

Multicultural Capacity/Diversity Mission Statement

To actively promote an environment that is safe, inclusive, and respectful of all communities — including PPSO clients, staff, board members, and community partners — by recognizing diversity as a core value and an integral part of the organization.

How to use this handbook

It is our responsibility and priority to provide necessary support and services for clients with limited English proficiency in receiving quality health care services.

The Planned Parenthood of Southwestern Oregon Multilingual Handbook for Clinic Services has been designed to facilitate accurate and sufficient communication between a client and a health care provider to result in appropriate care.

This handbook is an ideal resource for clients whose English proficiency level does not require an interpreter, but the use of this handbook may increase effective communication by providing supplemental medical terminology.

This handbook contains basic vocabulary and terminology that is used in reproductive and sexual health services.

***Free language interpretation services are available for everyone in our clinic locations. There are over 100 languages as well as sign language available.

Multilingual Handbook for Clinic Services SPANISH VERSION

GENERAL HEALTH

Allergies
Anemia
Anorexia
Antibiotics
Asthma
Blood transfusion
Blood vessel clots
Breast cancer
Bulimia
Depression
Diabetes
Heart disease/cardiovascular disease
Hepatitis, liver or gall bladder disease

High blood pressure
Kidney disease/bladder infections

Measles
Menopause
Migraines
Mumps
Pelvic exam
Prostate cancer
Rubella
Seizures, epilepsy
Smoking
Stroke, heart attack
Testicular cancer
Tuberculosis
UTI(Urinary Tract Infection)
Vaginitis
Yeast infection

SALUD EN GENERAL

Alergias
Anemia
Anorexia
Antibióticos
Asma
Transfusión de sangre
Coágulos de sangre
Cáncer de los senos
Bulimia
Depresión
Diabetes
Enfermedad del corazón
Hepatitis, o enfermedades del hígado o de la Vesícula biliar
Presión sanguínea alta
Enfermedad de los riñones o infecciones de la Vejiga
Sarampión
Menopausia
Migrañas
Paperas
Exámen pélvico
Cáncer de la próstata
Rubéola
Convulsiones, epilepsia
El fumar
Embolia cerebral, ataque al corazón
Cáncer de los testículos
Tuberculosis
Infección urinaria
Vaginitis
Infección por hongos

PREGNANCIES

Abortion
Ectopic pregnancy
Infertility
Miscarriage
Pregnancy test

LOS EMBARAZOS

El aborto
Embarazo ectópico
Infertilidad
Aborto espontáneo
Prueba de embarazo

SAFETY HISTORY

Sexual abuse
Sexual assault
Sexual harassment
Sexual violence

HISTORIA DE SEGURIDAD

Abuso sexual
Asalto sexual
Acoso sexual
Violencia sexual

CONTRACEPTION

Abstinence
Birth control
Cervical cap
Condom (male, female)
Depo-Provera shot
Diaphragm
Emergency contraception-Plan B
Hysterectomy
Implant
IUD
Patch
Pills
Spermicide
Sponge
Tubal sterilization
Vaginal ring
Withdrawal

ANTICONCEPCION

Abstinencia
Anticoncepción
Tapa cervical
Condón (para hombres o mujeres)
Inyección Depo-Provera
Diafragma
Anticoncepción de emergencia-Plan B
Histerectomía
Implante
DIU (dispositivo)
El Parche
Píldoras anticonceptivas
Espermicida
Esponja
Esterilización femenina
El anillo vaginal
El retiro

SYMPTOMS

Abdominal pain
Bleeding
Bump
Burning
Clotting
Cramps
Discharge
Headache
Inflammation
Itching
Irregular menstrual cycle
Lump
Odor

SINTOMAS

Dolor abdominal
Sangramiento
Bola
Ardor
Coágulación
Calambres
Secreción
Dolor de cabeza
Inflamación
Comezón
Períodos irregulares
Bulto
Olor

Pain	Dolor
Rash	Sarpullido
Redness	Enrojecimiento
Sores	Llagas
Spotting	Manchado
Swelling	Hinchazón

SEXUALLY TRANSMITTED INFECTIONS

Chlamydia
Genital herpes
Gonorrhea
Hepatitis
HIV/AIDS
HPV/genital warts
Pubic lice
Scabies
Syphilis
Trichomoniasis

INFECCIONES TRANSMITIDAS SEXUALMENTE

Clamidia
Herpes genitales
Gonorrea
Hepatitis
VIH/SIDA
VPH/verrugas genitales
Piojo del pubis
Sarna
Sífilis
Tricomoniasis

SEXUAL HEALTH

Abstinence
Anal sex
Injection drugs
Intercourse
Masturbation
Oral sex
Protected/safer sex
Unprotected sex
Vaginal
Withdrawal

LA SALUD SEXUAL

Abstinencia
Sexo anal
Drogas de inyección
El coito, relaciones sexuales
Masturbación
Sexo oral
Sexo protegido/sexo más seguro
Sexo sin protección
Vaginal
El retiro

ANATOMY & PHYSIOLOGY

Anus
Bladder
Cervix
Clitoris
Egg
Ejaculation

ANATOMIA Y FISILOGIA

El ano
La vejiga
La cervix, el cuello uterino
El clítoris
El óvulo
La eyaculación

Endometrium	El endometrio
Estrogen	El estrógeno
Fallopian tubes	Las trompas de Falopio
Foreskin	El prepucio
Groin	La ingle
Labia	Labio genital
Menstrual period	El período, la regla
Ovaries	Los ovarios
Pap smear	El Papanicolau
Penis	El pene
Pelvis	El pelvis
Prostate	La próstata
Rectum	El recto
Scrotum	El escroto
Semen	El semen
Seminal vesicle	La vesícula seminal
Sperm	Los espermatozoides
Testicle	El testículo
Testosterone	La testosterona
Urethra	La uretra
Uterus	El útero
Vagina	La vagina
Vulva	La vulva