

# HEALTH CARE SPANISH

Health Care Spanish Newsletter

May 24, 2016

## Learning on the go!

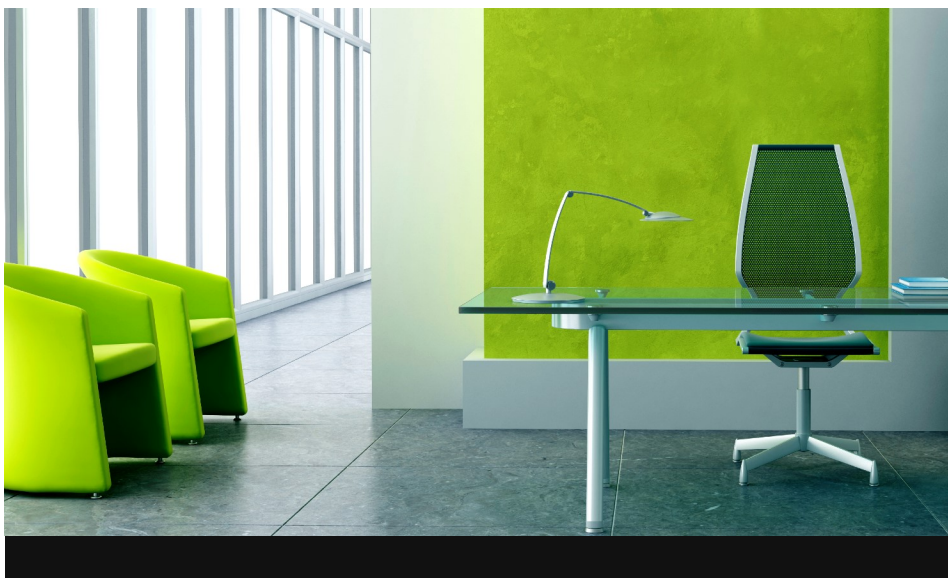
The goal of this newsletter is to provide you with enough information to be useful, but not more than can be learned within the busy schedule of a health care worker. You'll find anatomy charts, additional vocabulary, occasional feedback from subscribers, and more! Feel free to read them now and save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

- Terms and chart related to lupus

# THE MOST COMMON SYMPTOMS OF LUPUS LOS SÍNTOMAS MAS FRECUENTES DEL LUPUS

Lupus affects  
El lupus afecta a  
**40-100**  
persons per  
personas por cada  
**100000**



Ulcers on:  
•Eyes  
•Mouth  
•Nose  
•Vagina

Psychosis  
Headache  
Depression  
Fever

Psicosis  
Dolor de cabeza  
Depresión  
Fiebre

Ulceras en:  
•Ojos  
•Boca  
•Nariz  
•Vagina

9 out of 10 persons  
with lupus are women  
9 de cada 10 personas  
con lupus son mujeres



Chest pain  
Shortness of breath

Dolor de pecho  
Dificultad para respirar



Nausea  
Vomiting  
Diarrhea  
Changes in body weight

Náuseas  
Vómitos  
Diarrea  
Cambios en el peso corporal

Complications during pregnancy  
Irregularities in menstrual cycle  
Abortions

Complicaciones durante el embarazo  
Irregularidades en el ciclo mesntrual  
Abortos

Extreme fatigue  
Pain in extremities

Fatiga extrema  
Dolor en extremidades



Rashes  
Photosensitivity  
Alopecia

Sarpullidos  
Fotosensibilidad  
Alopecia



## SYSTEMIC LUPUS ERYTHEMATOSUS LUPUS ERITEMASTOSO SISTEMICO

Systemic lupus erythematosus is an autoimmune disease characterised by autoantibody production and the involvement of multiple organ systems. Although the pathogenesis of lupus remains unclear, there is a well-established genetic predisposition to the disease. Several environmental factors are also known to increase the risk for lupus, including silica dust exposure, mercury, ionising radiation, ultraviolet light and oxidative stress.

El Lupus eritematoso sistémico es una enfermedad autoinmune que está caracterizada por la producción de auto anticuerpos y por la participación de múltiples sistemas de órganos. Aunque la patogénesis del lupus no está del todo clara, hay una predisposición genética asociada a la enfermedad. También son conocidos muchos factores ambientales que aumentan el riesgo de lupus, como la exposición a polvo de sílica, el mercurio, la radiación ionizante, la luz ultravioleta y el estrés oxidativo.

## Symptoms by localization Síntomas según localización

**Central nervous system:** psychosis , headache , neuropathies , cognitive dysfunction , depression , fever  
**Sistema nervioso central:** psicosis, dolor de cabeza, neuropatías, disfunción cognitiva, depresión, fiebre

**Heart and lungs:** pericarditis , myocarditis , endocarditis, pleuritis , pneumonitis  
**Corazón y pulmones:** pericarditis, miocarditis, endocarditis, pleuritis, neumonitis

**Kidneys:** edema, hypertension , proteinuria , cylinders of blood cells, renal failure  
**Riñones:** edema, hipertensión, proteinuria, cilindros de células sanguíneas, fallo renal

**Reproductive system:** complications during pregnancy , irregularities in menstrual cycle, abortions

**Sistema reproductivo:** complicaciones durante el embarazo, irregularidades en el ciclo menstrual, abortos

**Blood:** anemia , thrombocytopenia , leukopenia , thrombosis  
**Sangre:** anemia, trombocitopenia, leucopenia, trombosis

**Eyes and mucus membrana:** ulcers on the eyes, mouth, nose or vagina. Sjogren's syndrome  
**Ojos y membranas mucosas:** úlceras en los ojos, boca nariz o vagina. Síndrome de Sjogren

**Stomach and intestines:** nausea, vomiting , diarrhea, changes in body weight  
**Estómago e intestinos:** náuseas, vómitos, diarrea, cambios en el peso corporal

**Skeletal muscles:** extreme fatigue , arthralgia , myalgia , arthritis , myositis  
**Músculo esquelético:** fatiga extrema, artralgia, mialgia, artritis, miositis

**Skin:** skin lesions , rashes , photosensitivity , vasculitis , alopecia , Raynaud's phenomenon  
**Piel:** lesiones cutáneas, sarpullidos, fotosensibilidad, vasculitis, alopecia, fenómeno de Raynaud

## References

1. Rullo OJ, Tsao BP. Recent insights into the genetic basis of systemic lupus erythematosus. *Ann Rheum Dis* 2013;72(Suppl 2): ii56–61.
2. Bentham J, Morris, DL, Cunninghame Graham DS, et al. Genetic association analyses implicate aberrant regulation of innate and adaptive immunity genes in the pathogenesis of systemic lupus erythematosus. *Nat Genet* 2015;47:1457–64.
3. Bombardier C, Gladman DD, Urowitz MB, et al. Derivation of the SLEDAI. A disease activity index for lupus patients. The Committee on Prognosis Studies in SLE. *Arthritis Rheum* 1992;35:630–40.
4. <http://www.alua.org.ar/>

### Contact Us

[healthcarespanish@yahoo.com](mailto:healthcarespanish@yahoo.com)

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.