



Easily guess something LIKE this meaning

born. I realised there was something wrong with my right ear. I couldn't hear as well as normal and it felt like I had fluid sloshing around inside my head. Then I realised I could hear this sort of humming, which didn't stop. It was particularly loud, but I was also having moments when my head was spinning and I was completely off-balance. go wrong again. I got worried about my hearing because I was having to strain to catch what people were saying. Everything seemed muffled, unless they were talking loudly. And then suddenly the tinnitus came back, and with it I was getting fits of dizziness and nausea. When it came on, the only thing I could do was lie down. The

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CONTEXT	FORM	MEANING
1. Fibromyalgia can be a painful and <b>debilitating</b> disease. It really impacts on day-to-day life so that and you become dependent on others for help.	Gerund (adj.)	1. Makes you weaker / reduces ability
2. There was a rapid <b>escalation</b> in the symptoms	Noun	1. <i>Increase</i> / make higher / make more
3. She initially described her complaint as minor and <b>erratic</b> – so it was hard to <i>pin it down</i>	Adjective	1. Irregular / changing all the time To force someone/something to stop changing: 'pin it down'  
4. Her symptoms seemed to <b>correspond</b> with a decrease in temperature in the winter	Verb	1. Related to / connected to 2. Correlated 3. Mirror – same on both sides <b>Common error:</b> 1. <del>Its mean</del> = I have this for years! 2. <del>It means</del> ✓
5. Because the condition isn't visible, there is an <b>assumption</b> that you are exaggerating the severity of the pain	Noun	1. When you make a belief without checking first You <i>ASSUME</i> it is true usually because it was like that previously <b>Synonym:</b> presume
6. Because the condition isn't visible, there is an assumption that you are <b>exaggerating</b> the severity of the pain	Gerund (verb)	1. More than real Making it more than it really is  <b>Synonym:</b> <i>overstate</i>
7. It's <b>hard to bear</b> when you're already struggling	Phrase	1. Difficult to cope/tolerate/manage
8. She was put onto a therapeutic treatment – did she <b>supplement</b> this with drug treatments?	Verb (can be noun)	1. <u>Add</u> extra things to it...  I am <i>supplementing</i> my English study by working in a restaurant speaking English  <b>Noun:</b> extra thing / additional

<p>9. No, she <b>turned down</b> a number of medications we offered</p>	<p>Phrasal verb</p>	<p>1. Reject</p> <p>Often used for romantic relationship: He proposed marriage but she <i>turned down</i> him</p>
<p>10. She had clearly <b>done her homework</b> on the different pharmacological therapies available</p>	<p>Idiom</p>	<p>1. Do the research 2. Study the information</p>
<p>11. Another drug we offered was known to produce some mild <b>adverse</b> reactions</p>	<p>Adj.</p>	<p>1. Negative / bad</p> <p>Adverse = <b>harmful</b>, not favourable, preventing success</p> <p>Averse = <b>strong dislike</b> or opposition to</p> <p>I am really averse to this – Im not going to do it.</p>
<p>12. There is always the possibility of <b>over-dependence</b> on any prescribed drugs</p>	<p>Noun</p>	<p>1. Too much <b>reliance on</b> 2. Addiction</p>
<p>13. She was also encouraged to keep a food diary and <b>log</b> her symptoms</p>	<p>Verb</p>	<p>1. Register</p>
<p>14. They are under absolutely no <b>illusion</b> that this is the end to their symptoms although it has at least alleviated their pain</p>		<p>1. No false beliefs</p>