat the bacterial infection.

✓ **Explanation:** The sentence follows a standard **subject-verb-object** structure. The subject *The physician* precedes the verb **recommended**, followed by the direct object *a course of antibiotics*. The infinitive phrase **to combat the bacterial infection** expresses purpose and correctly follows the object.

42. Correct Answer: Early diagnosis is paramount in improving the prognosis of malignant tumours.

✓ **Explanation:** The adjective **Early** precedes the noun *diagnosis* as a modifier. The linking verb **is** connects the subject to the adjective complement *paramount*. The prepositional phrase **in improving the prognosis of malignant tumours** follows, specifying the context of the adjective.

43. Correct Answer: Patients undergoing chemotherapy are highly susceptible to opportunistic infections.

✓ **Explanation:** The subject *Patients undergoing chemotherapy* uses a **participial phrase** as a post-modifier. The adverb **highly** correctly precedes the adjective *susceptible*, and the prepositional phrase **to opportunistic infections** completes the adjective's collocation, as *susceptible* is always followed by **to**.

44. Correct Answer: The placebo effect has long been acknowledged as a significant factor in clinical trials.

✓ **Explanation:** This sentence uses the **present perfect passive** construction: *has been acknowledged*. The adverb **long** is placed between the auxiliary *has* and *been*, which is the standard position for mid-position adverbs. The phrase **as a significant factor** follows the passive verb to indicate role or classification.

45. Correct Answer: A comprehensive medical history must be taken before any invasive procedure is carried out.

✓ **Explanation:** The sentence employs a **modal passive** construction: *must be taken*. The **subordinate clause** *before any invasive procedure is carried out* uses a temporal conjunction and correctly follows the main clause to denote a time condition prior to the action.

46. Correct Answer: Despite advances in palliative care, many terminally ill patients still lack adequate pain management.

✓ **Explanation:** The sentence opens with a **concessive prepositional phrase** using *Despite*, which introduces a contrast and is separated from the main clause by a comma. The adverb **still** is correctly placed before the main verb *lack* to emphasise an ongoing situation, and *terminally ill* functions as a **compound adjective** modifying *patients*.

47. Correct Answer: The aetiology of autoimmune disorders remains poorly understood despite decades of research.

✓ **Explanation:** The subject *The aetiology of autoimmune disorders* contains a **postmodifying prepositional phrase**. The linking verb **remains** is followed by the adverb-adjective phrase *poorly understood*, where **poorly** modifies the past participle used as a subject complement. The concessive phrase *despite decades of research* correctly follows.

48. Correct Answer: It is imperative that healthcare professionals adhere to strict protocols when handling biohazardous materials.

✓ **Explanation:** This sentence uses an **it-cleft structure** with a *that*-clause expressing necessity. Following the adjective *imperative*, the **subjunctive mood** is implied in formal English, with *adhere* used as a base form. The adverbial clause **when handling biohazardous materials** correctly appears at the end to specify the condition.

49. Correct Answer: A multidisciplinary approach to patient care has been shown to significantly reduce post-operative complications.

✓ **Explanation:** The sentence uses the **present perfect passive**: *has been shown*. The **split infinitive to significantly reduce** is acceptable in academic register when the adverb *significantly* closely modifies the verb. The compound adjective **post-operative** is hyphenated and correctly precedes the noun *complications*.

50. Correct Answer: Informed consent must be obtained from the patient prior to commencing any experimental treatment.

✓ **Explanation:** The sentence opens with the noun phrase *Informed consent*, where **Informed** functions as an adjective. The **modal passive must be obtained** expresses obligation in formal medical register. The prepositional phrase **prior to commencing** uses *prior to* as a formal preposition followed by a gerund, correctly expressing temporal sequence.

Score Guide

45–50 Correct	Excellent! You have mastered this topic.
38–44 Correct	Very good! Review the rules you missed.
30–37 Correct	Good start. Re-read the lesson and examples.
0–29 Correct	Study the lesson again before retaking the test.