

Lexicon of
English-
HMB
Medical
Terminology



School of Nursing
UNIVERSITY OF WISCONSIN-MADISON

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Contributors

Project Leader

Maichou Lor, PhD., RN, Assistant Professor, University of Wisconsin-Madison

Linguistic Advisor

Nathan Badenoch, PhD, Associate Professor, Villanova University

Authors

Maichou Lor, PhD., RN, Assistant Professor, University of Wisconsin-Madison

Nathan Badenoch, PhD, Associate Professor, Villanova University

Bao Xiong, MA, University of Wisconsin-Madison

Student data collectors

Tom Chang

Va Khang

Bao Xiong

Mai Chada Yang

Pangyia Yang

Medical Interpreter Advisory

Kayla Hang

Pa Yiar Khang

Tsaavyeeb Khaab

Nhia Shoua Lee

Angela Lee

Phinter Thao

Catilin Vang

Lisa Vang

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Contributors' Biographies

This research is a collaborative effort based at the University of Wisconsin-Madison, led by Dr. Maichou Lor and supported by several other project team members as well as a Hmong medical interpreter advisory board.

The Research Project Team

Dr. Maichou Lor

Dr. Maichou Lor is an Assistant Professor at the University of Wisconsin-Madison. She is a nurse of Hmong heritage and developed an awareness of the insufficient provision of culturally and linguistically appropriate care for Hmong individuals, particularly those with limited English proficiency. A keen observer, Dr. Lor noted the challenges faced by Hmong people in accessing healthcare and the unfortunate timing of their medical care, often receiving treatments when it was too late to derive optimal benefits. Dr. Lor has over a decade of research studying the impact of culture and language on communication dynamics among Hmong patients, interpreters, and health care providers. Her overarching goal is to create interventions aimed at enhancing the quality of care for the Hmong population. One such intervention is the development of this *Lexicon of English-HMooob Medical Terminology* resource to address the communication challenges identified.

Dr. Nathan Badenoch

Dr. Nathan Badenoch, with over two decades of experience in Southeast Asia, has dedicated his career to researching the diversity of language, culture, and environment. Currently holding the position of Associate Professor at the Department of Global Interdisciplinary Studies at Villanova University, he also directs the Asian Studies Program. In his role as a linguistic anthropologist and linguistic advisor to this project, Dr. Badenoch's fascination lies in understanding how people's use of language goes beyond mere communication, offering insights into their cultural beliefs and worldviews. His early exposure to Southeast Asian languages began in Philadelphia, where friends from Laos, Cambodia, and Vietnam generously taught him to speak Lao, Khmer, and Cantonese. Dr. Badenoch considers himself fortunate to have lived and worked with Hmong communities in Thailand and Laos.

Bao Xiong

Bao Xiong, a current Ph.D. student in the Cultural Anthropology Program at the University of Wisconsin-Madison, focuses her research on understanding the global Hmong diaspora. Her work extends to examining various aspects of Hmong communities, particularly exploring the relationship between Hmong Americans and those residing in Southeast Asia. Bao Xiong delves into the intricate dynamics of cross-

border marriages, with a specific focus on unions between young Hmong Southeast Asian girls and older Hmong American men.

Her research encompasses an in-depth analysis of Hmong marriage systems, shedding light on the patterns of gender roles within the context of Hmong patrilineal society. Through her research, she hopes to unravel the multifaceted dimensions of Hmong transnational relationships and the impact of globalization on these unions.

Va Khang

Vang Khang, also goes by Va, is a first-generation Hmong student in her fourth year of college at the University of Wisconsin-Madison, pursuing a Bachelor of Science degree in Human Development & Family Studies and two certificates in Gender & Women's Studies and Global Health. As one of the oldest siblings in her family, Va grew up informally translating for her parents, particularly in hospitals and clinics because of her interest in healthcare. Giving back to the Hmong community is something Va has always wanted to do. And this research project gave her the opportunity to do that and explore her career interests.

Pangyia Yang

Born in Thailand and arrived in the United States in the early 2000s, Pangyia is a current undergraduate student at the University of Wisconsin-Madison, pursuing a Bachelor of Arts in Psychology and French. Growing up she realized that there was always going to be a need for language. As a result, studying new languages (French) was a means for her to strengthen her understanding of English and Hmong as well. By learning new languages, Pangyia learns to appreciate the different aspects that each language provides. She appreciated how deeply instilled culture is in its respective language. By studying languages and people, Pangyia learns what is important to the people. Pangyia hopes to make communication accessible and efficient to the Hmong community through her contribution to this research.

Hmong Medical Interpreter Advisory Group

The advisory group comprised eight individuals and the following are their biographies.

Kayla Hang

Kayla Hang was born and raised in Sheboygan, WI. In May of 2020, she obtained her Bachelor of Science in Biology and a certificate in Health and the Humanities from the University of Wisconsin-Madison. As she aspires to pursue a healthcare career, Kayla gained valuable clinical experience working as a medical assistant alongside a Hmong physician at a family practice.

Through this experience, Kayla became acutely aware of a linguistic barrier that had a significant impact on the outcomes of treatment and care within the Hmong community. Motivated to address this gap between medicine and the Hmong community, she envisions contributing to the establishment of a Hmong medical terminology resource. Kayla's goal is to facilitate better communication and understanding in medical contexts, ultimately improving the quality of healthcare for the Hmong community.

Tsaavyeeb Khaab

Tsaavyeeb Khaab is a dedicated community leader known for his advocacy and service to the HMong community. With a wealth of experience serving in various roles, including multiple terms as treasurer, he has been instrumental in the success of local and national HMong-led nonprofits serving the HMong community. Tsaavyeeb recognizes the crucial need for an English-HMong medical terminology resource that respects the diversity of the HMong dialects and incorporates community feedback. He is proud to support the development of this medical resource that reflects an authentic representation of both HMong dialects, shaped by extensive community engagement across Wisconsin.

Pa Yiar Khang

Pa Yiar Khang, also known as Npauj Nyag Khaab, is a public health professional of over 10 years. Throughout her career, she has collaborated with diverse organizations, stakeholders, and communities with the shared goal of improving community health. Npauj Nyag's personal background and experiences have influenced her professional dedication to advancing the health and lives of underserved and marginalized populations. Her educational background includes a Bachelor of Science and a Master of Public Health from the University of Wisconsin-Madison.

Outside of her professional endeavors, Npauj Nyag enjoys quality time with her family, indulging in movies and board games, and harboring a passion for travel. Her multifaceted approach to life reflects a commitment to both personal enjoyment and making impactful contributions to public health and community well-being.

Angela Lee

Angela Lee is currently employed at the University of California (UC) Davis Medical Center. She graduated with an Associate's Degree in Administrative of Justice but remains in the medical field. With her 16 years of service at UC Davis she helps with interpretation in Hmong, helps them with the medical Insurance, and makes sure their concerns are addressed and feel valued. She finds peace on the beach and loves to read. In her free time, she likes to sing, do photography, and craft.

Nhia Shoua Lee

Nhia Shoua Lee arrived in the United States in the early 1980s. Recalling the challenges of learning English as a second language during childhood, Nhia Shoua was determined to preserve his native language and culture. In the later years of his career, he was introduced to language services and discovered an unexpected demand for Hmong interpreters.

The journey into interpreting began with a remote over-the-phone position, working from home. Shortly thereafter, Nhia Shoua obtained the Certification Commission for Healthcare Interpreters (CCHI) certificate from Wisconsin, marking the official start of a career as a freelance Hmong Medical Interpreter. For five years, Nhia Shoua provided language interpretation services to the University of Wisconsin Foundation (UW Health), offering interpretation in various healthcare settings, non-profit organizations, education, insurance, and private industry.

Beyond his role as an interpreter, Nhia Shoua obtained the position of clan leader for the Hmong families in Dane County, earning recognition and respect within the Hmong community. Actively participating in the medical interpreter advisory team, his goal is to contribute to breaking cultural barriers of communication by translating commonly used medical terms from English to Hmong.

Nhia Shoua Lee expresses hope that the completion of this project will serve as a valuable reference for young professionals, aiding in clarifying and bridging barriers in medical communication within the Hmong community.

Phin Ter Thao

Phin Ter Thao was born in Thailand, and in 1996, his family relocated to the United States. For the past 25 years, Phin Ter has called Madison, Wisconsin, his home. In 2015, Phin Ter Thao completed a Bachelor of Arts degree in Southeast Asian Languages and Cultures from the University of Wisconsin-Madison.

In addition to his full-time job, Phin Ter Thao has been actively engaged as a Freelance Interpreter and Translator since 2019. Balancing his professional responsibilities, he continued to contribute to facilitating communication and language translation services in various contexts.

Caitlin H. Vang

Caitlin H. Vang has been an experienced medical interpreter since 2008. She has worked as an interpreter over the phone, video, and onsite in many different areas. She has worked with a few interpreting agencies for many years and also worked as an in-house interpreter for Froedtert Hospital in Milwaukee, WI in the past. She can speak, read, and write in both dialects. She's familiar with the cultural differences between non-Christians and Christians to provide the best interpretation for both sides.

Lisa Vang

Lisa Vang was born and raised in Appleton, Wisconsin. After completing high school in 2017, she immediately pursued her undergraduate studies at the University of Wisconsin-Milwaukee. In Fall 2022, Lisa graduated with a Bachelor of Science in Biomedical Sciences, accompanied by a minor in Healthcare Administration and Biological Sciences. Currently, Lisa works as a Research Specialist for the DIAMOND-Hmoob Lub Neej project at the University of Wisconsin-Madison (College of Letters and Science/ Social Science Research Service and School of Nursing): a study exploring health and aging in Wisconsin's Hmong community. Lisa also serves as a Phlebotomist at Ascension SE Wisconsin Hospital - Elmbrook Campus as a pool/PRN employee (as needed or when situations arise).

From her early years, Lisa has been actively engaged with her Hmong community, participating in Hmong dancing, Hmong pageants, assisting Hmong teachers in Hmong literacy, and volunteering at Hmong community events. Her connection with the Hmong American Center, Inc. in Wausau, Wisconsin, during an internship, led her to become involved with the Hmong Medical Community Advisory Board.

Lisa strongly believes in the importance of active employee engagement, continuous learning in higher education, and active community participation. She advocates that these elements empower individuals to play a crucial role in their personal and professional development, as well as in the community at large. Lisa emphasizes the significance of acquiring life skills and knowledge in areas such as human rights, health, and strategies for poverty reduction.

For Additional Feedback or Information

For further information or if you have feedback, please feel free to reach out to Dr. Maichou Lor. Your insights and suggestions are invaluable to us as we strive to improve and enhance our work.

Dr. Maichou Lor

University of Wisconsin-Madison, School of Nursing

701 Highland Avenue, Madison, WI 53705

mlor2@wisc.edu

(608) 256-4248

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Introduction

This *Lexicon of English-HMoob Medical Terminology* was created to help improve the quality of health care available to the Hmong American people. Specialized medical interpreters, health care providers, community leaders, and bilingual family members are all involved in bridging the cultural and linguistic gaps that are experienced in clinical interactions. One of the key concerns Hmong-English interpreters and Hmong members express is the need for resources to better communicate health conditions, concerns and needs of patients, and improve patients and their families' access to information about health care procedures, as well as the recommendations that their providers offer. The communication challenges can be considered from both sides. On one hand, the Hmong language lacks many technical terms that are needed when discussing with their health care providers about health and wellbeing. This can include vocabulary for anatomy, functioning of the body's systems, causes of disease and sickness, and possible treatments. Conversely, Hmong patients experience, understand and describe their health and wellness in terms that may not be readily familiar and accessible to their health care providers. We have found that technical terminology is one of several important issues that need to be addressed in medical interpretation, and we believe that improved resources such as a medical lexicon will help enhance the effectiveness, inclusiveness, and transparency in clinical communication.

Considerations in the Title

In this project, we decided to call our work a "lexicon," rather than a dictionary. In many senses, the two are similar if not the same – basically a "word book." However, the word lexicon can have a more specific meaning of "the vocabulary of a language or branch of knowledge." We thought that this was appropriate because we are working with a set of words and phrases that are specific to the field of health care in the Hmong American community. We recognize that this lexicon does not contain all words that are related to health and health care, and that there are areas of disagreement about these terms in the community of Hmong speakers. However, we feel that this is the first step towards strengthening a set of accepted words to help Hmong people communicate in this area of daily life.

Background

Understanding The Needs of Medical Interpreters

Research in medical interpretation has produced ever more interesting findings about communication to bridge language and culture, but these findings are unique to those languages and cultures. There is much more to learn about the specific needs and challenges faced by the Hmong American community. This project was concerned with the strategies and resources used by Hmong-English interpreters, and the needs they face in their daily work. To start, we were interested in how people involved in interpretation think about the Hmong-English reference materials that are available. At the outset of the project, we surveyed a total of 125 Hmong family and professional interpreters' perceptions, interests, and concerns regarding the role that medical dictionaries play in facilitating clinical communication. The survey's results informed us of interpreters' need for a Hmong-English medical dictionary that includes Hmong phrases to help them understand English medical words. Additionally, there was a call for translations that were both culturally acceptable and technically accurate.

Communication Challenges Within the Hmong Community

Below are key findings of research that Dr. Lor and Dr. Badenoch have conducted with the Hmong community related to communication challenges in healthcare settings.

- Health care providers, including physicians, nurse practitioners, and physician assistants, face challenges in communicating with Hmong-speaking patients, which stem from language barriers and differing beliefs about pain. Providers employ various strategies to bridge these gaps (Lor, Rabago, et al., 2020).
- Medical interpreters play a vital role in facilitating communication between Hmong-speaking patients and health care providers. However, they may encounter difficulties related to patient and provider expectations, leading to deviations from established medical interpreting standards (Lor et al., 2019).
- Communication discrepancies in healthcare settings, particularly in clinician-to-patient communications, can impact the quality of care, potentially hindering relationship building between patients and their providers (Lor et al., 2014; Lor & Chewning, 2016; Lor & Martinez, 2020).
- Interpreters working with Hmong-speaking patients may face challenges related to matching gender with patients, addressing culturally taboo topics, and navigating language differences, highlighting the need for sensitivity and cultural competence in medical interpreting (Lor et al., 2022).

- Hmong-speaking patients often describe their pain using stories (Lor, Vang, et al., 2020), but these stories may include dimensions unfamiliar to health care providers, leading to misunderstandings and potential undertreatment of pain (Lor, Rabago, et al., 2020).

Creating A New Resource

Although there have been several useful translation resources created for Hmong-English interpreters over the years, one common constraint has been that these are usually wordlists with short “glosses” that try to provide one-to-one word equivalences. All recognize that this is very difficult in the Hmong-English situation, and in fact, this is a normal situation in translation and interpretation in general, for any language.

We also recognize it was not necessary to “reinvent the wheel,” so we were extremely grateful when Healthy House of Merced, the publishers of *Glossary of Medical Terminology: English-Hmong* (2004), gave us permission to build on to their vocabulary resource. We would like to express our deep appreciation to Healthy House for allowing us to use their original data:

Healthy House
Healthy House Within a MATCH Coalition
301 W. 18th Street, STE 101
Merced, CA 95340
T: (209) 724-0102

When completed, this lexicon will be provided to interpreters for use in their work, as well as shared with communities and organizations around the U.S. for general reference. We sincerely hope that this will contribute to the ongoing improvement of medical interpretation in the Hmong American community.

DISCLAIMER: In this lexicon, we made a deliberate choice to refrain from emphasizing mental health, recognizing that there are ongoing efforts in this domain. Nevertheless, we do cover a selection of broader terms related to mental health.

Working With the Hmong Community

Our project set out to focus our efforts on Hmong definitions for English medical terms that conveyed the necessary detail yet sounded as “natural” as possible to Hmong speakers. This is a difficult balance to achieve, but we felt that it was important. We also realize that simply “creating” a new term in Hmong does not mean that the community of speakers will understand it in the way that we intended or accept it as a part of their Hmong language speech practices. Whether or not a new dictionary or lexicon will be

used depends upon whether people see it as technically sound and culturally appropriate. To achieve the best results in both areas, we created a technical advisory group of Hmong-English interpreters to bring their expertise and experience to this work of creating an improved medical lexicon. Additionally, we sought feedback from the Hmong community across Wisconsin to provide input on the improved medical lexicon. This work involved several iterative phases of engagement with the Hmong community over three years.

Phase I: Working with the Hmong Medical Interpreters

The Hmong medical interpreter advisory group worked by Zoom from April 2022 to April 2023, going through the Glossary of Medical Terminology to identify new words to add and refine definitions where needed. The group's work consisted of in-depth discussions of the technical details, linguistic nuances, and cultural implications of each word. Members of the group, representing both genders and possessing a wide range of clinical experience as bilingual Hmong-English speakers, were able to bring their insights to the discussions and learn from each other. The group included speakers of both the Hmoob Dawb and Moob Leeg dialects, as well as people with knowledge of the Thai, Lao, and Chinese languages that have influenced Hmoob/Moob over the course of history.

Phase II: Consultation with Hmong members

Having completed a draft of the revised and expanded *Lexicon of English-HMoob Medical Terminology*, we conducted a consultation process to get feedback from a wide range of potential users, hoping to draw on the native speaker's knowledge of elders, the family interpreters' experiences, and the community in general's suggestions. We distributed the *Lexicon of English-HMoob Medical Terminology* to a total of 70 Hmong community members and gathered feedback from them through both face-to-face interactions and virtual sessions using platforms like Zoom, spanning across the state of Wisconsin. This feedback encompassed their initial impressions of the terms, validation of Hmong translations to ensure alignment with everyday usage, provision of term examples, and suggestions on enhancing translations for better comprehensibility.

We learned that the Hmong community was enthusiastic about the development of this lexicon. As one participant shared why he participated in our study:

"The reason why I agree to participate in this is because I think that it's time for us to come up with better translations."

Overall, there was a shared sentiment that improving translations is crucial for preserving the integrity of the language and culture. There was a strong desire to ensure that the translations crafted for this lexicon resonated with the everyday language used by the Hmong community. One participant further elaborated:

“I would suggest, we be more specific [with the Hmong translation] because of the fact that if we are too broad, we are going to miss out on the people who are totally innocent and have never been exposed to that kind of word or environment.”

However, there was an acknowledgment that our language has evolved and incorporated elements from other languages. Consequently, it was deemed acceptable to integrate these languages into our translations.

“In linguistics, your language changes all the time. So, I think it [the Hmong language] has incorporated more English and Thai and Lao [words]. As long as the majority of the community understands it [phaj nya], I think it is a Hmong word now.”

Phase III: Revision of the Lexicon of English-HMoob Medical Terminology

The feedback from the Hmong community resulted in the revision of definitions, as well as the identification of areas of linguistic culture of importance related to health and wellbeing that were added to this document.

Hmong Language: Best Practices and Recommendations

Building upon the communication challenges discussed in earlier sections, this section emphasizes critical Hmong language considerations that can significantly impact intercultural communication and clinical interactions. Understanding these linguistic nuances is essential for effectively bridging the communication gap between Hmong patients, medical interpreters, and health care providers in clinical settings. In this section, we share Hmong language considerations for medical translations and interpretations.

I. In the context of Hmong language considerations, it is critical to recognize the linguistic diversity within the Hmong community. This includes dialects and regional variations, such as White Hmong (Hmoob Dawb) and Green Hmong (Moob Leeg). Mutual intelligibility is high, but it should be remembered that each has its own distinct linguistic features, as well as variation in clans, migration histories and relations with surrounding groups. Additionally, there are generational differences between older and younger generations of Hmong in communication style and techniques. We define older Hmong generations of Hmong as foreign-born individuals, who grew up in Laos and/or Thailand and have experienced significant historical events such as the Secret War in Laos, the Vietnam War, and the subsequent Hmong diaspora. The exact age range can vary, but it generally encompasses those who are middle-aged and older within the Hmong community. In contrast, the younger generation are individuals who could be foreign-born but raised in the United States or born in the United States. For example, older Hmong generations growing up primarily in Laos with Lao as the main language of communication with people more broadly, and being raised in a Hmong linguistic setting, tend to communicate using metaphors, stories, and poetic communication styles as compared to the younger generations.

Recommendation: Acknowledging these differences in communication style will allow interpreters and health care providers to be better equipped to follow up with clarification questions during communication.

Recommendation: It is crucial to consider the dialect of the patient in order to effectively translate or interpret for them. It is important to be honest when one cannot truly understand words or phrases in either dialect and ask for clarification when needed.

Recommendation: Recognizing the influence of one's birthplace and upbringing on language use is paramount, as discussed earlier. Therefore, gaining insights into the patient's Hmong background, encompassing their origin, historical context, migration experiences, and generational influences, is crucial. For instance, Hmong individuals born and raised in Laos are more inclined to incorporate borrowed Lao words into their communication with health care providers. Conversely, Hmong individuals born in Laos

but raised in both Laos and Thailand may employ a mix of borrowed Lao and Thai words in their language. On the other hand, those born and raised in Thailand are more likely to integrate borrowed Thai words into their communication.

In a nuanced scenario, individuals born in Thailand but grew up in households influenced by Lao culture may use a combination of borrowed Lao and Thai words. Therefore, understanding the patient's specific background provides valuable insights into their linguistic preferences and ensures effective communication in healthcare settings.

II. Furthermore, we want to emphasize that language comes from the Hmong culture. Specifically, language has embedded cultural knowledge, values, and traditions that are transmitted from one generation to the next. Language also embodies the collective history and identity of a culture. The words, phrases, and expressions within a language often contain embedded cultural nuances, offering insights into customs, rituals, and social hierarchies. In this way, language is intrinsically tied to cultural identity, serving as a bridge between the past, the present, and the future, while preserving and perpetuating the rich tapestry of a community's heritage. This is at the heart of what many Hmong interpreters, professional and family, face in their work. This fundamental frustration was explained by a participant, *“the reason why it’s so hard to interpret and translate in Hmong is because you have to translate the situation or give more [context] so somebody understands it.”* This challenge is shared by interpreters in any language, but it is essential to understand the cultural and linguistic details in each case. This will help Hmong people navigate cross-cultural communication in the clinical setting, as well as help care providers understand what institutional barriers can be reduced.

Recommendation: Medical interpretation and translation must consider the presence of cultural nuances within the Hmong language. Although these can be seen at times as frustrating, they are important because they can help us understand what patients are thinking, feeling and expecting, as well as how they will be receiving information from providers. Language can illuminate the frameworks of knowledge that guide the way Hmong people understand the world.

III. Polysemy, the common linguistic phenomenon where a single word or phrase has multiple meanings or interpretations, often presents a formidable challenge for translators, medical interpreters, and bilingual Hmong caregivers. This complexity arises from the fact that a polysemous word may be employed in various contexts to convey different, yet related, senses. Such ambiguity, found in all languages, can lead to misunderstandings or misinterpretations in translation or interpretation. The difficulty in translating or interpreting polysemous terms lies in capturing the intended meaning accurately while maintaining linguistic and cultural fidelity. Additionally, the context in which a polysemous word is used becomes crucial, as it significantly influences the specific interpretation of the term. Medical interpreters and translators must navigate this intricate web of meanings and nuances to convey the intended

message effectively, requiring a deep understanding of both the source and target languages and the cultural subtleties that underlie polysemy.

Recommendation: To address the complexities of translating polysemous terms, we advised prioritizing precise and culturally faithful interpretations. Interpreters and translators should pay close attention to the context in which these terms are employed, as they play a pivotal role in determining their specific meanings. Table 1 provides examples of polysemous words that need to be considered during medical interpretation.

Table 1. Examples of Polysemy Words	
Hmong Word	English Meanings
Leeg	1. Veins 2. Connective tissues 3. Muscles
Qog	1. Lump 2. Fibroids 3. Thyroids 4. Cells 5. Tissues 6. Nodes
Siab	1. Liver 2. Heart (seat of emotion) 3. Epigastric region
Mob	1. Illness 2. Disease 3. Pain
Phais	1. To cut open 2. Surgery includes open surgery and laparoscopic surgery 3. Procedure
Tshuaj	1. Vitamins 2. Supplements 3. Medication

IV. Reduplicated words, phrases, and expressions within the Hmong language carry substantial meaning, often providing insights into the nuance of a particular condition or situation. For instance, when a patient repeatedly uses the phrase "mob mob mob heev," it serves as a clear indicator of experiencing intense or severe pain. These constructions are grammatically significant, communicating information about duration and intensity, as well as the speaker's emotional or mental state regarding the statement.

Recommendation: One must not overlook such repeated utterances and interpret them with utmost precision, recognizing their potential as crucial indicators of the patient's physical or emotional state. Direct translation is not a feasible approach to these words, but the additional information that they provide should be included in the interpretation.

V. All languages evolve and undergo change, including the borrowing of words, when populations immigrate to locations with distinct cultures. To adapt to new surroundings, languages naturally evolve, a phenomenon observed within the Hmong community as well. Just as Hmong “borrowed” Chinese, Lao, and Thai words in the past, Hmong spoken in the US has been influenced by English. Although this is “normal” from a linguistic point of view, language change is often viewed from very different perspectives by people in society. As one participant mentioned:

“We are so used to the Hmonglish version. But if we do that, then we’re going to slowly assimilate—integrate—our own words into Meskas [English] to the point that if we keep on doing that, everything will be Hmonglish. Then our own language, our own culture will die.”

Even though, there is agreement on the necessity of adopting or adapting new words to meet different challenges. A notable instance is the incorporation of English words like “cancer” into the Hmong daily lexicon as *khees xaws*. For the Hmong, cancer is a relatively recent phenomenon experienced in the United States, and the impact of its pervasiveness and seriousness has meant that the word entered the language quickly and has been assimilated to the Hmong sound system. After several generations of this localization process, it can be better to think of the word as fully Hmong.

Recommendation: Recognizing the use of borrowed words is crucial; however, it is equally important to verify that patients genuinely comprehend the meaning behind these terms. Ensuring accurate communication is imperative in healthcare contexts, where the understanding of terminology directly impacts effective patient care.

VI. It is also important to be mindful of stigmatizing phrases or words that may be sensitive for Hmong people to discuss. It is essential to acknowledge that discussing private body parts, certain health conditions, and specific actions in a very direct manner can cause discomfort for Hmong individuals. For instance, mentioning specific private body parts such as breasts, genitals (vagina or penis) are deemed sensitive. Similarly, discussing health conditions like epilepsy or seizures (*qaug dab peg*) and sexually transmitted infections (*mob kas cees*, *los ntshav*, *los phev*) should be approached with caution, as they can reinforce harmful stereotypes and contribute to feelings of shame. Furthermore, activities such as having a bowel movement (*tso quav*) are considered embarrassing to openly discuss and necessitate the use of sensitive language.

Recommendation: It's advisable to utilize indirect terms (instead of *tso quav*, use *mus thajj/plob*), metaphorical phrases (such as *tawm paj* instead of *los ntshav*), or

less stigmatizing names of conditions (e.g., instead of using *qaug dab peg*, use *mob txiab nkhaus*) to guide conversations. This approach can help mitigate discomfort and promote open dialogue without inadvertently causing embarrassment or shame. By employing inclusive language and respecting cultural nuances, we can create a more welcoming and supportive atmosphere for all patients.

Health and Wellbeing: Cultural Considerations in Medical Interpretation

In this next section, we share common and traditional concepts frequently encountered in discussions and explanations when communicating with Hmong patients in the healthcare setting. Specifically, a realm of Hmong traditional well-being remains uncharted in its intersection with Western modern medicine, a complex situation elucidated in *The Spirit Catches You and You Fall Down*. This issue persists, especially in discussions involving trauma, which the Hmong refer to as *poob plig*, ‘to lose one’s soul.’ The intricacies of these two distinct approaches to health and healing often raise questions and pose challenges in the context of patient care and medical treatment as well as medical interpretation and translation in healthcare settings. These phrases are couched in Hmong systems of knowledge about health and wellbeing, which stress relations between the body, the soul, ancestors and other natural spirits. In Table 2, we share examples of Hmong-specific conditions that pose communication challenges, particularly translations and interpretation.

Recommendation: These cultural nuances may be challenging to comprehend, but it's essential to acknowledge and incorporate them into the conversation as they are presented. Interpreters and translators should refrain from passing judgment on whether these concepts are “scientific” or not and avoid altering their cultural significance. The interpreter's and translator's role are to faithfully convey the information without making value judgments about what is scientifically valid or not. It is essential for providers to understand the ways in which patients are perceiving their own situation and consider how this might affect their response to diagnoses, recommendations, and treatments.

As suggested above, in Hmong culture there is not a clear line drawn between body (*cev*), mind/emotion (*siab*) and spirit (*plig*) because Hmong people believe that one's body is imbued with spirit. This means that many Hmong concepts of wellness and illness cross the lines between physical conditions and spiritual conditions. For the American healthcare setting, this means that mental and emotional health may be an integral part of Hmong patients' description of their physical conditions. This brings us back to the basic Hmong word *mob*, which entails a broad range of health problems, spanning physical, mental, and spiritual. One subtle example of this subtle detail is the Hmong term *daj ntseg*, which is sometimes glossed generally as ‘jaundice.’ However, the cultural understanding of this condition includes a more general observation of the person's pallor as part of a condition of *mob*, a shift from a typically healthy ‘look,’ to an appearance that one has lost energy. The skin is thought to take on a more pale yellow color, which indicates that the flow of blood is not normal. Nonetheless, *daj ntseg* can also be a manifestation of a disturbance in the person's spiritual stability, the health of the soul within the body. The multiple ‘meanings’ of this term present a difficult situation for interpreters and translators, who must describe a perceived change in physical

appearance that people associate with internal conditions that are related to both body and soul.

Table 2. Hmong Conditions with Cultural Nuances and Challenges

Hmong conditions **	English Definition / Explanation	Challenge
mob txha dab tog	a condition that is believed to come about because objects/ things were put in the coffin of a deceased individual, causing a living relative to have a bone illness	traditional beliefs that have no English direct translation
poob ntsuj plig	departure of the spirit from the body causing health problems	no western concept
raug dab	a situation in which a person's soul is <i>negatively</i> affected by an encounter with a spirit	no western concept
mob vwm	a broad cultural category that includes a number of things; literal translation is “crazy” or “insane”	the irrationality of these conditions is based on Hmong cultural values and norms of behavior
ua vwm	abnormal or “crazy” behaviors	related to above, but focusing on the actions of the person
mob phaj nyaj	to have a chronic condition that cannot be explained	phaj nyaj is from a Lao word that has the sense of a condition that is difficult to cure because of the constraints of medical efficacy

Note: **These categories of mental health in Hmong are interesting because they keep the mind and body more unified when talking about health.

Another example of Hmong concepts that is deeply intertwined with mental, physical, and emotional health involves the word *siab*. Phrases including *siab* convey a wide range of different aspects of well-being, providing important clues on how Hmong understand conditions that they experience. The basic meaning of *siab* is ‘liver,’ but in the context of Hmong culture, *lub siab* often refers to the location of one's emotions or inner being – in contrast to Western knowledge systems, where the heart is the bodily organ that houses this complex area of mind and emotion. In its full range of usages, *siab* encompasses emotions, thoughts, and spiritual essence. Having a healthy *siab* (as in expressions like *zoo siab* or *kaj siab*) implies emotional well-being and balance. *Chim siab* refers to being angry or having feelings of anger. When someone is experiencing

chim siab, it suggests a disruption in emotional equilibrium and can negatively impact mental and physical health if not addressed. *Kho siab*, *nyuaj siab*, and *nyuab siab* cover a range of emotions from sadness to depression, reflecting a state of emotional distress or imbalance. In addition, *doctor nyuaj siab* is used to reference psychologists or mental health professionals. *Mob siab* can refer to physical pain in the liver or liver disease, but it also has an emotional meaning that refers to being emotionally hurt or heartbroken. The Hmong concept of *siab* permeates various aspects of health, emphasizing the interconnectedness of mental, physical, and emotional well-being.

More serious and complicated Hmong terms include conditions that are believed to have more direct connections to the spiritual world. The condition known as *mob neeb* manifests with physical symptoms such as pain in the hands and feet, but can also include hearing voices. With such “clear” physical complaints, it is frustrating to patients when X-rays fail to show anything abnormal inside the body. According to traditional healing, a person experiencing *mob neeb* will have to become a shaman themselves. The term *mob neeb*, includes the term *neeb* which can mean ‘life,’ ‘existence,’ or ‘being a person’ – this points directly to the fact that body, mind, and spirit are all intertwined. Other conditions that present with physical conditions but are more deeply rooted in Hmong understandings of the spirit include *raug dab* and *mob vwm*, as described briefly in the table above. People experiencing *raug dab* are understood to be “affected by a spirit” in a violent way. There is a sense that the person has lost control of their body because it has been taken over by an evil spirit. Here, we see how the areas of mental and spiritual health overlap. The condition *mob vwm* is a type of mental/spiritual health problem that focuses more on spiritual and behavioral issues, where someone is understood to be ‘out of line’ with expectations for social interaction. From discussions with Hmong elders we learned that observing how people talk to themselves, hallucinate, and experience fatigue are crucial. People suffering from *raug dab* are able to engage in conversation to some degree, but people with *mob vwm* seem to be more in their own world, unable to respond to others. These are examples of the cultural terms in which people understand the health and well-being of others.

Recommendation and considerations: The vocabulary we have to speak of mental illness in English is expanding and changing rapidly in American society. As we understand more about mental health, we are challenged to find better terms to describe conditions and causes, while at the same time shifting perceptions to better provide people with support and treatment. With Hmong terms that include complicated ideas about body, mind, and soul all woven together, we find perhaps the most difficult challenges to interpretation and translation of language and culture. Here, we offer some questions for interpreters and translators to consider and discuss:

- How can the translation of terms like *mob vwm* and *raug dab* help care givers understand patients’ situations rather than marginalize them from the diagnosis and discussion of treatment options? What are the

alternatives to unacceptable terms like “crazy,” when the social context around mental health are different?

- How does an interpreter or translator include information about patients’ assumptions of what would traditionally be treated with herbals, spirit callings, or intervention by a shaman?
- How much of a story that explains a patient’s understanding of why they are experiencing *raug dab* should be included in a clinical interview? With conditions that are clearly understood to be combinations of body, mind, and soul in Hmong culture? How much detail is useful for the provider?
- Is it possible to establish space outside of the patient-provider interaction for the interpreter to provide relevant cultural material in a way that does not marginalize the patient and confuse the provider?
- How does an interpreter/translator give adequate information about a patient’s beliefs if they do not share those beliefs – is it possible that there is a risk that interpreters/translators lower the complex cultural background to a patient’s words in the name of “science” to avoid uncomfortable cultural differences within the Hmong community?
- How does the translator/interpreter’s own understanding of sickness affect the way they describe these Hmong ideas in a formal clinical setting?

Because Hmong in America follow various spiritual and religious traditions, the translation of these phrases may cause tension among systems of understanding and belief. Interpretation that tries to recast the meaning in terms of a different knowledge system or cultural tradition may introduce tension into the interpreter-patient-provider relationship, in addition to creating another level of ambiguity in communication.

For a summary of our recommendations, please see the supplementary materials section on the pages 102-103, where you'll find a **pocket card** outlining key points for your reference.

Considerations in Editing

The process of revising, editing, expanding, and retranslating the terms in the lexicon was an interactive and iterative work conducted by the members of the advisory team. There is no single “correct” way to do this work, and the group developed a set of principles that led the work.

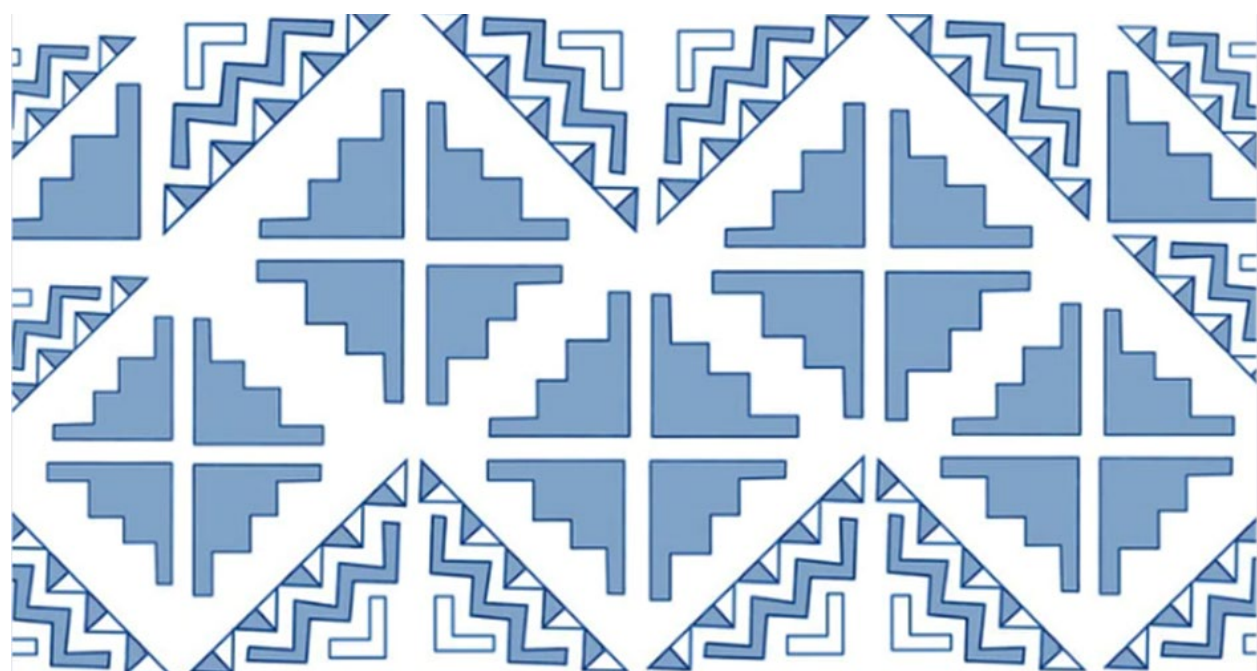
1. We worked towards concise and short translations but gave consideration to the various backgrounds of potential users of the lexicon. In some cases, we opted for long, more descriptive or explanatory definitions, to assist interpreters with the basic meaning.
2. In some cases we tried more poetic approaches to abstract notions, in order to capture Hmong cultural ideas that could be used to facilitate understanding. This involved trying two or four word constructions that include words of similar meaning, such as *mob nkeeg*, that would help us understand what concepts might be available through the Hmong language. In many cases, we moved on from these, but they were helpful in stimulating creative thinking. For example, for ‘metastasize’ a member proposed *kis chaw dhau chaw*, but in the end we settled on *kis mus rau lwm qhov lawm*. In practice, these more poetic phrases can be used in parallel with more scientific and cultural approaches.
3. There was an ongoing discussion about how “efficient” a translated term should be. Long and complicated descriptions can be useful for deepening understanding, but can be difficult to use in real interpretation work. That said, the group often came to the conclusion, “it may be a little wordy, but we feel that this level of detail is necessary for good understanding.” This is the core of the challenge of translation and interpretation. Many interpreters express frustration in their efforts to be “accurate,” by which we understand a strong desire to have compact Hmong terms that match precisely with the English terms. We worked on the principle that “equivalency” – that there will be a one-to-one correspondence between words – is not possible. It is also not desirable, especially in a situation where the negotiation of cultural differences is at the heart of the interpretation work. There is a need to recognize this difficulty as a natural part of translation and interpretation, and we suggest that it is important for interpreters to have a clear strategy for how they deal with these challenges to guide their work. A strategy for dealing with the linguistic and cultural gaps that will always be a part of bridging languages and allows the interpreter to weigh their options and make informed decisions, as well as explaining to people how they are interpreting in the event that there is miscommunication.
4. Definitions in Hmoob Dawb and Moob Leeg were first considered separately. We wanted to avoid direct translation or transposition from one dialect to the other. For some words, the definitions are slightly different, and we opted to leave them so that users of the lexicon had access to the different nuances that each give. Because our team had speakers of both, there were instances in which the Moob

Leeg translation was used and reworked into a Hmoob Dawb translation. We believe that it is important that both languages are considered to be equally valuable in terms of generating new translations for important terms.

5. In the lexicon, the Hmong Dawb text is represented with [D] and the Hmong Leeg text is represented with [L].
6. In the text above, we have used the Hmoob Dawb terms. Including both Hmoob Dawb and Moob Leeg terms may be more equitable, but the inclusion of two sets of terms makes the text more difficult to read. We do not suggest that Hmong Dawb should be used as the standard, but rather recognize this issue and suggest that it is a larger question for the Hmong society. We are happy to see that many Hmong resources being created do include forms in both dialects. We have discussed and opted to include some words that are borrowed from Lao and Thai because people mention that they are a part of the everyday language and help improve communication in some cases.
7. Some commonly used words that were originally borrowed from Lao or Thai, such as *kuaj*, ‘to check’ or ‘to examine,’ are given together with older Hmong terminology. Some people feel that *tshuaj xyuas* is high language and may be awkward for younger speakers. Even though many of these newer borrowings may be more familiar to younger speakers, we understand that the community is interested in making sure that this type of resource contributes to the transmission of Hmong language and culture beyond the clinical setting. Therefore, we decided to use the term *ntsuam xyuas* because this term is more common with both older and younger Hmong speakers across different generations.
8. In reality, some terms emerge as mixes between different linguistic resources. For example, ‘clinic’ was first given as *loob npas me*, combining the Thai word for ‘hospital’ with the Hmong word for ‘small.’ We believe that these types of constructions are an important part of the language and reflect how people are creating new terms that are socially acceptable and culturally appropriate. However, it takes time for these terms to become widely accepted, and we often opted to leave them to the local conversations that are held in the community.
9. We found that many of the terms referring to “physical” conditions were closely related to ideas about mind and soul as well, but decided to keep ourselves in the area of physical because of the cultural and scientific complexity of mental health and spirituality. Ideally, there will be a follow-up effort to create translations that are holistic in this sense and help Hmong people access treatment for mental health problems.
10. Given the current COVID-19 pandemic context, we decided to expand our terms to include COVID-19-related terms.
11. Inevitably, language change is something that is “negotiated” among speakers through their everyday conversations. Many interpreters are giving serious thought to these decisions, and these considerations are valuable to the community. For example, one participant described:

“I think it [the Hmong translation for antiacid] sounds good, but like I said I would question ntawm qhov chaw kua qaub [be]cause I think there’s a better word to be used. As is, I think it makes sense to me. Even if I don’t associate it with antiacid, I still would associate it with stomach acid.”

This lexicon is the product of many such discussions and constructive debates. We hope that the lexicon will be useful for interpreters and translators in their work; at the same time, we hope that it will stimulate more discussion and consensus-building among people who deal with the challenges of cross-cultural communication and bilingual work.





abdomen (*noun*) [D] toom ntawm plab [L] toom ntawm plaab

abnormal (*adjective*) [D] txawv txav [L] txawv txaav

abortion (*noun*) [D] kaus menyuam; tshem menyuam [L] kaus mivnyuas; tshem mivnyuas

abrasion (*noun*) [D] tshiaiv; kos; to; txiav ntshav [L] tshav; kes; to; txav ntshaav

abscess [of a tooth] (*noun*) [D] ua paug rau hauv paus hniav [L] ua rwj tsua hauv paug nav

abuse (*noun*) [D] tsim txom; ntaus; yuam [L] tsim txom; ntaus; yuam

accident (*noun*) [D] raug teeb meem/xwm txheej [L] raug teeb meem/xwm txheej

ache (*verb*) [D] ua mob [L] ua mob

acid (*noun*) [D] kua qaub; kua iab; kua ntsim [L] kua qaub; kua ab; kua ntsim

acidity (*noun*) [D] qaub; ntsim; kiab kiab [L] qaub; nstim; kab kab

heartburn (*noun*) [D] kub hauv siab [L] kub hauv sab

acne (*noun*) [D] mob pob kab ntxau [L] mob pob kaab ntxau

acquired immunodeficiency syndrome (AIDS) (*noun*) [D] ib hom kab mob ua rau roj ntsha tsis zoo thiab tiv thaiv tsis tau lub cev; ua mob kho tsis tau thiab yuav muaj tag ib txhis [L] ib hom kaab mob ua tsua roj ntshaa tsis zoo hab tiv thaiv tsis tau lub cev; ua mob khu tsis tau hab yuav muaj taag ib txhis

acute [condition] (*adjective*) [D] qhov nyuam qhuav mob tshwm sim sai heev [L] qhov mob heev heev nyav tshwm sim

admit (*verb*) [D] lees paub; lees txais [L] leeg paub; leeg txais

admit to the hospital (*verb*) [D] yuav tau pw tsev kho mob [D] [L] yuav tau pw tsev khu mob

afterbirth (*noun*) [D] lub tsho menyuam poob los thaum yug menyuam tas [L] lub tsho mivnyuas poob lug thaum yug yug mivnyuas thaav

aggressive (*adjective*) [D] heev heev; nyaum nyaum [L] heev heev; nyaum nyaum

alcohol (*noun*) [D] cawv [L] cawv

allergen (*noun*) [D] yam khoom tsis haum; phiv [L] yaam khoom tsis hum; phiv

allergic reaction (*noun*) [D] thaum tsis haum/txhaum fab lub cev [L] thaum tsis hum/txhum faab lub cev

local allergic reaction (*noun*) [D] tshwm sim rau ib qho ntawm lub cev [L] tshwm sim tsua ib qho ntawm lub cev

systemic allergic reaction (*noun*) [D] tshwm sim thoob lub cev [L] tshwm sim thoob lub cev

allergic rhinitis (hay fever) (*noun*) [D] mob khaub thuas ua rau lub qhov ntswg mob o, khaus thiab los ntswg vim tsis haum/phiv huab cua, nroj tsuag, lossis paj ntoos [L] mob khaub thuas ua tsua lub qhov ntswg mob o, txob hab lug ntswg vim tsis hum/phiv huab cua, nroj tsuag, lossis paaj ntoos

allergist (*noun*) [D] tus kws ntsuam xyuas thiab kho txog kev mob phiv/tsky haum lub cev thiab tus kab mob ntsws ua tsis taus pa/ua pa nyuab [L] tug kws ntsuam xyuas hab khu txug kev mob phiv/tsky hum lub cev hab tug kaab mob ntswg ua tsis taug paa/ua paa nyuab

allergy (*noun*) [D] tsis haum/phiv/fab [L] tsis hum/phiv/faab

allergy shots (immunotherapy) (*noun*) [D] koob tshuaj txhaj kom zoo kev tsis haum/fab [L] koob tshuaj txhaaj kuam zoo kev tsis hum/faab

amenorrhea (*noun*) [D] koj khaub ncaws tsis raws sij hawm [L] koj khaub dluag tsis raws sij hawm

amniotic fluid (*noun*) [D] cov dej tiv thaiv tus menyuam hauv plab [L] cov dlej tiv thaiv tug mivnyuas huv plaab

amphetamines (*noun*) [D] ib hom tshuaj uas muaj yees thiab muaj zog rau lub cev thiab paj hlwb khiav ceev (siv hom tshuaj no los kho tus kab mob ces yuav pab txhawb lub paj hlwb kom tus yees) [L] ib hom tshuaj kws muaj yees hab muaj zug tsua lub cev hab lub paaj hlwb dlha ceev (siv hom tshuaj nuav lug khu tug kaab mob ces yuav paab txhawb lub paaj hlwb kuam tug yeeg)

anemia (*noun*) [D] cov ntshav liab tsawg [L] cov ntshaav lab tsawg

anemic (*adjective*) [D] ntshav liab tsis txaus [L] ntshaav lab tsis txaus

anesthesia (*noun*) [D] tshuaj loog [L] tshuaj loog

anesthesiology (*noun*) [D] qhov chaw siv tshuaj loog lossis cov kws siv tshuaj loog [L] qhov chaw siv tshuaj loog lossis cov kws siv tshuaj loog

aneurysm (*noun*) [D] hlab ntsha o/su [L] hlaab ntshaa o/su

anger outburst (*noun*) [D] npau taws [L] npau tawg

angina (*noun*) [D] mob hauv siab heev [L] mob hauv sab heev

angry (resentful) (*verb*) [D] chim; ntsub ntxaug [L] chim; ntsub ntxaug

animal dander (*noun*) [D] plhaws tsiaj [L] plhaws tsaj

ankle (*noun*) [D] caj dab taws [L] cej dlaab taws

announce (*verb*) [D] lus tshaj tawm [L] lug tshaaj tawm

anorexia (*noun*) [D] tus mob uas yus txhob txwm yuam yus tus kheej yoo mov kom yuag [L] tug mob kws yug txhob txwm yuam yug tug kheej yoo mov kuam ntxaug

antacid (*noun*) [D] tshuaj pab kom cov kua qaub hauv plab xam thaum tsam plab lossis mob/ntsim hauv siab [L] tshuaj paab kuam cov kua qaub huv plaab xaam thaum tsaam plaab lossis mob/ntsim hauv sab

antibiotics (*noun*) [D] cov tshuaj tua kab mob [L] cov tshuaj tua kaab mob

antibody (*noun*) [D] cov khoom tiv thaiv kab mob uas nyob hauv yus cov roj ntsha [L] cov khoom tiv thaiv kaab mob kws nyob huv yug cov roj ntshaa

antibody or serology tests (*noun*) [D] kev soj ntsuam txog cov khoom tiv thaiv kab mob uas nyob hauv roj ntsha [L] kev soj ntsuam txug cov khoom tiv thaiv kaab mob kws nyob huv roj ntshaa

antigen (*noun*) [D] cov khoom nyob hauv roj ntsha uas soj ntsuam kab mob [L] cov khoom nyob huv roj ntshaa kws soj ntsuam kaab mob

antihistamine (*noun*) [D] tshuaj zoo khaub thuas lossis txhaws ntswg; tshuaj pab thaum tsis haum, phiv, lossis fab [L] tshuaj zoo khaub thuas lossis txhaws ntswg; tshuaj paab thaum tsis hum, phiv, lossis faab

anti-inflammatory medication (*noun*) [D] tshuaj pab kom txhob mob txhob o [L] tshuaj paab kuam txhob mob txhob o

antiseptic (*noun*) [D] kua tshuaj siv ntxuav thiab tua kab mob [L] kua tshuaj siv ntxuav hab tua kaab mob

anus (*noun*) [D] ncauj qhov quav; ncauj chaw tawm rooj [L] ncauj qhov quav; ncauj chaw tawm rooj

anxiety (*noun*) [D] txhawj xeeb, ntxhov siab, ua rau lub siab nyob tsis tus [L] txhawj xeeb, ntxhuv sab, ua tsua lub sab nyob tsis tug

aphthous ulcer (canker sore/fever sore) [D] qhov ncauj tawm [L] qhov ncauj tawm

appendicitis (*noun*) [D] mob hnyuv tws [L] mob nyuv twg

appendix (*noun*) [D] txoj hnyuv tws [L] txuj nyuv twg

appetite (*noun*) [D] kev qab los noj mov [L] kev qaab lug noj mov

appointment (*noun*) [D] kev teem caij sib ntsib [L] kev teem caij sib ntsib

arch support or insert (*noun*) [D] daim xiab qab xib taws [L] dlaim xab qaab xib taws

arm (*noun*) [D] txhais caj npab [L] txhais cej npaab

armpit (*noun*) [D] qhov tsos [L] qhov tsus

arrhythmia (*noun*) [D] plawv dhia tsis xwm yeem [L] plawv dlha tsis xim yeem

arteriosclerosis (*noun*) [D] hlab ntsha khub [L] hlaab ntshaa khub

artery (*noun*) [D] txoj hlab ntsha [L] txuj hlaab ntshaa

coronary artery (*noun*) [D] hlab ntsha yug lub plawv [L] hlaab ntshaa yug lub plawv

pulmonary artery (*noun*) [D] hlab ntsha yug lub ntsws [L] hlaab ntshaa yug lub ntsws

arthritis (*noun*) [D] mob qij txha [L] mob qej txhaa

osteoarthritis (*noun*) [D] mob pob qij txha; mob txha yaig los ntawm kev siv mus siv los [L] mob pob qej txhaa; mob txhaa yaig lug ntawm kev siv moog siv lug

degenerative joint disease (*noun*) [D] ib hom mob pob txha sib txuas [L] ib hom mob pob txhaa sib txuas

degenerative disc disease (*noun*) [D] ib hom mob pob qij txha yaig ntawm txha nqaj qaum [L] ib hom mob pob qej txhaa yaig ntawm txhaa nqaaj qaum

rheumatoid arthritis (*noun*) [D] mob caws tes caws taw [L] mob caws teg caws taw

artificial insemination (*noun*) [D] kev tso kab menyuam rau poj niam lub tsev menyuam [L] kev tso kaab mivnyuas tsua quas puj lub tsev mivnyuas

aspirin (*noun*) [D] tshuaj noj kom ntshav txhob nyeem [L] tshuaj noj kuam ntshaav txhob nyeem

asthma (*noun*) [D] mob hlab ntsws ua tsis taus pa [L] mob hlaab ntswg ua tsis taug paa

asthmatic (*noun*) [D] ua pa nyuab [L] ua paa nyuab

astigmatism (*noun*) [D] qhov muag tsis kheej xwm yeem; qhov muag plooj [L] qhov muag tsis kheej xwm yeem; qhov muag plooj

asymptomatic (*adjective*) [D] muaj mob tiam sis tsis tshwm sim rau yus paub [L] muaj mob taab sis tsis tshwm sim tsua yug paub

at-home tests (*noun*) [D] cov khoom ntsuam xyuas kab mob tom tsev [L] cov khoom ntsuam xyuas kaab mob tom tsev

attack (*noun*) [D] mob huam tuaj [L] mob huam tuaj

attention-deficit hyperactivity disorder (ADHD) (*noun*) [D] ib tug mob ua rau yus nyob tsis tswm thiab siab khiav yees rau lwm yam, tsis nco xav ua ntej mam li ua (feem ntau yog menyuam yaus) [L] ib tug mob ua tsua yug nyob tsis tswm hab sab dlha yeeg tsua lwm yaam, tsis ncu xaav ua ntej maam le ua (feem ntau yog mivnyuas yau)

attitude (*noun*) [D] cwj pwm [L] cwj pwm

audiologist (*noun*) [D] tus kws ntsuam xyuas thiab kho kev hnov lus, thiab kom txhob ua fem feeb nyob kom tus [L] tug kws ntsuam xyuas hab khu kev nov lug, hab kuam txhob ua fem feeb nyob kuam tug

autism (*noun*) [D] ib hom mob los ntawm kev txawv txav hauv lub hlwb ua rau tej tug neeg muaj qee yam cwj pwm xws li: txuas lus nyuaj nrog lwm tus, tsis nyiam tham nrog lwm tus, nyob nws ib leeg, tsis nyiam neeg chwv nws, tsis tshua txawj ua si nrog lwm tus, coj tus cwj pwm nyiam ua li qub tas li, thiab/lossis ntau yam ntxiv (feem ntau pib thaum menyuam yaus) [L] ib hom mob lug ntawm kev txawv txaav huv lub hlwb ua tsua tej tug tuab neeg muaj qee yaam cwj pwm xws le: txuas lug nyuab ntsug lwm tug, tsis nyam thaam ntsug lwm tug, nyob nwg ib leeg, tsis nyam tuab neeg chwv nwg, tsis tshua txawj ua si ntsug lwm tug, coj tug cwj pwm nyam ua le qub taag le, hab/lossis ntau yaam ntxiv (feem ntau pib thaum mivnyuas yau)

autoimmune (*noun*) [D] thaum yus cov roj ntsha rov tua yus lub cev [L] thaum yug cov roj ntshaa rov tua yug lub cev



baby (*noun*) [D] menyuam mos [L] mivnyuas mog

back (*noun*) [D] nrab qaum [L] nraab qaum

backache (*noun*) [D] mob nrab qaum [L] mob nraab qaum

backbone (*noun*) [D] pob txha nqaj qaum [L] pob txhaa nqaaj qaum

bag of waters (*noun*) [D] lub zais dej; lub hlwv dej [L] lub zaig dlej; lub hlwv dlej

band aid (*noun*) [D] ntaub nplaum [L] ntaub nplaum

basal body temperature (*noun*) [D] qhov txias kawg ntawm lub cev [L] qhov txag kawg ntawm lub cev

bath

bathe (*verb*) [D] da dej [L] dlaa dlej

bathtub (*noun*) [D] lub dab da dej [L] lub dlaab dlaa dlej

bathroom (*noun*) [D] chav da dej [L] chaav dlaa dlej

beating (*noun*) [D] ntaus [L] ntaus

bedbug (*noun*) [D] hmob [L] hmob

bedpan (*noun*) [D] tais cug quav/zis [L] taig cug quav/zig

behavior (*noun*) [D] yam ntxwv [L] yaam ntxwv

belch (*verb*) [D] ua qais [L] ua qag

belief (*noun*) [D] kev ntseeg [L] kev ntseeg

belief system (*noun*) [D] txoj kev ntseeg [L] txuj kev ntseeg

bend over (*verb*) [D] khoov [L] nyo

benign (*adjective*) [D] (qhov mob) tsis tau ua kab mob loj; tsis tau txaus txhawj; tsis tau txaus ntshai [L] (qhov mob) tsis tau ua kaab mob luj; tsis tau txaus txhawj; tsis tau txaus ntshai

betrayed (*verb*) [D] ntseev siab, rov taw tuam ntuj [L] ntseev sab, rov taw tuam ntuj

bewitched (*adjective*) [D] mooj lossis raug khawv koob [L] mooj lossis raug khawv koob

bile (*noun*) [D] kua tsib [L] kua tsib

bill (*noun*) [D] daim ntawv them nuj nqis [L] dlaim ntawv them nuj nqes

binge-eating disorder (*noun*) [D] ib hom mob uas noj ntau dhau cheem tsis tau tus kheej [L] ib hom mob kws noj ntau dlhau cheem tsis tau tug kheej

biopsy (*noun*) [D] muab ib qho (nqaij) me me los mus ntsuam xyuas [L] muab ib qho (nqaij) miv miv moog ntsuam xyuas

bipolar disorder (*noun*) [D] ib hom mob ua yus hloov mus hloov los ib ntus (zoo siab muaj zog zis, tu siab qaug zog zis) [L] ib hom mob ua yug hloov moog hloov lug ib ntug (zoo sab muaj zug zig, tu sab qaug zug zig)

birth (*noun*) [D] kev yug menyuam [L] kev yug mivnyuas

birth control (pill) (*noun*) [D] tshuaj noj pab tswj kom txhob muaj menyuam [L] tshuaj noj paab tswj kuam txhob muaj mivnyuas

birthdate (*noun*) [D] hnuv yug [D] [L] nub yug

birthmark (*noun*) [D] ntaus cim [L] ntaus cim

bite (*noun*) [D] tom [L] tum

of an animal (*noun*) [D] tsiaj tom [L] tsaj tum

of an insect (*noun*) [D] kab tom [L] kaab tum

blackhead (*noun*) [D] pob kab ntxau dub [L] pob kaab ntxau dlob

bladder (*noun*) [D] lub zais zis [L] lub zaig zig

bleed (*verb*) [D] los ntshav [L] lug ntshaav

blind (*adjective*) [D] dig muag [L] dlig muag

blink (*verb*) [D] ntsais muag [L] ntsais muag

blister¹ (*verb*) [D] sawv hlwv [L] sawv hlwv

blister² (*noun*) [D] lub hlwv [L] lub hlwv

blood (*noun*) [D] ntshav [L] ntshaav

blood bank (*noun*) [D] qhov chaw ceev/khaws ntshav cia [L] qhov chaw ceev/khaws ntshaav ca

blood clot (*noun*) [D] ntshav khov [L] ntshaav khov

blood count (*noun*) [D] kev ntsuam xyuas suav ntshav seb muaj npaum li cas [L] kev ntsuam xyuas suav ntshaav seb muaj npaum le caag

blood glucose level (*noun*) [D] ntshav qab zib siab li cas [L] ntshaav qaab zib sab le caag

blood glucose reading (*noun*) [D] twm lossis nyeem ntshav qab zib [L] nyeem ntshaav qaab zib

blood pressure (*noun*) [D] ntshav ntoj hauv hlab ntsha [L] ntshaav ntoj huv hlaab ntshaa

blood relative (*noun*) [D] ib tug neeg koom caj ces los yog koom roj ntsha [L] ib tug neeg koom caaj ceg los yog koom roj ntshaa

blood test (*noun*) [D] sim ntshav ntsuam xyuas [L] sim ntshaav ntsuam xyuas

blood thinner (*noun*) [D] ntshav sab; ntshav tsis nyeem [L] ntshaav saab; ntshaav tsis nyeem

blood vessel (*noun*) [D] hlab ntsha [L] hlaab ntshaa

blurred (vision) (*noun*) [D] pom kev tsis tseeb; plooj plooj [L] pum kev tsis tseeb; plooj plooj

boil (carbuncle) (*noun*) [D] mob rwj; ua paug [L] mob rwj; ua paug

bone (*noun*) [D] pob txha [L] pob txhaa

bone marrow (*noun*) [D] kua txha; hlwb txha [L] kua txhaa; hlwb txhaa

booster doses (*noun*) [D] txhaj (cov) koob tshuaj txhawb tiv thaiv kab mob [L] txhaaj (cov) koob tshuaj txhawb tiv thaiv kaab mob

booster shot (*noun*) [D] koob tshuaj txhaj txhawb ntiv [L] koob tshuaj txhaaj txhawb ntiv

borderline personality disorder (BPD) (*noun*) [D] ib tug mob xeeb ceem ua rau kev raug zoo nrog lwm tus tsis ruaj khov, muaj tus yam txwv zoo siab heev hloov mus rau chim siab heev ob peb teev lossis ob peb hnub [L] ib tug mob xeeb ceem ua tsua kev raug zoo nrog lwm tug tsis ruaj khov, muaj tug yaam txwv zoo sab heev hloov moog tsua chim sab heev ob peb teev lossis ob peb nub

bottle (*noun*) [D] lub raj mis [L] lub raaj mig

baby's (*noun*) [D] menyuum [L] mivnyuas

any other kind (*noun*) [D] lwm hom [L] lwm hom

bowel (*noun*) [D] quav [L] quav

bowel movement (*noun*) [D] kev tso quav; tawm rooj [L] kev tso quav; tawm rooj

bowel movement (to have a) (*verb*) [D] tawm rooj; mus plob; tso quav [L] tawm rooj; moog plob; tso quav

brace (on the teeth) (*noun*) [D] khawb hlau zawm hniav [L] khawb hlau zawm nav

brain (*noun*) [D] lub hlwb; paj hlwb [L] lub hlwb; paa hlwb

break (*verb*) [D] lov; tawg; dam [L] luv; tawg; dlaam

breast (*noun*) [D] lub mis [L] lub mig

breast cancer (*noun*) [D] lub mis mob khees xaws [L] lub mig mob khees xaws

breast feed (*verb*) [D] menyuam noj niam mis [L] mivnyuas noj nam mig

breast mass (*noun*) [D] mis ua qog [L] mig ua qug

breath (*noun*) [D] txoj pa [L] txuj paa

breathe (*verb*) [D] ua pa [L] ua paa

breathing (*noun*) [D] kev ua pa [L] kev ua paa

bronchitis (*noun*) [D] mob hlab ntsws [L] mob hlaab ntsws

bronchodilator (*noun*) [D] lub raj tshuaj nqus pab hlab ntsws rua/qhib kom ua taus
pa [L] lub raaj tshuaj nqug kuam qheb lub ntsws hab ua taug paa

bruise (*noun*) [D] doog; xiav; ntsuab [L] dloog; xav; ntsuab

bullet (*noun*) [D] lub mos txwv [L] lub mos txwv

bullet wound (*noun*) [D] lub qhov txhab mos txwv [L] lub qhov txhaab mos txwv

bunion (*noun*) [D] pob txha o; taub taws ncau [L] pob txhaa o; taub taws ncau

burn¹ (*noun*) [D] kev kub hnyiab [L] kev kub nyab

burn² (*verb*) [D] kub hnyiab [L] kub nyab

burning sensation (*noun*) [D] hnov kub lug [L] nov kub lug

burp (*verb*) [D] ua qais [L] ua qaig

business office (*noun*) [D] lub chaw ua hauj lwm [L] lub chaw kws ua num

bust (*noun*) [D] ob lub mis [L] ob lub mig

buttock (*noun*) [D] lub pob tw [L] lub pob tw



calcium (*noun*) [D] ib yam khoom nyob hauv pob txha thiab los ntawm dej/zaub mov (pab tswj kom pob txha ruaj khov) [L] ib yaam khoom nyob huv pob txhaa hab lug ntawm dlej/zaub mov (paab tswj kuam pob txhaa ruaj khov)

calf (*noun*) [D] plab hlaub [L] plaab hlaub

callus (*noun*) [D] nqaij ntshib; tawg pleb; tawv nqaij tuab [L] nqaj ntshib; tawg pleb; tawv nqaj tuab

calories (*noun*) [D] dej thiab zaub mov noj haus kom yus lub cev muaj zog [L] dlej hab zaub mov noj haus kuam yug lub cev muaj zug

cancer (*noun*) [D] mob khees xaws; mob nqaij hlav tsis txawj tsum [L] mob khees xaws; mob nqaj hlaav tsis txawj tsum

cane (*noun*) [D] tus pas nrig [L] tug paas nreg

canker sore/fever sore (aphthous ulcer) [D] qhov ncauj tawm [L] qhov ncauj tawm

capillary (*noun*) [D] cov hlab ntsha me me uas ncau mus xaus rau tej nqaij [L] cov hlaab ntshaa miv miv kws ncau moog xaus tsua tej nqaj

capsule

form of medication (*noun*) [D] plhaub tshuaj ntsiav [L] plhaub tshuaj ntsav

a joint (*noun*) [D] cov leeg qhwv lub pob qej txha [L] cov leeg qhwv lub pob qej txhaa

carbohydrates (*noun*) [D] cov khoom qab zib nyob hauv dej thiab zaub mov noj haus kom lub cev muaj zog [L] cov khoom qaab zib nyob huv dlej hab zaub mov noj haus kuam lub cev muaj zug

carbuncle (*noun*) [D] mob rwj; ua paug [L] mob rwj; ua paug

cardiac catheterization (*noun*) [D] kev siv cuab yeej mus ntsuam xyuas lub plawv [L] kev siv cuab yeej moog ntsuam xyuas lub plawv

cardiac scan (*noun*) [D] kev ntsuam xyuas lub plawv [L] kev ntsuam xyuas lub plawv

exercise thallium test (treadmill stress test) (*noun*) [D] kev siv lub tshuab taug kev ces khiav ceev zuj zus los ntsuam xyuas lub plawv ua hauj lawm zoo npaum li cas [L] kev siv lub tshuab taug kev ces dha ceev zuj zug los ntsuam

xyuas lub plawv ua num zoo npaum le caag

cardiologist (*noun*) [D] tus kws ntsuam xyuas thiab kho plawv [L] tug kws ntsuam xyuas hab khu plawv

cardiology (*noun*) [D] kev kawm txog lub plawv [L] kev kawm txug lub plawv

cardiopulmonary (*adjective*) [D] lub plawv thiab lub ntsws [L] lub plawv hab lub ntsws

cardiopulmonary resuscitation (*noun*) [D] lub tshuab cawm lub plawv thiab lub ntsws [L] lub tshuab cawm lub plawv hab lub ntsws

cardiovascular (*adjective*) [D] plawv thiab hlab ntsha plawv [L] plawv hab hlaab ntshaa plawv

carpal tunnel syndrome (*noun*) [D] mob tes thaum txoj leeg nruab nrab xib teg raug tais ua rau tus ntiv tes xoo lossis cov ntiv tes loog loog, caws yaum, thiab tsis muaj zog [L] mob teg thaum txuj leeg nruab nraab xib teg raug tais ua tsua tug ntiv teg xoo lossis cov ntiv teg loog loog, caws yaum, hab tsis muaj zug

carrier (*noun*) [D] tus neeg muaj tus kab mob uas kis tau rau lwm tus [L] tug tuab neeg muaj kaab mob kws kis tau tsua lwm tug

cartilage (*noun*) [D] pob txha mos [L] pob txhaa mog

cast (*noun*) [D] cam tuav rau qhov lov kom txha sib txuas [L] caam tuav tsua qhov luv kuam txhaa sib txuas

cataract (*noun*) [D] lub yeem muag khub khub lawm [L] lub yeem muag khub khub lawm

catheter (*noun*) [D] hlua yas; hlua roj hmab [L] hlua yaas; hlua roj maab

catheterize (*verb*) [D] ntxig txoj hlua yas/ntxig txoj hlua roj hmab [L] ntxig txuj hluas yaas/ntxig txuj hlua roj maab

cavity (dental) (*noun*) [D] hniav to qhov; hniav kab noj [L] nav to qhov; nav kaab noj

CD4

CD4 cells (*noun*) [D] ib hom ntshav dawb uas pab tiv thaiv lub cev thiab tua kab mob [L] ib hom ntshaav dlawb kws paab tiv thaiv lub cev hab tua kaab mob

CD4 count (*noun*) [D] kev ntsuam xyuas cov ntshav dawb seb ntau npaum cas [L] kev ntsuam xyuas cov ntshaav dlawb seb ntau npaum caag

cerebrovascular (*noun*) [D] cov hlab ntsha hauv lub hlwb [L] cov hlaab ntshaa huv lub hlwb

cervical (*noun*) [D] yav txha nqaj qaum caj dab [L] yaav txhaa nqaaj qaum cej dlaab

cervix (*noun*) [D] lub ncauj tsev menyuum [L] lub ncauj tsev mivnyuas

cesarean (*adjective*) [D] phais plab yug menyuum [L] phais plaab yug mivnyuas

- chamomile** (*noun*) [D] tshuaj paj ntoos zoo mob plab kem thiab mob plab thaum cev ntas [L] tshuaj paaj ntoos zoo mob plaab kem hab mob plaab coj khaub dluag
- chancre** (*noun*) [D] ib hom kab mob kas cees los ntawm Syphilis ua qawj qhov txhab ntawm chaw mos lossis qhov ncauj thaum nrog lwm tus neeg pw ua ke [L] ib hom kaab mob kaas cees lug ntawm Syphilis ua qawj qhov txhaab ntawm chaw mog lossis qhov ncauj thaum ntsug lwm tug tuab neeg pw ua ke
- chaplain** (*noun*) [D] tus kws txhawb siab lossis pab txog txoj kev ntseeg [L] tug kws txhawb sab lossis paab txug txuj kev ntseeg
- chart** (*noun*) [D] daim ntawv teev txog kev kho ib tus neeg mob [L] dlaim ntawv teev txug kev khu ib tug neeg mob
- checkup** (*noun*) [D] kev ntsuam xyuas seb puas muaj mob [L] kev ntsuam xyuas seb puas muaj mob
- cheek** (*noun*) [D] lub plhu [L] lub plhu
- chemotherapy** (*noun*) [D] kev siv tshuab kho kab mob khees xaws [L] kev siv tshuab khu kaab mob khees xaws
- chest** (*noun*) [D] lub hauv siab [L] lub hauv sab
- chicken pox** (*noun*) [D] ua qoob (thaum menyuam yaus) [L] ua qoob (thaum mivnyuas yau)
- childbirth** (*noun*) [D] yug menyuam [L] yug mivnyuas
- chills** (*noun*) [D] ua daus no; tshee [L] ua dlaus no; tshee
- chin** (*noun*) [D] pob tsaig [L] pob tsaig
- chlamydia** (*noun*) [D] ib hom kab mob kas cees, feem ntau tib neeg tsis paub hais tias lawv kis lawm vim tsis pom thiab hnov qhov mob [L] ib hom kaab mob kaas cees, feem ntau tuab neeg tsis paub has tas puab kis lawm vim tsis pum hab nov qhov mob
- choke** (*verb*) [D] daig caj dab [L] dlaig cej dlaab
- cholesterol** (*noun*) [D] ntshav muaj roj [L] ntshaav muaj roj
- chronic (condition or disease)** (*noun*) [D] mob tau ntev (tej yam mob los kab mob) [L] mob tau ntev (tej yaam mob los kaab mob)
- cirrhosis** (*noun*) [D] mob caws pliav ntawm daim siab tsis zoo li qub lawm [L] mob caws plav ntawm dlaim sab tsis zoo le qub lawm
- clavicle (collarbone)** (*noun*) [D] tus qais [L] tug qag
- clinic** (*noun*) [D] tsev ntsuam xyuas mob [L] tsev ntsuam xyuas mob
- clinical laboratory** (*noun*) [D] lub chaw tso thiab ntsuam xyuas ntshav [L] lub chaw tso hab ntsuam xyuas ntshaav

clogged arteries (*noun*) [D] hlab ntsha txhaws [L] hlaab ntshaa txhaws

clot (*noun*) [D] ntshav nkoog; ntshav khov [L] ntshaav nkoog; ntshaav khov

clot (blood) (*verb*) [D] ua kom ntshav nkoog [L] ua kuam ntshaav khov

coagulate (*verb*) [D] ua kom ntshav khov/ntshav nkoog [L] ua kuam ntshaav khov/ntshaav nkoog

coccyx (*noun*) [D] kaus tw [L] kaug tw

cod liver oil (*noun*) [D] tshuaj roj ntses [L] tshuaj roj ntseg

coitus (*noun*) [D] sib deev [L] sib dleev

colic (*noun*) [D] ib hom mob plab ua rau menyuum quaj heev, feem ntau thaum muaj peb lossis plaub lub hlis [L] ib hom mob plaab ua tsua mivnyuas quaj heev, feem ntau thaum muaj peb lossis plaub lub hlis

collarbone (clavicle) (*noun*) [D] tus qais [L] tus qag

colon (*noun*) [D] txoj hnyuv loj [L] txuj nyuv luj

colonoscopy (*noun*) [D] kev ntzig koob thaij ntawm qhov chaw tawm rooj mus ntsuam xyuas tag nrho txoj hnyuv loj [L] kev ntzig koob thaij ntawm qhov chaw tawm rooj moog ntsuam xyuas taag nrho txuj nyuv luj

color blindness (*noun*) [D] tsis pom qee tsos kob/xim (liab, ntsuab, lossis xiav) [L] tsis pum qee tsus kob/xim (lab, ntsuab, lossis xav)

colposcopy (*noun*) [D] siv lub tsom ntsuam xyuas poj niam lub ncauj tsev menyuum [L] siv lub tsom ntsuam xyuas quas puj lub ncauj tsev mivnyuas

compress (*noun*) [D] daim ntaub ntub dej kub/sov los npuab rau qhov mob [L] dlam ntaub ntub dlej kub/suv lug npuab tsua qhov mob

compulsive (*adjective*) [D] tswj tsis tau yus lub siab xav lossis yam ntxwv [L] tswj tsis tau yug lub sab xaav lossis yaam ntxwv

conceive (*noun*) [D] ua kom muaj taus menyuum [L] ua kuam muaj taug mivnyuas

concentrate (*verb*) [D] xav ntsoov, saib ntsoov [L] xaav ntsoov, saib ntsoov

condom (*noun*) [D] hnab looj rau txiv neej lossis poj niam qhov chaw mos thaum pw ua ke [L] naab looj tsua txiv neej lossis quas puj qhov chaw mog thaum pw ua ke

confidence (*noun*) [D] peev xwm [L] peev xwm

confidential (*adjective*) [D] ceev lus tsis pub hais tawm [L] ceev lug tsis pub has tawm

confused (*adjective*) [D] ua xyem xyav [L] ua xyem xyaav

congenital (*adjective*) [D] yug tau yeej zoo li ntawd lawm [L] xeeb tau yeej zoo le ntawd lawm

congested (stuffed up) (*adjective*) [D] txhaws ntswg [L] txhaws ntswg

congestion (*noun*) [D] txhaws ntswg [L] txhaws ntswg

congestive heart failure (*noun*) [D] lub plawv tsis muaj zog xa ntshav rau yus lub cev [L] lub plawv tsis muaj zug xaa ntshaav tsua yug lub cev

conization (*noun*) [D] kev hlais qhov mob ntawm lub ncauj tsev menyuum tawm [L] kev hlais qhov mob ntawm lub ncauj tsev mivnyuas tawm

consent (*noun*) [D] tso cai; pom zoo; txaus siab; yeem [L] tso cai; pum zoo; txaus sab; yeem

constipated (*adjective*) [D] ua rau tso tsis tau quav; ua tsua kem quav [L] ua tsua tso tsis tau quav; ua tsua kem quav

constipation (*noun*) [D] kem quav [L] kem quav

consulting nurse (*noun*) [D] tus kws tu mob uas nrog yus tuav tswv yim [L] tug kws tu mob kws ntsug yug tuav tswv yim

contact lens (*noun*) [D] diam iav (yas) looj hauv qhov muag kom pom kev [L] dlaim av yaas miv looj huv qhov muag kuam pum kev

contagious (*adjective*) [D] hom mob sib kis [L] hom mob sis kis

contraceptive (*noun*) [D] kev caiv kom txhob muaj menyuum [L] kev caiv kuam txhob muaj mivnyuas

contraction (*noun*) [D] mob plab ib zag ib zag yuav yug menyuum [L] mob plaab ib zaag ib zaag yuav yug mivnyuas

controlling (*adjective*) [D] khoo, tswj, kav [L] khoo, tswj, kaav

convulsion (*noun*) [D] mob qog peg nriaj ib ce; huam cheej [L] mob qug peg nraj ib ce; huam cheej

coping (*verb*) [D] uv thiab pab yus tus kheej kom dhau [L] uv hab paab yug tug kheej kuam dlhau

coping mechanisms (*noun*) [D] ua tej yam kom daws tau kev tu siab, ntshov siab, chim siab, mob siab, etc. [L] ua tej yaam kuam dlaws tau kev tu sab, ntshuv sab, chim sab, mob sab, etc.

cornea (*noun*) [D] txheej npluag dawb npog lub ntsiab muag [L] txheej npluag dlawb npug lub ntsab muag

corneal transplant (*noun*) [D] kev hloov txheej npluag dawb npog lub ntsiab muag [L] kev hloov txheej npluag dlawb npug lub ntsab muag

coronary angioplasty (*noun*) [D] kev kho txoj hlab ntsha plawv uas txhaws lawm [L] kev khu txuj hlaab ntshaa plawv kws txhaws lawm

coronary artery disease (*noun*) [D] kab mob hlab ntsha plawv txhaws [L] kaab mob hlaab ntshaa plawv txhaws

coronary bypass surgery (*noun*) [D] kev phais txuas hlab ntsha plawv [L] kev phais txuas hlaab ntshaa plawv

cough (*noun*) [D] hnoos [L] nqu

cough syrup (*noun*) [D] kua tshuaj haus zoo hnoos [L] kua tshuaj haus zoo nqu

COVID-19 (*noun*) [D] kab mob COVID 19 [L] kaab mob COVID 19

COVID-19 care plan (*noun*) [D] cov kauj ruam uas yus yuav tsum tau ua yog kis tau kab mob 19 [L] cov kauj ruam kws yug yuav tsum tau ua yog kis tau kaab mob 19

COVID-19 cases and deaths (*noun*) [D] cov mob thiab cov tau tag sim neej vim tus kab mob covid 19 [L] cov mob hab cov tau taag sim neej vim tug kaab mob covid 19

COVID-19 hospital admissions (*noun*) [D] cov pw tsev kho mob vim tus kab mob covid 19 [L] cov pw tsev khu mob vim tug kaab mob covid 19

cramp (*noun*) [D] mob li ntswj [L] mob le ntswj

abdominal (*noun*) [D] mob plab chaub [L] mob plaab chaub

menstrual (*noun*) [D] mob plab thaum cev ntas [L] mob plaab thaum coj khaub dluag

muscular (*noun*) [D] mob tu leeg xws li ntawm plab hlaub lossis ncej puab; mob tu sauv [L] mob tu leeg xws le ntawm plaab hlaub lossis ncej puab; mob tu sauv

cranium (*noun*) [D] lub plhaub txha taub hau [L] lub plhaub txhaa taub hau

crippled (*adjective*) [D] ceg tawv [L] ceg tawv

cross-eyed (Strabismus) (*noun*) [D] ib hom mob uas ob lub qhov muag saib tsis tau ib qho chaw tib lub sij hawm; qhov muag nyob tsis ncaj; qhov muag lem [L] ib hom mob kws ob lub qhov muag saib tsis tau ib qho chaw tib lub sij hawm; qhov muab nyob tsis ncaaj; qhov muag lem

crotch (*noun*) [D] ceg puab tais [L] ceg puab tais

croup (*noun*) [D] ib hom kab mob kis rau menyuam txoj hlab pas txhaws ua tsis taus pa thiab hnoos [L] ib hom kaab mob kis tsua mivnyuas txuj hlaab paas txhaws ua tsis taug paa hab nqus

crown (dental) (*noun*) [D] lub looj tus hniav/tog hniav saum npoo nqaij [L] lub looj tug nav/tog nav sau npoo nqaj

cruelty (*adjective*) [D] lim hiam, siab phem, siab nyoos [L] lim ham, sab phem, sab nyoog

crutch (*noun*) [D] tus pas txheem qhov tsos [L] tug paas txheem qhov tsus

crutches (*noun*) [D] nkawm pas txheem qhov tsos [L] ob tug paas txheem qhov tsus

cryosurgery (*noun*) [D] kev siv cov tshuaj txias tua nqaij (hlav, txawv txav, khees

xaws) [L] kev siv cov tshuaj txag tua nqaj (hlaav, txawv txaav, khees xaws)

cryotherapy (application of liquid nitrogen) (*noun*) [D] cov kua tshuaj txias siv
kom loog kom mob zoo [L] cov kua tshuaj txag siv kuam loog kuam mob zoo

cut¹ (*noun*) [D] qhov nqaij to [L] qhov nqaj to

cut² (*verb*) [D] hlais; to [L] hlais; to

cyst (*noun*) [D] ua rwj; ua hlwv [L] ua rwj; ua hlwv

cystic fibrosis (*noun*) [D] ib hom mob ntsws los ntawm keeb caj ceg, ua tsis taus pa,
tawm hws, thiab muaj teeb meem rau kev noj thiab zom zaub mov [L] ib hom mob
ntsws lug ntawm keeb caaj ceg, ua tsis taug paa, tawm fws, hab muaj teeb meem
tsua kev noj hab zum zaub mov

cytology (*noun*) [D] kev ntsuam xyuas txog tib neeg cev nqaij daim tawv [L] kev
ntsuam xyuas txug tuab neeg cev nqaj dlaim tawv



damage (harm) (*noun*) [D] puas; ua mob [L] puag; ua mob

deaf (*adjective*) [D] lag ntseg [L] laag ntseg

deafness (*noun*) [D] mob lag ntseg; kev tsis hnov lus [L] mob laag ntseg; kev tsis nov lug

deep (*adjective*) [D] tob [L] tub

defecate (*verb*) [D] tso quav [L] tso quav

defiant (*adjective*) [D] tawv ncauj, tsis mloog hais, tsis nyoo [L] tawv ncauj, tsis noog has, tsis nyoo

degenerative disc disease (*noun*) [D] ib hom mob pob qij txha yaig ntawm txha nqaj qaum [L] ib hom mob pob qej txhaa yag ntawm txhaa nqaaj qaum

degenerative joint disease (*noun*) [D] ib hom mob pob txha sib txuas [L] ib hom mob pob txhaa sib txuas

dehydrated (*verb*) [D] dej tsis txaus rau lub cev; lub cev qhaj dej [L] dlej tsis txaus tsua lub cev; lub cev qhaaj dlej

dehydration (*noun*) [D] thaum lub cev muaj dej tsis txaus [L] thaum lub cev muaj dlej tsis txaus

deliver (give birth) (*verb*) [D] yug menyuam [L] yug mivnyuas

delivery (childbirth) (*noun*) [D] kev yug menyuam [L] kev yug mivnyuas

delivery room (*noun*) [D] chav yug menyuam [L] chaav yug mivnyuas

delusion (*noun*) [D] tsis meej pem [L] tsis meej pem

dementia (*noun*) [D] hom mob teem toob cuam tshuam txoj kev xav, kev nco qab, kev txuas lus nrog lwm tus, thiab kev txiav txim siab (tsis yog vim kev laus) [L] hom mob teem toob cuam tshuam txug kev xaav, kev ncu qaab, kev txuas lug nrug lwm tug, hab kev txav txim sab (tsis yog vim kev laug)

dental floss (*noun*) [D] xov dig hniav [L] xuv dlig kaug nav

dentist (*noun*) [D] tus kws ntsuam xyuas thiab kho hniav [L] tug kws ntsuam xyuas hab khu nav

dentures (*noun*) [D] lo hniav cuav/ncauj hniav ua [L] lu nav cuav/ncauj nav ua

depression (*noun*) [D] mob nyuaj siab; ntshov siab [L] mob nyuaj sab; ntshuv sab

dermatologist (*noun*) [D] tus kws kho thiab ntsuam xyuas tawv nqaij [L] tug kws khu hab ntsuam xyuas tawv nqaj

deviated nasal septum (*noun*) [D] tus txha mos kem caj ntswm [L] tug txhaa mog kem caaj ntswg

diabetes (*noun*) [D] ntshav qab zib [L] ntshaav qaab zib

diagnose (*verb*) [D] yam tshawb nrhiav tau [L] yaam tshawb nrhav tau

diagnosis (*noun*) [D] tus mob; qhov mob [L] tug mob; qhov mob

diaper (*noun*) [D] daim pawj quav thiab zis [L] dlaim pawj quav hab zig

diaphragm (*noun*) [D] daim npluag kem plab hnyuv thiab ntsws [L] dlaim npluag kem plaab nyuv hab ntsws

diarrhea (*noun*) [D] zawv plab; raws plab [L] zawv plaab; thoj plaab

diet (*noun*) [D] yam uas noj thiab haus txhua hnuv [L] yaam kws noj hab haus txhua nub

dietary supplements (*noun*) [D] cov tshuaj noj ntshiv pab yus lub cev [L] cov tshuaj noj ntshiv paab yug lub cev

dietician (*noun*) [D] tus kws qhia txog kev noj haus kom zoo rau lub cev [L] tug kws qha txog kev noj haus kuam zoo tsua lub cev

difficulty (*noun*) [D] kev nyuab; kev ntshov [L] kev nyuaj; kev ntshuv

digestion (*noun*) [D] kev zom zaub mov [L] kev zum zaub mov

digestive system (*noun*) [D] kev zom zaub mov hauv lub nrog cev, pib ntawm lub qhov ncauj mus txog qhov chaw tawm rooj [L] kev zum zaub mov huv lub nruag cev, pib thaum lub qhov ncauj moog txug qhov chaw tawm rooj

dilation and curettage (D & C) (*noun*) [D] qhib lub ncauj tsev menyuum thiab ntshuv hauv lub tsev menyuum [L] qheb lub ncauj tsev mivnyuas hab ntshuv huv lub tsev mivnyuas

diphtheria (*noun*) [D] ib hom kab mob kis los ntawm ib tug neeg mob hnoos los yog txham [L] ib hom kaab mob kis lug ntawm ib tug neeg mob nqu los yog txhaam

disability (*noun*) [D] kev puas ib feem ntawm lub cev thiab/lossis lub hlwb (ua tsis tau qee yam hauv lub neej) [L] kev puag ib feem ntawm lub cev hab/lossis lub hlwb (ua tsis tau qee yaam huv lub neej)

disc (*noun*) [D] cov log txha yeej yeej uas nyob hauv tus txha nqaj qaum/cov log txha sib dho [L] cov log txhaa yeej yeej kws nyob huv tug txhaa nqaaj qaum/cov log txhaa sib dlho

discharge

fluids (*noun*) [D] los paug; los kua [L] lug paug; lug kua

home (*noun*) [D] tso mus tsev [L] tso moog tsev

discipline (*noun*) [D] kev qhuab qhia [L] kev qhuab qha

disease (*noun*) [D] kab mob [L] kaab mob

disinfectant (*noun*) [D] tshuaj ntxuav kom txhob kis kab mob [L] tshuaj ntxuav kuam txhob kis kaab mob

dislocated (*adjective*) [D] pob txha txhauj; pob txha nyob tsis yog chaw [L] pob txhaa txhauj; pob txhaa nyob tsis yog chaw

disorganized (*adjective*) [D] tsis tiaj lim; ua tom ntej tom qab [L] tsis taj lim; ua tom ntej tom qaab

dissociative identity disorder (DID) (*noun*) [D] kev mob coj ntau tus yam ntxwv ua rau muaj kev nyuaj siab, tsis nco qab, los sis xav ua phem rau tus kheej [L] kev mob coj ntau tug yaam ntxwv ua tsua muaj kev nyuaj sab, tsis ncu qaab, los sis xaav ua phem tsua tug kheej

diverticula (*noun*) [D] ib hom mob hnyuv ncau, feem ntau rau txoj hnyuv loj [L] ib hom mob nyuv ncau, feem ntau tsua txuj nyuv luj

dizziness (*noun*) [D] kiv taub hau [L] qaug ncig leeg

dizzy (*adjective*) [D] kiv kiv [L] qaug qaug ncig leeg

doctor/physician (MD, DO) (*noun*) [D] tus kws kho mob [L] tug kws khu mob

fellow (*noun*) [D] tus thwj tim kho mob [L] tug thwj tim khu mob

medical student (*noun*) [D] tus kawm kho mob [L] tug kawm khu mob

resident (*noun*) [D] tus kws tab tom kawm kho mob [L] tug kws taab tom kawm khu mob

specialist (*noun*) [D] tus txawj kho hom mob ntawd [L] tug txawj khu hom mob ntawd

doctor's office (*noun*) [D] kws kho mob chaw ua hauj lwm [L] kws khu mob chaw ua num

domestic travel (*noun*) [D] mus kev deb hauv yus lub teb chaws [L] moog kev dleb huv yug lub teb chaws

dose (*noun*) [D] noj tshuaj raws li tau teev tseg [L] noj tshuaj raws le tau teev tseg

double vision (*noun*) [D] qhov muag plooj pom ib tug duab ua ob tug [L] qhov muag plooj pum ib tug dluab ua ob tug

douche (*noun*) [D] kev yaug ntxuav hauv chaw mos [L] kev yaug ntxuav huv chaw mog

down's syndrome (*noun*) [D] ib hom mob uas tib neeg muaj tshaj ib tug keeb

(trisomy) 21 [L] ib hom mob kws tuab neeg muaj tshaj ib tug keeb (trisomy) 21

drop (*noun*) [D] poob; nrog ib tee [L] poob; nrug ib tee

dropsy (edema) (*noun*) [D] phob vog [L] xaab; phob vog

drown (*verb*) [D] poob dej [L] poob dlej

drug addict (*noun*) [D] tus neeg quav yeeb quav tshuaj [L] tug neeg quav yeeb quav tshuaj

drug addiction (*noun*) [D] kev quav yeeb quav tshuaj [L] kev quav yeeb quav tshuaj

drugs

prescription drug (*noun*) [D] cov tshuaj kws kho mob sau [L] cov tshuaj kws khu mob sau

street drug (*noun*) [D] yeeb tshuaj; tshuaj txhaum cai [L] yeeb tshuaj; tshuaj txhum cai

over the counter drug (*noun*) [D] cov tshuaj yuav tim khw [L] cov tshuaj yuav tim khw

drugstore (*noun*) [D] tsev muag tshuaj [L] tsev muag tshuaj

drunk (*adjective*) [D] qaug cawv [L] qaug cawv

duration (*noun*) [D] npaum li ntawd sij hawm [L] npaum le ntawd sij hawm

dust mite (*noun*) [D] ib hom kab me me nyob nrog pluas plav [L] ib hom kaab miv miv nyob nrug pluas plaav

dysentery (*noun*) [D] raws plab liab [L] thoj plaab lab

dyslexia (*noun*) [D] hom mob kawm tsis tau ua rau yus nyeem tsis tau ntawv [L] hom mob kawm tsis tau ua tsua yug nyeem tsis tau ntawv

dysmenorrhea (*noun*) [D] mob plab thaum lub cev ntas [L] mob plaab thaum coj khaub dluag

dyspnea (*noun*) [D] ua tsis taus pa [L] ua tsis taug paa

dysuria (*noun*) [D] mob txheeb zig (tso zis mob lossis kub) [L] mob txheeb zig (tso zig mob lossis kub)



ear (*noun*) [D] lub pob ntseg [L] lub pob ntseg

external (*noun*) [D] sab nrauv [L] saab nrau

internal (*noun*) [D] sab hauv; qhov ntsej [L] saab huv; qhov ntsej

earache (*noun*) [D] mob pob ntseg; mob qhov ntsej [L] mob pob ntseg; mob qhov ntsej

ear canal (*noun*) [D] lub qhov ntsej [L] lub qhov ntsej

ear drum (*noun*) [D] daim nqaij npog hauv nruab ntsej [L] dlaim nqaj npug huv nruab ntsej

ear wax (*noun*) [D] quav ntsej [L] quav ntsej

easily distracted (*adjective*) [D] raug cuam tshuam yooj yim [L] raug cuam tshuam yooj yim

echocardiogram (*noun*) [D] yees duab mloog lub suab plawv dhia [L] yeeg dluab noog lub suab plawv dlha

ectopic pregnancy (*noun*) [D] xeeb menyuam rau txoj hlab qe [L] xeeb mivnyuas tsua txuj hlaab qai

eczema (*noun*) [D] ua txhab txiag [L] ua txhaab txag

edema (dropsy) (*noun*) [D] phob vog [L] xaab; phob vog

ejaculation (*noun*) [D] los phev [L] lug phev

elbow (*noun*) [D] luj tshib [L] lauj tshib

electric simulation (transcutaneous electric nerve stimulation) (TENS) (*noun*) [D] lub tshuab hluav taws xob ntsuas mob leeg [L] lub tshuab hluav tawg xub ntsuas mob leeg

electrocardiogram (EKG) (*noun*) [D] lub tshuab hluav taws xob ntsuas lub plawv dhia [L] lub tshuab hluav tawg xub ntsuas lub plawv dlha

electromyogram (EMG) (*noun*) [D] kev siv hluav taws xob (fais fab) ntsuam xyuas tej nqaij tawv/tej leeg [L] kev siv hluav tawg xub (fais faab) ntsuam xyuas tej nqaj tawv/tej leeg

elevator (*noun*) [D] lub elevator; lub thawv hluav taws xob nqa neeg; lub liv [L] lub

elevator; lub thawv hluav tawg xub nqaa tuab neeg; lub liv

ELISA test (most common blood test for HIV) (*noun*) [D] kev siv ntshav ntsuam xyuas kab mob HIV [L] kev siv ntshaav ntsuam xyuas kaab mob HIV

emergency (*noun*) [D] xwm txheej ceev [L] xwm txheej ceev

emotion (*noun*) [D] lub siab xav xws li chim siab, zoo siab, mob siab, tu siab, kaj siab, poob siab, ntshai [L] lub sab xaav xws le chim sab, zoo sab, mob sab, tu sab, kaaj sab, poob sab, ntshai

emotionally exhausted (*adjective*) [D] qaug zog tsis muaj siab lawm [L] qaug zug tsis muaj sab lawm

emphysema (*noun*) [D] hom mob ntsws cua [L] hom mob ntsws cua

enamel (*noun*) [D] txheej tawv thaiv tus txha hniav [L] txheej tawv thaiv tug txhaa kaug nav

endocrinologist (*noun*) [D] tus kws ntsuam xyuas thiab kho txog keeb tshuaj roj ntsha ntawm tib neeg [L] tug kws ntsuam xyuas hab khu txug keeb tshuaj roj ntshaa ntawm tuab neeg

endometriosis (*noun*) [D] hom mob uas nqaij hlav sab nraum lub tsev menyuam [L] hom mob kws nqaj hlaav saab nrau lub tsev mivnyuas

endometrium (*noun*) [D] txheej nqaij hauv lub tsev menyuam [L] txheej nqaj huv lub tsev mivnyuas

endoscopy (*noun*) [D] kev siv teeb ntsuam xyuas hlab pas thiab ncauj plab [L] kev siv teeb ntsuam xyuas hlaab paas hab ncauj plaab

colonoscopy (*noun*) [D] kev ntxig koob thaij ntawm qhov chaw tawm rooj mus ntsuam xyuas tag nrho txoj hnyuv loj [L] kev ntxig koob thaij ntawm qhov chaw tawm rooj moog ntsuam xyuas taag nrho txuj nyuv luj

sigmoidoscopy (*noun*) [D] kev ntxig koob thaij ntawm qhov chaw tawm rooj mus ntsuam xyuas yav kawg ntawm txoj hnyuv loj [L] kev ntxig koob thaij ntawm qhov chaw tawm rooj moog ntsuam xyuas yaav kawg ntawm txuj nyuv luj

enema (*noun*) [D] tshuaj yaug plab hnyuv kom tso quav [L] tshuaj yaug plaab nyuv kuam tso quav

energy (*noun*) [D] kev muaj zog [L] kev muaj zug

physical (*noun*) [D] lub zog [L] lub zug

mental (*noun*) [D] nquag [L] nquag

enhance or restore protection (*noun*) [D] kev tiv thaiv yus lub cev kom zoo tshaj qub [L] kev tiv thaiv yug lub cev kuam zoo tshaaj qub

epilepsy (seizure) (*noun*) [D] qaug dab peg; mob txiab nkhaus [L] qaug dlaab peg

episiotomy (*noun*) [D] kev txiav poj niam qhov chaw mos kom haum menyuam tawm

los [L] kev txav quas puj qhov chaw mog kuam hum mivnyuas tawm lug

erection (*noun*) [D] qau tawv; noov tawv [L] qau tawv; noov tawv

esophagus (*noun*) [D] txoj hlab nqos mov [L] txuj hlaab nqog mov

estrogen (*noun*) [D] roj ntsha poj niam [L] roj ntshaa quas puj

event monitor (*noun*) [D] lub tshuab ntsuam xyuas lub cev ua hauj lwm [L] lub tshuab ntsuam xyuas lub cev ua num

exam (*noun*) [D] kev ntsuam xyuas [L] kev ntsuam xyuas

exam room (*noun*) [D] chav ntsuam xyuas mob [L] chaav ntsuam xyuas mob

exercise

range of motion exercises (*noun*) [D] mus khiav, taug kev, ncab tes taw ib ce [L] moog dlha, taug kev, ncaab teg taw ib ce

strengthening exercises (*noun*) [D] kev ua kom tes taw muaj zog [L] kev ua kuam teg taw muaj zug

exercise thallium test (treadmill stress test) (*noun*) [D] kev siv lub tshuab taug kev ces khiav ceev zuj zus los ntsuam xyuas lub plawv seb ua hauj lwm zoo npaum li cas [L] kev siv lub tshuab taug kev ces dlha ceev zuj zug lug ntsuam xyuas lub plawv seb ua num zoo npaum le caag

exit (*noun*) [D] kev tawm; chaw tawm [L] kev tawm; chaw tawm

exposed (*verb*) [D] tau nyob ze tus/cov neeg muaj kab mob [L] tau nyob ze tug/cov neeg muaj kaab mob

eye (*noun*) [D] qhov muag [L] qhov muag

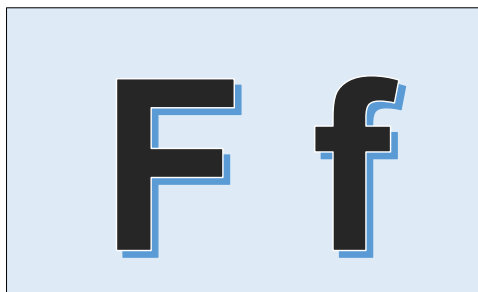
eyebrows (*noun*) [D] plaub muag saum qaum qhov muag [L] cov plaub muag nyob saab sau lub qhov muag

eye exam (*noun*) [D] kev ntsuam xyuas qhov muag [L] kev ntsuam xyuas qhov muag

eyelash (*noun*) [D] plaub muag [L] plaub muag

eyelid (*noun*) [D] tawv muag [L] tawv muag

eye strain (*noun*) [D] qhov muag tsaug tsaug [L] qhov muag tsaug tsaug



face (*noun*) [D] ntsej muag [L] ntsej muag

face masks (*noun*) [D] ntaub npog qhov ncauj qhov ntswg [L] ntaub npug qhov ncauj qhov ntswg

failure (*noun*) [D] tsis tsheej haj [L] tsis tsheej haaj

fainting (*verb*) [D] tsaus muag [L] tsaus muag

fainting (syncope) (*verb*) [D] tsis hnov qab lawm [L] tsis nov qaab lawm

faith (*noun*) [D] kev ntseeg [L] kev ntseeg

fallopian tube (*noun*) [D] txoj hlab qe menyuum [L] txuj hlaab qai mivnyuas

family (*noun*) [D] tsev neeg; ib yim neeg [L] tsev neeg; yim tuab neeg

family planning (*noun*) [D] npaj cuab yig kom muaj tub ki [L] npaaj cuab yig kuam muaj tub ki

farsighted (*adjective*) [D] pom kev deb tsis pom ze [L] pum kev dleb tsis pum ze

fatigue (*noun*) [D] qaug zog; zog ntaug [L] qaug zug; zug ntaug

fats (*noun*) [D] rog; roj; pam ywj [L] rog; roj; paam ywj

fear of loss of control or going crazy (*noun*) [D] ntshai tsam tswj tsis tau tus kheej yuav vwm [L] ntshai tsaam tswj tsis tau tug kheej yuav vwm

feel trapped (*noun*) [D] tag tswv yim zoo li raug puav/kaw tsis muaj hauv kev tawm [L] taag tswv yim zoo le raug puav/kaw tsis muaj hauv kev tawm

fertile (*adjective*) [D] xeeb taus menyuum [L] xeeb taug mivnyuas

fertility (*noun*) [D] kev ua kom xeeb taus menyuum [L] kev ua kuam xeeb taug mivnyuas

fester (*verb*) [D] ua paug [L] ua paug

fetal heart tone (*noun*) [D] menyuum lub suab plawv dhia thaum nyob hauv plab [L] mivnyuas lub suab plawv dlha thaum nyob huv plaab

fetal surgery (*noun*) [D] kev phais thaum tus menyuum hauv plab [L] kev phais thaum tug mivnyuas huv plaab

fetus (*noun*) [D] tus menyuum hauv plab [L] tug mivnyuas huv plaab

fever (*noun*) [D] ua npaws; kub ib ce [L] ua npaws; kub ib ce

fever sore/canker sore (aphthous ulcer) [D] qhov ncauj tawm [L] qhov ncauj tawm

fibers (*noun*) [D] yam khoom los ntawm zaub mov txiv hmab txiv ntoo pab yus tawm rooj [L] yaam khoom lug ntawm zaub mov txiv maab txiv ntoo paab yug tawm rooj

fibroid (*noun*) [D] qog hlav hauv poj niam lub tsev menyuum [L] qog hlaav huv quas puj lub tsev mivnyuas

fibula (*noun*) [D] tus txha plab hlaub [L] tug txhaa plaab hlaub

fidgety (*adjective*) [D] nyob tsis tswm [L] nyob tsis tswm

file (*noun*) [D] phau khaws ntaub ntawv cia [L] phau khaws ntaub ntawv ca

filling (*verb*) [D] kev ntsaws, kev ntim khaws cia [L] kev ntsaws, kev ntim khaws ca

finger (*noun*) [D] ntiv tes [L] ntiv teg

finger nail (*noun*) [D] rau tes [L] rau teg

first aid (*noun*) [D] kev pab ua ntej lossis pab cawm neeg raug mob ua ntej [L] kev paab ua ntej lossis paab cawm tuab neeg raug mob ua ntej

fissure (*noun*) [D] nqaij ntuag ntawm lub ncauj chaw tawm rooj [L] nqaj dluag ntawm lub ncauj chaw tawm rooj

floaters (black spots in front of the eyes) (*noun*) [D] qhov muag pom dub pes vog [L] qhov muag pum dlub pis vog

flu (*noun*) [D] khaub thuas caij ntuj no [L] khaub thuas caij ntuj no

fluoride (*noun*) [D] tshuaj pab kom kaus hniav khov, txhob lwj, thiab kom kab txhob noj [L] tshuaj paab kuam kaug nav khov, txhob lwj, hab kuam kaab txhob noj

fluoroscopy (*noun*) [D] kev yees duab mus ntsuam xyuas lub cev [L] kev yeeg dluab moog ntsuam xyuas lub cev

foam (in the mouth) (*noun*) [D] ua npuas (ua npuas hauv qhov ncauj) [L] ua npuag (ua npuag huv qhov ncauj)

focus (*noun*) [D] mob siab rau siab [L] mob sab rau sab

folk (traditional) healer (*noun*) [D] kev kho mob los ntawm ua neeb ua yaig thiab khawv koob [L] kev khu mob lug ntawm ua neeb ua yaig hab khawv koob

follow-up (*noun*) [D] kev taug qab ntsuam xyuas ntxiv mus [L] kev taug qaab ntsuam xyuas ntxiv moog

fontanelle (*noun*) [D] lub hauv xaws [L] lub hauv xaws

food allergy (*noun*) [D] noj txhaum; phiv zaub mov [L] noj txhum; phiv zaub mov

foot (*noun*) [D] ko taw [L] kua taw

- forceps** (*noun*) [D] rab ciał tais kho qhov mob [L] raab caj tais khu qhov mob
- forehead** (*noun*) [D] hauv pliaj [L] hauv plaj
- forgetful** (*adjective*) [D] hnov qab [L] nov qaab
- fracture** (*noun*) [D] xwb pleb [L] xwb pleb
- fractured/broken** (*adjective*) [D] lov; tawg; dam [L] luv; tawg; dlaam
- freckle** (*noun*) [D] quav hniav ntawm tawv nqaij [L] quav nav ntawm tawv nqaj
- frequency** (*noun*) [D] tshwm sim heev npaum cas [L] tshwm sim heev npaum caag
- frighten** (*noun*) [D] ntshai; ceeb [L] ntshai; ceeb
- front desk** (*noun*) [D] lub rooj ua hauj lwm tos txais qhua [L] lub rooj ua num tog txais qhua
- frozen shoulder** (*noun*) [D] xub pwg mob txhav nrees [L] xub pwg mob txhaav quas nreeg
- full term** (*adjective*) [D] txwm hli; txog caij so lawm [L] txug caij su lawm
- funeral home** (*noun*) [D] tsev pam tuag; tsev txias [L] tsev paam tuag; tsev txag
- fungus** (*noun*) [D] mob tuaj pwm; mob tawg paj [L] mob tuaj pwm; mob tawg paaj
- fuzz** (*noun*) [D] cov plaub mos mos nyob ntawm daim tawv nqaij [L] cov plaub mog mog nyob ntawm dlaim tawv nqaj



gallbladder (*noun*) [D] lub tsib [L] lub tsib

gallstone (*noun*) [D] lub tsib muaj pob zeb [L] lub tsib muaj pob zeb

ganglion (*noun*) [D] txoj leeg su ua pob [L] txuj leeg su ua cos

ganglion cyst (*noun*) [D] paug ze ntawm cov pob qij txha [L] paug ze ntawm cov pob qej txhaa

gangrene (*noun*) [D] nqaij tuag, lwj, lossis qhuav [L] nqaj tuag, lwj, lossis qhuav

gargle (*verb*) [D] yang qhov ncauj [L] yang qhov ncauj

gas (*noun*) [D] tsam plab; plab muaj cua [L] tsaam plaab; plaab muaj cua

gastroenterologist (*noun*) [D] tus kws kho thiab ntsuam xyuas plab hnyuv [L] tug kws khu hab ntsuam xyuas plaab nyuv

gauze (*noun*) [D] cov ntaub me me siv ntsaws lossis qhwv qhov nqaij [L] cov ntaub miv miv siv ntsaws lossis qhwv qhov nqaj

general practitioner (*noun*) [D] tus kws kho mob txhua yam [L] tug kws khu mob txhua yaam

genetic counseling (*noun*) [D] kev sib tham qhia keeb kwm caj ceg [L] kev sib thaam qha keeb kwm caaj ceg

genetic tendency (*noun*) [D] pes tsawg feem yuav muaj mob raws tsev neeg caj ceg [L] puas tsawg feem yuav muaj mob raws tsev tuab neeg caaj ceg

genitalia (*noun*) [D] chaw mos; pim; paum; qau; noov [L] chaw mog; pim; paum; qau; noov

genital warts/human papillomavirus (HPV) (*noun*) [D] ib hom kab mob kas cees ua cos nqaij hlav lossis sawv pob pes daws ua kav txhab rau cheeb tsam chaw mos [L] ib hom kaab mob kaas cees ua cos nqaj hlaav lossis sawv pob ua kaav txhaab tsua cheeb tsaam chaw mog

geriatrics (*noun*) [D] kev kawm txog cov neeg laus [L] kev kawm txug cov tuab neeg laug

germ (*noun*) [D] kab mob [L] kaab mob

German measles (rubella) (*noun*) [D] kab mob qhua pias; ua qoob [L] kaab mob qhua pas; ua qoob

gestation (*noun*) [D] lub caij tus menyuam loj hlob hauv plab [L] lub caij tug mivnyuas luj hlob huv plaab

gingivitis (*noun*) [D] mob hniav sov [L] mob nav suv

give a shot (*verb*) [D] txhaj/nkaug ib koob tshuaj [L] txhaaj/nkaug ib koob tshuaj

gland (*noun*) [D] qog [L] qug

glasses (eye) (*noun*) [D] tsom iav qhov muag [L] tsom av qhov muag

glaucoma (*noun*) [D] ib hom mob ntawm qhov muag thaum cov kua hauv qhov muag ntau zuj zus ua rau qhov muag nruj nruj thiab dig muag tau [L] ib hom mob ntawm qhov muag thaum cov kua huv qhov muag ntau zuj zug ua tsua qhov muag ntsuj ntsuj hab dlig muag tau

glucose (*noun*) [D] cov suab thaj nyob hauv dej, zaub mov, thiab roj ntsha [L] cov suab thaaj nyob huv dlej, zaub mov, hab roj ntshaa

glycosuria (*noun*) [D] thaum zis muaj suab thaj ntau dhau [L] thaum zig muaj suab thaaj ntau dlhau

goiter (*noun*) [D] o txia [L] o txa

gonorrhea (*noun*) [D] ib hom kab mob kas cees ua mob rau ntawm poj niam chaw xeeb tub xws li lub tsev menyuam, lub ncauj tsev menyuam, hlab qe menyuam thiab mob rau ntawm txiv neej thiab poj niam txoj hlab zis; mob o, los kua paug, los ntshav, mob thaum tso zis, thiab ua rau lub ncauj qhov chaw tawm rooj khaus/mob [L] ib hom kaab mob kaas cees ua mob tsua ntawm quas puj chaw xeeb tub xws le lub tsev mivnyuas, lub ncauj tsev mivnyuas, hlaab qai mivnyuas hab mob tsua ntawm quas yawg hab quas puj txuj hlaab zig; mob o, lug kua paug, lug ntshaav, mob thaum tso zig, hab ua tsua lub ncauj qhov chaw tawm rooj txob/mob

gout (*noun*) [D] mob ko taw vwm [L] mob kua taw vwm

gown (hospital) (*noun*) [D] lub tsho hnav hauv tsev kho mob [L] lub tsho naav huv tsev khu mob

grief (*noun*) [D] kho siab, tu siab heev [L] khu sab, tu sab heev

guilt (*noun*) [D] kev tu siab thiab txaj muag rau yus tus kheej vim txoj kev txhaum [L] kev tu sab hab txaaj muag tsua yug tug kheej vim txuj kev txhum

gums (*noun*) [D] pos hniav [L] dlig paug nav

gynecologist (*noun*) [D] tus kws ntsuam xyuas thiab kho mob txog poj niam lub cev [L] tus kws ntsuam xyuas hab khu mob txug quas puj lub cev

gynecology (*noun*) [D] kev kawm txog poj niam lub cev [L] kev kawm txug quas puj lub cev



haemophilus influenzae (*noun*) [D] ib hom kab mob khaub thuas (feem ntau menyuam yaus mob) [L] ib hom kaab mob khaub thuas (feem ntau mivnyuas yau mob)

hair (*noun*) [D] plaub hau [L] plaub hau

hallucination (*noun*) [D] hnov pom tej yam tsis muaj tseeb [L] nov pum tej yam tsis muaj tseeb

hand (*noun*) [D] tes [L] teg

hand sanitizer (*noun*) [D] tshuaj ntxuav tes (uas tsis tas yaug dej) [L] tshuaj ntxuav teg (uas tsis taas yaug dlej)

Hansen's disease (leprosy) (*noun*) [D] mob ruas; ib hom mob ua rau cev nqaij daim tawv thiab tes taw tsaug leeg tsis zoo li qub lawm [L] mob ruas; ib hom mob ua tsua cev nqaj dlaim tawv hab teg taw tsaug leeg tsis zoo le qub lawm

Hashimoto's Disease (hypothyroidism) (*noun*) [D] ib hom mob thaum lub txia ua hauj lwm tsis txaus [L] ib hom mob thaum lub txa ua num tsis txaus

hay fever (allergic rhinitis) (*noun*) [D] ib hom mob khaub thuas ua rau lub qhov ntswg mob o, khaus thiab los ntswg vim tsis haum/phiv huab cua, nroj tsuag, lossis paj ntoos [L] ib hom mob khaub thuas ua tsua lub qhov ntswg mob o, txob hab lug ntswg vim tsis hum/phiv huab cua, nroj tsuag, lossis paaj ntoos

head (*noun*) [D] lub taub hau [L] lub taub hau

headache (*noun*) [D] mob taub hau [L] mob taub hau

heal (*verb*) [D] nqawm lawm; zoo lawm [L] nqawm lawm; zoo lawm

health (*noun*) [D] kev noj qab nyob zoo [L] kev noj qaab nyob zoo

hearing aid (*noun*) [D] lub ntsaws qhov ntsej pab kom hnov lus [L] lub ntsaws qhov ntsej paab kuam nov lug

heart (*noun*) [D] lub plawv [L] lub plawv

heart attack (myocardial infarction) (*noun*) [D] mob plawv nres (lub plawv muaj mob tsis ua hauj lwm) [L] mob plawv nreg (lub plawv muaj mob tsis ua num)

heartbeat (*noun*) [D] lub plawv dhia [L] lub plawv dlha

heartburn (*noun*) [D] hauv siab ntsim lossis kub [L] hauv sab ntsim lossis kub

heart murmur (*noun*) [D] lub suab plawv dhia nrov tsis zoo [L] lub suab plawv dlha nrov tsis zoo

heart trouble (*noun*) [D] lub plawv muaj teeb meem [L] lub plawv muaj teeb meem

heat (*noun*)

dry heat (*noun*) [D] kub qhuav qhawv [L] kub qhuav qhawv

moist heat (*noun*) [D] kub vaum thawv [L] kub vum heev

heating pad (*noun*) [D] kev muab tej yam kub kub los npuab [L] kev muab tej yam kub kub lug npuab

hot pack (*noun*) [D] daim phuam ntub dej kub [L] dlaim phuam ntub dlej kub

hot water bottle (*noun*) [D] fwj dej kub [L] fwj dleg kub

heel (*noun*) [D] luj taws [L] lauj taws

height (*noun*) [D] qhov siab [L] qhov sab

hematologist (*noun*) [D] tus kws kho thiab ntsuam xyuas roj ntsha [L] tug kws khu hab ntsuam xyuas roj ntshaa

hematuria (*noun*) [D] ib hom mob tso zis tau ntshav [L] ib hom mob tso zig tau ntshaav

hemoglobin (*noun*) [D] cov txo [nqaij] nyob hauv cov ntshav liab pab xa pa hauv lub cev [L] cov txo [nqaj] nyob huv cov ntshaav lab paab xaa paa huv lub cev

hemorrhage (*noun*) [D] hlab ntsha qhov quav (chaw tawm rooj) khaus lossis o [L] hlaab ntshaa qhov quav (chaw tawm rooj) txob lossis o

hemorrhoids (*noun*) [D] hlab ntsha qhov quav (chaw tawm rooj) ntrob los sis o [L] hlaab ntshaa qhov quav ntrob los sis o

hepatitis (*noun*) [D] kab mob ua rau daim siab huam thiab o tuaj [L] kaab mob ua tsua dlaim sab huam hab o tuaj

herb (*noun*) [D] tshuaj ntsuab [L] tshuaj ntsuab

hereditary (*noun*) [D] raws keeb kwm lossis caj ces [L] raws keeb kwm lossis caaj ceg

hernia (*noun*) [D] hlauv hnyuv [L] hlauv nyuv

herniated disc (*noun*) [D] thaum lub log txha yeej yeej su lossis tawm ntawm tus txha nqaj qaum [L] thaum lub log txhaa yeej yeej su lossis tawm ntawm tug txhaa nqaj qaum

herpes (*noun*) [D] ib hom kab mob kas cees ua nqaij sawv hlww rau ntawm qhov ncauj, chaw mos, thiab chaw tawm rooj [L] ib hom kaab mob kaas cees ua nqaj sawv hlww tsua ntawm qhov ncauj, chaw mog, hab chaw tawm rooj

genital herpes (*noun*) [D] ib hom kab mob kas cees los ntawm Herpes, ua rau

nqaij sawv hlww thiab/lossis ua qhov txhab rau ntawm chaw mos [L] ib hom kaab mob kaas cees lug ntawm Herpes, ua tsua naqj sawv hlww hab/lossis ua qhov txhaab tsua ntawm chaw mog

cold sores/herpes sores (*noun*) [D] ib hom kab mob kas cees los ntawm Herpes, ua rau daim di ncauj tawm thiab/lossis sawv hlww [L] ib hom kaab mob kaas cees lug ntawm Herpes, ua tsua dlaim dli ncauj tawm hab/lossis sawv hlww

hiatal hernia (*noun*) [D] lub plab tshum mus rau saum kaus siab [L] lub plaab tshum moog tsua sau kaug sab

high blood pressure (hypertension) (*noun*) [D] ntshav siab [L] ntshaav sab

hip (*noun*) [D] lub ntsag [L] lub ntsaag

history (medical) (*noun*) [D] keeb kwm kev mob nkeeg yav tas los [L] keeb kwm kev mob nkeeg yaav taag lug

history of suicidal attempts (*noun*) [D] muaj keeb kwm sim txo txoj sia yav tag los [L] muaj keeb kwm sim txu txuj sa yaav taag lug

hives (wheals) (*noun*) [D] ua xua [L] ua xua

HIV (human immunodeficiency virus) (*noun*) [D] kab mob HIV; kab mob kis lis vas, thaum cov roj ntsha tiv thaiv kom txhob muaj kab mob rov tua yus lub cev [L] kaab mob HIV; kaab mob kis lis vaas, thaum cov roj ntshaa tiv thaiv kuam txhob muaj kaab mob rov tua yug lub cev

hoarse (*adjective*) [D] txhaws qa hais lus tsis nrov [L] txhaws qaa has lug tsis nrov

holter monitor (*noun*) [D] lub tshuab lo rau ntawm hauv siab ntsuam xyuas saib seb lub plawv dhia zoo li cas [L] lub tshuab lu tsua ntawm hauv sab ntsuam xyuas seb lub plawv dlha zoo le caag

homicidal thoughts (*noun*) [D] muaj lub siab xav tua neeg [L] muaj lub sab xaav tua neeg

hormone (*noun*) [D] cov keeb tshuaj roj ntsha qhia lub cev ua hauj lwm [L] cov keeb tshuaj roj ntshaa qha lub cev ua num

hospice (*noun*) [D] ib txoj kev kho mob (ib qho chaw kho mob) rau cov neeg mob uas kho tsis tau lawm [L] ib txoj kev khu mob (ib qho chaw khu mob) tsua cov tuab neeg mob kws khu tsis tau lawm

hospital (*noun*) [D] tsev kho mob loj [L] tsev khu mob luj

hot flashes (*noun*) [D] ib ce kub lug; cov poj niam uas lub cev tus; cev tsis ntas ntiv lawm [L] ib ce kub lug; cov quas puj kws tsis coj khaub dluag lawm

human papillomavirus (HPV)/genital warts (*noun*) [D] ib hom kab mob kas cees ua cos nqaij hlav lossis sawv pob pes daws ua kav txhab rau cheeb tsam chaw

mos [L] ib hom kaab mob kaas cees ua cos nqaj hlaav lossis sawv pob ua kaav txhaab tsua cheeb tsaam chaw mog

hydrogen peroxide (*noun*) [D] tshuaj npau ntxuav qhov txhab [L] tshuaj npau ntxuav qhov txhaab

hymen (*noun*) [D] poj niam daim npluag nkauj xwb [L] quas puj dlaim npluag nkauj xwb

hyperemesis gravida (*noun*) [D] qaug menyuum heev; xeev siab heev; qaug qav [L] qaug mivnyuas heev; xeev sab heev;

hyperglycemia (*noun*) [D] ntshav qab zib nce siab [L] ntshaav qaab zib nce sab

hypertension (high blood pressure) (*noun*) [D] ntshav siab [L] ntshaav sab

hyperthyroidism (graves' disease) (*noun*) [D] ib hom mob thaum lub txia ua hauj lwm heev dhau [L] ib hom mob thaum lub txa ua num heev dlhau

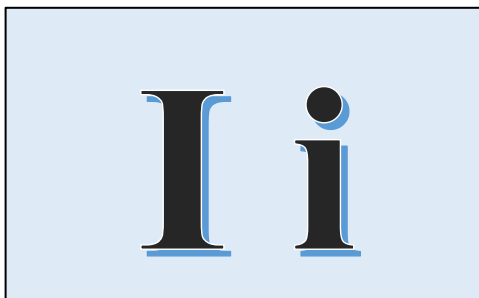
overactive thyroid (*noun*) [D] lub txia ua hauj lwm heev dhau [L] lub txa ua num heev dlhau

graves' disease (*noun*) [D] ib hom mob txia [L] ib hom mob txa

hypotension (low blood pressure) (*noun*) [D] ntshav qis [L] ntshaav qeg

hypothyroidism (Hashimoto's Disease) (*noun*) [D] ib hom mob thaum lub txia ua hauj lwm tsis txaus [L] ib hom mob thaum lub txa ua num tsis txaus

hysterectomy (*noun*) [D] kev phais tsev menyuum tawm [L] kev phais tsev mivnyuas tawm



identity (*noun*) [D] qhov uas ib tug neeg pom lawv tus kheej zoo li cas [L] qhov uas ib tug neeg pum puab tug kheej zoo le caag

immune response (*noun*) [D] thaum lub cev tiv thaiv thiab tua kab mob [L] thaum lub cev tiv thaiv hab tua kaab mob

immune system (*noun*) [D] lub nrog cev uas pab tiv thaiv thiab tua kab mob [L] lub nruag cev uas paab tiv thaiv hab tua kaab mob

immunization (vaccination) (*noun*) [D] kev txhaj tshuaj tiv thaiv kab mob [L] kev txhaaj tshuaj tiv thaiv kaab mob

immunize (*verb*) [D] txhaj tshuaj tiv thaiv kab mob [L] txhaaj tshuaj tiv thaiv kaab mob

immunocompromised (weakened immune system) (*noun*) [D] thaum yus lub cev muaj lwm yam mob lossis teeb meem, ua rau yus lub cev tiv thaiv kab mob tsis zoo [L] thaum yug lub cev muaj lwm yaam mob lossis teeb meem, ua tsua yug lub cev tiv thaiv kaab mob tsis zoo

immunotherapy (allergy shots) (*noun*) [D] koob tshuaj txhaj kom zoo kev tsis haum/ fab [L] koob tshuaj txhaaj kuam zoo kev tsis hum/ faab

impetigo (*noun*) [D] ib hom mob sib kis sawv ua hlwv dej rau ntawm ntsej muag, ntiv tes ntiv taw, feem ntau yog menyuam yaus mob [L] ib hom mob sib kis sawv ua hlwv dlej tsua ntawm ntsej muag, ntiv teg ntiv taw, feem ntau yog mivnyuas yau mob

implantation (*noun*) [D] kev cog rau [L] kev cog tsua

impotence (*noun*) [D] thaum txiv neej chaw mos tsis muaj zog lossis tawv tsis taus [L] thaum txiv neej chaw mog tsis muaj zug lossis tawv tsis taug

impulsive (*adjective*) [D] tsis ua zoo xav mam ua [L] tsis ua zoo xaav maam ua

inattentive to details (*adjective*) [D] tsis ua zoo saib xyuas [L] tsis ua zoo saib xyuas

incision (*noun*) [D] kev tho phais me me [L] kev tho phais miv miv

incisor (*noun*) [D] hniav tab mee [L] nav taab mee

incubation period (*noun*) [D] lub caij ncu kab mob [L] lub caij ncu kaab mob

incubator

lab (*noun*) [D] lub tshuab ncu kab mob [L] lub tshuab ncu kaab mob

newborn (*noun*) [D] lub tshuab ncu menyuam mos liab [L] lub tshuab ncu mivnyuas mog lab

indigestion (*noun*) [D] mob plab kem [L] mob plaab kem

induced labor (*noun*) [D] kev tso tshuaj kom yug tau menyuam [L] kev tso tshuaj kuam yug tau mivnyuas

infantile paralysis (*noun*) [D] menyuam mos tuag tes tuag taw [L] mivnyuas mog tuag teg tuag taw

infect (*verb*) [D] ua mob rau lossis kis mob rau [L] ua mob tsua lossis kis mob tsua

infected (*adjective*) [D] twb ua mob/kis rau lawm [L] twb ua mob/kig tsua lawm

infected (person/ people) (*noun*) [D] tus/cov neeg uas twb kis tau tus mob lawm [L] tug/cov neeg kws twb kis tau tug mob lawm

infection (*noun*) [D] kev ua mob [L] kev ua mob

infertility (*noun*) [D] xeeb lossis muaj tsis taus menyuam [L] xeeb lossis muaj tsis taug mivnyuas

inflammation (*noun*) [D] mob liab thiab o [L] mob lab hab o

influenza (*noun*) [D] ib hom kab mob khaub thuas [L] ib hom kaab mob khaub thuas

ingrown toenail (*noun*) [D] rau tes rau taw hlaw mus ntsia rau cov nqaij [L] rau teg rau taw hlaav moog ntsa tsua cov nqaj

inguinal (groin) hernia (*noun*) [D] thoob tshaj; hnyuv hlawv ntawm plab mog (cov txiv neej) [L] thoob tshaaj; nyuv hlawv ntawm plaab mog (cov quas yawg)

inguinal region (*noun*) [D] cheeb tsam ntawm puab tais [L] cheeb tsaam ntawm puab tais

inhaler (*noun*) [D] lub raj tshuaj nqus kom pab ua taus pa [L] lub raaj tshuaj nqug kuam paab ua taug paa

injection (*noun*) [D] txhaj tshuaj [L] txhaaj tshuaj

injure (*verb*) [D] raug mob [L] raug mob

injured (*adjective*) [D] tau raug mob lawm [L] tau raug mob lawm

injury (*noun*) [D] kev raug mob [L] kev raug mob

insane (*adjective*) [D] tus tib neeg tsis meej pem [L] tug tuab neeg tsis meej pem

insecticide (*noun*) [D] tshuaj tua kab [L] tshuaj tua kaab

insert (*noun*) [D] muab ntsaws lossis ntxig rau [L] muab ntsaws lossis ntxig tsua

insomnia (*noun*) [D] pw tsis tsaug zog [L] pw tsis tsaug zug

insulin

medication (*noun*) [D] tshuaj txhaj pab tswj ntshav qab zib [L] tshuaj txhaaj paab tswj ntshaav qaab zib

hormone (*noun*) [D] cov keeb tshuaj roj ntsha nyob hauv tus txiav pab tswj ntshav qab zib [L] cov keeb tshuaj roj ntshaa nyob huv tug txav paab tswj ntshaav qaab zib

insulin reaction or shock (*noun*) [D] thaum ntshav qab zib qis dhau ua rau yus tshee, tawm hws, tshaib plab heev, qhov muag plooj, lossis hais tsis tau lus zoo [L] thaum ntshaav qaab zib qeg dlhau ua tsua yug tshee, tawm fws, thaib plaab heev, qhov muag plooj, lossis has tsis tau lug zoo

insurance (*noun*) [D] daim ntawv pov hwm [L] dlaim ntawv pov fwm

health insurance (*noun*) [D] daim ntawv pov hwm rau kev kho mob [L] dlaim ntawv pov fwm tsua kev khu mob

auto insurance (*noun*) [D] daim ntawv pov hwm rau tsheb [L] dlaim ntawv pov fwm tsua tsheb

insurance company (*noun*) [D] tuam txhab muag ntawv pov hwm [L] tuam txhaab muag ntawv pov fwm

health insurance company (*noun*) [D] tuam txhab muag ntawv pov hwm rau kev kho mob [L] tuam txhaab muag ntawv pov fwm tsua kev khu mob

auto insurance company (*noun*) [D] tuam txhab muag ntawv pov hwm rau tsheb [L] tuam txhaab muag ntawv pov fwm tsua tsheb

intensive care (*noun*) [D] qhov chaw kho cov tib neeg uas mob hnyav [L] qhov chaw khu cov tuab neeg kws mob nyaav

intercourse (*noun*) [D] kev sib deev; pw ua ke [L] kev sib dleev; pw ua ke

international travel (*noun*) [D] mus kev deb txawv teb chaws [L] moog kev dleb txawv teb chaws

internist (*noun*) [D] kws kho mob nruab nrog [L] kws khu mob nruab nrug

interpreter (*noun*) [D] tus neeg txhais lus [L] tug tuab neeg txhais lug

intestinal gas (*noun*) [D] hnyuv muaj cua lossis pa [L] nyuv muaj cua lossis paa

intestines (*noun*) [D] txoj hnyuv [L] txuj nyuv

intrauterine device (IUD) (*noun*) [D] tus pas lossis tus roj hmab ntsaws mus rau poj niam lub tsev menyuam kom txhob muaj taus menyuam [L] tug paas lossis tug roj maab ntsaws tsua quas puj lub tsev mivnyuas kuam txhob muaj taug mivnyuas

intoxicated (*adjective*) [D] qaug yeeb; qaug tshuaj; qaug cawv [L] qaug yeeb; qaug tshuaj; qaug cawv

inverted nipples (*noun*) [D] txiv mis dig muag/saus/nkaum [L] txiv mig dlig muag/saus/nkaum

in vitro fertilization (IVF) (*noun*) [D] kev siv txiv neej cov kab menyuum thiab poj niam lub qe los sib tov kom xeeb tau menyuum [L] kev siv quas yawg cov kaab mivnyuas hab quas puj lub qai lug sib tov kuam xeeb tau mivnyuum

iodine (*noun*) [D] ib hom ntsev nyob hauv dej thiab zaub mov pab tsim cov keeb tshuaj hauv lub qog caj pas [L] ib hom ntsev nyob huv dlej hab zaub mov paab tsim cov keeb tshuaj huv lub qug cej paas

iris (*noun*) [D] yeem muag dub lossis lub zej zeeg qhov muag [L] yeem muag dlub lossis lub zej zeeg qhov muag

irregular pulse (*noun*) [D] mem tes ntoj tsis cuag ncua/tsis xwm yeem [L] mem teg ntoj tsis cuag ncua/tsis xwm yeem

irritability (*adjective*) [D] meem txom, chim taus [L] meem txom, chim taug

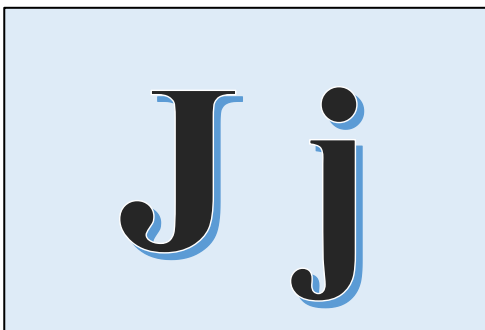
isolate¹ (*verb*) [D] nyob tau ntsiag to/tsis txuam yuaj [L] nyob tau ntsag quas tu/tsis xyaw

isolate² (*verb*) [D] muab cais nyob ib leeg ib qho [L] muab cais nyob ib leeg ib qho

isolated room (*noun*) [D] chav cais [L] chaav cais

itch¹ (*noun*) [D] khaus [L] txob

itch² (*verb*) [D] ua rau khaus [L] ua tsua txob



jaundice (*noun*) [D] daj ntseg [L] dlaaj ntseg

jaw (*noun*) [D] kauj tsaig [L] kauj tsaig

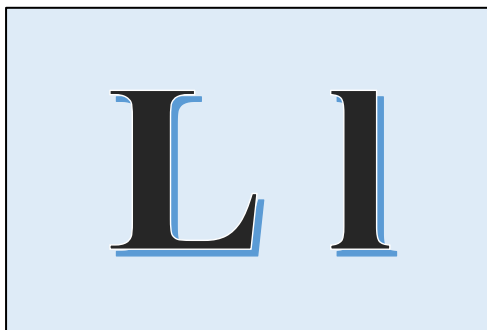
joint (*noun*) [D] qij txha lossis yav txha sib txuas [L] qej txhaa lossis yaav txhaa sis
txuas



kidney (*noun*) [D] raum [L] raum

kilogram (*noun*) [D] luj kev hnyav ua kis lus [L] luj kev nyaav ua kis lus

knee (*noun*) [D] hauv caug [L] hauv caug



labia (*noun*) [D] poj niam di chaw mos sab nrauv [L] quas puj dli chaw mog saab nrau

labor

employment (*noun*) [D] kev khwv [L] kev ua num

child (*noun*) [D] kev yug menyuam [L] kev yug mivnyuas

laboratory (*noun*) [D] chaw tso ntshav/ soj ntsuam kab mob [L] chaw tso ntshaav/ saib kaab mob

laboratory culture (*noun*) [D] kev ncu kab mob [L] kev ncu kaab mob

laboratory technician (*noun*) [D] tus kws ua hauj lwm hauv chav ntsuam xyuas zis, ntshav, thiab kab mob [L] tug kws ua num huv chaav ntsuam xyuas zig, ntshaav, hab kaab mob

laboratory test (*noun*) [D] kev ntsuam xyuas kab mob [L] kev ntsuam xyuas kaab mob

labor pains (*noun*) [D] mob plab yuav yug menyuam [L] mob plaab yuav yug mivnyuas

laceration (*noun*) [D] hlais to [L] hlais to

lack of interest or motivation (*noun*) [D] tsis muaj siab [L] tsis qaab sab

lack of sex drive (*noun*) [D] tsis muaj siab pw ua ke [L] tsis muaj sab pw ua ke

lactose intolerance (*noun*) [D] noj tsis haum mis nyuj [L] noj tsis hum mig nyuj

laparoscopy (*noun*) [D] kev phais plab tho lub qhov me me rau lub koob thaij yeas duab saib seb puas muaj mob [L] kev phais plaab tho lub qhov miv miv tsua lub koob thaij yeeg dluab sab seb puas muaj mob

large intestine (*noun*) [D] hnyuv loj [L] nyuv luj

larynx (*noun*) [D] txoj leeg tuav txoj hlab ua suab; lub pob qa hais lus [L] txuj leeg tuav txuj hlaab ua suab; lub pob qaa has lug

laser eye surgery (laser photo-coagulation) (*noun*) [D] kev siv hluav taws xob phais qhov muag [L] kev siv hluav tawg xub phais qhov muag

lateral epicondylitis (tennis elbow) (*noun*) [D] mob luj tshib xyab tsis tau caj npab

vim cov leeg o lossis tu [L] mob luj tshib xyaab tsis tau cej npaab vim cov leeg o lossis tu

laxative (*noun*) [D] tshuaj noj kom tawm rooj tau; tshuaj noj kom quav muag [L] tshuaj noj kuam tawm rooj tau; tshuaj noj kuam quav muag

lay hands on (*verb*) [D] tso tes rau [L] tso teg tsua

leg (*noun*) [D] txhais ceg [L] txhais ceg

lens (of eyes) (*noun*) [D] txheej yeej yeej hauv ntsiab muag [L] txheej yeej yeej huv ntsab muag

leprosy (Hansen's disease) (*noun*) [D] mob ruas; ib hom mob ua rau cev nqaij daim tawv thiab tes taw tsaug leeg tsis zoo li qub lawm [L] mob ruas; ib hom mob ua tsua cev nqaj dlaim tawv hab teg taw tsaug leeg tsis zoo le qub lawm

lesion (*noun*) [D] pob kiav txhab [L] cos kav txhaab

levothyroxine (synthetic thyroid hormone) (*noun*) [D] cov tshuaj zoo li cov keeb tshuaj roj ntsha los ntawm lub qog caj pas [L] cov tshuaj zoo le cov keeb tshuaj roj ntshaa los ntawm lub qog cej paas

lice (*noun*) [D] ntshauv [L] ntshauv

ligament (*noun*) [D] cov leeg tuav yav txha sib txuas [L] cov leeg tuav yaav txhaa sib txuas

limbs (*noun*) [D] caj npab, ceg, tes taw [L] cej npaab, ceg, teg taw

limp¹ (*verb*) [D] ua mob ceg tawv [L] ua mob ceg tawv

limp² (*noun*) [D] ceg tawv [L] ceg tawv

lip (*noun*) [D] di ncauj [L] tawv ncauj

liver (*noun*) [D] daim siab [L] dlaim sab

living will (*noun*) [D] ntaub ntawv teev cia hais txog kev ntshaw kho mob thaum mob hnyav [L] ntaub ntawv teev ca has txug kev ntshaw khu mob thaum mob nyaav

code status (*noun*) [D] thaum plawv nres, koj xav kom lawv cawm los tsis cawm [L] thaum plawv nreg, koj xaav kuam puab cawm los tsis cawm

loneliness (*adjective*) [D] kho siab [L] khu sab

long COVID or post-COVID conditions (*noun*) [D] thaum kab mob 19 zoo tsis tau tu qab vim lub cev tsis zoo li qub lawm [L] thaum kaab mob 19 zoo tsis tau tu qaab vim lub cev tsis zoo le qub lawm

loop (*noun*) [D] lub voj voog; lub cheeb; lub kauj [L] lub voj voog; lub cheeb; lub kauj

loses temper (*verb*) [D] tswj (uv) tsis tau tus kheej [L] tswj (uv) tsis tau tug kheej

lose weight (*verb*) [D] ua kom yuag [L] ua kuam ntxaug

loss of enjoyment in usual activities (*noun*) [D] tsis muaj siab ua tej yam yus ib txwm ua [L] tsis muaj sab ua tej yaam yug ib txwm ua

loss of interest in sex (*noun*) [D] tsis muaj siab pw ua ke nrog lwm tus [L] tsis muaj sab pw ua ke nrog lwm tug

lotion (*noun*) [D] tshuaj pleev tawg pleb [L] tshuaj pleev tu pleb

low blood pressure (hypotension) (*noun*) [D] ntshav qis [L] ntshaav qeg

lower back (lumbar) (*noun*) [D] txha nqaj qaum suam qis [L] txhaa nqaaj qaum saab qeg

low self-esteem (*adjective*) [D] pom yus tus kheej zoo tsis txaus, tsis muaj nuj nqis [L] pum yug tug kheej zoo tsis txaus, tsis muaj nuj nqes

lubricant (*noun*) [D] kua pleev kom nplua [L] kua pleev kuam nplua

lukewarm (*adjective*) [D] sov so [L] suv so

lump (*noun*) [D] lub pob [L] lub cos

lung (*noun*) [D] lub ntsws [L] lub ntsws

lymphatic system (lymph node) (*noun*) [D] cov menyuam hlab qog uas pab tiv thaiv kab mob hauv lub cev; tej lub qog sib chab sib chaws [L] cov mivnyuas hlaab qug kws paab tiv thaiv kaab mob huv lub cev; tej lub qug sib chaab sib chaws

lymph glands (*noun*) [D] cov qog hauv yus lub nrog cev [L] cov qug huv yug lub nruag cev



macular degeneration (AMD) (*noun*) [D] ib hom mob ua rau lub qhov muag plooj
tsis pom kev hauv plawv ntsiab muag [L] ib hom mob ua tsua lub qhov muag plooj
tsis pum kev huv plawv ntsab muag

malignant (*noun*) [D] nqaij hlav uas sib kis lawm (khees xaws) [L] nqaj hlaav kws sib
kis lawm (khees xaws)

mammogram (mammography) (*noun*) [D] kev siv fais fab thaij ntsuam xyuas lub
mis, ntsuam xyuas seb mis puas muaj mob [L] kev siv fais faab thaij ntsuam xyuas
lub mig, ntsuam xyuas seb mig puas muaj mob

mania (*noun*) [D] tus kab mob ua rau yus zoo siab muaj zog heev, tu siab qaug zog
heev [L] tug kaab mob ua tsua yug zoo sab muaj zug heev, tu sab qaug zug heev

manipulative (*adjective*) [D] dag ntxias siv lwm tus neeg [L] dlaag ntxag siv lwm tug
neeg

mantoux tuberculin test (*noun*) [D] kev ntsuam xyuas seb puas muaj kab mob
ntsws; muab ib koob tshuaj me me txhaj rau hauv qab daim tawv nqaij ntawm sab
caj npab seb puas muaj tej yam txawv txav [L] kev ntsuam xyuas seb puas muaj
kaab mob ntsws; muab ib koob tshuaj miv miv txhaaj tsua huv qaab dlaim tawv
nqaj ntawm saab cej npaab seb puas muaj tej yaam txawv txaav

mass (*noun*) [D] hlav ua ib pawg lossis ib thooj [L] hlaav ua ib pawg lossis ib thooj

massage (*noun*) [D] kev zuaj ib ce; kev zaws ib ce [L] kev zuaj ib ce; kev zaws ib ce

masturbation (*noun*) [D] hlob lossis plhws chaw mos [L] hlob lossis plhws chaw mog

maternity ward (*noun*) [D] chav rau cov poj niam uas yug menyuam tas lawm pw [L]
chaav tsua cov quas puj kws yug mivnyuas taag lawm pw

measles (*noun*) [D] kab mob khaub thuas sawv pob liab uas pib saum hauv pliaj tuaj
mus thoob ib ce thiab hauv qhov ncauj ua rau tus neeg khaus ib ce [L] kab mob
khaub thuas sawv ua pob lab kws pib sau hauv plaj tuaj moog thoob ib ce hab huv
qhov ncauj ua tsua tug neeg txob ib ce

measure (*verb*) [D] kev ntsuas [L] kev ntsuas

medial epicondylitis (Golfer's elbow) (*noun*) [D] mob luj tshib caws tsis tau caj

npab vim cov leeg o lossis tu [L] mob luj tshib caws tsis tau cej npaab vim cov leeg o lossis tu

medical assistant (MA) (*noun*) [D] tus tib neeg pab kws kho mob [L] tug tuab neeg paab kws khu mob

medical records (*noun*) [D] ntaub ntawv kev kho mob (ntaub ntawv qhia txog yus cov mob) [L] ntaub ntawv kev khu mob (ntaub ntawv qha txug yug cov mob)

medication (*noun*) [D] cov tshuaj; kev siv tshuaj [L] cov tshuaj; kev siv tshuaj

medication allergy (*noun*) [D] tsis haum lossis phiv tshuaj [L] tsis hum lossis phiv tshuaj

medicine (*noun*) [D] tshuaj [L] tshuaj

medicine chest (*noun*) [D] lub txe rau tshuaj [L] lub txe tsua tshuaj

memory (*noun*) [D] txoj kev nco qab thiab khaws nco cia [L] txuj kev ncu qaab hab khaws ncu ca

meningitis (*noun*) [D] hom kab mob ua rau daim tawv nqaij uas qhwv lub hlwb lossis txha nqaj qaum o thiab muaj peev xwm ua rau tus neeg mob hnyav [L] hom kaab mob ua tsua daim tawv nqaj kws qhwv lub hlwb lossis txhaa nqaj qaum o hab muaj peev xwm ua tsua tug neeg mob nyaav

menopause (*noun*) [D] tsis coj khaub ncaws lawm [L] tsis coj khaub dluag lawm

menorrhagia (*noun*) [D] coj khaub ncaws tsis paub tu [L] coj khaub dluag tsis paub tu

menstrual period (*noun*) [D] lub caij cev ntas; lub caij coj khaub ncaws [L] lub caij coj khaub dluag

mental health (*noun*) [D] kev noj qab nyob zoo los ntawm tib neeg txoj kev xav, xeeb ceem, cwj pwm, thiab yam txwv [L] kev noj qaab nyob zoo lug ntawm tuab neeg txuj kev xaav, xeeb ceem, cwj pwm, hab yaam txwv

mental health therapy (*noun*) [D] kev tham nrog ib tug kws kho txog sab kev xav, xeeb ceem, cwj pwm, thiab yam txwv [L] kev thaam nrug ib tug kws khu txug saab kev xaav, xeeb ceem, cwj pwm, hab yaam txwv

mental hospital (*noun*) [D] tsev kho mob rau cov neeg muaj txoj kev xav, xeeb ceem, cwj pwm, thiab yam txwv tsis nyab xeeb [L] tsev khu mob tsua cov tuab neeg muaj txuj kev xaav, xeeb ceem, cwj pwm hab yaam txwv tsis nyaab xeeb

mental illness (*noun*) [D] cov neeg muaj txoj kev xav ntau, nyuaj siab ntshov plawv, tsis xav ua dab tsi [L] cov tuab neeg muaj txuj kev xaav ntau, nyuaj sab ntshuv plawv, tsis xaav ua dlaab tsi

metastasize (*verb*) [D] kis mus rau lwm qhov chaw lawm (khees xaws) [L] kis moog tsua lwm qhov chaw lawm (khees xaws)

meter (*noun*) [D] tus pas ntsuas [L] tug paas ntsuas

microorganism (*noun*) [D] ib co kab me me qhov muag ntsia tsis pom [L] ib co kaab miv miv qhov muag saib tsis pum

microscope (*noun*) [D] lub koob tsom yam me kom pom loj [L] lub koob tsom khoom miv kuam pum luj

midwife (*noun*) [D] tus kws pab poj niam yug menyuum [L] tug kws paab quas puj yug mivnyuas

migraine (*noun*) [D] mob taub hau raug hnuv tes hnuv taw; mob heev ntawm ib sab taub hau, xav ntuav [L] mob heev ntawm ib saab taub hau, xaav ntuav

miscarriage (*noun*) [D] poob lossis nchuav menyuum [L] poob lossis nchuav mivnyuas

molar (*noun*) [D] hniav pua [L] nav pua

mold (*noun*) [D] tuaj pwm [L] tuaj pwm

mole (blemish) (*noun*) [D] lub tias [L] lub tas

monoclonal antibodies (*noun*) [D] tshuaj pab lub cev tua kab mob [L] tshuaj paab lub cev tua kaab mob

mood swing (*noun*) [D] txoj kev zoo siab chim siab hloov mus hloov los [L] txuj kev zoo sab chim sab hloov moog hloov lug

moody (*adjective*) [D] kev zoo siab, chim siab, tu siab hloov mus hloov los [L] kev zoo sab, chim sab, tu sab hloov moog hloov lug

motor skill (*noun*) [D] kev siv lub cev tes taw ua ub ua no [L] kev siv lub cev tes taw ua ub ua no

mouth (*noun*) [D] qhov ncauj [L] qhov ncauj

mucus (*noun*) [D] qaub ncaug nplaum [L] quav ncaug nplaum

nasal (*noun*) [D] qhov ntswg [L] qhov ntswg

phlegm (*noun*) [D] hnoos qeev [L] noog qaig

multiple pregnancies (*noun*) [D] muaj menyuum ntau zaus lawm [L] muaj mivnyuas ntau zag lawm

multiple pregnancy (*noun*) [D] kev xeeb menyuum tshaj ib tug hauv plab [L] kev xeeb mivnyuas tshaaj ib tug huv plaab

mumps (*noun*) [D] b hom mob khaub thuas ua rau pob tsaig thiab plhu o [L] ib hom mob khaub thuas ua tsua pob tsaig hab plhu o

murmur (heart) (*noun*) [D] lub suab plawv dhia nrov tsis zoo [L] lub suab plawv dlha nrov tsis zoo

muscle (*noun*) [D] nqaij ntshiv [L] nqaj ntshiv

muscular (muscle cramp) (*noun*) [D] mob tu leeg xws li ntawm plab hlaub lossis

ncej puab; mob tu sauv [L] mob tu leeg xws le ntawm plaab hlaub lossis ncej puab;
mob tu sauv

myocardial infarction (heart attack) (*noun*) [D] mob plawv nres (lub plawv muaj
mob tsis ua hauj lwm) [L] mob plawv nreg (lub plawv muaj mob tsis ua num)



nail (finger or toe) (*noun*) [D] rau tes rau taw [L] rau teg rau taw

nasal irrigation (*noun*) [D] txuag dej yang qhov ntswg [L] txuag dlej yang qhov ntswg

natural family planning ("rhythm method") (*noun*) [D] kev npaj soj ntsuam lub
caij lub nyoog ntawm poj niam lub cev seb puas muaj los tsis muaj menyuam [L]
kev npaaj soj ntsuam lub caij lub nyoog ntawm quas puj lub cev seb puas muaj los
tsis muaj mivnyuas

nausea (*noun*) [D] xeev siab [L] xeev sab

nauseous (*adjective*) [D] ua rau xeev siab [L] ua tsua xeev sab

navel (*noun*) [D] lub puj ntaws; puj liv; ntaws ntiv [L] lub puj liv; ntaws ntiv

nearsighted (*adjective*) [D] pom kev ze tsis pom deb [L] pum kev ze tsis pum dleb

neck (*noun*) [D] caj dab [L] cej dlaab

back of (nape) (*noun*) [D] caj qwb [L] caaj qwb

entire (*noun*) [D] puag ncig lub caj dab [L] puag ncig lub cej dlaab

needle (*noun*) [D] rab koob [L] raab koob

needle aspiration biopsy (*noun*) [D] kev siv rab koob mus nqus qhov mob los
ntsuam xyuas [L] kev siv raab koob moog nqug qhov mob lug ntsuam xyuas

neonatal (*noun*) [D] menyuam mos liab [L] mivnyuas mog lab

nephrologist (*noun*) [D] tus kws ntsuam xyuas thiab kho raum [L] tug kws ntsuam
xyuas hab khu raum

nerve (*noun*) [D] cov leeg xa xov hauv lub cev [L] cov leeg xaa xuv huv lub cev

nervous (*adjective*) [D] txhawj; ntshai; poob siab; txaj muag [L] txhawj; ntshai; poob
sab; txaa muag

neurologist (*noun*) [D] tus kws ntsuam xyuas thiab kho cov leeg xa xov rau lub hlwb
thiab thoob plaws lub cev [L] tug kws ntsuam xyuas hab khu cov leeg xaa xuv tsua
lub hlwb hab thoob plawg lub cev

new COVID-19 variants (*noun*) [D] kab mob 19 txia ua mob tshiab [L] kaab mob 19
txa ua mob tshab

nightmares related to past trauma (*noun*) [D] npau suav phem txog yav tas los
uas tau ceeb ntshai [L] npau suav phem txug yaav taag lug kws tau ceeb ntshai

nipple (*noun*) [D] txiv mis [L] txiv mig

male nipple (*noun*) [D] txiv neej lub txiv mis [L] quas yawg lub txiv mig

female nipple (*noun*) [D] poj niam lub txiv mis [L] quas puj lub txiv mig

bottle nipple (*noun*) [D] txiv mis rau raj mis lossis lam fwj [L] txiv mig tsua raaj
mig lossis laam fwj

nodule (*noun*) [D] lub pob me nyob hauv cov nqaij [L] lub cos miv nyob huv cov nqaj

nose (*noun*) [D] taub ntswg [L] taub ntswg

nosebleed (*noun*) [D] qhov ntswg los ntshav [L] qhov ntswg lug ntshaav

nose drops (*noun*) [D] tshuaj rau qhov ntswg [L] tshuaj tsua qhov ntswg

nostril (*noun*) [D] lub qhov ntswg [L] lub qhov ntswg

Novocaine (*noun*) [D] tshuaj loog muaj zog heev [L] tshuaj loog muaj zug heev

numbness (*noun*) [D] loog [L] loog

nurse¹

nurse a baby (*verb*) [D] kev pub mis rau menyuam [L] kev pub mig tsua
mivnyuas

nurse someone back to health (*verb*) [D] kev tu neeg mob [L] kev tu tuab
neeg mob

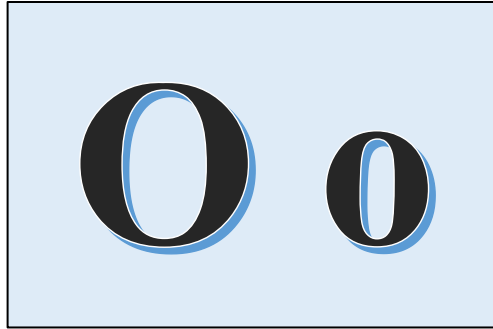
nurse² (*noun*) [D] tus kws saib xyuas thiab tu neeg mob [L] tug kws saib xyuas hab tu
tuab neeg mob

nurse practitioner (*noun*) [D] tus kws saib xyuas neeg mob thiab sau tau tshuaj [L]
tug kws saib xyuas tuab neeg mob hab sau tau tshuaj

nursing home (*noun*) [D] tsev tu neeg laus [L] tsev tu tuab neeg laug

nutrition (*noun*) [D] kev noj haus [L] kev noj haus

nutritionist (*noun*) [D] tus kws qhia txog kev noj haus kom zoo rau lub cev [L] tug kws
qha txug kev noj haus kuam zoo tsua lub cev



obese (*adjective*) [D] rog dhau [L] rog dlhau

OBGYN (obstetrician) (*noun*) [D] tus kws kho mob txais menyuam thiab saib xyuas
cov poj niam muaj menyuam [L] tug kws khu mob txais mivnyuas hab saib xyuas
cov quas puj muaj mivnyuas

observation (*noun*) [D] kev soj ntsuam [L] kev soj ntsuam

obsessive compulsive disorder (OCD) (*noun*) [D] ib tug mob thaum tswj tsis tau
tus kheej pheej xav ntsoov txog tib qho qub thiab/los yog xav ua ntxiv tas li [L] ib
tug mob thaum tswj tsis tau tug kheej pheej xaav ntsoov txug tuab qho qub hab/los
yog xaav ua ntxiv taag le

occupational therapist (*noun*) [D] tus kws pab kom muaj zog rov tu tau tus kheej
xws li hnav khaub ncaws thiab ua noj ua haus [L] tug kws paab kuam muaj zug rov
tu tau yug tug kheej xws le naav khaub dluag hab ua noj ua haus

oil (*noun*) [D] roj [L] roj

ointment (*noun*) [D] tshuaj pleev [L] tshuaj pleev

on and off (*adverb*) [D] txawj mob txawj zoo; mob ib chim zoo ib chim [L] txawj mob
txawj zoo; mob ib chim zoo ib chim

on an empty stomach (*adverb*) [D] thaum tsis muaj dab tsi nyob hauv plab [L]
thaum tsi muaj dlaab tsi nyob huv plaab

oncologist (*noun*) [D] tus kws kho thiab ntsuam xyuas khees xaws [L] tug kws khu
hab ntsuam xyuas khees xaws

onset (*noun*) [D] thaum pib mob; chiv mob [L] thaum pib mob; chiv mob

oozing (*noun*) [D] ua kua yig daws [L] ua kua yig dlaws

operate (*verb*) [D] phais [L] phais

operation (*noun*) [D] kev phais [L] kev phais

ophthalmologist (*noun*) [D] tus kws ntsuam xyuas thiab kho qhov muag [L] tug kws
ntsuam xyuas hab khu qhov muag

opportunistic infection (*noun*) [D] kev xeeb kab mob rau lub cev [L] kev xeeb kaab

mob tsua lub cev

oppositional defiant disorder (*noun*) [D] ib tug mob ua rau tsis mloog hais, cav ncauj; feem ntau yog menyuam yaus (kev xav, xeeb ceem, cwj pwm, thiab yam txwv) [L] ib tug mob ua tsua tsis noog has, caam ncauj; feem ntau yog mivnyuas yau (kev xaav, xeeb ceem, cwj pwm, hab yaam txwv)

optic nerve (*noun*) [D] txoj leeg qhov muag txuas mus rau lub hlwb [L] txuj leeg qhov muag txuas moog tsua lub hlwb

optometrist (*noun*) [D] tus kws txiav tsom iav qhov muag [L] tug kws txav tsom av qhov muag

oral antivirals (antiviral treatments) (*noun*) [D] tshuaj cheem tus kab mob kom txhob huam ntxiv tuaj [L] tshuaj cheem tug kaab mob kuam txhob huam ntxiv tuaj

organ (*noun*) [D] cov khoom hauv nrog cev (xws li siab, ntsws, plab, plawv) [L] cov khoom huv nruag cev (xws le sab, ntsws, plaab, plawv)

organ donor (*noun*) [D] tus neeg uas kam pub cov khoom hauv nws lub nrog cev rau lwm tus [L] tug tuab neeg kws kaam pub cov khoom huv nwg lub nruag cev tsua lwm tug

organ failure (*noun*) [D] yam khoom hauv lub nrog cev tsis ua hauj lwm [L] yaam khoom huv lub nruag cev tsis ua num

orgasm (*noun*) [D] zoo nyob thaum sib deev [L] zoo nyob thaum sib deev

orthodontia (*noun*) [D] kev kho hniav thiab pob tsaig tsis ncaj [L] kev khu kaug nav hab pob tsaig tsis ncaaj

orthodontist (*noun*) [D] tus kws ntsuam xyuas thiab kho hniav thiab pob tsaig zij/tesis ncaj [L] tug kws ntsuam xyuas hab khu nav hab pob tsag zij/tesis ncaaj

orthopedics (*noun*) [D] kev kho pob txha [L] kev khu pob txhaa

orthopedist (*noun*) [D] tus kws ntsuam xyuas thiab kho pob txha [L] tug kws ntsuam xyuas hab khu pob txhaa

osteoarthritis (*noun*) [D] mob pob qij txha; mob txha yaig los ntawm kev siv mus siv los [L] mob pob qej txhaa; mob txhaa yaig lug ntawm kev siv moog siv lug

osteoporosis (*noun*) [D] ib hom mob pob txha yaig, phom phom, lossis tsis khov [L] ib hom mob pob txhaa yaig, phom phom, lossis tsis khov

otolaryngologist (*noun*) [D] tus kws ntsuam xyuas thiab kho mob pob ntseg, qhov ntswg, thiab caj pas [L] tug kws ntsuam xyuas hab khu mob pob ntseg, qhov ntswg, hab caaj paas

outpatient (*noun*) [D] tus neeg mob uas tuaj rov qab mus tsev tsis pw hauv tsev kho mob [L] tug neeg mob kws tuaj rov qaab moog tsev tsis pw huv tsev khu mob

ovarian cyst (*noun*) [D] muaj qog dej nyob hauv poj niam ob lub zes qe menyuam [L]

muaj qug dlej nyob huv quas puj lub zeg qai mivnyuas

ovary (*noun*) [D] lub zes qe menyuam [L] lub zeg qai mivnyuas

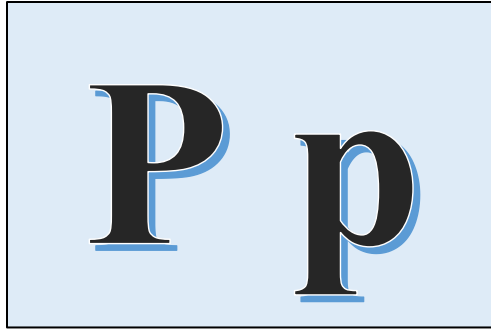
overweight (*adjective*) [D] hnyav dhau; rog dhau [L] nyaav dlhau; rog dlhau

ovulation (*noun*) [D] lub caij poj niam zaus qe tawm los mus [L] lub caij quas puj zaug qai tawm lug moog

ovum (*noun*) [D] qe xeeb ua menyuam [L] qai xeeb ua mivnyuas

oxygen (*noun*) [D] cua zoo pab ua pa [L] cua zoo paab ua paa

oxygen mask (*noun*) [D] lub npog qhov ncauj qhov ntswg pab yus ua pa [L] lub npug qhov ncauj qhov ntswg paab yug ua paa



pacemaker (*noun*) [D] lub tshuab pab lub plawv kom dhia zoo [L] lub tshuab paab lub plawv kuam dlha zoo

pain (*noun*) [D] mob [L] mob

pain location (*noun*) [D] qhov chaw mob [L] qhov chaw mob

pain severity (*noun*) [D] mob heev npaum li cas [L] mob heev npaum le caag

pain quality (*noun*) [D] mob zoo li cas [L] mob zoo le caag

pain killer (*noun*) [D] tshuaj loog [L] tshuaj loog

pain quality (*noun*) [D] mob zoo li cas [L] mob zoo le cag

pins and needles (pain) (*adjective*) [D] mob li koob chob [L] mob le koob chob

pinching (pain) (*adjective*) [D] mob li dab tsi de [L] mob le dlaab tsi dle

dull (pain) (*adjective*) [D] mob li tob tob nias mam mob [L] mob le tub tub nas maam mob

aching (pain) (*adjective*) [D] mob ncus ncus auv auv [L] mob ncus ncus auv auv

throbbing (pain) (*adjective*) [D] mob li qaib thos [L] mob le qab thos

cramping (pain) (*adjective*) [D] mob li ntswj lias [L] mob le ntswj las

sharp (pain) (*adjective*) [D] mob li riam hno [L] mob le rag nkaug

numbness and tingling (pain) (*adjective*) [D] mob li loog loog lossis caws yaum [L] mob le loog loog lossis caws yaum

shooting (pain) (*adjective*) [D] mob txawj dhia [L] mob txawj dlha

burning (pain) (*adjective*) [D] mob li kub kub [L] mob le kub kub

pressure (pain) (*adjective*) [D] mob li nruj nruj li raug nyem [L] mob le ntsuj ntsuj le raug nyem

palate (*noun*) [D] lub qab yiaq hauv qhov ncauj [L] lub qaab yag huv qhov ncauj

pale (*adjective*) [D] daj ntseg; ntsej muag nphob [L] dlaaj ntseg; ntsej muag nphob

palm (*noun*) [D] xib tes [L] xib teg

palpitation (*noun*) [D] plawv dhia ceev muaj ceem tsis xwm yeem [L] plawv dlha ceev muaj ceem tsis xwm yeem

pamphlet (*noun*) [D] tej phau ntawv me me [L] tej phau ntawv miv miv

pancreas (*noun*) [D] tus txiav; tus po dawb [L] tug txav; tug po dlawb

panic attack (*noun*) [D] muaj kev ceeb ntshai, txhawj xeeb, thiab poob siab loj tam sim ntawd vim yus txoj kev xav (ua tsis taus pa, tawm hws, plawv dhia ceev, tshee) [L] muaj kev ceeb ntshai, txhawj xeeb, hab poob sab luj taam sim ntawd vim yug txuj kev xaav (ua tsis taug paa, tawm fws, plawv dlha ceev, tshee)

pap smear (pap test) (*noun*) [D] kev ntsuam xyuas poj niam lub ncauj tsev menyuam [L] kev ntsuam xyuas quas puj lub ncauj tsev mivnyuas

paralysis (*noun*) [D] tuag tes tuag taw tuag duav [L] tuag teg tuag taw tuag dluav

paramedic (*noun*) [D] tus kws tuaj pab thaum muaj mob ceev [L] tug kws tuaj paab thaum muaj mob ceev

pass out (*verb*) [D] tsaus muag [L] tsaus muag

past/previous infection (*noun*) [D] kis tus kab mob dhau los lawm [L] kis tug kaab mob dlhau lug lawm

patella (*noun*) [D] lub pob hauv caug [L] lub pob hauv caug

pathologist (*noun*) [D] tus kws ntsuam xyuas thiab kho tib neeg cov nqaij, khoom nyob hauv nruab nrog, thiab cov kua dej hauv lub cev [L] tug kws ntsuam xyuas hab khu tuab neeg cov nqaj, khoom nyob huv nruab nrug, hab cov kua dlej huv lub cev

patient (*noun*) [D] tus neeg mob [L] tug tuab neeg mob

patient advocate (*noun*) [D] tus sawv cev ntawm cov neeg mob [L] tug sawv cev ntawm cov tuab neeg mob

pediatrician (*noun*) [D] tus kws ntsuam xyuas thiab kho menyuam yaus [L] tug kws ntsuam xyuas hab khu mivnyuas yau

pediatrics (*noun*) [D] kev ntsuam xyuas thiab kho menyuam yaus [L] kev ntsuam xyuas hab khu mivnyuas yau

pelvic exam (*noun*) [D] kev ntsuam xyuas poj niam lub tsev menyuam lossis plab mog [L] kev ntsuam xyuas quas puj lub tsev mivnyuas lossis plaab mog

pelvic inflammatory disease (PID) (*noun*) [D] ua mob rau poj niam lub tsev menyuam [L] ua mob tsua quas puj lub tsev mivnyuas

pelvic ultrasound (*noun*) [D] kev siv tshuab ntsuam xyuas tib neeg lub plab mog lossis poj niam lub tsev menyuam [L] kev siv tshuab ntsuam xyuas tuab neeg lub plaab mog lossis quas puj lub tsev mivnyuas

pelvis (*noun*) [D] lub cheeb txha pawj [L] lub cheeb txhaa pawj

penis (*noun*) [D] txiv neej chaw xis; qau; noov [L] quas yawg chaw xis; qau; noov

perineum (*noun*) [D] kis nruab nrab ntawm poj niam qhov chaw mos thiab qhov quav

[L] kis nruab nraab ntawm quas puj qhov chaw mog hab qhov quav

periodontal disease (*noun*) [D] mob qhov hniav qawj [L] mob qhov nav qawj

periodontitis (pyorrhea) (*noun*) [D] kab mob voos thiab o rau ntawm cov pos hniav
[L] kaab mob voog hab o tsua ntawm cov pos nav

personality disorder (*noun*) [D] ib tug mob xeeb ceem (kev xav, cwj pwm, thiab yam txwv) hloov [L] ib tug mob xeeb ceem (kev xaav, cwj pwm, hab yaam txwv) hloov

perspire (*verb*) [D] tawm hws; nto hws [L] tawm fws; nto fws

pertussis (whooping cough) (*noun*) [D] ib hom mob hnoos lossis hawb pob [L] ib hom mob nqu lossis hawb pob

pharmacist (*noun*) [D] tus kws muab tshuaj [L] tug kws muab tshuaj

pharmacy (*noun*) [D] khw muag tshuaj [L] khw muag tshuaj

phlegm (*noun*) [D] hnoos qeev [L] noog qaig

phosphorus (*noun*) [D] ib hom kuab tshuaj nyob hauv dej thiab zaub mov pab tswj kom pob txha ruaj khov thiab kho/txhawb kom nqaij hlav [L] ib hom kuab tshuaj nyob huv dlej hab zaub mov paab tswj kuam pob txhaa ruaj khov hab khu/txhawb kuam nqaj hlaav

physical exam (*noun*) [D] kev ntsuam xyuas ib ce [L] kev ntsuam xyuas ib ce

physical therapist (*noun*) [D] tus kws kho tes taw kom muaj zog [L] tug kws khu teg taw kuam muaj zug

physical therapy (*noun*) [D] kev kho tes taw kom muaj zog [L] kev khu teg taw kuam muaj zug

physician assistant (*noun*) [D] tus pab tus kws kho mob thiab sau tau tshuaj [L] tug paab tug kws khu mob hab sau tau tshuaj

physician/doctor (MD, DO) (*noun*) [D] tus kws kho mob [L] tug kws khu mob

piles (*noun*) [D] hlab ntsha ntawm lub rooj qhov quav (chaw tawm rooj) o; los ntshav tau [L] hlaab ntshaa ntawm lub rooj qhov quav (chaw tawm rooj) o; lug ntshaav tau

pill (tablet) (*noun*) [D] tshuaj lub; tshuaj ntsiav [L] tshuaj lub; tshuaj ntsav

pimple (*noun*) [D] pob kab ntxau [L] pob kaab ntxau

pituitary gland (*noun*) [D] lub hlwv me me nyob hauv qab lub paj hlwb [L] lub hlwv miv miv nyob huv qaab lub paaj hlwb

placenta (*noun*) [D] lub tsho menyuam thaum yug [L] lub tsho mivnyuas thaum yug

plaque (*noun*) [D] quav hniav [L] quav nav

pleurisy (*noun*) [D] Mob o raws ntawm daim tawv ntsws ua rau mob ntsia ntsees [L] mob o raws ntawm dlaim tawv ntsws ua tsua mob ntsa ntseeg

plugged ear (*noun*) [D] txhaws qhov ntsej [L] txhaws qhov ntsej

pneumonia (*noun*) [D] mob ntsws muaj dej [L] mob ntsws muaj dlej

poison (*noun*) [D] tshuaj lom; taug [L] tshuaj lom; taug

policy (*noun*) [D] txoj cai [L] txuj cai

polio (*noun*) [D] ib hom kab mob ua rau cov leeg puas [L] ib hom kaab mob ua tsua cov leeg puag

polio vaccine (oral) (*noun*) [D] tshuaj haus tiv thaiv kab mob kom txhob tuag tes tuag taw [L] tshuaj haus tiv thaiv kaab mob kuam txhob tuag teg tuag taw

polyp (*noun*) [D] hlwv nqaij nyob hauv tib neeg tej plab hnyuv [L] hlwv nqaj nyob huv tuab neeg tej plaab nyuv

poor appetite and weight loss (*adjective*) [D] tsis qab los noj mov ua rau yus yuag [L] tsis qaab lug noj mov ua rua yug ntxaug

poor communication (*adjective*) [D] hais lus tsis sib nkag siab; txuas lus nyuab (nyuj mus nyuj nees mus nees) [L] has lug tsis sib nkaag sab; txuas lug nyuab (nyuj moog nyuj neeg moog neeg)

poor motivation (*adjective*) [D] tsis muaj siab ua dab tsi [L] tsis muaj sab ua dlaab tsi

poor self-care (*adjective*) [D] tsis saib xyuas thiab tu tus kheej zoo [L] tsis saib xyuas hab tu tug kheej zoo

post nasal drip (*noun*) [D] los ntswg mus rau tom lub qa [L] lug ntswg moog tsua tom lub qaa

post-partum (*adjective*) [D] lub sij hawm tom qab yug menyuam tag [L] lub sij hawm tom qaab yug mivnyuas taag

post-traumatic stress disorder (PTSD) (*noun*) [D] ib tug mob (xeeb ceem, kev xav, cwj pwm, thiab yam txwv) thaum nco txog yav tas los uas tau ceeb ntshai [L] ib tug mob (xeeb ceem, kev xaav, cwj pwm, hab yaam txwv) thaum ncu txug yaav taag lug kws tau ceeb ntshai

potassium (*noun*) [D] ib hom khoom nyob hauv dej thiab zaub mov pab tswj cov dej hauv yus lub cev [L] ib hom khoom nyob huv dlej hab zaub mov paab tswj cov dlej huv yug lub cev

pound (*noun*) [D] rab teev phaus luj kev hnyav [L] raab teev phaus luj kev nyaav

power of attorney (*noun*) [D] daim ntawv qhia seb leej twg yog tus neeg sawv cev rau yus [L] dlaim ntawv qha seb leej twg yog tug neeg sawv cev tsua yug

precautions (prevention actions) (*noun*) [D] xyuam xim/tej yam yus yuav tsum tau caiv kom pab tiv thaiv kom tus mob txhob loj lossis txhob kis tus kab mob [L] xyuam xim/tej yaam yug yuav tsum tau caiv kuam paab tiv thaiv kuam tug mob txhob luj lossis txhob kis tug kaab mob

pre-eclampsia (*noun*) [D] hom mob uas ua tau rau cov poj niam uas cev xeeb tub muaj mob phob vog thiab ntshav siab [L] hom mob kws ua tau tsua cov quas puj kws cev xeeb tub muaj mob xaab hab ntshaav sab

pregnancy (*noun*) [D] lub cev xeeb tub/ menyuam [L] lub cev xeeb tub/ mivnyuas

pregnancy test (*noun*) [D] kev sim ntsuas seb puas xeeb tub lossis puas muaj menyuam [L] kev sim ntsuas seb puas xeeb tub lossis puas muaj mivnyuas

pregnant (*adjective*) [D] cev xeeb tub lossis muaj menyuam lawm [L] cev xeeb tub lossis muaj mivnyuas lawm

premature (*adjective*) [D] yug menyuam ua ntej tsis tau txwm hli [L] yug mivnyuas ua ntej tsis tau txwm hli

prenatal (*adjective*) [D] lub sij hawm ua ntej yug menyuam [L] lub sij hawm ua ntej yug mivnyuas

prenatal care (*noun*) [D] kev saib xyuas lub cev xeeb tub [L] kev sab xyuas lub cev xeeb tub

prenatal vitamin (*noun*) [D] tshuaj noj pab rau leej niam lub cev thiab tus menyuam hauv plab [L] tshuaj noj paab tsua leej nam lub cev hab tug mivnyuas huv plaab

prescribe (*verb*) [D] sau ntawv yuav thiab nqa tshuaj [L] sau ntawv yuav hab nqaa tshuaj

prescription (*noun*) [D] daim ntawv sau yuav thiab nqa tshuaj [L] dlaim ntawv sau yuav hab nqaa tshuaj

prevention (*noun*) [D] kev tiv thaiv kom txhob tshwm sim/txhob muaj [L] kev tiv thaiv kuam txhob tshwm sim/txhob muaj

prick (*verb*) [D] chob; nkaug [L] chob; nkaug

primary series (doses) (*noun*) [D] koob tshuaj thib ib [L] koob tshuaj thib ib

privacy (*noun*) [D] kev tswj hwm txoj kev ywj pheej ntawm yus ntiag tug, ntaub ntawv thiab kev xav [L] kev tswj hwm txoj kev ywj pheej ntawm yug ntag tug, ntaub ntawv, hab kev xaav

progesterone (*noun*) [D] roj ntsha poj niam [L] roj ntshaa quas puj

prolapse (*noun*) [D] cov khoom hauv nrog cev hlauv [L] cov khoom huv nruag cev hlauv

prostate gland (*noun*) [D] txiv neej lub zais zog ua cov kua txhawb thiab xa kab menyuam [L] txiv neej lug zaig zug ua cov kua txhawb hab xaa kaab mivnyuas

protect (*verb*) [D] tiv thaiv [L] tiv thaiv

protein [D] cov khoom nyob hauv nqaij uas yus noj kom muaj zog [L] cov khoom nyob huv nqaj kws yug noj kuam muaj zog

protein in nutrition (*noun*) [D] cov khoom nyob hauv zaub mov [L] cov khoom nyob huv zaub mov

protein in urine (*noun*) [D] cov txo nqaij nyob nrog zis [L] cov txu nqaj nyob nrug zig

pruritus (*noun*) [D] khaus ib ce [L] txob ib ce

psoriasis (*noun*) [D] ib hom kab mob ua caws pliav liab khaus ci nplias ntawm tawv nqaij [L] ib hom kaab mob kws caws plav lab txob ci nplas ntawm tawv nqaj

psychiatrist (*noun*) [D] tus kws ntsuam xyuas thiab kho kev nyuaj siab [L] tug kws kiaj hab khu kev nyuaj sab

psychiatry (*noun*) [D] kev kho mob nyuaj siab (ntsuam xyuas tib neeg txoj kev xav, xeeb ceem, cwj pwm, thiab yam txwv) [L] kev khu mob nyuaj sab (ntsuam xyuas tuab neeg txuj kev xaav, xeeb ceem, cwj pwm, hab yaam txwv)

psychologist (*noun*) [D] tus kws kawm thiab soj ntsuam txog kev xav, xeeb ceem, cwj pwm, thiab yam txwv (tsis siv tshuaj kho) [L] tug kws kawm thiab soj ntsuam txug kev xaav, xeeb ceem, cwj pwm, hab yaam txwv (tsis siv tshuaj khu)

psychology (*noun*) [D] kev kawm txog tib neeg txoj kev xav, xeeb ceem, cwj pwm, thiab yam txwv [L] kev kawm txug tuab neeg txuj kev xaav, xeeb ceem, cwj pwm hab yaam txwv

psychotic disorder (*noun*) [D] tus mob (xeeb ceem, kev xav, cwj pwm, thiab yam txwv) thaum yus feeb tsis meej pem tsis paub qhov tseeb qhov cuav thiab lossis pom los yog hnov tej yam tsis muaj tseeb [L] tug mob (xeeb ceem, kev xaav, cwj pwm, hab yaam txwv) thaum yug feeb tsis meej pem tsis paub qhov cuav hab/lossis pum los yog nov tej yaam tsis muaj tseeb

pterygium (*noun*) [D] qhov muag hlav [L] qhov muag hlaav

pulmonologist (*noun*) [D] tus kws ntsuam xyuas thiab kho ntsws [L] tug kws ntsuam xyuas hab khu ntsws

pulse (*noun*) [D] mem tes [L] mem teg

pump the stomach (*verb*) [D] ntquav hauv lub plab tawm [L] ntquav huv lub plaab tawm

pupils (of eyes) (*noun*) [D] lub ntsiab muag [L] lub ntsab muag

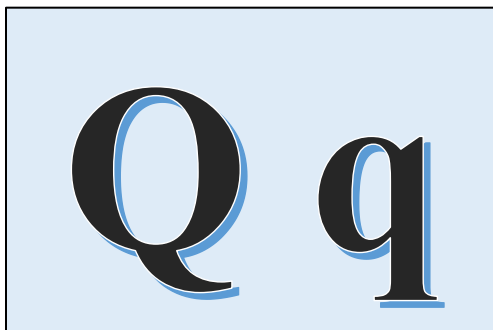
pus (*noun*) [D] kua paug [L] kua paug

push (*verb*) [D] ntsub; thawb [L] ntsub; thawb

pustule (*noun*) [D] ua paug [L] ua paug

PVP-I (iodine for surgery/ procedure) (*noun*) [D] ib hom tshuaj siv los ntquav kom huv rau thaum phais/kho mob [L] ib hom tshuaj siv lug ntquav kuam huv tsua thaum phais/khu mob

pyorrhea (periodontitis) (*noun*) [D] kab mob voos thiab o rau ntawm cov pos hniav
[L] kaab mob voog hab o tsua ntawm cov pos nav



quarantine (*noun*) [D] kev caiv txwv tsis pub kom kab mob kis tau rau lwm tus [L] kev caiv txwv tsis pub kuam kaab mob kis tau tsua lwm tug

queasy (*adjective*) [D] xeev siab qees xav ntuav [L] xeev sab qeeg xaav ntuav



rabies (*noun*) [D] ib hom kab mob ua rau neeg tsis meej pem kis los ntawm tsiaj (ua rau vwm thiab tuag taus) [L] ib hom kaab mob ua tsua tuab neeg tsis meej pem kis lug ntawm tsaj (ua tsua vwm hab tuag taug)

radioactive iodine (*noun*) [D] tshuaj siv los nrhiav khees xaws lossis tua khees xaws hauv lub qog ntawm txoj hlab pas [L] tshuaj siv lug nrhav khees xaws lossis tua khees xaws huv lub qug ntawm txuj hlaab paas

radiography (*noun*) [D] kev yees/thaij duab fais fab [L] kev yeeg/thaij duab fais faab

radiologist (*noun*) [D] tus kws nyeem duab hluav taws xob/fais fab [L] tug kws nyeem dluab hluav tawg xub/fais faab

radiology technician (*noun*) [D] tus kws yees duab hluas taws xob/fais fab [L] tug kws yeeg dluab hluas taws xub/fais faab

rape (*noun*) [D] kev quab yuam; mos; deev [L] kev quab yuam; mos; dleev

rash (*noun*) [D] ua pob [L] ua cos

diffuse (*noun*) [D] ua pob thoob ib ce [L] ua cos thoob ib ce

wheals (hives) (*noun*) [D] ua xua [L] ua xua

reading glasses (*noun*) [D] lub tsom iav nyeem ntawv [L] lub tsom av nyeem ntawv

receptionist (*noun*) [D] tus neeg txais tos qhua, teb xov tooj, thiab sau ntawv [L] tug tuab neeg txais tog qhua, teb xuv tooj, hab sau ntawv

rectum (*noun*) [D] yav kawg ntawm txoj hnub loj los rau ntawm lub ncauj qhov quav (chaw tawm rooj) [L] yaav kawg ntawm txuj nuv luj lug txuas ntawm lub ncauj qhov quav (chaw tawm rooj)

regret (*verb*) [D] khuv xim [L] khuv xim

reject (*verb*) [D] tsis txais tos; tsis lees tsais [L] tsis txais tog; tsis leeg txais

relapse (*noun*) [D] rov huam; rov mob dua [L] rov huam; rov mob dlua

relax (*verb*) [D] nyob tswm nyob tus [L] nyob tswm nyob tug

remedy (*noun*) [D] kev siv tshuaj [L] kev siv tshuaj

renal disease (*noun*) [D] mob raum, tsis muaj zog thiab tsis ua hauj lwm zoo, lim tsis

tau dej lossis ntshav hauv lub cev [L] mob raum, tsis muaj zug hab tsis ua num zoo, lim tsis tau dlej lossis ntshaav huv lub cev

replicate (*verb*) [D] xeeb yam khoom zoo ib yam ntxiv zuj zus tuaj [L] xeeb yaam khoom zoo ib yaam ntxiv zuj zug tuaj

resistance (*noun*) [D] tsis ntxim tshuaj (tshuaj tiv thaiv tsis yeej tus kab mob) [L] tsis ntxim tshuaj (tshuaj tiv thaiv tsis yeej tug kaab mob)

respiration (*noun*) [D] kev ua pa [L] kev ua paa

restless and edgy (*adjective*) [D] nyob tsis tswm nyob tsis tus [L] nyob tsis tswm nyob tsis tug

restrain (*verb*) [D] muab ceev rau ib qho; tsum, cheem, tsis pub [L] muab ceev tsua ib qho; tsum, cheem, tsis pub

retina (*noun*) [D] txheej npluag qhwv nram qab lub qhov muag [L] txheej npluag qhwv nraag qaab lub qhov muag

retinal detachment (*noun*) [D] cov hlab ntsha ntawm daim npluag qhwv lub ntsiab muag plam lawm [L] cov hlaab ntshaa ntawm daim npluag qhwv lub ntsab muag plaam lawm

retinopathy (*noun*) [D] mob cov hlab ntsha hauv qhov muag [L] mob cov hlaab ntshaa huv qhov muag

retrovirus (*noun*) [D] ib hom kab mob uas los txuas rau thiab lom yus cov keeb caj ces (DNA) los ua mob rau yus [L] ib hom kaab mob kws lug txuas tsua hab lom yug cov keeb caaj ceg (DNA) lug ua mob tsua yug

rheumatic disease (*noun*) [D] thaum yus cov roj ntsha rov tua yus lub cev ua mob rau ib ce o raws yus cov pob qij txha [L] thaum yug cov roj ntshaa rov tua yug lub cev ua mob tsua ib ce o raws yug cov pob qej txhaa

rheumatic fever (*noun*) [D] ib hom mob ua npaws sawv ua xua, mob qij txha, lossis o kub nyob hauv lub plawv los yog paj hlwb [L] ib hom mob ua npaws sawv ua xua, mob qej txhaa, lossis o kub nyob huv lub plawv los yog paaj hlwb

rheumatic heart disease (*noun*) [D] ib hom mob ua npaws ua rau daim npog ntawm lub ncauj plawv puas, qhib thiab kaw tsis zoo li qub lawm [L] ib hom mob ua npaws ua tsua daim npug ntawm lub ncauj plawv puag, qheb hab kaw tsis zoo le qub lawm

rheumatoid arthritis (*noun*) [D] hom mob ua rau pob qij txha o su ua pob [L] hom mob ua rua pob qej txhaa o su ua cos

rheumatoid factor test (*noun*) [D] tso ntshav ntsuam xyuas hom mob ua rau pob qij txha o su ua pob [L] tso ntshaav ntsuam xyuas hom mob ua tsua pob qej txhaa o su ua cos

rheumatologist (*noun*) [D] tus kws ntsuam xyuas thiab kho qij txha, pob txha, thiab leeg [L] tug kws ntsuam xyuas hab khu qej txhaa, pob txhaa, hab leeg

RH factor (*noun*) [D] txheej nqaij uas nyob saum yus cov ntshav liab uas qhia tias yus muaj hom ntshav twg + (positive) lossis - (negative) [L] txheej nqaj kws nyob sau yug cov ntshaav lab kws qha tas yug muaj hom ntshaav twg + (positive) lossis - (negative)

rib (*noun*) [D] tav [L] taav

ringing in the ears (tinnitus) (*noun*) [D] pob ntseg nrov ziv; muaj suab nrov hauv qhov ntsej [L] pob ntseg nrov ziv; muaj suab nrov huv qhov ntsej

ringworm (tinea infection) (*noun*) [D] ib hom mob tshwm sim los ntawm pwm ua txhab txiag, ua kiav txhab vaj voog liab liab ntawm daim tawv nqaij [L] ib hom mob tshwm sim lug ntawm pwm ua kav txhaab vaaj voog lab lab ntawm dlaim tawv nqaj

rinse (*verb*) [D] yaug (yaug kom huv) [L] yaug (yaug kuam huv)

risk behaviors (*noun*) [D] tus xeeb ceem phom sij [L] tug xeeb ceem phom sij

risk factors (*noun*) [D] tej yam uas yuav ua teeb meem rau yus kis yooj yim [L] tej yaam kws yuav ua teeb meem tsua yug kis yooj yim

root canal (*noun*) [D] tus cag hniav [L] tug caag nav

rough (*adjective*) [D] nttxhib [L] nttxhib

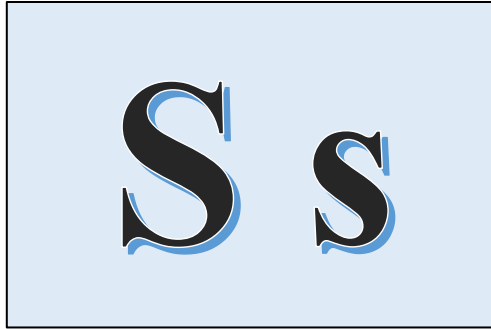
rubdown (*noun*) [D] zaws lossis txhuam nqis hav [L] zaws lossis txhuam nqeg haav

rubella (German measles) (*noun*) [D] kab mob qhua pias; ua qoob [L] kaab mob qhua pas; ua qoob

running nose (*noun*) [D] los los ntswg heev [L] lug lug ntswg heev

rupture (*noun*) [D] paim; ntuag [L] paim; dluag

ruptured (*adjective*) [D] paim lawm; ntuag lawm [L] paim lawm; dluag lawm



safe (*adjective*) [D] nyob nyab xeeb tso siab lug [L] nyob nyaab xeeb tso sab lug

safe sex (*noun*) [D] kev tiv thaiv kom txhob kis kab mob los ntawm kev sib deev [L]
kev tiv thaiv kuam txhob kis kaab mob lug ntawm kev sis dleev

saliva (*noun*) [D] qaub ncaug [L] quav ncaug

salve (*noun*) [D] tshuaj pleev kiav txhab [L] tshuaj pleev kav txhaab

sample (*noun*) [D] ib yam uas yuav coj mus ntsuam xyuas [L] ib yaam kws yuav coj
moog ntsuam xyuas

scab (*noun*) [D] kiav txhab [L] kav txhaab

scabies (*noun*) [D] ib hom pob khaus sawv hlwv tshwm sim los ntawm ib hom kab uas
lij nkag hauv neeg daim tawv nqaij [L] ib hom pob txob sawv hlwv tshwm sim lug
ntawm ib hom kaab kws lij nkaag huv tuab neeg dlaim tawv nqaj

scales (*noun*) [D] nplai [L] nplai

scalp (*noun*) [D] tawv taub hau [L] tawv taub hau

scaly (dry) (*adjective*) [D] tawv nqaij qhuav; ua plhaws; nti tawv [L] tawv nqaj qhuav;
ua plhaws; nti tawv

scapula (*noun*) [D] txha duav pu [L] txhaa dluav pu

scar (*noun*) [D] caws pliav [L] caws plav

scarlet fever (*noun*) [D] ib hom mob tawm pob ntxib ntxib, liab liab, khaus khaus,
thiab mob qa ua npaws [L] ib hom mob tawm pob ntxib ntxhib, lab lab, txob txob,
hab mob qaa ua npaws

scraping (*noun*) [D] kos lossis kaus tawm [L] kes lossis kaus tawm

scratch (*verb*) [D] khawb [L] khawb

hurt (*verb*) [D] khawb kom to [L] khawb kuam to

to relieve itch (*verb*) [D] khawb kom zoo khaus [L] khawb kuam zoo txob

scrotum (*noun*) [D] lub plhaub noob qes [L] lub plhaub noob qais

scrub (surgically) (*verb*) [D] ntxuav tes kom zoo mam mus phais [L] ntxuav teg
kuam zoo maam moog phais

seasonal allergy (*noun*) [D] tsis haum lossis phiv thaum huab cua hloov [L] tsis hum lossis phiv thaum huab cua hloov

secretion (*noun*) [D] ua kua yig; txia kua [L] ua kua yig; txa kua

secretive (*adjective*) [D] zais siab [L] zais sab

seizure (epilepsy) (*noun*) [D] mob qaug dab peg; mob txiab nkhaus [L] mob qaug dlaab peg

semen (*noun*) [D] kua phev [L] kua phev

seminal vesicles (*noun*) [D] txiv neej lub zais zog ua kab menyuum [L] txiv neej lub zaig zug ua kaab mivnyuas

sensitive (*adjective*) [D] ua rau rhiab thaum chwv [L] ua tsua rhab thaum chwv

sensitive information (*noun*) [D] yam uas zais npog tsis zoo qhia/hais tawm [L] yaam kws zais npug tsis zoo qha/has tawm

sensitive skin (*noun*) [D] tawv nqaij mos mos [L] tawv nqaj mog mog

sensitive to light (*noun*) [D] thev tsis taus lub hnub lossis teeb ci [D] [L] thev tsis taug lub nub lossis teeb ci

seroconversion (*noun*) [D] kev pauv ntawm cov roj ntsha tiv thaiv kab mob vim muaj kab mob lawm [L] kev pauv ntawm cov roj ntshaa tiv thaiv kaab mob vim muaj kaab mob lawm

serology (*noun*) [D] kev kawm txog cov roj ntsha tiv thaiv kab mob [L] kev kawm txug cov roj ntshaa tiv thaiv kaab mob

serum (*noun*) [D] cov kua dej seem tom qab cov ntshav khov tas [L] cov kua dlej seem tom qaab cov ntshaav khov taag

sex (*noun*) [D] txiv neej los poj niam [L] quas yawg los quas puj

sexually transmitted (*adjective*) [D] kev sib kis kab mob los ntawm kev sib deev/pw ua ke [L] kev sib kis kaab mob lug ntawm kev sib dleev/pw ua ke

sexually transmitted infection (STI) (*noun*) [D] mob kas cees; cov kab mob sib kis thaum nrog lwm tus neeg pw [L] mob kaas cees; cov kaab mob sib kis thaum ntsug lwm tug neeg pw

chancere (*noun*) [D] ib hom kab mob kas cees los ntawm Syphilis ua qawj qhov txhab ntawm chaw mos lossis qhov ncauj thaum nrog lwm tus neeg pw [L] ib hom kaab mob kaas cees lug ntawm Syphilis ua qawj qhov txhaab ntawm chaw mog lossis qhov ncauj thaum ntsug lwm tug tuab neeg pw ua ke

chlamydia (*noun*) [D] ib hom kab mob kas cees, feem ntau tib neeg tsis paub hais tias lawv kis lawm vim tsis pom thiab hnov qhov mob [L] ib hom kaab mob kaas cees, feem ntau tuab neeg tsis paub has tas puab kis lawm vim tsis pum hab nov qhov mob

gonorrhea (*noun*) [D] ib hom kab mob kas cees ua mob rau ntawm poj niam chaw xeeb tub xws li lub tsev menyuam, lub ncauj tsev menyuam, hlab qe menyuam thian mob rau ntawm txiv neej thiab poj niam txoj hlab zis. Mob o, los kua paug, los ntshav, mob thaum tso zis, thiab ua rau lub ncauj qhov chaw tawm rooj khaus/mob [L] ib hom kaab mob kaas cees ua mob tsua ntawm quas puj chaw xeeb tub xws le lub tsev mivnyuas, lub ncauj tsev mivnyuas, hlaab qai mivnyuas hab mob tsua ntawm quas yawg hab quas puj txuj hlaab zig; mob o, lug kua paug, lug ntshaav, mob thaum tso zig, hab ua tsua lub ncauj qhov chaw tawm rooj txob/mob

herpes (*noun*) [D] ib hom kab mob kas cees ua nqaij sawv hlww rau ntawm qhov ncauj, chaw mos, thiab chaw tawm rooj [L] ib hom kaab mob kaas cees ua nqaj sawv hlww tsua ntawm qhov ncauj, chaw mog, hab chaw tawm rooj

human immunodeficiency virus (HIV) (*noun*) [D] kab mob HIV; kab mob kis lis vas, thaum cov roj ntsha tiv thaiv kom txhob muaj kab mob rov tua yus lub cev [L] kaab mob HIV; kaab mob kis lis vaas, thaum cov roj ntshaa tiv thaiv kuam txhob muaj kaab mob rov tua yug lub cev

human papillomavirus (HPV)/genital warts (*noun*) [D] ib hom kab mob kas cees ua cos nqaij hlav lossis sawv pob pes daws ua kev txhab rau cheeb tsam chaws mos [L] ib hom kaab mob kaas cees ua cos nqaj hlaav lossis sawv pob ua kaav txhaab tsua cheeb tsaam chaw mog

syphilis (*noun*) [D] ib hom kab mob kas cees uas muaj peb qib, ua nqaij mob qhov txhab, ua khaus rau ib ce, ces ua mob rau hauv lub cev [L] ib hom kaab mob kaas cees kws muaj peb qeb, ua nqaj mob qhov txhaab, ua txob tsua ib ce, ces ua mob tsua huv lub cev

trichomoniasis (*noun*) [D] ib hom kab mob kas cees los ntawm cab, ua chaws mos khaus thiab txob, muaj ntshiab, los kua (dej), thiab mob plab mog [L] ib hom kaab mob kaas cees lug ntawm caab, ua chaw mog txob heev, muaj ntshiab, lug kua (dlej), hab mob plaab mog

sexual relations (*noun*) [D] kev sib swm los ntawm kev sib deev/pw ua ke [L] kev sib swm lug ntawm kev sib dleev/pw ua ke

sharp (*adjective*) [D] ntse; zuag plias [L] ntse; zuag plias

shin (*noun*) [D] kav hlaub; roob hlaub [L] kaav hlaub

shingles (*noun*) [D] ua qoob sawv pob ua hlww, feem ntau rau cov laus [L] ua qoob sawv pob ua hlww, feem ntau tsua cov laug

shiver (*verb*) [D] tshee [L] tshee

shock (*noun*) [D] hluav taws xob tshov [L] hluav tawg xub tshov

fright (*noun*) [D] ntshai/ceeb [L] ntshai/ceeb

lack of oxygen to brain (*noun*) [D] tsis muaj cua zoo txaus mus rau lub hlwb [L]

tsis muaj cua zoo txaus mus tsua lub hlwb

shortness of breath (*noun*) [D] txog siav ua tsis taus pa [L] txug sav ua tsis taug paa

shot (injection) (*noun*) [D] txhaj tshuaj [L] txhaaj tshuaj

shoulder (*noun*) [D] xub pwg [L] xub pwg

side (*noun*) [D] ib sab [L] ib saab

side effects (*noun*) [D] yam tshwm sim tom qab [L] yaam tshwm sim tom qaab

sigmoidoscopy (*noun*) [D] kev ntzig koob thaij ntawm qhov chaw tawm rooj mus
ntsuam xyuas yav kawg ntawm txoj hnyuv loj [L] kev ntzig koob thaij ntawm qhov
chaw tawm rooj mus ntsuam xyuas yaav kawg ntawm txuj nyuv luj

sinusitis (*noun*) [D] qhov ntswg txhaws thiab o [L] qhov ntswg txhaws hab o

skin (*noun*) [D] daim tawv nqaij [L] dlaim tawv nqaj

skull (*noun*) [D] txha taub hau; khauj khaum taub hau [L] txhaa taub hau; khauj khaum
taub hau

sleep paralysis (*noun*) [D] tsog tsuam [L] tsog tsuam

sling (*noun*) [D] daim ntaub qhwv khuam caj npab [L] dlaim ntaub qhwv khuam cej
npaab

slipped disk (*noun*) [D] txha nqaj qaum lov, zij, lossis txav ua rau lub log txha tawm
tuaj [L] txhaa nqaaj qaum luv, zij, lossis txaav ua tsua lub log txhaa tawm tuaj

slit lamp exam (*noun*) [D] kev siv teeb tsom ntsuam xyuas qhov muag [L] kev siv
teeb tsom ntsuam xyuas qhov muag

small intestine (*noun*) [D] hnyuv mos [L] nyuv mog

smallpox (*noun*) [D] qhua maj; qhua pias [L] qhua maaj; qhua pas

smoke¹ (*noun*) [D] kev haus luam yeeb; ncho pa [L] kev haus luam yeeb; nchu paa

smoke² (*verb*) [D] haus luam yeeb [L] haus luam yeeb

sneeze (*verb*) [D] txham [L] txhaam

soak (*verb*) [D] tsau dej [L] tsau dlej

soap (*noun*) [D] tshuaj ntxuav; xuj npum [L] tshuaj ntxuav; xuj npum

social distance (*noun*) [D] kev nyob sib nrug deb [L] kev nyob sib nrug dleb

sodium (*noun*) [D] cov ntsev nyob hauv dej thiab zaub mov pab cov leeg cov nqaij
kom ua hauj lwm thiab tswj cov dej hauv yus lub cev [L] cov ntsev nyob huv dlej
hab zaub mov paab cov leeg cov nqaj kuam ua num hab tswj cov dlej huv yug lub
cev

sole (of foot) (*noun*) [D] xib taws [L] xib taws

sonogram (*noun*) [D] daim duab thaij saib lub cev [L] dlaim dluab thaij saib lub cev

sore (*noun*) [D] mob [L] mob

sore throat (*noun*) [D] mob qa; mob caj pas [L] mob qaa; mob caaj paas

spasm (of a muscle) (*noun*) [D] tu leeg; leeg caws [L] tu leeg; leeg caws

special (*adjective*) [D] tshwj xeeb [L] tshwj xeeb

specialist (*noun*) [D] tus kws ntsuam xyuas thiab kho ib hom mob uas nws paub txog
[L] tug kws ntsuam xyuas hab khu tuab hom mob uas nws paub txug

specimen (*noun*) [D] cov quav, zis, lossis ntshav uas yuav coj mus ntsuam xyuas kab
mob [L] cov quav, zig, lossis ntshaav kws yuav coj moog ntsuam xyuas kaab mob

speculum (*noun*) [D] rab cjaq qhov ncauj os [L] raab caj qhov ncauj us

speech therapist (*noun*) [D] tus kws ntsuam xyuas thiab kho kom hais lus meej thiab
nqos tau dej mov zoo [L] tug kws ntsuam xyuas hab khu kuam has lug meej hab
nqog tau dlej mov zoo

sperm (*noun*) [D] txiv neej cov kab noob neej/kab menyuum [L] quas yawg cov kaab
noob sa/kaab mivnyuas

spermicide (*noun*) [D] tshuaj tua kab menyuum [L] tshuaj tua kaab mivnyuas

spicy foods (*noun*) [D] zaub mov ntsim kua txob [L] zaub mov ntsim hov txob

spinal anesthesia (*noun*) [D] tshuaj loog txhaj rau tus txha nqaj qaum [L] tshuaj loog
txhaaj tsua tug txhaa nqaaj qaum

spinal cord (*noun*) [D] hlwb txha nqaj qaum [L] hlwb txhaa nqaaj qaum

spine (*noun*) [D] txha nqaj qaum [L] txhaa nqaaj qaum

spirometry (*noun*) [D] lub ntsuas pa tshuab seb ua pa ntau thiab ceev npaum li cas
[L] lub ntsuag paa tshuab seb ua paa ntau hab ceev npaum le caag

spit ¹ (*noun*) [D] qaub ncaug [L] quav ncaug

spit ² (*verb*) [D] nto qaub ncaug [L] nti quav ncaug

spleen (*noun*) [D] tus po [L] tug po

splint (*noun*) [D] tus pas pav, zawm, thiab puab pob txha, nqaaj, leeg los ua ke kom
nyob li qub lossis txhob txav [L] tug paas paav, zawm, puab pob txha, nqaaj, leeg
lus ua ke kom nyob li qub lossis txhob txaav

splinter (*noun*) [D] tus pos chob [L] tug pos chob

sprain (*verb*) [D] qes tes; qes taw [L] qes teg; qes taw

sprained (*adjective*) [D] qes tes, qes taw lawm [L] qes teg, qes taw lawm

spreads (*verb*) [D] kis [L] kis

sputum (*noun*) [D] hnoos qeev; qaub ncaug nplaum [L] noog qaig; quav ncaug
nplaum

staying up to date on vaccines (*verb*) [D] txhaj tshuaj tiv thaiv kab mob kom raws sij hawm thiab caij nyoog [L] txhaaj tshuaj tiv thaiv kaab mob kuam raws sij hawm hab caij nyoog

sterilization

bacteria (*noun*) [D] kev hau kom kab mob tuag [L] kev hau kuam kaab mob tuag

prevention of reproduction (*noun*) [D] kev ua kom poj niam txiv neej txhob muaj menyuam [L] kev ua kuam quas puj quas yawg txhob muaj mivnyuas

sterilize

bacteria (*verb*) [D] tua kab mob [L] tua kaab mob

prevention of reproduction (*verb*) [D] ua kom tsis txhob muaj menyuam [L] ua kuam tsis txhob muaj mivnyuas

sternum (*noun*) [D] lub nrob [L] lub nrob

steroid (*noun*) [D] ib hom roj ntsha nyob hauv lub cev uas pab tiv thaiv thaum muaj tej yam khoom tsis haum lossis phiv lub cev [L] ib hom roj ntshaa nyob huv lub cev kws paab tiv thaiv thaum muaj tej yaam khoom tsis hum lossis phiv lub cev

stethoscope (*noun*) [D] lub mloog ntsuam xyuas lub cev (xws li mloog lub plawv lossis lub ntsws) [L] lub noog ntsuam xyuas lub cev (xws le noog lub plawv lossis lub ntsws)

stick out the tongue (*verb*) [D] hlev nplaig [L] hlaux nplaig

stiffness (*noun*) [D] txhav; khov [L] txhaav; khov

stigmatism (*noun*) [D] thaum lub qhov muag tsis xws yees tsis pom zoo [L] thaum lub qhov muag tsis xws yees tsis pum zoo

sting

sting of an insect (*noun*) [D] kab plev [L] kaab plev

sting sensation (*noun*) [D] mob ntxais [L] mob ntxais

stitches (*noun*) [D] cov xov xaws qhov nqaj [L] cov xuv xaws qhov nqaj

stomach (*noun*) [D] lub plab [L] lub plaab

stomach ache (*noun*) [D] mob plab [L] mob plaab

stone (*noun*) [D] pob zeb [L] pob zeb

stool specimen (*noun*) [D] ib qho quav coj mus ntsuam xyuas [L] ib qho quav coj moog ntsuam xyuas

strabismus (crossed-eye) (*noun*) [D] ib hom mob uas ob lub qhov muag saib tsis tau ib qho chaw tib lub sij hawm; qhov muag nyob tsis ncj; qhov muag lem [L] ib hom mob kws ob lub qhov muag saib tsis tau ib qho chaw tib lub sij hawm; qhov muab nyob tsis ncaj; qhov muag lem

strained (*adjective*) [D] ntxee leeg lawm [L] ntxee leeg lawm

strained muscle (*noun*) [D] ntxee leeg [L] ntxee leeg

stress test (exercise treadmill test) (*noun*) [D] kev siv lub tshuab taug kev ces

khiav ceev zuj zus los ntsuam xyuas lub plawv seb ua hauj lwm zoo npaum cas [L]
kev siv lub tshuab taug kev ces dlha ceev zuj zug lug ntsuam xyuas lub plawv seb
ua num zoo npaum caag

stretcher (*noun*) [D] lub txaj nqa neeg mob [L] lub txaaj nqaa tuab neeg mob

stroke (*noun*) [D] hlab ntsha txhaws hauv paj hlwb; los ntshav hauv lub hlwb [L] hlaab
ntshaa txhaws huv paaj hlwb; lug ntshaav huv lub hlwb

suck (*verb*) [D] ntaxis; nqus [L] ntaxis; nqug

suffocate (*verb*) [D] ua tsis taus pa [L] ua tsis taug paa

suicidal plan (*noun*) [D] muaj hom phiaj txo txoj sia [L] muaj hom phaj txu txuj sa

suicidal thoughts (*noun*) [D] muaj kev xav txo txoj sia [L] muaj kev xaav txu txuj sa

suicide (*noun*) [D] tua tus kheej; yus txo yus txoj sia [L] tua tug kheej; yug txu yug txuj
sa

sunburn (*noun*) [D] tiv tshav kub hnyiab [L] tiv tshaav kub nyab

suppository (*noun*) [D] lub tshuaj ntsaws qhov quav [L] lub tshuaj ntsaws qhov quav

surgeon (*noun*) [D] tus kws ntsuam xyuas thiab phais mob [L] tug kws ntsuam xyuas
hab phais mob

surgery (*noun*) [D] kev phais mob [L] kev phais mob

swallow (*verb*) [D] nqos [L] nqog

sweating (*verb*) [D] tawm hws [L] tawm fws

sweat (perspiration) (*noun*) [D] hws [L] fws

swell (*verb*) [D] o; su; phob vog [L] o; su; xaab

swelling (*noun*) [D] o; su; phob vog [L] o; su; xaab

symptom (*noun*) [D] mob tshwm sim [L] mob tshwm sim

symptomatic (*adjective*) [D] yam mob tshwm sim [L] yaam mob tshwm sim

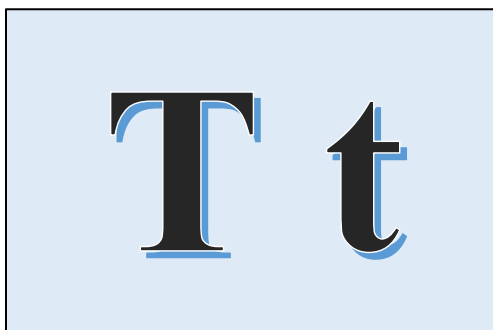
syncope (fainting) (*verb*) [D] tsis hnov qab lawm [L] tsis nov qaab lawm

synthetic thyroid hormone (levothyroxine) (*noun*) [D] cov tshuaj zoo li cov keeb
tshuaj roj ntsha los ntawm lub qog caj pas [L] cov tshuaj zoo le cov keeb tshuaj roj
ntshaa lug ntawm lub qog cej paas

syphilis (*noun*) [D] ib hom kab mob kas cees uas muaj peb qib, ua nqaij mob qhov
txhab, ua khaus rau ib ce, ces ua mob rau hauv lub cev [L] ib hom kaab mob kaas
cees kws muaj peb qeb, ua nqaj mob qhov txhaab, ua txob tsua ib ce, ces ua mob

tsua huv lub cev

syringe (*noun*) [D] lub raj nqus tshuaj [L] lub raaj nqug tshuaj



tablet (pill) (*noun*) [D] tshuaj lub; tshuaj ntsiav [L] tshuaj lub; tshuaj ntsav

tapeworm (*noun*) [D] cab pluav; cab plab [L] caab pluav; caab plaab

tear¹ (*verb*) [D] los kua muag; ntuag [L] lug kua muag; dluag

tear² (*noun*) [D] kua muag [L] kua muag

tear duct (*noun*) [D] lub qhov si ntawm qhov muag [L] lub qhov si ntawm qhov muag

tearing (watery) eyes (*noun*) [D] los los kua muag; kua muag teev yees [L] lug lug kua muag; kua muag teev yeeg

technician (*noun*) [D] tus kws pab ua hauj lwm thiab siv cov tshuab lossis muab tshuaj kho mob [L] tug kws paab ua num hab siv cov tshuab lossis muab tshuaj khu mob

temperature (*noun*) [D] kev kub kev txias ntawm lub cev [L] kev kub kev txag ntawm lub cev

temple (*noun*) [D] ob lub ntsos [L] ob lub ntsos

tender (*adjective*) [D] mob mos nyoos [L] mob mog nyoog

tendon (*noun*) [D] leeg [L] leeg

tendonitis (*noun*) [D] ib hom mob ua rau tej leeg o [L] ib hom mob ua tsua tej leeg o

lateral epicondylitis (tennis elbow) (*noun*) [D] mob luj tshib xyab tsis tau caj npab vim cov leeg o lossis tu [L] mob luj tshib xyaab tsis tau cej npaab vim cov leeg o lossis tu

medial epicondylitis (Golfer's elbow) (*noun*) [D] mob luj tshib caws tsis tau caj npab vim cov leeg o lossis tu [L] mob luj tshib caws tsis tau cej npaab vim cov leeg o lossis tu

tense (*adjective*) [D] nruj; tsiv heev [L] ntsuj; tsiv heev

test (*noun*) [D] kev ntsuam xyuas; kev sim ntsuas [L] kev ntsuam xyuas; kev sim ntsuas

testicle (*noun*) [D] lub noob qes [L] lub noob qais

testing locations (*noun*) [D] cov chaw ntsuam xyuas kab mob [L] cov chaw ntsuam

xyuas kaab mob

test of visual acuity (*noun*) [D] kev sim qhov muag saib pom kev li cas [L] kev sim qhov muag saib pum kev le caag

test positive/negative (*noun*) [D] ntsuam xyuas tau muaj/ntsuam xyuas tau tsis muaj [L] ntsuam xyuas tau muaj/ntsuam xyuas tau tsis muaj

tests of pulmonary function (*noun*) [D] kev ntsuam xyuas lub ntsws ua hauj lwm li cas [L] kev ntsuam xyuas lub ntsws ua num le caag

test strip (*noun*) [D] daim nplai ntsuam xyuas ntshav xws li ntsuam xyuas ntshav qab zib [L] daim nplai ntsuam xyuas ntshaav xws le ntsuam xyuas ntshaav qaab zib

tetanus (*noun*) [D] mob kab xeb; mob voos [L] mob kaab xeb; mob voog

thermometer (*noun*) [D] tus pas ntsuas kev kub kev txias ntawm lub cev [L] tug paas ntsuag kev kub kev txag ntawm lub cev

thigh (*noun*) [D] ncej puab; ncej qab [L] ncej puab; ncej qaab

throat (*noun*) [D] caj pas; qa [L] caaj paas; qaa

throbbing (*adjective*) [D] mob ncus ncus [L] mob ncug ncug

thrombosis (*noun*) [D] thaum ntshav khov tej thooj ua rau hlab ntsha txhaws [L] thaum ntshaav khov tej thooj ua tsua hlaab ntshaa txhaws

thumb (*noun*) [D] ntiv tes xoo [L] taub teg

thyroid (*noun*) [D] qog caj pas [L] qug caaj paas

thyroid gland (*noun*) [D] qog caj pas tsim cov roj ntsha ua kom lub qog caj pas ua hauj lwm [L] qug caaj paas tsim cov roj ntshaa ua kuam lub qug caaj paas ua num

thyroid image or scan (*noun*) [D] daim duab thaij ntawm lub qog caj pas [L] daim dluab thaij ntawm lub qug caaj paas

thyroid stimulating hormone (TSH) (*noun*) [D] ib hom roj ntsha ua kom lub qog caj pas ua hauj lwm [L] ib hom roj ntshaa ua kuam lub qug caaj paas ua num

TSH assay (*noun*) [D] kev ntsuam xyuas lub qog caj pas seb puas ua hauj lwm zoo [L] kev ntsuam xyuas lub qog caaj paas seb puas ua num zoo

tick (insect) (*noun*) [D] zuam [L] zuam

tie the tubes (*verb*) [D] khi hlab zaug qe [L] khi hlaab zaug qai

tightness (*noun*) [D] ceev ceev; nruj nruj [L] ceev ceev; ntsuj ntsuj

timely access to testing and treatment (*verb*) [D] mus ntsuam xyuas thiab mus kho kom raws sij hawm [L] moog ntsuam xyuas hab moog khu kuam raws sij hawm

tinea infection (ringworm) (*noun*) [D] ib hom mob tshwm sim los ntawm pwm ua txhab txiag, ua kiav txhab vaj voog liab liab ntawm daim tawv nqaij [L] ib hom mob

tshwm sim lug ntawm pwm ua kav txhaab vaaj voog lab lab ntawm dlaim tawv nqaj

tingling (*noun*) [D] caws yaum [L] caws yaum

tinnitus (ringing in the ears) (*noun*) [D] pob ntseg nrov ziv [L] pob ntseg nrov ziv

tiredness (*noun*) [D] nkees nkees [L] nkeeg nkeeg

tissue (*noun*) [D] tsig nqaij [L] tsig nqaj

tobacco use (*noun*) [D] siv luam yeeb [L] siv luam yeeb

toe (*noun*) [D] ntiv taw [L] ntiv taw

toenail (*noun*) [D] rau taw [L] rau taw

toenail (ingrown) (*noun*) [D] rau taw hlav chob nqaij es voos tuaj [L] rau taw hlaav chob nqaj es voog tuaj

toilet (*noun*) [D] chaw tawm rooj (tso quav/zis) [L] chaw tawm rooj (tso quav/zig)

tongue (*noun*) [D] tus nplaig [L] tug nplaig

tonometry (*noun*) [D] kev ntsuam xyuas lub qhov muag nruj npaum li cas [L] kev ntsuam xyuas lub qhov muag ntsuj npaum le caag

tonsil (*noun*) [D] ob lub qog nqaij ntawm tus nru [L] ob lub qug nqaj ntawm tug nru

tonsillitis (*noun*) [D] ob lub qog nqaij ntawm tus nru hauv qhov ncauj mob o [L] ob lug qug nqaj ntawm tug nru huv qhov ncauj mob o

tonsils (*noun*) [D] ob lub qog tom lub qa [L] ob lub qug tom lub qaa

tooth (*noun*) [D] tus hniav [L] tug nav

incisor (*noun*) [D] hniav tab meej [L] nav taab meej

molar (*noun*) [D] hniav pua [L] nav pua

toothache (*noun*) [D] mob hniav [L] mob nav

tooth brush (*noun*) [D] tus txhuam hniav [L] tug txhuam nav

tooth decay (*noun*) [D] kaus hniav lwj [L] kaug nav lwj

toothpaste (*noun*) [D] tshuaj txhuam hniav [L] tshuaj txhuam nav

tourniquet (*noun*) [D] txoj hlua pav caj npab tso ntshav [L] txuj hlua paav cej npaab tso ntshaav

toxin (*noun*) [D] cov taug nyob rau hauv tsiaj txhu lub cev [L] cov taug nyob tsua huv tsaj txhu lub cev

trachea (*noun*) [D] hlab pas [L] hlaab paas

traction (*noun*) [D] kev rub kom txha sib dhos [L] kev nqug kuam txhaa sis dlhos

traditional (folk) healer (*noun*) [D] tus txawj neeb; tus txawj yaig; tus txawj khawv koob; tus paub muab tshuaj [L] tug txawj neeb; tug txawj yaig; tug txawj khawv koob; tug paub muab tshuaj

tranquilizer (*noun*) [D] tshuaj ua kom tsaug zog lossis kom nyob tus tus [L] tshuaj ua kuam tsaug zug lossis kuam nyob tug tug

transfusion (*noun*) [D] kev ntshav [L] kev ntshav ntshaav

transmission risk (*noun*) [D] feem pua ntau npaum li cas txog kev sib kis mus rau lwm tus xws li sib kis los ntawm kev chv, huab cua, hnoos, pw ua ke, lossis zaub mov thiab lwm yam [L] feem pua ntau npaum le caag txug kev sib kis moog tsua lwm tug xws le sib kis lug ntawm kev chv, huab cua, nqu, pw ua ke, lossis zaub mov hab lwm yaam

traumatized (*verb*) [D] ceeb ntshai, poob plig [L] ceeb ntshai, poob plig

treadmill stress test (exercise thallium test) (*noun*) [D] kev siv lub tshuab taug kev ces khiav ceev zwj zws los ntsuam xyuas lub plawv ua hauj lwm zoo npaum li cas [L] kev siv lub tshuab taug kev ces dlha ceev zuj zug lug ntsuam xyuas lub plawv seb ua num zoo npaum le caag

treatment (*noun*) [D] kev kho [L] kev khu

trichomoniasis (*noun*) [D] ib hom kab mob kas cees los ntawm cab, ua chaw mos khaus heev, muaj ntshiab, los kua (dej), thiab mob plab mog [L] ib hom kaab mob kaas cees lug ntawm caab, ua chaw mog txob heev, muaj ntshab, lug kua (dlej), hab mob plaab mog

trouble concentrating (*noun*) [D] xav tsis tau/tawm [L] xaav tsis tau/tawm

trouble listening (*noun*) [D] hnov tsis meej/tseeb [L] nov tsis meej/tseeb

tubal ligation (female sterilization) (*noun*) [D] kev txiav hlab zaug qe kom poj niam txhob muaj taus menyuam [L] kev txav hlaab zaug qai kuam quas puj txhob muaj mivnyuas

tuberculosis (*noun*) [D] mob ntsws qhuav [L] mob ntsws qhuav

tumor (*noun*) [D] mob hlav ua qog, ua nqaj, lossis ua leeg [L] mob hlaav ua qug, ua nqaj, lossis ua leeg

benign (*noun*) [D] hom ncau tsis kis lossis kho tau [L] hom ncau tsis kis lossis khu tau

malignant (*noun*) [D] hom hlav kis mus rau lwm qhov [L] hom hlaav kis moog tsua lwm qhov

tunnel vision (*noun*) [D] tsuas pom pem huav ntej xwb tsis pom ntawm ib ncig [L] tsuas pum peg huv ntej xwb tsis pum ntawm ib ncig

turn over (*verb*) [D] ntseev; tig rau sab tod [L] ntseev; tig tsua saab tod

tweezers (*noun*) [D] rab caji tais kho mob [L] raab caj tais khu mob

twins (*noun*) [D] menyuam ntxaib [L] mivnyuas ntxaib

typhoid fever (*noun*) [D] ib hom kab mob los ntawm dej thiab zaub mov tsis huv noj

ua npaws, raws plab, sawv pob liab [L] ib hom kaab mob lug ntawm dlej hab zaub
mov tsis huv noj ua npaws, raws plaab, sawv pob lab



ulcer (*noun*) [D] mob ncauj plab ua kiav txhab [L] mob ncauj plaab ua kav txhaab

ultrasound (*noun*) [D] kev siv lub tshuab hluav taws xob tua suab tsom rau hauv lub cev [L] kev siv lub tshuab hluav tawg xub tua suab tsom tsua huv lub cev

ultraviolet treatment (UVA) (*noun*) [D] kev siv tshuab hluav taws xob los kho mob [L] kev siv tshuab hluav tawg xub lug khu mob

umbilical cord (*noun*) [D] txoj hlab ntaws [L] txuj hlaab ntaws

underlying health conditions (*noun*) [D] thaum yus lub cev muaj lwm yam mob lossis teeb meem ua rau yus lub cev tiv thaiv kab mob tsis zoo [L] thaum yug lub cev muaj lwm yaam mob lossis teeb meem ua tsua yug lub cev tiv thaiv kaab mob tsis zoo

undernourished (*adjective*) [D] noj zaub mov tsis txaus [L] noj zaub mov tsis txaus

unsafe (*adjective*) [D] tsis muaj kev yeej choj; phom sij [L] tsis muaj kev yeej choj; phom sij

unstable

physical (*adjective*) [D] nyob tsis tus [L] nyob tsis tug

cognitive (*adjective*) [D] tsis meej pem [L] tsis meej pem

unwanted (*adjective*) [D] tsis xav tau; tsis xav yuav [L] tsis xaav tau; tsis xaav yuav

uremia (*noun*) [D] ib hom mob thaum lub raum ua hauj lwm tsis zoo ua rau cov taug xau mus rau roj ntsha [L] ib hom mob thaum lub raum ua num tsis zoo ua tsua cov taug xau moog tsua roj ntshaa

urethra (*noun*) [D] txoj hlab zis [L] txuj hlaab zig

uric acid (*noun*) [D] txo [nqaij] zoo li hmoov zeb hauv cov zis ua mob tau rau lub cev (feem ntau ua mob ko taw vwm, pob zeb hauv raum) [L] txo [nqaj] zoo le moov zeb huv cov zig ua mob tau tsua lub cev (feem ntau ua mob ko taw vwm, pob zeb huv raum)

urinalysis (*noun*) [D] kev ntsuam xyuas zis [L] kev ntsuam xyuas zig

urinary incontinence (*noun*) [D] uv tsis taus zis; plam zis; txia zis [L] uv tsis taug zig; plaam zig; zig paim

urinary system (*noun*) [D] lub nrog cev lim thiab ceev zis [L] lub nruag cev lim hab ceev zig

urinary tract infection (UTI) (*noun*) [D] mob txeeb zig [L] mob plaws zig

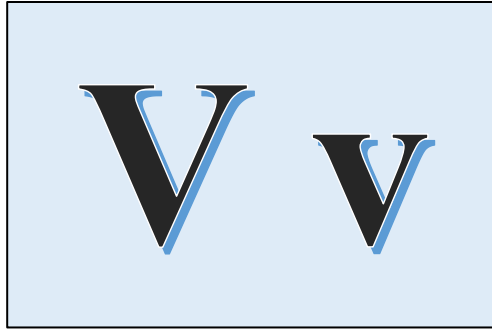
urinate (*verb*) [D] tso zis [L] tso zig

urine (*noun*) [D] zis [L] zig

urologist (*noun*) [D] tus kws ntsuam xyuas thiab kho chaw tso zis [L] tug kws ntsuam xyuas hab khu chaw tso zig

uterus (*noun*) [D] lub tsev menyuam [L] lub tsev mivnyuas

uvula (*noun*) [D] tus nru [L] tug nru



vaccinate (*verb*) [D] txhaj tshuaj tiv thaiv kab mob [L] txhaaj tshuaj tiv thaiv kaab mob

vaccination card (*noun*) [D] daim ntawv txhaj tshuaj tiv thaiv kab mob [L] dlaim ntawv txhaaj tshuaj tiv thaiv kaab mob

vaccination (immunization) (*noun*) [D] kev txhaj tshuaj tiv thaiv kab mob [L] kev txhaaj tshuaj tiv thaiv kaab mob

vaccine (*noun*) [D] ib hom tshuaj txhaj tiv thaiv kab mob [L] ib hom tshuaj txhaaj tiv thaiv kaab mob

vagina (*noun*) [D] poj niam chaw mos; paum; pim [L] quas puj chaw mog; paum; pim

vaginal bleeding (*noun*) [D] poj niam chaw mos los ntshav; pom ua paj [L] quas puj chaw mog lug ntshaav; pum ua paaj

vaginal yeast infection (*noun*) [D] ib hom kab mob qhe ua rau kub thiab khaus poj niam chaw mos (coj khaub ncaws dawb) [L] ib hom kaab mob qhe ua tsua ntse hab txob quas puj chaw mog (coj khaub dluag dlawb)

valve (*noun*) [D] daim nplooj plawv uas txawj qhib thiab kaw cais thiab xa ntshav mus thoob ib ce [L] dlaim nplooj plawv kws txawj qheb hab kaw cais hab xaa ntshaav moog thoob ib ce

varicose veins (*noun*) [D] hlab ntsha caws; leeg caws [L] hlaab ntshaa caws; leeg caws

vasectomy (male sterilization) (*noun*) [D] sam (txiav lossis khi txiv neej txoj hlab noob qes) [L] saam (txav lossis khi quas yaug txuj hlaab noob qais)

vein (*noun*) [D] hlab ntsha [L] hlaab ntshaa

ventilation and filtration (space) (*noun*) [D] qhov chaw uas nqus cua tsis huv tawm thiab tso cov cua huv los [L] qhov chaw kws nqug cua tsis huv tawm hab tso cov cua huv lug

vertebra (*noun*) [D] tus pob txha nqaj qaum [L] tug pob txhaa nqaaj qaum

victim (*noun*) [D] tus neeg raug tsim txom, quab yuam [L] tug tuab neeg raug tsim txom, quab yuam

virus (*noun*) [D] ib hom kab mob khaub thuas [L] ib hom kaab mob khaub thuas

airborne virus (*noun*) [D] ib hom kab mob khaub thuas kis nrog huab cua [L] ib hom kaab mob khaub thuas kis nrog huab cua

vision (*noun*) [D] qhov muag pom kev; zeem muag [L] qhov muag pum kev; zeem muag

visual field examination (*noun*) [D] kev ntsuam xyuas zeem muag ib ncig [L] kev ntsuam xyuas zeem muag ib ncig

vitamin (*noun*) [D] tshuaj qab los [L] tshuaj qaab lus

vitamin D (*noun*) [D] ib hom tshuaj qab los uas nyob hauv zaub mov pab yus lub cev ua tau hauj lwm zoo thiab kom pob txha ruaj khov [L] ib hom tshuaj qaab lus kws nyob huv zaub mov paab yug lub cev ua tau num zoo hab kuam pob txhaa ruaj khov

vomit (*verb*) [D] ntuav [L] ntuav

vomiting (*adjective*) [D] ntuav [L] ntuav

vulva (*noun*) [D] poj niam di chaw mos sab nrauv [L] quas puj dli chaw mog saab nrau



waist (*noun*) [D] lub duav [L] lub dluav

waiting room (*noun*) [D] chav tos qhua [L] chaav tog qhua

walker (*noun*) [D] tus pas plaub ceg yoog mus kev [L] tug paas plaub ceg yoog moog kev

wart (*noun*) [D] ua pob cos nplooj [L] ua cos nplooj

watery (tearing) eyes (*noun*) [D] los los kua muag; kua muag teev yees [L] lug lug kua muag; kua muag teev yeeg

wax (ear) (*noun*) [D] quav ntsej [L] quav ntsej

weak (*adjective*) [D] tsis muaj zog [L] tsis muaj zug

weakened immune system (immunocompromised) (*noun*) [D] thaum yus lub cev muaj lwm yam mob los sis teeb meem, ua rau yus lub cev tiv thaiv kab mob tsis zoo [L] thaum yug lub cev muaj lwm yaam mob los sis teeb meem, ua tsua yug lub cev tiv thaiv kaab mob tsis zoo

weakness (*noun*) [D] kev tsis muaj zog [L] kev tsis muaj zug

wean (*verb*) [D] cais mis [L] cais mig

wean off (*verb*) [D] txiav [L] txav

mother's milk (*verb*) [D] mis niam [L] mig nam

bottle (*verb*) [D] taub mis [L] taub mig

medication (*verb*) [D] tshuaj [L] tshuaj

drug and alcohol (*verb*) [D] yeeb thiab dej caw [L] yeeb hab dlej caw

welfare (*noun*) [D] chaw pab nyiaj txiag rau cov neeg txom nyem [L] chaw paab nyaj txag tsua cov tuab neeg txom nyem

wet the bed (*verb*) [D] zis lav; lav zis saum txaj chaw [L] zig laav; laav zig saum txaaj chaw

wheelchair (*noun*) [D] lub laub rau neeg mob zaum [L] lub laub tsua tuab neeg mob nyob

wheeze (*verb*) [D] hawb pob [L] hawb pob

whooping cough (pertussis) (*noun*) [D] ib hom mob hnoos lossis hawb pob [L] ib hom mob nqu lossis hawb pob

wisdom tooth (*noun*) [D] hniav pua kawg [L] nav pua kawg

withdraw (*noun*) [D] rho tawm [L] rhu tawm

womb (*noun*) [D] tsev menyuam [L] tsev mivnyuas

work related injury (*noun*) [D] raug mob tom chaw ua hauj lwm [L] raug mob tom chaw ua num

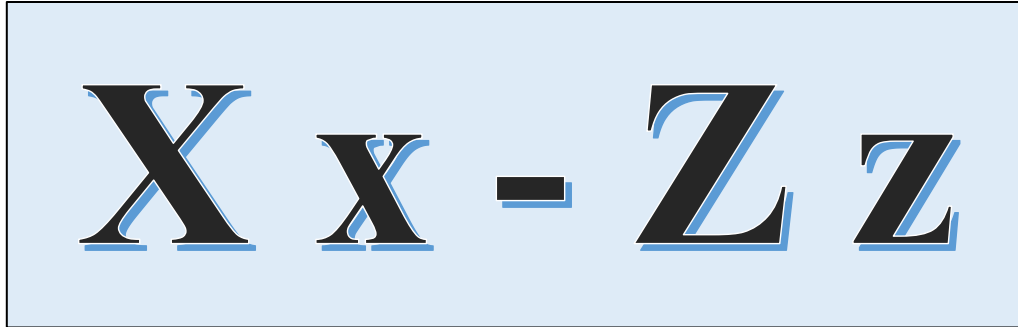
work release (*noun*) [D] tso cai rov mus ua hauj lwm [L] tso cai rov moog ua num

worm (*noun*) [D] cab; cua nab [L] caab, cua naab

worry (*verb*) [D] txhawj xeeb [L] txhawj xeeb

wound (*noun*) [D] qhov nqaj to; qhov txhab [L] qhov nqaj to; qhov txhaab

wrist (*noun*) [D] caj dab tes [L] cej dlaab teg



x-ray¹ (*noun*) [D] kev yees duab hluav taws xob [L] kev yeeg dluab hluav tawg xub

x-ray² (*verb*) [D] yees duab hluav taws xob [L] yeeg dluab hluav tawg xub

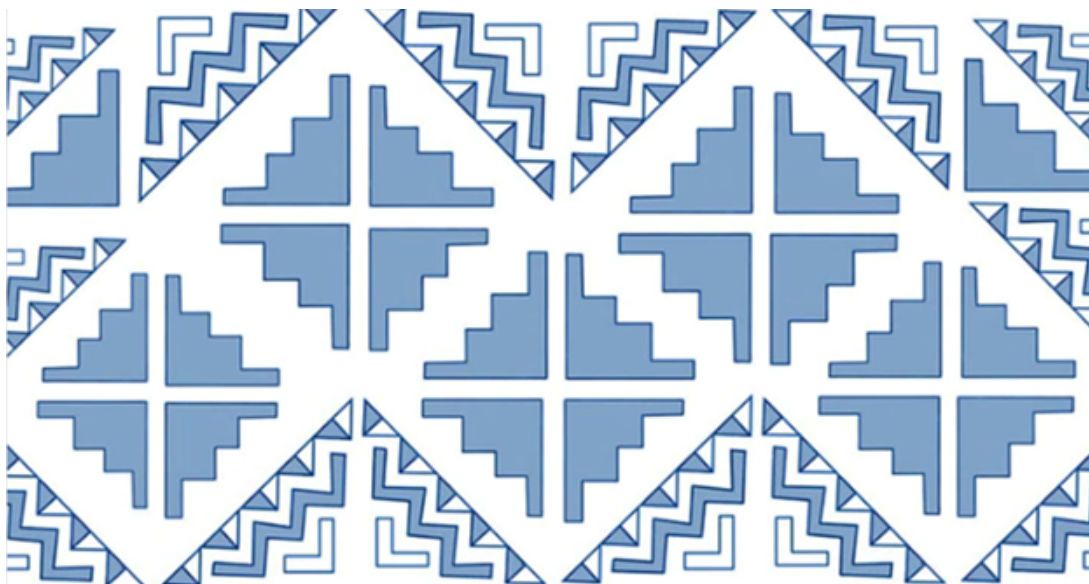
yeast (*noun*) [D] kab mob qhe [L] kaab mob qhe

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Supplementary Material



Language and Cultural Considerations for Best Practices Pocket Card

Context	Translation/ Interpretation Recommendations
Language diversity within the Hmong community	1. Consider the dialect of the patient; be honest when one cannot truly understand words or phrases in either dialect and ask for clarification when needed. 2. Recognize the influence of one's birthplace and upbringing on language use. For example, Hmong individuals born and raised in Laos can incorporate borrowed Lao words into their communication.
Language that is embedded in cultural knowledge, values, and traditions and are transmitted from one generation to the next	1. Consider the presence of cultural nuances and contexts within the Hmong language. Although these can be seen at times as frustrating, they are important because they can help us understand what patients are thinking, feeling, and expecting, as well as how they will be receiving information from providers.
Polysemy words: a single word or phrase has multiple meanings or interpretations	1. Pay close attention to the context in which these terms are used and prioritize precise and culturally faithful interpretations
Reduplicated words, phrases, and expressions	1. Interpret these with utmost precision and recognize their potential as crucial indicators of the patient's physical or emotional state. 2. Direct translation is not a feasible approach to these words, but the additional information that they provide should be included in the interpretation.
All languages evolve and undergo change	1. Recognize the use of borrowed words is crucial but it is also important to verify that patients genuinely understand the meaning of these terms.
Stigmatizing or culturally sensitive words and phrases	1. Use indirect terms, metaphorical phrases, or less stigmatizing names of conditions to guide conversations.
Cultural considerations in mental wellbeing	1. Acknowledge and incorporate cultural nuances into the conversation. It is essential for providers to understand the ways in which patients perceive their own situation and consider how this might affect their response to diagnoses, recommendations, and treatments. 2. Faithfully convey the information and refrain from passing judgment about what is scientifically valid. 3. Carefully choose the words used when talking about mental health issues and what causes them because the language around mental health is constantly growing and changing.