Is fearr an tsláinte ná na táinte

Comhrá

Milsc

Some basic vocabulary

Baill an choirp bwil un horrip body parts and other useful vocabulary

ceann kyown head muineál mwin-nyawl neck scornach (f) score-nuk throat giall guee-ul jaw plait (f) platch bald spot craiceann an chinn crack-un hyin scalp gruaig (f) grew-ig hair baithis (f) bah-hish crown of head mullach mull-luk crown of head clár éadain clore aye-uh-din forehead súil (f) sool mala mulluh eyebrow fabhra fow-ruh eyelash caipín na súile cupp-een nuh sool-lyuh evelid radharc na súl rye-ark nuh sool eyesight imreasc eem-rask iris mac imrisc muck eem-rishk pupil deoir dyore tear cluas (f) cloo-uss leiceann lih-kyown cheek uisinn (f) ish-ing temple cuas koo-us sinus smig (f) smig chin béal bale mouth fiacail (f) fiacla (pl) fee-uh-kull fee-uk-luh tooth teanga (f) chang-guh tongue liopa lip-puh lip óna bhéal féin a chuala mé é own-nuh vale fane uh who-ull-luh may eh I heard it from his own lips drandal drun-dull gums carball cur-bul hard palate coguas kug-goo-us soft palate (velum)

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blas bloss palate (taste)
céislín kaysh-leen
                      tonsil
srón (f) sroan
                nose
poll sróine pole sroe-nyuh nostril
aghaidh (f) eye-ee face
lámh (f) law-vv arm, hand
uillinn (f) ill-ling elbow
gualainn (f) goo-ull-ling shoulder
bícéips (f) bee-saypss biceps
matán mut-tawn muscle
ascaill (f) us-kill
                   armpit
caol na láimhe
               quail nuh law-ve wrist
        rust-tuh
                   wrist
méar (f) méara (pl) mare mare-uh
                                   finger
lúidín loo-jean little finger, little toe
corrmhéar (f) core-vare forefinger, index finger
ionga (f) méire ung-guh mare-uh fingernail
méarlorg mare-lorrug fingerprint
barr méire bore mare-uh fingertip
ordóg (f) oar-doag
                     thumb
bos (f) buss palm of hand
géag (f) gay-g limb, arm, leg
cos (f)
        cuss
                leg, foot
glúin (f) glue-ing knee
capán (pláitín) glúine cup-pawn (plaw-tyeen) glue-in-nyuh
  kneecap
rúitín
        roo-cheen ankle
méar coise mare -cush-uh toe
cos cuss foot
bonn na coise bun nuh kush-uh sole of the foot
sáil (f) soil heel
trácht na coise trawkt nuh kush-uh arch of the foot
corróg (f) core-rogue hip
leis lesh thigh
tóin (f) tone buttocks, arse
colpa kulp-uh calf (of leg)
lorga lore-guh shin
bod bud penis
péineas pain-nuss penis
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faighin (f) fie-in vagina taobh teeve side croí cree heart scamhóg (f) skuh-woag lung cuisle mhór kush-luh wore artery artaire ur-tair artery cuisle (f) kush-luh pulse frithbhualadh frih-woo-uh-luh heartbeat féith (f) fay-h vein aeeh liver goile gill-uh stomach (digestive organ) bolg ball-ig stomach (belly, seen from outside) putóg (f) put-toag intestine (gut) inní een-knee intestines (innards) drólann drole-lawn colon lamhnán lav-nawn bladder duán doo-on kidney broinn (f) brinn womb ubhagán uv-uh-gone ovary máilín domlais moil-lean- dumb-lish gall bladder magairle muh-gur-luh testicle bolg ball-ig belly, (as in spare tire) bolg ball-ig abdomen imleacán eem-lak-con navel, belly button cliabh klee-iv chest cíoch key-uk breast cnámh (f) kuh-gnaw-vv bone cnámh uchta kuh-gnaw-vv uk-tuh breastbone droim drim back dromlach drum-luh spine an t-ospidéal uh t-us-pee-jail the hospital an t-otharcharr uh tuh-her-kore the ambulance an t-othar uh tuh-her the patient na seirbhísí éigeandála nuh sare-vee-she eh-gan-daw-luh emergency services clinic klinik clinic an cuairteoir uh coo-are-chore visitor uaireanta cuartaíochta oo-er-un-tuh coo-are-tee-uktuh visiting hours dochtúir duk-toor doctor

oifig an dochtúra / ag an dochtúir at the doctor's office ifig uh duck-too-ruh / ig uh duck-too-ur banaltra bun-ul-truh nurse banaltra fir bun-ul-truh fir orderly (male nurse) seomra showm-ruh room seomra príobháideach showm-ruh pre-void-juk private room barda bored-duh hospital ward obráid ubb-broid operation (medical-surgery) máinlia moin-lee-uh surgeon áit mháinliachta otch woin-lee-ukt-tuh operating room x-gha iks guh x-ray x-ghathaigh iks guh-hee to x-ray an t-oideas uh tih-jass prescription drugaí dugg-ee drugs leigheas lye-ss medicine aspairín us-pur-een aspirin losainn (f) chasachta lus-ing huss-uk-tuh cough drop síoróip (f) chasachta sheer-rope huss-uk-tuh cough syrup braillín bruh-leen bedsheet piliúr pil-yure pillow blaincéad blang-kade blanket teirmiméadar tare-mim-eh-dur thermometer fuil fool blood deontóir fola jown-tow-ur fuluh blood donor fuilghrúpa full-groop-uh blood group brú fola brew fuluh blood pressure tástáil fola taws-toil fuluh blood test nigh knee to wash glan glun to clean glantóir glun-toe-ur a cleaner

comhdaigh coe-dee file

Useful phrases in medical stuations

Cad tá ort? cud thaw ort What's the matter?

To indicate what your problem is, use <u>Tá</u> followed by the symptoms or illness you have, followed by the preposition <u>ar</u>. Remember, with pronouns, the forms are:

orm ort air uirthi orainn oraibh orthu

<u>Tá</u> slaghdán <u>orm</u> thaw sly-dawn orim I have a cold an fliú un flew the flu droch-chasacht druh-hussuckt a bad cough tinneas cinn chinnis- kin a headache tinneas fiacaile chinnis-fee-uh kill-uh a toothache tinneas boilg chinnis ballig a bellyache tinneas coise chinnis cush-uh sore foot tinneas glúine chinnis glue-in-nyuh sore knee tinneas gualainne " goo-ul-in-nyuh sore shoulder tinneas goile chinnis gull-lyuh stomachache tinneas droma chinnis drummuh sore back tinneas muiníl chinnis munn-knyeel sore neck tinneas cluaise chinnis clue-ish-uh sore ear(ache) tinneas súile chinnis sool-luh sore eye tinneas scornaí chinnis scorn-knee sore throat taom cr**1**0í tame cree heart attack

An bhfuil pian ort? uh will pee-un oart Have you any pain? An bhfuil tinneas ort? uh will chinnis oart

Do you feel sore? / Is there any soreness?

Conas tá tú? Cunnis thaw too How are you?

Cén chaoi a bhfuil tú? cane hwee uh will too How are you?

Caidé mar tá tú? cuh-jay marthaw too How are you?

Cad tá cearr leat? cud thaw kyare lyat

What's the matter with you?

Cad tá ag cur as duit? cud thaw ig cur us dit What's bothering you?

Tá mé go maith thaw may guh-maw

Tá me go measartha guh mas-ur-huh
réasúnta ray-soon-tuh
ceart go leor cyaret guh lyore

I'm well
I'm fair
reasonable
O.K.

go dona guh dunnuh bad

Tá pian i mo thaobh thaw pee-un ih muh hev There's a pain in my side

Tá pian chluaise orm thaw pee-un hloo-ish-huh orim I have a pain in my ear

Ghortaigh mé mo dhroim ghoar-tea may muh grum I hurt my back

mo mhéar muh vare my finger m'ordóg more-doag my thumb mo shrón muh hroan my nose muh rust-uh mo rosta my wrist mo rúitín muh roo-cheen my ankle mo smig muh smig my chin mo ghiall muh yee-ull my jaw

Tá scornach (f.) thinn agam thaw score-nuk heeng uggim I have a sore throat (thinn with feminine nouns)

uillinillingelbowcoscussfoot / leglámhlawvvhand / arm

Tá bolg (m.) tinn agam thaw ball-ig cheen uggim
I have a sore belly (stomach) (tinn with masculine nouns)

rúitín roo-cheen ankle rosta rust-uh wrist

Déan mar a iarrann dochtúirí agus banaltraí

jane mur uh ee-uh-run dok-too-ree uggis bunultree Do what the doctors and nurses say

Caith éadaí éadroma kuh eh-uh-dee eh-drummuh Wear light clothes

Bíonn ospidéil an-mheirbh Bee-un us-pih-jail uh-verriv Hospitals are usually very warm

Beir leat rud éigin leis an am a mheilt

bare lyat rud egg-in lesh uh nawm uh vailt Bring something with you to pass the time

Beir leat airgead don teileafón

bare lyat urrygid dun telephone Bring with you money for the phone

Smaoinigh ar dhaoine eile, ná déan torann istoíche

smweenee ur gwinnuh elluh gnaw jane turrin ishtee-huh Think about other people; don't make noise at night

Ná tabhair bia nó deoch d'aon pháiste gan chead

gnaw tour bee-uh know dyok dane fawsh-tuh gun hyad Don't give food or drink to any child without permission

Feictear dom gurb é an fliú atá air It seems to me he has the flu faketur dumb gur-bay uh flew uthaw air

Feictear dom gurb í an bhruitíneach atá uirthi

faketur dumb gur-bee uh vrew-cheen-nuk uthaw ur-he It seems to me she has the measles

Feictear dom nach bhfuil ach slaghdán ann

faketur dumb nah will ak sly dawn on It seems to me that it's only a cold

Feictear dom gurbhh fhearr duit cuairt a thabhairt ar an dochtúir

faketur dumb gur-var dit coo-urtch a hourtch ur un dock-tour It seems to me you should visit the doctor

Feictear dom nach bhfuil air ach tinneas droma

faketur dumb nak will air ok chinnis drumm-uh

It seems to me he has only a backache Breathnaigh sí níos fearr tráthnóna

brah-nee she kneess fyore traw-know-nah She seemil better this evening

Is dóigh leis an dochtúir go bhfuil an ailse uirthi

iss doe lesh un dock-tour guh will un al-shuh ur-he The doctor thinks she has cancer

Is dócha gurb é an t-ae atá ag cur duit

iss doe-huh gur-bay un-tay athaw ig cur dit It's possible that it's your liver that's giving you trouble

Creidim go bhfuil an ceart agat

cray-gym guh will un kyart uggit I think you're right

Is fearr an tsláinte ná na táinte Health is better than wealth iss fyore un tlawn-chuh gnaw nuh toin-chuh

Galair guller Diseases

Tá an bhruitíneach ort thaw uh vroo-cheen-nuk oart You have the measles

gríos grease a rash an bhuinneach uh vween-nuk diarrhoea uh pluck-uh-muss the mumps an plucamas an fliú uh flew the flu an triuch uh tryuck whooping cough an fiabhras uh fee-awrus a fever an bhruitíneach uh bruh-cheen-nuk German measles dhearg yar-ig niúmóine new-moin-nuh pneumonia ailse al-shuh cancer

An bhfuil do ghoile agat? uh will duh gull-uh uggit Do you have your appetite?

Nil mo ghoile agam kneel muh ghull-uh uggim
I've lost my appetite (I have no appetite)

An bhain gortú duit? uh win gore-too dit Did you get hurt? Luigh ar do bholg lweee ur uh vull-ig Lie on your belly Análaigh isteach uh-gnaw-lee ish-tock Breathe in

Coinnigh í kinn-knee ee Hold it

Lig amach í lig um-mock ee Let it out

Tabharfaidh mé instealladh duit I'll give you an injection tour-ee may inch-tael-uh dit

Seo piollaí duit shaw pill-ee dit Here are some pills for you Déanfaidh sin maith duit jane-ee shin maw dit

That'll do you some good

Braithfidh tú níos fearr amárach You'll feel better tomorrow bra-hee too knees fyore um-oar-uk

Beidh biseach ort go luath bay bish-uk oart guh loo-uh You'll be improved soon

Tá biseach ag teacht uirthi thaw bish-uk ig tchalked ur-hee She's getting better

Tá mé ag teacht chugam féin I'm coming back to myself thaw may ig tchalked huggim fane

Níl mé ag brath go maith kneel may uh brah guh maw I'm not feeling well Lig mé sraoth lig may sreh I sneezed (let out a sneeze) Dia leat jee-uh lyat Gesundheit / Bless you! Tá mo shrón múchta thaw muh hroan moohtah My nose is stuffed up Bhí mé ag casachtachvee may ig cusuk-tuk I was coughing An bhfuil mé go dona? uh will may guh dunnuh Am I bad? Tá biseach orm inniu thaw bish-uk oar-im ing-new I'm better today (improved) Ní tada é knee todd-uh eh It's nothing Suigh síos ar feadh cúpla nóiméad Sit down for a few moments see shees ur-fow coupe- luh know-maid Dul faoi scian dull fwee shkee-in to undergo surgery Tá an aipindic ag cur as duit Your appendix is bothering you thaw un ah-pin-dick uh cur us dit cos bhriste cuss vrish-tuh broken leg Ta sé leonta thaw shay lyoan-tuh It's sprained Níl ann ach scríob kneel on ak shkreeb It's just a scratch Teastas árachais tas-tuss oar-uh-hish Insurance certificate Comhlacht árachais coe-lukt oar-uh-hish Insurance Co. Ní mór dom an dochtúir/ bhanaltra a fheiceáil knee more dumb uh dok-toor /wun-ultruh uh eck-oil I must see a doctor/nurse Cuir fios ar an dochtúir/ bhanaltra Get the doctor/ nurse cur fiss ur un dok-toor / van-ultra Is deacair liom análú iss jack-air lyum un-all-loo I find it hard to breathe Diaibhéiteach is ea mé jee-uh-vay-tuk ish-uh may I'm a diabetic Tá meadhrán orm thaw magrawn oar-im I feel dizzy Tá mo lámh ata thaw muh lawvv utuh My hand is swollen Bhain mé an gearb den chréacht I knocked the scab off the wound win may uh gyarib den kray-ukt Tá sé ag cneasú thaw shay uh kuh-nass-oo It's healing tá sé cneasaithe thaw shay kuh-nass-ih-huh It's healed Tá mo ghoile ag cur orm thaw muh ghull-uh ig cur oar-im My stomach is bothering me Cad a tharla ort? cud uh hoar-luh oart

What happened to you?

Sin amach do theanga sheen amock duh hyang-guh

Stick out your tongue

Tá carr ar do theanga thaw coar ur duh hyang-guh There's fur on your tongue

Abair liom é má ghortaím tú Tell me if it hurts ubber lyum eh maw goar-teem too

Tóg an t-oideas seo chuig an poitigéir

toag un -tidd-jiss shaw hwig uh put-tig-gare Take this prescription to the pharmacist

Tóg ceann de na piollaí seo trí huaire sa lá

toag kyaun dunuh pillee shaw tree who-ruh suh law Take one of these pills three times a day

Tar ar ais chugam i gceann seachtaine mura mbíonn biseach ort tar ur ash huggim igyawn shocked-tin-uh murruh me-un bish-okt oart

Come back in a week if there's no improvement
Ní mór X-ghathú a dhéanamh ort I'll have to x-ray you
knee more iks-gaw-hoo uh yea-uh-nuv oart

Níl aon ní ar an X-gha kneel ane-knee ur-un iks-gaw There's nothing on the X-ray

Beidh orm tú a chur san ospidéal

bay oar-im too uh-her sun us-pih-jail I'll have to put you in the hospital

An gá dom fanacht ar mo leaba? Do I have to stay in bed? uh gaw dumb funnuckt urmuh lab-uh

Here are some sample conversations:

Comhrá 1

Dochtúir: Cad tá ort?

cud thaw oart

What's the matter with you?

Tomás: Tá pian i mo dhroim

thaw pee-un ih muh grim There's a pain in my back

Dochtúir: An bhfuil sí i bhfad ort?

uh will she ih vud oart

Tomás: Have you had it for long?
Le cúpla seachtain

luh coupe-luh shocked-tin

For a couple of weeks

Dochtúir: Bain díot do chóta agus luigh

síos anseo. An bhfuil do ghoile

agat?

bwin jeet duh hoe-tuh uggis lee sheess un-shaw uh will duh gull-yuh

uggit

Take your coat off and lie down here.

Do you have an appetite?

Tomás: Níor ith mé aon rud le cúpla lá

near ih may ane rudd luh coupe-luh law I haven't eaten anything for a few days

Dochtúir: Ar bhain gortú duit?

ur wen goar-too dit

Did you hurt yourself?

Tomás: Níor bhain near win No

Dochtúir: Luigh ar do bholg. Ni bheicim

aon rud cearr leat. Análaigh

isteach. Coinnigh í. Lig amach í.

lee ur uh vull-ig knee vake-kim ane rudd kyoar lyat uh-gnaw-lee ish-tyock kinn-knee ee lig umock ee Lie on your belly (stomach). I don't see anything wrong with you. Breathe in.

Hold it. Breathe out.

Tomás: An bhfuil mé go dona, a

dhochtúir?

uh will may guh dunnuh a gawk-tour

Am I bay Doctor?

Dochtúir: Ni fheicim mórán cearr leat. Seo

buidéal piollaí. Caith ceann

amháin trí huaire sa lá agus glac

go réidh é ar feadh tamaill.

knee ache-im more-on kyoar lyat shaw

bwee-jail pill-ee kuh kyown

uhvoin tree who-er suh law uggis gluk

guh ray eh ur fow tumwill

I can't see much wrong with you. Here's a bottle of pills. Take one three times a day

and take it easy for a while

Tomás: Go raibh maith agat, a dhochtúir

guh revv maw uggit uh gawk-tour

Thank you, doctor.

Dochtúir: Slán slawn Good-bye

(Adapted from Beart is Briathar I by Pól de Bhál, 158)

Comhrá 2

Nóra: An bhfuil Síle istigh?

uh will shee-luh ish-tig

Is Sheila inside?

Máthair: Tá sí tinn. Ní féidir léi dul amach

thaw she cheen. knee fay-jur lay dull

amock

She's sick. She can't go out

Nóra: Cad tá uirthi?

cud thaw ur-he

What's the matter with her?

Máthair: Tá an bhruitíneach dhearg uirthi

le seachtain

thaw uh vruh-chin-nock yar-ig ur-he luh

shocked-tin

She's had the German measles for a week

Nóra: An bhfuil sí go dona?

uh will she guh dunnuh

Is she bad?

Máthair: Tá biseach ag teacht uirthi.

Braithfidh sí níos fearr go luath.

thaw bis-shuck ig chalked ur-he bra-he she knees fyore guh loo-uh

She's getting better. She'll be feeling better

soon

Nóra: Is maith sin. Slán.

iss maw shin slawn

That's good. Bye.

Máthair: Slán slawn Bye

Comhra 3

Cáit: Maise, fáilte romhat ar ais, a

Shéamais!

mush-huh foil-chuh row-et ur-ash uh

hay-mish

Well, welcome back, Seamas.

Séamas: Go raibh maith agat, a Cháit.

guh ray maw uggit, uh hawtch

Thank you, Katie

Cáit: Is fada anois ó bhí tú abhus

anseo sa siopa

iss fudduh un nish oh vee too uhwuss

un-shaw suh shuppuh

It's been a while now since you have been

out about in the shop

Séamas: Is fada, cinnte. Ní raibh an

tsláinte go rómhaith agam.

iss fudduh, keen-chuh knee revv uh
tlawn-chuh guh row-waw uggum
Yes, it's been a while. My health hasn't

been too good

Cáit: Beidh tú níos fearr anois nuair

atá an geimhreadh thart

Bay too knees fyore unnish noo-er uh-

thaw uh give-ruh hoart

You'll be better now that the winter's over

Séamas: Beidh, le cuidiú Dé.

bay, luh cud-jew jay Yes, God willing.

(Adapted from Buntús cainte Ceacht 71)

Comhrá 4

Nóra: Céard é seo a chloisim fút?

cared eh shaw uh hlishim fute What's this I hear about you?

Máire: Tá tinneas goile orm. Ach tá

casacht orm freisin agus tinneas

droma chomh maith

thaw chinn-is gull-uh oar-im ok thaw cussukt oarim fresh-in uggis chinnis

drummuh hoe maw

I have a stomachache. I have a cought and

a sore back as well

Nóra: An fliú atá ort, mar sin

un flew uthaw oart, mar shin

You have the flu, then.

(Adapted from Buntús cainte Ceacht 147)

Comhrá 5

Seán: Chonaic mé an t-otharcharr ag

teach Shéamais. Céard a bhí air?

hunnick may un tuher hoar ig chak hay-

uh-mish cared uh vee air

I saw the ambulance at Sheamas's house.

What was the matter with him?

Liam: An aipindic a bhí ag cur air.

Chuaigh sé faoi scian ar an

bpointe boise

un uh-pin-dick uh vee ig cur air who-ee

shay fwee shkee-in ur uh bunt-uh bush-uh His appendix was giving him trouble. They

operated on him immediately

Seán: Aon scéal uaidh ó shin?

ane shkale oo-eye oh hin

Has there been any word from him since?

Liam: Tá sé ag teacht chuige. Ní

bheidh sé san ospidéal ach go

ceann seachtaine.

thaw shay ig chakt higg-uh knee vay shay sun us-pee-jail uk guh

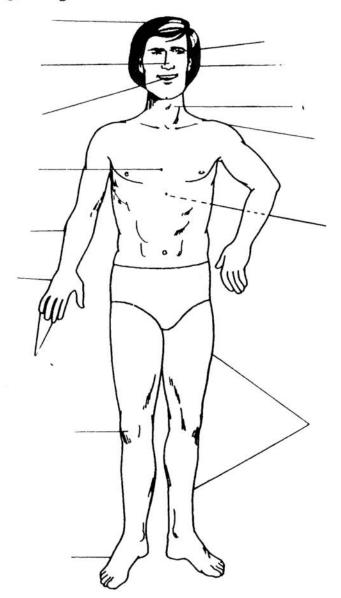
kyaun shocked-tin-uh

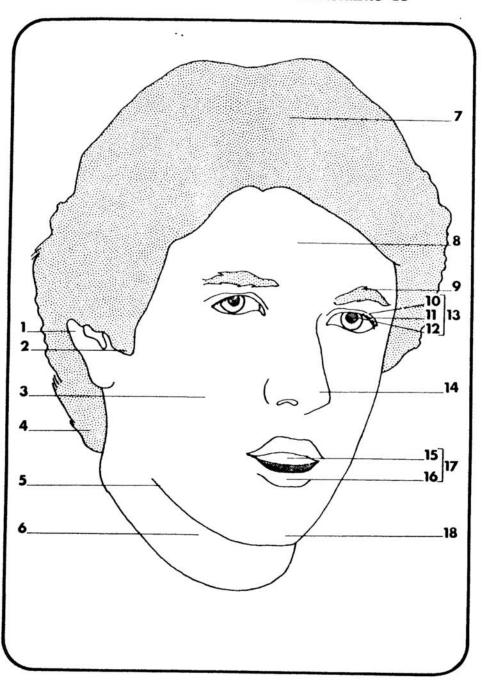
He's coming back to himself. He'll only be

in the hospital a week

Clachtadh

Label the body parts using the lists at the beginning of this booklet.





Comhrá

Practice the vocabulary and structures in this leaflet preparing short conversations on the model of those on the previous pages. For example:

- Doctor and Patient
 Doctor greets patient and asks patient what is wrong.
 The patient explains the symptoms... pain in back, headaches, heavy cough.
 Doctor tells patient he has a fever. He has the flu and should stay in bed and take it easy for a week or so.
- Mother and daughter
 Daughter tells Mother she's not feeling too well. Daughter says she has a sore ankle.
 Mother says it must be sprained and suggests she go to the emergency services at the hospital
- 3.
 Seamas and Sean meet.
 Seamas comments that he has not seen Sean for a while.
 Sean answers that he was in the hospital. He had pneumonia and spent a week there.
 Seamas says it was not surprising since the weather had been bad all winter.
- 4.
 Mary and Kate meet in the supermarket.
 Kate asks Mary how the kids are feeling.
 Mary answers that they all have been sick with German measles. Everyone at school was sick.
 Kate asks if they had a bad case. Mary answers that it was bad enough but they're all better now.

5.
Liam and Seosamh meet and greet each other, ask about each other's health etc. Liam comments that his son is in the hospital. Seosamh asks what the problem is. Liam answers that he had a bad pain in his chest last night. They sent for the ambulance and the doctor said it was a heart attack. Seosamh asks if there has been any further word today. Liam answers that he'll have to spend some time in the hospital and take it easy.

6.
Patient and pharmacist

They greet each other. Patient gives the pharmacist the prescription from the doctor. The pharmacist asks the patient to wait a few moments. He returns with a bottle of pills. He tells the patient to take one pill before meals three times a day for a week. He says not to drink when taking this medicine. Patient asks where he can pay for the pills. The pharmacist says he can pay at the cash on the way out.

7.
Passerby and Maire
Maire asks passerby is he knows where the nearest
pharmacy is located. The passerby says there is no
pharmacy nearby but there is a medical clinic nearby. The
passerby says to continue straight on this street to the
Church at the second set of traffic lights. There's a small
pharmacy on the first floor of the clinic. Maire thanks the
passerby. Passerby tells Maire she's welcome.

8.
Paul phones office to say he won't be in.
Secretary answers the phone. She says hello etc. Paul tells her he is not feeling very well. He has a bad headache and a sore throat. He asks the secretary to tell his clients he won't be in.

She tells him everything will be O.K. and to take it easy. Pól says he's going to take some aspirins and go back to bed.

A list of books used to prepare this leaflet

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