

HEALTH CARE SPANISH

Health Care Spanish Newsletter

April 27, 2016

Learning on the go!

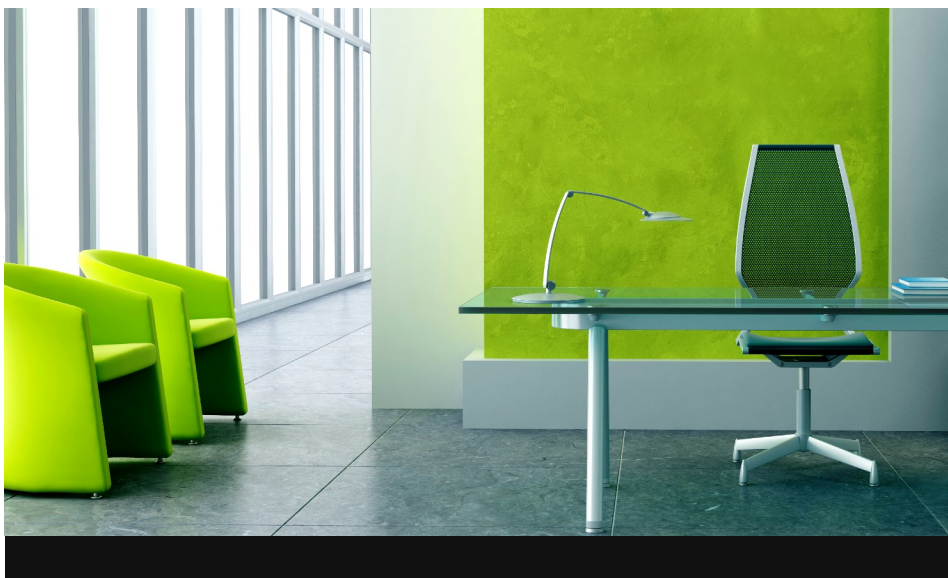
The goal of this newsletter is to provide you with enough information to be useful, but not more than can be learned within the busy schedule of a health care worker. You'll find anatomy charts, additional vocabulary, occasional feedback from subscribers, and more! Feel free to read them now and save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



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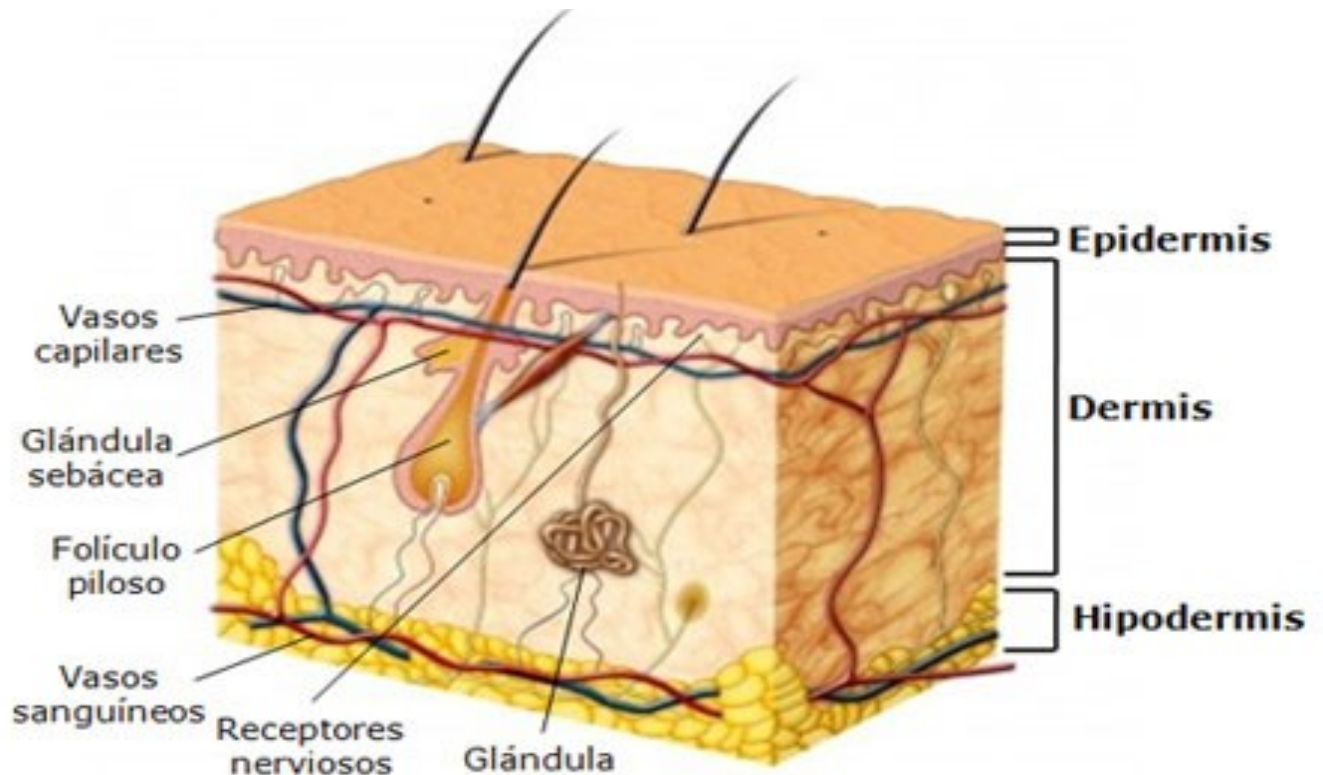
Epidermis

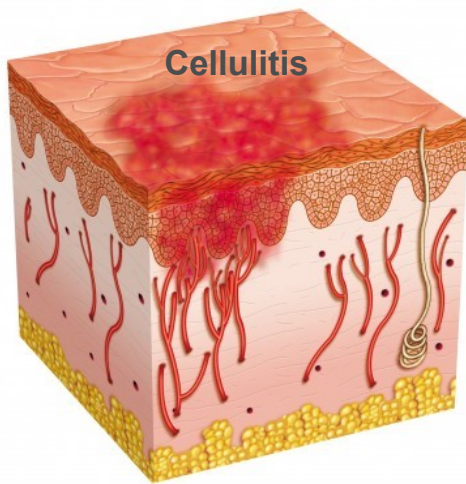
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Cellulitis

Cellulite (cosmetic)





Cellulitis

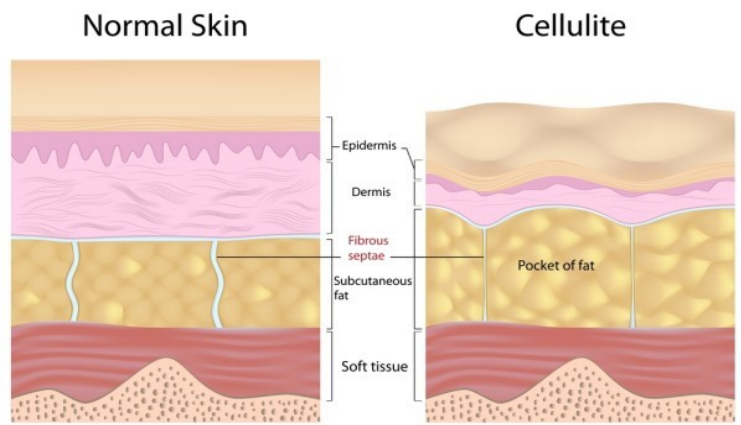
Una palabra, dos significados

La palabra “celulitis” es una palabra compuesta. Celul- viene del latín: cellula (célula) mientras que -itis es un sufijo griego que significa inflamación.

Coloquialmente hablando, muchos hispano-hablantes utilizan la palabra “celulitis” para referirse al aspecto irregular que toma la piel cuando tenemos acumulación de grasas. Sin embargo, cuando la piel toma este aspecto irregular, también conocido como piel de naranja, en realidad lo que está sucediendo es una atrofia sectorizada del tejido subcutáneo graso, que termina modificando la estructuras de las demás subcapas de la piel y, no una infección celular bacteriana. Y es que, aunque en inglés existe una palabra específica para referirse a este problema, en español no la hay.

En inglés tenemos la palabra “cellulitis” pero también tenemos la palabra “cellulite”. En inglés “cellulitis” es una infección de la piel mientras que “cellulite” es la alteración cosmética de la piel. No obstante, en español utilizamos la palabra “celulitis” para referirnos tanto a la inflamación de la célula (que sería el uso correcto de la palabra, etimológicamente hablando) como para la atrofia muscular de la piel. Es por ello que es sumamente importante el tener mucho cuidado cuando hablamos/tratamos pacientes hispanos.

La atrofia muscular de la piel (“cellulite”) puede ser el resultado de múltiples causas (factores genéticos, sexo, edad, nivel de estrés, dieta diaria, tipo de piel, cantidad de grasa, entre otras) pero ninguna de ellas envuelve la inflamación bacteriana. Sin embargo, la inflamación celular (“celulitis”) si es producida por una infección bacteriana en la piel.



Cellulitis & Cellulite

“Cellulitis” is a word that’s composed of two terms. Celul- comes from the Latin: cellula (cell) while -itis is a Greek suffix that means inflammation.

Colloquially speaking, many Spanish speakers use the word “cellulitis” when talking about the irregular aspect that the skin takes when we have fat accumulation. However, when the skin does take this irregular aspect, also known as orange skin, what is happening is a sectorized fatty subcutaneous tissue atrophy, it is ending modifying other structures sub-layers skin and not a bacterial cell infection. The reason for this is that in English, there’s a specific word to talk about this problem but in Spanish, there isn’t one.

In English we have the word “cellulitis” as well as the word “cellulite”. In English, “cellulitis” is the inflammation of the cell while “cellulite” is the muscular atrophy of the skin. In Spanish however, we use the word “celulitis” to talk about the inflammation of the cell (which would be the correct use of the word, etymologically speaking) as well as the muscular atrophy of the skin. As a result, it is extremely important that we are very careful when we’re talking/treating Spanish-speaking patients.

El Estafilococo y el Estreptococo comúnmente son los dos tipos de bacteria responsables de la celulitis. Los síntomas y señales indicativos de que una celulitis esta tomando lugar son: enrojecimiento de la piel, sensibilidad en el área, hinchazón y calentón del lugar afectado.

La celulitis no es contagiosa. La atrofia muscular de la piel es tratada con ejercicio mientras que la inflamación bacteriana de la piel es tratada con antibióticos.

The muscular atrophy of the skin (“cellulite”) can be the result of multiple causes (genetic factors, gender, age, stress level, daily diet, skin type, fat quantity, among others) but none of them involve a bacterial inflammation. On the other hand, the cellular inflammation of the skin (“cellulitis”) is caused by a bacterial infection on the skin.

Staphylococcus and Streptococcus are the two most common types of bacteria responsible for cellulitis. The symptoms and signs that might suggest a cellulitis is happening are: redness, tenderness, swelling and warmth of the infected area.

Neither cellulite nor cellulitis are contagious. Cellulite is treated with exercise while cellulitis is treated with antibiotics.



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.

Contact Us

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