***Handling the ‘Challenging’ Cat***

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**N.B.**: For the following definitions and examples, where applicable, I have *mostly* used online sources: *Merriam Webster Dictionary, Oxford Dictionary, Cambridge Dictionary, Wikipedia* *et al* (for English). *Αγγλοελληνικό Λεξικό WordReference.com* (for Greek).

**Glossary**

**to handle**: feel or manipulate with the hands; manage (a situation or problem) – χειρίζομαι/ καταφέρνω

**challenging**: provocative, difficult to deal with; (*medicine*) expose (the immune system) to pathogenic organisms or antigens

**solitary**: done or existing alone – μοναχικός

**interaction**: reciprocal action or influence - διάδραση, αλληλεπίδραση

**herd**: a large group of animals, esp. hoofed mammals that live or are kept together as livestock – αγέλη, κοπάδι - *e.g. a herd of elephants*

**hoofed**: having a hoof or hoofs/hooves – *e.g.* *Animals that have* [*cloven*](https://www.collinsdictionary.com/dictionary/english/cleave) *hooves have feet that are divided into two parts. Cows,* [*sheep*](https://www.collinsdictionary.com/dictionary/english/sheep)*, and goats have cloven hooves* - με οπλές

**mammal**: a warm-blooded vertebrate animal of a class that is distinguished by the possession of hair or fur, females that secrete milk for the nourishment of the young, and (typically) the birth of live young - θηλαστικά

**pack animals**: **(a)** animals used to carry loads (horse, donkey, mule); **(b)** animals living and hunting in a pack – αγέλη

**predatory**: preying on others - θηρευτές

**potential**: possibility, prospect – δυνατότητα, προοπτική

**prey**: hunt and kill for food/ an animal hunted and killed by another for food - τρέφομαι / θήραμα, βορά, λεία

**obligate**: (*biol.*) restricted to a particular function or mode of life – *e.g. “an obligate intracellular parasite";* able to exist under only one set of environmental conditions – *e.g. “an obligate parasite cannot live independently of its host”*

**carnivore**: an animal that feeds on other animals – σαρκοβόρο

**feline**: a cat or other member of the cat family - αιλουροειδής

**in line with**: in accordance with, in alignment with – σύμφωνα με **≠ out of line with**: not in accordance with, not in alignment with **be in line with:** συμβαδίζω με κάτι, συμμορφώνομαι με κάτι

**fight-or-flight response**: (also called *hyperarousal*, or the *acute stress response*) is a physiological reaction that occurs in response to a perceived [harmful event](https://en.wikipedia.org/wiki/Psychological_trauma), [attack](https://en.wikipedia.org/wiki/Trauma_(medicine)), or threat to survival/

**‘fight or flight’**: fight or flee - αγωνίζομαι ή το βάζω στα πόδια

**response**: a reaction to something – ανταπόκριση

**misinterpret**: interpret wrongly - παρερμηνεύω

**aggression**: hostility – επιθετικότητα, επίθεση

**indicative**: serving as a sign, expressing – ενδεικτικός, δηλωτικός

**requirement**: a thing needed, a necessity – ανάγκη, απαίτηση

**companionship**: friendship, intimacy, rapport – συντροφιά, παρέα

**casual**: relaxed, unconcerned, easy-going – ανέμελος, τυχαίος

**low-intensity**: low level of intensity - χαμηλής έντασης

**encounter**: (unexpected) meeting - συνάντηση

**sufficient**: adequate, enough - αρκετός, ικανοποιητικός

**confrontation**: contest, conflict, encounter – αντιμετώπιση, αναμέτρηση

**to intimidate**: to frighten – φοβίζω, τρομάζω

**vocalization**: producing sounds with the voice – έκφραση, διατύπωση, εκφορά λόγου

**posture**: position – στάση

***Body Language and communication [p.288]***

**tactile**: of or connected with the sense of touch; perceptible by touch - απτός, χειροπιαστός

**olfactory**: related to the sense of smell - οσφρητικός

**postural**: relating to the way a person/an animal stands or sits - της στάσης – *e.g. to develop good/bad postural habits from an early age.*

**cues**: signals, signs - σημάδια

**elaborate**: complicated, intricate, detailed and complicated in design - περίτεχνος, περίπλοκος, (πολύ)σύνθετος/ λεπτομερής – *e.g. … displays of elaborate body and tail posture … (p.288)*

**resort (to)**: use, employ/ turn to and adopt (a course of action, especially an extreme or undesirable one) so as to resolve a difficult situation - καταφεύγω, προσφεύγω (σε)

**rubbing**: applying firm pressure to the surface of (something), using a repeated back and forth motion - τριβή, τρίψιμο

**grooming**: brushing and cleaning the coat of (an animal) - καθάρισμα, περιποίηση/ καλοποίηση// βούρτσισμα (αλόγου)

**kneading**: pressing firmly - μάλαξη, ‘ζύμωμα’

**affiliate (adj.)**: attached, connected – δεκτικός, που συνδέεται, σχετίζεται (με κπ/κάτι)

**scruff**: the back of [an animal's] neck – σβέρκος, τράχηλος

**scruffing**: taking/grasping an animal by the neck – πιάνω ένα ζώο από το πίσω μέρος του λαιμού

**escalate**: increase - αυξάνω

**fold back**: bend back - διπλώνω προς τα πίσω, κατεβάζω προς τα πίσω (π.χ., τα αυτιά)

**diffuse**: scatter, disperse/ spread over a wide area or between a large number of people - διαχέω, (δια)σκορπίζω/ χαμηλώνω

**elicit**: extract, induce/evoke or draw out (a reaction, answer, or fact) from someone - εκμαιεύω (κάτι από κάποιον)/ προκαλώ (αντίδραση)/ έμμεσα αποσπώ, εκμαιεύω (πληροφορίες/απάντηση)

**demeanour**: behavior - συμπεριφορά, διαγωγή/ φυσιογνωμία

**position**: posture – στάση, θέση (*π.χ. της ουράς*)

**vertical**: upright, erect, perpendicular - κάθετος ≠ **horizontal**: οριζόντιος

**upright**: straight - όρθιος

**with a slight kink (to the tip)**: slightly folded (at the end) – [με μια] ελαφρά τσάκιση/πτυχή (στην άκρη)

**quiver**: tremble – τρέμουλο

**offensive posture**: a position that shows aggression/ that someone is ready for attack - απειλητική/επιθετική στάση

**defensive posture**: a position of someone trying to guard oneself against attack - αμυντική στάση

**wag**: be in motion, stir - κούνημα

**agitation**: a state or feeling of being restless - ταραχή, αναστάτωση

**arouse**: provoke, excite/evoke or awaken (a feeling, emotion, or response) – (εξ)εγείρω, αφυπνίζω, εξάπτω, διεγείρω, ερεθίζω

**aroused state**: in a state of arousal – σε κατάσταση διέγερσης/εξέγερσης/έξαψης

**to inhibit**: hinder, restrain, or prevent (an action or process); make (someone) self-conscious and unable to act in a relaxed and natural way – αναστέλλω

**fluff up**: make s.th. appear bigger – *e.g. an intimidated cat will try to make itself appear larger in front of an aggressor by fluffing up its coat* [p.289] - *μια φοβισμένη γάτα θα προσπαθήσει να φανεί μεγαλύτερη μπροστά σε ένα επιτιθέμενο [ζώο], φουντώνοντας το τρίχωμά της* [σελ.289]

**coat**: fur - τρίχωμα, γούνα

**arched back**: back in an arched position - πλάτη σε στάση καμάρας/αψίδας

**on the attack [Idiom]**: to [act](https://dictionary.cambridge.org/dictionary/english/act) in a [strong](https://dictionary.cambridge.org/dictionary/english/strong), [determined](https://dictionary.cambridge.org/dictionary/english/determined) way to [defeat](https://dictionary.cambridge.org/dictionary/english/defeat) someone or something – εξαπολύω επίθεση

**stance**: position of body and feet - στάση, θέση, άποψη

**to pounce**: leap, spring - ορμάω, χυμάω

**piloerection**: erection or bristling of hairs due to the involuntary contraction of small muscles at the base of hair follicles that occurs as a reflexive response of the sympathetic nervous system especially to cold, shock, or fright - ανόρθωση τριχών

**submissive**: obedient or passive - υποτακτικός

**to crouch**: adopt a position where the knees are bent and the upper body is brought forward and down, typically in order to avoid detection or to defend oneself - μαζεύομαι, σκύβω, χαμηλώνω το σώμα μου

**to roll over**: if you are [lying](https://www.collinsdictionary.com/dictionary/english/lie) down and you [roll](https://www.collinsdictionary.com/dictionary/english/roll) over, you [turn](https://www.collinsdictionary.com/dictionary/english/turn) your body so that a different part of you is [facing](https://www.collinsdictionary.com/dictionary/english/facing) [upward](https://www.collinsdictionary.com/dictionary/english/upward) – στρέφω το σώμα μου, στρέφομαι

**hissing**: make a sharp sibilant sound as of the letter *s* – συριγμός

**growling**: (of an animal, especially a dog) make a low guttural sound of hostility in the throat - γρύλισμα

**mydriasis /**maidr**á**iasis**/ [*Figure 1 - p.289*]:** dilation (= διαστολή) of the *pupil of the eye* (= κόρη οφθαλμού), especially when excessive or prolonged, usually as a result of trauma, a medical disorder, or a drug - μυδρίαση

**rotation**: turn, rotation - περιστροφή

**to engage in**: take part in s.th. - ασχολούμαι, εμπλέκομαι

**fear aggression**: aggression due to fear – επιθετικότητα που εκδηλώνεται λόγω του φόβου

**hospitalisation** **(UK)** – **hospitalization (USA)**: admission to hospital for treatment - νοσηλεία, εισαγωγή στο νοσοκομείο

***Improving the clinical experience [pp.289-290]***

**empathetic**: showing an ability to understand and share the feelings of another – συμπονετικός, σπλαχνικός

**adaptations**: modifications, alterations, changes// [Biology] the process of change by which an organism or species becomes better suited to its environment – αλλαγές, προσαρμογές

**to exhibit**: display, show – εκθέτω, δείχνω

**practice**: the premises of a doctor - ιατρείο

**carrier**: cage or other device, used to carry the animal

**outset**: start, beginning – αρχή

**chase**: pPursue in order to catch or catch up with

**potential predators**: animals that may exist and that will possibly prey on other animals – πιθανοί θηρευτές

**consulting room**: a room in which a doctor or other therapeutic practitioner examines patients – εξεταστήριο

**to commence**: to start, to begin - αρχίζω

**to assume**: presume, suppose// take or begin to have (power or responsibility) – υποθέτω/ (προσ-)λαμβάνω, αξιώνω

**stimulus (pl. –i)**: a thing that arouses activity or energy in someone or something; a spur or incentive - ερέθισμα

**likely**: possible - πιθανό

**to adapt**: make (something) suitable for a new use or purpose; modify - προσαρμόζω

**modifications**: alterations - αλλαγές, μετατροπές

**split (split – split)**: divide, separate - χωρίζω

**elevated shelves**: shelves situated or placed higher than the surface of the floor, so they cannot be reached easily [by other animals] - ανυψωμένα ράφια

**to minimise** [≠ **to maximise, UK] - to minimize [≠ to maximize, USA]**: reduce (something, especially something undesirable) to the smallest possible amount or degree – ελαχιστοποιώ **≠** μεγιστοποιώ

**non-slip examination surfaces**: μη-γλυστερές επιφάνειες εξέτασης [ασθενούς]

**to switch**: to change – αλλάζω (από μία κατάσταση σε άλλη)

**to scrub**: rub (someone or something) hard so as to clean them, typically with a brush and water - τρίβω, κάνω απολέπιση

**scrub tops**: [sterile](https://www.collinsdictionary.com/dictionary/english/sterile) clothing worn as by [doctors](https://www.collinsdictionary.com/dictionary/english/doctor) and [nurses](https://www.collinsdictionary.com/dictionary/english/nurse) during [surgery](https://www.collinsdictionary.com/dictionary/english/surgery), [childbirth](https://www.collinsdictionary.com/dictionary/english/childbirth), etc - ρούχα εφημερίας/χειρουργίου, ποδιές

**to overlook**: fail to notice - παραβλέπω

**option**: choice, alternative, possibility - επιλογή

**dedicated**: devoted to a task or purpose – αφιερωμένος, αφοσιωμένος

**lid**: cover, top - καπάκι, σκέπασμα

**stress-reducing (environment)**: (περιβάλλον) που ελαττώνει το στρες

**to aid**: help, assist - βοηθώ

**pheromone**: [chemical](https://dictionary.cambridge.org/dictionary/english/chemical) [substance](https://dictionary.cambridge.org/dictionary/english/substance) [released](https://dictionary.cambridge.org/dictionary/english/release) by an [animal](https://dictionary.cambridge.org/dictionary/english/animal) that [influence](https://dictionary.cambridge.org/dictionary/english/influence)s the [behaviour](https://dictionary.cambridge.org/dictionary/english/behaviour) of another [animal](https://dictionary.cambridge.org/dictionary/english/animal) of the same [type](https://dictionary.cambridge.org/dictionary/english/type), for [example](https://dictionary.cambridge.org/dictionary/english/example) by [attracting](https://dictionary.cambridge.org/dictionary/english/attract) it [sexually](https://dictionary.cambridge.org/dictionary/english/sexually)- φερομόνη

**to stagger**: **(a)** stop; **(b)** walk unsteadily – **(α)** σταματώ, κάνω παύση **(β)** περπατώ με αστάθεια

**to carry out (procedures)**: perform, complete (an activity) - εκτελώ, διενεργώ, φέρω σε πέρας, διεκπεραιώνω (διαδικασίες)

**ward**: a separate room in a hospital, typically one allocated to a particular type of patient - πτέρυγα

**s.th. may be worth considering**: s.th. may be worth thinking about - κάτι μπορεί να αξίζει να το σκεφτεί κάποιος

**restraint [*Figure 2, p.290*]**: keeping under control - περιορισμός/ συγκράτηση/ όριο

***Approaching the challenging cat [p.290]***

**dominance**: power and influence over others - κυριαρχία

**upper register tones [of voice]**: high tones [of voice] - υψηλοί τόνοι φωνής

**to mimic**: imitate - μιμούμαι

**chirruping**: short, high pitched sound (like a bird) – τερέτισμα

**to crouch**: adopt a position where the knees are bent and the upper body is brought forward and down, typically in order to avoid detection or to defend oneself; cringe, shrink – ζαρώνω, μαζεύομαι, σκύβω (για να μην φαίνομαι)

***Handling techniques [pp.290-291]***

**to access**: approach s.b. or a place/enter a place – προσεγγίζω, έχω πρόσβαση

**vice versa**: the other way round, conversely, contrariwise - και το αντίστροφο

**blood sampling**: taking a sample or samples for analysis - δειγματοληψία αίματος

**sample**: test, specimen; a small part or quantity intended to show what the whole is like - δείγμα

**to lift [the patient] up [*Figures 4 & 5, p.290*]**: bring up, raise [the patient] - σηκώνω ψηλά [τον ασθενή]

**past [the face] [*Figures 4 & 5, p.290*]** : before, in front of [the face] - μπροστά από [το πρόσωπο]

**kennel**: a small shelter (for a dog or cat) - σπιτάκι (σκύλου ή γάτας)

**intravenous**: existing or taking place within, or administered into, a vein or veins - ενδοφλέβια

**catheter**: a flexible tube inserted through a narrow opening into a body cavity, particularly the bladder, for removing fluid - καθετήρας

**placement**: placing someone or something somewhere - τοποθέτηση

**unduly**: excessively, inordinately - υπερβολικά

**[be] coping**: dealing successfully with a difficult situation, manage, get by - αντέχω, τα καταφέρνω, ανέχομαι [κάτι], τα βγάζω πέρα

**undo**: upsetting emotionally, perturbing – προκαλώντας αναστάτωση, ταραχή, ανατρεπτική [στο κείμενο]

**perseverance**: persistence in doing something despite difficulty or delay in achieving success - επιμονή

**beneficial**: favourable, valuable, instrumental, advantageous – ευεργετικός

***Summary***

**in-depth (adj.)**: comprehensive and thorough - εις βάθος, βαθύς

**onset**: start - αρχή

**to alter**: change - αλλάζω