

Sore throat

The aching throat is one of the main symptoms of **pharyngitis**, which is an **inflammation** of the pharynx. In winter, the most common cause is a viral infection such as a cold or the flu.

A sore throat may be **accompanied** by the following: fever, **chills**, a dry or productive **cough**, runny nose, **sneezing** and **headache**. **Hoarseness** and pain when talking are also signs of a sore throat. If the hoarseness or pain **persist** for longer than two weeks or difficulty in breathing is experienced in this time, it is essential to contact a doctor. If the **tonsils** are covered in white or yellow **pus**, this could be an indicator for tonsillitis. It is essential to make sure that the throat and airway do not dry out.

This is achieved by making sure to drink plenty of fluids such as herbal tea and water, and sucking **lozenges**, drops or pastilles.

Male Pharmacy customer: Good morning. I'm sorry, but my German is not that good!

PTA: Good morning. That's not a problem! How may I help you?

I have been having difficulties swallowing since I got up this morning. And my throat feels very dry.

Does it hurt when you swallow? Or is it only when you talk?

It hurts quite a lot when I swallow. And I have a sort of scratchy feeling in my throat.

Do you have a cough?

Yes, but only a slight one.

And it is not productive, is it?

If you mean am I coughing up any phlegm, no not at the moment.

Okay. First, I recommend these **pastilles**, they contain a local anaesthetic which will relieve the pain. We also have these pastilles with Icelandic **moss**, they are great for keeping the throat moist. They come in the following flavours: classic, which is relatively neutral, cassis, mint and **ginger**.

I'll definitely take the anaesthetic! And I'll have the Iceland-

ic moss in cassis, please. What else do you recommend?

Sage tea is excellent for any type of throat problem. It is not to everyone's taste, but it is natural and very effective at alleviating throat irritation.

How often can I drink it?

A few times a day, and make sure it is not too hot. You can also use it to **gargle**, which will help alleviate your sore throat

Thank you, I will do that.

Just one more question: you don't tend to get **tonsillitis**, do you? I mean, you haven't noticed any white or yellow **coating** on your tonsils, have you?

No, not at the moment. I checked my throat this morning, and as far as I can see, there is no coloured coating there.

What about the lymph nodes? Have you noticed if they are swollen at all?

No, why?

If the lymph nodes were swollen and you also noticed a yellowish coating, I would recommend that you go to a doctor.

You have been very helpful, thank you.

If you notice no real **improvement** over the next two or three days, in spite of taking the medication, please make sure to consult a doctor, especially if you start to get fever.

I'll make sure to do that, thanks again. Goodbye!

You are welcome. Goodbye! ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

sore throat	Halsschmerzen
pharyngitis	Rachenentzündung
inflammation	Entzündung
accompanied by	begleitet von
chills	Schüttelfrost
cough	Husten
sneeze	Niesen
headache	Kopfschmerzen
hoarseness	Heiserkeit
persist	andauern
tonsils	Mandeln
pus	Eiter
lozenges	Lutschtabletten
swallow	lutschen
scratchy	kratzig
phlegm	Schleim
ginger	Ingwer
sage tea	Salbeitee
gargle	gurgeln
tonsillitis	Mandelentzündung
coating	Belag
improvement	Verbesserung