

## Living & Lifestyle Directory

### Useful Vocabulary

#### Describing your symptoms

I have a pain (here)
<b>Tengo dolor (aquí)</b>
I have stomach ache
<b>Tengo dolor de estómago</b>
I have chest pain
<b>Tengo dolor en el pecho</b>
I have a sore throat
<b>Tengo dolor de garganta</b>
I feel sick
<b>Tengo nauseas</b>
I feel dizzy
<b>Tengo mareos</b>
I have a temperature
<b>Tengo fiebre</b>
I have diarrhoea
<b>Tengo diarrea</b>
I have cramps
<b>Tengo calambres</b>
I have sunburn
<b>Tengo quemaduras del sol</b>
I have something in my eye
<b>Tengo algo dentro del ojo</b>
I have difficulty breathing
<b>Tengo dificultad en respirar</b>
I am sick a lot
<b>Vomito mucho</b>
It itches
<b>Me pica</b>
I get pain when I pass urine
<b>Me duele cuando orino</b>

#### Frequency & type

Sometimes
<b>A veces</b>
All the time
<b>Todo el tiempo</b>
A lot
<b>Mucho</b>
A little
<b>Poco</b>
Stabbing pain
<b>Dolor punzante</b>

#### Existing conditions

I am allergic
<b>Soy alérgico(a)</b>
I'm diabetic//
<b>Soy diabético(a)</b>
Asthmatic
<b>Asmático(a)</b>
Epileptic
<b>Epiléptico(a)</b>
I'm pregnant
<b>Estoy embarazada</b>
I have anaemia/arthritis
<b>Tengo anemia/artritis</b>
I have high blood pressure
<b>Tengo hipertensión</b>
I have low blood pressure
<b>Tengo hipotensión</b>

#### Body parts

Head / <b>Cabeza</b>
Face / <b>Cara</b>
Eyes / <b>Ojos</b>
Nose / <b>Nariz</b>
Mouth / <b>Boca</b>
Ears / <b>Orejas</b>
Neck / <b>Cuello</b>
Shoulders / <b>Hombros</b>
Chest / <b>Pecho</b>
Hips / <b>Caderas</b>
Legs / <b>Piernas</b>
Feet / <b>Pies</b>
Hands / <b>Manos</b>
Knees / <b>Rodillas</b>
Teeth / <b>Dientes</b>
Heel / <b>Talón</b>
Elbow / <b>Codo</b>
Ankles / <b>Tobillos</b>

#### Body parts

Fingers / <b>Dedos</b>
Toes / <b>Dedos de los pies</b>
Hair / <b>Pelo</b>
Nails / <b>Uñas</b>
Veins / <b>Venas</b>
Arteries / <b>Arterias</b>
Heart / <b>Corazón</b>
Liver / <b>Higado</b>
Ovaries / <b>Ovarios</b>
Kidney / <b>Riñón</b>
Bones / <b>Huesos</b>
Muscles / <b>Músculos</b>
Head / <b>Cabeza</b>
Face / <b>Cara</b>
Eyes / <b>Ojos</b>
Nose / <b>Nariz</b>
Mouth / <b>Boca</b>
Ears / <b>Orejas</b>
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Liver / <b>Higado</b>
Ovaries / <b>Ovarios</b>
Kidney / <b>Riñón</b>
Bones / <b>Huesos</b>
Muscles / <b>Músculos</b>

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### Dental dictionary

#### Visiting the dentist

Mouth / <b>Boca</b>
Tooth / <b>Diente</b>
Gum / <b>Encía</b>
Check-up / <b>Revisión</b>
Cavities / <b>Caries</b>
To drill / <b>Perforar</b>
Filling / <b>Empaste</b>
Extraction / <b>Extracción</b>
Crown / <b>Corona</b>
Root canal /
<b>El tratamiento del nervio</b>
Cleaning / <b>Limpieza</b>
Enamel / <b>Esmalte</b>
Denture /
<b>Dentadura postiza</b>

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### Chemist Service

## Out of hours pharmacy service

● THE VARIOUS CHEMISTS IN THE CANARIES TAKE IT IN TURNS IN EACH AREA TO MAKE SURE THAT THERE IS ACCESS TO MEDICINE ALL OVER THE ISLANDS.

There is a list published in the daily Spanish press which is also on display in each of the local chemists, or you can look online. Enter the website of the Federation of Canarian Chemists at **http://www.fefarcan.com/** and click on 'farmacias de guardia' at the top right of the page. Use the mouse to click on the island where you are living or staying and

then on the borough where you wish to locate the chemist. A list of the local options and their opening times, phone numbers etc. will then be displayed.

Be aware that sometimes the local out of hours pharmacy service may be some distance away, so if you can get your medical shopping done during normal shop hours you are advised to do so.

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<b>092</b>	<b>LOCAL POLICE</b>
<b>091</b>	<b>NATIONAL POLICE</b>
<b>062</b>	<b>GUARDIA CIVIL</b>
<b>016</b>	<b>DOMESTIC VIOLENCE</b>

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