IELTS Word List

Vocabulary List

Vocabulary and example	Write it

prevent v. /prɪ'vent/

to stop something from happening

Family: prevention (n.) · preventable (adj.) **Use it with:** prevent disease · prevent someone from doing **Tip:** Prevention is better than cure.

The centre sends appointment reminders to help **prevent** missed visits.

treatment n. /'tri:tmənt/

medical care for an illness or injury

Family: treat (v.) **Use it with:** medical treatment · receive treatment

The interview asks how long patients waited for **treatment**.

symptom n. /'sɪmptəm/

a sign of an illness that a person notices, such as pain

Use it with: early symptoms · show symptoms **Tip:** A symptom is a sign, not a confirmed diagnosis.

Fever and a cough are common **symptoms** of flu.

diagnosis n. /ˌdaɪəg'nəʊsɪs/

a doctor's decision about what illness a person has

Family: diagnoses (pl.) · diagnose (v.) **Use it with:** early diagnosis · make a diagnosis

Early **diagnosis** makes many cancers easier to treat.

nutrition n. /nju:'trɪʃn/

the food you eat and how it keeps you healthy

Family: nutritious (adj.) · nutritional (adj.) **Use it with:** good nutrition · nutritious food **Tip:** Nutritious food is healthy food; nutritional information is about food.

The course includes a unit on **nutrition** and food labels.

sedentary adj. /'sedəntəri/

involving a lot of sitting and little movement

Use it with: a sedentary lifestyle · sedentary work

Office workers often have **sedentary** jobs.

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Vocabulary and example	Write it

wellbeing n. /ˌwelˈbiːɪŋ/

feeling healthy, happy and comfortable

Use it with: mental wellbeing · physical and mental wellbeing **Tip:** Also written well-being.

The survey asks staff about sleep, workload and **wellbeing**.

affordable adj. /əˈfɔːdəbl/

cheap enough for people to pay for

Family: afford (v.) · affordability (n.) **Use it with:** affordable housing · affordable prices **Tip:** Cheap is about the price; affordable is about whether people can pay.

The plan aims to make dental care more **affordable**.

recovery n. /rɪˈkʌvəri/

becoming healthy again after an illness or injury

Family: recover (v.) **Use it with:** a full recovery · a slow recovery

The article describes support during **recovery** after an injury.

obesity n. /əʊˈbiːsəti/

the state of being very overweight in a way that harms health

Family: obese (adj.) **Use it with:** childhood obesity · obesity rates

Childhood **obesity** has risen in many countries.

balanced diet phrase /ˈbælənst ˈdaɪət/

eating the right amounts of different kinds of food

Use it with: eat a balanced diet

A **balanced diet** includes fruit, vegetables and protein.

life expectancy phrase /laɪf ekˈspektənsi/

how many years a person is expected to live on average

Use it with: increase life expectancy · average life expectancy **Tip:** Good for Task 1 and Task 2 about ageing.

Life expectancy in Japan is over 84 years.

Vocabulary and example	Write it

chronic adj. /ˈkrɒnɪk/

(of an illness) lasting a long time

Use it with: chronic illness · chronic pain **Tip:** Opposite: acute (sudden and short).

Diabetes is a **chronic** disease.

vaccine n. /væksˈiːn/

a substance that protects the body against a disease

Family: vaccinate (v.) · vaccination (n.) **Use it with:** a flu vaccine · vaccination programme

The new **vaccine** protects children against measles.

epidemic n. /ˌepɪˈdemɪk/

a large number of cases of a disease in one area at the same time

Family: pandemic (n.) **Use it with:** an epidemic of · a global pandemic **Tip:** A pandemic spreads across many countries.

The city faced a flu **epidemic** last winter.

junk food phrase /dʒʌŋk fuːd/

food that is quick and tasty but not healthy

Use it with: eat junk food · junk food advertising

Schools have banned **junk food** from vending machines.

processed food phrase /ˈprəʊsest fuːd/

food that has been changed in factories, often with added salt or sugar

Use it with: highly processed food

Processed food is often high in salt.

fitness n. /ˈfɪtnəs/

being strong and healthy because of exercise

Family: fit (adj.) **Use it with:** physical fitness · a fitness centre

Swimming is good for overall **fitness**.

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Vocabulary and example	Write it

addiction n. /əˈdɪkʃn/

being unable to stop taking or doing something harmful

Family: addicted (adj.) · addictive (adj.) **Use it with:** drug addiction · addicted to

Smartphone **addiction** worries many parents.

health care n. /helθ keə/

the services that look after people's health

Use it with: public health care · access to health care **Tip:** Also written healthcare.

Free **health care** is available to all citizens.

infection n. /ɪnˈfekʃn/

an illness caused by bacteria or a virus

Family: infect (v.) · infectious (adj.) **Use it with:** a viral infection · infectious diseases

Washing your hands reduces the risk of **infection**.

check-up n. /tʃek ʌp/

a general medical examination

Use it with: a regular check-up · a medical check-up

Adults should have a dental **check-up** every year.

side effect phrase /saɪd ɪˈfekt/

an extra, usually bad, effect of a medicine

Use it with: serious side effects

Headaches are a common **side effect** of the drug.

allergy n. /ˈælədʒi/

a medical condition that makes you ill when you eat or touch something

Family: allergic (adj.) **Use it with:** a food allergy · allergic to

She has a nut **allergy**.

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Vocabulary and example	Write it

insomnia n. /ɪnˈsɒmnɪə/

the problem of not being able to sleep

Use it with: suffer from insomnia

Stress at work can cause **insomnia**.

public health phrase /ˈpʌblɪk helθ/

the health of the population as a whole

Use it with: a public health campaign · a threat to public health

Smoking bans have improved **public health**.

overweight adj. /ˌəʊvəˈweɪt/

heavier than is healthy

Use it with: seriously overweight

Nearly a third of adults are **overweight**.

lifestyle n. /ˈlaɪfstaɪl/

the way a person lives, including habits

Use it with: a healthy lifestyle · lifestyle choices

A healthy **lifestyle** includes regular exercise.

stress-related adj. /stres rɪˈleɪtɪd/

caused by worry and pressure

Use it with: stress-related illness

Doctors see more **stress-related** illnesses than before.

cure n./v. /kjʊə/

a treatment that makes an illness go away; or to make someone well

Family: curable (adj.) **Use it with:** find a cure · cure a disease

There is still no **cure** for the common cold.

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