

February 2009

plain language **thesaurus**

for Health Communications

NATIONAL CENTER FOR HEALTH MARKETING



Plain Language Thesaurus For Health Communications

This *Plain Language Thesaurus* has been put together by the Centers for Disease Control and Prevention's National Center for Health Marketing. Our aim is to help make health information clear and easy to understand.

This thesaurus offers plain language equivalents to medical terms, phrases, and references that we often use. The technical terms found in health information can be confusing. This thesaurus is a tool to help you find words that people may understand better.

While the plain language choices given here may not have the specific nuances of meaning that technical terms have, they offer the possibility for better understanding by your audience. With plain language equivalents, it is more important to be understood than to be medically precise.

Precise medical terminology is vital when communicating to those with a technical background. But the public often stumbles over such terms and misunderstands their meaning. This is especially a concern for people who do not speak English as their first language and those without strong reading skills. Reaching your audience—on their terms—is the main goal of plain language.

This is a living document. It is intended to be refined and to grow as more health communicators and experts add words, topics, health conditions, and synonyms. We have started the process of building this tool by defining the scope, format, and broad categories of terms to be included. Excellent existing resources and glossaries from CDC, HHS, universities were reviewed for terms and subject areas. Key sources included

- www.pandemicflu.gov glossary
- *CDC Community Strategy for Pandemic Influenza Mitigation* glossary
- *National Immunization Program Glossary*
<http://www.cdc.gov/vaccines/about/terms/glossary.htm>
- *Simple Words and Phrases* thesaurus at plainlanguage.gov
- *Clear Language and Design* (CLAD) thesaurus
<http://www.eastendliteracy.on.ca/ClearLanguageAndDesign/thesaurus/>
- Harvard's three *Plain Language Glossaries* (one for asthma, lupus, and arthritis).

The foundation for the terms in this initial edition was formed when preparing information for the public health threats of an influenza pandemic. We have also included other categories of disease and health conditions to provide a tool that can be referenced to make any health topic more easily understandable.

We invite you to suggest additional terms, plain language synonyms, and topics to be added in future editions. For more information, please contact Sarah Gregory at CDC by email at sgg7@CDC.GOV.

A

abscess

sore, wound, infection

abdomen

stomach, stomach area, belly, tummy, abdominal

ability

skill, are able, can

abolish

end, do away with, get rid of

abrasion

cut, scratch, scrape

absenteeism

missing work or school, how often you miss work or school

absorption

take in, soak up

accelerate

hurry, speed up, make worse, make more severe

accessible

available, on hand, understandable, usable (handicapped)

accommodate

house, let stay with, give shelter, adjust, adapt

accompany

go with, take with (medicine)

accomplish

do, finish

accumulate

add up, gather, collect

accurate

true, right, correct

acellular vaccine

a vaccine that only contains part of the virus

Acquired Immune Deficiency Syndrome-AIDS

a disease that makes it hard for your body to fight diseases

active immunity

being able to fight off a specific disease once you have had that disease

acute

sudden start, short term, quick

additional

extra, added, more

adequate

enough, the right amount

adhere

stick, follow

adjacent

beside, next to, near, touching

adjuvant

something added to a vaccine to make it work better

administer

give, manage, take care of

adverse event

something bad that happens, bad reaction, unexpected or unwanted effects

adverse health effect

bad side effect, bad reaction

adverse

bad, dangerous, hurtful, harmful

advise

tell, warn, say

advocacy

support, fighting on behalf of, arguing for support

advocate

fight for, support, support person

aerobic exercise

exercise; slow and steady exercise like walking, running, biking, swimming, etc.; exercise that helps your heart stay healthy and work better; exercise that gets your heart pumping; exercise that makes you breath faster

aerobic

needs oxygen

aerosol

spray, mist

agency

others, other groups, partner

aggravate

make worse, harm, anger, hurt

aggregate

taken together, looked at all together, total, sum, combined

aggressive

pushy, dangerous, gets worse fast, fast growing

airways

windpipe, breathing, tubes that take air in from the nose and mouth to the lungs, pathway from nose and mouth to lungs, air tubes

alienate

push away, put by itself, turn away from, set apart

allergen

something like pollen that causes the body to react by sneezing or forming a rash; something that causes an allergic reaction

allergic

the body's reaction to something, like pollen, resulting in sneezing, sniffing, a rash, etc.

allergic reaction

bad reaction, possibly deadly reaction, allergy, problem

allergist

allergy doctor

allergy

reaction, itch, rash, hives, breathing problem

alleviate

lessen, ease, soften, improve, make better

alopecia

hair loss, balding, loss of hair

alteration

change, shift, adjustment

alternate

take turns, one and then the other, rotate

alternative

option, another choice, other, different way, another option, different, another way

alveoli

tiny air sacs in the lungs

amalgam or amalgam fillings

silver-colored fillings, mixture of mercury, silver, tin, copper and sometimes other metals used to fill cavities in teeth

amalgamate

put together, join, combine, unite

ambulate

walk, move around

ambulatory

can walk, mobile, able to move about, walking, able to walk

ameliorate

make better, improve, lessen, ease

amend

change, change later on, adjust, fix

amnesia

forgetfulness, memory loss, not being able to remember

amniocentesis

test for a baby's health before it's born

amniotic fluid

water, fluid surrounding unborn baby in womb

amyotrophic lateral sclerosis

Lou Gehrig's Disease, motor neuron disease

anaerobic exercise

exercise, fast-burst exercise, muscle-building exercise like weight lifting

anaerobic

needs lack of oxygen, without oxygen

analgesic

pain reliever, aspirin, Advil, or Tylenol

anaphylaxis

shock, a sudden and severe allergic reaction, stop breathing, poisoning, life threatening allergic reaction

anemia

tired, low iron, a low blood count

anesthesia

numbing drug, drug that puts you to sleep or puts you under

angina

chest pain

annual

yearly, every year, once every year, once a year, each year

annually

yearly, every year, once every year, once a year, each year

anomaly

defect, change, difference, unusual, exception

anorexia

eating disorder, too thin, not hungry

anterior teeth

front teeth

antibiotic

drug, medicine, drug that fights bacteria, infection-fighting medicine, medicine that fights infection

antibody

your body's way to fight off infections, infection-fighting cells, cells that fight infection

antifungal agent

drug to treat fungus infections

antigen

germ, bacteria, virus, poison, something in your body that your body tries to fight off, something that helps your body fight disease

anti-inflammatory

a drug to reduce swelling, something that reduces swelling and pain, aspirin, cortisone, a drug that brings down the swelling; drug that prevents swelling

antiphospholipid

antibody test a test to see if you're at risk for blood clots

antiviral

medicine, drug that fights viruses

anti-virus medicine

medicine, drug that fight viruses like the flu

anxiety

fear, worry

appellant

name, name of the person, you, person making an appeal

aphasic

not able to talk or understand words

applicant

your name, name of the person, person who is applying

apply

use, put on, rub onto, sign up for

appreciate

thank, be grateful

appropriate

take, take over, a good fit, proper, right

approximate

about, guess, around, near, close, estimate, bring together

aptitude

ability, skill, gift, talent

aqueous

watery

arguably

maybe, perhaps, possibly, could be

arrhythmia

irregular heartbeat, skipped heartbeat, heart problem

arthralgia

pain, pain in your joints

arthritis

pain in joints; disease of the joints that causes swelling, pain, heat, and a sense of stiffness

ascertain

find, find out, learn, make certain

asphyxiate

choke, smother, suffocate

aspiration

choke, breathe in a fluid, take out fluid or tissue to test

assess

review, sum up, evaluate, to determine value, find

assist

help, aid

association

group, relation, organization

asthma

disease, breathing disease; long term disease of swelling of the airways of the lungs; lung disease where you have trouble breathing; disease of lungs or respiratory system

asymptomatic infection

when you're sick, but you don't feel bad, no symptoms

asymptomatic

someone who is sick but does not feel or look sick

at the present time

now, right now

ataxic

not able to coordinate movement

atherosclerosis

hardening of the arteries, clogged blood vessels

attack

violent start, suddenly overcome by a disease, begin to harm

attempt

try, effort

attenuated vaccine

vaccine, vaccine that has a weakened form of the virus in it

attire

clothes, clothing, to dress, wear

authentic

original, real, true, actual

authority

trusted source, trusted person, official, power

authorize

allow, approve, give the power to, let

autism

brain disorder, illness that makes it hard for someone to talk to other people

autoimmune disease

disease that makes your body attack itself

autoimmunity

body fighting itself, rejecting problem with your immune system

autonomous

free, by itself, independent

avail

help, aid

available

on hand, at hand, ready, nearby, handy, ready

avian flu

bird flu

avoid

do not, shun

axilla

armpit

B**bacteria**

germ

become more familiar

learn more about...

benign

harmless

bereavement

grief after death, loss, sadness, mourning

beverage

drink, fluids, liquids

biannual

twice a year, two times every year

biennial

lasting two years, happening every other year, every two years

bilateral

with both sides considered, two-sided, when both sides get a say, even, balanced; on both sides

biological agent

disease, poison, germs, bacteria, viruses, fungi

biofilms (plaque)

sticky film with germs on teeth

biopsy

take tissue (usually for testing)

bioterrorism

spreading virus or disease to cause fear or hurt

biota

plants and animals

BMI

body mass index, a measure of body fat based on height and weight, a measure of body fat

bona fide

real, true

bone density test

bone strength test, a test of how solid and how strong your bones are; test for osteoporosis, xray test for brittle bones

bone marrow

area (or the space) inside your bones where blood cells are made

booster shot

shot you get months or years after your vaccine shot, shot to keep you safe from

disease

brachial neuritis

swelling of the nerves in your arms

bradycardia

slow heartbeat

breakthrough infection

getting a disease even though you've been protected against it

breastfeeding

nursing/feeding a baby with milk from the breast

breech birth

baby born feet or rear-end first

bronchial tubes

the tubes letting air in and out of the lungs

bronchodilator

medicine, drug that helps you breathe easier

bruxism

clenching and/or grinding teeth

buccal

side of mouth, inside cheek

bursitis

swollen, painful joints, disease that causes joint pain

by means of

by, using, with

by which time

by then; when

C

calculus

hard crusty deposit on teeth

capacity

size, amount something holds, ability, space, number open

carcinogen

cancer-causing

carcinoma

cancer starting in the skin or organ lining

cardiologist

heart doctor

cardiology

medical department that treats heart problems

cardiovascular

having to do with the heart and blood vessels

caries (dental)

cavities, tooth decay, holes in teeth

carrier

someone who is sick and can get other people sick; animal that is sick and can make other animals sick

cartilage

the smooth covering on the end of bones

case fatality ratio

how many people die from a disease

CAT scan (CT scan)

test that shows inside body parts, scan, special x-ray, test

cataracts

a clouding of the eye that makes it hard for people to see, cloudy eyesight, cloudy vision, eye disease

catheter

tube

catastrophe

disaster, tragedy

causal association

causes, leads to, can cause causes your body to react

cauterize

burn the skin, burn tissue (to stop bleeding)

cease

end, stop, quit

censure

blame, punish, limit

Centers for Disease Control and Prevention

CDC

central nervous system

brain and spinal cord

cerebral hemorrhage

stroke, bleeding in the brain

cerebrovascular disease

stroke

cerumen

earwax

cervix

lower part of the womb

Cesarean delivery

C-section, baby born through surgery, cut abdomen area to get baby out

cessation

stopping, quitting, ending

characteristic

mark, trait, feature

characterize

tell about, describe, define

chemotherapy

cancer drug, cancer medicine, cancer treatment

chronic

constant, never ending, does not go away, long term, lasting a long time, long-lasting

chronic disease

long-lasting disease, disease that lasts for years

chronic health condition

constant health problem, something that effects your health for a long period of time

chronic obstructive pulmonary disease

lung disease, such as asthma or emphysema

circulation

blood flow, flow of blood through the body

circumstance

event, situation, facts

clade

group of animals that can all get the same disease

clavicle

collar bone

cleft lip and/or palate

harelip, birth defect(s) that affect the upper lip and roof of the mouth

client

you, name of person, customer

clinical

work, studies, a medical setting that involves patients

clinical

medical, work or studies in a medical setting that involve patients

clinical trial

clinical research study, medical research study

clinically ill

sick, diseased

close proximity

near, near by, close, close to

coagulate

clot, set, clump together

coerce

force, make, press

cognizant

aware, know about, think of, have learned

colic

stomach pain, sick, fussy or upset baby

collaborate

work together, team up, help each other

colonoscopy

check your colon, check your intestines, look inside your intestine, check for colon cancer

comatose

in a coma

combination

mix, mixture

combination vaccine

a vaccine that helps stop more than one type of disease

commence

start, begin

communicable

catching, can be spread, can be passed to other people, can make other people sick

communicate

tell, say, call, write, talk to

community immunity

group protection from a disease

comparable

like, similar, almost the same as, equal to

compensate

make up, pay, reward

competent

skillful, able, well trained

complete

finish, fill out, end

completion

end, finish, no more

complimentary

free

comply

do, follow, give in, obey, go along with

component

part, section

composite or composite filling

tooth-colored filling

comprehensive

complete, covers everything important, thorough, all

compress

squeeze, press down on

comprise

be made up of, include,

compromised

weakened

compulsion

want, urge, desire, drive

conceive

imagine, think up, become pregnant, create

concentration

strength, focus

concerning

about, for, on

conclude

end, finish, judge, deem,

conclusive

definite, final, last,

concur

agree, feel the same way

condition

a medical problem, a disease, an illness

conditioning

physical training, training your body, fitness

conduct

do, carry on, run, lead

congenital

born with, inborn, there at birth

conjugate vaccine

a specific type of vaccine

conjunctivitis

eye infection, pink eye, swelling and redness around your eyes

conscientious

careful, thoughtful, alert,

consequently

so, which means that, as a result

consistent

stays the same

conspicuous

plain to see, obvious, easy to see

constitute

made of, form, make up

construct

make, build

consult

talk with, ask, talk to, see, meet, opinion, discuss

consume

eat, drink, use up

contact

talk to, call, write, talk with, get in touch with, touch

contagious disease

illness that spreads to others, disease that you can give to other people, disease that can make other people sick

contagious

catching, spreading, able to make others sick, spreadable, a disease that can be spread from one person to another; someone who is sick and might make you sick too, sick

contain

have, keep together, hold

contaminant

pollutant, poison, harmful ingredient, harmful chemical

contaminate

spoil, infect, dirty, poison, pollute, taint, get dirty

contemplate

think about, consider, ponder

continue to

keep on, still, remain

contraceptive

birth control

contract

arrange, agree, make smaller and shorter

contraindication

dangerous to give, not good for, when a drug or procedure may be harmful, wrong, opposite

contribute

help, give, volunteer

control

manage, have power over, take care of

contusion

bruise

convenient

easy to use, on hand, handy, useful

convulsion

seizure, spasm, shaking

co-operate

help, work together, assist

COPD

Chronic Obstructive Pulmonary Disease, emphysema, a lung disease that makes breathing hard

coronary heart disease

heart disease

coronary thrombosis

heart attack, blood clot in a blood vessel in the heart

correspond

agree with, match, write, email, go with

corroborate

confirm, agree with,

corticosteroids

asthma drug, asthma medicine

cot death

SIDS, sudden infant death syndrome

cough etiquette

how to cough or sneeze

countermeasures

drugs to help fight sickness; flu shots; vaccines

crib death

SIDS, sudden infant death syndrome

criterion

sign, standard

Crohn's Disease

digestion disease, problem with bowels

crossbite

upper teeth are biting inside the lower teeth

crown (gold, porcelain or stainless steel)

cap that covers tooth (stainless steel most often used on "baby teeth")

cure

heal, fix, make better; make completely better

currently

now, at this moment, right now

cushingoid

signs of high doses of medicine, drug

cutaneous

skin related, about the skin, on the surface, skin

cyst

pus under your skin, boil, cancer cells, lump

cystitis

bladder infection, pain when you pee

D

dander

flakes of skin, cradle cap

deceased

dead, passed away, died

deciduous tooth

baby tooth

decompose

decay, rot, break down

decontaminate

clean, kill germs, disinfect, purify, sterilize

decrease

take less, cut back, drop, lower, fall, lessen, make less

deficiency

lack, not enough

deficient

lacking, not enough, poor

deformity

a change from the normal shape, not normal, not a normal shape, oddly shaped

degenerative

weaken, worsen, decline, decay, droop

dehydrate

need water, water loss, remove water, remove water

deltoid

arm muscle, muscle in upper arm

dementia

memory loss that gets worse over time, Alzheimer's

demonstrate

prove, show

demyelinating disorder

nerve disease

dental caries

cavities, tooth decay, holes in teeth

dental implant

fake tooth drilled into jaw bone

dental sealant (pit and fissure sealant)

thin layer of plastic painted onto teeth to prevent decay

dentin

main bone-like part of a tooth

deoxygenated

no oxygen, without oxygen

deplete

empty, take all of, reduce, sap, lessen

dermal

related to the skin, skin related

dermatologist

skin doctor

dermatology

skin doctor's office, study of the skin

designate

call, label, name

detect

find, discover

deteriorate

get worse, fall apart, become unusable,

determine

figure out, decide, find out, test

detrimental

bad, harmful, dangerous

develop

create, change, grow

developmental disability

physical or mental disability, challenged, learning problem

deviate

stray, change, take a different path

diabetes

diabetes, disease with too much sugar in the blood, problem with making food into energy

diabetic

person with diabetes

diagnose

test, find out, figure out, learn cause, name

diagnosis

finding out the cause of an illness, condition, disease, medical answer

diarrhea diseases

diarrhea

difficulties

problems, trouble

dilate

become wider, become larger, become bigger, open

dilator

something used to make something become larger, wider, or bigger

dilute

weaken, make weaker, add liquid, make less strong

dimension

size, width, height or length

diminish

make smaller, become less, take less, ebb

diminutive

small, tiny, very little, petite

diplopia

double vision

directed to

told

discharge

going home, leaving

disclose

show, tell, uncover

discoid

shaped like a disk, round and flat

discoloration

change in color, not the color it normally is, odd color

discontinue

stop, end, quit

discuss

talk about, talk with, talk over

disease

illness, sickness

disguise

hide

disorder

condition, illness, medical problem

display

show

dissemination (disseminate)

spread, distribute, send out, make available

distal

back of

distinguish

tell apart, set apart

distribute

hand out, give, spread, mail

DNA

genes

domicile

home, house

donate

to give

donation

gift, present

don't be alarmed

don't worry

dose

amount of medicine, chemical, or radiation; amount, size

drowsy

sleepy

due to the fact that...

because, due to

dust

fine, dry earth, powdery dirt

dwelling

home, house

dysarthria

slurred speech

dyspepsia

indigestion, heartburn

dysphagia

swallowing disorder, swallowing problem

E

early childhood caries (ECC)

baby bottle tooth decay, tooth decay in infants

economical

cheap, low cost, low priced

edema

swelling

edentulous

no teeth

effect

result, cause

effective

works well, good, strong

efficacy rate

how well something works

EHR (Electronic Health Record)

synonymous with EMR (Electronic Medical Record) which is a digitally formatted medical record

EKG

heart test, test of your heart

electrocardiogram (EKG or ECG)

heart test, EKG

electrolytes

blood salts, a type of necessary salt found in blood

elevate

raise, lift, make higher

eliminate

stop, end, drop, get rid of

emaciated

very thin, starving

embolism

blood clot

embryo

unborn baby (up to 12 weeks)

emergency

emergency, urgent, threat, disaster, crisis

emphasize

stress, point out, highlight

emphysema

a lung disease, Chronic Obstructive Pulmonary Disease (COPD)

EMR (Electronic Medical Record)

chart, medical records, computer medical record; medical record in a digital format

enamel

hard covering on outside of tooth

encephalitis

swollen brain, brain swelling, swelling of the brain

encephalopathy

brain dysfunction

encourage

urge

endeavor

try, attempt

endocrine

hormone system

endodontic

treatment of root canal for diseased nerve in tooth

enhance

add to, improve

environment

all the things around you in your daily life, at home and at work, world around you, your home

environmental control

removing harmful things from your home and work; doing something to improve the space you live in and the air you breathe

epidemic

disease that most people get, widespread sickness

epidemiology

disease study

epidermis

skin

episode

event, set amount of time, attack, brief time

epizootic

widespread disease in animals

equilibrium

balance

equivalent of

equal to

erosions

small pits, small holes in teeth or bones

erythematosis

red rash on the face

escalate

worsen, make worse, get worse, increase, grow, rise

ESR

a blood test

estrogen

female hormone, woman's hormone

etiology

the cause of

evident

plain to see, visible, seen

exacerbate

worsen, make worse

excess rate

how many people become seriously sick during a pandemic

excessive

too much, more than needed

excise

cut out, cut off

exert

work hard, push, struggle, exercise

exertion

effort, work

exhale

breathe out

exhibit

show, display

expectorate

spit, cough, spit out

experience

feel, have, go through

expertise

knowledge, skill, know-how, training

exposure

around, been around, contact, come in contact with

expressive language

speaking, saying words or sentences

extend

make longer

extremely

very

F**facilitate**

make easier, help

factor

cause, reason

failed to

did not

family history

health information about your close relatives

fallacy

error, myth, not true

fast

go without any food or drink, not eat or drink anything

fatigue

tired, weak feeling of the whole body, feeling tired all over

feasible

possible, doable, workable, can be done, can do

febrile

caused by a fever, feverish

fertility

ability to have a baby

fetus

unborn baby (12 weeks to birth)

finalize

complete, end, finish, settle

flare

a period of time when symptoms of a disease are worse, when your disease hurts more than normal

flexible

moving easily, stretch easily, bend and stretch without hurting; bendable, able to bend

fluctuate

change, rise and fall, go back and forth from high to low, not steady

following

after

fracture

break

frequently

often, commonly, normally, regularly, many times

fundamental

basic, real

G

gamete

sex cell, egg or sperm

general anesthesia

put to "sleep"

generation time

time needed for disease to spread from one person to another

genetics

family traits, science or study of family traits, study of blood relatives

genital area

genital area, privates, [name specific reproductive body parts]

Genital Herpes Simplex

Herpes (sores) in the genital area

gestation

pregnancy

gingiva

gums

gingivectomy

gum surgery, remove or reshape gums to remove space between teeth and gums

gingivitis

inflammation of the gums

glaucoma

eye disease, increased eye pressure; an eye disease that can lead to blindness

glucose

sugar, energy, blood sugar

gradually

slowly, over time

gravid

pregnant

Guillain-Barre Syndrome

GBS; a disease that makes it hard to move

H

H5N1

bird flu virus

Haemophilus influenzae type b (Hib)

a lung disease

hallucinate

see things that are not there

hand hygiene

hand washing

hazard

hazard, harmful, danger

hazardous

harmful, bad, dangerous, risky

hazardous waste

harmful trash like used needles, bloody tissues, etc.

hematocrit (hct)

amount of red blood cells in the blood

hematocrit test

blood test, a test that counts your red blood cells

hematological

related to blood, related to the blood and blood forming organs

hematuria

blood in the urine

hemodialysis

use of a machine to clean your blood

hemoglobin A1C

a test to show your blood sugar levels over the last 3 months

hepatic

related to the liver

hepatitis A

disease that you get from drinking bad water or eating bad food, impaired liver

hepatitis B

disease that you get from someone else's blood or from unsafe sex, impaired liver

hepatitis C

liver disease that you get from someone else's blood or unsafe sex, impaired liver

hepatitis D

virus that can only be found in your blood if you also have hepatitis B, impaired liver

hepatitis E

disease that you get from drinking bad water or from eating bad food, a disease not found in the United States, impaired liver

herd immunity

group protection from disease, community immunity

herpes simplex

cold sores, virus

herpes zoster

shingles, a disease that causes painful sores on your skin

high risk

dangerous, good chance something will happen

highly

very probably, most likely, will probably happen

hives

rash; red, itchy swellings on your skin

Hodgkin's disease

lymph node cancer

homologous

similar, like, alike

hormone

chemical, natural or manmade chemical that effects your growth, chemicals that help different parts of your body know how they should work

host

person; animal

HPAI

a dangerous bird flu

HPV

a virus that may cause cervical and/or oral cancer

humidify

to moisten air

hyperglycemia

high blood sugar

hyperlipidemia

high cholesterol

hypertensive heart disease

high blood pressure

hypersensitivity

strong reaction

hypertension

high blood pressure

hypoglycemia

low blood sugar

hyposensitivity

weak reaction

hypotension

low blood pressure

hysterectomy

surgery to remove the womb

I

identical

same, exactly the same, similar, alike

illness rate or clinical attack rate

number of sick people; (Use a ratio like “3 in every 10 New Yorkers are sick” or a percentage like “30 percent of all Floridians are sick.”)

illustrate

show, draw, picture

immediately

at once, right away, now

immerse

put completely in, completely cover

immune globulin

something in your blood that helps fight disease

immune

protected from, resistant to

immunity

protection from disease, ability to fight off an illness

immunization

getting a vaccine (shot); vaccine, vaccination

immunize

to protect against disease, usually by a shot

immunological

related to the immune system

immunosuppression

when your body can't fight disease

immunotherapy

medical treatment that helps your body fight off diseases

impaction

teeth pressing together, teeth not visible above gum line

impaired

not normal/something is wrong

impede

get in the way, slow

imperative

important, pressing, urgent

imperceptible

hard to see, hidden; can't be seen

implement

start, begin, put into action; carry out;

inability

not able to

in excess of

more than

inevitable

likely, will happen

insert

put, put into

institute

start

instructed

told, taught

in the absence of

without

in the course of

during, in

in the event of

if

in utero

in the womb, in the uterus

in vitro

out of the body, outside the body, laboratory grown, in a test tube

in vivo

within the body, inside the body grown inside animal

inaccuracy

error, mistake, chance that there is a mistake

inactive vaccine

a vaccine that uses germs that have been killed

inadvertently

without meaning to

inadvisable

risky, not smart, may be dangerous

inapparent infection

when you are sick but you don't feel bad

incidence

how many people get sick, number of sick people

incident of national significance

national emergency

incipient

beginning, starting

incise

cut

incision

cut

incisors

front teeth, front "biting" teeth, fangs

inclement

harsh, extreme, dangerous

incorrect

wrong, not true, false

increase

add to, raise

incubation period

the length of time a disease is in someone's body before they feel or look sick

indicate

suggest, point to, show

indication

sign, signal, symptom

indigenous

local to, comes from, native

individual

person, you, man, woman, one

inexpensive

cheap, low cost, low priced

infant

baby

infect

disease spread by germ or virus, to get sick, to make someone sick, to spread a disease

infection

disease, illness, sickness, virus, bug, illness caused by germs, a sickness you get from germs, control how to stop sickness

infectious agent

virus, germs, something that makes you sick, disease, flu, parasite

infectious

something that can spread disease

infertile

sterile, unable to have a baby, unable to become pregnant

inflame

make hot, red, or swollen; swollen

inflammation

swelling, injury, sore

inflammatory bowel disease

digestive system disease, intestinal problems

influenza

flu, a virus

inform

tell

information

information, to learn more

infusion

put fluids or drugs directly into your blood

ingestion

eating, drinking, swallowing

inhalation

breathing, breathing in

inhale

breathe in, take a breath

inhaler

breathing medicine/drug, asthma medicine, device that helps give medicine into the breathing tubes

inherent

natural, built in, native

inherit

acquire, get, obtain, be left

inheritance

from parents, passing from parent to child

inhibit

check, bar, forbid, stop, slow

initial

first, earliest, basic

inject/injection

shot

injection

shot, to give medicine by needle, booster, dose

innocuous

safe

inquire

ask

instrument

tool, device

insufficient

not enough, too little, failing, poor

insulin

blood sugar

integrate

combine with, make part of, mix

intention

goal, aim, desire, end, plan, purpose

internal organs

inside parts of your body (heart, lungs, stomach, kidneys, etc.)

interrupt

stop, break

intervention

care

intrauterine device

IUD, birth control

intravenous (IV)

into your vein; into your blood stream, putting drugs or fluids directly into your blood

investigational vaccine

vaccine still being tested

irrefutable

certain, final, obvious, proven

irritable

sensitive, complaining, grouchy, testy

irritant

bother; pain, pest, problem

isolate

a specific type of virus; a specific type of flu

isolation of ill people

staying away from people who are sick; keeping sick people at home

J

jaundice

skin and eyes turn yellow

joint

where bones come together, bone connection

K

kidney

organ that filters blood

L

lacerate

ragged cut, tear

laceration

ragged cut, tear

lesion

cut, injury, wound, sore

ligament

bone connector, joint tissue

lingual

on the tongue

live vaccine

a vaccine that has a weakened form of the virus in it

local anesthesia

drug that causes numbing only in the area of the body where the drug is put by

spreading it or with a shot

localized

in a small area, only in one place

locate

find, place, settle, turn up

location

place, spot

long-term

for a long time, over a long period of time

lower respiratory infection

pneumonia

lung function

measure of how strong your lungs are

lungs

breathing organs

lymphatic

related to the lymph system

lymphocytes

white blood cells, lymph cells

lymphoma

cancer of lymphatic system

M

macrophage

disease-fighting cell

macular

a spot on your cornea; eye disease, blindness

magnitude

extent, size, how serious

maintain

take care of, keep, keep up

mammogram

breast health test, breast check

malignant

cancer

malignant tumor

cancer, tumor, mass

malocclusion

crowded teeth, misaligned teeth, crossbite, overbite, underbite, open bite

manage

control, direct, be in charge of, take care of, watch

mandible

lower jaw

manifest

clear, plain, evident, show

mask

hide

mastectomy

breast cancer surgery; surgery to remove your breast

maxilla

upper jaw

maximum

the largest possible, the most

medication

drug, pill, medicine

medicine

drug, medication

melanoma

skin cancer

memory cell

a cell that helps your body quickly fight diseases that you've gotten before

menopause

women's "change of life", the change, time in a woman's life when her periods stops, no longer have periods

menstruation

period

mental health condition

mental disorder, mental illness

mentality

frame of mind, mind, outlook, feeling

mesial

front of

metabolism

process of getting energy from food, converting food into energy

mg

milligram

microbes

very tiny fungi, sometimes viruses, that are too small too see; bacteria, protozoa

might qualify

might get

migrate

move, travel

migration

moving, transfer, traveling

mild

gentle, not severe, slight, small

mildew

fungus that grow in damp warm areas

minimal

least, small, smallest

minimize

make smaller, make less, lessen, reduce

miniscule

very small, tiny

miscarriage

lose the baby, miscarry

mites

very tiny, spider-like, animals that cause allergies and skin rashes

mitigate

make less harmful, soften, lessen, reduce

mobility

ability to move

moderate

medium, mild, controllable

modify

change

molars

back teeth, back “grinding” teeth

mold

growth on food and damp surfaces

monitor

watch, check on, watch for changes, device that measures changes

morbidity

diseased, sick, ill

mortality

death

mortality rate

number of deaths

motor vehicle accident

car crash

MRSA

bacteria that resists antibiotics

mucosal (mucus) membranes

soft, moist areas just inside the openings to your body

mucus

phlegm, nose fluid, mouth fluid, throat coating

multiple sclerosis

central nervous system disease, MS

muscle contraction

muscle twitch, movement

mutagen

cause

mutation

change over time, change, difference, different

myocardial infarction

heart attack

N**narcotic**

addictive pain medicine, drug

nebulizer

asthma medicine mister

necessary

needed

negligent

careless, lax, not careful

neonatal death

infant death, death in the first month of life

neonatal

newborn, baby for first month of life

neonatologist

baby doctor, baby doctor for preemies

nephrology

study of kidney problems

neuraminidase

enzyme on the surface of the virus

neuritis

swelling of a nerve

neurologic

relating to the nervous system, brain or spinal cord

neurological

related to the brain and nervous system

neurology

study of the nervous system

neuropathy

disease of the nervous system

neutralize

cancel, stop, offset

nominal

small, not important, token, cheap, not costly

nonpharmaceutical intervention

ways to stop the spread of illness without drugs, such as hand washing, covering sneezes, closing schools, etc.

nosocomial

an infection you catch in the hospital

notification

notice

noxious

dangerous, poisonous

nutrition

food, meal, diet, healthy food

nutritious

wholesome, food that is good for you, healthy eating, healthy food

O

obesity

dangerously overweight, too heavy

objective

goal, end

obscure

hidden, unclear, blur, confuse

observation

close look, remark, watching, sighting

observe

look closely, watch, see, detect, find, notice, see

obstetrician

pregnancy doctor

obstruct

block, stop

obstruction

barrier, block, hurdle

obtain

get

obvious

clear, plain, easy to see

occasionally

sometimes, not often, once in a while

occlusal

chewing or grinding surface of back teeth

occupation

job, work

occupational therapist

someone who helps people who are sick or injured learn or relearn activities of daily life

occupational therapy

therapy that helps you relearn everyday activities

occur

happen, take place, result

occurrence

event

on an empty stomach

do not eat or drink

open bite

upper and lower front teeth do not touch even when mouth is closed and/or back teeth are touching

opportunistic infection

infection you get because you're already weak

optic neuritis

eye disease, disease of the eyes

optimal/optimum

best, best way

option

choice, way

oral

mouth and jaw

oral consent

you say it is OK for the doctor to do a test or procedure

oral medication

medication you swallow

oral surgery

mouth operation, mouth surgery, teeth operation

orchitis

side effect of mumps

originate

start, begin, create

orthodontic

braces, teeth straightening

orthopedic surgeon

bone and joint doctor

orthopedic's

bone and joint doctor's office

orthotic

support or brace

ossification

bone formation, hard, stiff

osteonecrosis

bone death

osteoporosis

brittle bones

otitis media

middle ear infection

outbreak

beginning, start, onset

outermost

farthest, top

ova/ovum

egg/eggs, a woman's egg/eggs

overabundance

too much, excess

overbite

front upper teeth overlap lower teeth, "bucktoothed"

P

palatable

pleasing, tasty, good

palate

roof of mouth

pandemic flu

deadly flu, fast and wide-spread flu

pandemic vaccine

pandemic flu vaccine

panzootic

a flu pandemic in animals, a deadly flu pandemic in animals, fast and wide-spread flu in animals

papule

small red dot on your skin, skin rash

paralysis

can't move

parameter

limit, factor, value

paramount

most important

parasite

animal or plant living off another animal or plant

participate

take part, join, share

passive immunity

temporary disease protection from mother, disease protection from vaccine

pathogen

germ, virus, disease-causing agent

pathogenic

disease causing

peak flow meter

small tool used to measure how fast you can blow out air

peak flow

the fastest you can blow out air

pediatrician

baby doctor; children's doctor

pedodontic (pediatric dentistry)

children's dentistry

pending

coming, until, waiting on something or someone

perforation

hole

perform

do, carry out, act

pericarditis

heart inflammation, swelling of the tissue covering the heart

perinatal

near the time of birth

perinatal death

death around birth, stillborn

perinatologist

high-risk pregnancy doctor, doctor for pregnancy at risk

periodontal disease (periodontitis)

gum disease

periodontic

treatment of gum disease and related bone loss

periphery

edge, boundary, outside

peritoneum

lining of your stomach, belly, tummy

permanent

lasting, long term, forever

permit

allow, let

permutation

change

persevere

hold on, keep at, last, keep trying, not give up

persistent

there all the time, constant, doesn't go away, not giving up

personal protective equipment (PPE)

gowns, face shields, gloves, face masks, and respirators, hearing protection, protective clothing

personnel

people, staff

perspire

sweat

persuade

convince, talk into, win over, urge

pertinent

fitting, important

petechiae

tiny red or purple spot on your skin,

pharmacist

druggist, drug dispenser

photosensitive

sun-sensitive, sensitive to the sun

physical/physically

body, bodily, real

physical activity

of the body, exercise, movement

physical examination

check-up, doctor's appointment

physical therapist

someone who treats pain and weakness by exercise

physical therapy

treatment of pain and weakness through exercise

physician

doctor

pica

craving, dirt or clay eating, unusual appetite; eating materials that are not food






















pictographs

symbols (examples below)

 <p>Hospital</p>	 <p>Ambulance Entrance</p>	 <p>Cardiology</p>	 <p>Care Staff Area</p>
 <p>Chapel</p>	 <p>Diabetes (Education)</p>	 <p>Emergency</p>	 <p>Family Practice Clinic</p>
 <p>Immunizations</p>	 <p>Infectious Disease</p>	 <p>Intensive Care</p>	 <p>Internal Medicine</p>
 <p>Interpretive Services</p>	 <p>Laboratory</p>	 <p>Mammography</p>	 <p>Medical Records</p>
 <p>OB Clinic</p>	 <p>OB/Gyn (Obstetrics/Gynecology)</p>	 <p>Oncology</p>	 <p>Outpatient</p>
 <p>Pediatrics</p>	 <p>Pharmacy</p>	 <p>Physical Therapy</p>	 <p>Radiology</p>

 <p>Surgery</p>	 <p>Nursery</p>	 <p>Registration</p>	 <p>Billing Department</p>
 <p>Waiting Area</p>	 <p>Social Services</p>	 <p>Accessibility</p>	 <p>Restrooms</p>
 <p>Restrooms - Men</p>	 <p>Restrooms - Women</p>	 <p>Gift Shop</p>	 <p>Information</p>
 <p>Fire Extinguisher</p>	 <p>Drinking Fountain</p>	 <p>Telephone</p>	 <p>Volume Control</p>
 <p>Text Telephone</p>	 <p>Hearing Assistance</p>	 <p>Coffee Shop</p>	 <p>Restaurant</p>
 <p>No Smoking</p>	 <p>Smoking</p>	 <p>Stairs</p>	 <p>Stairs-Down</p>

 <p>Stairs-Up</p>	 <p>Escalator</p>	 <p>Escalator-Down</p>	 <p>Escalator-Up</p>
 <p>Elevator</p>	 <p>Cashier</p>	 <p>First Aid</p>	 <p>Lost and Found</p>
 <p>Coat Check</p>	 <p>Mail</p>	 <p>Litter Disposal</p>	 <p>No Dogs</p>
 <p>Barbershop - Beauty Salon</p>	 <p>Barbershop</p>	 <p>Beauty Salon</p>	 <p>Bar</p>
 <p>Shops</p>	 <p>Currency Exchange</p>	 <p>Ticket Purchase</p>	 <p>Waiting Room</p>
 <p>Air Transportation</p>	 <p>Arriving Flights</p>	 <p>Departing Flights</p>	 <p>Heliport</p>

 Taxi	 Bus	 Ground Transportation	 Rail Transportation
 Water Transportation	 Car Rental	 Baggage Lockers	 Baggage Check
 Customs	 Immigration	 Hotel Information	 No Entry
 Exit	 Right Arrow	 Forward and Right Arrow	 Up Arrow
 Forward and Left Arrow	 Left Arrow	 Left and Down Arrow	 Down Arrow
 Right and Down Arrow			

PID

Pelvic inflammatory disease

pigmentation

color

pit and fissure sealant (dental sealant)

thin layer of plastic painted onto teeth to prevent decay

placebo

sugar pill, drug with no active ingredient and will cause no effect

placed

put

placenta

organ that attaches umbilical cord to the inside of the womb

plaque

sticky film with germs on teeth

platelet

blood clotting cell

pleurisy

lung inflammation

pneumonia

lung infection

PO

taken by mouth, eat or drink

podiatry

treating feet problems, medical care for feet, foot doctor

poliomyelitis

polio; a disease that can make you unable to move

pollute

dirty, poison, taint, spoil

polysaccharide vaccines

sugar vaccines

polyurethane

plastic

portion

piece, amount, part, serving

position

job, rank, class, grade

possess

have, own

possibility

chance

posterior teeth

back teeth

post-exposure prophylaxis

drug given to someone who has been near someone sick, prevention drug, drugs to prevent the spread of disease

post-partum depression

baby blues, overwhelmed, depressed, unexplained sadness after having baby

postpone

put off, wait, delay

potency

strength, force, power, level, dose

precaution

safeguard, caution, guard, care

predicament

problem, bad situation, plight, difficulty

pregnancy

pregnant, expecting a baby

preliminary

early, not final, initial

pre-pandemic vaccine

pandemic flu or deadly flu vaccine; shot

preparedness

readiness, alertness, to be ready, to prepare, be prepared, planned

prepuce

foreskin

prerogative

right, choice

prescriber

doctor, nurse, any medical person who is licensed to write prescriptions

prescription

doctors orders, medicine, drug order,

present

give, send, now, show, here

prevalence

number of sick people, spread, disease spread, number, figure

prevent

stop, keep from happening, forbid, bar, keep

preventive

(i.e.; preventive services) practices that help keep you well

prevention

stop, bar, not permitted, not allowed, to avoid ill effects

primary teeth

baby teeth, first teeth

principal

main, first, head, chief, most important

prior to

before

probability

chance, likelihood

proximal

near to, close, area closer to the center of the body

procedure

steps, method, course of action, how-to, way, test

proceed

go, move forward

prodromal

signs of disease or attack

proficient

skilled, experienced, able, apt

progression

move forward, go on, get worse, advance

prohibit

ban, forbid, prevent

projectile

flying object, fast object, thrown object

proliferate

grow, spread, reproduce

prophylactic

pregnancy prevention drug, sickness prevention drug, birth control, condom

prophylaxis

prevention, protection

prophylaxis (dental, oral)

basic teeth cleaning

prostate

gland in male body that makes semen

prostatitis

infection of the prostate

prosthodontic

treatment using crowns, bridges, partials and/or dentures

protocol

way of doing things, method, standard, step-by-step process, rules, code

provide

give, offer, send, supply

provider

professional, insurer

provoke

make worse, cause, anger, annoy

proximal

near to, close, area closer to the center of the body

psoriasis

a dry, scaly, skin rash

psoriatic arthritis

joint swelling disease with skin rash

psychiatrist

mental health doctor, shrink

psychiatry

study of mental health

PSA

prostate test, prostate check

PTSD

problem with fear after seeing or having a fearful event, flashbacks of negative experience

public health

everyone's health, our health, health of the community as a whole

puff

a short, gentle burst; a small breath

pulmonary

related to the lungs

pulmonary cancer

cancer of lung, trachea, bronchus

pulmonary care unit

lung disease treatment area of hospital

pulmonary fibrosis

lung disease, scarring of lung tissue, shortness of breath

pulmonologist

lung doctor

pulmonology

study of lung disease

pulp

tooth nerve

pulpectomy

remove nerve from tooth

pulpitis

infection of nerve inside tooth

pulpotomy

take out the nerve from a tooth

purchase

buy

purulent

pus

pyrexia

fever

Q

qualified

suited, capable; has the education to perform, license to perform

quarantine

isolate, staying away from other people, staying home by yourself

R

RA

rheumatoid arthritis, disease of joints

radiation

energy, rays, waves, heat

radioisotope

medicine, special medicine, drug or radioactive tracer

radiologist

a doctor who studies x-rays and other images, x-ray specialist, x-ray doctor

radiology

x-ray department

radionuclide

medicine, special medicine or drug

rampant

unchecked, raging, uncontrolled

rapid diagnostic test

fast result test, quickly check if someone is sick

rationale

reason, thinking, intent, purpose

Raynaud's syndrome

circulatory disease

reaction

a response

reassortment

change, new type of virus

receive

get, admit, welcome

receptive language

understanding

recipient

person who gets something

recognize

accept, know, see, find

recombinant

new gene combination

recommend

advise, suggest, urge, says

recover

get better, feel better, heal

recrudescence

relapse, to get sick again

recuperate

get better, feel better, get well, recover

recur

come back, get again, happen again

reduce

lower, cut, trim, dilute

redundant

extra, not needed, excess, surplus, spare

refills

number of times one can get more medicine from the drugstore without going back to the doctor

reflux

spit up, backward flow of body fluid

regarding

about

regimen

diet, plan, program

register

sign up, sign in

regular

usual, normal, everyday, common

regulate

control, restrict, watch over, govern

regulation

rule, law

rehabilitate

get better, restore

reimburse

pay back, refund

reinforce

make stronger, brace, support

reiterate

repeat, say again

relief

feel better, ease, not as bad, less painful, more comfortable

relieve

ease, make better, soothe, rest

remission

when a disease is not active

renal

related to the kidney

request

ask for, beg

require

need, ask for

requirements

needs, regulations

rescind

cancel, take away

resemble

look like, take after, match

reside

be in, live in

residence

home, apartment, house

Residual Seizure Disorder

seizures, sudden attack, brain problem

respiration

breathing, taking in oxygen

respiratory therapist

breathing therapist

respite

rest, relief, quiet time

respond

answer, react to

restoration

filling, fix a tooth, tooth replacement

restrain

hold back, stop

restrict

limit, stop

restrictions

limitations, changes

retain

keep

retrieve

get, bring back, get back

return

go back

reveal

show, tell

review

go over, check;

Reye's Syndrome

brain disease in children

rheumatoid arthritis

disease of joints, joint swelling

rheumatologist

joint, bone, and immune system doctor

rheumatology

study of the immune system, joints, and bones

rigorous

hard

risk reduction

lowering the chances, making less likely

risk

chance

root canal

remove the nerve from inside the root of a permanent tooth

root planing and scaling

deep tooth cleaning

Rotavirus

germ causing stomach flu

Rubella

German measles

Rubeola

measles

rupture

break, burst, break open

S**sanitary**

clean, germ free, healthful

sanitize

clean, wash, clean up, make germ-free, disinfect

SC

subcutaneously, shot into fat, injection into fat

scaling and root planing

removal of hard and soft deposits from teeth above and below gums

Scarlatina

scarlet fever

schedule

plan, planning a time to do something

sealant (pit and fissure, dental)

thin layer of plastic painted onto teeth to prevent decay

seasonal influenza

common flu; winter flu

second- and third-order effects

things that happen as a result of your actions

sector

group, community, neighborhood

sedentary

inactive, sitting a lot, couch potato

segment

part, piece

seizure

fit of uncontrolled movements

sensation

feeling

sensitive

easily hurt, easy to damage, sore

seroconversion

becoming immune, reacting against disease, fighting disease

serology

study of blood strength

serosurvey

test to see how likely you are to get a disease

several

many

severe

strong, serious, harmful, dangerous, very bad

severity

how bad

shift

change

shortness of breath

difficulty catching breath, difficult breathing

side effect

reaction, reaction to a medicine

significant

big, serious, important

similar

like

situated

placed, located

Sjogren's syndrome

dry eyes and mouth

skull

head bones, bones that protect the brain

social distancing

stay at home; keep away from people

socialize

make friends, talk with people, meet people

solicit

ask for

soreness

hurt, pain, ache

spasm

sudden, strong muscle tightening, jerk, painful twist

species

group of plants or animals, same type, alike

spirometer

breathing test, breath strength machine, breath strength indicator

spontaneous

unplanned, sudden

sprain

muscle injury, muscle tear

stable

okay, no change, constant, even, unchanging

stamina

strength, endurance

state of readiness

ready, now ready, prepared

state

say, tell, condition

status

state, condition

sterile

unable to have children, clean

steroid

medicine, drug to lessen swelling, illegal sports drugs

stigma

mark, spot, blemish, embarrassment

stimulate

excite, stir up, activate

strain

type of germ, type of animal, type of plant

stress

physical strain, mental strain, pressure, worry

stringent

strict, tight, controlled

subclinical infection

minor illness

submit

give, hand in, send

subsequent

following, next, later

subsequently

after that, later, afterward

substance

chemical, material, matter, stuff

Sudden Infant Death Syndrome (SIDS)

crib death; sudden, unexplained death of a baby

suffice

be enough

sufficient

enough, plenty, ample

suffocate

choke, smother, not able to breathe

summon

call for, request

sun protection factor

sunscreen, sun block

superficial

not important, not harmful, slight

supersede

replace, take the place of

supplement

add to, in addition to, additive, vitamins

supply

give, budget, fund, pool, source, kitty

suppress

hold back, stop, slow down

surge capacity

being able to offer more services in an emergency, ability to expand

surgery

operation

surgical mask

face mask, mask

surveillance

keep a close eye on, watch closely, monitor

susceptible

more open to, in danger of getting, likely to get

sutures

stitches

symptom

sign (of disease or sickness), indicator, warning

syndrome

illness, sickness, condition

synthesis

summary, make, take up

synthesize

combine, form, summarize

systematic

planned out, orderly, regular

Systemic Lupus Erythematosus

immune system disease

systemic

throughout your body, in all parts of your body

T

tallus

heel

taper

reduce, slow, lower, shrink, decrease

tartar

crust on teeth, plaque

telework

work from home

temperature

heat, fever

temporal association

when two things happen at the same time but aren't actually related to each other

temporary

short, brief

teratogenic

something that can hurt your baby before he is born

terminal

deadly, fatal

terminate

stop, end

testosterone

male hormone

tetanus

disease affecting muscles

therapeutic

healing, improving, getting better

therapy

treatment

therefore

so

thimerosal

drug or vaccine preservative

third molars

wisdom teeth, last teeth to come into mouth

thrombus

clot

time period

time

titer

blood test

titrate

to change the dose/level of a medicine

topical

on the surface, on the skin, on the body

toxicology

study of harmful materials

toxin

poison, pollution

transform

change, alter

transparent

clear, see-through

transpire

happen, take place

transverse myelitis

of the spine, back disease

traumatic

shocking, upsetting

treat

give care, take care of, cure, heal

treatment

action, medicine, therapy

tremor

shaking, trembling

trigger

cause, start, bring on, lead to

trimester

three months, three month's time

tuberculosis

TB, lung disease

tumor

growth, lump

U

ulcer

open sore, canker

ulterior

secondary, hidden, alternate, further

ultimate

final, last

umbilicus

belly button, navel

underbite

lower teeth extend past upper front teeth

understand

know, to get

unfavorable

bad, harmful, damaging, unwanted

unnecessary

not needed, needless

upper respiratory system

nose, throat, and windpipe

urinate

pee

urticaria

hives, itch, rash on your skin

until such time

until

use caution

be careful

uterus

womb

utilize

use, make use of

UVA

UV light, sunlight

UVB

UV light, sunlight

V

vaccinate

to protect against disease, usually by a shot

Vaccine Adverse Event Reporting System

VAERS, a way for doctors to make sure that vaccines aren't hurting anyone

Vaccine Safety Datalink Project

VSD, a way for doctors to learn more about vaccines

vaccine

shot, flu shot, medicine, immunization

vague

unclear, not for sure, not certain

validate

prove, test

validity

truth, proof

variant

version, slightly different

Varicella

chicken pox, herpes zoster

variola

smallpox

vary

change, shift

vehicle

car, truck, bus, automobile

verbatim

exact, word for word

verify

check, find out

vesicular

blisters, small bumps on your skin

viable

able to live, usable, can be used

vicinity

area, location

viral shedding

coughing and sneezing

viremia

viruses in the blood

virulence

strength; harm; how harmful; how dangerous the disease is

virulent

strong, dangerous

virus

germ

vital

important, imperative, crucial

voluminous

large, bulky

voluntary

your choice; on your own; without being forced

vomit

throw up, upchuck, emesis

W

waning immunity

not immune any more; more likely to get sick; lost your disease resistance

warning sign

sign of trouble; problem; alert

waterfowl

water birds; birds that live on water; ducks, geese, and swans

whoop

breathing problem, difficulty breathing; gasp; gag; pant

whereas

while, but

white spot lesion

white spot on tooth, beginning decay

whooping cough

disease of the lungs that is very easily spread to others

withhold

deny, keep from, hold back, refuse

withstand

take, bear, resist

witness

see, note, observe

X

x-ray

picture of your bones; picture of your insides

Y

Z

zoonoses

diseases that people can get from animals; diseases that are passed between animals and people