

# **HEALTH CARE**

(English/Spanish)

Page 2	Healthcare Workers
Page 3	A Visit to the Doctor
Page 4	A Visit to the Doctor (cont.)
Page 5	Medical Vocabulary
Page 6	Body Parts
Page 7	Prescription Labels
Page 8	Prescriptions (cont.)

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**HEALTH CARE WORKERS—TRABAJADORES DEL CUIDADO DE SALUD**

**DOCTOR— PRIMARY DOCTOR—GENERAL DOCTOR**  
**NURSE—ENFERMERA**  
**DENTIST**  
**OPTOMETRIST (EYE GLASSES / LENTES)**  
**THERAPIST— TERAPEUTA**  
 (PHYSICAL THERAPIST—FISICOTERAPEUTA  
 OCCUPATIONAL THERAPIST—TERAPEUTA OCUPACIONAL  
**PARAMEDIC— PARAMEDICO (EMERGENCY TRANSPORT)**  
**PSYCHOLOGIST (SICOLOGO—NO ES DOCTOR MEDICO)**  
**SURGEON—CIRUJANO**  
 MEDICAL TECHNICIAN—X-RAY TECNICIAN; TECNICO DE  
 X-RAY—RADIOGRAFIA  
 CAT SCAN—TOMOGRAFIA  
 MRI— IMAGEN DE RESONANCIA MAGNETICA

**SOME SPECIALTIES—ALGUNAS ESPECIALIDADES**

**PEDIATRICIAN (CHILDREN'S DOCTOR / DOCTOR DE NIÑOS)**  
**EMERGENCY ROOM DOCTOR—(DE SALA DE EMERGENCIA)**  
**EYE DOCTOR / OPHTHALMOLOGIST (OJOS)**  
**EAR / NOSE / THROAT DOCTOR**  
**GASTROENTEROLOGIST (GI) (STOMACH/ESTOMAGO)**  
**NEUROLOGIST (NERVES/NERVIOS)**  
**NEPHROLOGY (KIDNEY / RINON)**  
**ORTHOPEDIC DOCTOR (BONES / HUESOS)**  
**PSYCHIATRIST (SIQUIATRA)**  
**PULMONOLOGIST (LUNGS / PULMONES)**  
**GYNECOLOGIST (GINECOLOGO) / OBSTETRICIAN (OBSTETRA)**  
**ONCOLOGIST (CANCER SPECIALIST)**  
**BLOOD TEST / URINE TEST (EXAMEN DE SANGRE / DE ORINA)**



**CALL THE DOCTOR:**

**I NEED TO SEE THE DOCTOR. (Yo necesito ver al doctor)**

**I NEED AN APPOINTMENT. (Yo necesito una cita) / I NEED TO MAKE AN APPOINTMENT (Yo necesito hacer una cita)**

**I AM SICK. MY HUSBAND IS SICK. MY SON IS SICK. MY DAUGHTER IS SICK.**

**(MY CHILDREN ARE SICK = MIS HIJOS ESTAN ENFERMOS.)**

**SER/ ESTAR**

? **I AM**  
(Yo soy/estoy)

? **YOU ARE**  
(Tu eres/estas)

**HE IS**  
(El es / esta)

? **SHE IS**  
(Ella es / esta)

**IT IS**  
(algo) es/ esta)

**WE ARE**  
(Nosotros somos/estamos)

**YOU ARE**  
(Ustedes son/están)

? **THEY ARE**  
(Ellos son/están)



**OR**  
**Nauseous**  
(por el estomago)

**TENER**

? **I HAVE**  
(Yo tengo)

(DO) **YOU HAVE**  
(Tu tienes)

**HE HAS**  
(El tiene)

(DOES) **SHE HAS** (HAVE)  
(Ella tiene)

**IT HAS**  
(algo) tiene

**WE HAVE**  
(Nosotros tenemos)

(DO) **YOU HAVE**  
(Ustedes tienen)

**THEY HAVE**  
(Ellos tienen)



**A COLD**  
UN RESFRIADO  
**THE FLU**  
LA GRIPE



**A FEVER**  
UNA FIEBRE



**A HEADACHE**  
UN DOLOR DE



**A BACKACHE**  
UN DOLOR DE ESPALDA



**A STOMACHACHE**  
UN DOLOR DE

# A VISIT TO THE DOCTOR

ACTION WORDS (VERBS): **HAVE—TAKE—NEED**

QUESTIONS: **DO YOU HAVE ....? DO YOU NEED.....? / DOES HE HAVE / DOES SHE HAVE**  
**NO. I DON'T HAVE.... I DON'T NEED... / HE DOESN'T HAVE .... / SHE DOESN'T HAVE...**

DOCTOR = D                  PATIENT = P

D: What is the problem?        (Cual es el problema?)

P: I **have** high blood pressure (alta presión)

D: What are your symptoms?        (Cuales son tus síntomas?)

P: I **have** a headache and I **feel** dizzy.

D: *How long have you had it?*        *Cuanto tiempo (desde cuando) lo has tenido?*

P: I have **had** high blood pressure *since 1990* .

I have **had** it for 10 years.

D: **DO You take** any medication for it?        Q?: *DO you take?* (use DO w/ a simple action verb)

P: Yes, I **take** \_\_\_\_\_.

No, I **don't take** any medicine.

Negative: I **don't take**

He **doesn't take** .... / She **doesn't take**....

D: *How often do you take your medication?*        (Con que frecuencia **tomas** tu medicina?)

P: I **take** my medicine ..... **once** a day        =**una vez** al día

But it **doesn't help**.        (Pero no me ayuda)

D: You **need to take it twice** a day        =**dos veces** al día

**DON'T TAKE THIS** on an empty stomach.

P: I **need** a prescription.        Yo necesito una receta medica.

**NOW:**        Use the verb BE (I am, You are, He is, She is, It is, We are, They are) with \_\_\_\_\_ - ING.

Are you allergic to any medications?    Yes, I am allergic to \_\_\_\_\_        / No, I'm not.

Or: **Are you taking** any medication for it?        Q: **Are you taking?** (w/ word ending in -ing) —NOW

P: Yes, I **am taking** \_\_\_\_\_.

Yes, I am. No, I am not. (No, I'm not).

No, I **am not taking** any medicine..

I'm **not taking** anything

## PRACTICE: A VISIT TO THE DOCTOR

DOCTOR = D

PATIENT = P

D: What is the problem? (Cual es el problema?)

P: I have \_\_\_\_\_.

D: What are your symptoms?

P: I feel \_\_\_\_\_.

D: How long have you had it?

*Cuanto tiempo (desde cuando) lo has tenido?*

P: I have had it *since 1990*. (*desde 1990*)  
*for 10 years*. (por 10 años)  
*for many years*. (por muchos años)  
*for a long time*. (por mucho tiempo)

D: DO You take any medication for it?

*Question ?: DO you take? (use DO w/ a simple verb)*

P: Yes, I take \_\_\_\_\_.

No, I don't take any medicine.

D: How often do you take your medication?

*(Con que frecuencia tomas tu medicina?)*

P: I take it ... *once a day* = *una vez* al dia  
*twice a day* = *dos veces* al dia  
Three times a day = tres veces al dia

D: You need to take it *twice* a day.

DON'T TAKE THIS on an empty stomach.

P: I need a prescription.

Ailment: You have high blood pressure

Duration: You have had it for 2 months.

Previous Medication: You don't take medication for it.

Ailment: You have the flu.

Duration: Two days.

Previous Medication: You took some aspirin.

Ailment: You have indigestion.

Duration: You have had it for three weeks.

Previous Medication: You take some ant-acid but it hasn't helped.

Ailment: You have diarrhea.

Duration: You have had it for three days.

Previous Medication: You are taking something you bought at the drugstore, but they don't help.

Ailment: You have a sore throat

Duration: You have had it for two days.

Previous Medication: You are taking throat lozenges (throat candies).

Ailment: You have a bad cut.

Duration: You cut my hand this morning.

Previous Medication: None.



## MEDICAL VOCABULARY

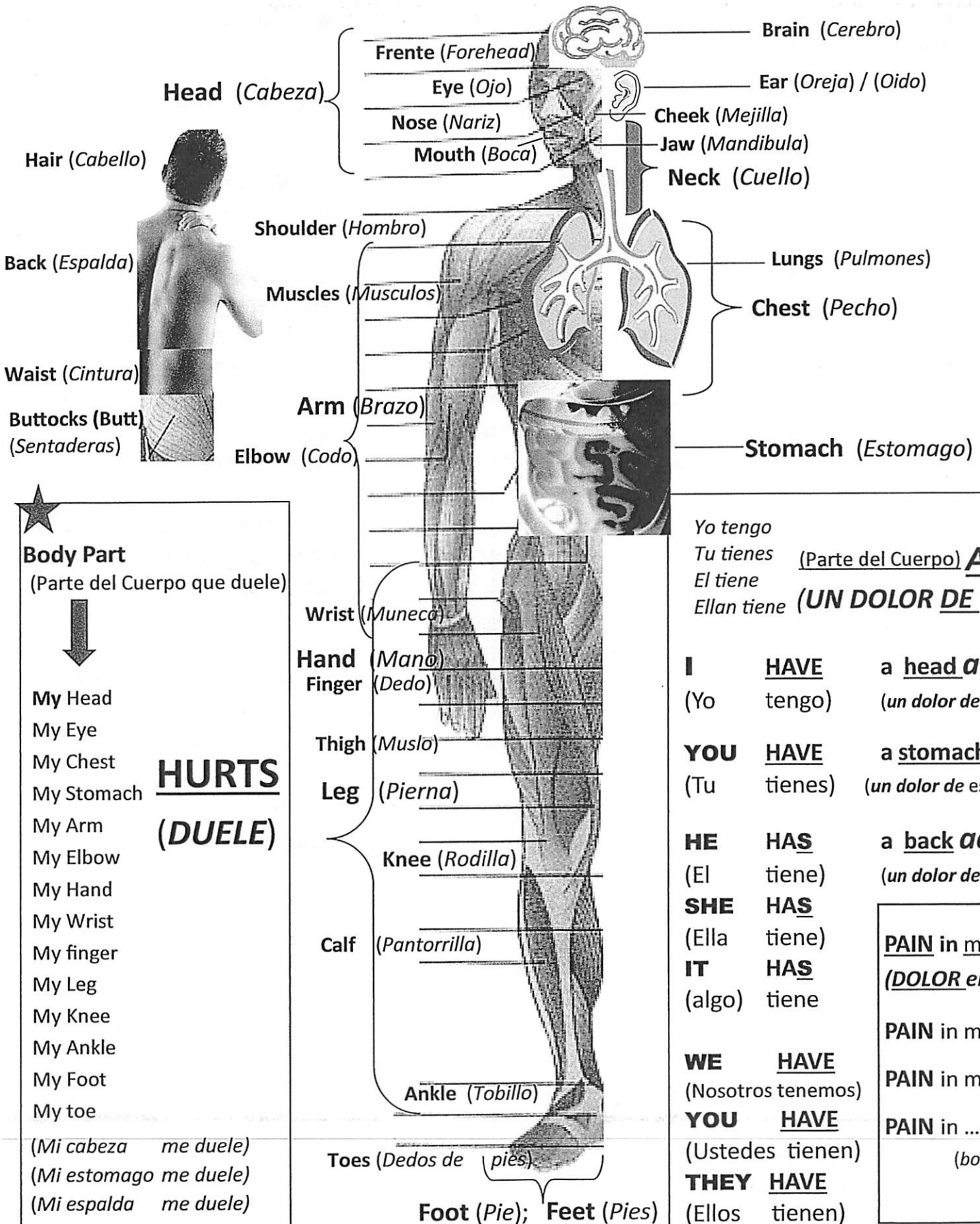
<b>HUSBAND</b> ( <i>Esposo</i> )	I need an <b>appointment</b> with <u>the doctor</u> . ( <i>Necesito una <u>cita</u> con el doctor</i> )
<b>WIFE</b> ( <i>Esposa</i> )	Are you <b>pregnant</b> ? ( <i>Estás tu <u>embarazada</u>?</i> ) Yes, I am. ( <i>Si, estoy.</i> )
<b>CHILD</b> ( <i>Hijo o Hija</i> )	Do <b>you have insurance</b> ? ( <i>Tienes <u>seguro médico</u>?</i> )
<b>CHILDREN</b> ( <i>Hijos</i> )	I <b>have</b> Medicare. ( <i>Yo <u>tengo</u> Medicare</i> )
<b>SON</b> ( <i>Hijo</i> )	You <b>need</b> to go to the <b>emergency room</b> . ( <i>Tienes que ir a la <u>sala de urgencia</u>.</i> )
<b>DAUGHTER</b> ( <i>Hija</i> )	You need to <b>fill out</b> these forms. ( <i>Tienes que <u>llenar</u> estas formas.</i> )

<b>DOCTOR / PHYSICIAN</b> (MD)	My <b>doctor's name is</b> Dr. John Smith. ( <i>El <u>nombre de mi doctor</u> es ...= Mi doctor se llama..</i> )
<b>NURSE</b> ( <i>Enfermera</i> )	The <b>nurse</b> will <b>ask</b> you some <b>questions</b> . ( <i>La <u>enfermera</u> te <u>hara</u> algunas <u>preguntas</u>.</i> )
<b>WEIGHT</b> ( <i>Peso</i> ) / <b>WEIGH</b>	What is your <b>weight</b> ? ( <i>¿Cuál es tu <u>peso</u>?</i> ) How much do you <b>weigh</b> ? ( <i>Cuanto <u>pesas</u>?</i> )
<b>CHECK UP</b> ( <i>Examen Físico</i> )	You need a <b>check-up</b> . ( <i>Necesitas un <u>examen físico</u>.</i> )
<b>TEST</b> ( <i>Examen</i> )	You need a <b>blood test</b> and a <b>urine test</b> . ( <i>Necesitas un <u>examen</u> de sangre y de orina.</i> )
<b>FEEL</b> ( <i>Sentirse</i> )	How <b>do you feel</b> ? ( <i>Como te <u>sientes</u>?</i> ) / I <b>feel well</b> . ( <i>Me siento bien</i> )
<b>WELL</b> ( <i>Bien</i> )	I <b>feel sick</b> . ( <i>Me siento enfermo/a</i> ) / I <b>don't feel well</b> . ( <i><u>NO</u> me <u>siento bien</u>.</i> )
<b>SICK</b> ( <i>Enfermo/a</i> )	Are you <b>sick</b> ? ( <i>¿Estas enfermo?</i> ) I am very <b>sick</b> . ( <i>Estoy muy enfermo/a</i> )
<b>ILLNESS</b> ( <i>Enfermedad</i> )	You have a common <b>illness</b> . ( <i>Tienes una <u>enfermedad</u> comun</i> ) ( <i>una <u>condición</u> común</i> )
<b>DISEASE / SICKNESS</b>	You have a <b>serious disease</b> . ( <i>Tienes una <u>enfermedad</u> grave</i> )
<b>CONTAGIOUS</b> ( <i>Contagioso</i> )	You have a <b>contagious</b> disease. ( <i>Tienes una <u>enfermedad</u> contagiosa.</i> )
<b>ANTIBIOTIC</b> ( <i>Antibiótico</i> )	You need antibiotics for your infection. ( <i>Tú <u>necesitas</u> antibióticos para la <u>infección</u>.</i> )
<b>SHOT</b> ( <i>Inyección</i> )	Your child needs a <b>shot</b> of antibiotics. Your child <b>doesn't have measles</b> .
<b>INJECTION</b> ( <i>Inyección</i> )	( <i>Tu hijo <u>necesita</u> una <u>inyección</u> de antibióticos.</i> ) ( <i>Tu hijo <u>no tiene</u> <u>sarampión</u>.</i> )
<b>IMMUNIZATION</b> ( <i>Vacuna</i> )	Has <b>your child</b> had his <b>immunizations</b> ? ( <i>Tu hijo/a ha recibido sus <u>vacunas</u>?</i> )
<b>IMMUNIZATION RECORD</b> ( <i>Historial de vacunas</i> )	Do you have the <b>immunization record</b> ? ( <i>Tienes un <u>historial de vacunas</u>.</i> )
<b>ALLERGIES</b> ( <i>Alergias</i> )	I have food <b>allergies</b> . ( <i>Yo <u>tengo</u> <u>alergias</u> a ciertas comidas.</i> )
<b>ALLERGIC</b> ( <i>Alérgico/a</i> )	I am <b>allergic</b> to fish and penicillin. ( <i>Soy <u>alérgico</u> al pescado y a la penicilina.</i> )
<b>PAIN</b> ( <i>Dolor</i> ) / <b>ACHE</b>	I have <b>pain</b> in my <b>back</b> . I have a <b>backache</b> . ( <i>Tengo un <u>dolor</u> de espalda</i> )
<b>HURT</b> ( <i>Dolor</i> ) + ( <i>Lastimarse</i> )	My hand <b>hurts</b> . ( <i>Me <u>duele</u> la mano.</i> ) / I <b>hurt</b> my hand. ( <i>Me <u>lastime</u> la mano.</i> )
<b>INJURED</b> ( <i>Lastimado / Herido</i> )	I was <b>injured</b> at work. ( <i>Me <u>lastime</u> en el trabajo</i> )
<b>INJURY</b> ( <i>Herida</i> )	You need to report your <b>injury</b> . ( <i>Necesitas reportar tu <u>herida</u></i> )
<b>OPEN WOUND</b> ( <i>Herida abierta</i> )	You have a deep <b>open wound</b> . ( <i>Tú <u>tienes</u> una <u>herida</u> <u>abierta</u> profunda</i> )
<b>BURN</b> ( <i>Quemadura/Quemarse</i> )	I <b>burned</b> my hand. ( <i>Me <u>queme</u> la mano.</i> ); <i>That's a bad burn.</i> ( <i>Esa es una quemadura grave.</i> )
<b>CUT</b> ( <i>Cortada</i> )	I <b>cut</b> my finger cooking. ( <i>Me <u>corte</u> el <u>dedo</u> cocinando</i> )
<b>BANDAGE</b> ( <i>Venda; Vendaje</i> )	I only need a <b>bandage</b> . ( <i>Yo <u>solamente</u> <u>necesito</u> una <u>venda</u>.</i> ) / ( <i><u>Bandaid</u> = <u>Curita</u></i> )
<b>STICHES</b> ( <i>Puntos</i> )	You need <b>stiches</b> to close <u>the wound</u> . ( <i>Necesitas unos <u>puntos</u> para cerrar <u>la herida</u>.</i> )
<b>PRESCRIPTION</b> ( <i>Receta</i> )	You can <b>fill the prescription</b> at the pharmacy. ( <i>Puedes <u>llenar</u> la <u>receta</u> en la farmacia</i> )
<b>DOSE</b> ( <i>Dosis</i> )	Take a small <b>dose</b> of this medicine. ( <i>Toma una <u>dosis</u> pequeña de esta medicina.</i> )
<b>WARNING</b> ( <i>Advertencia</i> )	Read the <b>warning</b> on the medicine bottle! ( <i>Lee la <u>advertencia</u> en la botella!</i> )
<b>LABEL</b> ( <i>Etiqueta</i> )	You must read the <b>warning</b> on the label! ( <i>Debes leer la <u>advertencia</u> en la <u>etiqueta</u>!</i> )
<b>EXPIRE</b> ( <i>Vencerse</i> )	You can't take this medicine! It <b>expired</b> . ( <i>No puedes tomar esta medicina! Esta <u>vencida</u>.</i> )
<b>EXPIRATION DATE</b>	You need to look at the <b>expiration date</b> . ( <i>Necesitas fijarte en la <u>fecha de vencimiento</u>.</i> )
<b>TREATMENT / FOLLOW UP APPOINTMENT</b>	After you finish your <b>treatment</b> , you need a <b>follow up appointment</b> . ( <i>Después de que termines tu <u>tratamiento</u>, necesitas una 2a cita para darte <u>seguimiento</u>.</i> )

# Body Parts (Partes del Cuerpo)

LEFT SIDE (Lado Izquierdo)

RIGHT SIDE (Lado Derecho)



★  
**Body Part**  
 (Parte del Cuerpo que duele)

↓

My Head  
 My Eye  
 My Chest  
 My Stomach  
 My Arm  
 My Elbow  
 My Hand  
 My Wrist  
 My finger  
 My Leg  
 My Knee  
 My Ankle  
 My Foot  
 My toe

**HURTS**  
**(DUELE)**

(Mi cabeza me duele)  
 (Mi estomago me duele)  
 (Mi espalda me duele)

Yo tengo  
 Tu tienes (Parte del Cuerpo) **ACHE**  
 El tiene  
 Ellan tiene (**UN DOLOR DE . . . .**)

**I HAVE a head ache**  
 (Yo tengo (un dolor de cabeza))

**YOU HAVE a stomach ache**  
 (Tu tienes (un dolor de estomago))

**HE HAS a back ache**  
 (El tiene (un dolor de espalda))

**SHE HAS**  
 (Ella tiene)

**IT HAS**  
 (algo) tiene

**WE HAVE**  
 (Nosotros tenemos)

**YOU HAVE**  
 (Ustedes tienen)

**THEY HAVE**  
 (Ellos tienen)

**PAIN in my back**  
**(DOLOR en mi...)**

**PAIN in my leg**

**PAIN in my knee**

**PAIN in .....**  
 (body part)

# HOW TO READ PRESCRIPTION LABELS

## COMO LEER ETIQUETAS DE BOTELLAS DE MEDICINA (RECETAS MÉDICAS)

A national study showed that one-third of patients (1/3 = 100 out of 300 patients) did not realize that "two tablets by mouth twice daily" meant taking four pills in a 24-hour period.

Questions you need to ask your doctor: (Preguntas que debe hacerle a su doctor)

**How much** should I take?

(**Cuanto** debo tomar)

**When** should I take my medicine?

(**Cuando** debo tomar mi medicine)

**How often** should I take the medicine? (**Cuántas veces** (al día) debo de tomar la medicina?)

**When can I stop** taking the medication? (**Cuando puedo dejar** de tomar la medicina?)

When you go to the pharmacy say:

**I need to fill this prescription.**

Quiero llenar esta receta.

### Name of the Medicine.

What is the name of the medicine?

My medicine is called \_\_\_\_\_.

### DOSE.

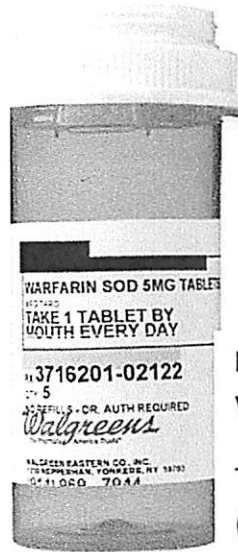
Milligrams:

How many milligrams?

**How many pills (tablets) do I need to take?**

Take \_\_\_ tablet by mouth every \_\_\_\_.

You need to take one \_\_\_\_\_ every \_\_\_\_.



Pill (pastille) = small, round

Tablet (tableta) = long, solid

Capsule (capsula) = a small gelatin container w/ medicine inside.

Is this medicine a pill or a tablet or a capsule?

It is a \_\_\_\_\_.

**RX = Prescription.** RX number = Prescription number

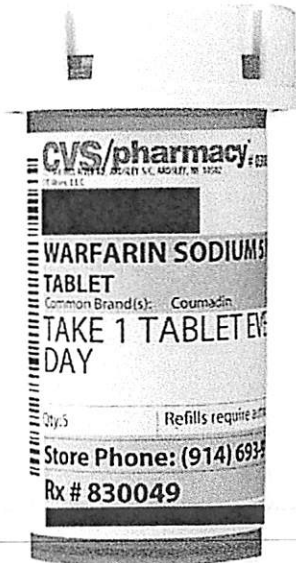
What is the Prescription number?

The prescription number is \_\_\_\_\_.

(You only need to say the first numbers.)

The prescription number is the first numbers *before* "-".

The store number is the 5 numbers *after* the hyphen (-).



**Refill – Another bottle of medicine after you finish it.**

**Can I get a refill?**

(*Me pueden llenar de nuevo la receta?*)

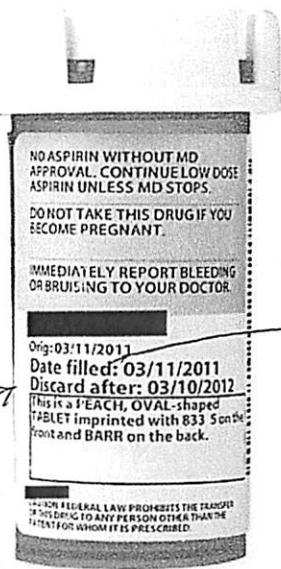
No Refills. Doctor's Authorization required.

Sin relleno(s). Se require la autorización del doctor.

What are the possible side effects?

What foods, supplements or vitamins are bad to take with this medicine?.

Can I drink alcohol with this medicine?



Date filled  
Fecha en que se surtió la receta

Discard  
Desechar