



Provider Communication: Education and Practice in a Veterans Healthcare System

Training Video Facilitator Manual
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SECTION 1: INTRODUCTION

Hello, and thank you so much for volunteering to run the training for your clinic! It's going to be a fun training, and it's great that you'll be leading it.

Please set aside **30 minutes to an hour** to go through this trainer's guide prior to running the training for your clinic. There are some components of the training that will need to be tailored to your particular clinic, and your job as the trainer will be to customize it as needed prior to the training.

Go through Section 3 of the trainer's guide and fill in blanks with information where necessary. To speed along the process, parts that need to be filled in prior to the training are marked with three stars: ***

Information required before you conduct the training and show the video includes the clinic/discipline you are presenting to, common words and phrases used that could be simplified when talking to Veterans in your particular clinic, important terms that you feel may need to be defined rather than replaced, and thinking of role-plays that may refer specifically to your clinic.

The video will be a brief overview of the research on health communication, with quite a bit of guided practice led by you throughout the video. We also include communication cards to hand out to your providers to encourage continued use of the skills.

Please remember to be **enthusiastic!** If you show that you care about the information you're teaching, the people learning from you will care, too!

SECTION 2:

AVAILABLE RESEARCH ON COMMUNICATION

Health literacy is the degree to which individuals can obtain, process, understand, and communicate about health-related information needed to make informed health decisions. Low health literacy is significantly related to negative mental health outcomes, including number of depressive symptoms and symptoms of SUD/ETOH disorders addictive behaviors (Lincoln et al., 2006). Though health literacy is understudied in the VA, there is evidence that a significant proportion (ranging in studies from 16%-54%) of Veterans do not have adequate health literacy (Griffin et al., 2006; Rodriguez et al., 2013). Vulnerable populations in the VA, including those Veterans who are older, from ethnic and/or diverse backgrounds, less educated, and have a lower SES, are more likely to have low health literacy (Griffin et al., 2006).

An effective response to low health literacy in the general Veteran population is strong provider communication. In general, providers may overestimate the level of their patient's health literacy, inadvertently discourage collaboration between themselves and patients, and miscommunicate or fail to communicate important health information (see review by Fong Ha & Longnecker, 2010).

However, providers with objectively strong communication skills have patients with better mental health outcomes. Strong provider-patient communication leads to stronger relationships, decreased anxiety in patients, increased feelings of being understood, and better adherence to medications than weak provider-patient communication. (Fong Ha & Longnecker, 2010). Not only are patient outcomes improved, but these providers have fewer malpractice suits filed, fewer formal complaints lodged against them, higher patient satisfaction, greater job satisfaction, and reduced burnout (Fong Ha & Longnecker, 2010; Levinson et al., 1997). Improving patient-provider communication can be a way to bridge the health literacy gap (Seligman et al., 2005), improve Veteran mental health outcomes, and increase provider satisfaction.

Luckily, specific training in communication skills has shown to be both effective

and efficacious in studies with providers in primary care, oncology, and surgical clinics (Bensing & Sluijs, 1985; Helitzer et al, 2011; Harms et al., 2004). Both providers and patients report improvements in communication, with better outcomes predicted by longer trainings with long-term follow-ups. Providers are willing to change their communication styles if they have specific training and strong hospital support for the time taken for the training (Seligman et al., 2005).

Effective communication between providers and patients is clearly an important component of a good patient-provider relationship, a strong predictor of positive mental health outcomes for patients and positive career outcomes for providers, and cost-effective for hospitals and medical centers (Fong Ha and Longnecker, 2010). What is needed is an effective and acceptable specific training on patient-provider communication; this could address many salient and persistent concerns present in the VA system.

SECTION 3: VIDEO GUIDE

*** **CLINIC** (e.g. *primary care*):

*** **DISCIPLINE** (e.g. *PCPs, nurses, mixed*):

Introduce yourself and thank participants for coming. Explain that you will be showing a video and that you will be pausing it at several places to discuss how the information relates to your particular clinic.

[START VIDEO]

TIME 0:00-6:01: INTRODUCTION OF TRAINING AND RESEARCH ON EFFECTIVE COMMUNICATION

TIME 6:07 [PAUSE VIDEO]

Discussion 1: Ask trainees for examples of times when they felt that their communication was very clear with their Veterans. Say things like, “That’s a great example,” or, “Thanks for sharing that.”

[START VIDEO]

TIME 6:12-7:20 LEARNING HOW TO SPOT POTENTIAL DIFFICULTIES WITH HEALTH INFORMATION

TIME 7:24 [PAUSE VIDEO]

Discussion 2: What are some communication issues you noticed? Have you ever noticed these red flags with Veterans you’ve worked with?

[START VIDEO]

TIME 7:29-8:52 IMPROVING COMMUNICATION: DRAWING AND WRITING

TIME 8:56 [PAUSE VIDEO]

Discussion 3: What are some examples of information we give here in the clinic that would be useful to draw or write for our Veterans?

[START VIDEO]

TIME 9:02-10:33 IMPROVING COMMUNICATION: SIMPLE VOCABULARY EXCHANGES

TIME 10:37 [PAUSE VIDEO]

Discussion 4: Let's talk through some word changes we can start making here in the clinic. For the word X, what's a good replacement word?

*****Before showing the video, go through and fill in 10 words that you use frequently with possible switches. For some good examples, flip to the Plain Language list provided in Section 6 of this guide. *****

Currently Used Word

Possible Switch

1.

2.

3.

4.

5.

6.

7.

8.

[START VIDEO]

TIME 10:43– 11:21 DECIDING WHEN TO SWAP AND WHEN TO DEFINE

TIME 11:26 [PAUSE VIDEO]

Discussion 5: What are some terms we use here in the clinic that it might be more important to define for the Veteran than to paraphrase? What's a good way to define them?

*****Write some examples of important terms to define before the video in case your trainees have trouble thinking of some. *****

- 1.
- 2.
- 3.

[START VIDEO]

TIME 11:32-12:26 THE TEACH-BACK METHOD

TIME 12:30 [PAUSE VIDEO]

Discussion 6: Let's practice the teach-back method. Can I have two volunteers? Volunteer 1, you're going to explain to Volunteer 2, your patient, the treatment regimen he or she needs to follow. Choose any regimen you like [the trainer can help think of one]. Use the teach-back method when doing so.

*****Write down a couple of possible treatment regimens related to your clinic in case your volunteers need help with an example.*****

- 1.
- 2.

[START VIDEO]

TIME 12:35– 14:14 TIME TO PRACTICE: WHAT WENT WRONG?

TIME 14:18 [PAUSE VIDEO]

Discussion 7: What went wrong? Which parts could have been done differently?

RED FLAGS:

- Veteran didn't finish paperwork
- Veteran looked at pills in bottles instead of reading labels
- Veteran didn't ask questions about her treatment regimen
- Veteran appeared happy that results were positive
- Veteran wasn't sure if she was on oral contraception

Areas for provider change:

- Follow up about missing paperwork or glasses
- Catch major red flags
- Explain what antibiotics or ibuprofen was explicitly for
- Explain why it was important to take antibiotics until they were done
- Explain what it meant to take pills on an empty stomach
- Avoid jargon for following terms: *positive strep test, antibiotics, analgesics, contagious, alleviates, amoxicillin, Ibuprofen, oral contraception, prophylactic*

[START VIDEO]

TIME 14:25-17:34 TIME TO PRACTICE: WHAT WENT RIGHT?

TIME 17:39 [PAUSE VIDEO]

Discussion 8: What did the provider do correctly? What did you see that you liked?

Examples:

- Provider is clear about what the test results said.
- Provider gauges Veteran's level of understanding so far.
- Provider explains exactly what strep is and what it feels like.
- Provider describes being contagious without using jargon.

- Provider asks about questions assuming that the Veteran has some, instead of encouraging her not to ask.
- Provider describes pill by name as well as by identifying features.
- Provider explains exactly what medicine is for.
- Provider doesn't use jargon to explain when to take it.
- Provider charts pill-taking plan with Veteran.
- Provider utilizes teach-back method.
- Provider explains what pills are for, their name, and their identifying features.
- Provider explains major side-effects and suggested dosage.
- Provider utilizes teach-back method.
- Provider explains side-effects, using lay terms.
- Provider asks if Veteran understands important points.

[START VIDEO]

TIME 17:44-18:05 WRAP-UP AND SELF-ASSESSMENT

TIME 18:11 [PAUSE VIDEO ON DISCUSSION QUESTIONS]

Discussion 9: Use discussion questions on video to help guide conversation with trainees.

Wrap-up by thanking trainees and handing out information cards.

SECTION 4: SPECIAL THANKS

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SECTION 6:

PLAIN LANGUAGE THESAURUS (ADAPTED FROM CENTERS FOR DISEASE CONTROL AND PREVENTION'S NATIONAL CENTER FOR HEALTH MARKETING)

Instead of...	Try...
A	
abscess	sore, wound, infection
abdomen	stomach, stomach area, belly, tummy, abdominal
ability	skill
abolish	end, do away with, get rid of
abrasion	cut, scratch, scrape
absenteeism	missing work or school, how often you miss work or school
absorption	taking in, soaking up
accelerate	hurry, speed up, make worse, make more severe
accessible	available, on hand, understandable, usable (handicapped)
accommodate	house, let stay with, give shelter, adjust, adapt
accompany	go with, take with (medicine)
accomplish	do, finish
accumulate	add up, gather, collect
accurate	true, right, correct
acellular vac-	a vaccine that contains only part of the virus
Acquired Im- mune Deficien- cy Syndrome- AIDS	a disease that makes it hard for your body to fight diseases
active immuni- ty	being able to fight off a specific disease once you have had that disease
acute	sudden start, short term, quick
additional	extra, added, more
adequate	enough, the right amount
adhere	stick, follow

adjacent	beside, next to, near, touching
adjuvant	something added to a vaccine to make it work better
administer	give, manage, take care of
adverse event	something bad that happens, bad reaction, unexpected or un-
adverse health	bad side-effect, bad reaction
adverse	bad, dangerous, hurtful, harmful
advise	tell, warn, say
advocacy	support, fighting on behalf of, arguing for support
advocate	fight for, support, support person
aerobic exercise	exercise; slow and steady exercise like walking, running, biking, swimming, etc.; exercise that helps your heart stay healthy and work better; exercise that gets your heart pumping; exercise that
aerobic	needs oxygen
aerosol	spray, mist
agency	others, other groups, partner
aggravate	make worse, harm, anger, hurt
aggregate	taken together, looked at all together, total, sum, combined
aggressive	pushy, dangerous, gets worse fast, fast growing
airways	windpipe, breathing, tubes that take air in from the nose and mouth to the lungs, pathway from nose and mouth to lungs, air
alienate	push away, put by itself, turn away from, set apart
allergen	something like pollen that causes the body to react by sneezing or
allergic	the body's reaction to something, like pollen, resulting in sneez-
allergic reac-	bad reaction, possibly deadly reaction, problem
allergist	allergy doctor
allergy	reaction, itch, rash, hives, breathing problem
alleviate	lessen, ease, soften, improve, make better
alopecia	hair loss, balding, loss of hair
alteration	change, shift, adjustment
alternate	take turns, one and then the other, rotate
alternative	option, another choice, other, different way, another option, differ-

alveoli	tiny air sacs in the lungs
amalgam or amalgam fill-	silver-colored fillings, mixture of mercury, silver, tin, copper and sometimes other metals used to fill cavities in teeth
amalgamate	put together, join, combine, unite
ambulate	walk, move around
ambulatory	can walk, mobile, able to move about, walking, able to walk
ameliorate	make better, improve, lessen, ease
amend	change, change later on, adjust, fix
amnesia	forgetfulness, memory loss, not being able to remember
amniocentesis	test for a baby's health before it's born
amniotic fluid	water, fluid surrounding unborn baby in womb
amyotrophic lateral sclero-	Lou Gehrig's Disease, motor neuron disease
anaerobic exer-	exercise, fast-burst exercise, muscle-building exercise like weight
anaerobic	needs lack of oxygen, without oxygen
analgesic	pain reliever, aspirin, Advil, or Tylenol
anaphylaxis	shock, a sudden and severe allergic reaction, stop breathing, poisoning, life threatening allergic reaction
anemia	tired, low iron, a low blood count
anesthesia	numbing drug, drug that puts you to sleep or puts you under
angina	chest pain
annual	yearly, every year, once every year, once a year, each year
annually	yearly, every year, once every year, once a year, each year
anomaly	defect, change, difference, unusual, exception
anorexia	eating disorder, too thin, not hungry
anterior teeth	front teeth
antibiotic	drug, medicine, drug that fights bacteria, infection-fighting medi-
antibody	your body's way to fight off infections, infection-fighting cells, cells
antifungal	drug to treat fungus infections
antigen	germ, bacteria, virus, poison, something in your body that your

antigen	germ, bacteria, virus, poison, something in your body that your body tries to fight off, something that helps your body fight dis-
anti-inflammatory	a drug to reduce swelling, something that reduces swelling and pain, aspirin, cortisone, a drug that brings down the swelling; drug that prevents swelling
antiphospholip-	antibody test, a test to see if you're at risk for blood clots
antiviral	medicine, drug that fights viruses
anti-virus medi-	medicine, drug that fight viruses such as the flu
anxiety	fear, worry
appellant	name, name of the person, you, person making an appeal
aphasic	not able to talk or understand words
applicant	your name, name of the person, person who is applying
apply	use, put on, rub onto, sign up for
appreciate	thank, be grateful
appropriate	take, take over, a good fit, proper, right
approximate	about, guess, around, near, close, estimate, bring together
aptitude	ability, skill, gift, talent
aqueous	watery
arguably	maybe, perhaps, possibly, could be
arrhythmia	irregular heartbeat, skipped heartbeat, heart problem
arthralgia	pain, pain in your joints
arthritis	pain in joints; disease of the joints that causes swelling, pain,
ascertain	find, find out, learn, make certain
asphyxiate	choke, smother, suffocate
aspiration	choking, breathing in a fluid, taking out fluid or tissue to test
assess	review, sum up, evaluate, to determine value, find
assist	help, aid
association	group, relation, organization
asthma	disease, breathing disease; long-term disease of swelling of the airways of the lungs; lung disease where you have trouble breath-
asymptomatic	when you're sick, but you don't feel bad, no symptoms
asymptomatic	Being sick but not feeling or looking sick

at the present	now, right now
ataxic	not able to coordinate movement
atherosclero-	hardening of the arteries, clogged blood vessels
attack	violent start, suddenly overcome by a disease, begin to harm
attempt	try, effort
attenuated vac-	vaccine, vaccine that has a weakened form of the virus in it
attire	clothes, clothing, to dress, wear
authentic	original, real, true, actual
authority	trusted source, trusted person, official, power
authorize	allow, approve, give the power to, let
autism	brain disorder, illness that makes it hard for someone to talk to
autoimmune	disease that makes your body attack itself
autoimmunity	body fighting itself, rejecting problem with your immune system
autonomous	free, by itself, independent
avail	help, aid
available	on hand, at hand, ready, nearby, handy, ready
avian flu	bird flu
avoid	do not, shun
axilla	armpit
B	
bacteria	germ
become more	learn more about...
benign	harmless
bereavement	grief after death, loss, sadness, mourning
beverage	drink, fluids, liquids
biannual	twice a year, two times every year
biennial	lasting two years, happening every other year, every two years
bilateral	with both sides considered, two-sided, when both sides get a say,
biological	disease, poison, germs, bacteria, viruses, fungi
biofilms	sticky film with germs on teeth

biopsy	take tissue (usually for testing)
bioterrorism	spreading virus or disease to cause fear or hurt
biota	plants and animals
BMI	body mass index, a measure of body fat based on height and
bona fide	real, true
bone density	Bone-strength test, a test of how solid and how strong your bones
bone marrow	area (or the space) inside your bones where blood cells are made
booster shot	shot you get months or years after your vaccine shot, shot to keep
brachial neuro-	swelling of the nerves in your arms
bradycardia	slow heartbeat
breakthrough	getting a disease even though you've been protected against it
breastfeeding	nursing/feeding a baby with milk from the breast
breech birth	baby born feet or rear-end first
bronchial	the tubes letting air in and out of the lungs
bronchodila-	medicine, drug that helps you breathe easier
bruxism	clenching and/or grinding teeth
buccal	side of mouth, inside cheek
bursitis	swollen, painful joints, disease that causes joint pain
by means of	by, using, with
by which time	by then; when
C	
calculus	hard crusty deposit on teeth
capacity	size, amount something holds, ability, space, number open
carcinogen	cancer-causing
carcinoma	cancer starting in the skin or organ lining
cardiologist	heart doctor
cardiology	medical department that treats heart problems
cardiovascu-	having to do with the heart and blood vessels
caries (dental)	cavities, tooth decay, holes in teeth
carrier	someone who is sick and can get other people sick; animal that is

cartilage	the smooth covering on the end of bones
case fatality ratio	how many people die from a disease
CAT scan (CT scan)	test that shows inside body parts, scan, special x-ray, test
cataracts	a clouding of the eye that makes it hard for people to see, cloudy
catheter	tube
catastrophe	disaster, tragedy
causal association	A relationship that can cause/causes your body to react
cauterize	burn the skin, burn tissue (to stop bleeding)
cease	end, stop, quit
censure	blame, punish, limit
Centers for Disease Control and Prevention	CDC
central nervous system	brain and spinal cord
cerebral hemorrhage	stroke, bleeding in the brain
cerebrovascular disease	stroke
cerumen	earwax
cervix	lower part of the womb
Cesarean delivery	C-section, baby birthed through surgery, cutting of the abdomen area to get baby out
cessation	stopping, quitting, ending
characteristic	mark, trait, feature
characterize	tell about, describe, define
chemotherapy	cancer drug, cancer medicine, cancer treatment
chronic	constant, never ending, does not go away, long term, lasting a long time, long-lasting
chronic disease	long-lasting disease, disease that lasts for years
chronic health condition	constant health problem, something that affects your health for a long period of time

chronic ob- structive pul- monary dis-	lung disease, such as asthma or emphysema
circulation	blood flow, flow of blood through the body
circumstance	event, situation, facts
clade	group of animals that can all get the same disease
clavicle	collar bone
cleft lip and/or palate	harelip, birth defect(s) that affect the upper lip and roof of the mouth
client	you, name of person, customer
clinical	a medical setting that involves patients
clinical	medical, work or studies in a medical setting that involve patients
clinical trial	clinical research study, medical research study
clinically ill	sick, diseased
close proximity	near, near by, close, close to
coagulate	clot, set, clump together
coerce	force, make, press
cognizant	aware, know about, think of, have learned
colic	Having stomach pain, sick, fussy or upset baby
collaborate	work together, team up, help each other
colonoscopy	check your colon, check your intestines, look inside your intestine,
comatose	in a coma
combination	mix, mixture
combination	a vaccine that helps stop more than one type of disease
commence	start, begin
communicable	catching, can be spread, can be passed to other people, can
communicate	tell, say, call, write, talk to
community im-	group protection from a disease
comparable	like, similar, almost the same as, equal to
compensate	make up, pay, reward
competent	skillful, able, well trained
complete	finish, fill out, end
completion	end, finish, no more
complimentary	free

comply	do, follow, give in, obey, go along with
component	part, section
composite or composite fill-	tooth-colored filling
comprehensive	complete, covers everything important, thorough, all
compress	squeeze, press down on
comprise	Make up, include,
compromised	weakened
compulsion	want, urge, desire, drive
conceive	imagine, think up, become pregnant, create
concentration	strength, focus
concerning	about, for, on
conclude	end, finish, judge, deem,
conclusive	definite, final, last,
concur	agree, feel the same way
condition	a medical problem, a disease, an illness
conditioning	physical training, training your body, fitness
conduct	do, carry on, run, lead
congenital	born with, inborn, there at birth
conjugate vac-	a specific type of vaccine
conjunctivitis	eye infection, pink eye, swelling and redness around your eyes
conscientious	careful, thoughtful, alert,
consequently	so, which means that, as a result
consistent	stays the same
conspicuous	plain to see, obvious, easy to see
constitute	made of, form, make up
construct	make, build
consult	talk with, ask, talk to, see, meet, opinion, discuss
consume	eat, drink, use up
contact	talk to, call, write, talk with, get in touch with, touch
contagious dis-	illness that spreads to others, disease that you can give to other
contagious	catching, spreading, able to make others sick, spreadable, a disease that can be spread from one person to another; someone who is sick and might make you sick too, sick
contain	have, keep together, hold
contaminant	pollutant, poison, harmful ingredient, harmful chemical

contaminate	spoil, infect, dirty, poison, pollute, taint, get dirty
contemplate	think about, consider, ponder
continue to	keep on, still, remain
contraception	birth control
contract	arrange, agreement, make smaller and shorter, come down with
contraindication	dangerous to give, not good for, when a drug or procedure may be harmful, wrong, opposite
contribute	help, give, volunteer
control	manage, have power over, take care of
contusion	bruise
convenient	easy to use, on hand, handy, useful
convulsion	seizure, spasm, shaking
co-operate	help, work together, assist
COPD	Chronic Obstructive Pulmonary Disease, emphysema, a lung disease that makes breathing hard
coronary heart disease	heart disease
coronary thrombosis	heart attack, blood clot in a blood vessel in the heart
correspond	agree with, match, write, email, go with
corroborate	confirm, agree with,
corticosteroids	asthma drug, asthma medicine
cot death	SIDS, sudden infant death syndrome
cough etiquette	how to cough or sneeze
countermeasures	drugs to help fight sickness; flu shots; vaccines
crib death	SIDS, sudden infant death syndrome
criterion	sign, standard
Crohn's disease	digestion disease, problem with bowels
crossbite	upper teeth are biting inside the lower teeth
crown (gold, porcelain or stainless steel)	cap that covers tooth (stainless steel most often used on "baby teeth")
cure	heal, fix, make better; make completely better
currently	now, at this moment, right now
cushingoid	signs of high doses of medicine, drug
cutaneous	skin related, about the skin, on the surface, skin

cyst	pus under your skin, boil, cancer cells, lump
cystitis	bladder infection, pain when you pee
D	
dander	flakes of skin, cradle cap
deceased	dead, passed away, died
deciduous tooth	baby tooth
decompose	decay, rot, break down
decontaminate	clean, kill germs, disinfect, purify, sterilize
decrease	take less, cut back, drop, lower, fall, lessen, make less
deficiency	lack, not enough
deficient	lacking, not enough, poor
deformity	a change from the normal shape, not normal, not a normal
degenerative	weakening, worsening, declining, decaying, drooping
dehydrate	need water, water loss, remove water
deltoid	arm muscle, muscle in upper arm
dementia	memory loss that gets worse over time, Alzheimer's
demonstrate	prove, show
demyelinating dis-	nerve disease
dental caries	cavities, tooth decay, holes in teeth
dental implant	fake tooth drilled into jaw bone
dental sealant (pit and fissure seal-	thin layer of plastic painted onto teeth to prevent decay
dentin	main bone-like part of a tooth
deoxygenated	no oxygen, without oxygen
deplete	empty, take all of, reduce, sap, lessen
dermal	related to the skin, skin related
dermatologist	skin doctor
dermatology	skin doctor's office, study of the skin
designate	call, label, name
detect	find, discover
deteriorate	get worse, fall apart, become unusable,
determine	figure out, decide, find out, test
detrimental	bad, harmful, dangerous
develop	create, change, grow
developmental dis-	physical or mental disability, challenged, learning problem

deviate	stray, change, take a different path
diabetes	disease with too much sugar in the blood, problem with making food into energy
diabetic	person with diabetes
diagnose	test, find out, figure out, learn cause, name
diagnosis	finding out the cause of an illness, condition, disease, medical an-
diarrhea dis-	diarrhea
difficulties	problems, trouble
dilate	become wider, become larger, become bigger, open
dilator	something used to make something become larger, wider, or big-
dilute	weaken, make weaker, add liquid, make less strong
dimension	size, width, height or length
diminish	make smaller, become less, take less, ebb
diminutive	small, tiny, very little, petite
diplopia	double vision
directed to	told
discharge	going home, leaving
disclose	show, tell, uncover
discoid	shaped like a disk, round and flat
discoloration	change in color, not the color it normally is, odd color
discontinue	stop, end, quit
discuss	talk about, talk with, talk over
disease	illness, sickness
disguise	hide
disorder	condition, illness, medical problem
display	show
dissemination	spread, distribute, send out, make available
distal	back of
distinguish	tell apart, set apart
distribute	hand out, give, spread, mail
DNA	genes
domicile	home, house
donate	to give
donation	gift, present

don't be alarmed	don't worry
dose	amount of medicine, chemical, or radiation; amount, size
drowsy	sleepy
due to the fact that...	because, due to
dust	fine, dry earth, powdery dirt
dwelling	home, house
dysarthria	slurred speech
dyspepsia	indigestion, heartburn
dysphagia	swallowing disorder, swallowing problem
E	
early childhood caries (ECC)	baby bottle tooth decay, tooth decay in infants
economical	cheap, low cost, low priced
edema	swelling
edentulous	Having no teeth
effect	result, cause
effective	works well, good, strong
efficacy rate	how well something works
EHR (Electronic Health Record)	synonymous with EMR (Electronic Medical Record) which is a digitally formatted medical record
EKG	heart test, test of your heart
electrocardiogram	heart test, EKG
electrolytes	blood salts, a type of necessary salt found in blood
elevate	raise, lift, make higher
eliminate	stop, end, drop, get rid of
emaciated	very thin, starving
embolism	blood clot
embryo	unborn baby (up to 12 weeks)
emergency	emergency, urgent, threat, disaster, crisis
emphasize	stress, point out, highlight
emphysema	a lung disease, Chronic Obstructive Pulmonary Disease (COPD)
EMR (Electronic Medical Record)	chart, medical records, computer medical record; medical record in a digital format
enamel	hard covering on outside of tooth
encephalitis	swollen brain, brain swelling, swelling of the brain

encephalopa-	brain dysfunction
encourage	urge
endeavor	try, attempt
endocrine	hormone system
endodontic	treatment of root canal for diseased nerve in tooth
enhance	add to, improve
environment	all the things around you in your daily life, at home and at work,
environmental	removing harmful things from your home and work; doing some-
epidemic	disease that most people get, widespread sickness
epidemiology	disease study
epidermis	skin
episode	event, set amount of time, attack, brief time
epizootic	widespread disease in animals
equilibrium	balance
equivalent of	equal to
erosions	small pits, small holes in teeth or bones
erythematosis	red rash on the face
escalate	worsen, make worse, get worse, increase, grow, rise
ESR	a blood test
estrogen	female hormone, woman's hormone
etiology	the cause of
evident	plain to see, visible, seen
exacerbate	worsen, make worse
excess rate	how many people become seriously sick during a pandemic
excessive	too much, more than needed
excise	cut out, cut off
exert	work hard, push, struggle, exercise
exertion	effort, work
exhale	breathe out
exhibit	show, display
expectorate	spit, cough, spit out
experience	feel, have, go through
expertise	knowledge, skill, know-how, training
exposure	around, been around, contact, come in contact with

expressive lan-	speaking, saying words or sentences
extend	make longer
extremely	very
F	
facilitate	make easier, help
factor	cause, reason
failed to	did not
family history	health information about your close relatives
fallacy	error, myth, not true
fast	go without any food or drink, not eat or drink anything
fatigue	tired, weak feeling of the whole body, feeling tired all over
feasible	possible, doable, workable, can be done, can do
febrile	caused by a fever, feverish
fertility	ability to have a baby
fetus	unborn baby (12 weeks to birth)
finalize	complete, end, finish, settle
flare	a period of time when symptoms of a disease are worse, when
flexible	moving easily, stretch easily, bend and stretch without hurting;
fluctuate	change, rise and fall, go back and forth from high to low, not
following	after
fracture	break
frequently	often, commonly, normally, regularly, many times
fundamental	basic, real
G	
gamete	sex cell, egg or sperm
general anes-	put to "sleep"
generation time	time needed for disease to spread from one person to another
genetics	family traits, science or study of family traits, study of blood rela-
genital area	genital area, privates, [name specific reproductive body parts]
Genital Herpes	Herpes (sores) in the genital area
gestation	pregnancy
gingiva	gums

gingivectomy	gum surgery, remove or reshape gums to remove space between
gingivitis	inflammation of the gums
glaucoma	eye disease, increased eye pressure; an eye disease that can
glucose	sugar, energy, blood sugar
gradually	slowly, over time
gravid	pregnant
Guillain-Barre	GBS; a disease that makes it hard to move
H	
H5N1	bird flu virus
Haemophilus influenzae type	a lung disease
hallucinate	see things that are not there
hand hygiene	hand washing
hazard	hazard, harmful, danger
hazardous	harmful, bad, dangerous, risky
hazardous	harmful trash like used needles, bloody tissues, etc.
hematocrit	amount of red blood cells in the blood
hematocrit test	blood test, a test that counts your red blood cells
hematological	related to blood, related to the blood and blood forming organs
hematuria	blood in the urine
hemodialysis	use of a machine to clean your blood
hemoglobin	a test to show your blood sugar levels over the last 3 months
hepatic	related to the liver
hepatitis A	disease that you get from drinking bad water or eating bad food,
hepatitis B	disease that you get from someone else's blood or from unsafe
hepatitis C	liver disease that you get from someone else's blood or unsafe
hepatitis D	virus that can only be found in your blood if you also have hepati-

hepatitis E	disease that you get from drinking bad water or from eating bad food, a disease not found in the United States, impaired liver
herd immunity	group protection from disease, community immunity
herpes simplex	cold sores, virus
herpes zoster	shingles, a disease that causes painful sores on your skin
high risk	dangerous, good chance something will happen
highly	very probably, most likely, will probably happen
hives	rash; red, itchy swellings on your skin
Hodgkin's dis-	lymph node cancer
homologous	similar, like, alike
hormone	chemical, natural or manmade chemical that affects your growth, chemicals that help different parts of your body know how they
host	person; animal
HPAI	a dangerous bird flu
HPV	a virus that may cause cervical and/or oral cancer
humidify	to moisten air
hyperglycemia	high blood sugar
hyperlipidemia	high cholesterol
hypertensive	high blood pressure
hypersensitivi-	strong reaction
hypertension	high blood pressure
hypoglycemia	low blood sugar
hyposensitivity	weak reaction
hypotension	low blood pressure
hysterectomy	surgery to remove the womb
I	
identical	same, exactly the same, similar, alike
illness rate or clinical attack	number of sick people; (Use a ratio like "3 in every 10 New Yorkers are sick" or a percentage like "30 percent of all Floridians are
illustrate	show, draw, picture
immediately	at once, right away, now
immerse	put completely in, completely cover

immune globulin	something in your blood that helps fight disease
immune	protected from, resistant to
immunity	protection from disease, ability to fight off an illness
immunization	getting a vaccine (shot); vaccine, vaccination
immunize	to protect against disease, usually by a shot
immunological	related to the immune system
immunosup-	when your body can't fight disease
immunotherapy	medical treatment that helps your body fight off diseases
impaction	teeth pressing together, teeth not visible above gum line
impaired	not normal/something is wrong
impede	get in the way, slow
imperative	important, pressing, urgent
imperceptible	hard to see, hidden; can't be seen
implement	start, begin, put into action; carry out;
inability	not able to
in excess of	more than
inevitable	likely, will happen
insert	put, put into
institute	start
instructed	told, taught
in the absence	without
in the course of	during, in
in the event of	if
in utero	in the womb, in the uterus
in vitro	out of the body, outside the body, laboratory grown, in a test tube
in vivo	within the body, inside the body grown inside animal
inaccuracy	error, mistake, chance that there is a mistake
inactive vac-	a vaccine that uses germs that have been killed
inadvertently	without meaning to
inadvisable	risky, not smart, may be dangerous
inapparent infection	when you are sick but you don't feel bad
incidence	how many people get sick, number of sick people

incident of national significance	national emergency
incipient	beginning, starting
incise	cut
incision	cut
incisors	front teeth, front “biting” teeth, fangs
inclement	harsh, extreme, dangerous
incorrect	wrong, not true, false
increase	add to, raise
incubation period	the length of time a disease is in someone’s body before they feel or look sick
indicate	suggest, point to, show
indication	sign, signal, symptom
indigenous	local to, comes from, native
individual	person, you, man, woman, one
inexpensive	cheap, low cost, low priced
infant	baby
infect	To spread a disease by germ or virus, to get sick, to make someone sick
infection	disease, illness, sickness, virus, bug, illness caused by germs, a
infectious agent	virus, germs, something that makes you sick, disease, flu, parasite
infectious	something that can spread disease
infertile	sterile, unable to have a baby, unable to become pregnant
inflamm	make hot, red, or swollen; swollen
inflammation	swelling, injury, sore
inflammatory bowel disease	digestive system disease, intestinal problems
influenza	flu, a virus
inform	tell
information	Knowledge, facts
infusion	put fluids or drugs directly into your blood
ingestion	eating, drinking, swallowing
inhalation	breathing, breathing in
inhale	breathe in, take a breath
inhaler	breathing medicine/drug, asthma medicine, device that helps give medicine into the breathing tubes

inherent	natural, built in, native
inherit	acquire, get, obtain, be left
inheritance	from parents, passing from parent to child
inhibit	check, bar, forbid, stop, slow
initial	first, earliest, basic
inject/injection	shot
injection	shot, to give medicine by needle, booster, dose
innocuous	safe
inquire	ask
instrument	tool, device
insufficient	not enough, too little, failing, poor
insulin	blood sugar
integrate	combine with, make part of, mix
intention	goal, aim, desire, end, plan, purpose
internal organs	inside parts of your body (heart, lungs, stomach, kidneys, etc.)
interrupt	stop, break
intervention	care
intrauterine de-	IUD, birth control
intravenous	into your vein; into your blood stream, putting drugs or fluids di-
investigational	vaccine still being tested
irrefutable	certain, final, obvious, proven
irritable	sensitive, complaining, grouchy, testy
irritant	bother; pain, pest, problem
isolate	a specific type of virus; a specific type of flu
isolation of ill	staying away from people who are sick; keeping sick people at
J	
jaundice	skin and eyes turn yellow
joint	where bones come together, bone connection
K	
kidney	organ that filters blood
L	
lacerate	ragged cut, tear
laceration	ragged cut, tear
lesion	cut, injury, wound, sore
ligament	bone connector, joint tissue

lingual	on the tongue
live vaccine	a vaccine that has a weakened form of the virus in it
local anesthe-	drug that causes numbing only in the area of the body where the
localized	in a small area, only in one place
locate	find, place, settle, turn up
location	place, spot
long-term	for a long time, over a long period of time
lower respirato-	pneumonia
lung function	measure of how strong your lungs are
lungs	breathing organs
lymphatic	related to the lymph system
lymphocytes	white blood cells, lymph cells
lymphoma	cancer of lymphatic system
M	
macrophage	disease-fighting cell
macular	a spot on your cornea; eye disease, blindness
magnitude	extent, size, how serious
maintain	take care of, keep, keep up
mammogram	breast health test, breast check
malignant	cancer
malignant tu-	cancer, tumor, mass
malocclusion	crowded teeth, misaligned teeth, crossbite, overbite, underbite, open bite
manage	control, direct, be in charge of, take care of, watch
mandible	lower jaw
manifest	clear, plain, evident, show
mask	hide
mastectomy	breast cancer surgery; surgery to remove your breast
maxilla	upper jaw
maximum	the largest possible, the most
medication	drug, pill, medicine
medicine	drug, medication
melanoma	skin cancer
memory cell	a cell that helps your body quickly fight diseases that you've got-

menopause	women's "change of life", the change, time in a woman's life when
menstruation	period
mental health condition	mental disorder, mental illness
mentality	frame of mind, mind, outlook, feeling
mesial	front of
metabolism	process of getting energy from food, converting food into energy
mg	milligram
microbes	very tiny fungi, sometimes viruses, that are too small to see; bacteria, protozoa
might qualify	might get
migrate	move, travel
migration	moving, transfer, traveling
mild	gentle, not severe, slight, small
mildew	fungus that grows in damp warm areas
minimal	least, small, smallest
minimize	make smaller, make less, lessen, reduce
miniscule	very small, tiny
miscarriage	lose the baby, miscarry
mites	very tiny, spider-like, animals that cause allergies and skin rashes
mitigate	make less harmful, soften, lessen, reduce
mobility	ability to move
moderate	medium, mild, controllable
modify	change
molars	back teeth, back "grinding" teeth
mold	growth on food and damp surfaces
monitor	watch, check on, watch for changes, device that measures changes
morbidity	diseased, sick, ill
mortality	death
mortality rate	number of deaths
motor vehicle accident	car crash
MRSA	bacteria that resists antibiotics
mucosal (mucus) membranes	soft, moist areas just inside the openings to your body

mucus	phlegm, nose fluid, mouth fluid, throat coating
multiple sclero-	central nervous system disease, MS
muscle con-	muscle twitch, movement
mutagen	cause
mutation	change over time, change, difference, different
myocardial in-	heart attack
N	
narcotic	addictive pain medicine, drug
nebulizer	asthma medicine mister
necessary	needed
negligent	careless, lax, not careful
neonatal death	infant death, death in the first month of life
neonatal	newborn, baby for first month of life
neonatologist	baby doctor, baby doctor for preemies
nephrology	study of kidney problems
neuraminidase	enzyme on the surface of the virus
neuritis	swelling of a nerve
neurologic	relating to the nervous system, brain or spinal cord
neurological	related to the brain and nervous system
neurology	study of the nervous system
neuropathy	disease of the nervous system
neutralize	cancel, stop, offset
nominal	small, not important, token, cheap, not costly
nonpharmaceutical interven- tion	ways to stop the spread of illness without drugs, such as hand washing, covering sneezes, closing schools, etc.
nosocomial	an infection you catch in the hospital
notification	notice
noxious	dangerous, poisonous
nutrition	food, meal, diet, healthy food
nutritious	wholesome, food that is good for you, healthy eating, healthy food
O	
obesity	dangerously overweight, too heavy
objective	goal, end
obscure	hidden, unclear, blur, confuse
observation	close look, remark, watching, sighting

observe	look closely, watch, see, detect, find, notice, see
obstetrician	pregnancy doctor
obstruct	block, stop
obstruction	barrier, block, hurdle
obtain	get
obvious	clear, plain, easy to see
occasionally	sometimes, not often, once in a while
occlusal	chewing or grinding surface of back teeth
occupation	job, work
occupational therapist	someone who helps people who are sick or injured learn or re-learn activities of daily life
occupational	therapy that helps you relearn everyday activities
occur	happen, take place, result
occurrence	event
on an empty	do not eat or drink
open bite	upper and lower front teeth do not touch even when mouth is closed and/or back teeth are touching
opportunistic	infection you get because you're already weak
optic neuritis	eye disease, disease of the eyes
optimal/	best, best way
option	choice, way
oral	mouth and jaw
oral consent	you say it is OK for the doctor to do a test or procedure
oral medica-	medication you swallow
oral surgery	mouth operation, mouth surgery, teeth operation
orchitis	side effect of mumps
originate	start, begin, create
orthodontic	braces, teeth straightening
orthopedic sur-	bone and joint doctor
orthopedic's	bone and joint doctor's office
orthotic	support or brace
ossification	bone formation, hard, stiff
osteonecrosis	bone death

osteoporosis	brittle bones
otitis media	middle ear infection
outbreak	beginning, start, onset
outermost	farthest, top
ova/ovum	egg/eggs, a woman's egg/eggs
overabundance	too much, excess
overbite	front upper teeth overlap lower teeth, "bucktoothed"
P	
palatable	pleasing, tasty, good
palate	roof of mouth
pandemic flu	deadly flu, fast and wide-spread flu
pandemic vac-	pandemic flu vaccine
panzootic	a flu pandemic in animals, a deadly flu pandemic in animals, fast
papule	small red dot on your skin, skin rash
paralysis	can't move
parameter	limit, factor, value
paramount	most important
parasite	animal or plant living off another animal or plant
participate	take part, join, share
passive im- munity	temporary disease protection from mother, disease protection from vaccine
pathogen	germ, virus, disease-causing agent
pathogenic	disease causing
peak flow me-	small tool used to measure how fast you can blow out air
peak flow	the fastest you can blow out air
pediatrician	baby doctor; children's doctor
pedodontic (pediatric den-	children's dentistry
pending	coming, until, waiting on something or someone
perforation	hole
perform	do, carry out, act
pericarditis	heart inflammation, swelling of the tissue covering the heart
perinatal	near the time of birth
perinatal death	death around birth, stillborn
perinatologist	high-risk pregnancy doctor, doctor for pregnancy at risk

periodontal disease (periodontitis)	gum disease
periodontic	treatment of gum disease and related bone loss
periphery	edge, boundary, outside
peritoneum	lining of your stomach, belly, tummy
permanent	lasting, long term, forever
permit	allow, let
permutation	change
persevere	hold on, keep at, last, keep trying, not give up
persistent	there all the time, constant, doesn't go away, not giving up
personal protective equip-	gowns, face shields, gloves, face masks, and respirators, hearing protection, protective clothing
personnel	people, staff
perspire	sweat
persuade	convince, talk into, win over, urge
pertinent	fitting, important
petechiae	tiny red or purple spot on your skin,
pharmacist	druggist, drug dispenser
photosensitive	sun-sensitive, sensitive to the sun
physical/	body, bodily, real
physical activi-	of the body, exercise, movement
physical exami-	check-up, doctor's appointment
physical thera-	someone who treats pain and weakness by exercise
physical thera-	treatment of pain and weakness through exercise
physician	doctor
pica	craving, dirt or clay eating, unusual appetite; eating materials that
pictographs	symbols (examples below)
PID	Pelvic inflammatory disease
pigmentation	color

pit and fissure sealant (dental)	thin layer of plastic painted onto teeth to prevent decay
placebo	sugar pill, drug with no active ingredient that will cause no effect
placed	put
placenta	organ that attaches umbilical cord to the inside of the womb
plaque	sticky film with germs on teeth
platelet	blood clotting cell
pleurisy	lung inflammation
pneumonia	lung infection
PO	taken by mouth, eat or drink
podiatry	treating feet problems, medical care for feet, foot doctor
poliomyelitis	polio; a disease that can make you unable to move
pollute	dirty, poison, taint, spoil
polysaccharide	sugar vaccines
polyurethane	plastic
portion	piece, amount, part, serving
position	job, rank, class, grade
possess	have, own
possibility	chance
posterior teeth	back teeth
post-exposure	drug given to someone who has been near someone sick, pre-
post-partum	baby blues, overwhelmed, depressed, unexplained sadness after
postpone	put off, wait, delay
potency	strength, force, power, level, dose
precaution	safeguard, caution, guard, care
predicament	problem, bad situation, plight, difficulty
pregnancy	pregnant, expecting a baby
preliminary	early, not final, initial
pre-pandemic	pandemic flu or deadly flu vaccine; shot
preparedness	readiness, alertness, to be ready, to prepare, be prepared,
prepuce	foreskin
prerogative	right, choice

prescriber	doctor, nurse, any medical person who is licensed to write prescriptions
prescription	doctor's orders, medicine, drug order,
present	give, send, now, show, here
prevalence	number of sick people, spread, disease spread, number, figure
prevent	stop, keep from happening, forbid, bar, keep
preventive	(i.e.; preventive services) practices that help keep you well
prevention	stop, bar, not permitted, not allowed, to avoid ill effects
primary teeth	baby teeth, first teeth
principal	main, first, head, chief, most important
prior to	before
probability	chance, likelihood
proximal	near to, close, area closer to the center of the body
procedure	steps, method, course of action, how-to, way, test
proceed	go, move forward
prodromal	signs of disease or attack
proficient	skilled, experienced, able, apt
progression	move forward, go on, get worse, advance
prohibit	ban, forbid, prevent
projectile	flying object, fast object, thrown object
proliferate	grow, spread, reproduce
prophylactic	pregnancy prevention drug, sickness prevention drug, birth control, condom
prophylaxis	prevention, protection
prophylaxis (dental, oral)	basic teeth cleaning
prostate	gland in male body that makes semen
prostatitis	infection of the prostate
prosthodontic	treatment using crowns, bridges, partials and/or dentures
protocol	way of doing things, method, standard, step-by-step process, rules, code
provide	give, offer, send, supply
provider	professional, insurer
provoke	make worse, cause, anger, annoy
proximal	near to, close, area closer to the center of the body
psoriasis	a dry, scaly, skin rash
psoriatic arthritis	joint swelling disease with skin rash
psychiatrist	doctor who gives you medicine for mental health

psychologist	doctor who talks with you about mental health concerns
PSA	prostate test, prostate check
PTSD	problem with fear after seeing or having a fearful event, flash-
public health	everyone's health, our health, health of the community as a whole
puff	a short, gentle burst; a small breath
pulmonary	related to the lungs
pulmonary can-	cancer of lung, trachea, bronchus
pulmonary care	lung disease treatment area of hospital
pulmonary fi-	lung disease, scarring of lung tissue, shortness of breath
pulmonologist	lung doctor
pulmonology	study of lung disease
pulp	tooth nerve
pulpectomy	remove nerve from tooth
pulpitis	infection of nerve inside tooth
pulpotomy	take out the nerve from a tooth
purchase	buy
purulent	pus
pyrexia	fever
Q	
qualified	suited, capable; has the education to perform, license to perform
quarantine	isolate, staying away from other people, staying home by yourself
R	
RA	rheumatoid arthritis, disease of joints
radiation	energy, rays, waves, heat
radioisotope	medicine, special medicine, drug or radioactive tracer
radiologist	a doctor who studies x-rays and other images, x-ray specialist, x-
radiology	x-ray department
radionuclide	medicine, special medicine or drug
rampant	unchecked, raging, uncontrolled
rapid diagnos-	fast result test, quickly check if someone is sick
rationale	reason, thinking, intent, purpose
Raynaud's syn-	circulatory disease

reaction	a response
reassortment	change, new type of virus
receive	get, admit, welcome
receptive lan-	understanding
recipient	person who gets something
recognize	accept, know, see, find
recombinant	new gene combination
recommend	advise, suggest, urge, says
recover	get better, feel better, heal
recrudescence	relapse, to get sick again
recuperate	get better, feel better, get well, recover
recur	come back, get again, happen again
reduce	lower, cut, trim, dilute
redundant	extra, not needed, excess, surplus, spare
refills	number of times one can get more medicine from the drugstore
reflux	spit up, backward flow of body fluid
regarding	about
regimen	diet, plan, program
register	sign up, sign in
regular	usual, normal, everyday, common
regulate	control, restrict, watch over, govern
regulation	rule, law
rehabilitate	get better, restore
reimburse	pay back, refund
reinforce	make stronger, brace, support
reiterate	repeat, say again
relief	feel better, ease, not as bad, less painful, more comfortable
relieve	ease, make better, soothe, rest
remission	when a disease is not active
renal	related to the kidney
request	ask for, beg
require	need, ask for
requirements	needs, regulations
rescind	cancel, take away
resemble	look like, take after, match
reside	be in, live in
residence	home, apartment, house

residual seizure disorder	seizures, sudden attack, brain problem
respiration	breathing, taking in oxygen
respiratory therapist	breathing therapist
respite	rest, relief, quiet time
respond	answer, react to
restoration	filling, fix a tooth, tooth replacement
restrain	hold back, stop
restrict	limit, stop
restrictions	limitations, changes
retain	keep
retrieve	get, bring back, get back
return	go back
reveal	show, tell
review	go over, check;
Reye's syndrome	brain disease in children
rheumatoid arthritis	disease of joints, joint swelling
rheumatologist	joint, bone, and immune system doctor
rheumatology	study of the immune system, joints, and bones
rigorous	hard
risk reduction	lowering the chances, making less likely
risk	chance
root canal	remove the nerve from inside the root of a permanent tooth
root planing and scaling	deep tooth cleaning
Rotavirus	germ causing stomach flu
Rubella	German measles
Rubeola	measles
rupture	break, burst, break open
S	
sanitary	clean, germ free, healthful
sanitize	clean, wash, clean up, make germ-free, disinfect
SC	subcutaneously, shot into fat, injection into fat
scaling and root planing	removal of hard and soft deposits from teeth above and below gums
Scarlatina	scarlet fever

schedule	plan, planning a time to do something
sealant (pit and fissure, dental)	thin layer of plastic painted onto teeth to prevent decay
seasonal influenza	common flu; winter flu
second- and third-order effects	things that happen as a result of your actions
sector	group, community, neighborhood
sedentary	inactive, sitting a lot, couch potato
segment	part, piece
seizure	fit of uncontrolled movements
sensation	feeling
sensitive	easily hurt, easy to damage, sore
seroconversion	becoming immune, reacting against disease, fighting disease
serology	study of blood strength
serosurvey	test to see how likely you are to get a disease
several	many
severe	strong, serious, harmful, dangerous, very bad
severity	how bad
shift	change
shortness of breath	difficulty catching breath, difficult breathing
side effect	reaction, reaction to a medicine
significant	big, serious, important
similar	like
situated	placed, located
Sjogren's syndrome	dry eyes and mouth
skull	head bones, bones that protect the brain
social distancing	stay at home; keep away from people
socialize	make friends, talk with people, meet people
solicit	ask for
soreness	hurt, pain, ache
spasm	sudden, strong muscle tightening, jerk, painful twist
species	group of plants or animals, same type, alike
spirometer	breathing test, breath strength machine, breath strength indicator
spontaneous	unplanned, sudden

sprain	muscle injury, muscle tear
stable	okay, no change, constant, even, unchanging
stamina	strength, endurance
state of readi-	ready, now ready, prepared
state	say, tell, condition
status	state, condition
sterile	unable to have children, clean
steroid	medicine, drug to lessen swelling, illegal sports drugs
stigma	mark, spot, blemish, embarrassment
stimulate	excite, stir up, activate
strain	type of germ, type of animal, type of plant
stress	physical strain, mental strain, pressure, worry
stringent	strict, tight, controlled
subclinical in-	minor illness
submit	give, hand in, send
subsequent	following, next, later
subsequently	after that, later, afterward
substance	chemical, material, matter, stuff
sudden infant death syn-	crib death; sudden, unexplained death of a baby
suffice	be enough
sufficient	enough, plenty, ample
suffocate	choke, smother, not able to breathe
summon	call for, request
sun protection	sunscreen, sun block
superficial	not important, not harmful, slight
supersede	replace, take the place of
supplement	add to, in addition to, additive, vitamins
supply	give, budget, fund, pool, source, kitty
suppress	hold back, stop, slow down
surge capacity	being able to offer more services in an emergency, ability to ex-
surgery	operation
surgical mask	face mask, mask
surveillance	keeping a close eye on, watching closely, monitoring

susceptible	more open to, in danger of getting, likely to get
sutures	stitches
symptom	sign (of disease or sickness), indicator, warning
syndrome	illness, sickness, condition
synthesis	summary, make, take up
synthesize	combine, form, summarize
systematic	planned out, orderly, regular
systemic lupus	immune system disease
systemic	throughout your body, in all parts of your body
T	
tallus	heel
taper	reduce, slow, lower, shrink, decrease
tartar	crust on teeth, plaque
telework	work from home
temperature	heat, fever
temporal asso-	when two things happen at the same time but aren't actually relat-
temporary	short, brief
teratogenic	something that can hurt your baby before he is born
terminal	deadly, fatal
terminate	stop, end
testosterone	male hormone
tetanus	disease affecting muscles
therapeutic	healing, improving, getting better
therapy	treatment
therefore	so
thimerosal	drug or vaccine preservative
third molars	wisdom teeth, last teeth to come into mouth
thrombus	clot
time period	time
titer	blood test
titrate	to change the dose/level of a medicine
topical	on the surface, on the skin, on the body
toxicology	study of harmful materials
toxin	poison, pollution
transform	change, alter
transparent	clear, see-through

transpire	happen, take place
transverse myelitis	of the spine, back disease
traumatic	shocking, upsetting
treat	give care, take care of, cure, heal
treatment	action, medicine, therapy
tremor	shaking, trembling
trigger	cause, start, bring on, lead to
trimester	three months, three months' time
tuberculosis	TB, lung disease
tumor	growth, lump
U	
ulcer	open sore, canker
ulterior	secondary, hidden, alternate, further
ultimate	final, last
umbilicus	belly button, navel
underbite	lower teeth extend past upper front teeth
understand	know, to get
unfavorable	bad, harmful, damaging, unwanted
unnecessary	not needed, needless
upper respira-	nose, throat, and windpipe
urinate	pee
urticaria	hives, itch, rash on your skin
until such time	until
use caution	be careful
uterus	womb
utilize	use, make use of
UVA	UV light, sunlight
UVB	UV light, sunlight
V	
vaccinate	to protect against disease, usually by a shot
Vaccine Adverse Event Reporting System	VAERS, a way for doctors to make sure that vaccines aren't hurting anyone
Vaccine Safety Datalink Project	VSD, a way for doctors to learn more about vaccines

vaccine	shot, flu shot, medicine, immunization
vague	unclear, not for sure, not certain
validate	prove, test
validity	truth, proof
variant	version, slightly different
Varicella	chicken pox, herpes zoster
variola	smallpox
vehicle	car, truck, bus, automobile
verbatim	exact, word for word
verify	check, find out
vesicular	blisters, small bumps on your skin
viable	able to live, usable, can be used
vicinity	area, location
viral shedding	coughing and sneezing
viremia	viruses in the blood
virulence	strength; harm; how harmful; how dangerous the disease is
virulent	strong, dangerous
virus	germ
vital	important, imperative, crucial
voluminous	large, bulky
voluntary	your choice; on your own; without being forced
W	
waning immunity	not immune anymore; more likely to get sick; lost your disease resistance
warning sign	sign of trouble; problem; alert
waterfowl	water birds; birds that live on water; ducks, geese, and swans
wheeze	breathing problem, difficulty breathing; gasp; gag; pant
white spot le-	white spot on tooth, beginning decay
whooping	disease of the lungs that is very easily spread to others
withhold	deny, keep from, hold back, refuse
withstand	take, bear, resist
witness	see, note, observe
X	
x-ray	picture of your bones; picture of your insides
Z	
zoonoses	diseases that people can get from animals; diseases that are passed between animals and people

SECTION 7: CONTACT INFORMATION

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