

Symptoms and Conditions

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WHAT'S COVERED

In this lesson, you will learn how to ask about various symptoms and conditions in Spanish. Specifically, this lesson will cover:

1. Los Síntomas y Las Condiciones (Symptoms and Conditions)
 - a. Using Ser and Estar
 - b. Using Tener
2. Más Preguntas para el Paciente (Follow-Up Questions)



BEFORE YOU START

Watch the following video to get a preview of the vocabulary you will be learning in this lesson. You will have a chance to practice this material later, once you have progressed through the lesson.

1. Los Síntomas y Las Condiciones (Symptoms and Conditions)

It's vital that you be able to understand the symptoms that a patient has. This lesson can be used as a reference when Spanish-speaking patients list their symptoms for you. You can also use it to determine what to ask of patients.

If a patient gives you information, they will use the first person ("yo") form of the verb. If you ask a patient a question about themselves (or even about someone else), you will use the third person ("usted," "él," and "ella") form of the verb.

1a. Using Ser and Estar

Use **estar** when discussing the following conditions:

English	Spanish	Pronunciation
I am...	Yo estoy...	yo ace-toy...
Are you...?	¿Está usted...?	ace-tah oo-staid...
Is he/she...?	¿Está él / ella...?	ace-tah ale / ay-yah...

...pregnant	...embarazada	...aim-bare-ah-sah-dah
...breast-feeding	...dándole de pecho	...don-doe-lay day pay-choh
...contagious	...contagioso/a	...cone-tah-he-oh-so / sah
...dizzy	...mareado/a	...ma-ray-ah-doe / dah

Note that *estar* is also used with **intoxicado/a**. You would hear, "Estoy intoxicado/a" directly from a patient or "Está intoxicado/a" if a caregiver is speaking about the patient.

This deserves special mention because it does not mean "intoxicated/drunk." The Spanish words for intoxicated/drunk are **borracho/a**, **ebrio/a**, and **embriagado/a**. "Intoxicado" means "poisoned." The noun forms for "poisoning" are **la intoxicación** and **el envenenamiento**.

Use **ser** when discussing the following condition:

English	Spanish	Pronunciation
I am hemophilic.	Yo soy hemofílico/a.	yo soy aim-oh-fee-lee-koh / kah
Are you hemophilic?	¿Es usted hemofílico/a?	ace oo-staid aim-oh-fee-lee-koh / kah
Is he/she hemophilic?	¿Es él / ella hemofílico/a?	ace ale / ay-yah aim-oh-fee-lee-koh / kah

1b. Using Tener

For the rest of the conditions/symptoms that you will need to know, you can use the verb **tener** (to have). You can simply ask, **¿Tiene usted/él/ella ...?** and listen for **Yo tengo...**

Here's a sample dialogue to illustrate the use of the extremely important verb **tener**:

Nurse: Me llamo Stephanie. Voy a ser su enfermera. ¿Cuál es la razón de su visita? (My name is Stephanie. I'm going to be your nurse. What is the reason for your visit?)

Patient: Estoy enfermo. (I'm sick.)

Nurse: ¿Cuáles son sus síntomas? (What are your symptoms?)

Patient: Tengo dolor del estómago. (I have a stomachache.)

Nurse: ¿Tiene usted diarrea? (Do you have diarrhea?)

Patient: No. Tengo vómitos. (No. I have vomiting)

Nurse: ¿Tiene usted dolor de cabeza? (Do you have a headache?)

Patient: No. (No.)

Nurse: ¿Tiene usted fiebre? (Do you have a fever?)

Patient: No sé. (I don't know.)

Nurse: Tengo que tomarle la temperatura. (I have to take your temperature.)

Patient: Okay. (Okay.)

You will ask the patient **¿Tiene usted...?** and then fill in the blank with any of the symptoms or conditions listed below.

Alternately, if the person you are asking is not the patient, you will ask **¿Tiene ella...?** or **¿Tiene él...?** and again fill in the blank with any of the symptoms or conditions in the chart that follows. The chart is organized by symptom (similar symptoms and conditions are grouped together).

If the answer/information comes directly from the patient, listen for **(Yo) tengo....** If it comes from someone else, listen for **Ella tiene...** or **Él tiene...**

- Yo tengo... (I have...)
- Él tiene... (He has...)
- Ella tiene... (She has...)
- ¿Tiene él...? (Does he have...?)
- ¿Tiene ella...? (Does she have...?)
- ¿Tiene usted...? (Do you have...?)

English	Spanish	Pronunciation
hunger (hungry)	hambre	ahm-bray
thirst (thirsty)	sed	said
sleepy	sueño	s'wayne-yo
cold (temperature)	frío	free-oh
hot	calor	kah-lore
a fever	fiebre	fee-ay-bray
difficulty breathing	dificultad en respirar	dee-fee-cool-todd ain race-pee-rar
difficulty walking	dificultad en caminar	dee-fee-cool-todd ain kah-me-nar
difficulty swallowing	dificultad en tragar	dee-fee-cool-todd ain trah-gar
difficulty seeing	dificultad en ver	dee-fee-cool-todd ain bare
difficulty sleeping	dificultad en dormir	dee-fee-cool-todd ain door-meer
fatigue	la fatiga	la fah-tee-gah
drowsiness	la somnolencia	la soam-no-lane-see-ah
pain of the/ache in the (body part)	dolor de (body part)	doe-lore day (body part)
headache	dolor de cabeza	doe-lore day kah-bay-sah
stomach ache	dolor de estómago	doe-lore day ace-toe-mah-go
sore throat	dolor de garganta	doe-lore day gar-gahn-tah
migraine	una migraña	me-grahn-yah
a cramp	un calambre	oon kah-lahm-bray
menstrual cramps	dolor menstrual	doe-lore main-strew-all
nausea	la náusea	la now-see-ah
diarrhea	la diarrea	la dee-ah-ray-ah
an upset stomach	el revuelto del estómago	ale ray-b'well-toe dale ace-toe-mah-go
	OR trastorno estomacal	ale trass-tore-no ace-toe-mah-call
heartburn	la acidez del estómago	la ah-see-dace dale ace-toe-mah-go

indigestion	la indigestión	la een-dee-hace-tee-own
vomiting spells	los vómitos	lohs bow -me-tohs
constipation	el estreñimiento	ale ay-strain-yee-me-ain-toe
lactose intolerance	la intolerancia a la lactosa	la een-toe-lay- rahn -see-ah ah la lack- toe -sah
bronchitis	la bronquitis	la broan- key -tiece
tonsillitis	la amigdalitis	la ah-meeg-dah- lee -tiece
flu	la influenza/la gripe	la een-flu-ain-sah / la gree -pay
a common cold	un resfriado / un catarro	oon race-free- ah -doe / oon kah- tah -row
allergy symptoms	los síntomas de alergias	lohs seen -toe-mahs day ah-lair-he-ahs
a cough	una tos	oo -nah tohs
congestion	la congestión	la cone-hay-stee-own
a runny nose	la mocosidad / la moquera	la moh-koh-see- dahd / la moh- kay -rah
watery eyes	el líquido en los ojos	ale lee -key-doe ain lohs oh -hohs
dry mouth	una boca seca	oo -nah bow -kah say -kah
coldsores	las úlceras en los labios	lahs ool -say-rahs ain lohs la-bee- ohs
mouth ulcers/canker sores	las úlceras en la boca	lahs ool -say-rahs ain la bow -kah
a virus	un virus	oon bee -roose
a bacteria	una bacteria	oo -nah bahk- tay -ree-ah
a urinary tract infection	una infección del tracto urinario	oo -nah een-fake-see-own dale trahk -toe oo-ree-nah-ree-oh
frequent urination	la orinación frecuente	la oh-ree-nah-see-own fray-k' wayne -tay
ear infection	una infección del oído	oo -nah een-fake-see-own dale oh- ee -doe
a yeast infection	los hongos	lohs own -gohs
dizziness/light-headedness	el mareo	ale ma- ray -oh
fainting spells	los desmayos	lohs dace- my -ohs
weakness	la debilidad	la day-bee-lee- dahd
a sleep disorder	un trastorno del sueño	oon trahs- tore -no dale s' wayne -yo
weight loss	una pérdida de peso	oo -nah pair -dee-dah day pay -so
weight gain	un aumento de peso	oon ow- main -toe day pay -so
poor appetite	poco apetito	po -koh ah-pay- tee -toe
a cut	una cortada	oo -nah core- tah -dah
a wound	una herida	oo -nah air- ee -dah
swelling/inflammation	una inflamación	oo -nah een-flah-ma-see-own
a burn	una quemadura	oo -nah kay-ma- doo -rah

sunburn	una quemadura de sol	oo-nah kay-ma- doo -rah day sole
a burning during urination	una quemadura al orinar	oo-nah kay-ma- doo -rah all oh-ree- nar
a bite/sting	una picadura	oo-nah pee-kah- doo -rah
an itch	una picazón	oo-nah pee-kah-soan
poison ivy	la hiedra venenosa	la yay -drah bay-nay- no -sah
jock itch	la tiña inguinal	la teen -ya een-guee- nall
athlete's foot	el pie de atleta	ale pee -ay day at-lay-tah
a callus	un callo	oon kah -yo
a blister	una ampolla	oo-nah ahm- poe -yah
acne	el acne	ale ahk -nay
a rash	una erupción	oo-nah ay-roop-see- own
chicken pox	la varicela	la ba-ree- say -la
asthma	la asma	la ahs -ma
angina	la angina	la ahn- he -nah
glaucoma	el glaucoma	ale gla-ow- koe -ma
cataract	la catarata	la kah-tah- rah -tah
blurred vision	la visión nublada	la bee-see- own noo- blah -dah
epilepsy	la epilepsia	la ay-pee-lape-see-ah
ulcers	las úlceras	lahs ool-say- rahs
a cyst	una quiste	oo-nah key -stay
cancer	el cáncer	ale kahn -sair
AIDS	la SIDA (syndrome d'immuno déficience acquise)	la see -dah
arthritis	la artritis	la are- tree -tiece
dysentery	la disentería	la dee-sane-tay- ree -ah
ADHD	el trastorno de hiperactividad y un déficit de atención	ale trass- tore -no day ee-pair-ahk-tee-bee- dod ee oon day -fee-seat day ah-tain-see- own
hepatitis	la hepatitis	la ay-pa- tee -tiece
anemia	la anemia	la ah- nay -me-ah
meningitis	la meningitis	la may-nane- he -tiece
whooping cough	una tos ferina	oo-nah tohs fay- ree -nah
diabetes	las diabetes	lahs dee-ah- bay -tace
a blood clot	un coágulo	oon koh- ah -goo-low
high cholesterol	un nivel alto de colesterol	oon nee- bail all-toe day koh-lace-tay- role
	la hipertensión / la alta presión	la ee-pair-tain-see- own / la all-tah pray-see- own are-tay-

high blood pressure	arterial	ree- all
low blood pressure	la hipotensión / la baja presión arterial	la ee-po-tain-see- own / la ba -ha pray-see- own are-tay-ree- all
a heart condition	una condición del corazón	oo -nah cone-dee-see- own dale koh-rah- soan
a pacemaker	un marcapaso	oon marr-kah- pah -so
a thyroid condition	una condición del tiroideo	oo -nah cone-dee-see- own dale tee-roy- day -oh
a prostate condition	una condición de la próstata	oo -nah cone-dee-see- own day la pro -stah-tah
a respiratory condition	una condición respiratoria	oo -nah cone-dee-see- own race-pee-rah- toe -ree-ah
kidney disease	la enfermedad del riñón	la ain-fair-may- dod dale reen- yoan
lung disease	la enfermedad de los pulmones	la ain-fair-may- dod day lohs pool- moan -ace
pneumonia	la pulmonía	la pool-mo- nee -ah
Alzheimer's disease	la enfermedad de Alzheimer	la ain-fair-may- dod day all-sigh- mare
heart disease	la enfermedad del corazón	la ain-fair-may- dod dale koh-rah- soan
STD	la enfermedad de transmisión sexual	la ain-fair-may- dod day trahns-me-see- own sake-sue- all
venereal disease	la enfermedad venérea	la ain-fair-may- dod bay- nay -ray-ah
liver disease	la enfermedad del hígado	la ain-fair-may- dod dale ee -gah-doe

Note that **dolor de...** means **a pain/ache in/of the....** So, "Tengo dolor de cabeza" means "I have a headache/I have a pain in my head."

But sometimes you will hear this instead: "Me duele la cabeza," which literally means "My head hurts me." They both convey the same meaning. If patients are talking about more than one body part, they will say, "Me duelen": "Me duelen las rodias" means "My knees hurt me." Just be aware that this is how some patients will phrase this, and that "Tengo dolor de..." and "Me duele..." essentially mean the same thing.

2. Más Preguntas para el Paciente (Follow-Up Questions)

The chart below provides some follow-up questions and phrases for you to use once you determine what a patient's symptoms are.

English	Spanish	Pronunciation
For how long?	¿Hace cuánto tiempo?	ah -say k'wann -toe tee-aim-poe
Is this the first time?	¿Es la primera vez?	ace la pre- may -rah base
When was the last time?	¿Cuándo fue la última vez?	k'wann -doe f'way la ool -tee-ma-base
You should see your doctor.	Debe ver a su doctor/a.	day -bay bare ah sue doke- tore /ah
You should go to the hospital.	Debe ir al hospital.	day -bay ear all ose-pee- tall
Call 911!	¡Llame nueve, uno, uno!	ya -may noo- ay -bay oo -no oo -no

You should take... (name of medicine).	Debe tomar... (name of medicine)	day -bay toe- mar ... (name of medicine)
Have you taken ____?	¿Ha tomado ____?	ah toe- mah -doe ____



SUMMARY

In this lesson, you learned how to discuss different **symptoms and conditions** with patients in Spanish. There are a few conditions that you will need to **use ser or estar** to discuss, but you will be able to **use tener** in most cases. You also learned some **follow up questions** and statements related to symptoms and conditions that you can use if needed. The vocabulary taught in this lesson is important because it will help you understand patients' medical issues and provide recommendations.

¡Buena suerte!

Support

If you are struggling with a concept or terminology in the course, you may contact **SpanishforNursesSupport@capella.edu** for assistance.

If you are having technical issues, please contact **learningcoach@sophia.org**.

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