

CANCER CARE AND BODY PART TERMINOLOGY

*Eshi-uitakanitshi muteu-akushuna
mak eshi-takuannits uiatsh auen*

Mushuau Innu First Nation (Natuashish) Edition

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FOREWORD

Ushkat e uavitakanits

Words that can be said in many languages are a struggle for some.
This booklet will help ease the burden and will assist many.
Good collaboration!

Auen uanesishuetshi tshekuannu nenu nisht eshi-aianamuet tshitshue animanitakuan.
Ue mashinanikan tshika tshi shuka anaminiku auen kie tshika uavitshinikuats auenitshi kutakats.
Minuau tapue mamu uavitshinitun!

Kathleen Benuen
Health Director
Natuashish Health Commission

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This work is based on two previously-published documents: the *Inuit Cancer Care* prepared by *Pauktuutit* Inuit Women of Canada in 2013 and the *Innu Medical Glossary* 2014. Permission was granted by *Pauktuutit* Inuit Women of Canada to reproduce their list of Cancer Care terms with the Labrador Inuktitut translations, supplemented with additional cancer terms from the *Innu Medical Glossary* for Labrador. The body part diagrams from the Innu glossary were used as well, with some additional diagrams and terms added. Information on the work and people involved in these two books can be found in the books themselves.

Kaggutik: Inuit Cancer Glossary published by *Pauktuutit* Inuit Women of Canada, 2013; pdf version available at: <http://pauktuutit.ca/kaggutiq/>.

Innu Medical Glossary Marguerite MacKenzie, Robin Goodfellow-Baikie, Elizabeth Dawson and Laurel Anne Hasler (eds.) Sheshatshiu, NL: Sheshatshiu Innu First Nation, 2014; pdf version available at <http://www.innu-aimun.ca/modules.php?name=specializedvocab> and free apps available through iTunes and Google Play.

The Innu Language Project (ILP), Department of Linguistics, Memorial University, was contracted to prepare the database and to format and print four versions (Nunsiavut Inuktitut, Sheshatshiu Innu-aimun, Natuashish Innu-aimun, NunatuKavut) with lists of cancer terms, body part terms and body part diagrams with labels in English and each of the Aboriginal languages.

The diagrams of body parts and systems were prepared by Behak Rueentan, a member of the ILP team. She created new illustrations, updated existing versions (published previously in the *Innu Medical Glossary* and the *Innu Body Part Diagrams* booklet), and added colour to select diagrams. The earlier versions were created by Behak Rueentan, Jeannie Nemagoose, and Erin Piatt, and

include original drawings as well as reproductions from the *Cree Medical Dictionary* of Fort Severn with the permission of the Sioux Lookout MenoYa Win Health Centre.

Production of this document has been made possible through financial support from the Canadian Partnership against Cancer and Health Canada, as well as through the partnership between the Cancer Care Program and the ILP.

PREFACE

Uavitakanu ka tutakanits ume mashinanikan

The Cancer Care Program of Newfoundland and Labrador, administered by Eastern Health, delivers general cancer treatment across the province as well as some specialized cancer treatments in St. John's. For First Nations, Inuit and Métis (FNIM) residents in small or remote coastal communities in Labrador, a cancer diagnosis has obvious health implications but also social, financial and interpersonal challenges. Individuals residing in Labrador must leave their homes to seek health services in unfamiliar surroundings. For FNIM patients in Labrador, language barriers and a misunderstanding of cultural practices and beliefs can make communication difficult. When a first language is not English there can be communication breakdown between patients and health care providers.

In March 2014, work began on a three-year initiative funded by the Canadian Partnership Against Cancer, entitled *A Journey in the Big Land*. This initiative is aimed at enhancing the cancer care journey for First Nations, Inuit and Métis (FNIM) patients in Labrador. As part of the proposal-planning phase of this initiative, a forum with stakeholders including Mushuau and Sheshatshiu Innu First Nations, Nunatsiavut Government, NunatuKavut Community Council, Labrador-Grenfell Health, Eastern Health, Canadian Cancer Society, Dr. H. Bliss Murphy Cancer Care Foundation, and cancer patients and caregivers from Labrador was held in Happy Valley-Goose Bay in October 2013. The purpose of the forum was to identify gaps in service and priorities for service delivery. The Forum participants clearly identified three priority areas for the three-year initiative.

These priority areas include:

- Enhancing **Transitions in Care** between hospital and community settings;
- Enhancements to the **Tele-oncology** model for improved consultation between oncology specialists and Labrador-Grenfell physicians, nurses in community clinics and patients themselves;
- Enhancing **Cultural Safety** through employee training programs, information packages in the languages of Labrador FNIM groups and placement of Labrador imagery at the Dr. H Bliss Murphy Cancer Clinic.

Innu and Inuit interpreters have been working at the hospitals and medical clinics in Labrador, St. Anthony and St. John's for many decades with little support or training. This glossary, with its list of cancer terms with translations into Innu-aimun and of body part terms and diagrams, will serve as a much needed tool for both interpreters and health professionals in their daily work.

The Innu-aimun edition of this glossary is for the use of health professionals who work with the people of Mushuau Innu First Nation predominately residing in the community of Natuashish. Further information about this community and health services available to residents can be found in another resource developed through this initiative *Community and Clinic Profiles*. Copies can be requested through the Provincial Cancer Care program.

GLOSSARY OF CANCER TERMS

Eshi-uavitakanitshi muteu-akushun

BLOOD AND LABORATORY TESTS

UMIK^U MAK KUTAKA TSHEKUANA E NANATU-TSHISSENITAKANITSHI

Blood chemistry

natu-tshissenitakanu umik^u tshetshi minuanits

Tests to measure levels of substances in the blood that can tell a doctor whether or not various organs are healthy and functioning properly during treatment.

Blood glucose

kashivasht anite umikutsh

Sugar that is transported through the bloodstream to supply energy to all the cells in our bodies. The sugar is made from the food we eat.

Complete blood count (CBC)

nanatu-tshissenitakanu umik^u mishue tshekuana e takuats

A test to evaluate overall health and detect a wide range of disorders including anemia, infection and leukemia. It measures several things in the blood including red blood cells, which carry oxygen.

False negative

uitamuakanu avei eka akushit, muk^u tshitshue akushu

A test result that indicates that a person

does not have a certain disease when the person in fact does have the disease.

False positive

uitamuakanu avei ka akushit, muk^u tshitshue ama akushu

A test result that says a person has a certain disease when the person actually does not have it.

Fecal occult blood test (FOBT)

nanatu-tshissenitakanu umik^u tshetshi takuats menitsh

A test that looks for blood in the stool that cannot be seen with the eyes.

Helicobacter pylori (H. pylori)

e uinakuak ka patshipanits ushkatatsh mak utatshishinapekusha

A type of bacteria that causes inflammation and ulcers in the stomach and small intestine.

Liver function

eshi-atussemakats ushkun

How well the liver works.

Occult blood

umik^u eka uapatakanits muk^u ka takuats

Blood that is hidden or invisible to the eye.
Commonly tested for in the feces.

Platelet

umik^u ka tashtupanits

A type of blood cell that helps blood to clot.

Prostate Specific Antigen (PSA) test

natau-tshissenimakanu napeu umikutsh tshetshi umutemut nashik^u atamitsh unikua

A test to measure the level of PSA in a man's blood; this level is often high in men with prostate cancer.

Stool test / Stool sample

men e natau-tshissenitakanits

A small amount of feces taken to be examined for problems with the stomach, intestines or other parts of the digestive system.

Transfusion, blood

minakanu umikunu

Putting blood or blood products into the body through a vein with an IV.

Urinalysis

natau-tshissenitakanu shishiuapun

A test of the urine to find out its contents and describe what it looks and smells like.

Urine culture

natau-tshissenitakanu shishiuapun

A test that checks if there is bacteria in the urine.

Urine cytology

natau-tshissenitakanu shishiuapun

A test of the cells that are shed by the lining of the bladder into the urine.

CANCER

MUTEU-AKUSHUN

Adenoma

ka nitautshinit unikutsh muk^u eka mutemit

A tumour that grows on a gland, not cancerous; gland gives off too many hormones, causing illness.

Antibody

tshekuan etakuats mikuts tshetshi eka akushit

Something (a protein) found in blood that helps the body fight disease.

Antigen

uiatsh takuannu tshekuannu auei tshetshi tutamakanits tshekuannu anite mishkuts tshetshi eka akushit

Something that gets into or on a person's body and causes it to make antibodies.

Benign growth

nitautshin tshekuan muk^u ama kushtikuan

A growth (tumour) that is not cancerous or a disease that is not dangerous and may not need to be treated. Opposite of malignant.

Bile duct cancer

umutemu anite uishupuiapitsh

An abnormal growth in the bile duct.

Bladder cancer / Bladder tumour

nitautshin tshekuan anite uikunitsh

An abnormal growth in the bladder.

Bone cancer

ushkan muteu akushun

An abnormal growth, a tumour in a bone.

Brain tumour, cancerous

umutemu utipitsh

An abnormal, malignant growth in the brain.

Brain tumour, non-cancerous

ama mutemu utipitsh

A growth in the brain is not abnormal or malignant.

Breast cancer

matinin-muteu

An abnormal growth in the breast.

Cancer

muteu-akushun

Abnormal growths in the body.

Cancer in situ

muteu tau muk^u ama nitautshu

A cancer stays in the original place where it began and does not spread to other parts of the body.

Cancer survivor*eshk^u inniu auei ka mutemit*

A person who is still living after being diagnosed with cancer.

Cancerous growth*muteu nitautshu*

Abnormal cells that grow in or on the body.

Carcinogen*tshekuana tshika umutemishkakut*

Anything that causes cancer.

Carcinoma*muteu-akushun ka nitautshits atamitsh uiatsh*

The most common type of cancer that grows on the surface of organs or on the inside lining of an organ.

Cell*tshekuan tshitshue apishashu ka inniumakats eshi-nitautshits*

The most basic, smallest unit of all living things.

Cervical cancer*muteu-akushun anite atamitsh ishkuuev mutatsh*

An abnormal growth on a woman's cervix.

Colorectal cancer*umutemu anite utatshishinapekutsh kie mak umishiuakanitsh*

An abnormal growth in the colon or rectum.

Congenital*mataunakushu auass enniut*

When something abnormal is present in the body at birth.

Diagnosis*eshinikatets akushun*

A description of the disease a person has and what is causing the disease.

Early detection and screening*uipats natu-tshissenimakanu auei eshk^u eka akushit*

Looking for cancer before a person has any symptoms. This can help find cancer at an early stage when it may be easier to treat.

Grade*tan eshpish mishats muteu-akushun*

Describing a tumour based on how different the cancer cells look from normal cells, how quickly the cancer cells are growing and dividing, and how likely they are to spread.

Hodgkin's disease / Hodgkin's lymphoma*umutem unikutsh*

A cancer that begins in the white blood cells and spreads from one lymph node to another.

In situ cancer*peikunnu ashtau muteu*

A cancer stays in the original place where it began and does not spread to other parts of the body.

Inoperable*ama tshi matishakanu akushun*

A disease or tumour that cannot be treated with an operation.

Invasive cancer*mishue e nishpanits akushun*

A cancer that spreads beyond where it begins.

Leukemia*ka akushiuakamats umik^u*

A cancer of the bone marrow (the spongy, red material found inside the bones that makes the blood cells).

Liver cancer*ushkun-muteu*

An abnormal growth in the liver.

Localized cancer*peikuanitsh e tshikamuts muteu-akushun*

A cancer stays in the original site or place and does not spread to other parts of the body.

Lung cancer*umutemu upanitsh*

An abnormal growth in the lungs.

Lymphoma*umutemu unikutsh*

A cancer that begins in the lymph nodes. There are several different types.

Malignant*ka kushtikuats akushun mak tshek ka nipanuetsh*

Cancerous.

Melanoma*muteu ka nitautshinitshi ushakanits auei*

A cancerous growth on the skin, a type of skin cancer.

Metastasis*muteu kueshtetshe ka nitautshit*

The cancer spreads from where it begins to another part of the body.

Nasopharyngeal cancer*mishkut mak ukutakan muteu*

An abnormal growth in the nose.

Non-melanoma*ne ka nitautshinitshi ama muteu ushakanits auei*

A growth on the skin is not cancerous.

Oncology*nanatu-tshissenimakanu muteu-akushun*

The study of cancers, including development, diagnosis, treatment and prevention.

Oral cancer*muteu-akushun anite mitunitsh*

An abnormal growth in the mouth.

Ovarian cancer*muteu-akushun ishkuue uava anite uetshipanitshi*

An abnormal growth in a woman's ovaries, the small sacs which contain her eggs.

Pathology*nanatu-tshissenitakanua akushuna*

The study of disease, including causes, development and effects on the body.

Precancerous*eshk^u eka nitautshit muteu-akushun*

A growth in the body which could become cancer.

Prognosis*tan tshe ishinakuanikue muk^u e akushit auei*

The chance of recovery or of a disease coming back.

Prostate cancer

*nitautshu muteu anite napeu nashik^u
atamitsh unikua*

An abnormal, malignant growth in a man's prostate gland.

Recurrence

minuats nataukut utakushun

A disease that has come back after a period of time when there were no signs or symptoms of disease.

Remission

nakataku utakushun

A period of time when the signs and symptoms of a disease get better or go away.

Sarcoma

muteu-akushun anite utshipassueshitsh

A cancer that develops in soft tissue (cartilage or muscle), usually first as a painless lump.

Screening and early detection

uipats natu-tshissenitakanu muteu-akushun

Looking for cancer before a person has any symptoms. This can help find cancer at an early stage when it may be easier to treat.

Skin cancer

umutemu anite ushakanitsh

An abnormal growth on the skin.

Spinal cord tumour

nitautshinu tshekuannu anite uaukanitsh

An abnormal growth in the spinal cord.

Stage

tan eshpishats umutema auei

The amount of cancer in the body, including the size of the tumour, whether there are cancer cells in the lymph nodes and whether the disease has spread from where it started to other parts of the body.

Stomach cancer

umutemu ushkatatsh

An abnormal growth in the stomach.

Teratogen

tshekuannu tshipa akushishkaku auass eshk^u eka inniut

Anything that can harm a baby before it is born.

Terminal cancer

muteu ka nipaniuet

A cancer that causes death.

Testicular cancer

muteu-akushun anite utashitsh

An abnormal growth in a man's testicles.

Throat cancer

mukutakan-muteu

An abnormal growth in the throat.

Toxin

matshi-natukun ka akushishkatshet

A poison made by something living, such as a plant, animal, fungus, bacteria, virus or other micro-organism.

Tumour

tshekuan ka nitautshits uiatsh

An abnormal growth that can be harmless (benign) or cancerous (malignant).

Tumour marker

*atamitsh uiatsh tshipa uapatakanit
eshi-umutemit auei*

A substance in the body that may suggest the person has a certain type of cancer.

Uterine cancer

*muteu-akushun anite auass ka utsh
nitautshit*

An abnormal growth in a woman's womb or uterus.

Vagina or vulva cancer

muteu-akushun anite nishkueu mutatsh

An abnormal growth in or around a woman's vagina.

COMORBIDITIES

KUTAKA AKUSHUNA ETAKUSHIT AUEN MEKUATS E MUTEMIT

Blood pressure, high

nishkuatuepanu umik^u

The blood runs too fast.
Also called: Hypertension

Blood pressure, low

nashikupanu umik^u

The blood runs too slowly, and not enough flow of blood to the body's organs can cause strokes, heart attacks, and kidney failure.
Also called: Hypotension

Bowel obstruction

tshipanitshepanu utatshishinapek^u

Blockage of the colon or small intestine so that waste cannot pass out of the body.

Cirrhosis of the liver

ishkuasham^u ushkun e minit

A serious disease caused by scarring of the liver, with no cure.

Depressed / Depression

ushtuenitam^u

A feeling of sadness and hopelessness that is greater than normal.

Diabetes

kashiuashiu-akushun

A disease in which the pancreas does not make enough insulin which causes elevated levels of glucose (sugar) in the blood.

Dysplasia

*ka apishashitshi tshekuana atamitsh
uiatsh mishkutshipanu kie tshika
mutemikaia*

Cells that are changing their size, shape and organization within tissue and are likely to become cancer cells.

Epstein-Barr virus (EBV)

*akushun ishitashit auei tshek tshika
nitatshu muteu*

A virus that causes a highly infectious disease that may cause cancer.

Esophagitis

patshipanu ukutakanitsh

Inflammation of the esophagus (food pipe) that can make it hard to swallow.

Fibroid

*nitautshin tshekuan anite auass ka
uetsh nitautshit*

A benign (not dangerous) growth of fibrous tissue, usually in the wall of the uterus.

Hepatic encephalopathy

*ama minupanu ushkun eku
akushimakak mitip*

A condition that affects the brain because the liver does not work properly.

Hepatitis

akushimakan mak patshipanu ushkun

A disease which causes inflammation of the

liver.

Human papillomavirus (HPV)

tanite uetshipanit utshitshikuma mak muteu-akushun

A virus that causes warts and cancer.

Hypertension

nishkuatuepanu umiku

The blood runs too fast.

Also called: Blood pressure, high

Hypotension

nashikupanu umiku

The blood runs too slowly.

Also called: Blood pressure, low

Infertility

eka katshi utauassimit ishkuue put napeu

Not being able to have children.

Inflammation

mikuau mak patshipanu tshekuan

The body's response to irritation or injury, including signs of heat, redness, and pain.

Inflammatory bowel disease

patshipanua utatshishinapekua

When the lining of the intestines becomes inflamed, the intestinal walls become swollen and ulcers develop.

Jaundice

kauishauats akushun

A yellowness of the skin and the white part of the eyes from a build-up of a yellow

chemical (bile) in the blood.

Mole

uminim

A tan, brown or flesh-coloured growth on the skin.

Osteoporosis

ama shapakeu akushun

When bones become weak and easy to break.

Pneumonia

kashipishkats akushun

Infection of one or both lungs caused by bacteria, viruses or fungi.

Polyp

ka nitautshishit tshekuan anite utatshinapekutsh mak anite auass uiuatishitsh mak anite mishue tsheshtashkatshet

A small growth on the lining of an organ or body part, such as the colon, bladder, uterus, vocal cords or nose and can interfere with a person's normal actions.

Ulcer

miniss ushakatsh put kie atamitsh

An open sore on the skin or in a thin, moist layer of tissue in the body.

DIAGNOSTIC IMAGING

AKUNIKANA

Computed tomography scan (CT scan or CAT scan)

akunikan ka tshishakuats atamitsh

A scan which shows details of internal organs that cannot be seen in conventional X-rays.

Magnetic resonance imaging (MRI)

akunikan ka akunakanits atamitsh unatsh

A procedure that produces a picture of internal organs on a computer using a magnetic field.

Mammogram

ka akunakanits matinin

An X-ray of the soft tissue of the breast used to check for cancer.

Positron emission tomography scan (PET scan)

akunikan ka uapatiniuanut tan eshpanits viau atamitsh

An imaging test that helps reveal how your tissues and organs are functioning, using a radioactive drug (tracer) to show this activity.

Ultrasound

akunikai

A test which uses sound to give a picture of things inside the body.

X-ray

akunakanu

A picture of any inside part of the body.

GENETICS

AUEN MIAM TAPISHKUTS ETAKUSHIT NENUA KE UIKANISHA

Familial

e itinanuts anite uikanisha

Happening in or affecting more members of a family than would be expected by chance.

Family history

eshi-akushinanuts awei tipan uikanisha

The medical history of a person's family, including mother, father, brothers, sisters and grandparents.

Gene

ka ashu-minituts anite utauassimuats tshika ishinakushinua miam uinuau

Something which is inherited from our parents, such as hair colour, skin colour, height, etc.

Gene mutation

nashk atshipanu tshekuan uiat

A permanent change in a gene.

Genetic consult or referral

uitamuakanu awei tshetshi ma tapishkuts itakushits miam ne tipan uikanisha

A health service that provides information and support to people who have, or may be at risk for, genetic disorders. During a consultation, a genetics professional meets with an individual or family to discuss genetic risks or to diagnose, confirm, or rule out a genetic condition.

Genetic testing

natu-tshissenimakanu awei tshetshi itakushits kie uikanisha

Looking at someone's DNA to see if there is a permanent change in a gene that may mean the person has a higher risk for getting a disease.

Hereditary

ka ashu-minitunanuts anite utauassimuatsh

Passed or capable of being passed from parents to their children through information in genes.

HEALTH CARE PROFESSIONALS

ATUASHTIKUSHUATS MAK KUTAKATS KA NAKATUENIMATS KA AKUSHINITSHI

Family physician / Family doctor

uikanishimau natuashtikushu

The doctor who regularly sees a patient and the family.

Gynecologist

ishkueu-natuashtikushu

A doctor who specializes in women's diseases that affect the breasts, the uterus, fallopian tubes, ovaries and vagina.

Nurse, registered

natukunishkuess

A nurse who has graduated from a college's nursing program or from a school of nursing and has passed a national licensing exam.

Oncologist

muteu-natuashtikushu

A doctor who treats cancer.

Pain and symptom management

uitshiku auei tshetshi eka mishta-akushit

A branch of medicine employing an interdisciplinary approach for easing the suffering and improving the quality of life of those living with pain.

Pharmacist

natukuna ka tautshet

A health professional qualified to prepare and give out medicinal drugs.

Social worker

mitshim-utshimau

A professional who helps individuals, families, groups and communities to improve their individual and collective well-being.

LIFESTYLE AND/OR RISK FACTORS

ESHPISH KUASHTATSHENITAKUAK TSHE ITAKUSHIT

Asbestos

nisheku-patshuian

A material commonly used for fireproofing or insulating buildings that causes cancer.

Healthy living

eshi-minu-inniut mishue

Making positive choices that enhance your personal physical, mental and spiritual health.

Indoor tanning

*uashtenikan apatshitakanu tshetshi
uinipikuet*

Using tanning beds or sun lamps that give off ultraviolet radiation (UVR) to tan the skin.

Occupational exposure

utatusseunits uetsh umutemit

Coming in contact with chemicals or other materials at work that can cause cancer.

Physical activity

eshi-aiatshit auei

Any type of movement or exercise that makes your heart beat faster and makes you breathe harder than when you're resting.

Prevention / Preventative measures

*etutakanit tshakuan tshe eka
ushtapanits anite eshk^u*

Actions to stop something from happening.

Risk factor

eshpish tshe itakushit

The chance of getting a disease.

Second-hand smoke

nenetam^u e pituanut

Smoke from the burning end of a cigarette, cigar or pipe, or breathed out by a smoker.

Smoking cessation

puni-pituau

Stopping smoking.

Sunscreen

*ka tumikuanuts tshetshi eka
nishkuashuat pishim^u*

A cream, lotion or gel applied to the skin to help protect it from the harmful rays of the sun.

Ultraviolet radiation

*kushtikushiu pishim^u e minu-tshishikats
kie ne uashtenikanitsh*

Invisible rays of light that are part of the energy that comes from the sun or that are made by sun lamps or tanning beds.

Weight

e tashtipanikeshit

How much a person weighs.

MEDICATION

NATUKANA

Acetylsalicylic Acid (ASA)

ushtikuan-natukun

Non-prescription medication used to relieve minor pain and reduce fever.
Also called: Aspirin

Analgesic

eka ka nishtushinanitshi natukuna

A medicine that helps stop pain (Aspirin, Tylenol, codeine, Demerol, and morphine).

Antibiotics

natukuna uatshinuetshi nakushinanitshi

Medications that attack germs and fight infection.

Anti-cancer drugs

natukuna ka ashishtats muteu-akushunnu

Drugs used to stop cancer growth.

Anti-emetic drug

tshe eka pakumut natukuna

A drug that prevents or stops vomiting.

Anti-inflammatory drug

natukun tshetshi eka mikuats mak patshipanits auei

Drug used to reduce swelling and inflammation, e.g. Ibuprofen.

Aspirin

ushtikuan-natukun

Non-prescription medication used to

relieve minor pain and reduce fever.
Also called: Acetylsalicylic acid (ASA)

Birth control pill

eka katshi utauassiminanuts natukun

A drug that women take by mouth to prevent pregnancy.

Diuretic

natukun ka shishishkatshet

Any drug or substance that causes the body to make more urine.

Dose

tan eshpish tshe minakanits natukunnu auei peikuau

The amount of a drug or radiation given at one time.

Enema

pitapaunakanu auei tshetshi mishit

Putting liquid into the colon and rectum through a tube into the anus.

HPV vaccine

natukun tshe eka kashtinikut akushunnu HPV

A vaccine that helps prevent infection from Human papillomavirus (HPV).

Injection

shapushtauakanu

Being given a needle.

Intravenous (IV)

*ushkatshikunu tshikumutakanu
umikuiapitsh*

Inside a vein.

Narcotics

*natukuna ka shutshishimakatshi mak ka
mishta-nakatuenitakanitshi*

Drugs that make someone think or feel differently from normal and that can be addictive, e.g. morphine, heroin or Demerol. Often used for pain management.

Steroids

natukuna ka-ashte-patshipanuani

Special hormones that the body makes or that can be given as medicine.

Vaccine therapy

*shapushtauakanu avei tshetshi minu-
inniut*

A treatment that uses an antigen to trigger the immune system to make antibodies that fight a disease.

NUTRITION

ESHI-MINU-MITSHISHUNANUT

Dietary fibre

ka uitshinikut mitshiminu tshetshi minu-mishit

The part of fruit, vegetables, beans and grains that the body cannot break down but that helps the body move and digest food.

Dietician

mitshiminnu ka tshissenitak eshi-mitshishunanuts

A health care professional that focuses on food and nutrition.

Fluids / Hydration

nipin tshetshi ka pashut

Drinking water or other fluids, which sometimes helps to reduce the concentration of toxic substances in the body.

Nutrition

eshi-mitshishut mak etapatannits anite uiatsh

Eating foods that are good for the body so it can work normally.

PAIN

E AKUIKUT

Abdominal pain

akushu ushkatatsh

Pain in the belly, in the part of the body that lies below the chest and above the pelvis.

Acute pain

tshitshue shassikuts akushu

Very bad pain that happens suddenly or gets worse quickly.

Burning pain

miam eshkuashutshi etimashtat

A kind of pain that is often related to nerves, but which could have many other causes. Injuries, natural wear and tear, infections, and autoimmune disorders could all cause nerve damage and pain.

Chronic pain

akushun mushinau eshi-mushitakanits

Pain that happens slowly, lasts a long time or gets worse over time.

Cramping

utshipitiku

The sudden and painful tightening of a muscle. Used to describe sharp pains that come and go in the stomach, leg, hand or any other body part.

Neuropathic pain

*akushun anite utsheshtiapitsh,
uaukaniapinitsh kie mak utipitsh*

Pain from an injury to or problem with

nerves, the spinal cord or the brain.

Pain

akushun

The physical feeling caused by disease, injury, or something that hurts the body.

Pain diary

*mashinanikannu auei eshi-mishta-
akushit kie mak tan e mitshit natukuna
e unishtat*

A record that people with chronic pain keep to track when pain is greatest during the day and the amount of medicine or other treatments that make the pain go away.

Painless

ama takuan akushun

No pain.

Phantom limb pain

*akushu anite ka manishakanits
tshekuan uiatsh*

Pain, numbness, tingling or itching that someone feels where a removed limb used to be.

Rating pain

*tan eshpish mushitat utakushun:
apishish put kie mishta-akushu*

Describing the strength of pain based on a scale. For example, 1 to 10 where 1 means no pain or very little pain and 10 is the worst pain.

Sharp pain

shassikuts mishta-akushu

Sudden and severe pain.

Sinus pain

*akushun e pakuneiats atamitsh
mishkutitsh*

A headache or pain in the upper part of the face caused by infection or pressure in the sinuses.

Somatic pain

ushakai-akushun ka uetsh utshikut

Pain from an injury to or problem with the skin and deep tissues.

Visceral pain

*akushu auei ushkatatsh kie put
ushkassikanitsh*

Pain in any organ in the chest or belly.

PATIENT INFORMATION

AKUSHIUNNU ESHI-UAUINISHUT

Advanced health care directive

*mashinatanikanu tshekuannu tshetsh
tutuakanit mishta-akushitshe auei*

A legal document, also called a living will, personal directive, advance directive, or advance decision, in which a person says what actions should happen if they are no longer able to make decisions for themselves because of illness or incapacity.

Advanced health care planning

*tshika uitamuakanu tshekuannu tshetsh
tutuakanit mishta-akushitshe auei*

An ongoing process in which patients, their families and health care providers reflect on patient's goals, values and beliefs, discuss how they inform current and future medical care to accurately document future health care choices.

Code status

*uitamuakanu natuashtikushu tan tshipa
tutuakanu auei natshipanitshe uten put
kie eka nenet*

A code is called when a patient goes into cardiac or respiratory arrest. Code status refers to the level of medical interventions a patient wishes to have started if the heart or breathing stops.

Do not resuscitate (DNR)

*mashinanikannu auei ka-issishuet
tshetshi eka nutshikuakanit
netshipanitshe uten*

An order not to attempt cardiopulmonary

resuscitation (CPR) in the event a patient suffers cardiac or respiratory arrest.

Donor

*ka minuet tshekuan utsh uiatsh tshetshi
apatshitanitshi kutaka aenua*

Someone who gives blood, cells, tissues or an organ to be used in another person.

Goals of care

*uitamuakanu auei tshetsh ishi-
natukuikanit*

Designations are used to describe, communicate and document the general focus of care for the patient.

Informed consent

*mashinataushu auei tan tshetsh ishi-
natukuikanit*

When a person learns the potential risks, benefits and limits of a procedure, treatment, clinical trial or test before deciding to participate.

Medical history

*mashinanikanu eshi-nitakushit mak
eshi-natuiakanit auei*

A record of someone's risk factors, symptoms and past medical events and problems.

PATIENT INSTRUCTIONS

TAN ESHI-NATASHUMAKANIT AKUSHIUNNU

Hold still, breathe normally

eka matshi kie metinu nene

It is very important not to move

eka nashtish tshika aiashin

No creams or lotions

eka uin tumikue tshakuan

No feeling or sensation

ama mushitau

SURGERY AND COMMON PROCEDURES

E MATISHUAKANIT MAK E NANATU-TSHISSENITAKANITS

Ablation

*tshekuan anite e takuatsh atamitsh
utinakanu mak nipatakanu*

Removing or destroying cells, tissues or organs.

Amputation

tshimishakanu tshekuannu anite unatsh

An operation to remove an arm, leg, finger or any other body part.

Anesthesia, general

nipekuakanu

The condition of 'being put to sleep'.

Anesthesia, local

*mashkutshikakanu tshetshi eka
nishtushit*

A temporary loss of feeling by drug injection in one part of the body, usually for a surgical procedure.

Angiography

*pitepanitakanu natukun anite
mikuiapits tshetshi nanatu-
tshissenitakanits tanite eka
menupanitshi mikuiapina*

A test that takes an X-ray of the blood vessels using a dye that is injected into the body.

Also called: Arteriography

Arteriography

*pitepanitakanu natukun anite
mikuiapits tshetshi nanatu-
tshissenitakanits tanite eka
menupanitshi mikuiapina*

A test done to see if there is a problem with the blood vessels going to a certain part of the body.

Also called: Angiography

Biopsy

*manishakanu tshekuan tshetshi
nanatushkapatshikanits*

A test in which tissue is taken out of a living body and looked at under a microscope.

Bone marrow biopsy

utinakanu ushkan pimin

The removal of soft tissue from inside a bone.

Bowel re-section

*matishakanu passe kie mak mishue
utatshishinapekutsh*

An operation to remove part or all of the large bowel.

Breast conserving surgery

pakueshakanu tshitshish

An operation to remove a tumour and some healthy tissue around it so that most of the breast remains.

Breast self-examination*uin nanatu-tshissenimeu utinina*

A screening method used to detect early breast cancer; the woman herself looks at and feels each breast for possible lumps, distortions or swelling.

Bronchoscopy*akunakanu atamitsh ukutashkuiapi mak upaniapia*

A test that uses a hollow tube with a light and camera to look at or treat the windpipe, airways and lungs.

Clinical breast exam (CBE)*nanatu-tshissenimakanu ishkueu utinina*

A physical exam of the breasts and nearby lymph nodes.

Colectomy*manishakanu ka mitshapekats utatshishinapek^u*

An operation to remove part or all of the colon.

Colonoscopy*nanatu-tshissenitakanua utatshishinapekua mak uetsh mishit e apatshitakanit uashtenikan*

A test that uses a hollow tube with a light and camera to look at or treat the colon, large bowel or anus.

Colostomy*pakuneshakanu tshetshi ueuekunit umen*

An operation to make an opening from the colon to the outside of the body through the belly to release waste.

Colposcopy*pishtepanitakannu akunikannu nishkueu e natu-tshissenimakanit atamitsh*

A test that uses a lighted magnifying tool to examine the vulva, vagina and cervix.

Cone biopsy*matishakanu apishish tshetshi natu-tshissenimakanits ishkueu anite atamitsh*

Removing a cone-shaped piece of tissue from the cervix to look at the cells under a microscope and check for cancer.

Cystectomy*matishakanu passe kie mak mishue uniapin*

An operation to remove part or all of the bladder.

Cystoscopy*natu-tshissenitakanu anite ueshipanits ushishiunitsh*

A test that uses a hollow tube with a light and camera to look at or treat the bladder and urethra.

Digital rectal examination (DRE)*nashik^u ka natu-tshissenimakanit*

The examination through the rectum with gloved finger, e.g. of the cervix during labour, or the prostate gland in men.

Endoscopy*uashtenikan kie akunikai ka uashtets ushkats ekunakanitshi auei atamitsh*

Any test that uses a hollow tube with a light and camera to look at or treat organs or structures in the body.

Excisional biopsy

*manishakanu mishue tshakuan mak
uashka tshetshi natu-tshissenitakanits*

Removing all of the tumour or abnormal tissue, along with some normal tissue around it, to look at them under a microscope.

Gastrectomy

*matishakanu passe kie mak mishue
uinashtakan*

An operation to remove part or all of the stomach.

Hepatectomy

*matishakanu passe kie mak mishue
ushkun*

An operation to remove part or all of the liver.

Hysterectomy

ka manishakanits auass etat

An operation to remove the uterus.

Ileostomy

*matishakanu utatshishinapek^u tshetshi
uiutits*

An operation to make an opening from the last part of the small intestine to the outside of the body through the belly.

Incisional biopsy

*matishakanu apishish tshakuan tshetshi
natu-tshissenitakanits*

Removing a small sample of the tumour or abnormal tissue to look at it under a microscope.

Invasive

*pitaikanu tshekuannu atamitsh
ushikatsh uiatsh; mishituepanu akushun*

A test or tool that breaks the skin or enters a body cavity. A disease that grows into surrounding tissue.

Laparoscopy

*pitepaniakanu akunikai atamitsh
ushkatatsh*

A test that uses a hollow tube with a light and camera to look at or treat organs inside the belly.

Laryngectomy

utshitun manishakanu

Surgical removal of the larynx or voice box.

Lobectomy

*matishakanu passe kie mak mishue
unikua kie mak tshakuan atamitsh
uiatsh*

An operation to remove part or all of a lobe from an organ or gland.

Lumpectomy

manishakanu muk^u ka pishkuanits

An operation to remove a lump or a tumour without removing large amounts of surrounding tissue.

Mammogram

ka akunakanits matinin

An X-ray of the soft tissue of the breast used to check for cancer.

Mastectomy

ka manishakanits apishish matinin

An operation to remove a breast.

Mastectomy, modified radical

ka manishakanits mishue matinin mak unikua

The removal of the breast and lymph tissue.

Nasal endoscopy

akunakanu atamitsh ushkutitsh

A test that uses a hollow tube with a light and camera to look at or treat the inside of the nose and the sinuses.

Neck dissection

matishakanu passe kie mak mishue unikua anite ukueiatsh

An operation to remove some or all of the lymph nodes or other tissues in the neck.

Non-invasive

ama pitaikanu tshakuan ushikatsh kie mak uiatsh

A test or tool that does not break the skin or enter the body cavity. A disease that is only in one place.

Operable

tshika tshi manishakanu utakushun

A disease or tumour that can be treated with an operation.

Pap test / Pap smear

ishkueu ka natu-tshissenimakanit nashik^u

A test that scrapes cells from the cervix and looks at them under a microscope.

Pelvic examination

nanatu-tshissenimakanu ishkueu pitakamitsh nashik^u

A physical exam that checks for changes in a woman's reproductive organs, including

the uterus, cervix, ovaries and vagina.

Pneumonectomy

manishakanu upan

An operation to remove part or all of a lung.

Polypectomy

manishakanu ka apishashits tshakuan ka nitautshik anite atamitsh

The removal of a polyp.

Prosthesis

ushkatikuakanu put kie utitshikuakanu

An artificial device used to replace a part of the body removed because of injury or disease.

Punch biopsy

matishakanu apishish e uauneiats ushakai tshetshi natu-tshissenitakanits

Removing a round piece of skin or other tissue using a sharp, hollow tool to look at it under a microscope.

Reconstructive surgery

matishuakanu tshetshi minu-ishinakuats, kie mak tshetshi minupanits

An operation to a part of the body to help it work or look better, or to help heal a wound.

Re-section

matishakanu passe kie mak mishue tshakuan atamitsh uiatsh

An operation to remove part or all of an organ.

Rhinectomy

*matishakanu passe kie mak mishue
ushkutitsh*

An operation to remove part or all of the nose.

Shave biopsy

*manishakanu ushakai tshetshi
natushkuapatshikanits*

Removing the outermost layer of skin to look at it under a microscope.

Sigmoidoscopy

*uashtenikan kie akunikai
utatshishinapek^u pitshiteiapishenikanu
anite ushukanitsh tshetshi nanatu-
tshissenitakanitshi utatshinapekua*

A test that uses a hollow tube with a light and camera to look at or treat the colon and rectum.

Skin exam

nanatu-tshissenimakanu ushakaia

A physical exam that checks for changes in or problems with the skin.

Skin flap

*apishish utinakanua ushakaia tshetshi
mishauakanit anite uetsh*

A piece of skin with its own blood supply that is used to cover or fix an injury at a nearby place on the body.

Skin graft

mishauakanua ushakaia

A piece of skin taken from a donor or another part of the body and used to replace diseased or injured tissue.

Skin surgery

*minishakanu ka nitautshimakats
ushakatsh*

An operation to remove moles, cysts, skin cancer and other skin growths.

Surgery

matishakanu

An operation which involves cutting through the skin to take out or fix the damaged part of the body.

Thoracotomy

tatuassipeshakanu

A cut to open the chest wall.

Trachelectomy

*matishakanu atamitsh ishkieu mutatsh
kie mak unikua mitshima*

An operation to remove the cervix and the pelvic lymph nodes.

Tracheostomy

ukutakanitsh ka pakuneshakanit

An operation to make an opening in the windpipe.

Upper gastrointestinal (GI) endoscopy

*akunakanu atamitsh utunitsh ishpish
uinashtakanitsh*

A test that uses a hollow tube with a light and camera to look inside the mouth, down the throat and esophagus to the stomach and upper part of the small intestine.

Upper gastrointestinal (GI) series

*akunakanu anite ut ukutakan nuash
ishpish ushkatatsh*

A test that uses X-rays to make a series of pictures of the upper gastrointestinal (GI)

tract, including the esophagus, stomach and duodenum.

Wide local excision

*mishta-akuatishuakanu muteu-akushun
kie uashka*

An operation to remove a tumour along with some normal tissue around it.

SYMPTOMS / SIDE EFFECTS

UAPATAM^u MAK MATENITAM^u AUEN ETAKUSHIT

Adverse reaction

nitakuatshinikun etatu

An unwanted, bad or harmful response to a drug or other therapy.

Allergic reaction

eka ka minushkakut natukunnu mak kutakinu tshekuannu

An unexpected or unwanted reaction to an allergen; a mild reaction may include sneezing, watery eyes, a stuffy nose, diarrhea, etc.

Anaphylaxis

ka kushtikuats tshekuan eka ka minushkatshet

A very bad, possibly deadly, allergic reaction.

Anemia

nashikupanu umik^u

Not enough healthy red blood cells.
Also called: Low blood

Anxiety

ueshami-mishimenitam^u mak shetshishu

An uneasy feeling, tension, worry, distress.

Ascites

nipin nishtumipanu anite ushkatatsh

A buildup of fluid in the abdomen.

Asymptomatic

nashtish ama mushitau utakushun

Having no signs or symptoms of a disease.

Bacteria / Bacterial infection

kaiakushishkatshet

Tiny, single-celled living things (microorganisms) that can live in or on the human body. Some bacteria can cause diseases such as pneumonia, but others can help with activities like digesting food. The plural of bacterium.

Bladder spasm

utshipitiku uniapitsh ekue shishitshipanit

A sudden tightening of the bladder muscle that causes a need to urinate or urine to leak from the bladder.

Bone marrow suppression

katshi natukuiakanitshi avei e mutemit, iakushishkaku eshi-natukuiakanit

A serious side-effect of chemotherapy making the person more likely to catch an infection.

Constipation

mashkukatsheu

Difficulty having a bowel movement.

Coughs

ushtam^u

Expels/pushes out air from the lungs with a

sudden sharp sound.

Dehydration

nikatshipanu nipin anite unashitsh

Losing too much water from the body.

Depressed / Depression

ushtuenitam^u

A feeling of sadness and hopelessness that is greater than normal.

Diarrhea

mamishiu

Having loose, watery bowel movements again and again.

Dry eye syndrome

pashtenu ussishik^u

Having fewer tears than normal.

Dry mouth

pashteu mitun

Having less saliva than normal so that it is hard to chew, swallow or talk.

Dysuria

shishiun-akushun

Having trouble or pain when urinating.

Esophagitis

patshipanu ukutakanitsh

Inflammation of the esophagus (food pipe) that can make it hard to swallow.

Fatigue / Fatigued

aieshkushiu

Feeling very tired or not having enough energy.

Fecal occult blood

umik^u ka takuats menits eka ka nukuats

Blood (hidden) in the stool.

Fever

tshishu

A higher than normal body temperature.

Fibroid

nitautshin tshekuan anite auass ka uetsh nitautshit

A benign (not dangerous) growth of fibrous tissue, usually in the wall of the uterus.

Fluid retention

nipin patshipanu anite uiatsh

A buildup of fluid in the body.

Hair loss

uashekaiepanu

Balding or loss of hair from the scalp or body.

Hematuria

shishtam^u umikunu

Blood in the urine.

Hemoptysis

pakumutam^u umikunu

Coughing up blood.

Hoarse voice

massikutakeu

An abnormally deep, rough voice.

Incontinence

uikueshau mak uikue-mishiu

Not being able to control urination (pee) or bowel movements.

Indigestion*ama minushkaku umitshim*

Feeling uncomfortable after eating a meal; may include heartburn, nausea, gas, cramps or burping.

Inflammation*mikuau mak patshipanu tshekuan*

The body's response to irritation or injury, including signs of heat, redness, and pain.

Insomnia*ama tshi nipau*

Difficulty falling or staying asleep or not getting enough good sleep.

Jaundice*kauishauats akushun*

A yellowness of the skin and the white part of the eyes from a build-up of a yellow chemical (bile) in the blood.

Loss of appetite*ama ui mitshishu*

Losing interest in food and not eating.

Lump*ka pishkuanits*

An abnormal mass in the body.

Lymphedema*patshipanua unikua e tshimuapitshepanitshi*

Swelling of an arm or leg caused by a buildup of fluid in tissues.

Nausea*ui pakumu*

Feeling sick to the stomach or wanting to vomit.

Neutropenia*ama takuan e minuut umik^u tshetshi nipatat akushunnu*

Not enough white blood cells that help the body fight bacteria, viruses and fungi.

Nosebleed*pashkushtunu*

Bleeding from the nose.

Numbness*ama nishtushu*

A loss of sensation or feeling in a part of your body, often with other changes, such as a pins-and-needles feeling, burning or tingling.

Occult blood*umik^u eka uapatakanits muk^u ka takuats*

Blood that is hidden or invisible to the eye. Commonly tested for in the feces.

Phlebitis*patshipanua umikuiapina*

Inflammation of a vein causing redness, swelling and pain.

Radiation sickness*akushishkaku auei eshkuashakanit utakushun*

Symptoms caused by large doses of radiation.

Shortness of breath*ushtutatamu*

Difficulty breathing or being unable to take full breaths.

Side effect*eshtatshemakats*

An unwanted, bad or harmful reaction caused by a medical treatment or procedure.

Skin change*iatsh ishinakushu anite ushakatsh*

An abnormal change in the skin that may be the sign of a disease such as cancer.

Skin reaction*eka ka minushkakut natukunnu mak kutakinu tshekuannu ushakatsh*

The skin has an unexpected or unwanted reaction to an allergen.

Swollen lymph nodes*patshipanua unikua*

When lymph nodes become larger than normal.

Symptom*e nukuats tshekuan eshi-uapatakats*

Something that a patient notices which means that something may be wrong.

Treatment-induced menopause*katshi nanatukuiaakanitshi umutema, eku punipanits nishkueu umik^u*

The permanent end of menstruation that happens when the ovaries are removed or they are damaged by chemotherapy or radiation therapy.

Virus*akushun e ashu-minitunanuts*

A very small germ that can be spread from one person to another to infect cells and cause disease.

Vomit*pakumu*

Throwing up the contents of the stomach through the mouth.

Wheezes / Wheezing*kueshkushiuitakushu*

Difficulty breathing that causes a whistling sound because the airways are narrowed.

TREATMENT

ESHI-NATUKUIAKANIT

Active surveillance

mushinau natu-tshissenitakanu avei utakushun

Using tests and exams on a regular basis to watch for changes in a person's health.

Adjuvant therapy

minuats natukuakanu avei shash tshishi-tutakanu nishtam eshi-natukakanit

A treatment plan used after the standard treatment to reduce the risk of cancer coming back.

Alternative therapy

kueshtetshe eshi-natukuiaakanit

A treatment used instead of the currently accepted and widely used treatment.

Biological therapy

eshi-natukuiaakanit tshetshi atshipanit ka inniumakak eshi-nitautshimakats

A treatment that uses natural or artificial materials to kill, control or change the way cells behave.

Chemoradiation therapy

ishkuashakanu mak natukun mamu apatshitakanua tshetshi nipatakanits muteu-akushun

A treatment that gives chemotherapy during the same time period as radiation therapy.

Chemotherapy

natukun ka apatshitakanits tshetshi nipaikanits muteu-akushun

A treatment that uses drugs to kill or destroy cancer cells.

Clinical trial

nanatu-tshissenitakanu tan tshe ishi-natukutakanits akushun

A research study that tests new ways to prevent, detect, treat or manage a disease in people.

Combination therapy

mitshetvuits eshi-natukuiaakanit avei

A treatment plan that uses more than one type of treatment at the same time.

Complementary and alternative medicine (CAM)

iatsh natukuna eshi-natukutakanu akushun

A variety of treatment approaches used along with or instead of currently accepted conventional treatment.

Conventional therapy

eshi-natukuiaakanit avei anutshish

The currently accepted and widely used treatment for a disease.

Cryotherapy

e mashkutshitakanits muteu-akushun

A procedure to freeze off cancer cells.

Drug therapy

*natukuna apatshitakanua tshetshi
natukuiakanu auei*

A treatment that uses medical drugs to treat a disease.

Experimental drug

*natu-tshissenitakanu natukun tshetshi
uitshinikut*

A drug that is being tested to find out if it works and is safe, but that is not yet approved for use.

Follow-up

*eshk^u nanitam natu-tshissenimakanu at
katshi akushitshi*

Keeping track of a person's health for a period of time after treatment to watch for problems or for signs that the disease has come back.

Hormonal therapy

*eshi-natukuiakanit auei tshetshi iats
ishi-nitautshinit*

A treatment that adds, blocks or removes hormones in the body to treat a disease.

Internal radiation

*ishkuashakanu atamitsh uiatsh
uenapishish tshetshi nipatakannitshi
muteu-akushunnu*

A piece of radioactive material is placed inside the body for a short time in order to damage or destroy cancer cells.

Neoadjuvant therapy

*nishtam eshi-natukuiakanit muteu-
akushun*

Treatment given as a first step to shrink a tumour before the main treatment. Examples include chemotherapy, radiation therapy and hormone therapy.

Palliative care

auei nakatuenimakanit ua nipitshi

Looking after someone and keeping them comfortable at the end of their life.

Photodynamic therapy

*uashtenikan e apatshitakanits e
natukuiakanit*

A treatment that uses drugs that react to light to treat a disease.

Radiation treatment

ishkuashakunnu akushun

The use of high-energy rays or particles, such as X-rays, to damage or destroy cancer cells.

Rehabilitation

*uitshinakanu auei tshetshi etatu minu-
inniut*

Helping a person get better through physical therapy, massage and exercise.

Surgery

matishakanu

An operation which involves cutting through the skin to take out or fix the damaged part of the body.

Targeted therapy

*eshi-natukuiakanit auei ka nipatat muk^u
muteua*

Any treatment that mainly kills cancer cells with little or no effect on normal cells.

Transplant

*kutaka auenua mishkutinakanu
tshekuannu anite ut uiatsh tshe
apatshitats*

Moving tissue from one place in a person's body to another. Moving tissue or an organ

from a donor to another person.

Treatment

natukaiakanu

An action to cure or relieve a disease or disorder.

VITAL SIGNS

ESHI-NANATU-TSHISSENIMAKANIT AUEN ESHI-ESHPANIT ATAMITSH UNASH

Blood pressure

e tipanikanits umiku

The force of blood pushing on the walls of blood vessels.

Body mass index

tipauakanu auei eshpish tatshiput

A measurement used to tell if people are underweight, overweight, obese or in the normal weight range for their height.

Pulse

pakaku

A heartbeat. A rhythmical throbbing of the arteries as blood is propelled through them, typically as felt in the wrists or neck.

Respiration

e net

Breathing; the act of respiring; inhalation and exhalation of air.

Temperature

tan eshpish e tshishut auei

The degree of internal heat of a person's body.

Weight

e tashtipanikeshit

How much a person weighs.

PREFIXES AND SUFFIXES

Nikan mak utat ka ashushtakanitshi aimunissa

Aden-, Adeno-

unikua

Gland

Angio-

umikuiapin

Blood vessel

Anti-

eka ka ...

Against

Audio-

petam^u

Hearing

Auto-

uin, nin, tshin

Self

Carcin-, Carcino-

muteu-akushun

Cancer

Cardio-

miten

Heart

Cerebri-, Cerebro-

utip

Brain

Cervic-, Cervico-

ukueiau

Neck (of the body or uterus)

Col-, Colo-

utatshishinapek^u

Colon, large intestine, bowel

Coron-, Corono-

miten

Heart

Denti-, Dento-

mipit

Teeth

Derm-, Derma-, Dermo-, Dermat-, Dermato-

ushakaia

Skin

Dys-

animan

Difficulty or trouble

-ectomy

manishakanu, matishakanu

Removal

-emia

umik^u

Blood

Gastr-, Gastro-*ushkatatsh*

Stomach

Glyc-, Glyco-, Gluc-, Gluco-*kashiuasht*

Sugar, sweet

-gram*akunikan*

Record, measure

Gravid-, Gravido-*utauassimu*

Pregnant

Hemi-*pushku*

Half

Hem-, Hema-, Hemo-, Hemat-, Hemato-*umiku*

Blood

Hepat-, Hepato-, Hepati-*ushkun*

Liver

Hyper-*ueshami-; ushtetshe*

Excessive, above, beyond

Hypn-, Hypno-*nipekuakanu*

Sleep

Hypo-*nashikupanu*

Under, deficient, beneath

-itis*mikuau kie patshipanu*

Inflammation, infection

Macr-, Macro-*e mishats*

Large, big

-meter*tipanikan*

Measure

Micro-*e apishashits*

Small

My-, Myo-, Myos-, Myoso-*utshipishueshu*

Muscle

Neur-, Neuro-*utipiapin eshpanit*

Nerve, nerves, or nervous system

-ology; -ologist*avei ka natu-tshissenitats tshekuannu*

The study of something; the person who studies something

-oma*muteu*

Tumour

Orth-, Ortho-*kushkunakanu*

Straight, normal position

Or-, Oro-*utunitsh*

Mouth

-osis*e ishinakuak tshakuan*

State or condition

Oste-, Osteo-*ushkanitsh*

Bone

-ostomy*ka matishakanits*

Surgical opening

Ot-, Oto-*uitukatsh*

Ear

Ox-, Oxi-, Oxo-*neun*

Oxygen

Patho-, -pathy*akushun*

Disease

Ped-, Pedo-*auass*

Child

Pharm-, Pharmi-*natukun*

Medicine, drug

-phobia*kushtam^u tshetshi akunikut*

Abnormal fear or intolerance, sensitivity

Photo-*e uashtets*

Light

-plasty*e minutakanits*

Surgical shaping or formation

Pneum-, Pneumo-*upanits; neun*

Lungs or breathing

Psych-, Psycho-*mitunenitamun*

Mind

Pulmo-, Pulmono-*upanitsh*

Lungs

Quadr-, Quadri-*neu*

Four

-sclerosis*mashkupanu*

Hardening

-scopy, -scopic*tshitapatam^u; uapatam^u;**tushkapamakanu*

Act of visually examining

Thromb-, Thrombo-*tashtupanu*

Clot

Tox-, Toxi-, Toxo-, Toxic-*matshi-natukun*

Toxin or poison

TERMS FOR BODY PARTS

Uiau eshinikatakanits

Abdomen

ushkatan

The part of the body which lies below the lungs and above the pelvis.

Abdominal muscle

mishkatin utshipishueshu

One of three sets of muscles that cover the front of the trunk of the body.

Achilles tendon

ututiapin

The strong string-like cord above the heel that connects the calf muscles to the heel bone.

Adam's apple

uetsh animuet

The larynx which sticks out at the front of the throat of males.

Adenoids

unikua

The two gland-like things found at the top of the throat (behind the nose area).

Adipose tissue

uinun

The fatty tissue under the skin and around the organs.

Also called: Fatty tissue

Adrenal glands

unikua

The glands above each kidney that produce hormones.

Afterbirth

auass utishin

A round organ found in pregnant women which brings food and oxygen to the baby and brings the baby's waste to the mother so that she can get rid of it.

Also called: Placenta

Alveoli

upanitsh nasht atamitsh eshpanitshi neneun

Tiny sacs (at the ends of the bronchioles) within our lungs that allow oxygen and carbon dioxide to move between the lungs and bloodstream.

Amniotic fluid

auass unipim

The liquid in the sac around a fetus.

Amniotic sac

auass uiuat

The sac that attaches to the placenta and goes around the growing baby.

Ankle

uakun

The joint between the leg and the foot, which lets us move our foot.

Ankle bone

uakun ushkan

Also called: Talus

Anus*ushkatshishin*

The last part of the digestive tract.

Aorta*ka mitshapekats mitenapin*

The body's largest blood vessel, arising from the top of the heart.

Appendix*kauishikapekasht*

A closed tube located near where the small and large intestines join.

Areola*uashka ushtikuanitshitshish*

The reddish or brownish area around the nipple on the breasts.

Arm*ushpitun***Armpit***mitiku*

Also called: Axilla

Artery*ka mitshapekats umikuiapin*

The blood vessel which carries blood away from the heart to all the different parts of the body.

Artery, common carotid*ka mitshapekats mikuiapin*

The artery in the neck.

Artery, pulmonary*upanitsh ka mitshapekatshi umikuiapin*

The blood vessel which brings blood to the lungs.

Artery, renal*utetekushitsh ka mitshapekatshi umikuiapin*

The blood vessel which brings blood to the kidneys.

Atrium, left*takutsh napate unashpatshiunits miten ka pishtepanits e shutshishimakats umiku*

The small upper chamber in the heart that receives blood full of oxygen and pumps it into the ventricles.

Atrium, right*napate uminunitsh miten ka pishtepanits umiku ua uevepanitshi*

The small upper chamber in the heart that receives blood with no oxygen in it and pumps it into the ventricles.

Axilla*mitiku*

Also called: Armpit

Axillary nodes*unikua anite utikutsh*

The lymph nodes in the armpit.

Back*mishpishkun***Back of skull***ushpishkunitsh mishtikuanitshekanitsh***Backbone***uaukan***Back, lower***etshikualet*

Bartholin's glands*ishkueu unikua anite umutatsh*

The small glands in the lips of the vagina.

Beard, moustache, whiskers*minishtuaia***Belly button***mitishin*

Also called: Navel, Umbilicus

Biceps muscle*ishpimitsh mishpituditsh utshipishueshu*

The muscle in the front of the upper arm that forms a bump when the elbow bends.

Bicuspid tooth*utatatsh mipit*

The tooth next to the canine tooth.

Bile duct*uishupun utatshishinapek^u*

A small tube that carries bile from the liver and the gallbladder to the duodenum.

Birth canal*umutan*

Also called: Vagina

Bladder, urinary*uikun*

The bag where pee is kept.

Blood*umik^u***Blood vessels***umikuiapina*

Arteries, veins, arterioles, capillaries and venules which carry blood around the body.

Body*uiau***Bone***ushkan***Bone marrow***ushkan pimin*

The soft tissue inside the bones.

Bowel*utatshishinapek^u*

The part of the intestinal tract that goes from the small intestine to the anus.
Also called: Colon, Large intestine

Brain*mitip*

Also called: Cerebrum

Brain stem*mitipiapin*

The bulge at the top of the spinal cord.
Also, the lowest part of the brain.

Breast*matinin***Breast tissue (dense)***atamitsh tshishishitsh ama shuk^u uinnu*

Tissue in the breast that has more connective tissues, glands and milk ducts than fatty tissue.

Breastbone*mishkassikan*

Also called: Sternum

Bronchial tubes*upanapina*

The hollow air passageways branching

from the windpipe to the lungs.

Bronchioles

upaniapissa

The tiny branches of the bronchi that spread throughout the lungs.

Bronchus

ka mitshapekatshi upanapina

One of the two main branches of the windpipe (trachea) that go into the lungs.
Plural form: Bronchi.

Bum

mishkatshishin

Also called: Buttock

Buttock

mishkatshishin

Also called: Bum

Calf

utassitai

Calf muscle

utassitai utshipishueshu

The large muscle at the back of the lower leg which pulls up the heel.

Canine tooth

katshinashkuapitet

One of the four sharp, pointed cone-shaped teeth that tear and shred food.
Also called: Cuspid

Capillaries

umikuiapissa

One of the tiny thin blood vessels which connect arterioles to venules.

Cardiovascular system

miten mak umik^u eshpanits

The organ system that includes the heart and blood vessels.

Carotid arteries

*mishta-mikuiapia anite mukutakanits
ka itapekamuatshi ushtikuanitsh*

The four main arteries found in the neck which bring blood with oxygen in it to the head.

Carotid artery, common

ka mitshapekats mikuiapin

The artery in the neck.

Cartilage

eka ka shapat ushkanitsh

Flexible connective tissue found in parts of the body (e.g., nose, ear, joints) that helps protect bones from rubbing against each other and wearing away.

Cell

*tshekuan tshitshue apishashu ka
inniumakats eshi-nitautshits*

The most basic, smallest unit of all living things.

Central nervous system

mitip mak uaukan eshpanits

The brain and spinal cord.

Cerebellum

utipapun ueshipanits

The part of the brain which is a clump of tissue at the top of the spinal cord.

Cerebral cortex

uashka mitipitsh

The outside layer of the biggest part of the

brain.

Cerebrospinal fluid (CSF)

utipapun

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal fluid

Cerebrum

uashka mitipitsh

Also called: Brain

Cervical nodes

unikua anite ukueiatsh

The lymph nodes in the neck.

Cervical spine

takutsh uaukun

The part of the spine commonly referred to as the neck.

Cervix

atamitsh ishkueu mutatsh anite ueshipanit avass

The narrow, lower end of the uterus which is at the top of the vagina; it is the neck of the uterus.

Cheek

utamakan

Cheekbone

utamakan ushkan

Also called: Zygomatic arch

Chest

mishkassikan

Also called: Thorax

Chin

ukuashkuneua

Circulatory system

e papamipanits umik^u eshpanits anite unatsh

The system of organs that keeps blood continuously moving around the body.

Circumcision

manishakanua ushkats ushakaia anita uitakashitsh

The removal of the foreskin of the penis.

Clavicle

uapikan

Also called: Collar bone

Clitoris

ishkueu mutash

A female sexual organ that is small, sensitive, and located on the outside of the body in front of the opening of the vagina.

Coccyx

tshakanikan

The small triangular bone at the bottom of the spine.

Also called: Tailbone

Cochlea

esh eshinakuak atamitsh mitukatsh

The snail-shaped organ found deep inside each ear, behind and slightly below the eyeball.

Collarbone

uapikan

Also called: Clavicle

Colon

utatshishinapek^u

The longest part of the intestine that goes from the small intestine to the anus.

Also called: Bowel, Large intestine

Common carotid artery

ka mitshapekats mikuiapin

The artery in the neck.

Connective tissue

utsheshta mak utsheshtiapia

Ligaments or tendons.

Cranium

mishtikuanitshekan

All of the bones of the head, except the jawbone.

Also called: Skull

Crown of head

mishakatip

The top of the head.

CSF (Cerebrospinal fluid)

utipapun

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal fluid

Cyst

nitautshin tshekuan e nipiuts atamitsh uiashitsh

A fluid-filled sac found inside the body.

Deltoid muscle

utitmanitsh utshipishueshu

The muscle that forms the top of the shoulder.

Diaphragm

eshkuassipet

The band of muscle under the lungs that helps with breathing.

Digestive system

eshpanits katshi mitshishutshi anite atamitsh

The parts of the body that help to digest food.

Disc, spinal

uaukan-ashpanikaniss

The spongy, round sac found between each of the 33 vertebrae of the spine.

Also called: Intervertebral disc

Duct

tshitshinapuniapi

A tiny tube in the body for carrying a secretion (milk, tears, bile, saliva, semen, Bartholin's fluid) from a gland.

Duodenum

takuts utatshishinapek^u

The first part of the small intestine.

Ear

uitukan

Ear canal

e pakunetutshet

The tube-like hole that runs from the outer part of the ear to the middle ear.

Eardrum

uitukaia uteuenikanissa

A thin piece of tissue that separates the ear canal from the middle ear.

Elbow

utushkun

The joint between the forearm and the upper arm.

Embryo*auassiss pitshenik ka nitautshit*

An unborn human in its first two months of growth.

Epiglottis*tshipanikan ukutakan*

The flap of tissue which covers the entrance of the trachea (airway).

Esophagus*mikutashkueiapin*

The hollow tube that goes from the throat to the stomach.

Ethmoid sinus*e pakuneiatshi mishtikuanitsh mitshima ussishikutsh*

Pocket of space located close to the tear ducts of the eye.

Eustachian tube*mitukan utatshishin*

The narrow tube which connects the middle ear with the throat.

Eye*missishik^u***Eye socket***missishk^u ushkan*

The area of bone around the eye.
Also called: Orbit

Eyebrow(s)*umamam(a)***Eyelash***umishuiapunan*

One of the many hairs that grows on the edge of the skin which surrounds the

eyeball.

Eyelid*missishk^u ushakai***Face***utashtamik^u*

The front part of the head from the forehead to the chin.

Fallopian tube*ishkueu utatshishina uetshipanitshi uauma*

One of the two tiny, hollow tubes that go from each ovary to the uterus.

Fat*uinun*

The greasy, yellow material underneath the skin of an animal or mixed in with its flesh.

Fatty tissue*uinun*

The fatty tissue under the skin and around the organs.
Also called: Adipose tissue

Femur*mipuamikan*

Bone of the part of the leg above the knee.
Also called: Thigh bone

Fetus*auass pitshenik e nitautshit*

A baby growing in the uterus is called a fetus from eight weeks after the egg has been fertilized until it is born.

Fibula*ka apishashinits ushkan anite ushkatitsh*

The outside, smaller bone of the lower leg.

Fingernail*mishkashin***Finger(s)***ninitshititshan(a)***Finger, index***atuanikanashk^u*

The second finger.

Also called: Forefinger

Finger, middle*tetautitshan***Finger, pinky***utishkuaititshiss*

The last, smallest finger.

Also called: Baby finger, Little finger

Finger, ring*tapititshepishun mititshin*

Also called: Fourth finger

First molar tooth*nishtam ka mamishats uipit***Flesh***unash***Fontanel***unatipima*

The soft spot on top of a baby's head.

Foot*mishit***Foot, sole of***ueshtaushit*

Bottom of foot.

Forearm*mishpitun*

The lower part of the arm.

Forearm muscle*nashik^u mishpitunitsh utshipishueshu*

The lower part of the arm.

Forefinger*atuanikanashk^u*

The second finger.

Also called: Index finger

Forehead*mishkatik^u***Foreskin***ushkatshu ushakaia anita uitakatsh*

A fold of skin which covers the head of the penis.

Fourth finger*tapititshepishun mititshin*

Also called: Ring finger

Freckles*papatikueu***Frontal sinus***e pakuneiatshi mishtikuanitsh**ushkatikutsh*

Pocket of space located behind the brow ridge.

Gallbladder*uishupun***Genitals***mutan*

The private parts of a man or woman.

Gingiva*unash mipit*

Also called: Gums

Gland*unik^u*

The clump of tissue which makes and gives off a special fluid.

Glands, adrenal*unikua*

The glands above each kidney that produce hormones.

Glands, Bartholin's*ishkueu unikua anite umutatsh*

The small glands in the lips of the vagina.

Glands, salivary*shishtikun unikuatsh*

Glands around the mouth that create saliva.

Gland, prostate*napeu unikua atamitsh mitshima
ushishiunitsh*

The gland found at the bottom of the bladder in men.

Gland, thymus*unik^u upime mishkassikan*

A gland, located behind the breastbone (sternum), that produces cells for the immune system.

Gland, thyroid*mukutakanitsh unik^u*

The large gland found in the middle of the neck at the front of the windpipe (trachea).

Gluteus maximus muscle*ushukan utshipishueshu*

The main muscle of the buttocks.

Gonads*napeu utashua mak ishkueu uauma*

Testes in a man or ovaries in a woman.

Groin*utshashkatsh*

The area of the body between the insides of the thighs and the lower abdomen.
Also called: Inguinal area

Gum socket*unash mipit*

A hollow in the gum ridge that a tooth fits into.

Gums*unash mipit*

Also called: Gingiva

Hair*pishkueuna***Hair, pubic***minashuaia*

The hair growing in the groin area of a person.

Hand*utitshin***Hand, left***unashpatshiun***Hand, right***uminun***Head***mishtikuan*

Head, crown of*mishakatip*

The top of the head.

Heart*miten*

The muscular organ that expands and contracts to move blood through the arteries and veins.

Heel*mitutan*

The back part of the foot.

Hip*utukun*

The area below the waist on each side of the body around the hip joint.

Hip joint*utukun*

The place where the head of the thighbone/femur attaches to the pelvis.

Humerus*ushpitunikan*

The bone of the upper arm.

Immune system*takuan tshakuan anite uiatsh e
uitshinikut tshetshi eka akushit auei*

The cells and organs that defend the body against infection, disease and other materials that enter the body.

Incisor tooth*ushkatsh uipit*

One of the front teeth.

Index finger*atuanikanashk^u*

The second finger.
Also called: Forefinger

Inferior vena cava*nashik^u umikuiapi ka mitshapekak*

A large vein carrying blood from the lower body to the heart.

Inguinal area*utshashkatsh*

The area of the body between the insides of the thighs and the lower abdomen.
Also called: Groin

Inguinal nodes*unikua utshashkatsh*

Glands between the insides of the thighs and the lower abdomen (groin).

Intervertebral disc*uaukan ashpanikaniss*

The spongy, round cushion found between each of the 33 bones of the spine.
Also called: Spinal disc

Intestine, large*utatshishinapek^u*

The part of the intestinal tract that goes from the small intestine to the anus.
Also called: Bowel, Colon

Intestine, small*utatshishinapekuss*

The part of the intestine between the stomach and the large intestine.

Iris of eye*uashka uinipapunitsh anite ussishikutsh*

The coloured part of the eye that circles the

black part of the eye (pupil).

Iron

nishek^u

A chemical element which is important to the body because it is used to make hemoglobin which brings oxygen to the tissues through the blood.

Jaw, lower

utapissikan

The part of the skull from which the teeth grow.
Also called: Mandible

Jaw, upper

ishpimitsh utapissikan

The part of the skull from which the teeth grow.
Also called: Maxilla

Joint

e tapititshi mishkaia

The place where two or more bones meet.

Kidney

utetekushu

One of a pair of organs that filters waste products, chemicals, and unneeded water from the blood.

Knee

uitshikun

The joint between the thigh and the lower leg.

Kneecap

ushtikaia

Also called: Patella

Knuckle

ka kutikupanitshi mititshish

The joint of a finger.

Labia

utunitsh

The inner and outer folds of the vulva, at either side of the vagina.

Labial

utunitsh

Of or relating to the lips.

Lactation

kanunakanit

The making of milk by the breasts.

Large intestine

utatshishinapek^u

The part of the intestinal tract that goes from the small intestine to the anus.
Also called: Bowel, Colon

Larynx

uetsh animuet

The voice box; contains the vocal cords which give sound to the voice.

Left atrium

takutsh napate unashpatshiunits miten ka pishtepanits e shutshishimakats umik^u

The small upper chamber in the heart that receives blood full of oxygen and pumps it into the ventricles.

Left hand

unashpatshiun

Left ventricle

*nashik^u napate unashpatshiunitsh
miten ka pishtepanits e
shutshishimakats umik^u ka ishpanits
mishue anite unatsh*

One of the two lower spaces found in the heart. The left ventricle pumps blood to the body.

Leg

mishkat

Lens

*kauauneiats ka shipuashteiats atamitsh
missishikutsh*

A part of the eye. The lens is round and found just behind the black part of the eye (pupil).

Ligaments

utsheshtiapina

The strong, string-like material that connect bones to each other.

Lip, lower

nashik^u utunitsh

Lip, upper

takutsh utunitsh

Little finger

utishkuaititshiss

The last, smallest finger.
Also called: Pinky finger, Baby finger

Liver

ushkun

A large organ that cleans the blood and produces bile.

Lobe

*ka akumuts tatipan tekuak tshekuan
miam anite upanitsh, utipitsh,
utetakushitsh*

A clear division or extension of an organ that can be seen without a microscope, for example in the brain, lung or kidney.

Lobule (breast)

tshitshinapun uetshipanit

A very small division of a lobe in the breast that produces milk for breast-feeding.

Lower back

etshikuaiet

Lower jaw

utapissikan

The part of the skull from which the teeth grow.

Also called: Mandible

Lower limb

ushkat put kie upuam

Lower lip

nashik^u utunitsh

Lumbar spine

nashik^u uaukanitsh

The lowest section of the spine, with five vertebrae.

Lung(s)

upan(a)

Lymph nodes

unikua

Glands that trap germs that pass through them.

Mandible*utapissikan*

The part of the skull from which the teeth grow.

Also called: Lower jaw

Marrow*ushkan-pimin*

The soft material inside bones.

Maxilla*ishpimitsh utapissikan*

The part of the skull from which the teeth grow.

Also called: Upper jaw

Maxillary sinus*e pakuneiatshi mishtikuanitsh ka mamishats*

Pocket of space located to the side of the nasal cavity, below the eye.

Meninges*uashka ka pishkuetshinikanits mitip*

A thin layer of tissues that cover the brain.

Metacarpals*ushkanissa utitshitsh*

The five bones of the hand that the fingers attach to.

Metatarsals*ushkanissa ushititsh*

The five bones of the foot that the toes attach to.

Middle finger*tetautitshan***Molar tooth***ka mamishats uipit*

One of the flat teeth located at the back of the mouth, used for grinding food.

Mole*uminim*

A tan, brown or flesh-coloured growth on the skin.

Mouth*utun***Muscle***utshipishueshu*

One of many tissues in the body that can tighten and relax to produce movement.

Muscle, abdominal*mishkatin utshipishueshu*

One of three sets of muscles that cover the front of the trunk of the body.

Muscle, biceps*ishpimitsh mishpitunitsh utshipishueshu*

The muscle in the front of the upper arm that forms a bump when the elbow bends.

Muscle, calf*utassitai utshipishueshu*

The large muscle at the back of the lower leg which pulls up the heel.

Muscle, deltoid*utitmanitsh utshipishueshu*

The muscle that forms the top of the shoulder.

Muscle, forearm*nashiku mishpitunitsh utshipishueshu*

The lower part of the arm.

Muscle, gluteus maximus*ushukan utshipishueshu*

The main muscle of the buttocks.

Muscle, pectoral*mishkashikan utshipishueshu*

One of the four large paired muscles that cover the chest and assist with movement of shoulder and arm.

Muscle, quadriceps*mipuameuk^u*

The large muscles at the front of the thigh which straighten the knee.

Muscle, trapezius*mikueiau utshipishueshu*

One of two large back muscles extending from the bottom of the skull along the spine. It helps to move the shoulder blade and to support the arm.

Muscle, triceps*utatsh ishpimitsh umishpitunitsh utshipishueshu*

The muscle in the back of the upper arm which helps to straighten the arm.

Nail*mishkashi*

A fingernail or toenail.

Nasal cavity or passage*ka pakuneianits ushkutitsh*

A large space above and behind the nose.

Navel*mitishin*

Also called: Belly button, Umbilicus

Neck*ukueiau***Nerve***utsheshtiapin*

A string-like bundle of nerve fibers which carries messages to and from the brain.

Nerve, optic*missishik^u utsheshtiapin*

The nerve that goes from the back of the eye to the part of the brain which allows us to see.

Nipple*ushtikuanitshitshish*

The dark part of the skin which sticks out from the breast and through which milk is supplied to a baby.

Nose*mishkut***Nostril***utenikum*

One of the two holes in the nose.

Optic nerve*missishik^u utsheshtiapin*

The nerve that goes from the back of the eye to the part of the brain which allows us to see.

Oral cavity*mitun kie uipita*

The mouth, including the lips, gums and teeth, cheeks, roof of the mouth, floor of the mouth and the tongue.

Orbit*missishk^u ushkan*

The area of bone around the eye.

Also called: Eye socket

Ostomy

pakuneshakanu ushakai
utatshishimapek^u

The opening from inside the bowel to the outside of the body through the belly.

Ovary

uaua ka uetshipanitshi

The small sac which contains a woman's eggs.

Ovum

ishkueu uau

Egg.

Palate

unakashkua

The roof of the mouth.

Palm

utitshin uesh ashtashina

The inside part of the hand from the wrist to the base of the fingers.

Pancreas

puepueshkushu

The long, leaf-shaped gland found just below and to the back of the stomach.

Patella

ushtikaia

Also called: Kneecap

Pectoral muscle

mishkashikan utshipishueshu

One of the four large paired muscles that cover the chest and assist with movement of shoulder and arm.

Pelvis

ushukanitshekan

Circle formed by the hip bones and the sacrum (triangular bone at the bottom of the spinal column) and all the tissues contained within.

Phallus / Penis

mitakan

Peritoneum

pitauatshinikan

The thin lining covering all of the organs in the abdomen, such as the stomach, intestines, liver, etc.

Pharynx

mukutakan

Also called: Throat

Pinky finger

utishkuaititshiss

The last, smallest finger.

Also called: Baby finger, Little finger

Placenta

auass utishin

A round organ found in pregnant women which brings food and oxygen to the baby and brings the baby's waste to the mother so that she can get rid of it.

Also called: Afterbirth

Prostate gland

napeu unikua atamitsh mitshima
ushishiunitsh

The gland found at the bottom of the bladder in men.

Pubic hair

minashuaia

The hair growing in the groin area of a

person.

Pulmonary artery

upanitsh ka mitshapekatshi umikuiapin

The blood vessel which brings blood to the lungs.

Pupil of eye

uinipapun

The black part of the eye in the middle surrounded by a coloured circle (iris).

Quadriceps muscle

mipuameuk^u

The large muscles at the front of the thigh which straighten the knee.

Radius

ka tshishpakats mishpitun ushkan

The shorter and thicker bone in the lower arm (forearm), on the same side as the thumb.

Rectum

atamitsh ushkatshishitsh

The place where solid waste (feces) is kept until it is ready to leave the body through the anus.

Renal artery

utetekushitsh ka mitshapekatshi umikuiapin

The blood vessel which brings blood to the kidneys.

Reproductive system

napeu mak nishkueu eshinakushit atamitsh

The organs in the body involved in reproducing children. In women, the reproductive organs are the ovaries, fallopian tubes, uterus, cervix and vagina. In

men, they are the testicles, prostate and penis.

Reproductive system, female

ishkueu eshinakushit atamitsh

The organs in the body involved in reproducing children. In women, the reproductive organs are the ovaries, fallopian tubes, uterus, cervix and vagina.

Reproductive system, male

napeu eshinakushit atamitsh

The organs in the body involved in reproducing children. In men, they are the testicles, prostate and penis.

Retina

utatsh missishik^u

A part of the eye found at the back of the eye ball.

Rib

ushpitshekan

Right atrium

napate uminunitsh miten ka pishtepanits umik^u ua ueuepanitshi

The small upper chamber in the heart that receives blood with no oxygen in it and pumps it into the ventricles.

Right hand

uminun

Right ventricle

nashik^u napate uminunitsh upan ka pishtepanits e shutshishimakats umik^u ka ishpanits mishue anite unatsh

One of the two lower spaces found in the heart. The right ventricle pumps blood to the lungs.

Ring finger*tapitshishepishun mititshin*

Also called: Fourth finger

Root*atamitsh uipititsh, ushkashitsh kie mak upishkueunitsh*

The part of the tooth, nail, hair, etc. that is under the skin.

Sacrum*ushukanikan*

The big triangle-shaped bone at the bottom of the spine.

Saliva*shishtikun*

The slippery, watery fluid produced inside the mouth.

Also called: Spit

Salivary glands*shishtikun unikuatsh*

Glands around the mouth that create saliva.

Scalp*ushakaia ushtikuanitsh*

Skin covering the top of the head.

Scapula*utinikana*

Also called: Shoulder blade

Scrotum*napeu uiuat*

The sac of skin containing a man's testes (balls).

Semen*napeu atshik^u*

Whitish liquid that comes out of the tip of a man's penis and contains sperm.

Seminal vesicle*utatshikuma uetshipanit*

A tube-like gland which makes most of a man's semen and is located behind the bladder.

Shin*ashtamitetshe utassitanitsh*

Front of lower leg.

Shin bone*ushkatikan*

The inner and larger bone of the lower leg.
Also called: Tibia

Shoulder*mititiman*

The part of the body where the arm joins the body, between the neck and upper arm.

Shoulder blade*utinikana*

Also called: Scapula

Sinuses*e pakuneiatshi mishtikuanitsh*

Four pairs of air spaces in the bone around the nose area.

Also called: Sinus cavities

Sinus, ethmoid*e pakuneiatshi mishtikuanitsh mitshima ussishikutsh*

Pocket of space located close to the tear ducts of the eye.

Sinus, frontal

*e pakuneiatshi mishtikuanitsh
ushkatikutsh*

Pocket of space located behind the brow ridge.

Sinus, maxillary

*e pakuneiatshi mishtikuanitsh ka
mamishats*

Pocket of space located to the side of the nasal cavity, below the eye.

Sinus, sphenoid

*e pakuneiatshi mishtikuanitsh takutsh
mishkutsh*

Pocket of space located on the top of the nose cavity, above the nasopharynx.

Skeleton

ushkana awei

All the bones of the body.

Skin

ushakaia

The covering of the body.

Skull

mishtikuanitshekan

All of the bones of the head, except the jawbone.

Also called: Cranium

Skull, back of

ushpishkunitsh mishtikuanitshekanitsh

Small intestine

utatshishinapekuss

The part of the intestine between the stomach and the large intestine.

Sole of foot

ueshtaushit

Bottom of foot.

Sperm

ka pakashimushits

A cell produced by the male sexual organs and that combines with the female's egg to form an embryo.

Sphenoid sinus

*e pakuneiatshi mishtikuanitsh takutsh
mishkutsh*

Pocket of space located on the top of the nose cavity, above the nasopharynx.

Sphincter

*ka tshipanitshepanits
mishkatshishinitsh*

The circular band of muscles that control an opening, e.g. anal sphincter.

Spinal cord

uaukaniapin

The round, white cord of nerve tissue found inside the hollow of spine bones (vertebrae) and joined to the brain.

Spinal fluid

utipapun

The clear fluid surrounding the brain and spinal cord.

Also called: Cerebrospinal fluid

Spine

uaukan

Also called: Backbone

Spleen

upepek^u

A purple, fist-sized organ that lies in the

upper left abdomen towards the back ribs and behind the stomach.

Sputum

utatshikuma

Phlegm that is spit up.

Sternum

mishkassikan

Also called: Breastbone

Stomach

uinashtakan

A sac-like organ in the body where food begins to be digested.

Stomach lining

mishkatai uashkatshinikan

The thin, moist lining of the stomach that makes juices to help with digestion and mucus to protect the stomach.

Superior vena cava

ishpimitsh umikuiapi ka mitshapekak

A large vein carrying blood from the upper body to the heart.

Swollen lymph nodes

patshipanua unikua

When lymph nodes become larger than normal.

Tailbone

tshakanikan

Also called: Coccyx

Talus

uakun ushkan

Also called: Ankle bone

Tendon

utsheshtiapin

A strong cord that joins muscle to bone or muscle to muscle.

Testicle

mitishu

One of two egg-shaped things in the sac of saggy skin under a man's penis.

Also called: Testis

Thigh

mipuam

Top part of the leg.

Thigh bone

mipuamikan

Also called: Femur

Third molar tooth

mashtei ka mamishats uipit

Also called: Wisdom tooth

Thoracic spine

tetautsh uaukanitsh

The part of the spine in the upper back.

Thorax

mishkassikan

Also called: Chest

Throat

mukutakan

Also called: Pharynx

Thumb

mituakan

Thymus gland*unik^u upime mishkassikan*

A gland, located behind the breastbone (sternum), that produces cells for the immune system.

Thyroid gland*mukutakanitsh unik^u*

The large gland found in the middle of the neck at the front of the windpipe (trachea).

Tibia*ushkatikan*

The inner and larger bone of the lower leg.
Also called: Shin bone

Tissue, adipose*uinun*

The fatty tissue under the skin and around the organs.

Also called: Fatty tissue

Tissue, breast (dense)*atamitsh tshishishitsh ama shuk^u uinnu*

Tissue in the breast that has more connective tissues, glands and milk ducts than fatty tissue.

Tissue, connective*utsheshta mak utsheshtiapia*

Ligaments or tendons.

Tissue, fatty*uinun*

The fatty tissue under the skin and around the organs.

Also called: Adipose tissue

Toe*ushikutem***Toenail***ushikutem ushkashina***Tongue***mitennin***Tonsils***unikua ukutakanitsh*

Clumps of tissue on both sides of the throat that help fight infections; part of the lymphatic system.

Tooth (teeth)*mipit(a)***Tooth, bicuspid***utatatsh mipit*

The tooth next to the canine tooth.

Tooth, canine*katshinashkuapitet*

One of the four sharp, pointed cone-shaped teeth that tear and shred food.

Also called: Cuspid

Tooth, first molar*nishtam ka mamishats uipit***Tooth, incisor***ushkatsh uipit*

One of the front teeth.

Tooth, molar*ka mamishats uipit*

One of the flat teeth located at the back of the mouth, used for grinding food.

Tooth, third molar*mashtei ka mamishats uipit*

Also called: Wisdom tooth

Trachea*ukutakaniapin*

Also called: Windpipe

Trapezius muscle*mikueiau utshipishueshu*

One of two large back muscles extending from the bottom of the skull along the spine. It helps to move the shoulder blade and to support the arm.

Triceps muscle*utatsh ishpimitsh umishpitunitsh
utshipishueshu*

The muscle in the back of the upper arm which helps to straighten the arm.

Ulna*ka papakats ushpitun ushkan*

The longer and thinner bone in the lower arm (forearm), on the same side as the little finger.

Umbilical cord*utishiapin*

The cord that goes from the baby to the placenta.

Umbilicus*mitishin*

Also called: Navel, Belly button

Upper jaw*ishpimitsh utapissikan*

The part of the skull from which the teeth grow.
Also called: Maxilla

Upper lip*takutsh utunitsh***Ureter***shishiunapun utatshishina ishpimitsh ka
tshikamutshi*

One of the two tubes that carries urine (pee) from each of the kidneys to the bladder.

Urethra*shishiunapun ka uevepanits*

The tube that brings urine (pee) from the bladder to the outside.

Urinary bladder*uikun*

The bag where pee is kept.

Urinary tract or system*shishiun uetshipanits*

All the parts of the body involved in making pee.

Uterus*ushpaiva*

The organ in a woman's body that holds and nourishes the baby during pregnancy.
Also called: Womb

Uvula*kananiuekutesht*

The small, soft piece of flesh that hangs down from the back part of the roof of the mouth.

Vagina*umutan*

An opening through which babies are born.
Also called: Birth canal

Valve

*ka tshipanitshepanitshi mak ka
nutepanitshi tshetshi eka tshiuekuts
umik^u*

A flap of tissue that allows blood to flow in only one direction, e.g. heart valve.

Vas deferens

utatshishina ka tapititsh anite utishitsh

A tube which carries sperm from a testicle towards the penis.

Vein

umikuiapin

The blood vessel which brings blood towards the heart.

Vena cava, inferior

nashik^u umikuiapi ka mitshapekak

A large vein carrying blood from the lower body to the heart.

Vena cava, superior

ishpimitsh umikuiapi ka mitshapekak

A large vein carrying blood from the upper body to the heart.

Ventricle, left

*nashik^u napate unashpatshiunitsh
miten ka pishtepanits e
shutshishimakats umik^u ka ishpanits
mishue anite unatsh*

One of the two lower spaces found in the heart. The left ventricle pumps blood to the body.

Ventricle, right

*nashik^u napate uminunitsh upan ka
pishtepanits e shutshishimakats umik^u
ka ishpanits mishue anite unatsh*

One of the two lower spaces found in the

heart. The right ventricle pumps blood to the lungs.

Vertebra

uaukan ushkaniss

One of the bones that make up the spine.

Vertebrae

uaukana ushkaniss

The 33 bones that make up the spine.

Vertebra, lumbar

ushkaniss nashik^u uaukanitsh

One of five bones at the bottom of the spine.

Vocal folds / Vocal cords

uetsh anite nanimuiet auei

Voice box; thin bands of smooth muscle on opposite sides of the airway which extend from the front to the back of the larynx.

Vulva

ishkueu mutash

The parts of the female sexual organs that are on the outside of the body.

Windpipe

ukutakaniapin

Also called: Trachea

Womb

ushpaiua

Also called: Uterus

Wrist

uakun

The part of the body where the hand joins the lower arm.

Zygomatic arch

utamakan ushkan

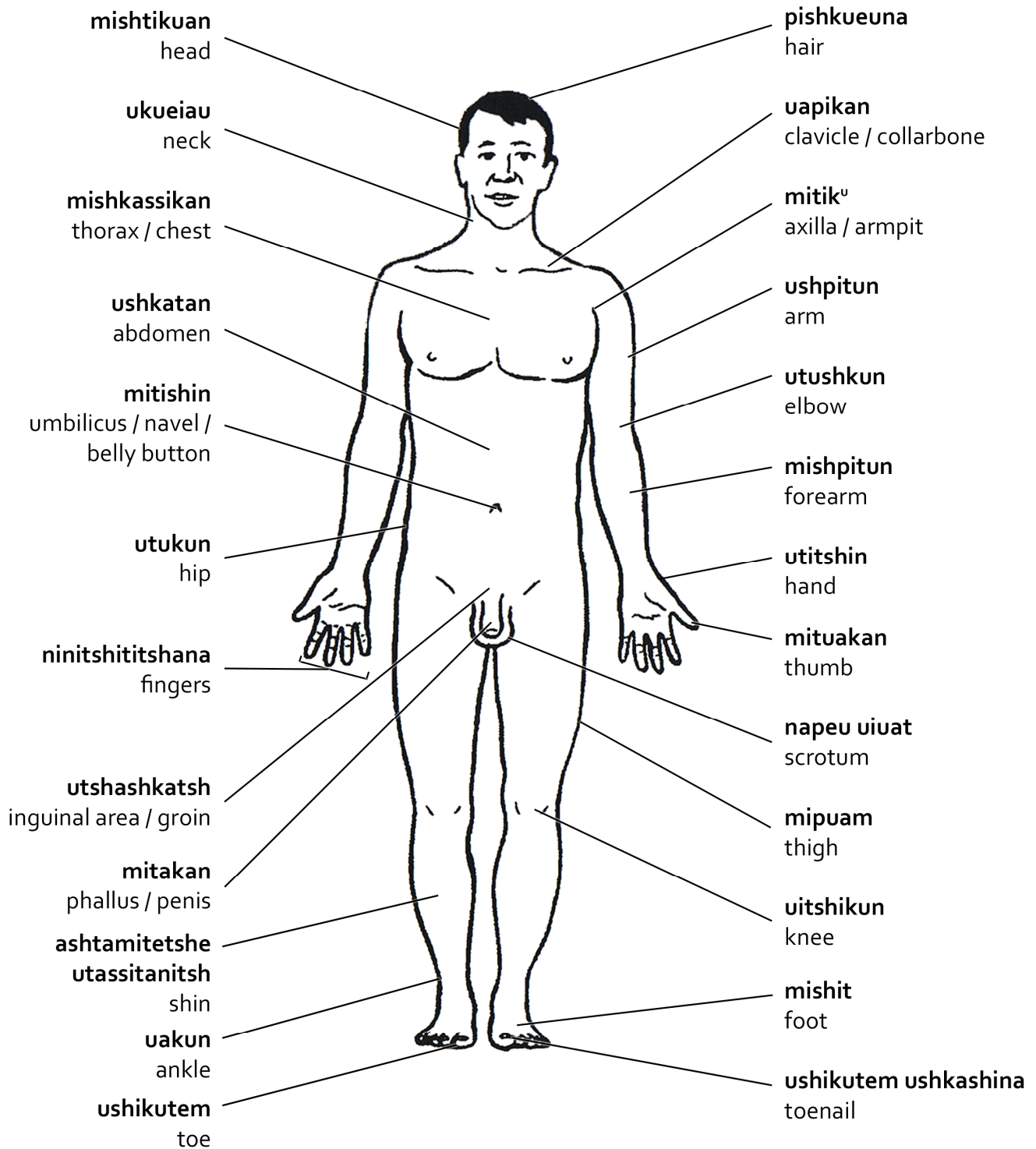
Also called: Cheekbone

DIAGRAMS

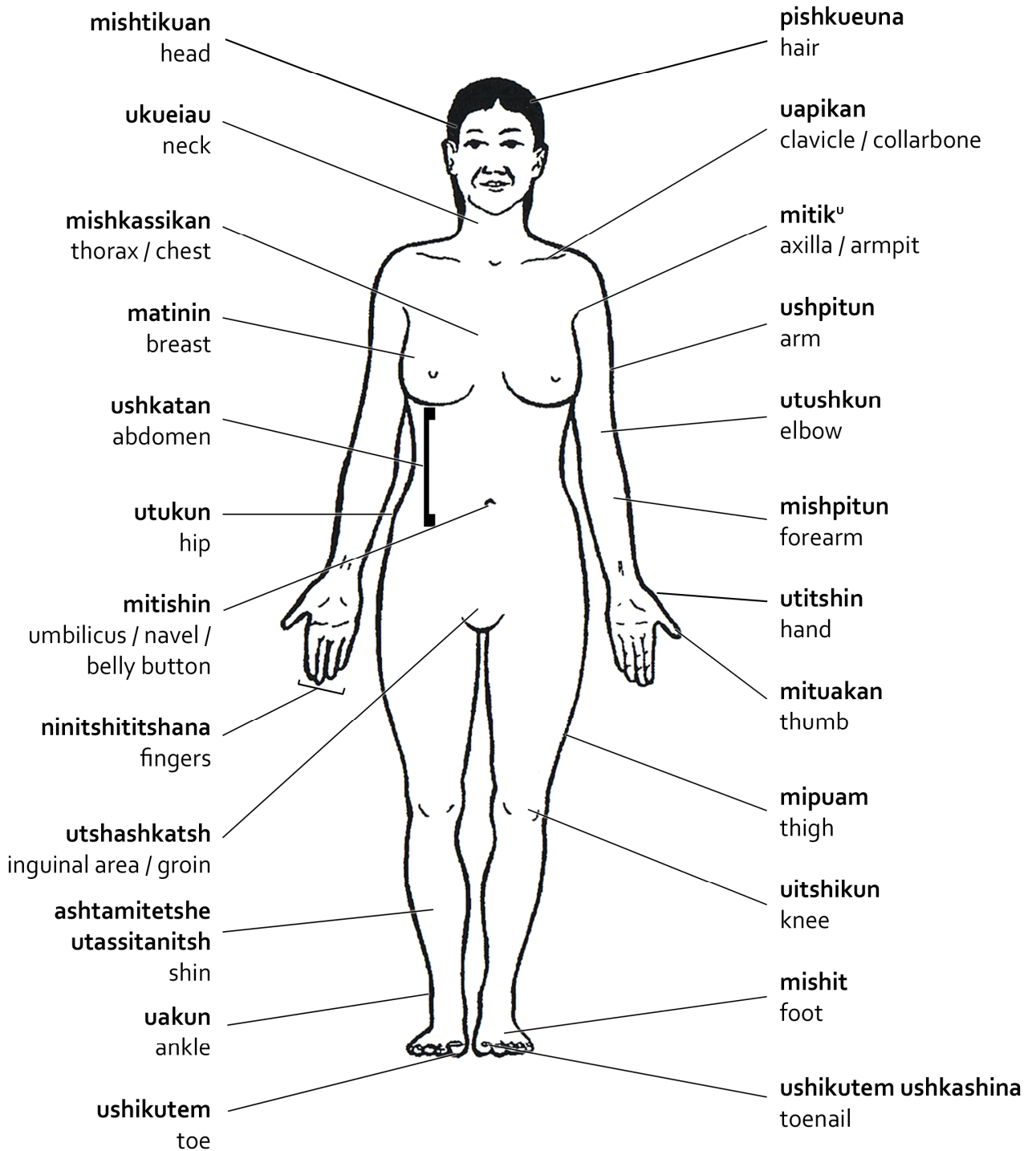
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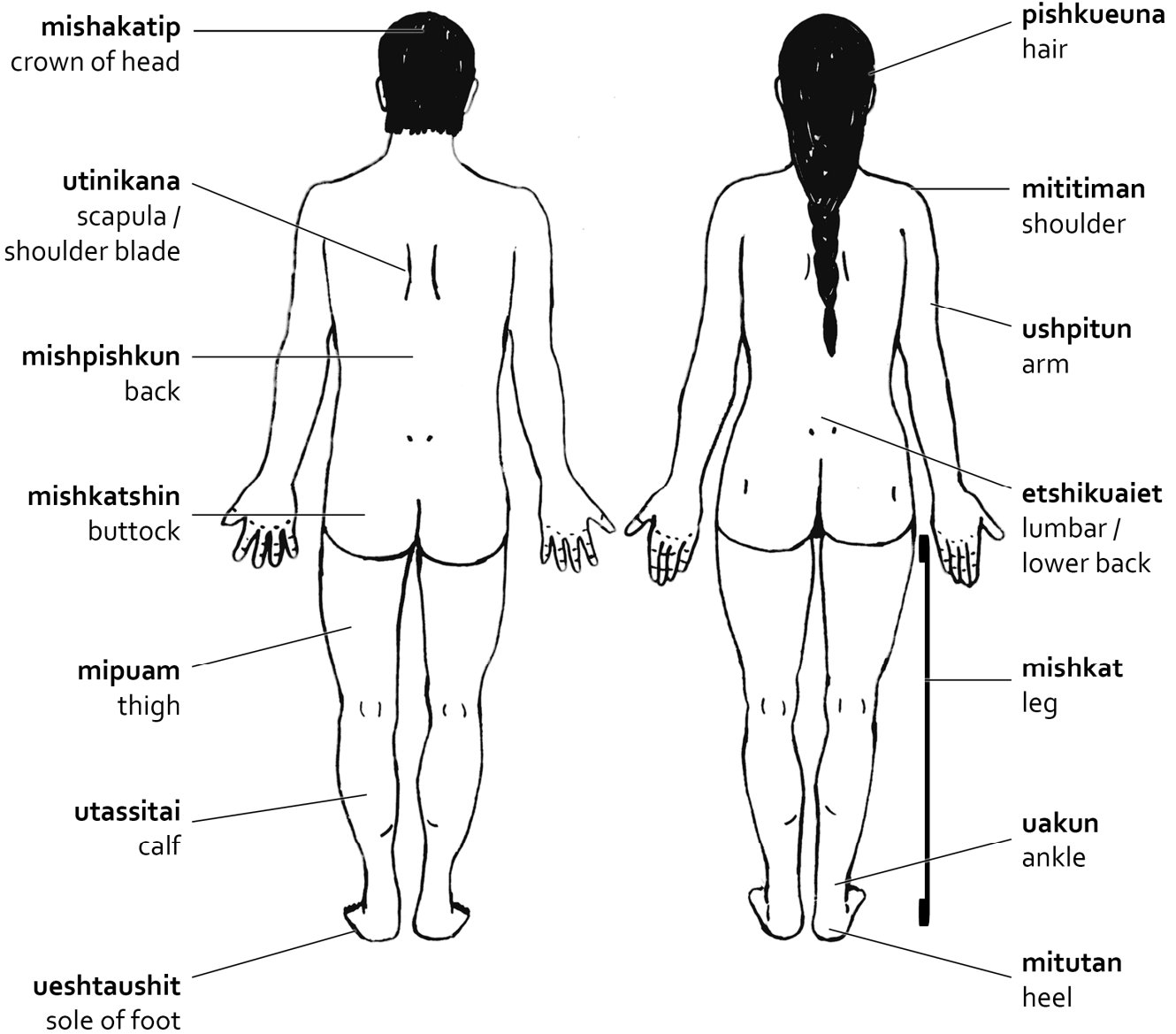
UIAU (NAPEU) BODY (MALE)



UIAU (ISHKUEU) BODY (FEMALE)

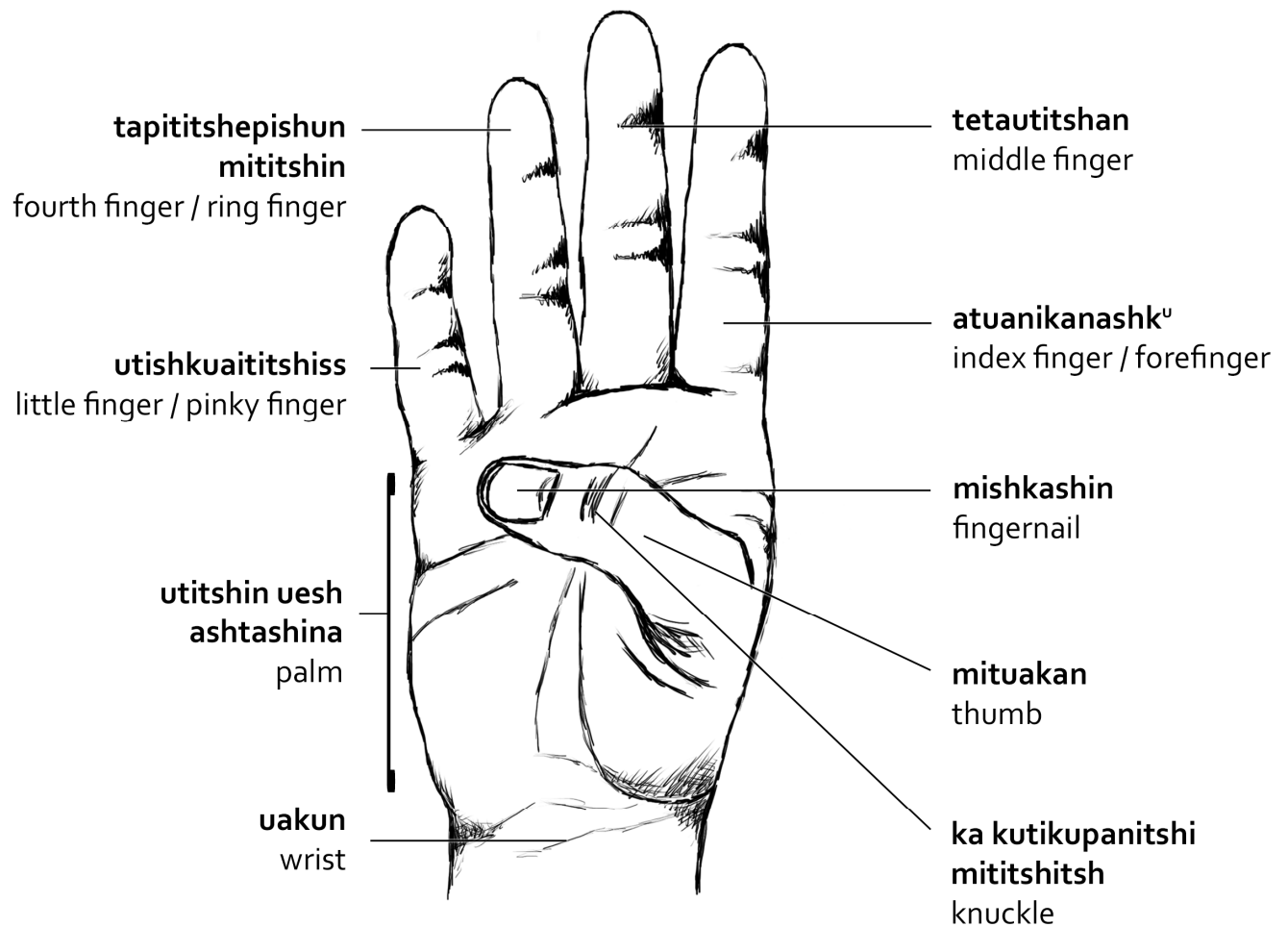


UIAU BODY

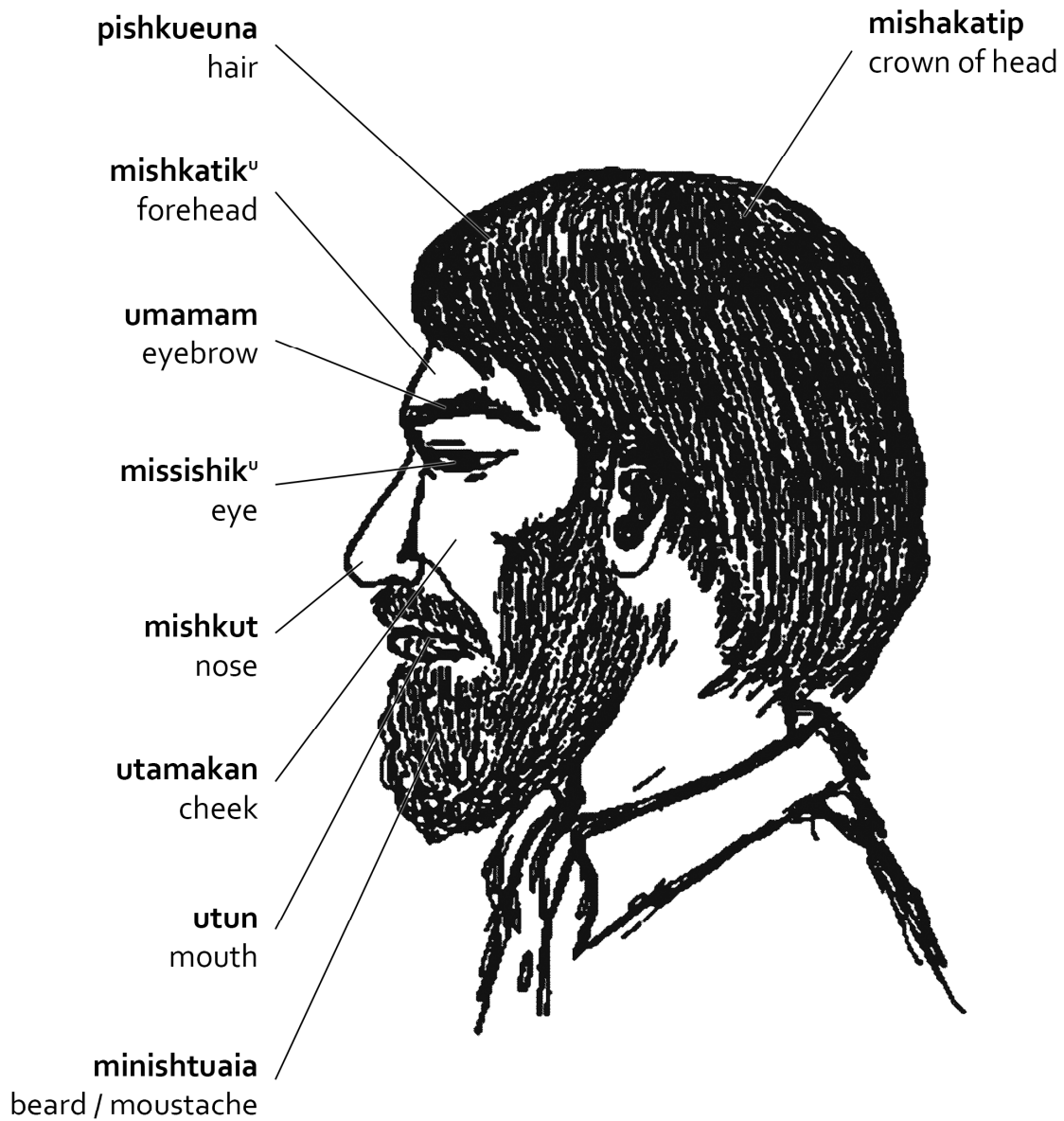


UTITSHIN MAK NINITSHITSHANA

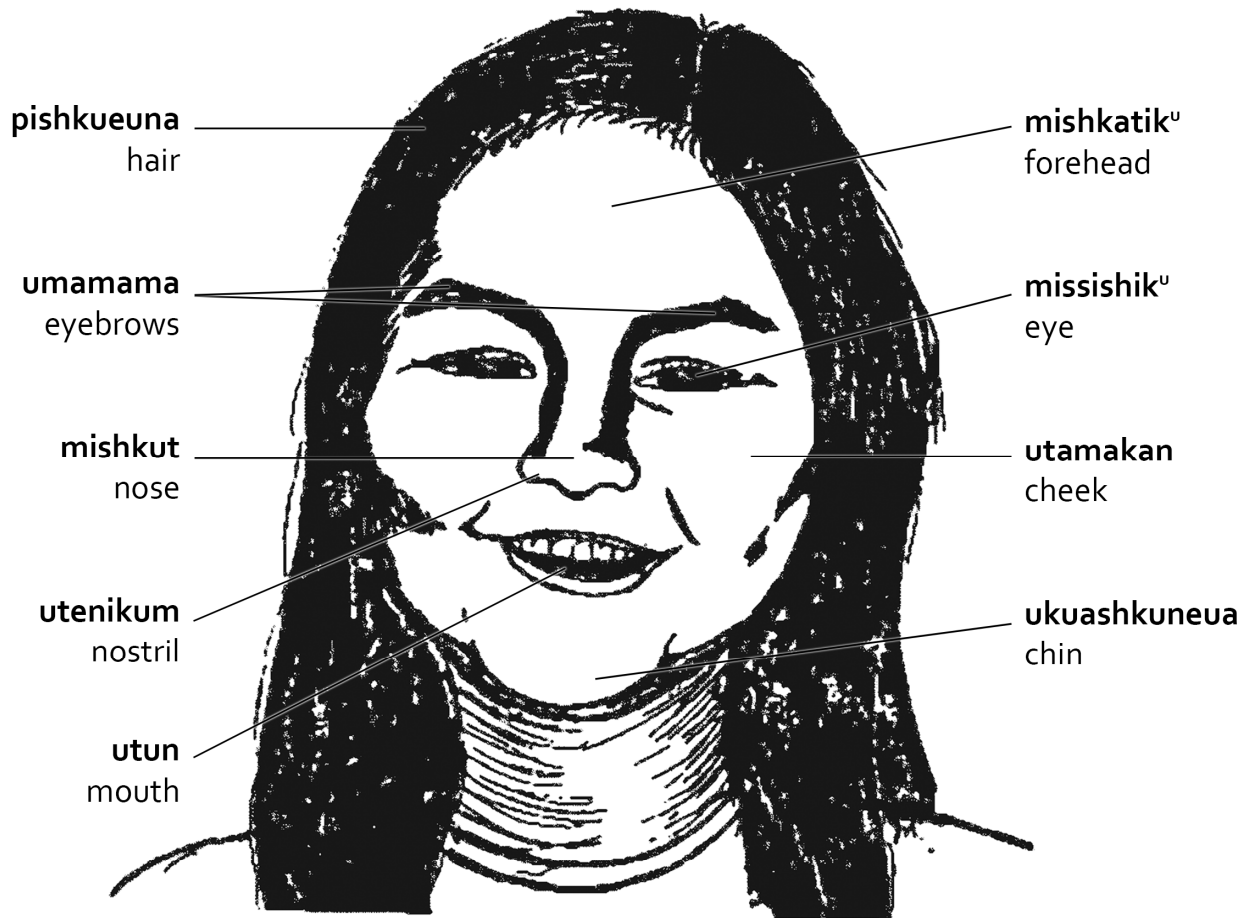
HAND AND FINGERS



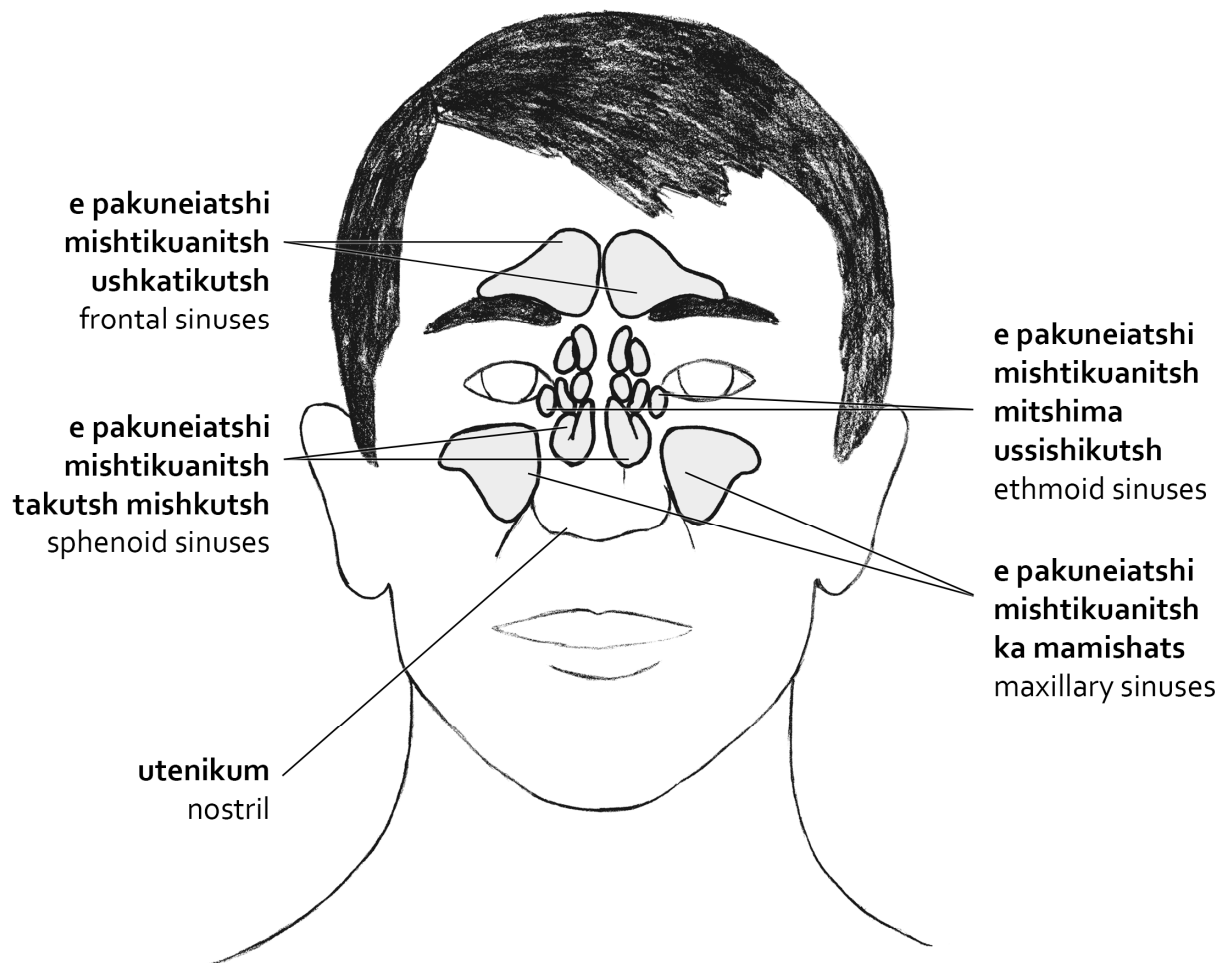
UTASHTAMIK^U (NAPEU) FACE (MALE)



UTASHTAMIK^U (ISHKUEU) FACE (FEMALE)

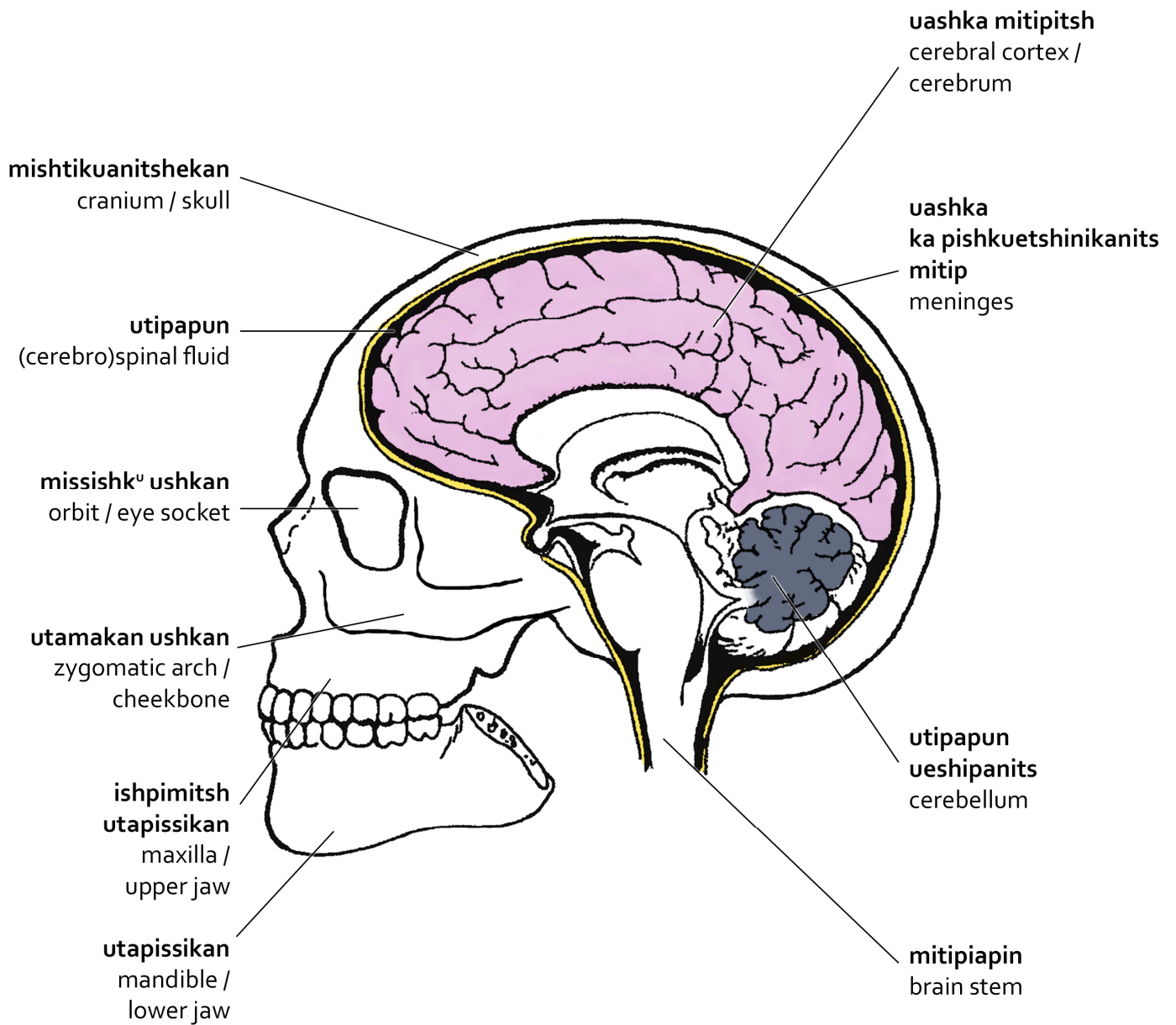


E PAKUNEIATSHI MISHTIKUANITSH SINUSES



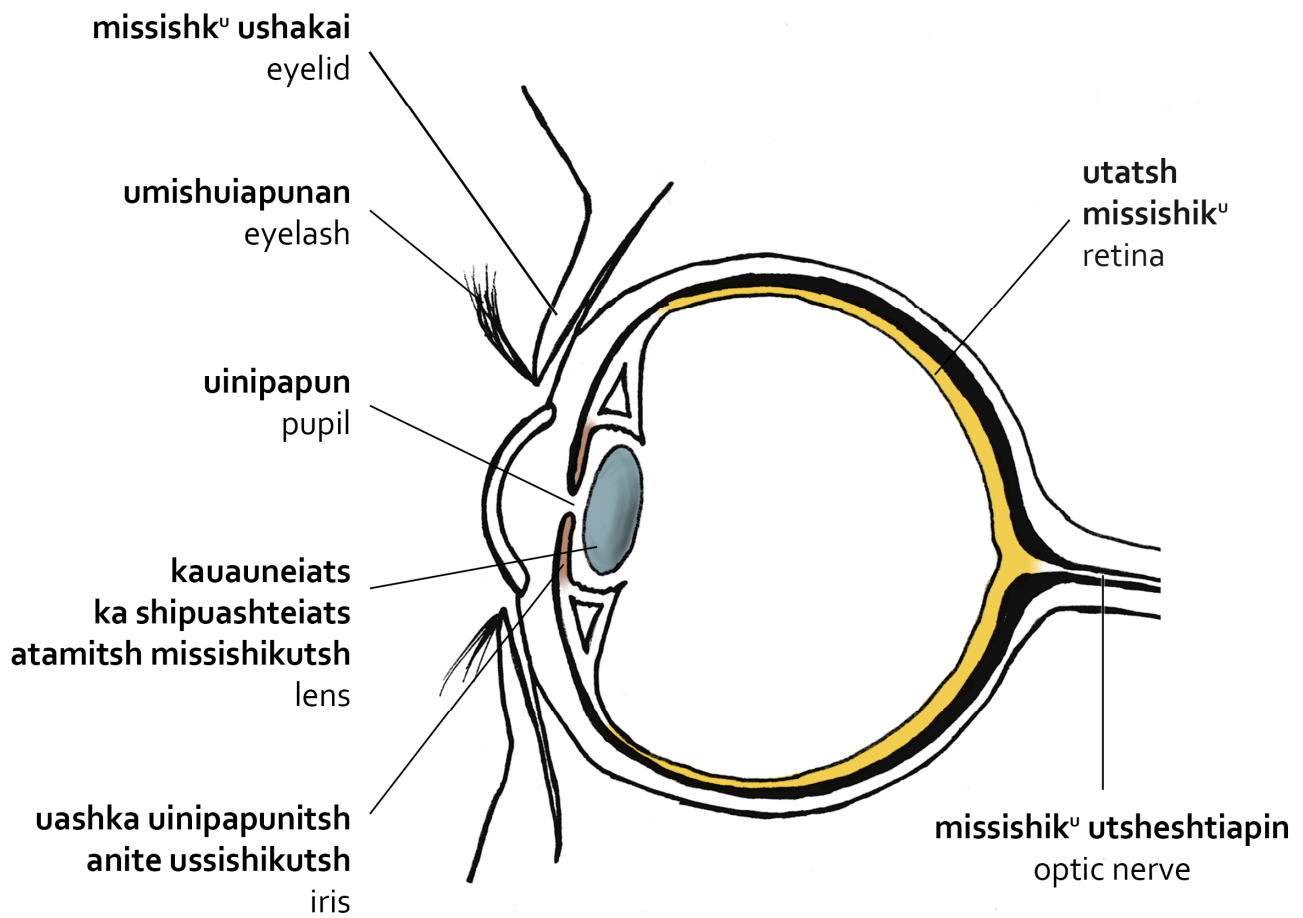
MITIP

BRAIN AND SKULL



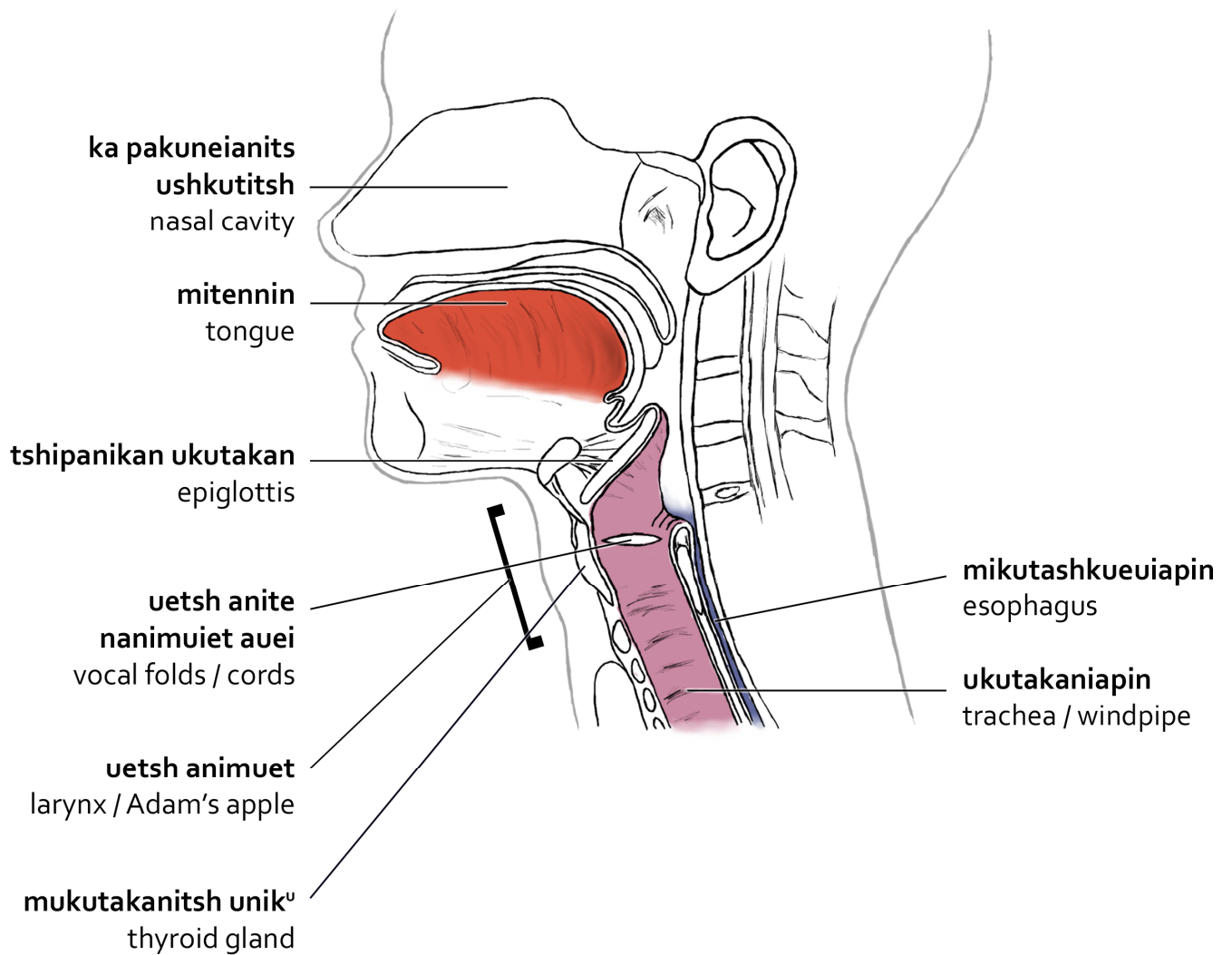
MISSISHIK^U

EYE

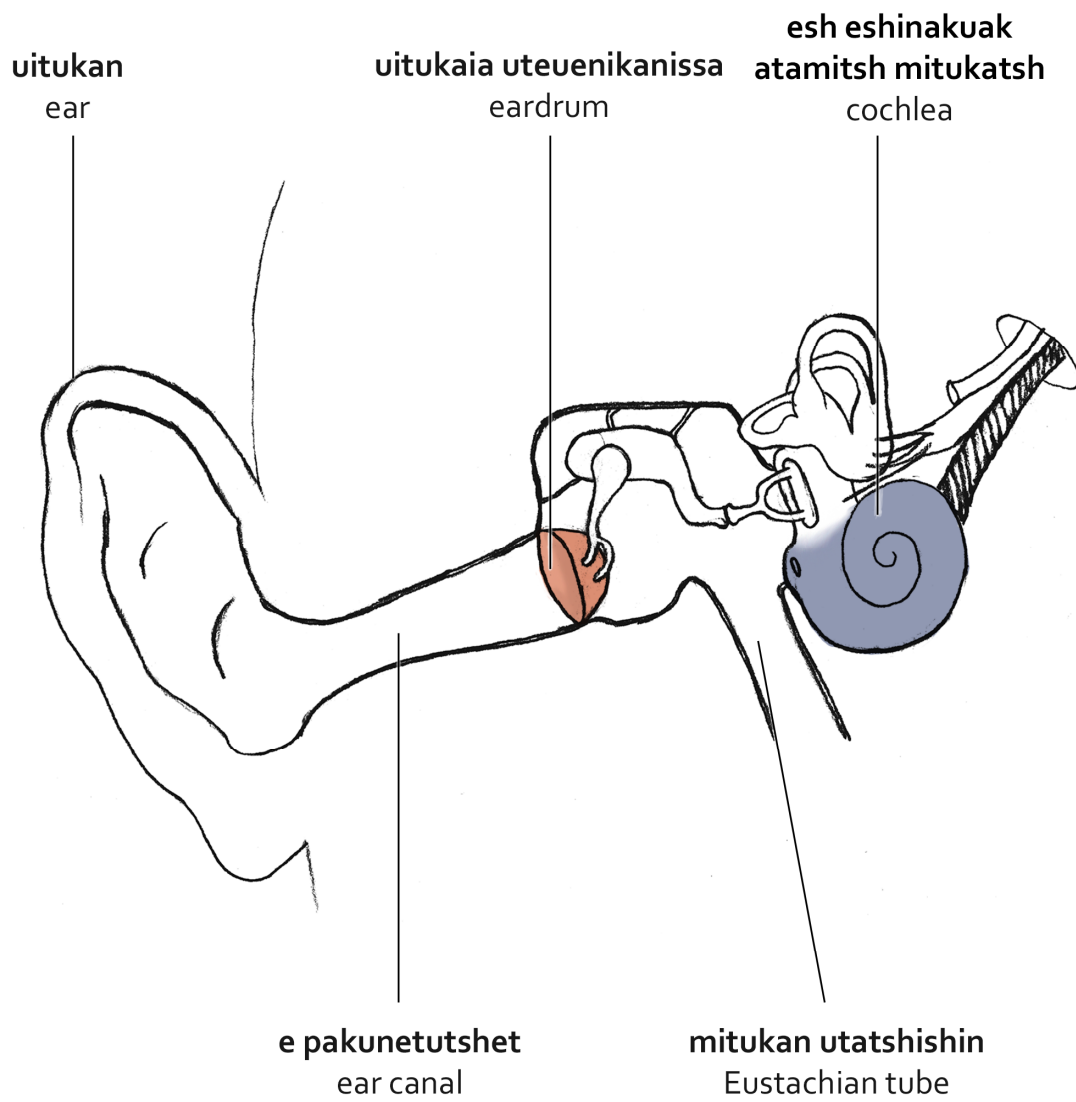


MUKUTAKAN

PHARYNX / THROAT

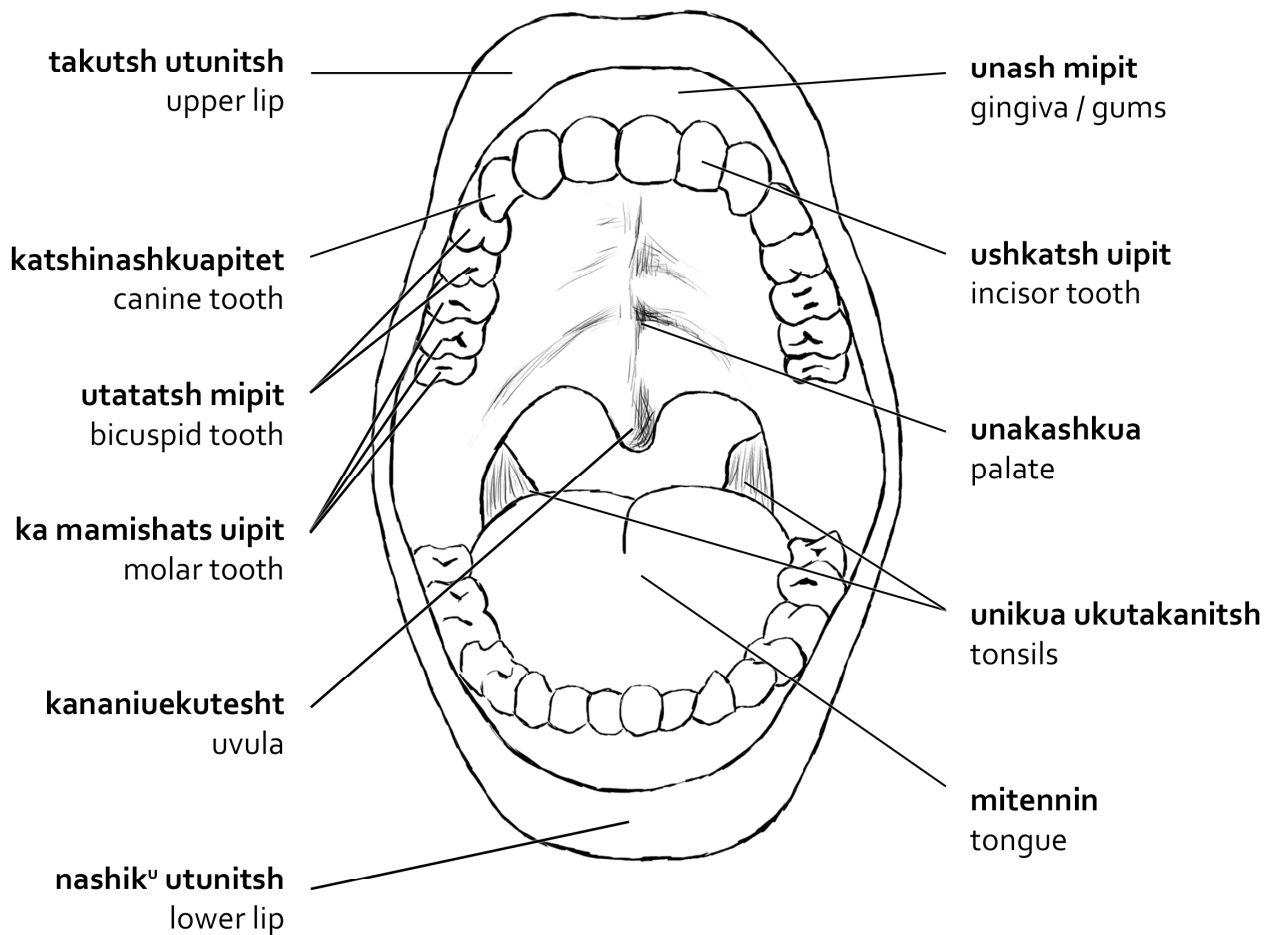


UITUKAN EAR



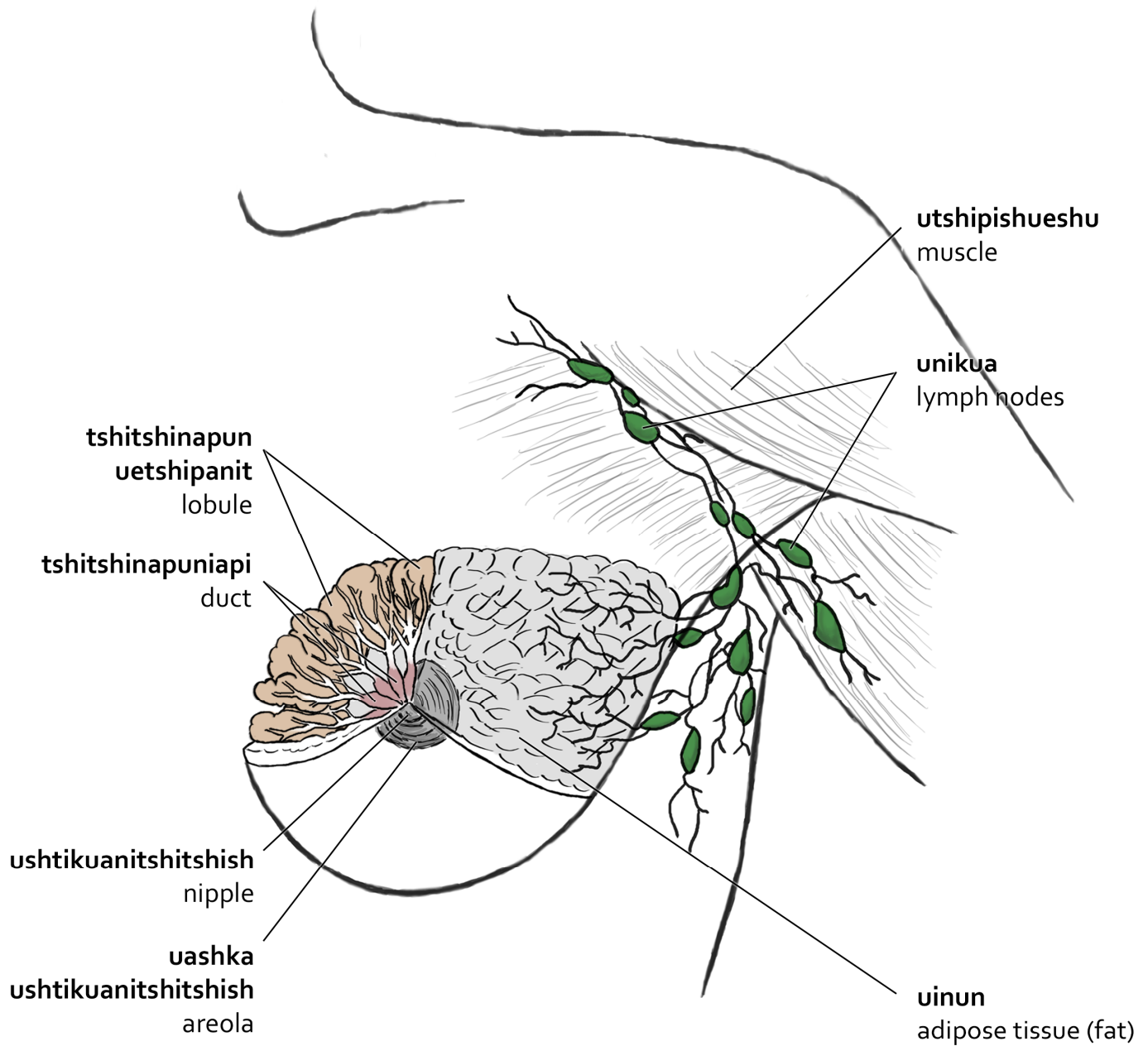
MITUN KIE UIPITA

ORAL CAVITY / MOUTH AND TEETH

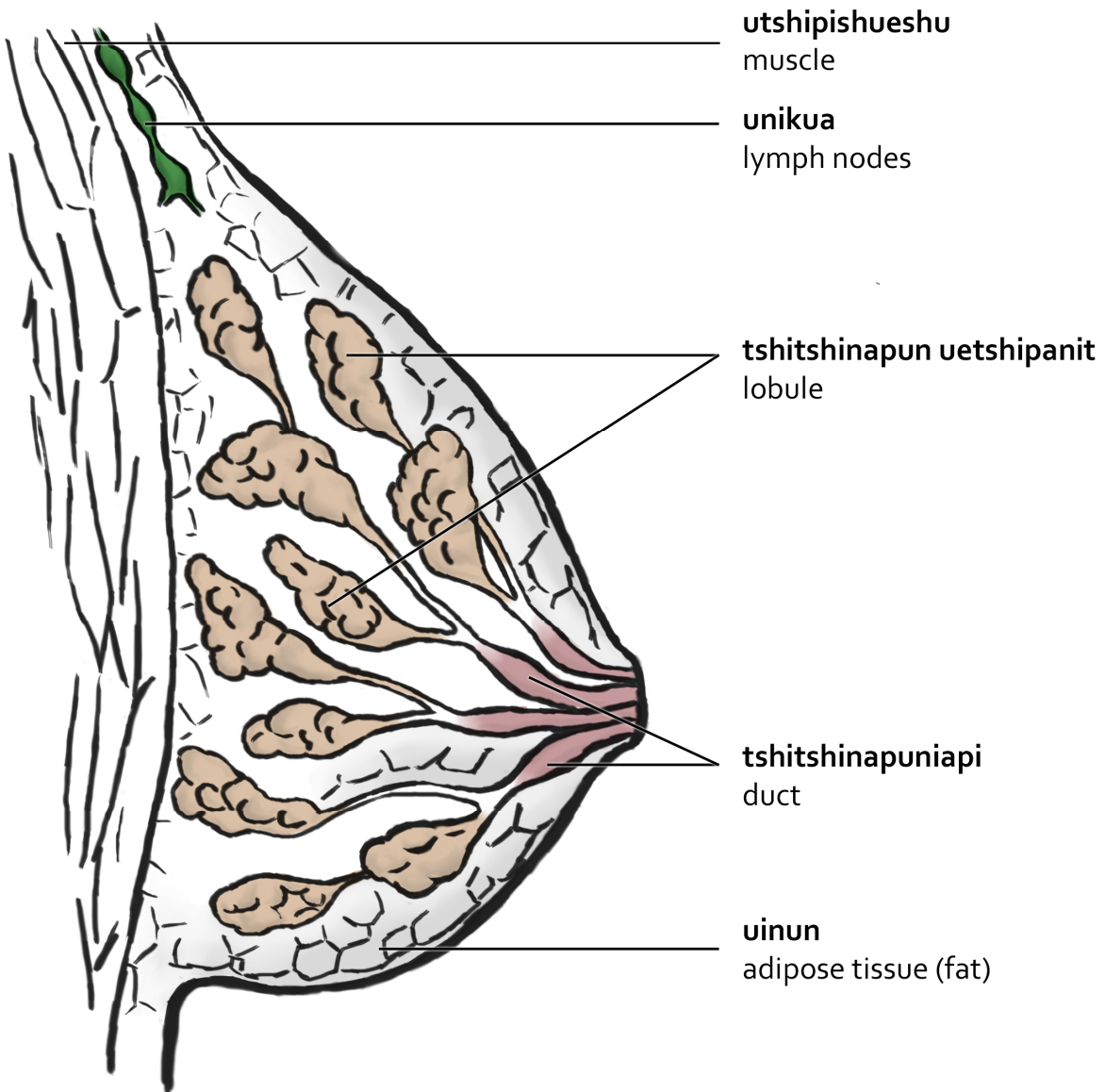


MATININ (NIKAN)

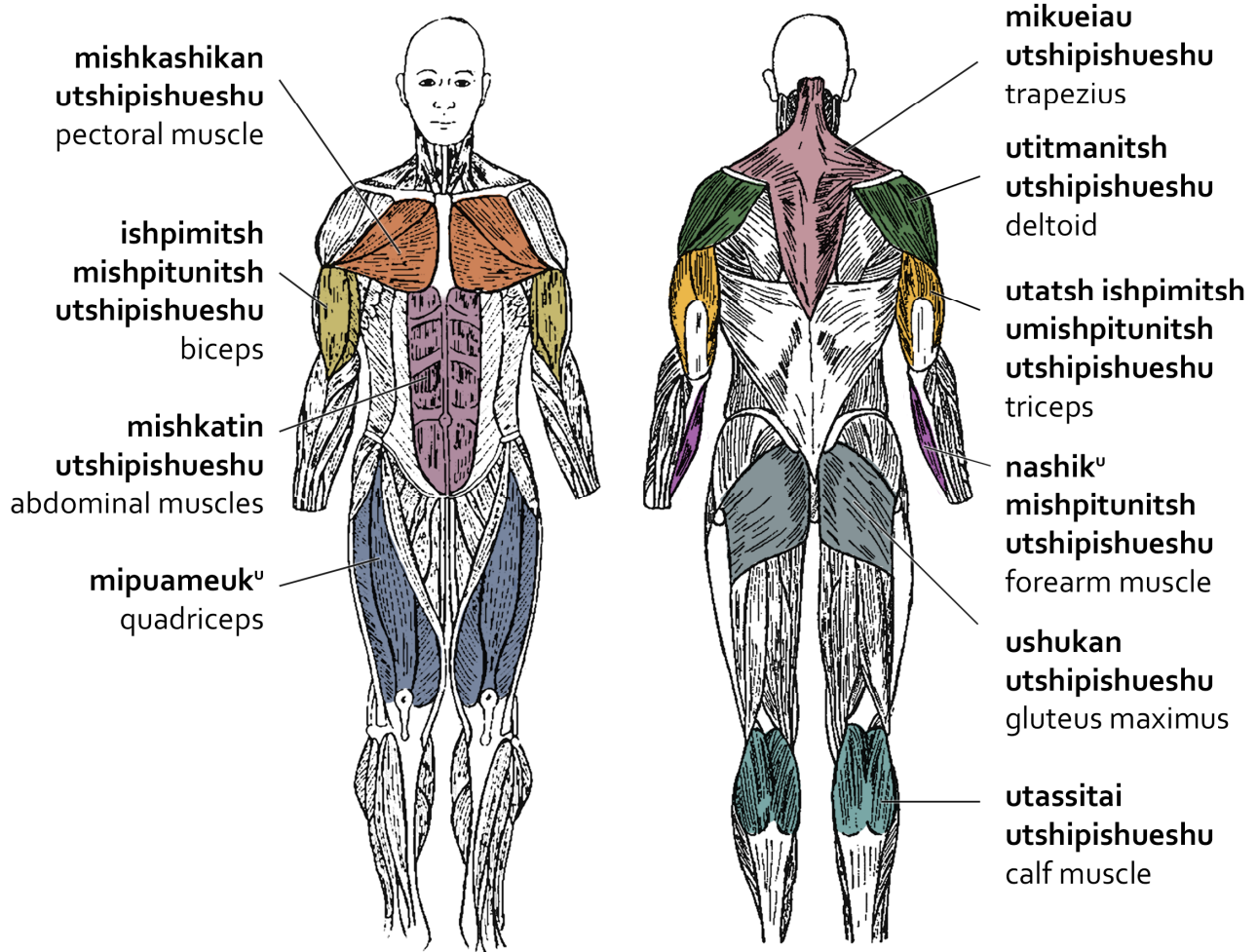
BREAST (FRONT)



MATININ (NAPATE) BREAST (SIDE)

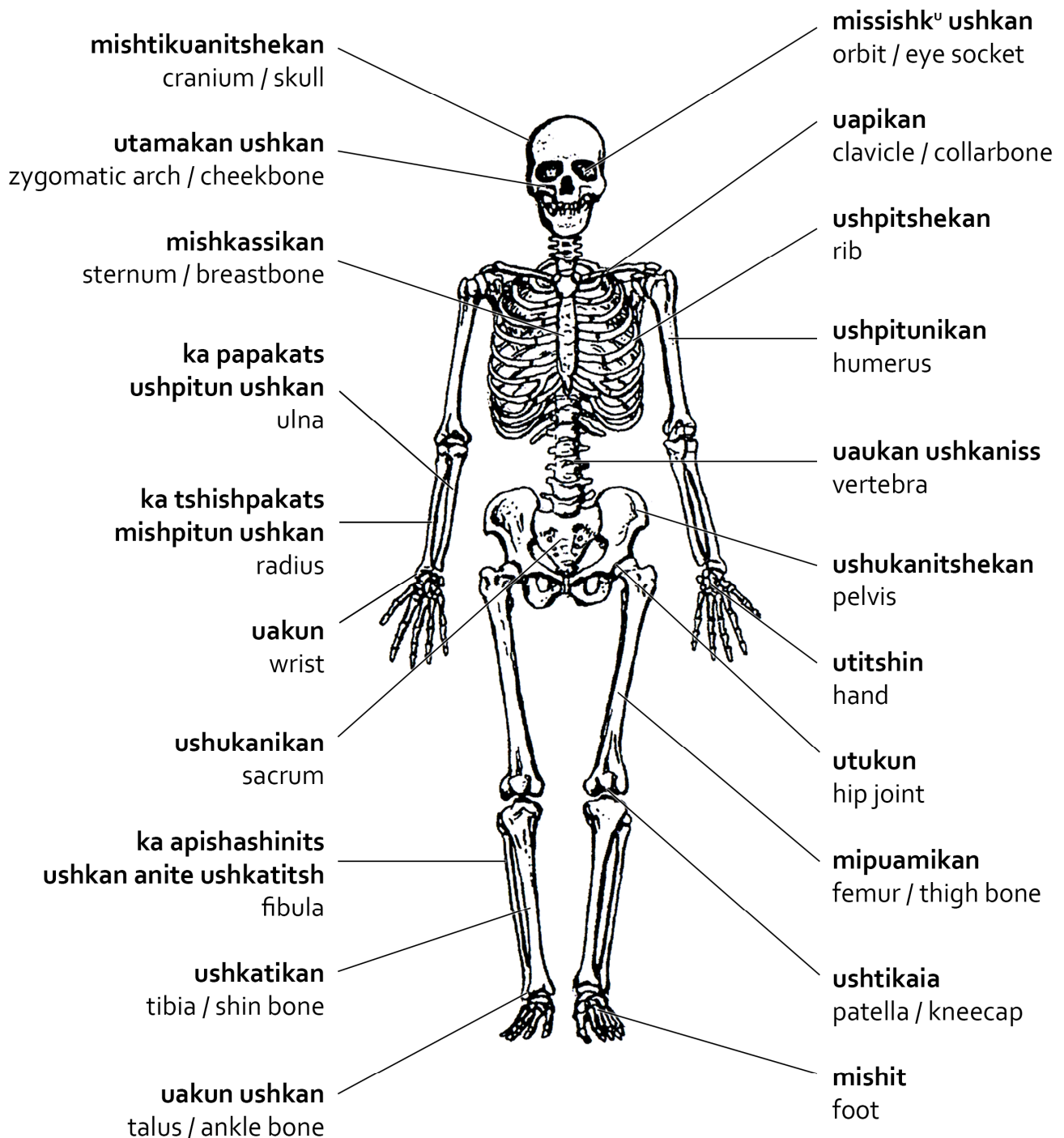


UTSHIPISHUESHUA MUSCLES



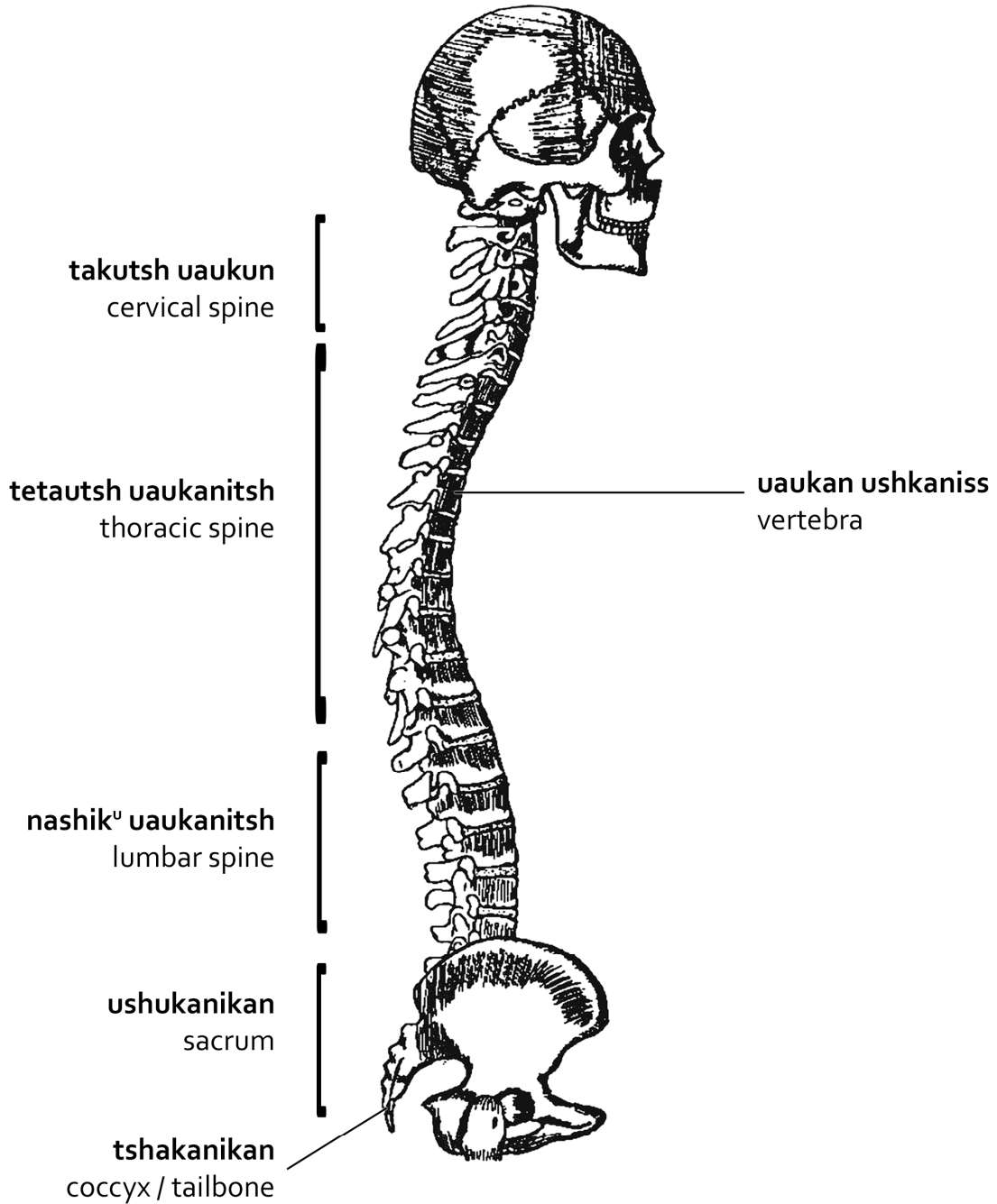
USHKANA AUEI

SKELETON



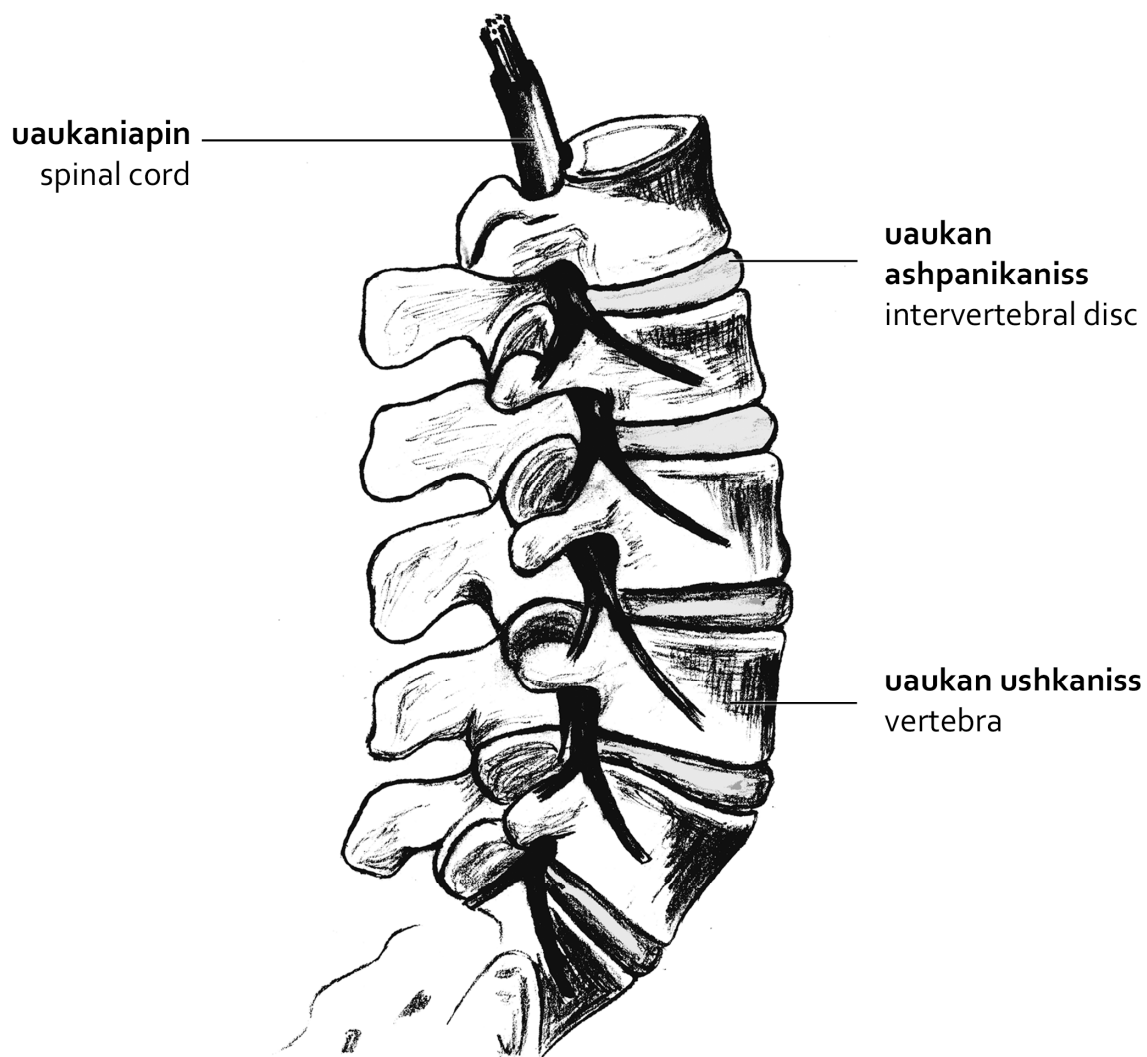
UUKAN

SPINE / BACKBONE



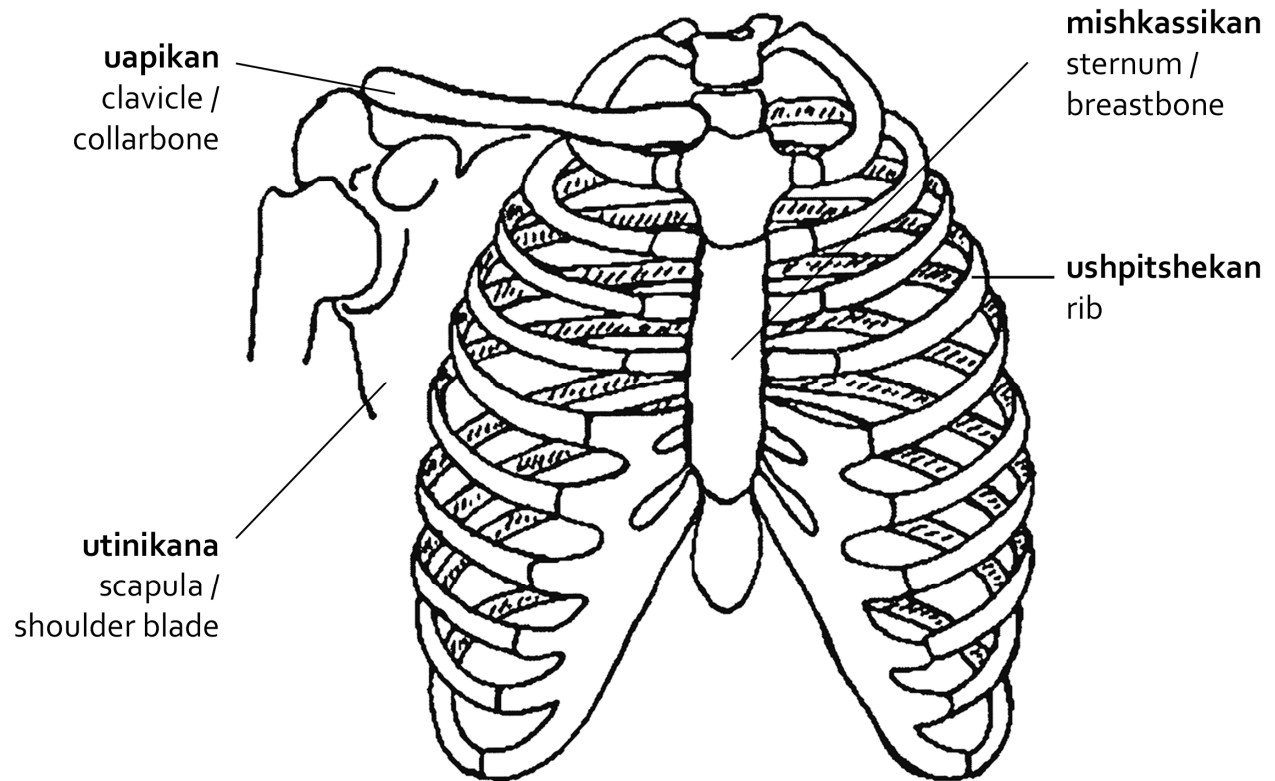
UAUKANA USHKANISS

VERTEBRAE



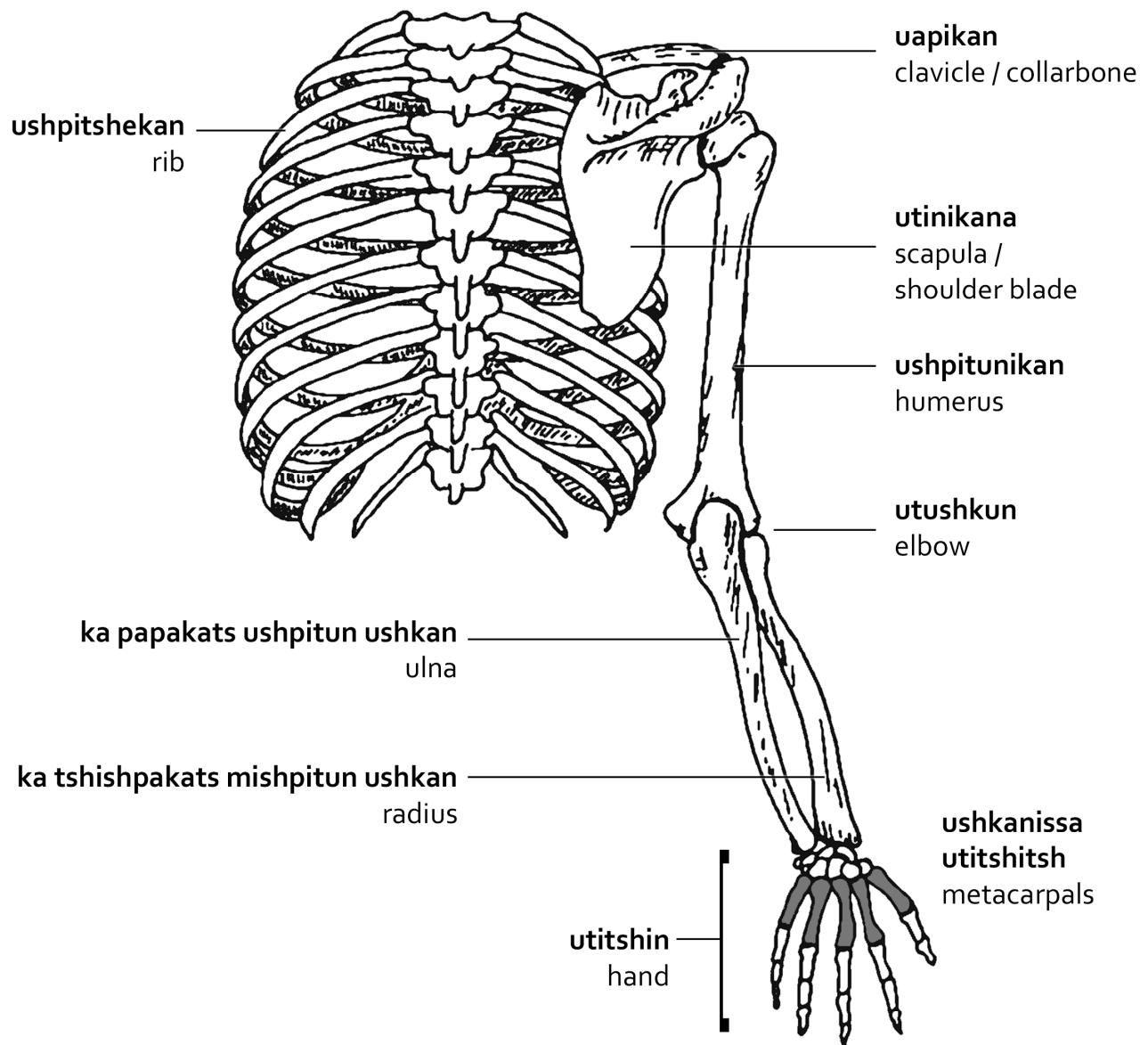
USHPITSHEKANA (NIKAN)

RIB CAGE (FRONT)

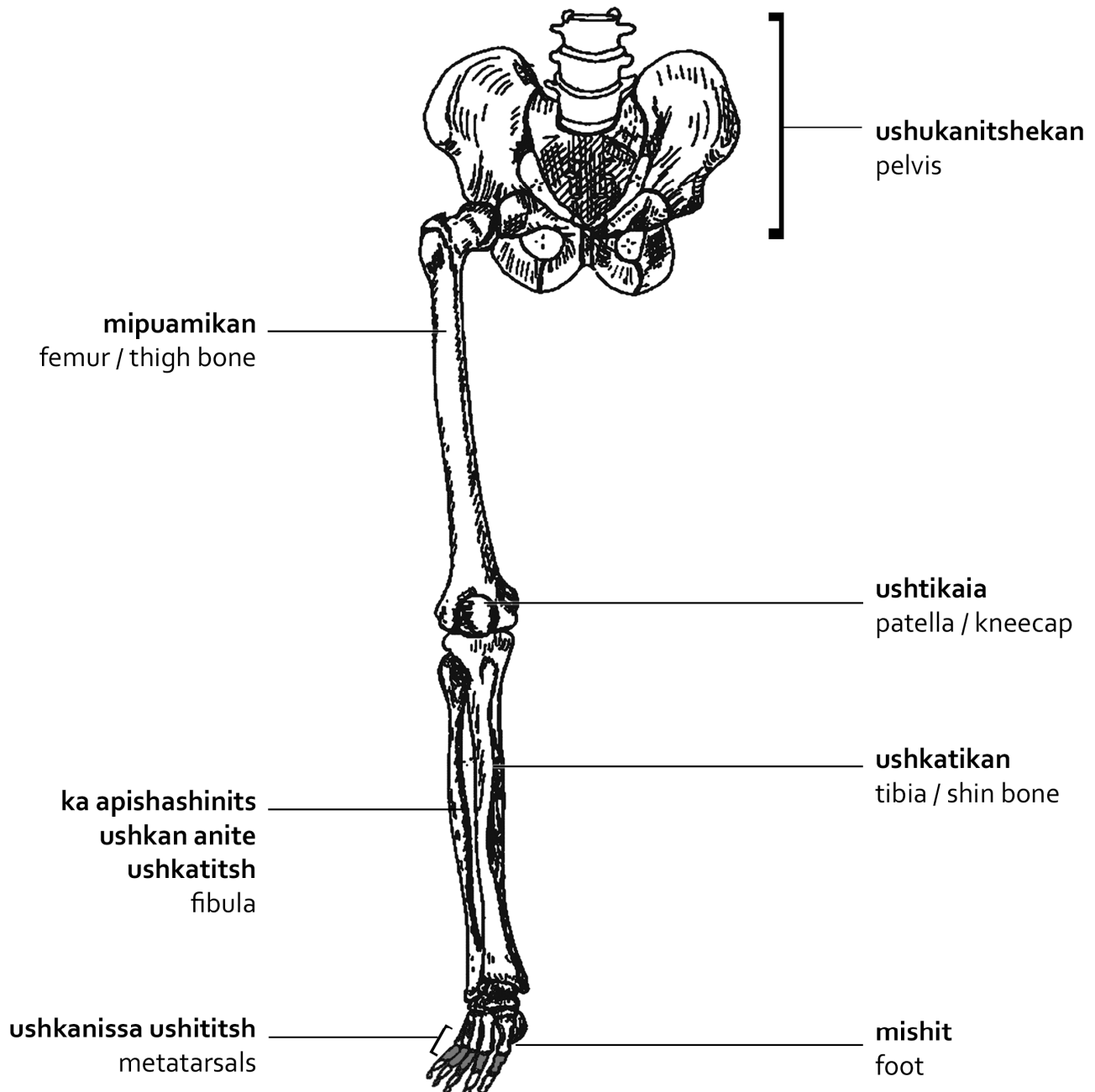


USHPITSHEKANA MAK USHPITUN (UTATSH)

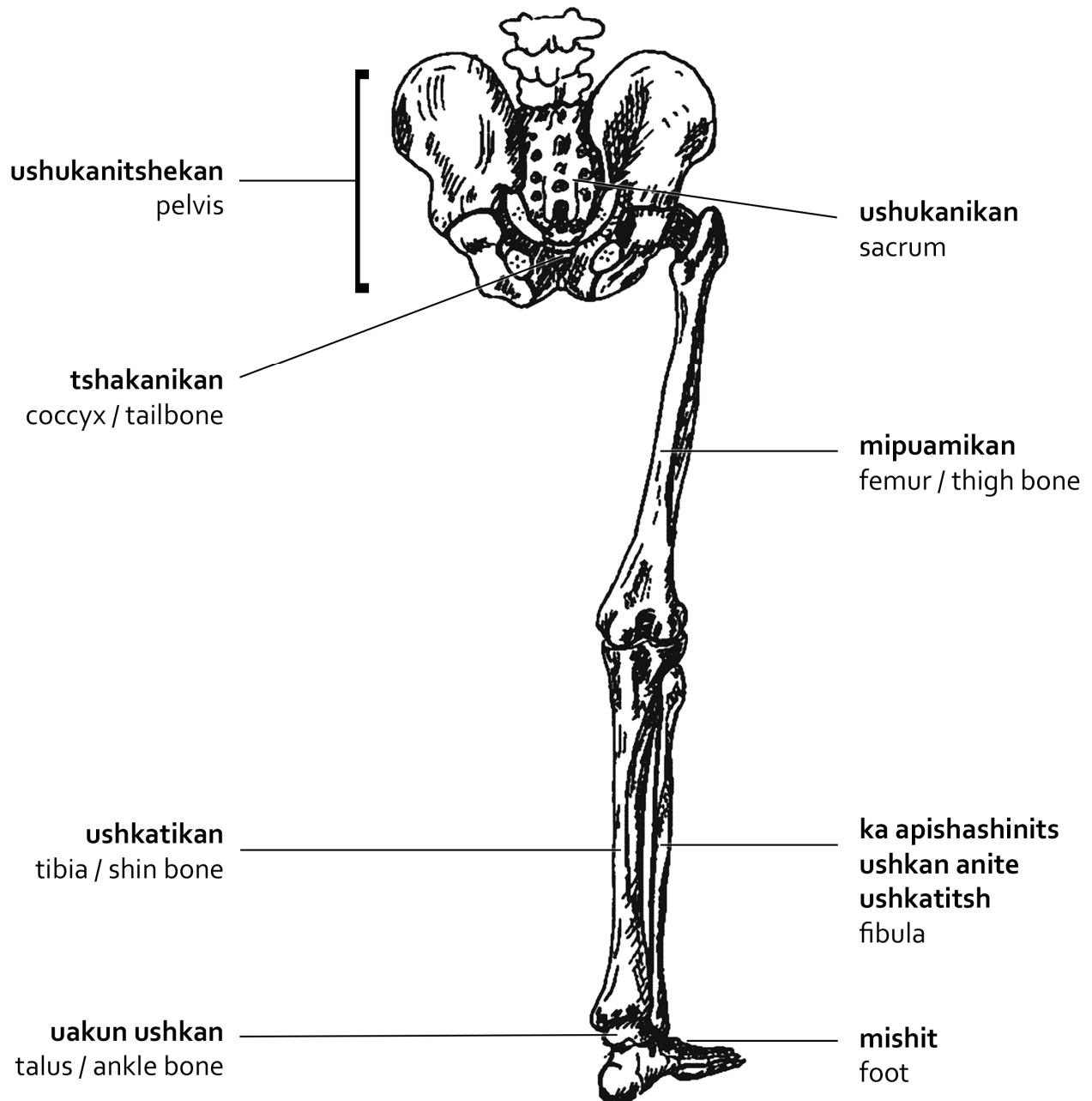
RIB CAGE AND ARM (BACK)



USHUKANITSHEKAN MAK USHKAT (NIKAN) PELVIS AND LEG (FRONT)

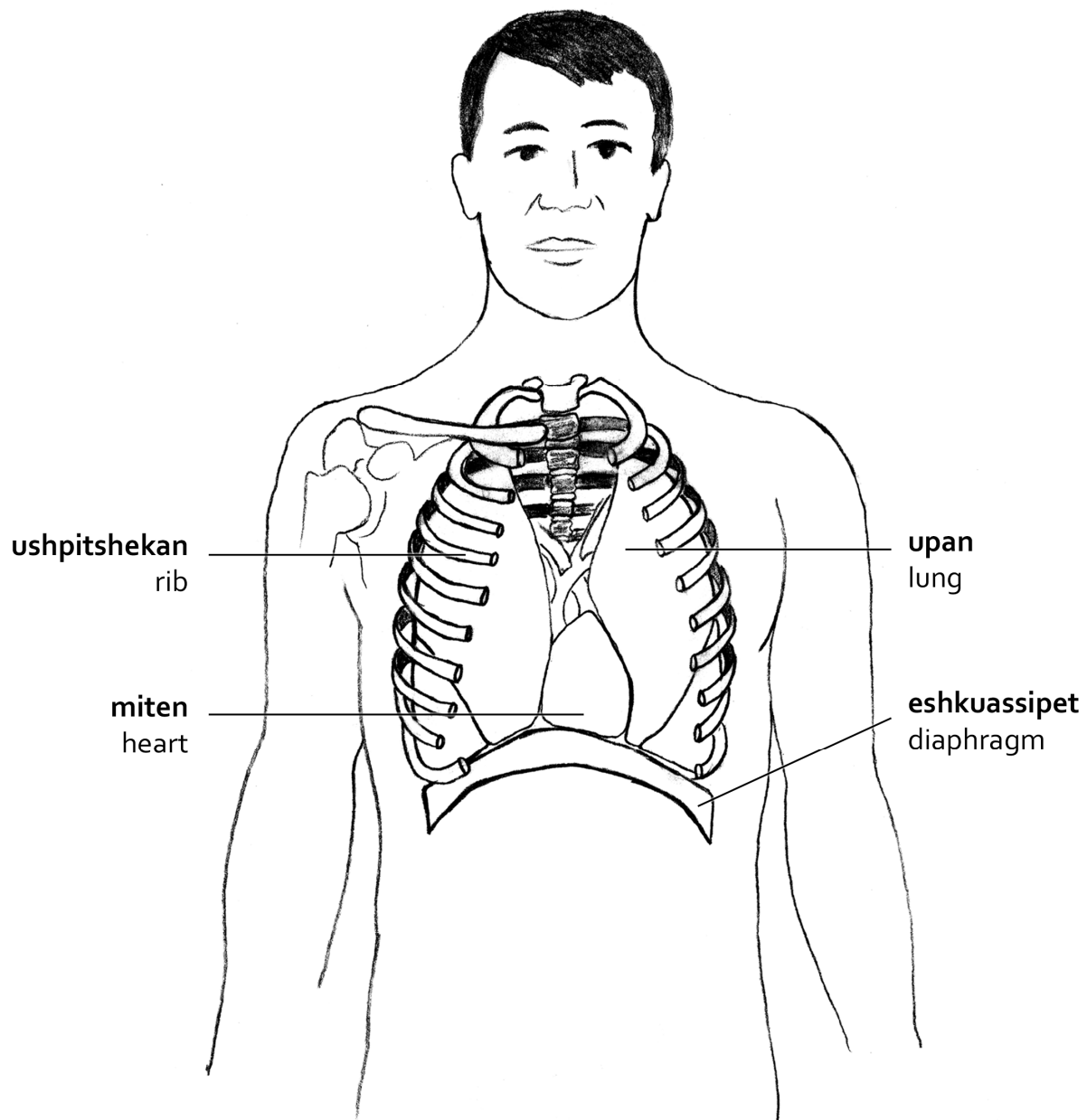


USHUKANITSHEKAN MAK USHKAT (UTATSH) PELVIS AND LEG (BACK)

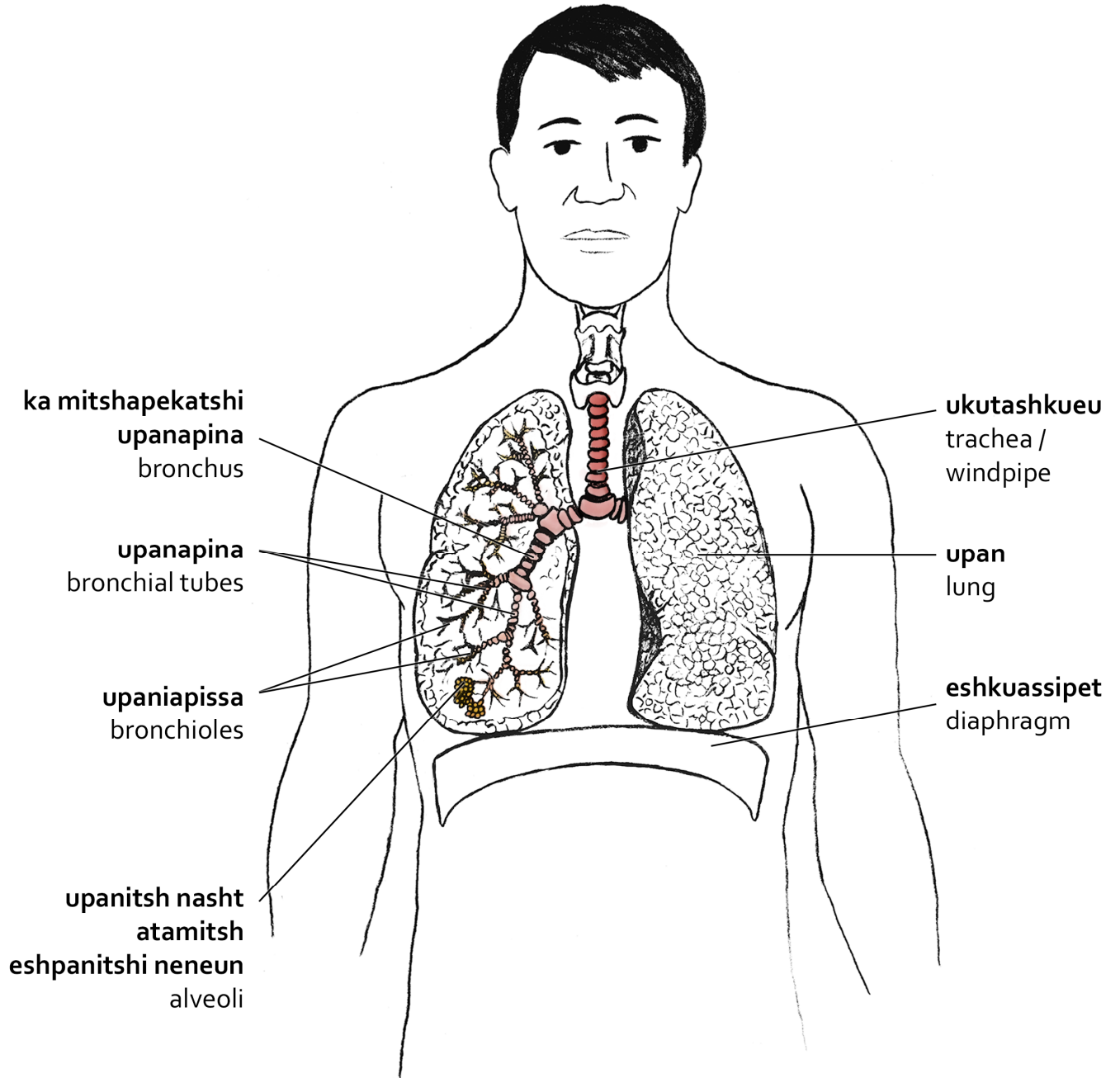


MISHKASSIKAN

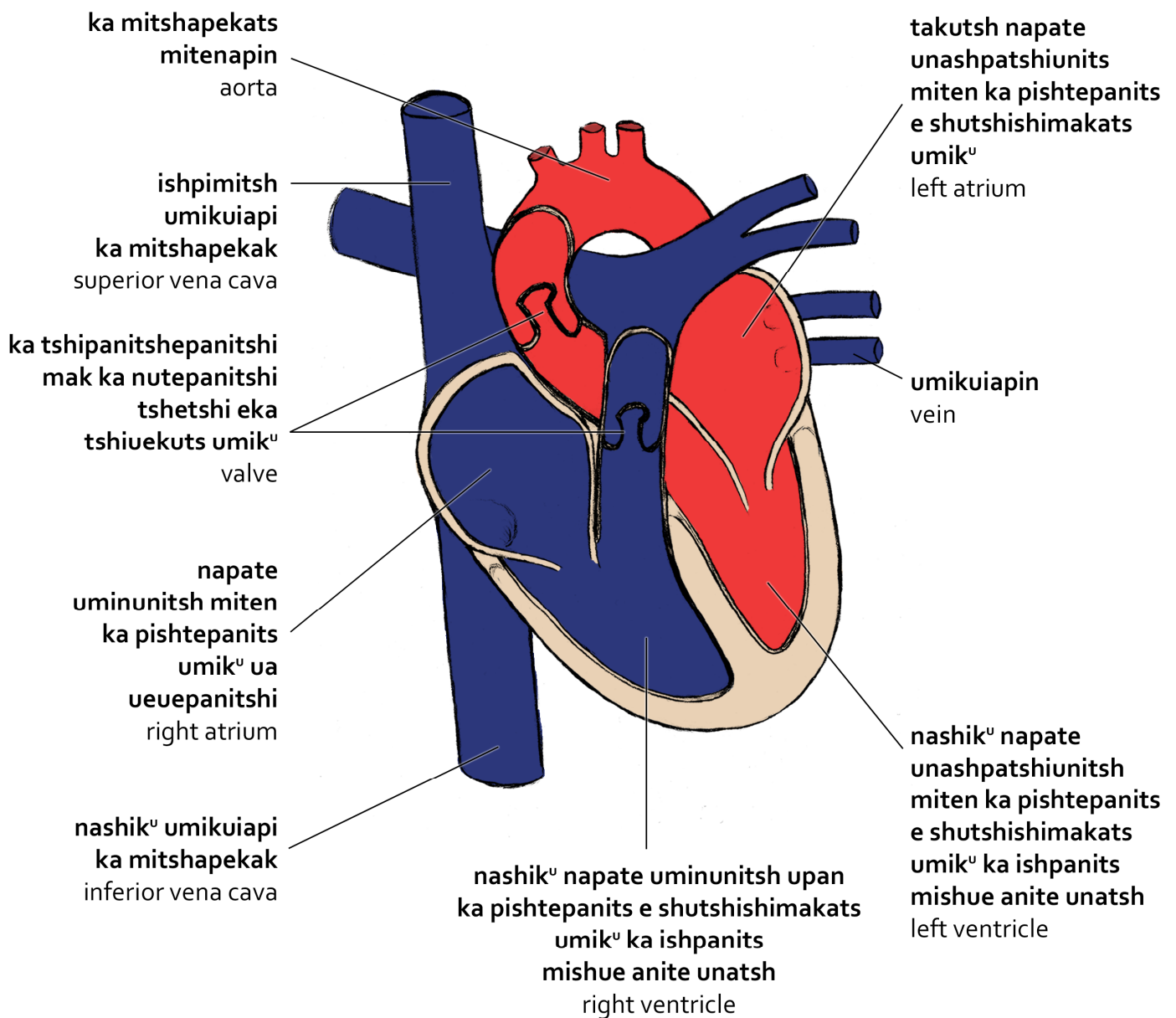
THORAX / CHEST



UPANA LUNGS

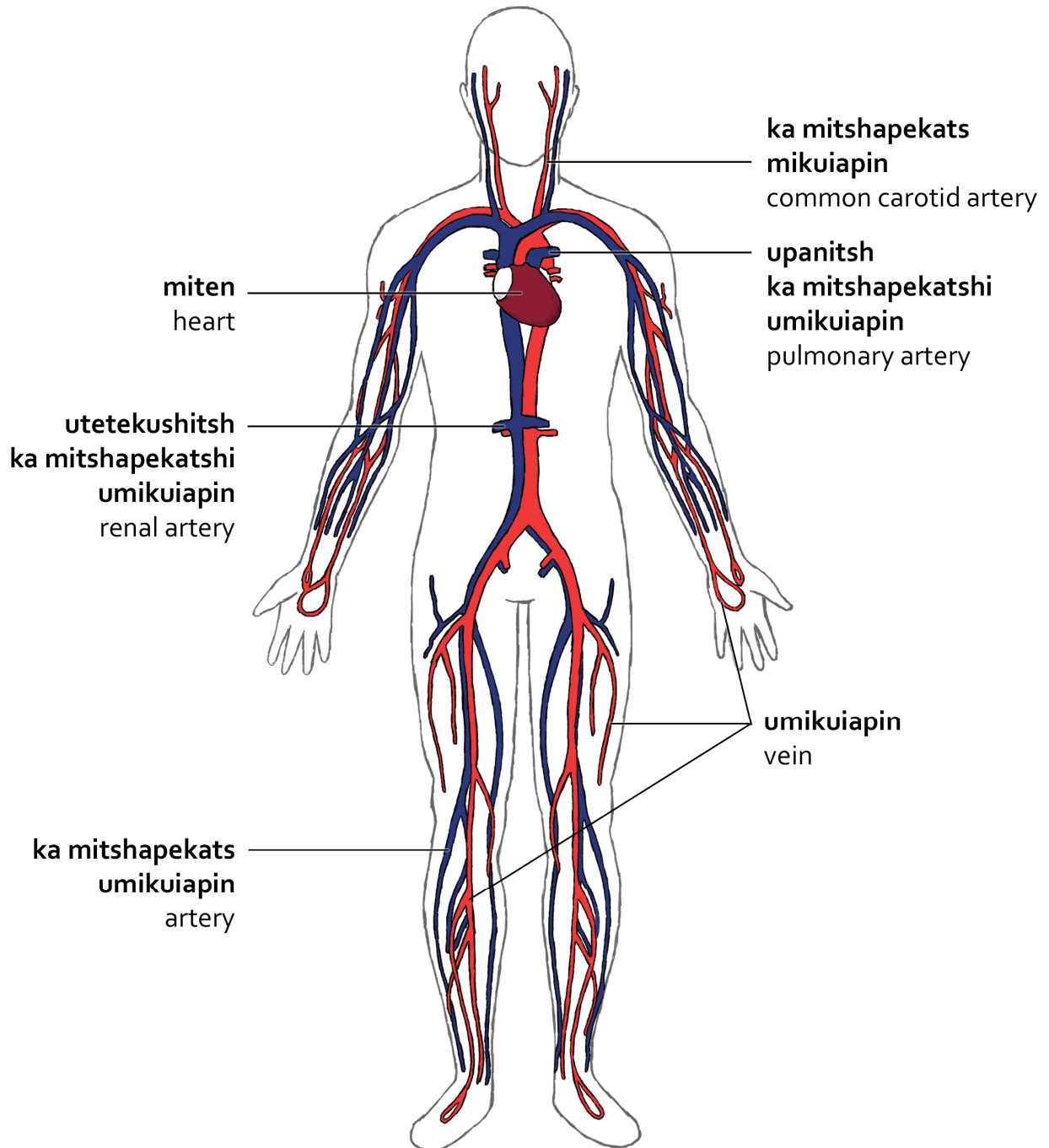


MITEN HEART

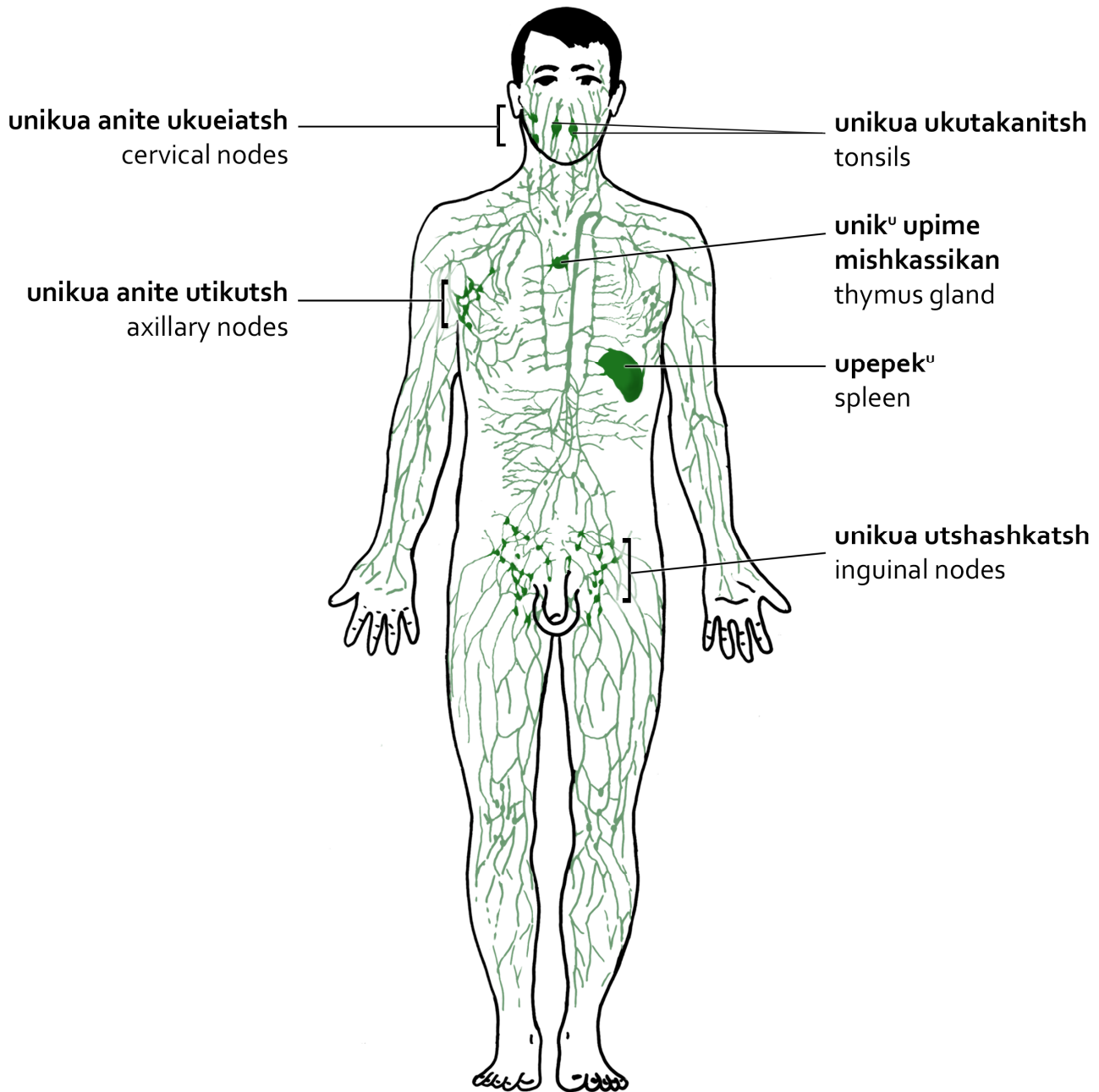


MITEN MAK UMIK^U ESHPANITS

CARDIOVASCULAR SYSTEM



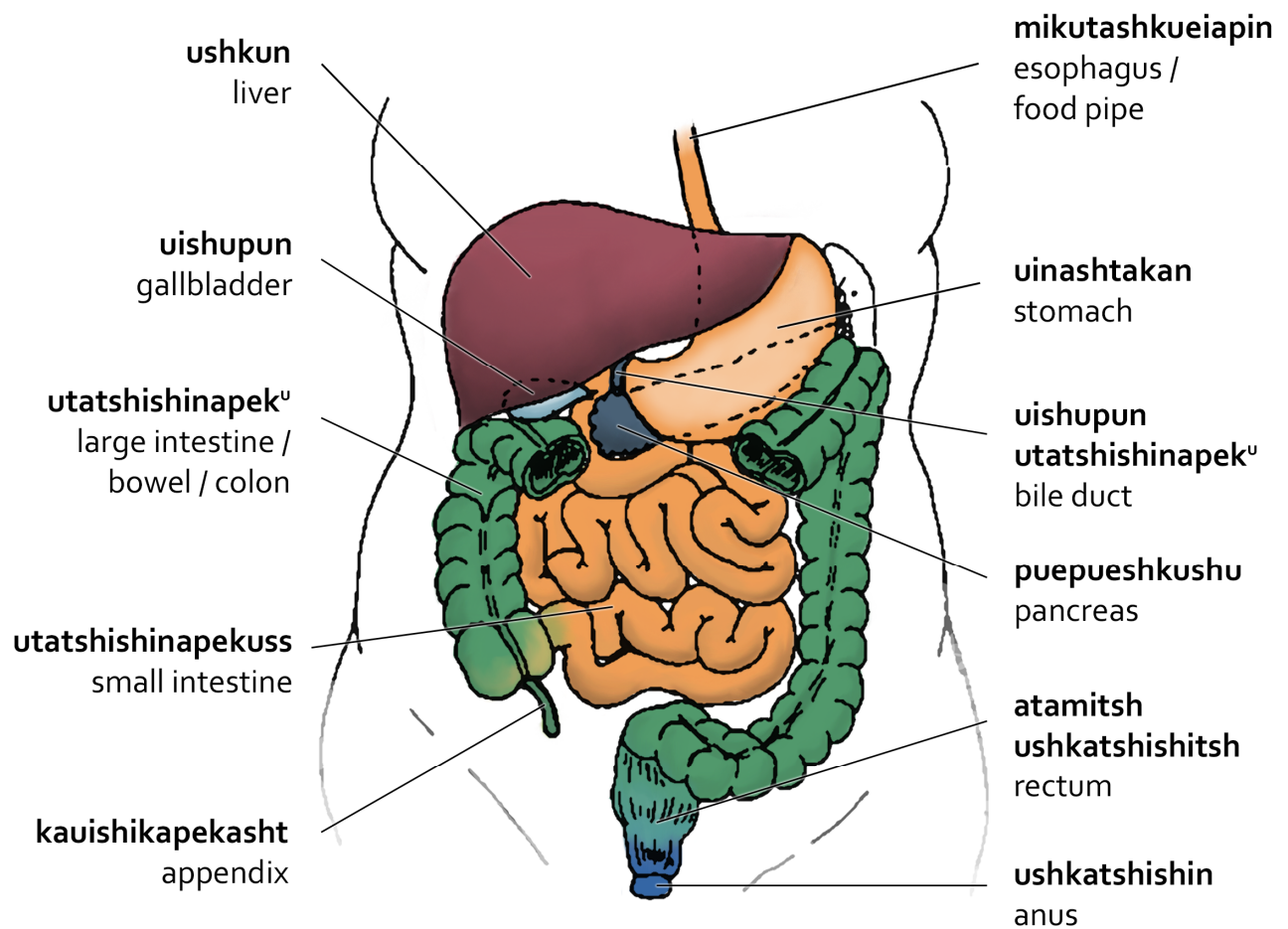
UNIKUA LYMPHATIC SYSTEM



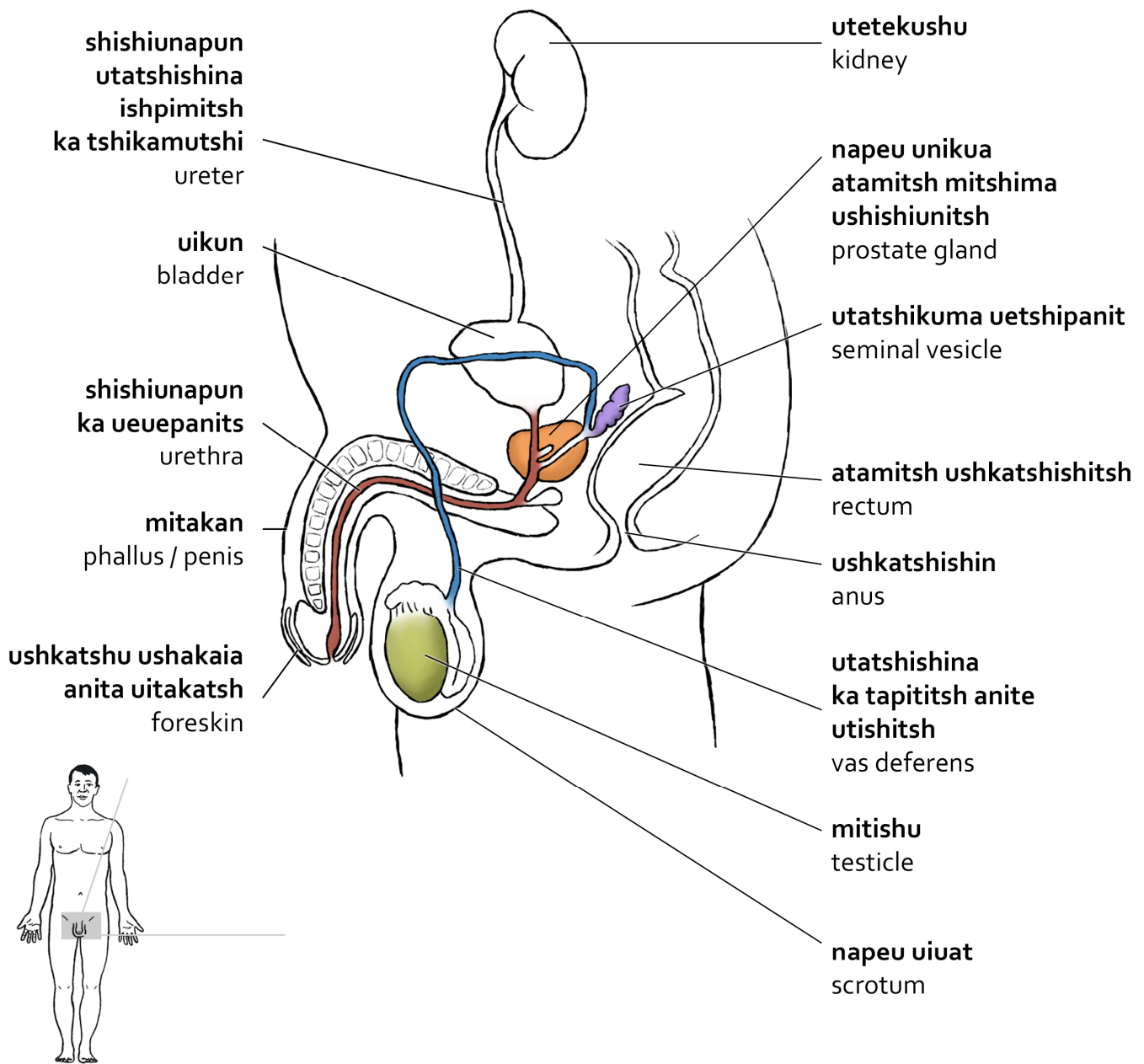
ESH PANITS KATSHI

MITSHISHUTSHI ANITE ATAMITSH

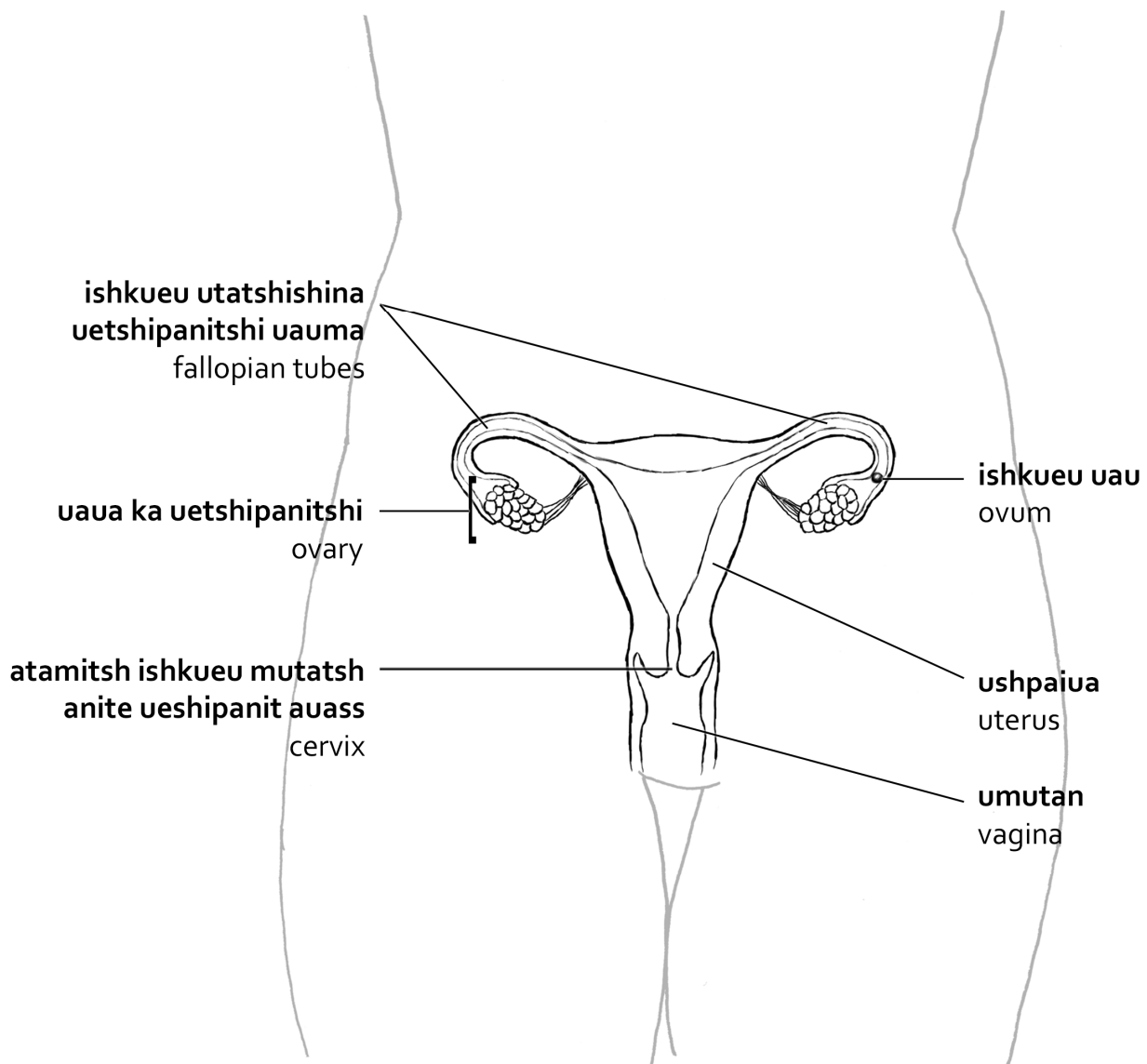
DIGESTIVE SYSTEM



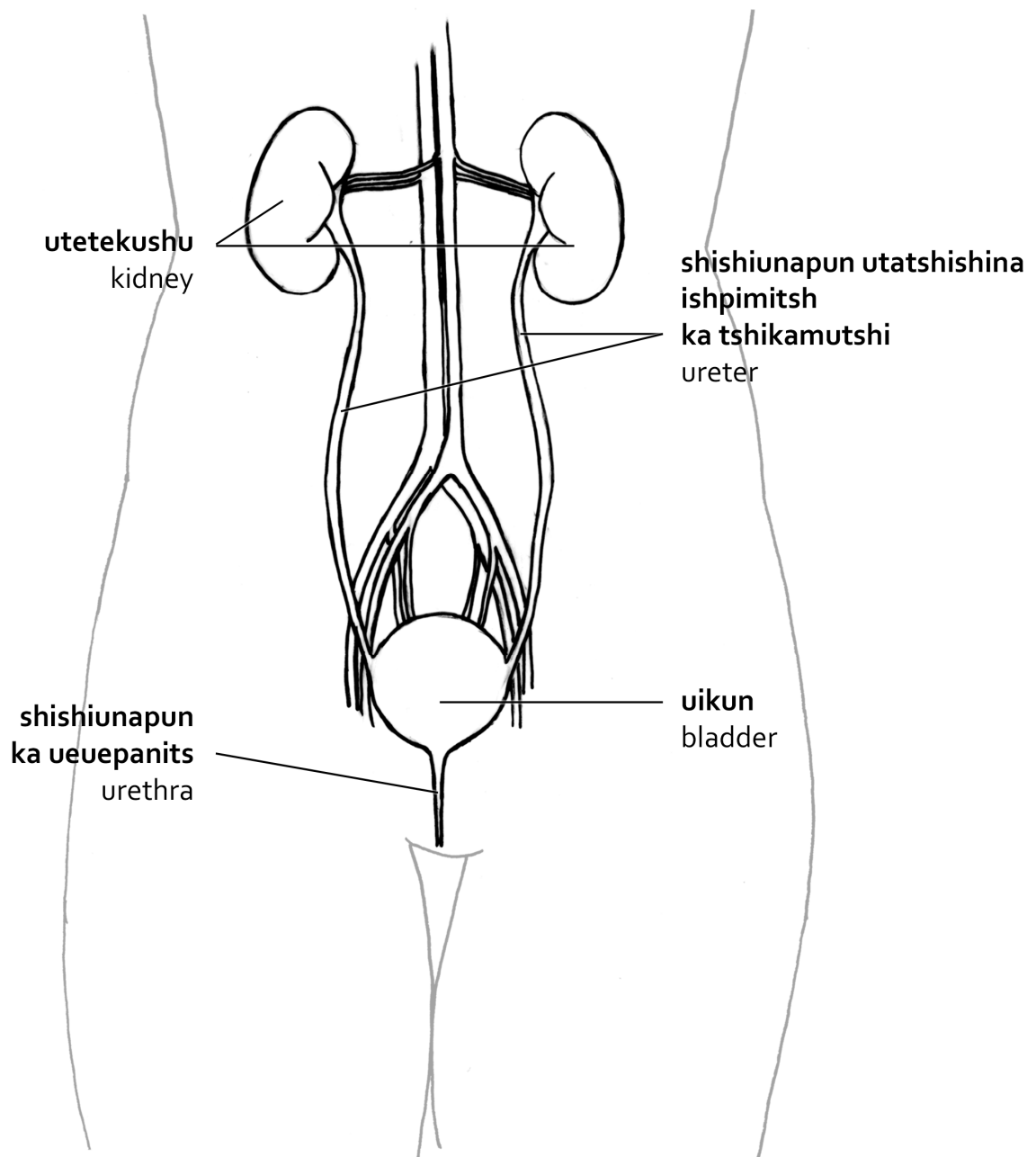
ESHINAKUSHIT ATAMITSH (NAPEU) REPRODUCTIVE AND URINARY SYSTEMS (MALE)



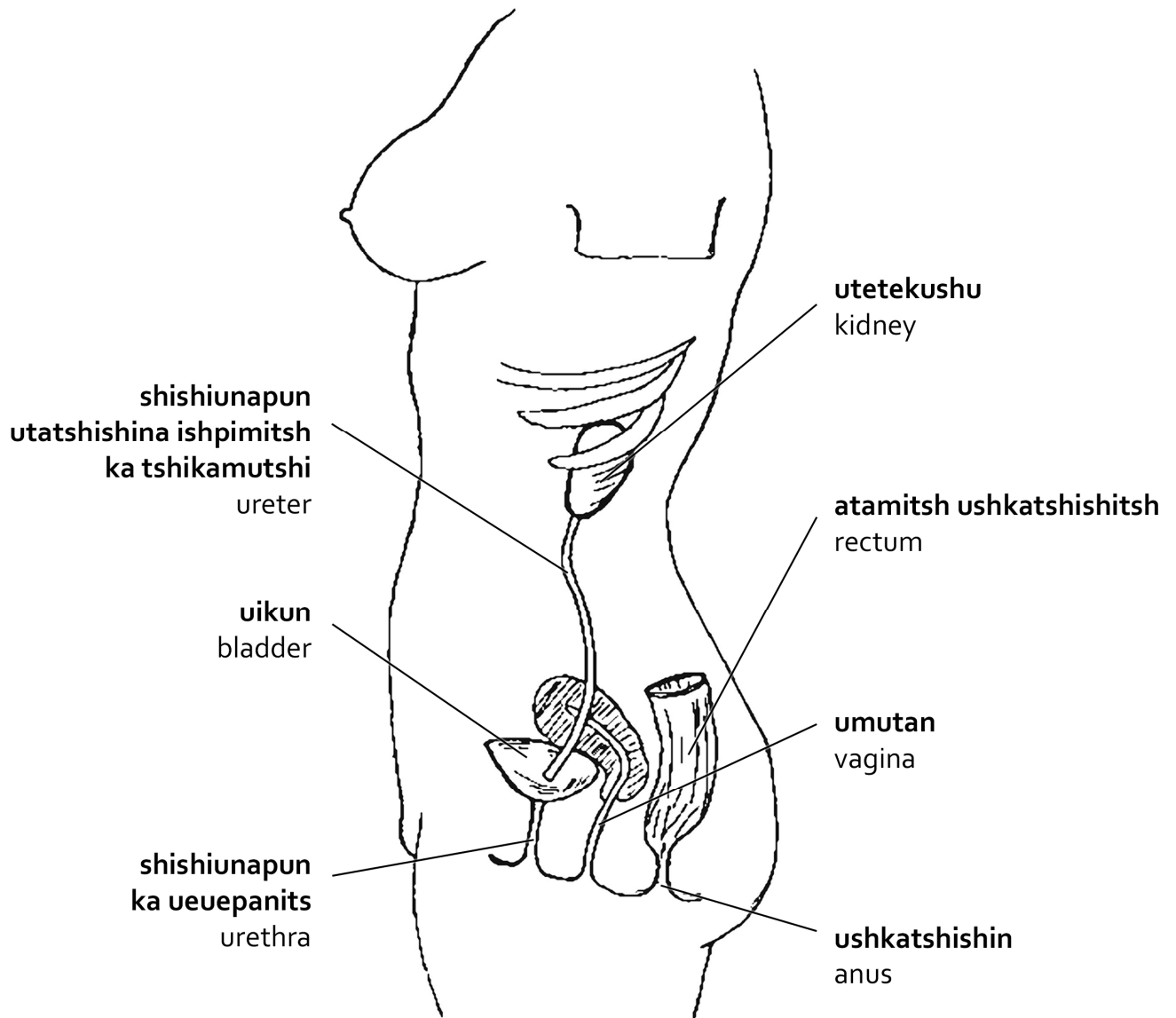
ESHINAKUSHIT ATAMITSH (ISHKUEU) REPRODUCTIVE SYSTEM (FEMALE)



**UTETAKUSHUA MAK UIKUN MAK
USHISHIUAPUN MAMU KA ATUSSEMAKATSHI
(ISHKUEU, NIKAN)
URINARY SYSTEM (FEMALE, FRONT)**

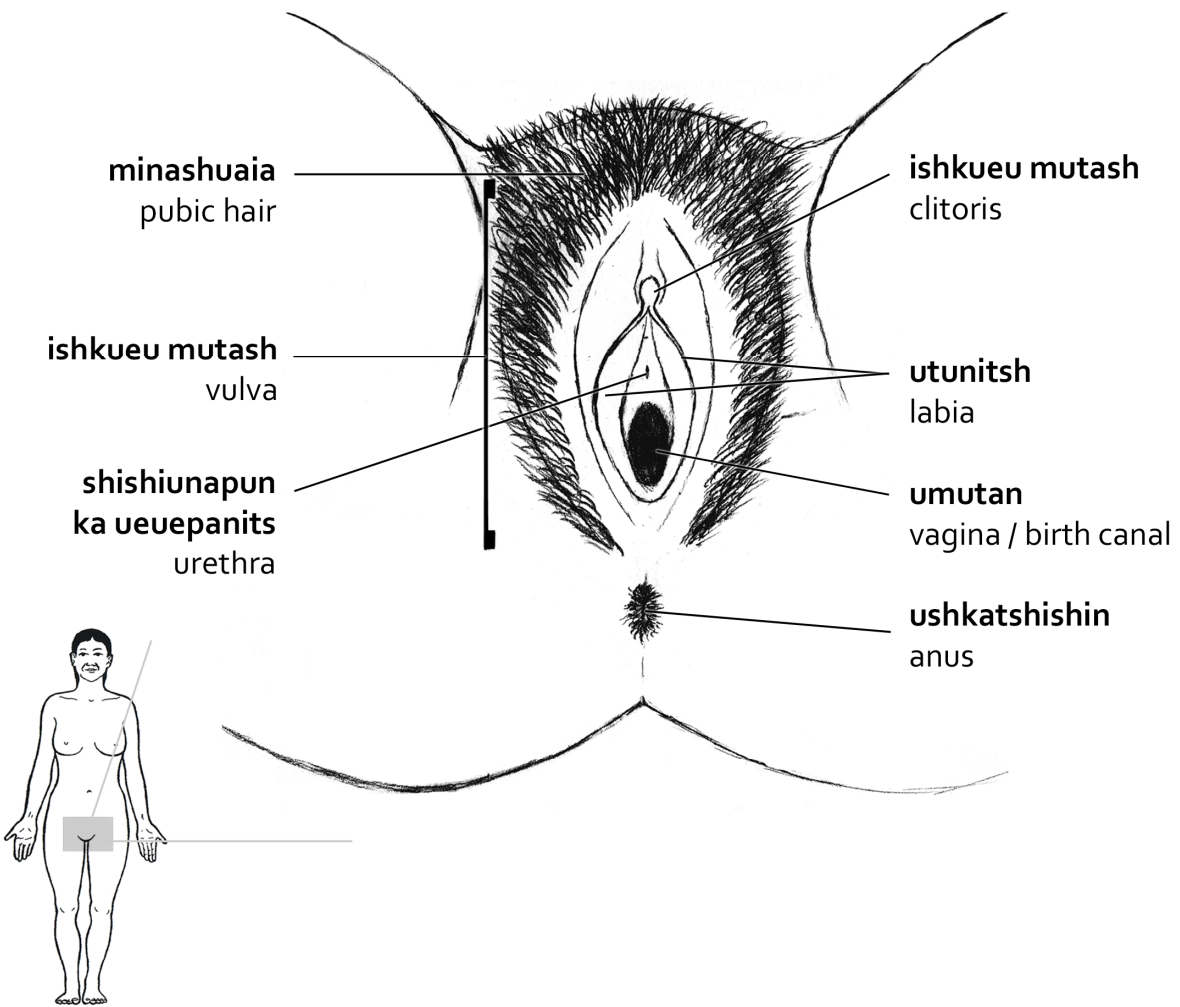


UTETAKUSHUA MAK UIKUN MAK USHISHIUAPUN MAMU KA ATUSSEMAKATSHI (ISHKUEU, NAPATE) URINARY SYSTEM (FEMALE, SIDE)



ESHINAKUSHIT ISHKUEU NASHIK^U

FEMALE GENITALS



ISHKUEU KA ASHUAPAMAUSHUT PREGNANT ABDOMEN

