

Challenging Word Groups

- Pay attention to local customs and phrasing
- Watch cultural variations in word choices

Concept Words – words used to describe an idea, metaphor, or notion

Active role	Taking part in
Avoid	Stay away from; Do not use or eat
Collaborate	Work together
Factor	Reason; Cause; Another thing that...
Gauge	Measure; Get a better idea of; Test how you...
Intake	What you eat or drink; what goes in your body
Landmark	Very important; Turning point; Important event
Option	Choice
Referral	Send you to another doctor; Ask you to see another doctor; get a second opinion
Wellness	Good health; Feeling well

Category Words – words that describe a group or subset, or that may be unfamiliar to patients

Activity	Something you do; Something you do often/do every day
Adverse (reaction)	Bad; Harmful
Cognitive	Learning; Thinking
Hazardous	Risky; Not safe; Dangerous
High-intensity exercise	(Use an example - such as running)
Generic	Product sold without a brand name, like ibuprofen (Advil is a brand name)
Noncancerous	Not cancer
Poultry	Chicken, turkey, etc;
Prosthesis	Man-made arm/leg; To replace a body part
Support	Help with your needs (care, money, friendship)

Value Judgement Words – words that may need an example or visual to help get the meaning across clearly

Adequate	Enough <i>6-8 glasses of water a day</i>
Adjust	Fine-tune; Change
Cautious -ly	With care; Go slow <i>Make sure to hold onto the hand rails</i>
Excessive (-ly)	Too much; More than expected; A lot; More than normal <i>If blood soaks through your bandage</i>
Increase gradually	Add to – <i>add 5 minutes each week</i>
Moderate	Not too much <i>So you don't get out of breath</i>

Alpha List

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Instead of...	Use...
A	
Abdomen	Belly; Stomach; Stomach area; Tummy
Abdominal	Stomach area
Ability	Skill/ Able to
Abrasion	Scrape; scratch
Absence of	No
Absorb	Soak up; take in fluids
Abstain from	Do not use; Go without; Don't; Don't use; Don't have
Accommodations	Places to stay
Accompany	Go with; Come with; Go along with
Accomplish	Carry out; Do
Accordingly	So; For that reason; As a result
Accrue	Add; Gain; Build up
Accumulate	Add; Build up; Collect; Gather
Accurate	Correct; Exact; right
Acquire	Get; Buy; pick up
Activate	Begin; start
Active role	Taking part in
Activity	Something you do; something you do often/do every day
Acute	Sudden; New; recent Intense flare-up Serious pain Short-term
Addictive	Habit-forming; Something you have to keep taking/doing; you have little control over
Additional	More; Added; Extra; Other
Adequate	Enough 6-8 glasses of water a day
Adjacent	Next To; By; Beside
Adjust	Fine-tune; Change
Administer	Give; Manage
Advantageous	Helpful; Useful
Adverse (reaction)	Bad; Harmful
Adverse effect	Bad side effect
Adversely impact	Hurt; Set Back

Instead of...	Use...
Advise	Tell; Recommend
Affirmative	Yes; Positive
Aggravate	Make Worse
Aggregate	All together; Added together; Combined
Agitated	Restless; Nervous; Anxious
AIDS	Acquire Immune Deficiency Syndrome
Ailment	Sickness; Illness; Problem with your health; Health problem; Complaint
Alcohol prep	Alcohol pad
Allergen	Something that causes allergies
Allergic rhinitis	Hay fever
Alleviate	Ease; Decrease; Lessen
Allocate	Divide; Set aside a certain amount
Allow	Let
Alopecia	Hair loss
Alternative	Choice; Option
Ambulate	Walk
Ambulatory	Able to walk
Ameliorate	Improve; Get better; Make better
Amend	Change
Amnesia	Loss of Memory
Analgesic	Pain medicine; Pain reliever; Pain killer; Medicine to help take away your pain
Analyze	Look at; Study; Examine
Anaphylaxis	Serious allergic reaction; Shock
Anastomose	Join together
Anesthetic (general) (local)	A medicine that makes you sleep through the... A medicine that numbs an area of your body
Aneurysm	A swelling in an artery
Angina	Chest pain
Annually	Each year; yearly
Anterior	From
Antibiotic	A chemical used to slow or stop the growth of bacteria
Anticipate	Expect
Anticoagulant	Blood thinner
Antihypertensive	Medicine that lowers your blood pressure; Blood pressure pills
Anti-inflammatory	Lessens swelling; Eases irritated tissue; helps the swelling go down
Antipyretic	Something that reduces temperature or fever

Instead of...	Use...
Antiseptic	Germ killer; Kills any germs that are on your skin
Anybody	Anyone
Apparent	Clear; Plain; show up
Apply	Put on; use
Appointment	Visit
Appreciate	Thankful; thanks
Apprise	Inform; tell
Appropriate (-ly)	Correct; Right for you; Right; proper
Approximate (-ly)	About; Around; roughly
Area	Spot; Place; section
Arrhythmia	Irregular heartbeat; when the heart doesn't have a steady beat
Arteriosclerosis (or atherosclerosis)	Hardening of the arteries
Arthroplasty	Repairing a joint (such as a hip replacement)
Articulate	Say; State; tell
Ascertain	Find out; Learn
Asphyxiate	Choke; Suffocate
Aspirate	Accidentally breathe fluid into the lungs
Assay	Lab test
Assess	Learn about; Study; Check; Examine
Assessment	Report; Test; Interview; Review
Assist	Aid; Help
Associated with	Linked to; Related to
Astigmatism	Uneven curvature of the eye that can lead to blurring or lack of focus
Asymptomatic	Without symptoms; No signs
Atopic dermatitis	Itchy red rash
Atrophy	A wasting away (of tissues, such as muscles)
Attain	Get; Meet a goal
Attempt	Try
At the present time	Now
Audit	Review; Inspect; Look at
Augment	Add; Increase
Aural	Hearing
Available	Ready
Avoid	Stay away from; Do not use or eat
B	↑back to top
Bacteria/virus	Germs

Instead of...	Use...
Be more familiar	Learn more about
Beneficial	Helpful; Good
Beneficiary	The person who will get your belongings after you die
Benefit (noun) (verb)	Good effect; Helpful Help; be useful to
Benign	Not cancer; Will not cause harm; Is not cancer; Is not harmful
Bilateral	On both sides
Biopsy	Removing a small amount of tissue for examination in the laboratory Sample of tissue from a part of the body
Blood glucose	Blood sugar
Blood profile	Series of blood tests
BMI (body mass index)	Using your height and weight to measure if you are overweight
Bolus	An amount given all at once
Bradycardia	Slow heart beat
Bronchoscopy	We examine the breathing tubes in your lungs with a small flexible tube with a camera attached
Buttock	Bottom; Butt; Backside; Rear; Rear end; Bum
C	↑back to top
Calculate	Add up; Figure out
Capable	Can; Able
Carcinogen; Carcinogenic	Something that can cause cancer; will cause cancer
Carcinoma	Cancer
Cardiac	Heart; Heart problem
Cardiologist	Heart doctor
Cardiology	Study and treatment of the heart
Cardiothoracic	To do with the heart and lungs
Cardiovascular	Heart; Blood vessels
Carpal	Wrist
Category	Kind; Class; Group
Catheter	Tube A tube for (putting fluids into/taking fluids out of) your body
Catheterize bladder	Put a tube into (part of the body) Put a soft tube into where your urine (pee) comes out;
Cause	Make
Cautious -ly	With care; Go slow Make sure to hold onto the hand rails
Caveat	Warning; Detail to think about

Instead of...	Use...
Cease	Stop
Celiac	To do with the abdomen (usually the small intestine)
Cell culture	Tissue study; Tissue sample; Study of the tissue
Cellulitis	Skin infection
Cerebral hemorrhage	Stroke
Cerebral hemorrhage or cerebral accident	Stroke; Blood clot in the brain
Cessation	Stop; Pause; Ending
Chemotherapy	Medicines to treat cancer
Cholesterol	Types of fat found in the blood; HDL is good cholesterol; LDL is bad
Chorionic villi	Tissue
Choose	Pick; Make up your own mind
Chronic	Lasting a long time; life-long A long-lasting disease that changes slowly
Chronic Disease/Illness	An illness you have for life; Long-term illness; An illness of that lasts a long time and possibly progresses slowly
Circulation	Blood flow; Way blood moves through
Cirrhosis	Progressive disease of the liver (often associated with alcohol abuse)
Clinical trial	An experiment with patients
CNS central nervous system	Brain and spinal cord
Cognitive	Learning; Thinking
Cognizant	Aware
Collaborate	Work together
Colonoscopy	Examining the large bowel with a flexible tube that has a special viewing lens and camera attached
Colorectal	To do with the colon and rectum
Colposcopy	Examining the vagina or cervix with a flexible tube that has a special viewing lens and camera attached
Commence	Start
Communicate	Speak with; Talk
Compassion	Pity
Competent	Able
Complete (-tion)	End; Finish; Fill out
Complications	Problems
Comply	Do; Follow; Meet the program rules
Component	Part; Piece

Instead of...	Use...
Compress	Squeeze
Concerning	About
Conclude	End; Finish; Decide
Conclusive	Final
Concur	Agree
Condition	Problem; Health problem; How you feel
Congestion	Stuffed up (nose)
Congestive heart failure (CHF)	A condition where your heart can no longer pump enough blood to the rest of your body
Consent	Accept; Permit; Allow
Consequently	So
Constitutes	Is; Forms; Makes up
Consult	Ask; Talk to; Check with; Meet; See
Contact	Call
Contagious or highly contagious	Easily caught
Contains	Has
Contraceptive; contraception	Birth control
Contraindication	Dangerous to give; Not good for; when a drug or procedure may be harmful
Controlled trial	A study where an experimental procedure/drug is compared to a currently used/accepted procedure or treatment
Contusion	Bruise
Convert (-sion)	Change to
Cooperate	Help
Coronary thrombosis	Heart attack
Correspond	Agree
CPM (Continuous Passive Motion)	A machine with a motor that helps you move your (limb)
CT Scan	Computerised Tomography is a type of three-dimensional X-ray giving more information than a normal X-ray
Culture	Test for infection
Cystoscopy	Examining the bladder with a flexible tube that has a special viewing lens and camera attached

Instead of...	Use...
D	↑back to top
D and C (Dilation and Curettage)	Widening of the cervix to take a sample or to ‘clean’ the lining of the womb
Decide	Pick; Make up your own mind
Decision	Decide
Decrease	Make Less; Reduce; Lower
Defect	Problem
Deficit; Deficiency	Not enough; Lack; Shortage
Delete	Strike Out
Demonstrate	Show; Prove
Desire	Want; Wish
Detect	Find
Determine (-tion)	Decide; Find out
Detrimental	Bad; Harmful
Develop	Arise; Occur
Diabetes	A disease where your body does not produce or use the right amount of insulin; Insulin helps move sugar from your blood to your body cells; You need the sugar for your body cells to work properly;
Diagnosing	To find out
Diagnosis	Problem; Condition; Illness
Diagnostic instrument or assessment	Questions about your moods, feelings, or behaviours
Dialysis	Filtering the blood; cleansing it
Diet	Food
Difficulties	Problems; Trouble
Dilate	Open; Stretch
Diminish	Get less; Slow down
Directed to	Told
Discharge	Going home; Go Home
Discharge	Pus-like substance (describe by colour)
Discolouration	Change in colour
Discomfort	Pain
Disconnect	Undo
Discontinue	Stop; End
Discover	Found
Discuss; Discussion	Talk with you
Disorders	Unusual condition, unusual feelings
Distend	Stretch

Instead of...	Use...
Diuretics	A medicine that helps to remove excess water from the body; Water pill; Medicine that makes you lose water from your body
Don't be alarmed	Don't worry
Double blind	A study where neither the researchers or the study patients know which drug the patient is taking
Dressing	Bandage
Due to the fact that	Because
Dysfunction	Problem
Dyspepsia	Indigestion; Upset stomach
Dysplasia	Abnormal cells
E	↑back to top
Early detection	Find early; soon
Echocardiogram	Pictures of your heart
Economical	Cheap
ECT	Electroconvulsive (electroshock) treatment
Ectopic	Outside (ectopic pregnancy – a baby developing outside the womb)
Edema	Swelling; Holding fluid; Extra fluid in the body
Effect	Make
Effective (-ly)	Works well; Good; Useful; (As in effective date) The date you can start getting service
Efficacy	Works well
Elect	Choose
Electrocardiogram	A machine used to produce an electrocardiogram
Elevate	Raise; Lift
Eligible	Can get; Can apply for; Able to get; Qualify
Eliminate	Stop; End; Get rid of
Embolism	Clot; Lump of blood; Blocking of an artery (by a blood clot or air bubble)
Encephalitis	The brain is inflamed or swollen
Encourage	Urge; Help; Offer to; tell
Endeavour	Try
Endometriosis	There is tissue like that in the lining of the womb in another part of the pelvis
Endoscope	A flexible tube with a special lens and camera attached, used for seeing inside organs
Endoscopy	Examine inside your body using an flexible tube with a viewing lens and special camera attached

Instead of...	Use...
Enlarge	Get bigger
Enrol	Join
Ensure	Make sure
Entails	Involves; Means
Enuresis	Bed-wetting; wet the bed
Epidermis	Skin
Epidural	Giving an injection of medicine into a space in the lower spine using a thin needle
Equivalent	Equal
Essential	Important
Etiology	Cause
Evaluate	Check
Everybody	Everyone
Evident	Clear
Examine (-tion)	Exam; Check; See; Study; Test
Exceeds	Extra; Too much; More than expected; A lot; more than normal
Excessive (-ly)	If blood soaks through your bandage
Excise	Cut out; Cut off
Exhibit	Show
Expectorant	Something to help clear up the mucous from you chest; Something to clear the fullness in your chest; Medicine that will help you cough up the mucus in your chest
Expend	Spend; Pay out
Experience	To have; to feel
Extravasate	To leak outside of a blood vessel
Extreme (-ly)	Very
F	↑back to top
Facilitate	Help; Assist; Make it easier; ease
Factor	Reason; Cause; Another thing that...
Failed to	Didn't
Feasible	Can be done
Feces	Solid waste from the bowel; Bowel movements; Stools; 'poo'
Femur	Thigh bone
Fetus	Baby
Flatulence	Gas; Passing gas
Flexible	Able to bend
Fluids	Liquids
Following	After

Instead of...	Use...
Forward	Send
Fracture	A broken bone: (compound) – with a skin wound (closed) – without a skin wound (comminuted) – in many places
Fractured	Broken
Frequent (-ly)	Often
Function	Work
Fundamental	Basic
Furthermore	Also
G	↑back to top
Gastroenterologist	Stomach doctor
Gastroenterology	Study and treatment of problems with the stomach and intestines;
Gauge	Measure; Get a better idea of; Test how you...
Generate	Produce
Generic	Product sold without a brand name, like ibuprofen (Advil is a brand name)
Geriatric	Senior; Elder; Old; Elderly; People over 65 years of age
Glucose level	The amount of sugar in your blood
Gradual increase	Slowly add
Increase gradually	Add to – add 5 minutes each week
GU (Genito-Urinary)	The parts of your body where babies are made and where you go ‘pee’; To do with reproduction and urination
Guarantee	Promise; backing
Gynecology	Study and treatment of the female genital tract; including reproduction
H	↑back to top
Has the capacity	Can; Is able
Hazardous	Risky; Not safe; dangerous
Health Care Professional	Doctor, nurse, dietitian or therapist; We; Your care team
Heart failure	Heart is not pumping well
Hematology	Study of the blood
Hematoma	A bruise; A black and blue mark
Hemophilia	A person with a problem with blood clotting
Hemorrhoids	Piles
Henceforth	From now on

Instead of...	Use...
Heparin lock	Needle placed in the arm with blood thinning drugs to keep the blood from clotting
Hepatic	Liver disease
High-intensity exercise	Use an example - such as running
HIV	Human Immunodeficiency Virus; can lead to AIDS
However	But
Humid	Damp
Humorous	Funny
Hydrate	Drink enough fluid/water so your body/body's cells doesn't/don't dry out
Hyperlipidemia	A high level of fats in the blood; A high level of fats or lipids in the blood; a high level of cholesterol in the blood
Hypertension	High blood pressure
I	↑back to top
ICU	Intensive Care Unit
Identical	Same
Illness	Sickness
Illustrations	Pictures; Drawings
Immediate (-ly)	At once
Immunization	Vaccine; Shot
Immunize	Protect from
Impair	Harm
Implement	Do; Follow; Carry out
In excess of	More
In the absence of	Without
In the course of	During; In
In the event that	If
In the near future	Soon
Inability	Not able
Inadvertent	Careless
Inadvisable	Unwise
Inception	From the start
Incision	Cut
Inconsequential	Not important
Incorrect	Wrong
Increase gradually	Add to – add 5 minutes each week
Independent	Free; On your own; without help
Indicate (-ion)	Show; Sign

Instead of...	Use...
Individuals	Persons
Ineffective (-ual)	Useless
Ineligible	Not qualified; no longer able to get
Inevitable	Likely; Will happen
Infertile	Not able to get pregnant
Infertility	Can not get pregnant
Inflammation	Swelling (and redness)
Influenza	Flu
Inform	Tell
Ingest	Eat
Inhibit	Hinder; Slow down; Stop
Inhibitor	Drugs that stop something that is bad for you
Initial	First
Initiate	Start; Begin
Injection	Shot
Innovate (-ion)	Create; New; Change
Insert	Put into
Institute	Set up; Start
Instructed	Told; Taught
Instructions	What to do
Instrument	Tool
Insufficient	Not enough
Intake	What you eat or drink; What goes in your body
Intention	Aim
Intermittent	Now and then; Off and on
Interrupt	Stop; Pause
Intersects	Crosses
Interventions	Things you can do
Intravenous	Give you a liquid into your vein through a small thin tube
J	↑back to top
Jaundice	A yellowing of the disease or the whites of the eyes due to liver disease
Jugular	Large vein or blood vessel on either side of your throat
K	↑back to top
Keratitis	Inflammation of the cornea of the eye
Kidney	Organ that filters blood and produces urine

Instead of...	Use...
L	↑back to top
Labial	Relating to lips
Labyrinthitis	Inflammation of the inner ear, causing dizziness
Laceration	Cut; tear
Lachrymal duct	The channel near the eye that produces tears
Lactation	Production of milk to breast-feed babies
Landmark	Very important; Turning point; important event
Laparoscopy	Examining the abdomen with an endoscope
Laryngitis	Inflammation of the vocal chords (larynx)
Lateral	On the outside of your ...
Laxative	Treatment for constipation
Legislation	Law
Lenient	Mild
Lesion	Wound; Sore; infected patch of skin; Cut; Injury
Let you know; Let us know	Tell you; tell us
Lifestyle changes	Changes to improve your health; Letting go of old habits – starting and keeping new habits that are better for your health;
Limited number	Few
Lipids	Fats in the blood
Lithotripsy	Breaking up kidney or gall stones using ultrasound
Litigate	Sue
Locality	Place
Locate	Find
Lower extremity	Leg
M	↑back to top
Maintain	Keep; support
Majority	Most
Malformation	Not formed in the correct/right way
Malignancy	Cancer
Mammography	Examining the breasts by x-ray
Manifest	Clear; plain
Mask	Hide
Maxillofacial	To do with the face or jaw; (removing a wisdom tooth)
Maximum	Most; Greatest; more
Medication (-s)	Medicine; Drug
Menopause	When periods stop; ‘Change of life’
Menses	Period (use terminology relevant to culture)

Instead of...	Use...
Metastasis; metastatic	Cancer has spread; The spreading of tumour cells around the body
Method	Way
Micro-organisms	Germs
Might qualify	Might get
Minimum	Least; Smallest; less
MMR	Measles, Mumps, Rubella: the three-in-one vaccination for children
Moderate	Not too much So you don't get out of breath
Modify (-ification)	Change
Monitor	Check; Watch; Keep track of; keep an eye on
Morbidity	Undesired result or complication
Mortality	Death or death rate
Motor neuron disease	A progressive wasting of the nerves that control your muscles
Multidisciplinary Health Care Team	We
Myocardial infarction	A heart attack
N	↑back to top
Nasal	To do with the nose
Natural Supplements	<i>(Use and define)</i> Products that exist or are made from things in nature. Products are added to a person's diet, usually for better health or healing. Includes things like vitamins, herbs, and minerals.
Narcotic	Pain pills; Pain killer
Nauseous	Feeling like you are going to be sick
Nebulous	Hazy; Vague
Necessary	Needed
Necrosis	Death of tissue
Necrotic	Used to describe dead cells or tissue
Negative	No
Negligent	Not careful
Neoplasm	New and abnormal growth; tumour
Neurology	Study of the nervous system
Neurophysiology	Study of the changes associated with the activity of the nervous system
Noncancerous	Not cancer
Non-invasive	Without having surgery; Without having needles; without cutting the skin
Non-prescription	<i>(Use and define)</i> A drug that you can buy without written instructions from a doctor; Over-the-counter;

Instead of...	Use...
Notice	Sign; take note
Notification	Notice; let know
Notify	Call; tell
Notwithstanding	In spite of; Despite
Numerate	Count
Numerous	Many; most
Nutrition	Diet; Food and fluids; How you eat
O	↑back to top
Objective	Goal; aim
Obligation	Duty
Observe (-ation)	Check; See; Watch; Note; remark
Obstetrics	Care and control of pregnancy and childbirth
Obstruction	Blockage
Obtain	Get
Obvious	Plain
Occur	Happen
Occurrence	Event
Offer	Give
Oncology	Study and treatment of tumours and cancer
Ophthalmic	To do with the eye
Ophthalmology	Study and treatment of problems with the eye
Opportunity	Chance
Optimal (-mum)	Best; Most; Greatest
Option	Choice
Oral /oral cavity	By mouth; Mouth
Orthodontics	Dentists who specialise in correcting teeth problems
Orthopedics	Treatment of bones and muscles
Osteoporosis	Brittle bones; Weakening of the bones; soft, breakable bones
Otolaryngology	Treatment of diseases of the ear and throat
Outermost	Farthest; top
P	↑back to top
Palatable	Pleasing
Palliative care	Lessening pain without curing the symptoms; End of life care; care at the end of your life
Paradigm	Model
Parameters	Limits
Paraplegia	Paralysis of the legs; not able to move legs

Instead of...	Use...
Participate	Take part in
Particular	Certain
Patella	The kneecap
Pathology	Study of the causes of disease; testing (biopsy) of tissue to check for disease
Patient/Client/Resident	You
Pediatrics	Study and treatment of children and their diseases
Penetrate	Pierce
Percutaneous	Through the skin
Perforation	Hole
Perform	Do
Permission	Consent
Permit	Let
Persistent	Does not go away
Perspective	View
Pertussis	Whooping cough
Pharmacy	Drugstore
Phenylketonuria	Inherited difficulty in processing amino acid; can lead to learning difficulties (mental handicap)
Physician or surgeon	Doctor
Physiotherapy	Therapy, exercise, massage and other methods to promote healing
Placebo	A substance of no medical value; An inactive substance
Placed	Put
Podiatry	The study of feet and the bones in the feet
Possibility	Chance
Post operative; Post-op	After the operation
Poultry	Chicken, turkey, etc;
Pre-assessment	A hospital appointment before the operation date to check details
Pre-med	Drug given before an anaesthetic to calm the nerves before an operation
Prescribed	Ordered
Prescription	Drugs; Medicine; A drug that is only available with written instructions from a doctor
Present	Give
Presently	Now
Principal	Main; chief
Prior; Prior to	Before
PRN	As needed

Instead of...	Use...
Procedure	Test; operation; Surgery; something done to treat your problem
Prognosis	Usual course; outcome
Progressive	Gets worse (or better)
Project	Plan
Promote	Help
Prophylactic	Something taken to prevent disease
Prosthesis	Man-made arm/leg; to replace a body part
Protocol	Plan or study
Provide	Give; Supply; offer
Provided that	If
Pulmonary	Lungs
Pulmonary embolism	Blood clot in your lung
Purchase	Buy
Purulent	Pus
Q	↑back to top
Quadriplegia	Paralysis of all four limbs; not able to move both arms and legs
Qualified	Suited; Specially trained or educated
Quarantine	Isolation of someone with an infectious or contagious disease
Quinsy	Abscess on or near the tonsils
R	↑back to top
Radiology; Radiography	X-ray; X-ray department
Radiotherapy	Using radiation for treatment (especially of cancer)
Random	By chance; Like the flip of a coin
Recognize	Know; See; accept
Recollect	Remember
Recommend (-ation)	Advice; Suggested; A good idea; What your (doctor) told you to do; things to try
Recuperate	Get well
Referral	Send you to another doctor; Ask you to see another doctor; get a second opinion
Referral	Send you to another doctor; Ask you to see another doctor; get a second opinion
Reflux	Spit up; Backward flow of body fluid
Regarding	About
Registration/Register	Sign in; sign up
Regulate	Control
Rehabilitate	Restore
Reimburse	Pay or pay back

Instead of...	Use...
Reiterate	Say again
Relapse	The return of a disease
Relating to	About
Remainder	Rest
Remove	Take out
Remuneration	Pay; Income; Salary
Render	Give; Make
Request	Ask
Require/Requirement	Need
Reside	Live
Residence	Home
Restrict	Stop
Restrictions	Changes
Resume	Start again
Retain	Keep
Retrospective	Looking back over past experience
Return	Go back
Review	Check; go over
Rhinitis	Inflammation in the nose; runny nose
Rigorous	Hard
Risk	Greater chance; Little chance; More likely; Less likely; rarely
Routinely	Usually we usually... Often every week, every other day
Ruptured	Burst
S	↑back to top
Saturate	Soak
Scarlatina	Scarlet fever
Secretions	Mucous
Securely	So it doesn't come off; So it is safe; Tight
Sedentary	Sitting a lot
Segment	Part
Select (-ion)	Choose; Choice
Sensation	Feeling (state type)
Several	Many
Severity	How bad
Sexually transmitted disease (STD)	A disease passed on to you by having sex

Instead of...	Use...
Sigmoidoscopy	Examining the inside of the colon (bowel)
Significantly	Enough to make a difference; more likely (smoking & heart disease) two times the chance of having heart disease
Similar	Like
Similar to	Like; same as
Similarity	Likeness
Sinusitis	Inflammation or infection of the sinuses ('tubes', usually around the nose)
Situated	Placed
Specialist	Had special training
Sphygmomanometer	Instrument that measures blood pressure
State	Say; Tell
Status	State
Sterile	Pure
Stimulate	Excite; make aware
Stimulus	Current
Stool	Solid waste from the bowel; Bowel movements; 'poo'
Strategize	Plan
Submit	Send
Subsequent	Next; Future; Later
Substituted	Used in place of; Instead of
Sufficient	Enough
Supplied	Comes from
Support	Help with your needs (care, money, friendship)
Suppository	Medicine you put in your bum; (show the patient a diagram)
Sustenance	Support
Surgeon	Doctor
Suture; Sutures	Stitch; Stitches
Symptom(s)	Warning signs; what you sense or feel because of your condition
Syndrome	The set of symptoms associated with a particular disease
T	↑ back to top
Tap	To put a needle in and take out fluid
Tear a ligament	Sprain
Technicality	Detail
Telephone	Call
Temporary	Short term use; For awhile; For a limited time; For about (an hour, day...); goes away over the next...; should go away

Instead of...	Use...
Terminal	Going to die
Terminate (-ion)	Stop; End; Finish
The baby; the child	Your baby; your child
The manner in which	How
Therapy	Treatment
Thrombolysis	Dissolving a blood clot
Tomogram	The image produced by a computerised tomography (CT) scan; a very detailed three-dimensional x-ray
Toxic	Poisonous
Trachea	The windpipe
Transitional	For a short time
Transmit	Send
Transpire	Happen; Occur
Transports	Carries; takes
Trauma	A wound or injury (usually); emotional shock
Triage	Sort out patients based on how urgent they need treatment (in Emergency)
U	↑back to top
Ultimate	Last; final
Uncommon	Rare; does not happen very often
Understand	Know; Can you tell me about...
Unequivocal	Clear
Unfounded	Groundless
Unnecessary	Unneeded; Needless; not needed
Until such time	Until
Upper extremity	Arm
Urethra	'Tube' from the bladder; carrying urine ('pee')
Urgent	Cannot wait long
Urinate; Urination	Passing urine; Passing water; Going to the toilet; 'go pee'
Urology	Study and treatment of the urine system
Use caution	Be careful
Utilize (-ation)	Use
V	↑back to top
Varicella	Chicken pox
Vein	<i>(Use and define)</i> Blood vessels that carry blood back to the heart from the rest of your body.
Venereal disease	'VD'; sexually transmitted disease – a disease passed on to you by having sex

Instead of...	Use...
Ventricle	A cavity or chamber in the heart or brain
Vertigo	Dizzy; dizziness
Viable	Workable
Visualize (-ation)	Picture; see
Vital	Important
Voluminous	Bulky
W	↑ back to top
Wellness	Good health; feeling well
Whereas	Since
X	↑ back to top
Xanthoderma	Yellowing of the skin
Xeroderma	Dry skin ('ichthyosis')
Y	↑ back to top
Yellow fever	Mosquito-borne hepatitis; Causing jaundice; maybe death
Z	↑ back to top
Zygote	Fertilised egg at conception; becomes the fetus

For more plain words:
Plain Language Online Thesaurus
<http://www.eastendliteracy.on.ca/clearlanguageanddesign/>

Plain English Lexicon
<http://www.clearest.co.uk/?id=46>