

General Pains and Problems

dolor - (noun) - pain	¿Donde está el dolor? (Where is the pain?)
doler - (verb) - to hurt	¿Donde le duele? (Where does it hurt you?) Me duelen las amígdalas. (The tonsils hurt me.)
molestar - to bother, to hurt Note: "Molestar" does not usually mean to molest sexually, as in English, but simply to bother. (See violar, below.)	¿Donde le molesta? (Where does it bother you?) ¿Donde le molesta? (Where does it bother you?) Me molestan las rodillas. (The knees bother me.) ¡No me molestes! (Don't bother me!)
violar - to rape, to violate, to molest sexually	estar violada (to be raped, molested sexually) estar violado if the victim is male
golpear - to strike, to hit, to beat	el golpe (noun) - the hit, the stricken area
dañar - to damage, to bruise	el daño - the damage, the bruise
quebrar - to break	quebrado - broken Está quebrado el dedo. (The finger is broken.)
romper - to break	rompido - broken roto - broken (irregular, same as rompido)
hinchar - to swell	Me hinchan las piernas. (My legs swell up.) hinchazón (noun) - swelling
picar - to itch, to pick, to prick	Me pican los dedos. (My fingers itch or prick.) picazón - pricking, itching
comezón - (noun) itching Warning: sounds like the verb "to eat", but don't worry about cannibalism.	used as verb: Me comen los ojos. (The eyes itch.)
quemar - to burn - can be with real fire, or simply feel like it	¡Me queman las plantas! (The soles of the feet burn me!) ¡Me queman las plantas! (The soles of the feet burn me!) Le quemó el fuego. (The fire burned him.) quemadura (noun) - the burn, as from a fire or scald
arder - to cause burning feeling (not with fire)	Me arde la barriga. (The stomach area burns me.) ardencia, ardor (noun) - burning feeling

ardiente (adj.) burning, ardent

riñón - kidney - but many people refer to the lower back as los riñones

Me duelen los riñones. - a very common complaint; usually sore back muscles

Digestive Terms

asientos diarrhea
(slang - literally, "seats")

diarrea diarrhea

barriga stomach/abdominal area

caca feces, stool - common term, especially among the poor - not considered vulgar
hacer caca to defecate
defecar to defecate

heces - feces, stool (more formal term)

excremento Careful of this one! In Ecuador, is used for animal waste, as in "dung", or "droppings," and may offend a patient.

mierda the "S" word - considered vulgar - Avoid this.

deposición,
evacuación bowel movement

estreñimiento - constipation (think of "strain")
(eh-strain-yee-myen-toe)

estreñido constipated
(eh-strain-yee-doe)

Note: "Constipado" does not mean "constipated", but is a noun for the common cold.

resfriado the common cold - (more common than constipado)

bichos intestinal parasites, bugs, worms (general term)
lombriz, lombrices intestinal parasites, worms
parásitos parasites

piojos head lice

Note: Be careful about suggesting to a mother that her child has lice. (¿Piojos? ¡No! ¡No!) Okay to suggest stomach bichos. They all have those.

Reproductive Terms

relaciones sexuales sexual relations

el embarazo pregnancy
estar embarazada to be pregnant - (originally "to be embarrassed")

dar a luz to give birth (literally, "to give to light")

dar pecho to nurse (literally, to give breast, or chest)
leche de pecho; breast milk
leche maternal

amamantar to nurse, to breastfeed

los senos the breasts

reglas menstrual periods

cambio de vida change of life, menopause
menopausia menopause

el aborto can mean abortion or miscarriage - might have regional meaning - check on it

la pérdida the miscarriage (literally "the loss")

Used also for loss of other things:

pérdida de sangre loss of blood
pérdida de conocimiento loss of consciousness

nacer to be born
¿Cuándo nació el bebé? When was the baby born?

recién nacido newborn

varón boy baby

desarrollo	development (as in a child or unborn baby, but also a country, etc.)
pene	penis
peine	comb (Important: pronounce all the vowels! - peh-ee-neh - Or get laughed at)
planificación familiar	birth control, family planning
anticonceptivos	contraceptives
condón	condom
ligadura	tubal ligation, "tying of tubes"
la "Te"	IUD (intra-uterine device) - shaped like the letter "T"
enfermedad venérea	venereal disease
SIDA	AIDS

Phrases, and Quirks, and "-isms" - (oh, my!)

Notice that the "reflexive verb" is used often:

Me duele.	It hurts me.
Me hinchan.	They swell me.
Me sudo de noche.	I sweat myself at night.
¿Le gusta cafe?	Does it please you (do you like) coffee?
Se acabó el medicamento.	It finished itself, the medicine. (The medicine is all gone.)
Se vende esta casa.	It sells itself, this house (This house for sale).
Aquí se asbestan los frenos.	"Here they asbestos themselves, the brakes." -translation: "Brakes relined here." Go figure...

The reflexive verb often acts like the passive voice, which your English teacher told you never to use. Ignore her. This is Spanish.

Se me perdió el medicamento.	"It was lost to me, the medicine", or, "The medicine got lost." - (Also called "guilt-free Spanish", because it blames the object.)
Perdí el medicamento.	"I lost the medicine." - (active, honorable statement.)
¿A qué hora se abre la clínica?	At what time (hour) is the clinic opened?

The Diminutive, (-ito or -ita), is used a lot in Ecuador:

éstecito	this little thing
este partecito	this little part
mas cerquita	a litte closer
mas bajito	a little lower
aquicito	right here
una agüita	a little water
¡Pobrecito! -ita!	Poor little one! (often used on a pouting child, like mine)

A mother may refer to her child's body parts in the diminutive:

la cabecita	the little head
las manitos	the little hands
el bracito	the little arm
la piernita	the little leg
la caquita	the little caca, or poopie
los huesitos	the little bones - not to be confused with...
el osito	the teddy bear - very important word - we give these away...

Blessings, etc.

Que Dios le pague.	May God pay you. (common thank-you from a patient)
Dios le bendiga.	God bless you.
bendecir	to bless (literally, "to speak well")
Si Dios quiere.	God willing.
¡Ojalá!	Let's hope to God! (from the Arabic Allah, God)
Cristo le ama.	Jesus loves you. (Cristo te ama to a child)
alabar	to praise
Alabaré.	I will praise (also the title of a popular song)
Alabemos al Señor.	Let's praise the Lord.
orar	to pray

Ecuadorianisms

de repente	once in a while - does not mean "suddenly", as in other countries
not: De repente murió.	Suddenly he died.
but rather: "¿Fuma usted?"	Do you smoke?
"De repente."	Once in a while.

bastante lots of, many, much, mucho -
 not "enough", as in other countries, but "more than enough"

"¿Pierde usted mucha sangre durante las reglas?" (Do you lose much blood during your periods?)
"¡Bastante!" (Lots!)

suficiente enough - used in Ecuador instead of bastante

The "rr" and the initial "R" are often pronounced "zh" in southern Ecuador.

Examples:

Roberto - Zhoberto

Ronald Reagan - Zhonald Zhegan

barriga - bazhiga

diarrea - diazhea

de repente - dezhepente

"Barriga" (stomach area) sounds a lot like "vejiga" (bladder). Watch it!

Etc.

la mitad the half (or) the middle
Tome la mitad esta noche, y la otra Take half tonight and the other half tomorrow night.
mitad mañana por la noche.

Ecuador es "la mitad del mundo." Ecuador is the middle of the world.

media, medio half
Tome media tableta tres veces al día con Take half a tablet three times a day with food.
comida.

al día ? por día ? Both mean "per day". Probably "al día" is more common.

plata dinero, money - (literally, "silver")
¿Por qué no compró el medicamento?" Why didn't you buy the medication?
"No tengo la plata." I don't have the money.