Appendix A
Description of Sicknesses & Diseases

This list supplies compact descriptions of the less familiar illnesses in the questionnaire to help you complete the list. / *Hierdie lys verskaf kompakte beskrywings van die minder bekende siektes op die vraelys om die voltooiing daarvan te vergemaklik.*

English	Afrikaans
Absence Seizures Loss of consciousness for few seconds. Black out, or stare into space. Person stops moving and speaking.	Afwesigheidsaanvalle
Akathisia Muscle quivering, inner restlessness, inability to sit still, moving of legs, fidgeting, mental distress.	Bewegingsversteuring
Acidosis Bodily fluids contain too much acid, because lungs and kidneys can't keep pH in balance.	Asidose
Acromegaly Abnormal growth of body parts because of overproduction of growth hormone.	Akromegalie
Adenoid Glands Glands in the back of the nose and throat get infected and blocks nose.	Adenoïede Kliere
Aerogastria Heaviness and fullness in stomach caused by gas, because of indigestion.	Opgeblaasde maag
Aerophagia Bloated stomach because of excessive and repetitive air swallowing or gulping.	Aërofagie
Ageusia Loss of sense of taste.	Smaakverlies
Agoraphobia Fear of places or situations.	Ruimtevrees
Alkalosis Excessive blood alkalinity.	Alkalose
Alopecia Bald patches of lost hair on the head or body.	Haarverlies
Alzheimer's Progressive loss of memory and other brain functions. A decline in thinking, behaviour, and social skills.	Alzheimers

Amenorrhea Absence of, or irregular menstrual periods.	Amenorree
Amnesia Memory loss.	Geheueverlies
Anaphylactic Shock Life threatening allergic reaction	Anafilaktiese Skok
Anaemia Lack of enough red blood cells in the blood	Bloedarmoede
Angina Pressure, heaviness and pain in the chest caused by reduced blood flow to the heart.	Hartkramp
Anguish Intense fear and anxiety	Angs
Ankylosing Spondylitis Inflammation of the spine which causes vertebrae to fuse.	Ankiloserende Spondilitis
Aphasia Inability to speak or understand language	Afasie
Apnoea Sleeping disorder in which breathing repeatedly stops and starts.	Slaap-apnee
Arteries	Slagare
Arteriosclerosis Build-up of fats, cholesterol, other substances in artery walls, causing obstruction of blood flow.	Verkalkte are
Articulations/Joints	Gewrigte
Ascites Abdominal swelling caused by accumulation of fluids, related to liver disease.	Ascites
Astigmatism Condition in which the eyeballs are not perfectly round and causes blurry vision of near and far objects	Astigmatisme
Atresia A birth defect in which a passage in the body is closed or absent, e.g. ear canal, anus	Afwesige liggaamsopeninge
Autism Impaired ability to communicate or interact with others.	Outisme
Autoimmune Disease The body's immune system attacks the healthy cells.	Outo-immuun Siekte
Blepharitis Inflammation of eyelids	Inflammasie van ooglid

Bromhidrosis Bad body odour	Bromhidrose
Bronchial Tubes	Brongiale Buise/Bronchitis
Burns By sun, liquids, fire, chemicals, electricity	Brandwonde
Tinnitus / Buzzing ears Buzzing, whistling sounds in ears	Tinnitus
Callosities/Corns Calluses or thickened pieces of skin caused by friction. Usually on hands and feet.	Eelte
Caries (dental cavities) Damaged teeth, holes in teeth.	Tandbederf
Cavum Cavity or space in the brains of foetuses, which fuses during infancy. Spaces in or around organs.	Liggaamsruimtes
Celiac Disease, Gluten Allergy and Intolerance Immune reaction to eating gluten found in wheat (bread), barley and rye.	Gluten-intoleransie
Cerebellum Part of the brain responsible for movement, balance, posture.	Serebellum / Kleinbrein
Cervicitis Inflammation of the cervix of the uterus.	Servisitis
Cervix/Neck of uterus	Serviks / Baarmoedermond
Chilblains Itchy bumps and patches on hands and feet after exposure to very cold temperatures.	Wintershande en -voete
Chlamydia Sexually transmitted infection	Chlamydia
Chloasma Brown patches in the face after pregnancy or exposure to sun.	Gesigsvlekke
Cirrhosis Chronic liver damage after liver diseases, hepatitis, alcoholism.	Lewersklerose
Claustrophobia	Engtevrees
Clavicle Horizontal collarbone from neck to shoulders.	Sleutelbeen
Coccyx Triangular bone at base of spinal column.	Stuitjie

Cold/Catarrh	Verkoue
Cold fever/Chills	Kouekoors
Colibacillosis Diarrhoea due to bacteria called Escherichia coli found in dirty water or undercooked meat.	Kolibasillose
Colitis Inflammatory reaction in lining of colon.	Kolitis
Congenital Disease or Disorder Inherited medical conditions.	Oorerflike siektes / Gebreke
Conjunctivitis (Pink Eye) Infection of outer membrane of the eyeball and the inner eye lid .	Konjunktivitis (ooginfeksie)
Contusion	Blou kolle
Cor Pulmonale Abnormal enlargement of right side of heart, causing it to not effectively pump blood to lungs.	-
Crohn's Disease Chronic inflammatory bowel disease that affects lining of digestive tract.	Krohn se siekte
Cruralgia Pain along the crural nerve in the thigh.	Pyn in dyspier
Cutaneous Papilloma Small tag of skin maybe with stalk, or warts.	Moesies/Vratte
Cyst Growth filled with fluid	Sist
Cystic Fibrosis Inherited disorder that thickens mucus, sweat, and digestive juices in lungs, digestive system, etc.	Sistiese fibrose / Longfibrose
Cystitis Inflammation of the bladder	Sistitis / Blaasinfeksie
Dupuytren's Contracture A gradual thickening and tightening of tissue under the skin in the hand, causing fingers to stay bent.	-
Dysmenorrhea Painful menstruation.	Dismenorree
Ecchymosis Bruises	Blou kolle
Eczema Atopic dermatitis, itchy inflammation of the skin	Ekseem

Emphysema Air sacs in the lungs are damaged, causing shortness of breath	Emfiseem
Endometriosis Tissue that normally lines the uterus grows outside the uterus on ovaries, fallopian tubes, intestines	Endometriose
Enuresis	Bednatmaak
Epidemic Widespread infectious disease in community	Epidemie
Equilibrium	Balans
Eructation Burping gas audibly through mouth	Winde opbreek
Erythema Redness of skin due to massages, sunburn, friction, pressure, blushing, exercise	Eriteem
Oesophagus	Slukderm
Exophthalmos Bulging eyes	Uitpeul-oë
Fallopian tubes Carry eggs from ovaries to uterus. Can get obstructed.	Fallopiese buise
Femoral hernia Abdominal contents pass through abdominal wall, causing a bulge in the groin / upper thigh	Liesbreuk
Fibromyalgia Disorder causing extreme fatigue, muscle pains, morning stiffness, trouble sleeping, headaches, memory problems, blackouts.	Fibromialgie
Flatulence Accumulation of gas.	Opgeblaasdheid
Fluid retention Build-up of fluids in body.	Waterretensie
Frigidity Failure of female to respond to sexual stimulus	Seksuele koudheid
Gangrene Dead body tissue after infection or lack of blood flow	Gangreen
Gastritis Inflammation of stomach	Gastritis
Gastroenteritis Stomach flu, causing diarrhoea, cramps, nausea, vomiting. Caused by contaminated food/water.	Gastro-enteritis

Genitalia	Geslagsdele
Glaucoma Nerve connecting eye to brain is damaged, usually due to high eye pressure.	Gloukoom
Glossitis Inflammation of the tongue.	Ontsteking van die tong
Goiter/Thyroid	Skildklier
Gonorrhoea Sexually transmitted infection.	Gonorree
Gout Form of arthritis causing severe pain, redness, tenderness in joints. Too much uric acid in blood.	Gout
Grinding (teeth)	Kners op tande
Gynaecological losses	Miskraam/histerektomie
Halitosis Bad breath.	Slegte asem
Hashimoto's disease Immune system attacks the thyroid gland, leading to under secretion of thyroxin.	Hashimoto-siekte (Skildklier)
Hematuria Blood in urine.	Hematuria
Hemithorax white-out Whitening out of the lungs on half of thorax when x-rayed (main causes being fluid on lungs, part of lung removed, collapse of lung).	- Wit uitblokking van helfte van die bolyf tydens x-strale agv vog op longe of ineenstorting van long.
Haemorrhoids Swollen, inflamed veins in rectum and anus, caused by straining due to constipation.	Aambeie
Hepatitis Inflammation of the liver, causing fatigue, weakness, loss of appetite, fever, discomfort.	Hepatitis / Geelsug
Hereditary diseases Disease or disorder inherited genetically, through defective genes.	Oorerflike siektes
Hernia Bulging of organ or tissue through abnormal opening, usually involves stomach, intestines.	Breuk
Herniated disk The soft centre of a spinal disc pushes through a crack in its exterior casing.	Breuk van ruggraatskyf
Herpes Sexually transmitted disease, causing blisters and ulcers on the skin.	Herpes
Hoarseness/Aphonia	Hees stem/Geen stem

Hyperhidrosis Excessive sweating.	Oormatige sweetafskeiding
Hyperopia Farsightedness.	Versiendheid
Hyperthyroidism Over-active thyroid. Graves' Disease: Over-secretion of thyroxin.	Ooraktiewe skildklier
Hypoglycaemia Low blood sugar.	Lae bloedsuiker
Hypotension Low blood pressure.	Lae bloeddruk
Hypothyroidism Under active thyroid.	Onderaktiewe skildklier
Hodgkin's lymphoma Cancer of lymphatic system.	Hodgkin se Limfoom Kanker van die limfstelsel.
Ichthyosis Dry, scaly, thickened skin.	Skubberige, baie droë vel
Iliac crest Hip pain on wing of ilium or hip bone.	Heuppyn
Impetigo Contagious bacterial skin infection in children, forming pustules and yellow crusty sores. Usually around mouth and nose.	-
Impotence Inability of a man to be sexually aroused.	Impotensie
Incontinence Inability of an adult to control bladder functions.	Inkontinensie
Intermittent Claudication Cramping in legs during exercise.	Beenkrampe
Intestinal gasses /Flatulence	Winderigheid
Kyphosis Hunchback.	Boggelrug
Lachrymal glands Tear ducts.	Traankliere
Larynx Voice box.	Larinks / Stembande
Leukaemia	Bloedkanker

Leukorrhea Thick white vaginal discharge.	Leukorree
Lipoma Fatty lumps under skin.	Lipoom
Lordosis The curving inward of lower back.	Holrug
Louses	Luise
Lumbago Lower back pain.	Lae rugpyn
Lupus Inflammatory autoimmune disease which affects skin, joints, kidneys, blood cells, brain, heart, lungs.	Lupus
Lymph nodes	Limfkliere
Lymphatic system Disease-fighting system of the body.	Limfstelsel
Lymphoma Cancer of the lymph system.	Limfoom
Melanoma Skin cancer.	Melanoom
Meningitis Inflammation of brain and spinal cord membranes.	Breinvliesontsteking
Mononucleosis Inflammation of glands.	Klierkoors
Mouth sores / Fever blisters	Mondsere / Koorsblare
Multiple Sclerosis (MS) A disease in which the immune system eats away at the protective covering of nerves.	Veelvuldige sklerose
Mycosis Fungus infection, such as ringworm, thrush.	Fungus-infeksie
Myopia Near-sightedness.	Bysiende
Narcolepsy Excessive uncontrollable daytime sleepiness.	Narkolepsie
Nephritic colic Sharp pain in kidneys because of dysfunction.	Nefritiese Koliek

Nephritis Inflammation of the kidneys.	Nefritis
Neuralgia Stabbing, burning, and often severe pain due to an irritated or damaged nerve.	Neuralgie
Nodules Growth of abnormal tissue under skin or on organs.	Weefselgeswel
Osteoarthritis Degenerative joint disease in which cartilage wears down.	Osteoartritis
Osteoporosis Bones lose density and become brittle.	Osteoporose / Brosbeensiekte
Otitis Ear infection.	Oorpyn/-infeksie
Palate	Verhemelte
Parkinson's disease Brain disorder that leads to shaking, stiffness, and difficulty with walking, balance, and coordination.	Parkinson se siekte
Pelvis Area that contains intestines, uterus, bladder	Pelvis
Peritoneum Continuous membrane which covers abdominal organs.	Peritoneum
Phlebitis Vein inflammation.	Aar-ontsteking
Poliomyelitis A virus that may cause paralysis, transmitted through contaminated water or food, or contact with an infected person.	Polio
Presbyopia Age-related farsightedness.	Versiendheid
Psoriasis Skin disease that causes red, itchy scaly patches, most commonly on the knees, elbows, trunk, and scalp.	Psoriase
Pubis (pubic bone)	Skaambeen / Ysbeen
Purpura Purple blood spots or skin haemorrhages.	Purpura
Pyorrhoea Infection of gums.	Tandvleisontsteking
Radius Bone in forearm.	Radius

Rheumatism Joint pain and joint damage.	Rumatiek (Artritis)
Rheumatoid arthritis Inflammation of joint accompanied by pain, swelling, changes in structure.	Rumatoïede artritis
Salpingitis Inflammation of ovaries.	Inflammasie van eierstokke
Sciatica Pain radiating along the sciatic nerve, which runs down one or both legs from the lower back.	Sciatica
Scoliosis	Ruggraatverkromming
Sebaceous glands Oily glands in skin to keep it lubricated.	Oliekliere
Senility Loss of cognitive functions.	Seniliteit/ Dimensie
Spleen	Milt
Sternum (Breastbone)	Borsbeen
Stomatitis Swelling and sores in the mouth.	Stomatitis
Strabismus / Diplopia Eyes do not properly align with each other.	Skeel-oë / Dubbelvisie
Stultification Being stupid, foolish, unsound.	Gekheid
Suprarenal glands Adrenal glands.	Byniere
Tendons Attach muscle to bone.	Senings
Tension cephalgia Tension headache (mild to moderate pain often described as feeling like a tight band around the head).	Spanningshoofpyn
Tetanus	Klem-in-die-kaak
Thrombosis Blood clot.	Bloedklont
Thymus Gland which secretes t-cells.	Timus
Tics Involuntary twitches.	Spiertrekkings

Torticollis Neck muscles contract and twist head to one side.	Skewe Nek
Transpiration / sweating	Transpirasie / Sweet
Triglycerides Main constituents of body fat.	Bestanddeel van liggaamsvet
Umbilical hernia	Naeltjiebreuk
Urethritis Inflammation of urethra.	Nierpypontsteking
Urinary tract infection	Urienweginfeksie
Urticaria / Hives Irritation of skin due to allergies.	Urtikaria / Galbulte
Uterine fibroid Non-cancerous growth in uterus.	Baarmoedervergroeisel
Vaginal yeast infection/Candida A yeast-like parasitic fungus that can sometimes cause thrush.	Kandida
Vaginitis Inflammation of vagina.	Vaginitis
Vulvitis Inflammation of outer parts of genitals/sex organs.	Vulvitis
Vulvovaginitis Vaginal inflammation.	Infeksie in vagina
Varicella Chickenpox.	Waterpokkies
Varicose ulcer A sore on your leg that's very slow to heal, usually because of weak blood circulation in the limb.	Spataar-sweer
Versicolor pityriasis Fungal skin infection.	-
Vertebrae	Rugwerwels
Vertigo A sudden internal or external spinning sensation, often triggered by moving your head too quickly.	Duiselig / Van balans af
Zoster Shingles (A reactivation of the chickenpox virus in the body, causing a painful rash).	Gordelroos