

Chapter 1

Spanish for Healthcare Workers

In This Chapter

- ✓ Mastering basic terminology and emergency talk
 - ✓ Dealing with admissions, forms, and insurance
 - ✓ Interviewing and examining patients
 - ✓ Offering a diagnosis and treatment plan
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As a healthcare professional, you're dedicated to providing all your patients with the best treatment available, whatever language they happen to speak. Providing effective care, however, requires not only a thorough medical background but also an ability to clearly communicate with your patients. You need to be able to take your patients through the entire process — from meeting and greeting them to filling out paperwork, and from asking them questions to delivering your diagnosis, treatment plan, and instructions.

In the course of a single chapter, we can't possibly tell you everything you need to know to fully understand what your Spanish-speaking patients tell you or what you need to tell them, but we can bring you up to speed on the basics and show you how to communicate in the most common scenarios. Here, we cover the basics of gathering information from patients and explaining to patients the diagnosis and treatment.



Refer to the early chapters in Book I for basic coverage of conversational Spanish, including a pronunciation guide in Chapter 1. Book I, Chapter 3 leads you through the basics of meeting and greeting people, while Chapter 4 shows you how to engage in small talk — for when you're just getting to know your patients.

First Things First: Key Words and Emergency Lingo

Whatever your role is in serving patients — whether you're a receptionist meeting the patient for the first time or the doctor who ultimately provides diagnosis and treatment — you need to know some basic doctor's office vocabulary and how to communicate with patients in emergency situations. In the following sections, we introduce you to some general terminology along with Spanish names for body parts and internal organs. We also provide key phrases for dealing with accidents and emergencies.

Doctor-speak: Using basic terminology

When you're in a healthcare situation, whether in a doctor's office, pharmacy, or emergency room, you're likely to use many of the terms in Table 1-1.

Table 1-1	General Health-Related Words	
<i>English</i>	<i>Spanish</i>	<i>Pronunciation</i>
blood pressure	la presión sanguínea	lah preh-see ^{ohn} sahn- <i>ghee</i> -neh-ah
bowel movement (evacuation)	la evacuación	lah eh-bvah-kooah-see ^{ohn}
constipation	el estreñimiento	ehl ehs-treh-nyee-mee ^{ehn} -toh
doctor	doctor/a médico/a	dohk- <i>tohr</i> /rah <i>meh</i> -dee-koh/kah
health	la salud	sah- <i>lood</i>
healthy	sano/a	sah-noh/nah
left	izquierdo/a	ees-kee ^{ehr} -doh/dah
medication; medicine	la medicina	lah meh-dee-see-nah
nausea; sickness	la náusea	lah <i>nahoo</i> -seh-ah
nurse	enfermera	ehn-fehr- <i>meh</i> -rah
pharmacist	el farmacéutico	ehl fahr-mah- <i>sehoo</i> -tee-koh
pharmacy	la farmacia	lah fahr- <i>mah</i> -seeah
prescription	la receta	lah reh- <i>seh</i> -tah
right	derecho/a	deh- <i>reh</i> -choh/chah

<i>English</i>	<i>Spanish</i>	<i>Pronunciation</i>
sick	enfermo/a	ehn- <i>fehr</i> -moh/mah
sneeze	el estornudo	ehl ehs-tohr- <i>noo</i> -doh
surgery	la cirugía	lah see-roo- <i>Hee</i> -ah
syrup; elixir	el jarabe	ehl Hah- <i>rah</i> -bveh
urine	la orina	lah oh- <i>ree</i> -nah
wound	la herida	lah eh- <i>ree</i> -dah

Naming body parts

Fortunately, you and your patient can probably refer to body parts simply by pointing to them — although this method can get a bit tricky when it comes to internal organs. A more efficient way to communicate with your Spanish-speaking patients is to brush up your Spanish anatomy terminology. Table 1-2 brings you up to speed and acts as a quick reference.

Table 1-2 Spanish Terminology for Body Parts		
<i>English</i>	<i>Spanish</i>	<i>Pronunciation</i>
<i>Head and Neck Words</i>		
cheek	la mejilla	lah meh- <i>Hee</i> -yah
chin	la barba	lah <i>bvahr</i> -bvah
cranium	el cráneo	ehl <i>krah</i> -neh-oh
ear	la oreja	lah oh- <i>reh</i> -Hah
eye	el ojo	ehl <i>oh</i> -Hoh
eyeball	el globo	ehl <i>gloh</i> -bvoh
face	el rostro	ehl <i>rohs</i> -troh
forehead	la frente	lah <i>frehn</i> -teh
hair	el pelo	ehl <i>peh</i> -loh
head	la cabeza	lah kah- <i>bveh</i> -sah
jaw	la mandíbula	lah mahn- <i>dee</i> -bvoo-lah
lip	el labio	ehl <i>lah</i> -bvoooh
mouth	la boca	lah <i>bvoh</i> -kah
neck	el cuello	ehl koo <i>eh</i> -yoh

(continued)

Table 1-2 (continued)		
English	Spanish	Pronunciation
nose	la nariz	lah nah-rees
tongue	la lengua	lah <i>lehn</i> -gooah
tonsils	las amígdalas	lahs ah- <i>meeg</i> -dah-lahs
Arm and Hand Words		
arm	el brazo	ehl <i>bvrah</i> -soh
elbow	el codo	ehl <i>koh</i> -doh
finger	el dedo	ehl <i>deh</i> -doh
finger (forefinger)	el dedo índice	ehl <i>deh</i> -doh <i>een</i> -dee-seh
finger (little)	el dedo meñique	ehl <i>deh</i> -doh meh- <i>nyee</i> -keh
finger (middle)	el dedo del medio	ehl <i>deh</i> -doh dehl <i>meh</i> -deeh
finger (ring)	el dedo anular	ehl <i>deh</i> -doh ah-noo- <i>lahr</i>
fist	el puño	ehl <i>poo</i> -nyoh
forearm	el antebrazo	ehl ahn-teh- <i>bvrah</i> -soh
hand	la mano	lah <i>mah</i> -noh
palm of the hand	la palma de la mano	lah <i>pahl</i> -mah deh lah <i>mah</i> -noh
shoulder	el hombro	ehl <i>ohm</i> -broh
thumb	el pulgar	ehl pool- <i>gahr</i>
wrist	la muñeca	lah moo- <i>nyeh</i> -kah
Leg and Foot Words		
ankle	el tobillo	ehl toh- <i>bvee</i> -yoh
calf	la pantorrilla	lah pahn-toh- <i>rree</i> -yah
foot	el pie	ehl <i>peeh</i>
heel	el talón	ehl tah- <i>lohn</i>
knee	la rodilla	lah roh- <i>dee</i> -yah
leg	la pierna	lah <i>peehr</i> -nah
nail	la uña	lah oo-nyah
sole of the foot	la planta del pie	lah <i>plahn</i> -tah dehl <i>peeh</i>
thigh	el muslo	ehl <i>moos</i> -loh
toe	el dedo del pie	ehl <i>deh</i> -doh dehl <i>peeh</i>

<i>English</i>	<i>Spanish</i>	<i>Pronunciation</i>
<i>Internal Organs and Other Stuff</i>		
bladder	la vejiga	lah bve- <i>Hee</i> -gah
blood	la sangre	lah <i>sahn</i> -greh
bone	el hueso	ehl oo <i>eh</i> -soh
bowel; intestine; gut	el intestino	ehl een-tehs- <i>tee</i> -noh
brain	el cerebro	ehl seh- <i>reh</i> -bvroh
gallbladder	la vesícula	lah bveh- <i>see</i> -koo-lah
heart	el corazón	ehl koh-rah- <i>sohn</i>
joint	la articulación	lah ahr-tee-koo-lah- <i>seeohn</i>
kidney	el riñón	ehl ree- <i>nyohn</i>
liver	el hígado	ehl <i>ee</i> -gah-doh
lung	el pulmón	el pool- <i>mohn</i>
muscle	el músculo	ehl <i>moos</i> -koo-loh
nerve	el nervio	ehl <i>neh</i> -bveeh
pancreas	el páncreas	ehl <i>pahn</i> -kree-ahs
skin	la piel	lah pee <i>ehl</i>
spleen	el vientre	ehl bvee <i>ehn</i> -treh
stomach	el estómago	ehl ehs- <i>tah</i> -mah-goh
uterus	el útero	ehl oo-teh-roh

Dealing with emergencies

In emergency situations, you have very little time to establish rapport with the patient. You need to find out what's going on in a hurry and then issue whatever commands necessary to get the patient to cooperate. Here's a list of questions that can help you quickly ascertain what happened and evaluate the patient's condition:

- ✓ Can you hear me? **¿Me puede oír?** (meh pooeh-deh oheer)
- ✓ Can you talk? **¿Puede hablar?** (pooeh-deh ah-*bvlahr*)
- ✓ What is your name? **¿Cómo se llama?** (koh-moh seh yah-mah)

- ✓ *Where does it hurt? ¿Dónde le duele?* (dohn-deh leh dooeh-leh)
- ✓ *Do you know what day today is? ¿Qué día es hoy?* (keh dee-ah ehs ohy)
- ✓ *Do you know where you are? ¿Sabe dónde está?* (sah-bveh dohn-deh ehs-tah)
- ✓ *We are going to put you on a stretcher. **Vamos a ponerlo en una camilla.*** (bvah-mohs ah poh-nehr-loh ehn oo-nah kah-mee-yah)
- ✓ *We are going in an ambulance. **Vamos en la ambulancia.*** (bvah-mohs ehn lah ahm-bvoo-lahn-seeah)
- ✓ *We are going to the hospital. **Vamos al hospital.*** (bvah-mohs ahl ohs-pee-tahl)

When you encounter an emergency situation, you need to take control and tell the patient exactly what you need her to do. These short commands are often all you need:

- ✓ *Try to calm down. **Trate de calmarse.*** (trah-teh deh kahl-mahr-seh)
- ✓ *Open your eyes. **Abra los ojos.*** (ah-bvrah lohs oh-Hohs)
- ✓ *Please, don't move! **Por favor, ¡No se mueva!*** (pohr fah-bvohr noh seh mooeh-bvah)
- ✓ *Point to where it hurts. **Apunte/señale donde le duele.*** (ah-poon-teh/ seh-nyah-leh dohn-deh leh dooeh-leh)
- ✓ *Sit down! **¡Siéntese!*** (seeehn-teh-seh)
- ✓ *Lie down! **¡Acuéstese!*** (ah-kooehs-teh-seh)
- ✓ *Breathe slowly! **¡Respire lentamente!*** (rehs-pee-reh lehn-tah-mehn-teh)
- ✓ *Open! **¡Abra!*** (ah-bvrah)
- ✓ *Turn! **¡Voltee!*** (bvohl-teh-eh)
- ✓ *Listen! **¡Oiga!*** (ohee-gah)

Admitting New Patients

The first encounter with a new patient is likely to be one of the most important, and it usually occurs with the receptionist who answers the phone and greets the patient when she arrives. This initial contact is when the patient first explains what's going on and why she needs to see a doctor, sets an appointment, completes the necessary paperwork, and discusses details relating to insurance and payments.

In the following sections, we reveal some basic terminology and phrases you need to know at this point and present you with dialogues of some common scenarios so you can begin to tune in to your Spanish-speaking patients.



A smile always conveys concern and compassion and makes a patient feel more at ease. This advice may seem trite, but people often forget how important body language can be, especially when they may be struggling with a language barrier.



One of the most common questions you're going to get is **¿Dónde está el baño?** (*dohn-deh ehs-tah ehl bvañ-nyoh*) (*Where's the bathroom?*) You have two options here: You can escort the person to the nearest bathroom or give the person directions, as discussed in Book I, Chapter 8.

Setting appointments and asking initial questions

When a patient calls into the office, you need to gather some basic information — including the patient's complaint, name, and phone number — and then set up an appointment for the patient to see the doctor. The following dialogue leads you through a typical preliminary phone conversation.

Talkin' the Talk



Mrs. Cruz calls her doctor to set up an appointment. The receptionist, Janice, answers the call, obtains the necessary information from Mrs. Cruz, and then schedules the appointment. Here's how such a conversation is likely to go.

Janice: **Bueno. Esta es la oficina de los Doctóres Smith, Rowe, y Cline.**
*bvoeñ-noh ehs-tah ehs lah oh-fee-see-nah deh loh
 dohk-toh-rehs smeeth, roh, ee kline*
Hello. This is the office of Doctors Smith, Rowe, and Cline.

Mrs. Cruz: **Sí, necesito concertar una cita con el médico.**
*see, neh-seh-see-toh kohn-sehr-tahr oo-nah see-tah
 kohn ehl meh-dee-koh.*
Yes, I need to make an appointment with the doctor.

Mi doctor es el Doctor Rowe.

mee dohk-tohr ehs ehl dohk-tohr roh

My doctor is Dr. Rowe.

Janice:

Él tiene una cita disponible hoy a las dos de la tarde.

ehl teeeh-neh oo-nah see-tah dees-poh-nee-bvleh ohy

ah lahs dohs deh lah tahr-deh

He has an appointment available today at 2:00 p.m.

¿Está bien esta hora con usted?

ehs-tah bveeehn ehs-tah oh-rah kohn oos-tehd

Is that time okay with you?

Mrs. Cruz:

Sí, excelente.

see ehk-seh-lehn-teh

Yes, excellent.

Janice:

¿Cómo se llama?

koh-moh seh yah-mah

What's your name?

Mrs. Cruz:

Me llamo Sra. María Luisa Cruz.

meh yah-moh seh-nyoh-rah mah-ree-ah looee-sah

kroos

My name is Mrs. María Luisa Cruz.

Janice:

¿Cuál es su fecha de nacimiento?

kooahl ehs soo feh-chah deh nah-see-meeehn-toh

What is your birthdate?

Mrs. Cruz:

Es el veinte de mayo de mil novecientos setenta y cinco.

ehs ehl bveheen-teh deh mah-yoh deh meel

noh-bveh-seeehn-tohs seh-tehn-tah ee seen-koh

It's May 20th, 1975.

Janice:

¿Qué es su número de teléfono?

keh ehs soo noo-meh-roh deh teh-leh-foh-noh

What is your phone number?

Mrs. Cruz:

Mi número es 473-1205.

mee noo-meh-roh ehs kooah-troh seeeh-teh trehs

oo-noh dohs seh-roh seen-koh

My number is 473-1205.

- Janice: **¿Cuáles son sus síntomas?**
kooah-lehs sohn soos seen-toh-mahs
What are your symptoms?
- Mrs. Cruz: **Hace una semana que me duele la garganta mucho y tengo dolores en todas partes de mi cuerpo.**
ah-seh oo-nah seh-mah-nah keh meh dooeh-leh lah
gahr-gahn-tah moo-choh ee tehngoh doh-loh-rehs
ehn toh-dahs pah-teehs deh mee kooehr-poh
For a week I have had a very bad sore throat and aches all over my body.
- Janice: **¿Tiene Ud. fiebre?**
teeeh-neh oos-tehd feeeh-bvreh
Do you have a fever?
- Mrs. Cruz: **De veras, no sé. No tengo termómetro en casa.**
deh bveh-rahhs noh seh no tehngoh tehr-moh-meh-
troh ehn kah-sah
Honestly, I don't know. I don't have a thermometer at home.
- Janice: **No hay problema. La enfermera tomará su temperatura durante la visita.**
no ahy proh-bvleh-mah lah ehn-fehr-meh-rah
toh-mah-rah soo tehngoh-peh-rah-too-rah doo-rah-neh
lah bvee-see-tah
It's not a problem. The nurse will take your temperature during your visit.
- Eso es toda la información que necesito. Gracias. Hasta las dos.**
eh-soh ehs toh-dah lah een-fohr-mah-seeohn keh
neh-seh-see-toh grah-seeahs ahs-tah lahs dohs
That is all the information that I need. Thanks. See you at 2:00.
- Mrs. Cruz: **Gracias. Adiós.**
grah-seeahs ah-deeohs
Thanks. Good-bye.
-

At some point in your initial conversation, you need to find out why the person on the other end of the line needs to see the doctor. Here's the question you need to ask:

¿Por qué necesita Ud. consultar al médico? (pohr keh neh-seh-see-tah oos-tehd kohn-sool-tahr ahl meh-dee-koh) (*Why do you need to see the doctor?*)

Asking the question is the easy part (it always is); understanding the answer is the real challenge, because the patient can describe anything from the common cold to symptoms of a serious illness. Following are some of the more common reasons patients are likely to offer for needing to see a doctor:

- ✓ **Yo tengo un catarro/resfriado.** (yoh tehn-goh oon kah-tah-rroh/rehs-freeah-doh) (*I have a cold.*)
- ✓ **Mi hijo/a tiene fiebre.** (mee ee-Hoh teeeh-neh feeeh-breh) (*My child has a fever.*)
- ✓ **Tengo un dolor de estómago.** (tehn-goh oon doh-lohr deh ehs-toh-mah-goh) (*I have a stomach ache.*)
- ✓ **Me duele la garganta.** (Fill in any body part.) (meh dooeh-leh lah gahr-gahn-tah) (*My throat hurts.*)
- ✓ **Estoy estreñado/a.** (ehs-tohy ehs-treh-nyee-doh/dah) (*I am constipated.*)
- ✓ **Tengo dolores en todas partes de mi cuerpo.** (tehn-goh doh-lohr-rehs ehn toh-dahs pahr-tehs deh mee kooer-poh) (*I have aches all over my body.*)
- ✓ **Tengo un dolor de cabeza.** (tehn-goh oon doh-lohr deh kah-beh-sah) (*I have a headache.*)
- ✓ **Creo que me hubiera torcido el tobillo.** (Fill in any body part.) (kreh-oh keh meh oo-bveeeh-rah tohr-see-doh ehl toh-bee-yoh) (*I think I may have sprained my ankle.*)
- ✓ **Creo que me hubiera fracturado el brazo.** (Fill in any body part.) (kreh-oh keh meh oo-bveeeh-rah frahk-too-rah-doh ehl bvr-ah-soh) (*I think I may have fractured my arm.*)
- ✓ **Mi niño/a está vomitando desde hace dos días.** (mee nee-nyoh/nyah ehs-tah voh-mee-tahn-doh dehs-deh ah-seh dohs dee-ahs) (*My child has been vomiting for two days.*)

- ✔ **Mi niño/a está quejando de un dolor de *estómago*.** (Fill in any body part.) (mee *nee-nyoh/nyah ehs-tah keh-Hahn-doh deh oon doh-lohr deh ehs-toh-mah-goh*) (*My child is complaining of a stomachache.*)
- ✔ **Mi hijo/a tiene una tos muy persistente desde hace una semana.** (mee *ee-Hoh/Hah teeeh-neh oo-nah tohs mooy pehr-sees-tehn-teh dehs-deh ah-seh oo-nah seh-mah-nah*) (*My son/daughter has had a very persistent cough for a week.*)
- ✔ **No consigo curarme esta tos.** (noh *cohn-see-goh koo-rahr-meh ehs-tah tohs*) (*I can't get rid of this cough.*)
- ✔ **Mi esposo/a está quejando de dificultad en tragar.** (mee *eh-spoh-soh/sah ehs-tah keh-Hahn-doh deh dee-fee-kool-tahd ehn trah-gahr*) (*My husband/wife is complaining of difficulty swallowing.*)
- ✔ **Estoy mareado/a cuando me pongo a pie.** (ehs-tohy *mah-reh-ah-doh/dah kooahn-doh meh pohn-goh ah peeeh*) (*I am dizzy when I stand up.*)
- ✔ **Me zumban los oídos.** (meh *soom-bahn lohs ohee-dohs*) (*My ears are ringing.*)

Dealing with forms and other formalities

When a patient arrives at your office, you need to greet her and ask her to complete one or more forms. Book I, Chapter 3 offers everything you need to know about meeting and greeting people in Spanish. After dealing with the preliminaries, you need to have the patient sign in and then (if the person is a new patient) have her fill out the requisite forms.

The good news is that your Spanish-speaking patient's English may be better than your Spanish. Don't assume that because your patient enters the office speaking Spanish to her family that she doesn't speak English. Ascertain the patient's English language skills early on and her preferred language for dealing with the doctor. You may even want to note this information in the patient's records for future reference.



Having Spanish-language forms and other paperwork on hand (such as your privacy policy) is a big plus. Figure 1-1 provides a sample form for gathering basic information from new patients.

Información del paciente (Patient Information)			
Fecha (Date): Mes (Month) ____ Día (Day) ____ Año (Year) ____			
Nombre del paciente: Apellido, nombre, inicial del segundo nombre (Patient Name: Last, First, M.I.)			
Dirección (Address)		Ciudad/Estado/Código postal (City/State/Zip Code)	
Teléfono de casa (Home Telephone Number)		Número de celular (Cell Number)	
Empleador (Employer)		Teléfono de trabajo (Work Telephone Number)	
Fecha de nacimiento (Birthdate)		Número de Seguro Social (Social Security Number)	
Mes (Month) ____ Día (Day) ____ Año (Year) ____		_____ - _____ - _____	
Compañía de seguros de salud (Health Insurance Company Name)		Número de póliza de seguro de salud (Health Insurance Policy Number)	
Información del responsable si es diferente que lo anotado arriba (Information of the responsible party if different than that noted above)			
Apellido, nombre, inicial del segundo nombre (Last Name, First Name, Middle Initial)			
Dirección (Address)		Ciudad/Estado/Código postal (City/State/Zip Code)	
Teléfono de casa (Home Telephone Number)		Número de celular (Cell Number)	
Síntomas (Symptoms)			
<input type="checkbox"/> Toser Coughing <input type="checkbox"/> Estornudar Sneezing <input type="checkbox"/> Dolor de garganta Sore throat <input type="checkbox"/> Goteo nasal Runny nose <input type="checkbox"/> Dolor de oído Earache <input type="checkbox"/> Dolor de cabeza Headache <input type="checkbox"/> Dificultades con la respiración Difficulty breathing <input type="checkbox"/> Mareos Dizziness	<input type="checkbox"/> Insomnio Insomnia <input type="checkbox"/> Fatiga Fatigue <input type="checkbox"/> Dolor de pecho Chest pain <input type="checkbox"/> Diarrea Diarrhea <input type="checkbox"/> Dolor de estómago Stomach ache <input type="checkbox"/> Náusea Nausea <input type="checkbox"/> Vomitir Vomiting <input type="checkbox"/> Incontinencia Incontinence	<input type="checkbox"/> Dolor de urinar Pain when urinating <input type="checkbox"/> Estreñimiento Constipation <input type="checkbox"/> Flujo vaginal Vaginal discharge <input type="checkbox"/> Picazón Itching <input type="checkbox"/> Piel seco Dry skin <input type="checkbox"/> Sarpullido Rash <input type="checkbox"/> Magullar Bruising <input type="checkbox"/> Corte Cut	<input type="checkbox"/> Hemorragia Bleeding <input type="checkbox"/> Dolor de músculo Muscle ache <input type="checkbox"/> Dolor de articulación Joint ache <input type="checkbox"/> Adormecimiento Numbness <input type="checkbox"/> Hormigueo Tingling <input type="checkbox"/> Sudores por la noche Night sweats <input type="checkbox"/> Otro Other: _____
Autorización, Consentimiento y Asignación de Beneficios Authorization, Consent, and Benefit Allocation			
<p>Yo doy consentimiento a la atención del paciente a fin de incluir la evaluación, diagnóstico, consulta, y tratamiento de cuidado de salud. Dooy mi permiso para que los beneficios del seguro a ser pagados directamente al proveedor de atención médica, y entiendo que soy financieramente responsable de los servicios no cubiertos.</p> <p>I hereby give consent to patient care to include assessment, diagnosis, consultation, and healthcare treatment. I give permission for my insurance benefits to be paid directly to the healthcare provider, and I understand that I am financially responsible for services not covered.</p>			
<p>Firma (Signature): _____ Fecha (Date): _____</p> <p>Parentesco al paciente si es menor (Relationship to the patient if a minor) _____</p>			

Figure 1-1:
Spanish-language form for new patients.

The following dialogue illustrates the first meeting between a receptionist and a patient.

Talkin' the Talk

Janice greets Maria (a new patient), has her sign in, and asks her to fill out the new patient form.

Janice: **Buenas tardes. Por favor firme aquí con su nombre y apellido, el médico que va a ver, y la hora de su llegada.**

bvooh-nahs tahr-dehs pohr fah-bvohr feer-meh
ah-kee kohn soo nohm-bvreh ee ah-peh-yee-doh ehl
meh-dee-koh keh bvah ah bvehr ee lah oh-rah deh
soo yeh-gah-dah

Good afternoon. Please sign in here with your first and last name, the doctor that you will see, and the time of your arrival.

María: **Está bien.**
ehs-tah bveeehn
Fine.

Janice: **La enfermera la llamará cuando están listos.**
lah ehn-fehr-meh-rah lah yah-mah-rah kooahn-doh
ehs-tahn lees-tohs
The nurse will call you when they're ready.

Mientras tanto por favor llene este formulario.
meeehn-trahs tahn-toh pohr fah-bvohr yeh-neh ehs-
teh fohr-moo-lah-reeoh
Meanwhile, please fill out this form.

Necesitamos alguna información básica para su expediente.
neh-seh-see-tah-mohs ahl-goo-nah
een-fohr-mah-seeohn bvah-see-kah pah-rah soo
ehk-speh-deeehn-teh
We need some basic information for your file.

María: **No es ninguna molestia.**
noh ehs neen-goo-nah moh-lehs-teeah
It's not a problem.

Discussing insurance and payments

Discussing insurance and payments with patients upfront can help you steer clear of any confusion and potential disagreements later. You need to let the patient know your payment policy and how much you charge for a typical doctor's visit, as well as find out whether the person has health insurance (which may be included on the new patient form). In the following dialogue, the receptionist goes over these points with a patient.

Talkin' the Talk



During María's first visit to Dr. Rowe's office, Janice informs María of their payment policy and gathers information about her insurance.

Janice: **Necesito establecer como pagará por la cita.**
 Neh-seh-see-toh ehs-tah-bvleh-sehr koh-moh
 pah-gah-rah pohr lah see-tah
I need to establish how you will pay for the appointment.

¿Tiene Ud. seguro?
 teeh-neh oos-tehd seh-goo-roh
Do you have insurance?

María: **Sí, tengo seguro.**
 see tehn-goh seh-goo-roh
Yes, I have insurance.

Janice: **Entonces, por favor llene este formulario de seguro.**
 ehn-tohn-sehs pohr fah-bvohr yeh-neh ehs-teh
 fohr-moo-lah-reeoh deh seh-goo-roh
Well, then, please fill out this insurance form.

También necesito su tarjeta de seguro para hacer una fotocopia.
 tahm-bveeehn neh-seh-see-toh soo tahr-Heh-tah deh
 seh-goo-roh pah-rah ah-sehr oo-nah
 foh-toh-koh-peeah
I also need your insurance card to make a photocopy.

María: **Espere un momento, la tengo aquí en mi bolsa.**
 ehs-peh-reh oon moh-mehn-toh lah tehn-goh ah-kee
 ehn mee bvohl-sah
Wait a minute; I have it here in my purse.

Janice: **Gracias. Yo haré una fotocopia de la tarjeta mientras Ud. llena el formulario.**
grah-seeahs yoh ah-reh oo-nah foh-toh-koh-peeah de lah tahr-Heh-tah meeehn-trahs oos-tehd yeh-nah ehl fohr-moo-lah-reeoh
Thank you. I will make a photocopy of the insurance card while you fill out the form.

Pregúntame si haya algo que no entienda.
preh-goon-tah-meh see ah-yah ahl-goh keh noh ehn-teeehn-dah
Ask me if there is anything that you don't understand.

María: **Bien.**
bveeehn
Fine.

Later when María returns with the insurance form completed:

Janice: **La información en su tarjeta indica que Ud. tiene que pagar veinte dólares de co-pago por la visita.**
lah een-fohr-mah-seeohn ehn soo tahr-Heh-tah een-dee-kah keh oos-tehd teeeh-neh keh pah-gahr bveheen-teh doh-lah-rehs deh koh pah-goh pohr lah bvee-see-tah
The information on your card indicates that you have to pay a \$20 co-pay at the time of your visit.

¿Cómo desea pagar?
koh-moh deh-seh-ah pah-gahr
How do you want to pay?

María: **Lo pagaré en efectivo.**
loh pah-gah-reh en eh-fehk-tee-bvoh
I will pay in cash.

Janice: **Está bien. ¿Necesita un recibo?**
ehs-tah bveeehn neh-seh-see-tah oon reh-see-bvoh
That's fine. Do you need a receipt?

María: **Sí, gracias.**
see grah-seeahs
Yes, thanks.

Asking Questions: The Patient Interview

As a doctor, you very rarely have the opportunity to diagnose a patient's condition just by looking at her. You usually need to find out from the patient what's going on and why she came to see you. If you're lucky, your receptionist already obtained some general information about the patient's condition and passed it along to you. Chances are good, however, that you probably need to ask some additional questions, and you probably want to hear it from the patient yourself, anyway. The following dialogue presents just this kind of doctor-patient interview.

Talkin' the Talk



As you know, one of the best ways to figure out what's wrong with a patient is to ask questions — as many questions as needed to focus in on the problem. Here, Dr. Billess greets her patient, Mr. Manuel, and asks a series of common questions.

Dr. Billess: **Buenas tardes, Sr. Manuel. Me llamo Doctór Billess.**
bvooeh-nahs tahr-dehs seh-nyohr mah-nooehl meh yah-moh dohk-tohr bee-lehs
Good afternoon, Mr. Manuel. My name is Dr. Billess.

Mr. Manuel: **Mucho gusto.**
moo-choh goo-stoh
Pleased to meet you.

Dr. Billess: **¿Cómo puedo ayudar hoy?**
koh-moh pooeh-doh ah-yoo-dahr ohy
How may I help today?

Mr. Manuel: **He tenido un dolor de estómago por un tiempo.**
eh teh-nee-doh oon doh-lohr deh ehs-toh-mah-goh pohr oon teeehm-poh
I have had a stomachache for a while.

Dr. Billess: **¿Me puede decir específicamente cuando empezó este dolor?**
meh pooeh-deh deh-seer ehs-peh-see-fee-kah-mehn-teh kooahn-doh ehm-peh-soh ehs-teh doh-lohr
Can you tell me specifically when this pain began?

Mr. Manuel: **Pues, a ver, creo que empezó hace dos semanas, más o menos.**

pooehs ah bvehr kreh-oh keh ehm-peh-soh ah-seh
dohs seh-mah-nahs mahs oh meh-nohs

Well, let's see, I think it began two weeks ago, more or less.

Dr. Billess: **¿Hay unas cosas que mejoren o empeoren el dolor?**

ahy oo-nahs koh-sahs keh meh-Hoh-rehn oh
ehm-peh-oh-rehn ehl doh-lohr

Are there any things that seem to lessen or worsen the pain?

Mr. Manuel: **Me parece que hay algunos movimientos que lo empeoren.**

meh pah-reh-seh keh ahy ahl-goo-nohs
moh-bvee-meeehn-tohs key loh ehm-peh-oh-rehn

It seems that there are certain movements that make it worse.

También me hace sentir mejor cuando aplico la almohadilla de calefacción a mi estomago.

tahm-bveeehn meh ah-seh sehn-teer meh-Hohr

kooahn-doh ah-plee-koh lah ahl-moh-ah-dee-yah deh
kah-leh-fahk-seeohn ah mee ehs-toh-mah-goh

Also I feel better when I put the heating pad on my stomach.

Dr. Billess: **Déjame ver. Voy a examinar el estómago. Por favor levante su camisa.**

deh-Hah-meh bvehr bvohy ah ehk-sah-mee-nahr ehl
ehs-toh-mah-goh poh fah-bvohr leh-bvahn-teh soo
kah-mee-sah

Let me see. I'm going to examine your stomach. Please lift up your shirt.

Mr. Manuel: **Bien.**

bveeehn

Fine.

Following are some of the most common questions doctors ask when interviewing their patients:

✓ *Do you have a fever?* **¿Tiene fiebre?** (teeeh-neh feeeh-breh)

✓ *Are you sneezing a lot?* **¿Estornuda mucho?** (ehs-tohr-noo-dah moo-choh)

- ✓ *Do you have a cough?* **¿Tiene tos?** (teeeh-neh tohs)
- ✓ *How long have you been feeling like this?* **¿Hace cuánto tiempo que se siente mal?** (ah-seh kooahn-toh teeehm-poh keh seh seeehn-teh mahl)
- ✓ *Are you sleeping any more or less than usual?* **¿Duerme más o menos que lo normal?** (dooehr-meh mahs oh meh-nohs keh loh nohr-mahl)
- ✓ *Where do you feel the pain?* **¿Dónde siente el dolor?** (dohn-deh seeehn-teh ehl doh-lohr)
- ✓ *Are there any medications that you take regularly?* **¿Hay algunas medicaciones que toma regularmente?** (ahy ahl-goo-nahs meh-dee-kah-seeohn-ehs keh toh-mah reh-goo-lahr-mehn-teh)
- ✓ *Do you have any problems with your digestion?* **¿Tiene un problema con la digestión?** (teeeh-neh oon proh-bvleh-mah kohn lah dee-Hehs-teeohn)
- ✓ *Do you smoke?* **¿Usted fuma?** (oos-tehd foo-mah)
- ✓ *Is there any history of cancer in your family? (Fill in any illness/disease.)*
¿Hay una historia de cáncer en su familia? (ahy oo-nah ees-toh-reeah deh kahn-sehr ehn soo fah-mee-leeah)
- ✓ *Do you ever feel dizzy?* **¿Tiene mareos a veces?** (teeeh-neh mah-reh-ohs ah bveh-sehs)
- ✓ *Are you constipated?* **¿Está estreñido/a?** (ehs-tah ehs-treh-nyee-doh/dah)
- ✓ *Do you have diarrhea?* **¿Tiene diarrea?** (teeeh-neh deeah-rreh-ah)

In the case of an accident, instead of asking *What's wrong?* you may want to ask *What happened?*:

- ✓ *What happened?* **¿Qué ocurrió?** (keh oh-koo-rreeoh)
- ✓ *When did this happen?* **¿Cuándo ocurrió?** (kooahn-doh oh-koo-rreeoh)
- ✓ *Are you feeling any pain?* **¿Siente algún dolor?** (seeeh-teh ahl-goon doh-lohr)
- ✓ *Where does it hurt?* **¿Dónde le duele?** (dohn-deh leh dooeh-leh)
- ✓ *Do you hurt anywhere else?* **¿Le duele en otra parte del cuerpo?** (leh dooeh-leh ehn oh-trah pahr-teh dehl kooehr-poh)
- ✓ *Do you feel dizzy?* **¿Se siente mareado/a?** (seh seeehn-teh mah-reh-ah doh/dah)

Examining Your Patient

After the patient has had a chance to talk, you're ready to get down to business, check her vital signs, and take a closer look by performing a physical exam. In the following sections, we show you how to talk your patient through a standard physical examination, including taking her blood pressure and temperature, requesting a urine sample or blood sample (if necessary), and ordering x-rays.

Taking a patient's blood pressure and temperature

In most offices, the nurse or a medical assistant ushers the patient to an examination room and immediately takes the patient's blood pressure and temperature. If this job falls to you, you need to tell the patient what you're doing and instruct her on what she needs to do; check out the following dialogue for an example conversation.

Talkin' the Talk

The medical assistant Laurie weighs Mrs. López and takes her temperature and blood pressure while keeping Mrs. López informed of what she's doing.

- Laurie: **Buenas tardes, Sra. López.**
 bvooeh-nahs tahr-dehs seh-nyoh-rah loh-pehs
Good afternoon, Mrs. López.
- Mrs. López: **Buenas tardes.**
 bvooeh-nahs tahr-dehs
Good afternoon.
- Laurie: **Por favor suba a la báscula. Necesito averiguar cuanto pesa.**
 pohr fah-bvohr soo-bvah ah lah bvahs-koo-lah
 neh-seh-see-toh ah-bveh-ree-gooahr kooahn-toh
 peh-sah
Please step up on the scale. I need to get your weight.

Mrs. López: **Bien.**
 bveeehn
Fine.

Laurie jots down Mrs. López's weight, and Mrs. López steps off the scale.

Laurie: **Vamos a la tercera sala a la derecha.**
 bvah-mohs ah lah tehr-seh-rah sah-lah ah lah
 deh-reh-chah
We're going to the third room on the right.

After arriving in the examination room:

Por favor siéntese en esta mesa.
 pohr fah-bvohr seeehn-teh-seh ehn ehs-tah meh-sah
Please take a seat on this table.

Necesito tomar su temperatura.
 neh-seh-see-toh toh-mahr soo tehm-peh-rah-too-rah
I need to take your temperature.

Por favor ponga este termómetro en la boca.
 pohr fah-bvohr pohn-gah ehs-teh tehr-moh-meh-troh
 ehn lah bvoh-kah
Please put this thermometer in your mouth.

After getting her temperature:

Ahora necesito tomar su presión de la sangre.
 ah-oh-rah neh-seh-see-toh toh-mahr soo preh-seeohn
 deh lah sahn-greh
Now I need to take your blood pressure.

Por favor remánguese la camisa.
 pohr fah-bvohr reh-mahn-geh-seh lah kah-mee-sah
Please roll up your shirt sleeve.

After getting her blood pressure:

Gracias. El médico llegará pronto.
 grah-seeahs ehl meh-dee-koh yeh-gah-rah prohn-toh
Thanks. The doctor will be here soon.

Sra. López: **Gracias.**
 grah-seeahs
Thanks.

Say “aah”: The physical exam

During a physical exam, you’re usually giving the patient a quick overall inspection to check for any obvious physical signs of illness. You may examine the patient’s ears, nose, and throat; listen to her heart and breathing; and take a closer look at any body parts that show evidence of trauma or where the patient reports feeling pain. (The list of Spanish names for body parts in Table 1-2 near the beginning of the chapter comes in very handy here.)

- ✓ *I am going to examine you. **Voy a examinarlo.*** (bvohy ah ehk-sah-mee-nahr-loh)
- ✓ *Please sit up on the bed. **Por favor, siéntese en la mesa.*** (pohr fah-bvohr seeehn-teh-seh ehn lah meh-sah)
- ✓ *Sit upright. **Siéntese derecho.*** (seeehn-teh-seh deh-reh-choh)
- ✓ *Lift your head. **Levante la cabeza.*** (leh-bvahn-teh lah kah-bveh-sah)
- ✓ *Lower your head. **Baje la cabeza.*** (bvah-Heh lah kah-bveh-sah)
- ✓ *Turn your head to the left. **Voltee la cabeza hacia la izquierda.*** (bvohl-teh-eh lah kah-bveh-sah ah-seeah lah ees-keeehr-dah)
- ✓ *Turn your head to the right. **Voltee la cabeza hacia la derecha.*** (bvohl-teh-eh lah kah-bveh-sah ah-sehah lah deh-reh-chah)
- ✓ *I am going to examine your ears. **Voy a examinar sus orejas.*** (bvoy ah ehk-sah-mee-nahr soos oh-reh-Hahs)
- ✓ *I am going to examine your nose. **Voy a examinar su nariz.*** (bvoy ah ehk-sah-mee-nahr soo nah-rees)
- ✓ *Open your mouth. **Abra la boca.*** (ah-bvrah lah bvoh-kah)
- ✓ *Say “aah.” **Diga “aaa.”*** (dee-gah aaah)
- ✓ *Close your mouth. **Cierre la boca.*** (seeeh-rreh lah bvoh-kah)
- ✓ *Stick out your tongue. **Saque la lengua.*** (sah-keh lah lehn-gooah)
- ✓ *Lift your arm. **Levante su brazo.*** (leh-bvahn-teh soo bvrah-soh)
- ✓ *Bend your elbow. **Doble el codo.*** (doh-bvleh ehl koh-doh)
- ✓ *Tell me if it hurts. **Dígame si duele.*** (dee-gah-meh see dooeh-leh)
- ✓ *Make a fist. **Haz un puño.*** (ahs oon poo-nyoh)
- ✓ *Hold my finger. **Agarre mi dedo.*** (ah-gah-rreh mee deh-doh)
- ✓ *Tighten! **¡Apriete!*** (ah-preeeh-teh)
- ✓ *Lift your leg. **Levante la pierna.*** (leh-bvahn-teh lah peeehr-nah)
- ✓ *Bend it. **Dóblela.*** (doh-bvleh-lah)

- ✓ *Extend it.* **Estírela.** (eh-stee-reh-lah)
- ✓ *Move your leg.* **Mueva su pierna.** (mooh-bvah soo peeehr-nah)
- ✓ *Forward.* **Adelante.** (ah-deh-lahn-teh)
- ✓ *Backward.* **Atrás.** (ah-trahs)
- ✓ *Lift your foot.* **Levante el pie.** (leh-bvahn-teh ehl peeeh)
- ✓ *Push hard.* **Haga fuerza, empuje.** (ah-gah fooehr-sah, ehm-poo-Heh)
- ✓ *Bend your toes.* **Doble los dedos.** (doh-bvleh lohs deh-dohs)
- ✓ *Now I am going to examine your chest.* **Ahora, voy a examinar su pecho.**
(ah-oh-rah bvoy ah ehk-sah-mee-nahr soo peh-choh)
- ✓ *I am going to listen to your heart.* **Voy a escuchar el corazón.** (bvoy ah
ehs-koo-char ehl koh-rah-sohn)
- ✓ *Don't talk.* **No hable.** (noh ah-bvleh)
- ✓ *Take a deep breath.* **Respire profundamente.** (rehs-pee-reh
proh-foon-dah-mehn-teh)
- ✓ *Hold it.* **Deténgalo.** (deh-tehn-gah-loh)
- ✓ *Let it out.* **Exhale.** (ehk-sah-leh)
- ✓ *Relax.* **Descanse.** (dehs-kahn-seh)
- ✓ *I am going to listen to your lungs.* **Voy a escuchar los pulmones.** (bvoy
ah ehs-koo-chahr lohs pool-moh-nehs)
- ✓ *Breathe through your mouth.* **Respire con la boca abierta.** (rehs-pee-reh
kohn lah bvoh-kah ah-bveeehr-tah)
- ✓ *Again.* **Otra vez.** (oh-trah bvehs)
- ✓ *Breathe.* **Respire.** (rehs-pee-reh)
- ✓ *Breathe regularly.* **Respire normalmente.** (rehs-pee-reh
nohr-mahl-mehn-teh)
- ✓ *Does it hurt to breathe?* **¿Le duele respirar?** (leh dooeh-leh rehs-pee-rah)
- ✓ *Cough!* **¡Tosa!** (toh-sah)
- ✓ *Please lie down.* **Acuéstese, por favor.** (ah-kooehs-teh-seh pohr fah-
bvohr)
- ✓ *Turn onto your side.* **Voltéese de lado.** (bvohl-teh-eh-seh deh lah-doh)
- ✓ *Now I am going to examine your abdomen.* **Ahora, voy a examinar su
abdomen/vientre.** (ah-oh-rah bvoy ah ehk-sah-mee-nahr soo
ahbv-doh-mehn/bveeehn-treh)

- ✓ *I am going to examine your genitalia. **Voy a examinar los genitales.*** (bvoy ah ehk-sah-mee-nahr lohs Heh-nee-tah-lehs)
- ✓ *I have finished the exam. **Terminé la examinación.*** (tehr-mee-neh lah ehk-sah-mee-nah-seeohn)
- ✓ *Do you have any questions? **¿Tiene alguna pregunta?*** (teeeh-neh ahl-goo-nah preh-goon-tah)

Explaining the Diagnosis and Treatment

After you've examined the patient, you're ready to deliver your diagnosis and treatment plan or refer the patient to a specialist. In the following sections, we offer Spanish translations of the most common illnesses and treatments and a quick reference guide for referring patients to other departments and specialists.

Delivering your diagnosis

Delivering your diagnosis is relatively easy as long as you know the Spanish equivalent for the condition or illness your patient has. Simply use one of the following expressions followed by the name of the illness or condition in Table 1-3:

- ✓ *You have. . . **Tiene. . .*** (teeeh-neh)
- ✓ *You suffer from. . . **Padece de. . .*** (pah-deh-seh deh)

Table 1-3 Common Illnesses and Conditions		
<i>English</i>	<i>Spanish</i>	<i>Pronunciation</i>
abrasion	la abrasión	lah ah-bvrah-seeohn
AIDS	la SIDA	lah see-dah
anemia	la anemia	lah ah-neh-mee-ah
arthritis	la artritis	lah ahr-tree-tees
bacterial infection	la infección bacteriana	lah een-fec-seeohn bvahk-teh-reeah-nah

(continued)

Table 1-3 (continued)		
English	Spanish	Pronunciation
bladder infection	la infección de la vejiga	lah een-fec-see <i>ohn</i> deh lah bveh- <i>Hee</i> -gah
bone fracture	la fractura de un hueso	lah frak- <i>too</i> -rah deh oon ooh- <i>soh</i>
botulism	el botulismo	ehl bvoh- <i>too</i> - <i>lees</i> -moh
bronchitis	la bronquitis	lah bvrohn- <i>kee</i> -tees
bruise	el moretón	ehl moh-reh- <i>tohn</i>
cancer	el cáncer	ehl <i>kahn</i> -sehr
cellulitis	la celulitis	lah seh-loo- <i>lee</i> -tees
cerebral palsy	la parálisis cerebral	lah pah- <i>rah</i> -lee-sees seh-reh- <i>bvrahl</i>
chicken pox	la varicela	lah bvah-ree- <i>seh</i> -la
cholera	el cólera	ehl <i>koh</i> -leh-rah
cirrhosis	la cirrosis	lah see- <i>rroh</i> -sees
cold	el catarro	ehl kah- <i>tah</i> -rroh
	el resfriado	ehl rehs-free <i>ah</i> -doh
concussion	la concusión	lah kohn-koo-see <i>ohn</i>
cystic fibrosis	la fibrosis cística	lah fee- <i>bvroh</i> -sees sees-tee-kah
dermatitis	la dermatitis	lah dehr-mah- <i>tee</i> -tees
diabetes	la diabetes	lah dee-ah- <i>bveh</i> -tehs
diphtheria	la difteria	lah deef- <i>teh</i> -reeah
dysentery	la disentería	lah dee-sehn-teh- <i>ree</i> -ah
emphysema	el enfisema	ehl ehn-fee- <i>seh</i> -mah
encephalitis	la encefalitis	lah ehn-seh-fah- <i>lee</i> -tees
epilepsy	la epilepsia	lah eh-pee- <i>lehp</i> -seeah
fever	la fiebre	lah fee <i>eh</i> -bvreh
gallstones	los cálculos en la vesícula	lohs <i>kahl</i> -koo-lohs ehn lah veh- <i>see</i> -koo-lah
heart disease	la enfermedad del corazón	lah ehn-fehr-meh- <i>dahd</i> dehl koh-rah- <i>sohn</i>
hemophilia	la hemofilia	lah eh-moh- <i>fee</i> -leeah
hepatitis A, B, C	la hepatitis A, B, C	lah eh-pah- <i>tee</i> -tees ah bveh seh

English	Spanish	Pronunciation
high blood pressure	la alta presión sanguínea	lah <i>ahl</i> -tah preh-see <i>ohn</i> sahn- <i>gee</i> -nehah
high cholesterol	el colesterol alto	ehl koh-lehs-teh- <i>rohl</i> <i>ahl</i> -toh
HIV	VIH	veh ee <i>ah</i> -ch eh
hyperthyroidism	el hipertiroidismo	ehl ee-pehr-tee-rohee- <i>dees</i> -moh
hypoglycemia	la hipoglicemia	lah ee-poh-gee- <i>seh</i> - meeah
infection	la infección	lah een-fehk-see <i>ohn</i>
influenza	la influenza	lah een-floo <i>ehn</i> -sah
kidney stones	los cálculos en los riñones	lohs <i>kahl</i> -koo-lohs eh lohs ree- <i>nyoh</i> -neh
laceration (cut)	la laceración	lah lah-sehr-ah-see <i>ohn</i>
leukemia	la leucemia	lah lehoo- <i>seh</i> -mee-ah
lupus	el lupus	ehl <i>loo</i> -poos
Lyme disease	la enfermedad de Lyme	lah eh <i>n</i> -fehr-meh- <i>dahd</i> deh lyme
malnutrition	la malnutrición	lah mahl-noo-tree- see <i>ohn</i>
measles	el sarampión	ehl sah-rahm-pee- <i>ohn</i>
meningitis	la meningitis	lah meh-noon- <i>Hee</i> -tees
multiple sclerosis	la esclerosis múltiple	lah ehs-kleh- <i>roh</i> -sees <i>mool</i> -tee-pleh
mumps	las paperas	lahs pah- <i>peh</i> -rahs
muscular dystrophy	la distrofia muscular	lah dees- <i>troh</i> -feeah moos-koo- <i>lahr</i>
osteoporosis	la osteoporosis	lah ohs-teh-oh-poh- <i>roh</i> - sees
pneumonia	la pulmonía	lah pool-moh- <i>nee</i> -ah
polio	la polio	lah <i>poh</i> -leeoh
pregnancy	el embarazo	ehl eh <i>m</i> -bah- <i>rah</i> -soh
psoriasis	la soriasis	lah soh-ree <i>ah</i> -sees
rheumatic fever	la fiebre reumática	lah fee <i>eh</i> -bvreh rehoo- <i>mah</i> -tee-kah
scarlet fever	la escarlatina	lah ehs-kahr-lah- <i>tee</i> -nah
smallpox	la viruela	lah bvee-roo <i>eh</i> -lah

(continued)

Table 1-3 (continued)

<i>English</i>	<i>Spanish</i>	<i>Pronunciation</i>
STDs	las enfermedades venéreas	lahs ehn-fehr-meh- <i>dah</i> -dehs veh- <i>neh</i> -reh-ahs
tetanus	el tétano	ehl <i>teh</i> -tah-noh
thrombosis	la trombosis	lah trohm- <i>bvoh</i> -sees
tonsillitis	la amigdalitis	lah ah-meeg-dah- <i>lee</i> -tees
tuberculosis	la tuberculosis	lah too-bvehr-koo- <i>loh</i> -sees
typhoid	la tifoidea	lah tee-fohee- <i>deh</i> -ah
ulcers	las úlceras	lahs <i>ool</i> -seh-rahs
vertigo	el vértigo	ehl <i>bvehr</i> -tee-goh
viral infection	la infección viral	lah een-fehk-see <i>ohn</i> bvee- <i>rahl</i>
West Nile virus	el virus del Nilo Occidental	ehl <i>bvee</i> -roos dehl <i>nee</i> -loh ohk-see-dehn- <i>tahl</i>
whooping cough	la tos ferina, la tos convulsiva	lah tohs feh- <i>ree</i> -nah, lah tohs kohn-bvool- <i>see</i> -bvah

Recommending treatment

Because treatments can vary so much depending on the illness or condition, we can't possibly provide you with all the phrases you need to deal with every scenario. You can, however, survive the most common situations with the following phrases (refer to Book I, Chapter 2 for dates, times, and numbers, which come in very handy at this stage):

- ✓ *I'll write you a prescription for the medication you need. **Yo escribiré una receta para la medicación que usted necesita.*** (yoh eh-scree-bee-reh oo-nah reh-seh-tah pah-rah lah meh-dee-kah-seeohn keh oos-tehd neh-seh-see-tah)
- ✓ *Here is the prescription for the medication you need. **Aquí está la receta para la medicación que usted necesita.*** (ah-kee ehs-tah lah reh-seh-tah pah-rah lah meh-dee-kah-seeohn keh oos-tehd neh-seh-see-tah)
- ✓ *I need to give you a vaccination/shot. **Yo necesito darle una vacunación/inyección.*** (yoh neh-seh-see-toh dahr-leh oo-nah bvah-koo-nah-seeohn/ een-yehk-seeohn)

- ✔ *Apply this ointment three times a day. **Aplique este ungüento tres veces al día.** (ah-plee-keh ehs-teh oon-gooehn-toh trehs bveh-sehs ahl dee-ah)*
- ✔ *Keep this area clean and dry. **Mantenga esta área limpia y seca.** (mahn-tehn-gah ehs-tah ah-reh-ah leem-peeah ee seh-kah)*
- ✔ *Keep your leg elevated when possible. **Mantenga su pierna elevada cuando sea posible.** (mahn-tehn-gah soo peeehr-nah eh-leh-bvah-dah kooahn-doh seh-ah poh-see-bvleh)*
- ✔ *Get plenty of rest. **Descanse bastante.** (dehs-kahn-seh bvah-stahn-teh)*
- ✔ *Stay off your feet. **Manténgase fuera de sus pies.** (mahn-tehn-gah-seh fooeh-rah deh soos peehs)*
- ✔ *Drink plenty of fluids. **Tome líquidos en abundancia.** (toh-meh lee-kee-dohs ehn ah-bvooon-dahn-seeah)*
- ✔ *Take your medicine with food. **Tome su medicación con la comida.** (toh-meh soo meh-dee-kah-seeohn kohn lah koh-mee-dah)*
- ✔ *Apply ice to reduce the swelling. **Aplique hielo para reducir la hinchazón.** (ah-plee-keh eeeh-loh pah-rah reh-doo-seer lah een-chah-sohn)*
- ✔ *Use a heating pad. **Utilice una almohadilla de calefacción.** (oo-tee-lee-seh oo-nah ahl-mohah-dee-yah deh kah-leh-fahk-seeohn)*
- ✔ *Take a pain reliever when needed. **Tome una calmante cuando sea necesario.** (toh-meh oo-nah kahl-mahn-teh kooahn-doh seh-ah neh-seh-sah-reeoh)*
- ✔ *I will need to stitch this up. **Yo necesitaré coser la herida.** (yoh neh-seh-see-tah-reh koh-sehr lah eh-ree-dah)*
- ✔ *We will have to run some additional tests. **Tendremos que hacer unas pruebas adicionales.** (tehn-dreh-mohs keh ah-sehr oo-nahs prooeh-bvahs ah-dee-seeoh-nah-lehs)*

Referring patients to specialists

Patients often require additional diagnostic procedures and treatment options that you may not be able to provide. In cases such as these, you can refer the patient to a doctor who specializes in a certain field of medicine, as listed in Table 1-4. Use the following phrase followed by whichever area the doctor specializes in:

Necesita ver un especialista en . . . (neh-seh-see-tah bvehr oon ehs-peh-seeah-lees-tah ehn) (*You need to see a specialist in . . .*)

Table 1-4 Medical Specialties		
English	Spanish	Pronunciation
cardiology	la cardiología	lah kahr-deeoh-loh- <i>Hee</i> -ah
dermatology	la dermatología	lah dehr-mah-toh-loh- <i>Hee</i> -ah
endocrinology	la endocrinología	lah ehn-doh-kree-noh-loh- <i>Hee</i> -ah
gastroenterology	la gastroenterología	lah gah-stroh-ehn-teh-roh-loh- <i>Hee</i> -ah
geriatrics	la geriatría	lah Heh-reeah- <i>tree</i> -ah
gynecology	la ginecología	lah Hee-neh-koh-loh- <i>Hee</i> -ah
hematology	la hematología	lah eh-mah-toh-loh- <i>Hee</i> -ah
internal medicine	la medicina interna	lah meh-dee- <i>see</i> -nah een- <i>tehr</i> -nah
nephrology	la nefrología	lah neh-froh-loh- <i>Hee</i> -ah
neurology	la neurología	lah nehoo-roh-loh- <i>Hee</i> -ah
nutrition	la nutrición	lah noo-tree- <i>see ohn</i>
obstetrics	la obstetricia	lah ohb-steh- <i>tree</i> - <i>see</i> ah
oncology	la oncología	lah ohn-coh-loh- <i>Hee</i> -ah
ophthalmology	la oftalmología	lah ohf-tahl-moh-loh- <i>Hee</i> -ah
orthopedics	la ortopedia	lah ohr-toh- <i>peh</i> - <i>dee</i> ah
pediatrics	la pediatría	lah <i>peh</i> - <i>dee</i> ah- <i>tree</i> -ah
pneumology	la neumología	lah nehoo-moh-loh- <i>Hee</i> -ah
psychiatry	la psiquiatría	lah see- <i>kee</i> ah- <i>tree</i> -ah
psychology	la psicología	lah see-koh-lah- <i>Hee</i> -ah
radiology	el radiólogo	ehl rah- <i>dee oh</i> -loh-goh
surgery	la cirugía	lah see-roo- <i>Hee</i> -ah