

V&S PUBLISHERS

CONCISE DICTIONARY OF MEDICAL TERMS

Useful for doctors, healthcare professionals and aspirants of
NEET, AIIMS, & other Medical Entrance Examinations
besides school students and general readers

J.S. Aadhya
M.Sc. Nursing, N.D.D.Y.



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Publisher`s Note

This Dictionary of Medical Terms is in line with the best-selling compilations of V&S Publishers' reference dictionaries. It is a new reference work for everyone concerned with medicine and health care, including those working in allied fields of law, insurance, and alternative health. It combines the professional and scientific expertise in technical writing even for non-technical readers.

V&S Publishers has so far come out with seven dictionaries of terms; science, physics, chemistry, biology, mathematics, commerce and economics. Dictionaries on other subjects are in works awaiting completion and publication.

Innumerable books are available in the market on medical science, both as a textbook and reference manual. Quite a number of these reference books, especially for non-medical readers, come replete with jargon-filled terms, that give short explanations to the 'term' being discussed. And fail to connect with readers' ability to understand. On top of that, research keeps throwing new words that find their way into the books every other day. Each new addition of words adds to complexity needing simplification. An average reader is interested only in knowing what a specific word means without getting lost in technical explanations.

The book gives simplified meaning of popular terms so that an average reader, including average college/medical student can grasp them easily. For easy reference terms have been arranged alphabetically. Clear images, illustrations and examples have been added along with appropriate appendices at the end of the book.

Medicinal world is undergoing a 'revolution, where getting a clear picture of a medical word is difficult for non-medical people. The author has been selective in choosing entries so that the balance of the book is maintained at the target audience.

Some may think, the book has omitted some important entries while others may see it as having included a number of frivolous ones. To this end, all criticism and suggestions for improvement are welcome.

Introduction

Medical world is perhaps the most intensively researched field in the development of new cure for ailments, preventive medicines, and control of disease, etc. This dictionary provides full coverage of all the important terms and theories used in medicine today. It is intended primarily for people in the medical and paramedical fields: practicing doctors, health workers, hospital administrators, technicians, radiologists, pharmacists, physiotherapists, speech therapists, social workers, and so on. It is equally useful for those working in the fields of law, insurance, and alternative health. Tempered with scientific expertise in technical writing for non-technical readers; it is in line with the best-selling compilations of V&S Publishers' reference dictionaries. For this reason the book will also be of interest and value to the general reader who needs a simplified medical dictionary in everyday language.

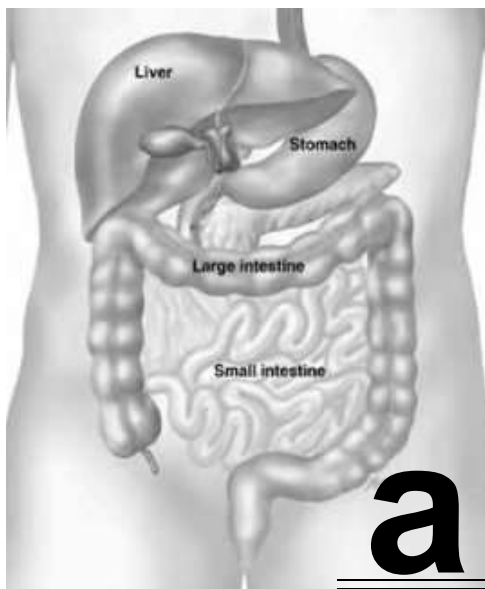
Each entry contains a basic definition in clear and concise manner in a medical jargon-free language. The dictionary defines terms specific to anatomy, physiology, biochemistry, genetics, as well as other major surgical and medical specialties. Coverage of psychology and psychiatry, public health & medicine, obstetrics & gynaecology, paediatrics, nephrology, dentistry, cardiology, oncology, genetics, medical ethics as well as other medical and surgical specialties is given in short notes: and exhaustive, where considered necessary. Important features include: more than 10,000 entries. New terms used regularly have also been included. Popular terms from other systems of treatment have also been included, for example, yoga, homeopathy, ayurved, siddha, unani and other oriental methods including acupuncture & reflexology.

Cross-reference entries refer the reader to another entry, mentioning that they are either synonyms, or abbreviations; or that more detailed explanation appears elsewhere. Inclusion of illustrations and tables simplify understanding the terms.

Biochemical reference values for blood, urine, faeces, cerebrospinal fluid, haematological & paediatric reference values, baby milk formulas, and abbreviations & symbols are included as appendices.

While every attempt has been made to keep the dictionary accurate, simple and straight forward, we go by the conviction that even the best of the books have scope for improvement. If you feel that some matter needs modification or addition to text or even deletion, please inform us of the action to be taken. We would be grateful for your contribution.

A



A-alpha1ipoprotein Neuropathy A rare autosomal recessive familial disorder of cholesterol metabolism, characterised by extremely low HDL-cholesterol, reduced total cholesterol, and increased triglyceride levels in serum.

Aarskog-Scott syndrome A syndrome of wide spaced eyes (ocular hypertelorism), front-facing (anteverted) nostrils, a broad upper lip, a malformed (“saddle-bag”) scrotum, and laxity of the ligaments resulting in bending back of the knees (genu recurvatum), flat feet, and overly extensible fingers. There are X-linked and autosomal forms of the disease.

Abate To lessen or decrease. For example, after a boil is lanced, the pus can drain and the pain and tenderness abate. From the French abbatre, to beat down.

Abatement A diminution, decrease or easing. In medicine there may be abatement of pain or any other symptom or sign. In the environment there may be abatement in the degree of pollution

Abarelix A drug used to reduce the amount of testosterone made in patients with advanced symptomatic prostate cancer for which no other treatment options are available. It belongs to the family of drugs called gonadotropin-releasing hormone (GnRH) antagonists.

ABCD rating A staging system for prostate cancer that uses ABCD. ‘A’ and ‘B’ refer to cancer that is confined to the prostate. ‘C’ refers to cancer that has grown out of the prostate but has not spread to lymph nodes or other places in the body. ‘D’ refers to cancer that has spread

to lymph nodes or to other places in the body. Also called Jewett staging system and Whitmore-Jewett staging system.

Abdomen The area of the body that contains the pancreas, stomach, intestines, liver, gallbladder, and other organs.

Abdominal bloating Abdominal bloating is felt by patients as a feeling of fullness, tightness or distension in the abdomen.

Abdominal CT scan An abdominal CT scan is an imaging method that uses x-rays to create cross-sectional pictures of the belly area. CT stands for computed tomography.

Abdominal Pain The abdominal area (the area between your chest and groin) is often referred to as the stomach region or belly.

Abdominal ultrasound A procedure used to examine the organs in the abdomen. An ultrasound transducer (probe) is pressed firmly against the skin of the abdomen. High-energy sound waves from the transducer bounce off tissues and create echoes. The echoes are sent to a computer, which makes a picture called a sonogram. Also called trans-abdominal ultrasound.

Abdominal X-ray An x-ray of the organs inside the abdomen. An x-ray is a type of radiation that can pass through the body and onto film, making pictures of areas inside the body. X-rays may be used to help diagnose disease.



Fig. *Abdominal X-ray*

Abdominoperineal resection Surgery to remove the anus, the rectum, and part of the sigmoid colon through an incision made in the abdomen. The end of the intestine is attached to an opening in the surface of the abdomen and body waste is collected in a disposable bag outside of the body. This opening is called a colostomy. Lymph nodes that contain cancer may also be removed during this operation.

Abduct Movement of any extremity away from the midline of the body.

Abductor Any muscle which moves a body part away from the midline of the body.

Ablation In medicine, the removal or destruction of a body part or tissue or its function. Ablation may be performed by surgery, hormones, drugs, radio-frequency, heat, or other methods.

Abnormal Not normal. An abnormal lesion or growth may be cancer, premalignant (likely to become cancer), or benign (not cancer).

Abnormal posturing It is an involuntary flexion or extension of the arms and legs, indicating severe brain injury.

Abnormality In psychological terms, any mental, emotional, or behavioural activity that deviates from culturally or scientifically accepted norms.



Fig. *Abnormality*

ABO blood group system A system used to group human blood into different types, based on the presence or absence of certain markers on the surface of red blood cells.

The four main blood types are A, B, O, and AB. For a blood transfusion, the ABO blood group system is used to match the blood type of the donor and the person receiving the transfusion. People with blood type O can donate blood to anyone and are called universal donors. People with blood type AB can accept blood from all donors

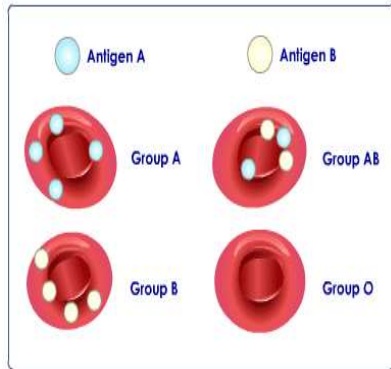


Fig. *ABO blood group system*

and are called universal recipients. People with type A or B can receive matching blood or type O blood.

Abortifacient Induces the premature expulsion (abortion) of a foetus. Same meaning as Ecboic, e.g., pennyroyal.

Abrasion Any injury which rubs off the surface of the skin.

Abraxane A drug used to treat breast cancer that has spread or that has come back within 6 months after chemotherapy. It is also being studied in the treatment of newly diagnosed breast cancer and other types of cancer. Abraxane is a type of mitotic inhibitor.

Abreaction Emotional release or discharge after recalling a painful experience that has been repressed because it was not consciously tolerable. A therapeutic effect sometimes occurs through partial or repeated discharge of the painful affect.

Abscess An enclosed collection of pus in tissues, organs, or confined spaces in the body. An ab-

scess is a sign of infection and is usually swollen and inflamed.

Absorption The process of taking nutrients from the digestive system into the blood so they can be used in the body.

Abstinence Foregoing some kind of gratification; in the area of alcohol or drug dependence, being without the substance on which the subject had been dependent.

Abuse, substance Impairment in social and occupational functioning resulting from the pathological and 'compulsive' use of a substance. The concept is closely related to the definition of substance dependence, which has similar symptoms of impairment but may include evidence of physiological tolerance or withdrawal. Typical symptoms of abuse include failure to fulfill major role obligations at work, school, or home; recurrent use of the substance in situations where such use is physically hazardous; substance-related legal problems; and continued use even though it causes or exaggerates interpersonal problems.

Abused child A child or infant who has suffered repeated injuries, which may include bone fractures, neurologic and psychological damage, or sexual abuse at the hands of a parent, parents, or parent surrogate(s). The abuse takes place repeatedly and is often precipitated, in the case of physical abuse, by the child's minor and normally

irritating behaviour. Child abuse also includes child neglect.

A-C Joint The acromioclavicular (or AC) joint is the joint created by the end of the collar bone (clavicle) connecting to the acromion of the shoulder blade (scapula).

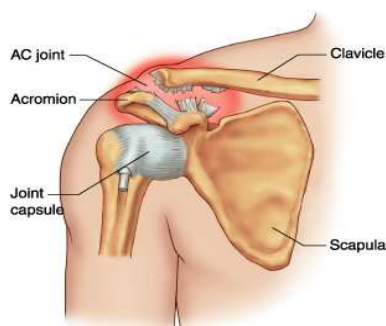


Fig. A-C Joint

Pain in this region of the shoulder is most commonly caused by trauma, specifically falling on either an outstretched arm or a fall landing directly on the tip of the AC joint.

Academic disorders In DSM-IV, this is a major group of infancy, childhood, and adolescence disorders that includes reading disorder, mathematics disorder, and disorder of written expression.

Academic problem School difficulty that is not due to a mental disorder. Examples are failing grades or significant underachievement in a person with adequate intellectual capacity.

Accelerated Death Benefits Some life insurance companies offer life insurance policies with a

special feature that allows payment of the death benefit when the insured person is still alive. Such payment usually is limited to situations in which the individual is terminally ill. The benefits are available to cover the costs of long term care services.

Accident-proneness Susceptibility to accidents based on psychological causes or motivations, usually unconscious.

Accountable Health Plans Under the Managed Care Act, providers and insurance companies would be encouraged (through tax incentives) to form AHPs, similar to HMOs, PPOs, and other group practices. Accountable health plans would compete on the basis of offering high-quality, low-cost care and would offer insurance and health care as a single product. They would be responsible for looking after the total health of members and reporting medical outcomes in accordance with Federal guidelines.

Accoucheur A male obstetrician. An accoucheuse is a woman obstetrician, or sometimes a midwife.

Accreditation A seal of approval given by a governing body to a housing and/or service provider. To become accredited, the community or provider must meet specific requirements set by the accreditation entity and is then generally required to undergo a thorough review process by a team of evaluators to

ensure certain standards of quality. The accrediting organizations are not government agencies or regulatory bodies. Examples of some accreditation bodies for the senior housing and care industry include CCAC (Continuing Care Accreditation Commission), CARF (Commission on Accreditation of Rehabilitation Facilities) and JCAHO (Joint Commission on Accreditation of Health care Organizations).

Accredited To meet the standards set by a non-governmental, state or national peer group.

Accrete The addition of new enrollee to a health plan, usually used in reference to medicare.

Accessory nerve The eleventh cranial nerve, which emerges from the skull and receives an additional (accessory) root from the upper part of the spinal cord. It supplies the sternocleidomastoid and trapezius muscles.

Acculturation difficulty A problem in adapting to or finding an appropriate way to adapt to a different culture or environment. The problem is not based on any coexisting mental disorder.

ACF Clusters of abnormal tube-like glands in the lining of the colon and rectum. ACF form before colorectal polyps and are one of the earliest changes that can be seen in the colon that may lead to cancer. It is also called aberrant crypt foci.

Achalasia is a disorder of swallowing resulting from the inability

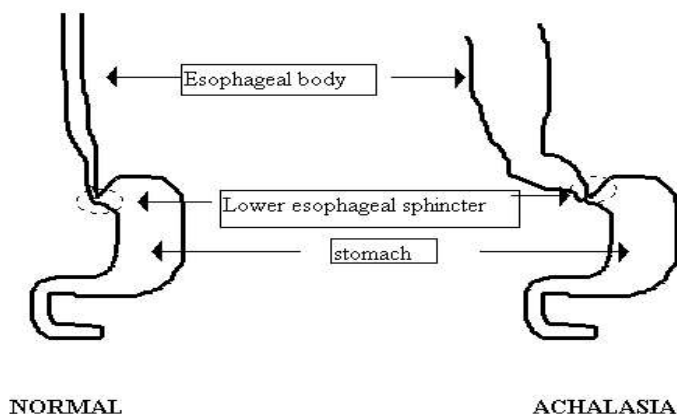


Fig. Achalasia

of the muscle of the esophagus (food pipe) to relax, preventing food and liquids to get to the stomach. The muscle affected is called the lower esophageal sphincter: this is a ring of muscle at the junction of the oesophagus and stomach, which normally stays shut (to prevent stomach acid from coming back) and opens during swallowing to allow food down. In patients with achalasia, this ring stays shut. In addition, the rest of the esophagus loses its ability to pump material down (a process called peristalsis). This combination of defects results in great difficulty in swallowing.

Achlorhydria A lack of hydrochloric acid in the digestive juices in the stomach. Hydrochloric acid helps digest food.

Acid A chemical that gives off hydrogen ions in water and forms salts by combining with certain metals. Acids have a sour taste and turn certain dyes red. Some

acids made by the body, such as gastric acid, can help the body work the way it should. An example of an acid is hydrochloric acid.

Acid-base balance In medicine, the state of having the right amount of acid and base in the blood and other body fluids. Keeping a normal acid-base balance is important for the body to work the way it should. Also called acid-base equilibrium.

Acid-base equilibrium In medicine, the state of having the right amount of acid and base in the blood and other body fluids. Keeping a normal acid-base equilibrium is important for the body to work the way it should. Its also called acid-base balance.

Acidification The process of making or becoming an acid. An acid is a substance that gives off hydrogen ions in water and forms salts by combining with certain metals.

Acidity It refers to the amount of acid in a substance. An acid is a

chemical that gives off hydrogen ions in water and forms salts by combining with certain metals.

Acoustic Having to do with sound or hearing. The acoustic nerve (the 8th cranial nerve) is concerned with hearing and the sense of balance and head position. An acoustic neuroma is a benign tumour on the acoustic nerve.

Acromegaly A condition in which the pituitary gland makes too much growth hormone after normal growth of the skeleton is finished. This causes the bones of the hands, feet, head, and face to grow larger than normal. Acromegaly can be caused by a pituitary gland tumour.

Acrylonitrile A substance used to make plastics, rubber, and textiles. Being exposed to acrylonitrile may increase the risk of developing certain cancers, such as lung, brain, or prostate cancer.

ACTH A hormone made in the pituitary gland. ACTH acts on the outer part of the adrenal gland to control its release of cortico-steroid hormones. More ACTH is made during times of stress. It is also called adrenocorticotrophic hormone and corti-cotropin.

Actimid A substance being studied in the treatment of prostate cancer, multiple myeloma, and other types of cancer. Actimid is a form of the drug thalidomide. It stops the growth of blood vessels, stimulates the

immune system, and may kill cancer cells. Actimid is a type of angiogenesis inhibitor and a type of immuno-modulatory agent.

Actinex A drug put on the skin to treat growths caused by sun exposure. A form of Actinex that is taken by mouth is being studied in the treatment of prostate cancer. Actinex is an antioxidant, and it may block certain enzymes needed for tumour growth. Also called masoprocol, NDGA, and nor-dihydroguaiaretic acid.

Acting out Expressions of unconscious emotional conflicts or feelings in actions rather than words. The person is not consciously aware of the meaning of such acts. Acting out may be harmful or, in controlled situations, therapeutic (e.g., children's play therapy).

Activities director The activities director is trained in social, recreational, or therapeutic programming. The director provides an ongoing programme of meaningful activities to promote self-care and the physical, social, and mental well being of residents.

Activities of daily living Physical functions that an independent person performs each day, including bathing, dressing, eating, toileting, walking or wheeling, and transferring into and out of bed.

Actual charge The amount a physician or other provider actually bills a patient for a particu-

lar medical service, procedure or supply in a specific instance. The actual charge may differ from the usual, customary, prevailing, and/or reasonable charge.

Actuarial analysis The statistical calculations used to determine the managed care company's rates and premiums charged to their customers based on projections of utilization and cost for a defined population.

Actuarial cost of coverage The expected dollar value of a health plan's benefits. The method of determining this value may be based entirely on a plan's provisions, or may adjust for the geographic location and demographic characteristics of enrollees, the actual health care utilization level by plan participants, or the type of plan under which the benefits are provided.

Actuarial soundness The requirement that the development of capitation rates meet common

actuarial principles and rules.

Actuary A person in the insurance field who decides policy rates and conducts various other statistical studies.

Acupressure The application of pressure or localized massage to specific sites on the body to control symptoms such as pain or nausea. It is a type of complementary and alternative medicine.

Acupressure is the most effective method for self-treatment of tension-related ailments by using the power and sensitivity of the human hand. It deals with all the aspects of a person as a whole: body, emotions, mind, and spirit as one, not as separate parts. It relaxes muscular tension and balances the vital life forces of the body.

Acupuncture The technique of inserting thin needles through the skin at specific points on the body to control pain and other symptoms. It is a type of complementary and alternative



Fig. *Acupressure*

medicine. It is a very old medical art, and there are many approaches to learning and practicing it. Medical acupuncture is the term used to describe acupuncture performed by a doctor trained and licensed in Western medicine who has also had thorough training in acupuncture as a specialty practice. Such a doctor can use one or the other approach, or a combination of both as the need arises, to treat an illness.

Acupuncture needle A stainless steel needle that is slightly thicker than a human hair. Acupuncture needles are inserted through the skin at specific points on the body to control pain and other symptoms.

Acupuncture point A specific spot on the body where an acupuncture needle may be inserted to control pain and other symptoms.

Acupuncture point injection A procedure in which drugs, vitamins, herbal extracts, or other fluids are injected into the body at an acupuncture point using a syringe and needle.

Acute A sudden and severe condition.

Acute angle-closure glaucoma Increased pressure in the front chamber (anterior chamber) of the eye due to sudden (acute) blockage of the normal circulation of fluid within the eye. The block takes place at the angle of the anterior chamber – the space at the junction of the cornea with the iris. This angle can

be seen by looking at one's eye from the side with the slit lamp.

Acute bronchitis inflammation of the breathing tubes within the lungs (bronchial tubes or bronchi) as a result of an infection (viral or bacterial) or a chemical irritant (such as smoke or gastric acid reflux). The inflammation causes swelling of the lining of these breathing tubes, narrowing the tubes and promoting secretion of inflammatory fluid. Most commonly, acute bronchitis is due to a viral infection. Common viruses that cause bronchitis include the rhinovirus, respiratory syncytial virus (RSV), and the influenza virus.

Acute fatty liver of pregnancy Abbreviated AFLP, liver failure in late pregnancy, usually of unknown cause. Symptoms include nausea and vomiting, abdominal pain, yellowing of the skin and eyes (jaundice), frequent thirst (polydipsia), increased urination (polyuria), headache, and altered mental state.

Acute care bed A formula used to determine hospital bed needs.

Acute care hospital Care given to patients who generally require a stay of up to seven days and that focuses on a physical or mental condition requiring immediate intervention and constant medical attention, equipment and personnel.

Acute rehabilitation Early rehabilitation phase as soon as medically stable. Primary emphasis

is to provide intensive physical and cognitive restorative services in the early months following injury. Typical stay 3-4 months (short term). Based in medical facility.

ADA deficiency Lack of normal adenosine deaminase (ADA) activity, a genetic (inherited) condition causing one form of severe combined immuno-deficiency ((SCID) disease. It is said to be "combined" in that there is dysfunction of both B and T lymphocytes with impaired cellular immunity and decreased production of immunoglobulins. Adenosine deaminase is an enzyme that plays a key role in salvaging purine molecules.

Adam's apple The familiar feature on the front of the neck that is the forward protrusion of the thyroid cartilage, the largest cartilage of the larynx. It tends to enlarge at adolescence, particularly in males. It is usually said to take its name from the extrabiblical story that a piece of the forbidden fruit stuck in Adam's throat.

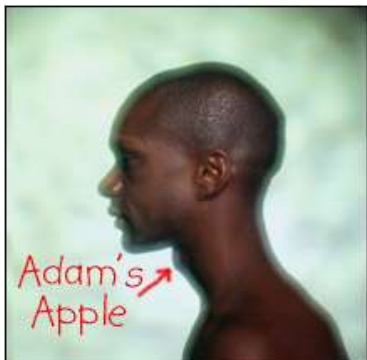


Fig. Adam's apple.

Addison disease Long-term under-function of the outer portion of the adrenal gland. In medical terms, chronic insufficiency of the adrenal cortex. This may be due to a number of different insults to the adrenal including physical trauma, hemorrhage, and tuberculosis of the adrenal, and destruction of the cells in the pituitary gland that secrete ACTH (adrenocorticotrophic hormone) which normally drives the adrenal.

Adaptogenic Helping the human organism adapt to stressful conditions.

Adaptation Fitting one's behaviour to meet the needs of one's environment, which often involves a modification of impulses, emotions, or attitudes.

Adaptive/assistive equipment An appliance or gadget which assists user in the operation of self-care, work or leisure activities.

Adenopathy Large or swollen lymph nodes. Lymph nodes can become enlarged as a result of inflammatory diseases, infection, or cancer. Synonymous with lymphadenopathy.

Addiction Dependence on a chemical substance to the extent that a physiological and/or psychological need is established. This may be manifested by any combination of the following symptoms: tolerance, preoccupation with obtaining and using the substance, use of the substance despite anticipation of probable adverse consequences, repeated efforts to cut down or control

substance use, and withdrawal symptoms when the substance is unavailable or not used.

ADHD Attention-deficit/hyperactivity disorder.

Adjusted average per capita cost A county-level estimate of the average cost incurred by medicare for each beneficiary in the fee-for-service system.

Adjusted community rating Community rating impacted by group specific demographics.

Adjustment carer payment A one-off payment helping families with increased costs following a sudden accident, illness or disability involving a child aged under seven year.

Adjustment disorder An imprecise term referring to emotional or behavioural symptoms that develop in response to an identifiable stressor. The symptoms, which may include anxiety, depressed mood, and disturbance of conduct, are clinically significant in that the distress exceeds what would be expected under the circumstances, or significant impairment in social or occupational functioning is produced. Duration of symptoms tends to be self-limited, not persisting more than 6 months after termination of the stressor or its consequences. Sometimes the disorder is designated as 'acute' if duration is 6 months or less, and as 'persistent' or 'chronic' if symptoms endure beyond 6 months.

Adjustment Often transitory functional alteration or accommoda-

tion by which one can better adapt oneself to the immediate environment and to one's inner self.

Adjuvant therapy During cancer treatment, additional or adjuvant treatment is given to destroy any cancer cells that may have spread. Adjuvant treatment is usually systemic, meaning a treatment that affects the entire body. This allows the treatment to attack cancerous cells wherever they are present. The most common example of adjuvant therapy is chemotherapy given after a tumour has been surgically removed.

Administration on aging An agency of the U.S. Department of Health and Human Services. AOA is an advocate agency for older persons and their concerns at the federal level. AOA works closely with its nationwide network of state and Area Agencies on Aging (AAA).

Administrative costs Savings Reductions in expenditures related to changes in the administrative costs associated with the provision of health care coverage and services.

Administrative loading The amount added to the prospective actuarial cost of the health care services (pure premium) for administrative, marketing expenses and profit.

Administrative reform Reducing paperwork though simplified universal forms or electronic

filing and processing of claims.

Administrative services An agency that delivers administrative services to an employer group. This type of arrangement usually requires the employer to be at risk for the cost of health care services provided.

Administrative services organization An entity which only provides administrative services (including claims adjudication, member services, and management information reporting).

Administrator An administrator is licensed by the state to supervise a nursing home. This person is ultimately responsible for all nursing home activities.

Adult day care A programme of social and health-related services provided during the day in a community group setting. The purpose of the programme is to support frail or impaired elderly, or other disabled adults who can benefit from care in a group setting outside the home.

Adult day health care Provision of care and services in a residential health care facility or approved extension site, on an outpatient basis, under the medical direction of a physician. Services are in accord with a comprehensive assessment of care needs and individualized health care plan.

Adult foster care An elderly person's placement with another family when independent living is no longer possible, but nursing care is not necessary.

Adult protective services Social service interventions for impaired adults at risk of abuse, neglect or exploitation.

Advanced directives A written statement of an individual's preferences and directions regarding health care. Advanced Directives protect a person's rights even if he or she becomes mentally or physically unable to choose or communicate his or her wishes.

Advanced Practice Nurse A regis-



Fig. Adult day care

tered nurse who is approved by the Board of Nursing to practice nursing in a specified area of advanced nursing practice. APN is an umbrella term given to a registered nurse who has met advanced educational and clinical practice requirements beyond the two to four years of basic nursing education required for all RNs.

Advanced Registered Nurse Practitioner (ARNP) In addition to professional nursing, the ARNP may perform acts of medical diagnosis and treatment, prescription, and operation, which are identified and approved in their identified protocols as signed by the physician and by their license in the state of florida.

Adverse selection Among applicants for a given group or individual health insurance program, the tendency for those with an impaired health status, or who are prone to higher-than-average utilization of benefits, to be enrolled in disproportionate numbers in lower deductible plans.

Aerobic bacteria are bacteria that can grow and live in the presence of oxygen.

Aerophagy An excess of air in the alimentary canal that is relieved through burping or flatulence.

Aflatoxins are toxins produced by a mold that grows in nuts, seeds, and legumes. Although aflatoxins are known to cause cancer in animals, the U.S. Food and Drug Administration (FDA) al-

lows them at low levels in nuts, seeds, and legumes because they are considered "unavoidable contaminants."

Affect Behaviour that expresses a subjectively experienced feeling state (emotion); affect is responsive to changing emotional states, whereas mood refers to a pervasive and sustained emotion. Common affects are euphoria, anger, and sadness.

Affective disorder A disorder in which mood change or disturbance is the primary manifestation. Now referred to as mood disorder. See depression.

Affective Psychosis Affective psychosis produces intense changes in mood, either to severe depression with diminution in levels of activity or elation with excessive activity.

Aflatoxin A harmful substance made by certain types of mold (*Aspergillus flavus* and *Aspergillus parasiticus*) that is often found on poorly stored grains and nuts. Consumption of foods contaminated with aflatoxin is a risk factor for primary liver cancer.

Age-Associated Memory Impairment Mild memory loss that increases with age. Mild memory loss is normal and should not be confused with forms of dementia, which are progressive and affect every day living.

Aging changes in the face The typical appearance of the face and neck changes with age. Muscle tone may be lost, causing a flabby or droopy appear-



Fig. *Aging changes in the face*

ance. The jowls may begin to sag, leading to a "double chin" in some people. In some people the nose lengthens slightly and may look more prominent. There also may be an increase in the number, size, and colour of coloured spots on the face. This is largely due to sun exposure. The skin may thin, become dryer, and develop wrinkles. Although wrinkles are inevitable to some extent, sun exposure and cigarette smoking are likely to make them develop faster.

Agency for health care policy and research A Federal agency within the Public Health Service responsible for research on quality, appropriateness, effectiveness and cost of health care.

Agranulocytosis means a failure of the bone marrow to make enough white blood cells (neutrophils). Bone marrow is the soft tissue inside bones that helps form blood cells.

Aggression Forceful physical, verbal, or symbolic action. May be appropriate and self-protective, including healthy self-assertiveness, or inappropriate as in hostile or destructive behaviour. May also be directed toward the environment, toward another person or personality, or toward the self, as in depression.

Agitation Excessive motor activity, usually nonpurposeful and associated with internal tension. Examples include inability to sit still, fidgeting, pacing, wringing of hands, and pulling of clothes.

Agoraphobia Anxiety about being in places or situations in which escape might be difficult or embarrassing or in which help may not be available should a panic attack occur. The fears typically relate to venturing into the open, of leaving the familiar setting of one's home, or of being in a crowd, standing

in line, or traveling in a car or train. Although agoraphobia usually occurs as a part of panic disorder, agoraphobia without a history of panic disorder has been described.

Ague An intermittent fever, sometimes with chills, as in malaria.

Aid to families with dependant children A Federally supported, state-administered program established by the Social Security Act of 1935 that provides financial support for children under the age of 18 (and their caretakers) who have been deprived of parental support or care because of the parent's death, continued absence from the home, unemployment, or physical or mental illness.

Albinism is a defect of melanin production that results in little or no colour (pigment) in the skin, hair, and eyes.

Alcohol dependence Dependence on alcohol characterized by either tolerance to the agent or development of withdrawal phenomena on cessation of, or reduction in, intake. Other aspects of the syndrome are psychological dependence and impairment in social and/or vocational functioning. This is also called alcoholism.

Alcohol hallucinosis An organic mental disorder consisting of auditory hallucinations occurring in a clear sensorium, developing shortly after the reduction or cessation of drinking, usually within 48 hours. The

disorder commonly follows prolonged and heavy alcohol use.

Alcohol psychosis A group of major mental disorders associated with organic brain dysfunction due to alcohol; in DSM-IV, categorized as alcohol-induced psychotic disorder. Includes delirium tremens and alcohol hallucinosis.

Alcohol use disorders In DSM-IV, this group includes alcohol dependence, alcohol abuse, alcohol intoxication, alcohol withdrawal, alcohol delirium, alcohol persisting dementia, alcohol persisting amnestic disorder, alcohol psychotic disorder, alcohol mood disorder, alcohol anxiety disorder, alcohol sleep disorder, and alcohol sexual dysfunction. See abuse, substance; dependence, substance; intoxication, alcohol; withdrawal symptoms, alcohol.

Alcohol, drug abuse, and mental health administration An agency in the U.S. Department of Health and Human Services that was replaced in 1992 by the Substance Abuse and Mental Health Services Administration (SAMHSA). In reorganizing ADAMHA into SAMHSA, the three ADAMHA research institutes, the National Institute on Alcohol Abuse and Alcoholism (NIA-AA), the National institute on Drug Abuse (NIDA), and the National Institute of Mental Health (NIMH), were moved to the National Institutes of Health. What remain in

SAMHSA are the substance abuse and mental health services programmes.

Aldosterone A steroid hormone made by the adrenal cortex (the outer layer of the adrenal gland). It helps control the balance of water and salts in the kidney by keeping sodium in and releasing potassium from the body. Too much aldosterone can cause high blood pressure and a build-up of fluid in body tissues.

Aldolase test Aldolase is a protein (called an enzyme) that helps break down certain sugars into energy. It is found in high amounts in muscle tissue. A test can be done to measure the amount of aldolase in your blood.

Alkaptonuria is a rare condition in which a person's urine turns a dark brownish-black colour when exposed to air.

Allergic conjunctivitis is inflammation of the tissue lining the eyelids (conjunctiva) due to a reaction from allergy-causing substances such as pollen and

dander. Symptoms may be seasonal and can include:

- Intense itching or burning eyes.
- Puffy eyelids, especially in the morning.
- Red eyes.
- Stringy eye discharge.
- Tearing (watery eyes).
- Widened (dilated) vessels in the clear tissue covering the white of the eye.

Lubricating eye drops can help decrease symptoms. You can relieve discomfort by applying cool compresses to the eyes. Over-the-counter oral antihistamines can provide more relief. However, they can sometimes make the eyes dry.

Allergic reactions are sensitivities to substances called allergens that come into contact with the skin, nose, eyes, respiratory tract, and gastrointestinal tract. They can be breathed into the lungs, swallowed, or injected.

Allergic rhinitis is a group of symptoms affecting the nose. These symptoms occur when you breathe in something you are allergic to, such as dust, dander, insect venom, or pollen.

Allergy skin tests are tests used to find out which substances cause a person to have an allergic reaction.

Alopecia areata is a medical condition in which hair is lost from some or all areas of the body, usually from the scalp. Because it causes bald spots on the scalp,



Fig. *Allergic conjunctivitis*



Fig. *Alopecia areata*

especially in the first stages, it is sometimes called spot baldness. Typical first symptoms of alopecia areata are small bald patches. The underlying skin is unscarred and looks superficially normal. These patches can take many shapes, but are most usually round or oval. Alopecia areata most often affects the scalp and beard, but may occur on any hair-bearing part of the body. Different skin areas can exhibit hair loss and regrowth at the same time.

ALP-blood test Alkaline phosphatase (ALP) is a protein found in all body tissues. Tissues with particularly high amounts of ALP include the liver, bile ducts, and bone. A blood test can be done to measure the level of ALP.

Allopathic One of two schools of medicine that treats disease by inducing effects opposite to those produced by the disease. The other school of medicine is osteopathic.

Allowable charge Generic term referring to the maximum fee that a third party will use in de-

termining reimbursement for a given service or supply. An allowable charge may not always be the same as the actual charge.

Allowable costs Charges for services rendered or supplies furnished by a health care provider, which qualify as covered expenses for insurance purposes.

All-payer system A plan to impose uniform prices on medical services, regardless of who's paying.

Alternative A medicinal substance that gradually restores health and the nutritional state of the body.

Alternative delivery sites Substitute for traditional inpatient sites for care such as ambulatory care centers, surgicenters, home care, hospice care, or alternative delivery and financing systems such as health maintenance organizations (HMOs), or preferred provider arrangements.

Alternative delivery system (ADS) An alternative to traditional inpatient care such as ambulatory care, home health care and same day surgery. Also used as an expression to describe all forms of health care delivery systems other than traditional fee-for-service indemnity health care.

Alternative levels of care Alternatives to traditional acute inpatient care, such as ambulatory care centers, surgicenters, home care, skilled nursing facilities, and hospices.

Alzheimer's degenerative Age-related disease that impairs an in-

dividual's cognitive ability. Symptoms may include forgetfulness, wandering, and inability to recognize others. The disease is caused by neuron dysfunction and death in specific brain regions responsible for cognitive functions. Both genetic and environmental factors likely play a role in the development of Alzheimer's.

Alternative medicine refers to treatments that are used instead of conventional (standard) ones. If you use an alternative treatment along with conventional medicine or therapy, it's considered complementary therapy. There are many forms of alternative medicine. For many people, acupuncture is an effective means of relieving pain. This may be particularly true for back pain and headache pain.

Alveolar abnormalities are changes in the tiny air sacs in the lungs, called alveoli. The alveoli allow oxygen to enter the blood. They are very thin to let oxygen move from the lungs to the blood vessels, and for carbon dioxide to be removed from the blood vessels to the lungs. Alveolar abnormalities are changes in the tiny air sacs in the lungs, called alveoli. The alveoli allow oxygen to enter the blood. They are very thin to let oxygen move from the lungs to the blood vessels, and for carbon dioxide to be removed from the blood vessels to the lungs.

Alzheimer's disease A progressive and irreversible organic disease, typically occurring in

the elderly and characterized by degeneration of the brain cells, leading to dementia, of which Alzheimer's is the single most common cause.

Progresses from forgetfulness to severe memory loss and disorientation, lack of concentration, loss of ability to calculate numbers and finally to increased severity of all symptoms and significant personality changes.

Amaurosis fugax is loss of vision in one eye due to a temporary lack of blood flow to the retina. It may be a sign of an impending stroke.

Amblyopia, or 'lazy eye,' is the loss of one eye's ability to see details. It is the most common cause of vision problems in children. Amblyopia occurs when the nerve pathway from one eye to the brain does not develop during childhood.

Ambivalence The coexistence of contradictory emotions, attitudes, ideas, or desires with respect to a particular person, object, or situation. Ordinarily, the ambivalence is not fully conscious and suggests psychopathology only when present in an extreme form.

Ambulance restocking The practice of hospital replenishing certain drugs and supplies used by an ambulance service during transport of a patient to the hospital.

Ambulatory Able to get from one place to another independently (even if using assistive devices such as manual wheelchairs, canes or walkers).

Ambulatory care Care given to patients who do not require overnight hospitalization.

Ambulatory patient group A payment system that pays a fixed price for certain types of outpatient procedures.

Ambulatory setting An institutional health setting in which organized health services are provided on an outpatient basis, such as surgery centre, clinic or other outpatient facility. Ambulatory care settings also may be mobile units of services, e.g., mobile mammography, MRI.

Ambulatory surgical centre Free-standing centres that perform surgeries which do not require an overnight stay.

Ambulatory The ability to walk liberally and independently not confined to bed.

Ambulatory utilization management Review prior to service against established standards to determine the medical necessity and appropriateness of the care to be provided in an ambulatory setting. The selection of treatment plans subject to pre-service review may be based upon criteria such as proposed care that would require frequent visits, expensive therapy, an extended course of therapy, or costly technology. Concurrent review would be applied as appropriate.

Amebic liver abscess is a collection of pus in the liver in response to an intestinal parasite. Amebic liver abscess is caused by *Entamoeba histolytica*, the

same parasite that causes amebiasis, an intestinal infection that is also called amebic dysentery. After an infection has occurred, the parasite may be carried by the blood from the intestines to the liver.

Amitriptyline hydrochloride overdose is a type of prescription medicine called a *tricyclic antidepressant*. Amitriptyline hydrochloride overdose occurs when someone accidentally or intentionally takes more than the normal or recommended amount of this medication. This is for information only and not for use in the treatment or management of an actual poison exposure.

Amniotic fluid is a clear, slightly yellowish liquid that surrounds the developing foetus within the amniotic sac, a membranous structure that forms inside the uterus in pregnancy. It is contained in the amniotic sac.

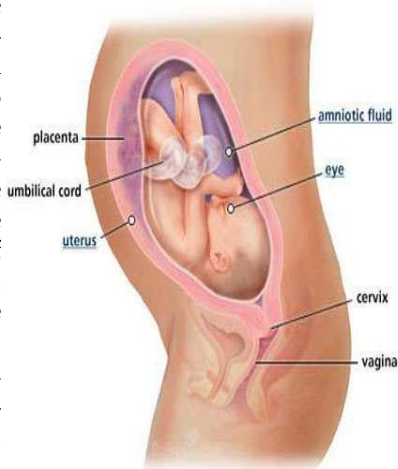


Fig. Amniotic fluid

Amniotic fluid is "inhaled" and "exhaled" by the fetus. It is essential that fluid be breathed into the lungs in order for them to develop normally. Swallowed amniotic fluid also creates urine and contributes to the formation of meconium. As well, amniotic fluid protects the developing baby by cushioning against blows to the mother's abdomen, allows for easier fetal movement, and promotes muscular/skeletal development. Amniotic fluid is essential not only to protect the fetus but also for proper fetal development.

Amylase – blood Amylase is an enzyme that helps digest carbohydrates. It is produced in the pancreas and the glands that make saliva. When the pancreas is diseased or inflamed, amylase releases into the blood. A test can be done to measure the level of this enzyme in your blood.

Amylase-urine This is a test that measures the amount of amylase in urine. Amylase is an enzyme that helps digest carbohydrates. It is produced mainly in the pancreas and the glands that make saliva.

American accreditation health-care commission Formerly known as the Utilization Review Accreditation Commission, AAHC/URAC is an independent not-for-profit corporation which develops national standards for utilization review and managed care organizations.

American association of homes and services for the aging It

represents not-for-profit organizations dedicated to providing high quality health care, housing and services to the nation's elderly. Its membership consists of over 5,000 not-for-profit nursing homes, continuing care retirement communities, senior housing facilities, assisted living and community services.

AAHSA organizations serve more than one million older persons of all income levels, creed and races. It serves these members by representing the concerns of not-for-profit organizations that serve the elderly through interaction with Congress and Federal agencies. It also strives to enhance the professionalism of practitioners and facilities through the Certification Program for Retirement Housing professionals, the Continuing Care Accreditation Commission, conferences and programmes offered by the AAHSA Professional Development Institute and publications representing current thinking in the long-term care and retirement housing fields.

American college of healthcare executives An international professional society of nearly 30,000 healthcare executives. ACHE is known for its prestigious credentialing and educational programmes. ACHE is also known for its journal and magazines as well as groundbreaking research and career development and public policy programmes. ACHE'

publishing division is a major publisher of books and journals on all aspects of health services management in addition to textbooks for use in college and university courses. Through its efforts, ACHE works toward its goal of improving the health status of society by advancing healthcare management excellence.

American health care association

A trade association representing nursing homes and long term care facilities in the United States; based in Washington, D.C.

American hospital association

A national association that represents allopathic and osteopathic hospitals in the United States; based in Washington, D.C. with operational offices in Chicago.

American Medical Association

A national association organized into local and regional societies that represent over 700,000 medical doctors in the United States; based in Chicago. American with Disabilities Act (ADA) A Federal law which prohibits employers of more than 25 employees from discriminating against any individual with a disability who can perform the essential functions, with or without accommodations, of the job that the individual holds or wants.

Amenorrhoea is the absence of a menstrual period in a woman of reproductive age. Physiological states of amenorrhoea are seen during pregnancy and lac-

tation (breastfeeding), the latter also forming the basis of a form of contraception known as the *lactational amenorrhoea* method.

Amnesia Pathologic loss of memory; a phenomenon in which an area of experience becomes inaccessible to conscious recall. The loss in memory may be organic, emotional, dissociative, or of mixed origin, and may be permanent or limited to a sharply circumscribed period of time.

Amphetamine use disorders In DSM-IV, this group includes amphetamine (or related substance) dependence, amphetamine abuse, amphetamine intoxication, amphetamine withdrawal, amphetamine delirium, amphetamine psychotic disorder, amphetamine mood disorder, amphetamine anxiety disorder, amphetamine sexual dysfunction, and amphetamine sleep disorder.

Amphetamines A group of chemicals that stimulate dopamine release in the central nervous system; often misused by adults and adolescents to control normal fatigue and to induce euphoria. Used clinically to treat hyperkinetic disorder and narcolepsy.

Anaesthetic Numbs the nerves and causes loss of sensation.

Analgesic A medicine which relieves or reduces pain.

Anal fissure An anal fissure is a small split or tear in the thin moist tissue (mucosa) lining the lower rectum (anus). Anal fis-

tures are extremely common in young infants but may occur at any age.

Analgesic nephropathy involves damage to one or both kidneys caused by overexposure to mixtures of medications, especially over-the-counter pain remedies (analgesics).

Anaphrodisiac or antiaphrodisiac is something that quells or blunts the libido. It is the opposite of an aphrodisiac, something that enhances sexual appetite.

Anaplastic thyroid cancer grows very rapidly and is an invasive type of thyroid cancer. It occurs most often in people over age 60. Anaplastic cancer accounts for only about 1% of all thyroid cancers.

Ancillary care A term used to describe additional services performed related to care, such as lab work, X-ray and anesthesia.

Ancillary charge Its also referred to as hospital 'extras' or miscellaneous hospital charges. They are supplementary to a hospital's daily room and board charge. They include such items as charges for drugs, medicines and dressings; laboratory services; x-ray examinations; and use of the operating room.

Androgyny A combination of male and female characteristics in one person.

Anesthetic A drug used to prevent pain during surgery or other procedure. A general anesthetic makes the person unconscious. A local anesthetic numbs the

area where the surgery is to be performed. Local anesthetics may be combined with sedatives to make a person relax and sleepy but not unconscious.

Aneurysm An aneurysm is an abnormal widening or ballooning of a portion of an artery due to weakness in the wall of the blood vessel.

Aneurysm in the brain An aneurysm is a weak area in the wall of a blood vessel that causes the blood vessel to bulge or balloon out. When an aneurysm occurs in a blood vessel of the brain, it is called a cerebral aneurysm.

Anisocoria is unequal pupil size. The pupil is the black part in the center of the eye. It gets larger in dim light and smaller in bright light.

Ankylosing spondylitis is a long-term disease that involves inflammation of the joints between the spinal bones, and the joints between the spine and pelvis. These joints become swollen and inflamed. Over time, the affected spinal bones join together.

Anhedonia Inability to experience pleasure from activities that usually produce pleasurable feelings.

Anhydrotic Stops sweating.

Anniversary reaction An emotional response to a previous event occurring at the same time of year. Often the event involved a loss and the reaction involves a depressed state. The reaction can range from mild to

severe and may occur at any time after the event.

Anodyne A pain-relieving medicine, milder than analgesic.

Anomie Apathy, alienation, and personal distress resulting from the loss of goals previously valued. Emile Durkheim popularized this term when he listed it as a principal reason for suicide.

Anonymous testing site a location designated by the 'Ontario Ministry of Health' where doctors are exempt from reporting the identity of people having HIV tests to public health; you do not have to use your real name or produce a health card.

Anorexia nervosa An eating disorder characterized by refusal or inability to maintain minimum normal weight for age and height combined with intense fear of gaining weight, denial of the seriousness of current low weight, undue influence of body weight or shape on self-evaluation, and, in females, amenorrhea or failure to menstruate. Weight is typically 15% or more below normal, and bility is characteristic, such as excessive familiarity with relative strangers or lack of selectivity in choice of attachment figures. The majority of children who develop this disorder (either type) are from a setting in which care has been grossly pathogenic. Either the caregivers have continually disregarded the child's basic physical and emotional needs, or repeated changes of the primary caregiver have prevented

the formation of stable attachments.

Anorectal abscess An anorectal abscess is a collection of pus in the area of the anus and rectum.

Anterior cruciate ligament An anterior cruciate ligament injury is the over-stretching or tearing of the anterior cruciate ligament (ACL) in the knee. A tear may be partial or complete.

Anti-insulin antibody test The anti-insulin antibody test checks to see if your body has produced antibodies against insulin.

This test may be performed if you have, or are at risk for, type 1 diabetes. It also may be done if you appear to have an allergic response to insulin, or if insulin no longer seems to control your diabetes.

Blood is typically drawn from a vein, usually from the inside of the elbow or the back of the hand. The site is cleaned with a germ-killing medicine (antiseptic). The health care provider wraps an elastic band around the upper arm to apply pressure to the area and make the vein swell with blood.

The health care provider gently inserts a needle into the vein. The blood collects into an airtight vial or tube attached to the needle. The elastic band is removed from your arm. Once the blood has been collected, the needle is removed, and the puncture site is covered to stop any bleeding.

In infants or young children, a

sharp tool called a lancet may be used to puncture the skin and make it bleed. The blood collects into a small glass tube called a pipette, or onto a slide or test strip. A bandage may be placed over the area if there is any bleeding.

Anti-reflux surgery is surgery to correct a problem with the muscles at the bottom of the oesophagus (the tube from your mouth to the stomach). Problems with these muscles allow gastro-esophageal reflux disease (GERD) to happen.

Antidiarrheal drugs are medications used to treat loose, watery, and frequent stools.

Antigen An antigen is any substance that causes your immune system to produce antibodies against it. An antigen may be a foreign substance from the environment such as chemicals, bacteria, viruses, or pollen. An antigen may also be formed within the body, as with bacterial toxins or tissue cells.

Antithyroglobulin antibody is a test to measure antibodies to a protein called thyroglobulin, which is found in thyroid cells.

Attendant Term used most often by the disability community to refer to an aide who provides personal assistance in the community.

Attending physician A physician is the person responsible for the residents' medical care. A physician must visit residents in a skilled nursing facility once a month for the first three

months, then every 60 days, and then every 90 days.

Aortic insufficiency is a heart valve disease in which the aortic valve does not close tightly. This leads to the backward flow of blood from the aorta (the largest blood vessel) into the left ventricle (a chamber of the heart).

Apoplexy is bleeding into an organ or loss of blood flow to an organ. For example, adrenal apoplexy is bleeding into the adrenal glands, pituitary apoplexy is bleeding into the pituitary gland, and so on.

Appendectomy An appendectomy is surgery to remove the appendix. The appendix is a small, finger-shaped organ that comes out from the first part of the large intestine. It is removed when it becomes swollen (inflamed) or infected. An appendix that has a hole in it (perforated) can leak and infect the entire abdomen area, which can be life threatening. An appendectomy is done using either—

Spinal anesthesia. Medicine is put into your back to make you numb below your waist. You will also get medicine to make you sleepy.

General anesthesia. You will be asleep and not feel any pain during the surgery.

The surgeon makes a small cut in the lower right side of your belly area and removes the appendix.

The appendix can also be removed using small surgical cuts

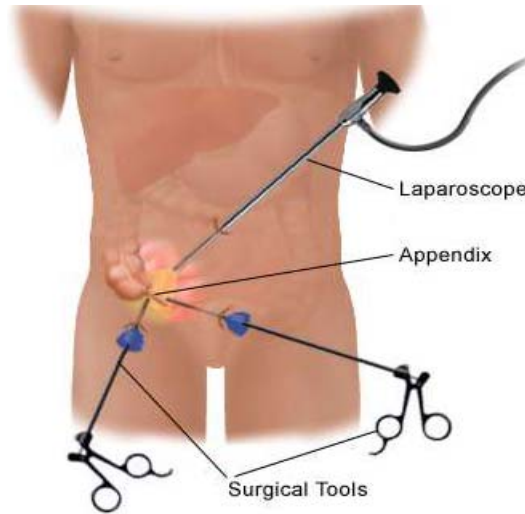


Fig. Appendectomy

and a camera. This is called a laparoscopic appendectomy.

If the appendix broke open or a pocket of infection (abscess) formed, your abdomen will be washed out during surgery. A small tube may be left in the belly area to help drain out fluids or pus.

Appendicitis means inflammation of the appendix. It is thought that appendicitis begins when the opening from the appendix into the cecum becomes blocked. The blockage may be due to a

build-up of thick mucus within the appendix or to stool that enters the appendix from the cecum. The mucus or stool hardens, becomes rock-like, and blocks the opening. This rock is called a fecalith (literally, a rock of stool). At other times, the lymphatic tissue in the appendix might swell and block the appendix. After the blockage occurs, bacteria which normally are found within the appendix begin to invade (infect) the wall of the appendix. The body re-

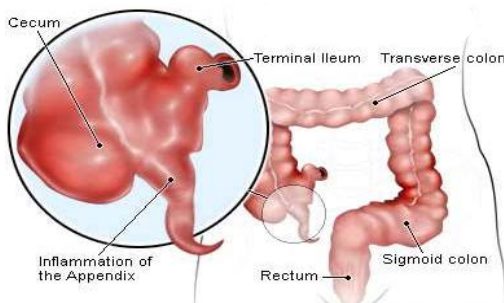


Fig. Appendicitis

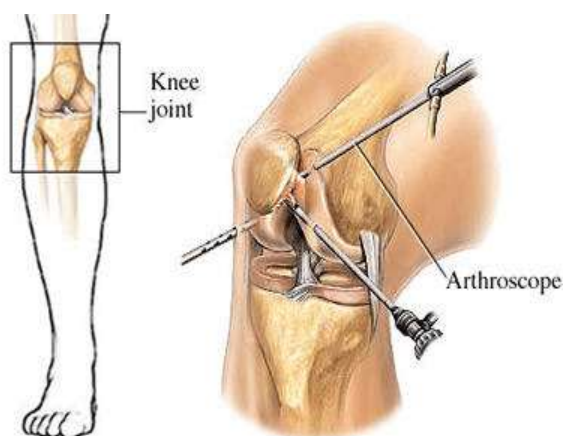


Fig. Arthroscopy

sponds to the invasion by mounting an attack on the bacteria, an attack called inflammation.

Arthroscopy is a pen-shaped instrument to which a tiny video camera and light source is attached. Arthroscopy is a minimally invasive surgical procedure that allows an orthopedic surgeon to see and operate inside a joint using a device called an arthroscope. The arthroscope is inserted through very small incisions in the skin.

Asbestosis is a lung disease that occurs from breathing in asbestos fibres. Breathing in asbestos fibres can cause scar tissue (fibrosis) to form inside the lung. Scarred lung tissue does not expand and contract normally.

Audiologist/Audiology Health care professionals specializing in the measurement of hearing and the correction of hearing impairment or hearing loss.

Auditory hallucination Perception of sound, most frequently of voices but sometimes of clicks or other noises.

Autism is a developmental disorder that appears in the first 3 years of life, and affects the brain's normal development of social and communication skills.

Authorization As it applies to managed care, authorization is the approval of care, such as hospitalization. Pre-authorization may be required before a patient is admitted or care is given by (or reimbursed to) non-HMO providers.

Auto-assignment A term used with Medicaid mandatory managed care enrollment plans. Medicaid recipients who do not specify their choice for a contracted plan within a specified time frame are assigned to a plan by the state. They can also refer to assignment to primary care physicians.

Autonomic nervous system The

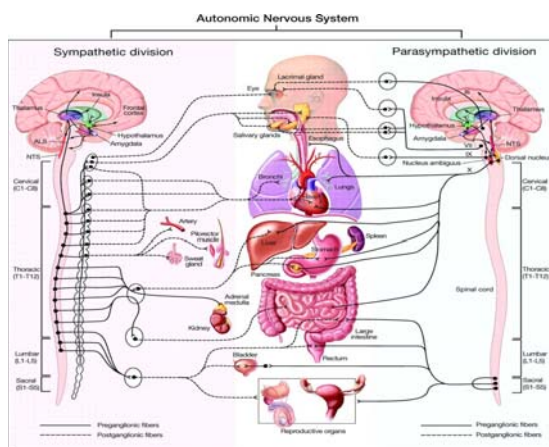


Fig. Autonomic nervous system

part of the nervous system that controls muscles of internal organs (such as the heart, blood vessels, lungs, stomach, and intestines) and glands (such as salivary glands and sweat glands). One part of the autonomic nervous system helps the body rest, relax, and digest food and another part helps a person fight or take flight in an emergency. It is also called ANS and involuntary nervous system.

AV node A small nodular mass of specialized muscle fibres located in the interatrial septum near the opening of the coronary sinus. It gives rise to the atrioventricular bundle of the conduction system of the heart.

Avoidance learning A response to a cue that is instrumental in avoiding a noxious experience.

Average length of stay (ALOS) A standard hospital statistic used to determine the average amount of time between admis-

sion and discharge for patients in a diagnosis related group (DRG), an age group, a specific hospital or other factors.

Aversion therapy is a form of psychological conditioning. The theory is the mind can be conditioned to respond a certain way by creating negative associations with 'unacceptable' behavioural patterns. These patterns include addiction or phobias.



Fig. Aversion therapy

Awakening epilepsy A disorder characterized by recurrent episodes of paroxysmal brain dys-

function due to a sudden, disorderly, and excessive neuronal discharge. Epilepsy classification systems are generally based upon:

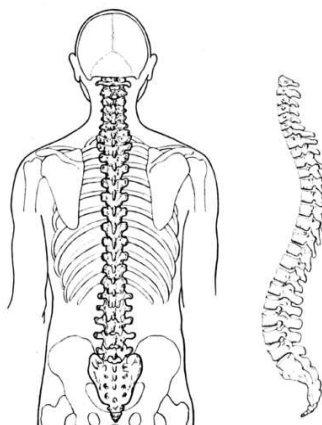
- (i) clinical features of the seizure episodes (e.g., motor seizure),
- (ii) etiology (e.g., post-traumatic),
- (iii) anatomic site of seizure origin (e.g., frontal lobe seizure),
- (iv) tendency to spread to other structures in the brain, and

- (v) temporal patterns (e.g., nocturnal epilepsy).

Axon Nerve fibres that are capable of rapidly conducting impulses away from the neuron cell body.

Ayurvedic medicine The traditional Hindu system of medicine which is based on customs, beliefs, and practices of the Hindu culture. Ayurveda means 'the science of Life': veda-science, ayur-life.

B



b

B12, Vitamin A Cobalt-containing coordination compound produced by intestinal micro-organisms and found also in soil and water. Higher plants do not concentrate vitamin B12 from the soil and so are a poor source of the substance as compared with animal tissues. Intrinsic factor is important for the assimilation of vitamin B12.

B7Antigen A family of cell-surface proteins found on antigen-presenting cells. B7 antigens are ligands for specific cell surface receptor subtypes found on T-cells. They play an immunomodulatory role by stimulating or inhibiting the T-cell activation process.

B Antibodies, hepatitis Antibodies to the hepatitis B antigens, including antibodies to the surface (Australia) and core of the

dane particle and those to the "e" Antigens.

B Cells Lymphoid Cells concerned with Humoral Immunity. They are short-lived Cells resembling bursa-derived Lymphocytes of Birds in their production of Immunoglobulin upon appropriate stimulation.

B Cell activating factor A tumour necrosis factor superfamily member that plays a role in the regulation of B-lymphocyte survival. It occurs as a membrane-bound protein that is cleaved to release an biologically active soluble form with specificity to transmembrane activator and CAML interactor protein; B-cell activation factor receptor; and B-cell maturation antigen.

B Cell epitope Antigenic determinants recognized and bound by the B-cell receptor. Epitopes rec-

ognized by the B-cell receptor are located on the surface of the Antigen.

B Cell leukemia A malignant disease of the B-lymphocytes in the bone marrow and/or blood.

B Esterase Carboxylesterase is a serine-dependent esterase with wide substrate specificity. The enzyme is involved in the detoxification of Xenobiotics and the activation of ester and of amide prodrugs.

B Fibres Type B fibres are the small myelinated fibres with a diameter up to 3 μ m and neural conduction rates of 3-15 m/sec. They are mainly associated with the visceral autonomic nerves.

B Lymphocytes Lymphoid cells concerned with humoral immunity. They are short-lived cells resembling bursa-derived lymphocytes of birds in their production of immunoglobulin upon appropriate stimulation.

B Virus A species of simplexvirus that causes vesicular lesions of the mouth in monkeys. When the virus is transmitted to man it causes an acute encephalitis or encephalomyelitis, which is nearly always fatal.

B Vitamins A group of water-soluble Vitamins, some of which are coenzymes.

Babesia A genus of tick-borne protozoan parasites that infests the red blood cells of mammals, including humans. There are many recognized species, and the distribution is world-wide.

Bacillus A genus of bacillaceae that are spore-forming, rod-shaped cells. Most species are saprophytic soil forms with only a few species being pathogenic.

Bacillus phage Viruses whose host is bacillus. Frequently encountered bacillus-phages include bacteriophage phi 29 and bacteriophage phi 105.

Backache Acute or chronic pain located in the posterior regions of the thorax; lumbosacral region; or the adjacent regions.

Backbone The bones, muscles, tendons, and other tissues that reach from the base of the skull to the tailbone. The backbone encloses the spinal cord and the fluid surrounding the spinal cord. It is also called spinal column, spine, and vertebral column.



Fig. Backbone

Back injuries General or unspecified injuries to the posterior part of the trunk. It includes injuries to the muscles of the back.

Bacterial vaccine Suspensions of attenuated or killed bacteria administered for the prevention or treatment of infectious bacterial disease.

Bacteria One of the three domains of life (the others being Eukarya and Archaea), also called *Eubacteria*. They are unicellular prokaryotic microorganisms which generally possess rigid cell walls, multiply by cell division, and exhibit three principal forms: *round* or *coccal*, *rodlike* or *bacillary*, and *spiral* or *spirochetal*. Bacteria can be classified by their response to oxygen—*aerobic*, *anaerobic*, or facultatively anaerobic; by the mode by which they obtain their energy—*chemotrophy* (via chemical reaction) or *phototrophy* (via Light reaction); for chemotrophs by their source of chemical energy: *Chemolithotrophy* (from inorganic compounds) or *chemo-organotrophy* (from organic compounds); and by their source for Carbon; Nitrogen; etc.; *hetrotrophy* (from organic

sources) or *autotrophy* (from carbon dioxide). They can also be classified by whether or not they stain (based on the structure of their cell walls) with crystal violet dye—*gram-negative* or *gram-positive*.

Bacterial chromosome Structures within the nucleus of bacterial cells consisting of or containing DNA, which carry genetic information essential to the cell.

Bacterial conjunctivitis Purulent infections of the conjunctiva by several species of gram-negative, gram-positive, or acid-fast organisms. Some of the more commonly found genera causing conjunctival infections are *Haemo-philus*, *Streptococcus*, *Neisseria*, and *Chlamydia*.

Bacterial eye infections Infections in the inner or external eye caused by microorganisms belonging to several families of Bacteria. Some of the more common genera found are *haemophilus*, *Neisseria*, *Staphylococcus*, *Streptococcus*, and *Chlamydia*.



Fig. Bacteria

Bacterial inoculant Beneficial microorganisms (Bacteria or Fungi) encapsulated in carrier material and applied to the environment for remediation and enhancement of agricultural productivity.

Bacterial meningitis Bacterial Infections of the leptomeninges and subarachnoid space, frequently involving the cerebral cortex, cranial nerves, cerebral blood vessels, spinal cord, and nerve roots.

Bacterial pneumonia Inflammation of the lung parenchyma that is caused by bacterial infections.

Bacterial transformation The heritable modification of the properties of a competent bacterium by naked DNA from another source. The uptake of naked DNA is a naturally occurring phenomenon in some bacteria. It is often used as a gene transfer technique.

Bacterial translocation The passage of viable bacteria from the gastrointestinal tract to extra-intestinal sites, such as the mesenteric lymph node complex, liver, spleen, kidney, and blood. Factors that promote bacterial translocation include overgrowth with gram-negative enteric bacilli, impaired host immune defenses, and injury to the Intestinal mucosa resulting in increased intestinal permeability. Bacterial translocation from the lung to the circulation is also possible and sometimes accompanies mechanical ventilation.

Bacterial vaccine Suspensions of attenuated or killed bacteria administered for the prevention or treatment of infectious bacterial disease.

Bacterial vaginitis Polymicrobial, nonspecific vaginitis associated with positive cultures of Gardnerella vaginalis and other anaerobic organisms and a decrease in lactobacilli. It remains unclear whether the initial pathogenic event is caused by the growth of anaerobes or a primary decrease in lactobacilli.

Bacterial venereal disease Bacterial diseases transmitted or propagated by sexual conduct.

Bacteriology The study of the structure, growth, function, genetics, and reproduction of bacteria, and bacterial infections.

Bacteriophage Viruses whose hosts are bacterial cells.

Bacteroides gingivalis A species of gram-negative, anaerobic, rod-shaped bacteria originally classified within the bacteroides genus. This bacterium produces a cell-bound, oxygen-sensitive collagenase and is isolated from the human mouth.

Bachelor of science in nursing A four-year program offered at colleges and universities that prepares nurses to practice across all health care settings. BSN graduates have the greatest opportunity for advancement. For instance, a BSN is required for entry into a master's program, which may in turn lead to a career in management,

or on to more specialized nursing positions such as clinical nurse specialist, nurse practitioner, nurse educator, or nurse researcher.

Bag of waters The sac or "bag of waters" filled with amniotic fluid in which the developing baby grows. The membranes which make up the sac may occasionally rupture naturally as labour begins, but usually remain intact until the end of the first stage of labour. The membranes may also be broken by a midwife or doctor to speed up labour.

Baker cysts A synovial cyst located in the back of the knee, in the popliteal space arising from the semimembranous bursa or the knee joint.

Baker yeasts A species of the genus *saccharomyces*, family *saccharomycetaceae*, order *saccharomycetales*, known as "baker's" or "brewer's" yeast. The dried form is used as a dietary Supplement.

Balaenoptera A genus of whales in the family *balaenopteridae*, consisting of five species—blue whale, bryde's whale, fin whale, sei whale, and minke whale. They are distinguished by a relatively slender body, a compressed tail stock, and a pointed snout.

Baldness Absence of hair from areas where it is normally present.

Balkan nephropathy A form of chronic interstitial nephritis that is endemic to limited areas

of bulgaria, the former Yugoslavia, and romania. It is characterized by a progressive shrinking of the kidneys that is often associated with uroepithelial tumours.

Ballistocardiography Technique of graphic representation of the movements of the body imparted by the ballistic forces (recoil and impact) associated with cardiac contraction and ejection of blood and with the deceleration of blood flow through the large blood vessels. These movements, quantitatively very minute, are translated by a pickup device (Transducer) into an electrical potential which is suitably amplified and recorded on a conventional electrocardiograph or other recording machine.

Balloon angioplasty is a non-surgical procedure that relieves narrowing and obstruction of the arteries to the muscle of the heart (coronary arteries). This allows more blood and oxygen to be delivered to the heart mus-

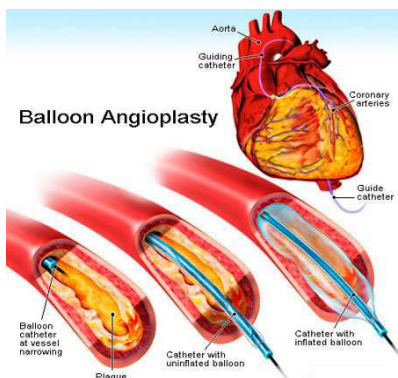


Fig. Balloon angioplasty

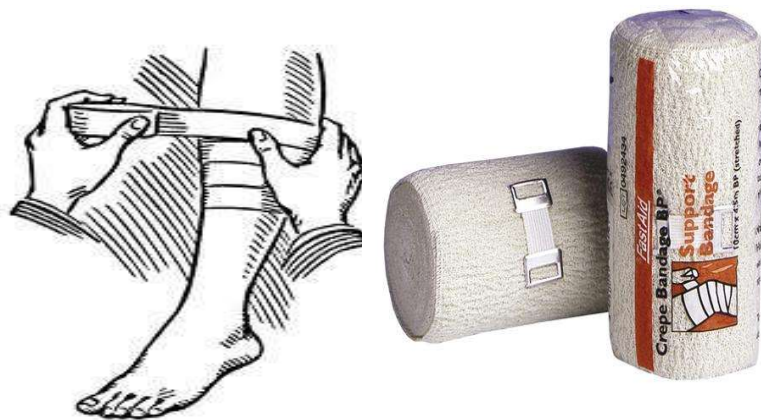


Fig. Bandage

cle. PTCA, is now referred to as percutaneous coronary intervention, or PCI, as this term includes the use of balloons, stents, and atherectomy devices. Percutaneous coronary intervention is accomplished with a small balloon catheter inserted into an artery in the groin or arm, and advanced to the narrowing in the coronary artery. The balloon is then inflated to enlarge the narrowing in the artery. When successful, percutaneous coronary intervention can relieve chest pain of angina, improve the prognosis of individuals with unstable angina, and minimize or stop a heart attack without having the patient undergo open heart coronary artery bypass graft (CABG) surgery.

Balloon tamponade The use of an inflatable sac to apply pressure in a lumen to stop the flow of blood or hemorrhage.

Balloon valvotomy Widening of a stenosed heart valve by the in-

section of a balloon catheter into the valve and inflation of the balloon.

Bandage A bandage is a piece of material used either to support a medical device such as a dressing or splint, or on its own to provide support to the body; they can also be used to restrict a part of the body. During heavy bleeding or following a poisonous bite it is important to slow the flow of blood, tight bandages accomplish this task very well. Bandages are available in a wide range of types, from generic cloth strips, to specialized shaped bandages designed for a specific limb or part of the body, although bandages can often be improvised as the situation demands, using clothing, blankets or other material.

Band-aid surgery Surgery done through very small incisions that sometimes are covered with adhesive bandage strips; a common name for minimally invasive surgery

Bang disease A disease of cattle caused by bacteria of the genus *brucella* leading to abortion in late pregnancy. *Brucella abortus* is the primary infective agent.

Basal ganglia Groups of hundreds of thousands of neurons at the base of the cerebrum and in the upper brainstem; they help control well-learned movements (like walking) and sensation.

Basal thermometer A very accurate thermometer that measures a person's temperature to one tenth of a degree, e.g., 36.8 degrees. Basal thermometer provides Fahrenheit temperature readings to 1/100th of a degree – perfect for fertility charting and predicting ovulation. Other features include: a beeper to indicate peak temperature reading; an easy-to-read digital display; and memory recall of your last reading. The digital basal thermometer comes with a clear storage case, replaceable battery, and ovulation chart for recording and interpreting your results.

Base A set dollar amount to cover

the cost of health care per covered person excluding mental health/substance abuse services, pharmacy and administrative charges.

BCG A weakened form of the bacterium *mycobacterium bovis* (bacillus calmette-guérin) that does not cause disease. BCG is used in a solution to stimulate the immune system in the treatment of bladder cancer and as a vaccine to prevent tuberculosis.

Bechterew disease A chronic inflammatory condition affecting the axial joints, such as the sacroiliac joint and other intervertebral or costovertebral joints. It occurs predominantly in young males and is characterized by pain and stiffness of joints (ankylosis) with inflammation at tendon insertions.

Bechterew syndrome Heterogeneous group of arthritic diseases sharing clinical and radiologic features. They are associated with the HLA-B27 antigen and some with a triggering infection. Most involve the axial joints in the spine, particularly the sacroiliac joint, but can also involve asymmetric peripheral joints. subsets include— ankylosing spondylitis; reactive arthritis; psoriatic arthritis; and others.

Bedrest Confinement of an individual to bed for therapeutic or experimental reasons.

Bedwetting It is involuntary urination while asleep after the age at which bladder control usually occurs. It is considered *pri-*



Fig. Basal thermometer

mary (PNE) when a child has not yet had a prolonged period of being dry. *Secondary* nocturnal enuresis (SNE) is when a child or adult begins wetting again after having stayed dry. It is also called *Nocturnal enuresis* or *night time urinary incontinence*.

Bedwetting children and adults can suffer emotional stress or psychological injury if they feel shamed by the condition. Treatment guidelines recommend that the physician counsel the parents, warning about psychological damage caused by pressure, shaming, or punishment for a condition children cannot control.

Behaviour disorder, REM A disorder characterized by episodes of vigorous and often violent motor activity during REM sleep (sleep, REM). The affected individual may inflict self injury or harm others, and is difficult to awaken from this condition. Episodes are usually followed by a vivid recollection of a dream that is consistent with the aggressive behaviour. This condition primarily affects adult males.

Behaviour modification The application of modern theories of learning and conditioning in the treatment of behaviour disorders.

Behaviour therapy The application of modern theories of learning and conditioning in the treatment of behaviour disorders.

Behaviour, compulsive The behaviour of performing an act persistently and repetitively without it leading to reward or pleasure. The act is usually a small, circumscribed Behaviour, almost ritualistic, yet not pathologically disturbing. Examples of compulsive behaviour include twirling of hair, checking something constantly, not wanting pennies in change, straightening tilted pictures, etc.

Behaviours, impulsive An act performed without delay, reflection, voluntary direction or obvious control in response to a stimulus.

Behaviour, obsessive Persistent, unwanted idea or impulse which is considered normal when it does not markedly interfere with mental processes or emotional adjustment.

Behaviours, paranoid Behaviour exhibited by individuals who are overly suspicious, but without the constellation of symptoms characteristic of paranoid personality disorder or paranoid type of *schizophrenia*.

Belly button surgery A common name for laparoscopy, minimally invasive surgery on the abdomen

Benign breast disease A common condition marked by benign (not cancer) changes in breast tissue. These changes may include irregular lumps or cysts, breast discomfort, sensitive nipples, and itching. These symptoms may change

throughout the menstrual cycle and usually stop after menopause. Also called fibrocystic breast changes, fibrocystic breast disease, and mammary dysplasia.

Benign essential blepharospasm

Neurological disorder causing involuntary muscle contractions, with eyelid muscle spasms.

Bennett's fracture The Bennett's fracture is the most common type of fracture to the thumb metacarpal base. A Bennett's fracture is an intra-articular fracture, or one that extends into the joint between the metacarpal and wrist bone ("trapezium"). This injury most often occurs in contact sports such as football, rugby, and boxing.

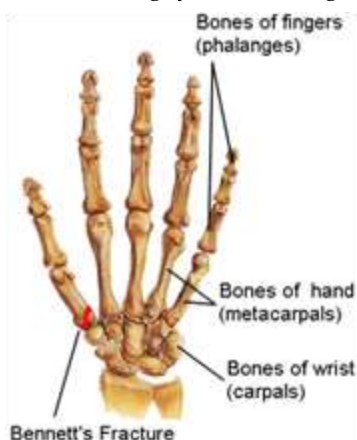


Fig. Bennett's fracture

Beriberi A syndrome characterized by inflammation of multiple nerves (polyneuritis), heart disease (cardiopathy), and edema (swelling) due to a deficiency of thiamine (vitamin B1) in the diet.



Fig. Beriberi

Bicuspid valve One of the four valves of the heart, this valve is situated between the left atrium and the left ventricle. It permits blood to flow one way only, from the left atrium into the left ventricle. This valve is more commonly called the mitral valve because it has two flaps (cusps) and looks like a bishop's miter or headdress.

Bid (on prescription) Seen on a prescription, bid means twice (two times) a day. It is an abbreviation for "bis in die" which in Latin means twice a day. The abbreviation bid is sometimes written without a period either in lower-case letters as "bid" or in capital letters as "BID" or with periods as "b.i.d." However it is written, it is one of a number of hallowed abbreviations of Latin terms that have been traditionally used in prescriptions to specify the frequency with which medicines should be taken. Other examples include:

- q.d. (qd or QD) is once a day;

q.d. stands for "quaque die" (which means, in Latin, once a day).

- t.i.d. (or tid or TID) is three times a day ; t.i.d. stands for "ter in die" (in Latin, 3 times a day).
- q.i.d. (or qid or QID) is four times a day; q.i.d. stands for "quater in die" (in Latin, 4 times a day).
- q_h: If a medicine is to be taken every so-many hours, it is written "q_h"; the "q" standing for "quaque" and the "h" indicating the number of hours. So, for example, "2 caps q4h" means "Take 2 capsules every 4 hours."

Best corrected visual acuity (BCVA) The best vision you can achieve with correction (such as glasses), as measured on the standard Snellen eye chart. For example, if your uncorrected eyesight is 20/200, but you can see 20/20 with glasses, your BCVA is 20/20.

Beta blocker Drug that widens or dilates blood vessels, thus enabling more normal flow of blood. Topical beta blockers applied as eye drops also can lessen fluid production and lower internal eye pressure (intraocular pressure) in eye diseases such as glaucoma to reduce the possibility of optic nerve damage. Beta blockers also are used to control high blood pressure (hypertension). Side effects can include respiratory problems.

Bile A digestive chemical that is produced in the liver, stored in

the gall bladder, and secreted into the small intestine.

Bile duct is green like the gall-bladder, because of bile stains. A bile duct is any of a number of long tube-like structures that carry bile.

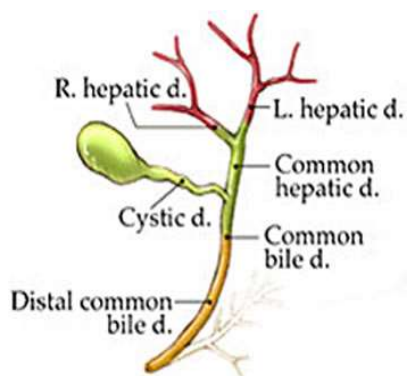


Fig. Bile duct

Bile duct cancer Patients with bile duct cancer most often become symptomatic when the cancer obstructs (blocks) the drainage of bile. Because bile cannot be excreted into the bowel, the bilirubin pigments accumulate in the blood, causing jaundice (yellowing of the skin and the whites of the eyes) in 90% of patients. The jaundice is usually associated with itching of the

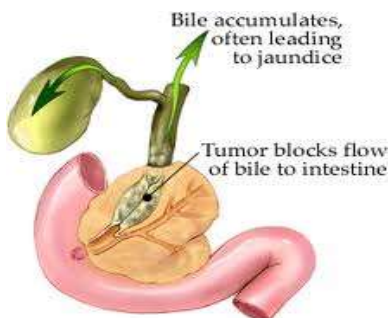


Fig. Bile duct cancer

skin (also called "pruritus"). The body compensates partially and excretes some of this bilirubin via the urine, so patients may have dark (cola colored) urine. Because bile cannot reach the intestine, the patient's stools become white (clay colored).

Bilirubin Bilirubin is a by-product of the normal breakdown of old red blood cells. Some newborn babies cannot metabolise it quickly enough, so it builds up under the skin to cause a harmless and temporary type of jaundice. If the bilirubin levels get too high it is stored in the brain and can cause brain damage, which is why some newborns are treated under photo-therapy lamps to break down the bilirubin.

Bifocal lens with one segment for near vision and one segment for far vision. The term "bifocal" can apply to both eyeglass lenses and contact lenses.

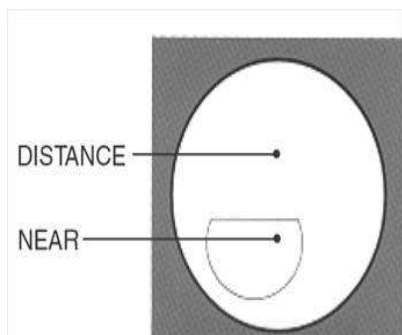


Fig. Bifocal Lens

Binocular vision Ability of both eyes to work together to achieve proper focus, depth perception and range of vision.

Biocompatible Able to coexist with living tissues without harming them. For example, artificial lenses are designed to be biocompatible with tissue inside the eye so they won't cause a toxic or immunological response that would harm the eye.

Bioptic telescopic lenses A bioptic is a combination two-lens optical system with a telescope(s) attached to a pair of glasses, above one's normal line of sight (see sample bioptic lens system below). These devices are prescription in nature and available through an optometrist or ophthalmologist who practices clinical low vision. These optical low vision aids are available in a number of different styles, sizes and powers. The most common telescopic units used for driving purposes range from 2.0X - 5.5X ("X" referring to the strength or power of magnification of the telescopic lens unit). For people with low vision who are qualified, telescopic lenses are attached above the driver's line of sight to help magnify objects such as road signs.



Fig. Bioptic telescopic lenses

Biological agent A substance that is made from a living organism or its products and is used in the prevention, diagnosis, or treatment of cancer and other diseases. Biological agents include antibodies, inter-leukins, and vaccines. Also called biological agent and biological drug.

Biopsy Removal of a small amount of tissue for examination under a microscope to find out whether part of the body is diseased. A transrectal prostate biopsy is usually done with a device that contains a spring-loaded needle. The needle enters the prostate gland and removes a tissue sample quickly.

Bipolar disorders In DSM-IV, a group of mood disorders that includes bipolar disorder, single episode; bipolar disorder, recurrent; and cyclothymic disorder. A bipolar disorder includes a manic episode at some time during its course. In any particular patient, the bipolar disorder may take the form of a

single manic episode (rare), or it may consist of recurrent episodes that are either manic or depressive in nature (but at least one must have been predominantly manic).

Birth canal The passage between the cervix and the outside world through which the baby travels on the way to being born; usually called the vagina.

Birth centre An alternative to a hospital where a woman can go through labour and delivery for a low-risk birth.

Birthing room A birthing room is a place designed and equipped for women giving birth.

Bisexual A person who is attracted to both men and women

Bisexuality Originally a concept of Freud, indicating a belief that components of both sexes could be found in each person. Today the term is often used to refer to persons who are capable of achieving orgasm with a partner of either sex.

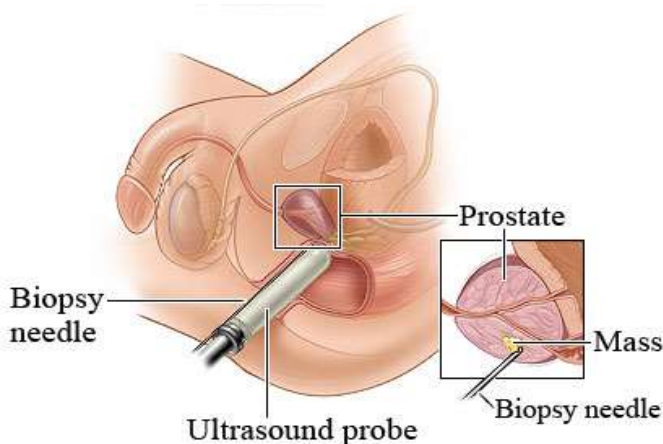


Fig. Transrectal prostate biopsy

Black fever A chronic disease caused by leishmania donovani and transmitted by the bite of several sandflies of the genera phlebotomus and lutzomyia. It is commonly characterized by fever, chills, vomiting, anemia, hepato-splenomegaly, leukopenia, hypergammaglobulinemia, emaciation, and an earth-gray color of the skin. The disease is classified into three main types according to geographic distribution—Indian, mediterranean (or infantile), and African.

Black lung disease A diffuse parenchymal lung disease caused by accumulation of inhaled carbon or coal dust. The disease can progress from asymptomatic anthracosis to massive lung fibrosis. This lung lesion usually occurs in coal miners, but can be seen in urban dwellers and tobacco smokers.

Black water fever A complication of Malaria, Falciparum characterized by the passage of dark red to black urine.

Bladder A musculomembranous sac along the urinary tract. Urine flows from the kidneys into the bladder via the ureters (ureter), and is held there until urination.

Bladder stone Stones in the urinary Bladder; also known as vesical clculi, bladder stones, or cysto-liths.

Bladder tumour Tumours or cancer of the urinary bladder.

Bladder, neurogenic Dysfunction of the urinary bladder due to disease of the central or peripheral nervous system pathways involved in the control of urination. This is often associated with spinal cord diseases, but may also be caused by brain diseases or peripheral nerve diseases.

Blast injury Injuries resulting when a Person is struck by particles impelled with violent force from an explosion. Blast causes pulmonary concussion and hemor-rhage, laceration of other thoracic and abdominal viscera, ruptured ear drums, and minor effects in the central nervous system.

Blast phase An advanced phase of chronic myelogenous leukemia, characterized by a rapid increase in the proportion of immature white blood cells (blasts) in the blood and bone marrow to greater than 30%.

Blastocyst A post-morula preimplantation mammalian embryo

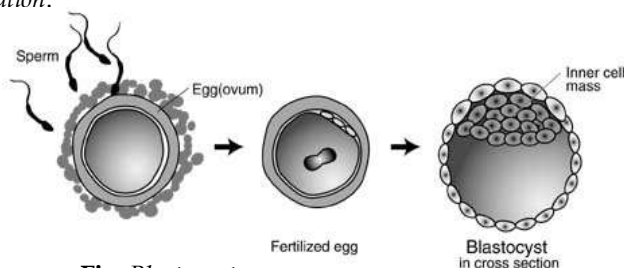


Fig. Blastocyst