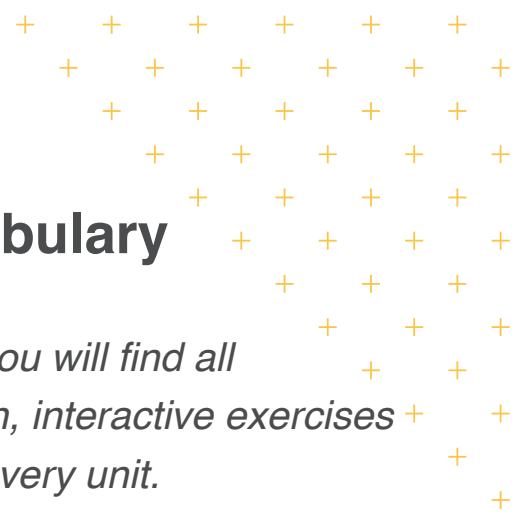




HEALTH

CONCEPTS



Health Concepts: English Vocabulary

This is your manual. On the following pages, you will find all definitions mentioned in this course. In addition, interactive exercises proposed in class can be found at the end of every unit.

If you are still not sure if you understand any of the vocabulary exposed, a dictionary is available at the end of this handout, with translations for all terms in Portuguese.

1. Basic Anatomy

- 1.1. Basic External Anatomy
- 1.2. Basic Internal Anatomy

2. Symptoms

- 2.1. General Symptoms
- 2.2. Cardiovascular Symptoms
- 2.3. Nose, hear and throat
- 2.4. Gastrointestinal
- 2.5. Integumentary
- 2.6. Neurological
- 2.7. Ocular
- 2.8. Pulmonary
- 2.9. Rheumatologic

3. Medical Supplies and instruments

4. Common Diseases

5. Common Types of medicines and administrations

- 5.1. Types of medicines
- 5.2. Types of administration

6. English - Portuguese dictionary

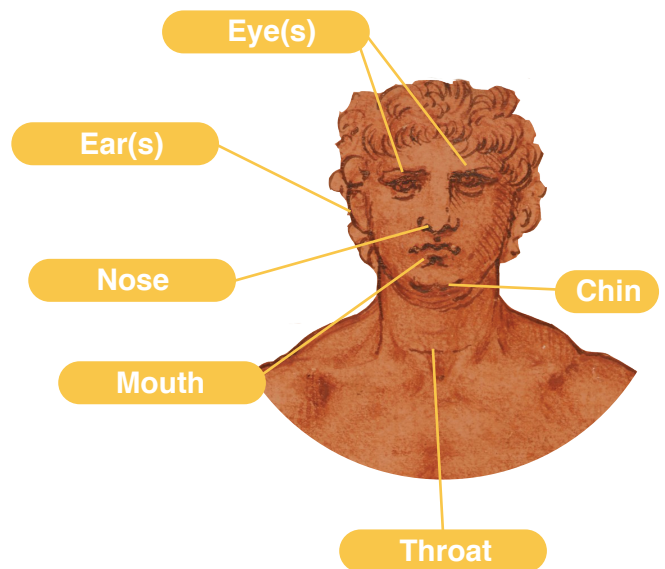
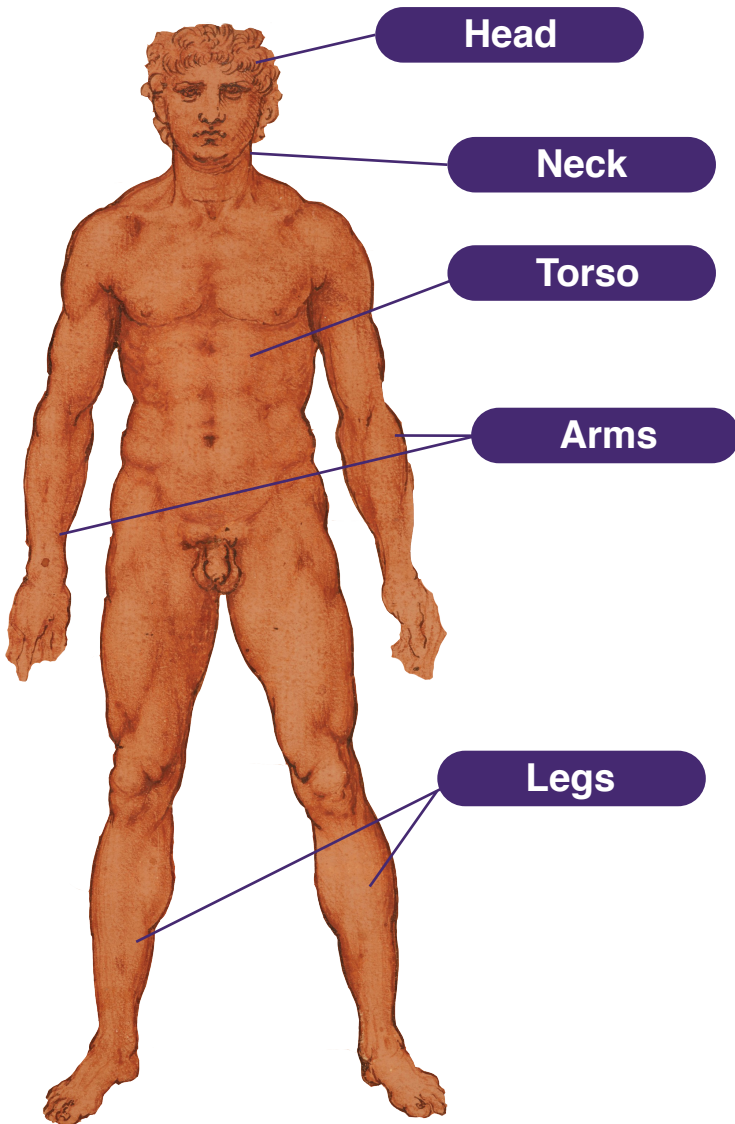


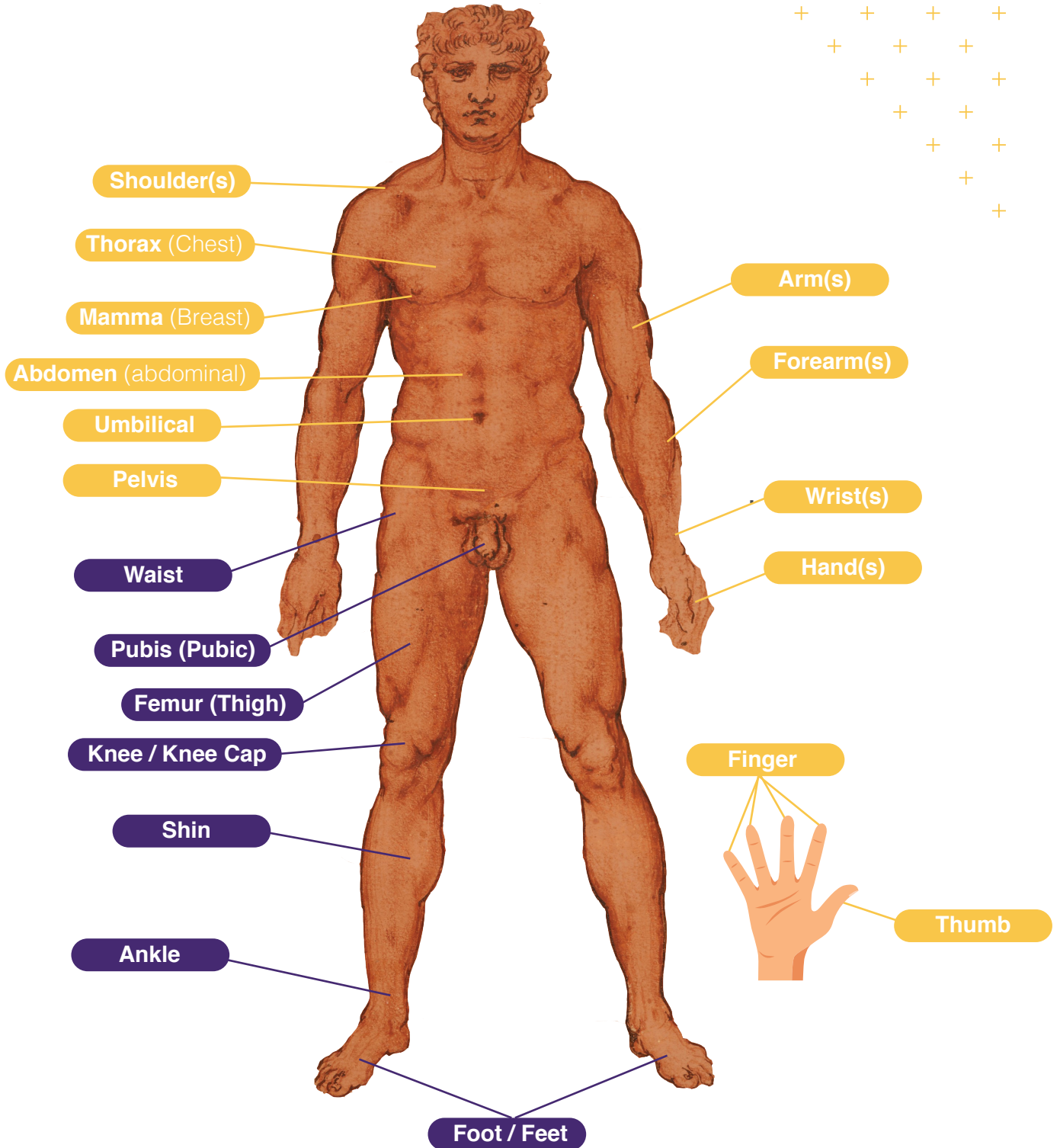


1. Basic anatomy

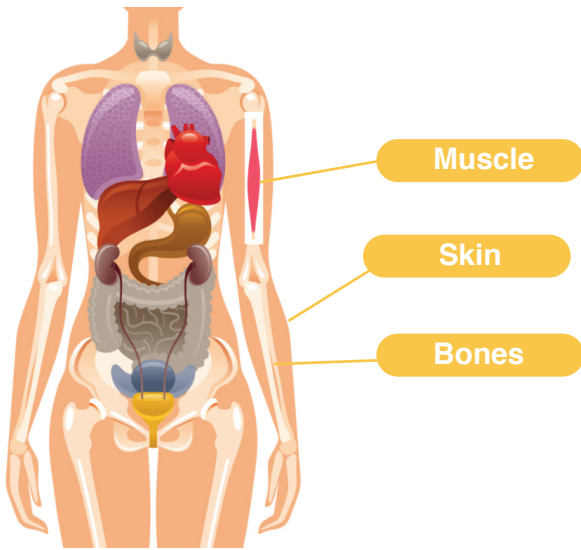
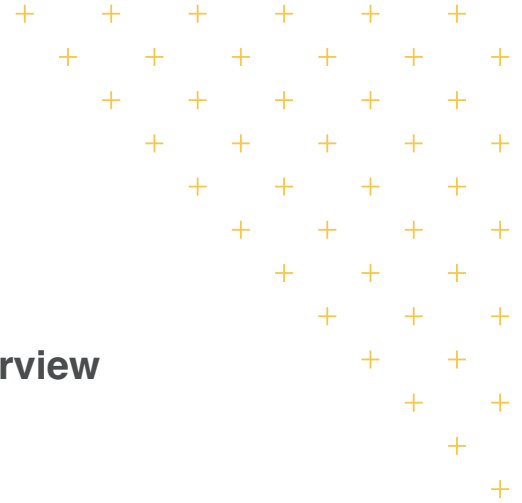
Healthcare is the prevention, treatment, and management of illness and the preservation of mental and physical well-being through the services offered by the medical and allied health professions.

1.1 - Basic external anatomy

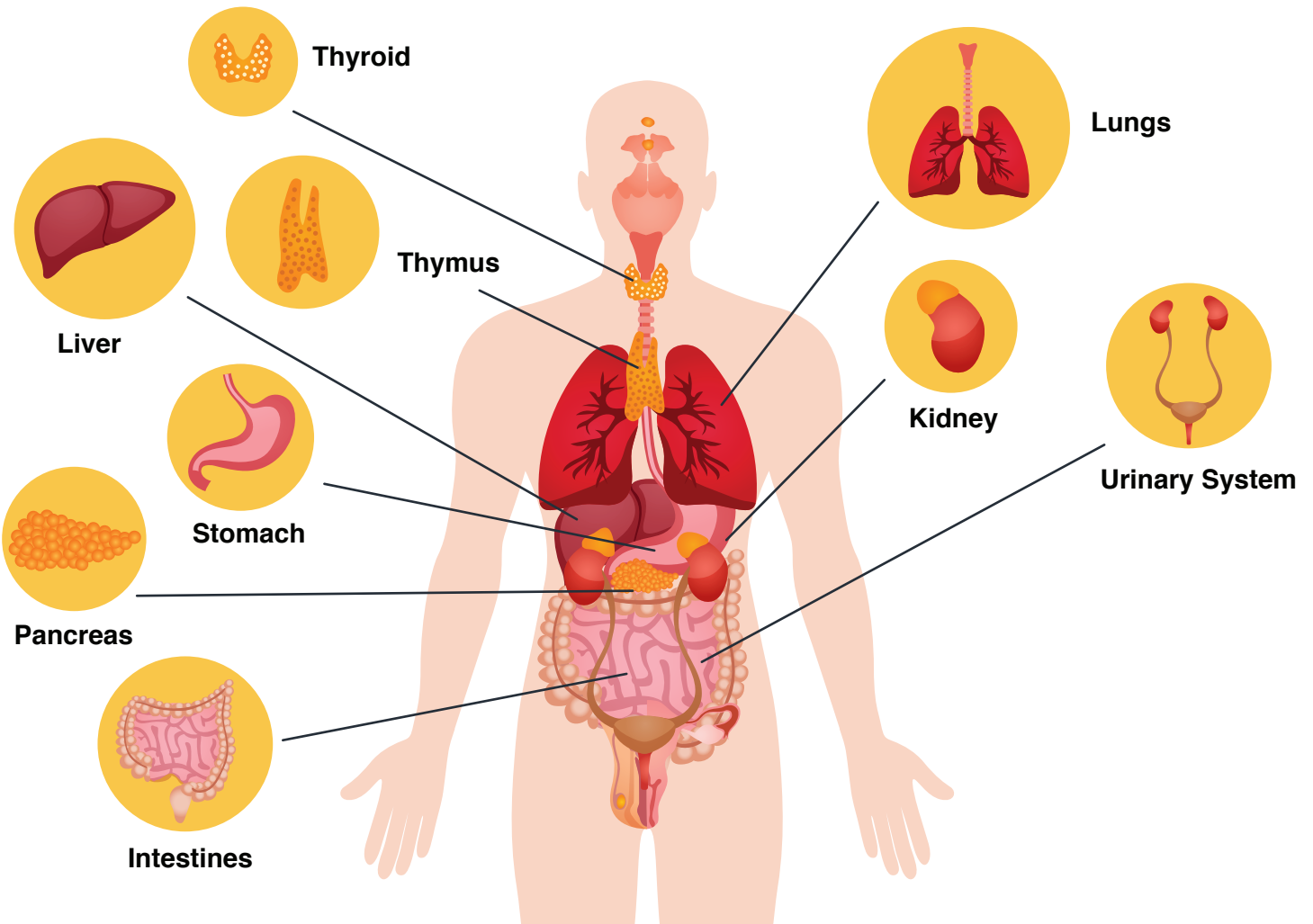


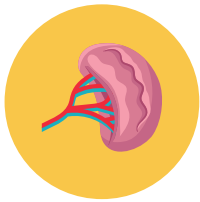


1.2 - Basic internal anatomy



General Overview

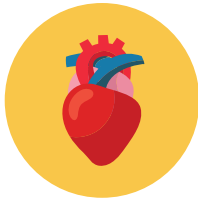




Spleen



Bladder



Heart



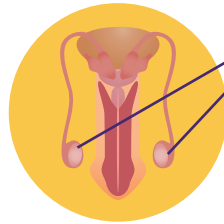
Brain



Tooth (Teeth)



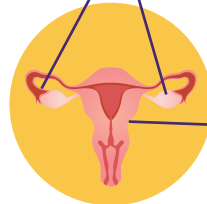
Tongue



Male Reproductive System

Testicule(s)

Ovary (Ovaries)

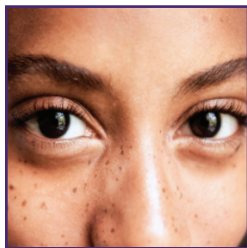


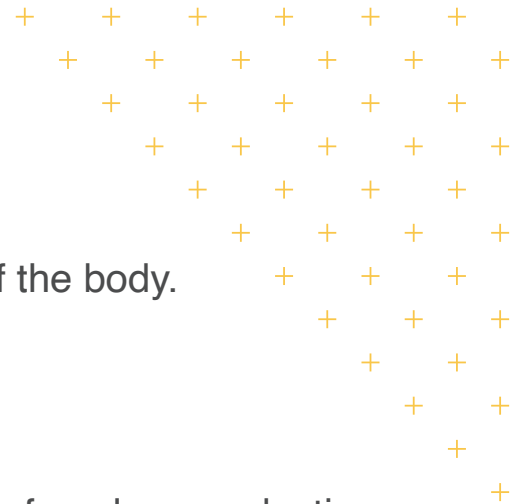
Female Reproductive System

Uterus

Task

Name the following parts of the body.





1 - Complete the blanks with the correct part of the body.

- a) Urine is accumulated in the _____ .
- b) The _____ works as a pump.
- c) _____ are the main constituents of the female reproductive system.
- d) There are two types of _____ : large and small.
- e) The _____ is similar to a chamber, where the food is digested.

2 - True or false?

- a) The pancreas is a type of gland. ()
- b) The heart is a muscular organ. ()
- c) The thyroid is not a gland. ()
- d) The spleen keeps bodily fluids balanced. ()
- e) Lungs are extremely elastic organs. ()



2 - Symptoms

2.1 - General Symptoms

Match words and definitions.

Ache: A dull sustained pain.

- backache
- earache
- headache
- stomachache
- toothache
- neckache
- bodyache (general)

Chills: It is a feeling of cold that occurs during a high fever. It is commonly caused by inflammatory diseases.

Convulsions: An abnormal, generally violent, involuntary contraction of the muscles. It should not be confused with tremors or chills.

Edema (Swelling): An excessive accumulation of serous fluid in body cavity spaces or tissue. Most commonly, extremities are affected (hands, feet, legs and arms), giving the sensation that the area is heavy, and joints are difficult to move.

Fatigue (Tiredness): It is a feeling of lack of energy, both mental and physical. It is generally due to an excess of a certain activity. However, its causes may be related to a medical condition.



Hypothermia: It is the decline of the body core temperature to numbers below 95°F (35°C). After certain levels, it is accompanied by shivering and mental confusion.

Icterus (Jaundice): It is an excessive yellowish (or sometimes, greenish) pigmentation of the skin or the white of the eye, due to high blood levels of bilirubin*.

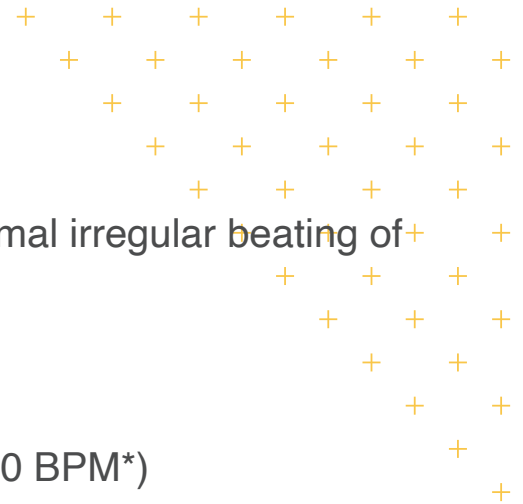
**An orange-yellow pigment that occurs normally when part of your red blood cells break down.*

Pyrexia (Fever / Temperature): Abnormally high body temperature, followed by a fast pulse rate, dry skin, cold sweating, etc ... We consider a state of fever when temperature rises above 98–100°F (36–37°C).

Swollen / Painful lymph nodes: It is a state where lymph nodes are abnormal in sensation, consistency, and size. It is a common non-specific sign (it may be due to a series of causes, from common cold to autoimmune diseases).

Vertigo (Dizziness): It is having the sensation that everything around you is spinning, and you are about to fall.





2.2 - General symptoms

Arrhythmia: Generally speaking, it is an abnormal irregular beating of the heart.

Types of arrhythmia

-Bradycardia: slow heartbeat (less than 60 BPM*)

-Tachycardia: fast heartbeat (more than 100 BPM*)

**resting heart rate*

Chest pain*: It is any kind of pain or discomfort in the chest, sometimes radiating to the shoulders and arms.

**should not be confused with 'heartache'.*



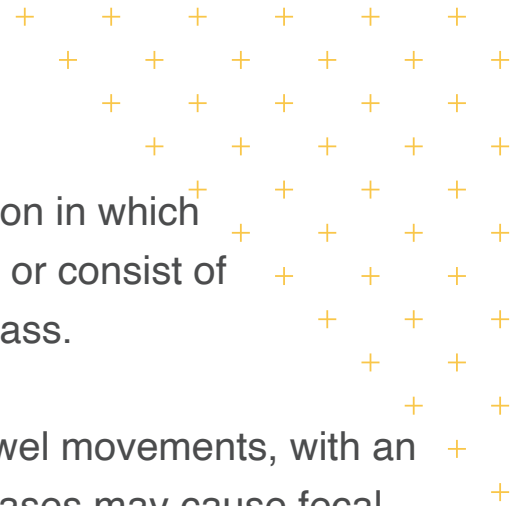
2.3 - Nose, ear and throat

Epistaxis (Nosebleed): It is the bleeding (hemorrhage) from one of the following three: the nasal cavity, nostril, or nasopharynx.

Rhinorrhea (Running nose): It occurs when the nasal cavity is filled with a considerable amount of mucus fluid. It is also commonly known as nasal discharge.

Sore throat: It consists of pain, irritation or scratchiness of the throat that generally gets worse when you swallow.





2.4 - Gastrointestinal

Constipation: It is an acute or chronic condition in which bowel movements occur less often than usual or consist of hard, dry stools that are painful or difficult to pass.

Diarrhea: It is the increased frequency of bowel movements, with an excess of liquid in the fecal matter. In acute cases may cause fecal incontinence.

Nausea: An unpleasant sensation vaguely referred to the epigastrium and abdomen, with a tendency to vomit.

Pyrosis (Heartburn): It is a burning sensation in the esophagus, or below the sternum in the region of the heart, one of the common symptoms of indigestion.

Regurgitation (Vomiting): It is the forcible ejection of contents of stomach through the mouth and , sometimes, the nose.



2.5 - Integumentary

Abrasion: It is a partial thickness wound caused by damage to the skin and can be superficial involving only the epidermis to deep, involving the deep dermis.

Blister: It is a vesicle having liquid contents, as may be caused by a pinch, bruise or burn. There are two types of blisters: blood blister and water blister.



Laceration: A wound produced by the tearing of body tissue, as distinguished from a cut or incision.

Pruritus (Itching): Itching is an intense, distracting irritation or tickling sensation that may be felt all over the skin's surface, or confined to just one area.

Rash: A visible lesion or group of lesions on the skin, caused by any of numerous factors including infectious agents, drugs, and allergies.



2.6 - Neurological

Amnesia: Amnesia refers to the loss of memory. Memory loss may result from two-sided (bilateral) damage to parts of the brain vital for memory storage, processing, or recall (the limbic system, including the hippocampus in the medial temporal lobe).

Confusion: It is an altered state of consciousness (ASC) and it is any condition which is significantly different from a normal waking state of consciousness.

Hallucination: It is a sensory impression (sight, touch, sound, smell, or taste) that has no basis in external stimulation.

Insomnia: Chronic inability to fall asleep or remain asleep for an adequate length of time.

Syncope (Fainting): It is the sudden loss of consciousness, either with momentary premonitory symptoms or without warning, due to cerebral anemia (lack oxygen).



2.7 - Ocular

Blurred vision: Blurred vision is normally referred to a lack of sharpness of vision impeding the patient to see fine detail, and focus right.

Mydriasis: Dilation of the pupil.

Myosis: Excessive constriction of the pupil.

Diplopia: It is a state of double vision, in which the images of an object are formed on non corresponding points of the retinas.



2.8 - Pulmonary

Cough: To expel air or solid matter from the lungs abruptly and explosively through the partially closed vocal cords.

Types of cough

Chesty (phlegm is produced)

Mucus (mucus is produced)

Dry and tickly (no mucus or phlegm is produced)

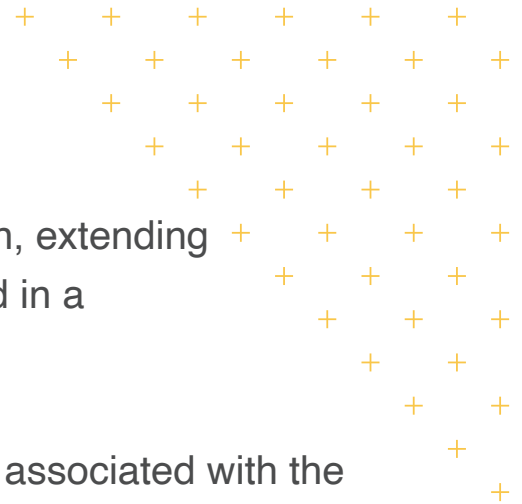
Dry (hacking and irritating)

Apnea: It is the cessation of breathing, especially during sleep.

Hypopnea: Abnormal decrease in-depth and rate of respiration.

Hemoptysis: Hemoptysis is the coughing up of blood or blood-stained mucus. This blood-stained mucus may have its origins in the larynx, trachea, bronchi, or lungs.





2.9 Rheumatologic

Arthralgia: It is generally a sharp, severe pain, extending along a nerve or group of nerves, experienced in a joint and/or joints.

Sciatica: Sciatica refers to pain or discomfort associated with the sciatic nerve.

Task

Match the terms to their common names.

- 1- Syncope
- 2- Pruritus
- 3- Regurgitation
- 4- Pyrosis
- 5- Pyrexia
- 6- Icterus

Itching	Heartburn	Fever
A ()	B ()	C ()
Jaundice	Vomiting	Fainting
D ()	E ()	F ()

1 - Complete the blanks with the correct symptom.

- a) _____ generally occurs during sleep.
- b) _____ is produced in a chesty cough.
- c) _____ may be caused by brain damage.
- d) _____ generally occurs during a high fever.
- e) _____ gives the sensation that a limb is heavy.



2 - Choose the correct option in brackets.

- a) Convulsions should not be confused with _____ (chills / cold).
- b) Fatigue is generally due to the _____ (lack / excess) of a certain activity.

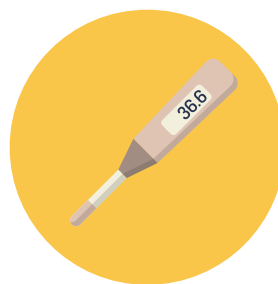
3 - Medical supplies and instruments



Syringes / Needles



Stethoscope



Thermometers



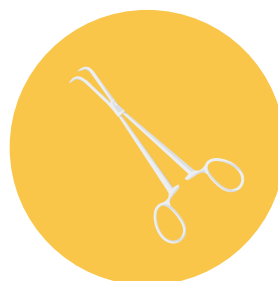
Catheters



Blood pressure monitor



Medical penlight

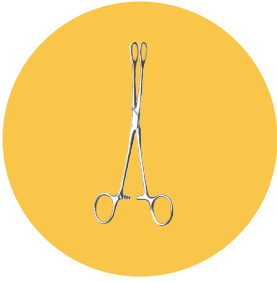


Medical scissors



Speculum

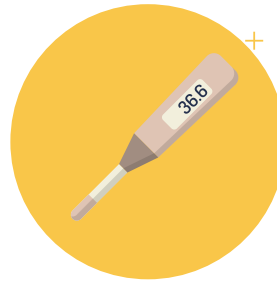




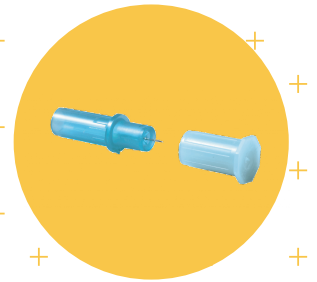
Forceps



Reflex hammer



Thermometers



Blood lancets



Clinical swab



Medical scrub



Face mask



Bandage



Electrocardiography machines



Hand sanitizer



Disposable gloves

Task

Unscramble the letters to make words.

- a) gebanda _____
- b) saintrez _____
- c) clicalni basw _____
- d) splumecu _____
- e) cespofr _____
- f) askm acef _____



1 - Relate the supplies / instruments to the words in the table.

- 1-Face mask
- 2- Disposable gloves
- 3- Termometre
- 4- Syringes
- 5- Blood pressure monitor
- 6- Speculum

saliva droplets	intramuscular	hands
A ()	B ()	C ()
hypertension	orifice	fever
D ()	E ()	F ()

2 - True or false?

- a) An electrocardiograph machine checks your heart rhythm. ()
- b) Catheters are generally made of hard materials. ()
- c) Forceps can be used to assist in the delivery of a baby. ()
- d) 20% alcohol is an effective hand sanitizer. ()
- e) Medical scrubs are generally made in dark colours. ()



4 - Common diseases

Anemia: A condition in which there is reduced delivery of oxygen to the tissues; it is not actually a disease but rather a symptom of any of numerous different disorders and other conditions.

Main symptoms

- Extreme fatigue
- Pale skin
- Chest Pain
- Dizziness/headache
- Cold hand and feet

Arthritis: Is the inflammation of a joint. The term 'Arthritis' is generally used by the public to indicate any disease involving pain or stiffness of the musculoskeletal system.

Main symptoms

- Pain
- Swelling (edema)
- Redness
- Dizziness / headache
- Reduced range of motion



Bacteria: A bacterium is an organism which works on the body in both complementary and destructive ways (causing a bacterial infection).

Due to the large variety of bacteria, symptoms may be diverse.

Main symptoms

- Fever
- Chest pain
- Cough
- Chills
- Fatigue

Cancer: Carcinomas, the most common types of cancer, arise from the cells that cover external and internal body surfaces. Lung, breast, and colon are the most frequent types of cancers. Cancer can cause many symptoms, so a more detailed examination must be necessary.

Main symptoms

- Bladder changes
- Bleeding or bruising, for no reason
- Bowel changes
- Persistent cough
- Eating problems
- Lasting fatigue



Diabetes: A general term referring to any of various disorders characterized by excessive urination (polyuria); when used alone, the term refers to diabetes mellitus.

Main symptoms

- Urinating often
- Feeling of thirsty / hunger
- Extreme fatigue
- Blurred vision
- Cuts that are slow to heal
- Weight loss (T 1)
- Pain or numbness in extremities

Emphysema: Emphysema is a chronic respiratory disease where there is over-inflation of the air sacs (alveoli) in the lungs, causing a decrease in lung function, and often, breathlessness.

Main symptoms

- Shortness of breath
- Persistent cough
- Persistent mucus production
- Fatigue

Hypertension: It is high blood pressure.

Main symptoms

- Fatigue
- Headache and confusion
- Vision problems
- Blood in the urine
- Irregular heartbeat
- Chest pain



Osteoporosis: Osteoporosis is a chronic and often disabling condition characterized by a combination of low bone mass and distorted bone architecture.

Main symptoms

- Backache / pain
- Fragile bones

Viral infection: An infection caused by a virus (prion). Symptoms may vary according to the type of virus.

Main symptoms

- Rhinorrhea / nasal congestion
- Sore throat
- Cough
- Body aches
- Mild headache
- Low grade fever
- General feeling unwell

Influenza: Influenza is a viral infection that attacks your respiratory system — your nose, throat, and lungs. Influenza is commonly called the flu, but it's not the same as stomach "flu" viruses that cause diarrhea and vomiting.

Main symptoms

- Fever
- Aching muscles (bodyache)
- Dry cough
- Fatigue
- Nasal congestion/rhinorrhea
- Sore throat



Coronavirus (COVID-19): It is an illness that can affect your lungs and airways, and may lead to severe acute respiratory syndrome (SARS).

It is caused by the Coronavirus (CoV) and spreads primarily through droplets generated when an infected person sneezes or coughs, or through droplets of saliva or discharge from the nose.

Main symptoms

- Fever
- Dry cough
- Fatigue
- Shortness of breath
- Chest pain
- Body ache

Task

Give at least three symptoms to each of the following diseases.

- a) Anemia _____
- b) Viral infection _____
- c) Influenza _____
- d) Arthritis _____
- e) Hypertension _____
- f) Bacteria _____

1 - True or false.

- a) Influenza is a type of viral infection. ()
- b) Osteoporosis isn't a chronic disease. ()
- c) Carcinogens are the most common type of cancer. ()
- d) Anemia causes a yellowish skin colouration. ()
- e) Osteoporosis may cause back pain. ()
- f) Arthritis is the inflammation of a muscle. ()



2 - Choose the correct option in brackets.

- a) COVID-19 is a type of _____ (virus / bacteria).
- b) Carcinomas may cause _____ (vomiting / eating) problems.
- c) The 'osteo' in osteoporosis stands for _____ (bone / muscle)
- d) Influenza attacks your _____ (respiratory / nervous) system.
- e) Emphysema causes a _____ (increase/decrease) in lung function

5 - Common types of medicine and administration

Types of medicine



Liquid



Tablet



Capsule



Topical



Suppository



Injections



Drops



Inhalers

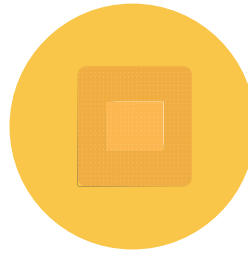




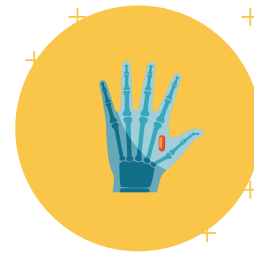
Nebulizer



Spray



Patch



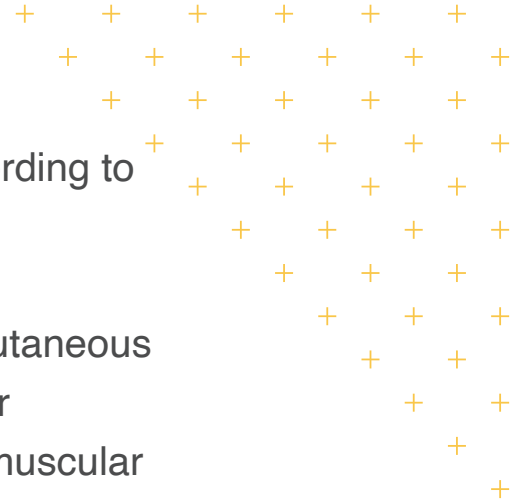
Implants

Administration

Administration	Type of Medicine
Oral	Tablets, liquid, capsules
Cutaneous	Topical
Subcutaneous	Injection, implant
Intramuscular	Injection
Intravenous	Injection
Intrathecal	Injection
Sublingual	Tablets
Ocular	Drops
Inhalation	Inhalers
Sublingual/buccal	Tablets, topical
Rectal	Suppository
Nasal	Spray
Nebulization	Nebulizers
Transdermal	Patches



Task



Choose the correct type of administration according to the type of medication.

- a) Tablets: () oral () subcutaneous
- b) Drops: () intravenous () ocular
- c) Injection: () sublingual () intramuscular
- d) Patches: () intramuscular () transdermal
- e) Liquid: () oral () rectal
- f) Spray: () subcutaneous () nasal

1 - True or false.

- a) Capsules are generally made of gelatin. () ()
- b) Inhalers are generally portable. () ()
- c) Syrup is a type of suppository. () ()
- d) Topical medication is, by and large, solid. () ()
- e) Implants deliver medication over short periods of time. () ()

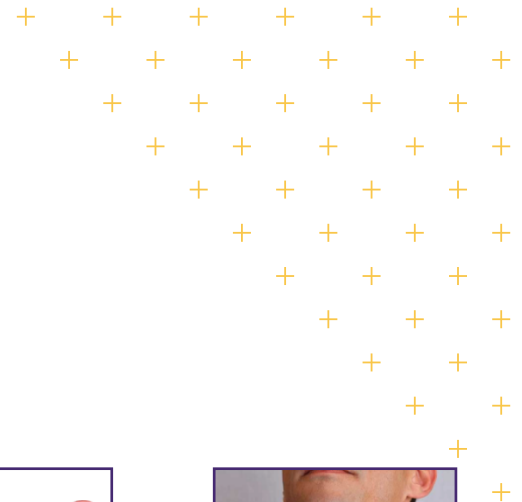
2 - Research:

a) 3 names of **headache tablets**.

b) 3 names of **liquid medications**.

c) 3 names of **spray medications**.

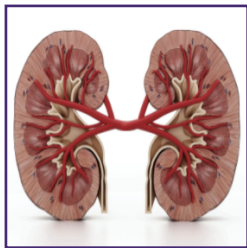




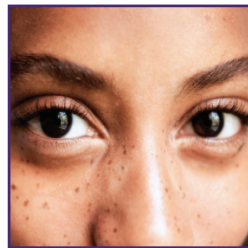
Answer Key

1- Basic Anatomy:

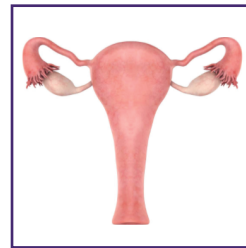
Name the following parts of the body.



Kidneys



Eyes



Uterus



Throat



Head



Feet

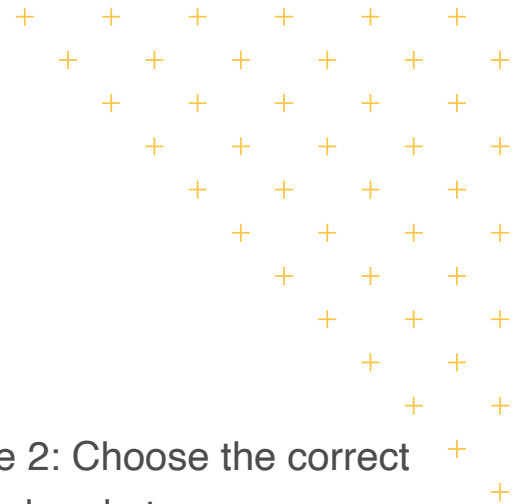
Exercise 1: Complete the blanks with the correct part of the body.

- a) bladder
- b) heart
- c) Ovaries
- d) intestines
- e) stomach

Exercise 2: True or false?

- a) True
- b) True
- c) False
- d) True
- e) True





2. Symptoms

Match the terms to their common names

1-F 2-A 3-E 4-B 5-C 6-D

Exercise 1: Complete the blanks with the correct symptom.

- a) Apnea
- b) Phlegm
- c) Amnesia
- d) Chills
- e) Edema

Exercise 2: Choose the correct option in brackets.

- a) chills
- b) excess
- c) less
- d) can
- e) have no



3. Medical supplies and equipments

Unscramble the letters to make words:

- a) bandage b) sanitizer c) clinical swab d) speculum
- e) forceps f) face mask

Exercise 1: Complete the blanks with the correct symptom.

- 1-A
- 2-C
- 3-F
- 4-B
- 5-D
- 6-E

Exercise 2: True or false?

- a) True
- b) False
- c) True
- d) False
- e) False



4. Common diseases

Give at least three symptoms to each of the following diseases.

- a) Pale skin / chest pain / headache
- b) Nasal congestion / cough / body ache
- c) Rhinorrhea / dry cough / fever
- d) Redness / edema / reduced range of motion
- e) Confusion / headache / dizziness
- f) Fever / chills / fatigue

Exercise 1: True or false?

- 1-True
- 2-False
- 3-False
- 4-False
- 5-True
- 6-False

Exercise 2: Choose the correct option in brackets.

- 1-virus
- 2-eating
- 3-bone
- 4-respiratory
- 5-decrease



5. Common types of medicine and administration

Choose the correct type of administration

- a) oral
- b) ocular
- c) intramuscular
- d) transdermal
- e) oral
- f) nasal

Exercise 2: True or false?

- a) True
- b) True
- c) False
- d) False
- e) False





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