

DR. NOMSEBENZI MALELE PHD PROJECT

ENGLISH-ISINDEBELE GLOSSARY OF MEDICAL TERMS

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APPENDIX G: ENGLISH-ISINDEBELE GLOSSARY OF MEDICAL TERMS

N	ENGLISH TERM	ISINDEBELE TERM	SYNONYM	SYNONYM	ENGLISH DEFINITION	ISINDEBELE DEFINITION	Basic Health Terms NTS-ENG-ZUL
	accouchement	ukubeletha	ukubhebhula	ukuzala	accouchement: the action of giving birth to a baby	ukubeletha/ ukubhebhula: sisenzo sokubeletha isana	
	AIDS	intumbantonga	umbulala-sihlannomsegu	i-AIDS	AIDS: a disease in which there is a severe loss of the body's cellular immunity, greatly lowering the resistance to infection and malignancy	intumbantonga: bulwele obusahlela amasotja womzimba, ekugcineni lawo masotja womzimban abhalelwa kuvikela umzimba emalweleni	ingculazi
	AIDS virus	ingogwana ebanga intumbantonga	ingogwana ebanga umbulalasihlangu	ingogwana ebanga i-AIDS	human immune deficiency virus (HIV): the virus that causes AIDS, which is the most advanced stage of hiv infection	ingogwana ebanga intumbantonga: yingogwana ebanga intumbantonga sigaba esiphezulu sokutshayeleka ngentumbantonga	
	albinism	ubuswefe			albinism : genetic disorders that cause a person to produce little or no melanin	ubuswefe: kuphazamiseka kwefuzo okubangela ukobana umuntu akhiqize imelanini encani namkha angayikhiqizi nakancani imelanini	
	amnesia	i-amnesiya	ukuhlahlekelwa mkhumbulo		amnesia: a partial or total loss of memory	i-amnesiya: kulahlekelwa mkhumbulo ngokuyingcenyene namkha ngokupheleleko	i-amnesiya
	anemia	ukuthayelelwa ziingazi	i-anemiya		anaemia: a condition in which there is a deficiency of red cells or of haemoglobin in the blood, resulting in pallor and weariness	i-anemiya: bujamo bokuthayelelwa ziingazi, ubujamobu bubanga ukudinwa okukhulu	

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	antibiotics	iimbulalamagciwana	ama-anthibhayothiksi		antibiotics: a medicine (such as penicillin) that inhibits the growth of or destroys micro-organisms	iimbulalamagciwana: mitjhoga (efana nephensilini) evimbela ukukhula kwamagciwana	
	antibody	isivikela sifo	isivikela malwele	amasotja womzimba	antibody: a blood protein produced in response to and counteracting a specific antigen	isivikela sifo: yiphrotheyini yeengazi ekhiqizelwa ukujamelana namkha ukulwisana ne-athijeni ethileko	
	antiretroviral drugs	iingogobalisi zentumbantonga			anti-retroviral: denoting or relating to a class of drugs which inhibit the activity of retroviruses such as hiv	iingogobalisi zentumbantonga: zijamele umkhakha wemitjhoga evimbela iingogwana ezifana nale yentumbantonga	
	antiseptic	isivimbelakubhibidlha			antiseptic: preventing the growth of disease-causing micro-organisms	isivimbelakubhibidlha: sivimbela ukukhula kwemulwana ebanga amalwele	
	anxiety	ukwethuka			anxiety: a feeling of worry, nervousness, or unease about something with an uncertain outcome	ukwethuka: umuzwa wokukhathazeka, ukungatjhaphuluki ngento ethileko onganasiqiniseko ngemiphumela yayo	
	asthma	i-asma	isifosesifuba		asthma: a condition in which your airways narrow and swell and may produce extra mucus, this can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath	i-asma: bujamo la iindledlana zommoya zincipha khona bezivuvuke. Zingakhiqiza amathimila. Lokhu kungenza ukuphefumula kube budisi bekukubangele ukukhohlela netjhada elitswninizako lokha nawuphefumulako. Lokhu kubanga nokuthayelelwa mummoya.	

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	B						
	bacterium	umulwana	ibhaktheriya		bacteria: microscopic, single-celled organisms that thrive in diverse environments	umulwana: magciwana aneseli linye aphila ebujameni obuhlukeneko begodu abonakala ngemayikhroskopu kwaphela	Ibhaktheriya
	biopsy	ibhayopsi			biopsy: a medical test involving the extraction of sample cells or tissues for examination to determine the presence or extent of a disease	ibhayopsi: kuhlolwa kwezokwelapha okufaka hlangana ukudoswa kwesampula yamasele ukuze ayokuhlolwa ngehloso yokuqala ukobana ubulwele bukhona na nokuthi bukhambe kangangani	
	bipolar	ibhayiphola			bi-polar: a disorder associated with episodes of mood swings ranging from depressive lows to manic highs	ibhayiphola: bujamo bomkhumbulo obukhambelana nokutjhuguluka kwemizwa okungasuka la umuntu aphasi khulu emmoyeni ukuya la aphezulu khulu khona	
	bladder infection	ukutshayeleka kwesinye			bladder infection: type of urinary tract infection (uti). It is an infection anywhere in the urinary tract, such as the bladder, kidneys, ureters, or urethra. Most cases of bladder infections are acute, meaning they occur suddenly.	ukutshayeleka kwesinye: kutshayeleka kwendlela yomthundo. Ukutshayeleka kufaka hlangana isinye, iziso namkha isibeletho. Kanengi ukutshayeleka kwesinye kwenzeka msinyana, kungakalindeleki.	

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	C						
	cancer	umdlavuz	ikhenza	ikankere	cancer: a disease in which abnormal cells divide uncontrollably and destroy body tissues	umdlavuz: bulwele la amaseli angakavami, azibuyelela khona ngokungawulekiko aze abulale amathitjhu womzimba	ikhensa
	cancer of the breast	umdlavuz webele	ikhenza yebele	ikankere yebele	breast cancer: cancer that forms in the cells of the breasts	umdlavuz webele: mdlavuz owakheka emaselini wamabele	umdlavuz wesifuba
	cancer of the cervix	umdlavuz womlomo wesibelesho	ikhenza yomlomo wesibelesho	ikankere yomlomo wesibelesho	cancer of the cervix: cancer that forms in the cells of the cervix	umdlavuz womlomo wesibelesho: mdlavuz owakheka emaselini womlomo wesibelesho	
	cancer of the endometrium	umdlavuz weboda lesibelesho	ikhenza/ikankere yeboda lesibelesho	ikhenza/ikankere ye-endomethriyam u	cancer of the endometrium: cancer that forms in the cells of the endometrium	umdlavuz weboda lesibelesho: mdlavuz owakheka emaselini weboda lesibelesho	
	cancer of the prostate	umdlavuz wephrosteyiti	ikankere/ikhenza yephrosteyiti		cancer of the prostate: cancer that forms in the cells of the prostate	umdlavuz wephrosteyiti: mdlavuz owakheka emaselini wephrosteyiti	
	cancer of the skin	umdlavuz wesikhumba	ikankere/ikhenza yesikhumba	imelanono	cancer of the skin: cancer that forms in the cells of the skin	umdlavuz wesikhumba: mdlavuz owakheka emaselini wesikhumba	
	cancer of the uterus	umdlavuz wesibelesho	ikhenza yesibelesho	ikankere yesibelesho	cancer of the uterus: cancer that forms in the cells of the uterus	umdlavuz wesibelesho: mdlavuz owakheka emaselini wesibelesho	

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	cardiac arrest	ukujanyelwa yihliziyo	ukubotjhwa kwehliziyo		cardiac arrest: sudden, unexpected loss of heart function, breathing and consciousness	ukujanyelwa yihliziyo: kulokha ihliziyo ijama ingasasebenzi, ngokuphanya kwelihlo, lokhu kulandelwa kubhalelwa kuphefumula nokutsirimezeka	
	cardiology	ikhadiyoloji			cardiology is the study and treatment of disorders of the heart and the blood vessels	Ikhadiyoloji: sifundo nokwelatjhwa kwehliziyo nemithambo yegazi	
	cardiologist	udorhodere wehliziyo	Ikhadiyolojisti		a cardiologist: a doctor with special training and skill in finding, treating and preventing diseases of the heart and blood vessels	udorhodere wehliziyo: ngudorhodere obandulelwe ukuthola, ukwelapha namkha ukuvimbela amalwele wehliziyo nemithambo yeengazi	
	cardiovascular disease	ubulwele behliziyo			cardiovascular: heart and blood vessel disease	ubulwele behliziyo: bulwele obuphathelele nokusebenza kwehliziyo nemithambo yehliziyo	
	chest pain	ubuhlungu besifuba			chest pain: a discomfort in the chest including a dull ache, a crushing or burning feeling, a sharp stabbing pain and pain that radiates to the neck or shoulder	ubuhlungu besifuba: kungatjhaphuluki esifubeni, ukufaka hlangana ubuhlungu obubudisi, umuzwa otjhisako, ubuhlungu obuhlaba kabuhlungu obusuka entanyeni buye ehlombe	

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	chicken pox	ipoksi			chicken pox: an infectious disease causing a mild fever and a rash of itchy inflamed pimples which turn to blisters and then loose scabs; it affects mainly children	ipoksi: bulwele obuthathelanako obubanga umtjhiso neratjhi kuvame ukobana kube neenlonjana ezizala amanzi; iphatha khulu abentwana	
	chemotherapy	ikhimotheraphi	ukwelatjhwa ngokutjhiswa		chemotherapy: the treatment of disease by the use of chemical substances, especially the treatment of cancer by cytotoxic and other drugs	ikhimotheraphi: kukwelatjhwa kobulwele ngokusebenzisa amakhemikhali, khulu khulu nakwelatjhwa umdlavuza	ikhimotheraphi
	cholera	ikholera	ubulwele bokurhuda		cholera: an infectious and often fatal bacterial disease of the small intestine, typically contracted from infected water supplies and causing severe vomiting and diarrhoea	ikholera: bulwele obuthelanelako bamathumbu amancani, butholakala emanzini atshayelekileko, bubanga nokuhlanza okukhulu ubulwelobu	ikholela/ihhudo
	chronic	ikhronikhi	ubulwele oburhwahlaphazako		chronic: (of an illness) persisting for a long time or constantly recurring	ikhronikhi: bulwele oburhwahlaphazako obuthatha isikhathi eside namkha obuhlala bubuyelela	

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	Chronic Fatigue Syndrome (cfs)	i-CFS	ukudinwa okukhulu		Chronic Fatigue Syndrome (CFS): a complicated disorder characterised by extreme fatigue that lasts for at least six months and that can't be fully explained by an underlying medical condition; the fatigue worsens with physical or mental activity, but doesn't improve with rest	i-CFS: bujamo bokudinwa okukhulu okungahlala bekube ziinyanga ezisithandathu; ukudinokhu angeze wathi bubangelwa bujamo obuthileko bezamaphilo; lokhu kudinwa buba namandla lokha umuntu nakenza umsebenzi othileko wezandla namkha womkhumbulo; ukudinokhu akubi ngcono nanyana umuntu angaphumula kangangani	
	clinic	umtholapilo	Itlinigi		clinic: an establishment or hospital department where outpatients are given medical treatment or advice, especially of a specialist nature	umtholapilo/itlinigi: mumakhiwo namkha umnyango wesibhedlela la iinguli zangaphandle zinikelwa khona imitjhoga namkha iinyeleliso	
	colic	ikholikhi			colic: when a healthy baby cries a lot for a longer time than most babies	ikholikhi: kulokha isana eliphilileko lilila khulu isikhathi eside ukwedlula abanye abentwana	ikholikhi

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	communicable diseases	ubulwele obuthathelanako	ubulwele obuthelelanako		a communicable disease: disease that is spread from one person to another through a variety of ways that include: contact with blood and bodily fluids; breathing in an airborne virus; or by being bitten by an insect	ubulwele obuthathelanako: bulwele obusabalala ngokusuka komunye umuntu buye komunye ngebanga lokuthintana ngokweengazi namkha iketjezi, ukuphefumula, ukulunywa ziinunwana	
	constipation	ukubhinjidelwa			constipation: bowel movements that are infrequent or hard to pass	ukubhinjidelwa: kutjho ubuthuvi obungenzeki namkha obungezi ngendlela ejayelekileko namkha obungakhambi lula	ukuqumbelana
	contraceptives	iinkhandlimbeleko			contraceptives: a device or drug serving to prevent pregnancy	iinkhandlimbeleko: iqhinga namkha umtjhoga ovimbela ukuba sidisi	isivikela kukhulelwa
	counselling	ukululekwa ngokomkhumbulo	ikhanselinghi		counselling: the process that occurs when a client and counsellor set aside time to explore difficulties which may include the stressful or emotional feelings of the client; the act of helping the client to see things more clearly, possibly from a different view-point	ukululekwa ngokomkhumbulo: yikambiso eyenzekako lokha umluleki abekela ngeqadi isikhathi sokuhlola ubudisi obungafaka hlangana, imizwa ediselwako yomlulekwa; yikambiso yokusiza umlulekwa ukobana abone izinto ngendlela ecacileko nangakwelinye ihlangothi	

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	c-section	ukubeletha ngokusikwa	i-c-section		cesarean delivery (C-section): a surgical procedure used to deliver a baby through incisions in the abdomen and uterus	ukubeletha ngokusikwa: kubeletha ngokobana umma asikwe isibeletho ukuze kukhutjwe isana	
	D						
	dehydration	ukuphelelwa mamanzi emzimbeni	ukoma		dehydration: when someone loses more fluids than he or she takes in	ukuthayelelwa mamanzi emzimbeni: kulokha umuntu aphelelwa mamanzi khulu okwedlula indlela awathola ngayo emzimbeni	
	dentist	udorhodere wamazinyo			a dentist, also known as a dental surgeon, is a surgeon who specialises in dentistry, the diagnosis, prevention, and treatment of diseases and conditions of the teeth	udorhodere wamazinyo: ngudorhodere obandulelwe amazinyo wabantu; uhlola, avikele bekalaphe amalwele wamazinyo	
	de-oxygenated blood	iingazi ezingena oksijini			deoxygenated blood :refers to the blood that has a low oxygen saturation relative to blood leaving the lungs	iingazi ezingena oksijini: ziingazi ezine-oksijini encani emaphatjhini	
	depression	ukugandeleleka ngokomkhumbulo	idiphreshini		depression (major depressive disorder): a common and serious medical illness that negatively affects how you feel, the way you think and how you act	ukugandeleleka ngokomkhumbulo: bulwele bomkhumbulo obunesithintela endleleni ozizwa ngayo, indlela ocabanga nowenza ngayo izinto	

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	diabetes	ubulwele betjhukela	ubulwele beswigiri	itjhukela/ iswigiri	diabetes: a disease that occurs when your blood glucose, also called blood sugar, is too high. <i>type 1 diabetes</i> : a chronic condition in which the pancreas produces little or no insulin	itjhukela/ubulwele betjhukela: bulwele obenzeka lokha itjhukela eseengazini nayiphezulu. umhlobo-1 wetjhukela: lomhlobo wenzeka lokha amaphenkhrisi angakhiqizi i-insulini namkha akhiqiza i-insulini encani	isifo sikashukela
	diarrhoea	ukurhuda	ukuthulula		diarrhoea: loose, watery stools (bowel movements).	ukurhuda: buthuvi obumamanzi khulu	uhudo
	digestive system	ihlelo lokugaya ukudla	ihlelo lokusila ukudla		the digestive system is made up of the gastrointestinal tract — also called the gi tract or digestive tract — and the liver, pancreas, and gallbladder.	ihlelo lokugaya ukudla: lakhiwe ngezitho ezifaka hlangana isibindi, inyongo njalonjalo	uhlelo lokugaya ukudla
	diseases	amalwele			diseases: a disorder of structure or function in a human, animal, or plant, especially one that produces specific symptoms or that affects a specific location and is not simply a direct result of physical injury	amalwele: kungakhambi kuhle kwesakhiwo namkha kokusebenza emntwini, esibandaneni namkha esitjalweni lokhu kwenzeka esithweni esithileko, ngaphandle kokulimala	
	doctor	udorhodere	inyanga		doctor: a person who is qualified to treat people who are ill	udorhodere: mumuntu obandulelwe ukwelapha abantu abagulako	

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	down syndrome	idawunisindromu			down syndrome: a congenital disorder arising from a chromosome defect, causing intellectual impairment and physical abnormalities including short stature and a broad facial profile	idawunisindromu: kulangahlangana kokuzalwa okuvela kumakhromozowumu angakalungi, enza kwenzeke okungakavami emzimbeni nemkhumbulweni. lokhu kwenza ukukhula kuriyade khulu	idawunisindromu
	E						
	ectopic pregnancy	isidisi samatjhubhu			ectopic pregnancy: a pregnancy in which the fertilised egg implants outside the uterus	isidisi samatjhubhu: iqanda elivundisweko lihlala ngaphandle kwesibe letho	
	eczema	i-ekzima			eczema: a condition where patches of skin become inflamed, itchy, red, cracked, and rough	i-ekzima: bujamo la amapetjhe wesikhumba aba neratjhi, alume, abe bovu, kube nokudabuka njll	
	epidemic	umbulalalizwe			an epidemic: the rapid spread of disease to a large number of people in a given population within a short period of time	umbulalalizwe: kurhatjheka msinyana kobulwele ebantwini abanengi ngesikhatjhana esincani	

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	epilepsy	isithunhwani	ubulwele bokuwa	i-ephilepsi	epilepsy: a disorder in which nerve cell activity in the brain is disturbed, causing seizures	isithunhwani: kungasebenzi kuhle namkha ukuphazamiseka komthambo osebutjheni, lokhu kubanga ukutsirimezeka	Isithuthwane
	F						
	fallopian tubes	amatjhubhu wokudlulisa amaqanda			fallopian tubes: the female structures that transport the ova from the ovary to the uterus each month	amatjhubhu wokudlulisa amaqanda: matjhubhu akhambisa amaqanda, awase esibeletweni iinyanga zoke	
	FAST (Stroke)	I-FAST (Istrowuku)			FAST: an acronym for a device used to help detect and enhance responsiveness to the needs of a person having a stroke	I-FAST (Istrowuku): sirhunyezo esijamele isisetjenziswa esisetjenziselwa ukuthola ukobana umuntu usabela kangangani, sikhambe kangangani istrowuku	
	fetus	umbungu			fetus: an unborn or unhatched offspring of a mammal, in particular an unborn human	umbungu: mntwana womuntu ongakabelethwa	umbungu/ umntwana osakhula esiswini
	fever	umtjhisomkhulu womzimba			fever: a temporary increase in your body temperature, often due to an illness	umtjhisomkhulu womzimba: kukhuphuka kwamsinyana kwezinga lokutjhisomzimba, izingeli libangwa bulwele	

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	fibroids	amafayibhrotsi	iimila zangesibelethweni		fibroids: non-cancerous growths in the uterus that can develop during a woman's childbearing years	amafayibhrotsi: ziimila ezingenamdlavuzwa ezikhula ngaphakathi kwesibelesho eminyakeni yomfazi yokubeletha	
	flu	umgomani	umkhuhlani	i-flu	flu: a common viral infection that can be deadly in high risk groups	umgomani: kutshayeleda ngengogwana okuvamileko okungabulala labo abanamasotja womzimba abuthakathaka	umkhuhlane/i-influenza
	flu vaccine	ukuhlabela umkhuhlani	ukuhlabela umgomani	ukuhlabela i-flu	flu-vaccine: vaccines that protect against infection by influenza viruses	ukuhlabela umgomani: mijovo evikela ukutshayeleda ngemulwana yomgomani	umgomo
	fontanelle	ihlokwana			fontanelle (or fontanel) (colloquially, soft spot): an anatomical feature of the infant human skull comprising any of the soft membranous gaps (sutures) between the cranial bones that make up the calvaria of a fetus or an infant	ihlokwana: litshwayo eliba khona ehlokweni yesana la ihloko itjhingela ngaphakathi kube ngasuthi kunomgodi ehlokweni yomntwana. kubangwa kungabi namanzi emzimbeni womntwana	ifontaneli

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	G						
	genital herpes	iinlonda zezitho zobulili	amatjhatjhazi weenlonda zobulili		genital herpes: a sexually transmitted disease; it causes herpes sores, which are painful blisters (fluid-filled bumps) that can break open and ooze fluid	iinlonda zezitho zobulili: bulwele obuthathwelana ngokomseme; bubanga iinlonda ezibuhlungu (ezizele amanzi) ezingaputjuka zivuze lawo manzana	
	germ	igciwana	igciwani		germ: micro-organisms known as pathogens or "germs" can lead to disease; these small organisms, too small to see without magnification, invade humans, animals, and other living hosts	igciwana: ziinunwani ezingabanga ukugula; iinunwanezi azibonakali ngamehlo wenyama; iinunwanezi zisahlela abantu, iibandana neentjalo	igciwane
	gestational diabetes	itjhukela-sidisi			gestational diabetes: diabetes diagnosed for the first time during pregnancy (gestation)	itjhukela-sidisi: yitjhukela ephatha umfazi osidisi; kanengi ngemuva kokubeletha ayisabi khona	
	gonorrhoea	igonoriya			gonorrhea: a sexually transmitted bacterial infection, if untreated may cause infertility	igonoriya: bulwele obuthelana ngokomseme, nabungeze balatjhwa bungabanga ukungabelethi	igonoriya
	gynaecologist	udorhodere wabafazi	igayini	igayinakholojisti	gynecologist: a surgeon who specialises in the female reproductive system	udorhodere wabafazi: ngudorhodere obandulelwe izitho zabafazi zokubeletha	

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	H						
	headache	ihloko	ihloko ebuhlungu		headache: a painful sensation in any part of the head, ranging from sharp to dull, that may occur with other symptoms	ihloko ebuhlungu: mumuzwa obuhlungu kinanyana ngiliphi iihlangothi lehloko; ubuhlungobu bungaba ngobuhlabako namkha obuzwakalela phasi; bungakhambisana namanye amatshwayo	
	HIV	iHIV			Human Immunodeficiency Virus (HIV): an infection that attacks the body's immune system, specifically the white blood cells called cd4 cells	iHIV: bulwele obulwa namasotja womzimba khulukhulu ama-white blood cells abizwa ngokobana ma cd4 seli	ingculazi
	HIV testing	ukuhlololwa iHIV			HIV testing: used to detect the presence of the HIV virus, the virus that causes AIDS syndrome	ukuhlololwa iHIV: kuhlolwa ngomnqopho wokuthola ukobana umuntu unayo na ingogwana ebanga intumbantonga	ukuhlolo-ngculazi
	hormones	amahomowuni			hormones: chemical messengers that are secreted directly into the blood, which carries them to organs and tissues of the body to exert their functions	amahomowuni: ziinthunywa ezibukhemikhali ezikhiqizwa ziingazi; zisa ezithweni zomzimba ukuze zenze umsebenzazo	

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	hormonal pigmentation	iintjhubaba			hormonal pigmentation: appears as irregular patches of brown skin on the forehead, cheeks, upper lip, chin and nose and is more commonly seen in people with darker complexions	iintjhubaba: mapetjhi abhraweni atholakala epandla, eenhlathini, eendebeni, epumulweni; zibonakala khulu ebantwini abanebala elinzima	
	HPV	iHPV			Human Pilloma Virus (HPV): a viral infection that's passed between people through skin-to-skin contact	iHPV: kutshayeleva ngengogwana okwenzeka hlangana nabantu ngebanga lokuthintana ngesikhumba	
	hyperhidrosis	ihayiphehayidrosisi	ukungurumela khulu		hyperhidrosis: a condition characterised by excessive sweating	ihayiphehayidrosisi: bujamo obubangela ukobana umuntu angurumele khulu	
	hypertension	ihayiphathenshini			hypertension: another name for high blood pressure	i-hayiphathenshini: leli ngelinye ibizo lomfutho weengazi ophakemeko	
	hysteroscopy	ihistereskopi			hysteroscopy: a procedure that allows your doctor to look inside your uterus in order to diagnose and treat causes of abnormal bleeding	ihistereskopi: yikambiso eyenziwako, evumela udorhoderakho ukobana akwazi ukuqala ngaphakathi kwesibeletso sakho ukuze ahlole bekalaphe ukopha okungakajayeleki	
	hysterectomy	ukukhutjhwa kwesibeletso	ihisterektomi		hysterectomy: an operation to remove a woman's uterus	ihisterektomi: kukhutjhwa kwesibeletso ngokusikwa	ukususwa kwesibeletso

N	ENGLISH TERM	ISINDEBELE TERM	SYNONYM	SYNONYM	ENGLISH DEFINITION	ISINDEBELE DEFINITION	Basic Health Terms NTS-ENG-ZUL
	I						
	incubator	ibhodlelo	isifukameli		incubator: an insulated enclosure in which temperature, humidity, and other environmental conditions can be regulated at levels optimal for growth, hatching, or reproduction	ibhodlelo: simumathi la umtjhisio, umswakama namanye amajamo webhoduluko asetjenziselwa ukukhulisa, ukuphandlisela nokukhiqiza	isifukameli
	indigestion	ukuparelwa	ukuqurhelwa		indigestion: also called dyspepsia or an upset stomach is a general term that describes discomfort in your upper abdomen	ukuparelwa: kulokha kunganabunzindo kesingehla	ukuqumbelana
	infection	ukutshayeleka			infection: a disease caused by micro-organisms that invade tissue	ukutshayeleka: bulwele obubangwa magciwana angena kumathitjhu	
	injection	ukuhlaba			injection: the act of putting a liquid, especially a drug, into a person's body using a needle	ukuhlaba: sisenzo sokufaka imitjhoga emamanzi emzimbeni womuntu ngokusebenzisa inalidi	
	insulin	i-insulini			insulin: a hormone made by the pancreas that allows your body to use sugar (glucose) from carbohydrates in the food that you eat for energy or to store glucose for future use	i-insulini: yihomowuni eyenziwa yiphenkhristi evumela umzimba ukusebenzisa itjhukela esuka kumakhabohayidrethi ekudleni okudlela amandla namkha ukubeka itjhukela uyibekela isikhathi esizako	i-insulini

N	ENGLISH TERM	ISINDEBELE TERM	SYNONYM	SYNONYM	ENGLISH DEFINITION	ISINDEBELE DEFINITION	Basic Health Terms NTS-ENG-ZUL
	L						
	laboratory	ilaborathri			laboratory: a facility that provides controlled conditions in which scientific or technological research, experiments, and measurement may be performed	ilaborathri: umakhiwo wokusebenzela labo abaraga zesayensi ukufaka hlangana amarhubhululo wezesayensi newetheknoloji	
	laparoscopy	ilapharaskophi			laparoscopy: an operation performed in the abdomen or pelvis using small incisions with the aid of a camera	ilapharaskophi: kuhlinzwa okwenziwa ngemathunjini ngokusika okuncazana okunekhamera; ilapharaskopi isiza ekutholeni umraro ukuze kwelatjhwe	
	M						
	malaria	imalariya			malaria: a disease caused by a plasmodium parasite, transmitted by the bite of infected mosquitoes	imalariya: bulwele obusabalaliswa kulunywa bonompopoloza abatshayekileko, mgomani odengezelisako	umalaleveva
	malnutrition	ukungadli ukudla okunomsoco	ukungadli ukudla okunezakham zimba	imalnuthrishini	malnutrition: a condition that results from eating a diet in which one or more nutrients are either not enough or are too much such that the diet causes health problems	ukungadli ukudla okunomsoco: bujamo obuvela ngebanga lokobana ukudla okudlako kutjhoda izakhamzimba namkha kunezakha mzimba ezinengi, lokhu kubanga imiraro yezamaphilo	ukungondleki

N	ENGLISH TERM	ISINDEBELE TERM	SYNONYM	SYNONYM	ENGLISH DEFINITION	ISINDEBELE DEFINITION	Basic Health Terms NTS-ENG-ZUL
	medical care	itjhejo lezokwelapha			medical care: the provision of what is necessary for a person's health and well-being by a doctor, nurse, or other healthcare professional	itjhejo lezokwelapha: kunikelwa kwalokho isiguli esikutlhogako kwezokwelapha ngunese, udorhodere namkha isisebenzi nanyana ngisiphi sokwezokwelapha	
	medication	imitjhoga			medication (also referred to as medicine, pharmaceutical drug, or simply drug): a drug used to diagnose, cure, treat, or prevent disease	umtjhoga/ intatha: sigogobalisi esisetjenziselwa ukuhlola, ukwelapha nokuvikela ubulwele	
	melanin	imelanini			melanin: the pigment that gives human skin, hair, and eyes their colour	imelanini: yiphigmenti enikela isikhumba somuntu iinhluthu namehlo umbala	
	menopause	imenophosi	ukungasayi esikhathini		menopause: the time that marks the end of your menstrual cycles; it is diagnosed after you've gone 12 months without a menstrual period	imenophosi: sikhathi esiveza ukuphela komzombezezo wokuba sesikhathini; itholwa lokha nawuthethe iinyanga ezili-12 ungasi esikhathini	
	menstruation	ukuba sesikhathini	ukuba semalangenani	ukuba senyangenani	menstruation: the process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy	ukuba sesikhathini: kulokha umuntu wengubo nakavinyilika iingazi nokhunye okusuka ebodeni lesibelethe ngokuhlukana kwesikhathi okungaba yinyanga kusukela ebutlawanani bekufike la umuntu angasayi khona esikhathini, ngaphandle kwalokha nakasidisi	

N	ENGLISH TERM	ISINDEBELE TERM	SYNONYM	SYNONYM	ENGLISH DEFINITION	ISINDEBELE DEFINITION	Basic Health Terms NTS-ENG-ZUL
	menstrual cycle	umzombezezo wokuba sesikhathini	umzombezezo wesikhathi		menstrual cycle: a cycle is counted from the first day of 1 period to the first day of the next period. the average menstrual cycle is 28 days long	umzombezezo wokuba sesikhathini: ubalwa kusukela elangeni lokuthoma lokubona isikhathi ukuya elangeni lokuthoma lokubona amalanga ukuya esikhathini esilandelako; umzombezezo ovamileko uba malanga ama-28	
	migraine	imigreyini			migraine: headache of varying intensity, often accompanied by nausea and sensitivity to light and sound	imigreyini: yihloko ebuhlungu khulu, ekhambisana nokugonyuluka kanye nokungafuni umkhanyo netjhada	
	miscarriage	ukuphunyelwa sidisi	ukubuya endleleni		miscarriage: a spontaneous loss of a woman's pregnancy before the 20th week that can be both physically and emotionally painful	ukuphunyelwa sidisi: kulahlekelwa ngokungakahleli sidisi ngaphambi kobana sifike eemvekeni ezima-20; ukulahlekelokhu kuba buhlungu enyameni nemizweni	
	molar pregnancy	isidisi semola	isidisi seenyama		molar pregnancy: is a non-cancerous tumour that develops in the uterus as a result of a non-viable pregnancy	isidisi semola: sidisi seenyama ezinganamdlavuzwa ezenzeka ngaphakathi kwesibeetho ngebanga lesidisi esingakhange siphumelele	

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	N						
	nausea	ukugonyuluka			nausea: stomach discomfort and the sensation of wanting to vomit	ukugonyuluka: kulokha kungasimnandi ngemathunjini ube ufune ukuhlanza	
	navarapine	inevaraphini	isidambisi sentumbantonga		nevirapine (viramune): an anti-hiv drug that reduces the amount of viruses in the body; anti-hiv drugs such as nevirapine slow down damage to the immune system and prevent the occurrence of AIDS-defining illnesses	inevaraphini: mtjhoga owehlisa inani lengogwana emzimbeni; umnqopho ehlisa izinga lobungozi emasotjeni womzimba ivimbele namalwele wentumbantonga	
	nervous system	ihlelo lemezwa			nervous system: the network of nerve cells and fibres which transmits nerve impulses between parts of the body	ihlelo lemezwa: lithungelelano lamaseli wemisipha aletha imilayezo hlangana nezitho zomzimba	uhlelo lemezwa
	non-communicable diseases	amalwele angathathelaniko			non-communicable disease (ncd): a disease that is not transmissible directly from one person to another	ubulwele obungathathelaniko: bulwele obungasukiko komunye umuntu buye komunye	
	nurse	umhlengikazi	unese		nurse: a person trained to care for the sick or infirm, especially in hospital	umhlengikazi: mumuntu obandulelwe ukuthogomela namkha ukutjheja abantu abagulako emitholapilo neembhedlela	

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	O						
	obesity	ukunona			obesity: a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health	ukunona: bujamo bezokwelapha la amafutha womzimba abutheleleke ngendlela yokobana lokhu kunomthelela epilweni yomuntu	ukunona
	obsessive compulsive disorder(ocd)	i-ocd			obsessive compulsive disorder (ocd): a mental illness that causes repeated unwanted thoughts or sensations (obsessions) or the urge to do repetitive behaviours	i-ocd: bulwele bomkhumbulo obubanga imikhumbulo ebuyelwako, engafunekiko; ubulwelobu benza umuntu enze izinto ngokubuyelwe khulu.isb. ukuhlanza indawo ehlanzekileko	
	oral care	ukutlhogonyelwa komlomo	ukutjhejwa komlomo		oral care: the practice of keeping one's mouth clean and free of disease and other problems	ukutlhogonyelwa komlomo: mumukghwa wokuphatha kuhle umlomo, uhlale uhlanzekile unganamalwele neminye imiraro	
	oestrogens	ama-ustrejini			oestrogens: hormones that are important for sexual and reproductive development, mainly in women; they are also referred to as female sex hormones	ama-ustrejini: mahomowuni aqakathekileko kwezokulalana nokubeletha, atholakala ebantwini bengubo; abizwa godu nokuthi mahomowuni wabafazi wobulili	
	oxygenated blood	iingazi ezine-oksijini			oxygenated blood:the blood that has been exposed to oxygen in the lungs	iingazi ezine-oksijini: ziingazi ezithola ummoya ocwengileko/ iingazi ezithola i-oksijini emaphatjhini	

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	P						
	pandemic	umabhubhisa			pandemic: a disease outbreak that spreads across countries or continents; it affects more people and takes more lives	umabhubhisa: bulwele oburhatjhekela kezinye iinarha namaphasi. bubamba abantu abanengi begodu buthatha nabantu abanengi	
	pap smear	ipapsmiye	ukuhlolwa komlomo wesibeletso		pap smear: a pap smear, also called a pap test, is a screening procedure for cervical cancer	ipapsmiye: kuhlolwa komlomo wesibeletso sihlolwa umdlavuza	ucwephano lomlomo wesibeletso
	patient	Isiguli	isigulana		patient: a person receiving or registered to receive medical treatment	isiguli: mumuntu owemukela namkha otloliselwe ukwemukela ukwelatjiswa kwezamaphilo	
	patient transfer	ukwedluliswa kwesiguli			patient transfer: moving a patient from one flat surface to another, such as from a bed to a stretcher	ukwedluliswa kwesiguli: kususwa kwesiguli kenye indawo sisiwe kenye indawo isib. sisuswa komunye umtholapilo ukuya komunye	
	penicillins	amaphenisilini			penicillins: a group of antibacterial drugs that attack a wide range of bacteria	amaphenisilini: libuthelelo lemitjhoga elisahlala amabhatktheriya amanengi	
	people living with disabilities	abantu abaphila nokukhubazeka			people living with disabilities: those who have long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others	abantu abaphila nokukhubazeka: babantu abanamalwele emzimbeni, emkhumbulweni, emizweni lawo malwele ayabavimbela ukuzibandakanya ngokupheleleko emphakathini njengabanye abantu	

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	phantom pregnancy	isidisi esingasi ngesambala	isidisi sangemkhumbulweni		phantom pregnancy/ false pregnancy: the appearance of clinical or subclinical signs and symptoms associated with pregnancy when the woman is not actually pregnant	isidisi esingasingesamambala/ isidisi sangemkhumbulweni: isidisi okungasiso isidisi: kulokha umfazi anamatshwayo woke wokuba sidisi kodwana angasi sidisi	
	phobia	ifobiya			phobia: a type of anxiety disorder defined by a persistent and excessive fear of an object or situation	ifobiya: mhlobo wokwethuka namkha ukwesaba okudlulileko into ethileko namkha ubujamo isb. ukwesaba indawo evalelekileko	ifobiya
	pregnancy	ukuzithwala	ukuba nesidisi	ukuba sebantwini	pregnancy: the condition or period of being pregnant	ukuzithwala: bujamo namkha isikhathi sokuba sidisi	ukukhulelwa
	pre-diabetes	iphridayibhithisi			pre-diabetes: a condition in which blood sugar is high, but not high enough that it can be type 2 diabetes	iphridayibhithisi: bujamo la itjhukela iphakeme kodwana ingakaphami khulu bona kungaba mhlobo wesi-2 wobulwele betjhukela	
	primary health care	ukutlhogonyelwa kwepilo okusisekelo			primary health care, or phc: "essential health care" that is based on scientifically sound and socially acceptable methods and technology; this makes universal health care accessible to all individuals and families in a community	ukutlhogonyelwa kwepilo okusisekelo: litjhejo lezamaphilo elisekelwe kusayensi neendlela ezamukelekako ngekezokuhlalisana nekezetheknoloji; ukutlhogonyelwa kwepilo esisekelo kwenza zokwelapha kutjhideleleke kibo boke abantu kanye nemindenabo emphakathini	unakekelo lwempilo

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	progesterone	iphrojesteroni			progesterone: a hormone released by the corpus luteum in the ovary; it plays important roles in the menstrual cycle	iphrojesteroni: ihomowuni ekhutjha ma-ovari, edlala indima ekulu emzombelzweni wokuba sesikhathini	
	pneumonia	inyumoniya			pneumonia: lung inflammation caused by bacterial or viral infection, in which the air sacs fill with pus and may become solid	inyumoniya: bulwele bamaphaphu obubangelwa kutshayekeka ngengogwana; imigodla yomoya izala ubovu bese iyaqina	inyumoniya/ umkhuhlane wamaphaphu
	polio	ipholiyo			polio: a very contagious disease caused by a virus; it has no symptoms	ipholiyo: bulwele obuthelelanako obubangwa yingogwana; abunamatshwayo ubulwelobu	uvendle
	pregnancy test	ukuhlolelwa isidisi			pregnancy test: detects human pregnancy hormone to determine whether an individual is pregnant	ukuhlolelwa isidisi: kuhlola ihomowuni yesidisi ukuthola ukobana ingabe umuntu usidisi na	
	psychologist	udorhodere womkhumbulo	isayikholojisti		psychologist: someone who studies the mind and behaviour of people.	udorhodere womkhumbulo: mumuntu ofunde ngomkhumbulo nokuziphatha kwabantu	
	R						
	rash	iratjhi			rash: temporary outbreak of red, bumpy, itchy patches of skin	iratjhi: maqhuqhumba wesikhatjhana abovana, alumako avela esikhunjani	ukuqubuka
	right to health	ilungelo lezamaphilo			right to health: a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity	ilungelo lezamaphilo: bujamo obupheleleko emzimbeni, emkhumbulweni nekezokuhlalisana; akutjho nokho ukungabi namalwele	

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	ring-worm	ubuthi bembuzana	iringiwemu		ringworm: spread by skin-to-skin contact or by touching an infected animal or object	ubuthi bembuzana: busabalala ngokusuka kesinye isikhumba buye kesinye; ngokuthinta isibandana esitshayelekileko namkha into etshayelekileko	umbandamu
	S						
	schizophrenia	iskizofreniya			schizophrenia: long-term mental disorder of a type involving a breakdown in the relation between thought, emotion, and behaviour, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation	iskizofreniya: bulwele bomkhumbulo obuthatha isikhathi eside obufaka hlangana, ukungasathelelan'amanzi phakathi kwemizwa, umkhumbulo nokuziphatha okwenza angasacabangi kuhle umuntu; umuntu ugcina enza izinto ezingakafaneli, uzithola angasanathintano nepilo yamambala, angasakwazi ukobona izinto ngendlela efaneleko	iskizo

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	sex education	isifundo sezobulili			sex education: high quality teaching and learning about a broad variety of topics related to sex and sexuality, exploring values and beliefs about those topics and gaining the skills that are needed to navigate relationships and manage one's own sexual health	isifundo sezobulili: kufunda nokufundisa ngemihlobo ehlukeneko ephathelene nobulili, umseme, ukuhlola amagugu neenkolelo ngalezo nhlobo nokuthola amakghono adingekako wokuphatha ubudlelwana nokulawula ipilo yobulili	
	sexually transmitted diseases	amalwele athathelana ngokomseme			sexually transmitted diseases: diseases transmitted by sexual contact, caused by micro-organisms that survive on the skin or mucus membranes of the genital	amalwele athathelana ngokomseme: malwele athathelwana ngokuthintana ngokomseme; lokhu kubangelwa ziinunwana eziphila esikhunjeni sezitho zobulili	isifo socansi esithathelanayo
	shirodkar stitch	istitjhi seshirokha			shirodkar stitch: the shirodkar stitch or mc donald circlage is a 'purse-string' stitch put into the cervix (mouth of the womb) to keep it tightly closed during pregnancy	istitjhi seshiroka: sitijhi namkha umthungo osasikhwanyana ofakwa ngaphakathi komlomo wesibeletso ukuze sivaleke ngci, ngesikhathi umma asazithwele	
	skin doctor	udorhodere wesikhumba			skin doctor: a doctor who specialises in the treatment of diseases of the skin	udorhodere wesikhumba: ngudorhodere obandululelwe ukwelapha amalwele wesikhumba	
	sore throat	umphimbo obuhlungu			sore throat: pain, scratchiness or irritation of the throat that often worsens when you swallow	umphimbo obuhlungu: buhlungu bomphimbo obenza kube budisi ukuginya	

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	sterilisation	ukubotjhwa kwesibeletso	isterilizeyishini		sterilisation: a permanent method of birth control	isterilizeyishini: yindlela yaphakade yokuhlela umndeni	
	stress	istresi			stress: a state of mental or emotional strain or tension resulting from adverse or demanding circumstances	istresi: bujamo la umkhumbulo namkha imizwa ithwala kabudisi ngebanga lobujamo obubiza khulu	istresi
	stroke	istrowuku			a stroke: a sudden interruption in the blood supply of the brain; most strokes are caused by an abrupt blockage of arteries leading to the brain (ischemic stroke)	istrowuku: kuphazamiseka okumsinyana kokukhanjiswa kweengazi ebucotjheni; kanengi kwenzeka lokha nakuvaleka msinyana imithambo eya ebucotjheni	
	symptoms	amatshwayo			symptoms: physical or mental features which are regarded as indicating a condition of disease, particularly such features that are apparent to the patient	amatshwayo: matshwayo asenyameni namkha emkhumbulweni aveza ubujamo bobulwele, lamatshwayo abonakala eengulaneni	
	syphilis	isifilisi			syphilis: a highly contagious disease that's mostly spread through sexual activity	isifilisi: bulwele obuthelelana khulu, obusabalala ngokomseme	
	T						
	teething	ukumilisa			teething: when teeth first come through a baby's gums	ukumilisa: kulokha amazinyo nakavela kokuthoma eensinini zomntwana	

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	tests	iinhlahlubo			tests: medical procedures performed to detect, diagnose, or monitor diseases, disease processes, susceptibility, or to determine a course of treatment	iinhlahlubo: iinkambiso zezokwelapha ezenzelwa ukuthola, zihlole namkha ukutjheja ubulwele nokuthola ukobana bungelatjhwa bunjani	
	TOP	iTOP	ukurhululwa kombungu		TOP (termination of pregnancy): a medical process of ending a pregnancy so it does not result in the birth of a baby	iTOP: yindlela yezokwelapha yokurhulula umbungu ukuze kungafiki la uba mntwana okumele abelethwe	
	trauma	ithroma			trauma: a deeply distressing or disturbing experience; a personal trauma like the death of a child	ithroma: amaboni azwisa ubuhlungu khulu begodu aphazamisako	
	thrush	ikwethu			thrush: a fungal (yeast) infection that can grow in your mouth, throat and other parts of your body	ikwethu: kutshayeleka okusamvubelo okwenzeka namkha okumila ngemlonyeni, emphinjeni nakezinye izitho zomzimba	
	to prick	ukuhlaba umuno	ukuphrikha		to prick: to make a small hole with a sharp point	ukuhlaba umuno: kukwenza imbotjana emnweni ngento ebukhali	
	U						
	ulcer	i-alsa	isilonda esivulekileko		ulcer: a sore that develops on the lining of the oesophagus, stomach or small intestine	i-alsa: silonda esivela ku-qhoqhoqho, emathunjini namkha emathunjini amancani	

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	V						
	vaccine	ivaksini	umu-endo		vaccine: a substance used to stimulate the production of antibodies and provide immunity against one or several diseases, prepared from the causative agent of a disease, its products, or a synthetic substitute, treated to act as an antigen without inducing the disease	ivaksini: ngilokho okusetjenziselwa ukugcugcuzela ukukhiqizwa kweemvikela izifo begodu inikela ivikeleko emalweleni. ivaksini yakhiwa ngaso isisabalalisi sobulwele. senziwa sibe yi-anthijeni ebulwelenobo	umgomo
	vasectomy	ivasekthomi	ukubotjhwa kwesidoda		vasectomy: minor surgery to block sperm from reaching the semen that is ejaculated from the penis	ivasekthomi: kuhlinzwa okuncani ukuze kubotjhwe amatjhubhu akhupha isidoda ukuze singahlangani neqanda	ivasekthomi
	viral load	ubungako be-hiv			viral load: the amount of virus in an infected person's blood	ubungako be-hiv: bungako be-hiv emuntwini oongazi zakhe zitshayelekile	
	virus	ingogwana	ivayirasi		virus: an infective agent that typically consists of a nucleic acid molecule in a protein coat, is too small to be seen by light microscopy, and is able to multiply only within the living cells of a host	ingogwana: sikhambisi esithwala ubulwele obuthelelanako; simumethe amamolekhyuli wesidi, yincani khulu ukobana ingabonwa ngamehlo begodu ikwazi ukuzibuyelela kwaphela, ngaphakathi kweseli ephilako	ivurisi

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	vitiligo	ivayithalayigo			vitiligo: a disease that causes the loss of skin colour in blotches	ivayithalayigo: bulwele obubanga ukulahlekelwa mbala ngeenkhekhe	
	vomit	ukuhlanza			vomit: matter from the stomach that has come up into and may be ejected through the mouth	ukuhlanza: izinto ezisuka emathunjini ziphuma ngomlomo, ngamandla	
	W						
	warts	iinsumpa			warts: small, fleshy bumps on the skin or mucous membrane caused by human papillomavirus	iinsumpa: magugumba amancani, anenyama atholakala enyameni abangelwa yingogwana i-human papilloma	ukuvuvuka
	wound	inceba	isilonda		wound: an injury to living tissue caused by a cut, blow or other impact	inceba: kulimala kwamathitjhu okubangelwa kusikeka, namkha ukuthinteka ngandlela thize	
	wound care	ukutjhejwa kwenceba	ukutjhejwa kwesilonda		wound care: to assess, treat and create care plans for the wound	ukutlhogonyelwa kwenceba: kuhlola, welaphe nokwenza iindlela zokutjheja inceba	

APPENDIX H: TURN-IT-IN DIGITAL RECEIPT



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APPENDIX I: TURN-IT-IN SIMILARITY INDEX

The use of corpora in the compilation of English-isiNdebele glossary of medical terms

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