

HEALTH CARE SPANISH

Health Care Spanish Newsletter

March 1, 2016

By: Evelin Maza Guia

Learning on the Go!

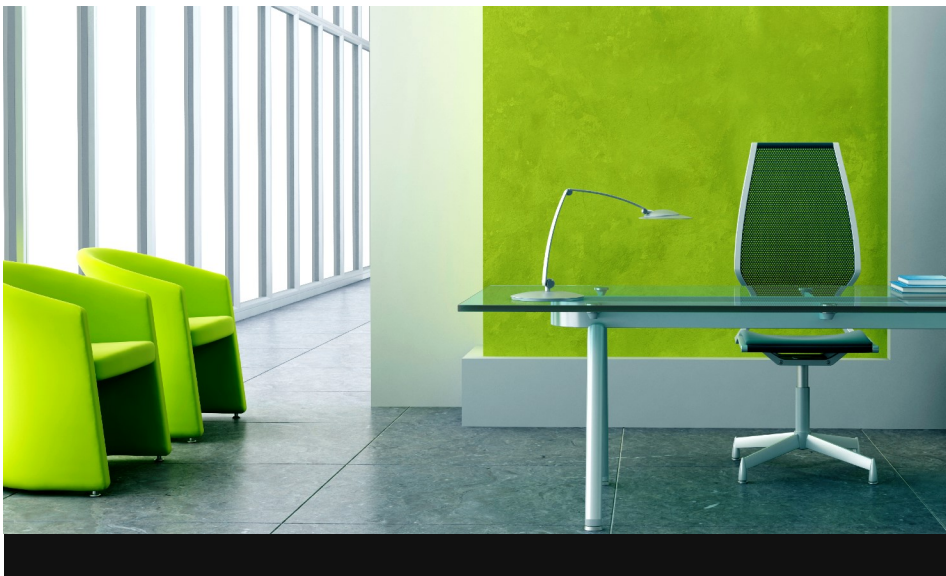
The goal of this newsletter is to provide you with enough information to be useful, but not more than can be learned within the busy schedule of a health care worker. You'll find anatomy charts, additional vocabulary, occasional feedback from subscribers, and more! Feel free to read them now and save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

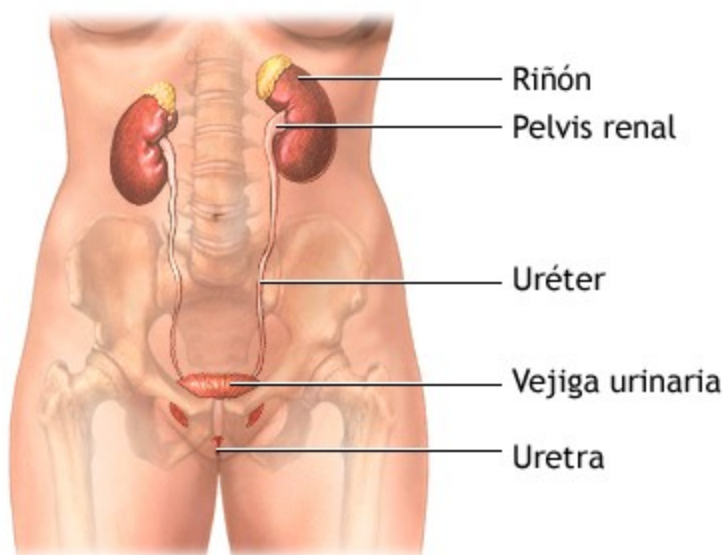
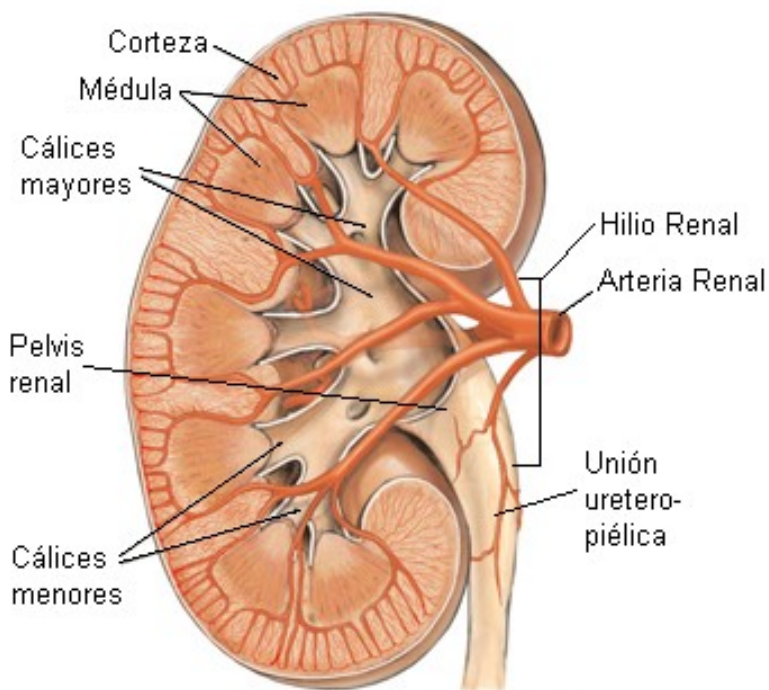
Spread the Word

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 Kidney
- **Kidney Stone,**
Renal Colic,



ADAM.

Kidney - Riñón

Cortex

Medulla

Mayor and minor calyces

Renal pelvis

Renal hilum

Renal artery

Ureteropelvic junction

Ureter

Urinary bladder

Urethra

Kidney stone, Renal Calculus or Nephrolith:

The formation of a solid piece of material within the kidneys from mineral substances in the urine.

Renal colic:

A very intense and sudden abdominal pain generally produced by the presence of a kidney stone within the urinary tract.

Hydronephrosis:

The distension and dilation of the renal pelvis and calyces, usually caused by obstruction of the free flow of urine from the kidney.

Corteza

Médula

Cálices mayores y menores

Pelvis renal

Hilio renal

Arteria renal

Unión uretero-piélica

Uréter

Vejiga urinaria

Uretra

Cálculo Renal, Litiasis Renal o Nefrolitiasis:

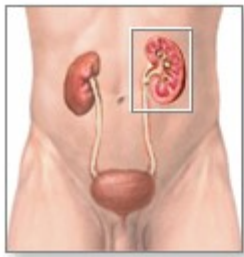
La formación de un trozo de material sólido dentro del riñón a partir de sustancias minerales en la orina.

Cólico nefrítico:

Dolor abdominal repentino de gran intensidad que se produce generalmente por la presencia de cálculo en el tracto urinario.

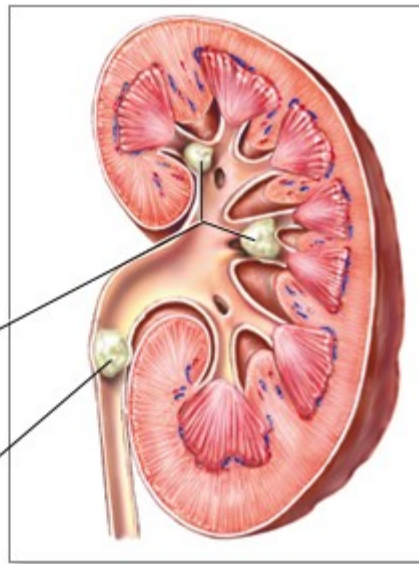
Hidronefrosis:

La distensión y dilatación de la pelvis renal y los cálices, por lo general causada por la obstrucción del libre flujo de la orina desde el riñón.



Kidney stones in the minor and major calyces of the kidney

Kidney stone in the ureter



ADAM.

A **kidney stone** is usually caused by the build up of certain substances in the urine. *Dehydration*, high dietary intake of *animal protein and sodium*, and other underlying conditions can attribute to their formation.

Their passage through the urinary tract can be asymptomatic if they are small enough, or can cause **renal colic**, which is considered *one of the strongest pain sensations known to man*.

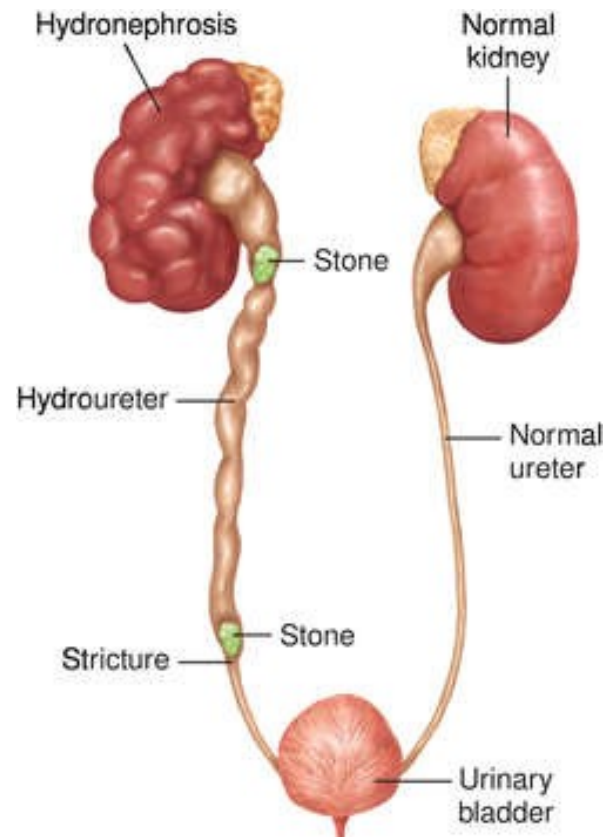
A **renal colic** is an intense, sudden, and intermittent pain that usually originates in the *flank or lumbar area* and radiates towards the *groin*.

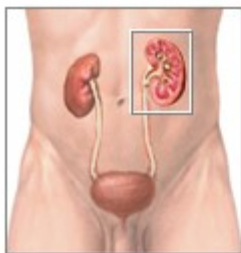
The experience is said to be traumatizing due to the pain, and the **passing of blood**, blood clots, and pieces of the stone.

Other associated symptoms include: **nausea, vomiting, fever, blood in the urine or hematuria, pus in the urine, and painful urination**.

If stones grow to sufficient size (usually at least **3 millimeters**) they can cause blockage of the ureter. This inability to pass urine from the kidney to the bladder will lead to **hydronephrosis** or **hydroureteronephrosis** which is the distension and dilation of the renal pelvis, calyces, and ureter.

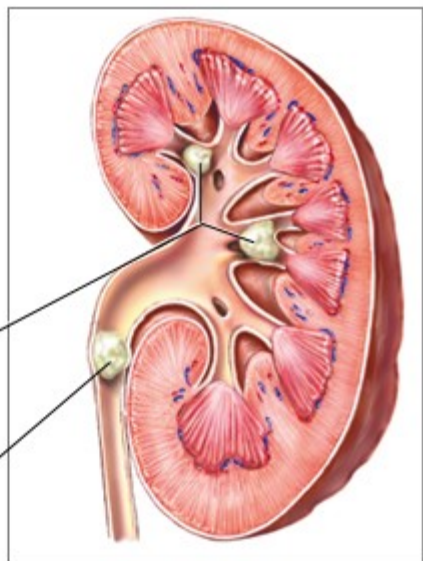
The increase in pressure caused by the accumulation of urine that can not be ejected causes **kidney enlargement** and **thinning of renal parenchyma**. If the situation persists for a long time, the kidney **atrophies** and loses its functional capacity.





Cálculos renales en los cálices mayores y menores del riñón

Cálculo renal en el uréter



ADAM.

Un **cálculo renal** generalmente es causado por la acumulación de ciertas sustancias en la orina. La *deshidratación*, alta ingesta dietética de *proteína animal* y *sodio*, y otras condiciones subyacentes pueden atribuir a su formación.

Su paso por el tracto urinario puede ser asintomática, si son lo suficientemente pequeños, o puede causar **cólicos nefríticos**, que se considera *uno de los dolores más fuertes conocidos por el hombre*.

Un **cólico renal** es un dolor intenso, repentino, e intermitente que por lo general se origina en *el flanco o la región lumbar* y se irradia hacia la *ingle*.

La experiencia suele ser traumatizante debido al dolor, y **el paso de sangre**, coágulos de sangre y trozos del cálculo.

Otros síntomas asociados incluyen: **náuseas, vómitos, fiebre, sangre en la orina o hematuria, pus en la orina y dolor al orinar**.

Si las piedras crecen hasta un tamaño suficiente (por lo general al menos **3 milímetros**) pueden causar la obstrucción del uréter. Esta incapacidad para evacuar la orina desde el riñón hasta la vejiga dará lugar a **hidronefrosis** o hidroureteronefrosis, lo cual es la distensión y dilatación de la pelvis renal, los cálices, y el uréter.

El aumento de presión causado por la acumulación de la orina que no se puede expulsar causa el **agrandamiento del riñón y adelgazamiento del parénquima renal**. Si la situación persiste durante mucho tiempo, el riñón se **atrofia** y pierde su capacidad funcional.

Contact Us

healthcarespanish@yahoo.com

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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.