

# HEALTH CARE SPANISH

Health Care Spanish Newsletter

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## Learning on the Go!

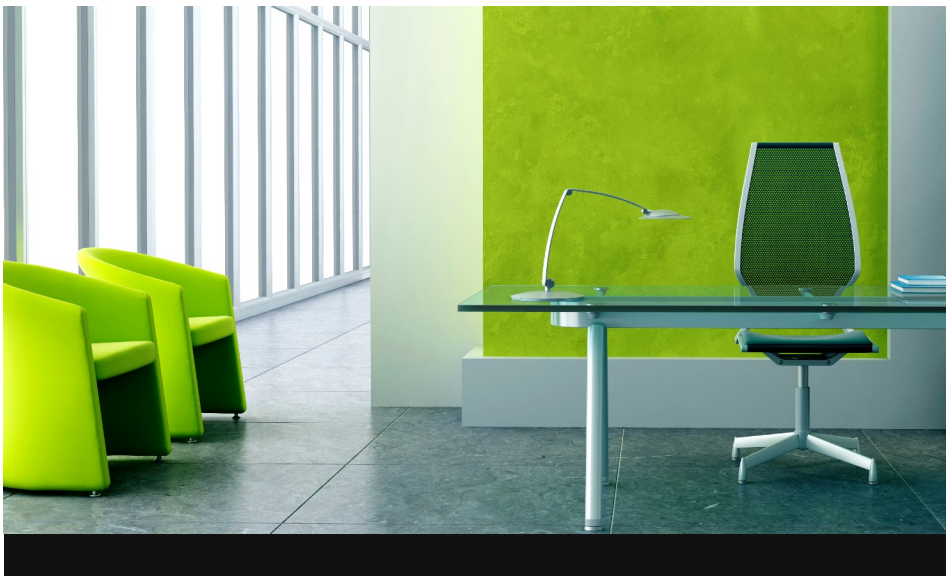
The goal of this newsletter is to provide you with enough information to be useful, but not more than can be learned within the busy schedule of a health care worker. You'll find anatomy charts, additional vocabulary, occasional feedback from subscribers, and more! Feel free to read them now and save 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](mailto:healthcarespanish@yahoo.com)

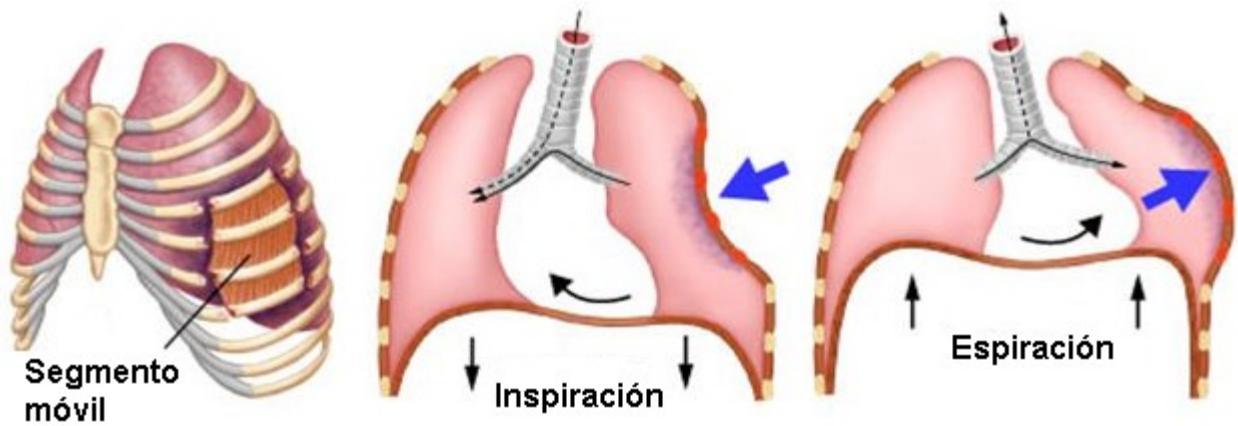
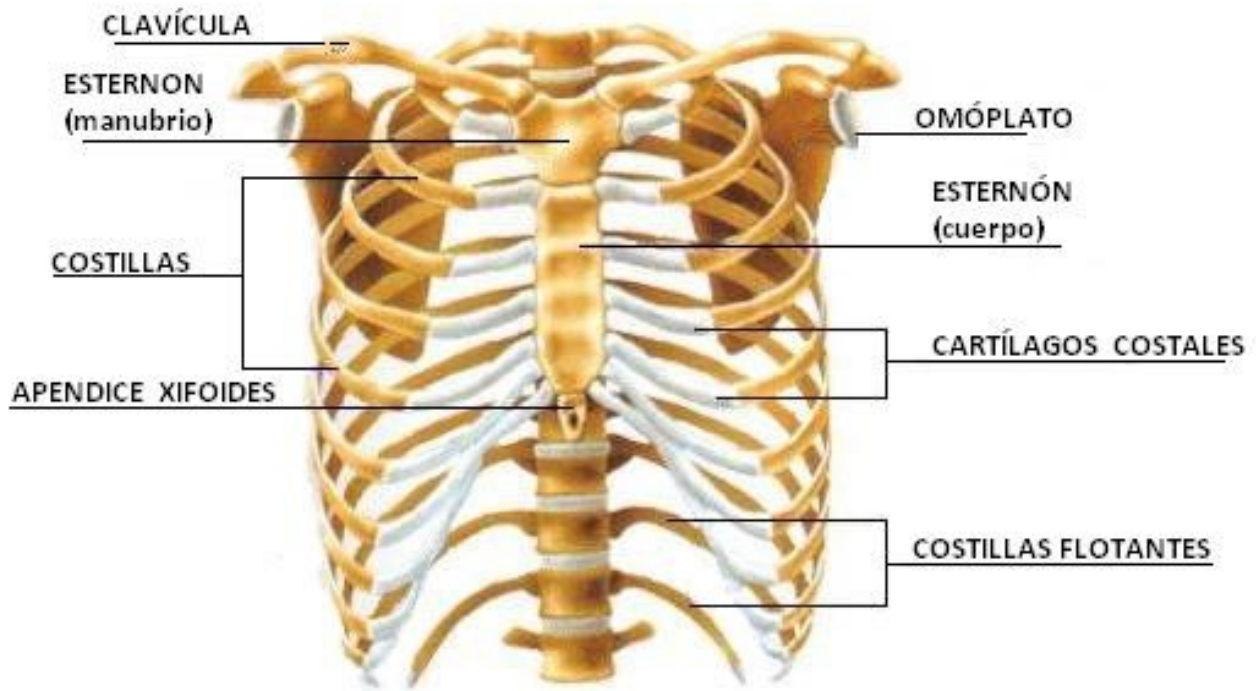
## Spread the Word

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 Thorax
- Flail Chest



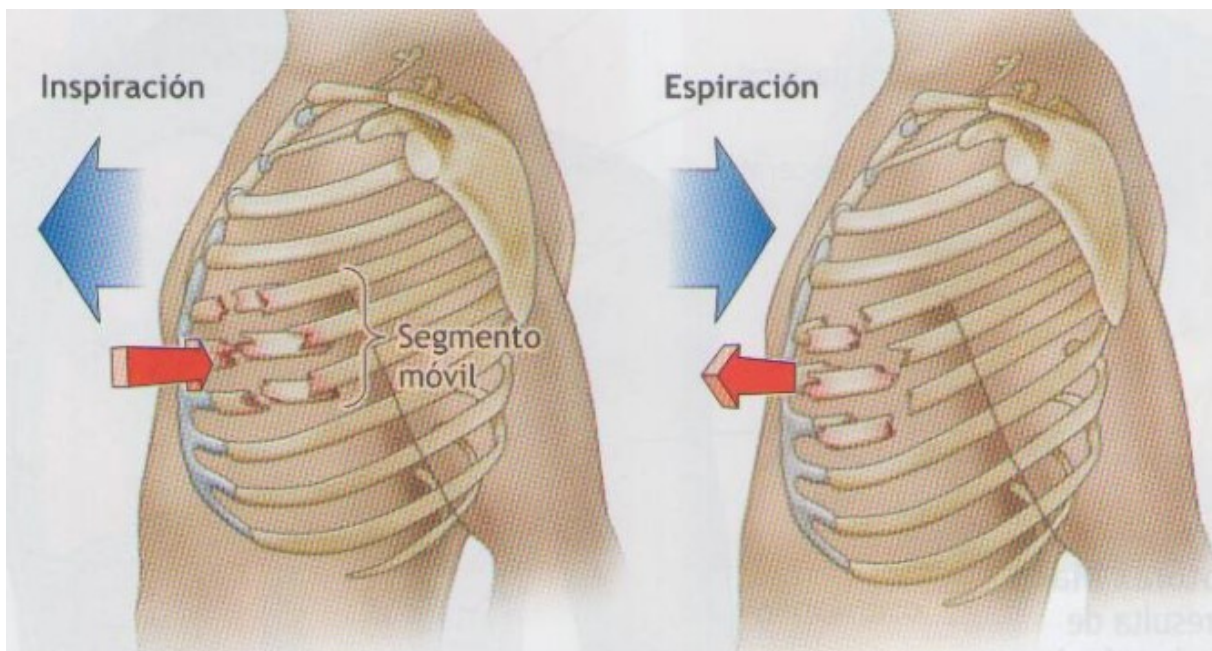
**Thorax - Tórax**

Clavicle  
 Sternum: manubrium and body  
 Scapula or shoulder blade  
 Ribs  
 Rib cartilages  
 Xiphoid process  
 Floating ribs  
 Flail segment  
 Inspiration  
 Expiration

Clavícula  
 Esternón: manubrio y cuerpo  
 Omóplato  
 Costillas  
 Cartílagos costales  
 Apéndice Xifoides  
 Costillas Flotantes  
 Segmento móvil  
 Inspiración  
 Espiración

**Flail chest:**  
 Two adjacent ribs fractured in at least two places, detaching the segment from the rest of the chest wall.

**Volet costal o toráx inestable:**  
 Dos costillas se fracturan en al menos dos lugares, desconectando así el segmento del resto de la pared torácica.



**Flail chest** is a life-threatening medical condition that occurs when a segment of the rib cage breaks and becomes detached from the rest of the chest wall. It consists of **two or more fractures in two or more adjacent ribs**, usually caused by **blunt trauma** such as in car accidents.

The **flail segment** moves in the opposite direction as the rest of the chest wall. This **paradoxical breathing** can increase the work and pain involved in breathing and is due to pressure changes associated with respiration that the rib cage normally resists.

The constant motion of the ribs at the site of the fractures cause the main symptoms: **chest pain and dyspnea**, and, if left untreated, the sharp broken edges of the ribs are likely to eventually **puncture the pleural sac and lung**, possibly causing a **pneumothorax**.

Flail chest is invariably accompanied by **pulmonary contusion**, a bruise of the lung tissue that can interfere with blood oxygenation. Often, it is the contusion, not the flail segment, that is the main cause of respiratory failure in patients with both injuries.

El **tórax inestable** es una condición médica potencialmente mortal que se produce cuando un segmento de la caja torácica se fractura y separa del resto de la pared torácica. Se compone de **dos o más fracturas en dos o más costillas adyacentes**, por lo general causada por un **traumatismo cerrado**, como en accidentes de tráfico.

El **segmento móvil o volet costal** se mueve en la dirección opuesta que el resto de la pared torácica. Esta **respiración paradójica** puede aumentar el trabajo y el dolor implicado en la respiración y es debido a los cambios de presión asociados con la respiración que la caja torácica normalmente resiste.

El constante movimiento de las costillas en el lugar de las fracturas causan los principales síntomas: **dolor torácico y disnea**, y, si no se trata, los bordes rotos afilados de las costillas con el tiempo son propensos a **perforar el saco pleural y el pulmón**, lo que puede causar un **neumotórax**.

El tórax inestable es invariablemente acompañado por una **contusión pulmonar**, una morado en el tejido pulmonar que puede interferir con la oxigenación de la sangre. A menudo, es la contusión, no el segmento móvil, que es la principal causa de insuficiencia respiratoria en pacientes con ambas lesiones.

## Contact Us

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Visit us on the web at [www.healthcarespanish.com](http://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.