

# Glossary

**abdominal aorta** [N-COUNT-U7] The **abdominal aorta** is one of the main veins carrying de-oxygenated blood to the heart from the lower part of the body. **aorta brzuszna**

**abrasion** [N-COUNT-U3] An **abrasion** is a wound resulting from minor damage to the epidermal layer of the skin. Abrasions are sometimes called scrapes. **zadrapanie**

**acne** [N-UNCOUNT-U3] **Acne** is a human skin disease where oil becomes trapped in pores causing raised red bumps and other imperfections of the skin. **trądzik**

**adrenal gland** [N-COUNT-U5] An **adrenal gland** is a gland above the kidney that produces adrenaline and other hormones. **nadnercze (gruczoł dokrewny)**

**adrenaline** [N-UNCOUNT-U5] **Adrenaline** is a hormone that helps the body react to a sudden threat or stress. **adrenalina**

**advise** [V-T-U13] To **advise** a patient is to give a recommendation about health care. **doradzać**

**affect** [V-T-U10] To **affect** something such as mood is to bring about a change in it. **wpływać na coś**

**albumin** [N-UNCOUNT-U11] **Albumin** is a type of protein found in the body. **albumina**

**allergy** [N-COUNT-U8] An **allergy** is a medical condition that causes a reaction or illness when someone comes in contact with a particular substance. **alergia**

**Alzheimer's disease** [N-UNCOUNT-U15] **Alzheimer's disease** is a brain disease that causes a person to lose memory and their ability to think clearly. **choroba Alzheimera**

**assisted living** [N-UNCOUNT-U15] **Assisted living** is a living situation in which a person receives assistance with daily activities, but does not need 24-hour care. **opieka dzienna (np. nad starszymi osobami)**

**asthma** [N-UNCOUNT-U14] **Asthma** is a chronic inflammatory lung disease that causes wheezing, coughing, and shortness of breath. Some symptoms of asthma can be treated by inhaling medicine. **astma**

**auscultation** [N-UNCOUNT-U10] **Auscultation** is the examination of something by listening with or without an instrument such as a stethoscope. **ostuchiwanie**

**bed sores** [N-COUNT-U15] **Bed sores** are skin wounds caused by too much pressure cutting off blood circulation to a part of the body. **odleżyny**

**bili light** [N-UNCOUNT-U14] A **bili light** is a light therapy tool used to treat jaundice in newborns wherein the infant is placed under blue lights which convert bilirubin for proper excretion. **lampa do fototerapii**

**bilirubin** [N-UNCOUNT-U14] **Bilirubin** is a yellow colored breakdown product of red blood cells. **bilirubina**

**biopsy** [N-COUNT-U11] A **biopsy** is a medical procedure in which a piece of tissue is removed and examined to help determine an illness. **biopsja**

**birth control** [N-UNCOUNT-U6] **Birth control** refers to several techniques used to prevent egg fertilization or interrupt pregnancy. **zapobieganie ciąży, kontrola urodzeń**

**bladder** [N-COUNT-U7] A **bladder** is a bodily organ that holds urine before it is expelled from the body. **pęcherz moczowy**

**blood pressure** [N-UNCOUNT-U11] **Blood pressure** is a measure of the pressure with which blood moves through the body. **ciśnienie krwi**

**body language** [N-UNCOUNT-U10] **Body language** is the conveyance of information about a person's physiological or emotional state by the way he or she moves. **mowa/język ciała**

**bone** [N-COUNT-U2] A **bone** is strong, hard matter that is part of a body's basic structure. **kość**

**brain** [N-COUNT-U4] The **brain** is the large organ that controls bodily functions through release of hormones or activating muscles. **mózg**

**BUN test** [N-COUNT-U11] A **BUN (blood urea nitrogen) test** is a test to determine the amount of urea nitrogen in the blood. **badanie ilości azotu mocznikowego**

**cast** [N-COUNT-U7] A **cast** is a tiny structure produced by the kidneys and present in urine that contains indicators of urinary health. **wałeczki**

**check up** [N-COUNT-U14] A **check up** is a medical examination performed periodically to evaluate a patient's health even if the patient has no apparent ailments. **badanie kontrolne**

**CKD** [N-UNCOUNT-U11] **CKD (chronic kidney disease)** is a medical condition in which a person loses kidney function over time. **przewlekła niewydolność nerek**

**clot** [N-COUNT-U1] A **clot** is small chunk of dried blood that blocks the flow of blood through a blood vessel. **skrzep**

**cold** [N-COUNT-U9] A **cold** is an illness that can cause coughing, a runny nose, and a sore throat. **przeziębienie**

**communited** [ADJ-U2] If a fracture is **communited**, the bone is broken into several or many pieces. **zmiażdżona**

**compatible** [ADJ-U1] If something is **compatible**, it can exist with or near something else without causing a conflict. **zgodny, kompatybilny**

**complaint** [N-COUNT-U8] A **complaint** is pain or illness reported by a patient. **dolegliwość**

**compound** [ADJ-U2] If a fracture is **compound**, part of the bone protrudes through the skin. **otwarte (złamane)**

**condom** [N-COUNT-U6] A **condom** is barrier device worn over the penis during intercourse to reduce the chance of pregnancy and disease. **prezerwatywa**

**contraceptive** [N-COUNT-U6] A **contraceptive** is a method of birth control that prevents fertilization of the egg cell. **środek antykoncepcyjny**

**contusion** [N-COUNT-U3] A **contusion**, also called a bruise, is a temporarily discolored area of skin that has been damaged by trauma, allowing blood to seep from the local capillaries into the surrounding tissue. **stłuczenie**

**cough** [V-I-U9] To **cough** is to force air loudly through the throat because of an illness or throat irritation. **kaszleć**

**counsel** [V-T-U13] To **counsel** a patient is to give guidance about health care options. **doradzać**

**creatinine** [N-UNCOUNT-U11] **Creatinine** is a waste product found in blood that the kidney usually removes. **kreatynina**

**CT scan** [N-COUNT-U12] A **CT scan** is a form of medical imaging that uses many two-dimensional X-rays to create a three-dimensional image of an object. **tomografia komputerowa**

**current** [ADJ-U8] If something is **current**, it is happening at the present time. **bieżący**

**data** [N-UNCOUNT-U8] **Data** is a collection of information. **dane**

**dermis** [N-UNCOUNT-U3] The **dermis** is a layer of skin between the outer epidermis and the inner hypodermis. **skóra właściwa**

**displaced** [ADJ-U2] If something is **displaced**, it is moved out of its correct or normal position. **przemieszczone, tu: z przemieszczeniem (złamane)**

**dizziness** [N-UNCOUNT-U15] **Dizziness** is a condition in which a person feels as if he or she is spinning and that he or she might fall over. **zawroty głowy**

**drug interaction** [N-COUNT-U15] A **drug interaction** is the combined use of drugs that results in negative reactions. **interakcja leków**

**ECG** [N-COUNT-U12] An **ECG**, or electrocardiogram, is a measurement of the electrical activity of the heart over a period of time. **elektrokardiogram**

**elderly** [ADJ-U15] If a person is **elderly**, he or she is approaching the end of an average lifespan. **starszy**

**endocrine system** [N-COUNT-U5] The **endocrine system** is the bodily system that uses hormones to regulate the body's functions. **układ hormonalny**

**endoscope** [N-COUNT-U12] An **endoscope** is a thin, tubular instrument used to examine the inside of an organ or body cavity. **endoskop**

**epidermis** [N-UNCOUNT-U3] The **epidermis** is the outermost layer of human skin. **naskórek, epiderma**

**evaluate** [V-T-U10] To **evaluate** something is to determine the qualities of its condition or state. **oceniać, szacować**

**family medical history** [N-COUNT-U8] A **family medical history** is a record of the medical conditions of a patient's family that might affect the patient's health. **wywied rodzinny**

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**family medicine** [N-UNCOUNT-U13] **Family medicine** is a branch of medicine that provides long-term, general health care for all individuals. **medycyna rodzinna**

**feed** [V-T-U12] To **feed** an endoscopic tube is to insert it into the body in order to take internal pictures. **wprowadzać**

**fever** [N-COUNT-U9] A **fever** is an illness that causes body temperature to rise. **gorączka**

**flow** [N-UNCOUNT-U7] **Flow** is the smooth movement of something, usually a liquid. **przepływ**

**flu** [N-UNCOUNT-U9] **Flu** is a viral illness that can cause fevers, aches, and wheezing. **grypa**

**fracture** [N-COUNT-U2] A **fracture** is a crack or break in a bone. **złamanie, pęknięcie**

**gel** [N-UNCOUNT-U12] **Gel** is a semi-solid substance placed between the patient's skin and an ultrasound probe. **żel**

**genitalia** [N-COUNT-U6] The **genitalia** are the parts of the male and female bodies that are involved in the process of reproduction. **genitalia**

**geriatrics** [N-UNCOUNT-U15] **Geriatrics** is a field of medicine that focuses on preventing and treating diseases in older people. **geriatria**

**GFR test** [N-COUNT-U11] A **GFR (glomerular filtration rate)** test is a test to determine how much kidney function a person has. **badanie współczynnika przesączania kłębuzkowego**

**gland** [N-COUNT-U5] A **gland** is a bodily organ that creates a substance and releases it, often into the bloodstream. **gruczoł**

**gonads** [N-COUNT-U6] The **gonads** are the organs that produce sex cells. They are the testes in males and ovaries in females. **gonady**

**greenstick** [ADJ-U2] If a fracture is **greenstick**, it is the bending and breakage of a young, soft bone. **podokostnowe (złamanie)**

**headache** [N-COUNT-U9] A **headache** is a pain felt in the head. **ból głowy**

**health education** [N-UNCOUNT-U13] **Health education** is the act of teaching people about their bodies and good health habits. **edukacja zdrowotna**

**hearing loss** [N-UNCOUNT-U15] **Hearing loss** is the loss of a portion or all of one's hearing. **utrata słuchu (pełna lub częściowa)**

**history of** [PHRASE-U8] If someone has a **history of** something, he or she has experienced it regularly or repeatedly. **powtarzające się przypadki czegoś**

**hormone** [N-COUNT-U5] A **hormone** is a chemical released by one part of the body that sends out messages which affect other parts of the body. **hormon**

**hypodermis** [N-UNCOUNT-U3] The **hypodermis** is the layer of skin beneath the dermis used for fat storage. **tkanka podskórna**

**hypothalamus** [N-COUNT-U5] The **hypothalamus** is the part of the brain that connects the nervous system with the endocrine system. It controls body temperature, hunger, thirst, and fatigue. **podwzgórze**

**impacted** [ADJ-U2] If a fracture is **impacted**, parts of the bone are crushed into each other. **złamanie zaklinowane**

**incontinence** [N-UNCOUNT-U15] **Incontinence** is the inability to control one's bladder or bowel movements. **nietrzymanie moczu/stolca**

**infant** [N-COUNT-U14] An **infant** is a young human being in the first year or two of life. **niemowlę**

**inferior mesenteric artery** [N-COUNT-U7] The **inferior mesenteric artery** come off the surface of the abdominal aorta and it transfers the blood supply of the intestines. **tętnica krejkowa dolna**

**inferior vena cava** [N-COUNT-U7] The **inferior vena cava** is a vein that carries blood that has had the oxygen removed from it, to the right part of the heart. **żyła główna dolna**

**infertility** [N-UNCOUNT-U6] **Infertility** is the inability to have children. **bezpotędność**

**inspection** [N-COUNT-U10] An **inspection** is an organized examination of a patient's physiological state as compared to what is understood to be normal. **kontrola, przegląd**

**intercourse** [N-UNCOUNT-U6] **Intercourse** is the sexual act in which the male penis enters the female vagina.  
**stosunek seksualny**

**jaundice** [N-UNCOUNT-U14] **Jaundice** is a yellowish coloring of the skin caused by excessive levels of bilirubin in the blood. This condition is often related to diseases of the liver. **żółtaczka**

**juvenile** [ADJ-U14] If an illness is **juvenile**, it occurs in children. **młodociany, tu: (choroba) wieku dziecięcego**

**kidney** [N-COUNT-U7] A **kidney** is one of the two organs that removes waste from the blood and produces urine.  
**nerka**

**kidney stone** [N-COUNT-U7] A **kidney stone** is a hard, crystal-like mineral structure that forms in the kidneys and can be very painful to pass. **kamień nerkowy**

**marrow** [N-UNCOUNT-U2] **Marrow** is a soft substance inside bones that is part of the body's immune system. **szpik**

**medical imaging** [N-UNCOUNT-U12] **Medical imaging** is the process of creating pictures of the human body for the purpose of diagnosing and treating medical problems. **obrazowanie medyczne**

**melatonin** [N-UNCOUNT-U5] **Melatonin** is a hormone that controls the day and night cycles of the body.  
**melatonina**

**motor** [ADJ-U4] If a neuron is a **motor** neuron, it helps to create the ability to move. **motoryczny**

**MRI** [N-COUNT-U12] An **MRI**, or magnetic resonance imaging, is a medical imaging technique that uses magnetic forces on atoms to produce an image of the body. **rezonans magnetyczny**

**muscle ache** [N-COUNT-U9] A **muscle ache** is a pain felt in the muscles. **ból mięśni**

**nerve** [N-COUNT-U4] A **nerve** is a cordlike structure that enables the transmission of electric impulses through the nervous system. **nerw**

**nervous system** [N-COUNT-U4] The **nervous system** is the bodily system that transmits signals and coordinates actions of the body. **układ nerwowy**

**network** [N-COUNT-U4] A **network** is a group of connected neurons that process information. **sieć**

**neuron** [N-COUNT-U4] A **neuron** is a cell that transmits information by electrical and chemical signaling. **neuron**

**newborn** [N-COUNT-U14] A **newborn** is an infant in the first twenty-eight days after birth. **noworodek**

**nursing home** [N-COUNT-U15] A **nursing home** is a facility that provides 24-hour care to elderly patients. **dom spokojnej starości**

**obesity** [N-UNCOUNT-U14] **Obesity** is a medical condition in which a person accumulates a potentially unhealthy amount of excess body fat. **otyłość**

**observation** [N-COUNT-U10] An **observation** is something that someone notices, or the act of noticing something.  
**obserwacja, spostrzeżenie**

**onset** [N-COUNT-U8] An **onset** is the start or first instance of something. **początek,adejście, wystąpienie**

**ovaries** [N-COUNT-U6] The **ovaries** are the organs in the female body that produce egg cells. **jajniki**

**palpation** [N-UNCOUNT-U10] **Palpation** is the examination of something by touch. **palpacja, badanie palpacyjne**

**pass** [V-T-U7] To **pass** something is to process something through and out of one's body. **wydalać**

**past medical history** [N-COUNT-U8] A **past medical history (PMH)** is a patient's record of previous illnesses, procedures, and other medical details. **historia poprzednich chorób**

**pathology report** [N-COUNT-U11] A **pathology report** is a report that discusses what was found after cells and tissue were examined. **raport histopatologiczny**

**pediatrics** [N-UNCOUNT-U14] **Pediatrics** is medical care for infants, children, and adolescents. **pediatria**

**percussion** [N-UNCOUNT-U10] **Percussion** is the act of tapping on an area of the body such as the chest or abdomen to determine the condition of the underlying bone or tissues. **ostukiwanie**

**pimple** [N-COUNT-U3] A **pimple** is a type of acne in the skin where excess oil has become trapped in a pore, creating a raised red spot. **pryszcz**

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**pineal body** [N-COUNT-U5] The **pineal body** is a small gland in the brain that produces the hormone melatonin.  
**szyszynka**

**pituitary gland** [N-COUNT-U5] The **pituitary gland** is a gland in the brain that emits numerous hormones to control body processes such as growth, blood pressure, and sex organ functions. **przysadka mózgowa**

**plasma** [N-UNCOUNT-U1] **Plasma** is liquid that contains blood cells. **osocze**

**platelet** [N-COUNT-U1] A **platelet** is a type of blood cell that thickens around the surface of a cut to stop blood loss. **trombocyt, płytka krwi**

**polypharmacy** [N-UNCOUNT-U15] **Polypharmacy** is the use of too many medications at once. **polipragmazja**

**pore** [N-COUNT-U3] A **pore** is a tubular structure in the skin that produces sweat as a cooling mechanism.  
**por w skórze**

**practitioner** [N-COUNT-U13] A **practitioner** is someone who is legally licensed to perform medical treatments without supervision. **lekarz praktykujący**

**preventative** [ADJ-U13] If medicine is **preventative**, it focuses on preventing diseases from occurring rather than curing them. **profilaktyczny, zapobiegawczy**

**primary care** [N-UNCOUNT-U13] **Primary care** refers to the first and main point of medical assistance for patients in a health care system. **podstawowa opieka zdrowotna**

**procedure** [N-COUNT-U8] A **procedure** is a medical treatment performed by a doctor or surgeon. **procedura**

**pulse** [N-COUNT-U10] A **pulse** is a measure of heartbeats in a given period of time. One way to take this measurement is to place the fingers over a major artery in the neck, wrist, or other location and press them against a bone to feel the palpitations of the heart as blood moves through the artery. **puls**

**radiography** [N-UNCOUNT-U12] **Radiography** is the use of x-rays to view images of the internal human body.  
**radiografia**

**red blood cell** [N-COUNT-U1] A **red blood cell** is a unit of blood that carries oxygen throughout the body.  
**czerwona krwinka**

**refer** [V-T-U13] To **refer** a patient is to transfer a patient from one doctor to another doctor who may better address the patient's specific needs. **skierować (do innego lekarza)**

**reflex** [N-COUNT-U4] A **reflex** is an involuntary and immediate movement in response to a stimulus. **odruch**

**renal** [ADJ-U11] If something is **renal**, it is related to the kidneys. **nerkowy**

**reproductive system** [N-COUNT-U6] The **reproductive system** is the bodily system of organs that work together for the purpose of producing offspring. **układ rozrodczy**

**runny** [ADJ-U9] If something is **runny**, it has liquid flowing or leaking out of it. **cieknący**

**secrete** [V-T-U5] To **secrete** is to emit a substance in order to perform some bodily function. **wydzielać**

**sensory** [ADJ-U4] If something is **sensory**, it has to do with the five senses of sight, hearing, touch, taste, and smell.  
**zmysłowy**

**sexually active** [ADJ-U6] If a person is **sexually active**, he or she regularly engages in forms of sexual activity.  
**aktywny seksualnie**

**skeleton** [N-COUNT-U2] A **skeleton** is the series of bones that makes up a body's basic structure. **szkielet**

**skin** [N-UNCOUNT-U3] **Skin** is a soft outer layer of human bodies and the bodies of other animals. **skórę**

**social history** [N-COUNT-U8] A **social history** is a patient's record of lifestyle and personal details, such as occupation and marital status. **wywiad społeczny**

**spinal cord** [N-COUNT-U4] The **spinal cord** is a long bundle of nerve cells that extends downward from the brain.  
**rdzeń kręgowy**

**STD** [N-COUNT-U6] An **STD**, or sexually-transmitted disease, is an illness that is passed from one person to another through sexual activity. **choroba przenoszona drogą płciową**

**stress fracture** [N-COUNT-U2] A **stress fracture** is a minor crack in a bone caused by repeated or excessive pressure.  
**złamanie przeciążeniowe**

**stroke** [N-COUNT-U15] A **stroke** is a rapid loss of brain function due to a loss of blood to the brain. **udar mózgu**

**subcutaneous fat** [N-UNCOUNT-U3] **Subcutaneous fat**, also called hypodermis, is a layer of the skin beneath the epidermis that contains primarily lobules of fat. **tłuscz podskórny**

**symptom** [N-COUNT-U9] A **symptom** is a feeling or physical change that indicates illness. **symptom, objaw**

**teenager** [N-COUNT-U14] A **teenager** is a young human being between the ages of twelve and twenty. **nastolatek**

**testes** [N-COUNT-U6] The **testes** are the organs in the male body that produce sperm. **jądra**

**throb** [V-I-U9] To **throb** is to have pain that comes and goes very quickly. **(o bólu) rwać**

**thyroid gland** [N-COUNT-U5] The **thyroid gland** is a large gland in the neck that controls how the body uses energy and controls proteins. **tarczyca**

**transfusion** [N-COUNT-U1] A **transfusion** is the process of moving blood from one person into another person who has suffered blood loss. **transfuzja**

**Type A** [N-UNCOUNT-U1] **Type A** is a blood classification that means the body's immune system is compatible with molecules on blood cells called A-antigens, but it will fight B-antigens. **grupa krwi A**

**Type AB** [N-UNCOUNT-U1] **Type AB** is a blood classification that means the body's immune system is compatible with A- and B-antigens on blood cells. **grupa krwi AB**

**Type B** [N-UNCOUNT-U1] **Type B** is a blood classification that means the body's immune system is compatible with molecules on blood cells called B-antigens, but it will fight A-antigens. **grupa krwi B**

**Type O** [N-UNCOUNT-U1] **Type O** is a blood classification that means the body's immune system is not compatible with A- or B-antigens on blood cells. **grupa krwi 0**

**ultrasound** [N-COUNT-U12] An **ultrasound** is a medical imaging technique that uses the reflection of sound waves to produce an image of the body. **ultrasonografia**

**universal donor** [N-COUNT-U1] A **universal donor** is someone who has blood type O, which can be safely received by another person with any blood type. **dawca uniwersalny**

**ureter** [N-COUNT-U7] The **ureter** is the tube that carries urine from the kidney to the urinary bladder. **moczówód**

**urethra** [N-COUNT-U7] A **urethra** is a tube that carries urine from the bladder out of the body. **cewka moczowa**

**urgent care** [N-UNCOUNT-U13] **Urgent care** refers to health care provided to immediately respond to an injury or illness that is not serious enough to visit the emergency room. **natychmiastowa opieka medyczna**

**urinalysis** [N-COUNT-U11] A **urinalysis** is a test that examines a urine sample. **badanie moczu**

**urinary bladder** [N-COUNT-U7] The **urinary bladder** is the place where urine is collected and stored before it is removed from the body. **pęcherz moczowy**

**urinary system** [N-COUNT-U7] A **urinary system** is a part of the body that controls the creation and expulsion of urine. **układ moczowy**

**urine** [N-UNCOUNT-U7] **Urine** is liquid waste that the body expels. **mocz**

**vertebrae** [N-COUNT-U4] **Vertebrae** are the small bones that together make up the backbone and surround the nerves of the spinal cord. **kręgi**

**vital signs** [N-COUNT-U10] **Vital signs** are statistical measures of essential body functions such as temperature, pulse rate, blood pressure, and respiration. **oznaki życiowe**

**waste** [N-UNCOUNT-U7] **Waste** is a substance produced by the body that is not needed so it is expelled. **wydalane produkty przemiany materii**

**wheeze** [V-I-U9] To **wheeze** is to breathe with difficulty in a noisy manner. **dyszeć**

**x-ray** [N-COUNT-U12] An **x-ray** is a form of radiation that can be used to take pictures of the internal human body. **promieniowanie rentgenowskie**