

## Plain Language Alternatives for Patient Information and Consent Materials

### **A note to the readers and users of this list—**

This list of plain language alternatives (at the 4<sup>th</sup> or 5<sup>th</sup> grade reading level) for medical and other high-level difficult terms is intended for the use of all those communicating with people who have weak literacy skills. The list is not yet comprehensive, although I hope it will be some day. I define terms as they arise in the course of my editing patient information and consent materials, so this list is a very much a *working document*. That means that I am adding to and editing the list almost daily. As a consequence, you may find some of the definitions are still pretty rough: some are awaiting approval by the authors; some are specific to context of a particular work and have not yet been generalized; some may even need editing to clean up my errors. (Please feel free to point out these errors. Editors need editors too!)

I welcome your suggestions and comments about any of the terms on this list. My goal is to make sure that the information materials we give parents and patients is understood by the widest possible audience.

If you would like to share my plain language list with others, you may do so as long as you credit me as the source, as set out in the copyright notice below. If you choose to modify this list in any way for your own purposes, please contact me for permission to use it.

Thank you for your interest.

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## The plain language list

Instead of	Use
<b>A</b>	
[abbreviations of any kind]	write out in full; include the abbreviation only if patients will hear it constantly or if it is meaningful
[clotting] factor concentrates [see also factor VIII]	blood products used to treat problems with bleeding  a blood product used to prevent bleeding or treat bleeding in people who have the blood disease called haemophilia
abdomen	stomach  area around the stomach
abdominal obesity	having a lot of fat around the waist
Ability ONLINE	a free program on the Internet that lets children and adults with disabilities write letters to other people with similar interests
abscess	swollen area filled with a thick yellow or green liquid called pus
absence seizures [also petit mal seizures]	seizures that cause only a brief loss of awareness [?]
absorb [also, digest]	break down  break down easily in the stomach

Instead of	Use
	empty from the stomach
accompany	go with
accredited	officially recognized
ACE inhibitor	a medicine that opens up your blood vessels to help your heart pump blood more easily [?]
acetaminophen	acetaminophen, such as Tempra or Tylenol  [NB: Always use the generic name first, followed by the brand name if the brand name will help the reader identify the medicine.]
Achilles tendon	the heel cord, which is the thickest and strongest tendon in your [child's] body. It connects the calf muscle in your [child's] lower leg to the bone of the heel.
acidosis	too much acid in the blood and body caused when the kidneys do not work properly
acids [stomach]	harsh juices
acne	red pimples
acne	pimples
alpha-glucosidase inhibitors	drugs, such as acarbose, that break down starch and sugars in foods so that the body can use them
action plan [asthma]	a written plan that you and your child

Instead of	Use
activity, depressed pituitary or hypothalamic	make with your child's doctor. It tells you and your child what to do to control the asthma. This plan also explains what to do when your child's asthma makes your child start to feel sick.
acupuncturist	problems caused when the part of the brain that controls the body's temperature and growth does not work well [?]
acute care hospital	a person who puts needles into specific parts of the body to treat problems
adenoids	An acute care hospital treats patients who have problems and illnesses that are very serious or difficult to treat. Usually specially trained doctors treat these patients.
adrenal activity, decreased	lumps of tissue at the back of the nose are like a tonsil, but are out of sight up behind the nose
adrenocortical suppression	problems caused when the small organs called glands make fewer hormones, the chemicals in the blood that help make other organs work properly [?]
advocate	[See suggestions for previous entry.]
	ask for
	support

Instead of	Use
aerobic exercise	rhythmic, repeated, and continuous movements of the same large muscles that last for at least 10 minutes at a time
aerosol	spray
aggravate	make worse
aggressive	pushy
agitation	acting angry towards others
agitation	feeling anxious and restless
agranulocytosis	no white blood cells, the part of the blood that fights infection
airway	airway
airway	breathing tube
airway	air tube
albumin	a blood product that makes the amount of liquid in blood vessels larger
albumin, decreased	low amounts of the protein in the blood that may cause the body to swell. (Protein is the matter that makes up most living things.)
alcohol	special alcohol called isopropanol 70%
allergen	something that does not belong in the body, a foreign substance [?]
allergen	something that causes allergic reactions [?]

<b>Instead of</b>	<b>Use</b>
allogeneic bone marrow transplant	a bone marrow transplant from either a brother or sister or another person whose bone marrow matches your bone marrow
allograft	the transplant of an organ from one person to another
alopecia	loss of hair
alternative(s)	choice(s)
amenorrhea/amenorrhoea	no monthly period of bleeding (in girls and women)
amnesia	loss of memory
amnesia	loss of memory
amyloidosis	too much protein in the body. (Protein is the matter that makes up most living things.)
aplastic anaemia	an illness that causes you to make too few red blood cells because of problems with your bone marrow
anaemia	not enough red blood cells in the blood
anaesthetic [see also local anaesthetic]	special sleep medicine  medicine that keeps you [your child] still and makes sure you [he or she] feel[s] no pain during an operation
anaesthetist	a special doctor who gives sleep medicine
anaphylaxis	an allergic reaction that could cause you to

Instead of	Use
anemia, hemolytic/anaemia, haemolytic	die  the breakdown of red blood cells, the part of the blood that carries oxygen to the rest of the body
anemia/anaemia	not enough red blood cells in the blood. (Red blood cells are the part of the blood that carries oxygen to the rest of the body.)
aneurysm, arterial	a weakness in the wall of the blood vessel called an artery that causes the wall to swell out like a balloon
angina	pain in the chest
angiogram	a test that lets the doctors look at the blood vessels. Special pictures called x-rays are used to look at the blood vessels. Dye is put into the blood vessels to help the doctors see them.
angiotensin receptor blocker	a medicine that opens up your blood vessels to help your heart pump blood more easily [?]
anorexia	loss of appetite
anoxia	a lack of oxygen that can damage the brain
antacid	stomach medicine
anterior chamber [of the eye]	the space between the cornea and the iris of the eye
antibiotic ointment	special cream that kills germs

Instead of	Use
antibiotics	medicines that kill germs  medicines that fight infections  Antibiotics are used to treat or prevent certain types of infections caused by germs called bacteria. [Pharmacy template statement]
antibodies	Antibodies fight infections.  protection against germs called viruses  a protein made by the body to get rid of foreign things, such as bacteria and viruses, which are germs
anticoagulant	medicine that stops the blood from clotting
anticonvulsants	medicines to control seizures, or fits
anti-emetic suppository	medicine [a pill?] put into the opening in the bum to stop your child throwing up [?]
antihistamine	medicine that relieves the signs of allergies
anxious	anxious [4th grade word]
aorta	a large blood vessel that brings blood with lots of oxygen to the rest of the body from the heart
apathy	no interest in anything and no feelings about anything
aphasia	not able to speak



Instead of	Use
appropriate	right  proper
arachnoiditis	swelling in the brain and spinal cord causing a stiff or painful neck and back, headaches, upset stomach, and throwing up
aromatherapy	breathing in the smell of oils that come from plants or rubbing these oils on the skin
arrhythmia	a heartbeat that is not regular
arterial catheter [see also <i>catheter</i> ]	a small tube placed in the blood vessels called arteries to check the blood pressure
arterial line, ART line	a small tube placed in an artery
artery	a large blood vessel that carries blood with oxygen to all parts of the body  blood vessel that takes blood from the heart to the body  blood vessel that brings blood to the body
arthralgia	pain in the joints
arthritis	swelling and pain in the joints
ascites	liquid collecting in the area around the stomach

Instead of	Use
aspiration	breathing food or liquid into the lungs  getting food or liquid into the lungs  food or liquid breathed into the airway instead of swallowed
aspirin	aspirin, also called acetylsalicylic acid or ASA
assertive	pushy
asthenia	loss of strength and energy
asthma	a condition that causes problems getting air in and out of the lungs  wheezing and problems breathing
asthma educator	the person who teaches you about asthma
ataxia	unsteady walk
atria	the 2 upper parts of the heart, called chambers, that collect blood from the body and lungs
atrophy, testicular	reduced size of the balls, or testicles [NOTE: A recent study by an HSC author found that <i>balls</i> is the preferred, understood term among children and their caregivers.]
attach	fasten  connect

Instead of	Use
audiologist	a person trained to test your [child's] hearing
autoimmune disease	a disease in which parts of the body reacts to and damages itself
autoimmune haemolytic anaemia	a condition caused when something in the child's [a person's] own body kills red blood cells [?]
autologous blood	blood that is taken from a patient so that, if needed, it can be given back to him or her during or after an operation
autopsy or post-mortem examination	<p>a detailed look at, or examination of, the body after someone has died. An autopsy is done to find out the cause of death or learn more about a disease or condition</p> <p>a detailed look at, or examination of, the body to find out the cause of death or learn more about the disease or condition.</p>
aware of	know about
azoospermia	no sperm, which is the liquid from a man that joins with the egg from a woman to make a baby [?]
azotemia/azotaemia	too much protein in the blood. (Protein is the matter that makes up most living things.)

## B

Instead of	Use
B&O suppository	medicine that relaxes the bladder and reduces pain
bacterium/bacteria	a germ that may cause infections a living thing(s) that may cause infections
behave appropriately	behave in the right way in different situations
beta-adrenergic blocker	a medicine that helps the left side of your heart pump blood more easily to the rest of the body [?]
bilirubin	the orange-yellow part of haemoglobin (Haemoglobin is the part of the blood that carries oxygen to the body.)
bilirubinemia/bilirubinaemia	too much bilirubin in the blood, which may cause jaundice. (Bilirubin is the orange and yellow part of hemoglobin/haemoglobin, the part of the blood that carries oxygen to the body. Jaundice causes the skin and eyes to become yellow.)
biofeedback	a method used to teach you ways to feel and control the way your body responds to situations
biopsy [see also <i>heart biopsy, cardiac biopsy</i> ]	taking a small piece of tissue for testing
bioptome	a tool used to take a very tiny sample of heart tissue that is tested for signs of rejection of your child's new heart
blepharospasm	winking too much without control [?]

Instead of	Use
bloating	holding water
	holding air or gas
blood clot	clump of blood
blood count	the number of blood cells in the blood
blood pressure	blood pressure is 2 numbers that tell how strongly and how often the heart pushes blood around the body
	measurement of how strongly and how often the heart pushes blood around the body
blood products	products made from the blood of people who give their blood. The blood donated by a donor is called whole blood. Whole blood is made up of red blood cells, white blood cells, and platelets, which are cells that are mixed with a pale yellow liquid called plasma.
blood stem cells	a part of the blood that makes other blood cells
	a part of the blood that makes bone marrow
blood transfusion	blood given by one person to another
	a blood product given to supply the part or parts of blood that a person does not have [from the Blood Bank]

Instead of	Use
body mechanics	moving the body with each part lined up so that the muscles and joints can move freely and naturally [?]
bolus	a ball of soft food that is mixed with water to make a liquid [?]
bone marrow	the soft fatty material in the middle of bones that makes blood cells
bone marrow transplant	[see allogeneic bone marrow transplant]
bowel disease, inflammatory	swelling, redness, and pain in the intestines
bowel movement	pooh, poop [NOTE: <i>Oxford Concise English Dictionary</i> (HSC standard for pt ed materials) spelling]
bowel necrosis	dead tissues that make up the bowel, or intestine
bradycardia	a slow heartbeat
brain	the organ inside the skull that directs all activity in the body. The brain is made up of the cerebrum, the cerebellum, and the brain stem.
brainstem	the part of the brain that connects the spinal cord to the rest of the brain. The brainstem controls the heart beat, breathing, and wakefulness, and messages to and from the brain to other parts of the body.

Instead of	Use
bronchi	breathing tubes to the lungs [?]
bronchitis	swelling, redness, and pain in the breathing tubes that may cause wheezing or coughing
bronchoconstriction [also <i>bronchospasm</i> ]	tightening of the muscles around the airway  cramping, or tightening, of the muscles around the breathing tubes
bronchospasm	tightening of the muscles around the airway  cramping, or tightening, of the muscles around the breathing tubes
by mouth	that you [your child] can swallow
<b>C</b>	
cachexia	looking very ill and thin because of losing weight and eating poorly
capillary leak syndrome	liquid leaking into the lungs because of problems breathing
capsules	long pills that hold tiny pills [?]
carbohydrate	the starch and sugar in foods  starches and sugars found in foods such as bread, pasta, and sweets
cardiac arrest	Cardiac arrest means that the heart stops beating.

**Instead of**

**Use**

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cardiac biopsy [for heart transplants; see also  
*heart biopsy*]

a test done to check for signs that the body is rejecting the new heart. Tiny samples of tissue are taken from the heart and checked under a microscope for signs of rejection



**Instead of****Use**

cardiac catheterization

a test done by a doctor who puts a narrow tube through an artery into your heart to take pictures of how your heart is working

one of the tests that gives your child's heart doctor, or cardiologist, information about how your child's heart is working

[Short version] one of the tests that gives your child's heart doctor, or cardiologist, information about how your child's heart is working. The cardiologist puts a long thin tube into your child's heart through a vein or an artery in the top of the leg. He or she puts a coloured liquid, called a dye, through the tube into your child's heart. The cardiologist then takes pictures, called x-rays, that show how well your child's heart is working.

[Long version from HSC booklet] The cardiologist carefully puts a long thin tube called a catheter into your child's heart through an artery or vein, usually from the groin. (The groin is the area between the stomach and the top of the leg.)

The cardiologist uses x-rays on a TV screen to watch the catheter as it enters the heart. Your child's heart will keep working normally during this test.

To learn about the structure of your child's heart, the doctor puts a liquid called a dye into the chambers of the heart through the catheter. He or she then takes x-ray pictures of the flow of the dye through your child's heart. Your child will get rid of this dye in his or her urine, or pee, a few hours after the test.

After the test is finished, the cardiologist takes the catheters out. He or she covers the

Instead of	Use
cardiac rehabilitation	an exercise program that helps make the heart and lungs stronger
cardiologist	heart doctor  heart specialist
cardiomegaly	having a heart that is larger than normal
cardiomyopathy	a weakening of the heart muscle that can a child can be born with, or get from germs called viruses or from unknown causes.  weakness of the heart muscle
cardiopulmonary bypass machine	a machine that carries blood away from the heart and lungs during a heart operation. This machine cools the body temperature to reduce the body's needs for energy during the operation.
cardiopulmonary resuscitation, or CPR	CPR is a way of starting your child breathing and the heart beating again if the lungs and heart have stopped working
cardiotoxicity	damage to the heart
carrier [i.e., of genes]	people who have the gene for a disease or condition, but do not have the disease [?]
case manager	a health care worker who is trained to manage all parts of your care [?]
cataract	makes the clear disk in the eye called the lens go white or cloudy [?]

Instead of	Use
catheter [see also <i>arterial catheter</i> ]	a small tube placed inside the body to give liquids and medicines
	a small tube placed inside the body to add or remove liquids
cauda equine syndrome	dull aching pain of the perineum (the opening around the bladder), with loss of feeling and control of the bladder and bowels. These symptoms are caused by pressure on the nerves coming from the spine. [?]
cellulitis	swelling, redness, and pain in the skin
central nervous system [see also <i>nervous system</i> ]	the brain and spinal cord, which are part of the nervous system
central venous line, or CVL	a soft, bendable tube that is placed in a large vein in the upper chest to give liquids and medicines
	a soft, bendable tube that is placed in a large vein in the upper chest to add or remove liquids
cerebellar ataxia or dysfunction	moving unsteadily
	unsteady walk
cerebellum	the part of the brain that is below and behind the cerebrum. The cerebellum controls automatic body movements and balance.
cerebral (o)edema	brain swelling

Instead of	Use
cerebral palsy	problems with movement caused by brain damage
cerebrospinal fluid, or CSF	a clear liquid that flows through and around the brain and spinal cord to cushion them  the water around the brain and spinal cord
cerebrum	the main part of the brain. The other two parts are the brain stem and cerebellum.
chaplain	A person trained to <ul style="list-style-type: none"> <li>• give spiritual and emotional care to patients and families.</li> <li>• care for patients and their families in the hospital.</li> <li>• counsel and support you and your family, offer prayers, and give the sacraments.</li> </ul>
cheilitis	swollen, sore lips
chemotherapy	treatment with medicines given to kill cancer cells  the treatment of a disease, such as cancer, with medicines
chest tube	a tube put into the chest to get rid of air or extra liquid
chest x-ray	a picture of your heart and lungs
chickenpox	an infection that causes a rash and blisters

Instead of	Use
child life therapist/child life specialist	<p>A person who</p> <ul style="list-style-type: none"> <li>• works with children and their families to lower some of the stress and anxiety that they may have because of staying in the hospital.</li> <li>• helps a child get better by using play.</li> </ul>
	<p>a person who is specially trained</p> <ul style="list-style-type: none"> <li>• to work with children and their families to lower some of the stress and anxiety that they may have because of staying in the hospital.</li> <li>• to provide chances for children to talk about their feelings during play.</li> <li>• to help children understand the hospital and medical treatments.</li> </ul>
child-proof containers	bottles that your child cannot open
chimerism study	a special test to see if a bone marrow transplant is working. [?]
chiropractor	a person specially trained to work with his or her hands and equipment to treat problems with muscles and bones, usually the spine
cholecystitis	swelling, redness, and pain in the gallbladder, which holds bile, the liquid that the liver makes to help the body use fat
cholesterol	a type of fat that can block blood vessels
	a waxy, fatty substance in the blood
cholesterol, increased	higher amounts of a type of fat in the blood

Instead of	Use
circulation [blood]	blood flow
cirrhosis	lasting damage to the liver
claustrophobia	fear of being closed in small spaces
clear liquids/clear liquid diet	foods that you can see through and that are liquid at room temperature
clinical nurse specialist	a nurse who <ul style="list-style-type: none"> <li>• is trained specially in the care of children</li> <li>• helps make a plan of care for a child and oversees the details of his or her care</li> <li>• helps oversee some of the health care workers who care for children</li> <li>• helps a child and his or her family deal with the stay in the hospital by giving support and teaching them about the child's problem</li> </ul>
clotting factor concentrates [see also <i>factor VII</i> ]	blood products used to treat problems with bleeding
CNS ischemic/ischaemic attacks	lack of oxygen to the brain
cognitive	about activities of the mind such as thinking, reasoning, remembering, imagining, or learning words [?]
cognitive development	the growth of the mind's ability to do more difficult thinking, imagining, and learning activities [?]
cold sores	sores that are often found on the lips and around the mouth (Cold sores are caused by the virus, or germ, herpes simplex.)

Instead of	Use
colic	severe pains in the stomach
collapse	fall
	caved in
	when the body shuts almost completely down [?]
collapsed lung	part of the lung that has fallen in [?]
coma	not being awake, or being unconscious, for more than a short time (When a person is in a coma, he or she seems to be in a deep sleep. The person cannot be wakened or does not respond.)
competitive contact sports	sports such as hockey, football, and soccer in which a team works together for a common goal
complications	very severe problems
concentrate	pay careful attention to
	think carefully
confident	being sure of yourself
confidential	private

Instead of	Use
congestive heart failure, or heart failure	a heart problem that causes shortness of breath and the body to swell, or hold water  a disease that happens when your heart cannot pump blood to the rest of your body properly. Heart failure is not the same as a heart attack. Heart failure does not mean that your heart stops beating.
conjunctiva	lining of the eye lids and the white part of the eye
conjunctivitis	a sore or red eye
consciousness	awareness [?]
constipation	trouble having a bowel movement
constipation	pooh, or bowel movements, that are difficult and happen less often than usual
constipation	poo/pooh, or bowel movements, that are difficult and less often than usual
contagious	[NOTE: An HSC study found that <i>poo/pooh</i> was the word best understood by children.] spreading
contagious	catching
contagious disease	a disease that spreads easily from one person to another



<b>Instead of</b>	<b>Use</b>
contain	have  have ... in it
continuous infusion [feeding, medicine]	a liquid [food, medicine] that is given all the time for a long period of time [?]
contraceptive	birth control
contrast medium	a coloured liquid that lets the doctor take pictures of the inside of the body
convulsion	a fit, or seizure  jerky movements of the body during a fit, or seizure
coordinate	organize, order, plan
coordination	balance  organization  working together [?]  ability to move muscles together to do something [?]
cornea	the clear part of the front of the eye  the clear part that covers the front of the eye. It lets light into the eye so that what you see is clear.
coronary arteries	blood vessels that bring blood and oxygen to the heart muscle

Instead of	Use
cortex or cerebral cortex	the top layer of the cerebrum where the thinking, or conscious, tasks of the brain take place
corticosteroids [for asthma]	medicines that get rid of the swelling in the airways  These medicines are not the same type of steroids that athletes use to make them better at their sports. These medicines do not cause the same types of side effects as the steroids that athletes use.  [NOTE: Inclusion of the second paragraph was recommended by the pharmacists to clear up confusion with the vernacular use of <i>steroids</i> .]
CPR [cardiopulmonary resuscitation]	CPR is a way of starting your child breathing and starting his or her heart beating if the lungs and heart have stopped working [?]
creatine phosphokinase–blood myoglobin levels	results of a blood test for damage to the heart or other muscles. (A high number may mean that the heart or other muscles are damaged.)
chronic [disease]	long-lasting  an illness that lasts a long time
continuous subcutaneous insulin infusion	insulin given all the time [continuously] under the skin with a pump [?]
counsel [CWWB: Grade 5]	advise, guide

Instead of	Use
crumbly foods	foods that break into small pieces
CT scan	a special kind of picture, or x-ray
	a type of x-ray taken with a machine that uses a computer to make detailed pictures of the inside of the body
	a type of x-ray taken with a machine that uses a computer to make detailed pictures of the skull, brain, or neck [brain injury]
culture	the way your people do things
Cushing's disease	an illness that causes you [a person] to gain weight and have weak muscles
cyanosis	blue skin caused by too little oxygen in the blood
cystitis	swelling and redness in the bladder that causes pain when you pee [NOTE: An HSC study found that <i>pee</i> was best understood by children.]
cystitis hemorrhagic/cystitis, haemorrhagic	bleeding and swelling in the bladder that causes you to have blood in the pee and pain when you pee

**Instead of****Use**

cytomegalovirus, or CMV

a virus that causes some people to get sick. Although half the general population has CMV, it does not cause disease in healthy persons. But CMV may make some children sick or cause death.

an infection caused by the germ called a virus. Cytomegalovirus can affect the lungs and other organs. It is also a member of the family of herpes viruses.

**D**

day surgery

an operation that you do not have to stay overnight in the hospital for

an operation that takes place on the same day that you go home

decongestant

medicine that helps relieve stuffy noses

decreased LV ejection fraction

the result of having a heart that does not work properly

decreased resistance to infection

less able to fight infection

more likely to get ill [an infection]

defect

problem [?]

something that is not perfect [?]

dehydrated

dry

dehydration

loss of water

Instead of	Use
dehydration	loss of water from the body  dryness
denervation [heart transplant]	the lack of connection of the nerves from the brain to the donor heart
dental hygienist	a person specially trained to clean teeth and give advice about keeping your teeth and mouth clean
deoxygenated	no oxygen  without oxygen
depression	feelings of hopelessness and sadness
dermatitis	swelling, redness, and pain of the skin
dermoid cyst or dermoid tumour	round oval lump that grows between the 3rd and 5th week of pregnancy
desquamation	skin peeling
determine	find out
develop	grow  go through the normal stages of growth  go through different stages [to become ...]
developmental delays	problems doing the things he or she should be able to do for his or her age not going through the normal stages of growth for his or her age

Instead of	Use
diabetes	a disease that occurs when your body cannot properly store or process sugar
	a disease that happens when your body does not properly store or use the sugar that your body needs to work well
	a disease that causes you to have high amounts of sugar in the blood [and makes you pee often and a lot]
	high amounts of sugar in the blood caused by having too little of the chemical called insulin in the blood. Diabetes makes you pee often and a lot.
diabetic nephropathy	disease of the kidney caused by diabetes
diabetic retinopathy	disease of the eye caused by diabetes
diagnose	identify
	find out
dialysis	being attached to a machine that does the work of the kidneys for a few hours
diaphoresis	sweating a lot
diarrhea	watery bowel movements
	watery pooh, or bowel movements

Instead of	Use
dietitian	<p>a person who knows everything about food and is trained to give advice about making healthy choices about what to eat</p> <p>a person who</p> <ul style="list-style-type: none"> <li>• decides what kind of food your child needs</li> <li>• advises you about the right liquids and foods for your child</li> <li>• checks the amount your child is eating and his or her weight to make sure your child is getting the best food that will help him or her heal</li> </ul>
digest [or absorb]	break down and use [food]
	empty from the stomach
digestive juices	harsh juices of the stomach
digitalis	a medicine that helps the heart contract properly and beat regularly
dilute	weaken [by adding liquid]
	water down
diphtheria	an infection that causes problems breathing and swallowing
diplopia	seeing double
	blurred sight
disability	lack of ability to do everyday activities because of physical or mental illness

Instead of	Use
discard	throw away ... [specify where]
discharge	leaving the hospital
discharge planner	<p>a person who</p> <ul style="list-style-type: none"> <li>• makes a plan with the help of your family and members of the health care team to make sure that your child's needs are met when your child leaves the hospital</li> <li>• gives information about and refers you to services in your community that your child needs</li> <li>• gives information about how to get help with money matters</li> </ul>
discharge summary	the written information and instructions the doctor gives you when your child goes home from the hospital
discuss	talk about
disease, graft-versus-host	a disease that causes a donor's tissue to attack the tissues of the person who gets the tissue. (The donor is the person who gives the tissue.)
disease, veno-occlusive	illness caused when part of the liver blocked  blocked blood vessels, called veins, in the liver
disimpaction	cleaning out all the pooh [waste matter] that has collected in the bowel



Instead of	Use
disorder, thromboembolic	illness caused when blood vessels are blocked
disorientation	confusion
disorientation [after brain injury]	not knowing where you are or what day it is (Disorientation often happens when a person comes out of a coma.)
disposable	can be thrown away
	use once and throw away
dissolving sutures	stitches that disappear or melt away by themselves
distention, abdominal	the area around the stomach is larger than normal
distract	take the attention away from
	attention goes from thing to another
distress, respiratory	severe problems breathing

**Instead of****Use**

disulfiram reaction

problem with drinking alcohol that causes you to have these problems:

- a red face
- a fast heartbeat, or pulse
- a pounding heart
- panting
- a bad taste in the mouth
- smelling something bad
- an upset stomach
- throwing up
- low blood pressure, which is the measurement of how strongly and how often the heart pushes blood around the body

diuretics

pills that reduce the amount of water in the body

pills that get rid of extra water from the body by increasing the amount of pee [urine, or pee]

water pills

a medicine that helps the body get rid of extra water [?]

dividing [cells]

making new cells

drainage

liquid or matter draining

drip chamber [gravity drip chamber?]

like a bottle in the middle of the [infusion] tubing. This chamber collects liquid from the [feeding] bag and slows down the liquid as it goes through the infusion tubing into ... [?]

Instead of	Use
drowsiness	sleepiness
drowsy	sleepy
dysgeusia	not able to taste normally
dyspepsia	upset stomach
dysphagia	problems swallowing
dysphonia	problems speaking
dysplasia (or disease), bronchopulmonary	damaged lung tissue
dyspnea	problems breathing
	breathless, or short of breath
dysuria	pain and problems peeing
<b>E</b>	
e.g.,	for example
	such as
	[NOTE: don't use <i>like</i> ; it's misconstrued as meaning <i>similar</i> instead of <i>exactly the same</i> ]
ebriety	feeling drunk
ecchymosis	bruising

Instead of	Use
echocardiogram	a recording of the position and movement of the walls of the heart or the parts inside the heart, such as the valves
	a test that uses sound waves to check how well the parts of your heart move and pump blood
eczema	Eczema causes red, itchy, crusty areas on the skin that leak liquids.
edema/oedema	swelling
	a swelling of the body tissues caused by the body holding salt and water
effusion, pleural	liquid collecting in the chest
EKG/ECHO changes	heart not working properly
elective surgery	an operation for a problem or condition that is not life-threatening
	an operation for a problem or condition that is not an emergency
electrocardiogram, or ECG	a recording of the electrical activity of the heart
electrode	small metal circle used to send electrical signals, or messages. [Electrodes connect a pacemaker to the heart muscle.]

Instead of	Use
electroencephalogram, or EEG	a test that shows the electrical activity in the brain
	a test that reads your [child's] brain waves
electrolyte imbalance [low levels of electrolytes]	low amounts of special salts, such as sodium and potassium, in the body
electrolytes	salts in the blood
	salts in the body
	balance of liquids in the body
embolism	a blocked blood vessel called an artery
EMLA cream	a cream with a medicine called an anaesthetic that takes away pain. This cream is put on the skin to take away the pain of getting a needle, for example.
emotional problems	problems with the way a person shows and deals with feelings
emotions	feelings
encephalopathy	damage to the brain
	disease of the brain
encephalopathy, hepatic	a problem with the liver that causes the brain not to work properly
endocarditis	swollen, red, or painful tissues in the heart

Instead of	Use
endotracheal tube	<p>a breathing tube</p> <p>a tube placed through the nose or mouth into the airway [windpipe]</p> <p>a breathing tube that gives you [your child] oxygen during and right after an operation. This tube is put into the airway through the nose or mouth.</p>
enema	<p>a liquid or gas put into the rectum, or bum, to empty the bowels</p> <p>a liquid or gas put into the opening of the bowel to empty the bowels</p>
engorged [breast]	overly full or swollen [breast]
enteral feeding	a way of giving food and liquids directly into your child's stomach or intestines
enteritis	swelling, redness, and pain in the intestines, or bowels
enterocolitis, hemorrhagic/enterocolitis, haemorrhagic	swelling, redness, or pain and bleeding in the small and large intestines, or bowels
enucleation [the eye]	an operation to remove the eye
enzyme	<p>substance that causes chemical changes in food [or in the body] so that it can be broken down and used, or digested [?]</p> <p>substance that causes chemical changes in the body [?]</p>

Instead of	Use
epidural infusion	a way of giving medicine to control pain through the lower back into the space around the spinal cord
epidural space	the space around the spinal cord  a space that goes around the spinal cord from the bottom of the skull to the tip of the tail bone
epilepsy	a condition that causes fits, or seizures. Epilepsy is caused by electrical activity in the brain that is not normal.
episodic binge eating	eating large amounts of food quickly in a short time
epistaxis	nosebleed
epithelium	like a layer of skin
erythema	redness of the skin
erythrodysthesia	greater chance of sunburn
esophagitis/oesphagitis	swelling, redness, and pain in the tube between the throat and stomach
esophagus	the tube between the throat and the stomach
euphoria	a great feeling of being well
exercise capacity	measurement of how easily your child tires when he or she plays or exercises
exercise test	a test during which your doctor checks how much oxygen you have in your blood when you exercise [?]

Instead of	Use
exhale	breathe out
expiry date	out of date
	due date
expressed breast milk	milk that you take from the breast by hand or with a breast pump
extrasystole	an extra heartbeat
extravasation	blood leaking outside of a blood vessel, such as a vein or artery
<b>F</b>	
factor VIII	a blood product used to treat problems with bleeding
	a blood product used to prevent bleeding or treat bleeding in people who have the blood disease called haemophilia A
family-centred care	The hospital wants you to be able to take part in your child's care in any way that you can. This is part of what we call family-centred care.
Fanconi's renal syndrome	a disease caused when the kidneys do not work well. It causes the loss of some important salts and minerals, such as sodium, potassium, and bicarbonate. And the bones do not grow normally.
fasting insulin levels	amount of insulin in the blood after fasting



**Instead of****Use**

<b>Instead of</b>	<b>Use</b>
	(not eating for a long period of time) [?]
fats [saturated, polyunsaturated, and monounsaturated fat, trans-unsaturated fatty acids]	<p>saturated fats: fats that are usually solid at room temperature. Saturated fat is found in foods such as beef, lamb, chicken, butter, milk, and cheese.</p> <p>polyunsaturated fats: fats that are liquid at room temperature. Safflower, sunflower, corn and soybean oils are polyunsaturated. (Polyunsaturated oils are liquid at all temperatures.)</p> <p>monounsaturated fats: fats that are liquid at room temperature, such as canola and olive oils.</p> <p>Trans-unsaturated fatty acids are found in foods from some animals and in oils. (Foods that have the words <i>hydrogenated</i>, <i>partially hydrogenated</i>, and <i>shortening</i> on the label have trans-unsaturated fatty acids in them.)</p>
fatigue	feeling tired
feeding supplement [for babies]	a liquid or powder that you add to your baby's usual feeding of breast milk or formula
fellow	a doctor who is taking more training in a special type of medicine, such cancer
fetal distress	problems the baby has while he or she is being born
fetus	an unborn baby
fever, drug	fever caused by the body's reaction to a drug

Instead of	Use
fibrillation, atrial	a rapid heartbeat [ <i>an uneven heartbeat?</i> ]
fibromyositis	swelling, redness, and pain in the muscles
fibrosis, endocardial	damage to the lining of the heart or scars on it
fibrosis, periportal	damage to the liver or scars on it
finger foods	foods that you [your baby] can eat with the fingers
flatulence	large amounts of gas in the intestines, or bowels
fluid	liquid
fluoride [in toothpaste]	a mineral in toothpaste that helps keep the teeth clean
flushing	skin turning red and warm
	sudden redness of the face and neck
focal seizure	a minor seizure limited to specific areas of the body such as an arm or a leg
folic acid [also called folate or folacin]	a B vitamin needed for the proper growth of a baby's spine, skull, and brain before birth [?]
	a B vitamin needed so that cells grow properly and make more cells. Mothers need folate while they are pregnant to make sure their baby's spine, skull, and brain grow properly before birth [?]

Instead of	Use
fontanelle	the soft spot on the top of the heads of children less than 18 months old
foreskin	the skin that covers the top of the penis[?]
frequently	often
frontal lobe	the front part of the cerebrum that controls problem solving, judgement, reasoning. The frontal lobe also plays a part in initiative (getting things started) and personality.
full fluids/full fluid diet	any food that is liquid at room temperature
<b>G</b>	
gallium scan	a picture of the inside of the body taken after a liquid called gallium is put into a vein with a needle. The gallium collects in the body and helps doctors find areas of infection
gamma globulin	a blood product that fights infections
gargle	move [swish] liquid around in the back of the throat
gastritis	swelling, redness, and pain in the stomach
gastrointestinal tube, or G-tube	a tube put into the stomach to give a person food
	a feeding tube that goes directly into the stomach

Instead of	Use
gene	the recipe that tells your cells what to do to make tissue and organs
general anaesthesia	special sleep caused by a medicine that keeps you still during an operation and does not let you feel pain
general anaesthetic	allows you [your child] to sleep during the operation so that you [he or she] feel [feels] no pain and have [has] no memory of the operation
general anaesthetic	medicine that keeps you still during an operation and does not let you feel pain
general surgeon	medicine that keeps your child asleep during the operation so that he or she feels no pain
general surgeon	a doctor who operates on organs such as the lungs, stomach, bowel, and liver
generalized seizure	a seizure that causes loss of consciousness and stiffening of the whole body, followed by general jerking of the body. A generalized seizure is also called a grand mal seizure.
genetic changes	changes or damage to the genes that parents give their children. (Genes are the recipe that tells the cells what to do to make tissue and organs.)

Instead of	Use
genetic studies	Genetic studies test genes to try to find the causes of and treatments for diseases that are in the genes that parents give to their children. (Genes are the recipe that tells your cells what to do to make tissue and organs.)
genitals	private parts  [NOTE: depends on the culture of the audience]
gestational diabetes	having high amounts of sugar in the blood only while you are pregnant [?]
gingival hyperplasia	swollen gums
gingivitis	swelling, redness, and pain in the gums
glaucoma	an increase in the pressure of the liquid in the eye  increased pressure of the liquid in the eye that affects the way you see
glaucoma	increased pressure of the liquid in the eye that affects the way you see
glossary	Definitions of <Medical> Words  Definitions of Unfamiliar Words Used in ...  Definitions of Words You Will Hear While Your Child Is at Sick Kids
glucagon	liquid sugar [?]

**Instead of****Use**


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glucose	sugar
	a type of sugar that your body needs to work properly
glucose or sucrose tablets or solution	sugar pills or liquid
glucose water	sugar water
glycemic control	controlling the amount of sugar in the blood
glycemic index	a list of common foods with a number from 0 to 100 that shows how quickly the food breaks down into sugar (foods with lower numbers break down into sugars more slowly) [?]
good cholesterol, or HDL	a type of fat called cholesterol that may protect you from a heart attack by taking extra cholesterol from your arteries [?]
gradually	slowly
graft-versus-host disease	a disease that causes donor's tissue to attack the tissues of the person who gets the tissue (the donor is the person who gives the tissue)
granulation tissue	extra tissue growing on the skin [?]

Instead of	Use
groin	the crease between the stomach area and the top of the leg
	the area at the top of the leg
	the area between the stomach and the top of the leg
gross motor function	measurement of how well a person does a basic group of activities that need good muscle strength and flexible, or bendable, joints. Examples of these activities are moving in bed, moving from the bed to a chair, kneeling, sitting, standing, and walking.
gynecomastia	too much growth of the breasts in boys or men
<b>H</b>	
haematoma	a mass of blood
haemoglobin	the part of the blood that carries oxygen
hair follicles	the part that grows hair
hallucination	seeing things that are not really there
	seeing, hearing, or feeling things that are not there
hallucination	seeing or hearing things that are not there

Instead of	Use
health care professional	health care worker
heart disease	any problem that affects your heart's ability to work normally. The most common cause of heart disease is narrowing or blocking the blood vessels called arteries that bring blood to the body [?]
heart biopsy [for heart transplants; see also <i>cardiac biopsy</i> ]	a test done to check for signs that the body is rejecting the new heart. Tiny samples of tissue are taken from the heart and checked under a microscope for signs of rejection
heart block	heart not working normally
heartburn	a burning feeling in the chest
heart failure, or congestive heart failure	a disease that happens when your heart cannot pump blood to the rest of your body properly. But heart failure is not the same as a heart attack. And your heart does not stop beating. [?]
heart transplant	an operation to replace your heart with a heart from another person [?]
hematemesis/haematemesis	throwing up blood
hematuria/haematuria	blood in the pee
hemiplegia	the lack of ability to move 1 side of the body when you want to
hemoptysis/haemoptysis	blood in the spit



Instead of	Use
hemorrhage/haemorrhage	severe bleeding
hepatitis	an infection of the liver
hepatomegaly	swelling, redness, and pain in the liver
hepatomegaly	having a liver that is larger than normal
hepatotoxicity	damage to the liver
herbal remedies	any herb that is used as a treatment, for example capsaicin cream, boswellia, echinacea
hereditary [inherited disease, condition]	a condition or disease that is in the genes that parents give their children. (Genes are the recipe that tells your cells what to do to make tissue and organs.)
higher gross motor function	measurement of how well a person does a group of activities that need balance and coordination. Examples of these activities are hopping, jumping, and walking in a straight line.
hirsutism	more hair on the body than usual
HIV	an infection that causes AIDS
hives	raised red, itchy areas on the skin
homeopath	a person who treats patients with medicines made from natural things

Instead of	Use
hormone, inappropriate antidiuretic	problem with the chemicals called hormones that affect the amount of salt in the blood and pee
hormones	tell your cells or tissues to do something [?]
	chemicals made in small organs, called glands, that go through the blood to another organ to help make it work properly
hot flash	a sudden feeling of being hot
however	but
HTLV-I or human T-cell lymphotropic virus type 1	a germ called a virus that causes some types of cancer
humidify	make moist, or wet
hydralazine	a medicine that opens up your blood vessels to help your heart pump blood more easily [?]
hydrocephalus	too much liquid collecting in the head
hydrogen peroxide	a special fizzy water
hyperammonemia/ hyperammonaemia	too much of the salt or the liquid called ammonia in the blood
hypercalcemia/hypercalcaemia	too much of the salt called calcium in the blood
hypercapnia	too much of the gas called carbon dioxide in the blood

Instead of	Use
hypercholesterolemia/ hypercholesterolaemia	too much of the fat called cholesterol in the blood
hyperesthesia/hyperaesthesia	greater feeling of pain in the body than normal when you are [a person is] touched
hyperglycemia/hyperglycaemia	too much sugar in the blood
hyperkalemia/hyperkalaemia	too much of the salt called potassium in the blood
hyperkinesia	increased activity
hyperostosis, skeletal	too much growth or thickening of the bones
hyperphagia	eating too much
hyperpigmentation	darkening of the skin
hypersensitivity reaction	reacting too much to a medicine or drug
	having the immune system react too much to a medicine or drug. (The immune system is the system that fights infections.)
hypertension	high blood pressure
	high blood pressure, which is the measurement of how strongly and how often the heart pushes blood around the body
hypertonia	too much tightness in the muscles, called muscle tone

Instead of	Use
hyperuricemia/hyperuricaemia	too much of the chemical called uric acid in the blood
hypnosis	a sleep that lets you respond to someone else's suggestions
hypoalbuminemia/ hypoalbuminaemia	too little of the matter called protein in the blood. (Protein is the matter that makes up most living things.)
hypocalcemia/hypocalcaemia	too little of the salt called calcium in the blood
hypoesthesia	less feeling in a part of the body when it is touched
hypogammaglobulinemia/ hypogammaglobulinaemia	too little of the protein in the blood that fights infection. (Protein is the matter that makes up most living things.)
hypoglycemia/hypoglycaemia	too little sugar in the blood
hypokalemia/hypokalaemia	too little of the salt called potassium in the blood
hypomagnesemia/hypomagnesaemia	too little of the salt called magnesium in the blood
hyponatremia/hyponatraemia	too little of the salt called sodium in the blood
hypophosphatemic rickets/hypophosphataemic rickets	problems with the growth of the bones because of too little of the mineral called phosphorous in the blood

Instead of	Use
hypotension	low blood pressure
	low blood pressure, which is the measurement of how strongly and how often the heart pushes blood around the body
hypoxemia/hypoxaemia	not enough oxygen in the blood
hypoxia	too little oxygen in the tissues
<b>I</b>	
i.e.,	that is
ileus, paralytic	intestines, or bowels, working more slowly because of they are blocked
immediately	right away
immerse	completely cover
immune system [see <i>suppressed immune system</i> ]	a system that fights infection
	a system that keeps you healthy
	a system that protects the body from attack by foreign things, such as the germs bacteria and viruses, and cancer cells
immunosuppressed	means that the ability to fight infection is weak
immunosuppression	problems with the body being too weak to fight infection and disease

Instead of	Use
immunosuppressive agents	medicines that a person gets to prevent the rejection of a transplanted organ such as a heart
impaired glucose tolerance	high amounts of sugar in the blood
impatient	restless
impotence	problems having sex
impulsive	act without thinking
inanition	weakness and loss of weight
incision	the place where the doctor cuts through the skin to operate
indrawing	the place where the doctor cuts through the skin
infant	when the skin between the ribs and over the collar bone pulls in tightly and makes hollows in the neck
infant stimulation [programs]	baby
infarction, myocardial	physical activity that keeps your baby active and interested in things
	heart attack
	damage to the heart

Instead of	Use
infection	redness, swelling, and pain
	attack of a living thing, or germ, such as a bacteria, virus, or fungi, that causes an illness
infection, herpes	an infection caused by a germ called a virus
infectious [disease]	catching or spreading
	an illness that spreads easily to others
infertility	problems having children
	problems having children when your child is old enough
inflammation	swelling, redness, and often pain caused by an injury or infection
infusion	a way of giving liquids, often medicines, into a vein
inhale	breathe in
inherit [disease or condition]	be born with
inhibits MAO	prevents the chemical, or enzyme, called monoamine oxidase from working. This enzyme helps the nerves work properly, so you should not take [this drug? medicine?] with alcohol and foods such as bananas, cheese, yogurt, and chocolate
	[see disulfiram reaction]

<b>Instead of</b>	<b>Use</b>
innominate osteotomy	an operation that fixes the hip bone so that it fits in the hip socket properly
inotropic support	medicine to make the heart muscle contract more [?]
insist	has to have
insomnia	not able to sleep
inspirex	a device with a small ball that children use after an operation to get more air inside the lungs
insulin	a hormone, or chemical, made by the pancreas that breaks down sugars so that the body can use them
intellectual impairment	problems thinking clearly
interstitial pulmonary infiltrate	a condition that causes material to collect in the lungs called interstitial pulmonary infiltrate [?]



Instead of	Use
intravenous [line], or IV [line]	<p>a small tube put in a vein in an arm or a leg</p> <p>a small tube put in a vein in an arm or a leg to give liquids or medicine</p> <p>a needle fastened to a tube that is put into a vein in an arm or leg to give medicines or liquids</p> <p>a small plastic tube that goes into the vein under the skin of your hand. The small tube is connected to a long tube. The IV is the way your body gets a drink when you can't drink enough yourself. Sometimes the doctors and nurses use it to give your body medicine. [explanation for a child]</p>
invasive testing	<p>Invasive testing means that the doctor has to put something into your body to do the test. These types of tests are usually more accurate. But they may be less comfortable than tests that are not invasive</p>
iridologist	<p>a person who looks into the eyes to find health problems</p>
iris [eye]	<p>the coloured part of the eye</p>
iron-deficiency anaemia	<p>a condition that happens when the body gets too little iron and cannot make enough red blood cells to keep the body healthy</p>
iron-fortified [formula, cereal]	<p>[formula, cereal] with iron</p>
irradiate	<p>treat with rays</p>

Instead of	Use
irradiation	a treatment that kills white blood cells
irritable	grumpy
irritate	bother
irritation, mucosal	swelling and redness in the moist lining of the mouth or other linings inside the body
ischemia, arterial/ischaemia, arterial	blocked blood vessel called an artery because of a loss of oxygen to tissues
ischemia, myocardial/ischaemia, myocardial	loss of oxygen to some of the heart muscle
isolation	staying in a room that is away from other patients. Your child may stay in isolation because of an illness that others may get easily, called an infectious or catching illness. Or your child may stay in isolation to prevent him or her getting an infectious disease.
isolation room	has 1 bed and is away from other patients. If your child has an illness that others may get easily, called an infectious or catching illness, your child may have to stay in an isolation room. We call this being in isolation.
isopropanol 70%	a special alcohol called isopropanol 70%
isosorbide dinitrate	a medicine that opens up your blood vessels to help your heart pump blood more easily [?]

Instead of	Use
jaundice	an illness causing the skin and eyes to be yellow
jaundice, cholestatic	an illness causing the skin and eyes to be yellow because of problems with the flow of bile, the liquid made by the liver
<b>K</b>	
kidney transplant	an operation that removes your kidney and replaces it with a kidney from another person
<b>L</b>	
lacrimation	making tears
laser surgery	an operation done with a very strong, accurate beam of light
latch on [breastfeeding]	fasten [onto the breast]
latex or natural rubber latex	rubber
laxative	medicine that helps the body get rid of pooh [waste matter]
	medicine that your child can swallow that empties the bowels
left ventricle of the heart	the lower left part of the heart that fills with blood and pumps it to the rest of the body [?]
lethargy	feeling tired

Instead of	Use
leukaemia/leukemia	cancer of the blood
leukocytosis/leucocytosis	more white blood cells in the blood. (White blood cells are the cells in the blood that fight infection.)
leukoencephalopathy/ leucoencephalopathy	damage to the brain
leukopenia/leucopenia	low numbers of white blood cells, which are the cells in the blood that fight infection
leukorrhea/leucorrhoea	thick white liquid coming from the vagina
libido, decreased	lack of interest in sex
life support	being on a breathing machine to keep your child [you] alive
lipids	fat and fat products in your blood [?]
lobe [of the brain]	a fairly well-defined part of an organ such as the brain. (The brain has 4 lobes. Each lobe has certain jobs, or functions.)
local anaesthetic	a medicine that freezes the skin and the tissues under it so you feel no pain
long-term memory	memory of events that happened before an injury
Lyell's syndrome [or toxic epidermal necrolysis]	loss of skin that leaves patches that look like a burn [?]

Instead of	Use
lymphatic system	tissues and organs that make and store cells that fight infection and disease
lymph node	a small lump of tissue, called an organ or a gland, shaped like a bean that helps fight infection, or germs, in the body [?]
lymphadenopathy	having lymph nodes that are larger than normal. (Lymph nodes are small lumps of tissue that help fight germs in the body.) [?]
lymphocytes	white blood cells
lymphopenia	low numbers of a type of blood cell called a lymphocyte
lymphoproliferative disorders, blood	diseases of the lymphatic system, which fights infections
<b>M</b>	
malaise	not feeling well
manual healer	a person who uses the hands to rub the body
manual manipulation	exercises done by a specialist such as a physiotherapist that move your joints through their whole range of motion [?]

Instead of	Use
meat alternatives	foods that take the place of meat such as beans or tofu [?]
medic alert bracelet	special bracelet that says what your child's condition is and what medicines he or she may be allergic to
	a special bracelet that says what your child's condition is. This bracelet helps a doctor know what special treatment your child may need when there is no one to speak for him or her.
medication	medicine
	[NOTE: <i>drug</i> can have negative connotations, so it is best avoided]
meditation	repeating a sound, word, phrase, or physical activity to help you relax
megaloblastosis	problems with the red blood cells, which are the part of the blood that carries oxygen to the rest of the body
melanoderma	increased colour in the skin
melena	dark, bloody poo/pooh, or bowel movement
memory [See also <i>long-term memory</i> and <i>short-term memory</i> .]	the process of understanding, organizing, storing, and getting back information at a later time, as needed. Memory is a complex task that involves many parts of the brain working together.

Instead of	Use
meninges	the 3 layers of tissues between the skull and brain that cover, support, and protect the brain and the spinal cord
meningismus	stiff neck, and swelling and redness in the brain and the spinal cord
meningitis	an infection of the meninges, the tissues covering the brain and the spinal cord
menorrhagia	an infection of the lining that covers the brain and the spinal cord
menstrual periods	too much bleeding during the monthly period of bleeding (in girls and women)
metabolic demands	monthly periods of bleeding [in girls and women]
metabolism	monthly, or menstrual, periods of bleeding [in girls and women]
metamorphosis, fatty	the energy needs of the body. The metabolism of food meets these needs. Metabolism is the physical and chemical activity in the body that makes energy useful to the body. Cooling the body lowers the metabolic demands of the body.
metabolism	the physical and chemical activity in the body that makes energy useful to the body
metamorphosis, fatty	changes in fat in the liver

Instead of	Use
mobility	the movement of the body from one position to another. Examples of mobility are rolling in bed and getting up to sit in a chair.
mobilization	exercises done by a specialist, such as a physiotherapist, that get your muscles and joints moving [?]
moniliasis	an infection caused by a kind of growth called fungus [?]
monitor	watch  check
monitor(s)	a machine that counts your child's heartbeats and checks your child's breathing  machines often used in intensive care units to keep constant track of the heart beat, breathing, blood pressure, and pressure in the brain
morbidity	how often a condition/an illness/a disease is found in a group of people
morphine	a strong medicine that is given to control pain
motor areas [brain]	areas of the parietal lobe of the brain that control the way the body moves
motor vehicle	a car, truck, or van
motor vehicle accident	car crash



Instead of	Use
MRI	a special picture, or x-ray, of the inside of the body
	a painless test that uses powerful magnets and radio waves to make pictures of the inside of the body
	pictures of the inside of the body made with powerful magnets and radio waves
mucosa, dry	a dry mouth
mucosal ulceration	sores in the mouth
mucositis	sores in the mouth
mucous membrane	moist lining of the mouth or other linings inside the body
mucus	a clear, thick liquid made by the [mucous membranes] linings of the mouth or other parts of the body
multidisciplinary team	a group of many different kinds of health care workers who work together to care for your child [?]
myalgia	pain in the muscles
myasthenia gravis	weakness of the muscles

Instead of	Use
myelosuppression	fewer red and white blood cells and platelets made in the bone marrow. (Red blood cells are the part of the blood that carries oxygen to the rest of the body. White blood cells are the cells in the blood that fight infection. Platelets are the part of the blood that helps stop bleeding.)
Mylar balloon [NOTE: <i>Mylar</i> is a brand name, hence the cap.]	a balloon made of a shiny material that looks like foil. The balloon is filled with a special type of air that makes it float. (This air is the gas called helium.)
myocardial necrosis	dead muscle in the heart
myocardium	the muscle that makes up the middle and thickest layer of the heart wall
myopathy	a disease that causes the muscles not to work normally
<b>N</b>	
nasogastric tube	a small soft tube that goes in through the nose and down into the stomach
naturopath	a person who treats the whole body to teach patients to heal themselves
nausea	feel sick to the stomach
necrolysis, toxic epidermal [or Lyell's syndrome]	loss of skin that leaves patches that look like a burn [?]
necrosis	dead tissues

Instead of	Use
necrosis, acute	dead tissues in the kidney
necrosis, hepatic	dead tissues in the liver
nephritis, interstitial	swelling, redness, and pain in the kidney
nephropathy	disease of the kidneys
nephrotoxicity	damage to kidney
nervous system [see also central nervous system]	The system made up of nerves, the brain, and the spinal cord. The nervous system is the system of organs that works with the endocrine system to control the body's response to conditions inside and outside the body.
neuritis	swelling and pain in a nerve
neurologist	a doctor who cares for people who have problems with the brain
neurons	special cells that are found in brain tissue. Neurons get signals from the body, understand what they mean, and send signals back to the body.
neuropathy	changes in the nerves or problems with the way nerves work

Instead of	Use
neuropsychologist	a person who <ul style="list-style-type: none"> <li>• is specially trained to look at the effects of a brain injury on your child's memory, attention, problem solving, ability to make sense of information, and ability to behave in the right way in different situations</li> <li>• suggests how your child, you, and your child's teachers can deal with the effects of your child's brain injury</li> <li>• measures the return of normal memory, reasoning ability, and behaviour over a period of months or years</li> <li>• looks at the results of tests of how your child's brain works and how well the treatment is working</li> </ul>
neurosurgeon	a doctor who operates on the brain and spinal cord  a doctor who operates on the head and spine
neurotoxicity	damage to the nerves
neutropenia	low numbers of a type of white blood cells called neutrophils. (White blood cells are the part of the blood that fights infections.)
nocturia	peeing a lot at night
non-engraftment [bone marrow transplantation]	not able to replace own bone marrow with new bone marrow.
not applicable	does not apply

Instead of	Use
nutrient	food value [?]  the part of food that the body needs to grow, to work properly, and to stay alive [?]
nutrition	food
nystagmus	moving the eyes without control
<b>O</b>	
obese, obesity	very fat  overweight
obstipation	severe constipation, which is poo/pooh, or bowel movements, that are difficult and happen less often than usual
obtundation	less aware, almost asleep
occasionally	sometimes
occipital lobe	the area at the back of the brain that gets and understands information from the eyes
occlusion [dental]	how the upper and lower teeth meet [?]

Instead of	Use
occupational therapist	a person who tests your child to decide what problems your child may have and how they may affect your child's ability to do everyday tasks
occupational therapy	<p>a person with special training who helps people manage problems with everyday things, such as eating, bathing, and dressing</p> <p>a specially trained person who arranges exercises and treatments that help with everyday living</p> <p>physical activity or feeding exercises that help your baby [a person] do better after being sick or operated on</p>
ointment [see also <i>antibiotic ointment</i> ]	a special cream
oligospermia	low numbers of sperm, which is the liquid from a man that joins with the egg from a woman to make a baby
oliguria	small amounts of pee
once	when
oogenesis	growth of a woman's egg
open heart surgery	an operation on the heart. During this operation the surgeon opens the chest to fix the heart. [?]

Instead of	Use
ophthalmologist	an eye doctor
optic nerve	a doctor who finds out what eye problems your child may have and treats them
optic nerve	the part of the eye that makes the light into pictures and sends them to the brain [?]
optic nerve	the part of the eye that sends the pictures the eye sees to the brain [?]
oral medication	a medicine that is a pill or liquid that a person can swallow
orally	that you can swallow
orthodontist	a doctor who is specially trained to treat problems with the position of the teeth in the upper and lower jaw
orthopaedic surgeon	a doctor who operates on bones
orthopaedic technologist	a person specially trained to care for broken bones and put on devices such as casts to treat broken bones [?]
osteopath	a doctor who uses physical, medical, and surgical treatments to treat the whole body, especially to correct problems with bone structures and the way the body moves [?]
osteopenia	bones that weigh less than normal

Instead of	Use
osteoporosis	<p>thinning of the bones</p> <p>weak bones that break easily</p> <p>weak bones that are likely to break</p> <p>weakening or thinning of the bones because of disease or the side effects, or problems, of taking some medicines such as prednisone</p>
ototoxicity	<p>damage to the ear that causes problems with hearing and balance</p>
out-patient	<p>a patient who comes to the hospital for treatment during the day</p>
out-patient operation	<p>an operation done the day that your child comes to the hospital. Your child will likely go home the day of the operation.</p>
outreach nurse	<p>a nurse who talks to the main and other hospitals about a patient's care. This nurse makes sure each hospital knows all about the patient's condition and treatment.</p>
overstimulated	<p>feeling too excited because too much is happening right now</p>
overwhelmed	<p>a feeling that everything is too much</p>
ozone layer	<p>the layer of gases above the earth that protects us from the sun's harmful rays</p>



**Instead of****Use**

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**P**

pacemaker

a machine that keeps the heart beat normal

a small machine that controls the speed of the heart beat and the rhythm of the heart. The machine is connected to wires or electrodes, which are small metal circles. These wires or electrodes are connected to the heart muscle. A pacemaker may be placed outside the body for a short time or inside the body for life.

A pacemaker is a small device that is made up of these 2 parts:

1. the pulse generator, which is a metal box that has the battery and the part that makes the pacemaker work
2. the lead wire or wires, which are wires that are fastened to the heart muscle [?]

pacing wires

wires that connect the pacemaker to the heart. They carry electrical signals, or messages, between the pacemaker and the myocardium. (A pacemaker controls the rate and rhythm of the heart. The myocardium is part of the wall of the heart.)

Instead of	Use
paediatric academic health science centre	A paediatric academic health science centre cares for children, offers ongoing education to doctors and other health care workers, and does research studies on children's health.
paediatric critical care staff	doctors and nurses with special training in caring for children during the critical time of an illness or after an injury
paediatrician	a doctor who cares for children
paediatric oncologist	a doctor who is specially trained in the treatment of children with cancer
	a doctor who specializes in treating children with cancer
pain, musculoskeletal	pain in bones and muscles
palpitations	heart not beating regularly
pancreas	a small organ called a gland that controls the amount of sugar in the blood and helps the intestines break down food
	a small organ called a gland that makes the chemical insulin that helps control the amount of sugar in the blood
pancreatitis	swelling, redness, and pain in the pancreas, which controls the amount of sugar in the blood and helps the intestines break down food

Instead of	Use
pancytopenia	low numbers of all types of cells in the blood
papilledema/papilloedema	swelling of the back of the eye caused by high pressure in the brain
paralysis	loss of the ability to move muscles and loss of the ability to feel in the whole body or part of the body
paranoia	problems with thinking that cause a person to suspect and not trust others and to behave violently
paraplegia	loss of ability to move the lower half of the body
paresis	some loss of ability to move a muscle or group of muscles
paresthesia/paraesthesia	some loss of ability to move a muscle or group of muscles or weakness in a muscle or group of muscles
	feeling of burning or tingling
parietal lobe	the upper middle lobes on each side of the brain. The parietal lobes get and understand messages about touch, pain, and taste. The parietal lobe also helps touch, sight, and sound work together.
paternity	finding out who the real father, or birth father, of a child is
pathogen	something that can cause a disease

Instead of	Use
patient representative	a person who can help you deal with problems that you have at the hospital. The patient representative will look into your concerns about anything that is part of your child's care.
pelvic bone	the ring of bone that supports the leg bones
perception	recognizing and understanding signals the brain gets, especially from the sensing organs like the eyes and ears
percussions [physiotherapy]	a special method that a physiotherapist uses to help get rid of secretions, or thick liquids, that have collected in the lungs
performed	done
pericarditis	swelling, redness, and pain of the covering of the heart
peripheral neuropathy	damage to the nerves in the legs, feet, arms, and hands [?]. Peripheral neuropathy causes tingling and pain, and then loss of feeling
peripheral neuropathy	numbness and tingling
persist	do [will] not go away
persistent coughing	coughing that does not go away
personality	character
petechiae	tiny spots of blood under the skin

Instead of	Use
petit mal seizures [also absence seizures]	seizures that cause only a brief loss of awareness [?]
pharmacist	<p>pharmacist (druggist)</p> <p>[NOTE: The pharmacists feel strongly about their title, so they should be called pharmacists throughout after this explanation.]</p> <p>a specially trained person who knows how medicines work and what problems, or side effects, these medicines may cause.</p>
pharmacy	<p>pharmacy, or drugstore</p> <p>[NOTE: Use <i>pharmacy</i> after first definition. See note about pharmacist.]</p>
pharyngitis	sore throat
phlebitis	swelling, redness, and pain in a vein
phlebotomist	a person trained to take blood from either the vein or from a finger
photophobia	unusual fear of light
photosensitivity	problems with sunlight and increased chance of sunburn
physical examination	a check-up

Instead of	Use
physiotherapist	a person trained to treat problems with movement caused by nerves or muscle conditions
	a person trained to treat diseases and conditions with physical or mechanical means, such as massage, exercise, water, light, heat, and electricity
	a person trained to help you with physical tasks such as walking and sitting [brain injury context]
	a person trained to treat patients with their hands, such as manual manipulation and mobilization to get the muscles and joints moving, and exercise
	a specially trained person who arranges exercises and treatments
physiotherapy	the treatment of disease by physical and mechanical means, such as massage, exercise, water, light, heat, and electricity
	treatment given by physical methods other than medicine or an operation (for example, exercises)
	special exercises to help ... get better
pigmentation	colour

Instead of	Use
pituitary–adrenal axis suppression	problems with the part of the brain that controls temperature and growth not working properly
placebo or placebo medicine	no medicine or treatment that is given the same way as the regular medicine or treatment
	something that looks like the real medicine, but has only sugar or salt or colour in it.
plasma	the clear liquid part of the blood
platelet	a part of a cell that floats in the plasma and helps stop bleeding. Platelets help the blood to clump, or clot, by sticking to blood vessels that have been cut.
	cells that are mixed with a pale yellow liquid called plasma [Blood Bank]
	the part of the blood that helps stop bleeding
pleocytosis	higher than usual number of cells in the spinal fluid, which is the clear liquid that goes around the spinal cord to cushion it
pneumonia	an infection in the lungs [?]
pneumonitis	swelling, redness, and pain in the lungs
polio	a disease that causes a loss of the ability to move muscles forever or for short time

<b>Instead of</b>	<b>Use</b>
polyurethane	plastic
polyuria	peeing a lot
positive for [name of germ or whatever]	has the [germ, etc.] but is not infected by it [?]
post-mortem examination	an examination of someone who has died
post-traumatic amnesia, or PTA	a loss of memory that happens after an injury to the brain
postural education	teaching the importance of holding the parts of the body in the right position when sitting and standing
prescribe	order
prescription	a written order for medicine  a doctor's order
preventer medicine [asthma]	a medicine that helps to prevent asthma attacks or problems. It stops the lining in the airways from swelling. It is usually taken every day until the doctor says it is OK to stop.
proband	subject of a study
proctitis	swelling and redness, and sometimes pain, in opening in the bum, called the rectum, that may cause pain or bleeding during a poo/pooh, or bowel movement
prognosis	likely outcome of a disease or condition



Instead of	Use
progressive CNS deterioration	problems with the way the nervous system works that get worse with time. (The nervous system is made up of nerves, the brain, and the spinal cord.)
pronunciation	the way you say words
protein	matter that makes up most living things
proteinuria	too much protein in the pee. (Protein is the matter that makes up most living things.)
pruritus	itching
pseudotumor cerebri/pseudotumour cerebri	too much liquid in the brain causing headaches, an upset stomach, throwing up, and problems with the eyes/problems seeing
psychiatrist	<p>a medical doctor who is specially trained to treat problems with behaviour and feelings caused by an illness or treatment. A psychiatrist counsels children and families, and can order, or prescribe, medicines to help with the signs, or symptoms, of these problems.</p> <p>a doctor who can help a person live with a major injury such as a brain injury and with other mental health problems</p>
psychologist	a person who specially trained to treat problems with behaviour and emotions caused by an illness or treatment

Instead of	Use
psychosis	mental problems
psychotherapy	help dealing with emotional and mental health problems (This is called psychotherapy.)
ptosis	drooping eyelid
pulmonary artery	the large artery that takes blood from the right side of the heart, called the ventricle, to the lungs. The main part of the pulmonary artery divides into the 2 arteries called the right and left pulmonary arteries. These arteries go to the right and left lungs.
pulmonary embolus	a clump of blood called a blood clot that goes in the blood to the lung where it blocks a blood vessel
pulmonary fibrosis	damage to the lung and scars on it
puncture	put a hole in
pupil [eye]	the dark area in the centre of the coloured part of the eye
puree	thick liquid food [?]
purpura	small bruises on the skin
pus	thick yellowish or greenish liquid coming from tissue or a wound
PVCs, multi-focal	heartbeats that are not normal

Instead of	Use
pyloromyotomy	an operation to widen the opening at the pylorus.  [see also pylorus]
pylorus	the muscle that controls the opening between the stomach and the intestines and empties the contents of the stomach into the intestines  the valve that controls the emptying of the contents of the stomach into the intestines
<b>Q</b>	
Q-tip [cotton-tipped applicators]	clean cotton swab stick
quadriplegia	loss of ability to move all 4 limbs
<b>R</b>	
radiation	treatment with rays to kill cancer cells[?]
radiologist	a doctor specially trained to read x-rays and other tests with x-rays  a specially trained doctor who does tests and treatments using special pictures called x-rays

Instead of	Use
range of motion	amount of movement [in the arms and legs]
	how far you can move your arms or legs [?]
	the amount of movement in a joint, such as the place where the shoulder or hip join the body. Range of motion is measured in degrees.
rash	red spots on the skin
	red skin
rash, maculopapular	red skin
	red bumpy skin
Raynaud's phenomenon	too little blood to the fingers, toes, ears, and nose that causes pale skin, pain, or tingling
rectally	put into the bum
rectum	bum
recur	come back
recurrent	keeps coming back
red blood cells	the part of the blood that carries oxygen to the rest of the body
reflexologist	a person who works on specific areas of the foot to help you relax

Instead of	Use
reflux	food or liquid that comes back up the throat from the stomach
register, registration	check in
regulate	control
rehabilitation	the process of helping a person get back functions that have been lost, and learn new functions after an illness or injury. Rehabilitation helps a person lead as normal a life as he or she can.
reject	get rid of
rejection	the body's way of responding to something it thinks does not belong in the body. The body makes special fighting cells that can harm a transplanted organ.
relaxation techniques	things you do to relax, for example, breathing exercises, art, or music therapy
reliever medicine [asthma]	a medicine that relaxes the muscle that goes around the airway. It helps treat the signs of asthma such as a cough or wheeze.
reschedule [an appointment]	change [an appointment]
rescue breathing	a way of starting [your child] breathing if the lungs have stopped working
resident	a medical doctor who is training to become a specialist, such as a paediatrician (a doctor who specializes in the care of children).

Instead of	Use
resistance exercise	activity that uses the strength of your muscles to move a weight or work against a weight that does not move
resistant [i.e., as in antibiotic-resistant]	meaning that antibiotics do not work against the germs
respirator	a machine that helps you breathe
respiratory arrest	means that the person has stopped breathing
respiratory equipment	a machine that helps you breathe breathing device
respiratory therapist	a specially trained person who sets up and adjusts the special equipment needed to help a person breathe
respite care	care that gives the caregiver a short break from looking after someone who is ill  If you are feeling stressed because you care for ... with health problems, you may need to take some time off. You may need to let someone else look after ... for a little while. This is called respite care.
restrain	control
restrictions	limits
retina	the lining on the inside of the back of the eye

<b>Instead of</b>	<b>Use</b>
retinoic acid syndrome	a disease that causes a person to have too many white blood cells, which are the cells that fight infection
reusable	use more than once  use several times
rhabdomyolysis	a problem that causes muscles to break down
rhinitis	a runny, stuffy nose
rhinorrhea/rhinorrhoea	a runny nose
rigors	chills with shaking
<b>S</b>	
scalp	the skin under the hair
scrotum	sac
sebaceous glands	cells that make an oily liquid
secondary leukemia/secondary leukaemia	a new leukemia/leukaemia that is caused by treatment for another problem. (Leukemia/leukaemia is a cancer of the blood.)
secondary malignancy, or secondary cancer	a new cancer or leukemia/leukaemia caused by treatment for another problem. (Leukemia/leukaemia is a cancer of the blood.)

Instead of	Use
secretions	thick liquids given off by various parts of the body [?]
sedation	medicine given to calm
seizure [see also <i>absence seizure</i> or <i>petit mal seizure</i> ]	fit  a condition that happens because of electrical activity in the brain that is not normal. Seizures, or fits, can cause a loss of consciousness, or twitching or jerking movements in part of the body or in the whole body.
self-conscious	shy [?]  uncomfortably aware of yourself [?]
self-esteem	feel good about yourself  respect for yourself
sensation	ability to feel
sepsis	infection in the blood
serum sickness	a fever, raised red itchy areas on the skin, pain in the joints, too much liquid in the tissues, and swollen lymph glands. (Lymph glands are a small lumps of tissue that help fight germs in the body.)
sexualized behaviour [age-inappropriate]	behaviour that is sexual in ways that are not normal for a child's age



Instead of	Use
sexual offender	person in trouble because of his or her sexual behaviour
shingles	an infection with the germ, or virus, called herpes zoster. Shingles usually affects a nerve and causes pain in one part of the body.  causes blisters on the skin
shock	a very bad reaction to emotional or physical pain or injury [?]
short-term memory	remembering something that was just said or done  the ability to remember day-to-day or recent events. (Loss of the short-term memory may be many things from forgetting names once in awhile to a total loss of events after even a few minutes.)
side effects	problems that may happen after taking medicine
sinus headache	pain across the cheekbones
sinus infection	an infection in the spaces in the head connected to the nose [?]
sinusitis	pain and redness in the sinuses, which are the spaces in the head connected to the nose
skeletal hyperostosis	parts of bones that are larger than usual

Instead of	Use
slough	dead skin or tissue falling off
social worker	a person trained to <ul style="list-style-type: none"> <li>• be a link between your child and family and your child's health care team</li> <li>• offer your family emotional support, counselling, and help finding services in your community</li> </ul>
somatosensory cortex	the part of the brain that lets you feel things when you touch them
somnolence	sleepiness
spasm	cramp
spastic	an uncontrolled increase in the tightening of muscles
speech–language pathologist	a person specially trained to test speech and to treat problems with speech such as understanding, expression, or the feeling put into the words, and pronunciation, or the way you say words
sperm	the liquid from a man that joins with the egg from a woman to make a baby
spermatogenesis, defective	problems making sperm, which is the liquid from a man that joins with the egg from a woman to make a baby

Instead of	Use
spinal cord	a group of fibres inside the back bone that goes from the brain down the back. The spinal cord carries signals to and from the brain to the body.
spleen	an organ that helps make and get rid of blood cells and helps the body fight infections
splenomegaly	having a spleen that is larger than normal. (The spleen is an organ that helps make and get rid of blood cells and helps the body fight infections.)
spontaneous recovery [of the brain]	the recovery that takes place on its own as the brain heals. This type of recovery happens with or without rehabilitation, usually early in the recovery process.
stage [of cancer]	the amount of a cancer in the body. Staging usually depends on <ul style="list-style-type: none"> <li>◆ how large the growth, or tumour, is</li> <li>◆ if the lymph nodes have cancer, and</li> <li>◆ if the cancer has spread from the original place to other parts of the body</li> </ul>
stationary bicycle	a special bicycle that does not go anywhere
status [i.e., on a waiting list]	place
strabismus	problem with the muscles of the eye that causes the eye to look off to the side
sterile	very clean and free of germs

Instead of	Use
sterility	not able to have children
stoma [for tracheotomies]	the hole in the throat that the tracheotomy tube goes into [?]
	the hole that the tracheotomy tube goes into [?]
stomach ulcer	a sore on the lining of the stomach
stomatitis	sores in the mouth
stool	pooh
strained [vegetables, fruits, or meats]	thick liquid foods made from pieces of regular [vegetables, fruits, or meats]
striae	stretch marks
stroke	a condition caused by bleeding or a lack of blood in the brain. A stroke stops blood from carrying oxygen to the brain cells in an area of the brain for a time. A stroke may cause a loss of speech or other abilities.
ST-T segment changes	changes in the electrocardiogram that are not normal. (An electrocardiogram is a recording of the electrical activity of the heart.)
stupor	not alert and difficult to get up and get moving [?]
stye/sty	a sore on an eyelid

Instead of	Use
substitute decision-maker	<p>a person other than the patient or parent who may decide for the patient</p> <p>another person who may decide for the patient, called the substitute decision-maker</p>
sun protection factor, called SPF	<p>the number found on a bottle of that tells you how well it will protect your [child's] skin from the sun. You [your child] should use a sunscreen with an SPF of at least 30. Make sure you put sunscreen on [your child] 40 to 60 minutes before you [your child] goes out into the sun.</p>
sunscreen	<p>a cream that protects the skin from the sun</p>
supplement	<p>pills or liquids that supply extra ...</p>
suppository [see also a B&O suppository, anti-emetic suppository]	<p>medicine that is put into the opening in the bum to empty the bowels</p> <p>medicine that is put into the opening in the bum [bowel] to ...</p> <p>medicine that is put into the opening in the bum [bowel] to relax the bladder and reduce pain</p>
suppressed immune system [see also immune system]	<p>weakened immune system</p> <p>weakened ability to fight infection</p>
suppression, gonadal	<p>sex organs not working well or not working at all</p>

<b>Instead of</b>	<b>Use</b>
surgery	operation
sutures	stitches
sweat glands	cells that make sweat
sympathetic ophthalmia	infection [redness, swelling, and pain] in the eye that is not hurt [?]
symptom	sign
syncope	faint
syndrome, capillary	liquid leaking into the lungs and causing severe problems breathing
synthesis, decreased protein	less protein made in the body. (Protein is the matter that makes up most living things.)
syphilis	an infection of the genitals, or private parts
syringe	a hollow tube with a plunger. A syringe is often fastened to a needle. A syringe holds liquids such as medicine.
	a hollow tube that has a plunger and holds liquids

## **T**

24/7

any time

any time of the day or night, any day of the year

Instead of	Use
T4 lymphocyte, prolonged depression of	problems with the body being less able to fight infection and disease
tachycardia	heart beating faster than usual
tachypnea	breathing faster than usual
telangiectasia	red spots on the skin caused by large blood vessels
temper tantrum	a period of great anger when someone does not get what he or she wants  quick, violent loss of temper
temporal lobe	the lower part of each side of the brain. The temporal lobes help in remembering things and in getting information from the ear and nose.
teratogenesis	problems with an unborn baby's growth
tetanus	an infection that causes muscles to cramp and get tight and stiff
texture [food]	food that feels different in the mouth
therefore	so
thrombocytopenia	low number of platelets in the blood. (Platelets are the part of the blood that helps stop bleeding.)

<b>Instead of</b>	<b>Use</b>
thromboembolic phenomenon	a clump of blood called a blood clot from another part of the body that blocks a blood vessel such as a vein or artery
thrombophlebitis	swelling, redness, and pain in the blood vessel called a vein caused by a clump of blood, or blood clot, blocking the vein
thrombosis	a clump of blood called a blood clot blocking a blood vessel such as a vein or artery
thrombosis, arterial	a clump of blood, or blood clot, blocking the blood vessel called an artery
thrombosis, hepatic	a clump of blood, or blood clot, blocking the blood vessel called a vein in the liver
thyroid	an organ that affects growth
tinnitus	sound of ringing in the ears
tone [muscle]	the amount of tightness, or tension, in a muscle when it is not used. Muscles have low tone when they are limp and floppy. Muscles have high tone when they are tight and hard to move. Muscle tone that is not normal happens because of damage to nerves that control the way muscles work.
tonsils	round pieces of tissue at the back of the mouth beside the tongue



Instead of	Use
total parenteral nutrition	a special type of liquid that goes directly into the blood when a child is unable to eat
toxicity, ocular	damage to the eye
toxicity, renal (nephrotoxicity)	damage to kidneys
toxic epidermal necrolysis [or Lyell's syndrome]	loss of skin that leaves patches that look like a burn [?]
TPN	[see total parenteral nutrition]
tracheotomy	a small opening that the doctor makes in the windpipe at the base of the neck
transplant	an operation that removes an organ such as your kidney or pancreas and replaces it with an organ from someone else
treatment	treatment [5th grade reading level]
tremor	shakiness
	shaking
trigger	cause
triglycerides, increased	higher amounts of a type of fat in the blood
typhlitis	swelling, redness, or pain in the intestine, or bowel, near the appendix

Instead of	Use
<b>U</b>	
ulcer	a sore  [see also stomach ulcer]
ulceration, esophageal/ulceration, oesophageal	sores in the tube between the throat and stomach
ultrasound	a special picture taken with a type of sound wave  a special test that uses sound waves to take pictures of the inside the body  a painless test that uses sound to create pictures on a screen to look at ...  a painless test that uses sound to create pictures of the inside of the body on a screen
ultraviolet light, or UV light	sunlight made up of ultraviolet rays that cause sunburns and change the colour of the skin
unconscious	state in which a person is not aware of what is around him or her and does not respond to attempts to waken him or her
unpasteurized milk	milk that has not been treated to get rid of germs
urethra	tube that drains the urine, or pee, from the bladder

Instead of	Use
urinate	pee
urticaria	empty the bladder raised red, itchy areas on the skin, called hives
<b>V</b>	
vaccine	a shot or a medicine that you swallow that protects you from getting a disease
valves	the folds of tissue between the chambers and blood vessels of the heart that prevent the blood from flowing backwards
varicella zoster immune globulin, or VZIG	medicine that will help to protect your child from getting chicken pox.
vasculitis	swelling, redness, and pain in a blood vessel
veno-occlusive disease	blocked blood vessels, called veins, in the liver  illness caused when part of the liver blocked
ventilator	breathing machine  a machine that breathes for a person when he or she is not breathing on his or her own. It works by pushing oxygen into the lungs through the breathing tube, or endotracheal tube.

Instead of	Use
ventricles	the 2 lower parts or chambers of the heart that pump blood to the lungs and the rest of the body
vertigo	a dizzy feeling as though you or the room is going around in circles
vesicant	a medicine that can blister or burn the skin
vibrations	a method that physiotherapists use to help expand, or stretch, a part of the lung that has collapsed, or fallen in
virilism	parts of the body of a girl or woman becoming like a boy's or man's
	a girl or a woman becoming physically and mentally like a boy or a man
virus	a germ, or a living thing, that causes infection and disease
	a living thing that causes a disease [from the Blood Bank]
visual cortex	the part of the brain that lets you see things [?]
vital signs	measurements of heart rate, blood pressure, and temperature
vitrectomy	an operation that removes the jelly-like material in the centre of the eye that is filled with blood and replaces it with a watery solution [?]

<b>Instead of</b>	<b>Use</b>
void	pee  empty the bladder
volunteer	to give their time freely to [to help others] a person who gives his or her time freely
vomit	throw up  sick to the stomach
<b>W</b>	
Walkman	a personal radio
wasting	losing weight and strength
water-resistant	does not get wet easily
water-soluble lubricant	a jelly that mixes with water, called a water-soluble lubricant
weaned [medicine, milk]	slowly taken off
white blood cells	cells in the blood that fight infection
whole blood	blood that is made up of red blood cells, white blood cells, and platelets, which are cells that are mixed with a pale yellow liquid called plasma

**X**

<b>Instead of</b>	<b>Use</b>
xenograft	an organ taken from one type of animal given to another type of animal
x-ray	a special picture of the inside of the body

**Y**

**Z**