

Chapter 12

Health – Medical – Sickesses – Aches & Injuries – Exercise & Nutrition

General Words & Concepts:

contagious, infectious	=	chuánrǎn	传 染
Remember, TB is easy to get!			
Pay attention,	TB	can	easily (be)
Zhùyì,	fèijiéhé	huì	róngyì
注 意 ,	肺 结 核	会	容 易
			<u>infected!</u> <u>chuánrǎn!</u>
			传 染 !

(American Usage Note: “TB” is short for “tuberculosis.”)

die	=	sǐ	死
My grandmother		died.	
My grandmother		<u>died.</u>	
Wǒ nǎinai		<u>sǐ le.</u>	
我 奶 奶		死 了 。	

illegal drugs, dope, narcotics	=	dúpǐn	毒 品
I hate drugs!			
I hate		<u>drugs!</u>	
Wǒ tǎoyàn		<u>dúpǐn!</u>	
我 讨 厌		毒 品 !	

give up (a bad habit)	=	jiè	戒
You should give up		cigarettes.	
You should		<u>give up</u>	cigarettes.
Nǐ yīnggāi		<u>jiè</u>	xiāngyān.
你 应 该		戒	香 烟 。

health = jiànkāng 健康

Your parents' health is good?

Your	parents		bodies'	(are)	<u>healthy</u>	yes / no?
Nǐ	fùmǔ	de	shēntǐ		<u>jiànkāng</u>	ma?
你	父 母	的	身 体		健 康	吗 ?

health club, spa, gym = jiànshēnfáng 健身房

In your opinion, is this a good health spa?

You	feel	this		<u>health spa</u>	(is)	good	yes / no?
Nǐ	juéde	zhè	gè	<u>jiànshēnfáng</u>		hǎo	ma?
你	觉 得	这 个	健 身 房		好	吗 ?	

smoke cigarettes, cigar, pipe = chōuyān 抽烟

You smoke?

You	<u>smoke</u>	yes / no?
Nǐ	<u>chōuyān</u>	ma?
你	抽 烟	吗 ?

smoking area = xīyānqū 吸烟区

Where is the smoking area?

<u>Smoking area</u>	where?
<u>Xīyānqū</u>	zài nǎr?

吸 烟 区 在 哪 儿 ?

Medical:

antibiotics = kàngshēngsù 抗生素

You need antibiotics.

You	need	<u>antibiotics.</u>
Nǐ	xūyào	<u>kàngshēngsù.</u>

你 需 要 抗 生 素 。

aspirin	=	āsīpǐlín	阿斯匹林
I	need	an	aspirin.
I	need	an	<u>aspirin.</u>
Wǒ	xūyào	yī piàn	<u>āsīpǐlín.</u>
我	需要	一 片	阿斯匹林。

doctor	=	yīshēng	医生
Thank	you,	doctor.	
Thank	you,	<u>doctor.</u>	
Xièxie	nín,	<u>yīshēng.</u>	
谢谢	您，	医生。	

doctor	=	dàifu	大夫
Thank	you,	doctor.	
Thank	you,	<u>doctor.</u>	
Xièxie	nín,	<u>dàifu.</u>	
谢谢	您，	大夫。	

drugstore, pharmacy	=	yàofáng	药房
Where is a drugstore?			
<u>Drugstore</u>	where?		
<u>Yàofáng</u>	zàinǎr?		
药房	在哪儿？		

hospital	=	yīyuàn	医院
On the left there is a hospital.			
<u>Hospital</u>	on	left side.	
<u>Yīyuàn</u>	zài	zuǒbian.	
医院	在	左边。	

midwife = zhùchǎnshì 助产士
Her profession is a midwife.
 Her profession is (a) midwife.
 Tāde zhíyè shì zhùchǎnshì.
 她的职业是助产士。

medicine = yào 药
I still don't like doctor's medicines.
 I still not like doctor's medicines.
 Wǒ háishi bù xǐhuan dàifu de yào.
 我还是不喜欢大夫的药。

medicinal herbs = cǎoyào 草药
But I often use medicinal herbs.
 But I often use medicinal herbs.
 Kěshì wǒ jīngcháng yòng cǎoyào.
 可是我经常用草药。

nurse = hùshì 护士
Her profession is a nurse.
 Her profession is (a) nurse.
 Tāde zhíyè shì hùshì.
 她的职业是护士。

pregnant = huáiyùn 怀孕
I'm pregnant. Therefore I eat for two.
 I (am) pregnant. Therefore I eat two person meals.
 Wǒ huáiyùn le. Suǒyǐ wǒ chī liǎng gè rén de fàn.
 我怀孕了。所以我吃两个人的饭。

sickness, disease, illness = bìng 病

I feel sick.

I feel sick.

Wǒ juéde bìng le.

我 觉 得 病 了。

。 。 。 NEXT 4 。 。 。

virus = bìngdú 病 毒

The doctor explained, I have a virus.

(The) Doctor to me explained, I have (a) virus.

Yīshēng duì wǒ jiěshì, wǒ yǒu bìngdú.

医 生 对 我 解 释 , 我 有 病 毒 。

anti-bacterial soap = xiāodú féizào 消 毒 肥 皂

disinfects = xiāodú 消 毒

germs, bacteria, viruses = bìngjūn 病 菌

Using anti-bacterial soap disinfects germs.

Using anti-bacterial soap disinfects germs.

Yòng xiāodú féizào xiāodú bìngjūn.

用 消 毒 肥 皂 消 毒 病 菌 。

。 。 。 END OF 4 。 。 。

Sicknesses:

AIDS = àizībìng 爱 滋 病

We are studying AIDS.

We study about AIDS.

Wǒmen xuéxí guānyú àizībìng.

我 们 学 习 关 於 爱 滋 病 。

bladder infection = pángguāng yán 膀胱炎

I have a very bad bladder infection!
 I have (a) very bad bladder infection!
 Wǒ yǒu lihài de pángguāng yán!
 我 有 厉 害 的 膀 胱 炎 ！

cancer = áizhèng 癌症

Oh my gosh! Your father has cancer!
 Oh my gosh! Your father has cancer!
 Āiyā! Nǐ fùqīn yǒu áizhèng!
 哎 呀 ！ 你 父 亲 有 癌 症 ！

fever = fāshāo 发烧

My older brother has a fever.
 My older brother (has) (a) fever.
 Wǒ gēge fāshāo.
 我 哥 哥 发 烧 。

flu, influenza = liúgǎn 流感

I have the flu.
 I got (the) flu.
 Wǒ dé le liúgǎn.
 我 得 了 流 感 。

heart disease = xīnzàngbìng 心脏病

Your grandfather has heart disease.
 Your grandfather has acquired heart disease.
 Nǐde yéye dé le xīnzàngbìng.
 你 的 爷 爷 得 了 心 脏 病 。

infection = yánzhèng 炎症

Beth has an infection.

Beth has (an) infection.

Beth yǒu yánzhèng.

_____ 有 炎症。

Cold Related:

caught a cold, cold (illness), = gǎnmào 感冒

I have caught a cold.

I have caught a cold.

Wǒ yǒu gǎnmào.

我 有 感冒。

cough = késòu 咳嗽

I have a very bad cough!

I cough very bad!

Wǒ késòu de hěn lihài!

我 咳嗽 得 很 厉害！

。 。 。 NEXT 2 。 。 。

cough drops = hánpiàn 含片

cough syrup = zhǐké tángjiāng 止咳糖浆

I need cough drops and cough syrup.

I need cough drops and cough syrup.

Wǒ xūyào hánpiàn hé zhǐké tángjiāng.

我 需要 含片 和 止咳糖浆。

。 。 。 END OF 2 。 。 。

runny nose = liú bíti 流鼻涕

I have a runny nose.
 I have (a) runny nose.
 Wǒ yǒu liú bíti.
 我 有 流鼻涕。

sneeze = dǎpēnti 打喷嚏

I have the coughs and sneezes.
 I have (the) coughs and sneezes.
 Wǒ yǒu késòu hé dǎpēnti.
 我 有 咳嗽 和 打喷嚏。

stuffy nose, nasal congestion, = bísè 鼻塞

I have a stuffy nose.
 I have (a) stuffy nose.
 Wǒ yǒu bísè.
 我 有 鼻塞。

Stomach-Related:

constipation = biànbì 便

Are you constipated, too?
 You are / are not also constipated?
 Nǐ shì bùshì yě biànbì?
 你 是 不是 也 便

diarrhea = lā dùzi 拉肚子

I also have diarrhea.
 I also (have) diarrhea.
 Wǒ yě lā dùzi.
 我 也 拉肚子。

stomach ache, tummy ache = wèiténg

胃疼

My tummy aches.

My tummyaches.

Wǒde wèiténg.

我的胃疼。

Aches & Injuries:

。 。 。 NEXT 3 。 。 。

backache = bèiténg

背疼

My back aches.

My backaches.

Wǒde bèiténg.

我的背疼。

sore muscles or bones = jīròu suānténg

肌肉酸疼

I have sore muscles.

I (have) muscles aching.

Wǒ [yǒu] jīròu suānténg.

我肌肉酸疼。

(Chinese Grammar Note: *There is little difference between “My” and “I have” in body aches. “Have” is assumed and “yǒu” is optional. Compare above two examples.*)

massage = ànmó

按摩

I will massage

your back.

I (will) massage

a bit

your back.

Wǒ ànmó

yīxià

nǐde bèi.

我按摩一下你的背。

。 。 。 END OF 3 。 。 。

headache = tóuténg 头疼

I have a headache.

My headaches.

Wǒ tóuténg.

我 头疼。

sore throat = hóulóngténg 喉咙疼

I have a sore throat.

My throat sore.

Wǒ hóulóngténg.

我 喉咙疼。

Teeth-Related:

cavities, decayed teeth = zhùyá 蛀牙

Your son has cavities.

Your son has cavities.

Nǐde érzi yǒu zhùyá.

你的 儿子 有 蛀牙。

dentist = yáyī 牙医

Do you have a dentist?

You have / not have (a) dentist?

Nǐ yǒu méiyǒu yáyī?

你 有 没有 牙医 ?

teeth, tooth = yáchǐ 牙齿

Nice teeth. Beautiful smile!
 Nice teeth. Beautiful smile!
 Hǎokàn de yáchǐ. Piàoliang de xiàoróng!
 好看 的 牙齿。 漂亮 的 笑容！

toothache = yáténg 牙疼
My tooth aches.
 My toothaches.
 Wǒ yáténg.
 我 牙疼。

Mental, Emotional-Related:

depressed / worried / sad = chóu 愁
I am very depressed.
 I (am) very depressed.
 Wǒ hěn chóu.
 我 很 愁。

stress = yālì 压力
The doctor says I have too much stress.
 (The) Doctor to me explained, my stress (is) too much.
 Yīshēng duì wǒ jiěshì, wǒde yālì tài dà.
 医生 对 我 解释, 我的 压力 太 大。

worry = dānxīn 担心
You always have the worst worries!
 You always worry too much!
 Nǐ zǒngshì dānxīn tài duō!
 你 总是 担心 太多!

Exercise & Nutrition:

morning calisthenics

= zǎocāo

早 操

We do**morning calisthenics.**

We do

morning calisthenics.

Wǒmen zuò

zǎocāo.

我 们 做

早 操 。

vitamins

= wéitāmìng

维 他 命

I take daily vitamins.

I daily

already eat

vitamins.

Wǒ měitiān

dōu chī

wéitāmìng.

我 每 天

都 吃

维 他 命 。