



National Coordinating Center  
for the Regional Genetics Networks

**The National Coordinating Center for the  
Regional Genetics Networks**

**Glossary of Prenatal Genetics Terms**

**English – Polish**

**2022 Edition**

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In collaboration with:  
**The Cross Cultural Health Care  
Program (CCHCP)**

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## Acknowledgments

### Mission of the NCC

The National Coordinating Center for the Regional Genetics Networks (NCC) has been funded by the Health Resources and Services Administration (HRSA) since 2004. Our mission is to improve access to genetics for underserved populations. This mission is accomplished through different programs, many of which are educational tools and resources for non-genetics professionals. Learn more at <https://nccrcg.org>.

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### Additional Acknowledgments

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Cindy Roat is an international consultant in language access in health care and patient navigation. She provides training and consulting for health care interpreters, providers, administrators, and patient navigators. Cindy compiled and edited this glossary for the NCC.

### The Cross Cultural Health Care Program

The mission of The Cross Cultural Health Care Program (CCHCP) is to serve as a bridge between communities and health care institutions to advance access to quality health care that is culturally and linguistically appropriate. CCHCP provides resources, such as bilingual medical glossaries, as well as medical interpreter, patient navigator, and cultural competence training for individuals and institutions with the goal of systems change. Learn more at: <https://xculture.org>

CCHCP is supporting and coordinating the translation process of this glossary and is providing the glossary free of charge in its online store: <https://xculture.org/store/>

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## Preface

The seven Regional Genetics Networks (RGNs), the National Genetics Education and Family Support Center (Family Center), and the National Coordinating Center for the Regional Genetics Networks (NCC) mission is to improve access to quality genetic services for medically underserved populations. This bilingual glossary of terms related to Prenatal Genetics is provided to help enable access to prenatal medical services to limited English proficiency populations.

## How to Use the Glossary

This glossary is organized alphabetically in English. The first column shows the term in English. The second column has the definition of the term in English. The third column has the translation of the term.

At the end of the translations of the prenatal genetics terms are:

- A glossary of translations for family relationships terms. It is very important for genetic counselors to know if a relative is a blood relative or a relative by marriage.
- Examples of analogies used in genetics. Genetic counselors often use analogies to explain complex ideas in genetics. An analogy explains a new concept by comparing it to something more common.

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## Glossary of Terms

### English – Polish

(n) – noun      (v) – verb      (adj) – adjective      (adv) – adverb

Term	Definition	Translation
<b>Abnormal (adj)</b>	Different from what is considered normal, average, or expected, e.g., a gene sequence that is different than that found in most people.	Nieprawidłowy
<b>Abortion (n)</b>	The deliberate ending of a pregnancy by the removal of an embryo or fetus from the womb.  Technically, this is called an “induced abortion” in order to distinguish it from a “spontaneous abortion” which is also called a miscarriage or stillbirth. Also called a “termination of pregnancy” or just “termination.”	Aborcja
<b>Adoption (n)</b>	The process of legally taking someone else’s child into your family to raise as your own child.	Adopcja
<b>Amniocentesis (n)</b>	A procedure by which a sample of amniotic fluid is withdrawn from the amniotic sac. This is usually done by inserting a long needle through the abdominal and uterine walls with the guidance of ultrasound.	Amniopunkcja
<b>Amniotic fluid (n)</b>	The liquid that surrounds a fetus as it develops in the uterus. This liquid contains skin cells that have sloughed off the fetus as well as other fetal cells.	Płyn owodniowy
<b>Anencephaly (n)</b>	A neural tube defect that results in insufficient brain growth in a fetus. Babies with anencephaly usually die soon after birth or are stillborn.	Bezmózgowie
<b>Benign (adj)</b>	Something that does not threaten health or life. May refer to a type of change to the DNA that does not create health consequences.  E.g., when discussing cancer, “benign” means “not cancerous.”	Łagodny
<b>Birth canal (n)</b>	The passageway from the uterus through the cervix, the vagina, and the vulva through which a baby passes during the birth process.	Kanał rodny

Term	Definition	Translation
<b>Birth defect (n)</b>	A problem or physical difference with how the body works that is present at birth. Birth defects can be caused by genetic abnormalities, environmental influences, random chance, or by circumstances related to the birth process. Also called “congenital malformation” or “congenital anomaly.”	Wada wrodzona
<b>Blood test (n)</b>	A test in which blood is drawn (usually from the patient’s arm) and sent to a laboratory for analysis.  In genetics, blood tests may provide cells for genetic sequencing, or blood samples may be used to assess things like protein or hormone levels.	Badanie krwi
<b>Buccal swab (n)</b>	A way to collect DNA from the cells on the inside of a person's cheek.	Wymaz z policzka
<b>Carrier (n)</b>	A person who has a genetic mutation in one of their two copies of a particular gene that is associated with a genetic condition. The other copy of the gene does not have a mutation, so that person usually does not have any medical issues related to the gene change.	Nosiciel
<b>Cell (n)</b>	The smallest (microscopic) functional unit of living organisms. All living things are composed of one or more cells. Within each cell are the structures needed for the cell to process energy, dispose of waste, reproduce, and perform specialized functions.	Komórka
<b>Cervix (n)</b>	The narrow lower part of the uterus than connects to the vagina.	Szyjka
<b>Chorionic Villus Sampling (CVS) (n)</b>	A procedure during pregnancy in which a sample of cells from the placenta is removed to check for possible genetic abnormalities.	Biopsja kosmówki
<b>Chromosome (n)</b>	Thread-like structures located inside the nucleus of cells. In humans, there are 23 pairs of chromosomes, for a total of 46 chromosomes. Each chromosome is made of a long strand of DNA, which carries genetic information.	Chromosom
<b>Chromosome test / Karyotype (n)</b>	A test that looks at the number and types of chromosomes in a cell.	Kariotypowanie
<b>Cleft lip (n)</b>	A congenital malformation that occurs when the upper lip does not form properly, causing an opening in the upper lip that can extend to the nose. This can occur together with a cleft palate or on its own.	Rozszczep wargi

Term	Definition	Translation
<b>Cleft palate (n)</b>	A congenital malformation where the roof of the mouth (palate) does not form properly, resulting in an opening into the nasal cavity. This can occur together with a cleft lip or on its own.	Rozszczep podniebienia
<b>Clinically significant (adj)</b>	If a test result is “clinically significant,” the result indicates a medical problem that can impact a person’s life.	Klinicznie istotny
<b>Condition (e.g., “genetic condition”) (n)</b>	A long-term medical health issue.	Schorzenie, choroba
<b>Consanguinity (n)</b>	When parents are blood relatives to each other.	Pokrewieństwo
<b>Cystic fibrosis (n)</b>	A progressive genetic condition that affects the exocrine glands (the glands that make sweat and digestive juices) and causes the production of thick, sticky mucus. This mucus blocks the pancreatic duct, the intestines, and the lungs, leading to persistent respiratory infections.	Mukowiscydoza
<b>Deleterious mutation/ Disease-causing mutation (n)</b>	A change in a person’s DNA that may cause a medical condition.	Mutacja chorobotwórcza
<b>Deletion (n)</b>	Having a section of genetic information (DNA) missing.	Delecja
<b>Diagnostic test (n)</b>	A medical test that determines whether a patient has a particular medical problem. Diagnostic tests are often used when providers have a specific reason to believe that the medical problem may be present. Compare this to screening tests, which may be given routinely, even if the provider has no reason to believe the patient has a specific problem. Screening tests often only report whether a patient is at <u>an increased risk</u> for the medical problem in question, whereas diagnostic tests report whether the problem is actually present.	Badanie diagnostyczne

Term	Definition	Translation
<b>DNA (Deoxyribonucleic Acid) (n)</b>	<p>The material that carries the genetic information of a cell. It provides the instructions used in the development, functioning and reproduction of the organism of which it is a part.</p> <p>If you could stretch out the DNA of a chromosome and look at it through a microscope, it would look like a long ladder that is twisted into a spiral. The 'sides' of the ladder are made up of alternating phosphate and sugar groups. The 'rungs' are various combinations of two nitrogen bases: Adenine-Thymine and Cytosine-Guanine.</p> <p>Individual sections of DNA that code for specific traits/functions are called genes.</p>	DNA (kwas deoksyrybonukleinowy)
<b>DNA marker (also called a "Genetic marker") (n)</b>	A readily recognizable genetic trait, gene, or DNA segment.	Marker genetyczny
<b>DNA mutation (n)</b>	<p>A change in the typical sequence of the chemicals that make up the DNA, like the change in the order of letters in a word.</p> <p>Mutations or variants are often compared to misspelled words because chemicals that make up the DNA sequence are not in the expected order.</p>	Mutacja genowa
<b>DNA sequence (n)</b>	The exact arrangement of the chemicals that make up a section of DNA.	Sekwencja nukleotydów
<b>DNA sequencing (n)</b>	The laboratory technique used to determine the exact arrangement of the chemicals that make up a section of DNA. This is one type of genetic testing.	Sekwencjonowanie DNA
<b>Dominant (adj)</b>	A genetic trait in which one copy of the gene is sufficient for a trait to be expressed. In a dominant genetic condition, if one copy of the gene has a mutation, the personal will be affected with the condition.	Dominujący
<b>Donor egg or sperm (n)</b>	An egg (singular) or sperm (plural) donated by one person to be joined under laboratory conditions and implanted in a woman's uterus. The donor egg or sperm may come from the woman or man who will raise any resulting child, or they may come from a third party.	Komórka jajowa dawczyni / nasienie dawcy

Term	Definition	Translation
<b>Down syndrome (Trisomy 21) (n)</b>	A genetic condition in which there are three copies of chromosome number 21 instead of two.  Down syndrome causes a distinct facial appearance, intellectual disability, developmental delays, and may be associated with thyroid or heart disease.	Zespół Downa
<b>Duplication (n)</b>	Having an extra section of genetic information (DNA). A duplication occurs when part of a chromosome is copied abnormally, resulting in extra genetic material.	Duplikacja
<b>Edwards syndrome (Trisomy 18) (n)</b>	A genetic condition in which there are three copies of chromosome number 18 instead of two.  Trisomy 18 is a very severe condition that causes problems with the brain, the heart, the kidneys, and the digestive tract. Most children affected by trisomy 18 die before or soon after birth.	Zespół Edwardsa
<b>Egg (n)</b>	The reproductive cells of a woman. When fertilized by sperm, the egg will grow into an embryo. Also called an "ovum," plural "ova."	Komórka jajowa
<b>Embryo (n)</b>	An unborn mammal, between conception and 8 weeks of gestation.	Zarodek
<b>Fallopian tube (n)</b>	The tube that connects an ovary to the uterus.	Jajowód
<b>False negative (n)</b>	A test result that finds no evidence of a condition when the condition actually does exist. For example, a false negative on a pregnancy test finds that the woman is not pregnant when, in fact, she is pregnant.	Fałszywie ujemny
<b>False positive (n)</b>	A test result that finds evidence of a condition when the condition does NOT actually exist. For example, a false positive on a pregnancy test finds that the woman is pregnant when, in fact, she is not.	Fałszywie dodatni
<b>Familial (adj)</b>	Belonging to a family, e.g., a familial trait is a trait that is shared among family members and may be due to genetic or environmental factors or both.	Rodziny
<b>Family history (n)</b>	The medical history of the members of a biological family.	Wywiad rodzinny
<b>Fertilization (n)</b>	The joining of an egg and sperm to create the first cell that will develop into an embryo, then fetus, then baby.	Zapłodnienie
<b>Fetal surgery (n)</b>	Surgery conducted on a fetus while it is still in the uterus.	Operacja prenatalna

Term	Definition	Translation
<b>Fetus (n)</b>	An unborn mammal, between 8 weeks of gestation to birth.	Płód
<b>First trimester screening (n)</b>	A blood test and ultrasound conducted at 10-13 weeks of pregnancy to screen for Down syndrome (trisomy 21), Edwards syndrome (trisomy 18), and certain other fetal problems.	Badania kontrolne w pierwszym trymestrze
<b>Flip a coin (v)</b>	A random decision-making tool used in the U.S. While a coin is flipped into the air and caught, a person predicts whether it will fall with the “heads” side up or the “tails” side up. If the coin falls as predicted, the person “wins.” This expression is often used as a metaphor for any outcome that is random and has two possible outcomes, and to describe a situation in which each outcome is as likely as the other.	Rzucić monetą
<b>Fragile X syndrome (n)</b>	A genetic condition that affects the FMR1 gene so that it does not function properly. This syndrome causes intellectual disability, behavioral and learning challenges and various physical characteristics that are not life threatening.	Zespół łamliwego chromosomu X
<b>Fragment (n)</b>	A small piece; an incomplete part of a whole.	Fragment
<b>Gene (n)</b>	A specific sequence of DNA that codes for one or many functions within the cell and body.	Gen
<b>General population (n)</b>	<p>“Most people.”</p> <p>For example, if you have the same risk of getting cancer as the general population, that means that you have the same chance of getting cancer as everyone else. This is in contrast to a “high risk population” who has a greater chance of getting cancer than everyone else.</p>	Ogół społeczeństwa
<b>Generation (n)</b>	<p>The people who constitute a single step in a line of descent from an ancestor; a group of people born and living more or less at the same time.</p> <p>Example: You, your brothers, and sisters, all your spouses and your cousins are in the same generation. Your parents, your aunts, and uncles and all their spouses form a previous generation. Your grandparents, their siblings, and spouses from an even earlier generation. Your children and nieces and nephews form a later generation.</p>	Pokolenie
<b>Genetics (adj)</b>	The science of how an organism’s genes interact with the environment to produce certain traits.	Genetyka

Term	Definition	Translation
<b>Genetic counseling (n)</b>	A discussion with a medical professional with expertise in genetics about the basic concepts of genetics, genetic conditions, the chances of being affected by a genetic condition or having a child with a genetic condition, and genetic testing and treatment.	Porada genetyczna
<b>Genetic counseling intern (n)</b>	A genetic counseling student who has not yet completed his/her academic studies and is now practicing under the supervision of a more experienced counselor in preparation for providing genetic counseling services independently after obtaining his/her graduate degree.	Stażysta doradztwa genetycznego
<b>Genetic counselor (n)</b>	A healthcare professional with a specialized graduate degree who works with people who have concerns about genetic conditions in their family. Genetic counselors provide information about genetic conditions, help patients understand their chances of being affected by a genetic condition or having a child with a genetic condition, and help them make informed decisions about testing and treatment. Genetic counselors also provide emotional support to patients and families.	Doradca genetyczny
<b>Genetic discrimination (n)</b>	Occurs when people are treated differently by their employer or insurance company due to their genetic makeup. There are federal and state laws that help protect against genetic discrimination.	Dyskryminacja na podstawie cech genetycznych
<b>Genetic factors (n)</b>	Specific aspects of a person's genetic make-up that influence that person's health and development.	Czynniki genetyczne
<b>Genetic information (n)</b>	The instructions encoded in DNA, which tells every cell in a body how to grow, what to do and how to reproduce.	Informacja genetyczna
<b>Genetic material (n)</b>	All the parts of a cell that carry genetic information. Genetic material could include genes, parts of genes, a group of genes, a DNA molecule, a fragment of DNA, a group of DNA molecules, or the entire set of genetic instructions.	Materiał genetyczny
<b>Genetic predisposition (n)</b>	An increased chance of a person developing a certain trait or disease based on that person's particular genetic makeup.	Predyspozycja genetyczna
<b>Genetic test (n)</b>	A laboratory test designed to determine if a person has a change to their DNA.	Badanie genetyczne
<b>Genetic trait (n)</b>	A characteristic within a family that is passed down from parent to child through their DNA.	Cecha genetyczna

Term	Definition	Translation
<b>Genetic variant (n)</b>	A change from the typical DNA sequences. A genetic variant can be benign, deleterious or of uncertain significance. Also called “mutation,” although “genetic variant” is becoming the more common usage.	Wariant genetyczny
<b>Geneticist (n)</b>	A doctor or scientist who studies genetics.	Genetyk
<b>Hereditary (adj)</b>	Passed down from parent to child.	Dziedziczny
<b>Hereditary material (n)</b>	Genetic material that is passed down from parent to child.	Materiał dziedziczny
<b>In Vitro Fertilization (IVF) (n)</b>	The fertilization of an egg by a sperm outside of a woman’s body.  The process involves extracting eggs from a woman’s ovaries, collecting sperm from a man, and combining a sperm and egg in a laboratory dish. The resulting fertilized egg is usually then implanted in a woman’s uterus so that it can develop into a baby.	Zapłodnienie in vitro
<b>Infertility (n)</b>	The inability to have children.	Bezpłodność
<b>Informed consent (n)</b>	The process of agreeing to a procedure or course of treatment after understanding what the procedure/treatment entails, the potential risks and benefits associated with it, and the other options available.	Świadoma zgoda
<b>Inheritance pattern (n)</b>	The manner in which a particular genetic trait or disorder is passed from a parent to a child, e.g., autosomal dominant or recessive, X-linked dominant or recessive, or multifactorial.	Sposób dziedziczenia
<b>Inherited (adj)</b>	Passed down from parent to child.	Odziedziczony
<b>Insertion (n)</b>	Having an extra segment of DNA added in at a place where it is not usually found.	Insercja
<b>Intellectual disability (n)</b>	A condition, varying in severity, in which a person has significant impairments in mental abilities, social skills, and core functions of daily living compared to others their age.	Niepełnosprawność intelektualna
<b>Klinefelter’s syndrome (47, XXY) (n)</b>	A genetic condition in which a male has two copies of the X chromosome and one copy of the Y chromosome; compared to the typical chromosome makeup where a male has one X chromosome and one Y chromosome.	Zespół Klinefeltera (47, XXY)

Term	Definition	Translation
<b>Marker chromosome (n)</b>	A small extra fragment of a chromosome detected when doing a chromosome test like a karyotype. Marker chromosomes can sometimes cause health or development problems, depending on how much and what genetic material is contained within.	Chromosom markerowy
<b>Maternal Serum Screening (MSS or maternal serum alpha-fetoprotein test) (n)</b>	A blood test available to pregnant women that identifies elevated risks for Down syndrome, trisomy 18 and neural tube defects. Usually conducted at in the second trimester, between 14-20 weeks.	Badanie AFP (alfa-fetoproteiny)
<b>Microarray (n)</b>	A high-resolution chromosome test that provides more information than a basic karyotype. A microarray measures the amount of chromosome material in a sample and can detect both large changes (e.g., if there is an extra or missing chromosome) as well as small changes (e.g., if there are very small pieces of chromosomes that are extra or missing). It does not look at the visual appearance or arrangement of chromosomes but measures the amount of genetic material.	Badanie metodą mikromacierzową
<b>Miscarriage (n)</b>	The spontaneous (not intentional) loss of a pregnancy. See “abortion.” Also called pregnancy loss.	Poronienie
<b>Molecule (n)</b>	The smallest unit of a chemical compound that still has the properties of that compound. For example, a molecule of water is made up of two hydrogen atoms and one oxygen atom. Separately, they are just atoms, but when bonded together, they make a water molecule.	Cząsteczka
<b>Mosaicism (n)</b>	A condition in which some, but not all, cells in a sample show a genetic difference.	Mozaicyzm
<b>Multifactorial (adj)</b>	Due to a combination of genetic and non-genetic (environmental, hormonal, etc.) risk factors that act together to determine risk.	Wieloczynnikowy
<b>Mutation (n)</b>	A change in a gene, usually deleterious. See “genetic variant.”  In Spanish, the word is sometimes confused with “mutilation.”	Mutacja
<b>Non-Invasive Prenatal Testing (NIPT) (n)</b>	A blood test available to pregnant women that identifies elevated risk for certain genetic conditions in the fetus. This test focuses on fragments of DNA from placental cells – which carry the fetus’ genetic make-up – that are found in the mother’s bloodstream.	Nieinwazyjne badania prenatalne

Term	Definition	Translation
<b>Nuchal thickening (n)</b>	There is a pocket of fluid at the back of the neck of a fetus which can be measured in an ultrasound between 10-14 weeks gestation (called the nuchal translucency). If there is a large amount of fluid at this point, or if later in pregnancy the neck skin itself appears to be thicker, this is associated with a higher risk of chromosome problems and other rare genetic conditions.	Przezierność karkowa
<b>Open Neural Tube Defect (ONTD) (n)</b>	A birth defect of the spine, spinal cord, or brain that results from a hole in the spinal column not closing up when appropriate during early fetal development. The two most common types of ONTDs are spina bifida and anencephaly.	Otwarta wada cewy nerwowej
<b>Ova (n)</b>	See “egg.”	Komórka jajowa
<b>Ovary (n)</b>	The organ in a woman that stores and releases eggs. There are normally two.	Jajnik
<b>Penetrance (n)</b>	The probability that a specific genetic trait will be expressed if a person carries a mutation. “Complete penetrance” means that everyone who carries a particular gene mutation will show the trait related to that altered gene. “Incomplete penetrance” means that only some of the people who have the altered gene will actually show the related trait.	Penetracja
<b>Placenta (n)</b>	The organ that develops together with an embryo in a pregnant woman’s uterus to nourish the embryo through the umbilical cord.	łożysko
<b>Presymptomatic (adj)</b>	Before symptoms appear.	Przedobjawowy
<b>Prognosis (n)</b>	The most likely outcome of a disease process.	Prognoza
<b>Protein (n)</b>	A molecule made up of chains of amino acids. Proteins do most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs. Genes determine how specific amino acids are put together to form a specific protein.	Białko, proteina
<b>Random (adj)</b>	Happening in an unpredictable way.	Losowy

Term	Definition	Translation
<b>Recessive (adj)</b>	A genetic trait in which both copies of a gene need to be altered for the trait to be expressed; recessive traits are typically inherited from both parents, each one contributing one copy of the gene in question.  In prenatal genetics, recessive inheritance refers to conditions in which both copies of a particular gene pair need to be altered to develop a specific disease or condition.	Recesywny
<b>Red flag (n)</b>	A warning sign or a clue.	Znak ostrzegawczy
<b>Replicate (v)</b>	To copy.	Replikować
<b>Reproductive history (n)</b>	The experiences a woman has had related to pregnancy and childbirth. A reproductive history usually includes age at the onset of menses (have a monthly period), age at the beginning of sexual intercourse, age at first conception, number of pregnancies, number of live births, number of miscarriages, number of abortions.	Historia reprodukcyjna
<b>Ring chromosome (n)</b>	An abnormal formation of a chromosome in which the ends of two of the chromosome's arms have linked together to form a ring.	Chromosom pierścieniowy
<b>Risk (n)</b>	The chance that something will happen; in the case of prenatal genetics, the chance that the child will have a genetic condition.	Ryzyko
<b>At risk (adj)</b>	Has some possibility of having a genetic condition.	Istniejące ryzyko
<b>At average risk (adj)</b>	Has the same possibility of having a genetic condition as the general population.	Przeciętne ryzyko
<b>At high risk (adj)</b>	Has a greater possibility of having a genetic condition than the general population.	Zwiększone ryzyko
<b>At higher risk than "X" (adj)</b>	Has a greater possibility of having a genetic condition than "X".	Ryzyko wyższe niż „X”
<b>Risk factor (n)</b>	A circumstance that increases the risk of having a genetic condition.	Czynnik ryzyka
<b>Runs in the family (e.g., sickle cell disease runs in the family) (v)</b>	When a certain condition or trait seems to appear in many members of a single family	Jest cechą rodzinną

Term	Definition	Translation
<b>Screen (v)</b>	To assess a person’s risk for a particular health problem, even if the person has no symptoms to suggest that they have the problem.	Wykonać badania przesiewowe
<b>Screening test (n)</b>	<p>A test that looks to detect a particular health problem, even if a patient has no symptoms of that particular condition.</p> <p>Prenatal screening tests aren’t looking for genetic changes. They are designed to look at hormones, chemicals, other things that indicate a fetus might have a higher risk of a certain condition. They are not DNA results, do not give a definite answer about whether someone is affected, and do not provide a firm diagnosis. They are usually reported as a risk number (e.g., 1 in ____ chance), and if this number is above a certain cut-off point, the result will be categorized as ‘screen positive’ or ‘screen negative’.</p>	Badanie przesiewowe
<b>Semen (n)</b>	A liquid produced by the testes, the prostate gland, the seminal vesicle, and the bulbourethral gland that carries, nourishes and protects sperm cells on their way to fertilizing an egg. Also called seminal fluid.	Nasienie, sperma
<b>Seminal fluid (n)</b>	See “semen.”	Nasienie, sperma
<b>Sickle cell disease (n)</b>	A genetic disorder caused by a mutation in a gene that helps to make hemoglobin, an important part of red blood cells. In sickle cell disease, red blood cells can become sickle-shaped (instead of round as they should be). These affected blood cells do not function properly, and die early, leaving a shortage of red blood cells, and can block blood flow causing pain.	Anemia sierpowata
<b>Sperm (n)</b>	The reproductive cells of the man. When sperm fertilize a woman’s egg, a baby develops.	Plemniki
<b>Sperm donation (n)</b>	The process through which a man allows his sperm to be collected and used to fertilize the eggs of a woman who is not his sexual partner.	Dawstwo nasienia
<b>Spina bifida (n)</b>	A congenital defect of the spine in which part of the spinal cord is exposed through an opening in the bone structure. This may result in nerve damage and some degree of paralysis in the legs.	Rozszczep kręgosłupa
<b>Statistically significant (adj)</b>	A measurement of whether the findings of research are meaningful. Refers to the likelihood that a relationship between two factors is linked by something other than chance.	Statystycznie istotny

Term	Definition	Translation
<b>Teratogen (n)</b>	Something that has the potential to disturb the normal development of an embryo or fetus.	Teratogen
<b>Termination of pregnancy (n)</b>	See “abortion.”	Usunięcie ciąży
<p data-bbox="185 432 354 489"><b>Test results (n) negative (adj)</b></p> <p data-bbox="207 659 354 688"><b>Positive (adj)</b></p> <p data-bbox="207 1016 375 1108"><b>Variant of uncertain significance (n)</b></p> <p data-bbox="207 1373 407 1402"><b>Polymorphism (n)</b></p>	<p data-bbox="500 432 1089 625">A negative result on a diagnostic genetic test means that the laboratory did not find the specific genetic change that the test was designed to identify. A “screen negative” result on a screening test means that the person’s risk of having whatever the test was designed to find is lower than the risk for most people.</p> <p data-bbox="500 659 1068 785">A positive result on a diagnostic genetic test means that the laboratory did find a specific genetic change that is associated with a hereditary condition (a deleterious mutation).</p> <p data-bbox="500 819 1089 982">A “screen positive” result on a screening test means that the person’s risk of having whatever the test screened for is significantly higher than expected. That still does not mean that the person definitely has that condition.</p> <p data-bbox="500 1016 1084 1339">If the laboratory finds a genetic change for which currently there is not enough information to know if this change is problematic or not, it reports a “variant of uncertain significance.” Basically, this means that the laboratory found a genetic change, but they don’t know what it means. Many of these variants will eventually be reclassified as either a “positive” or “negative” result. Most become “negative” and are thought to represent natural variation between individuals.</p> <p data-bbox="500 1373 1073 1499">Everyone has some degree of commonly occurring genetic changes that are not associated with medical problems. If the test finds this sort of change, it reports a “polymorphism.”</p>	<p data-bbox="1118 432 1284 489">Wynik badania Ujemny</p> <p data-bbox="1141 659 1230 688">Dodatni</p> <p data-bbox="1141 1016 1365 1073">Wariant o nieznannej patogenności</p> <p data-bbox="1141 1373 1276 1402">Polimorfizm</p>
<b>Testes (n)</b>	The organs in a man that create and release sperm. Also called “testicles.” Singular testis.	Jądra
<b>Toxic exposure (n)</b>	Contact with something that is harmful or poisonous.	Ekspozycja na toksyny
<b>Trait (n)</b>	<p data-bbox="500 1684 802 1713">A characteristic of a person.</p> <p data-bbox="500 1747 1084 1843">In genetics, traits are aspects of a person defined or influenced by their genetic code. E.g., Eye color, blood type, risk for certain diseases.</p>	Cecha

Term	Definition	Translation
<b>Translocation (n)</b>	Translocations are a type of chromosome rearrangement. They can be 'balanced', meaning that two chromosomes have pieces that have 'swapped' with each other, but there is still the correct amount of chromosome material. Balanced translocations do not usually cause medical or development problems. They can also be 'unbalanced', where pieces of chromosomes have traded places, but there is missing or extra chromosome material. Unbalanced translocations will often cause medical and development problems.	Translokacja
<b>Typo (n)</b>	A mistyped word; shortened slang for "typographical error."  In genetic counseling "a typo" is commonly used as an analogy to refer to mutations or variants in a gene.	Literówka
<b>Ultrasound (n)</b>	An imaging method that uses high frequency sound waves to create a picture of something inside the body, such as a fetus or baby.	USG
<b>Uterus (n)</b>	The organ in a woman's lower abdomen in which a fertilized egg develops into an embryo, then a fetus, then a baby. Also called "womb."	Macica
<b>Vagina (n)</b>	The tube-like part of the female reproductive system that extends from the cervix to the outside of the body.	Pochwa
<b>Variant (n)</b>	A version of something that differs from the norm. So, a genetic variant is a change to the usual genetic sequence.	Wariant
<b>Vas deferens (n)</b>	The tubes that lead from the testes to the urethra, through which sperm is ejaculated.	Nasieniowód
<b>X-linked (adj)</b>	A trait that is influenced or determined by a gene on the "X" chromosome.	Związany z chromosomem X

## Family Relationships

For genetic counselors, it is very important to know if a relative is a blood relative or a relative by marriage.

Term	Definition	Translation
<b>Parent</b>	Your mother or father.	Rodzic
<b>Mother</b>	For genetic purposes, the woman whose egg was fertilized and grew to be you.	Matka
<b>Mother-in-law</b>	Your husband or wife's mother.	Teściowa
<b>Stepmother</b>	Your father's wife who is not your biological mother.	Macocho
<b>Adoptive mother</b>	A woman who is not your biological mother but who accepted legal responsibility for and raised you.	Matka adopcyjna
<b>Godmother</b>	A woman chosen by your parents to be your spiritual guide in life, named as such through a ceremony in the Catholic church.	Matka chrzestna
<b>Father</b>	For genetic purposes, the man whose sperm fertilized the egg that grew to be you.	Ojciec
<b>Father-in-law</b>	Your husband or wife's father.	Teść
<b>Stepfather</b>	Your mother's husband who is not your biological father.	Ojczym
<b>Adoptive father</b>	A man who is not your biological father but who accepted legal responsibility for and raised you.	Ojciec adopcyjny
<b>Godfather</b>	A man chosen by your parents to be your spiritual guide in life, named as such through a ceremony in the Catholic church.	Ojciec chrzestny
<b>Aunt</b>	Your mother or father's sister or sister-in-law.	Ciotka
<b>Maternal aunt</b>	Your mother's sister or sister-in-law.	Ciotka ze strony matki
<b>Paternal aunt</b>	Your father's sister or sister-in-law.	Ciotka ze strony ojca
<b>Uncle</b>	Your mother or father's brother or brother-in-law.	Wuj
<b>Maternal uncle</b>	Your mother's brother or brother-in-law.	Wuj ze strony matki
<b>Paternal uncle</b>	Your father's brother or brother-in-law.	Wuj ze strony ojca, stryj

Term	Definition	Translation
<b>Cousin</b>	Usually understood to be a first cousin.	Kuzyn
<b>First cousin</b>	Your aunt or uncle's child.	Kuzyn pierwszego stopnia
<b>First cousin once removed</b>	Your aunt or uncle's grandchild or your first cousin's child	Dziecko kuzyna
<b>Second cousin</b>	The children of first cousins are second cousins to each other.	Kuzyn drugiego stopnia
<b>Grandparent</b>	Your parent's father or mother.	Dziadek/babcia
<b>Grandmother</b>	Your mother or father's mother.	Babcia
<b>Maternal grandmother</b>	Your mother's mother.	Babcia ze strony matki
<b>Paternal grandmother</b>	Your father's mother.	Babcia ze strony ojca
<b>Grandfather</b>	Your mother or father's father.	Dziadek
<b>Maternal grandfather</b>	Your mother's father.	Dziadek ze strony matki
<b>Paternal grandfather</b>	Your father's father.	Dziadek ze strony ojca
<b>Great aunt</b>	Your mother or father's aunt.	Ciotka rodzica
<b>Maternal great aunt</b>	Your mother's aunt.	Ciotka matki
<b>Paternal great aunt</b>	Your father's aunt.	Ciotka ojca
<b>Great uncle</b>	Your father or mother's uncle.	Wuj rodzica
<b>Maternal great uncle</b>	Your mother's uncle.	Wuj matki
<b>Paternal great uncle</b>	Your father's uncle.	Wuj ojca
<b>Great grandparents</b>	The parents of any of your grandparents.	Pradziadkowie
<b>Great grandmother</b>	The mother of any of your grandparents.	Prababcia
<b>Great grandfather</b>	The father of any of your grandparents.	Pradziadek

Term	Definition	Translation
<b>Siblings</b>	The children of your father and mother.	Rodzeństwo
<b>Half siblings</b>	Siblings (brothers and sisters) who have either the same mother and different fathers, or the same father but different mothers. Half-siblings share some genetic similarity with you.	Rodzeństwo przyrodnie
<b>Stepsiblings</b>	The children of your stepmother but not your father; or the children of your stepfather but not your mother. Stepsiblings do not share any genetic similarity with you.	Rodzeństwo przybrane
<b>Twins</b>	Two siblings born at the same time	Bliźnięta
<b>Identical twins</b>	A twin that developed from the same egg and sperm, meaning that they are mostly genetically identical. Also called monozygotic twins.	Bliźnięta jednojajowe
<b>Fraternal twins</b>	A twin who developed from a different egg and sperm than, meaning that he or she is genetically different and has the same number of shared genes as any other sibling. Also called dizygotic twins.	Bliźnięta dwujajowe
<b>Triplets</b>	Three siblings born at the same time	Trojaczki
<b>Sister</b>	A sibling who is a girl.	Siostra
<b>Sister-in-law</b>	Your brother's wife.	Bratowa/szwagierka
<b>Half sister</b>	A girl who is either the child of your father with a different mother, or the child of your mother with a different father.	Siostra przyrodnia
<b>Stepsister</b>	The daughter of your stepmother or stepfather and therefore not biologically related to you.	Siostra przybrana
<b>Brother</b>	A sibling who is a boy.	Brat
<b>Brother-in-law</b>	Your sister's husband.	Szwagier
<b>Half brother</b>	A boy who is either the child of your father with a different mother, or the child of your mother with a different father.	Brat przyrodni
<b>Stepbrother</b>	The son of your stepmother or stepfather and therefore not biologically related to you.	Brat przybrany
<b>Niece</b>	Your sibling's daughter.	Siostrzenica/bratanica
<b>Nephew</b>	Your sibling's son.	Siostrzeniec/bratanek

Term	Definition	Translation
<b>Spouse</b>	Your husband or wife.	Małżonek
<b>Wife</b>	The woman to whom you are married.	Żona
<b>Husband</b>	The man to whom you are married.	Mąż
<b>Children</b>	Genetically speaking, the people who are produced from your egg or sperm.	Dzieci
<b>Daughter</b>	Your child who is a girl.	Córka
<b>Daughter-in-law</b>	Your son's wife.	Synowa
<b>Stepdaughter</b>	Your spouse's daughter who is not your biological child.	Pasierbica
<b>Adoptive daughter</b>	A girl for whom you have accepted legal responsibility and raised even though she is not your biological child.	Córka adoptowana
<b>Goddaughter</b>	A girl for whom you have accepted spiritual responsibility within a ceremony of the Catholic church; she may or may not be biologically related to you.	Chrześcianka
<b>Son</b>	Your child who is a boy.	Syn
<b>Son-in-law</b>	Your daughter's husband.	Zięć
<b>Stepson</b>	Your spouse's son who is not your biological child.	Pasierb
<b>Adoptive son</b>	A boy for whom you have accepted legal responsibility and raised even though he is not your biological child.	Syn adoptowany
<b>Godson</b>	A boy for whom you have accepted spiritual responsibility within a ceremony of the Catholic church. He may or may not be biologically related to you.	Chrześciak
<b>Ancestor</b>	A person from whom you are descended, usually more remote than a grandparent.	Przodek
<b>Fiancé(e)</b>	The person whom you have promised to marry. Man: fiancé Woman: fiancée	Narzeczoney Narzeczonej
<b>Domestic partner</b>	The person with whom you are living and have an intimate relationship, but to whom you are not married.	Konkubent/konkubina

<b>Term</b>	<b>Definition</b>	<b>Translation</b>
<b>Divorced</b>	Having ended a marriage.	Rozwiedziony
<b>Engaged</b>	Having promised to marry someone.	Zaręczony
<b>Widow</b>	A woman whose husband has died.	Wdowa
<b>Widower</b>	A man whose wife has died.	Wdowiec
<b>Relative</b>	A person in your family.	Członek rodziny
<b>Blood relation</b>	A person who is related to you by blood not marriage, e.g., your sister, but not your sister-in-law; your mother but not your stepmother; your daughter but not your adopted daughter.	Krewny
<b>Next of kin</b>	Your closest living blood relation.	Najbliższy krewny

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## Analogies

Genetic counselors often use analogies to explain complex ideas in genetics. An analogy explains a new concept by comparing it to something more common. A clue that an analogy is being used are the words “It’s as if” and “It’s like . . . .”

Examples:

“Genes are **like** an instruction book or an instruction manual. And in a book, there is a certain sequence to a story.”

“**It’s as if** you were reading through a long book and looking for one typo, for a letter that is mistaken.”

“So, a mutation is **like** an unexpected change in the order of the letters.”

“A gene is **like** a recipe, and mutations are like changes in that recipe.”

“It’s **like** chapters in a book, and like misspellings.”

“Our cells are **like** libraries and our chromosomes are like books.”

“**Like** a flip of a coin.” (to explain that there is a 50% chance that a mutation will be passed on every time the patient has a child).

“Inside every cell are genes, which are **like** instruction books for our bodies; they tell our bodies how to grow and develop.”

“It is kind of **like** you a reading a book and you notice that a word is spelled wrong; that is what this genetic test looks for.”

Some analogies may not work with certain patients, due to linguistic or experiential differences.

Analogies that focus on genes as “letters in a book” may make no sense to speakers of character-based written languages such as Chinese, Japanese, and Korean.

“**It’s as if** you were reading through a long book and looking for one typo, for a letter that is mistaken.”

“So a mutation is **like** an unexpected change in the order of the letters.”

“It’s **like** chapters in a book, and like misspellings.”

“It is kind of **like** if you a reading a book and you notice that a word is spelled wrong; that is what this genetic test looks for.”

Analogies that focus on genes as a recipe may not work for patients who do not cook with written recipes.

“A gene is like a recipe, and mutations are like changes in that recipe.”

Analogies that discuss random chance in terms of a coin toss may not work for patients from cultures where people don't flip coins to make decisions.

“Like a flip of a coin” (to explain that there is a 50% chance that a mutation will be passed on every time the patient has a child).

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