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Spanish for optometrists: A curriculum developed for the elective course, Optometry 725

Abstract

This project is a compilation of the class notes developed for the elective course, Optometry 725: Basic Spanish for Optometrists. The topics include basic Spanish pronunciation and grammar, as well as a simple-as-possible translation of the instruction sets for the most common tests in a comprehensive optometric vision exam.

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**SPANISH FOR OPTOMETRISTS:
A CURRICULUM DEVELOPED FOR
THE ELECTIVE COURSE, OPTOMETRY 725**

by

JEFFREY L. BROADHEAD

A thesis submitted to the faculty of the
College of Optometry
Pacific University
Forest Grove, Oregon
for the degree of
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1997

Adviser:

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To the many Spanish-speaking patients at the Virginia Garcia Clinic who kindly taught me better ways to translate this material.

To my wife, Melanie, and my children, Spencer and Annie, for patiently letting me work at the computer, when we all would have rather been playing.

ABSTRACT

This project is a compilation of the class notes developed for the elective course, Optometry 725: Basic Spanish for Optometrists. The topics include basic Spanish pronunciation and grammar, as well as a simple-as-possible translation of the instruction sets for the most common tests in a comprehensive optometric vision exam.

BIOGRAPHICAL SKETCH OF THE AUTHOR

The author completed this work as a third-year student at the Pacific University College of Optometry. The author's Spanish experience includes the following:

- Translated for two years at Pacific University's Virginia Garcia Eye Clinic.
- Completed courses in advanced Spanish grammar and composition at Brigham Young University.
- Served for two years among Latin American people, as a missionary for the Church of Jesus Christ of Latter-day Saints.

He and his wife, Melanie, are the parents of two children, Spencer and Annie.

INTRODUCTION

This project consists of the original class notes developed by the author in teaching the elective course Optometry 725: Basic Spanish for Optometry. The class was taught during the Spring Semester 1997 to 39 third-year students at the Pacific University College of Optometry.

Justification for this project

The need for the elective course, and the class notes to support it, is driven by the ever-increasing percentage of Spanish-speaking patients in the United States. Given current demographic trends, optometry interns can expect to see a significant number of Spanish speakers during their rotations at Pacific University College of Optometry clinics and in many areas where they will practice.

In addition, a significant number of students enrolled in the course were members of *Amigos*, Pacific's humanitarian organization which provides basic eye care for needy people around the world. Traditionally, *Amigos* makes several trips to Latin American countries every year.

Other Spanish translation guides have been produced previously. Hence, some may view this project as a repeat of previous work. However, the existing Spanish translation guides available at Pacific University College of Optometry, were not found to be suitable for use in the Spanish for Optometry elective.

The reasons why the other Spanish guides were not suitable for use in the elective course were that

- some translations were too wordy for beginning Spanish speakers

- some translations were incorrect
- the guides were not very “user-friendly” (i.e. fonts were too small to access the information easily)
- very few people reported finding them useful in clinic settings
- none was appropriate as a “text” for a semester-long course

Therefore, it was determined that a new set of notes should be produced to meet the needs of the students taking Optometry 725, both as notes for the course and as a future reference.

Objectives

The objectives of the **elective course** were outlined in the class syllabus as follows:

- The students will learn enough of the basics of Spanish, and speak well enough to “get around” in the language
- The students will be able to muddle through a full-scope optometric examination of a Spanish-speaking patient
- The students will help each other learn and have fun doing it

The objectives in preparing the **class notes** were that they would

- be “user friendly” (i.e. use big fonts and lots of white space).
- use simple Spanish, as much as possible
- contain no errors in translation
- be directed toward the eye conditions most prevalent among the majority of Hispanic patients

Challenges

The two most significant challenges faced in developing the notes and teaching the class were 1) the diversity of prior Spanish experience among the class members and 2) the wide variety that exists among the dialects of Spanish speakers from around the world.

In an informal survey of class members, approximately 50 percent reported having had little or no prior Spanish experience. An additional 40 percent reported having had Spanish either in college or high school but said they couldn't remember very much of it. Approximately 10 percent of the class were advanced that they were taking the course only to refresh their memory and learn vision-related vocabulary. The most difficult challenge, therefore, lay in preparing material that would be complete enough for the advanced students and "boiled down" enough for the beginners.

The challenge with the language itself was to provide translations that would be broadly applicable to people from many different areas of the world. For example, some words common to the Mexican population are unique to them and would not be understood in Peru, and vice versa.

OUTCOME OF THE COURSE

Overall, the feedback from the course was very positive. After completion of the class, a questionnaire was distributed to class members which asked four questions. The following are the questions and a listing of the student responses:

What were the strengths of the course?

Usefulness.

Great handouts! Extremely practical class.

Very complete, touched on all aspects of an eye exam in Español.

The handouts! Very well organized and concise. I used them at my Virginia Garcia observation requirement. An excellent overview. I did not expect to come out of this course speaking Spanish but now I have reference notes.

Focused—covered what we need to know to get through an exam. (Even though I have a minor in Spanish, I learned a lot.

The fiesta!

Practical Spanish for optometrists. Good review of pronunciation.

The handouts were awesome. Teaching attitude was fun.

The handouts were excellent.

I liked going over the exam sequence with our neighbors. I also learned a lot by going to Virginia Garcia. It allowed me to see that I actually could communicate with someone in the real world. Good job starting out with and emphasizing pronunciation—can't get along without it.

What were the weaknesses of the course?

Should have weekly exercises to do, not graded, just for own benefit. Would learn more.

More practice speaking the language with someone to correct our accent and grammar. (Smaller groups or more repetition.)

It was hard for me to pick it up as fast as it was taught, especially since I have no Spanish background. Understanding sentence structuring was tough for me.

In order to really learn the material more homework and exercises would have been given, but due to time restraints I'm glad you didn't. For beginners, the conjugation of verbs was very

difficult. (Understandable, Lots of info to cover.)

None.

It was difficult for me to learn as much since the class met only 1X/week. It may be better to have the class meet at least 2-3X/week. My weakness was that I didn't study like I should have.

Not being able to repeat verbally the Spanish phrases. I don't know if my pronunciation is fine.

Don't go so deeply into the verbs. It is hard with such a diverse group but a lot of people will memorize or read from the notes anyway.

What did you like or dislike about the handouts?

Good.

The handouts were excellent!

Very organized.

I liked how you broke it down into sections. i.e. case hx, refraction, etc.

Very well structured.

They were great.

I thought the handouts were excellent. I wouldn't change them.

Handouts were very complete, well written, and applicable to situation encountered in optometry.

Liked everything. Disliked nothing.

Excellent handouts, easy to read, and complete.

What did you like or dislike about the teacher's methods?

Good.

I really enjoyed your sense of humor and excellent presentations.

Professor had a good Spanish background, threw in good humor when he could.

Very thorough, and good interaction with students. Good jokes too!

I liked your humor and the stories.

Great teacher!

I like that the teacher's methods were relaxed and entertaining.

Going around the room [to take turns pronouncing phrases] was a good way to learn how to properly pronounce the words.

Good personality. You are a natural. I enjoyed hearing about your personal experiences with the language—keeps people awake and interested.

How could the teacher improve?

Impossible—good job!

I can't believe I'm saying this, but homework would probably help us spent the time needed to learn the language better.

Could have students listen to tapes of eye exams done in Spanish. Although observation at Virginia Garcia Clinic was an excellent experience.

Maybe more pairing of people to rehearse the Spanish phrases. Then feedback by instructor to see about pronunciation.

Bring treats.

You did great. It is hard with such a diverse group and trying to teach a language with only 1 hr/week.

SUMMARY

By all counts, it seems that the course and the class notes were successful in achieving their objectives. The major weakness was not giving class members sufficient time for individual rehearsal of the material.

For future use, the class notes need little or no revision. However the format of the course should change as follows:

- increase class hours to two per week, to allow more time for in-class practice and student-teacher interaction
- make it a two credit-hour course
- provide homework exercises
- perhaps require prior Spanish exposure as a pre-requisite

Responsibility for learning the material, as always, rests with the individual student, but it is believed that the above improvements to the course would provide a better chance for the students' success.

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APPENDIX I: Lesson Outlines

As an overview of the course content, the following is an outline of the topics covered in the class notes.

Lesson 1: Review of Basic Spanish

- The letters and their sounds
 - The Spanish alphabet
 - Vowels
 - Consonants
- Some other basic rules
 - Accents
 - Gender
 - Pronouns
 - Articles
 - Adjectives
 - Number
- Glossary of Spanish terms used in this section
- Reading Exercise #1

Lesson 2: Words to Get Around With

- Personal pronouns
- Possessive pronouns
- Basic conjugation—regular verbs
 - Present tense
 - The past tenses
 - Past imperfect tense
 - Past preterit tense
 - FYI: Verbs with different meanings in the imperfect and preterit
 - Present subjunctive tense
 - Imperfect subjunctive tense
 - Future and conditional tenses
- Just a few more topics
 - The present participle
 - The past participle
 - Reflexive verbs
 - A word about irregular verbs
- Glossary of handy verbs
- Exercise #2

Lesson 3: More words to get around with

Let's finish up the conjugations

The imperative (command form)

Irregular verbs

Reflexive verbs

Some common commands

BOX: A reminder about politeness

The seven compound tenses

BOX: Something useful. . . "there is/there are"

BOX: A handy phrase: *hay que*. . . + and infinitive verb

"To be" or "To be"?--¿*Ser o Estar*?

Some very useful basic words

BOX: A note about "Spanglish"

Some more useful expressions

Some friendly phrases

"Excuse me"—variations on the theme

Prepositions

Two contractions (*al, del*)

BOX: *Al* + infinitive verb

This and that. . .

Everyday things

Colors

Numbers

Appendix: Conjugations of *ser, estar, y haber*

Lesson 4: History taking—what to ask for; what to listen for

Greeting the patient

The doctor may say...

The patient may say...

Grammatical Aside: object pronouns

The "I don't speak Spanish" disclaimer

What to say when you don't understand

What to say when you think you do understand...Restate!

Filling out the forms

Question asking words

CC: the chief complaint

LEE/LME

Grammatical aside: Time words

"What time is it?"

Days months years

P/FOHx

Foreign body sensation

Eyes water

Blur

Diplopia
HA
Itch
Burn
Photophobia
Trauma
Eye surgeries
Floaters
Flashes
Infections
Trouble reading
Do you wear glasses
¿Cómo se dice "spectacles"
PMHx
FMHx
 La familia
Medications
Allergies
DOFDAR
 Asking about pain
 Asking "how often?"

Lesson 5: Entrance Skills

Taking VA's
 Million dollar hint of the day: isolate lines
 Snellen
 Tumbling E
 Picture charts
 Landolt C's
 A note about illiteracy
Entrance skills
 Cover test
 Cover test at near
 Motilities and pursuits
 Saccades
 NPC
 Physiological diplopia
 Confrontation fields (finger count)
 PD & MLF
 Hirshberg
 Steropsis
 Donders amplitude: just kidding

Lesson 6: Refraction and Phoropter skills

- Retinoscopy (OEP #4)
- Near retinoscopy (#5)
- 20/40 blur
- Radial line
- Red/Green sphere
- Forced choice testing
- JCC
- Monocular subjective (MSBVA)
- 20/40 prism balance
- Maximum plus to 20/20 (#7)
- Binocular subjective (#7a)
- Lateral phorias
- Vertical phorias
- Vergences
- NRA/PRA
- Cross-cylinder tests
- Near subjective
- Pinhole acuities

Lesson 7: Disease testing

- Direct ophthalmoscopy
- Keratometry
- Autorefractometer
- Drops, drops, drops
 - Instillation instructions
 - Anesthetic drops
 - Dilation drops explained
- Slit lamp examination
 - Basics
 - Goldman tonometry
 - Fundus evaluation
 - Gonioscopy
- Binocular Indirect ophthalmoscopy
 - Positioning the patient
 - To see in all the positions of gaze
 - Scleral indentation
- N/C Tonometry
 - Introducing the test
 - Taking the measurements

Lesson 8: Additional tests

- Maddox Rod phorias
 - Basic set up
 - Prism neutralization
- Visual field testing
 - Explanation of the test
 - Procedure
- Blood glucose
 - Explanation
 - Procedure
- Blood pressure
 - Explanation
 - Prodecure
- Color vision: Ishihara
 - Explanation
 - Procedure
- Color vision: Farnsworth D-15
 - Explanation
 - Procedure
- Worth dot
 - Basic procedure
 - Luster?
- Facility testing
 - Accommodative
 - Vergence
- Some vocabulary words you might find useful

Lesson 9: Explaining non-refractive diagnoses and treatments

- We're going to need a translator. . .
- Trial framing
- I've got some good news. . .
 - You have perfectly healthy eyes
- And I've got some bad news. . .
 - Pterygia/pinguecula
 - Standard explanation
 - When they want it taken off but it's not bad enough
 - When it is bad enough
 - Dry eye
 - Explanation
 - Treatment
 - Hordeolum/chalazion
 - Explanation
 - Treatment
- Instructions for Hot compresses

- The steps
- Follow-up
- Instructions for lid scrubs
 - What to do
 - How often
- Instructions for Cold compresses
- Retinal detachment
- I want to send you to a specialist
- Some more general stuff
 - I want you to
 - Come back again
 - Use these drops
 - Description of basic drops
- Diabetes Mellitus
 - ...causes fluctuation vision
 - ...need to follow them for a while
 - If you are the one to initially diagnose DM. . .
- Diabetic retinopathy
 - Explanation
 - Treatment

Lesson 10: Refractive outcomes, dispensing, and billing

- You need glasses...
 - Single vision
 - Bifocals
 - Trifocals
- You have...
 - Astigmatism
 - Myopia
 - Hyperopia
 - It's going to take some time to get used to these glasses
- You have. . .
 - Presbyopia
 - Sesame Street Lesson #12: "Near and Far"
 - Something extra: Lid eversion
- Lens materials
 - Hint of the day
 - Types of materials
 - Descriptions
 - Explaining high index
 - What about glass lenses?
 - Explaining photochromatic lenses
- Progressive lenses
 - Varilux's explanation of presbyopia

- Emphasizing the no-line feature
- Explaining progressive lenses
- Dispensing
 - Your glasses will be ready . . .
 - Let's see how they fit . . .
 - Blame it on the lab . . .
 - How to clean your glasses . . .
 - Here is a frame case . . .
- Billing (they may ask, you may answer)
 - How much
 - Method of payment
 - Questions about medical insurance
- Other treatment recommendations
 - Vision therapy
 - Contact lenses

APPENDIX II: Class Handouts

The pages that follow are copies of the class handouts used in the elective course, Optometry 725: Basic Spanish for Optometrists.

Lesson 1: Review of Basic Spanish

The first step to successfully interacting with Spanish-speaking patients will be to learn how to read and **properly pronounce** their language.

Please don't pass over this lightly. Many English-speaking folks speak Spanish with atrocious accents, which can make them very difficult for a native Spanish speaker to understand.

The letters and their sounds

You are encouraged to write in your notes whatever hints will help you remember the sounds. Also, try and practice out loud as much as you can. Spanish requires you to use the muscles in your mouth and tongue differently than you are used to. **If your mouth is sore and tired after practicing for a while, you are doing it right.**

The Spanish Alphabet

Since taking visual acuity requires you to know what letters your Spanish speaking patients call out, here is a review the pronunciation of the whole Spanish alphabet.

a	a	s	ese
b	be grande	t	te
c	ce	u	u
ch	che	v	be chica
d	de	w	ve doble
e	e	x	equis
f	efe	y	i griega
g	ge	z	zeta
h	haché		
i	i		
j	jota		
k	ka		
l	ele		
ll	elle		
m	eme		
n	ene		
ñ	eñe		
o	o		
p	pe		
q	cu		
r	ere		
rr	erre (roll the "rr" !)		

Vowels

Vowels in Spanish are pure. That means each vowel has only one sound, unlike English vowels which have many variations. **Wherever a vowel appears in Spanish, it will make the same sound.**

Below are each of the vowels, followed by the phonetic symbols used in English dictionaries, and some examples of English words which make the same sounds.

a	(ä)	as in alms, calm
e	(ā)	as in way, play
i	(ē)	as in week, geek
o	(ō)	as in old, over
u	(oo)	as in food, too

The letter "y" is known as "*i griega*" or "Greek i" and is a special case. Although not very common, when used as a vowel, it acts exactly the same as the letter "i." The most common example is the Spanish word for "and" which is, simply, "y."

Consonants

The Spanish consonants include some extra letters which are not part of the English alphabet--*ch*, *ll*, *ñ*, and *rr*.

ch	as in <i>macho</i> , (or the old favorite) <i>nachos</i>
ll	as in <i>ella</i> , <i>bella</i> . ¹
ñ	as in <i>mañana</i> , <i>pestaña</i>
rr	the rolled "r", as in <i>perro</i> , <i>carro</i>

For the most part, the rest of the alphabet makes the sounds we are used to. However, please be aware of the exceptions:

h	is silent, as in <i>hola</i> , <i>ahora</i>
j	is the English "h" sound, as in <i>ojo</i> , <i>José</i>
x	usually makes a normal "x" sound, as in <i>éxito</i> An exception: makes the "h" sound in <i>mexicano</i>
z	sound like an "s", as in <i>zapato</i> , <i>maza</i>

¹ Think of ll as the "y" sound. Please note, however, that it's pronunciation does vary. For example, in some parts of South America "ll" would sound like the "s" in "Asia." In Spain, some people pronounce it like the "ll" in the English word, "million."

- c has two sounds. The rule is
 - When followed by an e or an i, "c" makes it's softer sound, like an "s." Examples: *hacer, placer,*
 - When followed by the other vowels, a, o, u, or by a consonant, "c" makes it's harder sound, like a "k." Examples: *tocar, casa*
- g also has multiple sounds. The rule is similar
 - When followed by an e or an i, "g" makes it's softer sound, the English "h" sound. Example: *proteger*
 - When followed by the other vowels, a, o, u, "g" makes it's harder sound. Examples: *hago, dígame.*
 - If the g is followed by a u and then an e or an i, it still makes the harder sound. Example: *guitarra*
 - Though not common, if "g" is followed by a ü, it sounds like "gw." Example: *cigüeña.*

Some Other Basic Rules

Here are some more important rules to remember.

Accents

The basic rules for placing emphasis in the right syllable are the following:

(In the examples that follow, the vowel receiving the emphasis is underlined, although in written Spanish the accent is understood.)

- Words that end in a **vowel**, or in **n** or **s** are normally stressed on the next-to-last syllable.
Examples: *lente, salen, cataras, tratamiento.*
- Words that end in consonants other than **n** or **s** are normally stressed on the last syllable.
Examples: *tratar, eficaz, llorar*
- Words which are not stressed according to the above two rules have a written accent indicating the syllable to be stressed.
Examples: *examinación, lágrimas*

Gender

In Spanish, nouns, adjectives, pronouns, and articles carry a specific gender.

For **nouns**, in general, the suffix "-o" is masculine, and "-a" is feminine. Not everything ends in an -o or and -a, however. Your Spanish-English dictionary will tell you whether a noun is masculine of feminine.

The **pronouns** must agree in gender to the nouns to which they refer.

<i>el, le, lo</i>	he
<i>ella, la</i>	she
<i>nosotros</i>	we/us (masculine)
<i>nosotras</i>	we/us (feminine)

Articles ("the" or "a" in English) must also agree in gender with the noun to which they refer.

<i>el ojo</i>	the eye
<i>la cabeza</i>	the head
<i>los ojos</i>	the eyes
<i>las pestañas</i>	the eyelashes
<i>Una carnicidad</i>	a growth (this is how they describe a pterygium)
<i>Un dolor</i>	a pain

Adjectives also must agree in gender with the noun or person they describe.

One common example is when you position the patient in the slit lamp and ask if he or she is comfortable. If the patient is female, you say, "*¿Está cómoda?*" If the patient is male, you would ask, "*¿Está cómodo?*"

Number

In addition to gender agreement, nouns, articles, pronouns, and adjectives must all agree according to number.

<i>el ojo ciego</i>	the blind eye
<i>las pestañas largas</i>	the long eyelashes

Glossary of Spanish terms used in this section:

So that you won't have to spend all week looking up the words introduced in this lecture, here they are:

<i>ahora</i>	now
<i>bella</i>	beautiful
<i>carro</i>	car
<i>casa</i>	house
<i>cataratas</i>	cataracts
<i>cigüeña</i>	stork
<i>día</i>	day
<i>dígame</i>	tell me
<i>eficaz</i>	effective
<i>ella</i>	her
<i>examinación</i>	examination
<i>éxito</i>	success
<i>hacer</i>	to do
<i>hago</i>	I do
<i>hay</i>	there is/there are
<i>hola</i>	hello
<i>José</i>	Joseph
<i>lágrimas</i>	tears
<i>lente</i>	lens
<i>llorar</i>	to cry, to water
<i>machota</i>	male burro
<i>mañana</i>	tomorrow
<i>Mateo</i>	Matthew
<i>maza</i>	corn meal
<i>nachos</i>	what you eat at a baseball game
<i>ojo</i>	eye
<i>perro</i>	dog
<i>pestaña</i>	eye lash (** remember this one!)
<i>placer</i>	pleasure
<i>proteger</i>	to protect
<i>quiere</i>	you/he/she want(s)
<i>tocar</i>	to touch
<i>tratamiento</i>	treatment
<i>tratar</i>	to try
<i>zapato</i>	shoe

Reading Exercise #1

Your assignment (should you choose to accept it) is

- 1) **Read** the following paragraph, *en voz alta* (**out loud**) to practice pronunciation. Then...
- 2) Start reading for understanding. If you don't know a word, **look it up**.

I promise, this one is real life Optometry, written just the way a lot of people say things. I know it is pretty advanced. If you feel overwhelmed, that's okay. Just dive in and do as much as you can. This is an assignment you can come back to as you continue to learn more.

Mi nombre es Juan Velasquez. Soy Mexicano. Soy del Distrito Federal.

Tengo cincuenta y cinco años de edad.

La semana pasada, fui al optómetrista por la primera vez. Nunca había tenido un chequeo de los ojos antes. El doctor me pidió mirar algunas letras.

Yo estaba muy mal de la vista, así que no las pude ver.

El doctor me preguntó, "¿Cuales son las letras más pequeñas que Ud. puede ver?" Yo le dije, "Pues, están muy borrosas. No veo ninguna." Por fin me mostró una letra que yo podía reconocer. Era grande. Yo le dije, "Creo que es una 'e'." Con un poco de vergüenza le dije, "Mira, es que no sé leer muy bien."

Entonces el doctor cambió las letras por unos dibujos. Vi unos patitos, un caballo, una mano, y un pastel. Pero algunos de los dibujos eran muy muy pequeños, y no las pude distinguir.

El doctor me hizo algunas otras pruebas, después de las que me dijo, "Señor, Usted necesita lentes."

Lección 2: Words To Get Around With

Personal Pronouns

	English	Spanish
1st person singular	I	<i>yo</i>
2nd person singular	you	<i>tú or Usted (Ud.)*</i>
3rd person singular	he/she	<i>el/ella</i>
1st person plural	we	<i>nosotros/nosotras</i>
2nd person plural	you "yous" (in Nebraska) "y'all"	<i>vosotros or Ustedes (Uds.) **</i>
3rd person plural	they	<i>ellos/ellas</i>

* Please note: "Tú" is the **familiar** form of the pronoun
"Usted" is the **formal** form.

** Another note: "Vosotros" is the plural familiar pronoun. It is used commonly in Spain. However, in Latin America it is not used, except in biblical Spanish. In Latin America, *Ustedes (Uds.)* is both formal and familiar.

In most cases, it is most appropriate to employ the Usted form and its corresponding conjugations. It shows more respect. The exception is when talking to small children or people obviously younger than yourself. Then you would use the tú form.

Possessive Pronouns

The possessive pronouns are:

<i>mi</i>	my
<i>tu</i>	your (familiar, singular)
<i>su</i>	your (formal--both singular and plural)
<i>su</i>	their
<i>nuestro</i>	our

Voy a mirar adentro de su ojo con esta luz.
I'm going to look inside of your eye with this light.

Basic Conjugation--Regular Verbs

DISCLAIMER: In this handout I will give you tables of the verb conjugation suffixes for all of the tenses. My goal in doing so is not to spend weeks going over the intricacies of Spanish verb conjugation.

I do, however, want you to be able to recognize when someone is using a verb. It would be to your advantage, if you want to understand people, to spend some time with this. It is something YOU have to internalize for yourself. But if you need extra help, please ask.

REMINDER: The following tables all follow the same format, and are organized according to "person" (ie. first person singular, etc.) as follows:

Singular	Plural
<i>yo</i>	<i>nosotros</i>
<i>tu</i>	<i>vosotros</i>
<i>Ud./el/ella</i>	<i>Uds./ellos/ellas</i>

In Spanish, all verbs (in the infinitive¹ form) end in either, **-ar**, **-er**, or **-ir**.

To conjugate the verb, (in most tenses) simply **subtract the -ar/-er/-ir ending and replace it with the appropriate suffix.**

¹ **Infinitive** means the "to" form. Examples: *hablar* (to speak), *caminar* (to walk), *comer* (to eat).

Present Tense

-ar	
Singular	Plural
-o	-amos
-as	-áis
-a	-an

Example: *hablar*

yo hablo
tú hablas
Ud. habla

nosotros hablamos
ellos hablan

-er	
Singular	Plural
-o	-emos
-es	-éis
-e	-en

Example: *vender*

yo vendo
tú vendes
ella vende

nosotros vendemos
Ustedes venden

-ir	
Singular	Plural
-o	-imos
-es	-ís
-e	-en

Example: *partir*

yo parto
tú partes
Ud. parte

nosotros partimos
ellos parten

The Past Tenses

In Spanish, there are **two** past tenses--past imperfect and past preterite.

Past Imperfect Tense

The past imperfect is used when referring to something that happened in the past, but that wasn't just a one-time thing (ie. it had continuation).

Here's a textbook explanation: "...the past descriptive tense.... It takes us back to the past to witness an action or state as if it were happening before our eyes."²

Example: "Way back when I was a boy, I walked to school every day in the snow, uphill both ways."

-ar

Singular	Plural
-aba	-ábamos
-abas	-abáis
-aba	-aban

Quando yo era joven, jugaba fútbol todos los días.

When I was young, I played soccer every day.

-er/-ir

Singular	Plural
-ía	-íamos
-ías	-íais
-ía	-ían

Mientras esperábamos que se pusiera estable su azúcar, Señor Gomez venía a la oficina cada otra semana.

While we were waiting for his (blood) sugar to stabilize, Mr. Gomez came to the office every other week.

More literally: While we waited that his sugar put itself stable...

² Maria Canteli Dominicio and John J. Reynolds. Repase y Escriba. (John Wiley & Sons: New York, 1987) p. 30.

Past Preterite Tense

The past preterite tense, on the other hand, denotes something that was brought to completion--(ie. "somethin' you dun' did" and that was it!)

Example: "Yesterday, at 3:05 p.m I washed my car."

A textbook description: "The preterite narrates events in the past. It refers to a single past action or state or to a series of actions viewed as a completed unit or whole."³

-ar	
Singular	Plural
-é	-amos
-aste	-asteis
-ó	-aron

Quando le hablé ayer, me mencionó que pensaba venir mañana.

When I spoke to him yesterday, he mentioned to me that he was thinking about coming tomorrow.

-er/-ir	
Singular	Plural
-í	-imos
-íste	-isteis
-ió	-ieron

Ayer vendimos tres gafas de sol de Serengeti. Mi ayudante, María, las vendió todas a sus hermanas.

Yesterday we sold three Serengeti sunglasses. My assistant, Maria, sold them all to her sisters.

³ Repase y Escriba. p. 28.

FYOE,IYEC (for your own edification, if you even care...)

For some words, the imperfect and preterite conjugations can carry significantly different meanings. Here is a table of examples from my textbook⁴:

Verbs with different meanings in the imperfect and preterite

Imperfect		Preterite	
<i>conocía</i>	I knew, I was acquainted with	<i>conocí</i>	I met, made the acquaintance of
<i>costaba</i>	it cost (before purchasing)	<i>costó</i>	it cost (after purchasing)
<i>podía</i>	I could, was able to (I was in a position to)	<i>pude</i>	I was able to and did
<i>no podía</i>	I was not able to, could not	<i>no pude</i>	I tried but couldn't
<i>quería</i>	I wanted to, desired to	<i>quise</i>	I tried to
<i>no quería</i>	I didn't want to	<i>no quise</i>	I refused, would not
<i>sabía</i>	I knew, knew how to, had knowledge that	<i>supe</i>	I learned, found out
<i>tenía</i>	I had (in my possession)	<i>tuve</i>	I had, received
<i>tenía que</i>	I had to (but did not necessarily do it)	<i>tuve que</i>	I had to (and did do it)

⁴ Repase y Escriba, pp. 34-35.

Present Subjunctive Tense

This is kind of a booger to explain. Please let me quote:

"The subjunctive is required in Spanish in a dependent clause when the verb in the main clause indicates volition, intention, wish, or preference."⁵

Common verbs of this type, which are very useful to know, are:

<i>querer</i>	to want
<i>desear</i>	to desire
<i>prohibir</i>	to prohibit
<i>sugerir</i>	to suggest
<i>preferir</i>	to prefer

Here are the **present subjunctive** suffixes.

-ar	
Singular	Plural
-e	-emos
-es	-éis
-e	-en

-er/-ir	
Singular	Plural
-a	-amos
-as	-áis
-a	-an

Es necesario que su madre tome su medicina.

It is necessary that your mother take her medicine.

Espero que vendamos más lentes de contacto durante el mes que viene.

I hope that we sell more contact lenses during the coming month.

Also, the words "**para que**" (in order that) also require the verb that follows to be in the subjunctive.

Quiero que Ud. me hable más despacio, para que yo le entienda mejor.

I want you to speak to me more slowly, so that I understand you better.

⁵ Repase y Escriba, p. 76.

Imperfect Subjunctive

The imperfect subjunctive is like the present subjunctive, except that the verb in the main clause is in a past tense, so the dependent clause (the one with the subjunctive in it) must also be in a past tense.

-ar	
Singular	Plural
-ara/-ase	-áramos/ -ásemos
-aras/-ases	-arais/-aseis
-ara/-ase	-aran/-asen

-er/-ir	
Singular	Plural
-iera/-iese	-iéramos/ -iésemos
-ieras/-ieses	-iérais/-iéseis
-iera/-iese	-ieran/-iesen

*Yo no le dije que tomara Advil®.
Dije Tylenol®.*
I never told him to take Advil, I said Tylenol.

Juan me pidió que examinara sus ojos..
Juan asked me to examine his eyes.

Future/Conditional

In these tenses, you do not drop the -ar/-er/-ir ending.
Rather, you **add the suffix right onto the end of the infinitive verb.**

hablar + -é = hablaré (I will speak)

hablar + -ía = hablaría (I would speak)).

Here are all the suffixes for future and conditional.

Future	
Singular	Plural
-é	-emos
-ás	-éis
-á	-án

Conditional	
Singular	Plural
-ía	-íamos
-ías	-íais
-ía	-ían

Manana le ayudaré con su tarea.
Tomorrow I will help you with your homework.

Si fuera yo, pagaría la cuenta.
If it were I, I would pay the bill.

Just a few more topics...

The present participle

The present participle (the "-ing" form in English) is simply formed by dropping the -ar/-er/-ir ending and adding either **-ando** on -ar verbs and **-iendo** on -er/-ir verbs.

<i>hablar</i>	<i>hablando</i>
<i>comer</i>	<i>comiendo</i>
<i>abrir</i>	<i>abriendo</i>

There are many **irregular verbs** which vary slightly from this, but you will recognize them because they at least end in **-endo**. Usually it's part of the root that changes.

<i>leer</i>	<i>leyendo</i>
<i>decir</i>	<i>diciendo</i>
<i>ir</i>	<i>yendo</i>
<i>pedir</i>	<i>pidiendo</i>

The present participle is used to form the **progressive present tense** with the verb **estar**.

Estoy leyendo. (I am reading)

Cállese, el doctor está hablando. (Quiet yourself/Shut up, the doctor is talking.)

The past participle

The past participle is like a verb form which, in English, usually ends in "-ed." In Spanish, it is formed by replacing the -ar with an -ado and the -er/-ir with -ido.

<i>mirar</i>	<i>mirado</i>
<i>comer</i>	<i>comido</i>
<i>recibir</i>	<i>recibido</i>

¿Ha sentido este dolor antes, o es ésta la primera vez?
Have you felt this pain before, or is this the first time?

As in English, there are many **irregular past participles** in Spanish. (For example, in English the past participle of the verb "to sing" is "sung" not "singed") Here are some:

<i>abrir</i>	<i>abierto</i> (opened)
<i>decir</i>	<i>dicho</i> (said)
<i>escribir</i>	<i>escrito</i> (written)
<i>hacer</i>	<i>hecho</i> (done)
<i>morir</i>	<i>muerto</i> (died, dead)
<i>poner</i>	<i>puesto</i> (put)
<i>romper</i>	<i>roto</i> (broken)
<i>ver</i>	<i>visto</i> (seen)

Reflexive Verbs

Some verbs are "reflexive." They appear with the reflexive pronouns: **me, te, se, nos, os, se.** "A verb is said to be reflexive when its action is directed back on the grammatical subject."⁶

Me llamo Victor.

I am named (I call myself) Victor.

Siéntese en la silla grande, Señor. Y Señora, Ud. puede sentarse aquí.

Sit (yourself) in the big chair, Señor. And Señora, you can sit (yourself) right here.

A word about irregular verbs

Many common verbs do not follow the rules just described. Unfortunately, this is an area which does require memorization. I **STRONGLY SUGGEST** you get a book like 501 Spanish Verbs or Barron's Spanish Verbs to keep as a reference.

We'll save giving examples of irregular verbs until we encounter them in the optometry stuff.

Hint: If you come across a word and can't find it in a dictionary, chances are it is a form of a verb. In that case **look at the root** of the word and that will tell you the **meaning**. The **word ending** will tell you the **tense**.

⁶ Repase y Escriba, p. 288.

Glossary of Handy Verbs

arder	to burn (as in when your eyes burn)
ayudar	to help
cambiar	to change
chequear	to check (a very Americanized word)
cubrir	to cover up
dar	to give
dar comezón	to "give itch" (a Mexican phrase)
decir	to say
dejar	to let or allow
doler	to hurt
echar	to throw
echarse a	to start, begin
encontrar	to find
examinar	to examine
firmar	to sign
hablar	to speak
hallar	to find
ir	to go
leer	to read
limitar	to limit, restrict
llenar	to fill
medir	to measure
mejorar(se)	to get better, improve
mirar	to look at
mostrar	to show
mover	to move
observar	to observe
ordenar	to order
pagar	to pay
pasar	to pass, go through
pedir	to ask for, request
picar	to itch
poder	to be able to
poner	to put
ponerse	to become...
preguntar	to ask (a question)
presentar	to show
quedarse	to stay, remain
querer	to want
saber	to know
salir	to leave
sentarse	to sit oneself down
servir	to function or work
sugerir	to suggest
tapar	to cover, to block, to plug up
tener	to have, possess
tomar	to take
trabajar	to work (at a job)
usar	to use
venir	to come
ver	to see

Exercise #2

Encouraged by the fact that you have not dropped the class, I assume that you are here to learn. Therefore, may I present to you a handful of practice exercises for your learning enjoyment.

Please complete as many as you can for next time.

Del inglés al español

1. My name is Juan.
2. You speak Spanish very well.
3. My eye hurts.
4. My right eye itches.
5. His left eye burns.
6. Is it worse in the morning or in the afternoon?
7. How are you, sir?
8. We all like beans!
9. We need to see you again in one week.
10. We are going to compare two lenses.
11. I want you to tell me which is better.
12. When I was young I walked to school; we never went in a car.

Del español al inglés

1. El maestro es guapo.
2. Todos estamos aprendiendo español.
3. ¿Tiene una cita, Señora? Sí, tengo cita.
4. El maestro quiere que le hablemos en español cuando le vemos en el corredor.
5. El doctor me dijo que me echara las gotas tres veces al día.
6. My padre leía la biblia todos los días, hasta que se rompieron sus anteojos.

Wait!
Don't look at my light;
look at the letters.

Espérese
No mire la luz,
mire las letras!

A reminder about politeness:

In their public dealings, *Latinoamericanos* usually use very formal, polite language.

"*Por favor*," generously applied, will go a long way towards gaining their trust.

The seven compound tenses

That's right! Seven! I mention them just so you know they exist. They all have names, but I won't go over them. No one is ever going to criticize your improper use of the *pluscuamperfecto del subjuntivo* because, frankly, many people don't use very good grammar anyway.

So, without telling you what they are, I will simply give some examples so you won't be caught off guard when you encounter these forms.

Yo he hablado.
I have spoken.

?Por qué no ha venido a verme?
Why haven't you come to see me?

Cuando llegué a casa, mi hermano había salido.
When I arrived home, my brother had left.

Después que me hubo hablado, salió.
After he had spoken to me, he left.

Espero que hayan llegado mis lentes.
I hope that my glasses have arrived.

Mañana llegará mi suegra, y habrá terminado mi paz.
Tomorrow my mother-in-law will arrive, and my peace shall have ended.

Habría comprado los lentes, si hubiera tenido dinero.
I would have bought the glasses if I had had money.

The helping verb, *haber*

Like the sales people at "The Good Guys" electronics store, the verb *haber* is "a helper."

You may have noticed that the helping verbs in the above compound conjugations, were all various tenses of the verb *haber* (to have). The conjugations of *haber* are provided in the back of this handout.

Note: "to have", as in "to possess something," is *tener*, not *haber*.

You know, that reminds me of something useful..."There is/There are"

The other place where various forms of *haber* appear are in wonderful phrases like "there is" and "there are" and "there were." LEARN THIS!

hay there is/are *Hay tres cosas que necesito explicarle.*
There are three things I need to explain to you.

había/hubo there was/were *Hubo solo un doctor en el pueblo donde yo*
nací, y él era loco.
There was only one doctor in the town where I was
born, and he was crazy.

Ha habido there have/has been *Ha habido mucha lluvia.*
There has been a lot of rain.

This is kind of "far out, man," but you might even see the whole verb *haber* used in a similar fashion, in conjunction with another verb, as in the following example:

Si Ud. sigue el tratamiento, no debe haber complicaciones.
If you follow the treatment, there shouldn't be any complications.

Here's a handy phrase: *hay que... + an infinitive verb*

It means "it is necessary to..." or "you must...". It's kind of a handy short cut.

For example, "You need to use these drops four times a day," could be said as:

Es necesario que Usted use las gotas cuatro veces al día.

Or...

Hay que usar las gotas cuatro veces al día.

"To be" or "To be"?--¿Ser o Estar?

In Spanish there are two verbs which mean "to be," the explanation of which takes up a whole chapter in my advanced grammar textbook. Here is my boiled-down, good-enough-for-now explanation:

Ser means "to be" in the sense of "to exist." It indicates who someone is or what something is, and tells us some essential characteristic of a person or thing. In my mind, I attach a sense of **permanence** to it.

Estar refers to a condition or state of the subject, which is usually more **temporary**.

As an example, which of course would never really apply to me, but which I include only as an illustration. (Hopefully, neither statement presently applies to any of you either.)

<i>Soy borracho</i>	I'm a drunk.
<i>Estoy borracho</i>	I am (presently) drunk.

The best way to learn when to use them is by observing their use as we get into the optometric stuff.

I do want you to be aware, however, that both of them have some **irregular conjugations**. They are included at the end of this handout, for your perusal.

Some very useful basic words

Some of these you may already know. Most are organized according to opposites.

<i>sí</i>	yes	<i>bueno</i>	good
<i>no</i>	no	<i>malo</i>	bad
<i>si</i> (no accent)	if		
<i>todos</i>	all	<i>grande</i>	big
<i>alguna</i>	one, some	<i>pequeño</i>	small
<i>ninguna</i>	none	<i>hombre</i>	man
<i>casi</i>	almost	<i>mujer</i>	woman
<i>apenas</i>	barely	<i>muchacho</i>	teenager (male)
		<i>muchacha</i>	teenager (female)
<i>cada</i>	each	<i>niño</i>	boy
<i>uno</i>	one	<i>niña</i>	girl
<i>cada uno</i>	each one	<i>bebé</i>	baby
		<i>dinero</i>	money
<i>mucho</i>	a lot	<i>problema</i>	problem
<i>poco</i>	a little		
<i>poquito</i>	very little	<i>y</i>	and
		<i>o</i>	or
<i>más</i>	more	<i>pero</i>	but
<i>menos</i>	less		
<i>mejor</i>	better		
<i>peor</i>	worse		

fácil
difícil

By the way, most Spanish speakers who live in the United States understand much more English than they let on or than they think they do.

If you are stumped for a word in Spanish, insert the English word. Many of them use "Spanglish" all the time, and they might just understand.

Example: *Le voy a mandar un "bill."*

Some more useful expressions

hello	<i>hola</i>
good-bye	<i>adiós</i>
I'm sorry	<i>lo siento</i>
very well	<i>muy bien</i>
May I come in?	<i>¿se puede?</i>
nice to meet you	<i>Mucho gusto</i>
please	<i>por favor</i>
thank you	<i>gracias</i>
You're welcome	<i>De nada</i>

What's happening? ¿Qué pasa?
What's wrong ¿Qué pasó?

Here are some "friendly" phrases

I appreciate it! ¡Muy amable!
See you tomorrow! ¡Hasta mañana!
We'll see you! ¡Nos vemos!

"Excuse me"--variations on the theme

Excuse me (if you sneeze) ¡Perdón!
Excuse me (if you need
someone's attention) ¡Disculpe!
Excuse me (when you're passing
someone on your way out of
the room) ¡Con permiso!
Bless you! (when they sneeze) ¡Salud!

Prepositions

<i>para</i>	for	<i>para el paciente</i>
<i>en</i>	in, on, at	<i>en la clínica</i>
<i>de</i>	from, of	<i>Soy de Guatemala</i>
<i>a</i>	to	<i>a la oficina</i>
<i>con</i>	with	<i>Vaya con Dios.</i>
<i>sin</i>	without	<i>sin dinero</i>

Two contractions

There are only two contractions in the Spanish language.

<i>Al</i>	=	<i>a + el</i> (to the)	<i>Voy al baño.</i>
<i>del</i>	=	<i>de + el</i> (from the)	<i>Soy del Distrito Federal.</i>

Note: The word "*al*" appears in another place. When preceding an infinitive verb, it means "Upon..."

¿Le duele la cabeza al leer?
Does your head ache upon reading (when you read)?

"This" and "that"...

this (right here)	<i>este, esta</i>
these (right here)	<i>estos, estas</i>
that (over there)	<i>ese, esa</i>
those (over there)	<i>esos, esas</i>
that (<u>way</u> over there)	<i>aquel, aquella</i>
those (<u>way</u> over there)	<i>aquellos, aquellas</i>
here	<i>aquí (acá)</i>
there	<i>allí (allá)</i>

Everyday things

bathroom	<i>el baño</i>	paper	<i>el papel</i>
bed	<i>la cama</i>	pen	<i>la pluma</i>
book	<i>el libro</i>	pencil	<i>el lápiz</i>
chair	<i>la silla</i>	room	<i>el cuarto</i>
desk	<i>el escritorio</i>	table	<i>la mesa</i>
door	<i>la puerta</i>	trash	<i>la basura</i>
floor	<i>el piso</i>	water	<i>el agua</i>
food	<i>la comida</i>	window	<i>la ventana</i>
light	<i>la luz</i>		
office	<i>la oficina</i>		

Colors (*los colores*)

black	<i>negro</i>
blue	<i>azul</i>
brown	<i>café</i>
gray	<i>gris</i>
green	<i>verde</i>
orange	<i>anaranjado</i>
purple	<i>morado</i>
red	<i>rojo</i>
white	<i>blanco</i>
yellow	<i>amarillo</i>

Remember: Color words are adjectives. They must agree by number and gender!

El ojo está rojo.
Las flores son amarillas.

Numbers (*los números*)

0	cero	16	dieciseis
1	uno	17	diecisiete
2	dos	18	dieciocho
3	tres	19	diecinueve
4	cuatro	20	veinte
5	cinco	30	treinta
6	seis	40	cuarenta
7	siete	50	cincuenta
8	ocho	60	sesenta
9	nueve	70	setenta
10	diez	80	ochenta
11	once	90	noventa
12	doce		
13	trece		
14	catorce		
15	quince		

For the numbers in-between, just add "y":

21	veinte y uno
34	treinta y cuatro
69	sesenta y nueve

Because you'll be charging so much for your services, and bragging to your Latino golfing partners about your net worth, here are the numbers you'll need:

veinte centavos (just kidding)

100	cien
200	doscientos
300	trescientos
400	cuatrocientos
500	quinientos
600	seiscientos
700	setecientos
800	ochocientos
900	novcientos
1000	mil
million	millón
billion	billón

Appendix: Conjugations of SER, ESTAR and HABER

SER		ESTAR	
Present		Present	
soy	somos	estoy	estamos
eres		estás	
es	son	está	están
Imperfect		Imperfect	
era	éramos	estaba	estábamos
eras		estabas	
era	eran	estaba	estaban
Preterite		Preterite	
fui	fuimos	estuve	estuvimos
fuiste		estuviste	
fue	fueron	estuvo	estuvieron
Future		Future	
seré	seremos	estaré	<i>estaremos</i>
serás		<i>estarás</i>	
será	serán	<i>estará</i>	<i>estarán</i>
Conditional		Conditional	
sería	seríamos	estaría	estaríamos
serías		estaría	
sería	serían	estaría	estarían
Present Subjunctive		Present subjunctive	
sea	séamos	esté	estemos
seas		estés	
sea	sean	esté	estén
Past Subjunctive		Past subjunctive	
fuera	fuéramos	estuviera	estuviéramos
fueras		estuvieras	
fuera	fueran	estuviera	estuvieran
Past participle:	sido	Past participle:	estado
Present participle:	siendo	Present participle:	estando

HABER

Present

he	hemos
has	
ha	han

Imperfect

había	habíamos
habías	
había	habían

Preterite

hube	hubimos
hubiste	
hubo	hubieron

Future

habré	habremos
habrás	
habrá	habrán

Conditional

habría	habríamos
habrías	
habría	habrían

Present subjunctive

haya	hayamos
hayas	
haya	hayan

Past subjunctive

hubiera	hubiéramos
hubieras	
hubiera	hubieran

Past participle: habido

Present participle: habiendo

Lección 4: History Taking--What to ask; what to listen for

The goal today is to get through everything from greeting your patient to taking a history.

Things will be formatted as close to a real patient encounter as possible.

Greeting the patient (Saludando al paciente)

Here is a pretty typical greeting sequence between a doctor and a patient.

El doctor dice:

Buenos días/tardes
Good morning/afternoon

Soy el doctor/la doctora _____.
I am doctor _____.

Mucho gusto en conocerle.
Pleased to meet you.

¿Cómo está? / ¿Cómo ha estado?
How are you? / How have you been?

Bien, gracias. ¿Y la familia?
Good, thank you. And your family?

El paciente dice:

Buenos días

Me llamo Felipe Garcia.
My name is Felipe Garcia.

or...

Felipe Garcia, para servirle.
Felipe G...at your service.

El placer es mío.
The pleasure is mine.

Muy bien, gracias. ¿Y Usted?
Very well, thank you. And you?

Todos están bien, también.
All (of them) are fine, also.

Note: Here is another way to introduce yourself:

Me llamo _____. Soy su interno.
My name is _____. I am your intern.

Grammatical Aside: Object Pronouns

<i>conocer<u>le</u></i>	-le	means "him, her, you" (singular)
<i>conocer<u>les</u></i>	-les	means "them, you" (plural)
<i>tocar<u>lo</u></i>	-lo	means "it"; refers to a masculine noun
<i>tocar<u>la</u></i>	-la	means "it"; refers to a feminine noun
<i>decir<u>nos</u></i>	-nos	means "us"
<i>mirar<u>te</u></i>	-te	means "you" (familiar)
<i>pagar<u>me</u></i>	-me	means "me"

Object pronouns can occur:

1. At the end of an infinitive verb.
Mucho gusto en conocerle.
Pleased to meet you.
2. In front of a conjugated verb.
Yo no le conozco.
I don't know him.
3. In combination.
Nunca me lo había dicho.
He had never told me it.

Pienso comprármelo.
I'm thinking about buying me it.

The "I don't speak Spanish" Disclaimer

Even though it is pretty obvious to the patient that you and I are not native Spanish speakers, it is still a good idea to let them know what to expect. You might say:

¿Habla Ud. inglés?
Do you speak English?

Muy poco. Casi nada.
Very little. Almost none

Yo hablo muy poco español, pero voy a tratar.

I speak very little Spanish, but I am going to try.

Para que yo le entienda a Ud., es importante que me hable despacio.

So that I can understand you better, it is important that you speak to me slowly.

¿Está bien?
Is that okay?

Sí, está bien.
Yes, that's fine.

What to say when you don't understand...

Otra vez, por favor

Again, please

No entiendo

I don't understand

Más despacio, por favor

Slower, please

Gracias por su paciencia

Thank you for your patience

¿Qué quiere decir_____?

What does_____ mean?

¿Cómo se dice_____?

How do you say_____?

¿Cómo se escribe?

How is it written.

When you think you do understand...RESTATE!

Voy a repetir lo que me ha dicho.

I'm going to repeat that which you have told me.

A ver si le entendí bien. Usted me dijo que...

We'll see if I understood you right. You told me that...

Filling out the forms

Here are common things to ask when filling out office paperwork.

¿Tiene cita hoy?

Do you have an appointment today?

Sí, tengo cita a la una.

Yes, I have an appointment at one o'clock.

¿Puede llenar esta forma, por favor?

Can you fill out this form/questionnaire?

Sí, como no.

Yes, of course.

¿Me ayuda Usted?

Will you help me?

¿Cuál es su nombre?

What is your name?

Teresa Garfias

Note: **nombre** means "first name."

apellido means "last name."

Escriba su nombre, dirección, y número de teléfono aquí, por favor.

Write your name, address, and telephone number here, please

They will do it, or they may say:

"Mire, no sé escribir.

¿Lo hace por mí?"

You see, I don't know how to write. Will you do it for me?

¿Cuál es su fecha de nacimiento?

What is your birth date?

El diesiseis de septiembre del sesenta y tres.

16 September, of '63.

another way they say it:

El día seis, del mes ocho, del cincuenta.

Day 6, month 8, of '50.

¿Cuántos años tiene?

How old are you? (Literally: "How many years do you have?")

Tengo veinte y cinco años.

I have twenty-five years.

¿Cuál es su ocupación?
What is your occupation?

Trabajo en el campo.
I work in the fields.

or **¿Donde trabaja?**
Where do you work?

...en la nursería.
...in a nursery.

...en una fábrica
...in a factory.

No tengo trabajo ahorita.
I don't have work right now.

Firme aquí, por favor.
Sign here, please.

Question asking words

¿Cómo?	How?
¿Cuántos?	How many?
¿Cuánto?	How much?
¿Qué?	What?
¿Cuál?	Which?
¿Cuándo?	When?
¿Quién?	Who?
¿De quién?	Whose?
¿Por qué?	Why? Note: <i>Porque</i> means "because."
¿Tiene una pregunta?	Do you have a question?

CC: The chief complaint

?Cómo puedo servirle? *Es que tengo...*
How can I be of service to you? It's that I have...

or

...Una bala aquí en el párpado.
A ball (bump) here in my eyelid.
[Think hordeolum!]

¿Cuál es la razón principal por su visita?
What is the main reason for your visit.

or

...Una carnocidad en el ojo, éste.
...A growth on my eye, this one [and they'll point].
[Think pinguecula and/or pterygium!]

¿Por qué ha venido a la clínica hoy?
Why have you come to the clinic today?

...Diabetes, y el médico me mandó aquí.
...diabetes, and the doctor sent me here.

...dolores de cabeza.
...headaches.

...algo en el ojo, y me molesta mucho.
...something in my eye, and it bothers me a lot.

Es que no veo muy bien.
It's that I don't see well.

Es que estoy muy mala de la vista. Ya no puedo ensartar la aguja.
It's that my vision is very bad. I can't thread a needle anymore.

Está cansada mi vista. Es difícil leer.
My vision is tired. It is difficult to read.

No alcanzo ver las letras chiquitas.
I am not able to see the little letters.

Se me empaña la vista. No veo para manejar.
My vision blurs on me. I don't see to drive.

Cuando llevo los lentes que me dieron, me mareo.
When I wear the glasses you gave me, I get seasick (dizzy).

Tengo lentes, pero ya no me sirven. Creo que necesito algunos nuevos.
I have glasses, but they don't work anymore. I believe I need some new ones.

LEE/LME: Last Eye Exam/Last Medical Exam

¿Cuándo fue su último examen de la vista?

When was your last vision exam?

Nunca he tenido un exámen de la vista. Esta es la primera vez.

Never have I had a vision exam.

This is the first time.

¿Cuándo fue su último examen médico?

When was your last medical exam?

Hace un año y medio.

It has been a year and a half.

(Literally: "It makes one and a half.")

Fui a ver al médico hace ocho días.

I went to see the doctor a week ago

A grammatical aside: Time words

tiempo time in a general sense.

No tengo tiempo ahorita. (I don't have time right now.)

hora clock time, the hour

¿A qué hora del día le duele más la cabeza?

At what time of the day does your head hurt the most.

vez/veces times, occasions

¿Cuántas veces le ha pasado?

How many times has it happened to you?

Some expressions that might be helpful:

<i>a tiempo</i>	on time
<i>tarde</i>	late
<i>una vez</i>	once, one time
<i>a veces</i>	sometimes, at times
<i>a la vez</i>	at the same time
<i>de una vez</i>	once and for all
<i>por primera vez</i>	for the first time
<i>de vez en cuando</i>	every once in a while
<i>próxima vez</i>	next time
<i>la vez pasada</i>	last time

“What time is it?”

¿Qué hora es?

What time is it? (Literally: What is the hour?)

Some people say also: **¿Qué horas son?** (What are the hours?)

“It’s _____ o’clock”:

<i>Son las cuatro y media.</i>	It's four and a half (4:30).
<i>Son las ocho y veinte.</i>	It's 8:20.
<i>Son las cinco menos diez.</i>	It's 10 minutes before five.
<i>Son las quince para las tres.</i>	It's 15 before three.
<i>Es la una.</i>	It's one (o'clock.)
<i>Son las dos.</i>	It's two (o'clock.)

Days, months, years

day	<i>el día</i>
every day	<i>todos los días</i>
the other day	<i>el otro día</i>
every other day	<i>cada otro día</i>
month	<i>mez</i>
months	<i>meces</i>
year	<i>año</i>
1997	<i>mil novecientos noventa y siete</i>
Monday	<i>el lunes</i>
Tuesday	<i>el martes</i>
Wednesday	<i>el miércoles</i>
Thursday	<i>el jueves</i>
Friday	<i>el viernes</i>
Saturday	<i>el sábado</i>
Sunday	<i>el domingo</i>

Note: You will definitely hear these phrases:

hace ocho días
hace quince días

a Mexican expression for "one week ago."
a Mexican expression for "two weeks ago"

P/FOHx: Personal/Family Ocular History

<p>Foreign body sensation</p>		<p><i>Parece que tengo algo en el ojo.</i> It seems like I have something in my eye.</p> <p><i>Siento como que hay una basura en el ojo.</i> I feel like there is a piece of garbage in my eye.</p>
<p>Eyes Water</p>	<p><i>¿Le lloran los ojos?</i> Do you eyes water? (cry?)</p>	
<p>Blur</p>	<p><i>Tiene visión borrosa?</i> Do you have blurry vision?</p>	<p><i>Tengo la vista nublada</i> I have cloudy vision.</p>
<p>diplopia</p>	<p><i>¿Ve Usted doble?</i> Do you see double?</p> <p><i>¿Tiene doble visión?</i> Do you have double vision?</p>	
<p>headaches</p>	<p><i>¿Tiene muchos dolores de cabeza?</i> Do you have many headaches?</p> <p><i>Cuande le pega el dolor, ¿dónde le duele?</i> When the pain hits you, where does it hurt?</p>	<p><i>Aquí.</i></p> <p><i>Adentro del ojo mismo.</i> Inside the eye itself.</p> <p><i>Detrás de los ojos.</i> Behind the eyes.</p>

eyes itch	<p><i>¿Le pican los ojos?</i> Do your eyes itch?</p> <p><i>¿Le dan comezón los ojos?</i> Do your eyes give you itch? (This is a Mexican phrase.)</p>	
eyes burn	<p><i>¿Le arden los ojos?</i> Do your eyes burn?</p>	
photophobia	<p><i>¿Le molesta cuando hay mucha luz?</i> Does it bother you when there is a lot of light?</p>	<p><i>Cuando hace mucho sol, me molesta mucho.</i> When it's really sunny, it really bothers me.</p> <p><i>Cuando me pega muy fuerte el sol, me lloran los ojos.</i> When the sun hits me really strong, my eyes water.</p>
trauma	<p><i>¿Ha tenido alguna vez una herida del ojo</i> Have you ever had an eye injury...</p> <p><i>...un golpe en la cabeza</i> ...a blow to the head</p> <p><i>...o algún otro trauma de los ojos?</i> ...or some other traum to the eyes?</p>	<p><i>Una vez, mi esposo me pegó muy fuerte por aquí.</i> One time, my husband hit me really hard right here.</p> <p><i>Hace dos años, tuve un choque. (Me chocaron).</i> Two years ago, I had a car accident. (They smashed into me).</p>
eye surgeries	<p><i>¿Ha tenido una cirugía de los ojos?</i> Have you had an eye surgery?</p> <p><i>...una operación?</i> ...an operation?</p>	
floaters	<p><i>¿Ve cosas flotando en la vista?</i> Do you see things floating in your vision?</p>	

	...como puntos o sombras? ...like spots or shadows?	
flashes	¿Ha visto alguna vez destellos, chispas, o lucecitas en la vista? Have you ever seen flashes, sparks, or little lights in you vision?	
infections	¿Ha tenido antes una infección del ojo? Have you had an eye infection before? ¿Ha tenido conjunctivitis? Have you had conjunctivitis?	

Trouble reading	¿Tiene dificultad al leer? Do you have difficulty upon reading?	
Do you wear glasses?	¿Usa Usted lentes? Do you use glasses? ¿Los trae? Do you have them? ¿Puedo verlos? May I see them? ¿Cómo le sirven? How do they work for you?	Sí. Sí. Como no, aquí están. Of course, here they are. Ya no veo muy bien con ellos. Anymore, I don't see very well with them.
	Other answers you might hear: Tenía lentes pero se me rompieron. I had glasses, but they broke. Tengo bifocales. ¿Quiere verlos? I have bifocals. Do you want to see them? Tengo lentes para manejar. I have glasses for driving. Tengo lentes para leer solamente. I have glasses for reading only.	

¿Cómo se dice "spectacles"?

lentes actually means "lenses", but is commonly used to mean spectacles.

anteojos is also common. It literally means "before the eyes."

gafas is used by some. More commonly it refers to sunglasses.

gafas oscuras are sunglasses. *Oscuro* means "dark."

espectáculo means making a spectacle of yourself. I've never heard anyone use it to mean what we mean when we say "spectacles."

PMHx: Personal Medical History

Nececito preguntar acerca de su salud general.

I need to ask about your general health.

¿Tiene Usted...

...diabetes

...diabetes

...alta presión

...high blood pressure

...colesterol alto

...high cholesterol

...problemas del tiroides

...thyroid problems

...problemas del seno

...breast problems (I'm not sure this is what they meant.)

...asma

...asthma

...Sida

...AIDS

...problemas del estómago

...stomach problems

...problemas del riñon

...kidney problems

...problemas del hígado

...liver problems

...cáncer

...cancer.

¿Tiene otras condiciones médicas, además de estas?

Do you have other medical conditions, besides these?

¿Está embarazada?

Are you pregnant? (NOT "are you embarrassed"!)

FMHx: Family Medical History

También, nos ayuda saber algo acerca de la salud de su familia.

Also, it helps us to know something about the health of your family.

Hay alguien en su familia que tiene...

Is there anyone in your family that has...

Use the same list. Also included on the PUCO form are...

...glaucoma

...glaucoma

...cataratas

...cataracts

...degeneración macular

...macular degeneration

...bizco

...eye tum (cross-eyed'ness)

...ojos flojados

...(lazy eye)

...Otras condiciones (describirlos)

...other conditions. (describe them)

La familia (the family)

Es mi...

It's my...

padre

father

madre

mother

hijo

son

hija

daughter

hermano

brother

hermana

sister

abuelo

grandfather

abuela

grandmother

esposo

husband

esposa

wife

tío
tía

uncle
aunt

Medications

¿Toma Usted algunas medicinas?
Are you taking any medicines?

Estoy tomando unas pastillas para el diabetes.

I am taking some pills for diabetes.

¿Cuales son?
Which are they?

Me dieron una pomada.

They gave me an ointment.

¿Sabe los nombres?
Do you know the names?

Estaba usando unas gotas, pero se me acabaron.

I was using some drops, but they ran out.

¿Qué color es la botella?
What color is the bottle?

Estoy dándome inyecciones de insulina.
I am giving myself insulin injections.

Here are some other words:

***antibiótico
penicilina
aspirina
vitaminas
Advil
Tylenol***

Allergies

¿Tiene Usted alergias a algunas medicinas?
Do you have allergies to any medications?

Estoy alérgico a la penicilina.
I am allergic to penicillin.

¿Tiene otros tipos de alergias?
Do you have other types of allergies.

DOFDAR

¿ Ha ocurrido antes, o es ésta la primera vez que le ha pasado?

Has it occurred before, or is this the first time this has happened?

¿ Cuando fue la primera vez que...

When was the first time that...

...se dio cuenta de esto.

...you noticed it?

...sintió este dolor?

...you felt this pain?

...empezó a ver doble?

...you began to see double?

¿ Cuando empezó?

When did it begin?

¿ Con qué frecuencia le pasa?

How often does it occur?

¿ Está peor en la mañana o en la tarde?

Is it worse in the morning or in the afternoon?

¿ Ha hecho Ud. algo para que se mejore?

Do you do anything to make it better?

¿ Hay algo que lo mejora?

Is there anything that makes it better?

¿ Cuando Ud. hace esto, le ayuda?

When you do that, does it help?

Asking about PAIN

¿Tiene un dolor... ?

Is your pain...

constante

constant

profundo

deep

sordo

dull

quemante

burning

intermitente

intermittent

o "que viene y se va"

or "that comes and goes"

moderado

mild

muy fuerte

severe

agudo

sharp

pulsante

throbbing

Asking "How often?"

The most grammatically correct way to ask "How often?" is "*¿Cuán a menudo?*"
But most people look at me funny when I say that. Some more common ways to get at the same information are:

¿Se le pasa a menudo, or solo de vez en cuando?

Does it happen to you often, or only once in a while?

¿Cada cuánto tiempo? (each how much time?)

¿Con qué frecuencia? (with what frequency?)

Lección 5: Entrance Skills

Now we'll really start helping you get through the mechanics of the examination.

This lesson will shift emphasis from not only what you *say*, but also what you can *do* to accomplish the various tests.

Taking VA's

The million dollar hint of the day: ISOLATE LINES!

It's too hard for me to tell the patient exactly where to look. Most patients always start at the top anyway, and they read all the letters, no matter what I tell them to do!

VA's: Snellen

¿Cuáles son las letras más pequeñas que Usted puede ver?

What are the smallest letters that you can see?

¿Qué letras ve (allí)?

What letters do you see (over there)?

¿Ahora?

Now?

¿Y allí?

And there?

¿Puede ver las letras?

Can you see the letters?

¿Cuáles son?

Which are they?

**Note: look up the conjugations to the verb *distinguir*—it's a good one to know. You can substitute it for *ver*.

You'll hardly ever get an answer if you ask this way.

← This will get a better response. By the way, you'll learn your Spanish alphabet doing this.

Veo una "f," una "b," una "p"...
I see an "f," a "b," a "p"...

I've heard a lot of people call a "z" an "ese" instead of a "zeta."

Si.

*No las distingo.***
I can't distinguish them.

No las veo. Ahora, sí las veo.
I don't see them. Now, yes I see them.

VA's: Tumbling E

¿Puede ver las letras?
Can you see the letters?

Cada uno tiene tres patas.
Each one has three "legs."

En la más grande...
In the most big one...

En la primera...
In the first one...

¿Para dónde van las patas?
Where are the "legs" going (pointing)?

Muéstreme con la mano.
Show me with your hand.

Sí.

Hint: This sets them up for what you will be asking.

Again, point at the chart or isolate letters. It's much easier than telling them which one to look at.

Para arriba
Towards up.

A la derecha
To the right

A la izquierda
To the left.

Para abajo.
Towards down

VA's: Picture Chart

Vamos a mirar algunos dibujos.
We are going to look at some pictures.

¿Qué es esto?
What is this?

¿...y el próximo?
And the next one?

¡Muy bien!

Una mano
a hand

Un pastel
a cake

Un carro (auto)
a car

Un hombre encima de su caballo
a man
A man on top of his horse

Un teléfono
a telephone

Un pato, Un patito, Un pajarito.
A duck, a little duck, a bird

VA's: Landolt C's	
<p><i>¿En qué lado están rotos los círculos?</i> On which side are the circles broken?</p>	<p><i>Al lado derecho/izquierdo</i> On the right/left side.</p> <p><i>Arriba/Abajo</i> Up/down</p>

A note about ILLITERACY:

Because many Hispanic immigrants have been working all their life instead of going to school, illiteracy rates are high. Please be sensitive to this. Watch for body language and poor responses that say, "I don't know the letters."

No sé leer, doctor.

I don't know how to read, doctor.

If you suspect they don't know the letters, quickly switch to another chart, as though it is a matter or normal routine.

Ahora vamos a usar otra prueba.

Now we are going to use another test.

Entrance Skills	
<u>Cover Test</u>	<p><i>¿Ve la letra "o" allí?</i> Do you see the letter "o" over there?</p> <p><i>Mire la "o."</i> Look at the "o."</p> <p><i>Yo voy a mover esta tapa delante de sus ojos.</i> I'm going to move this cover in front of your eyes.</p> <p><i>Sigue mirando la "o" por favor.</i> Keep looking at the "o" please.</p> <p><i>¿Parece que mueve la "o" cuando yo muevo la tapa?</i> Does it seem like the "o" moves when I move the cover?</p> <p><i>¿Mueve en la misma dirección que la tapa, o en la otra?</i> Does it move in the same direction as the cover, or in the other?</p>

<p>CT @ Near</p>	<p><i>la balita</i> <i>bala</i> actually means bullet, but it seems to work <i>este punto</i> this point, dot (I have a black dot on my bead) <i>el puntito de la pluma</i> the tip of my pen</p> <p>Just insert the appropriate noun in place of “<i>la ‘o’</i>” in the above phrases.</p>
<p>Motilities & Pursuits</p>	<p><i>Sigue la balita con sus ojos, por favor.</i> Follow the “bead” with your eyes, please.</p> <p><i>No mueva la cabeza, por favor.</i> Don’t move your head, please.</p> <p><i>Dígame si los ojos le duelen durante esta prueba.</i> Tell me if your eyes hurt during this test.</p>
<p>Saccades</p>	<p><i>Mire la balita roja . . . la verde . . . la roja . . . la verde . . .</i> Look at the red bead. . . green . . . red . . . green . . .</p>
<p>NPC</p>	<p><i>Mire la balita. Yo voy a moverla hacia su nariz, así. . .</i> Look at the bead. I am going to move it toward your nose, like this... (demonstrate)</p> <p><i>Trate de mantener la vista fija en la balita.</i> Try to maintain you vision fixed on the bead.</p> <p><i>Dígame cuando ya no puede.</i> Tell me when you can no longer do it.</p> <p>Or...</p> <p><i>Si ve dos balitas, dígame “¡Dos!”</i> If you see two beads, say “Two!”</p>
<p>Physiological diplopia</p>	<p><i>Cuando está mirando la balita roja, ¿cuántos ve de la verde?</i> When you are looking at the red bead, how many of the green do you see.</p> <p>Or...</p> <p><i>Cuando mira ésta</i> (wiggle a bead) . . . When you look at this one . . .</p> <p><i>¿Cuántos ve aquí?</i> (wiggle the other one) How many do you see here?</p>

<p>Confrontation fields (FC)</p>	<p>Cubre un ojo con la mano. Cover one eye with your hand.</p> <p>Mire mi ojo, y dígame ¿cuántos dedo's ve? Look at my eye, and tell me how many fingers you see.</p> <p>No mire los dedos, mire mi ojo. Don't look at the fingers, look at my eye.</p>	
<p>PD & MLF</p>	<p>Mire el ojo que está abierto. Look at they eye that is open.</p>	
<p>Hirschberg</p>	<p>Mire la luz. Look at the light.</p>	
<p>Stereopsis</p>	<p>Póngase estas gafas mágicas. Put on these magic glasses.</p> <p>¿Qué ve aquí? What do you see here?</p> <p>¿Puede tocar sus alas? Can you touch its wings?</p> <p>Empuje el botón que parece flotar hacia Usted. Push the button that seems to float toward you the most.</p> <p>¿Cuál de los animales parece flotar hacia Usted? (...hacia ti.) which of the animals seems to float toward you? (toward "thee"—the "tú" form).</p> <p>Muéstrame con su dedo. Show me with your finger.</p> <p>¿Hay uno que parece estar más cerca a Usted que los otros? Is there one that seems to be closer to you that they others?</p>	<p>Here are some of the names of the common stereo target objects.</p> <p>Una mosca. A fly.</p> <p>Una mariposa. A butterfly.</p> <p>Una estrella. A star</p> <p>Un gato. A cat.</p> <p>Un carro. A car.</p> <p>Un reno. A reindeer.</p> <p>Un mono. A monkey</p> <p>Un conejito. A little rabbit.</p> <p>These are the wrong answers:</p> <p><u>Una ardilla</u> a squirrel</p> <p><u>Un gallo</u> a rooster</p>
<p>Donder's</p>	<p>Just kidding. I don't think they'll want to read Ben Franklin.</p>	

Leccion 6: Refraction and Phorofter Skills

This lesson will concentrate on in-phorofter testing.

Retinoscopy (#4)	<p><i>Ahora vamos a ver si Usted necesita lentes.</i> Now we are going to see if you need glasses.</p> <p><i>Vamos a poner este aparato delante de sus ojos.</i> We are going to put this apparatus in front of your eyes.</p> <p><i>¿Puede ver a traves de los vidrios?</i> Can you see through the "windows"?</p> <p><i>¿Puede ver la "E" grande?</i> Can you see the big "E"?</p> <p><i>Voy a mirar sus ojos con una luz.</i> I am going to look at your eyes with a light.</p> <p><i>No mire la luz, sino mire la "E."</i> Don't look at the light, rather look at the "E."</p> <p><i>Dígame si mi cabeza cubre las letras.</i> Tell me if my head covers the letters.</p> <p><i>¿Ve las letras ahora? Muy bien.</i> Do you see the letters now? Very good.</p>
Near Retinoscopy (#5)	<p><i>Voy a usar esta luz otra vez.</i> I am going to use this light again.</p> <p><i>Ahora, mire estas letras.</i> (point to the letters) Now, look at these letters.</p> <p><i>¿Puede leérmelas?</i> Can you read them to me? Or...</p> <p><i>Lee la letras, por favor. . . en voz alta.</i> Read the letters, please . . . out loud.</p>

<p>20/40 Blur</p> <p>I'll only do this once, so you may have to refer to back to this whenever you need a 20/40 blur preset for other tests.</p>	<p>¿Ve esas letras? Do you see those letters?</p> <p>Voy a cambiar los lentes. I am going to change lenses.</p> <p>Dígame cuando ya no puede ver las letras. Tell me when you can't see the letters anymore.</p> <p>¿Está borrosa? Muy bien. Is it blurry? Very good.</p> <p>¿Puede distinguir alguna? Can you make out any?</p> <p>¿No? ¡Perfecto!</p> <p>Ahora, dígame cuando apenas puede ver uno o dos letras. Now, tell me when you can barely see one or two letters.</p>	<p>Ahora no veo nada. Now I don't see anything.</p> <p>No veo ninguna. I don't see any.</p> <p>Allí. There.</p> <p>Veo la zeta, pero nada más. There, I see the "z" but nothing more.</p> <p>Veo la efe, pero las demás, no. I see the "f", but the rest, no.</p> <p>Ya</p>
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<p>Red-Green</p>	<p>¿Qué ve allí? What do you see there?</p> <p>¿En qué lado están más claras las letras, el rojo o el verde? In which side are the letters more clear, the red or the green?</p> <p>Otra vez, el rojo o el verde. ¿Cuál está más claro? Again, the red or the green. Which is more clear.</p> <p>¿Están iguales? Are they equal?</p>	
<p>Forced choice</p>	<p>Most people say: “¿Cuál es mejor, uno o dos?” Which is better one or two?</p> <p>-----</p> <p>Voy a mostrarle dos lentes. I am going to show you two lenses.</p> <p>A uno le voy a llamar “el uno.” One of them I am going to call “el uno.”</p> <p>Al otro le voy a llamar “el dos.” The other one I am going to call “el dos.”</p> <p>Este es el uno . . . Este es el dos. This is number one . . . This is number two.</p> <p>¿Cuál es mejor, el uno o el dos? Which is better, number one or number two.</p> <p>Some variations::</p> <p>¿Cuál prefiere . . . ? Which do you prefer . . . ?</p> <p>¿Cual es más claro . . . ? Which is clearer . . . ?</p>	<p>Please doesn't say this! It seldom works.</p> <p>We have to teach them the procedure!</p> <p>Some common answers:</p> <p>El uno. One El dos. Two Este. This one El otro. The other one. El que estaba. The one that was. (ie. The last one) Están iguales. They are equal (the same).</p>

<p>JCC</p>	<p><i>Vamos a comparar dos lentes, otra vez.</i> We are going to compare two lenses again.</p> <p><i>Aun que ninguno va a ser perfecto, quiero saber...</i> Even though neither is going to be perfect, I want to know...</p> <p><i>¿Cual es más claro, el uno o el dos?</i> Which is more clear, number one or number two?</p>
<p>Monocular subjective (MSBVA)★</p>	<p><i>Con este ojo . . .</i> With this eye . . .</p> <p><i>Dígame cuando apenas puede distinguir las letras.</i> Tell me when you can barely make out the letters.</p> <p><i>¿Cuál es mejor, el uno o el dos?</i> Which is better, number one or number two?</p> <p><i>Mirando el cinco y el seis otra vez...fíjese en el tamaño...</i> Looking at number five and number six again...pay attention to the size...</p> <p><i>¿Con cuál se ponen las letras más pequeñas, con el cinco o el seis?</i> With which do the letters get smaller, with number five or number six?</p>

<p>20/40 Balance (w/ prism)★</p>	<p>(with prism in place...)</p> <p>¿Qué ve ahora? What do you see now?</p> <p>¿Cuál de los grupos de letras está más claro . . . Which of the groups of letter is clearer . . .</p> <p>. . . el de arriba, o el de abajo? . . . the up one, or the down one?</p> <p>¿Está un grupo más claro que el otro? Is one group clearer than the other?</p> <p>¿Están igualmente borrosos? Are they equally blurry?</p> <p>¿Están más iguales así . . . o así? Are they more equal here, or here?</p>
<p>Maximum plus to 20/20 (#7)</p>	<p>Con los dos ojos . . . With the two eyes (both eyes) . . .</p> <p>Dígame cuando apenas puede distinguir una letra? Tell me when you can barely make out one letter?</p>
<p>Subjective (#7a)</p>	<p>¿Cuál prefiere, el uno o el dos? Which do you prefer, number one or number two?</p> <p>Mirando el cinco y el seis otra vez...fíjese en el tamaño... Looking at number five and number six...pay attention to the size...</p> <p>¿Con cuál están más pequeñas, con el cinco o el seis? With which are they smaller, with number five or number six?</p> <p>¿Qué letras ve allí? What letters to you see there?</p>

★ For tests marked with this symbol, I've assumed you have already established a blur.

<p>NRA/PRA</p>	<p><i>Voy a cambiar los lentes otra vez.</i> I am going to change the lenses again.</p> <p><i>Dígame cuando ya no puede ver las letras.</i> Tell me when you can no longer see the letters.</p> <p><i>Dígame cuando apenas puede ver la letras otra vez.</i> Tell me when you can barely see the letters again.</p>
<p>Cross-cylinder— the general question</p> <p>Adapted to the dissociated cross cylinder (#14a):</p>	<p><i>¿Cuáles líneas están más claras o negras . . .</i> Which lines are more clear or black . . .</p> <p><i>. . . las paradas, o las acostadas?</i> . . . the ones standing up, or the ones lying down?</p> <p><i>¿Ahora, paradas o acostadas? . . . ¿Ahora? . . .</i> Now, standing up or lying down? . . . Now? . . .</p> <p><i>¿Ve dos cruces?</i> Do you see two crosses?</p> <p><i>Mirando la de arriba . . . (o) Mirando la de abajo . . .</i> Looking at the top one... (or) Looking at the bottom one...</p> <p><i>¿Cuáles líneas están más claras o negras . . .</i> <i>. . . las paradas, o las acostadas?</i> Which lines are more clear or black the ones standing up, or the ones lying down?</p> <p><i>. . . ¿La de arriba? . . . ¿La de abajo? . . . ¿arriba? . . . (etc.)</i></p>
<p>Near subjective</p>	<p>See "forced choice" section.</p>

Hey *clase!* I forgot to tell you how to do pinhole acuities:

Este tapa tiene unas agujas. Mire a traves de una de las agujas.
This cover has some holes. Look through one of the holes.

¿Qué letras ve ahora?
What letters do you see now?

Lección 7: Disease Testing

This lesson will cover the rest of the things that you'll need for a "normal" complete eye exam.

<p>Direct Ophthalmoscopy:</p>	<p><i>Voy a mirar adentro de su ojo con una luz.</i> I am going to look inside your eye with a light.</p> <p><i>Voy a tocar su frente con mi dedo y acercarme con la luz.</i> I am going to touch your forehead with my finger and come close with the light.</p> <p><i>Mire . . .</i> Look (at) . . .</p> <p> <i>. . . allí, por favor.</i> . . . over there, please.</p> <p> <i>. . . la luz roja</i> . . . the red light.</p> <p> <i>. . . la esquina de la puerta.</i> . . . the corner of the door.</p> <p> <i>. . . el globo rojo.</i> . . . the red balloon.</p> <p> <i>. . . la luz directamente, por favor.</i> . . . directly at the light, please.</p> <p><i>Es muy fuerte, ¿verdad?</i> That's purty durn strong, ain't it?</p> <p><i>Adentro de su ojo, todo parece claro y sano.</i> Inside your eye, everything looks clear and healthy.</p>
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<p><u>Keratometry:</u></p>	<p><i>Voy a medir la cornea del ojo.</i> I am going to measure the cornea of the eye.</p> <p><i>Ponga la barbilla aquí, por favor.</i> Put your chin right here, please.</p> <p> <i>... y la frente pegada aquí.</i> ... and your forehead pressed right here.</p> <p><i>Mire adelante. ¿Ve su ojo?</i> Look straight ahead. Do you see your eye?</p> <p><i>Sigue mirando su ojo.</i> Keep looking at your eye.</p> <p><i>Usted puede parpadear normalmente.</i> You can blink normally.</p>
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<p><u>Autorefraction:</u></p>	<p><i>Este aparato me ayuda saber si Usted necesita lentes.</i> This machine helps me to know if you need glasses.</p> <p><i>Ponga la barbilla aquí... y la frente aquí.</i> Put your chin right here... and your forehead here.</p> <p><i>Mire...</i> (whatever the target is)</p> <p> <i>... el balón</i> the balloon <i>... la foto</i> the picture <i>... la pared</i> the wall <i>... adelante</i> ahead</p> <p><i>Muy bien. Allí está.</i> Very good. There it is. (an expression like "there we go.")</p>
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Drops, drops, drops: (gotas, gotas, gotas)	
Instillation (general instructions)	<p>Voy a echar unas gotas en sus ojos. I am going to toss some drops in your eyes.</p> <p>Ponga la cabeza para atrás. . . . así. Put your head back . . . like this.</p> <p>Mire aquí. (wiggle a finger in the direction of your choice) Look here.</p> <p>(Toss 'em in! Then say...)</p> <p>Muy bien. Cierre los ojos por un momento. Very good. Close your eyes for a moment.</p> <p>Aquí hay un papel para limpiar los ojos. Here is a paper for to wipe your eyes.</p> <p>“OK”, puede abrir los ojos ahora. Okay, you can open your eyes now.</p>
Anesthetic drops	<p>¿Ha tenido antes una reacción alérgica a los anestésicos? Have you ever had an allergic reaction to anesthetics?</p> <p>Estas son gotas anestésicas. These are anesthetic drops.</p> <p>Vamos a usarlas para adormecer el ojo. We are going to use them to numb your eye.</p> <p>Es normal que las gotas le pican por unos quince segundos. It is normal that the drops sting you for some fifteen seconds.</p> <p>Luego el ojo quedará adormecido por media hora. Afterwards your eye will remain asleep (numb) for a half hour.</p> <p>Así que será dormido, tenga cuidado de no rascar el ojo. Since it will be asleep, be careful to not scratch your eye.</p>

<p>Dilation drops explained</p>	<p><i>Estas gotas son para la dilatación de los ojos.</i> These drops are for the dilation of the eyes.</p>
<p>(the “cover your fanny” speech)</p>	<p><i>Hacen abrirse las pupilas bien grandes, para que veamos adentro de los ojos mejor.</i> They make the pupils open up “real big,” so that we may see inside your eyes better.</p>
	<p><i>Esto nos ayuda saber cómo está la salud del ojo.</i> This helps us to know “how is the health of the eye.”</p>
	<p><i>Con estas gotas, no va a poder enforzar muy bien por un tiempo.</i> With these drops, you are not going to be able to focus very well for a time.</p>
	<p><i>Las gotas tardan veinte minutos en tener su efecto.</i> The drops take twenty minutes to have their effect.</p>
	<p><i>El efecto dura hasta ocho horas.</i> The effect lasts up to eight hours.</p>
	<p><i>Después del examen, vamos a darle unas gafas oscuras para preteger los ojos del sol.</i> After the exam, we will give you some dark glasses to protect your eyes from the sun.</p>
	<p><i>¿Listo(-a)?</i> Ready?</p>

Slit Lamp Examination:

Basics

Voy a mirar su ojo con este microscopio.

I am going to look at your eye with this microscope.

Ponga la barbilla aquí . . . y la frente pegada aquí.

Put your chin right here . . . and your forehead pressed here.

Más adelante, por favor. ¡Perfecto!

More forward, please. Perfect!

¿Está cómodo, señor? (o) ¿Está cómoda, señora?

Are you comfortable, sir? (or) Are you comfortable, ma'am.

Mire . . .

<i>. . . adelante</i>	forward
<i>. . . mi oreja</i>	my ear
<i>. . . arriba</i>	up
<i>. . . abajo</i>	down
<i>. . . a la derecha</i>	to the right
<i>. . . a la izquierda</i>	to the left
<i>. . . aquí</i>	here
<i>. . . a este lado</i>	to this side

Voy a tocar su párpado.

I am going to touch your eyelid.

Muy bien. Usted puede ponerse para atras.

Very good. You can sit yourself back.

Goldman Tonometry

Ahora voy a medir la presión adentro de sus ojos.

Now I am going to measure the pressure inside your eyes.

Este es una prueba para el glaucoma.

This is a test for glaucoma.

Esta sonda va a acercarse a su ojo y tocarlo ligeramente.

This probe is going to come close to your eye and touch it lightly.

Para hacerlo, necesito echarle unas gotas.

In order to do it, I need to throw in some drops.

Las gotas contienen un anestésico y una tinta amarilla.

These drops contain an anesthetic and a yellow dye.

(Please see the "anesthetic drops" section of this handout.)

	<p>Seat the patient in the slit lamp, then continue:</p> <p>Mire . . .</p> <p> . . . <i>adelante</i> forward (straight ahead)</p> <p> . . . <i>la luz azul</i> the blue light</p> <p>Cierre los ojos.. Close your eyes.</p> <p>Abre los ojos bien grandes. Open your eyes really big.</p> <p>Mire adelante y no mueve los ojos. Look straight ahead, and don't move your eyes.</p> <p>Muy bien. Una vez más . . . con el otro ojo. Very good. One more time . . . with the other eye.</p>
<p>Fundus evaluation</p>	<p>Voy a mirar adentro del ojo con otra luz brillante. I am going to look inside your eye with another bright light.</p> <p>Mire mi oreja. Look at my ear.</p>
<p>Gonioscopy</p>	<p>Voy a usar un espejo pequeño para mirar una parte del ojo. I am going to use a little mirror to look at a part of your eye.</p> <p>Para hacerlo, voy a tocar el ojo con esta parte del espejo. In order to do it, I am going to touch the eye with this part of the mirror. (Show the patient)</p> <p>(See the anesthetic drop section of this handout)</p> <p>(Seat the patient and continue)</p>

Wouldn't you rather be somewhere else?



Binocular Indirect Ophthalmoscopy:

<p>Positioning the patient...</p>	<p><i>Voy a mirar adentro de su ojo con una luz más.</i> I am going to look inside your eye with one more light.</p> <p><i>Voy a voltear la silla.</i> I am going to turn the seat around.</p> <p><i>También voy a poner la silla para atrás.</i> Also, I am going to put the seat back. (recline it)</p> <p><i>Adelante por favor.</i> (sit) forward please.</p> <p><i>Ahora, póngase para atrás.</i> Now, put yourself back. (lay back)</p>																		
<p>To see in all the position of gaze. . .</p>	<p>(Using demonstration and hand waving say the following. If I were doing it I, would demonstrate it twice in different gaze positions to give them the idea.)</p> <p><i>Cuando le toco aquí, por favor, mire en esta dirección.</i> When I touch you here, please look in this direction.</p> <p><i>¿Está bien?</i> Is that okay?</p> <p>If you prefer to say it with words, here they are:</p> <p><i>Mire</i></p> <table data-bbox="503 1281 1201 1617"><tr><td><i>... al cielo.</i></td><td>Look at the ceiling</td></tr><tr><td><i>... arriba</i></td><td>up</td></tr><tr><td><i>... arriba y a la derecha</i></td><td>up and to the right</td></tr><tr><td><i>... arriba y a la izquierda</i></td><td>up and to the left</td></tr><tr><td><i>... a la derecha</i></td><td>to the right</td></tr><tr><td><i>... a la izquierda</i></td><td>to the left</td></tr><tr><td><i>... abajo</i></td><td>down</td></tr><tr><td><i>... abajo y a la derecha</i></td><td>down and to the right</td></tr><tr><td><i>... abajo y a la izquierda</i></td><td>down and to the left</td></tr></table>	<i>... al cielo.</i>	Look at the ceiling	<i>... arriba</i>	up	<i>... arriba y a la derecha</i>	up and to the right	<i>... arriba y a la izquierda</i>	up and to the left	<i>... a la derecha</i>	to the right	<i>... a la izquierda</i>	to the left	<i>... abajo</i>	down	<i>... abajo y a la derecha</i>	down and to the right	<i>... abajo y a la izquierda</i>	down and to the left
<i>... al cielo.</i>	Look at the ceiling																		
<i>... arriba</i>	up																		
<i>... arriba y a la derecha</i>	up and to the right																		
<i>... arriba y a la izquierda</i>	up and to the left																		
<i>... a la derecha</i>	to the right																		
<i>... a la izquierda</i>	to the left																		
<i>... abajo</i>	down																		
<i>... abajo y a la derecha</i>	down and to the right																		
<i>... abajo y a la izquierda</i>	down and to the left																		

<p>Scleral indentation</p>	<p><i>Necesito usar un instrumento especial para mirar una parte de su ojo.</i> I need to use a special instrument to look at a part of your eye.</p> <p><i>Voy a echarle una gota anestésica.</i> I am going to put in an anesthetic drop.</p> <p><i>Luego, voy a empujar en el ojo, un poco, y mirar con mi luz..</i> Then, I am going to push on your eye, a little, and look with my light.</p> <p><i>Mire aquí . . . Ahora, mire aquí.</i> Look here . . . Now, look here.</p>
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<p>N/C Tonometry:</p>	
<p>Introducing the test. . .</p>	<p><i>Con este aparato, voy a medir la presión adentro de sus ojos.</i> With this instrument, I am going to measure the pressure in your eyes.</p> <p><i>Usted va a sentir un soplito de aire.</i> You are going to feel a little puff of air.</p>
<p>Taking the measurments. . .</p>	<p>After seating the patient. . .</p> <p><i>¿Puede ver el puntito rojo?</i> Can you see the little red dot?</p> <p><i>Mire el puntito atentamente.</i> Look at the dot attentively.</p> <p><i>¿Le sorprendió?</i> Did it surprise you?</p> <p><i>Ahora, con el otro ojo . . .</i> Now, with the other eye. . .</p>



Okay everybody! All together now, repeat after me. . .

Lección 8: Additional Tests

This section will concentrate on some of the more common tests we haven't covered. Hopefully this will round out this list of everything you will use on the majority of cases.

Maddox Rod Phoria		
	<p><i>Ponga esta tapa delante de su ojo, así...</i> (show them how) Put this cover in front of your eye, like this...</p> <p><i>Mire la luz.</i> Look at the light.</p> <p><i>¿Que ve Usted?</i> What do you see?</p> <p><i>¿Donde está la raya?</i> Where is the line?</p> <p><i>¿Toca la luz, o está a un lado?</i> Does it touch the light, or is it to one side?</p>	<p><i>Una luz y una raya roja.</i> A light and a red line.</p> <p><i>La raya está al lado derecho</i> The line is on the right side.</p> <p><i>... al lado izquierdo.</i> ... on the left side.</p>
Neutralize w/ prism	<p><i>Dígame cuando la raya toca la luz.</i> Tell me when the line touches the light.</p>	

Visual Field Testing	
Explanation	<p><i>Este es un examen de la vista periférica.</i> This is an exam of your peripheral vision.</p> <p>or <i>... de la orilla de la vista.</i> ... of the outside (edge) of your vision.</p> <p> <i>... de los lados de la vista.</i> ... of the sides of your vision.</p> <p><i>Es una prueba para el glaucoma.</i> It is a test for glaucoma.</p>
Procedure	<p><i>Ponga la barbilla aquí por favor.</i> Put your chin here, please.</p> <p><i>¿Ve las cuatro luces?</i> Do you see the four lights?</p> <p><i>Mire las cuatro luces centrales durante el total del examen.</i> Look at the four central lights during the whole of the exam.</p> <p><i>Unas lucecitas van a aparecer en varias partes de la vista.</i> Some little lights are going to appear in various parts of your vision.</p> <p><i>Cada vez que ve una lucecita, apriete el botón</i> (demonstrate!) Each time that you see a little light, squeeze the button.</p> <p><i>Si necesita un descanso, apriete el botón por un rato</i> If you need a rest, squeeze the button for a while.</p> <p><i>Cuando Usted está listo(-a), desapriete el botón y sigue con el examen.</i> When you are ready, you can release (unsqueeze) the button and continue with the exam.</p> <p><i>¿Listo(-a)?</i> Ready?</p>

Blood Glucose	
Explanation	<p><i>Vamos a chequear el azúcar.</i> We are going to measure your (blood) "sugar."</p> <p><i>Este es una prueba importante para el diabetes.</i> This is an important test for diabetes.</p> <p><i>Para hacerlo, vamos a sacarle una gotita de sangre.</i> To do it, we are going to take a little drop of blood.</p>
Procedure	<p><i>Este aparato le va a pinchar el dedo.</i> This device is going to prick your finger.</p> <p><i>Este aparato va a medir el azúcar en la sangre.</i> This device is going to measure the sugar in your blood.</p> <p>Hint: Then just grab their finger and do what you need to do.</p>

Blood Pressure	
Explanation	<p><i>Vamos a chequear la presión (de la sangre).</i> We are going to measure your (blood) pressure.</p>
Procedure	<p><i>Puede arremangar la manga de camisa, por favor.</i> Could you roll up your sleeve, please.</p> <p><i>Ponga el brazo aquí.</i> Put your arm here.</p> <p><i>Trate de relajar el brazo, por favor.</i> Try and relax your arm, please.</p>

Color Vision: Ishihara	
Explanation	<p><i>Este es una prueba de su habilidad de ver los colores.</i> This is a test of your ability to see colors.</p>
Procedure	<p><i>¿Qué ve aquí?</i> What do you see here?</p> <p><i>¿Ve un número? ... un camino?</i> Do you see a number? ... a path (road).</p> <p><i>Síguelo con el dedo.</i> Trace it with your finger.</p>

Color Vision: Farnsworth D-15	
Explanation	<i>Este es una prueba de su habilidad de ver los colores.</i> This is a test of your ability to see colors.
Procedure	<p><i>Mire este color.</i> Look at this color.</p> <p><i>Escoja, de entre los otros, el color que más parece a este.</i> (Point to the first one) Choose from among the others the color that most looks like this one.</p> <p><i>Luego, escoja, de entre los otros, el color que más parece a este.</i> (Point to the most recently placed one)</p> <p><i>Sigue así hasta ponerlos en orden a todos, según sus colores.</i> Keep on like this until you put them all in order, according to their colors.</p>

Worth Dot		
Procedure	<p><i>Póngase esto anteojos.</i> Put on these glasses.</p> <p><i>¿Qué ve aquí?</i> What do you see here?</p>	<p><u>The common answers:</u></p> <p><i>Cuatro círculos (luces)</i> Four circles.</p> <p><i>Dos círculos rojos.</i> Two red circles.</p> <p><i>Tres círculos verdes.</i> Three green circles.</p> <p><i>Cinco círculos</i> Five circles.</p>
Luster . . . ?	<p>(pointing to the white one. . .)</p> <p><i>¿Qué color es este?</i> What color is this one?</p>	<p><i>Una mezcla.</i> A mixture.</p> <p><i>Cambia de rojo a verde.</i> It changes from red to green.</p>

Facility Testing

Accommodative

(This assumes you are using a chart with columns of three letters.)

Póngase estos lentes.

Put on these lenses.

Y trate de enfocar las letras bien.

Try to focus the letters well.

Lea tres letras, y cambie los lentes. . .

Read three letters and change the lenses...

Lea tres letras más, y cambie los lentes. . . .

Read three more letters, and change the lenses...

Haga tantos como pueda en un minuto.

Do as many as you can in one minute.

Big hint: Model the test.

Mire. Por ejemplo . . . (Then demonstrate)

Look. For example. . .

¿ listo(-a)? . . . Empieze.

Ready. . . . Begin.

Lección 9: Explaining Non-Refractive Diagnoses and Treatments

The goal of this lesson is to teach you some basics for presenting diagnoses and treatment options for some of the most common non-refractive conditions. I'm saving refractive stuff for next week.

Because there are so many variations to what you'll need to explain to patients, and because it's going to get pretty advanced, I recommend that you **use a translator** for this step of the examination whenever possible.

"We're going to need a translator ..."

Hay algo que necesito explicar, pero no hablo español bastante bien.

There is something that I need to explain, but I don't speak Spanish well enough.

¿Conoce a alguien que podría venir con Usted otro día para interpretar?

Do you know anyone that could come with you another day to interpret?

Oh, here's something I forgot to include with refractions...

Trial framing	<p><i>Así es como ve sin lentes (con los lentes que tiene) . .</i> This is how you see without glasses (with the glasses you have).</p> <p><i>Así es como ve con el nuevo aumento. . .</i> This is how you see with your new prescription.</p> <p><i>¿Qué piensa Ud.? ¿Cuál es mejor?</i> What do you think? Which is better?</p>
---------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

I've got some good news...

You have perfectly healthy eyes...

Usted ve perfectamente bien. No necesita lentes.

You see perfectly well. You do not need glasses.

Adentro de los ojos, todo parece claro y sano.

Inside your eyes, everything looks clear and healthy.

Se recomienda que tenga un examen completo de los ojos cada año.

It is recommended that you have a complete eye exam every year.

Gracias por venir. Ha sido un placer. Espero verle otra vez.

Thanks for coming. It has been a pleasure. I hope to see you again.

And I've got some bad news . . .

<u>Pterygia/Pinguecula</u>	
Standard explanation:	<p><i>La carnicidad que tiene fue causada por estar mucho tiempo en el sol (y el viento.)</i> The "growth" that you have was caused by being a long time in the sun (and wind.)</p> <p><i>Para impedir el progreso de la carnicidad. . .</i> In order to impede the progress of the growth. . .</p> <p><i>. . .El mejor tratamiento es llevar gafas oscuras cuando hace mucho sol.</i> . . .The best treatment is to wear dark glasses when it is really sunny.</p> <p><i>También voy a darle unas gotas artificiales para quitarle la molestia.</i> Also I am going to give you some artificial tears to take away the discomfort.</p>
When they want it taken off, but it's not bad enough:	<p><i>Si progresa hasta tapar la vista, hay una operación para quitársela.</i> If it progresses until it blocks vision, there is an operation to remove it.</p> <p><i>La carnicidad que Usted tiene no afecta la vista. . .</i> The growth that you have doesn't affect your vision. . .</p> <p><i>. . .así que una operación no es indicada.</i> . . .therefore, an operation is not recommended</p>
When it is bad enough:	<p><i>Voy a mandarle a una especialista para la operación.</i> I'm going to send you to a specialist for the operation.</p> <p><i>Aún después de la operación, es común que vuelva a crecer.</i> Even after the operation, it is common that it "return to grow."</p>

By the way, I promised some help with taking blood pressure...

¿Puede arremangar las mangas de camisa, por favor?

Can you roll up your shirt sleeves, please?

Voy a tomar la presión de sangre.

I am going to take your blood pressure.

Dry eye	
Explanation	<p><i>Parece que Usted padece de ojos secos.</i> It looks like you suffer from dry eye.</p> <p><i>Las lágrimas se componen de tres partes.</i> The tears consist of three parts.</p> <p><i>Para mojar los ojos bien, las tres partes tienen que estar presentes.</i> In order to wet the eyes well, the three parts have to be present.</p> <p><i>A usted le falta una de las partes, así que sus lágrimas se evaporan rápido.</i> You are missing one of the parts, such that your tears evaporate quickly.</p> <p><i>Al evaporarse las lágrimas, el ojo dice, "Necesito más lagrimas..."</i> When the tears evaporate, the eye says, "I need more tears..."</p> <p><i>Y le lloran más que lo normal.</i> And they water more than normal.</p>
Treatment	<p><i>El mejor tratamiento es mojar los ojos con lágrimas artificiales.</i> The best treatment is to wet the eyes with artificial tears.</p> <p><i>Use estas lágrimas artificiales durante el día, y esta pomada en la noche antes de acostarse.</i> Use these artificial tears during the day, and this ointment at night before going to bed.</p> <p><i>Hay otra opción. . .</i> There is another option. . .</p> <p><i>En los párpados, hay cuatro poros. Después de mojar los ojos, las lágrimas pasan por estos poros y van para la nariz.</i> In the eyelids, there are four pores. After wetting the eyes, the tears pass through these pores and go toward the nose.</p> <p><i>A algunas personas les ayuda meter una tapa en los poros, para que la lágrimas se queden más tiempo en los ojos.</i> It helps some people if we insert a plug in the pores, so that the tears stay more time on the eyes.</p>

Hordeolum/Chalazion	
Explanation	<p><i>La balita que tiene en el párpado fue causada por una infección de una glándula en el párpado.</i> The "bump" that you have in your eyelid was caused by an infection of a gland in the eyelid.</p> <p><i>El producto de la infección no salió y se endureció.</i> The product of the infection didn't leave, and it hardened.</p>
Treatment	<p><i>El mejor tratamiento es una aplicación de calor, para que se deshaga y se absorbe.</i> The best treatment is a heat application, so that it breaks up and is absorbed.</p> <p><i>Si no se mejora, hay posibilidad de operarlo, pero se recomienda tratar el tratamiento más fácil primero.</i> If it does not get better, there is a possibility of operating it, but it is recommended to try the most simple treatment first.</p>

Instructions for Hot Compresses:	
The steps:	<p><i>Para calentar el párpado, use una toallita limpia.</i> To heat the eyelid, use a clean wash cloth.</p> <p><i>Moje la toallita con agua caliente--lo más caliente que pueda aguantar sin quemar.</i> Wet the cloth with hot water--as hot as you can stand without burning.</p> <p><i>Aplique la toallita sobre los ojos cerrados.</i> Apply the cloth over your closed eyes.</p> <p><i>Después de unos tres minutos, cuando el trapo no está suficiente caliente, remoje la toallita y repite.</i> After about three minutes, when the cloth isn't hot enough, re-wet the cloth and repeat.</p> <p><i>Haga esto por 15 minutos, cuatro veces al día.</i> Do this for 15 minutes, four times a day.</p>
Follow-up	<p><i>Quiero verle en dos semanas (un mez, . . .)</i> I want to see you in two weeks (one month, or whatever)</p>

<u>Instructions for lid scrubs</u>	
What to do	<p><i>Moje una tuallita, y póngale un poquito de champú de niño.</i> Wet a washcloth, and put a little bit of baby shampoo on it.</p> <p><i>Con la tuallita, límpiase la orilla del párpado, al base de las pestañas.</i> With the washcloth, clean the border of the lid, at the base of the lashes.</p> <p><i>No toque el ojo con la tuallita, sólo el párpado.</i> Don't touch they eyeball with the cloth, just the lid.</p>
How often	<p><i>Haga esto por cinco minutos, cada ojo, una vez en la mañana y otra vez en la noche.</i> Do this for five minutes, each eye, once in the morning and again at night.</p>

<u>Instructions for Cold Compresses:</u>	
	<p><i>Ponga hielitos adentro de una bolcita de plástico or una tuallita limpia.</i> Put ice cubes inside a plactic bag or a clean washcloth.</p> <p><i>Aplique el frío sobre los ojos cerrados. . .</i> Put the cold over your closed eyes. . .</p> <p><i>Cinco minutos de frío. . .cinco minutos sin frío.</i> Five minutes of cold . . . five minutes without the cold.</p> <p><i>Haga esto por 20 minutos en total.</i> Do this for 20 minutes total.</p>
	<p><i>Este tratamiento es para hacerle más cómodo, asi que lo puede hacer lo más frecuente que lo quiera.</i> This treatment is to make you more comfortable, so you can do it as often as you like.</p>

Retinal detachment

La retina es la parte del ojo que "ve" la luz que entra.
The retina is the part of the eye that "sees" the light that enters.

Parte de su retina se ha separado del ojo.
Part of your retina has separated from they eye.

Es caso de emergencia.
This is an emergency.

Voy a mandarle, ahorita mismo, al especialista para una operación.
I am going to send you, right now, to the specialist for an operation.

Es posible que se pueda salvarle la vista. También es posible que no.
It is possible that your vision can be saved. It is also possible that it can't.

No podemos demorar.
We cannot delay.

Espere aquí, por favor, mientras yo le hablo al especialista por teléfono.
Wait here, please, while I talk to the specialist by telephone.

I want to send you to a specialist

Quiero mandarle a un especialista. . .
I want to send you to a specialist. . .

. . . **para buscar su opinión.**
. . . to ask for his/her opinion.

. . . **para un tratamiento especial.**
. . . for a special treatment.

. . . **para unos exámenes especiales.**
. . . for some special tests.

. . . **para una operación.**
. . . for an operation.

. . . **ahorita mismo. No podemos demorar.**
. . . right now. We cannot wait (put it off).

Some more general stuff...

"I Want you to . . ."	
"Come back again."	<p><i>Quiero que venga para atrás en . . .</i> I want that you come back in. . .</p> <p>. . . <i>una semana.</i> . . . one week.</p> <p>. . . <i>un mez.</i> . . . one month.</p> <p>. . . <i>dos días.</i> . . . two days.</p>
"Use these drops..."	<p><i>Use estas gotas . . .</i> Use these drops. . .</p> <p>. . . <i>cuatro veces al día.</i> . . . four times a day.</p> <p>. . . <i>al levantarse, al cenar, y al acostarse.</i> . . . when you get up, when you eat dinner, when you go to bed.</p> <p>. . . <i>cuando Usted siente que es necesario.</i> . . . when you feel that it is necessary.</p> <p>. . . <i>cada dos horas</i> . . . every two hours.</p>
Describing basic drops	<p><i>Estas son gotas antibióticas.</i> These are antibiotic drops.</p> <p><i>Estas son gotas para quitar la inflamación.</i> These are drops for taking away the inflammation. (Steroids)</p>

And now for some really heavy stuff...

...turn the page

Diabetes Mellitus

Diabetes is very common. And because it is so complex to describe, you will most definitely need a translator. However, I have done my best to write it out for the brave among you.

A basic explanation of how DM causes fluctuating vision:

El diabetes es un problema de la sangre donde el azúcar no se controla muy bien.
Diabetes is a problem of the blood where the blood sugar isn't very well controlled.

Al subir y bajar el azúcar, la vista cambia.
When the sugar goes up and goes down, your vision changes.

Así que un día ve bien (con sus lentes) y el otro día no.
Such that one day you see fine (with your glasses) and the next day you don't.

Por esta razón, el azúcar tiene que ponerse estable antes que le demos un (nuevo) aumento.
For that reason, your sugar has to "put itself stable" before we give you a (new) prescription.

If you want to follow them for a while to be sure their vision is stable, you might say:

Quiero verte en dos semanas para chequear el azúcar y re-chequear la vista.
I want to see you in two weeks to check your sugar and to re-check your vision.

Si el azúcar se ponga estable, y si la vista no haya cambiado, le daremos un aumento.
If your sugar has become stable, and if your vision hasn't changed, we will give you a prescription.

Es importante que tome la insulina (o las pastillas), y que sigue su dieta como le dice el médico.
It is important that you take your insulin (or your pills), and that you follow your diet like your doctor tells you.

Es posible que tenga que venir dos o tres veces más hasta que el azúcar y la vista estén estables.
It is possible that you will have to come two or three more times before your sugar and your vision are stable.

If you are the one who initially diagnoses them with DM:

Por los exámenes que hemos hecho hoy, parece que podría tener el diabetes.
By the tests that we have done today, it appears that you might have diabetes.

Para estar muy seguro, y para que recibe el mejor tratamiento, voy a mandarle a su médico para un examen físico.

In order to be very sure, and so that you receive the best treatment, I am going to send you to your medical doctor for a physical exam.

Le voy a mandar una carta a su doctor, para decirle lo que hemos encontrado hoy.

I am going to send a letter to your doctor, to tell him that which we have found today.

Después que haya visto al médico, quiero que venga otra vez para chequear la vista cuando el azúcar esté más controlado.

After you have seen the doctor, I want you to come back to check your vision when your (blood) sugar is more controlled.

Diabetic retinopathy

Explanation:

Después de muchos años, el diabetes puede afectar las venas y arterias.

After many years, diabetes can affect the veins and arteries.

Algunas arterias y venas pueden taparse, y parte de la retina no recibe oxígeno.

Some of the arteries and veins can become blocked, and part of the retina doesn't receive oxygen.

Cuando pasa esto, empiezan a crecer nuevas arterias.

When this happens, new arteries begin to grow.

Las arterias nuevas son débiles, y pueden romperse y dejar salir la sangre.

The new arteries are weak, and they can break and leak (let the blood come out).

La retina empieza a hincharse, y esto causa otros problemas.

The retina begins to swell, and this causes other problems.

El resultado último puede ser la pérdida de la vista.

The end result can be the loss of vision.

Treatment:

Vamos a mandarle a una especialista.

We are going to send you to a specialist.

El va a decidir si una operación con el rayo laser le ayudaría.

He will decide if an operation with a laser beam would help you.

Note: Because each case is so different, I can't tell you how to say everything you might possibly need to say. I hope that this will at least get you started. Or maybe you'll just decide to send them to me, in which case I will send you a nice letter. And maybe we can even get together to go golfing sometime....

Lección 10: Refractive Outcomes, Dispensing, Billing

"You need glasses"	
Single vision	<p><i>Usted necesita lentes . . .</i> You need glasses</p> <p style="text-align: center;">. . . <i>para ver de lejos.</i> (or) . . . <i>para ver a la distancia</i> . . . to see far. . . . to see at a distance.</p> <p style="text-align: center;">. . . <i>para ver de cercas.</i> . . . to see up close.</p> <p style="text-align: center;">. . . <i>para leer</i> . . . to read.</p> <p style="text-align: center;">. . . <i>para la computadora</i> . . . for the computer.</p> <p style="text-align: center;">. . . <i>para proteger los ojos de la luz ultravioleta del sol.</i> . . . to protect your eyes from the ultraviolet light of the sun.</p>
Bifocals	<p><i>Usted necesita bifocales.</i> You need bifocals.</p> <p><i>Bifocales son lentes que tienen dos aumentos. . .</i> Bifocals are lenses that have two powers. . .</p> <p style="text-align: center;">. . . <i>uno para ver lejos, y otro para leer</i> . . . one for seeing far, and another for reading.</p>
Trifocals	<p><i>Algunas personas prefieren trifocales.</i> Some people prefer trifocals.</p> <p><i>Trifocales son lentes que tienen tres aumentos. . .</i> Trifocals are lenses that have three powers. . .</p> <p style="text-align: center;">. . . <i>uno para ver de lejos</i> . . . one for seeing far</p> <p style="text-align: center;">. . . <i>uno para ver de cerquitas</i> . . . one for seeing up close</p> <p style="text-align: center;">. . . <i>y uno para a la distancia intermedia.</i> . . . and one for an intermediate distance.</p>

“You have. . .”	
Astigmatism	<p>La condición que Ud. tiene se llama el astigmatismo. The condition you have is called astigmatism.</p> <p>Es muy común. It is very common.</p> <p>Para ver claro, la luz tiene que enfocar en la retina del ojo. To see clearly, light has to focus on the retina of the eye.</p> <p>Con el astigmatismo, la luz se enfoca en dos lugares, pero no en la retina. El resultado es que ve borroso. With astigmatism, the light focuses in two places, but not in the retina. The result is that you see blurry.</p> <p>Anteojos (o lentes de contacto) pueden enfocar toda la luz en la retina, y Usted verá mucho más claro. Glasses (or contact lenses) can focus all the light in the retina, and you will see much clearer.</p>
Myopia	<p>La condición que tiene se llama miopía. The condition you have is called myopia.</p> <p>... lo cual quiere decir que Ud. es corto de vista. ... which means to say that you are near sighted.</p> <p>Para ver claro, la luz tiene que enfocar en la retina del ojo. To see clearly, light has to focus on the retina of the eye.</p> <p>En la miopía, la persona ve borroso porque la luz se enfoca delante de la retina. In myopia, the person sees blurry because the light focuses in front of the retina.</p> <p>Anteojos (o lentes de contacto) pueden enfocar la luz en la retina, y usted verá mucho más claro. Glasses (or contact lenses) can focus the light on the retina, and you will see much clearer.</p>

“You have . . .”	
Hyperopia	<p>La condición que tiene se llama hiperopía. The condition you have is called hyperopia.</p> <p>En la hiperopía, cuando el ojo está relajado, la luz no se enfoca en la retina como debe. In hyperopia, when the eye is relaxed, the light doesn't focus on the retina like it should.</p> <p>Con esfuerzo, el lente cristalina adentro del ojo puede enfocar la luz, y Usted verá claro. With effort, the crystalline lens inside the eye can focus the light, and you will see clearly.</p> <p>El problema es que tiene que esforzarse todo el tiempo para ver claro. The problem is that you have to “give effort” all the time to see clearly.</p> <p>Este esfuerzo constante es la causa de los dolores de cabeza. This constant effort is the cause of your headaches.</p> <p>Anteojos pueden ayudarle a ver claro sin tanto esfuerzo. Glasses can help you to see clearly without so much effort.</p>
“It's going to take some time to get used to these glasses...”	<p>Es normal, al usar sus lentes por la primera vez, que no ve perfectamente bien con ellos. It is normal, when you use your lenses for the first time, that you don't see perfectly well with them.</p> <p>La razón es que el ojo está acostumbrado a tanto esfuerzo que no puede relajarse inmediatamente. The reason is that the eye is accustomed to so much effort that it can't relax immediately.</p> <p>Quiero que use los lentes todo el tiempo por dos semanas, para que los ojos puedan relajarse completamente. I want you to use your glasses, all the time, for two weeks, so that your eyes can relax completely.</p> <p>Si no puede acostumbrarse a los lentes, venga para atrás. . . If you cannot get used to the glasses, come back. . .</p> <p>. . . Podría ser necesario bajar la medida. . . . It could be necessary to lower the prescription.</p>

“You have . . .”

Presbyopia

La condición que tiene se llama presbiopía.

The condition you have is called presbyopia.

La razón porque ya no puede ver las letras chiquitas es que. . .

The reason why you can no longer see the little letters is that. . .

. . .A todos nosotros, al envejecer, se nos pierde la habilidad de enfocar las cosas cercanas.

. . .all of us, as we age, lose the ability to focus things up close.

Or you could say it another way:

. . .A todos nosotros, al cumplir, más o menos, los cuarenta años de edad, se nos pierde la habilidad de enfocar.

. . .all of us, when we turn 40, more or less, lose the ability to focus.

El lente adentro del ojo se endurece, y no puede enfocar muy bien.

The crystalline lens inside the eye hardens and can't focus very well.

Cuando esto pasa, necesitamos un aumento para ver de cercas,

When this happens, we need an “add” in order to see up close.

Note: *Aumento* means an optical “add”, but it also is used to refer to basically any lense prescription.

Sesame Street Lesson #12: "Near and Far"

You may have noticed a number of ways to say "near" and "far" when referring to where people are looking. Here's a listing of some ways you'll hear it said.

<i>ver de cercas</i>	to see up close
<i>ver cerquitas</i>	to see up (really) close
<i>mirar las cosas cercanas</i>	to look at things that are near
<i>visión cercana</i>	near vision
<i>visión lejana</i>	distant vision
<i>ver de lejos</i>	to see far
<i>mirar lejos</i>	to look far
<i>ver a la distancia</i>	to see at a distance
<i>mirar a una distancia media</i>	to look at a medium distance
<i>la distancia intermedia</i>	an intermediate distance

Another little something I forgot to tell you how to explain: **Lid eversion**

Voy a mirar debajo de su párpado.

I am going to look underneath your eyelid.

Le va a doler un poquito.

It will hurt a little bit.

Mire arriba. . . Mire abajo. . .

Look up. . . Look down. . .

Cierre los ojos.

Close your eyes.

Lens Materials

Note: Most of this material I learned from some pamphlets I received from Varilux®.

Hint o' the day:

Don't be afraid to ask vendors for point-of-purchase materials in Spanish. Varilux® faxed me 14 pages about their Comfort lenses.

You can learn a lot of vocabulary and grammar by reading well-prepared documents like that.

“There are many types of materials . . .”

Los lentes están disponibles en una amplia variedad de cristales y plásticos.

The lenses are available in a wide variety of glasses and plastics.

They are . . .	<i>plástico</i> <i>policarbonato</i> <i>plástico de alto índice</i> <i>cristal</i> or <i>vidrio</i> <i>cristal claro</i> <i>cristal claro de alto índice</i> <i>PhotoGray Extra</i> <i>lentes de transición</i>	plastic polycarbonate high index plastic glass clear glass clear glass of high index PhotoGrey Extra transition lenses
Descriptions	<i>ligero</i> <i>pesado</i> <i>fino</i> <i>extrafino</i> <i>fuerte</i> <i>superfuerte</i>	light heavy thin extra thin strong super strong

Explaining high index

Los lentes de alto índice son mejores para prescripciones de alta medida.

High index lenses are best for prescriptions with high power.

Son más ligeros y más finos que el plástico normal.

They are lighter and thinner than normal plastic.

What about glass lenses?

Lentes de cristal son más resistentes a los rasguños que el plástico.
Glass lenses are more resistant to scratches than plastic.

Pero también el cristal es dos veces más pesado que el plástico.
But also, glass is two times more heavy than plastic.

Explaining photochromatic lenses

Hay un tipo de lentes que tiene un tinte variable.
There is a type of lens that has a variable tint

Se oscurecen en el sol y se aclaran en la oscuridad (o cuando entra un edificio).

They get dark in the sun, and they get clear in the darkness (or when you enter a building).

Los lentes plásticos de tinte variable son llamados "Lentes de Transición."
The plastic lenses with variable tint are called Transition lenses.

Los lentes de cristal de tinte variable son llamados "PhotoGrey Extra."
The glass lenses with variable tint are called PhotoGrey Extra.

Los lentes con PhotoGrey son más baratos que los lentes de Transición.
The lenses with PhotoGrey are less expensive (more cheap) than Transition lenses.

Pero los lentes de PhotoGrey son de cristal, así que los de PhotoGrey son dos veces más pesados que los lentes de Transición.
But the PhotoGrey lenses are glass, so they are two times heavier than Transitions.

Progressive Lenses (*Lentes progresivos*)

This material is drawn from those pamphlets from Varilux®. I will give their wording, with a little editing--because I'm compulsive that way-- accompanied by my translation of what they've said.

Varilux®'s explanation of presbyopia

“Si usted comienza a tener dificultades al leer las letras pequeñas, probablemente padece de presbiopía.”

If you begin to have difficulties when reading small letters, you probably have (suffer from) presbyopia.

“Mientras envejecemos muchos de nosotros comenzamos a padecer una condición del ojo llamada presbiopía. Es un aspecto natural del envejecimiento que dificulta enfocar objetos cercanos y otros que se encuentran a una distancia media.”

As we age, many of us begin to suffer an eye condition called presbyopia. It is a natural part of aging that makes it difficult to focus near objects and others that are at a medium distance.

Emphasizing the “no-line” feature

“Los lentes progresivos (que corigen la visión intermedia, así como la de cerca y de lejos) pueden corregir la presbiopía sin las líneas poco atractivas que tienen los bifocales.”

Progressive lenses (ones that correct intermediate vision, as well as near and distance vision) can correct presbyopia without those not-so-attractive lines that bifocals have.

Explaining progressive lenses

“Los lentes progresivos incluyen diferentes áreas de enfoque para corregir la vista a todas las distancias, desde el trabajo muy cerca de los ojos hasta la visión lejana.”

Progressive lenses include different areas of focus to correct your vision at all distances, from very close work to distance vision.

Dispensing

Your glasses will be ready . . .

Sus anteojos estarán listos en . . .

Your glasses will be ready in . . .

. . . ***Una hora*** . . . One hour

. . . ***dos semanas*** . . . two weeks

Cuando están listos, le hablaremos por teléfono.

When they're ready, we'll speak to you by telephone

Let's see how they fit . . .

Aquí tiene sus anteojos nuevos.

Here are your new glasses

Póngase sus lentes nuevos, por favor.

Put on your new glasses, please.

¿Cómo le quedan?

How do they fit you?

Dígame si los anteojos están . . .

Tell me if the glasses are. . .

<i>apretados</i>	tight
<i>suelos</i>	loose
<i>flojos</i>	lazy (loose)
<i>elevados</i>	high
<i>bajos</i>	low
<i>grandes</i>	big
<i>pequeños</i>	small

¿Le aprietan por aquí? (You might point behind the patient's ears.)

Are they tight right here?

¿Le lastiman la nariz o la oreja?

Do they bother your nose or your ear?

Espere un momento, por favor, mientras yo los ajusto.

Wait one moment, please, while I adjust them.

Blame it on the lab . . .

La medida fue hecha incorrecta.

The prescription was made incorrectly.

Voy a mandarlos al laboratorio para corregir el problema.

I am going to sent them to the laboratory to correct the problem.

How to clean them . . .

Para limpiar sus lentes nuevos, lávelos con jabón y agua.

To clean your new lenses, wash them with soap and water.

Puede secarlos con una tela suave de algodón (o un pañuelo de papel).

You can dry them with a soft cotton cloth (or with a tissue paper).

No debe usar su camisa, porque el polyester los puede rayar.

You shouldn't use your shirt, because polyester can scratch them

Here is a frame case . . .

Aquí tiene una funda.

Here you have a cover.

Es para proteger los lentes cuando no los usa.

It is for protecting your glasses when you aren't using them.

Debe meter los anteojos en la funda así . . . (demonstrate)

You should put your glasses in the case like this . . .

Billing

	They may ask:	You might answer:
How much?	<p><i>¿Cuántos salen?</i> How much are they?</p> <p><i>¿Cuánto cobran por el examen?</i> How much to you charge for the exam?</p> <p><i>¿Cuál es el precio?</i> What is the price?</p> <p><i>¿Cuánto es. . . ?</i> How much is it. . . ?</p> <p style="padding-left: 40px;">. . . <i>para el examen</i> . . . for the exam</p> <p style="padding-left: 40px;">. . . <i>para los lentes</i> . . . for the lenses</p> <p style="padding-left: 40px;">. . . <i>en total</i> . . . all together</p>	<p><i>Sesenta y nueve dólares para el examen</i> \$69 for the exam</p> <p><i>. . . y doscientos treinta para los anteojos.</i> . . . and \$230 for the glasses.</p> <p style="text-align: center;">or whatever. . .</p> <p><i>Nada. Es gratis.</i> Nothing. It's free.</p> <p><i>. . . Doscientos noventa y nueve en total.</i> . . . \$299 all together.</p>
Method of payment	<p><i>¿Aceptarán un cheque?</i> Will you accept a check?</p> <p><i>¿Puedo pagar en efectivo?</i> May I pay cash?</p> <p><i>¿Me pueden mandar una cuenta? (Un "bil"?)</i> Can you sent me a bill?</p> <p><i>¿Puedo hacerlo en pagos?</i> May I make payments?</p>	<p><i>Sí.</i></p> <p><i>¡Claro que sí!</i> Yes, of course!</p> <p><i>Tiene que pagar la mitad antes de ordenar los lentes.</i> You have to pay half before ordering the glasses.</p> <p><i>Tiene que pagar el resto antes de llevar con usted los lentes.</i> You have to pay the rest before you can take the glasses with you.</p>

Questions about medical insurance

¿Tiene seguro?

Do you have insurance?

Note: Some people will use the word “*aseguranza*” in place of “seguro”

¿Cuál es su compañía de seguros?

Which is your insurance company?

¿Cuál es el número de la póliza y grupo?

What is the policy and group number?

¿Trae la tarjeta médica?

Do you have your medical card with you?

¿Me permite sacar una copia de la tarjeta?

May I take a copy of the card?

Other treatment recommendations

Here are some other possible recommendations you might have at the end of an exam. For this course, we will not spend time going into either of them at any depth.

“I want to recommend vision therapy. . .”

Quisiera recomendarle un curso de terapia visual, para enseñarle a usar los ojos mejor.

I want to recommend to you a course of vision therapy, to teach you to use your eyes better.

“Are you interested in contact lenses?”

¿Está interesado en los lentes de contacto?

Are you interested in contact lenses?

Usted es un buen candidato para lentes de contacto.

You are a good candidate for contact lenses.

Note: I have neither the time nor the energy at present to give you all the low-down on contact lens practice in Spanish. *But look for me on the CE circuit.* I'm hoping to hook up with Vistakon or Ciba to sponsor some classes on marketing contact lenses to Hispanic patients. But then again, I had once planned to be a country music superstar too, and that hasn't happened yet either. So, I guess we'll see...

¡Adios amigos!

I'm outa here!