

GLOSSARY

1951 Refugee Convention	On July 28, 1951, world governments adopted this "convention" relating to the status of refugees. This agreement has served as the bases for defining refugees and refugee law and for granting refugees status ever since.
Adolescent	The period of life from puberty to maturity, approximately ages 12 to 20 (or terminating legally at the age of majority).
Aids	Acquired Immune Deficiency Syndrome. A disease of the immune system caused by the HIV (human immunodeficiency virus) virus.
Alcohol Abuse	A maladaptive pattern of alcohol use leading to clinically significant impairment or distress (evident in recurrent failures to fulfill obligations at work, school, or home, or in recurrent health or legal problems due to alcohol use).
Alcohol Dependency	Alcohol Abuse with the additional feature of physiological and psychosocial evidence of addiction.
Alcoholics Anonymous (AA)	This is a free service for people who are trying to stop drinking.
Alpha Blockers	These work on the nervous system to relax blood vessels, which allows blood to pass more easily.
Alpha-Beta Blockers	These work the same way as alpha blockers but also slow the heartbeat, as beta-blockers do. As a result, less blood is pumped through the vessels.
Alpha-fetoprotein (AFP)	A serum (blood) protein produced by the growing fetus (healthy, nonpregnant adults produce only very small quantities). Increased amounts of AFP in the mother's blood is the result of diffusion across the placenta and the amniotic membranes. The concentration of AFP in the fetus's (and thus the mother's) blood is at its maximum at the end of the first trimester of pregnancy.
Amniocentesis	A method used to determine the sex or any abnormality of the fetus by testing a sample of amniotic fluid (obtained by inserting a hollow needle into the women's uterus via the abdominal wall).

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Amniotic Fluid	The fluid within the uterus in which the fetus is suspended.
Anemia	A condition in which the blood is deficient in red blood cells, in hemoglobin, or in total volume.
Angina	Brief spasmodic attacks of chest pain caused by deficient oxygenation of the heart muscles.
Angiotensin Antagonists	These are a new type of high blood pressure drug. They shield blood vessels from a hormone called angiotensin II, which normally causes vessels to narrow. As a result, the vessels are wider and pressure lowers.
Angiotensin Converting Enzyme (ACE) Inhibitors	These prevent angiotensin II from being formed. They relax blood vessels and pressure goes down.
Arteriosclerosis	Literally, the hardening of the arteries.
Asylum Seeker	A person seeking refuge in a new country from these same threats. International law recognizes the right to seek asylum, but does not oblige states to provide it.
Ataxia	Lack of coordination and/or balance.
Autonomy	Self-directing freedom, especially moral independence.
Before School/After School Programs	Children receive care and supervision while parents are working either before or after formal school hours.
Behavior Management	A general term used to describe techniques used by parents to help their child learn appropriate and desired behaviors.
Benign	Non-cancerous, does not threaten health or life.
Beri beri	A deficiency disease marked by inflammatory or degenerative changes of the nerves, digestive system, and heart and caused by a lack of or inability to assimilate thiamine (vitamin B ₁).

Beta Blockers	These reduce nerve impulses to the heart and blood vessels. This makes the heart beat less often and with less force; as a result, blood pressure drops and the heart works less hard.
Biopsies	The removal and examination (for the presence of disease) of tissue, cells, or fluid from the living body.
Blood group	One of the four classes (A, B, AB, or O) into which individuals and/or their blood can be separated based on the presence or absence of specific antigens in the blood.
Calcium Channel Blockers (CCBs)	These keep calcium from entering the muscle cells of the heart and blood vessels. Blood vessels relax and pressure goes down. <i>(Note: One short-acting type of CCB has been found to increase the chance of a repeat heart attack. Short-acting CCBs are taken several times a day.)</i>
Cardiomyopathy	Enlarged Heart due to a non-inflammatory disease of the heart muscle.
Cataracts	Clouding of the lens of the eye.
Cerebrovascular Disease	Of or involving the brain and the blood vessels supplying it.
Chamber of Commerce	This is an office that has information about the city.
Child Abuse	Any physical, emotional, or sexual injury inflicted on a child, other than accidental, by those responsible for the care and custody of the child.
Child Neglect	Failure to provide the basic necessities of life by those responsible for the care and custody of the child.
Chorionic Villus Sampling (CVS)	An early surgical test (usually done between nine and twelve weeks into the pregnancy) in which a piece of the chorion (the outer tissue of the placental sac surrounding the fetus) is removed from the uterus in order to identify chromosome and biochemical conditions.
City Bus System	People use this public transportation system to go from place to place in their local community.

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Clitoridectomy	The partial or total removal of the clitoris.
Community College	This is an educational institution where you can study for two years in order to achieve two years worth of credits towards a college degree or obtain an associate degree.
Congenital	Present at birth.
Congenital Infection	An infection present at birth.
Day Care	This is a center that provides a safe environment for children while their parent(s) are working.
De-infibulation	Surgical procedure in which the genitalia of women who have undergone infibulation is reconstructed as best possible.
Department of Motor Vehicles (DMV)	Municipal authority where you can apply for a driver's license, register your car, or renew your driver's license.
Detrusor Dysynergia	A lack of appropriate coordination of bladder muscles which results in incontinence.
Diabetic Retinopathy	Damage the small blood vessels that supply the back of the eye, causing them to leak blood or other fluid into the eye.
Dialysis	The mechanical filtering of the blood via machine.
Diastolic Pressure	The dilation (expansion) of the cavities of the heart during which they fill with blood.
Discipline	The rules, guidelines, and standards for acceptable behavior that parents establish for their children. It forms boundaries within which children learn to behave and act in an acceptable manner.
Diuretics	These are sometimes called "water pills" because they work on the kidney and flush excess water and sodium from the body through urine; thus, reducing the amount of fluid in the blood. Since sodium is flushed out of blood vessel walls, the vessels open wider and pressure goes down. There are different types of diuretics. They are often used with other high blood pressure drugs.

Domestic Violence	Physical or sexual abuse of spouse or intimate partner.
Durable Solutions	There are three durable solutions to refugees' plight that are promoted by UNHCR. They are voluntary repatriation, integration into the country of asylum, or resettlement in a third country.
Early Childhood.	Children 3-4 years of age.
Ectopic Pregnancy	Pregnancy during which the fertilized egg develops outside of the uterus, usually in a fallopian tube.
Educational Neglect	All children under the age of 16 must attend school. It is the parents' responsibility to ensure that their child enrolls in and attends school. This type of neglect also includes failure on the parents' part to address special education needs.
Elder Abuse	Abuse or neglect of older persons.
Elementary School	Children receive their first eight years of education at this institution.
Emergency Room	This is a place in a hospital where you go if you have a health problem and you need immediate attention.
Emotional Abuse	Rejecting, belittling, or blaming a child; constantly treating siblings unequally, and/or a persistent lack of concern by the caretaker for the child's' welfare or well-being.
Employment Center	This center announces job openings and provides employment counseling.
Endometrial	Relating to the inner mucous membrane of the uterus.
Energy Assistance	Federal program that helps pay for heating.
Environmental Neglect	Includes not providing a child with a safe and healthy environment in which to live.
Ergonomic Techniques	Techniques for designing or arranging the things people use so that people and things interact safely and efficiently.

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Estrogen Replacement Therapy (ERT)	A prescribed regimen of estrogen-replacement drugs usually given to women after menopause.
Excision	A form of FC/FGM in which is characterized by the removal of clitoris and labia minora (inner lips).
Female Circumcision/ Female Genital Mutilation (FC/FGM)	An umbrella term that describes three discrete surgical procedures: clitoridectomy, excision, and infibulation. It is a custom involves the cutting of parts of the external genitals of girls and women to fulfill cultural and traditional beliefs.
Fetal Alcohol Syndrome (FAS)	A highly variable group of birth defects including mental retardation, deficient growth, and defects of the skull, face, and brain that tend to occur in the infants of women who consume large amounts of alcohol during pregnancy.
Fine Motor Skills	Manipulating objects, such as using a crayon or pencil, cutting with scissors.
Fire Department	This is a community service that you should call in case of fire.
Food Stamps	Federal program that provides coupons to purchase food (no cigarettes, alcohol, paper products).
Gestational Age	Age at which it is possible to become pregnant.
Gestational diabetes	Diabetes that occurs in women during pregnancy.
Glaucoma	Buildup of pressure from fluid inside the eye.
Goiter	An enlargement of the thyroid gland, caused by a lack of iodine in the diet, visible as a swelling of the front of the neck.
Gross Motor Skills	Pulling oneself up, standing, walking, picking up objects, throwing a ball.
Guidance	The process of helping a child learn how to behave towards people and things.
Hematocrit	A screening test and instrument that determines the ratio of the volume of red blood cells to the volume of whole blood.

Hematuria	Blood in urine. Is often a symptom of bladder infection.
Hemoglobin	The iron-containing, oxygen-carrying pigment of red blood cells.
Hemorrhagic Stroke	When very high pressure causes a break in a weakened blood vessel in the brain.
Homeless Shelter	A temporary place of refuge if you have lost your home.
Human Immunodeficiency Virus (HIV)	The retrovirus that causes AIDS in humans. It attacks the human immune system by infecting and destroying helper T-cells (a type of white blood cell).
Human Papilloma Virus (HPV)	This virus is the cause of genital warts. HPV-caused lesions on the cervix (determined via the pap smear) are associated with an increased risk of cervical cancer.
Hyperglycemia	A high concentration of glucose in the bloodstream. It is a hallmark of diabetes.
Hypertension	High blood pressure.
Ignoring	A form of behavior management used to eliminate or reduce behaviors that parents find irritating and annoying.
Impulse Control	The ability to rationally judge and make decisions with regards to spontaneous inclinations and desires.
Infants	Children from birth to 12 months of age.
Infibulation	A form of FC/FGM characterized by the removal of the clitoris, labia minora (inner lips and incision of the labia majora (outer lips), with stitching together of the remaining skin into a hood that covers the entrance to the vagina. Also known as pharonic circumcision.
Insulin	A hormone secreted by the Islets of Langerhans (in the pancreas) that is essential in the metabolism of carbohydrates.

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Integration	When it is not safe for refugees to return home for a prolonged period, this is the second durable solution that is sometimes applied. Often in an effort to avoid long-term relief for large groups of people, UNHCR helps refugees to integrate into the country to which they fled.
Internally Displaced Person (IDP)	<p>A person who has been forced from his/her home but remains within the borders of his/her nation. Because the person is still under the jurisdiction of a government that might not want international agencies to help him/her, an internally displaced person might still be vulnerable to persecution.</p> <p>There are six million more IDPs than refugees—20 million in all—and they are a growing concern to refugee advocates such as the U.S. Committee for Refugees.</p>
Invitrofertilization	Fertilization outside the living body and in an artificial environment.
Islet Cells	A cluster of cells or an isolated piece of tissue. Often used to refer to the Islets of Langerhans (<i>see insulin, above</i>).
Jigsaw Puzzles	A puzzle consisting of small irregularly cut pieces that are to be fitted together to form a picture.
Khat	Also known as Qat or Miraa. Consists of the fresh young leaves of the <i>Catha edulis</i> plant, which contain a psychoactive substance with a stimulant effect. It is widely used in Yemen and the Horn of Africa.
Labia Majora	Outer lips of a woman's genitalia.
Labia Minora	Inner lips of a woman's genitalia.
Legume	Beans, peas.
Logical Consequences	Planned or arranged consequences that are established by parents as a way of helping their child learn appropriate and desirable behaviors.

Match Grant Program	This program is an alternative to public welfare (cash assistance) programs. This is a four-month federal program funded to a member (but not all) local voluntary resettlement agencies for families who want to become employed and economically self-sufficient quickly.
Medical Neglect	Includes not providing a child with appropriate and necessary medical care when needed.
Menopause	The period of natural cessation of menstruation occurring usually between the ages of 45 and 50, after which a woman is no longer fertile.
Middle School/High School	Youth aged 12-18 continue their education at this institution.
Mutual Assistance Association (MAA)/Ethnic Community-Based Organization (ECBO)	An organization founded and run by an ethnic-specific community (usually made up of former refugees and immigrants) to meet their community's ongoing needs. They provide orientation programs, temporary transportation, assistance with clothing, furniture, ESL classes, etc.
Natural Consequences	These happen in the natural course of events.
Neonatal	Newborn to one month.
Nervous System Inhibitors	These relax blood vessels by controlling nerve impulses.
Neuropathies	Problems specific to the nervous system.
Non-Symptomatic	Without or not exhibiting symptoms.
Operant Thinking	The ability to think hypothetically and to take different perspectives into account.
Optic Neuropathy	Vision problems.
Osteoporosis	A condition that affects older women (often post-menopausal) and is characterized by a decrease in bone mass and density which makes the bones porous and fragile.

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Pap Smear	A method for the early detection of cervical cancer that involves the testing of sample cells obtained from the cervix for abnormalities.
Pat-A-Cake	A game in which the two participants (such as mother and daughter) clap their hands together in rhythm to a rhyme.
Peek-A-Boo	A game for amusing a baby or young child in which the adult repeatedly hides their face/body and pops back into view exclaiming "Peekaboo!"
Peer Group	A societal group based on age, grade, or status.
Pelvic Inflammatory Disease (PID)	Inflammation of the female reproductive tract, especially the fallopian tubes. It is generally caused by a sexually transmitted disease and is a leading cause of female sterility.
Perceptual Motor Skills	Applying gross and fine motor skills to new situations.
Phenylketonuria (PKU)	Inherited condition consisting of an inability to metabolize the amino acid phenylalanine. A person with this problem may develop mental retardation either from eating foods high in phenylalanine as a young adult or if their mother ate foods high in phenylalanine while pregnant. A phenylalanine-restricted diet (avoiding meat, dairy, and other foods high in protein) should be observed until adolescence and before and during pregnancy.
Physical Abuse	It includes any non-accidental injury caused to a child by a caretaker. It includes beating, shaking, biting, burning, punching, or other such physical acts, which may cause injury to a child. A parent or caretaker might not intentionally hurt a child, but it can happen as a result of punishment or excessive discipline.
Physical Neglect	Includes not providing adequate food, clothing, or housing. Also includes a child not having adequate supervision.
Police	This department is responsible for helping citizens maintain a safe community.
Post Office	This is where you can go to mail a letter, send a package or to buy stamps.

Post Traumatic Stress Disorder (PTSD)	A psychological reaction that occurs after a highly stressful event. It is usually characterized by depression, anxiety, flashback, recurring nightmares, and avoidance of reminders of the event.
Preliterate	Lacking the use of writing.
Prenatal	Occurring, existing, or performed before birth.
Psychosomatic Illness	Relating to, involving or concerned with bodily symptoms caused by mental or emotional disturbance.
Punishment	It is a penalty administered by a parent to a child when the child has chosen to break a rule, guideline, or standards that have been set by the parents. It is not an abusive act. Appropriate types of punishment include Time Out, the loss of privilege, or having to replace a broken object.
Refugee	Someone who has left his/her country because of a well-founded fear of persecution for reasons of race, religion, nationality, social group, or political opinion.
Refugee Cash Assistance Program	This is an eight-month federal program for families without children. Also funds programs to help refugees prepare for jobs (ESL, job-training.).
Refugee Medical Assistance (RMA)	This is an eight-month federal program for families without children (if you are eligible for a state medical aid program) that compares with state by state Medicaid benefits. After June 2000, any refugee that loses Medicaid benefits during their first eight months in the United States will be eligible to rollover to RMA without a second eligibility interview.
Repatriation	When conditions in the home country have changed so much that refugees no longer believe their lives or liberty to be threatened, they return home voluntarily.
Resettlement	<p>Third country resettlement is always UNHCR's last choice of the three solutions. When repatriation is not an option, and the country of asylum—often citing social, ethnic, cultural, or economic factors—refuses integration, a third country must be found that will accept them.</p> <p>First-asylum countries sometimes get impatient and threaten to expel refugees before a durable solution is found.</p>

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Resettlement Agency	This is another name for Voluntary Agency (Volag). It is responsible for assisting refugees in their first three months of resettlement.
Rh factor	Is a substance present in the blood. People who have this coating their red blood cells are Rh positive (Rh+) and those who don't are Rh negative (Rh-). If someone with Rh- blood is given (or otherwise exposed to, such as during pregnancy when small amounts of blood can be transferred between the mother and fetus through the placenta) Rh+ blood, their blood will develop antibodies against the Rh factor.
RhoGam	A brand name for Rh immunoglobulin. It is administered to pregnant Rh- women to prevent the creation of Rh antibodies.
Risk Factor	The likelihood of an individual becoming ill with a particular disease.
School-Aged	Children 5-years-old and older.
Scurvy	A disease caused by a lack of vitamin C. It is characterized by spongy gums, loosening of the teeth, and bleeding into the skin and mucous membranes.
Secondary Sex Characteristics	A physical characteristic that appears in members of one sex at puberty (i.e.: breast, facial hair, pubic hair, etc.).
Senior Citizen's Center	This center provides services to help the elderly meet their physical and social needs.
Sexual Abuse	Includes any inappropriate sexual contact between a child and an adult where the intention of the adult is sexual gratification.
Shari'a	Islamic law.
Sonogram	An image produced by an ultrasound.
Subdermal	Literally, "under/beneath the skin."
Supermarket	This is a store where you can buy food and toiletries.

Supplemental Security Income (SSI)	Federal program that provides cash benefits to low - income people who are over age 65 or who are seriously disabled. After receiving benefits for seven years, all recipients must become U.S. citizens before receiving further benefits.
Surah	A Chapter of the Koran.
Systolic Pressure	The contraction of the heart muscle by which the blood is forced onward and the circulation kept up.
Temporary Assistance to Needy Families (TANF)	Federal program with a maximum 5-year, life-time limitation, that provides assistance to low-income (or no income) families with children. Some states (9) have shorter life -time limitation. Some states limit aid to 24 months at any one time. Some states provide aid to mothers of newborn children so that they need not work during the first year of the child's life—some states provide aid for a shorter period of time.
Thrombotic Stroke	Stroke due to a blood clot in an artery.
Title XX	Federal program that pays for some child care programs and public health programs in which your family may participate.
Toddlers	Children 12-36 months of age.
Tricycle	A three-wheeled bike usually used by young children.
Tubal Ligation	Female sterilization.
United Nations High Commissioner For Refugees (UNHCR)	Established in 1951, UNHCR is that branch of the UN charged with the protection and assistance of refugees internationally. Mrs. Sadako Ogata currently holds the office of High Commissioner for Refugees.
Vasectomy	Male sterilization.
Vasodilators:	These open blood vessels by relaxing the muscle in the vessel walls.

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Verbal Redirection	A means of managing your child's behavior by verbally expressing a command or request.
Vesico-Vaginal Fistula	A hole between the vagina and bladder.
Volag	Voluntary Agency. Another name for Refugee Resettlement Agency.
Welfare Office	The government department that processes documents for unemployed people who are seeking financial assistance.
Women's Shelter	This place provides temporary housing for women who are being abused in their homes.