

# Health Vocabulary (50 Words)

## Definitions & Practical Usage Tips

**Well-being:** The overall state of being healthy, comfortable, and happy.

*Tip:* Use it when talking about mental, physical, and emotional health together.

**Immunity:** The body's ability to resist disease.

*Tip:* Commonly used when discussing vaccines or resistance to illness.

**Nutrition:** The process of providing or obtaining food necessary for health.

*Tip:* Use it to discuss diet quality and balanced eating.

**Hydration:** The process of maintaining adequate fluid levels in the body.

*Tip:* Useful when giving health or fitness advice.

**Diagnosis:** Identification of a disease from symptoms.

*Tip:* Often used in medical or clinical contexts.

**Treatment:** Medical care given to manage a condition.

*Tip:* Use it with specific illnesses or therapies.

**Prevention:** Actions taken to stop disease before it occurs.

*Tip:* Common in public health advice.

**Recovery:** The process of returning to health after illness.

*Tip:* Use it when talking about healing timelines.

**Chronic:** A condition that persists for a long time.

*Tip:* Typically contrasts with acute conditions.

**Acute:** A condition that appears suddenly and is severe.

*Tip:* Use it for short-term illnesses or pain.

**Symptoms:** Physical or mental signs of illness.

*Tip:* Useful in patient descriptions.

**Therapy:** Treatment intended to relieve or heal a disorder.

*Tip:* Can refer to physical or psychological care.

**Rehabilitation:** The process of restoring health or ability after illness or injury.

*Tip:* Often used after injury, stroke, or surgery.

**Medication:** Drugs used to treat disease.

*Tip:* Use it in formal medical writing.

**Prescription:** A doctor's order for medicine.

*Tip:* Use it when discussing healthcare access or pharmacy rules.

**Dosage:** The amount of medicine to take at one time or over a period.

*Tip:* Important in safety instructions.

**Side effects:** Unintended effects of a medication or treatment.

*Tip:* Use it in warnings or patient guidance.

**Lifestyle:** A person's habits and daily choices that affect health.

*Tip:* Common in health-improvement advice.

**Sedentary:** Involving little physical activity.

*Tip:* Use it when discussing risk factors.

**Exercise:** Physical activity done to improve or maintain fitness.

*Tip:* General health and fitness contexts.

**Cardiovascular:** Related to the heart and blood vessels.

*Tip:* Use it in fitness and medical discussions.

**Respiratory:** Related to breathing and the lungs.

*Tip:* Useful for conditions like asthma.

**Inflammation:** A body response to injury or infection (often causing redness or swelling).

*Tip:* Common in medical explanations and symptom descriptions.

**Infection:** Invasion of the body by harmful microorganisms.

*Tip:* Use it in disease-related texts.

**Contagious:** Able to spread from one person to another.

*Tip:* Use it in public health warnings.

**Mental health:** A person's emotional and psychological well-being.

*Tip:* Use it when discussing stress, mood, or coping.

**Stress:** Mental or emotional strain caused by pressure or demands.

*Tip:* Common in lifestyle and workplace health topics.

**Anxiety:** A feeling of worry or fear that can affect daily life.

*Tip:* Use it in mental health contexts.

**Depression:** A mood disorder involving persistent sadness and loss of interest.

*Tip:* Use it sensitively and accurately.

**Fatigue:** Extreme tiredness that may not improve with rest.

*Tip:* Common symptom description.

**Obesity:** Excessive body fat that increases health risk.

*Tip:* Use it formally in medical or public health contexts.

**Malnutrition:** Poor nutrition caused by too little, too much, or unbalanced nutrients.

*Tip:* Use it in global or clinical health topics.

**Allergy:** An immune reaction to a substance (like pollen or peanuts).

*Tip:* Common in everyday health language.

**Asthma:** A long-term condition that affects breathing and causes airway inflammation.

*Tip:* Use it as a specific disease term.

**Diabetes:** A disease affecting how the body controls blood sugar.

*Tip:* Common chronic condition example.

**Hypertension:** High blood pressure.

*Tip:* Use it in clinical or academic texts.

**Cholesterol:** A fat-like substance in the blood; high levels can raise heart risk.

*Tip:* Use it when discussing heart health.

**Metabolism:** The chemical processes that keep the body functioning.

*Tip:* Useful in fitness and nutrition topics.

**Detoxification:** The process of removing harmful substances from the body.

*Tip:* Best used in scientific or medical contexts.

**Impairment:** A reduction in normal function (physical or mental).

*Tip:* Formal medical usage.

**Disorder:** An abnormal physical or mental condition.

*Tip:* General diagnostic term.

**Vaccine:** A substance that stimulates the immune system to prevent disease.

*Tip:* Use it in prevention discussions.

**Screening:** A test used to detect a disease early, often before symptoms appear.

*Tip:* Use it with cancers, diabetes, or other conditions.

**Check-up:** A routine medical visit to assess general health.

*Tip:* Use it for preventative care and regular monitoring.

**Prognosis:** A doctor's estimate of how a disease is likely to progress.

*Tip:* Common in clinical reports and serious conditions.

**Severity:** The level of seriousness of a condition or symptom.

*Tip:* Useful for comparing mild, moderate, and severe cases.

**Outbreak:** A sudden increase in cases of a disease in a specific place.

*Tip:* Common in news and reports.

**Epidemic:** A widespread occurrence of disease in a community or region.

*Tip:* Formal public health term.

**Pandemic:** A global spread of a disease across multiple countries.

*Tip:* Use it for large-scale health contexts.

**Longevity:** The length of a person's life or life expectancy.

*Tip:* Use it in wellness and aging topics.