

Steer clear of medical jargon!

INSTEAD OF SAYING:	TRY:
Adverse impact	Side effect
Anaphylaxis	Severe allergic reaction
Atrial fibrillation	Irregular heart beat
Benign	Harmless
Bronchodilator	Drug to help you breathe
Cardiac	Heart-related
Chronic	Something that happens again and again
Congestive Heart Failure	When the heart can no longer properly pump blood to the rest the body
Contraindication	Why a drug or procedure might be dangerous
Cutaneous	Related to the skin
Dyspepsia	Indigestion
Edema	Swelling; build-up of fluid
Febrile	Feverish
Glucose level	Amount of sugar in the blood
Health information management systems	Where you go to get your medical records
Hypertension	High blood pressure
Immune system	The body's natural defenses against germs and sickness
Incubation period	The time between when a germ enters a person's body and the first signs of sickness
Intervention	Treatment program
Intravenous antibiotic therapy	Putting a liquid antibiotic into the vein
Lumbar puncture/spinal tap	Test to evaluate the fluid surrounding the brain and/or spinal cord
Medication	Medicine
Morbidity	Sickness
Nephrology department	Kidney doctor's clinic
Neuropathy	Nerve disease
Orally	By mouth
Recrudescence	Relapse into illness
Renal	Kidney
Respiratory system	Your breathing
Screening	Testing
TIA	Symptoms that warn of a stroke
Toxicogenic	Poisonous