

General Medical Terminology October 2018

Term	Definition	Sesotho equivalent
Abirateron	A hormone therapy drug for men with cancer that has spread to other parts of the body (advanced prostate cancer) and has stopped	Abiratherone
Abscess	Is a localized collection of pus contained within a cavity	Lethopa
Acne	An inflammatory disease resulting from excess sebum production, follicle plugging, and increased bacterial production	Lekgopo
Adenocarcinoma	A cancer that develops from tissue in a gland, such as the prostate	Adenokhasinoma
Adenoma	A benign growth found in the layer of cells that lines certain organs (epithelial cells).	Hlahala/Adenoma
Adrenaline	Stress hormone that puts the body on high alert. Changes include faster heartbeat, more rapid breathing, greater energy, and higher blood pressure. Also called epinephrine.	Aterenaline
Aggressive cancer	A cancer that is fast-growing and more likely to spread quickly	Mofetshe o hlaha
AIDS	Abbreviation for acquired immunodeficiency syndrome, the most advanced stage of infection with the human immunodeficiency virus (HIV).	AIDS
Albinism	A group of inherited conditions that typically appear as a reduction or absence of melanin pigments in the skin, hair, and eyes.	Bosofe

Albumin	A protein made by the liver. Abnormal levels of this substance may indicate liver or kidney disease.	Albumini
Allergen	A substance such as fur, pollen, or dust that produces an allergic reaction.	Setshwaetsi/Alejene
Allodynia	Pain resulting from something not normally painful, such as a light touch	Alodinia
Amnesia	Unusual memory loss or forgetfulness.	Ho lebala/Amonesia
Amputation	The surgical removal of a limb or other body part	Pomo ya setho sa mmele
Anaesthetic	Medicine that stops you feeling anything during treatment	Sethethefatsi/sebolaya bohale/Anaestetike
Analgesia:	Absence of pain	Analjeshiya
Analgesic	A drug or other substance such as aspirin, acetaminophen, or morphine that is used to relieve pain.	analjesiki
Androgens	Hormones, such as testosterone, that are responsible for male characteristics. Androgens are produced by the testicles and the adrenal gland	Dianterojene
Aneurysm	A bulge or swelling on a portion of a blood vessel, due to weakness in the wall of that vessel	Aniyurisimi
Angina	Chest pain due to ischemia	Anjina
Anorexia:	An eating disorder in which a person has an intense fear of gaining weight and severely limits calories to the point of near starvation.	Anoreksiya
Antibiotic	A substance that kills or	Twantsha

	slows the growth of bacteria	mahloko/Anthibayothiki
Antibody	A protein made by the immune system to protect the body from harmful substances, called antigens.	Selwantsha mahloko Anthibodi
Anticoagulant	A substance that helps prevent blood from clotting	Sethibela mahlwele
Antioxidant	Substances that protect the body from molecules that damage cells (free radicals); examples include beta carotene, vitamin C, vitamin A, and vitamin E.	Sethibela Oksideishene
Antipsychotic	A drug used to treat schizophrenia and other severe mental health disorders; relieves symptoms such as delusions and hallucinations	Sekokobetsa mafu a kelello
Antiseptic	Substances used on wounds to prevent or treat infection; they kill or slow the growth of disease-causing organisms, such as bacteria, on the surface of the body.	Sebolaya dikokwanahloko
Apraxia	A brain disorder (neurological disorder) in which a person cannot perform certain actions, such as combing hair, picking up a pencil, or speaking, even though they want to and have the physical ability to do so.	Epereksia/Kgatello ya methaokutlo
Artery	Blood vessel carrying blood away from heart	Mothapo
Arthralgia	pain in the joint	Bohloko manonyeletsong
Arthritis	A condition in which joints are inflamed, causing pain, stiffness, swelling, and sometimes loss of	Bohloko ba ho senyeha ha manonyeletso

	movement.	
Aspirin:	A drug that relieves pain, fever, and swelling, and inhibits the formation of blood clots.	Asperini
Asthma	Is a disease that affects the breathing passages of the lungs (bronchioles). Asthma is caused by chronic (ongoing, long-term) inflammation of these passages.	Asema
Benign	A benign tumour is not cancerous	-hlokang kotsi/-senang kotsi
Bile	A thick, yellow-green fluid produced by the liver that aids in digestion	Nyoko
Biopsy	This involves removing small samples of tissue to be looked at under a microscope to check for cancer	Bayopsi
Bisphosphonates	Drugs that can help manage bone problems if your prostate cancer has spread to the bones	Baesefofoneite
Blackout	An episode of temporary memory loss resulting from the ingestion of alcohol or other drugs	Ho idibana
Blister	A small pocket of fluid that develops between the upper layers of skin; often caused by friction or burns	Letjhatjhetsi
Brachytherapy	A type of internal radiotherapy. It involves putting a source of radiation directly inside the prostate.	Brakitheraphi
Bronchial tubes	The airways that connect the lungs to the trachea (windpipe) and allow air to pass into and out of the lungs.	Dipeipi tsa matshwafo
Bronchiole	A small airway in the respiratory system that connects to the alveoli (air	Bronkhiole

	sacs); a branch of the bronchial tubes	
Bruit	Unusual sound, heard through a stethoscope, that blood makes when it rushes past an obstruction, like a blockage in an artery	Molodi
Bunion	A bump of bone or tissue that forms at the big toe joint, causing inflammation and considerable pain.	Torong (Leotong)
Bunionette	A small, painful bony bump that forms on the outside of the foot, at the base of the small toe	Torong
Calcium	A mineral that the body needs for many vital functions, including bone formation, regulation of heart rate and blood pressure, and muscle contraction	Khalsiamo
Callus	Hardened, thick skin that forms after repeated friction; often found on hands and the bottom of feet	Letswabadi (ya letsohong)
Calorie	The unit for measuring the amount of energy in food	Khalori
Cancer	Cancer can develop when cells start to grow in an uncontrolled way	Mofetshe/kankere
Carcinoma	Cancer that starts in the surface tissues lining the inside or outside of an organ, duct or tube. Carcinomas are the most common type of cancer.	Khasinoma
Cardiac	Pertaining to the heart	-ya Pelo
Cardiac arrest	The sudden cessation of contractions capable of circulating blood to the body and brain. Also	Ho ema ha pelo

	called sudden cardiac arrest.	
Cartilage	Stiff connective tissue that provides support to other tissues and cushions joints	Lefufuru
Catheter (urinary)	A thin tube that is used to drain urine from the bladder out of the body	Khathetha
Cauda equina	A bundles of nerve roots that look like a horse's tail, located at the end of the spinal cord.	Letjhoba
Causalgia	Intense, long-lasting burning pain usually caused by damage to a peripheral nerve.	Khosalejia
Cell	The basic building block of all living organisms	Sele
Cells	The basic building blocks which make up every part of your body. Cells normally grow in a controlled way.	Disele
Central nervous system	The brain, brainstem, and spinal cord	Tlhoahlomiso e bohareng ya methapokutlo
Cerebellum	The part of the brain that controls coordinated movement	Serebelamo
Cerebral cortex	The part of the brain involved in all forms of conscious experience, including thought, language, and memory.	Sereborale
Cerebral infarction:	A type of stroke caused when a blood vessel that supplies blood to the brain is blocked by a blood clot.	Setroku sa sereborale
Chemotherapy	Chemotherapy uses anti-cancer drugs to kill cancer cells	Kalafao ya Khemo
Chronic	Any condition that lasts a long time or recurs over time	Kronike
Chronic diseases	These are illnesses or diseases requiring medicine for an	Mafu a sa phekoheng/a sa alafheng

	uninterrupted period of more than three months	
Chronic medicine	This is medicine prescribed by a medical practitioner for an uninterrupted period of at least three months	Meriana ya mafu a sa phekoheng
Colic	Severe abdominal pain caused by spasms in the intestines or in a portion of the kidneys	Kholiki
Colon	The large intestine; a muscular tube that is 5 to 6 feet long. It compacts and moves solid waste	Moqopo
Colonoscopy	A procedure to see inside the colon, using a long, lighted flexible tube mounted with a tiny camera.	Kholonoskopi
Colostomy:	Surgery that brings one end of the large intestine out through an opening in the abdomen for elimination of stool	Kholostomi
Coma	Deep unconsciousness where the person is alive but unable to move or respond	Kidibalo e telele
Consultation	This refers to your visit to your service provider, like your doctor, specialist, physiotherapist	Ketelo ya ngaka
Cystitis	Inflammation of the bladder that causes a burning sensation when you urinate, difficulty urinating or a need to urinate more often. Cystitis can be caused by an infection	Ho ruruha ha senya
Debridement	Removal of foreign matter	Ho hlwekiswa ha leqeba

	or dead tissue from a wound	
Detoxification	The process of removing harmful, or toxic, substances from a person's body.	Ho ntsha tjhefu
Diabetes	A disease in which the body does not properly produce or use insulin, resulting in abnormally high levels of sugar (glucose) in the blood	Tsokere/lefu la tsokere
Diaphragm:	The dome-shaped sheet of muscle at the base of the lungs that helps move air in and out of the lungs	Letswalo
Edema	Swelling of body tissue due to an excessive accumulation of fluid	Borurusi
Enzalutamide	A hormone therapy drug used to treat men with advanced prostate cancer that has stopped responding to other hormone therapy and chemotherapy	Enzalutamide
Fatigue	Extreme tiredness or exhaustion which can interfere with daily life.	Mokgathala
Fistula	An opening between two parts of the body that wouldn't normally be there. For example, a hole between the back passage and the urethra. This is rare but can be a side effect of some treatments for prostate cancer, such as cryotherapy	Fistula
Fraction	A fraction is the name for one session in a course of radiotherapy	Karolo ya kalafo
Genes	Genes are the biological information inherited from your parents. Genes tell your cells how to behave and control how your body grows and works.	Dijini

Hematemesis	Vomiting of blood	Ho hlatsa madi
Hormones	Hormones control some of the body's functions. The male hormone testosterone can make prostate cancer cells grow more quickly	Dihomoune
Hypotension	Low blood pressure	Phallo e tlase ya madi
kidney failure:	The final stage of chronic kidney disease. At this point, the kidneys can no longer eliminate waste products from the body.	Ho nyopa ha diphiyo
laparoscopy	A surgical procedure carried out with tiny instruments inserted through small openings in the skin.	Laporoskopi
Ligament	Fibrous tissue, binding bones together	Mothapollo
Melanocytes	Cells located deep in the epidermis that produce melanin, the pigment that colors skin.	Melanosaeitse
Melatonin	A hormone that regulates the body's sleep-wake cycle.	melathonine
Meningitis	Swelling of the membranes that cover and protect the brain and spinal cord	Menenjaetisi
Metabolism	The chemical reactions that occur in all living organisms to maintain life. An example is converting food into energy that the body needs to function	Tshilo
Neoplasm	An abnormal growth of tissue, either cancerous or benign	Neyopolasemi
Nephritis	Inflammation of the kidneys	Borurusi ba diphiyo
Oncologist	A doctor who specialises in cancer treatments other than surgery, such as radiotherapy or	Ngaka ya kankere/mofetshe

	chemotherapy	
Optician:	A technician who helps select and fit eyeglasses or contact lenses for people with vision problems	Setsebi sa diborele
Orchidectomy:	Surgery to remove the testicles. Usually done to remove a cancerous testicle or to lower testosterone levels and slow or halt the growth of prostate cancer	Otjhidekthomi
Osteopath	A doctor licensed to practice medicine, perform surgery, and prescribe drugs. The training is similar to that of a regular M.D., but more emphasis is placed on the importance of the musculoskeletal system and the body's ability to heal itself	Osteophate
Palate	The tissues that make up the roof of the mouth	Mahalapa
Palpitation	Sensation that the heart is beating rapidly or irregularly	Tahlehelo ya morethetho wa pelo
Palsy	Paralysis in part of the body, often with loss of sensation and uncontrolled body movements.	Phalsi
Pancreas	A gland in the abdomen that produces digestive enzymes and hormones	Manyeme
Paroxysmal nocturnal dyspnea	sudden severe shortness of breath at night that awakens a person from sleep	Kgaello ya phefomoloho ha o qethohile
Phlegm	1. The thick viscous substance secreted by the mucous membranes of the respiratory passages, especially when produced in excessive quantities	Leleta

	during a cold	
Placebo	A false or inactive medication or treatment that may still offer relief despite being ineffective. In clinical trials, the effectiveness of a new drug is often tested against a placebo.	Sekamoriana
Radiotherapy	The use of radiation to destroy cancer cells. There are different types of radiotherapy, including external beam radiotherapy and brachytherapy	Kalafo ya Radieshene
Sepsis	Presence of pathological microorganisms or their toxins in the blood	Ho petla
Skeleton	1. An internal or external framework of bone, cartilage, or other rigid material supporting or containing the body of an animal or plant.	Mohlolohlolo
Sputum	Spittle, any mixed matter with saliva that is expectorated through the mouth	Sekgohlela
Tissue	A group of cells that do a specific job in the body	Thishu
Urodynamics	A test to measure how well the bladder is working. It's sometimes used to help diagnose an enlarged prostate and to decide what treatment to use	Diteko tsa tshebetso ya senya
Vaccination	A method of protecting the body against disease by injecting parts or all of a microorganism that will cause the body to develop antibodies against the microorganism and later fight off disease	Kentelo

Vertigo	A spinning sensation caused by an inner ear problem	Modikwadikwane/ho tsekela/Vetiko
Zonules	Thin, gelatinous ligaments that attach the lens to the ciliary body and support the lens centrally behind the pupil.	Zonules