

SHESHATSHIU



ESHI-UITAKANITI MANITUSH-AKUSHUNA MAK ESHI-TAKUANNIT UIAT AUEN

CANCER CARE AND BODY PART TERMINOLOGY



CANCER CARE AND BODY PART TERMINOLOGY

*Eshi-uitakaniti manitush-akushuna
mak eshi-takuannit uiat auen*

Sheshatshiu Innu First Nation Edition

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2017



Published by the Innu Language Project, Newfoundland and Labrador, Canada

First edition, 2017

Production of this document has been made possible through financial support from the Canadian Partnership against Cancer and Health Canada. The views expressed herein represent the views of the Cancer Care Program and do not necessarily represent the views of Health Canada or of the Canadian Partnership Against Cancer.

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Cover design by Behak Rueentan

Photos provided by the Innu Nation

Printing Services by Memorial University of Newfoundland

Library and Archives Canada Cataloguing in Publication

Cancer care and body part terminology / editors, Marguerite MacKenzie, Jennifer Shea, Sarah Kristian, Laurel Anne Hasler ; translation, Mani Katinen Nuna, Kanani Penashue-Davis = Eshi-uitakaniti manitush-akushuna mak eshi-takuannit uiat auen / ka aiatashtaht mashinaikannu, Marguerite MacKenzie, Jennifer Shea, Sarah Kristian, Laurel Anne Hasler ; ka ashu-uitamatsheshiht, Mani Katinen Nuna, Kanani Penashue-Davis = Eshi-uitakanitshi muteu-akushuna mak eshi-takuannits uiats auen / ka aiatashtats mashinanikannu, Marguerite MacKenzie, Jennifer Shea, Sarah Kristian, Laurel Anne Hasler ; ka innushtats, Mary Jane Edmonds. -- Sheshatshiu Innu First Nation edition = Mushuau Innu First Nation (Natuashish) edition.

No collective title page; texts bound back-to-back and inverted.

Text in English and two dialects of Innu-aimun.

ISBN 978-0-9958536-2-1 (softcover)

1. Cancer--Patients--Care--Terminology. 2. Human anatomy--Terminology. I. MacKenzie, Marguerite, editor II. Hasler, Laurel Anne, editor III. Shea, Jennifer (Jennifer Mary), editor IV. Kristian, Sarah, editor V. Title: Eshi-uitakaniti manitush-akushuna mak eshi-takuannit uiat auen. VI. Title: Eshi-uitakanitshi muteu-akushuna mak eshi-takuannits uiats auen.

RC261.C366 2017

616.99'4

C2017-901580-X

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FOREWORD

Ushkat e uavitakanit

This booklet will help Innu and non-Innu communicate more freely. It is an important step for both the medical community and the Innu. Different cultures sometimes have trouble communicating with each other. A resource like this will be invaluable in this capacity.

Ume natukun-mashinaikan etutakanit tshika mishta-uitshikut innuat kie akaneshauat tshetshi etatu nishtutatuiht. Mishta ishpitenitakuan ute tshutenaniminanit kie nete etusseht natukunishat. Nanikutin anamiu auen eka nishtutuat akaneshau kie innu iat. Eukuan kuet itenitamak^u tshika mishta-minuau ume natukun-mashinaikan tshetshi uavitshikuiak^u.

Jack Penashue
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ACKNOWLEDGMENTS

E nishtuapamakaniht auenitshenat ka uavitshiaushuht

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 Sheshatshiu Innu First Nation primary and social health departments Norma Huxter, Elizabeth Michelin and Janet Gregorie Bellefleur. 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.

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

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

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

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

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

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

PREFACE

Tshissenitamuniuenanu uavitakanu ka tutakanit ume mashinaikan

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 Sheshatshiu Innu First Nation predominately residing in the community of Sheshatshiu. 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

Manitush-akushun aimuna

BLOOD AND LABORATORY TESTS

UMIK^u AUEN E NANATU-TSHISSENITAKANIT KIE E NANATU-TSHISSENITAKANIT KUTAK TSHEKUAN

Blood chemistry

natu-tshissenitakanu umik^u tshetshi minuanit

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

Blood glucose

kashivasht takuannu umikut

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 kassinu umik^u tshetshi kanuenitak nutim tshekuannu anite tshipa tshitapatakanipan

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

pashtavenitakanu e nanatu-tshissenitakanit utakushun aven, nasht nenu tapue akushishapan

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

pashtavenitakanu e natu-tshissenitakanit utakushun kie apu akushit

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

Fecal occult blood test (FOBT)

nanatu-tshissenitakanu umik^u tshetshi takuanikue umeit

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

Helicobacter pylori (H. pylori)

e uinakuak ka ainikaneshit ushkatat mak ka apishapekashit utatshishit

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

Liver function*tan eshi-pimipanit ushkun*

How well the liver works.

Occult blood*umik^u takuan muk^u apu nukuak*

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

Platelet*umik^u tshetshi eka mushkakamut*

A type of blood cell that helps blood to clot.

Prostate Specific Antigen (PSA) test*natau-tshissenimakanu napeu umikut
tshetshi umanitushimut unik^u pessish
ushishiunaput*

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*umei natu-tshissenitakanu*

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 ushishiunapui*

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

Urine culture*natu-tshissenitakanu shishiunapui*

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

Urine cytology*natu-tshissenitakanu shishiunapui*

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

CANCER

MANITUSH-AKUSHUN

Adenoma

*nitautshin anite tshakuan unikut, muk^u
apu manitushut*

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

Antibody

*tshakuan etakuak mikut tshetshi
mashikak akushunnu*

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

Antigen

*uiat takuannu tshekuannu auen
tshetshi tutamakanit tshetshi eka
akushit*

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

Benign growth

*nitautshin tshakuan anite uiat muk^u apu
atshimakak*

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

Bile duct cancer

umanitushimu anite uishupuiapit

An abnormal growth in the bile duct.

Bladder cancer / Bladder tumour

umanitushimu anite uniapit

An abnormal growth in the bladder.

Bone cancer

umanitushimu ushkanit

An abnormal growth, a tumour in a bone.

Brain tumour, cancerous

umanitushimu utipit

An abnormal, malignant growth in the brain.

Brain tumour, non-cancerous

apu umanitushimit utipit

A growth in the brain is not abnormal or malignant.

Breast cancer

manitush-akushun tshitshishit

An abnormal growth in the breast.

Cancer

manitush-akushun

Abnormal growths in the body.

Cancer in situ

apu kassinu ishpaniti umanitushima

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

Cancer survivor

*eshk^u inniu auen at katshi mukut
manitusha*

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

Cancerous growth*umanitushima nitautshinua*

Abnormal cells that grow in or on the body.

Carcinogen*e tutakut auen tshetshi mukut manitusha*

Anything that causes cancer.

Carcinoma*eukuan ume tshitshue manitush-akushun tekuak atamit uiat auen*

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

Cell*eukuan nikan uet epishashit ka inniumakak eshi-nitautshit*

The most basic, smallest unit of all living things.

Cervical cancer*umanitushimu ishkueu anite ut nitautshit avass*

An abnormal growth on a woman's cervix.

Colorectal cancer*umanitushimu anite ka mitshapekak utatshishi kie mak umishiuakanit*

An abnormal growth in the colon or rectum.

Congenital*mataunakushu e inniuti auen*

When something abnormal is present in the body at birth.

Diagnosis*eshinikatenit etakushit*

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

Early detection and screening*uipat natu-tshissenimakanu auen eshk^u eka akushit*

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

Grade*tan eshpish kushtikuak manitush-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*umanitushimu anite unikut*

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

In situ cancer*apu kassinu ishpaniti umanitushima*

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

Inoperable*apu tshi matishakanit manitush-akushun*

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

Invasive cancer*manitush-akushun atshipanu*

A cancer that spreads beyond where it begins.

Leukemia*manitush-akushun nitautshin anite uinit*

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

Liver cancer*umanitushimu ushkunit*

An abnormal growth in the liver.

Localized cancer*apu ishpaniti anite kassinu manitush-akushun*

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

Lung cancer*umanitushimu upanit*

An abnormal growth in the lungs.

Lymphoma*umanitushimu unikut*

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

Malignant*ka kushtikuat manitush-akushun mak ka nipaiuet*

Cancerous.

Melanoma*manitush-akushun anite ushakat*

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

Metastasis*ishpanu anite kueshte manitush-akushun*

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

Nasopharyngeal cancer*umanitushimu mishkutit*

An abnormal growth in the nose.

Non-melanoma*tshekuan nitautshimakan anite ushakat muk^u namaieu manitush-akushun*

A growth on the skin is not cancerous.

Oncology*nanatu-tshissenimakanu manitush-akushun*

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

Oral cancer*umanitushu utunit*

An abnormal growth in the mouth.

Ovarian cancer*umanitushimu ishkieu anite uava uetshipaniti*

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*eshku eka nitautshimakak manitush-akushun*

A growth in the body which could become cancer.

Prognosis

*tan tshe ishi-uitamuakanit tshe
ishpanikue ka natukuiakanit aven*

The chance of recovery or of a disease coming back.

Prostate cancer

*umanitushimu napeu unik^u pessish
ushishiunaput*

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

Recurrence

minuat akushu

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

Remission

minu-inniu ka akushit

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

Sarcoma

umanitushimu anite uiashit

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

Screening and early detection

*uipat natu-tshissenitakanu manitush-
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

umanitushimu anite ushakat

An abnormal growth on the skin.

Spinal cord tumour

*nitautshinnu manitush-akushun anite
uaukanit*

An abnormal growth in the spinal cord.

Stage

*tan eshpishitinniti umanitushim aven
kie ma tshetshi tshitutenikue
umanitushim*

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

umanitushimu ushkatat

An abnormal growth in the stomach.

Teratogen

*tshekuannu tshipa akushishkaku avass
eshk^u eka inniut*

Anything that can harm a baby before it is born.

Terminal cancer

ka nipaiuet manitush-akushun

A cancer that causes death.

Testicular cancer

umanitushumu uishinat

An abnormal growth in a man's testicles.

Throat cancer

nitautshinnu tshekuannu ukutakanit

An abnormal growth in the throat.

Toxin

matshi-natukun; matshi-natukunapui

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

Tumour

tshekuannu ka nitautshinit uiat

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

Tumour marker

*atamit uiat ishi-uapatakanit eshi-
umanitushimit auen*

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

Uterine cancer

*umanitushimu ishkujeu anite ut
nitautshit auass*

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

Vagina or vulva cancer

umanitushimu ishkujeu umutat

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

COMORBIDITIES

ETAKUSHIT AUEN MINUAT MIAM MANITUSHA E MUKUT

Blood pressure, high

ishkupanu umik^u

The blood runs too fast.
Also called: Hypertension

Blood pressure, low

nashikupanu umik^u

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

Bowel obstruction

tshipapitshepanu utatshishi

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

Cirrhosis of the liver

nipatau ushkun e minit

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

Depressed / Depression

ushtuenitam^u

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

Diabetes

e kashiuashiumikuet

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

Dysplasia

ka apishashiti tshekuana atamit uiat mishkutshipanu kie tshipa thsi manitushimu aishkat

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

Epstein-Barr virus (EBV)

akushun uet tshi umanitushimit auen

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

Esophagitis

patshipanu ukutakan

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

Fibroid

nitautshin tshekuan anite uashka auass ka tat

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

Hepatic encephalopathy

apu minupanit ushkun ekue akushimakak mitip

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

Hepatitis

patshipanu mak akushimakan ushkun

A disease which causes inflammation of the liver.

Human papillomavirus (HPV)

tanite uetshipanit utshitshikuma mak manitush-akushun

A virus that causes warts and cancer.

Hypertension

ishkupanu umiku

The blood runs too fast.

Also called: Blood pressure, high

Hypotension

nashikupanu umiku

The blood runs too slowly.

Also called: Blood pressure, low

Infertility

apu tshi utauassimit ishkuveu kie mak napeu

Not being able to have children.

Inflammation

inikaneshu

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

Inflammatory bowel disease

inikaneshu kie patshipanua utatshishia

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

Jaundice

kauishauat akushun

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

Mole

uminim

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

Osteoporosis

apu shapakanet ushkana

When bones become weak and easy to break.

Pneumonia

ikamunua utatshikama

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

Polyp

nitautshin ka apishashit tshekuan atamit (utatshishit, ut nitautshit auass, uniapit, ukutakanit)

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 ushikat kie mak atamit uiat

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)

e mishta-tshikanakuak akunikan atamit uiat; pitepaniakanu akunikanit

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

Magnetic resonance imaging (MRI)

akunakanu atamit ushkatat

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

Mammogram

netu-tshissenimakaniti ishkuueu utshitshishima

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 eshpanit uiau atamit

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

Ultrasound

akunikan

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

X-ray

akunikan

A picture of any inside part of the body.

GENETICS

AUEN TAPISHKUT ETAKUSHIT MIAM NE UIKANISHA

Familial

uikanishimaua anite utshipannu etatu akushun

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

Family history

mashinataikanu eshi-itakushiht uikanishimauat

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

Gene

anite uikanisha utshipanu eshinakusht

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

Gene mutation

natshishk atshipanu tshekuan uiat

A permanent change in a gene.

Genetic consult or referral

uitamuakanu auen tshetshi ma tapishku itakushikuenit miam ne uikanishimauat

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 auen tshetshi itakushikuenit miam uikanishimauat

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

anite utshipanu uikanisha

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

HEALTH CARE PROFESSIONALS

KA UAUITSHIAT KA AKUSHINITI

Family physician / Family doctor

unatakunishima auen

The doctor who regularly sees a patient and the family.

Gynecologist

*ishkueua ka natu-tshissenimat
natukunish*

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

Nurse, registered

natukunishishkuess

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

*natukunish ka natukutat manitush-
akushunnu*

A doctor who treats cancer.

Pain and symptom management

*uitshiku auen 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 nutshitat natukunish

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

Social worker

katshishe-utshimautusset

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

ashiniu-patshuian

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

Healthy living

eshi-minu-inniunanut

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

Indoor tanning

*uashtenimakan apashtakanu tshetshi
uinipikushuat ushakaia*

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

Occupational exposure

utatusseunit uet tshi umanitushimit

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

Physical activity

e aiatshit aven

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

*tshika ui nanakatshitau eshk^u eka
ishpanit tshekuan*

Actions to stop something from happening.

Risk factor

*eshpish kuashtatshenitakuak tshe
itakushit*

The chance of getting a disease.

Second-hand smoke

nenetam^u e pituanut

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

Smoking cessation

puni-pituau

Stopping smoking.

Sunscreen

eka ka ishkuashut pishim^u tumitsheun

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

Ultraviolet radiation

*kushtikushiu pishim^u minu-tshishikat kie
ne uashtenimakanit*

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 tatutipapeikaneshit

How much a person weighs.

MEDICATION

NATUKUNA

Acetylsalicylic Acid (ASA)

ushtikuan-natukun

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

Analgesic

natukun minakanu tshetshi eka akushit

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

Antibiotics

tshika uitshiku natukuna tshetshi uipat minu-inniut

Medications that attack germs and fight infection.

Anti-cancer drugs

manitush-akushunnu ka mukuat natukuna

Drugs used to stop cancer growth.

Anti-emetic drug

natukuna tshe eka ushtamatshiut

A drug that prevents or stops vomiting.

Anti-inflammatory drug

natukun tshetshi ashte-patshipanit

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

Aspirin

ushtikuan-natukun

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

Birth control pill

eka utauassiminanu natukun

A drug that women take by mouth to prevent pregnancy.

Diuretic

natukun mak kutak tshekuan ka shishishkatshet

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

Dose

tan tatuau minakanit natukun peikuau ekutak

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

Enema

pitapunakanu auen

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

tshishtaikan

Being given a needle.

Intravenous (IV)

kutamuakanu natukunnu

Inside a vein.

Narcotics

ka shutshishimakaki natukuna

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 tshetshi uitshikut kie ma
kanuenitakanua shash uiat*

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

Vaccine therapy

*tshishtaikan ka uitshikut uiat tshetshi
minu-inniut*

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

NUTRITION

ESHI-MINU-MITSHISHUNANUT

Dietary fibre

ka uitshikut 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

ka uavitamuat auenua tshe ishi-mitshishuniti

A health care professional that focuses on food and nutrition.

Fluids / Hydration

nipi e minanut

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

Nutrition

eshi-minu-mitshishunanut

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

PAIN

E AKUSHIT

Abdominal pain

akushu ushkatat

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

Acute pain

mishta-shassikut tshitshipaniu

Very bad pain that happens suddenly or gets worse quickly.

Burning pain

miam eshkuashuti eshpish akushit

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

mishta-akushu minekash

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

*e akushit auen katshi ushikutat
utsheshtiapit, uaukaniapit kie mak utipit*

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

Pain

akushu

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

Pain diary

*mashinataikanu eshakumitshishikaua
utakushun mak unatukunima*

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

*apu akushit; apu takuannit nenu ka
akushit*

No pain.

Phantom limb pain

*akushu kie matenitam^u nenu ka
manishakanit ushpitun kie mak ushkat*

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

Rating pain

*tan eshpish akushit: apishish kie put
mishta-akuiku*

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*shassikut akuiku*

Sudden and severe pain.

Sinus pain*akuiku utshanikukanit*

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

Somatic pain*akuiku aven ka ushikushinit ushakat kie mak uiashit*

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

Visceral pain*akushu ukassikanit kie mak ushkatat*

Pain in any organ in the chest or belly.

PATIENT INFORMATION

AKUSHIUNNU ESHI-UAUITAMATUT NATUKUNISHA

Advanced health care directive

*minakanu mashinaikannu auen tshetshi
mashinatautishut tanenu uikanisha
tshe utunikakut*

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

*uauitamuakanu auen kie nenu uikanisha
tan tshe ishi-natukuiakanit*

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

*uitamaku natukunish tan tshipa
tutuakanu auen natshipanit utei kie
mak 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)

*mashinatautishu auen mashinaikannu
tshetshi patshitinakanit natshipaniti
utei kie mak eka nenet*

An order not to attempt cardiopulmonary resuscitation (CPR) in the event a patient suffers cardiac or respiratory arrest.

Donor

auen ka minuet tshekuan anite ut uiat

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

Goals of care

*uitamuakanu auen tshe ishi-
natukuiakanit*

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

Informed consent

*mashinatautishu auen tshetshi
tapuetak ishi-natukuiakanit*

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

Medical history

*mashinataikanu eshi-itakushit mak
eshi-natuiakanit auen*

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

PATIENT INSTRUCTIONS

TAN TSHE ISHI-TUTAK NE AUEN KA AKUSHIT

Hold still, breathe normally

eka matshi, shitinu nene

It is very important not to move

anu minuau tshetshi eka aiatshin

No creams or lotions

eka uin apashta ka nitumititshanut

No feeling or sensation

apu nishtushit

SURGERY AND COMMON PROCEDURES

E MATISHUAKANIT MAK E NANATU-TSHISSENITAKANIT

Ablation

*tshekuan anite atamit uiat utinakanu
mak nipatakanu*

Removing or destroying cells, tissues or organs.

Amputation

*tshimishakanu tshekuannu auen anite
uiat*

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

Anesthesia, general

nipeuiakanu

The condition of 'being put to sleep'.

Anesthesia, local

tshishtauakannu tshe eka nishtushit

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

Angiography

*pitutepanitakanu natukun nete
mikuiapit tshetshi nanatu-
tshissenitakanit tanite eka minupanit
tshekuan anite uiat*

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

Also called: Arteriography

Arteriography

*pitutepanitakanu natukun nete
mikuiapit tshetshi nanatu-
tshissenitakanit tanite eka minupanit
tshekuan anite uiat*

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

Also called: Angiography

Biopsy

*pakueshakanu uiash apishish tshetshi
natu-tshissenitakanit utakushun*

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

Bone marrow biopsy

manishakanu uin

The removal of soft tissue from inside a bone.

Bowel re-section

*matishakanu kassinu kie mak apishish
utatshishit*

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

Breast conserving surgery

pakueshuakanu tshitshish

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

Breast self-examination*uin natu-tshissenimeu utshitshishima*

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*pitutepaniakanu akunikan ukutakaniapi mak ka mitshapekak upaniapi*

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)*natu-tshissenimakanu ishkujeu utshitshishima*

A physical exam of the breasts and nearby lymph nodes.

Colectomy*matishakanu kassinu kie mak apishish ka mitshapekak utatshishi*

An operation to remove part or all of the colon.

Colonoscopy*pitutepaniakanu akunikan anite ka mitshapekak utatshishi*

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

Colostomy*umassimuteutu tshetshi mishit*

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

Colposcopy*pitutepanitakanu akunikannu ishkujeu e natu-tshissenimakanit atamit*

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

Cone biopsy*matishakanu apishish uiash tshetshi natu-tshissenitakanit anite atamit ishkujeu*

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

Cystectomy*matishakanu kassinu kie mak apishish uniapi*

An operation to remove part or all of the bladder.

Cystoscopy*pitutepaniakanu akunikan uniapit*

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)*putshikatshenakanu*

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

Endoscopy*pitutepaniakanu akunikan anite atamit uiat*

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 kassinu manitu-akushun
mak apishsish uiash uashka tshetshi
natu-tshissenitakanit*

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

Gastrectomy

*matishakanu kassinu kie mak apishish
ushkatai*

An operation to remove part or all of the stomach.

Hepatotomy

*matishakanu kassinu kie mak apishish
ushkun*

An operation to remove part or all of the liver.

Hysterectomy

manishakanu auass ka tat

An operation to remove the uterus.

Ileostomy

*pikushuakanu utatshishi tshetshi
umassimuteutit tshetshi mishit*

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 manitush-akushun
tshetshi natu-tshissenitakanit*

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

Invasive

*pitaikanu tshakuan ushikat kie mak
uiat; mishituepanu akushun*

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

Laparoscopy

*pitutepaniakanu akunikan atamit
ushkatat*

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 kassinu kie mak apishish
unik^u kie mak tshakuan atamit uiat*

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

Lumpectomy

manishakanu muk^u anite ka pishkupanit

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

Mammogram

*netu-tshissenimakiniti ishkueu
utshitshishima*

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

Mastectomy

manishuakanua utshitshishima

An operation to remove a breast.

Mastectomy, modified radical

manishuakanua utshitshishima mak unikua

The removal of the breast and lymph tissue.

Nasal endoscopy

pitutepaniakanu akunikan atamit ushkutit

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 kassinu kie mak apishish ukueiau

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

Non-invasive

auen eka pitaikanit nanatu-tshissenimakanu ushikat kie mak uiat

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 akushun

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

Pap test / Pap smear

natu-tshissenimakanua ishkuueu anite shipa

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

Pelvic examination

natu-tshissenimakanu ishkuueu anite shipa eshinakushit

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

Pneumonectomy

matishuakanua kassinu kie mak apishish upan

An operation to remove part or all of a lung.

Polypectomy

manishakanu ka apishashit tshekuan ka nitautshik anite atamit

The removal of a polyp.

Prosthesis

ushkatikuakanu kie mak utitshikuakanu

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

Punch biopsy

matishakanu e uaviat ushakaia kie mak uiash

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

Reconstructive surgery

matishukanu auen tshetshi minu-inniut

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

Re-section

matishakanu kassinu kie mak apishish tshekuan atamit uiat

An operation to remove part or all of an organ.

Rhinectomy

matishakanu kassinu kie mak apishish ushkush

An operation to remove part or all of the nose.

Shave biopsy

kashkashkaikanu ushakaia

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

Sigmoidoscopy

pitutepaniakanu akunikan anite vet mishit

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

Skin exam

natu-tshissenamakanua ushakaia

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

Skin flap

apishish utinakanua ushakaia tshetshi mishauakanit ushakaia anite iat

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

mishauakana ushakaia anite iat uiat ekue ueshiakaniti kaiakushit

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

Skin surgery

manishakanu tshakuan anite ushikat

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

Surgery

matishuakanu

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

Thoracotomy

tatuassipeshuakanu

A cut to open the chest wall.

Trachelectomy

manishakanu anite vet inniut avass kie mak unikua pessish

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

Tracheostomy

ukutakanit ka pakuneshuakanit

An operation to make an opening in the windpipe.

Upper gastrointestinal (GI) endoscopy

pitutepaniakanu akunikan atamit uiat, anite ut utunit nuash ushkatat

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 ushkatat

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 manitush-akushun

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

akushishkaku natukunnu ka minakanit auen

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

Allergic reaction

apu minushkakut natukuna kie mak kutakinu tshekuannu kie mitshiminu

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

Anaphylaxis

nasht tshitshue apu minushkakut natukuna kie mak kutakinu tshekuannu kie mitshiminnu, tshipa tshi niapiku auen

A very bad, possibly deadly, allergic reaction.

Anemia

apu shutshishimakanit umik^u

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

Anxiety

ueshami-mamitunenitam^u mak shetshishu

An uneasy feeling, tension, worry, distress.

Ascites

nipinu nishtumipanu anite ushkatat

A buildup of fluid in the abdomen.

Asymptomatic

nasht apu akushiunakushit

Having no signs or symptoms of a disease.

Bacteria / Bacterial infection

kauinakuak tshekuan anite atamit uiat

Tiny, single-celled living things (micro-organisms) 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 uikun eku shishitshipanu

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

Bone marrow suppression

*katshi natukuiakaniti auen
umanitushima, tshipa tshi uipat akushu
minuat*

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

Constipation

tshipaukatsheu

Difficulty having a bowel movement.

Coughs*ushtashtam^u*

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

Dehydration*apu ishpish minit nipinu; ikatshipanu nipi anite unashitsh*

Losing too much water from the body.

Depressed / Depression*ushtuenitam^u*

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

Diarrhea*mamishiu*

Having loose, watery bowel movements again and again.

Dry eye syndrome*pashtenu ussishik^u*

Having fewer tears than normal.

Dry mouth*mishta-pashtenu utun*

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

Dysuria*akushu e shishit*

Having trouble or pain when urinating.

Esophagitis*patshipanu ukutakan*

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

Fatigue / Fatigued*aieshkushiu*

Feeling very tired or not having enough energy.

Fecal occult blood*umik^u mishkakanu umeit muk^u apu nukuak*

Blood (hidden) in the stool.

Fever*tshishiteushikaieu*

A higher than normal body temperature.

Fibroid*nitautshin tshekuan anite uashka auass ka tat*

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

Fluid retention*etatu ishkupanu nipinu anite uiat; patshipanu*

A buildup of fluid in the body.

Hair loss*uashekanepanu*

Balding or loss of hair from the scalp or body.

Hematuria*umikunu shitshishtam^u; mikunu uatakanu ushishiunapuit*

Blood in the urine.

Hemoptysis*shishtikuatam^u umikunu*

Coughing up blood.

Hoarse voice*massikutakaneu*

An abnormally deep, rough voice.

Incontinence*apu tshi nakanak aven ushishiunapui
mak ua mishiti*

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

Indigestion*apu tshi minushtenit umitshim
matshishuti; akuaiku umitshim*

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

Inflammation*inikaneshu*

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

Insomnia*apu tshi nipat*

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

Jaundice*kauishauat akushun*

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

Loss of appetite*apu ui mitshishut*

Losing interest in food and not eating.

Lump*ka pishkupanit*

An abnormal mass in the body.

Lymphedema*patshipanua unikua e
tshipuapitshepaniti*

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

Nausea*ushtamatshiu kie ui pakumu*

Feeling sick to the stomach or wanting to vomit.

Neutropenia*apu takuak e minuat umik^u tshetshi
nipatat akushun*

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

Nosebleed*pashkushtunu*

Bleeding from the nose.

Numbness*apu nishtushit*

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

Occult blood*umik^u takuan muk^u apu nukuak*

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

Phlebitis*patshipanua umikuiapia*

Inflammation of a vein causing redness, swelling and pain.

Radiation sickness

*akushishkaku auen eshkuashakunnit
utakushun*

Symptoms caused by large doses of radiation.

Shortness of breath

ushtutam

Difficulty breathing or being unable to take full breaths.

Side effect

eka minushkakut auen natukuna

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

Skin change

iat ishpannu ushakai

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

Skin reaction

apu minushkakut ushakat

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

Swollen lymph nodes

patshipanua unikua

When lymph nodes become larger than normal.

Symptom

*uapatam^u mak matenitam^u auen
etakushit*

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

Treatment-induced menopause

*katshi nanatukuiaakaniti umanitushima,
eku punipanit umik^u*

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

Virus

akushun e ashu-minitunanut

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

nanitam natu-tshissenitakanu auen utakushun

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

Adjuvant therapy

minuat natukuiakanu auen katshi tshishtakanit ushkat eshi-natukaikanit

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

Alternative therapy

iat ishi-natukuiakanu

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

Biological therapy

eka apishtat natukunnu eshi-natukuiakanit tshetshi atshipanit ka inniumakak eshi-nitautshik

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

Chemoradiation therapy

ishkuashakanu mak natukun mamu apashtakanu tshetshi nipatakanit manitush-akushun

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

Chemotherapy

natukun ka apashtakanit tshetshi nipatakanit manitush-akushun

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

Clinical trial

natu-tshissenitakanu tan tshe ishi-natukutakanit akushun

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

Combination therapy

mitshetuvait eshi-natukuiakanit auen

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

Complementary and alternative medicine (CAM)

iat natukuna eshi-natukutakanu akushun

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

Conventional therapy

eshi-natukuiakanit auen anutshish

The currently accepted and widely used treatment for a disease.

Cryotherapy

mashkutimakanua umanitushima

A procedure to freeze off cancer cells.

Drug therapy

natukunnu apashtakanu eshi-natukuiakanit

A treatment that uses medical drugs to treat a disease.

Experimental drug

natu-tshissenitakanu natukun

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

Follow-up

eshk^u nanitam natu-tshissenimakanu at katshi akushiti

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 auen tshetshi iat ishi-nitautshinit

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

Internal radiation

ishkuashakanu atamit uiat uenapishish tshetshi nipaikanit manitush-akushun

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 manitush-akushun eshk^u eka kutak natukun kutshipanitanit

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

Palliative care

tshetshi minu-kanuenimakanit auen eshk^u eka nipit

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

Photodynamic therapy

natukun mak uashtenimakan apatshtakanu eshi-natukuiakanit

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

Radiation treatment

ishkuashuakanua umanitushima

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

Rehabilitation

uitshiakanu auen tshetshi etatu minu-inniut

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

Surgery

matishuakanu

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

Targeted therapy

natukun ka nipatat muk^u manitusha

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

Transplant

*minakanu kutak tshekuannu anite ut
uiat auennu (utei, ushkun) tshetshi
minu-inniut*

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

Treatment

eshi-natukaiakanit

An action to cure or relieve a disease or disorder.

VITAL SIGNS

TSHEKUAN UAPATINIKUIAK^u KIE UATIMAKUIAK^u ESHK E INNIUTI AUEN

Blood pressure

e tipaikanit umik^u

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

Body mass index

tipaikanu eshpish uinnut auen

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

Pulse

tan eshpish tshishpanit utei

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

Respiration

e nenet

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

Temperature

tan eshpish tshishiteushikut auen

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

Weight

e tatutipapeikaneshit

How much a person weighs.

PREFIXES AND SUFFIXES

Nikan mak utat ka ashushtakaniti aimunissa

Aden-, Adeno-

unikua

Gland

Angio-

umikuiapi

Blood vessel

Anti-

apu tshetshi ...

Against

Audio-

e petak

Hearing

Auto-

uin, nin, tshin

Self

Carcin-, Carcino-

manitush

Cancer

Cardio-

utei

Heart

Cerebri-, Cerebro-

utip

Brain

Cervic-, Cervico-

ukueiau; e shakuapekashinit anite uet

inniut auass

Neck (of the body or uterus)

Col-, Colo-

utatshishi

Colon, large intestine, bowel

Coron-, Corono-

utei

Heart

Denti-, Dento-

mipita

Teeth

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

ushakaia

Skin

Dys-

animan; animiu

Difficulty or trouble

-ectomy

manishakanu, matishakanu

Removal

-emia

umiku^u

Blood

Gastr-, Gastro-*ushkatat*

Stomach

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

Sugar, sweet

-gram*akunikan*

Record, measure

Gravid-, Gravido-*e utauassimit ishkuue*

Pregnant

Hemi-*pushku*

Half

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

Blood

Hepat-, Hepato-, Hepati-*ushkun*

Liver

Hyper-*ueshami-ishkupanu; ueshami-tshishipanu*

Excessive, above, beyond

Hypn-, Hypno-*nipekuakanu*

Sleep

Hypo-*nashikupanu*

Under, deficient, beneath

-itis*e miniut kie mak uishatshishu*

Inflammation, infection

Macr-, Macro-*mishau; mishishtu*

Large, big

-meter*tipaikan*

Measure

Micro-*e apishashit*

Small

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

Muscle

Neur-, Neuro-*utsheshtiapit*

Nerve, nerves, or nervous system

-ology; -ologist*aven ka nanatu-tshissenitak**tshekuannu*

The study of something; the person who studies something

-oma*manitush*

Tumour

Orth-, Ortho-*kuishkunakanu*

Straight, normal position

Or-, Oro-*utunit*

Mouth

-osis*eshinakuak tshakuan*

State or condition

Oste-, Osteo-*ushkanit*

Bone

-ostomy*matishakanu*

Surgical opening

Ot-, Oto-*uitukat*

Ear

Ox-, Oxi-, Oxo-*neneun*

Oxygen

Patho-, -pathy*akushun*

Disease

Ped-, Pedo-*auass*

Child

Pharm-, Pharmi-*natukun*

Medicine, drug

-phobia*kushtam^u kie ma shetshishu tshetshi akuikut*

Abnormal fear or intolerance, sensitivity

Photo-*e uashtet; e tshikaiashtet*

Light

-plasty*ueveshtakanu uiu*

Surgical shaping or formation

Pneum-, Pneumo-*upanit; neneun*

Lungs or breathing

Psych-, Psycho-*umitunenitshikan*

Mind

Pulmo-, Pulmono-*upanit*

Lungs

Quadr-, Quadri-*neu*

Four

-sclerosis*mashkupanu*

Hardening

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

Act of visually examining

Thromb-, Thrombo-
nishtupanu

Clot

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

Toxin or poison

TERMS FOR BODY PARTS

E ishinikatenit uiau auen

Abdomen

ushkatai

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

Abdominal muscle

uiash ushkatat

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

Achilles tendon

ututiniapi

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

Adam's apple

utshitun

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

uinu

The fatty tissue under the skin and around the organs.

Also called: Fatty tissue

Adrenal glands

unikua

The glands above each kidney that produce hormones.

Afterbirth

auass utashpikueshimun

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

Also called: Placenta

Alveoli

upanit nasht atamit eshpanit uneneun

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

Amniotic fluid

auass unipim

The liquid in the sac around a fetus.

Amniotic sac

auass umassimuteush

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

Ankle

uakun

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

Ankle bone*uakunikan ushitit*

Also called: Talus

Anus*mishiuakan*

The last part of the digestive tract.

Aorta*ka mitshapekak miteiapi*

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

Appendix*kauishikapekasht*

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

Areola*uashka tshitshish*

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

Arm*ushpitun***Armpit***utikuai*

Also called: Axilla

Artery*ka mitshapekak umikuiapi*

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

Artery, common carotid*ka mitshapekak mikuiapi ukueiat*

The artery in the neck.

Artery, pulmonary*upanit ka mitshapekak umikuiapi*

The blood vessel which brings blood to the lungs.

Artery, renal*utetakushit ka mitshapekak umikuiapi*

The blood vessel which brings blood to the kidneys.

Atrium, left*takut unashpatshiunit miteit ka pitutepanit e shutshishimakak umiku^u tshetshi minu-nenet*

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

Atrium, right*takut uminunit miteit ka pitutepanit umiku^u*

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

Axilla*utikuai*

Also called: Armpit

Axillary nodes*unikua utikut*

The lymph nodes in the armpit.

Back*ushpishkun***Back of skull***utat ushtikuanikanit***Backbone***uaukan*

Back, lower

nashik^u ushpishkun

Bartholin's glands

ishkueu unikua anite umutat

The small glands in the lips of the vagina.

Beard, moustache, whiskers

uishtuia

Belly button

utishi; utishiapi

Also called: Navel, Umbilicus

Biceps muscle

uiash nikan ushpitunit

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

Bicuspid tooth

uipit upime utatimuapitanit

The tooth next to the canine tooth.

Bile duct

uishupuiapi

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

Birth canal

utshiss

Also called: Vagina

Bladder, urinary

uniapi

The bag where pee is kept.

Blood

umik^u

Blood vessels

umikuiapia

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

Body

uiau

Bone

ushkan

Bone marrow

uin

The soft tissue inside the bones.

Bowel

ka mitshapekak utatshishi

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

Also called: Colon, Large intestine

Brain

utip

Also called: Cerebrum

Brain stem

utipiapi

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

Breast

tshitshish

Breast tissue (dense)

atamit tshishishit apu shuk^u pimiut

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

Breastbone*ushkassikan*

Also called: Sternum

Bronchial tubes*upaniapia*

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 mitshapekak upaniapi*

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

Buttock / Bum*mitshishkapeu***Calf***utashtan***Calf muscle***utashtaneukua*

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

Canine tooth*utatimuapitan; tshinashkuapitan;
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*mitei mak umik^u eshpanit*

The organ system that includes the heart and blood vessels.

Carotid arteries*umishta-mikuiapia anite ukutakanit ka itapekamuniti ushtikuanit*

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

Carotid artery, common*ka mitshapekak mikuiapi nete ukueiat*

The artery in the neck.

Cartilage*eka ka shapat*

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*eukuan nikan uet epishashit ka inniumakak eshi-nitautshit*

The most basic, smallest unit of all living things.

Central nervous system*utip mak uaukaniapi eshpanit*

The brain and spinal cord.

Cerebellum

anite enat utipit, takut uaukaniapit

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

Cerebral cortex

uashka mitipit

The outside layer of the biggest part of the brain.

Cerebrospinal fluid (CSF)

utipapui

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal fluid

Cerebrum

uashka mitipit

Also called: Brain

Cervical nodes

unikua ukueiat

The lymph nodes in the neck.

Cervical spine

takut uaukunit

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

Cervix

uet unuipanit auass

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

Cheek

utamakan

Cheekbone

utamakanikan

Also called: Zygomatic arch

Chest

ushkassikan

Also called: Thorax

Chin

ukuashkuneua

Circulatory system

eshpanit umik^u anite uiat

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

Circumcision

tshimishuakanua ushakaia anita

unishkut uitakashit

The removal of the foreskin of the penis.

Clavicle

uapikan

Also called: Collar bone

Clitoris

ishkueu utenni mutat

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

ushuitshekan

The small triangular bone at the bottom of the spine.

Also called: Tailbone

Cochlea

esh eshinakuak atamit mitukat

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

Collarbone*uapikan*

Also called: Clavicle

Colon*ka mitshapekak utatshishi*

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

Also called: Bowel, Large intestine

Common carotid artery*ka mitshapekak mikuiapi ukueiat*

The artery in the neck.

Connective tissue*utsheshta mak utsheshtiapia*

Ligaments or tendons.

Cranium*ushtikuanikan*

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

Also called: Skull

Crown of head*ushakatip*

The top of the head.

CSF (Cerebrospinal fluid)*utipapui*

The clear fluid surrounding the brain and spinal cord.

Also called: Spinal fluid

Cyst*nitautshinnu nipinu atamit uiat*

A fluid-filled sac found inside the body.

Deltoid muscle*uiash utitimanit*

The muscle that forms the top of the shoulder.

Diaphragm*upashtenuia*

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

Digestive system*ka pikupitak mitshiminu*

The parts of the body that help to digest food.

Disc, spinal*uaukan ashpaikaniss*

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

Also called: Intervertebral disc

Duct*tutushinapiapi*

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

Duodenum*takut utatshishi*

The first part of the small intestine.

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

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

Eardrum*uitukai teueikaniss*

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

Elbow*utushkun*

The joint between the forearm and the upper arm.

Embryo*avass eshk^u eka ka nitautshit*

An unborn human in its first two months of growth.

Epiglottis*tshipaikan ukutakan*

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

Esophagus*ukutashkueiapi*

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

Ethmoid sinus*pessish ussishikut utshanikukana*

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

Eustachian tube*utatshishi tashtuit uitukat mak utunit*

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

Eye*ussishik^u***Eye socket***ussishikuapikan*

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*uashkaiapunan***Face***utashtamik^u*

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

Fallopian tube*ishkueu utatshishit uetshipaniti uauma*

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

Fat*uinu*

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

Fatty tissue*uinu*

The fatty tissue under the skin and around the organs.

Also called: Adipose tissue

Femur*upuamikan*

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

Fetus

auass eshk^u eka inniut

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 apishashinit ushkan anite ushkatit

The outside, smaller bone of the lower leg.

Fingernail

ushkashi

Finger(s)

ninitshititshan(a)

Finger, index

atuaikanashk^u

The second finger.

Also called: Forefinger

Finger, middle

utetautitshan

Finger, pinky

utishkuaititshiss

The last, smallest finger.

Also called: Baby finger, Little finger

Finger, ring

tapititshepishunititshi

Also called: Fourth finger

First molar tooth

nishtam uikuapit

Flesh

uiash

Fontanel

unatipima

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

Foot

ushit

Foot, sole of

unakashtan

Bottom of foot.

Forearm

nashik^u ushpitunit

The lower part of the arm.

Forearm muscle

uiash nashik^u ushpitunit

The lower part of the arm.

Forefinger

atuaikanashk^u

The second finger.

Also called: Index finger

Forehead

ushkatik^u

Foreskin

ushakaia anita unishkut uitakashit

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

Fourth finger

tapititshepishunititshi

Also called: Ring finger

Freckles

utshiashtamikueu

Frontal sinus

ushkatikut utshanikukana

Pocket of space located behind the brow ridge.

Gallbladder*uishupui***Genitals***mutai*

The private parts of a man or woman.

Gingiva*uiashapit*

Also called: Gums

Gland*unik^u*

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

Glands, adrenal*unikua*

The glands above each kidney that produce hormones.

Glands, Bartholin's*ishkueu unikua anite umutat*

The small glands in the lips of the vagina.

Glands, salivary*nete uet ushikut*

Glands around the mouth that create saliva.

Gland, prostate*napeu unikua atamit pessish
ushishiunaput*

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

Gland, thymus*unik^u upime ushkassikan*

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

Gland, thyroid*unikua ukutakanit*

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

Gluteus maximus muscle*uiash umitshishkapem*

The main muscle of the buttocks.

Gonads*napeu uishinaua kie mak ishkueu uauma*

Testes in a man or ovaries in a woman.

Groin*utshiashkat*

The area of the body between the insides of the thighs and the lower abdomen.

Gum socket*uiashapit*

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

Gums*uiashapit*

Also called: Gingiva

Hair*pishkueuna***Hair, pubic***upiuia*

The hair growing in the groin area of a person.

Hand*utitshi***Hand, left***unashpatshiun*

Hand, right*uminun***Head***ushtikuan***Head, crown of***ushakatip*

The top of the head.

Heart*utei*

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

Heel*ututan*

The back part of the foot.

Hip*utukun*

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

Hip joint*utukun*

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

Humerus*ushpitunikan*

The bone of the upper arm.

Immune system*takuan tshakuan anite uiat e uitshikut
tshetshi eka akushit aven*

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

Incisor tooth*tetaut uipit*

One of the front teeth.

Index finger*atuaikanashk^u*

The second finger.
Also called: Forefinger

Inferior vena cava*nashik^u umikuiapi ka mitshapekak*

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

Inguinal area*utshiashkat*

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

Inguinal nodes*unikua utshitshashkat*

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

Intervertebral disc*uaukan ashpaikaniss*

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

Intestine, large*ka mitshapekak utatshishi*

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

Intestine, small*ka apishapekashit utatshishi*

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

Iris of eye*uashka kashteuapunan nete ussishikut*

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

Iron*assikuman*

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

Jaw, lower*utapissikan*

The part of the skull from which the teeth grow.

Also called: Mandible

Jaw, upper*takut utapissikan*

The part of the skull from which the teeth grow.

Also called: Maxilla

Joint*ka-anishkuetshitiki ushkana*

The place where two or more bones meet.

Kidney*utetakushu*

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*utshitikua*

Also called: Patella

Knuckle*e kutikupanit utitshi*

The joint of a finger.

Labia*utunit*

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

Labial*utunit*

Of or relating to the lips.

Lactation*ka nushaniaushut ishkueu*

The making of milk by the breasts.

Large intestine*ka mitshapekat utatshishi*

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

Also called: Bowel, Colon

Larynx*utshitun*

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

Left atrium*takut unashpatshiunit miteit ka pitutepanit e shutshishimakak umik^u tshetshi minu-nenet*

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

Left hand*unashpatshiun***Left ventricle***nashik^u unashpatshiunit eshpanit umik^u anite miteit*

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

Leg*ushkat***Lens***kauaveiat utat kashteuapunanit*

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

Ligaments*utsheshtiapia (aianishkuetshitina ushkanit)*

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

Lip, lower*nashik^u utunit***Lip, upper***takut utunit***Little finger***utishkuaititshiss; mashten tshininitshititshan*

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

Liver*ushkun*

A large organ that cleans the blood and produces bile.

Lobe*ekamut kie tatipan tekuak tshakuan miam anite upanit, utipit, utetakushit*

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)*tutushinapui uetshipanit*

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

Lower back*nashik^u ushpushkun***Lower jaw***utapissikan*

The part of the skull from which the teeth grow.

Also called: Mandible

Lower limb*ushkat kie mak upuam***Lower lip***nashik^u utunit***Lumbar spine***nashik^u uaukanikana*

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: Jaw, lower

Marrow*uin*

The soft material inside bones.

Maxilla*takut utapissikan*

The part of the skull from which the teeth grow.

Also called: Jaw, upper

Maxillary sinus*nashik^u ussishik^u utshanikukana*

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

Meninges*uashka ka pishkutietshinikanit mitip*

A thin layer of tissues that cover the brain.

Metacarpals*patetat ushkana anite utitshit*

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

Metatarsals*patetat ushkana anite ushitit*

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

Middle finger*utetautitshan***Molar tooth***uikuapit*

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***uiash*

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

Muscle, abdominal*uiash ushkatat*

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

Muscle, biceps*uiash nikan ushpitunit*

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

Muscle, calf*utashtaneukua*

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

Muscle, deltoid*uiash utitimanit*

The muscle that forms the top of the shoulder.

Muscle, forearm*uiash nashik^u ushpitunit*

The lower part of the arm.

Muscle, gluteus maximus*uiash umitshishkapem*

The main muscle of the buttocks.

Muscle, pectoral*uiash ushkassikanit*

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

Muscle, quadriceps*upuameuk^u*

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

Muscle, trapezius*uiash ushpishkunit*

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*uiash utat ushpitunit*

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

Nail*ushkashi*

A fingernail or toenail.

Nasal cavity or passage*e pakuneiat atamit mishkutit*

A large space above and behind the nose.

Navel*utishi; utishiapi*

Also called: Belly button, Umbilicus

Neck*ukueiau***Nerve***utsheshtiapi*

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

Nerve, optic*ussishik^u utsheshtiapi*

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

Nipple*ushtikuanitshitshish*

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

Nose*ushkush***Nostril***utenikum*

One of the two holes in the nose.

Optic nerve*ussishik^u utsheshtiapi*

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

Oral cavity*uipita, mitun kie kassinu anite pitashu utunit*

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

Orbit*ussishikuapikan*

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

Ostomy*pakuneshakanu ushakai utatshishit*

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

Ovary*ushpaiua*

The small sac which contains a woman's eggs.

Ovum*ishkueu uau*

Egg.

Palate*unakashkua*

The roof of the mouth.

Palm*unakashtanititshi*

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

Pancreas*unik^u ka nakatuenitak kashiuashit*

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

Patella*utshitikua*

Also called: Kneecap

Pectoral muscle*uiash ushkassikanit*

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

Pelvis*upitshikai*

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

Peritoneum*pituetshinikan*

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

Phallus / Penis*mitakai***Pharynx***ukutakan*

Also called: Throat

Pinky finger*utishkuaititshiss; mashten
tshininitshitshan*

The last, smallest finger.

Also called: Baby finger, Little finger

Placenta*auass utashpikueshimun*

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

Also called: Afterbirth

Prostate gland*napeu unikua atamit pessish
ushishiunaput*

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

Pubic hair*upiuia*

The hair growing in the groin area of a person.

Pulmonary artery*upanit ka mitshapekak umikuiapi*

The blood vessel which brings blood to the lungs.

Pupil of eye*kashteuapunan*

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

Quadriceps muscle*upuameuk^u*

The large muscle at the front of the thigh which straightens the knee.

Radius*ka apishashkushinit ushpitunikan*

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

Rectum*atamit umishiuakanit*

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

Renal artery*utetakushit ka mitshapekak umikuiapi*

The blood vessel which brings blood to the kidneys.

Reproductive system*napeu mak ishkuveu eshinakushit atamit*

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*ishkuveu eshinakushit atamit*

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 atamit*

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

Retina*atamit utat missishik^u*

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

Rib*ushpitshekan***Right atrium***takut uminunit miteit ka pitutepanit umik^u*

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

Right hand*uminun***Right ventricle***nashik^u uminumit eshpanit umik^u anite upanit*

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

Ring finger*tapititshepishunititshi*

Also called: Fourth finger

Root*atamit uipitit, ushkaishit kie mak
upishkueunit*

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

Sacrum*ushukanikan*

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

Saliva*ushiku*

The slippery, watery fluid produced inside the mouth.

Also called: Spit

Salivary glands*nete vet ushikut*

Glands around the mouth that create saliva.

Scalp*ushakai ushtikuan*

Skin covering the top of the head.

Scapula*utinikana*

Also called: Shoulder blade

Scrotum*napeu umassimuteush*

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

Semen*napeu utatshikuma*

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*ushekatan*

Front of lower leg.

Shin bone*ushkatshikan*

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

Shoulder*utitiman*

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

Shoulder blade*utinikana*

Also called: Scapula

Sinuses*utshanikukana*

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

Also called: Sinus cavities

Sinus, ethmoid*pessish ussishikut utshanikukana*

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

Sinus, frontal*ushkatikut utshanikukana*

Pocket of space located behind the brow ridge.

Sinus, maxillary*nashiku^u ussishiku^u utshanikukana*

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

Sinus, sphenoid*takut ushikutit utshanikukana*

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

Skeleton*ushkana*

All the bones of the body.

Skin*ushakaia*

The covering of the body.

Skull*ushtikuanikan*

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

Skull, back of*utat ushtikuanikanit***Small intestine***ka apishapekashit utatshishi*

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

Sole of foot*unakashtan*

Bottom of foot.

Sperm*ka pakashimushit; ka pakashimushiht*

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

Sphenoid sinus*takut ushikutit utshanikukana*

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

Sphincter*umishiuakan*

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

Spinal cord*uaukaniapi*

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

Spinal fluid*utipapui*

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

Spine*uaukan*

Also called: Backbone

Spit*ushiku^u*

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

Spleen*upepek^u*

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

Sputum*utatshikuma*

Phlegm that is spit up.

Sternum*ushkassikan*

Also called: Breastbone

Stomach*mushtatai*

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

Stomach lining*mushtatai pitavietshinikan*

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

Superior vena cava*ishpimit 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*ushuitshekan*

Also called: Coccyx

Talus*uakunikan ushitit*

Also called: Ankle bone

Teeth*uipita***Tendon***utshesht (anishkuetshitinua ushkanit mak uiash)*

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

Testicle*uishinau*

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

Also called: Testis

Thigh*upuam*

Top part of the leg.

Thigh bone*upuamikan*

Also called: Femur

Third molar tooth*mashten uikuapit*

Also called: Wisdom tooth

Thoracic spine*takuaukan*

The part of the spine in the upper back.

Thorax*ushkassikan*

Also called: Chest

Throat*ukutakan*

Also called: Pharynx

Thumb*utuakan***Thymus gland***unik^u upime ushkassikan*

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

Thyroid gland*unikua ukutakanit*

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

Tibia*ushkatshikan*

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

Tissue, adipose*uinu*

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

Tissue, breast (dense)*atamit tshishishit apu shuk^u pimiut*

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*uinu*

The fatty tissue under the skin and around the organs.

Also called: Adipose tissue

Toe*uninitshikanashtan***Toenail***ushkashia ushitit***Tongue***utenni***Tonsils***unikua ukutakanit*

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

Tooth (teeth)*uipit(a)***Tooth, bicuspid***uipit upime utatimuapitanit*

The tooth next to the canine tooth.

Tooth, canine*utatimuapitan; tshinashkuapitan;
katshinashkuapitet*

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

Also called: Cuspid

Tooth, first molar*nishtam uikuapit***Tooth, incisor***tetaut uipit*

One of the front teeth.

Tooth, molar*uikuapit*

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

Tooth, third molar*mashten uikuapit*

Also called: Wisdom tooth

Trachea*ukutakaniapi*

Also called: Windpipe

Trapezius muscle*uiash ushpishkunit*

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*uiash utat ushpitunit*

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

Ulna*ka tshinuashkuak ushpitunikan*

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

Umbilical cord*utishiapi*

The cord that goes from the baby to the placenta.

Umbilicus*utishi; utishiapi*

Also called: Navel, Belly button

Upper jaw*takut utapissikan*

The part of the skull from which the teeth grow.

Also called: Maxilla

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

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

Urethra*shishiunapui uetshipanit*

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

Urinary bladder*uniapi*

The bag where pee is kept.

Urinary tract or system*shishiunapui uetshipanit*

All the parts of the body involved in making pee.

Uterus*ut nitautshit auass*

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

Also called: Womb

Uvula*kananiuekutesht; kushkan*

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

Vagina*utshiss*

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

Valve*tshipaitshepanu mak ishepanu tshetshi tshiuekunit umik^u*

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

Vas deferens*ka tapitik utatshishi anite mishinat*

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

Vein*umikuiapi*

The blood vessel which brings blood towards the heart.

Vena cava, inferior*nashik^u umikuiapi ka mitshapekak*

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

Vena cava, superior*ishpimit umikuiapi ka mitshapekak*

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

Ventricle, left*nashik^u unashpatshiunit eshpanit umik^u anite miteit*

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

Ventricle, right*nashik^u uminumit eshpanit umik^u anite upanit*

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

Vertebra*uaukanikan*

One of the bones that make up the spine.

Vertebrae*uaukanikana*

The 33 bones that make up the spine.

Vertebra, lumbar*nashik^u uaukanikan*

One of five bones at the bottom of the spine.

Vocal folds / Vocal cords*uet anite aven e aimit*

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*umutai*

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

Windpipe*ukutakaniapi*

Also called: Trachea

Womb*ut nitautshit auass*

Also called: Uterus

Wrist*uakun*

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

Zygomatic arch*utamakanikan*

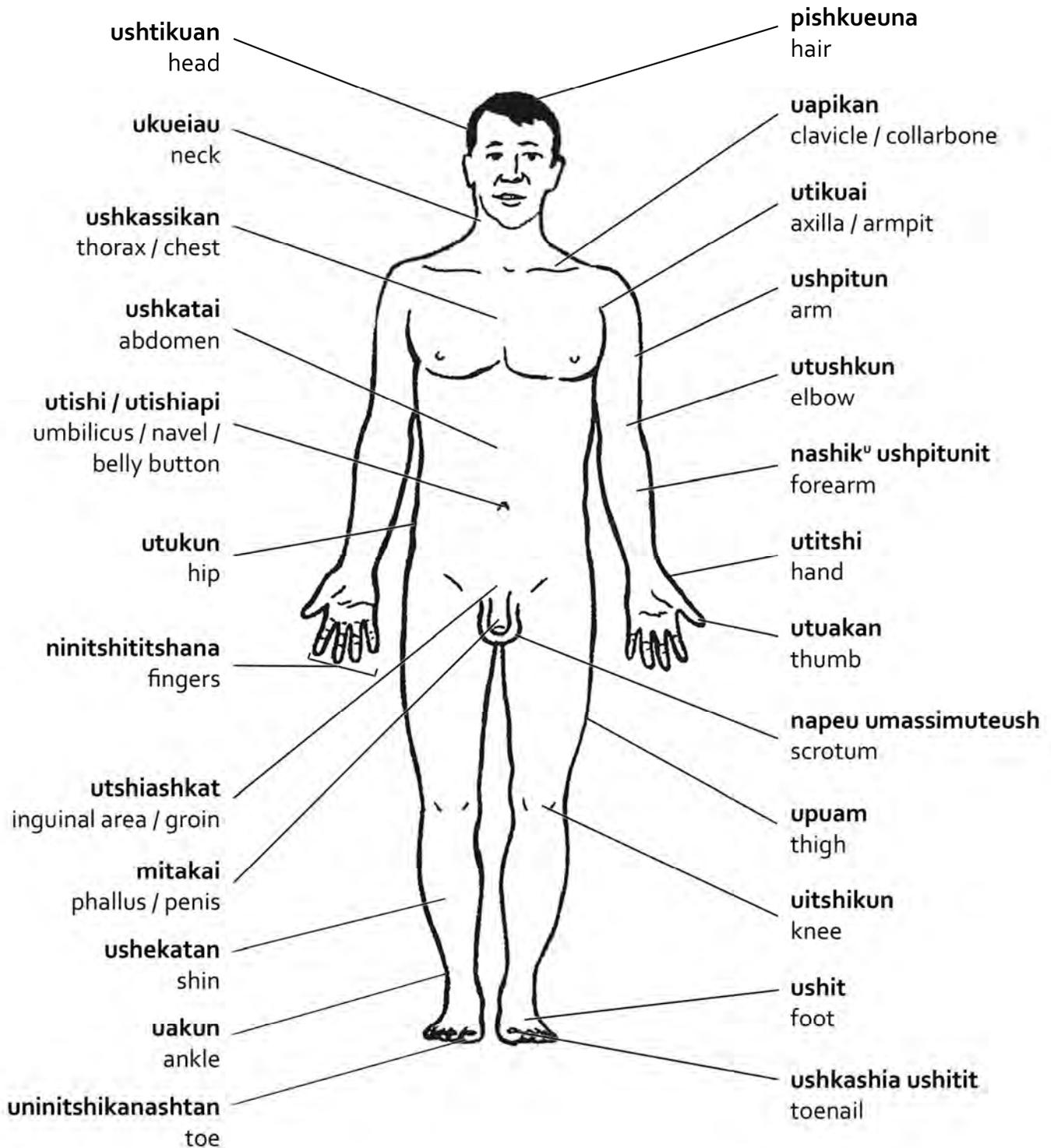
Also called: Cheekbone

DIAGRAMS

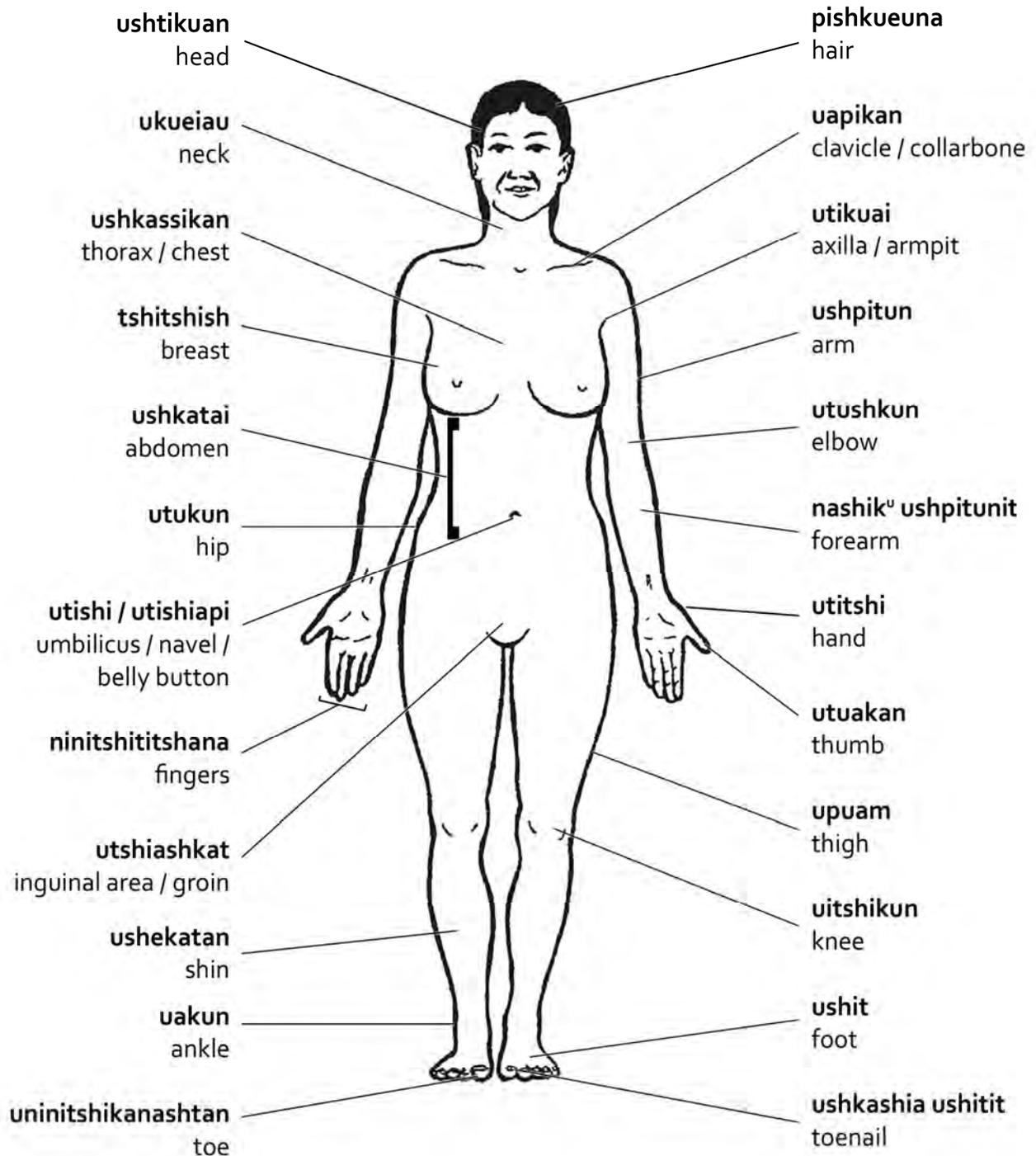
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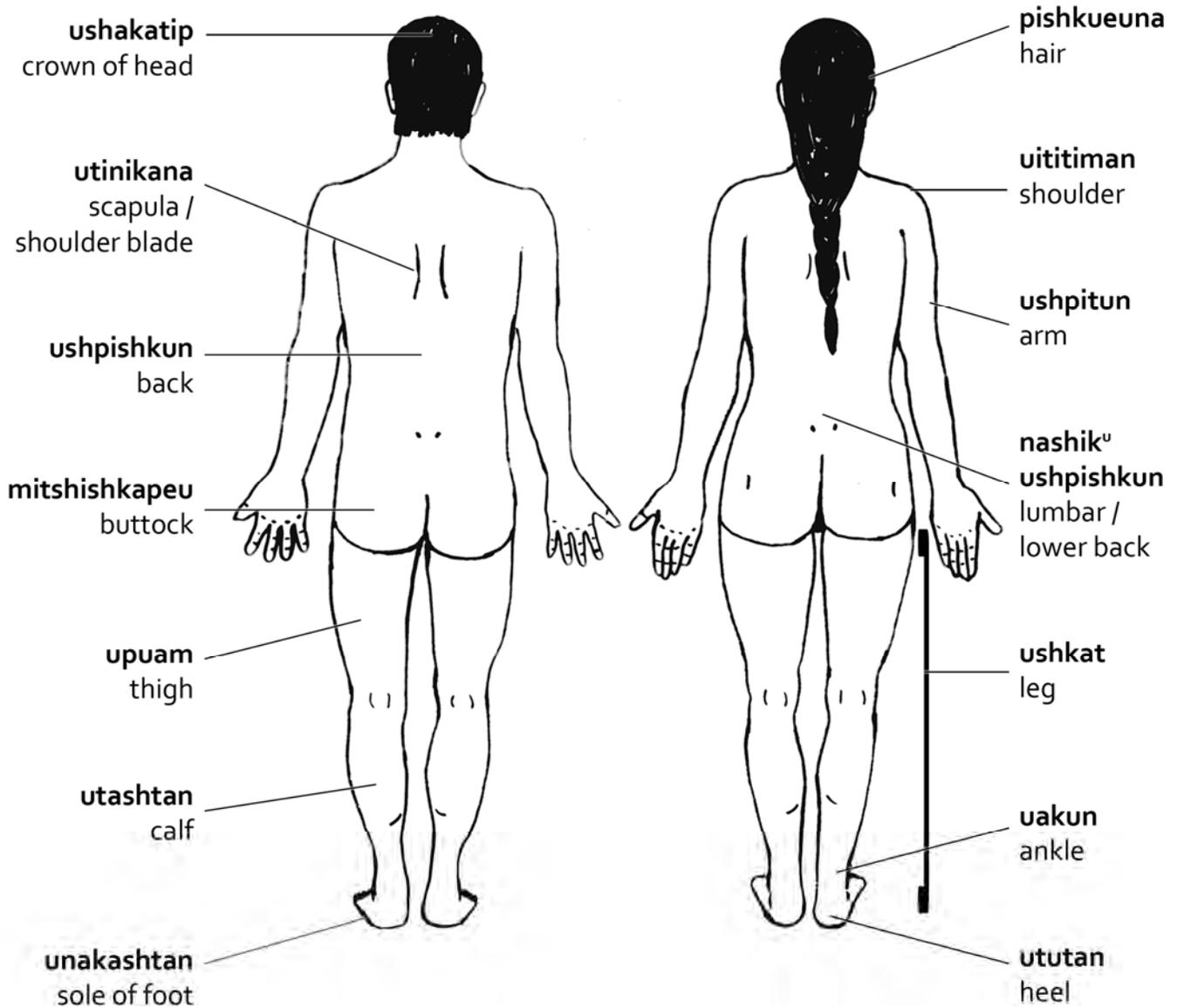
UIAU (NAPEU) BODY (MALE)



UIAU (ISHKUEU) BODY (FEMALE)

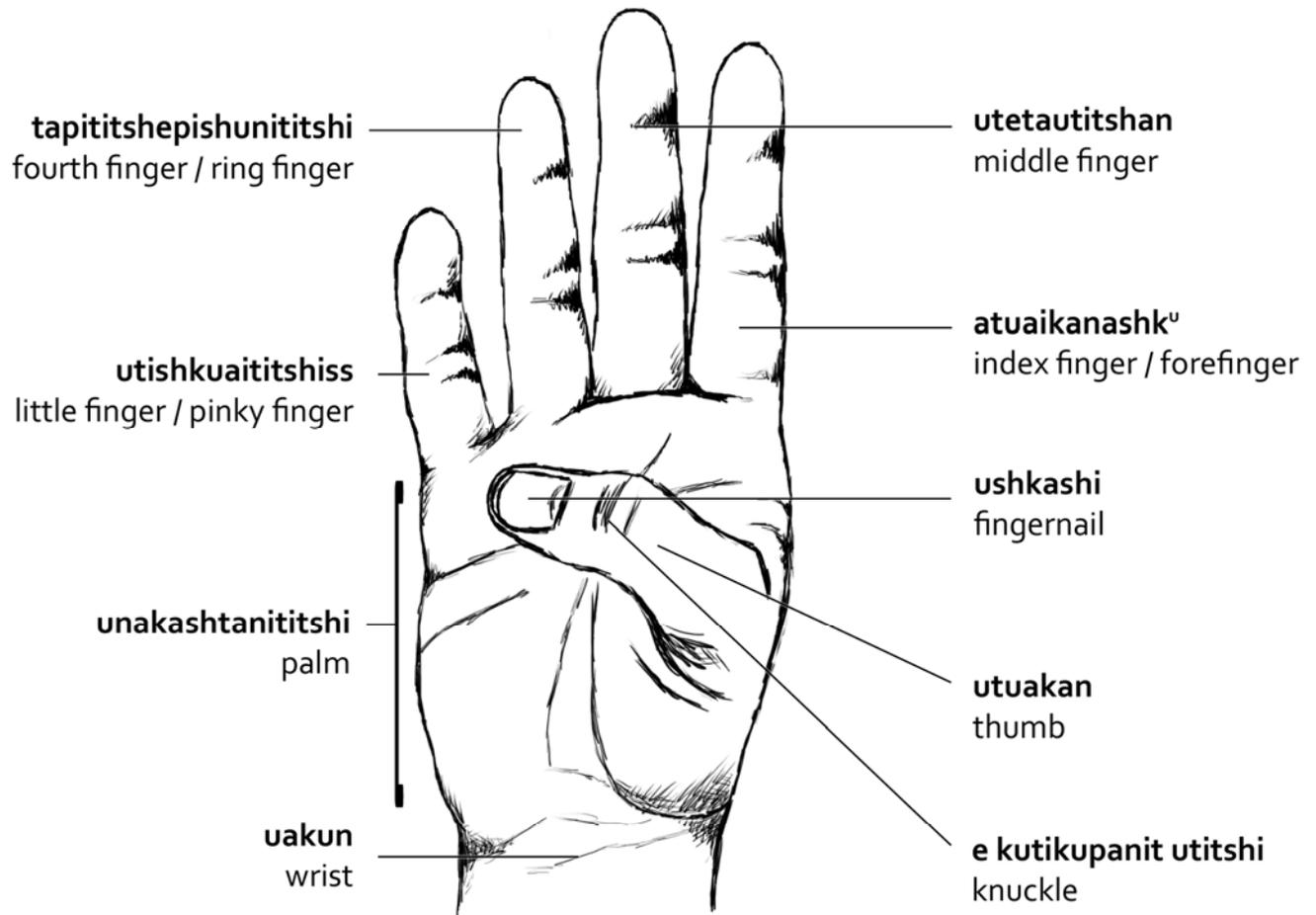


UIAU BODY

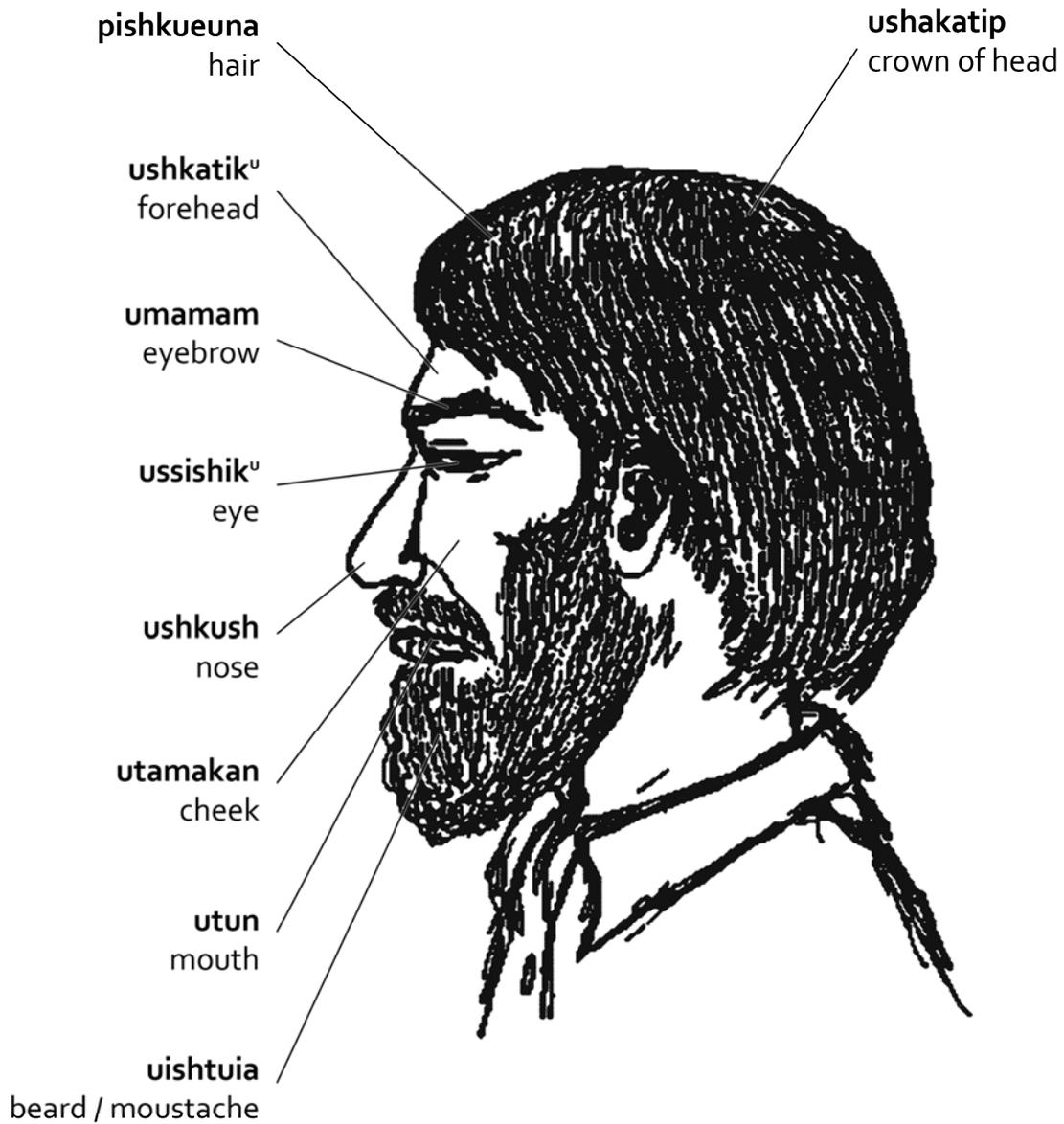


UTITSHI MAK NINITSHITSHANA

HAND AND FINGERS

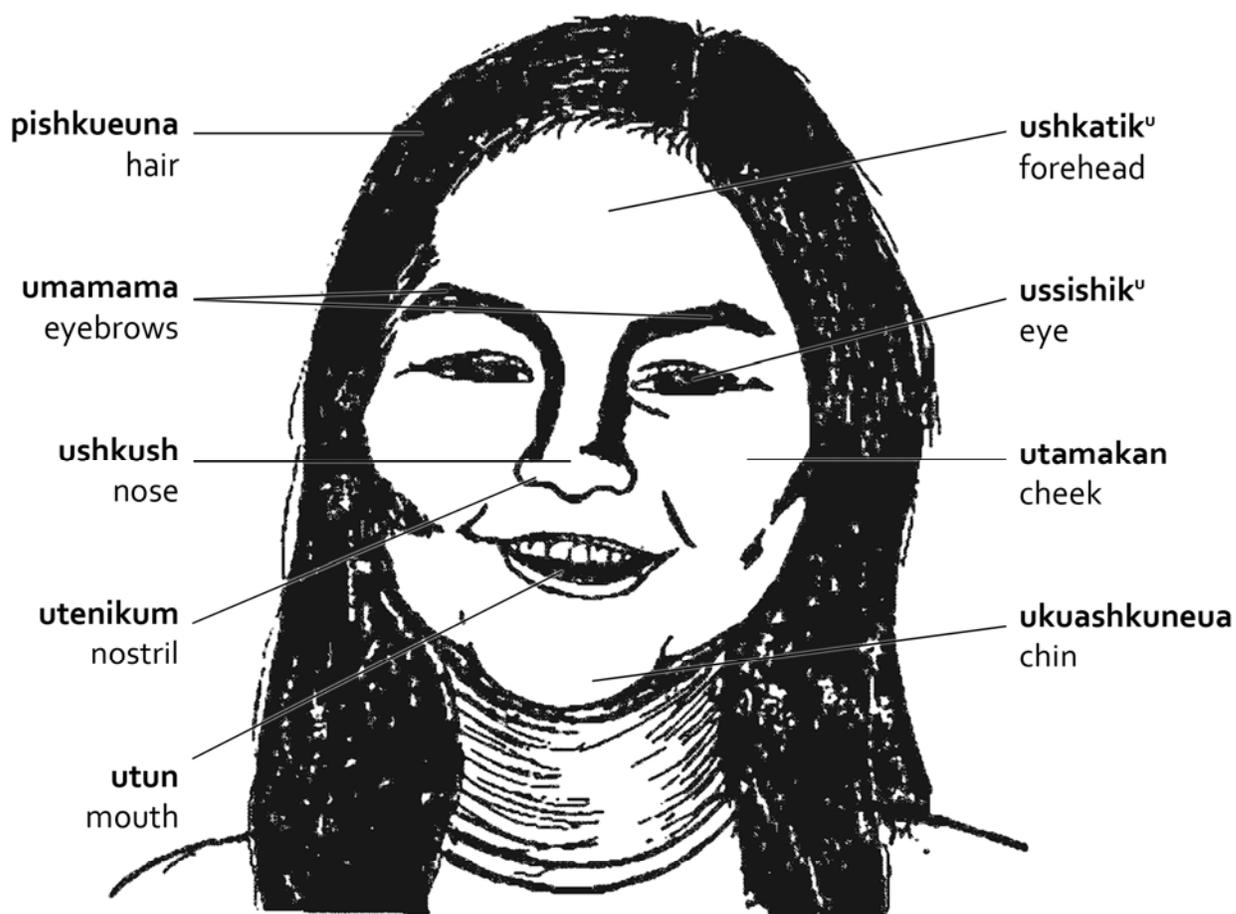


UTASHTAMIK^U (NAPEU) FACE (MALE)

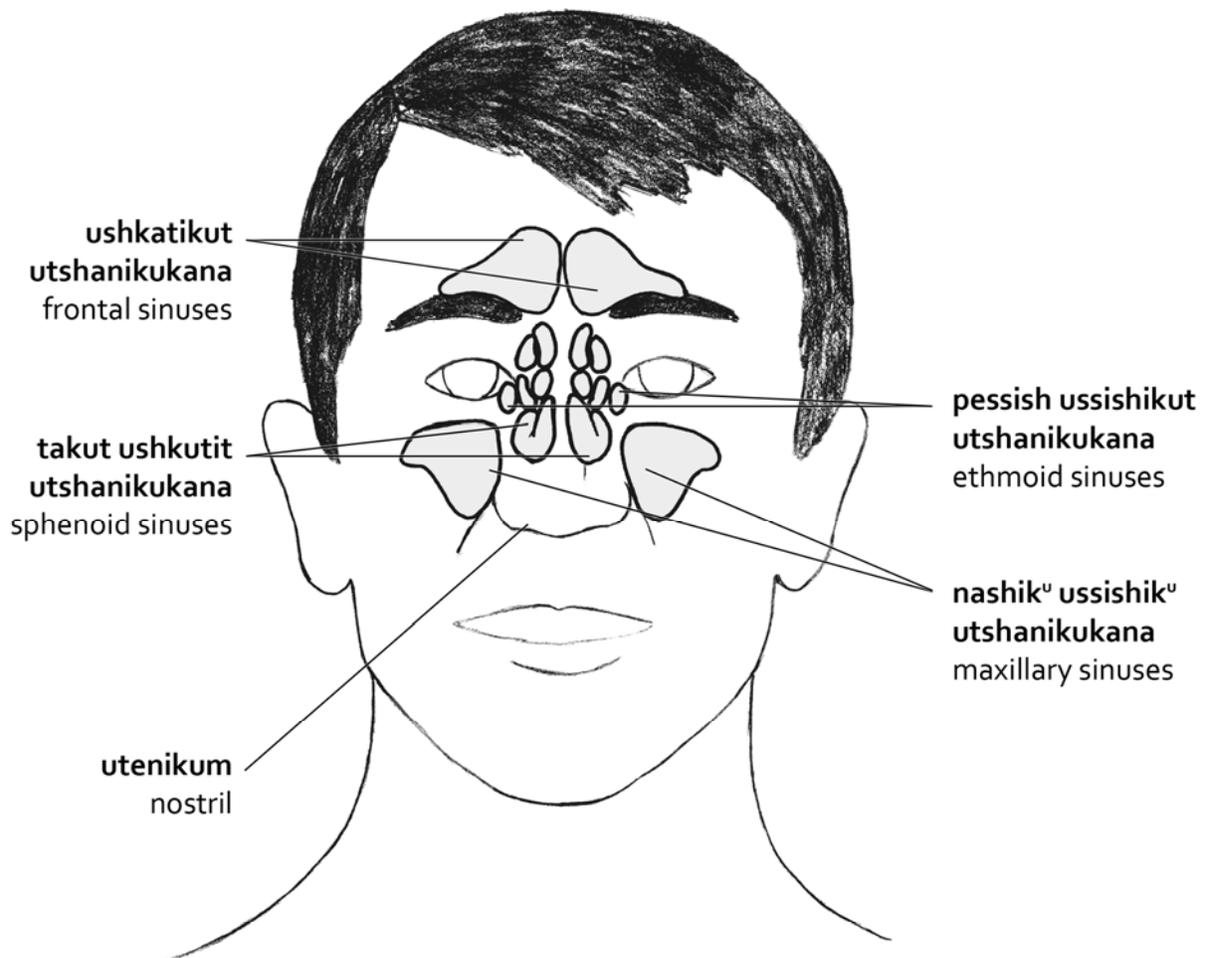


UTASHTAMIK^U (ISHKUEU)

FACE (FEMALE)

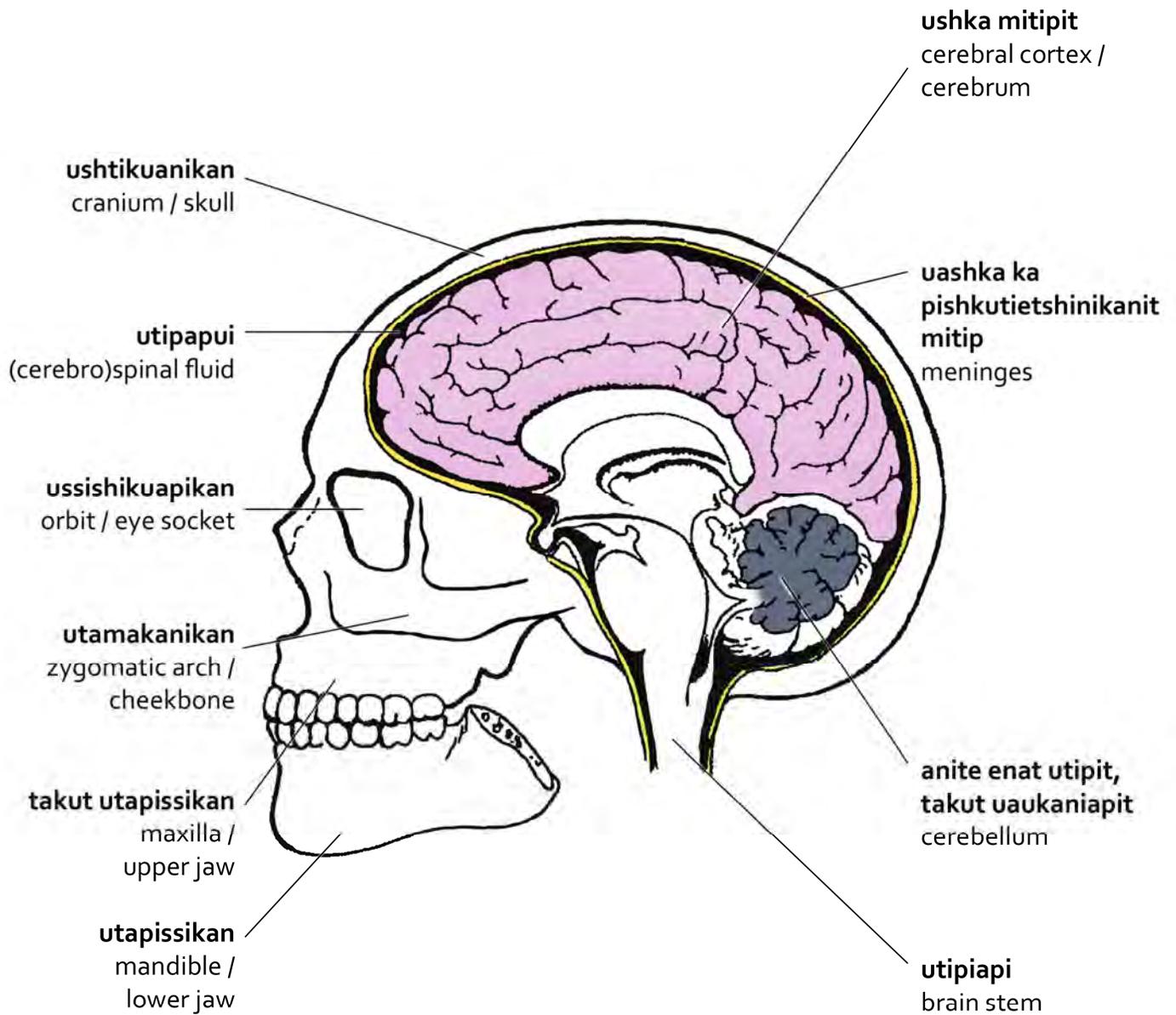


UTSHANIKUKANA SINUSES



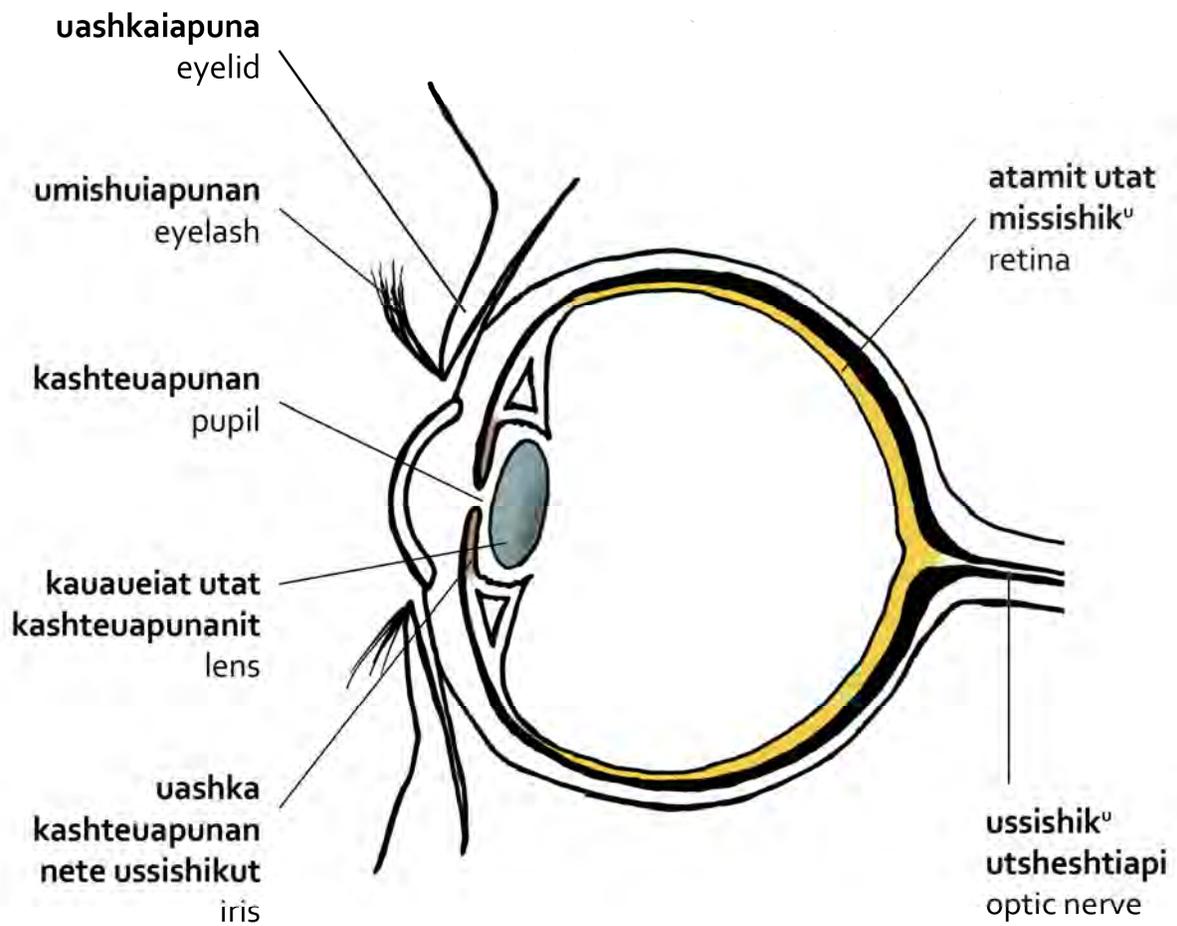
UTIP

BRAIN AND SKULL



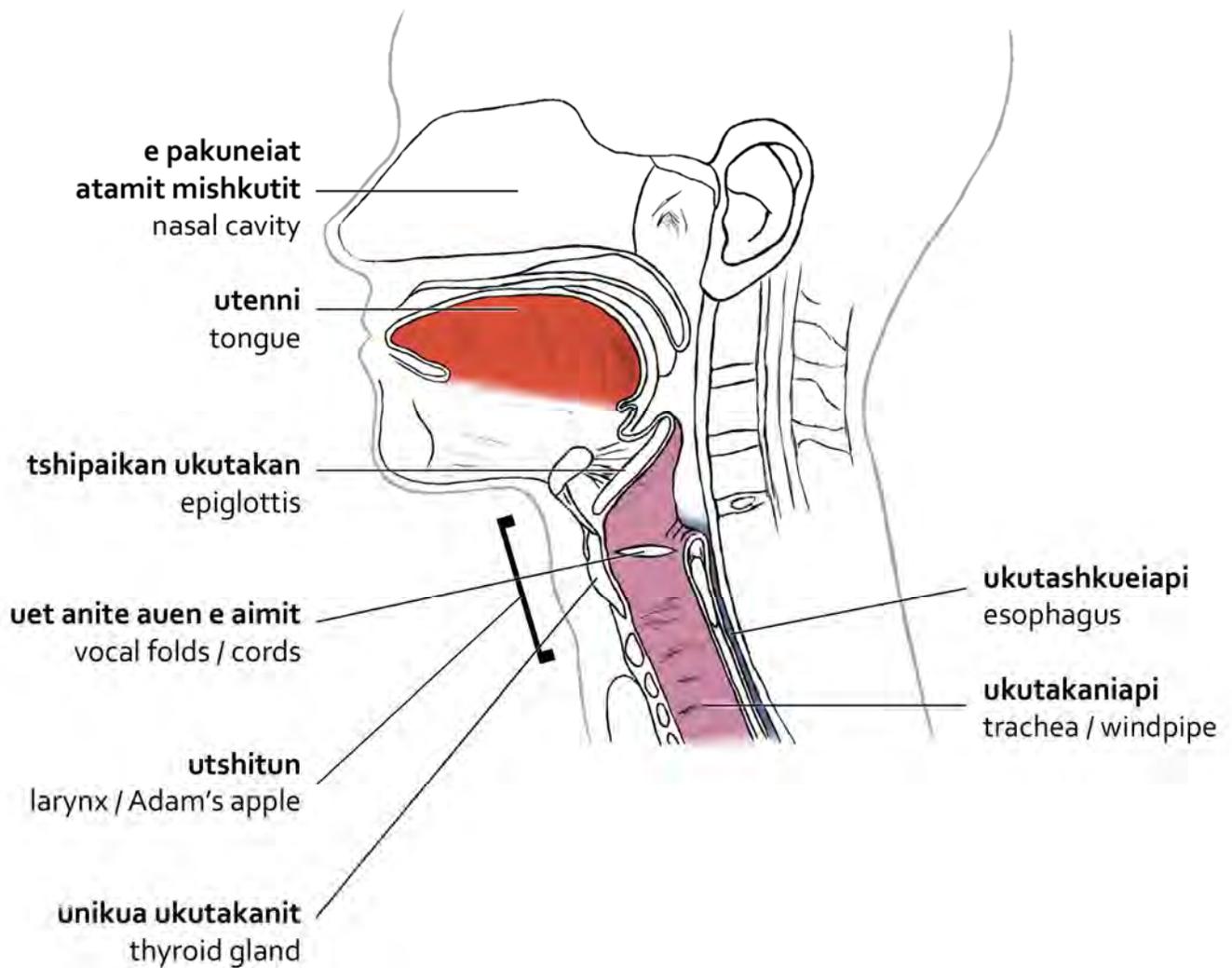
USSISHIK^U

EYE



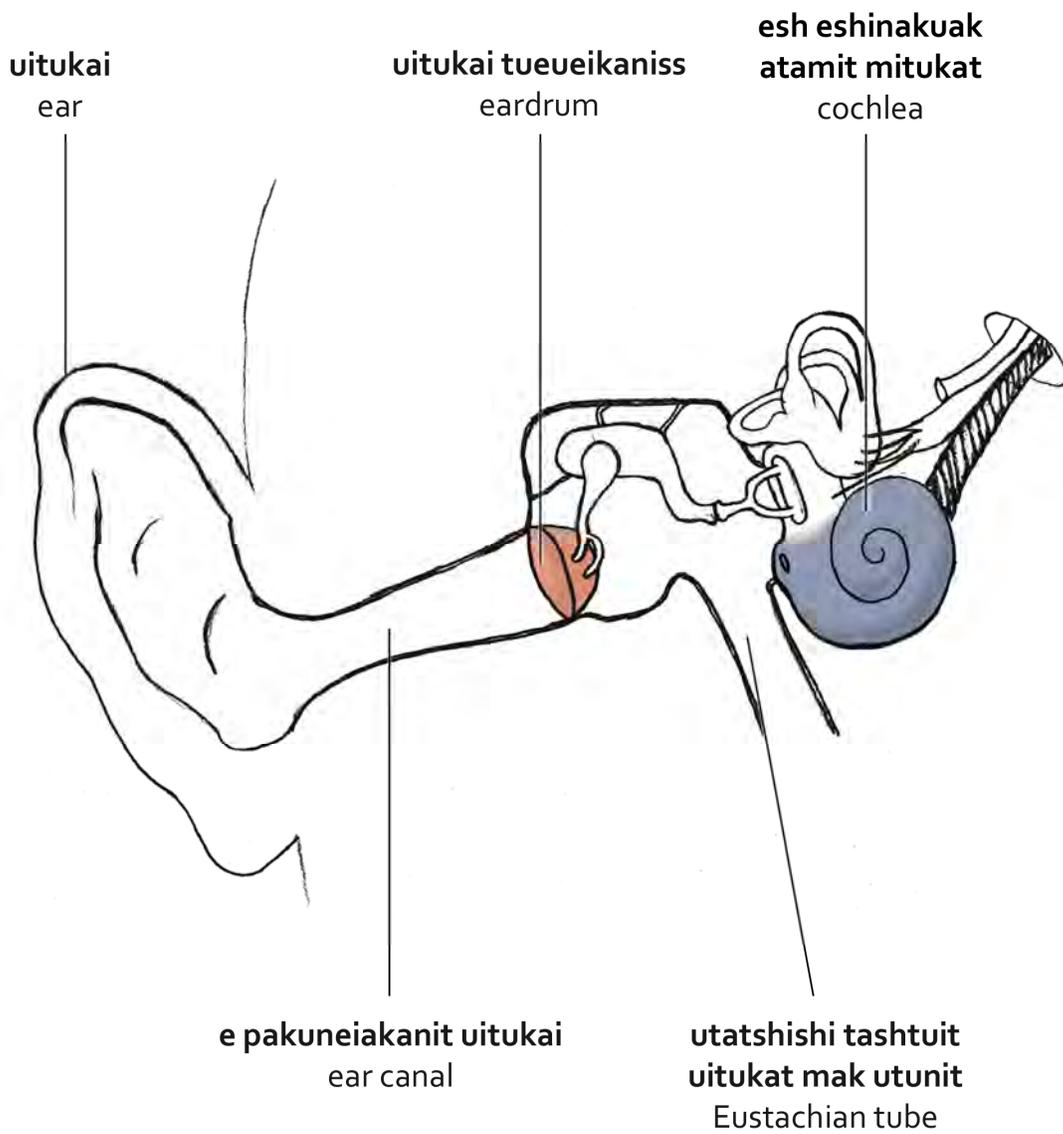
UKUTAKAN

PHARYNX / THROAT



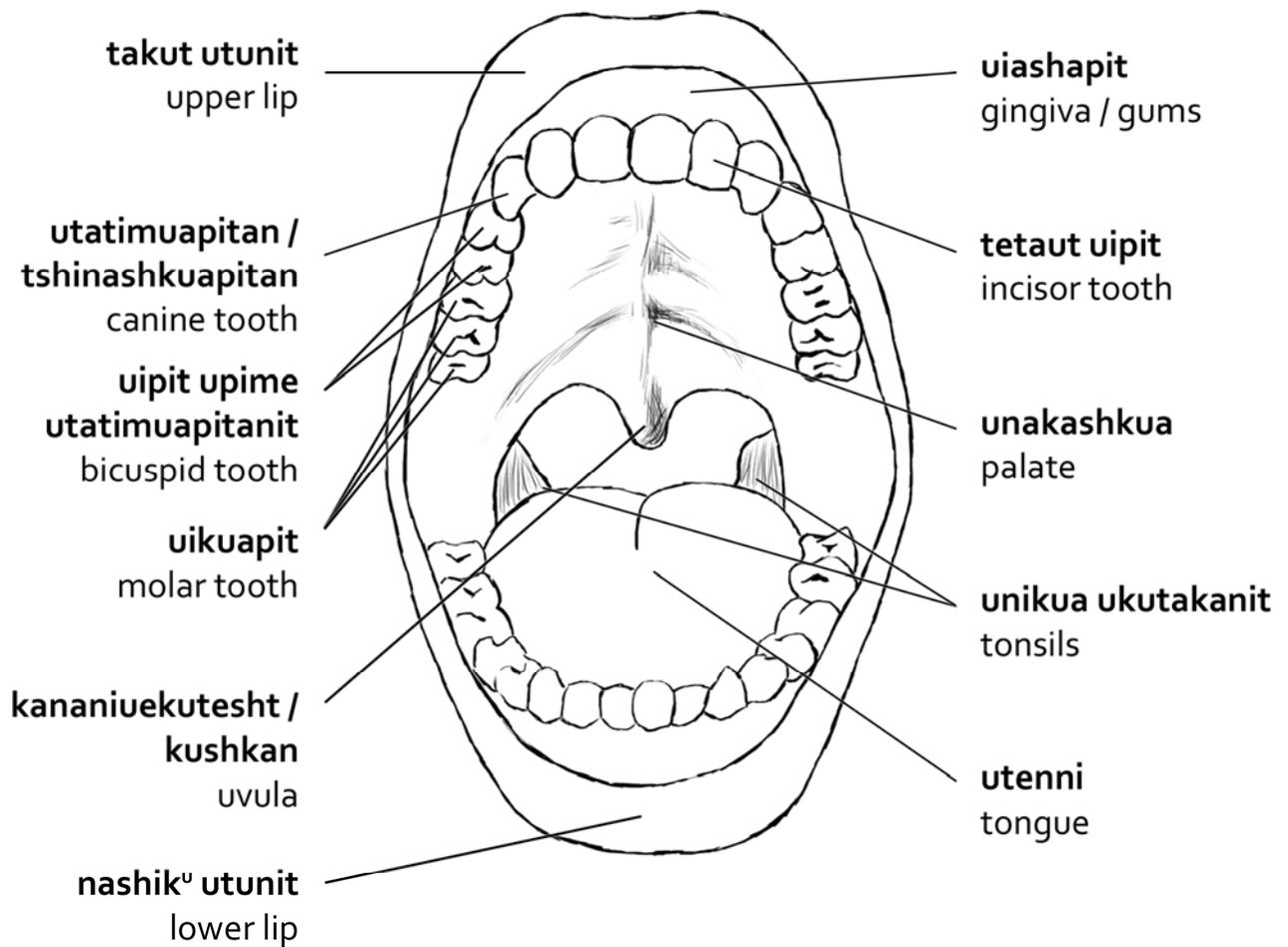
UITUKAI

EAR



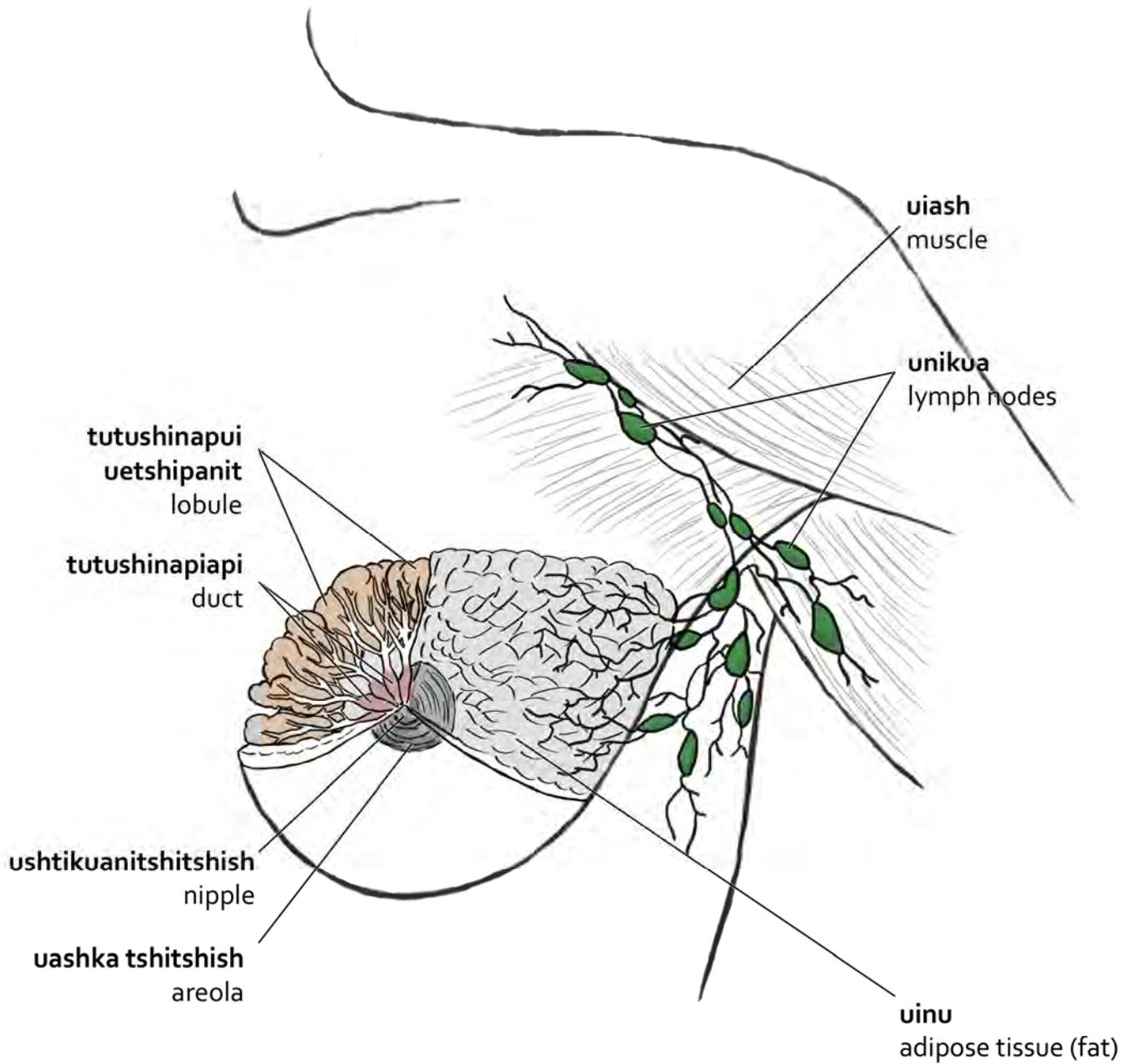
UIPITA

ORAL CAVITY / MOUTH AND TEETH



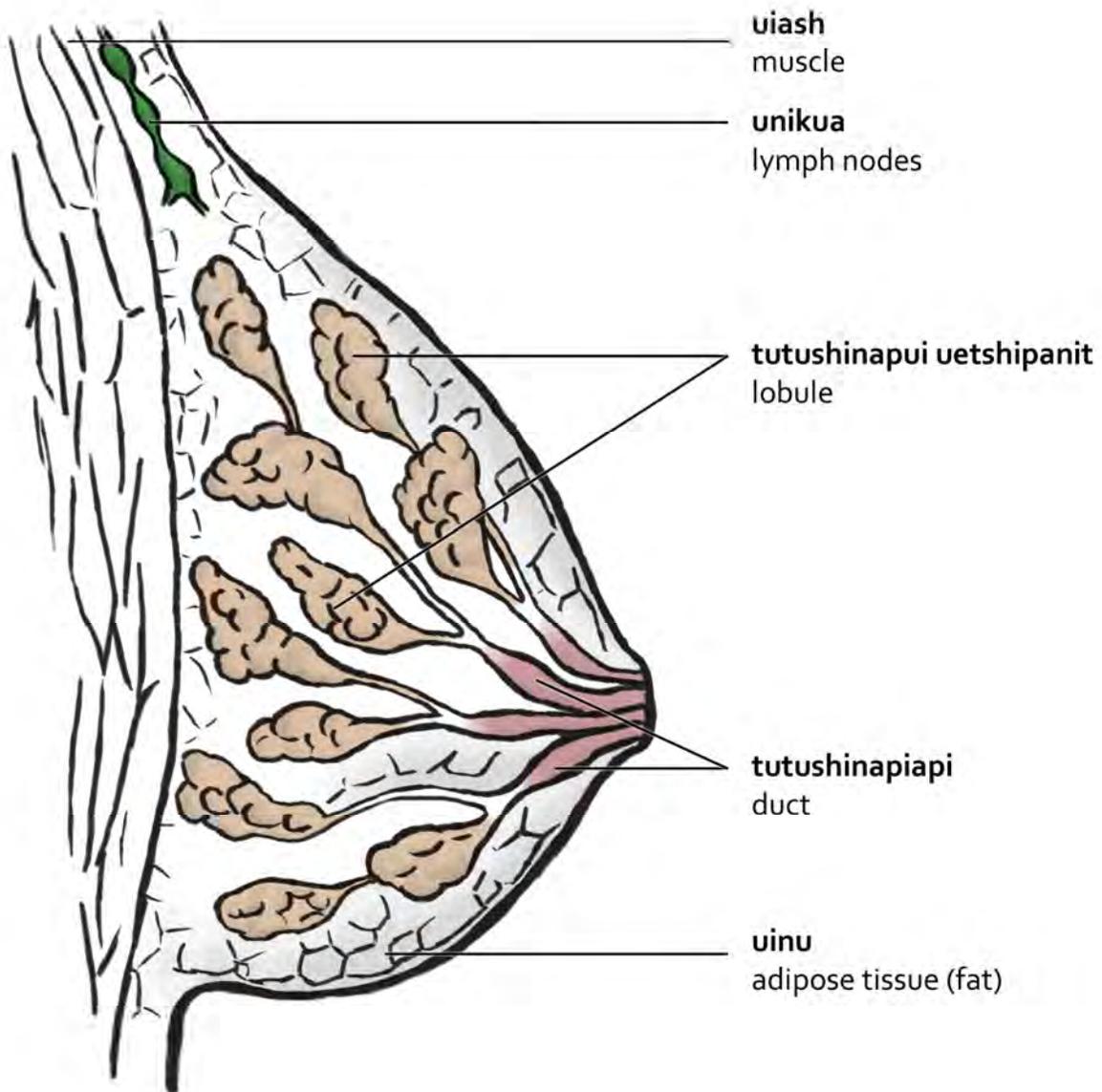
TSHITSHISH (NIKAN)

BREAST (FRONT)

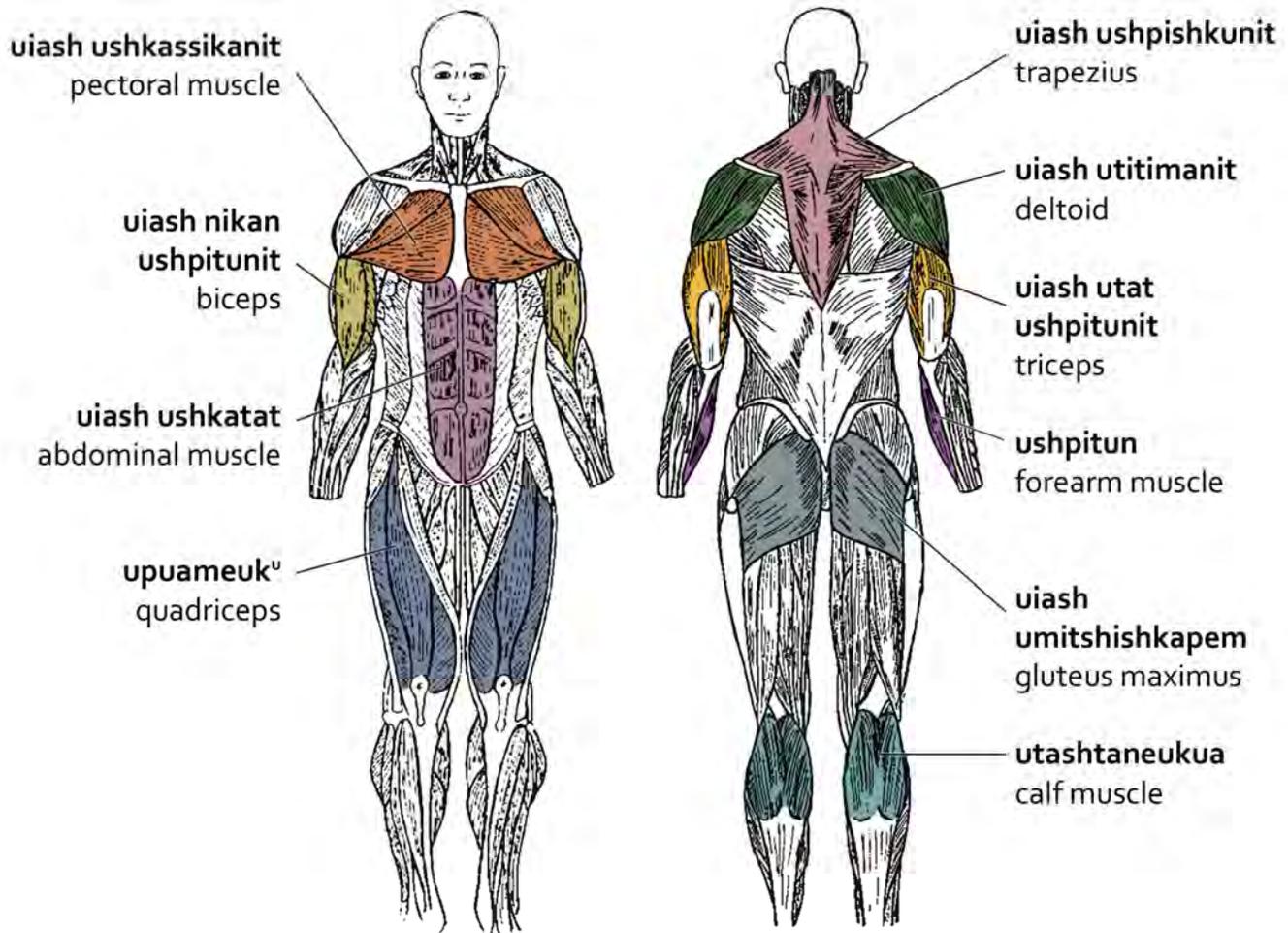


TSHITSHISH (TSHITSHIT)

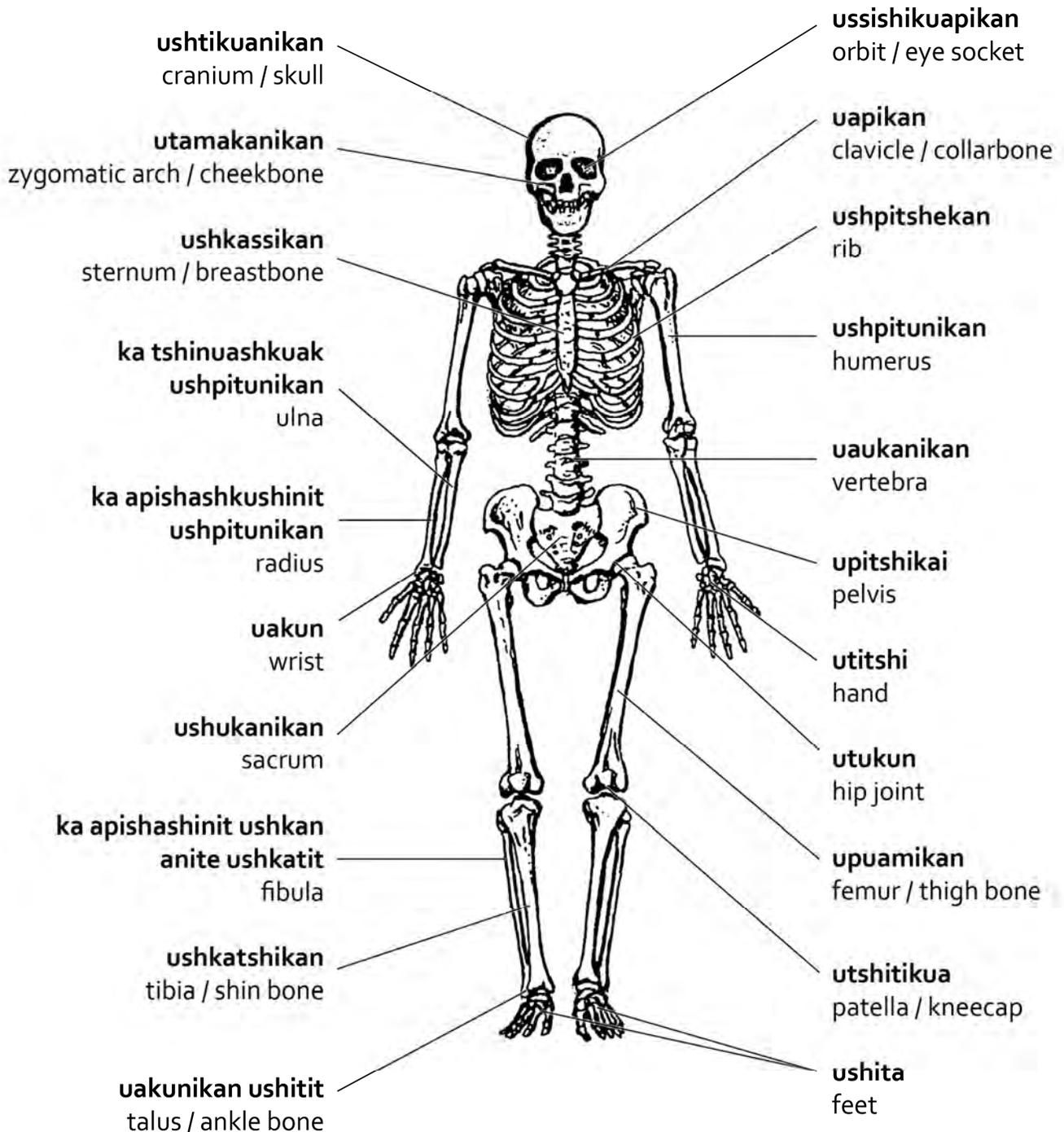
BREAST (SIDE)



UIASH MUSCLES

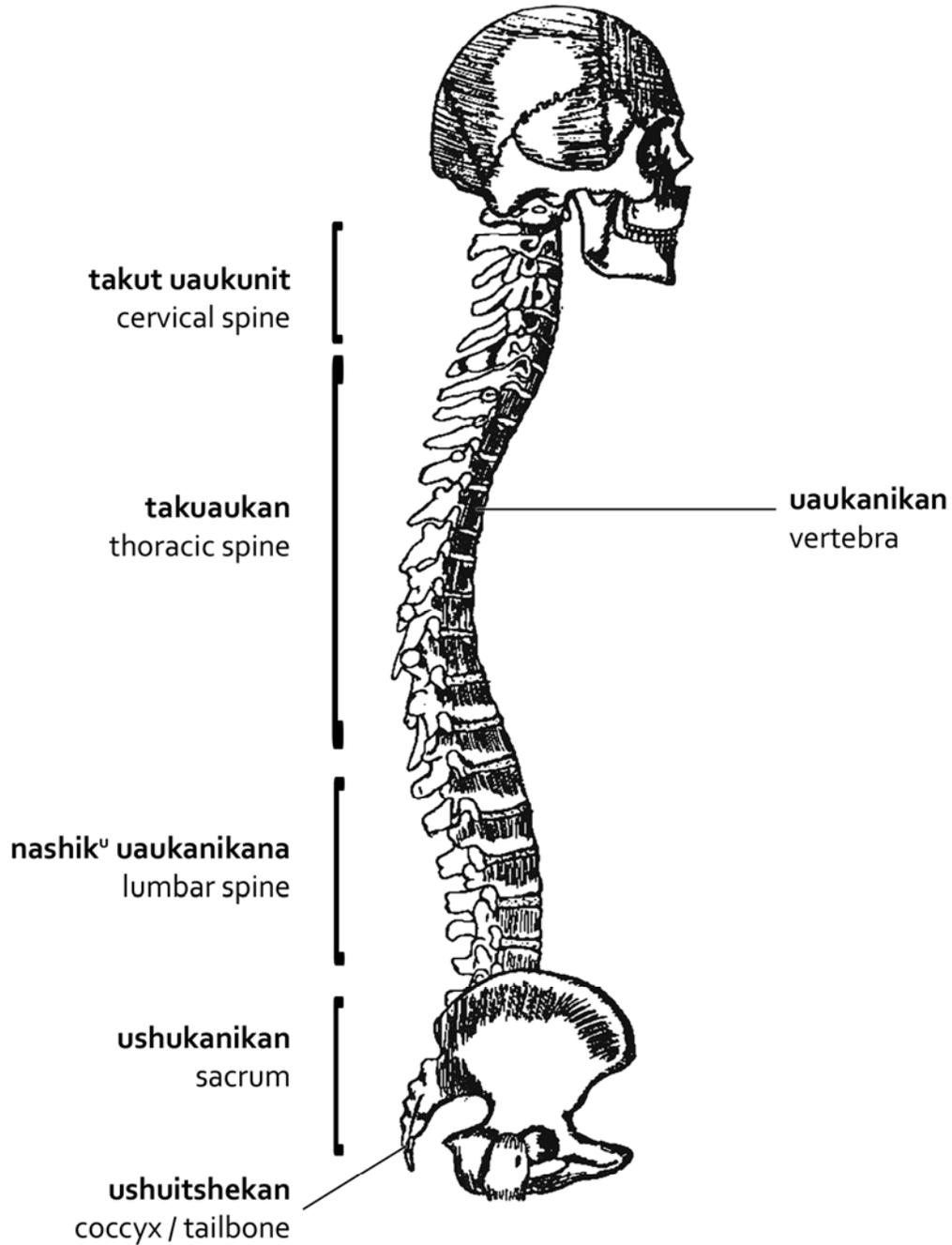


USHKANA SKELETON

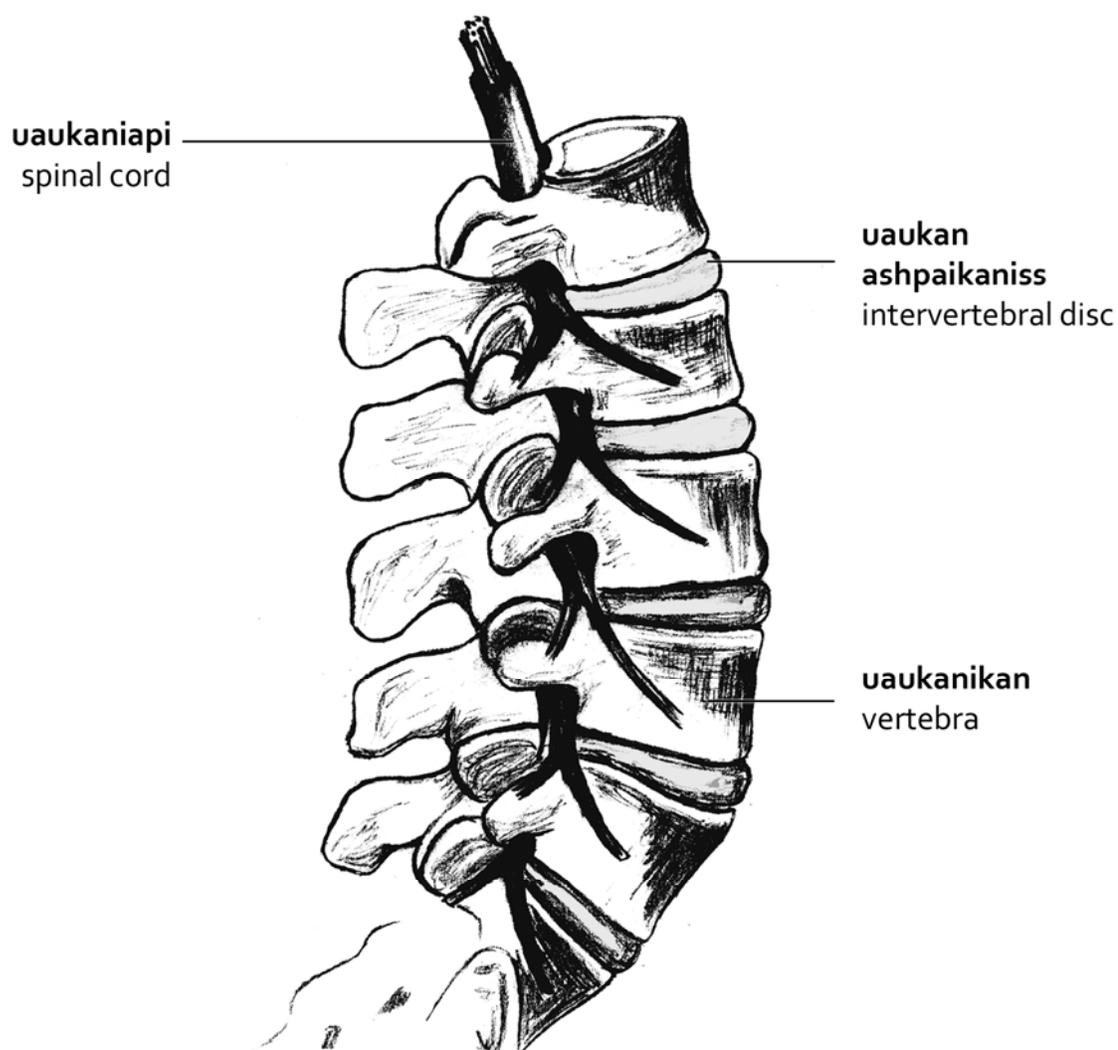


UUKAN

SPINE / BACKBONE

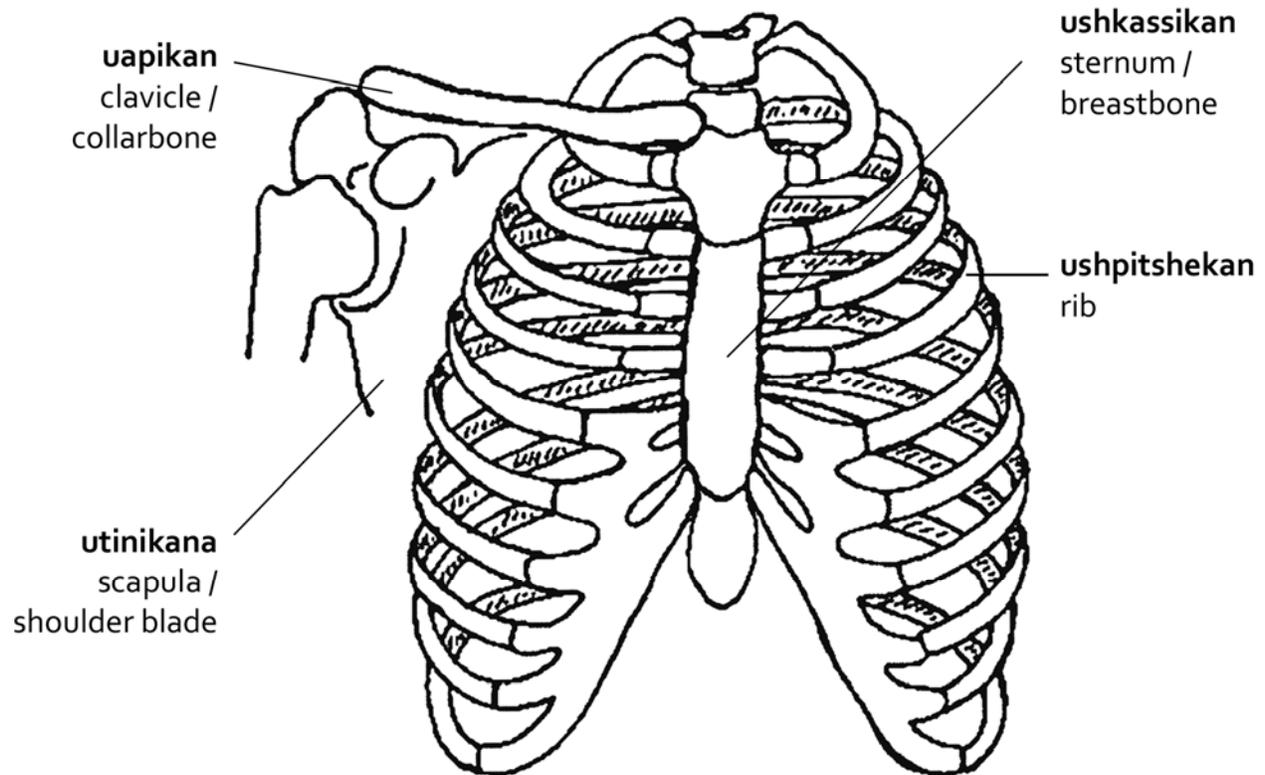


UAUKANIKANA VERTEBRAE



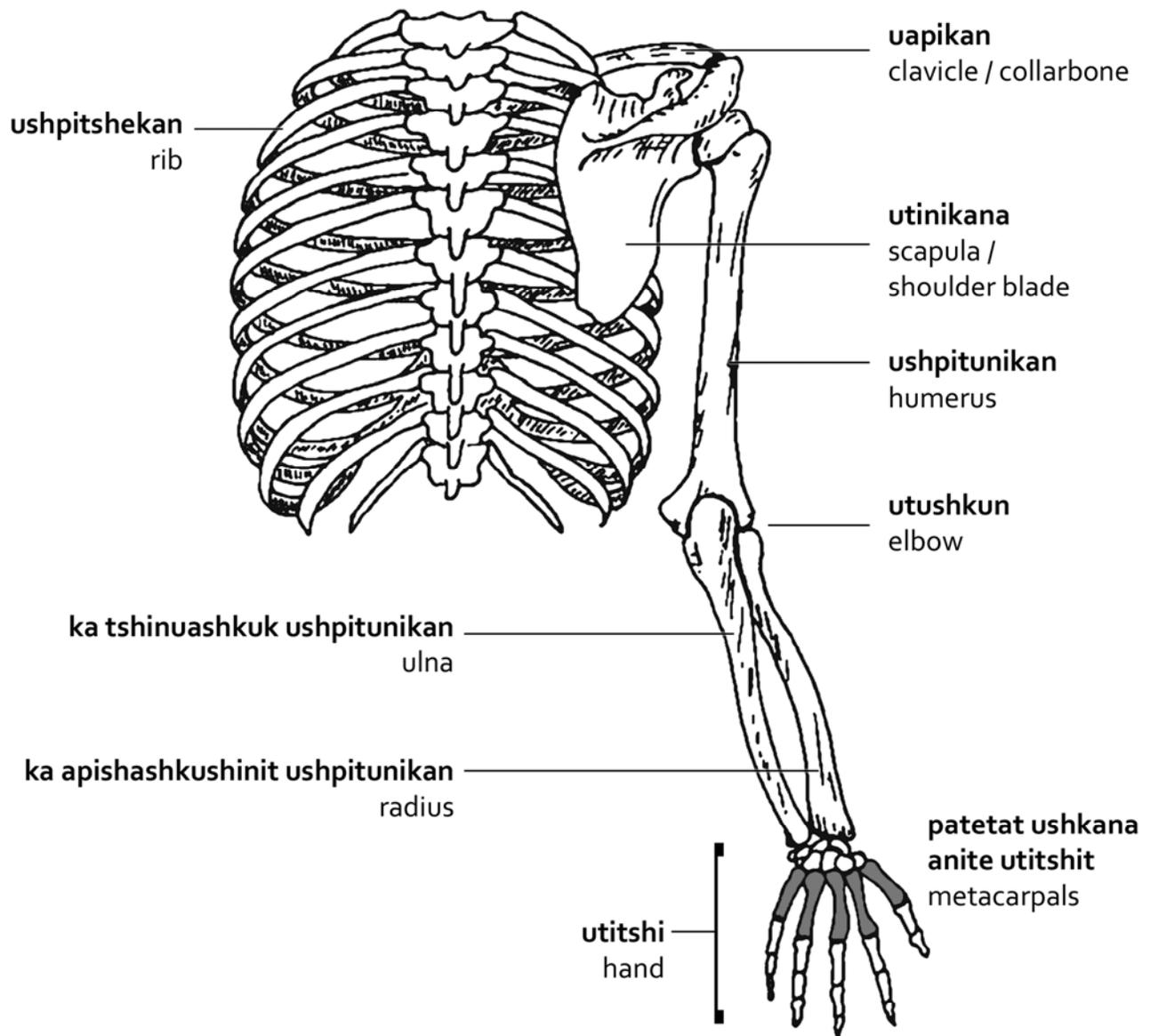
USHPITSHEKANA (NIKAN)

RIB CAGE (FRONT)



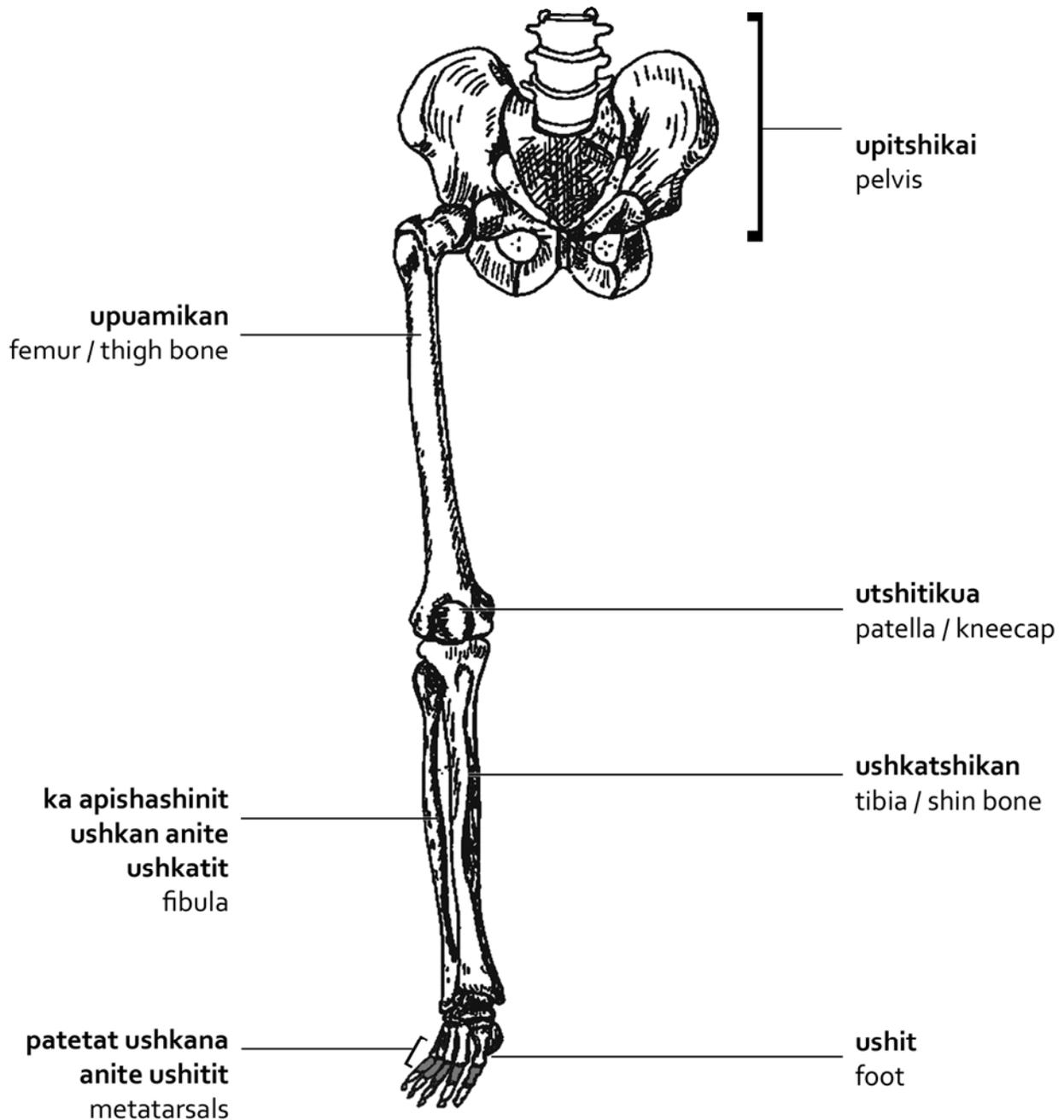
USHPITSHEKANA MAK USHPITUN (UTAT)

RIB CAGE AND ARM (BACK)

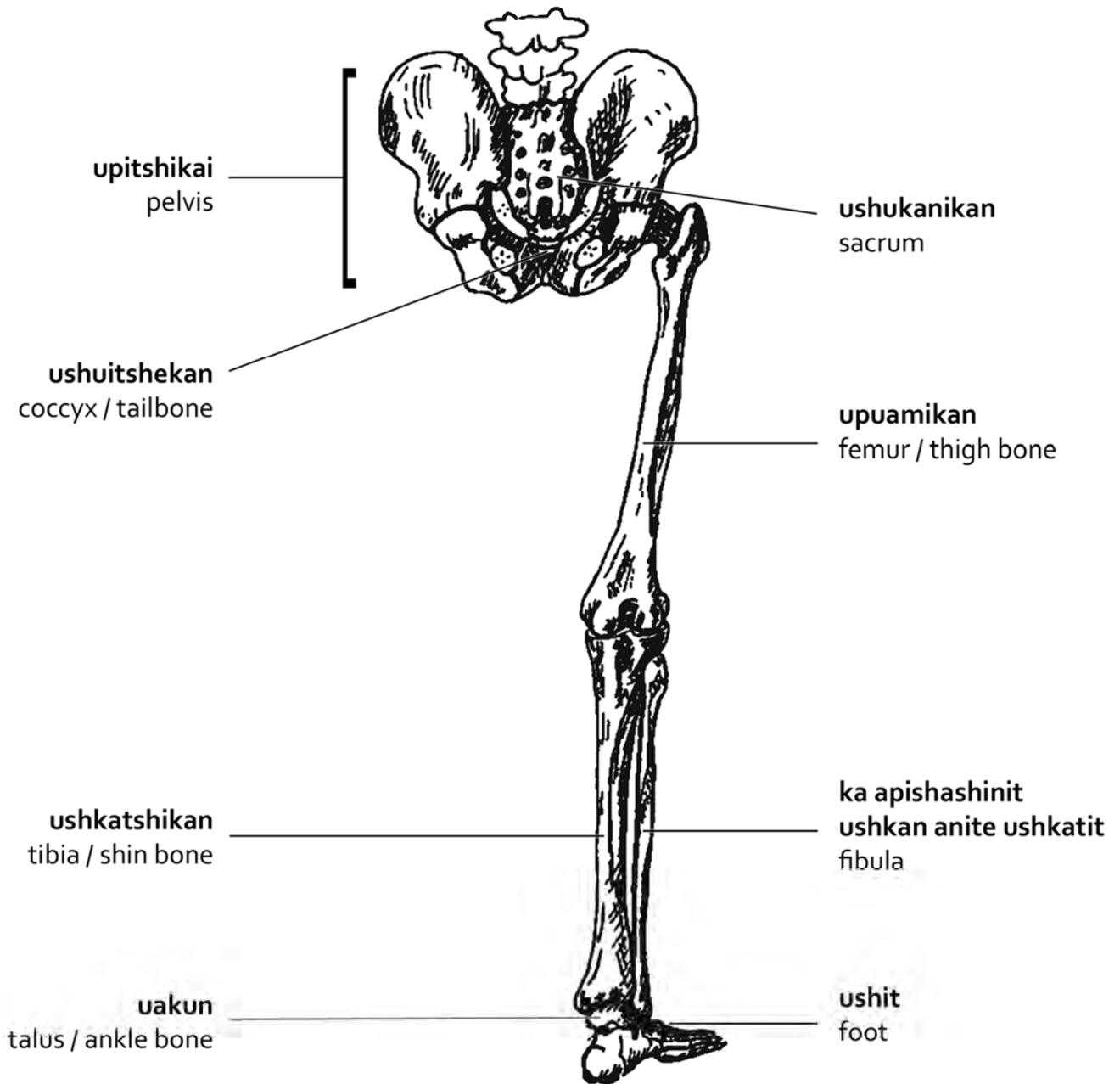


UPITSHIKAI MAK USHKAT (NIKAN)

PELVIS AND LEG (FRONT)

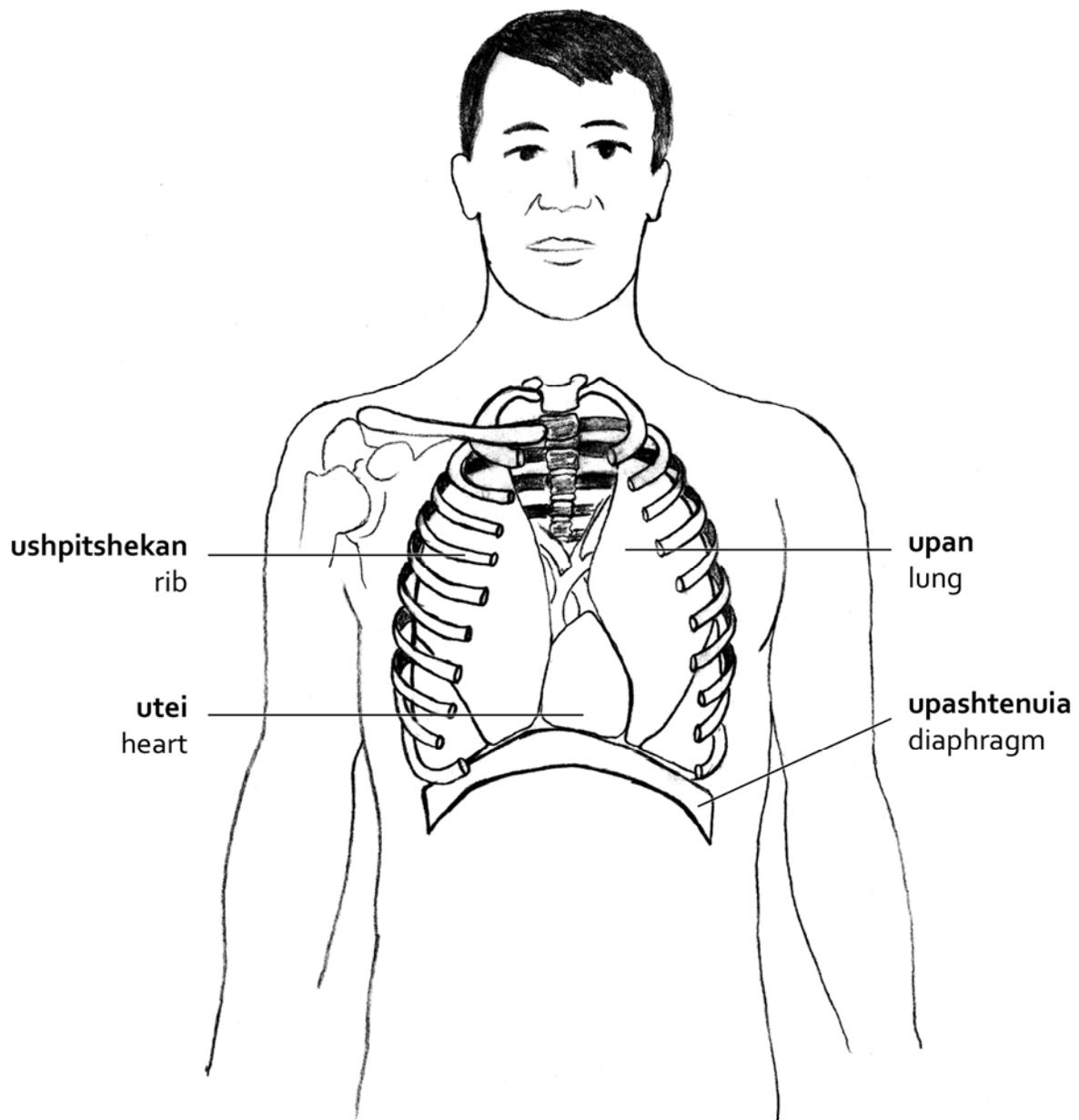


UPITSHIKAI MAK USHKAT (UTAT) PELVIS AND LEG (BACK)

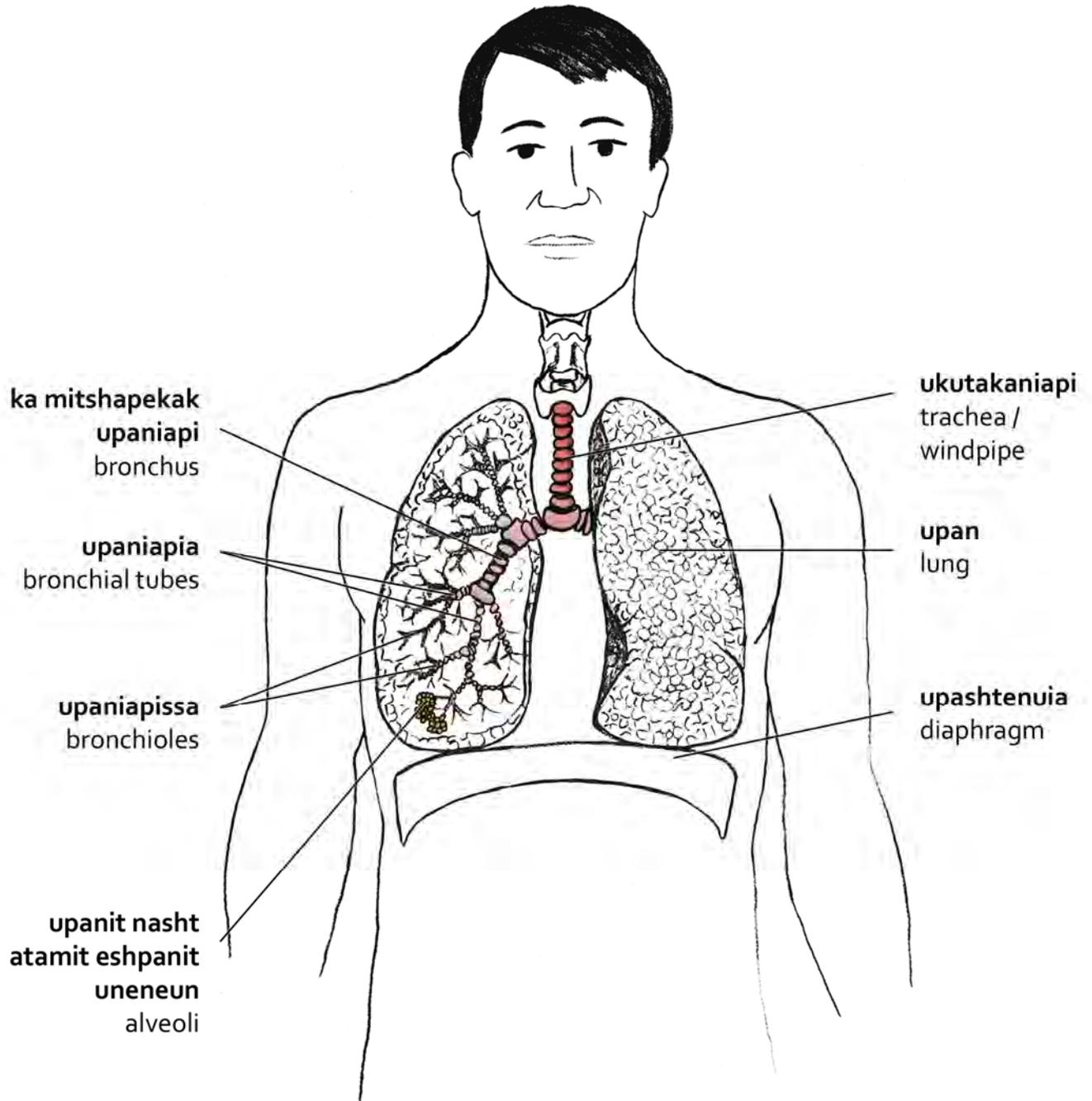


USHKASSIKAN

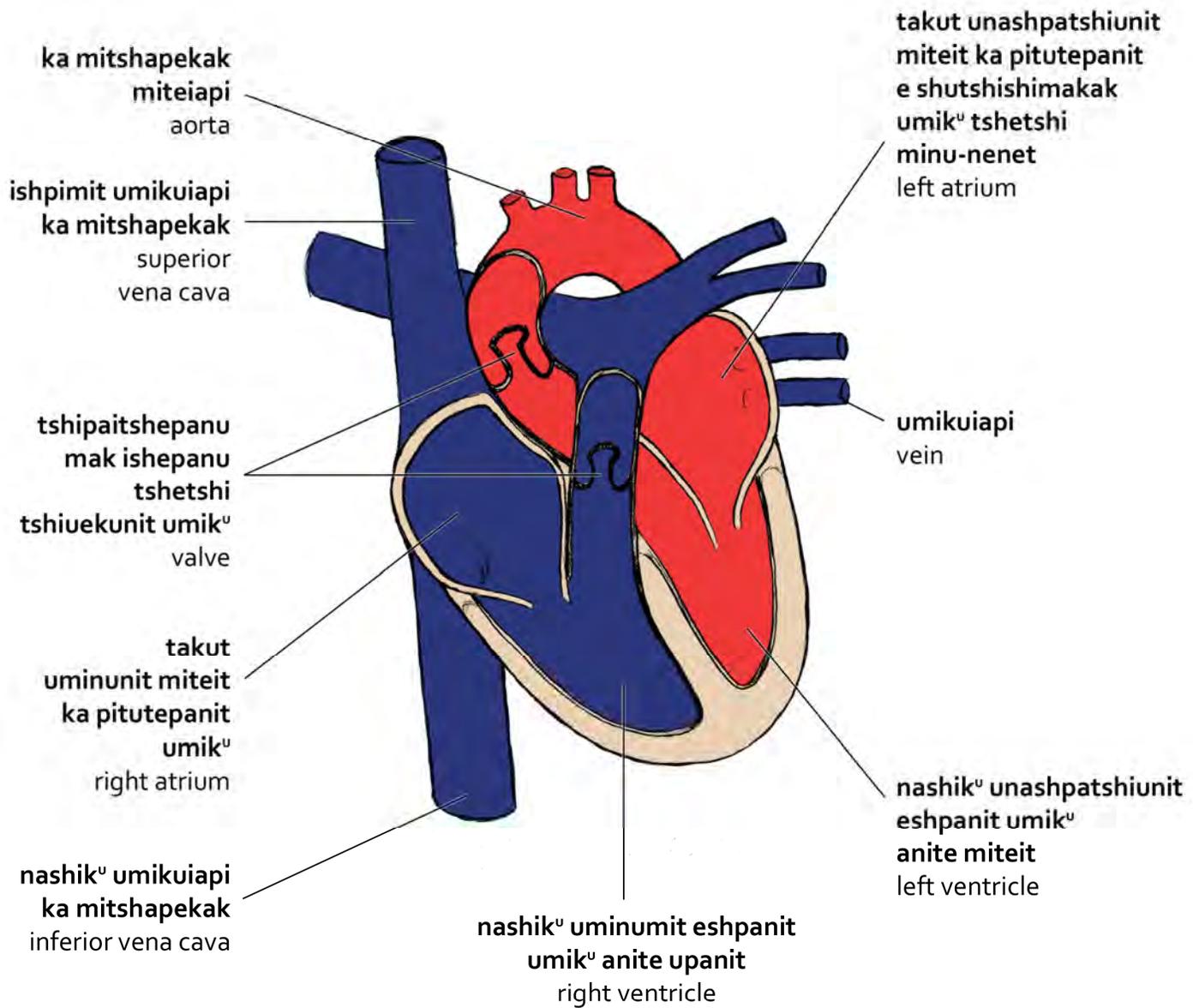
THORAX / CHEST



UPANA LUNGS

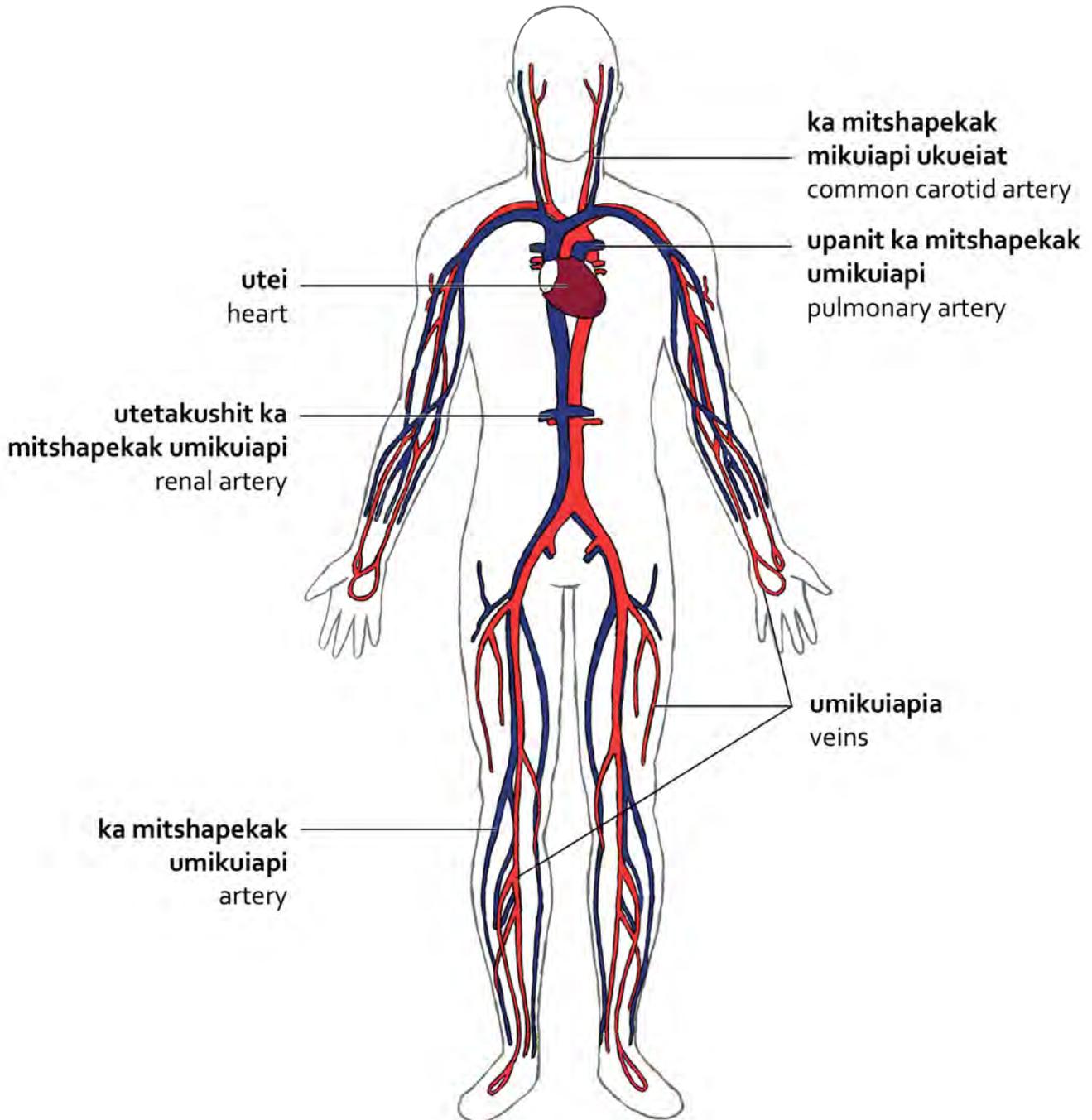


UTEI HEART



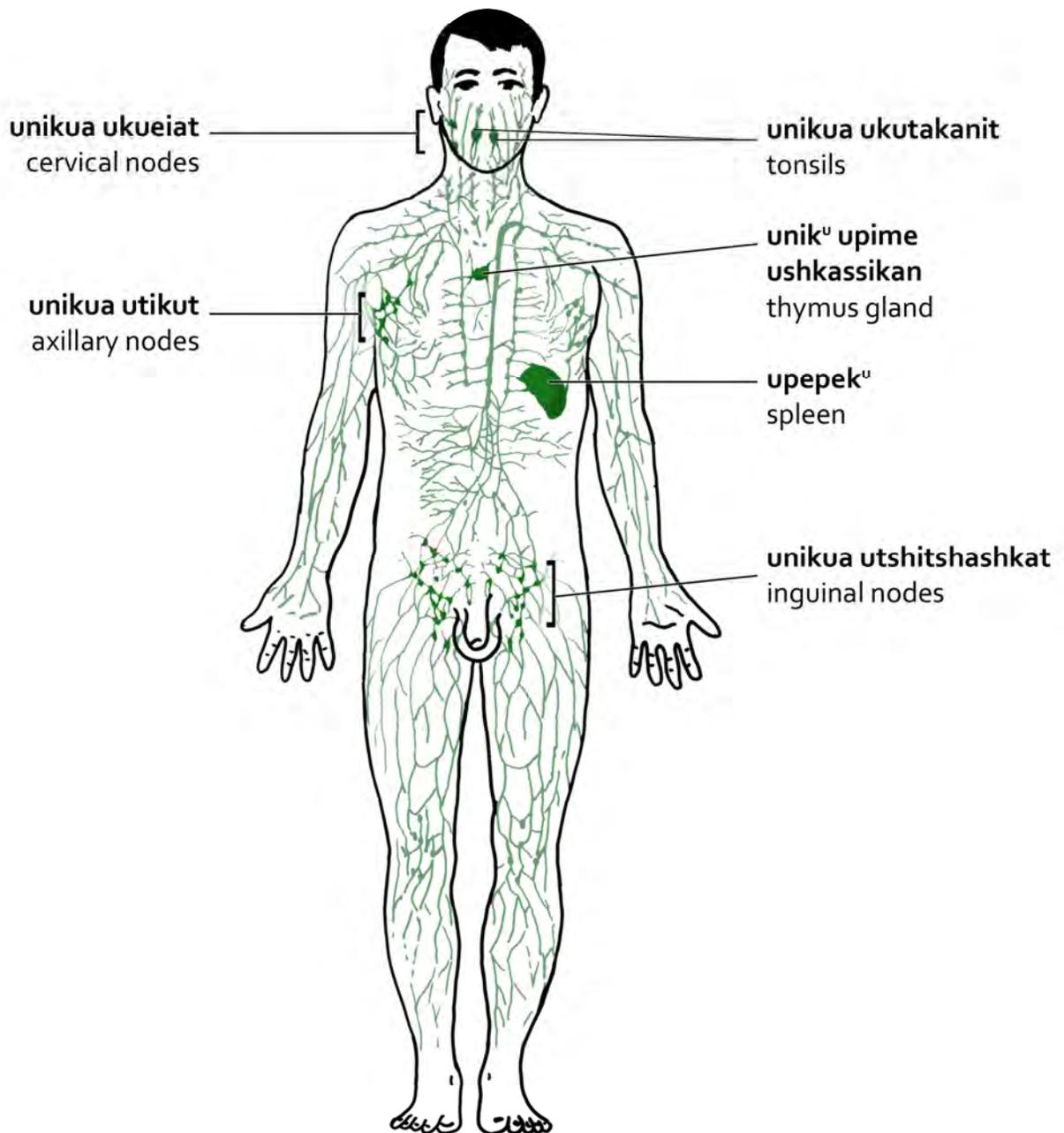
MITEI MAK UMIK^U ESHPANIT

CARDIOVASCULAR SYSTEM



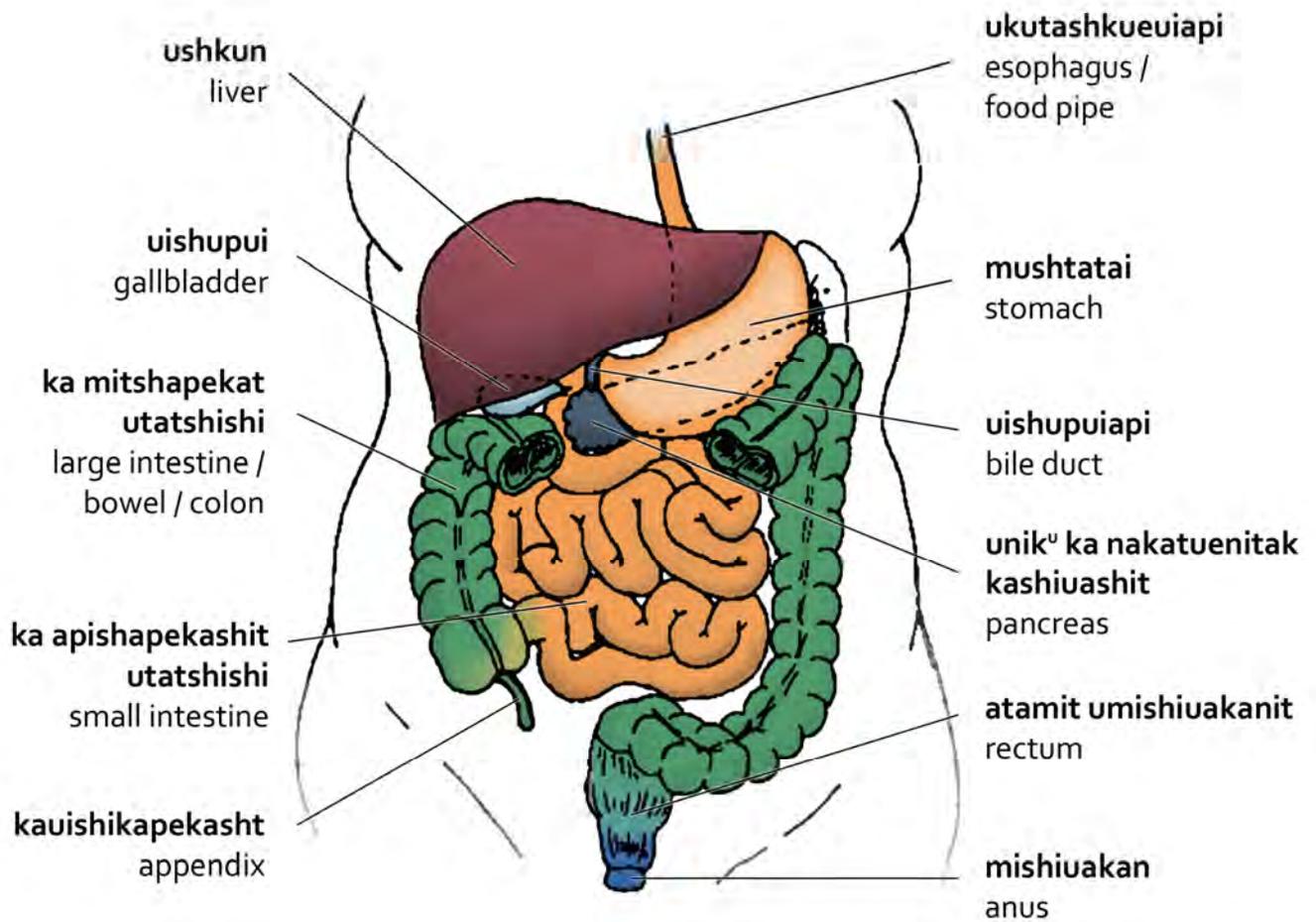
UNIKUA

LYMPHATIC SYSTEM

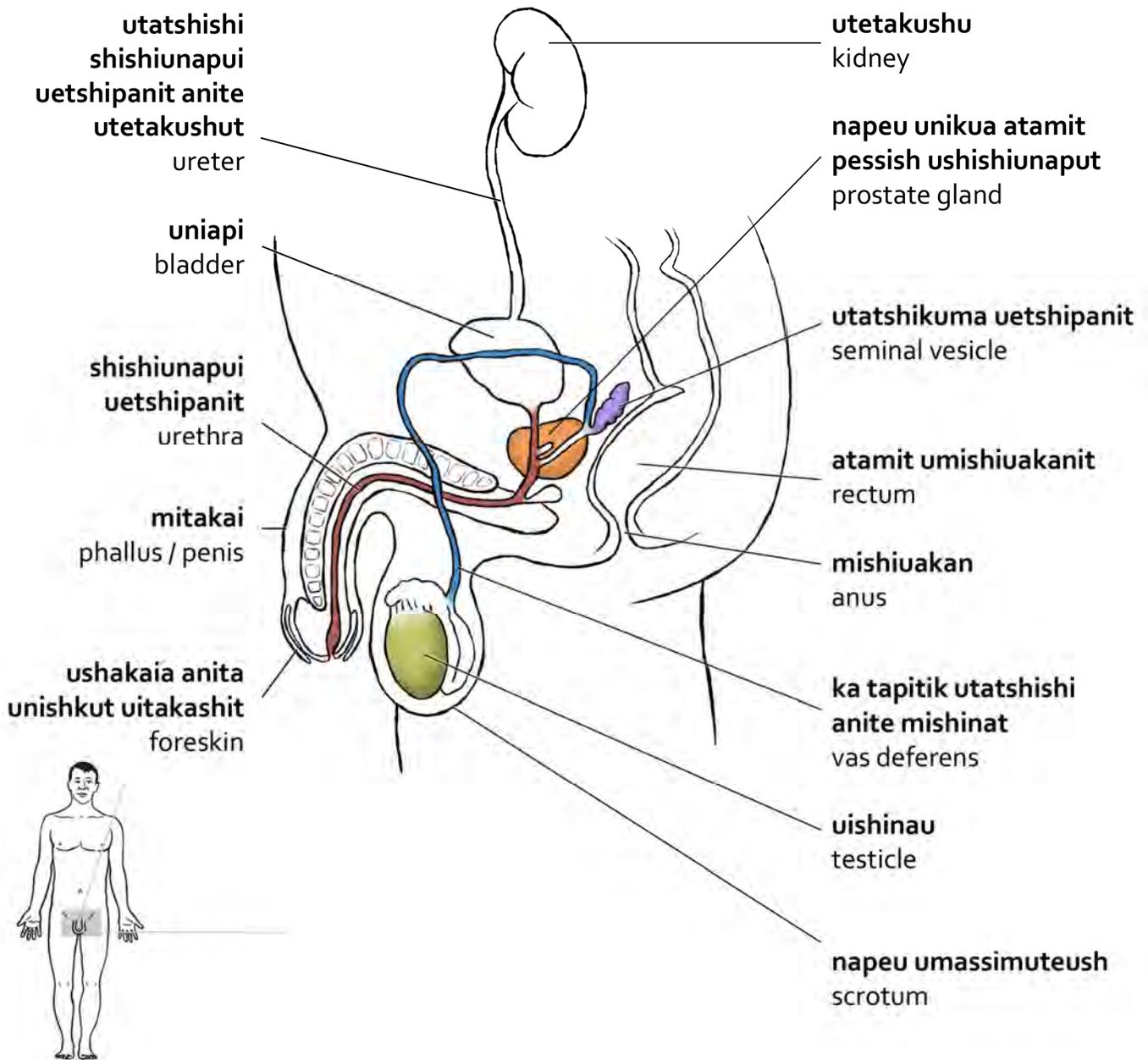


KA PIKUPITAK MITSHIMINU

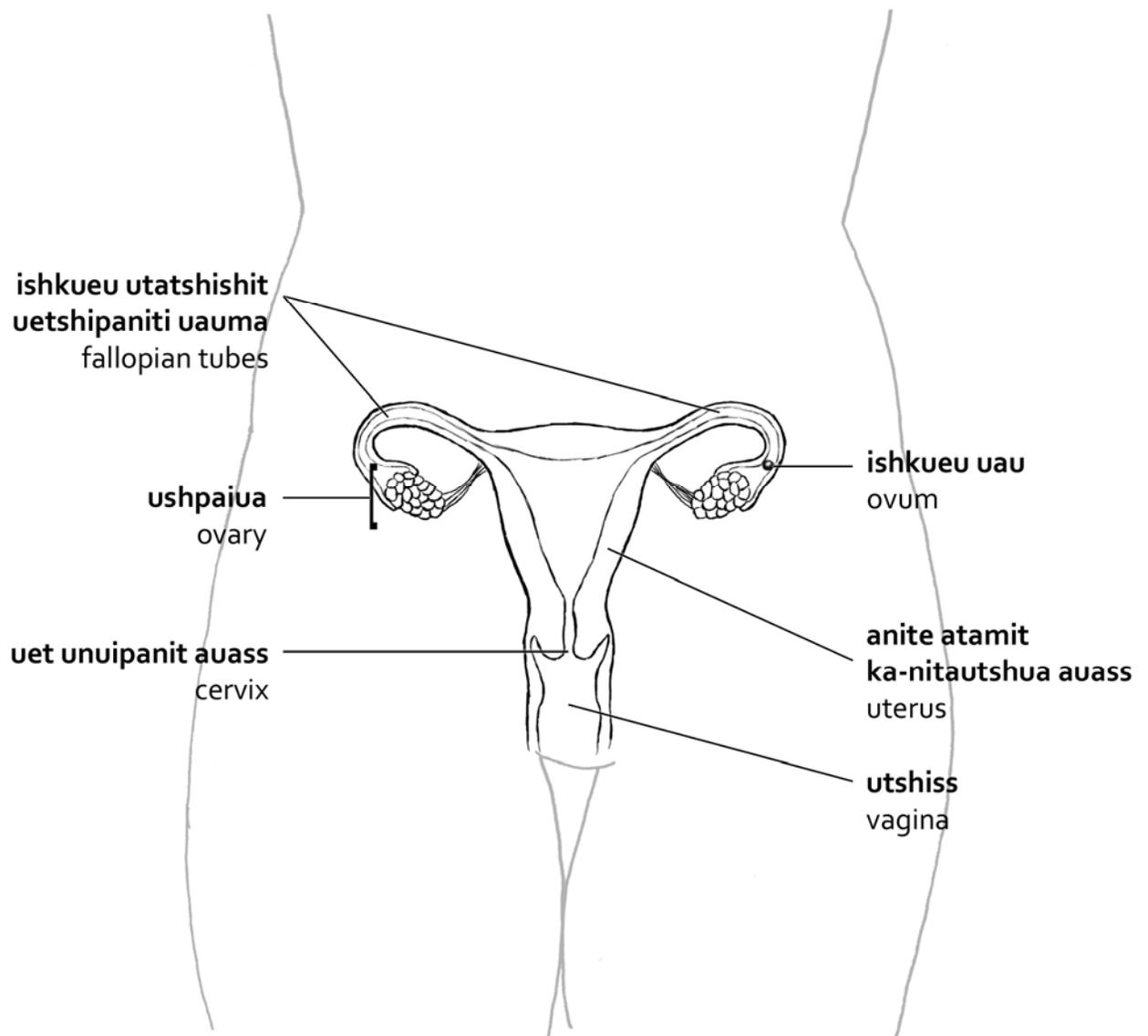
DIGESTIVE SYSTEM



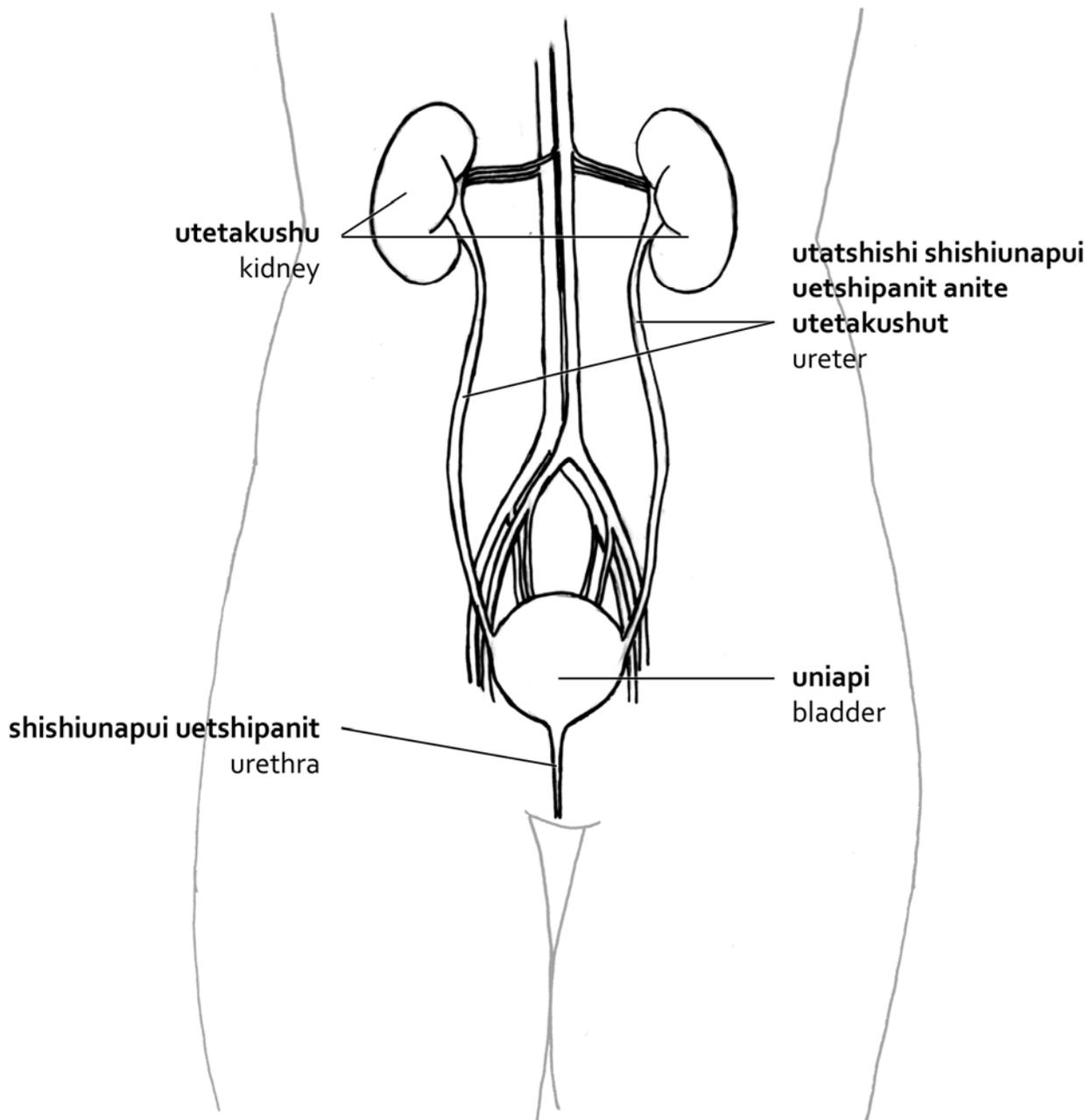
ESHINAKUSHIT ATAMIT (NAPEU) REPRODUCTIVE AND URINARY SYSTEMS (MALE)



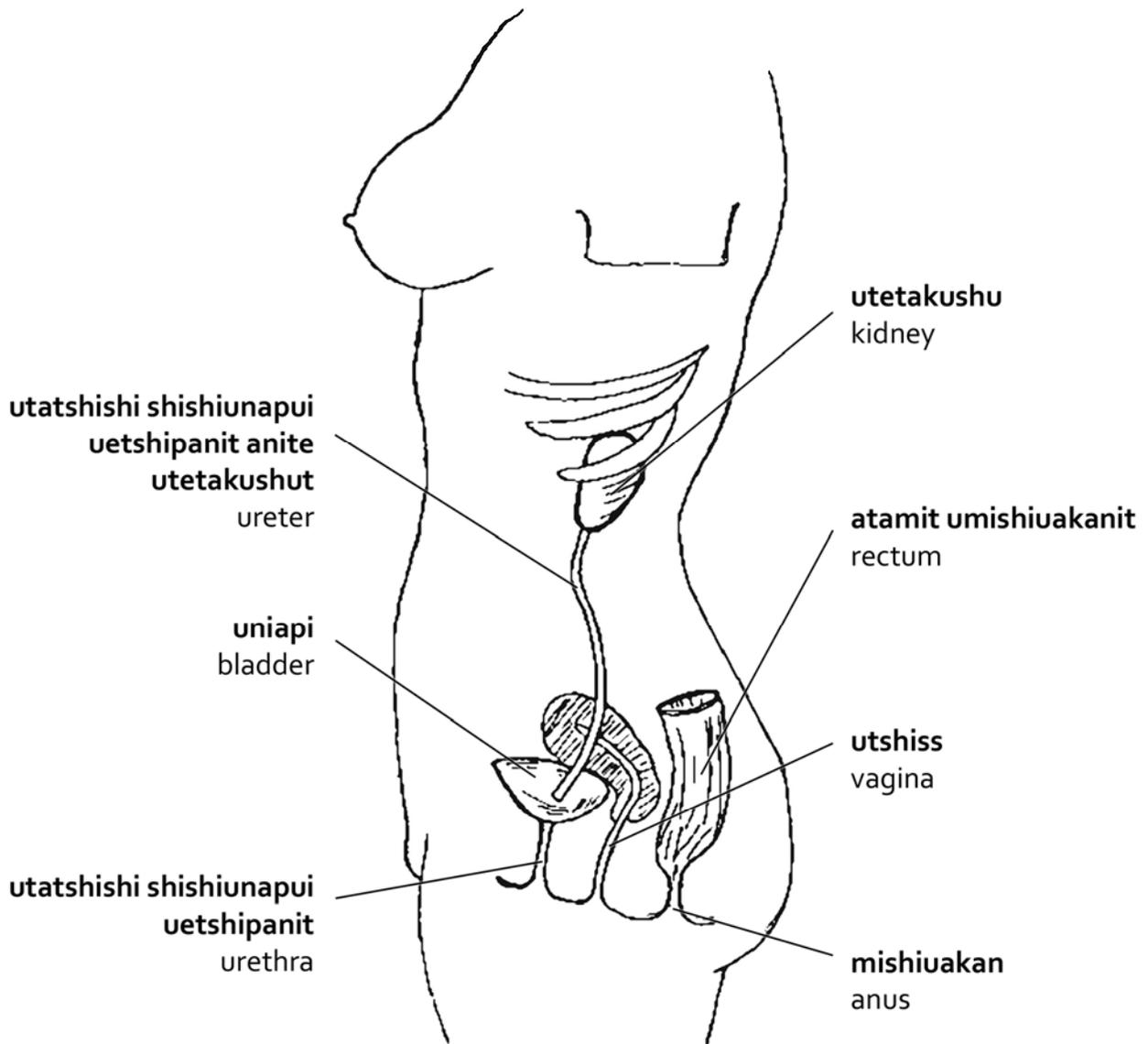
ESHINAKUSHIT ATAMIT (ISHKUEU) REPRODUCTIVE SYSTEM (FEMALE)



**UTETAKUSHUA MAK UNIAPI MAK
USHISHIUNAPUI MAMU ATUSSEMAKANA
(ISHKUEU, NIKAN)
URINARY SYSTEM (FEMALE, FRONT)**

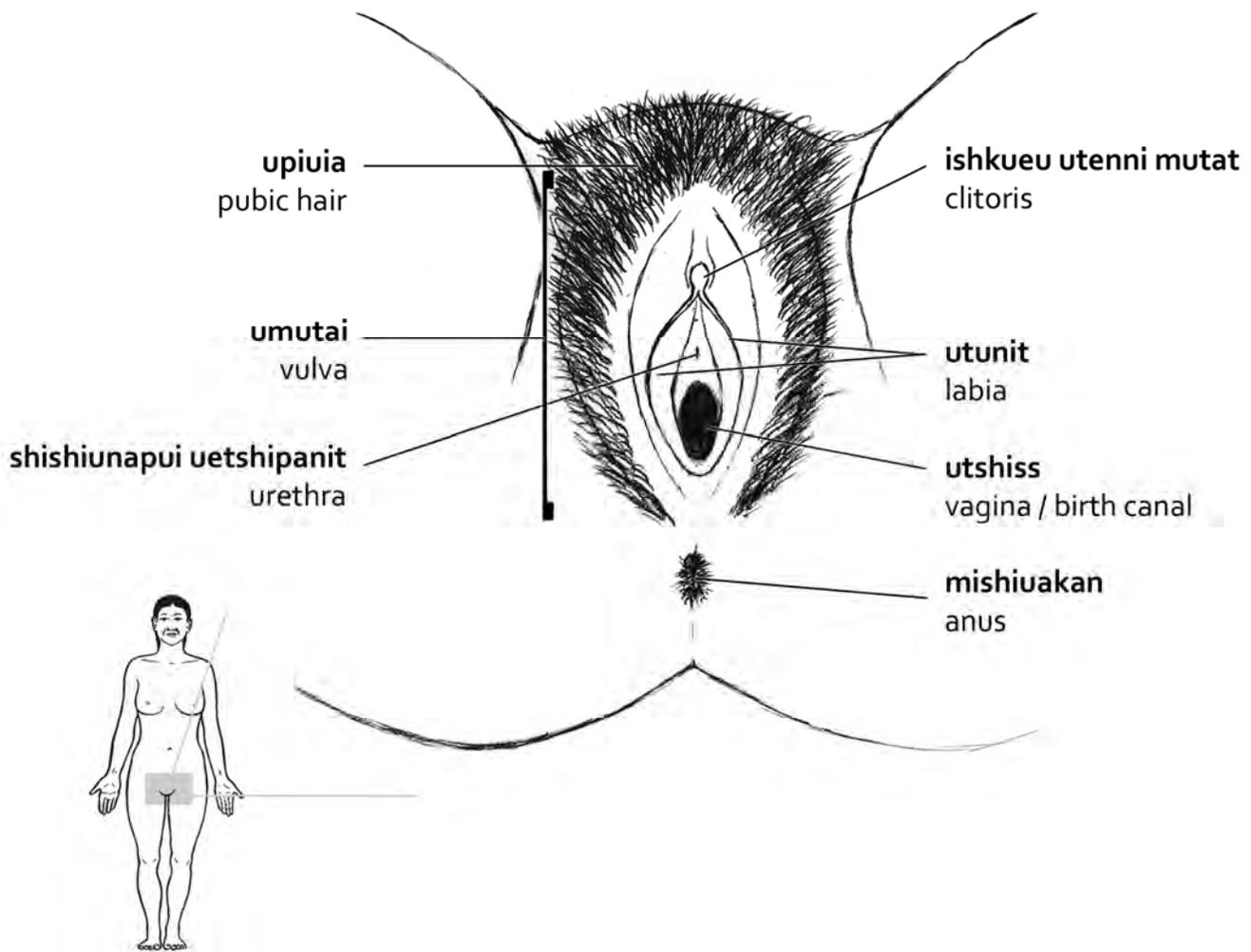


**UTETAKUSHUA MAK UNIAPI MAK
USHISHIUNAPUI MAMU ATUSSEMAKANA
(ISHKUEU, TSHITSHIT)
URINARY SYSTEM (FEMALE, SIDE)**



ESHINAKUSHIT ISHKUEU NASHIK^U

FEMALE GENITALS



ISHKUEU KA NUSHET (NUSHEU)

PREGNANT ABDOMEN

