

HEALTH CARE SPANISH

Health Care Spanish Newsletter

December 7 , 2015

Learning on the Go!

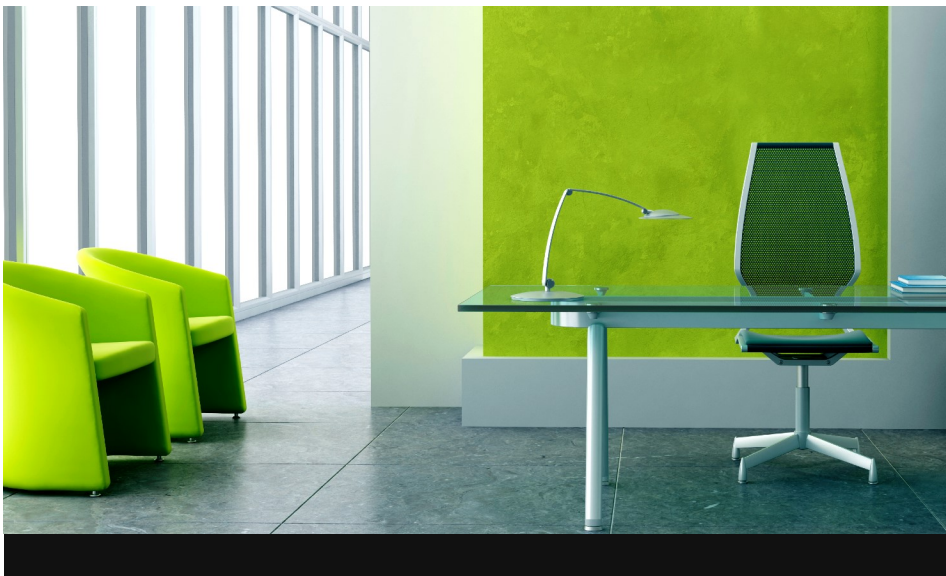
The goal of this newsletter is to provide you with enough information to be useful, but not more than can be learned within the busy schedule of a health care worker. You'll find anatomy charts, additional vocabulary, occasional feedback from subscribers, and more! Feel free to read them now and save them for later use such as with a patient or as a study guide for coursework.

Help Others by Providing Feedback

Part of Health Care Spanish's mission is to create a useful resource for health care workers. However, there is only so much that can be done without feedback from you. Email questions or suggestions to healthcarespanish@yahoo.com

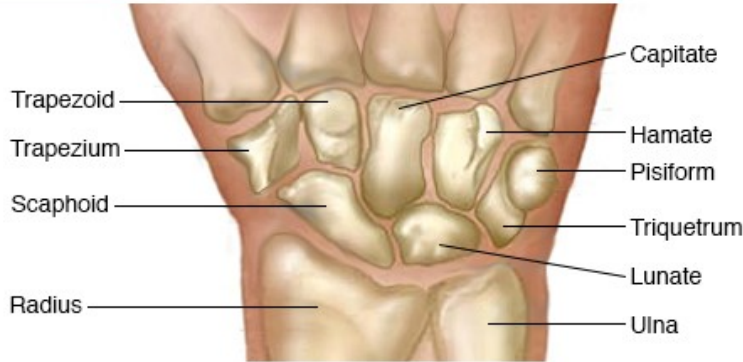
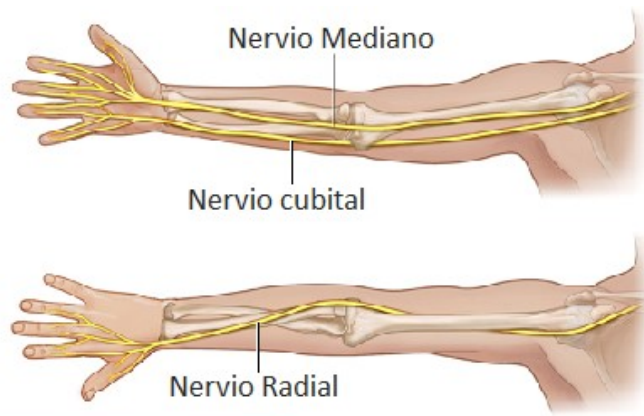
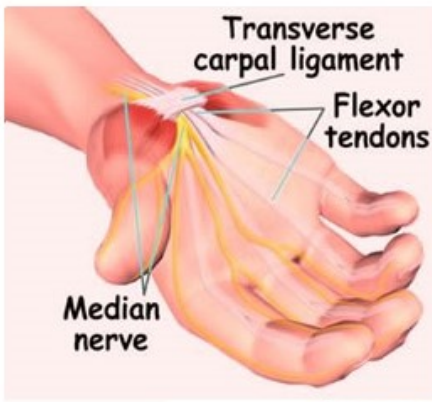
Spread the Word

Do you know other health care workers or students who need to pick up a little Español? If you find our endeavor useful, we would be grateful if you share it with others.



In This Issue

- Anatomy Chart: The Wrist
- Carpal Tunnel Syndrome



Carpal Bones

Huesos del Carpo

Wrist / Carpus

Muñeca / Carpo

Trapezoid Bone

Hueso Trapezoide

Trapezium Bone

Hueso Trapecio

Scaphoid Bone

Hueso Escafoides

Capitate Bone

Hueso Grande

Hamate Bone

Hueso Ganchoso o Hamato

Pisiform Bone

Hueso Pisiforme

Triquetrum Bone

Hueso Piramidal

Lunate Bone

Hueso Semilunar

Radius

Radio

Ulna

Cúbito o Ulna

Carpal Tunnel Syndrome

Síndrome del Túnel Carpiano

Median Nerve

Nervio Mediano

Compressed Nerve

Compresión Nerviosa

Transverse Carpal Ligament

Ligamento Retináculo Flexor

Flexor tendons of the fingers

Tendones de los Músculos Flexores de los Dedos



Síndrome del Túnel Carpiano - Carpal Tunnel Syndrome

El **síndrome del túnel carpiano** se produce cuando el nervio mediano se comprime en el túnel carpiano. El túnel carpiano, un pasadizo estrecho y rígido de ligamento y huesos en la base de la mano, contiene los tendones flexores de los dedos y el nervio mediano. El engrosamiento de tendones irritados u otra inflamación estrecha el túnel y causa que se comprima el nervio mediano. El resultado puede ser dolor, debilidad, o entumecimiento en la mano y la muñeca, que se irradia por el brazo.

Carpal tunnel syndrome occurs when the median nerve is compressed within the carpal tunnel. The carpal tunnel, a narrow, rigid passageway of ligaments and bones at the base of the hand, contains the finger flexor tendons and the median nerve. The thickening of irritated tendons or other swelling narrows the tunnel and causes the median nerve to be compressed. The result may be pain, weakness, or numbness in the hand and wrist, radiating up the arm.

Contact Us

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Visit us on the web at www.healthcarespanish.com

Contribute

We always welcome input from our readers. If there's a particular anatomy chart or topic you think is important, let's work together to share it with the healthcare community.