THE DIGESTIVE SYSTEM-PART 1

1) The UPPER G-I TRACT consists of:
   - MOUTH (aka ORAL CAVITY)
   - THROAT (aka PHARYNX)
   - ESOPHAGUS
   - STOMACH

2) The LOWER G-I TRACT consists of:
   - SMALL INTESTINE aka SMALL BOWEL
   - LARGE INTESTINE aka LARGE BOWEL

The ACCESSORY DIGESTIVE ORGANS are:
   - TEETH
   - TONGUE
   - SALIVARY GLANDS
   - LIVER AND GALLBLADDER
   - PANCREAS

So let's start by saying a few words about the MOUTH. The roof of your mouth, right behind our teeth is a hard surface called the HARD PALATE. But becomes soft as we go further back where we encounter a flap of soft tissue called the SOFT PALATE. The function of the soft palate is to keep food from going up when we swallow. At the very back of your mouth you can see a small cone-shaped structure dangling in the back of your throat. It's called the UVULA.

The TONGUE is located on the floor of the mouth within the curve of the jaw bone aka: MANDIBLE; it moves the food along, mixing it in with the saliva and then ushering it to the back of the mouth to be swallowed and its taste buds distinguish: sweet, salt, sour and bitter.

There are two organs called TONSILS located in the back of the throat, behind the tongue. The tonsils are not part of the digestive system but part of the immune system (defense system). They are there to help keep germs out, preventing throat and lung infections.

As you may have noticed, your mouth is always moist. You have your salivary glands to thank for that! The SALIVARY GLANDS come in pairs and are:
   1) PAROTID GLANDS
   2) SUBMANDIBULAR GLANDS
   3) SUBLINGUALS below the tongue.
The saliva produced by these glands is secreted through ducts directly into the mouth and helps liquefy and lubricate the food and to start breaking it down. The chewed food mixed with the saliva is called the BOLUS.

Last but not least, we have our TEETH.

The teeth are classified as:

1) **INCISORS**: which are the front teeth, are sharp and used to take a bite off something (like an apple)
2) **CANINES**: are the ones that Dracula made famous, called fangs in animals. Used for tearing.
3) **PREMOLARS**: have **two projections or cusps**, as opposed to the canines which are single cusp.
4) **MOLARS** are larger, have **multiple cusps** and a flatter surface. The function of the premolars and molars is **crushing and grinding food**. The last molars are known as “Wisdom Teeth”.

We can identify 3 **parts** on a typical tooth:

1) The top white part called the **CROWN** is covered by a hard translucent substance called **ENAMEL**.
2) The **NECK** is the waistline of the tooth located approximately where the tooth meets the **GUM**
3) **ROOT/S**: teeth have one or more prong-like projections through which they are attached to the jaw bone. These are the roots.

Below the enamel is another hard substance called **DENTIN** which is less resistant than enamel. **These layers protect** the **PULP** aka as the **ROOT CANAL** which contains the nerves and blood vessels that keep that tooth alive.

**SOME SIGNS OF DISEASE (MOUTH/ THROAT)**

1) **TOOTHACHE**
2) **SORE THROAT**
3) A growth in the mouth: **TUMOR**
4) Changes in color: **WHITE SPOTS**

**SOME DISEASES**

1) **Diseases of the LIPS**:
   - **HERPES LABIALIS**: consists of “cold sores” which are small blisters that appear on the lip. Caused by the herpes virus.
   - **CANCER OF THE LIP**: more frequent on the lower lip and in smokers.
• **CHAPPED LIPS**: dry, cracked lips (due exposure to wind or cold).

2) **Diseases of the TONGUE**

• **GLOSSITIS**: inflammation of the tongue. Tongue is **red and tender**.
• **TONGUE CANCER**: risk factors: **Smoking** and is **HPV infection**.

3) **Diseases of the MANDIBLE** (aka **JAW**)

• **TMJ SYNDROME.**: pain and cracking at the mandibular joint. **TMJ stands for**: “temporomandibular joint”.

4) **Diseases of the TONSILS**

• **TONSILLITS**: inflammation of the tonsils. Usually accompanied by inflammation of the pharynx (**PHARYNGITIS**) which causes a **sore throat**.

5) **Diseases of the SALIVARY GLANDS**

• **Inflammatory processes**: like (**PAROTITIS**) which is the **inflammation of the parotid gland** caused by a **virus** and commonly known as the **MUMPS**.
• **TUMORS** of salivary glands
• **STONES**: just like what happens in the gallbladder or kidney, a stone may develop in the duct of a salivary gland.

6) **Diseases of the ORAL CAVITY**

• **APHTHOUS STomatitis**: refers to those small but **painful ulcers** that break out inside the mouth aka “canker sores” (do not confuse with herpes: cold sores on lips).
• **THRUSH**: is a **yeast infection** of the mouth characterized by **white lesions**, looks like you ate cottage cheese and forgot to rinse out your mouth.

7) **Diseases of the GUMS**

• **PERIODONTAL DISEASE**: plaque can build up over time forming **TARTAR** which provokes **inflammation of the gum** (**GINGIVITIS**). Over time this can lead to **wasting of the underlying bone** all of which **exposes the neck of the tooth** and **loosens the tooth** which **eventually falls off**!

8) **Diseases of the TEETH**

• **CAVITIES**: the first thing is the build-up of a sticky colorless film containing bacteria called **PLAQUE** that progresses over time affecting first the **ENAMEL**, then the **DENTIN** and in the final stage invading the **PULP**.
SOME DIAGNOSTIC METHODS

Most of the diseases of the mouth will be diagnosed by

1) **ORAL EXAMINATION**: Simple inspection and examination of the mouth

2) **X-RAYS** will sometimes be needed.

3) **BIOPSY**: will sometimes be done in case of a suspicious lesion in the mouth. If I didn't mention it, a biopsy is the **sampling of a tissue** to be sent to a **pathologist** who will study the sample under the microscope and give a **diagnosis**.

SOME TREATMENTS

1) **SURGERY**: to remove tumors for example

2) **ANTIBIOTICS**: to treat infections (like amoxicillin for example)

3) The teeth are treated by: **FILLINGS**, the cavity is cleaned out and the defect is filled with **AMALGAM** (Ah-mal-gum) or another material. When the cavity is too deep or large a **ROOT CANAL** procedure is done in which the dentist files the tooth down and then gains access to the pulp to destroy the tooth's nerve so you don't feel pain anymore and then puts a tooth-shaped “cap” called a **CROWN** over the tooth stump. **EXTRCTIONS** are done when a tooth can't be fixed. **BRIDGES** and **IMPLANTS** are treatment options used to replace missing teeth.

4) **VACCINE**: there is a vaccine to prevent mumps called **MMR**.

Specialists who treat these diseases are:

- **DENTISTS**
- **ORAL & MAXILLOFACIAL SURGEONS**
- **HEAD AND NECK SURGEONS** (and others).

TERMINOLOGY REVIEW.

1) **DIGESTIVE SYSTEM**: aparato digestivo

2) **MOUTH**: boca

3) **TEETH**: dientes

4) **TONGUE**: lengua

5) **SALIVA**: saliva

6) **SALIVARY GLANDS**: glándulas salivales

7) **LIPS**: labios

8) **CHEW**: masticar

9) **CHEEKS**: mejillas

10) **HARD PALATE**: paladar duro, bóveda del paladar

11) **SOFT PALATE**: paladar blando, velo del paladar

12) **UVULA**: úvula

13) **MANDIBLE**: mandíbula
14) TONSILS: amígdalas
15) PAROTID: parótida
16) LINGUAL FRENUM: frenillo lingual
17) INCISORS: incisivos
18) CANINE: colmillo, diente canino
19) PREMOLAR: premolar
20) MOLARS: molares
21) WISDOM TOOTH: muela del juicio
22) ENAMEL: esmalte
23) GUMS: encía
24) ROOT: raíz
25) DENTIN: dentina
26) PULP: pulpa
27) ROOT CANAL: endodoncia
28) BRACES: ortodoncia
29) TOOTH ACHE: dolor de muelas
30) SORE THROAT: dolor de garganta
31) PRECANCEROUS: precanceroso
32) HERPES LABIALIS: herpes labial
33) CHAPPED LIPS: labios agrietados
34) GLOSSITIS: glositis
35) TMJ DISORDER/ SYNDROME: trastorno/ síndrome de la ATM (articulación temporomandibular)
36) TONSILLITIS: amigdalitis
37) PHARYNGITIS: faringitis
38) PAROTITIS: parotiditis
39) MMR: vacuna triple viral
40) MUMPS: paperas
41) APHTHOUS STOMATITIS: estomatitis aftosa
42) CAVITIES: caries
43) PLAQUE: placa bacteriana
44) PERIODONTAL DISEASE: periodontitis
45) TARTAR: sarro
46) GINGIVITIS: gingivitis
47) FILLING: empaste
48) AMALGAM: amalgama
49) CROWN: corona
50) EXTRACTION: extracción
51) BRIDGE: puente
52) DENTAL IMPLANT: implante dental
53) DENTIST: dentista, odontólogo
54) ORAL AND MAXILLOFACIAL SURGEON: cirujano maxilofacial
55) HEAD AND NECK SURGEON: cirujano de cabeza y cuello
56) DENTISTRY: odontología

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