



Y Symbol for the element yttrium.

yage [Brazilian, indigenous] **1.** A tropical South American vine, *Banisteriopsis caapi*, whose bark is boiled to make a tea with hallucinogenic properties. **2.** The popular name of the tea made from the vine of the same name.

Yale brace (yāl) A lightweight orthotic used to stabilize the cervical spine (i.e., after vertebral fracture). It consists of a cervical collar with supports that hold the collar firmly on the chest and upper back.

yangona A tropical herb, formally known as *Piper methysticum*, and more commonly called *kava kava*.

Yankauer suction catheter (yäng'kow-ër) A rigid suction tip used to aspirate secretions from the oropharynx.

yard [AS. *gerd*, a rod] A measure of 3 ft or 36 in.; equal to 0.9144 m. SEE: *Weights and Measures Appendix*.

yawn (yawñ) [AS. *geonian*] To open the mouth involuntarily and take a deep breath, a movement mediated by neurotransmitters in the hypothalamus and often associated with stretching.

yawning (yawñ'ing) Deep inspiration with the mouth wide open. It is associated with drowsiness, boredom, anxiety, or fatigue. SEE: *paniculation*.

yaws (yawz) An infectious nonvenereal disease caused by a spirochete, *Treponema pertenue*, and mainly found in humid, equatorial regions. The disease is marked by fevers, joint pains, and ca-seating eruptions on the hands, feet, face, and external genitals. The infection is rarely, if ever, fatal but can be disfiguring and disabling. It is treated with penicillin. SYN: *bouba*; *frambesia*; *pian*.

mother y. A papilloma that is the initial lesion of yaws, occurring at the site of inoculation 3 to 4 weeks after infection. This lesion persists for several weeks or months and is painless unless there is a secondary infection. SYN: *frambesioma*.

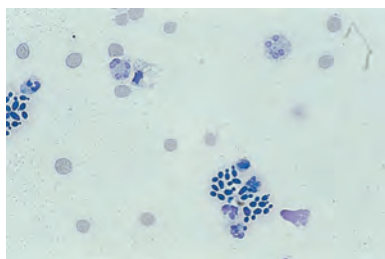
Yb Symbol for the element ytterbium.

Y-connector A glass or plastic connector that divides one incoming line into two outgoing ones.

years of life lost The number of years a person might have lived if the accident or disease that killed him had not occurred.

yeast (yëst) [AS. *gist*] **1.** Any of several unicellular fungi of the genera *Saccharomyces* or *Candida*, which reproduce by budding. They are capable of fermenting carbohydrates. Yeasts, esp. *Can-*

didia albicans, may cause systemic infections as well as vaginitis and oral thrush. Yeast infections are frequently present in patients with malignant lymphomas, poorly controlled diabetes mellitus, AIDS, or other conditions causing immunocompromise. SYN: *Saccharomyces*. SEE: *illus.*; *Candida*; *candidiasis*; *fungi*. **2.** A commercial product composed of meal impregnated with living fungi, used, for example, in fermenting beer and ale and baking bread.



BUDDING YEAST

(In peritoneal fluid ($\times 400$))

brewer's y. Yeast obtained during the brewing of beer. It is a rich source of folic acid and chromium.

dried y. Dried yeast cells from strains of *Saccharomyces cerevisiae*. It is used as a source of proteins and vitamins, esp. B complex.

yellow (yël'ō) [AS. *geolu*] One of the primary colors resembling that of a ripe lemon.

visual y. Macula lutea of the retina

yellow fever One of two forms of an acute, infectious disease caused by a flavivirus and transmitted by the *Aedes* mosquito. It is endemic in Western Africa, Brazil, and the Amazon region of South America but is no longer present in the U.S.

There are two forms of yellow fever: urban, in which the transmission cycle is mosquito to human to mosquito; and sylvan, in which the reservoir is wild primates.

According to the World Health Organization, yellow fever afflicts about 200,000 people a year in Africa and South America, about 30,000 of whom die.

ETIOLOGY: The virus is carried most commonly by the *Aedes aegypti* mosquito, but the *Aedes vittatus* and *Aedes taylori* mosquitoes also are important vectors.

SYMPTOMS: After an incubation period of 3 to 6 days, patients develop high fever, headache, muscle aches, nausea and vomiting, and gastrointestinal disturbances such as diarrhea or constipation. In most patients, the disease resolves in 2 or 3 days, but in about 20% the fever returns after a 1 to 2 day remission period and is accompanied by abdominal pain, severe diarrhea, gastrointestinal bleeding (producing a characteristic "black vomit"), anuria, and jaundice (from which the name "yellow fever" was derived) caused by liver infection. Rarely, there is progressive liver failure, renal failure, and death.

Yellow fever can be distinguished from dengue by the presence of jaundice, and from malaria by the absence of splenomegaly and low serum transaminase levels. Blood tests can identify the virus and its antigens, to which antibodies are formed in 5 to 7 days. A liver biopsy to isolate the virus is contraindicated because of the risk of bleeding.

LABORATORY FINDINGS: As in many viral infections, the white blood cell count and platelet count may be suppressed. The erythrocyte sedimentation rate is rarely elevated. In severely ill patients with jaundice or renal failure, the serum bilirubin and creatinine levels are elevated.

DIAGNOSIS: Diagnosis on clinical grounds alone is almost impossible during the period of infection or in atypical mild forms. Yellow fever viral antigen or antibodies may be detected during the acute phase of the illness.

PROPHYLAXIS: Preventive measures include mosquito control by screening, spraying with nontoxic insecticides, and destruction of breeding areas. Yellow fever vaccine prepared from the 17D strain is available for those who plan to travel or live in areas where the disease is endemic. The vaccine is contraindicated in the first 4 months of life and the first trimester of pregnancy.

TREATMENT: No antiviral agents are effective against the yellow fever virus. Fluids are given to maintain fluid and electrolyte balance, acetaminophen to reduce fever, and histamine blockers (e.g., ranitidine) or gastric acid pump inhibitors (e.g., omeprazole) to decrease the risk of gastrointestinal bleeding. Vitamin K is given if there is decreased production of prothrombin by the liver.

A live virus vaccine, which can be obtained only at designated vaccination centers, may be given to adults and children over age 9 months who are traveling to countries where yellow fever is endemic; the vaccine is effective for 10 years, after which a booster is required. Persons who are immunosuppressed, pregnant, or allergic to eggs should not receive the vaccine. Travelers need to

determine if the country they are visiting has regulations about vaccination.

PROGNOSIS: The prognosis is grave. Mortality is 5% for natives of an area where the disease is endemic.

yellow nail syndrome A condition marked by slowing of nail growth marked by yellowish discoloration, bilateral lymphedema, and recurrent pleural or pericardial effusions. It is typically found in persons with underlying autoimmune, lymphatic, or malignant diseases.

Yergason's test (yě'r'gǎ-sǐnz) A test used to identify subluxation of the long head of the biceps brachii muscle from the bicipital groove caused by disruption of the transverse humeral ligament. The patient is seated, the glenohumeral joint is in the anatomical position, the elbow flexed to 90 degrees, and the forearm supinated to assume the "palm up" position. The evaluator resists the patient as the shoulder is externally rotated and the elbow flexed. A positive test result is marked by a "snapping" sensation as the long head of the biceps brachii subluxates from the bicipital groove, indicating a tear of the transverse humeral ligament.

Yersinia (yě-r-sin'ē-ǎ) [Alexandre Emil Jean Yersin, Swiss bacteriologist who worked in Paris, 1863–1943] A genus of gram-negative coccobacilli of the family Enterobacteriaceae; several are human pathogens.

Y. enterocolitica A species that causes acute mesenteric lymphadenitis and enterocolitis. The disease may progress to a septicemic form in children, and mortality may be as high as 50%. Therapy with trimethoprim-sulfamethoxazole, aminoglycosides, tetracycline, third-generation cephalosporin, or quinolones is effective.

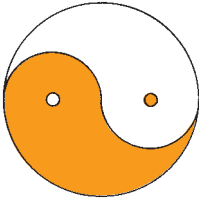
Y. pestis The species that causes bubonic and pneumonic plague. SEE: *plague*.

Y. pseudotuberculosis A species that causes pseudotuberculosis in humans.

yersiniosis (yě-r-sin'ē-ō'sis) Infection with *Yersinia* organisms.

ylilshen (yē-lē-shēn', -shēn') [Chinese Mandarin] A dietary supplement marketed as a treatment for erectile dysfunction. The U.S. Food and Drug Administration has issued a warning to consumers to avoid this product, which has been marketed under the trade name Actra-RX.

yin-yang (yīn-yǎng) The Chinese symbol of presumptively opposing but complementary entities or concepts such as light-dark, male-female, and sun-moon. In traditional Chinese philosophy and medicine, the goal is to have a proper balance of such forces. SEE: *illus*.



YIN-YANG

-yl [Gr. *hyle*, matter, substance] Suffix signifying a radical in chemistry.

-ylene Suffix denoting a bivalent hydrocarbon radical in chemistry.

yocto- [Fm. *octo-*, representing the eighth power of a thousandth] ABBR: y. A prefix used in the International System of Units (SI units) to signify 10^{-24} .

yoga [Sanskrit, union] A system of traditional Hindu beliefs, rituals, and activities that aims to provide spiritual enlightenment and self-knowledge. In the Western world, the term has been associated primarily with physical postures (asanas) and coordinated, diaphragmatic breathing. Many practitioners of complementary medicine use yoga to treat chronic musculoskeletal pain, anxiety, insomnia, and other conditions.

Hatha y. A branch of yoga popular in the West that relies on breathing techniques and the use of body postures to attain fitness, relaxation, and enlightenment.

yogurt, yoghurt (yōg'hūrt) [Turkish] A form of curdled milk created by culturing milk with *Lactobacillus bulgaricus*. Yogurt is a source of calcium and protein that is palatable. It may be better tolerated than milk by persons with lactase deficiency. Yogurt with live bacterial cultures is probiotic – it may be useful for replenishing intestinal flora that have been eradicated by antibiotics. SEE: *milk*.

yoke (yōk) A tissue connecting two structures.

yolk (yōk) [AS. *geolca*] The contents of the ovum; sometimes only the nutritive portion. SYN: *vitellus*. SEE: *zona pellucida*.

y. stalk The duct that connects the embryonic gut to the yolk sac; it disap-

pears during fetal development. SYN: *omphalomesenteric duct*; *vitelline duct*.

yonaki (yō-nā-kē) [Jap., literally, “night-time crying”] A culture-bound syndrome in Japan characterized by sleep-related nocturnal crying by children typically aged from 5 to 11 years.

yotta- [Fm. *octo-*, representing the eighth power of a thousand] A prefix used in the International System of Units (SI units) to signify 10^{24} .

Young-Helmholtz theory (yūng-hēlm'hōlts) [Thomas Young, Brit. physician, 1773–1829; Hermann Ludwig Ferdinand von Helmholtz, Ger. physician, 1821–1894] The theory that color vision depends on three different sets of retinal fibers responsible for perception of red, green, and violet. The loss of red, green, or violet as color perceptive elements in the retina causes an inability to perceive a primary color or any color of which it forms a part.

youth (yooth) [AS. *geoguth*] The period between childhood and maturity. Young adulthood is between 18 and 35 years of age.

youth friendly User friendly (acceptable or appealing) to young people between the ages of 10 and 24. The term is used to describe elements of health care that are accessible to and comfortable for preteens, adolescents, and young adults.

ypsiliform (īp-sīl'ī-form) Y-shaped.

y.s. *yellow spot* of the retina.

ytterbium (ī-tūr'bē-ūm) SYMB: Yb. A rare metallic earth element used in screens in radiography; atomic weight, 173.04; atomic number, 70.

yttrium (īt'rē-ūm) SYMB: Y. A metallic element; atomic weight, 88.905; atomic number, 39.

Yura, Helen (ūr'ă) A U.S. nurse-educator and author who published the first comprehensive text on the nursing process with Mary B. Walsh. SEE: *nursing process*; *Nursing Theory Appendix*.

Yuzpe regimen [Albert Yuzpe, Can. Obstetrician/gynecologist] A type of emergency contraception (colloquially, a “morning after pill”) in which a patient takes estradiol and levonorgestrel after sexual intercourse to prevent pregnancy and implantation.