












Section 4: Resources

LIMITED ENGLISH PROFICIENCY (LEP) RESOURCES

The following resources were designed to meet the specific and unique needs of the Maya community. Since the Maya often lack formal education—and hence the ability to read and write—audio and visual technologies can be utilized to communicate information to patients.

-  **Information Card**
-  **Key Medical Terms in Translation**
-  **Body Charts**
-  **Herbal Medicine Chart**
-  **Mental Health Assessment**
-  **Pain Scale**
-  **Happiness Scale**
-  **Audio-Visual: Prenatal Care**
-  **Audio-Visual: Diabetes**

ONLINE FORM

Medical Information

Name

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<small>First</small>	<small>First</small>	<small>Last</small>	<small>Last</small>

Birthdate

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<small>MM</small>		<small>DD</small>		<small>YYY</small>

Address

<input type="text"/>
<small>Street Address</small>
<input type="text"/>
<small>City, State, Zip</small>

Phone

<input type="text"/>	-	<input type="text"/>	-	<input type="text"/>
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Languages

<input type="text"/>	<input type="text"/>
<small>Native</small>	<small>Other</small>

Place of Birth

<input type="text"/>

Known Medical Conditions

<input type="text"/>

KEY MEDICAL TERMS IN TRANSLATION

Experienced medical professionals, including Maya health educators, identified a list of common terms used by health care providers to be included in this document. These terms have been translated into four Mayan languages spoken in the United States. These terms will be especially useful for Maya interpreters who are less familiar with technical medical language.

K'I'CH'E

	English	Spanish	K'i'ch'e
1.	Abdominal Pain	dolor del abdomen	Q'oxowem Pamaj
2.	Allergic Reaction	reacción alérgica	Rikuyakan Ri K'aqat
3.	Allergy	las alergias	K'aqat
4.	Amniotic Fluid	liquido amniótico	Q'ana ja'
5.	Anemia	Anemia	Saqtub'
6.	Anesthesia	La anestesia	Sikirisab'al
7.	Antibiotic	el antibiótico	Q'atb'alwach yab'il
8.	Antibodies	los anticuerpos	Q'atwach kunab'al
9.	Asthma	el asma	Kakuntaj Kuxlab'k
10.	Back Pain	dolor de la espalda	Ka q'oxow awij
11.	Bad mood	Mal humor	Oyowarinaq
12.	Believe	creer	Kojik
13.	Blind	ciego, ciega	Moy
14.	Blood	la sangre	Kik'
15.	Blurred Vision	La visión borrosa	Sut'z awoch
16.	Breast Cyst	quiste del seno	Chak che tu'
17.	Bronchitis	la bronquitis	Oj che qulaj
18.	Cesarean	cesárea, parto por cesárea	Poch'om alanem
19.	Chicken Pox	la varicela	K'a qat, IJ
20.	Chills	los escalofríos	B'arb'atem
21.	Clinic	la clínica	Iloj yawab'
22.	Cold	el resfriado común/gripe/ catarro	Ratza'm/Ojob'
23.	Constipated	el estreñimiento	Titz'naq tza'maj
24.	Cough	la tos	Q'oxom qulaj
25.	Cramps	Calambres	cho'kej
26.	Cross-eyed	bizco, bizca	K'as wachaj
27.	Dehydration	Deshidratación	Chaqij Chi'
28.	Dementia	la demencia	Kasach RiutzanTzaq'or
29.	Depression	la depresión	Kajalal uwoch

	English	Spanish	K'ich'e
30.	Developmental Delay	El retraso de desarrollo	Tzaqatajuwach
31.	Diabetes	la diabetes	Xu b'an ki'yiuki k'el
32.	Diagnosis	el diagnóstico	llem q'oxowem
33.	Diarrhea	la diarrea	ch'urur pamaj
34.	Dosis	El dosis	Retalil kunab'al
35.	Energy	La energía	Chuq'ab'
36.	Epilepsy	la epilepsia	Kulu'm
37.	Examine/exam	examinar	Q'atuxik
38.	Fatigue	la fatiga, el cansancio	Kosnaq
39.	Fever	la fiebre/calentura	Q'aq tew/Q'aq'al
40.	Flu	la gripe	Oj (yab'il)
41.	Fracture	La fractura	Q'ajinaq
42.	Fungus/Warts	el hongo	Xmaru'k
43.	Gastritis	la gastritis	Q'oxowen Pamaj
44.	Good Mood	buen humor	Tze'tzotik
45.	Grow	crecer	K'iyem
46.	GYN exam	la ginecología/papanicolau	Nik'aj yab'l rech ixoq
47.	Head Ache	el dolor de cabeza	Q'oxom jolomaj
48.	Hearing Aid	el audífono	Tatab'enib'al
49.	Heart burn	la acedia	Q'oxowen animá
50.	Heart Murmur	Soplo en el corazón	Ka b'irb'at ranimá
51.	HIV	VIH	K' isq'atb'al wach
52.	Hospital	hospital	Kunab'al yawab'
53.	Infection	la infección	Sipojem
54.	Indigestion	empacho	Aji'tanik
55.	Injection	La inyección	Toq'oj
56.	Mal de ojo	_____	Ub'a q'och winaq
57.	Malnutrition	malnutrición/desnutrición	B'aqirinem
58.	Medicine	la medicina	Kunab'al
59.	Memory loss	perdida de la memoria	Sach u chamab'al
60.	Menstrual irregularity	irregularidad del ciclo menstrual	Ik'yab'lal
61.	Menstruation	la menstruación	Uyab'ixoq
62.	Miscarriage	el malparto, el aborto natural	Katzaqanik
63.	Nauseous	las náuseas	Muluw k'u'x
64.	Nervous/anxious	nervioso	Ch'u'jarinaq
65.	Operation/surgery	operación/ cirugía	Kaq'at u ti-ojilal
66.	Ovarian Cyst	quiste del ovario	Chuk'uchik chupam ri'ixoq

	English	Spanish	K'ich'e
67.	Pain/hurt	dolor	Q'oxowem/K'ax
68.	parasite	parasito	Chikopil pamaj
69.	Prescription	la receta	Taqwuj kunab'al
70.	Pharmacy	la farmacia	K'ayb'al kunab'al
71.	Pill	La pastilla	Kach'kunab'al
72.	Pregnant	el embarazo	Yab'ixoaq
73.	Rash	la erupción	Xraq kenil
74.	Rheumatism	el reumatismo	Cho'kej
75.	Sad	triste	B'isonik
76.	Sexually Transmitted Disease	Infecciones Transmitida Sexualmente	Yab'ilal karikitaj chikixol ri achi-ixoaq
77.	Sharp/acute (pain)	agudo	Jisik'
78.	Sprain	la torcedura	Xu na'rib'
79.	Sneeze	estornudar	At'ixnab'ik
80.	Stay in bed	quedar cama	K'oloj ch'at
81.	Symptom	síntomas	Kaq'oxowik
82.	Tired	cansado/a	Kosnaq
83.	To have pain	tener dolor	Retal q'oxowem
84.	Ulcer	la úlcera	Ch'ak chu'pam ri wi-naq
85.	Urinary Tract infection	mal de orina	Q'anchul
86.	Vomiting/vomit	vomitir	xa'oj
87.	Whooping Cough	la tos ferina	Jiq'

Q'ANJOB'AL

	English	Spanish	Q'anjob'al
1.	Abdominal Pain	dolor del abdomen	ya' yich k'ul
2.	Allergic Reaction	reacción alérgica	k'ila yab'il yin a mimanil
3.	Allergy	las alergias	k'ila yab'il
4.	Amniotic Fluid	liquido amniótico	sajil yet spichil unil
5.	Anemia	Anemia	tz'on yab'il tx'ol a chik'il
6.	Anesthesia	La anestesia	amb'al yet k'am cha b'ap' syail
7.	Antibiotic	el antibiótico	yanil yet a yailal
8.	Antibodies	los anticuerpos	yanil ib'lok yu a mimanil
9.	Asthma	el asma	ya' ch'i skae' ma yetoj ob'
10.	Back Pain	dolor de la espalda	ya' ichin
11.	Blind	ciego, ciega	tz'op
12.	Blood	la sangre	chik'
13.	Blurred Vision	La visión borrosa	moymon a viloni
14.	Breast Cyst	quiste del seno	malilal ime'
15.	Bronchitis	la bronquitis	tajin k'ajach nuk' ye toy yataj sk'nab'l
16.	Cesarean	cesárea, parto por cesárea	ch'en eytoj yul a k'ul
17.	Chicken Pox	la varicela	ch'i pole' yet chi jul jun unin
18.	Chills	los escalofríos	b'olok tx'a'k
19.	Clinic	la clínica	sikyabil
20.	Cold	el resfriado común/gripe/ catarro	na' ey chach antele
21.	Constipated	el estreñimiento	tz'o ya' jolom
22.	Cough	la tos	kab tz'a a bin
23.	Cramps	Calambres	k'a jach nuk'
24.	Cross-eyed	bizco, bizca	kan
25.	Dehydration	Deshidratación	meletz a biloni
26.	Dementia	la demencia	Chi lajwi aj alejyul amimanil
27.	Depression	la depresión	syailal a nabal ye toj k'ey k'ulal
28.	Developmental Delay	El retraso de desarrollo	kab bal yok yip ma kab tz'ajna snab'al
29.	Diabetes	la diabetes	syailal yu job xhial a chik'il
30.	Diagnosis	el diagnóstico	ja' jun syailal ti' ekabin
31.	Diarrhea	la diarrea	ek'ul
32.	Dosis	El dosis	Jantaq chije' ok'oni
33.	Energy	La energía	yip a mimanil
34.	Epilepsy	la epilepsia	syailal solom yet ch'el k'itk'onoj
35.	Examine/exam	examinar	Chach saylalila
36.	Fatigue	la fatiga, el cansancio	k'umb'ilal
37.	Fever	la fiebre/calentura	k'a yin a mimanil

	English	Spanish	Q'anjob'al
38.	Fibroid Uterus	Los fibroides uterinos	malilal yin yul spichil unin
39.	Flu	El resfriado	k'a ya' jolom
40.	Fracture	La fractura	k'atoj sp'ajil
41.	Fungus/Warts	El hongo	pix'nak'
42.	Gastritis	Las gastritis	jox' k'ul ma pitz' k'ul
43.	Good Mood	El buen humor	tz'etz'on k'ulal
44.	Grow	crecer	ch'ok yip ma jalan xhi'pi'
45.	GYN exam	La ginecología/papanicolau	antele ye toj seyle il ey che'l unin
46.	Head Ache	El dolor de cabeza	ya' jolom
47.	Hearing Aid	El audífono	ch'en skolomal a tx'iquin ma a bab'eni
48.	Heart burn	La acedia	Chitz'a yin ak'ul
49.	Heart Murmur	Soplo en el corazón	tak' x'i a pix'an
50.	HIV	El VIH	k'a b'akan yabil
51.	Hospital	El hospital	ja' ey eyman catu mi-man chu ku antele
52.	Infection	La infección	Chi yiq yal
53.	Indigestion	El empacho	Chi ach el yin alob'ej
54.	Medicine	La medicina	amb'al
55.	Memory loss	perdida de la memoria	k'ey k'ulal
56.	Menstrual irregularity	La irregularidad del ciclo menstrual	k'am a tz'ilal junun el
57.	Menstruation	La menstruación	tz'ilal
58.	Miscarriage	El malparto, el aborto natural	x'el jun unin
59.	Nauseous	Las náuseas	ya yon a k'ul
60.	Operation/surgery	La operación/ cirugía	yet chach pole' yu a ya'ilal
61.	Ovarian Cyst	El quiste del ovario	malilal chi chivay yich a k'ul
62.	Pain/hurt	El dolor	syabil, ya ma sya'ilal
63.	parasite	El parásito	luqum
64.	Prescription	La receta	Bi' amb'al
65.	Pregnant	El embarazo	Yob' ix
66.	Rash	La erupción	k'aj yab'il yin a mimanil
67.	Rheumatism	El reumatismo	kan
68.	Sad	triste	kus k'ulal
69.	Sexually Transmitted Disease	Las Infecciones Transmitida Sexualmente	b'akan yabil
70.	Sharp/acute (pain)	agudo	job syail
71.	Sprain	La torcedura	x'b'a k'o a x'anil
72.	Stay in bed	quedar cama	telb'a ab'a
73.	Symptom	Las síntomas	ja' syailal chute sb'a a bin

	English	Spanish	Q'anjob'al
74.	Tired	cansado/a	K' umbinaq
75.	To have pain	tener dolor	kab ya'
76.	Ulcer	La úlcera	x'um k'ul ma pitz' k'ul
77.	Urinary Tract infection	mal de orina	ya' x'ul
78.	Vomiting/vomit	vomitir	x'ab
79.	Whooping Cough	la tos ferina	jik'ob'

CHUJ

	English	Spanish	Chuj
1.	Abdominal Pain	dolor del abdomen	ya yich k'ojol
2.	Allergic Reaction	reaccian alergica	kilj yab'il
3.	Allergy	las alergias	kilaj yab'il
4.	Amniotic Fluid	liquido amniotico	ya'alil unin
5.	Anemia	Anemia	tz'on yab'il
6.	Anesthesia	La anestesia	anestesia (yak'umal wayok)
7.	Antibiotic	el antibiótico	smilmal-smilumal snok'al yab'il
8.	Antibodies	los anticuerpos	skolomal niwanil
9.	Asthma	el asma	tz'tup yik'
10.	Back Pain	dolor de la espalda	ya ich patkil
11.	Bad mood	Mal humor	chichonk'olal-chichnk'ojlal
12.	Believe	creen	chaj yabi
13.	Blind	ciego, ciega	matz yila'
14.	Blood	la sangre	chik'
15.	Blurred Vision	Vision borrosa	sak moynak yilni
16.			
17.	Bronchitis	la bronquitis	takn kiljaj
18.	Calculus/stone	cálculo/piedra	k'en a sk'a
19.	Cesarean	cesárea, parto por cesárea	spolxi el unin
20.	Chicken Pox	la varicela	b'ol' ch'a'ak
21.	Chills	los escalofrios	tz'at kichichok-sb'at kichi-chok tslowsi'ik
22.	Clinic	la clínica	klinika(anhtub'al)
23.	Cold	el resfriado común/gripe/ catarro	ojob'
24.	Constipated	el estreñimiento	tzmak tzaxi
25.	Cough	la tos	k'iljaj
26.	Cramps	calambres	chanhb'al
27.	Cross-eyed	bizco, bizca	ujenh
28.	Dehydration	a deshidrotacion	tz takj cha'an

	English	Spanish	Chuj
29.	Dementia	la demencia	nanum-tzat snab'en
30.	Depression	la depresión	tztak sk'ojol
31.	Developmental Delay	?	
32.	Diabetes	la diabetes	e'nk chi' a skal schikil
33.	Diagnosis	el diagnóstico	tzmakb'axi-smakb'aji/ tz'ilchaji
34.	Diarrhea	la diarrea	e kojol
35.	Dosis	dosis	yoklemal sk'anxi
36.	Energy	energía	yipal
37.	Epilepsy	la epilepsia	tzkot a sjolom
38.	Examine/exam	examinar	sayxi ilxok
39.	Fatigue	la fatiga, el cansancio	k'unblal
40.	Fever	la fiebre/calentura	k'ak'al yab'il/sk'ak'il- sk'ak'al
41.	Fibroid Uterus		
42.	Flu	la gripe	ojob'
43.	Fracture		
44.	Fungus/Warts	el hongo	sluk'mal sk'al ok'
45.	Gastritis	la gastritis	tza jaj
46.	Good Mood	buen humor	wach'k'olal-wach'k'ojla
47.	tzaljk'ojlal		
48.	Grow	crecer	stk'ib'i
49.	GYN exam	la ginecología/papanicolau	tz mak b'ax skunal ix
50.	Head Ache	el dolor de cabeza	chibj jolom
51.	Hearing Aid	el audífono	
52.	Heart burn	la acedia	
53.	Heart Murmur	Latido del corazon	txibxibnh spixan
54.	HIV	VIH	
55.	Hospital	hospital	niwan anhtanub'-niwkil anhtnub'
56.	Infection	la infeccion	sniwtji-tz'och spojowal
57.	Indigestion	empacho	malk'ojol
58.	Injection	La inyeccion	inlección
59.	Mal de ojo		Yasat tzel sat unin
60.	Malnutrition/desnutrition	malnutrcion/desnutricion	tz'onikal
61.	Medicine	la medicina	yanhil-yanhilal/yanhil- remel
62.	Memory loss	perdida de la memoria	Tzat snab'en
63.	Menstrual irregularity	irregularidad del ciclo men- strual	ma tz ujb ni' a tzolil
64.	Menstruation	la menstruación	ujlni-tz'ujlni
65.	Miscarriage	el malparto, el aborto natural	e'lti'
66.	Nauseous	las náuseas	tzyajyajni kojol-sb'ach b'achn k'ojol

	English	Spanish	Chuj
67.	Nervious/anxious	nervioso	tzk'itk'itni
68.	Operation/surgery	operacion/ cirugia	tz polxi
69.	Ovarian Cyst	quiste del ovario	
70.	Pain/hurt	dolor	chib ji
71.	parasite	parasito	snok'il
72.	Perscription	la receta	yunhal yanhil
74.	Pharmacy	la farmacia	chonhlab' anhtub'al- chonhlab' remel-parmacia
75.	Pill	La pastialla	jun setanh/jun xilanh remel
76.	Pregnant	el embarazo	yet' yune'
77.	Rash	la erupción	tzkepnh ji
78.	Rheumatism	el reumatismo	tzkach nhi
79.	Sad	triste	tzkusi
78.	Sexually Transmitted Disease	Infecciones Transmitida Sexu- almente	win k'a'el
79.	Sharp/acute (pain)	agudo	ya'ech'nak
80.	Sprain	la forcedura	ch'um chji
81.	Sneeze	estorudar	at'iswi-atz'xwi
82.	Stay in bed	quadar cama	tzkan axchat
83.	Symptom	sintomas	cho'sba' yab'il
84.	Tired	cansado/a	elk yib'
85.	To have pain	tener dolor	tzyab' syail
86.	Ulcer	la úlcera	lajbnak olk'ojol
87.	Urinary Tract infection	mal de orina	ya chul
88.	Vomiting/vomit	vomitar	xejel
89.	Whoopin Cough	la tos ferina	jik' ojob'

MAM

	English	Spanish	Mam
1.	Abdominal Pain	El dolor del abdomen	Nchyon tk'uj
2.	Allergy	Las alergias	Ux tij tchib'jil
3.	Amniotic Fluid	El liquido amniótico	A' te ne'x
4.	Anemia	La anemia	Kub'ni b'aj
5.	Anesthesia	La anestesia	Q'anb'il te ktanjsab'l
6.	Antibiotic	El antibiótico	tzqijisal
7.	Antibodies	Los anticuerpos	Tzqijisal toj xmil
8.	Asthma	El asma	Min b'ant txewti'
9.	Back Pain	El dolor de la espalda	Nchyon tzelti'j
10.	Bad mood	El mal humor	in tx'ujin
11.	Believe	creer	Nxi okslet
12.	Blind	ciego, ciega	Mosh
13.	Blood	La sangre	Aju chik'
14.	Blurred Vision	La visión borrosa	Witj yon kayin
15.	Breast Cyst	El quiste del seno	Yab'il toj timish
16.	Bronchitis	Las bronquitis	Ux toj qulb'aj
17.	Calculus/stone	cálculo/piedra	Yab'il toj tk'uj ikse'n te ab'aj.
18.	Cesarean	La cesárea, parto por cesárea	Itz'jen k'wal tu'n kuxb'il
19.	Chicken Pox	La varicela	Poq'
20.	Chills	Los escalofríos	Nsalan
21.	Clinic	La clínica	Tja q'anal
22.	Cold	El resfriado común/gripe/ catarro	xk'utxaq/chyon wiyj
23.	Constipated	El estreñimiento	Saq tx'e'q
24.	Cough	El tos	qulj/nqulin
25.	Cramps	Los calambres	kan, xkyaqan, xqlanchej
26.	Cross-eyed	bizco, bizca	Xjar twitz
27.	Dementia	La demencia	In ok toj twi'
28.	Depression	La depresión	Ntxon fib' tanmi
29.	Developmental Delay	El retraso de desarrollo	Min e hiy
30.	Diabetes	Las diabetes	Yab'il toj ch'ik' tla q'anb'ilte
31.	Diagnosis	El diagnóstico	in b'aj ka'yin
32.	Diarrhea	La diarrea	k'ilk'uj
33.	Dosis	El dosis	Toj junjunalin
34.	Energy	La energía	ipumalj
35.	Epilepsy	La epilepsia	Yaj nab'l
36.	Examine/exam	examinar	in kub' ka'yin
37.	Fatigue	La fatiga, el cansancio	Siktel

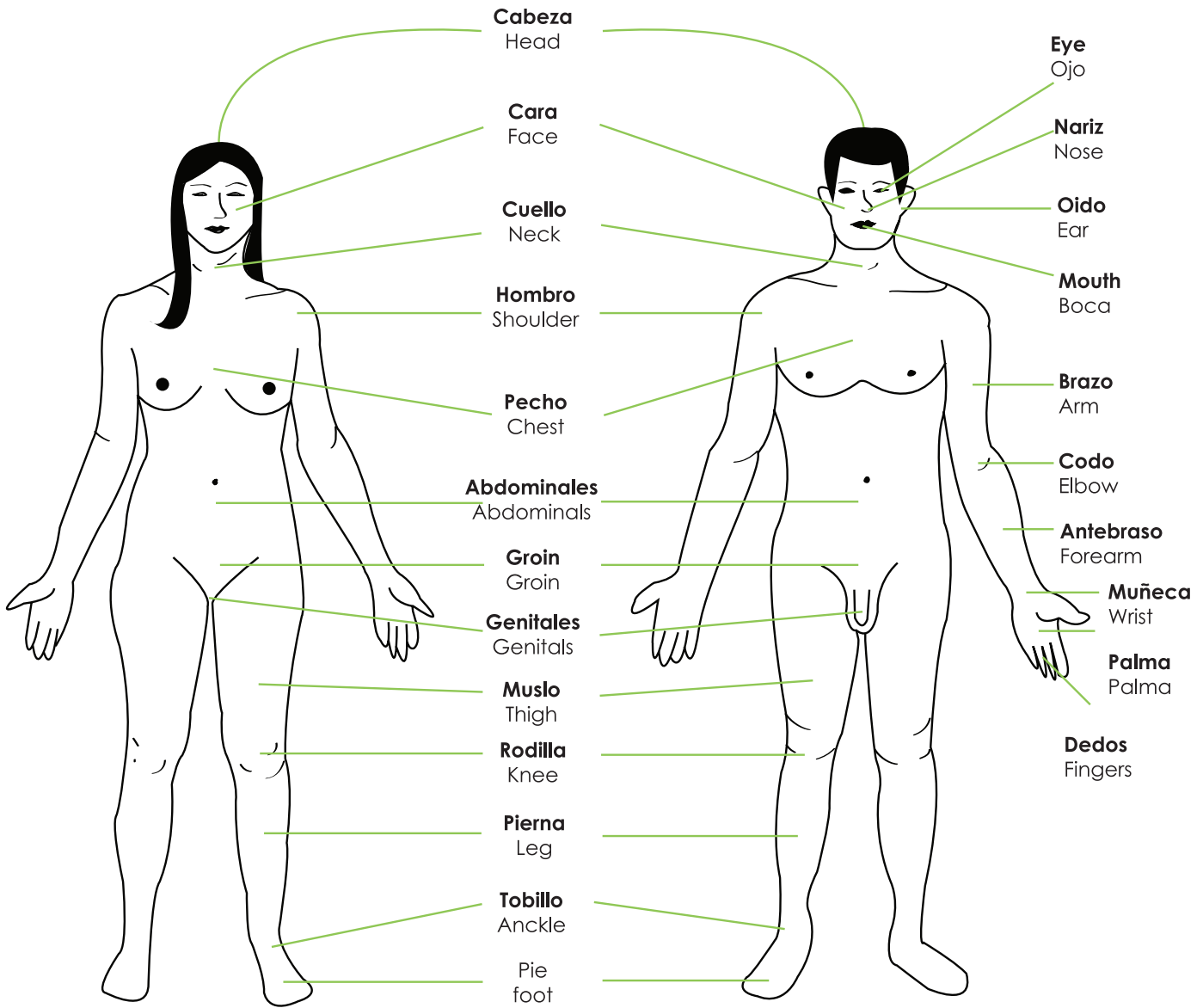
	English	Spanish	Mam
38.	Fever	la fiebre/calentura	kyeq
39.	Flu	El resfriado	Chyon wiyj
40.	Fracture	La fractura	Toqjni'
41.	Fungus/Warts	El hongo	In tz'olj
42.	Gastritis	Las gastritis	Ntz'ul tzi tk'u'j
43.	Good Mood	El buen humor	in tzalaj
44.	Grow	crecer	Nch'iy
45.	GYN exam	La ginecología/papanicolau	Q'anb'il te kye qya
46.	Head Ache	El dolor de cabeza	Nchyon twi'
47.	Hearing Aid	El audífono	Bib'l
48.	Heart burn	La acedia	Xkyeq xjal
49.	Heart Murmur	Soplo en el corazón	Tanmy mainy
50.	HIV	El VIH	Yab'il toj chik' tla q'anb'ilte ikx in ok qi'j tu'n juntl xjal toj chik'.
51.	Hospital	El hospital	Ja te q'anb'il
52.	Infection	La infección	Yab'il tu'n tz'il
53.	Indigestion	El empacho	Tla nwa'n
54.	Injection	La inyección	xuyb'il qchib'jil
55.	Mal de ojo		witzj
56.	Malnutrition/desnutrition	malnutrición/desnutrición	Okni ti'j
57.	Medicine	La medicina	aju q'anb'il/
58.	Memory loss	perdida de la memoria	Okni toj twi'
59.	Menstrual irregularity	La irregularidad del ciclo menstrual	Yaxi'x b'an tx'ajin
60.	Menstruation	La menstruación	Aju tx'ajin
61.	Miscarriage	El mal parto, el aborto natu- ral	Nchi tzaj tz'aqi k'wal
62.	Nauseous	Las náuseas	nsutj
63.	Nervious/anxious	Los nerviosos	Min tenxi'x toj tzalajsb'il
64.	Operation/surgery	La operación/ la cirugía	In kub' k'pu'n
65.	Ovarian Cyst	El quiste del ovario	Yab'il ti'j txu tk'uj
66.	Pain/hurt	El dolor	aju ky'ixk'oj/nchyon
67.	parasite	El parásito	Xchoq'
68.	Prescription	La receta	in xi q'met
69.	Pharmacy	La farmacia	ja te q'anb'il
70.	Pill	La pastilla	machi kub' b'otzin
71.	Pregnant	El embarazo	Yab'antl/ yatljju'
72.	Rash	La erupción	In pulin
74.	Rheumatism	El reumatismo	Jun yab'il ntzaj chyon qanmi, qb'aqil ikx jun juntl ti'xti tu'n.
75.	Sad	triste	nb'isun
76.	Sexually Transmitted Disease	Las Infecciones Transmitida Sexualmente	Yab'il in ok tu'n payab'il
77.	Sharp/acute (pain)	agudo	B'otzinin
78.	Sprain	La torcedura	Qutz'jni

	English	Spanish	Mam
80	Sneeze	estornudar	k'xamil
81	Stay in bed	quedar cama	k'ul kuxb'ilj
82	Symptom	Las síntomas	aju ntna'n
83	Tired	cansado/a	siktni
84	To have pain	tener dolor	K'ixk'oj
85	Ulcer	la úlcera	Tx'ak toj k'ub'aj
86	Urinary Tract infection	mal de orina	Nchyon aj ttz'alín
87	Vomiting/vomit	vomitar	xaw
88	Whooping Cough	la tos ferina	Xjoq qulj
89	Vomiting/vomit	vomitar	xaw
90	Whooping Cough	la tos ferina	Xjoq qulj

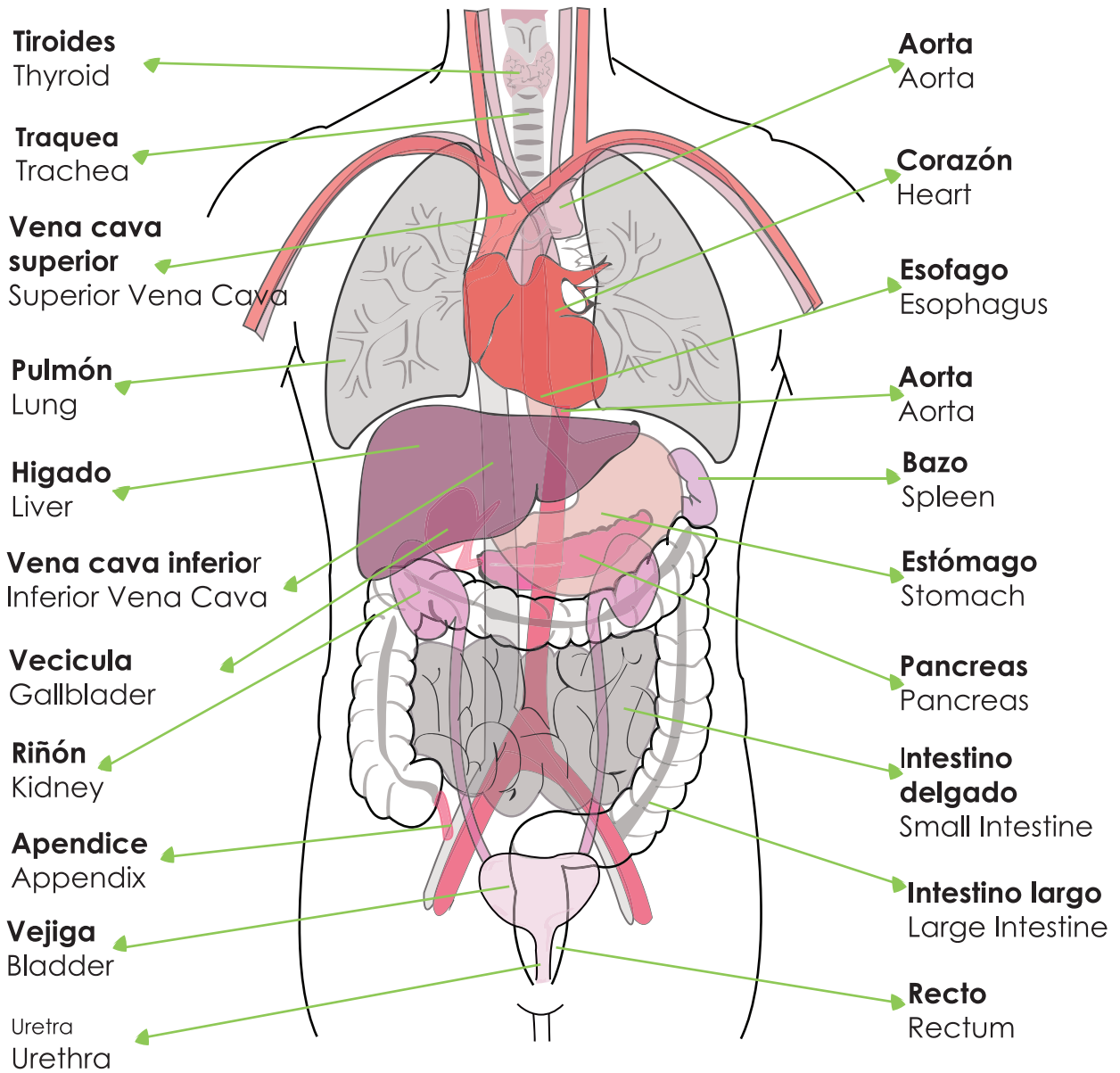
BODY CHARTS

Developed for people unaccustomed to the skills of reading or looking at maps, diagrams, and other visual devices, these body charts assist in the explanation of illnesses and can be used by the patient to identify the location of pain or concern. Often the Maya will know some of these terms in Spanish, thus both Spanish and English are listed, but the charts are designed primarily for pointing.

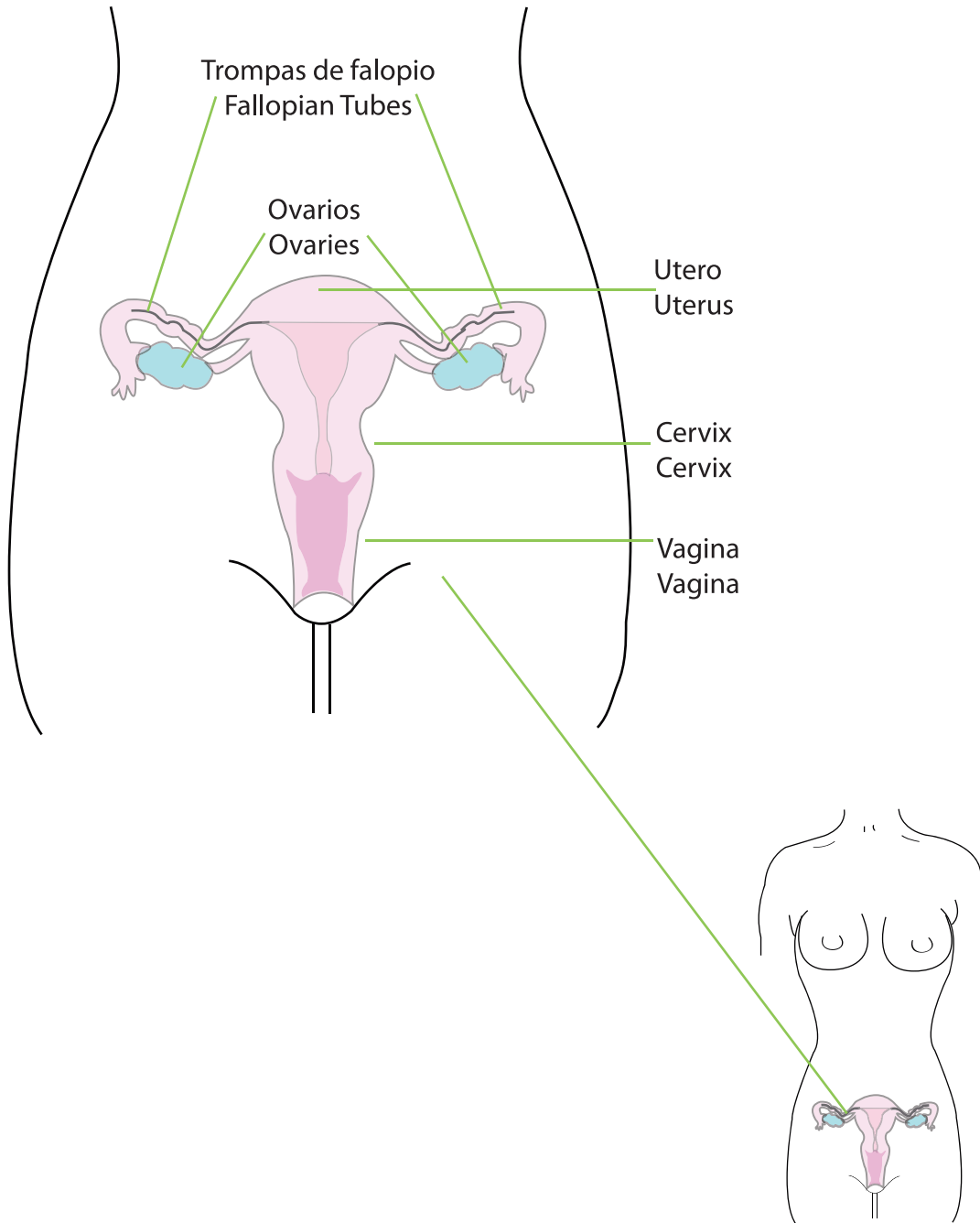
EXTERNAL BODY CHART



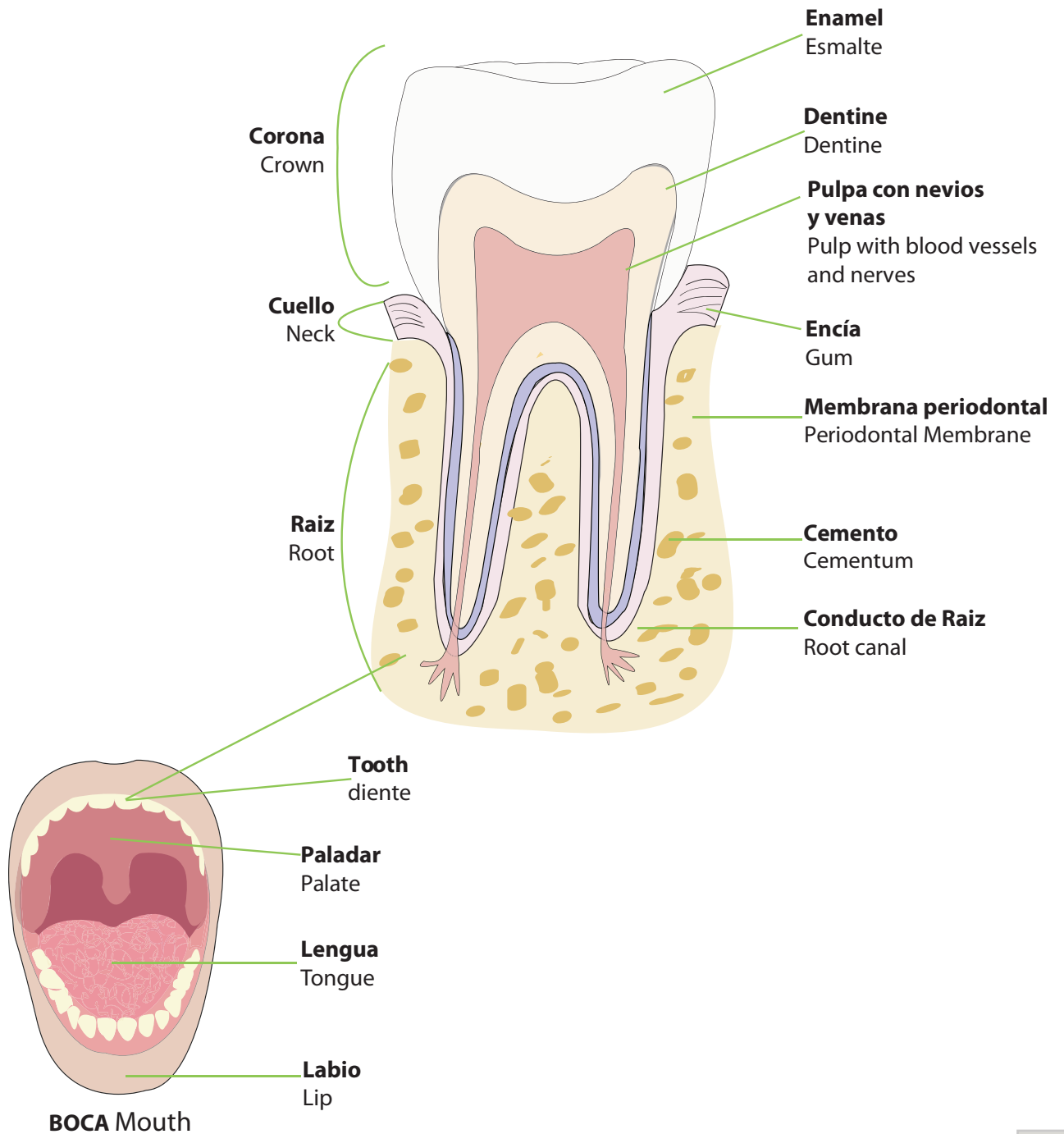
INTERNAL BODY CHART



FEMALE REPRODUCTIVE BODY CHART



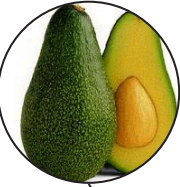


TOOTH CHART



NATURAL REMEDIES CHARTS

The natural remedies allow patients to communicate to their doctor what remedies they have been taking. Medical personnel should remember that much diversity exists among the Maya in custom and circumstance, and not all remedies will be used by the same method or for the same purpose.

Picture	English name	Usage
	Aloe Vera	Burns, laxative, herpes, diabetes, headache, asthma
	Anamu	Diarrhea, menstruation, ringworm, skin fungus, blood disorders
	Avocado	Digestion, cough, astringent, worms, gout, wounds

Picture

English name

Usage



Basil

Ringworm



Black nightshade

calms nerves,
treats anemia and
fatigue, repairs cuts



Cilantro

astrigent, diuretic,
antacid, improves
apetite and anemia,
indigestion,
(hysteria y neuralgia)








Chamomile






Calming effect,
stomach pain,
fever, flu, bone
pain, purge,
sleep aid











Cola de Caballo

Astringent, diuretic,
kidney infections,
bladder infections,
hemorrhoid cream

Picture	English name	Usage
	Corn silk	Urinary system, bruises, sores, boils, kidney stones
	Dandelion	Stimulates appetite, detoxifies the blood, improves kidney and liver function, laxative, prostate pain, dry skin
	Echinacea	Influenza, snakebites, indigestion problems, fatigue, detoxify
	Wormseed	Parasites, Jaundice, amenoria, PMS, de- worming, digestion aid, stop diarrhea
	Eucalyptus	Skin infections, arthritis, bronchial infections, asthma, pneumonia, lice

Picture	English name/usage	Usage
	Hibiscus	Menstruation pain, endometriosis
	Kava	Pain relief, asthma, depression, menopausal symptoms
	Lavendar	Respiratory infections, cold, bronchial pain, reduce fever
	Lemongrass	Fever reducer
	Burweed	Cold, diarrhea, STI, kidney, liver problems

Picture	English name	Usage
	Papaya	Aid digestion, purge parasites
	Jamaica Rose	Digestive aid, diuretic, kidney stones, gas, conjunctivitis, UTIs,
	Rue	Anxiety, anemia, promote menstrual bleeding, colic, arthritis
	Saw Palmetto	Enlarged prostate, dysentery
	Spearmint	Stomach pain, antiseptic, antispas- modic, tooth ache, insect bites

Picture	English name	Usage
	Yarrow	Pain killer, sleep aid, menstruation pain, ulcers, rheumatism, parasites.
	Mozote	Intestinal health
	Dogwood	Sedative, menstruation, ovary and uterus related pain

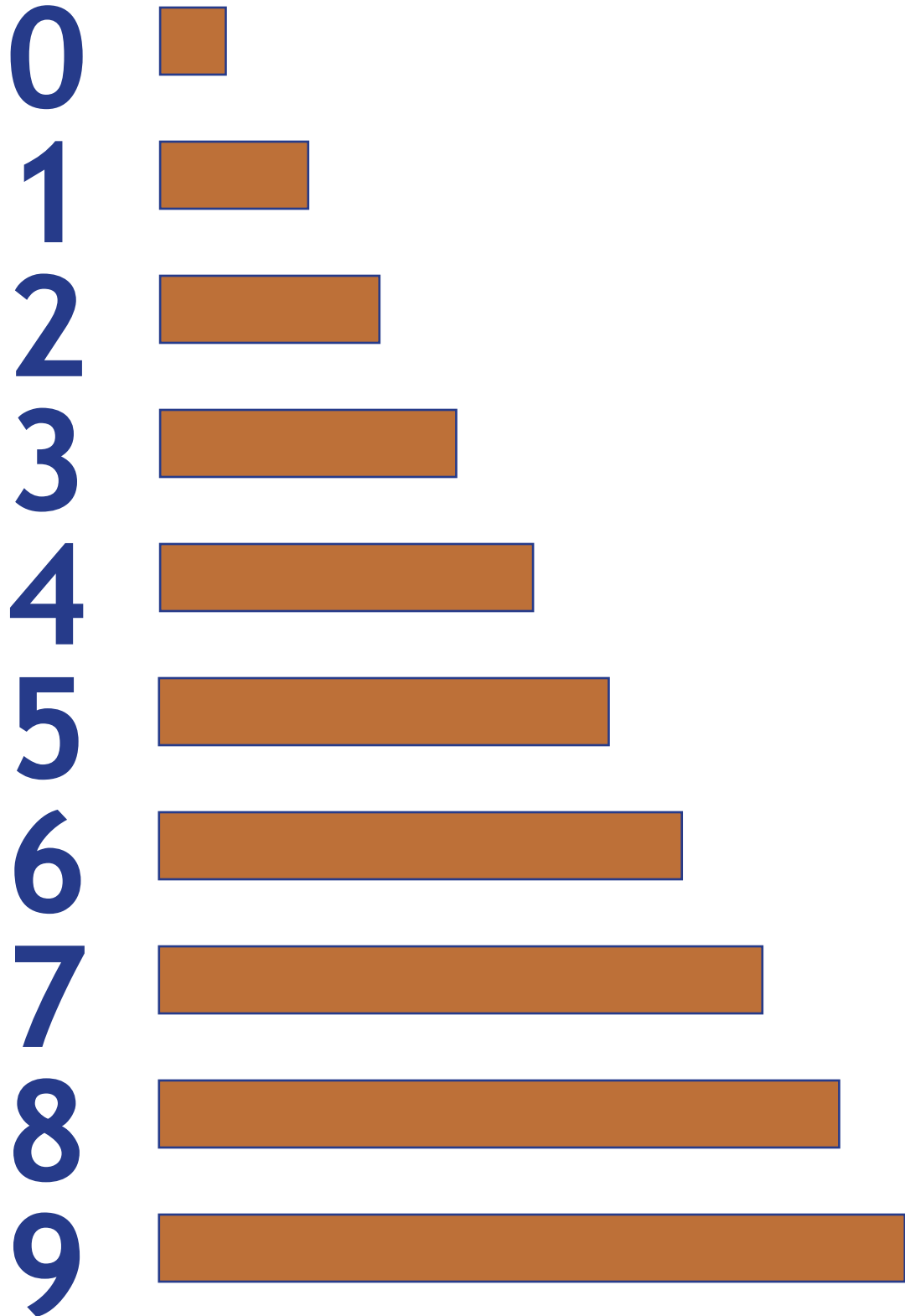
HEALTH AND WELLBEING ASSESSMENT TOOL

The history of war and violence in Guatemala coupled with the additional stressors of immigrating to a new country put the Maya people at high risk for mental health illnesses. Ongoing concern about finances, difficulty finding work, trouble learning a foreign language, educational barriers, discrimination, and cultural barriers are just a few of the stressors that if prolonged, may lead to depression and/or anxiety disorders. Every culture has a unique understanding of health and wellbeing and therefore understands symptoms differently. The Maya are particularly quiet about mental health illnesses and generally do not express irritability or allow themselves angry outbursts after traumatic events.

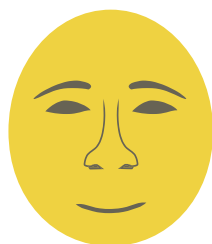
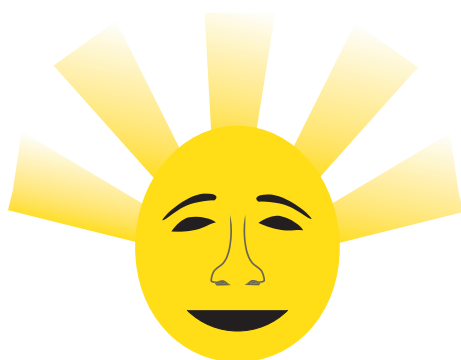
The Health and Wellbeing Assessment tool is composed of 25 questions to evaluate the mental health of the patient in a culturally congruent way. By identifying common symptoms of depression and anxiety, providers can recognize the presence of possible mental health conditions and refer patients to the appropriate resources.

	Rarely	Sometimes	Frequently
I stay in my house most of the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel sad or unhappy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can't concentrate or focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't find pleasure in things I used to like	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel tired or have no energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have people to talk to on a regular basis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have been sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have lost some appetite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have been eating more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense, anxious or can't sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel worried or fearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have shortness of breath or a racing heartbeat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I worry about dying or losing control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel less interested in things I usually enjoy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have nightmares or flashbacks about Guatemala	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am jumpy or feel startled easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid places that remind me of a bad experience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am bothered by nervousness or my "nerves"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have trouble sleeping at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I worry about the future or think a lot about the past	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel unusually irritable or angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I fear for my safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think about the losses I have suffered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel stress about money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PAIN CHART



HAPPINESS CHART





AUDIO-VISUAL ON PRENATAL CARE

- Audio visuals help to create the inclusive and welcoming environment proven to serve vulnerable individuals better.
- Diverse audio and visual materials are key elements to cultural congruent healthcare.
- Audiovisual materials reinforce provider's messages.
- The translated audio allows patients to hear the information in their preferred language and minimize any potential interpreting errors.
- Visuals complement the verbal information and provide context to help patients become more familiar with the healthcare setting and procedures.
- Visual materials that reflect the patients being served (race, ethnicity, gender, age, etc.), help ease the patients' anxiety, relate better to the information being communicated, and feel a sense of inclusion/empowerment when it comes to their health.

AUDIO-VISUAL ON DIABETES

- Audio visuals help to create the inclusive and welcoming environment proven to serve vulnerable individuals better.
- Diverse audio and visual materials are key elements to cultural congruent healthcare.
- Audiovisual materials reinforce provider's messages.
- The translated audio allows patients to hear the information in their preferred language and minimize any potential interpreting errors.
- Visuals complement the verbal information and provide context to help patients become more familiar with the healthcare setting and procedures.
- Visual materials that reflect the patients being served (race, ethnicity, gender, age, etc.), help ease the patients' anxiety, relate better to the information being communicated, and feel a sense of inclusion/empowerment when it comes to their health.