

词汇	词根/词缀	联想记忆法	例句
diagnose	dia- (通过) + gnose (知)	"通过检查知道"→诊断	Doctors diagnosed pneumonia.
symptom	sym- (共) + ptom (降临)	"共同显现"→症状	Fever is a flu symptom.
therapy	therap (治疗) + y	"治疗手段"→疗法	Physical therapy helps recovery.
vaccine	vacca (牛) + ine	"牛痘引申"→疫苗	The COVID-19 vaccine is effective.
allergy	allos (异) + erg (反应)	"异常反应"→过敏	She has a peanut allergy.
chronic	chron (时间) + ic	"长时间的"→慢性的	Arthritis is a chronic condition.
epidemic	epi- (在...上) + dem (民众)	"在民众中传播"→流行病	The city controlled the epidemic.
hygiene	Hygieia (健康女神)	"健康女神准则"→卫生	Hand hygiene prevents infections.
immune	im- (无) + mune (服务)	"免除疾病"→免疫的	Vaccines make you immune.
prescribe	pre- (前) + scribe (写)	"提前写药方"→开处方	The doctor prescribed antibiotics.
nutrition	nutri (滋养) + tion	"滋养过程"→营养	Balanced nutrition is essential.
protein	protos (首要) + ein	"首要营养"→蛋白质	Eggs contain high-quality protein.
vitamin	vita (生命) + min	"生命要素"→维生素	Citrus fruits are rich in vitamin C.
obesity	obes (胖) + ity	"肥胖状态"→肥胖症	Childhood obesity is increasing.
pulse	puls (推) + e	"血管推动"→脉搏	The nurse checked his pulse.
recover	re- (再) + cover	"再次覆盖健康"→康复	It takes weeks to recover from surgery.
surgery	chir (手) + urg (工作)	"手工操作"→外科手术	He underwent heart surgery.
terminal	termin (边界) + al	"生命边界"→晚期的	Terminal patients need palliative care.
wound	—	"创伤"古英语→伤口	Clean the wound to prevent infection.
yoga	—	"瑜伽"梵语→瑜伽	Yoga improves flexibility.
anxiety	anx (紧) + iety	"紧绷状态"→焦虑	Meditation reduces anxiety.
depression	de- (下) + press (压)	"情绪被压下"→抑郁症	Chronic stress may cause depression.
mental	ment (心智) + al	"心智的"→精神的	Mental health is as important as physical
psychology	psycho (心理) + logy	"心理研究"→心理学	She studies clinical psychology.
stress	—	"死拽死"谐音→压力	Work stress affects sleep quality.
addiction	ad- (向) + dict (说)	"被欲望诉说"→成瘾	Video game addiction harms academics.

cognitive	cogn (知道) + itive	"认知的"→认知能力	Aging affects cognitive functions.
conscious	con- (全) + sci (知)	"全知道"→有意识的	Stay conscious during the procedure.
emotion	e- (出) + mot (动)	"内心波动"→情绪	Music evokes strong emotions.
instinct	in- (内) + stinct (刺)	"内在刺激"→本能	Maternal instinct protects babies.
ambulance	ambul (行走) + ance	"行走的医院"→救护车	Call an ambulance for emergencies.
clinic	clin (倾斜) + ic	"病床倾斜处"→诊所	The dental clinic opens at 9 AM.
dizzy	—	"滴血"联想→头晕的	Low blood pressure makes her dizzy.
fever	—	"沸热"联想→发烧	The child has a high fever.
headache	head + ache	"头部疼痛"→头痛	Stress causes tension headaches.
insomnia	in- (无) + somn (睡)	"无法入睡"→失眠	Insomnia affects work performance.
nausea	naus (船) + ea	"晕船感"→恶心	Chemotherapy causes nausea.
pharmacy	pharm (药) + acy	"药物场所"→药房	Buy medicine at the pharmacy.
remedy	re- (回) + med (治疗)	"治疗手段"→疗法	Honey is a home remedy for coughs.
sterile	ster (硬) + ile	"无生命力的"→无菌的	Surgical tools must be sterile.
bandage	band + age	"捆绑带"→绷带	Apply a bandage to the cut.
disinfect	dis- (去除) + infect	"去除感染"→消毒	Disinfect surfaces to kill germs.
first aid	first + aid	"第一救助"→急救	Learn first aid for emergencies.
injection	in- (内) + ject (投)	"向内投入"→注射	The nurse gave a flu injection.
ointment	—	"油膏"古法语→药膏	Apply ointment to burns.
stethoscope	stetho (胸) + scope (看)	"胸部观察器"→听诊器	Doctors use stethoscopes for exams.
thermomete	thermo (热) + meter	"热量测量"→温度计	The thermometer reads 38°C.
tranquilizer	tranquill (安静) + izer	"安静剂"→镇静剂	Tranquilizers calm anxious patients.
ward	—	"守卫区"→病房	The pediatric ward is on the 3rd floor.
x-ray	—	"X射线"→X光片	The x-ray showed a fractured bone.