



zafirlukast, a bronchodilator.

■ **INDICATIONS:** This drug is used for prophylaxis and chronic treatment of asthma in adults and in children less than 12 years of age.

■ **CONTRAINDICATIONS:** Known hypersensitivity to this drug prohibits its use.

■ **ADVERSE EFFECTS:** Adverse reactions to this drug include headache, dizziness, nausea, diarrhea, abdominal pain, vomiting, infections, pain, asthenia, myalgia, fever, dyspepsia, and increased ALT.

Zahorsky's disease. See **roseola infantum**.

Zakrzewski, Marie /zakshēf'skē/ (1829–1902), a Polish-German-American midwife who studied medicine in Berlin before emigrating to the United States. In New York she met Elizabeth Blackwell, who encouraged her to continue her medical studies. After receiving her medical degree in Cleveland, she worked at Blackwell's New York Infirmary before going to Boston. In 1872 she organized the first successful American school of nursing at the New England Hospital for Women and Children.

zalcitabine, an antiretroviral nucleoside reverse transcriptase inhibitor analog. Also known as **ddC**, **dideoxycytidine**.

■ **INDICATIONS:** It is prescribed in the treatment of human immunodeficiency virus infections.

■ **CONTRAINDICATIONS:** The drug should not be given to patients with an allergy to zalcitabine or any of its components. Zalcitabine is not a cure, and acquired immunodeficiency syndrome patients may continue to acquire symptoms associated with the disease. Caution is recommended in patients with low CD4 cell counts, esophageal ulcers, numbness or tingling in the extremities, or a history of pancreatitis or alcohol abuse.

■ **ADVERSE EFFECTS:** The side effects most often reported include nausea, appetite loss, stomach pain, headache, dizziness, fatigue, dry mouth, and night sweats.

zaleplon, a sedative/hypnotic.

■ **INDICATIONS:** This drug is used to treat insomnia.

■ **CONTRAINDICATIONS:** Known hypersensitivity to this drug prohibits its use.

■ **ADVERSE EFFECTS:** Adverse reactions to this drug include dizziness, confusion, anxiety, amnesia, depersonalization, hallucinations, hypesthesia, paresthesia, somnolence, tremor, vertigo, nausea, abdominal pain, constipation, anorexia, colitis, dyspepsia, dry mouth, vision changes, ear/eye pain, hyperacusis, parosmia, asthenia, fever, headache, myalgia, and dysmenorrhea. Common side effects include lethargy, drowsiness, and daytime sedation.

zanamivir, an antiviral.

■ **INDICATIONS:** Zanamivir is used to treat type A influenza in patients who have had symptoms for no more than 2 days.

■ **CONTRAINDICATIONS:** Known hypersensitivity to this drug prohibits its use.

■ **ADVERSE EFFECTS:** Adverse reactions to this drug include fatigue, ear-nose-throat infections, diarrhea, nasal symptoms, cough, sinusitis, and bronchitis. Common side effects include headache, dizziness, nausea, and vomiting.

Zarontin, trademark for an anticonvulsant (ethosuximide).

Zaroxolyn, trademark for a diuretic and antihypertensive (metolazone).

Z band. See **Z line**.

Z chromosome. See **W chromosome and Z chromosome**.

Z disk. See **Z line**.

ZDV, abbreviation for **zidovudine**.

Zeeman effect /sē'man, tsā'mon/ [Pieter Zeeman, Dutch physicist and Nobel Laureate, 1865–1945], a splitting of lines in an emission spectrum into three or more symmetrically placed lines when the radiation source is in a magnetic field.

ZEEP, abbreviation for **zero-end expiratory pressure**.

Zeitgeist /tsīt'gīst/ [Ger], literally, the spirit of the time, a climate of opinion, a convention of thought, or implicit assumptions.

Zellweger syndrome [Hans Ulrich Zellweger, American pediatrician, 1909–1990], See **cerebrohepatorenal syndrome**.

Zemuron, trademark for a nondepolarizing neuromuscular blocking agent (rocuronium bromide).

Zenker's diverticulum /tseng'kerz/ [Friedrich A. Zenker, German pathologist, 1825–1898; L, *diverticulare*, to turn aside], a circumscribed herniation of the mucous membrane of the pharynx as it joins the esophagus. It is the most common type of diverticulum of the esophagus. Food may become trapped in the diverticulum and can be aspirated. Diagnosis is confirmed by x-ray studies. In most cases the herniation is small, causes no dysfunction, is not diagnosed, and requires no treatment.

zeolites, hydrated silicates of aluminum used in ion exchange water softeners. Synthetic zeolites are used as porous molecular containers for reagents and drugs.

Zephiran Chloride, trademark for a disinfectant (benzalkonium chloride).

zeranol /zer'ənoʊl/, an estrogenic substance used to fatten livestock. Consumption of beef from zeranol-treated cattle has been associated with precocious puberty in some boys and girls.

Zerit, trademark for a synthetic thymidine nucleoside analog (stavudine).

zero /zir'ō/ [Ar, *sifr*; cipher], **1.** nothing. **2.** the point on most scales from which measurements begin. **3.** absolute zero (0 K) on the Kelvin scale, the temperature at which there is no molecular movement, corresponding to -273.15°C or -459.67°F .

zero dose, the absence of added ligand. Also called **B₀**, **zero-end expiratory pressure (ZEEP)** [Ar, *zefiro* + ME, *ende*], pressure in the airways that has returned to ambient or atmospheric pressure at the end of exhalation.

zero fluid balance, a state in which the amount of fluid intake is equal to the amount of fluid output.

zero gravity, a physical state of weightlessness in space or during flight when the centrifugal thrust on a body in a parabolic glide exactly counteracts the force of gravity.

zero order kinetics, a state at which the rate of an enzyme reaction is independent of the concentration of the substrate.