

VOCABULARY · EPISODE 76

5 Min Survival Kit The Doctor

Key words & expressions · English + ■■■■■

10 words

Your English Toolbox

1

to describe your symptoms

یرادی ساسحاً هچ هک نداد حیضوت رتکد هب ندرک فیصوت ارتمئالع

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.

حیضوت یکشزپ صصختم کی هب حضاو و صاخ نابز اب ار ینکلیم هب رجت هک یتحاران ای یرامیب یاهلنشن نداد.

هتشراد دن اوتلیم زوم آن ابز کی هک تسای دربراک یاهلنراهم نی رتامهم زای کی مود نابز کی هب مئالع فیصوت دشاب.

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

؟ینک فیصوت ارتمئالع ین اوتلیم

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

.دی م هف اروف رتکد و درادی ساسحاً هچ هک داد حیضوت حضاو یسی لگنا اب رتکد هب .

2

to be referred to a specialist

ندش هدات سرف صصختم رتکد کی شیب ندش هداد عاجرا صصختم هب

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.

ندش هدات سرف دراد یکشزپ صاخ هزوح کی رد صاخ صصخت هک یرتکد شیب تالی مومع رتکد طسوت دنکلیم فیصوت ارتشرادهب یاهلن تسی قی رط زای رسم تسای رورض یکشزپ یسی لگنا

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

زادعب .

دش هداد عاجرا صصختم هب دنکی یاسانش ارتلع تسناوتن ی مومع کشزپ هکنی

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

؟دی تسرفب صصختم رتکد کی شیب ارم دین اوتلیم

3

to make an appointment

صصختم ای کشزپ ندیدی ارب هدش یزیراهم انرب نامز کی نداد بی ترت ن تفرگ تقو

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.

رگیدی صصختم ای کشزپ نادنند، کشزپ اب تاقالم ارب هدش یزیراهم انرب نامز کی نداد بی ترت
یسی لگن ا ردی کشزپ تیژی و ورزی ارب درادناتسا ترابع

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

تقو عرسا رد .

دنشاب ینالوط دنناوتلم راطتنای اهتسیل دیریگب تقو

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

دیریگب تقو شیمومع کشزپ اب ات تفرگ سامت بطم اب تقو لوا حبص

4

to be in good health

یکشزپ ینارگن ای یرامی ب نودب ندوب بوخ ینهد و یمسج رظن زا ندوب بوخ تمالس رد
هجو ت لباق

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'.

هجو ت لباق یکشزپ یاهلی نارگن ای نمزم طیارش، یرامی ب نودب ندوب بوخ ینهد و یمسج رظن زا
ی تمالس هدننکافی صوت

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

کی هن تساهیاپ کی دنکلی م رتلیبای تسد لباق ار رگیدی گدنز فادهامه ندوب بوخ تمالس رد .

تیزم

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

یژی و تساهیاپ بوخ تمالس رد هک درک دیأت همیب مرف ندرک رب ماگنه .

درادن مالعی ارب یهجو ت لباق

5

to take medication

کشزپ روتسد قبط هخسن نودب ای هدشزیوجت یوراد کی مظنم فرصم ندرک فرصم ورا

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.

یور لمعلاروتسد ای کشزپ لمعلاروتسد قبط هخسن نودب ای هدشزیوجت یوراد کی مظنم فرصم
ی. دنباهتسب
ی. نیلاب درادناتسا ترابع

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

و هخسن نودب یاهوراد هلمج زا دیوگب ناتکشزپ هب ار دینکلم فرصم هک ییاهوراد مامت .
ی. هایگی یاهوراد

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

هتشاد هارمه ار آن دنکلم رفس تقو ره دشلیم نیمطم و درکلم فرصم ورا دلاب نوخ راشف یارب .
دشاب

6

a side effect

یفنم یمسج شنکاو کی آلومعم ورا فرصم هتساوخان دمایپ یبناج هضراع

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...?'

دهلیم خر رظن دروم ینامرد رتا اب هارمه هک یفنم یمسج شنکاو کی آلومعم ورا فرصم هتساوخان دمایپ
ی. سانشوراد ترابع

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

ای زود میظنت هب زاین یخر ب دیهد شرانگ ناتکشزپ هب آروف اریبناج هضراع ره .
د. نراد ورا دیریغت

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

ار ورا تشانگ ریثأت شهجوت و زکرمت یور هک یبناج هضراع کی هبرجت زا دع ب .
درک عطق

7

to feel under the weather

دوبن مه لاج نیرت هب رد هکلب رامی بیدج هن یلا حی بی مک ساسح ا ن تشادن یبوخ تلح

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.

دوبن مه بوخ اصخشم اما دوش فیصوت کی تماردب هک رامی بی فاک هزادنا هب هن یلا حی بی مک ساسح ا
فیخی رامی بحالطصا

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

کی تمارد هکنی ا نودب تسین بوخ ن تلح دی ده حیضوت دی ه اوخلم ی تقو .
تسین بوخ ملح ای مک دی وگب دی شاب

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

هناخ زا زور ن آ دن او تلح ای آ دی سرپ و تسین بوخ ش ل ح ای مک هک تفگ شری دم هب .

دنک راک

8

to run tests

ای نکسا، نوخ شی امزآ دن نام یکشزپ ی اهلی سررب ای تانی اع م ماجنا نداد ماجنا شی امزآ
رگی دی صیخشت ی اهشور

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.

صیخشت ی اهشور ریاس ای نکسا، نوخ شی امزآ دن نام یکشزپ ی اهلی سررب ای تانی اع م ماجنا
یکشزپ ی سررب ترابع

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

تسامش قح تشاد راطت ن ا رچی اتن ناوت لیم ی نامز هچ و دن تسه هچ یارب اهلی امزآ دی سررب ن اتکشزپ زا .
دی نادب هک

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

وا هب .

صیخشت هنوگره زالبق دهد ماجنا شی امزآ دن چ ده اوخلم کشزپ هک دش هتفگ

9

to be allergic to

صاخ هدام کی هب یعی ب طریغ ین می ا خ س اپ کی نت شاد هب نت شاد ی ژرل آ

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.

رد ی سفنت ل کشم ای مروت ، شاد دن نام ی مئال ع ثع اب صاخ هدام کی هب یعی ب طریغ ین می ا خ س اپ کی نت شاد
دوشلی م ن آ ضرع م رد نت فرگ رارق ماگنه
یکشزپ تی س اس ح ترابع

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

ره زال بلق اصوصخم دینک نایب حضاوی کشزپ تی زی و ره رد ار نات ای اهلی ژرل آ .

هخسن ای شور

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

ل صا ح نان ی مطا ات تشاد ی کشزپ رادشه دن بت سد کی و تشاد ی ژرل آ نی لی س لپ نپ هب .
دن نالیم ار نی هشی مه سن اژروا نان کراک هک دنک

a diagnosis

10

تواضق و اهلی امزآ ، مئال ع س اس ا رب ی کشزپ تلاح ای ی رامی ب کی یی اس انش صیخشت کی
ینی ل اب

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.

ینی ل اب تواضق و اهلی امزآ ، مئال ع س اس ا رب ی کشزپ تلاح ای ی رامی ب کی یی اس انش
یکشزپ هجی تن مسا

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

نودب دده حی ضوت حضاو ار صیخشت دیه اوخب نات کشزپ زا .

دیورن تاقال م رارق زا هدش هت فگ امش هب هچن آ هراب رد حوضو

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

دش تحار صیخشت تفای رد زانانی مطا مدع و شی امزآ اهلام زا دعب .