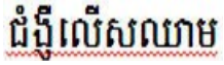
Terms for Hypertension and Related to Hypertension

Term: Khmer Spelling	Term: Phonetic Spelling	How it's used in Cambodia	How it's used in U.S.	Literal Translation	Considerations
	*chjoomnew lew cheeum*	Medical term used by medical providers in Cambodia when speaking to patients about hypertension	The medical term used to describe hypertension or high blood pressure	Translates as "disease of having too much blood." "having (*chjoomnew*) too much or extra (*lew*) blood (*cheeum*)."	The word "pressure" is absent. Interpreters stated that their impression is that patients believe that hypertension is related to volume because of the literal translation of the Khmer medical term. Cambodian patients who were interviewed in Seattle stated that when first diagnosed with hypertension, they believed that hypertension was related to blood volume. Because doctors measure pressure with a sphygomomanometer that gives a number, doctors may assume that patients understand "too much" as referring to pressure rather than volume. Though patients recognized the medical term *chjoomnew lew cheeum* as a term for hypertension, they more ofter use the term *laang cheeum*, meaning "rising blood" or "high blood."

លើសឈាម	*lew cheeum*	Lay term for hypertension			
ឡើងឈាម	*laang cheeum*	Alternative lay term for hypertension Can also refer to folk concept or idiom that describes the red face of an angry person, blushing in anger; refers to a sense of tension, stress and anxiety - which is not a life threatening condition.	Some people will expand the meaning of the idiom to mean "blushing from embarrassment," "becoming too happy," and being "anxious."	Translates as "high blood" or "rising blood to the face."	Common familiarity with the idiom/folk concept makes the initial use of *laang cheeum* in the context of hypertension confusing for patients. Interpreters and patients agree that, in context, this term becomes clearly distinguishable in its two meanings - i.e. when it is a reference to hypertension the context is different than the context of being angry or embarrassed.
ថ្លឹង វាស់	*thleung* and *voas*	The two words that are used interchangeably by health care providers in Cambodia to describe measuring blood pressure		*Thleung* means "to weigh." *Voas* means "to measure length, width, or height."	These terms further reinforce the perception that *chjoomnew lew cheeum* (high blood pressure) is caused by a large volume of blood.
កើតខ្យល់	*gart k'yol* (Practical Cambodian Dictionary - Smyth and Kien)	"wind illness"			The perceived symptoms of "wind illness" and of hypertension are very similar.

Common Symptoms of Hypertension Reported by Patients and Interpreters

Term: Khmer Spelling	Term: Phonetic Spelling	Literal Translation	Considerations
តឹងសរសៃក	*teung sorsai kor*	Tightening of the neck veins/vessels - specifically back of neck	Patients believe this symptom is the most reliable indicator of hypertension. The "tightening of the neck" is also used in the laang cheeum idiom to describe the tightening of the vocal chords or the throat.
ហោយក ហោយសរសៃក	*roi kor* or *roi sorsai kor*	Feeling that the back of the neck is weak or tired	
ឈឺក្បាល	*cheuw kbael*	"Pain in head" which refers to headache	
មិនស្រួលខ្លួន ពិបាកនៅក្នុងខ្លួន	*men sroul klun and bibaach neu knog klun*	"Not feeling well" and experiencing "difficulty in one's own body"	These states indicate a variety of things such as • Not being able to eat well (ញ៉ាំមិនបាន) • Not being able to sleep well (គេងមិនលក់) • Restlessness (នៅមិនសុខ) • Inability to do anything (ធ្វើអីមិនបាន) In some cases, not feeling well leads to • Becoming dizzy (វិលមុខ) • Potentially fainting (សន្លប់ or ខ្សល់គ)

អស់កំលាំង	*oh-gom-lung*	Feeling weak	
រឹងដៃ	*reung dai*	Having painful, "hardened" (stiff), or tired hands so they cannot hold on to things firmly.	
ចង់ក្អួត	*jong ga-oo-ut*	"To want to vomit"	Some patients have mentioned that severe symptoms of hypertension include feeling like wanting to vomit and then vomiting.
ហឹងត្រចៀក	*heung tracheek*	Ringing in the ears	Some patients have said that this is one of the symptoms they have when feeling dizzy.