

HEALTH CARE SPANISH

Health Care Spanish Newsletter

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Learning on the Go!

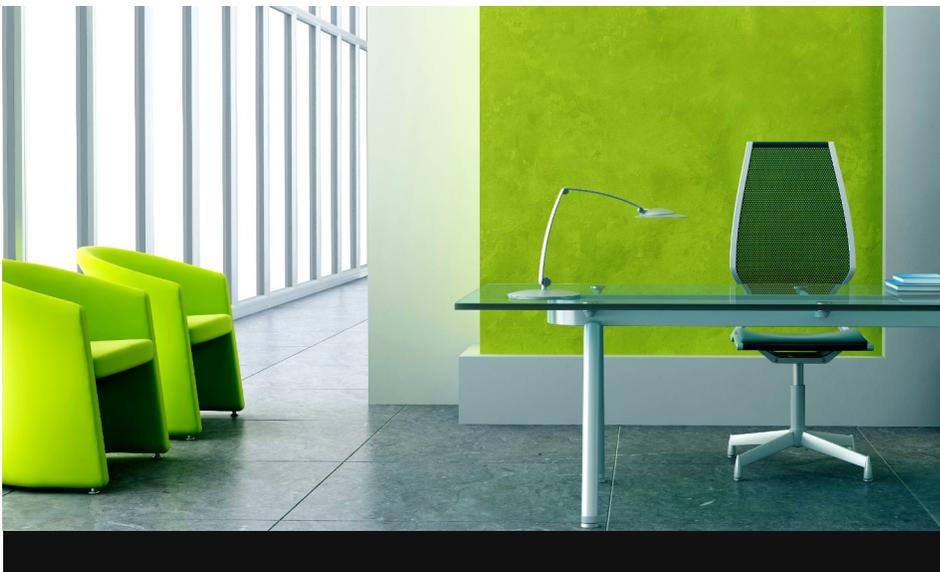
The goal of this newsletter is to provide you with enough information to be useful, but not more than can be learned within the busy schedule of a health care worker. You'll find anatomy charts, additional vocabulary, occasional feedback from subscribers, and more! Feel free to read them now and save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

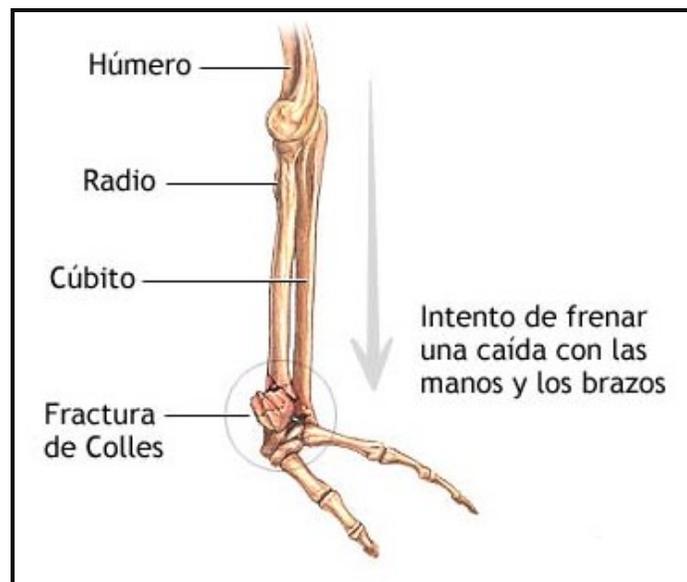
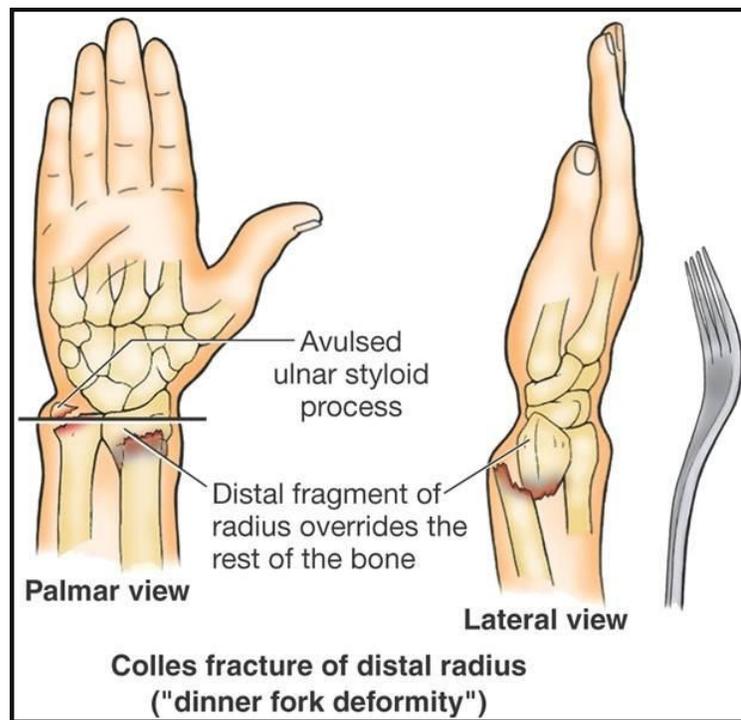
Spread the Word

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

- Colle's Fracture



Colles' Fracture

Distal radius fracture

Avulsed ulnar styloid process

Distal fragment of radius overrides the rest of the bone

Dinner fork deformity

Attempt to break a fall with their hands and arms

Fractura de Colles

Fractura distal del radio

Avulsión del apófisis estiloide cubital

El fragmento distal del radio sobrepasa el resto del hueso

Deformidad de un dorso de tenedor

Intento de frenar una caída con las manos y los brazos

A Colles' fracture, is a fracture of the distal radius. It's probably the most common, constituting at least 10% of all fractures. The term is often used to refer to any fracture of the distal radius that has dorsal displacement of the fracture fragments. It's sometimes referred to as a "dinner fork" deformity due to the shape of the resultant forearm. It is most commonly caused by people falling onto a hard surface and breaking their fall with outstretched arms.

The classic Colles' fracture has the following characteristics:

- Transverse fracture of the radius
- 2.5 cm (0.98 inches) proximal to the radio-carpal joint
- dorsal displacement and angulation, together with radial tilt.
- Associated fracture of the ulnar styloid process in more than 60% of cases.

The symptoms of a broken wrist usually consist of immediate acute pain, tenderness, bruising, swelling and a visible deformity.

Una fractura de Colles es una fractura distal del radio. Probablemente sea una de las más frecuentes, constituyendo no menos de 10% de todas las fracturas. Este término se usa usualmente para referirse a cualquier fractura distal del radio que tiene un desplazamiento dorsal de los fragmentos fracturados. A veces se le refiere como "una deformidad de dorso de tenedor" por la forma resultante del antebrazo. Es causada más comúnmente por personas que caen hacia adelante sobre una superficie dura y detienen su caída con las manos extendidas.

La fractura clásica de Colles tiene las siguientes características:

- Fractura transversal del radio
- 2.5 cm (0.98 pulgadas) proximal la articulación radiocarpiana
- Desplazamiento dorsal y angulación dorsal, con una inclinación radial.
- Asociada a una fractura del apófisis estiloide cubital en más de 60% de los casos

Los síntomas de una fractura de muñeca normalmente consisten en un dolor agudo inmediato, sensibilidad, contusiones, inflamación y una deformidad visible.

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.