

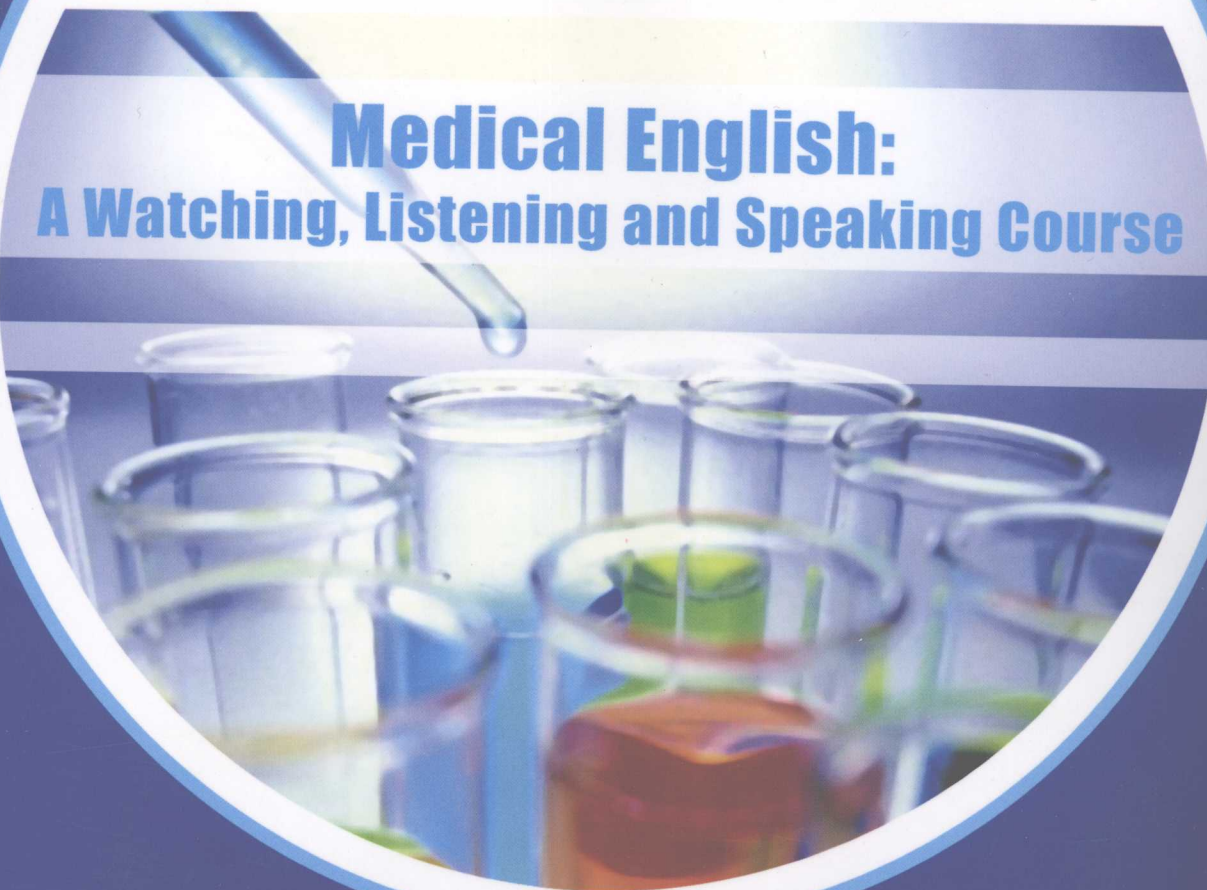


普通高等教育“十一五”国家级规划教材
实用医学英语系列教材

Medical English

总主编：张顺兴 主编：张燕 章国英

医学英语视听说教程



Medical English:
A Watching, Listening and Speaking Course



高等教育出版社
Higher Education Press



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前 言

为了深化医学专业英语的教学改革,使广大医学院校的本科生及研究生尽快掌握在一定专业领域内以英语为工具进行信息交流的能力,我们组织了国内部分医学院校具有丰富医学英语教学经验的老师编写了这套“实用医学英语系列教程”。

“实用医学英语系列教程”是教育部普通高等教育“十一五”国家级规划教材,它是根据教育部最新颁布的《大学英语课程教学要求》和我国医学英语教学发展趋势编写的。这套系列教材在编写过程中注重突出实用性和时代性,选材充分反映最新医学发展状况,体现现代医学理念,改变医学英语就是阅读课这一单一教学模式,兼顾了听、说、读、写、译等多方面的能力培养,编排了一系列旨在提高语言运用能力的练习。

这套系列教材由《生物医学论文英文读写教程》、《医学英语视听说教程》和《临床医学英语应用文阅读与写作》三本组成。

《医学英语视听说教程》是“实用医学英语系列教程”之系列一。本教材的选材主要来自原版的英语影音材料或医学英语网站上的最新内容,体现了材料的真实性和时效性。通过影像、声音、文字等多媒体手段,为学生创造了一个真实的语言环境。本教材附多媒体学习课件。由于课件素材难度较高,因此主要面向高年级本科、硕士、博士等高层次医学人才。

本教材共有10个单元,内容覆盖现代医学广泛的话题,每单元后都附有练习及答案。书后附赠光盘,为教师实施多媒体教学创造条件,同时又适合学生自学。

这本多媒体教材的编写获得了第二军医大学研究生院的资助,在此,我们全体编委表示衷心的感谢。

编委会

2008年6月

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1 Food and Health



Part I Intensive Listening

Background Information

1. Alzheimer's disease 阿耳茨海默氏病, 早老性痴呆病

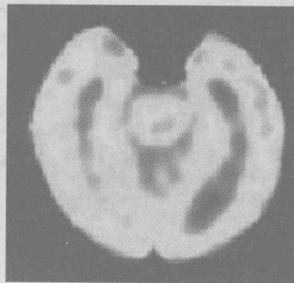
Alzheimer's (*AHLZ-high-merz*) disease is a progressive brain disorder that gradually destroys a person's memory and ability to learn, reason, make judgments, communicate and carry out daily activities. As Alzheimer's progresses, individuals may also experience changes in personality and behavior, such as anxiety, suspiciousness or agitation, as well as delusions or hallucinations.

Alzheimer's disease advances at widely different rates. The duration of the illness may often vary from 3 to 20 years. The areas of the brain that control memory and thinking skills are affected first, but as the disease progresses, cells die in other regions of the brain. Eventually, the person with Alzheimer's will need complete care. If the individual has no other serious illness, the loss of brain function itself will cause death.

Although there is currently no cure for Alzheimer's, new treatments are on the horizon as a result of accelerating insight into the biology of the disease. Research has also shown that effective care and support can improve quality of life for individuals and their caregivers over the course of the disease from diagnosis to the end of life.



Alois Alzheimer



PET Scan of Brain Showing Alzheimer's Disease

2. spinach 菠菜

Although it will not produce the magical effects that Popeye (大力水手: 一动画片中人物) enjoyed, spinach is most definitely good for you. It is exceptionally rich in carotenoids, including beta-carotene and lutein, and also contains quercetin, a phytochemical with antioxidant properties. Spinach is rich in vitamins and minerals, particularly folate (folic acid), vitamin K, magnesium, and manganese; it also contains more protein than most vegetables. (Although the protein is incomplete—spinach and other leafy green vegetables are low in the amino acid methionine—it is complemented by the protein in rice and other grains.)



3. broccoli 花椰菜

Broccoli is a hardy vegetable of the cabbage family that is high in vitamins A and D. It develops best during cool seasons of the year.



4. oat 燕麦, 燕麦片

Oats are the seeds of any of several cereal grains in the genus *Avena*. They are used for food for people, and also as fodder for animals, especially poultry and horses. Oat straw is used as animal bedding and also sometimes used as animal feed.



Oats are often served as a porridge made from crushed oats or oatmeal, and are also baked into cookies. As oat flour or oatmeal, they are also used in a variety of other baked goods and cold cereals. Oats may also be consumed raw, and cookies with raw oats are quickly becoming popular.

5. bacteria *E. coli* = bacteria *Escherichia coli* 大肠埃希氏菌, 大肠杆菌

E. coli includes a group of bacteria normally found in human and animal intestines. Of the

hundreds of types of *E. coli*, most are harmless. In the 1960s, the Centers for Disease Control and Prevention (CDC) identified certain strains of *E. coli* as a major cause of diarrhea among travelers and children in the developing world. CDC identified a particularly virulent strain—*E. coli* O157:H7—as the cause of the 1982 outbreak. It produces powerful toxins which can cause severe, bloody diarrhea, kidney failure and even death. The CDC estimates that this strain of *E. coli* infects 73,000 people and causes 61 deaths each year.

Undercooked, contaminated ground beef is not the only source of *E. coli* O157:H7 infections. Other sources are consuming contaminated alfalfa sprouts, lettuce, dry cured sausage, salami, undercooked roast beef, unpasteurized milk, apple juice and apple cider. Once the harmful types of *E. coli* enter the human body, they attach to the cells lining the intestine and begin to multiply. As the bacteria grow in numbers, they release toxins that damage the lining of the intestine, causing cramping and diarrhea.

New Words and Expressions

- | | |
|----------------------------|---|
| 1. lycopene | <i>n.</i> 番茄红素 |
| 2. homocysteine | <i>n.</i> 高半胱氨酸, 同型半胱氨酸, 巯基丁氨酸 |
| 3. bluefish | <i>n.</i> 蓝鱼: 任一种主要为蓝色的鱼类, 如青鳉 |
| 4. olive oil | <i>n.</i> 橄榄油 |
| 5. ground beef | 绞牛肉, 牛肉酱
ground 是 grind 的过去分词; grind 磨(碎), 碾(碎), 通过摇动手柄来制造或加工 |
| 6. diarrhea | <i>n.</i> 腹泻 |
| 7. pasteurized milk | 巴氏灭菌[消毒]牛奶; pasteurize 用巴氏法灭菌 |
| 8. folic acid | 叶酸 |
| 9. fetus | <i>n.</i> 胎儿 |
| 10. cholesterol | <i>n.</i> 胆固醇 |
| 11. omega three fatty acid | Ω -3 脂肪酸 |
| 12. garlic | <i>n.</i> 大蒜 |
| 13. Listeria | <i>n.</i> 李斯特菌属 |
| 14. Salmonella | <i>n.</i> 沙门氏菌属 |
| 15. Campylobacter | <i>n.</i> 弯曲杆菌属 |



Audio 1: Food and Health

1. Listen to the passage and answer the T or F Questions.

- 1) Eating tomatoes may help protect against cancers of the breast, colon and stomach.
- 2) According to the material, pregnant women should eat more food containing folic acid.
- 3) Since oats may reduce the levels of sugar in the blood, eating oats reduces the chance of developing diabetes.
- 4) Health experts also suggest it is beneficial to drink olive oil.
- 5) Drinking green tea can improve dental health, for it slows the growth of bacteria in the mouth.
- 6) Since substances in red wine increase good cholesterol in the blood, health experts suggest that people should drink as much red wine as possible.
- 7) Recent studies about chocolate have brought good news to those who like eating chocolate.

2. Listen to the passage again and fill in the blanks with the missing words.

Experts say the food people eat greatly affects their health. They say that some foods are especially good for preventing disease.

Many foods contain substances 1) _____. One of these is tomatoes. The substance lycopene is released when tomatoes are cooked. Lycopene helps 2) _____ in the digestive system, which processes food.

The dark green vegetable spinach contains folic acid that 3) _____. It also lowers blood levels of homocysteine. High homocysteine levels have been linked to heart attacks and strokes. Another vegetable, broccoli, can help protect against cancers of the breast, colon and stomach.

Oats help lower blood pressure and protect against heart disease. They also may 4) _____. This reduces the chance of developing the disease diabetes.

Fish that contain omega three fatty acids help 5) _____. Omega three also lowers bad cholesterol and may protect brain cells from diseases like Alzheimer's. Fish that provide a lot of omega three acids are salmon, herring, mackerel and bluefish.

Garlic may help protect the heart by reducing cholesterol and 6) _____. Health experts also suggest cooking with olive oil because it also has been shown to help prevent cancer and heart disease.

Studies show that drinking green tea may help prevent cancer of the liver and stomach. Green tea also 7) _____ in the mouth. Blueberries have been shown to help protect against heart disease and cancer. They can also help prevent some infections by preventing the bacteria from attacking the bladder.

Experts say the skins of red grapes contain substances that increase the good kind of cholesterol in the blood. To get this protection, you can drink red wine, 8) _____. Drinking too much alcohol can be dangerous!

Eating too much chocolate can increase weight. But recent studies have shown that substances in chocolate can help prevent heart attacks and cancer. They have also shown that 9) _____ as had been thought. The experts say the best chocolate to eat is 10) _____ because it contains the most healthful substances.



Audio 2: Bacteria in Food

1. Listen to the passage and answer the T or F Questions.

- 1) Eighteen million kilos of ground beef have been recalled because the meat has resulted in twenty-six deaths.
- 2) The bacteria in the problem beef are passed through infected liquid human waste.
- 3) E. coli infection may be deadly for small children and old people.
- 4) It is suggested that in order to kill the bacteria E. coli, all food should be treated with

chemicals.

- 5) People may be infected with Listeria if they eat vegetables without washing or cooking.
- 6) Infection with salmonella can be avoided if eggs and meat are washed carefully.
- 7) Most of the mentioned bacterial infections can be prevented by washing and cooking food well, and be treated with antibiotics.

2. Listen to the passage again and fill in the blanks with the information you hear.

Bacteria	Ways of infection	Symptoms and danger of death	Prevention	Treatment
E. coli	1) passed through _____ _____	2) _____ and diarrhea death if the bacteria _____ and _____	3) only drink _____ ; drink water _____ ; beef should be _____	
Listeria	4) infected from the soil or from _____ ; _____ may contain the bacteria	5) _____ , _____ and diarrhea	6) cooking food until _____ and people _____ should always _____ after touching uncooked foods.	13) treated with _____
Salmonella	7) spread by _____ _____	8) _____ , _____ and _____ ; it can kill a person if it _____	9) making sure that _____ _____	in _____
Campylo-bacter	10) spread by _____ not cooked well enough; also spread in _____	11) stomach pain, diarrhea and _____ _____	12) cook meat well and make sure that _____ _____	

Part II Extensive Listening

1. Watch the video clip and fill in the blanks with the missing words.



Video 1: Nutritional Quiz

Summary: There are people who know the nutritional value of foods and follow dietary recommendations to the teeth. Others are clueless. Which camp are you in?

ANNOUNCER: Many people eat a healthy diet. They know 1) _____, they read food labels carefully and they follow dietary recommendations to the teeth. Others are clueless. Which one are you? Test your nutrition knowledge by taking this short quiz. Which contains more fat, margarine or butter?

BONNIE TAUB-DIX, MA, RD: Margarine and butter actually 2) _____, so it's not as if one has less than the other. They could also be the same amount of calories. However, butter is more of a saturated fat than margarine is. If you're choosing margarines, be sure that you choose margarines that do not have trans-fatty acids in them, because they act as saturated fats do, and 3) _____.

ANNOUNCER: Which vegetables contain the most vitamins: fresh, canned or frozen?

BONNIE TAUB-DIX, MA, RD: Many people are under the misconception that canned or frozen vegetables have less vitamins and minerals than fresh and that sometimes is actually not true. Because, sometimes, when fresh vegetables are picked, let's say, in California and they're put on a truck and they have to travel across the country in the heat, in the cold, coming to New York, for example, well, those vegetables could lose a lot of vitamins and minerals in transit, whereas if they were picked in California and flash-frozen and then sent here on a frozen-food truck, then that vegetable could actually 4) _____.

ANNOUNCER: Which foods pack a punch of iron?

BONNIE TAUB-DIX, MA, RD: To pack a punch of iron in your diet, you might want to eat enriched whole grain breads and cereals; spinach is high in iron. Believe it or not, prune juice is loaded with iron and also canned beans and dried fruits, such as dried apricots.

What's important to also know about foods that are high in iron is that, when you eat them at the same time that you eat foods that are high in vitamin C, for example, if you're eating spinach, which is high in iron, and you have it with a grapefruit for dessert, that 5) _____.

ANNOUNCER: You can get protein only from meat. True or false?

BONNIE TAUB-DIX, MA, RD: It's a misconception to think that protein only comes from meat. Poultry is a great source of protein, so is fish and egg and cheese and milk and also, beans are also a very good source of protein, 6) _____, such as rice and beans combined together. Peanut butter has protein, tofu has protein. Many soy products also have protein.

ANNOUNCER: Salads are a low calorie food. True or false?

BONNIE TAUB-DIX, MA, RD: I think that, when it comes to eating in restaurants, a lot of people think that, if they order a salad, that's really going to be low in calories. And there are some salads, like a chef salad with a nice, thick blue cheese dressing could be a thousand calories as opposed to something like a meal that has chicken and, you know, meat could even be lower in calories. So I think that, if you're ordering a salad, it's a good idea to ask no dressing on the side. And if you put a spoon of your favorite dressing on, even if it isn't high in fat, but just a spoon of it and put some balsamic vinegar over it, that's a good way to dilute down the flavor of something that you really like.

ANNOUNCER: A healthy diet should contain no fat. True or false?

BONNIE TAUB-DIX, MA, RD: There are many different sources of fat in the diet, and I think that fat has gotten a bad rap over the years. So fat is not necessarily the bad guy. A lot has to do with where the fat is coming from, whether it's a saturated fat, polyunsaturated, monounsaturated. For example, saturated fats, if you want to put it graphically, they're the fats 7) _____. They are usually fat that is

solid at room temperature, like shortening and butter, the fat that's on meat. So those are the fats that are not recommended when you're trying to prevent heart disease and have a healthier diet. And the monounsaturated fats are in products like olive oil, canola oil, they're in olives, they're in avocado. So monounsaturated fats are usually recommended in terms of heart disease prevention.

ANNOUNCER: A bagel is equivalent to how many slices of bread: 2, 4, 6, 8?

BONNIE TAUB-DIX, MA, RD: One of the most popular foods, especially here, is a bagel.

And one bagel is actually, if you put it on the scale and weighed it, a bagel could weigh 6 ounces. Well, that would be just like eating six pieces of bread, so most people don't realize that one bagel could be six pieces of bread. And if each piece of bread is 80 calories, you could do the math, that's a lot of calories to have and that's a plain bagel with nothing on it.

ANNOUNCER: The body can live without carbohydrates. True or false?

BONNIE TAUB-DIX, MA, RD: We need carbohydrates for energy, because _____ . We need carbohydrates for vitamins and minerals. We need carbohydrates for

fiber, to help things moving along. So they're really important in the diet. Carbohydrates could be fattening if you're eating an excessive amount of carbohydrates. But if you eat the proper amount for your particular body, for your level of energy, then I think that, not only will you enjoy them, but you'll enjoy the benefits that they bring.

ANNOUNCER: Which foods contain a lot of vitamin C?

BONNIE TAUB-DIX, MA, RD: Foods that are high in vitamin C would be citrus fruits like oranges, grapefruits, orange juice, grapefruit juice. But, also, broccoli is high in vitamin C. Believe it or not, a baked potato is high in vitamin C. Cherries and strawberries are also high in vitamin C and so is cantaloupe.

ANNOUNCER: All fiber is alike. True or false?

BONNIE TAUB-DIX, MA, RD: There are many sources of fiber in the diet and there is soluble fiber and insoluble fiber. Soluble fiber would be such foods like oats and apples and carrots, and these are foods that may actually help lower cholesterol levels. And insoluble fiber would be food like bran-type of products, and they actually _____ and help prevent constipation.

ANNOUNCER: If you are finding that your nutrition knowledge is not perfect, don't fret, dietitians have some guiding principles that everyone can follow.

BONNIE TAUB-DIX, MA, RD: The most important point that I could leave you with is that your diet should be balanced. There's no one food or nutrient that's going to be magical. If you just try to think of a concert, if you went to hear just one instrument playing, it's nothing like hearing a whole, you know, a symphony. So there is a symphony of fruits and vegetables and vitamins and minerals and proteins and carbohydrates and fats out there. The key is trying to learn how to be a good conductor and put them all in your diet so that you know that 10) _____.

Video 2: Diverticulitis(憩室炎)

Dr. Carter : And when did your pain start?

Patient : This morning.

Dr. Chen : Is it constant or intermittent?

Patient : Both.

Dr. Chen : What?

Dr. Carter : _____

Patient : Yeah.

Dr. Carter : Is it sharp or dull?

Patient : Sharp.

Dr. Carter : Ask her if she's had the pain before.

Dr. Chen : Right, have you had this pain before?

Patient : The pain is in my stomach, it hurts like hell. What else can I tell you?

Dr. Carter : Ask her about meds.

Dr. Chen : Oh, _____ ?

Patient : Yeah, Norvasc and Tenormin for my blood pressure, allopurinol, colchicine, sometimes indocin for the gout. Zolofit for depression, Antivert for...

Dr. Chen : Wait a minute. What did you eat today?

Patient : Some granola, a couple of poppy seed bagels, some cheese, a nice lamb