



Arthritis

Key words in plain language



MSD

Committed to Health Literacy

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Introduction

This booklet gives the everyday meaning of some medical words that people use when they talk about arthritis. Many of the words and phrases used by medical people are special to their work and may feel like another language to us. We hope this booklet will help you when you talk to people or read about arthritis.

What will you find in this booklet?

First we talk about arthritis.

Next, we list words from A to Z. These words are often found in patient booklets, leaflets and handouts. We give the meaning of each word and try to use plain English. We also give a sentence for explaining each word.

Finally, at the end of this booklet, we leave space for new words, and phrases you come across and places you can call for more information.

Common questions

If you have arthritis, you probably have many questions.

How will I look and feel?

You will look and feel well most of the time. The people you live with and work with may have trouble understanding that you have a disease. Many people do not understand that some diseases are quiet and then can flare up for awhile.

How long will this last?

Arthritis is a chronic disease. A chronic disease is with you always and in most instances cannot be cured. **But** chronic diseases can usually be managed so that you are able to live your life well despite it.

Arthritis is not a simple disease. You cannot take a pill and make it go away. Arthritis can be different for every person who has it.

Can anything be done?

The good news is that you can get help to treat and to manage your arthritis. There are many types of treatments. Medicine is just one of them. Your doctor may have to try a few medicines before finding the one that works best for you.

Take care and take action

Experts talk about basic care and action steps.

Get the facts.

You need to know about arthritis to take care of yourself.

Have a regular medical check-up.

This type of disease changes over time and with life events. You can take better care when you note and act on changes.

Get support to help you with the emotional side of illness.

Illness can be hard on our minds and our emotions. Managing a disease is hard work and we need to be sure that we have the support we need.

Move more and eat better.

You will feel better if you are active and eat healthy foods. These help you build the strength and energy your body needs to deal with arthritis.

Take control of your pain.

Pain is one of the most common symptoms of arthritis. It is your body's way of telling you that something is wrong. How much pain you will have may be different from someone else with arthritis. Your pain may change from time to time.

Discuss how you can manage your pain with your doctor, who can recommend medicine to help with it.

Get the facts about arthritis and about arthritis care.

The word 'arthritis' comes from the Greek words: 'arth' and 'itis.' 'Arth' means joint and 'itis' means inflammation. There are many kinds of arthritis with many causes. Arthritis can be caused by inflammation, injury or infection. Inflammation can cause swelling, pain and stiffness. Sometimes an inflamed joint can feel hot or look red.

Types of arthritis and who is affected by it.

- **Rheumatoid arthritis** is also known as RA. RA causes inflammation in many joints. The most common symptoms of RA are pain, stiffness and swelling of the joints. These symptoms can come and go. When the symptoms come back it is called a flare.

Rheumatoid arthritis (RA) is more common in women than men. About 40,000 people in Ireland have RA. It usually begins in the young or middle adult years.

- **Psoriatic arthritis** is arthritis with psoriasis. Psoriasis causes scaly dry patches to form on the skin and the arthritis causes pain and swelling in many joints. These symptoms come and go. When the symptoms come back it is called a flare.

Psoriatic arthritis affects men and women. It usually begins between the age of 30 and 55. About 10% of people who have psoriasis will get psoriatic arthritis.

- **Juvenile arthritis** is any kind of arthritis that begins before age 16. There are many forms of childhood arthritis. The childhood forms are a little different from the adult forms.

Juvenile arthritis (JA) affects about 1,000 children and young people under the age of 16.

- **Osteoarthritis** is also known as OA, degenerative arthritis or degenerative joint disease. OA causes cartilage to break down. It is the most common kind of arthritis. It can be caused by aging, injury, being overweight, overusing a joint or having a poorly formed joint from birth. The most common symptoms of OA are stiffness and pain. These symptoms most often are in the hips, knees, back, neck and finger joints.

Osteoarthritis (OA) is more common in women than men. About 400,000 Irish people have OA.

A doctor is the best source of information. You may want to talk with a doctor who is an arthritis expert. A rheumatologist is a doctor who treats people with arthritis.

You may come across a team of healthcare professionals who deal with arthritis. They may include a:

- general practitioner (GP)
- rheumatologist
- clinical nurse specialist (CNS)
- occupational therapist
- physiotherapist
- orthotist and/or
- dietician

A patient organisation like Arthritis Ireland can help you find information about arthritis and courses that are available to help you.

Have a regular medical check-up

Talk to your doctor.

When you manage a chronic disease like arthritis, you should see your doctor regularly—even when you are feeling well.

Your doctor and nurse can help you learn about arthritis and how to take care of yourself.

People with a chronic disease learn to pay attention to changes in their bodies. You should talk with your doctor about any changes and symptoms.

Make a plan together.

You and your doctor can work together to find the best way to treat all of your symptoms.

Over time, you may see different people who can help manage your arthritis.

- You might see someone who specialises in managing a person's pain. This person is called a pain specialist.
- You might meet someone who will help you learn easier ways to do everyday things like bathing, dressing, cooking or driving. This person is called an occupational therapist or OT for short.

You may be referred to other specialists depending on your exact symptoms. These specialists include:

- an ophthalmologist or eye doctor
- a breathing specialist, and/or
- joint surgeon

Get support to help with the emotional side of illness.

A chronic disease like arthritis can be stressful and difficult to deal with emotionally.

You might think that your friends, family and co-workers do not understand how you feel.

You may feel unhappy because you can't do as much as you did before you had arthritis. Sadness and anger are common emotions.

People with arthritis suggest some helpful tips:

- Stay involved in social activities. Keep up to date with your friends. Let them know that you want to be involved even though you may not be able to do everything.
- Be good to yourself. Take care of your spiritual side. Many people use prayer, relaxation exercises or meditation.
- Decide what is most important. Spend your time on those important activities and with those people who mean the most to you.

More tips...

- Consider joining a support group like Arthritis Ireland or seeing a counsellor. Counselling is help from a professional who will listen to you and help you deal with your emotions.
- Be sure to ask for help when you need it.
- Share how you are feeling with your family and friends. You can help them understand that the disease sometimes flares up and causes problems.

Move more and eat better.

In general, you will need to be as strong and healthy as you can be. Moving more and choosing good food will help you.

Move more

- Exercise helps people with arthritis because it will give you more energy to do the things you need and want to do. Exercise will help you build strong muscles and keep flexible, which will make your daily tasks easier. It also helps your heart to stay fit.
- A physiotherapist can help you plan an exercise programme. You can learn to change your exercise programme depending on how you feel each day.

Eat better

- You might need to take special care about what you eat. This is very important if you have osteoporosis or take a lot of steroid medicine.
- Eat a wide variety of healthy foods.
- Make sure you get your '5 a day' (five servings of fruit and vegetables every day.)
- There is no magic diet that will cure arthritis. A nutritionist can help you decide on a meal plan that fits your needs and is good for you.
- Staying at a healthy weight will help your joints.

Take control of your pain.

It is important to become aware of your pain.

Keep a diary of when you feel pain. This will help you find out:

- what makes your pain worse, and
- what can help make it feel better.

It might help then to discuss with your doctor how well your pain is being managed.

Arthritis words from A to Z

This section of the booklet is called a glossary. A glossary is made up of words and their meanings. This glossary lists words people use when they talk and write about arthritis.

The words are in A to Z order. We show how to say the word. Next we give the meaning of the word. Finally, we use each word in a sentence.

How to say the word

You will see brackets that look like this () after most words. Here between the (), we sound out the word. You will note that some letters are capital letters. You emphasise this part of the word.

For example, the full name for RA is rheumatoid arthritis. We show how to say these words. The first word, *rheumatoid*, is written as *ROO ma toyd*. This helps you say the word out loud.

The word in a sentence

We use made-up names in the sentences as examples of how the words are used. For example:

Gout

(gout)

A form of arthritis caused by a build up of uric acid crystals in the joints.

◆ Harry was told by his doctor that the painful, tender, swelling in his foot was due to **gout**.



Arthritis words from A to Z

A

Active

(ack tiv)

This can refer to a person who is busy doing different exercise.

◆ You can stay fit by keeping **active**.

Active can also refer to the presence or progress of a disease.

◆ Arthritis can be **active** in people of all ages.

Acute

(a KYOOT)

Rapid or sudden start of symptoms. It is sometimes painful and serious.

◆ The winter flu is an **acute** illness because it starts suddenly.

Aerobic exercise

(ay RO bik EK sur size)

Exercise that helps the heart stay healthy and work better.

◆ Robert walks fast every day for **aerobic exercise**.

Aggravate

(AG ra vate)

Make worse.

◆ Mary **aggravates** her arthritis when she knits for too long.

Advanced Nurse Practitioner

A specialist with advanced nursing knowledge in the area of arthritis. An Advanced Nurse Practitioner can offer specialist advice on looking after your arthritis.

◆ Gene works as an **Advanced Nurse Practitioner** in a hospital.

Alternative

(all TUR na tiv)

Another choice or a different way.

◆ Carla walks on a treadmill indoors as an **alternative** to running outside in bad weather.

Anaemia

(a NEE me a)

A medical condition where the blood has a lower amount of red blood cells than normal.

◆ Mary had felt tired for a while. When she went for a blood test, the results showed she had **anaemia**.

Analgesic

(an al JEE zik)

This is a medicine you can take to help ease your pain.

◆ Mary takes an **analgesic** tablet to help ease her pain when it is bad.

Annual

(AN yoo al)

Every year.

◆ Sonia always plans her **annual** breast exam the day after her birthday so she doesn't forget.

Antibody

(AN tee bod ee)

Proteins in the blood that fight different infections.

◆ The flu vaccine causes your body to make its own **antibodies** that will fight the flu.

Antiphospholipid syndrome

(An tee fos fo lip id sin drome)

A complex and rare condition that includes symptoms such as clotting, late-term miscarriage and certain blood test abnormalities.

◆ Joanne suffered a second miscarriage at 8 months, so her doctor investigated her for **antiphospholipid syndrome**.

Ankylosing Spondylitis (AS)

(an kee low sing SPON dee lytis)

Inflammation and stiffening of the joints of the spine. It is also known as AS.

◆ Jean was diagnosed with **Ankylosing Spondylitis** when she was in the hospital.

Antibiotics

(an tee by oh tiks)

Drugs that kill or slow the growth of germs.

◆ Tony took **antibiotics** to treat his ear infection.

Anti-inflammatory

(an tee in FLAM a tor ee)

Something that reduces swelling, heat and pain. It is usually a medicine.

◆ Carla takes **anti-inflammatory** drugs for her arthritis.

Arteritis

(art er EYE tis)

Inflammation of arteries, usually because of infection or the body's own immune response.

◆ Fergus was diagnosed with temporal **arteritis** by his doctor when he complained of headache, fever and pain when chewing.

Arthritis

(ar THRY tis)

A problem with the joints that causes swelling, pain, heat and a sense of stiffness.

◆ Mary finds it hard to pick things up when her **arthritis** is bad because of the pain and swelling in her hands.

Articular

(aar TIK u lur)

Of or relating to a joint.

◆ **Articular** cartilage covers the ends of the bones in a joint.

Arthroscopic

(ar thro scoh pik)

A way for a surgeon to look into your joint with a camera.

◆ The surgeon carried out **arthroscopic** surgery on Jane's knee with the help of a small camera.

Aseptic

(ay SEP tik)

A product or method that is free of germs.

◆ John had his knee injected using an **aseptic** technique.

Aspiration

(ASS per ay shun)

Drawing fluid from the body using a syringe.

◆ John had fluid **aspirated** from his knee joint.

Atherosclerosis

(ath er o skler O sis)

Gradual narrowing and hardening of the arteries over time.

◆ The doctor told Mike that his high blood pressure put him at risk of **atherosclerosis**.

Auto-immune disease (au to im MUNE di ZEEZ)
A disease of the immune system that makes it attack your own body. Rheumatoid arthritis is an **auto-immune** disease.
◆ Joe's joints are swollen because of his **auto-immune disease**.

B

Bacteria (bac TEER ee a)
Germs.
◆ **Bacteria** got into the wound on John's hand and caused an infection.

Baker's cyst (bay kerz sist)
A swelling behind the knee, usually due to arthritis, that is made up of fluid from the joint.
◆ The pain and swelling behind Jack's knee was diagnosed as a **baker's cyst**.

Behcet's disease (beh schetz diz eez)
A chronic disease characterised by ulcers in the mouth and genital area, due to a disturbance in the immune system.
◆ After complaining of sore gums for many months, Paul was diagnosed with **Behcet's disease** by his rheumatologist.

Benign (be NINE)
Not a danger.
◆ Tony was happy to learn that his tumour was **benign** and not a danger to his life.

Biologic medications (by o LOG IK med IK eh shuns)
Specialist treatment for certain kinds of arthritis.

Biopsy (BY op see)
A medical test that involves removing tissue to be examined under a microscope.
◆ The doctor carried out a **biopsy** on a small lump on Joan's neck.

Bursitis

(bur SY tis)

Inflammation of a bursa. A bursa is like a tiny pillow filled with fluid between the tendon and the bone. It is not arthritis because it is outside the joint.

◆ Carla's shoulder **bursitis** is very painful. She cannot easily lift her arm to comb her hair.



Calcium

(KAL see um)

A mineral that is important for a range of bodily functions and that you take in as part of your diet.

◆ **Calcium** is important for building strong bones and can be found in many foods such as milk, yoghurt and cheese.

Cardiovascular

(kar dee oh VAS kyoo lar)

Relating to the heart and blood vessels.

◆ Regular exercise will lower your risk of developing **cardiovascular** disease.

Carpal Tunnel Syndrome (KAR pel tun el sin drome)

A common painful condition caused by pressure on a nerve at the wrist.

◆ Joanne relieved the pain and numbness caused by **carpal tunnel syndrome** by shaking her hand.

Cartilage

(KAR tih lij)

The smooth covering on the end of bones.

◆ John's arthritis damaged the **cartilage** in his fingers over the years.

Cervical

(sur vy kul)

Relating to the neck (also relating to the cervix, the opening of the womb).

◆ The bones in the neck are called **cervical** vertebra.

Chronic

(KROH nik)

Does not go away. Long term.

◆ Arthritis is almost always a **chronic** disease. Joe will have it for the rest of his life.

Chronic Obstructive Pulmonary Disease COPD

(KRON ik Ob STRUK tiv PUL mo na ree diz eez)

A common lung disease that is usually caused by smoking.

◆ Alan felt short of breath for a while before he was diagnosed with **COPD** by his doctor.

Clinical

(KLI ni kal)

Work or studies in a medical setting that involve patients.

◆ Carla is in a **clinical** research study of a new medicine for rheumatoid arthritis.

Clinical Nurse Specialist (KLI ni Kal nurs spe schal ist)

A specialist nurse who provides education, information and support to improve the care provided to a patient.

◆ Carla is a **Clinical Nurse Specialist** in the Rheumatology Department.

Comprehensive

(kom pree HEN siv)

Complete. Covers everything important.

◆ Mary has a **comprehensive** medical exam once a year.

Conditioning

(kon DI shin ing)

Physical training to improve how long you can exercise and how strong you are.

◆ Mary learned **conditioning** exercises from her physiotherapist.

Connective tissue disorder

(kon NEK tiv TISH ew dis OR der)

A general term for rare diseases such as lupus (Systemic Lupus Erythematosus), scleroderma, muscle inflammation and Sjorgrens syndrome.

◆ Sheila was told she had a **connective tissue disorder** called lupus.

Consultant	<p>(kon SULT ant)</p> <p>A senior doctor who specialises in an area of medicine or surgery and usually works in a hospital.</p> <p>◆ A consultant rheumatologist specialises in the treatment of arthritis.</p>
Contagious disease	<p>(kon TAY jus di ZEEZ)</p> <p>An illness that can spread from person to person.</p> <p>◆ Arthritis is not a contagious disease, but colds are.</p>
Control	<p>(kon TROLE)</p> <p>To manage, to have power.</p> <p>◆ Robert controls his psoriatic arthritis by taking medicines and following his treatment plan.</p>
Corticosteroid	<p>(KORT ee KOST er oid)</p> <p>A medicine that can be taken as a tablet or injected directly into a tissue or joint. It reduces the activity of the immune system. It is also known as a steroid.</p>
Crystals	<p>(kris tal z)</p> <p>Tiny pieces of material that look like little needles when seen under a microscope.</p> <p>◆ A build up of uric acid crystals can cause gout.</p>
Cure	<p>(kyoor)</p> <p>To completely get rid of or stop a disease.</p> <p>◆ Mary took antibiotics to cure her infection.</p> <p>◆ In most cases, there is no cure for arthritis.</p>
Cushingoid	<p>(KUSH ing oyd)</p> <p>Signs and symptoms of high doses of corticosteroids. Some signs are thinning of the skin and weight gain around the face, as well as the upper back. These changes go back to normal after the steroids are stopped.</p> <p>◆ Dr. Doyle told Linda that her face looked a bit larger because her medicine caused cushingoid symptoms.</p>

Cutaneous

(kyoo TAY nee us)

Having to do with the skin.

◆ Dr. Jones can see the psoriasis on Robert's elbows. It is a **cutaneous** disease and can be seen on the skin.

Cytokine

(sigh toe kyne)

Protein that is released by cells in the immune system to help them send messages to other cells to fight diseases.

◆ White blood cells release **cytokines** to help them fight infections.



Dactylitis

(Dak til EYE tis)

Inflammation of a digit (a finger or a toe).

◆ Sharon was told that her swollen fingers were due to **dactylitis**.

Deformity

(dee FOR mi tee)

A change from the normal shape.

◆ John had to buy larger gloves because his arthritis caused some **deformity** of his hands.

Degenerative disease

(dee JEN ur a tiv di ZEEZ)

A disease that causes damage over time.

◆ Tony had difficulty walking because of a **degenerative disease** called osteoarthritis.

Dermatologist

(dur ma TOL oh jist)

A doctor and specialist who treats skin problems.

◆ Robert goes to a **dermatologist** for his psoriasis.

Deteriorate

(dee TEE ree or ate)

Get worse.

◆ Janet now wears glasses because her eyesight has **deteriorated**.

Diagnose

(dy ag NOHS)

To figure out what is causing health problems.

◆ Dr. Doyle was able to **diagnose** Mary's rheumatoid arthritis after seeing more symptoms over time.

Diagnosis

(dy ag NO sis)

A condition, disease or a medical answer.

◆ Dr. Healy gave Joe a **diagnosis** of rheumatoid arthritis after hearing Joe's story and doing a check up.

Digits

(Dij itz)

Medical term for fingers and toes.

◆ The doctor explained to Sharon that the pain in her swollen **digit** would go away with treatment.

Disease – modifying anti-rheumatic drugs (DMARDS)

(DEE zeez mod if EYE ing an tee ROO MA tik drug z)

Medicines that reduce pain, swelling and stiffness. They do not work immediately. They may take several weeks to work.

◆ John takes **DMARDS** to help reduce the pain and swelling in his joints.

Dislocation

(dis low KAY shun)

When a joint is out of its correct position.

◆ Lisa **dislocated** her shoulder repeatedly and needed surgery to repair the joint.

Distal

(DISS tal)

Farthest from the place being discussed.

◆ The toes are the most **distal** part of the lower limb.

Dose

(dohs)

An amount of medicine.

◆ John takes one 30mg **dose** of an anti-inflammatory medicine every morning. If his arthritis is acting up, he may need a larger dose.

Dupuytren's Contracture

(Du PUY trenz Con TRAKT chur)

A condition that occurs when the tissue in the palm of the hand is contracted.

◆ Albert was unable to straighten his ring and little fingers because of **Dupuytren's contracture**.



Early morning stiffness

This is a stiffness in the joints that can occur when you are having a flare and can be helped by having a warm shower or bath.

◆ It took Carla longer to get ready for work due to **early morning stiffness** caused by her arthritis.

Effective

(ee FEK tiv)

Works well.

◆ Janet wears a hat with a big brim. This is an **effective** way to keep the sun off her face.

Environment

(en VY ron ment)

All the things in a place where we live. This includes the inside, such as our homes and workplaces, and the outside, such as air, water and weather.

◆ The **environment** can contribute to illness. It can also make symptoms better or worse.

Epicondylitis

(EH pee con dil EYE tis)

A condition that occurs when the outer or inner part of the elbow becomes inflamed, sore and tender usually due to overuse.

◆ Another name for **epicondylitis** is tennis elbow.

Episode

(EH pee sode)

A specific event with a beginning and an end.

◆ Janet had a short **episode** of chest pain.

Erosions

(ee RO zhuns)

Small pits or holes in the cartilage or the bone.

◆ Dr. Healy looked at the x-ray and saw **erosions** in Joe's hip.

Erythema

(er ith EE ma)

The medical name for redness of the skin.

◆ The doctor told Barry that the redness around his knee was medically known as **erythema**.

Exert

(eg ZERT)

To push or work hard.

◆ Carla **exerts** herself when she walks up an extra flight of stairs.



Fast

(fast)

To go without any food or drink (other than water).

◆ Janet was told to **fast** for 12 hours before her blood test.

Fatigue

(fa TEEG)

A tired or weak feeling of the whole body.

◆ Joe felt a sense of **fatigue**, so he rested when he got home.

Fibromyalgia

(FIBE ro my AL jee a)

A condition involving symptoms such as muscle pain, tenderness, stiffness and tiredness.

◆ Fiona was advised to exercise regularly to help with her symptoms of **fibromyalgia**.

Fibrosis

(fy BRO sis)

A condition that occurs when scar tissue develops in the skin or internal organs.

◆ Lung **fibrosis** is a rare cause of shortness of breath.

Flare

(flare)

A period of time when symptoms of a disease are worse.

◆ Mary had a **flare** of her arthritis.

Flexibility

(FLEK suh bil i tee)

Able to move with ease. Muscles and joints that stretch easily.

◆ Dr. Healy said that exercise would increase Joe's **flexibility**.



General practitioner (GP)

(gen erral prak tit on eer)

A doctor who provides general medical treatment.

◆ A **general practitioner** is also known as a **GP**.

Glaucoma

(glaw KO ma)

An eye disease where there is increased pressure from the inside of the eye. Too much pressure over time can lead to blindness.

◆ Sonia goes to the eye doctor every two years to check for **glaucoma**.

Gout

(gowt)

A form of arthritis caused by a build up of uric acid crystals in the joints.

◆ Harry was told by his doctor that the painful, tender swelling in his foot was due to **gout**.



Haemochromatosis

(HEE moe kroh ma TOE sis)

A disease that occurs when the body absorbs and stores too much iron.

◆ Due to his **haemochromatosis**, Niall has to give blood regularly to keep his iron levels down.

Health Assessment Questionnaire HAQ

(helth a SESS ment KWEST yun air)

A standard set of questions to find out about all aspects of a person's health.

◆ Peter was asked to fill out a **Health Assessment Questionnaire** before his visit to the doctor.

Hepatitis

(hep at EYE tis)

Inflammation of the liver.

◆ **Hepatitis** can be caused by alcohol, drugs or infections.

Hormones

(HOR mones)

Natural chemicals made by your body. Scientists can also make them. These chemicals are important for many body functions.

◆ Cortisone is a **hormone** made by your body.

Hydrotherapy

(hi dro ther ap ee)

The use of water to soothe pain and improve mobility.

◆ **Hydrotherapy** is a good way for people with arthritis to ease stiff joints and relax sore muscles.

Hypermobility

(hi per mo BIL it ee)

Being able to move joints further than normal, commonly known as being 'double-jointed'.

◆ James was advised not to show off the **hypermobility** in his joints, as it could lead to joint damage.

I

Immune system

(im MUNE sis tum)

The part of your body that fights against germs.

◆ Joe's **immune system** went right to work to fight germs when he got a deep cut.

Infection

(in FEK shun)

An illness that is caused by germs.

◆ John taught his son how to take care of a cut so he will not get an **infection**.

Inflammation

(in fla MAY shun)

Swelling, redness, heat and pain. This happens when parts of your body are hurt or react to illness. The body sends extra blood cells to the place that is hurt.

◆ Mary noticed **inflammation** in her knee - it felt hot and swollen.

Infusion

(in FYOO zhun)

A way to give fluids or medicine directly into a vein.

◆ Carla goes to the hospital every 8 weeks for her **infusion** of arthritis medicine.

Inherit

(in HER it)

To get a trait or a feature from your parents, grandparents or other ancestors.

◆ Tony **inherited** his fair hair from his father.

Inhibit

(in HIB it)

To stop or hold back something.

◆ Janet takes a medicine to **inhibit** her immune system.

Injection

(in JEK shun)

To give medicine by needle under the skin, into a muscle or into a joint.

◆ Medicine can sometimes be given by **injection**.

Injection site reaction	<p>(In JEK shun site ree AK shun)</p> <p>Redness and swelling in the area where an injection was given</p> <p>◆ Barry noticed a small area of redness where he had given himself his injection.</p>
Intern	<p>(in tern)</p> <p>A junior hospital doctor.</p> <p>◆ The intern discussed the improvements the patient was making with the consultant.</p>
Interstitial lung disease	<p>(IN ter STISH al lung diz eez)</p> <p>Inflammation of and growth of scar tissue in the lungs.</p> <p>◆ Rosemary was told that her breathing problems were due to interstitial lung disease.</p>
Intravenous	<p>(in tra VEE nus)</p> <p>Putting fluids or medicine into a vein by using a needle.</p> <p>◆ Sonia receives an intravenous medicine from the visiting nurse.</p>
Immunosuppressants	<p>(im MU no sup RES ants)</p> <p>These medicines suppress (limit) the activity of the body's immune system.</p> <p>◆ Some people need to take immunosuppressants to reduce their arthritis symptoms.</p>
itis	<p>(eye tis)</p> <p>These letters are found at the end of a word. Together, they mean swelling or inflamed in the Greek language. Arth is a Greek word meaning joint. When you add itis, this word now reads arthritis.</p> <p>Here are other examples:</p> <p>◆ Nephritis means inflammation of the kidney.</p> <p>◆ Myocarditis means inflammation of the heart muscle.</p> <p>◆ Jean has arthritis.</p>

J

Joint

(joynt)

The place where two bones come together. This is where we can bend and move.

◆ Mary has trouble buttoning her blouse when her finger **joints** are stiff.

K

Kawasaki

(cow a saki)

A rare disease that causes inflammation of joints and other tissues in children. Kawasaki disease is also referred to as KD.

◆ Gillian has difficulty tying her shoelaces in the morning because **Kawasaki** disease has caused her joints to swell.

L

Ligament

(LIG a ment)

A strong band that holds a joint together.

◆ Tony tore his knee **ligaments** when he played football.

Lipids

(lip idz)

Another word for fats.

◆ Charlie had his **lipid** levels checked by his doctor.

Localised

(LO ka lised)

In a small area or only in one place.

◆ Janet's rash was **localised** to her face. She did not have it anywhere else.

Long-term

(long term)

For a long time, more than just weeks or months.

◆ Sonia's mother needed **long-term** care after she broke her hip.

Lumbar

(LUM bar)

Refers to the part of the back between the ribs and the hips.

◆ The **lumbar** spine is the lower part of your back.

Lupus

(LOO pus)

A chronic disease where the skin, joints and internal organs can become inflamed. It is also known as Systemic Lupus Erythematosus (SLE).

◆ Sorcha's rash and joint pain was due to **lupus**.



Manage

(MAN ej)

To control or direct.

◆ Robert's health care team taught him to **manage** his psoriatic arthritis with medicine, exercise and good planning.

Medication

(medi KAY shun)

A medicine or drug to treat an injury, illness or disease.

Some medications must be prescribed by a doctor. Others can be bought in a pharmacy without a prescription.

◆ Mary gets her arthritis **medications** at her local pharmacy.

Metabolic syndrome

(met a BOLL ik SIN drome)

A combination of medical disorders that increase a person's risk of developing cardiovascular (heart and blood vessels) disease.

◆ Herbert was told that his gout, obesity and diabetes were all part of the same **metabolic syndrome**.

Mild

(myld)

Something that is gentle and not harsh or severe.

◆ Robert had a **mild** flare of his arthritis and was still able to work.

Mobility

(mo BIL i tee)

Able to move around.

◆ Surgery improved Carla's **mobility**. She is now able to walk to the supermarket.

Moderate

(MoH dur ate)

Between mild and serious, between weak and strong.

◆ Mary takes time to rest when she has **moderate** symptoms.

Monitor

(MO ni tur)

To watch and check something carefully for changes.

◆ The clinical nurse specialist sees Carla every two months to **monitor** her arthritis.

Musculoskeletal

(MUSK yoo low skel EE tal)

Relating to or involving the muscles or skeleton (bones).

◆ Osteoarthritis and rheumatoid arthritis are examples of **musculoskeletal** diseases.

Myositis

(My ohs EYE tis)

Inflammation of the muscles, which can lead to muscle weakness.

◆ Steven had difficulty climbing the stairs because of his **myositis**.



Narcotic

(nar KOH tik)

A strong medicine that takes away pain. It can make you sleepy and your body can grow to need it.

◆ You should not drive when you take a **narcotic** because you may fall asleep at the wheel.

Neurologic

(nur a LOH jik)

Having to do with the nervous system. The nervous system includes nerves, the spinal cord and the brain.

◆ One sign of a **neurological** problem may be a constant feeling of pins and needles.

Nodule

(nod yool)

A small lump or swelling.

◆ James had a small nodule at his elbow due to his rheumatoid arthritis.

Nonsteroidal anti-inflammatory drugs (NSAIDs)

(non ster oyd al antee in FLAM at oiy drug z)

This is a medicine prescribed by a doctor which treats pain.

Also known as an **NSAID**.

◆ Mary occasionally takes a non-steroidal drug to reduce the pain in her joints.

Nutrition

(noo TRI shun)

Food; healthy eating to help your body grow and repair itself.

◆ A healthy diet provides **nutrition** for your body.



Obesity

(O BEE sit ee)

A medical condition in which the build up of too much body fat results in poor health.

◆ A high fat diet and inadequate exercise can lead to **obesity**.

Occasionally

(oh KAY zhun a lee)

Sometimes, not often.

◆ Mary **occasionally** feels tired in the evenings.

Occupational Therapist

(oh kyoo PAY shun ul THEHR a pist)

A professional who helps people who are ill or injured learn better ways to do everyday activities such as bathing, dressing, cooking, eating or driving. Also known as an OT.

◆ The **occupational therapist** taught Carla how to set up her kitchen and office space to reduce the stress on her hands.

Oedema	<p>(oh DEE ma)</p> <p>A condition caused by having too much fluid, which causes swelling of the body's tissue.</p> <p>◆ The swelling in Maria's ankles was described as oedema by her doctor.</p>
Oral	<p>(Oar al)</p> <p>Relating to the mouth or to take by mouth.</p> <p>◆ Jane's chest infection was treated with oral antibiotics.</p>
Orthopaedic surgeon	<p>(or tho PEE dik sur jun)</p> <p>A doctor who operates on bones and joints.</p> <p>◆ Robert's orthopaedic surgeon operated on his knee.</p>
Osteoarthritis	<p>(oh stee oh ar THRY tis)</p> <p>Also known as OA, this is the most common kind of arthritis. The most common symptoms of OA are stiffness and pain.</p> <p>◆ Osteoarthritis is more common in women than men.</p>
Osteonecrosis	<p>(oh stee oh ne KRO sis)</p> <p>Death of a bone or part of a bone because of a lack of blood to the area. It can be caused by many diseases and from steroid use. Also known as avascular necrosis.</p> <p>◆ Joe had a lot of pain in his hip. Dr. Healy told him that he had osteonecrosis because he had taken steroids for many years.</p>
Osteopenia	<p>(OH stee oh PEE nee ah)</p> <p>A lower than normal bone density that can lead to osteoporosis.</p> <p>◆ Ann was told that she had osteopenia. Her bone scan showed her bones were less dense than normal.</p>
Osteoporosis	<p>(oh stee oh por OH sis)</p> <p>Thin and weak bones that break easily.</p> <p>◆ Osteoporosis is common in older women.</p>
Operation	<p>(Op err eh shuhn)</p> <p>Surgery in a hospital.</p> <p>◆ Tony walked better after his knee operation.</p>

P

Patella

(pat EL a)

The medical term for the kneecap.

◆ Susan found that kneeling caused her **patella** to become sore.

Partial dislocation

(PAR shal dis lo KAY shun)

When a bone is out of position in a joint but the bone surfaces still touch.

◆ Jennifer suffered a **partial dislocation** of her shoulder after falling down some steps.

Pathology

(pa THOL o jee)

The branch of medicine that studies the causes and nature of diseases.

◆ A sample of fluid was sent to the **pathology** department for analysis.

Permanent

(PUR ma nent)

Never goes away.

◆ Mary's arthritis caused **permanent** joint damage.

Persistent

(pur SIS tent)

Lasts for a long time.

◆ Janet had a **persistent** cough for one month and went to the doctor to find out why.

Pharmacist

(FAR ma sist)

A trained person who prepares medicine. This person makes sure you get the right kind and amount of medicine that your doctor prescribes.

◆ The **pharmacist** filled Joe's prescription for his tablets.

Physiotherapist

(fi zeeo THEHR a pist)

A trained professional who helps patients learn ways to reduce their pain. Also known as a physio. A physio helps patients increase and maintain their movement and muscle strength.

◆ The **physiotherapist** taught Carla how to change her exercise programme when her arthritis flared.

Pigmentation

(pig men TAY shun)

The colour of the skin.

◆ The **pigmentation** or colour of the skin may change when certain diseases are present.

Plantar Fasciitis

(plan tar fah she EYE tis)

A condition that causes the sole of the foot to become inflamed and sore, most often at the heel.

◆ John found that special insoles in his shoes helped relieve the pain of his **plantar fasciitis**.

Platelet

(PLATE let)

Cells in the blood that help stop bleeding.

◆ Tony's **platelets** are low. He bleeds easily.

Polymyalgia Rheumatica (PMR)

(polly my AL jee ah roo MA tick ah)

A disorder of the muscles and joints involving symptoms such as pain and stiffness, which involves the shoulders, arms, neck and hips and affects both sides of the body.

◆ Martin was prescribed steroids to treat his **polymyalgia rheumatica**.

Posture

(POS chur)

The way in which somebody holds their body, especially when standing.

◆ The doctor examined Brian's **posture** while standing, sitting and walking.

Prescription

(pre SKRIP shun)

Written directions from your doctor to the pharmacist about your medicine. Also known as a 'script'.

◆ Joe can only get his tablets with a **prescription** from his doctor.

Prevent

(pre VENT)

To keep from happening.

◆ Good health habits can help **prevent** heart disease or even cancer.

Progression

(pro GRESH un)

To move forward for better or for worse.

◆ New medicines can slow down the **progression** of arthritis.

Proteinuria

(pro teen your EE ah)

The abnormal presence of protein in the urine.

◆ **Proteinuria** is usually a sign that there is a problem with the kidney.

Proximal

(PROX i mal)

Nearer to the place being discussed.

◆ The shoulder joint is **proximal** to the arm.

Pseudogout

(SUE doh gow t)

Inflammation of the joints caused by deposits of calcium crystals.

◆ When the fluid taken from Anna's knee was analysed, it was clear that she had **pseudogout**.

Psoriasis

(so RYE ah sis)

A dry scaly skin rash.

◆ Often, **psoriasis** is on the elbows, knees and the skin on the top of the head (scalp).

Psoriatic arthritis

(sore ee AAH tick ar THRY tis)

A disease that causes psoriasis on the skin and inflammation in many joints. See pages 10 and 11 for more information.

◆ John's doctor diagnosed him as having **psoriatic arthritis**.

Psychiatrist

(sy KY a trist)

A doctor who treats people for emotional problems or mental illness.

◆ The **psychiatrist** helped Mary understand that it made sense for her to be upset.

Purpura

(Purr purr ah)

A purplish patch caused by bleeding underneath the skin.

◆ Frank had blood tests to check his platelet count when he presented to hospital with **purpura**.



We don't have any 'Q' words, but you may write your 'Q' words here:



Radiologist

(ray dee OL oh jist)

A doctor who looks at and studies x-rays and other images to diagnose health problems.

◆ The **radiologist** looked at the x-ray of John's hip and told him that he had osteoarthritis.

Raynaud's Syndrome

(ray NODES SIN drome)

A medical problem that causes the blood vessels in the fingers and toes to narrow and let less blood through when they are cold. The fingers and toes become pale and feel uncomfortable.

◆ Sonia always dresses warmly when she goes out in the cold because she has **Raynaud's Syndrome**.

Reaction

(ree AK shun)

A response. An action that happens because of another event.

◆ Joe had a rash and Dr. Healy said it was a **reaction** to his new medicine.

Reactive arthritis

(ree AK tiv arth RYE tis)

A type of arthritis that causes pain and swelling in the joints because of an infection elsewhere in the body.

◆ **Reactive arthritis** causes inflammation of the eyes, joints and urinary tract.

Regular

(REG yoo lar)

Usual, normal.

◆ Mary walks three times a week on a **regular** schedule.

Rehabilitation

(REE ha bill i TAY shun)

Restoring skills by a person who has suffered an illness or injury so they can do as much as possible for themselves again.

◆ After her surgery, Mary was sent to a physiotherapist for **rehabilitation** to help her get back to work.

Relief

(ree LEEF)

Feeling better.

◆ A warm shower gives Jean **relief** from her morning stiffness.

Remission

(ree MI shun)

A period of time when a disease shows no symptoms or signs.

◆ Robert's arthritis has been in **remission** for six months.

Renal	<p>(REE nal)</p> <p>Having to do with the kidneys.</p> <p>◆ Tom's renal failure was caused by diabetes.</p>
Repetitive Strain Injury	<p>(re PET it iv strain in jur ee)</p> <p>Pain caused by using same muscle or muscles repeatedly.</p> <p>◆ Gerard does a lot of typing. When he went to the doctor with pains he was told he had a repetitive strain injury in his wrist.</p>
Rheumatoid arthritis	<p>(ROO ma toyd ar THRY tis)</p> <p>A disease that causes inflammation in many joints. See pages 10 and 11 for more information.</p> <p>◆ Jane had pain in her joints and her family doctor sent her to a specialist. She learned that she had rheumatoid arthritis.</p>
Rheumatologist	<p>(roo ma TOL oh jist)</p> <p>A doctor who specialises in diagnosing and treating problems of the joints, immune system and bones.</p> <p>◆ Sarah's family doctor was not sure of the cause of her joint pain, so he sent her to a rheumatologist.</p>
Risk factor	<p>(risk fak tor)</p> <p>Anything that raises the chances of a person developing a disease.</p> <p>◆ Being overweight is a risk factor for developing arthritis of the knees.</p>
Rotator Cuff	<p>(row TAY ter kuf)</p> <p>The group of muscles and tendons that connect the upper arm bone to the shoulder blade and help to stabilise the shoulder.</p> <p>◆ Barry's rotator cuff injury was visible on the MRI scan.</p>



Sarcoidosis

(SAR koy DOH sis)

A condition that causes the lungs and other parts of the body, including the muscles and joints, to be inflamed.

◆ **Sarcoidosis** can cause damage to some internal organs such as the lungs and gut.

Schedule

(Sked jyool)

A plan or planning a time to do something.

◆ Carla's nurse helped her to make a **schedule** so she would know when to take her pills.

Scleroderma

(SKLER oh derm a)

A chronic disorder marked by hardening and thickening of the skin.

◆ **Scleroderma** usually affects the hands.

Sciatica

(Sigh AH tik ah)

Pain typically felt at the back of the thigh because of irritation of the sciatic nerve.

◆ John was referred to the physiotherapist to help relieve his **sciatica**.

Scoliosis

(skoe lee OH sis)

A condition that causes the spine to curve to the side.

◆ Mary's **scoliosis** gave her spine an S-shaped appearance on x-ray.

Senior House Officer SHO

(seen your howss off iss ar)

A junior doctor in hospital that is more senior than an intern.

◆ Hugh was seen initially by the **senior house officer** and then by the consultant.

Sensitive

(SEN si tiv)

Easily hurt or damaged.

◆ Janet's skin is very **sensitive** to the sun because of the medicines she takes. She needs to wear very strong sunscreen.

Septic Arthritis

(SEP tik arth RYE tis)

Arthritis that causes infection in a joint.

◆ John was put on antibiotics to treat his **septic arthritis**.

Sero-Negative

(Sear O Nega tiv)

Means that the blood test for Rheumatoid Factor came back negative

◆ Elaine was diagnosed with **sero-negative** rheumatoid arthritis.

Severe

(seh VEER)

Very serious or very bad.

◆ Mary had **severe** pain in her knee.

Side effect

(SIDE effect)

A reaction caused by a medicine.

◆ Sonia told her friends that she gained weight as a **side effect** of her steroids.

Sign

(sain)

A medical problem that can be seen or noticed by a doctor.

◆ Joint tenderness is often a **sign** of arthritis.

Sjogren's Syndrome

(SHOW grins SIN drome)

A medical problem that causes the eyes and mouth to be dry.

◆ Michael puts drops in his eyes three times a day because he has **Sjogren's Syndrome**.

Soreness

(SORE ness)

Hurt, pain or ache.

◆ Mary has **soreness** in her wrists from gardening.

Spasm

(SPAZ um)

A sudden tightening of muscles.

◆ Michael had a muscle **spasm** in his back after painting his son's room.

Specialist Registrar

(spe shal ist REJ ist rar)

A doctor in a hospital who is training to become a consultant.

◆ The **Specialist Registrar** reviewed the patient and discussed her findings with the consultant.

Splint

(Sp lint)

Something that supports a joint and prevents the joint from moving.

◆ Carla had a **splint** on her finger.

Spondylitis

(Spon dil EYE tis)

A form of arthritis causing chronic inflammation of the spine.

◆ Sean suffered from ankylosing **spondylitis**, which made his spine less mobile.

Spondylosis

(spon dee LOW sis)

Arthritis of the spine that is degenerative (gets worse over time).

◆ Tom's **spondylosis** was treated with physiotherapy and mild painkillers.

Stable

(STAY bul)

No change.

◆ Dr. Jones told Robert that his arthritis is **stable** as his symptoms have not gotten worse and he is feeling well.

Stamina

(STA min a)

Endurance, able to be active over an entire day without feeling tired or exhausted.

◆ Carla does not have enough **stamina** to work full-time.

Steroid	<p>(STER oyd)</p> <p>Medicines used to decrease inflammation. Hydrocortisone and prednisolone are examples of steroids.</p> <p>◆ Corticosteroids are sometimes used to treat arthritis.</p>
Stress	<p>(stress)</p> <p>Physical, mental or emotional tension or strain.</p> <p>◆ Mary notices that there is a lot of stress at work just before the holidays. This could cause her arthritis to flare up.</p>
Stress fracture	<p>(stress frak tchur)</p> <p>A small break in a bone caused by only minimal trauma (impact).</p> <p>◆ Susan developed a stress fracture in her pelvis due to her severe osteoporosis.</p>
Subluxation	<p>(sub luks AY shun)</p> <p>When a bone is out of position in a joint but the bone surfaces still touch.</p> <p>◆ Christine's rheumatoid arthritis resulted in a subluxation of her fingers.</p>
Supplement	<p>(SUP luh ment)</p> <p>To complete or add to.</p> <p>◆ John takes vitamins to supplement his diet.</p>
Suppress	<p>(suh PRES)</p> <p>To hold back or limit.</p> <p>◆ Dr. Guzman gave Carla steroids because they suppress inflammation.</p>
Susceptible	<p>(sus SEP tih bul)</p> <p>More open to.</p> <p>◆ Robert's medicine helps his psoriatic arthritis. But the medicine also makes him more susceptible to infection.</p>
Swelling	<p>(SWEL ing)</p> <p>An increase in size. The body's response to injury or illness.</p> <p>◆ Robert put ice on his knee to reduce the swelling.</p>

Symptom

(SIMP tum)

A feeling or physical sign that may be due to an illness or disease.

◆ Tony felt stiff every morning. This was his first **symptom** of arthritis.

Synovial joint

(Sigh NO vee al joynt)

A joint that allows a range of movement - the most common type of joint in the body.

◆ The joint of the hip is an example of a **synovial joint**.

Synovial fluid

(Sigh NO vee al flu id)

A thick fluid found in the spaces of the synovial joints.

◆ **Synovial fluid** acts as a lubricant and helps joints move smoothly.

Synovitis

(Sigh nov EYE tis)

A condition that causes the lining of the joint (called the synovial membrane) to become inflamed.

◆ **Synovitis** is often found in joints affected by rheumatoid arthritis.

Systemic

(sis TE mik)

In all parts of the body.

◆ Rheumatoid arthritis is a **systemic** disease because it involves many joints and tendons and can cause inflammation in other parts of the body.

T

Taper

(TAPE ur)

To slowly lower or cut down, to make smaller.

◆ Janet was advised to **taper** her dose of steroids over two weeks. She knew that it was dangerous to just stop taking her steroids.

Temporary

(TEM pur ar ee)

Does not last, only for a short period of time.

◆ Tony needed to take a short course of steroids. He knew his was a **temporary** pain.

Temporomandibular Joint TMJ

(TEM poro man DIB ul ar joynt)

The joint that hinges the lower jaw to the skull.

◆ **Temporomandibular joint** arthritis causes pain on chewing.

Tenosynovitis

(TEE no sigh nov EYE tis)

A condition that causes the lining of a tendon to become inflamed.

◆ Susan was diagnosed with **tenosynovitis** in her index finger when she complained of pain, swelling and stiffness in the joint.

Therapy

(THEHR a pee)

Action to help a disease, illness or injury.

◆ Hydrotherapy helps many people with symptoms of arthritis.

Thoracic

(thor ASS ik)

Having to do with the chest.

◆ A surgeon who operates on the heart and lungs is known as a cardio-**thoracic** surgeon.

Thyroid gland

(THIGH royd)

A gland located beneath the voice box that produces thyroid hormone, which helps control metabolism.

◆ Matt's anxiety, weight loss and palpitations were caused by an overactive **thyroid gland**.

Thyroid hormone

(THIGH royd HOR moan)

A hormone made by the thyroid gland that affects heart rate, blood pressure, body temperature and weight.

◆ **Thyroid hormone** helps regulate growth and metabolism.

Treat

(treet)

To give care.

◆ Dr. Smith **treats** Tony for his arthritis.

Treatment

(TREET ment)

The action or medicine used to take care of a disease or injury.

◆ Carla takes **treatment** for her arthritis.

Tumor Necrosis Factor TNF

(TU more nek ROE sis fak tor)

A cytokine (type of protein) that helps to regulate immune cells.

◆ Tumor necrosis factor is present in very high levels in some forms of arthritis.

Tophi

(Toe fhi)

More than one lump of uric acid crystals.

◆ **Tophi** are most commonly found around the fingers, at the tips of the elbows and around the big toe.

Tophus

(Toe fuss)

A lump of uric acid crystals that appear in patients with chronic gout.

◆ The small lumps on Tony's elbows are due to **tophus**.

U

Ulcer

(UL sur)

An open sore that can be inside or outside of the body.

- ◆ Janet has to take medicine to help her stomach **ulcer** heal.

Uric acid

(YOOR ik ah sid)

A waste product normally present in the blood after the body breaks down a natural chemical called purine. The body usually gets rid of uric acid through urine.

- ◆ Too much **uric acid** in the blood can cause crystals to form in a joint and cause gout.

Urine

(yoor een)

A liquid waste made in the kidneys.

- ◆ **Urine** is released from the body when you go to the toilet.

Urinalysis

(YOOR-in-AL-ih-sis)

An array of tests that can be carried out on a urine sample.

- ◆ The **urinalysis** showed that Sam had blood in his urine.

Uveitis

(you vee EYE tis)

A condition that causes the middle layer of the eye to become inflamed.

- ◆ **Uveitis** causes pain, redness and blurred vision.

V

Vague

(vayg)

Unclear, not for sure

- ◆ Sonia's symptoms were **vague**, so Dr. Healy could not make a clear diagnosis.

Vascular

(vask yool ar)

Relating to the body's network of blood vessels.

- ◆ **Vascular** disease can be caused by smoking

Vasculitis

(vask yool EYE tis)

A condition that causes the walls of the blood vessels to be inflamed.

◆ **Vasculitis** can cause damage to many organs and is usually treated with steroids.

Vertebra

(ver te bra)

One of the bones in the spine.

◆ Denise fractured one of her **vertebra** during a fall.

Vertebroplasty

(VER teh bro plah stee)

Surgery to repair damage to a vertebra

◆ Fiona had a **vertebroplasty** performed on her damaged vertebra to help ease her pain.

Visual Analogue Scale VAS

no pain ————— very severe pain

(VIZH u el Ana log Skayl)

A test that uses a line to find out a person's level of agreement to a question posed. (see image above).

◆ Patrick was given a **visual analogue scale** to mark how much pain he was feeling.



Wegener's Granulomatosis

(veg en erz gran u lo ma TOE sis)

An autoimmune disease that damages the blood vessels and causes disease in the lungs, sinuses, kidneys and other organs.

◆ Ray's rheumatologist confirmed the diagnosis of **Wegener's Granulomatosis** after a blood test and lung biopsy.

We don't have any words for the following letters, but you may write other words here:

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Abbreviations

AS	Ankylosing Spondylitis (an kee low sing SPON dee lytis)
IV	Intravenous. IV means into the vein.
mg	Milligram. Mg is a unit of weight. It is used as an amount of medicine.
OA	Osteoarthritis (oh stee oh ar THRY tis)
RA	Rheumatoid arthritis (ROO ma toyd ar THRY tis)

You may come across other abbreviations for long words. Write other abbreviations here on this page:

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Common tests

ANA	Antinuclear Antibody. An ANA is a test for abnormal antibodies.
CRP	C Reactive Protein. A CRP test can detect inflammation in the body.
CT Scan	This is often referred to as a CAT scan (Computerized Axial Tomography scan). This is a type of X-ray used to view the bones in your body.
ECG	Electrocardiogram. An ECG is an electric recording of the heart.
ESR	Erythrocyte (or RBC) Sedimentation Rate. ESR is a blood test for inflammation.
Isotope bone scan	This is a type of scan where pictures of bones are taken with a special camera following a small injection of material, that shows up the detail of your bones clearly.
Lipid profile	This is a group of tests ordered together to determine a person's risk of developing heart disease.
MRI	Magnetic Resonance Imaging (MRI). An MRI can take pictures of the organs inside a person's body.
RF	Rheumatoid Factor is a blood test carried out to test for rheumatoid arthritis and other conditions.
Thyroid function	This is a test used to tell how well your thyroid is working.
Ultrasound scanning	This is a painless test that uses sound waves to create images of organs and tissue inside your body.
X-ray	A picture of the bones and other parts inside the body.

Places to go for care and testing

Cardiology	(kar dee AL oh gee) The medical department that treats heart problems.
Dermatology	(dur ma TOL oh gee) The medical department that treats skin problems.
Gastro - enterology	(gas tro en ter ol ogy) The department that treats problems of the digestive systems, (for example your stomach and intestines).
Nephrology	(nef RAL oh gee) The medical department that treats kidney problems.
Neurology	(nur OL oh gee) The medical department that treats problems of the brain and nervous system.
Nutrition	(noo TRI shun) The medical department that focuses on food and diet.
Occupational Therapy	(ah kyoo PAY shun al THEHR a pee) Part of the rehabilitation department. This type of therapy helps patients learn easier ways to do everyday activities. Also known as OT.
Ophthalmology	(oph thal mol ogy) The department that treats problems of the eye.
Orthopaedics	(orth oh PEE diks) The department that treats bone and joint problems - usually with surgery.
Physiotherapy	(fi si o THEHR a pee) Part of the rehabilitation department. This type of therapy helps patients learn ways to decrease their pain and to increase and keep their motion and strength. Also known as physio.

Podiatry	(po DY a tree) The medical department that treats problems of the feet.
Psychiatry	(sy KY a tree) The medical department that treats people with mental or emotional problems.
Respiratory	(res PEER at or ee) The medical department that treats lung problems. Also known as pulmonary.
Phlebotomy	(fleb OH to mee) The medical department that takes blood samples for testing.
Radiology	(ray dee AL oh gee) The medical department that uses x-rays and other images to help diagnose medical problems.
Rheumatology	(roo ma TAL oh gee) The medical department that treats problems of joints, the immune system and bones.
Social work department	The department that provides advice, housing and financial assistance.

Important contacts

Name _____

Phone number _____

Consultant _____

Phone number _____

Rheumatology Nurse Specialist _____

Phone number _____

Physiotherapist _____

Phone number _____

Occupational therapist _____

Phone number _____

Doctor (GP) _____

Phone number _____

Social worker _____

Phone number _____

Other _____

Words to ask about

[illegible]

Places to call for more information

Your local numbers

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National resources

Arthritis Ireland

Inform. Enable. Empower.



1 Clanwilliam Square, Grand Canal Quay,
Dublin 2

Helpline: LoCall 1890 252 846

www.arthritisireland.ie

info@arthritisireland.ie

For confidential information and support
contact the Arthritis Ireland Helpline.

Opening times: Mon to Fri 10am to 4pm.

Arthritis Ireland is the only national charity
working to make a difference to the lives
of those affected by arthritis.



NALA

National Adult Literacy Agency

Áisíneacht Náisiúnta Litearthachta do Aosaigh

76 Lower Gardiner Street, Dublin 1

Tel (01) 855 4332

Fax (01) 855 5475

Freephone: 1800 20 20 65

NALA is an independent member-based
organisation concerned with developing
policy, advocacy, research and offering
advisory services in adult literacy work
in Ireland.

If you would like help with reading, writing
or using numbers, call NALA on freephone
1800 20 20 65.



“The shorter and the plainer the better.”

Beatrix Potter



MERCK SHARP & DOHME

Ireland (Human Health) Limited


**Plain
English**
Approved by NALA

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