Basic Spanish for the optometric exam

Raymond C. Goodman
Pacific University

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Abstract
There are few clinics like Virginia Garcia Memorial Clinic in Cornelius, OR. VGMC is a low-income, Spanish-friendly clinic serving primarily a Hispanic population. This is a population with a great need for eye care and few Spanish-speaking doctors to provide it. As the native Hispanic population increases in the U.S., the ability to communicate in Spanish will become more of a necessity for many optometrist. This project is an English-Spanish translation of the instructions for the common tests included in a comprehensive vision exam. It includes instructions for children and common Spanish phrases, a pronunciation guide, and common optometric/medical terminology. The translation guide is geared for doctors who don't know Spanish in a primary care setting. It was designed to be published as an interactive website and can also be used in hardcopy form. 4

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Basic Spanish
for the
Optometric Exam

By
Raymond C. Goodman

A thesis submitted to the faculty of the
College of Optometry
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Suzanne D. Scott, O.D.
Basic Spanish
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Biography

Raymond Clyde Goodman

Raymond was born June 6, 1975 in Twin Falls, Idaho. He grew up in Gooding, Idaho, and graduated from Gooding High School in 1993. He then attended Ricks College, Boise State University, and Pacific University, receiving a Bachelor of Science from Pacific University. On June 21, 1997, Raymond was married to Lori Irwin from British Columbia, Canada. They have two children, Michael Ryan born July 22, 1998 and Natalie Mae born August 16, 2000.

Upon graduation and licensure Raymond plans to become an associate at a private practice in Gooding, ID that will later lead to ownership. He looks forward to practicing in his hometown and raising his children there.
Abstract

There are few clinics like Virginia Garcia Memorial Clinic in Cornelius, OR. VGMC is a low-income, Spanish-friendly clinic serving primarily a Hispanic population. This is a population with a great need for eye care and few Spanish-speaking doctors to provide it. As the native Hispanic population increases in the U.S., the ability to communicate in Spanish will become more of a necessity for many optometrist.

This project is an English-Spanish translation of the instructions for the common tests included in a comprehensive vision exam. It includes instructions for children and common Spanish phrases, a pronunciation guide, and common optometric/medical terminology. The translation guide is geared for doctors who don’t know Spanish in a primary care setting.

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Suzanne Scott, O.D., for editing assistance and supervising the project.

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Kelly and Rosemary, my parents, for the infinite assistance.

John, Crystal, Gina, and Leisa, my siblings, for the beneficial impact they have had on my life.
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HISTORY
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  Last Eye Exam
  Personal And Family Ocular History
  Personal And Family Medical History
  Medications
  Allergies
  Headaches

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  Pinhole
  Externals and Cover Test
  Confrontation Fields
  Stereopsis Tests
  Keratometry
  Static Retinoscopy
  MSBVA
  JCC
  Balance
  Subjective Refraction
  Phorias
  Near
  NRA/PRA
  Trail Frame
  Slit Lamp Exam
  Tonometry
  Direct Ophthalmoscopy
  Binocular Indirect Ophthalmoscopy
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PEDIATRICS / ILLITERATE
  History
  Exam

SPECIAL INSTRUCTIONS AND EXPLANATIONS

DISPENSING
  Lens Selection
  Frame Selection
  Dispensing Lenses

BASIC VOCABULARY
  Numbers
INTRODUCTION

This website is a tool for practitioners who are not fluent or comfortable with the Spanish language. A Spanish translation of patient instructions for many basic optometric tests is provided. Because the Spanish language varies greatly from region to region, common words and general phrases are used in this paper. Specific words may differ depending on the nativity of your patient. Good luck in your efforts to provide quality eyecare to all.

HISTORY

GENERAL

Good morning.
Buenos dias.
Good afternoon.
Buenas tardes.
Sit down, please.
Siéntese, por favor.
I'm Doctor.
Yo soy el Doctor.
How are you?
¿Cómo está Usted?
How may I help you?
¿Cómo le puedo ayudar?
Do you wear glasses, OR have you worn them previously?
¿Usa usted lentes? O los ha usado antes?
For distance? For reading? Bifocals?
Para la distancia? Para leer?
Bifocales?
Do you have contact lenses?
¿Qué tipo?
How old are you?
¿Cuántos años tiene?
What is your date of birth?
¿Cuál es su fecha de nacimiento.
What type of work do you do?
¿Qué clase de trabajo hace?

CC  HISTORY  TOP

What is the problem?
¿Qué es la problema?
Why did you come in today?
¿Por qué vino hoy?
Can you see things well far away?
¿Puede ver bien las cosas de lejos?
Can you see things well up close.
¿Puede ver bien las cosas de cerca?
When did it start?
¿Cuándo empezó?
How often do you have it?
¿Cuán amenudo lo tiene.
What do you do to relieve the problem?
¿Qué hace para aliviar el problema?
Any other problems?
¿Hay otras problemas?
Is it temporary or constant?
¿Está temporario o constante?

LEE  HISTORY  TOP

When was your last eye examination?
¿Cuándo fue su último examen de los ojos?
What did the doctor recommend?
¿Qué recomendó el doctor?
When was the last time your eyeglass prescription was changed?
¿Cuándo fue la última vez que le cambiaron la receta de sus lentes?

PERSONAL AND FAMILY OCULAR HISTORY  HISTORY  TOP

Have you had any injury affecting your eyes?
¿Ha tenido algún herida afectando sus ojos?
Have you had surgery on your eyes?
¿Ha tenido cirugía en los ojos?
Have you had any eye infections?
¿Ha tenido infecciones de los ojos?
Do you have ¿Tiene
blindness, ceguédad,
cataract, catarata,
crossed eyes, bizco,
glaucoma, glaucoma,
or macular degeneration? o degeneración macular?
Does anyone in your family have problems with

See above lists

Do your eyes

burn,
sting,
water,
itch,
or irritate you very much?

Do you see double? When?

Do you feel something in your eye?

Do you see

flashes,
lights,
or stars
around objects?

Is it temporary or constant?

At times do objects appear distorted?

For how long have you had it?

Does your vision seem cloudy?

PERSONAL AND FAMILY MEDICAL HISTORY

When was your last medical exam?

What did the doctor recommend?

When was your last complete physical examination?

How is your general health?

Do you have

cancer,
diabetes,
high blood pressure,
heart problems,
kidney problems,
liver problems,
or thyroid problems?

Does anyone in your family have problems with

See above lists
Have you been under a doctor's care?
¿Ha estado bajo cuidado de un doctor?

What is his name, address, and telephone number?
¿Cuál es el nombre del doctor, la dirección y su número telefonico?

Do you drink a lot of alcohol?
¿Bebe muchas bebidas alcohólicas?

Do you smoke? How much?
¿Fuma? ¿Cuánto?

**MEDICATIONS HISTORY TOP**

Are you taking medication, vitamins, or herbs?
¿Está tomando medicina, vitaminas, o hierbas?

Do you ever forget to take the medicine?
¿A veces olvida tomar su medicina?

For what reason do you take the medicines?
¿Cuál es la razón para tomar las medicinas?

**ALLERGIES HISTORY TOP**

Do you have any allergies?
¿Tiene alergias?

Do you have allergies to medication?
¿Tiene alergias a medicinas?

Do you have allergies to plants?
¿Tiene alergias a plantas?

Do you have allergies to climate changes?
¿Tiene algunas alergias a cambios de clima?

**HEADACHES HISTORY TOP**

Do you have headaches? Migraines?
¿Tiene dolores de la cabeza? Migraña?

How often do you have these headaches?
¿Con que frecuencia tiene los dolores de cabeza?

Where does it hurt?
¿Dónde le duele?

At what time of day do you have these headaches?
¿A qué hora del día tiene estos dolores de cabeza?

Is the pain strong or mild
¿El dolor es fuerte, o suave?

Does you head throb?
¿Le pulsa la cabeza?

Does it got worse when you lie down?
¿Se empeora cuando se acuesta?
Do you see stars or spots of color?
¿Ve estrellas o luces de colores?

Do you see rays or colored arcs around the lights?
¿Ve rayos o arcos de colores alrededor de las luces?

How do you relieve them?
¿Cómo se alivia de los dolores de cabeza?

Does it get better if you take aspirin? Tylenol? Advil?
¿Se mejora si toma aspirina? Tylenol? Advil?

EXAM TOP

VISUAL ACUITY

Cover your right eye.
Cubra (tapese) su ojo derecha.

Cover your left eye.
Cubra (tapese) su ojo izquierda.

Read the smallest line you can.
Lea la línea más pequeña que pueda.

Take off your glasses, please.
Quitase sus lentes, por favor.

Put them on.
Póngaselos.

How many fingers do you see?
¿Cuántos dedos se ve?

Is my hand moving?
¿Se mueve mi mano?

Do you see the light? Where?
¿Ve la luz? ¿Dónde?

What letter is it? What number is it?
¿Qué letra es? ¿Qué número es?

PINHOLE EXAM TOP

Look through this little hole.
Mire por este hueco pequeño.

Are the letters are clearer.
¿Las letras están más claras.

EXTERNALS AND COVER TEST EXAM TOP

I'm going to measure your pupils.
Voy a medirle las pupilas.

Please look at the bead (light, letter).
Por favor, mire la bolita (la luz, la letra).

I'm going to measure the distance between your eyes.
Voy a medir la distancia entre sus pupilas.
Look here.
Mire aquí.
I am going to be covering your eyes.
Voy a cubrir a sus ojos.
Look at the light on the wall.
Mire la luz en la pared.
Follow my bead (light, letter) with your eyes.
Siga mi bolita (luz, letra) con sus ojos.
Don't move your head.
No mueva la cabeza.
Tell me how many bead (light, letter) do you see.
Dígame cuántas bolitas (luces, letras) se ve.
I am going to bring my bead (light, letter) towards you.
Voy a acercarle mi bolita (luz, letra).
Follow it with your eyes and tell me if you see two.
Sígalo con sus ojos y dígame si se ve dos.
Look up.
Mire arriba.
Look down.
Mire abajo.
Look left.
Mire a la izquierda.
Look right.
Mire a la derecha.
Look at my nose.
Mire a mi nariz.
Look towards your knees.
Mire a sus rodillas.
Look at my finger.
Mire a mi dedo.
Look straight ahead.
Mire al frente.

CONFRONTATION FIELDS

Look at my nose and tell me when you see the bead.
Mire a mi nariz y dígame cuándo se ve la bolita.
Look at my nose and tell me how many fingers you see.
Mire a mi nariz y dígame cuántos dedos se ve.

STEREOPYSIS TESTING

Put these glasses on.
Pongase estos lentes.
What do you see? (fly, butterfly)
¿Que se ve? (mosca, mariposa)
Can you grab the wings?
¿Puede coger las alas?
Tell me which of the circles appears to float: the left, right, top, bottom, or the center?
   Dígame cuál de los circulos se aparece que está flotando: el izquierdo, el derecho, el de arriba, el de abajo, o el del centro.
Which animal is floating?
   ¿Cuál animal está flotando.
Guess if you don't know.
   Adevinelo si no sabe.

**KERATOMETRY**

I am going to measure the front of your eye.
   Voy a medir el frente de su ojo.
Please put your chin here and forehead against the top.
   Ponga su barbilla aquí y la frente pegada arriba.
Look at the reflection of your eye.
   Mirá la reflección de su ojo.
Blink.
   Parpadea.

**STATIC RETINOSCOPY**

I'm going to check your refraction.
   Voy a chequear su refracción.
Look at the letters and read them to yourself.
   Mire las letras y lea las en su mente.
Tell me if my head covers the letters.
   Digame si mi cabeza tapa las letras.
What colors do you see? (red, green)
   ¿Qué colores ve? (rojo, verde)
The letter should be blurry.
   Las letras deben ser borrosas.
Keep looking at the red and the green.
   Siga mirando al rojo y verde.
Don’t look at my light.
   No mire a mi luz.
Open your eyes very wide.
   Abra los ojos bien grandes.
Read the smallest line you can.
   Lea la línea más pequeña que puede.
Does this make it worse?
   ¿Este le hace peor?
Does this make it better?
   ¿Este le hace mejor?

**MSBVA**

I am going to work with one eye now.
   Voy a trabajar con un ojo ahora.
Tell me when the letters are too blurry to read ... Now can you read them?
Dígame cuándo las letras están borrosas hasta que no las puede leer... ¿Ahora las puede leer?
I'm going to show you two different lenses.
Le voy a enseñar dos lentes diferentes.
Which is better, one or two?
¿Cual es mejor, uno o dos?
Are they equal?
¿Están equales?

JCC EXAM TOP

I'm going to show you two different lenses.
Le voy a enseñar dos lentes diferentes.
Neither will be completely clear.
Ninguno será completamente claro.
Choose the lens that appears best.
Escoje el lente que se ve más claro.
Which is better, one or two?
¿Cual es mejor, uno o dos?
Are they equal?
¿Están equales?

BALANCE EXAM TOP

Do you see two lines?
¿Se ve dos líneas?
Which line is clearer, the top or bottom?
¿Cuál línea está más clara, la de arriba o abajo.
And now?
¿Y ahora?
Are they equal?
¿Están equales?

SUBJECTIVE REFRACTION EXAM TOP

I'm going to show you two different lenses.
Le voy a enseñar dos lentes diferentes.
Which is better, one or two?
¿Cual es mejor, uno o dos?

PHORIAS EXAM TOP

Do you see the spot of light?
¿Se ve el punto de luz?
Do you see the letter?
¿Se ve la letra?
Now I am going to make you see double.
   Ahora le voy hacer a ver doble.
Is the light on top to the right?
   ¿Está la luz de arriba a la derecha?
Keep the one on the bottom clear.
   Mantenga la de abajo claro.
Tell me when the top one is directly over the other.
   Dígame cuando el de arriba está directamente encima del otro.
Tell me when the two spots are side by side, like the headlights on a car.
   Dígame cuándo los dos puntos están al lado, como las luces de un carro.
Are they moving closer together?
   ¿Se están acercando?
Do you see one letter?
   ¿Se ve una letra?
Tell me when the letter is blurry or double.
   Dígame cuándo se ve la letra borrosa o doble.

NEAR EXAM TOP

Can you see the letters? Tell me when you can read the smallest letters.
   ¿Puede ver las letras? Dígame cuándo puede leer las letras más pequeñas.
Now tell me when the letters are blurry.
   Ahora dígame cuándo las letras están borrosas.

NRA/PRA EXAM TOP

I'm going to change the lenses. Tell me when the letters are to blurry to read.
   Voy a cambiar los lentes. Dígame cuándo las letras están demasiado borrosas para leer.
Now tell me when you can read them again.
   Ahora dígame cuándo puede leer las letras de nuevo.

TRIAL FRAME EXAM TOP

I'm going to put the results of your exam in this frame.
   Voy a poner los resultados de su examen en este arma.
We will go into the hall to check your vision.
   Vamos al corredor para chequear su visión.
Do you see clearly?
   ¿Se ve claro?

SLIT LAMP EXAM EXAM TOP

I'm going to look at your eyes with this microscope.
   Voy a ver sus ojos con este microscopio.
Close your eyes please.
   Cierre sus ojos por favor.
Open your eyes.
    Abra sus ojos.
Look up, down, left, and right.
    Mire arriba, abajo, a la izquierda, y a la derecha.
Look at my ear.
    Mire a mi oreja.

TONOMETRY EXAM TOP

To you have any allergies to anesthetics?
    ¿Tiene alergias a anestesias?
I'm going to check the pressure of your eyes.
    Le voy a chequear la presión del ojo.
I'm going to put these drops in your eyes. They may sting a little.
    Le voy a poner estas gotas en sus ojos. Tal vez le vayan a arder un poco.
Put your head back and look up.
    Boltea la cabeza para atrás y mire para arriba.
Put your chin here and your forehead against here.
    Ponga su barbilla aquí y la frente arriba.
Look forward and don't move your eyes.
    Mire al frente y no mueve los ojos.

DIRECT OPHTHALMOSCOPY EXAM TOP

I'm going to examine the interior of your eye.
    Voy a examinar la parte interior de su ojo.
Please look here. Look at my light.
    Por favor, mire aquí. Mire a mi luz.

BINOCULAR INDIRECT OPHTHALMOSCOPY EXAM TOP

This light will be bright.
    Estará brillante la luz.
I'm going to examine the interior of your eye again. Look up, down, left, and right
    Voy a examinar la parte interior de su ojo otra vez. Mire arriba, abajo, a la izquierda, y a la derecha.

VISUAL FIELD EXAM TOP

With this instrument I am going to check your peripheral vision.
    Con este instrumento voy a chequear su visión periférica.
I want you to put your chin here and forehead against here.
    Quiero que ponga su barbilla aquí y la frente arriba.
Look at the center of the four small lights.
    Mire hacia el centro de las cuatro luces.
Look at the light in the center.
    Mire al punto central.
You will see lights all around. Press this button each time you see a light.

Verá luces en todo alrededor. Con este botón, enpuje cada vez que mire las luces.

Do not follow the lights with your eyes, keep your vision in the center.

No siga las luces con los ojos, mantenga los ojos en el centro.

**PEDIATRICS / ILLITERATE**

**HISTORY**

(He and she are the same pronoun in Spanish)

Has he seen an eye doctor?

Ha visto un oculista?

Does he have glasses or contacts?

Tiene lentes o contactos?

How is his general health?

¿Cómo está su salud general?

Does he have any problems with his eyes, that you know of?

¿Tiene algún problema con los ojos, que Usted conoce?

Does he hold objects close to his face in order to see them?

¿Se acerca las cosas a su cara para verlas?

Does he tilt his head towards his shoulder while watching television?

¿Inclina su cabeza hacia su hombro cuando ve televisión?

Does he know the letters?

¿Sabe las letras?

Does your child go to school?

¿Su hijo (hija) va a la escuela?

How does your child do in school?

¿Cómo lleva al niño en la escuela?

Did he have an accident affecting his eyes?

¿Ha tenido un accidente que afectado sus ojos?

Does your child report:

| Dolor de cabeza? | Sí | No |
| Se acerca demantado al papel al dibujar o leer?
| Sí | No |
| Se le ponen los ojos colorados?
| Sí | No |
| Se talla los ojos o parpadea?
| Sí | No |
| Se trapieza con obstaculos?
| Sí | No |

Have you noticed the following:

| Head close to paper when writing |
| dibujar o leer? |

| Closing or covering one eye? |
| Eyes sometimes reddened? |
| Excessive eye rubbing or blinking? |

| Bumping into objects? |
| Bothered by light? |
CHILDREN'S ILLITERATE SLIDE

apple   manzana
birthday cake, pastry    torta, pastel
car    carro,
duck, little bird, chicken    pato, pajarito, pollo
hand    mano
heart    corazón
horse    caballo
telephone   teléfono
tree    arbol
umbrella    sombrilla, para agua

TUMBLING E (One isolated E at a time)

On the wall I have fingers pointing in different directions.
En la pared tengo dedos apuntando en diferente direcciones.
I want you to point your fingers in the same direction as the ones on the wall.
Quiero que pongas los dedos en la misma dirección de los que estén en el pared.

SPECIAL INSTRUCTIONS AND EXPLANATIONS

You have (don't have)
a. allergies
b. cataracts
c. conjunctivitis,
d. dry eyes
e. good eyes
f. glaucoma
g. normal eyes
h. a pterygium,
i. a retinal detachment,
j. strabismus,
k. a sty.

An infection (inflammation) of:
1. your eye.
2. your eyelids.
3. the eyelashes.

You need (or you don't need):
a. bifocals.
b. contacts
c. drops.

Tiene (no tiene)
a. alergias
b. catarata
c. conjuntivitis
d. ojos
e. ojos buenos
f. glaucoma
g. ojos normales
h. pterigian (carnocidad de ojo)
i. desprendimiento de retina
j. estrabismo
k. anzuelo

Una infección (inflamación) de:
1. El ojo,
2. Los parpados,
3. Las pestañas

Usted necesita (no necesita):
a. bifocales.
b. lentes de contacto
c. gotas.
d. (new) glasses.  

d. lentes (nuevos).

e. medicine.  

e. medicinas.

f. pills.  

f. pastillas.

g. ointment.  

g. pomada.

h. an operation.  

h. una operación.

Be sure that your hands are clean when you touch your eyes.

Estése seguro que tenga las manos limpias cuando toque sus ojos.

Gently clean your eyelashes with baby shampoo (soap) and water.

Limpia las pestáñas con shampoo de bebé (jabón) y agua suavemente.

Put these drops in your eyes ____ times a day.

Ponga estas gotas en sus ojos ____ veces al día.

Don’t rub your eyes.

No talle sus ojos.

To soothe them: wet a clean towel with cold (warm) water.

Para aliviar: moje una toalla limpia con agua fría (tibia).

Put it on your eyes for ____ minutes, ____ times a day.

Pongársela sobre los ojos por ____ minutos, ____ veces el día.

Return in: ____ days, weeks, months, years.

Vuelva en: ____ días, semanas, meses, años.

I am very glad to have served you.

Muy contento de haberle servido.

DISPENSING  

LENSE SELECTION

anti-reflection coat  

capa contra reflecciones

impact resistant  
lentes resistentes contra impactos

glass  

vidrio

permanent  

permanentes

plastic  

plastico

scratch coat  

capa contra rayas

sunglasses  
espejos oscuros, lentes para el sol, gafas

temporary  
temporarios

FRAME SELECTION

Do you prefer a:

a. square shape?  

¿Prefiere:

a. forma quadrados?

b. round shape?  

b. forma redondan?

c. oval?  

c. forma oval?

d. plastic frame?  

d. arma plástica?

e. wire frame?  

e. arma de alambre?
(The nose bridge, eye size, frame) is too (large, small).
(Puente de la nariz, el tamaño de ojos, la arma) es demasiado
(grande, pequeño).

DISPENSING LENSES  DISPENSING  TOP

I want to check the power of your spectacles?
Quiero chequear el aumento de sus lentes.

Here are your new glasses.
Aquí tiene sus lentes nuevos.

These are bifocals.
Estos son bifocales.

To clean your glasses, wash them in soap and hot water.
Para limpiar sus lentes, lávelos con jabón y agua caliente.

Your new glasses should be worn:
Usar sus lentes/anteojos nuevos:

<table>
<thead>
<tr>
<th>a.</th>
<th>all the time.</th>
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<tbody>
<tr>
<td>b.</td>
<td>for reading.</td>
</tr>
<tr>
<td>c.</td>
<td>for television.</td>
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<table>
<thead>
<tr>
<th>a.</th>
<th>comfortable</th>
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<td>b.</td>
<td>high?</td>
</tr>
<tr>
<td>c.</td>
<td>large?</td>
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<tr>
<td>d.</td>
<td>loose?</td>
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<td>e.</td>
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<thead>
<tr>
<th>a.</th>
<th>todo el tiempo.</th>
</tr>
</thead>
<tbody>
<tr>
<td>b.</td>
<td>para leer.</td>
</tr>
<tr>
<td>c.</td>
<td>para ver la televisión.</td>
</tr>
</tbody>
</table>

Are your glasses:
¿Digame si sus lentes están:

<table>
<thead>
<tr>
<th>a.</th>
<th>comfortable</th>
</tr>
</thead>
<tbody>
<tr>
<td>b.</td>
<td>high?</td>
</tr>
<tr>
<td>c.</td>
<td>large?</td>
</tr>
<tr>
<td>d.</td>
<td>loose?</td>
</tr>
<tr>
<td>e.</td>
<td>small?</td>
</tr>
<tr>
<td>f.</td>
<td>tight?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>a.</th>
<th>cómodos?</th>
</tr>
</thead>
<tbody>
<tr>
<td>b.</td>
<td>elevados?</td>
</tr>
<tr>
<td>c.</td>
<td>grandes?</td>
</tr>
<tr>
<td>d.</td>
<td>sueltos?</td>
</tr>
<tr>
<td>e.</td>
<td>pequeños?</td>
</tr>
<tr>
<td>f.</td>
<td>apretados?</td>
</tr>
</tbody>
</table>

Do they hurt your ears or nose?
¿Le lastiman su oreja o nariz?

It may take a couple of (days, weeks) to adjust to your new glasses.
Quizás va a coger (uno o dos semanas) para ajustar a sus lentes/anteojos nuevos.

The floor may tilt up or down?
El piso podrá inclinar para arriba o abajo.
BASIC VOCABULARY

NUMBERS

1: uno 21: veintiuno
2: dos 22: veintidós
3: tres 23: veintitres
4: cuatro 24: veinticuatro
5: cinco  ETCETERA
6: seis 30: treinta
7: siete 40: cuarenta
8: ocho 50: cincuenta
9: nueve 60: sesenta
10: diez 70: setenta
11: once 80: ochenta
12: doce 90: noventa
13: trece 100: cien (ciento)
14: catorce 200: doscientos
15: quince 300: trescientos
16: diez y seis  ETCETERA (expections)
17: diez y siete 500: quinientos
18: diez y ocho 700: setecientos
19: diez y nueve 900: novecientos
20: veinte 1000: mil

CARDINAL NUMBERS BASIC VOCABULARY TOP

first                  primero
second                segundo
third                 tercero
fourth                cuarto
fifth                 quinto
sixth                 sexto
seventh               séptimo
eighth                octavo
ninth                 noveno
tenth                 décimo
<table>
<thead>
<tr>
<th>COLORS</th>
<th>BASIC VOCABULARY</th>
<th>TOP</th>
</tr>
</thead>
<tbody>
<tr>
<td>blue</td>
<td>azul</td>
<td></td>
</tr>
<tr>
<td>black</td>
<td>negro</td>
<td></td>
</tr>
<tr>
<td>brown</td>
<td>café</td>
<td></td>
</tr>
<tr>
<td>green</td>
<td>verde</td>
<td></td>
</tr>
<tr>
<td>orange</td>
<td>anaranjado</td>
<td></td>
</tr>
<tr>
<td>purple</td>
<td>morada</td>
<td></td>
</tr>
<tr>
<td>red</td>
<td>rojo</td>
<td></td>
</tr>
<tr>
<td>white</td>
<td>blanco</td>
<td></td>
</tr>
<tr>
<td>yellow</td>
<td>amarillo</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAYS OF THE WEEK</th>
<th>BASIC VOCABULARY</th>
<th>TOP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>lunes</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>martes</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>miércoles</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>jueves</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>viernes</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>sábado</td>
<td></td>
</tr>
<tr>
<td>Sundays</td>
<td>domingo</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONTHS OF THE YEAR</th>
<th>BASIC VOCABULARY</th>
<th>TOP</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>enero</td>
<td></td>
</tr>
<tr>
<td>February</td>
<td>febrero</td>
<td></td>
</tr>
<tr>
<td>March</td>
<td>marzo</td>
<td></td>
</tr>
<tr>
<td>April</td>
<td>abril</td>
<td></td>
</tr>
<tr>
<td>May</td>
<td>mayo</td>
<td></td>
</tr>
<tr>
<td>June</td>
<td>junio</td>
<td></td>
</tr>
<tr>
<td>July</td>
<td>julio</td>
<td></td>
</tr>
<tr>
<td>August</td>
<td>agosto</td>
<td></td>
</tr>
<tr>
<td>September</td>
<td>septiembre</td>
<td></td>
</tr>
<tr>
<td>October</td>
<td>octubre</td>
<td></td>
</tr>
<tr>
<td>November</td>
<td>noviembre</td>
<td></td>
</tr>
<tr>
<td>December</td>
<td>diciembre</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>BASIC VOCABULARY</th>
<th>TOP</th>
</tr>
</thead>
<tbody>
<tr>
<td>a lot</td>
<td>mucho</td>
<td></td>
</tr>
<tr>
<td>a little</td>
<td>poco</td>
<td></td>
</tr>
<tr>
<td>blurry</td>
<td>boroso</td>
<td></td>
</tr>
<tr>
<td>inflammation</td>
<td>inflamación</td>
<td></td>
</tr>
<tr>
<td>itch</td>
<td>comezón</td>
<td></td>
</tr>
<tr>
<td>dry</td>
<td>seco</td>
<td></td>
</tr>
<tr>
<td>mucus</td>
<td>mucosa</td>
<td></td>
</tr>
<tr>
<td>pain</td>
<td>dolor</td>
<td></td>
</tr>
<tr>
<td>redness</td>
<td>colorados</td>
<td></td>
</tr>
<tr>
<td>tearing</td>
<td>lagrimas</td>
<td></td>
</tr>
</tbody>
</table>
**TIME**  |  **BASIC VOCABULARY**  |  **TOP**
---|---|---
morning | la mañana | no
afternoon | la tarde | ahora
evening | la noche | o

What time is it?
¿Qué hora es?
It is ____.
Son las ____.

**BASIC WORDS AND PHRASES**

<table>
<thead>
<tr>
<th>English</th>
<th>Spanish</th>
<th>Arabic</th>
</tr>
</thead>
<tbody>
<tr>
<td>again</td>
<td>otra vez</td>
<td>no</td>
</tr>
<tr>
<td>also</td>
<td>también</td>
<td>ahora</td>
</tr>
<tr>
<td>always</td>
<td>siempre</td>
<td>o</td>
</tr>
<tr>
<td>and</td>
<td>y</td>
<td>otro</td>
</tr>
<tr>
<td>are there/is there</td>
<td>hay</td>
<td>cuarto</td>
</tr>
<tr>
<td>but</td>
<td>pero</td>
<td>mismo</td>
</tr>
<tr>
<td>bad</td>
<td>malo</td>
<td>(igual)</td>
</tr>
<tr>
<td>because</td>
<td>porque</td>
<td>A veces</td>
</tr>
<tr>
<td>better</td>
<td>mejor</td>
<td>tiempo</td>
</tr>
<tr>
<td>big</td>
<td>grande</td>
<td>hoy</td>
</tr>
<tr>
<td>day</td>
<td>día</td>
<td>mañana</td>
</tr>
<tr>
<td>few, a little</td>
<td>poco, poquito</td>
<td>demasiado</td>
</tr>
<tr>
<td>good</td>
<td>bueno</td>
<td>semana</td>
</tr>
<tr>
<td>here</td>
<td>aquí</td>
<td>año</td>
</tr>
<tr>
<td>hour</td>
<td>hora</td>
<td>sí</td>
</tr>
<tr>
<td>how many (much)?</td>
<td>¿Cuánto (cuántos)?</td>
<td>ayer</td>
</tr>
<tr>
<td>later</td>
<td>más tarde</td>
<td>bien</td>
</tr>
<tr>
<td>little, small</td>
<td>pequeño</td>
<td>¿qué?</td>
</tr>
<tr>
<td>many, a lot</td>
<td>mucho</td>
<td>¿cuándo?</td>
</tr>
<tr>
<td>maybe</td>
<td>es posible</td>
<td>¿cuál?</td>
</tr>
<tr>
<td>minute</td>
<td>minuto</td>
<td>por qué</td>
</tr>
<tr>
<td>month</td>
<td>mes</td>
<td>peor</td>
</tr>
<tr>
<td>never</td>
<td>nunca</td>
<td></td>
</tr>
</tbody>
</table>
OPTOMETRIC TERMINOLOGY

To pronounce Spanish words correctly necesitates stressing the proper syllable. The following are a few general rules.

1. If a word ends in a vowel, s, or n, the stress will be on the next-to-last syllable.

2. When a word ends in a consonant other than s or n, the stress is on the last syllable.

3. Words that do not follow the above rules will use a written accent mark on the stressed syllable or to differentiate the meaning of two words spelled alike.
   
   Cu-ál (which)    sf-yes    si-if
This is a type of layman’s guide. The proper pronunciation of letters in Spanish can be complicated. The following is a guide that will allow you to pronounce Spanish words very closely to the actual pronunciation. For exact pronunciation, please refer to a Spanish dictionary.

A sounds like a in saw.
B is the same as in English (bat).
The Spanish B and V make the same sound.
C is the same as in English (cat).
CH is the same as in English (chair).
D is the same as in English (dog).
E sounds like a in ate (ä).
F is the same as in English (fern).
G is the same as in English (gather).
H is a silent letter.
I sounds like e in bean (ē).
J sounds like h in hot.
K is not a letter in the Spanish alphabet. It is only used in foreign words and sounds like the English k.
L is the same as in English (laser).
LL sounds like y in the word yes.
M is the same as in English (mom).
N is the same as in English (no).
Ñ is the same as the English sound of ny in canyon.
O sounds like o in phone (ō).
P is the same as in English (pet).
Q is found before ue or ui. The u is silent unless it appears like this: ü. The Q has an English k sound.
R is trilled at the beginning of a word (hard tap of tongue).
R is slightly trilled in the middle of a word (soft tap of tongue).
RR is strongly trilled (double tap of tongue).
S is the same as in English (sat).
T is the same as in English (talk).
U sounds like oo in booth.
V is the same sound as b.
W is not a letter in the Spanish alphabet. It is only used in foreign words and sounds like the English w.
X is the same as in English (ax).
Y is the same as in English (yes).
Z sounds like an s.