

Spanish Dermatological Vocabulary Used by Mexican Workers

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Skin-related Anatomy

capa, la (de la piel) (n.)= layer (of skin)

cutis, el (n.)= skin

piel, la (n.)= skin

pliegue, el (de la piel) (n.)= fold (of skin)

poro, el (n.)= pore

raíz, la (del pelo) (n.)= root (of hair)

Signs and Symptoms of Skin Disease

abertura, la (n.)= cut or crack

abierto (adj.)= cracked open

abrirse (v.)= to break open or to crack

agrietado (adj.)= cracked

agrietarse (v.)= to crack

agua/aguita, el (n.)= clear liquid that oozes from a skin irritation, serous liquid

ampolla, la (n.)= blister

ámpula, la (n.)= sore or blister (The definition of ámpula varies by region in Mexico.)

arder (v.)= to have a burning sensation

ardor/ardorcito, el (n.)= burning sensation

arruga, la (n.)= wrinkle

barro/barrito, el (n.)= pimple, pustule

blanda (adj.)= tender

bola/bolita, la (n.)= bump or blister

bolota/borota, la (n.)= blister

bolsita, la (n.)= blister

bomba, la (n.)= blister

caerse el cuero/cuerito (v.)= to peel

caerse el pellejito (v.)= to peel

caída del cabello, la (n.)= hair loss

caída del pelo, la (n.)= hair loss

calvicie, la (n.)= baldness

calvo (adj.)= bald

cambio de color de las uñas, el= nail change

carrapelar (v.)= to peel

carne viva, la (n.)= raw flesh

caspa, la (n.)= dandruff

cicatriz, la (n.)= scar

clacote, el (n.)= large pus bump

colorada (adj.)= red

comer (v.)= to itch

comezón, la (n.)= itchiness

cortada/cortadita, la (n.)= cut

cortadura, la (n.)= cut

costra, la (n.)= scab

costroso/costrudo (adj.)= scabby or crusty

cuartear (v.)= to crack

descamación, la (n.)= peeling

despellejarse (v.)= to peel

desprenderse (v.)= to flake off

enrojecimiento, el (n.)= redness

erupción, la (n.)= pustule

escaldarse (v.)= to chafe

escama, la (n.)= flakes or scale

escamación, la (n.)= flakiness or scaliness

escozor, el (n.)= itchininess or burning

espesamiento/espesor, el (n.)= thickening

espinilla, la (n.)= pustule, pimple

globo, el (n.)= blister

granos/granitos, los (n.)= bumps, pustules

grano enterrado, el (n.)= large pus bump

grieta, la (n.)= crack

hacerse alta (v.)= to swell

hacerse cortaditas (v.)= to cut oneself

hendidura, la (n.)= crack

herida, la (n.)= wound

hinchado (adj.)= swollen

hincharse (v.)= to swell

hormigueo, el (n.)= itchiness

hoyo, el (n.)= pockmark

infección, la (n.)= infection

inflamado (adj.)= swollen

inflamarse (v.)= to swell

irritación, la (n.)= irritation

levantarse los pellejitos (v.)= to peel

lunar, el (n.)= mole or birthmark

llaga, la (n.)= sore or blister

machucón, el (n.)= bruise

marcado (adj.)= marked (by pigment change), scarred

mancha blanca, la (n.)= light spot, hypopigmentation

mancha oscura, la (n.)= dark spot, hyperpigmentation

mancha roja, la (n.)= red spot, hives

mordedura, la (n.)= bite

moretón, el (n.)= bruise

nacido, el (n.)= large pus bump

parche, el (n.)= patch

partido (adj.)= cracked

partidura, la (n.)= cut

partirse (v.)= to crack

pelarse (v.)= to peel

pérdida de pigmentación, la (n.)= loss of pigmentation

perilla, la (n.)= sty

picadura, la (n.)= sting (from insect)

picarse (v.)= to itch

picazón, la (n.)= itchiness

piel de lagarto, la (n.)= a term used in some regions of Mexico to refer to thickened skin,
means lizard skin

plasta de granos, la (n.)= dense patch of bumps

puntito, el (n.)= small bump, the head of a pustule

pus, el (n.)= pus

quemarse (v.)= to burn oneself

quemazón, el (n.)= burning sensation

raja, la (n.)= crack

rajadura, la (n.)= cut

rajar (v.)= to crack

rasgar (v.)= to cut

rasgo, el (n.)= cut

rasguño, el (n.)= scratch

raspadura, la (n.)= scratch or scrape

raspar (v.)= to scratch or scrape

raspón, el (n.)= scratch

rasquera, la (n.)= itchiness

reseca (adj.)= dry

resequedad, la (n.)= dryness

roletito, el (n.)= row (of bumps or blisters)

ronchas/ronchitas, las (n.)= bumps, hives, a rash consisting of large swollen bumps

roña/roñita, la (n.)= bump, rash, or scab

rosada (adj.)= pink

rotura, la (n.)= cut or crack

rozadura, la (n.)= chafing or mild abrasions

rozarse (v.)= to chafe

salpullido/sarpullido, el (n.)= rash consisting of many small bumps

sarna, la (n.)= rash (in medical Spanish, refers to scabies, but some laypersons use the term to refer to rashes in general)

sensible (adj.)= tender

tiesa (adj.)= thick

torta de granos, la (n.)= dense patch of bumps

vejiga/vejiguilla, la (n.)= blister

Vivo (adj.)= raw (top layer of epidermis has been scratched away)

Terms Used to Describe Skin Irritations

adistanciadas (adj.)= spaced far apart

aliviarse (v.)= to get better, to heal

apagarse (v.)= to heal, to go away

áspera (adj.)= rough

bajarse (v.)= to go down (swelling)

borrarse (v.)= to heal, to go away

brotar (v.)= to erupt, to appear (the beginnings of a skin symptom)

cerrado (adj.)= healed

cerrar (v.)= to heal (a sore or open wound)

cicatrizado (adj.)= healed or scarred

cicatrizar (v.)= to heal

componerse (v.)= to get better, to heal

contadas (adj.)= few (a description of the number of bumps a person has)

contagiar (v.)= to spread a disease to another person

contagiarse (v.)= to contract an infectious disease

controlarse (v.)= to decrease in severity, to heal

curarse (v.)= to heal, to be cured

cutánea (adj.)= cutaneous

chiquilla/chiquita (adj.)= small

durar (v.)= to last (as in length of duration)

enconarse (v.)= to become infected

enronchado (adj.)= broken out in a rash

enroñarse (v.)= to break out in a rash or bumps

escamosa (adj.)= flaky or scaly

exprimir (v.)= to burst (a pustule or vesicle) by squeezing

extripar (v.)= to burst (a pustule or vesicle)

fuerte (adj.)= severe

grande (adj.)= large

grave (adj.)= severe, serious

infectada (adj.)= infected

infectarse (v.)= to contract an infectious disease

ir bajando (v.)= to spread to deeper layers of the epidermis or dermis

ir corcomiendo (v.)= to spread (to cover a larger area of skin)

ir extendiendose (v.)= to spread (to cover a larger area of skin)

ir más adentro (v.)= to spread to deeper layers of the epidermis or dermis

ir profundizando (v.)= to spread to deeper layers of the epidermis or dermis

ir sumiendo (v.)= to spread to deeper layers of the epidermis or dermis

juntas/juntos (adj.)= close together (describes spacing of bumps)

leve (adj.)= mild

muy mal (adj.)= very bad, severe

parejo/parejito (adj.)= dense (describes spacing of bumps)

pequeño (adj.)= small

permanecer (v.)= to last (as in length of duration)

pocos (adj.)= few (a description of the number of bumps a person has)

marcado (adj.)= scarred, permanently marked (color change)

quemarse (v.)= to heal, to go away

quitarse (v.)= to heal, to go away

rasposa (adj.)= rough

rebrotar (v.)= to recur or reemerge

regarse (v.)= to spread (to cover a larger area of skin)

relleno (adj.)= covered over a large area (by a skin problem)

retirarse (v.)= to heal, to go away

reventarse (v.)= to break open (as in a blister)

rojo (adj.)= red

salir (v.)= to begin, to come out, to appear (beginning of a skin symptom)

secarse (v.)= to heal

separados (adj.)= widely or sparsely spaced

tupida/tupidita (adj.)= dense, closely spaced (used to describe spacing of bumps)

uno que otro en medio (adj.)= widely or sparsely spaced

volver a brotar (v.)= to recur

volver a resaltar (v.)= to recur

Names of Specific Skin Conditions

acné, el (n.)= acne

callo, el (n.)= callus

cancer de la piel, el (n.)= skin cancer

empeine (n.)= impetigo (Empeine is also used to refer to round scaly patches consistent with tinea corporis.)

hiedra, la/granos de la hiedra (n.)= poison ivy

hongos, los (n.)= any type of fungal infection

mal de pinto, el (n.)= hypopigmentation or vitiligo

mezquino, el (n.)= wart

padraastro, el (n.)= hang nail

pañó, el (n.)= dark spot, hyperpigmentation, often on the face

pie de atleta, el (n.)= athlete's foot

quemada del sol, la (n.)= sunburn

quemadura, la (n.)= burn

quemeroncho, el (n.)= heat rash

rubeola, la (n.)= rubella

sarampión, el (n.)= measles

sudamina, la (n.)= heat rash/miliaria

tiña, la (n.)= hypopigmentation (consistent with tinea versicolor)

uña enterrada, la (n.)= ingrown toenail

uñero, el (n.)= ingrown toenail

varicela, la (n.)= chicken pox/varicela

verruca, la (n.)= wart

Treatment-related Terms

crema, la (n.)= cream

curar (v.)= to cure

loción, la (n.)= lotion

medicina, la (n.)= medicine (oral)

mercurio, el (n.)= iodine

pastilla, la (n.)= pill

pellizcar (v.)= to burst (a pustule or vesicle)

pomada, la (n.)= cream

rascarse (v.)= to scratch an itch

receta, la (n.)= prescription

recetar (v.)= to prescribe

remedio casero, el (n.)= home remedy

tratamiento, el (n.)= treatment

tratar (v.)= to treat

unguento, el (n.)= ointment

untar (v.)= to apply (a cream or ointment)

English words with three or more Spanish equivalents

(Terms that were used more often in the interviews are underlined.)

bumps (n.)= bolitas, granos/granitos, puntitos, ronchas/ronchitas, roñas/roñitas

burst (a blister) (v.)= exprimir, extripar, pellizcar, reventar

crack, fissure (n.)= abertura, cortadita, grieta, hendidura, raja, rotura

crack (v.)= abrirse, agrietarse, cuartear, hacerse cortaditas, partirse, rajar

cracked (adj.)= agrietado, partido, abierto

cut (n.)= abertura, cortada, cortadura, partidura, rajadura, rasgo

heal/go away/get better (v.)= acabarse, aliviarse, apagarse, borrarse, cerrar, cicatrizar, componerse, controlarse, curarse, desbaratarse, perderse, quemarse, quitarse, retirarse

itchiness (n.)= comezón, escozor, hormigueo, pica pica, picazón, rascadera, rasquera

light spot, hypopigmentation (n.)= jiricua, mal de pinto, mancha blanca, pérdida de pigmentación, pinto

path, band or row (of bumps) (n.)= brecha, camino, roletito, venda, veredita, zurquito

peel (v.)= caer el pellejito, caerse el cuero/cuerito, carrapelar, despellejarse, levantarse los pellejitos, pelarse

pimples, pustules (n.)= acné, barros/barritos, espinillas, granos

pus bump (n.)= clacote, grano con pus, grano enterrado, nacido

rash (consisting of small bumps) (n.)= salpullido, sarpullido, sarna

rash (consisting of large swollen bumps), **hives** (n.)= ronchas/ronchitas, roñitas

return/recur (a skin condition) (v.)= rebrotar, volver a brotar, volver a resaltar

scrape, scratch (n.)= rasguño, raspadura/raspadurita, raspón

spaced far apart (adj.)= adistanciadas, separados, uno que esto, uno que otro en medio

spread to cover larger area of skin (v.)= correrse, ir corcomiendo, ir extendiendose,

mancharse, regarse

spread to deeper layers of dermis (v.)= ir bajando, ir más adentro, ir profundizando, ir

sumiendo

swell (v.)= hacerse alta, hincharse, inflamarse, ir inflamando

vesicle, blister (n.)= ampolla, bola/bolita, bolsita, bolota/borota, bomba, botita de agua,

globo, grano transparente, llaga, vejiga, vejiguilla/vejiguita