Chinese Consecutive Interpretation

Skill-based training

Paving the Way, 2018
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)
At the beginning ⇒ you should have one each:
- Self-Evaluation sheet
- Worksheet handout - Vocabulary in order of appearance
- Role play text

At the end ⇒ 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*

<table>
<thead>
<tr>
<th>Skills</th>
<th>Beginner</th>
<th>Intermediate</th>
<th>Master</th>
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</thead>
<tbody>
<tr>
<td>Vocabulary exact</td>
<td>25 - 50%</td>
<td>75 - 97%</td>
<td>97 - 100%</td>
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<td>Register is maintained</td>
<td>1 - 25%</td>
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<tr>
<td>Syntax is equivalent</td>
<td>1 - 25%</td>
<td>25 - 50%</td>
<td>97 - 100%</td>
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</tbody>
</table>
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
  Bruce Lobaugh, Ph.D., HCLD(ABB)  Director DUHS Clinical Pathology Laboratories
  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
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.
Truncal obesity  腹部肥胖
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.

Hypertension  高血压
Glucose intolerance  葡萄糖耐受不良
• 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
Clinical effects of excess Cortisol

- Depression of immune reaction
- Suppression of growth hormone
- Arrest of growth
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.
Clinical effects of excess Cortisol

- 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
- Pendulous
- Pendulous abdomen
- Hirsutism
- Acne

向心性肥胖
下垂
下垂腹
多毛症
痤瘡, 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
• Adrenal tumor 腎上腺腫瘤
• Hypertrophy 肥大
• Hypercortisolism 皮質醇增多症
• Hyperfunction 亢進
• 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
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
What is the difference between Cushing’s disease and Cushing’s syndrome?
Treatment options

- Bilateral adrenalectomy
- Transsphenoidal hypophysectomy
- Radiation Therapy
Treatment options

- Benign tumor
- Histologic
- ACTH-secreting adenoma.
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
- Adrenal Gland
- Zona Glomerulosa
Video vocabulary - in order of appearance

- Zona Fasciculata 肌束層
- Zona Recticularis 網狀肌層
Video vocabulary - in order of appearance

- Glucocorticoids
- Cortisol-Binding Globulin
- Circadian Rhythm
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
- Inflammatory mediators
- Prostaglandins
Video vocabulary - in order of appearance

- Interleukins
- T-lymphocytes
- Negative feedback
Video vocabulary - in order of appearance

- Adipocytes 脂肪球
- Lipoprotein lipase 脂蛋白脂肪酶
<table>
<thead>
<tr>
<th>Term</th>
<th>Translation</th>
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<tbody>
<tr>
<td>Gonadotropin-releasing Hormone (GRH)</td>
<td>促性腺激素</td>
</tr>
<tr>
<td>Autonomous</td>
<td>促性腺激素</td>
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<tr>
<td>Muscle wasting</td>
<td>肌肉消耗</td>
</tr>
<tr>
<td>Abdominal striae</td>
<td>腹纹</td>
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</table>
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
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
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 rounds and puffy-looking. I never looked like that before. Do you think I am staring my change of life. I notice my periods are not as regular as before.
Equivalents

• low energy
Equivalents

low energy 低能量的
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
MD: Let me review some of you blood tests results with you. It seems it was a good thing you 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 combinations 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
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 脳下垂體腺
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
- Facial fullness
- Hirsutism
- Acne
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
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
- hypokalemic
- hypertension
Equivalents

- hypercalciuria
- glycosuria
- hyperglycemia
- hypokalemia
- hypertension
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
- **hypercortisolism**
  - 皮质醇增多症
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; 背偻
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 - Adrenocorticotropic hormone
Equivalents

• ACTH - Adrenocorticotropic hormone

促肾上腺皮质激素
We will do an ACTH blood test. In addition, we will do some more tests 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
- Adrenal adenomas
Finally, some tumors in other locations, such as the lungs, may secret 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
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.
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
- circadian rhythm
• 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
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
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
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.
Equivalents

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