

VOCABULARY · EPISODE 76

5 Min Survival Kit The Doctor

Key words & expressions · English + Deutsch

10 words

Your English Toolbox

1

to describe your symptoms**deine Symptome beschreiben · dem Arzt erklären was du fühlst**

DEF

to explain the signs of illness or discomfort you are experiencing to a medical professional — using specific, clear language to help them understand what is wrong

Describing symptoms in a second language is one of the most practically important skills a language learner can have. Knowing words like 'dull ache', 'sharp pain', 'throbbing', 'tender', and 'swollen' can genuinely affect the quality of care you receive.

DE

Die Zeichen von Krankheit oder Unbehagen, die du erlebst, einem Mediziner in spezifischer, klarer Sprache erklären.

Symptome in einer Zweitsprache zu beschreiben ist eine der praktisch wichtigsten Fähigkeiten.

Can you describe your symptoms? — Tell me: where does it hurt, how does it feel, how long has it been going on?

Can you describe your symptoms? -> Kannst du deine Symptome beschreiben?

She described her symptoms in clear English and the doctor understood her immediately — preparation made the difference.

She described her symptoms in clear English and the doctor understood her immediately. -> Sie beschrieb dem Arzt, was sie fühlte, auf klarem Englisch und der Arzt verstand sie sofort.

2

to be referred to a specialist**an einen Spezialisten überwiesen werden · zu einem Facharzt geschickt werden**

DEF

to be sent by your general doctor to see a doctor who has specific expertise in a particular area of medicine

Referred to a specialist is essential medical English — it describes the pathway through healthcare systems. Understanding this process and knowing how to ask for it are key practical skills for living in an English-speaking country.

DE

Von deinem Allgemeinarzt zu einem Arzt mit spezifischer Expertise in einem bestimmten medizinischen Bereich geschickt werden.

Wesentliches medizinisches Englisch — beschreibt den Weg durch das Gesundheitssystem.

She was referred to a specialist after the GP couldn't identify the cause of her recurring headaches.

She was referred to a specialist after the GP couldn't identify the cause. -> Sie wurde an einen Spezialisten überwiesen, nachdem der Hausarzt die Ursache nicht identifizieren konnte.

Can you refer me to a specialist? — One of the most important questions you can ask at a doctor's appointment.

Can you refer me to a specialist? -> Können Sie mich zu einem Facharzt schicken?

to make an appointment

3

einen Termin machen · eine geplante Zeit zum Besuch eines Arztes oder anderen Fachmanns vereinbaren

DEF

to arrange a scheduled time to see a doctor, dentist, or other professional

Make an appointment is the standard phrase for booking medical (and other professional) visits in English. In NHS or private healthcare contexts, you 'make' or 'book' an appointment, not 'take' one. The language around appointments also includes: 'cancel', 'reschedule', 'miss', 'attend'. Knowing this phrase and its surrounding vocabulary is essential for navigating healthcare in an English-speaking country.

DE

Eine geplante Zeit zu vereinbaren um einen Arzt, Zahnarzt oder anderen Fachmann aufzusuchen.
Der Standardausdruck für die Buchung von Arztterminen auf Englisch.

Make your appointment as early as possible — waiting lists can be long.

Make your appointment as early as possible — waiting lists can be long. -> Mach deinen Termin so früh wie möglich — Wartelisten können lang sein.

She called the surgery first thing in the morning to make an appointment with her GP.

She called the surgery first thing in the morning to make an appointment with her GP. -> Sie rief als erstes morgens in der Praxis an um einen Termin bei ihrem Hausarzt zu machen.

4

to be in good health

bei guter Gesundheit sein · körperlich und geistig wohlauf zu sein

DEF

to be physically and mentally well — without illness, chronic conditions, or significant medical concerns

In good health is the wellness descriptor. In medical English, it is used on forms, in consultations, and in general conversation. Being able to describe your health status accurately is a fundamental medical communication skill. Related phrases include: 'I'm generally healthy', 'I have no pre-existing conditions', 'I'm fit and well'. The opposite is 'in poor health' or 'in ill health'.

DE

Körperlich und geistig wohlauf zu sein — ohne Krankheit, chronische Erkrankungen oder erhebliche medizinische Bedenken.

Der Wohlbefindensdeskriptor.

Being in good health makes all other life goals more achievable — it is a foundation, not a bonus.

Being in good health makes all other life goals more achievable — it is a foundation, not a bonus. -> Bei guter Gesundheit zu sein macht alle anderen Lebensziele erreichbar — es ist eine Grundlage kein Bonus.

She confirmed she was in good health when filling out the insurance form and had nothing significant to declare.

She confirmed she was in good health when filling out the insurance form and had nothing significant to declare. -> Sie bestätigte beim Ausfüllen des Versicherungsformulars bei guter Gesundheit zu sein und nichts Wesentliches anzugeben zu haben.

to take medication

5 Medikamente nehmen · regelmäßig ein verschriebenes Medikament gemäß den Anweisungen einzunehmen

DEF

to regularly consume a prescribed or over-the-counter drug as directed by a doctor or the instructions on the packaging

Take medication is the standard clinical phrase. In medical contexts, you 'take' medicine — not 'eat' or 'drink' it. The phrase 'I take medication for...' is how patients describe their medical history. Related: 'I'm on medication', 'I've been prescribed...', 'I take it twice a day'. Saying 'I eat pills' is grammatically understandable but not natural medical English.

DE

Regelmäßig ein verschriebenes oder rezeptfreies Medikament gemäß den Anweisungen eines Arztes oder der Packungsbeilage einzunehmen.

Der Standard-Kliniksausdruck.

Tell your doctor about all medication you take — including over-the-counter and herbal remedies.

Tell your doctor about all medication you take — including over-the-counter and herbal remedies. -> Erzähl deinem Arzt von allen Medikamenten die du nimmst — einschließlich rezeptfreier Mittel und Kräuterheilmittel.

She took medication for high blood pressure and made sure to carry it whenever she travelled.

She took medication for high blood pressure and made sure to carry it whenever she travelled. -> Sie nahm Medikamente gegen Bluthochdruck und sorgte dafür sie immer dabei zu haben wenn sie reiste.

a side effect

6 eine Nebenwirkung · eine unbeabsichtigte Folge der Einnahme eines Medikaments

DEF

an unintended consequence of taking a medication — typically a negative physical reaction that occurs alongside the intended therapeutic effect

Side effect is the pharmacology phrase. Every medication comes with a list of possible side effects — from mild (headache, nausea) to serious (heart rhythm problems). In medical consultations, patients are expected to report side effects. Phrases include: 'I've been experiencing a side effect', 'I think this medication is causing...', 'Is this a known side effect of...?'

DE

Eine unbeabsichtigte Folge der Einnahme eines Medikaments — typischerweise eine negative körperliche Reaktion die neben dem beabsichtigten therapeutischen Effekt auftritt.

Der pharmakologische Ausdruck.

Report any side effects to your doctor promptly — some require a dose adjustment or medication change.

Report any side effects to your doctor promptly — some require a dose adjustment or medication change. -> Melde deinem Arzt alle Nebenwirkungen umgehend — einige erfordern eine Dosisanpassung oder Medikamentenänderung.

She stopped the medication after experiencing a side effect that affected her concentration and focus.

She stopped the medication after experiencing a side effect that affected her concentration and focus. -> Sie hörte mit dem Medikament auf nachdem sie eine Nebenwirkung erlebt hatte die ihre Konzentration und Aufmerksamkeit beeinträchtigte.

to feel under the weather

7 sich nicht ganz wohlfühlen · sich leicht unwohl zu fühlen — nicht ernsthaft krank aber auch nicht auf dem Gipfel

DEF

to feel slightly unwell — not seriously ill but not at your best either

Feel under the weather is the mild illness idiom. It is used when you are not sick enough to dramatically describe symptoms but you are clearly not well — perhaps a slight headache, tiredness, or a general sense of malaise. 'I'm feeling a bit under the weather today' is a common, natural English way to explain why you might leave early, skip an event, or be less productive.

DE

Sich leicht unwohl zu fühlen — nicht ernsthaft krank aber auch nicht auf der Höhe.

Das Idiom für leichte Krankheit.

Say 'I'm feeling a bit under the weather' when you want to explain being unwell without being dramatic.

Say 'I'm feeling a bit under the weather' when you want to explain being unwell without being dramatic. -> Sag 'ich fühle mich etwas unwohl' wenn du erklären willst krank zu sein ohne dramatisch zu sein.

She told her manager she was feeling a bit under the weather and asked if she could work from home that day.

She told her manager she was feeling a bit under the weather and asked if she could work from home that day. -> Sie sagte ihrem Vorgesetzten dass sie sich etwas unwohl fühlte und fragte ob sie an dem Tag von zu Hause arbeiten könne.

to run tests

8 Tests durchführen · medizinische Untersuchungen oder Untersuchungen durchführen

DEF

to carry out medical examinations or investigations — such as blood tests, scans, or other diagnostic procedures

Run tests is the medical investigation phrase. When a doctor cannot diagnose from the consultation alone, they order tests. Phrases include: 'I'm going to run a few tests', 'We'll need to run some blood tests', 'The tests came back clear'. For patients, understanding these phrases is essential for following medical conversations and knowing what will happen next in their treatment.

DE

Medizinische Untersuchungen oder Ermittlungen durchzuführen — wie Blutuntersuchungen, Scans oder andere diagnostische Verfahren.

Der medizinische Untersuchungsausdruck.

Ask your doctor what any tests are for and when to expect results — it is your right to know.

Ask your doctor what any tests are for and when to expect results — it is your right to know. -> Frage deinen Arzt wozu die Tests sind und wann du Ergebnisse erwarten kannst — es ist dein Recht es zu wissen.

She was told the doctor wanted to run a few tests before making any diagnosis.

She was told the doctor wanted to run a few tests before making any diagnosis. -> Ihr wurde gesagt dass der Arzt einige Tests durchführen wollte bevor er eine Diagnose stellte.

to be allergic to

9

allergisch sein gegen · eine anormale Immunreaktion auf eine bestimmte Substanz zu haben

DEF

to have an abnormal immune response to a specific substance — causing symptoms such as rash, swelling, or difficulty breathing when exposed to it

Allergic to is the medical sensitivity phrase. Every medical form asks about allergies. The phrase 'I'm allergic to...' covers everything from mild intolerances to life-threatening reactions. Knowing how to say this clearly — and how to distinguish between 'I'm allergic to X' (immune response) and 'I can't eat X' (intolerance or preference) — is important medical communication.

DE

Eine anormale Immunreaktion auf eine bestimmte Substanz zu haben — die Symptome wie Ausschlag, Schwellung oder Atemschwierigkeiten verursacht.

Der medizinische Empfindlichkeitsausdruck.

State your allergies clearly at every medical appointment — especially before any procedure or prescription.

State your allergies clearly at every medical appointment — especially before any procedure or prescription. -> Gib deine Allergien bei jedem Arzttermin klar an — besonders vor jedem Eingriff oder Rezept.

She was allergic to penicillin and had a medical alert bracelet to ensure emergency staff always knew.

She was allergic to penicillin and had a medical alert bracelet to ensure emergency staff always knew. -> Sie war allergisch gegen Penicillin und trug ein medizinisches Alarmarmband um sicherzustellen dass Notfallpersonal es immer wusste.

a diagnosis

10

eine Diagnose · die Identifizierung einer medizinischen Erkrankung basierend auf Symptomen und Tests

DEF

the identification of a medical condition or disease based on symptoms, tests, and clinical judgment

Diagnosis is the medical conclusion noun. When a doctor says 'I think we are looking at...' or 'Based on what I can see, this is...' they are arriving at a diagnosis. Patients have the right to ask about the diagnosis clearly: 'What exactly do you think is wrong?', 'Are there other possibilities?', 'How confident are you?'. Understanding the diagnosis is the first step to understanding treatment.

DE

Die Identifizierung einer medizinischen Erkrankung oder Krankheit basierend auf Symptomen, Tests und klinischem Urteil.

Das medizinische Schlussfolgerungssubstantiv.

Ask your doctor to explain the diagnosis clearly — do not leave the appointment unclear about what you have been told.

Ask your doctor to explain the diagnosis clearly — do not leave the appointment unclear about what you have been told. -> Bitte deinen Arzt die Diagnose klar zu erklären — verlasse den Termin nicht ohne Klarheit über das was dir gesagt wurde.

She was relieved to finally receive a diagnosis after months of tests and uncertainty.

She was relieved to finally receive a diagnosis after months of tests and uncertainty. -> Sie war erleichtert nach monatelangen Tests und Unsicherheit endlich eine Diagnose zu erhalten.