

# Innu Medical Glossary

## Natukun-aimuna

### *Mushuau Dialect*

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## Foreword

Tshika mishta-ishpitenitakuan ume natukun-mashinaikan tshetshi minuinniuiak<sup>u</sup> ute tshutenaminit, tshetshi minu-tshitutiak<sup>u</sup> nikan. Tshetshi apashtaiak<sup>u</sup> innu-aimun etatu tshetshi nishtutatuiak<sup>u</sup> kie tshetshi uauitshituik<sup>u</sup> kie tshetshi minu-natukushituik<sup>u</sup>. Tshima minu-apashtaht innuat mak natukunishat tshetshi minu-uauitshikuht.

This medical glossary is an important step as we move into a new era of community and health development. The use of our language will serve to increase the understanding and sharing of Innu knowledge and spirit with the healthcare system. I hope it will also help to promote understanding and be of assistance to both medical community and the Innu.

Jack Penashue, BSW  
Director of Social Health  
Sheshatshiu Innu First Nation

This Innu Medical Glossary will be an essential tool for improving cultural awareness, advancing health services and the ongoing evolution of community wellness support for the Innu people.

Bob Simms, Director of Operations  
Labrador Health Secretariat  
First Nations and Inuit Health  
Atlantic Region  
Health Canada



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We would also like to extend our thanks to Jack Penashue and Mary Pia Benuen of the Sheshatshiu Innu First Nation health departments for their support.

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participants and to Kanani Penashue-Davis for translation of the foreword.

Finally we wish to thank the Sioux Lookout MenoYa Win Health Centre for permission to use some of the illustrations in the Medical Dictionary for Fort Severn Cree.

## Preface

### ***Background***

Innu-aimun interpreters have been working at the hospitals and medical clinics in Labrador, St. Anthony and St. John's for many decades, but have never, to our knowledge, been provided with training in medical terminology or in translation techniques. This glossary is a starting point, intended to serve as a tool for interpreters and health professionals in their daily work, and also as a resource, should training ever be offered.

The *Innu Language Project* of the Department of Linguistics, Memorial University works with Innu schools and community organizations in Labrador to provide language resources. It continues the work begun under the CURA project *Knowledge and Human Resources for Innu Language Development*, funded by the Social Sciences and Humanities Research Council (SSHRC), which operated from January 2004 through December 2009, with the aim of documenting the lexicon of the Innu language and providing language training to community members in Labrador. The project has produced dictionaries of the Innu language spoken in Labrador and Quebec, with translations into English and French, and information on the various dialects; these are now available in print and online and as mobile apps for Android and iOS devices. An ongoing sub-project has been the elaboration of vocabulary for specific domains, such as justice, education, environment, health, and social services. The Department of Linguistics and the Social Health department of the Sheshatshiu Innu First Nation welcomed the opportunity to work together on this glossary of medical terms, the latest in a set of terminology documents that can be found on the Innu language website ([www.innu-aimun.ca](http://www.innu-aimun.ca)). In addition, both Android and iOS versions of this glossary are available as free apps for smartphones and tablets.

***Workshops for medical terms***

Three workshops were held in 2012 (March 1-7 and April 5-8 in St. John's and March 26-28 in Goose Bay) to collect the terms. Over the course of these sessions, a core set of over 1,300 medical terms were translated and now appear in this glossary. Separate glossaries were established for the two distinct dialects of Innu-aimun, spoken in Sheshatshiu and Natuashish. The people of Natuashish are also known as Mushuau Innu (Barren Ground People), and their dialect is referred to as Mushuau-aimun. The terms were subsequently recorded with speakers of both dialects (Madeline Benuen and Mani Katinen Nuna for Sheshatshiu and Mary Jane Edmonds for Mushuau) and well over three thousand sound files were then prepared for use in the mobile app.

***Methodology***

An English language list of medical terms was compiled by Elizabeth Dawson, a nurse, and Robin Goodfellow-Baikie, a physiotherapist, who have worked with the Innu in Labrador for many decades. Marguerite MacKenzie is a linguist who has worked with Innu, Naskapi and Cree speakers over the past forty years to produce dictionaries and other language materials. Innu speakers who have worked as medical interpreters or who have taken nursing training were called on to do the translations; elders were consulted on an ongoing basis.

Lists of terms from other Aboriginal languages were consulted and a master list of terms was entered into a database program, with fields for the main term, the translation into each of the two Labrador dialects and, when needed, an explanation of the English terms written in plain English, for easier translation. In particular, the Medical Dictionary for Fort Severn Cree, published by the Sioux Lookout MenoYa Win Health Centre and the Inuktitut wordlist from Nunavut Arctic College (<http://www.btb.gc.ca/btb.php?lang=eng&cont=934>), were very useful. A list of medical terms for Labrador Inuttut from an earlier project was found, and the main Innu dictionary database was used to identify more items.

During the workshops the list of words was projected on a screen for discussion by all participants. The editors explained each term and gave examples of how it might be used in English. Innu speakers and the linguist discussed various translations, and a final choice was entered

into the database in the common spelling. The subsequent recording sessions allowed for revision of a number of translations. In many cases the translations consist of an explanatory phrase, as a single Innu word often may not exist. Indeed, explanatory notes are often included for the English medical terms as well. Question marks have been included in the few cases where no Innu translation was obtained to encourage speakers to make suggestions.

Staff of the *Innu Language Project* formatted the Innu terms and produced camera-ready copy for the two Innu glossaries, printed in a format which gives the two dialects equal priority. An alphabetical list containing all items appears first, followed by a list of English medical prefixes and suffixes, then a list of body parts, and finally a set of diagrams labeled in English and Innu. Acronyms have been provided for terms of more than one word, as a condition or procedure is often referred to by the acronym so that MRI for Magnetic resonance imaging will appear twice, once as 'Magnetic resonance imaging (MRI)' and again as 'MRI (Magnetic resonance imaging)'.

Diagrams for body parts and systems were drawn by Erin Piatt, Jeannie Nemagoose and Behak Rueentan. Additional illustrations from the Fort Severn Medical Lexicon were used with permission.

The terms have been recorded in both dialects and can be heard on the free Innu Medical Glossary app for iOS and Android smartphones and tablets available from iTunes and Google Play.

### ***Dialects of Innu-aimun***

Although Innu-aimun is a single language spoken in both Labrador and Quebec, there are many regional differences. Within Labrador, members of the two Innu communities speak significantly different dialects: Sheshatshiu-aimun is more closely related to the language as it is spoken by Innu in south-eastern Quebec, while Mushuau-aimun has a great deal in common with the Naskapi and Cree dialects of northern Quebec. Differences in pronunciation, grammar and vocabulary between the two dialects mean that an Innu interpreter fluent in Sheshatshiu-aimun, for instance, will not necessarily be able to translate quickly and accurately for a speaker of Mushuau-aimun. This fact has made the provision of two glossaries a necessity.

A shared, standardized spelling has been used for the Innu-aimun terms. As is the case for English, the spelling is not phonetic and does not represent any one of the four main dialects of the language. For the Mushuau version, an effort has been made to maintain the common spelling but to also document the use of additional consonants in Mushuau, including 'ts' at the end of words instead of 't' (*ushkatats* for *ushkatat*) ; 'ani' in the middle of words instead of 'ai' (*tipanikan* for *tipaikan*), 'ni' instead of 'i' at the beginning of words (*nishkuashu* for *ishkuashu*); 'in' instead of 'i' at the end of words (*pimin* for *pimi*). This may make reading somewhat easier for Mushuau speakers, although many speakers use both pronunciations; thus spelling may be somewhat variable.

### ***Linguistic issues***

The Innu language is significantly different in grammatical structure from English. The vocabulary contains a very small number of nouns and a very large number of verbs, often making it difficult to translate an English term by the same part of speech (e.g., noun to noun). In many cases, a verbal form is used and, in most cases, an explanatory phrase is necessary. Some general principles for translation that were followed were: use an Innu noun, if possible, for an English noun; aim for the shortest, yet most accurate, translation; for body parts use a third person form (u-) or impersonal form (m-), rather than the second person form (tshi-) that would be used when speaking to a patient. In addition, certain body parts will occur with the locative suffix (-t) when the explanation refers to 'in' or 'on' that body part (*ukueia* 'her/his neck' but *ukueiat* 'on her/his neck'). Note that Innu-aimun is a gender-neutral language and that pronouns can be translated into English as either *she* or *he*.

The recently published Innu-English and English-Innu dictionaries, containing over 27,000 Innu words with phonetic transcriptions for pronunciation, may be consulted online at [www.innu-aimun.ca/dictionary](http://www.innu-aimun.ca/dictionary) or downloaded as a free app from iTunes or Google Play.

## **Glossary of medical terms**

### *Mushuau dialect*

#### **Abdomen**

##### *ushkatan*

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

#### **Abdominal pain**

##### *akushu ushkatats*

A pain in the belly.

#### **Abdominal swelling**

##### *patshipanu ushkatats*

Swelling in the belly.

#### **Abortion**

##### *nipaieu utauassima*

The deliberate ending of a human pregnancy; a miscarriage.

#### **Abortion, spontaneous**

##### *sheshe unieu utauassima*

When a woman loses a baby before she or he is born.

Also called: Miscarriage

#### **Abscess**

##### *miniss; miniu*

A sac of pus, which may cause pain.

#### **Abscess drains**

##### *nitshiku miniss*

**Abscessed tooth***miniunnu uipit*

A tooth that has an infection around it.

**Abuse***piuenimeu*

To hurt or injure by treating badly.

**Accident***ushikushinu***Acetaminophen***ushtikuan-natukun*

Non-prescription medication to relieve minor pain and reduce fever, e.g. Tylenol.

**Acetylsalicylic Acid (ASA)***ushtikuan-natukun*

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

**Aches***katshitushu***Aches all over***katshitushu anite mishue***Achilles tendon***ututiapin*

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



## Acne

### *pepeshkupanu*

A skin problem found most often in teenagers or young adults. It tends to show up on the face, chest and back.

Also called: Pimples

## Acne rosacea

### *mushinau papeshkupanu*

Chronic acne affecting adults, especially on the nose, forehead, and cheeks.

## Acupuncture

### *ushkatshikua tshikamutakanua*

A treatment that involves putting needles into the skin to improve health.

## Acute

### *shassikuts akushu*

When an illness begins quickly or will get better in a short period of time; the opposite of chronic.

## Adam's Apple

### *ukutakan*

## Addiction

### *tipenimiku*

A strong need for something, usually alcohol or a drug, that cannot be controlled.

## Addiction to alcohol

### *uitshipeu*

A strong need for alcohol that cannot be controlled.

**Adenoids***unikua*

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

**Adenoma***ka nitautshinit unikuts muk<sup>u</sup> eka mutemit*

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

**Aden-, Adeno-***unikua*

Gland.

**ADHD (Attention-Deficit Hyperactivity Disorder)***ama natutam<sup>u</sup> mak animishu akushun*

When a person has a short attention span, hyperactivity and poor concentration.

**Adhesion***ka tapitits atamits ushakanits*

Something that is like a scar but is found below the skin and joins two things that are normally separate.

**Adipose***uinun*

The fatty tissue under the skin and around the organs.

**Adrenal glands***unikua*

The glands above each kidney that produce hormones.

## Adrenalin

***ka uitshinikut natukunnu e akushishkatshetshi kutak natukun put kutak tshakuan***

A natural hormone or medication administered to someone; often used to treat an allergic reaction.

## 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

## Agitation

***eka katshi tshiamipit***

Restless behaviour often observed in people experiencing some kind of mental stress.

## Agoraphobia

***kushtam<sup>u</sup> tshetshi uevit uitshuats***

A fear of going out of the house.

## AIDS

***eka katshi natukutakanit akushun***

Acquired Immune Deficiency Syndrome. A breakdown of the immune system so that a person is not able to fight off disease. Caused by the Human Immunodeficiency Virus (HIV).

## Air

***neun***

Invisible gases that we breathe into the lungs.

## Airsick

***pakumuashu***

Vomiting in an airplane.

**Alcoholic***kauitshipet*

Someone who has a strong need to drink too much alcohol.

**Allergen***eka ka minushkakut tshekuannu auen*

Anything that causes an allergic reaction, e.g. peanuts, drugs, bee sting.

**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.

**Alopecia***uashekepanu*

The loss of hair or baldness.

**Alveoli***upanits nasht atamits eshpanitshi ne neuron*

The tiny, thin-walled bulbs at the end of the airways of the lungs.

**Alzheimer's disease***tshishenniu-akushun*

An incurable brain disease that gets worse over time; generally occurs in older people.

**Ambulance***natukuniutapan***Amenorrhea***eka ka pimipanit ishkuueu*

No menstruation or monthly bleeding in a woman.

**Amnesia**

*ka unikuatakanits*

Not being able to remember certain things or a period of time in one's life.

**Amniocentesis**

*auass unipim ka nanatu-tshissenitakanits*

A test done during pregnancy to see if there is anything wrong with the growing baby.

**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.

**Amputated arm**

*tshimishakanu ushpitun*

An arm which is cut off.

**Amputated leg**

*tshimishakanu ushkat*

A leg which is cut off.

**Amputation**

*tshimishakanu tshekuannu anite uiats*

The surgical removal of an arm, leg, finger or any other body part.

**Anal fissure**

*tassipanu atamits ushkatshits*

A laceration or tear in the lining of the anus.

**Anal itching**

***tshinakatshishu***

An itching in the bum.

Also called: Pruritis ani

**Analgesics**

***eka ka nishtushinanitshi natukuna***

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

**Anaphylaxis**

***ka kushtakuats tshekuan eka ka minushkatshet***

An extreme allergic reaction to something, which may be life-threatening.

**Anatomy**

***mishue eshpitit aven***

All the parts of the body.

**Anemia**

***nashikupanu umiku***

A lack of hemoglobin in the red blood cells.

Also called: Low blood

**Anesthesia, epidural**

***mashkutshimakanu tshetshi eka nishtishit anite***

***ushpishkunits***

Anaesthetic drugs given by a needle between the bones of the lower spine to stop pain; the patient is awake; often done during labour.

**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.

**Aneurysm**

*eka ka shapimakats mishta-mikuiapin*

A weakness in the wall of an artery.

**Angina pectoris**

*akushu ushkassikanits eka ishpanits umik<sup>u</sup> mitenits*

A pain or pressure beneath the breastbone caused by inadequate blood supply to the heart.

**Angio-**

*umikuiapin*

Blood vessel.

**Angiocardiology**

*pitepanitakanu natukunnu anite umikuiapits tshetshi  
tshissenitakanits tanite eka menupanit uten*

A test done to see if the blood vessels that bring blood to the heart are clogged or if there are any other problems.

Also called: Cardiac catheterization

**Angiography**

*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: Arteriography

**Angioplasty**

*ushitakanua umikuiapina tshetshi minukunitshi*

A procedure used to open blocked or narrowed blood vessels or arteries of the heart.

**Ankle**

*uakun*

**Ankle bone**

*uakun ushkan*

Also called: Talus

**Ankle pain**

*akushu uakunits*

**Ankles, swollen**

*patshipanua uakuna*

**Anorexia**

*ama ui mitshishu*

Not wanting to eat, usually because of sickness. See also: Anorexia Nervosa

**Anorexia Nervosa**

*tshimakatanushu*

A psychological disorder that causes people to not want to eat and to lose more weight than is healthy.

**Antacid**

*mitshim-natukun tshetshi eka akushit ushkatats*

Any substance that makes the stomach less acidic.

**Antepartum**

*eshkʷ eka inniut avass*

Before childbirth.

**Anterior**

*nikanuts*

In front.



**Anti-**

*eka ka ...*

Against.

**Antibiotics**

*natukuna uatshinuetsi nakushinanitshi*

Medications that attack germs and fight infection.

**Antibody**

*tshakuan etakuats mikuts tshetshi eka akushit*

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

**Anti-cancer drugs**

*natukuna ka ashishtats muteu-akushunnu*

Drugs used to stop cancer growth.

**Anti-coagulants**

*tshe eka tashtupanits umik<sup>u</sup> natukuna*

Drugs used to prevent blood clots, e.g. Heparin.

Also called: Blood thinner medications

**Anti-convulsants**

*tshe eka utshipitikut natukuna*

Medications to help a person have fewer seizures, e.g. Dilantin, Phenobarbital, Phenytoin and Diazepam.

**Anti-depressants**

*tshe eka ushtuenitak natukuna*

Drugs used to help a patient feel less depressed or sad, e.g. Prozac, Tofranil, Elavil, Norpramin, Sinequan, Pamelor, Surmontil.

**Antidote**

*natukun tshetshi nakashkak kutak natukunnu*

A drug given to counteract poison, e.g. charcoal.

**Anti-emetic drugs**

*tshe eka pakumut natukuana*

Medications that help you vomit less, e.g. Gravol.

**Anti-histamines**

*natukunnu eka ka minushkakutshi tshekuannu aven*

Medications to treat allergies.

**Anti-hypertensive**

*natukun ka nashikupanitat neshkuatuepanitshi umik<sup>u</sup>*

A medication to reduce blood pressure.

**Anti-inflammatory drugs**

*natukuna tshetshi eka mikuats mak patshipanits aven*

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

**Anti-pruritic drugs**

*natukuna tshe eka ka tshinatshishit aven*

Medications to relieve itching, e.g. Benadryl.

**Antiseptic**

*ka shutshishit uapekanikan ka tshishtapaunakanit ushakai*

Something used on skin that slows the growth of bacteria (germs).

**Anus**

*ushkatshishin*

The last part of the digestive tract.

**Anxiety**

*ueshami-mishimenitam<sup>u</sup> mak shetshishu*

An uneasy feeling, tension, worry, distress.

**Aorta**

*ka mitshapekats mitenapin*

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

**Aphasia**

*ama nitaveu katshi akushit anite ushtikuanits*

The loss of language skills, caused by damage to the parts of the brain that control language.

**Appendectomy**

*manishkanu kauishikapekashinit*

The surgical removal of the appendix.

**Appendicitis**

*kauishikapekasht akushun*

An infection of the appendix.

**Appendix**

*kauishikapekasht*

**Appetite, loss of**

*ama ui mitshishu*

Not wanting to eat.

**Areola**

*uashka ushtikuanitshitshish*

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

**Arm**

*ushpitun*

**Arm bone**

*ushpitunikan*

The humerus bone of the upper arm.

**Arm or hand pain**

*akushu ushpitunits mak utitshits*

**Arm sling**

*mishpitun ka makupitakanits*

A bandage to support an injured arm.

**Armpit**

*mitiku*

Also called: Axilla

**Arm, lame**

*ama tshi atshipanitalu ushpitun*

An arm that cannot be used properly.

**Arrhythmia**

*ama minupanu uten*

A heartbeat that is not regular.

Also called: Dysrhythmia

**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

**Arteriosclerosis**

*mashkuava ka mitshapekatshi umikuiapia*

A group of diseases in which arteries get thicker and lose elasticity.

Referred to as 'hardening of the arteries'.

**Artery**

*ka mitshapekats umikuiapin*

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

**Arthritis*****ushkan-akushun***

An inflammation of joints with pain, swelling, heat, redness and limited movement. See also: Osteoarthritis and Rheumatoid Arthritis.

**Arthritis, Rheumatoid*****ushkan-akushun***

A chronic disease, found in any age group from young children to older adults, that affects the joints of the bones.

**Arthroplasty*****ushitakanu etapitits ushkana***

The surgical repair of a joint.

**Arthroplasty, hip*****ushitakanu etapitits utukun***

The surgical repair of the hip.

**Arthroplasty, knee*****ushitakanu etapitits mitshikun***

The surgical repair of the knee.

**Arthroplasty, shoulder*****ushitakanu etapitits mititiman***

The surgical repair of the shoulder.

**Arthroscopy*****nanatu-tshissenitakanu tshetshi ushitakanit ka tapititshi ushkana***

Surgery to help diagnose and treat common knee, shoulder, and other joint problems.

**Artificial respiration**

*uitshiakanu tshetshi net*

Helping someone to breathe. See also: Cardio-pulmonary resuscitation (CPR)

**ASA (Acetylsalicylic acid)**

*ushtikuan-natukun*

Non-prescription medication used to relieve minor pain and reduce fever.

Also called: Aspirin

**Ascites**

*nipi nishtumipanu anite ushkatats*

An abnormal accumulation of fluid in the belly.

**Aspirin**

*ushtikuan-natukun*

Non-prescription medication used to relieve minor pain and reduce fever.

Also called: Acetylsalicylic acid (ASA)

**Asthma**

*ama minutam<sup>u</sup> e net*

Attacks of wheezing and breathing difficulty caused by breathing tubes narrowed by inflammation.

Also called: Reactive Airway Disease

**Atelectasis**

*niutepanu passe put kie mishue upan*

The total or partial collapse of the lung.

**Atherosclerosis**

*utshipanua mak ui shakuashua mishta-mikuiapa*

The build-up of fat in arteries causing blockage or narrowing, and is major cause of heart attacks.

**Athlete's foot**

*nitautshin tshekuan mishitits*

A fungal infection of the foot causing itching, blisters and cracks.

**Atrium, left**

*takuts napate unashpatshiunits miten ka pishtepanits e shutshishimakats umik<sup>u</sup>*

The small upper chamber in the heart that pumps blood into the ventricles. The left atrium receives oxygen-rich blood from the lungs.

**Atrium, right**

*napate uminunits miten ka pishtepanits umik<sup>u</sup> ua ueuepanitshi*

The small upper chamber in the heart that pumps blood into the ventricles. The right atrium receives blood that does not have any oxygen.

**Atrophy**

*utshipanu unash anite uiashits*

Shrinking or wasting away of part of the body that was once a normal size.

**Attention-Deficit Hyperactivity Disorder (ADHD)**

*ama natutam<sup>u</sup> mak animishu akushun*

When a person has a short attention span, hyperactivity and poor concentration.

**Audio-**

*petam<sup>u</sup>*

Hearing.

**Audiologist**

*ka natu-tshissenitak mitukaia*

A health worker who tests a person's hearing and may prescribe treatment.

**Autism**

*avass akushun ushtikuanits eka ka shuka minu-nitautshit*

A mental disorder of children causing problems with social interaction and language.

**Auto-**

*uin, nin, tshin*

Self.

**Auto-immune disorder**

*aven akushuinushu eka menushkakut uin uiash utshekuanima*

When the body produces antibodies that attack the body's own tissues.

**Autopsy**

*natu-tshissenitakanu uiau katshi nipitshi aven*

The examination of a body to find out the cause of death.

**Axilla**

*mitiku*

Also called: Armpit

**Axillary nodes**

*unikua anite utikuts*

The lymph nodes in the armpit.

**Baby, newborn**

*avassiss*

**Back**

*mishpishkun*

**Backache**

*akushu ushpishkunits*

Pain in the back.



**Backbone**

*uaukan*

**Back, lower**

*etshikuaiet*

**Bacteria**

*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.

**Balanced**

*kushkunnu*

Staying straight and upright.

**Baldness**

*uashekeu*

The condition of having no hair.

**Balloon angioplasty**

*putatshikan apatshitakanu tshetshi ushitakanitshi*  
*umikuiapina tshetshi minukunitshi*

A treatment for opening obstructed arteries.

**Bandage**

*makapitshikan*

A strip or roll of material used to wrap any part of the body.

**Barbiturate**

*nipeu-natukun put kie tshetshi ashtepitikut*

A medication that can only be taken on doctor's order to help a person relax or sleep.

**Barium enema**

*akunakanu utatshishinapekua katshi pitapautakanits  
ushkatshin*

An X-ray of the bowel after putting thick white liquid into the rectum.

**Barium swallow**

*miniakanu aven ka uapakamanits tshetshi natu-  
tshissenimakanit ushkatats*

A procedure where someone drinks a thick white liquid and then an X-ray of upper bowel is taken.

**Bartholin's glands**

*ishkueu unikua anite umutats*

The small glands in the lips of the vagina.

**Beard, moustache**

*minishtuaia*

**Bears down**

*ushkuiv*

When a woman makes an effort to push the baby out.

**Bed pan**

*mishiunakanits ka papakats*

A pan used to catch urine and feces; used by patients who cannot get out of bed.

**Bedsore**

*pekutshishinu*

A sore, usually over a bony area, caused by prolonged pressure.  
Also called: Pressure sore

**Bed, wets**

*shishikuamu*

**Behaviour problems**

*animenitakushu*

**Behaviour therapy**

*utshiakanu etenikakushit*

**Belches**

*pekateu*

Burps.

**Bell's Palsy**

*utshipitiku napate utashtamik<sup>u</sup>*

Paralysis on one side of the face.

**Belly button**

*mitishin*

Also called: Navel, Umbilicus

**Bends arm**

*kutikupanitau ushpitun*

**Bends leg**

*kutikupanitau ushkat*

**Bends over**

*mussipanu*

**Benign growth**

*nitautshin tshekuan muk<sup>u</sup> 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.

**Beta-adrenergic blockers (Beta-blockers)**

*miten-natukuna*

Medications that reduce the workload of the heart or blood-vessels.

**Bicep**

*ushpitun utshipishueshu*

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

**Bicuspid tooth**

??

The tooth next to the canine tooth.

**Bilateral**

*nitv uiats*

Both sides of the body.

**Bile**

*uishupun*

Yellow, green or brown fluid made by the liver and stored in the gallbladder.

**Bile duct**

*uishupun utatshishinapek<sup>u</sup>*

**Biopsy**

*manishakanu apishish tshekuan tshetshi natu-tshissenitakanits*

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

**Bipolar disorder**

*mishtikuan akushun e ashitenimut nanikutini aven*

A mental illness characterized by periods of very high and low emotional energy.

Also called: Manic-depressive illness

**Birth canal**

*mutan*

Also called: Vagina

**Birth control**

*apatshitakanu tshekuannu tshe eka utauassimit*

Ways of preventing pregnancy.

**Birthmark**

*uminim*

An area on the skin that is a different colour from the rest of the skin and is present from birth. The most common birthmarks are moles and freckles.

**Bitten by an animal**

*makumiku aueshisha*

**Bladder tumour**

*nitautshin tshekuan anite uikunits*

An abnormal growth in the bladder.

**Bladder, urinary**

*uikun*

The bag where pee is kept.

**Bladder, urinary, removed**

*manishakanu uikun*

The bag where pee is kept is cut out.

**Bleeding**

*ushiku*

Leaking of blood from a damaged blood vessel.

**Bleeding gums**

*mininua mipita*

Also called: Gingivitis

**Bleeding, rectal**

*ushiku ushkatshishits*

Bleeding from the anus.

**Blepharitis**

*mikuanu uashka ussishikuts*

An inflammation of the eyelid edges.

**Blind**

*ama uapatam<sup>u</sup>*

Not being able to see.

**Blister**

*pitaupanu*

A small bump on the skin filled with clear liquid.

**Bloating**

*putupanu*

Swelling or filling with gas or air.

**Blood**

*umik<sup>u</sup>*

**Blood cells, red**

*neunnu ka pimautats umikuts*

Microscopic cells in the blood that carry oxygen to tissues of the body.

**Blood cells, white**

*ka mashitsheshits umikuts*

Microscopic cells in the blood that help fight infection by destroying germs.

**Blood clot**

*tashtupanu umik<sup>u</sup>*

A solid mass of blood.

**Blood count**

*umik<sup>u</sup> atshitashun*

A common blood test that counts the number of red blood cells, white blood cells and platelets that occur in a certain amount of blood.

**Blood plasma**

*eka ka mikuakamats umik<sup>u</sup>*

The watery part of blood.

**Blood platelets**

*ka tashtupanits umik<sup>u</sup>*

Blood cells that help in the blood-clotting process.

**Blood poisoning**

*akushimakan umik<sup>u</sup>*

An infection of the blood.

**Blood pressure, high**

*nishkuatuepanu umik<sup>u</sup>*

The blood runs too fast.

Also called: Hypertension

**Blood pressure, low**

*nashikupanu umik<sup>u</sup>*

The blood runs too slowly.

Also called: Hypotension

**Blood sample**

*utinikanu apishish umik<sup>u</sup> tshetshi natu-tshissenitakanits*

A small amount of blood taken to be tested.

**Blood test**

*nanatu-tshissenitakanu umik<sup>u</sup>*

**Blood thinner medications**

*tshe eka tashtupanits umik<sup>u</sup> natukuna*

Drugs used to prevent blood clots, e.g. Heparin.

Also called: Anti-coagulants

**Blood transfusion**

*minakanu umikunu*

Giving blood or some part of blood through an IV.

**Blood typing**

*nanatu-tshissenitakanu tan eshinakuats umik<sup>u</sup>*

The process of finding out which specific type of blood a person has.

**Blood vein**

*umikuiapin*

**Blood vessels**

*umikuiapina*

**Blood work**

*utinakanu umik<sup>u</sup>*

Taking blood to do tests on it.

**Blurry vision**

*ama tshikanam<sup>u</sup>; puetin*

Not being able to see clearly.

**Body**

*uiau*



**Boil***miniss*

A swollen, red and painful area on the skin that looks something like a large flat pimple.

**Bone***ushkan***Bone cancer***ushkan-muteu akushun*

An abnormal growth, a tumour in a bone.

**Bone marrow***ushkan pimin*

The soft tissue inside bones.

**Bone marrow biopsy***utinakanu ushkan pimin*

The removal of soft tissue from inside bone.

**Bone marrow depression***katshi natukuiaakanitshi auen e mutemit, iakushishkaku eshi-natukuiaakanit*

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

**Bone marrow transplant***minakanu iats umikunnu auen tshetshi natukutakanits umik<sup>u</sup>*

Bone marrow taken from a healthy donor is given to a patient with blood cancer.

**Bone scan***akunakanu ushkan*

A test to help find the cause of back pain, damage to bones, cancer that has spread to bones, and to watch problems such as infection and trauma to bones.

**Botulism**

*akushishkaku mitshiminu*

Serious food poisoning.

**Bowel**

*ka mitshapekats utatshishinapek<sup>u</sup>*

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

Also called: Colon, Large intestine

**Bowel movement**

*mishiu*

**Bowel movement, loose**

*mamishiu*

Diarrhea.

**Bowel, lack of control**

*ama tshi nanakam<sup>u</sup> ua mishitshi*

**Bow-legged**

*kakapeteu*

**Brain**

*mitip*

**Brain damage**

*ama tshi atussemakan mitip*

**Brain hemorrhage**

*pikupanu umikuiapi anite mitipits*

**Brain stem**

*mitipiapin*

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

**Brain tumour, cancerous***mutemu utipits*

An abnormal, malignant growth in the brain.

**Braxton Hicks Contractions***ua minishitshi ishkujeu nanikutini mushitau*

Light contractions of the uterus that occur throughout pregnancy.

**Breast***matinin***Breast self-examination***uin nanatu-tshissenimeu utinina***Breastbone***mishkassikan*

Also called: Sternum

**Breastfeeds a child***nuneu***Breathes***neishu***Breathes audibly***petakushu e net***Breathes deeply***mishta-neu***Breathes easily***minutamu***Breathes in through the mouth***utunits ui ishi-neu*

**Breathes out through the nose**

*ushkutits ui ishi-neu*

**Breathe, cannot**

*ama tshi neu*

**Breathing difficulty**

*ama tshi minu-neu*

**Breaths, takes short**

*nishpitamushu*

Panting.

**Breath, bad**

*uitshekateu*

**Breath, out of**

*nuteiatam<sup>u</sup>*

**Breech presentation**

*iatapa issiniu avass*

The baby is lying the wrong way before birth.

**Bronchi**

*ka mitshapekatshi upanapina*

The two main branches of the windpipe (trachea) that go into the lungs.

**Bronchial tubes**

*upanapina*

The hollow air passageways branching from windpipe to lungs.

**Bronchiectasis**

*upan-akushun*

A lung disease with chronic cough, lots of sputum, and risk of pneumonia.

**Bronchioles***upaniapissa*

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

**Bronchiolitis***upanapissa akushun*

A lung disease with inflammation of the bronchioles.

**Bronchitis***upanapia akushun*

An inflammation of the large breathing tubes (bronchi) going to the lungs.

**Bronchoscopy***akunakanu atamits ukutashkuiapi mak upaniapia*

Looking inside the windpipe and bronchi with a special tube with a light.

**Bruise***ututshishiu*

Also called: Contusion

**Bulimia nervosa***mishta-mitshishu ekue pakumutenushut*

A psychological condition where people eat huge amounts of food and then force themselves to vomit, use laxatives, or exercise excessively.

**Bum***mishkatshin*

Also called: Buttocks

**Bunion***patshipanu ushkan ushikutemits*

Pain, swelling, and bending of the joint of the big toe.

**Burned*****nishkuashu***

There is damage to the skin caused by getting too close to something hot, or by certain chemicals, or by touching live electricity, or by being exposed to too much radiation.

**Burnout*****ueshami-aieshkushiu***

Extremely low mental or physical energy after a period of great stress.

**Burn, First degree*****ama shuka akuatikushu, tshetshinue minuau***

The least serious type of burn. Only affects the top layer of skin and heals quickly with no permanent scarring.

**Burn, Second degree*****pitupanu eshkuashut***

A burn which causes blisters on the skin; more severe than first degree burn. Usually heals without scarring.

**Burn, Third degree*****akuatikashu***

The most serious type of burn, which destroys the full thickness of the skin. Leaves permanent scarring and may need skin grafting.

**Bursitis*****patshipanua etapitinitshi ushkana***

A painful swelling of the cushioning sacs in and around joints.

**Buttocks*****mishkatshishin***

Also called: Bum

**CABG (Coronary-artery bypass graft)**

*e matishakanitshi mikuiapina ka nitapekamuatshi mitenits*

Heart surgery to improve blood supply to the heart.

**Caesarean section (C-section)**

*matishakanu ishkujeu tshetshi inniunitshi utauassima*

The delivery of a baby by cutting into the abdomen and uterus and taking the baby out by hand.

**Calculus**

*utashinim*

Small stone that forms, usually in the kidneys, bladder or gall bladder.

Also called: Stone

**Calf**

*utashtan*

**Callus**

*tshishpatshikusheu ushakanits*

Thickened skin.

Also called: Corn

**Cancer**

*muteu-akushun*

Abnormal growths in the body.

**Cancer in situ**

*muteu ama nitautshu*

A cancer that does not spread from where it began.

**Cancerous growth**

*muteu nitautshu*

Abnormal cells that grow in or on the body.

**Candidiasis**

***ka tshinishkatshet akushun mutats***

A fungal infection of the mouth (thrush) or the vagina (moniliasis), most likely to happen if a person is on antibiotics or birth control pills.  
Also called: Yeast infection

**Cane**

***shashkautakan***

A stick to help someone walk.

**Canine tooth**

***katshinashkuapitet***

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

**Canker sores**

***miniu mitun***

Sores in the mouth.

**Capillaries**

***umikuiapissa***

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

**Carbohydrates**

***kashivasht anite mitshimits etakuats***

Parts of food used for energy by the body, like cereals, vegetables, fruits, rice, legumes, potatoes, and flour.

**Carbon dioxide**

***e ueuepanits neuen***

The waste gas that is made by cells and is breathed out.



**Carcinoma**

***ka ushitat / nitautshit muteu-akushun***

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

**Carcin-, Carcino-**

***muteu-akushun***

Cancer.

**Cardiac**

***utenits***

Of or relating to the heart.

**Cardiac arrest**

***ka natshipanits miten***

When the heart stops beating.

**Cardiac catheterization**

***pitepanitakanu natukunnu anite umikuiapits tshetshi  
tshissenitakanits tanite eka menupanit uten***

A test done to see if the blood vessels that bring blood to the heart are clogged or if there are any other problems.

Also called: Angiocardiology

**Cardio-**

***miten***

Heart.

**Cardiopulmonary resuscitation (CPR)**

***uitshiakanu tshetshi net***

Pressing on the chest and breathing into the mouth to keep an unconscious person alive. See also: Artificial respiration.

**Cardiovascular**

***miten mak umikuiapa***

Of or relating to the heart and blood vessels.

**Cardiovascular surgeon**

*miten kamatishavesht*

A doctor who operates on the heart.

**Cardiovascular system**

*miten mak umik<sup>u</sup> eshpanits*

The organ system that includes the heart and blood vessels.

**Caries**

*pakuniakanu uipit*

A hole in a tooth caused by decay.

Also called: Cavity in a tooth

**Carotid arteries**

*mishta-mikuiapia anite mukutakanits ka itapekamuatshi  
ushtikuanits*

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

**Carotid artery, common**

*ka mitshapekats mikuiapi*

The artery in the neck.

**Carpal-tunnel syndrome**

*mititshits e kutikupanits akushun*

A common painful disorder of the wrist and hand caused by doing the same motion over and over.

**Cartilage**

*eka ka shapat ushkanits*

Flexible connective tissue found in various parts of the body including the nose, the outer ear, and where two bones meet. Helps to protect bones from rubbing against each other and wearing away.

**Cast**

*uapinekau*

A solid mold most often used to treat a broken bone.

**CAT Scan**

*akunikan*

A type of X-ray which uses a computer to produce a 3D picture.

**Cataract**

*uapapu; ka nitautshit ka uapat tshakuan anite ussishkuts*

The painless clouding of the lens of the eye that eventually interferes with sight.

**Cataract, removed**

*kashkanikanua ussishikua*

A cloudy layer on the lens of the eye is removed.

**Catheter**

*utatshishin tshetshi uevekuts shishiuapun*

A hollow rubber tube most commonly put into the urinary bladder for drainage. Other catheters are used for heart tests.

**Catheterization**

*ka pitanikanits utatshishinu uiash*

The process of putting a catheter (a hollow, rubber tube) into the body.

**Cauterization**

*ka ishkuashakanits tshetshi tshimikuts*

Bleeding is stopped by putting a hot or electrical rod-like instrument on a blood vessel.

**Cavity in a tooth**

*pakuniakanu uipit*

A hole in a tooth caused by decay.  
Also called: Caries

**Celiac disease**

*apishashu utatshinapekʷ akushun*

An illness that affects the small intestine, caused by eating gluten, which is found in grains such as wheat, rye, barley.

**Cell**

*tshekuan tshitshue apishashu ka inniumakats eshi-nitautshits*

The basic structure of living tissues. The smallest living part of any living thing.

**Cellulitis**

*uminissim atamits ushakanits*

An inflammation of skin and underlying tissue.

**Central nervous system**

*mitip mak uaukan eshpanits*

The brain and spinal cord.

**Cerebellum**

*utipapun ueshpanits*

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

**Cerebra**

*utip*

The main part of the brain which is found inside the skull.

**Cerebral cortex**

*uashka mitipits*

The outside layer of the biggest part of the brain (cerebrum).

**Cerebral embolism**

*apishish tashtupanu umikʷ ka nishpanits anite mitipits*

A small blood clot from the heart or diseased artery that travels to the brain.

**Cerebral hemorrhage**

*utshikunua umikuiapina utipits*

Bleeding into the brain when a blood vessel breaks open.

**Cerebral palsy**

*ama ishpish shutshimakanua utsheshtiapina eshi-inniuiipan*

A group of muscular and nervous-system disorders that are present at birth.

**Cerebral Vascular Accident (CVA)**

*utshipitiku ushtikuanits*

Brain damage due to a clot or bleeding in the brain. May cause paralysis, weakness, speech problems, or death.

Also called: Stroke

**Cerebri-, Cerebro-**

*utip*

Brain.

**Cerebrospinal fluid (CSF)**

*utipapun*

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal Fluid

**Cervical nodes**

*unikua anite ukueiats*

The lymph nodes in neck.

**Cervical spine**

*takuts uaukun*

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

**Cervic-, Cervico-**

*ukueiau*

Neck (of the body or uterus).

**Cervix**

***atamits ishkueu mutats anite ueshipanit auass***

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

**CF (Cystic Fibrosis)**

***auass upan-akushun ka ashu-minikut ukauia put utauia***

An inherited disease, found in children, which affects the lungs, digestion, and sweat.

**Chapped**

***pashteu***

The skin becomes sore, rough or split from cold or exposure.

**Charley horse**

***utshipitiku utashitanits***

A sudden and painful cramp of muscle in the leg.

**Cheek**

***utamakan***

**Cheekbone**

***utamakanikan ?***

**Chemotherapy**

***natukun ka apatshitakanits tshetshi nipaiakanit muteu-akushun***

A drug used to kill cancer cells.

**Chest**

***mishkassikan***

Also called: Thorax

**Chest pain**

***akushu ushkassikanits***

**Chickenpox*****pepeshkupanu***

A contagious disease most commonly found in children. Symptoms include fever, headache, loss of appetite, and small red spots which in a few hours get bigger and fill with clear fluid and are very itchy.

**Child abuse*****piuenimakanu auass*****Chin*****ukuashkuneua*****Chlamydia*****matshi-akushun ka ashu-minitunanits***

A Sexually Transmitted Infection (STI).

**Chokes on food*****tshipishkunu*****Chokes on food particle*****tshipishkunu mitshiminu*****Chokes on liquid*****tshipishkunipeu*****Cholecystectomy*****manishakanu uishipun***

The surgical removal of the gallbladder.

**Cholesterol, high*****pimiunu umik<sup>u</sup>***

Too much of a chemical that causes fat to build up on the inside of blood vessels.

**Chronic*****mushinau akushu***

A condition that lasts for a long time or that cannot be cured. The opposite of acute.

**Chronic airway obstruction*****upan-akushun***

An incurable disease where mucus blocks the lungs so that air does not flow easily in or out.

Also called: Chronic Obstructive Lung Disease (COLD)

**Chronic fatigue syndrome*****aieshkushiumatshiu mushinau akushun***

Profound fatigue.

**Chronic Obstructive Pulmonary Disease (COPD)*****upan-akushun***

An incurable disease where mucus blocks the lungs so that air does not flow easily in or out.

Also called: Chronic airway obstruction

**Circulatory system*****e papamipanits umik<sup>u</sup> eshpanits anite unats***

The organ system that keeps blood continuously moving around the body.

**Circumcision*****manishakanua ushkats ushakaia anita uitakashits***

The removal of the foreskin of the penis.

**Cirrhosis of the liver*****ishkuasham<sup>u</sup> ushkun e minit***

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



**Clammy hands**

*apuepanua utitshina*

Hands that are sweaty.

**Claustrophobia**

*kushtam<sup>u</sup> tshetshi tshipuakanit anite epishashinit*

A fear of being in, or being trapped in, narrow spaces.

**Clavicle**

*uapikan*

Also called: Collar bone

**Cleft lip or palate**

*mataunakushinu utuniss*

A congenital opening of upper lip or roof of mouth, present at birth.

**Clips**

*nishekussa apatshitakanua tshetshi tshipanikanits ka matishakanit*

U-shaped pieces of metal with two pointed ends that is used instead of thread to hold skin together.

Also called: Staples

**Clitoris**

*ishkueu mutats*

**Clot**

*tashtupanu umik<sup>u</sup>*

A piece of dried blood or fluid that covers a hole in a blood vessel to stop blood from leaking out; also refers to a solid piece of blood that circulates in, and may plug, blood vessels.

**Clot buster**

*natukun ka pikuapitak ka tashtupanits umikunu*

Drug used to dissolve blood clots, e.g. Coumadin.

Also called: Thrombolytic drug

**Coagulation**

*tashtupanu umik<sup>u</sup>*

An activity of the blood that causes blood to form a jelly-like clot.

Also called: Clotting

**Cocaine**

*natukun ka nakatuenitakanits e mishta-akushit aven*

A drug.

**Coccyx**

*tshakanikan*

The small triangular bone at the bottom of the spine.

Also called: Tailbone

**Cochlea**

*atamits mitukats*

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

**Cochlear implant**

*ka matishakanits uitukan aven ka tshikamutakanit tshakuan  
tshetshi minu-petak*

A surgically-implanted electronic device that provides a sense of sound to a person who is profoundly deaf.

**Cognitive**

*mamitunenitamun*

The mental process of understanding, judgment and reasoning as contrasted with emotion.

**Cognitive therapy**

*umitunenitakan natukutakanu*

Psychotherapy based on the idea that the way we think about the world and ourselves affects our emotions and behaviour.

**Cold sore**

*umatshiu utunits*

A blister or sore around the mouth.

Also called: Herpes simplex

**Cold sweat**

*takapueshu*

**Cold, common**

*utatshikumu*

**Cold, feeling**

*shikatshu*

**Colic in infants**

*auass akushu ushkatats*

A belly ache in newborns that does not interfere with growth.

**Colitis, ulcerative**

*mishta-akushu utatshishinapekua*

A serious, chronic, inflammatory disease of the colon and gastrointestinal tract. See also: Crohn's disease

**Collarbone**

*uapikan*

Also called: Clavicle

**Colon**

*ka mitshapekats utatshishinapekua*

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

Also called: Bowel, Large Intestine

**Colonoscopy**

*nanatu-tshissenitakanua utatshishinapekua mak uesh mishit*

A procedure to look at the colon, large bowel or anus.

**Colostomy**

*pakuneshakanu tshetshi uevekunit umuen*

An opening made into the colon to release waste from the body.

**Col-, Colo-**

*utatshishinapek<sup>u</sup>*

Colon, large intestine, bowel.

**Coma**

*neush ama tshissu*

A state of deep unconsciousness when one is unable to open eyes, respond to pain, or speak.

**Common carotid artery**

*ka mitshapekats mikueiapin*

The artery in the neck.

**Compression**

*ka tshitshishinikanits*

Pressing down on something.

**Compulsion**

*shassikuts nasht ui tutam<sup>u</sup> tshekuannu*

A strong urge to perform an act. Not doing this act causes the person to be anxious.

**Concussion**

*ushikushinu ushtikuanits*

Damage to the brain caused by violent jarring or shaking.

**Condom**

*pitatuan*

**Cone biopsy**

*manishakanu apishish tshetshi nanatu-tshissenimakanit  
ishkueu anite atamits*

The removal of cells in a cone section from the cervix to check for cancer.

**Confused**

*uainitam<sup>u</sup>*

Someone does not know the time, place, person or situation.

**Congenital**

*mataunakushu auass enniut*

When something abnormal is present in the body at birth.

**Congestive heart failure**

*miten ama shuka minupanu ekue nipiut anite upanits mak  
ushkatits kie utitshits*

The heart fails to pump properly and this causes fluid to build up in the lungs or extremities.

**Conjunctivitis**

*mikuapu*

Also called: Pink eye

**Connective tissue**

*utsheshta mak utsheshtiapia*

Ligaments or Tendons.

**Consent**

*tapuetam<sup>u</sup>*

A voluntary agreement to do something that someone else asks you to do.

**Constipation***mashkukatsheu*

A problem getting rid of solid waste from the bowels.

**Contact lenses***kauauniatshi missishikuts ka pitanikanitshi***Contagious***ashu-mineu*

When a disease is easily passed on from one person to another; catching.

**Contraceptive***tshakuan ka apitshitakanit tshetshi eka utauassiminanits*

A method of preventing pregnancy.

**Contractions***ua minishitshi ishkuueu nanikutini mushitau*

Also called: Labour pains

**Contusion***ututshishiu*

Also called: Bruise

**Convulsion***utshipitiku*

Uncontrollable movements of the body.

Also called: Seizure

**COPD (Chronic Obstructive Pulmonary Disease)***upan-akushun*

An incurable disease where mucus blocks the lungs so that air does not flow easily in or out.

Also called: Chronic airway obstruction

**Corn**

*tshishpatshikusheu ushakanits*

Thickened skin.

Also called: Callus

**Coronary-artery bypass graft (CABG)**

*e matishakanitshi mikuiapina ka nitapekamuatshi mitenits*

Heart surgery to improve blood supply to the heart.

**Coronary-artery disease**

*akushimakana mikuiapina anite ka nitapekamuatshi mitenits*

A disease affecting the arteries that supply blood to the heart.

**Coron-, Corono-**

*miten*

Heart.

**Cortisone drugs**

*natukuna tshetshi ashte-patshipanits mak e mikuats*

Medications similar to natural hormones used to treat inflammation.

**Coughs**

*ushtam<sup>u</sup>*

**Coughs up blood**

*shuikutam<sup>u</sup>*

**Cough, productive**

*pakuepieu utatshikuma*

A cough that brings up phlegm (mucus).

**CPR (Cardiopulmonary resuscitation)**

*uitshiakanu tshetshi net*

Pressing on the chest and breathing into the mouth to keep an unconscious person alive.

**Crab lice*****mutan-nikuats***

Lice found in the pubic area of a person.

Also called: Pubic lice

**Cramp*****utshipitiku***

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

**Cranium*****mishtikuanitshekan***

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

Also called: Skull

**Crippled*****massiu***

Having a physical disability that affects walking or moving other parts of the body.

**Crohn's disease*****mishta-akushu mak patshipanua utatshishinapekua***

The chronic inflammatory disease of the gastrointestinal tract. See also: Colitis, ulcerative

**Cross-eyed*****iats nitakushtau ussishikua***

When one eye is not in the right position.

Also called: Strabismus, Lazy eye

**Croup*****mateuiatshushu ushkassikanits auass***

A viral infection of the respiratory tract, characterized by a harsh cough, occurring mostly in children under age 3.



**Crown of head**

*mishikatip*

The top of the head.

**Crutches**

*mishtikua, umishtikuma*

Sticks used to help someone walk when a leg is injured.

**Cryotherapy**

*e mashkutshitakanits muteu-akushun*

A procedure to freeze-burn cancer cells.

**C-section (Caesarean section)**

*matishakanu ishkujeu tshetshi inniunitshi utauassima*

The delivery of a baby by cutting into the abdomen and uterus and taking the baby out by hand.

**CSF (Cerebrospinal fluid)**

*utipapun*

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal fluid

**Culture**

*apishish utinakanu tshetshi nanatu-tshissenitakanits*

Something taken from the body is tested to identify bacteria, fungi or viruses.

**Curettage**

*manukakanu anite auass ka uesh nitautshit*

The removal of something from the surface of an organ or part of the body with a spoon-shaped instrument.

**Cut from a sharp object**

*pishtishu*

**CVA (Cerebral Vascular Accident)**

***utshipitiku ushtikuanits***

Brain damage due to a clot or bleeding in the brain. May cause paralysis, weakness, speech problems, or death.

Also called: Stroke

**Cyst**

***nitautshin tshekuan e nipiuts atamits uiashits***

A fluid-filled sac found inside the body.

**Cystic Fibrosis (CF)**

***avass upan-akushun ka ashu-minikut ukauia put utauia***

An inherited disease, found in children, which affects the lungs, digestion, and sweat.

**Cystitis**

***akushu unipimits***

An infection of the bladder.

Also called: Urinary tract infection (UTI)

**Cystoscopy**

***natu-tshissenitakanu anite ueshipanits ushishiunits***

A procedure to view the bladder and urethra.

**Deaf**

***ama petam<sup>u</sup>***

Not being able to hear.

**Defecates**

***mishiu***

Has a bowel movement.

**Defibrillation**

*tshekuan ka apatshitakanits tshetshi tshitshipanitakanits minuats miten*

An electronic device gives an electric shock to the heart to either restart the heart or restore normal rhythm.

**Dehydrated**

*nikatshipanu nipin anite uniashits*

Too little water in the body.

**Dementia**

*ka unikuatimunikut natukunnu mak akushunnu*

A mental disorder characterized by personality changes, confusion and loss of memory.

**Dementia, senile**

*tshishenniu-akushun*

The mental confusion and loss of memory that develops in later life, e.g. Alzheimer's Disease.

**Dentist**

*kanutapitet*

A person who has been to a school to learn how to look after the teeth and mouth.

**Denti-, Dento-**

*mipit*

Teeth.

**Dentures**

*mipita ka pashkakanitshi*

False teeth.

**Depressed**

*ushtuenitam<sup>u</sup>*

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

**Dermatitis*****tshinakasheu***

A swelling and/or reddening of the skin. Symptoms may include itching, blisters, watery discharges, cracks in the skin or redness.

**Derm-, Derma-, Dermo-, Dermat-, Dermato-*****ushakaia***

Skin.

**Diabetes Mellitus (Type 1)*****e kashiuashiut aven mak natukuna mitshu mak shapushtaushu***

A condition in which the pancreas does not produce enough insulin; requires insulin injections.

**Diabetes Mellitus (Type 2)*****e kashiuashiut aven mak natukuna mitshu mak ama shapushtaushu***

A condition in which the pancreas does not produce enough insulin; may be managed by insulin pills and food but does not require injections.

**Diabetes, gestational*****e kashiuashiumikuet ishkuuev mekuats e tanitshi utauassima***

Diabetes that starts during pregnancy and may continue after delivery.

**Diabetic hyperglycemia*****ishkuatepanu ukashiuashiun***

Abnormally high blood glucose (sugar) level occurring in a person with diabetes mellitus.

**Diabetic hypoglycemia*****nashikupanu ukashiuashim***

Abnormally low blood glucose (sugar) level occurring in a person with diabetes mellitus.

## Diagnosis

### *eshinikatets akushun*

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

## Dialysis

### *e tshishtapautshipanitanits umik<sup>u</sup>*

When blood is cleaned by a machine because the kidneys are not working.

Also called: Kidney dialysis, Renal dialysis

## Diaper rash

### *pakushashu*

A red, sore rash in the area covered by a diaper.

## Diaphragm

### *eshkuassipet*

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

## Diaphragm for birth control

### *ishkueu akunishkueuniss*

A type of birth control consisting of a flexible disk, usually made of rubber, that is placed in the vagina and covers the cervix in order to stop sperm from getting to the egg during sexual intercourse.

## Diarrhea

### *mamishiu*

A loose, watery bowel movement.

## Diet

### *eshi-mitshishut*

The type and amount of food that someone eats every day.

**Dietician**

*mitshiminnu ka tshissenitak eshi-mitshishunanits*

A person who tells others what type and amount of food to eat every day in order to become healthier.

**Diet, special**

*muk<sup>u</sup> passe tshekuannu tshe mitshit*

A certain type and amount of food that someone eats every day in order to become healthier.

**Digestive system**

*eshpanits katshi mitshishutshi anite atamits*

The parts of the body that help to digest food.

**Digital rectal examination (DRE)**

*nashik<sup>u</sup> ka natu-tshissenimakanit*

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

**Dilatation and curettage (D&C)**

*minukakanu anite auass ka uesh nitautshit*

The lining of the uterus is scraped away.

**Dilates**

*nutepanu*

Opens up.

**Diplopia**

*ka-nanishinua ishinam<sup>u</sup>*

Double vision.

**Disabled person**

*kamassit*

**Disc, ruptured**

*pakapanu uaukan-ashpanikaniss*

The breaking open of the cushion between the spinal vertebrae, usually in the lower back area, causing pain and nerve damage.

**Disc, spinal**

*uaukan-ashpanikaniss*

The cushion between the spinal vertebrae.

**Disease**

*akushun*

An illness.

**Dislocated arm**

*peshissitsheshinu*

The joint of bones of the arm come apart too much.

**Dislocated foot**

*peshitshikateshinu*

The joint of bones of the foot comes apart too much.

**Dizzy**

*tshishkuepanu*

**Doctor**

*natuashtikushu*

**Doppler test**

*natu-tshissenitakanu umik<sup>u</sup> mekuats eshpanits*

An ultrasound test to evaluate blood as it flows.

**Down Syndrome**

*massiu auass*

A disorder that someone is born with, in which there is some physical deformity and mental retardation.

**Drains***utshiku*

The liquid comes out.

**DRE (Digital rectal examination)***nashiku<sup>u</sup> ka natu-tshissenimakanit*

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

**Drill***pakunenikan***Drools***pimikunu ushiku<sup>u</sup>*

Saliva comes out of the mouth with no control.

**Drowns***nipapaveu*

Someone dies from breathing in water.

**Drowsy***ui nipau*

Sleepy.

**Drug***natukun***Drug abuse and addiction***piuenitam<sup>u</sup> mak tipenimikun natukuna*

A person uses drugs too much and becomes dependent on them.

**Drug hypersensitivity***shassikuts nishtunakushu eka menushkakut natukunnu*

An increased reaction or sensitivity by the immune system to a drug; can be life-threatening.



**Duodenum*****takuts utatshishinapek<sup>u</sup>***

The first part of the small intestine.

**Dys-*****animan***

Difficulty or trouble.

**Dysentery*****patshipanu utatshishinapekua, mikunu mitshitam<sup>u</sup> mak akushu ushkatats***

An inflammation of intestine causing bloody diarrhea and abdominal cramps.

**Dysphagia*****ama tshi kutam<sup>u</sup>***

Difficulty in swallowing.

**Dysrhythmia*****ama minupanu uten***

A heartbeat that is not regular.

Also called: Arrhythmia

**D&C (Dilatation and curettage)*****minukakanu anite avass ka uesh nitautshit***

The lining of the uterus is scraped away.

**Ear*****uitukan*****Ear canal*****e pakunetutshet***

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

**Ear infection, middle**

*tetauts anite uitukats akushu*

An infection in the middle ear.

Also called: Otitis Media

**Ear infection, outer**

*mikuanu uitukan*

An infection in the outer ear.

**Earache**

*akushu uitukan*

A pain in the ear.

**Eardrum**

*uitukaia uteuenikanissa*

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

**Eardrum, ruptured**

*pakunepanu mitukan uteuenikaniss*

The eardrum is burst.

**Earwax blockage**

*tshipussinenua utekussitutshaia*

A build-up of wax that blocks the ear canal.

**Ear, ringing or buzzing sounds**

*tepuessitam<sup>u</sup>*

A ringing sound inside the ear.

Also called: Tinnitus

**ECG (Electrocardiogram)**

*miten ka natu-tshissenitakanits*

A test that makes recordings of electrical impulses of the heart.

Also called: EKG

**-ectomy***manishakanu*

Removal.

**Ectopic (tubal) pregnancy***iatapa nitautshu avass*

The baby grows outside of the uterus.

**Eczema***tshinakasheu*

A word used to describe many different types of skin diseases that have the symptoms of redness, itching, scaling of the skin or leaking fluid.

**Edema***patshipanu*

A build-up of extra fluid in the body.

**EEG (Electroencephalography)***tapaveshimakanu ushtikuanits tshetshi nanatu-tshissenitakanits utip*

The recording of electrical activity along the scalp.

**Effect, has a certain***eshi-matenitakuats*

Causes a certain thing to happen.

**Ejaculate***papanu napeu*

The discharge of semen during a man's orgasm.

**Ejaculate prematurely***uipats papanu napeu*

A man ejaculates too fast during sexual intercourse.

**EKG (Electrocardiogram)**

*miten ka natu-tshissenitakanits*

A test that makes recordings of electrical impulses of the heart.

Also called: ECG

**Elbow**

*utushkun*

**Electric current**

*uashtepimakan tapauetin*

The flow of electricity.

**Electric shock**

*uashtepimakan mushitau*

A shock which occurs when too much electricity flows through a person's body.

**Electrocardiogram (ECG or EKG)**

*miten ka natu-tshissenitakanits*

A test that makes recordings of electrical impulses of the heart.

**Elevated**

*ushpitakanu*

Raised.

**Embolism**

*tshipuapitshepanu umikuiapin*

The sudden blocking of a blood vessel caused by something travelling through the blood, like a clot.

**Embryo**

*auassiss pitshenik ka nitautshit*

An unborn human in its first two months of growth.

**-emia***umiku*

Of or relating to blood.

**Emphysema***upan mishta-akushun*

One type of COPD (chronic obstructive lung disease) which makes breathing very difficult and gives a constant feeling of being short of breath.

**Encephalitis, viral***patshipanu anite utipits*

A swelling of the brain inside the skull that places downward pressure on the brain stem due to infection.

**Endocrine system***unikuts eshpanits*

The hormonal system that includes all the glands in the body.

**Endoscopy***akunikan ka uashtets ushkats ekunakanitshi aven atamits*

Looking inside a part of the body with a long flexible tube with a light at the end.

**Enema***pitapaunakanu aven tshetshi mishit*

Putting liquid into the rectum through a tube.

**Epidemic***mishue akushinanu*

The widespread occurrence of a disease in a community at a particular time.

**Epidural anesthesia**

*mashkutimakanu tshetshi eka nishtishit aven ushpishkunits*

Anaesthetic drugs given by a needle between the bones of the lower spine to stop pain; the patient is awake; often done during labour.

**Epiglottis**

??

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

**Epilepsy**

*utshipitiku-akushun*

A condition that causes seizures, convulsions.

**Episiotomy**

*e tshimishakanit ishkueu nashik<sup>u</sup> tshetshi ueuepanit auass*

A cut made to the opening of the vagina during delivery of a child to make it easy for the baby to come out or to stop the tissue from tearing.

**Erythrocyte**

*neunnu ka pimautat umikuts*

These carry oxygen from the lungs to the body's tissues.  
Also called: Red blood cells (RBC)

**Esophagus**

*mikutashkueuiapin*

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

**Eustachian tube**

*mitukan utatshishin*

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

**Exercises**

*kukuetshiu; kukuetshiun*

**Extraction of tooth***manapitepitakanu*

A tooth is pulled out.

**Eye***missishik<sup>u</sup>***Eye pain***akushu ussishik<sup>u</sup>***Eye socket***missishk<sup>u</sup> ushkan***Eyebrows***umamama***Eyeglasses***ussishikukauna***Eyelash***umishuiapunan***Eyelid***??***Eyes, crossed***iats nitikushtau ussishikua*

When one eye is not in the right position.

**Eye, swollen***patshipanu ussishik<sup>u</sup>***Face***utashtamik<sup>u</sup>*

**Face pain**

*akushu utashtamikuts*

**Failure to thrive**

*ama minu-nitautshu avass eshk<sup>u</sup> eka patetash tatupipuneshit*

Slow weight gain in a child 0 to 5 years.

**Faints**

*ama tshissu*

Loses consciousness temporarily.

**Fallopian tubes**

*ishkueu utatshishina uetshipanitshi uauma*

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

**Farsightedness**

*uaiu uapatam<sup>u</sup>*

The ability to see things that are far away more easily than things that are close.

Also called: Presbyopia

**Farts**

*puetshitu*

**FASD (Fetal Alcohol Spectrum Disorder)**

*eshk<sup>u</sup> eka inniut avass, ukauia mishta-minipani*

A condition found in children who are born to a mother who drinks too much alcohol while pregnant.

**Fat**

*uinun*

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



**Fatigued***aieshkushiu*

Tired.

**Fearful***kushtam<sup>u</sup>; shetshishu***Fecal***menu*

Of or relating to feces, shit.

**Fecal impaction***tshipukatsheshkaku umen*

A solid, unmovable mass of feces that can develop in the rectum as a result of chronic constipation.

**Feces***men*

Shit.

Also called: Stool

**Feet***mishita***Female***ishkueu***Femur***mipuamikan*

Bone of the part of the leg above the knee.

Also called: Thigh bone

**Fertility problems, female***eka tshi utauassimit ishkueu*

A woman has problems getting pregnant.

**Fertility problems, male**

***eka tshi utauassimit napeu***

A man has problems getting a woman pregnant.

**Fetal Alcohol Spectrum Disorder (FASD)**

***eshk<sup>u</sup> eka inniut auass, ukauia mishta-minipani***

A condition found in children who are born to a mother who drinks too much alcohol while pregnant.

**Fetal monitoring**

***auassiss ka natu-tshissenimakanit eshk<sup>u</sup> eka inniut***

Checking on the fetus and on the labour pains before a woman gives birth.

**Fetus**

***auass pitshenik e nitautshit***

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

**Fever**

***tshishu***

A higher than normal body temperature.

**Fibroids**

***nitautshin tshekuan anite auass ka uesh nitautshit***

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

**Fibromyalgia**

***mishue anite ka katshitishinanits akushun***

A group of disorders characterized by chronic widespread aches and pains.

**Fibula**

***ka apishashinits ushkan anite ushkatits***

The outside, smaller bone of the lower leg.

**Fifth disease**

*mishue anite mikushiu utashtamikuts, uiats mak ushpitunits*

A viral illness that produces a distinctive red rash on the face, body, arms.

**Finger**

*ninitshititshan*

**Fingernail**

*mishkashin*

**Finger, index**

*atuanikanashk<sup>u</sup>*

The second finger.

Also called: Forefinger

**Finger, middle**

*tetautitshan*

**Finger, pinkie**

*utishkuaititshiss*

The last, smallest finger.

Also called: Baby finger, Little finger

**Finger, ring**

*tapititshepishun mititshin*

Also called: Fourth finger

**First molar tooth**

??

**Fist, make a**

*makunitsheuiu*

**Flatulence***puepuetshitu*

When someone farts a lot.

**Fleas***pitshepanishats***Flesh***unash***Flu (Influenza)***utatshikumu*

A contagious disease causing chills, fever, and aches and pains.

**Fontanel***unatipima*

The soft spot on a baby's head.

**Food***mitshim***Food intolerance***ama minushkaku mitshiminu*

The inability to digest certain foods. For instance, lactose intolerance to milk and milk products may cause cramps and diarrhea.

**Food poisoning***akushishkaku mitshiminu***Foot***mishit***Forceps***nishek<sup>u</sup> utashkuanikan*

A two-bladed instrument used to hold things to keep them free from germs, or to help in delivering a baby.

**Forceps delivery**

*nishekunu utashkuanakanu avass eka katshi inniutshi*

A baby must be taken out of the mother using forceps to help.

**Forearm**

*mishpitun*

**Forefinger**

*atuanikanashk<sup>u</sup>*

The second finger.

Also called: Index finger

**Forehead**

*mishkatik<sup>u</sup>*

**Foreskin**

*ushkatshu ushakaia anita uitakats*

**Fracture**

*natuapanu ushkan*

Breaking of a bone.

**Freckles**

*papatikueu*

**Frostbite**

*mishkutshu ushakaia*

An injury to tissues due to cold. Usually the first areas of the body to freeze are the nose, ears, fingers and toes.

**Gallbladder**

*uishupun*

**Gallstone**

*utashinim*

Stone that has formed in the gallbladder.

**Gangrene**

***nipimakan unash***

A condition created when tissue in the body dies because the blood supply is cut off.

**Gas**

***pekateu put puetshitu***

Burping and farting.

**Gas-sniffing**

***minatishkueu***

**Gastritis**

***akushu ushkatats***

An inflammation of the lining of the stomach.

**Gastroenteritis**

***tshishushkateu***

An inflammation of the stomach and intestines due to different causes.

**Gastroscopy**

***uashtenimakan apatshitakanu tshetshi natu-  
tshissenitakanits mishkatats***

A medical test done to see if the stomach is healthy using a gastroscope, which is put in the mouth and passed down into the stomach.

**Gastrostomy**

***eshi-ashamakanit auen e pishteiapekamutakanits ushkatats***

An opening into the stomach through which a feeding tube is passed.  
Also called: Tube feeding

**Gastr-, Gastro-**

***ushkatats***

Stomach.

## 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.

## General anesthesia

***nipekuakanu***

The condition of 'being put to sleep'.

## General surgeon

***kamatishavesht***

A doctor who does all kinds of surgery.

## Genital Warts

***utshitshikuma anite mutats***

A Sexually Transmitted Infection (STI) caused by the Human Papilloma Virus (HPV); a risk factor for cancer of the cervix.  
Also called: Venereal warts.

## Genitals

***mutats***

The private parts of a man or woman.

## German measles

***mikusheun***

A mild disease which causes a slight fever, swollen glands and a rash.

## Germes

***kauinnakuats; kaiakushishkatshet***

A common word used to describe a very small living thing that causes a disease, for example, a bacteria, virus or fungus.

## Gingiva

***unash mipit***

Also called: Gums

**Gingivitis**

*miniunua uipita*

Also called: Bleeding gums

**Gland**

*unik<sup>u</sup>*

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

**Glaucoma**

*mishissik<sup>u</sup> akushun*

A disease that affects the eyes and can cause blindness if left untreated.

**Glucometer**

*ka apatshitakanits tshekuan tshetshi nanatu-tshissenitakanits ukashiuashiun*

An instrument used to measure how much glucose is in the blood.

**Glucose**

*ka kashiuashiuts umik<sup>u</sup>*

A type of sugar found in the blood and some foods. Not the same type of sugar we add to our food.

**Glucose-tolerance test**

*nanatu-tshissenitakanu ukashiuashiu-mik<sup>u</sup>*

A test, usually for diabetes, in which glucose is given and blood samples taken afterward to find out how quickly it is cleared from the blood.

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

*kashiuasht*

Sugar, sweet.

**Gonads**

*napeu utashua mak ishkueu uauma*

Testes in a man or ovaries in a woman.



**Gonorrhoea***matshi-akushun*

A Sexually Transmitted Infection (STI).

**Gout***mishikutem upime ushkan ka ueshami-nitautshits*

A type of acute arthritis caused by an excessive amount of uric acid in the blood that crystallizes and causes severe pain, especially in the joint of the big toe.

**-gram***akunikan*

Record, measure.

**Grand mal***utshipitiku-akushun*

A type of seizure that involves movement of the whole body.

**Gravid-, Gravido-***utauassimu*

Pregnant.

**Green***shipeku***Grief***mueshtatamun*

An emotional response to someone dying, separation, or loss.

**Groin***utshitshashkats*

The area of the body where the leg joins the trunk of the body.

**Growth, abnormal**

*ka nitautshits tshekuan unats*

Also called: Tumour

**Growth, normal**

*nitautshu*

**Gum socket**

*unash mipit*

**Gums**

*unash mipit*

Also called: Gingiva

**Gynecologist**

*ishkueu-natuashtikushu*

A doctor who looks after women.

**Hair**

*pishkueun*

**Hair loss**

*uashekaiepanu*

**Hand**

*utitshin*

**Hand, left**

*unashpatshiun*

**Hand, right**

*uminun*

**Hangover**

*ushtamatshiu*

**Head**

*mishtikuan*

**Head injury**

*ushikushinu ushtikuanits*

**Headache**

*akushu ushtikuan*

A pain or ache in the head.

**Heals**

*ui minuau*

Gets better.

**Health**

*eshi-inniut mishue*

A condition of physical, mental, spiritual, and emotional well-being.

**Hearing impairment or loss**

*ama petam<sup>u</sup>*

Deafness.

**Heart**

*miten*

**Heart attack**

*utshipitiku uten*

Damage to the heart from a sudden blockage of one of the blood vessels that brings blood to or from it.

Also called: Myocardial infarction (MI)

**Heart block**

*nikatshipanu miten*

A problem with the part of the heart that controls the heartbeat.

**Heart murmur***pakuniau miten*

The abnormal sound of blood moving through the heart, especially at the site of a damaged valve.

**Heart rate, heart beat***eshpish tshishipanits miten*

The number of times the heart beats per minute.

**Heart transplant***atinakanu aits miten*

Putting a new heart into a person.

**Heartburn***uishikassikeu*

A burning pain in the chest due to the fluid in the stomach backing up into the esophagus.

**Heavy pressure***kushikun etimatshishtakanits*

A feeling of heaviness in a part of the body.

**Heel***mitutan*

The back part of the foot.

**Heel spur***nitautshin tshekuan mitutanits*

A benign (not dangerous) growth of bone on the heel.

**Hematemesis***pakumutam<sup>u</sup> umikunu*

Vomiting of blood.

**Hematuria**

*shishtam<sup>u</sup> umikunu*

Blood in the urine.

**Hemi-**

*pushk<sup>u</sup>*

Half.

**Hemiparesis**

*napate eka katshi atshit e akushit utipits*

Paralysis of one side of the body due to a problem with the brain.

Also called: Hemiplegia

**Hemiplegia**

*napate eka katshi atshit e akushit utipits*

Paralysis of one side of the body due to a problem with the brain.

Also called: Hemiparesis

**Hemisphere of brain**

*napate mitip*

One side of the brain.

**Hemoglobin**

*ka shutshishimakats umik<sup>u</sup>*

A protein in red blood cells that carries oxygen.

**Hemorrhaging**

*mishta-ushiku umik<sup>u</sup>*

Leaking of a great deal of blood from a broken blood vessel.

**Hemorrhoids**

*patshipanua umikuiapia anite mashkatshits*

Swollen veins in the lining of the anus that often cause pain and itching.

Also called: Piles

**Hem-, Hema-, Hemo-, Hemat-, Hemato-  
umik<sup>u</sup>**

Blood.

**Hepatitis**

***akushimakan mak patshipanu ushkun***

A disease which causes inflammation of the liver.

**Hepatitis A**

***akushimakan mak patshipanu ushkun (A) - men mitshimits  
put nipits takuanishapan***

Infectious viral hepatitis that is spread through water or food contaminated by feces.

**Hepatitis B**

***akushimakan mak patshipanu ushkun (B) - tshika tshi ashu-  
minitunanu akushun***

Infectious viral hepatitis that is passed from one person to another by contact with the body fluids (blood, saliva, semen and vaginal fluids) of an infected person.

**Hepat-, Hepato-, Hepati-**

***ushkun***

Liver.

**Hereditary**

***ka ashu-minitunanits anite utauassimuats***

Passed or capable of being passed from parents to their children.

**Hernia**

***ka ueuepanits utatshinapek<sup>u</sup>***

A place where an organ comes out through a weak point in the muscle wall that holds it in, such as the umbilicus (belly button) or discs in the spine.

## Hernia repair, femoral

*ushitakanu utatshinapek<sup>u</sup> ka ueuepanits*

A surgical procedure performed to reposition the tissue that has come out through a weak point in the abdominal wall.

## Herpes

*miniu-akushun*

A disease caused by a germ (virus) that causes small clusters of fluid-filled sacs (blisters) to develop. There are two main types of herpes: one affects the area around the mouth, and the other affects the area around the genitals.

## Herpes simplex

*miniu-akushun anite mitunits*

A blister or sore around the mouth.  
Also called: Cold sore

## Herpes, genital

*miniu-akushun anite mutats*

A disease that may cause blisters and sores in the genital area, or may not have any symptoms at all.

## Hiccups

*shikukatau*

## Hip

*utukun*

The broadest bone of the skeleton to which the leg attaches.

## Hip dislocation

*pikushtau utukun*

An injury of the hip bone when the ball-shaped head of the femur leg bone comes out of the cup-shaped socket in the pelvis.

**Hip fracture**

*utukun natuashtau*

A break in the hip.

**HIV**

*eka katshi natukutakanits akushun*

The Human Immunodeficiency Virus which causes AIDS (Acquired Immune Deficiency Syndrome), a breakdown of the immune system so that a person is not able to fight off disease.

**Hives**

*mikushiu mak patshipanu eka minushkakut tshekuannu*

A skin condition with raised itchy areas, surrounded by redness. May be due to allergies.

**Hoarseness of voice**

*massikutakeu*

A rough and deep voice.

**Hodgkin's disease, Hodgkin's lymphoma**

*umutem unikuts*

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

**Homosexual**

*ka uitimushitatuats napeuats kie nishkueuats*

**Hospital**

*natukunitshuap*

**Hot**

*tshishiteu*

**Hot pack**

*akuapissiman*



**Humerus***ushpitunikan*

The bone of the upper arm.

**Hygiene***minukashu*

Keeping oneself and surroundings clean.

**Hyper-***ueshami-; ushtetshe*

Excessive, above, beyond.

**Hyperactivity, organ***ueshami-tshishipanu*

Abnormally increased activity of an organ, such as the heart or thyroid.

**Hyperactivity, person***ueshami-animishu*

Abnormally increased activity of a person.

**Hypertension***nishkuatuepanu umik<sup>u</sup>*

The blood runs too fast.

Also called: High blood pressure

**Hypn-, Hypno-***nipekuakanu*

Sleep.

**Hypochondria***mushinau nitakushin itenitam<sup>u</sup>*

A mental condition when a person always thinks they are sick.

**Hypotension**

*nashikupanu umik<sup>u</sup>*

The blood runs too slowly.

Also called: Low blood pressure

**Hypothermia**

*mishta-shikatshu*

A body temperature that is below normal that can occur when the body is exposed to cold air or water.

**Hypothyroidism**

*unik<sup>u</sup> akushun*

A disease in which the thyroid gland makes too little of its hormone.

**Hysterectomy**

*ka manishakanit auass etat*

The removal of the uterus.

**Hysteria**

*tshishkuenitam<sup>u</sup>*

A state of tension or fear with loss of control over emotions.

**IBS (Irritable bowel syndrome)**

*ka mamitishkatshet mak ka akushishkatshet utatshinapek<sup>u</sup>  
akushun*

A condition of overactive bowels causing diarrhea and sometimes pain.

**Immunization**

*shapushtanakanu tshetshi eka akushit*

An injection given to protect against a particular disease.

Also called: Vaccination, Inoculation

**Impetigo***matshin*

A disease caused by a germ (bacteria) that is found most often in children, with small fluid-filled blisters mostly on the face.

**Impotence***eka katshi tshishuashkutshepanit*

A condition in which the penis does not get hard enough or stay hard long enough to have sexual intercourse or to have an orgasm.

**In situ cancer***peikunnu ashtau muteu*

A cancer that has not spread from where it began.

**Incest***matshi-tutueu nasht tipinueu uikanisha*

Sexual intercourse between members of the same family.

**Incision***matishakanu*

A surgical cut with a sharp instrument.

**Incisor tooth***ushkats uipit*

One of the front teeth.

**Incontinent***uikueshau mak uikuemishiu*

The inability 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.

**Infant**

*auassiss*

A baby up to one or two years of age.

**Infarction**

*nipimakan unash eka ishpanits umik<sup>u</sup>*

An area of dead tissue due to the blood supply being blocked.

**Infection**

*patshipanu, mikuau mak miniu*

A germ (a bacteria, virus or fungus) is growing inside the body causing tissue damage and sickness.

**Infectious**

*ashu-mineu akushunnu*

Contagious; can spread from person to person.

**Infertility**

*eka katshi utauassimit ishkueu put napeu*

The inability to have children.

**Inflammation**

*mikuau mak patshipanu tshekuan*

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

**Influenza (Flu)**

*utatshikamu*

A contagious disease causing chills, fever, and aches and pains.

**Ingests**

*kutam<sup>u</sup>*

Swallows.

**Inguinal*****utshashkats***

Of or relating to the area where the leg joins the trunk of the body.

**Inguinal nodes*****unikua utshashkats***

Glands in the area where the leg joins the trunk of the body.

**Inhales*****nishpitamu***

Breathes in.

**Injection*****shapushtauakanu***

Being given a needle.

**Inoculation*****shapushtanakanu tshetshi eka akushit***

An injection given to protect against a particular disease.

Also called: Vaccination, Immunization

**Insect, bitten or stung by*****makumiku shatshimeua, amua put mutessa*****Insomnia*****ama tshi nipau***

A chronic inability to sleep.

**Insulin*****kakashiuashiut ushkatshikim***

Fluid made by the pancreas which helps to change the sugar that the body gets from food into a storage form of sugar which is kept in the liver until it is needed by the body for energy.

**Intelligence quotient (IQ)**

*e tipanikanit eshi-mitunenitak auen*

A measure of a person's intelligence, indicated by an intelligence test. The average IQ is 100.

**Intervertebral disc**

*uaukan ashpanikaniss*

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

**Intestinal obstruction**

*tshipuapitshepanu utatshishinapek<sup>u</sup>*

A blockage of the bowel.

**Intestine, large**

*ka mitshapekats utatshishinapek<sup>u</sup>*

Also called: Bowel, Colon

**Intestine, small**

*ka apishapekats utatshishinapek<sup>u</sup>*

**Intrauterine device (IUD)**

*ishkueu ukashkaniss*

A small wire or piece of plastic that is put into the womb to prevent a woman from getting pregnant.

**Intravenous (IV)**

*ushkatshikunu tshikumutakanu umikuiapits*

Inside a vein.

**Intravenous medication**

*kutamuakanu natukunnu put nipinu*

A drug, nutrient solution, or other substance put into a vein through a needle.

**Intravenous pyelogram (IVP)**

*ekunakanits utetakushits e apatshitakanits kavishkutets*

An X-ray of the kidneys and urinary system, using a dye.

**Invasive cancer**

*mishue e nishpanits akushun*

A cancer that spreads beyond where it begins.

**IQ (Intelligence quotient)**

*e tipanikanit eshi-mitunenitak auen*

A measure of a person's intelligence, indicated by an intelligence test. The average IQ is 100.

**Iris of eye**

*uashka uinipapunits anite ussishikuts*

The coloured part of the eye that circles the black part of the eye (pupil).

**Iron**

*nishek<sup>u</sup>*

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

**Irrigation**

*e tshishtapautshipanitanits tshekuan*

Washing out a body cavity, wound, or tube with fluid.

**Irritable bowel syndrome (IBS)**

*ka mamitishkatshet mak ka akushishkatshet utatshinapek<sup>u</sup>  
akushun*

A condition of overactive bowels causing diarrhea and sometimes pain.

**Ischemia**

*ama nishpanu umik<sup>u</sup>*

A poor blood supply.

**Itches**

*tshinatshishu*

**-itis**

*mikuau kie patshipanu*

Inflammation, infection.

**IUD (Intrauterine device)**

*ishkueu ukashkaniss*

A small wire or piece of plastic that is put into the womb to prevent a woman from getting pregnant.

**IV (Intravenous)**

*ushkatshikunu tshikumutakanu umikuiapits*

Inside a vein.

**IVP (Intravenous pyelogram)**

*ekunakanits utetakushits e apatshitakanits kauishkutets*

An X-ray of the kidneys and urinary system, using a dye.

**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.

**Jawbone (Jaw)**

*utapissikan*

The part of the body from which the teeth grow.

**Joint**

*e tapititshi mishkaia*

The place where two or more bones meet.

**Joint replacement**

*e ueshitakanitshi e tapaveshtakanitshi ushkaia*



**Ketoacidosis**

*ka kushtakuats akushun aven ka kashiuashiut*

A dangerous complication of diabetes mellitus.

**Kidney**

*utetakushu*

**Kidney dialysis**

*ka tshishtapautshipanitakanit umik<sup>u</sup> anite utetakushits*

When blood is cleaned by a machine because the kidneys are not working.

Also called: Renal dialysis

**Kidney stones**

*utetakushuts utashinima*

Tiny stones found anywhere along the urinary tract which are formed from things in the urine or blood.

**Kidney stones, removed**

*manishakanua utashinima utetakushits*

**Knee**

*uitshikun*

**Kneecap**

*ushtikaia*

Also called: Patella

**Knuckles**

*ka kutikupanitshi mititshisha*

The joints of finger.

**Labial**

*utunits*

Of or relating to the lips.

**Labour pains**

*ua minishitshi ishkueu nanikutini mushitau*

Also called: Contractions

**Laceration**

*ushikushinu mak tatishinu*

A torn, jagged wound.

**Laceration repair**

*ushitakanu ka tatishinit*

Fixing a torn or jagged wound.

**Lactation**

*kanunakanit*

The making of milk by the breasts.

**Lactose intolerance**

*ama minushkaku passe tshitshinapuna*

The inability to digest milk and milk products, causing bloating, gas, and cramps.

**Large intestine**

*ka mitshapekats utatshishinapek"*

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

Also called: Bowel, Colon

**Laryngitis**

*massikutakanu*

A swelling of the tissues lining the voice box (larynx) which often causes the voice to sound different.

**Larynx**

*uets animuet*

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

**Last period**

*mashten pemipanit*

Menopause.

**Laxative**

*natukun ka mamitishkatshet*

A medicine that loosens the bowels and makes it easier to get rid of stool. See also Constipated, Enema.

**Lazy eye**

*iats nitikushtau ussishikua*

When one eye is not in the right position.  
Also called: Cross-eyed, Strabismus

**Left hand**

*unashpatshiun*

**Left side**

*nashpatshiun*

**Leg**

*mishkat*

**Lesion**

*matshin*

A diseased or injured area of body tissue.

**Lethargy**

*ama shapatshiu*

A state of dullness, sleepiness, and drowsiness that goes on too long.

**Leukemia**

*ka akushiwakamats umikʷ*

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

**Leukocytes**

*ka mashitsheshits umikuts*

These kill and eat germs and dead cells.

Also called: White blood cells (WBC)

**Libido**

*ui tutam<sup>u</sup> tshekuannu*

An interest in sexual activity.

**Lice**

*nikuats*

**Licensed practical nurse (LPN)**

*natukunishkuess*

A nurse with less training than a nurse practitioner.

**Ligaments**

*utsheshtiapina*

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

**Liver**

*ushkun*

**Local anesthesia**

*ama nishtishiuiakanu*

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

**Localized cancer**

*pekunuts e tshikamuats muteu-akushun*

A cancer that does not spread to other parts of the body.

**Lockjaw***ama tshi atshipanitshepanu utapissikan*

The mouth is held shut by a contraction of the jaw muscle which will not stop.

Also called: Tetanus

**Lower back***nashik<sup>u</sup> ushpishkunits***Lower limb***ushkat put kie upuam***Lower lip***nashik<sup>u</sup> utunits***LP (Lumbar puncture)***utinakanu utipapun anite uaukanits tshetshi nanatu-tshissenitakanits*

Putting a hollow needle in the lower part of the back (lumbar area) between the bones of the spinal column in order to withdraw fluid.

Also called: Spinal tap

**LPN (Licensed practical nurse)***natukunishkuess*

A nurse with less training than a nurse practitioner.

**Lumbar puncture (LP)***utinakanu utipapun anite uaukanits tshetshi nanatu-tshissenitakanits*

Putting a hollow needle in the lower part of the back (lumbar area) between the bones of the spinal column in order to withdraw fluid.

Also called: Spinal tap

**Lumbar spine***tetauts uaukanits*

The lowest section of the spine, with five vertebrae.

**Lump**

*ka pishkuanits*

**Lumpectomy**

*manishakanu muk<sup>u</sup> ka pishkuanits*

The surgical removal of a lump or a tumour without removing large amounts of surrounding tissue.

**Lung**

*upan*

**Lymph nodes**

*unikua*

Glands that trap germs that pass through them.

**Lymphedema**

*patshipanua unikua e tshimuapitshepanitshi*

Tissue which swells when lymph channels are blocked.

**Lymphoma**

*mutemu unikuts*

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

**Macr-, Macro-**

*e mishats*

Large, big.

**Macular degeneration of the eye**

*missishiku-akushun*

A worsening eye disease that results in blurriness and eventually blindness.

**Magnetic resonance imaging (MRI)**

*akunikan ka akunakanits atamits unash*

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

**Male**

*napeu*

**Malignant**

*ka kushtikuats akushun mak tshek ka nipanuits*

Of or relating to a serious medical condition, especially tumours, that gets worse and may cause death. This word is used most often when describing cancer.

**Mammogram**

*ka akunakanits matinin*

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

**Manic-depressive illness**

*mishtikuan akushun e ashitenimunanits nanikutini*

A mental illness characterized by periods of very high and low emotional energy.

Also called: Bipolar disorder

**Mantoux test**

*ka tatshikauakanit aven tipi (TB)*

A type of skin test done to find out if a person has tuberculosis (TB).

**Marijuana**

*ka pituatuakanit*

**Marrow**

*ushkan-pimin*

The soft material inside bones.

**Mastectomy, modified radical**

*ka manishakanit mishue matinin mak unikua*

The removal of the breast and lymph tissue.

**Mastectomy, partial**

*ka manishakanit apishish matinin*

The removal of the breast.

**Mastitis**

*miniu matinin*

An inflammation of the breast.

**Measles**

*mikusheun*

A disease most commonly found in children that is caused by a germ (virus) that can spread easily from one person to another.

Also called: Rubeola

**Medic alert**

*ashtinuatshiun ka apatshitakanits tshetshi uitats etakushit  
aven*

A way of letting people know that you have a special medical condition, e.g. a bracelet.

**Medication**

*natukuna*

A drug or other substance used as medicine.

**Melanoma**

*muteu ka nitautshinitshi ushakanits aven*

A cancerous growth on the skin.

**Memory problems**

*unikuatam<sup>u</sup> tshekuannu mushinau*



**Meninges**

*uashka ka pishkuetshinikanits mitip*

A thin layer of tissues that cover the brain.

**Meningitis**

*ka akushimakats mitipapun*

A serious inflammation of the layer of tissue that covers the brain.  
Several causes.

**Menopause**

*tshimipanu ishkueu*

The time in a woman's life when her monthly periods begin to stop;  
lasts from six months to three years or more.

**Menstrual period**

*pimipanu ishkueu*

The monthly bleeding that occurs in women.  
Also called: Period

**Menstrual periods, painful or heavy**

*mishta-pimipanu ishkueu*

**Menstrual period, late**

*ueshamipanu tshikassi pimipanipan*

**Mentally-challenged**

*ushtikuanits ama minuenam<sup>u</sup>*

Having below-average intelligence.

**Metacarpals**

*patetash ushkana anite utitshits*

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

**Metastasis**

*muteu kueshtetshe ka nitautshit*

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

**Metatarsals**

*patetash ushkana anite ushitits*

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

**-meter**

*tipanikan*

Measure.

**MI (Myocardial infarction)**

*utshipitiku uten*

Damage to the heart from a sudden blockage of one of the blood vessels that brings blood to or from it.

Also called: Heart attack

**Micro-**

*e apishashits*

Small.

**Midwife**

*ishkueu ka innikat auassa*

Someone who helps deliver babies.

**Migraine**

*ka akushit ushtikuan ka pakumut mak ka akunikut ka mishta-uashtenits*

A severe headache that usually causes nausea and vomiting.

**Milk**

*tshitshinapun*

**Mind**

*umitunenitakan*

**Miscarriage**

*sheshe unieu utauassima*

When a woman loses a baby before 20 weeks of pregnancy.

Also called: Spontaneous abortion

**Molar tooth**

*ka mamishats uipit*

**Mole**

*uminim*

**Mongolian spot**

*uminim*

A benign (not dangerous) bluish-black spot (2-8 cm) usually found on the lower back or buttocks of a newborn, especially in Aboriginal populations.

**Mononucleosis, infectious**

*akushun ka ashu-minitunanits mitunits*

An acute infection causing fever, sore throat, swollen lymph glands, abnormal blood cells, enlarged spleen and liver.

Also called: Kissing Disease

**Morning sickness**

*pakamu tshietshishepapanitshi*

Nausea and vomiting in pregnancy.

**Motion sickness**

*pakumuashu*

A condition which makes a person ill when travelling, including vomiting and tiredness.

**Mouth**

*utun*

**Mouth, dry**

*pashtenu utun*

**Mouth, sore**

*miniu utun*

**Movement**

*e aiatshit*

**MRI (Magnetic resonance imaging)**

*akunikan ka akunakanits atamits unash*

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

**Mucus**

*atshiku*

Also called: Phlegm

**Mumps**

*uniku*

A contagious illness found mainly in children causing swollen painful glands in the neck and jaw area.

**Muscle**

*utshipishueshu*

**Muscle ache**

*katshitushu*

**Muscle cramp**

*passeutshipaniu*

**Muscle relaxants**

*natukun ka uitshiat utshipissueshua*

**Muscle tension***passeutshipaniu***Muscle weakness***eka ka shapashits utshipishuessuats***Muscular dystrophy***utshipitshueshu akushun ka ashu-minuet ukaumau put  
utaumau*

A group of genetic, hereditary muscle diseases that weaken the muscles that move the body.

**Myocardial infarction (MI)***utshipitiku uten*

Damage to the heart from a sudden blockage of one of the blood vessels that brings blood to or from it.

Also called: Heart attack

**Myopia***mitshima uapatam<sup>u</sup>*

A common eye problem that causes objects in the distance to appear blurry. Closer things are seen more clearly.

Also called: Shortsightedness, Nearsightedness

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

Muscle.

**Nail***mishkashi*

A fingernail or toenail.

**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.

**Nasal cavity**

*ka pakuneianits ushkutits*

The hole behind the nose.

**Nasogastric tube**

*mitshim-utatshishin ka pishtaiapekamutakanits mishkutits*

A soft plastic tube passed through the nose, down the back of the throat and into the stomach.

**Nausea**

*ui pakumu*

Wanting to vomit.

**Navel**

*mitishin*

Also called: Belly button, Umbilicus

**Nearsightedness**

*mitshima uapatam<sup>u</sup>*

A common eye problem that causes objects in the distance to appear blurry. Closer things are seen more clearly.

Also called: Shortsightedness, Myopia

**Nebulizer**

*pitshiteu natukan ka utshipanits*

A device used to administer medication to people in the form of a mist inhaled into the lungs.

**Neck**

*ukueiau*

**Neck pain**

*akushu ukueiau*

**Needle**

*ushkatshik<sup>u</sup>*

**Nerve**

*utsheshtiapin*

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

**Nervous breakdown**

*ka mishta-ueshameshkushit mak tshekat ka unitat ushtikuan*

A person is unable to cope with life and has an extreme and prolonged emotional disturbance.

**Nervousness**

*ka shetshishit mak eka katshi tshinamipit*

Feeling afraid and restless.

**Neurological**

*mitip*

Of or relating to the body's nervous system.

**Neurologist**

*mitip-natuashtikushu*

A doctor who treats problems of the brain, spinal cord and nervous system.

**Neur-, Neuro-**

*utipiapin eshpanit*

Nerve, nerves, or nervous system.

**Nipple**

*ushtikuanitshitshish*

**Nit**

*tshitshinak<sup>u</sup>*

The egg of a louse. See also: Lice

**Nitroglycerin**

*miten natukun nakushitshi auen ushkassikanits*

A medicine that widens the blood vessels; often used to treat the heart condition angina pectoris.

**Nitrous oxide**

*ka netakanits tshakuan ka uitshinuet e mishta-akushinanitshi*

Laughing gas. Used in dentistry, surgery, and childbirth.

**Nodule**

*mashkashu apishish*

A small rounded mass or lump of tissue.

**Nose**

*mishkut*

**Nosebleed**

*pashkushtunu*

**Nose, stuffy or runny**

*uinitshikueu mak tshipuenikuepanu*

**Nostrils**

*utenikuma*

The two holes in the nose.

**Numbness**

*ama nishtushu*

A partial or complete loss of feeling.

**Nurse**

*natukunishkuess*



**Nurse practitioner**

*natukunishkuess*

A nurse with extra training who can diagnose and prescribe certain medications.

**Nutrition**

*eshi-mitshishut mak etapitanits anite uiats*

The taking in of nutrients and their use in the body.

**Obese**

*uinimishiu*

Overweight or fat.

**Obsession**

*mushinau ka mamitunenitakanit tshuekuan*

A thought or idea that won't go away.

**Obsessive Compulsive Disorder (OCD)**

*mushinau ka mamitunenitakanits mak ka tatutakanits  
tshuekuan akushun*

An anxiety disorder characterized by repetitive thoughts or actions that interfere with a person's life.

**Obstetrician-gynecologist**

*ishkueu-natuashtikushu*

A doctor who looks after women who are pregnant or have had a baby, or have problems with their reproductive system.

**Occult blood**

*umik<sup>u</sup> ka takuats muk<sup>u</sup> ama nukuan*

Blood that is not seen by the naked eye. Commonly tested for in the stool.

**OCD (Obsessive Compulsive Disorder)**

*mushinau ka mamitunenitakanits mak ka tatutakanits  
tshekuan akushun*

An anxiety disorder characterized by repetitive thoughts or actions that interfere with a person's life.

**Oils**

*upimim*

**Ointment**

*umatshiun natukun*

A greasy substance used to treat skin problems.

**-ology, -ologist**

*aven ka natu-tshissenitats tshekuannu*

The study of something or the person who studies things.

**-oma**

*muteu*

Tumour.

**Oncologist**

*muteu-natuashtikushu*

A doctor who treats cancer.

**Operation**

*matishuakanu aven*

Cutting through the skin to take out or fix the damaged part of the body.

Also called: Surgery

**Oral**

*utunits*

Of or relating to the mouth.

**Oral cancer**

*muteu-akushun anite mitunits*

An abnormal growth in the mouth.

**Organ**

*eshi-pimipanits tshekuan anite atamits*

A special part of the body that has a special action, e.g. lung, heart, liver, kidney.

**Organism**

*ka aiashimakats tshekuan enniuimakats*

A living thing that lives in balance with other living things.

**Orthopaedic surgeon**

*ushkan kamatishavesht*

A doctor who deals with problems of the bones and joints.

**Orth-, Ortho-**

*kushkunakanu*

Straight, normal position.

**Or-, Oro-**

*utunits*

Mouth.

**-osis**

*e ishinakuak tshekuan*

State or condition.

**Osteoarthritis**

*tshishenniu-ushkan-akushun*

Painful joints. The most common type of arthritis, which most often affects the knees, hips, and lower back.

**Osteomyelitis**

*atamits ushkanits akushun*

An infection in a bone that can cause fever, redness of the skin covering the bone, and pain in the bone.

**Osteoporosis**

*ama shapakeu akushun*

A disease in which there is a weakening of the bones.

**Oste-, Osteo-**

*ushkanits*

Bone.

**-ostomy**

*ka matishakanits*

A surgical opening.

**Otitis Media**

*akushu uitukan*

An infection in the middle ear.

**Ot-, Oto-**

*uitukats*

Ear.

**Ovarian cancer**

*muteu-akushun ishkueu uava anite vetshipanitshi*

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

**Ovary**

*uava ka vetshipanitshi*

The small sac which contains a woman's eggs.

**Ovum***ishkueu uau*

Egg.

**Oxygen***neun*

A gas which is found in the air and needed to breathe.

**Ox-, Oxi-, Oxo-***neun*

Oxygen.

**Pacemaker***pineu*

A small machine placed under the skin of the chest that makes the heart beat when its normal rate is too slow.

**Pain scale one to twenty***tipanikan eshi-mushitakanits akushun (1-20)***Pain, achy***katshitishiumatshiu***Pain, dull***ama mishta-akushu***Pain, has***akushu***Pain, prickling***tshishimeshteshtau***Pain, sharp***katshishkamatshiu*

**Pain, throbbing**

*pakuauku*

**Palate**

*unakashkua*

The roof of the mouth.

**Palliative care**

*aven nakatuenimakanit ua nipitshi*

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

**Palm**

*utitshin uesh ashtashina*

**Palpitations**

*mushitau uten eiats eshpanits*

A feeling in the chest of the heart beating irregularly, fluttering or racing; may not mean there is heart disease.

**Panic attack**

*shassikuts shetshishu mak shetshishimatshiu*

A sudden, overwhelming feeling of intense and disabling anxiety.

**Panic disorder**

*shassikuts shetshishu mak shetshishimatshiu akushun*

A mental health problem where someone has frequent panic attacks, which are sudden, overwhelming feelings of intense and disabling anxiety.

**Pap smear**

*ishkueu ka natu-tshissenimakanit nashiku*

A test done by a doctor or nurse to check for any signs of cancer of the cervix.

**Paralysis or Paralyzed**

*eka katshi atinushit*

The loss of movement, feeling, or both. Can be due to trauma, disease, or poisoning.

**Paranoid**

*ueshami-mamitunenitam<sup>u</sup> tshekuannu eka tapuemeanits,  
muk<sup>u</sup> tapueta<sup>shu</sup>*

Overly suspicious.

**Paraplegia**

*pushk<sup>u</sup> ama tshi atshipanita<sup>u</sup> ushkata*

The inability to move or feel the legs.

**Parasites**

*muteshats ka tats unashits*

**Parkinson's disease**

*ka nanamipanit akushun*

A disease of the nervous system with symptoms that include shaking, slow movement and difficulty in walking.

**Passed out from alcohol**

*kumipueu*

**Patella**

*ushtikaia*

Also called: Kneecap

**Patho-, -pathy**

*akushun*

A disease.

**Pediatrician**

*auass-natuashtikushu*

A doctor who treats children.

**Ped-, Pedo-***avass*

Child.

**Pelvic examination***nanatu-tshissenimakanu ishkueu pitakamits nashikʷ*

The examination of the internal organs of a woman's pelvis, using the hands.

**Pelvic Inflammatory Disease (PID)***akushu ishkueu atamits nashikʷ*

An infection (usually bacterial) of the organs of a woman's pelvis.

**Pelvis***ushukanitshekan***Penis***mitakan***Perforation***pakuneiau*

A hole in something.

**Period, menstrual***pimipanu ishkueu*

The monthly bleeding that occurs in women.

**Peristalsis***eshi-pikupanits mitshim atamits katshi mitshishunanitshi*

A rippling muscular movement in the body's passageways that causes things to move along, e.g. digested food through the digestive tract.



**Peritoneum**

*pitauatshinikan*

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

**Peritonitis**

*pitauatshinikan akushun*

An inflammation of the peritoneum.

**Pertussis**

*uikuetatam<sup>u</sup> e ushtushtak*

A contagious disease found most often in children; causes distinctive coughing sounds.

Also called: Whooping cough

**Phallus**

*mitakan*

**Pharmacy**

*natukun-atautshuap*

A place where pills and other medications are sold or given out.

**Pharm-, Pharmi-**

*natukun*

Medicine, drug.

**Pharynx**

*mukutakan*

Also called: Throat

**Phlebitis**

*patshipanua umikuiapina*

An inflammation of veins.

**Phlegm***atshikʷ*

Thick mucus from the lungs.

**Phobia***mishta-kushtamʷ tshekuannu*

An abnormal fear of a particular thing.

**-phobia***kushtamʷ tshetshi akunikut*

An abnormal fear or intolerance, sensitivity.

**Photo-***e uashtets*

Light.

**Physical therapy***e uavitshiakanit aven tshetshi apatshitat minuats*

Helping people exercise different parts of their body so that they can move or breathe better.

**PID (Pelvic Inflammatory Disease)***akushu ishkuuev atamits nashikʷ*

An infection (usually bacterial) of the organs of a woman's pelvis.

**Piles***patshipanua mikuiapina anite mashkatshits*

Swollen veins in the lining of the anus that often cause pain and itching.

Also called: Hemorrhoids

**Pills***natukuna*

**Pimples**

*pepeshkupanu*

Small, reddened bumps that sometimes contains pus.  
Also called: Acne

**Pink eye**

*mikuapu*

Also called: Conjunctivitis

**Pinkie finger**

*utishkuaititshiss*

The last, smallest finger.

**Pinworms**

*kauauashtanitsheshits*

**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

**Plasma**

*eka ka mikuakamats umik<sup>u</sup>*

The liquid part of blood.

**-plasty**

*e minutakanits*

Surgical shaping or formation.

**PMS (Premenstrual syndrome)**

*akushu nishkueu eshk<sup>u</sup> eka pimipanit*

Irritability, moodiness, weight gain, swelling, headache, sore breasts occurring a few days before starting the menstrual period.

**Pneumonectomy***manishakanu upan*

The surgical removal of all or part of the lung.

**Pneumonia***kashipishkats akushun*

An infection in the lungs caused by a germ (bacteria or virus).

**Pneum-, Pneumo-***upanits; neun*

Lungs or breathing.

**Poison***matshi-natukun*

Something taken into the body that causes illness, injury, or death, e.g. drinking Javex.

**Poisonous***matshi-natukunu*

Causing or capable of causing death or illness if taken into the body.

**Polyp***ka nitautshishit tshekuan anite utatshinapekuts mak anite  
auass uiuatishits mak anite mishue tshe ushtashkatshet*

A small growth that develops in the colon, bladder, uterus, vocal cords, or nasal passage and can interfere with a person's normal actions.

**Posterior***utats put kie ushteshe*

Behind, at the back.

**Postpartum depression***katshi ush nushianitshi akushun*

A depression that can occur within 3 days to 6 weeks after the birth of a baby.

**Precancerous**

*eshk<sup>u</sup> eka nitautshit muteu-akushun*

A growth in the body which could become cancer.

**Preeclampsia**

*ishkuatuepanu ishkuueu umik<sup>u</sup> mekuats e tanitshi utauassima*

A serious pregnancy problem that happens after 24 weeks of pregnancy.

Also called: Toxemia of Pregnancy

**Pregnant**

*utauassimu*

**Premature labour**

*tshetshinue ui minishiu ishkuueu*

A woman has labour pains before the fetus has finished growing and is ready to be born.

**Premenstrual syndrome (PMS)**

*akushu nishkuueu eshk<sup>u</sup> eka pimipanit*

Irritability, moodiness, weight gain, swelling, headache, sore breasts occurring a few days before starting the menstrual period.

**Presbyopia**

*uaiu uapatam<sup>u</sup>*

The ability to see things that are far away more easily than things that are close.

Also called: Farsightedness

**Pressure sore**

*pekutshishinu*

A sore, usually over a bony area, caused by prolonged pressure.

Also called: Bedsore

**Preventative measures**

*etutakanit tshekuan tshe eka ushtapanits anite eshk<sup>u</sup>*

Actions to stop something from happening.

**Prognosis**

*tan tshe ishinakuanikue muk<sup>u</sup> e akushit aven*

The probable outcome of a disease or condition.

**Prostate cancer**

*nitautshu muteu anite napeu nashik<sup>u</sup> atamits unikua*

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

**Prostate gland**

*napeu unikua atamits mitshima ushishiunits*

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

**Prostate gland, enlarged**

*patshipanua napeu unikua atamits nashik<sup>u</sup>*

A man's prostate gland becomes too big.

**Prostate gland, removed**

*manishakanua napeu unikua atamits mitshima ushishiunits*

A man's prostate gland is cut out.

**Prosthesis**

*ushkatikuakanu put kie utitshikuakanu*

The artificial replacement of a missing part.

**Pruritis ani**

*tshinakatshishu*

An itching in the bum.

Also called: Anal itching.

**Psoriasis**

*mashkushinua mak patshipanua ushakaia*

A chronic skin condition with thick and scaling areas.

**Psychiatrist**

*mishtikuan-natuashtikushu*

A doctor who treats mental problems.

**Psychologist**

*auen ka natu-tshissenitak etenitakanits mak  
etenitakushinanits*

A health professional who studies the human mind and behaviour and provides therapy.

**Psych-, Psycho-**

*mitunenitamun*

Mind.

**Pubic hair**

*minashuaia*

The hair growing in the groin area of a person.

**Pubic lice**

*mutan-nikuats*

Lice found in the pubic area of a person.  
Also called: Crab lice

**Pulled muscle**

*passeutshipaniu*

A muscle that has been overstretched or strained.

**Pulmo-, Pulmono-**

*upanits*

Lungs.

**Pulse*****pakaku***

A heartbeat.

**Pulse, check for*****natu-tshissenitam<sup>u</sup> e pakakut***

Checks that the heart is beating.

**Pupil of eye*****uinipapun***

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

**Pupil response*****mishkutshipanu uinipapun***

A change in the size of the pupil (dark part of the eye) as a reaction to light, drugs, and emotional state.

**Pus*****miniu***

A thick, creamy liquid that comes from broken down tissue when there is an infection caused by bacteria.

**Quadricep*****mipuameuk<sup>u</sup>***

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

**Quadr-, Quadri-*****neu***

Four.



**Rabies*****aveshish-akushun***

A disease found in animals that can be passed on to humans if they are bitten by an infected animal. Affects the brain and can lead to death if untreated.

**Radiation*****ishkashakunnu akushun***

The use of special rays in diagnosis or treatment, e.g. X-rays.

**Radius*****??***

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

**Rape*****nitun enitutuakanu eka tapuetak***

To force someone to have sexual intercourse.

**Rash*****mikushiu mak tshinatshishu***

A rough red area on the skin that may be itchy.

**RBC (Red blood cells)*****neunnu ka pimautat umikuts***

These carry oxygen from the lungs to the body's tissues.  
Also called: Erythrocytes

**Reactive Airway Disease*****ama minutam<sup>u</sup> e net***

Attacks of wheezing and breathing difficulty caused by narrowed breathing tubes.  
Also called: Asthma

**Rectal exam**

*natu-tshissenimakanu ushkatshits*

A test done to make sure that the tissue inside the place where feces is stored (the rectum) is all right.

**Rectum**

*atamits ushkatshishits*

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

**Recurrence**

*minuats natauku utakushun*

Something happens again.

**Red blood cells (RBC)**

*neunnu ka pimautat umikuts*

These carry oxygen from the lungs to the body's tissues.  
Also called: Erythrocytes

**Redness**

*mikushiu; mikuau*

**Reflexes**

*shatuakussepanu; petikussepanu*

The way that a part of the body moves when something happens to it.

**Regurgitates**

*pakumu*

Vomits.

**Relapse**

*minuats natauku utakushun*

**Relative*****uikanisha***

A person connected by blood or marriage. Also referred to as a relation.

**Remission*****nakataku utakushun***

The disappearance of signs and symptoms of a disease; may be cured or may return.

**Renal*****utetakushu***

Of or relating to the kidneys.

**Renal dialysis*****ka tshishtapautshipanitakanit umik<sup>u</sup> anite utetakushits***

When blood is cleaned by a machine because the kidneys are not working.

Also called: Kidney dialysis

**Renal failure, acute*****ama tshi atussemakaia utetakushua***

The kidneys stop working for good.

**Renal failure, chronic*****ama mushinau tshi atussemakaia utetakushua***

The kidneys do not work well for a long time.

**Resects*****manishakanu; utinakanu***

Removes.

**Respiratory*****e net***

Breathing.

**Respiratory system**

*mishue anite eshpanit e neneianits*

All the parts of the body used to breathe.

**Retches**

*ui pakumatshiu*

Vomits, urges, dry heaves.

**Retinal detachment**

*manipanu tshakuan atamits ussishikuts*

A severe problem in the back of the eye (retina); may happen gradually or after injury to the eye; if not treated, blindness will occur.

**Rheumatoid arthritis**

*ushkan-akushun*

A chronic disease, found in any age group from young children to older adults, that affects the joints of the bones.

**Rhinoplasty and septoplasty**

*ushitakanu ushkut*

Plastic surgery of the nose.

**Rib**

*ushpitshekan*

**Right hand or side**

*uminun*

**Ring finger**

*tapitshishepishun mititshin*

Also called: Fourth finger

**Ringworm**

*tshakuan ka uauieiat nitautshin ushakats*

A contagious fungus which forms a circle on the skin.

**Root***??*

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

**Root canal procedure***ushitakanu uipit atamits*

Dental care for the part of the tooth that is under the gum.

**Roseola infantum***mikusheu auassiss*

A red rash in infants.

**Rubeola***mikusheun*

A disease most commonly found in children that is caused by a germ (virus) that can spread easily from one person to another.

Also called: Measles

**Rupture***pakapanu*

To break open.

**Sacrum***ushukanikan*

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

**Sad***ushtuenitam<sup>u</sup>***SAD (Seasonal Affective Disorder)***ushtuenitam<sup>u</sup> e pipunitshi eshi-takuapekashits tshishikunnu akushun*

A mood disorder that develops in shorter days of winter. Symptoms are depression, sleepiness, and social withdrawal.

**Saline***shiuakamu*

Containing salt, usually in water.

**Saliva***shishtikun*

The slippery, watery fluid produced inside the mouth.

Also called: Spit

**Salivary glands***shishtikun unikuats***Salmonella infection***ka akushishkatshet mitshim akushun*

A bacteria that causes food poisoning and gastroenteritis.

**Sane***nipuakau*

Of sound mind, sensible, reasonable.

**Sarcoma***muteu-akushun anite utshipassueshits*

A cancer that develops in soft tissue, usually first as a painless lump.

**Scabies***tshinatshishu*

A skin disease caused by a tiny insect that digs little tunnels under the skin and lays its eggs, causing extreme itching.

**Scald***nipinu ishkuashu*

A burn on the skin caused by steam or a hot liquid.

**Scales**

***tipapekanikan***

A machine or device for weighing.

**Scalp**

***ushakaia ushtikuanits***

**Scalpel**

***natuashtikushu umukumaniss***

A small knife that is used by doctors to cut tissue, etc.

**Scan**

***akunikan***

A procedure to study brain, bones and other organs for disease.

**Scapula**

***utinikana***

Also called: Shoulder blade

**Scar**

***utshissiu***

A mark left on the skin after an injury has healed.

**Scarlet fever**

***auass tshishiteu-akushun***

A contagious childhood disease with sore throat, fever, enlarged neck lymph nodes, and a widespread bright red rash.

**Schizophrenia**

***ama maminuenam<sup>u</sup> ushtikuanits; mitip akushun***

A chronic, severe, and disabling brain disorder.

**Scleroderma**

***ashpatshikasheu akushun***

A chronic hardening and thickening of the skin.

**-sclerosis***mashkupanu*

Hardening.

**Scoliosis***uatshipishkunu*

The curvature of the spine.

**-scopy, -scopic***tshitapatam<sup>u</sup>; uapatam<sup>u</sup>; tushkapamakanu*

Act of visually examining.

**Scrotum***napeu uiuat*

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

**Seasonal Affective Disorder (SAD)***ushtuenitam<sup>u</sup> e pipunitshi eshi-takuapekashits tshishikunnu akushun*

A mood disorder that develops in shorter days of winter. Symptoms are depression, sleepiness, and social withdrawal.

**Sedative***natukun tshetshi nipeshkatshet put kie tshetshi tshinamipit etenimut*

A drug taken for its calming or sleep-inducing effect.

**Seizure***utshipitiku*

Uncontrollable movements of the body.

Also called: Convulsion

**Self-care***nakatuenimushu*

Looking after oneself.



**Semen**

*napeu atshikʷ*

**Senile dementia**

*tshishenniu-akushun*

The mental confusion and loss of memory that develops in later life,  
e.g. Alzheimer's Disease.

**Sensation**

*eshi-mushitat*

A feeling.

**Sensory**

*etamashiut, eshi-mushitat*

Of or relating to the senses or feeling.

**Septic**

*miniu*

Infected with pus-producing germs.

**Septicemia**

*akushimakan umikʷ*

An infection of the blood.

Also called: Blood poisoning

**Sexual intercourse**

*napeu mak ishkujeu ka-tutats tshekuannu*

**Sexually active**

*tutakanu tshekuan*

**Sexually Transmitted Disease (STD)*****matshi-akushun***

A disease that can be passed from one person to another by sexual contact, e.g. syphilis, genital herpes, chlamydia, gonorrhea and AIDS.

Also called: Sexually Transmitted Infection (STI), Venereal Disease (VD)

**Sexually Transmitted Infection (STI)*****matshi-akushun***

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**Shakes*****nanamipanu*****Shin**

??

**Shin bone*****ushkatikan***

The inner and larger bone of the lower leg.

Also called: Tibia

**Shivers*****nanamatshu*****Shock, emotional*****shassikutshimiku***

A great emotional surprise.

**Shock, physical**

*shassikutshipanu uiau*

Not having enough blood flowing throughout the body, especially to the brain.

**Shortsightedness**

*mitshima uapatam<sup>u</sup>*

A common eye problem that causes objects in the distance to appear blurry. Closer things are seen more clearly.

Also called: Nearsightedness, Myopia

**Shoulder**

*mititiman*

**Shoulder blade**

*utinikana*

Also called: Scapula

**Shoulder pain**

*akushu utitiman*

**Shoulder, frozen**

*ama tshi atshipanita<sup>u</sup> utitiman*

Limited movement of shoulder. See also Bursitis.

**Sick**

*akushu*

**Sickness**

*akushun*

**Side effect**

*eshtatshemakats*

Any reaction to a medication or therapy; may be unwanted or dangerous.

**Sigmoidoscopy**

*uashtenimakan utatshishin pitshiteiapekamutakanu anite  
uesh mishit tshetshi nanatu-tshissenitakanitshi  
utatshinapekua*

A hollow tube with a light at the end of it is put in the rectum and in the lower part of the large intestine.

**Silicosis**

*akushishkaku tshekuannu e minatak anite etusset*

An occupational lung disease caused by inhalation of crystalline silica dust.

**Sinuses**

*e pakuneiats atamits mishkutits*

Four pairs of air spaces in the bone around the nose area.  
Also called: sinus cavities.

**Skeleton**

*ushkana auen*

**Skin**

*ushakaia*

**Skin cancer**

*mutemu anite ushakanits*

An abnormal growth on the skin.

**Skin graft**

*mishauakanua ushakaia*

A surgical operation in which damaged skin on one part of the body is replaced by healthy skin from a different area.

**Skin tests for allergy**

*natu-tshissenimakanua ushakaia tshetshi eka minushkakut tshekuannu*

A small amount of a substance is put on or under the skin with a needle, and the reaction is measured, e.g. allergy to peanuts.

**Skull**

*mishtikuanitshekan*

All of the bones of the head, except the jawbone.  
Also called: Cranium

**Skull, back of**

*ushpishkunits mishtikuanitshekanits*

**Sleep apnea**

*nanikutini ama neneu nepatshi*

A condition in which a person periodically stops breathing during sleep.

**Sleeping pill**

*nipeu-natukun*

**Sleeping problems**

*ama tshi minukuamu*

**Sleepy**

*ui nipau*

**Slipped disc**

*ashupanu uaukan nishpanikaniss*

An area in the backbone where the soft part bulges out between the discs through a tear.

Also called: Herniated spinal disc

**Sliver**

*shekatshinu*

A small, thin piece of something in the skin that has been cut, torn, or broken from something larger.

Also called: Splinter

**Sliver in the foot**

*shekatshinu ushkatits*

**Small bowel resection**

*manishakanu apishish put kie passe ka apishapekashinits  
utatshishinapek<sup>u</sup>*

The removal of a small part of the small intestine.

**Small intestine**

*ka apishapekats utatshishinapek<sup>u</sup>*

**Smokes tobacco**

*pituau*

**Sneezes**

*minuashu*

**Snowblind**

*ueshapiu*

Not being able to see temporarily because of the reflection from snow or water.

**Soaks**

*akutshinu; akushtau*

**Soap**

*uapekanikai*

**Sodium**

*shiutakan*

**Sodium imbalance**

*ama tshi ishpanu put kie ueshamipanu ushiuitakanim*

**Sole of foot**

*ueshtaushit*

**Sonogram**

*akunikannu ekunakanit auassiss eshk<sup>u</sup> eka inniut*

A picture, usually of an unborn fetus or an internal body organ, produced by ultrasound.

**Sore throat**

*akushu ukutakan*

**Sore, pressure**

*pekutshishinu*

A sore, usually over a bony area, caused by prolonged pressure.  
Also called: Bedsore

**Sound**

*ka petakuats*

**Spasm**

*utshipitiku*

A sudden uncontrolled tightening of smooth muscles, e.g. hiccups.

**Speaking difficulty**

*eka ka nitauet*

**Specialist**

*natuashtikushu ka mishta-tshissenitak peik<sup>u</sup> tshekuannu  
etenitakuanits mak eshpanits*

**Speculum**

***tshekuan ka apatshitakanits e nanatu-tshissenimakanit anite mutats ishkueu***

An instrument used to widen an opening to take samples or do a procedure, e.g. the vaginal speculum used during a Pap smear.

**Sperm**

***ka pakashimushits***

**Sphincter**

***ka tshipanitshepanits mishkatshishinits***

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

**Spina bifida**

***uaukan ushkanits eka katshi minu-nitautshits put kie eka ka minu-tapitinitshi***

A condition, present from birth, in which bones in the spine do not close completely around the spinal cord.

**Spinal cord**

***uaukaniapin***

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

**Spinal cord tumour**

***nitautshinu tshekuannu anite uaukanits***

An abnormal growth in the spinal cord.

**Spinal fluid**

***mitipapun***

The clear fluid surrounding the brain and spinal cord.  
Also called: Cerebrospinal fluid



**Spinal tap**

*utinakanu utipapun anite uaukanits tshetshi nanatu-tshissenitakanits*

Putting a hollow needle in the lower part of the back (lumbar area) between the bones of the spinal column in order to withdraw fluid.  
Also called: Lumbar tap (LP)

**Spine**

*uaukan*

**Spits up blood**

*shuikutamu*

**Spleen**

*upepeku*

A purple, fist-sized organ that lies in the upper left abdomen towards the back ribs and behind the stomach.

**Splinter**

*shekatshinu*

A small, thin piece of something in the skin that has been cut, torn, or broken from something larger.  
Also called: Sliver

**Sprain**

*peshitshishikaueshinu*

A pulled muscle, ligament, or tendon around a joint, e.g. ankle.

**Sputum**

*utatshikuma*

Phlegm that is spit up.

**Sputum test**

*natu-tshissenimakanua utatshikuma*

A test on the mucus that comes up from the lungs from a cough.

**Staples**

*nishekussa apatshitakanua tshetshi tshipanikanit ka matishakanit*

U-shaped pieces of metal with two pointed ends that are used instead of thread to hold skin together.

Also called: Clips

**Staples removed**

*mannakanua nishekussa*

**STD (Sexually Transmitted Disease)**

*matshi-akushun*

A disease that can be passed from one person to another by sexual contact, e.g. syphilis, genital herpes, chlamydia, gonorrhea and AIDS.

Also called: Sexually Transmitted Infection (STI), Venereal Disease (VD)

**Step, takes a**

*takusseu*

**Sterilization**

*napeu put nishkueu ka tshipanikanit*

An operation which stops a man or woman from being able to make babies. See also: Tubal Ligation and Vasectomy.

**Sterilized for germs**

*ushikanua*

A way of getting rid of all the germs (bacteria or viruses) that may be living on an object.

**Sternum**

*mishkassikan*

Also called: Breastbone

## Steroids

*natukuna ka-ashte-patshipanuani*

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

## Stethoscope

*natuashtikushu ka apatshitat tshetshi natutak mitennu, upana mak mishkashikanits*

An instrument for listening to things inside the body, for instance the heart or lungs.

## STI (Sexually Transmitted Infection)

*matshi-akushun*

A disease that can be passed from one person to another by sexual contact, e.g. syphilis, genital herpes, chlamydia, gonorrhea, AIDS. Also called: Venereal disease (VD), Sexually Transmitted Disease (STD)

## Stillbirth

*avass atamits ka nipishit*

The birth of a dead fetus (baby). If the baby was old enough to have lived (after 20 weeks gestation), it is called a stillbirth instead of a miscarriage.

## Stimulant drugs

*natukuna ka mishta-aiatshishkatshetshi*

A drug that makes a person more active.

## Stitches

*kassikuatakanu*

When the skin is cut open by a doctor or through an injury, it may need to be sewn up with sutures or stitches.

Also called: Sutures

## Stitch, single

*sheshtikuaiapin*

**Stomach**

*uinashtakan*

**Stomach cancer**

*mutemu ushkatats*

An abnormal growth in the stomach.

**Stone**

*utashinim*

Small stone that forms, usually in the kidneys, bladder, or gall bladder.

Also called: Calculus

**Stool**

*men*

Also called: Feces, Shit

**Stool sample**

*men e natu-tshissenitakanits*

A small amount of feces taken to be examined.

**Straightens**

*shatupanitaau*

**Straightens his/her arm**

*shatupanitaau ushpitun*

**Straightens his/her leg**

*shatupanitaau ushkat*

**Strains a muscle**

*pisseutshipaniu*

Damages a muscle by using it too much.

**Strep throat**

*akushu ukutakan mak mikuanu*

A sore throat and infection caused by the streptococcal germ.

**Stress**

*ka aieshkunikut*

Anything that makes a change in the usual balance of the body or mind.

**Stretcher**

*tetashkuanikan*

**Stroke**

*utshipitiku ushtikuanits*

Brain damage due to a clot or bleeding in the brain. May cause paralysis, weakness, speech problems, or death.

Also called: Cerebral Vascular Accident (CVA)

**Stroke, warning signs**

*mushitau aven ua utshipitikut ushtikuanits*

The feelings that happen before someone has a stroke.

**Stung by wasp or bee**

*makumiku amua*

**Stye in the eye**

*uminissimapu*

A reddened, raised spot on the eyelid that looks like a pimple and usually contains pus.

**Suffocates**

*tshiputamishkaku*

Someone dies because they cannot breathe.

**Sugar**

*kashivasht*

**Suicidal**

*ui nipanushu; ui utinam<sup>u</sup> utinniun*

Wanting to kill herself or himself.

**Suicide**

*nipanushu; utinam<sup>u</sup> utinniun*

Killing oneself.

**Sunburn**

*ishkuashuku pishimua*

**Sunscreen**

*katumikuanits tshe eka ishkuashikut pishimua*

**Superior**

*nasht takuts*

Higher.

**Surgeon**

*kamatishavesht*

A doctor who does surgery.

**Surgery**

*matishakanu*

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

**Susceptible**

*ishinakushu tshetshi katshitinak*

More likely to be affected by something, or to catch a disease.

**Sutures**

*kussikuatakanu*

When the skin is cut open by a doctor or through an injury, it may need to be sewn up with sutures or stitches.

Also called: Stitches

**Swab sample**

*apishish utinakanu tshetshi nanatu-tshissenitakanits*

A small amount of something taken from the body to be tested.

**Swallow**

*kutam<sup>u</sup>*

**Swallowing difficulty**

*animiniku e kutak*

**Sweats**

*apuepanu*

**Swelling or lump**

*patshipanu put mashkau*

**Swollen leg**

*patshipanu ushkat*

**Symmetry**

*nitu tapishkuts eshinakuats*

When a part of the body occurs on both sides, for instance arms, ears, kidneys.

**Symptom**

*e nukuats tshekuan eshi-uapatakats*

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

**Syndrome**

*mishue e mushitakanits mak eshi-uapatakanits*

A group of symptoms that happen together, meaning that a person is suffering from a certain disease.

**Syphilis***matshi-akushun*

A Sexually Transmitted Infection (STI).

**Tachycardia***ueshami-tshishipanu miten*

A heart rate faster than 100 beats per minute in an adult.

**Tailbone***tshakanikan*

Also called: Coccyx

**Talus***uakun ushkan*

Also called: Ankle bone

**Tapeworms***kauauashtanitsheshits***TB (Tuberculosis)***upan-akushun (tipi)*

A disease that mainly affects the lungs caused by a germ (bacteria).

**Tear from crying***mauapun***Teeth***mipita***Teething***shakapiteu auass*

When a child's new teeth are coming through.



**Temperature spikes**

*nishkuatuepanu e tshishut*

A sudden increase in temperature.

**Tenderness**

*tshitshipanu*

**Tendinitis**

*patshipanua utsheshtiapina*

An inflammation of the tendons. Also spelled Tendonitis.

**Tendon**

*utsheshtiapin*

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

**Tendon repair**

*ushitakanu utsheshtiapin*

**Tennis elbow**

*utushkunits utsheshtiapina patshipanua*

Pain spreading from the elbow joint due to overuse of the forearm muscles.

**Tense, mentally**

*ama tshi minu-mamitunenitam<sup>u</sup> mak ama tshi minu-tshinamipu*

Nervous strain.

**Tense, physically**

*mashkamipanuats utshipishuessuats*

Stretched tight, strained (as a muscle).

**Terminal cancer**

*muteu ka nipaniuet*

A cancer that causes death.

**Terminal illness**

*akushun ka nipanuets*

An illness which causes death.

**Test**

*e nanatu-tshissenitakanits*

**Testicle**

*mitishu*

Also called: Testis

**Testicles or penis, painful or swollen**

*akushu ka patshipanitshi utishua put kie uitakats*

**Testicle, removed**

*manishakanu matishu*

**Testicle, undescended**

*napeess utashissa eka ka tshi patshishinitshi*

The testicle (ball) inside the scrotum that has not come down.

**Testicular cancer**

*muteu-akushun anite utashits*

An abnormal growth in a man's testicles.

**Testicular self-examination (TSE)**

*ka nanatu-tshissenimushut napeu anite utashits*

A man checks his testicles for abnormalities by himself.

**Tetanus**

*ama tshi atshipanita utapissikan*

The mouth is held shut by a contraction of the jaw muscle which will not stop.

Also called: Lockjaw

**Thermometer**

*kananatu-tshissenimitunanits*

**Thigh**

*mipuam*

**Thigh bone**

*mipuamikan*

Also called: Femur

**Third molar tooth**

??

Also called: Wisdom tooth

**Thirsty**

*nipakueu*

**Thoracic spine**

*tetauts uaukanits*

The part of the spine in the upper back.

**Thoracic surgeon**

*mishkassikan natuashtikushu kamatishavesht*

A doctor who operates on the lungs, esophagus or windpipe.

**Thorax**

*mishkassikan*

Also called: Chest

**Throat**

*mukutakan*

Also called: Pharynx

**Throat cancer**

*mukutakan muteu-akushun*

An abnormal growth in the throat.

**Throat, sore**

*akushu ukutakan*

**Thrombolytic drug**

*natukun ka pikuapitak ka tashtupanits umikunu*

Drug used to dissolve blood clots, e.g. Coumadin.

Also called: Clot buster

**Thrombosis**

*tashtupanu umik<sup>u</sup>*

The formation of a blood clot.

**Thromb-, Thrombo-**

*tashtupanu*

Clot.

**Thrush**

*miniunu mitun*

A yeast infection in the mouth. Commonly found in babies and treated with a special mouthwash.

**Thumb**

*mituakan*

**Thumb, sucks the**

*tautatam<sup>u</sup> utuakan*

**Thyroid gland**

*mukutakanits unik<sup>u</sup>*

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

**Thyroid gland, removed**

*manishakanu mukutakanits unik<sup>u</sup>*

**TIA (Transient Ischemic Attack)**

*ama ishpanu umik<sup>u</sup> anite mitipits; tshe eka tshissenitak  
tshekuannu neush*

A temporary loss of blood flow to a part of the brain causing short-term memory loss. Commonly called a 'mini-stroke'.

**Tibia**

*ushkatikan*

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

**Tinnitus**

*tepuessitam<sup>u</sup>*

A ringing sound inside the ear.

**Tired**

*aieshkushiu*

Fatigued.

**Toe**

*ushikutem*

**Toenail**

*ushikutem ushkashina*

**Toenail, ingrown**

*makumiku ushkashina*

**Tongue**

*mitennin*

**Tonsillitis**

*patshipanua unikua ukutakanits*

An infection of the tonsils.

**Tonsils**

*unikua ukutakanish*

**Tonsils and adenoids, removed**

*manishakanua unikua ukutakanish*

**Tooth**

*mipit*

**Tooth decay**

*pakuneiau mipit*

A hole appearing in a tooth when it is eaten away by bacteria.

**Tooth, abscessed**

*miniu mipit*

A tooth has infection around it.

**Tourniquet**

*patshuian ka apatshitakanits tshetshi mashikuapitakanits  
tshakuan*

A piece of material or elastic that is pulled tightly around an arm or leg to slow down the blood supply to an area.

**Toxemia of Pregnancy**

*ka kushtikuats akushun mekuats e tat avass*

A serious pregnancy problem that happens after 24 weeks of pregnancy.

Also called: Preeclampsia

**Toxic**

*matshi-natukunu*

**Toxic shock syndrome (TSS)**

*kushtikuan shassikuts akushun, ishkuueu ka nashinak mekuats  
e apatshitat kanashinikanitshi*

A severe acute disease caused by infection with Staph bacteria; most common cause is using super-absorbent tampons.

**Tox-, Toxi-, Toxo-, Toxic-**

*matshi-natukun*

Toxin or poison.

**Trachea**

*ukutakan*

Also called: Windpipe

**Tracheostomy**

*ukutakanits ka pakuneshakanit*

A surgical procedure to make an opening in the windpipe.

**Traction**

*utshipitakanu tshetshi tapauetinits ushkan*

Using weight to pull bones into the right position, e.g. after a break (fracture).

**Tranquilizer**

*nipeu-natukun put kie ka ashtepishuets*

A drug that makes a person feel relaxed or sleepy.

**Transfusion, blood**

*minakanu umikunu*

Giving blood or some part of blood through an IV.

**Transient Ischemic Attack (TIA)**

*ama ishpanu umik<sup>u</sup> anite mitipits; tshe eka tshissenitak  
tshekuannu neush*

A temporary loss of blood flow to a part of the brain causing short-term memory loss. Commonly called a 'mini-stroke'.

**Trauma**

*mishta-akuatshishinu auen*

A physical injury caused by violent action, or entry into the body by a poison; or a mental injury from a severe emotional shock.

**Treatment**

*natukaiakanu*

An action to cure or relieve a disease or disorder.

**Trembles**

*nanamipanu*

**TSE (Testicular self-examination)**

*ka nanatu-tshissenimushut napeu anite utashits*

A man checks his testicles for abnormalities by himself.

**TSS (Toxic shock syndrome)**

*kushtikuan shassikuts akushun, ishkuueu ka nashinak mekuats  
e apatshitat kanashinikanitshi*

A severe acute disease caused by infection with Staph bacteria; most common cause is using super-absorbent tampons.

**Tubal ligation**

*tshipuauakanu nishkuueu*

An operation to stop a woman from becoming pregnant by cutting or tying the tubes which carry the eggs from the ovaries to the uterus.



**Tube feeding**

*eshi-ashamakanit aven e pishteiapekamutakanits ushkatats*

An opening into the stomach through which a feeding tube is passed.

Also called: Gastrostomy

**Tuberculosis (TB)**

*upan-akushun (tipi)*

A disease that mainly affects the lungs caused by a germ (bacteria).

**Tumour**

*tshekuan ka nitautshits uiats*

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

**Tunnel vision**

*kuishkunu muk<sup>u</sup> uapatam<sup>u</sup>*

Reduced vision to the sides, like looking through a tube; occurs in advanced glaucoma.

**Twins**

*kanishishits*

Two babies born from the same pregnancy.

**Ulceration**

*miniss anite ka uesh nitshipanit*

An open sore that makes a hole on the skin or in the mouth.

**Ulna**

??

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

**Ultrasound**

*akunikan*

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

**Umbilical cord***utishiapin*

The cord that goes from the baby to the placenta.

**Umbilicus***utishi*

Also called: Navel, Belly button

**Unconscious***ama tshissu***Underweight***tshimakateu***Under, below***shipa; nashik<sup>u</sup>***Upper lip***takuts utunits***Ureter***shishiunapun utatshishina ishpimits ka tshikamutshi*

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

**Urethra***shishiunapun utatshishi ka pets ueuepanits*

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

**Urethritis***shishiunapun utatshishin ka patshipanit*

An inflammation of the urethra.

**Urinalysis***nanatu-tshissenitakanu shishiunapun*

A test to check on someone's pee.

**Urinary bladder***uikun*

The bag where pee is kept.

**Urinary bladder, removed***manishakanu uikun*

The bag where pee is kept is cut out.

**Urinary calculi***utetakushuts utashinima*

Kidney Stones.

**Urinary tract***shishiun vetshipanits*

All the parts of the body involved in making pee.

**Urinary tract infection (UTI)***akushu anite ushishiunits vetshipanits*

An infection in any part of the urinary tract, most often the bladder.

Also called: Cystitis

**Urinating***shishiu*

Pees.

**Urination, frequent***mushinau shishiu*

When someone needs to pee all the time.

**Urination, lack of control***shishipanu*

When someone cannot control when they pee.

Also called: urinary incontinence.

**Urination, painful***akuniku e shishit*

When it hurts to pee.

**Urine***shishiun*

Pee.

**Urine, abnormal colour***iats itakamu shishiun*

The pee has a strange colour.

**Uterine bleeding, dysfunctional or abnormal***mishta-pimipanu ishkueu*

Bleeding from the uterus when it is not a normal menstrual period.

**Uterine bleeding, postmenopausal***ka puni-pimipanit ishkueu ushiku*

Bleeding from the uterus in a woman who has already finished menopause.

**Uterine cancer***muteu-akushun anite auass ka ush nitautshit*

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

**Uterus***ushpaiua*

Also called: Womb

**Uterus, prolapsed***patshitinu auass ka uesh nitautshit*

The uterus drops from its normal place in the body.

**UTI (Urinary tract infection)**

***akushu anite ushishiunits vetshipanits***

An infection in any part of the urinary tract, most often the bladder.

Also called: Cystitis

**Uvula**

***kananiuekutesht***

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

**Vaccination**

***shapushtanakanu tshetshi eka akushit***

An injection given to protect against a particular disease.

Also called: Inoculation, Immunization

**Vaccine**

***natukun ka shapushtauakanit aven tshetshi eka katshitinak akushunnu***

A fluid made up of weakened germs (viruses or bacteria) which can be given to a patient to swallow or as a needle; improves immunity to a particular disease.

**Vagina**

***umutan***

An opening through which babies are born.

Also called: Birth canal

**Vagina or vulva cancer**

***muteu-akushun anite nishkueu mutats***

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

**Vaginal discharge, abnormal**

***nipiu ishkueu e akushit***

Fluids coming from the vagina that may smell bad.

**Vaginal discharge, normal**

*nipiu ishkueu*

Fluids coming from the vagina that smell normal.

**Vaginal itching**

*ka tshinatshishit umutats*

**Valve**

*ka tshipanitshepanitshi mak ka nutepanitshi tshetshi eka tshiuekuts umik<sup>u</sup>*

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

**Varicose veins**

*patshipanua umikuiapina*

Swollen, visible veins usually found in the lower legs.

**Varicose vein, removed**

*manishakanua umikuiapina ka patshipanitshi*

**Vas Deferens**

*utatshishina ka tapitits anite matishits*

A tube which comes from each testicle (the two egg-shaped things in the sac of saggy skin under a man's penis).

**Vasectomy**

*tshipauakanu napeu*

A surgical procedure that cuts or ties off the vas deferens so sperm cannot be ejaculated in semen.

**VD (Venereal disease)**

*matshi-akushun*

A disease that can be passed from one person to another by sexual contact, e.g. syphilis, genital herpes, chlamydia, gonorrhea, AIDS. Also called: Sexually Transmitted Infection (STI), Sexually Transmitted Disease (STD)

**Vein***umikuiapin*

The blood vessel which brings blood towards the heart.

**Venereal disease (VD)***matshi-akushun*

A disease that can be passed from one person to another by sexual contact, e.g. syphilis, genital herpes, chlamydia, gonorrhea, AIDS.  
Also called: Sexually Transmitted Infection (STI), Sexually Transmitted Disease (STD)

**Venereal Warts***utshitshikuma anite mutats*

A Sexually Transmitted Infection (STI) caused by the Human Papilloma Virus (HPV); a risk factor for cancer of the cervix.  
Also called: Genital warts.

**Ventricle, left**

*nashik<sup>u</sup> napate unashpatshiunits miten ka pishtepanits e  
shutshishimakats umik<sup>u</sup> ka ishpanits mishue anite unats*

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

**Vertebra***uaukan ushkaniss*

One of the bones that make up the spine.

**Vertebra, lumbar***ushkaniss tetauts uaukanits*

One of five bones at the bottom of the spine.

**Vertebra, sacral***ushukanitshekanits*

**Vertigo**

*tshishkuepanu e akushit uitukaia*

Dizziness due to inner ear problems.

**Virgin**

*eka ka tutak tshekuannu*

Someone who has never had intercourse.

**Virus**

*akushun e ashu-minitunanits*

A very small germ that can be spread from one person to another.

**Vision, disturbance or loss**

*ama shuka uapatam<sup>u</sup>*

**Vitamin**

*mitshim-natukun*

A small chemical found in food which is needed by the body for growth and health.

**Vocal cords**

*uets anite nanimuiet auen*

**Vomiting, recurrent**

*mushinau pakupakumu*

When someone keeps vomiting.

**Vomiting, sudden**

*shassikuts pakumu*

**Vomits**

*pakumu*

**Vomits, infant projectile**

*kuashkuetshikutennu upakumun auass*

Vomiting with extreme force by a young child.



**Vulva***ishkueu mitenin*

The part of the female body that is found between the legs.

**Walker***kapimutauakanits*

A lightweight frame to help a person walk.

**Warts***utshitshikuma*

Growths, usually bumps, on the skin caused by a germ (virus) which is in the skin.

**Warts, genital or venereal***utshitshikuma anite mutats*

A Sexually Transmitted Infection (STI) caused by the Human Papilloma Virus (HPV); a risk factor for cancer of the cervix.  
Also called: Venereal warts.

**WBC (White blood cells)***ka mashitsheshits umikuts*

These kill and eat germs and dead cells.  
Also called: Leukocytes

**Weak***ama shapashiu***Weight gain***nishkupanitau e tashtipanikeshit***Weight gain, slow for child 0 to 5 years***ama minu-nitautshu avass eshk<sup>u</sup> eka patetash tatupipuneshit*

Failure to thrive.

**Weight loss***unitau e tashtipanikaneshit*

**Wheelchair**

*akushiu-tetapuakan*

**Wheezes**

*kveshkushiuitakushu*

Breathes noisily.

**Whiplash**

*shassikuts pimikuevepanitau aven ukueiau*

A range of injuries to the neck caused by or related to a sudden abnormal movement of the neck.

**White blood cells (WBC)**

*ka mashitsheshits umikuts*

These kill and eat germs and dead cells.

Also called: Leukocytes

**Whooping cough**

*uikuetatam<sup>u</sup> e ushtushtak*

A contagious disease found most often in children; causes distinctive coughing sounds.

Also called: Pertussis

**Windpipe**

*ukutakan*

Also called: Trachea

**Womb**

*ushpaiua*

Also called: Uterus

**Worms, pin or tape**

*kauauashtanitsheshits*

**Wound**

*ka ushikut uesh uetamuakanits, pashtishu, patshishinu, ushikushinu*

Any damage to the body caused by hitting, banging, cutting, etc.

**Wrist**

*uakun*

**X-ray**

*akunakanu*

A picture of any inside part of the body.

**Yawns**

*ui nipau*

**Yeast Infection**

*ka tshinishkatshet akushun mutats*

A fungal infection of the mouth (thrush) or the vagina (moniliasis), most likely to happen if a person is on antibiotics or birth control pills.

Also called: Candidiasis

**Young man**

*ussinitshishu*

**Young woman**

*ishkuess*



## Prefixes and suffixes

### *Mushuau dialect*

**Aden-, Adeno-**

*unikua*

Gland.

**Aden-, Adeno-**

*unikua*

Gland.

**Angio-**

*umikuiapin*

Blood vessel.

**Anti-**

*eka ka ...*

Against.

**Audio-**

*petam<sup>u</sup>*

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<sup>u</sup>*

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*

Removal.

**-emia***umiku*

Of or relating to blood.

**Gastr-, Gastro-***ushkatats*

Stomach.

**Glyc-, Glyco-, Gluc-,  
Gluco-***kashivasht*

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.

**-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***aven ka natu-  
tshissenitats tshekuannu*

The study of something or the person who studies things.

**-oma***muteu*

Tumour.

**Orth-, Ortho-***kushkunakanu*

Straight, normal position.

**Or-, Oro-***utunits*

Mouth.

**-osis***e ishinakuak tshekuan*

State or condition.

**Oste-, Osteo-***ushkanits*

Bone.

**-ostomy***ka matishakanits*

A surgical opening.

**Ot-, Oto-***uitukats*

Ear.

**Ox-, Oxi-, Oxo-***neun*

Oxygen.

**Patho-, -pathy***akushun*

A disease.

**Ped-, Pedo-***avass*

Child.

**Pharm-, Pharmi-***natukun*

Medicine, drug.

**-phobia***kushtam<sup>u</sup> tshetshi**akunikut*

An 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-***upanits*

Lungs.

**Quadr-, Quadri-***neu*

Four.

**-sclerosis***mashkupanu*

Hardening.

**-scopy, -scopic***tshitapatam<sup>u</sup>; uapatam<sup>u</sup>;**tushkapamakanu*

Act of visually examining.

**Thromb-, Thrombo-***tashtupanu*

Clot.

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

Toxin or poison.



## **Body Parts**

### *Mushuau dialect*

#### **Abdomen**

##### ***ushkatan***

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

#### **Achilles tendon**

##### ***ututiapin***

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

#### **Adam's Apple**

##### ***ukutakan***

#### **Adenoids**

##### ***unikua***

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

#### **Adipose**

##### ***uinun***

The fatty tissue under the skin and around the organs.

#### **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*****upanits nasht atamits eshpanitshi ne neuron***

The tiny, thin-walled bulbs at the end of the airways of the lungs.

**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*****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

*kauishikapekash*

## Areola

*uashka ushtikuanitshitshish*

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

## Arm

*ushpitun*

## Arm bone

*ushpitunikan*

The humerus bone of the upper arm.

## Armpit

*mitik<sup>u</sup>*

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.

## Atrium, left

*takuts napate unashpatshiunits miten ka pishtepanits e shutshishimakats umik<sup>u</sup>*

The small upper chamber in the heart that pumps blood into the ventricles. The left atrium receives oxygen-rich blood from the lungs.

## Atrium, right

*napate uminunits miten ka pishtepanits umik<sup>u</sup> ua ueuepanitshi*

The small upper chamber in the heart that pumps blood into the ventricles. The right atrium receives blood that does not have any oxygen.

**Axilla***mitik<sup>u</sup>*

Also called: Armpit

**Axillary nodes***unikua anite utikuts*

The lymph nodes in the armpit.

**Back***mishpishkun***Backbone***uaukan***Back, lower***etshikuaiet***Bartholin's glands***ishkueu unikua anite umutats*

The small glands in the lips of the vagina.

**Belly button***mitishin*

Also called: Navel, Umbilicus

**Bicep***ushpitun utshipishueshu*

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

**Bicuspid tooth***??*

The tooth next to the canine tooth.

**Bile duct***uishupun utatshishinapek<sup>u</sup>*

**Birth canal***mutan*

Also called: Vagina

**Bladder, urinary***uikun*

The bag where pee is kept.

**Blood***umiku<sup>u</sup>***Blood vein***umikuiapin***Blood vessels***umikuiapina***Body***uiau***Bone***ushkan***Bone marrow***ushkan pimin*

The soft tissue inside bones.

**Bowel***ka mitshapekats utatshishinapek<sup>u</sup>*

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

Also called: Colon, Large intestine

**Brain***mitip*

**Brain stem***mitipiapin*

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

**Breast***matinin***Breastbone***mishkassikan*

Also called: Sternum

**Bronchi***ka mitshapekatshi upanapina*

The two main branches of the windpipe (trachea) that go into the lungs.

**Bronchial tubes***upanapina*

The hollow air passageways branching from windpipe to lungs.

**Bronchioles***upaniapissa*

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

**Bum***mishkatshin*

Also called: Buttocks

**Buttocks***mishkatshishin*

Also called: Bum

**Calf***utashtan*

## Canine tooth

### *katshinashkuapitet*

One of the four sharp, pointed cone-shaped teeth that tears and shreds food.

Also called: Cuspid

## Capillaries

### *umikuiapissa*

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

## Cardiovascular system

### *miten mak umik<sup>u</sup> eshpanits*

The organ system that includes the heart and blood vessels.

## Carotid arteries

### *mishta-mikuiapia anite mukutakanits ka itapekamuatshi ushtikuanits*

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

## Carotid artery, common

### *ka mitshapekats mikuiapi*

The artery in the neck.

## Cartilage

### *eka ka shapat ushkanits*

Flexible connective tissue found in various parts of the body including the nose, the outer ear, and where two bones meet. Helps to protect bones from rubbing against each other and wearing away.

## Cell

### *tshekuan tshitshue apishashu ka inniumakats eshi-nitautshits*

The basic structure of living tissues. The smallest living part of any living thing.

**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 found at the top of the spinal cord.

**Cerebra**

*utip*

The main part of the brain which is found inside the skull.

**Cerebral cortex**

*uashka mitipits*

The outside layer of the biggest part of the brain (cerebrum).

**Cerebrospinal fluid (CSF)**

*utipapun*

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal Fluid

**Cervical nodes**

*unikua anite ukueiats*

The lymph nodes in neck.

**Cervical spine**

*takuts uaukun*

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

**Cervix**

*atamits ishkuuev mutats anite ueshipanit auass*

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**

*utamakanikan ?*

**Chest**

*mishkassikan*

Also called: Thorax

**Chin**

*ukuashkuneua*

**Circulatory system**

*e papamipanits umik<sup>u</sup> eshpanits anite unats*

The organ system that keeps blood continuously moving around the body.

**Circumcision**

*manishakanua ushkats ushakaia anita uitakashits*

The removal of the foreskin of the penis.

**Clavicle**

*uapikan*

Also called: Collar bone

**Clitoris**

*ishkueu mutats*

**Coccyx**

*tshakanikan*

The small triangular bone at the bottom of the spine.

Also called: Tailbone

**Cochlea*****atamits mitukats***

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

**Collarbone*****uapikan***

Also called: Clavicle

**Colon*****ka mitshapekats utatshishinapek"***

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

Also called: Bowel, Large Intestine

**Common carotid artery*****ka mitshapekats mikueiapin***

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*****mishikatip***

The top of the head.

**CSF (Cerebrospinal fluid)*****utipapun***

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal fluid

**Diaphragm***eshkuassipet*

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

**Digestive system***eshpanits katshi mitshishutshi anite atamits*

The parts of the body that help to digest food.

**Disc, spinal***uaukan-ashpanikaniss*

The cushion between the spinal vertebrae.

**Duodenum***takuts utatshishinapek<sup>u</sup>*

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***Embryo***auassiss pitshenik ka nitautshit*

An unborn human in its first two months of growth.

**Epiglottis**

??

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

**Esophagus**

*mikutashkueuiapin*

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

**Eustachian tube**

*mitukan utatshishin*

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

**Eye**

*missishik<sup>u</sup>*

**Eye socket**

*missishk<sup>u</sup> ushkan*

**Eyebrows**

*umamama*

**Eyelash**

*umishuiapunan*

**Eyelid**

??

**Face**

*utashtamik<sup>u</sup>*

**Fallopian tubes**

*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.

**Feet***mishita***Femur***mipuamikan*

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

**Fetus***auass pitshenik e nitautshit*

A child 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 ushkatits*

The outside, smaller bone of the lower leg.

**Finger***ninitshititshan***Fingernail***mishkashin***Finger, index***atuanikanashk<sup>u</sup>*

The second finger.  
Also called: Forefinger

**Finger, middle***tetautitshan*

**Finger, pinkie***utishkuaititshiss*

The last, smallest finger.

Also called: Baby finger, Little finger

**Finger, ring***tapititshepishun mititshin*

Also called: Fourth finger

**First molar tooth***??***Flesh***unash***Fontanel***unatipima*

The soft spot on a baby's head.

**Foot***mishit***Forearm***mishpitun***Forefinger***atuanikanashk<sup>u</sup>*

The second finger.

Also called: Index finger

**Forehead***mishkatik<sup>u</sup>***Foreskin***ushkatshu ushakaia anita uitakats*

**Freckles**

*papatikueu*

**Gallbladder**

*uishupun*

**Genitals**

*mutats*

The private parts of a man or woman.

**Gingiva**

*unash mipit*

Also called: Gums

**Gland**

*unikʷ*

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

**Gonads**

*napeu utashua mak ishkueu uauma*

Testes in a man or ovaries in a woman.

**Groin**

*utshitshashkats*

The area of the body where the leg joins the trunk of the body.

**Gum socket**

*unash mipit*

**Gums**

*unash mipit*

Also called: Gingiva

**Hair**

*pishkueun*

**Hand***utitshin***Hand, left***unashpatshiun***Hand, right***uminun***Head***mishtikuan***Heart***miten***Heel***mitutan*

The back part of the foot.

**Hip***utukun*

The broadest bone of the skeleton to which the leg attaches.

**Humerus***ushpitunikan*

The bone of the upper arm.

**Incisor tooth***ushkats uipit*

One of the front teeth.

**Inguinal***utshashkats*

Of or relating to the area where the leg joins the trunk of the body.



**Inguinal nodes**

*unikua utshashkats*

Glands in the area where the leg joins the trunk of the body.

**Intervertebral disc**

*uaukan ashpanikaniss*

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

**Intestine, large**

*ka mitshapekats utatshishinapekʷ*

Also called: Bowel, Colon

**Intestine, small**

*ka apishapekats utatshishinapekʷ*

**Iris of eye**

*uashka uinipapunits anite ussishikuts*

The coloured part of the eye that circles the black part of the eye (pupil).

**Iron**

*nishekʷ*

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

**Jawbone (Jaw)**

*utapissikan*

The part of the body from which the teeth grow.

**Joint**

*e tapititshi mishkaia*

The place where two or more bones meet.

**Kidney**

*utetakushu*

**Knee**

*uitshikun*

**Kneecap**

*ushtikaia*

Also called: Patella

**Knuckles**

*ka kutikupanitshi mititshisha*

The joints of finger.

**Labial**

*utunits*

Of or relating to the lips.

**Lactation**

*kanunakanit*

The making of milk by the breasts.

**Large intestine**

*ka mitshapekats utatshishinapek"*

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

Also called: Bowel, Colon

**Larynx**

*uets animuet*

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

**Left hand**

*unashpatshiun*

**Leg**

*mishkat*

**Ligaments***utsheshtiapina*

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

**Liver***ushkun***Lower back***nashik<sup>u</sup> ushpishkunits***Lower limb***ushkat put kie upuam***Lower lip***nashik<sup>u</sup> utunits***Lumbar spine***tetauts uaukanits*

The lowest section of the spine, with five vertebrae.

**Lung***upan***Lymph nodes***unikua*

Glands that trap germs that pass through them.

**Marrow***ushkan-pimin*

The soft material inside bones.

**Meninges***uashka ka pishkuetshinikanits mitip*

A thin layer of tissues that cover the brain.

**Metacarpals**

*patetash ushkana anite utitshits*

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

**Metatarsals**

*patetash ushkana anite ushitits*

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

**Mind**

*umitunenitakan*

**Molar tooth**

*ka mamishats uipit*

**Mole**

*uminim*

**Mouth**

*utun*

**Muscle**

*utshipishueshu*

**Nail**

*mishkashi*

A fingernail or toenail.

**Nasal cavity**

*ka pakuneianits ushkutits*

The hole behind the nose.

**Navel**

*mitishin*

Also called: Belly button, Umbilicus

**Neck**

*ukueiau*

**Nerve**

*utsheshtiapin*

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

**Nipple**

*ushtikuanitshitshish*

**Nose**

*mishkut*

**Nostrils**

*utenikuma*

The two holes in the nose.

**Ovary**

*uava 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*

**Patella**

*ushtikaia*

Also called: Kneecap

**Pelvis**

*ushukanitshekan*

**Penis**

*mitakan*

**Peritoneum**

*pitauatshinikan*

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

**Phallus**

*mitakan*

**Pharynx**

*mukutakan*

Also called: Throat

**Pinkie finger**

*utishkuaititshiss*

The last, smallest 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 atamits mitshima ushishiunits*

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

**Pubic hair**

*minashuaia*

The hair growing in the groin area of a person.

**Pupil of eye***uinipapun*

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

**Quadricep***mipuameuk<sup>u</sup>*

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

**Radius***??*

The shorter bone in the lower arm, forearm.

**Rectum***atamits ushkatshishits*

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

**Rib***ushpitshekan***Right hand or side***uminun***Ring finger***tapitshishepishun mititshin*

Also called: Fourth finger

**Root***??*

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 unikuats***Scalp***ushakaia ushtikuanits***Scapula***utinikana*

Also called: Shoulder blade

**Scrotum***napeu uiuat*

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

**Semen***napeu atshikʷ***Shin***??***Shin bone***ushkatikan*

The inner and larger bone of the lower leg.

Also called: Tibia

**Shoulder***mititiman***Shoulder blade***utinikana*

Also called: Scapula



**Sinuses**

*e pakuneiats atamits mishkutits*

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

Also called: sinus cavities.

**Skeleton**

*ushkana aven*

**Skin**

*ushakaia*

**Skull**

*mishtikuanitshekan*

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

Also called: Cranium

**Skull, back of**

*ushpishkunits mishtikuanitshekanits*

**Small intestine**

*ka apishapekats utatshishinapek<sup>u</sup>*

**Sole of foot**

*ueshtaushit*

**Sperm**

*ka pakashimushits*

**Sphincter**

*ka tshipanitshepanits mishkatshishinits*

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*****mitipapun***

The clear fluid surrounding the brain and spinal cord.  
Also called: Cerebrospinal fluid

**Spine*****uaukan*****Spleen*****upepekʷ***

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*****Tailbone*****tshakanikan***

Also called: Coccyx

**Talus*****uakun ushkan***

Also called: Ankle bone

**Teeth***mipita***Tendon***utsheshtiapin*

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

**Testicle***mitishu*

Also called: Testis

**Thigh***mipuam***Thigh bone***mipuamikan*

Also called: Femur

**Third molar tooth***??*

Also called: Wisdom tooth

**Thoracic spine***tetauts uaukanits*

The part of the spine in the upper back.

**Thorax***mishkassikan*

Also called: Chest

**Throat***mukutakan*

Also called: Pharynx

**Thumb***mituakan*

**Thyroid gland**

*mukutakanits unik<sup>u</sup>*

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

**Toe**

*ushikutem*

**Toenail**

*ushikutem ushkaashina*

**Tongue**

*mitennin*

**Tonsils**

*unikua ukutakanish*

**Tooth**

*mipit*

**Trachea**

*ukutakan*

Also called: Windpipe

**Ulna**

??

The longer bone of 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***utishi*

Also called: Navel, Belly button

**Upper lip***takuts utunits***Ureter***shishiunapun utatshishina ishpimits ka tshikamutshi*

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

**Urethra***shishiunapun utatshishi ka pets ueuepanits*

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

**Urinary bladder***uikun*

The bag where pee is kept.

**Urinary tract***shishiun uetshipanits*

All the parts of the body involved in making pee.

**Uterus***ushpaiua*

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<sup>u</sup>***

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

**Vas Deferens*****utatshishina ka tapitits anite matishits***

A tube which comes from each testicle (the two egg-shaped things in the sac of saggy skin under a man's penis).

**Vein*****umikuiapin***

The blood vessel which brings blood towards the heart.

**Ventricle, left*****nashik<sup>u</sup> napate unashpatshiunits miten ka pishtepanits e shutshishimakats umik<sup>u</sup> ka ishpanits mishue anite unats***

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

**Vertebra*****uaukan ushkaniss***

One of the bones that make up the spine.

**Vertebra, lumbar**

*ushkaniss tetauts uaukanits*

One of five bones at the bottom of the spine.

**Vocal cords**

*uets anite nanimuiet auen*

**Vulva**

*ishkueu mitenin*

The part of the female body that is found between the legs.

**Windpipe**

*ukutakan*

Also called: Trachea

**Womb**

*ushpaiua*

Also called: Uterus

**Wrist**

*uakun*



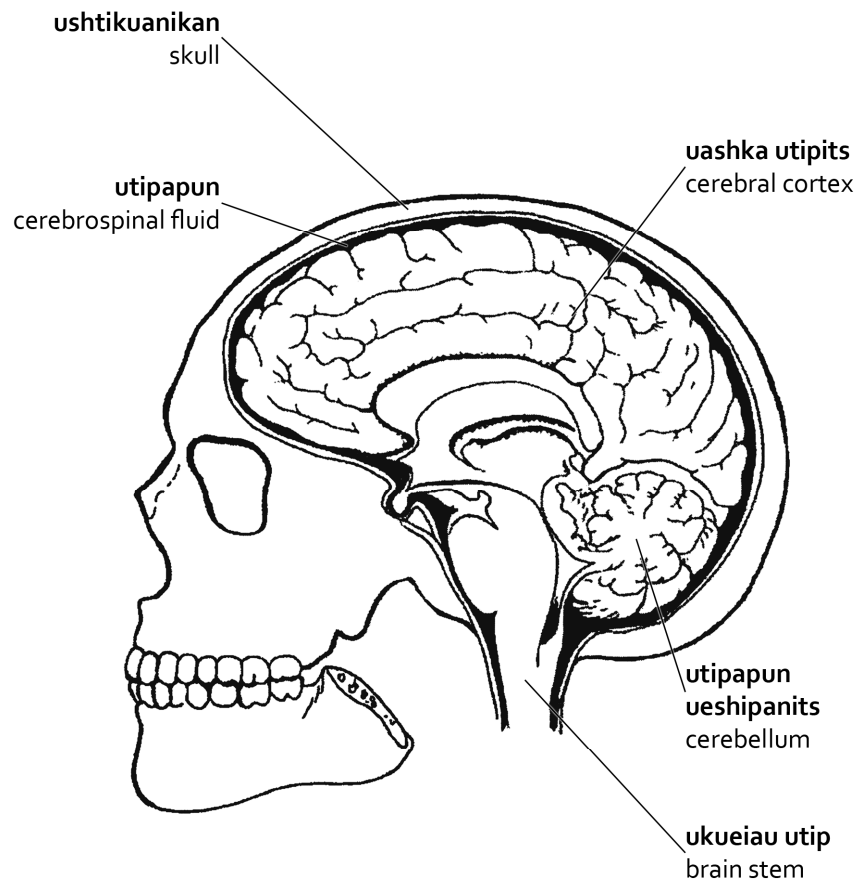


## Diagrams

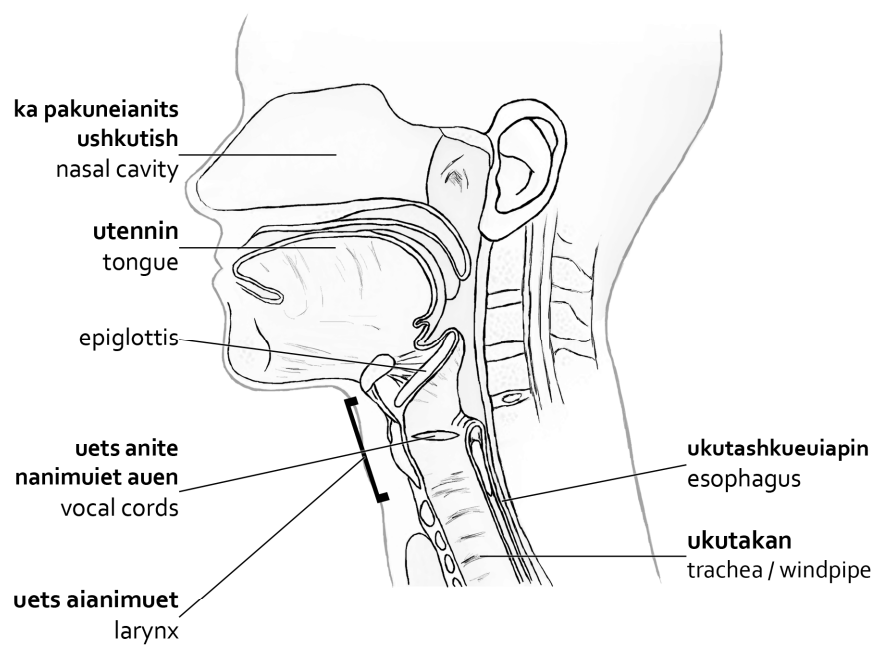
### *Mushuau dialect*

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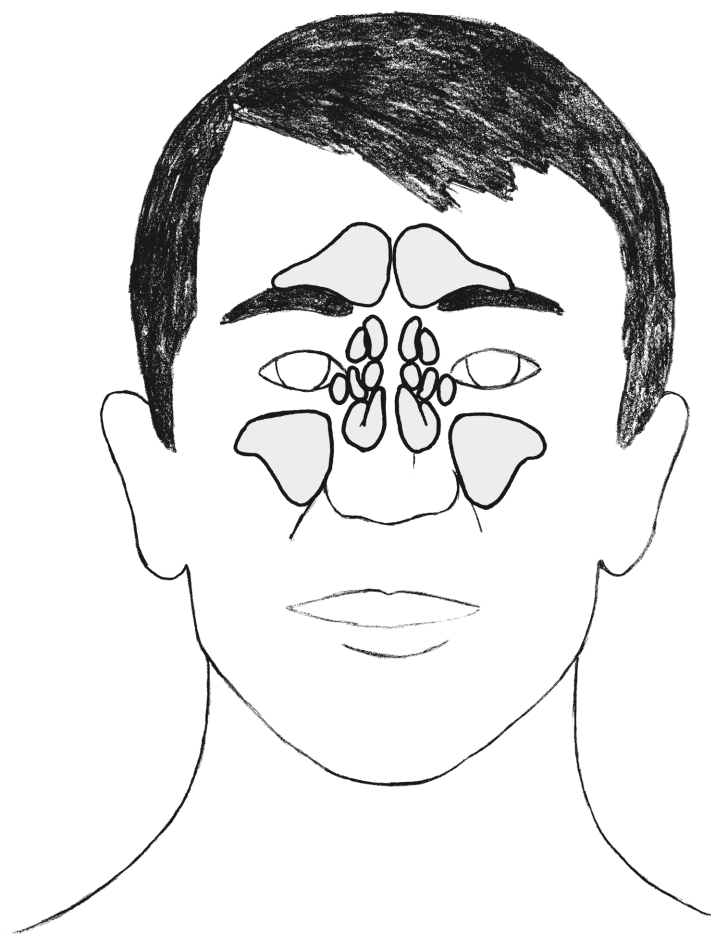
## Utip Brain



## Ukutakan Throat

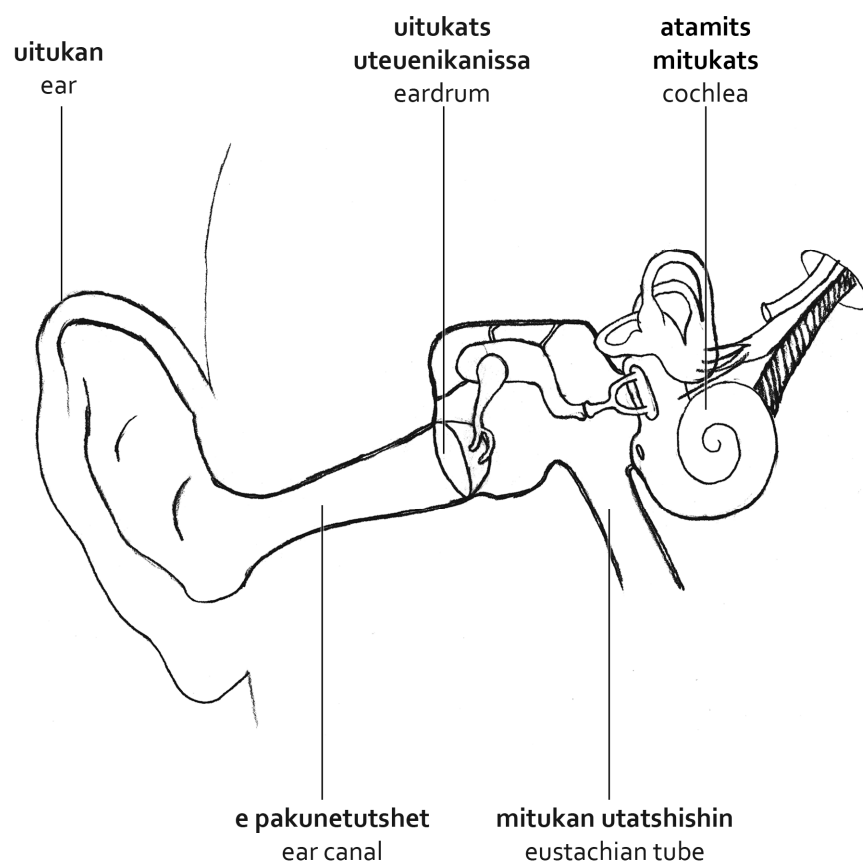


## E pakuneiats atamits ushkutits Sinuses

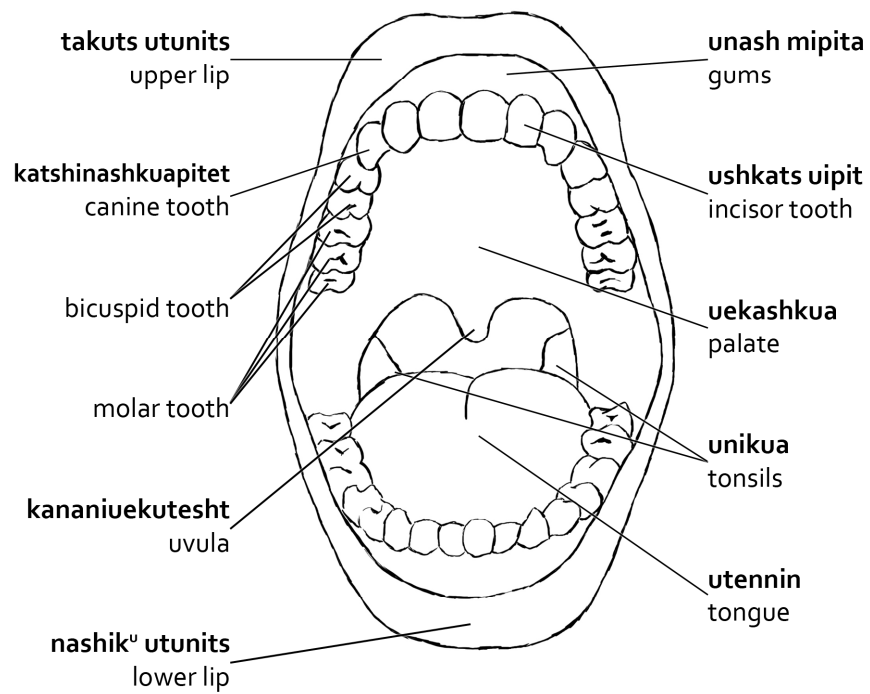


## Uitukai

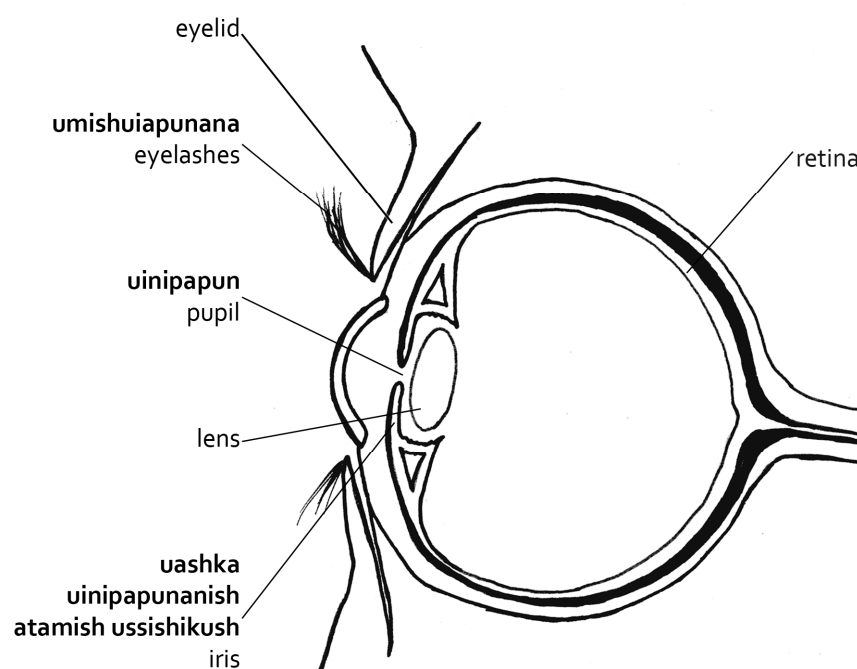
### Ear



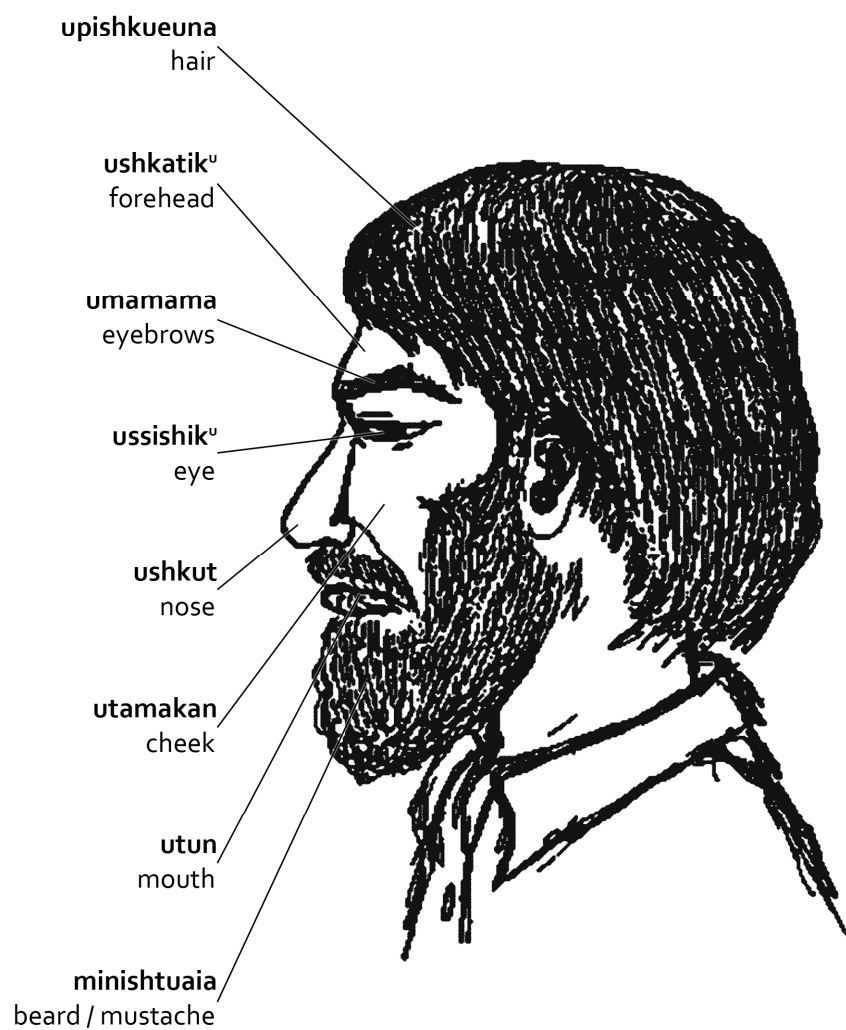
## Uipita Teeth



## Missishik<sup>u</sup> Eye

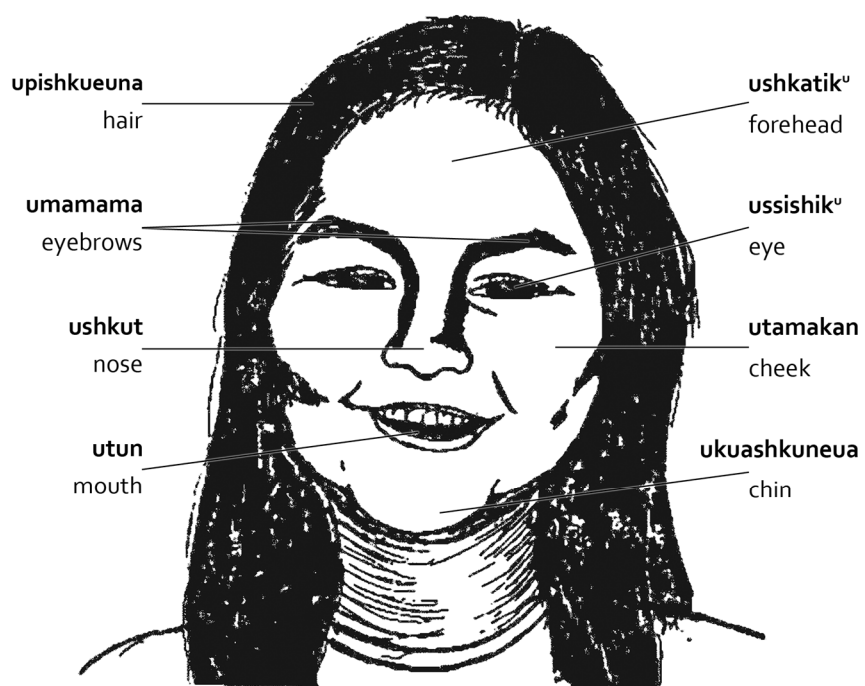


## Utashtamik<sup>u</sup> (napeu) Face (male)

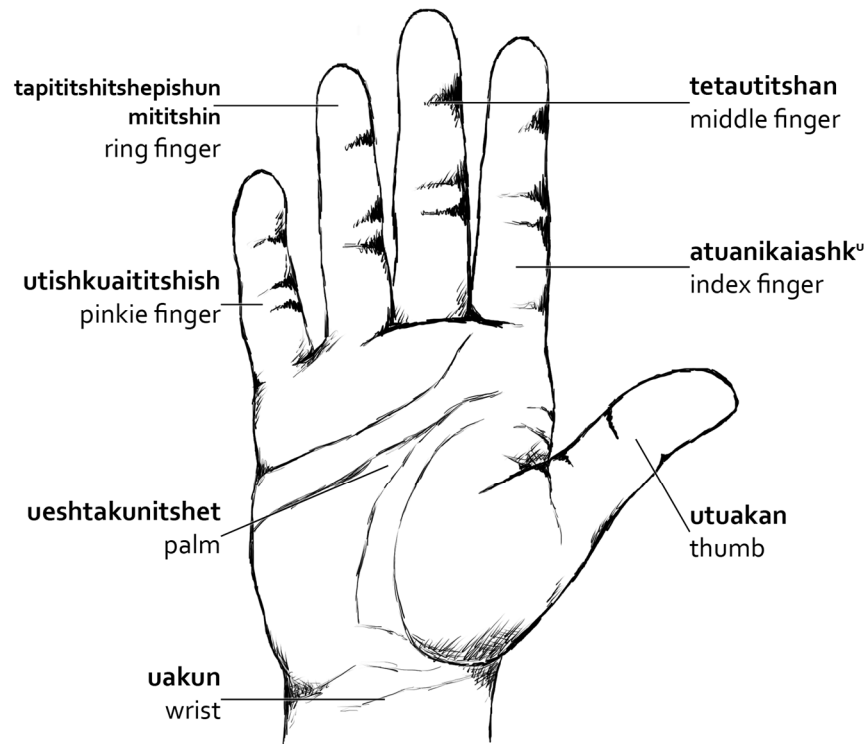




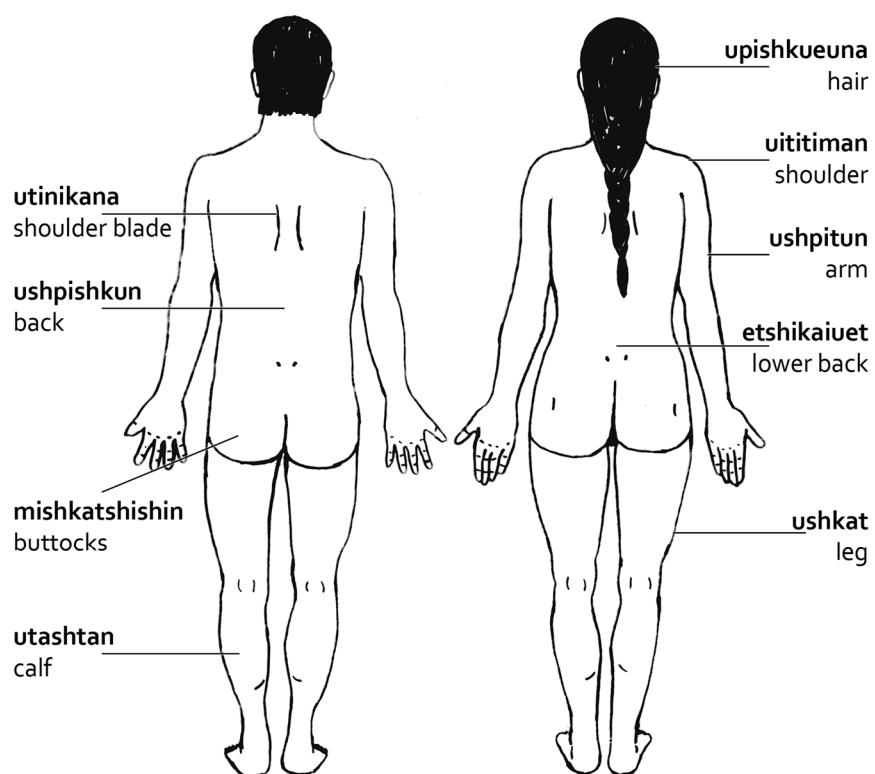
## Utashtamik<sup>u</sup> (ishkueu) Face (female)



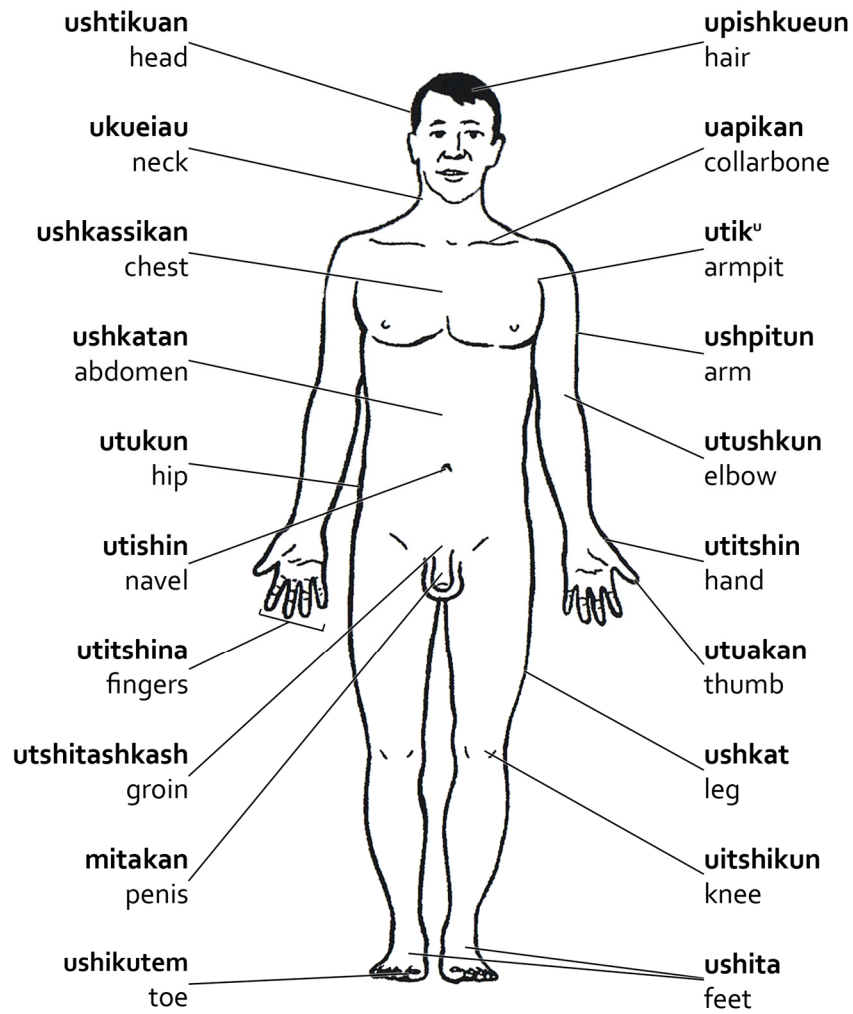
## Utitshin mak uninishtishaia Hand and fingers



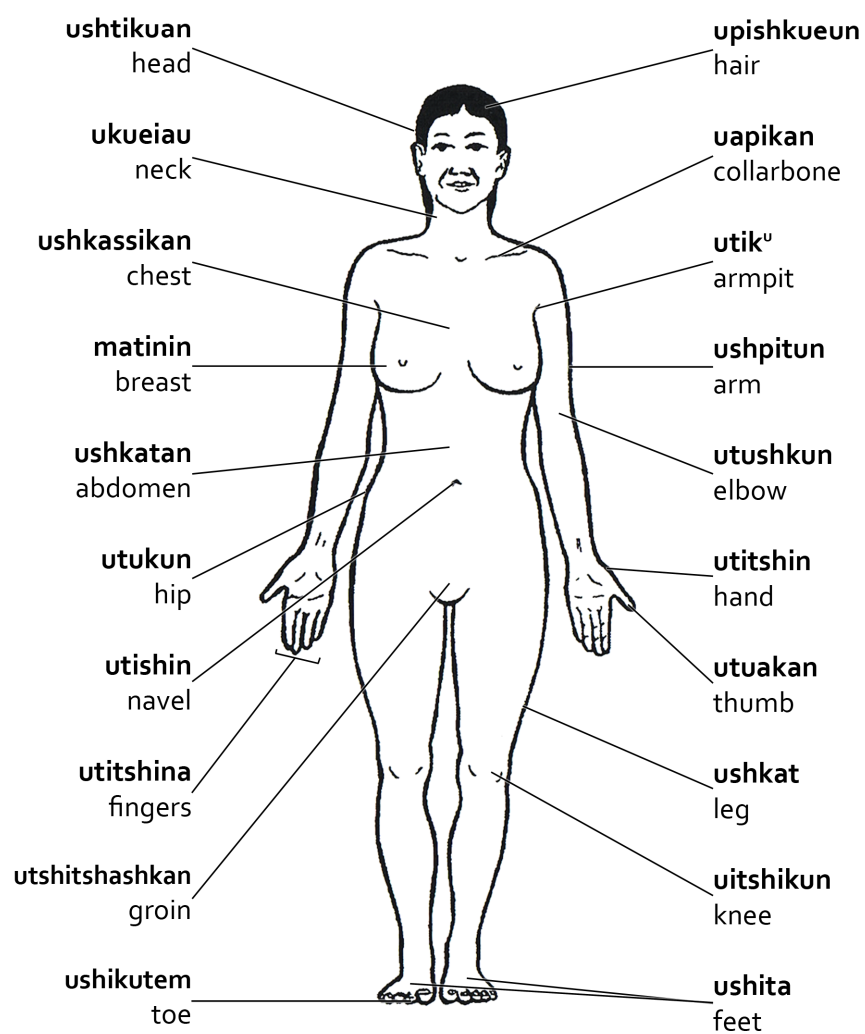
## Uiau Body



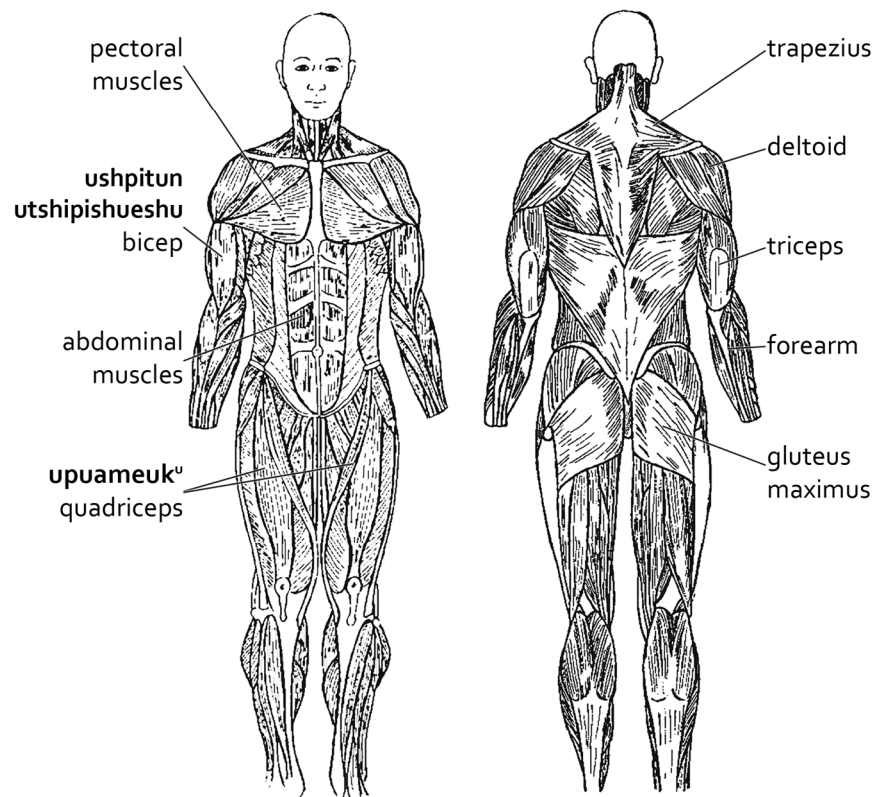
## Uiau (napeu) Body (male)



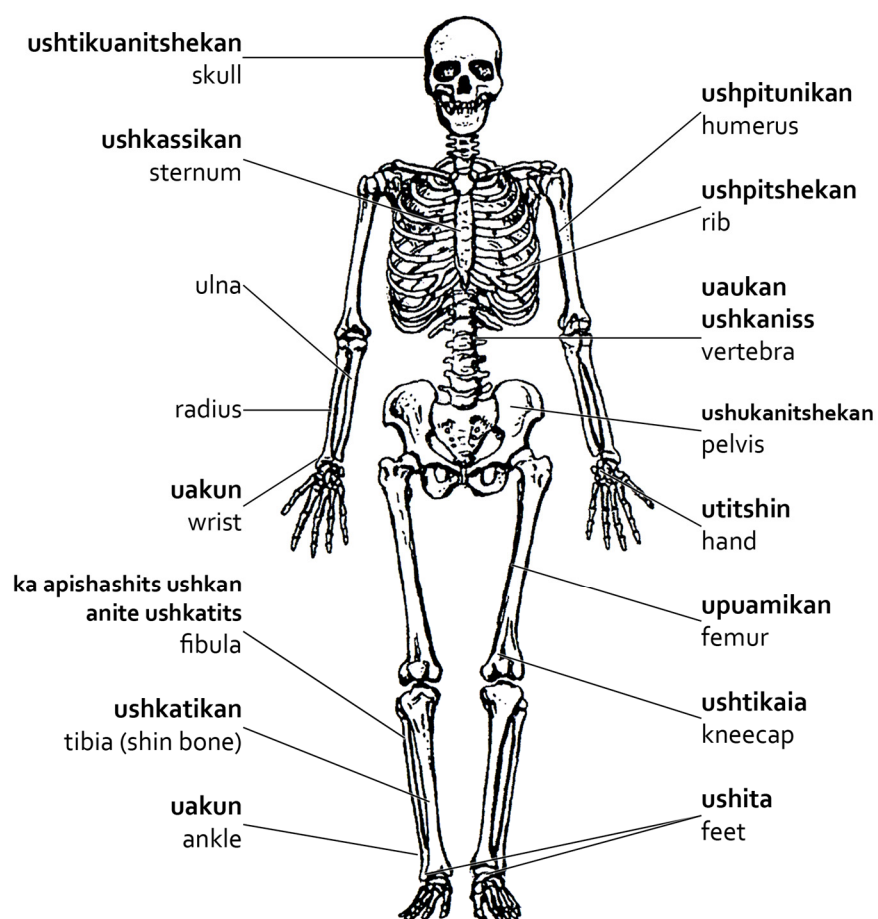
## Uiau (ishkueu) Body (female)



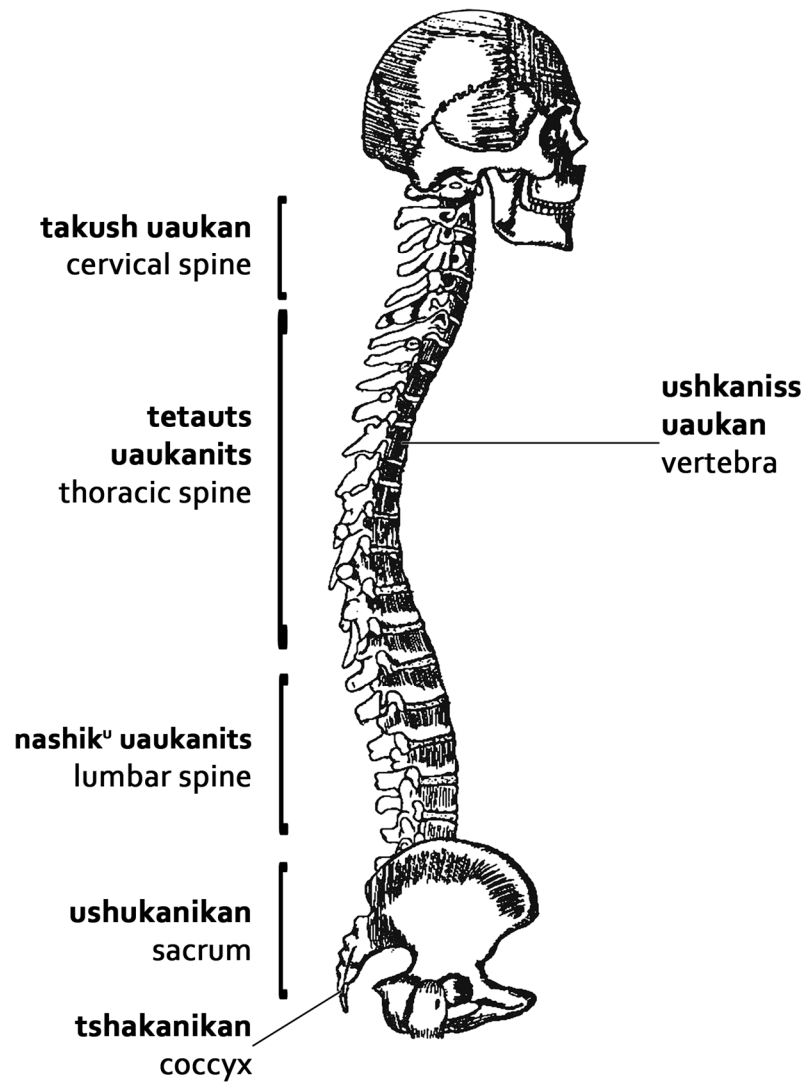
## Utshipishueshua Muscles



## Ushkaia Skeleton

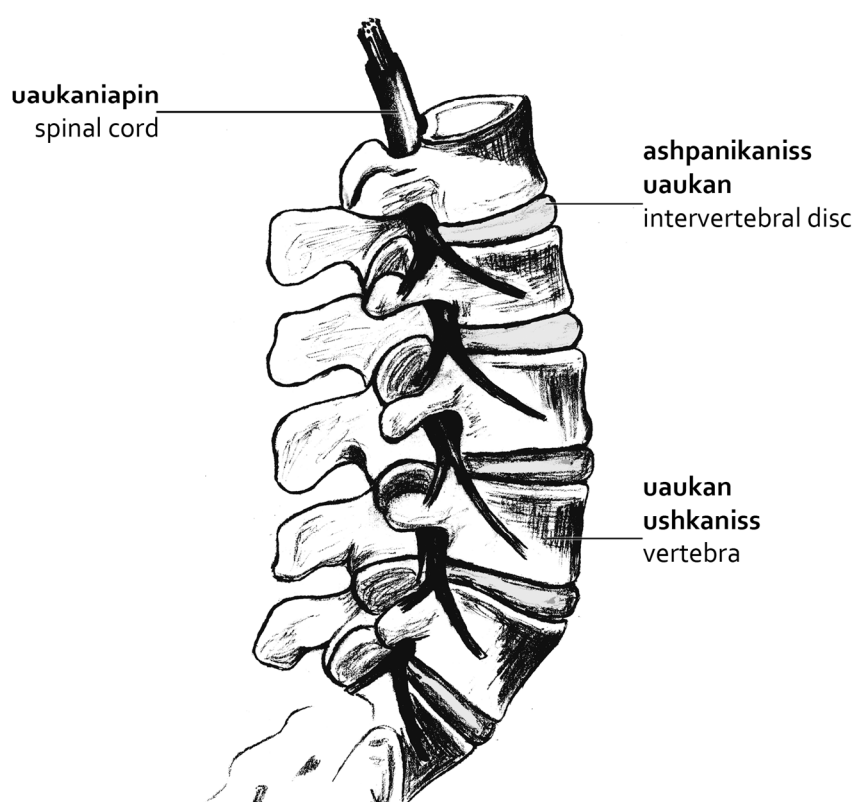


## Uaukan Spine

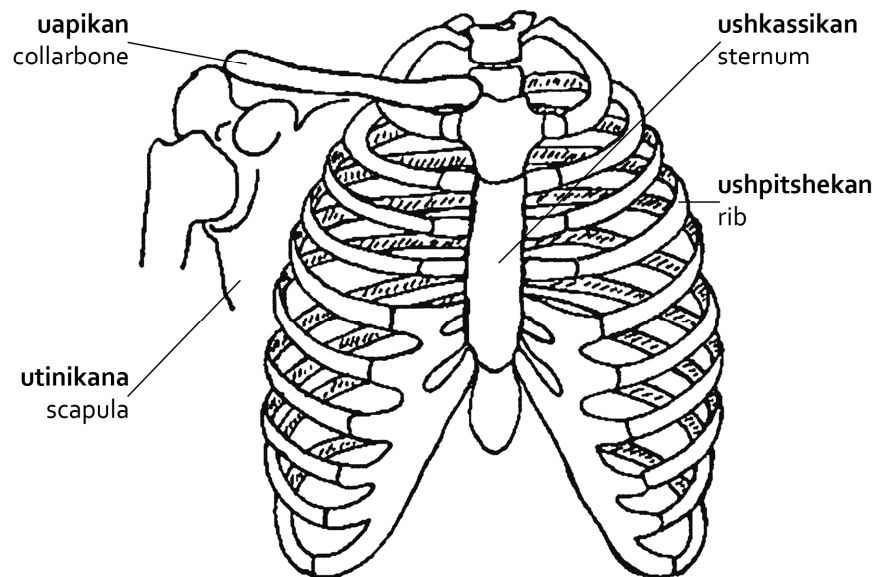




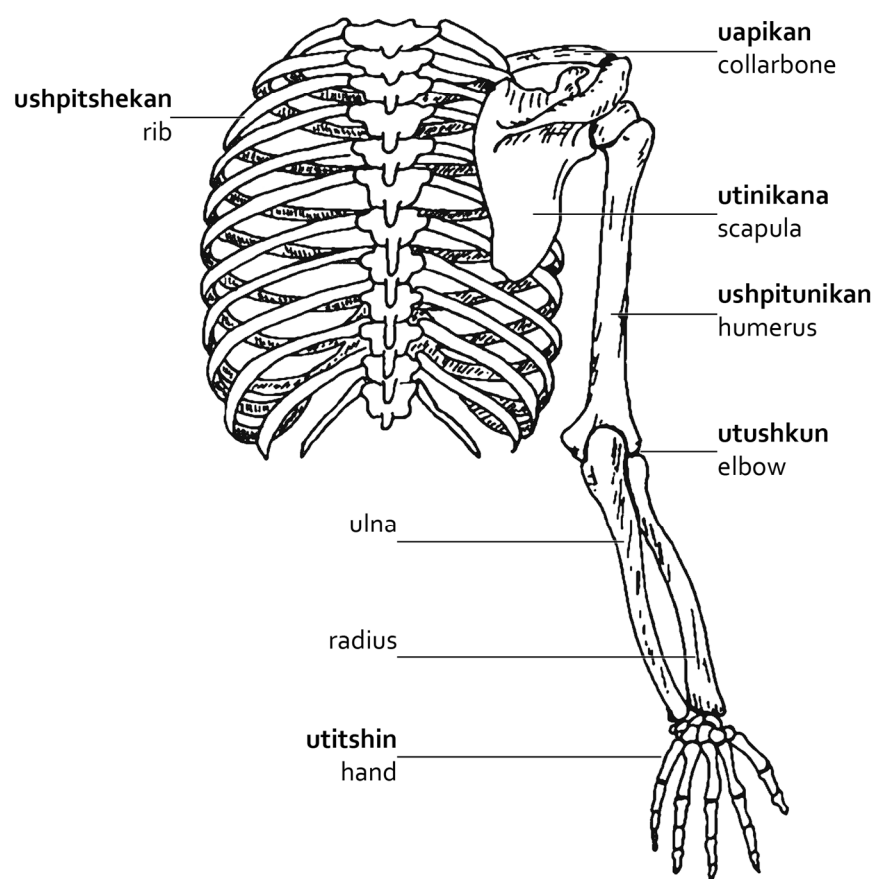
## Uaukan ushkanissa Vertebrae



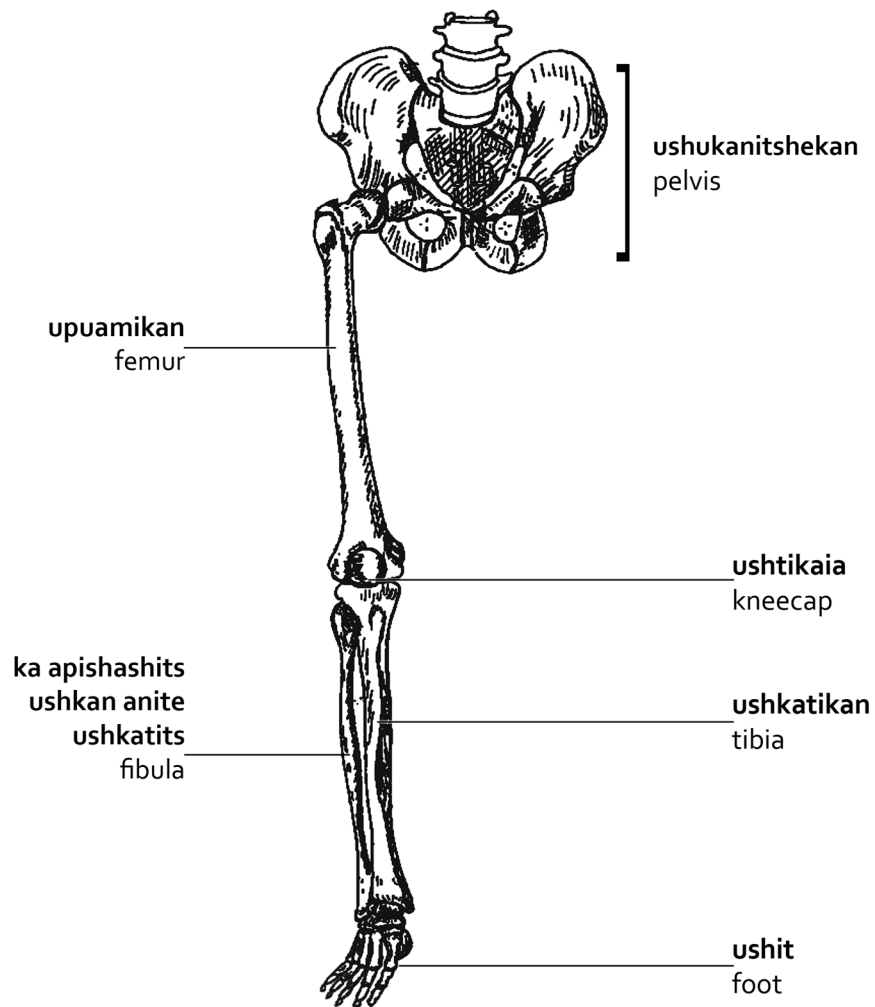
## Ushpitshekana (nikan) Rib cage (front)



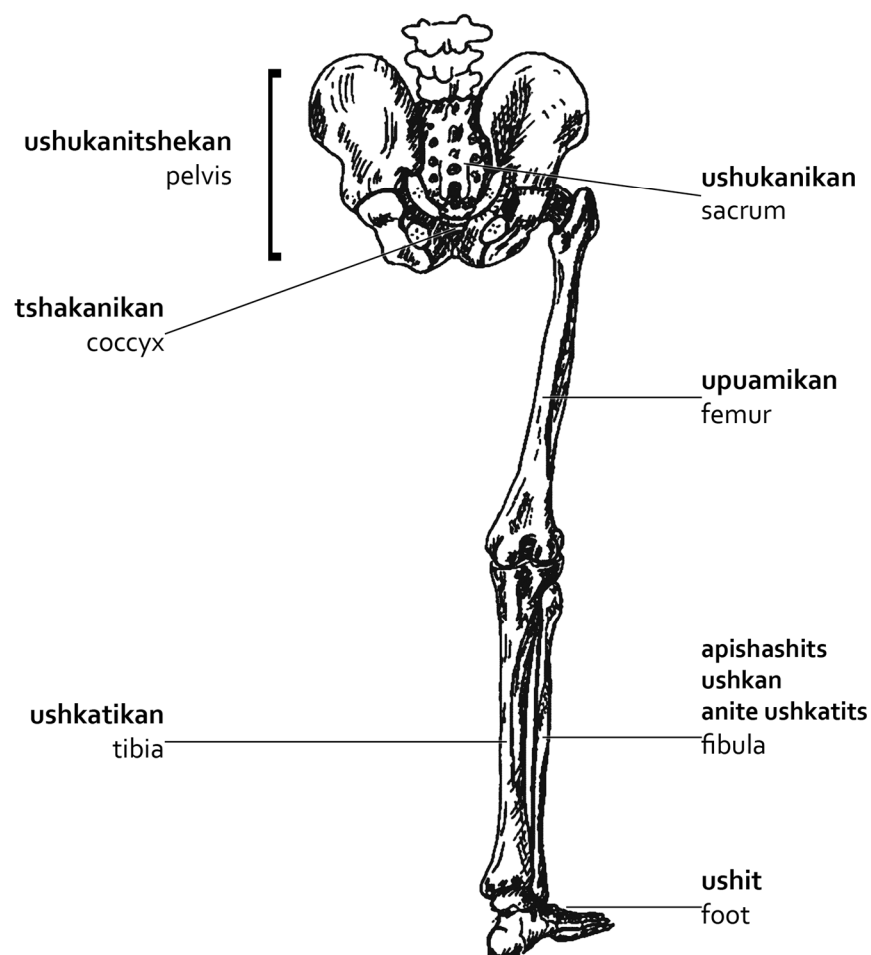
## Ushpitshekana mak ushpitun (utash) Rib cage and arm (back)



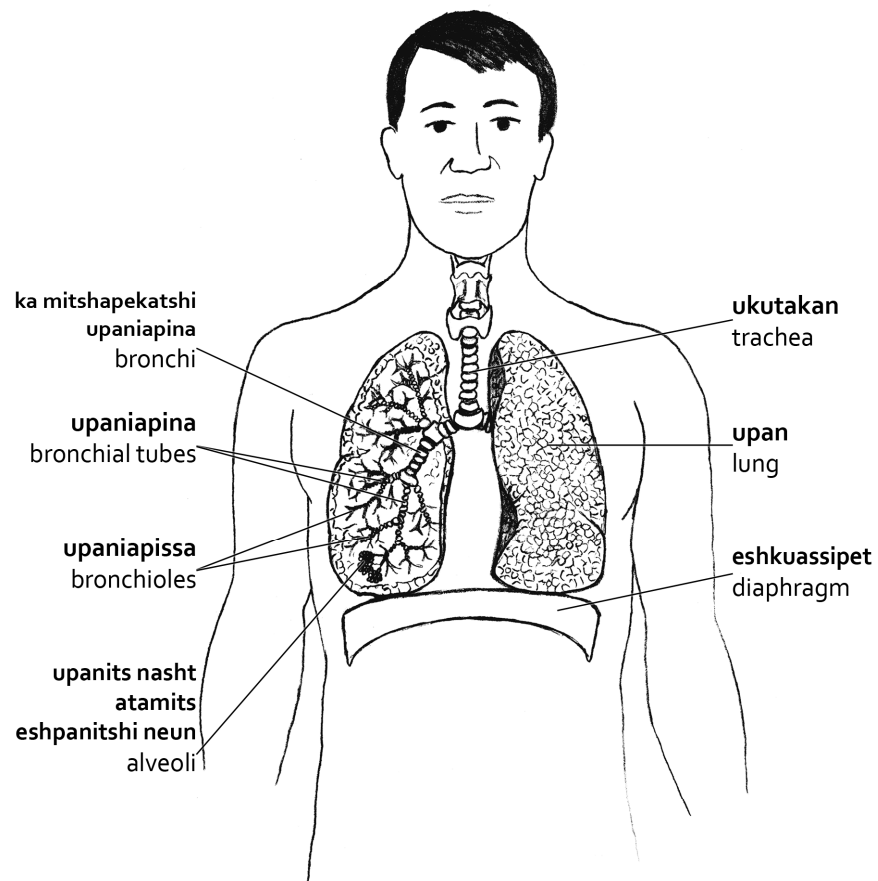
## Ushukanitshekan mak ushkat (nikan) Pelvis and leg (front)



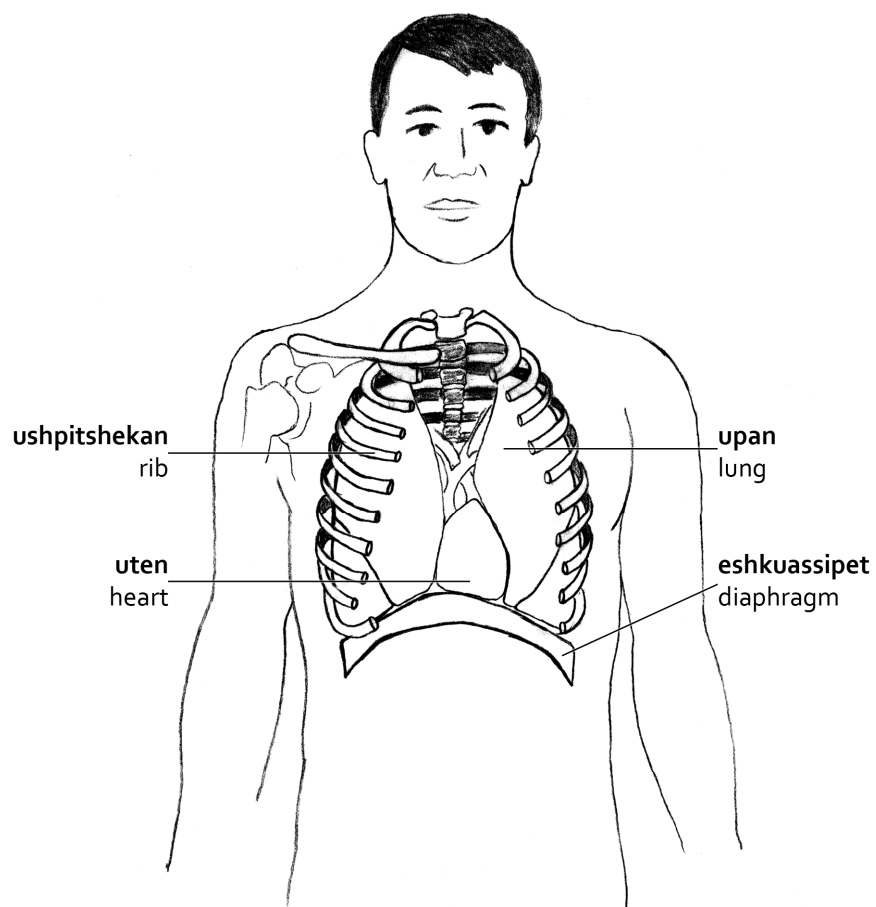
## Ushukanitshekan mak ushkat (utash) Pelvis and leg (back)



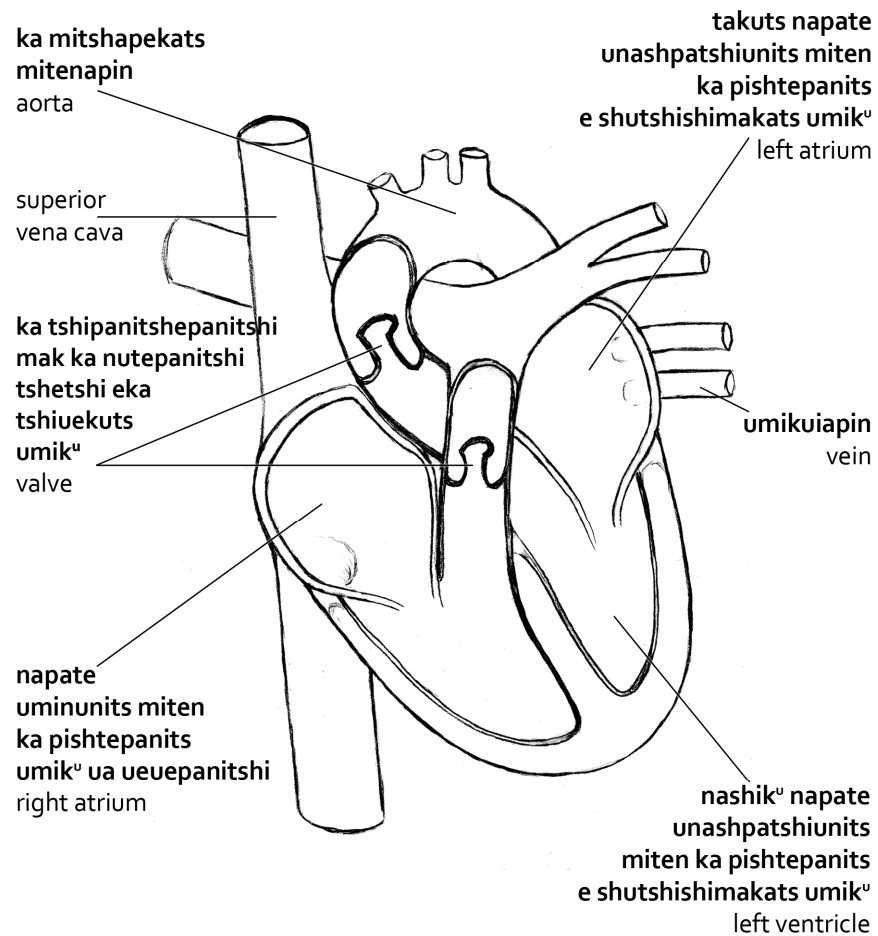
## Upana Lungs



## Ushkassikan Chest



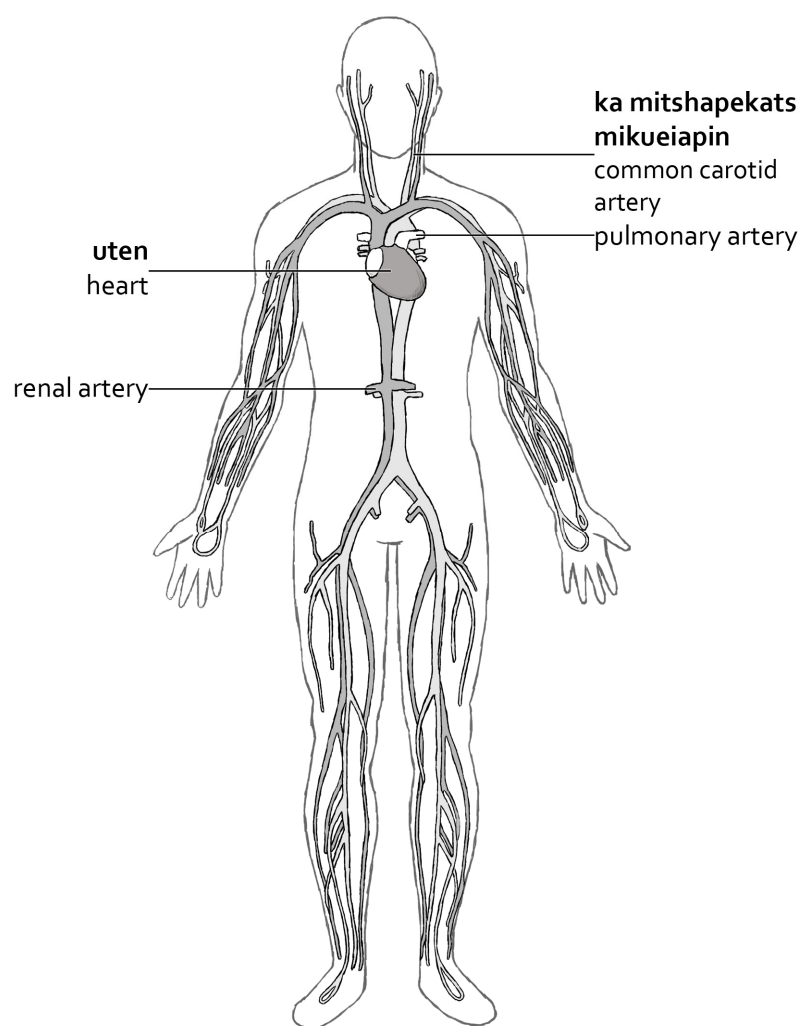
## Uten Heart





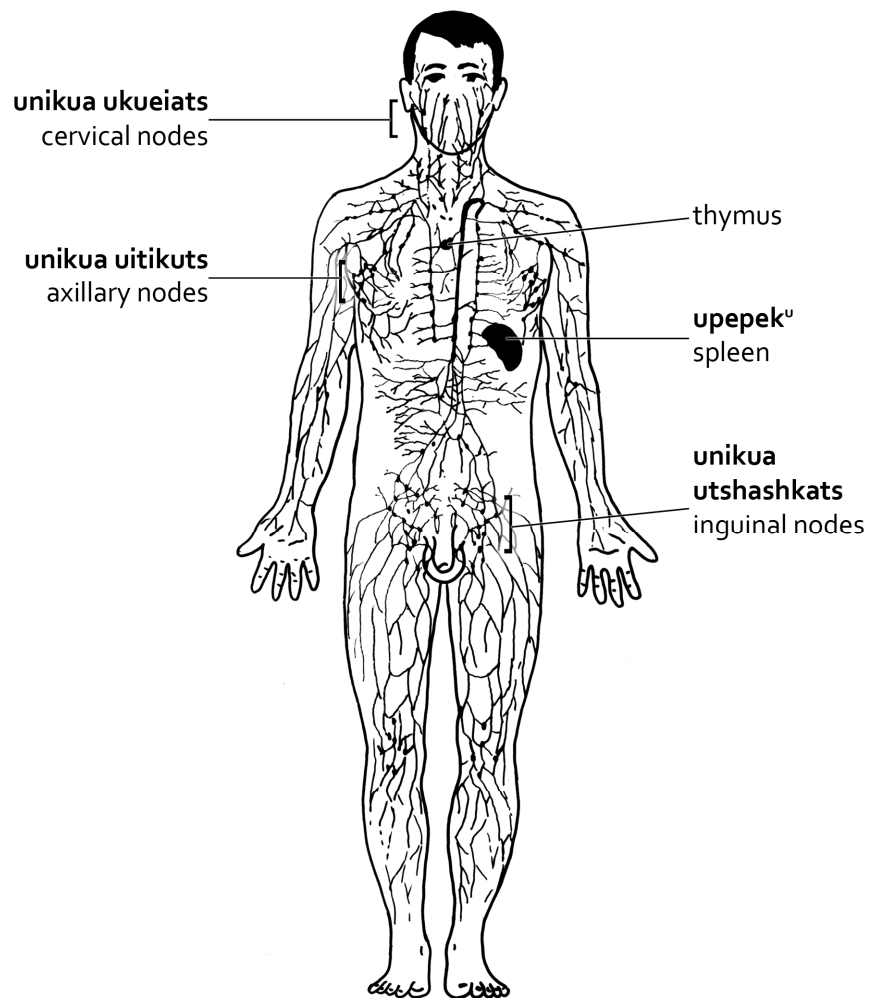
## Miten mak umik<sup>u</sup> eshpanits

### Cardiovascular system



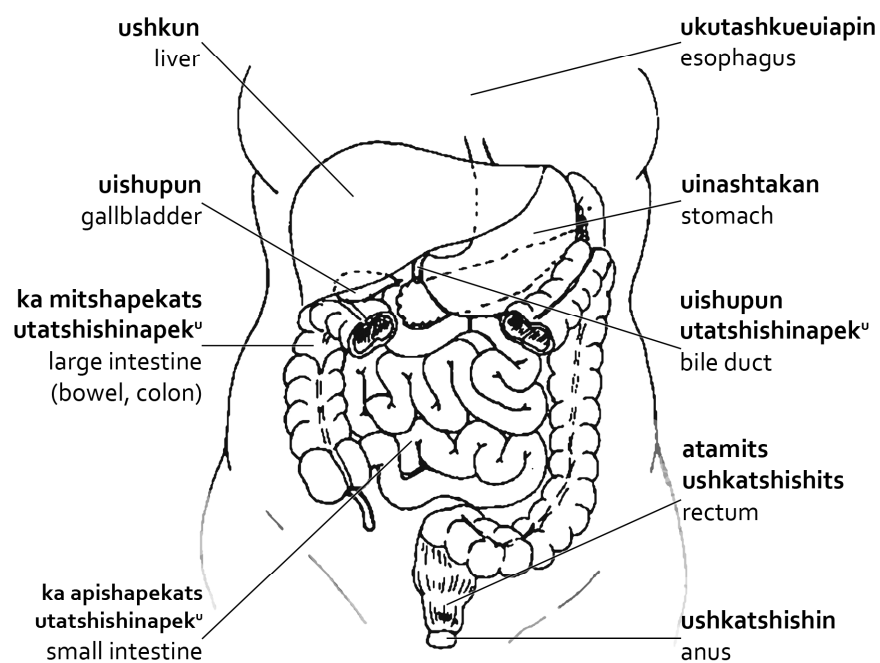
## Unikua

### Lymphatic and nervous systems

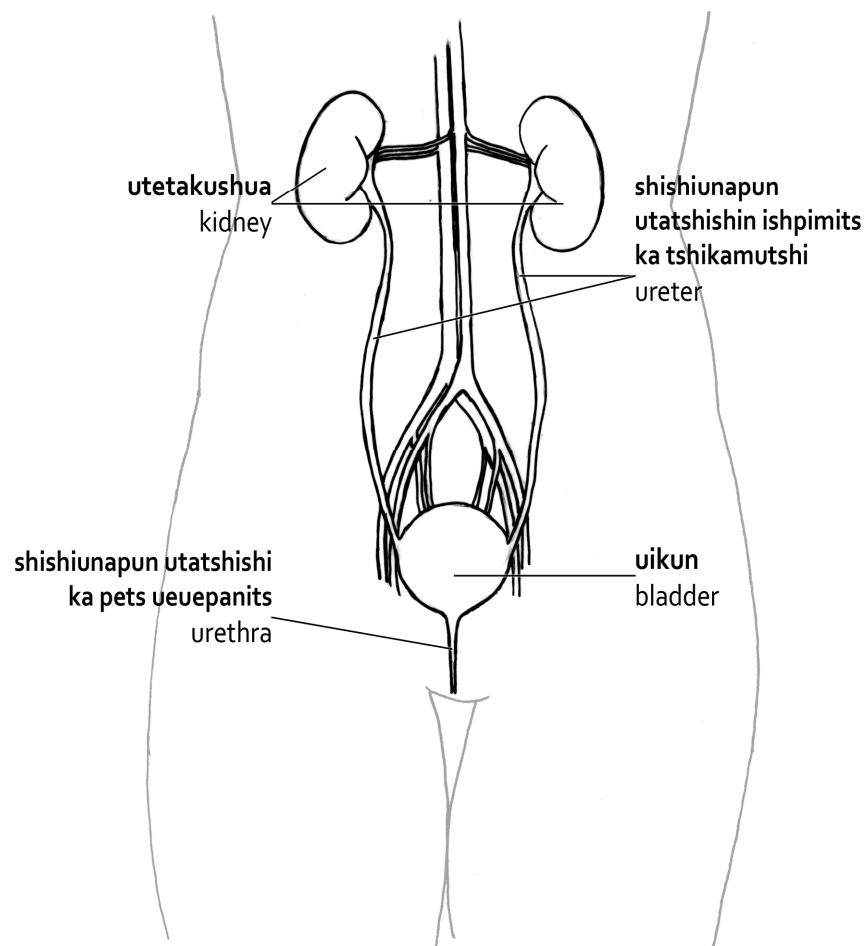


## Eshpanits katshi mitshishutshi anite atamits

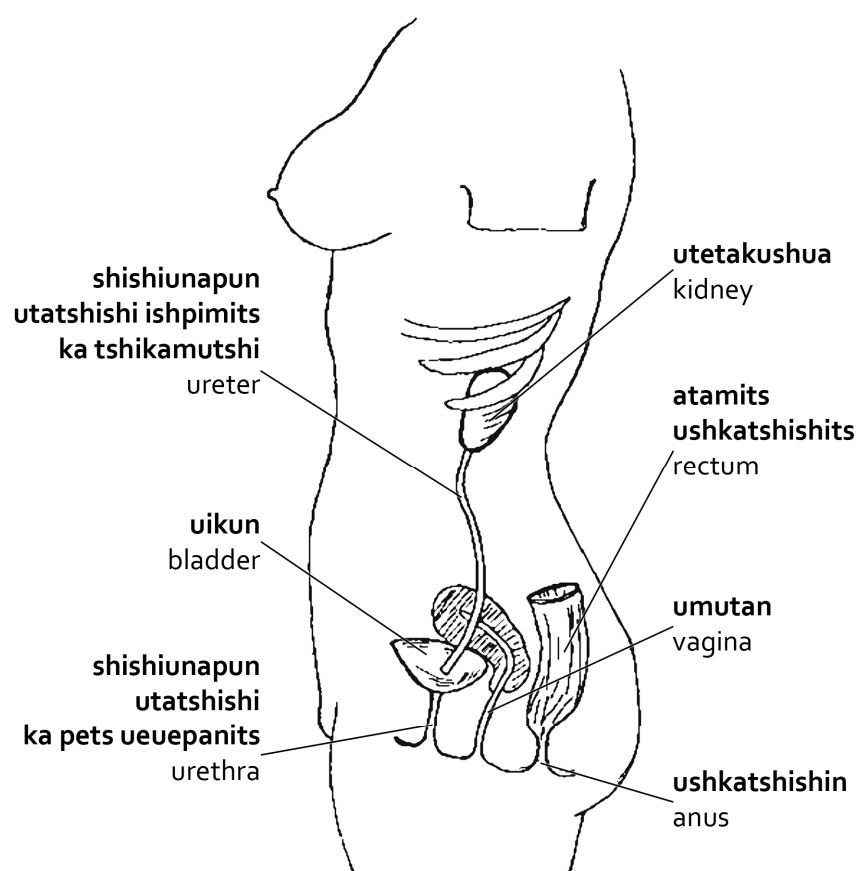
### Digestive system



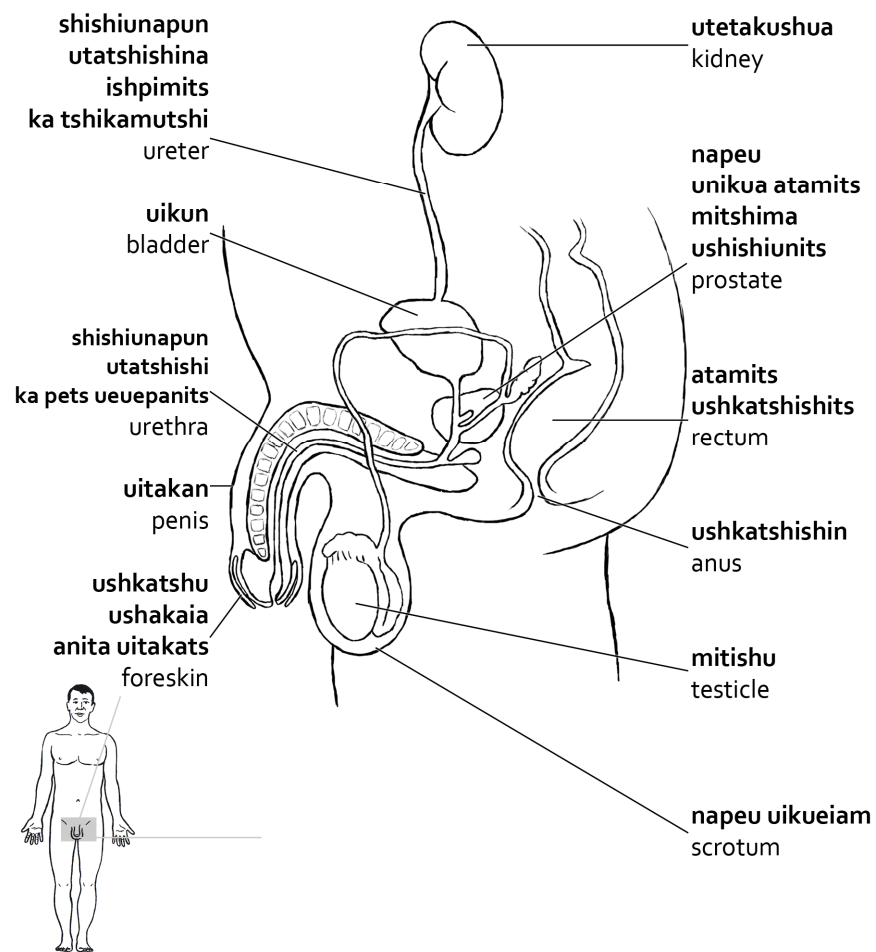
**Utetakushua mak uikun  
mak ushishiunapun  
mamu ka atussemakatshi (ishkueu, nikan)  
Urinary system (female, front)**



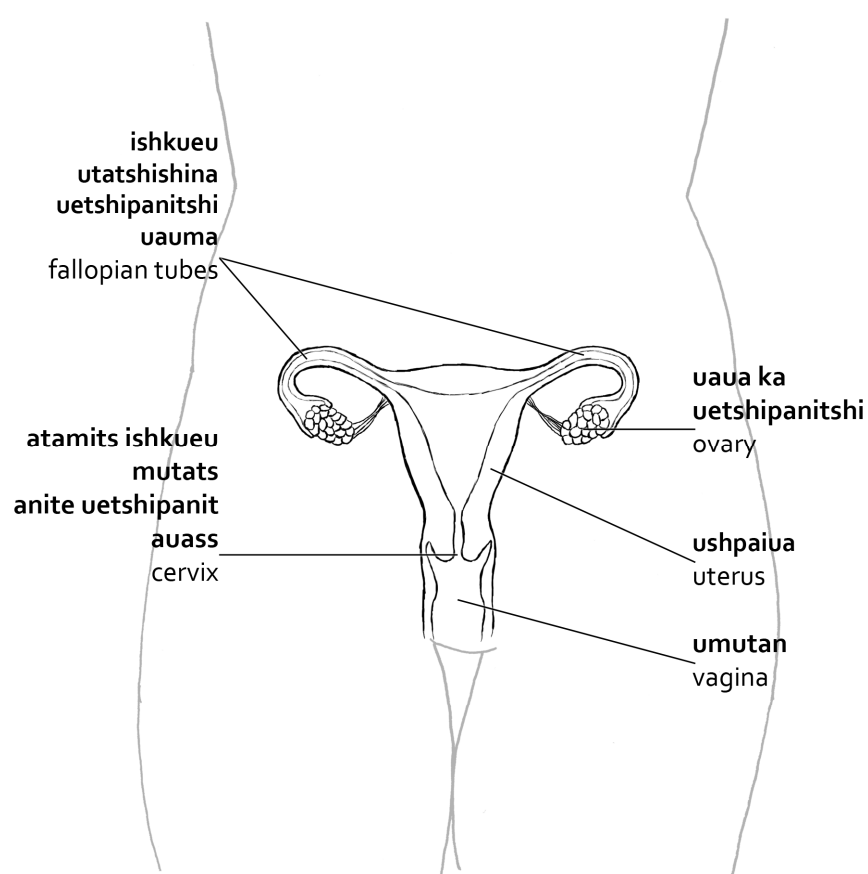
**Utetakushua mak uikun  
mak ushishiunapun  
mamu ka atussemakatshi (ishkueu, napate)  
Urinary system (female, side)**



## Eshinakushit atamit (napeu) Reproductive and urinary systems (male)

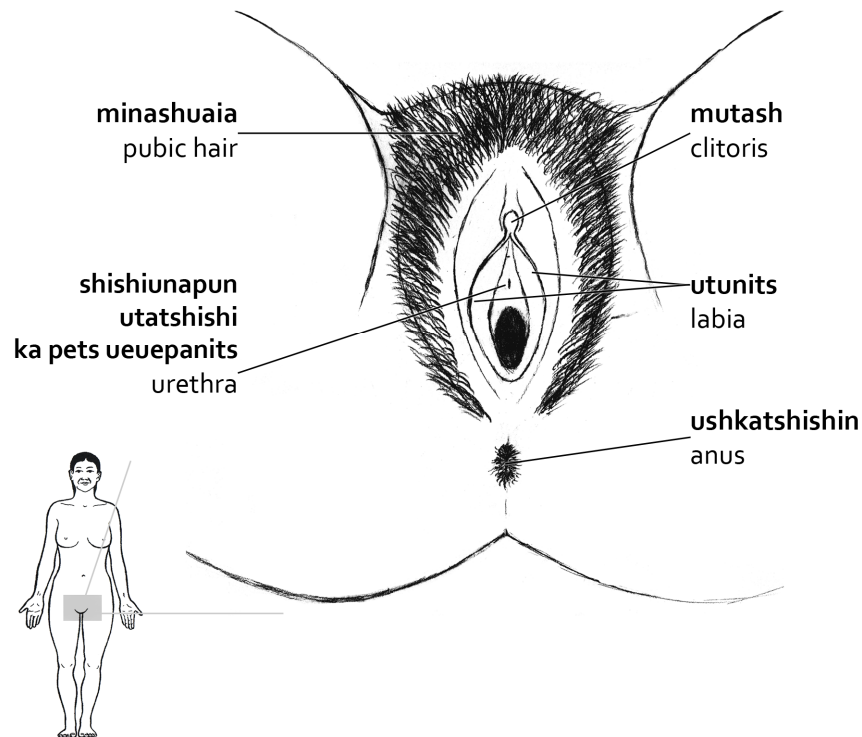


## Eshinakushit atamish (ishkueu) Reproductive system (female)



## Eshinakushit ishkujeu nashik<sup>u</sup>

### Female genitals





## Ishkueu ka ashuapamaushut

### Pregnant abdomen

