Eshi-uitakaniti Manitush-Akushuna mak Eshi-Takuannnit Uiat Auen

Cancer Care and Body Part Terminology
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*E takuaniti tshekuana viauitakaniti*

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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.


Jack Penashue
Director of Social Health
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Enishtuapamakaniht auenitsaten
ka uvuitshiaushuht

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


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

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

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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
Umiku auen e nanatu-tshissenitakanit kie e nanatu-tshissenitakanit kutak tshekuan

Blood chemistry
natu-tshissenitakanu umiku 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
kashiuasht 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 umiku 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 auen, 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 umiku tshetshi takuanikue umeit
A test that looks for blood in the stool that cannot be seen with the eyes.

Helicobacter pylori (H. pylori)
e vinakuak 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
umiku takuan muku apu nukuak
Blood that is hidden or invisible to the eye. Commonly tested for in the feces.

Platelet
umiku tshetshi eka mushkakamut
A type of blood cell that helps blood to clot.

Prostate Specific Antigen (PSA) test
natau-tshissenimakanu na pu umikut tshetshi umanitushimut umiku 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
*ni*au*trusthin ani*te*shku*an uni*ku*t, m*uk*u
apu* manitush*ut

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

Antibody
*ts*hek*u*an et*a*ku*ak mikut tshet*shi
mas*hi*ka*k akushunnu

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

Antigen
*ui*at taku*anu ts*heku*anu au*en
tshet*shi tu*ta*ma*kanit tshet*shi eka
akushi*t

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

Benign growth
*ni*au*trusthin t*sheku*anu ani*te u*iat m*uk*u
apu at*shi*ma*ka*k

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

Bone cancer
*umanitushimu u*shka*ni*t

An abnormal growth, a tumour in a bone.

Brain tumour, cancerous
*umanitushimu u*ti*pi*t

An abnormal, malignant growth in the brain.

Brain tumour, non-cancerous
apu*umanitushi*mu u*ti*pi*t

A growth in the brain is not abnormal or malignant.

Breast cancer
*manitush-akushun t*shit*shi*hit

An abnormal growth in the breast.

Cancer
*manitush-akushun*

Abnormal growths in the body.

Cancer in situ
apu*ka*ssonu is*hp*anit*ti umanitu*shima

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 au*en at k*at*shi m*uk*u
manitush*a*

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 umishivakanit*
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**
*vipat 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
*uinanitushimu ushkunit*
An abnormal growth in the liver.

Localized cancer
*apu ishpantu ani kassinu manitush-akushun*
A cancer stays in the original site or place and does not spread to other parts of the body.

Lung cancer
*uinanitushimu upanit*
An abnormal growth in the lungs.

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

Malignant
*ka kushtikutu manitush-akushun mak ka nipaiuet*
Cancerous.

Melanoma
*manitush-akushun anite ushakat*
A cancerous growth on the skin, a type of skin cancer.

Metastasis
*ishpanu ani kueshte manitush-akushun*
The cancer spreads from where it begins to another part of the body.

Nasopharyngeal cancer
*uinanitushimu mishkutit*
An abnormal growth in the nose.

Non-melanoma
*tshekuva nitautshiman anite ushakat muku 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
*uinanitushu utunit*
An abnormal growth in the mouth.

Ovarian cancer
*uinanitushimu iskueu anite uaua vetshipanitu*
An abnormal growth in a woman’s ovaries, the small sacs which contain her eggs.

Pathology
*nanatu-tshissenitakanu 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-vitamuakanit tshe ishpanikue ka natukuiakanit auen
The chance of recovery or of a disease coming back.

Prostate cancer
umanitushimu napeu unikaggerre 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 viashit
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
niatatshinnu manitush-akushun anite vaukanit
An abnormal growth in the spinal cord.

Stage
tan eshpishitinnit umanitushim auen kie ma tshetsh 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 auass eshkaggerre 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
niatatshinnu 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-uapatakani eshi-umanitushimit auen*

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

Uterine cancer

*umanitushimu ishkueu anite ut nitautshit auass*

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

Vagina or vulva cancer

*umanitushimu ishkueu 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 tsheku anite uashka auass
ka tat
   A benign (not dangerous) growth of fibrous
   tissue, usually in the wall of the uterus.

Hepatic encephalopathy
apu minapanit 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 umik\textsuperscript{u}
The blood runs too fast.
Also called: Blood pressure, high

Hypotension
nashikupanu umik\textsuperscript{u}
The blood runs too slowly.
Also called: Blood pressure, low

Infertility
apu tshi utauassimit ishkueu 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
ikamunuua 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 ishkueu 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 viau 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 aven 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 aven 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
unatukunishima aven
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 aven 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-utshimaautusset
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
vashtenimakan apashtakanu tshetshet
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 auen
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 eshk² eka ishanit tshekuan
Actions to stop something from happening.

Risk factor
eshpish kuashtatshenitakuak tshe itakushit
The chance of getting a disease.

Second-hand smoke
nenetam² e pituanut
Smoke from the burning end of a cigarette, cigar or pipe, or breathed out by a smoker.

Smoking cessation
puní-pituau
Stopping smoking.

Sunscreen
eka ka ishkuashut pishim² tumitsheun
A cream, lotion or gel applied to the skin to help protect it from the harmful rays of the sun.

Ultraviolet radiation
kushtikushiu pishim² minu-tshishikat kie ne vashtenimakanit
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

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

**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.

**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 peikuaau 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 minumishit*

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 avenua 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.
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 eshuashuti 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 aven katshi ushikutat utsheshtiapit, vaukanapi 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 eshakumitshishikava utakshun 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 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 auen 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-UAVITAMATUT 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
uitamuakanu 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 mashinaikannnu
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
uitamuk anu 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 minau 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 amat utinakanu mak nipatakanu_
- Removing or destroying cells, tissues or organs.

Amputation
_tshimishakanu tshekuannu auen anite uitat_
- An operation to remove an arm, leg, finger or any other body part.

Anesthesia, general
_nipeviaikanu_
- 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 uitat_
- 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 uitat_
- 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 viash 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 vun_
- The removal of soft tissue from inside a bone.

Bowel re-section
_matishakanu kassiu kie mak apishish utatshishit_
- An operation to remove part or all of the large bowel.

Breast conserving surgery
_pakueshuakanu tshitishish_
- 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 ishkueu 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**
*pitutepaniakanu akunikanu ishkueu 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 ishkueu*
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.

Hepatectomy
*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 tshekuan 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 unik⁴ kie mak tshekuan atamit uiat*
An operation to remove part or all of a lobe from an organ or gland.

Lumpectomy
*manishakanu muk⁴ anite ka pishkupanit*
An operation to remove a lump or a tumour without removing large amounts of surrounding tissue.

Mammogram
*netu-tshissenimakaniti 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
tshi tshi manishakanu akushun

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

Pap test / Pap smear
natu-tshissenimakanua ishkueu anite shipa

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

Pelvic examination
natu-tshissenimakanu ishkueu 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
matishukanau 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 kassiu 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 ushkaia 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 ushkaia anite iat uiat ekue veshiakaniti 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 tshekuan 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 auass 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 mitshiminu, 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
uveshami-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 (microorganisms) that can live in or on the human body. Some bacteria can cause diseases such as pneumonia, but others can help with activities like digesting food. The plural of bacterium.

Bladder spasm
utshipitiku 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
ushtashtam⁵
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
ushtuenitam⁵
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 ussishik⁵
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
umik⁵ mishkakanu umeit muk⁵ apu nukuak
Blood (hidden) in the stool.

Fever
tshishiteushikaieu
A higher than normal body temperature.

Fibroid
nitautshin tshekuan anite vashka avass 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
vashekanapanu
Balding or loss of hair from the scalp or body.

Hematuria
umikunu shitshishtam⁵; mikunu vatakanu ushishiunapuit
Blood in the urine.

Hemoptysis
shishtikuatam⁵ 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; akuaku 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**
*umiku takuan muku 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 eshuashakunnu* utakushun
Symptoms caused by large doses of radiation.

Shortness of breath
*ushtutamu*
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
*iatsipannu 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 uniku*
When lymph nodes become larger than normal.

Symptom
*vapatamu* mak *matenitamu* auen *etakushit*
Something that a patient notices which means that something may be wrong.

Treatment-induced menopause
*katshi nanatukuiakaniti umanitushima, eku punipanit umiku*
The permanent end of menstruation that happens when the ovaries are removed or they are damaged by chemotherapy or radiation therapy.

Virus
*akushun e ashu-minitunanu*
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
*kuesskushiiitakushu*
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 natukiakanu 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-natukiakanu
   A treatment used instead of the currently accepted and widely used treatment.

Biological therapy
eka apishtat natukunnu eshi-natukiakanit 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 mamuapashtakanu 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
mitshetuait eshi-natukiakanit 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-natukiakanit 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
eshkᵦⁿ 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 nipaiakanit 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 eshkᵦⁿ eka kutak natukun kutshipanitakanit

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 eshkᵦ eka nipit

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

Photodynamic therapy
natukun mak vashtenimakan apatshtakanu eshi-natukuiakanit

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

Radiation treatment
ishkuashuakanu 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 mukᵦ 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\textsuperscript{u} KIE UATIMAKUIAK\textsuperscript{u} ESHK E INNIUTI AUEN

Blood pressure
\textit{e tipaikanit umik}\textsuperscript{u}

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

Body mass index
\textit{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
\textit{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
\textit{e nenet}

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

Temperature
\textit{tan eshpish tshishiteushikut auen}

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

Weight
\textit{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-
vin, 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-
uttatshishi
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
umiku³
Blood
Gastr-, Gastro-
ushkatat
Stomach

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

-gram
akunikan
Record, measure

Gravid-, Gravido-
e utauassimit ishkueu
Pregnant

Hemi-
pushk\textsuperscript{u}
Half

Hem-, Hema-, Hemo-, Hemat-, Hemato-
umik\textsuperscript{u}
Blood

Hepat-, Hepato-, Hepati-
ushkun
Liver

Hyper-
veshami-ishkupanu; veshami-
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-
iash
Muscle

Neur-, Neuro-
utsheshtiapit
Nerve, nerves, or nervous system

-ology; -ologist
auen 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 tshekuan
  State or condition

Oste-, Osteo-
ishkanit
  Bone
-ostomy
matishakanu
  Surgical opening

Ot-, Oto-
utukat
  Ear
Ox-, Oxi-, Oxo-
neneun
  Oxygen

Patho-, -pathy
akushun
  Disease

Ped-, Pedo-
auass
  Child

Pharm-, Pharmi-
natukun
  Medicine, drug

-phobia
kushtamₜ kie ma shetshishu tshetshi akuikut
  Abnormal fear or intolerance, sensitivity

Photo-
e vashtet; e tshikaiashtet
  Light

-plasty
ueveshtakanu uiv
  Surgical shaping or formation

Pneum-, Pneumo-
uponit; neneun
  Lungs or breathing

Psych-, Psycho-
unitunenitshikan
  Mind

Pulmo-, Pulmono-
uponit
  Lungs

Quadr-, Quadri-
neu
  Four

-sclerosis
mashkupanu
  Hardening

-scopy, -scopic
tshitapatamₜ; uapatamₜ; tushkapamakanu
  Act of visually examining
**Thromb-, Thrombo-**
*nishtupanu*
Clot

**Tox-, Toxi-, Toxo-, Toxico-**
*matsi-natukun*
Toxin or poison
Abdomen

*uškatai*

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

Abdominal muscle

*uiash uškatat*

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 utashpikešimun*

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

*vakun*

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 miteiapit*
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: Armpit

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*
*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 umik*
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
*uushpishkun*

Back of skull
*utat ushtikuanikanit*

 Backbone
*vaukan*
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
*umiku*

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

Body
*viau*

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 tshitshishit apu shu*k*\(^u\) *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
*umikuiapiissa*

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

Cardiovascular system
*mitei mak umiku'eshanit*

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 eshpabi*

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
_eshpavit umiku 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 mitshepakak 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 mitshepakak mikuiapi ukueiat*

The artery in the neck.

Connective tissue
*utsheshta mak utsheshtiapia*

Ligaments or tendons.

Cranium
*ushtikanikan*

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

Crown of head
*ushkatip*

The top of the head.

CSF (Cerebrospinal fluid)
*utipapui*

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

Cyst
*nitautshinu nipinu atamit uiat*

A fluid-filled sac found inside the body.

Deltoid muscle
*uiash utitimani*

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
*vaukan ashaikaniss*

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' 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 usbishikut 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
vashkaiapunan

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

Fallopian tube
ishkuev utatshishit vetshipaniti 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 eshkʷ 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**
*atuikanashkʷ*

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**
*nashikʷ ushpitunit*

The lower part of the arm.

**Forearm muscle**
*uiash nashikʷ ushpitunit*

The lower part of the arm.

**Forefinger**
*atuikanashkʷ*

The second finger.
Also called: Index finger

**Forehead**
*ushkatikʷ*

**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**  
\textit{uishupui}

**Genitals**  
\textit{mutai}

The private parts of a man or woman.

**Gingiva**  
\textit{uashapit}

Also called: Gums

**Gland**  
\textit{unik}

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

**Glands, adrenal**  
\textit{unikua}

The glands above each kidney that produce hormones.

**Glands, Bartholin's**  
\textit{ishkueu unikua anite umutat}

The small glands in the lips of the vagina.

**Glands, salivary**  
\textit{nete uet ushikut}

Glands around the mouth that create saliva.

**Gland, prostate**  
\textit{nap eu unikua atamit pessish ushishiunaput}

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

**Gland, thymus**  
\textit{unik}	extsuperscript{}\textit{u} \textit{upime ushkauskikan}

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

**Gland, thyroid**  
\textit{unikua ukutakanit}

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

**Gluteus maximus muscle**  
\textit{uash umitshishkapem}

The main muscle of the buttocks.

**Gonads**  
\textit{nap eu vishinaua kie mak ishkueu uama}

Testes in a man or ovaries in a woman.

**Groin**  
\textit{utshiashkat}

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

**Gum socket**  
\textit{uashapit}

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

**Gums**  
\textit{uashapit}

Also called: Gingiva

**Hair**  
\textit{pishkueuna}

**Hair, pubic**  
\textit{upiua}

The hair growing in the groin area of a person.

**Hand**  
\textit{utitshi}

**Hand, left**  
\textit{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 tshekuan 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
atuaikanashku
-The second finger.
Also called: Forefinger

Inferior vena cava
nashiku umikuiapi ka mitshapekak
-A large vein carrying blood from the lower body to the heart.

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

Inguinal nodes
unikua utshitashkat
-Glands between the insides of the thighs and the lower abdomen (groin).

Intervertebral disc
vaukan ashaikaniss
-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
*vashka kashteuapun nete ushshikut*
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
*utapiissikan*
The part of the skull from which the teeth grow.
Also called: Mandible

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

Joint
*ka-anishkvetshikiki ushkanan*
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 shutishimakak umiku tshehtshiki 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
_nashik⁴ unashpatshiunit eshpanit umik⁴ 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 kashteupunanit_

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

Ligaments
_utsheshtiapia (aiianishkuetshitina ushkanit)_

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

Lip, lower
_nashik⁴ utunit_

Lip, upper
_takut utunit_

Little finger
_utishkwaititshiss; 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 tshekuan 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
_nashik⁴ ushpishkun_

Lower jaw
_utapissikan_

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

Lower limb
_ushkat kie mak upuam_

Lower lip
_nashik⁴ utunit_

Lumbar spine
_nashik⁴ 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
\(\text{utapi\text{-}ssikan}\)
The part of the skull from which the teeth grow.
Also called: Jaw, lower

Marrow
\(\text{uin}\)
The soft material inside bones.

Maxilla
\(\text{takut utapi\text{-}ssikan}\)
The part of the skull from which the teeth grow.
Also called: Jaw, upper

Maxillary sinus
\(\text{nashik}^{\text{u}} \text{ussishik}^{\text{u}} \text{utshanikukan}\)
Pocket of space located to the side of the nasal cavity, below the eye.

Meninges
\(\text{uashka ka pishkuti\text{-}tshinikanit mitip}\)
A thin layer of tissues that cover the brain.

Metacarpals
\(\text{patetat ushkana anite utitshit}\)
The five bones of the hand that the fingers attach to.

Metatarsals
\(\text{patetat ushkana anite ushitit}\)
The five bones of the foot that the toes attach to.

Middle finger
\(\text{utetautitat}\)

Molar tooth
\(\text{uikuapit}\)
One of the flat teeth located at the back of the mouth, used for grinding food.

Mole
\(\text{uminim}\)
A tan, brown or flesh-coloured growth on the skin.

Mouth
\(\text{utun}\)

Muscle
\(\text{uiash}\)
One of many tissues in the body that can tighten and relax to produce movement.

Muscle, abdominal
\(\text{uiash ushkatat}\)
One of three sets of muscles that cover the front of the trunk of the body.

Muscle, biceps
\(\text{uiash nikan ushpitunit}\)
The muscle in the front of the upper arm that forms a bump when the elbow bends.

Muscle, calf
\(\text{utashtaneukua}\)
The large muscle at the back of the lower leg which pulls up the heel.

Muscle, deltoid
\(\text{uiash utitimanit}\)
The muscle that forms the top of the shoulder.

Muscle, forearm
\(\text{uiash nashik}^{\text{u}} \text{ushpitunit}\)
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"*  
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

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

**Nerve, optic**  
*ussishik" 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" 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
*ishkuev 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
*utishkuaitshiss; mashten tshininitshitishan*

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

Rib
ushpitshekan

Right atrium
takut uminunit miteit ka pitutepanit umik
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
nashiku uminumit eshanit umik 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, ushkashtit kie mak upishkueunit
   The part of the tooth, nail, hair, etc. that is under the skin.

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

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

Salivary glands
nete uet ushikut
   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 vetshipanit
   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
utshanikukan
   Four pairs of air spaces in the bone around the nose area.
   Also called: Sinus cavities

Sinus, ethmoid
pessish usshistikut utshanikukan
   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
nashik⁹ uussishik⁹ utshanikukana
Pocket of space located to the side of the nasal cavity, below the eye.

Sinus, sphenoid
takut ushkutit 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 ushkutit 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
The slippery, watery fluid produced inside the mouth.
Also called: Saliva
Spleen
usahaan upepek

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

Sputum
usahaan utatshikuma

Phlegm that is spit up.

Sternum
usahaan ushkassikan

Also called: Breastbone

Stomach
usahaan mushtatai

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

Stomach lining
usahaan mushtatai pitauietshinikan

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

Superior vena cava
usahaan ishpimit umikuiapi ka mitshapepekak

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

Swollen lymph nodes
usahaan patshipanua unikua

When lymph nodes become larger than normal.

Tailbone
usahaan ushuitshekan

Also called: Coccyx

Talus
usahaan uakunikan ushitit

Also called: Ankle bone

Teeth
usahaan uipita

Tendon
usahaan utshesht (anishkuetshitinua ushkanit mak uiash)

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

Testicle
usahaan uishinau

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

Also called: Testis

Thigh
usahaan upuam

Top part of the leg.

Thigh bone
usahaan upuamikan

Also called: Femur

Third molar tooth
usahaan mashten uikuapit

Also called: Wisdom tooth

Thoracic spine
usahaan takuaukan

The part of the spine in the upper back.

Thorax
usahaan ushkassikan

Also called: Chest
Throat
*ukutakan*

Also called: Pharynx

Thumb
*utuakan*

Thymus gland
*unikₜ⁴ 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 shukₜ⁴ 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, bicuspids
*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
*ui ku apit*
One of the flat teeth located at the back of the mouth, used for grinding food.

Tooth, third molar
*mashten ui ku apit*
Also called: Wisdom tooth

Trachea
*ukutakaniapi*
Also called: Windpipe

Trapezius muscle
*ui ash 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
*ui ash 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 utapi ssikan*
The part of the skull from which the teeth grow.
Also called: Maxilla

Upper lip
*takut utunit*

Ureter
*utatshishi shishiunapui vetshipanit anite utetakushut*
One of the two tubes that carries urine (pee) from each of the kidneys to the bladder.

Urethra
*shishiunapui vetshipanit*
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 vetshipanit*
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
*kanani ve kutesht; 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_

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 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 unashpatshiunit eshpanit umik anite miteit_

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

Ventricle, right
_nashik uuminumit eshpanit umik anite upanit_

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

Vertebra
_vaukanikan_

One of the bones that make up the spine.

Vertebrae
_vaukanikana_

The 33 bones that make up the spine.

Vertebra, lumbar
_nashik vaukanikan_

One of five bones at the bottom of the spine.

Vocal folds / Vocal cords
_uet anite auen 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
<table>
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<tr>
<th><strong>Wrist</strong></th>
<th><strong>Zygomatic arch</strong></th>
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</thead>
<tbody>
<tr>
<td><em>vakan</em></td>
<td><em>utamakanikan</em></td>
</tr>
<tr>
<td>The part of the body where the hand joins the lower arm.</td>
<td>Also called: Cheekbone</td>
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UIAU (NAPEU)
BODY (MALE)

ushkassikan
thorax / chest

ushkatai
abdomen

utushkun
ebrow

utitshi
hand

ustikuan
head

uapikan
clavicle / collarbone

uctikai
axilla / armpit

ushpitun
arm

utuakan
thumb

uninitshikashtan
toe

punishit
fingers

utukun
hip

ninitshiti//shana

utiapi
umbilicus / navel / belly button

napeu umassimateush
scrotum

mitakai
phallus / penis

utshiashkat
inguinal area / groin

upi
thigh

uitshikun
knee

ushit
foot

USHKASHIA USHIT
toe

pishkueuna
hair
UIAU (ISHKUEU)
BODY (FEMALE)
Uiau

Body

- ushakatip: crown of head
- utinikana: scapula / shoulder blade
- ushpishkun: back
- mitsishkapeu: buttock
- upuam: thigh
- utashtan: calf
- unakashtan: sole of foot
- pishkueuna: hair
- uititiman: shoulder
- ushpitun: arm
- nashik*: ushpishkun: lumbar / lower back
- ushkat: leg
- uakun: ankle
- ututan: heel
Utitsi mak ninitsititsitshana
Hand and fingers

tapitishepiszhuniti
fourth finger / ring finger

utishkuaitishiss
little finger / pinky finger

unakashtanititsi
palm

utuakan
thumb

utetautitshan
middle finger

atuikanashk
index finger / forefinger

ushkashi
fingernail

e kutikupanit utitshi
knuckle

uakun
wrist
**Utashtamik** (Napeu)
**Face (Male)**

- **Pishkueuna**: hair
- **Ushkatik**: forehead
- **Umamam**: eyebrow
- **Ussishik**: eye
- **Ushkush**: nose
- **Utamakan**: cheek
- **Utun**: mouth
- **Uishtuia**: beard / moustache
- **Ushakatip**: crown of head
**Utashtamik’u (ishkueu)**

**Face (female)**

- **pishkueuna** hair
- **umamama** eyebrows
- **ushkatik’u** forehead
- **ussishik’u** eye
- **ushkush** nose
- **utenikum** nostril
- **utamakan** cheek
- **ukuashkuneua** chin
- **utun** mouth
**Utshanikukana Sinuses**

- ushkatikut utshanikukana: frontal sinuses
- takut ushkutit utshanikukana: sphenoid sinuses
- pessish ussishikut utshanikukana: ethmoid sinuses
- nashik" ussishik" utshanikukana: maxillary sinuses
- utenikum: nostril
Utip
Brain and Skull

ushka mitipit
cerebral cortex /
cerebrum

ussishikuapikan
orbit / eye socket

utamakanikan
zygomatic arch /
cheekbone

utapiapi
brain stem

takut utapissikan
maxilla /
upper jaw

utapissikan
mandible /
lower jaw

anite enat utipit,
takut uaukanapi

cerebellum

ushikuuanikan
cranium / skull

utipapui
(cerebro)spinal fluid

uashka ka
pishkutietsinikanit
mitip
meninges
Ussishik

Eye

uashkaiapuna
eyelid

umishuiapunan
eyelash

kashteuapunan
pupil

kauaeiat utat
kashteuapunanit
lens

uashka
kashteuapunan
nette ussishikut
iris

atamit utat
missishik
retina

ussishik
utsheshtiapi
optic nerve
**Ukutakan**

**Pharynx / Throat**

- **e pakuneiat**
  - Nasal cavity

- **atamit mishkutit**
  - Tongue

- **tshipaikan ukutakan**
  - Epiglottis

- **uet anite auen e aimit**
  - Vocal folds / cords

- **utshitun**
  - Larynx / Adam’s apple

- **unikua ukutakanit**
  - Thyroid gland

- **ukutashkueiapi**
  - Esophagus

- **ukutakaniapi**
  - Trachea / windpipe
UITUKAI

EAR

uitukai
ear

uitukai tueuikeniss
eardrum

esh eshinakuak
atamit mitukat
cochlea

e pakunieakanit uitukai
ear canal

utatshishi tashtuit
uitukat mak utunit
Eustachian tube
UIPIITA
ORAL CAVITY / MOUTH AND TEETH

takut utunit
upper lip

utatimuapitan / tshinashkuapitan
Canine tooth

uipit upime
bicuspids tooth

vikuapit
molar tooth

kananiquekutesht / kushkan
uvula

nashikututunit
lower lip

uiashapit
gingiva / gums

tetaut uipit
incisor tooth

unakashkua
palate

unikua ukutakanit
tonsils

utenni
tongue
**Tshishish (Nikan)**

**Breast (Front)**

- **uiash** muscle
- **unikua** lymph nodes
- **tutushinapui**
  - **uetshipanit** lobule
- **tutushinapiapi** duct
- **ushtikuanitshishish**
  - **nipple**
- **uashka tshishish**
  - **areola**
- **uinu** adipose tissue (fat)
Tshitshish (tshitshit)
Breast (side)
UIASH MUSCLES

uiash ushkassikanit
pectoral muscle

uiash nikan
ushpunitunit
biceps

uiash ushkatat
abdominal muscle

upuameuku
quadriiceps

uiash ushpishkunit
trapezius

uiash utilimanit
deltoid

uiash utat
ushpunitunit
triceps

ushpitun
forearm muscle

uiash
umitshishkapem
gluteus maximus

utashtaneukua
calf muscle
Ushkana
Skeleton

ushtikuankan: cranium / skull
utamakanikan: zygomatic arch / cheekbone
ushkassikan: sternum / breastbone
ka tshinuashkuak: ulna
ushpitshekan: rib
ushpitunikan: humerus
ka apishashkushinit: radius
ushukanikan: sacrum
ka apishashinit ushkan: vertebra
anite ushkitat: tibia / shin bone
ushkatshikan: fibula
uakunikan ushkitit: talus / ankle bone
ussishikuapikan: orbit / eye socket
uapikan: clavicle / collarbone
ushpitunikan: ulna
uaukanikan: wrist
ushukanikan: pelvis
ka tshinuashkuak: hand
ushukanikan: hip joint
ka apishashkushinit: femur / thigh bone
ushita: patella / kneecap
ussita: feet
Uaukan

Spine / Backbone

takut uaukunit
cervical spine

takuaukan
thoracic spine

nashik uaukanikana
lumbar spine

ushukanikan
sacrum

ushuitshekan
coccyx / tailbone

aukanikan
vertebra
**Uaukanikana**

Vertebrae

- **uaukania**
  - spinal cord

- **uaukan**
  - intervertebral disc

- **uaukanikan**
  - vertebra
**Ushpitshekanas (Nikan)**
**Rib Cage (Front)**

- **Uapikan**: clavicle / collarbone
- **Ushkassikan**: sternum / breastbone
- **Ushpitshekan**: rib
- **Utinikan**: scapula / shoulder blade
Ushpitshekan mak ushpitun (utat)
Rib cage and arm (back)
Upitshikai mak ushkat (nikan)
Pelvis and leg (front)

- Upitshikai
  - Pelvis
- Upuamikan
  - Femur / thigh bone
- Utshitikua
  - Patella / kneecap
- Uskhatshikan
  - Tibia / shin bone
- Ka apishashinit
  - Ushkan anite
  - Ushkatit
  - Fibula
- Patetat ushkana
  - Anite ushitit
  - Metatarsals
- Ushhit
  - Foot
Upitsikai mak ushkat (utat)
Pelvis and leg (back)
Ushkassikan
Thorax / Chest

ushpitshekan
rib

utei
heart

upan
lung

upashtenuia
diaphragm
UPANA

LUNGS

ka mitshapekak
upaniapi
bronchus

upaniapia
bronchial tubes

upaniapissa
bronchioles

upanit nasht
atamit eshpanit
uneneun
alveoli

ukutakaniapi
trachea /
windpipe

upan
lung

upashtenuia
diaphragm
UTEI
HEART

ka mitshapekak miteiapix aorta

ishpimit umikuiapi ka mitshapekak superior vena cava

tshipaitshepanu mak ishepanu tshetshi tshiekunit umikv valve

takut uminunit miteit ka pitutepanit umikv right atrium

nashikv umikuiapi ka mitshapekak inferior vena cava

nashikv uminumit eshpanit umikv anite upanit right ventricle

takut unashpatshiunit miteit ka pitutepanit e shutshishimakak umikv tshetshi minu-nenet left atrium

umikuiapi vein

nashikv unashpatshiunit eshpanit umikv anite miteit left ventricle
MITEI MAK UMIK’U ESHPANIT
CARDIOVASCULAR SYSTEM

ka mitshapekak mikuiapi ukueiat
common carotid artery

upanit ka mitshapekak umikuiapi
pulmonary artery

utei heart

utetakushit ka mitshapekak umikuiapi
renal artery

ka mitshapekak umikuiapi
artery

umikuiapia veins
UNIKUA
LYMPHATIC SYSTEM

unikua ukueiat
cervical nodes

unikua utikut
axillary nodes

unikua ukutakanit
tonsils

uniku upime
ushkassikan
thymus gland

upepek
spleen

unikua utshitshashkat
inguinal nodes
KA PIKUPITAK MITSHIMINU
Digestive system

ushkun
liver

uishupui
gallbladder

ka mitshapekats
utatshishi
large intestine / bowel / colon

ka apiшекahekshi
utatshishi
small intestine

kauishikepekash
appendix

ukutashkueuiapi
esophagus / food pipe

mushtatai
stomach

uishupuiapi
bile duct

unik' ka nakatuenitak
kashiuashit
pancreas

atamit umishiuakanit
rectum

mishiukan
anus
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™
FEMALE GENITALS

upiuia
pubic hair

umutai
vulva

shishunapui uetshipanit
urethra

ishkueu utenni mutat
clitoris

utunit
labia

utshiss
vagina / birth canal

mishiuakan
anus
ISHKUEU KA NUSHET (NUSHEU)
PREGNANT ABDOMEN

ut nitautshit auass / anite atamit
ka-nitautshua auass
uterus / womb

auass utashpiqueshimun
placenta / afterbirth

auass eshk\textsuperscript{u}
eka inniut
fetus

utishiapi
umbilical cord

auass umassimateush
amniotic sac

atamit umishiuakanit
rectum

uniapi
bladder

uet unuipanit auass
cervix

utshiss
vagina / birth canal