

## May is Lupus Awareness Month

Source: [Lupus Awareness Month](#)

### Managing Lupus

Lupus is a lifelong disease that can affect many parts of your life. However, many people with lupus live long, healthy lives. You can take steps to control your symptoms, prevent lupus flares and cope with the challenges of lupus.

The best way to keep your lupus under control is by following your treatment plan and taking care of yourself. These steps can help:

- Learn how to tell that a flare is coming.
- See your doctors regularly.
- Limit the time you spend in the sun and in fluorescent and halogen light.
- Get enough sleep and rest.
- Build a support system made up of people you trust and can go to for help.

Despite your best efforts to follow your treatment plan and take good care of yourself, you may have times when your lupus symptoms are worse. Talk to your doctor about ways to relieve symptoms when this happens. The times when your symptoms get worse and you feel sick are called flares. Flares can come and go. You may have swelling and rashes one week and no symptoms the next. Sometimes flares happen without clear symptoms and are seen only with laboratory tests.

Lupus flares most often have warning signs. You can help prevent flares or make them less severe if you can spot the warning signs and get treatment quickly, such as:

- Feeling more tired
- Pain
- Rash
- Fever
- Stomachache
- Severe headache
- Dizziness

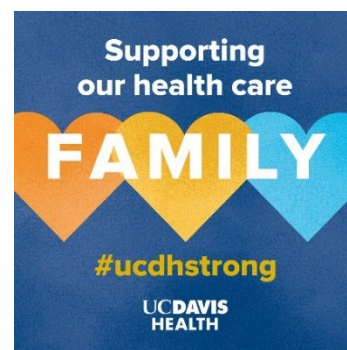
There is no way to know if a flare will be mild or serious. Mild or moderate flares may cause only a rash or more joint pain. But severe flares can damage organs in the body, including fluid buildup around your heart and kidney disease. Call your doctor if you get the warning signs of a flare. Your doctor may want to adjust your medicine or treatment plan.

Ask your doctor if you need to eat special foods or limit other foods because of your lupus. If you develop hyperlipidemia (high level of fats in the blood) because of your lupus, you may need to follow a low-fat eating plan.

If steroids and other medicines cause you to gain weight, you may want to follow a low-calorie eating plan.

Because people with lupus need to avoid the sun, you may lack vitamin D. Your doctor or nurse may advise you to take vitamins.

Dealing with a chronic disease like lupus can be challenging. Concerns about our health and the effects of lupus on your work and family life can be stressful. Talk to your doctor and others about your symptoms and feelings. You also may want to consider counseling or joining a support group. Many people find it helpful to talk to others who have similar experiences.



### May 2026 Calendar

*Mental Health Awareness Month*  
*National Pet Month*

- 1 – Buddha Purnima (Buddhism)
- 6 – National Interpreter Appreciation Day (US)
- 6 – National Nurses Day (US)
- 8 – World Ovarian Cancer Day (International)
- 10 – Mother's Day (US)
- 11-17 – Brain Injury Awareness Week (US)
- 12 – National Hospital Day (US)
- 17 – World Hypertension Day (International)
- 19 – Malcolm X Day (US)
- 24 – Buddha Day (Buddhism)
- 24 – Pentecost (Christianity)
- 26 – Eid al-Adha (Islam)
- 28 – World Hunger Day (International)



## Hardest languages to translate and localize

Source: [Hardest Languages to Translate and Localize](#)

Translating languages can get quite challenging at times, and this complexity arises from various linguistic, cultural, and contextual factors. Languages are deeply intertwined with the cultures they belong to. Expressions, idioms, and even simple words may carry cultural nuances that are difficult to convey accurately in another language.

Each language also has its own unique syntax and grammar rules. Translators need to not only convert words from one language to another but also ensure that the sentence structure and grammar remain coherent and natural in the target language. Furthermore, languages often contain words or phrases with multiple meanings, and the intended meaning may depend on the context.



### 8 of the hardest languages to translate

Certain languages pose specific challenges in translation and localization due to their unique linguistic characteristics, cultural nuances, and script complexities. Below are some of the languages often cited as among the most difficult to translate:

#### Thai

Thai is a tonal language with five tones, which can significantly alter the meaning of words. Its lack of verb conjugations and its use of particles to indicate grammatical relationships add to the complexity of translation.

In addition to this, Thai script is non-Latin and has a unique set of characters. Translating into and out of Thai requires careful consideration of the script's complexity, and the visual presentation of text may need adjustments for localization.

#### Korean

Korean is an agglutinative language, meaning that words are formed by attaching prefixes, suffixes, and infixes to a root. This morphological richness can be challenging for translators to grasp and accurately represent in the target language.

The syntax differs significantly from European languages, with unique sentence structures and word order patterns. Translators need to familiarize themselves with this distinct syntax to produce accurate translations.

#### Japanese

Japanese has a unique writing system that employs three scripts: kanji, hiragana, and katakana. Each script has its own purpose and nuance, and translators need to understand the appropriate usage of each. Japanese grammar has its own unique features, such as particles that indicate grammatical relationships, which may not exist in the target language.

Furthermore, Japanese (and Korean as well) has a complex system of politeness levels, which affects sentence structure and word choice. Translators need to carefully consider the context and intended audience to achieve natural-sounding translations.

#### Mandarin Chinese

Mandarin Chinese employs an intricate logographic writing system, where each character represents a word or morpheme. This differs from the alphabetic writing systems of many other languages, posing challenges for machine translation algorithms and requiring translators to have a deep understanding of the characters' meanings and nuances.

This is a tonal language, with four tones that can significantly alter the meaning of words. As such, translators need to accurately represent the tones in the target language to convey the intended meaning correctly. Mandarin Chinese also has a high number of homophones, or words that sound the same but have different meanings.

#### Arabic

Arabic is written from right to left, which can pose challenges in adapting the layout and design of digital content. Translators must also consider the impact of the script direction on graphical elements and overall aesthetics.

Furthermore, this language has a highly complex grammar system, with numerous verb conjugations, noun declensions, and other grammatical structures. Arabic also has various dialects across different regions. Localizing content for a specific Arabic-speaking audience may require adjustments to dialects and cultural references.

**Hebrew**

Like Arabic, Hebrew is written from right to left. This presents challenges in adapting digital content, and it requires adjustments in layout, graphics, and other design elements. Hebrew words are often derived from root words, and various prefixes and suffixes are added to convey different meanings. Translators need to grasp the root-based structure to ensure accurate and meaningful translations.

**Hungarian**

Hungarian is an agglutinative language with a highly irregular grammar, making it challenging to predict the form of words based on their roots. In addition, it has a unique sentence structure, with verb conjugations occurring at the end of the sentence.

This language also has a complex vowel system, with vowel harmony rules that affect the pronunciation and grammar of words. Translators need to be familiar with these rules to ensure accurate pronunciation and grammatical structure in the target language.

**Finnish**

Finnish is another agglutinative language with a complex grammatical structure. Its verb conjugations are elaborate, and its sentence patterns intricate. It has a large number of vowel sounds, which can affect the pronunciation and meaning of words, Finnish nouns have distinctive inflections that indicate case, number, and possession. Translators need to accurately reflect these inflections in the target language.

**The impact on localization**

The impact of these linguistic challenges on localization is significant. Localization involves adapting content not only linguistically but also culturally to ensure that it resonates with the target audience. Adapting content for specific regions involves more than just language translation. It requires a deep understanding of local market trends, preferences, and consumer behavior.

Understanding cultural nuances becomes crucial to avoid misunderstandings or unintentional offense. Localization efforts should account for cultural preferences, taboos, and customs. Certain languages may also have specific legal or regulatory requirements that need to be addressed during the localization process. This includes compliance with privacy laws, product labeling, and other industry-specific regulations.

Professional localization services often employ native speakers and experts in the target culture to overcome these challenges and provide accurate, culturally relevant content. Additionally, advanced technology, such as machine translation and natural language processing, is increasingly being used to aid in the localization process.

Overall, human expertise remains essential for handling the intricacies of the hardest languages to translate. Human translators have the depth of linguistic knowledge, cultural understanding, and creative flair needed to maintain the meaning of the original text.

**Patients Needing Interpreters Experience Delays in ED Care**

Source: [Patients Needing Interpreters Experience Delays in ED Care](#)



Patients with limited English proficiency (LEP) who required interpreters had 27% longer wait times for providers in the emergency department (ED) to initiate care than those without interpreter needs, with significantly higher weighted median times to physician self-assignment, according to a new study.

**Methodology:**

Researchers conducted a retrospective analysis using electronic medical record data from two affiliated EDs in a single metropolitan area with similar triage processes and included 47,038 adult encounters (median age, 52 years; 57.9% women; 56% White individuals) between May and October 2024.

On arrival, patients were triaged, assigned an Emergency Severity Index score, and roomed based on acuity or wait time, after which they were evaluated by self-assigning providers; interpreter services were mainly accessed via phone.

The primary outcome was time to provider self-assignment (TTPS). A secondary exploratory variable, "perceived interpreter need," was assessed by presenting five blinded emergency providers with patient information (name, age, and sex) from a random sample of 500 patients and asking them to predict whether each patient needed an interpreter.

**Takeaway:**

Patients who required an interpreter had longer weighted median TTPS than those who did not (7.4 vs 5.8 minutes; weighted difference, approximately 1.6 minutes), representing a 27% increase relative to patients without interpreter needs.

When stratified by race, the delay in TTPS was observed for patients requiring an interpreter across all groups, but it was statistically significant only for White individuals (patients requiring an interpreter waited 4.5 minutes longer than those not requiring an interpreter) and Black individuals (patients requiring an interpreter waited 2.18 minutes longer than those not requiring an interpreter).

Providers correctly identified patients not needing interpreters 99.5% of the time but correctly identified patients needing an interpreter only 68% of the time. For 31.9% of the patients that providers perceived as needing an interpreter, the perception was inaccurate, and an interpreter was not required.

**In practice:**

"This retrospective analysis of the time it took for providers to sign up for patients after they were roomed in the emergency department reveals that patients who require interpreters experienced a modest, but statistically significant, delay," the authors wrote.

"This delay may reveal a subtle implicit bias rooted in the many barriers emergency providers experience in obtaining adequate interpreter services. Further study is required to determine the downstream effect of this delay and how to best address it in our health systems," they added.

## New Staff Profile: Humaira Sareer

Humaira is the newest addition to our Farsi, Dari, and Pashto team. She is originally from Afghanistan, where she completed her high school education and earned a degree in Journalism. Her academic background helped shape her into a motivated and passionate individual, dedicated to contributing positively and continuing to grow within professional environments.

Humaira's belief in humanity and service to others lies at the core of her values. She comes from a family defined by courage and education—her father was an engineer, and her mother, a master trainer, instilled in her strong principles that have guided her personal and professional journey.

With more than ten years of experience supporting World Bank and USAID-funded projects in Afghanistan, Humaira developed a solid foundation in teamwork, communication, and community engagement. After leaving Afghanistan, she lived in Greece, where she continued to grow personally and culturally while assisting individuals through interpreting and language services.

Upon arriving in the United States on February 14, 2024, Humaira began working as a medical interpreter in Sacramento, facilitating clear and effective communication between healthcare providers and patients. She also volunteered with the International Rescue Committee (IRC) to support newcomers, while earning her high school diploma and completing professional training programs.

Deeply committed to supporting her community, Humaira focuses on helping individuals overcome language barriers. As a devoted parent of three children, she takes great pride in nurturing their well-being, instilling strong values, supporting their education, and helping them build a bright and fulfilling future.

Now proud to be part of UC Davis, Humaira continues her mission of serving others with compassion, professionalism, and cultural understanding. She remains passionate about helping people and strives each day to make a positive and meaningful impact on the lives of those she serves. Welcome aboard, Humaira! We are excited to have you here!

