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# EVERY DAY CANCER WORDS AND TERMS: A TO Z



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This publication was developed to help patients, carers, family members, and staff to better understand and communicate difficult words and terms used in cancer health.

If you would like to provide feedback or add a new word or term to this publication, please contact the Health Literacy Manager on **03 8559 7516**.

### **Acknowledgements**

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### **Disclaimer**

The 'Every Day Cancer Words and Terms: A to Z' booklet provides patients, carers, families, consumers and staff with plain language meanings of complex medical words and terms.

The information contained within this booklet is given as a guide to help support patients, carers, families and consumers understand their health and support their health decision making process.

The information given is to be used as a patient participation reference tool only. As such it is not fully comprehensive, nor is it intended to be used to diagnose, treat, cure or prevent any medical conditions. If you require medical assistance please contact your local doctor or call Peter Mac on **03 8559 5000**.

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<b>A</b>	
<b>abdomen</b>	stomach, stomach area, belly, tummy
<b>acute</b>	new, recent, comes with an urgent or significant sense, is sudden, sharp or urgent
<b>adenocarcinoma</b>	a cancer that grows in gland tissue
<b>adenopathy</b>	disease related to glands, usually large or swollen lymph glands (see lymph glands)
<b>adjunct therapy or treatment</b>	a drug or treatment used as an add-on to help/support the first or main treatment
<b>adjuvant chemotherapy</b>	use of chemotherapy, after surgery, to reduce the risk of your cancer coming back
<b>adjuvant radiation therapy</b>	use of radiation therapy, after surgery, on the area around the original cancer site to reduce the risk of cancer returning to that site
<b>administer</b>	to give (medicine or treatment), manage, take care of
<b>admission</b>	let you enter, hospital entry
<b>advance care planning</b>	to think about and plan for future health needs, such as having someone represent/talk for you if you are unable to speak for yourself
<b>advanced</b>	at a late stage, far along
<b>adverse effect</b>	a bad side effect, bad reaction, unwanted response or results
<b>allergic</b>	to have a tendency, where the immune system, reacts or responds to things such as foods, pollens or medication causing an allergic reaction
<b>allergic reaction</b>	the body's response to an allergy from things like pollen, food or medication. For example, a rash if allergic to some medications, or watery eyes and sneezing if allergic to pollen/hay fever
<b>alliance</b>	groups working together
<b>allied health workers</b>	people who are trained to help patients with non-medical needs such as physiotherapy, occupational therapy, speech therapy, nutrition and diet and psychology
<b>alternative therapy</b>	therapy that is not standard, medical treatment; often it is not scientifically tested or proven; examples include vitamins, herbal teas, supplements, yoga Chinese medicine and Ayurveda therapies
<b>ambulate/ambulatory</b>	walk or able to walk
<b>analgesic</b>	pain killer drug
<b>anaplastic</b>	cancer cells that split very quickly and do not look like normal cells

**A continued**

<b>anaemia</b>	where the number of red blood cells have dropped. This can make people feel tired, breathless and unwell and affects how the body fights infection
<b>anaesthetic</b>	a drug used to get rid of or reduce the feeling of pain by putting you to sleep
<b>Androgen Deprivation Therapy (also called ADT)</b>	a treatment for prostate cancer. It reduces the growth of male hormone which grows the cancer
<b>antibiotic</b>	drug that kills germs and other bacteria
<b>antibody</b>	a protein made by the body, in the immune system, to help fight against strange and/or harmful matter found in the body such as bacteria or viruses
<b>anticoagulant</b>	a drug to thin blood that helps stop it from clotting; stop blood joining/coming together to become a clot (small jelly-like lump)
<b>anti-emetics</b>	medicine to help stop nausea or feeling sick like you are going to vomit/throw up
<b>anus</b>	entry to the back passage; bum
<b>apheresis</b>	<ul style="list-style-type: none"><li>– to take blood and separate it into the different parts that make up blood (known as blood components) and removing some parts of blood</li><li>– a medical process where blood is passed through a machine that separates out one or more certain parts of the blood and then returns what is left to the body</li></ul>
<b>approximately</b>	about or around the same, roughly or almost the same
<b>artery</b>	blood vessel; tube made of muscle, that moves (carries) blood from the heart to all the parts of the body
<b>aspirate</b>	to use a syringe (a needle) to take fluid/liquid out
<b>assess</b>	to measure, look at and learn from
<b>atrophy</b>	wasting away (of tissues/muscles)
<b>axilla</b>	armpit; underarm

<b>B</b>	
<b>barium (used in x-ray)</b>	a thick, white chemical liquid used to cover organs or body parts so that they will show up better on an x-ray
<b>barium enema</b>	a test to look for cancer in the bowel. It is a thick, white liquid put into your rectum, through your anus (bum) and x-rays (pictures) are taken
<b>benign</b>	not cancerous, can grow but will not spread to other body parts
<b>bilateral</b>	both sides
<b>biopsy</b>	to take a small piece of body tissue and test it in a laboratory
<b>bladder</b>	a small, elastic/muscle type sac/bag in the body, where urine (wee) is stored for urinating/weeing. Is found in the lower abdomen/belly area
<b>blood count</b>	a test that counts red blood cells, white blood cells and platelets in the blood
<b>bone marrow</b>	is soft, spongy tissue found in bones that makes blood cells
<b>booked admissions</b>	a planned and booked hospital entry
<b>bowel</b>	the intestines (like a tube) that run between the stomach and anus (bum) and is made up of the small bowel (small intestine) and the large bowel (colon and rectum). (see 'small intestine' and 'colon' for more information)
<b>bowel prep or bowel preparation</b>	a special drink, usually Picoprep, to clean/clear out the bowel (back passage) and intestines of any waste (stools, faeces, poo) before an endoscopy; (usually by producing loose stools)
<b>brachytherapy</b>	radiation therapy that is done close to the surface (outside) of the body area or is done inside the body itself by using needles and/or seeds to deliver radiation  radiation treatment that targets specific tissue(s) or area with no danger or harm to other tissue(s) around the cancer
<b>breakthrough</b>	extra pain killer medicine that lasts for two (2) to three (3) hours
<b>breakthrough pain</b>	<ul style="list-style-type: none"> <li>– short and bad pain that breaks through (is felt) even though a person is taking pain killer medicine</li> <li>– needing stronger pain killer because the medication being used is not lasting and the pain has broken through</li> </ul>
<b>bronchoscopy</b>	a small flexible camera tube (called an endoscope) used to examine the lungs and the passage to the lungs, including the bronchial tubes

**C**

<b>cancer</b>	a disease where abnormal cells split without control and spread to other nearby body tissue and/or organs. Cancer cells can also spread to other parts of the body through the bloodstream and lymph systems
<b>cancer imaging (also called diagnostic imaging)</b>	deals with x-rays, and other types of scans that show pictures of your body parts
<b>cancer journey</b>	what a person experiences/lives from the time they think they have cancer
<b>cancer staging</b>	doing tests to know how big the cancer is, where it started and if it has spread to other body parts. Gives it a number from stage 1 (earliest stage) to stage 4 (stage 4 meaning the cancer has spread to other body organs or parts) (also see 'staging')
<b>cancer of unknown primary origin</b>	when cancer cells are found in the body but doctors do not know or cannot identify where they first started growing
<b>cancer survivor</b>	not a medical term. It means different things to different people. For some, being a survivor can start at the beginning of cancer or cancer treatment. Others may use this term after their treatment and follow-up has finished
<b>cannula</b>	a thin, plastic tube inserted/pushed in by a needle, under the skin and into a vein or body part, that is used to deliver or remove fluids such as medicines or blood samples
<b>carcinogen</b>	are dangerous substances that can cause cancer such as cigarette smoking, UV rays from the sun, asbestos and very bad air pollution
<b>carcinoma</b>	a cancer that begins in the skin or in tissue that covers our inside body organs
<b>carcinoma in situ</b>	cancer that only involves the cells in which it began and does not spread to other areas, tissues, or body parts
<b>catheter</b>	a hollow tube put into the body to help drain fluids such as urine (wee) from the bladder or inject fluids such as long term antibiotics
<b>cells</b>	<ul style="list-style-type: none"> <li>– the smallest, living parts of the body. Cells work together to form or build the body</li> <li>– a human is made up of millions of cells</li> <li>– cells reproduce themselves to make sure a body stays working</li> <li>– sometimes cells can be abnormal or damaged and these can be cancer cells</li> </ul>

**C continued**

<b>central line</b> (see also 'peripherally inserted central catheter (PICC) line')	a thin, plastic tube inserted by a needle, under your skin into a large vein in your chest. A central line is used to inject medicines and drips or to take blood
<b>chemo brain</b>	a side effect/result after of chemotherapy where patients may have loss of memory, find it hard to concentrate, feel confused; a tired and confused brain
<b>chemotherapy</b>	<ul style="list-style-type: none"><li>– a chemical drug treatment to kill or slow growing cancer cells</li><li>– these drugs are called cytotoxic drugs</li></ul>
<b>chronic</b>	a long-lasting disease that changes slowly
<b>chronic pain</b>	pain that can be mild to severe and lasts a long time
<b>clear margin</b>	when a tumour is removed through surgery, some tissue from around the tumour is also removed and if this tissue does not contain any cancer cells it is said to be a clear margin
<b>clinical trial</b>	a study to test new treatments such as drugs, procedures or technologies to see if they work and/or are safe for people
<b>colectomy</b>	surgery to cut away (resection) all or part of the colon (large intestine)
<b>colon</b>	<ul style="list-style-type: none"><li>– the large intestine (also known as big bowel) which is the lower part of your digestive system from the end of the small intestine to the rectum (back passage; bum) which absorbs water from the food you eat and turns the leftover waste into faeces (stools; poo)</li><li>– rectal cancer is found in the colon</li></ul>
<b>colonoscopy</b>	to look at the colon (big bowel) with a small flexible camera tube (called an endoscope) through the rectum (back passage; bum)
<b>colorectal</b>	to do with the colon (big bowel) and rectum (the back passage; bum)
<b>colostomy</b>	an operation where the colon (bowel) is cut and joined to an opening (stoma) made in the stomach wall so that stools/waste products (poo) can move through the stoma into a bag on the outside of the body
<b>colostomy bag</b>	a small, disposable bag or pouch, worn on the outside, that is attached to an opening (stoma) to collect stools/waste products (poo)
<b>colposcopy</b>	to examine the inside of the vagina or cervix with a small magnifying instrument (called a colposcope)

**C continued**

<b>communication</b>	how we talk to each other; how we share our knowledge, what we know with each other
<b>complementary therapy</b>	nonstandard medical therapy such as yoga, relaxation, massage and meditation that is used together with standard medical treatment
<b>contrast (liquid)</b>	a liquid, like a dye, that has special ingredients/parts that is given into the body (either through a needle or by drinking) to make body parts/organs stand out more and show detail especially in x-rays or scans
<b>CT scan</b>	a 3-D (three dimensional) x-ray pictures that gives more information than a normal x-ray
<b>cystoscopy</b>	to examine the bladder with an endoscope
<b>cytotoxic</b>	a drug or process that is deadly/poisonous to cells
<b>cytotoxic (a person)</b>	a person who has had chemotherapy in the last seven (7) days produces body fluids that are dangerous for others to touch/handle.
<b>cure</b>	<ul style="list-style-type: none"><li>– to be treated completely</li><li>– no evidence of the disease/condition or sign of it coming back even after many years</li></ul>

**D**

<b>diagnosis</b>	using medical test results, identify and name a disease and/or condition
<b>diagnostic imaging (also called cancer imaging)</b>	deals with x-rays, and other scans that show pictures of your body parts
<b>dialysis</b>	removing waste and waste fluids from the body through a filter by filtering blood or tummy fluids
<b>diarrhoea</b>	where watery or loose faeces (stools; poo) is frequently/often released discharged from the body. Also called 'the runs'
<b>dietitian (also called a 'nutritionist')</b>	a healthcare professional who is trained in nutrition and diet, to help people make diet choices (a person's food and drink)
<b>digestive system</b>	how we eat and process foods. Includes organs from: <ol style="list-style-type: none"><li>1. upper gastrointestinal area such as oesophagus, stomach, small intestine, gall bladder, pancreas and liver</li><li>2. colorectal area such as colon (big bowel/large intestine), rectum and anus.</li></ol>
<b>discharge</b>	<ul style="list-style-type: none"><li>– going home or leaving the hospital</li><li>– fluid coming out of a wound or body part</li></ul>
<b>dose</b>	the amount of medication taken
<b>DRE</b>	digital rectal exam, meaning to use a finger to probe inside the anus (bum; bottom; back passage) to examine it (to find cancer)
<b>DVT (deep vein thrombosis)</b>	a blood clot (small jelly-like lump) that can form in a vein
<b>dysfunction</b>	not working properly
<b>dysplasia</b>	<ul style="list-style-type: none"><li>– a change in the size, shape and the way normal cells are organised</li><li>– dysplastic cells are abnormal but are not cancerous</li></ul>

**E**

<b>eGFR</b>	a blood test done to show how kidneys are working
<b>embolism</b>	a block in an artery (blood vessel/tube) that can be caused by a blood clot, infected tissue, air bubble or cancer cells
<b>endoscope</b>	very small(fibre optic) camera on a flexible tube for looking inside body organs
<b>endoscopy</b>	looking inside the body with an endoscope
<b>enduring power of attorney medical (also called a MePOA)</b>	a person who is chosen by a patient to act and speak for the patient in all medical matters
<b>epidural</b>	an injection into the spinal cord (back bone) to numb the area from waist down
<b>excision</b>	to cut out or remove by cutting

**F**

<b>faeces</b>	waste product from the bowel through the back passage (bum), also called stools or poo
<b>fast or fasted</b>	no food or drink for a certain amount of time. The fasting time will be different for every patient and/or procedure/treatment
<b>febrile</b>	to have a fever; high body temperature above 38° Celsius
<b>febrile neutropenia</b>	a fever together with a major reduction/loss of white blood cells (neutrophils) that are needed to fight germs and infections
<b>flap</b>	plastic surgery to cut healthy skin and tissue (leaving it a little bit connected to the body for blood supply) and move to where a cancer was cut out

**G**

<b>gait aids</b>	special tools that help you move around such as crutches
<b>gastroenterology</b>	the science of studying and treating stomach and intestines
<b>gastroscopy</b>	looking and checking the stomach through a small, flexible camera called an endoscope
<b>general anaesthetic</b>	a drug to put you to sleep so you can't feel anything during surgery
<b>germ cells</b>	cells that make eggs in females and sperm in males. Germ cell cancers can happen in the female ovaries or male testicles
<b>GP (general practitioner)</b>	local family doctors, found in the community, who treat people of all ages with different health problems. GPs can also coordinate and help patients see and share information with other specialist doctors and hospitals
<b>grade</b>	<ul style="list-style-type: none"><li>– a score that tells how quickly a tumour might spread and grow by looking at how the abnormal cells and tissue look under a microscope</li><li>– grade is not the same as stage</li><li>– grading is different depending on the type of cancer</li></ul>
<b>groin</b>	area between the abdomen (belly) and thighs (top of upper legs)
<b>gynaecology</b>	study and treatment of the female genital/sex and reproductive body parts

**H**

<b>haematology</b>	study of the blood
<b>haematuria</b>	blood in urine
<b>HDU (high dependency unit)</b>	where patients are nursed, one nurse to two patients
<b>HMO (house medical officer, also called a 'resident')</b>	a junior doctor that is employed by a hospital to provide care and treatment as they train in a specialty field such as cancer
<b>Hodgkin's lymphoma (See also Hodgkin's lymphoma, page 15)</b>	<ul style="list-style-type: none"><li>– a cancer that starts in the lymphatic system/immune system where cells grow abnormally and spread through the lymphatic system and beyond</li><li>– Hodgkin's lymphoma shows large, abnormal cells called Reed-Sternberg cells in the lymph cells</li></ul>
<b>hormone</b>	<ul style="list-style-type: none"><li>– a chemical made in different body parts/organs that is sent out to other parts of the body through the bloodstream. Hormones watch over and help control how other cells or organs act</li><li>– hormones can have a big effect on the body, they control how we grow, reproduce, feel and many other things</li></ul>
<b>hypertension</b>	high blood pressure
<b>hypotension</b>	low blood pressure
<b>hysterectomy</b>	to remove the uterus (womb)

## I

<b>ICU (intensive care unit)</b>	<ul style="list-style-type: none"> <li>– a ward for very for very ill patients who need extra care</li> <li>– where patients are cared for by one patient to one nurse</li> </ul>
<b>ileostomy</b>	is nearly the same as a colostomy but this operation joins the small bowel to an opening in the stomach wall/abdomen
<b>ileus</b>	a problem that usually happens after abdominal (belly/stomach) surgery where the digestive system intestines (bowel) go to sleep
<b>incontinence</b>	not able to hold or control release of urine (wee/pee) or faeces (stools/poo)
<b>infection</b>	where germs, bacteria or viruses that are not usually in the body, invade the body and make a person sick
<b>informed consent</b>	having and understanding all the health information you need to make decisions and choices about your health and treatments and then giving permission for your treatments
<b>informed consent form</b>	a form that is signed by a person to show they have been given and understand all the information for a procedure or treatment and approve (are happy for it to go ahead)
<b>infusion</b>	to slowly introduce/give fluid that is not blood or saline (salty water) into a vein
<b>intestines (digestive)</b>	the tubes/organs that work between the end of the stomach to the anus (back passage; bum)
<b>intramuscular</b>	into the muscle
<b>intravenous</b>	through the skin and into a vein
<b>INR (International Normalised Ratio)</b>	a blood test to see/measure how quickly your blood clots.
<b>isotope</b>	a radioactive substance, usually belonging to nuclear medicine, that is used for testing, imaging and/or treatment of cancer

## K

<b>kidney</b>	body organ or part that filters blood and gets rid of waste products making them into urine (wee)
<b>key hole surgery</b>	only using small cuts/holes in the body and special tools to perform operations

**L**

<b>laparoscopic (surgery)</b>	small keyhole surgery (surgery done through tiny holes in the body)
<b>laparoscopy</b>	looking into the abdomen with a small, flexible camera called an endoscope
<b>leukopenia</b>	low white blood cell count
<b>local anaesthetic</b>	<ul style="list-style-type: none"> <li>– drug given to stop pain and feeling to one body area only</li> <li>– only putting the area/body spot to sleep, not the whole person</li> </ul>
<b>localised</b>	only to one area/place of body
<b>lymph</b>	a clear fluid that moves through the body through the lymphatic system, carrying cells that fight infection
<b>lymphoedema</b>	swelling from a build-up of lymph fluid that happens when the lymph vessels and/or lymph nodes are damaged and not draining properly
<b>lymph nodes (also called lymph glands)</b>	<ul style="list-style-type: none"> <li>– lymph cells that come together into small bean-shaped groups that are spread through the lymphatic system. Their job is to act as filters to get rid of bacteria and germs and to fight infection. Lymph nodes get bigger when they react\fight with infections or cancer</li> <li>– major lymph nodes are found in the neck, armpit, chest, abdomen (belly area) and groin area (between the abdomen and upper thighs)</li> </ul>
<b>lymph(atic) system</b>	<ul style="list-style-type: none"> <li>– is part of the immune system whose job is to fight infections and also to filter and get rid of excess/extra body fluid</li> <li>– is made up of many lymph nodes, spread across most of the body like a network/chain that are connected by very thin, lymph vessels (tube to carry fluids through)</li> </ul>
<b>lymphoma</b>	<ul style="list-style-type: none"> <li>– known as a blood cancer, it is cancer of the white blood cells that move through lymph nodes (or tissue), lymph and lymphatic system</li> <li>– antibody/infecting fighting lymph cells begin to grow abnormally and spread from one lymph node to the next through the lymph vessels/system and beyond</li> <li>– there are two major types of lymphoma:             <ol style="list-style-type: none"> <li>1. Hodgkin's disease – where the Reed-Sternberg cell is found in the lymph cells (see Hodgkin's disease definition)</li> <li>2. Non-Hodgkin's disease – where there is no Reed-Sternberg cells found in the lymph cells (see Non-Hodgkin's disease definition).</li> </ol> </li> </ul>
<b>lymph vessels</b>	a network/chain of thin tubes that are spread across tissues in the body to move lymph fluid from one place to the other

## M

<b>malignant</b>	when a growth in a body part is cancerous. very serious and can grow and spread very quickly to other parts of the body
<b>mammogram</b>	a picture of a woman's breasts made by an x-ray
<b>mass</b>	a growth of cells that come together to make a lump, either big or small, and may or may not be cancer
<b>mastectomy</b>	to remove all or part of your breast/s by surgery
<b>medical enduring power of attorney (also called a MePOA)</b>	a person who is chosen by a patient to act and speak for the patient in all medical matters
<b>medical oncologist</b>	a doctor who specialises in treating cancer
<b>medical oncology</b>	study and treatment of cancer using chemotherapy (chemical drugs)
<b>melanoma</b>	a dangerous type of skin cancer
<b>metastasis (also called 'mets')</b>	<ul style="list-style-type: none"> <li>– known as secondary cancer, it grows/spreads from the original/primary cancer</li> <li>– to spread or grow from one part of the body to another and create new cancer tumours exactly like the first/original cancer tumour</li> </ul>
<b>metastasize</b>	for cancer to spread or grow out of its original place
<b>MET (medical emergency team) call</b>	when many doctors and nurses come quickly to check a patient because they are very unwell
<b>mets</b>	tumours that grow in other parts of the body from the spread of the first/original cancer tumour
<b>monitor</b>	to check on, keep track of
<b>MRI (magnetic resonance imaging)</b>	taking images/photos of inside body parts using magnet rather than x-ray
<b>MRSA (methicillin-resistant staphylococcus aureus)</b>	an infection caused by a super bug/bacteria called 'staph', that cannot be treated/killed by some antibiotic medicines
<b>multidisciplinary team (MDT)</b>	a team of many health specialists such as medical oncologists, surgical oncologists, radiation oncologists, nurses, allied health and pharmacists who work together to treat cancer patients

## N

<b>nadir</b>	a point in time, after chemotherapy, when blood count is lowest
<b>nasogastric tube(s) (also known as NGT)</b>	thin, plastic tubes put into and through the nose, all the way into the stomach, to get fluids/food/liquids to and from the stomach
<b>nauseous</b>	to feel sick, to vomit
<b>nebs (nebuliser)</b>	a machine that changes liquid into a fine spray to inhale (breathe in) such as saline (salty water) to help loosen substances such as saliva (spit) or mucus (thick, snotty jelly like) from the airway and/or mouth
<b>necrotic</b>	dead cells or dead tissue
<b>neoadjuvant therapy/ treatment</b>	therapy/treatment such as chemotherapy or radiation therapy, to shrink or slow a tumour before giving the main treatment such as surgery
<b>neutropenia</b>	when the number of neutrophils, a type of white blood cell, in your blood is too low and your body is less able to fight and kills germs and infection
<b>neutropenic</b>	low white (neutrophils) blood count
<b>neutrophils</b>	a type of white blood cell whose job, as part of the immune system, is to fight and kill germs and infection
<b>node</b>	a small lump or mass of tissue in your body
<b>NOK</b>	next of kin - the person responsible for you when you are sick.
<b>Non-Hodgkin's lymphoma (see also Hodgkin's lymphoma, page 11)</b>	<ul style="list-style-type: none"> <li>– a cancer that starts in the lymphatic system/immune system where cells grow abnormally and spread through the lymphatic system and beyond</li> <li>– non-Hodgkin's lymphoma happens when your body makes too many abnormal lymphocytes (a type of white blood cell)</li> <li>– in non-Hodgkin's lymphoma, tumours grow from lymphocytes which are a type of white blood cell found in lymph nodes</li> <li>– where there is no Reed-Sternberg cells found in the lymph cells</li> </ul>
<b>nuclear medicine</b>	all medicines that use radiation, or parts of radiation such as radioactive materials, to diagnose, manage and/or treat cancer
<b>nuke or nukes</b>	anything to do with nuclear medicine such images, pictures or scans
<b>NUM (nurse unit manager)</b>	the NUM is in-charge of a ward
<b>nutrition</b>	the food and fluids people eat and digest for bodies to work

**O**

<b>obs (observations)</b>	checking a person's vital signs such as blood pressure, heartrate, temperature and oxygen saturation (amount of oxygen in the blood).
<b>oedema</b>	a large build-up of too much fluid in the body/cells/tissues
<b>oncologist</b>	a doctor who is a specialist in cancer treatment
<b>oncology</b>	the study and treatment of tumours, cancers
<b>opioids</b>	a group of strong pain relief medicines that include morphine, fentanyl, codeine, oxycontin/oxycodone and methadon

**P**

<b>paediatrics</b>	the study of children and their diseases
<b>pain and palliative care</b>	lessening pain without curing the disease
<b>pathology</b>	to test tissue and/or blood for disease
<b>pathologist</b>	a person who specialises in understanding disease through testing of things like tissue, cells and blood
<b>PCA (patient controlled analgesia)</b>	an intravenous system (into the vein) that a patient controls by pushing a button to give themselves pain killer medicine
<b>pelvis/pelvic area</b>	the lower part of abdomen area, covers from hip to hip and waist to groin (body part that ends at top of thighs/legs)
<b>perianal</b>	around the anus (bottom, entry area to back passage, bum)
<b>PET (positron emission tomography) scan</b>	a test that uses a radioactive drug to show a picture of how your tissues and organs are working
<b>phlebitis</b>	veins that are painful, red and maybe swollen
<b>physiotherapy</b>	use of movement such as special exercise or massage, to help heal and get better
<b>phlebotomy</b>	to draw (take) blood from a vein
<b>platelets</b>	small blood cells (shaped like plates) whose job it is to come together in a group(s) or clump(s) to stop bleeding when you are injured or cut
<b>polyp</b>	small lump/abnormal growth that grows inside your body such as the colon and very often sticks out/grows out of a stalk/stem like a tail
<b>port</b>	small, dome shaped device that is connected to a thin, flexible, catheter tube. The port is placed under the skin and the catheter tube is guided to a large vein usually in the chest or upper arm. The port gives access to the bloodstream by inserting a small needle into the dome of the port. This can be used to take blood as well as give drugs and drips. A port can stay in place for many weeks or months
<b>post platelet increment</b>	a test to see if your platelet count (special blood cells) has increased or risen since a blood transfusion
<b>primary origin</b>	<ul style="list-style-type: none"> <li>– the original/first cancer, where it started</li> <li>– cells from the primary/first cancer can break away and travel to other parts of the body where they grow identical to the original but are called secondary cancers</li> </ul>

## P continued

<b>prognosis</b>	to predict how a disease/condition may progress and what the outcome might be
<b>prophylaxis</b>	to act, such as take medicine or have surgery, to prevent (stop) illness or spread of disease
<b>prostate</b>	a small gland only found in men. It is found at the bottom or base of the bladder, near the urethra
<b>PSA (prostate specific antigen)</b>	a protein only made by the prostate gland. PSA levels are measured to check for prostate cancer
<b>Pseudomyxoma peritonei</b>	a rare cancer that starts in the appendix and grows slowly
<b>psychiatrist</b>	a medical doctor who specialises in mental health
<b>psycho-oncology</b>	focuses on psychology (the state of mind), how people live and behave and act when there is cancer. It looks at many areas such as the psychological (state of mind) response to cancer at all stages of the disease and how psychology, behaviour and social factors can influence the disease

## Q

<b>quality of life</b>	<ul style="list-style-type: none"><li>– the level or standard of the whole of life such as health, comfort and happiness experienced by a person who has cancer and cancer treatment</li><li>– the level to which a person enjoys the important things in their life and how cancer or treatment can affect or change this</li></ul>
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## R

<b>radiation oncologist</b>	a doctor who specialises in treating cancer with radiation therapy
<b>radiation therapist</b>	a trained health professional, who is not a medical doctor, that gives radiation therapy
<b>radiation therapy</b>	using very strong and powerful beams of radiation/energy to kill and/or slow cancer cells
<b>radioactive tracer</b>	a special dye (colour) injected into the body to make parts stand out in pictures/scans
<b>radiography</b>	to take pictures with an x-ray machine
<b>rebore</b>	clear a block in the prostate gland to let urine through to urinate (wee/pee)
<b>recurrence</b>	to come back and happen again, to become sick again when disease\cancer comes back
<b>recurrent (cancer)</b>	cancer that has come back after a time when it could no longer be found/seen. Recurrent cancer can come or start again in the same place as before (the first original/primary cancer) or can restart in another place in the body
<b>rectum</b>	the last part of the large intestine/big bowel area (back passage) for faeces/stools (poo) to pass before coming out of the anus (bottom/bum)
<b>referral (or referral letter)</b>	is a letter from a GP (local family doctor) that asks a specialist doctor to see a person because they think the person needs specialist care and treatment
<b>relapse</b>	the return of the disease
<b>remission</b>	a time when health improves and evidence of cancer disappears
<b>resection</b>	remove part of organ and some of the tissue around it
<b>risk</b>	the chance that something bad or unwanted can happen such as developing cancer or having side-effects from cancer
<b>robotic surgery</b>	using a robot that a surgeon guides to perform surgery

## S

<b>sarcoma</b>	a cancer that grows from the soft tissues of a body. Soft tissues join, hold up and surround body parts. Soft tissues include fat, muscle, ligaments and lining of joints
<b>sats (saturation)</b>	is a measure to tell how much oxygen is in the blood
<b>screening (for)</b>	looking for a mass, tumour or anything unusual
<b>secondary (cancer)</b>	<ul style="list-style-type: none"> <li>– also called mets or metastasis</li> <li>– a tumour or tumours that have spread from the first original/ primary cancer place</li> </ul>
<b>sedative</b>	- a drug to make you calm, more relaxed
<b>sedation</b>	using a drug or anaesthetic where you will be relaxed and maybe asleep but still able to feel
<b>sentinel node</b>	<ul style="list-style-type: none"> <li>– the first lymph node(s) to which cancer cells are most likely to spread from a primary/original tumour</li> <li>– are the first few lymph nodes into which a tumour drains and can spread its cancer cells</li> </ul>
<b>sepsis pathway</b>	to find or look for places or causes that have led to infection(s)
<b>side-effect</b>	an unwanted or bad effect or problem that comes from treatment such as feeling sick (nausea), hair loss, vomiting after some cancer treatments and/or medications
<b>sim (simulation for radiotherapy)</b>	<p>a patient appointment to make the best plan for radiation treatment before it actually begins. This appointment can include:</p> <ul style="list-style-type: none"> <li>– showing the patient how to place their body for the best position and making sure they can hold their body like this for 15 minutes or more</li> <li>– placing small marks on the skin (painless tattoo) to see exactly where the radiation needs to go</li> <li>– building and fitting a cast for the area of treatment to help keep the patient still during radiation</li> <li>– taking scans or pictures of the area for treatment.</li> </ul>
<b>small intestine (also called small bowel)</b>	is part of the digestive system. Food travels from the stomach into this intestine where it is further digested (broken down) and nutrients are absorbed into the body (taken from the food and given to the body) . The remaining food product moves from the small intestine to the large intestine (big bowel)
<b>soft tissue(s)</b>	tissue/the material that joins, holds up or surrounds inside body parts such as fat, muscle, ligaments and lining around joints

S continued	
<b>specimen</b>	a sample for investigating such as blood, stools, urine, spit or saliva
<b>sputum</b>	spit or saliva sample
<b>staging</b>	<p>is a way to describe or label how far the disease has spread from where and when it was first found.</p> <p>The stage number explains how big it is, if it has grown and how far it has spread into other tissue or body systems from the original/primary cancer. The description for stage numbers can be different for different cancer types and is based on what is known about the cancer type and how it grows. The higher the stage number, the more the disease has spread</p>
<b>stage 0</b>	a group of abnormal cells that stay in the same place where they first formed. They have not spread. Also called carcinoma ' <b>in situ</b> '
<b>stage 1 (stage I)</b>	where cancer cells begin to show they can move through to other tissue that is close to where it began. Also called ' <b>localised cancer</b> '
<b>stage 2 (stage II)</b> or <b>stage 3 (stage III)</b>	where a cancer cell(s) begins to move into nearby tissue and/or lymph vessel(s). Our natural germ killers, lymph nodes, travel through our lymph vessels and can attack and kill these cancer cells but sometimes cancer cells escape attack and instead divide and form lumps in the lymph node(s). This is called ' <b>regional spread</b> '
<b>stage 4 (stage IV)</b>	where a cancer cell(s) has spread through tissue(s) and body systems such as the bloodstream or lymph and can go just about anywhere in the body to make new cancer cells and spread even further. This is known as ' <b>distant spread</b> '
<b>stereotactic ablative body radiation (also called 'SABR')</b>	is usually given to patients who cannot have surgery and is a type of radiation therapy where a really high level of radiation (more than normal) is given to small and very clear tumours
<b>stoma</b>	a opening made by surgery to the outside of the body for such things as a colostomy, ileostomy, tracheostomy
<b>stools</b>	waste product of food from the back passage (bum). Also called faeces or poo
<b>subcutaneous</b>	under the skin
<b>surgery</b>	an operation where a doctor will put the patient to sleep and cut away tissue that is bad or fix things inside or outside the body
<b>surgical margin</b>	when cutting out a tumour/cancer to also take some of the healthy looking tissue from around the cancer (the edge) to make sure it has all been cut out. The edge of tissue is also used to check it's clear of cancer cells

## S continued

<b>surgical oncologist</b>	a doctor who specialises in treating cancer by removing tumours and surrounding tissue through an operation.
<b>survivorship</b>	this care focuses on non-medical needs that cancer patients may have. Survivorship offers care and support to help patients and family members cope with life after diagnosis and treatment and improve overall quality of life
<b>sutures</b>	stitches; to sew up a wound on the body

## T

<b>TEDs or TED stockings (thrombo embolic deterrent)</b>	a tight, elastic stocking that puts a little bit of pressure/squeeze on the legs to help healthy blood flow and stop blood from clotting in the veins
<b>tissue</b>	when cells that are the same come together in a group to work together and/or make a part of the body
<b>tissue biopsy</b>	to remove a piece of tissue and exam/look at it under a microscope to see if there are any abnormal cells
<b>trachea</b>	the windpipe from mouth to lungs that help us breath
<b>TNM (a system to classify or label malignant tumours)</b>	<p>a way/system to classify or label the stage of cancer in the body. It measures 3 major areas of the cancer. Every cancer is different and how they are measured and labelled by the TNM system will vary</p> <p><b>T</b> stands for tumour and the number given to the T (from 1 to 4), tells the size and thickness of the primary tumour and if it is growing. The higher the number, such as T4, the further the cancer has spread</p> <p><b>N</b> stands for nodes and the N number (from 1 to 3) tells how many lymph nodes or which lymph nodes the cancer has spread to. The higher the number, the more nodes the cancer has spread to, for example N2 means more than one lymph node, near the primary tumour, has been attacked by cancer</p> <p><b>M</b> stands for metastasis, the M number (either 0 or 1) describes if, and how far the cancer has grown. For example M0 means there is no sign of cancer spreading to other parts of the body but M1 means the cancer has spread to other areas</p> <p>The 3 areas are measured and put together to show how far a cancer has grown and this is used to give it a stage number (see staging)</p>
<b>TRUS (transrectal ultrasound)</b>	an ultrasound done through the anus (back passage; bum) into the rectum to show pictures of the prostate
<b>tumour</b>	tissue that grows without control from abnormal cells and can be either cancer (malignant) or not cancer (benign)
<b>tumour markers</b>	chemicals that cancer cells make and can be seen and tested for in the blood
<b>TURP (transurethral resection of the prostate)</b>	<ul style="list-style-type: none"> <li>– surgery to the prostate to help ease urination (weeing) pain that is caused by a prostate that is bigger than usual through urethra</li> <li>– removal of the excess prostate tissue that is blocking urine (pee) flow</li> </ul>

**U**

<b>unknown primary origin</b>	a cancer that has spread without knowing where it first started
<b>ultrasound</b>	using soundwaves (a sound that cannot be heard by humans), through a machine, to make pictures of inside body parts
<b>urethra</b>	a tube that carries urine (wee/pee) from the bladder to the outside of the body
<b>urology</b>	study of the urinary system
<b>uro-oncology</b>	the study and treatment of urological cancers found in the prostate, bladder, urethra and/or kidneys and so on

**V**

<b>VATS (video assisted thoracic surgery)</b>	putting a small camera into the chest, to show pictures of the inside on a video display (like a TV) so the surgeon can see better and this helps the surgeon in doing the procedure such as biopsies, lung and oesophagus (food pipe) surgery
<b>vein</b>	blood vessel, tube made of muscle, that moves blood to the heart from all the different parts of the body
<b>venepuncture</b>	to insert or put a needle through the skin and into a vein to take blood or give an injection
<b>vessel</b>	a thin tube to move/carry fluids through such as blood or lymph
<b>void or voided</b>	to urinate; do a wee
<b>VRE (Vancomycin Resistant Enterococcus)</b>	a supergerm (bacteria) that cannot be killed by usual antibiotic medicine

**X**

<b>x-ray</b>	pictures of a body part(s) taken by x-ray beams
<b>x-ray procedure</b>	a fast and painless procedure where a machine passes x-ray beams through the body and picks up on internal/inside body parts which are then shown as shapes on film. Thick and solid shapes such as bones show up as white, air in the lungs show up as black, fat and muscle come up as grey. Sometimes a liquid called contrast is used to make the body parts/shapes stand out more





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