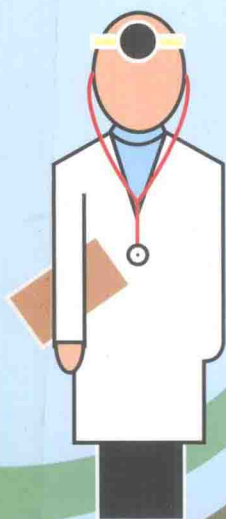


全国大学医学英语统编系列教材

医学英语 (临床医学)

English for Medical Purpose (Clinical Medicine)

白永权 主审 孙庆祥 主编



復旦大學出版社

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普通英语(English for General Purpose, EGP)正逐渐从中国大学英语教学中淡出,大学英语的教学重心正在转向专门用途英语(English for Specific Purpose, ESP),并将很快成为大学英语教学的主流。

在全国各大医学院校,虽然医学英语(English for Medical Purpose, EMP)的教学已经逐渐展开,但是直至今日,还没有一套系统、完善的教材来满足医学院校师生的需求。现有教材中,很多是东拼西凑的科普读物,不是真正意义上的EMP教材。其次,现有教材中有一通病,即内容太笼统,没有考虑到医学院校学生的专业分类有基础研究类、临床医护类及卫生管理类。因为其课程设置、职业目标不同,对医学英语内容的需求也有所不同。

鉴于以上情况,编写一套专业细化合理、内容全面系统、选材专业权威的医学英语教材势在必行。本教材以国内大学英语教学改革为背景,顺应大学英语从普通英语向学术英语、专业英语转向的契机,编写注重专业内容与语言知识有机结合,既有医学专业的专业深度,又有人文思辨的广度。

本教材内容

《医学英语(临床医学)》全书由14个单元组成,第1单元至第5单元侧重于临床医学所涉及的基础内容,包括诊断(Diagnosis)、治疗(Therapeutics)、中医(Traditional Chinese Medicine)、护理(Nursing)和肿瘤(Oncology)等。第6单元至第14单元根据临床大科,分系统讲授,包括皮肤系统(Integumentary System)、肌肉骨骼系统(Musculoskeletal System)、神经系统(Nervous System)、内分泌系统(Endocrine System)、感觉系统(Sensory System)、心血管系统(Cardiovascular System)、呼吸系统(Respiratory System)、泌尿生殖系统(Urogenital System)和消化系统(Digestive System)。内容系统全面,涵盖了临床医学的方方面面。

每个单元的内容也各具特色,自成体系,分别包括以下内容。

Part I Building Blocks of Medical Terminology

介绍本单元出现的,并且在医学英语构词中经常使用的构词成分,并配有填



字练习 (criss-cross) 以帮助记忆这些成分。把填字练习引入教材和教学,这也是国内所有英语教材的首创,实践了寓学于乐的教学思想。

Part II Text A

Text A 选材来自 *Encyclopaedia Online Britannica*, 材料专业、系统。在课文后面附有词汇注音和解释,对疑难之处做了详细的注释。同时,还配有 3 种练习,其中第 1 种练习为学生口述报告 (presentation), 这样可以充分发挥学生的自主性 (autonomy), 把教与学有机结合起来,此为其他教材所没有的。第 2 种练习为知识性填空,真正实现通过掌握知识学习语言知识 (content-based learning)。第 3 种练习为术语练习,目的是让学生尽可能多地掌握相应的术语表达,因为术语是专门用途英语的重要组成部分,也是其一大特点,是学习者必须掌握的内容。

Part III Text B

与 Text A 不同,Text B 是与医学人文、背景知识、社会医学等相关的材料,但是都与本单元主题紧密相关;选材来源更加广泛,大多数来自权威医学杂志,有一部分来自权威机构的官方网站。

在编排上,Text B 后面也有词汇和详细注解,并配有两种练习。第 1 种练习是传统的阅读理解题,根据文章篇幅长短有 5~7 题。第 2 种练习是深入讨论题,给学生锻炼英语思维能力、练习口语表达提供了极好的切入点和机会。

Part IV Language Skill Development

由三大内容构成:视听、完形填空和写作部分。视听部分精心挑选与本单元内容紧密相关的一段长度为 2~5 分钟的视频片段,并配有各种练习,如 note-taking, summary, true or false question, comprehension question, blank filling 等。视听部分的主要目的是让学生通过不同的媒质对所学内容作进一步了解,并提高视听语言能力。

编排完形填空主要考虑到虽然语法不是本教材的教学重点,但是有些学生的语法知识还是比较薄弱,需要进一步加强和巩固。在完形填空的题目中,语法题和语言用法(词形、词义、搭配等)各占一半。有一点必须指出,完形填空所选材料的内容也与单元主题相关。

写作部分是全书的一个重点,也是亮点。考虑到写作是大多数学生的薄弱环节,所以全书重点介绍了写作的基础知识,并在最后几个单元介绍了几种常见短文的写作。该部分不仅有系统的理论知识,也有实用有效的练习,对学生提高写作能力大有裨益。

除了以上 4 部分外,本教材在每个单元的最后编排一个独立的练习,对本单元 Text A 和 Text B 中出现的一些常见语言组块 (language chunks) 做进一步的强化和记忆,这又是本教材的一大亮点。

本教材特点

1. 专业实用:本教材是根据临床医学学生将来工作实际所需编写的临床医学英语,针对性强,系统全面,细分合理,内容丰富权威。

2. 既专又宽:本教材编排中,Text A 的内容专业性极强,是临床医务工作者必须掌握的内容。为了让教材不仅“有深有专”,还要“有宽有广”,所以 Text B 的选材比较灵活,内容涉及面广,有医学人文、历史背景、人物故事、社会医学等,通过阅读学习这些富有哲理、思辨性极强的文章,拓展学生的视域,提高他们将来作为“社会性”医务工作者的意识。

3. 真人录音:对于很多学生,甚至包括老师,医学术语的读音是一个难点。为了破解

这个难题,我们请经验丰富的专家对每个单元词汇表中所列的单词进行录音,以帮助学生解决对医学术语会看不会说的问题。

4. 读视结合:除了2篇阅读材料之外,本教材每个单元在Part IV语言技能发展中精选了与本单元内容紧密相关的一个2~5分钟的视频片段,并配以多种形式的练习,以提高学生的视听语言能力。

5. 图文并茂:本教材从第6单元开始,每个单元对人体系统的介绍,除了文字描述之外,还配有相应的图片,直观形象,可以大大提高学习效率和效果。

6. 主动参与:现代教学理念强调学生的参与和自主性,为了不让课堂变成“一言堂”,使大学英语教学从由老师主导的填鸭式(teacher-dominated spoonfeeding)转向以学生为中心的启发式(student-centered heuristics),本教材设计编排了2种特色练习。第1种是Text A后面的口头陈述报告(presentation),事先安排学生对有些内容做准备,上课时由学生穿插讲述相关内容,然后由老师做补充和点评。这样的课堂互动会大大调动学生的学习积极性和参与度,活跃课堂气氛,提高学生的学习效率和语言使用能力。第2种练习是Text B后面的深度讨论(topics for in-depth discussion)。此练习可以在讲解课文时就相关话题进行深入探讨,也可以让部分学生事先准备,然后在课堂上进行讲解分享,还可以在完成课文讲解之后进行分组讨论。不管采取哪种形式,这种讨论会增加学生间的英语交流,促进他们的英语思辨和应用能力,还可以增加课堂教学形式的多样性,营造很好的语言互动环境。

7. 寓学于乐:有关游戏在语言教学中使用的研究报道不少,但是国内英语教材中真正把游戏引入的寥寥无几。本教材在构词成分的学习中巧妙编排了广受欢迎的填字练习(criss-cross),通过这种形式,促进相关内容的掌握和记忆,寓学于乐。

本教材附有光盘,光盘内有全部视频和词汇表的真人读音。课文的参考译文、单元练习的答案,以及视频的文字都会收编在《参考用书》中。

借此机会,我们感谢为本教材的出版作出贡献和提供帮助的所有人,尤其要感谢中南大学外国语学院的周静老师,她提出一些中肯、有建设性的建议和意见。另外,由于水平有限,书中难免会有不足或疏漏之处,欢迎读者批评指正。

孙庆祥

2013年5月于复旦大学上海医学院

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Diagnosis

Part I Building Blocks of Medical Terminology

a-/an-	无;没有
asymptomatic / <i>ˌeɪsɪmptə'mætɪk/ a.</i>	无症状的
angi/o-	血管
angiography / <i>ˌændʒɪ'ɒgrəfi/ n.</i>	血管造影术
bi-/bis-/bin-	二,双;两倍;两次
bipolar / <i>baɪ'pəʊlə/ a.</i>	两极的,双极的
dia-	区别;通过,横过;间;分离;始终
diagnosis / <i>ˌdaɪəg'nəʊsɪs/ n.</i>	诊断
dis-	不;分离,除去
disorder / <i>dɪs'ɔ:də/ n.</i>	紊乱,失调;病;不适;障碍
dys-	不正常;坏;困难
dysfunction / <i>dɪs'fʌŋkʃən/ n.</i>	功能障碍,功能不良(或异常)
endo-	内
endoscopy / <i>en'dɒskəpi/ n.</i>	内镜检查
-gnosis	知识;认识
prognosis / <i>prɒg'nəʊsɪs/ n.</i>	预后
-graphy	描记法,记录法,照相术
electrocardiography / <i>ɪ'lektroʊ,kɑ:di'ɒgrəfi/ n.</i>	心电图描记法(术)
-metry	测量(学),度量(学);测量法
asymmetry / <i>æ'sɪmɪtri/ n.</i>	不对称
mono-	一,单一
monoxide / <i>mɒ'nɒksaɪd/ n.</i>	一氧化物
-ology	……学,……论
toxicology / <i>ˌtɒksɪ'kɒlədʒɪ/ n.</i>	毒物学,毒理学



physi(o)-	心理;精神的
physiological /ˌfɪzɪə'lɒdʒɪkəl/ <i>a.</i>	生理学的, 生理的
psych(o)-	心理;精神的
psychosocial /ˌsaɪkəʊ'səʊʃəl/ <i>a.</i>	社会心理的
radio-	放射
radiological /ˌreɪdɪəʊ'lɒdʒɪkəl/ <i>a.</i>	放射学的; 辐射的
-scope	……(检查)镜; 观测仪器
endoscope /ˈendəskəʊp/ <i>n.</i>	内镜
-scopy	……镜检查(法)
laparoscopy /ˌlæpə'rɒskəpi/ <i>n.</i>	腹腔镜检查
steth(o)-	胸
stethoscope /ˈsteθəskəʊp/ <i>n.</i>	听诊器
sym-/syn-	(<i>b, p, m</i> 前面是 <i>m</i>) 相同; 共, 合
symmetry /ˈsɪmɪtri/ <i>n.</i>	对称, 均匀
syndrome /ˈsɪndrəʊm/ <i>n.</i>	综合征
tom(o)-	切割; 层(面)
tomography /təʊ'mɒɡrəfi/ <i>n.</i>	X 线体层摄影(术)

Task 1.1

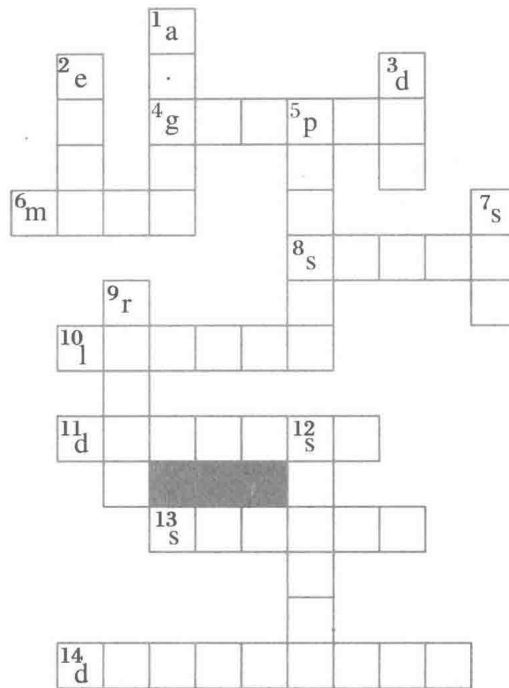
Directions: Work out the criss-cross puzzle with your partner(s).

Across

4. 构词成分, 表示“描记法, 照相术”
6. a word-building block, meaning “one, single”
8. 构词成分, 表示“镜检查(法)”
10. a word-building block, meaning “abdomen”
11. illness, abnormal condition of human body
13. a human organ, producing cells involved in immune responses
14. identification of diseases

Down

1. a word-building block, meaning “blood vessel”
2. a word-building block, meaning “inside”
3. 构词成分, 表示“不正常”
5. 构词成分, 表示“生理”
7. a word-building block, meaning “same, together”
9. 构词成分, 表示“放射”
12. a word-building block, meaning “chest”



Part II Text A

Diagnosis¹

The term diagnosis comes from the Greek *gnosis*², meaning knowledge. It is the process of determining the nature of a disease or disorder and distinguishing it from other possible conditions.

The diagnostic process³ is the method by which health professionals select one disease over another, identifying one as the most likely cause of a person's symptoms. Reaching an accurate conclusion depends on the timing and the sequence of the symptoms, past medical history (PMH)⁴, risk factors⁵ for certain diseases, and a recent exposure to disease. The physician, in making a diagnosis, also relies on various other clues such as physical signs, nonverbal signals of distress, and the results of selected laboratory and radiological and other imaging tests. From the large number of facts obtained, a list of possible diagnoses can be determined, which are referred to as the differential diagnosis⁶.

MEDICAL HISTORY

The medical history⁷ of a patient is the most useful and important element in making an accurate diagnosis, much more valuable than either physical examinations⁸ or diagnostic tests. The medical interview is the process of gathering data that will lead to an understanding of the disease and the underlying physiological process.

5

10

15



A complete medical history consists of an account of: (1) the present illness, (2) past medical history, (3) family history⁹, (4) occupational background, (5) psychosocial history, and (6) a review of body systems.

20 PHYSICAL EXAMINATION

The physical examination adds information obtained by inspection, palpation, percussion, and auscultation.

Inspection

25 A wide array of sophisticated instruments are available to assist with examinations, but a well-performed visual inspection can often reveal more information. Inspection should begin with the patient's general appearance, state of nutrition, symmetry, and posture. Wasting and hallmarks of poor nutrition may indicate chronic disease; poor grooming or slack posture may suggest depression or low self-esteem. The physician then proceeds to more specific examination of the skin — looking for redness or other signs of
30 infection, hair loss, nail thickening, and moles or other areas of pigmentation — and inquires about any recent changes in skin lesions that could indicate early cancer. Inspection also should encompass, in particular, areas that the patient normally would not be able to see, such as the scalp, the back, and the buttocks.

Palpation

35 Palpation is the act of feeling the surface of the body with the hands to determine the characteristics of the organs beneath the surface. It can be performed with one hand or two and can be light or deep. Light palpation is used to detect tenderness, muscle spasm, or rigidity of the abdomen. Deep palpation of the abdomen is used to determine the size of the liver, spleen, or kidneys and to detect an abnormal mass.

40 Palpation also is used to detect and evaluate abnormal lesions in the breast, the prostate gland, the lymph nodes, or the testes. Palpation also can detect cardiac enlargement if the point of maximal impulse (PMI)¹⁰ of the heart is farther to the left than normal.

Percussion

45 Percussion is a diagnostic procedure used to determine the density of a part by tapping the surface with short, sharp blows and evaluating the resulting sounds. In the abdomen it can be used to detect fluid (ascites), a gaseous distention of the intestine as occurs in bowel obstruction, or an enlargement of the liver. It is used most often to evaluate the chest in case of pneumonia or emphysema.

50 Auscultation

Auscultation is performed with a stethoscope to evaluate sounds produced by the heart, the lungs, the blood vessels, or the bowels. Listening to the sound of air passing in and out of the lungs can be useful in detecting an obstruction, as in asthma, or an inflammation, as in bronchitis or pneumonia.

MENTAL EXAMINATION

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Psychological dysfunction and stress-related illness are a significant problem in today's society. Anxiety and depression represent the two most common mental disorders and are responsible for a high degree of morbidity and mortality.

The most common anxiety disorders are panic disorder, generalized anxiety disorder, post-traumatic stress disorder (PTSD)¹¹, phobic disorder, and obsessive-compulsive disorder (OCD)¹². There is a close association between panic disorder and depression, and a large percentage of persons suffering from panic disorder go on to experience a major depression within the next few years. Major depression¹³ and other mood disorders such as dysthymia, bipolar disorder¹⁴, and cyclothymia are common and very treatable forms of psychiatric problems.

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TESTS AND DIAGNOSTIC PROCEDURES

Laboratory Tests

Laboratory tests can be valuable aids in making a diagnosis, but, as screening tools for detecting hidden disease in asymptomatic individuals, their usefulness is limited. The value of a test as a diagnostic aid depends on its sensitivity and specificity.

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With the advent of automated analyzers, an increasing number and variety of tests were made available at greatly reduced cost. A panel of chemical tests for blood and urine have become routine components of the basic medical workup. Blood analysis and urinalysis are used to detect and measure a variety of substances. There also exist a variety of specific types of analyses, including immunologic blood tests, glucose tolerance tests¹⁵, genetic tests, and toxicology tests, all of which can provide valuable diagnostic information.

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Imaging Instruments and Procedures

The formulation of an accurate diagnosis is often facilitated by the use of lighted optical scopes and diagnostic imaging technologies. Procedures such as endoscopy, laparoscopy, and colposcopy make use of generally flexible optical instruments that can be inserted through openings, either natural or surgical in origin, in the body. Many scope instruments are fitted with small video cameras that enable the physician or surgeon to view the tissues being examined on a large monitor. A number of scopes also are designed to enable tissue biopsy, in which a small sample of tissue is collected for histological study, to be performed in conjunction with visual analysis.

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One of the most commonly employed diagnostic technologies is X-ray imaging. Several highly specialized imaging techniques, such as computerized axial tomography (CAT)¹⁶, magnetic resonance imaging (MRI)¹⁷, and positron emission tomography (PET)¹⁸, have largely supplanted traditional X-ray methods. However, when X-rays are used together with special contrast agents¹⁹, they are capable of imaging select tissues, such as arteries and veins in angiography and the urinary tract in urography.

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- 95 Other diagnostic procedures employ electrodes, transducers, or sound waves to produce graphs or traces that provide information about the function and structure of certain organs. For example, in electrocardiography special electrodes connected to a recording instrument are applied to the body; this enables a graphic tracing of the electric current in the heart. Electrocardiography provides detailed information on the condition and performance of the heart. A procedure known as echocardiography relies on the transduction of sound waves into electrical signals to record information about heart structure and function. This technique makes use of the ability of high-frequency sound waves to penetrate through tissues. The use of these sound waves also forms the basis of the diagnostic procedure of ultrasound, which is most commonly used to examine fetuses in uterus in order to ascertain size, position, or abnormalities.
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FORMULATING A DIAGNOSIS

- 105 The process of formulating a diagnosis is called clinical decision making. The clinician uses the information gathered from the medical history and physical and mental examinations to develop a list of possible causes of the disorder, called the differential diagnosis. The clinician then decides what tests to order to help refine the list or identify the specific disease responsible for the patient's complaints.

(1,230 words)

New Words and Expressions

diagnostic /ˌdaɪəɡˈnɒstɪk/ <i>a.</i>	诊断的
symptom /ˈsɪmptəm/ <i>n.</i>	症状
clue /kluː/ <i>n.</i>	迹象
nonverbal /nɒnˈvɜːbəl/ <i>a.</i>	非语言的
imaging /ˈɪmɪdʒɪŋ/ <i>n.</i>	成像
differential /ˌdɪfəˈrenʃəl/ <i>a.</i>	不同的, 差别的
occupational /ˌɒkjʊˈpeɪʃənəl/ <i>a.</i>	职业的
inspection /ɪnˈspekʃən/ <i>n.</i>	检查
palpation /pælˈpeɪʃən/ <i>n.</i>	触诊
percussion /pəˈkʌʃən/ <i>n.</i>	叩诊
auscultation /ˌɔːskəlˈteɪʃən/ <i>n.</i>	听诊
sophisticated /səˈfɪstɪkətɪd/ <i>a.</i>	复杂的
posture /ˈpɒstʃə/ <i>n.</i>	姿势; 体位
hallmark /ˈhɔːlmɑːk/ <i>n.</i>	特点; 显著特征
chronic /ˈkrɒnɪk/ <i>a.</i>	慢性的
self-esteem /ˌselfɪˈstiːm/ <i>n.</i>	自尊(心)
mole /məʊl/ <i>n.</i>	痣
pigmentation /ˌpɪɡməntˈteɪʃən/ <i>n.</i>	着色, 染色; 色素沉着

lesion /'li:ʒən/ <i>n.</i>	伤, 伤口; 损伤
encompass /ɪn'kʌmpəs/ <i>vt.</i>	包括, 包含
scalp /skælp/ <i>n.</i>	头皮
buttock /'bʌtək/ <i>n.</i>	臀部
tenderness /'tendənɪs/ <i>n.</i>	压痛, 触痛
spasm /'spæzəm/ <i>n.</i>	痉挛
rigidity /rɪ'dʒɪdɪtɪ/ <i>n.</i>	强直; 僵化
abdomen /'æbdəmən, æb'dəʊmən/ <i>n.</i>	腹, 腹部
spleen /spli:n/ <i>n.</i>	脾
kidney /'kɪdnɪ/ <i>n.</i>	肾
mass /mæs/ <i>n.</i>	肿块
prostate /'prɒsteɪt/ <i>n.</i>	前列腺
	前列腺的
gland /glænd/ <i>n.</i>	腺, 腺体
lymph /lɪmf/ <i>n.</i>	淋巴结, 淋巴
node /nəʊd/ <i>n.</i>	节; 结; 瘤
testis /'testɪs/ <i>n.</i>	睾丸; 【复数】 testes /'testɪz/
tap /tæp/ <i>v.</i>	轻拍, 轻叩
ascites /ə'saɪtɪz/ <i>n.</i>	腹水
gaseous /'gæsiəs/ <i>a.</i>	气体的
distention /dɪ'stenʃən/ <i>n.</i>	膨胀
intestine /ɪn'testɪn/ <i>n.</i>	肠
pneumonia /nju(:)'mæʊnjə/ <i>n.</i>	肺炎
emphysema /,emfɪ'si:mə/ <i>n.</i>	肺气肿; 气肿
vessel /'vesəl/ <i>n.</i>	血管
bronchitis /brɒŋ'kaɪtɪs/ <i>n.</i>	支气管炎
morbidity /mɔ:'bɪdətɪ/ <i>n.</i>	病态; 发病率
mortality /mɔ:'tælətɪ/ <i>n.</i>	死亡率
post-traumatic /pəʊst'trɔ:'mætɪk/ <i>a.</i>	创伤后的
phobic /'fəʊbɪk/ <i>a.</i>	恐惧的; 恐惧症的
obsessive /əb'sesɪv, ɒb'sesɪv/ <i>a.</i>	强迫观念的
compulsive /kəm'pʌlsɪv/ <i>a.</i>	强迫的
dysthymia /dɪs'thaɪmɪə/ <i>n.</i>	情绪恶劣, 精神抑郁(症)
cyclothymia /,saɪklə'thaɪmɪə/ <i>n.</i>	循环性情感(精神病); 躁郁性气质
psychiatric /,saɪkɪ'ætrɪk/ <i>a.</i>	精神病的; 治疗精神病的
screening /'skri:nɪŋ/ <i>n.</i>	筛选; 遮蔽; 检查
sensitivity /,sensɪ'tɪvətɪ/ <i>n.</i>	敏感(性), 灵敏(度)
specificity /,spesɪ'fɪsətɪ/ <i>n.</i>	特性; 特征; 特异性