

Glossary

- ac** [ABBREV-U6] If a medication is given **ac** (ante cibum), it is given before meals. (o leku) podawany przed jedzeniem
- administer** [V-T-U4] To **administer** a medicine is to give a medicine to a patient. podawać, zaaplikować (lek)
- adult brief** [N-COUNT-U10] An **adult brief** or diaper is a disposable piece of absorbent material fastened with tabs. It is used by both male and female seniors to manage incontinence. pieluchomajtki dla dorosłych
- airway** [N-COUNT-U9] An **airway** is a passage through which air enters and reaches one's lungs, i.e. nose, mouth, etc. drogi oddechowe
- alternating pressure mattress** [N-COUNT-U15] An **alternating pressure mattress** is a mattress that helps prevent sores by keeping pressure off of certain areas of the body. materac przeciwoleżynowy
- antibiotic** [N-COUNT-U3] An **antibiotic** is a drug that kills harmful bacteria in the body and fights infection. antybiotyk
- antidepressant** [N-COUNT-U3] An **antidepressant** is a drug that lifts a person's mood. lek, środek przeciwdepresyjny
- antihistamine** [N-COUNT-U3] An **antihistamine** is a drug that combats symptoms of allergic reactions. antyhistamina
- anti-inflammatory** [N-COUNT-U3] An **anti-inflammatory** is a drug that reduces redness and swelling. lek, środek przeciwzapalny
- assess** [V-T-U8] To **assess** a situation is to evaluate it and potentially decide on an appropriate course of action. tu: oceniać sytuację
- bandage** [N-COUNT-U8] A **bandage** is a strip of material used to protect an injury. bandaż
- bathroom** [N-COUNT-U10] A **bathroom** is a room containing a bathtub or shower, as well as a toilet and sink. łazienka
- bedpan** [N-COUNT-U10] A **bedpan** is a shallow bowl made of metal or plastic used to collect the urinary or fecal waste of bed-confined persons. basen dla chorego (umożliwia wypróżnianie i oddawanie moczu bez opuszczania łóżka)
- BID** [ABBREV-U6] If a medication is given **BID** (bis in die), it is given twice per day. (o leku) podawany dwa razy dziennie
- biohazard waste container** [N-COUNT-U15] A **biohazard waste container** is a special container that stores biological substances, such as body parts, blood, etc. pojemnik na odpady medyczne
- bladder control** [N-UNCOUNT-U10] **Bladder control** is the ability to allow or prevent urinary discharges. kontrola nad pęcherzem moczowym
- bleed** [V-I-U8] To **bleed** is to lose blood from a wound. krwawić
- bone** [N-COUNT-U13] A **bone** is a hard organ that forms the skeleton of a vertebrate. kość
- bottle** [N-COUNT-U2] A **bottle** is a glass or plastic container, often with a narrow top that holds liquids. butelka
- bowel movement** [N-COUNT-U10] A **bowel movement** is the discharge of waste matter from the bowels. wypróżnianie
- broken** [ADJ-U13] When a bone is **broken**, it is no longer in one piece. (o kości) złamana
- bruise** [N-COUNT-U13] A **bruise** is the black or blue discoloration of the skin after an injury. siniak
- burn** [N-COUNT-U8] A **burn** is a physical injury that can be caused by extreme heat, cold, electricity, or dangerous chemicals. oparzenie
- B-vitamins** [N-PLURAL-U1] **B-vitamins** are a group of vitamins that have a range of health benefits, including the promotion of skin and muscle health as well as proper immune system function. witaminy z grupy B
- by mouth (P.O.)** [ADV-U4] If medicine is given **by mouth (P.O.)**, it is taken orally, or through the mouth. (o leku) podawany doustnie
- Calcium** [N-UNCOUNT-U1] **Calcium** is a white chemical element that helps form teeth and bones. wapń
- cane** [N-COUNT-U11] A **cane** is a long stick used as support while walking. laska do podpierania się podczas chodzenia
- capsule** [N-COUNT-U2] A **capsule** is a very small tube, filled with medicine that you swallow whole. kapsułka
- carbohydrate** [N-COUNT-U1] A **carbohydrate** is a nutrient that provides energy for living things. węglowodan
- cellulitis** [N-UNCOUNT-U14] **Cellulitis** is the inflammation of connective tissue or skin that occurs in places where the skin has previously been broken. Cellulitis is most common in skin on the face or lower legs. cellulitis (zapalenie tkanki łącznej)
- chest compression** [N-COUNT-U9] A **chest compression** is the application of rhythmic pressure to the chest in order to artificially simulate the pulsing of the heart. uciskanie klatki piersiowej
- childproof** [ADJ-U2] If an object is **childproof**, it is designed to stop children from opening, using, or breaking it. zabezpieczony przed dziećmi
- clear** [V-T-U12] To **clear** an area of hazards is to remove obstructions. tu: usunąć niebezpieczne przedmioty z danego obszaru
- climb** [V-T-U11] To **climb** stairs is to ascend or go upwards. tu: wchodzić po schodach

clutter [N-UNCOUNT-U12] **Clutter** is unnecessary things lying in one place. *nieład, bałagan*

complicate [V-T-U7] To **complicate** something is to make it more difficult. *komplikować, utrudniać*

contributing factor [PHRASE-U1] A **contributing factor** is one of several things that causes a situation or event to happen. *czynnik przyczyniający się do czegoś*

cover [V-T-U8] To **cover** something is to put one thing over another, with the goal of closing, hiding or protecting it. *przykryć, zakryć*

CPR [ABBREV-U9] **CPR** (cardiopulmonary resuscitation) is the procedure to revive someone through chest compressions and artificial respiration. *resuscytacja krążeniowo-oddechowa*

crack [V-T-U9] To **crack** a rib or other part of the body is to hurt it by hitting or pressing it hard. *(o kości) pęknąć, złamać*

cubic centimeter (cc) [N-COUNT-U5] A **cubic centimeter (cc)** is a unit of volume equal to a cube whose sides are equal to one centimeter. *centymetr sześcienny*

cut [N-COUNT-U13] A **cut** is a narrow, open wound in the skin made by something sharp. *skaleczenie, rozcięcie*

debridement [N-UNCOUNT-U14] **Debridement** is a procedure whereby dead tissue is surgically removed from wound. *opracowanie chirurgiczne rany*

desiccation [N-UNCOUNT-U14] **Desiccation** is a condition wherein tissue becomes excessively dry, frequently leading to cracking. *wysuszenie tkanek*

dignity [N-UNCOUNT-U10] **Dignity** refers to the state of being worthy of respect. *godność*

disoriented [ADJ-U7] If a person is **disoriented**, they are confused and/or have lost their sense of direction. *zdezorientowany*

dispose [V-T-U2] To **dispose** of something is to get rid of an item that is no longer wanted or required. *pozbyć się, wyrzucić (rzecz, która już nie jest potrzebna)*

dizziness [N-UNCOUNT-U7] **Dizziness** is a feeling of unsteadiness or a feeling that one is about to fall combined with a sensation of movement within the head. *zawroty głowy*

dosage [N-COUNT-U4] A **dosage** is the correct amount of medicine to give to a person at one time. *dawka, doza, dawkowanie leku*

dose [N-COUNT-U3] A **dose** is a specific amount of a medicine. *dawka leku*

dress [V-I-U14] To **dress** a wound is to apply medication or a bandage to it. *tu: opatrywać ranę*

driving [N-UNCOUNT-U7] **Driving** is the act of guiding and controlling a car. *prowadzenie samochodu*

drop (gtt) [N-COUNT-U5] A **drop (gtt)** is a unit of liquid volume equal to the amount of liquid which comes from a dropper, or about 1/12th of a milliliter. *kropla*

drowsy [ADJ-U7] If a person is **drowsy**, it means that he or she is tired or sleepy. *senny, śpiący, ospały*

drug interaction [N-COUNT-U7] A **drug interaction** is a desirable or undesirable reaction that a medication has over another medication when they are taken together. *interakcja farmakologiczna, interakcja leków*

elevate [V-T-U8] To **elevate** something is to lift it to a higher, physical position. *podnieść coś wyżej*

eschar [N-COUNT-U14] An **eschar** is a piece of dead tissue that has fallen from the surface of the skin, caused by a burn, bite, etc. *strup*

expiration date [N-COUNT-U2] An **expiration date** is a date printed on packaging after which time an item should no longer be used, will not work effectively, or is not safe to consume. *data ważności*

expire [V-I-U2] If medication **expires**, it means that its shelf life or consumption period is over and it must be discarded. *(o leku) tracić ważność*

exudate [N-COUNT-U14] An **exudate** is a fluid that has oozed out of blood cells and flowed into tissue as a result of inflammation. *wysięk*

faint [V-I-U8] To **faint** is to suddenly become unconscious for a brief period of time. *zemdleć*

fall [V-I-U12] To **fall** is to move downwards without control, usually by losing one's balance. *upaść, przewrócić się*

fatal [ADJ-U7] If something is **fatal**, it means it will cause death. *śmiertelny*

fat [N-COUNT-U1] **Fat** is a compound that is useful for skin and hair health, as well as for maintaining the correct body temperature. However, an excess intake of fats leads to obesity and health problems that come with it. *tłuszcz*

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- first aid** [N-UNCOUNT-U8] **First aid** is basic medical care given to an injured person when other help is not available or necessary. *pierwsza pomoc*
- fracture** [N-COUNT-U13] A **fracture** is a crack or break in a bone. *złamanie, pęknięcie (kości)*
- get around** [PHRASAL V-U11] To **get around** is go from one place to another. *przemieszczać się*
- glove** [N-COUNT-U15] A **glove** is a type of covering that you put over your hands in order to protect them. *rękawiczka*
- gown** [N-COUNT-U15] A **gown** is a special hospital garment that a patient wears. *tu: fartuch szpitalny*
- gram (g)** [N-COUNT-U5] A **gram (g)** is a unit of mass which is equal to one-thousandth of a kilogram and approximately to one cubic centimeter. *gram*
- handrail** [N-COUNT-U12] A **handrail** is a thin tube of metal fixed to a wall in order to offer people support. *poręcz, pochwyt*
- hazard** [N-COUNT-U12] A **hazard** is a potential danger or threat. *niebezpieczeństwo, ryzyko, zagrożenie*
- heal** [V-I-U13] if a cut or wound **heals**, the skin grows back together. *(o ranie) goić się*
- heat stroke** [N-UNCOUNT-U13] **Heat stroke** is the condition when someone experiences fever and unconsciousness caused by prolonged exposure to high temperatures. *udar cieplny*
- high fructose corn syrup** [N-COUNT-U1] **High fructose corn syrup** is a modified corn syrup that is used as a sugar substitute. High fructose corn syrup is found in most processed foods and drinks. *syrop kukurydziany o wysokiej zawartości fruktozy*
- hypothermia** [N-UNCOUNT-U13] **Hypothermia** is a low body temperature, typically due to exposure to a cold environment. *hipotermia (stan obniżonej temperatury ciała, zwykle na skutek działania niskiej temperatury otoczenia)*
- immobilize** [V-T-U8] To **immobilize** someone is to prevent him/her from being able to move. *unieruchomić*
- inability** [N-UNCOUNT-U10] **Inability** is the incapacity to complete a task or function. *niezdolność, niemożność (np. wykonania czegoś)*
- incontinence** [N-UNCOUNT-U10] **Incontinence** is the inability to control urination or defecation. *nietrzymanie moczu lub kału*
- incontinence underwear** [N-UNCOUNT-U10] **Incontinence underwear** is an easy on-easy off underwear with an elastic waistband offering light incontinence protection. *bielizna dla osób z problemami w trzymaniu moczu lub kału*
- inflammation** [N-UNCOUNT-U14] **Inflammation** is a response of tissue to a harmful substance such as pathogens, irritants, or infection. It causes redness or swelling to a particular part of the body. *zapalenie, stan zapalny*
- inhibit** [V-T-U7] To **inhibit** something is to prevent it or slow its effects. *hamować, spowalniać*
- injury** [N-COUNT-U12] An **injury** is a physical damage to one's body. *uraz, kontuzja*
- intramuscular injection (IM)** [N-COUNT-U4] An **intramuscular injection (IM)** is a medicine that is injected into a muscle with a syringe. *zastrzyk domięśniowy, iniekcja domięśniowa*
- junk food** [N-UNCOUNT-U1] **Junk food** is unhealthy food that has high levels of fat, salt or sugar. *niezdrowe, śmieciowe jedzenie*
- laceration** [N-COUNT-U8] A **laceration** is a deep cut caused by a hard impact to soft body tissue. *poszarpanie, pokaleczenie*
- latex** [ADJ-U15] If something is **latex**, it is made from a thick, white liquid produced by plants such as the rubber tree. It can be used to make products such as gloves, rubber and glue. *lateksowy*
- laxative** [N-COUNT-U3] A **laxative** is a drug that helps ease bowel movements. *środek przeczyszczający*
- lightheaded** [ADJ-U7] If a person is **lightheaded**, he or she is experiencing dizziness. *odczuwający zawroty głowy*
- lighting** [N-UNCOUNT-U12] **Lighting** is the quality of light in a given area or room or the way it is lit. *oświetlenie*
- limit** [V-T-U11] To **limit** an activity is to reduce a number of things regarding this activity or to prevent it from occurring. *limitować, ograniczać*
- lung** [N-COUNT-U9] A **lung** is the basic respiration organ inside the chest which is filled with air when you breathe in. *płuco*
- maceration** [N-UNCOUNT-U14] **Maceration** is a condition whereby tissue becomes soft and pale from being constantly wet. *maceracja (uszkodzenie powierzchniowych warstw skóry z powodu nadmiernego kontaktu z wilgocią)*
- malnutrition** [N-UNCOUNT-U1] **Malnutrition** is a medical condition where someone grows weak or ill due to not eating enough food, or good quality food. *niedożywienie*
- mask** [N-COUNT-U15] A **mask** is something that you wear over a portion or all of your face in order to protect it, or to help create a sterile environment. *maska, maseczka*

medication log [N-COUNT-U2] A **medication log** is a record of the medicines that someone takes, along with dosages and all information relevant to the medication. *karta zleceń lekarskich, dziennik leków*

microgram (mcg) [N-COUNT-U5] A **microgram (mcg)** is a unit of mass equal to one millionth of a gram. *mikrogram*

milliequivalent (mEq) [N-COUNT-U5] A **milliequivalent (mEq)** is 1/1000th the weight of the minor component of a chemical solution dissolved in the major component. *miligramorównoważnik*

milligram (mg) [N-COUNT-U5] A **milligram (mg)** is a unit of mass equal to one thousandth of a gram. *miligram*

milliliter (ml) [N-COUNT-U5] A **milliliter (ml)** is a unit of liquid volume equal to one thousandth of a liter and equal to one cubic centimeter. *mililitr*

mobility [N-UNCOUNT-U11] **Mobility** is the ability to get around and move effectively. *zdolność poruszania się*

necrosis [N-UNCOUNT-U14] **Necrosis** is a condition wherein the cells in a living organism's tissue are dying. *martwica (zmiany zachodzące po śmierci komórki w organizmie)*

nonslip [ADJ-U12] When a surface is **nonslip**, it is designed to reduce the chances of slipping. *(o powierzchni) przeciwpoślizgowa, nieślizgająca się*

obesity [N-UNCOUNT-U1] **Obesity** is a medical condition in which excess body fat leads to health problems and a decreased life expectancy. *nadwaga*

obstruction [N-COUNT-U9] An **obstruction** is something blocking a passage in one's body. *niedrożność, zatkanie*

omega-3 [N-COUNT-U1] **Omega-3** is a fatty acid found in fish oil, soybeans, etc. that promotes brain health and helps prevent cancer and cardiovascular disease. *kwasy tłuszczowe omega-3*

oral administration [N-UNCOUNT-U4] **Oral administration** is a route of administration, where medicine is taken through the mouth. *podanie doustne leku*

organizer [N-COUNT-U2] An **organizer** is a book or device that helps you organize information or tasks. *organizer*

ounce (oz) [N-COUNT-U5] An **ounce (oz)** is a unit of weight equal to 1/16th of a pound. *uncja (28 gramów)*

overdose [N-UNCOUNT-U7] **Overdose** is an excessive quantity of a drug taken at one time, possibly resulting in a toxic state or death. *przedawkowanie (leku)*

oxygen tank [N-COUNT-U15] An **oxygen tank** is a container that holds pure oxygen. *butla tlenowa*

painkiller [N-COUNT-U3] A **painkiller** is a drug that reduces physical pain. *środek, lek przeciwbólowy*

path [N-COUNT-U12] A **path** is the space ahead of someone for him or her to walk along. *ścieżka, droga*

pc [ABBREV-U6] If a medication is given **pc** (post cibum), it is given after meals. *(o leku) podawany po posiłku*

pet [N-COUNT-U12] A **pet** is a domesticated animal kept for companionship. *zwierzę domowe*

pill [N-COUNT-U2] A **pill** is a little piece of solid medication that you usually take with water. *pigułka*

pillbox [N-COUNT-U2] A **pillbox** is a small container that is used for storing or transporting pills. It has compartments marked with days or times, which allow you to organize medication. *pudełko na pigułki*

POLST [ABBREV-U9] The **POLST** (Physician Orders for Life-Sustaining Treatment) is generally a one-page medical order completed by a patient, dictating the type of specific medical interventions (CPR, tube feeding, blood transfusion, etc.) the patient would like to receive during a medical emergency. Individuals with a serious illness are usually the ones who have this form. *polecenie medyczne, zwykle jednostronnicowe, sporządzane przez pacjenta, które określa rodzaj medycznej interwencji dopuszczanej i akceptowanej przez niego na wypadek konieczności udzielenia pomocy medycznej*

polypharmacy [N-UNCOUNT-U7] **Polypharmacy** is the use of multiple medications for one or many conditions by one patient. *polipragmazja (przyjmowanie kilku leków jednocześnie)*

prescription [N-COUNT-U4] A **prescription** is a piece of paper, provided by a doctor, listing the type of medicine a pharmacist should give to a patient. *recepta*

pressure [N-UNCOUNT-U8] **Pressure** is the amount of force applied to a certain object. *ucisk, nacisk*

PRN [ABBREV-U6] If a medication is given **PRN** (pro re nata), it is given as needed. *(o leku) podawany w razie potrzeby, stosowanie do potrzeb*

protein [N-COUNT-U1] **Protein** is a nutrient that contributes to tissue, bone, muscle, skin, and blood health. *białko*

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- public transportation** [N-UNCOUNT-U11] **Public transportation** is the system of buses and trains that can be publicly accessed and used. *transport publiczny*
- pulse** [N-COUNT-U9] A **pulse** is the rhythmic pounding of blood through the arteries. *puls, tętno*
- puncture** [V-T-U9] To **puncture** skin or a lung is to make a small hole in it. *przebić, nakłuć*
- qh** [ABBREV-U6] If a medication is given **qh** (quaque hora), it is given every hour. *(o leku) podawany co godzinę*
- qhs** [ABBREV-U6] If a medication is given **qhs** (quaque hora somni), it is given at every bedtime. *(o leku) podawany przed pójściem spać*
- QID** [ABBREV-U6] If a medication is given **QID** (quater in die), it is given four times per day. *(o leku) podawany cztery razy dziennie*
- QOD** [ABBREV-U6] If a medication is given **QOD** (or GAD for quaque altera die), it is given every other day. *(o leku) podawany co drugi dzień*
- recuperate** [V-I-U13] To **recuperate** is to recover after being sick or injured. *odzyskiwać siły, wracać do zdrowia*
- refill** [V-T-U2] To **refill** a prescription is to go to a pharmacist in order to get more doctor prescribed medication. *tu: uzupełnić zapas leków*
- remove** [V-T-U12] To **remove** an obstruction is to take it away. *tu: usunąć przeszkodę*
- rescue breathing** [N-UNCOUNT-U9] **Rescue breathing** is artificial respiration (mouth-to-mouth) administered during a medical crisis. *sztuczne oddychanie*
- rib** [N-COUNT-U9] A **rib** is each of the curved bones surrounding the chest and protecting its organs. *żebro*
- risk** [N-COUNT-U12] A **risk** is a potentially dangerous situation. *ryzyko*
- roller** [N-COUNT-U11] A **roller** is a frame with wheels that rolls on the floor and provides support while walking. *chodzik z kółkami ułatwiający poruszanie się*
- route of administration** [N-COUNT-U4] A **route of administration** is the path by which a medicine is taken into the body, for example, through the mouth. *sposób podania leku (np. doustny)*
- sanitary napkin** [N-COUNT-U10] A **sanitary napkin** (or pad) is a disposable piece of thick and soft material worn inside regular underwear and used by females for light or heavy bladder leakage. *podpaska higieniczna*
- sedative** [N-COUNT-U3] A **sedative** is a drug that puts a person to sleep or calms the person. *środek uspokajający*
- sensitive** [ADJ-U10] If a person is **sensitive**, they demonstrate tact and respect to the feelings, moods, and reactions of others. *wrażliwy, czuły*
- sharps container** [N-COUNT-U15] A **sharps container** is a container for particular medical waste. It stores sharp medical objects such as needles or syringes already used on patients. *pojemnik na ostre odpady medyczne*
- shock** [N-UNCOUNT-U8] **Shock** is a medical condition in which a person suddenly grows weak and cold after an accident or bad experience. During shock, the heart and lungs do not work properly. *wstrząs, szok*
- shot** [N-COUNT-U4] A **shot** is an injection of a drug into the body. *wstrzyknięcie leku*
- shuttle service** [N-COUNT-U11] A **shuttle service** is transportation which moves between locations of a short distance and on a regular schedule. *transport wahadłowy*
- side effect** [N-COUNT-U7] A **side effect** is an undesirable effect that a drug has on a patient in addition to its intended effect. *efekt uboczny*
- slough** [N-COUNT-U14] A **slough** is a mass of dead tissue. *tkanka martwicza (oddzielająca się od zdrowej tkanki)*
- sprain** [N-COUNT-U13] A **sprain** is an injury of a joint that causes swelling, pain but no dislocation. *zwichnięcie (np. ręki); skręcenie (np. kostki)*
- stair** [N-COUNT-U12] A **stair** is a raised platform in a series of steps leading from one floor to another. *schodek, stopień*
- stairlift** [N-COUNT-U11] A **stairlift** is an electronic apparatus which hooks on to the side of a stairwell and provides motorized transportation of an elderly or sick person upstairs or downstairs. *winda schodowa*
- stat** [ABBREV-U6] If a medication is given **stat** (statim), it is given immediately. *(o leku) podawany natychmiast*

sternum [N-COUNT-U9] The **sternum** is a flat T-shaped bone located in the center of the chest. *mostek (kość zlokalizowana w klatce piersiowej)*

stimulant [N-COUNT-U3] A **stimulant** is a drug that makes someone become more active or alert. *środek pobudzający*

stumble [V-I-U12] To **stumble** is to lose one's balance and fall, or almost fall. *potknąć się*

subcutaneous (SQ) [ADJ-U4] If a medicine is **subcutaneous (SQ)**, it is injected into the fatty layer under the skin with a syringe. *podskórny (np. zastrzyk)*

sublingual (SL) [ADJ-4] If a medicine is **sublingual (SL)**, it is given beneath the tongue. *(o leku) podjęzykowy*

suppository [N-COUNT-U3] A **suppository** is a pill that is inserted into a person's rectum. It is used to administer medicine. *czopek*

suture [N-COUNT-U14] A **suture** is a stitch or fastener used to join the edges of a wound and promote healing. *szew (chirurgiczny)*

syringe [N-COUNT-U15] A **syringe** is a tube with a needle that is used to draw liquid out of or into something, i.e. when taking blood from a patient's body. *strzykawka*

tablespoon (Tbsp) [N-COUNT-U5] A **tablespoon (Tbsp)** is a measure of volume equal to the amount a standard tablespoon can hold or about three teaspoons. *łyżka (miara objętości)*

tablet [N-COUNT-U4] A **tablet** is a little piece of medicine that you swallow. *tabletkę*

teaspoon (tsp) [N-COUNT-U5] A **teaspoon (tsp)** is a measure of volume equal to the amount a standard teaspoon can hold, or almost five milliliters. *łyżeczka (miara objętości)*

TID [ABBREV-U6] If a medication is given **TID** (ter in die), it is given three times per day. *(o leku) podawany trzy razy dziennie*

timer [N-COUNT-U2] A **timer** is a small device that is set to get activated in a predetermined time and whose sound reminds the user to start or stop doing a task, i.e. take a pill. *timer (urządzenie, które aktywuje się i wydaje dźwięk o określonej porze)*

tissue [N-UNCOUNT-U14] **Tissue** is a grouping of similar cells with one particular function. Examples include skin or muscle. *tkanka*

topical [ADJ-U4] If a medicine is **topical**, it is applied to a certain part of the surface of the body. *(o leku) podawany miejscowo*

trip [V-I-U12] To **trip** is to hit one's foot against something while walking, thereby stumbling and falling. *potknąć się*

tubing [N-UNCOUNT-U15] **Tubing** is a piece or system of long, narrow objects, shaped like pipes, which liquids and gases can travel through. *rura, rurka, przewód*

unable [ADJ-U11] If a person is **unable**, they are not capable of performing a particular task or function. *niezdolny, nie będący w stanie (czegoś zrobić)*

unaware [ADJ-U10] If a person is **unaware** of something, he/she has no knowledge of a situation. *nieświadomy, niezdający sobie sprawy (np. z sytuacji)*

vitamin A [N-UNCOUNT-U1] **Vitamin A** is a vitamin that contributes to eye health. *witamina A*

vitamin C [N-UNCOUNT-U1] **Vitamin C** is a vitamin that acts as an anti-oxidant and helps prevent heart disease. It promotes overall health. *witamina C*

vitamin D [N-UNCOUNT-U1] **Vitamin D** is a vitamin that contributes to bone health, helping to prevent osteoporosis. *witamina D*

walker [N-COUNT-U11] A **walker** is a device usually made of metal tubing that is used as support while walking. *chodzik, balkonik*

wheelchair [N-COUNT-U11] A **wheelchair** is a chair with wheels attached that helps a person with an illness or disability move from place to place. *wózek inwalidzki*

wound [N-COUNT-U14] A **wound** is an injury that usually involves the rupture of the skin or other tissue and results from something other than disease. *rana*

zinc [N-UNCOUNT-U1] **Zinc** is a metallic chemical element that contributes to brain and central nervous system health. *cynek*