

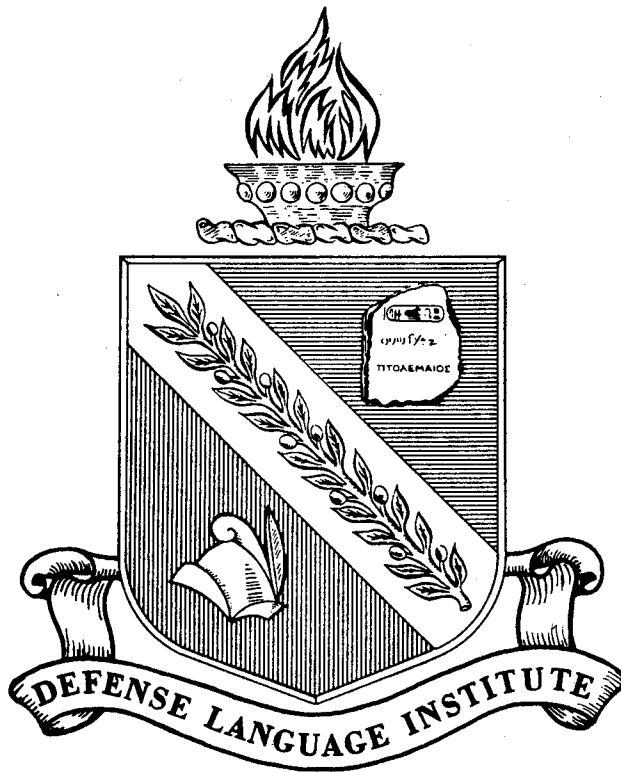
# **HEADSTART**

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## **PORTUGUESE PROGRAM**

### **A MEDICAL EMERGENCY**

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Prepared by  
DEFENSE LANGUAGE INSTITUTE, FOREIGN LANGUAGE CENTER

# **PREFACE**

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The Portuguese Headstart Course has been designed to impart a basic level of proficiency in Portuguese encompassing comprehension, speaking and minimum useful skills in reading and writing. Someone who completes the program successfully will be able to understand and express a range of daily needs which include simple social demands, as well as certain service-oriented uses of the language.

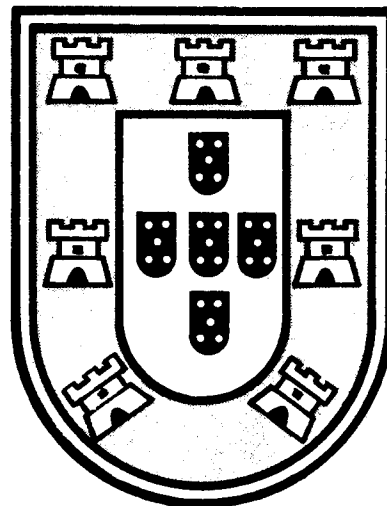
Special emphasis has been placed on teaching useful phrases from common-life situations, and the materials provide expressions and terms related to activities of special interest and importance to service personnel.

The development of the Portuguese Headstart Course has been a joint effort of the Defense Language Institute, Foreign Language Center (DLIFLC), and the NATO forces of Portugal, the United Kingdom, and the United States.

# CONTENTS

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Objectives . . . . .	1
Conversation . . . . .	2
Exercises . . . . .	3
Doctor's Orders . . . . .	9
How to Take the Pills . . . . .	9
The Liquid . . . . .	9
The Tablets . . . . .	10
Warning . . . . .	10
Additional Medical Vocabulary . . . . .	11
Self-evaluation Quiz . . . . .	16
Key to Self-evaluation Quiz . . . . .	17
Glossary . . . . .	18



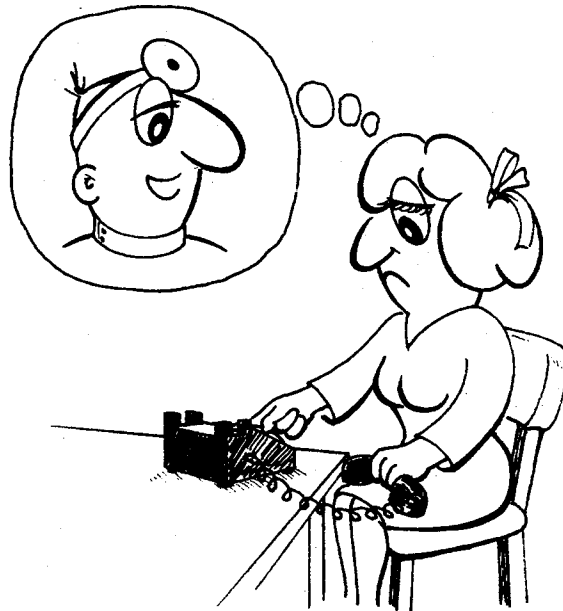


# OBJECTIVES

By the end of this module, you will be able to telephone a Portuguese doctor and ask him to come to your house. You will be able to explain the nature of your medical emergency and give your name and address in Portuguese.

Specifically, you will be able to:

- a. Use the verb "to come" vir in all persons of present tense.
- b. Use the expression "to be sick" estar doente in all persons of the present tense.
- c. Use eight Portuguese question words.
- d. Use the verb "to live" morar.



## CONVERSATION

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### A TELEPHONE CALL TO A DOCTOR

- JULIE : Hello? Is this the office of Dr. Silva?
- DOCTOR: Yes, it is. Please speak (to me).
- JULIE : Can you come to my house? It's very urgent. My son is very sick with a high fever.
- DOCTOR: I'm going there immediately. Your name and address, please?
- JULIE : My name is Julie Williams, and I live in Cascais, on Rua da Praia, number twelve.
- DOCTOR: Put him in bed, well wrapped. Did you understand? See you very soon.
- JULIE : I understood, Doctor. See you very soon.

### UMA CHAMADA TELEFÓNICA PARA UM MÉDICO

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- JULIE : Está? É do consultório do Dr. Silva?
- DOUTOR: É sim. Faz favor de dizer.
- JULIE : O Doutor pode vir a minha casa? É muito urgente. O meu filho está muito doente, com febre alta.
- DOUTER: Vou aí imediatamente. O seu nome e morada, faz favor?
- JULIE : O meu nome é Julie Williams, e moro em Cascais, na Rua da Praia, número doze.
- DOUTER: Meta-o na cama, bem agasalhado. Percebeu? Até já.
- JULIE : Percebi, Doutor. Até já.

## EXERCISES

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### EXERCISE 1.

Stop the tape now and read the English text of the conversation.

### EXERCISE 2.

Listen to the conversation without looking at the text.

### EXERCISE 3.

Look at the first line of the English text. Then listen to it in Portuguese without looking at the text. Continue doing this for each line.

### EXERCISE 4.

Listen to the first line of the Portuguese conversation without looking at the book. Translate it orally into English, then check your translation with the English text. Continue doing this for each line.

### EXERCISE 5.

Now look at the Portuguese text while listening carefully to the conversation.

### EXERCISE 6.

This time you will speak Portuguese. You will hear the conversation again, with many repetitions and pauses. During the pauses, repeat the Portuguese aloud. Try to say it exactly as the voice on the tape, and as loudly. You may look at the Portuguese text.

### EXERCISE 7.

Look at the first line of Portuguese text. Translate it orally into English. Then, check your translation with the English text. Do each line in the same manner. Now stop the tape and complete this exercise.

EXERCISE 8.

Listen to the Portuguese conversation again and repeat what you hear during the pauses. Speak loudly and clearly. Try to speak at the same speed as the Portuguese voices on the tape. You may look at the Portuguese text.

EXERCISE 9.

Now, in the space provided copy the Portuguese text.

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EXERCISE 10.

Now read the text of the Portuguese conversation aloud, checking each line with the tape.

EXERCISE 11.

Say each line in Portuguese while looking at the English text; then compare each line with the tape.

EXERCISE 12.

At the beginning of the conversation, Julie said Está? This expression is used to say "hello" on the telephone. You will also hear Está lá? As you know, está is a form of estar "to be." When used on the phone, it means "Are you (there)?" Say Está (lá)?



EXERCISE 13.

Julie asked "Is this the office of Dr. Silva?" You remember that é...? means "is it...?" O consultório is a doctor's office. É do consultório...? means "Is it (the number) of the doctor's office...?"

Suppose you are calling the British Embassy. You might want to ask if you have the right number. You would say "Is it (the number) of the British Embassy?" Remember that "embassy" is a embaixada. You would say É da embaixada inglesa? Say this. Again.

Suppose you want to call Dr. Silva at home. You would use a casa for "home." What would you say? Right-- É da casa do Dr. Silva? Say this again.

Now let's try another one. You are calling Mrs. Mendes. What might you say when someone picks up the phone? Right-- Está? (or, Está lá?) É da casa da Senhora Mendes? Say this again.

EXERCISE 14.

Julie asked the doctor if he could come to her house. She said, O Doutor pode vir...? Vir is an infinitive meaning "to come." Pode, as you remember, means "you can."

O Doutor, like o senhor and a senhora, is a polite form of address. If you are talking to a friend, you could say simply Pode vir...?

The word for "I come," or "I am coming," is venho. "I am coming to your house" would be Venho à sua casa. Say this. Again.

"You come," or "you are coming," is vem. Say this. If you want to ask someone if he is coming to your house, you would say Vem à minha casa? Say this. Again. Vem also means "he (or she) comes."

"We come" is vimos. Say this. Again.

"You (plural) come" or "they come" is vêm. Listen very carefully and repeat vêm. Again. Once more.

EXERCISE 15.

In Portuguese, the expression "to be sick" is estar doente. Doente means "sick," and estar is an infinitive meaning "to be." Muito, as you remember, means "very." Then, Estar muito doente, means "to be very sick."

You will remember that estou means "I am." How would you say "I am very sick"? Right-- Estou muito doente. Say this again.

Está means "he is," "she is," "you are." If you want to ask someone, "Are you sick?," you would say Está doente? Say this. Again. Now how would you ask "Are you very sick?" Right-- Está muito doente? Say this again.

#### EXERCISE 16.

The expression com febre alta, as you remember from the conversation, means "with high fever." Alta means "high." If the fever isn't bad, how would you describe the condition? Right-- com febre "with fever."

If the boy hadn't been very sick, but just had a fever, Julie might have said, O meu filho tem febre "My son has a fever." Say this. Again.

How would you say "My son has a high fever"? Right-- O meu filho tem febre alta. Say this again.

#### EXERCISE 17.

O nome is Portuguese for "name." O meu nome is "my name," and O seu nome means "your name." There are several ways of asking a person's name in Portuguese. The doctor's question was very direct: "Your name and address, please." He might also have said, Qual é o seu nome? "What is your name?" Say this. Again.

#### EXERCISE 18.

A morada is "address." If you want to ask a person's address, you could say Qual é a sua morada? Say this. Again.

You could also use a direcção for "address." How would you ask a person's address using this form? Right-- Qual é a sua direcção? Say this again.

A shorter way of asking this question is simply Onde mora? "Where do you live?" You remember that onde means "where," and mora means "you live." You will learn more about the word mora in Exercise 20. Say Onde mora? Again.

#### EXERCISE 19.

You have already learned two of the question words in Portuguese, qual "which" and onde "where." There are several others which you will find useful. Question words are listed on the following page with examples of their use.

Como (how). Say this. For example, Como está? "How are you?"  
Say this. Again. You could also say Como? when asking  
a person to repeat something you didn't hear.

Quando (when). Say this. For example, Quando posso sair?  
"When can I leave?" Say this. Again. Or, Quando vem  
o comboio? "When does the train come?" Say this.

Onde (where). Say this. For example, Onde é a sua casa?  
"Where is your home?" Say this. Or, Onde está o João?  
"Where is John?" Say this.

Porque (why). Say this. For example, Porque está aqui?  
"Why are you here?" Say this. Or, Porque não trabalha?  
"Why don't you work?" Say this.

Quem (who). Say this. For example, Quem fala inglês?  
"Who speaks English?" Say this. Or, Quem sabe?  
"Who knows?" Say this.

Que (what). Say this. For example, Que aconteceu?  
"What happened?" Say this. Or, Que é isto? "What is  
this?" Say this.

Qual (which, what). Say this. For example, Qual é a sua  
casa? "Which is your home?" Say this. Or, Qual é  
o preço? "What is the price?" Say this.

Quanto (how much). Say this. For example, Quanto custa?  
"How much does it cost?" Say this. Or, Quanto lhe  
devo? "How much do I owe you?" Say this.

#### EXERCISE 20.

The infinitive for "to live" (at a certain address or street)  
is morar. You might remember that in the GETTING TO KNOW YOU  
module, we used viver for "to live." This form is used when  
speaking of a general area; for example, Vivo nos Estados Unidos,  
Vivo na Califórnia.

If you want to tell someone that you live on a certain street  
or at a particular address, you would use moro (I live); for ex-  
ample, Moro no Hotel Lido, Moro na Rua Direita.

If you want to say "We live...", you would say Moramos....  
How would you say "We live on Rua da Praia?" Right--  
Moramos na Rua da Praia. Say this again.

EXERCISE 21.

As you learned from the conversation, the expression "Put him in bed" is Meta-o na cama. Say this. If you were speaking of a girl, you would say Meta-a na cama "Put her in bed." Say this. Again.

The expression "wrapped" or "bundled up" is agasalhado. Then Bem agasalhado is, of course, "well wrapped." Say Meta-o na cama, bem agasalhado. Again. Now say Meta-a na cama, bem agasalhada. Again.

EXERCISE 22.

"To understand" in Portuguese is perceber. You learned from the conversation that Percebeu? means "Did you understand?," and percebi means "I understood." If you wanted to say "I didn't understand," you would say Não percebi. Say this. Again.

The Portuguese Liver

In Portugal, a common medical complaint involves the liver. Ask a Portuguese how he is and you may get a history of his liver - and what a history it may be!

## DOCTOR'S ORDERS

After the doctor has made his examination, he might prescribe a medication. The following are typical instructions for the use of medication which you might find on the label. You should become familiar with these instructions.

Tomar - to take

Deitar (-se) - to lie down

Engulir - to swallow

Mastigar - to chew

Gargarejar - to gargle

Dissolver - to dissolve

## O MODO DE USAR AS PÍLULAS - HOW TO TAKE THE PILLS

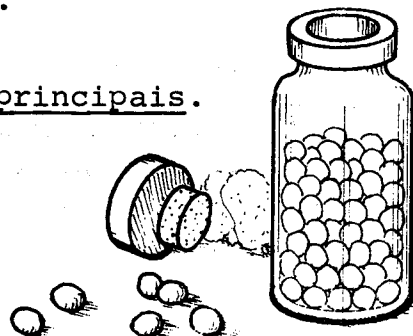
Tomar duas pílulas a todas as refeições.  
Take two pills at all meals.

Tomar uma pílula de duas em duas horas.  
Take one pill every two hours.

Tomar uma pílula depois das refeições principais.  
Take one pill after main meals.

Tomar duas pílulas ao deitar.  
Take two pills at bedtime.

Tomar uma pílula dia sim dia não.  
Take one pill every other day.

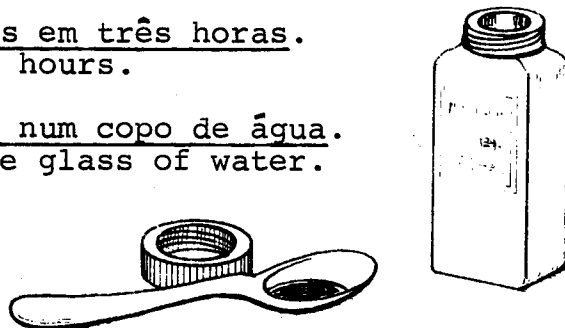


## O LÍQUIDO - THE LIQUID

Tomar uma colher de chá antes das refeições.  
Take one teaspoon before meals.

Tomar uma colher de sopa de três em três horas.  
Take one soup spoon every three hours.

Tomar uma colher de chá diluída num copo de água.  
Take one teaspoon diluted in one glass of water.



Tomar duas colheres de sopa entre o almoço e o jantar.  
Take two soup spoons between lunch and dinner.

Tomar uma colher de chá antes do pequeno almoço.  
Take one teaspoon before breakfast.

Tomar três gotas num copo de água às refeições.  
Take three drops in a glass of water at meals.

Dissolver cinco gotas num copo de água e gargarejar à noite.  
Dissolve five drops in a glass of water and gargle at night.

## OS COMPRIMIDOS - THE TABLETS

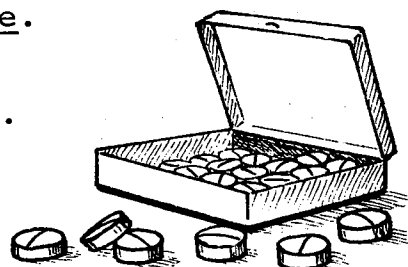
Tomar dois comprimidos quando tiver febre.  
Take two tablets when you have fever.

Tomar um comprimido de dois em dois dias.  
Take one tablet every two days.

Tomar um comprimido quando sentir dores.  
Take one tablet when you feel pains.

Dissolver um comprimido na boca depois do almoço.  
Dissolve one tablet in the mouth after lunch.

Mastigar e engulir com água morna um comprimido.  
Chew and swallow one tablet with warm water.



## ATENÇÃO, AVISO - WARNING

Venenoso (tóxico) - cuidado com crianças ou animais.  
Poisonous - be careful with children or animals.

Guarde-o em lugar bem fechado  
Keep in a safe place.

Ponha-o em sítio não acessível a crianças.  
Keep out of reach of children.



## ADDITIONAL MEDICAL VOCABULARY

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The next few pages contain simple phrases and Portuguese names for common medical problems. You might wish to keep this section near your telephone for use in an emergency. If you do, it would be a good idea to write the telephone numbers of the nearest doctor and medical emergency facility in the spaces below.

DOCTOR \_\_\_\_\_

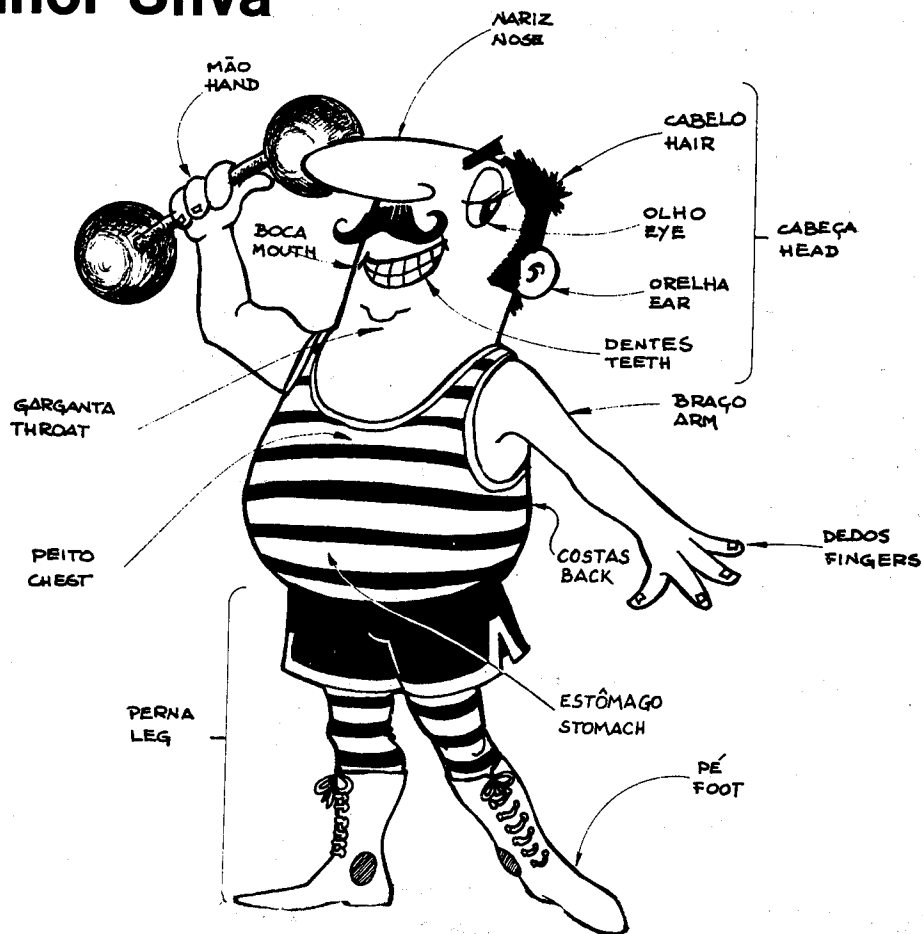
MEDICAL EMERGENCY \_\_\_\_\_

You remember that "I have" is tenho, and "he (or she) has" is tem. "To have a pain" is ter uma dor. Then, "I have a pain" is Tenho uma dor. Say this. Again. "My daughter has a pain" is A minha filha tem uma dor. Say this. Again. How would you say "My son has a pain?" Right-- O meu filho tem uma dor. Say this again.

On the following pages, you will find some common ailments, such as, a headache. "To have a headache" is ter uma dor de cabeça. Can you say "I have a headache?" Good-- Tenho uma dor de cabeça. Say this again.

Before going through the list of common ailments, study the parts of the body shown for Senhor Silva on the next page.

# o senhor Silva



Ter uma dor.... (to have a pain)

na garganta - in the throat (sore throat)

de dentes - of the teeth (toothache)

num ouvido - in an ear (earache)

no estômago - in the stomach

no peito - in the chest

nas costas - in the back

num braço - in an arm

numa perna - in a leg





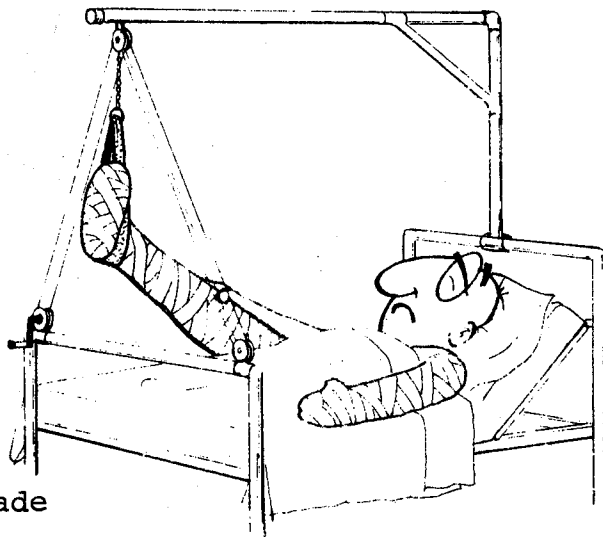
Ter .... deslocado (a) (to have .... dislocated)

o dedo - the finger  
o pulso - the wrist  
o cotovelo - the elbow  
o ombro - the shoulder  
a bacia - the hip  
o joelho - the knee  
o tornozelo - the ankle  
o dedo do pé - the toe  
o maxilar - the jaw



Ter uma fractura.... (to have a fracture)

no dedo - in the finger  
no braço - in the arm  
na mão - in the hand  
na perna - in the leg  
no pé - in the foot  
numa costela - in a rib  
no nariz - in the nose  
na clavícula - in the collarbone  
na cabeça - in the head  
na omoplata - in the shoulder blade  
no maxilar - in the jaw  
na coluna - in the spine



You could also use the word partido (or partida) to describe something broken. For example, ter um dedo partido is "to have a broken finger." Say this. Again.

How would you say "I have a broken rib?" (Remember that "rib" is a costela.) Right-- Tenho uma costela partida. Say this again. Once more.

Estar.... (to be)

a vomitar - vomiting

a sangrar - bleeding

constipado - blocked up (with a cold)

grávida - pregnant

Ter.... (to have)

uma erupção - rash

uma constipação - a cold

uma gripe - influenza

diarreia - diarrhea

uma apendicite - appendicitis

uma alergia - an allergy

uma queimadura - a burn

convulsões - convulsions

uma indigestão - indigestion

um abcesso - an abcess

uma picada de insecto - an insect bite

uma dentada (dum cão, dum gato) - a bite (of a  
dog, of a cat)

uma pneumonia - pneumonia

uma trombose - a thrombosis (stroke)

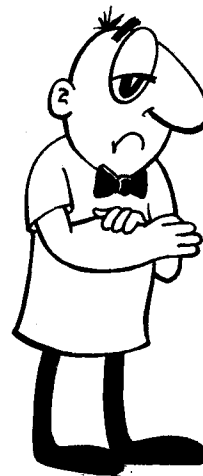
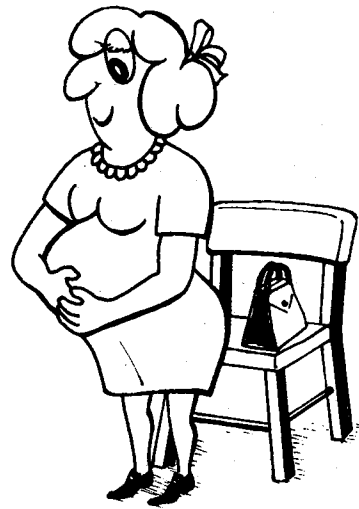
tosse - a cough

um inchaço - swelling

febre - fever

uma ferida - a wound

prisão de ventre - constipation



Teve.... (he or she had)

Tive.... (I had)

um ataque de coração - a heart attack

um ataque de insolação - sunstroke

um ataque de bronquite - an attack of bronchitis

um ataque de asma - an asthma attack

um desmaio - a fainting spell

convulsões - convulsions

uma criança - a baby



Comeu (comi) comida estragada.

He/she ate (I ate) bad food. (food poisoning)

Tomou uma dose excessiva.

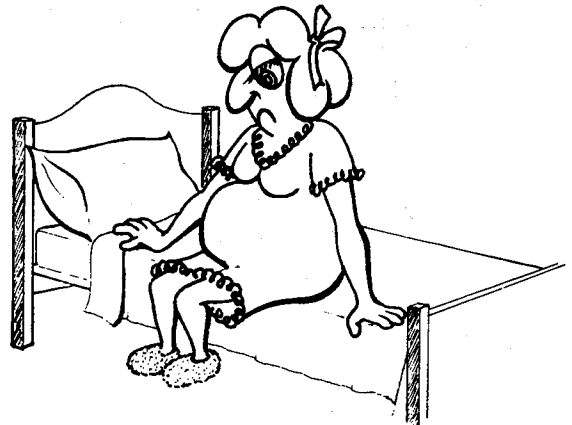
He/she took an overdose.

Sente-se (sinto-me) agoniado.

He/she feels (I feel) nauseous.

Vai (vou) ter uma criança.

She is going (I am going) to have a baby.



## SELF-EVALUATION QUIZ

PART I. You will hear 10 sentences in English. Write them in Portuguese in the space provided. CRITERIA: 9 out of 10 correct answers.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

PART II. You will hear 10 sentences in Portuguese. Write them in English in the space provided. CRITERIA: 9 out of 10 correct answers.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Check your answers with the key below. If you missed any questions, go back and review the appropriate exercises.

## KEY TO SELF-EVALUATION QUIZ

### PART I.

1. (O Doutor) Pode vir à minha casa?
2. É muito urgente.
3. A minha filha tem febre.
4. A minha mulher tem febre alta.
5. O meu filho tem a gripe.
6. O seu nome e morada, faz favor.
7. O meu filho está doente.
8. O meu marido está muito doente.
9. É do consultório do Doutor Silva?
10. Moro em Lisboa.

### PART II.

1. What is your name?
2. Put him in bed, well wrapped.
3. I live in Cascais on Avenida de Sintra no. 5.
4. My son has a fever.
5. Where is Dr. Silva?
6. How much do I owe you, Doctor?
7. How's that? I didn't understand.
8. Is this Dr. Silva's office?
9. My daughter is sick.
10. My husband has a high fever.

## GLOSSARY

- agasalhado (a) - wrapped, bundled  
agasalhar - to wrap  
água morna - warm water  
alérgico (a) - allergic  
alta (o) - high  
a ambulância - ambulance  
a apendicite - appendix  
até já - See you very soon.  
a boca - mouth  
a cama - bed  
cansado (-a) - tired  
a cara - face  
a chamada telefônica - telephone call  
a colher de chá - teaspoon  
a colher de sopa - soup spoon, tablespoon  
como? - how?  
o comprimido - tablet  
o consultório - doctor's office  
o coração - heart  
o corpo - body  
a criança - child  
cuidado - caution, care  
deitar-se - to lie down  
dia sim dia não - every other day (special expression)  
a direcção - address

dissolver - to dissolve

dizer - to say, to tell, to speak

    digo - I say, tell                      dizemos - we say, tell

    diz - you say, tell                     dizem - you, they say, tell

        he, she, it says,  
        tells

doente - sick

a dor de cabeça - headache

a enfermeira - nurse

engulir - to swallow

está? - (está lá?) - hello (on telephone)

estar - to be

    estou - I am                              estamos - we are

está - you are                         estão - you, they are

        he, she, it is

estar com fome - to be hungry

estar doente - to be sick

febre - fever

com febre - with fever, having a fever

o fígado - liver

gargarejar - gargle

imediatamente - immediately

a injeção - injection

a ligadura - bandage, sling

mastigar - chew

o médico - doctor

meta-o (-a) - put him (her)

a morada - address, dwelling

morar - to live (at a certain address)

moro - I live

moramos - we live

mora - you live

moram - you, they live

he, she, it lives

o nome - name

onde? - where?

o osso - bone

perceber - to understand

Percebeu? - Did you understand?

Percebi. I understood.

a pílula - pill

poder - to be able (can)

podemos - we can

posso - I can

podem - you, they can

pode - you, he, she,

it can

porque? - why?

os pulmões - lungs

o pulso - wrist; pulse

o purgante - laxative

qual? - which; what?

Qual é o seu nome? - What's your name?

quando? - when?

quanto? - how much?

que? - what?

raio-x - X-ray

as refeições - meals

a rua - street

o sangue - blood

sangrar - to bleed



ser - to be

sou - I am

somos - we are

é - you are

são - you, they are

he, she, it is

ter - to have

tenho - I have

temos - we have

tem - you have

têm - you, they have

he, she,

it has

tomar - to take

tóxico (a) - poisonous, toxic

a ulcera - ulcer

urgente - urgent

a urina - urine

venenoso (a) - poisonous, venomous

vir - to come

venho - I come

vimos - we come

vem - you come

vêm - you, they come

he, she,

it comes

vomitar - to vomit