Useful Phrases:

- I SPEAK SPANISH (A LITTLE)  
  Hablo espanol (un poco)
- GOOD DAY  
  Buenos dias
- GOOD AFTERNOON/EVENING  
  Buenas tardes
- GOOD EVENING  
  Buenas noches
- PLEASE SIT DOWN  
  Por favor, sientese
- PLEASE HAVE A SEAT  
  Por favor, tome asiento
- I AM MISS, MRS, MR.  
  Yo soy…..
- MY NAME IS...  
  Mi nobre es (or) Me llamo....
- YOUR NAME PLEASE  
  Su nombre por favor?
- YOUR LAST NAME  
  Su apellido?
- YOUR FIRST NAME  
  Su nombre
- DO YOU UNDERSTAND ENGLISH?  
  Entiende Ingles?
- DO YOU SPEAK ENGLISH?  
  Habla Ingles?

BLOOD PRESSURE

WITH YOUR PERMISSION...  
Con su permiso...
I AM GOING TO...  
voy a...
TAKE YOUR BLOOD PRESSURE  
...tome su presión
PLEASE PLACE YOUR______ARM HERE  
Puédale coloca por favor el brazo aquí
RIGHT…………………………………………………………………..derecho
LEFT………………………………………………………………………izquierdo
PLEASE RELAX YOUR ARM  
Relájese por favor el brazo
YOUR BLOOD PRESSURE IS  
Su presión es_________

Blood Pressure Results

(Note: HTN cannot be diagnosed in one reading
& goals need to be individualized)

<table>
<thead>
<tr>
<th>Population</th>
<th>Systolic Pressure</th>
<th>Diastolic Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults, normal is</td>
<td>&lt;120</td>
<td>&lt;80</td>
</tr>
<tr>
<td>Pre-Hypertension</td>
<td>120-139</td>
<td>80-89</td>
</tr>
<tr>
<td>Adults, high is at or above</td>
<td>140</td>
<td>90</td>
</tr>
<tr>
<td>Adults 30-59 with high blood pressure</td>
<td>Aim for &lt;140</td>
<td>Aim for &lt;90</td>
</tr>
<tr>
<td>Adults 60&gt; with high blood pressure</td>
<td>Aim for &lt;150</td>
<td>Aim for &lt;90</td>
</tr>
<tr>
<td>Adults with diabetes or kidney disease</td>
<td>Aim for &lt;140</td>
<td>Aim for &lt;90</td>
</tr>
</tbody>
</table>

I WOULD LIKE TO GIVE YOU SOME INFORMATION ABOUT CONTROLLING YOUR BLOOD PRESSURE :  
Te querrío dar alguna informacion... ...sobre controlare su presion
BLOOD SUGAR

WITH YOUR PERMISSION...    Con su permiso...
I AM GOING TO TAKE YOUR BLOOD SUGAR LEVEL
...voy a tomaré su azúcar

HAVE YOU BEEN DIAGNOSED WITH DIABETES?
Tuvo diagnosticado con la diabetes?

WHAT WAS THE LAST MEAL YOU ATE?
¿Cuándo fue la última vez usted comió?
- DINNER   Cena
- LUNCH (FASTING)   Almuerzo
- DID NOT EAT TODAY (FASTING)   No comió hoy

CAN I “STICK” THE SIDE OF YOUR FINGER ¿Puedo pinchar el lado del dedo?
TO GET A DROPLET OF BLOOD

YOUR BLOOD SUGAR IS Su azúcar es_____

FOR PATIENTS WITH NO KNOWN DIABETES

<table>
<thead>
<tr>
<th>If patient is...</th>
<th>Blood sugar reading...</th>
<th>Diagnosis...</th>
<th>Spanish diagnosis...</th>
</tr>
</thead>
<tbody>
<tr>
<td>FASTING</td>
<td>LESS THAN 70</td>
<td>MAY BE HYPOGLYCEMIC</td>
<td>demasiado bajo</td>
</tr>
<tr>
<td>FASTING</td>
<td>70-100</td>
<td>NORMAL</td>
<td>Normal</td>
</tr>
<tr>
<td>FASTING</td>
<td>100-125</td>
<td>HIGH (May have pre-diabetes, -counseling required)</td>
<td>alto</td>
</tr>
<tr>
<td>FASTING</td>
<td>126 OR GREATER</td>
<td>VERY HIGH (may be diabetic, need reading above 126 more than once)</td>
<td>Demasiado alto</td>
</tr>
<tr>
<td>NON-FASTING (2 hrs after meal)</td>
<td>140</td>
<td>NORMAL</td>
<td>normal</td>
</tr>
<tr>
<td>NON-FASTING (2 hrs after meal)</td>
<td>140-200</td>
<td>HIGH (May have pre-diabetes)</td>
<td>Demasiado alto</td>
</tr>
<tr>
<td>NON-FASTING (2 hrs after meal)</td>
<td>200 OR GREATER</td>
<td>MAY HAVE DIABETES (need more than one reading to diagnose)</td>
<td>Puedes tener diabetes</td>
</tr>
</tbody>
</table>

FOR PATIENTS KNOWN DIABETES

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<th>Spanish diagnosis...</th>
</tr>
</thead>
<tbody>
<tr>
<td>FASTING</td>
<td>LESS THAN 70</td>
<td>TOO LOW (may be hypoglycemic)</td>
<td>Demasiado bajo</td>
</tr>
<tr>
<td>FASTING</td>
<td>70-130</td>
<td>NORMAL (within target range)</td>
<td>Normal</td>
</tr>
<tr>
<td>FASTING</td>
<td>Above 130</td>
<td>HIGH (May need medication adjustment)</td>
<td>Alto</td>
</tr>
<tr>
<td>NON-FASTING (2 hours after meal)</td>
<td>LESS THAN 140</td>
<td>TARGET</td>
<td>objetivo</td>
</tr>
<tr>
<td>NON-FASTING (2 hours after meal)</td>
<td>160 OR GREATER</td>
<td>May need medication adjusted</td>
<td>puede necesitar medicina</td>
</tr>
</tbody>
</table>