

Therapist: Mr. Montes, in addition to selective sensory stimulation, as applied shortly after the time of your stroke, there is a new technology called transcutaneous electrical nerve stimulation, known as TENS, that encourages brain reorganization and recovery of function. TENS involves using a small probe that generates an electrical current to stimulate nerve activity in stroke-impaired limbs.

Juan: Srta. Sánchez, ¿cuánto tiempo piensa que se tardará todo esto? El mayordomo me dijo que no agarrara ninguna otra chamba porque me guardaba la mía. No es tanta la feria que gano, pero es un jalecito que me da para vivir.

Social Worker: Well, I am glad he is saving your job for you; otherwise, the State has a retraining program for stroke patients in your income bracket, and that would be available to you, if you can't get your old job back or if you can't do it anymore.

Juan: Órale, pues. Me alegro de enterarme porque eso es algo que sí me preocupa.

Therapist: Mr. Montes, going back to your question, I can't really predict how long it's going to take in terms of getting your left arm back to how it practically was before your illness, but I can tell you that it will depend a lot on you, on your interest, and on your going to your sessions, as well as doing at home the ROM exercises I'll give you.

Neurologist: Also, I want you to follow the meal plan your nutritionist gave you before you were discharged. It is essential that you avoid salt, alcohol, and coffee because they can all cause a rise in blood pressure. Also, right after your admission prompted by your CVA--or cerebrovascular accident, the technical name for your condition--your LDL and triglyceride values were way up there at 235 and 300 milligrams per deciliter, respectively.

Juan: Lo sé, doctor. Es que no me cuidaba.

Neurologist: The lipid panel we did right before your discharge showed that these values dropped substantially, your LDL being at 175 and TG at 240, however, your LDL has to be below 100 in your case, and your TG less than 80 mg's per dl.

Juan: Desde que estuve internado en la clínica, me siento mejor, pienso que por la dieta.