

**HEALTH UNIT: SECTION 9**  
**Talking to Health Professionals**

**VOCABULARY LISTS**

Directions: Check word meanings orally with students. Discuss meanings and give examples for any unknown words or concepts. Use graphics and Reading Passage -Section 9 to help clarify.

interpreter – a person who translates from one language to another

Supplemental Vocabulary (words which may come up in oral discussions or other activities)

Case Study A

glucose – a form of sugar that is the basic fuel (food) for the cells in the body

blood glucose - the amount of glucose (sugar) in the blood

insulin - the hormone that "unlocks" the cells of the body, allowing glucose (sugar) to get in and fuel them.

hormone - a chemical messenger in the blood that carries a signal from one cell (or group of cells) to another

diabetes - a disease in which the body does not produce or properly use insulin. The body needs insulin to let the glucose (sugar) in our blood get into our cells to fuel them, so they can do their jobs. If glucose builds up in the blood instead of going into cells, it can cause problems. Right away, your cells may be starved for energy. Over time, too much glucose in the blood may hurt your eyes, kidneys, nerves or heart.

Type 1 diabetes - usually diagnosed in children and young adults. In Type 1 diabetes, the body does not produce insulin.

Type 2 diabetes— the most common form of diabetes. In Type 2 diabetes, either the body does not produce enough insulin, or the cells ignore the insulin.

Oral Glucose Tolerance Test – a person's blood glucose (sugar) level is measured after a fast (not eating for a certain amount of time) and two hours after drinking a glucose-rich drink. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes. If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.

Case Study B

BMP -	Basic Metabolic Panel; a group of eight specific lab tests
consultation –	a meeting with a doctor
complications –	health problems
liver –	an organ in the body that plays a major role in metabolism
metabolism –	chemical reactions that happen in living cells, e.g. when the body breaks down food and uses that energy to make what its cells need to grow and work properly
glycogen –	a type of glucose (sugar) that is made mostly by the liver and stored there. The body can use glycogen very quickly when it has a sudden need for glucose.
absorption –	soaking up, like a sponge soaks up water
pancreas –	a gland organ that helps the body digest (break down) food and also produces the hormone insulin
extended release –	pills that dissolve slowly and release a drug over time

Case Study C

- cholesterol - a fatty, waxy alcohol present in animal cells and body fluids. Cholesterol is necessary to build and maintain healthy cells. Cholesterol can't dissolve in the blood. It has to be transported to and from the cells by "carriers." There are two types of carriers, LDL and HDL.
- LDL – the "bad" cholesterol. This type can slowly build up and stick to the inner walls of the arteries. (Arteries carry fresh blood away from the heart.) The build-up makes the arteries more narrow. If a clot forms and blocks a narrowed artery, heart attack or stroke can result.
- HDL – the "good" cholesterol. This type deposits cholesterol in the liver where the body can excrete (remove) it. That is why it is considered good.
- triglycerides – a form of fat made in the body
- overall cholesterol – the combination of LDL, HDL and triglycerides

Case Study D

- inherited – received from your parents
- regimen – a regulated program or schedule of treatment (e.g. diet, exercise or medications) designed to give a good result
- pharmacologically – with the help of medicine
- side effect – unwanted result from taking a drug
- complications – health problems
- liver function tests – a group of blood tests used to give information about the state of a person's liver
- monitor – to watch, to keep an eye on

Case Study E

- prior - before
- rectum – the last 6-8 inches of the colon. The rectum stores solid waste (poop) until it leaves the body through the anus.
- rectal - having to do with the rectum
- colonoscopy – a test that uses a long, flexible tube with a light and a camera lens at the end to examine inside the colon (large intestine), starting at the rectum
- supplemental iron – tablets or liquid that contain iron, taken to treat or prevent low blood levels of iron
- FLEET Phospho-soda - a brand of laxative taken to clean the colon of all waste before a medical procedure
- exceed the recommended dosage – to take more than you should

Case Study F

- oral – having to do with the mouth
- wisdom tooth - the last tooth to come in at the back of each side of the upper and lower jaws. Wisdom teeth usually come in between 17 and 23 years of age, but not everyone has them.
- postoperative – after an operation or surgery
- complications – health problems
- gauze pad – white cotton cloth used as a bandage to cover or protect a wound
- sedated – given a drug to calm you down or to help you sleep