

# THE MOST COMMON MEDICAL IDIOMS IN ENGLISH

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**Introduction.** Just to start we have to say what idioms are. According to the Wikipedia: “An idiom (Latin: *idiomī*, "special property", from Greek: *ἰδίωμα* – *idiōma*, "special feature, special phrasing, a peculiarity", f. Greek: *ἴδιος* – *idios*, "one's own") is a phrase or a fixed expression that has a figurative, or sometimes literal, meaning. Categorized as formulaic language, an idiom's figurative meaning is different from the literal meaning. There are thousands of idioms, occurring frequently in all languages. It is estimated that there are at least twenty-five thousand idiomatic expressions in the English language.”

**Aim.** To provide the review of the educational materials in order to analyze the most common medical or health idioms in English.

**Materials and methods.** The analysis of educational materials and modern phraseological dictionaries in the target field.

**Results and discussion.** There are thousands of idioms in English and they are essential to get the message across. If you aim to sound like native speakers, you have to be aware of idioms and their usage. There are plenty of different dictionaries which can represent lots of different idioms with a wide range of topics and ideas. Among them there are The Cambridge International Dictionary and Cambridge Dictionary of American idioms, which we have used for our research.

Concerning the fact that people often complain about their health, the medical or health idioms are of great importance. So we have chosen top ten the most common English medical idioms.

1) **To be in bad shape** – бути у поганій формі:

My friend thinks that he is in bad shape that is why he has started going to gym.

*Мій друг думає, що він знаходиться в поганому стані, тому він почав ходити в тренажерний зал.*

2) **bag of bones** – дуже худий:

I am afraid of her. She really looks like bag of bones.

*Я боюся її. Вона дійсно виглядає як мішок з кістками.*

3) **Blind as a bat** – сліпий, як кажан:

Without her glasses, the old woman is as blind as a bat.

*Без її окулярів, старенька сліпа, як кажан.*

4) **frog in one's throat** – ком у горлі:

I had a frog in my throat, when the teacher asked me to speak out.

*У мене був ком у горлі, коли вчитель попросив мене виступити.*

5) **on the mend** – почуватися краще:

This patient was sick, but now he is on the mend!

*Цей пацієнт був хворий, але зараз він йде на поправку!*

6) **new lease of life** – смак до життя:

After a terrible car accident he felt a lease of life.

*Після страшної автомобільної аварії він відчув смак до життя.*

7) **recharge one's batteries** - набратися сил:

The patient needs to recharge his batteries.

*Пацієнт повинен набратися сил.*

8) **just what the doctor ordered** – те, що доктор прописав:

He was studying days and nights, the holiday at the resort was just what the doctor ordered.

*Він навчався днями і ночами, тому відпочинок на курорті був саме тим тільки, що доктор прописав.*

9) **spare part surgery** – трансплантаційна хірургія:

The spare part surgery has become more topical in Ukraine.

*Трансплантаційна хірургія стала більш актуальною в Україні.*

10) **pull through** – вижити\ пережити :

This man underwent a heart surgery, but he pulled through.

*Ця людина перенесла операцію на серці, але вона вижла.*

**Conclusions.** We believe that the English language is a language with a vast idiomatic base, which makes its learning and usage very exciting and intriguing. So grasping the use of its idiomatic expressions is an essential part of learning, practicing and using the language. We suppose, idioms reflect the accumulated human experiences and life lessons from generations. In fact, idioms are the best way to express what we want to say, especially in a more sophisticated and colorful, and also using idioms we can save our time while expressing our points of view. There is why we have come to a conclusion that idioms are essential and we should pay more attention to their usage.