

Plain English **HEALTH DICTIONARY**

Aboriginal Interpreter Service



*First published in 2023 by the Aboriginal Interpreter Service –
Office of Aboriginal Affairs, Department of the Chief Minister and Cabinet*

This resource was developed by the AIS training team, led by Mandy Ahmat and Madelyn Hay.

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Acknowledgements

The Plain English Health Dictionary (PEHD) Project team would like to extend their thanks to everyone who gave their time and energy to the development of this resource.

This resource is based on James Gaykamangu's Medical Words Booklet, and the Plain English Legal Dictionary (2015). We would like to thank Ben Grimes and the Aboriginal Resource Development Service (ARDS) for their guidance and linguistic expertise throughout the development process.

We also extend a heartfelt thanks to the working group, whose collaborative efforts began the process of developing this resource, and to NT PHN, Menzies School of Health Research, Dr Leah Ginnivan, Dr Gwil Whittaker, Leigh Hill and the Donate Life team, and Dr Stephanie Weidlich, whose clinical expertise and oversight was instrumental in the development of the resource terminology.

Finally, we would also like to thank AIS interpreters for their time and input that has helped ensure the user-centred design of this resource.

This resource is supported by funding from the Northern Territory PHN. While the Australian Government helped fund this document, it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use of or reliance on the information provided herein.

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About the artwork

This artwork was designed to represent some of the ways health concepts and healthy living practices have been preserved in art by Aboriginal people from across the Northern Territory, from the Top End down to the Central Desert regions. Designed collaboratively by Dean Briscoe and Josef Petterson, the stories are based on healthy lifestyles and living on Country.

The top section of the artwork was designed by Larrakia man Josef Petterson. “Bush tucker is natural and healthy food, and this shows some of the foods available on Saltwater Country like fish, turtle and goose. The crocodile represents the lore of the country from the coastal waters into the rivers, the creeks and the billabongs. The crocodile is respected as the old wise one who hunts the waterways. With the precision of a perfect hunter, all fear him when stepping into his world. Saltwater and freshwater country provide an abundance of food for all in and around the waterways”.

The bottom half of the artwork was created by Anmatyerre man Dean Jakamara Briscoe, an AIS staff member born in Alice Springs, NT. “This part of the painting shows some of the ways Central Australian people have lived for thousands of years hunting and gathering, being active and living healthily off the land. It shows people meeting to discuss community health issues, how people lived healthy and active lives through hunting kangaroos, emus, witchetty grubs and honey ants. The background represents land, flora and fauna around Central Australia from which medicine would be collected and prepared to heal ailments and health issues”.

Elements of this artwork are included throughout the resource. The PEHD project team thanks the artists for their invaluable contribution.



Dean Briscoe



Josef Petterson

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About the Resource

This dictionary has been developed for the use of Aboriginal Interpreter Services (AIS) Interpreters working in the health sector across the Northern Territory.

When accessing mainstream Australian health systems, Aboriginal and Torres Strait Islander Australians may require the assistance of an interpreter for clear communication. It is therefore essential that Indigenous language interpreters are effectively supported and resourced to provide high quality services to their clients.

In 2015, the development of a Plain English Legal Dictionary provided interpreters with a comprehensive toolkit consisting of key legal terms, definitions, and illustrations relevant to Aboriginal languages of the Top End and Arnhem regions. Following its release and widespread use, a high demand for an equivalent resource in the health sector became evident. While several glossaries or small dictionaries had been created to improve health-related engagements, there was no equivalent that provided interpreters, health professionals or patients with accessible, culturally safe and relevant information about medical and health concepts in Plain English.

As a result, this resource has been developed as a health literacy aid and training tool, seeking to bridge a gap in health communication by translating concepts and terms from medical English into Plain English.

It was important for the resource to be developed using a style of English that closely matches the lexicon (words), syntax (grammar) and discourse (genre & logic) of Aboriginal languages. It also includes illustrations of body parts and medical equipment to ensure clients have a clear understanding when in consult with a medical professional. The content of this resource has been selected and edited by a team of health professionals from across the Top End region, in consultation with AIS interpreters.

Throughout the development process, the project team set apart the term 'plain English' from 'simple English'. This dictionary is not an attempt to simplify or 'dumb-down' health terms. Plain English is about better understanding the intended audience and speaking in a way that most accurately and clearly communicates with that audience. Plain English attempts to express concepts in a way that makes the most logical sense to the audience, and avoids words that commonly cause confusion or ambiguity. For most health-trained native speakers of English, speaking in plain English will be far more difficult than using complex medical terminology. Using plain English, however, is a skill that can be learned and developed.

The Aboriginal Interpreter Service Training Unit (AIS) is committed to ensuring that Aboriginal and Torres Strait Islander language speakers in the Northern Territory and across Australia have access to health care and can make informed decisions about their health, through the provision of interpreters. It is hoped that this resource will be a valuable handbook for interpreters and health professionals, to improve health literacy and accessibility within the health sector.

Interpreter Code of Ethics

1. Professional conduct

Interpreters must follow the rules and behave appropriately

2. Confidentiality

Interpreters must maintain confidentiality. They keep information from jobs a secret and do not tell anyone.

3. Competence

Interpreters only do jobs they have the skills to do, in the languages they are trained and assessed in.

4. Impartiality

Interpreters are impartial during all jobs. They do not take sides.

5. Accuracy

Interpreters use their professional judgement to transfer the meaning of the message accurately.

6. Clarity of role boundaries

Interpreters are clear about their role as interpreters.

7. Maintain professional relationships

Interpreters are responsible for the quality of their work. Interpreters make sure they get a briefing, are well set up to interpret and explain their role as an interpreter.

8. Professional development (always becoming a better interpreter)

Interpreters continue to develop their professional knowledge and skills.

9. Professional solidarity

Interpreters respect and support each other. We are all responsible for the reputation of interpreters as being trustworthy and professional.

Aboriginal Interpreter Service bookings information

FOR ALL BOOKINGS, FREECALL 1800 334 944

Fax: (08) 8923 7621

Email: ais@nt.gov.au

Web: www.nt.gov.au/ais

Major Aboriginal Languages of the Northern Territory

Language	Region
East Side/West Side Kriol	Big Rivers
Yolngu Matha	East Arnhem
Warlpiri	Big Rivers, Barkly, Central Australia
Pitjantjatjara •	Central Australia
Murrinh Patha	Top End
Anindilyakwa	East Arnhem
Eastern/Central Arrernte, Western Arrarnta +	Central Australia
Kunwinjku	Top End
Burarra	East Arnhem
Modern Tiwi	Top End
Pintupi-Luritja •	Central Australia
Gurindji	Big Rivers
Maung	Top End
Alyawarr/Anmatyerr +	Central Australia, Barkly
Warumungu	Barkly

- Western Desert family
- + Arandic family

Language families are indicated where there is a degree of mutual understanding between language speakers.

The Northern Territory is one of the most linguistically diverse areas of the world. This information is not intended to be exhaustive of all languages and dialects spoken in the Territory. For comprehensive information about Aboriginal languages of the Northern Territory visit aiatsis.gov.au.

This map illustrates the Northern Territory Government Regions and Language Groups. The map is color-coded by region: Top End (purple), East Arnhem (blue), Big Rivers (teal), Barkly (orange), Warumpungu (light orange), Alyawarr (yellow), Anmatyerr (pink), Western Arrarnta (dark pink), Eastern/Central Arrernte (light pink), and Central Australia (light pink). Language groups are labeled in yellow boxes, including Ngan'gikurrunggurr, Murrinh Patha, Westside Kriol, Ngarninyman, Gurindji, Warlpiri, Anmatyerr, Pintupi-Luritja, Pitjantjatjara, Southern Luritja, Warumpungu, Alyawarr, Anindilyakwa, Nunggbuyu, Eastside Kriol, Kunwinjku, Ndjebbana, Maung, Iwaidja, Tiwi, and Yanyuwa. Towns are marked with black dots, and remote towns are marked with white dots. Major roads like the Stuart Highway, Arnhem Highway, and Lasseter Highway are shown. The map also includes a key for towns, remote towns, and communities, and a disclaimer at the bottom stating: "Disclaimer: This map is to be used as a guide only."

Languages by Community

TOP END (INCLUDES DARWIN, PALMERSTON, LITCHFIELD)

Milikapiti	Tiwi (Modern and Traditional)
Pirlangimpi (Garden Point)	Tiwi (Modern and Traditional)
Wurrumiyanga (Nguiu)	Tiwi (Modern and Traditional)
Naiyiu (Daly River)	Ngan'gikurrunggurr, Kriol
Nganmarriyanga (Palumpa)	Murrinh Patha, Ngan'gikurrunggurr, Kriol
Peppimenarti	Ngan'gikurrunggurr, Murrinh Patha, Kriol
Wadeye	Murrinh Patha
Minjilang (Croker Island)	Iwaidja, Kunwinjku
Warruwi	Maung
Gunbalanya (Oenpelli)	Kunwinjku
Maningrida	Burarra, Ndjebbana, Kunwinjku, Yolngu Matha

EAST ARNHEM

Angurugu (Groote Eylandt)	Anindilyakwa
Galiwin'ku	Yolngu Matha (Djambarrpuynu, Galpu, Golumala, Rirratjingu)
Gapuwiyak	Yolngu Matha (Djambarrpuynu)
Milingimbi	Yolngu Matha (Djambarrpuynu, Gupapuyngu)
Yirrkala	Yolngu Matha (Gumatj, Dhuwaya, Galpu, Rirratjingu, Djapu, Djambarrpuynu)
Gunyangara (Ski Beach)	Yolngu Matha (Gumatj, Dhuwaya, Galpu, Rirratjingu)
Umbakumba (Groote Eylandt)	Anindilyakwa
Ramingining	Yolngu Matha (Gupapuyngu, Djambarrpuynu, Djinang)

BIG RIVERS

Kalkaringi/Daguragu	Gurindji, Westside Kriol
Pine Creek	Kriol, Mayali
Timber Creek	Westside Kriol
Yarralin	Ngarinyman, Westside Kriol
Lajamanu	Warlpiri
Barunga	Eastside Kriol
Borroloola	Yanyuwa, Garrwa, Eastside Kriol
Bulman	Eastside Kriol

BIG RIVERS (CONTINUED)

Jilkminggan/Mataranka	Eastside Kriol
Manyallaluk	Eastside Kriol
Minyerri	Eastside Kriol
Ngukurr	Eastside Kriol
Numbulwar	Eastside Kriol, Nunggubuyu
Wugularr (Beswick)	Eastside Kriol

CENTRAL AUSTRALIA

Laramba	Anmatyerr
Nyirripi	Warlpiri
Pmara Jutunta (Ti Tree)	Anmatyerr, Warlpiri
Willowra	Warlpiri
Yuelamu	Anmatyerr, Warlpiri
Yuendumu	Warlpiri
Amoonguna	Eastern/Central Arrernte, Western Arrarnta
Apatula (Finke)	Pitjantjatjara, Yankunytjatjara, Southern Luritja
Hermannsburg (Ntaria)	Western Arrarnta
Kaltukatjara (Dockers River)	Pitjantjatjara, Ngaatjatjarra, Yankunytjatjara
Ltyentye Apurte (Santa Teresa)	Eastern/Central Arrernte, Western Arrarnta
Utju (Areyonga)	Pitjantjatjara, Southern Luritja, western Arrarnta
Walangurru (Kintore)	Pintupi-Luritja
Watiyawanu (Mt Liebig)	Pintupi-Luritja
Warumpi (Papunya)	Pintupi-Luritja

BARKLY

Ali Curung	Warlpiri, Wumpurrarni English*
Alpururulam	Alyawarr
Ampilatwatja	Alyawarr
Arlparra (Utopia)	Alyawarr, Anmatyerr
Elliott	Kriol
Tennant Creek	Warumungu, Wumpurrarni English*, Warlpiri, Alyawarr
Wutunugurra	Alyawarr

* Wumpurrarni English is a variety of Kriol



Our Culture

Working with Interpreters

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Our Culture: Working with Interpreters



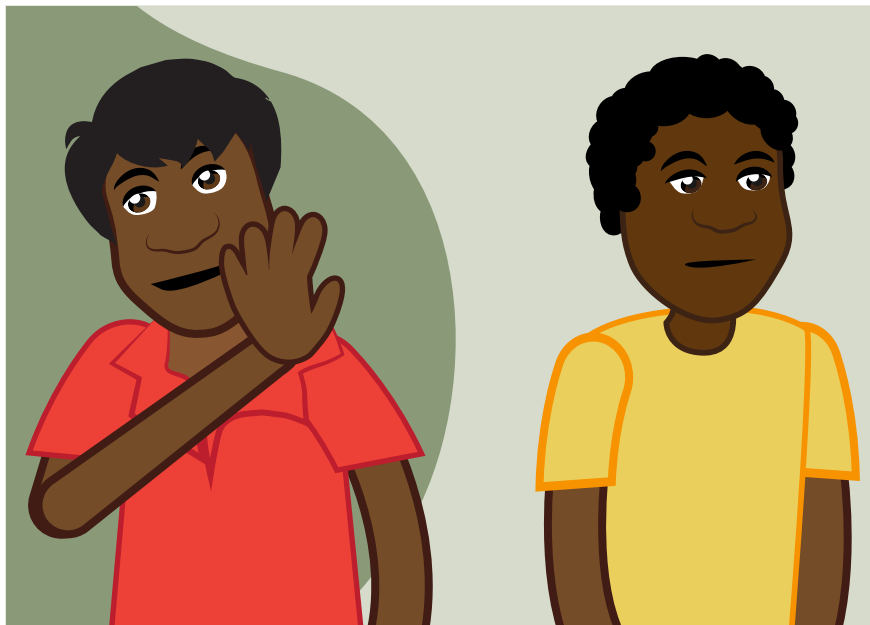
Skin Name

Skin names are given to some Aboriginal people at birth and are inherited through family lines depending on what clan or language group they are born into. Skin names are important in some Aboriginal communities as they determine how people can relate to others and what they can do in the presence and view of others.

Whole Name / Aboriginal Name / Year of Birth

It is important to get as much information as possible for interpreters about the client for interpreting jobs. Due to social rules in some Aboriginal societies, interpreters may only be able to provide interpreting for one of these people, and may depend on age. For example, an older person may interpret for another older person, which can be determined by their Aboriginal name and date of birth. An older person might not want a young person interpreting for them.

Aboriginal people may have a number of names. For example, a person may have a European first name and surname, a bush name, a skin name and maybe even a nickname. It is important that Aboriginal patients and the interpreter know the names of each other before an interpreter is sent to do the job.



Interpreting Job Briefs

It is important that interpreters get as much cultural information as possible in the job briefs so they can feel culturally safe and prepared for the job. This includes

- Language
- Location
- Topic

Given the cultural information that interpreters need to consider, it is important that they are provided with the job briefs as soon as possible.

Avoidance Relationships

Avoidance relationships are very important in some Aboriginal communities. People can take these relationships very seriously. Other people know who has avoidance relationships with who. Therefore it is important for Aboriginal people not to go against their avoidance relationships.

Avoidance relationships mean that people cannot be physically close to someone they have an avoidance relationship with, cannot speak to someone they have an avoidance relationship with, or cannot physically pass objects to people they have an avoidance relationship with.

Avoidance relationship can be between anyone – it varies between tribes and language groups.





Poison Relationships

Poison Relationships are similar to avoidance relationships. Poison relationships are often between in-laws. This can be different between different tribes and language groups, but can be between:

- Mother-in-law and son-in-law
- Father-in-law and daughter-in-law
- Brother-in-law and sister-in-law

When people are in poison relationships they cannot:

- Be physically close to each other
- Communicate directly to each other
- Hand objects directly to each other
- Talk about bodily fluids, body parts or issues relating to sexual activity to each other

Health Patients

It is important that Aboriginal patients know the names of the interpreter before an interpreter is sent to the job.

Gender and Health Jobs

Gender is important when doing health jobs. It is important to check with the interpreter and the client if gender is an issue.

Often, interpreters will not want to do health jobs involving members of the opposite gender.

Appropriate Dress

At all times, men and women should dress appropriately when they are in Aboriginal communities or working with Aboriginal clients. This means covering up as much of the body as possible, especially knees and shoulders.



Funerals

Funerals are important in Aboriginal Communities, and have cultural obligations to attend funerals. Attending funerals is one way that families and individuals maintain good relationships. Interpreters often will not want to do interpreting jobs in communities when funerals are happening. It is also advised that interpreters are not phoned about jobs when they are attending funerals.

Business

“Business” is a word that Aboriginal people will often use to describe important traditional ceremonies

Death

If an interpreter has been interpreting for a patient who has died, it is important that the interpreter can take time off. This prevents the build-up of negative emotions and is important for the long-term welfare of interpreters.

If an Aboriginal patient dies from a particular illness and the interpreter has been involved in end-of-life interpreting, it is advised that the interpreter is not involved in other jobs about the same illness for at least a few days.

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Sorry Business

“Sorry Business” means that someone from community has died. The term can be referred to from the time of the death through to the end of the funeral and funeral ceremonies.

During this time, protocols can include, but are not limited to the following:

- Not using the name of a person who has passed away;
- Not broadcasting the voice of a person who has passed away;
- Family members remaining in their houses for a period of time when a death in the family has occurred;
- Restriction on participating in non-bereavement related activities or events
- Prohibition to depict the image of the deceased person.





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Health Words

Abdomen		Topic: Body parts (anatomy)
Meaning	The part of the body that holds the stomach, liver, bowels, and reproductive organs.	
Similar words	<i>Belly, guts, stomach, belly, tummy, abdominal</i>	
Abdominal Aorta		Topic: Body parts (anatomy)
Meaning	The part of your biggest blood pipe (called the aorta) in the gut.	
Similar words	<i>Artery; blood</i>	
Abnormal		Topic: General health words
Meaning	Something is called abnormal when it is not what happens.	
Similar words	<i>Not normal; not right; not usual</i>	
ACE (Angiotensin-Converting Enzyme) Inhibitor		Topic: Heart (cardiology)
Meaning	A type of medicine that is used to lower your blood pressure.	
Similar words	<i>Blood pressure medicine; heart medicine</i>	
Acute		Topic: General health words
Meaning	A sickness that happens quickly. Flu and urine infections are examples of an acute illness. Some people with a very serious acute illness can die.	
Similar words	<i>Sudden start; quick; acute illness</i>	
Acute Rejection		Topic: Kidneys (renal)
Meaning	Something that happens when your body attacks an organ given to you from someone else (like a kidney), because it thinks it needs to protect itself.	
Similar words	<i>Bad organ transplant; organ rejection</i>	
Adipose tissue		Topic: Body parts (anatomy)
Meaning	The body has lots of fat cells that join together to make fatty tissue. Fat is stored so that you can use it when your body needs fuel for energy. Another function of fat is to keep your body warm when it is cold outside.	
Similar words	<i>Fat</i>	

Adrenal gland	Topic: Body parts (anatomy)
Meaning	There are two adrenal glands, one on the top of each kidney. They make many different substances called hormones. These hormones travel in your blood and take messages around out body that help to control how our body works.
Similar words	<i>Suprarenal gland</i>
Airways	Topic: Body parts (anatomy)
Meaning	Holes and pipes we breathe through, like nose and throat that take in air and pass it down into and out of the lungs.
Similar words	<i>Windpipe; air tubes; breathing tubes</i>
Altruistic Donation	Topic: Kidneys (renal)
Meaning	Giving something to someone. You might know them, or not know them. You give it to them without getting anything back.
Similar words	<i>Donate; organ donation</i>
Amenorrhea	Topic: Women's Business
See interpretation in Women's Business section	
Amiodarone	Topic: Medicine
Meaning	A type of medicine that is used to treat problems with your heart beat (called arrythmias).
Similar words	<i>Medicine</i>
Amnesia	Topic: Brain and nerves (neurology)
Meaning	When you can't remember things because of an accident or disease.
Similar words	<i>No memory</i>
Amniotic fluid	Topic: Body parts (anatomy)
Meaning	Amniotic fluid is the liquid that surrounds the baby before it is born. The baby lies in a bag of this liquid that protects them inside the mother's belly. The bag splits open during the birth, and the liquid flows out from the mother's body.
Similar words	-



Anaesthesia/anaesthetic.		Topic: Medicine
Meaning	A type of strong medicine the doctor uses to make you sleep during an operation, so that you don't feel pain and don't know what is happening. After the operation, the medicine stops working, and you wake up again.	
Similar words	<i>Sleeping medicine; operation medicine; general anaesthetic; sedation</i>	
Anaphylaxis		Topic: Sickness
Meaning	A big, serious reaction to an allergy. A reaction of this type can make you have problems with breathing, and can cause death.	
Similar words	<i>Anaphylactic shock; stop breathing; poisoning; allergy</i>	
Anastomosis		Topic: Operation (surgery or procedure) (surgery or procedure)
Meaning	When two parts of your body are joined back together with stitches or staples. It can mean connecting up two pipes, like blood pipes (called arteries or veins), or parts of your gut.	
Similar words	<i>Joining things together; stitches</i>	
Aneurysm		Topic: Brain and nerves (neurology)
Meaning	A problem that happens in a blood pipe (called an artery or vein) where part of the blood pipe is weak and breaks, which makes you bleed inside. It's like a balloon that gets too much air, stretches and then pops. It can be very dangerous.	
Similar words	<i>Bulge; bump in the blood pipe</i>	
Angiogram/Angiography		Topic: Heart (cardiology)
Meaning	A special x-ray of the blood pipes (called arteries and veins). This test is done at the hospital. The doctor puts a small tube in one of your blood pipes to put colourful dye into your blood. The doctor will look at the x-ray to see if your blood pipes look normal or have any parts that are blocked. This test is done to look at blood pipes in your heart or brain.	
Similar words	<i>X-ray; angioplasty</i>	

Angioplasty		Topic: Heart (cardiology)
Meaning	A special inside x-ray test of blood pipes (called arteries and veins). This test is similar to an angiogram where the doctor puts a small tube in a blood pipe and then flushes dye while looking at the x-ray to see if the blood pipes look normal or have any blockages. This test also involves the doctor finding a blockage and then using a special wire that has a tiny, flat balloon. Using the dye and x-ray, the doctor puts the balloon where blood pipe is blocked, and pumps it up - this is called inflation. The inflation of the balloon opens up the blocked blood pipe. This test is done with the blood pipes of the heart.	
Similar words	-	
Ankle		Topic: Body parts (anatomy)
Meaning	The ankle is the joint between our lower leg and our foot.	
Similar words	-	
Antibiotic		Topic: Medicine
Meaning	A type of medicine used to treat sickness caused by germs	
Similar words	<i>antibacterial; medicine</i>	
Anti Coagulant		Topic: Medicine
Meaning	A type of medicine that is used to stop blood clotting by making your blood thinner. Because it makes your blood thinner, sometimes it make you bleed.	
Similar words	<i>Blood thinner; medicine</i>	
Antibody/Antibodies		Topic: Body parts (anatomy)
Meaning	Something made by the immune system that works to attack things that are not normally part of the body, like germs that make you sick. Antibodies work to keep us protected from infection. Sometimes antibodies also make us sick by attaching transplanted organs (like a kidney donated from someone else).	
Similar words	<i>Your body's way to fight off infections; infection-fighting cells; cells that fight infection</i>	



Anus		Topic: Body parts (anatomy)
Meaning	The anus is the hole between your buttocks where your poo comes out. There is a muscle there that stays tight until we do a poo.	
Similar words	<i>Bum; bumhole</i>	
Aorta		Topic: Body parts (anatomy)
Meaning	The aorta is the biggest blood pipe and is joined to your heart. It carries blood out of the heart to the rest of your body.	
Similar words	-	
Aphasia		Topic: Sickness
Meaning	A sickness where a part of your brain gets hurt, making it hard for you to talk and understand words. Some people get aphasia after they have a stroke. Aphasia is when you lose means a full loss of language and understanding. Dysphasia means difficulty with language and understanding.	
Similar words	<i>Dysphasia; trouble talking</i>	
Apnoea		Topic: Brain and nerves (neurology)
Meaning	<p>This can mean that you stop breathing for a short time, or that you can't breathe at all. When you can't breathe for a few seconds all, it is an emergency, and you need help from doctors and nurses very quickly.</p> <p>People with 'sleep apnoea' stop breathing many times in the night but then just start breathing again by themselves. This can be unhealthy, and the doctor may prescribe a breathing machine to use when they are sleeping to stop the apnoea.</p>	
Similar words	<i>Not breathing; sleep disorder; sleeping problems</i>	
Appendicectomy		Topic: Operation (surgery or procedure)
Meaning	An operation to take out the appendix. This surgery is done to treat appendicitis. Appendicitis is the when the appendix gets infected and becomes swollen.	
Similar words	<i>Appendix; appendix removal; appendicitis</i>	

Appendicitis		Topic: Sickness
Meaning	A sickness where a small part of the bowel called the appendix gets infected and either needs to be surgically removed in an operation or needs antibiotics to get rid of the infection. Causes pain usually in the lower right side of the tummy and makes the person very sick.	
Similar words	<i>Appendicectomy; appendix removal; appendicitis</i>	
Appendix		Topic: Body parts (anatomy)
Meaning	Our appendix is a small bag that sits next to the spot where your small and large intestines join. It does not seem to do any work for your body, but it can become very infected.	
Similar words	<i>Appendicectomy; appendix removal; appendicitis</i>	
Areola		Topic: Anatomy (body parts)
Meaning	The dark part of a breast surrounding the nipple. It slowly lets out an oil that keeps your nipples soft.	
Similar words	-	
Arm (forearm)		Topic: Body parts (anatomy)
Meaning	The forearm is the part of the arm between your elbow and wrist. It has two bones which work together to let your hand turn.	
Similar words	-	
Arm (upper)		Topic: Body parts (anatomy)
Meaning	The upper arm is the part of the arm between your shoulder and elbow. The bone in it is called the humerus. The muscles in this part of the arm are called the bicep and the tricep.	
Similar words	-	
Armpit		Topic: Body parts (anatomy)
Meaning	The axilla or armpit is under the shoulder, where your arm joins your body.	
Similar words	<i>Axilla</i>	



Arrhythmia (Or Dysrhythmia)		Topic: Heart (cardiology)
Meaning	When the heart beat is not normal. There are different types of heart beat problems. Depending on what type of problem it is, you may feel like their heart is skipping a beat, or you might be very sick, or you might not even notice.	
Similar words	<i>Irregular heartbeat; skipped heartbeat; heart problem</i>	
Arteriosclerosis		Topic: Heart (cardiology)
Meaning	A disease where the blood pipes (arteries and veins) become thick, stiff, and blocked up. It can cause heart attack, stroke, or problems in the feet, depending which blood tubes are getting blocked up. It happens more in people with risk factors like diabetes, smoking or high blood pressure.	
Similar words	<i>Hardening of the blood pipes (arteries); Atherosclerosis</i>	
Artery		Topic: Body parts (anatomy)
Meaning	An artery is a blood pipe that carries blood away from the heart to the rest of your body. They are similar to veins, which are blood pipes that carry blood towards the heart. Arteries are bigger than veins and capillaries.	
Similar words	<i>Blood vessel; capillary; blood pipe</i>	
Artificial rupture of membranes (ARM)		Topic: Women's business
See interpretation in Women's Business section		
Artificial Ventilation		Topic: Medical equipment
Meaning	When a machine (called a ventilator) helps you breathe. The doctor might put you to sleep with medicine first, and then a doctor puts a tube down your throat. The machine is attached to this tube and helps you breathe. The tube in the throat can be painful, so the medicine (called anaesthesia) helps to keep you asleep so you don't feel anything. Sometimes the machine can be attached to a mask that goes over your face and blows air to help you breathe.	
Similar words	<i>Breathing machine; ventilator</i>	

Asphyxiate	Topic: Lungs and breathing (respiratory)
Meaning	When you can't breathe causing death. This can be from choking on something (like food) or being choked around your neck.
Similar words	<i>Choke; smother; suffocate</i>
Aspiration	Topic: Lungs and breathing (respiratory)
Meaning	When you breathe something other than air into your lungs. It can be your own spit, or food or drink. Normally you can cough it up when this happens, but if you get sick or have problems in your throat, sometimes you can't cough it up and it can cause bad sickness in your lungs.
Similar words	<i>Choke; breathe in a fluid; take out fluid or tissue to test</i>
Assisted delivery	Topic: Women's business
See interpretation in Women's Business section	
Asthma	Topic: Lungs and breathing (respiratory)
Meaning	A sickness that affects your lungs and makes it hard to breathe. People can die from asthma. The doctor might give you a puffer to use to help you breathe better if you have asthma.
Similar words	<i>Breathing disease; Swelling of your airways</i>
Astrocyte	Topic: Body parts (anatomy)
Meaning	A type of nerve in your body.
Similar words	<i>Nerve; nervous system</i>
Astrocytoma	Topic: Brain and nerves (neurology)
Meaning	A type of brain cancer.
Similar words	<i>Cancer; brain cancer</i>
Asymptomatic	Topic: General health words
Meaning	A sickness going on inside your body that you can't feel yet.
Similar words	<i>Inside sickness; hidden sickness</i>



Ataxia, Ataxic		Topic: Brain and nerves (neurology)
Meaning	You are ataxic when it is hard to move your body properly. This can happen because of a problem with your brain, the connections in your brains (called nerves) or your muscles. When you have ataxia, you can easily drop things, find it hard to pick up or carry things, or you can find it hard to walk.	
Similar words	<i>Hard to move properly</i>	
Atrial Flutter		Topic: Heart (cardiology)
Meaning	A type of sick heart beat where your heart beats very fast.	
Similar words	<i>Heart problem; heart beat</i>	
Atrial Tachycardia		Topic: Heart (cardiology)
Meaning	A type of sick heart beat where your heart beats very fast.	
Similar words	<i>Heart problem; heart beat</i>	
Atrioventricular Block		Topic: Heart (cardiology)
Meaning	A type of sick heart beat.	
Similar words	<i>Heart problem; heart beat</i>	
Atrium (Right And Left)		Topic: Body parts (anatomy)
Meaning	There are 4 rooms in your heart, 2 sitting on top of the other 2. The upper 2 are named atrium. Your heart squeezes and pushes blood through these rooms in your heart.	
Similar words	<i>Heart; upper rooms of the heart; ventricle, atria (plural)</i>	
Atrophy		Topic: General health words
Meaning	When a part of your body shrinks or shrivels because it's not being used any more or not getting healthy blood. Like when muscles fade away if a leg gets paralysed (stops working).	
Similar words	<i>Get smaller; shrink; waste away</i>	
Autoimmune, Autoimmune disease		Topic: Immunology (immune system)
Meaning	When your body's protection system (called the immune system) makes a mistake and attacks your own body.	
Similar words	<i>Body fighting itself; immune system disease</i>	

Autologous	Topic: General health words
Meaning	Something to do with, or coming from your body that can be used as medicine when you are sick. Like when you have blood cancer and treatment kills all your blood cells which makes you sick. Doctors will take blood cells from you before the treatment, and then give them back to you after, to help you get better more quickly.
Similar words	<i>Medicine using your own body</i>
Automated Peritoneal Dialysis (APD)	Topic: Medical Equipment/ Kidneys (renal)
Meaning	A type of dialysis. You need dialysis when your kidneys stop working. This type of dialysis moves a special liquid in and out of the gut area under the skin through a tube put in by a doctor. The movement of the water in and out of the belly does work that your kidneys can't do when they are sick. This is called peritoneal dialysis.
Similar words	<i>Dialysis; kidneys; renal</i>
Autonomic Nervous System	Topic: Brain and nerves (neurology)
Meaning	The system in the body including the brain and nerves that do things in your body that you can't control, like how fast your heart beats, and reflexes like blinking when something flies into your eye.
Similar words	<i>Nervous system</i>
Axilla	Topic: Body parts (anatomy)
Meaning	The axilla or armpit is under the shoulder, where your arm joins your body.
Similar words	<i>Armpit</i>
B Cells	Topic: Body parts (anatomy)
Meaning	B Cells are the part of your immune system that help to protect you from sickness by finding things in your body that shouldn't be there, like germs.
Similar words	<i>Disease fighting cells; immune system</i>



Backbone		Topic: Body parts (anatomy)
Meaning	The backbone is a column of small bones (called vertebrae) that go down the middle of your back. It is also called spine or spinal column. There are 5 parts of the spinal column: the cervical spine, the thoracic spine, the lumbar spine, the sacrum, and the coccyx. The spinal column lets your body bend back and forward and side to side.	
Similar words	<i>Spine; Spinal column; vertebral column; backbone</i>	
Backside		Topic: Body parts (anatomy)
Meaning	The backside is the two large muscles at the bottom of your back that you sit on.	
Similar words	<i>Bottom; buttocks; backside; bum; cheeks</i>	
Balloon Catheter		Topic: Medical Equipment
Meaning	A wire with a tiny balloon at the end of it that is used in operations like an angioplasty or valvuloplasty. The doctor puts the wire inside your blood pipe (called an artery or vein) where there is a problem. The doctor will blow up the balloon to make room to fix the problem in your blood pipes, then flatten the balloon and take it out.	
Similar words	<i>Tool for heart surgery; Blood pipe (artery) operation</i>	
Balloon Valvuloplasty		Topic: Operation (surgery or procedure)
Meaning	This operation can be done to fix a part of your heart. The doctor puts a very small balloon inside your heart valve and pumps up the balloon to let more blood flow through again.	
Similar words	<i>Angioplasty; heart operation</i>	
Belly		Topic: Body parts (anatomy)
Meaning	The abdomen is the part of your body below your chest and above your pelvis. It is your tummy, where your stomach, intestines, liver, spleen, and kidneys are.	
Similar words	<i>Abdomen; guts; stomach; belly; tummy; abdominal</i>	
Belly button		Topic: Body parts (anatomy)
Meaning	The belly button is the hollow in the middle of your tummy. Before a baby is born, they get food from their mother by a tube that is connected there. When you are born, the cord gets cut.	
Similar words	<i>Navel; umbilicus</i>	

Bicillin		Topic: Medicine
Meaning	A type of medicine that helps your body fight sickness. The doctor can give you this if you have had Acute Rheumatic Fever (ARF) to stop your heart from getting more sick, which can mean getting ARF again, or Rheumatic Heart Disease (RHD). You can ask the doctor about how to make the needle hurt less.	
Similar words	<i>BPG; secondary prophylaxis; needle; injection; RHD; L-A bicillin; LAB; penicillin</i>	
Bile		Topic: Body parts (anatomy)
Meaning	Bile is a yellow or green liquid. The liver produces bile, and your gall bladder stores it. When you eat fatty food, bile goes from the gall bladder to the gut to break up the fats.	
Similar words	-	
Biopsy		Topic: Operation (surgery or procedure)
Meaning	A biopsy is an operation where a sample of your skin or tissue is collected to look at it closely to find out what's wrong. Sometimes you get a local anaesthetic or general anaesthetic (see <i>anaesthetic</i>) to get a biopsy. The sample goes to the lab for tests and to check it using a microscope. The tests look for infection, cancer, or other problems. The answers help doctors decide if you need treatment, and what sort of treatment.	
Similar words	-	
Bipolar disorder		Topic: Sickness
Meaning	Where you have very big mood swings. This can mean that you go from having a lot of uncontrollable energy and ideas with strange beliefs (called mania) to feeling lots of other things like depression.	
Similar words	Manic depression	
Bladder		Topic: Body parts (anatomy)
Meaning	The bladder is a bag in your body that holds your wee (urine). Your kidneys make wee, and it travels through two tubes to your bladder which sits inside your pelvis. When it gets full, you empty it by going to the toilet and doing a wee.	
Similar words	<i>Wee sack; wee bag</i>	



Blood	Topic: Body parts (anatomy)
Meaning	Blood is a fluid that flows round and round the body in blood pipes (arteries and veins). Blood carries many things around your body. It carries broken down food from your intestines, air from your lungs, left over waste and other information about your body. When you get a blood test, it helps the doctor to understand more about your body and possible sickness.
Similar words	<i>Bleed; bleeding</i>
Blood Brain Barrier	Topic: Brain and nerves (neurology)
Meaning	The blood brain barrier works like a fence between your blood pipes (arteries and veins) and brain. It lets messages travel to and from the brain to the blood. It also works as a protection your body puts up to stop dangerous things getting from the blood pipes into the brain.
Similar words	<i>Protection; barrier</i>
Blood clot	Topic: Heart (cardiology)
Meaning	Blood clots stop bleeding. A blood clot can be like a scab, or hard lump. Sometimes blood can clot in the wrong place and cause sickness, like if there is a clot inside a blood pipe (artery or vein) it can block the pipe and flow of blood. If the clot stops blood getting to the brain it is a kind of stroke. If the blood clot stops blood getting to your heart, it is called a heart attack.
Similar words	<i>Stop bleeding</i>
Blood Pressure	Topic: Heart (cardiology)
Meaning	The pressure that blood puts against the blood pipes as the blood moves around the body. There are different ways a doctor or nurse might check your blood pressure like putting a cuff on your arm. If blood pressure is too high, it can cause problems like stroke or heart attack. If your blood pressure is too low, it can affect your whole body, especially your brain which can make you feel dizzy, weak or light headed.
Similar words	<i>Blood pumping; measure of blood pumping; Hypertension; hypotension; high blood pressure</i>

Blood Type		Topic: Blood (haematology)
Meaning	<p>There are 4 main types of blood. Your blood could be A, B, AB, or O type. You get your blood type from your mother or father. If your blood levels are low (for example from bleeding), doctors can give you blood to replace it. This is called a blood transfusion.</p> <p>Sometimes an important part of your body, called an organ can get sick. An example of an organ is your heart, liver, or kidneys. If an organ gets sick, it can make you very sick, but sometimes a new, healthy one can be put inside you to replace the sick one - this is called a transplant.</p> <p>Before a blood transfusion or an organ transplant, doctors and nurses will want to do a blood test to know what your blood type is. They do this so they know the blood or the organ they put inside you is the right match.</p>	
Similar words	<i>Blood; blood group</i>	
Blood Typing		Topic: Blood (haematology)
Meaning	A test to find out what blood type someone has.	
Similar words	<i>Blood type</i>	
Blood vessel		Topic: Body parts (anatomy)
Meaning	<p>Blood vessels are the pipes in your body that carry your blood. Arteries are the ones that carry blood away from your heart, and veins are the ones that carry blood towards your heart. Tiny blood vessels called capillaries join your arteries and veins together. There are many blood vessels in your body.</p>	
Similar words	<i>Artery, vein. Capillary, blood pipe</i>	
Bone		Topic: Body parts (anatomy)
Meaning	<p>Bones make up the skeleton and hold you up. When you break a bone, you must keep it still for a long time so that it can get better again. When you break a bone in your body, doctors might put a plaster around the arm or leg that is broken. The plaster will keep the bone still until it is better. Sometimes, you might need an operation to fix a broken bone.</p>	
Similar words	-	



Bone marrow		Topic: Body parts (anatomy)
Meaning	Bone marrow is inside your bones. It has two parts. One part is fat. The other part makes new blood cells.	
Similar words	-	
BPG		Topic: Medicine
Meaning	A type of medicine the doctor can give you if you have had rheumatic fever many times. This medicine helps your body fight the sickness to stop your heart from getting more sick, which can mean getting acute rheumatic fever (ARF) or rheumatic heart disease (RHD).	
Similar words	<i>Secondary prophylaxis; needle; injection; RHD; L-A bicillin; LAB; penicillin</i>	
Bradycardia		Topic: Heart (cardiology)
Meaning	When your heart beats too slowly.	
Similar words	<i>Slow heart beat</i>	
Brain		Topic: Body parts (anatomy)
Meaning	The brain controls how you think, move, see, hear, feel and breathe. It is behind your eyes in the top of your head. Your brain is protected by a hard bone called the skull.	
Similar words	-	
Brain stem		Topic: Body parts (anatomy)
Meaning	The brain stem is the part of the brain that joins onto your spinal cord. The brain stem controls your heart beats and breathing, feelings of pain and hunger, how hot or cold your body gets, and many other things.	
Similar words	-	
Breast		Topic: Body parts (anatomy)
Meaning	The two breasts are on your chest. Inside the breast are mammary glands. When women have a baby, their mammary glands produce milk for the baby.	
Similar words	<i>Mammary glands, boobs</i>	
Breastbone		Topic: Body parts (anatomy)
Meaning	The breastbone is the bone in the front of your chest. It is the bone in the middle that the ribs are joined to. The sternum, along with the ribs, protects your heart and lungs.	
Similar words	<i>Sternum</i>	

Breastmilk	Topic: Body parts (anatomy)
Meaning	Breastmilk is the baby's food that is produced in a mother's breast. Breastmilk has the right ingredients for babies to grow up well. Sometimes a special baby powder milk called 'formula' is made up for babies to drink instead of or with breastmilk. Shop milk comes from cows and is not as good for small babies.
Similar words	-
Bronchi	Topic: Body parts (anatomy)
Meaning	The windpipe branches into two tubes, one going to each lung. These tubes are called bronchi. When you breathe in, air goes down the windpipe and then into the bronchi and into your lungs.
Similar words	-
Bronchial Tubes	Topic: Body parts (anatomy)
Meaning	Tubes inside the lungs that let air move in and out.
Similar words	<i>Air tubes; air pipes</i>
Bronchioles	Topic: Body parts (anatomy)
Meaning	Small tubes in the lungs. When you breathe, air goes down the windpipe into the two bronchi and then into little air tubes called bronchioles.
Similar words	-
Bronchoscopy	Topic: Lungs and breathing (respiratory)
Meaning	A special test where a doctor uses a tiny camera on a tube to look down the throat and inside the lungs. The person is given medicine to make them asleep, so they don't feel anything or remember this test.
Similar words	<i>Lung test</i>
Bruit	Topic: Heart (cardiology)
Meaning	When you can hear blood pumping through a blood tube.
Similar words	<i>Blood; blood pumping; noise.</i>
Bundle Branch Block	Topic: Heart (cardiology)
Meaning	A problem with your heartbeat where it doesn't beat properly. This might mean your heart can't pump enough blood around your body.
Similar words	<i>Heart problem</i>



Buttocks		Topic: Body parts (anatomy)
Meaning	Buttocks are the two large muscles at the bottom of your back that we sit on.	
Similar words	<i>Bottom, backside, bum, cheeks</i>	
Bypass		Topic: Heart (cardiology)
Meaning	This is an operation to fix blood flow. Blood flow might be because of blocked blood pipe (called an artery or vein) of the heart. In a bypass operation the doctor will make a different way for the blood to flow, so the blocked part doesn't cause a problem.	
Similar words	<i>New way around; different path; heart operation</i>	
Bypass machine		Topic: Medical Equipment/Heart (cardiology)
Meaning	A machine that works as your heart and lungs when you need a heart operation. A doctor will connect you to this machine so that your heart doesn't beat when they do an operation on it.	
Similar words	<i>Heart and lung machine</i>	
Caesarean section		Topic: Women's business
See interpretation in Women's Business section		
Calcaneus		Topic: Body parts (anatomy)
Meaning	The big bone at the back of your foot.	
Similar words	<i>Heel bone</i>	
Calf		Topic: Body parts (anatomy)
Meaning	The muscle at the back of your lower leg.	
Similar words	-	
Candidiasis		Topic: Skin (dermatology)
Meaning	Infection with a type of germ, a yeast called Candida.	
Similar words	<i>Germ; yeast infection</i>	
Cannula		Topic: Medical equipment
Meaning	A needle that stays in. This can be for a drip to give medicine or water, or for a type of dialysis. The part of the needle that stays in is made of soft plastic.	
Similar words	<i>Needle; needle that stays in</i>	

Capillary	Topic: Body parts (anatomy)
Meaning	Capillaries are tiny blood vessels that join your arteries and veins. Arteries are the blood pipes that carry blood away from your heart, and veins are the ones that carry blood towards your heart.
Similar words	<i>Small blood pipes</i>
Carbuncle	Topic: Sickness
Meaning	A round, hard infected sore on your skin. It's like a boil but has lots of openings on the skin where the pus comes out. You might need an operation to help the carbuncle go away. For these ones, the whole infected area is cut away rather than making a small cut. Sometimes a very large hole is left behind, which can take a long time to heal. Sometimes these big ones need a skin graft to help to heal the hole after the infection is cut away.
Similar words	<i>Sore; boil; bump; furuncle</i>
Carcinogen	Topic: Cancer (oncology)
Meaning	Something that causes cancer in your body.
Similar words	<i>Cancer-causing</i>
Cardiac Arrest	Topic: Heart (cardiology)
Meaning	A cardiac arrest is when the heart stops beating suddenly. When the heart stops beating no blood is getting to the brain or rest of the body.
Similar words	<i>No heartbeat</i>
Cardiac Catheterisation	Topic: Heart (cardiology)
Meaning	An operation where a doctor puts a small soft tube (called a catheter) into a blood pipe (artery) in your groin area, and the tube goes up to look at the tubes in the heart (coronary arteries). If the blood to the heart is blocked, the doctors can sometimes put a tube (stent) in to keep it open.
Similar words	-
Cardiac Enzymes	Topic: Heart (cardiology)
Meaning	Cardiac enzymes are something that your heart makes when your heart is damaged because of stress, or because your body is not getting enough oxygen.
Similar words	<i>Troponin</i>



Cardiac Rehabilitation		Topic: Heart (cardiology)
Meaning	Exercises and help to make your heart stronger. This is important after heart attacks and other heart disease.	
Similar words	-	
Cardiomegaly		Topic: Heart (cardiology)
Meaning	When your heart is bigger than normal. This can mean your heart is sick and cannot pump blood around your body properly.	
Similar words	<i>Big heart</i>	
Cardiomyopathy		Topic: Heart (cardiology)
Meaning	Sickness where your heart becomes very weak. This means your heart cannot pump enough blood around your body.	
Similar words	<i>Sick heart</i>	
Cardiopulmonary Bypass		Topic: Medical Equipment/Heart (cardiology)
Meaning	A machine that works as your heart and lungs when you need a heart operation. A doctor will connect you to this machine so that your heart doesn't beat when they do an operation on it.	
Similar words	<i>Heart and lung machine</i>	
Cardiovascular		Topic: Heart (cardiology)
Meaning	The system or anything to do with your heart and blood pipes (arteries, veins, and capillaries).	
Similar words	<i>Blood and heart system</i>	
Cardiovascular Disease (CVD)		Topic: Heart (cardiology)
Meaning	Disease or sickness of anything to do with the heart or the blood pipes (arteries).	
Similar words	<i>Heart disease</i>	
Cardioversion		Topic: Heart (cardiology)
Meaning	Sometimes the heart stops beating or beats in the wrong rhythm. Cardioversion uses electricity to shock your heart back to a normal heartbeat.	
Similar words	<i>Electric shock for your heart</i>	

Caries	Topic: Mouth and teeth (oral health)
Meaning	A disease with holes in your teeth that can let in germs.
Similar words	<i>Cavities; tooth decay</i>
Carotid Artery	Topic: Body parts (anatomy)
Meaning	Large blood pipe (artery) that feeds the brain. You have two of these - one on either side of the neck.
Similar words	<i>Large blood pipe</i>
Carpal bones	Topic: Body parts (anatomy)
Meaning	Carpal bones are the 8 small bones in your hand, near your wrist. They let your hand move and twist around in different ways.
Similar words	<i>Wrist bones</i>
Cartilage	Topic: Body parts (anatomy)
Meaning	Cartilage is a strong and smooth cover on the ends of your bones where the joints are. It helps your bones to slide against each other smoothly when they move. The front of your nose is made of cartilage.
Similar words	<i>Soft bone; bone padding</i>
Cast	Topic: Bones (orthopaedics)
Meaning	Hard plaster or plastic that goes around the outside of your arm or leg when you have a broken bone. The cast stops your broken bone from moving, so the bone inside can get better.
Similar words	<i>Plaster cast; hard sling; dynacast</i>
CAT Scan/ CT Scan	Topic: Medical equipment
Meaning	A type of X-ray that shows the inside of the body. It does not hurt and takes about 10-30 minutes. Sometimes the doctor will need to inject a fluid into the blood to help see inside better with the CT scan.
Similar words	<i>Test; special X-ray</i>
Cell	Topic: Body parts (anatomy)
Meaning	Everything that is living is made up of cells joined together. Human bodies are made up of millions of cells. A cell is the smallest part of living things. Cells are so small that you cannot see them with your eyes, only with a microscope.
Similar words	<i>Skin cells; blood cells; kidney cells</i>



Cellulitis	Topic: Sickness (infectious disease)
Meaning	When a germ causes a sickness on your skin. When this happens, your skin can look darker, red, swollen (bigger) and might feel hot when you touch it and hurt.
Similar words	<i>Skin disease; skin rash</i>
Central Nervous System (CNS)	Topic: Brain and nerves (neurology)
Meaning	Your brain and spine.
Similar words	<i>Nerve system; nervous system</i>
Central Venous Catheter	Topic: Operation (surgery or procedure)
Meaning	A plastic tube that gets inserted into one of your large blood pipes (veins). The tube can go in your neck, near your shoulder or in the top part of your leg where it joins the body (called your groin). The tube can be used to give you medicine, fluids or to take a blood test.
Similar words	<i>CVC; drip; line</i>
Cerebellum	Topic: Body parts (anatomy)
Meaning	The cerebellum is a small part of your brain that helps your body move and balance.
Similar words	-
Cerebral Embolism	Topic: Heart (cardiology)
Meaning	A blood clot that has travelled from somewhere in the body and blocks blood flow in the brain. If the blood clot stops your blood flowing through one of your big blood pipes (arteries), you can get a type of brain sickness called a stroke. Some strokes can make you paralysed or not be able to see or feel in parts of your body.
Similar words	<i>Blood clot</i>
Cerebral Hemorrhage	Topic: Brain and nerves (neurology)
Meaning	Bleeding in your brain. This can cause a type of brain sickness called a stroke. This can sometimes be from too high blood pressure or blood vessels with weaknesses in them.
Similar words	<i>Stroke; bleeding in the brain</i>

Cerebral Thrombosis	Topic: Brain and nerves (neurology)
Meaning	A blood clot on the inside of a blood pipe (artery) in your brain. This can slow the flow of blood through the pipe and cause a sickness in your brain.
Similar words	<i>Blood clot; bleeding in the brain</i>
Cerebrospinal fluid	Topic: Body parts (anatomy)
Meaning	Cerebrospinal fluid is a special clear fluid that protects the brain and spine.
Similar words	<i>CSF, spinal fluid; brain fluid</i>
Cerebrovascular Accident	Topic: Brain and nerves (neurology)
Meaning	<p>Type of brain sickness that happens when there is a problem with blood getting to your brain, where blood pipes (arteries and veins) in the brain break or get blocked.</p> <p>When your brain doesn't get enough blood and it stops working. Sometimes a stroke can mean a clot or blockage of a blood pipe to the brain, or a blood pipe bursts and leaks blood in the brain. The part of the brain that needs the blood can die if this happens to a person and they can't get to the clinic or a hospital quickly to fix it. If a person has a stroke that involves a big blood pipe or lots of blood, they could die.</p>
Similar words	<i>Cerebral vascular accident; stroke</i>
Cerebrum	Topic: Body parts (anatomy)
Meaning	The cerebrum is the big part of the brain that controls your thinking, feeling, moving, talking, touch and seeing.
Similar words	<i>Cortex</i>
Cerumen	Topic: Body parts (anatomy)
Meaning	Ear wax is something that your ears make. It stops things like dust from going inside your ears.
Similar words	<i>Ear wax</i>
Cervical spine	Topic: Body parts (anatomy)
Meaning	The cervical spine is made of the 7 back bones in your neck. The way these bones are joined lets you move your neck.
Similar words	<i>C-spine; neck</i>



Cervical (two meanings)		Topic: Body parts (anatomy)
Meaning	This word is used in two ways to mean two different body parts. Cervical can mean talking about the neck or talking about the bottom part of the womb or baby bag inside a woman.	
Similar words	<i>Neck or female body part; cervix</i>	
Cervix		Topic: Women's Business
See interpretation in Women's Business section		
Cessation		Topic: General health words
Meaning	When something stops.	
Similar words	<i>Stopping; quitting; ending; finishing</i>	
Chance		Topic: General health words
Meaning	A word used to talk about how likely it is that something will happen. Doctors might say there is a 1% chance of a surgery not going as planned. This means that for every 100 times an operation happens, 1 of those times something unexpected will happen, or the operation will not have the planned result.	
Similar words	<i>Risk; luck; probability; possibility</i>	
Cheek		Topic: Body parts (anatomy)
Meaning	Cheeks are the soft part of your face either side of your mouth and nose.	
Similar words	-	
Cheek bone		Topic: Body parts (anatomy)
Meaning	The cheek bones are under your eyes that makes your cheeks sit out.	
Similar words	<i>Zygomatic bone</i>	
Chemotherapy		Topic: Medicine
Meaning	A type of strong medicine that is used to kill cancer.	
Similar words	<i>Chemo; cancer drug; cancer medicine; cancer treatment</i>	

Chest	Topic: Body parts (anatomy)
Meaning	The chest is at the front of your body from your collar bone (called clavicles to the bottom of the ribs. Your heart and lungs sit inside the chest.
Similar words	<i>Thorax</i>
Chest Drain	Topic: Lungs and breathing (respiratory)
Meaning	When a doctor puts a tube into your chest through the ribs. Chest drains can be used to drain fluid or pus, or even air that's not in the right place and is causing sickness.
Similar words	-
Chin	Topic: Body parts (anatomy)
Meaning	The chin is at the bottom of the face below your mouth.
Similar words	-
Cholecystectomy	Topic: Operation (surgery or procedure)
Meaning	A cholecystectomy is an operation where your gallbladder is taken out. The gallbladder is a pear-shaped sack near the right side of the liver. The gallbladder holds bile. Bile is a fluid that is made in the liver, stored in the gallbladder, and goes into the gut to help break down food. You can get gallstones when bile turns into hard stones. A gallbladder might need to be removed if it collects gallstones, if it is infected or grows cancer.
Similar words	-
Chronic Kidney Disease (CKD)	Topic: Kidneys (renal)
Meaning	A sickness when your kidneys are sick for a long time and not able to clean your blood as well as they should. They will not get better, but you can do things to stop them getting worse. There are different types of chronic kidney disease depending on how sick your kidneys are: stage 1 is not as sick as stage 5. Most people with stage 5 chronic kidney disease will need dialysis.
Similar words	-



Chronic Obstructive Pulmonary Disease (COPD)		Topic: Lungs and breathing (respiratory)
Meaning	A sickness of the lungs, where your air tubes get blocked. It doesn't get better, but you can do things to stop it getting worse. Many people with COPD have short wind or breathlessness and problems with breathing. It's caused by smoking cigarettes.	
Similar words	<i>Emphysema; chronic bronchitis</i>	
Circulatory System		Topic: Heart (cardiology)
Meaning	The group of all the different types of blood pipes in your body. Arteries, veins, capillaries, and heart all working together always moving the blood around your body. This is called the circulatory system.	
Similar words	-	
Claudication		Topic: Heart (cardiology)
Meaning	When you have pain in your leg or arm muscles because of your blood pipes (called arteries and veins). If you have problems with your blood pipes to those muscles, blood can't flow properly, so the muscles feel sore, especially when they need more blood, like when you do exercise.	
Similar words	-	
Clavicle		Topic: Body parts (anatomy)
Meaning	The clavicle is a long thin bone that goes from the base of your neck and out to your shoulder.	
Similar words	<i>Collar bone</i>	
Coccyx		Topic: Body parts (anatomy)
Meaning	The coccyx is the lowest part of your backbone. It is made of 4 very small bones that are joined together.	
Similar words	<i>Tailbone; bottom of your spine.</i>	
Colon		Topic: Body parts (anatomy)
Meaning	The colon is part of the pipe that connects your mouth to your bottom or bumhole. It is near the end of this pipe, near your bumhole.	
Similar words	<i>Large intestine</i>	

Colonoscopy		Topic: Operation (surgery or procedure)
Meaning	A colonoscopy is an operation where a long tube called a colonoscope goes inside your bottom to see the inside of parts of your gut, including the large intestine and rectum.	
Similar words	-	
Colostomy		Topic: Operation (surgery or procedure)
Meaning	Sometimes if you have a problem in your tummy, it means you can't poo. A colostomy is an operation where a working part of your gut is moved so that it can be used to carry poo out of the body. A bag (called a colostomy bag) on the outside of the body is connected to that part of your gut. This means poo goes into the bag instead of out your bottom.	
Similar words	-	
Colostrum		Topic: Body parts (anatomy)
Meaning	Colostrum is the liquid that comes out of the breast after childbirth before the breast produces milk. It is very good for the baby and makes it strong.	
Similar words	-	
Complication		Topic: General health words
Meaning	A problem that makes a sickness or operation more dangerous or harder to fix.	
Similar words	<i>Problem; issue</i>	
Conjunctiva		Topic: Body parts (anatomy)
Meaning	The conjunctiva is a transparent skin that covers your eyes and protects them from dust.	
Similar words	-	
Consent		Topic: General health words
Meaning	Consent means to 'agree'. Another word for consent is 'permission'. When a person agrees to do something without anyone forcing them to do it, they are consenting to it.	
Similar words	<i>OK; informed consent; approval; permission</i>	



Cornea		Topic: Body parts (anatomy)
Meaning	The cornea is a clear window over the colourful parts of your eyes (called the iris and pupil). Light can go through the cornea to the inside of your eyes.	
Similar words	-	
Coronary arteries		Topic: Body parts (anatomy)
Meaning	On the outside of your heart there are blood pipes (called arteries) that carry blood to the muscle of the heart. These blood pipes are called coronary arteries.	
Similar words	-	
Coronary heart disease		Topic: Sickness
Meaning	Coronary heart disease is a sickness where fat builds up in the blood pipes (arteries) that bring blood to the heart. This fat can block the blood pipe and stop the blood flowing to the heart. You might not know you have this sickness until something happens like a heart attack. The sickness happens over a long time as the fat builds up in the blood pipes. This fat builds up because of things like smoking, eating fatty foods, not exercising and stress.	
Similar words	-	
Cranium		Topic: Body parts (anatomy)
Meaning	The cranium is that part of your skull that protects the brain. It does not include the bones of your face, like your cheek bones.	
Similar words	<i>Skull</i>	
Creatinine		Topic: Body parts (anatomy)
Meaning	Our muscles make creatinine when they are working. It is not useful to the body, so your blood carries it to the kidneys. Your kidneys send it out of your body when you wee (urine).	
Similar words	-	

Debridement of wound, burn or infection		Topic: Operation (surgery or procedure)
Meaning	A debridement is when things are removed from your body because of an injury, sickness, or a burn. These things might include dead, bad, or infected body tissue, or a foreign object. This helps your body heal more quickly.	
Similar words	<i>Removal; wash out ,</i>	
Deep Vein Thrombosis (DVT)		Topic: Blood (haematology)
Meaning	DVT is a serious sickness that happens when a blood clot grows in a blood pipe (vein) that is not near the top layer of the skin. The most common place to get DVT is in the legs, but it can happen anywhere in the body. The main signs that someone has a DVT are pain and swelling where the clot is, but it can happen without any signs. Sometimes DVT can turn into a pulmonary embolism which means the clot has travelled to the lung, or a cerebral embolism which means it has travelled to the brain.	
Similar words	<i>Clot; pulmonary embolus</i>	
Delirium		Topic: Sickness
Meaning	Delirium is a sickness when you feel very confused and may not know what is happening around you. Delirium can be from many different other sicknesses. It usually comes on quickly. People with dementia might be more confused at some times than other times.	
Similar words	<i>Confused</i>	
Dementia		Topic: Sickness
Meaning	Dementia is a sickness in your brain that can change the way you think, feel or communicate with people. It can make it hard for you to talk and understand words. There are different types of dementia, but it can come on slowly and gets worse over time. Alzheimer's disease is a type of dementia.	
Similar words	<i>Alzheimer's disease; brain disease.</i>	



Diabetes		Topic: Sickness
Meaning	<p>Diabetes is a sickness where the body can't control its own sugar levels. If the sugar is too high or too low, you can get sick.</p> <p>Sugar levels are controlled by how much sugar we eat, as well as by a chemical in your body called insulin. Insulin is made by an organ called the pancreas that sits in your tummy. It helps bring down sugar levels after we eat.</p> <p>Type 1 Diabetes usually affects kids and is when the pancreas doesn't make enough insulin.</p> <p>Type 2 Diabetes is usually caused by eating too much sugary food and having more fat on your body than it needs.</p> <p>High sugar levels in diabetes can make the blood sticky and can cause problems with blood clots, heart disease, kidney problems, eye problems and nerve problems. It can happen to kids and adults and can run in families.</p> <p>People with diabetes might need medicine to help the body with sugar levels.</p>	
Similar words	<i>Sugar diabetes; sugar sickness</i>	
Diaphragm		Topic: Body parts (anatomy)
Meaning	The diaphragm is the large muscle that separates the chest from the abdomen. The diaphragm is important for breathing.	
Similar words	<i>Breathing muscle</i>	
Disc		Topic: Body parts (anatomy)
Meaning	A disc is a round, flat plate. There are discs in your back that sit between each of the back bones (called vertebra) in your spine. These discs act as cushions that your back bones don't grind against each other and make you sore.	
Similar words	<i>Vertebral disc; spinal disc</i>	
DNA		Topic: Body parts (anatomy)
Meaning	DNA is inside the cells of your body. It acts like a law that is not easily changed. It controls how your cells grow, like a skin cell or a brain cell. If DNA is damaged or changed, it can cause different diseases in your body	
Similar words	<i>Deoxyribonucleic Acid; nucleic acid</i>	

Duodenum	Topic: Body parts (anatomy)
Meaning	Our duodenum joins the stomach to the rest of the gut (intestines) in your tummy. The tubes from the gall bladder and the pancreas join into the duodenum.
Similar words	<i>Part of the gut</i>
Dysphagia	Topic: Sickness
Meaning	When it is hard for you to swallow. Swallowing is the process of using your mouth and tongue to move liquid or food from your mouth down your throat to your stomach.
Similar words	<i>Trouble swallowing</i>
Dysphasia	Topic: Sickness
Meaning	A sickness where a part of your brain gets hurt, making it hard for you to talk and understand words. Some people get aphasia after they have a stroke. Dysphasia means difficulty with language and understanding. Aphasia is when you lose means a full loss of language and understanding.
Similar words	<i>Aphasia; trouble talking</i>
Ear	Topic: Body parts (anatomy)
Meaning	There is one ear on each side of your head that you hear things through. Your ears each have 3 sections that are joined together; the outer ear, the middle ear, and the inner ear.
Similar words	-
Eardrum	Topic: Body parts (anatomy)
Meaning	The ear has 3 parts. The eardrum is a thin wall (called a membrane) that goes between the outer ear and the middle ear. It is tight like the skin of a drum. When sound travels down your ear, it makes the eardrum move, just like drumsticks make the skin on the top of a drum move. If you get an ear infection it can hurt the eardrum and it stops working properly.
Similar words	<i>Tympanic membrane</i>
Earlobe	Topic: Body parts (anatomy)
Meaning	The earlobe is the soft part on the bottom of your ears.
Similar words	-



ECG		Topic: Medical equipment
Meaning	A recording of the heartbeat that helps doctors check if the heart is beating properly. It is made by putting dots on the chest and arms and legs and connecting these to a machine that records your heartbeat. Getting an ECG doesn't hurt.	
Similar words	<i>Heart trace</i>	
Elbow		Topic: Body parts (anatomy)
Meaning	The elbow joins the upper arm to the lower arm so that your arms can bend.	
Similar words	-	
Endoscopy		Topic: Operation (surgery or procedure)
Meaning	An endoscopy is where a special tube (called an endoscope) is used to look inside your body. It might be inserted into your nose, mouth, or bottom to look for diseases or problems in your tummy and guts.	
Similar words	<i>Scope</i>	
Eustachian tube		Topic: Body parts (anatomy)
Meaning	The Eustachian tube joins the middle part of your ear with your throat. When you have a cold, the germs in your nose and throat can travel up the Eustachian tube to the middle ear and infect the ears. This is called an ear infection.	
Similar words	<i>Ear and throat connection</i>	
Examination under anaesthesia		Topic: Operation (surgery or procedure)
Meaning	Any operation that happens after the doctor gives you medicine to put you to sleep (anaesthesia). When you are asleep, the doctors can do a better job without making you feel sore.	
Similar words	-	
Eye		Topic: Body parts (anatomy)
Meaning	The part of your body in your face that you use to see everything. Whatever your eye sees, it then sends that picture information to your brain.	
Similar words	-	

Eyeball	Topic: Body parts (anatomy)
Meaning	The eyeball is the whole eye which is like a white ball. If you injure the eyeball, you should go to a doctor quickly, because it can make you blind.
Similar words	-
Eyebrow	Topic: Body parts (anatomy)
Meaning	Eyebrows are the short hairs that grow on your forehead above your eyes. They prevent dust, dirt, and rain from going into your eyes.
Similar words	-
Eyelash	Topic: Body parts (anatomy)
Meaning	Eyelashes are hairs that grow on the edges of your eyelids. They stop dirt from entering your eyes.
Similar words	-
Eyelid	Topic: Body parts (anatomy)
Meaning	Eyelids are the folds of skin that open and shut over your eyes.
Similar words	-
Face	Topic: Body parts (anatomy)
Meaning	Your face is the front of your head, from your forehead to your chin. It's where your eyes, nose and mouth are.
Similar words	-
Faeces	Topic: Body parts (anatomy)
Meaning	Faeces are the leftovers from what you eat that the body does not need anymore. It comes out of your bottom (anus).
Similar words	<i>Poo; stools; guna; bowel motions</i>
Fallopian tubes	Topic: Women's business

See interpretation in Women's Business section



Familial Hypercholesterolemia		Topic: Sickness
Meaning	A sickness that means your blood has too much fat (cholesterol) in it. This fat can block off your blood pipes and make you more likely to have a heart attack or stroke. High cholesterol can run in families, or it can be because of eating too much fatty food like junk food.	
Similar words	<i>High cholesterol</i>	
Fat		Topic: Body parts (anatomy)
Meaning	The body has lots of fat cells that join to make fatty tissue. Fat is stored so that your body can use it when we need fuel for energy. Another function of fat is to keep your body from becoming too cold.	
Similar words	<i>Adipose tissue, fatty tissue</i>	
Febrile		Topic: General health words
Meaning	High body temperature. This can be an important sign of infection or other diseases.	
Similar words	<i>Fever; feverish</i>	
Femur		Topic: Body parts (anatomy)
Meaning	The femur is the very long bone between your hips and knee. It is the strongest bone in your body because it holds up the weight of the body when you stand up.	
Similar words	<i>Thigh bone</i>	
Fertility		Topic: Women's business, Men's business
Meaning	The ability to make and have a baby.	
Similar words	-	
Fibre		Topic: Kidneys (renal)
Meaning	Fibre is a part of foods that do not break down in the gut, like fruits and cereal. Fibre is important to keep your gut healthy and keep your poo healthy.	
Similar words	<i>Food; digestion</i>	
Atrial fibrillation (AF)		Topic: Heart (cardiology)
Meaning	When your heart beats differently, not in the usual beat. It is usually very fast heart beat that makes your heart weak. This can make you feel tired and weak.	
Similar words	<i>Heart beat; off beat; heart problem</i>	

Fibula	Topic: Body parts (anatomy)
Meaning	The fibula is one of the two bones in the lower leg, between the knee and ankle. The other bone in the lower leg is called the tibia. The tibia and fibula work together to help your ankle turn.
Similar words	-
Finger	Topic: Body parts (anatomy)
Meaning	The small stick-shaped things on the end of your hand are called fingers. Your fingers and thumb work together to pick things up in your hands.
Similar words	-
Fingernail	Topic: Body parts (anatomy)
Meaning	At the end of each finger is a hard fingernail. It is there to protect the soft ends of your fingers.
Similar words	-
Fissure	Topic: Operation (surgery or procedure)
Meaning	A crack in something. It can happen on the skin and can hurt.
Similar words	-
Fistula	Topic: Kidneys (renal)
Meaning	A connection made by an operation between blood pipes (an artery and vein) to allow for dialysis. People who have kidney failure get an AV fistula.
Similar words	AV <i>fistula</i>
Fistulogram	Topic: Kidneys (renal)
Meaning	A special X-Ray test. It can be used to show the inside of a dialysis fistula (see previous entry) to check it can be used.
Similar words	X-Ray; renal; dialysis scan
Fontanelle	Topic: Body parts (anatomy)
Meaning	Fontanelles are spaces between some bones on the top of a baby's head. There are two of them, one at the top and one at the back. The bones will grow to close the spaces by the time the baby grows to 1 or 2 years old.
Similar words	<i>Soft spot</i>



Foot	Topic: Body parts (anatomy)
Meaning	The foot is the lowest part of your leg, below the ankle joint. When you stand up and walk, your feet are the parts of your body that touch the ground.
Similar words	-
Forehead	Topic: Body parts (anatomy)
Meaning	The forehead is the top part of your face that is between your hair and your eyes.
Similar words	-
Gall bladder	Topic: Body parts (anatomy)
Meaning	The gall bladder is a small bag that sits under your liver. It stores up bile. The bile goes from your gall bladder to the intestine. Bile works to break up the fat that you eat.
Similar words	-
Gene	Topic: General health words
Meaning	<p>Some of your DNA are called genes. Genes tell your cells what to do or not do, like, stop growing, grow faster, shrink, grow bigger</p> <p>You get your genes from your mum and dad - that's why you look like them and get your blood type from one of them. Another way to say you got something from your mum or dad is 'inherited'. Sometimes you can inherit genes that cause disease or sickness.</p>
Similar words	<i>Genetics; inherit</i>
General Anaesthetic	Topic: Medicine
Meaning	A strong medicine the doctor uses to make you sleep during an operation, so you don't feel pain and don't know what is happening. You wake up after the operation when the anaesthetic medicine has stopped working in your body.
Similar words	<i>Sleeping medicine; operation medicine; put to sleep</i>
Genetic	Topic: General health words
Meaning	A genetic condition is something that runs in the family. It comes from your mother or father. For example, you might be tall for genetic reasons (your mum or dad were tall). Some medical problems are genetic.
Similar words	<i>Genes; hereditary</i>

Germ		Topic: General health words
Meaning	<p>A germ is a tiny living creature that's too small to see. Germs are the things that cause infections. They can come from dirt, animals, other people, and lots of other places. When they get on or in the body, they can make you sick.</p> <p>The COVID germ is virus. It spreads around if someone coughs or sneezes and you breathe in that air, it makes you sick. The Strep germ is a bacteria that makes sores on the skin, or makes your throat sore, or gets in the blood and causes fever and sickness. It spreads from coughing or from touching sores.</p> <p>Keepings hands clean by washing with soap and water, washing your face, and having a shower every day are ways to help stop germs.</p> <p>Some germs (but not all) can be stopped using vaccines (see vaccine).</p> <p>Many germs can be treated with antibiotic medicine.</p>	
Similar words	<i>Infection; bug; bacteria; virus</i>	
Gingivitis		Topic: Mouth and teeth (oral health)
Meaning	Sickness in the gums. Your gums might get red and sore and go a darker colour. Sometimes gingivitis gives you bad breath.	
Similar words	<i>Sore gums; gum infection</i>	
Gland		Topic: Body parts (anatomy)
Meaning	A gland is a normal part of the body that helps the body function. It is a small, round lump. There are different glands in your body that do different things. The ones around your neck fight infection so they might get big and sore if you have a bad sore throat. There are different glands in your tummy and other places that make substances for different jobs in your body.	
Similar words	-	
Glasgow Coma Scale (GCS)		Topic: Brain (neurology)
Meaning	A test to tell if a sickness or injury has caused a problem in your brain.	
Similar words	<i>Brain test</i>	



Glioblastoma	Topic: Brain (neurology)
Meaning	A type of brain or spine cancer that is very fast growing.
Similar words	<i>Brain cancer; back cancer; spine cancer</i>
Glioma	Topic: Brain (neurology)
Meaning	A type of brain or spine cancer.
Similar words	<i>Brain cancer; back cancer; spine cancer</i>
Glomerular Filtration Rate (GFR)	Topic: Kidneys (renal)
Meaning	A blood test that doctors use to find out how well your kidneys work.
Similar words	<i>Kidney test; kidney function test</i>
Glomeruli	Topic: Kidneys (renal)
Meaning	Small blood pipes (called blood vessels) in your kidneys.
Similar words	-
Glomerulonephritis	Topic: Kidneys (renal)
Meaning	A sickness in your kidneys where the small blood pipes in your kidneys (called blood vessels) stop working well.
Similar words	<i>Kidney disease</i>
Glomerulus	Topic: Kidneys (renal)
Meaning	Small blood pipes (called blood vessels) in your kidneys. There are lots of them in your kidneys.
Similar words	<i>Kidney blood pipes; kidney blood vessels; glomeruli</i>
Glucose	Topic: Kidneys (renal)
Meaning	Another name for sugar. There are different types of sugar, glucose is the most common. Glucose is the type of sugar in your blood and used by your body for energy.
Similar words	<i>Sugar, energy, blood sugar</i>
Graft	Topic: Operation (surgery or procedure)
Meaning	A graft is a living thing that is put into your body from somewhere else. A graft can come from someone else, like an organ transplant (for example a new kidney). A graft can also be from your body like a piece of skin or muscle. It is important to look after grafts well.
Similar words	-

Groin	Topic: Body parts (anatomy)
Meaning	The groin is the spot where the upper leg joins the body.
Similar words	-
Gum	Topic: Body parts (anatomy)
Meaning	The gums are where your teeth sit inside your mouth. Healthy gums are pink.
Similar words	<i>Teeth; mouth</i>
Gut	Topic: Body parts (anatomy)
Meaning	Guts means your intestine or tummy. It's the tube where food goes after you eat it.
Similar words	<i>Belly; stomach; belly; tummy; abdomen</i>
Haematological	Topic: Blood (haematology)
Meaning	Blood or parts of your body that make blood, like marrow in your bones.
Similar words	-
Haematuria	Topic: Kidneys (renal)
Meaning	When there is blood in your wee. Your wee might look darker, like a brown colour, or it might look red like blood.
Similar words	<i>Blood in urine; blood in wee</i>
Haemodialysis	Topic: Kidneys (renal)
Meaning	A type of dialysis. Kidneys clean rubbish from your blood and get rid of extra water. If your kidneys stop working, rubbish and water build up in your blood. Dialysis filters your blood to get rid of the rubbish and take away the extra water. There are different types of dialysis. Haemodialysis is when a machine takes out your blood through a needle into your blood pipe. The machine cleans your blood, then gives it straight back to you through a different needle. This usually takes about 4 hours, and you usually need to do it three times a week.
Similar words	-



Haemorrhage		Topic: General health words
Meaning	Haemorrhage means bleeding. A haemorrhage can happen in a big injury like in a car accident, stabbing or during an operation. If you haemorrhage a lot, it can be dangerous because a lot of blood is lost from the body.	
Similar words	<i>Bleeding</i>	
Haematoma		Topic: Blood (haematology)
Meaning	A hematoma is like a bruise. A hematoma happens when blood goes outside of your blood pipes. Things that might make this happen can be a punch or fall.	
Similar words	<i>Bruise</i>	
Hair		Topic: Body parts (anatomy)
Meaning	Hair can grow anywhere on your body. It looks different on different parts of your body. Hair grows on your head to stop you from getting too hot. If you are in a cold place, the hair keeps you warm, just like a coat keeps the heat in.	
Similar words	-	
Hand		Topic: Body parts (anatomy)
Meaning	Your hands are attached to your wrist. Hands are made up of a palm, four fingers and a thumb. The palm is the middle of your hand.	
Similar words	-	
Head		Topic: Body parts (anatomy)
Meaning	Your head is the top part of your body that sits and turns on your neck. It's where your brain and face are.	
Similar words	-	
Heart		Topic: Body parts (anatomy)
Meaning	The heart sits between the two lungs. It is made of a muscle that squeezes and relaxes without stopping. When your heart squeezes, it pushes blood out of your heart and into the blood pipes called arteries. When your heart relaxes, more blood flows into your heart through blood pipes called veins	
Similar words	-	

Heart Block	Topic: Heart (cardiology)
Meaning	A sickness in your heart when your heart beats differently in different parts.
Similar words	<i>Heart problem; heart beat</i>
Heart Failure	Topic: Heart (cardiology)
Meaning	When your heart does not pump as well as it needs to. It can make you feel tired and weak.
Similar words	<i>Heart problem</i>
Heart Murmur	Topic: Heart (cardiology)
Meaning	When your heart makes a different beat or sound. It can mean that there is a problem in the heart that affects how blood flows through it. Doctors will use a stethoscope to listen to your heartbeat and see if there is a murmur. If the doctor hears a new murmur, that wasn't there before, you need a heart scan.
Similar words	<i>Heartbeat; heart sound; heart problem</i>
Heel	Topic: Body parts (anatomy)
Meaning	The heel is the back part of our foot.
Similar words	<i>Calcaneus</i>
Heel bone	Topic: Body parts (anatomy)
Meaning	The heel bone is the big bone at the back of your foot. It can also be called the calcaneus
Similar words	<i>Calcaneus</i>
Haematological	Topic: General health words
Meaning	Means blood or parts of you that make blood, like marrow in your bones.
Similar words	-
Hemicolectomy	Topic: Operation (surgery or procedure)
Meaning	An operation where one side of your gut (called the intestine) is taken out.
Similar words	-



Hemiplegia		Topic: Brain and nerves (neurology)
Meaning	When one side of your body doesn't work. This means your leg and arm don't move at all. This might happen because of an injury or sickness in the brain.	
Similar words	<i>Half body weakness</i>	
Hepatitis A		Topic: Sickness (infectious disease)
Meaning	Hepatitis A is a germ that infects your liver and makes it sick. It usually gets better by itself. You can get a vaccine to stop getting Hepatitis A. It can be spread between people in food and water. You can stop the spread by making sure people wash their hands well especially after going to the toilet (since the germ is in poo), and don't share food or drink when they have Hepatitis A.	
Similar words	<i>Hep A; liver disease</i>	
Hepatitis B		Topic: Sickness (infectious disease)
Meaning	<p>Hepatitis B is a virus that infects your liver and makes it sick. Sometimes it gets better by itself, but some people need to take medicine every day all their life to treat the Hepatitis B. You can catch Hepatitis B when you're born if your mother has it and isn't taking medicine for it, or from breastfeeding or from contact with someone's blood if they have it. It can also spread during sex.</p> <p>You can get a vaccine to stop getting Hepatitis B. These days, babies are all given this vaccine when they are born, then they get booster (extra) doses.</p>	
Similar words	<i>Hep B; liver disease</i>	
Hepatitis C		Topic: Sickness (infectious disease)
Meaning	Hepatitis C is a virus that infects your liver and makes it sick. Sometimes it gets better by itself, but some people need to take medicine for a few months to cure it. You can catch Hepatitis C from contact with someone's blood if they have it. There is no vaccine for Hepatitis C.	
Similar words	<i>Hep C; liver disease</i>	
Hereditary		Topic: General health words
Meaning	When you get something, for example a disease or a blood type from your parents and can pass it on to your children.	
Similar words	<i>Genes; genetic</i>	

Hernia		Topic: Operation (surgery or procedure)
Meaning	A hernia is when a part of your body, like an organ, pushes through another part of your body that normally holds it in place, like a muscle. For example, a common type of hernia is when part of your stomach pushes through the muscle in your tummy that separates your abdomen and chest. It makes a bump that can be painful.	
Similar words	<i>Bulge</i>	
Hernia repair		Topic: Operation (surgery or procedure)
Meaning	An operation where an organ that sticks out through the wrong place is put back into its normal position in the body.	
Similar words	-	
Herpes Simplex Virus		Topic: Sickness (infectious disease)
Meaning	A virus infection that makes sores on the mouth and private business parts of men and women. It can spread to other people if they touch the sore.	
Similar words	<i>Sore; herpes; HSV; cold sores; genital herpes</i>	
Herpes Zoster		Topic: Sickness (infectious disease)
Meaning	This is an infection caused by a type of virus called Herpes Zoster. It is also known as shingles. This virus gives you painful sores that are usually in a line. This is because they follow the line of a nerve in your body. People who have had Chicken Pox as a child can get Herpes Zoster as an adult.	
Similar words	<i>Shingles; painful sores on your skin; HSV; zoster</i>	
Hypertension		Topic: Heart (cardiology)
Meaning	When your blood pressure is too high. High blood pressure can cause other parts of your body to get sick. For example, the kidneys can be damaged by high blood pressure. High blood pressure can cause problems like stroke or heart attack.	
Similar words	<i>High blood pressure</i>	
Hip		Topic: Body parts (anatomy)
Meaning	The hips are below your waist going down towards your thigh. They are where the hip bones are.	
Similar words	-	



Hip bone	Topic: Body parts (anatomy)
Meaning	The hip bone is the large bone on either side of the body at the top of your legs.
Similar words	<i>Innominate bone</i>
Holter Monitor	Topic: Heart (cardiology)
Meaning	A small machine doctors use to record heartbeats. You might be asked to carry the machine for a day or more.
Similar words	-
Hormone	Topic: Body parts (anatomy)
Meaning	Hormones are made in your body and carried by your blood. Each hormone has its own message to give to your body. If they are not in balance your bodies can get different kinds of sicknesses. Insulin is a hormone.
Similar words	<i>Chemical; natural or manmade chemical that effects your growth</i>
Humerus	Topic: Body parts (anatomy)
Meaning	The humerus is the big bone in your upper arm, between the shoulder and the elbow.
Similar words	-
Hyperglycaemia	Topic: Hormones (endocrinology)
Meaning	When the sugar in your blood is too high.
Similar words	<i>High blood sugar</i>
Hyperlipidaemia	Topic: Heart (cardiology)
Meaning	When there is too much fat in the blood. When someone has this, they can get cardiovascular disease. Cardiovascular disease means sickness of the heart and blood pipes.
Similar words	<i>High cholesterol</i>

Hypertension	Topic: Heart (cardiology)
Meaning	When your blood pressure is too high. High blood pressure can cause other parts of your body to get sick. For example, the kidneys can be damaged by high blood pressure. High blood pressure can also cause problems like stroke or heart attack. You can't feel high blood pressure. You only find out if you have high blood pressure when a health worker checks it using a tight band around your arm.
Similar words	<i>High blood pressure</i>
Hypertrophy	Topic: General health words
Meaning	Means to get bigger. An example of this is how your muscles get bigger if you work hard lifting heavy things. Sometimes hypertrophy can be bad, like if your heart has to work hard all the time, it gets bigger, but a big heart doesn't pump as well - so a hypertrophy of your heart means it is weak and sick.
Similar words	-
Hypoglycaemia	Topic: Hormones (endocrinology)
Meaning	When your blood sugar is too low. Your body needs sugar for energy to live.
Similar words	<i>Low blood sugar</i>
Hypotension	Topic: Heart (cardiology)
Meaning	When your blood pressure is too low (see blood pressure). This means that your body is not getting enough blood. Low blood pressure can make you feel weak, dizzy, or even faint or 'pass out' because your brain is not getting enough blood to work properly.
Similar words	-
Hypothalamus	Topic: Brain and nerves (neurology)
Meaning	This is a special part of your brain that works to keep your body at the right temperature by making you feel hot or cold. It also makes you feel hungry and thirsty and controls when you sleep and wake up. This part of your brain also releases special hormones (see hormone) that works to keep the right amount of water in your body and keep your blood pressure (see blood pressure) right.
Similar words	-



Hypoxia	Topic: General health words
Meaning	When there is not enough oxygen (special part of air that keeps your body alive) in your body or part of your body.

Similar words	-
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Hysterectomy	Topic: Women's business
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See interpretation in **Women's Business** section

Immune System	Topic: General health words
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Meaning	<p>Your immune system keeps you healthy by fighting and killing germs that cause infection. The immune system keeps track of what germs have been inside you before so that if those germs come back, it can fight them quickly.</p> <p>Your body know when there is something that doesn't belong inside it, like a germ. They see this germ and 'attack' it, to get rid of it. When people say 'immune system' this is what they are talking about.</p>
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Similar words	-
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Immune, Immunity	Topic: General health words
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Meaning	<p>The immune system remembers which germs your body has attacked before. That way, if it sees them again it remembers how to fight them and does it quickly. This is called being 'immune' or having 'immunity'.</p> <p>If you are immune to something, it means you are protected from it and it won't make you very sick. Your immunity becomes stronger from fighting different germs. Vaccinations (or immunisations) make your immunity stronger too.</p>
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Similar words	<i>Protected from, resistant to</i>
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Immunosuppressants	Topic: General health words
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Meaning	<p>A type of medicine to treat sicknesses where there is too much inflammation (see inflammation), like lupus, severe rheumatic fever, or when you get a kidney transplant. Some people need this medicine, but it can also make you get sick more easily.</p> <p>If you take these medicines, the doctors, pharmacists, and nurses will give you help and information on stopping infections. You need to go to the clinic to get any sickness checked straight away.</p>
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Similar words	<i>Anti-rejection medicine</i>
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Incision and drainage		Topic: Operation (surgery or procedure)
Meaning	An operation a doctor does by making a cut in the skin to let pus or fluid get out of your body. One reason they might need to do this is if you have a boil.	
Similar words	-	
Infarct		Topic: Heart (cardiology)
Meaning	When part of your body stops working because it doesn't get blood. For example, if you have a blocked blood pipe to part of your heart, that part could stop working if the blockage doesn't get fixed quickly. If that part stays damaged, doctors will say it is an infarct. A heart attack can be a type of infarct.	
Similar words	<i>Myocardial infarction (MI), heart attack</i>	
Infection		Topic: Sickness (infectious disease)
Meaning	A sickness you get from germs.	
Similar words	<i>Disease; illness; sickness; virus</i>	
Inflammation		Topic: General health words
Meaning	Inflammation is what the body does when it is fighting an infection or if you get hurt. Inflammation is the body trying to fix itself, but sometimes it hurts or goes wrong. When there is inflammation you might see a change in the skin colour, feel warmth in that area, see swelling (become big) or feel pain. That part of the body might not work the right way because of the inflammation. Inflammation happens because of the immune system (see immune system). Sometimes if inflammation is there for a long time and doesn't go away, it can cause problems and other sicknesses or make the whole body feel sick. Many sicknesses cause inflammation. When you see '-itis' at the end of many health words, that ending, 'itis' means inflammation. For example, arthritis. means inflammation of a joint (see joint).	
Similar words	<i>Redness; swelling; injury; sore</i>	
Innominate bone		Topic: Body parts (anatomy)
Meaning	This is also called the hip bone, see (hip bone).	
Similar words	<i>Hip bone</i>	



Insulin	Topic: Hormones (endocrinology)
Meaning	Insulin is a something made by an organ called the pancreas. It stores sugar in your muscles from your blood. If your pancreas does not make insulin, your muscles cannot take in the sugar they need. There will be too much sugar left in your blood, even though your muscles need it. This is called diabetes. If you get too much fat in your pancreas, it can stop it from making insulin properly. This is called Type 2 diabetes.
Similar words	<i>Hormone; blood sugar</i>
Internal Organs	Topic: Body parts (anatomy)
Meaning	Special parts of your body that are important for keeping you alive. Internal organs are inside your body. They include your brain, heart, lungs, liver, kidneys, pancreas, stomach, and intestines.
Similar words	-
Intestine	Topic: Body parts (anatomy)
Meaning	The intestine is the tube in your tummy where food goes after you eat it. It has different parts called the small intestine and the large intestine. The small intestine starts at your and ends at your large intestine. The large intestine goes to your anus. The intestines are part of the food pathway in your body where food is broken up.
Similar words	<i>Tummy; small intestine; large intestine; belly; guts; abdomen</i>
Intracranial Pressure (ICP)	Topic: Brain and nerves (neurology)
Meaning	Intracranial pressure means the pressure inside your skull and on your brain. High pressure in the head can give you a headache.
Similar words	-
Involuntary admission	Topic: General health words
Meaning	When someone is going to hurt themselves, or someone else, doctors might say they have to go to hospital even if they don't want to, to keep them safe if there are not other ways of looking after that person. This is under a law called the Mental Health Act.
Similar words	<i>Sectioned</i>

Iris	Topic: Body parts (anatomy)
Meaning	The coloured part of your eyes that goes around the small, dark part in the middle, which is called the pupil. The iris is a muscle that gets bigger and smaller to change the size of the pupil. When there is a lot of light, the iris gets bigger to make the pupil smaller. It does this so it isn't too bright for you to see. When it is dark, the iris gets smaller to make the pupil get bigger. It does this to let more light in to see.
Similar words	Eye
Ischemic Heart Disease	Topic: Heart (cardiology)
Meaning	A chronic health disease where important blood vessels that give oxygen to the heart become damaged. The vessels are damaged by becoming less wide and stiff because the inner area of the vessel is filled with fat. This means less blood flow is able to flow through the vessel and get to the heart. The reason for why fat builds up inside the blood vessels is because of the effect of some of the choices we make in life. For example smoking, eating fatty foods, not exercising. When we have Ischemic heart disease we are at a higher risk of having a heart attack.
Similar words	<i>Coronary Artery Disease, Coronary Heart Disease</i>
Ischemic Stroke	Topic: Heart (cardiology)
Meaning	This is a type of stroke where a blood pipe in your brain gets blocked, so part of your brain doesn't get blood flow and dies. If it is a large part of your brain that doesn't get blood flow, you could die from this.
Similar words	-
Jaw	Topic: Body parts (anatomy)
Meaning	There are two bones in the jaw where the teeth sit, one above and one below. The one above is called maxilla and the one below is called mandible.
Similar words	<i>Maxilla; mandible</i>
Joint	Topic: Body parts (anatomy)
Meaning	Where the ends of two bones meet. Examples of joints are your knees and elbows.
Similar words	-



Keloid	Topic: Skin (dermatology)
Meaning	A big scar that might be lumpy or a different colour to the rest of your skin
Similar words	-
Keratosis Pilaris	Topic: Skin (dermatology)
Meaning	Hard little bumps which can be on your back, arms and the top part of your leg.
Similar words	<i>Skin condition; bumpy skin</i>
Keyhole Surgery	Topic: Operation (surgery or procedure)
Meaning	Keyhole surgery is an operation where the doctor makes small cuts instead of making a big cut, to get inside your body. They put a special camera on a tube, called a laparoscope, through one of the small cuts, to see inside the body to do the operation. Doctors can put other tools through the small cuts to do the operation. This lets doctors can find out what sickness you have, or to do an operation that leaves less scars than other types of operations where the doctor has to make big cuts to see inside your body (called a laparotomy).
Similar words	<i>Operation; surgery; laparoscopy</i>
Kidney	Topic: Body parts (anatomy)
Meaning	Your body has 2 kidneys that sit inside your rib cage. Your body continually makes leftover rubbish, just like ashes are left over from a fire. Your blood carries this left-over rubbish, and the kidneys take it out of the blood. The kidneys also balance the water and salt in your blood. Like you balance in a boat to keep it upright, your kidneys balance the salt and water in your blood to keep your body right. They take the leftover rubbish and water and salt and make it into wee (urine). If your kidneys stop working, you will need to have dialysis. The dialysis machine does the job of taking away the rubbish and extra water from your blood.
Similar words	-
Kidney Biopsy	Topic: Kidneys (renal)
Meaning	When doctors take a tiny piece of your kidney to do a test on it to find out more about why the kidney is sick.
Similar words	<i>Kidney test</i>

Kidney Bone Disease	Topic: Kidneys (renal)
Meaning	When the kidneys don't work properly, the bones don't get the right amount of vitamins to stay strong.
Similar words	-
Kidney Disease	Topic: Kidneys (renal)
Meaning	When your kidneys are sick and are not healthy anymore. Kidney disease doesn't get better, so if you have it, it is important to protect your kidneys. If your kidneys are too sick, you might get kidney failure (see kidney failure). Many different diseases can make your kidneys sick.
Similar words	<i>Renal; Chronic Kidney Disease</i>
Kidney Donation	Topic: Kidneys (renal)
Meaning	When someone gives someone else with kidney disease one of their healthy kidneys.
Similar words	-
Kidney Failure	Topic: Kidneys (renal)
Meaning	When your kidneys don't work anymore. With kidney failure, the kidneys can't remove waste from the body, or keep the salts in the body the right way. Your body can make less wee, or you make none at all. You can get very sick from kidney failure. It can happen very quickly or over a long time, from kidney disease. If you get kidney failure very quickly, sometimes the doctors can treat it and make your kidneys work a bit better. If you have kidney failure the doctor can't treat, the only way to get rid of waste and water are dialysis or kidney transplant.
Similar words	<i>Chronic Kidney Disease; dialysis; renal; kidney disease</i>
Kidney Stones	Topic: Kidneys (renal)
Meaning	Small lumps which can be found in your kidneys. The lumps can cause a blockage in the pipes that bring the wee from the kidneys. When this happens, it can make the kidneys very sick by causing kidney infection or hurting them.
Similar words	<i>Kidney lumps, renal stones, renal calculi</i>
Knee	Topic: Body parts (anatomy)
Meaning	The knee is the join between the upper and lower leg. It allows you to bend your legs.
Similar words	-



Kneecap	Topic: Body parts (anatomy)
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Meaning	The kneecap is a round, flat bone that sits in front of your knee joint. Your patella protects the knee joint.
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Similar words	<i>Patella</i>
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Knuckle	Topic: Body parts (anatomy)
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Meaning	Knuckles are the 5 bones in your hand, between your fingers or thumb and your wrist. The heads of your metacarpal bones are called knuckles. When you clench your fist, your knuckles stick out.
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Similar words	<i>Metacarpal bones</i>
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LAB	Topic: Medicine
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Meaning	A type of medicine that helps your body fight sickness. The doctor can give you this if you have had Acute Rheumatic Fever (ARF) to stop your heart from getting more sick, which can mean getting ARF again, or Rheumatic Heart Disease (RHD). You can ask the doctor about how to make the needle hurt less.
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Similar words	<i>BPG; secondary prophylaxis; needle; injection; RHD; L-A bicillin; penicillin</i>
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Labour	Topic: Women's business
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See interpretation in **Women's Business** section

Labyrinth	Topic: Body parts (anatomy)
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Meaning	The inside part of your ear. The labyrinth has two parts, the cochlea which is important for hearing, and the vestibular system which is important for balance.
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Similar words	<i>Inner ear</i>
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Lacerate, Laceration	Topic: General health words
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Meaning	A big cut
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Similar words	<i>Cut or tear; ragged cut, tear</i>
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Lacrimal duct	Topic: Body parts (anatomy)
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Meaning	Lacrimal ducts are your tear ducts, which are small tubes that go from the inside corner of your eye to the inside of your nose. This tube carries tears from your eyes into your nose.
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Similar words	<i>Tear duct</i>
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Lamina	Topic: Body parts (anatomy)
Meaning	A small part of the bones (vertebra) in your back. These bones protect the spinal cord.
Similar words	-
Laminectomy	Topic: Operation (surgery or procedure)
Meaning	An operation where the doctor makes a cut in the backbone to make more room for the spinal cord.
Similar words	-
Laparoscopy	Topic: Operation (surgery or procedure)
Meaning	A laparoscopy is an operation where the doctor makes small cuts instead of making a big cut, to get inside your body. They put a special camera on a tube, called a laparoscope, through one of the small cuts, to see inside the body to do the operation. Doctors can put other tools through the small cuts to do the operation. This lets doctors can find out what sickness you have, or to do an operation that leaves less scars than other types of operations where the doctor has to make big cuts to see inside your body (called a laparotomy).
Similar words	<i>Keyhole surgery; operation</i>
Laparotomy	Topic: Operation (surgery or procedure)
Meaning	A laparotomy is an operation where a large cut is made on your tummy so the doctor can look at and operate on the inside of you.
Similar words	-
Large intestine	Topic: Body parts (anatomy)
Meaning	The large intestine is in your tummy colon and connects between your small intestine and your bottom (anus). It is part of the system in your body that breaks down food.
Similar words	<i>Colon; intestine; gut; small intestine; digestive system</i>
Larynx	Topic: Body parts (anatomy)
Meaning	The larynx sits at the top end of your throat (called the trachea). Another name for the larynx is the voice box. Inside the larynx are the vocal cords which make sound when you speak or sing.
Similar words	<i>Voice box; Adam's apple</i>



Leg	Topic: Body parts (anatomy)
Meaning	The leg is between your hip and foot. Your legs enable you to stand and walk.
Similar words	-
Leg (lower)	Topic: Body parts (anatomy)
Meaning	The lower leg is from the knees to the ankle. The lower leg has two bones named tibia and fibula.
Similar words	<i>Tibia; fibula</i>
Lens	Topic: Body parts (anatomy)
Meaning	The lens is a round, transparent part of your eye that sits behind the pupil. It changes shape so that you can clearly see things close up and far away.
Similar words	<i>Eye</i>
Lesion	Topic: General health words
Meaning	Lesion is a word that is used in lots of different ways. It can be used to mean infection, sore, injury, or any other problem anywhere on the body.
Similar words	<i>Cut, injury, wound, sore</i>
Leucocyte	Topic: Body parts (anatomy)
Meaning	A leucocyte is a white blood cell that protects your body by killing or hurting germs that cause diseases in your body. When there are lots of leucocytes, it can mean there is an infection or other sickness in your body.
Similar words	<i>White blood cell</i>
Lice	Topic: Sickness (infectious disease)
Meaning	Very tiny bugs found in your hair, eyebrows or eyelashes that make you very itchy. These bugs can be on children and jump to other kids.
Similar words	<i>Nits</i>
Lipid	Topic: Heart (cardiology)
Meaning	Lipid is another word for the fats in your blood.
Similar words	<i>Fat</i>

Lipoma	Topic: Brain and nerves (neurology)
Meaning	A lump of fat that is not cancer
Similar words	-
Lips	Topic: Body parts (anatomy)
Meaning	Lips are the soft flesh around our mouth.
Similar words	-
Lithotomy position	Topic: Women's business
See interpretation in Women's Business section	
Liver	Topic: Body parts (anatomy)
Meaning	The liver is the large dark red organ that sits at the top right side of the abdomen. The liver makes bile to help digestion and breaks up the old red blood cells and sends the waste to the kidney. It also helps to manage sugar and fat in your body. The liver is also important for taking away the poison of drugs and alcohol. It is a very important organ of the body.
Similar words	-
Liver Spots	Topic: Skin (dermatology)
Meaning	Spots on the skin from getting old or too much sun
Similar words	-
Living Kidney Donation	Topic: Kidneys (renal)
Meaning	When someone gives someone else one of their healthy kidneys so that they don't have to do dialysis anymore. Only need 1 good one.
Similar words	-
Local Anaesthetic	Topic: Medicine
Meaning	Medicine given in a needle through the skin, to make the area numb so that you can't feel pain in that area. A doctor might use local anaesthetic to do a small operation or to help with pain.
Similar words	-
Lochia	Topic: Women's business

See interpretation in Women's Business section



Long-acting penicillin		Topic: Medicine
Meaning	A type of medicine the doctor can give you if you have had Acute Rheumatic Fever (ARF). This medicine helps your body fight the sickness to stop your heart from getting more sick, which can mean getting ARF again, or Rheumatic Heart Disease (RHD). You can ask the doctor about how to make the needle hurt less.	
Similar words	<i>BPG; secondary prophylaxis; needle; injection; RHD; L-A bicillin; LAB; penicillin</i>	
Loin		Topic: Body parts (anatomy)
Meaning	The lower part of our back, called the lumbar spine.	
Similar words	<i>Lower back</i>	
Lordosis		Topic: General health words
Meaning	When the back is curved in too much. Sometimes this happens if people have arthritis or muscle problems.	
Similar words	-	
Lower jaw		Topic: Body parts (anatomy)
Meaning	The mandible is the bone of the lower jaw. Your bottom teeth sit in the mandible.	
Similar words	<i>Mandible; jaw; jawbone</i>	
Lower Respiratory Tract Infection (LRTI)		Topic: Lungs and breathing (respiratory)
Meaning	When there is infection in the lungs causing sickness. The person might have a cough, be hot with fevers or might have short wind and it can be hard to breathe properly.	
Similar words	<i>Pneumonia</i>	
Lumbar Drain		Topic: Brain and nerves (neurology)
Meaning	A small tube put into the bottom of the back to get out cerebrospinal fluid (see definition). A person might need this if there is too much pressure on the spine or brain.	
Similar words	-	

Lumbar spine		Topic: Body parts (anatomy)
Meaning	The lumbar spine is the part of the backbone between your waist and your pelvis. There are 5 vertebrae in your lumbar spine.	
Similar words	-	
Lung Cancer		Topic: Lungs and breathing (respiratory)
Meaning	Cancer that starts growing in your lung. Doctors can treat lung cancer with surgery, chemotherapy, or radiation.	
Similar words	<i>Mesothelioma</i>	
Lung Fibrosis		Topic: Lungs and breathing (respiratory)
Meaning	When the inside of the lung has been damaged and stops a person from breathing easily. Smoking or a lot of dust or infections might cause fibrosis.	
Similar words	-	
Lung Function Test		Topic: Lungs and breathing (respiratory)
Meaning	A breathing test to see how healthy the lungs are.	
Similar words	<i>Breathing test</i>	
Lungs		Topic: Body parts (anatomy)
Meaning	Lungs are the organs in your body that help you breathe. You have two lungs inside your chest. You breathe air from your mouth and nose into your lungs. This air that you breathe in goes into your blood through tiny blood pipes (called blood vessels) in the lungs. When you breathe out, air goes out of the lungs to the outside of your body.	
Similar words	<i>Breathing organs</i>	
Lymph		Topic: Body parts (anatomy)
Meaning	<p>Lymph is a liquid which is found all through the body. It is collected in pipes called lymph vessels which are like blood pipes. The lymph vessels collect lymph from around the body and take it to the blood vessels. Lymph nodes sit along the lymph pipes. Cancer and germs can travel through the lymph.</p> <p>Sometimes, when women have breast cancer, the doctor removes the lymph nodes from the armpit to check if the cancer has travelled there.</p>	
Similar words	-	



Lymph node		Topic: Body parts (anatomy)
Meaning	Lymph nodes are small lumps found along the lymph Interpretation (lymph vessels). Groups of nodes sit in the groin, the armpit, behind your ears, and in many other places. White blood cells live in your lymph nodes and fight germs. When this happens, the lymph nodes can swell.	
Similar words	-	
Magnesium		Topic: Medicine
Meaning	An electrolyte that helps our body function.	
Similar words	-	
Magnetic Resonance Imaging (MRI)		Topic: Medical equipment
Meaning	A scan where the person needs to lay still in a noisy machine, this lets the doctors see a very detailed picture of the inside of your body. The scan uses magnetic, radio and computer technology to produce the picture.	
Similar words	-	
Malignant Tumour		Topic: Cancer (oncology)
Meaning	A lump in the body that is cancer.	
Similar words	-	
Mammary gland		Topic: Body parts (anatomy)
Meaning	The two breasts are on the chest. Inside the breast are mammary glands. When women have a baby, their mammary glands produce milk for the baby.	
Similar words	<i>Breasts; boobs</i>	
Mammogram		Topic: Medical equipment
Meaning	A special type of x-ray to look for any lumps inside the breast	
Similar words	-	
Mandible		Topic: Body parts (anatomy)
Meaning	The bone in the lower jaw is called the mandible. Your bottom teeth sit in our mandible.	
Similar words	<i>Lower jaw; jaw; jawbone</i>	

Mastectomy	Topic: Operation (surgery or procedure)
Meaning	<p>A mastectomy is an operation that cuts off all or part of the breast. Most people get mastectomies to treat breast cancer. There are 3 main types of mastectomies:</p> <ol style="list-style-type: none"> 1. Partial (segmental) mastectomy. This is when the doctor cuts out the cancer and some of the breast. This surgery is also called breast-conserving surgery. 2. Total (or simple) mastectomy. This is when the doctor cuts out the whole breast, including the nipple, the area around the nipple, and most of the skin over the breast. 3. Modified radical mastectomy. This is when the doctor cuts off the whole breast, including the nipple, the area around the nipple, and the skin over the breast. Sometimes when a person has cancer it can spread to the lymph nodes. When this happens, the surgeon also removes the lymph nodes under the arm. Lymph nodes are small bean shaped organs that have cells in them that help to fight infection and sickness.
Similar words	
Maxilla	Topic: Body parts (anatomy)
Meaning	The maxilla is the upper jaw. Your top teeth sit in our maxilla.
Similar words	<i>Upper jaw; jaw</i>
Mediastinum	Topic: Body parts (anatomy)
Meaning	The mediastinum is the space in our chest that is between the two sacks that our lungs sit in. In your mediastinum are the heart, aorta, trachea (wind pipe), oesophagus (food pipe), and lymph nodes.
Similar words	<i>Inside the chest</i>
Membrane	Topic: Body parts (anatomy)
Meaning	A membrane is a very thin skin that connects or covers parts inside your body.
Similar words	<i>Layer; thin sheet</i>
Membrane sweep	Topic: Women's business

See interpretation in Women's Business section



Meninges	Topic: Brain and nerves (neurology)
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Meaning	Meninges are layers between your brain and skull. These layers are like skin. Meninges go around your brain and spinal cord (which is inside your backbone), and special fluid that your brain sits in moves around your brain and spinal cord.
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Similar words	-
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Meningitis	Topic: Brain and nerves (neurology)
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Meaning	When the layers protecting our brain (meninges) get inflammation (see inflammation). This can be caused by a germ like bacteria or a virus. This can give you a bad headache, stiff neck, and make it hard to look at lights. This is a very serious sickness.
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Similar words	-
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Menopause	Topic: Women's business
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See interpretation in **Women's Business** section

Menstruation	Topic: Women's business
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See interpretation in **Women's Business** section

Metabolism	Topic: General health words
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Meaning	Metabolism is your body taking what you eat and drink and using oxygen that you breathe to make energy. Your body needs energy to live.
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Similar words	-
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Metacarpal bones	Topic: Body parts (anatomy)
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Meaning	Metacarpal bones are the 5 bones in your hand, between your fingers and your wrist. The heads of your metacarpal bones are called knuckles. When you clench your fist, our knuckles stick out.
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Similar words	<i>Knuckles</i>
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Minor (2 Different Meanings)		Topic: General health words
Meaning	<ol style="list-style-type: none"> 1. Doctors often talk about a minor operation – they mean it is a small operation. 2. When we say a person in a ‘minor’ we mean they are under 18 years old. It is a legal meaning – minors under 18 are not allowed to sign consent forms or say yes to treatment for themselves. Their parents or other responsible family person has to sign or speak for them. 	
Similar words	<ol style="list-style-type: none"> 1. <i>Small; not a big deal</i> 2. <i>A young person</i> 	

Miscarriage	Topic: Women's business
See interpretation in Women's Business section	

Mitral Stenosis	Topic: Heart (cardiology)
Meaning	One of the valves in your heart (see valve), called the mitral valve, opens with each heartbeat to make sure blood flows through your heart the right way. Stenosis means narrow or small opening. In mitral stenosis, the heart valve doesn't open properly to allow enough blood to flow through with each beat. Over time this can cause sickness to your heart.
Similar words	-

Mitral Valve	Topic: Heart (cardiology)
Meaning	One of the valves in your heart that works to make sure blood flows the right way with each heartbeat.
Similar words	-

Mitral Valve Regurgitation	Topic: Heart (cardiology)
Meaning	One of the valves in your heart (called the mitral valve) works to make sure blood flows through your heart the right way. Regurgitation means when fluid goes the wrong way. Mitral valve regurgitation is when this valve in your heart doesn't work properly, so with each heartbeat, blood goes the wrong way. This can be big, where lots of blood flows the wrong way, or small, where only a little bit flows the wrong way. If it is big, it can mean your heart doesn't pump enough blood properly, which can cause your heart and other parts of your body to get sick.
Similar words	-



Mouth	Topic: Body parts (anatomy)
Meaning	Your mouth is the big opening on your face. Inside your mouth you have a tongue, teeth and gums, and palate.
Similar words	-
MRSA	Topic: General health words
Meaning	A type of germ that causes skin infection, blood infection and other infections.
Similar words	<i>Methicillin-resistant; bacteria; germ; staph; golden staph; AMR; antimicrobial resistance</i>
Mucus	Topic: Body parts (anatomy)
Meaning	Mucus is the slimy fluid in your mouth and nose, intestines, and other places in your body. The mucus in your nose traps dust so it does not go down into our lungs. When you have a lot of mucus from your nose, it might mean that you have a sickness like a cold. Sputum is the mucus that we cough up from our lungs and trachea. Doctors might collect some of your sputum to look for germs and find out what sickness you could have.
Similar words	<i>Snot; sputum</i>
Multicystic	Topic: Kidneys (renal)
Meaning	When you have lots of lumps (cysts) in your body.
Similar words	<i>Many cysts; lots of lumps</i>
Multigravida	Topic: Pregnancy, birthing and babies (obstetrics)
Meaning	A woman who has been pregnant before
Similar words	-
Multipara	Topic: Pregnancy, birthing and babies (obstetrics)
Meaning	A woman who has had a baby before
Similar words	-

Multiple Sclerosis		Topic: Sickness
Meaning	A disease where the nerves in your brain and spinal cord lose some of their protective covering which is called myelin. Without the covering, they stop being able to send messages to the rest of our body. This can cause problems with thinking, moving, and seeing and sometimes with breathing. Medicines for multiple sclerosis can help slow down the disease.	
Similar words	-	
Murmur		Topic: Heart (cardiology)
Meaning	A sound doctors might hear when listening to the heart with a stethoscope. If there are problems with the heart valves, or small holes in the heart, sometimes they make murmurs. If there is a murmur, doctors might do an ultrasound of the heart to see where the problem is.	
Similar words	-	
Muscle		Topic: Body parts (anatomy)
Meaning	<p>Muscles are a kind of flesh that can move. Our bodies have muscles in our back, arms, legs, and neck that help us move around, this is called striated muscle.</p> <p>We also have special types of muscles in our organs that work all the time without us even knowing, for instance to help food move through our intestines. This muscle is called smooth muscle.</p> <p>Our hearts have cardiac muscle, which is very strong and helps the heart pump blood all the time.</p> <p>Tendons are ends of muscles that join on to bones to move them around.</p>	
Similar words	<i>Tendon; meat</i>	
Myelin		Topic: Brain and nerves (neurology)
Meaning	A special fat coating of the nerves inside the body	
Similar words	-	



Myocardial Infarction		Topic: Heart (cardiology)
Meaning	Another name for heart attack. This might be from a blocked blood pipe to your heart, so it doesn't get enough blood (see infarct). This can cause your heart to stop beating.	
Similar words	<i>Heart attack</i>	
Myocardium		Topic: Heart (cardiology)
Meaning	The muscle part of the heart that squeezes to pump blood out of the heart. When it stops squeezing, the heart fills up with blood again.	
Similar words	-	
Myopathy		Topic: Brain and nerves (neurology)
Meaning	When there is disease in muscle	
Similar words	-	
Nares		Topic: Body parts (anatomy)
Meaning	Nostrils are the two openings into our nose. They are the pathway for air entering our body. When the air goes through the nostrils, it becomes warm and moist. The hairs in the nostrils stop dust and dirt from entering the lungs.	
Similar words	<i>Nostril</i>	
Nasal cavity		Topic: Body parts (anatomy)
Meaning	The nasal cavity is the space behind our nose.	
Similar words	-	
Nausea		Topic: General health words
Meaning	Feeling sick like you need to vomit can happen for lots of reasons. Sometimes people feel sick when they have eaten bad food, or when they have a disease in their tummy. People can also feel nausea from lots of different medications, like chemotherapy, strong painkillers, and from having anaesthetics.	
Similar words	<i>Feeling like vomiting; feeling sick; 'Crook in the guts'</i>	
Navel		Topic: Body parts (anatomy)
Meaning	The navel is the little hole in the middle of your tummy.	
Similar words	<i>Belly button; umbilicus</i>	

Nebulizer	Topic: Medicine
Meaning	A machine that turn liquid medicine into a gas that you breathe in. It helps you to breathe better.
Similar words	-
Neck (back)	Topic: Body parts (anatomy)
Meaning	The back of the neck goes from the bottom of your head to the top of your back. It has the spinal cord running through it.
Similar words	-
Neck (front)	Topic: Body parts (anatomy)
Meaning	The front of your neck covers the trachea, the oesophagus, and the thyroid gland. It also covers important blood vessels that give blood to the brain.
Similar words	-
Necrosis	Topic: Heart (cardiology)
Meaning	When parts of the body (body tissue) die. This is usually from not enough oxygen and blood getting to that part of the body.
Similar words	<i>Tissue death</i>
Neonate	Topic: Pregnancy, birthing and babies (obstetrics)
Meaning	A new baby
Similar words	<i>Baby</i>
Nephrectomy	Topic: Kidneys (renal)
Meaning	An operation where your kidney gets cut out. Sometimes just a part of the kidney needs to get cut out, this is called a partial nephrectomy.
Similar words	<i>Kidney operation</i>
Nephron	Topic: Kidneys (renal)
Meaning	Tiny part of your kidney that cleans your blood. Each kidney has many tiny nephrons.
Similar words	-



Nerve		Topic: Body parts (anatomy)
Meaning	Nerves are the pathways that carry messages backwards and forwards between your brain and your body. Some nerves are for moving and others are for feeling, tasting, seeing, hearing and smelling.	
Similar words	-	
Neuropathy		Topic: Brain and nerves (neurology)
Meaning	A sickness of your nerves. Nerves connect parts of your body to your brain so you can feel and move. Neuropathy affects one or more parts of your body, and it makes you feel pain, weakness, tingling, numb (no feeling) in that area because the nerve in that part is sick and the message to your brain is not right. Neuropathy can be from diseases like diabetes, or from medicines like chemotherapy.	
Similar words	-	
Nipple		Topic: Body parts (anatomy)
Meaning	A nipple is the point at the front of the breasts. This is the part the baby feeds from.	
Similar words	-	
Nocturnal Haemodialysis		Topic: Kidneys (renal)
Meaning	A type of haemodialysis. Haemodialysis is a machine that cleans your blood when your kidneys don't work anymore. Nocturnal dialysis is when you have the machine at night while you are asleep.	
Similar words	-	
Non-ST-segment-elevation myocardial infarction (NSTEMI)		Topic: Heart (cardiology)
Meaning	A type of heart attack (also called myocardial infarction)	
Similar words	-	
Nose		Topic: Body parts (anatomy)
Meaning	The nose is on your face. It is for breathing and for smelling. There is an inside track coming from each ear to the nose called the Eustachian tube. Blowing your nose clears the breathing tubes. Children who blow their nose regularly will get fewer ear infections.	
Similar words	-	

Nostrils	Topic: Body parts (anatomy)
Meaning	Nostrils are the two holes in your nose. They let air in and out of your body when you breathe with your nose. When the air goes through the nostrils, it becomes warm and moist. The hairs in the nostrils stop dust and dirt from entering the lungs.
Similar words	<i>Nares; nose holes</i>
Obese, Obesity	Topic: Sickness
Meaning	When a person weighs too much that it is unhealthy.
Similar words	<i>Overweight, fat, heavy</i>
Occiput	Topic: Body parts (anatomy)
Meaning	The back part of your head.
Similar words	-
Occluded Artery	Topic: Heart (cardiology)
Meaning	Where one of your blood pipes (called an artery) gets blocked, so blood can't flow through anymore. An example of this in your brain is ischaemic stroke (see ischaemic stroke).
Similar words	-
Oedema	Topic: Sickness
Meaning	When too much fluid sits in some part of your body, like in your lungs, or in your legs, which makes them look swollen. Oedema can sometimes mean there is a problem with the heart or kidneys.
Similar words	<i>Body swelling, fluid retention</i>
Oesophagus	Topic: Body parts (anatomy)
Meaning	The oesophagus connects the throat and the tummy. Food passes down the oesophagus to the stomach.
Similar words	<i>Food pipe</i>
Open Heart Surgery	Topic: Heart (cardiology)
Meaning	An operation on your heart. While you are asleep and can't feel anything, the doctor opens your chest to get to your heart and lungs to perform the operation. These are very complicated operations and might need to be done in special hospitals in another state.
Similar words	-



Operating theatre		Topic: Operation (surgery or procedure)
Meaning	A special room where doctors do operations. It has special equipment and medicine inside. The people who work there are trained to do operations and to help with operations.	
Similar words	<i>Surgery, theatre, operation room</i>	
Organ		Topic: Body parts (anatomy)
Meaning	Special parts of your body that are important in keeping you alive. The organs in your body are your brain, heart, lungs, liver, kidneys, pancreas, and guts. All our organs need to work to keep us alive.	
Similar words	-	
Orthopaedic Surgery		Topic: Operation (surgery or procedure)
Meaning	Means bones and muscles. For example, an orthopaedic surgeon does operations on your bones and muscles.	
Similar words	<i>Orthopaedics</i>	
Osteoarthritis		Topic: Sickness
Meaning	The end of your bones have a special cushion cover (called cartilage) so they don't break where the bones join and rub together. For example, your knees or hips when you walk or run. In osteoarthritis, the cartilage cushion cover breaks down, which causes pain and swelling of your joints.	
Similar words	-	
Osteoporosis		Topic: Sickness
Meaning	A disease where your bones are weak, so they break easily. This can be caused by not getting enough calcium, some medicines like steroids, or being on dialysis. Lots of older people, especially older women, can get osteoporosis.	
Similar words	<i>Brittle bones</i>	
Ova/Ovum		Topic: Women's business
See interpretation in Women's Business section		
Ovary		Topic: Women's business
See interpretation in Women's Business section		

Palliative care		Topic: General health words
Meaning	Palliative care is medical care for people living with a serious sickness. Palliative care can be for people who are close to the end of their life or have a sickness that they won't get better from. Palliative means helping with the symptoms of a sickness or disease.	
Similar words	<i>End of life care; hospice</i>	
Palpation		Topic: General health words
Meaning	When a doctor uses their hands to feel and a part of your body to check it is healthy.	
Similar words	<i>Physical examination</i>	
Palpitation		Topic: Heart (cardiology)
Meaning	When your heart beats differently, not in the usual beat	
Similar words	<i>Heart beat; off beat</i>	
Pancreas		Topic: Body parts (anatomy)
Meaning	The pancreas is an organ in your tummy. The pancreas makes a hormone called insulin which controls sugar levels in our blood. It also makes some other things called enzymes which break up the food you eat. These enzymes go through a tube into your duodenum at the start of the small intestine in your gut.	
Similar words	-	
Pancreatitis		Topic: Heart (cardiology)
Meaning	A sickness where your pancreas gets swollen (inflamed). This can cause bad pain at the top of the abdomen. Pancreatitis usually comes from having gall stones, or too much alcohol, but can be from lots of other things too.	
Similar words	<i>Sick pancreas</i>	
Patella		Topic: Body parts (anatomy)
Meaning	The patella is a round, flat bone that sits in front of your knee joint. Your patella protects the knee joint.	
Similar words	<i>Kneecap</i>	
Pathogen		Topic: General health words
Meaning	Something that can make you sick if it goes inside your body.	
Similar words	<i>Germ; virus</i>	



PEG tube	Topic: Operation (surgery or procedure)
Meaning	Tube inserted into your tummy in an operation to help feed or give medicine to people not able to use their mouth or throat.

Similar words	<i>Feeding tube; Percutaneous Endoscopic Gastrostomy</i>
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Pelvis	Topic: Body parts (anatomy)
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Meaning	The pelvis is the wide circle of bones at the level of your hips. The pelvis protects the organs of the lower stomach including the bladder, where your wee (urine) comes from.
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Similar words	-
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Penis	Topic: Men's business
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See interpretation in Men's Business section

Perforation	Topic: Operation (surgery or procedure)
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Meaning	Perforation means making a hole in something. If this happens by accident the hole might need to be repaired.
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Similar words	<i>A hole; a tear</i>
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Perianal	Topic: Body parts (anatomy)
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Meaning	The part around the bottom, where poo comes out.
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Similar words	<i>Around the anus; guna hole; bum hole</i>
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Pericarditis	Topic: Heart (cardiology)
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Meaning	A problem with the sack around your heart which makes your heart sick. It can be caused by germs, or might just happen.
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Similar words	<i>Heart problem</i>
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Pericardium	Topic: Heart (cardiology)
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Meaning	A sack that your heart sits inside.
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Similar words	<i>Heart sack; heart sac</i>
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Perinatal	Topic: Women's business
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See interpretation in Women's Business section

Perineum	Topic: Body parts (anatomy)
Meaning	The area of skin between your genitals (vagina or penis) and anus.
Similar words	-
Peritoneal Membrane	Topic: Body parts (anatomy)
Meaning	The membrane that lines your peritoneal cavity and covers organs such as your stomach, liver, spleen, and intestines.
Similar words	-
Peritoneal Dialysis	Topic: Operation (surgery or procedure)
Meaning	There is a very small space in your tummy between the part of the peritoneum that lines the stomach and the part that covers the organs. That space is called the peritoneal cavity. Peritoneal dialysis is where fluid is put in the peritoneal cavity and filtered across the peritoneal membrane. This is another way of doing dialysis, instead of doing it through the blood.
Similar words	PD
Peritoneum	Topic: Body parts (anatomy)
Meaning	The peritoneum is a thin wall (called a membrane) that lines our stomach and also covers the outside of your organs including the liver, kidneys and intestine.
Similar words	<i>Lining around the stomach; belly lining;</i>
Personality disorder	Topic: Sickness
Meaning	When you have problems coping with everyday life, and keep having this problem for a long time. This can mean you feel worried about people abandoning you, or feel very angry all the time. Some people with these problems get a lot better when they have good relationships with other people, or talk to a psychologist or counsellor who can help with ways to manage your feelings.
Similar words	<i>Borderline personality; antisocial personality</i>
Peritoneal cavity	Topic: Body parts (anatomy)
Meaning	There is a very small space between the part of the peritoneum that lines the stomach and the part that covers the organs. That space is called the peritoneal cavity. When people use peritoneal dialysis, they put fluid into that cavity. The short name for peritoneal Dialysis is PD.
Similar words	-



Perspiration	Topic: Body parts (anatomy)
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Meaning	In the skin on your body there things called sweat glands. These make a fluid called sweat when you get hot. The wind dries the sweat on our skin and cools you down.
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Similar words	<i>Sweat</i>
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Pessary	Topic: Medicine; Women's business
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See interpretation in **Women's Business** section

Phlebitis	Topic: Sickness
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Meaning	When your blood pipes (called arteries and veins) get red and swollen. This sometimes happens because of an IV drip in your arm or hand. Phlebitis can be very painful.
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Similar words	-
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Photosensitive	Topic: Sickness
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Meaning	When something is sensitive to light
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Similar words	-
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Placenta	Topic: Women's business
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See interpretation in **Women's Business** section

Plasma	Topic: Body parts (anatomy)
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Meaning	Our blood is made up of plasma plus red and white blood cells. Plasma is a clear yellow liquid that is mostly water, and other substances, for example different salts in the blood called electrolytes. It is the plasma that makes your blood liquid.
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Similar words	<i>Blood; serum</i>
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Platelet	Topic: Body parts (anatomy)
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Meaning	Platelets are small parts of blood that group together to stop blood from flowing out of a damaged blood pipe (called arteries, veins, and capillaries). If a blood pipe has been broken, the platelets come together to seal up the hole to stop blood flowing out. This is called blood clotting.
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Similar words	<i>Thrombocyte</i>
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Pleura	Topic: Body parts (anatomy)
Meaning	There are two parts to the tissue called pleura. One part lines the inside of the chest, and the other part surrounds the outside of the lungs. There is a small place between these two tissues called the pleural cavity.
Similar words	-
Pleural Effusion	Topic: Lungs and breathing (respiratory)
Meaning	A collection of fluid on the lungs. It affects the ability to breathe effectively and for the lungs to function.
Similar words	-
Pneumonia	Topic: Lungs and breathing (respiratory)
Meaning	Germ like a bacteria or virus causing infection in your lungs.
Similar words	<i>Lung infection</i>
Pneumothorax	Topic: Lungs and breathing (respiratory)
Meaning	A hole in the lung, cause by injury/trauma. This causes a leak of air which can collect outside of the lung and make it difficult to breathe. It may be fixed with a chest drain.
Similar words	-
Polycystic Kidney Disease (PKD)	Topic: Kidneys (renal)
Meaning	A cause of kidney sickness
Similar words	-
Poo	Topic: Body parts (anatomy)
Meaning	Faeces is the leftovers from what you eat that the body does not need anymore.
Similar words	<i>Faeces; stools; guna</i>
Post-Ictal (Postictal)	Topic: Brain and nerves (neurology)
Meaning	This means the time after you have a seizure. It is the recovery period after a seizure (or fit) period has occurred. When someone is post-ictal, they might be confused or sleepy.
Similar words	-
Postnatal	Topic: Women's business

See interpretation in Women's Business section



Postpartum	Topic: Women's business
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See interpretation in **Women's Business** section

Post-Partum Depression	Topic: Women's business
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See interpretation in **Women's Business** section

Pre-eclampsia	Topic: Women's business
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See interpretation in **Women's Business** section

Premature Ventricular Contraction (PVC)	Topic: Heart (cardiology)
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Meaning	When a part of the heart (called the ventricle) pumps earlier than expected. This can happen once or many times. If it happens many times, you might feel palpitations.
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Similar words	-
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Preterm	Topic: Women's business
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See interpretation in **Women's Business** section

Prognosis	Topic: General health words
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Meaning	When a doctor tells you how long a sickness will last or tells you what the sickness will do to your body, or if you are going to get better or not, this story is called a 'prognosis'.
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Similar words	<i>Forecast, indication</i>
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Prophylactic	Topic: Medicine
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Meaning	Prophylactic means to prevent (or stop) something from happening. Doctors might give you medicines to stop you getting a disease if you are sick with something else. For example, if you have had skin sores or sore throats that might lead to rheumatic fever and heart problems, doctors might give you injections of antibiotics to stop these infections in the future. Or if you are on dialysis, you might also be on prophylactic antibiotics because kidney disease also hurts the immune system and makes you more likely to get infections.
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Similar words	-
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Prostate gland		Topic: Men's business
See interpretation in Men's Business section		
Psychosis		Topic: Sickness
Meaning	Psychosis is a kind of mental problem where you begin to believe strange things, hear voices telling you to do things, have trouble thinking normally, and sometimes get worried that people are trying to hurt you. Psychosis can be from an illness called schizophrenia, or can sometimes be from taking drugs.	
Similar words	<i>Hearing voices</i>	
Pubic bone		Topic: Body parts (anatomy)
Meaning	There are two pubic bones that sit in front of the bladder. These two bones meet at the front to form part of the pelvis.	
Similar words	<i>Front of the pelvis</i>	
Pulmonary		Topic: Lungs and breathing (respiratory)
Meaning	This means your lungs and breathing. For example, pulmonary disease means lung disease.	
Similar words	-	
Pulmonary Embolism		Topic: Sickness
Meaning	When a blood clot grows somewhere in the body and travels to the lungs and blocks off blood flowing to part of the lung. Sometimes it might cause part of your lung to die.	
Similar words	-	
Pulmonary Valve		Topic: Heart (cardiology)
Meaning	One of the valves in your heart to make sure blood flows the right way with each heartbeat. The pulmonary valve makes sure the blood from the heart goes into the lungs.	
Similar words	-	
Pulmonary Vein		Topic: Heart (cardiology)
Meaning	Big veins that transfer oxygenated blood from the lungs to the heart.	
Similar words	-	



Pupil	Topic: Body parts (anatomy)
Meaning	The pupil is the black part of your eyes surrounded by the iris. It is a hole that light goes through to the back of our eye which lets you see. When there is a lot of light, the pupil gets smaller. When it is dark, the pupil gets bigger. Doctors and nurses might want to check your pupils to make sure they are working properly, because if they don't contract it can be a sign of a brain or nerve problem.
Similar words	-
Purulent	Topic: Skin (dermatology)
Meaning	Containing pus. Can be yellow, green, or brown colour and may have a strong smell.
Similar words	<i>Pus</i>
Pyelonephritis	Topic: Kidneys (renal)
Meaning	When a urinary tract infection (UTI) that has travelled up to the kidneys. This can make you very sick with a sore kidney and fevers.
Similar words	-
Pyrexia	Topic: Sickness
Meaning	When you have a high temperature
Similar words	<i>Fever</i>
Radiation	Topic: Medicine
Meaning	Radiation is a type of energy. There are different types of radiation. You can't see or feel some types of radiation.
Similar words	-
Radiotherapy	Topic: Brain and nerves (neurology)
Meaning	This is a type of treatment for cancer. Radiotherapy uses something called radiation which you cannot feel or see. It comes from a special machine. The radiation burns the cancer inside your body.
Similar words	-

Radius	Topic: Body parts (anatomy)
Meaning	The radius is the bone of the forearm on the thumb side. It works with the ulna, the other bone in the forearm, to allow the arm to turn at the wrist.
Similar words	<i>Ulna</i>
Rash	Topic: Skin (dermatology)
Meaning	Skin problem. A rash can be lumps or bumps on your skin. A rash can also be or a dark/red area on your skin. A rash can also be both lumps and dark/red skin. Lumps can be big or small, and skin can go dark/red, or have no change in colour. The rash can be over a big area on your skin or a small area. Sometimes a rash is itchy as well, but sometimes it is not. Sometimes a rash can be part of a big sickness, or sometimes it is not. For example, a serious rash can mean a big, dangerous infection, or a rash could be from brushing against a bush and goes away by itself and doesn't need medicine.
Similar words	-
Rectum	Topic: Body parts (anatomy)
Meaning	The last part of your guts that holds your poo until you go to the toilet. The rectum is between the colon and the bottom (anus).
Similar words	<i>Bottom; bum</i>
Red blood cell	Topic: Body parts (anatomy)
Meaning	Red blood cells are very small donut-shaped things in your blood. They make your blood red. They pick up oxygen in the lungs and carry it to all parts of the body. They also pick up carbon dioxide from all over the body and take it to your lungs to be breathed out. Bone marrow is always making new red blood cells to replace the old ones.
Similar words	<i>Blood; erythrocyte</i>
Reflux	Topic: Sickness
Meaning	Reflux is when fluid flows the wrong way inside your body. It can happen when the acid from your stomach flows up your food pipe and causes burning and pain in your tummy and chest. Medicines can help with this.
Similar words	<i>Spit up</i>



Regurgitation	Topic: Heart (cardiology)
Meaning	<p>This is when fluid (like food or drink) goes the wrong way inside your body. For example, when something you eat comes back up into your mouth.</p> <p>This can also happen with blood. When blood flows through your heart one way, heart valves help with this. If blood flows the wrong way (also called backflow) through the heart because of sick valves, this is called regurgitation.</p>
Similar words	<i>Spit back up</i>
Renal	Topic: Renal
Meaning	This means kidneys. For example, a renal doctor is a kidney doctor.
Similar words	<i>Kidneys</i>
Resection	Topic: Operation (surgery or procedure)
Meaning	When a part or all of an organ, tissue or tumour inside you is taken out in a surgery.
Similar words	<i>Cut out</i>
Retina	Topic: Body parts (anatomy)
Meaning	The retina is the inside wall of the back of your eyes. It holds the nerve cells that send messages to your brains so that you can see things.
Similar words	<i>Eye</i>
Rheumatic Fever	Topic: Sickness
Meaning	A sickness caused by an infection from a type of germ. If you get this sickness, you might get a fever, swollen joints and feel pain in your joints, or your muscles might move suddenly without you meaning to. Rheumatic fever usually affects children. This sickness can also cause serious problems with your heart valves - this is called rheumatic heart disease.
Similar words	<i>Acute rheumatic fever, ARF</i>

Rheumatic Heart Disease		Topic: Heart (cardiology); Sickness
Meaning	This is a disease of the heart. RHD affects our heart valves. When the heart valves get sick from this disease, blood doesn't flow through our heart, which makes our heart weak. Rheumatic heart disease is caused by rheumatic fever, which is an infection (see above).	
Similar words	<i>Heart sickness</i>	
Ribs		Topic: Body parts (anatomy)
Meaning	Ribs are curved bones around your chest. They join your spine at the back and your sternum at the front. Ribs protect the heart and lungs.	
Similar words	-	
Risk		Topic: General health words
Meaning	The possibility of something bad happening. The chance that something might not go as planned.	
Similar words	<i>Possibility; chance; probability</i>	
Sacrum		Topic: Body parts (anatomy)
Meaning	The sacrum is made up of 5 fused vertebrae at the lower end of the spine. It connects to the last lumbar vertebra at the top, the coccyx below and the hip bones at the side. It protects important nerves from our spine, that help control the bladder and bowels and genitals.	
Similar words	<i>bottom of the spine, back bone</i>	
Saliva		Topic: Body parts (anatomy)
Meaning	Saliva is the liquid that is in your mouth. In the sides of your mouth there are salivary glands that make saliva. It keeps the mouth moist and helps food slip down your throat. It also contains substances called enzymes. Your saliva has bacteria and germs in it, so when you share cups, you can spread the germs to all the people who are sharing.	
Similar words	<i>Spit, spittle</i>	
Salivary glands		Topic: Body parts (anatomy)
Meaning	Salivary glands are in your mouth and produce a fluid called saliva. Saliva keeps the mouth wet and makes food easier to swallow.	
Similar words	-	



Scab	Topic: Skin (dermatology)
Meaning	When you get a sore or cut, and it starts to heal and goes hard.
Similar words	<i>Crust</i>
Scabies	Topic: Skin (dermatology)
Meaning	A type of bug that gets under your skin. Scabies bugs in your skin make you very itchy and scratching all the time. You can catch scabies from touching somebody with scabies, or sharing clothes, towels, or a bed with them. If you catch scabies, the doctor or nurse will give you medicine and you will need to wash your clothes, towels, and bed sheets to make sure your family don't catch it and you don't catch it again. Sometimes, people you live with need to have the medicine too.
Similar words	-
Scapula	Topic: Body parts (anatomy)
Meaning	The scapula or shoulder blade is a large flat bone at the back of the shoulder.
Similar words	<i>Shoulder blade</i>
Sclera	Topic: Body parts (anatomy)
Meaning	The sclera is the white part of your eye. When someone is sick with liver problems like hepatitis, the sclera can become bright yellow.
Similar words	<i>Curved spine; curved back</i>
Scoliosis	Topic: Sickness
Meaning	When the spine is curved to the side. This can cause back pain and problems moving normally.
Similar words	-
Scrotum	Topic: Men's business
See interpretation in Men's Business section	
Meaning	See interpretation in Men's Business section.
Similar words	-

Schizophrenia		Topic: Sickness
Meaning	Schizophrenia is a mental illness where people might develop strange new beliefs, hear upsetting voices and have trouble thinking normally for a long time. There are medications that can help schizophrenia.	
Similar words	<i>Hearing voices; psychotic illness; psychosis; schizoaffective disorder</i>	
Secondary prophylaxis		Topic: Medicine
Meaning	A type of medicine the doctor can give you if you have had Acute Rheumatic Fever (ARF). This medicine helps your body fight the sickness to stop your heart from getting more sick, which can mean getting ARF again, or Rheumatic Heart Disease (RHD). You can ask the doctor about how to make the needle hurt less.	
Similar words	<i>BPG; needle; injection; RHD; L-A bicillin; LAB; penicillin</i>	
Sedative		Topic: Medicine
Meaning	Medicine to keep you asleep or calm. An example of a sedative (also called sedation) is in the hospital where you might be really sick on a breathing machine. When you are on the breathing machine, there is a tube down your throat into your lungs so the machine can breathe for you. The tube is painful, so doctors will give you sedative so you aren't really awake and can't feel it.	
Similar words	-	
Seizure		Topic: Medicine
Meaning	When your body moves, and you can't control it. There are different kinds of seizures. Some look obvious where a person's whole body is shaking, and they are not awake. Some seizures can be just one part of a person's body moving without them controlling it and they are awake and know what is happening. Fits can make you feel sick and confused.	
Similar words	<i>Fit</i>	



Sepsis		Topic: Sickness
Meaning	<p>Septicaemia is when you get a germ like a bacteria or virus that causes infection in your body, and spreads to the blood, this is called. Your immune system will try kill the germ.</p> <p>Sepsis is when your immune system reacts too much, and your body gets damaged and sick. Signs of sepsis include low blood pressure, fast heart rate, fevers, and feeling very sick.</p>	
Similar words	<i>Septicaemia; blood sickness</i>	
Septicaemia		Topic: Sickness
Meaning	<p>When you get a germ like a bacteria or virus that causes infection in your body, your immune system (see immune system) can try to kill the germ. Sepsis is when your immune system reacts too much, and your body gets damaged and sick from the immune system reaction to the germ. Signs of sepsis include low blood pressure, fast heart rate, fevers, and feeling very sick.</p>	
Similar words	<i>Sepsis; blood sickness</i>	
Septum		Topic: Body parts (anatomy)
Meaning	<p>A part of your body (like a muscle or tissue) that separates two parts of your body. For example, the part between the two holes in your nose (called nostrils) is called a septum.</p>	
Similar words	-	
Serology		Topic: General health words
Meaning	<p>A test to check for a sign in your body that you have had a sickness in the past. Doctors or nurses can do this with a blood test.</p>	
Similar words	<i>Blood test</i>	
Serum		Topic: Body parts (anatomy)
Meaning	<p>Serum is the clear yellow fluid that comes out of sores on your body. Serum is part of your blood. It is different to pus, which is cloudy. Serum is clear.</p>	
Similar words	<i>Serous discharge; plasma</i>	

Shin	Topic: Body parts (anatomy)
Meaning	Our shin is at the front of our lower leg, below our knee. Our tibia bone sits inside our shin.
Similar words	-
Shin bone	Topic: Body parts (anatomy)
Meaning	The shin bone is the big bone in the bottom part of your leg, between the knee and ankle. The other bone in the bottom part of your leg is called the fibula.
Similar words	<i>Tibia</i>
Shingles	Topic: Sickness; Skin (dermatology)
Meaning	A type of sickness caused by a virus called Varicella. This virus also causes chicken pox. After you recover from chicken pox, it stays in your body, and then come back when you are older. When it comes back, it is called shingles. Shingles can give you a painful rash on your skin and make you feel very tired and sick.
Similar words	<i>Adult chickenpox; Herpes Zoster; Varicella</i>
Shoulder	Topic: Body parts (anatomy)
Meaning	The shoulder is where the arm joins onto the body.
Similar words	-
Shoulder blade	Topic: Body parts (anatomy)
Meaning	The scapula or shoulder blade is a large flat bone at the back of the shoulder.
Similar words	<i>Scapula</i>
Sinus	Topic: Body parts (anatomy)
Meaning	A sinus is any hollow space in a bone. When people talk about their sinuses, they are talking about the spaces in the bones around your cheek bones and nose.
Similar words	-



Sinus (SA) Node	Topic: Heart (cardiology)
Meaning	Your heart pumps because it has electricity. The electricity makes sure your heart beats the right way. The sino-atrial node (SA node) starts the electricity that starts each heartbeat. If the SA node is sick, the heart may not beat properly. When the heart is beating normally this is called 'sinus rhythm'.
Similar words	-
Skeleton	Topic: Body parts (anatomy)
Meaning	The skeleton is all the bones in your body. When you have a bone scan (x-ray) the machine is taking pictures of different parts of your skeleton.
Similar words	-
Skin	Topic: Body parts (anatomy)
Meaning	Skin covers the outside of the body. It stops germs from getting inside your body. It protects the inner organs from getting hurt. It helps your body not get too hot or too cold. It has colour in it to protect you from the sun. It also has nerves in it to help you feel pain, hot, cold, and touch. When you break the skin with a cut or sore, germs can get inside our body and make us sick.
Similar words	-
Skin Cancer	Topic: Sickness
Meaning	The abnormal growth of skin cells which can attack body tissue. Sometimes this can spread into other parts of the body.
Similar words	SCC; BCC; <i>melanoma</i>
Skin graft	Topic: Operation (surgery or procedure)
Meaning	A skin graft is where healthy skin is taken from one part of the body to put on another part of your body to fix an area of lost or damaged skin. You might need a skin graft because of burns, injuries, or surgery to remove skin that has a disease (like skin cancer).
Similar words	-

Skull	Topic: Body parts (anatomy)
Meaning	The skull is the name for all the bones in your head and face together. The skull protects the brain. When the skull gets hurt, your brains may also be injured.
Similar words	<i>Head; head bone</i>
Small intestine	Topic: Body parts (anatomy)
Meaning	The small intestine is the beginning of the intestine which sits in your tummy between the bottom of the stomach and the beginning of the colon. It is in the small intestine that most of your food is broken up to be used by our body.
Similar words	<i>Intestine; large intestine; small bowel</i>
Soft Tissue(s)	Topic: Body parts (anatomy)
Meaning	Parts of your body that are not bones or organs. Soft tissue means parts like fat or muscles. Can also mean ligaments, which are what stick muscles to bones. Can also mean inside parts of joints which are where bones connect, for example your elbow joint.
Similar words	<i>Muscles; ligaments; body fat</i>
Sole	Topic: Body parts (anatomy)
Meaning	The sole is the bottom of your foot that you walk on. It is the part of your foot that touches the ground when you stand up and walk.
Similar words	-
Spasm	Topic: General health words
Meaning	When your muscles get tense or tight without you being able to control it. A spasm is like a muscle cramp.
Similar words	<i>Jerk, painful twist</i>
Specimen	Topic: General health words
Meaning	A specimen is another name for something that gets tested to help doctors find out what is wrong. For example, if you have a cough, the doctors might want a specimen of your phlegm or mucous you cough up to test if you have a germ in your lungs causing infection.
Similar words	-



Sphygmomanometer		Topic: Heart (cardiology)
Meaning	A machine that measures your blood pressure.	
Similar words	-	
Spinal column		Topic: Body parts (anatomy)
Meaning	The spine is the tower of small bones, called vertebrae that go down the middle of your back. There are 5 parts of the spinal column: the cervical spine, the thoracic spine, the lumbar spine, the sacrum, and the coccyx. The spinal column makes bending over easy.	
Similar words	<i>Spine; vertebral column; backbone</i>	
Spinal cord		Topic: Body parts (anatomy)
Meaning	The spinal cord is made of groups of nerves that lie in the tunnel made by the vertebrae of your spine. These nerves connect your brain with the rest of your body. From the spinal cord, nerves go out to every part of our body. The nerves let you feel things that touch you.	
Similar words	-	
Spinal Fusion		Topic: Brain and nerves (neurology)
Meaning	Operation on your back bone. You might need this operation is you have pain from nerves in your back bone.	
Similar words	-	
Spine		Topic: Body parts (anatomy)
Meaning	The spine is the tower of small bones, called vertebrae that go down the middle of your back. There are 5 parts of the spinal column; the cervical spine, the thoracic spine, the lumbar spine, the sacrum and the coccyx. The spinal column makes bending over easy.	
Similar words	<i>Spinal column, vertebral column, backbone</i>	
Spleen		Topic: Body parts (anatomy)
Meaning	The spleen is a big organ that sits in the top left part of your tummy. It stores some blood, and it takes germs and old red blood cells out of the blood and helps with our immune system. If there is a problem with your spleen, a doctor might need to take it out. Most people can live quite easily without a spleen but might need to take antibiotics to help the immune system.	
Similar words	-	

Sprain	Topic: Sickness
Meaning	When a ligament is hurt or broken. Ligaments connect your muscles and your bones. If you sprain a ligament, it causes pain. For example, a ligament connecting your ankle bones together could be broken playing footy or from falling over, that's what a sprained ankle is, and maybe the pain means you can't walk. Ligaments take time to heal, if the break in the ligament is big, it will take longer to get better than if the break is small.
Similar words	<i>Strain</i>
Sputum	Topic: General health words
Meaning	Another name for phlegm or mucous that you cough up from your lungs. When people have sputum caught in their throat you might hear an ugly sounding snort that is bringing all the spit from the back of the throat up to the mouth to spit out. Some people have to do this many times a day to get rid of all the spit or phlegm that is in the back of the throat. Sputum has germs in it so it's important to wash your hands to stop spreading sickness to other people.
Similar words	<i>Spit, phlegm</i>
STEMI	Topic: Heart (cardiology)
Meaning	A type of heart attack.
Similar words	-
Stenosis	Topic: Heart (cardiology)
Meaning	When pipes (like your blood pipes) get too narrow. This is because of a disease like atherosclerosis where fat builds up on the inside of the pipe. Stenosis of a blood pipe means it's harder for blood to flow through it, which can mean less blood goes to important body parts like your heart or kidneys.
Similar words	-
Stent	Topic: Heart (cardiology)
Meaning	A metal spring or coil that can be put inside a tube – like a blood vessel or another organ – that is too narrow or has stenosis (see previous entry). The stent opens the blood pipe up again so that blood can flow better through the pipe to other parts of your body.
Similar words	-



Sterile		Topic: General health words
Meaning	If something does not have any alive bugs on it, it is called sterile. Bugs can be so tiny that you can't see them, so to make something sterile it has to be washed or treated in a special way. It is important to have sterile things in clinics and hospitals for things like operations and dressing for healing, so bugs don't cause infection.	
Similar words	-	
Sternum		Topic: Body parts (anatomy)
Meaning	The sternum is the bone that lies in the front of the chest from your neck to your diaphragm. It is the bone at the front that your ribs are joined to. The sternum, along with your ribs, protects the heart and lungs.	
Similar words	<i>Breastbone</i>	
Steroid		Topic: Medicine
Meaning	<p>A type of medicine that stops swelling and pain and is also used to stop the immune system working as much. Steroids are used in treating lots of sicknesses, like asthma, auto-immune conditions, cancer, and lung diseases. Being on steroids for a long time can cause a lot of side effects, like high sugar in the blood, putting on weight, and hurting the bones.</p> <p>Some steroids can make you stronger and better at sport, and not allowed if you play sport for a job.</p>	
Similar words	<i>Prednisone</i>	
Stethoscope		Topic: Medical equipment
Meaning	Doctors and nurses use a stethoscope to listen to your heart and breathing. A stethoscope has two ends that go into the ears connected to another end with a round disk which the doctor or nurse will place on your skin over your heart and lungs to listen. Listening can help to check if something is wrong or sick. A doctor or nurse might have a stethoscope hanging around their neck.	
Similar words	-	

Stomach	Topic: Body parts (anatomy)
Meaning	The stomach is a large bag in your tummy that sits between your food pipe and the small intestine. When you eat food, the stomach mixes it up together. Inside the stomach are some liquids that start to break the food up so your body can use the parts of it that give you energy and vitamins.
Similar words	<i>Tummy; belly; guts; abdomen</i>
Stools	Topic: Body parts (anatomy)
Meaning	Faeces are the leftovers from what you eat that the body does not need anymore.
Similar words	<i>Faeces; poo; guna</i>
Strain	Topic: General health words
Meaning	When a ligament is hurt or broken. Ligaments connect your muscles and your bones. If you sprain a ligament, it causes pain. For example, a ligament connecting your ankle bones together could be broken playing footy or from falling over, that's what a sprained ankle is, and maybe the pain means you can't walk. Ligaments take time to heal, if the break in the ligament is big, it will take longer to get better than if the break is small.
Similar words	<i>Sprain</i>
Stress	Topic: Heart (cardiology)
Meaning	Too much worry. Stress can also mean big exercise, for example a cardiac stress test means testing your heart when you are running or riding a pushbike.
Similar words	<i>Physical; mental or emotional tension or strain; pressure; worry</i>
Stress Fracture	Topic: Sickness
Meaning	When your bone gets a tiny break from too much use, for example too much of the same exercise over a long time.
Similar words	-



Stroke	Topic: Brain and nerves (neurology)
Meaning	When your brain doesn't get enough blood and it stops working. Sometimes a stroke can mean a clot or blockage of a blood pipe to the brain, or a blood pipe bursts and leaks blood in the brain. The part of the brain that needs the blood can die if this happens to a person and they can't get to the clinic or a hospital quickly to fix it. If a person has a stroke that involves a big blood pipe or lots of blood, they could die.
Similar words	-
Subarachnoid Haemorrhage	Topic: Sickness
Meaning	A type of stroke where a blood pipe breaks and blood leaks out of the pipe and into the brain.
Similar words	-
Subclavian Arteries	Topic: Heart (cardiology)
Meaning	Big blood pipe that sends blood from the heart to the arms. You have one subclavian artery for each arm.
Similar words	-
Subdural Hematoma	Topic: Brain and nerves (neurology)
Meaning	Bleeding into one of the layers under your skull that wraps around and protects your brain
Similar words	-
Sudden Infant Death Syndrome (SIDS)	Topic: Sickness
Meaning	When a baby dies suddenly in their sleep without being sick. Doctors think that putting babies to sleep on their backs, making sure they have enough fresh air (no smoking near them), and enough space (sleeping in their own cots) helps stop babies dying in their sleep.
Similar words	-
Suicide	Topic: Sickness
Meaning	Meaning: When someone kills themselves on purpose, it is called suicide. Sometimes this can be caused by a mental illness like depression or psychosis, and sometimes it happens when you are very troubled or drunk from alcohol or other drugs.
Similar words	<i>Killing yourself</i>

Suicidal ideation		Topic: Sickness
Meaning	Suicidal ideation is when someone is thinking about killing themselves. Sometimes this can be caused by a mental illness like depression or psychosis, and sometimes it happens when you are very troubled or drunk from alcohol or other drugs.	
Similar words	<i>Suicidal thoughts</i>	
Superior Vena Cava		Topic: Heart (cardiology)
Meaning	Big blood pipe (big vein) that brings blood back to the heart from the head and arms	
Similar words	-	
Supportive Care		Topic: General health words
Meaning	This is care that you might need if you are sick that is not the medicine or medical treatment. Supportive care helps you manage the other problems your sickness brings for example, your emotions or problems getting things done at home, caring for kids.	
Similar words	-	
Sutures		Topic: Operation (surgery or procedure)
Meaning	Doctors and nurses use stitches to sew skin together again to heal, like after it is cut for an operation.	
Similar words	<i>Stitches</i>	
Sweat		Topic: Body parts (anatomy)
Meaning	In the skin on your body there things called sweat glands. These make a fluid called sweat when you get hot. The wind dries the sweat on our skin and cools you down.	
Similar words	<i>Perspiration</i>	
Symptoms		Topic: General health words
Meaning	A symptom is something that is different in your body that might mean you have sickness. For example, symptoms of a broken bone arm are pain and swelling in the arm, or you might see the arm is bent or crooked. Symptoms help doctors and nurses work out what the sickness is, and is why they might ask you a lot of questions when you go to the clinic or hospital. If they work out what the sickness is from your symptoms, they can give you the right treatment or medicine to get you healthy again.	
Similar words	<i>Sign (of disease or sickness), indicator, warning</i>	



Syncope	Topic: Heart (cardiology)
Meaning	Fainting. When a person 'passes out' or 'faints' and then after a short time they wake up. Another name for this is 'brief loss of consciousness'. This might be caused by heart beat problems or low blood pressure.
Similar words	-
Synovial fluid	Topic: Body parts (anatomy)
Meaning	Synovial fluid is a thick liquid that helps your joints to move smoothly.
Similar words	<i>Synovia</i>
Systemic Lupus Erythematosus	Topic: Sickness
Meaning	A type of autoimmune disease. It can cause lots of problems with joints, blood vessels, and kidneys.
Similar words	<i>Lupus</i>
Tachycardia	Topic: Heart (cardiology)
Meaning	When your heart beats faster than normal. A normal heartbeat is between 60 and 100 beats every minute.
Similar words	-
Tachypnoea	Topic: Heart (cardiology)
Meaning	Breathing that is faster than normal. Normal is between 12 and 20 breaths every minute.
Similar words	-
Tailbone	Topic: Body parts (anatomy)
Meaning	The tailbone is the lowest part of your backbone. It is made of 4 very small vertebrae that are joined together, called the coccyx.
Similar words	<i>Coccyx; bottom of the spine</i>
Tamponade	Topic: Heart (cardiology)
Meaning	This means pressure or squeeze caused by a fluid inside a space. For example, a cardiac tamponade is when fluid fills up in the space around the heart and squeezes the heart. This can make it difficult for the heart to move and pump, and can cause the heart to stop meaning the person could die unless the fluid is drained quickly at a clinic or hospital.
Similar words	-

Tear duct	Topic: Body parts (anatomy)
Meaning	Tear ducts are small tubes that go from the inside corner of your eye to the inside of your nose. This tube carries tears from your eyes into your nose.
Similar words	<i>Lacrimal duct</i>
Tears	Topic: Body parts (anatomy)
Meaning	Tears are the salty water that keeps your eyes moist and clean. When you cry, tears come out of your tear ducts.
Similar words	<i>Crying</i>
TEDs or TED stockings (thrombo embolic deterrent)	Topic: Medicine
Meaning	Stockings or long socks that many patients wear in hospital. These stockings must feel tight around your calves and legs. They make sure that blood keeps flowing through your veins (blood pipes back to the heart) in your legs. If blood doesn't flow properly back to your heart, it might cause a deep vein thrombosis (clot in the leg) or a pulmonary embolus (blood clot in the lungs).
Similar words	<i>Pressure stockings</i>
Teeth	Topic: Body parts (anatomy)
Meaning	Teeth are the very small bone-like things in the mouth for biting and chewing. They are covered with a hard coat called enamel.
Similar words	-
Temple	Topic: Body parts (anatomy)
Meaning	The temples are on either side of your head, between your eye and ear. It is a very sensitive spot.
Similar words	-
Tendon	Topic: Body parts (anatomy)
Meaning	Tendons are tough cords that join our muscles to your bones. When your muscle contracts, it pulls on the tendon which then moves the bone.
Similar words	<i>Muscle</i>



Tendon	Topic: Body parts (anatomy)
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Meaning	Type of a part of your body called a tissue (see tissue). Tendons connect your muscles to your bones and help you move around.
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Similar words	-
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Terminal	Topic: General health words
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Meaning	A sickness that cannot be cured and is going to cause the death of the person. For example, terminal cancer means there is no medicine or treatment that will ever get rid of the cancer, and the person will eventually pass away from it. This doesn't always mean the person is going to die soon, but sometimes this can happen.
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Similar words	<i>Deadly, fatal</i>
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Testes	Topic: Men's business
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See interpretation in Men's Business section

Theatre	Topic: General health words
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Meaning	This is the place in the hospital or clinic where you have your operation. Sometimes this is also called the 'operating room'. Sometimes a nurse might say 'you're going to theatre now' which means they will take you to the operation now.
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Similar words	<i>Operating theatre, surgery, operations</i>
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Thigh	Topic: Body parts (anatomy)
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Meaning	The thigh is the top part of the front of your leg. It goes from the hip to the knee.
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Similar words	<i>Upper leg</i>
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Thoracic spine	Topic: Body parts (anatomy)
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Meaning	The thoracic spine is the part of your backbone between your neck and waist. There are 12 thoracic vertebrae.
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Similar words	<i>Upper back</i>
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Thorax	Topic: Body parts (anatomy)
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Meaning	The chest is at the front of your body from other collar bone to the bottom of your ribs. Your heart and lungs are inside the chest.
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Similar words	<i>Chest</i>
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Throat	Topic: Body parts (anatomy)
Meaning	The throat goes from the back of the mouth to the start of the oesophagus.
Similar words	<i>Front of the neck</i>
Thrombolysis	Topic: Heart (cardiology)
Meaning	When a medicine is given to break or dissolve a blood clot. This can be when a person is having a heart attack or stroke and a clot is blocking a blood pipe to the heart or brain. Thrombolysis medicine works everywhere in your body so all blood clots are dissolved everywhere, which means it could cause big bleeding which is dangerous. Because of this, when doctors give you thrombolysis, it is in an emergency when you are very sick and need the blood clot dissolved quickly.
Similar words	<i>Thrombolytic Therapy</i>
Thrombus	Topic: Body parts (anatomy)
Meaning	Thrombus are blood clots. Blood clots stop bleeding. A blood clot can be like a scab, or hard lump. Sometimes blood can clot in the wrong place and cause sickness, like if there is a clot inside a blood pipe (called arteries or veins). It can block the pipe and flow of blood. If the clot stops blood getting to the brain, it is called a stroke. If it stops blood getting to the heart, it is called a heart attack.
Similar words	<i>Blood clot; stop bleeding</i>
Thumb	Topic: Body parts (anatomy)
Meaning	The thumb is the thickest finger on your hand.
Similar words	<i>Hand; fingers</i>
Thyroid gland	Topic: Body parts (anatomy)
Meaning	The thyroid gland is shaped a little bit like a butterfly. Two parts sit either side of your throat. The thyroid gland makes things called hormones that are sent into your blood. These hormones help control our energy levels and mood. When thyroid hormone is too low, people can feel very tired and put on weight. When it is too high people can have fast heart beats, lose weight and feel anxious. It is a very important part of the body. Sometimes people might need extra thyroid hormone, which doctors can give as a special tablet.
Similar words	-



Tibia		Topic: Body parts (anatomy)
Meaning	The tibia is the big bone in the bottom part of your leg, between the knee and ankle. The other bone in the bottom part of your leg is called the fibula.	
Similar words	<i>Shin bone</i>	
Tissue		Topic: Body parts (anatomy)
Meaning	Tissues are formed when cells join together to do the same type of things in your body. The body is made up of lots of different types of cells, like skin cells, muscle cells, and bone cells.	
Similar words	-	
Tissue Typing		Topic: Kidneys (renal)
Meaning	This is the blood test when matching an organ from a donor to a recipient. Sometimes an important part of your body, called an organ can get sick. An example of an organ is your heart, liver, or kidneys. If an organ gets sick, it can make you very sick, but sometimes a new, healthy one can be put inside you to replace the sick one - this is called a transplant and done with an operation. Tissue typing is a blood test where blood from the person giving (the donor) is compared with the blood of the person receiving (the recipient) the organ. To get an organ, there needs to be a good 'match' between the person who gives and the person who receives. If there is not a good match, the person's body that receives the organ might reject it and the organ will stop working, so the person will get sick again.	
Similar words	-	
Toe		Topic: Body parts (anatomy)
Meaning	The small stick-shaped things on the end of our feet are called toes. Toes help you to keep your balance when you are standing up. They grip the ground when you walk.	
Similar words	-	
Tongue		Topic: Body parts (anatomy)
Meaning	The tongue is the muscle that moves in the mouth. You need it for talking and swallowing. It also has special nerve endings for tasting food.	
Similar words	-	

Tonsils	Topic: Body parts (anatomy)
Meaning	Tonsils sit on both sides of the back of your mouth. They are lymph nodes.
Similar words	-
Trachea	Topic: Body parts (anatomy)
Meaning	The trachea is a tube that carries air from the back of your mouths to your lungs. Air flows through the trachea when we breathe.
Similar words	<i>Windpipe</i>
Transplant	Topic: Operation (surgery or procedure)
Meaning	Sometimes an important part of your body, called an organ can get sick. An example of an organ is your heart, liver, or kidneys. If an organ gets sick, it can make you very sick or even die, but sometimes a new, healthy one can be put inside you to replace the sick one - this is called a transplant and done with an operation. The organ might come from someone who has died, or they might still be alive and can live without it. A transplant is a big operation, and anyone who gets a transplant will need to be taking special medicines to make sure their body doesn't kill the new organ.
Similar words	-
Trial of labour	Topic: Women's business
See interpretation in Women's Business section	
Tricuspid Valve	Topic: Heart (cardiology)
Meaning	One of the valves inside your heart (see valve)
Similar words	-
Triglycerides	Topic: General health words
Meaning	Triglycerides are a type of fat that you can get from both animal and vegetable foods. Fat is stored so that you can use it when your body needs fuel for energy. Once you eat this type of fat, they go into the blood to be used as energy in your body.
Similar words	-



Trimester	Topic: Women's business
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See interpretation in **Women's Business** section

Tuberculosis	Topic: Lungs and breathing (respiratory)
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Meaning	A sickness caused by a germ in your lungs. It is very easy to spread through the air by breathing, talking and coughing. It can cause long term lung damage.
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Similar words	<i>TB</i>
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Tumour	Topic: General health words
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Meaning	When a part of a person's flesh grows fast and not in a normal way and looks like a lump on your skin. Some tumours are cancer and some are not. Sometimes, even if tumours are not cancer they have to be removed because they push on nerves and cause pain to stop that part of the body working properly.
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Similar words	<i>Growth, lump</i>
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Tympanic membrane	Topic: Body parts (anatomy)
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Meaning	The ear has 3 parts. The eardrum is a thin wall (called a membrane) that goes between the outer ear and the middle ear. It is tight like the skin of a drum. When sound travels into your ear, it makes the eardrum move, just like drum sticks make the skin on the top of a drum move.
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Similar words	<i>Ear drum</i>
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Ulna	Topic: Body parts (anatomy)
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Meaning	The ulna is a bone in your forearm. The ulna works with another bone called the radius to turn your hand.
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Similar words	<i>Forearm</i>
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Ulnar Bone	Topic: Body parts (anatomy)
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Meaning	The ulna is one bone of our forearm. The ulna works with the radius to turn our hand.
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Similar words	<i>Forearm</i>
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Ultrasound	Topic: General health words
Meaning	A test that shows inside your body. A specially trained person called a sonographer puts a special machine on your skin and the machine can look through the skin to show if there is something wrong or sickness inside your body. Ultrasounds can also show how well a baby is growing. This test does not hurt. They use a cold jelly on the skin with the machine, but it wipes off easily.
Similar words	<i>Scan</i>
Umbilical cord	Topic: Body parts (anatomy)
Meaning	The umbilical cord is the tube that connects a baby to its mother before it is born. The umbilical cord comes from the placenta which is on the inside edge of the mother's uterus. It has two arteries and one vein that supply the baby with oxygen and food through the mother's blood. After the baby is born the umbilical cord is cut. The end that is attached to the baby shrivels up and falls off, leaving the baby's belly button.
Similar words	<i>Belly button cord</i>
Umbilicus	Topic: Body parts (anatomy)
Meaning	The umbilicus is the small hole in the middle of your tummy.
Similar words	<i>Navel; belly button</i>
Unconscious	Topic: Sickness
Meaning	When someone 'passes out' or is asleep but you can't wake them up. This can be because of drugs or alcohol, or head injury, or other sicknesses that can affect the brain.
Similar words	<i>Passed out, sleeping</i>
Upper jaw	Topic: Body parts (anatomy)
Meaning	The maxilla is the upper jaw. Your top teeth sit in your maxilla.
Similar words	<i>Maxilla; jaw</i>



Urea		Topic: Body parts (anatomy)
Meaning	Food such as fish, meat and eggs are called protein foods. When your body uses protein, urea is left over. It is not useful to your body, so your blood carries it to the kidneys. The kidneys send it out of your body in wee (urine).	
Similar words	<i>Protein</i>	
Ureter		Topic: Body parts (anatomy)
Meaning	The ureters are the tubes that carry wee from the kidneys to the bladder. You have two ureters, one from each kidney.	
Similar words	<i>Wee</i>	
Urethra		Topic: Body parts (anatomy)
Meaning	The urethra is a tube from the bladder to the outside. Wee flows through this tube when you wee (urinate).	
Similar words	<i>Wee</i>	
Urinalysis		Topic: General health words
Meaning	A test doctors do with your wee or pee that can help them check your health.	
Similar words	<i>Wee test</i>	
Urine		Topic: Body parts (anatomy)
Meaning	Urine is a liquid that comes out of your body when you go to the toilet. Your kidneys make urine. It is mainly water, urea, creatine, salt, and other things our body doesn't need inside it. If you haven't had enough water to drink, the urine will be yellow. Otherwise, it will be clear.	
Similar words	<i>Wee; piss; pee</i>	
Urticaria		Topic: Skin (dermatology)
Meaning	Itchy rash with red or dark bumps	
Similar words	<i>Hives</i>	
Uterus		Topic: Women's business

See interpretation in **Women's Business** section

Uvula		Topic: Body parts (anatomy)
Meaning	The uvula is the small, soft piece of flesh that hangs down at the back of your throat.	

Similar words	-	
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Vaccine		Topic: General health words
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Meaning	Vaccines make our immunity stronger. When you get a vaccination (a needle), part of a germ that normally causes sickness, is put in your body (with a needle). Only part of the germ is used so that you don't get sick from it. Your immune system (see definition of immune system) attacks it and remembers it. Because it remembers, if you catch the strong germ again, your immune system attacks and kills it so you don't get sick from it. If you are vaccinated against that germ, doctors say you are immune to it.	
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Similar words	<i>Immunisation; immunise; needle; vaccination; vaccinate; jab</i>	
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Vagina		Topic: Women's business
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See interpretation in Women's Business section

Vaginal discharge		Topic: Women's business
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See interpretation in Women's Business section

Valve (of the heart)		Topic: Body parts (anatomy)
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Meaning	There are 4 valves inside the heart. They are small doors that only open one way. They keep the blood flowing one way and stop it from flowing back again. When your heart pumps, these doors open, and blood flows out to the rest of the body. The 'lub dub' sound of the heart is the sound of these doors shutting.	
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Similar words	-	
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Valve Replacement	Topic: Heart (cardiology); Operation (surgery or procedure)
Meaning	An operation on your heart. Your heart pumps blood through your blood pipes. Your heart has valves to make sure the blood flows the right way through and out of your heart into your blood pipes. Valves make sure blood doesn't flow backwards. Sometimes valves get sick and don't work properly, which means blood does flow right through your heart into your blood pipes, which can make your heart sick. A valve replacement puts a new valve in your heart, it can be a big operation.
Similar words	-
Varicella	Topic: Sickness
Meaning	A type of germ called a virus. This virus gives you chicken pox. Chicken pox is a sickness where you get itchy, blisters on your skin and feel very sick. If you have chicken pox, you can spread it to other people and make them sick.
Similar words	<i>Chicken pox; Herpes Zoster virus</i>
Vascular	Topic: Heart (cardiology)
Meaning	This means anything to do with the system that moves blood around the body. Veins and arteries (blood pipes) and the heart are part of the vascular system.
Similar words	<i>Blood pipes; veins; arteries</i>
Vascular Access	Topic: Kidneys (renal)
Meaning	This means a tube that goes into your blood pipe so the nurse and doctor can get blood from you or give you medicine into your blood or clean your blood with dialysis. The tube goes into your blood pipe through your skin with a needle and stays there, but the needle comes out. After the tube gets put in, the doctors and nurses can take your blood and give you medicine into your blood through the tube without a needle.
Similar words	-
Vein	Topic: Body parts (anatomy)
Meaning	Veins are the blood pipes that carry blood towards our heart. Arteries are another kind of blood pipe that carry blood away from your heart to the rest of your body.
Similar words	<i>Artery; blood vessel; blood pipe</i>

Ventilator		Topic: Medical Equipment
Meaning	A machine that is used to help you breathe. When your lungs are sick, a doctor will connect you a ventilator to help you breathe or breathe for you.	
Similar words	<i>Breathing machine; respirator</i>	
Ventricle		Topic: Body parts (anatomy)
Meaning	There are four rooms in your heart, 2 top rooms and 2 bottom rooms. The bottom rooms are called ventricles. Your heart squeezes and pushes blood through these rooms in your heart.	
Similar words	<i>Atrium</i>	
Ventricle		Topic: Brain and nerves (neurology)
Meaning	Hollow areas in organs of your body, like a hole. Your brain has ventricles where special brain fluid is made and flows through, and the heart has ventricles inside that fill up with blood, and then the heart beat and squeezes the ventricles to pump your blood.	
Similar words	<i>Lower chambers of the heart.</i>	
Ventricular Fibrillation		Topic: Heart (cardiology)
Meaning	Your heart relies on electricity to pump properly. This electricity is a normal part of your heartbeat, and doctors call this your heart rhythm. Ventricular fibrillation is a type of heart rhythm where there is a problem with the electricity and your heart stops beating. It is an emergency.	
Similar words	-	
Ventricular Tachycardia		Topic: Heart (cardiology)
Meaning	Your heart relies on electricity to pump properly. This electricity is a normal part of your heartbeat, and doctors call this your heart rhythm. Ventricular tachycardia is a type of heart rhythm where your heart beats too fast. It can be very serious. Your heart can stop beating from this rhythm, so it is an emergency.	
Similar words	-	



Vertebra		Topic: Body parts (anatomy)
Meaning	A vertebra is one of the little bones that make up your backbone. There are 33 vertebrae all together in your spine. They sit together on top of one another, making a tunnel inside for the spinal cord to run through. Vertebrae work together to help your back bend.	
Similar words	<i>Back bone; spine</i>	
Vertigo		Topic: Sickness
Meaning	This is a feeling like you are spinning around, but you are actually standing still.	
Similar words	<i>Feeling dizzy; dizziness</i>	
Virus		Topic: General health words
Meaning	This is a type of germ that can cause infection and make you sick. The flu, chickenpox and coronavirus are examples of a virus.	
Similar words	<i>Germ</i>	
Vision		Topic: General health words
Meaning	Being able to see. Doctors will sometimes talk about your 'vision' if you have had a knock on the head and you may be concussed. People who are blind have no vision	
Similar words	<i>Eyesight</i>	
Voice box		Topic: Body parts (anatomy)
Meaning	The larynx sits at the top end of your windpipe trachea. Another name for the larynx is the voice box. Inside the larynx are the vocal cords which make sound.	
Similar words	<i>Larynx; Adam's apple</i>	
Vancomycin Resistant Enterococcus (VRE)		Topic: General health words
Meaning	A type of germ that can cause sickness. VRE is stronger than most antibiotic medicine, so it can be hard to treat.	
Similar words	<i>Bacteria; germ</i>	

Wart	Topic: Skin (dermatology)
Meaning	A lump on the skin caused by a virus. This lump normally doesn't hurt and isn't itchy. Warts can be anywhere on your body, but mostly on feet, groin, and genitals. Warts can be spread to another person from skin touching or scratching the wart. If someone has a wart on their genitals, it can be spread to another person through their skin touching the wart during sex. Warts on your feet can also spread to other people by walking on the same wet areas, like the shower. This is because the virus that causes the wart can come off your feet and stay alive in warm, wet places (like shower or around swimming pools) then someone else can walk in it and get on that person's foot.

Similar words	-
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White blood cell	Topic: Body parts (anatomy)
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Meaning	<p>White blood cells protect your body by killing or hurting germs that cause sickness. When there are lots of white blood cells, it can mean there is an infection or other sickness in your body.</p> <p>When someone has chemotherapy, the doctor counts their white blood cells because the chemotherapy kills white blood cells. If there are not enough white blood cells, germs will be able to reproduce without anything stopping them, which makes you more sick.</p>
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Similar words	<i>Leucocyte</i>
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Whooping Cough	Topic: Sickness
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Meaning	A serious sickness of the lungs, that can spread very easily when someone coughs or sneezes and another person breathes it in. It is very dangerous for babies but can affect people at any age. It can be prevented by vaccination.
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Similar words	<i>Pertussis</i>
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Windpipe	Topic: Body parts (anatomy)
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Meaning	The trachea is a tube that carries air from your mouth to your lungs.
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Similar words	<i>Trachea</i>
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Womb	Topic: Women's business
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See interpretation in **Women's Business** section



Wrist	Topic: Body parts (anatomy)
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Meaning	The wrist is the joint between the lower arm and the hand. The wrist has many small bones and ligaments so the hand and fingers can move properly.
Similar words	<i>Carpal bones</i>

X-Ray	Topic: General health words
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Meaning	X-rays are like a camera that takes photos of inside the body. They can be used to show many things from broken bones to infections within the body.
Similar words	-

Zinc	Topic: General health words
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Meaning	Zinc is a mineral found in many foods and is important for growth and development, helps wound healing and keeping the body strong. Eating a variety of meat, dairy products and green vegetables can help to keep the bodies zinc level in a normal range. People with kidney disease may have low levels in their bodies.
Similar words	-

Zygomatic bones	Topic: Body parts (anatomy)
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Meaning	The zygomatic bone is the bone under each eye that makes your cheeks sit out.
Similar words	<i>Cheekbone</i>

Women’s Business Words

Amenorrhea		Topic: Anatomy (body parts and processes)
Meaning	When a female doesn't have their period but not because of their age or because they are pregnant.	
Similar words	No periods; no menstruation	
Artificial rupture of membranes (ARM)		Topic: Obstetrics (pregnancy and childbirth)
Meaning	When a doctor helps start the birth by breaking the baby waters.	
Similar words	-	
Assisted delivery		Topic: Obstetrics (pregnancy and childbirth)
Meaning	When you get help to get the baby out during birth. Doctors or nurses might use tools to help them with this.	
Similar words	Birth; assisted birth	
Caesarean section		Topic: Obstetrics (pregnancy and childbirth)
Meaning	When you need an operation to get a baby out of the mother's baby bag.	
Similar words	Baby delivery; birth operation; C-section, caesarean	
Caesarean delivery		Topic: Obstetrics (pregnancy and childbirth)
Meaning	An operation to get the baby out.	
Similar words	C-section	
Cervix		Topic: Body parts (anatomy)
Meaning	The cervix is like a door between the lower part of the uterus and the vagina. When a someone is giving birth, the cervix slowly opens up slowly with childbirth contractions.	
Similar words	-	
Fallopian tubes		Topic: Anatomy (body parts)
Meaning	Fallopian tubes are two thin tubes that go between the ovaries and the uterus. The eggs travel down through them from the ovaries to the uterus.	
Similar words	-	



Fertility	Topic: Anatomy (body parts and processes)
Meaning	The ability to make and have a baby.
Similar words	-
Hysterectomy	Topic: Operation
Meaning	An operation where the woman's baby bag (womb) is taken out because it's causing sickness.
Similar words	<i>Surgery to remove the womb</i>
Labour	Topic: Obstetrics (pregnancy and childbirth)
Meaning	Labour is when a woman gives birth. There are three stages to labour. The first one is when the cervix (see definition) opens up. The second is birth of the baby and the third is when the placenta (see definition) comes out.
Similar words	<i>Giving birth</i>
Lithotomy position	Topic: Obstetrics (pregnancy and childbirth)
Meaning	A way a woman might sometimes lie on her back with legs up and open, resting on special foot rests. This position might be helpful during childbirth or when a woman is having an operation on her women's business parts.
Similar words	-
Lochia	Topic: Obstetrics (pregnancy and childbirth)
Meaning	Lochia are the leftover fluids that leave a mother's body through the vagina after childbirth.
Similar words	-
Membrane sweep	Topic: Obstetrics (pregnancy and childbirth)
Meaning	When someone pokes the baby to help the baby get ready to come out.
Similar words	<i>Birth; assisted birth</i>
Menopause	Topic: Anatomy (body parts and processes)
Meaning	When a woman is too old to have any more babies. Women stop getting their period when their body finishes the menopause process.
Similar words	<i>End of periods</i>

Menstrual Cycle	Topic: Anatomy (body parts and processes):
Meaning	When women become old enough to have babies, they bleed from their vagina every month (also called 'period'). This is part of the menstrual cycle, which is the woman's body preparing for having a baby. When a woman is pregnant with a baby, the cycle and bleeding stops. After the baby is born, the cycle and bleeding starts again. Lots of things can affect this cycle in women, for example when a woman doesn't eat enough food, her menstrual cycle could stop.
Similar words	-
Menstruation	Topic: Anatomy (body parts and processes)
Meaning	Menstrual blood is the blood that goes out through the vagina every 4 weeks when a woman is not pregnant. Each month, the lining of the uterus becomes thick and has extra blood going to it. This is to prepare for a fertilised egg to attach itself to the uterus lining. If the egg does not attach itself to the lining, the woman is not pregnant, so that lining with its extra blood breaks away from the uterus. When the doctor asks someone when their last period was, they are trying to find out how old the unborn child is.
Similar words	<i>Period</i>
Miscarriage	Topic: Anatomy (body parts and processes)
Meaning	When a baby dies inside the body and then comes out.
Similar words	<i>Lose the baby; miscarry</i>
Multigravida	Topic: Obstetrics (pregnancy and childbirth)
Meaning	A woman who has been pregnant before
Similar words	-
Multipara	Topic: Obstetrics (pregnancy and childbirth)
Meaning	A woman who has had a baby before
Similar words	-
Ova/Ovum	Topic: Anatomy (body parts and processes)
Meaning	The medical name for a woman's egg that is released each month to join with the man's sperm to make a baby.
Similar words	-



Ovary	Topic: Anatomy (body parts and processes)
Meaning	Ovaries are women's organs found in the lower part of the abdomen, one on each side of the uterus. Each month, they produce one egg called ovum. They also produce substances called hormones that give women female characteristics.
Similar words	<i>Ovaries</i>
Perinatal	Topic: Obstetrics (pregnancy and childbirth)
Meaning	Around the time a woman has a baby. It can mean before, during or after the birth.
Similar words	<i>Birth; time around the birth</i>
Pessary	Topic: Obstetrics (pregnancy and childbirth)
Meaning	A type of medication where a woman get the medicine in her vagina.
Similar words	-
Placenta	Topic: Anatomy (body parts and processes), Obstetrics (pregnancy and childbirth)
Meaning	The placenta is the organ that joins the baby to its mother by the umbilical cord before birth. Through the placenta, the baby gets food, water and oxygen. The placenta is also called the 'afterbirth' because it comes out after the baby.
Similar words	-
Postnatal	Topic: Obstetrics (pregnancy and childbirth)
Meaning	Time after child birth. Often referring to the baby. Can be used interchangeably with the term 'post-partum'
Similar words	-
Postpartum	Topic: Obstetrics (pregnancy and childbirth)
Meaning	Time after delivery of baby, when the body begins to return to its non-pregnant state. Often referring to the mother. Can be used interchangeably with the term 'post-natal'.
Similar words	-
Post-Partum Depression	Topic: Obstetrics (pregnancy and childbirth)
Meaning	A sadness that can occur after the baby has been born
Similar words	-

Pre-eclampsia	Topic: Obstetrics (pregnancy and childbirth)
Meaning	Very high blood pressure that occurs during pregnancy. This can be dangerous for the mother and the baby.
Similar words	-
Preterm	Topic: Obstetrics (pregnancy and childbirth)
Meaning	When the baby is born after a shorter than normal pregnancy (37 wks.)
Similar words	-
Trial of labour	Topic: Obstetrics (pregnancy and childbirth)
Meaning	When a pregnant woman's body is tested to see if she is able to have the baby normally because of births she may have had before where things went wrong. This test is when the woman is in labour having the baby and is in the hospital so the doctors and nurses can make sure everything is ok. If the birth goes normally then the baby can be born naturally through the vagina. If there are problems, then the baby might need to be born with an operation called a Caesarean.
Similar words	-
Trimester	Topic: Obstetrics (pregnancy and childbirth)
Meaning	There are three time periods (trimesters) that make up a pregnancy 1-12 weeks is the first trimester, 13-26 weeks is the second trimester and 27-42 weeks is the third trimester.
Similar words	-
Uterus	Topic: Anatomy (body parts and processes)
Meaning	The uterus is the baby bag. It is a thick muscle with a space inside it and it sits in a woman's pelvis. It is the place where a baby grows until it is ready to be born. As the baby grows bigger, the uterus stretches and grows. After the baby is born, the uterus shrinks back down to sit inside the pelvis again.
Similar words	<i>Womb</i>



Vagina		Topic: Anatomy (body parts and processes)
Meaning	The vagina is the pathway in a women from her uterus to the outside of her body. A baby comes out form its mother's body through the vagina. During childbirth, the vagina stretches wide to allow the baby to be born. Afterwards, it returns to normal size.	
Similar words	-	
Vaginal discharge		Topic: Anatomy (body parts and processes)
Meaning	Vaginal discharge is the fluid that keeps the vagina wet.	
Similar words	-	
Womb		Topic: Anatomy (body parts and processes)
Meaning	The uterus is the baby bag. It is a thick muscle with a space inside it and it sits in a woman's pelvis. It is the place where a baby grows until it is ready to be born. As the baby grows bigger, the uterus stretches and grows. After the baby is born, the uterus shrinks back down to sit inside the pelvis again.	
Similar words	<i>Uterus</i>	

Men's Business Words

Fertility		Topic: Anatomy (body parts and processes)
Meaning	The ability to make and have a baby.	
Similar words	-	
Penis		Topic: Anatomy (body parts and processes)
Meaning	The penis is the male part that lies over the scrotum. It is where wee and sperm comes out.	
Similar words	Willy; dick	
Prostate gland		Topic: Anatomy (body parts and processes)
Meaning	The prostate gland lies under a man's bladder.	
Similar words	-	
Scrotum		Topic: Anatomy (body parts and processes)
Meaning	The scrotum is the bag of skin that hangs between a man's legs. It contains the testes.	
Similar words	-	
Testes		Topic: Anatomy (body parts and processes)
Meaning	Testes are two egg-shaped balls that are inside men's scrotum. The testes make sperm.	
Similar words	-	



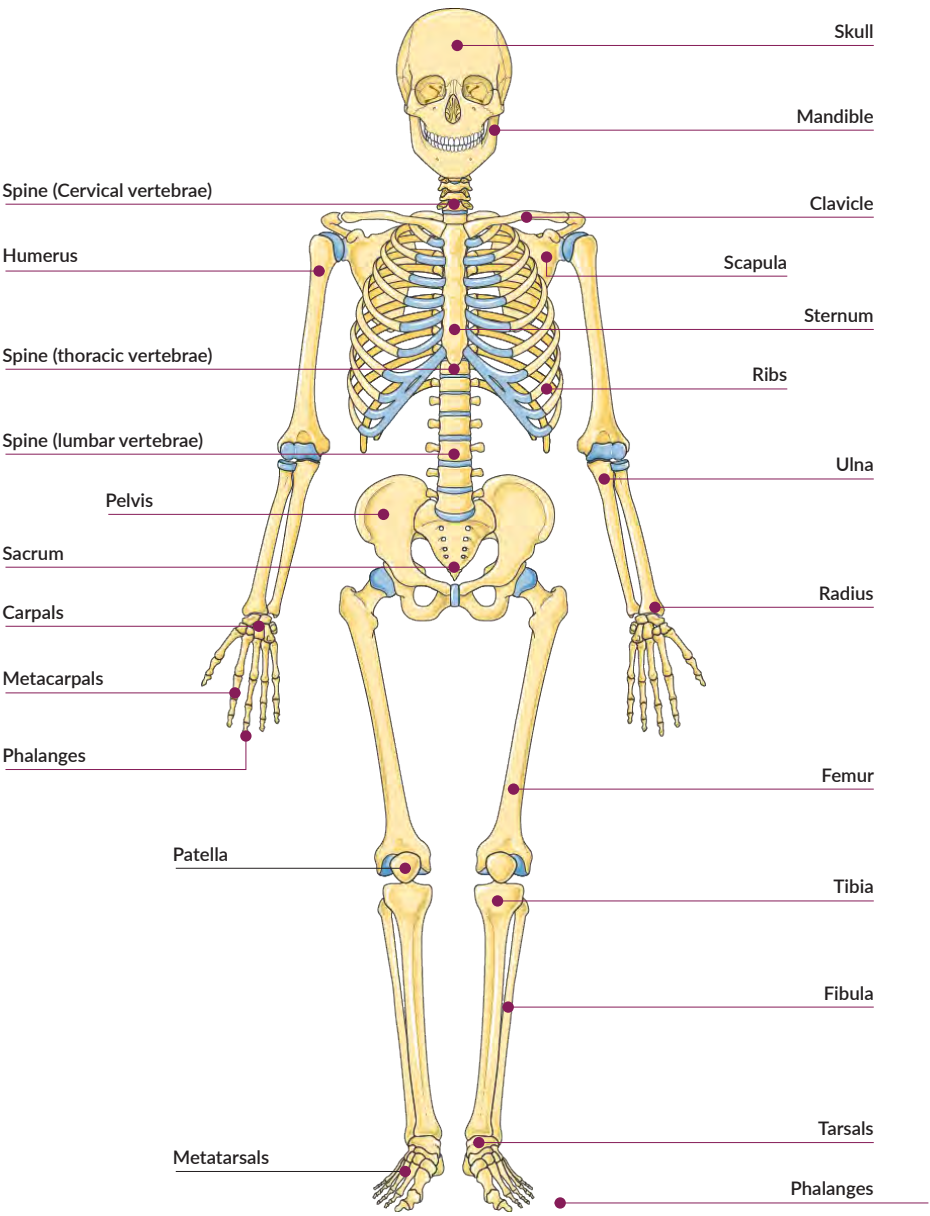
Diagrams

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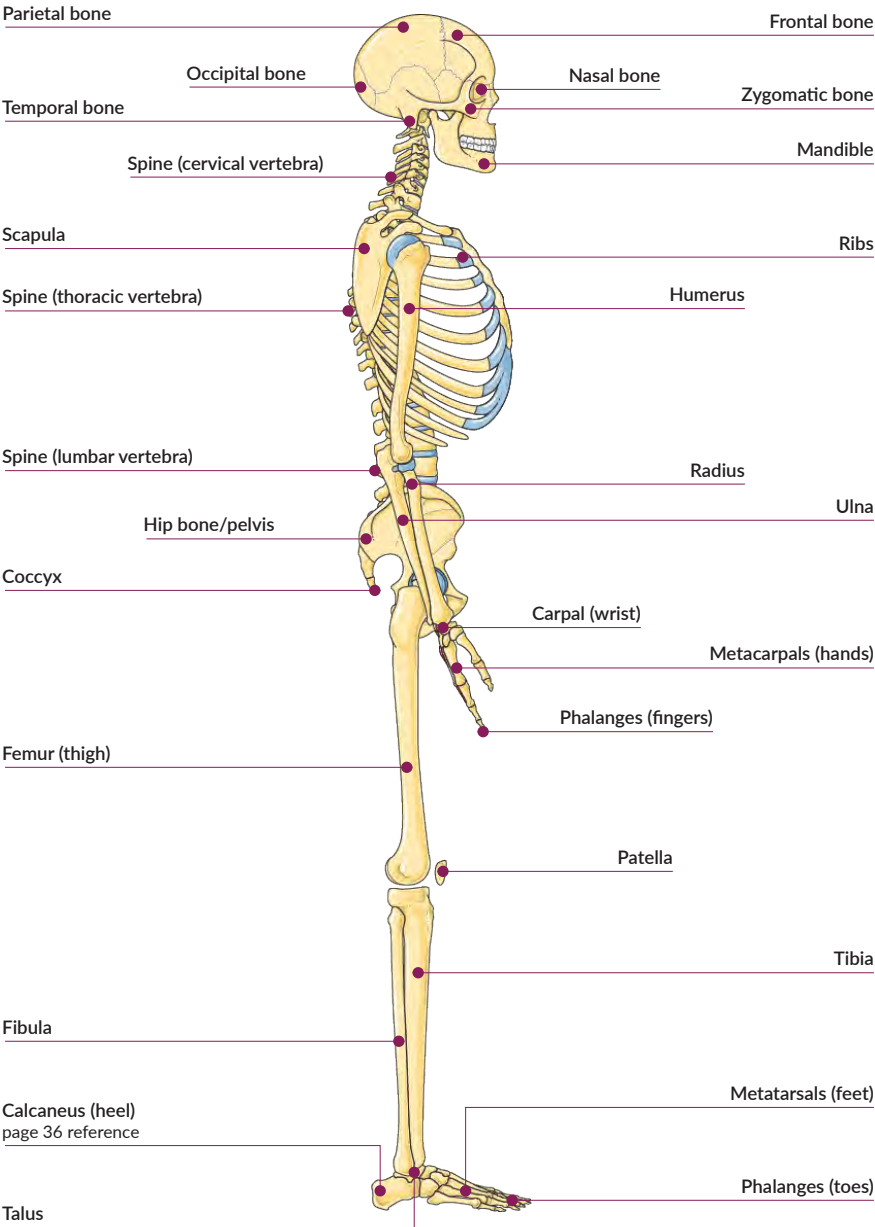
The Human Body	133
Medical Tools & Equipment	158



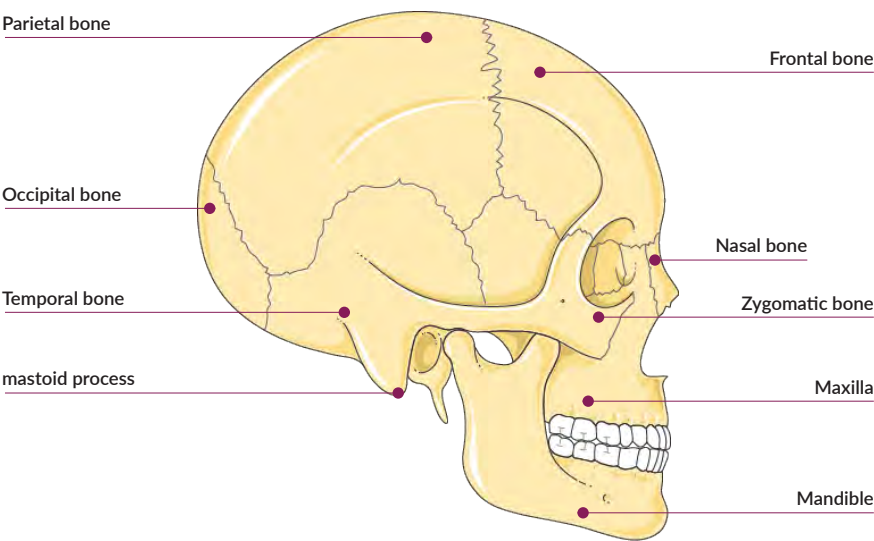
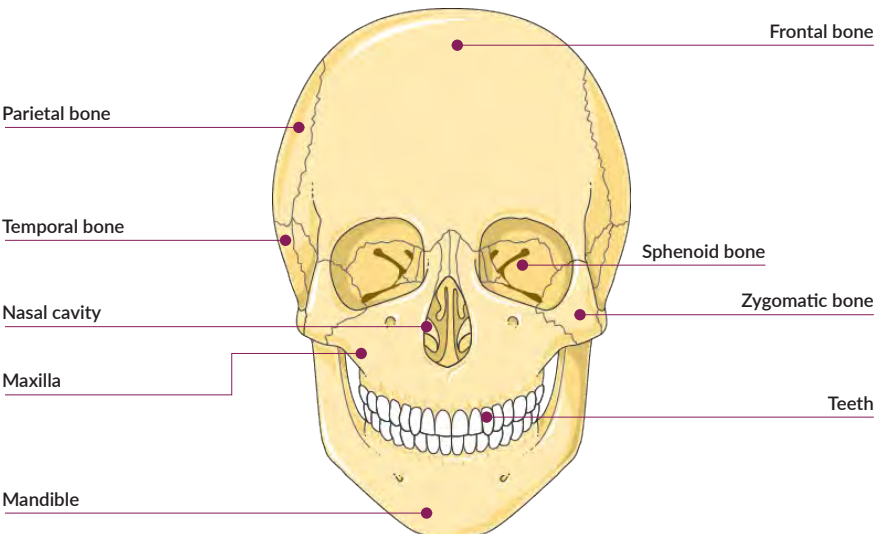
Skeleton front



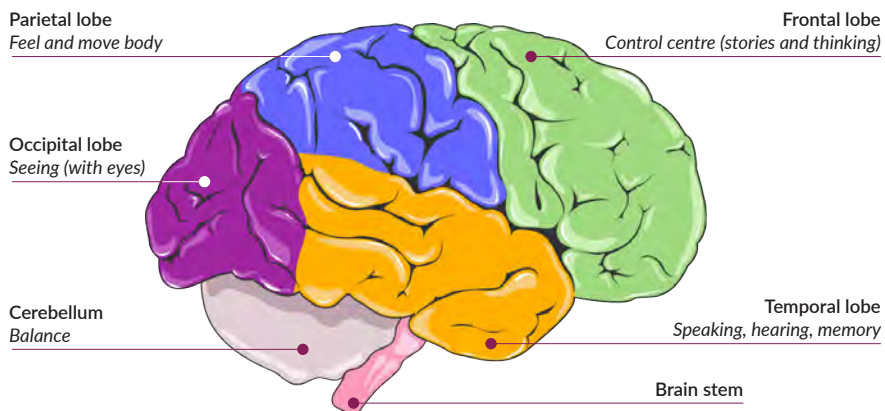
Skeleton side



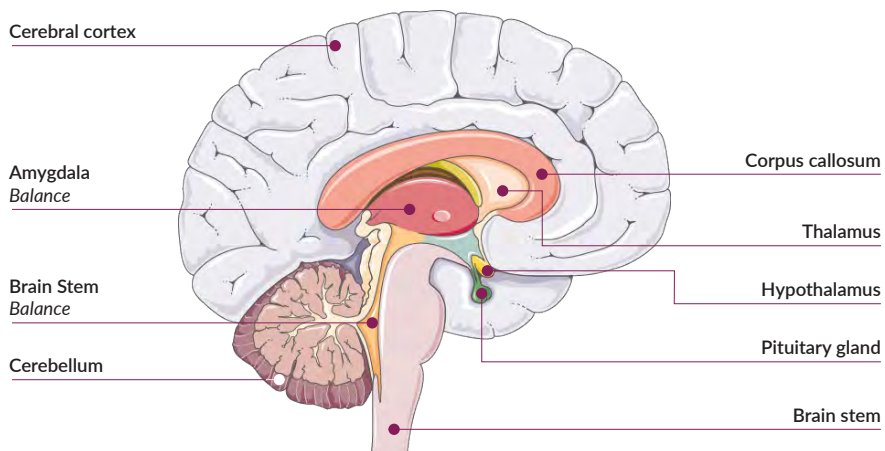
Skeleton skull



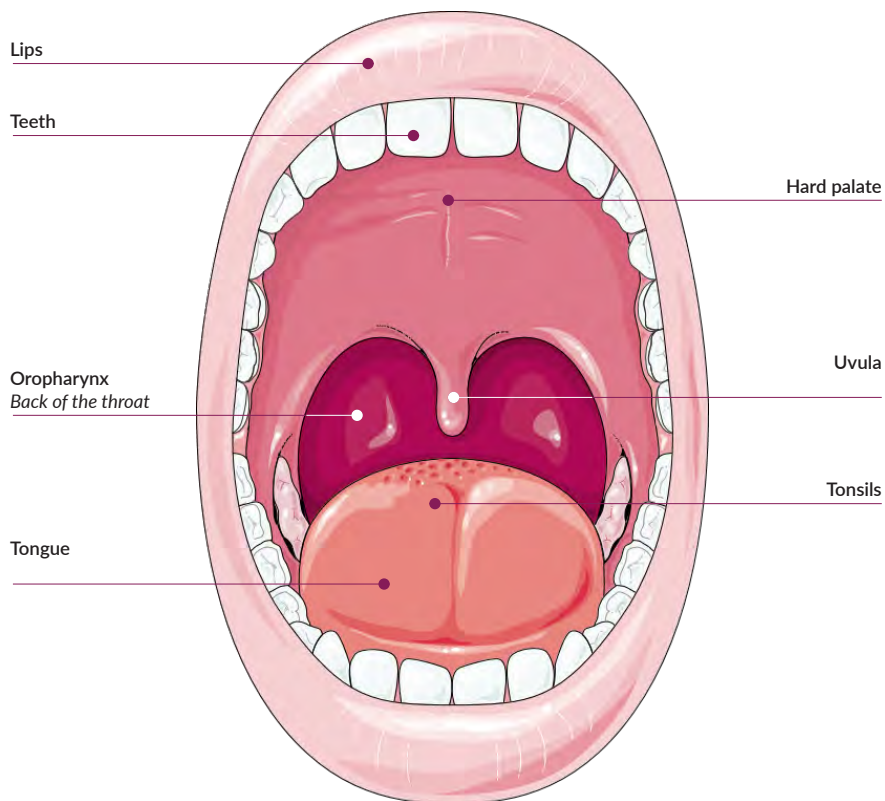
Different areas of brain function



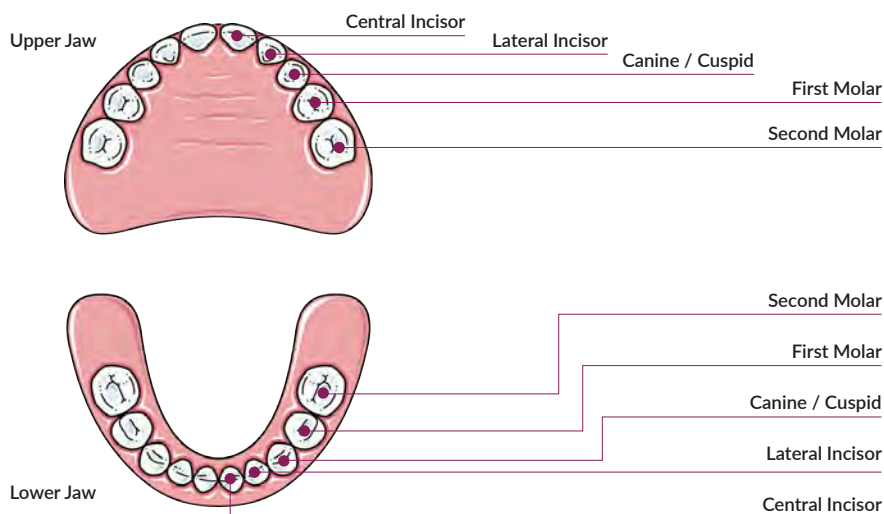
Parts of the brain



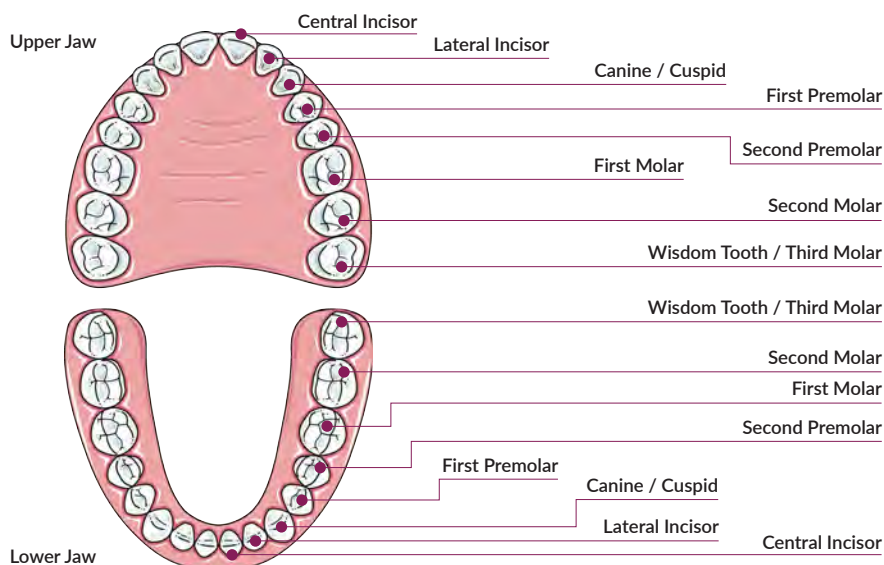
Mouth



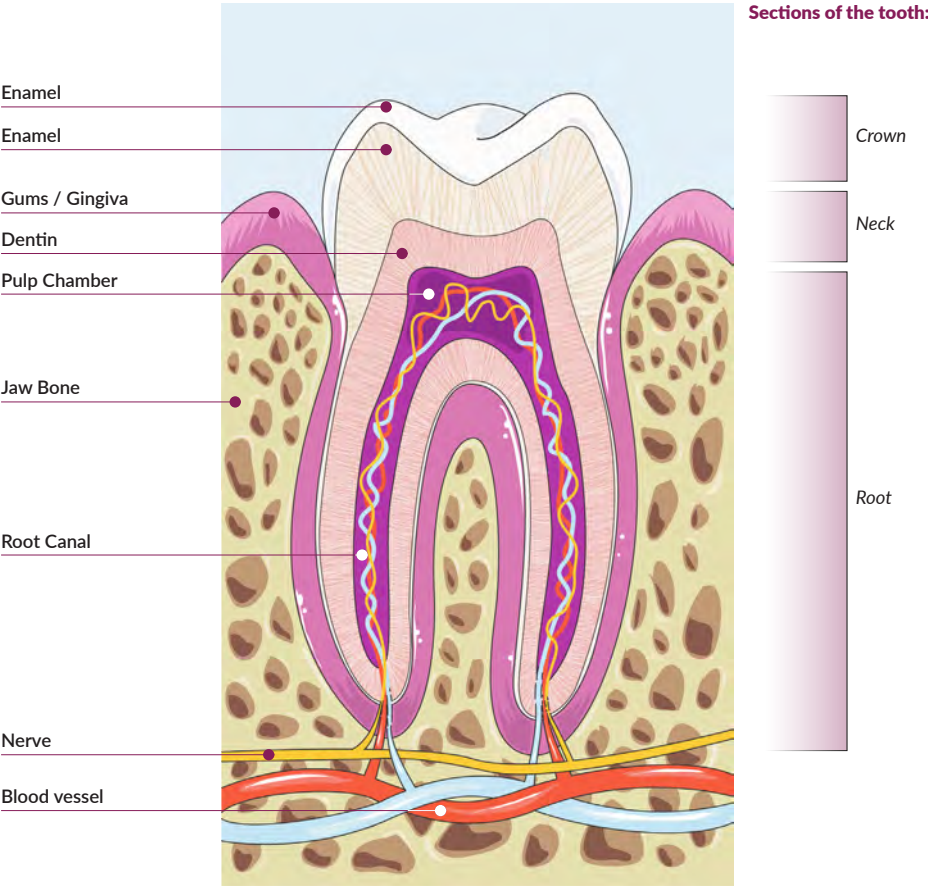
Teeth – Child



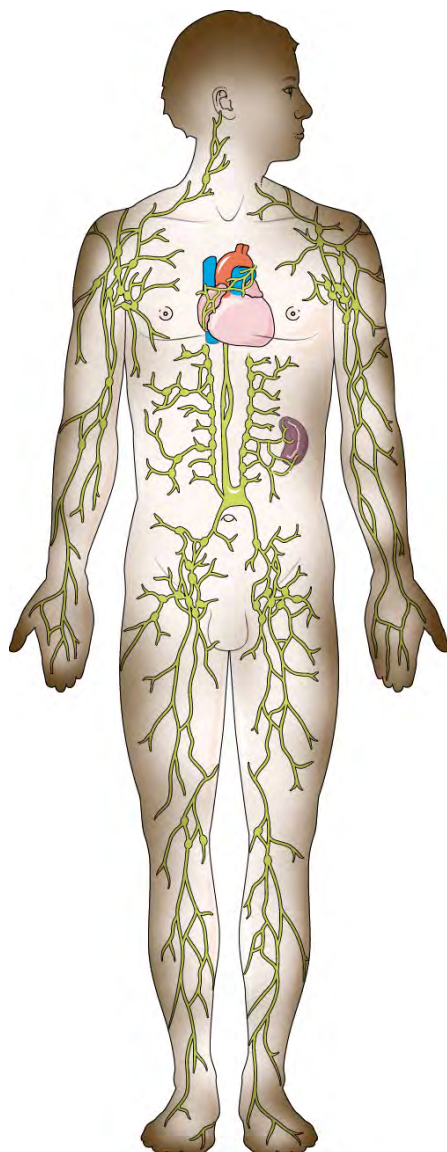
Teeth – Adult



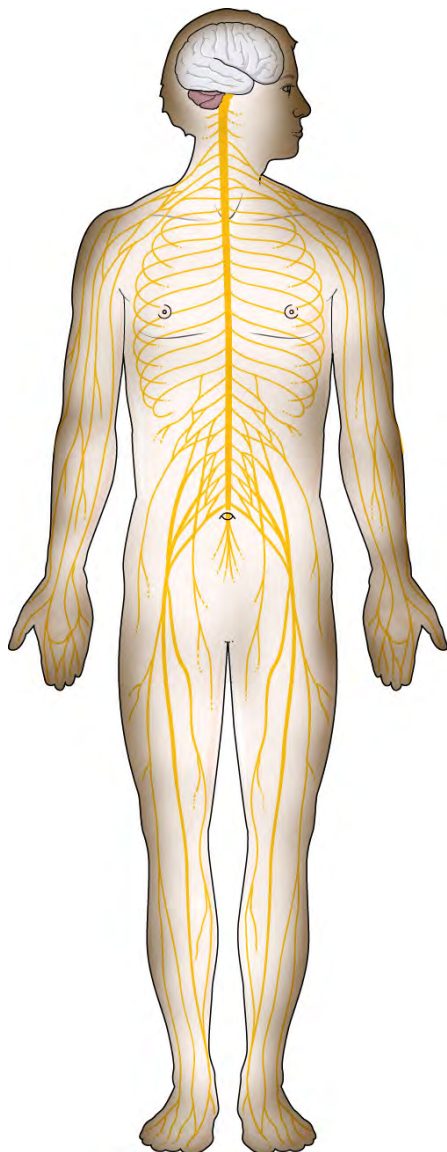
Parts of the Tooth



Lymphatic System

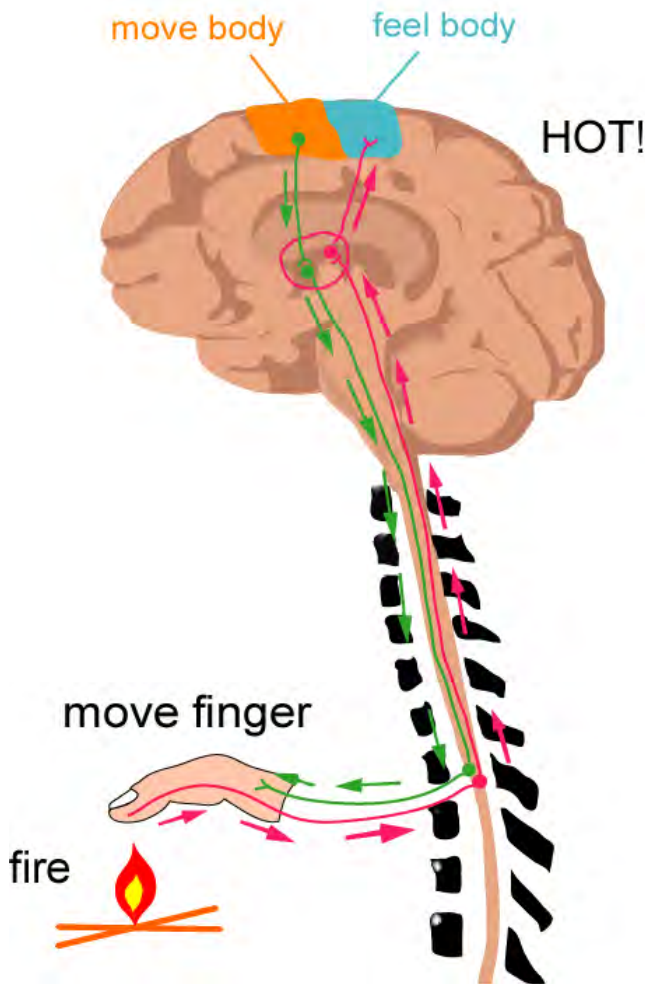


Central Nervous System

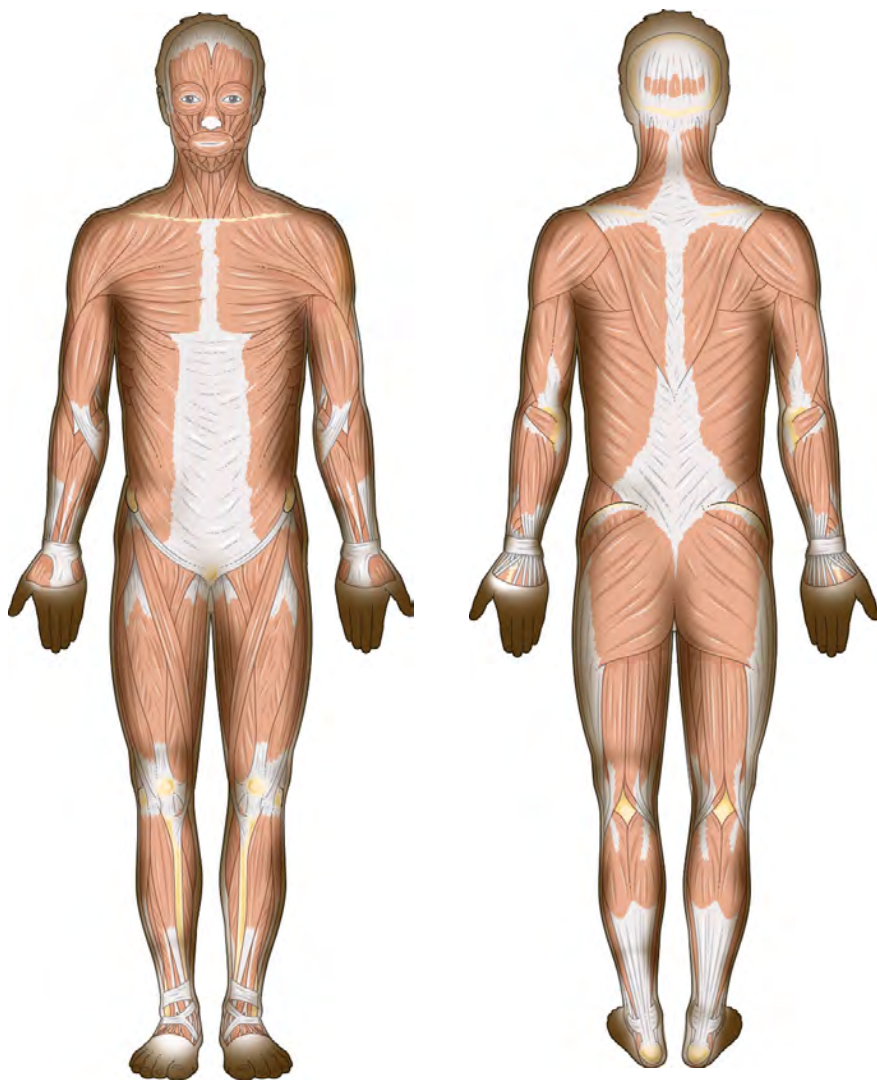


Central Nervous System

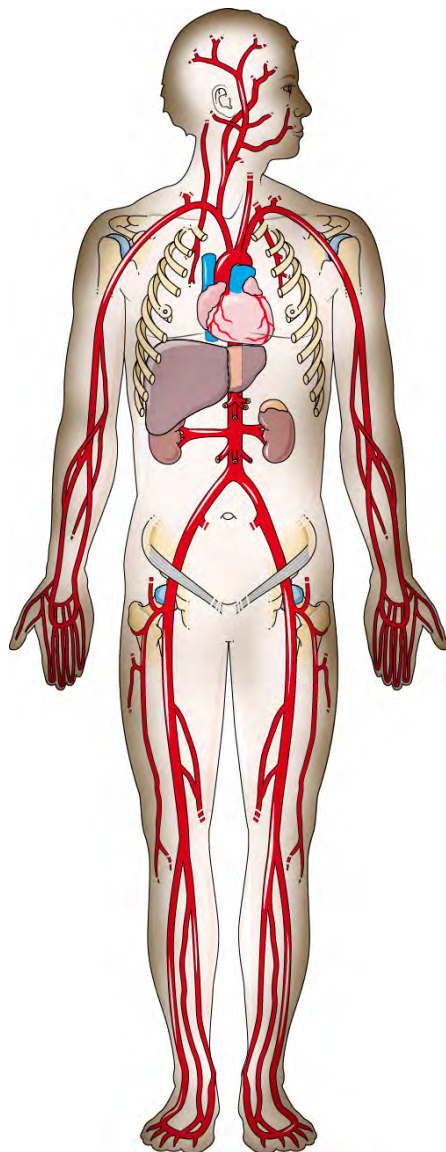
Sending messages to the brain



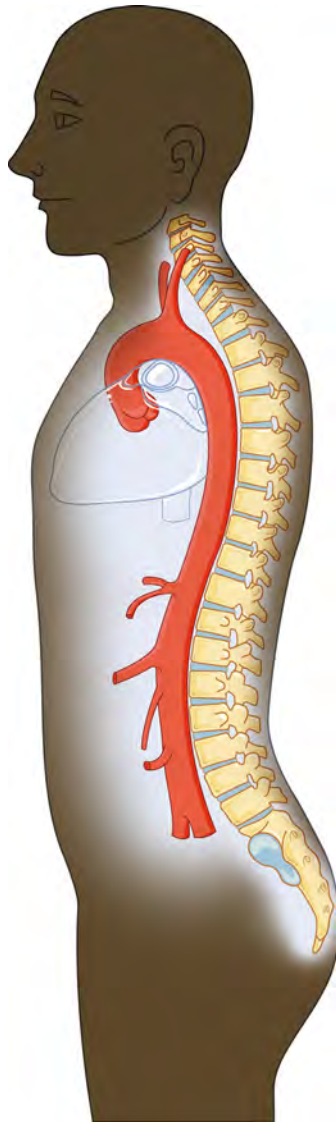
Muscles of the body



Circulatory (blood) System

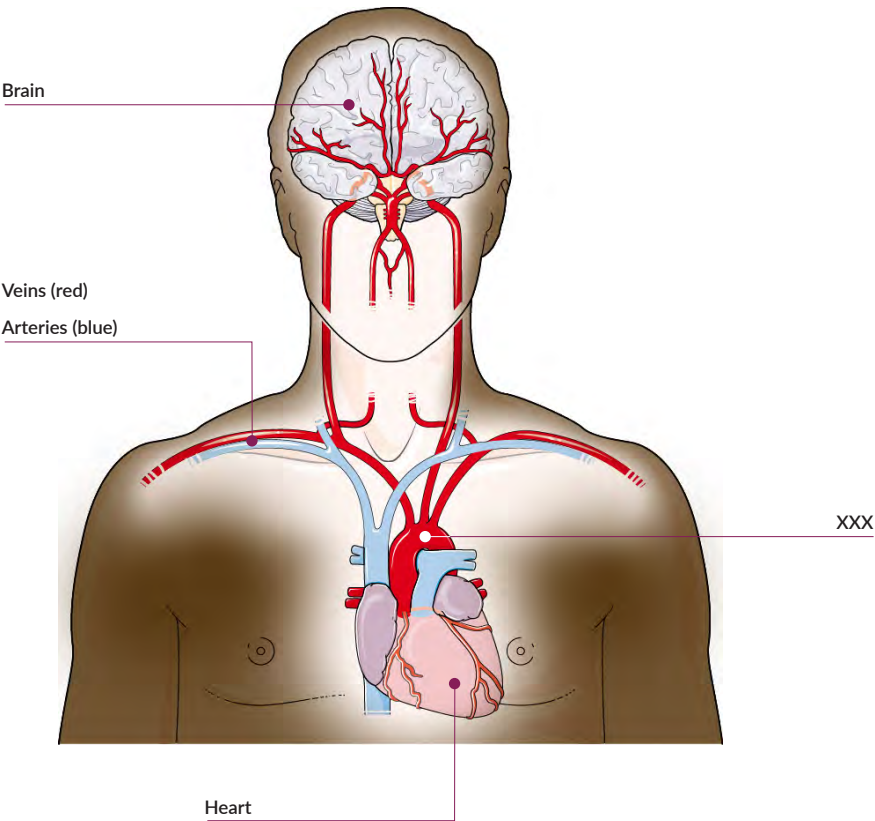


Aorta and Spine – Side View



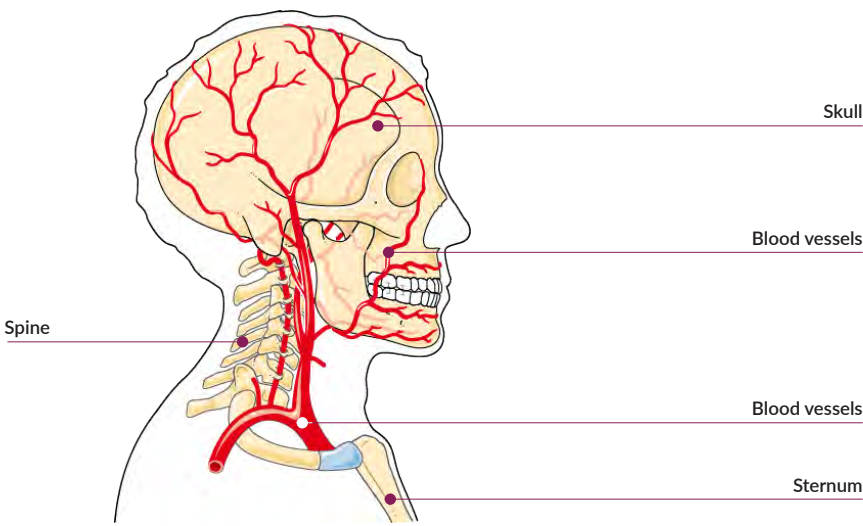
Circulation – Head

Blood pipes (called arteries, veins and capillaries) taking blood from the heart around the head and to the rest of the body.



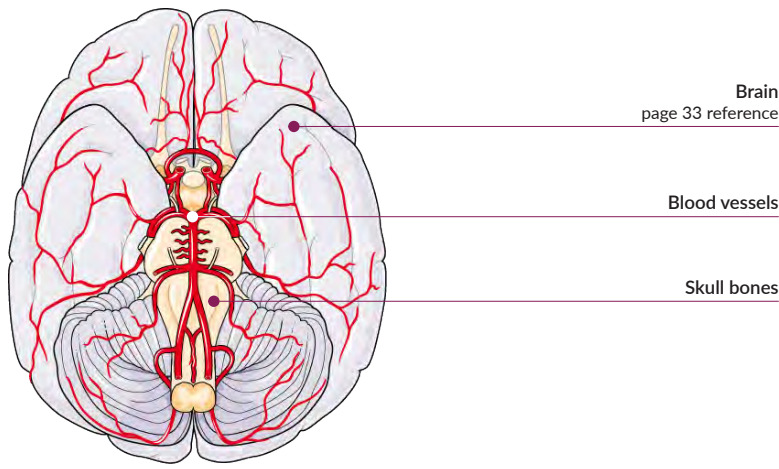
Circulation – Brain (side view)

Blood pipes (called blood vessels, including veins and capillaries) taking blood from the heart around the head.



Circulation – Brain (top view)

Blood pipes (called blood vessels, including veins and capillaries) taking blood from the heart around the head.



WARNING

The following pages contain sensitive illustrations of female body parts.

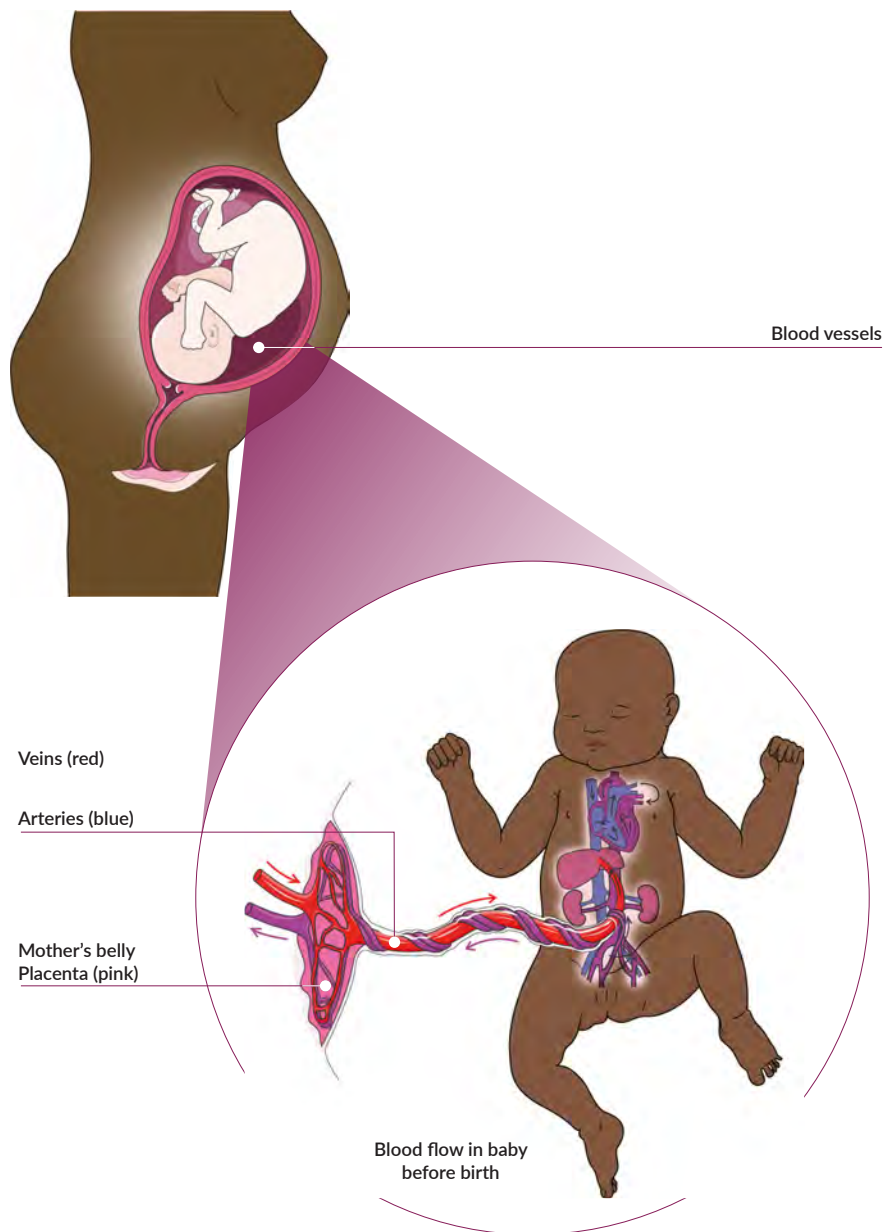




Pregnancy – in utero

Section 3

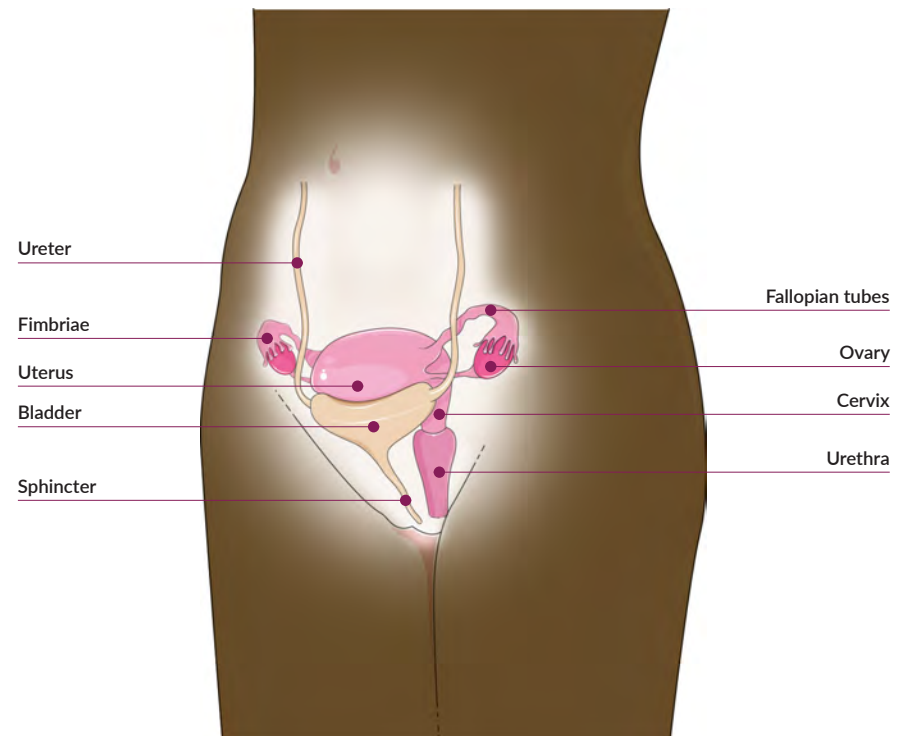
Diagrams



Female reproductive organs

Section 3

Diagrams



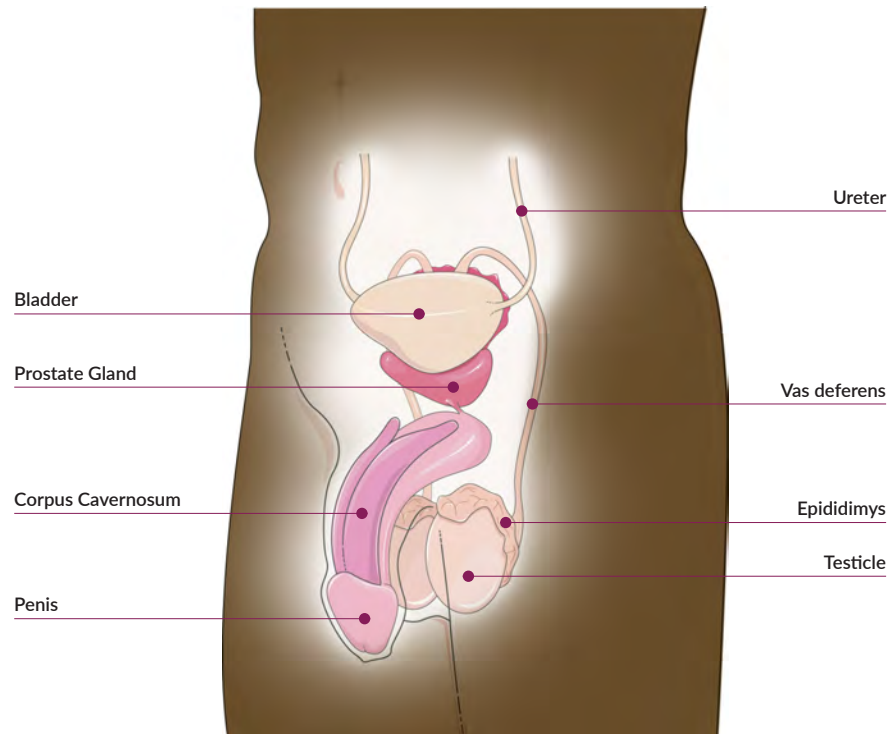
WARNING

The following pages contain sensitive illustrations of a man's body parts.





Male reproductive organs



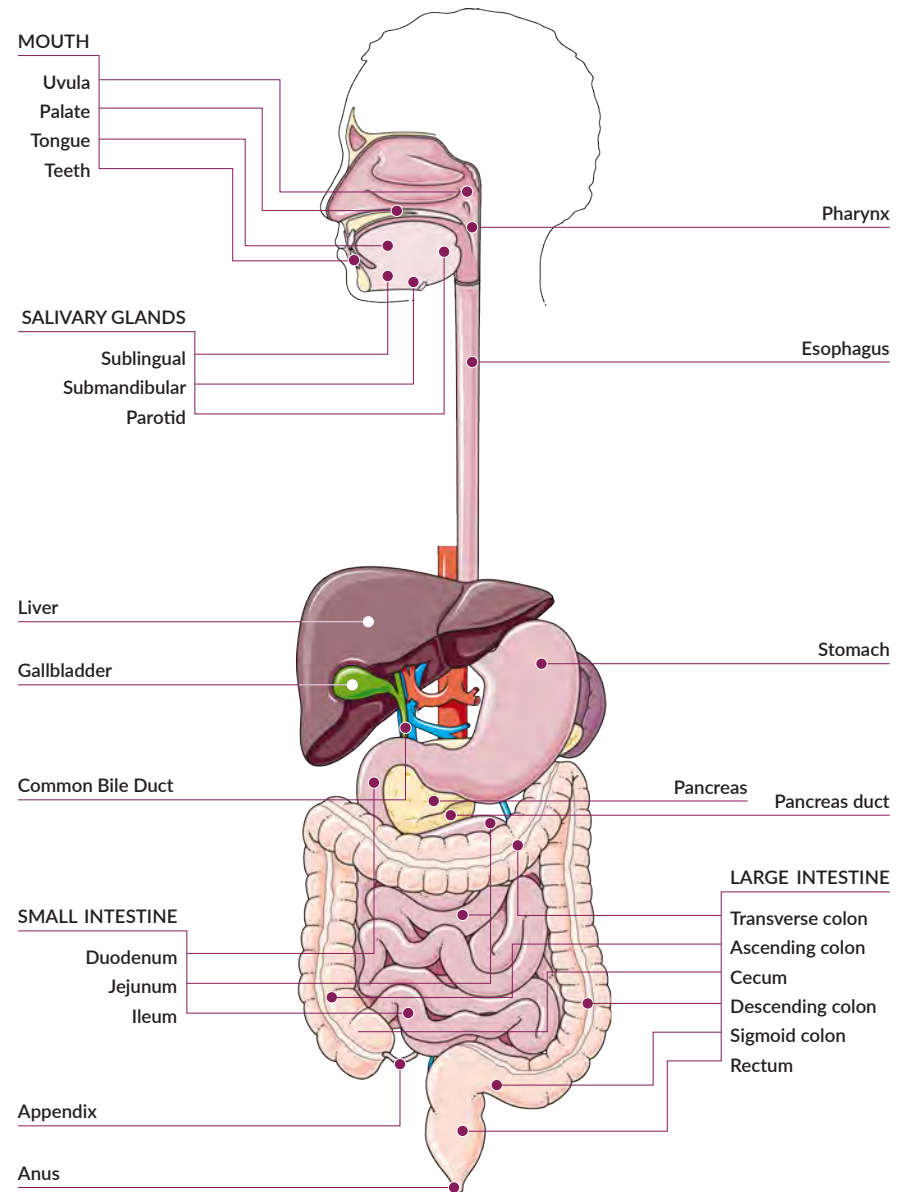
Section 3

Diagrams

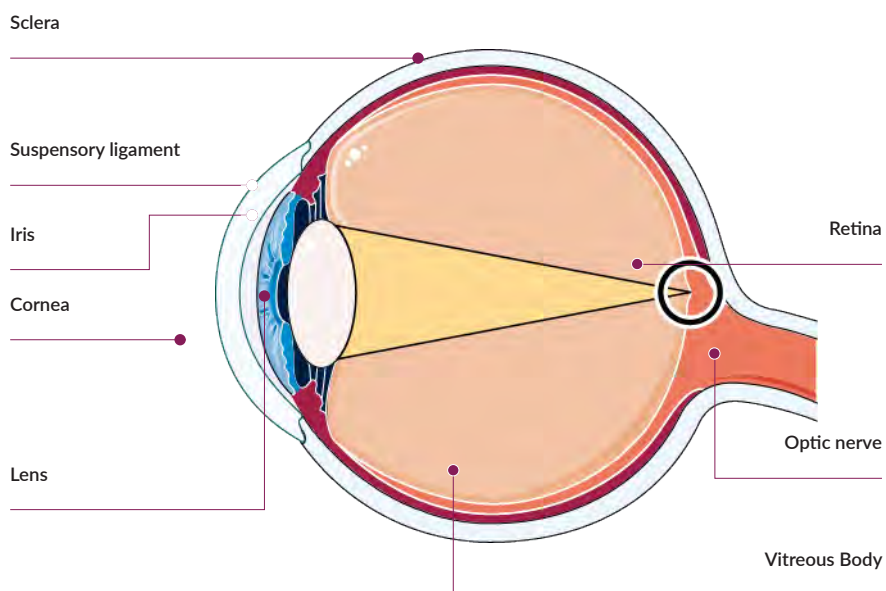
Digestive System

Section 3

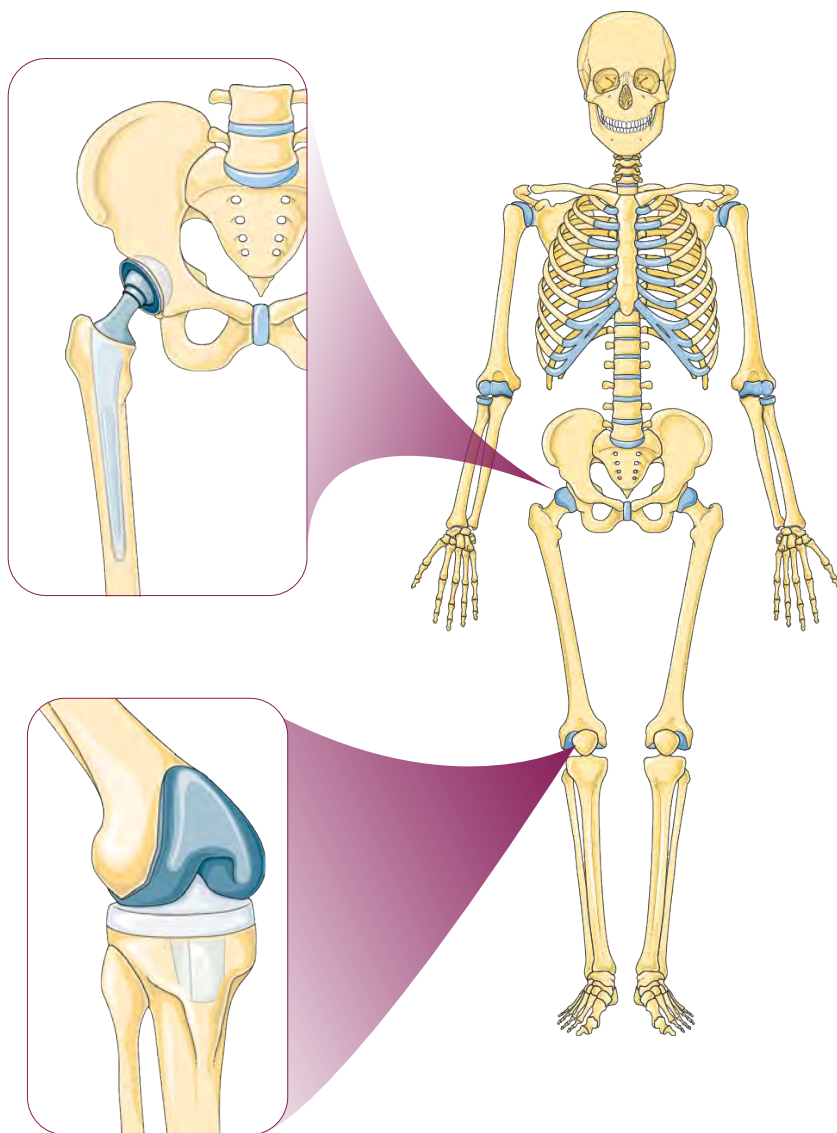
Diagrams



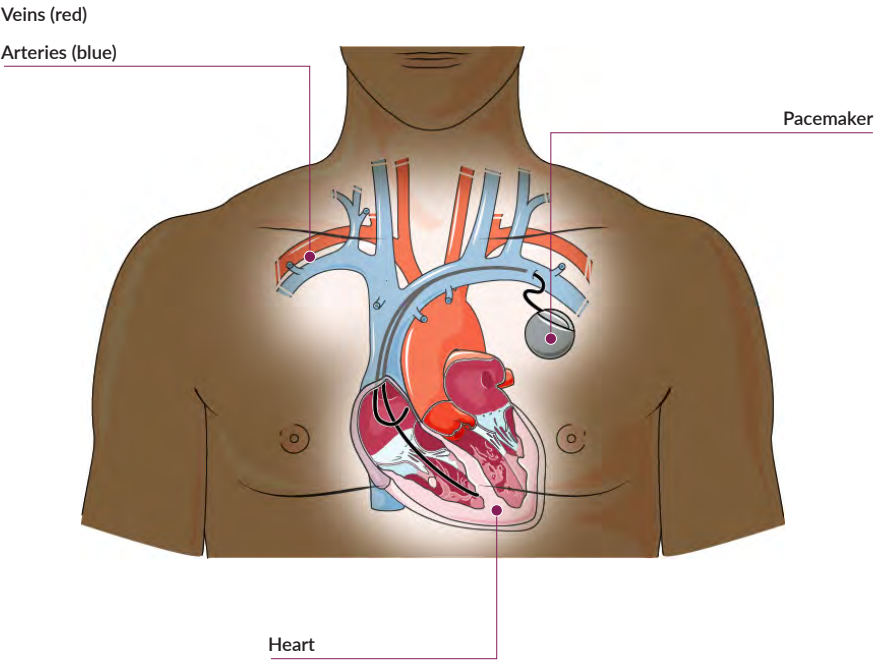
The Eye



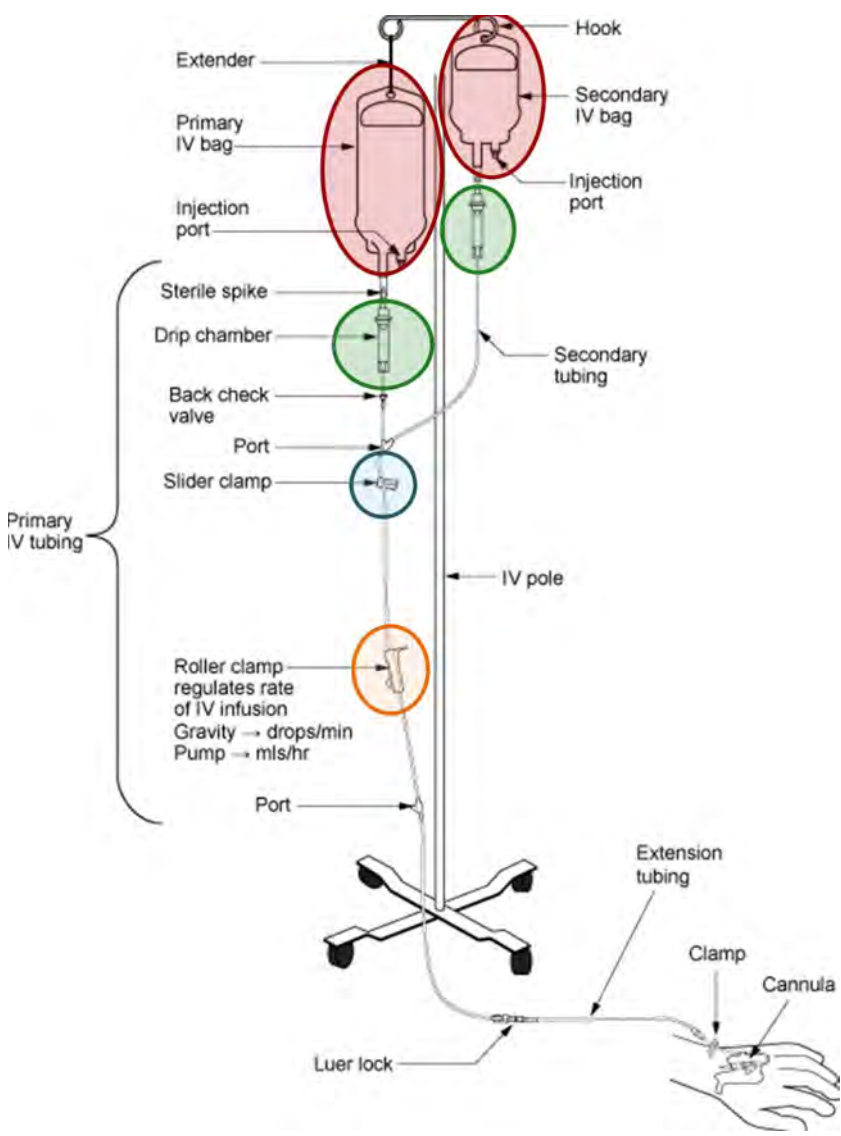
Hip & Knee Replacements



Pacemaker in the Heart



Intravenous (IV Drip) Stand



Dialysis Machine

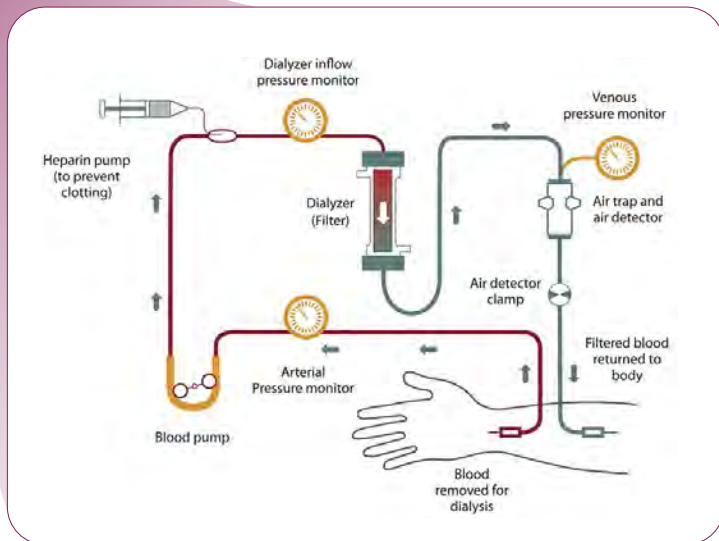
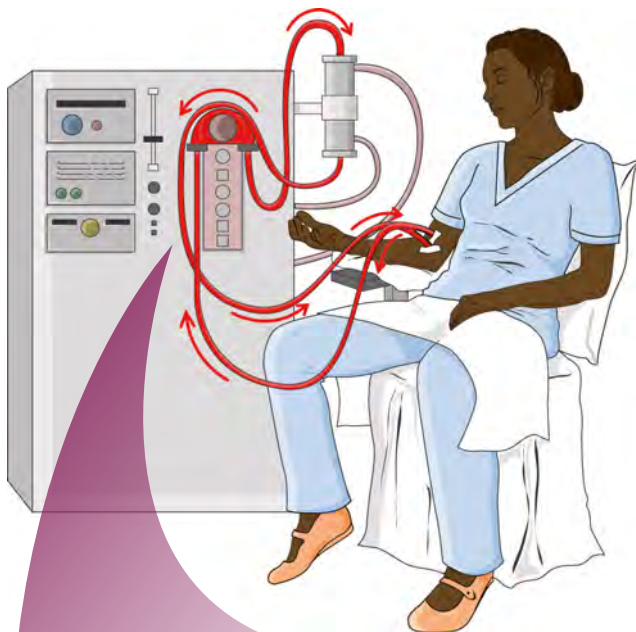
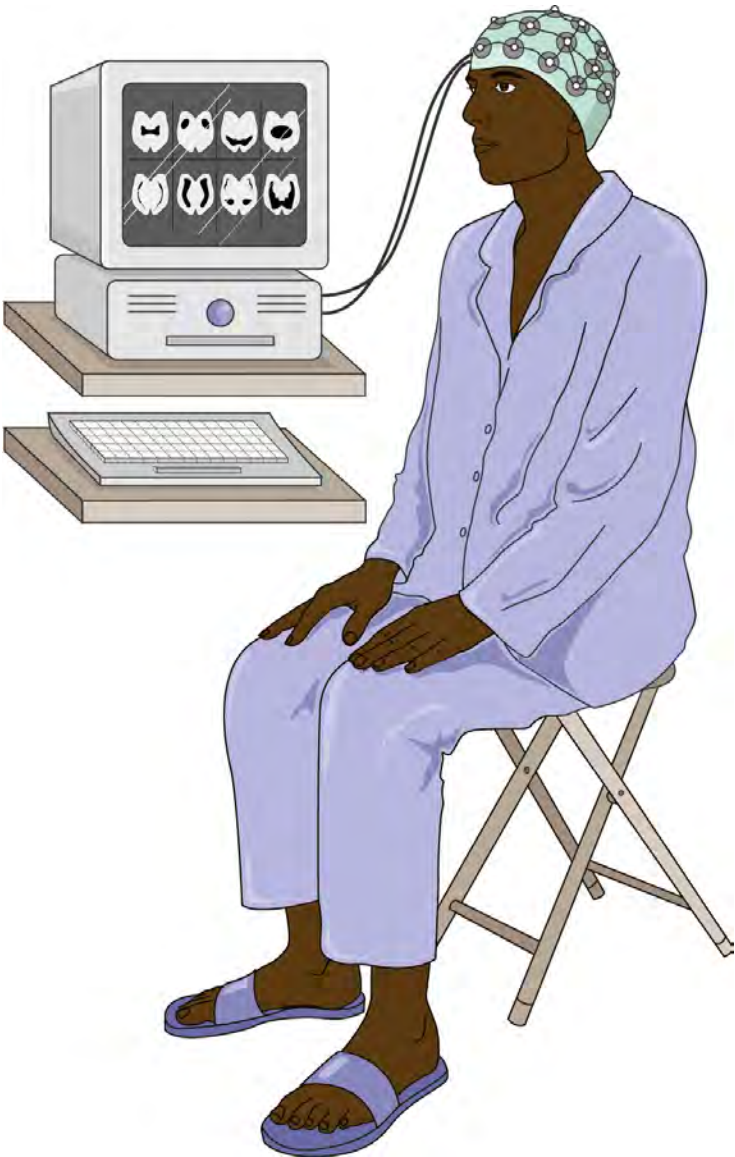


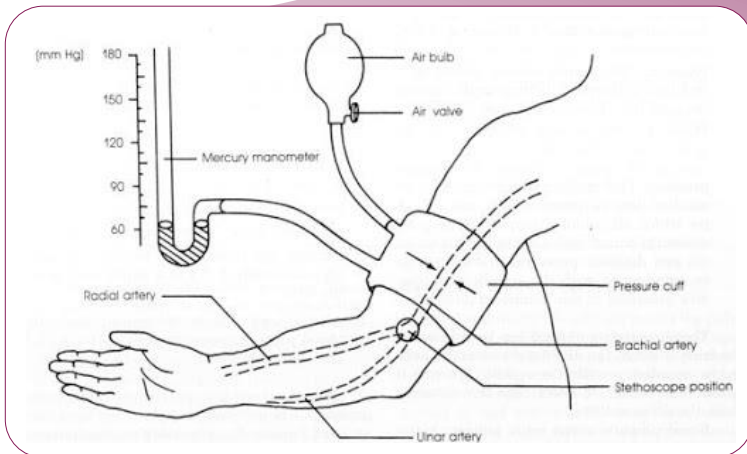
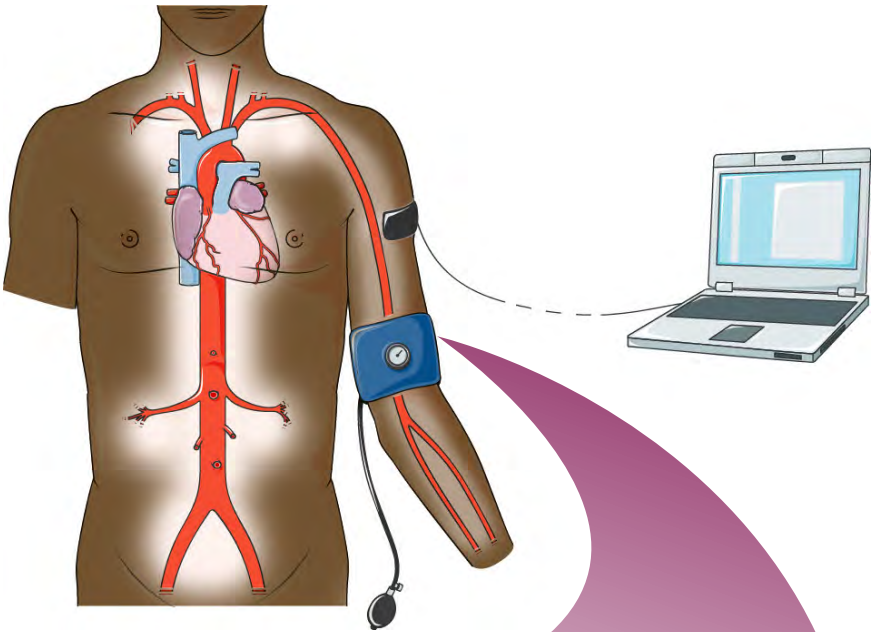
Image credit: National Institute of Diabetes and Digestive and Kidney Disease



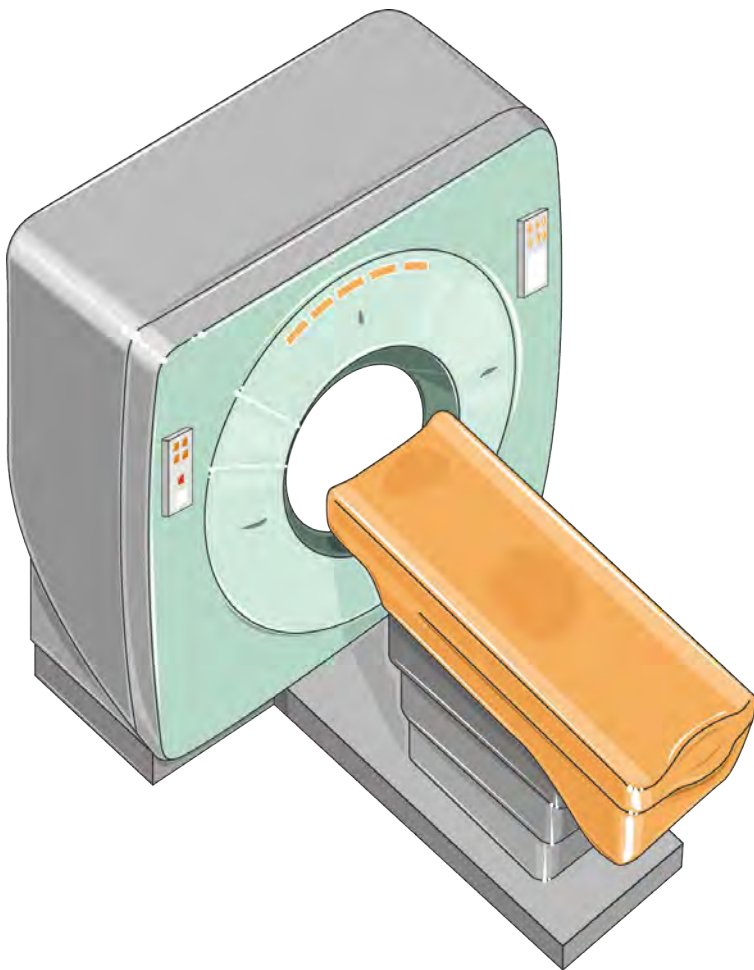
EEG Machine



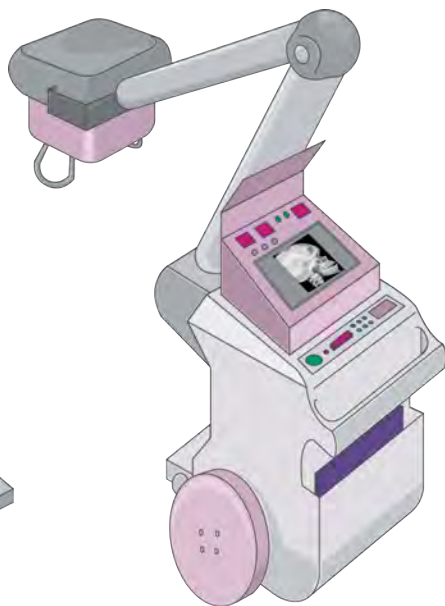
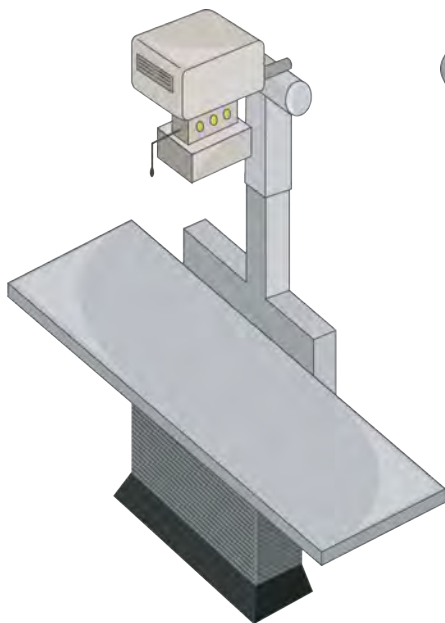
Blood Pressure Machine



CT Machine



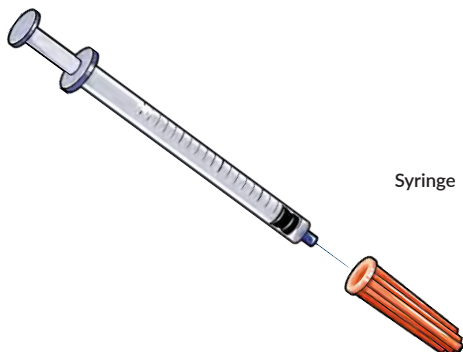
Radiography (X-Ray) Machines



Medical Equipment



Stethoscope



Syringe





Fact Sheets

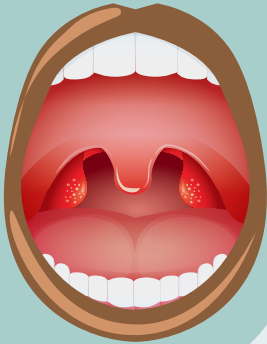
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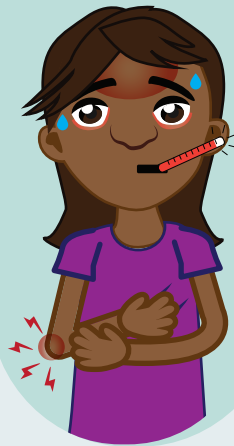


Acute Rheumatic Fever (ARF) and Rheumatic Heart Disease (RHD)

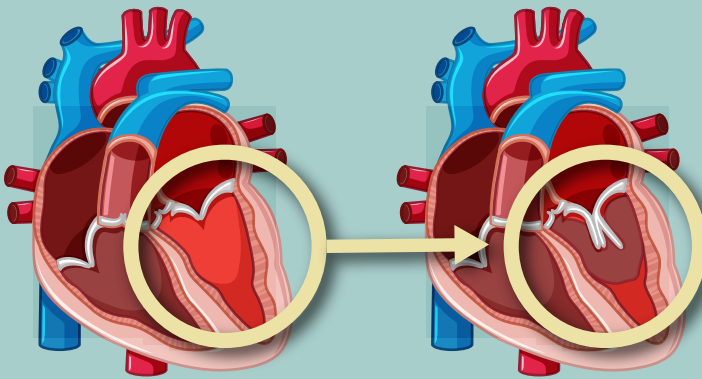
**STAGE 1:
STREP THROAT**



**STAGE 2:
ACUTE RHEUMATIC FEVER**



**STAGE 3:
RHEUMATIC HEART DISEASE**



Information drawn from resources developed by Rheumatic Heart Disease Australia (2020).

What is ARF?

Acute Rheumatic Fever (ARF) is a sickness that comes from a germ called Group A streptococcus, or 'Strep' for short. Strep germs can cause infection in different parts of your body, including the throat (strep throat) and skin (skin sores). Strep skin sores can happen to healthy skin but is more common for people with scabies. When your immune system is fighting the strep germs, it can also accidentally hurt other parts of your body like the joints and heart.

What are the symptoms of ARF?

How does ARF make you look or feel?

Common symptoms:

- Joints (like your knees, ankles, wrists and elbows) can get red, hot, painful and swollen. This is called arthritis.
- Fevers, like hot and cold chills which can feel like having a cold or the flu
- Swelling and damage of your heart. This is called carditis. Sometimes you can't feel this happening inside your body, but it can be seen with an ultrasound test to look at the heart valves. If this has lasting damage, it is called rheumatic heart disease (RHD).

Less common symptoms:

- Body parts (like your hands, legs, tongue and face) move in jerky, uncoordinated, uncontrollable ways. This is called Sydenham chorea.
- Skin rashes, called erythema marginatum.
- Small, round, painless lumps on your elbows, wrists, knees, ankles and back.

ARF can be hard to diagnose because some people don't have many symptoms, but other people have to stay in bed because of the pain in their joints or heart failure. All people with ARF should see a doctor.

Complications

Getting the ARF sickness many times can make your heart very sick and cause permanent damage. Permanent damage of your heart in this way is called rheumatic heart disease or RHD.

How does the sickness spread?

The strep germs that cause ARF can spread through skin sores from person to person when they are close to each other, like sitting or sleeping next to each other. The strep germs in the throat can spread through the air from person to person through sneezing and coughing.

People who live in overcrowded houses can get and spread these germs the most.

Information drawn from resources developed by Rheumatic Heart Disease Australia (2020).



Can you pass ARF on to other people?

If you have Strep A germs, you can spread it to other people a few days before symptoms start. Once you start taking medicine for treatment, you can still spread it for at least another day or two. If you don't get the sickness treated, you will be able to pass it on for 2 to 3 weeks.

Only the Strep A germs can spread from person to person.

ARF is not infectious, which means you cannot give it to someone else.

RHD is not infectious, which means you cannot give it to someone else.

What is the treatment for ARF?

- ARF is treated by a doctor in hospital
- Everyone with ARF needs antibiotics to get rid of the Strep germ, then regular antibiotics afterwards for a number of years (usually penicillin. If you're allergic to penicillin you get a different antibiotic).
- There are other treatments for ARF depending on the type of ARF you have (e.g. if it affects the joints, or heart, or causes chorea).

How can ARF be prevented?

To stop ARF, you need to stay away from Strep germs, or get treatment if you get Strep germs:

- Wash your body every day
- Wash your hands often every day
- If you get skin sores, go to the clinic for antibiotics
- If you get a sore throat, go to the clinic for antibiotics
- Cover up any sores to stop them spreading to other people
- Don't touch skin sores on your body or on other people, since touching them spreads them around
- Don't share a bed or mattress with other people when you have skin sores or a sore throat
- Clean your teeth morning and night
- Wash your bed sheets, towels and clothes every week
- Take all of your medicine on time

How can RHD be prevented?

If you have had ARF, you can avoid getting RHD by:

- Having a penicillin needle every 21-28 days
- Doing all the things in the list above to stop getting ARF!

Information drawn from resources developed by Rheumatic Heart Disease Australia (2020).

Asthma & Allergies



What is asthma?

Asthma is a sickness of the airways, which are the small tubes that carry air in and out of the lungs. Asthma is when your airways become red and swollen, making it harder for air to get through. This makes it harder to breathe.

Different things can cause asthma:

- Breathing in something you are allergic to, like pollen or chemicals
- Breathing in cold air or smoke
- Exercising
- Strong emotions and stress
- Having a sickness in your chest (like a flu, cold, or COVID) that the body is fighting



Symptoms of Asthma

How does Asthma make you look or feel?

Common asthma symptoms include:

- Shortness of breath
- Wheezing
- Coughing
- A feeling of tightness in the chest

Having these symptoms is often called an 'asthma attack'.

Can asthma spread?

Asthma can't be spread from person to person. It is a type of sickness that comes from the inside of your body. Sometimes asthma can be passed down through the family.

How serious is asthma?

Asthma can be very serious, because it can stop you from breathing. Anyone who is having trouble breathing should see a doctor. A lot of people with asthma have got it under control because there are good medications to prevent and treat it.

Sometimes children can have asthma symptoms, that get a bit better as they grow up and their lungs develop.

What is the treatment for asthma?

Some people who have asthma take medicine like an asthma puffer. These are called preventers or relievers. Preventers need to be taken every day to make your body less likely to have an asthma attack. People need to use them for two to four weeks before they work.

Reliever medications work to help when you are having an asthma attack. The most common reliever is called salbutamol (a blue puffer).

Everyone with asthma should always carry a reliever to use it whenever you get asthma symptoms. The medicine works by opening the airways up so you can breathe more easily.

Asthma action plan

A written asthma action plan is a set of instructions developed with a doctor or nurse. It includes what asthma medicine you have, and how you may need to increase or decrease this depending on your asthma symptoms. The asthma action plan will also help you to recognise worsening asthma symptoms and will tell you what to do when this happens. You should get your asthma action plan looked at by your doctor regularly.

What is an allergy?

An allergy is when your immune system reacts against things that are usually harmless to most people.

When you breathe in or touch these things, it can make your body have an allergic reaction. This can then cause symptoms like redness, itchiness and swelling.

Sometimes allergies affect parts of our body differently:

- Nose and/or eyes allergies called allergic rhinitis/conjunctivitis, or hay fever
- Skin – called eczema, hives
- Lungs – called asthma

When the whole body is having an allergic reaction, this is called anaphylaxis. This is a very serious sickness where the person might not be able to breathe, and feel really sick, sweaty and dizzy. Sometimes they might collapse or even die if they do not get medication quickly enough.

What causes allergy?

Allergy is caused by your body reacting to something you are allergic to. These things are called allergens. Examples of allergens include:

- house dust mites
- pollen
- mould
- animal hair
- certain medications
- certain foods

You can usually find out what things you are allergic to by a blood or skin test.

If you ever have an allergic reaction to a medication, please make sure to tell your doctor.

Do allergies spread?

You cannot catch an allergy from another person. Allergies can run in the family, where you might be allergic to the same things as your parents or grandparents. This is called 'atopy'.

How serious are allergies?

Most allergies are not too serious and just make you feel itchy or have a runny nose. But some allergies, like with anaphylaxis, can make people very sick and even die.

What is the treatment for allergies?

The main treatment is to avoid the thing you are allergic to. Allergies like hay fever can be treated with antihistamines, and nose sprays. Some allergies can be treated with other medications. Anyone who has had anaphylaxis should talk to their doctor about an emergency medicine called an EpiPen or adrenaline.



Cancer

What is cancer?

Cancer is a serious sickness inside your body that makes things grow the wrong way and cause bad damage. Mostly, cancers are less common in children and get more common as you get older. Some cancers are caused by smoking, alcohol, unhealthy (fatty) food and other things that are toxic to the body. Some cancers form even when there's no clear reason why. There are many types of cancer like lung cancer, throat cancer and breast cancer. Each type develops differently; some grow slowly and don't harm the body too much, some grow very quickly and need treatment straight away.

What is advanced cancer?

Advanced cancer means cancer that is big or has spread in the body and is unlikely to be cured. Some types of cancer can be treated with strong medicine called chemotherapy, or xray treatment called radiation therapy. Other types of cancer might be too advanced and can't be cured. But chemotherapy or radiation therapy can still sometimes slow down the cancer progress.

What is chemotherapy?

Chemotherapy (sometimes just called "chemo") are special types of medicine that kills cancer in your body, or stops it growing as fast. Some chemo medications can also hurt your body while you're taking it and make you feel sick. Your doctor will talk with you about any side effects from chemo medications before you start.

What is radiation therapy?

Radiation therapy is used to kill cancer cells in your body, or shrink the cancer to stop it hurting your body.

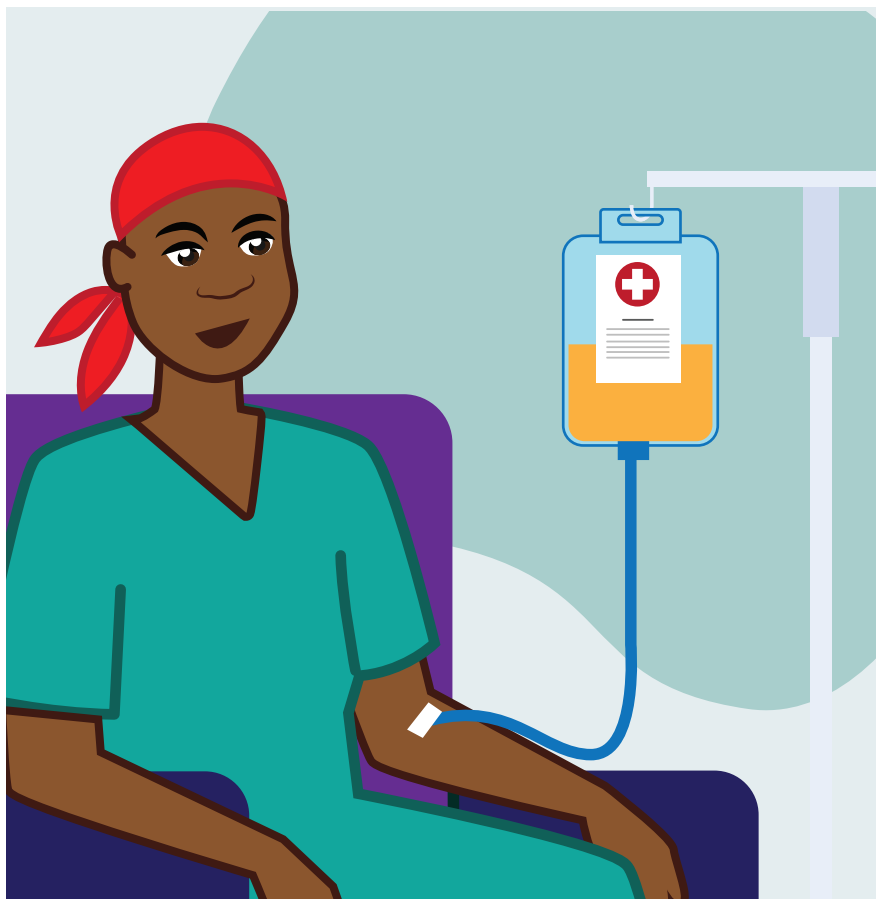
When you get radiation therapy, can be like getting an x-ray. It targets the specific parts of your body that have cancer in them. Doctors plan your treatment carefully so that (as much as possible) it doesn't hurt the healthy parts of your body near the cancer.

What is immunotherapy?

Immunotherapy is a type of special medicine works with your body's immune system to fight the cancer.

Different types of immunotherapy work in different ways. Some types give your immune system a boost so it works better against cancer. Other types stop some messages that your immune system sends to different parts of your body that stop the immune system attacking the cancer.





When is surgery used for cancer?

Sometimes you will get an operation to cut out a cancer from your body, or to fix a part of your body that has been made sick by cancer. It's sometimes called surgery or surgical resection, and is performed by a surgeon. If your cancer is found when it has just started growing in your body, getting an operation might be the only treatment you need to get rid of it. However, not all cancers can be removed surgically.

Which treatment is the best one?

Doctors follow medical standards called clinical practice guidelines, which say what the best available treatment is for the different types of cancer.

For some cancers, an operation to cut it out is recommended. For other cancers, treatment like chemotherapy, radiation therapy or immunotherapy might be better. Your doctor will have information about the best available treatment for the different types of cancer.





Chickenpox (varicella)

Source - NT Digital Health Library

What is chickenpox?

Chickenpox is a serious and very infectious infection caused by the varicella-zoster virus. It is sometimes called varicella.

How is it spread?

The virus can be spread through the air by talking, coughing or sneezing. It can also be spread by touching things that have the virus on it from a sore on an infected person.

What are the symptoms?

The first symptoms normally develop between 2-3 weeks after someone is exposed to the virus.

Chickenpox begins with fever, feeling tired, and loss of appetite. A rash normally appears on the skin a day later, usually on the bottom, face and scalp. The rash starts as itchy red spots but quickly progresses to blisters. The blisters last 3-4 days before turning into scabs and drying out. Different crops of blisters will appear over several days. Healthy adults and children generally recover within 10 days.



How serious is chickenpox?

Most people who get Chickenpox are children. Normally when children get Chickenpox it is a mild illness of short duration with complete recovery. A common side effect of chickenpox is a secondary bacterial skin infection due to scratching of the itchy rash. Adults and people with weak immune systems might have more serious symptoms which can sometimes lead to complications such as pneumonia or encephalitis (inflammation of the brain).

Pregnant women and newborn babies can have severe side effects if they are get chickenpox. Any women who develop Chickenpox in their pregnancy or in the first few days after their baby is born seek urgent medical advice.

What is the infectious period?

A person is infectious from 2 days before the rash appears on their skin until the blisters have all crusted into scabs. This is normally about 7 days in total.

What is the treatment?

Most people do not need medical treatment. Rest and fluids are encouraged.

People can reduce the risk of skin infection if they do not scratch he sores. This can be helped by anti-itch soaps and lotions you can buy at the chemist, and by keeping fingernails short. Paracetamol can be used to reduce fever. Aspirin must not be given to young children and adolescents due to the risk of developing Reye Syndrome.

People with very serious cases or people who have weak immune systems can get a prescription for anti-viral medication from the doctor.

How can chickenpox be prevented?

Chickenpox vaccine has been available free in Australia for children at 18 months of age and 13 years (given in Year 8 at school) since 2005

Coronavirus-19 (COVID-19)

What is COVID-19?

COVID-19 is a sickness caused by a type of virus called Coronavirus. There are many kinds of coronaviruses, some which cause colds. The COVID-19 virus is also called severe acute respiratory syndrome coronavirus. This is because it causes a worse illness than colds.

COVID-19 did not exist before 2019. The first people to get sick from COVID-19 were in China. It spread quickly around the world. Vaccines for COVID-19 were invented in 2020. Since COVID-19 began, it has also developed different types, called variants. The main variants in 2022 are called Delta and Omicron.

You can get a test for COVID-19 at the hospital or clinic, or buy a test to take at home. The tests are called RATs, PCRs, and NATs.





What are the symptoms of COVID-19

(how does covid make you look or feel)?

The main symptoms of COVID-19 are:

- Fever (temperature over 38 degrees)
- Cough
- Sore throat
- Trouble breathing
- Tiredness (fatigue)
- Loss of taste and smell
- Aches and pains
- Headaches
- Runny or blocked nose
- Diarrhoea and nausea
- Sneezing
- Young children can have croup (barking cough)

COVID-19 can also cause bad pneumonia.

How serious is COVID-19?

COVID-19 affects people differently. Some people don't get very sick from COVID-19, or don't get sick at all.

Other people can get very sick and die from COVID-19, especially people who are older, or who already have another sickness.

Some people don't recover from COVID-19 and have symptoms for a long time. This is called 'long COVID'.

How does COVID-19 spread?

COVID-19 spreads in different ways:

- From breathing in air that a person who has COVID-19 is breathing out.
- If someone who has COVID-19 coughs near you.
- From touching things like beds, tables or door handles that someone with COVID-19 has also touched or coughed on.



Can you pass on COVID-19 to other people?

In 2022 when the Omicron type of COVID-19 was spreading, every person who got sick with COVID-19 could pass it on to 10 other people.

It is important that people stay home when they have COVID-19, keeping away from others to stop it from spreading. People can get COVID-19 many times.

People with COVID-19 are most likely to pass it on when they have symptoms, but can keep spreading it for up to 3 weeks.

The rules for isolating after COVID-19 infection are changing, so check with your clinic, or COVID information line about what to do if you have COVID-19.

What is the treatment for COVID-19?

Most of the time, COVID-19 does not need treatment when it affects a person who is usually healthy. When people are vaccinated, they are unlikely to get really sick from COVID-19.

- For mild symptoms of COVID-19, it is best to:
- Rest
- Drink enough water
- Keep away from people who don't have COVID-19.
- Take paracetamol if you have a fever

For people who have sicknesses like diabetes, heart disease, or immune problems, doctors can give medication called antivirals which help fight COVID-19.

If people are very sick with COVID-19, they might need to go to hospital to get oxygen and other treatments to help with their breathing.

How can COVID-19 be prevented?

COVID-19 can be prevented by staying away from people who are sick with COVID. Vaccination (getting all your shots) is really important to help your body avoid getting COVID-19, and avoid getting very sick from COVID-19.

As COVID-19 develops into new types, there will be changes to what vaccines are needed to protect from COVID-19. Ask your doctor or clinic about the right vaccines for you.

To stop the spread of COVID-19, it is important to:

- Wear a mask
- Keep a distance from other people when inside
- Avoid touching things other people have touched
- Wash your hands many times a day, especially after blowing your nose or coughing, or touching things other people have touched



Dementia

What is Dementia?

Dementia is a sickness in the brain that permanently changes the way they think and act. These changes include:

- Problems with memory
- Changes in how you speak and understand language
- Changes to emotion.

Most with dementia are older, however some younger and middle-aged people can get dementia too.

In most cases, dementia gets worse over time. It is different to delirium, which is a short-term brain sickness that can get better.

There are many kinds of dementia, and many different causes. The two most common types are Alzheimer's dementia and vascular dementia.



Alzheimer's

Alzheimer's dementia is the most common cause of dementia and is still being studied to find out why it happens. Alzheimer's can cause scars in the brain that cause memory problems, trouble talking and understanding language, and trouble getting around.

Vascular

Vascular dementia happens when there is not enough blood in the brain. If the arteries (blood pipes) in the brain get

blocked because of high blood pressure or diabetes, or get cut off because of a stroke, then the brain slowly gets damaged and the dementia symptoms gradually start.

Vascular dementia can look the same as Alzheimer's, causing memory problems, trouble talking and understanding language, and trouble getting around.

Alcohol

Drinking too much alcohol use over a long period of time can cause dementia.

What are the symptoms of Dementia

how does dementia make you look or feel?

People with dementia can have many different symptoms. Common symptoms include:

- Confusion
- Short-term memory loss – like forgetting where they put something, or what they were saying or doing. People with dementia usually still have good memory for things that happened in the past.
- Problems speaking or understanding
- Personality and mood changes, like feeling angry or aggressive
- Losing motivation for things they normally like
- Getting lost more easily
- Making strange decisions and acting differently
- Having trouble sleeping (eg. sleeping a lot during the day and not at night)

How serious is Dementia?

Dementia is a very serious disease, because at the moment there are no cures for it. Sometimes, if the dementia symptoms are caused by a sickness that has a cure, doctors can treat the cause. This will slow down the progression of the illness.

People with dementia will normally need more help to live their normal life, either from family or from other carers

How do you get dementia?

- Vascular dementia is caused from big or small strokes in the brain.
- Alcohol related dementia is caused from drinking too much for too long. Doctors don't know why people get Alzheimer's dementia, but it can run in families. It usually affects people who are over 65.

Sometimes dementia can be caused by other infections, like HIV and syphilis, but this is very rare.

Can you pass on Dementia to other people?

Dementia cannot be passed on to other people. Some genetic conditions that run in the family can cause dementia, so it is important to know if people in your family have dementia.

What is the treatment for Dementia?

There is no cure for dementia. However, some treatments can slow down dementia:

- some medications increase the chemicals in our brain that help us think (called neurotransmitters). These medications are called Cholinesterase inhibitors. They can help some people with dementia.
- Occupational therapy can also help people with dementia. It helps to make their home safe and to give them reminders to help them remember things.



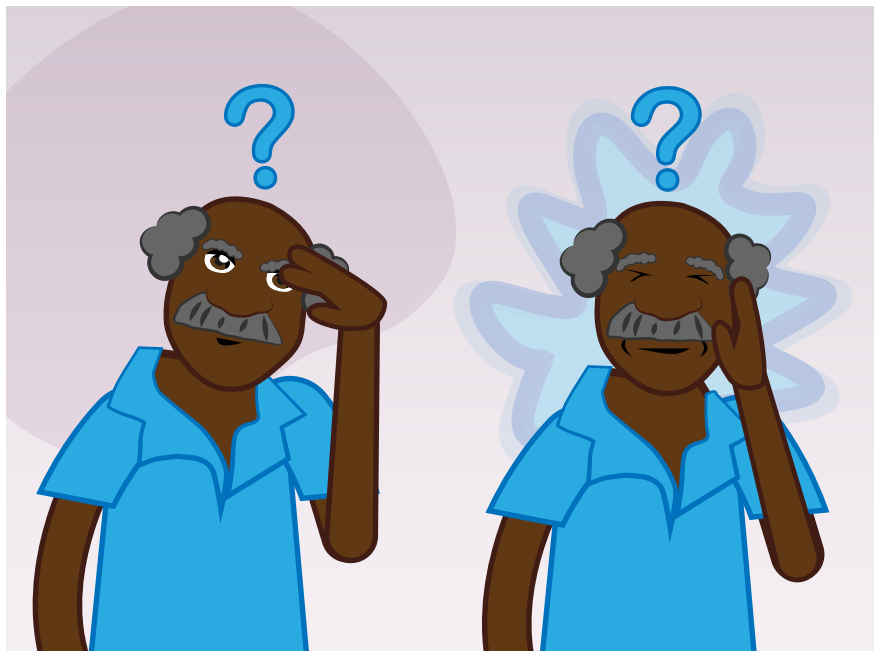
How can Dementia be prevented?

Living a healthy life can make it less likely to get dementia. Some things that help include:

- Not smoking
- Not drinking too much alcohol
- Eating vegetables and good food
- Exercising
- Making sure your heart is healthy and blood pressure is at a healthy level
- Controlling diabetes
- Using hearing aids if you have reduced hearing or deafness

It is also helpful that people stay connected to family and community, and have lots of people to talk to and keep your mind active.

Problems with hearing and vision can make dementia worse, so it's important people get glasses and hearing aids if they need them.



Diabetes (type 1)

What is type 1 diabetes?

Type 1 diabetes is a sickness where your body can't use the energy from sugar. The pancreas (an organ near the stomach), makes a chemical called insulin. Insulin breaks down sugar so our body can use it. In type 1 diabetes, the pancreas stops making insulin. Normally, type 1 diabetes affects kids.

What are the symptoms of type 1 diabetes?

How does type 1 diabetes make you look or feel?

The most common symptoms of undiagnosed type 1 diabetes include:

- Feeling thirsty and drinking much more
- Going to the toilet (to pass urine) more often
- Feeling tired and low on energy
- Unexplained weight loss
- Feeling tired and low on energy
- Genital thrush
- Mood changes

The symptoms of type 1 diabetes can develop quickly.

How is type 1 diabetes diagnosed?

- If your doctor thinks your symptoms suggest you have type 1 diabetes, your blood will be checked for high glucose levels, and your blood or urine for ketones. The body produces ketones in large amounts when

there is little or no insulin. If ketones are present, you may have type 1 diabetes. A high blood glucose level will confirm the diagnosis.

- Your doctor may also do tests to look for auto-antibodies. These tests can help to work out if you have autoimmune type 1 diabetes.

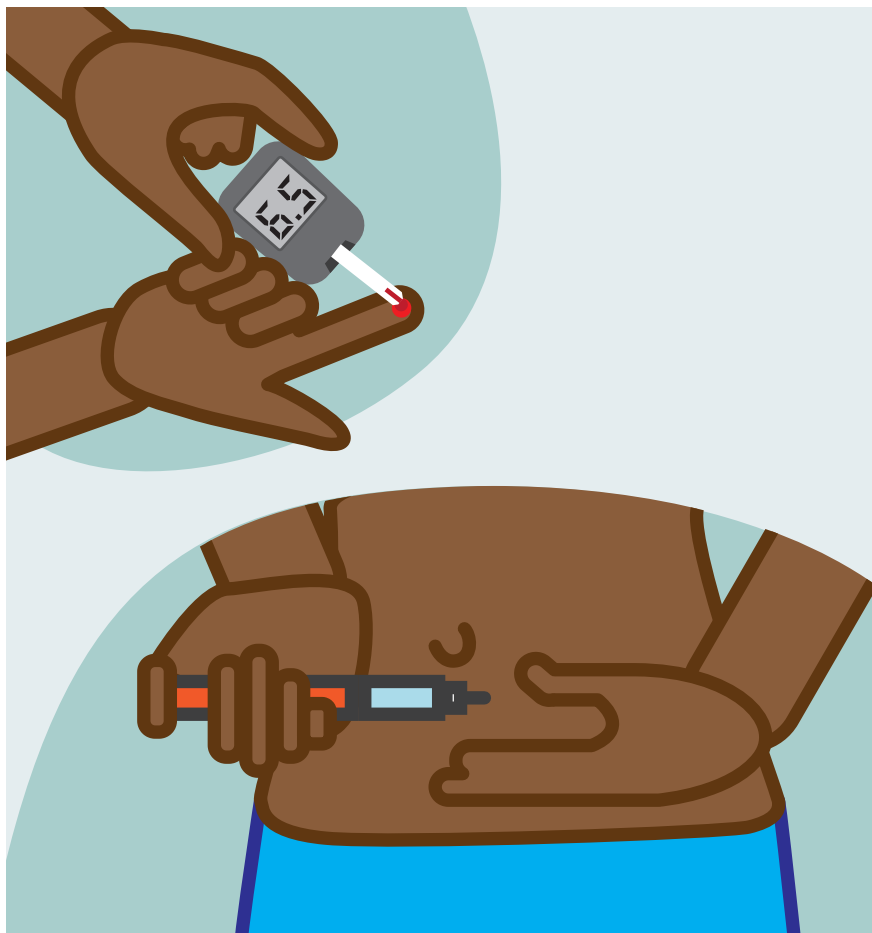
If you have symptoms that sound like type 1 diabetes, see a doctor without delay and ask to be checked for diabetes.

If type 1 diabetes is left untreated, you will get diabetic ketoacidosis (DKA) which is an emergency. DKA is when the body can't use glucose for energy, and makes chemicals (called ketones) to use for energy instead. Ketones cause the blood to become too acidic. In DKA people get really dehydrated and sick and need to go to hospital immediately.

Can you pass type 1 diabetes on to other people?

Type 1 diabetes is not infectious, so you cannot pass it on to anyone else.





What is the treatment for type 1 diabetes?

If you have type 1 diabetes, it is important to look after your body or you can become very sick. Things you can do to treat type 1 diabetes include:

- Get insulin replacement through insulin injections (up to 6 every day), or an insulin pump. This is something you will have to do every day for the rest of your life.

- Keep track of the sugar levels in your blood by checking them many times a day (up to 6 times every day)
- Eat healthy foods
- Do regular exercise

How can type 1 diabetes be prevented or cured?

At the moment, nothing can be done to prevent or cure type 1 diabetes.

Diabetes (type 2)

What is type 2 diabetes?

Type 2 diabetes is the most common form of diabetes.

Type 2 diabetes is a sickness where there is too much glucose (sugar) our blood. Our body uses insulin to allow the sugar in our blood to give us energy. Insulin is made in the pancreas. Type 2 diabetes is when the insulin in our body doesn't work properly, meaning the sugar in our blood stays really high. Type 2 diabetes is not infectious, so you cannot give it to anyone else.

What are the symptoms of type 2 diabetes?

How does Type 2 diabetes make you look or feel?

The symptoms of type 2 diabetes can include:

- Being thirsty and drinking more than usual
- Going to the toilet (to pass urine) more often
- Feeling tired and low on energy
- Sores or cuts that won't heal
- Blurred vision
- Itching and skin infections
- Pain or tingling in the legs or feet.

Often, people don't notice these symptoms, or they may appear slowly over time. Some people may not have any symptoms at all. In some cases, the first sign of diabetes may be a complication such as a foot ulcer, heart attack or vision problem.

Who is at risk of getting type 2 diabetes?

Most people who get type 2 diabetes are adults, but young people can also get type 2 diabetes. You are more likely to get type 2 diabetes if you:

- Have a family history of type 2 diabetes
- Have pre-diabetes
- Are above the healthy weight range
- Do not have an active lifestyle
- Are Aboriginal or Torres Strait Islander
- Are Melanesian, Polynesian, Chinese, Southeast Asian, Middle Eastern or Indian
- Have had prior gestational diabetes
- Have polycystic ovary syndrome
- Take some types of antipsychotic or steroid medicine





What is the treatment for type 2 diabetes?

Type 2 diabetes is managed with healthy eating and regular physical activity. Sometimes, people need to take medicine to help keep the sugar in your blood at a safe level.

Complications with type 2 diabetes

Type 2 diabetes that is not treated can lead to damage of your eyes, kidneys, nerves and blood system. Some people with type 2 diabetes have to go on dialysis because of the damage to their kidneys.

How is type 2 diabetes diagnosed?

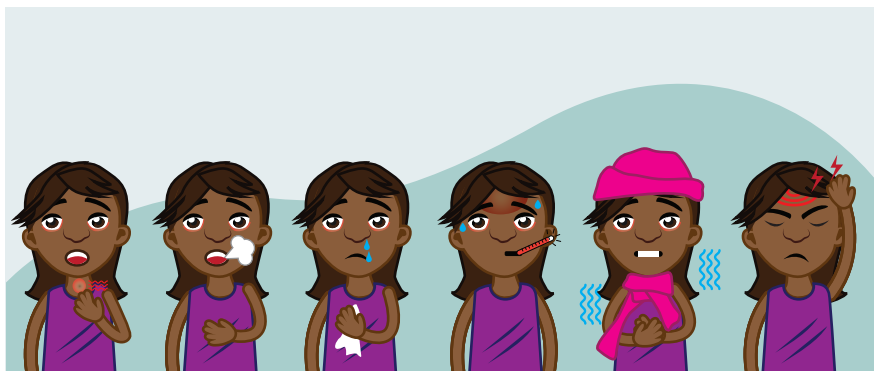
Diabetes is diagnosed through a blood test that your doctor can order. Sometimes, they might need to do a special test called the oral glucose tolerance test (OGTT).

You get this done at a pathology lab. You will have a fasting blood test first (where you do not eat or drink before the test), then you will be given a sugary drink and have your blood tested two hours later.

Can type 2 diabetes be prevented or cured?

People who are at risk of type 2 diabetes can prevent or delay developing diabetes by adopting a healthy lifestyle. This includes regular physical activity, making healthy food choices, and being a healthy weight.

There is no cure for type 2 diabetes, but if you look after your body you can still live a healthy and happy life.



The Flu (Influenza)

What is the Flu?

Influenza (called the flu) is a sickness in your airway (breathing tubes) caused by a virus. There are different types of the flu sickness that you can catch. These viruses change over time. Because of this, a new vaccine is made every year to match the type of flu virus predicted for that year. This is the best way to protect against getting the flu. The risk of flu becoming a more serious sickness is higher in people who are old, are unwell, or have other diseases.

How is the Flu spread?

The flu is spread through drops of spit that come out of your mouth and nose when you cough or sneeze. It might also spread when others touch surfaces that the drops of spit have landed on, and then touch their face, where the sickness can enter the body.

What are the symptoms of the Flu?

How does the Flu make you look or feel?

Someone who has the flu might have one or all of these symptoms:

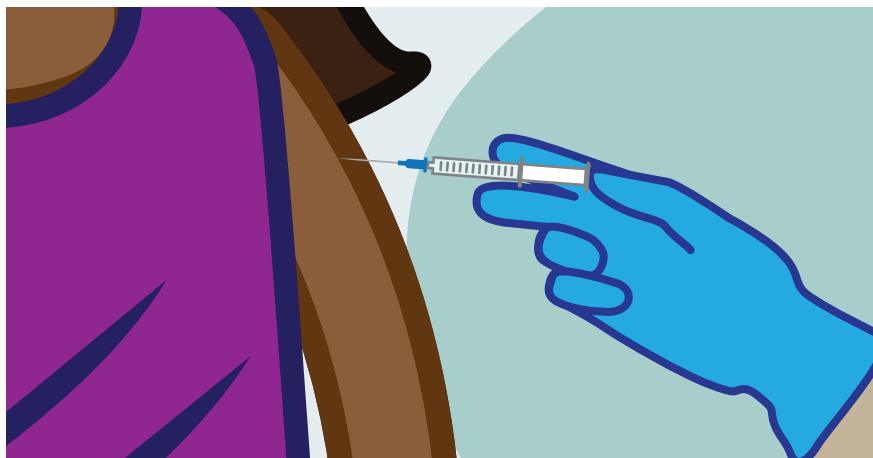
- Tiredness
- Fever
- Headache

- Chills
- Sore throat
- Loss of appetite
- Muscle aches
- Coughing
- Runny nose
- Sneezing

Can you pass the Flu on to other people?

When an adult gets the flu, they can spread it to others for 7 days (1 week) from the day before they show any symptoms.





When a child gets the flu, they can spread it to others for 10 days from the day before they show any symptoms.

People who are already very sick with weak immune systems can spread it for many weeks.

People who have a cough and fever symptoms can spread it easier than people who do not.

What is the treatment for the Flu?

People who have the flu can try the following treatments:

- Rest
- Drinking enough water
- Pain relief medicine Anti-viral medicine (these are most effective if the doctor gives them to you within the first 48 hours)

How can the flu be prevented?

The flu vaccine is a safe and effective way to protect yourself against the flu. Doctors and scientists say you should get a flu vaccine every year, especially if you are someone who is more likely to get sick.

People cannot catch the flu from getting the vaccine. After you get the vaccine, it takes about 2 weeks before the body is protected from the flu. If you catch the flu from someone else in those 2 weeks, you might still become sick.

To stop the spread of disease, people should have good hygiene, cough into their upper arm or cover their mouths, and wash their hands regularly. Washing your hands with soap many times a day and putting your tissues into the bin as soon as you have used them can also help to prevent the flu.

Foetal Alcohol Spectrum Disorder (FASD)

What is FASD?

FASD is a sickness a child can get when their mother drinks alcohol while she is pregnant. When a pregnant woman drinks alcohol, it goes from her blood into the baby's blood. The baby then has the same amount of alcohol in them as the mother.

If a pregnant woman drinks alcohol, it can:

- Cause miscarriage
- Cause stillbirth
- Prevent the baby from growing
- Cause brain damage to stop the baby from growing properly. It can also cause lifelong brain damage to the child.

If a mother drinks alcohol when she is breastfeeding, it goes into the breast milk, and the baby will consume alcohol when drinking the milk. This can also hurt the baby.

Signs and symptoms of FASD

How does FASD make you look or feel?

Not all babies who have FASD have the same symptoms. Babies can have one or all of these symptoms:

- Low birth weight
- Small head
- Failure to thrive
- Feeding problems
- Sensitivity to noise, touch and/or light
- Developmental delay.

Sometimes a child isn't diagnosed with FASD until they are older or at school when the symptoms are more visible. Most children with FASD will have problems with learning or behaviour.

Children can have one or all of these symptoms:

- Learning difficulties
- Delayed development
- Difficulty concentrating
- Hyperactivity
- ADHD
- Memory problems
- Difficulties with social relationships
- Being impulsive
- Inappropriate behaviour
- Difficulty understanding consequences Damage to major organs (like brain, heart and liver).





Secondary problems for adolescents and adults with FASD

It is important for someone with FASD to be diagnosed, so that they can get help to manage their behaviour and get the support they need in life. If someone has FASD but isn't diagnosed correctly, they are more likely to have other issues, including:

- Mental health problems
- Not finishing school
- Unemployment
- Physical/sexual/social abuse
- Alcohol and drug problems
- Criminal activity

What is the treatment for FASD?

There is no cure for FASD. However, there are things that can be done to improve quality of life for someone who has FASD. It is important to diagnose FASD early.

Special education, employment programs and a structured environment can help people with FASD throughout their lives. Medication can be helpful for hyperactivity and learning problems.

How can FASD be prevented?

FASD can be prevented by not drinking alcohol when you are pregnant or trying to get pregnant. There is no safe amount of alcohol for a pregnant or breastfeeding woman to drink, and no safe time for a pregnant woman to drink alcohol.

It is never too late in pregnancy to stop or cut down drinking alcohol. Any decrease in the amount of alcohol a pregnant woman drinks will increase the chance the baby being healthy.

Measles

What is measles?

Measles is a very infectious virus, which can cause serious sickness. Measles is now uncommon in Australia because of high levels of immunisation, but it is still possible to get measles if you are not immunised against it.

What are the symptoms of measles?

Someone who has measles usually shows symptoms 7 to 10 days after the disease has spread to them. They might have one or all of these symptoms:

- Fever
- Cough
- Runny nose
- Sore eyes,
- Red, blotchy rash (this usually comes 2 to 4 days after the others). The rash starts on the face and spreads down the body.

Complications of measles

One third of people who get measles develop complications and may need to go to hospital. Complications can include:

- Ear infection
- Diarrhoea
- Pneumonia
- Encephalitis (infection of the brain). It is very rare that someone will get this from measles.

How is measles spread?

Measles is spread from people who have the disease through the air by talking, coughing or sneezing. Measles is one of the most infectious diseases, which means it is very easy to catch. In Australia, most cases of measles come from overseas travellers who can spread the infection to people who have not had the measles vaccine.

Who is at risk of getting the measles?

- People who have not had the vaccine
- People who have not had measles before. Once you have had measles, you cannot get it again. A blood test can show whether you have had measles before.

Is measles infectious?

Measles is very, very infectious. Adults are infectious from the day before they show any symptoms, until 4 days after the rash on their body goes away. People are most infectious before the rash starts on their body, so they don't know that they have measles.





What is the treatment for measles?

There is no medicine or drug you can take if you get measles.

How can measles be prevented?

The best protection against measles infection is vaccination. People should receive vaccines for 2 types of measles. In Australia the vaccine is available as a combination vaccine containing measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV).

It is recommended that all children get vaccinated for measles at 12 and 18 months of age. Babies can be vaccinated against measles from 6

months of age if traveling overseas, or when an outbreak happens. They will still need two more doses at 12 months and 18 months afterwards.

People who were born before 1966 are considered to be safe from measles immune. Everyone who was born after 1966 should have all had the measles vaccine, or already had measles. This means they can't get measles again. No measles vaccine should be given to pregnant women, or to women who are trying to get pregnant.

Melioidosis

What is melioidosis?

Spoken *mell-ee-oy-doe-sis*, Melioidosis is a serious sickness that occurs in tropical regions. It is caused by the germs called that live in the dirt underground during the dry season. After heavy rains they come to ground level and can be found in water, mud and air close to the ground.

What are the symptoms of melioidosis?

How does melioidosis make you look or feel?

Symptoms can occur 1-21 days after the germ gets inside your body.

Common symptoms include:

- Chest infection
- Shortness of breath
- Cough
- Fever
- Headache and confusion
- Pain or difficulty weeing.

Less common symptoms include:

- Weight loss
- Skin ulcers
- Boils
- Joint or bone problems

How does melioidosis spread?

The germs that cause melioidosis can get into your body through cuts and sores in the skin, or from breathing in dust or droplets.

Can you pass melioidosis on to other people?

Melioidosis does not spread easily from person to person, or from animal to person.

Who can get melioidosis?

Anyone can get melioidosis if they spend time in muddy dirt without protection for their hand or feet. People who are most likely to get sick from melioidosis are people with:

- Diabetes
- Heavy alcohol consumption
- Kidney disease
- Lung disease
- Cancer
- Cuts or sores on their skin

Healthy people can also get the disease if they work in muddy soil without good hand and foot protection.





What is the treatment for melioidosis?

Melioidosis is very serious and can cause death if it is not treated. It is important to see a doctor to get antibiotics as soon as possible.

How can melioidosis be prevented?

There is no vaccine to protect against melioidosis.

To protect against getting melioidosis, the best things to do are:

- Wear waterproof shoes when you walk in wet, muddy areas
- Wear gloves when touching dirt and soil, especially in the wet season.
- Keep cuts and sores clean and covered up
- Avoid being in muddy or boggy areas, wet sandpits, and places where water has pooled in grassy areas

Mental Health

What is Mental Health?

Mental health is how well your mind is thinking, feeling and understanding the world around you. Mental health can be protected by things like: staying healthy, keeping up relationships with family and culture, and doing things that are meaningful to us.

Mental health can be out of balance when you have too much stress, grief, conflict, or disconnection from family and culture. Mental health can also be upset from having too much alcohol or other drugs.

When your mental health is not going well, doctors call this mental illness or mental disturbance. Mental illness could mean that someone is distressed or having big problems living their normal life.



Information drawn from 'Yarning about Sadness', developed by Menzies School of Health Research (2011).



Main types of mental illness

Depression

Feeling very sad for a long time and not being able to enjoy the things you normally do. Depression can also cause problems with eating and sleeping.

Anxiety

Feeling worried a lot of the time, and not being able to relax. All of the worry can sometimes stop you from being able to do things in your daily life.

Bipolar disorder

Where you have very big mood swings. This can mean that you go from having a lot of uncontrollable energy and ideas with strange beliefs (called mania) to feeling lots of other things like depression.

Psychotic illnesses like schizophrenia

This can mean that you are hearing voices of people that are not near you, have strange thoughts and believe things that aren't true, or have a lot of trouble thinking clearly.

Suicidal thoughts, or attempting suicide

Sometimes this can be caused by a mental illness like depression or psychosis. Sometimes it happens when you are very troubled or intoxicated.

Self-injury or self-harm

Self-harm is when you hurt yourself on purpose.

Post-Traumatic Stress Disorder (PTSD)

When you have seen very bad things happen, and think about a lot of bad memories from that time that makes you feel very worried, stressed or sad.

Personality Disorders

The doctors might say you have a 'personality disorder' if you have problems with how to cope with everyday life, and keep having these problems for a long time. This can mean you feel worried about people abandoning you, or feeling very angry all the time. Some people with these problems get a lot better when they have good relationships with other people, or talk to a psychologist or counsellor who can help with ways to manage your feelings.

Information drawn from 'Yarning about Sadness', developed by Menzies School of Health Research (2011).

Taking care of mental illnesses

There are many ways to help with mental illnesses and difficult emotions. Some ways are:

- Talk to someone you trust – family or friends
- Do more things that keep you strong
- Do less of the things that take your strength away
- Talk with a health professional
- There can be many treatments to help people grow their spirit back to strength:
- Education can help change how a person feels and help them make good choices that make their spirit stronger
- Medications can help improve symptoms of mental illness so people can focus on growing stronger
- Counselling or therapy with a psychologist can help people understand the way they think and to understand themselves more, and to find ways of thinking that are more helpful.

If you are worried that you or someone you know isn't safe, please talk to a doctor or call the NT mental health line on 1800 682 288

Involuntary admission

When someone is very mentally ill or disturbed, doctors need to decide if they are at risk or hurting themselves or hurting other people. If doctors are worried that someone will kill themselves, or badly harm themselves or someone else, they can make that person go to hospital. The law around this is called the Mental Health Act. If the person doesn't want to go to hospital, doctors might decide they need to go anyway because they can't make safe decisions for themselves. This is called 'involuntary' admission.

Information drawn from 'Yarning about Sadness', developed by Menzies School of Health Research (2011).



Rights of mental health patients

Northern Territory Mental Health Line: 1800 682 288

This information is for patients receiving treatment in a Northern Territory (NT) inpatient facility.

Medication and/or treatment

You must be given information about your treatment medication and treatment in a form you can understand.

Discharge

You must be consulted and given information about a discharge plan which includes accommodation, ongoing treatment and rehabilitation.

Confidentiality

You have the right to expect your information will be confidential. There are some situations where information can be released for criminal cases, or where it is important for the ongoing care or treatment of a person receiving treatment.

Access to records

You can apply to access your medical records by writing a short letter to the authorised psychiatric practitioner, outlining the information you would like and why. You should receive a response within 30 days. If you are refused access you have the right to appeal to the Mental Health Review Tribunal.

Mail, phone calls and visitors

You must have access to send and receive mail and to make and receive phone calls, and receive visitors in reasonable privacy during visiting hours unless you or someone else is placed at risk.

If there is a risk, these rights may be removed by order of a psychiatric practitioner. The order must be reviewed daily and the Mental Review Tribunal told about the order.

You have the right to apply to the tribunal to have the order reviewed.

Complaints

You have the right to complain if you are unhappy with any part of your treatment and care.

Complaints directly to the mental health service may be made informally, or more formal complaints may be made in writing on forms that are available from the mental health service.

A person can also complain to the Community Visitor Program or to the Health and Community Services Complaints Commission.

Information drawn from 'Yarning about Sadness', developed by Menzies School of Health Research (2011).



Involuntary admission: your rights

If you are admitted to hospital by a doctor, called a detention order, you also have the following rights:

- To be examined and assessed by a doctor within 24 hours of admission
- To be examined and assessed every 72 hours
- To be given information about your legal rights, including right to legal representation and advocacy services - you must be told this information and given it in writing with one day of being admitted
- To have your admission reviewed by the mental health tribunal with 14 days of being admitted on the grounds of mental illness and 10 days if admitted on the ground of mental disturbance
- To apply for the mental health tribunal for an early review of your detention order
- To request a relative, friend or community visitor go with you to the tribunal hearing
- To appeal a decision of the mental health review tribunal to the Supreme Court.

Voluntary admission: your rights

You have additional rights as a voluntary patient, including all of the following:

- The right to stop treatment at any time and refuse treatment offered to you - you should talk to someone in your treating team first
- Treatment may only be given with your informed consent
- If you are being treated in an inpatient unit, you may not be placed in seclusion or restrained unless staff believe that you are becoming more unwell and you need to be detained for up to six hours for further assessment by a doctor and possible involuntary admission.

Accessing your information

You have the right to view your files and receive copies of documents about your treatment and care. You should talk to your doctor who will help you to get access.

Information drawn from 'Yarning about Sadness', developed by Menzies School of Health Research (2011).



Scabies

What is scabies?

Scabies is a skin disease caused by a bug called *sarcoptes scabiei*. The bug digs under your skin and lays eggs there. This makes the skin very itchy, red, and swollen. It can also make sores on your skin.

What are the symptoms of scabies?

How does scabies make you look or feel?

The first time you get scabies, you will not show symptoms for 2-6 weeks. If you have had scabies before, their symptoms will show up sooner, in 1-4 days.

Symptoms of scabies usually looks like a red, lumpy rash on the skin. The rash is very itchy, especially at night. The rash can be in many different places:

- On the wrist and ankles
- Between the fingers and toes
- On your bottom
- In the folds of the skin around armpits, elbows and genitals

In young children, the rash can appear all over the body, with bigger sores on the hands and feet.

Complications

Scratching the rash and sores on the skin can cause infection, including *Streptococcus* (Strep throat) and *Staphylococcus bacteria* (Staph infection). These infections can make you sick and hurt your kidneys and

heart. Lots of skin infections make it more likely to get long term kidney disease, and also rheumatic fever and rheumatic heart disease. It is important to get early treatment for these skin infections to stop complications.

Can you pass scabies on to other people?

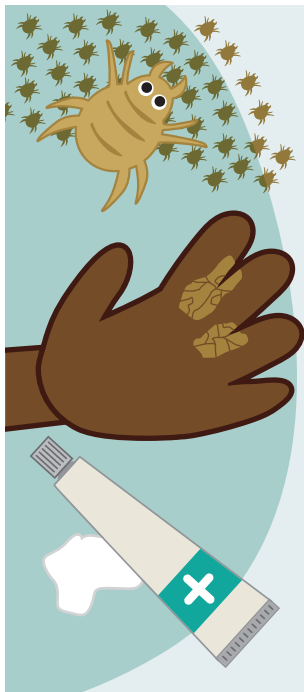
Scabies can spread very easily. Scabies will continue to spread until all the bugs and eggs are killed with medicine.

How is scabies spread?

The scabies bug spreads from person to person when their skin touches for a long time, like sitting or sleeping next to someone. It can also spread by sharing clothes and linen that have been used by a person with scabies if they have not been washed in between. In warm and humid temperatures, the scabies bug can live outside the human body for 3 days.

What is the treatment of Scabies?

You can get different types of cream from the doctor to get rid of scabies. It is very important to follow the instructions of the cream you get.



What is Crusted (Norwegian) scabies?

Most people who get scabies have about 10-15 bugs under their skin. In crusted scabies, there is infestation with thousands of bugs. Sometimes this happens because a person is already sick and cannot fight the disease.

Symptoms of Crusted Scabies

Crusted scabies looks different to normal scabies. The rash looks scaly, with thick, crusty skin.

Treatment of Crusted Scabies

Mild cases of crusted scabies can be treated in the community with creams and medication called ivermectin. People who get a serious case of Crusted Scabies will need to go to hospital.

Before you use the medicine (cream), you should have a shower or bath to make your skin soft. It is important to wash the treatment off after the amount of time it says in the instructions.

Your skin might feel itchy for 1 or 2 weeks after the treatment.

If you have scabies, everyone else in your house should also get the same treatment for scabies at the same time. You should also do the following things in your house:

- Wash all sheets, towels and clothes in hot water, and dry them in the sun. This kills the scabies
- Put all mattresses, pillows and blankets in the sun

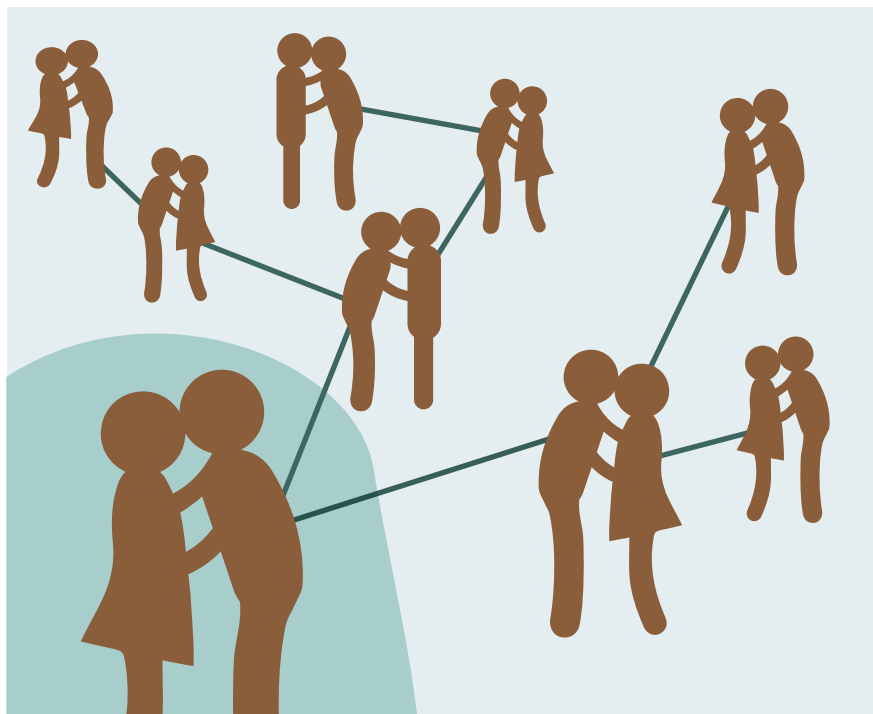
- Clean the house, cleaning away as much dust as possible. This is where the scabies can live.
- If there are things you can't wash or put in the sun, try not to use these things for 3 days. This is enough time for the scabies to die so you can't get infected again.

How is scabies prevented?

Finding and treating scabies early helps to stop the spread of scabies. Healthy Skin Programs are conducted in some communities. For further information about Healthy Skin Programs, contact your nearest health centre.



Sexually Transmitted Infections (STIs)



This fact sheet talks about 3 STIs that are very common.

Who can get STIs?

People who have unprotected sex of any kind can get STIs. This means you can get an STI when you have vaginal, anal or oral sex without a condom with someone who has that STI.

STI Tests

When you get tested for an STI, the results are confidential. Your partner will not be told about your result without your permission. No one else

in your family or community will be told about your result without your permission.

How can STIs be prevented?

- When you have sex, use protection like a condom
- Avoid sharing towels or underclothing
- Wash your body before and after having sex

Trichomonas

Trichomonas, spoken *try-ko-mo-nas*, is usually called trich (trike) for short.

What are the symptoms of Trichomonas?

How does Trichomonas make you look or feel?

Men can get:

- Itching or irritation in the penis, and a discharge
- Burning after peeing or after sex.

Women can get:

- Itching, burning, redness or soreness around the vagina
- Pain when peeing
- A smelly discharge from the vagina.

If you have trich sex can be painful.

Many people who have trich don't have any symptoms or signs. This means you can have trich and not know it. The only way of knowing whether you have trich is to get tested.

How is Trichomonas spread?

You can get trich when you have vaginal, anal or oral sex without a condom with someone who has trich.

What is the treatment for Trichomonas?

If you have trich, you will be given antibiotics. You must not drink alcohol within 24 hours of the treatment.

It is important that you don't have sex for 7 days after treatment is finished and your partner has also completed treatment.

Without treatment, the infection can last for months or even years.

Getting treated for an STI doesn't stop you picking up the same STI again. It's important to keep using condoms and to keep testing regularly for STIs – at least every six to 12 months.



Syphilis

What is Syphilis?

Syphilis is a sexually transmissible infection (STI).

What are the symptoms of Syphilis?

How does Syphilis make you look or feel?

- Men and women can get sores around the penis, vagina or anus (bum).
- These sores are called chancres (shankas). These sores are not painful.
- The sores from syphilis can come and go.
- Syphilis can also cause a rash all over the body. The rash can spread to the hands and soles of the feet.
- Without treatment syphilis will still stay in the body and keep causing damage.
- The only way of knowing whether you have syphilis is to get tested.

How is Syphilis spread?

- You can get syphilis from having sex with someone who has syphilis without using a condom. You can also get it from having oral sex without protection.
- Syphilis causes rashes and sores. But you can catch syphilis from having sex with someone who has it even if they don't have rashes or sores.
- You can get syphilis from contact with the rash or sores on someone who has it.
- Babies can be born with syphilis if their mother has syphilis.

What is the treatment for Syphilis?

- Syphilis is treated with penicillin (an antibiotic) – by injection.
- The sooner you get tested for syphilis after getting it, the easier it is to cure.
- Don't have sex until 7 days after treatment is finished and the sores are gone.

Complications

It is very important to treat syphilis as soon as possible. If you do not get treated for syphilis:

- Syphilis can damage the brain, eyesight, heart, veins, liver, bones, muscles and joints.
- If you don't get treated and cured, you can pass it on to people you have sex with.
- Syphilis can cause infertility – this means being unable to ever have a baby.
- If you have syphilis when you are pregnant, your baby can be born with syphilis. This can cause serious health problems for the baby, and the baby can die.

Chlamydia

What are the symptoms of Chlamydia?

How does Chlamydia make you look or feel?

Most people with chlamydia don't get symptoms or signs. You can have chlamydia and not know it.

Men sometimes get:

- Discharge (fluid) from the penis and pain when peeing
- Sore testicles (balls).

Women sometimes get

- Discharge (fluid) from the vagina and pain when peeing
- Cramps and pain in the tummy
- Bleeding between periods or after sex.
- Chlamydia can cause infertility in men and women. People who are infertile cannot have children.

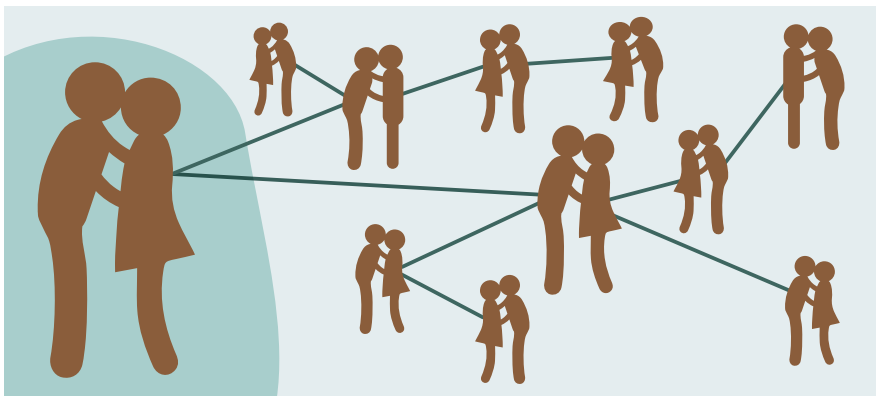
How is Chlamydia spread?

You can get chlamydia from having sex without using a condom. It can also be passed on during oral sex.

Babies can be born with chlamydia if their mother has chlamydia. The baby can get a lung infection (pneumonia) or a bad eye infection.

What is the treatment for Chlamydia?

The treatment for chlamydia is usually one lot of tablets. It is important that you don't have sex for 7 days after taking the medicine.

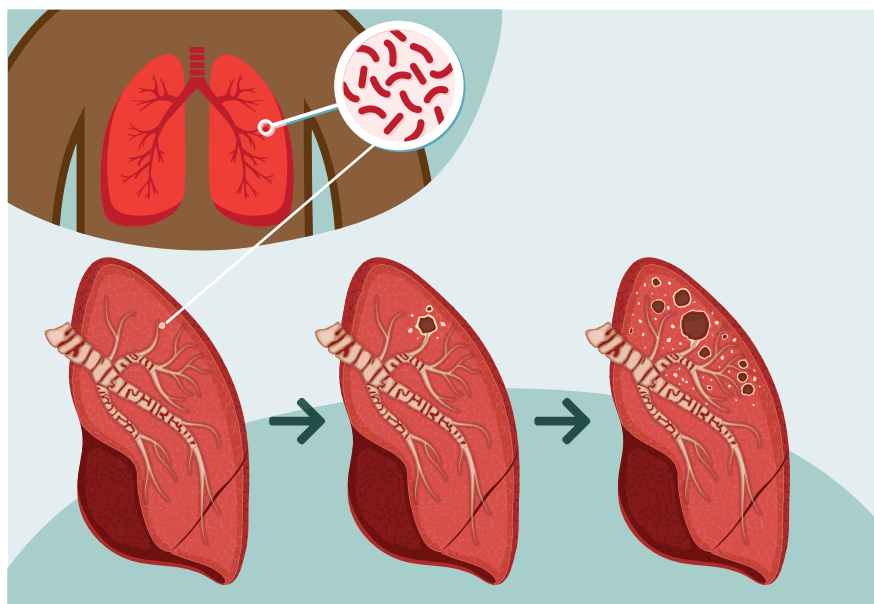


Tuberculosis (TB)

What is TB?

TB is a sickness caused by the TB germ (bacteria) *Mycobacterium tuberculosis*. Most of the time TB affects your lungs, but it can affect any part of your body. After you breathe in the TB germ, it can slowly make you sick over a few months, or it can stay asleep in your body and only wake up years later and make you sick.

‘Active TB’ is when you feel the TB sickness in your body. ‘Sleeping TB’ or ‘latent TB’ is when TB is in your lungs but you can’t feel it. Both types of TB need to be treated with antibiotics.



How is TB spread?

You catch TB by breathing in the germs in the air if someone you have been close to has TB and hasn't started treatment yet.

Who is at risk of getting TB?

Anyone can get TB if they spend time close to someone that has TB.

Can you pass TB on to other people?

TB can be spread from one person to another if they spend a lot of time close together, like people who live in the same house, or are in the same room for a long time, like at work or school. TB is not as contagious as a cold or the flu.

Sleeping TB

A 'sleeping' TB infection is what happens to most people who breathe in TB germs. The germs stay in a 'sleeping' state in the body. People with sleeping cannot spread TB to others.

About 1 in 10 people that don't get treatment for sleeping TB will get active TB later in their lives.

How do I know if I have 'sleeping' TB infection?

You can get 'sleeping' TB if you have:

- Lived in a house with someone who has active TB, even if it was a long time ago
- Been close to someone else with TB (e.g. at home, school or work)
- Have a positive TB blood test or skin test

What are the symptoms of 'sleeping' TB?

How does 'sleeping' TB make you look or feel?

People with 'Sleeping' TB do not feel sick or have symptoms of 'active' TB. This means that it can be hard to tell if you have 'sleeping' TB your body.

Active TB

Active TB is when the TB germ wakes up and slowly causes sickness in your body.

What are the symptoms of 'active' TB?

How does 'active' TB make you look or feel?

- Fever
- Sweating
- Weight loss (becoming skinny)
- Coughing with phlegm
- Lumps (swollen glands) around your neck

TB is hard for doctors to diagnose. Sometimes it takes months of tests to find out if you have TB.

What is the treatment for TB?

TB it can be cured with antibiotics, but you have to take the antibiotics for a long time (usually 6 months) for them to work. TB starts slowly and only goes away slowly so you need to take the medicine for a long time. If you stop them too early, the germ grows back,

Complications

Some people get sick from the medicine. They can vomit, get a rash or get liver problems. If that happens, then the medicine needs to be changed. When you take TB medicine, you need a check-up every month to make sure the treatment is working.





List of Health Specialists

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Source: Allied Health Professions Australia; Medical Board of Australia

Name	Area of Expertise
Allergist/ Allergenist	Doctor that knows a lot about allergies like asthma, eczema, food allergies, insect bites and some autoimmune diseases. An autoimmune disease is when your body attacks itself by mistake, instead of attacking a germ. See also: immunologist
Anaesthetist	Doctor that gives you medicine to get rid of pain. They also give you medicine to keep you asleep during an operation so that you don't feel or remember it.
Audiologist	Ear and hearing doctor.
Cardiologist	Heart doctor.
Cardio-Thoracic Surgeon	Doctor that does operations on the heart and lungs.
Certified Nurse Midwife (CNM)	Nurse that helps pregnant women when they are about to give birth.
Certified Nurse Anaesthetist (CRNA)	Nurse that helps the anaesthetist with medicines during an operation, and helps you wake up after an operation.
Chiropractor	Someone who treats back, neck and muscle pain by working on muscles and massaging them with their hands.
Clinical Nurse Specialist	Nurse with extra skills in a special area. Like a heart nurse knows a lot about the heart and will usually work with you if you have heart problems.
Colon/Rectal Surgeon	Doctor that does operations on your guts and your bottom.
Dentist	Tooth doctor.
Dermatologist	Skin doctor.
Dietitian	Someone who knows a lot about food and what you should eat to heal your body, and keep it healthy, especially if you are sick.
Endocrinologist	Doctor that knows a lot about the hormones in your body. Hormones help your body work properly, so if there is a problem with them, you can get very sick. For example, hormones help control sugar levels in your blood so you don't get diabetes.

Source: Allied Health Professions Australia; Medical Board of Australia

Name	Area of Expertise
Exercise Physiologist	Someone who knows a lot about exercise and what exercises you can do to heal your body and keep it healthy, especially if you have an injury.
Gastroenterologist	Doctor who knows about all your guts - from your food pipe to your stomach to your poo.
Genetic Counsellor	Someone who knows a lot about how sicknesses are passed down through families and generations, called genetic conditions. They help people living with genetic conditions.
Geneticist	Doctor who knows a lot about diseases that are passed down through families and generations, called genetic conditions.
Geriatrician	Doctor for older people.
Haematologist	Blood doctor.
Immunologist	Doctor who knows about the immune system. The immune system works to protect your body by attacking things like germs that get inside and cause sickness. Sometimes the immune system fights too much against something like a kind of food or even dust, and this can cause problems in your body. This is called a reaction or allergy.
Infectious Diseases Physician	Infection doctor. Infections are sicknesses which can be caused by germs, like a bacteria or a virus.
Licensed Practical Nurse	Nurse who helps people do things to look after themselves, like washing and bathing and changing the bandages or dressings on wounds.
Maxillofacial Surgeon	Doctor that does operations on the face and mouth.
Medical Radiation Practitioner	<p>Doctors that looks at scans (like an x-ray or CT scan) to see what's going on inside your body. There are lots of different types of these doctors, including:</p> <ul style="list-style-type: none"> • Medical Radiation Practitioner (MRP) • Diagnostic Radiographer (DR) • Medical Imaging Technologist (MIT) • Radiographer • Nuclear Medicine Scientist (NMS) • Nuclear Medicine Technologist (NMT) • Radiation Therapist (RT)



Name	Area of Expertise
Microbiologist	Someone that looks at germs to see what they are, and how they make you sick. They help the infection (germ) doctors give you the right medicine.
Neonatologist	Doctor for babies who are born a long time before they are due.
Nephrologist	Kidney doctor.
Neurologist	Nervous system doctor. The nervous system is the brain and all of the connections to the rest of your body. If you have trouble with your memory, or if there is a problem with the connection between your brain and your body parts that makes moving or feeling things difficult, this doctor can help.
Nurse, Registered Nurse (RN)	Someone who helps care for you. They can do many different things like give you medicines, help wash you and also help you learn about your body, sickness and how to stay healthy.
Nurse Practitioner (NP)	Nurse with extra training in a special area. They can do some more tests than other nurses, write prescriptions for medicine, and treat some sicknesses and injuries without a doctor.
Nutritionist	Someone who knows a lot about food and what you should eat to heal your body, and keep it healthy, especially if you are sick.
Obstetricians/ Gynaecologists	Doctors who look after women and pregnant women.
Occupational Therapist	Someone who helps people who have a sickness, disability or injury to find different ways of doing every day activities.
Oncologist	Cancer doctor
Ophthalmologist	Eye doctor who can do operations on eyes.
Optometrist	Eye doctor.
Orthodontist	Tooth doctor who works on making teeth straight with braces or a plate.
Orthopaedic Surgeon	Doctor who does operations to fix your bones, joints, muscles and nerves.

Source: Allied Health Professions Australia; Medical Board of Australia

Name	Area of Expertise
Orthoptist	Eye doctor.
Osteopath	Someone who helps your body and the way it moves by working on muscles and massaging them with their hands.
Otolaryngologist	Ear, nose, throat and neck doctor.
Paediatrician	Children's doctor.
Palliative Care/ Hospice Specialist	Someone who looks after people who are sick and are not going to get better, or who are close to dying.
Pathologist	Doctor who finds out what sickness you have by doing tests on body fluids like blood, spit or wee.
Perfusionist	Someone who looks after the machine that is used to keep you alive when you get an operation on your heart.
Perinatal Medicine	Doctor for pregnant women and babies who are sick.
Pharmacist	Someone who decides how much medicine you need and what type of medicine.
Physical Therapist	Someone who helps your body and the way it moves by teaching you different stretches and exercises.
Physiotherapist	Someone who helps your body and the way it moves after an injury or sickness.
Podiatrists	Foot doctor.
Psychiatrist	Doctor for people who have mental health problems. These doctors are like psychologists, but they can also give you medicine to help with mental health problems.
Psychologist	Someone who helps people who have mental health problems.
Pulmonologist	Lung doctor.
Radiologist	Doctor who uses an x-ray machine to run tests on your body.
Registered Nurse (RN)	Someone who helps care for you. They can do many different things like give you medicines, help wash you and help you learn about your body, sickness and how to stay healthy.



Source: Allied Health Professions Australia; Medical Board of Australia

Name	Area of Expertise
Rehabilitation Specialist	Someone who helps you get better after an injury so you can go back to daily life.
Rehabilitation Counsellor	Someone who helps you get better after an injury so you can go back to work.
Resident	Doctor who is training to be a special type of doctor, like a paediatrician or cardiologist.
Respiratory Physician	Doctor who knows lots about the parts of your body that help you breathe, like the lungs, windpipe, chest, throat, sinuses, nose and diaphragm
Respiratory Therapist	Someone who helps people who have breathing problems by giving them breathing exercises or a ventilator.
Rheumatologist	Doctor who helps people with problems in their joints, muscles and bones.
Social Worker	Social workers support people and families to improve their wellbeing. They can do things like help people in difficult systems like the hospital, at court, Centrelink or housing.
Sonographer	Doctor who uses an ultrasound machine to run tests on your body.
Speech Pathologist/ Speech Therapist	Someone who knows a lot about the way your mouth works and problems with speaking, talking, and language.
Surgeon	Doctor who does operations, like taking out an appendix, or fixing a hernia.
Urogynaecologist	Doctor who knows a lot about parts of the female body that help us wee, including the pelvic floor.
Urologist	Doctor who knows a lot about parts of the male body that help us wee. They also help men who have problems with fertility, and do prostate exams.
Vascular Surgeon	Doctor that does operations on blood vessels.

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Published in 2023 by the Aboriginal Interpreter Service –
Office of Aboriginal Affairs, Department of the Chief Minister and Cabinet

Aboriginalaffairs.nt.gov.au

