



If the medical words or terms being used to describe your condition are unclear, it is very difficult to take control of your health. This list of terms is here to help!

Medical Word	Real World Meaning
Ac	Before meals.
Abrasion	A scrape.
Antibiotics	Drugs that either kill or stop the growth of bacteria.
Asymptomatic	Not showing signs of a condition but still having it.
Benign	A tumor that is not cancerous.
Bilateral	Both sides.
Chronic	Lasts for a very long time or for life.
Clinical Study	Studies in a medical setting that involve patients.
Clinical Trial	A test run of a medicine that allows scientists to see what is working and what needs to be fixed before the medicine is sold.
Co-pay	A fixed amount that you pay every time you see a certain doctor or get a specific treatment.
Contusion	A bruise.
Convalescence	Time spent recovering from an illness.
Deductible	An amount of money that can be taken off a treatment/medicine cost due to insurance, Varies by plan.
Degenerative	Causing more damage over time.
Diagnostic	The process of determining the cause of a disease or disorder based on a person's symptoms and signs.
Diet	What you eat.
Double ear infection	Infection in both ears.
Efficacy	How good a drug or procedure is at doing its job.
Eligible	Qualified, or able to get.
Episodic	Describes a condition irregularly, with symptom-free periods in between.
Exercise	Physical activity, like running or walking.
Geriatric	Meaning elderly.
GI -- Gastrointestinal	Regarding digestive issues.
Hormone	Natural or man-made chemical that can impact your energy, mood, and/or growth.
Hyper	Above, beyond, over, excessive.
Hypertension	High blood pressure.
Hypo	Deficient, below normal, or low.
ICU	intensive care unit.
Idiopathic	Developing from an unknown place.
Infection	Problem caused by germs; reason you clean open wounds.
IV - Intravenous	Meaning into veins, way of delivering medicine.
Malignant	A tumor that is cancerous.
Mechanism of action	The exact biological and chemical way that a drug is absorbed/delivered into the body.
Pc	After meals.
PCP -- Primary Care Physician	Your main doctor who you see for general needs, not a specialist.
Pediatric	In regard to children; ex. Pediatric doctor is a doctor for kids.
Placebo	In clinical trials, a substance that has no effect and is used to compare to the real drug.
Po	By mouth, such as tablets.
Prognosis	The projection, or forecast, of a condition or outcome of a disease.
Prophylactic	A type of medicine or procedure that is designed to prevent diseases or a conditio; ie: PreP.
Protocol	A detailed plan of an experiment/procedure.
Pulmonary	Related to breathing.
Referral	A written request that doctors use to ask other doctors to help in the diagnosis of a patient.
Reimbursement	To give back the money one paid for a treatment.
Remission	A period of time when a disease is not active.
Side-effects	Unintended effects of medicine or a treatment.
Specialist	A doctor who is focused on a specific condition or part of the body as their job.
Supplement	Add to, in addition to.
Symptomatic	Showing signs of a condition and having it.
Syndrome	Not sure what causes the condition.