

HEALTH CARE SPANISH

Health Care Spanish Newsletter

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Learning on the Go!

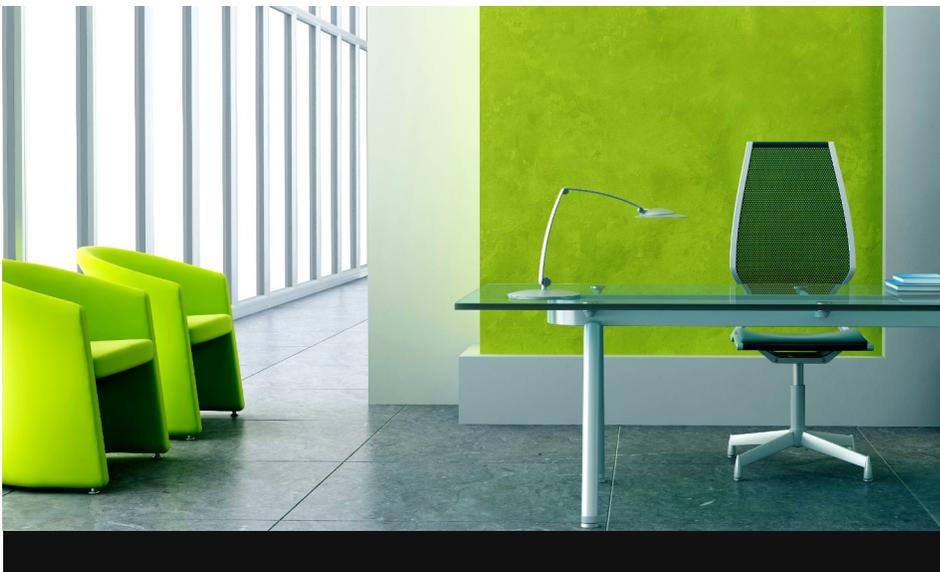
The goal of this newsletter is to provide you with enough information to be useful, but not more than can be learned within the busy schedule of a health care worker. You'll find anatomy charts, additional vocabulary, occasional feedback from subscribers, and more! Feel free to read them now and save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

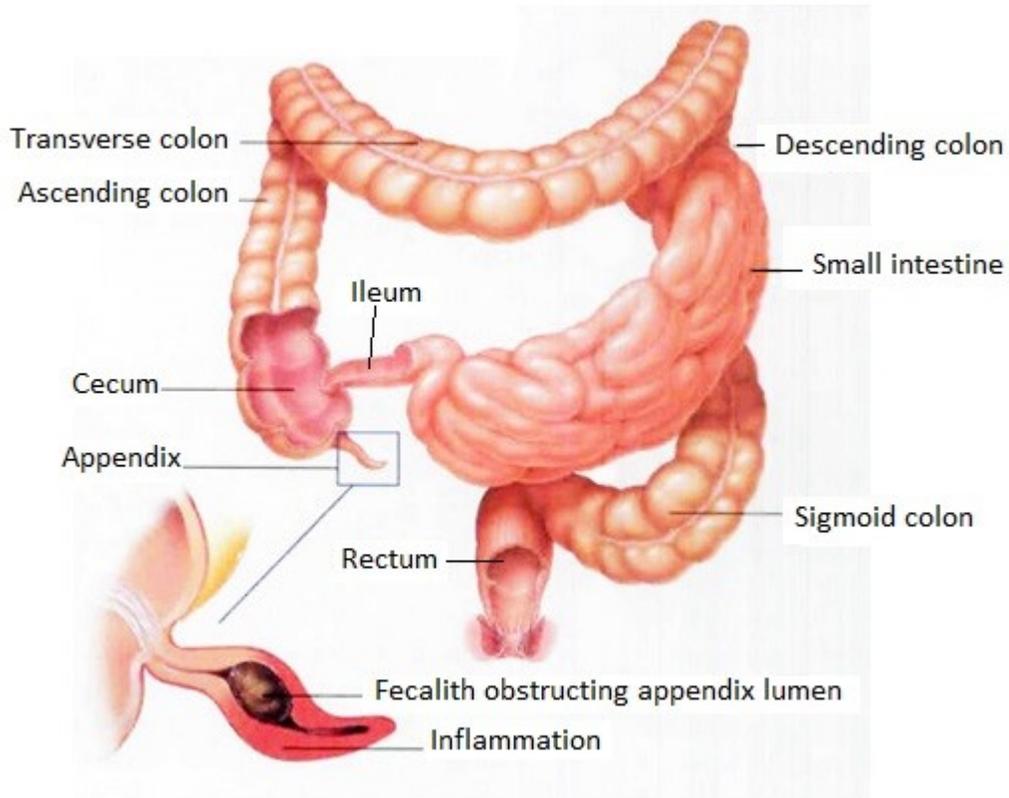
Spread the Word

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 Colon
- Symptoms of
Appendicitis



Ascending colon

Transverse colon

Descending colon

Small intestine

Sigmoid colon

Ileum

Cecum

Rectum

Vermiform Appendix

Fecalith obstructing appendix lumen

Appendicitis is the inflammation of the appendix.

It's caused by a **blockage of the lumen of the appendix**, most commonly by a calcified "stone" made of feces called a **fecalith**, inflamed lymphoid tissue, parasites, gallstones or tumors.

This blockage leads to increased pressures within the appendix, decreased blood flow to the tissues, and bacterial growth inside, causing **inflammation**.

If this process is left untreated, **the appendix may burst**, releasing bacteria into the abdominal cavity, leading to severe abdominal pain and increased complications.

Colon Ascendente

Colon Transverso

Colon Descendente

Intestino Delgado

Colon Sigmoideo

Íleo

Ciego

Recto

Apéndice Vermiforme

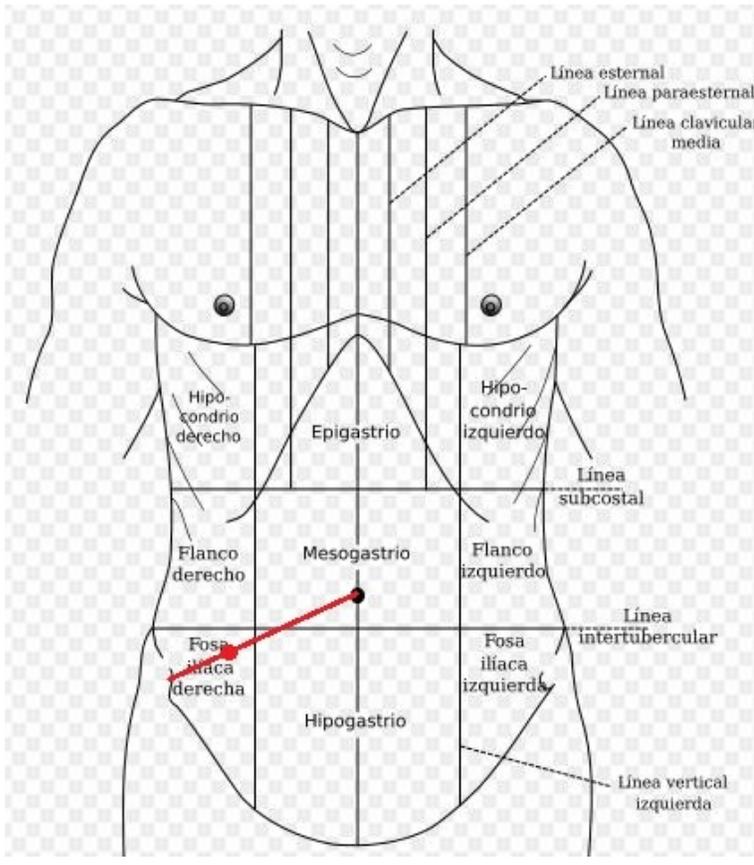
Fecalito obstruyendo la luz apendicular

Apéndice es la inflamación del apéndice.

Es causado por **una obstrucción de la luz del apéndice**, comúnmente por una "piedra" calcificada de heces llamada **fecalito**, tejido linfático inflamado, parásitos, cálculos biliares o tumores.

Esta obstrucción conduce a un aumento de la presión dentro del apéndice, una disminución del flujo sanguíneo a sus tejidos, y crecimiento bacteriano en su interior, causando **inflamación**.

Si este proceso no es tratado, **el apéndice puede estallar**, liberando bacterias en la cavidad abdominal, lo que lleva a un fuerte dolor abdominal y aumento de las complicaciones.



Acute appendicitis commonly presents with *abdominal pain, fever, nausea, vomiting, and decreased appetite.*

The pain usually begins as vague and located around the **umbilicus**. As the inflammation progresses, the pain migrates to the **right iliac fossa**.

Deep tenderness at McBurney's point is a very common sign of acute appendicitis.

McBurney's point is found over the right side of the abdomen and is one-third of the distance from the anterior superior iliac spine to the umbilicus (navel).

La apendicitis aguda presenta comúnmente con *dolor abdominal, fiebre, náuseas, vómitos y pérdida de apetito.*

El dolor generalmente comienza como un dolor vago localizado alrededor del **ombligo**. A medida que la inflamación progresa, el dolor migra hacia **la fosa iliaca derecha**.

Sensibilidad en el punto de McBurney es un signo muy común de la apendicitis aguda.

El punto de McBurney se encuentra en el lado derecho del abdomen a un tercio de la distancia desde la espina iliaca anterosuperior al ombligo.

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.