Ch. 4 **La salud y el bienestar**

**Los Síntomas y las efermedades**

1. Depression
2. disease, illness
3. flu
4. injury
5. discomfort
6. obesity
7. cold
8. breathing
9. blood pressure (high/low)
10. cough
11. virus
12. to become infected
13. to faint
14. to deteriorate; to get worse
15. to get sick
16. to have a cold
17. to get hurt
18. to remain; to last
19. to get well/sick
20. to suffer (from)
21. to look healthy/sick
22. to have a fever
23. to cough
24. to stay up all night
25. exhausted
26. inflamed
27. dizzy

**La salud y el bienestar**

1. diet (nutrition)
2. self-esteem
3. well-being
4. mood
5. health
6. to lose weight
7. to quit smoking
8. to rest
9. to gain weight
10. to be on a diet
11. to improve
12. to prevent
13. to relax
14. healthy

**Los medicos y el hospital**

1. surgery
2. surgeon
3. doctor’s appointment
4. doctor’s office
5. operation
6. first aid
7. emergency room
8. emergency room

**Las medicinas y los tratamientos**

1. aspirin
2. painkiller
3. tranquilizer
4. syrup
5. pill
6. prescription
7. treatment
8. vaccine
9. bandage
10. cast
11. to heal; to be cured
12. to give a shot
13. to recover
14. to heal
15. to treat
16. to vaccinate/to get vaccinated
17. healing