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Easy eye examinations: An English to Vietnamese translation

Abstract

The purpose of this paper is not only to provide a resource for optometrists and others in communicating with Vietnamese-speaking patients; it is also to provide a basic background about the Vietnamese culture, and especially to educate people of how to treat these patients in a way that is not considered rude and inconsiderate. This booklet has been separated into sections depending on the type of procedure to be performed. The English phrases are on the left. The Vietnamese translation is on the right. The sections are roughly organized similar to a typical examination. Accompanying this manual is a compact disc. It includes all of the words and phrases covered in this manual, but spoken out loud so the user can get a better feel for how the language sounds.

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Janet Leasher

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EASY EYE EXAMINATIONS:
AN ENGLISH TO VIETNAMESE TRANSLATION

by

WINNIE UYEN NGUYEN

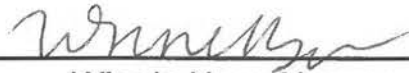
KIM THANH NGUYEN

A thesis submitted to the faculty of the
College of Optometry
Pacific University
Forest Grove, Oregon
for the degree of
Doctor of Optometry
November 2002

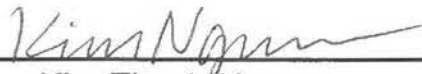
Advisor:

Dr. Janet Leasher, O.D.

Signatures



Winnie Uyen Nguyen



Kim Thanh Nguyen



Dr. Janet Leasher

Biographies

Winnie Uyen Nguyen was born in Indonesia, where her parents were staying in a refugee camp awaiting their chance to immigrate into the United States. She has called the Portland, Oregon area her home since the age of one. She attended Oregon State University, graduating in 1999 with a Bachelor of Science degree in biological science. She is currently attending Pacific University College of Optometry, graduating in May 2003. Her goal is to practice in the Portland area.

Kim Nguyen attended University of California, Davis for her undergraduate studies and graduated with a Bachelor of Sciences degree in Biological Sciences June of 1998. She is currently attending Pacific University College of Optometry and will graduate in May 2003. After graduation, she wishes to practice in California.

Abstract

The purpose of this paper is not only to provide a resource for optometrists and others in communicating with Vietnamese-speaking patients; it is also to provide a basic background about the Vietnamese culture, and especially to educate people of how to treat these patients in a way that is not considered rude and inconsiderate. This booklet has been separated into sections depending on the type of procedure to be performed. The English phrases are on the left. The Vietnamese translation is on the right. The sections are roughly organized similar to a typical examination. Accompanying this manual is a compact disc. It includes all of the words and phrases covered in this manual, but spoken out loud so the user can get a better feel for how the language sounds.

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Introduction

What most Americans know about the country of Vietnam and its people, its culture, they have learned from news broadcasts and war movies. They see the country as undeveloped, full of rice paddies and vegetable fields. They see the people as strange and exotic. Some may even hold misconceptions of all Vietnamese people being evil, stemming from the control of the communist government in the country. The purpose of this booklet is not only to provide a resource for optometrists and others in communicating with Vietnamese-speaking patients; it is also to provide a basic background about the Vietnamese culture, and especially to educate people of how to treat these patients in a way that is not considered rude and inconsiderate.

Vietnam is a country located in Southeast Asia. It is long and narrow, with the eastern border being coastal. Much of the land consists of mountains and plateaus. The southern part is marshy and warm. The northern portion is cooler and drier. Many people of different descent cohabitate in Vietnam. The majority of the people are, of course, Vietnamese. Other ethnicities include Chinese and Laotians. People in Vietnam speak many languages including Vietnamese, Chinese, English, and French. The country is comprised of big, developed cities, tiny, rural towns, and everything in between. People may live in straw hatches or high-rise apartments.

Having been under the control of different countries in its history, the culture of Vietnam has incorporated aspects of many other cultures, especially those of China, France, and the United States, into its own. Its culture is also heavily influenced by the religions practiced in the country, including Buddhism, Confucianism, Taoism, and Catholicism.

In order to communicate appropriately with Vietnamese people, you must understand how they interact with each other. People greet by bowing to each other. Handshaking is gaining more acceptance, but more with men. Stick to bowing especially for the elderly. Eye contact is not generally practiced. It is

respectful to keep your head bowed or look away when speaking to someone older or of higher authority. This would include doctors, so do not be surprised if patients do not look directly at you. There is an exception, and that would be if you are a younger doctor. Younger doctors are considered to be incompetent, with little experience. Patients may be more willing to be seen by an older doctor because of this view.

Vietnamese people tend to be very family-oriented. Do not be surprised to see patients bringing family members with them to an examination. There may also be a spokesperson for the family that may come along, usually a male.

This introduction is not meant to be a thorough teaching of Vietnamese people. This is just some basic background to get practitioners started in getting to know their Vietnamese patients. Please also keep in mind that in this day and age, a lot of people, especially the younger generation, have adopted many American lifestyles, including their customs and ways of communication. So, Vietnamese patients may range anywhere from traditional to completely modernized to American ways. Be open to different methods of communication, and expect the unexpected.

How To Use This Booklet

This booklet has been separated into sections depending on the type of procedure to be performed. The English phrases are on the left. The Vietnamese translation is on the right. The sections are roughly organized similar to a typical examination.

With the Vietnamese language, there is no universal word for “you.” Deciding the right term to use may be difficult. Here are a few guidelines. If the patient is a child or a teenager, use “em.” Early adults to patients just older than you can be called “chú” (choo) for males, or “cô” (koe), for females. (“Chị”, sister, or “anh”, brother, may also be used but is more informal.) Patients ranging from older than you to elderly may be referred to as “bác.” Elderly patients are referred to as “ông” (ong) for males, and “bà” (ba) for females. Whenever you see “(title)” within the Vietnamese translation of this booklet, insert the appropriate term for “you.”

Words of the Vietnamese language are only one syllable long. Make sure you are pronouncing the words in just one syllable. Sometimes, terms will be made by stringing two words together.

The Vietnamese language is actually quite easy to learn to read. It is very phonetic, and has little, if any, exceptions to grammar rules. For the purpose of this booklet, we will only be going over pronunciation and reading.

The Vietnamese alphabet uses 22 out the 26 letters of the English alphabet. The letters not in the Vietnamese alphabet are f, j, w, and z. The vowels, a, e, i, o, and u may also have symbols on them that changes the letter into a separate, distinguishably different letter than without the accent. For example, ô and ơ compared to the plain o. There are also five accents used in the Vietnamese language. These accents change the pitch or tone of the vowels. The accent, as in “á,” signifies that you should raise the pitch a little. The accent, as in “à,” tells us to lower the pitch of our voice for this letter. This accent,

“à”, tells us to raise our pitch, similar to the pitch we make at the end of a question. An accent similar in pitch to the last one is the “ã”. The last two accents sound more or less the same. For these accents, make it sound like a question. The last accent, like on this letter “ạ”, tells us to lower the pitch in our voice, even more than the “à”. It is more staccato, or blunt, of a sound.

Here is a basic listing of how the letters should sound:

a	as in “dAd”
ã	as in “fAther”
â	as in “bUg”
b	as in “bEd”
c	as in “Cook”
d	as in “Zoo”
đ	as in “Dog”
e	as in “fEd”
ê	as in “sAY”
g	as in “Good”
h	as in “Hello”
i	as in “fEE”
k	as in “Cat”
l	as in “Long”
m	as in “Mom”
n	as in “Not”
o	as in “frOg”
ô	as in “fOE”
ó	as in “dOUg”
p	as in “Pet”
q	as in “Queen”
r	as in “Rain”

s	as in "Safe"
t	as in "Time"
u	as in "mUg"
ũ	as in "gOOd"
v	as in "Very"
x	as in "waX"
y	as in "mY"

Here are examples of how some common letter combinations should sound.

ch	"CHerry"
gi	"Zoo"
kh	"Cake"
ng	"WHere", (this translation is not exact, but close.)
nh	"Never", (this sound is not exact, but close.)
ph	"Ferry"
tr	"TRain"

Accompanying this manual is a compact disc. It includes all of the words and phrases covered in this manual, but spoken out loud so the user can get a better feel for how the language sounds. Please use it as a guideline to further your learning of the Vietnamese language.

Case History

Hello.	Chào (title).
My name is...	Tôi tên là...
What is your name?	Tên của (title) là gì?
Please sit down.	Xin ngồi xuống.
How old are you?	(Title) bao nhiêu tuổi?
What is your problem?	(Title) có chuyện gì?
For how long?	Bao lâu rồi?
When did it start?	Lúc nào bắt đầu?
Has it happened before?	Có xảy ra lần nào chưa?
Where is it located?	Ở đâu?
Any other problems?	Có gì khác không?
Does anything help?	Có gì làm bớt được không?
How is your vision?	Mắt (title) thế nào?
Can you see clearly at near?	(Title) nhìn gần có rõ không?
Can you see clearly in the distance?	(Title) nhìn xa có rõ không?
Do you ever see double?	(Title) có bao giờ thấy đôi không?
Do you get headaches?	(Title) có bị nhức đầu không?
Do your eyes hurt?	Mắt (title) có bị đau không?
Do your eyes itch?	Mắt (title) có bị ngứa không?
Do your eyes burn?	Mắt (title) có bị cay không?

Have you had an eye exam before?	(Title) khám mắt lần nào chưa?
When?	Lúc nào?
Where?	Ở đâu?
Anything unusual then?	Có gì lạ lúc đó không?
Have you ever had any eye surgeries?	(Title) có bao giờ bị mổ mắt chưa?
Have you ever had any injuries to your eyes?	(Title) có bao giờ mắt bị thương chưa?
Do you wear glasses or contacts?	(Title) có mang mắt kính hoặc contact không?
Do you or anyone in your family have any eye conditions?	Có ai trong gia đình (title) hoặc (title) có bệnh mắt gì không?
Do you or anyone in you family have any systemic conditions?	Có ai trong gia đình (title) hoặc (title) có bệnh gì không?
Like diabetes?	Như đái đường?
Like high blood pressure?	Như cao máu?
Like cancer?	Như ung thư?
Who has that condition?	Ai có bệnh đó?
Are you currently using any medications?	(Title) có đang xài thuốc gì không?
Why are you taking this medication?	(Title) xài thuốc này làm gì?
Do you have any allergies?	(Title) có bị dị ứng gì không?

Entrance Skills:
Visual Acuities

Please cover your left eye.	Xin che mắt phải.
Please cover your right eye.	Xin che mắt trái.
Please read the smallest letter you can see.	Xin đọc chữ nhỏ nhất (title) có thể thấy.
How many fingers?	Bao nhiêu ngón tay?
Do you see the light? Where?	(Title) có thấy đèn sáng không? Ở đâu?
In what directions are the legs of the "E" pointing?	Mấy chân chữ E chỉ về phía nào?
Please look through the little hole.	Xin nhìn vào lỗ nhỏ này.
Are the letters clearer than before?	Mấy chữ có rõ hơn không?

Color Vision

Color Plates

What number is this?	Số này là số mấy?
----------------------	-------------------

Caps

Please arrange the caps from this color to this color.	Xin xếp mấy nắp từ màu này tới màu này.
--	---

Cover Test

I will be covering your eyes.	Tôi sẽ che mắt (title).
Please look at that letter.	Xin nhìn chữ kia.

Please look at this letter.

Xin nhìn chữ này.

Stereopsis

What is this?

Cái này là gì?

Which of these circles are coming out at you?

Vòng tròn nào đang đi về phía (title)?

Please pinch the fly's wings.

Xin bóp những cánh con ruồi.

Near Point of Convergence

Please follow this and tell me when you see two of them.

Xin nhìn theo cái này và cho tôi biết khi (title) thấy hai cái.

Now tell me when you see one again.

Rồi cho tôi biết khi (title) thấy một cái lại.

Extraocular Motilities

Please follow this with your eyes.

Xin nhìn theo cái này.

Let me know if your eyes hurt to move.

Cho tôi biết nếu mắt đau khi cử động.

Confrontations

Please cover your left eye.

Xin che mắt trái.

Please cover your right eye.

Xin che mắt phải.

Please look at my eye that is open.

Xin nhìn vào mắt đang mở của tôi.

Tell me when you first see this.

Cho tôi biết khi (title) thấy được cái này.

Pupillary Reflexes

I am going to shine a bright light in your eye. Tôi sẽ chiếu đèn sáng vào mắt (title).

Please look at that letter. Xin nhìn chữ kia.

Keratometry

This equipment measures the curvature of the front surface of the eye. Cái máy này sẽ đo vòng cong bề ngoài của mắt.

Please look right down the center of the instrument where you will see a reflection of your own eye. Làm ơn nhìn vào giữa máy. (Title) sẽ thấy mắt của mình.

You can blink as often as you need to, but please try to hold very still. (Title) có thể nháy mắt tự nhiên nhưng đừng có nhúc nhích.

Keep your teeth together, your chin in here and your forehead here. Đừng mở miệng, cằm để vào đây, và trán vào đây.

Retinoscopy

This test will give me an estimate of your prescription. Sự đo này sẽ cho tôi đoán độ mắt của (title).

I will be shining a light into your eyes. I need you to look out at the red and green E. Tôi sẽ chiếu đèn vào mắt (title). Xin nhìn chữ đỏ và xanh đó.

The E may quite blurry, but that's perfectly normal. Chữ E có thể mờ, nhưng như vậy không sao.

Please do not look at the light as that will affect the results of the tests. Làm ơn đừng nhìn đèn của tôi vì sẽ ảnh hưởng sự đo mắt.

If my head ever blocks more than half of Nếu mà đầu tôi che chữ E quá nửa,

the E, please let me know.

làm ơn nói cho tôi biết.

Subjective Refraction

JCC

Please look at the line of letters.

Làm ơn nhìn hàng chữ kia.

I am going to give you some lens choices and neither may be very good, but for each choice I want you to tell me which makes that line clearer or less twisted.

Tôi sẽ cho (title) vài kính để chọn. Có thể không nào tốt mấy, nhưng cho tôi biết cái nào rõ hơn.

20/40 Blur

Please look at the line of letters.

Xin nhìn hàng chữ kia.

Tell me when you can't make out any of the letters.

Nói cho tôi biết khi nào (title) không thể thấy những chữ đó nữa.

Now tell me when you first make out some of the letters.

Bây giờ cho tôi biết khi nào (title) có thể thấy vài chữ này.

MSBVA

Tell me as soon as you can make out any of the letters on that bottom line.

Nói cho tôi biết khi nào (title) có thể nhìn thấy được mấy chữ ở hàng cuối.

Could you make out even 1 or 2?

(Title) có thể thấy được một hoặc hai chữ không?

I am going to give you some lens choices. After each pair, I want you to tell me which makes the letters clearer and easier to see.

Tôi sẽ cho (title) kính để chọn. Xin cho tôi biết cái nào rõ hơn hoặc dễ coi hơn.

Which is clearer, 1 or 2?
Good, how about 3 or 4...

Cái nào rõ hơn, một hay hai?
Tốt, còn ba hay bốn?

BSBVA

Look at the bottom line of letters.

Nhìn hàng chữ cuối cùng.

Tell me as soon as you can see all the letters on that line.

Cho tôi biết khi nào (tôi) thấy được hết những chữ đó.

Go ahead and call them out for me.

Xin đọc những chữ giúp tôi.

Now tell me which one makes the letters near the bottom of the chart clearer and more comfortable to see, 1 or 2?

Xin cho tôi biết kiếng nào làm cho hàng cúi rõ hơn và dễ coi hơn, một hay hai.

Good, how about 3 or 4?

Tốt, còn ba hay bốn?

Equalization

You should see 2 blurry lines of letters.

(Title) sẽ thấy hai hàng chữ mờ.

Tell me which of the 2 lines is least blurry, the one on top or the one on the bottom.

Nói cho tôi hàng chữ nào ít mờ hơn, hàng trên hay hàng dưới?

How about now?

Còn bây giờ?

Phorias

Do you see 2 letters?
Is the top one to the left or the right of the bottom one?

(Title) có thấy được hai chữ không?
Chữ trên bên tay phải hay bên tay trái của chữ dưới?

Look at the bottom (top) one, keeping as clear as possible.

Nhìn chữ dưới (trên) và giữ nó rõ.

I am going to move the top letter.
Let me know when it is right
above the bottom one.

Tôi sẽ di chuyển chữ ở trên. Cho tôi
biết khi chữ đó ở bên trên chữ dưới.

Ok, now let's try it 1 more time from
the other side.

Bây giờ làm thêm một lần nữa cho
bên kia.

Vergences

Please look at that letter. I am going
to adjust some lenses which will
change the way that letter looks.

Nhìn chữ kia. Tôi sẽ thay đổi kính
nên những chữ sẽ thay đổi theo.

Tell me when the letter ever becomes
too blurry to read.

Nói cho tôi biết khi nào (title) không
thể đọc được nữa.

Tell me when the letter splits into two.

Nói cho tôi biết khi nào (title) thấy
chữ biến thành hai.

Now tell me when they become one
again.

Bây giờ nói cho tôi biết khi nào (title)
thấy hai chữ trở lại một.

Cross Cylinder

DCC

Do you see 2 sets of grids?

(Title) thấy được hai hình không?

Are any parts of them overlapping
or touching?

Có chỗ nào mà hai hình đó chồng
hay đụng nhau không?

Look at the top grid only and tell me
which lines appear to be darker or
more distinct, the ones going up and
down or the ones going across.

Nhìn hình trên và cho tôi biết
những hàng nào đậm hơn, hàng
chạy từ trên xuống dưới hoặc hàng
chạy từ phải tới trái.

Now look at the bottom grid and tell

Bây giờ nhìn hình ở dưới, và cho tôi

me which lines are darker?

biết hàng nào đậm hơn.

Now back to the top....

Bây giờ nhìn lại hình ở trên...

FCC

Do you see only one grid?

(Title) thấy có một hình phôi không?

Which lines appear darker, the ones going up and down or the ones going across?

Những hàng nào đậm hơn, hàng chạy từ trên xuống dưới, hoặc hàng chạy phải tới trái.

How about now?

Còn bây giờ?

Relative accommodation

Are you able to make out the letters on this card?

(Title) có thể thấy được mấy chữ này không?

Good, I am going to adjust some lenses which will change the way the letters look.

Tốt, tôi sẽ thay đổi kính trong máy, làm cho những chữ thay đổi.

Tell me when the letters become too blurry to read.

Cho tôi biết khi nào (title) không thể nào đọc được những chữ này.

Ok, now tell me as soon as they are clear again.

Bây giờ nói cho tôi biết khi nào (title) có thể đọc được lại.

Biomicroscopy

I am going to check the health of the outside of your eyes.

Bây giờ tôi sẽ kiểm soát sức khỏe của mắt (title).

Please place your chin here and your forehead against here.

Làm ơn để cằm lên đây và trán của (title) ở đây.

First, close your eyes.

Trước tiên xin nhắm mắt lại.

Now open your eyes.

Bây giờ mở mắt ra.

Look to your left.

Nhìn qua bên trái.

Look to your right.

Nhìn qua bên phải.

Look up.

Nhìn lên.

Look down

Nhìn xuống.

Look straight ahead.

Nhìn thẳng phía trước.

Gonioscopy

This special mirror will gently touch the surface of your eyes.

Cái kiếng đặc biệt này sẽ đụng vào mắt (title).

It is perfectly normal if your eye feels cold.

Nếu mắt (title) cảm thấy lạnh, đó là bình thường.

Please look straight ahead.

Làm ơn nhìn thẳng phía trước.

Keep your eye as wide open as you can.

Mở mắt bự ra.

Indirect ophthalmoscopy

Now I am going to check the health of the back of your eye.

Bây giờ tôi sẽ kiểm tra sức khỏe phía sau của mắt (title).

Please look up to your right.

Làm ơn nhìn lên qua bên phải.

Look straight up.

Nhìn thẳng lên.

Look up to your left.

Nhìn lên qua bên trái.

Look straight to your left.

Nhìn thẳng qua bên trái.

Look straight to your right.	Nhìn thẳng qua bên phải.
Look down to your right.	Nhìn xuống qua bên phải.
Look straight down.	Nhìn thẳng xuống.
Look down to your left.	Nhìn xuống qua bên trái

Visual Fields (FDT)

This equipment will measure how well you can see in the periphery.	Máy này sẽ đo coi (title) có thấy bình thường bên hông không.
Please look at the center black dot the whole time.	Làm ơn nhìn ô đen từ đầu tới cuối.
Press this button when you see a wavy light flashing around the black dot, but do not look at the wavy light. Keep looking at the center black dot.	Bấm nút này khi nào bạn thấy được hàng chớp chung quanh chấm đen, nhưng đừng nhìn thẳng vào cái đèn đó, cứ nhìn vào giữa chấm đen.

Patient Education

Your eyes are very healthy.	Mắt (title) rất khỏe.
You need glasses.	(Title) cần mắt kiếng.
You can wear contacts.	(Title) có thể mang contact.
You have a condition called...	(Title) có bệnh gọi là...
You need to use drops.	(Title) cần xài thuốc nhỏ mắt.
You need eye surgery.	(Title) cần mổ mắt.
Please return for an examination again in one year / two years.	Xin trở lại để khám mắt trong một năm / hai năm.
Do you have any questions?	(Title) ó câu hỏi gì nữa không?

Helpful Words and Phrases

Look here.	Nhìn đây.	myopia	cận thị
Look there.	Nhìn bên kia.	hyperopia	viễn thị
worse	tệ hơn	astigmatism	loạn thị
better	tốt hơn	presbyopia	lão thị
good	tốt, giỏi	blindness	mù mắt
bad	xấu	color-blind	mù sắc
right (correct)	đúng	light	đèn
wrong	sai	prescription	toa mắt kiếng
no	không	tears	nước mắt
right	phải	doctor	bác sĩ
left	trái	Slower please.	Xin chậm lại.
now	bây giờ	Do you understand?	Hiểu không?
a little more	chút nữa	I don't understand.	Tôi không hiểu
always	luôn luôn	Look there.	Nhìn bên kia.
sometimes	có khi	Please follow me.	Xin theo tôi.
minute	phút	one	một
day	ngày	two	hai
week	tuần	three	ba
month	tháng	four	bốn
year	năm		

five năm

six sáu

seven bảy

eight tám

nine chín

ten mười