
Medical Survival Khmer

A Khmer language module for medical professionals....



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Medical Survival Khmer

TABLE OF CONTENTS

Introduction	3
Lesson 1: Where Does It Hurt?	6
Lesson 2: Upper Body Parts - External	8
Lesson 3: Lower Body Parts - External	10
Lesson 4: Other Major Body Parts - Internal	14
“Chew Aye” Video Listening Record	16
Lesson 5: Other Major Body Parts - Internal (Part B)	17
The Organ Review	20
Lesson 6: Pain (Frequency, Duration, etc.)	21
“I Am in Pain” Listening Exercise	23
Lesson 7: Symptoms (Non-Pain)	25
Lesson 8: Bodily Functions/Responses	28
Lesson 9: Feelings	31
Lesson 10: Illnesses/Diseases/Conditions (Part A)	33
Lesson 11: Illnesses/Diseases/Conditions (Part B)	36
Lesson 12: Illnesses/Disease/Conditions (Part C)	38
Lesson 13: Basic Anatomy of the Eye and Eye-Related Terms	41
Lesson 14: Dental Terms	43
Dental Terms Homework Assignment	46
Lesson 15: Terms Related to the Skin (Part A)	47
Lesson 16: Terms Related to the Skin (Part B)	49
Lesson 17: Medications and Related Terms	51
Lesson 18: Dispensing Medications (Part A)	53
Lesson 19: Dispensing Medications (Part B)	55
Lesson 20: Medical/Health-Related Instructions/Treatments	57
Lesson 21: Medical/Diagnostic Questions and Instructions	59
Lesson 22: Laboratory Terms (Part A)	62
Lesson 23: Laboratory Terms (Part B)	64
Lesson 24: Medical Paraphernalia/Miscellaneous terms	66
Lesson 25: Khmer Cultural Medicine Terms	69
Appendix	73
Dictionary (English-Khmer Medical Terms with Phonetics)	80

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INTRODUCTION



This text was compiled with medical professionals in mind - those desiring to serve both short-term and long-term in Cambodia. This curriculum assumes that you already possesses some basic knowledge of the Khmer language - indeed that you have already mastered *Survival Khmer* and know how to greet and interact with your patients, even if it this is done on a simple level. Please also note that not every illness and body part are covered in this text. This resource is meant to be a beginning point for your further learning of medical terms in Khmer. You will also note this resource uses the same phonetic format as *Survival Khmer*, *Christian Survival Khmer*, and *Buddhist Survival Khmer*. This particular format is designed to allow you to jump into learning Khmer quickly. Simply read the phonetics as you would read English. But please consult the *Medical Survival Khmer CD* to listen to the proper pronunciation given by a Khmer national.

Practicing Medicine in Cambodia

You will encounter many unusual and unfamiliar forms of treatment in Cambodia. Many of your patients will have already consulted someone knowledgeable in the practices of Khmer traditional medicine (*kru k'my*), another person knowledgeable about the spiritual realm - a *kru tee-ay* (fortune-teller), as well as having allowed friends or family to perform *cupping* or *coining* on their bodies. (Consult the short video on the accompanying CD to see movie of cupping and coining.) Your patients will not have thought to come to you or another medical professional before these others - or at the first sign of their problems. By the time you meet

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your patients, they may have been treated by many others, as they are eager to find some source of relief, and they may have spent all they have on “physicians” - much like the story in the gospels of the woman with the bleeding problem who sought to touch the hem of Jesus’ garment for her healing. Many have exhausted their resources and have nowhere else to turn.

Taking the History

Armed with this cultural information, you can imagine how important a good history and dialogue with your patients can be. Hopefully, you will have excellent staff surrounding you to help you “get to the bottom” of the maladies you encounter, gently probing the patients and their families’ memories for information on medicines previously taken and courses of action previously followed. You will find that by and large your patients will not generally offer this information from the start.

Treating Your Patient

There are many factors to consider in treating a Cambodian patient. Many Asians consider the physician to be the specialist, the learned one and therefore are not predisposed to questioning him/her. They tend to follow the advice given whether they understand or not. Many times an Asian physician might not divulge to the patient that he/she has cancer or AIDS and is terminally ill, or the family may be told but not the patient.

For additional information in this area, please see the article entitled *10 Tips for Improving the Caregiver-Patient Relationship Across Cultures* from the American Medical Student Association in the Appendix of this resource.

Note: This text presents English medical terms, the Khmer terms written in phonetics, then in Khmer script. The phonetics are written just as with *Survival Khmer* and are meant to be pronounced as you would read American English. These particular phonetics were chosen in order to simplify the process of learning Khmer medical terms and so that a medical professional would not have to be able to read Khmer before he/she can begin to speak with patients. The learner will want to consult the accompanying CD in order to listen to the audio version of this resource and to utilize the multi-media tools designed to assist in learning and retaining each lesson. Some of the educational tools used to aid in retention of the information may seem “unprofessional” (such as *Body Bingo*), but the learner who actually DOES them will reap dividends in entertaining ways to remember a great deal of information in a

short period of time. Moreover, the learner will see that the homework assignments are designed to give the learner structure and ways to use the information in order to remember it.

In addition, each lesson is created to be just enough for you to work on for one day - or one lesson. If you can remember and USE more information, continue to the next lesson. But the most important thing to remember is to go out into the community and use the new words you have acquired THAT DAY. What you don't use, you will lose!

Other Resources: Check for the updated Khmer version of *Where There Is No Doctor*. You will also want to read the *I Want to Know* series (ខ្សែដឹង) booklet *Your Body and Health* (ឈរមនុស្សក្នុងស្តីរាជ) published by SIPAR. (These can be purchased at the International Book Center - IBC.)

Note: It is not a simple endeavor to gather medical terms in Khmer. Some terms in use are from the French, some from the English. Still others are explanations in Khmer. This document is not meant to be exhaustive, but rather a starting point for those planning to work in the medical field using the Khmer language. Please feel free to email us at wltihigpen@mailcentral.biz regarding any errors in this document or in the audio files. We will be happy to correct them.

Medical Survival Khmer

LESSON 1: WHERE DOES IT HURT?

The first diagnostic question normally asked is

“What is your illness?”/“What pain do you have?”/”What hurts?”

The Khmer question that covers this idea is

“*Chew aye?*”

(Note: If the patient is of a higher status than you are - older, etc. - you will need to ask “Chew away?” 呷嚼? And don’t forget to use the proper terms of address when speaking to your patients.)

Patients will normally respond by naming the area of their body that hurts:

head hurts *chew k'bah* ເບີ້ກົມປັບ

eye hurts *chew p'nake* ឃើញក្រុក

(See Lesson 12 for further discussion of eye anatomy and eye problems.)

leg hurts *chew jung* លើងជីង

(Note: The *jung* can be the leg and/or the foot. You will want to ask to understand the precise location of the patient's pain.)

stomach hurts *chew poo-ah* ໂພ້ເມືອະ

chew graw-payah ឃុំក្រោម៖

(Note: The word for *snake* sounds much like the word for *stomach*.)

ear hurts *chew t'raw-jee-uk* លើក្រចេកកំ

heart hurts *chew beh-dong* លើបេះងីង

neck hurts *chew gaw* លើកំ

throat hurts *chew bom-pong gaw* លើបំពងកំ

arm hurts *chew die-ee* លើដី

(**Note:** The *die-ee* ដី can be the arm or the hand. The sleeve in a garment is also called a *die-ee* ដី. You will want to ask to understand precisely which area is affected.)

back hurts *chew k'nong* លើខ្ពស់

(**Note:** You will want to clarify this, as the word for *back* sounds like the word for *inside*.)

shoulder hurts *chew s'mah* លើស្វាយ

Remembering this Lesson - Role Play

Have your tutor/language informant play a “Simon Says” type game with you and use this new vocabulary. The tutor can tell you to touch the body part that hurts.

The two of you can also practice role-playing doctor and patient. Your tutor can pretend to be the patient, rehearsing all the vocabulary of Lesson 1 until you have mastered the material. To show the tutor that you understand, you will need to point to the body part that hurts.

If this material is taught in a group, the teacher will want to have the students role play doctor and patient roles back and forth.

Alternately, you may use a picture/flipchart designed for learning anatomy. They are sold at the IBC (International Book Center).

Medical Survival Khmer

LESSON 2: UPPER BODY PARTS - EXTERNAL



body

clue-un

၃၄

face

moke

19

hair

sok

៤៩

forehead

t'ngah

၁၃

mouth

mow-aht

四

jaw

t'kgee-um

၁၂

(Note: Wisdom teeth are *jaw teeth* in Khmer. How would you say this?)

nose

j'rah-moh

៩៨៨៦

lip

baw boe mow-aht

ប្រព័ន្ធឌាន់

waist	<i>jawng-keh</i>	បច្ចេក់
chest	<i>die-um troong</i>	ដីមត្រូង
mammary glands	<i>dah</i>	ផែវេះ
arm	<i>die-ee</i>	ផែវិជ្ជ
hand	<i>praw-op die-ee</i>	ប្រអប់ផែវិជ្ជ
finger	<i>m'ree-um die-ee</i>	ម្រាមផែវិជ្ជ
wrist	<i>gaw die-ee</i>	កំផែវិជ្ជ
fingernail	<i>kraw-jock die-ee</i>	ក្រចកកផែវិជ្ជ
joint	<i>sawn-lahk</i>	សត្វកក់

Remembering this Lesson - Body Bingo

Play the game “Body Bingo (External)” by printing out the prepared Bingo cards that have different body parts on them. Also print out the accompanying pictures for the Bingo caller to choose from. The learner must listen to the various body parts called out and place a bean or paper clip on the accompanying photo (or have the cards laminated and mark with a white-board marker). Then when someone/the learner calls, “Bingo!” the winner must repeat each body part he has heard called from his card. You will note that as a part of this exercise, instead of using B-I-N-G-O, we have used the first 5 letters of the Khmer alphabet:

ກ້າວ (gaw) ກ້າວ (kaw) ກ້ອ (go) ກ້ອ (koe) ກ້ອ (ngo)

Medical Survival Khmer

LESSON 3: LOWER BODY PARTS - EXTERNAL

foot *praw-opjung* ប្រអប់ដី

(Note: Many of your fingers and toes have names in Khmer. If you would like to learn these with your tutor, they are listed on the next page for your information.)

ankle *gaw jung* កំដើង

hip *t̬raw-key-ik* គ្រុការកិរិយា

buttocks *goot* កំបូ

Remembering this Lesson - Body Bingo & Multimedia Listening

Play the game “Body Bingo (External)” by printing out the prepared Bingo cards that have different body parts on them. Also print out the accompanying pictures for the caller to choose from. You must listen to the various body parts called out by your tutor or other language helper and place a bean or paper clip on that photo (or have the cards laminated and mark with a white-board marker). Then when one learner calls, “Bingo!” the winner must repeat each body part he has heard called from his card.

See if you can also learn the Khmer version of the children's song "Head, Shoulders, Knees, and Toes." On the accompanying CD you will find this video file. You will want to do this exercise with your tutor first. The song words in Khmer are on the following page.

In addition, you will want to begin to listen to the multimedia file called “Chew Aye?” on the *Medical Survival Khmer CD*. See if you can tell what these patients are suffering from! You can record your results on the *Listening Record* found on page 16.

Fingers:

thumb	<i>may die-ee</i>	ម៉ោដី	(1st/head finger)
index finger	<i>jawng-ull die-ee</i>	ចង្គលដី	(pointing finger)
middle finger	<i>k'mow-ik die-ee</i>	ទាបនី	(ghost finger)
ring finger	<i>knee-ung die-ee</i>	ការដី	(unmarried young lady finger)
little finger	<i>goan die-ee</i>	កូនីដី	(child finger)

Toes:

big toe	<i>mayjung</i>	មេដីង
little toe	<i>goanjung</i>	កុងដីង

Head, Shoulders, Knees, and Toes - the Khmer Version

The accompanying CD has a video of a young Khmer lady singing the children's song "Head, Shoulders, Knees, and Toes" in Khmer. You will want to listen to this song and learn to sing it, along with doing the actions. This will be great fun for you to do with children and fun way to learn the names of these body parts in Khmer.

ក្រោល	ស្តុ	ជិត្យុ	ចូងដីផ្លូវ
head	shoulders	knees	toes
<i>k'bahl</i>	<i>s'mah</i>	<i>jawng-kong</i>	<i>jongjung</i>

ជិត្យុ	ចូងដីផ្លូវ
knees	toes
<i>jawng-kong</i>	<i>jongjung</i>

ទៅដឹង	យើង	សរសើរ	ព្រះអង្គ
clap hands	we	praise	the Lord
<i>tay-ah die-ee</i>	<i>yeung</i>	<i>saw-sigh-uh</i>	<i>pray-ah awng</i>

ក្រោល	ថ្នាក់	ប្រមុះ	មាត់	គ្រប់កក
head	eyes	nose	mouth	ears
<i>k'bahl</i>	<i>p'nake</i>	<i>j'raw-moh</i>	<i>moe-aht</i>	<i>t'raw-jee-ik</i>

ទៅដឹង	យើង	សរសើរ	ព្រះអង្គ
clap hands	we	praise	the Lord
<i>tay-ah die-ee</i>	<i>yeung</i>	<i>saw-sigh-uh</i>	<i>pray-ah awng</i>

ក្រោល	ស្តុ	ជិត្យុ	ចូងដីផ្លូវ
head	shoulders	knees	toes
<i>k'bahl</i>	<i>s'mah</i>	<i>jawng-kong</i>	<i>jongjung</i>

ឯកដំបូង
knees

តុកដំបូង
toes

jawng-kong jongjung

ទោះដី

clap hands

tay-ah die-ee

យើង

we

yeung

សិរសីរី

praise

saw-sigh-uh

ចុកដំបូង
the Lord

ព្រះអង្គភាព

the Lord

pray-ah awng

Medical Survival Khmer

LESSON 4: OTHER MAJOR BODY PARTS - INTERNAL

brain

koo-uh g'bah

ខ្សោយណាល



lungs

sue-et

ស្រុក

windpipe

bom-pong k'jah

បំពង់ឡូល

liver

t'lie-um

ប្រឹម

heart

beh-dong

បចែងដីង

(Note: The first part of this word means *to pick*. The second part is like the *coconut*.)

esophagus

bom-pong ah-hah

បំពង់អាបារ

stomach

grah-pay-ah

ក្រុម៖

large intestines

poo-ah vee-un tome

ពោះស្រីរំជំ

small intestines

poo-ah vee-un toe-ik

ពោះស្រីរំត្រូប

appendix

k'nyng poo-ah vee-un

ទីផុងពោះស្រីន

gall bladder

tong braw-maht

បិដិស្រែមាតា

pancreas	<i>lom-payng</i>	លំពេង
thyroid	<i>pokegaw</i>	ពកក

Remembering this Lesson - The Organ Review & Multimedia Listening

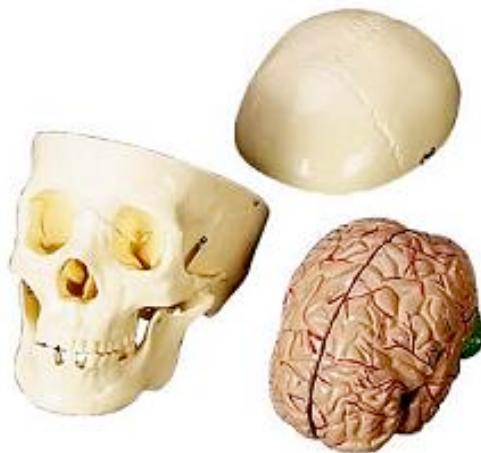
Go to the review after the next lesson and try your hand at naming each photo in Khmer.

Practice telling your neighborhood friends what each picture is.

Alternately, use a flipchart or picture/poster for learning anatomy and identify each part you have learned in Khmer.

You can also role play with your tutor, with you as the doctor and your tutor playing the patient. You can practice telling the patient what body part they have a problem with.

In addition, you will want to continue to listen to the multimedia file called “Chew Aye?” on the accompanying CD. See if you can tell what these patients are suffering from! Remember to record your results on the Listening Record on page 16.



Medical Survival Khmer

“CHEW AYE?” VIDEO LISTENING RECORD

Please record the results of your listening exercise below:

Patient #1 Complaint: _____

Patient #2 Complaint: _____

Patient #3 Complaint: _____

Patient #4 Complaint: _____

Patient #5 Complaint: _____

Patient #6 Complaint: _____

Patient #7 Complaint: _____

Patient #8 Complaint: _____

Patient #9 Complaint: _____

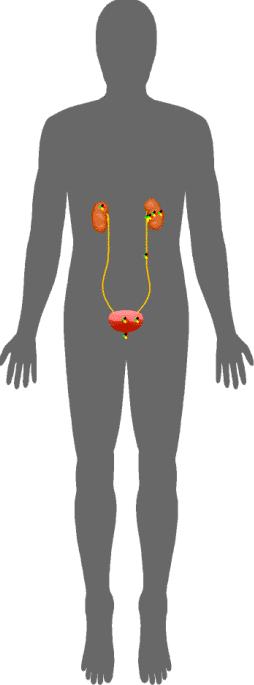
Patient #10 Complaint: _____

Patient #11 Complaint: _____

Patient #12 Complaint: _____

Medical Survival Khmer

LESSON 5: OTHER MAJOR BODY PARTS - INTERNAL (PART B)

bone	<i>ch'ung</i>	ឆ្លើង	
to break a bone	<i>bahk ch'ung</i>	ប្រាកឆ្លើង	
muscle	<i>sike dome</i>	សាប់ដី	
to sprain	<i>g'rake</i>	ត្រជប	
to twist	<i>row-mull g'rav-puuh</i>	រម្លលក្រពី	
kidney	<i>kraw-lee-un</i>	ក្រឡូយ	
ureter	<i>bom-pong nome</i>	បំពង់គោម	
bladder	<i>p'lowlk nome</i>	ផ្ទាកគោម	
urethra	<i>twee-ah-nome</i>	ទូរគោម	
glands	<i>gone kawn-doll</i>	ក្នុងកណ្តាល	
vein	<i>saw-sigh-ee chee-um k'mow-oo</i>	សវវស៊ិកម្មាមខ្សោយ	

(Note: If the French or English word is substituted here, it will be pronounced “vine.”)

artery *saw-sigh-ee chee-um craw-home* សំរស់ឈាមក្របម

(Note: If the French or English word is substituted here, it will be pronounced “ahk-tay-ah.”)

spinal cord *saw-sigh-ee ch'ung k'nong* សៀវភៅសេល្ខកុងចុង

(Please note the lesson on laboratory terms for bodily fluids, etc.)

Can you think of other terms you might need? Ask your tutor for these and write them below:

Remembering this Lesson - The Organ Review & Multimedia Listening

Look at *The Organ Review* which follows and try your hand at naming each photo in Khmer.

You can also practice telling your neighborhood friends what each picture is.

In addition, you could role-play with your tutor, with you as the doctor and your tutor playing the patient. You can practice telling your “patient” what body part they have a problem with.

You will also want to continue to listen to the multimedia file called *Chew Aye?* on the accompanying CD.

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THE ORGAN REVIEW

Photos on this page are from iStockPhoto.com)

What are these organs called in Khmer?



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LESSON 6: PAIN (FREQUENCY, DURATION, ETC.)

You've learned quite a number of nouns, so let us turn our attention to verbs and the issue of pain and its frequency and duration.



to hurt only mildly *chew bawn-teek bawn-too-ik* ດັບເປົກໃຫຍ່ບັນຍາ

to hurt intensely *chew k'lahng* លើខ្លែង

to be in severe/heavy pain *chew t'ngone* ឃុំជុំ

to have constant pain *chew jahp row-hote* ឃើញប់រហូត

to have intermittent pain *chew baht chew baht* ເມື່ອປາດຕູ

to have throbbing pain *chew k'toke k'toke* ດັ່ງເຫຼັກຍ

to have a dull pain *chew stome mun k'lahng tay* ပျော်ဆုံးမြတ်လိုက်နေ

ယီဘိမိမိမိ

to have shooting or stabbing pain

chewj'rahlk'lahng lie-ung

What kind of pain do you have? *chew yahng make die-ee* ပဲ့ယားမဲ့

Does it hurt a lot? *chew k'lahng tay* ດັບຕີ່ຂໍາຝົດ?

When does it hurt? *chew no-oo pale nah* လျှော့ခြေးတော်မာ?

Does it hurt often? *chew nyuck-nyo-up tay* ឃើញកំពង់ចេ?

Where does it hurt? *dtie-uh chew trawng nah* ເຕີຢືນຢັ້ງຕິດຝາກ?

(Notice the use of the question particle at the beginning of the previous sentence. You may use it with your other diagnostic questions as well.)

Remembering this Lesson - Role Play and Exam

This is a good lesson to role-play with your tutor. He/she will have a complaint and you will need to ascertain the frequency and duration of his/her pain.

In addition, you have a test exercise on the next page. Listen to the file labeled *I Am in Pain*, which contains the complaints of a number of real-life patients, then fill out the following exercise.

Medical Survival Khmer

“I AM IN PAIN” LISTENING EXERCISE

On the accompanying CD you will find a video file entitled *IAm in Pain*. Please listen to each patient and record their answers to the questions you learned in the last lesson. This is a very important listening exercise and great for your language learning. At your next meeting with your tutor, you will need to go over the results of homework assignment.

Patient #1

Location of pain _____

Severity of pain _____

Duration of pain _____

Time/Frequency of pain _____

Patient #2

Location of pain _____

Severity of pain _____

Duration of pain _____

Time/Frequency of pain _____

Patient #3

Location of pain _____

Severity of pain _____

Duration of pain _____

Time/Frequency of pain _____

Patient #4

Location of pain _____

Severity of pain _____

Duration of pain _____

Time/Frequency of pain _____

Patient #5

Location of pain _____

Severity of pain _____

Duration of pain _____

Time/Frequency of pain _____

Patient #6

Location of pain _____

Severity of pain _____

Duration of pain _____

Time/Frequency of pain _____

Patient #7

Location of pain _____

Severity of pain _____

Duration of pain _____

Time/Frequency of pain _____

Patient #8

Location of pain _____

Severity of pain _____

Duration of pain _____

Time/Frequency of pain _____

Patient #9

Location of pain _____

Severity of pain _____

Duration of pain _____

Time/Frequency of pain _____

Patient #10

Location of pain _____

Severity of pain _____

Duration of pain _____

Time/Frequency of pain _____

Medical Survival Khmer

LESSON 7: SYMPTOMS (NON-PAIN)



symptom

roke sah-nyah

សាស្រ្តិសម័ណ្ឌ

The most common Khmer complaint/symptom is

k'nyome k'dow-oo clue-un ខ្សែក្រោះឱ្យ

which entails a number of internal problems. The direct translation means “my body is hot.” It does not necessarily mean the patient has a fever, but the patient can have a fever and have this same complaint. You will need to question the patient further and ask for more symptoms to get to the bottom of their illness.

nauseous

jahng k'oo-it

បង្កែត

bloating

high-um / bpowng

ហេីម / ប្រោដ

to vomit

k'oo-it

ក្រែត

dizzy

vullmoke

វិលមុខ

to faint	<i>sawn-lop</i>	សោរប់
to be unconscious	<i>sawn-lop ahu dung clue-un</i>	សោរប់អុងតិដីងុងុង
diarrhea	<i>ree-ik</i>	រាត
fever	<i>groon / groon k'dow-oo</i>	ព្រឹក ូ ព្រឹកក្រោរ
fever & chills	<i>groon nyreck</i>	ព្រឹកញ្ចាក់
shaky	<i>nyreck</i>	ញ្ចាក់
shivering	<i>s'ree-oo s'rahñ</i>	ស្រីរស្រាល់
weak	<i>k'sow-ee</i>	ទុរាយ
exhausted	<i>ah gom-lahng klahng</i>	អស់កំលាំងខាង
allergy	<i>bpraw-tay-kahm</i>	ប្រពិកម្ម
runny nose	<i>hee-ah som-bow</i>	ហើរសំច្រាវ
stuffy head	<i>t'ngoon k'bahl</i>	ធ្វឺងក្បាល
constipated	<i>toe-ahl lee-ah moo-ik</i>	ទាល់លាមក
dehydrated	<i>k'wah duck pee k'nong clue-un</i>	ឱ្យកិច្ចិកពីកុងុង ឱ្យជាតិកិច្ចិក
	<i>k'wah jee-ut dtuck</i>	

hoarse	<i>sawm-layng s'awk</i>	សំមេ៥ដីស្តីក
laryngitis	<i>s'awk gaw</i>	ស្តីកកិក
to be short of breath	<i>tobp dong-high-um</i>	ចិប់ដីង្វើម

Remembering this Lesson - Role Play and Neighborhood Questions "Have you ever had/been.....?"

This is a very good lesson for your tutor to role-play the various problems above and for you to try to remember what they are. It would also be a good lesson to take to the street and ask your neighbors whether they have ever experienced any of the problems above.

Find out from your tutor how to ask the question, "Have you ever had/been.....?"

Medical Survival Khmer

LESSON 8: BODILY FUNCTIONS/RESPONSES

("It hurts when I...."/"I have trouble....")

to breathe

dock dong-high-um

ឯកដឹង់ម

to cough

k'awh

ក្បែក

to hiccup

t'ie-uk

តីក



to burp

puhh

ក្រុវ

to sit

awng-goo-ey

អងូយ

to stand

choe

ឈរ

to move

gome-rye-uk

ក្រែងក

to chew

tome-peh-uh

កចនា

to swallow

lape

លប់

to defecate	<i>bot jung tome</i>	បច្ចេកដឹងដី
to have gas/wind	<i>die-uh k'jahl / powm</i>	ដើរឡូល់ ឬ ធោម
to urinate	<i>bot jung toe-ik</i>	បច្ចេកដឹងត្បូប
to menstruate	<i>t'leck roe-doe</i>	ផ្លាក់រដ្ឋវិ
to have cramps	<i>jock poo-uh</i>	បុកពោះ
to have intercourse	<i>rue-um dome-nake</i>	រំលែកគេក
to sleep	<i>gang / dake</i>	គេង ឬ ដោក
to perspire	<i>bike ñuuuh</i>	ថ្វីកញ្ចីស
to sneeze	<i>kawn-dah</i>	កណ្តាល
(Colloquial: <i>k'dah</i> - same as colloquial for <i>paper</i>)		
to gain weight	<i>lie-ung tom-ngun</i>	ឡើងទុកដំណោះ
to lose weight	<i>s'rock tom-ngun</i>	ស្រួលទុកដំណោះ
The Five Senses:	<i>wveet-nyee-un tay-ang prahm</i>	វិទ្យាណាពាំងប្រាំ
to see	<i>k'uuh-un</i>	យើរ
to hear	<i>luuh</i>	ឲ្យ
to smell	<i>tome-c'lun</i>	ដំភិន
to taste	<i>p'loo-ik</i>	ភ្លក់
to touch	<i>pah-poe-awl</i>	ប៉ះចាល់

Remembering this Lesson - Forming Sentences

Take each verb above and form the sentence “I hurt when I....”

For those verbs that apply, form your own sentences with “I have trouble....”

Medical Survival Khmer

LESSON 9: FEELINGS

How do you feel? *mee-un ah-rom yahng make die* មានអារម្មណ៍យ៉ាងម៉ែនដីរ



to feel depressed *t'leyeck tduk jut* ធ្វាក់ទឹកបិត្ត

to feel anxious *bah-rom* ច្បាសម្ប

to feel angry *kung* ទីជំ

to feel worried *proo-ey jut* ចុងបិត្ត

to feel afraid/scared *pay k'like* សិល្បាប

to feel embarrassed *k'mah ee-un* ខ្សោសដៃរៀង

to feel confused *poe-ahnj'raw-lahm* ភាគច្បាដំ

to feel surprised *rome-pub* វំរេីប

to feel frustrated	<i>moo-ah mow-oo</i>	မူမေး။
to feel nervous	<i>roe-sahp roe-sahl</i>	ရဆာပုရဆလု
to feel miserable	<i>gom-sot</i>	ဂံဆုတ်
to feel disappointed	<i>kawkjut</i>	ဘက်ပီး၏
to feel upset	<i>toe-ikjut</i>	ထိပါး၏

Can you think of other terms you might need? Ask your tutor for these and write them below:

Remembering this Lesson - How Do You Feel?

Close your book and have your tutor answer the question “How do you feel?” with all the possibilities you just learned. Then you will want to take the same question to your neighborhood and see what responses you receive. You may find some new responses to add to your list above!

Medical Survival Khmer

LESSON 10: ILLNESSES/DISEASES/CONDITIONS (PART A)

disease

joom-ngew

ជីវិ៍

serious/fatal disease

joom-ngew t'ngoon t'knew

ជីវិ៍ធ្វើឈរកុំ

emergency

sawng-crew-ah bawn-toe-ahn

ស្រួលដ្ឋានត្រូវ

acute

row-hah t'ngoon t'know

របៀបធ្វើឈរកុំ

chronic

rahm-rye-ee

រំនៅ

goiter

joom-ngew poke gaw

ជីវិ៍ពាក់

cancer

mow-hah-reek

មបារីក

diabetes

joom-ngew dtuck nome p'ime

ជីវិ៍ទីកត្រាមផ្លូម

high blood sugar

luuh jee-it s'kaw

ល្អីស៊ិនិភីកុំ

low blood sugar

k'wah jee-it s'kaw

ឱ្យែងិនិភីកុំ

high blood pressure

luuh chee-um

ល្អីសំណុំមយាម

som pee-it chee-um luuh

សំណុំមយាមល្អីសំណុំ

low blood pressure

som pee-it chee-um k'wah

សំណុំមយាមឱ្យែង

heartburn	<i>k'dow-oo die-um t'roong</i>	ក្រុំដើរម្រោង
heart attack	<i>joom-ngew gay-ung beh-dong</i>	ជួយកាំងបេះងីរិយា
stroke	<i>grew-ah t'nahck saw-sigh-ee chee-um</i>	ក្រោះចូកសប្តាហែលយោច

Result of stroke: paralysis on one side

s'lp moy jom-hee-ung clue-un ស្ថូប់មយចំហកជុំ



pregnant *mee-un-p'tay-poo-ah* ພາກິໄສຕ່າະ

pregnant (Royal) *mee-un goe-ah* មោីនកែវ

to be born *gie-ut* ក្រិត

to be born (Royal) *braw-sote* ប្រសួត្រ

delivery *gom-nigh-it* កំណើត

(Colloquial for delivery: to cross the river

ch'long ton-lay ឆែងទូនឡាយ

breastfeed (the action of the baby)

(Colloquial: *mum*)

bomb-bow-oo dah

បំព្រឹង

epilepsy

(Colloquial) *ch'goo-itj'rook*

សាខាបន្ទូល

s'konjoe-un

សុំជាល់

to have a seizure

braw-gike

៤៩

Remembering this Lesson - Neighborhood Questions

This lesson and the two that follow will be good to take to your neighborhood and begin to ask folks if they have or have had any of the problems you are studying. Ask your tutor how to say, "Have you ever had.....?"

Also, you might wish to talk with mothers and ask about their birthing experiences. Discussing these experiences is a great exercise, as the Khmer birthing process is completely different from Western birthing practices. You will want to ask questions like, “Who helped you deliver your baby?”

You will find that in most cases (especially outside Phnom Penh), the delivery was at home with the assistance of a female midwife.

Then ask how many days the mother spent at home in seclusion before going out with the baby. Ask her what she ate and whether there was a fire under her bed. You will discover some interesting customs and beliefs. (You may also wish to read the articles in the *Appendix* for further study.) You can record some of your new vocabulary below:

Medical Survival Khmer

LESSON 11: ILLNESSES/DISEASES/CONDITIONS (PART B)

cold

p'dah sah-ee

ជាសាយ

flu

p'dah sah-ee tome

ជាសាយដំ

allergy

braw-tey-kahm

ប្រពិកម្ម

asthma

joom-ngew hut

ជីមិកភីត

communicable illness

jom-ngew ch'long

ជីថ្លែងដំ

mumps

salah-tayn

សាលាទ្វេន

g'raw-lie-uh-tayn

ក្រឡើទ្វេន

chickenpox

uts'vah-ee

អុតស្វាយ

ut tome

អុតចិត្ត

virus

vee-rue

វីរុប

bacteria

may-roke

មេហ្សាត

bahk-tey-ree

ប្បាក់ត្រី

rabies

roke ch-guy ch'goo-it

ក្រោតឆ្លៃឆ្លួយតាត

to bite

cahm

ខាំ

infection

mee-un may-roke

មានមេន្រាត

Ex.:to have an ear infection

traw-jee-ik mee-un may-roke ត្រចំរីកមានមេន្រាត



vaginal infection

t'leck saw

ផ្ទាក់ស៊ា

Can you think of some more kinds of infections using the body parts you have learned?

bleeding (from urinary tract or anus)

t'leck chee-um

ផ្ទាក់យោម

Remembering this Lesson

Continue to take Lessons 10, 11, and 12 to your neighborhood and begin to ask folks if they have or have had any of the problems you are studying. Keep a record to report to/discuss with your tutor before Lesson 13. (Hint: Conversations like these would also be good for recorded evaluations - with someone other than your tutor.)

Medical Survival Khmer

LESSON 12: ILLNESSES/DISEASES/CONDITIONS (PART C)

(The Khmer fear this epidemic so much so that some will not even say the word!)

TB *joom-ŋgew row-bayng* ធម្មរប់ដុ

STD *joom-ngew gah-mah-roke* ພຶມ້ກາມເກົດ

joom-gnew aide ជីមិត្តអេដស៊ូ

HIV *may-roke aide* មេក្រតដៃដីស្តី

gonorhea *roke braw-meh* ក្រោចប្រមេះ

bird flu *groon p'dah-sah-ee bahk-say* ក្រុងផ្ទាល់សាមិយបក្សី

See also the lesson on laboratory terms for further information.

Can you think of other terms you might need to know? (Don't forget to check later lessons first.) Ask your tutor for these and write them below:

Remembering this Lesson

You have just completed half the lessons in *Medical Survival Khmer*. Congratulations on your diligence. You will want to stop here and take time to review the previous lessons and not continue adding new vocabulary until you have fully grasped the previous twelve lessons. Before the next lesson, report to your tutor about the folks you have met who have or have had the problems mentioned in Lessons 10, 11, and 12. (You will want to be cautious about asking people if they have HIV/AIDs, as they might be too embarrassed to reveal this information. Alternately, surveying patients waiting at the clinic may allow you to ask this question more freely.)

Medical Survival Khmer

LESSON 13: BASIC ANATOMY OF THE EYE AND EYE-RELATED TERMS

eyeball

g'row-ahpp'nake

គ្រាប់ផ្លូវកក់

cornea (surface of the eye)

gahñ-jock p'nake

កព្យាក់ផ្លូវកក់

lens (of the eye)

gow-oop p'nake

ថ្វីរំផ្លូវកក់



pupil (of the eye)

gone k'raw-mome p'nake

ក្នុងក្រមួលផ្លូវកក់

optic nerve

saw-sigh-ee braw-saht ope-tick

សរស់ប្រសាទុអូបិទក

retina

ray-teen p'nake

រំទឹនផ្លូវកក់

tears

dtuck p'nake

ទីកក់ផ្លូវកក់

to cry

yoom

យ៉ា

pterygium

gon-two-ey t'line

កុដូយបែល

cataracts	<i>p'nakə lie-ung bah-ee</i>	ត្រូវកកដើរជាបាយ
surgery	<i>gah wayah kaht</i>	ការវេចកាត់
blurred vision	<i>p'rull/s'raw-vung</i>	ត្រីលប្លស្របវិង
eyeglasses	<i>vine-tah</i>	នៃកតា
hyperopia/farsighted	<i>m'nyopejít</i>	មួបដឹត
myopia/nearsighted	<i>m'nyope ch'ngie-ee</i>	មួបឆ្លាយ
presbyopia	<i>m'nyopoe mulljít</i>	មួបម៉ែលដឹត
foreign body in eye	<i>some-rahm no-oo k'nong p'nakə</i>	សំរាមគោរកនៃកក
blind	<i>k'wahk</i>	ឆ្លក
night blindness	<i>k'wahk moe-un</i>	ឆ្លកមាន
ulcer	<i>dom-bow-oo</i>	ជំប្រើ

Remembering This Lesson - Your Own Eye Witness Mobile Eye Clinic

The best way to put this lesson into practice is to join an eye clinic with Dr. Woody. He and his Khmer staff can give you pointers on how to assess patients and their eyecare needs. If you are not able to participate in a clinic, you can offer to talk to your neighbors about their vision and find out who has problems seeing at a distance, who has problems reading, who has cataracts, etc. Before you pass out tracts, you might want to know whether your neighbors can SEE them! Then you can bless your presbyopic neighbors (those over 40) with some glasses AND reading material.

Medical Survival Khmer

LESSON 14: DENTAL TERMS

teeth/tooth *t'mayñ*



(Note: *Dong-koe-oov* is a worm! *See* is the word for animals eating. So a cavity is.....)

dentist	<i>kru pate t'mayñ</i>	គ្រូមេទ្យោយ្យេញ្ញា
to remove a tooth	<i>dock t'mayñ</i>	ជកដោញ្ញា
to brush the teeth	<i>doh t'mayñ</i>	ផុសដោញ្ញា
to chew	<i>tom-peeh-uh</i>	ទិញរ
difficulty chewing	<i>pbee-bahck tom-peeh-uh</i>	ពិចាកកទិញរ
bad breath	<i>moe-at s'oy</i>	មាត់ស្សីបូ
ulcer	<i>dom-bow-oo</i>	ជំប្បី
mouth ulcer	<i>dom-bow-oo loo-ey k'nong moe-aht</i>	ជំប្បីវល្ឃយកអាមាត់
cold sore (on lip)	<i>dom-bow-oo baw-boe moe-aht</i>	ជំប្បីបច្ចរមាត់

Dental Terms Homework Assignment

Take a survey around your neighborhood or at the CSI Clinic. You must return for your next session after having asked at least 15 people the following ten questions and recording the results on the following tally sheet. If you do not know how to ask these questions, go over them with your tutor.

1. Do you have a toothache?

2. Is your tongue furry?

3. Do your gums hurt?

4. How many times a day do you floss?

5. How many cavities do you have?

6. Who is your dentist?

7. How many teeth have you had removed?

8. How many times a day do you brush your teeth?

9. Does it hurt when you chew?

10. Do you have any mouth ulcers?

Medical Survival Khmer

DENTAL TERMS HOMEWORK ASSIGNMENT

Question	Yes Tally	Yes- Count	No Tally	No Count	1	2	3
1. Do you have a toothache?							
2. Is your tongue furry?							
3. Do your gums hurt?							
4. How many times a day do you floss?							
5. How many cavities do you have? (May tally below.)							
6. Who is your dentist? (Write below.)							
7. How many teeth have you had removed? (Tally below)							
8. How many times a day do you brush your teeth?							
9. Does it hurt when you chew?							
10. Do you have any mouth ulcers?							

Medical Survival Khmer

LESSON 15: TERMS RELATED TO THE SKIN (PART A)



burn	<i>row-lee-ik</i>	រំលាក់
burning sensation	<i>row-lee-ik k'raw hah-ee</i>	រំលាក់ក្រុបណយ
to itch	<i>row-mow-ah</i>	រមាស៊ែ
to scratch	<i>eh</i>	អេះ
to have a rash	<i>lie-ung kawn'tool</i>	ផ្លូវដឹកក្នុងលូវ
to swell	<i>high-um</i>	បោរីម
dry skin	<i>s'bike s'ngoo-it</i>	ស៊ូរកកសិតិ
dandruff	<i>awng-kay-ee k'bahl</i>	សំដើរក្បាលបុគ្គលិក

to have a rash	<i>lie-ung k'tool</i>	ល្អីដុកត្បែលប
to swell	<i>high-um</i>	បរិម
to bruise easily	<i>chahp.joe-um s'bike</i>	ឆាប់ដាំស្មោះក
abscess	<i>boh</i>	បូសុប
pus	<i>k'too</i>	ផែែែែ
pimple	<i>moon moke</i>	មុំមុំទេ
acne	<i>moon t'raw-neyk</i>	មុំត្រួតគិច

Remembering this Lesson - Images

To practice this lesson, you will want to consult the *Medical Survival Khmer CD* and print the document entitled *Skin and Lab Images*. You may also wish to laminate these two pages in order to practice naming each item pictured. Alternately, you may wish to use these two pages as teaching tools regarding the various images pictured.

Medical Survival Khmer

LESSON 16: TERMS RELATED TO THE SKIN (PART B)

scabies	<i>gom row-mow-ah</i>	កំមេរមាស់
lice	<i>jye-ee</i>	ត្រប់
fleas	<i>jye-ee ch-guy</i>	ត្រប់នៅក្នុង
bedbugs	<i>s'rawng guy-ik</i>	ស្ម័គេកីចិច
fungus	<i>p'sut</i>	ផូតិច
ringworm	<i>s'ryng</i>	ត្រសែដង
athlete's foot	<i>k'nyay jung</i>	ទីនៅជិង្វិក
tetanus	<i>tay-tah-naw</i>	ពេតាបាយស៊ូ
measles	<i>joom-ngew gahñ-jrill</i>	ជីមិតិក្រព្យិល
wart	<i>gie-ut ruuh</i>	ពេតិតប្រសិល
	<i>doh ruuh</i>	ជីប្រសិល

Remembering this Lesson - Images

To practice this lesson, you will want to consult the *Medical Survival Khmer CD* and print the document entitled *Skin and Lab Images*. You may also wish to laminate these two pages in order to practice naming each item pictured. Alternately, you may wish to use these two pages as teaching tools regarding the various images pictured.

Are there other terms you need related to the skin and skin conditions? Ask your tutor about them and record them below:

Medical Survival Khmer

LESSON 17: MEDICATIONS AND RELATED TERMS

prescription	<i>veejey-ak boñ-jee-ah</i>	ព្រៃណិបត្តករ
	<i>or-dee-nahng</i>	អង់គេដាច់
pill	<i>grow-up</i>	គ្រាប់
acetominophen/Tylenol/paracetamol		
	<i>pah-rah</i>	ប្រាប់
antibiotic	<i>bpah-deh-bpahk-b'rahn</i>	បងិបក្សប្រាកដ
	<i>ahng-tee-bee-yo-tech</i>	អងិទិបុរីទិក
	<i>ahng-tee-koe-ah</i>	អងិទិកវិភ័យ
antacid	<i>t'nahm braw-chahng jee-it ah-cid</i>	ប្រាប់សាមិជាតិអាស៊ីត
aspirin	<i>ah-s'pee-reen</i>	អាស៊ីវិស
vitamins	<i>vee-tah-mean</i>	វិតាមិន
topical medication	<i>t'nahm lee-up</i>	ប្រាប់លាប
eye drops	<i>t'nahm dome-knock dahk p'nake</i>	ប្រាប់ដាក់ជាក់ត្រកក

to overdose on drugs *lape t'nahm who-ah gome-rut* លេបច្ចីបានកំវិត

poison *t'nahm pull* ចុះពុល

drug of addiction *t'nahm nyee-un* ចាំងាល់



Remembering this Lesson - Pharmacy Practice

This is a great lesson for playing pharmacist and patient. Your tutor could present with a complaint and you could tell the “patient” the type of medication he/she needs - not how much (that is the next lesson), but only that he/she might need vitamins, or acetaminophen, or antibiotics, etc. You could also play this game with neighborhood children who will find it amusing, while you find it useful practice!

Medical Survival Khmer

LESSON 18: DISPENSING MEDICATIONS (PART A)

(What to say to a patient waiting at the dispensing window? We want to say, “How can I help you?” But Khmer will ask instead, “What do you need?”)

What do you need?

t'die-uh neck t'row-gah away? **តើអ្នកត្រូវការអ្វែ?**



pharmacy

ow-sut-s'tahn

ីសប់ស្ថាង

gawn-lyng loo-ik t'nahm

កំលេងលក់ប៉ា

pharmacist

ow-sut-tah-gkah-ray

ីសប់ការី

neck loo-ik t'nahm

អ្នកលក់ប៉ា

(Note: If you are not selling medications, you may replace the word *looik to sell* with *owey to give*.)

to give an injection

jahk t'nahm

ចាក់ប៉ា

IV

say-rome

ស៊ូរ៉ែម

to give an IV

p'jew-ah say-rome

ព្រៃស៊ូរ៉ែម

Take orally. *lape* ໂອບ

Shake the bottle before taking the medication.

g'raw-loke dop moon pale brie-uh t'nahm

ក្រុងការដំឡើងពេលប្រើប្រាស់

Keep this medication cold.

dahk t'nahm k'nong too-tduck-kok

ជាក់ប៉ាក់ដុរត្រីកកក

teaspoon

s'lah-p'ree-ah cah-fay

tablespoon

s'lah-p'ree-ah buy ဆူပြု၏မြောယ်

bottle (of medication)

dop t'nahm

Remembering this Lesson - Pharmacy Practice

Now you can practice being a pharmacist and begin to instruct your patient-tutor about his medication. You may find that you need the next lesson to fully be able to prescribe and dispense medications.

Medical Survival Khmer

LESSON 19: DISPENSING MEDICATIONS (PART B)

Take 1 pill every 8 hours.

roe-ahl p'ram-bay mowng lape t'nahm tuy g'row-ap

រាល់ត្រាំបីម៉ោងលេបបីមួយគ្រាប់

Take 2 pills three times a day.

lape t'nahm m'dong pee g'row-ap tuy t'ngie-ee bay dong
លេបបីមួយពីរគ្រាប់ មួយប្រឈមីដុំ

Take your medicine with food. *hope t'nahm gee-ah-muy ah-hah*

ហូបបីជាមួយអាបារ

Take your medicine before meals.

hope t'nahm pbee moon hope bah-ee
ហូបបីពីមុនហូបច្ញាយ

Take your medicine after meals.

hope t'nahm krow-ey pee pale hope ah-hah
ហូបបីក្រាយពីពេលហូបអាបារ

This medicine will make you sleepy.

t'nahm knee twer owey ngaw-ngew-ey dake
បីនេះធ្វើអោយដុំយើង

This medicine may make you feel nauseated.

t'nahm knee ike twer owey jawng k'oo-it
បីនេះអាបច្ចើអោយចុំក្នុង

If you develop a rash, stop taking this medicine.

b'raw sun buy-uh row-mow-ah some chope brie-uh t'nahm knee
ប្រសិនបើរមាល់ សូមលួចប័ណ្ណីបីនេះ

You must take all of this medicine.

some hope t'nahm knee owey ah

ស្រួលប្រុបខ្លាំងនៅយោងអេរ

Do not drink alcohol with this medication.

high-um puck g'rung s'raw-vung pale brie-uh t'nahm knee

បាមដីកញ្ជីជសវិជណលប្រើខ្លាំង៖

The following instructions were found in the box of a medication. What does it mean? Listen to the audio and discuss it with your tutor.

ខ្លាំសំលាប់ត្រូវ បេសិទ្ធិ ៥០០

ព្យាយាយ៖ ជាពីសំរបច្បាប់ទូលាតាលដើម្បីសំលាប់ត្រូវប្រកែទុក

ត្រូវបងី៖ អេរ ត្រីកសេប្បាល អងីតីអូសុម អងីភីលីល

វិធីប្រើ៖ ទូលាតាលមុនុំត្រាប់ ត្រីមថែមុនុំដែល
សំលាប់ត្រូវបានដល់ទៅខ្លោគប្រកែទុក
ដោយទំពារខ្លាំម្វុន ពេលលេប។

ក្រុមហ៊ុន ផ្សេនាទុនជាតិណារ បាំកាត់ ផ្លូវ ជាមវិជ្ជកម្ម សាស្ត្របី: THAILAND

Remembering this Lesson - Pharmacy Practice

Take this lesson to the CSI Clinic and practice with any willing volunteers regarding their medications and instructions on when/how to take them. Make sure you take along a language helper so that the patient does not become confused. In addition, have your tutor cover the phonetics and Khmer script of this lesson and ask you to translate the English sentences into Khmer.

Medical Survival Khmer

LESSON 20: MEDICAL/HEALTH-RELATED INSTRUCTIONS/TREATMENTS



Drink more water. *hope dtuck owey j'rye-un* ហួបទឹកអោយត្រីន

Rest in bed. *some-rack luuh k'ray* សំរកលើថ្ងៃគ្រែ

Exercise. *haht-brahn* ហាត់ប្រាន

Eat fewer salty foods. *bawn-tau-ee hope ah-hah brie-ee* ບັນຫຸ້າເບີ ແກ້ວມະນູນ

You need to eat more vegetables and fruits.

hope bon-lie-ee nung ply-ee chuuuh owey bahn j'rye-un

ហបបន្ទី និង ដើរឃើមកាយច្បានប្រើបែក

You need surgery. *neck t'row-gah way-ah-kaht* អ្នកត្រូវការវេសកាត់

This illness is serious. *joom-ngew knee t'ngun*

ឯម្ធៀនេះធ្លី

Please go to the doctor (surgeon) or you will go blind.

some toe-oo jew-up pate p'nake buy-ah mun an-jung ngoe-ngut howey

សូមទៅជួបពេញវេងកក បើមិនអាតីងធនីតបែកយេ

Remembering this Lesson - Listening Practice (Opposites)

Listen to the the following instructions and determine whether each statement is true

(*troe-oov* ត្រីវ) or false (*koh* ខុស). Report your findings to your tutor.

ប្របទីកតិចតិច

ប្របនាបារប្របនាបារ

ប្របសំបិលដឹលអត់មានជាតិអីយុំត

មិនបាត់ហាត់ប្រាណ

មិនបាត់សំរាប់លើគ្រឿង

សូមទៅជួបពេញវេងកក បើមិនអាតីងធនីតបែកយេ

អ្នកមិនបាត់ត្រូវការវេះកាត់

Medical Survival Khmer

LESSON 21: MEDICAL/DIAGNOSTIC QUESTIONS AND INSTRUCTIONS



How long have you had this illness?

t die-uh neck mee-un joom-ngeu knee reyek pale bpone-mahn howey?

តើអ្នកមានជីវេសយោះពេលបុណ្យនាលហើយ?

How much do you weigh?

neck mee-un tome-ngun bpone-mahn kee-low?

អ្នកមានទំនុកបុណ្យតិច្ចូល?

How tall are you?

neck mee-un gom-poo-uh bpone-mahn?

អ្នកមានកំពស់បុណ្យ?

I want to listen to your heart? May I?

k'nyome jahng s'dahp beh-dong neck bahn tay?

ខ្ញុំចង់ស្វាប់បេរិជិដ្ឋអ្នកប្រាកដទេ?

I want to listen to your lungs? May I?

k'nyome jahng s'dahp sue-it neck bahn tay?

ខ្ញុំចង់ស្វាប់ស្អាតអ្នកប្រាកដទេ?

Please stick out your tongue.

some lee-un awn-daht

ស្វែមលើកនៃអណ្តាត

I want to take your pulse? May I? *k'nyome jahng pee-nut jeep-jaw neck bahn tay?*

ខ្ញុំចង់ពិនិត្យដឹងឱ្យលបរអ្នកប្រាក់ទេ?

I want to look inside your ears. May I?

k'nyome jahng pee-nut mull k'nong t'raw-jee-ick neck bahn tay?

ខ្ញុំចង់ពិនិត្យមើលកញ្ចប់កញ្ចប់កញ្ចប់ប្រាក់ទេ?

Breathe in.

dock-dong-high-um jole ឯកជីឆ្លួយធម្មល

Breathe out.

dock-dong-high-um jayñ ឯកជីឆ្លួយធម្មល

Look up.

mull to-oo luuh មើលទៅលើ

Look down.

mull to-oo k'rowm មើលទៅក្រោម

Hold still.

no-oo owey s'nghee-um ត្រូវធោយស្វ័ែម

Don't move.

gome gome-rye-ik កំកប្រើក

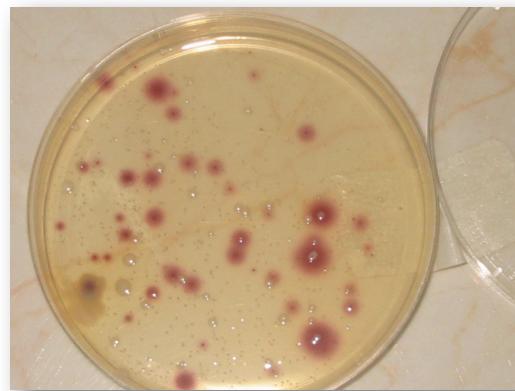
Are there other instructions or questions related to your specialty that are not mentioned above? Ask your tutor how to say these and add them below:

Remembering this Lesson - Taking the History and Performing the Exam

This lesson will most easily be remembered by actually using your new vocabulary at the clinic to take histories and begin to perform examinations. If this is not possible, you can play this game with neighborhood children, alternating with them as patient and physician. They will love the chance to play physician after they first learn how to do it from you!

Medical Survival Khmer

LESSON 22: LABORATORY TERMS (PART A)



urine	<i>duck nome</i>	ទឹកតោម
stool	<i>lee-ah moo-uk</i>	លាមក
mucous	<i>som-bow</i>	សំប្បាន
vomit (noun)	<i>k'oo-it</i>	ឆ្លួន
blood	<i>chee-um</i>	លើម
red blood cell	<i>goe-lay-kah kraw-hom</i>	គោលិកក្រហម
white blood cell	<i>goe-lay-kah saw</i>	គោលិកស
platelet	<i>plah-gate</i>	ផ្ទាក់តុក
anemia	<i>k'wah jee-ut dike</i>	ឧំជាតិដើរ

anemic

k'wah chee-um

ខោលមិនមែន

Remembering the Lesson - Images

To practice this lesson, you will want to consult the *Medical Survival Khmer CD* and print the document entitled *Skin and Lab Images*. You may also wish to laminate these two pages in order to practice naming each item pictured. Alternately, you may wish to use these two pages as teaching tools regarding the various images pictured.

Medical Survival Khmer

LESSON 23: LABORATORY TERMS (PART B)

test	<i>twer teh joom-ngew</i>	ធ្វើតែស្តីដី
blood test	<i>twer teh chee-um</i>	ធ្វើតែស្តីណាមាំ
blood test results	<i>lah-tah-paul teh chee-um</i>	លទ្ធផលតែស្តីណាមាំ
to draw blood	<i>bome chee-um</i>	ប្រមិលណាមាំ
to examine blood	<i>pee-nut mull chee-um</i>	ពិនិត្យមិលណាមាំ
blood sugar	<i>jee-uts'kaw</i>	ជាតិសក់
microscope	<i>mick-ro-e-too-ah</i> <i>ah-tey-sockom-too-ah</i>	មិក្សទស្សន៍ អតិស្សុខទស្សន៍
parasites	<i>pah-rah-seat</i>	ប្រាកសីត
ameba	<i>ah-meeb</i>	អាមិប
Giardia	<i>jah-dee-yah</i>	ឃាតិយ៉ា
bacteria	<i>may-roke</i>	មេរោគ

Remembering the Lesson - Images

To practice this lesson, you will want to consult the *Medical Survival Khmer CD* and print the document entitled *Skin and Lab Images*. You may also wish to laminate these two pages in order to practice naming each item pictured. Alternately, you may wish to use these two pages as teaching tools regarding the various images pictured.

Medical Survival Khmer

LESSON 24: MEDICAL PARAPHERNALIA/MISCELLANEOUS TERMS



to treat (a patient)

pjee-ah bahl

ព្យាបាល

gloves

s'rowm die-ee

ស្រោមដោ

syringe

sah-rahng jahk t'nahm

សារីជាក់បិះ

needle

m'jool

ម៉ូល

alcohol

ah-cull

អាកូល

cotton balls

some-lay

សំឡើង

anesthetic

t'nahm s'puck

បុំសីក

band-aid

bong but dom-bow-oo

បងបិទដីប្រា

to bandage	<i>pong see-mong</i>	បំណុលសំចំណុល
thermometer	<i>braw-dahp s'tong gom-dow-oo</i>	ប្រជាប់ស្ថុដំកែវ
	<i>dtay-ah-moe-might</i>	ទីទុមទីមេត្រ
temperature	<i>say-tahn-hah-peel-up</i>	សីតុណ្ឌភាព
to take one's temperature	<i>s'tong gom-dow-oo</i>	ស្ថុដំកែវ
stethoscope	<i>ooh-ree-ah-too-ah</i>	ឧរទស្សនក
	<i>s'tay-toe</i>	ស្រួច
pulse	<i>jeep-jaw</i>	ជីតបរ
blood pressure	<i>som-pee-it-chee-um</i>	សំពាងលយាម
x-ray	<i>reck-s'may-ek</i>	រស្វីអិក្ស
to choke (on food)	<i>oo-awl</i>	ឆ្លល់
to have an obstruction (in breathing)	<i>stay-ah</i>	ស្ថុះ
to save	<i>sawng-crew-ah</i>	សរុប្បាយ
CPR (Cardiopulmonary Resuscitation)		
	<i>vit-tee sawng-crew-ah dong-high-um</i>	
	វិធីសរុប្បាយដឹងឯក	
	<i>vit-tee twer owey beh-dong die-uh lye-ung veen</i>	
	វិធីធ្វើអោយបេះដឹងដើរឡើងវិញ	
Heimlich Maneuver	<i>vit-tee sawng-crew-ah mow-new oo-awl</i>	
	វិធីសរុប្បាយមកុលប្រអល	

Remembering the Lesson - Show and Tell

This is the lesson to bring out your doctor's bag and make sure you can name everything in it. If you don't have any of the items listed above, take a visit to the clinic and try to name items used in the laboratory and the examining rooms. In addition, your tutor may do Total Physical Response exercises using these items, asking you to pick up or use/do or put down any one of these these.

You will also wish to print and possibly laminate the file called *Images Lesson 24* on the accompanying CD. You can practice naming these items in Khmer with your tutor and other language helpers.

Medical Survival Khmer

LESSON 25: KHMER CULTURAL MEDICINE TERMS

wind

k'jahl

ឃុល់

cupping

jope k'jahl

ដីប៉ែឃុល់

coining

gow k'jahl

ក្រាសុល់

(Colloquial: *oh k'jahl*)

Khmer healer

kru k'my

ត្រូវឃុំ

fortune teller

kru tee-aye

ត្រូវឃុំ

spirit

ah-reck

អារីណី

possessed

ah-reck jole

អារីណីចិត្ត

karma

kahm

កំណែ

bad karma

kahm pee-uh

កំណែញ្ចាស់

kahm ah-crock

កំណែអារីណី

Note: The Khmer will wear a number of different sorts of “protective” accessories to ward off bad luck and evil spirits, such as red or white string blessed by monks, string tied about the waist, etc. Christian Khmer who follow the Master whole heartedly will no longer trust in these.

Can you think of other terms you might need? Ask your tutor for these and write them below:

Remembering the Lesson

You will want to watch the accompanying video of a patient enduring “cupping” and “coining.” It is very interesting to watch. As you view this clip, you will want to ask about the Khmer words used during cupping and coining. As you will discover, these techniques are used as cure-alls for nearly every ill one seems to have - especially headaches, etc.

You will also want to read the Touchstone article on Cambodian *Health Care: Beliefs and Practices* on the accompanying CD.

Medical Survival Khmer

APPENDIX

10 TIPS FOR IMPROVING THE CAREGIVER/ PATIENT RELATIONSHIPS ACROSS CULTURES

(from the American Medical Student Association website)

- **Do not treat the patient in the same manner you would want to be treated.** Culture determines the roles for polite, caring behavior and will formulate the patient's concept of a satisfactory relationship.
- **Begin by being more formal** with patients who were born in another culture. In most countries, a greater distance between caregiver and patient is maintained through the relationship. Except when treating children or very young adults, it is best to use the patient's last name when addressing him or her.
- **Do not be insulted if the patient fails to look you in the eye or ask questions about treatment.** In many cultures, it is disrespectful to look directly at another person (especially one in authority) or to make someone "lose face" by asking him or her questions.
- **Do not make any assumptions about the patient's ideas about the ways to maintain health, the cause of illness or the means to prevent or cure it.** **Adopt a line of questioning that will help determine some of the patient's central beliefs about health/illness/illness prevention.**
- Allow the patient to be open and honest. Do not discount beliefs that are not held by Western biomedicine. Often, patients are afraid to tell Western caregivers that they are visiting a folk healer or are taking an alternative medicine concurrently with Western treatment because in the past they have experienced ridicule.
- **Do not discount the possible effects of beliefs in the supernatural effects on the patient's health.** If the patient believes that the illness has been caused by embrujado (bewitchment), the evil eye, or punishment, the patient is not likely to take any responsibility for his or her cure. Belief in the supernatural may result in his or her failure to either follow medical advice or comply with the treatment plan.
- **Inquire indirectly about the patient's belief in the supernatural or use of nontraditional cures.** Say something like, "Many of my patients from ____ believe, do, or visit _____. Do you?"
- Try to ascertain the value of involving the entire family in the treatment. **In many cultures, medical decisions are made by the immediate family or the extended family.** If the family can be involved in the decision-making proc-

ess and the treatment plan, there is a greater likelihood of gaining the patient's compliance with the course of treatment.

- **Be restrained in relating bad news** or explaining in detail complications that may result from a particular course of treatment. "The need to know" is a unique American trait. In many cultures, placing oneself in the doctor's hands represents an act of trust and a desire to transfer the responsibility for treatment to the physician. Watch for and respect signs that the patient has learned as much as he or she is able to deal with.
- **Whenever possible, incorporate into the treatment plan the patient's folk medication and folk beliefs** that are not specifically contradicted. This will encourage the patient to develop trust in the treatment and will help assure that the treatment plan is followed.

Ethnomed: http://ethnomed.org/cultures/cambodian/camb_birth.htm

Article written By Keo Mony, Reviewed by Paularita Seng

Seattle, WA – September 2004 This information is derived largely from interviewing six

Cambodian women in the Seattle, Washington area. © 1995–2007

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POSTPARTUM PRACTICES

Cambodians call the postpartum period Sor Sai Karchey or literally “soft/weak tendon”. During this period a woman is considered to be in fragile health. Many Cambodians practice a number of traditions during Sor Sai Karche.

Traditional Birth Attendants

Traditional Birth Attendants are popular, especially among the poor, as their service is cheap and locally available. In fact, at present TBAs deliver the majority of Cambodia's babies. Most TBAs are older women who learned their trade from a relative or another TBA. However, some TBAs taught themselves and others learned their profession under the Pol Pot regime. Currently some NGOs offer training for TBAs, including instruction about hygiene and the referral of high-risk deliveries to health centers or hospitals, to try to reduce the high mortality rates surrounding birth.

Caring for the Mother after Birth

Cambodians believe that the woman's body becomes cold after giving birth. They take steps to heat up the body and prevent further cooling or deterioration. A woman is not to take a shower for a few days or a week after delivery, although she can take a sponge bath with warm water. Keeping the body covered from head to toe is important.

Tos

“Tos” is common and there is no direct Western Medicine or US translation for it. Tos may be similar to postpartum depression, but tos is described as more physical and can be benign. It can be a temporary ailment or it can be a life-long problem. The postpartum rituals are done to prevent tos. If a woman doesn't (or isn't able to) follow the rituals, or if she behaves in a manner not in keeping with the proscriptions of the post partum period – like refraining from heavy lifting or from having sexual intercourse – then it is believed that she will experience tos as a

result. There are different types of tos, for example “tos sorsai” results from doing heavy lifting and “tos damnek” results from having sexual intercourse.

Postpartum Traditions/Rituals

Often the mother lies on a bed above a fire with her baby; this is called ‘roasting’. The roasting starts immediately after delivery and normally takes at least a week to complete. It starts immediately after delivery and normally takes at least a week to complete. Besides heating up the body, roasting is believed to prevent illnesses after the postpartum period. A woman is also told to sit on a rock that has been heated in fire every morning, for up to three weeks postpartum. It is believed, as a Traditional Birth Attendant (TBA) told a client, “when a woman sits on the rock it prevents the uterus from coming out.” It is also a common practice to have a fire-warmed rock on the abdomen. It is said to make the uterus shrink, and to prevent the sagging of the abdomen later. Steaming is another postpartum practice. Steaming causes the mother to perspire, which removes impurities. The steam is made by the boiling a mixture of herbs, usually in a clay pot. During or after the steaming, some women apply a pounded mixture of galangal root and/or turmeric root all over their bodies. (Galangal and turmeric are like ginger, and are ingredients for cooking.) These practices prevent illnesses and improve the skin. In the U.S., some Cambodian women still follow the traditional postpartum practices, such as putting a warmed rock on the abdomen, dieting and/or steaming, in addition to following conventional Western medical practices. The ingredients for steaming are available in the herbal stores in many China Towns.

Postpartum Dietary Practices

During the postpartum period women adhere to special dietary practices. A woman is to eat spicy food, usually including pork or fish and prepared with black pepper or ginger. The food is to be very spicy so that the hotness from the food will heat up the body and strengthen the tendon. Some people want the food very salty, as well as spicy. The salt makes the woman thirsty so that she will to consume more of the medicinal remedy. The remedy is made of herbs boiled with water or combined with rice wine. Women also abstain from eating some foods, including fruits, during Sor Sai Karchey.

TRADITIONAL MEDICAL PRACTICES

Cambodians have traditionally dealt with illness through self-care and self-medication. This is related to their having access to most drugs over-the-counter at low cost, having few hospitals and physicians, and to the high cost of Western medical care. In rural Cambodian communities, herbal remedies, dermal techniques, maintenance of hot-cold balance, and rituals are the principal forms of medical treatment. More than one treatment will frequently be used for the same illness. The assistance of a health practitioner is sought if their own remedies don't work. In Cambodia, herbs are often grown in a home garden. A Khru Khmer (traditional healer) may be sought who will often travel into the jungle for herbs, roots and plants for healing.

The presence of spirits is reality to many Cambodians, and often take an active role in an individual's life. Spirit possession or sickness may be the result of evil spells cast by another, mistakes made in various rituals through the life cycle or neglect of rituals. Traditional healers or spiritual healers will be sought for illnesses thought to be caused by spirits (Kemp, 1985).

The dermal techniques are perceived as ways to relieve headache, muscle pain, sinusitis, cold, sore throat, cough, difficulty breathing, diarrhea, or fever. Cupping, pinching, or rubbing (also known as coining) are the most commonly used and are thought to restore balance by releasing excessive "air". In cupping, a cup is heated and then placed on the skin usually on the forehead or abdomen; as it cools, it contracts, drawing the skin and what is believed to be excess energy or "air" into the cup; a circular ecchymosis is left on the skin. Pinching uses the same principle, but pressure is applied by pinching the skin between the thumb and index finger to the point of producing a contusion. This usually is done at the base of the nose, between the eyes, on the neck, chest or back. Rubbing is usually in the same areas as pinching and involves firmly rubbing of lubricated skin with a spoon or a coin in order to bring toxic "air" to the body surface.

In the hot-cold theory, illness is caused by an alteration in the natural balance between hot and cold elements in the universe. To restore balance and harmony, intake of drugs, herbs

and foods is adjusted. Western medicines are generally considered hot, and herbal remedies have cooling properties. Foods are considered to have varying properties with for example, fruits and vegetables being "cold" (Muecke, 1983).

Any of the previously mentioned concepts of illness may pertain to emotional as well as to physical illness. Unmistakable emotional disturbance is usually attributed to possession by malicious spirits; to bad karma accumulated by misdeeds in past lives; or to the bad luck of familial inheritance. Partially due to its attribution to immoral causes, mental illness is commonly denied and feared. The disturbed individuals are protected by their family and if outsiders become aware of the mental illness, great shame is brought to the family. In consequence, Cambodians who are having emotional problems tend to present themselves for care with physical problems (Muecke, 1983).

In Seattle, Cambodians utilize both traditional and Western medicine. Herbs are often difficult to obtain, as many of them must be cut fresh from the jungle for benefit and most of the herbs can not be grown locally. Some of the medicinal herbs can be bought in Chinatown (Seattle) and some are hand carried back from Cambodia. Chinese physicians provide care for some individuals; the use of herbs being familiar as a treatment. Spiritual healers are found in Seattle and are utilized by some individuals, however, they are often very expensive. Some individuals go to the Buddhist temple to "get rid of the bad spirit". Cupping, pinching and rubbing are practiced by many local Cambodians. Caution should be taken not to mistake the resulting skin alterations and scarring for the results of abuse. Some local Cambodians adhere to the hot-cold theory and will adjust their drugs, food and herbs accordingly. Vietnamese physicians are often visited by Cambodians. They claim that these practitioners require few tests and minimal physical examination but will dispense medications freely, something very important to these individuals. As in Cambodia, many of the local individuals will use more than one treatment for the same illness, either simultaneously or in succession. Many are hesitant to share the fact that they are using other forms of health care because they believe the person providing Western medical care will think it's wrong to use these alternatives.

EXPERIENCE WITH WESTERN MEDICINE

If available, Western medicine may be tried only when all known remedies have failed. Cambodians living in an urban setting in Cambodia having greater availability of practitioners of Western medicine, however, will usually try traditional treatments first (Buchwald, Panwala, Hooton, 1992).

EXPERIENCE WITH WESTERN MEDICINE IN THE UNITED STATES

Western health care is confusing and overwhelming for many Cambodians. Language and cultural barriers, crowded waiting areas, multiple interviews, mysterious procedures, and the somewhat abrupt behavior of personnel combine to make obtaining health care an unpleasant experience. Medical practices and procedures such as blood drawing, genital exams, x-rays, and surgery often make the individual very nervous and may contribute to their not seeking care. Blood draws are thought to be very painful and will make them weaker because the blood is "taken away" and not replaced. Genital exams are foreign to many and are preferred to be performed by the same sex provider. X-rays are thought by many to destroy red blood cells (which never are replaced) and to decrease general life expectancy. Some believe radiation from x-rays can cause cancer. Surgery has traditionally been a frightening "last resort", so Cambodians hospitalized for this purpose are extremely frightened. Elective surgery is almost unthinkable to many.

Practices common to Western medicine such as appointments and preventive health care are not familiar to most Cambodians. As many have lived in the U.S. for a while, they are aware of the expectations of appointments and are becoming more adherent. Preventive health care is a new concept to most Cambodians, with visits to a provider only when ill. Written material about this topic is generally thrown away, as the individual may not be able to read it or does not believe it applies to him. Cambodian women are particularly concerned about Western medicine practices for women's health care. Most women are very modest and will avoid annual exams because they know pelvic and breast exams will be included. They will present for care only when a problem arises. Some are taught

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SBE (self breast exam), however, very few perform this monthly. Cambodian women in general prefer women providers for women's health care and related issues. Cambodians expect to receive medications for every illness because it makes them feel like something is being done. If medication is not dispensed, they will find another provider who will provide medications. Medications are often shared among friends and family. They are frequently taken only for as long as the individual "feels sick" and if side effects occur the dose is adjusted down as it is obviously "too much". Compliance with medications for a chronic disease such as hypertension is a major problem, as individuals expect drugs to relieve the problem fairly quickly. According to several studies, the Cambodians as a group arrived in the U.S. in poorer health than most other refugees. This is related to the extreme deprivation of food, shelter, and medical care by many. The most common diseases found in this group were tuberculosis, hepatitis B, and intestinal parasites (hookworm, Giardia, and Strongyloides). Hemoglobin E and thalassemia minor have also been observed in Cambodians (Catanzaro and Moser, 1982).

Sensitive Care Provider Issues

Cambodians tend to smile or laugh in both positive and negative situations, thus, it should not automatically be considered as expressing happiness, agreement, amusement, embarrassment or ridicule. Great caution should be taken in interpreting a smile or laugh in order to avoid misunderstanding.

Cambodians are considered shy, especially women. It is advisable that healthcare providers consider this when trying to have a frank and open discussion with their patients. Same sex providers are preferred.

Preventive medicine is uncommon to Cambodians. Healthcare remains a luxury to many Cambodians who cannot afford it. A long-held belief "if nothing broke, don't fix" also plays a part in Cambodians not utilizing preventive care.

Cambodians have experienced inconceivable suffering and violence during thirty years of brutal wars. Chronic mental illness has affected many Cambodians. But, culturally, Cambodians are unaccustomed to opening up and discussing their feelings, especially the men, as they think it would make them look

weak. They also equate mental illness to craziness. The stigma from being branded as crazy is enormous. Thus, Cambodians are often reluctant to talk about their experiences and their related illnesses. Counseling is an alien notion to Cambodians whether related to marriage or health, especially counseling offered by a trained or licensed counselor. When advice is needed, it is often sought from a monk, traditional healer/herbalist or the abbot.

Traditional healers or herbalists (known as "kru-Khmer") and laymen who arrange religious healing ceremonies (people known as "aa-jaar") have the respect of the community. They are considered leaders in the community. Many Cambodians still depend heavily on traditional healers and traditional or herbal medicines for treatments of all kinds of illnesses. Modern medicines are available and easy to obtain in Cambodia. In fact, no prescriptions are needed in order to purchase them. However, they are too expensive for many people. Traditional medicines are made out of roots, barks and animal bones. They are believed to cure a wide variety of illnesses, even AIDS. No regulations govern traditional medicines. In the U.S., many Cambodians still use the traditional medicines with which they are familiar. They are available in many grocery stores or sent over from Cambodia.

Cambodians tend to fear those in authority. Culturally, the fear is taught very early starting within the family. Children are taught to obey at home as well as school. At home, they are not allowed to challenge the authority of their parents, especially the father. Cambodian society remains very male dominated. At school, teachers are not to be challenged. And later at work, bosses are the authority. Obedience is the norm. In addition, kings, foreign occupiers, and tyrannical leaders whose authority cannot be questioned have always ruled Cambodia. Punishment has always been swift and harsh for those who dare. The fear has been ingrained in many Cambodians for life.

DICTIONARY (ENGLISH-KHMER MEDICAL TERMS)

(from *English-Khmer Medical Dictionary*,
1998)

A

abdomen	ពេក់ <i>poo-ah</i>	AIDs	ជីថិត់អេដីស៊ី <i>joom-ngew aide</i>
abortion	ការពុនិកកិន <i>gah pon-loot goan</i>	air	ឲ្យល់ <i>k'jahl</i>
abscess/boil	បូសី <i>boh</i>	alcoholism	ធនាគារស្រាង <i>nyee-un s'rah</i>
accident	គ្រឿងបុកកំ <i>grew-ah t'nahk</i>	alive	ស្រីរស់ <i>no-oo rue-ah</i>
acid	អាសូចិត <i>ah-seat</i>	allergy	ប្រពិកកម្ម <i>braw-tay-cahm</i>
acne	ម៉ូន <i>moon</i>	alopecia	ការដ្ឋែសកកំ <i>gahj'roo sock</i>
acute	វេហ៍សីរ <i>roe-hah</i>	AM	ព្រឹក <i>prook</i>
adenoids	ដែនដីសាប់កកិងប្រមេះ <i>doh dome sike k'nong j'raw-moh</i>	amoeba	អាមិប៊ា <i>ah-meeb</i>
addiction	ធនាគារ	amputee	មគ្គសុវត្ថិការ <i>moe-new pee-gah</i>
addictive drug	បូំធនាគារ <i>t'nahm nyee-um</i>	anemia	ជីថិខែលយាមក្រុបាម <i>joom-ngew k'wah chee-um craw-hom</i>
adult	មគ្គសុវត្ថិញ្ចោរីយ <i>min-oo payn way</i>	anesthetic	បូំសិក <i>t'nahm s'puck</i>
age	អាយុ <i>ah-yoot</i>	anus	ទ្វារដិ <i>t'wee-ah tome</i>

	B
antibiotic	អំបិត្តកវេរ <i>awng-tee-go-ah</i>
anxiety	កង្វែល់ ប្រាម៉ា <i>kong-vol bah-rom</i>
appendectomy	វីសាត់យេកខ្លួនពោះវីន <i>way-ah caht yoke k'nyng poo-ah vee-un</i>
appendicitis	កែវិតពោះវីនដុំខ្លួន <i>gie-ut roke poo-ah vee-un dah k'nyng</i>
appendix	ខ្លួនពោះវីន <i>k'nyng poo-ah vee-un</i>
appetite	សេចបាកិតូយោន <i>seck-ah-day c'lee-un</i>
arthritis	ជីមិថូកសុគ្រាកស្ទឹង <i>joom-ngew jock sawn-lahk ch'ung</i>
apply	លាប ប្រើដាក់ <i>lee-up rue dahk</i>
arm	ថី <i>die-ee</i>
asphyxiation	ក្រោះប្រាក់បូប់ខ្សោល់ <i>grew-ah t'nahk top k'jahl</i>
asthma	ជីមិថូកធម្មោត <i>joom-ngew huut</i>

baby	ក្រុសជាប្រើបានកំណែ <i>goan ngah rue tee-ah rue-uk</i>
back	ខ្លួន <i>k'nawng</i>
backache	លូយខ្លួន <i>chew k'nawng</i>
bacteria	មេក្រុក <i>may-roke</i>
	ប្រាក់តែវី <i>bahk-tay-ree</i>
bad breath	សុយិមាត់ <i>s'oy moe-aht</i>
bad taste in mouth	ភ្លើមិមាត់ <i>p'lee-oo moe-aht</i>
(to) bathe	ដូតិក <i>ngoot dtuck</i>
biology	ជីវិទិុ <i>jee-weyek-veet-jee-ah</i>
birth control	ការគាំទារមិនទទួលភីន <i>gah-go-ahm-peeh mun owey mee-un goan</i>
bladder	ផោកនោម <i>p'lowl nome</i>
(to) bleed	ប្រូរឈិម <i>hoe chee-um</i>
blind	ខ្សោក <i>k'vahk</i>

blister	ពាងបេះឬលីបេក្ខកែ <i>pong sigh-uh sigh-uh luuh s'bike</i>	bronchitis	ជិមិទិនិស្សតិ <i>joom-ngew sue-aht</i>
blood	លូមាំ <i>chee-um</i>	bruise	ដំបុកនូល <i>joe-ahm / gon-tool</i>
blood pressure (BP)	សំពាបូលូមាំ <i>som-peey-it chee-um</i>	burp/belch	ហើរ <i>puuh</i>
blood type	ប្រភេទលូមាំ <i>braw-pate chee-um</i>	buttock	កូប <i>goot</i>
blurred vision	ស្លាក់ដឹងក្នុង <i>s'raw-vahng p'nake</i>		
bowel movement (BM)	បច្ចដីដំ <i>bot jung tome</i>	C	
body	ខ្ពស់ <i>clue-un</i>		Caesarean section (C-section)
boil (n.)	បូស់ <i>boh</i>		វេយកកូន <i>way-ah yoke goan</i>
bone	គីង <i>ch'ung</i>	cancer	មេហារីក <i>moe-hah-reek</i>
bottle	ដូប <i>dop</i>	(to be)car sick	ពូលឡាន <i>pollahn</i>
brain	ខេរក្រាល <i>koo-ah k'bahl</i>	cataract	ក្នុកឡើដ្ឋាយ <i>p'nake lie-ung bah-ee</i>
breast	ដោះ <i>dah</i>	cavity (dental)	ធម្មិសីធេញ <i>dong koe-oo see i'mayñ</i>
(to) breathe	ដឹកដុំ <i>dock-dong-high-um</i>	cervicitis	រលាកមាត់ស្សុន <i>roe-lee-ik moe-aht s'bone</i>
		chest	ក្រុង <i>t'roong</i>

(to) chew	ចំពារ <i>tome-peah</i>	congestive heart failure ជីមិត្តស្ថាក់លើម <i>joom-ngew s'lahk chee-um</i>
chicken pox	អុតិត្តស្បែយ <i>uts'vah-ee</i>	conjunctivitis ជីមិត្តរលាកកថ្នាក់ <i>joom-ngew roe-lee-ik p'nake</i>
child	កូម៉ាង <i>k'mayng</i>	conscious មានស្មោគតិ <i>mee-un s'mah-roe-day</i>
chills	រាជញញាក់ <i>raw-ngee-ah neck</i>	constipation ទាល់លាមក <i>toe-ahl lee-ah-moo-ik</i>
(to) choke (on food)		contagious (disease) ជីមិត្តឆ្លង <i>joom-ngew ch'long</i>
	ឃុល <i>oo-ahl</i>	convulsion ការប្រកាប <i>gah b'rav-gike</i>
cholera	ជីមិត្តអាសហនុរោគ <i>joom-ngew ah-sah-nah-roke</i>	(to) cough កូក <i>k'awk</i>
chronic disease	ជីមិត្តរោគ <i>joom-ngew rahm-rie-ee</i>	cramps រមលប្រកាប់ <i>roe-moo-ull c'raw-puuh</i>
(to) clean	សំអាត <i>som-aht</i>	cranium លលាចិត្តក្រុល <i>lo-lee-ah k'bahl</i>
cirrhosis	រោគបើម <i>roke t'lie-un</i>	cystitis រលាកដ្ឋាកតោម <i>roe-lee-ik p'lowl nome</i>
(to) clot	បិចាមកក់ <i>chee-um gock</i>	
colon	ពោះវីទំនំ <i>poo-ah vee-un tome</i>	
coma	ការសំគួច <i>gah sawn-lahp</i>	
common cold	ជុំសាយ <i>p'dah sah-ee</i>	D
		daily រៀងរាល់ប្រឈ <i>ree-ung roe-ahl t'ngie-ee</i>

dandruff	សង្គរក្បាល <i>awng-keh k'bah</i>	disease	ជម្ល៉ែ <i>joom-ngew</i>
dead	ស្មាប់ហើយ <i>s'lahp howey</i>	dizzy	វិលមុទ្ទា <i>vull moke</i>
deaf	បុំដី <i>t'lawng</i>	double vision	នៀកកម្រិលយើញ្ញបត្តីរ <i>p'nake mull k'unñ roop pee</i>
death	សេចក្តីស្មាប់ <i>seck-ah-day s'lup</i>	dumb (unable to speak)	ជិត្យ <i>chit</i>
(to) defecate	បាត់ដើងចាំ <i>bot jung tome</i>		go
deficiency	កង្វះសារធាតុ <i>kong-vah sah-roe-tee-it</i>	dysentery	ក្រោគមួល <i>roke moo-ul</i>
(to be) dehydrated	ខ្សោះជាតិទឹក <i>k'wah jee-ut duck</i>		
delivery	ការសម្រាលក្នុង <i>gah-some-rahl goan</i>	E	
dengue	ក្រុនឈាម <i>g'roon chee-um</i>	ear	គ្រប់កក <i>t'raw-jee-ick</i>
depression	ការឆ្លាក់ទឹកបិត្ត <i>gah t'leek duck jut</i>	eczema	ជម្ល៉ែគ្រអកក <i>joom-ngew t'raw-awk</i>
diabetes	ជម្ល៉ែទឹកគោមផ្លូម <i>joom-ngew duck nome p'ime</i>	emergency	ករណីបញ្ហាក់ <i>gah-roe-nay bawn-toe-ahn</i>
diarrhea	ជម្ល៉ែរឿង <i>joom-ngew ree-ik roo</i>	encephalitis	ជម្ល៉ែរលាកកខ្សោះក្បាល <i>joom-ngew roe-lee-ik koo-ah k'bah</i>
diphtheria	រោគខាងស្មាក់ <i>roke kahn s'lahk</i>	epidemic disease	ជម្ល៉ែរាជត្តិភាព <i>joom-ngew ree-it t'baht</i>
(to) die	ស្មាប់ <i>s'lahp</i>	epilepsy	ជម្ល៉ែឆ្លួចជ្រើក <i>joom-ngew ch-goo-it j'rook</i>

esophagus	បំពាក់អាបរាំវា <i>bom-pong ah-hah</i>	feet	ប្រអប់ដើង <i>praw-opjung</i>
exercise	ហាត់ប្រាងាំណា <i>haht-brahn</i>	female	ស្រីស្រី <i>pates'ray</i>
(to) exhale	ផិចខ្សោល់បេញពីស្អាត <i>p'lo me k'jah ljay n pee sue-ut</i>	fetus	ទារកមិនទាហ័រតើតែ <i>tee-ah-rue-uk mun toe-ahn guy-ut</i>
exhausted	អស់កំលាំងខ្សោនា <i>ah gom-lahng k'lahng</i>	fever	ក្រុង <i>g'roon</i>
eye	នាក់ <i>p'nake</i>	finger	ម្រាម្យដើ <i>m'ree-um die-ee</i>
eye disease	ជូមីនាក់ <i>joom-ngeuw p'nake</i>	flatulence/gas	ដើខ្សោល់ <i>die-uh k'jah</i>
eye inflammation	លាកកនាក់ <i>roe-lee-ik p'nake</i>	flesh	ស្រាប់ <i>sike</i>
		fluids/liquid diet	អាបរារភ័យ <i>ah=hah ree-oo</i>
		flu	ជាសាយដា <i>p'dah sigh-ee tome</i>
		food	អាបរាំវា <i>ah-hah</i>

F

face	ម៉ោក <i>moke</i>	food poisoning	ពូលអាបរាំវា <i>pullah-hah</i>
(to) faint	ស្រួប់ <i>sawn-lahp</i>	foreign body	
family	គ្រឿនភាព <i>crew-ah-sah</i>	(in the eye)	សំរាមគោកដឹកកក <i>som-rahm no-oo k'nong p'nake</i>
(to be) fat	ធ្វាន់ <i>toe-aht</i>	fungus	ផ្លូតិត <i>p'sut</i>
feces	លាមកក <i>lee-ah moo-ik</i>		

G

gall bladder	ប្រមាត់ <i>braw-maht</i>
gall stone	តុលសក្សា ប្រមាត់ <i>grew-ah k'nong braw-maht</i>
gangrene	ដំប្លូរលួយ <i>dom-bow-oo roe-loo-ey</i>
gargle	កុបិស <i>k'pull</i>
(to have) gas	កុលក្សា ពេះ <i>k'jah/k'nong poo-ah</i>
gastritis	រលាកក្រពោះ <i>roe-lee-ik g'raw-pay-ah</i>
germ	មៅរោគ <i>may-roke</i>
glaucoma	ជីថីលើសសំពានកង្ហ់ក្រុក <i>joom-ngew luuh som-peh-ik k'nong p'nake</i>
glove	ស្រីមិនី <i>s'rowm die-ee</i>
gonorrhea	រោគប្រម៉ោះ <i>roke braw-meh</i>
grow	លួតលាស់ <i>loot low-ah</i>

H

habit	ទំលាប់ <i>tom-low-up</i>
hair	សោក់ <i>sock</i>
headache	លើក្រាល <i>chew k'bahl</i>
heart attack	ជីថីគោះបែងដឹង <i>joom-ngew gay-ahng beh-dong</i>
heartburn	ឆ្លុយកោចុងត្រង់ <i>ch'ahl k'dow-oo,jong t'roong</i>
health	សុខភាព <i>sock-ah-pee-up</i>
hemorrhage	ការធ្លាក់ឈាម <i>gah t'leck chee-um</i>
hemorrhoids	ប្រសិនប្បាត់ <i>ruh dong baht</i>
hepatitis	ជីវលាកបីម <i>joom-ngew roe-loke t'lie-um</i>
hernia	រោគក្នុង <i>roke k'lahn</i>
hiccup	តីក្នុង <i>t'eye-uk</i>
HIV	មៅរោគអេដីស់ <i>may-roke aide</i>
hoarse	ស្អែកកក <i>s'awk gaw</i>

hospital	មេនីរពេទ្យ <i>mon-tee-pate</i>	influenza	ផ្លាសាមយ៉ាដំ <i>p'dah-sah-ee tome</i>
hourly	រៀងរាល់មោង <i>ree-ung roe-ahl mowng</i>	inhale	ដែកដែងឆចល <i>dock-dong-high-um jole</i>
human	មេស្តុបូរី <i>moe-new</i>	insomnia	ក្រោតដោកមិនលក់ <i>roke dake mun loo-ik</i>
hydrophobia (rabies)		intercourse	ការរមដីណោក <i>gah rue-um dom-nake</i>
	ជីមិថាបីកូតិក <i>joom-ngew klite duck</i>	intermittent	ឈើបាត់ចុង <i>chew baht baht</i>
hygiene	អេនាមេយ <i>ah-nah-may</i>	intestines (large)	ពេះវីសំ <i>poo-ah vee-un tome</i>
hypotension	សំពាងលើមចាប <i>som-peey-it chee-um tee-up</i>	intestines (small)	ពេះវីសំ <i>poo-ah vee-un toe-ik</i>
hysterectomy	ការកាត់ស្បែនបេញ <i>gah kaht s'bone jayñ</i>	iron	ជាតិដោក <i>jee-it dike</i>
		itch	រមាស៊ែ <i>roe-moe-ah</i>

I

ice	ទឹកកកកក <i>duck-gock</i>
(to be) ill	ឃួយ <i>chew</i>
indigestion	ការពិប្បាករលាយអាបារ <i>gah pee-bahk</i> <i>rome-lee-aye ah-hah</i>
infant	ក្នុងទី <i>goan k'jay</i>

J

jaundice	ជីមិតលើឱង <i>joom-ngew loo-ung</i>
jaw	គ្រឿម <i>t'kee-um</i>

joint	សំត្ងាក់ <i>sawn-lahk</i>	laxative	បូចពាយ់ <i>t'nahm bawn-joh</i>
juice (fruit)	ទឹកដើមីយ៉ឺ <i>duckply-chuuh</i>	left	ឆ្វេង <i>kahng ch'wayng</i>
		leg	ជ័ង <i>jung</i>
		lens	កញ្ចក់កែវក្រុក <i>gon-jock gow-oo p'nake</i>
K		leper	អ្នកកែវិតិយុង <i>neck guy-ut k'long</i>
kidney	ក្រឡេះឃ <i>craw-lee-un</i>	leprosy	រោគយុង <i>roke k'long</i>
kill	សំលាប់ <i>som-lahp</i>	lice	ចំ <i>jie-ee</i>
knee	ជុំដុំ <i>jawng-kong</i>	life	ជីវិត <i>jee-vut</i>
		lip	បបូរមាត់ <i>baw boe moe-aht</i>
		liquid	អង្គិតាផ្លាឯ <i>awng-kah-tee-it ree-oo</i>
L		little by little	ម៉ែនិចប៉ុង <i>m'dong teyk teyk</i>
(to go into) labor	មិនឱះកែវិតិក្សា <i>chew poo-ah guy-ut goan</i>	liver	បីម <i>t'lie-um</i>
laboratory	បន្ទប់ពិសោធន៍ <i>bawn-tope pee-sowt</i>	lung	ស្ពឺ <i>sue-it</i>
lame	ឈុំ <i>k'veun</i>	lymph node	
laryngitis	ស្អែកកែ <i>s'awk gaw</i>	(swollen)	កំត្រួចធ្លើងក្បាហកណ្តាល <i>gon'lyng lie-ung goan kawn-dull</i>

		milk	ទីកេដោះ
			<i>duck dah</i>
		miscarriage	រលួតក្នុក <i>roe-loot goan</i>
M		(to) mix	លាប់
malaria	ក្រុងបាយ		<i>lee-aye</i>
male	ប្រុងប្រសិរី	morning sickness	បាយក្នុង <i>jahñ goan</i>
mass	ដំណឹង	mosquito	មូស
mastectomy	ការកាត់យកដោះបោញ្ញ	mouth	មាត្រា
	<i>gah caht yoke dah jayñ</i>		<i>moe-aht</i>
marrow	ខ្សែនឹង	mumps	សាលាហ្វុន
	<i>koo-ah ch'ung</i>		<i>sah-lah-tayn</i>
measles	ការព្រឹល	muscle	(Coll: <i>graw-lah-tayn</i>) សាប់ដុំ
	<i>gahn-j'rull</i>		<i>sike dome</i>
menopause	អស់វជ្ជីវិស័យ	mucus	សំប្រាក់ <i>som-bow</i>
	<i>ah roe-doe</i>		
(to) menstruate	ធ្វាក់លើមរដឹវិស័យ		
	<i>t'leck chee-um roe-doe</i>		
menstruation	ការធ្វាក់លើមរដឹវិស័យ	N	
	<i>gah t'leck chee-um roe-doe</i>		
meningitis	ក្រោគរលាកស្រោមខ្មែរ	nausea	រម្លែបិដិក្នុត
	<i>roke roe-lee-ik s'rowm koo-ah</i>		<i>roe-moo-ahljawng k'oo-it</i>
mental illness	ជិដិជិវិបិត្ត	navel	ផ្ទិត
	<i>joom-ngew p'loujut</i>		<i>p'jut</i>
midwife	អូប		(Coll: <i>p'sut</i>)
	<i>ch'mop</i>		

neck	ក្រោម	O	
	<i>gaw</i>	obese	តាត់ពេក
negative	អវិជ្ជមាន		<i>toe-aht pate</i>
	<i>ah-vetch-jah-mee-un</i>	obsession	ជីឡូល័បិត្ត
neonate/newborn	ក្រុងជាតិ		<i>joom-ngew k'vahljut</i>
	<i>goan ngah</i>	obstetrician	ត្រូពេទ្យសមិត្ត
nerve	សរស់ប្រសាត់		<i>crew pate som-pope</i>
	<i>saw-sigh-ee braw-saht</i>	odor	ដំភិន
nipple	ក្រុលដោះ		<i>tome c'lun</i>
	<i>k'bahldah</i>	ointment	ប្រជលាបលើស្សុក
nocturnal enuresis	ជីឡូតោមយូប		<i>p'rayng lee-ahp luuh s'bike</i>
	<i>joom-ngew nome yope</i>	old	ចាស់
normal	ធម្មតា		<i>jah</i>
	<i>toe-mah-dah</i>	once	ម៉ែន
nose	ប្រមុះ		<i>m'dong</i>
	<i>j'raw-moh</i>	once a day	មួយថ្ងៃម៉ែន
nostril	វិន្ទប្រមុះ		<i>muy t'ngie-ee m'dong</i>
	<i>ronej'raw-moh</i>	open	បឹង
nose bleed	ប្រុលយោមប្រមុះ		<i>buy-uk</i>
	<i>hoe ch-ee-umj'raw-moh</i>	operation	ការវេះកាត់
numb	ស្តីកុ		<i>gah way-ah kaht</i>
	<i>s'puck</i>	or	ឬ
numbness of hands	ផិស្តីកុ		<i>rue</i>
	<i>die-ee s'puck</i>	oral	តែមាត់
			<i>may moe-aht</i>
		otitis	ជីវលាកត្រប់កុ
			<i>joom-ngew roe-loke t'raw-jee-ik</i>

overweight	លោកស្រីសម្រាក <i>luuh tome-nuuun</i>	period (menstrual) ត្រូវរៀង <i>roe-doe</i>
oxygen	ឈុល់អូកសុវិសែន <i>k'ahl ok-see-sign</i>	(to) perspire បូកញ្ចើស <i>bike nguhh</i>
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P

pain	ការយើចូកចាប់ <i>gah choo joke jahp</i>	pharyngitis រលាកចំពងក <i>roe-lee-ik bom-pong gaw</i>
pain killer	បុំបំប្លាត់ការយើចូកចាប់ <i>t'nahm bom-baht gah choo joke jahp</i>	phlegm ស្អែក <i>s'leh</i>
pale	ស្អែកស្អែក <i>s'lake s'lahng</i>	pill គ្រាប់ប៉ា <i>g'row-ahp t'nahm</i>
pancreas	លំពេង <i>loam-payng</i>	pinworm ផែវិក <i>ee-un</i>
paralysis	ជួយឱិង <i>joom-ngew k'veun</i>	please ស្ម័រ <i>some</i>
parasite	ប្បាហសុវិត <i>pah-rah-seat</i>	pneumonia រលាកទុងស្អែក <i>roe-loke tung sue-it</i>
patient	អាកដីមួយ <i>neck joom-ngew</i>	poisoning ការពុល <i>gah pole</i>
pelvis	ខ្ពីដែតគូក <i>ch'ung t'raw-kee-ik</i>	polio ជួយសុវិតដើឃើង <i>joom-ngew s'vut die-ee jung</i>
penis	ប្រជាប់បន្ទានី បុ លិដ្ឋ <i>b'raw-dahp bawn-taw poo-ik</i> <i>rue lung</i>	poor appetite មិនស្មើរិយាយ <i>mun so-oo clee-un</i>
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positive	វិជ្ជមាន <i>vetch-jah-mee-un</i>	positive វិជ្ជមាន <i>vetch-jah-mee-un</i>
post-menstrual	ក្រាយពេលមានរដ្ឋវិរិទ្ធិ <i>k'row-ey pale mee-un roe-doe</i>	post-menstrual ក្រាយពេលមានរដ្ឋវិរិទ្ធិ <i>k'row-ey pale mee-un roe-doe</i>

post-partum	ក្រាយពេលសំរាបូន <i>k'row-ey pale some-rahl goan</i>	_____
post-traumatic	ក្រាយពេលត្រីវបុស <i>k'rowey pale t'row roe-boo-ah</i>	_____
pox	អុត្តិ	Q
	ut	មួយបើចុងដី <i>muy t'ngie-ee boo-un dong</i>
pregnancy	មានធ្វើពោះ <i>mee-un p'tay poo-ah</i>	Q4h បូងមោងមុជី <i>boo-un mowng m'dong</i>
premature	កើតមុនខែ <i>guy-ut moon kie-ee</i>	Q6h ថ្វីមួយមោងមុជី <i>prahm-muy mowng m'dong</i>
prenatal	មុនសំរាបូន <i>moon som-rahl goan</i>	Q1/2h ក្នុងមោងមុជី <i>con-lah mowng m'dong</i>
prescription	វិជ្ជបញ្ញា ប្រអកតិចណា <i>vay-jeyek-bahn-jee-ah rue ok-dee-nahng</i>	Q15min ដីប្រាំតីមុជី <i>dop-prahm nee-ah-tee m'dong</i>
primary teeth	ផ្លូព្រឹកដោះ <i>t'mayñ duck dah</i>	_____
PRN	ពេលណាដើលត្រីការ <i>pale nah dile t'row-gah</i>	_____
problem	បញ្ហា <i>baw-nyah-hah</i>	R
protein	ប្រធិន <i>pro-tay-een</i>	RBC (red blood cell) កោសិកក្រហម <i>gow-seh-gah c'raw-hom</i>
pulse	ជីតបរ <i>jeep-jaw</i>	រោគ ជីមិត្រូវឆ្លងតិច <i>joom-ngew ch'guy ch'goo-it</i>
pupil	ភូមិក្រមុន្ត្រក <i>goan c'raw-mome p'nake</i>	raise លោក ក្រើក
pus	ខេះ <i>k'too</i>	rash កើតធម៌លើស្វៀក <i>guy-aht pong luuh s'bike</i>

rectum	ចុងពោះអ្វីក <i>jawng poo-ah vee-ahn</i>	_____
red	ពណិករបម <i>poe-ah k'raw-hom</i>	_____
relapse	ឃើលាប់ឡើងវិញ <i>chew low-ahp lye-ung veen</i>	S
(to) rest	សំរាក <i>some rack</i>	saliva ទីកមាត់ <i>duck moe-aht</i>
retina	នៅទីនក្រឹក <i>ray-tayn p'nake</i>	salt អំបិល <i>ahm-bul</i>
rheumatism	រោគត្រួនកុងស្អាតក្លឹង <i>roke g'roon k'nong s'lawn-lahk ch'ung</i>	scab ក្រមវ <i>c'raw-maw</i>
rib	ខ្សីដីជី <i>ch'ungjom-knee</i>	scabies កមវមាន់ <i>kawm-roe-moe-ah</i>
right (opp left)	ភាគសំពី <i>kahng s'dahm</i>	scalp ស្ថូរកក្រល <i>s'bike k'bahl</i>
right (opp wrong)	ត្រីមត្រី <i>t'rum t'roe-ee</i>	scaly skin បីកស្រការ <i>bikes'raw-kah</i>
ringworm	ពុនកុង <i>p'roon kawng</i>	scar ស្មោមស្រឡាកក <i>s'nahm s'raw-lahp</i>
rinse	ឲល លាង <i>k'pool lee-ung</i>	scarlet fever អុតកាម <i>ut k'dahm</i>
rubella	រោគក្រុលស្រាល <i>roke cawn-j'rull s'rahl</i>	seasickness ពុលសម្រួល <i>pole saw-mot</i>
rub in	ឃើតីលើ <i>nee pee luuh</i>	scratch លើ៖ <i>eh</i>
runny nose	ហ្មុរសំប្រាឯ <i>hee-ah som-bow</i>	semen ទីកកាម <i>duck kahm</i>

senile	ពាល់ដីកា <i>jah joe-ree-ah</i>	small	តួចប៉ា <i>toe-ik</i>
severe	ធ្វើស្រុង ឆុំដី <i>t'ngoon t'ngoe / k'lahng</i>	smallpox	អូតិចប៉ា <i>ut toe-ik</i>
(to have) sharp pain		(to) smoke	ជីកប្រាសី
	ឃើមុចុង chew mot-mot	(cigarettes)	<i>jew-ok bah-ray</i>
(to) shave	កោរ <i>gow-oo</i>	snake	ពាល់ <i>poo-ah</i>
shiver	ក្រល់រីក្រលាច្បា <i>s'ree-oo s'rahn</i>	(to) sneeze	កណ្តាលស៊ី <i>kawn-dah</i>
shot	ពាក់បី <i>jahk t'nahm</i>	spasm	កវ្យាក់សាប់ដី <i>kawn-trahk sike-dome</i>
shoulder	ស្អុ <i>s'mah</i>	spinal cord	ខ្សែដឹងខ្សែ <i>kue-ah ch'ung k'nong</i>
sickness	ជីមី <i>joom-ngew</i>	spleen	អណ្តិភីក បូ ផាល <i>awn-die-uk/pahl</i>
sign	រោគសំពូន <i>roke sahn-nah</i>	sore throat	ឈើបំពុកកំ <i>chew bom-pong gaw</i>
sinus	ប្របោដីខ្សែដឹងក្រាលប័ណ្ណ <i>b'raw-howng ch'ung k'bahl</i>	stuffy nose	តិចប្រមេះ <i>tungj'raw-moh</i>
skin	ស្មូរកំ <i>s'bike</i>	staff (n.)	បុគ្គលិក <i>boe-kah-luck</i>
skin disorder	ជីមីស៊ីវ៉ែស្មូរកំ <i>joom-ngew sigh-uh s'bike</i>	stomach	ក្រុម៖ បូ ទោះ <i>g'raw-pay-ah/poo-ah</i>
skull	លោលាក់ក្រាល <i>low-lee-ah k'ahl</i>	stool	លាមក <i>lee-ah moo-ik</i>
(to) sleep	ដឹក គោដី សំរាក់ <i>dake/gang/some-rack</i>	string	ខេរ <i>k'sigh-ee</i>

stroke	ក្រោះប្លាក់សេរសែលយោម <i>grew-ah t'nahk saw-sigh-ee chee-um</i>	syringe	សារាំង <i>sah-rahng</i>
sty	តាត់ពេង <i>poe-peh ch'guy</i>		
sugar	ស្ថូគ់ <i>s'kaw</i>		
suicide	សំមាប់ខុំ <i>som'lahp k'luue-un</i>		
suppository	ប៉ាក្រាប់សំរប់ញ្ញាត់ <i>t'nahm g'row-ahp som-rahp nyoe-aht</i>	tablespoon	ស្ថាបត្រាប្រាប់ <i>s'lahp p'ree-ah bah-ee</i>
(to) swallow	លើប់ <i>lape</i>	tablet	ក្រាប់ប្លាកដមួលសំប់ចិត្ត <i>g'row-ahp t'nahm ree-ahng mull som-bite</i>
(to) sweat	ថ្វីកទ្រឹសុំ <i>bike ñuuuh</i>	tapeworm	តេអុន្យាំ <i>tayn-nyah</i>
(to) swell	ហើរម៉ោង <i>high-um powng</i>	taste	រសជាតិ <i>rue-ahjee-it</i>
swollen gland	ឡើងកុងកុណារោះ <i>lie-ung goan kon-doll</i>	tears	ទីកុងកុណារោះ <i>duck p'nake</i>
symptom	រោគសំញូរោគ <i>roke s'ahñ-ñah</i>	teaspoon	ស្ថាបត្រាកាប់ <i>s'lahp-pree-ah cah-fay</i>
syncope	ឆ្លុំតុក <i>k'jahlgoe</i>	teeth	ធ្លោំ <i>t'mayñ</i>
syndrome	អការ៖រោគ <i>ah-kah-rahk-roke</i>	temperature	សៀវភៅត្សូរភាព <i>say-ton-hah-pee-up</i>
syphilis	រោគស្បាប្រឈុយ <i>roke s'vah-ee</i>	ten	ដីប់ <i>dop</i>
		test	តេស្តិ ប្រឈុយ ពិសោធន័យ <i>teh / pee-sowt mull</i>

tetanus	ពេតិត្តុស៊ប <i>tay-tah-noh</i>	<i>chew t'mayñ</i>
thigh	ព្រោះ <i>ploe-oo</i>	(to) touch ចំណាល់ <i>pah poe-ahl</i>
(to) thirst	ស្រែកទីក <i>s'rake duck</i>	transfusion ការបញ្ចល់ឈាម <i>gah bañ-jole chee-um</i>
throat	បំពង់ក <i>bom-pong gaw</i>	trauma របូស ឬ ការខូចបង់ <i>raw-boo-ah/gah koe-ik bong</i>
thrush	ជម្លៀប្រាំងមាត់ <i>joom-ngeuw j'rahng moe-aht</i>	trouble breathing ពិប្រាកដិកជិត្តិម <i>pee-bahk dock-dong-high-um</i>
tired	អស់កម្លាំង <i>ah gom-lahng</i>	trouble defecating ពិប្រាកបត់ដើសជិំ <i>pee-bahk bot jung tome</i>
today	ថ្ងៃគុះ <i>t'ngie-ee knee</i>	trouble urinating ពិប្រាកបត់ដើសត្បូប <i>pee-bahk bot jung toe-ik</i>
toe	ម៉ាមដើង <i>m'ree-um jung</i>	tuberculosis ជម្លៀរបេង <i>joom-ngeuw roe-bayng</i>
tongue	អណ្តាត់ <i>on-daht</i>	tumor ជុះដុះសាប់ ពកសាប់ <i>doh dome sike/</i> <i>poke sike</i>
tonsils	ជុះសាប់កម្លឹមយុទ្ធកងបំពង់ក <i>dome sike muy goo k'nong</i> អាមិះជាល់ <i>bom-pong gaw/ah-mee-doll</i>	turn over ផ្ទាប់ខ្លួន <i>p'kañp clue-un</i>
tonsillectomy	វេះកាត់អាមិះជាល់បេញ <i>way-ah kaht ah-mee-doll jayñ</i>	twins ក្រុងត្រូវាឃោះ <i>goan plu-ah</i>
tonsillitis	ក្រុករលាកអាមិះជាល់ <i>roke roe-lee-ik ah-mee-doll</i>	typhoid ក្រុកពោះវិធម៌ <i>g'roon poo-ah vee-un</i>
tooth	ធ្វុពុ <i>t'mayñ</i>	_____
toothache	ឃើម្វុពុ	_____

U

ulcer	ដំប្រិរលូយ <i>dom-bow-oo roe-loo-ey</i>	vein	សោវិសែលមាមឡើ <i>saw-sigh-ee chee-um k'mao</i>
umbilical cord	ទង្វិត ទងសុក <i>tong-pjut / tong-sock</i>	venereal disease	នោគស្សាយ <i>roke s'vah-ee</i>
underweight	ស្តីម ឲ្យខ្សែក <i>s'kome / k'vah tom-ngoon</i>	vertigo	វិលមុខ ធមិជាចេដិ ិជិជាចេដិ <i>vull moke / ngoe-ngee/ngoe-nguuuh / teeng-tong</i>
ureter	បំពងិចិកម្បត្រិ <i>bom-pong duck moat</i>	victim	ជិនរងិគ្រិាះ <i>june rong c'rew-ah</i>
urethra	ត្រមជ័ម	virus	វិរីស៊ី <i>vee-roe</i>
urine	ទីកជ័ម <i>duck nome</i>	vitamin	ជីវិធាតិ វិតាមីន <i>jee-weyek-jee-it</i> <i>vit-ah-min</i>
uterus	ស្បែក <i>s'bone</i>	(to) vomit	កិត្តិ <i>k'oo-it</i>
uvula	ក្រឡិច <i>c'raw-lie-ut</i>	vomitus	កំអត់ <i>gom-oo-it</i>

V

(to) vaccinate	បាក់ប៉ាបង្ហារនោគ <i>jahk t'nahm bong-kah roke</i>	W	គោលិកាស <i>goe-lee-gah saw</i>
vagina	ផិវិយោកី <i>pl'oo-oov yoe-knee</i>	waist	បង្គោះ <i>jong-keh</i>
vegetables	បន្លឹង <i>bon-lie-ee</i>	warm	កោួរណ៍ <i>k'dow-oo own-own</i>

wart	កើតប្រស់លើស្បែក gie-ut ruuh luuh s'bike	
wash	លាង	X
	lee-ung	
water	ទឹក	X-ray កាំរស្សីអិកូយ gahm-reck-s'may ek
	dtuck	
watery eyes	ន្លៃកកហេក្រុកក p'hake hee-ah duck	
weak	ឡូយ	Y
	k'sow-ee	(to) yawn ស្វាប s'ngahb
weight	ទម្រូវ	
	tom-ngoon	
weight gain	ឡើដទម្រូវ lie-ung tom-ngoon	Z
weight loss	ល្អកទម្រូវ s'rock tom-ngoon	zero លោទស្សនុ lake sewn
wheeze	ដកដងធម៌ចិតិចិញ្ញ dock-dong-high-um tung tung	
whooping cough	កូកមោន k'awk moe-un	
wisdom teeth	ធ្វួញទាល់ t'mayñ toe-ahl	Note: Please contact wlthigpen@mailcentral.biz if you have any corrections or additions to Medical Survival Khmer.
womb	ផ្ទួយពោះ p'ay poo-ah	
worms	ប្រុង	
	p'rune	
wound	របីសប roe-boo-ah	