

## Glossary

Picture	Word	How do I say it?	What does it mean?
	Appointment	uh POINT ment	A time to meet or agree to see someone
	Allergy	AL ler JEE	Reaction to certain foods or other things, may cause rash, hives, sneezing, or other problems
	Checkup	CHECK up	A visit to the doctor when you are not sick, also called a well visit
	Co-pay	CO paa	When you pay a set fee every time you go to the doctor and your health insurance pays the rest
	Emergency	ee MER gen see	When there is a serious problem and you need help right away
	Fever	FEE ver	When your body temperature is too high
	Fiber	FI bur	Foods that help you feel full and helps your stool come out
	Generic medicine	Gen AIR ik MED uh sin	Not a name brand medicine, usually less expensive than the name brand
	Headache	Hed A eek	Pain or ache in your head
	Health history	Helth HISS tor EE	The health problems you had in the past

Picture	Word	How do I say it?	What does it mean?
	Health insurance	Helth In SHER uns	A program where you pay each month and then the program pays for your health care
	Label	LA bel	On the bottle or box to describe the medicine and how to take it
	Medical interpreter	MED uh cal in TERP ret er	A person who is trained to translate information from doctor to patient and from patient to doctor
	Medicine	MED uh sin	Used when you are sick or have aches and pain to help make you feel well
	Nutrition	New TRISH un	How the body uses food to stay healthy
	Obesity	oh BEE sit ee	Being very overweight, a weight that is dangerous for your health
	Over-the-counter (OTC)	O ver the COUNT er	Medicine anyone can buy at a store, you do not need a prescription
	Pharmacy	FARM uh see	Where you go to buy medicine
	Pharmacist	FARM us sist	A person who works in the pharmacy, a person who fills prescriptions
	Prescription (Rx)	Pre SCRIP shun	You need one of these from a doctor to buy some kinds of medicines

Picture	Word	How do I say it?	What does it mean?
	Primary care center		The place you go for all your basic health care needs, could be a health center, health clinic, or doctor's office
	Recipe	Re si PEE	List of what goes into a meal and how to prepare it
	Side effect	SIDE e fekt	An unwanted result or symptom, you get from taking some medicines
	Sodium	SO dee um	Another word for salt
	Sore throat	SOR th ROT	When your throat hurts, it is hard to swallow
	Symptoms	SIMP tums	Something that happens in the body that shows you have an injury or illness
	Warning label	WAR ning LA bel	Describes dangers and what NOT to do when taking medicines
	Vitamins	VI ta mins	A kind of nutrient in foods that help fight sickness and keep the body strong and healthy