ESHI-UITAKANITSHI MUTEU-AKUSHUNA MAK ESHI-TAKUANNITS UIATSH AUEN

CANCER CARE AND BODY PART TERMINOLOGY
CANCER CARE AND BODY PART TERMINOLOGY

Eshi-vitanitshi muteu-akushuna mak eshi-takuannits uiatsh aven

Mushuau Innu First Nation (Natuashish) Edition

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

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

Kathleen Benuen
Health Director
Natuashish Health Commission
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In addition to the language collaborators, we also acknowledge the assistance of a number of individuals.

Thank you to Dr. Joy McCarthy, Division Chief, Medical Oncology and Dr. Jonathan Greenland, Division Chief, Radiation Oncology at the Cancer Care program for ensuring diagrams were inclusive. To the countless staff of the Cancer Care Program who reviewed materials and provided feedback. A special thank you to Chris Power and Bernadine O’Leary for all your feedback. To all members of the steering committee and the three working groups for the initiative *A Journey in the Big Land*. To Aboriginal Patient Navigators Katie Dicker and Solomon Semigak for sharing your expertise and commitment to Aboriginal patients. Finally, heartfelt gratitude to our representatives from Mushuau Innu First Nation Health Commission Katheleen Benuen, Jennifer Lister, Rickie O’Gorman and Simeon Poker. Your contributions, sharing of knowledge and dedication are greatly appreciated.

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


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

The diagrams of body parts and systems were prepared by Behak Rueentan, a member of the ILP team. She created new illustrations, updated existing versions (published previously in the *Innu Medical Glossary* and the *Innu Body Part Diagrams* booklet), and added colour to select diagrams. The earlier versions were created by Behak Rueentan, Jeannie Nemagoose, and Erin Piatt, and
include original drawings as well as reproductions from the *Cree Medical Dictionary* of Fort Severn with the permission of the Sioux Lookout MenoYa Win Health Centre.

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

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

These priority areas include:

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

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

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

BLOOD AND LABORATORY TESTS
UMIKU MAK KUTAKA TSHEKUANA E NANATU-TSHISSENITAKANITSHI

Blood chemistry
natu-tshissenitakanu umiku tshetshi minuanits
Tests to measure levels of substances in the blood that can tell a doctor whether or not various organs are healthy and functioning properly during treatment.

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

Complete blood count (CBC)
nanatu-tshissenitakanu umiku mishue tshekuana e takuats
A test to evaluate overall health and detect a wide range of disorders including anemia, infection and leukemia. It measures several things in the blood including red blood cells, which carry oxygen.

False negative
uitamuakanu aei eka akushit, muku tshitshue akushu
A test result that indicates that a person does not have a certain disease when the person in fact does have the disease.

False positive
uitamuakanu aei ka akushit, muku tshitshue ama akushu
A test result that says a person has a certain disease when the person actually does not have it.

Fecal occult blood test (FOBT)
nanatu-tshissenitakanu umiku tshetshi takuats menitsh
A test that looks for blood in the stool that cannot be seen with the eyes.

Helicobacter pylori (H. pylori)
e uinakuak ka patshipanits ushkamatsh mak utatshishinapekusha
A type of bacteria that causes inflammation and ulcers in the stomach and small intestine.

Liver function
eshi-atussemakats ushku
How well the liver works.
Occult blood
umik\textsuperscript{u} eka vapatakanits muk\textsuperscript{u} ka takuats

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

Platelet
umik\textsuperscript{u} ka tashtupanits

A type of blood cell that helps blood to clot.

Prostate Specific Antigen (PSA) test
natau-tshissenimakanu napeu umikutsh tshetshi umutemut nashik\textsuperscript{u} atamitsh unikua

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

Stool test / Stool sample
men e natu-tshissenitakanits

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

Transfusion, blood
minakanu umikunu

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

Urinalysis
natu-tshissenitakanu shishiuapun

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

Urine culture
natu-tshissenitakanu shishiuapun

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

Urine cytology
natu-tshissenitakanu shishiuapun

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

MUTEU-AKUSHUN

Adenoma
*ka nitautshinit unikutsh muk[^u] eka mutemit*
A tumour that grows on a gland, not cancerous; gland gives off too many hormones, causing illness.

Antibody
*tsekuan etakuats mikuts tshetshi eka akushit*
Something (a protein) found in blood that helps the body fight disease.

Antigen
*uats takuannu tshekuannu auei tshetshi tutamakanits tshekuannu anite mishkuts tshetshi eka akushit*
Something that gets into or on a person’s body and causes it to make antibodies.

Benign growth
*nitautshin tsheku an muk[^u] ama kushtikuan*
A growth (tumour) that is not cancerous or a disease that is not dangerous and may not need to be treated. Opposite of malignant.

Bladder cancer / Bladder tumour
*nitautshin tsekuan anite uikunitsh*
An abnormal growth in the bladder.

Bone cancer
*ushkan muteu akushun*
An abnormal growth, a tumour in a bone.

Brain tumour, cancerous
*umutemu utipitsh*
An abnormal, malignant growth in the brain.

Brain tumour, non-cancerous
*ama umutemu utipitsh*
A growth in the brain is not abnormal or malignant.

Breast cancer
*matinin-muteu*
An abnormal growth in the breast.

Cancer
*muteu-akushun*
Abnormal growths in the body.

Cancer in situ
*muteu tau muk[^u] ama nitautshu*
A cancer stays in the original place where it began and does not spread to other parts of the body.
Cancer survivor

eshk⁴ inniu auei ka mutemit

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

Cancerous growth

muteu nitautshu

Abnormal cells that grow in or on the body.

Carcinogen

tshekuana tshika umutemishkakut

Anything that causes cancer.

Carcinoma

muteu-akushun ka nitautshits atamitsh uitats

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

Cell

tshekuana tshitshue apishashu ka inniumakats eshi-nitautshits uitats

The most basic, smallest unit of all living things.

Cervical cancer

muteu-akushun anite atamitsh ishkueu mutatsh

An abnormal growth on a woman’s cervix.

Colorectal cancer

umutemu anite utatishinapekutsh kie mak umishuakanitsh

An abnormal growth in the colon or rectum.

Congenital

mataunakasu avass enniut

When something abnormal is present in the body at birth.

Diagnosis

eshinikatets akushun

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

Early detection and screening

vipats natu-tshissenimakanu auei eshk⁴ eka akushit

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

Grade

tan eshpish mishats muteu-akushun

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

Hodgkin’s disease / Hodgkin’s lymphoma

umutem unikutsh

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

In situ cancer

peikunnu ashtau muteu

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

Inoperable

ama tshi matishakanu akushun

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

Invasive cancer

mishue e nishpanits akushun

A cancer that spreads beyond where it begins.
Leukemia
*ka akushivakamats umik*¹
A cancer of the bone marrow (the spongy, red material found inside the bones that makes the blood cells).

Liver cancer
*uushkun-muteu*
An abnormal growth in the liver.

Localized cancer
*peikuanitsh e tshikamuts muteu-akushun*
A cancer stays in the original site or place and does not spread to other parts of the body.

Lung cancer
*umutemu upanitsh*
An abnormal growth in the lungs.

Lymphoma
*umutemu unikutsh*
A cancer that begins in the lymph nodes. There are several different types.

Malignant
*ka kushtikuats akushun mak tshek ka nipanuets*
Cancerous.

Melanoma
*muteu ka nitautshinitshi ushakanits auei*
A cancerous growth on the skin, a type of skin cancer.

Metastasis
*muteu kueshtetshe ka nitautshit*
The cancer spreads from where it begins to another part of the body.

Nasopharyngeal cancer
*mishkut mak ukutakan muteu*
An abnormal growth in the nose.

Non-melanoma
*ne ka nitautshinitshi ama muteu ushakanits auei*
A growth on the skin is not cancerous.

Oncology
*nanatu-tshissenimakanu muteu-akushun*
The study of cancers, including development, diagnosis, treatment and prevention.

Oral cancer
*muteu-akushun anite mitunitsh*
An abnormal growth in the mouth.

Ovarian cancer
*muteu-akushun ishkueu uaua anite uetshipanitshi*
An abnormal growth in a woman’s ovaries, the small sacs which contain her eggs.

Pathology
*nanatu-tshissenitakanua akushuna*
The study of disease, including causes, development and effects on the body.

Precancerous
*eshk*¹*e ka nitautshit muteu-akushun*
A growth in the body which could become cancer.

Prognosis
*tan tshe ishinakuanikue muk*¹*e akushit auei*
The chance of recovery or of a disease coming back.
Prostate cancer
*nitautshu muteu anite napeu nashiku*°
*atumitsh unikua*
An abnormal, malignant growth in a man’s prostate gland.

Recurrence
*minuats nataukut utakushun*
A disease that has come back after a period of time when there were no signs or symptoms of disease.

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

Sarcoma
*muteu-akushun anite utshipassueshitsh*
A cancer that develops in soft tissue (cartilage or muscle), usually first as a painless lump.

Screening and early detection
*uihats natu-tshissenitakanu muteu-akushun*
Looking for cancer before a person has any symptoms. This can help find cancer at an early stage when it may be easier to treat.

Skin cancer
*umutemu anite ushakanitsh*
An abnormal growth on the skin.

Spinal cord tumour
*nitautshinu tshekuannu anite uaukanitsh*
An abnormal growth in the spinal cord.

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

Stomach cancer
*umutemu ushkatatsh*
An abnormal growth in the stomach.

Teratogen
*tshekuannu tshipa akushishkaku auass eshk*°
*eka inniut*
Anything that can harm a baby before it is born.

Terminal cancer
*muteu ka nipaniuet*
A cancer that causes death.

Testicular cancer
*muteu-akushun anite utashitsh*
An abnormal growth in a man’s testicles.

Throat cancer
*mukutakan-muteu*
An abnormal growth in the throat.

Toxin
*matshi-natukun ka akushishkatshet*
A poison made by something living, such as a plant, animal, fungus, bacteria, virus or other micro-organism.

Tumour
*tshekuヴァ ka nitautshits uiatsh*
An abnormal growth that can be harmless (benign) or cancerous (malignant).
**Tumour marker**

*atumitsh uiatsh tshipa vapatakanit eshi-umutemit auei*

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

**Uterine cancer**

*muteu-akushun anite auass ka utsh nitautshit*

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

**Vagina or vulva cancer**

*muteu-akushun anite nishkueu mutatsh*

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

KUTAKA AKUSHUNA ETAKUSHIT AUEN MEKUATS E MUTEMIT

Blood pressure, high
*nishkuatuepanu umik*

The blood runs too fast.
Also called: Hypertension

Blood pressure, low
*nashikupanu umik*

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

Bowel obstruction
*tshipanitshepanu utatshishinapek*

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

Cirrhosis of the liver
*ishkuasham ushkun e minit*

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

Depressed / Depression
*ushtuenitam*

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

Diabetes
*kashiuashiu-akushun*

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

Dysplasia
*ka apishashitshi tshekuana atamitsh uiatsh mishkutshipanu kie tshika mutemikaia*

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

Epstein-Barr virus (EBV)
*akushun ishitashit auei tshek tshika nitatshu muteu*

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

Esophagitis
*patshipanu ukutakanitsh*

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

Fibroid
*nitautshin tsheku anite auass ka uetsh nitautshit*

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

Hepatic encephalopathy
*ama minupanu ushkun eku akushimakak mitip*

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

Hepatitis
*akushimakan mak patshipanu ushkun*

A disease which causes inflammation of the
liver.

**Human papillomavirus (HPV)**
*tanite vetshipanit utshitshikuma mak muteu-akushun*

A virus that causes warts and cancer.

**Hypertension**
*nishkuatuepanu umik*

The blood runs too fast.
Also called: Blood pressure, high

**Hypotension**
*nashikupanu umik*

The blood runs too slowly.
Also called: Blood pressure, low

**Infertility**
*eka katshi utauassimit ishkueu put napeu*

Not being able to have children.

**Inflammation**
*mikuau mak patshipanu tshekuan*

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

**Inflammatory bowel disease**
*patshipanua utatshishinapekua*

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

**Jaundice**
*kauishauats akushun*

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

**Mole**
*uminim*

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

**Osteoporosis**
*ama shapakeu akushun*

When bones become weak and easy to break.

**Pneumonia**
*kashipishkats akushun*

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

**Polyp**
*ka nitautshishit tshekuan anite utatshinapekutsh mak anite avass viuatisitsh mak anite mishue tshe ushtashkatshet*

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

**Ulcer**
*miniss ushakatsh put kie atamitsh*

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

AKUNIKANA

Computed tomography scan (CT scan or CAT scan)

*akunikan ka tshishakuats atamitsh*

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

Magnetic resonance imaging (MRI)

*akunikan ka akunakanits atamitsh unatsh*

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

Mammogram

*ka akunakanits matinin*

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

Positron emission tomography scan (PET scan)

*akunikan ka uapatiniuanut tan eshpansits viau atamitsh*

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

Ultrasound

*akunikai*

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

X-ray

*akunakanu*

A picture of any inside part of the body.
GENETICS

AUEN MIAM TAPISKUTS ETAKUSHIT NENUA KE UIKANISHA

Familial
e itinanuts anite uikanisha
Happening in or affecting more members of a family than would be expected by chance.

Family history
eshi-akushinanuts auei tipan uikanisha
The medical history of a person's family, including mother, father, brothers, sisters and grandparents.

Gene
ka ashu-minituts anite utauassimuats tshika ishinakushinua miam uinuau
Something which is inherited from our parents, such as hair colour, skin colour, height, etc.

Gene mutation
nashk atshipanu tshekuan uiat
A permanent change in a gene.

Genetic consult or referral
vitamuakanu auei tshetshi ma tapiskuts itakushits miam ne tipan uikanisha
A health service that provides information and support to people who have, or may be at risk for, genetic disorders. During a consultation, a genetics professional meets with an individual or family to discuss genetic risks or to diagnose, confirm, or rule out a genetic condition.

Genetic testing
natu-tshissenimakanu auei tshetshi itakushits kie uikanisha
Looking at someone’s DNA to see if there is a permanent change in a gene that may mean the person has a higher risk for getting a disease.

Hereditary
ka ashu-minitunanuts anite utauassimuats
Passed or capable of being passed from parents to their children through information in genes.
HEALTH CARE PROFESSIONALS

ATUASHTIKUSHUATS MAK KUTAKATS KA NAKATUENIMATS KA AKUSHINITSHI

Family physician / Family doctor
*uikanishimau natuashtikushu*

The doctor who regularly sees a patient and the family.

Gynecologist
*ishkueu-natuashtikushu*

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

Nurse, registered
*natukunishkuess*

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

Oncologist
*muteu-natuashtikushu*

A doctor who treats cancer.

Pain and symptom management
*uitshiku auei tshetshi eka mishta-akushit*

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

Pharmacist
*natukuna ka tautshet*

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

Social worker
*mitshim-utshimau*

A professional who helps individuals, families, groups and communities to improve their individual and collective well-being.
LIFESTYLE AND/OR RISK FACTORS

ESHPISH KUASHTATSHENITAKUAK TSHE ITAKUSHIT

Asbestos

*nisheku-patshuian*

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

Healthy living

*eshi-minu-inniut mishue*

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

Indoor tanning

*vashtenikan apatshitakanu tshetshi uinipikuuet*

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

Occupational exposure

*utatusseunits uetsh umutemit*

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

Physical activity

*eshi-aiatshit auei*

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

Prevention / Preventative measures

*etutakanit tshekuan tshe eka ushtapanits anite eshk*

Actions to stop something from happening.

Risk factor

*eshpish tshe itakushit*

The chance of getting a disease.

Second-hand smoke

*nenetamu e pituanut*

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

Smoking cessation

*puni-pituau*

Stopping smoking.

Sunscreen

*ka tumikuanuts tshetshi eka nishkuashuat pishimu*

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

Ultraviolet radiation

*kushtikushiu pishimu e minu-tshishikats kie ne vashtenikanits*

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

Weight

*e tashtipanikeshit*

How much a person weighs.
Acetylsalicylic Acid (ASA)

*ushtikuan-natukun*

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

**Analgesic**

*e ka nishtushinanitshi natukuna*

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

**Antibiotics**

*natukuna vatshinuetshi nakushinanitshi*

Medications that attack germs and fight infection.

**Anti-cancer drugs**

*natukuna ka ashishtats muteu-akushunnu*

Drugs used to stop cancer growth.

**Anti-emetic drug**

*tshe eka pakumut natukuna*

A drug that prevents or stops vomiting.

**Anti-inflammatory drug**

*natukun tshetshi eka mikuats mak patshipanits auei*

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

**Aspirin**

*ushtikuan-natukun*

Non-prescription medication used to relieve minor pain and reduce fever. Also called: Acetylsalicylic acid (ASA)

**Birth control pill**

*e ka katshi utauassiminanuts natukun*

A drug that women take by mouth to prevent pregnancy.

**Diuretic**

*natukun ka shishishkatshet*

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

**Dose**

*tan eshpish tshe minakanits natukunnu auei peikuau*

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

**Enema**

*pitapaunakanu auei tshetshi mishit*

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

**HPV vaccine**

*natukun tshe eka kashtinikut akushunnu HPV*

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

**Injection**

*shapushtauakanu*

Being given a needle.
Intravenous (IV)  
*ushkatshikunu tshikumutakanu umikuiapitsh*  
Inside a vein.

**Narcotics**  
*natukuna ka shutshishimakatshi mak ka mishta-nakatuenitakanitshi*  
Drugs that make someone think or feel differently from normal and that can be addictive, e.g. morphine, heroin or Demerol. Often used for pain management.

**Steroids**  
*natukuna ka-ashte-patshipanuani*  
Special hormones that the body makes or that can be given as medicine.

**Vaccine therapy**  
*shapushtauakanu auei tshetshi minu-inniut*  
A treatment that uses an antigen to trigger the immune system to make antibodies that fight a disease.
Dietary fibre
*ka uitshinikut mitshiminu tshetshi minu-mishit*

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

Dietician
*mitsominu ka tshissenitak eshi-mitshishunanuts*

A health care professional that focuses on food and nutrition.

Fluids / Hydration
*nipin tshetshi ka pashut*

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

Nutrition
*eshi-mitshishut mak etapatannits anite uiats*

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

E AKUIKUT

Abdominal pain
*akushu ushkatatsh*

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

Acute pain
*tshitshue shassikuts akushu*

Very bad pain that happens suddenly or gets worse quickly.

Burning pain
*miam eshkuashutshi etimashtat*

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

Chronic pain
*akushun mushinau eshi-mushitakanits*

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

Cramping
*utshipitiku*

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

Neuropathic pain
*akushun anite utsheshtiapatsh, uaukanipinitsh kie mak utipitsh*

Pain from an injury to or problem with nerves, the spinal cord or the brain.

Pain
*akushun*

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

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

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

Painless
*ama takuan akushun*

No pain.

Phantom limb pain
*akushu anite ka manishakanits tshekuan uiatsh*

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

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

Describing the strength of pain based on a scale. For example, 1 to 10 where 1 means no pain or very little pain and 10 is the worst pain.
Sharp pain
*shassikuts mishta-akushu*
Sudden and severe pain.

Sinus pain
*akushun e pakunieats atamitsh mishkutitsh*
A headache or pain in the upper part of the face caused by infection or pressure in the sinuses.

Somatic pain
*ushakai-akushun ka uetsh utshikut*
Pain from an injury to or problem with the skin and deep tissues.

Visceral pain
*akushu auei ushkatatsh kie put ushkassikanitsh*
Pain in any organ in the chest or belly.
Advanced health care directive
mashinatanikanu tshekuannu tshe
tutuakanit mishta-akushitshe auei
   A legal document, also called a living will, personal directive, advance directive, or advance decision, in which a person says what actions should happen if they are no longer able to make decisions for themselves because of illness or incapacity.

Advanced health care planning
tshika uitamuakanu tshekuannu tshe
tutuakanit mishta-akushitshe auei
   An ongoing process in which patients, their families and health care providers reflect on patient’s goals, values and beliefs, discuss how they inform current and future medical care to accurately document future health care choices.

Code status
uitamuakanu natuashtikushu tan tshipa
tutuakanu auei natshipanitshe uten put kie eka nenet
   A code is called when a patient goes into cardiac or respiratory arrest. Code status refers to the level of medical interventions a patient wishes to have started if the heart or breathing stops.

Do not resuscitate (DNR)
mashinani kanu auei ka-issishuet
tshetshi eka nutshikuakanit
netshipanitshe uten
   An order not to attempt cardiopulmonary resuscitation (CPR) in the event a patient suffers cardiac or respiratory arrest.

Donor
ka minuet tshekuan utsh uiatsh tshetshi
apatshitanitsi kutaka avenua
   Someone who gives blood, cells, tissues or an organ to be used in another person.

Goals of care
uitamuakanu auei tshe ishi-
натуукуюаканит
   Designations are used to describe, communicate and document the general focus of care for the patient.

Informed consent
mashinataushu auei tan tshe ishi-
nатуукуюаканит
   When a person learns the potential risks, benefits and limits of a procedure, treatment, clinical trial or test before deciding to participate.

Medical history
mashinanikanu eshi-nitakushit mak
eshi-natuiakanit auei
   A record of someone’s risk factors, symptoms and past medical events and problems.
PATIENT INSTRUCTIONS

TAN ESHI-NATASHUMAKANIT AKUSHIUNNU

Hold still, breathe normally
eka matshi kie metinu nene

It is very important not to move
eka nashtish tshika aiashin

No creams or lotions
eka uin tumikue tshekuan

No feeling or sensation
ama mushitau
SURGERY AND COMMON PROCEDURES

E MATISHUAKANIT MAK E NANATU-TSHISSENITAKANITS

Ablation
tshekuan anite e takuatsh atamitsh utinakanu mak nipatakanu
Removing or destroying cells, tissues or organs.

Amputation
tshimishakanu tshekuannu anite unatsh
An operation to remove an arm, leg, finger or any other body part.

Anesthesia, general
nipekuakanu
The condition of ‘being put to sleep’.

Anesthesia, local
mashkutshikakanu tshetshi eka nishtushit
A temporary loss of feeling by drug injection in one part of the body, usually for a surgical procedure.

Angiography
pitepanitakanu natukun anite mikuiapits tshetshi nanatu-
tshissenitakanits tanite eka menupanitshi mikuiapina
A test that takes an X-ray of the blood vessels using a dye that is injected into the body.
Also called: Arteriography

Arteriography
pitepanitakanu natukun anite mikuiapits tshetshi nanatu-
tshissenitakanits tanite eka menupanitshi mikuiapina
A test done to see if there is a problem with the blood vessels going to a certain part of the body.
Also called: Angiography

Biopsy
manishakanu tshekuannu tshetshi nanatushkapathikanits
A test in which tissue is taken out of a living body and looked at under a microscope.

Bone marrow biopsy
utinakanu ushkan pimin
The removal of soft tissue from inside a bone.

Bowel re-section
matishakanu passe kie mak mishue utatshishinapekutsh
An operation to remove part or all of the large bowel.

Breast conserving surgery
pakueshakanu tshitishih
An operation to remove a tumour and some healthy tissue around it so that most of the breast remains.
Breast self-examination
*uin nanatu-tshissenimeu utinina*
A screening method used to detect early breast cancer; the woman herself looks at and feels each breast for possible lumps, distortions or swelling.

Bronchoscopy
*akunakanu atamitsh ukutashkuiapi mak upaniapia*
A test that uses a hollow tube with a light and camera to look at or treat the windpipe, airways and lungs.

Clinical breast exam (CBE)
*nanatu-tshissenimakanu ishkueu utinina*
A physical exam of the breasts and nearby lymph nodes.

Colectomy
*manishakanu ka mitshapekats utatshishinapek*
An operation to remove part or all of the colon.

Colonoscopy
*nanatu-tshissenitakanua utatshishinapekua mak uetsh mishit e apatshitakanit uashtenikan*
A test that uses a hollow tube with a light and camera to look at or treat the colon, large bowel or anus.

Colostomy
*pakuneshakanu tshetshi uevekunit umen*
An operation to make an opening from the colon to the outside of the body through the belly to release waste.

Colposcopy
*pishtepanitakannu akunikannu nishkueu e natu-tshissenimakanit atamitsh*
A test that uses a lighted magnifying tool to examine the vulva, vagina and cervix.

Cone biopsy
*matishakanu apishish tshetshi natu-tshissenimakanits ishkueu anite atamitsh*
Removing a cone-shaped piece of tissue from the cervix to look at the cells under a microscope and check for cancer.

Cystectomy
*matishakanu passe kie mak mishue uniapin*
An operation to remove part or all of the bladder.

Cystoscopy
*natu-tshissenitakanu anite ueshipanits ushishiunitsh*
A test that uses a hollow tube with a light and camera to look at or treat the bladder and urethra.

Digital rectal examination (DRE)
*nashik u ka natu-tshissenimakanit*
The examination through the rectum with gloved finger, e.g. of the cervix during labour, or the prostate gland in men.

Endoscopy
*vashtenikan kie akunikai ka vashtets ushkats ekunakanitsi auei atamitsh*
Any test that uses a hollow tube with a light and camera to look at or treat organs or structures in the body.
**Excisional biopsy**  
*manishakanu mishue tshekuan mak uashka tshetshi natu-tshissenitakanits*  
Removing all of the tumour or abnormal tissue, along with some normal tissue around it, to look at them under a microscope.

**Gastrectomy**  
*matishakanu passe kie mak mishue uinashtakan*  
An operation to remove part or all of the stomach.

**Hepatectomy**  
*matishakanu passe kie mak mishue ushkun*  
An operation to remove part or all of the liver.

**Hysterectomy**  
*ka manishakanits auass etat*  
An operation to remove the uterus.

**Ileostomy**  
*matishakanu utatshishinapekᵘ tshetshi uiutits*  
An operation to make an opening from the last part of the small intestine to the outside of the body through the belly.

**Incisional biopsy**  
*matishakanu apishish tshekuan tshetshi natu-tshissenitakanits*  
Removing a small sample of the tumour or abnormal tissue to look at it under a microscope.

**Invasive**  
*pitaikanu tshekuannu atamitsh ushikatsh uiatsh; mishituepanu akushun*  
A test or tool that breaks the skin or enters a body cavity. A disease that grows into surrounding tissue.

**Laparoscopy**  
*pitepaniakanu akunikai atamitsh ushkatatsh*  
A test that uses a hollow tube with a light and camera to look at or treat organs inside the belly.

**Laryngectomy**  
*utshitun manishakanu*  
Surgical removal of the larynx or voice box.

**Lobectomy**  
*matishakanu passe kie mak mishue unikua kie mak tshekuan atamitsh uiatsh*  
An operation to remove part or all of a lobe from an organ or gland.

**Lumpectomy**  
*manishakanu mukᵘ ka pishkuanits*  
An operation to remove a lump or a tumour without removing large amounts of surrounding tissue.

**Mammogram**  
*ka akunakanits matinin*  
An X-ray of the soft tissue of the breast used to check for cancer.

**Mastectomy**  
*ka manishakanits apishish matinin*  
An operation to remove a breast.
Mastectomy, modified radical
*ka manishakanits mishue matinin mak unikua*

The removal of the breast and lymph tissue.

Nasal endoscopy
*akunakanu atamitsh ushkutish*

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

Neck dissection
*matishakanu passe kie mak mishue unikua anite ukueiatsh*

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

Non-invasive
*ama pitaikanu tshekuan ushikatsh kie mak uiatsh*

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

Operable
*tshika tshi manishakanu utakushun*

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

Pap test / Pap smear
*ishkueu ka natu-tshissenimakanit nashik*

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

Pelvic examination
*nanatu-tshissenimakanu ishkueu pitakamitsh nashik*

A physical exam that checks for changes in a woman's reproductive organs, including the uterus, cervix, ovaries and vagina.

Pneumonectomy
*manishakanu upan*

An operation to remove part or all of a lung.

Polypectomy
*manishakanu ka apishashits tshekuan ka nitautshik anite atamitsh*

The removal of a polyp.

Prosthesis
*ushkatikuakanu put kie utitshikuakanu*

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

Punch biopsy
*matishakanu apishish e uanneiats ushakai tshethsi natu-tshissenitakanits*

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

Reconstructive surgery
*matishuakanu tshethsi minu-ishinakuats, kie mak tshethsi minupanits*

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

Re-section
*matishakanu passe kie mak mishue tshekuan atamitsh uiatsh*

An operation to remove part or all of an organ.
Rhinectomy

matishakanu passe kie mak mishue ushikutitsh

An operation to remove part or all of the nose.

Shave biopsy

manishakanu ushakai tshetshi natushkuapatshikanits

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

Sigmoidoscopy

uashtenikan kie akunikai utatshishinapek⁹ pitshiteiapishenikanu anite ushukanitsh tshetshi nanatu-tshissenitakanitshi utatshinapekua

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

Skin exam

nanatu-tshissenimakanu ushakaia

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

Skin flap

apishish utinakanua ushakaia tshetshi mishavakanit anite uetsh

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

Skin graft

mishavakanua ushakaia

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

Skin surgery

minishakanu ka nitautshimakats ushakatsh

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

Surgery

matishakanu

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

Thoracotomy

tatuassipeshakanu

A cut to open the chest wall.

Trachelectomy

matishakanu atamitsh ishkueu mutatsh kie mak unikua mitshima

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

Tracheostomy

ukutakanitsh ka pakuneshakanit

An operation to make an opening in the windpipe.

Upper gastrointestinal (GI) endoscopy

akunakanu atamitsh utunitsh ishpish uinashtakanitsh

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

Upper gastrointestinal (GI) series

akunakanu anite ut ukutakan nuash ishpish ushkatatsh

A test that uses X-rays to make a series of pictures of the upper gastrointestinal (GI)
tract, including the esophagus, stomach and duodenum.

**Wide local excision**

*mishta-akuatishuakanu muteu-akushun kie uashka*

An operation to remove a tumour along with some normal tissue around it.
SYMPTOMS / SIDE EFFECTS

UAPATAM[u] MAK MATENITAM[u] AUEN ETAKUSHIT

Adverse reaction
nitakuatshininikun etatu
An unwanted, bad or harmful response to a drug or other therapy.

Allergic reaction
eka ka minushkakut natukunnu mak kutakinu tshekuannu
An unexpected or unwanted reaction to an allergen; a mild reaction may include sneezing, watery eyes, a stuffy nose, diarrhea, etc.

Anaphylaxis
ka kushtikuats tshekuan eka ka minushkatshet
A very bad, possibly deadly, allergic reaction.

Anemia
nashikupanu umik[u]
Not enough healthy red blood cells. Also called: Low blood

Anxiety
ueshami-mishimenitamu mak shetshishu
An uneasy feeling, tension, worry, distress.

Ascites
nipin nishtumipanu anite ushkatatsh
A buildup of fluid in the abdomen.

Asymptomatic
nashtish ama mushitau utakushun
Having no signs or symptoms of a disease.

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

Bladder spasm
utshipitiku uniapitsh ekue shishitshipanit
A sudden tightening of the bladder muscle that causes a need to urinate or urine to leak from the bladder.

Bone marrow suppression
katshi natukuiakanitsi auei e mutemit, iakushishkaku eshi-natukuiakanit
A serious side-effect of chemotherapy making the person more likely to catch an infection.

Constipation
mashkukatsheu
Difficulty having a bowel movement.

Coughs
ushtamu
Expels/pushes out air from the lungs with a
sudden sharp sound.

Dehydration

_nikatshipanu nipin anite unashitsh_

Losing too much water from the body.

Depressed / Depression

_ushtuenitam_

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

Diarrhea

_mamishiu_

Having loose, watery bowel movements again and again.

Dry eye syndrome

_pashtenu ussishik_

Having fewer tears than normal.

Dry mouth

_pashteu mitun_

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

Dysuria

_shishiun-akushun_

Having trouble or pain when urinating.

Esophagitis

_patshipanu ukutakanitsh_

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

Fatigue / Fatigued

_aieshkushiu_

Feeling very tired or not having enough energy.

Fecal occult blood

_umik onka takuats menits eka ka nukuats_

Blood (hidden) in the stool.

Fever

_tshishu_

A higher than normal body temperature.

Fibroid

_nitautshin tsheku anite avass ka vetsheh nitautshit_

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

Fluid retention

_nipin patshipanu anite uihatsh_

A buildup of fluid in the body.

Hair loss

_vashekaiepanu_

Balding or loss of hair from the scalp or body.

Hematuria

_shishtam onka umikunu_

Blood in the urine.

Hemoptysis

_pakumutam onka umikunu_

Coughing up blood.

Hoarse voice

_massikutakeuva_

An abnormally deep, rough voice.

Incontinence

_ukueshau mak ukue-mishi_

Not being able to control urination (pee) or bowel movements.
Indigestion
*ama minushkaku umitshim*
Feeling uncomfortable after eating a meal; may include heartburn, nausea, gas, cramps or burping.

Inflammation
*mikuau mak patshipanu tshekuan*
The body’s response to irritation or injury, including signs of heat, redness, and pain.

Insomnia
*ama tshi nipau*
Difficulty falling or staying asleep or not getting enough good sleep.

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

Loss of appetite
*ama ui mitshishu*
Losing interest in food and not eating.

Lump
*ka pishkuanits*
An abnormal mass in the body.

Lymphedema
*patshipanua unikua e tshimuapitshepanitshi*
Swelling of an arm or leg caused by a buildup of fluid in tissues.

Nausea
*ui pakumu*
Feeling sick to the stomach or wanting to vomit.

Neutropenia
*ama takuan e minuat umik u tshetshi nipatat akushunnu*
Not enough white blood cells that help the body fight bacteria, viruses and fungi.

Nosebleed
*pashkushtunu*
Bleeding from the nose.

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

Occult blood
*umiku eka vapatakanits muku ka takuats*
Blood that is hidden or invisible to the eye. Commonly tested for in the feces.

Phlebitis
*patshipanua umikuiapina*
Inflammation of a vein causing redness, swelling and pain.

Radiation sickness
*akushishkaku auei eshuashakanit utakushun*
Symptoms caused by large doses of radiation.

Shortness of breath
*ushtutatamu*
Difficulty breathing or being unable to take full breaths.
**Side effect**
*eshtatshemakats*

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

**Skin change**
*iatsh ishinakushu anite ushakatsh*

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

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

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

**Swollen lymph nodes**
*patshipanua unikua*

When lymph nodes become larger than normal.

**Symptom**
*e nukuats tshekuan eshi-uapatakats*

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

**Treatment-induced menopause**
*katshi nanatukuiakanitshi umutema, eku punipanits nishkueu umiku*

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

**Virus**
*akushun e ashu-minitanuts*

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

**Vomit**
*pakumu*

Throwing up the contents of the stomach through the mouth.

**Wheezes / Wheezing**
*kueshkushiuitakushu*

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

**ESHI-NATUKUIAKANIT**

**Active surveillance**

*mushinau natu-tshissenitakanu auei utakushun*

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

**Adjuvant therapy**

*minuats natukuakanu auei shash tshishi-tutakanu nishtam eshi-natukakanit*

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

**Alternative therapy**

*kueshtetshe eshi-natukuiakanit*

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

**Biological therapy**

*eshi-natukuiakanit tshetshi atshipanit ka inniumakak eshi-nitautshimakats*

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

**Chemoradiation therapy**

*ishkuashakanu mak natukun mamu apatshitakanua tshetshi nipatakanits muteu-akushun*

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

**Chemotherapy**

*natukun ka apatshitakanits tshetshi nipaiakanits muteu-akushun*

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

**Clinical trial**

*nanatu-tshissenitakanu tan tshe ishi-natukutakanits akushun*

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

**Combination therapy**

*mitshetuaits eshi-natukuiakanit auei*

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

**Complementary and alternative medicine (CAM)**

*iatsh natukuna eshi-natukutakanu akushun*

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

**Conventional therapy**

*eshi-natukuiakanit auei anutshish*

The currently accepted and widely used treatment for a disease.

**Cryotherapy**

*e mashkutshitakanits muteu-akushun*

A procedure to freeze off cancer cells.
Drug therapy

*natukuna apatshitakanu tshetshi natukuiakanu auei*

A treatment that uses medical drugs to treat a disease.

**Experimental drug**

*natu-tshissenitakanu natukun tshetshi uitshinikut*

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

**Follow-up**

*eshkũ nanitam natu-tshissenimakanu at katsi akushitshi*

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

**Hormonal therapy**

*eshi-natukuiakanit auei tshetshi iats ishi-nitauitshinit*

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

**Internal radiation**

*ishkuashakanu atamitsh uiatshuenapishish tshetshii nipatakannitshi muteu-akushunnu*

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

**Neoadjuvant therapy**

*nishtam eshi-natukuiakanit muteu-akushun*

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

**Palliative care**

*auei nakatuenimakanit ua nipitshi*

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

**Photodynamic therapy**

*vashtenikan e apatshitakanits e natukuiakanit*

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

**Radiation treatment**

*ishkuashakunnu akushun*

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

**Rehabilitation**

*uitshinakanu auei tshetshi etatu mininniut*

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

**Surgery**

*matishakanu*

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

**Targeted therapy**

*eshi-natukuiakanit auei ka nipatat mukũ muteua*

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

**Transplant**

*kutaka auenua mishkutinakanu tshekuannu anite ut uiatsh tshe apatshitats*

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

**Treatment**

*natukaiakanu*

An action to cure or relieve a disease or disorder.
VITAL SIGNS

ESHI-NANATU-TSISSENIMAKANIT AUEN ESHI-ESHPANIT
ATAMITSH UNASH

Blood pressure
\textit{e tipanikanits umiku}

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

Body mass index
\textit{tipauakanu auei eshpish tatshiput}

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

Pulse
\textit{pakaku}

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

Respiration
\textit{e net}

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

Temperature
\textit{tan eshpish e tshishut auei}

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

Weight
\textit{e tashtipanikeshit}

How much a person weighs.
PREFIXES AND SUFFIXES

Nikan mak utat ka ashushtakanitshi aimunissa

Aden-, Adeno-
unikua
Gland

Angio-
umikuiapin
Blood vessel

Anti-
eka ka ...
Against

Audio-
petamᵘ
Hearing

Auto-
vin, nin, tshin
Self

Carcin-, Carcino-
muteu-akushun
Cancer

Cardio-
imiten
Heart

Cerebri-, Cerebro-
utip
Brain

Cervic-, Cervico-
ukueiu
Neck (of the body or uterus)

Col-, Colo-
utatshishinapekᵘ
Colon, large intestine, bowel

Coron-, Corono-
miten
Heart

Denti-, Dento-
mipit
Teeth

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

Dys-
animan
Difficulty or trouble

-ectomy
manishakanu, matishakanu
Removal

-emia
umikᵘ
Blood
Gastr-, Gastro-
ushkatatsh
Stomach

Glyc-, Glyco-, Gluc-, Gluco-
kashiuasht
Sugar, sweet

-gram
akunikan
Record, measure

Gravid-, Gravido-
utauassimu
Pregnant

Hemi-
pushku
Half

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

Hepat-, Hepato-, Hepati-
ushkun
Liver

Hyper-
ueshami-; ushtetshe
Excessive, above, beyond

Hypn-, Hypno-
nipekuakanu
Sleep

Hypo-
nashikupanu
Under, deficient, beneath

-itis
mikuau kie patshipanu
Inflammation, infection

Macr-, Macro-
e mishats
Large, big

-meter
tipanikan
Measure

Micro-
e apishashits
Small

My-, Myo-, Myos-, Myoso-
Utshipishueshu
Muscle

Neur-, Neuro-
Utipiapi eshpanit
Nerve, nerves, or nervous system

-ology; -ologist
auei ka natu-tshissenitats tskevannu
The study of something; the person who studies something

-oma
muteu
Tumour

Orth-, Ortho-
kushkunakanu
Straight, normal position

Or-, Oro-
utunitsh
Mouth
-osis
*e ishinakuak tshekuan*
State or condition

Oste-, Osteo-
*ushkanitsh*
Bone

-ostomy
*ka matishakanits*
Surgical opening

Ot-, Oto-
*uitukatsh*
Ear

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

Patho-, -pathy
*akushun*
Disease

Ped-, Pedo-
*auass*
Child

Pharm-, Pharmi-
*natukun*
Medicine, drug

-phobia
*kushtam*<sup>u</sup> *tshetshi akunikut*
Abnormal fear or intolerance, sensitivity

Photo-
*e uashtets*
Light

-plasty
*e minutakanits*
Surgical shaping or formation

Pneum-, Pneumo-
*upanits; neun*
Lungs or breathing

Psych-, Psycho-
*mitunenitamun*
Mind

Pulmo-, Pulmono-
*upanitsh*
Lungs

Quadr-, Quadri-
*neu*
Four

-sclerosis
*mashkupanu*
Hardening

-scopy, -scopic
*tshitapam<sup>u</sup>; vapatam<sup>u</sup>;* 
tushkapamakun
Act of visually examining

Thromb-, Thrombo-
*tashtupanu*
Clot

Tox-, Toxi-, Toxo-, Toxico-
*matshi-natukun*
Toxin or poison
TERMS FOR BODY PARTS  
_Uiau eshinikatakanits_

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

**Abdominal muscle**  
_mishkatin utshipishueshu_  
One of three sets of muscles that cover the front of the trunk of the body.

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

**Adam's apple**  
_vetsh animuet_  
The larynx which sticks out at the front of the throat of males.

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

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

**Adrenal glands**  
_unikua_  
The glands above each kidney that produce hormones.

**Afterbirth**  
_avass utishin_  
A round organ found in pregnant women which brings food and oxygen to the baby and brings the baby's waste to the mother so that she can get rid of it.  
Also called: Placenta

**Alveoli**  
_upanitsh nasht atamitsh eshpanitshi neneun_  
Tiny sacs (at the ends of the bronchioles) within our lungs that allow oxygen and carbon dioxide to move between the lungs and bloodstream.

**Amniotic fluid**  
_avass unipim_  
The liquid in the sac around a fetus.

**Amniotic sac**  
_avass uvuat_  
The sac that attaches to the placenta and goes around the growing baby.

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

**Ankle bone**  
_vakun ushkan_  
Also called: Talus
Anus
*USHKATSHISHIN*
The last part of the digestive tract.

**Aorta**
*KA MITSHAPEKATS MITENAPIN*
The body's largest blood vessel, arising from the top of the heart.

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

**Areola**
*USHKA USHTIKUANITSHITSHISH*
The reddish or brownish area around the nipple on the breasts.

**Arm**
*USHPITUN*

**Armpit**
*MITIKU*
Also called: Axilla

**Artery**
*KA MITSHAPEKATS UMIKUIAPIN*
The blood vessel which carries blood away from the heart to all the different parts of the body.

**Artery, common carotid**
*KA MITSHAPEKATS MIKUIAPIN*
The artery in the neck.

**Artery, pulmonary**
*UPANIITH SH KAI MITSHAPEKATSHI UMIKUIAPIN*
The blood vessel which brings blood to the lungs.

**Artery, renal**
*UETETEKUSHITSH KAI MITSHAPEKATSHI UMIKUIAPIN*
The blood vessel which brings blood to the kidneys.

**Atrium, left**
*TAKUTSH NAPATE UNASHPATSHIUNITS MITEN KA PISHTEPANITS E SHUTSHISHIMAKATS UMIKU*
The small upper chamber in the heart that receives blood full of oxygen and pumps it into the ventricles.

**Atrium, right**
*NAPATE UMINUNITSH MITEN KA PISHTEPANITS UMIK UVA UEUEPANITSHI*
The small upper chamber in the heart that receives blood with no oxygen in it and pumps it into the ventricles.

**Axilla**
*MITIKU*
Also called: Armpit

**Axillary nodes**
*UNIKUA ANITE UTIKUTSH*
The lymph nodes in the armpit.

**Back**
*MISHPISHKUN*

**Back of skull**
*USHPISHKUNITSH MISHTIKUANITSHEKANITSH*

**Backbone**
*VAUKAN*

**Back, lower**
*EHTHIKUAIET*
Bartholin's glands
ishkueu unikua anite umutatsh
   The small glands in the lips of the vagina.

Beard, moustache, whiskers
minishtuaia

Belly button
mitishin
   Also called: Navel, Umbilicus

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

Bicuspid tooth
utatatsh mipit
   The tooth next to the canine tooth.

Bile duct
uishupun utatshishinapek
   A small tube that carries bile from the liver
   and the gallbladder to the duodenum.

Birth canal
umutan
   Also called: Vagina

Bladder, urinary
uikun
   The bag where pee is kept.

Blood
umiku

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

Body
uiau

Bone
ushkan

Bone marrow
ushkan pimin
   The soft tissue inside the bones.

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

Brain
mitip
   Also called: Cerebrum

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

Breast
matinin

Breast tissue (dense)
atamitsh tshishishitsh ama shuku uinnu
   Tissue in the breast that has more
   connective tissues, glands and milk ducts
   than fatty tissue.

Breastbone
mishkassikan
   Also called: Sternum

Bronchial tubes
upanapina
   The hollow air passageways branching
from the windpipe to the lungs.

**Bronchioles**
*upaniapissa*

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

**Bronchus**
*ka mitshapekatshi upanapina*

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

**Bum**
*mishkatshishin*

Also called: Buttock

**Buttock**
*mishkatshishin*

Also called: Bum

**Calf**
*utassitai*

**Calf muscle**
*utassitai utshipishueshu*

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

**Canine tooth**
*katshinashkuapitet*

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

**Capillaries**
*umikuiapissa*

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

**Cardiovascular system**
*miten mak umiku*⁺⁴·*eshpanits*

The organ system that includes the heart and blood vessels.

**Carotid arteries**
*mishta-mikuiapia anite mukutakanits ka itapekamuatshi ushtikuanits*

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

**Carotid artery, common**
*ka mitshapekats mikuiapin*

The artery in the neck.

**Cartilage**
*eka ka shapat ushkanitsh*

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

**Cell**
*tshekuan tshitshue apishashu ka inniumakats eshi-nitaautshits*

The most basic, smallest unit of all living things.

**Central nervous system**
*mitip mak vaukan eshpanits*

The brain and spinal cord.

**Cerebellum**
*uтипапун уешпапит*

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

**Cerebral cortex**
*vashka mitipitsh*

The outside layer of the biggest part of the
brain.

**Cerebrospinal fluid (CSF)**
*utipapun*
The clear fluid surrounding the brain and spinal cord.
Also called: Spinal fluid

**Cerebrum**
*vashka mitipitsh*
Also called: Brain

**Cervical nodes**
*unikua anite ukueiatsh*
The lymph nodes in the neck.

**Cervical spine**
*takutsh uaukun*
The part of the spine commonly referred to as the neck.

**Cervix**
*atamitsh ishkueu mutatsh anite ueshipanit 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**
*utamakan ushkan*
Also called: Zygomatic arch

**Chest**
*mishkassikan*
Also called: Thorax

**Chin**
*ukuashkuneua*

**Circulatory system**
*e papamipanits umik* `e* eshipanits anite unatsh`
The system of organs that keeps blood continuously moving around the body.

**Circumcision**
*manishakanua ushkats ushakaia anita uitakashitsh*
The removal of the foreskin of the penis.

**Clavicle**
*uapikan*
Also called: Collar bone

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

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

**Cochlea**
*esh eshinakuak atamitsh mitukatsh*
The snail-shaped organ found deep inside each ear, behind and slightly below the eyeball.

**Collarbone**
*uapikan*
Also called: Clavicle

**Colon**
*utatshishinapek*
The longest part of the intestine that goes from the small intestine to the anus.
Also called: Bowel, Large intestine

**Common carotid artery**
*ka mitshapekats mikuiapin*
The artery in the neck.

**Connective tissue**
*utsheshta mak utsheshtiapia*
Ligaments or tendons.

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

**Crown of head**
*mishakatip*
The top of the head.

**CSF (Cerebrospinal fluid)**
*utipapun*
The clear fluid surrounding the brain and spinal cord.
Also called: Spinal fluid

**Cyst**
*nitauntshin tshekuan e nipiuts atamitsh uiashitsh*
A fluid-filled sac found inside the body.

**Deltoid muscle**
*utitmanitsh utshipishueshu*
The muscle that forms the top of the shoulder.

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

**Digestive system**
*eshpanits katshi mitshishutshi anite atamitsh*
The parts of the body that help to digest food.

**Disc, spinal**
*vaukan-ashpanikaniss*
The spongy, round sac found between each of the 33 vertebrae of the spine.
Also called: Intervertebral disc

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

**Duodenum**
*takuts utatshishinapek*
The first part of the small intestine.

**Ear**
*uitukan*

**Ear canal**
*e pakunetutschet*
The tube-like hole that runs from the outer part of the ear to the middle ear.

**Eardrum**
*uitukaia uteuenikanissa*
A thin piece of tissue that separates the ear canal from the middle ear.

**Elbow**
*utushkun*
The joint between the forearm and the upper arm.
Embryo
*auassiss pitshenik ka nitautshit*
An unborn human in its first two months of growth.

Epiglottis
*tshipanikan ukutakan*
The flap of tissue which covers the entrance of the trachea (airway).

Esophagus
*mikutashkueiapin*
The hollow tube that goes from the throat to the stomach.

Ethmoid sinus
*e pakuneniatshi mishtikuanitsh mishima ussishikutsh*
Pocket of space located close to the tear ducts of the eye.

Eustachian tube
*mitukan utatshishin*
The narrow tube which connects the middle ear with the throat.

Eye
*missishik*

Eye socket
*missishk ushkan*
The area of bone around the eye.
Also called: Orbit

Eyebrow(s)
*umamam(a)*

Eyelash
*umishuiapunan*
One of the many hairs that grows on the edge of the skin which surrounds the eyeball.

Eyelid
*missishkul ushakai*

Face
*utashtamik*
The front part of the head from the forehead to the chin.

Fallopian tube
*ishkuev utatshishina uetshipanitshi vauma*
One of the two tiny, hollow tubes that go from each ovary to the uterus.

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

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

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

Fetus
*auass pitshenik e nitautshit*
A baby growing in the uterus is called a fetus from eight weeks after the egg has been fertilized until it is born.

Fibula
*ka apishashiniits ushkan anite ushkatitsh*
The outside, smaller bone of the lower leg.
Fingernail
*mishkashin*

Finger(s)
*ninitshitishan(a)*

Finger, index
*atuanikanashku*

The second finger.
Also called: Forefinger

Finger, middle
*tetautitshan*

Finger, pinky
*utishkuaitishshiss*

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

Finger, ring
*tapititshepishun mititshin*

Also called: Fourth finger

First molar tooth
*nishtam ka mamishats uipit*

Flesh
*unash*

Fontanel
*unatipima*

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

Foot
*mishit*

Foot, sole of
*veshtaushit*

Bottom of foot.

Forearm
*mishpitun*

The lower part of the arm.

Forearm muscle
*nashiku mishpitunitsh utshipishueshu*

The lower part of the arm.

Forefinger
*atuanikanashku*

The second finger.
Also called: Index finger

Forehead
*mishkatiku*

Foreskin
*ushkatshu ushakaia anita uitakatsh*

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

Fourth finger
*tapititshepishun mititshin*

Also called: Ring finger

Freckles
*papatikueu*

Frontal sinus
*e pakunekiatshi mishtikuanitsh ushkatikutsh*

Pocket of space located behind the brow ridge.

Gallbladder
*uishupun*

Genitals
*mutan*

The private parts of a man or woman.
Gingiva
*unash mipur*
Also called: Gums

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

Glands, adrenal
*unikua*
The glands above each kidney that produce hormones.

Glands, Bartholin’s
*ishkueu unikua anite umutatsh*
The small glands in the lips of the vagina.

Glands, salivary
*shishtikun unikuatsh*
Glands around the mouth that create saliva.

Gland, prostate
*napeu unikua atamitsh mitshima ushishuunitsh*
The gland found at the bottom of the bladder in men.

Gland, thymus
*unik upime mishkassikan*
A gland, located behind the breastbone (sternum), that produces cells for the immune system.

Gland, thyroid
*mukutakanitsh unik*
The large gland found in the middle of the neck at the front of the windpipe (trachea).

Gluteus maximus muscle
*ushukan utshipishueshu*
The main muscle of the buttocks.

Gonads
*napeu utashua mak ishkueu uauma*
Testes in a man or ovaries in a woman.

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

Gum socket
*unash mipur*
A hollow in the gum ridge that a tooth fits into.

Gums
*unash mipur*
Also called: Gingiva

Hair
*pishkueuna*

Hair, pubic
*minashuaia*
The hair growing in the groin area of a person.

Hand
*utitshin*

Hand, left
*unashpatshiun*

Hand, right
*uminun*

Head
*mishtikuan*
Head, crown of
*mishakatip*

The top of the head.

Heart
*miten*

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

Heel
*mitutan*

The back part of the foot.

Hip
*utukun*

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

Hip joint
*utukun*

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

Humerus
*ushpitunikan*

The bone of the upper arm.

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

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

Incisor tooth
*ushkatsh uipit*

One of the front teeth.

Index finger
*atuankanashku*

The second finger.
Also called: Forefinger

Inferior vena cava
*nashiku umikuiapi ka mitshapekak*

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

Inguinal area
*utshashkatsh*

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

Inguinal nodes
*unikua utshashkatsh*

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

Intervertebral disc
*vaukan ashpanikaniss*

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

Intestine, large
*utatshishinapekku*

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

Intestine, small
*utatshishinapekuss*

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

Iris of eye
*vashka uinipapunitsh anite usshishikut*

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

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

**Jaw, lower**  
*utapiisson*  
The part of the skull from which the teeth grow.  
Also called: Mandible

**Jaw, upper**  
*ishpimitsh* *utapiisson*  
The part of the skull from which the teeth grow.  
Also called: Maxilla

**Joint**  
*e tapititsh* *mishkaia*  
The place where two or more bones meet.

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

**Knee**  
*uitshikun*  
The joint between the thigh and the lower leg.

**Kneecap**  
*ushtikaia*  
Also called: Patella

**Knuckle**  
*ka kutikupanitsh* *mititshish*  
The joint of a finger.

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

**Labial**  
*utunitsh*  
Of or relating to the lips.

**Lactation**  
*kanunakanit*  
The making of milk by the breasts.

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

**Larynx**  
*vetsh animuet*  
The voice box; contains the vocal cords which give sound to the voice.

**Left atrium**  
*takutsh napate* *unashpatshiunits* *miten*  
*ka pishtepanitsh* *e shutshishimakats*  
*umik*  
The small upper chamber in the heart that receives blood full of oxygen and pumps it into the ventricles.

**Left hand**  
*unashpatshiun*
Left ventricle
*nashik*⁴ napate unashpatshiunitsh
mite*⁴* ka pishtepanits e
*shutshishimakats umik*⁴ *ka ishpanits
*mishue anite unatsh*

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

Leg
*mishkat*

Lens
*kavauneiats ka shiuashteiats atamits* *missishikutsh*

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

Ligaments
*utsheshtiapina*

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

Lip, lower
*nashik*⁴ *utunitsh*

Lip, upper
*takutsh utunitsh*

Little finger
*utishkuaitishiss*

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

Liver
*ushkun*

A large organ that cleans the blood and produces bile.

Lobe
*ka akumuts tatipan tekuak tshekuan miam anite upanits, utipits, utetakushitsh*

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

Lobule (breast)
*tshitshinapun uetshipanit*

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

Lower back
*etshikuaiet*

Lower jaw
*utapiisikan*

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

Lower limb
*ushkat put kie upuam*

Lower lip
*nashik*⁴ *utunitsh*

Lumbar spine
*nashik*⁴ *uaukanitsh*

The lowest section of the spine, with five vertebrae.

Lung(s)
*upan(a)*

Lymph nodes
*unikua*

Glands that trap germs that pass through them.
Mandible
*utapissikan*
The part of the skull from which the teeth grow.
Also called: Lower jaw

Marrow
*ushkan-pimin*
The soft material inside bones.

Maxilla
*ishpimitsh utapissikan*
The part of the skull from which the teeth grow.
Also called: Upper jaw

Maxillary sinus
*e pakuneiatshi mishtikanitsh ka mamishats*
Pocket of space located to the side of the nasal cavity, below the eye.

Meninges
*uashka ka pishkuetshikanits mitip*
A thin layer of tissues that cover the brain.

Metacarpals
*ushkanissa utitshitsh*
The five bones of the hand that the fingers attach to.

Metatarsals
*ushkanissa ushititsh*
The five bones of the foot that the toes attach to.

Middle finger
*tetautitshan*

Molar tooth
*ka mamishats uipit*
One of the flat teeth located at the back of the mouth, used for grinding food.

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

Mouth
*utun*

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

Muscle, abdominal
*mishkatin utshipishueshu*
One of three sets of muscles that cover the front of the trunk of the body.

Muscle, biceps
*ishpimitsh mishpitunitsh utshipishueshu*
The muscle in the front of the upper arm that forms a bump when the elbow bends.

Muscle, calf
*utassitai utshipishueshu*
The large muscle at the back of the lower leg which pulls up the heel.

Muscle, deltoid
*utitmanitsh utshipishueshu*
The muscle that forms the top of the shoulder.

Muscle, forearm
*nashiku mishpitunitsh utshipishueshu*
The lower part of the arm.
Muscle, gluteus maximus
ushukan utshipishueshu
The main muscle of the buttocks.

Muscle, pectoral
mishkashikan utshipishueshu
One of the four large paired muscles that
cover the chest and assist with movement
of shoulder and arm.

Muscle, quadriceps
mipuameukᵘ
The large muscles at the front of the thigh
which straighten the knee.

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

Muscle, triceps
utatsh ishpimitsh umishpunitsh
utshipishueshu
The muscle in the back of the upper arm
which helps to straighten the arm.

Nail
mishkashi
A fingernail or toenail.

Nasal cavity or passage
ka pakuneianits ushkutitsh
A large space above and behind the nose.

Navel
mitishin
Also called: Belly button, Umbilicus

Neck
ukueiau

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

Nerve, optic
missishikᵘ utsheshtiapin
The nerve that goes from the back of the
eye to the part of the brain which allows us
to see.

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

Nose
mishkut

Nostril
utenikum
One of the two holes in the nose.

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

Oral cavity
mitun kie uipita
The mouth, including the lips, gums and
teeth, cheeks, roof of the mouth, floor of
the mouth and the tongue.

Orbit
missishkᵘ ushkan
The area of bone around the eye.
Also called: Eye socket

**Ostomy**

*pakuneshakanu ushakai utatshishimapek* ³

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

**Ovary**

*uaua ka uetshipanitshi*

The small sac which contains a woman’s eggs.

**Ovum**

*ishkuev uau*

Egg.

**Palate**

*unakashkua*

The roof of the mouth.

**Palm**

*utitshin uesh ashtashina*

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

**Pancreas**

*puepueshkushu*

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

**Patella**

*ushtikaia*

Also called: Kneecap

**Pectoral muscle**

*mishkashikan utshipishueshu*

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

**Pelvis**

*ushukanitshekan*

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

**Phallus / Penis**

*mitakan*

**Peritoneum**

*pitauatshinikan*

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

**Pharynx**

*mukutakan*

Also called: Throat

**Pinky finger**

*utishkuaititshiss*

The last, smallest finger.

Also called: Baby finger, Little finger

**Placenta**

*auass utishin*

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

Also called: Afterbirth

**Prostate gland**

*napeu unikua atamitsh mitshima ushishiunitsh*

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

**Pubic hair**

*minashuaia*

The hair growing in the groin area of a
person.

**Pulmonary artery**
upanitsh ka mitshapekatshi umikuiapin
The blood vessel which brings blood to the lungs.

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

**Quadriceps muscle**
mipuameuk
The large muscles at the front of the thigh which straighten the knee.

**Radius**
ka tshishpakats mishpitun ushkan
The shorter and thicker bone in the lower arm (forearm), on the same side as the thumb.

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

**Renal artery**
utetekushitsh ka mitshapekatshi umikuiapin
The blood vessel which brings blood to the kidneys.

**Reproductive system**
napeu mak nishkueu eshinakushit atamitsh
The organs in the body involved in reproducing children. In women, the reproductive organs are the ovaries, fallopian tubes, uterus, cervix and vagina. In men, they are the testicles, prostate and penis.

**Reproductive system, female**
ishkueu eshinakushit atamitsh
The organs in the body involved in reproducing children. In women, the reproductive organs are the ovaries, fallopian tubes, uterus, cervix and vagina.

**Reproductive system, male**
napeu eshinakushit atamitsh
The organs in the body involved in reproducing children. In men, they are the testicles, prostate and penis.

**Retina**
utatsh missishik
A part of the eye found at the back of the eye ball.

**Rib**
ushpitshekan

**Right atrium**
napate uminunitsh miten ka pishtepanits umik va vevepanitsi
The small upper chamber in the heart that receives blood with no oxygen in it and pumps it into the ventricles.

**Right hand**
uminun

**Right ventricle**
nashik nu napate uminunitsh upan ka pishtepanits e shutshishimakats umik ka ishpanits mishue anite unatsh
One of the two lower spaces found in the heart. The right ventricle pumps blood to the lungs.
Ring finger
*tapitshishepishun mititshin*
   
   Also called: Fourth finger

Root
*atamitsh uipititsh, ushkashitsh kie mak upishkueunitsh*
   
   The part of the tooth, nail, hair, etc. that is under the skin.

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

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

Salivary glands
*shishtikun unikuatsh*
   
   Glands around the mouth that create saliva.

Scalp
*ushakaia ushtikuanitsh*
   
   Skin covering the top of the head.

Scapula
*utinikana*
   
   Also called: Shoulder blade

Scrotum
*napeu uvuat*
   
   The sac of skin containing a man's testes (balls).

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

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

Shin
*ashtamitetshe utassitanitsh*
   
   Front of lower leg.

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

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

Shoulder blade
*utinikana*
   
   Also called: Scapula

Sinuses
*e pakuneiatshi mishtikuanitsh*
   
   Four pairs of air spaces in the bone around the nose area.
   Also called: Sinus cavities

Sinus, ethmoid
*e pakuneiatshi mishtikuanitsh mitshima usshikhutsh*
   
   Pocket of space located close to the tear ducts of the eye.
Sinus, frontal  
*e pakuneiatshi mishtikuanitsh ushkatikutsh*  
Pocket of space located behind the brow ridge.

Sinus, maxillary  
*e pakuneiatshi mishtikuanitsh ka mamishats*  
Pocket of space located to the side of the nasal cavity, below the eye.

Sinus, sphenoid  
*e pakuneiatshi mishtikuanitsh takutsh mishkutsh*  
Pocket of space located on the top of the nose cavity, above the nasopharynx.

Skeleton  
*ushkana auei*  
All the bones of the body.

Skin  
*ushakaia*  
The covering of the body.

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

Skull, back of  
*ushpishkunitsh mishtikuanitshekanitsh*  

Small intestine  
*utatshishinapekuss*  
The part of the intestine between the stomach and the large intestine.

Sole of foot  
*veshtaushit*  
Bottom of foot.

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

Sphenoid sinus  
*e pakuneiatshi mishtikuanitsh takutsh mishkutsh*  
Pocket of space located on the top of the nose cavity, above the nasopharynx.

Sphincter  
*ka tshipanitshepanits mishkatshishinitsh*  
The circular band of muscles that control an opening, e.g. anal sphincter.

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

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

Spine  
*vaukan*  
Also called: Backbone

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

**Sputum**
*utatshikuma*
Phlegm that is spit up.

**Sternum**
*mishkassikan*
Also called: Breastbone

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

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

**Superior vena cava**
*ishpimitsh umikuiapi ka mitshapekak*
A large vein carrying blood from the upper body to the heart.

**Swollen lymph nodes**
*patshipanua unikua*
When lymph nodes become larger than normal.

**Tailbone**
*tshakanikan*
Also called: Coccyx

**Talus**
*vakun ushkan*
Also called: Ankle bone

**Tendon**
*utsheshtiapi*
A strong cord that joins muscle to bone or muscle to muscle.

**Testicle**
*mitishu*
One of two egg-shaped things in the sac of saggy skin under a man’s penis.
Also called: Testis

**Thigh**
*mipuam*
Top part of the leg.

**Thigh bone**
*mipuamikan*
Also called: Femur

**Third molar tooth**
*mashtei ka mamishats uipit*
Also called: Wisdom tooth

**Thoracic spine**
*tetautsh uaukanitsh*
The part of the spine in the upper back.

**Thorax**
*mishkassikan*
Also called: Chest

**Throat**
*mukutakan*
Also called: Pharynx

**Thumb**
*mituakan*
Thymus gland
*uniku upime mishkassikan*
A gland, located behind the breastbone (sternum), that produces cells for the immune system.

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

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

Tissue, adipose
*uinun*
The fatty tissue under the skin and around the organs. Also called: Fatty tissue

Tissue, breast (dense)
*atamitsh tshishishitsh ama shuku uinunu*
Tissue in the breast that has more connective tissues, glands and milk ducts than fatty tissue.

Tissue, connective
*utsheshta mak utsheshtiapia*
Ligaments or tendons.

Tissue, fatty
*uinun*
The fatty tissue under the skin and around the organs. Also called: Adipose tissue

Toe
*ushikutem*

Toenail
*ushikutem ushkashina*

Tongue
*mitennin*

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

Tooth (teeth)
*mipit(a)*

Tooth, bicuspid
*utatatsh mipit*
The tooth next to the canine tooth.

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

Tooth, first molar
*nishtam ka mamishats uipit*

Tooth, incisor
*ushkatsh uipit*
One of the front teeth.

Tooth, molar
*ka mamishats uipit*
One of the flat teeth located at the back of the mouth, used for grinding food.

Tooth, third molar
*mashtei ka mamishats uipit*
Also called: Wisdom tooth
**Trachea**  
*ukutakaniapin*  
Also called: Windpipe

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

**Triceps muscle**  
*utatsh ishpimitsh umishpitunitsh utshipishueshu*  
The muscle in the back of the upper arm which helps to straighten the arm.

**Ulna**  
*ka papakats ushpitun ushkan*  
The longer and thinner bone in the lower arm (forearm), on the same side as the little finger.

**Umbilical cord**  
*utishiapin*  
The cord that goes from the baby to the placenta.

**Umbilicus**  
*mitishin*  
Also called: Navel, Belly button

**Upper jaw**  
*ishpimitsh utapissikan*  
The part of the skull from which the teeth grow.  
Also called: Maxilla

**Upper lip**  
*takutsh utunitsh*

**Ureter**  
*shishiunapun utatshishina ishpimitsh ka tshikamutshi*  
One of the two tubes that carries urine (pee) from each of the kidneys to the bladder.

**Urethra**  
*shishiunapun ka uevepanits*  
The tube that brings urine (pee) from the bladder to the outside.

**Urinary bladder**  
*uikun*  
The bag where pee is kept.

**Urinary tract or system**  
*shishiu vetshipanits*  
All the parts of the body involved in making pee.

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

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

**Vagina**  
*umutan*  
An opening through which babies are born.  
Also called: Birth canal
Valve
*ka tshipanitshepanitshi mak ka nutepanitshi tshetshetse ka tshiepikuts umiku*

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

Vas deferens
*utatshishina ka tapititsh anite utishitsi*

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

Vein
*umikuiapin*

The blood vessel which brings blood towards the heart.

Vena cava, inferior
*nashikumikuiapi ka mitshapekak*

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

Vena cava, superior
*ishpimitsh umikuiapi ka mitshapekak*

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

Ventricle, left
*nashiknapate unashpatshiiunitsh miten ka pishtepanits e shutshishimakats umiku ka ishpanits mishue anite unatsh*

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

Ventricle, right
*nashiknapate uminunitsh upan ka pishtepanits e shutshishimakats umiku ka ishpanits mishue anite unatsh*

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

Vertebra
*vaukan ushkaniss*

One of the bones that make up the spine.

Vertebrae
*vaukana ushkaniss*

The 33 bones that make up the spine.

Vertebra, lumbar
*ushkaniss nashikvaukanitsi*

One of five bones at the bottom of the spine.

Vocal folds / Vocal cords
*vetsi anite nanimuiet auei*

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

Vulva
*ishkueu mutash*

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

Windpipe
*ukutakaniapin*

Also called: Trachea

Womb
*ushpiaua*

Also called: Uterus

Wrist
*vakun*

The part of the body where the hand joins the lower arm.
Zygomatic arch
utamakan ushkan

Also called: Cheekbone
### Diagrams

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UIAU (NAPEU)
BODY (MALE)

mishtikuan
head

ukueiay
neck

mishkassikan
thorax / chest

ushkatan
abdomen

mitishin
umbilicus / navel / belly button

utukun
hip

ninitshititshana
fingers

utbashkatsh
inguinal area / groin

mitakan
phallus / penis

ashamitetekte
utassitanitsh
shin

uakun
ankle

ushikutem
toe

pishkueuna
hair

uapikan
clavicle / collarbone

mitik’
axilla / armpit

ushpitun
arm

utushkun
elbow

mishpitun
forearm

utitshin
hand

mituakan
thumb

napeu uiuat
scrotum

mipuam
thigh

uitshikun
knee

mishit
foot

ushikutem ushkashina
toenail
**Uiau (ishkueu)**

**Body (female)**

- mishtikuan: head
- ukueiau: neck
- mishkassikan: thorax / chest
- matinin: breast
- ushkatan: abdomen
- utukun: hip
- mitishin: umbilicus / navel / belly button
- ninshititshana: fingers
- uthashkatsh: inguinal area / groin
- ashtamitetshe: utassitanitsh: shin
- uakun: ankle
- ushikutem: toe
- pishkueuna: hair
- uapikan: clavicle / collarbone
- mitik: axilla / armpit
- ushpitun: arm
- utushkun: elbow
- mishpitun: forearm
- utitshin: hand
- mituakan: thumb
- mipuam: thigh
- uitshikut: knee
- mishit: foot
- ushikutem ushkashina: toenail
UIIAU
BODY

mishakatip
crown of head

utinikana
scapula / shoulder blade

mishpishkun
back

mishkatshin
buttock

mipuam
thigh

utassitai
calf

ueshtaushit
sole of foot

pishkueuna
hair

mititiman
shoulder

ushpitun
arm

etsikuaiet
lumbar / lower back

mishkat
leg

uakun
ankle

mitutan
heel
Utihshin mak ninishititishana
Hand and Fingers

tapitishepishun
mitishin
fourth finger / ring finger

utishkuitiishiss
little finger / pinky finger

utihshin uesh
ashtashina
palm

uakun
wrist

tetauitishan
middle finger

atuanikanashk'" 
index finger / forefinger

mishkoshin
fingernail

mitukan
thumb

ka kutikupanitshi 
mititishitsh
knuckle
**Utashtamik'** (NaPeu)  
**Face (male)**

- pishkueuna (hair)
- mishkatik (forehead)
- umamam (eyebrow)
- missishik (eye)
- mishkut (nose)
- utamakan (cheek)
- utun (mouth)
- minishtuaia (beard / moustache)
- mishkatip (crown of head)
Utashtamik\textsuperscript{u} (ishkueu)
Face (female)
E PAKUNEIATSHI MISHTIKUANITSH
Sinuses

- e pakuneiatshi mishtikuanitsh ushkakutsh frontal sinuses
- e pakuneiatshi mishtikuanitsh takutsh mishkutsh sphenoid sinuses
- utenikum nostril
- e pakuneiatshi mishtikuanitsh mitshima ussishikutsh ethmoid sinuses
- e pakuneiatshi mishtikuanitsh ka mamishats maxillary sinuses
MUSHUAU DIALECT

MITIP
BRAIN AND SKULL

uashka mitipitsch
cerebral cortex /
cerebrum

uashka
ka pishkuetshinikanits
mitip
meninges

mishtikanitshekan
cranium / skull

utipapun
(cerebro)spinal fluid

missishkʷ ushkan
orbit / eye socket

utamakan ushkan
zygomatic arch / cheekbone

ishpimitsh
utapissikan
maxilla / upper jaw

utapissikan
mandible / lower jaw

mitipipapin
brain stem
MISSISHIK\textsuperscript{u}  
EYE

- missishk\textsuperscript{u} ushakai  
  eyelid
- umishuiapunan  
  eyelash
- uinipapun  
  pupil
- kauauneiats  
  ka shipuashteiats  
  atamitsh missishikutsh  
  lens
- uashka uinipapunitsh  
  aniteussishikutsh  
  iris
- utatsh missishik\textsuperscript{u}  
  retina
- missishik\textsuperscript{u} utsheshtiapin  
  optic nerve
MUKUTAKAN
PHARYNX / THROAT

ka pakuneianits
ushkutitsh
nasal cavity

mitennin
tongue

tshipanikan ukutakan
epiglottis

uetsh anite
nanimuiet auei
vocal folds / cords

uetsh animuet
larynx / Adam’s apple

mukutakanitsh unik
thyroid gland

mikutashkueuiapin
esophagus

ukutakaniapin
trachea / windpipe
UITUKAN

EAR

uitukan
ear

uitukaia uteuenikanissa
eardrum

esh eshinakuak
atamitsh mitukatsh
cochlea

e pakunetutshet
ear canal

mitukan utatshishin
Eustachian tube
MITUN KIE UIPITA
Oral cavity / Mouth and teeth

takutsh utunitsh
upper lip

katshinashkuapitet
canine tooth

utatatsh mipit
bicuspoid tooth

ka mamishats uipit
molar tooth

kananiuekutesht
uvula

nashik' ni utunitsh
lower lip

unash mipit
gingiva / gums

ushkatsh uipit
incisor tooth

unakashkua
palate

unikua ukutakanitsh
tonsils

mitennin
tongue
MATININ (NIKAN)
BREAST (FRONT)
MATININ (NAPATE)

Breast (side)
Utshipishueshua
Muscles

- mishkashikan utshipishueshu
  pectoral muscle
- ishpimitsh mishpitunitsh utshipishueshu
  biceps
- mishkatin utshipishueshu
  abdominal muscles
- mipuameuk quadriceps
- mikueiau utshipishueshu
  trapezius
- utitmanitsh utshipishueshu
  deltoid
- utatsh ishpimitsh umishpitunitsh utshipishueshu
  triceps
- nashik mishpitunitsh utshipishueshu
  forearm muscle
- ushukan utshipishueshu
  gluteus maximus
- utassitai utshipishueshu
  calf muscle
Ushkana auei
Skeleton

mishtikanitshekan
cranium / skull

utamakan ushkan
zygomatic arch / cheekbone

mishkassikan
sternum / breastbone

ka papakats
ushpitun ushkan
ulna

ka tshishpakats
mishpitun ushkan
radius

uakun
wrist

ushukanikan
sacrum

ka apishashinits
ushkan anite ushkatitsh
fibula

ushkatikan
tibia / shin bone

uakun ushkan
talus / ankle bone

missishk“ ushkan
orbit / eye socket

uapikan
clavicle / collarbone

ushpitshekan
rib

ushpitunikan
humerus

uaukan ushkaniss
vertebra

ushukanitshekan
pelvis

utitshin
hand

utukun
hip joint

mipuamikan
femur / thigh bone

ushtikaia
patella / kneecap

mishit
foot
Uaukan
Spine / Backbone

takutsh uaukun
cervical spine

tetautsh uaukanitsh
thoracic spine

nashik' uaukanitsh
lumbar spine

ushukanikan
sacrum

tshakanikan
coccyx / tailbone

uaukan ushkaniss
vertebra
**Uaukana ushkaniss**

*Vertebrae*

- **uaukaniapin**
  - spinal cord

- **uaukan**
  - ashpanikaniss
  - intervertebral disc

- **uaukan ushkaniss**
  - vertebra
USHPITSHEKANA (NIKAN)
RIB CAGE (FRONT)

- Uapikan: clavicle / collarbone
- Utinikana: scapula / shoulder blade
- Mishkassikan: sternum / breastbone
- Usphitshekan: rib
Ushpitshekana mak ushpitun (Utatsh)
Rib Cage and Arm (Back)

- Uapikan: clavicle / collarbone
- Utinikan: scapula / shoulder blade
- Ushpitunikan: humerus
- Utushkun: elbow
- Ka papakats ushpitun ushkan: ulna
- Ka tshishpakats mishpitun ushkan: radius
- Ushkanissa utitshitsh: metacarpals
- Utitshin: hand
USHUKANITSHEKAN MAK USHKAT (NIKAN)
PELVIS AND LEG (FRONT)

ushukanitshekan pelvis

mipuamikan
femur / thigh bone

ushtikaia
patella / kneecap

ushkatikan
tibia / shin bone

ka apishashinis
ushkan anite
ushkatitsh
fibula

ushkanissa ushititsh
metatarsals

mishit
foot
Ushukanitshekan mak ushkat (utatskh)
Pelvis and leg (back)
MISHKASSIKAN
THORAX / CHEST

ushpitshekan
rib

miten
heart

upan
lung

eshkuassipet
diaphragm
UPANA
LUNGS

ka mitshapekatshi
upanapina
bronchus

upanapina
bronchial tubes

upaniapissa
bronchioles

upanitsh nasht
atamitsh
eshpanitshi neneun
alveoli

ukutashkueu
trachea / windpipe

upan
lung

eshkuassipet
diaphragm
MITEN
HEART

ka mitshapekats
mitenapin
aorta

ishpimitsh
umikuiapi
ka mitshapekak
superior vena cava

ka tshipanitshepanitshi
mak ka nutepanitshi
tshetshiti eka
tshiuekuts umik”
valve

napate
uminunitsh miten
ka pishtepanits
umik” ua
ueuepanitshi
right atrium

nashik” umikuiapi
ka mitshapekak
inferior vena cava

nashik” napate uminunitsh upan
ka pishtepanits e shutshishimakats
umik” ka ishpanits
mishue anite unatsh
right ventricle

nashik” napate uminunitsh
miten ka pishtepanits
e shutshishimakats
umik” left atrium

umikuiapin
vein

takutsh napate
unashpatshiunits
miten ka pishtepanits
e shutshishimakats
umik” left atrium

left ventricle
Mitens mak umik'u eshpanits
Cardiovascular system
unikua
lymphatic system

unikua anite ukueiatsh
cervical nodes

unikua anite utikutsh
axillary nodes

unikua ukutakanitsh
tonsils

unik" upime
mishkassikan
thymus gland

upepek" spleen

unikua utshashkatsh
inguinal nodes
Eshpanits katshi
Mitsishutshi anite atamitsh
Digestive system
ESHINAKUSHIT ATAMITSH (NAPEU)
REPRODUCTIVE AND URINARY SYSTEMS
(MALE)
**Eshinakushit Atamitsh (Ishkueu)**

**Reproductive System (Female)**
Utetakushua mak uikun mak ushishiuapun mamu ka atussemakatshi (ishkueu, nikan)
Urinary System (female, front)
Utetakushua mak uikun mak ushishiupun mamu ka atussemakatshi (ishkueu, napate)
Urinary system (female, side)
Eshinakushit Ishkueu Nashik
Female Genitals

- minashuaia: pubic hair
- ishkueu mutash: clitoris
- vulva
- shishiunapun ka uuepanits: urethra
- utunitsh: labia
- umutan: vagina / birth canal
- ushkatsishin: anus
ISHKUEU KA ASHUAPAMAUSHUT
PREGNANT ABDOMEN

ushpaiua
uterus / womb

auass pitshenik
e nitaушshit
fetus

auass uiuat
amniotic sac

uikun
bladder

umutan
vagina / birth canal

auass utishin
placenta / afterbirth

utishiapin
umbilical cord

atamitsh ushkatshishitsh
rectum

atamitsh ishkueu
mutatsh anite
ueshipanit auass
cervix