

# Innu Medical Glossary

## Natukun-aimuna

### *Sheshatshiu Dialect*

#### **Editors / Ka aiatashtaht mashinanikannu**

Marguerite MacKenzie  
Robin Goodfellow-Baikie

Elizabeth Dawson  
Laurel Anne Hasler

#### **Workshop collaborators / Ka uauitshiaushiht**

Madeline Benuen  
Mani Shan Edmonds  
Mani Shushet Mistenapeo  
Etuat Piwas

Mani Katinen Nuna  
Emma Ashini  
Akat Piwas



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Canada

Santé  
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Mamu Tshishkutamashutau - Innu Education Inc.  
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## Foreword

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

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 like to express our great appreciation to Greg Hedlund, Memorial University, and Del Torkornoo, Carleton University, who developed the mobile apps for Android and iOS devices, respectively. We also thank Will Oxford, University of Manitoba, who formatted the printed version, as well as Peggy Chafe and Lou Mulrooney, Memorial University Printing Services, who ensured a quality book.

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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**

### *Sheshatshiu dialect*

#### **Abdomen**

*ushkatai*

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

#### **Abdominal pain**

*akushu ushkatat*

A pain in the belly.

#### **Abdominal swelling**

*patshipanu ushkatat*

Swelling in the belly.

#### **Abortion**

*nipaieu utauassima*

The deliberate ending of a human pregnancy; a miscarriage.

#### **Abortion, spontaneous**

*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**

*utshiku miniss*

**Abscessed tooth***miniupiteu*

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 kassinu***Achilles tendon***ututiniapi*

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*****nanitam papeshkukuepanu***

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

**Acupuncture*****shaputinikana tshikamutakanua***

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

**Acute*****shassikut akushu***

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

**Adam's Apple*****utshitun*****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***nitautshin anite tshekuan unikut, muk<sup>u</sup> apu manitushut*

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)***apu tshekuannu apitenitak*

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

**Adhesion***ka tapitik atamit ushakai*

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

**Adipose***uinu*

The fatty tissue under the skin and around the organs.

**Adrenal glands***unikua*

The glands above each kidney that produce hormones.

## Adrenalin

***natukun tshetshi uitshikut e akushishkakut natukunnu mak kutakinu tshekuannu***

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

## Afterbirth

***auass utashpikueshimun***

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

***apu tshi tshiamapit put kie apu tshi tshiamishinit***

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

## Agoraphobia

***kushtatshu tshetshi unuit***

A fear of going out of the house.

## AIDS

***ka animak akushun; ka kushtatikuak akushun; matshi-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

***neneun***

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 aven*

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

**Allergic reaction***apu minushkakut natukuna kie 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***mamanipanua upishkueuna; uashekanepanu*

The loss of hair or baldness.

**Alveoli***upanit nasht atamit eshpanit uneneun*

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***natukunishiutapan***Amenorrhea***apu uapatak ishkujeu utakushun*

No menstruation or monthly bleeding in a woman.

**Amnesia**

*kassinu unassitutam<sup>u</sup>*

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

**Amniocentesis**

*natussenitakanu auass unipim anite atamit etat*

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 umassimuteush*

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**

*manishakanu tshekuannu auen anite uiat; tshimishakanu tshekuannu auen anite uiat*

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

**Anal fissure**

*pikupanua apishish ushakaia anite umishiuvakanit*

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 nishtushinaniti natukuna*

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

**Anaphylaxis**

*nasht tshitshue apu minushkakut natukuna kie mak mitshiminu*

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

**Anatomy**

*kassinu eshpitit uiat*

All the parts of the body.

**Anemia**

*apu shutshishimakanit umik<sup>u</sup>*

A lack of hemoglobin in the red blood cells.

Also called: Low blood

**Anesthesia, epidural**

*tshishtuakanu anite uaukunit tshe eka nushtushit*

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**

*nipeuiakanu; nipekuakanu*

The condition of 'being put to sleep'.

**Anesthesia, local**

*tshishtauakannu tshe eka nishtushit*

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

**Aneurysm**

*apu shutshishimakaniti umikuiapia anite uteit kie mak utipit kie mak ushkatal*

A weakness in the wall of an artery.

**Angina pectoris**

*akushu anite ushkassikanit eka ishpanit umik<sup>u</sup> anite uteit*

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

**Angio-**

*umikuiapi*

Blood vessel.

**Angiocardiology**

*pitepanitakanu natukunnu umikuiapit tshetshi tshissenitakanit tanite ka minupanit utei*

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 natukunnu anite umikuiapit tshetshi natu-tshissenitakanit tanite eka minupanit tshekuannu anite uiat*

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**

*ueshtakanua umikuiapia*

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

**Ankle**

*uakun*

**Ankle bone**

*uakunikan ushitit*

Also called: Talus

**Ankle pain**

*akushu uakunit*

**Ankles, swollen**

*patshipanua uakuna*

**Anorexia**

*apu ui mitshishut*

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

**Anorexia Nervosa**

*tshimakataitishu*

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

**Antacid**

*mitshim-natukuna; eka ka akuiet mitshim-natukuna*

Any substance that makes the stomach less acidic.

**Antepartum**

*eshk<sup>u</sup> eka inniut avass*

Before childbirth.



**Anterior***nikan*

In front.

**Anti-***apu tshe ...*

Against.

**Antibiotics***tshika uitshiku natukuna tshetshi uipat minu-inniut*

Medications that attack germs and fight infection.

**Antibody***tshekuan etakuak mikut tshetshi eka akushit*

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

**Anti-cancer drugs***manitush-natukuna*

Drugs used to stop cancer growth.

**Anti-coagulants***natukuna tshe eka pinashteuakamut umik"*

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

Also called: Blood thinner medications

**Anti-convulsants***utshipitiku-natukuna*

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

**Anti-depressants***natukuna tshe eka ushtuenitak*

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

**Antidote**

*natukuna tshe eka matshi-natukunikatikut*

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

**Anti-emetic drugs**

*natukuna tshe eka ushtamatshiut*

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

**Anti-histamines**

*natukuna tshetshi uitshikut tshe eka ushtamatshiut mak tshe eka minuminuashit*

Medications to treat allergies.

**Anti-hypertensive**

*natukun tshetshi nashikupanit umik<sup>u</sup>*

A medication to reduce blood pressure.

**Anti-inflammatory drugs**

*natukuna tshetshi ashte-patshipanit kie mak tshe eka mikuat kie mak tshe eka miniut*

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

**Anti-pruritic drugs**

*natukuna tshe eka tshinatshishit aven*

Medications to relieve itching, e.g. Benadryl.

**Antiseptic**

*naikakanu matshi ushakat*

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

**Anus**

*mishiukaan*

The last part of the digestive tract.

**Anxiety**

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

An uneasy feeling, tension, worry, distress.

**Aorta**

*ka mitshapekak miteiapi*

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

**Aphasia**

*apu nitauet katshi akushit anite ushtikuanit*

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

**Appendectomy**

*manishakanu kauishikapekashit*

The surgical removal of the appendix.

**Appendicitis**

*kauishikapekashinit itakushu*

An infection of the appendix.

**Appendix**

*kauishikapekashit*

**Appetite, loss of**

*apu ui mitshishut*

Not wanting to eat.

**Areola**

*uashka tshitshish*

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 ushpitunit kie mak utitshit*

**Arm sling**

*makupitakanu ushpitun tshe eka atshipanitat*

A bandage to support an injured arm.

**Armpit**

*utikuai*

Also called: Axilla

**Arm, lame**

*apu tshi atshipanitat ushpitun*

An arm that cannot be used properly.

**Arrhythmia**

*apu ishpish minupanit utei*

A heartbeat that is not regular.

Also called: Dysrhythmia

**Arteriography**

*pitepanitakanu natukunnu anite tshimikuiapit tshetshi*

*tshissenitakanit tanite ka minupanit tshekuan anite uiat ??*

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**

*mashkupanu ka mitshapekak umikuiapi*

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

Referred to as 'hardening of the arteries'.

**Artery**

*ka mitshapekak umikuiapi*

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**

*ueshtakanua ushkana etapitiniti*

The surgical repair of a joint.

**Arthroplasty, hip**

*ueshtakanu utukan etapitiniti*

The surgical repair of the hip.

**Arthroplasty, knee**

*ueshtakanu uitshikuna etapitiniti*

The surgical repair of the knee.

**Arthroplasty, shoulder**

*ueshtakanu utitiman etapitiniti*

The surgical repair of the shoulder.

**Arthroscopy**

*natu-tshissenitakanu ushkana ka tapitiniti*

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

**Artificial respiration**

*neneuiakanu*

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**

*nipinu nishtumipanu anite ushkatat*

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**

*apu tshi minu-nenet*

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

Also called: Reactive Airway Disease

**Atelectasis**

*niutepanu upan*

The total or partial collapse of the lung.

**Atherosclerosis**

*nishtupanu nenu upimim anite umikut*

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

**Athlete's foot**

*nitautshin tshekuan anite ushitit*

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

**Atrium, left**

*takut napate unashpatshiunit miteit ka pitutepanit e shutshishimakak 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**

*takut napate uminunit miteit ka pitutepanit umik<sup>u</sup> ua unuipanit*

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 uiash*

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

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

*apu tshekuannu apitenitak*

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

**Audio-**

*e petak*

Hearing.

**Audiologist**

*ka natu-tshissenitak mitukaia*

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

**Autism**

*avass akushun ushtikuan eka shuka minu-nitautshit*

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

**Auto-**

*uin; nin; tshin*

Self.

**Auto-immune disorder**

*aven akushuitishu eka minushkakut uin uiat utshekuanima*

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

**Autopsy**

*natu-tshissenitakanu uiau katshi nipiti aven*

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

**Axilla**

*utikuai*

Also called: Armpit

**Axillary nodes**

*unikua utikuat*

The lymph nodes in the armpit.

**Baby, newborn**

*avassiss*

**Back**

*ushpishkun*

**Backache**

*ushpishkun akushu*

Pain in the back.



**Backbone**

*uaukan*

**Back, lower**

*nashik<sup>u</sup> ushpishkun*

**Bacteria**

*kauinakuak tshekuan*

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**

*kuishk<sup>u</sup>*

Staying straight and upright.

**Baldness**

*uashekaneu*

The condition of having no hair.

**Balloon angioplasty**

*pitutaikanu assikumaniapiss anite umikuiapit*

A treatment for opening obstructed arteries.

**Bandage**

*natukunishiu-patshuian makupitakanu*

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

**Barbiturate**

*natukuna tshetshi tshiamipit aven*

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

**Barium enema**

*pitaikanu umishiuakanit aven kauapakamunit tshekuannu tshetshi natu-tshissenimakanit ushkatat kie mak utatshishit*

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

**Barium swallow**

*minakanu aven kauapakamunit tshekuannu tshetshi natu-tshissenimakanit ushkatat kie mak utatshishit*

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 umutat*

The small glands in the lips of the vagina.

**Beard, moustache**

*uishtui*

**Bears down**

*ushkuiv*

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

**Bed pan**

*mishiunakan*

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**

*shikuamu*

**Behaviour problems**

*animenitakushu*

**Behaviour therapy**

*utshiakanu etenikakushit*

**Belches**

*pekateu*

Burps.

**Bell's Palsy**

*napate apu nishtushit utashtamik<sup>u</sup>*

Paralysis on one side of the face.

**Belly button**

*utishi; utishiapi*

Also called: Navel, Umbilicus

**Bends arm**

*kutikupanitau ushpitun*

**Bends leg**

*kutikupanitau ushkat*

**Bends over**

*mutshitshikapau*

**Benign growth**

*nitaushin tshekuan muk<sup>u</sup> apu atshimakak*

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)**

*mitei-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**

*uipit upime utatimuapitanit*

The tooth next to the canine tooth.

**Bilateral**

*aitu uiat*

Both sides of the body.

**Bile**

*uishupui*

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

**Bile duct**

*uishuput itapekamunu*

**Biopsy**

*utinakanu apishish uiashim tshetshi natu-tshissenitakanit*

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

**Bipolar disorder**

*nanikutini ashitshenitam<sup>u</sup> kie mak nanikutini*

*tshiamitenitakushu*

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

Also called: Manic-depressive illness

**Birth canal**

*mutai*

Also called: Vagina

**Birth control**

*tshekuannu iapashtakanit 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**

*nitautshinnu tshekuannu anite uniapit*

An abnormal growth in the bladder.

**Bladder, urinary**

*uniapi*

The bag where pee is kept.

**Bladder, urinary, removed**

*manishakanu uniapi*

The bag where pee is kept is cut out.

**Bleeding**

*pashkapanu*

Leaking of blood from a damaged blood vessel.

**Bleeding gums**

*shukuapiteu*

Also called: Gingivitis

**Bleeding, rectal***pashkapanu umishiuakanit*

Bleeding from the anus.

**Blepharitis***mikuanu anite uashka ussishikut*

An inflammation of the eyelid edges.

**Blind***apu uapatak*

Not being able to see.

**Blister***pitaupanu*

A small bump on the skin filled with clear liquid.

**Bloating***putushkatepanu*

Swelling or filling with gas or air.

**Blood***umiku***Blood cells, red***ka pimautat neneunnu umikut*

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

**Blood cells, white***ka mashitsheshiht umikut*

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

**Blood clot**

*nishtupanu 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 mikuakamut umik<sup>u</sup>*

The watery part of blood.

**Blood platelets**

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

Blood cells that help in the blood-clotting process.

**Blood poisoning**

*matshi-natukunu umik<sup>u</sup>*

An infection of the blood.

**Blood pressure, high**

*ishkupanu 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**

*utinakanu umik<sup>u</sup> tshetshi natu-tshissenitakanit*

A small amount of blood taken to be tested.

**Blood test**

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

**Blood thinner medications**

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

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**

*natu-tshissenitakanu tan eshinakuak umik<sup>u</sup>*

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

**Blood vein**

*umikuiapi*

**Blood vessels**

*umikuiapia*

**Blood work**

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

Taking blood to do tests on it.

**Blurry vision**

*apu tshikanak; 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***umanitushimu ushkanit*

An abnormal growth, a tumour in a bone.

**Bone marrow***uin*

The soft tissue inside bones.

**Bone marrow biopsy***utinakanu uin*

The removal of soft tissue from inside bone.

**Bone marrow depression***katshi natukuiaakaniti auen umanitushima, akushishkaku nenu eshi-natukuiaakanit*

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

**Bone marrow transplant***minakanu iat umikunnu auen tshetshi natukutakanit umik<sup>u</sup>*

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

**Bone scan***akunakanu ushkanit*

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 mitshiminnu*

Serious food poisoning.

**Bowel**

*ka mitshapekak utatshishi*

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**

*apu tshi nanakanak ua mishiti*

**Bow-legged**

*uatshikateu*

**Brain**

*utip*

**Brain damage**

*apu atussemakanit utip*

**Brain hemorrhage**

*pikupanu umikuiapi anite utipit*

**Brain stem**

*utipiapi*

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

**Brain tumour, cancerous***umanitushimu utipit*

An abnormal, malignant growth in the brain.

**Braxton Hicks Contractions***nananikutuni matenitam<sup>u</sup> e akushit*

Light contractions of the uterus that occur throughout pregnancy.

**Breast***tshitshish***Breast self-examination***uin natu-tshissenimeu utshitshishima***Breastbone***ushkassikan*

Also called: Sternum

**Breastfeeds a child***nushaniaushu***Breathes***neneshu; neneu***Breathes audibly***matueuiatshushu e nenet***Breathes deeply***mishta-neneu***Breathes easily***minutamu***Breathes in through the mouth***neneu anite ut utunit*

**Breathes out through the nose**

*neneu anite ushkushit*

**Breathe, cannot**

*apu tshi nenet*

**Breathing difficulty**

*apu tshi minu-nenet*

**Breaths, takes short**

*tshishipanu e nenet*

Panting.

**Breath, bad**

*uitshekateu*

**Breath, out of**

*nutetatam<sup>u</sup>*

**Breech presentation**

*iatapan issinu avass*

The baby is lying the wrong way before birth.

**Bronchi**

*ka mitshapekak upaniapi*

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

**Bronchial tubes**

*upaniapia*

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 akushu***

A lung disease with inflammation of the bronchioles.

**Bronchitis*****upanapia akushu***

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

**Bronchoscopy*****akunakanua atamit ukutakaniapi mak ka mitshapekak******upaniapi***

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

**Bruise*****ututshishiu***

Also called: Contusion

**Bulimia nervosa*****mishta-mitshishu ekue pakamutenitishut***

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

**Bum*****mitshishkapeu***

Also called: Buttocks

**Bunion*****mashkanu mishtushit***

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

**Burned*****ishkuashu***

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*****mishta-ueshami-aieshkushiu***

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

**Burn, First degree*****apu mishta-ishkuashut, ussit anite ushikat***

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*****mishta-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 etapitiniti ushkana***

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

**Buttocks*****mitshishkapeu***

Also called: Bum

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

*matishuakanu aven tshetshi minupanit uteiapi*

Heart surgery to improve blood supply to the heart.

**Caesarean section (C-section)**

*matishuakanu ishkuveu tshetshi utinakaniti 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**

*tshishpatshinua ushakaia*

Thickened skin.

Also called: Corn

**Cancer**

*manitush*

Abnormal growths in the body.

**Cancer in situ**

*apu kassinu ishpaniti umanitushima*

A cancer that does not spread from where it began.

**Cancerous growth**

*umanitushima nitautshinua*

Abnormal cells that grow in or on the body.

**Candidiasis**

***tshinatishu ishkueu anite umutat***

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**

***shashkauteun***

A stick to help someone walk.

**Canine tooth**

***utatimuapitan; tshinashkuapitan; katshinashkuapitet***

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

**Canker sores**

***miniu utun***

Sores in the mouth.

**Capillaries**

***umikuiapissa***

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

**Carbohydrates**

***kashivasht anite mitshimit***

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

**Carbon dioxide**

***??***

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



**Carcinoma**

*ka nitautshiat manitusha*

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

**Carcin-, Carcino-**

*manitush*

Cancer.

**Cardiac**

*uteit*

Of or relating to the heart.

**Cardiac arrest**

*natshipanu utei*

When the heart stops beating.

**Cardiac catheterization**

*pitepanitakanu natukunnu umikuiapit tshetshi  
tshissenitakanit tanite ka minupanit utei*

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-**

*utei*

Heart.

**Cardiopulmonary resuscitation (CPR)**

*uitshiakanu tshetshi nenet*

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

**Cardiovascular**

*utei mak umikuiapa*

Of or relating to the heart and blood vessels.

**Cardiovascular surgeon**

*mitei kamatishavesht*

A doctor who operates on the heart.

**Cardiovascular system**

*mitei mak umik" eshpanit*

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**

*umishta-mikuiapia anite ukutakanit ka itapekamuniti  
ushtikuanit*

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

**Carotid artery, common**

*mishtamikuiapi anite ukueiat*

The artery in the neck.

**Carpal-tunnel syndrome**

*akushu utitshia katshi mishta-atusseuatsheti*

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

**Cartilage**

*utsheshtiapi ??*

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**

*nitautshin tshekuan uapau anite ussishikut*

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

**Cataract, removed**

*kashkashkaikanua ussishikua*

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

**Catheter**

*utatshishi pitiapekamuiakanu anite uteit kie put anite ut shishit*

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

**Catheterization**

*utatshishi pitauakanu tshetshi shishit*

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

**Cauterization**

*ka ishkuashakanit tshetshi tshimikutakanit*

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**

*akushu utatshishia muati pakueshikana, pakueshikanissa, nekautu, kanakunassa*

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

**Cell**

??

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

**Cellulitis**

*mikuanu mak patshipannu ushakat*

An inflammation of skin and underlying tissue.

**Central nervous system**

*utip mak uaukaniapi eshpanit*

The brain and spinal cord.

**Cerebellum**

*anite enat utipit, takut uaukaniapit*

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 mitipit*

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

**Cerebral embolism**

*nishtupanu umik<sup>u</sup> etapekamunit utipit*

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

**Cerebral hemorrhage**

*mishta-utshikunu umik<sup>u</sup> utipit*

Bleeding into the brain when a blood vessel breaks open.

**Cerebral palsy**

*apu ishpish shutshimakaniti utsheshtiapia*

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

**Cerebral Vascular Accident (CVA)**

*utshipitiku ushtikuanit*

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)**

*utipapui*

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal Fluid

**Cervical nodes**

*unikua ukueiat*

The lymph nodes in neck.

**Cervical spine**

*takut uaukun*

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

**Cervic-, Cervico-**

*ukueiau; e shakuapekashinit anite uet inniut auass*

Neck (of the body or uterus).

**Cervix**

*atamit ishkuueu umutat anite uet unuipanit 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 utashtanit kie put upuameukut*

A sudden and painful cramp of muscle in the leg.

**Cheek**

*utamakan*

**Cheekbone**

*utamakanikan*

**Chemotherapy**

*natukun ka apashtakanit tshetshi nipatakanit manitush-akushun*

A drug used to kill cancer cells.

**Chest**

*ushkassikan*

Also called: Thorax

**Chest pain**

*akushu ushkassikanit*

**Chickenpox**

*pepeshkushepanu*

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 avass*

**Chin**

*ukuashkuneua*

**Chlamydia**

*matshi-akushun ka ashu-minitunanit*

A Sexually Transmitted Infection (STI).

**Chokes on food**

*tshipishkunu*

**Chokes on food particle**

*tshipishkunu mitshiminu*

**Chokes on liquid**

*tshipishkunipeu*

**Cholecystectomy**

*manishakanu uishipui*

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**

*nanitam 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**

*aieshkushimatshiu nanitam*

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**

*eshpanit umik<sup>u</sup> anite uiat*

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

**Circumcision**

*tshimishuakanua ushakaia anita unishkut uitakashit*

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 utitshia*

Hands that are sweaty.

**Claustrophobia**

*kushtatshu anite e tat epishashinit*

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

**Clavicle**

*uapikan*

Also called: Collar bone

**Cleft lip or palate**

*mataunakuanu utuniss*

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

**Clips**

*assikumana apashtakanua tshetshi tshipaikanit 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 utenni mutat*

**Clot**

*nishtupanu 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**

*natukuna tshe apashtakaniti tshe eka nishtupanit minuut umiku*

Drug used to dissolve blood clots, e.g. Coumadin.  
Also called: Thrombolytic drug

**Coagulation**

*pinashteuakamu umiku*

An activity of the blood that causes blood to form a jelly-like clot.  
Also called: Clotting

**Cocaine**

*kauapitauakat*

A drug.

**Coccyx**

*ushuitshikan*

The small triangular bone at the bottom of the spine.  
Also called: Tailbone

**Cochlea**

*esh eshinakuak atamit/pitute uitukat*

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

**Cochlear implant**

*tshekuannu pitaikanu anite ushakat 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**

*natukutakanu umitunenitshikan*

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

**Cold sore**

*umatshiu utunit*

A blister or sore around the mouth.  
Also called: Herpes simplex

**Cold sweat**

*takapueshu*

**Cold, common**

*utatshikumu*

**Cold, feeling**

*shikatshu*

**Colic in infants**

*avass akushu ushkatat*

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

**Colitis, ulcerative**

*nanitam akushu utatshishit*

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

**Collarbone**

*uapikan*

Also called: Clavicle

**Colon**

***ka mitshapekak utatshishi***

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

Also called: Bowel, Large Intestine

**Colonoscopy**

***natu-tshissenitakanu ne ka mitshapekak utatshishi***

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

**Colostomy**

***umassimuteutu tshetshi mishit***

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

**Col-, Colo-**

***utatshishi***

Colon, large intestine, bowel.

**Coma**

***minekash apu tshissit***

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

**Common carotid artery**

***umishtamikueiapi***

The artery in the neck.

**Compression**

***shitinakanu***

Pressing down on something.

**Compulsion**

***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**

*ueshikushiniti auen ushtikuanit*

Damage to the brain caused by violent jarring or shaking.

**Condom**

*pitatuan*

**Cone biopsy**

*manishakanu apishish uiash tshetshi natu-tshissenitakanit  
anite atamit ishkueu*

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

**Confused**

*uanenitam<sup>u</sup>*

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

**Congenital**

*ishinakushu e inniut auass*

When something abnormal is present in the body at birth.

**Congestive heart failure**

*mitei apu minupanit, nitautshinnu nipinu anite upanit, mak  
ushkatit, ushpitunit, utitshit*

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**

***mashinatautishu tshetshi tapuetak***

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

**Constipation**

***mashkukatsheu; apu tshi mishit***

A problem getting rid of solid waste from the bowels.

**Contact lenses**

***ussishikukaunissa anite pitaim<sup>u</sup> ussishikut***

**Contagious**

***ashu-minitshepanu***

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

**Contraceptive**

***natukuna kie tshekuana apashtakanua tshe eka utauassimit***

A method of preventing pregnancy.

**Contractions**

***ishkussinusheu***

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*****tshishpatshinua ushakaia***

Thickened skin.

Also called: Callus

**Coronary-artery bypass graft (CABG)*****matishuakanu aven tshetshi minupanit uteiapi***

Heart surgery to improve blood supply to the heart.

**Coronary-artery disease*****apu minupanit umik<sup>u</sup> anite uteit***

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

**Coron-, Corono-*****utei***

Heart.

**Cortisone drugs*****natukuna tshetshi ashte-patshipanit mak e mikuat***

Medications similar to natural hormones used to treat inflammation.

**Coughs*****ushtashtam<sup>u</sup>*****Coughs up blood*****shukutamu*****Cough, productive*****mishta-papanitau e ushtashtak***

A cough that brings up phlegm (mucus).

**CPR (Cardiopulmonary resuscitation)**

*uitshiakanu tshetshi nenet*

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

**Crab lice**

*mutau-ikuat*

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**

*ushtikuanikan*

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**

*nanitam akushu utatshishit*

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

**Cross-eyed**

*atitshapu*

When one eye is not in the right position.  
Also called: Strabismus, Lazy eye



## Croup

***matueiatshushu anite ushkassikanit auass***

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

## Crown of head

***ushikatip***

The top of the head.

## Crutches

***umishtikuma***

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

## Cryotherapy

***mashkutshimakanua umanitushima***

A procedure to freeze-burn cancer cells.

## C-section (Caesarean section)

***matishuakanu ishkuueu tshetshi utinakaniti utauassima***

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

## CSF (Cerebrospinal fluid)

***utipapui***

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

## Culture

***utinakanu atamit kie put ussit uiat tshetshi natu-tshissenitakanit***

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

**Curettage**

*naikuakanu anite auass ka 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**

*matishuakanu*

**CVA (Cerebral Vascular Accident)**

*utshipitiku ushtikuanit*

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

Also called: Stroke

**Cyst**

*nitautshinnu nipinu anite uiat*

A fluid-filled sac found inside the body.

**Cystic Fibrosis (CF)**

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

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

**Cystitis**

*akushu uniapi*

An infection of the bladder.

Also called: Urinary tract infection (UTI)

**Cystoscopy**

*natu-tshissenimakanu uniapit*

A procedure to view the bladder and urethra.

**Deaf**

*apu petak*

Not being able to hear.

**Defecates***mishiu*

Has a bowel movement.

**Defibrillation***tshetshi tshitshipanitakanit minuut utei*

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

**Dehydrated***apu ishpishanit nipinu anite uiat*

Too little water in the body.

**Dementia***apu tshi kauatenimut*

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***kamanapitepishuesht*

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

**Denti-, Dento-***mipita*

Teeth.

**Dentures***uipitikauna*

False teeth.

**Depressed***ushtuenitam<sup>u</sup>*

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

**Dermatitis***ushakai akushu*

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 kashiuashiumikuet aven tshishtautishu*

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

**Diabetes Mellitus (Type 2)***e kashiuashiumikuet aven natukuna muk<sup>u</sup> mitshu*

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 mekuat e taniti utauassima*

Diabetes that starts during pregnancy and may continue after delivery.

**Diabetic hyperglycemia***ishkupanu ukashiuashim*

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**

*eshinikatenit etakushit*

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

**Dialysis**

*naikakanu 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**

*upashtenuia*

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**

***tan eshi-mitshishut auen***

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

**Dietician**

***uauitamueu auenua tshe ishi-mitshishuniti***

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 tshetshi mitshit***

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

**Digestive system**

***ka pikupitak mitshiminu***

The parts of the body that help to digest food.

**Digital rectal examination (DRE)**

***putshikatshenakanu***

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)**

***naikuakanu anite auass ka-nitautshua***

The lining of the uterus is scraped away.

**Dilates**

***shepanu***

Opens up.

**Diplopia**

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

Double vision.

**Disabled person**

*kamassit*

**Disc, ruptured**

*pakapanu uaukan ashpaikaniss*

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

**Disc, spinal**

*uaukan ashpaikaniss*

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**

*natukunish*

**Doppler test**

*natu-tshissenitakanu umik<sup>u</sup> mekuat eshpanit*

An ultrasound test to evaluate blood as it flows.

**Down Syndrome**

*massinitautshu*

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)**

*putshikatshenakanu*

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

**Drill**

*pakuneputatshikan*

**Drools**

*pitshishikueu*

Saliva comes out of the mouth with no control.

**Drowns**

*nipapaueu*

Someone dies from breathing in water.

**Drowsy**

*tshishikushu*

Sleepy.

**Drug**

*natukun; kamatshikaut*

**Drug abuse and addiction**

*piuenitam<sup>u</sup> mak tipenimiku natukuna*

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



**Drug hypersensitivity**

*shaputu nishtunakushu eka minushkakut natukuna*

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

**Duodenum**

*takut utatshishi*

The first part of the small intestine.

**Dys-**

*animan; animiu*

Difficulty or trouble.

**Dysentery**

*akushu utatshishit mak mamishiu*

An inflammation of intestine causing bloody diarrhea and abdominal cramps.

**Dysphagia**

*apu tshi kutak*

Difficulty in swallowing.

**Dysrhythmia**

*apu ishpish minupanit utei*

A heartbeat that is not regular.  
Also called: Arrhythmia

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

*naikuakanu anite avass ka-nitautshua*

The lining of the uterus is scraped away.

**Ear**

*uitukai*

**Ear canal**

*e pakuneiakanit uitukai*

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

**Ear infection, middle**

*tetaut anite uitukat akushu*

An infection in the middle ear.

Also called: Otitis Media

**Ear infection, outer**

*mikuanu uitukai*

An infection in the outer ear.

**Earache**

*akushu uitukai*

A pain in the ear.

**Eardrum**

*uitukai teueikaniss*

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

**Eardrum, ruptured**

*pashkapanu uteueikanissa uitukat*

The eardrum is burst.

**Earwax blockage**

*tshipussuenua ukussitutshana anite uitukat*

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

**Ear, ringing or buzzing sounds**

*puepuessitutsheu*

A ringing sound inside the ear.

Also called: Tinnitus

**ECG (Electrocardiogram)**

*tapishimakanu tshetshi natu-tshissenitakanit utei*

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

Also called: EKG

**-ectomy**

*manishakanu*

Removal.

**Ectopic (tubal) pregnancy**

*iatapa nitautshinua utauassima*

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)**

*tapishimakanu ushtikuanit tshetshi natu-tshissenitakanit utip*

The recording of electrical activity along the scalp.

**Effect, has a certain**

*eshi-matenitakuak*

Causes a certain thing to happen.

**Ejaculate**

*papanu napeu*

The discharge of semen during a man's orgasm.

**Ejaculate prematurely**

*uipat papanu napeu*

A man ejaculates too fast during sexual intercourse.

**EKG (Electrocardiogram)**

*tapishimakanu tshetshi natu-tshissenitakanit utei*

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

Also called: ECG

**Elbow**

*utushkun*

**Electric current**

*namassiu-ishkuteu*

The flow of electricity.

**Electric shock**

*namassiushkutepanu; namassiushkutepitiku*

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

**Electrocardiogram (ECG or EKG)**

*tapishimakanu tshetshi natu-tshissenitakanit utei*

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

**Elevated**

*upashkuauakanu; upashkuaikanu*

Raised.

**Embolism**

*tshipuapitshepanu umikuiapi*

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

**Embryo**

*auass eshk<sup>u</sup> eka ka nitautshit*

An unborn human in its first two months of growth.

**-emia**

*umik<sup>u</sup>*

Of or relating to blood.

**Emphysema**

*nasht upana akushu*

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 utip*

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

**Endocrine system**

*eshpaniht unikuat*

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

**Endoscopy**

*uashtenimakan apashtakanu tshetshi natu-tshissenimakanit  
anite atamit uiat*

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

**Enema**

*pitapunakanu aven*

Putting liquid into the rectum through a tube.

**Epidemic**

***kassinu anite mishta-akushinanu***

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

**Epidural anesthesia**

***tshishtauakanu uaukunit tshe eka nushtushit***

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**

***matishuakanu apishish tshetshi inniuniti utauassima***

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**

***ka pimautat neneunnu umiku***

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

**Esophagus**

***ukutashkueuiapi***

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

**Eustachian tube**

***utatshishi tashtuit uitukat mak utunit***

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

**Exercises***kukuetshiu***Extraction of tooth***manapitepitakanu*

A tooth is pulled out.

**Eye***ussishik<sup>u</sup>***Eye pain***akushu ussishik<sup>u</sup>***Eye socket***ussishikuapikan***Eyebrows***umamama***Eyeglasses***ussishikukauna***Eyelash***umishuiapunan***Eyelid***uashkaiapuna***Eyes, crossed***atitshapu*

When one eye is not in the right position.

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

**Face**

*utashtamik<sup>u</sup>*

**Face pain**

*akushu utashtamik<sup>u</sup>*

**Failure to thrive**

*apu minu-nitautshit avass eshk<sup>u</sup> eka patetat tatupipuneshit*

Slow weight gain in a child 0 to 5 years.

**Faints**

*shassikut apu tshissit*

Loses consciousness temporarily.

**Fallopian tubes**

*ishkueu utatshishit vetshipaniti uauma*

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

**Farsightedness**

*katak<sup>u</sup> tshikanam<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 ne avass, ukavia mishta-minipani*

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



**Fat***uinu*

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

**Fatigued***aieshkushiu*

Tired.

**Fearful***kushtatshu; shetshishu***Fecal***mei*

Of or relating to feces, shit.

**Fecal impaction***tshipukatsheshkaku umei*

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

**Feces***mei*

Shit.

Also called: Stool

**Feet***ushita***Female***ishkueu***Femur***upuamikan*

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 ne auass, ukauia mishta-minipani*

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

**Fetal monitoring**

*auass natu-tshissenimakanu eshk<sup>u</sup> eka inniut*

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

**Fetus**

*auass eshk<sup>u</sup> eka inniut*

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

**Fever**

*tshishiteupanu; tshishiteu-akushu*

A higher than normal body temperature.

**Fibroids**

*nitautshin tshekuan anite auass ka nitautshit*

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

**Fibromyalgia**

*kassinu anite katshitishu mak akushu*

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

**Fibula**

*ka apishashit ushkan anite ushkatit*

The outside, smaller bone of the lower leg.

**Fifth disease**

*kassinu anite mikushiu utashtamikut, uiat mak ushpitunit*

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

**Finger**

*ninitshititshan*

**Fingernail**

*ushkashi*

**Finger, index**

*utatuaikanashk<sup>u</sup>*

The second finger.

Also called: Forefinger

**Finger, middle**

*utetautitshan*

**Finger, pinkie**

*utishkuaititshiss*

The last, smallest finger.

Also called: Baby finger, Little finger

**Finger, ring**

*tapititshepishunititshi*

Also called: Fourth finger

**First molar tooth**

*nishtam uikuapit*

**Fist, make a**

*makunitsheu*

**Flatulence**

*nanitam puetshitu*

When someone farts a lot.

**Fleas**

*pikushat*

**Flesh**

*uiash*

**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**

*apu minushkakut 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**

*ushit*

**Forceps**

*assikuman utashkuaikan*

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

**Forceps delivery**

*assikumannu utashkuauakanu auass eka katshi inniuti*

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

**Forearm**

*ushpitun*

**Forefinger**

*tshitatuaikanashk<sup>u</sup>*

The second finger.

Also called: Index finger

**Forehead**

*ushkatik<sup>u</sup>*

**Foreskin**

*ushakaia anita unishkut uitakashit*

**Fracture**

*tassipanu ushkan*

Breaking of a bone.

**Freckles**

*utshiashtamikueu*

**Frostbite**

*mishkutshu ushakat*

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

**Gallbladder**

*uishupui*

**Gallstone**

*utashinim*

Stone that has formed in the gallbladder.

**Gangrene**

*nipimakan uiash*

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

**Gas**

*pekateu kie mak puetshitu*

Burping and farting.

**Gas-sniffing**

*minatam<sup>u</sup> piminu*

**Gastritis**

*akushu ushkatat*

An inflammation of the lining of the stomach.

**Gastroenteritis**

*akushu ushkatat mak pakupakumu*

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

**Gastroscopy**

*uashtenimakan apashtakanu tshetshi natu-tshissenimakanit ushkatat*

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**

*utatshishi apashtakanit tshetshi mitshishut auen*

An opening into the stomach through which a feeding tube is passed.

Also called: Tube feeding

**Gastr-, Gastro-**

*ushkatat*

Stomach.

**Gene**

*ashu-minituat nenua utauassima tshe ka-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 mutat*

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**

*mutai*

The private parts of a man or woman.

**German measles**

*mikusheun*

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

**Germ**

***kauinnakusht; kaiakushishkatshet***

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

**Gingiva**

***uiashapit***

Also called: Gums

**Gingivitis**

***shukuapiteu***

Also called: Bleeding gums

**Gland**

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

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

**Glaucoma**

***nenemakannu atamit ussishikut***

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

**Glucometer**

***ka apatshtakanit tshekuan tshetshi natu-tshissenitakanit  
ukashiuashim***

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

**Glucose**

***ukashiuashim anite umikut***

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**

*natu-tshissenitakanu ukashiuashim*

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**

*napu uishinava kie mak ishkuue uauma*

Testes in a man or ovaries in a woman.

**Gonorrhoea**

*matshi-akushun*

A Sexually Transmitted Infection (STI).

**Gout**

*mishtushitit utshipanu tshetshi ushkan-akushit*

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-**

*e utauassimit ishkuue*

Pregnant.

**Green**

*shipeku(n)*

**Grief**

*nenekatenitam<sup>u</sup>; nenekatenitamun*

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

**Groin**

*utshitshashkai*

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

**Growth, abnormal**

*tshekuannu ka nitautshinit uiat*

Also called: Tumour

**Growth, normal**

*nitautshu*

**Gum socket**

*uiashapit*

**Gums**

*uiashapit*

Also called: Gingiva

**Gynecologist**

*ishkueu-natukunish*

A doctor who looks after women.

**Hair**

*pishkueun*

**Hair loss**

*uashekanepanu*

**Hand***utitshi***Hand, left***unashpatshiun***Hand, right***uminun***Hangover***akushiupeu***Head***ushtikuan***Head injury***ushikushinu ushtikuanit***Headache***akushu ushtikuan*

A pain or ache in the head.

**Heals***shash ui minuau*

Gets better.

**Health***eshi-inniut*

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

**Hearing impairment or loss***apu petak*

Deafness.

**Heart***utei*

**Heart attack***utshipitiku utei*

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***tshipuapitshepanu utei*

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

**Heart murmur***pakuniakanu utei*

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

**Heart rate, heart beat***eshpishipanit utei*

The number of times the heart beats per minute.

**Heart transplant***mishkutinakanu utei*

Putting a new heart into a person.

**Heartburn***uishikassikaneu*

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

**Heavy pressure***kushikunnu etimatshiut*

A feeling of heaviness in a part of the body.

**Heel***ututan*

The back part of the foot.

**Heel spur**

*nitautshinnu tshekuannu ututan anite ushkanit*

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

**Hematemesis**

*pakumukueu*

Vomiting of blood.

**Hematuria**

*umikunu shitshishtam<sup>u</sup>; mikunu uatakanu ushishiunapuit*

Blood in the urine.

**Hemi-**

*pushk<sup>u</sup>*

Half.

**Hemiparesis**

*niputushiu napate uiat; apu tshi atshit napate uiat*

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

Also called: Hemiplegia

**Hemiplegia**

*niputushiu napate uiat; apu tshi atshit napate uiat*

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

Also called: Hemiparesis

**Hemisphere of brain**

*napate utip*

One side of the brain.

**Hemoglobin**

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

A protein in red blood cells that carries oxygen.

**Hemorrhaging*****mishta-utshikunu umik<sup>u</sup>; passipanu umikuiapi***

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

**Hemorrhoids*****unuepanu uiash umishiuakanit***

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*****patshipanu mak akushimakan ushkun***

A disease which causes inflammation of the liver.

**Hepatitis A*****patshipanu mak akushimakan ushkun (A) - miam mei  
mitshimit put nipit takuanishapan***

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

**Hepatitis B*****patshipanu mak akushimakan ushkun (B) - tshika ashu-  
minitshepanu mian mikut mak ushikut mak napeu-  
utatshikuma mak peikuan iat ishkueu***

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-minituat anite utauassima***

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

## Hernia

***ka unuipanit utatshi***

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

***ueshtakanua utatshia ka unuipaniti***

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

## Herpes

***umatshiu utunit kie mak utshissit ishkuueu kie mak uitakat napeu***

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

***umatshiu utunit***

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

## Herpes, genital

***umatshiu matshissit mak napeu uitakat***

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**

*kutikushukaneuiu*

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**

*natuatukaneshinu*

A break in the hip.

**HIV**

*ka animak akushun; ka kushtikuak 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**

*tutaku tshekuannu tshetshi papeshkupanit*

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

**Hoarseness of voice**

*massikutakaneu*

A rough and deep voice.

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

*umanitushimu anite unikut*

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

**Homosexual**

*napeuat uitapimituat mak ishkueuat uitapimituat*



**Hospital**

*natukunitshuap*

**Hot**

*tshishishu*

**Hot pack**

*akuapissinimashun*

**Humerus**

*ushpitunikan*

The bone of the upper arm.

**Hygiene**

*naikatishun*

Keeping oneself and surroundings clean.

**Hyper-**

*ueshami-ishkupanu; ueshami-tshishipanu*

Excessive, above, beyond.

**Hyperactivity, organ**

*nanitam aiatshiu aven kie mak mishta-aiatshimakanu utei kie  
mak unikua*

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

**Hyperactivity, person**

*nanitam aiatshiu aven*

Abnormally increased activity of a person.

**Hypertension**

*ishkupanu umiku*

The blood runs too fast.

Also called: High blood pressure

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

Sleep.

**Hypochondria***mamitunenitamiku nanitam tshetshi akushit*

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

**Hypotension***nashikupanu umiku*

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 akushun*

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

**Hysterectomy***manishakanu auass utashpakun*

The removal of the uterus.

**Hysteria***tshishkueienitakushu*

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

**IBS (Irritable bowel syndrome)***mamitshishkaku passe tshekuannu ka-akushua utatshishit*

A condition of overactive bowels causing diarrhea and sometimes pain.

**Immunization**

***tshishtauakanu tshe eka akushit***

An injection given to protect against a particular disease.

Also called: Vaccination, Inoculation

**Impetigo**

***uashtemanekanua umatshiua***

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

**Impotence**

***apu tshi tshishupanit; apu tshi tshimatenit uitakai***

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**

***apu kassinu ishpaniti umanitushima***

A cancer that has not spread from where it began.

**Incest**

***matshi-tutueu nasht pessish uikanisha***

Sexual intercourse between members of the same family.

**Incision**

***matishakanu***

A surgical cut with a sharp instrument.

**Incisor tooth**

***tetaut uipit***

One of the front teeth.

**Incontinent**

***apu tshi nanakanak aven ushishiunapui mak ua mishiti***

The inability to control urination (pee) or bowel movements.

**Indigestion**

***apu tshi minushtenit umitshim matshishuti***

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

**Infant**

***avassiss***

A baby up to one or two years of age.

**Infarction**

***nipimakan uiash eka ishpanit mikunu***

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

**Infection**

***mikuanu kie mak miniunu kie mak uashteminekannu***

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

**Infectious**

***ashu-minitshepanu akushun***

Contagious; can spread from person to person.

**Infertility**

***apu tshi utauassimit ishkiev kie mak napeu***

The inability to have children.

**Inflammation**

***akushu anite atamit uiat mak anite ussit***

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

**Influenza (Flu)**

***utatshikumu***

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

**Ingests***kutam<sup>u</sup>*

Swallows.

**Inguinal***utshitshashkat*

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

**Inguinal nodes***unikua utshitshashkat*

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

**Inhales***ishkutamutam<sup>u</sup>*

Breathes in.

**Injection***tshishtaikan*

Being given a needle.

**Inoculation***tshishtauakanu tshe eka akushit*

An injection given to protect against a particular disease.

Also called: Vaccination, Immunization

**Insect, bitten or stung by***makumiku amua kie mak shatshimeua kie mak manitusha***Insomnia***apu tshi nipat*

A chronic inability to sleep.

**Insulin**

***kakashiumikuet utshishtaikanuau***

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)**

***natu-tshissenitakanu eshpish innishit mak eshpish mitunenitak***

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

**Intervertebral disc**

***uaukan ashpaikaniss***

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

**Intestinal obstruction**

***tshipuapitshepanu utatshishi***

A blockage of the bowel.

**Intestine, large**

***ka mitshapekat utatshishi***

Also called: Bowel, Colon

**Intestine, small**

***ka apishapekashit utatshishi***

**Intrauterine device (IUD)**

***pitutaikannu tshekuannu ishkieu tshe eka utauassimit***

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

**Intravenous (IV)**

***kutamuakanu natukunnu***

Inside a vein.

### Intravenous medication

*tshishtauakanu tshetshi pitutepatakanit natukun anite umikuiapit*

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

### Intravenous pyelogram (IVP)

*kutamuakanu natukunnu tshetshi uapatakannit akushunnu anite utetakushut mak uniapit*

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

### Invasive cancer

*tshishipanu tshitshue e atshimakak akushun (miam manitush)*

A cancer that spreads beyond where it begins.

### IQ (Intelligence quotient)

*natu-tshissenitakanu eshpish innishit mak eshpish mitunenitak*

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

### Iris of eye

*uashka kashteuapunan anite ussishikut*

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

### Iron

??

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

### Irrigation

*tshishtapautakanu umatshi kie mak tshishtapautshikuneui*

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

**Irritable bowel syndrome (IBS)**

*mamitshishkaku passe tshekuannu ka-akushua utatshishit*

A condition of overactive bowels causing diarrhea and sometimes pain.

**Ischemia**

*apu ishpanit umik<sup>u</sup> tshipa ishpanipan*

A poor blood supply.

**Itches**

*tshinatshishu*

**-itis**

*e miniut kie mak uishatshishu*

Inflammation, infection.

**IUD (Intrauterine device)**

*pitutaikannu tshekuannu ishkuueu tshe eka utauassimit*

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

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Inside a vein.

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*kutamuakanu natukunnu tshetshi uapatakannit akushunnu*

*anite utetakushut mak uniapit*

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

**Jaundice**

*kauishauat 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***ka-anishkuetshitiki ushkana*

The place where two or more bones meet.

**Joint replacement***e ueshtakaniti etapitiki ushkana***Ketoacidosis***ka kushtakuak akushun ne ka kashiuashiut auen*

A dangerous complication of diabetes mellitus.

**Kidney***utetakushu***Kidney dialysis***naikakanu umik<sup>u</sup> anite utetakushut*

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

Also called: Renal dialysis

**Kidney stones***utashinima anite utetakushut*

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

**Kidney stones, removed***manishakanua utashinima anite utetakushut***Knee***uitshikun*

**Kneecap**

*utshitikua*

Also called: Patella

**Knuckles**

*e kutikupanit utitshia*

The joints of finger.

**Labial**

*utunit*

Of or relating to the lips.

**Labour pains**

*ishkussinushu*

Also called: Contractions

**Laceration**

*nasht nanitshipanu ushakaia e ushikushinit*

A torn, jagged wound.

**Laceration repair**

*tshipuatakanu ka tatushinit*

Fixing a torn or jagged wound.

**Lactation**

*ka nushaniaushut ishkuu*

The making of milk by the breasts.

**Lactose intolerance**

*apu minushkakut passe tutushinapuia*

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

## Large intestine

*ka mitshapekat utatshishi*

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

*vet petakushit eimit aven*

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

## Last period

*mashten ka vapatak umik<sup>u</sup> ishkueu*

Menopause.

## Laxative

*natukuna ka mamitishkatsheti*

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

## Lazy eye

*atitshapu*

When one eye is not in the right position.

Also called: Cross-eyed, Strabismus

## Left hand

*unashpatshiun*

## Left side

*nashpatshiunit; nishpat*

**Leg**

*ushkat*

**Lesion**

*matshi*

A diseased or injured area of body tissue.

**Lethargy**

*nasht apu shapimatshiut nanitam*

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

**Leukemia**

*umik<sup>u</sup> akushiwakamu*

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

**Leukocytes**

*ka mashitsheshiht umikut*

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**

*ikuat*

**Licensed practical nurse (LPN)**

*natukunishkuess*

A nurse with less training than a nurse practitioner.

**Ligaments**

*utsheshtiapia (aianishkuetshitina ushkanit)*

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

**Liver**

*ushkun*

**Local anesthesia**

*tshitshishtaauakanu tshe eka nushtushit*

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

**Localized cancer**

*apu atshit manitush*

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

**Lockjaw**

*apu tshi atshipanitat 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> ushpishkun*

**Lower limb**

*ushkat kie mak upuam*

**Lower lip**

*nashik<sup>u</sup> utunit*

**LP (Lumbar puncture)**

*utinakanu nipinu anite uaukanit tshetshi nanatu-tshissenitakanit*

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

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*natukunishkuess*

A nurse with less training than a nurse practitioner.

**Lumbar puncture (LP)**

*utinakanu nipinu anite uaukanit tshetshi nanatu-tshissenitakanit*

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**

*nashiku uaukanikana*

The lowest section of the spine, with five vertebrae.

**Lump**

*ka pishkupanit*

**Lumpectomy**

*utinakanu apishish uiash anita ka-nitautshinua tshekuannu*

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 ekue tshipuapitshepaniti*

Tissue which swells when lymph channels are blocked.

**Lymphoma**

*umanitushimu unikut*

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

**Macr-, Macro-**

*mishau; mishishtu*

Large, big.

**Macular degeneration of the eye**

*aiashk<sup>u</sup> akushu ussishik<sup>u</sup>*

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

**Magnetic resonance imaging (MRI)**

*akunakanu atamit ushkatat*

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

**Male**

*napeu*

**Malignant**

*ka kushtikuat akushun mak ka nipaivet*

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**

*netu-tshissenimakaniti ishkujeu utshitshishima*

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

**Manic-depressive illness**

*nanikutini ashitshenitam<sup>u</sup> kie mak nanikutini  
tshiamitenitakushu*

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

Also called: Bipolar disorder

**Mantoux test**

*kashkauakanu apishish aven netu-tshissenimakanit tipi (TB)*

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

**Marijuana**

*ka pituauatshanut kie mak matshi-natukun*

**Marrow**

*uin*

The soft material inside bones.

**Mastectomy, modified radical**

*manishuakanua utshitshishima mak unikua*

The removal of the breast and lymph tissue.

**Mastectomy, partial**

*manishuakanua utshitshishima*

The removal of the breast.

**Mastitis**

*miniunua utshitshishima*

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**

*tshika ui kanuenitam<sup>u</sup> tshekuannu, miam issishuetau tshetshi  
tshikamutat tshekuannu utitshit kie mak tshetshi  
tapissishkak anite ukuat tshetshi tshissenimakanit etakushit*

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**

*manitush nitautshu anite ushakat*

A cancerous growth on the skin.

**Memory problems**

*apu tshissitak tshekuannu kie mak uaunissitutam<sup>u</sup>  
tshekuannu*

**Meninges**

??

A thin layer of tissues that cover the brain.

**Meningitis**

*ka akushiuamakak mitipapui*

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

**Menopause**

*shash apu uapatak utakushun*

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 utakushun; uapatam<sup>u</sup> utakushun; shash ishkueu*

The monthly bleeding that occurs in women.

Also called: Period

**Menstrual periods, painful or heavy**

*akushu nanitam uiapataki utakushun*

**Menstrual period, late**

*ueshamipanu utakushun anite tshe ishpish uapatamupan*

**Mentally-challenged**

*iatapa itenitakushu ka inniut; apu tshi minu-mamitunenitak*

Having below-average intelligence.

**Metacarpals**

*patetat ushkana anite utitshit*

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

**Metastasis**

*nitautshu anite kueshte manitush*

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

**Metatarsals**

*patetat ushkana anite ushitit*

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

**-meter**

*tipaikan*

Measure.

**MI (Myocardial infarction)**

*natshipanu utei; utshipitiku utei*

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 apishashit*

Small.

**Midwife***kaussimisht; ka innikaiat auassa*

Someone who helps deliver babies.

**Migraine***akushu ushtikuan mak ushtamatshiu mak uakaiku  
ushtenimakana*

A severe headache that usually causes nausea and vomiting.

**Milk***tutushinapui***Mind***mamitunenitshikan***Miscarriage***unieu utauassima*

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

Also called: Spontaneous abortion

**Molar tooth***uikuapit***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-minitunanit mitunit*

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

Also called: Kissing Disease

**Morning sickness**

*ushtamatshiu mekuat e taniti utauassima*

Nausea and vomiting in pregnancy.

**Motion sickness**

*ushtamatshiu*

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

**Mouth**

*utun*

**Mouth, dry**

*pashtenu utun*

**Mouth, sore**

*akushu utun*

**Movement**

*aiatshiun*

**MRI (Magnetic resonance imaging)**

*akunakanu atamit ushkatat*

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

**Mucus**

*atshik<sup>u</sup>*

Also called: Phlegm

**Mumps***uniku*

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

**Muscle***utashtan***Muscle ache***katshitushu***Muscle cramp***passeutshiu***Muscle relaxants***natukuna tshe eka passeutshipaniut***Muscle tension***passeutshiu***Muscle weakness***apu shapishit utshipishuessuat***Muscular dystrophy***aiashu-minituat tshetshi niteutshipaniht utashtanuau*

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

**Myocardial infarction (MI)***natshipanu utei; utshipitiku utei*

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**

*pessish tshikanam<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-**

*uiash*

Muscle.

**Nail**

*ushkashi*

A fingernail or toenail.

**Narcotics**

*natukuna nasht ka shutshishimakaki mak nasht ka mishta-nakatuenitakaniti*

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

**Nasal cavity**

*e pakuneiat ushkush anite atamit*

The hole behind the nose.

**Nasogastric tube**

*utatshishi ka pitaiapekamuiakanit mishkutit tshetshi mitshishut*

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

**Nausea**

*ushtamatshiu*

Wanting to vomit.

**Navel**

*utishi*

Also called: Belly button, Umbilicus

**Nearsightedness**

*pessish tshikanam<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**

*ka piputepanit tshetshi uitshikut aven uet tutamuti*

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**

*tshishtaikan*

**Nerve**

*utsheshtiapi*

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

**Nervous breakdown**

*tshishueienitam<sup>u</sup> e mamitunenitak*

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

**Nervousness**

*shetshishu; kushtatshu*

Feeling afraid and restless.

**Neurological**

*utip*

Of or relating to the body's nervous system.

**Neurologist**

*utip-natukunish*

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

**Neur-, Neuro-**

*utsheshtiapit*

Nerve, nerves, or nervous system.

**Nipple**

*ushtikuanitshitshish*

**Nit**

*tshitshinak<sup>u</sup>*

The egg of a louse. See also: Lice

**Nitroglycerin**

*natukunnu apashtakanu tshetshi shepaniti uteiapia*

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

**Nitrous oxide**

*natukunnu apashtakanu tshe eka mishta-akushit*

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



**Nodule***tshitshik<sup>u</sup>*

A small rounded mass or lump of tissue.

**Nose***ushkush***Nosebleed***pashkushtunu***Nose, stuffy or runny***tshipuenikueu; pimikunua utatshikuma***Nostrils***utenikuma*

The two holes in the nose.

**Numbness***tshissimishun*

A partial or complete loss of feeling.

**Nurse***natukunishishkuess***Nurse practitioner***natukunishishkuess*

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

**Nutrition***eshi-mitshishut ua apashtaniti uiau*

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

**Obese***mishta-tatshipu*

Overweight or fat.

**Obsession**

*peikutau ishi-mamitunenitam<sup>u</sup>*

A thought or idea that won't go away.

**Obsessive Compulsive Disorder (OCD)**

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

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

**Obstetrician-gynecologist**

*ishkueu-natukunish*

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> takuannu muk<sup>u</sup> apu nukuak*

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

**OCD (Obsessive Compulsive Disorder)**

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

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

**Oils**

*pimi*

**Ointment**

*tumitsheun*

A greasy substance used to treat skin problems.

**-ology, -ologist**

*aven ka natu-tshissenitak tshekuannu*

The study of something or the person who studies things.

**-oma*****manitush***

Tumour.

**Oncologist*****manitush-natukunish***

A doctor who treats cancer.

**Operation*****ka matishuakanit auen***

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

Also called: Surgery

**Oral*****mitshinanu***

Of or relating to the mouth.

**Oral cancer*****umanitushu utunit***

An abnormal growth in the mouth.

**Organ*****eshi-kanuenitashut anite auen atamit uiat (upan, mitei, ushkun, utetakushu)***

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

**Organism*****kassinu tshekuan e aiatshimakak e nitautshimakak***

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-***kuishkunakanu*

Straight, normal position.

**Or-, Oro-***utunit*

Mouth.

**-osis***e ishinakuak tshekuan*

State or condition.

**Osteoarthritis***ushkan-akushun miam anita ushkana kuetikupaniti*

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

**Osteomyelitis***miniua ushkana*

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

**Osteoporosis***apu shapakanet*

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

**Oste-, Osteo-***ushkanit*

Bone.

**-ostomy***matishakanu*

A surgical opening.

**Otitis Media**

*minitutsheu anite tetaut*

An infection in the middle ear.

**Ot-, Oto-**

*uitukat*

Ear.

**Ovarian cancer**

*umanitushimu ishkujeu anite uava uetshipaniti*

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

**Ovary**

*ushpaiua*

The small sac which contains a woman's eggs.

**Ovum**

*ishkujeu uau*

Egg.

**Oxygen**

*neneun*

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

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

*neneun*

Oxygen.

**Pacemaker**

*pitutaikanu ushakat tshekuannu tshetshi minupanit utei*

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**

??

**Pain, achy**

*katshitishumatshiu*

**Pain, dull**

*apu mishta-akushit*

**Pain, has**

*akushu*

**Pain, prickling**

??

**Pain, sharp**

*nitshishkamatshiun*

**Pain, throbbing**

*nenemakan akushu*

**Palate**

*unakashkua*

The roof of the mouth.

**Palliative care**

*tshetshi minu-kanuenimakanit aven eshk<sup>u</sup> eka nipit*

*pieshinakuanniti tshetshi tshitutet*

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

**Palm**

*unakashtanititshi*

## Palpitations

### *tshishipanu utei*

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

## Panic attack

### *nasht shassikut aven ka-shetshishiumatshiua*

A sudden, overwhelming feeling of intense and disabling anxiety.

## Panic disorder

### *nasht shassikut aven ka-shetshishua; ka-shetshishiumatshiua akushun*

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

## Pap smear

### *natu-tshissenimakanua ishkuue anite shipa; utinakanit ushakai tshetshi natu-tshissenitakanit*

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

## Paralysis or Paralyzed

### *apu tshi aiatshit*

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

## Paranoid

### *mishta-mamitunenitam<sup>u</sup> tshekuannu nasht tapuetatishu*

Overly suspicious.

## Paraplegia

### *apu tshi atshipanitat ushkata*

The inability to move or feel the legs.

**Parasites**

*manitushishat ka tat ushakat mak uiat*

**Parkinson's disease**

*ka nanamishkakut aven akushun*

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

**Passed out from alcohol**

*kupeu; kutaushu*

**Patella**

*utshitikua*

Also called: Kneecap

**Patho-, -pathy**

*akushun*

A disease.

**Pediatrician**

*auass-natukunuish*

A doctor who treats children.

**Ped-, Pede-**

*auass*

Child.

**Pelvic examination**

*natu-tshissenamakanu ishkuue anite shipa eshinakushit*

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

**Pelvic Inflammatory Disease (PID)**

*uishatshishu ishkuue anite shipa*

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



**Pelvis***upitshikai***Penis***uitakai***Perforation***pakuneiau*

A hole in something.

**Period, menstrual***pimipanu utakushun; uapatam<sup>u</sup> utakushun; shash ishkujeu*

The monthly bleeding that occurs in women.

**Peristalsis***eshi-pikupitak mitshiminu anite atamit katshi mitshishunaniti*

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

**Peritoneum***pituetshinikan*

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

**Peritonitis***akushu upituetshinikan*

An inflammation of the peritoneum.

**Pertussis***nasht apitshipanepanu ueshtashtaki*

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

Also called: Whooping cough

**Phallus**

*mitakai*

**Pharmacy**

*natukunishiu-atautshuap*

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

**Pharm-, Pharmi-**

*natukun*

Medicine, drug.

**Pharynx**

*ukutakan*

Also called: Throat

**Phlebitis**

*patshipanua umikuiapia*

An inflammation of veins.

**Phlegm**

*pakutshipanieu utatshikuma ueshtashtaki*

Thick mucus from the lungs.

**Phobia**

*kassinu tshekuannu eshinakuannit kushtam<sup>u</sup>*

An abnormal fear of a particular thing.

**-phobia**

*kushtam<sup>u</sup> tshetshi akuikut*

An abnormal fear or intolerance, sensitivity.

**Photo-**

*e uashtet; e tshikaiashtet*

Light.

**Physical therapy**

??

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

**PID (Pelvic Inflammatory Disease)**

*uishatshishu ishkujeu anite shipa*

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

**Piles**

*unuepanu uiash umishiuakanit*

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

Also called: Hemorrhoids

**Pills**

*natukuna ka kutakaniti*

**Pimples**

*papeshkupanu*

Small, reddened bumps that sometimes contains pus.

Also called: Acne

**Pink eye**

*mikuapu*

Also called: Conjunctivitis

**Pinkie finger**

*utishkuaititshiss; mashten tshininitshititshan*

The last, smallest finger.

**Pinworms**

*ukashitshima*

**Placenta*****avass utashpikueshimun***

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 mikuakamit umik<sup>u</sup>***

The liquid part of blood.

**-plasty*****ueshtakanu uiu***

Surgical shaping or formation.

**PMS (Premenstrual syndrome)*****akushu ishkujeu eshk<sup>u</sup> eka uapatak utakushun***

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

**Pneumonectomy*****manishuakanua upan***

The surgical removal of all or part of the lung.

**Pneumonia*****ushkassikan akushun***

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

**Pneum-, Pneumo-*****upanit; neneun***

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***nitautshin anite tshakuan atamit apishashu (utatshishit, auass ka-tava, uniapit, ukutakanit)*

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***utat*

Behind, at the back.

**Postpartum depression***uesh nusheu akushun*

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

**Precancerous***eshk<sup>u</sup> eka nitautshimakak manitush-akushun*

A growth in the body which could become cancer.

**Preeclampsia***kushtikuan-akushun mekuat e tat auass atamit*

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

Also called: Toxemia of Pregnancy

**Pregnant***utauassimu; nusheu*

**Premature labour**

*nut akushu ishkueu*

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

**Premenstrual syndrome (PMS)**

*akushu ishkueu eshk<sup>u</sup> eka uapatak utakushun*

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

**Presbyopia**

*katak<sup>u</sup> tshikanam<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**

*tshika ui kushtinam<sup>u</sup> kie mak tshika ui nanakanam<sup>u</sup> tshekuan eshk<sup>u</sup> eka ishpanit*

Actions to stop something from happening.

**Prognosis**

*tan tshe ishpanikue muk<sup>u</sup> e akushit auen*

The probable outcome of a disease or condition.

**Prostate cancer**

*umanitushimu napeu anite pessish unikut*

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

**Prostate gland**

*napeu unikua atamit pessish ushishiunaput*

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

**Prostate gland, enlarged**

*nitautshinua kie mak patshipanua napeu unikua atamit  
pessish ushishiunapuit*

A man's prostate gland becomes too big.

**Prostate gland, removed**

*manishuakanua napeu unikua atamit pessish ushishiunapuit*

A man's prostate gland is cut out.

**Prosthesis**

*ushkatikuakanu kie mak utitshikuakanu*

The artificial replacement of a missing part.

**Pruritis ani**

*tshinakatshishu*

An itching in the bum.

Also called: Anal itching.

**Psoriasis**

*tshishpatshikumunua mak papenitshipanua ushakaia*

A chronic skin condition with thick and scaling areas.

**Psychiatrist**

*mitunenitshikan-natukunish*

A doctor who treats mental problems.

**Psychologist**

*natukunish ka nanatu-tshissenitak etenitakuanit mak  
etenitakushinanit*

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

**Psych-, Psycho-*****mamitunenitamun***

Mind.

**Pubic hair*****upiuia***

The hair growing in the groin area of a person.

**Pubic lice*****mutau-ikuat***

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-*****upanit***

Lungs.

**Pulse*****umikuiapi eshpanit***

A heartbeat.

**Pulse, check for*****natu-tshissenitakanua umikuiapia tshetshi minupanikue utei***

Checks that the heart is beating.

**Pupil of eye*****kashteuapunan***

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



**Pupil response*****mishkutshipanua kashteuapuna***

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

**Pus*****mini***

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

**Quadricep*****upuameuk<sup>u</sup>***

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

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

Four.

**Rabies*****aveshish-akushun kie mak atim<sup>u</sup> 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*****natukun iapashtakanu tshetshi nipatakanit akushun kie mak issishuetau tshetshi ishkuashakanit manitush***

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

**Radius*****ka apishashkushinit ushpitunikan***

The shorter bone in the lower arm, forearm.

**Rape*****musheshkatepitakanu mashikuakanu***

To force someone to have sexual intercourse.

**Rash**

*pepeshkushepanu*

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

**RBC (Red blood cells)**

*ka pimautat neneunnu umikut*

These carry oxygen from the lungs to the body's tissues.

Also called: Erythrocytes

**Reactive Airway Disease**

*apu tshi minu-nenet*

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

Also called: Asthma

**Rectal exam**

*natu-tshissenimakanu aven atamit umishiuakanit*

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

**Rectum**

*atamit ushkatshishit*

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

**Recurrence**

*minuat akushu*

Something happens again.

**Red blood cells (RBC)**

*ka pimautat neneunnu umikut*

These carry oxygen from the lungs to the body's tissues.

Also called: Erythrocytes

**Redness**

*mikushiu; mikuau*

**Reflexes***kutukussepanu*

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

**Regurgitates***pakumu*

Vomits.

**Relapse***minuat akushu***Relative***uikanisha*

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

**Remission***kau minupanu ka akushit*

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***naikakanu umik<sup>u</sup> anite utetakushut*

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

Also called: Kidney dialysis

**Renal failure, acute***apu shuk<sup>u</sup> atusseniti utetakushua*

The kidneys stop working for good.

**Renal failure, chronic**

*nanitam apu atusseniti utetakushua*

The kidneys do not work well for a long time.

**Resects**

*manishakanu; manishuakanu; utinakanu*

Removes.

**Respiratory**

*e nenet*

Breathing.

**Respiratory system**

*kassinu tshekuannu anite uiat tshetshi nenet auen*

All the parts of the body used to breathe.

**Retches**

*pakumumatshiu*

Vomits, urges, dry heaves.

**Retinal detachment**

*manipanu tshekuannu atamit ussishikut*

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**

*uaveshtakanu ushkush*

Plastic surgery of the nose.

**Rib**

*ushpitshekan*

**Right hand or side**

*uminun*

**Ring finger**

*tapititshepishunititshi*

Also called: Fourth finger

**Ringworm**

*nitautshinnu tshekuannu uauieianu anite ushakat*

A contagious fungus which forms a circle on the skin.

**Root**

*atamit uipitit, ushkaishit kie mak upishkueunit*

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

**Root canal procedure**

*ueshtakanu uipit anite atamit*

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

**Roseola infantum**

*mikushinua auass ushakaia*

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**

*pikupanu; passipanu; pashkapanu*

To break open.

**Sacrum***ushukanikan*

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

**Sad***kassenitam<sup>u</sup>***SAD (Seasonal Affective Disorder)***ushtuenitamishkaku tshishikunnu miam issishuetau apu nukushit pishim<sup>u</sup>*

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***ushik<sup>u</sup>*

The slippery, watery fluid produced inside the mouth.  
Also called: Spit

**Salivary glands***nete vet ushikut***Salmonella infection***apu minuanit mitshiminu matshit; kie e akushishkakut auen*

A bacteria that causes food poisoning and gastroenteritis.

**Sane***innishu*

Of sound mind, sensible, reasonable.

**Sarcoma***umanitushimu anite utshipassueshit*

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*****ishkuashu tshishakamiteuapunu***

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

**Scales*****tipapekaikan***

A machine or device for weighing.

**Scalp*****ushakai ushtikuan*****Scalpel*****natukunishiu-mukumaniss***

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

**Scan*****akunakanu kassinu atamit (utipit, ushkanit, kassinu anite atamit uiat)***

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

**Scapula*****utinikana***

Also called: Shoulder blade

**Scar*****aianakaneshinu***

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

**Scarlet fever**

*avass tshishiteu-akushun*

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

**Schizophrenia**

*apu tshi minu-atussemakanit mutinenitshikan*

A chronic, severe, and disabling brain disorder.

**Scleroderma**

*aiashk<sup>u</sup> mashkupanua mak tshishpashinua ushakaia*

A chronic hardening and thickening of the skin.

**-sclerosis**

*mashkupanu*

Hardening.

**Scoliosis**

*uatshipanu uaukan*

The curvature of the spine.

**-scopy, -scopic**

*tshitapatam<sup>u</sup>; uapatam<sup>u</sup>; tushkapamakanu*

Act of visually examining.

**Scrotum**

*napeu umassimuteush*

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

**Seasonal Affective Disorder (SAD)**

*ushtuenitamishkaku tshishikunnu miam issishuetau apu nukushit pishim<sup>u</sup>*

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



**Sedative**

*natukuna tshetshi tshiamipikut*

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

**Seizure**

*utshipitiku*

Uncontrollable movements of the body.

Also called: Convulsion

**Self-care**

*nakatuenimitishu*

Looking after oneself.

**Semen**

*napeu utatshikuma*

**Senile dementia**

*tshishenniu-akushun*

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

**Sensation**

*etamatshiut*

A feeling.

**Sensory**

*etamashtat*

Of or relating to the senses or feeling.

**Septic**

*miniu*

Infected with pus-producing germs.

**Septicemia**

*matshi-natukunu umik<sup>u</sup>*

An infection of the blood.

Also called: Blood poisoning

**Sexual intercourse**

*napeu mak ishkueu ka-tutamuti tshekuannu*

**Sexually active**

*tutamuat tshekuannu (ishkuess mak napess)*

**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)**

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**Shakes**

*nanamipanu*

**Shin**

*ushekatan*

**Shin bone**

*ushkatikan*

The inner and larger bone of the lower leg.

Also called: Tibia

**Shivers**

*shikatshinuematshiunanu; nanamatshu*

**Shock, emotional**

*shassikutshimiku*

A great emotional surprise.

**Shock, physical**

*apu ishpish minupanit umik<sup>u</sup> tshipa ishpish minupanipan*

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

**Shortsightedness**

*pessish tshikanam<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**

*utitiman*

**Shoulder blade**

*utinikana*

Also called: Scapula

**Shoulder pain**

*akushu utitiman*

**Shoulder, frozen**

*apu tshi atshipanitat utitiman*

Limited movement of shoulder. See also Bursitis.

**Sick**

*akushu*

**Sickness**

***akushun***

**Side effect**

***eka minushkaku aven natukuna***

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

**Sigmoidoscopy**

***uashtenimakan apashtakanu tshetshi natu-tshissenimakanit anite ut mishit***

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 nenetak anite etusset***

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

**Sinuses**

***utshanikukana***

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

**Skeleton**

***ushkana***

**Skin**

***ushakaia***

**Skin cancer**

***umanitushimu anite ushakat***

An abnormal growth on the skin.

**Skin graft**

*mishauanua 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**

*tshishtauakanu tshetshi natu-tshissenitakanit tshekuannu  
eka minushkakut*

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**

*ushtikuanikan*

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

Also called: Cranium

**Skull, back of**

*utat ushtikuanikanit*

**Sleep apnea**

*nanikutini puni-nenet uenapissish nepati*

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

**Sleeping pill**

*nipeu-natukun*

**Sleeping problems**

*apu tshi minukuamut*

**Sleepy**

*tshishikushu*

**Slipped disc**

*patepanu uaukan ashpaikaniss*

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

Also called: Herniated spinal disc

**Sliver**

*tshipatshishinu*

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**

*tshipatshishinu ushitit*

**Small bowel resection**

*manishakanu apishish ka apishapekashinit utatshishi*

The removal of a small part of the small intestine.

**Small intestine**

*ka apishapekashit utatshishi*

**Smokes tobacco**

*pituau*

**Sneezes**

*minuashu*

**Snowblind**

*ueshapiu*

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

**Soaks**

*akutshinu; akutin; akutau*

**Soap**

*uapekaikan*

**Sodium**

*shiutakan*

**Sodium imbalance**

*apu ishpannit shiutakannu anite uiat*

**Sole of foot**

*unakashtan*

**Sonogram**

*akunakanu auass anite atamit ka tat*

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

**Sore throat**

*akushu ukutakan kie put uishatshikutaneu*

**Sore, pressure**

*pekutshishinu*

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

**Sound**

*ka petakuak*

**Spasm**

*utshipitiku*

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

**Speaking difficulty**

*apu tshi nitauet; apu ishpish nitauet*

**Specialist**

*mishta-natukunish: upan-natukunish, mitei-natukunish, auass-natukunish, mak kutakat natukunishat*

**Speculum**

*tshakuan apashtakanu netu-tshissenimakanit anite atamit ishkuueu*

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 pakashimushit; ka pakashimushiht*

**Sphincter**

*umishiuakan*

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

**Spina bifida**

*ushkan uaukan eka katshi tshishi-nitautshiniti kie put eka ka minu-tapitiniti*

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

**Spinal cord**

*uaukaniapi*

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

**Spinal cord tumour**

*nitautshinnu tshekuannu anite uaukanit*

An abnormal growth in the spinal cord.



**Spinal fluid*****uaukanapui***

The clear fluid surrounding the brain and spinal cord.

Also called: Cerebrospinal fluid

**Spinal tap*****utaikanu nipinu anite uaukanit tshetshi nanatu-tshissenitakanit***

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*****shukutamu*****Spleen*****upepek<sup>u</sup>***

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

**Splinter*****tshipatshishinu***

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

Also called: Sliver

**Sprain*****kutikupitam<sup>u</sup>***

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

**Sputum*****utatshikuma***

Phlegm that is spit up.

**Sputum test**

*natu-tshissenitakanu ushishtikun*

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

**Staples**

*assikumana apashtakanua tshetshi tshipaikanit 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 assikumana*

**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 ishkueu ka tshipuakanit*

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

**Sterilized for germs**

*naikakanu tshakuan tshe eka uinakuak*

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

## Sternum

*ushkassikan*

Also called: Breastbone

## Steroids

*natukuna tshetshi-ashte-patshipanit*

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

## Stethoscope

*ka-apashtava tshekuannu tshetshi natutatakanit mitei mak ushkassikan*

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: Veneral disease (VD), Sexually Transmitted Disease (STD)

## Stillbirth

*nipu auass anite atamit eshk<sup>u</sup> e tat*

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

*natukun tshetshi mishta-aiatshiht; tshe eka aieshkushiht*

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**

*peikuvau kassikuatakanu*

**Stomach**

*utai*

**Stomach cancer**

*umanitushimu ushkatat*

An abnormal growth in the stomach.

**Stone**

*utashinim*

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

Also called: Calculus

**Stool**

*mei*

Also called: Feces, Shit

**Stool sample**

*umei natu-tshissenitakanu*

A small amount of feces taken to be examined.

**Straightens**

*shatuashkupanitau; shatuashkupanu*

**Straightens his/her arm**

*shatuashkupanitau ushpitun*

**Straightens his/her leg**

*shatuashkupanitau ushkat*

**Strains a muscle**

*pisseutshipaniu*

Damages a muscle by using it too much.

**Strep throat**

*akushu ukutakan, nasht mikuanu*

A sore throat and infection caused by the streptococcal germ.

**Stress**

*nasht aieshkushiu anite uiat mak umitunenitshikanit*

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

**Stretcher**

*tetashkuaikan*

**Stroke**

*utshipitiku ushtikuanit*

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**

*eshi-matenitak pessipanit umikuiapia anite utipit*

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***kashiuasht***Suicidal***ui nipaitishu*

Wanting to kill herself or himself.

**Suicide***nipaitishu*

Killing oneself.

**Sunburn***ishkuashuku pishimua***Sunscreen***katumikuanut tshe eka ishkuashikut pishimua***Superior***nasht takut*

Higher.

**Surgeon***kamatishavesht*

A doctor who does surgery.

**Surgery***matishuakanu*

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

**Susceptible**

*ishinakuannu 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**

*utinakanu atamit kie put ussit uiat tshetshi natu-tshissenitakanit*

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

**Swallow**

*kutam<sup>u</sup>*

**Swallowing difficulty**

*apu tshi kutak*

**Sweats**

*apuepanu; apueshu*

**Swelling or lump**

*patshipanu kie put pishkupanu*

**Swollen leg**

*patshipanu ushkat*

**Symmetry**

*tapishkut ishinakuannu uiau aitu*

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

**Symptom**

***kassinu uapatakanu mak tshissenitakanu mak etakushit auen***

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

**Syndrome**

***kassinu uapatakanu mak tshissenitakanu mak etakushit auen***

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 utei***

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

**Tailbone**

***ushuitshikan***

Also called: Coccyx

**Talus**

***uakunikan ushitit***

Also called: Ankle bone

**Tapeworms**

***ukashitshima***

**TB (Tuberculosis)**

***upan-akushun (tipi)***

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

**Tear from crying**

***umaun***



**Teeth**

*uipita*

**Teething**

*ui shakapiteu auass*

When a child's new teeth are coming through.

**Temperature spikes**

*shassikut tshishiteupanu*

A sudden increase in temperature.

**Tenderness**

*tshitshipanu*

**Tendinitis**

*patshipanua utsheshtiapia*

An inflammation of the tendons. Also spelled Tendonitis.

**Tendon**

*utshesht (anishkuetshitinua ushkanit mak uiash)*

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

**Tendon repair**

*ueshtakanu utshesht*

**Tennis elbow**

*patshipanua utushkunit utsheshtiapia*

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

**Tense, mentally**

*apu tshi tshiamishtet umitunenitshikan*

Nervous strain.

**Tense, physically**

*mashkuapitshepanua utsheshtiapia*

Stretched tight, strained (as a muscle).

**Terminal cancer**

*ka nipaivet manitush*

A cancer that causes death.

**Terminal illness**

*ka nipaivet akushun*

An illness which causes death.

**Test**

*natu-tshissenitakanu; natu-tshissenimakanu*

**Testicle**

*uishinau*

Also called: Testis

**Testicles or penis, painful or swollen**

*patshipanua mak akushu uishinaua mak uitakai*

**Testicle, removed**

*manishuakanu mishinau*

**Testicle, undescended**

*apu patshishiniht tuanissat ne napess umassimuteutit*

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

**Testicular cancer**

*umanitushumu uishinat*

An abnormal growth in a man's testicles.

**Testicular self-examination (TSE)**

*natu-tshissenimeu napeu uishinaua*

A man checks his testicles for abnormalities by himself.

**Tetanus**

*apu tshi atshipanitat utapissikan*

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

Also called: Lockjaw

**Thermometer**

*kanatu-tshissenimitunanit*

**Thigh**

*upuam*

**Thigh bone**

*upuamikan*

Also called: Femur

**Third molar tooth**

*mashten uikuapit*

Also called: Wisdom tooth

**Thirsty**

*nipakueu*

**Thoracic spine**

*takuaukan*

The part of the spine in the upper back.

**Thoracic surgeon**

*ushkassikan kamatishavesht*

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

**Thorax**

*ushkassikan*

Also called: Chest

**Throat**

*ukutakan*

Also called: Pharynx

**Throat cancer**

*umanitushimu ukutakanit*

An abnormal growth in the throat.

**Throat, sore**

*akushu ukutakan*

**Thrombolytic drug**

*natukuna tshe apashtakaniti tshe eka nishtupanit minuat umik<sup>u</sup>*

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

Also called: Clot buster

**Thrombosis**

*e nishtupanit umik<sup>u</sup>*

The formation of a blood clot.

**Thromb-, Thrombo-**

*nishtupanu*

Clot.

**Thrush**

*miniunu utun*

A yeast infection in the mouth. Commonly found in babies and treated with a special mouthwash.

**Thumb**

*utuakan*

**Thumb, sucks the**

*utuakan shushupatam<sup>u</sup>*

**Thyroid gland**

*unikua ukutakanit*

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

**Thyroid gland, removed**

*manishuakanua unikua mukutakanit*

**TIA (Transient Ischemic Attack)**

*apu ishpanit umikunnu anite utipit; eukuannu apu tshissitak  
tshekuannu uenapissish*

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**

*puepuessitutsheu*

A ringing sound inside the ear.

**Tired**

*aieshkushiu*

Fatigued.

**Toe**

*uninitshikanashtan*

**Toenail**

*ushkashia ushitit*

**Toenail, ingrown**

*makumiku ushkashia ushitit*

**Tongue**

*utenni*

**Tonsillitis**

*patshinikuepanu*

An infection of the tonsils.

**Tonsils**

*unikua*

**Tonsils and adenoids, removed**

*manishuakanua unikua*

**Tooth**

*uipit*

**Tooth decay**

*uinakanu uipit; apu minuanit uipit*

A hole appearing in a tooth when it is eaten away by bacteria.

**Tooth, abscessed**

*miniuapiteu*

A tooth has infection around it.

**Tourniquet**

*makupitakanu ushkat kie mak utitshi tshe eka mishta-unitat umiku*

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

*kushtikuan-akushun mekuat e tat auass ukauia*

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

Also called: Preeclampsia

## Toxic

*matshi-natukunu*

## Toxic shock syndrome (TSS)

*kushtikuan shassikut akushun, mekuat e apashtat ishkuuev kanatinikaniti*

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

*ukutakanit ka pakuneshuakanit*

A surgical procedure to make an opening in the windpipe.

## Traction

*utshipitakanu tapitakanu ushkan*

Using weight to pull bones into the right position, e.g. after a break (fracture).

## Tranquilizer

*natukuna tshetshi tshiamipikut*

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)**

*apu ishpanit umikunnu anite utipit; eukuannu apu tshissitak  
tshekuannu uenapissish*

A temporary loss of blood flow to a part of the brain causing short-term memory loss. Commonly called a 'mini-stroke'.

**Trauma**

*mishta-ushikuiakanu 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)**

*natu-tshissenimeu napeu uishinaua*

A man checks his testicles for abnormalities by himself.

**TSS (Toxic shock syndrome)**

*kushtikuan shassikut akushun, mekuat e apashtat ishkujeu  
kanatinikaniti*

A severe acute disease caused by infection with Staph bacteria; most common cause is using super-absorbent tampons.

**Tubal ligation**

*matishuakanu ishkujeu tshe eka utauassimit*

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**

*utatshishi apashtakanit tshetshi mitshishut auen*

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**

*tshekuannu ka nitautshinit uiat*

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

**Tunnel vision**

*apu uapatak anite upime*

Reduced vision to the sides, like looking through a tube; occurs in advanced glaucoma.

**Twins**

*kanishishiht*

Two babies born from the same pregnancy.

**Ulceration**

*miniss ka ut nitshipanit*

An open sore that makes a hole on the skin or in the mouth.

**Ulna**

*ka tshinuashkuak ushpitunikan*

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***utishiapi*

The cord that goes from the baby to the placenta.

**Umbilicus***utishi*

Also called: Navel, Belly button

**Unconscious***apu tshissit***Underweight***ueshami-tshimakateu; ueshami-apishissishu***Under, below***shekʷ; atamit; shipa***Upper lip***takut utunit***Ureter***utatshishi shishiunapui uetshipanit anite utetakushut*

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

**Urethra***utatshishi shishiunapui uetshipanit*

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

**Urethritis***patshipanu utatshishi shishiunapui*

An inflammation of the urethra.

**Urinalysis***natu-tshissenitakanu ushishiunapui*

A test to check on someone's pee.

**Urinary bladder***uniapi*

The bag where pee is kept.

**Urinary bladder, removed***manishakanu uniapi*

The bag where pee is kept is cut out.

**Urinary calculi***utashinima anite utetakushut*

Kidney Stones.

**Urinary tract***shishiunapui uetshipanit*

All the parts of the body involved in making pee.

**Urinary tract infection (UTI)***akushu uniapi*

An infection in any part of the urinary tract, most often the bladder.  
Also called: Cystitis

**Urinating***shishiu*

Pees.

**Urination, frequent***nanitam ui shishiu*

When someone needs to pee all the time.

**Urination, lack of control***apu tshi nanakanak ua shishiti*

When someone cannot control when they pee.  
Also called: urinary incontinence.

**Urination, painful**

*akushu shashiti*

When it hurts to pee.

**Urine**

*shishiunapui*

Pee.

**Urine, abnormal colour**

*iatapa ishinakuannu ushishiunapui*

The pee has a strange colour.

**Uterine bleeding, dysfunctional or abnormal**

*mishta-pimipanu ishkujeu eshk<sup>u</sup> tut tshipa pimipanipan*

Bleeding from the uterus when it is not a normal menstrual period.

**Uterine bleeding, postmenopausal**

*uapatam<sup>u</sup> minuut umik<sup>u</sup> katshi nakatikut ishkujeu utakushun*

Bleeding from the uterus in a woman who has already finished menopause.

**Uterine cancer**

*umanitushimu ishkujeu anite avass ka-nitautshua*

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

**Uterus**

*anite atamit ka-nitautshua avass*

Also called: Womb

**Uterus, prolapsed**

*nashikupanu avass anite ka-tava anite atamit*

The uterus drops from its normal place in the body.

**UTI (Urinary tract infection)**

*akushu uniapi*

An infection in any part of the urinary tract, most often the bladder.  
Also called: Cystitis

**Uvula**

*kananiuekutesht; kushkan*

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

**Vaccination**

*tshishtauakanu tshe eka akushit*

An injection given to protect against a particular disease.  
Also called: Inoculation, Immunization

**Vaccine**

*tshishtauakanu natukunnu tshe eka mishta-akushit*

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**

*mutai*

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

**Vagina or vulva cancer**

*umanitushimu ishkujeu anite pessish auass ka-taua*

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

**Vaginal discharge, abnormal**

*minakuannu ishkujeu papanu anite mutat*

Fluids coming from the vagina that may smell bad.

**Vaginal discharge, normal**

*papanu ishkueu anite mutat*

Fluids coming from the vagina that smell normal.

**Vaginal itching**

*tshinatshishu anite mutat ishkueu*

**Valve**

*tshipaitshepanu mak ishepanu tshetshi tshiuekunit umiku*

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

**Varicose veins**

*putuapitshepanua umikuiapia*

Swollen, visible veins usually found in the lower legs.

**Varicose vein, removed**

*manishakanu umikuiapi ka putuapitshepanit*

**Vas Deferens**

*ka tapitik utatshishi anite mishinat*

A tube which comes from each testicle (the two egg-shaped things in the sac of saggy skin under a man's penis).

**Vasectomy**

*pishishuakanu napeu uishinaua tshe eka utauassimit*

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***umikuiapi*

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 mutat*

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***napate nashik<sup>u</sup> unashpatshiunit eshpanit umik<sup>u</sup> anite miteit*

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

**Vertebra***uaukanikan*

One of the bones that make up the spine.

**Vertebra, lumbar***nashik<sup>u</sup> uaukanikan*

One of five bones at the bottom of the spine.

**Vertebra, sacral***ushukanikan***Vertigo***tshishkuepitiku uitukaia*

Dizziness due to inner ear problems.

**Virgin**

*eshk<sup>u</sup> eka matshi-tutuakanit*

Someone who has never had intercourse.

**Virus**

*akushun e ashu-minitunanit*

A very small germ that can be spread from one person to another.

**Vision, disturbance or loss**

*apu miam ishinak*

**Vitamin**

*mitshim-natukun*

A small chemical found in food which is needed by the body for growth and health.

**Vocal cords**

*uet anite auen e aimit*

**Vomiting, recurrent**

*nanitam<sup>u</sup> pakumu*

When someone keeps vomiting.

**Vomiting, sudden**

*shassikut pakumu*

**Vomits**

*pakumu*

**Vomits, infant projectile**

*kuashkuetshikunnu upakumun*

Vomiting with extreme force by a young child.

**Vulva**

*ishkueu miteni*

The part of the female body that is found between the legs.



**Walker**

*kapimuteuatshanut*

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 mutat*

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 mashitsheshiht umikut*

These kill and eat germs and dead cells.  
Also called: Leukocytes

**Weak**

*apu shapamatshiut*

**Weight gain**

*mishta-tatutipapeikaneshu*

**Weight gain, slow for child 0 to 5 years**

*apu minu-nitautshit avass eshk<sup>u</sup> eka patetat tatupipuneshit*

Failure to thrive.

**Weight loss**

*vanitau e tatutipapekaikaneshit*

**Wheelchair**

*akushiu-tetapukan*

**Wheezes**

*matueiatshushu*

Breathes noisily.

**Whiplash**

*akushu ukueiau katshi ushikushinit*

A range of injuries to the neck caused by or related to a sudden abnormal movement of the neck.

**White blood cells (WBC)**

*ka mashitsheshiht umikut*

These kill and eat germs and dead cells.

Also called: Leukocytes

**Whooping cough**

*kanashpitatatakanit; nasht apitshipanepanu ueshtashtaki*

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

Also called: Pertussis

**Windpipe**

*ukutakan*

Also called: Trachea

**Womb**

*anite atamit ka-nitautshua avass*

Also called: Uterus

**Worms, pin or tape**

*ukashitshima*

**Wound**

*aianakaneshiu*

Any damage to the body caused by hitting, banging, cutting, etc.

**Wrist**

*uakun*

**X-ray**

*akunakan*

A picture of any inside part of the body.

**Yawns**

*tshishikushu*

**Yeast Infection**

*tshinatishu ishkujeu anite umutat*

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

### *Sheshatshiu dialect*

#### **Aden-, Adeno-**

*unikua*

Gland.

#### **Angio-**

*umikuiapi*

Blood vessel.

#### **Anti-**

*apu tshe ...*

Against.

#### **Audio-**

*e petak*

Hearing.

#### **Auto-**

*uin; nin; tshin*

Self.

#### **Carcin-, Carcino-**

*manitush*

Cancer.

#### **Cardio-**

*utei*

Heart.

#### **Cerebri-, Cerebro-**

*utip*

Brain.

#### **Cervic-, Cervico-**

*ukueiau; e*

*shakuapekashinit anite*

*uet inniut avass*

Neck (of the body or uterus).

#### **Col-, Colo-**

*utatshishi*

Colon, large intestine, bowel.

#### **Coron-, Corono-**

*utei*

Heart.

#### **Denti-, Dento-**

*mipita*

Teeth.

#### **Derm-, Derma-, Dermo-,**

#### **Dermat-, Dermato-**

*ushakaia*

Skin.

**Dys-***animan; animiu*

Difficulty or trouble.

**-ectomy***manishakanu*

Removal.

**-emia***umiku*

Of or relating to blood.

**Gastr-, Gastro-***ushkatat*

Stomach.

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

Sugar, sweet.

**-gram***akunikan*

Record, measure.

**Gravid-, Gravido-***e utauassimit ishkueu*

Pregnant.

**Hemi-***pushku*

Half.

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

Blood.

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

Liver.

**Hyper-***ueshami-ishkupanu;**ueshami-tshishipanu*

Excessive, above, beyond.

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

Sleep.

**-itis***e miniut kie mak**uishatshishu*

Inflammation, infection.

**Macr-, Macro-***mishau; mishishtu*

Large, big.

**-meter***tipaikan*

Measure.

**Micro-***e apishashit*

Small.

**My-, Myo-, Myos-,****Myoso-***uiash*

Muscle.

**Neur-, Neuro-***utsheshtiapit*

Nerve, nerves, or nervous system.

**-ology, -ologist***auen ka natu-tshissenitak  
tshekuannu*

The study of something or the person who studies things.

**-oma***manitush*

Tumour.

**Orth-, Ortho-***kuishkunakanu*

Straight, normal position.

**Or-, Oro-***utunit*

Mouth.

**-osis***e ishinakuak tshekuan*

State or condition.

**Oste-, Osteo-***ushkanit*

Bone.

**-ostomy***matishakanu*

A surgical opening.

**Ot-, Oto-***uitukat*

Ear.

**Ox-, Oxi-, Oxo-***neneun*

Oxygen.

**Patho-, -pathy***akushun*

A disease.

**Ped-, Pedo-***auass*

Child.

**Pharm-, Pharmi-***natukun*

Medicine, drug.

**-phobia***kushtam<sup>u</sup> tshetshi akuikut*

An abnormal fear or intolerance, sensitivity.

**Photo-***e uashtet; e tshikaiashtet*

Light.

**-plasty***ueshtakanu uiu*

Surgical shaping or formation.

**Pneum-, Pneumo-***upanit; neneun*

Lungs or breathing.

**Psych-, Psycho-***mamitunenitamun*

Mind.

**Pulmo-, Pulmono-***upanit*

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-***nishtupanu*

Clot.

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

Toxin or poison.



## **Body Parts**

### *Sheshatshiu dialect*

#### **Abdomen**

##### *ushkatai*

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

#### **Achilles tendon**

##### *ututiniapi*

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

#### **Adam's Apple**

##### *utshitun*

#### **Adenoids**

##### *unikua*

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

#### **Adipose**

##### *uinu*

The fatty tissue under the skin and around the organs.

#### **Adrenal glands**

##### *unikua*

The glands above each kidney that produce hormones.

**Afterbirth*****auass utashpikueshimun***

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*****upanit nasht atamit eshpanit uneneun***

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 umassimuteush***

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

**Ankle*****uakun*****Ankle bone*****uakunikan ushitit***

Also called: Talus

**Anus*****mishiuakan***

The last part of the digestive tract.

**Aorta*****ka mitshapekak miteiapi***

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

## Appendix

*kauishikapekash*

## Areola

*uashka tshitshish*

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

## Arm

*ushpitun*

## Arm bone

*ushpitunikan*

The humerus bone of the upper arm.

## Armpit

*utikuai*

Also called: Axilla

## Artery

*ka mitshapekak umikuiapi*

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

## Atrium, left

*takut napate unashpatshiunit miteit ka pitutepanit e  
shutshishimakak 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

*takut napate uminunit miteit ka pitutepanit umik<sup>u</sup> ua  
unuipanit*

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***utikuai*

Also called: Armpit

**Axillary nodes***unikua utikuat*

The lymph nodes in the armpit.

**Back***ushpishkun***Backbone***uaukan***Back, lower***nashiku<sup>u</sup> ushpishkun***Bartholin's glands***ishkueu unikua anite umutat*

The small glands in the lips of the vagina.

**Belly button***utishi; utishiapi*

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***uipit upime utatimuapitanit*

The tooth next to the canine tooth.

**Bile duct***uishuput itapekamunu*

**Birth canal***mutai*

Also called: Vagina

**Bladder, urinary***uniapi*

The bag where pee is kept.

**Blood***umiku***Blood vein***umikuiapi***Blood vessels***umikuiapia***Body***uiau***Bone***ushkan***Bone marrow***uin*

The soft tissue inside bones.

**Bowel***ka mitshapekak utatshishi*

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

Also called: Colon, Large intestine

**Brain***utip*

**Brain stem***utipiapi*

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

**Breast***tshitshish***Breastbone***ushkassikan*

Also called: Sternum

**Bronchi***ka mitshapekak upaniapi*

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

**Bronchial tubes***upaniapia*

The hollow air passageways branching from windpipe to lungs.

**Bronchioles***upaniapissa*

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

**Bum***mitshishkapeu*

Also called: Buttocks

**Buttocks***mitshishkapeu*

Also called: Bum

**Calf***utashtan*

## Canine tooth

*utatimuapitan; tshinashkuapitan; 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

*mitei mak umik<sup>u</sup> eshpanit*

The organ system that includes the heart and blood vessels.

## Carotid arteries

*umishta-mikuiapia anite ukutakanit ka itapekamuniti  
ushtikuanit*

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

## Carotid artery, common

*mishtamikuiapi anite ukueiat*

The artery in the neck.

## Cartilage

*utsheshtiapi ??*

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

*??*

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

**Central nervous system**

*utip mak uaukaniapi eshpanit*

The brain and spinal cord.

**Cerebellum**

*anite enat utipit, takut uaukaniapit*

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 mitipit*

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

**Cerebrospinal fluid (CSF)**

*utipapui*

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal Fluid

**Cervical nodes**

*unikua ukueiat*

The lymph nodes in neck.

**Cervical spine**

*takut uaukun*

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

**Cervix**

*atamit ishkujeu umutat anite uet unuipanit 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**

*ushkassikan*

Also called: Thorax

**Chin**

*ukuashkuneua*

**Circulatory system**

*eshpanit umik<sup>u</sup> anite uiat*

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

**Circumcision**

*tshimishuakanua ushakaia anita unishkut uitakashit*

The removal of the foreskin of the penis.

**Clavicle**

*uapikan*

Also called: Collar bone

**Clitoris**

*ishkueu utenni mutat*

**Coccyx**

*ushuitshikan*

The small triangular bone at the bottom of the spine.

Also called: Tailbone

**Cochlea**

***esh eshinakuak atamit/pitute uitukat***

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

**Collarbone**

***uapikan***

Also called: Clavicle

**Colon**

***ka mitshapekak utatshishi***

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

Also called: Bowel, Large Intestine

**Common carotid artery**

***umishtamikueiapi***

The artery in the neck.

**Connective tissue**

***utsheshta mak utsheshtiapia***

Ligaments or Tendons.

**Cranium**

***ushtikuanikan***

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

Also called: Skull

**Crown of head**

***ushikatip***

The top of the head.

**CSF (Cerebrospinal fluid)**

***utipapui***

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal fluid

**Diaphragm***upashtenuia*

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

**Digestive system***ka pikupitak mitshiminu*

The parts of the body that help to digest food.

**Disc, spinal***uaukan ashpaikaniss*

The cushion between the spinal vertebrae.

**Duodenum***takut utatshishi*

The first part of the small intestine.

**Ear***uitukai***Ear canal***e pakuneiakanit uitukai*

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

**Eardrum***uitukai teueikaniss*

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

**Elbow***utushkun***Embryo***auass eshk<sup>u</sup> eka 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***ukutashkueuiapi*

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

**Eustachian tube***utatshishi tashtuit uitukat mak utunit*

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

**Eye***ussishiku***Eye socket***ussishikuapikan***Eyebrows***umamama***Eyelash***umishuiapunan***Eyelid***uashkaiapuna***Face***utashtamiku***Fallopian tubes***ishkueu utatshishit uetshipaniti uauma*

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

**Fat***uinu*

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

**Feet***ushita***Femur***upuamikan*

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

**Fetus***auass eshk<sup>u</sup> eka inniut*

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 apishashit ushkan anite ushkatit*

The outside, smaller bone of the lower leg.

**Finger***ninitshititshan***Fingernail***ushkashi***Finger, index***utatuaikanashk<sup>u</sup>*

The second finger.  
Also called: Forefinger

**Finger, middle***utetautitshan*

**Finger, pinkie***utishkuaititshiss*

The last, smallest finger.

Also called: Baby finger, Little finger

**Finger, ring***tapititshepishunititshi*

Also called: Fourth finger

**First molar tooth***nishtam uikuapit***Flesh***uiash***Fontanel***unatipima*

The soft spot on a baby's head.

**Foot***ushit***Forearm***ushpitun***Forefinger***tshitatuaikanashk<sup>u</sup>*

The second finger.

Also called: Index finger

**Forehead***ushkatik<sup>u</sup>***Foreskin***ushakaia anita unishkut uitakashit*

**Freckles**

*utshiashtamikueu*

**Gallbladder**

*uishupui*

**Genitals**

*mutai*

The private parts of a man or woman.

**Gingiva**

*uiashapit*

Also called: Gums

**Gland**

*unikʷ*

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

**Gonads**

*napeu uishinaua kie mak ishkieu uauma*

Testes in a man or ovaries in a woman.

**Groin**

*utshitshashkai*

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

**Gum socket**

*uiashapit*

**Gums**

*uiashapit*

Also called: Gingiva

**Hair**

*pishkieun*

**Hand***utitshi***Hand, left***unashpatshiun***Hand, right***uminun***Head***ushtikuan***Heart***utei***Heel***ututan*

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***tetaut uipit*

One of the front teeth.

**Inguinal***utshitshashkat*

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



**Inguinal nodes**

*unikua utshitshashkat*

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

**Intervertebral disc**

*uaukan ashpaikaniss*

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

**Intestine, large**

*ka mitshapekat utatshishi*

Also called: Bowel, Colon

**Intestine, small**

*ka apishapekashit utatshishi*

**Iris of eye**

*uashka kashteuapunan anite ussishikut*

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

**Iron**

??

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**

*ka-anishkuetshitiki ushkana*

The place where two or more bones meet.

**Kidney**

*utetakushu*

**Knee**

*uitshikun*

**Kneecap**

*utshitikua*

Also called: Patella

**Knuckles**

*e kutikupanit utitshia*

The joints of finger.

**Labial**

*utunit*

Of or relating to the lips.

**Lactation**

*ka nushaniaushut ishkueu*

The making of milk by the breasts.

**Large intestine**

*ka mitshapekat utatshishi*

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

Also called: Bowel, Colon

**Larynx**

*uet petakushit eimit auen*

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

**Left hand**

*unashpatshiun*

**Leg**

*ushkat*

**Ligaments**

*utsheshtiapia (aianishkuetshitina ushkanit)*

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

**Liver**

*ushkun*

**Lower back**

*nashik<sup>u</sup> ushpishkun*

**Lower limb**

*ushkat kie mak upuam*

**Lower lip**

*nashik<sup>u</sup> utunit*

**Lumbar spine**

*nashik<sup>u</sup> uaukanikana*

The lowest section of the spine, with five vertebrae.

**Lung**

*upan*

**Lymph nodes**

*unikua*

Glands that trap germs that pass through them.

**Marrow**

*uin*

The soft material inside bones.

**Meninges**

??

A thin layer of tissues that cover the brain.

**Metacarpals**

*patetat ushkana anite utitshit*

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

**Metatarsals**

*patetat ushkana anite ushitit*

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

**Mind**

*mamitunenitshikan*

**Molar tooth**

*uikuapit*

**Mole**

*uminim*

**Mouth**

*utun*

**Muscle**

*utashtan*

**Nail**

*ushkashi*

A fingernail or toenail.

**Nasal cavity**

*e pakuneiat ushkush anite atamit*

The hole behind the nose.

**Navel**

*utishi*

Also called: Belly button, Umbilicus

**Neck**

*ukueiau*

**Nerve**

*utsheshtiapi*

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

**Nipple**

*ushtikuanitshitshish*

**Nose**

*ushkush*

**Nostrils**

*utenikuma*

The two holes in the nose.

**Ovary**

*ushpaiua*

The small sac which contains a woman's eggs.

**Ovum**

*ishkueu uau*

Egg.

**Palate**

*unakashkua*

The roof of the mouth.

**Palm**

*unakashtanititshi*

**Patella**

*utshitikua*

Also called: Kneecap

**Pelvis**

*upitshikai*

**Penis**

*uitakai*

**Peritoneum**

*pituetshinikan*

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

**Phallus**

*mitakai*

**Pharynx**

*ukutakan*

Also called: Throat

**Pinkie finger**

*utishkuaititshiss; mashten tshininitshititshan*

The last, smallest finger.

**Placenta**

*auass utashpikueshimun*

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 atamit pessish ushishiunaput*

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

**Pubic hair**

*upiuia*

The hair growing in the groin area of a person.

**Pupil of eye*****kashteuapunan***

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

**Quadricep*****upuameuk<sup>u</sup>***

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

**Radius*****ka apishashkushinit ushpitunikan***

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

**Rectum*****atamit ushkatshishit***

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*****tapititshepishunititshi***

Also called: Fourth finger

**Root*****atamit uipitit, ushkashit kie mak upishkueunit***

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***ushiku*

The slippery, watery fluid produced inside the mouth.

Also called: Spit

**Salivary glands***nete uet ushikut***Scalp***ushakai ushtikuan***Scapula***utinikana*

Also called: Shoulder blade

**Scrotum***napeu umassimuteush*

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

**Semen***napeu utatshikuma***Shin***ushekatan***Shin bone***ushkatikan*

The inner and larger bone of the lower leg.

Also called: Tibia

**Shoulder***utitiman***Shoulder blade***utinikana*

Also called: Scapula



**Sinuses*****utshanikukana***

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

**Skeleton*****ushkana*****Skin*****ushakaia*****Skull*****ushtikuanikan***

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

**Skull, back of*****utat ushtikuanikanit*****Small intestine*****ka apishapekashit utatshishi*****Sole of foot*****unakashtan*****Sperm*****ka pakashimushit; ka pakashimushiht*****Sphincter*****umishiuakan***

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

**Spinal cord*****uaukaniapi***

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

**Spinal fluid*****uaukanapui***

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

**Spine*****uaukan*****Spleen*****upepekʻ***

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*****ushkassikan***

Also called: Breastbone

**Stomach*****utai*****Tailbone*****ushuitshikan***

Also called: Coccyx

**Talus*****uakunikan ushitit***

Also called: Ankle bone

**Teeth**

*uipita*

**Tendon**

*utshesht (anishkuetshitinua ushkanit mak uiash)*

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

**Testicle**

*uishinau*

Also called: Testis

**Thigh**

*upuam*

**Thigh bone**

*upuamikan*

Also called: Femur

**Third molar tooth**

*mashten uikuapit*

Also called: Wisdom tooth

**Thoracic spine**

*takuaukan*

The part of the spine in the upper back.

**Thorax**

*ushkassikan*

Also called: Chest

**Throat**

*ukutakan*

Also called: Pharynx

**Thumb**

*utuakan*

**Thyroid gland**

***unikua ukutakanit***

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**

***uninitshikanashtan***

**Toenail**

***ushkashia ushitit***

**Tongue**

***utenni***

**Tonsils**

***unikua***

**Tooth**

***uipit***

**Trachea**

***ukutakan***

Also called: Windpipe

**Ulna**

***ka tshinuashkuak ushpitunikan***

The longer bone of the lower arm, forearm, on the same side as the little finger.

**Umbilical cord***utishiapi*

The cord that goes from the baby to the placenta.

**Umbilicus***utishi*

Also called: Navel, Belly button

**Upper lip***takut utunit***Ureter***utatshishi shishiunapui uetshipanit anite utetakushut*

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

**Urethra***utatshishi shishiunapui uetshipanit*

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

**Urinary bladder***uniapi*

The bag where pee is kept.

**Urinary tract***shishiunapui uetshipanit*

All the parts of the body involved in making pee.

**Uterus***anite atamit ka-nitautshua auass*

Also called: Womb

**Uvula**

***kananiuekutesht; kushkan***

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

**Vagina**

***mutai***

An opening through which babies are born.

Also called: Birth canal

**Valve**

***tshipaitshepanu mak ishepanu tshetshi tshiuekunit umik<sup>u</sup>***

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

**Vas Deferens**

***ka tapitik utatshishi anite mishinat***

A tube which comes from each testicle (the two egg-shaped things in the sac of saggy skin under a man's penis).

**Vein**

***umikuiapi***

The blood vessel which brings blood towards the heart.

**Ventricle, left**

***napate nashik<sup>u</sup> unashpatshiunit eshpanit umik<sup>u</sup> anite miteit***

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

**Vertebra**

***uaukanikan***

One of the bones that make up the spine.

**Vertebra, lumbar**

***nashik<sup>u</sup> uaukanikan***

One of five bones at the bottom of the spine.

**Vocal cords**

*uet anite auen e aimit*

**Vulva**

*ishkueu miteni*

The part of the female body that is found between the legs.

**Windpipe**

*ukutakan*

Also called: Trachea

**Womb**

*anite atamit ka-nitautshua auass*

Also called: Uterus

**Wrist**

*uakun*



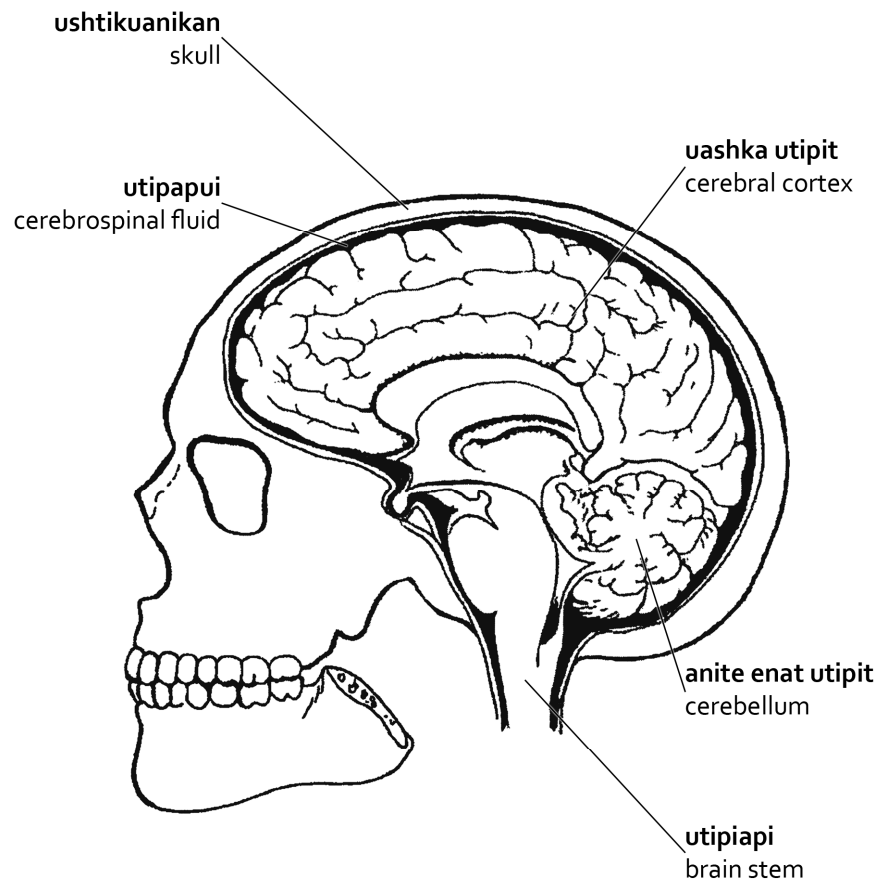


## Diagrams

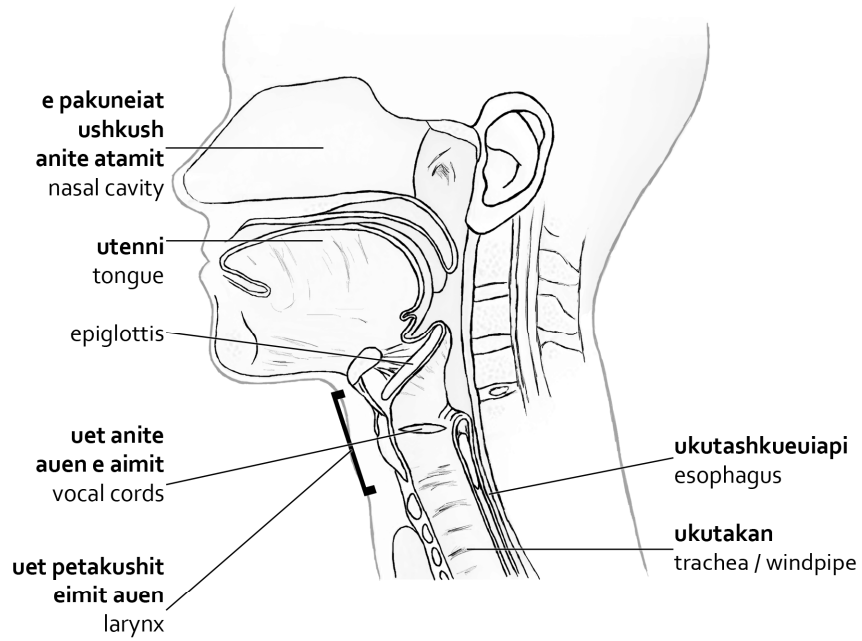
### *Sheshatshiu dialect*

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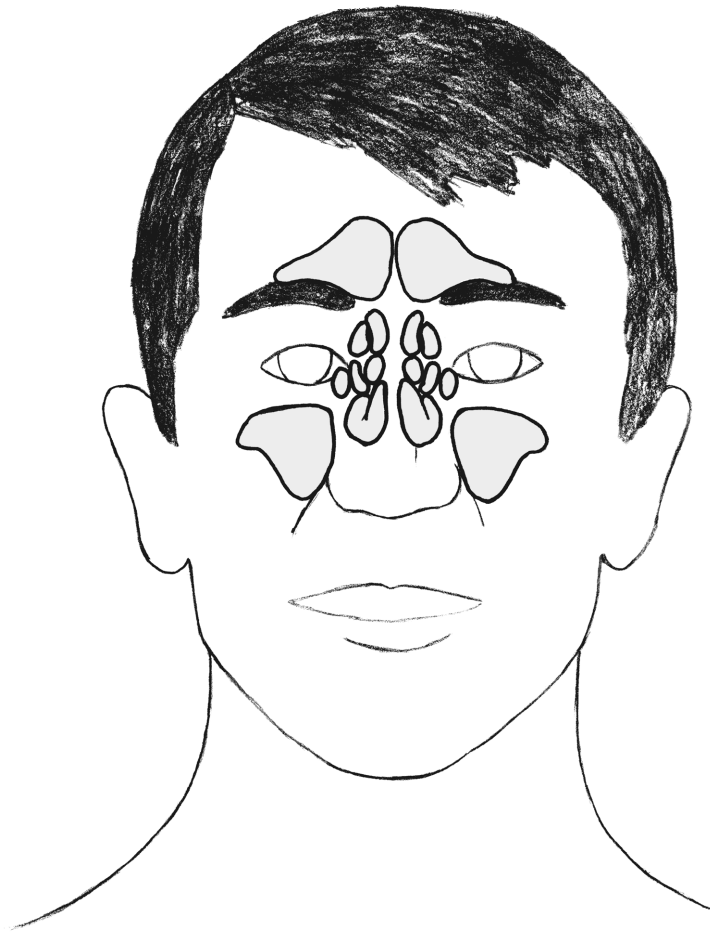
## Utip Brain



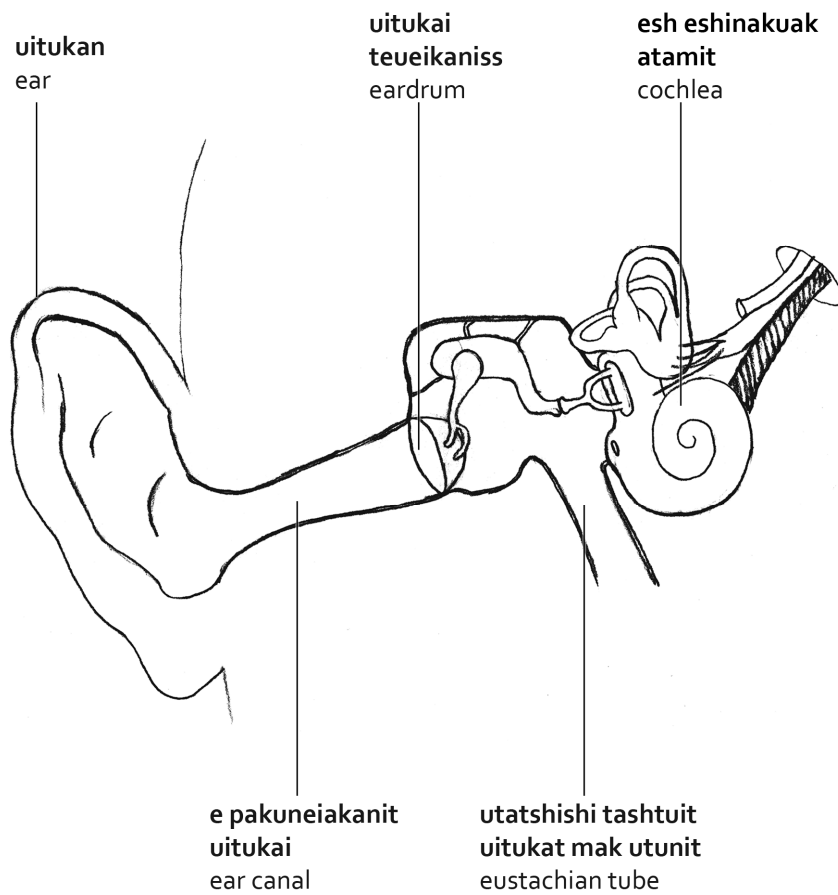
## Ukutakan Throat



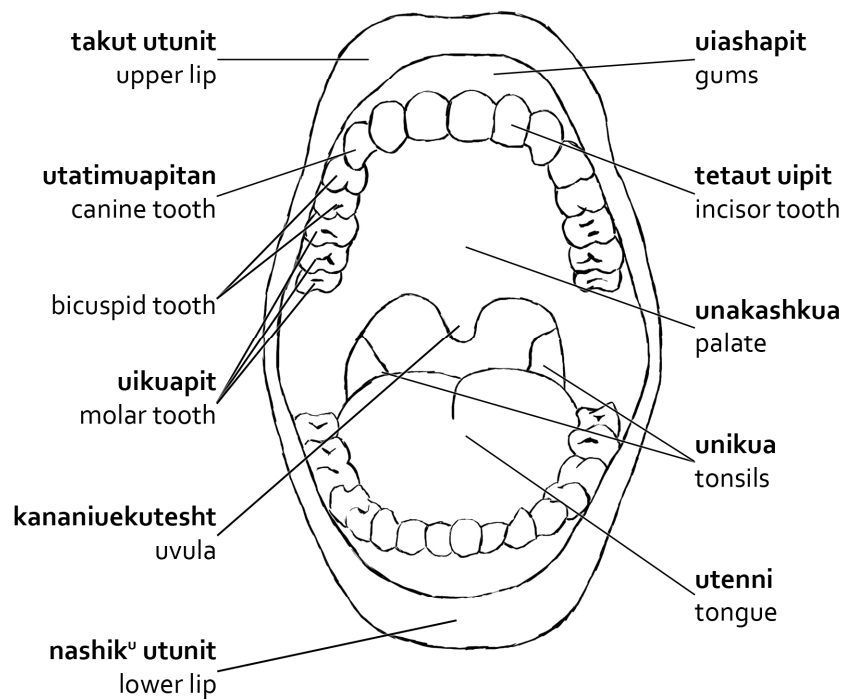
## Utshanikukana Sinuses



## Uitukan Ear

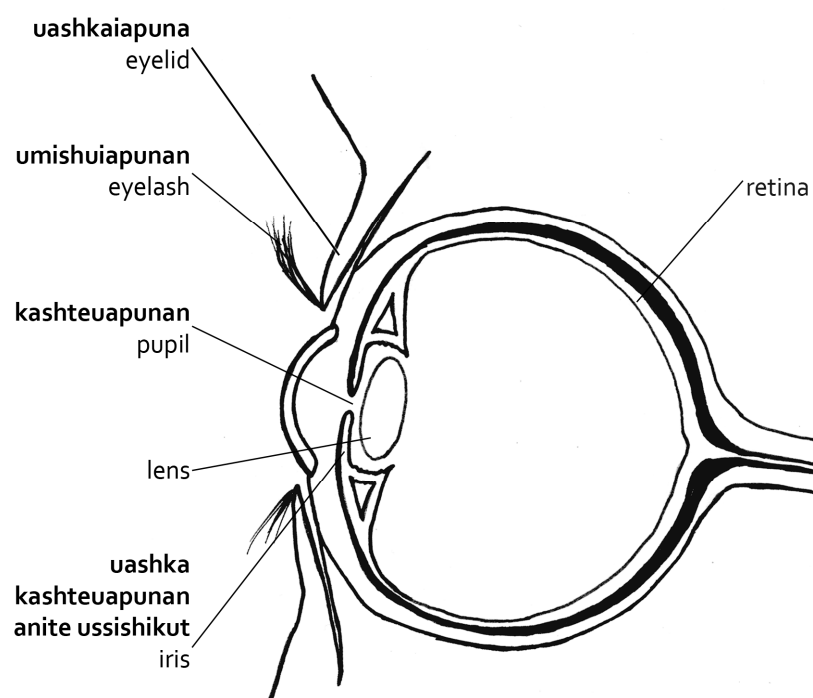


## Uipita Teeth

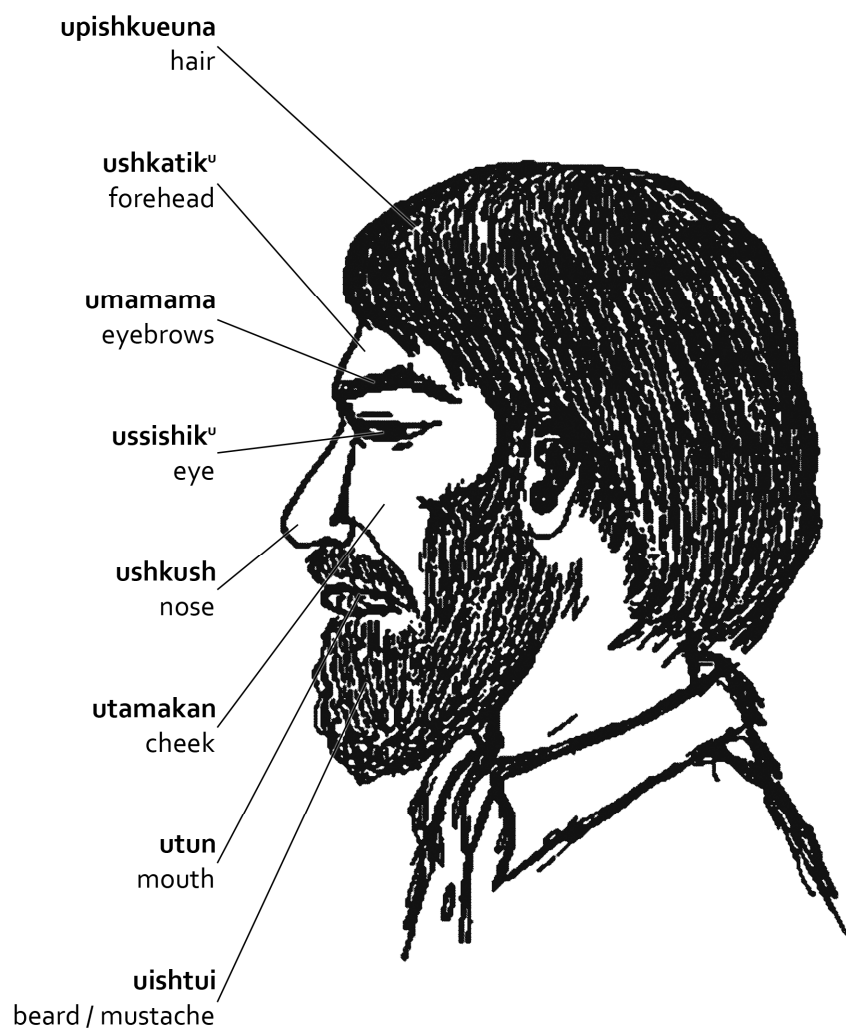


# Missishik<sup>u</sup>

## Eye

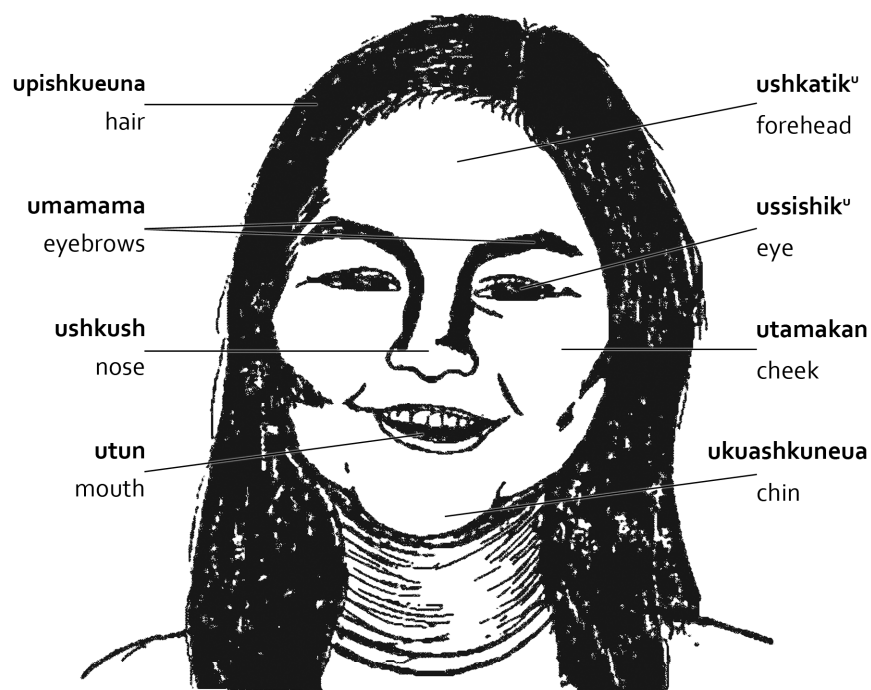


## Utashtamik<sup>u</sup> (napeu) Face (male)



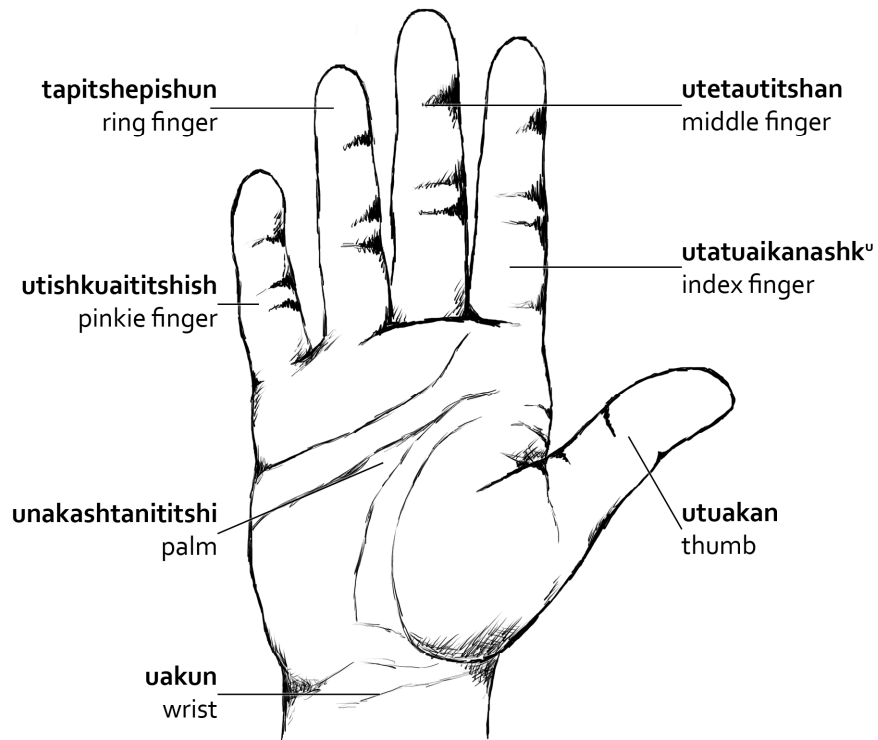


## Utashtamik<sup>u</sup> (ishkueu) Face (female)

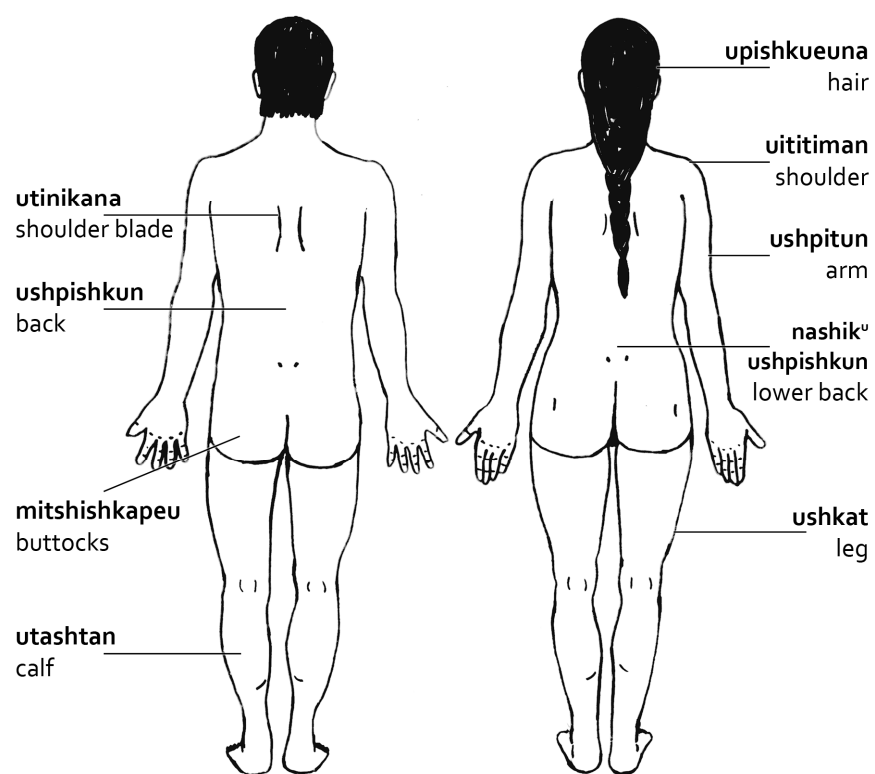


## Utitshi mak ninitshititshana

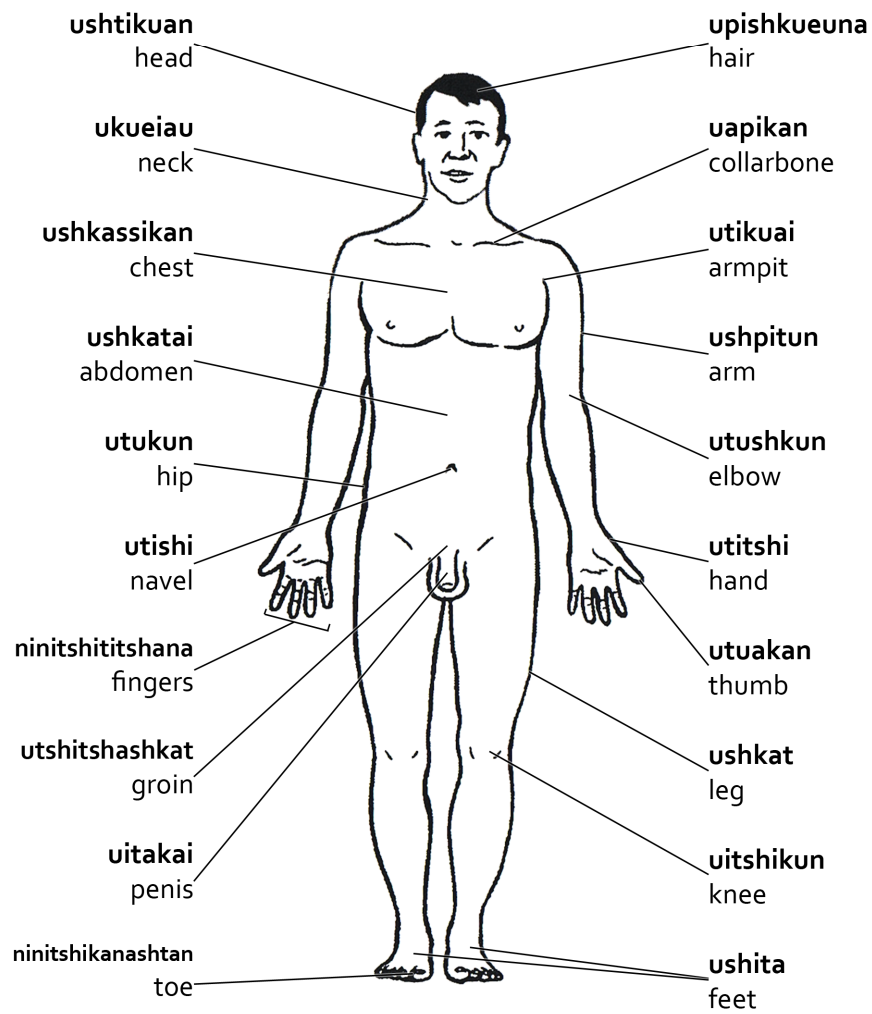
### Hand and fingers



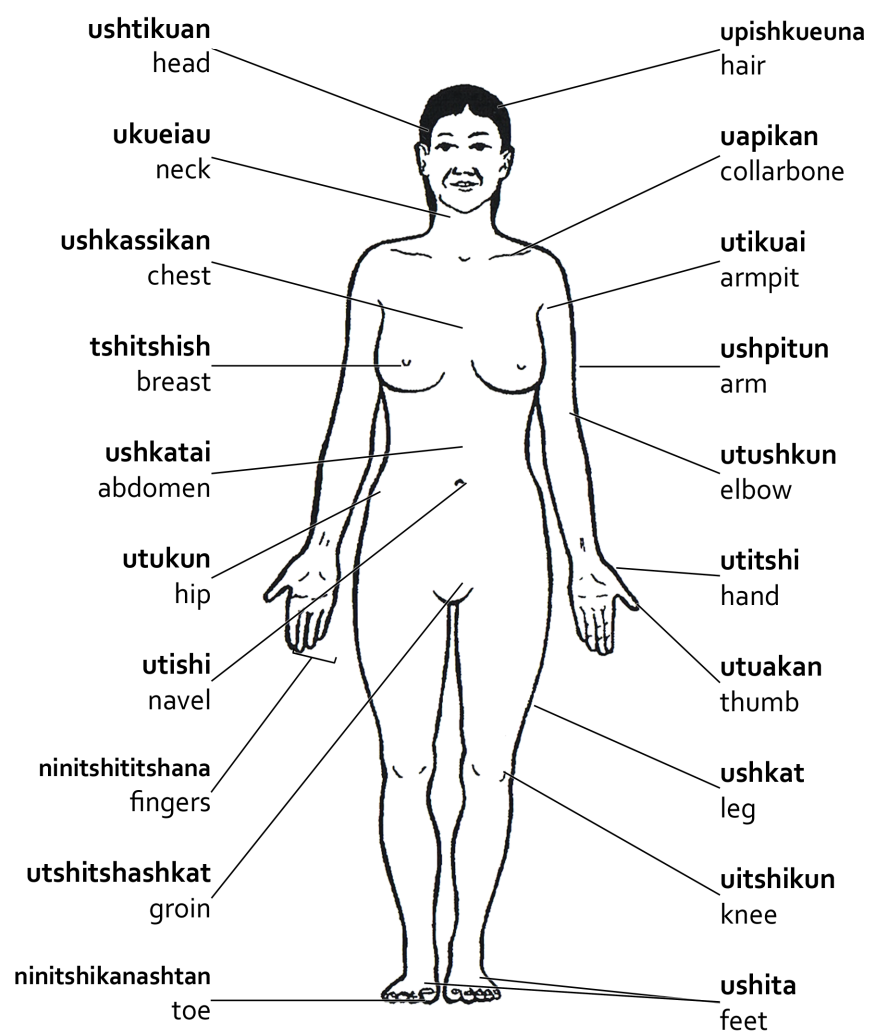
## Uiau Body



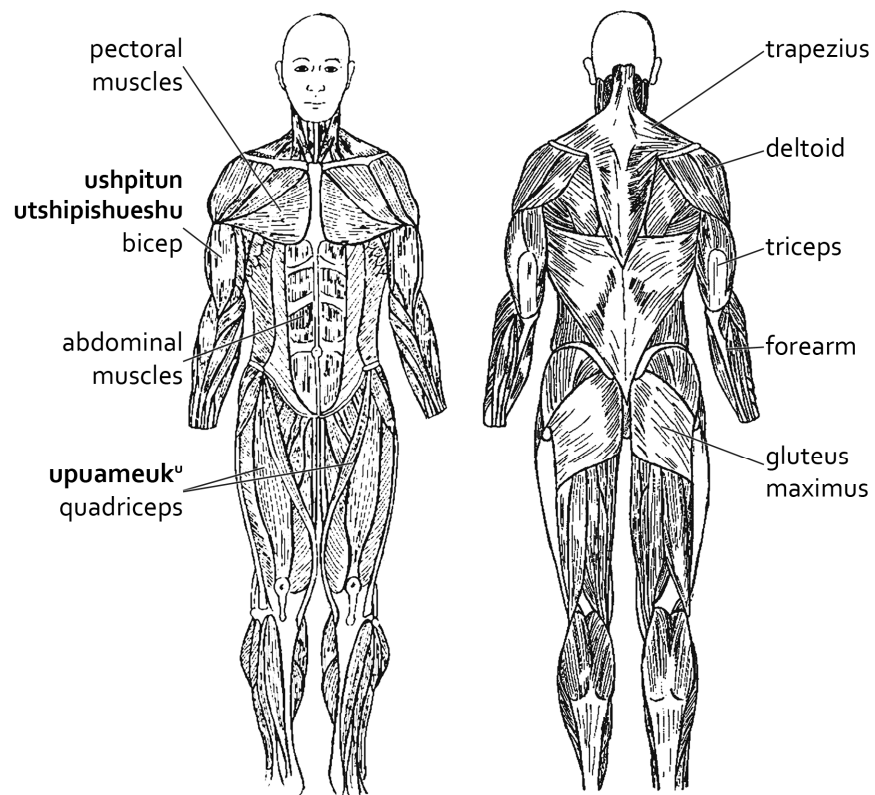
## Uiau (napeu) Body (male)



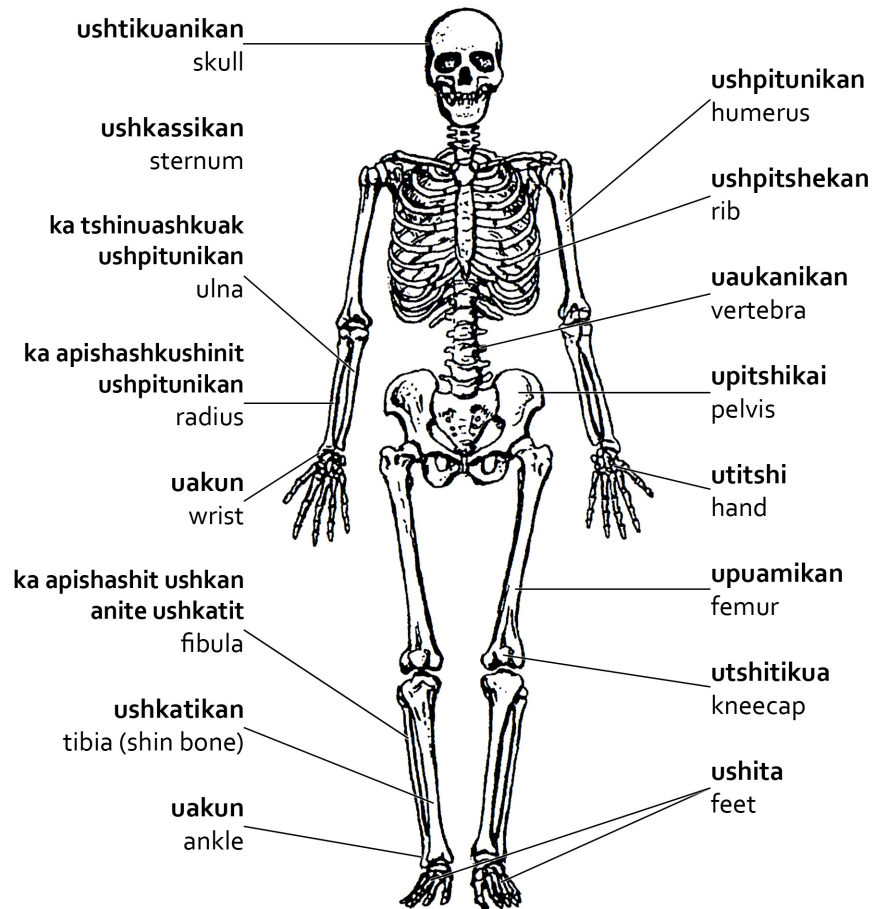
## Uiau (ishkueu) Body (female)



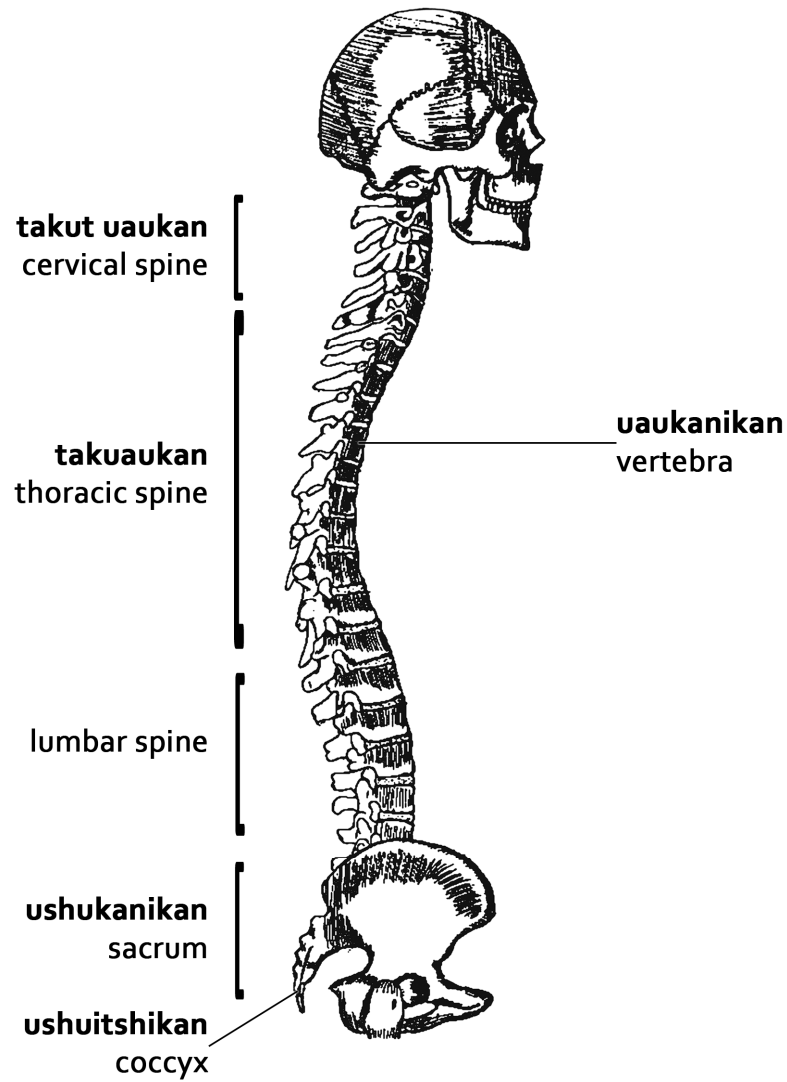
## Utshipishueshua Muscles



## Ushkana Skeleton

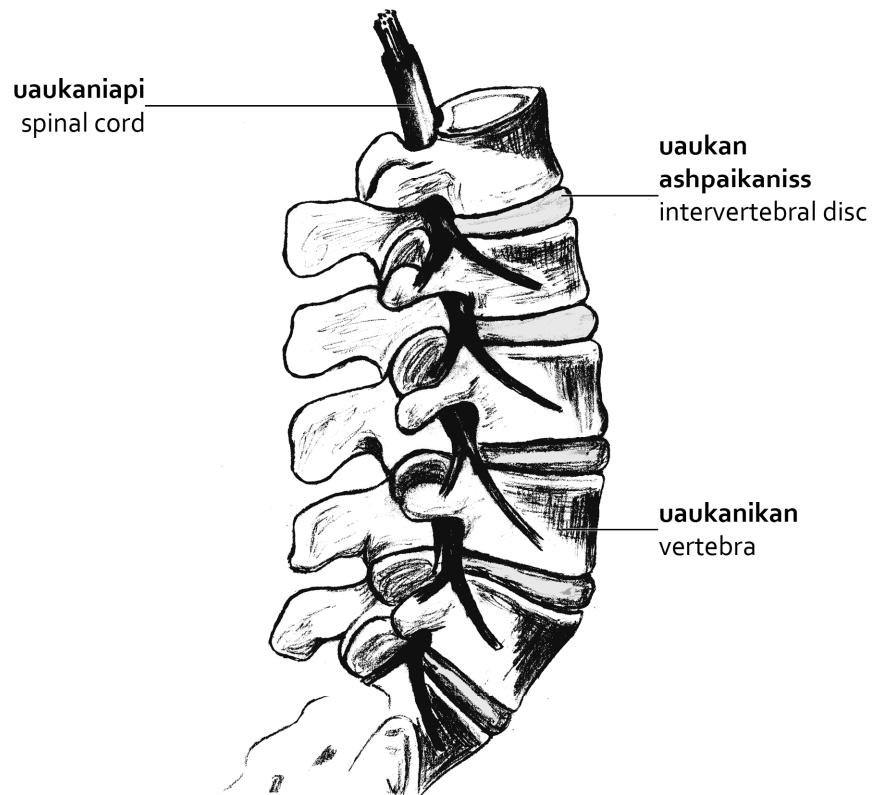


## Uaukan Spine

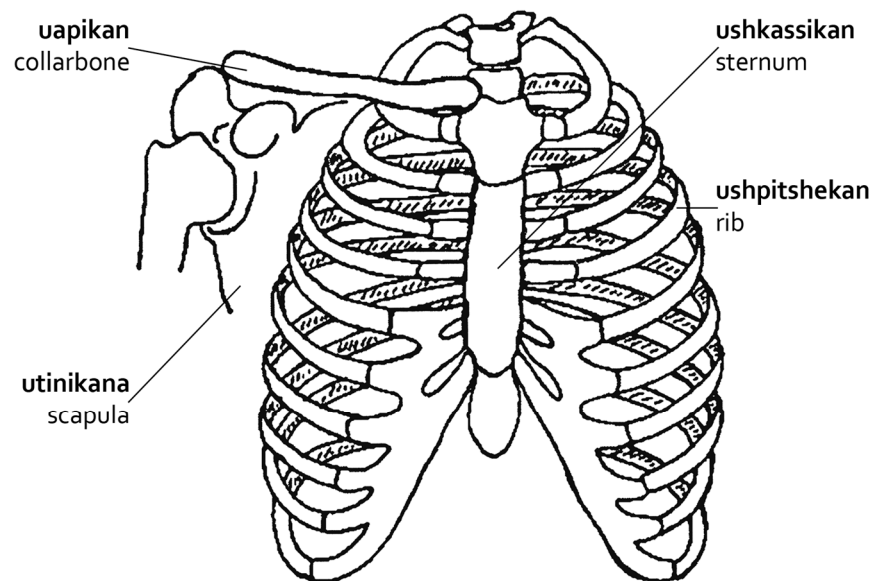




## Uaukanikana Vertebrae

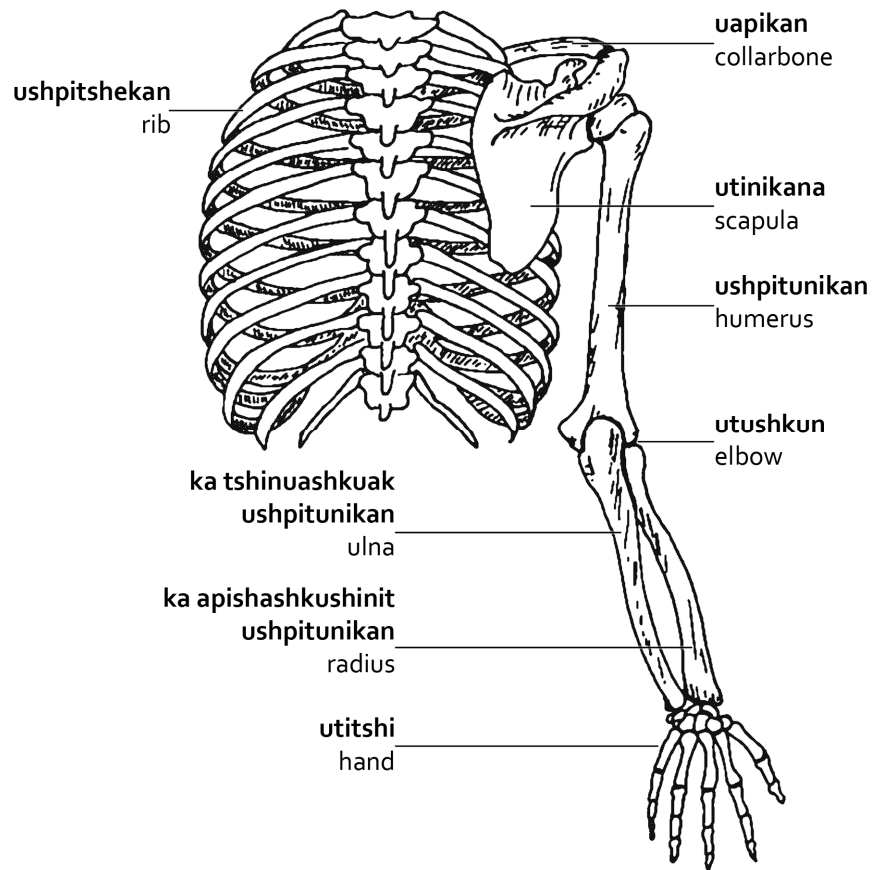


## Ushpitshekana (nikan) Rib cage (front)



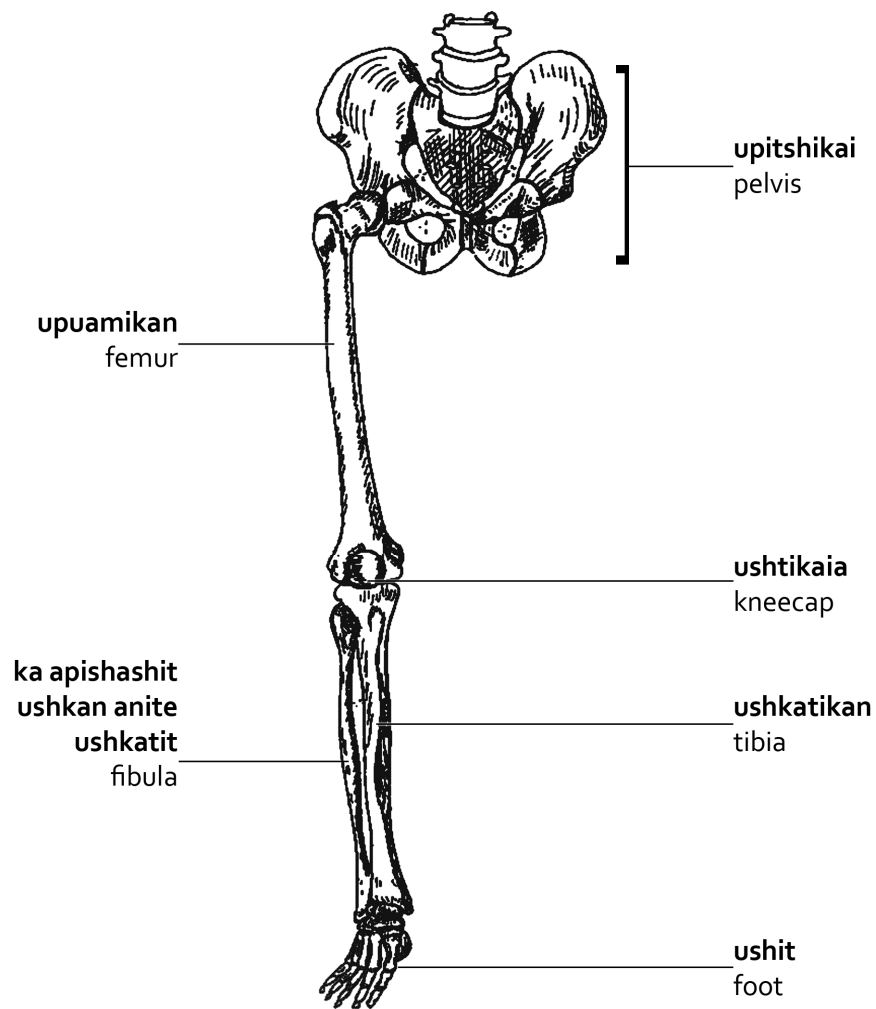
## Ushpitshekana mak ushpitun (utat)

### Rib cage and arm (back)



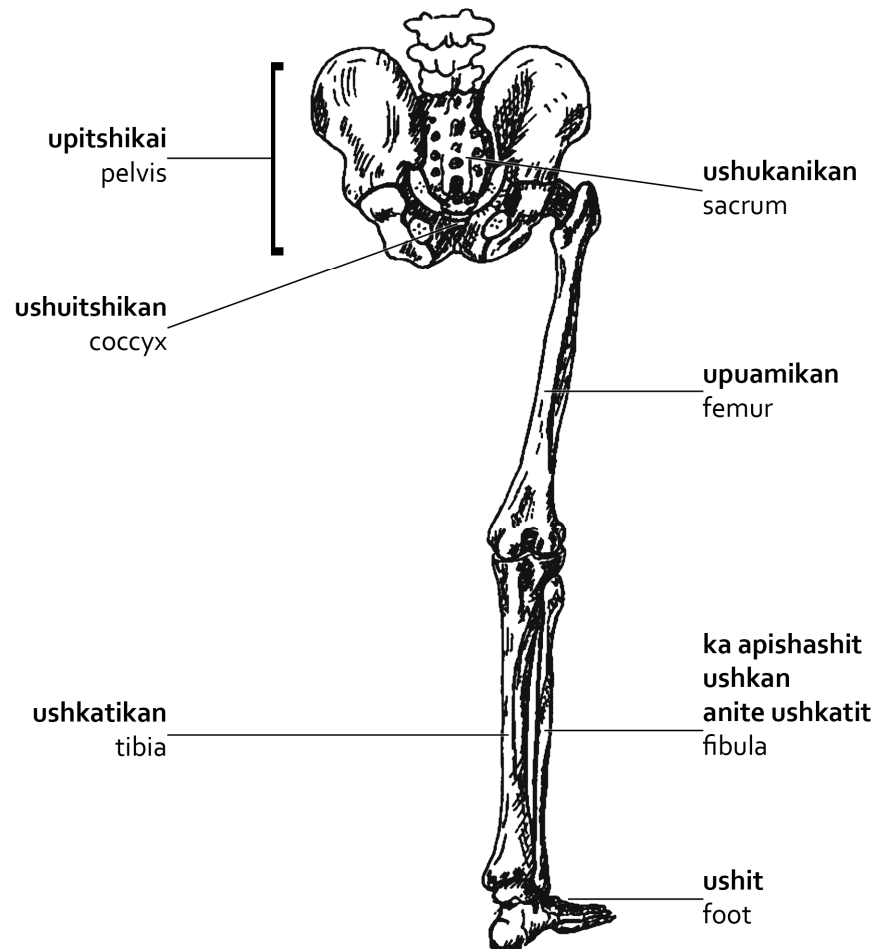
## Upitshikai mak ushkat (nikan)

Pelvis and leg (front)

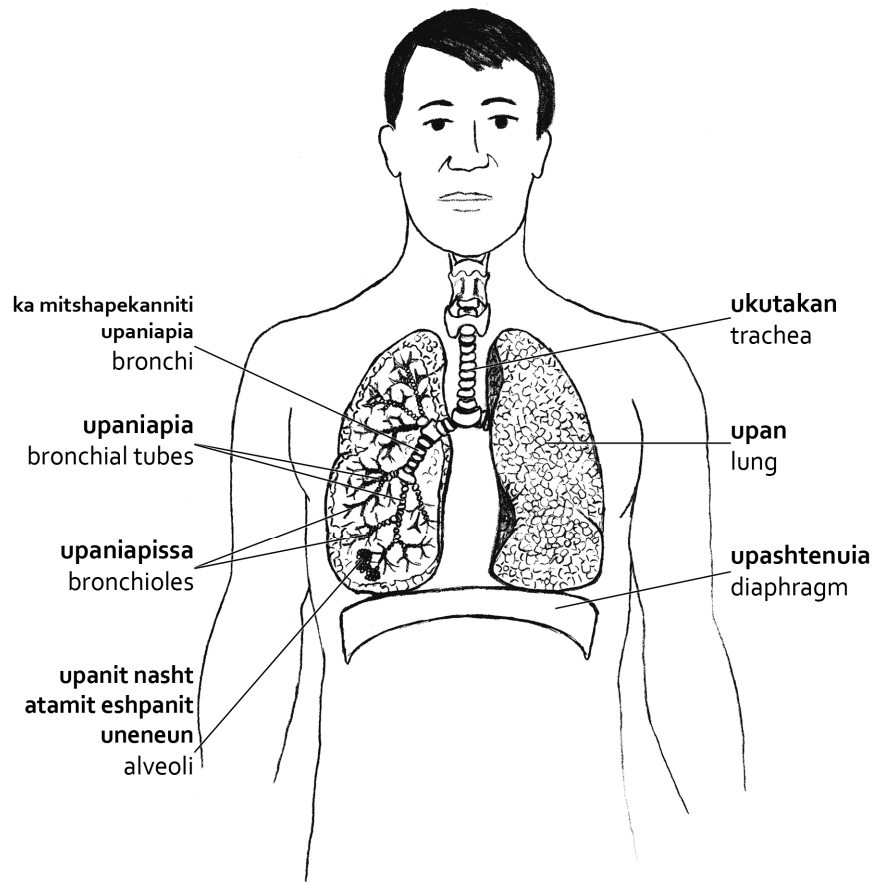


## Upitshikai mak ushkat (utat)

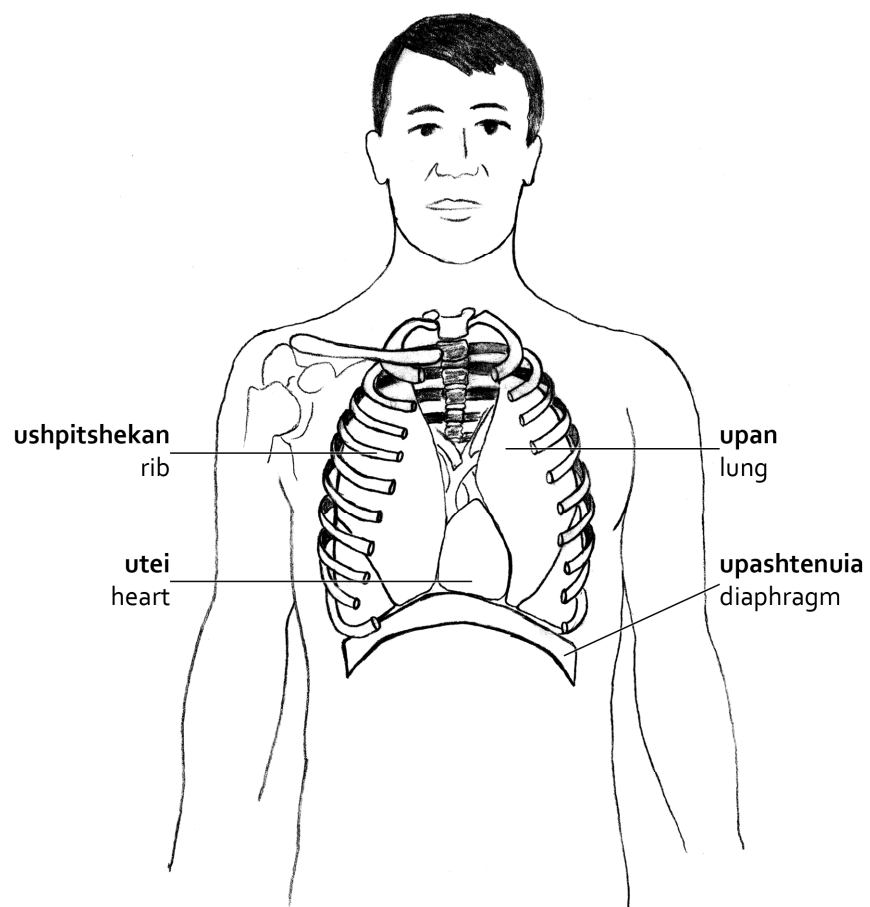
Pelvis and leg (back)



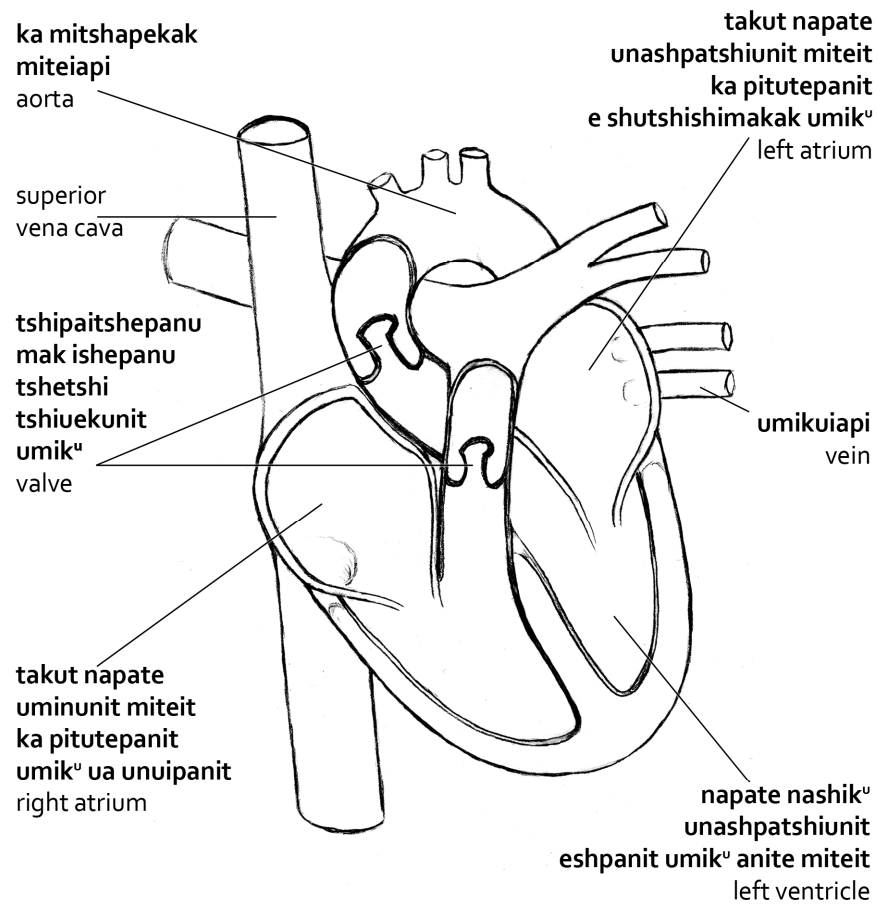
## Upana Lungs



## Ushkassikan Chest



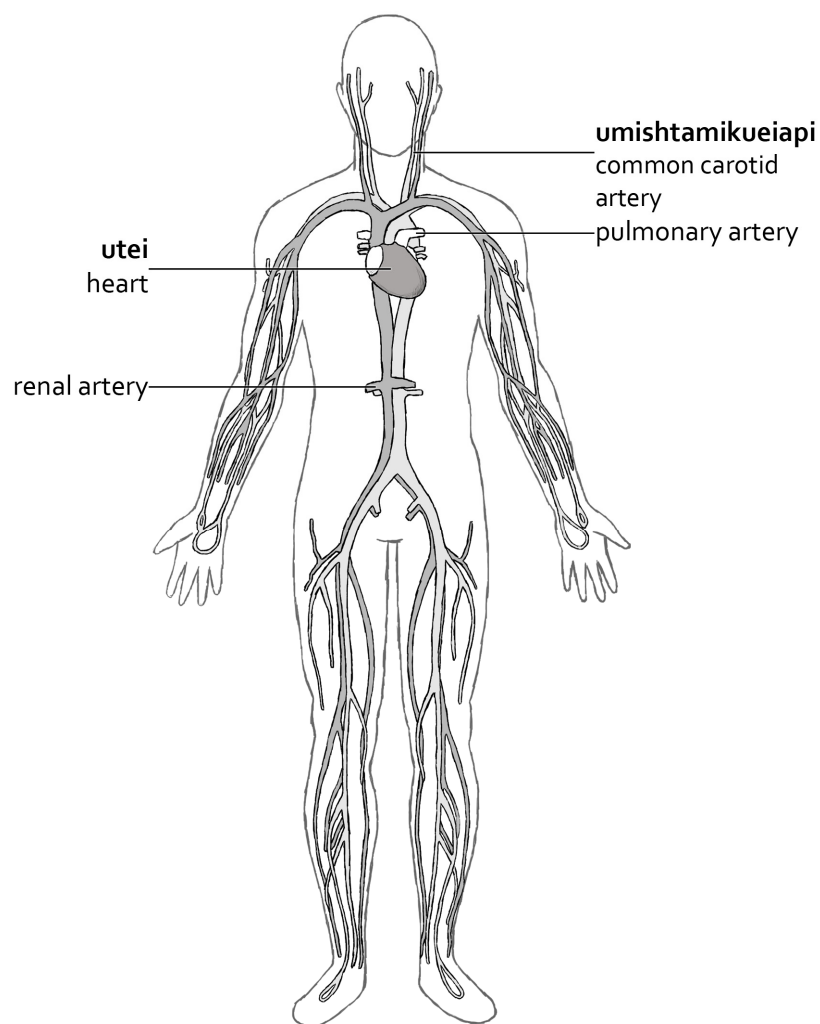
## Utei Heart





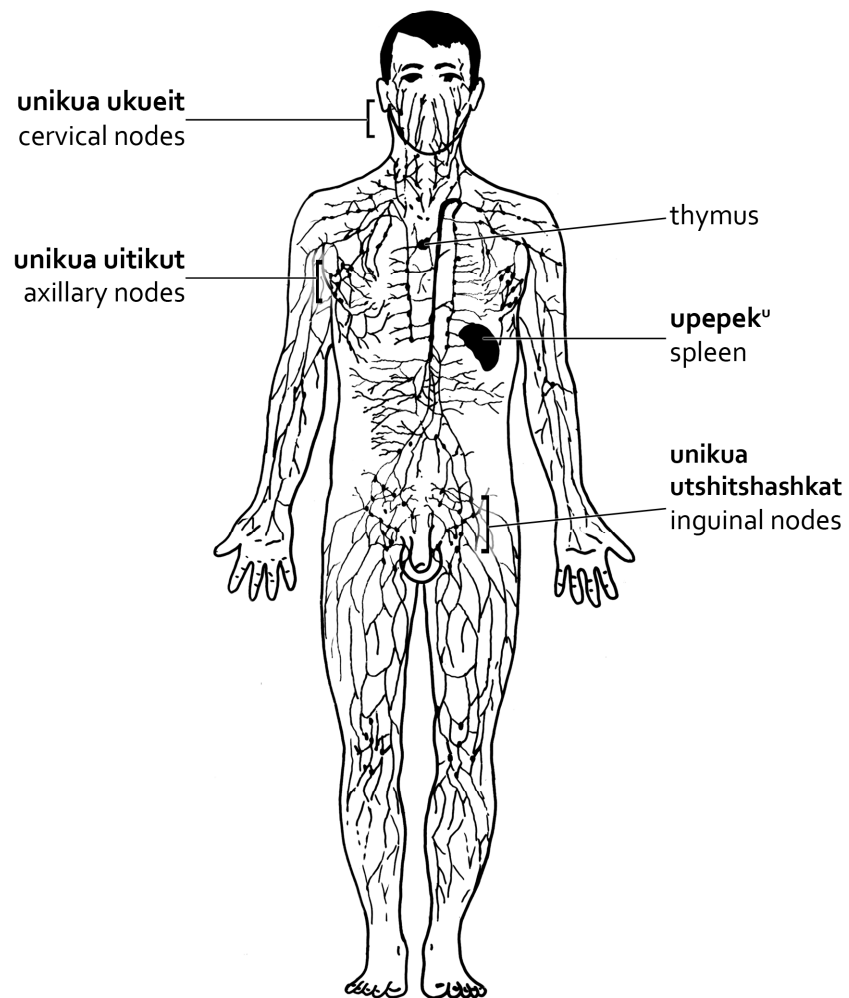
## Mitei mak umik<sup>u</sup> eshpanit

### Cardiovascular system



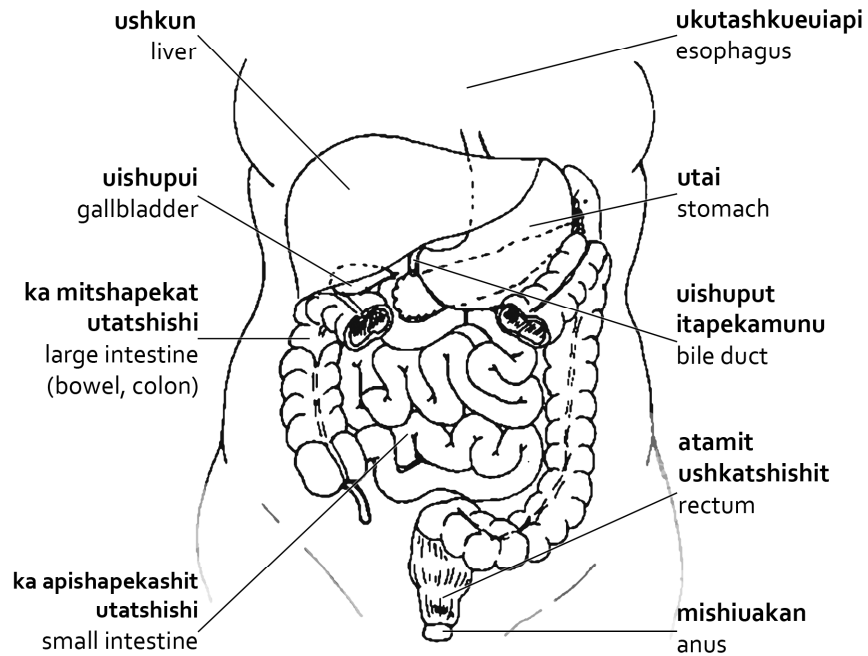
## Unikua

### Lymphatic and nervous systems

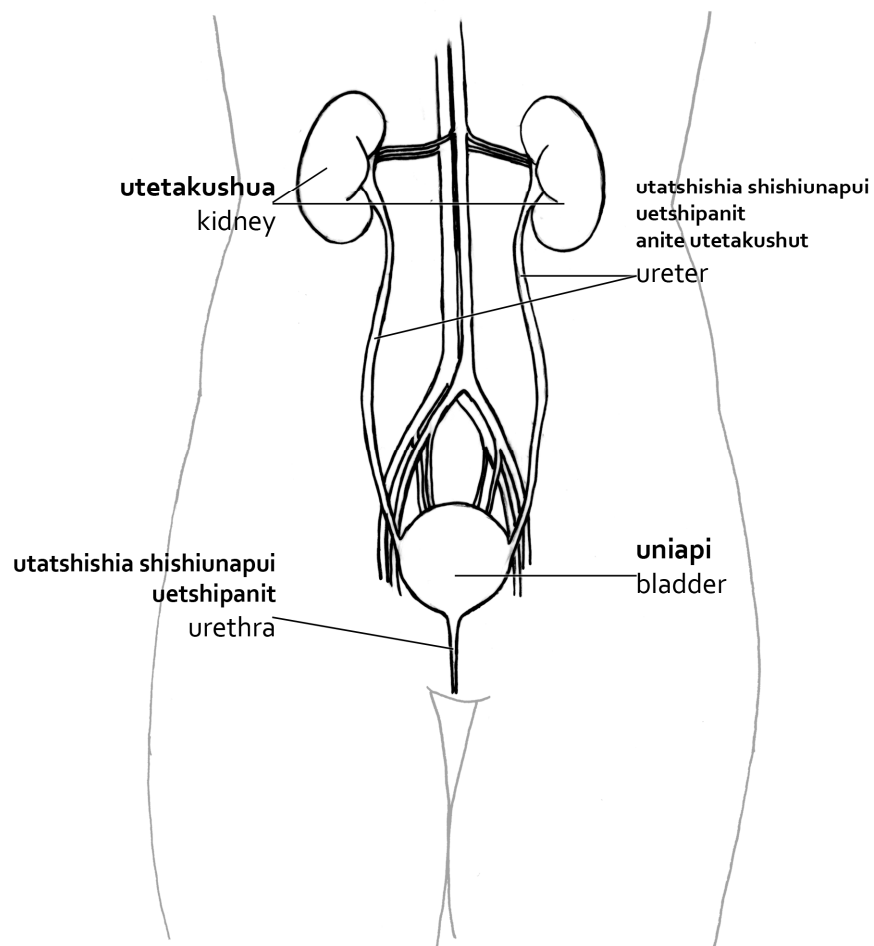


## Ka pikupitak mitshiminu

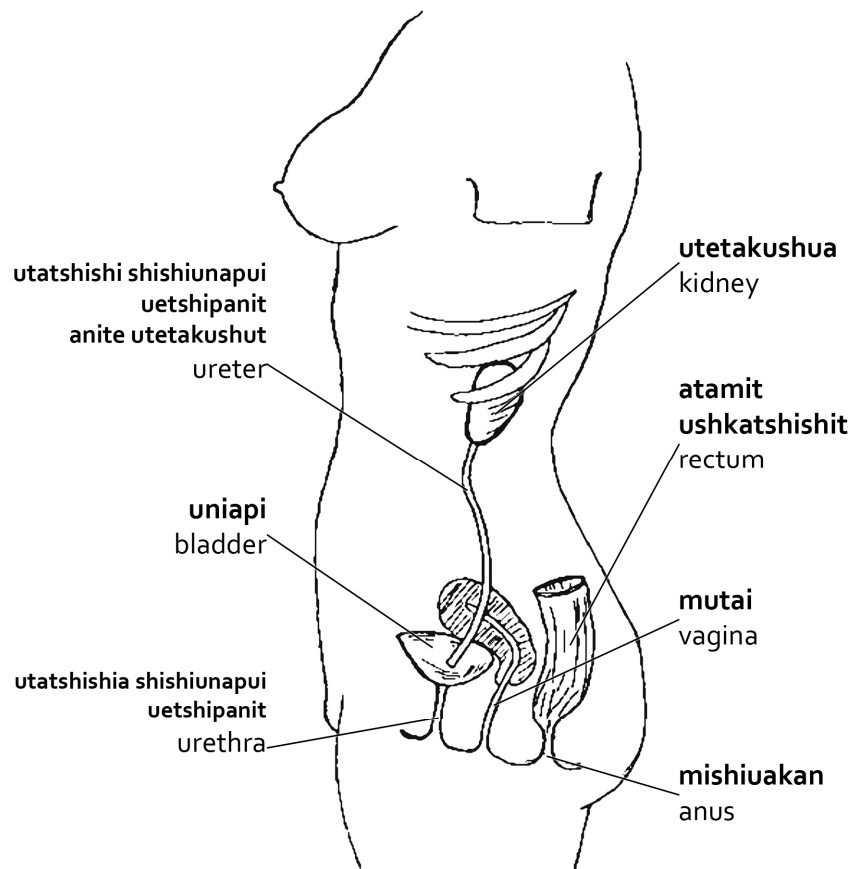
### Digestive system



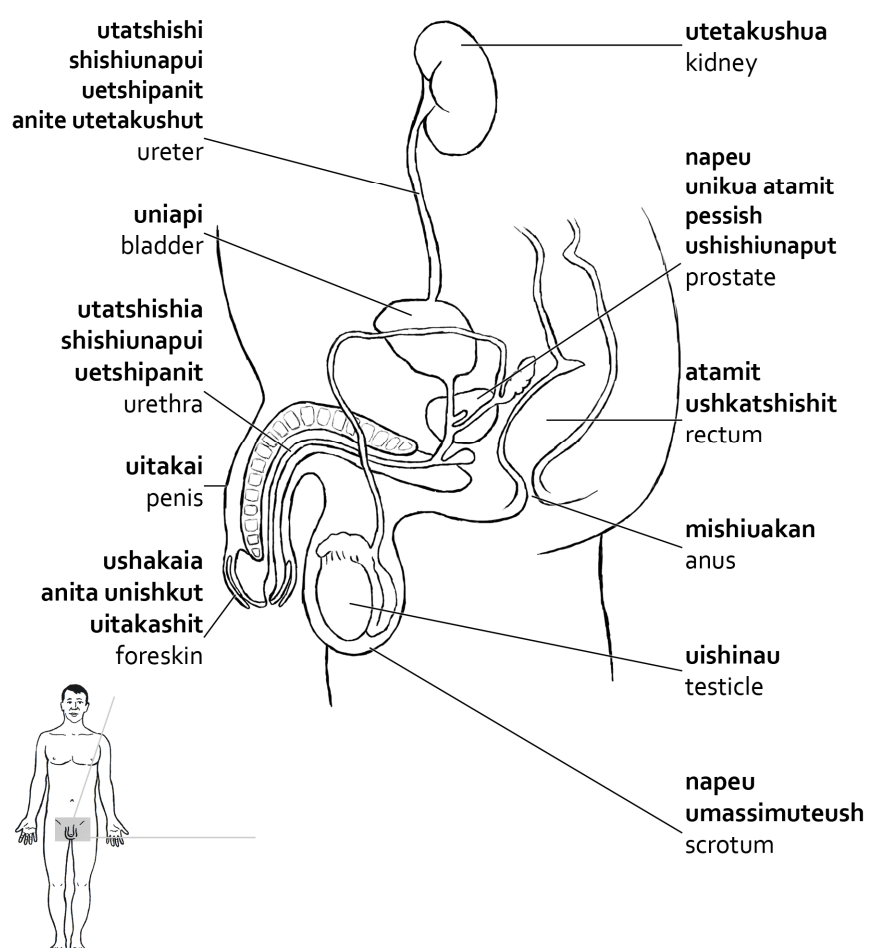
**Utetakushua mak uniapi  
mak ushishiunapui  
mamu atussemakana (ishkueu, nikan)**  
Urinary system (female, front)



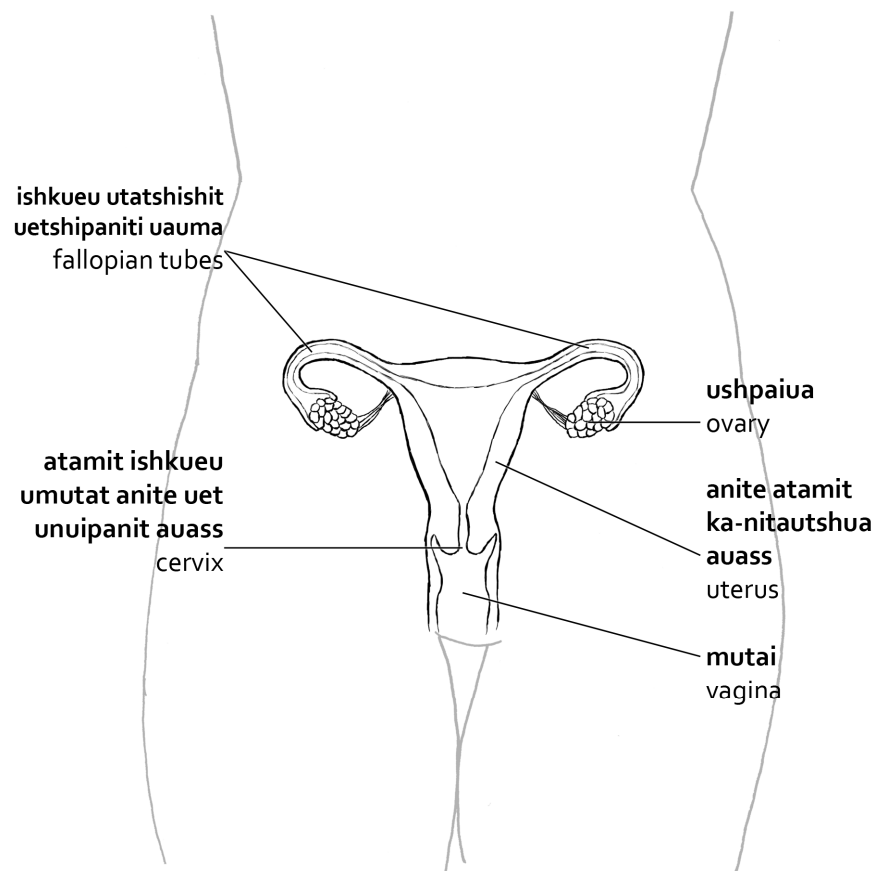
**Utetakushua mak uniapi  
mak ushishiunapui  
mamu atussemakana (ishkueu, napate)  
Urinary system (female, side)**



## Eshinakushit atamit (napeu) Reproductive and urinary systems (male)

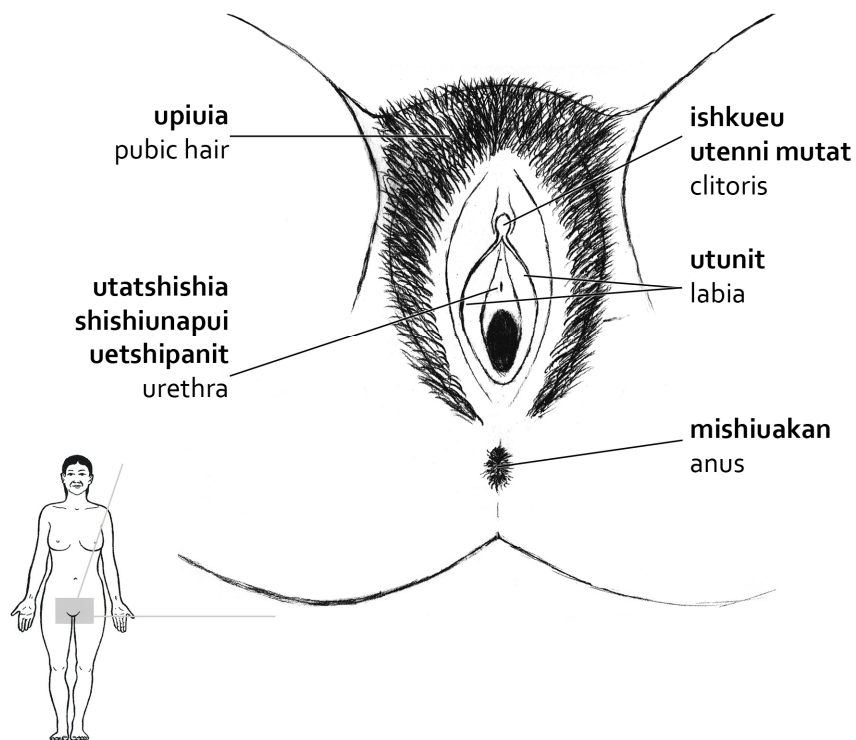


## Eshinakushit atamish (ishkueu) Reproductive system (female)



## Eshinakushit ishkujeu nashik<sup>u</sup>

### Female genitals





## Ishkueu ka ashuapamaushut

### Pregnant abdomen

