

Chinese Consecutive Interpretation

Skill-based training

Paving the Way, 2018

Schedule - overview

10 min - introduction & self evaluation

30- min – Slides & vocabulary analysis -- Eddie & Kwei

40 min – Video & vocabulary analysis -- Michael

Break 10 min

30 min – Role play review & vocabulary -- Wayne

30 min – practice interpreting

5 min – wrap up & self evaluation

10 min - introduction

- Presenters
- Participants
- Introductory video (5 minutes)
- Handouts

5 min - introduction to Cushing's syndrome

Introductory Video

<https://www.youtube.com/watch?v=vxSAhLyKVqw>

- NGC Special on Obesity-Cushing's Segment
- About 5:22 (stop after first story)

5 min - introduction - handout

At the beginning \Rightarrow you should have one each:

- Self-Evaluation sheet
- Worksheet handout - Vocabulary in order of appearance
- Role play text

At the end \Rightarrow you should pick up one

- Vocabulary Glossary which includes both the English and Chinese equivalents

Self-Evaluation Form for Paving the Way 2018: Chinese Consecutive Interpretation

levels : ->

Beginner

Intermediate

Master

Skills: ▼

Vocabulary exact

25 - 50%

75 - 97%

97 - 100%

Register is maintained

1 - 25%

25 - 50%

97 - 100%

Syntax is equivalent

1 - 25%

25 - 50%

97 - 100%

5 min - intro & self evaluation

- Listen to part of the role play text.
 - Read aloud by (English Jane)
 - Glance over the English vocabulary terms
- Evaluate yourselves (privately--your best guess)
- After the workshop you will re-evaluate your self; we hope you will feel you have improved.

Vocabulary Analysis About 20 minutes

- Selected Slides from web presentation & discussion

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https://web.duke.edu/pathology/siteParts/avaps/06.07.1_Pathology_of_the_Endocrine_System_II_final_.pdf

- Worksheet Handout: English vocabulary terms with space to write in equivalents

Vocabulary Analysis – web slide 5

Case A: Truncal obesity, striae, hypertension and glucose intolerance in a 39-year old man

- Patient's visit to the local ER was prompted by a nasty coffee burn. He was driving his delivery van through a complicated intersection, shifting gears and balancing a cup of very hot coffee, when the spill occurred.

Vocabulary Analysis – web slide 5

- Truncal obesity 軀幹肥胖
- Stria (plural: Striae) 妊娠紋

Stria a linear mark, slight ridge, or groove on a surface, often one of a number of similar parallel features.

- *Hypertension* 高血压
- *Glucose intolerance* 葡萄糖耐受不良

Vocabulary Analysis – web slide 9

- Cortisol 皮質醇
- Prolactin 皮質醇
- Parathyroid hormone 甲狀旁腺激素
- Secretin 促胰液素

Vocabulary Analysis - web slide 10

Clinical effects of excess Cortisol

- Fat deposition 脂肪沉積
- Protein Catabolism 蛋白質分解代謝
- Diminished synthesis (of protein) 減少合成
- Gluconeogenesis 糖異生

Vocabulary Analysis - web slide

Clinical effects of excess Cortisol

- Depression of immune reaction
抑制免疫反應
- Suppression of growth hormone
抑制生長激素
- Arrest of growth 暫時停止生長

Vocabulary Analysis - web slide 10

Clinical effects of excess Cortisol

- Muscle wasting 肌肉萎縮
- Hyperglycemia 高血糖症
- Glycosuria 糖尿症
- Stria (plural: Straie) 妊娠紋

Stria a linear mark, slight ridge, or groove on a surface, often one of a number of similar parallel features.

Vocabulary Analysis - web slide 10

Clinical effects of excess Cortisol

- (near the bottom of the slide)
- Osteoporosis 骨質疏鬆症
- Kyphosis 脊柱後凸/駝背
- Virilism 男性化

Vocabulary Web slide 11 - Clinical features of Cushing's Syndrome

- Centripetal obesity 向心性肥胖
- Pendulous 下垂
- Pendulous abdomen 下垂腹
- Hirsutism 多毛症
- Acne 痤疮, 粉刺

Vocabulary Web slide 11- Clinical features of Cushing's Syndrome

- Fat pad 脂墊, 脂肪墊
- Facial fullness, moon face 面部飽滿, 滿月臉
- Emotional Lability (Labile) 情緒不穩定(易變)

Vocabulary Web slide 11- Clinical features of Cushing's Syndrome

- Edema 水腫, 浮腫
- Diabetes mellitus 糖尿病
- Hypercalciuria 高鈣尿症
(or hypercalcinuria = elevated calcium in the urine)
- Hypokalemia 血鉀過少, 低鉀血症

Vocabulary Analysis - Pathogenic Mechanism of Cushing's disease 13

- Adrenal tumor 腎上腺腫瘤
- Hypertrophy 肥大
- Hypercortisolism 皮質醇增多症
- Hyperfunction 亢進

Vocabulary Analysis - Pathogenic Mechanism of Cushing's disease 13

- Bruiseability with Ecchymosis 出血斑, 瘀斑
- Pendulous abdomen 下垂腹
- Striae 妊娠紋

Vocabulary Analysis - Pathogenic Mechanism of Cushing's disease 13

- Receptor 受體
- Effector 效應 (細胞/器官)
- Target cells 靶細胞

Vocabulary web slide 14 - Pathogenic Mechanism #2 of Cushing's Syndrome

- Ectopic production 異位生產
- Endogenous 內生的, 內源的
- Lung tumor 肺腫瘤
- Paraneoplastic syndrome 副腫瘤綜合徵

Paraneoplastic syndromes are rare disorders that are triggered by an altered immune system response to a neoplasm. They are defined as clinical syndromes involving non-metastatic systemic effects that accompany malignant disease.

Vocabulary slide 15 - Pathogenic Mechanism #3 of Cushing's syndrome

- Cortisol mimic 皮質醇模仿
- Hyperfunction 亢進
- Iatrogenic 醫源性

Vocabulary Analysis -slide 23

- What is the difference between Cushing's disease and Cushing's syndrome?

Vocabulary Analysis -slide 25 - Treatment options

- Bilateral adrenalectomy
兩側腎上腺切除術
- Transsphenoidal hypophysectomy
經蝶竇垂體切除術
- Radiation Therapy 放射療法

Vocabulary Analysis -slide 25 - Treatment options

- Benign tumor 良性腫瘤
- Histologic 組織學
- ACTH- secreting adenoma.
促腎上腺皮質激素 - 分泌腺瘤

Vocabulary Analysis - Video

- About 40 minutes
- Video Presentation
with voluntary audience participation
- Handout English vocabulary terms with
space to write in equivalents
- Slides with terms after discussion

Video vocabulary - in order of appearance

- Cushing syndrome 庫盛綜合徵
- Elevated Cortisol level 皮質醇
- Pituitary Adenoma 腦下垂體腺瘤

Video vocabulary - in order of appearance

- AdrenoCorticoTropicHormone (ACTH)
促腎上腺皮質激素
- Hypothalamus 下丘腦
- Corticotropin-releasing Hormone
(CRH)促皮質激素

Video vocabulary - in order of appearance

- Pituitary Gland 腦下垂體腺
- Adrenal Gland 腎上腺
- Zona Glomerulosa 腎小球, 腎絲
球層

Video vocabulary - in order of appearance

- Zona Fasciculata 肌束層
- Zona Reticularis 網狀肌層

Video vocabulary - in order of appearance

- Glucocorticoids 糖皮質
- Cortisol-Binding Globulin
皮質醇結合球蛋白
- Circadian Rhythm 晝夜節律

Video vocabulary - in order of appearance

- Gluconeogenesis 糖異生
 - Proteolysis 蛋白水解
 - Lipolysis 脂肪分解
-
- Gluconeogenesis = a metabolic pathway that results in the generation of glucose from a non-carbohydrate carbon substrate such as lactate, glycerol and glucogenic amino acids.

Video vocabulary - in order of appearance

- Catecholamines 兒茶酚胺
- Epinephrine 腎上腺素
- Norepinephrine 去甲腎上腺素

Video vocabulary - in order of appearance

- Blood vessel lumen 血管管腔
- Inflammatory mediators 炎性媒體
- Prostaglandins 前列腺素

Video vocabulary - in order of appearance

- Interleukins 白細胞介素
- T-lymphocytes T-淋巴胞
- Negative feedback 負性的資訊回饋

Video vocabulary - in order of appearance

- Adipocytes 脂肪球
- Lipoprotein lipase 脂蛋白脂肪酶

Video vocabulary - in order of appearance

- Gonadotropin-releasing Hormone (GRH) 促性腺激素
- Autonomous 促性腺激素
- Muscle wasting 肌肉消耗
- Abdominal striae 腹纹

Video vocabulary - in order of appearance

- Amenorrhea 閉經
- Ectopic ACTH production
異位性 ACTH 分泌

Video vocabulary - in order of appearance

- Adrenal crisis 腎上腺危象
- Adrenal steroid inhibitor
腎上腺類固醇抑制劑

Endocrinology levothyroxine

MD: Hello Mrs. Wang. I'm pleased to meet you. What do you understand about why your primary care physician referred you to me here in the endocrinology clinic?

Pt: My long-time primary care physician retired and now I have a new one. I really liked my old doctor he listened, and never made me give a lot of blood tests. He sent me to check on my thyroid medicine. I have been taking levothyroxine 0.2 mg daily for many years but he cut me back to half that. I don't feel well.

Equivalents

- Endocrinology
- levothyroxine

Equivalents

- Endocrinology 内分泌学
- levothyroxine 左甲状腺素

low energy

Pt: I was taking levothyroxine because I had low energy and I was gaining too much weight. I felt good for many years when I was taking it. This new doctor did some blood tests and said I don't need it, but I think I do. I feel tired. I hope you can put me back on my regular dose.

MD: I see. How are you feeling now? On this dose?

Pt: I'm getting fat. Look! My stomach is too big. And my face is too round and puffy-looking. I never looked like that before. Do you think I am starting my change of life. I notice my periods are not as regular as before.

Equivalents

- low energy

Equivalents

low energy

低能量的

stretch marks (striae) strength

MD: What else have you noticed? Are there stretch marks (striae)?

Pt: Yes!, how did you know? I seem to be growing more hair. And I am getting acne! I don't like it.

Pt: Maybe I am just getting old. (sigh) I'm tired and I cannot do as much as I used to. I don't have the strength. Look how thin my arms and legs look! I cannot carry as much as I normally did. At least when I was on my regular dose of levothyroxine I felt better. ((aside to the interpreter) I don't think this new primary care doctor I have is very good.) [What should the interpreter do?]

Equivalents

- stretch marks (striae)
- strength

Equivalents

- stretch marks (striae) 肥胖纹
- strength 力量

FT4 TSH

MD: Let me review some of your blood test results with you. It seems it was a good thing your Primary Care Physician did several blood tests. Your FT4 level is normal, probably thanks to the levothyroxine. But your TSH level is very low. The most common reason for that combination is too much levothyroxine.

Equivalents

- FT4, Free T4, Free Thyroxine
- TSH
- Thyroid Stimulating Hormone

Equivalents

- FT4, Free T4, Free Thyroxine
甲状腺素, 甲状腺氨酸
- TSH Thyroid Stimulating Hormone
促甲状腺激素

T4 (the other is called triiodothyronine, or T3) pituitary gland

MD: Let me explain. T4 is one of two major hormones produced by the thyroid gland (the other is called triiodothyronine, or T3). T4 makes up nearly all of what we call thyroid hormone, while T3 makes up less than 10 percent. TSH is the Thyroid Stimulating Hormone. When the pituitary gland senses enough Thyroid hormone in your body, it stops producing TSH. because there is no need for more Thyroid production. This means that you physician is right. If we reduce your intake of levothyroxine, it will give you body a chance to go back to making its own thyroid hormone.

Equivalents

- T4
- T3 triiodothyronine
- pituitary gland

Equivalents

- T4 Thiroxine 甲状腺素, 甲状腺氨酸
- T3 triiodothyronine
三碘甲状腺氨酸
用于治疗甲状腺机能减退
- Pituitary gland 脑下垂体腺

centripetal obesity, facial fullness,
hirsutism, acne, striae

Pt: Hmm... less medications would be nice. But I have been feeling worse.

MD: That is not surprising. I believe you may have another separate problem. You are complaining of centripetal obesity, facial fullness, hirsutism, acne, striae, muscle weakness.

Pt.: I didn't mean to complain so much.

MD: Well, let's say you have been noticing these things.

Pt.: OK

Equivalents

- Centripetal obesity
- Facial fullness
- Hirsutism
- Acne

Equivalents

- Centripetal obesity 向心性肥胖
- Facial fullness 面部饱满
- Hirsutism 多毛症
- Acne 痤疮, 粉刺

Ecchymoses

MD: Have you also noticed any of the following?
Ecchymoses (a discoloration of the skin resulting from bleeding underneath, typically caused by bruising) or edema?

Pt.: Sometimes, yes.

Equivalents

- Ecchymoses
- Edema

Equivalents

- Ecchymoses 出血斑, 瘀斑
- Edema 水肿, 浮肿

hypercalciuria glycosuria hyperglycemia
hypokalemia hypertension

MD: Fortunately your new doctor ran several relevant tests showing you have hypercalciuria (elevated calcium excreted in the urine), glycosuria and hyperglycemia and hypokalemia. Your blood pressures are trending toward hypertension.

Pt.: That sounds bad.

Equivalents

- hypercalciuria
- glycosuria
- hyperglycemia
- hypokalemia
- hypertension

Equivalents

- hypercalciuria 高钙尿症
- glycosuria 糖尿
- hyperglycemia 多糖症, 高血糖症
- hypokalemia 血钾过少, 低钾血
- hypertension 高血压

Cushing's Syndrome Cushing's Disease cortisol hypercortisolism

MD: It seems likely you have Cushing's Syndrome Or Cushing's Disease. Cushing's Syndrome is also called hypercortisolism. The problem is an excess of the steroid hormone cortisol in the blood, that is: too much cortisol. All these symptoms you have been describing can occur when there is too much cortisol.

MD: The most common cause is the use of steroid drugs, but it can also occur from overproduction of cortisol by the adrenal glands. Are you taking any steroid preparations? Nothing for asthma, allergies, joint pain?

Equivalents

- Cushing's Syndrome
- Cushing's Disease
- Cortisol
- Hypercortisolism

Equivalents

- Cushing's Syndrome 库盛综合徵
- Cushing's Disease 库盛氏病
- cortisol 皮质醇，氢化可的松
- hypercortisolism 皮质醇增多症

osteoporosis kyphosis

Pt.: Not that I know of.

MD: OK. Good. We need to see what we can do to treat or control this to prevent further complications including osteoporosis and kyphosis. We want you to feel better.

Pt.: I'd like to feel better too. I would feel better if I understood more.

Equivalents

- Osteoporosis
- Kyphosis

Equivalents

- Osteoporosis 骨质疏松症
- Kyphosis 驼背; 背倭

ACTH Adrenocorticotropic hormone

MD: Of course. ACTH stands for Adrenocorticotropic hormone. It is produced and secreted by the anterior pituitary gland. If there is too much ACTH (Adrenocorticotropic hormone) then the adrenal glands produce too much cortisol. The adrenal glands overproduce when they are stimulated by too much ACTH.

Equivalents

- ACTH - Adrenocorticotrophic hormone

Equivalents

- ACTH - Adrenocorticotrophic hormone
促肾上腺皮质激素

pituitary adenomas Adrenal adenomas

We will do an ACTH blood test. In addition, We will do some more test to determine the source of the elevated ACTH. Benign pituitary adenomas secrete excess ACTH. Adrenal adenomas, mostly benign, may cause over secretion of ACTH.

Equivalents

- Pituitary adenomas
- Adrenal adenomas

Equivalents

- Pituitary adenomas 脑垂体腺瘤
- Adrenal adenomas 肾上腺腺瘤

ectopic ACTH syndrome ectopic hyperproduction
of ACTH Endogenous

Finally, some tumors in other locations, such as the lungs, may secrete ACTH. When this happens, it's known as ectopic ACTH syndrome, or ectopic hyperproduction of ACTH. (Endogenous ACTH produced by the pituitary may decrease thanks to negative feedback, but the unregulated ACTH from the tumor keeps levels high.)

Equivalents

- *ectopic ACTH syndrome*
- ectopic hyperproduction of ACTH
- Endogenous

Equivalents

- *ectopic ACTH syndrome* 异位ACTH综合征
- ectopic hyperproduction of ACTH ACTH异位超生
- Endogenous 内长的，内生的

Complex idea ? Familiar vocabulary?

Certain tumors that develop outside the pituitary gland can also produce ACTH. When this happens, it's known as ectopic ACTH syndrome. Ectopic means that something is in an abnormal place or position. In this case, only the pituitary gland should produce ACTH, so if there is a tumor producing ACTH and it isn't located on the pituitary, it's ectopic.

Pt.: That may be a bit more than I need to know.

cortisol serum level circadian rhythm

MD: I can totally understand that. Cushing disease is a very hard disease to diagnose. We need to have all the results before we finalize the diagnosis. Here is a set of blood test and urine tests to that you need to do to confirm the diagnosis.

- fasting glucose
- cortisol serum level—two times, Cortisol secretion is based on a circadian rhythm. In the morning, cortisol secretion is at its peak.
- ACTH (although a normal level does not completely rule out Cushing's' or Cushing's Syndrome because many patients with Cushing disease fall within normal range)

Equivalents

- cortisol serum level
- circadian rhythm

Equivalents

- cortisol serum level | 皮质醇血清水平
- circadian rhythm | 昼夜节律

surveillance period Instantaneous pulsatile secretion

- 24-hour urine for cortisol level, (in addition to blood test, because the 24-hour surveillance period avoids seeing anomalies in instantaneous cortisol levels due to pulsatile secretion).

Equivalents

- surveillance period
- Instantaneous
- pulsatile secretion

Equivalents

- surveillance period 监视时间
- Instantaneous 即刻的
- pulsatile secretion 脉冲式分泌

high dose dexamethasone suppression

Then after Low dose and again after high dose dexamethasone suppression we will repeat the Cortisol blood levels and the 24-hour urine collection. This will allow us to determine source of the excess ACTH.

Equivalents

- Low dose dexamethasone suppression
- High dose dexamethasone suppression

Equivalents

- Low dose dexamethasone suppression
小剂量地塞米松抑制注射
- High dose dexamethasone suppression
大剂量地塞米松抑制注射

Radiation therapy Bilateral adrenalectomy

Depending on the results we will get imaging of adrenal glands, or pituitary, or lungs (a common sources of ectopic ACTH); treatment options will including:

- Surgery with removal of the pituitary adenoma
- Radiation therapy
- Bilateral adrenalectomy

Equivalents

- Radiation Therapy
- Bilateral adrenalectomy

Equivalents

- Radiation Therapy 放射療法
- Bilateral adrenalectomy
双侧肾上腺切除术

transsphenoidal hypophysectomy histologic

- *After completing the tests, the patient underwent successful transsphenoidal hypophysectomy with removal of the adenoma seen on MRI. Pathology studies revealed a benign tumor with histologic and staining characteristics consistent with an ACTH- secreting adenoma.*

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Equivalents

- Trans-sphenoidal hypophysectomy
- Histologic

Equivalents

- Trans-sphenoidal hypophysectomy
经蝶骨垂体切除术
- Histologic 组织学

“covered” tapered down physiologic dose

- *Perioperatively the patient was “covered” with “stress steroids” and postoperatively the dose was tapered down to a physiologic dose.*
- physiologic dose = a dose or the effects of such a dose (of a chemical agent that either is or mimics a hormone, neurotransmitter, or other naturally occurring agent) that is within the range of concentrations or potencies that would occur naturally.

“covered” *tapered down* *physiologic dose*

- *the patient was “covered” with “stress steroids”*
- What is the idea here?

Equivalents

- “Covered”
- Tapered down
- Physiologic dose

Equivalents

- “Covered” 覆蓋
- Tapered down 逐漸減少
- Physiologic dose 生理量

exogenous cortisol glucose intolerance

After a few weeks of physiologic replacement, the dose was tapered gradually to no exogenous cortisol. Over the next several months body weight decreased by about 20 pounds, facial redness decreased, blood pressure improved, and glucose intolerance was no longer present. The stretch marks are still there, but they are less colorful and, in general, the patient feels better. Muscle strength has improved significantly. By 6 months postoperatively the morning cortisol level was normal, at 23 mg/dL

Equivalents

- *exogenous cortisol*
- *glucose intolerance*

Equivalents

- *exogenous cortisol* 外源皮质醇
- *glucose intolerance* 葡萄糖耐受不良

Role Play practice about 40 min.

- Arrange yourselves into groups of 3
- Help each other if needed
- Presenters will “float” to help as needed

Role Play practice about 40 min.

- Take turns reading the parts.
- “Doctor” reads in English
- “Patient” sight translates into Chinese
- Interpreter does not read the text:
listen and interpret

Wrap up & self evaluation

- Did you learn anything?
- Please repeat your self evaluation
- Your self evaluation is private -you keep it
- Collect your vocabulary handout

Thank you

for participating