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A simplified guide to performing full vision exam in Arabic for non-Arabic speaking eye doctors

Jamal Masalmeh
Pacific University

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A simplified guide to performing full vision exam in Arabic for non-Arabic speaking eye doctors

Abstract
This guidebook will help the eye care professional (optometrist or ophthalmologist) to communicate and perform an eye exam with patients who speak Arabic and have limited or no English proficiency. This guidebook will introduce the practitioner to Middle Eastern culture in the context of the medical and social environment. The purpose of this guidebook is to show the eye care practitioner how to communicate and interact with women and men of Middle Eastern origin during the exam. This work by no means represents a complete description of the Middle Eastern culture. The Arabic culture and society is very complex and requires much more anthropological and sociological study. By studying this guide book the eye care practitioner will learn the basic Arabic sentences and cultural background necessary to conduct more effective and useful exam for patients who speak Arabic.

Degree Type
Thesis

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A SIMPLIFIED GUIDE
TO PERFORMING FULL VISION EXAM
IN ARABIC
FOR NON-ARABIC SPEAKING EYE DOCTORS

BY

JAMAL MASALMEH

A thesis submitted to the faculty of the
College of Optometry
Pacific University
Forest Grove, Oregon
For the degree of
Doctor of Optometry
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Advisor:
Dr. Janet L. Leasher O.D., M.P.H.
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APPENDIX B: EXPLANATION OF SOME COMMON DISEASES USING THE ARABIC LANGUAGE (HANDOUTS FOR THE PATIENTS) .................39
I was born in Dera'a, Syria. Dera'a is a town with a population of 300,000 people. It is located 65 miles south of Damascus, the capital of Syria, and about 150 miles from the holy city Jerusalem. My native language is Arabic. I finished high school in Syria. I learned to speak, read, and write English while I was living in Syria. After completing high school I moved to the United States to go to college.

I enrolled at Valparaiso University in Valparaiso, Indiana and I graduated with a bachelor degree in mechanical engineering. After that, I moved to Peoria, Illinois to pursue my master degree. I attended Bradley University and I graduated with a master degree in mechanical engineering. After earning my master degree I accepted a job at Ford Motor Company in Michigan as a test engineer. I worked at Ford for three years, and then I accepted a project engineer position at General Motors. I worked at General Motors for four and a half years. I designed few state of the art automotive testing machines for GM, and I was involved in many automotive testing projects. While at GM I decided to go back to school to pursue a degree in optometry. I enrolled in night classes to finish the prerequisite classes to gain admission into optometry schools.

While talking the pre-optometry classes I was on the dean’s honor list for academic performance at Delta College in Michigan. I applied to few optometry schools, and I was accepted at few of them. I chose Pacific University.

During my final year at Pacific University, I received a Grant from Beta Sigma Kappa the International Optometric Honor Society to finish this guidebook. Living in Oregon, gave me a chance to participate in many outdoor activities. After graduation, I am planning to further my career in optometry and establish a private practice. I am planning to help promote more awareness of the need for vision care for every one, especially for preschoolers and school age children. I will try to be more active within the American Optometric Association, and help pass a law, which requires a mandatory full vision exam for all children who are entering elementary schools.
ABSTRACT

This guidebook will help the eye care professional (optometrist or ophthalmologist) to communicate and perform an eye exam with patients who speak Arabic and have limited or no English proficiency. This guidebook will introduce the practitioner to Middle Eastern culture in the context of the medical and social environment. The purpose of this guidebook is to show the eye care practitioner how to communicate and interact with women and men of Middle Eastern origin during the exam. This work by no means represents a complete description of the Middle Eastern culture. The Arabic culture and society is very complex and requires much more anthropological and sociological study.

By studying this guidebook the eye care practitioner will learn the basic Arabic sentences and cultural background necessary to conduct more effective and useful exam for patients who speak Arabic.
ACKNOWLEDGMENTS

I would like to thank my advisor Dr. Janet Leasher who helped me a great deal by providing good guidance and encouragement. She was very supportive and enthusiastic about creating this guidebook. It would have been much harder to create this guidebook without her support and understanding. I would like also to thank Dr. Robert Yolton for his effort to make our research goes smooth and successful.

I would like also to thank my wife and kids for being patient and supportive while working on this guidebook. My wife was encouraging me all the time to do my best and be a great doctor. She also likes the idea of this guide and provided me with some good ideas.

Last but not least, I would like to thank Beta Sigma Kappa the International Optometric Honor Society for choosing to support this guidebook financially and recognizing the need for such a guide.
INTERESTING FACTS

There are approximately Three million people of Arab decent who live currently in the United States. Additionally there is an equal number of Muslims who are not of Arab decent, but they understand some Arabic because they have to read the Koran. They are concentrated in 20 major metropolitan areas. Given the high birth rate among new Arab-American and Muslim immigrants and the arrival of 25000 new immigrants from the Middle East to the U.S. every year, providing culturally competent care has become increasingly necessary.

HISTORICAL AND DEMOGRAPHIC BACKGROUND

The Arabic language is the language of the Koran (Algoraan), the holy book that was sent to prophet Mohammad (peace be upon him) in 623 A.D. They’re after the Arabic language spread to many countries and regions of the world. During the zenith period of the Islamic civilization many Arabic scholars translated Greek and Roman books about literature, math, and science into Arabic. Their contribution did not end with translating books; they did a lot of research in math, science, biology, and social sciences. Some of their contributions are the invention of the Arabic numerals including the number zero. The zero concept allows many mathematical equations to be solved, which was impossible before. They also discovered the major and minor blood circulation in the body. Many universities were founded. The biggest of these was in Baghdad, Iraq, which served as the center of the civilized world from about 750 A.D. to about 1050 A.D.

Any one who wanted to have higher education needed to go to one of these universities and the Arabic language was the language of teaching at that time. Arab traders were also active in trading with many countries known at that time. Many Arab traders married local women of the countries they trade with. The need to learn the Koran which is in Arabic and the above mentioned reasons contributed to the wide spread Arabic language, which we know today.

Today the Arabic language is the official language of twenty two countries; which comprise the Arab league (similar to the United Nation Organization) and it is based in Cairo, Egypt; These countries are as follows: Algeria, Bahrain, the Comoros Islands, Djibouti, Egypt, Iraq, Jordan, Kuwait, Lebanon, Libya, Morocco, Mauritania, Oman, Palestine, Qatar, Saudi Arabia, Somalia, Sudan, Syria, Tunisia, the United Arab Emirates, and Yemen. The above countries occupy an area equal to 1.5 times the size of the United States and extend from the Arabian sea in the east to the Atlantic ocean in the west. The twenty two countries have a total population of about 300 million. There are local accents in every country of the twenty two countries mentioned above. Even countries the accents are different from one region to another, but all of them are a variation of the main Arabic language.

Many countries other than the Arab countries uses the Arabic language in one form or another. The fact that there are more than one billion Muslims around the world who needs to read the Koran in Arabic during prayer and in many other situations contribute hugely to the wide spread of the Arabic language. Many languages like Urdu, Farsi, and Turkish use the Arabic letters also. It is interesting to know that the Arabic language is one of the official languages of the United Nations.

It is very important to know that a person who is Arab is not the same as a Muslim person. Because
an Arab person could be a Muslim, a Christian or a Jew, but a Muslim could be any nationality. Muslim is an adjective in Arabic which describes someone who practices the Islamic faith. Islam is a noun in Arabic and it is the religion which was revealed by God to the Prophet Muhammad (peace be upon him).

**THE RELIGION AND THE CULTURE**

Religion and culture are intertwined in the Middle East. Sometimes you cannot separate one from the other. That is why it is important to understand some aspects of the Islamic religion when dealing with Arabic patients and Muslim Arabic patients in particular.

Islam encourages people to seek knowledge and treatment. Treatments which are based on magic or non-scientific theories are greatly discouraged. It is the duty of the Muslim to seek treatment when ever he/she is ill or sick from a qualified individual.

As I said before not all Arabs are Muslims or believe in Islam. Some are Christians and Jews. Most Christian Arabs are concentrated in Egypt, Jordan, Lebanon, Palestine, and Syria. They are the ones who elected to keep their Christianity and not convert to Islam after the Muslims defeated the Eastern Roman empire in the 7th century A.D.

Middle Eastern Christians are mostly Orthodox. They share many of the same cultural values with Muslims who live in the same country. They are more conservative than Christians in the west (America and Europe).

The man usually is the head of the house. Jews of Middle Eastern origin are mainly concentrated in Egypt, Morocco, and Yemen. Middle Eastern Jews also tend to be conservative and have many cultural similarities with others who live in the Arab world and the Middle East. The man also tends to be the head of the household.

Muslims also share many cultural similarities with Jews and Christians, because they lived side by side for thousands of years and in many cases they came from the same origin. Differences exist between the three groups due to some differences in religious and historical background.
IMPORTANT THINGS TO KNOW

- Arab and middle eastern people in general are friendly, outgoing, and they love to chat.
- They hold doctors and health care providers in high regard and place of authority.
- Once they like you and trust you, they will be very faithful customers.
- They have close family ties and they are family oriented.
- If they like you and trust you, they will refer many family members and friends to you.
- Most of the time, they are highly educated and very proud of their culture.
- Be friendly with them, and they will accept you quickly and treat you like an old friend.
- Treat their women with a lot of respect and dignity regardless of how strange they dress.
- In Arab and Middle Eastern culture, women represent the man's honor.
- Going to a doctor could be a family affair, and more than one family member might show up.
- Women wheel a lot of influence in Middle Eastern and Arab culture contrary to what people hear or see on TV or the media.
- Do not make comments which could be interpreted as an insult to their culture or religion.
- In general treat them like you treat your best customers, and you will have customers for life.

HOW TO DEAL WITH ARAB OR MIDDLE EASTERN MEN

- Greet them with good smile and firm hand shake.
- The favorite greeting is "Al salaam alykum" which mean "Peace be upon you".
- You can call them by their first name, but precede that with Mr. "Al sayed" in Arabic. for example- Al sayed Ahmad.
- Ask them to have a seat and do not leave them standing.
- Chat with them about a minute or two about life, family, or anything if you can.
- Establish eye contact during conversation and listen intently.
- Do not rush them too much. If they talk too much, be polite and diplomatically direct them to a different subject.
- When finished, shake their hands again, walk with them for a few feet, and greet them with "Ma'a al salama" "peace with you" they will love it.

HOW TO DEAL WITH ARAB OR MIDDLE EASTERN WOMEN

- Do not shake their hands unless you ask them first if that is okay with them.
- To say "is it okay to shake your hands" in Arabic say" Hal men al momken an osafehaki? They will say either "Na'am" meaning yes or "La" meaning no.
- Usually conservative Muslim women will not shake hands with men other than their brothers, fathers, husbands, or other women.
- Some Muslim women will shake hands, but the rule is "do not shake hands unless you ask".
- If a women is accompanied by a man, shake the man's hand and greet the women with out shaking her hand.
- When examining a woman, her husband or another woman should be present, never examine a women alone unless it was okay with the woman or her relatives.
- Women tend to be more shy with strange men including doctors, try to carry a general conversation at the start of the exam to put them at ease.
- Do not be afraid to ask any question if it needed to provide good care, but be tasteful.
• Treat them normally like you treat other women and with compassion and respect.
THE ARABIC ALPHABETS
(Al Ahref Al Arabia)

How it is said in Arabic

Alf
Ba’aa
Ta’aa
Tha’a
Geem
Ha’a
Kha’a
Daal
Tha’aa
Ra’aa
Zain
Seen
Sheen
Ssad
Dad
Tah
Thad
Ein
Gain
Fa’a
Gaaf
Kaf
Lam
Meem
Noon
Ha’a
Wow
Ya’a

How it is written in Arabic
<table>
<thead>
<tr>
<th>English Name</th>
<th>Arabic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lashes</td>
<td>Roomoush</td>
</tr>
<tr>
<td>Upper Lid</td>
<td>Aljifin Al aala</td>
</tr>
<tr>
<td>Lower Lid</td>
<td>Aljifin Al asfal</td>
</tr>
<tr>
<td>Cornea</td>
<td>karnniah</td>
</tr>
<tr>
<td>Conjunctiva</td>
<td>Bayad al ein</td>
</tr>
<tr>
<td>Pupil</td>
<td>Bobo</td>
</tr>
<tr>
<td>Retina</td>
<td>Al shabakia</td>
</tr>
<tr>
<td>Vitreous</td>
<td>Ma’a al ein al katheef</td>
</tr>
<tr>
<td>Anterior chamber</td>
<td>Al kesm al khareji</td>
</tr>
<tr>
<td>Posterior chamber</td>
<td>Al kesm al dakheli</td>
</tr>
<tr>
<td>Optic nerve</td>
<td>Asaab al ein</td>
</tr>
<tr>
<td>Macula</td>
<td>Al hadagah</td>
</tr>
<tr>
<td>Brian</td>
<td>Mookh</td>
</tr>
<tr>
<td>Nose</td>
<td>Anf</td>
</tr>
<tr>
<td>Lens</td>
<td>Adasah: is used for the eye’s lens, the contact lenses, and the glasses’s lenses</td>
</tr>
<tr>
<td>Ear</td>
<td>Othen</td>
</tr>
<tr>
<td>Eye brow</td>
<td>Hajib</td>
</tr>
<tr>
<td>Mouth</td>
<td>Fam</td>
</tr>
<tr>
<td>Lips</td>
<td>Shefah</td>
</tr>
<tr>
<td>Teeth</td>
<td>Asnan</td>
</tr>
<tr>
<td>Light</td>
<td>Dow</td>
</tr>
<tr>
<td>Glasses frame</td>
<td>Etar</td>
</tr>
<tr>
<td>Hair</td>
<td>Shaer</td>
</tr>
<tr>
<td>Head</td>
<td>Raas</td>
</tr>
<tr>
<td>Shoulder</td>
<td>katef</td>
</tr>
<tr>
<td>Shoulders</td>
<td>Aktaaf</td>
</tr>
<tr>
<td>Part of the Body</td>
<td>Arabic Description</td>
</tr>
<tr>
<td>-----------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>Hand</td>
<td>yad</td>
</tr>
<tr>
<td>Right</td>
<td>yameen</td>
</tr>
<tr>
<td>Left</td>
<td>yasaar</td>
</tr>
<tr>
<td>Right hand</td>
<td>Al yad al youmna</td>
</tr>
<tr>
<td>Left Hand</td>
<td>Al yad al yousra</td>
</tr>
<tr>
<td>Right eye</td>
<td>Al ein al youmna</td>
</tr>
<tr>
<td>Left eye</td>
<td>Al ein al yousra</td>
</tr>
<tr>
<td>Right ear</td>
<td>Al othen al youmna</td>
</tr>
<tr>
<td>Left ear</td>
<td>Al othen al yousra</td>
</tr>
<tr>
<td>Leg</td>
<td>Rejil</td>
</tr>
<tr>
<td>Right leg</td>
<td>Al Rejil al youmna</td>
</tr>
<tr>
<td>Left Leg</td>
<td>Al Rejil al yousra</td>
</tr>
<tr>
<td>Foot</td>
<td>Gadam</td>
</tr>
<tr>
<td>The Body</td>
<td>Jesm</td>
</tr>
<tr>
<td>Right foot</td>
<td>Al kadm al yameen</td>
</tr>
<tr>
<td>Left foot</td>
<td>Al Gadam al youmna</td>
</tr>
<tr>
<td>Finger</td>
<td>Esba'a</td>
</tr>
<tr>
<td>Numbers in English</td>
<td>Numbers in Arabic</td>
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<tr>
<td>-------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Zero</td>
<td>Sufr</td>
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<tr>
<td>One</td>
<td>Wahed</td>
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<tr>
<td>Two</td>
<td>Ethnan</td>
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<tr>
<td>Three</td>
<td>Thalatha</td>
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<tr>
<td>Four</td>
<td>Khamsa</td>
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<tr>
<td>Five</td>
<td>Setta</td>
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<tr>
<td>Six</td>
<td>Sebaa</td>
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<tr>
<td>Seven</td>
<td>Thamania</td>
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<tr>
<td>Eight</td>
<td>Tesa'a</td>
</tr>
<tr>
<td>Nine</td>
<td>Ashara</td>
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<tr>
<td>Ten</td>
<td>Ahada Ashara</td>
</tr>
<tr>
<td>Eleven</td>
<td>Ethna Ashara</td>
</tr>
<tr>
<td>Twelve</td>
<td>Thalathata Ashara</td>
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<tr>
<td>Thirteen</td>
<td>Arba'a Ashara</td>
</tr>
<tr>
<td>Fourteen</td>
<td>Khamsa Ashara</td>
</tr>
<tr>
<td>Fifteen</td>
<td>Settata Asharaaa</td>
</tr>
<tr>
<td>Sixteen</td>
<td>Sabata Ashara</td>
</tr>
<tr>
<td>Seventeen</td>
<td>Thamaniata Ashara</td>
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<tr>
<td>Eighteen</td>
<td>Tesata Ashara</td>
</tr>
<tr>
<td>Nineteen</td>
<td>Eshreen</td>
</tr>
<tr>
<td>Twenty</td>
<td>Wahed Wa Eshreen</td>
</tr>
<tr>
<td>Twenty One</td>
<td>Ethnan Wa Eshreen</td>
</tr>
<tr>
<td>Twenty Two</td>
<td>Thalatha Wa Eshreen</td>
</tr>
<tr>
<td>Twenty Three</td>
<td>Arba'a wa Eshreen</td>
</tr>
<tr>
<td>Twenty Four</td>
<td>Khamsa Wa Eshreen</td>
</tr>
<tr>
<td>Twenty Five</td>
<td>Thalathoon</td>
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<td>Thirty</td>
<td>Arbaoun</td>
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<tr>
<td>Forty</td>
<td>Khamson</td>
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<tr>
<td>Fifty</td>
<td>Settoon</td>
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<tr>
<td>Sixty</td>
<td>Saboon</td>
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<tr>
<td>Seventy</td>
<td>Thamanoon</td>
</tr>
<tr>
<td>Eighty</td>
<td>Tesoone</td>
</tr>
<tr>
<td>Ninety</td>
<td>Mee'ah</td>
</tr>
<tr>
<td>Hundred</td>
<td>Alf</td>
</tr>
</tbody>
</table>
DAYS IN ARABIC
(Ayyam Al Esboo in Arabic)

Monday       Al-ethnyn
Tuesday      Al-Thalatha’a
Wednesday  Al-Arbee-a’a
Thursday    Al-khamees
Friday      Al-juma’a
Saturday   Al-Sabet
Sunday     Al-Ahed

MONTHS IN ARABIC
(Al Ashhor in Arabic)

January      Kanoon Althany
February    Eshbat
March       Athar
April       Nisaan
May         Mayes(Ayaar)
June        Hu-zy-raan
July        Tammooz
August     Aab
September  Eilul
October    Teshreen Awwal
November   Teshreen Thani
December  Kanoon Awwal

EXPRESSIONS OF TIME IN ARABIC
(Al Tabeer an al wakt Bel Araby)

Year            Sana
Month           Shahr
Week            Esboo’a
Day             Al Youm
Hour            Sa ah
Minute         Dakika
Second        Thania
Today          Hatha Al Youm
Tomorrow       Bokrah
Day After Tomorrow Ba ed Bokrah
Yesterday  Al barcha
Day before Yesterday Al youm kabel al barcha
Tonight       Al lyla
Last night    Lylat al barcha
Tomorrow morning sabah Al Ghad
Tomorrow afternoon Masa’a al ghad
<table>
<thead>
<tr>
<th>TimeExpressions</th>
<th>ArabicTranslations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomorrow evening</td>
<td>Masa’a Bokrah (masa’a al ghad)</td>
</tr>
<tr>
<td>Every morning</td>
<td>Kul sabah</td>
</tr>
<tr>
<td>Every afternoon</td>
<td>Kul youm baed al thohr</td>
</tr>
<tr>
<td>Every evening</td>
<td>Masa’a kul youm</td>
</tr>
<tr>
<td>Every night</td>
<td>kul lyla</td>
</tr>
<tr>
<td>In the morning</td>
<td>Fe al sabah</td>
</tr>
<tr>
<td>In the afternoon</td>
<td>Ba ed al thohr</td>
</tr>
<tr>
<td>In the evening</td>
<td>Fe al masa’a</td>
</tr>
<tr>
<td>At night</td>
<td>Fe al lyl</td>
</tr>
<tr>
<td>All morning</td>
<td>Tawal al sabah</td>
</tr>
<tr>
<td>All afternoon</td>
<td>Tawal ba ed al thohr</td>
</tr>
<tr>
<td>All night</td>
<td>Tawal al lyl</td>
</tr>
<tr>
<td>Two days ago</td>
<td>Montho youman</td>
</tr>
<tr>
<td>Three weeks ago</td>
<td>Montho thalathat asabee’a</td>
</tr>
<tr>
<td>Six years ago</td>
<td>Montho settat sanawat</td>
</tr>
<tr>
<td>Always</td>
<td>Dowman</td>
</tr>
<tr>
<td>Never</td>
<td>Abadan</td>
</tr>
<tr>
<td>Sometimes</td>
<td>Ahyanan</td>
</tr>
<tr>
<td>From time to time</td>
<td>Men waqt le akhar</td>
</tr>
<tr>
<td>Now</td>
<td>AL aan</td>
</tr>
<tr>
<td>Right now</td>
<td>Fe hathehi al lahta</td>
</tr>
<tr>
<td>Before</td>
<td>Qabel</td>
</tr>
<tr>
<td>After</td>
<td>Ba ed</td>
</tr>
<tr>
<td>Later</td>
<td>Fima ba ed</td>
</tr>
<tr>
<td>Next week</td>
<td>Al esboo’A al kadem</td>
</tr>
<tr>
<td>Next year</td>
<td>Al sana al kadema</td>
</tr>
<tr>
<td>Until</td>
<td>Hattah thaleka al waqt</td>
</tr>
</tbody>
</table>

**HOW TO TELL TIME**
(kief taref al waqt)

What time is it?  
What time is it?  
It is one o’clock  
Al sa ah al waheda al aan  
It is two o’clock  
Al sa ah al thania al aan  
It is three o’clock  
Al sa ah al thalitha al aan  
It is four o’clock  
Al sa ah al rabe ah al aan  
It is five o’clock  
Al sa ah al khamesa al aan  
It is six o’clock  
Al sa ah al sadesa al aan  
It is seven o’clock  
Al sa ah al sabe ah al aan  
It is eight o’clock  
Al sa ah al thaminah al aan  
It is nine o’clock  
Al sa ah al tase ah al aan  
It is ten o’clock  
Al sa ah al ashera al aan  
It is eleven o’clock  
Al sa ah al hadiya asharah al aan  
It is twelve o’clock  
Al sa ah al thaniyata asharah al aan

“Wa: means “And” in Arabic
We are going to use "wa" when we want to connect two sentences or want to express time in hours, half hour, quarter hour, and minutes.

A.M. Qabel al thohr
P.M. Ba ed al thohr wa lylan

Please read the following examples:

**English**  **Arabic**
I will meet you at 5:00 p.m. Sawfa araka fe al saa ah al khamisa ba ed al Thohr
I will meet you at 10:00 a.m. Sawfa araka fe al saa ah al asherah sabahan
## GREETINGS AND SOCIAL AMENITIES IN ARABIC

<table>
<thead>
<tr>
<th>English</th>
<th>Arabic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good morning</td>
<td>Sabah al khair</td>
</tr>
<tr>
<td>Good evening</td>
<td>Masa al khyr</td>
</tr>
<tr>
<td>Hello</td>
<td>Marhaba</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Ma al salamah</td>
</tr>
<tr>
<td>Peace be upon you</td>
<td>Al salam alykum (This is used for any time of the day and it is preferred over all other greetings).</td>
</tr>
<tr>
<td>My name is______</td>
<td>Esmee ___________________</td>
</tr>
<tr>
<td>I am ______</td>
<td>Ana _______________________________</td>
</tr>
<tr>
<td>What is your name?</td>
<td>Ma ho wa esmoka?</td>
</tr>
<tr>
<td>I am pleased to meet you</td>
<td>Anaa Farhaan be ma refateka</td>
</tr>
<tr>
<td>How are you?</td>
<td>Keifa haloo ka?</td>
</tr>
<tr>
<td>I am good</td>
<td>Anaa jaayed</td>
</tr>
<tr>
<td>How do you feel today?</td>
<td>keifa haloo ka al youm?</td>
</tr>
<tr>
<td>I feel better than yesterday</td>
<td>Ana ashor afdal men al barcha</td>
</tr>
<tr>
<td>Please</td>
<td>Men fadleka</td>
</tr>
<tr>
<td>Thank you</td>
<td>Shukran</td>
</tr>
<tr>
<td>I am sorry</td>
<td>Ana asef</td>
</tr>
<tr>
<td>What a pity</td>
<td>hatha amroun saye’a</td>
</tr>
<tr>
<td>Congratulations</td>
<td>Tahanina</td>
</tr>
<tr>
<td>Do you speak English?</td>
<td>Hal tatakallam al Inglesia?</td>
</tr>
<tr>
<td>Please speak more slowly</td>
<td>Men fadleka takallam shewiah shewiah</td>
</tr>
<tr>
<td>What is the matter?</td>
<td>Ma be Kah?</td>
</tr>
<tr>
<td>Do you want something?</td>
<td>Hal to read shy aan?</td>
</tr>
<tr>
<td>Come in</td>
<td>Ta aal</td>
</tr>
<tr>
<td>Sit down.</td>
<td>Ojles</td>
</tr>
<tr>
<td>What can I do for you?</td>
<td>Ma tha momken an af al laka?</td>
</tr>
</tbody>
</table>
SOME NECESSARY WORDS

Girl  
Boy  
Dad  
Mom  
Uncle  
Aunt  
Cousin  
Relative(close of Kin)  
Good  
Excellent  
Apparatus  
Patient  
Accident

COLORS

White  
Black  
Yellow  
Red  
Green  
Blue  
Orange  
Purple  
Pink  
Brown  
Gray  
Khaki  
Cream

EXPRESSION OF FEELINGS AND EMOTIONS

Pain  
Painful  
Very painful  
Fever  
Headache  
Earache  
Toothache  
Stomachache  
Cramp  
Burn  
Sick  
Happy
<table>
<thead>
<tr>
<th>Emotion</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unhappy</td>
<td>Hazeen</td>
</tr>
<tr>
<td>Satisfied</td>
<td>Radcc</td>
</tr>
<tr>
<td>Unsatisfied</td>
<td>lysa radee</td>
</tr>
<tr>
<td>Depressed</td>
<td>Ka eeb</td>
</tr>
<tr>
<td>Angry</td>
<td>Ghadban</td>
</tr>
<tr>
<td>Frustrated</td>
<td>Hyran</td>
</tr>
</tbody>
</table>
CASE HISTORY

Good morning
Good afternoon
Good evening
What is your name?
My name is.......... 
Sit down, please
I only speak a little Arabic
Please, answer “yes” or “no” when possible
Have you ever been here before?
How long ago?
Please, write your address here.
How old are you?
When was your last eye exam? One, two, or three years?
Do you use contacts?
Do you use glasses?
Do you use them for seeing Far away or up close?
When did you change you prescription?
Do you have problem seeing at distance?
Do you have problem seeing while reading?
How long has it been since you noticed this Problem?
Show me at what distance you read?
Do you get headaches?
Show me in what part of the head?
When do you have headache? Morning Afternoon, or evening?
Do you have headache while reading?
Do you have headache at work or school?

Sabah al khyr
Masa al khyr
Masa al khyr
Ma howa esmoka?
Esmee..................
Ojles men fadleka
Ana at kallam al Arabia qalilan
Men fadleka, ajib na a’am am la etha kan belemkan
Hal jeeta ela hona men qabil?
Ma taa?
Men fadleka, oktub eina taskon hona
Come om roka al aan?
Ma taa fahastah einyka akher marrah?
Men sana, sanatan, talatat sanawat?
Hal tasta’a mel al adasat allaseka?
Hal tasta’a mel al natharat?
Hal tasta’a mel al natharat le tara ba eedan am karee ban?
Mata estabdalta natharatoka?
Hal la dyka moush kela le tarah men ba eed?
Hal la dyka moush kela wa anta taqra’a?
Mata lahathta thaleka?
A renee eina tada’a al ketab wa anta taqra’a?
Hal you see booka waja’a raas?
A renee eina waja’a raasouka?
Mata yakoun waja’a al raas? sabahan, thuhran, am masa an?
Hal ho naka waja’a raas endama taqra’a?
Hal ladyka waja’a raas athna’a al amal, am al madrasah?
Is the pain severe, moderate, or mild?
Does your head throb?
Does it get worse when you lie down?
Do you see lights or spots of color?
Do you see rays or colored arcs around the light?
Does it get better if you take headache medications?
Do you get pain in your eyes?
   a) Always
   b) Sometimes
   c) Since when did it begin?
   d) Has it become worse 
      masa
      in the morning, afternoon, or evening?
Do your eyes ever itch?
Do your eyes ever burn?
Do you tears your eyes?
Do you see double?
Have you ever injured your eyes?
   a) Which eye?
   b) Was it a blow, a cut, or 
      Something entered the eye?
Have you ever had any disease in your eyes?
Is it Glaucoma, cataracts, or infection jurthomy?
Have you ever had eye surgery?
   a) When?
   b) For cataracts?
   c) Myopia?
Hal al alam qawi, moo ta wasset, am qalil?
Hal waja'a al raas ala moujat?
Hal yazdad al alam endama tastalqi?
Hal tarah dow am alwan?
Hal tarah aqwas moo lawwana?
Hal ya ta hassan waja'a al raas endama tatanawel 
dawa?
Hal ladyka waja'a fe einyka?
   a) Da eman?
   b) ahyanan?
   c) Mata badat?
   d) Hal asbahat aswa'a fe al sabah, al thuhr, am al
Hal einyka taho koka?
Hal einyka tahrekoka?
Hal einyka tad ma aan?
Hal tara souratien le al shy al wahed?
Hal jarahta einyka men qabil?
   a) ay ein?
   b) hal kanat Darbah, joroh, am shy dakhala fe al ein?
Hal la dyka marad fe einyka?
Hal ho wa Glaucoma, ma'a azraq, am tala wouth
Hal amelta amaliata ein men qabil?
   a) mata?
   b) meshan al ma'a al azraq?
   c) Qouser al nather?
Have you ever had strabismus surgery?
Are you taking any medications?
What is the name of the medicine?
How long have you been talking this medicine?
What do you take it for?
Are you pregnant?
Do you think you are pregnant?
Are you taking contraceptives?
Do you have or ever had any of the following?
   a) Diabetes?
   b) Kidney problems?
   c) Thyroid problems?
   d) High blood pressure?
   e) Heart problem?
Do you have allergy to any medicine?
Do you have allergy to anything?
Do you have sinus problems?
Does anyone in your family have any of the following?
   a) Diabetes?
   b) Kidney problems?
   c) Thyroid problems?
   d) High blood pressure?
   e) Heart problem?
Do you drink alcohol?
Do you take illegal drugs?
Do you smoke?
How much do you smoke?
Do you see lights or flashes?
Do you see it constantly or off and on?
Do you see dark patches or have you ever seen one?

Do objects appear distorted some times?

Does it seem like a shade is held over your eyes?

Hal tara manatek muthlemah fe nathareka am hal ra eita hatha men qabil?

Hal tabdoo al ashya'a multawe yah ahyanan?

Hal yabdou ka anna shy amam einyka?
VISUAL ACUITY
Cover your right eye
Cover your left eye
Read the smallest line you can
What letter do you see?
What number do you see?
How many fingers you see?
Is my hand moving?
Do you see the light? where?

Sakker einaka al yameen
Sakker einaka al yassar
Egra'a al ahrouf alla tee taraha
Ma howa al harf al la thee taraho?
Ma ho wa al raqam al la thee taraho?
Kam esba'a tara al aan?
Hal yadee tata harrak al an?
Hal tara al dow? Eina?

PINHOLE
Look through this hole
Now, read those letters ahead
Do they look clearer than before?

Onthor men hatha al thoqib.
Al an egra'a ma howa honak.
Hal tathhar owdah men qabil?

COVER TEST
Please look at the letter on the wall
Please look at this target here.

Menfadleka onthor ela al harf ala al jidar
Onthour ela hatha al harf hona.

NEAR POINT OF CONVERGENCE
Please fixate on this and tell me if it doubles
Now tell me when you see one.

Menfadleka onthor le hatha wa qoul le endama tara Ethnan.
Al an qoul le endama tara wahed.

NEAR POINT OF ACCOMMODATION
Keep looking at these letters.
Tell me when they become blurry.

Ebqi natharouka ala hathehi al ahrouf.
Qoul le endama tosbeh al ahrouf lysat wadeha.

VERSIONS
Follow my light with your eyes only.
Try not to move your head.

Tabe'a Al dow be einyka fakat.
Hawel an la to harrek Rasaka.
PUPILLARY REFLEXES
Please look Straight ahead.
Do not look at my light.
Menfadleka, onthor amamaka be estiqama
La tanthor ela al dow.

CONFRONTATION VISUAL FIELD
Please cover your left eye.
Keep looking at my nose.
Tell me how many fingers you see.
Menfadleka sakker eiynaka al yasar.
Onthor ela anfi be estimrar.
Qoul le kam esba an tara.

PUPILLARY DISTANCE MEASUREMENT
Please look at my open eye above the light.
Menfadleka, onthor ela eini fouqa al dow.

D-15 COLOR TEST
Please arrange the colors infront of you in order
Menfadleka rattib al alwan amamaka bel tadreej

ISHAHARA COLOR BOOK
Please tell me what number do you see.
Menfadleka qoul le ma howa al raqam alla thee taraho.

KERATOMETRY
Put your chin here
Da'a thaqnoka hona.
Place your forehead here.
Da'a jabahatoka hona.
Look at the light inside the instrument.
Onthor ela al dow fe al jihas.
You will see the reflection of your eye.
Soufa tara en ekas cinaka
It is okey to blink
Men al momken an tarmoush.
It is important that you keep your forehead against the forhead rest.
Moo him an tobqi jaba hatoka ala hathehi (point to the forehead rest).
Please, open both eyes wide.
Menfadleka, eftah einaka wassi an.
Please, don't move your head.
Menfadleka, la too harrek rasaka.
Please, don't move your eyes
Menfadleka la too harrek cinyka.
Please move your head away from the instrument.
Men fadleka eb ed rasaka an al jihas.
STATIC RETINOSCOPY

What colors do you see?
Now, your vision will be blurry
I made that on purpose
Do not worry
Keep looking at the red and green
Read the smallest line you can see
Try to keep both eyes open
Does this make it better?
Does this make it worse?

EXTERNALS

Look at the letter on the wall
Please, follow my light with your eyes
Do not move your head.
Tell me how many lights you see?
I am going to bring my light towards you.
Tell me when you see two lights
Look up
Look down
Look at my nose
Look toward your feet
Look at this eye
Please, Look straight ahead

HABITUAL PHORIAS

Do you see that letter on the wall?
Now, I am going to make you see double.
Is one letter higher than the other?
Which letter, the top or the bottom?
Tell me when the two letters are on top of each other like buttons on a shirt.
Tell me when the two letters are besides
each other like headlights on a car.

SLIT LAMP

Put your chin here
Look at my ears
Look straight ahead
It is important that you keep your forehead against the forehead rest.
(point to the forehead rest).

Please move your head away from the instrument.
Open both eyes wide.
Don't move your head.
Don't move your eyes
Don't blink
I am going to examine the front of the eye.
Please, close your eyes.
Open both eyes.
Look straight ahead.
I am going to examine your lids
I am going to examine the conjunctiva
Please look up.
look down
Look to the right.
Look to the left.
Blink
Please move your head away from the instrument.

SUBJECTIVE REFRACTION

Can you read those letters?
Tell me when the letters become blurry.
Tell me when the letters become clear.

Now, your vision will be blurry

I made that on purpose

Look at the letters inside the red and green

Which side is clear the red or green?

How about now?

JACKSON CROSS CYLINDER

Tell me which one makes it clearer 1 or 2 they equal?

Qoul le endama tosbeh al ahrouf wadeha.

Al an natharoo ka soufa yakoon lysa wadehan?

Ana amelto hatha an qasid

Onthor ela al ahref themen al ahmar wa al akhdar.

Ma howa al janib al wadeh al ahmar am al akhdar?

Wa al aan?

Qoul le ma howa akthar woudoo han wahed or are am ethnan, am homa moo ta sa weyan?
MINIMUM PLUS TO MONOCULAR SUBJECTIVE

Tell me when you are able to read most of the line. Qoul le endama Be emkanika an taqra matham al satr.

Which one you like No.1 or No 2? Ma howa akthar woo doohan wahed am ethnan?

How about No 3 or No 4? Wa al aan, Ma howa akthar woo doohan thalatha am arba’a?

How about No 5 or No 6? Ma howa akthar woo doohan kamsa am setta.

Do you like this now? Hal to hibbo hatha al aan?

BALANCE

Now, I am going to make you see two lines. Al aan, soufa tara satrien.

Tell me which line is clearer top or bottom? Qoul le men howa al satr al wadeh? or are they equal? al ala am al asfal?

Are they equal now? Hal al satrien be nafs al woo dooh al aan?

MINIMUM PLUS TO BINOCULAR SUBJECTIVE

Please tell me the first time your are able to read the whole line. Menfadleka qoul le endama taqdar an taqra’a kul al satr.

Read the line now. Eql'a al satr al aan.

Which one you like No .1 or No 2? Hal to hebbwo wahed am ethnan?

Which one do you like No 3 or No 4? Hal to hebbwo thalatha am arba’a.

FUSED CROSS CYLINDER

Which lines are darker the vertical or the horizontal lines? Men he ya akthar sawadan al khotot al amooodia am al ofoukia?

Are they equal? Hal homa moo tasawwe yan al aan.
POSITIVE/NEGATIVE RELATIVE ACCOMMODATIONS

Please keep these letters clear
Please tell me when the letters first blurs
Please tell me when you can first read one or two letters again.

INDUCED PHORIAS

Do you see that letter on the wall?
Now, I am going to make you see double.
Is one letter higher than the other?
Which letter, the top or the bottom?
Tell me when the two letters are on top of each other like buttons on a shirt.
Tell me when the two letters are besides each other like headlights on a car.

LATERAL VERGENCES (BI AND BO RANGES)

Please keep this letter clear
Tell me when the letter first blurs
Say "two" when the letter breaks into two
Say "one" when the letters become one

VERTICAL VERGENCES

Please keep this letter clear
Say "two" when the letter breaks into two
Say "one" when the letters become one

TONOMETRY

This test is easy
It will not hurt
This is a glaucoma test
Please, put your chin here
Blink few times

Please keep these letters clear
Please tell me when the letters first blurs
Please tell me when you can first read one or two letters again.

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VERTICAL VERGENCES

Please keep this letter clear
Say "two" when the letter breaks into two
Say "one" when the letters become one

TONOMETRY

This test is easy
It will not hurt
This is a glaucoma test
Please, put your chin here
Blink few times
Look at my ears
Please, open both eyes wide.
Please, don't move your head.
Please, don't move your eyes
Don't blink
I will take two readings in each eye.
I am done, sit back
(point to him/her to move back),
Thank you

Onthor ela athani
Menfadleka, eftah einyka wassi aan.
Menfadleka, la too harrek rasaka.
Menfadleka la too harrek einyka.
La tarmoush.
Soufa aqees kul cin marratan.
Ana enta hyt, ojlis

Shukran laka
FUNDUS EXAMINATION (BINOCULAR INDIRECT OPHTHALMOSCOPE)

I am going to put some drops in your eyes.

This medicine will dilate your eyes.

This will help me examine the inside of your eyes.

You will not be able to see up close for 3 hrs.

You need to wait for 15 minutes for the medicine to work.

This light will be bright.

Look up.

Look up and to the right.

Look up and to the left.

Look right.

Look left.

Look down and to the right.

Look down and to the left.

Look down.

Look at my right ear.

Look at my left ear.

Look at my light.

Thank you, you were great.
ANESTHETICS
I am going to put this drop in your eyes.
It is going to numb your eyes.
Please do not rub your eyes.
It will wear off in 5 minutes.

VISUAL FIELDS
This machine will help us test your visual Field.
We will cover the left eye.
Please put your chin here.
Look at the light in the center.
Keep looking at the light in the center.
You will see a flashing light with your peripheral vision
When you see the flashing light, click this button.
Do you have any questions?
Start when I tell you to start.
If you want to pause the test press this button for few seconds.
I will now dim the room light.
Go head and start now.
When you finish we will test the other eye.

Ana soufa ada hatha al dawa fe einyka.
Hatha al dawa soufa yaj alouka la tash or be alam.
Menfadleka la tafrouk einyka be sheddah.
Hatha al dawa soufa yaf koud maf oola hoo fe khams daqaeq.

Hatha al jihas soufa u sa edona an nafhas majal natharouka.
Soufa nosakker einoka al yasar
Menfadleka da'a thaqnoka hona.
Onthor ela al dow fe wasat al jihas
Ebqa onthor ela al dow fe wasat al jihas
Soufa tara dow yalma'a thouma yantafe be taraf einoka.
Endama tara al dow yalma'a eqbis hatha al zer.
Hal la dyka as eela?
Ebda'a endama aqoul laka an tabda'a
Etha aradta an touqef al fahes eqbis hatha al zer le eddat thawani.
Soufa atfee al dow al aan.
Ebda'a al fahes al aan
Endama tantahi soufa nafhas al ein al thania.
END OF EXAM FINDINGS AND EXPLANATIONS

Make sure your hands are clean before touching your eyes.

You have an infection in both eyes.

Put one drop in each eye 4 times a day.

You have dry eyes.

You have blepharitis

You should do lid scrubs

You should also do hot compresses.

Lid scrubs:

1) Mix 50/50 water and baby shampoo.

2) Wet a small piece of clean cotton with the mix.

3) Gently rub your eyes lids margins few times as I showed you

4) Do that twice a day

Hot compresses:

1) Wet a clean towel with very warm water.

2) Close both eyes and place the wet towel on the eye for five minutes
daqaeq.

repeat the same thing for the other eye.

I want to see you again in one day

I want to see you again in one week.

I want to see you again in one month.

I want to see you again in one year.

You are near-sighted or myopic.

You have an infection in both eyes.

Put one drop in each eye 4 times a day.

You have dry eyes.

You have blepharitis

You should do lid scrubs

You should also do hot compresses.

Lid scrubs:

1) Mix 50/50 water and baby shampoo.

2) Wet a small piece of clean cotton with the mix.

3) Gently rub your eyes lids margins few times as I showed you

4) Do that twice a day

Hot compresses:

1) Wet a clean towel with very warm water.

2) Close both eyes and place the wet towel on the eye for five minutes
daqaeq.

repeat the same thing for the other eye.

I want to see you again in one day

I want to see you again in one week.

I want to see you again in one month.

I want to see you again in one year.

You are near-sighted or myopic.
You are far-sighted or hyperopic.
You are an astigmatic myope.
You are an astigmatic hyperope.
You have astigmatism only.
You need glasses to see clearly.
You need reading glasses
You need glasses to see far and near.
Your eyes are healthy.
Do you have any question for me?
It was my pleasure to serve you.
This card has my name and phone.
Please call me if you have a question.

CHILDREN
Do you go to school?
Tell me about the school.
Do you have any problem at the school?
Are you doing good at the school.
Do you see the board clearly?
Do words get blurry when you read?
Do you have headache after school?
Do you have any problem with your eyes.
Show me how you read.

Anta ladyka boo ed nathar.
Anta ladyka enheraf wa qoser be al nathar.
Anta ladyka enheraf wa boo ed be al nathar.
Anta ladyka enheraf be al nathar faqat.
Soufa tahtaj le natharat le ky tara be woodoh.
tahtaj le natharat le ky taqra.
Anta tahtaj le natharat le tarah ba eedan wa qareeban.
einyka ja yeedatan.
Hal endaka soo aal?
Ana masrour be moo sa adateka.
Hathehi al betaka alyha esme wa talephonce.
Arjou an to kalle moune etha endaka cstefsar.

Hal tathhab le al madrasah?
Hadde thooni an al madrasah.
Hal la dyka moshkela fe al madrasah?
Hal anta taf al jayeedan fe al madrasah?
Hal tara al looh be woodoh?
Hal tousbeh al kalemat lysat wadeha endama taqra?
Hal ladyka waja'a raas ba da al madrasah?
Hal ladyka moshkelah fe einyka?
Areni kiefa taqra'a
Please answer the following questions with yes or no (talking to mom or dad or a relative of the child):

Men fadleka/fadleki ajib be "na'am" am "la" ala al as elah al taleya:

Were his eyes ever examined by a doctor? Hal fohesat einy teflooki enda dooctoor men qabil?

Tell me about your child health qool le an sehhat teflooki.

Does your child tilt his/her head when he reads? Hal tefloke yahni rasaho/rasaha endama yaqra'a?

Did he/she have an accident? Hal hasala laho/laha hadeth?

Did he/she have an injury to his eyes. Hal oseebat cinaho/cinaha men qabel?

Does he/she report seeing double? Hal waladouki yaqoul annaho yara kul shy ethnan?

Does your child bring the book too close when reading? Hal yahmel waladooki al ketab qariban jiddan endama yaqra'a?

Does he/she cover one eye sometimes? Hal teflooki you sakker ahad einyhi ahyanan?

Does your child's eyes become red after reading? Hal tosbeh einy teflooki hamra'a ba ed an yaqra?

Does your child rub his/her eyes a lot? Hal yafrook teflooki einyhi katheran?

Does your child blink alot? Hal yarmoosh waladouki katheran?

Does your child bump into objects alot? Hal yastadem teflooki be al ashia'a katheran?

Is he/she sensitive to light? Hal howa/heya hassas jiddan le al dow?

Did he/she wear glasses before? Hal teflooki yalbas am labesa natharaat men qabil?

**DISPENSING**

Your exam is done Ana entahyto men fahseka.

You will need glasses to see good Soufa tahtaj le natharat le ky tara jayiddan.

Please follow me to the dispensary. Menfadleka etbane el markaz al natharaat.

The lady/gentleman here will help you. Al sayeda/al sayed hona soufa you sa edoka.
FRAME SELECTION

I will be helping you to pick your glasses.
Please pick the frame you like.
I will order your glasses today.
The glasses will be here in two weeks
We will call you when your glasses are her.
Do you have any questions?
Thank you for doing business with us.
Please come again.

FRAME DISPENSING

Here are your new glasses.
Please, put them on.
look in the mirror.
What do you think?
Answer "yes" or "no":
Are your glasses:
  a. Tight?
  b. Loose?
  c. High?
  d. Low?
  e. Large?
  f. Small?
Do they hurt your nose or ear?
Please look down.
Look right.
Look left.
I will adjust natharatooka.
your glasses look good now.
You should wear your glasses full time.
Wear your glasses when you read.
These glasses are for driving and to see far.
These are bifocal glasses.
Bifocals will help you see at far and near together.
It may take few weeks to adapt to your.
glasses
Please call me if you have any question.
It was nice meeting you.
Good bye.

Natharatooka jayidah al aan.
Yajib an talbas natharatooka dowman.
Elbas natharatooka endama taqra'a.
Hathehi al natharat le qeyadat al sayyarah wa le al nather an bo ed.
Hathehi natharat thunacyyat al tarkeez.
Al natharat al thuna eyyat al tarkeez tosa eduka an tara ba edan wa qareeban.
Soufa tahtaj le bed at asabee le tata aqlam ala al natharat al jadida.
Menfadleka ettasel be etha kan endaka estifsar.
Ana masrour be maree fateka.
Ma'a al salama.
REFERENCES

1- Elaine M. Geissler, Cultural Assessment, 2nd Edition, Mosby

2- The American-Arab Anti-Discrimination Committee. Can be reached at WWW.ADC.ORG

3- The Students Guide to Doing Eye Exams in Spanish by the students of the University Of California at Berkley, College of Optometry.

4- The author's knowledge of the Arabic and Middle East culture gained by growing up in the Middle East.
The Arab World

The Arab world is made up of 22 countries stretching from Morocco in the west to Oman in the east. The population is made up of 300 million people and their combined economies surpass $1 trillion annually. The religion of the majority of people in Arab countries is Islam, but Arabs make up less than one third of the world's 1 billion Muslims. Interestingly, the majority of Arab Americans are Christian.

(Sources: League of Arab States, CIA World Factbook, 100 Questions & Answers About Arab Americans)
WHAT IS GLAUCOMA?
WHAT IS CATARACT?

ما هو مرض العين الأزرق؟

هناك عمليات جراحية يتم فيها استئصال العدسة. هذه العمليات ناجحة بنسبة 95% وليس هناك أي أعراض خطيرة.

إذن العملية يتم زرع عدسة صناعية جديدة مكان العدسة الطبيعية.

يستطيع المريض نظره بشكل جيد جداً العملية تستغرق أقل من خمسة عشرة دقيقة لكل عين ويعود بعدة أيام يستطيع المريض أن يعود إلى عمله.
WHAT IS DIABETES?

ما هو مرض السكري?

مرض السكري هو عدم قدرة الجسم على حرق السكريات البسيطة في الدم المستخلصة من الطعام. مرض السكري يصيب تغييرات في تركيبة العين و من الممكن أن يؤدي إلى العمى.

يجب عليك أن تفحص عينيك مرة واحدة في السنة على الأقل من أعراض المرض العطش الذهاب إلى الحمام بكثرة التعب و بطء في التنام الجروح يجب عليك الذهاب إلى طبيبك إذا شعرت بأي من هذه الاعراض