

HEALTH CARE SPANISH

Health Care Spanish Newsletter

February 5, 2016

Learning on the Go!

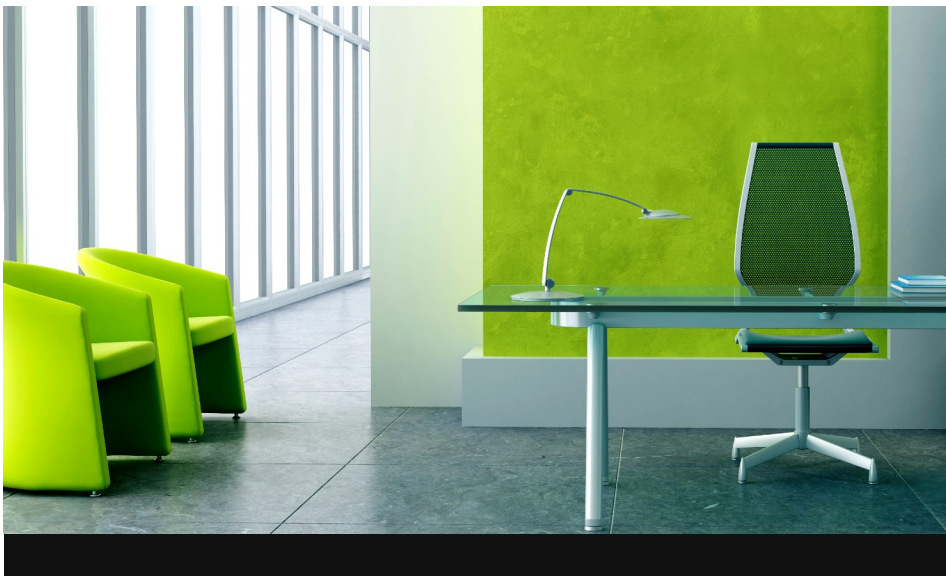
The goal of this newsletter is to provide you with enough information to be useful, but not more than can be learned within the busy schedule of a health care worker. You'll find anatomy charts, additional vocabulary, occasional feedback from subscribers, and more! Feel free to read them now and save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

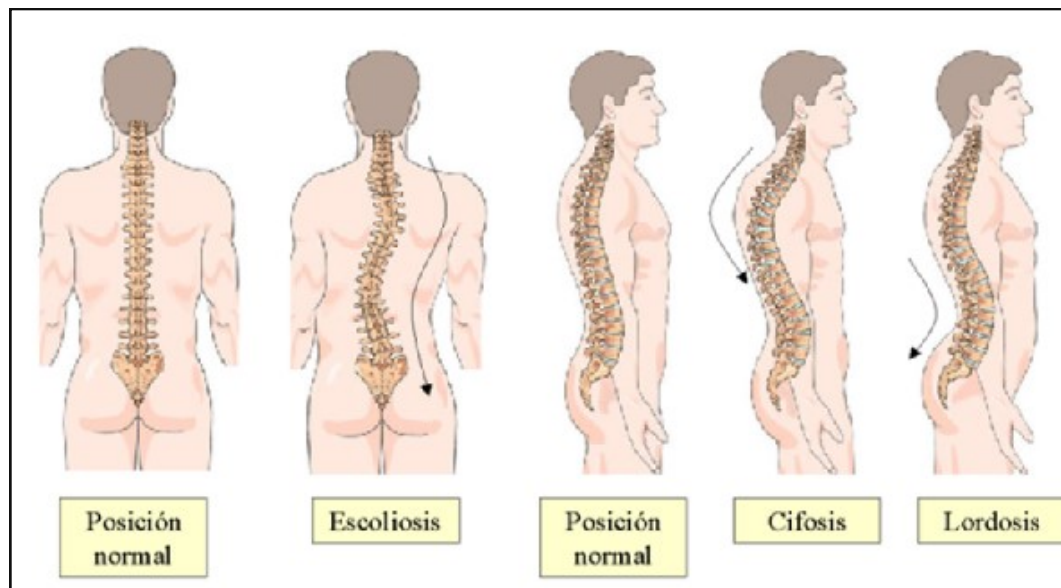
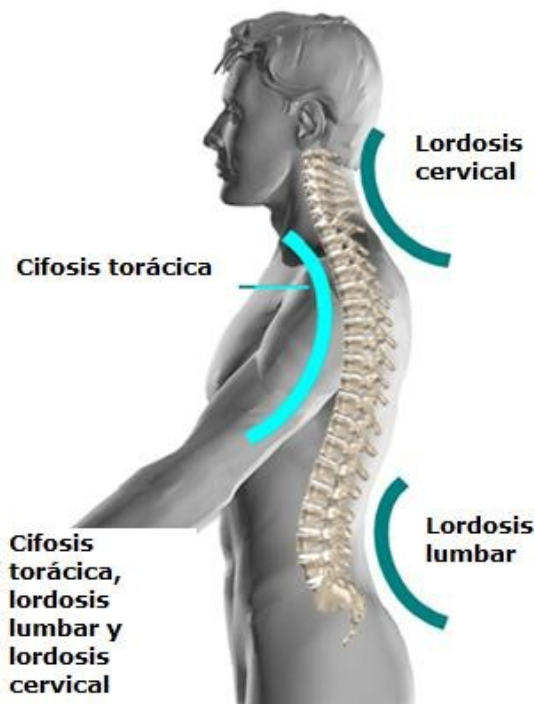
Spread the Word

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:**
Spinal curvature anomalies



Spinal Curvature Anomalies

ENGLISH

ESPAÑOL

Spine
Vertebrae

Columna vertebral
Vertebras

Normal position:

Posición normal:

The normal curvatures of the spine include an outward **kyphotic** curvature in the thoracic and sacral regions and an inward **lordotic** curvature of the lumbar and cervical regions, all within a completely **vertical spine**.

Las curvaturas normales de la columna vertebral incluyen una curvatura cifótica hacia afuera en las regiones torácica y sacra y una curvatura lordótica hacia adentro de las regiones lumbar y cervical, todo dentro de una columna vertebral completamente vertical.

Scoliosis: lateral deviation of the spine.

Escoliosis: desviación lateral de la columna.

Kyphosis or hyperkyphosis:

Cifosis o hipercifosis:

Abnormally excessive kyphotic curvature of the spine as it occurs in the thoracic and sacral regions.

Curvatura cifótica anormalmente excesiva de la columna vertebral, como se produce en las regiones torácica y sacra.

Can result from arthritis, developmental problems, osteoporosis with compression fractures of the vertebra, etc.

Puede ser resultado de la artritis, problemas del desarrollo, la osteoporosis con fracturas por compresión de las vértebras, etc.

Lordosis or hyperlordosis:

Lordosis o hiperlordosis:

An excessive curvature of the lordotic regions, most commonly seen in the lower back.

Una curvatura excesiva de las regiones lordóticas, observada más comúnmente en la espalda baja.

Some causes include imbalances in muscle strength and length, such as weak hamstrings or tight hip flexors, achondroplasia, spondylolisthesis, osteoporosis, and pregnancy, among others.

Algunas causas incluyen desequilibrios en la fuerza y la longitud muscular, como músculos isquiotibiales débiles o flexores de la cadera contraídos, acondroplasia, espondilolistesis, osteoporosis, y el embarazo, entre otros.

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.