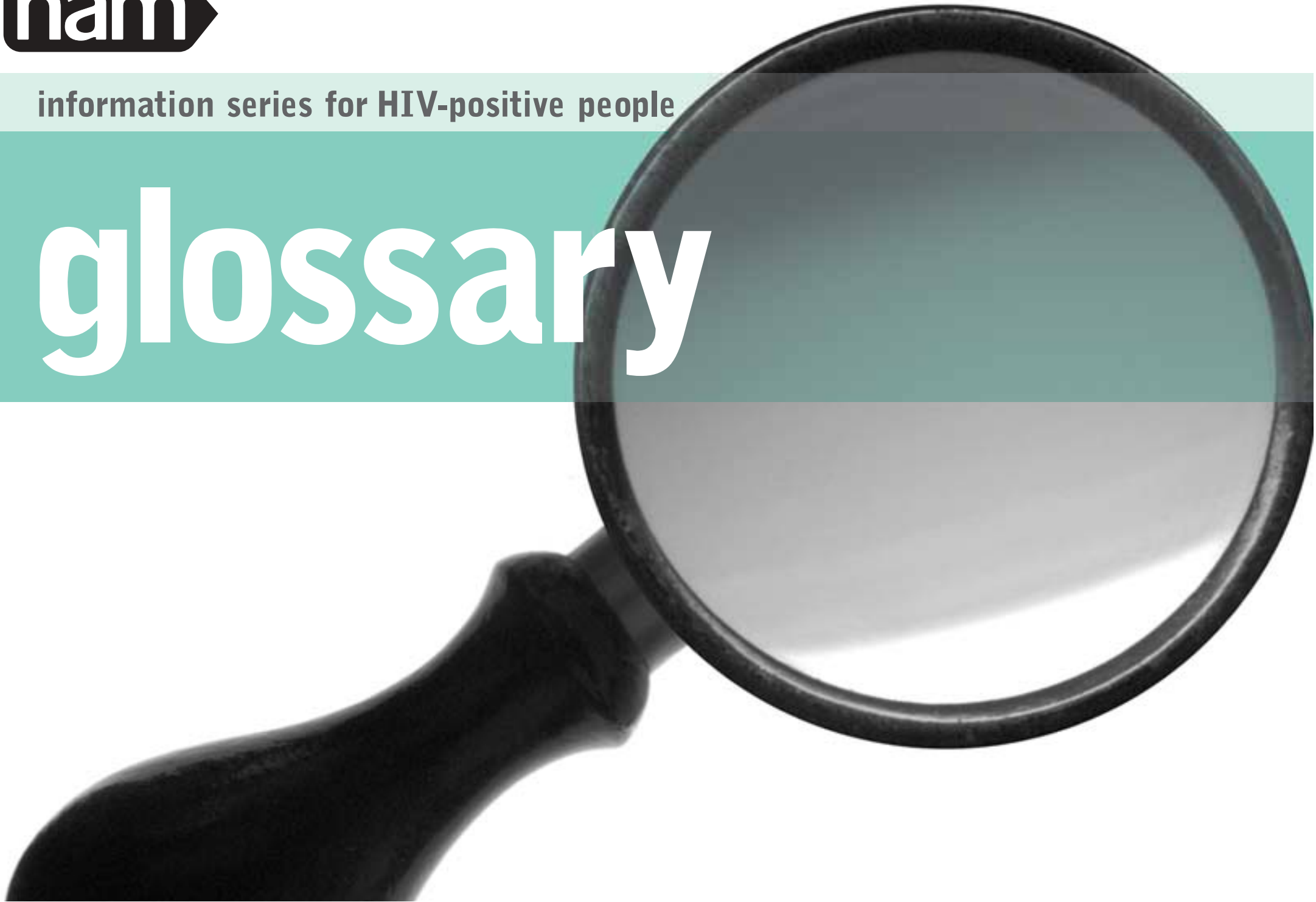




information series for HIV-positive people

glossary



acknowledgments

**Written and produced by
NAM
Third edition 2003**

NAM is grateful to the funders
of this booklet series:
NHS London HIV Consortium
and Elton John AIDS
Foundation

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AIDS Forum

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London

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information series for HIV-positive people

glossary

This Glossary explains common medical and scientific words that are used to describe HIV medicine. It has been produced to make information about HIV therapy easier to understand, and in doing so, to help HIV-positive people better understand their treatment options. We do not intend this booklet to replace discussion with your doctor. However, it may help you to decide what questions to ask your doctor about any course of treatment you may be considering.

1 How to use this glossary

Terms are listed in alphabetical order. Words which are in **bold** are themselves defined within the Glossary. As well as explaining the meaning of each word, we have also included phonetic spellings for scientific terms to help with pronunciation. Where one particular syllable is stressed when the word is spoken, it has been underlined.

For example: **London** would be written lun-den and **Australia** would be written oss-tray-lee-ah.

The pronunciation shown here is either the standard or, where differences exist, an acceptable version.

anal intraepithelial neoplasia (AIN) 2

A

abscess (ab-sess)

A collection of pus formed as the product of infection.

acute (a-kute)

A recently developed condition.

adherence (add-hear-runce)

The act of taking a treatment exactly as prescribed.

adverse event

An unwanted **side-effect** of a treatment.

AIDS

Acquired Immune Deficiency Syndrome. A collection of specific illnesses and conditions which occur because the body's **immune system** has been damaged by **HIV**.

amylase (am-ee-laze)

An enzyme produced in the **pancreas** and saliva which assists in the digestion of starch.

anabolic (anna-bol-ick)

The **metabolic** processes that build new tissues.

anaemia (a-nee-me-uh)

A shortage or change in the size or function of red blood cells. These cells carry oxygen to cells of the body.

anal intraepithelial neoplasia (AIN)

(ay-null in-tra-ep-i-thee-lee-ull nee-o-play-zee-uh)

An abnormal growth on the surface of the rectum or anal canal which, when observed with a microscope, suggests that the cells could be **malignant**.

3 anergy

anergy (an-er-gee)

Lack of reaction by the body's defence mechanisms when foreign substances come into contact with the body. This may indicate the inability of the **immune system** to mount a normal allergic response.

anoscopy (an-os-ku-pee)

Examination of the anal canal and lower **rectum** using a short **speculum**.

anorexia (an-nor-rex-ee-uh)

Loss of appetite.

antenatal (an-tea-na-tul)

Before birth.

antibiotic (an-tea-by-ot-ick)

A drug that affects **bacteria**.

antibody (an-tea-bo-dee)

Protein substance produced by the **immune system** in response to a foreign organism.

antigen (an-ti-jen)

Something the **immune system** can recognise as 'foreign' and attack.

antioxidant (an-tea-ox-i-dant)

A vitamin, mineral or drug which can reduce the activity of free radicals, the unpaired electrons produced as a consequence of burning energy in a cell.

antiretroviral (an-tea-ret-tro-vy-rul)

A substance that acts against **retroviruses** such as **HIV**.

antiviral (an-tea-vy-rul)

A drug that acts against **viruses**.

arthralgia (arth-ra-jure)

Pain in the joints.

arthritis (arth-ry-tuss)

Inflammation in the joints.

assay (ass-ay)

A test used to measure something.

asymptomatic (ay-symp-toe-mat-ick)

Having no **symptoms**.

ataxia (ay-tax-ee-uh)

A lack of muscular co-ordination.

atherosclerosis (ath-er-ro-sklur-ro-sis)

Hardening and narrowing of the arteries.

atrophy (at-tro-fee)

Wasting due to nutritional imbalance, e.g. due to absorption problems caused by chronic diarrhoea.

B

bacteraemia (back-ter-ree-me-uh)

The presence of **bacteria** in the blood.

bacteria (back-tear-ree-uh)

Single-celled micro-organisms.

baseline (baes-line)

Starting point or value.

basophil (bay-so-fill)

A type of **white blood cell**, also called a granular **leukocyte**, filled with granules of toxic chemicals, that can digest micro-organisms. Basophils are responsible for some of the symptoms of an allergy.

B cell

A type of immune cell, responsible for making **antibodies**.

5 bd

bd

Abbreviation of a Latin term meaning twice daily.

bid

Abbreviation of a Latin term meaning twice daily.

bile

A fluid produced by the **liver**. Partly a secretion of waste products and partly aids digestion by breaking down fats and assisting the absorption of nutrients.

bilirubin (bill-i-roo-bin)

A chemical released by the **liver** as a result of damage caused by infection or drugs. Levels are assessed in the diagnosis of liver problems.

bioavailability (by-o-a-vale-a-bill-i-tea)

How much of a drug is absorbed into the bloodstream.

biopsy (by-op-see)

A small sample of tissue that can be examined for signs of disease.

blood-brain barrier (blud-brayn ba-ree-uh)

The name for the body's defence system which makes it hard for many substances in the blood to get into the **central nervous system**.

bone marrow

Cells in the middle of bones which are responsible for producing blood cells.

bronchoscopy (bron-kos-cop-ee)

A medical procedure using a flexible fibre-optic tube that enables examination and **biopsy** of the lungs.

buffalo hump

Fat accumulation on the back of the neck and shoulders associated with hormonal changes and **lipodystrophy**.

C**caesarean section** (suh-sair-ree-un seck-shun)

Method of birth where the child is delivered through a cut made in the womb.

candidiasis (can-did-eye-a-sis)

A disease caused by the **fungi** of the candida family such as *Candida albicans*. Commonly known as **thrush**.

carcinoma (kar-sin-no-muh)

A **malignant tumour** that may spread throughout the body.

cardiovascular

Relating to the heart and blood vessels.

7 catheter

catheter (ka-the-tuh)

A tube that is implanted with one end within the body and the other remaining outside, to make it easier to get drugs into, or waste products out of the body.

CAT scan

Computerised axial tomography scan. A type of specialised X-ray that gives a view of a 'slice' through the body, and is used to help detect **tumours**, infections and other changes in anatomy.

CD4

A molecule on the surface of some cells onto which **HIV** can bind. The CD4 cell count roughly reflects the state of the **immune system**.

CD8

A molecule on the surface of some **white blood cells**. Some of these cells can kill other cells that are infected with foreign organisms.

central nervous system

The brain and spinal cord.

cerebral (se-ree-brull)

Involving the brain.

cerebrovascular (se-ree-bro-vask-ular)

Involving the brain and the blood vessels supplying it.

cerebrospinal fluid (CSF)

(se-ree-bro-spy-nul floo-id)

The liquid surrounding the brain and spinal cord.

cervical intraepithelial neoplasia (CIN)

(sir-vick-ull in-tra-ep-i-thee-lee-ull nee-o-play-zee-uh)

Cancerous growth within the cells lining the **cervix**. Untreated, it can lead to cervical cancer.

cervix (sir-vicks)

The 'neck of the womb' at the top of the vagina.

chemotherapy (key-mo-the-ru-pee)

The use of drugs to treat an illness, often denotes drugs used to treat cancer.

cholesterol (ko-less-troll)

A waxy substance, mostly made by the body and used to produce steroid hormones. High levels can be associated with **atherosclerosis**.

chronic (kron-ick)

A long-term condition.

clades (klaydz)

The term for the different sub-types of **HIV**.

clinical

A term referring to the nursing or medical care of patients.

clinical event

The occurrence of a physical sign or **symptom**, rather than an abnormality that can only be detected by laboratory tests.

clinical trial

A research study involving participants, usually to find out how well a new drug or treatment works in people and how safe it is.

9 clinician

clinician (klin-j-shun)

A medical doctor who is active in looking after patients.

CMV

Cytomegalovirus, a **virus** that can cause blindness in people with advanced **HIV** disease.

CNS

Central nervous system.

codon (koe-don)

A position within a **gene**.

coinfection (koe-infek-shun)

Having more than one infection at the same time. For example, when a person with **HIV** also has **hepatitis** B or C. This can make disease worse and treatment more difficult.

cohort (koe-hort)

A group of people who share at least one common factor (e.g. being **HIV**-positive) and who are studied over a period of time.

colitis (ko-ly-tus)

Inflammation of the bowels.

colonoscopy (ko-lon-os-ku-pee)

Examination of the large bowel using a video camera device.

colposcopy (kol-pos-ku-pee)

Examination of the surface of the **cervix** under magnification to identify the location and extent of abnormal **lesions**.

combination therapy

Using more than one drug at a time.

compassionate use

The release of an experimental drug by its manufacturer to people who are unable to obtain it in a **clinical trial**.

compliance (kom-ply-unce)

An alternative term for **adherence**.

contagious (kon-tay-juss)

An infection that can be spread easily, by casual contact.

contraindication (kon-tra-in-di-kay-shun)

A reason why a drug should not be used.

control group

A group of participants in a trial who receive standard treatment rather than the experimental treatment which is being tested.

crossover trial

A **clinical trial** where participants are switched from one arm to the other part way through.

cross resistance

The mechanism by which **HIV** that has developed **resistance** to one drug may also be resistant to other, similar drugs.

cryptococcosis (krip-toe-kok-ko-sis)

A type of fungal infection usually affecting the membrane around the brain, causing **meningitis**. It can also affect the lungs and chest.

11 cryptosporidiosis

cryptosporidiosis (krip-toe-spor-rid-ee-o-sis)

Infection with the gut parasite

Cryptosporidium parvum and other species, causing severe **diarrhoea**.

culture

Laboratory medium in which microbes can grow.

cytokine (sigh-toe-kyne)

A natural chemical used to pass signals between cells.

cytotoxic (sigh-toe-tox-ick)

Harmful to cells.

cytotoxic T-lymphocyte

A type of **white blood cell** which kills **virus**-infected cells.

D

dementia (de-men-ture)

Changes in mental function, co-ordination and personality resulting from direct effects of HIV infection in the brain.

dermatitis (der-ma-ty-tus)

Inflammation of the skin.

diabetes (dy-a-bee-teez)

A condition characterised by raised concentration of sugar in the blood and urine, due to problems with the production or action of **insulin**.

diagnosis

Description of the causes of a patient's medical problems.

diarrhoea (dy-yor-ree-ah)

Abnormal bowel movements, characterised by watery or frequent stools.

disease progression

The worsening of a disease.

DNA

Deoxyribonucleic acid, the material in the nucleus of a cell where genetic information is stored.

dose

Measured amount of a drug to be taken at one time.

dose-ranging trial

A **clinical trial** where two or more **doses** of a drug are compared to see which works best and is least harmful.

double-blind

A **clinical trial** where neither the researchers nor participants know which assigned treatment an individual participant in the trial is taking until after the end of the trial.

dysplasia (diss-play-zee-uh)

Abnormal growth of cells.

13 early intervention

E

early intervention

Starting **HIV** treatment relatively early in the course of disease.

efficacy (e-fick-ka-see)

How well something works.

encephalopathy (en-keff-a-lop-uh-thee)

A disease or infection affecting the brain.

endogenous (en-dodge-jen-uss)

Coming from within.

endoscopy (en-dos-cup-pee)

Viewing the inside of the body cavity with a flexible instrument using fibre optics.

endpoint

An event used by a **clinical trial** to evaluate whether a trial therapy is working, e.g. developing **AIDS** or a rise in **viral load** above a certain level.

enteric (en-te-rick)

Associated with the gut.

enzyme (en-zyme)

A protein which speeds up a chemical reaction.

epidemiology (ep-pid-dee-me-ol-uh-gee)

The study of diseases within a population.

epidermis (ep-pid-der-miss)

The outer layers of the skin.

epitope (ep-i-tope)

The part of an **antigen** which the **immune system** recognises.

Epstein-Barr virus

The **virus** that causes **oral hairy leukoplakia** and glandular fever. Sometimes called mononucleosis.

erythema (e-ri-thee-muh)

A red skin eruption or rash.

erythropoietin (e-rith-ro-poy-tin)

A natural **hormone** made in the kidneys to stimulate the production of red blood cells by the **bone marrow**.

ethics committee

A panel of people which reviews any proposed **clinical trial** to ensure that the participants are protected from any foreseeable exploitation or harm. In the US known as the Institutional Review Board.

exclusion criteria

Reasons that would disqualify a person from joining a trial.

exogenous (ex-oi-jin-nuss)

Coming from outside the body.

expanded access scheme

A programme that allows access to an experimental drug outside **clinical trials** for people in particular need.

15 first-line therapy

F

first-line therapy

The **regimen** used when starting treatment for the first time.

foetus (fee-tuss)

An unborn baby.

folliculitis (fol-lick-you-ly-tuss)

Infection of the follicles, small sacs or glands in the skin such as those found at the base of hairs.

fungi

A group of organisms, including the yeasts which cause **candidiasis** and **cryptococcosis**.

fusion inhibitor (few-shun in-hib-i-tor)

Anti-HIV drug targeting the point where **HIV** locks on to an immune cell.

G

gall bladder

The organ connected to the **liver** which stores **bile**.

gastrointestinal (gas-tro-in-test-eye-null)

Relating to or affecting the stomach, gut or bowel.

gastroscopy (gas-tros-cup-pee)

Examination of the stomach using a fibre optic device.

gene

A **DNA** sequence which determines the structure of a **protein**.

genotype (jean-o-type)

The genetic make-up of an organism.

giardiasis (jee-ar-dee-ay-siss)

An illness caused by the gut parasite *Giardia lamblia*.

globulins (glob-you-lins)

Proteins found in the blood and **cerebrospinal fluid**.

glucose (gloo-koze)

A form of sugar found in the bloodstream. All sugars and starches are converted into glucose before they are absorbed.

granulocytes (gran-you-low-sites)

See **neutrophil**.

granulocytopenia

(gran-you-low-sigh-toe-pee-nee-uh)

A shortage of **neutrophils**.

glutathione (glue-ta-thee-own)

A natural chemical used by the body to work against oxidative stress.

gynaecology (guy-nu-kol-o-gee)

Study of medical conditions specific to women's reproductive organs.

17 HAART

H

HAART

Highly Active **Antiretroviral** Therapy, a term used to describe anti-HIV **combination therapy** with three or more drugs.

haematocrit (hee-ma-toe-krit)

Measurement of the proportion of red cells in the blood.

haematology (hee-ma-tol-o-gee)

Study of blood conditions. Also used to describe a range of biochemical tests carried out on the blood.

haemoglobin (hee-ma-glow-bin)

Red-coloured, oxygen-carrying chemical in red blood cells.

haemophilia (hee-ma-fill-ee-uh)

Inherited illness in which the blood does not always clot, often requiring injections of blood clotting agents.

half-life

The amount of time it takes for half a **dose** of any drug to be eliminated from the body.

helper cell

An alternative name for **CD4 T cells**.

hepatic (he-pa-tick)

To do with the **liver**.

hepatitis (he-pa-ty-tuss)

Inflammation or infection of the **liver**.

hepatotoxicity (he-pa-toe-tox-i-cit-tee)

Side-effects affecting the **liver**.

herpes simplex (her-pee-z sim-plex)

A viral infection which may cause sores around the mouth or genitals.

herpes viruses

Family of **viruses** which can cause disease in **HIV** infection, e.g. cytomegalovirus and herpes zoster.

hickman line

A type of **catheter** that is surgically implanted, with one end leading into a large vein in the chest, and the other end remaining outside the chest.

histology (hiss-tol-o-gee)

Examining a sample of cells under a microscope to determine if they are normal or if there is evidence of infections or **tumours**.

historical control

A comparison group of people not taking an experimental drug, taken from previous **clinical trials**.

HIV

Human immunodeficiency **virus**, the virus which causes **AIDS**. There are two variants: HIV-1, and HIV-2. HIV-1 is by far the most common world-wide. See **subtype** for more information.

homeopathy (ho-mee-o-pu-thee)

A therapy which aims to treat illness using tiny quantities of the substance that caused the illness, or of a substance that causes similar **symptoms**.

19 hormone

hormone

A chemical which stimulates or suppresses cell and tissue activity.

human papilloma virus (HPV)

(hu-man pa-pill-low-muh vy-russ)

A group of wart-causing **viruses** which are also responsible for cancer of the **cervix** and some anal cancers.

hyper (hy-puh)

Prefix meaning higher than usual.

hyperglycaemia (high-puh-gly-see-me-uh)

Raised concentration of sugar in the blood.

hyperlipidaemia (high-puh-li-pi-dee-mee-uh)

High levels of fat in the blood.

hypersensitivity (high-puh-sen-sit-i-vit-ee)

An allergic reaction.

hypertension (high-puh-ten-shun)

Raised blood pressure.

hypertriglyceridaemia

(high-puh-try-gli-si-ry-dee-me-uh)

High levels of **triglycerides** in the blood.

hypo (high-po)

Prefix meaning lower than usual.

hypoxaemia (high-pox-ee-mee-uh)

Reduced amounts of oxygen in the blood, usually caused by pneumonia.

I

IC50 / IC90

The concentration of a drug needed to inhibit viral replication by either 50% (IC50) or 90% (IC90). IC stands for 'inhibitory concentration'.

idiopathic (id-ee-o-pa-thick)

Disorder whose cause is unknown.

immune modulator

A substance that changes an aspect of the way the **immune system** is working.

immune reconstitution

Improvement of the function of the **immune system** as a consequence of anti-HIV therapy.

immune system

The body's mechanisms for fighting infections and eradicating dysfunctional cells.

immunoglobulin (i-mune-o-glob-you-lin)

Another name for **antibodies**.

immunologic response

The effect of treatment on the **immune system**, particularly on the **CD4** cell count.

immunosuppression

(i-mune-o-su-pre-shun)

A reduction in the ability of the **immune system** to fight infections or **tumours**.

inclusion criteria

The conditions which a person must meet to join a **clinical trial**.

21 informed consent

informed consent

Agreement to take part in a **clinical trial**, or to take a test, after a full written or verbal explanation of the trial including the risks and benefits of taking part, has been provided by the researchers.

insomnia (in-som-nee-uh)
Sleeplessness.

insulin (in-syoo-lin)
A **hormone** produced by the **pancreas** that tends to lower blood sugar levels.

integrase (in-te-graze)
HIV enzyme that the **virus** uses to insert its genetic material into that of an infected cell.

intention to treat analysis

A form of statistical analysis of **clinical trials**, where data from all participants enrolled in the trial is evaluated, rather than data only from those who complete the trial.

interferon (in-ter-fear-ron)
A type of antiviral **protein** which stimulates the **immune system**.

interleukin (in-ter-loo-kin)
A type of **cytokine**.

intramuscular (in-truh-muss-kew-lah)
Injected into a muscle.

intrapartum (in-truh-par-tum)
During the birth of a baby.

intravenous (in-truh-vee-nuss)
Injected into a vein.

intravitreal (in-truh-vit-tree-ull)

Injected into the eye.

in utero (in you-ter-row)

Latin term meaning in the womb.

invasive

In medical terms, going inside the body.

in vitro (in vee-tro)

Latin term for experiments conducted in artificial environments, e.g. in test-tubes.

in vivo (in vee-vo)

Latin term for experiments conducted in humans or animals.

isosporiasis (eye-so-spor-ry-uh-siss)

An illness caused by the parasite

Isospora belli.

J

jaundice (jorn-diss)

A yellowing of the skin and whites of the eyes associated with **liver** or **gall bladder** problems.

23 Kaposi's sarcoma

K

Kaposi's sarcoma (kar-po-zeez sar-ko-muh)

Lesions on the skin and/or internal organs caused by abnormal growth of blood vessels.

Karnofsky score

A number between 0 and 100 which is assigned by a doctor to describe a patient's ability to function, as measured by the performance of common tasks.

KS

Short for **Kaposi's sarcoma**.

L

lactate (lack-tate)

Another name for lactic acid.

lactic acidosis (lack-tick a-si-do-siss)

High blood levels of lactic acid, a substance involved in **metabolism**. Lactic acidosis is a rare **side-effect** of **nucleoside analogues**.

lesion (lee-shun)

Any abnormal change in body tissue caused by disease or injury. Often refers to **Kaposi's sarcoma**, which can cause skin lesions.

leukocytes (loo-ko-sites)

White blood cells.

leukopenia (loo-ko-pee-nee-uh)

Fewer than normal white cells in the blood, usually due to **bone marrow** damage.

leukoplakia (loo-ko-play-key-uh)

A mouth infection caused by **Epstein-Barr virus** that can occur relatively early in **HIV** disease. Often called hairy leukoplakia due to its appearance as white patches on the sides of the tongue.

lipid (li-pid)

A general term for fats.

lipoatrophy (li-po-a-tro-fee)

Loss of body fat.

lipodystrophy (li-po-diss-tro-fee)

A disruption to the way the body produces, uses and distributes fat.

liver

An organ involved in digestion of food and excretion of waste products from the body.

liver function tests (LFTs)

Tests evaluating the functioning of the **liver**.

log

Short for logarithm, a scale of measurement often used when describing **viral load**. A one log change is a ten-fold change, such as from 100 to 10. A two log change is a one hundred-fold change, such as from 1,000 to 10.

lumbar puncture (lum-buh punk-ture)

A small hole made in the spinal column to take out spinal fluid for tests or to inject drugs. Also called a spinal tap. It involves the insertion of a needle through the tissue between the vertebrae to access the spinal canal.

lymphadenopathy

(lim-fad-den-o-pu-thee)

A swelling of the **lymph nodes**.

25 lymphocyte

lymphocyte (lim-fo-site)

A type of **white blood cell**.

lymphocytic interstitial pneumonitis

(lim-fo-sit-tick in-ter-stitt-ee-ul new-mon-eye-tuss)

A type of lung problem, most commonly seen in children with **HIV** infection.

lymphoid tissue (lim-foid ti-shoo)

Tissue involved in the formation of lymph fluid, **lymphocytes** and **antibodies**.

lymphoma (lim-fo-muh)

A type of **tumour** affecting the **lymph nodes**.

lymph nodes (limf nodes)

Special areas in the body where **white blood cells** and other important immune cells are found. Also known as glands.

M

macrophage (mack-ro-fayge)

A **white blood cell** that roams the body tissues engulfing foreign organisms.

magnetic resonance imaging (MRI)

Technique similar to **CAT scanning**.

MAI / MAC (*Mycobacterium avium-intracellulare/Mycobacterium avium complex*)

Micro-organisms related to **TB** which can cause disease in people with advanced **HIV**.

maintenance therapy

Taking drugs for a period of time after an infection has been treated, to stabilise the condition or prevent a re-occurrence or deterioration.

malabsorption (mal-ab-zorb-shun)

Failure of the gut to absorb food, resulting in weight loss, **diarrhoea** and decreased effectiveness of drugs taken orally.

malaise (ma-layze)

A general feeling of illness.

malignant (mal-ig-nunt)

Tumours which may grow rapidly, infiltrate surrounding tissues and spread around the body.

mane

Latin term meaning day.

mean

The average value (the sum of the observed values divided by their number).

median

The central value of the distribution, so that half the values are less than or equal to it and half are greater than or equal to it.

meningitis (men-in-iy-tuss)

Inflammation of the outer lining of the brain.

meta-analysis

Where data from several **clinical trials** of the same thing, such as the use of a specific drug to treat a particular infection, are combined together to produce an overall result.

metabolism (me-ta-bol-iz-um)

The mechanisms which sustain life, turning sugar and fat into energy.

27 matabolite

metabolite (me-tab-o-lite)

Any chemical resulting from the process of **metabolism**.

microsporidiosis

(mi-crow-spor-id-ee-o-siss)

Infection with the gut parasite *Microsporidia*.

mitochondria (my-toe-kon-dree-uh)

Cellular compartment involved in energy production.

monocyte (mon-o-site)

A **white blood cell** that roams the body tissues engulfing foreign organisms.

monotherapy (mon-o-the-rah-pee)

Taking a drug on its own, as opposed to in combination with other drugs.

mutation

A single change in gene sequence.

myalgia (my-al-gee-uh)

Muscle pain.

mycobacteria (my-ko-back-teer-ree-uh)

Family of **bacteria** that includes the causes of **tuberculosis** and **MAI**.

mycosis (my-ko-siss)

Any fungal disease.

myelotoxic (my-uh-low-tock-sick)

Damaging to the **bone marrow**.

myopathy (my-o-pa-thee)

Muscle wastage or disease.

N

nadir

Lowest out of a series of measurements.

naïve

Never having taken anti-**HIV** treatments before.

named patient basis prescribing

A means of access to an unlicensed drug, in which a doctor requests supplies from its manufacturer for a specific individual.

natural killer cells

Cells in the **immune system** which attack and destroy infected cells or **tumour** cells.

nausea (nor-zee-uh)

Feeling sick.

neoplasm (nee-o-plaz-um)

An abnormal and uncontrolled growth of tissue; a **tumour**.

nephrotoxic (nef-fro-tock-sick)

Damaging to the kidneys.

neuralgia (nure-ral-gee-uh)

A sharp pain along the path of a nerve.

neurological (nure-ro-lo-jick-ul)

Relating to the brain or nervous system.

neuropathy (nure-op-pu-thee)

Damage to the nerves.

neutropenia (new-tro-pee-nee-uh)

A shortage of **neutrophils**.

29 neutrophils

neutrophils (new-tro-fills)

Immune cells in the blood which can attack **bacteria** and fungal infections.

NNRTI

Non nucleoside **reverse transcriptase** inhibitor, the family of **antiretrovirals** which includes efavirenz, nevirapine and delavirdine.

nocte

Latin term meaning night.

NRTI

Nucleoside analogue reverse transcriptase inhibitor, the family of **antiretrovirals** which includes AZT, ddI, 3TC, d4T, ddC and abacavir.

nucleoside (noo-klee-o-side)

One of the building blocks from which **DNA** and **RNA** are made.

nucleoside analogue

Chemical which resembles a **nucleoside**. Family of **antiretrovirals** which includes AZT, ddI, 3TC, d4T, ddC and abacavir.

nucleotide analogue

(noo-klee-o-tide anna-log)

Chemical which resembles a **nucleotide**. Family of **antiretrovirals** which includes tenofovir.

O

observational study

A **clinical trial** which reports on an unfolding situation.

obstetric (ob-stet-trick)

Relating to **antenatal** care.

ocular (ock-you-luh)

Relating to the eye.

od

Abbreviation of a Latin term meaning every day.

oedema (uh-dee-muh)

Accumulation of fluid below the skin or in the cavities of the body.

oesophagus (uh-sof-fa-guss)

The tube leading from the throat to the stomach.

OI

Opportunistic infection.

om

Abbreviation of a Latin term meaning every morning.

on

Abbreviation of a Latin term meaning every night.

open-label

A **clinical trial** where both the researcher and participants know who is taking the experimental treatment.

opportunistic infection

(opp-uh-chew-nis-tick in-feck-shun)

Specific infections which cause disease in someone with a damaged **immune system**.

31 paediatric

P

paediatric (pee-dee-a-trick)

Of or relating to children.

palliative (pa-lee-a-tive)

To do with relieving rather than curing **symptoms**.

pancreas (pan-kree-uss)

A glandular organ situated behind the stomach that secretes **insulin** and pancreatic digestive **enzymes**.

pancreatitis (pan-kree-uh-ty-tuss)

A condition of the **pancreas** causing severe abdominal pain, shock and collapse, which can be fatal.

pancytopenia (pan-sigh-toe-pee-nee-uh)

Low numbers of all blood cells.

PAP smear

A specimen of cells from the **cervix**, usually obtained in scrapings from the opening, which may be examined by microscope to look for abnormalities.

paraesthesia (pa-russ-thee-see-uh)

Abnormal sensations of touch on the skin.

pathogen (pa-tho-jen)

Any micro-organism which can cause disease. There are four main types: **bacteria, fungi, protozoa, viruses**.

pathogenesis (pa-tho-jen-e-siss)

The ways in which disease is caused by a **pathogen**.

pc

Abbreviation of a Latin term meaning after food.

PCP

Pneumocystis carinii pneumonia, a form of pneumonia, which is an **AIDS** defining illness.

PCR

Polymerase chain reaction, a method of amplifying fragments of genetic material so that they can be detected. Some **viral load** tests use this method.

perianal (pe-ree-ay-nul)

Around the anus.

perinatal (pe-ree-nay-tul)

Around the time of birth.

peripheral neuropathy

(per-riff-er-ul nure-op-uh-thee)

Damage to the nerves of the hands and/or feet, causing **symptoms** ranging from numbness to excruciating pain.

pharmacokinetic (farm-a-ko-kin-et-ick)

The study of how a drug is absorbed and distributed throughout the body.

phase I (faze one)

The earliest stage of a **clinical trial** in humans, designed to see if a drug, or vaccine is safe and what the maximum safe **dose** is.

phase I/II (faze one-two)

Stage of a **clinical trial** to see what the most effective **dose** of a drug is.

33 phase II

phase II (faze two)

Stage of a **clinical trial** to see if a drug is effective in the short-term.

phase III (faze three)

Stage of a **clinical trial** when the experimental drug is given to large numbers of people, at the **does** determined in **phase I** or **phase II**. Often the trial drug is compared with a treatment already in use or with an inactive **placebo**.

phenotype (fee-no-type)

Trait or behaviour which results from a particular **genotype**. A **malignant tumour** that may spread throughout the body.

phosphorylation (foss-fo-ri-lay-shun)

Process by which the **NRTI** drugs are converted within human cells into forms that inhibit **HIV**.

PI

See **protease inhibitor**.

placebo (pla-see-bo)

A pill or liquid which looks and tastes exactly like a real drug, but contains no active substance.

plasma (plaz-muh)

The fluid portion of the blood.

PML

Progressive multifocal leukoencephalopathy, a serious brain infection.

preclinical

Of **in vitro** research or research involving animals, undertaken prior to research in humans.

primary infection

The first few weeks after infection, e.g. with **HIV**.

pro-drug

A drug that is broken down into another active form inside the body.

prognosis

 (prog-no-siss)

Likely outcome, such as the risk of disease progression.

proliferation

Multiplication (e.g. of **immune system** cells) to control an infection.

prophylaxis

 (prof-fee-lax-iss)

Taking a drug to prevent an illness. Primary prophylaxis is the use of drugs to prevent a first occurrence of illness. Secondary

prophylaxis is the use of drugs to prevent re-occurrence of illness.

protease

 (pro-tee-ayze)

An **enzyme** that **HIV** uses to break up large **proteins** into smaller ones from which new HIV particles can be made.

protease inhibitor

(pro-tee-ayze in-hib-it-tor)

Family of **antiretrovirals** which target the **protease enzyme**. Includes amprenavir, indinavir, lopinavir, ritonavir, saquinavir, nelfinavir, and atazanavir.

protein

 (pro-teen)

A substance which forms the structure of most cells and **enzymes**.

35 protocol

protocol (pro-toe-kol)

A detailed research plan that describes the aims and objectives of a **clinical trial** and how it will be conducted.

protozoa (pro-toe-zo-uh)

A group of single-celled animals, a few of which cause human disease.

proviral DNA

The chemical form in which **HIV's** genetic information is stored within infected cells.

psoriasis (sor-ry-uh-siss)

A disease in which the skin develops raised, rough, reddened areas.

pulmonary (pull-mun-er-ree)

Affecting the lungs.

Q

q4h

Abbreviation of a Latin term meaning every four hours.

qd

Abbreviation of a Latin term meaning once every day.

qw

Abbreviation of a Latin term meaning every week.

R

radiotherapy

Treatment using radium or other radioactive matter.

randomisation

The process of selecting by chance the treatment that a **clinical trial** participant will receive.

recombinant (ree-kom-bin-nant)

Genetically reconstructed.

rectum (rek-tum)

The last part of the large intestine just above the anus.

regimen

A drug or treatment combination and the way it is taken.

regression

Improvement in a **tumour**.

remission (ree-mish-un)

Partial recovery from an illness, an alternative word for **regression**.

renal (ree-null)

Relating to the kidneys.

replication (re-pli-kay-shun)

The process of viral reproduction.

resistance

A drug-resistant **HIV strain** is one which is less susceptible to the effects of one or more anti-HIV drugs because of its **genotype**.

retinitis (ret-tin-eye-tuss)

Damage to the retina, the light-sensitive surface at the back of the eye.

37 retrovirus

retrovirus (ret-tro-vy-russ)

Family of **viruses** to which **HIV** belongs, that are distinguished by their use of **RNA**.

reverse transcriptase

A retroviral **enzyme** which converts genetic material from **RNA** into **DNA**, an essential step in the lifecycle of **HIV**.

RNA

Ribonucleic acid, the form in which **HIV** stores its genetic material.

S

salvage therapy

Any treatment **regimen** used after a number of earlier regimens have failed.

seborrhoeic dermatitis

(seb-or-ree-ic der-mah-tyte-uss)

A chronic inflammatory disease of the skin, characterised by dry, moist or greasy scaling, and yellow crusted patches.

sepsis (sep-siss)

The presence of pus-forming **bacteria** in the body.

seroconversion (sear-row-con-ver-shun)

The time at which a person's **antibody** status changes from negative to positive.

seronegative

Negative antibody result in a blood test.

seropositive

Positive antibody result in a blood test.

serum (sear-um)

Clear, non-cellular portion of the blood, containing **antibodies** and other **proteins** and chemicals.

shingles

Condition caused by a **herpes virus** infection, involving painful blisters on the skin.

sigmoidoscopy (sig-moyd-os-ko-pee)

Examination of the **rectum** and lower bowel with a flexible viewing device.

single blind

A type of **clinical trial** in which the participants do not know what treatments they are getting, but their doctors do.

simian (sim-ee-un)

Related to or affecting monkeys.

sinusitis (sign-uss-ite-uss)

Inflammation or infection of the sinuses, which are cavities behind the forehead and cheekbones.

spleen

Organ which produces **white blood cells** and acts as a reservoir for red blood cells.

39 speculum

speculum (speck-you-lum)

An instrument for enlarging the opening of any canal or cavity in order to inspect its interior, e.g. vagina, **rectum**, ear or nose.

splenomegaly (splen-o-meg-a-lee)

Enlarged **spleen**.

sputum smear (spew-tum smear)

A diagnostic test in which a sample of spit is examined under the microscope for the presence of micro-organisms.

squamous intraepithelial lesion (SIL)

(skway-muss in-tra-epp-ee-thee-ee-ul lee-shun)

Cancerous growth within the cells lining the **cervix**. Untreated, it can lead to **invasive** cancer of the cervix.

steroids

Drugs used to damp down excessive immune responses.

strain

A variant characterised by a specific **genotype**.

subcutaneous (sub-kew-tay-nee-uss)

Beneath or introduced beneath the skin, e.g. a subcutaneous injection is an injection beneath the skin.

subtype

Different strains of **HIV** which can be grouped according to their **genes**. HIV-1 is classified into three 'groups,' M, N, and O. Most HIV-1 is in group M which is further divided into subtypes, A, B, C and D etc. Subtype B is

commonest in the UK, Europe and North America, whilst A, C and D are most important worldwide.

superinfection

When somebody already infected with **HIV** is exposed to a different **strain** of HIV and becomes infected with it in addition to their existing **virus**.

surrogate marker

An indirect indicator of something, such as measuring **viral load** to assess the treatment effect of a drug.

symptom

A condition that results from or accompanies an illness or disease.

symptomatic

Having **symptoms**.

syndrome

A group of **symptoms** and diseases that together are characteristic of a specific condition.

synergy (sin-er-gee)

When two or more drugs produce an effect greater than adding their separate effects.

systemic (siss-tem-ick)

Acting throughout the body rather than locally.

T

TB

Short for **Tuberculosis**.

T cell

A type of **immune system** cell which is damaged in the course of **HIV** infection. **CD4** and **CD8** cells are both sub-types of T cell.

T helper cells

T cells that alert the **immune system** to produce cytotoxic T **lymphocytes** against a specific infection.

teratogenic (te-rat-o-gen-ick)

Causing physical defects in the **foetus**.

therapeutic vaccine

(the-rup-you-tick vax-zine)

A vaccine-like product used with the aim of improving the immune function of someone who already has an infection, rather than of preventing the infection.

thrombocytopenia

(throm-bow-sy-to-pee-nee-uh)

A decreased number of specific cells in the blood responsible for blood clotting.

thrush

A fungal infection of the mouth, throat or genitals, marked by white patches. Also called **candidiasis**.

thymus

A gland in the chest where **T cells** produced in the **bone marrow** mature into effective **immune system** components.

tid

Abbreviation of a Latin term meaning three times a day.

titre (ty-tra)

A laboratory measurement of the amount, or concentration, of a given component in solution.

tiw

Abbreviation of a Latin term meaning three times a week.

tonsils

Two oval **lymph node**-like structures situated where the mouth joins the throat.

topical (top-i-kull)

Applied directly to the affected area, as opposed to **systemic**.

toxicity (tocks-i-city)

The extent or ways in which a drug is poisonous to the body.

toxin (tock-sin)

A poisonous substance.

toxoplasmosis (tock-so-plaz-mo-siss)

A disease due to infection with the **protozoa** *Toxoplasma gondii*, usually causing inflammation of the brain.

transaminase (trans-am-in-ayze)

An **enzyme** that can be measured in a blood sample that indicates the health of the **liver**.

43 triglycerides

triglycerides (try-gliss-er-ides)

The basic 'building blocks' from which fats are formed.

trough level (troff le-vull)

The lowest point to which levels of a drug fall in the blood between **doses**.

tumour (chew-ma)

Growth of tissues that perform no useful function, sometimes due to cancer.

tuberculosis (chew-bur-queue-low-siss)

A disease caused by the bacterium *Mycobacterium tuberculosis*.

U

ulcer

A break in the skin or mucous membrane which involves the loss of the surface tissue.

undetectable viral load

A level of **viral load** that is too low to be picked up by the particular viral load test being used.

uveitis (you-vee-i-tuss)

Inflammation of the middle layer of the eye.

V

vaccine (vax-zine)

A substance that contains antigenic components from an infectious organism. By stimulating an immune response (but not disease), it protects against subsequent infection by that organism.

vertical transmission

Transmission, for example of **HIV**, from mother-to-baby.

viraemia (vy-ree-me-uh)

The presence of **virus** in the blood.

viral load

Measurement of the amount of **virus** in a sample. **HIV** viral load indicates the extent to which HIV is reproducing in the body.

virion (vi-ree-on)

A **virus** particle existing freely outside a host cell.

virologic response

The effect of treatment on **viral load**.

virulence

The power of **bacteria** or **viruses** to cause a disease. Different **strains** of the same micro-organism can vary in virulence.

virus (vy-russ)

A microscopic germ which reproduces within the living cells of the organism it infects.

visceral (viss-sir-ull)

Of or pertaining to the internal organs.

vulva

The external female genitals.

45 white blood cell

W

white blood cell

The cells of the **immune system**, including **basophils, lymphocytes, neutrophils, macrophages** and **monocytes**.

wild-type virus

Virus that has not been exposed to anti-**HIV** drugs before.



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Third Edition 2003

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design Alexander Boxill

photography Photodisc

print Formation

This booklet can be viewed in large print as a pdf file using Acrobat Reader.

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