

APPENDIX 6: GLOSSARY OF TERMS

Abdominal	The body area which includes the stomach, intestines and other digestive organs.
Acute myeloid leukaemia (AML)	A type of cancer of the blood. In AML white blood cells called granulocytes or monocytes become cancerous. AML usually develops quickly, over days to weeks. It is the most common type of leukaemia in adults. It is most often diagnosed in older people, and is most common in people over 65 years old.
Adenocarcinoma	A malignant tumour originating in glandular tissue.
Adjuvant therapy	Treatment, usually chemotherapy, hormone therapy or radiotherapy, often given following surgery. It is given to increase the likelihood of killing all cancerous cells.
Advanced communication	A skill needed by staff that have to give complex or upsetting news to patients and carers. It means being able to speak with patients about their feelings, to listen, to judge how much information a patient wants to know, and to give clear information with empathy.
Allied Health Professionals (AHPs)	Clinical healthcare professions who are not doctors, nurses or pharmacists.
Anaplastic	Cancer cells that divide quickly and do not look like normal cells.
Anus	The opening at the end of the rectum where solid waste leaves the body.
Axillary surgery	An operation used to treat patients with breast cancer. It involved removal of the <i>lymph nodes</i> in the armpit. It helps to stage the disease and helps the surgeon to decide if the patient needs any other treatments such as chemotherapy.
Benign	Non-cancerous. Used to refer to tumours which grow slowly in one place and which (once treated, or removed by surgery), tend not to come back.
Biliary stenting	Bile ducts carry bile from the liver to the gallbladder. Bile helps the body to digest fats in food. Biliary stenting is used to treat blockages that occur in the bile ducts. It involves placing a plastic or metal tube inside the bile duct.

Biological agent	A substance that is made from a living organism (like a bacteria or virus) or its products. It is used in the prevention, diagnosis, or treatment of cancer and other diseases.
Biopsy	A procedure to remove a sample of tissue from an area of the body where cancer is suspected.
Bone marrow	The spongy inner part of large bones where blood cells are made. Bone marrow aspiration or sampling is a procedure in which a fine needle is used to remove a small amount of bone marrow for examination.
Brachytherapy	A type of radiotherapy in which radioactive materials are placed in direct contact with the tissue being treated. It allows high doses of radiation to be delivered to small areas of tissue, limiting normal tissue damage. Brachytherapy is commonly used to treat localized prostate cancer, cancer of the cervix (neck of the womb), lung cancer and cancers of the head and neck.
Breast reconstruction	Surgery to rebuild the shape of the breast(s) following mastectomy (removal of the breast).
Bronchoscopy	A procedure to examine the inside of the lung.
Cancer	The name given to a group of diseases that can occur in any organ of the body. All cancers involve abnormal or uncontrolled growth of the body's cells.
Carcinoma	A cancer in the tissues lining an organ or <i>organ system</i> . Carcinomas are the most common cancers.
Care plan	A written plan that outlines the care that an individual patient should receive throughout their illness.
Central nervous system (CNS)	The combination of the brain, spinal cord, and nerves that control voluntary and involuntary acts.
Cervix / Cervical	Neck of the womb.

Chemotherapy	The treatment of disease with chemicals, such as cytotoxic (cancer destroying) drugs.
Chronic lymphocytic leukaemia (CLL)	In CLL it is the lymphocyte white blood cells that are cancerous.
Chronic myeloid leukaemia (CML)	In CML, it is the granulocyte white blood cells that are cancerous. CML is sometimes called chronic granulocytic leukaemia or CGL.
Clinical trial	Clinical trials are research studies that test how well new medical approaches work in people.
Clinical management guidelines	Outlines the best way to treat the patients. These are usually based on good evidence or are recommended by national bodies like the National Institute for Clinical Excellence (NICE).
Colorectal cancer	Cancer of the colon (large bowel) and / or rectum.
Community care	<p>Community care arranges or provides social services for children and adults who have care needs. The first point of contact is usually through a social worker. Community care provides a range of services. Examples include:</p> <ul style="list-style-type: none"> • home care services (help with personal tasks, for example, bathing and washing, getting up and going to bed, shopping and managing finances); • home helps (to help with cleaning and meal preparation); • adaptations to the home; • provision of meals • help with benefits advice; and • help with arranging hospice care.

Complex Decongestive Therapy (CDT)	<p>This is an intensive course of treatment, lasting from 10 days to 6 weeks, depending on the severity of the Lymphoedema. It consists of:</p> <ul style="list-style-type: none"> ▪ Skin and nail care: to avoid the risk of infection by using skin washes and cream that keeps the skin supple; ▪ A type of massage called Manual Lymphatic Drainage (MLD) – given daily to encourage lymph flow and reduce swelling; ▪ layered compression bandaging - on a daily basis to reduce the size of the limb; and ▪ Exercise - gentle exercise on a daily basis to encourage good <i>lymph</i> flow
Complication	An unexpected or unwanted effect of a procedure or treatment (e.g. infection, drug allergy) that can change the outcome and may require more treatment.
Complication rate	The proportion of people who have complications as a result of having a particular procedure or treatment.
Conservation surgery	Is the removal of a lump from the breast such that the majority of breast tissue remains.
Core biopsy	A piece of tissue is taken from a lump with a needle and is examined under a microscope to see if cancer cells are present.
Counselling	The opportunity to talk things over with a trained counsellor. Counselling can help you make sense of your feelings and offer you encouragement. It does not tell you what to do, but it can offer new ideas for coping.
CREST (Clinical Resource Efficiency Support Team)	Provide guidelines to support good practice in clinical and social care in Northern Ireland.
CT or CAT (Computed tomography) scan	A picture of a section of the body that is made when a computer takes a series of x-ray images of the head or body.

Cystectomy	An operation to remove the bladder. There are two types of cystectomy. A segmental (partial) cystectomy removes part of the bladder. A radical (or total) cystectomy removes all of the bladder and some of the tissue around it.
De-bulking surgery	Surgery that removes as much of a tumour as possible. Tumor debulking may increase the chance that chemotherapy or radiation therapy will kill all the tumor cells. It may also be done to relieve symptoms or help the patient live longer.
Diagnosis	Identification of a disease in a person's body.
Dietitian	A health professional who can advise on how to eat sensibly to help you live with cancer and its treatments.
DNA (Deoxyribonucleic acid)	The genetic material present in our cells which carries vital information on cell growth, division and function.
Elective appointment / elective surgery	A planned, non-emergency appointment or procedure.
End of life	A period of time during which a person's condition is getting much worse and when death is expected.
End of life care	Helps people who are at the end of life to live as well as possible until they die. It allows the needs of the patient and the family to be identified and met throughout the last part of life and into bereavement. This includes physical care and the relief of pain and other symptoms. It also includes psychological, social, spiritual and practical support.
Endoscopy	A procedure which uses an endoscope, a small fibre-optic tube, to look inside the body.
Endometrium	Lining of the uterus or womb.
Endometrial	To do with the lining of the womb.

External beam radiotherapy	Radiation that has been produced by a machine called a linear accelerator is applied to the area that needs to be treated.
Fertility	Ability to have children.
Fine needle aspiration (FNA)	A procedure in which a fine needle is used to take a sample of cells from a suspicious lump under local anaesthetic (e.g., a breast lump).
Genetic component	To do with the genes.
Genetic screening	The process of analysing DNA samples to detect the presence of a gene or genes that are linked with an inherited disorder.
Glioma	Tumour arising from tissue.
Gynaecological cancer	Cancers of the female reproductive system. This can include ovaries, womb (endometrium / uterus), neck of the womb (cervix), or vagina.
Haematological cancers	Refers to cancers of the blood and blood forming tissues.
Haematologist	A doctor who specialises in blood disorders.
Haematology	The branch of medicine that studies the blood, the blood-forming organs, and blood diseases.
Hepatic	Of the liver.
Hepatologist	Doctor specialising in the treatment of liver disease.
Hepatopancreatobiliary cancers	Refers to cancers of the liver, pancreas and bile duct.
Histology	The study of tissues. Histology reports help doctors to make a diagnosis.
Histological Grade	Provides prognostic information that allows doctors to assess the future course and outcome of a disease.
Histopathology	The study of microscopic changes in tissues.

Holistic care / holistic approach	This refers to care that looks at all of the needs of the patient to include: physical, emotional and spiritual. It allows someone to be treated as a whole person, not just as a disease.
Hormones	Chemical substances produced by the body, which circulate in the blood and help to control growth, reproduction and other functions.
Hormone therapy	Treatment of disease with hormones. Usually used in the treatment of cancers of the breast, prostate, thyroid and uterus (womb).
Image Guided Radiotherapy (IGRT)	IGRT is a new way of using scans during radiotherapy treatment. Doctors hope this way of giving treatment may help radiotherapy to work as well as possible and will reduce side effects.
Intensity Modulated Radiotherapy (IMRT)	IMRT uses technology to precisely “shape” an external radiation dose. The precision of the radiation beam delivers a higher dose to the tumour and a lower dose to nearby normal tissue.
Immune system	The body's main defence system against infection, disease and foreign substances.
Immunological	Anything that involves the body's natural defences or immunity against disease.
Immunophenotyping	A test that can identify specific cells by monitoring the reaction between different <i>biological agents</i> . This can help identify where in the body the cancerous cells came from.
Incontinence	The loss of control of the muscles which control the passing of urine or faeces.
Inherited predisposition	An increased risk of developing a particular disease due to genetic factors.
Inoperable	Refers to a cancer that cannot be removed by surgery, either because the cancer has spread or because removal might cause too much damage to normal tissue.

Invasive diagnostic tests or procedures	<p>There are “non-invasive” and “invasive” diagnostic tests and procedures. Non-invasive tests don’t involve inserting needles, instruments or fluids into the body (e.g. <i>CT scan</i>). Some examples of invasive procedures include:</p> <ul style="list-style-type: none"> ▪ a simple needle prick for a blood test; ▪ inserting a <i>scope</i> to have a look at the tissues (e.g. <i>bronchoscopy</i>); ▪ taking a tissue sample for a <i>biopsy</i>; and ▪ and major surgery (e.g. <i>mastectomy</i>).
Invasive cancer	A stage of cancer in which cancer cells have spread to healthy tissue adjacent to the tumour.
In situ	Cancer at an early stage, which has not spread.
Ionising radiation	A type of radiation made or given off by X-ray procedures, radioactive substances and other sources. At high doses ionising radiation increases chemical activity inside cells and can lead to health risks, including cancer.
Isotope scan	An imaging technique involving the injection of a very weak radioactive substance, which collects in a particular organ for a short time. A special camera is then be used to look at the organ.
Larynx	Voice box. The larynx is part of the breathing system and is found in the throat.
Laser therapy	The use of a very powerful beam of light to kill cancer cells.
Leukaemia	A cancer of the blood or bone marrow that causes the body to make too many white blood cells. Leukaemia is called acute or chronic depending on how fast it develops and gets worse. Acute leukaemia can get worse very quickly. Chronic leukaemia tends to have a longer course. You may have it for months or years without having many symptoms. It may be stable for months or years before it gets worse.

Localised cancer	A cancer that has not spread to other parts of the body.
Local recurrence rates	The proportion of people who have a local recurrence of cancer. That is, when cancer comes back at or near the same place as the original tumour, usually after a period of time during which the cancer could not be detected.
Local therapy	Using treatments such as radiotherapy and surgery which affect only a particular area of the body.
Lumpectomy	The surgical removal of a lump (e.g. a breast lump).
Lymph	A clear, watery fluid that moves around the body through the lymphatic system. Lymph helps to support the body's immune system.
Lymphatic system	The interconnected system of lymph nodes and vessels (small tubes) which carries fluid around the body.
Lymph Nodes	Located throughout the body, filtering out dangerous substances and producing infection-fighting cells called lymphocytes.
Lymphoedema	Swelling, usually in the arms or legs, which occurs because the lymph vessels are damaged or blocked. This can happen as a result of cancer or cancer treatment.
Lymphoid	Referring to a type of white blood cell called lymphocytes.
Malignant	Cancerous. Malignant tumours can invade and destroy surrounding tissue and have the capacity to spread.
Mammogram	A specialised x-ray which shows up the breast tissue and can detect breast cancer.
Management plan	A plan that outlines the care that the patient should receive.
Mastectomy	The surgical removal of all or part of a breast.
Mesorectum	A small parcel of fat around the rectum.

Mesorectal fascia	The border or edge of the mesorectum.
Metastasis	The spread of cancer from one part of the body to another, usually through the lymphatic system or bloodstream.
Metastases	Refers to cancer that has spread. Can also be referred to as secondaries.
Molecular	Refers to the basic building blocks of the genetic material, like DNA, genes and the other chemicals involved with the functioning of <i>genes</i> .
Molecular techniques	Refers to the treatment of injury or disease at the molecular level.
MRI (Magnetic resonance imaging) scan	An imaging technique in which magnets are used to help a computer to make images of the body.
Multi-disciplinary team (MDT)	Combination of clinical health professionals for example physicians, nurses, pharmacists and allied health professionals.
Multi-disciplinary team meeting (MDM)	Meeting of different health care disciplines (whether in person or via video/tele conferencing) to discuss patients diagnosis, treatment and care.
Nausea	The feeling of sickness.
Neo-adjuvant therapy	Treatment that is given first to help make the next treatment step go more smoothly. For example, chemotherapy is given to help shrink a tumour to make surgery easier.
Nodal harvest	In order to give accurate staging for colorectal cancers it is important to know if the cancer has spread to the lymph nodes. Nodal harvest refers to the number of lymph nodes that could be sampled to inform the staging of the disease.
Obesity	To have too much body fat.
Occupational therapist (OT)	An allied health professional, who finds ways to help people cope with daily living and be independent, despite their illness.
Oesophagogastric junction	Where the oesophagus and stomach join.

Oesophagus	The tube that connects the throat to the stomach. Also known as the gullet.
Oesophageal stenting	A tube placed in the oesophagus to keep a blocked area open so the patient can swallow soft food and liquids.
Oligoastrocytomas	A group of brain tumours.
Oligodendrogliomas	A rare and slow growing tumour.
Oncologist	A doctor who specialises in treating cancer. A clinical radiologist specialises in treating cancer with radiation. A medical oncologist specialises in treating cancer with drugs.
Operational Protocols	Operational protocols are used by organisations to outline in detail how a task should be done. They ensure that everyone works in the same way and to the same standard.
Oral cancer	Includes cancers of the mouth, pharynx (throat) and lip.
Organ system	A group of organs that work together on the same task. For example, the stomach, pancreas and colon are all part of the digestive system.
Outcomes	The results of a procedure or treatment in terms of patient satisfaction, reduction of pain, improved function, longer life or better quality of life.
Palliative care	Palliative care is the active holistic care of patients with <i>advanced, progressive disease</i> where there is no <i>curative treatments options</i> . It focuses on controlling pain and other symptoms, and meeting a person's social, emotional and spiritual needs. The goal of palliative care is to ensure the best quality of life possible for patients and their families.

Pancreas	<p>A long, irregularly shaped gland that sits behind the stomach. It is part of the digestive system and has 3 main functions:</p> <ol style="list-style-type: none"> 1. It releases hormones into the blood that help to maintain the balance of salts and sugars in the body. 2. It releases chemicals that help to break down food in the gut. 3. It releases a chemical called sodium bicarbonate, which protects the lining of the gut from the acids made in the stomach.
Pathology	The branch of medicine that examines diseased tissues.
Pathologist	A doctor who specializes in diagnosis and classification of diseases by laboratory tests such as examination of tissue and cells under a microscope.
Patient advocacy	Speaking on behalf of a patient in order to protect their rights and help them to get the information and services they need.
Peer Review	This involves professionals who work in the same field (e.g. cancer) coming from another area (e.g. England or Scotland) to look at how care is delivered to ensure that good standards of care are met.
Peri menopausal	The time of a woman's life when menstrual periods become irregular. Refers to the time just before menopause.
Peri operative treatment	Treatment given during the time a patient is in hospital for surgery.
Pharynx	The throat.
Psychological distress	An unpleasant emotional experience of a psychological (cognitive, behavioral, emotional), social, and/or spiritual kind that may interfere with the ability to cope effectively with cancer, its physical symptoms and its treatment. Distress can range from common normal feelings of vulnerability, sadness, and fears to problems that can become disabling, such as depression, anxiety, panic, social isolation and spiritual crisis.

Physiotherapist	An allied health professional who helps people to stay mobile and free of pain by teaching exercises, giving advice, and providing treatment.
Post operative	Period of time after surgery.
Pre menopausal	Having to do with the time before menopause. Menopause ("change of life") is the time of life when a woman's menstrual periods stop permanently.
Primary cancer	The first cancerous tumour to develop in a particular part of the body.
Primary Care / Primary Health Care Teams	The Primary Health Care Team (PHCT) refers to groups of professionals delivering health services in the community at "primary" or first points of contact with the health service. Within your GP practice this includes: GPs; practice nurses; practice managers and administrative staff. It also includes community staff that are attached to the GP practice such as district nurses, health visitors, midwives, counsellors etc. It also includes pharmacists, dentists and opticians.
Procedure	A medical procedure is a course of action intended to achieve a result in the care of patients (i.e. to help diagnose, or to treat or relieve symptoms).
Prognosis	An assessment of the expected future course and outcome of a person's disease.
Prognostic	A symptom or sign on which a prognosis may be based.
Prostate	A gland in the male reproductive system just below the bladder. The prostate surrounds part of the urethra, the canal that empties the bladder, and produces a fluid that forms part of semen.
Prostatectomy	An operation to remove part or all of the prostate. Radical (or total) prostatectomy is the removal of the entire prostate and some of the tissue around it.
PSA blood test	A blood test that measures levels of a protein called prostate specific antigen (PSA) that is made by the prostate gland; men with prostate problems usually have high levels of PSA.

Psychological distress	An unpleasant emotional experience of a psychological (cognitive, behavioural, emotional), social and / or spiritual nature that may interfere with the ability to cope effectively with the cancer, its physical symptoms and its treatment. Distress can range for normal feelings of vulnerability, sadness and fears to problems that can become disabling like depression, anxiety, social isolation and spiritual crisis.
Quality Assurance	Actions taken to ensure that a product or service is of the type and quality needed and expected by the patient or profession.
Radical surgery	Surgery to remove all areas of disease to include areas of lymphatic drainage around the cancer. It may involve the total removal of an organ (e.g. bladder or kidney) or mass of tissue (e.g. the breast).
Radiographer	An allied health professional who takes x-rays and scans or gives radiotherapy.
Radiologist	A doctor who specialises in reading scans and x-rays.
Radiology	The use of radiation in the diagnosis and treatment of disease.
Radiotherapist	A doctor who specialises in the treatment of cancer with radiation.
Radiotherapy	The treatment of cancer using radiation (x-rays, gamma rays etc) to destroy cancer cells.
Randomized controlled trial (RCT)	A type of scientific experiment used to test the efficacy or effectiveness of medical interventions like drugs, medical devices or surgery. There are at least 2 different groups in the trial, and people taking part are put into one or other group at random. Certain details about the subjects (e.g. age, sex or the stage of cancer) are put into the computer. The computer then randomly allocates the subjects to a group. This makes sure that the groups are as similar as possible. For example, if doctors didn't take cancer stage into account for some trials, they could end up with one group containing people with more advanced cancers and this could also bias the trial results.

Rectum	The final part of the intestines which ends at the anus.
Rectosigmoid junction	The part of the intestine where the colon becomes the rectum.
Referral	This is the process where the GP arranges for further specialist assessment of your complaint.
Rehabilitation	Refers to the process for returning to a state of health and useful activity.
Renal	Of the kidneys.
Resection	A procedure that uses surgery to remove tissue or part or all of an organ.
Resected Specimen	The tissue removed from the body during an operation.
Sarcoma	Refers to a type of cancer that forms in the muscles or connective tissue such as bone, fat and cartilage.
Scope	A medical scope allows the doctor or nurse to see body tissues inside the body. It is usually used to help diagnose a disease.
Secondaries	New tumours which are formed because cancer cells from the original tumour have broken off and moved to other parts of the body.
Sentinel node biopsy	The first node in a group of lymph nodes in a certain area of the body is removed and examined by a pathologist for cancer cells.
Sexual function	Ability to respond sexually and to feel sexual desire.
Sexual dysfunction	Decrease or loss of sexual desire or sexual response.
Social workers	Social service professionals who can help you get practical, emotional, and financial help.
Speech and language therapists	Allied health professionals who can help people with chewing and swallowing problems, as well as speech problems.
Staging	Assessment of a cancer to help plan treatment. The staging is based on four

	aspects: the size of the tumour; <i>histological grade</i> ; whether it has spread to the lymph nodes; and whether it has spread to any other parts of the body.
Standardised	Brought into conformity so that a task is always done the same way.
Stent	A metal or plastic tube that is inserted into a passage (like a blood vessel) to keep it open.
Stereotactic radiotherapy	A type of radiation therapy in which a number of closely aimed beams of radiation coming from different directions meet at a specific point, delivering the radiation treatment to that spot.
Stoma	An artificial opening between an organ and the skin surface, formed by surgery. There are different types including a tracheostomy (formed from the windpipe), ileostomy (formed from the small bowel), colostomy (formed from the large bowel), and urostomy (formed from the bladder).
Supportive care	An 'umbrella' term for all services, both generalist and specialist, that may be needed to support people with life-threatening illness. It is based on an assumption that people have needs for supportive care from the time that the possibility of a life-threatening condition is raised.
Symptoms	These are a person's physical complaints that need to be assessed in order to exclude an underlying medical condition.
Systemic therapy	Treatment that uses substances that travel through the bloodstream, reaching and affecting cells all over the body. The two main types of systemic therapy are chemotherapy (which uses drugs) and hormone therapy (which uses hormones).
Terminal care	Care of a person in the last days or weeks before they die. Terminal care puts the emphasis on making the person free of pain and as comfortable as possible.
Terminal illness	Active and progressive disease which cannot be cured. Curative treatment is no longer possible, but palliative care is.

Therapy	A word often used to mean treatment.
Thoracic	Referring to the chest area.
Thyroid cancer	Cancer of the thyroid gland, an organ at the base of the throat that makes hormones that help control heart rate, blood pressure, body temperature and weight.
TME or Total Mesorectal Excision	The removal of the mesorectum, which is a parcel of fat around the rectum. The mesorectum contains blood vessels and lymph glands into which the tumour may spread. The aim of TME is to reduce the risk of the tumour regrowing in the pelvis.
Triple Assessment	Patients with suspected breast cancer are often sent to triple assessment clinics. The triple assessment involves: <ol style="list-style-type: none"> 1. breast examination 2. mammogram or ultrasound scan of the breast 3. core biopsy and/or fine needle aspiration of the lump.
Tumour	A lump of cells which can be either benign or malignant/cancerous.
Tumour free excision margins	The area or margin around the wound or excision that is free of cancer cells once a tumour has been cut out.
Tumour marker	A chemical in the blood which may indicate that the patient may have cancer.
Ultrasound scan	An imaging technique which uses sound waves to create an image of internal organs.
Upper Gastrointestinal Cancers	Refers to cancers of the oesophagus (throat), stomach, duodenum (small bowel) liver, pancreas and bile duct.
Uterus	Another word for womb. Part of the female reproductive system.
Voiding difficulties	Problems emptying the bladder or bowel.