

Core Vocabulary: Check word meanings orally with students. Discuss meanings and give examples for any unknown words or concepts. Use graphics and Reading Passage -Section 3 to help clarify.

(Note: Definitions for some medical terms are provided here solely as an aid to instructors.)

medical history -	medical information about a person from the present and the past
family history -	medical information about a person's family members (blood relatives) from the present and the past
allergies -	over-reaction of the immune system to certain substances
immunizations -	shots given to a person (or animal) to prevent disease. The shots usually contain a tiny amount of a dead microorganism, which helps the immune system learn to recognize it so it can fight against it.
interpreter	
generic drug -	a medication called by its common name, for example ibuprofen
brand name drug -	a medication given a special name by the company that makes it, for example Advil and Motrin
health insurance -	a contract or agreement that promises to pay for a person's medical treatment, in case it is needed. Usually the person must pay a set amount of money every month, called a 'premium,' even if they do not receive medical care.

government health program -	a health insurance program run by the government
Medicaid -	a U.S. federal government and state government program that helps pay for health care for the needy, blind, disabled, and low-income families with children
Medicare -	the U.S. federal government program that covers most health care for people age 65 and over
KidCare -	state government programs that help pay for health insurance for children 18 and younger from eligible working families. Not every state uses this name. To find out the name for the program in your state, go to www.insurekidsnow.gov/states.asp

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

From **Answering Health Professionals' Questions – Oral Role Play**

appetite
rating scale

From **Beth Jones Case History – Health Forms**

nearsighted -	unable to see distant objects clearly
contact lens -	corrective lenses which fit directly on the eyeball under the eyelids

cholesterol -	a fatty, waxy alcohol present in animal cells and body fluids.
Pap smear –	a routine medical test that checks for cancer in the cells of a woman's cervix
birth control pills -	pills that a woman can take every day to keep from getting pregnant
menstruation -	a woman's period or monthly blood flow
sensitive -	very responsive to something
anemia –	having too few red blood cells. Symptoms of anemia include feeling tired, weak, and short of breath.
colon -	large intestine
arthritis -	swelling, redness, heat and pain of the joints
osteoporosis -	a condition in which the bones become thinner and break easily
mammogram –	an x-ray of the breast used to detect and diagnose breast cancer
extraction (dental) -	pulling out of a tooth
orthodontics -	a specialty of dentistry concerned with straightening teeth
sibling -	brother or sister

From **Paraphrasing Activity – 10 Scenarios**

blood pressure -	the force of blood as it pushes against the walls of the arteries
high blood pressure or hypertension -	when the blood flows through the arteries at a greater than normal force. This can harm the arteries and increase risk of stroke, heart attack, and other diseases.
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
elevated -	raised (higher than normal)
insulin -	the hormone that "unlocks" the cells of the body, allowing glucose (sugar) to get in and fuel them.
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.
fasting -	not eating food or drinking beverages (other than water) for a certain amount of time. Certain tests or

	procedures may require 12 to 14 hours of fasting before they can be done accurately.
fever -	above normal internal body temperature
strep throat –	a throat infection caused by the streptococcus bacteria
stabilize –	to make stable, hold steady; to keep from fluctuating (going up or down)
IV –	intravenous, given directly into a vein
vein -	a blood vessel that carries blood from the body back into the heart
sutures –	stitches used to close a wound
ointment -	an oil-based medication applied to the skin
discharge –	a substance that is released or eliminated (gotten rid of) by the body
viral -	caused by a virus (not by bacteria)
virus -	microorganisms (very, very small organisms) that are capable of growth and multiplication only in living cells, and that cause various diseases in humans, animals, or plants
respiratory tract -	the organs in the body involved in breathing
upper respiratory tract –	the nose, throat and windpipe

persists -	a condition that returns or lasts for a long time
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
screening (test)-	to test or examine for the presence of something, such as a disease
niacin –	the active part of vitamin B-3; an essential vitamin that is especially important in the skin, digestive, and nervous systems
vitamins -	organic nutrients that the body needs in small amounts for normal, healthy functioning. Most vitamins are found in foods; some are made by the body.
facial flushing -	a sudden reddening of the face

From the article: “**Following Emergency Room Instructions**”

abdomen -	the area of the body between the chest and the hips
indigestion -	a sick feeling or pain caused when food is not digested properly
viral infection -	an infection caused by a virus (a very small organism which cannot grow or reproduce apart from a living cell)

intestines -	also called the “bowel” or “gut”; a long tube in the abdomen through which food passes after it passes the stomach. The small and large intestines complete digestion, or the breaking down of food.
appendicitis –	infection or inflammation of the appendix - a pouch attached to the first part of the large intestine
cramps –	painful sensations caused by contraction or over shortening of muscles
bout –	a short period of illness
evidence –	signs showing that something is true
temperature –	the body’s degree of hotness or coldness
laxative –	a substance that loosens the intestines (bowels) to promote going to the bathroom (bowel movement/pooping)
fluids –	liquids such as water, juice and tea
persistent –	lasting a long time
faint –	feeling like you will pass out (lose consciousness)
swollen –	larger than normal
vagina -	the lower part of the female reproductive tract. This is where babies come out and where menstrual blood leaves the body.

From **After a Visit to a Health Professional – Oral Role Play**

cardiologist - a medical doctor who specializes in treating conditions of the heart

From the article: **“What You Can Do To Make Health Care Safer”**

cures
complicated
complex
consumer
seek
opinion
sensitivities
substance abuse
verify

From **Asking Questions: Case Studies****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