

总主编 郝长江 国林祥

修订版

21世纪高等医学英语系列教材

*Clinical
Medical English*

临床医学英语

主编 高艳 陈迎



中国海洋大学出版社
China Ocean University Press

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前 言

《21世纪高等医学英语系列教材》问世已经近10年了。随着人类文明的不断发展、人类社会对医疗需求标准的不断提高，医学和医疗技术的日新月异之变化有目共睹。修订这部我国历史上第一套兼顾医学英语读说听写诸方面技能提高的教材，势在必行。

修订遵循两条原则：

第一是时代性。所谓时代性体现在理念、内容和教学手段等诸方面。理念也就是修订的主导思想和落脚点——整体医疗观。因为整体医疗观是世界各国对现代医疗的共同、客观、科学、全面的认识。它强调人体与环境、社会、心理、情感等诸方面的和谐一致，是保证高水平生活质量的必由之路，也自然是培养新时代合格医生的新标准。为此，修订版依据此原则对教材内容进行重大改动，读者使用教材后会有所体验。时代性在教学手段上的表现是将原来《医学英语听与说》分册改为《医学英语视听说》。科学技术的进步使现代化教学手段逐步成为可能。生动、具体、有趣的影视资料以教学的形式出现，不但可以提高学习效果，也增加了教材使用的途径。它便于教学，也可用于自学。

修订遵循的第二条原则是突出实用性。

- 系列教材由原来的7册改为3册。
- 阅读文章由原来每单元两篇扩至每单元3篇(基础)、4篇(临床),以适应不同学校、不同地区读者选用。
- 阅读主课文配有录音。
- 练习题类型固定改为多种。
- 阅读文章由只有A课文有练习题改为三篇课文都有练习题。
- 选文更贴近现实性,及时反映医学方面的新成果、新进展。
- 选文既有科普文体,也包括国内外正式医学专业杂志上的典型综述、研究报告等体裁,这便于学生尽早熟悉医学类英语论文体例、语言结构特点。
- 阅读分册的附录内容丰富、实用性强,既可用作医学字典,也可用作医生工具书。与医生相关的教学、科研、临床相关的缩略语,医学词汇常用前后缀等,尽可能为您提供方便。
- 基础医学英语侧重医学构词法和英汉互译,临床医学英语侧重写作能力提高,医学英语视听说侧重交际能力培养。

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2008年6月

Contents

Unit 1 Holistic Health /1

- Text A Preventive and Holistic Health /2
- Text B Lifestyle Changes: An Essential Part of Controlling High Blood Pressure /8
- Text C A Baby Boomer's Guide to Maximal Health and Longevity /13
- Text D Terminating Medical Interventions /14
- Writing Medical Research Papers: Structure and Requirements 16

Unit 2 Osteoporosis /19

- Text A Osteoporosis and Risk Factors to Our Bone /20
- Text B Preventing Osteoporosis: Beyond Milk: More Than Milk /26
- Text C Calcium Intake Must Start Early /31
- Text D Osteosarcoma (Osteogenic Sarcoma) /33
- Writing Medical Research Papers: Titles /34

Unit 3 Gene Therapy /38

- Text A On Gene and Gene Therapy /39
- Text B What Is a Gene? /46
- Text C Gene Therapy and Children /50
- Text D Introduction to Medical Genetics /52
- Writing Medical Research Papers: Abstracts(1) /53

Unit 4 Parkinson's Disease /56

- Text A Parkinson's Disease /57
- Text B Complications of PD and Coping-Skills /63
- Text C The Genes and People That Link to Parkinson's Disease /67
- Text D Neuropsychiatric Symptoms of Parkinson's Disease /69
- Writing Medical Research Papers: Abstracts(2) /70

Unit 5 Coronary Artery Disease /73

- Text A Atherosclerosis: A Major Cause of Cardiovascular Disease /74
- Text B Stroke /80
- Text C Anxiety Worsens Prognosis in Patients with Coronary Artery Disease /84
- Text D Coronary Atherosclerosis /86
- Writing Case Report /87

Unit 6 ICU /90

- Text A A Guide to Intensive Care Unit /91
- Text B A Day in ICU /99
- Text C Malnutrition in the ICU /104
- Text D Oxygen "Debt" Concept of Septic Shock /106
- Writing History and Physical(1) /107

Unit 7 Modern Surgery /109

- Text A Recent Advances in Minimal Access Surgery /110
- Text B Minimally Invasive Parathyroidectomy Heralds a New Era in the Treatment of Primary Hyperparathyroidism /118
- Text C Minimally Invasive Medicine (MIM): A New Theoretical System of Medicine /123
- Text D Historical Background of Surgical Infection /125
- Writing History and Physical(2) /127

Unit 8 Tuberculosis /130

- Text A XDR Tuberculosis: Implications for Global Public Health /131
Text B TB or Not TB? A New Test for the Disease of Pharaohs /137
Text C Tuberculosis, Newer Strains Are Showing Up /141
Text D Postprimary Disease of Tuberculosis /143

Unit 9 Bird Flu /144

- Text A Avian Influenza A (H5N1) Infection in Humans /145
Text B Avian Influenza: A Challenge to Global Health Care Structures /153
Text C 'Protecting Virus' Offers Instant Flu Protection and Converts
Flu Infections Into Their Own Vaccines /158
Text D Epidemiology of Influenza /160
Writing Discharge Summary /161

Unit 10 Diabetes Mellitus /164

- Text A Prospects for Research in Diabetes Mellitus /165
Text B Insulin Pumps /172
Text C Diabetics Cured in Stem-Cell Treatment Advance /177
Text D Forms of Type 1 Diabetes /179
Writing Résumé /181

Unit 11 Maternal-Fetal Medicine /185

- Text A Cesarean Delivery and the Risk-Benefit Calculus /186
Text B Perinatal Mortality in Developing Countries /193
Text C Ectopic Pregnancy /197
Text D Essentials of Prenatal Care /199
Writing Application Letter /200

Unit 12 Emergency Medicine /204

- Text A Cardiac Resuscitation /205
Text B The Development of Emergency Medical Services in the United
States /212
Text C Carbon Monoxide Poisoning /215
Text D Diagnosis of Septic Shock /218
Writing Personal Statement /219

Unit 13 AIDS /222

- Text A HIV and AIDS /223
- Text B One Disease, Two Epidemics—AIDS at 25 /230
- Text C Living with HIV, Dying of Cancer /234
- Text D Epidemiology of AIDS /237
- Writing Emails /238

Unit 14 Cancer /241

- Text A Translating Cancer Genomics into Clinical Oncology /242
- Text B New Vaccines Reversing Melanoma, Leukemia, Lymphoma, Pancreatic, Prostate Cancer /248
- Text C Progress in Cancer Control Through Screening and Early Detection /251
- Text D Clinicopathological Correlations of Tumour Metastasis /253
- Writing Certificates /254

Unit 15 Progress in Medical Imaging /257

- Text A Out of the Shadows—MRI and the Nobel Prize /258
- Text B New Horizons in Oncologic Imaging /264
- Text C Combining Molecular Imaging Technologies to Stop or Prevent Heart Attacks /269
- Text D Interventional Computed Tomography /271

Answer Key /273

Glossary /311

Appendices /321

- Appendix 1 常用临床医学英文术语 /322
- Appendix 2 处方中常见缩略语 /331
- Appendix 3 病历中常用缩略语 /332
- Appendix 4 检验中常用缩略语 /333
- Appendix 5 本书中主要缩略语 /343
- Appendix 6 国内医务人员称谓 /345
- Appendix 7 国外医院职员称谓 /346
- Appendix 8 医院科室名称 /347
- Appendix 9 部分常用医学英语网站 /348
- Appendix 10 常用医学杂志及其网站 /350

*A sound mind in a sound body.
If you lack health you lack everything.*

Unit I

Holistic Health

■ Warm-up

The following is abridged from a webpage on holistic health and wellness. Read it and complete your wellness quiz.

According to the World Health Organization, "Health is more than the absence of disease. Health is a state of optimal well-being." It is a concept of health that goes beyond the curing of illness to one of achieving wellness. Achieving wellness requires balancing the various aspects of the whole person. These aspects are physical, emotional, mental, and spiritual. This broader holistic approach to health involves the integration of all of these aspects and is an ongoing process.

■ Wellness Quiz

- Do you wake up with enthusiasm for the day ahead?
- Do you have the high energy you need to do what you want?
- Do you laugh easily and often, especially at yourself?
- Do you confidently find solutions for the challenges in your life?
- Do you feel valued and appreciated?
- Do you appreciate others and let them know it?
- Do you have a circle of warm, caring friends?
- Do the choices you make every day get you what you want?

If you answered "no" to any of these questions, congratulations! You have identified areas in your life that you may want to change. This can be valuable information.

(From: www.ahha.org/ahhastep.htm)

Text A

Preventive and Holistic Health

Preventive health

Preventive health refers to the implementation of certain lifestyle and health care practices (such as disease screening) to extend your disease-free healthy years and avoid specific common diseases (such as heart disease, cancer, and immune system diseases caused by gluten and other dietary sensitivities). It makes good sense to me that more energy and health care dollars should be put into preventing disease so less will be required for treating disease (because there would be less).



The same approach can be taken to specific diseases through screening. This is my philosophy to gluten sensitivity as just one example. We now have the technology to detect the immune reactions to gluten at an early stage before a child's growth is stunted, before irreversible osteoporosis sets in, before other autoimmune diseases come about, before lymphoma and other cancers occur. I do not believe that detectable gluten sensitivity and/or intestinal dysfunction should go untreated, insisting that damage to the small intestine must be present on a biopsy before dietary modification is recommended. Pathologists have

known for years that anatomic damage always follows functional impairment. It is this functional impairment that should be the concern, not the anatomic damage. Dietary modification for glutelin sensitivity is just one area where preventive health philosophies can be implemented in a person's life for optimal health. Other more obvious areas include implementation of other healthy practices such as avoiding use of tobacco, excessive alcohol, and illicit drugs, exercise, other healthy nutritional practices, and good oral hygiene. For more preventive health ideas, see my Ten Steps to Finer Health and Nutrition below.

Holistic health

Holistic health or holistic medical practice, although sometimes wrongly confused with the practice of alternative medicine, refers to maintenance of the entire health of the person (all physical, emotional, mental, and spiritual systems) rather than just one aspect of health or one body system. For example, as a gastroenterologist, people consult with me routinely for intestinal diseases. Focusing strictly on their intestinal symptoms and treating them with a drug would be typical of traditional medicine. However, I favor a more holistic approach. It is well known that emotional factors, dietary factors, stress, and physical activity (such as exertional exercise) influence intestinal function greatly. All of these areas must be addressed for optimal long term treatment success of intestinal and any body system ailment. Thus, an asymptomatic or symptomatic individual is best served by a health maintenance approach that includes assessment and treatment of the whole person (and hence term "Holistic") rather than one specific part.

My Ten Steps to Finer Health and Nutrition are an example of a holistic approach to health.

Ten Steps to Finer Health and Nutrition

1. Eat wisely for proper nutrition, energy, and optimal intestinal and overall health.
2. Get adequate sleep, and follow a regular sleep/wake cycle that works best for you (sleeping for at least 8 hours during the darkness of night and arising about sun-up is best for most).
3. Exercise daily, preferably outside in the sun.
4. Utilize non-medicinal methods of stress reduction daily (particularly exercise, meditation, prayer, and if necessary, stress avoidance).
5. Do not use tobacco, alcohol, or other mood altering substances.
6. Practice methods of good oral hygiene (regular brushing and flossing).
7. Minimize exposure to, or if possible, avoid environmental toxins in food, water, and air.
8. Take measures to play and laugh regularly, and to feel happy, grateful, and positive about your life and yourself.
9. Help others and practice the Golden Rule.
10. Seek calm, peace, humility, simplicity and love in your life.

The importance of positive attitude and hope amidst chronic disease

Another holistic concept in which I believe strongly is the importance of a positive attitude and hope, not only for health maintenance, but particularly for coping with and overcoming chronic disease.

No one wants to suffer. Most desire freedom and happiness. Any disease or physical disorder can interfere with these pursuits, at least for a time. In most such circumstances we face, expectations of a rapid and full recovery provides hope and relief from the experienced suffering. We do not feel doomed, disabled or depressed by the washed out feeling and nasal symptoms of a winter cold because we know we will feel better again in 4-14 days. However, when a disease becomes chronic, feelings of depression and grief from loss of health and function are the rule. Throw difficulty of diagnosis and treatment on top of that, and feelings of hopelessness usually follow. These are appropriate feelings because in the instantaneous/rational/tangible scheme of things, there may be nothing to have hope in. This will worsen the depressed isolated feelings of a sufferer of a chronic disabling disease.

Now think of a disabled or chronically ill person with whom you may have come into contact, who, despite an obvious physical limitation or incurable, possibly even fatal disease, seems to possess a positive and cheerful disposition. How is this possible? A few weeks ago, a woman called me because she was having intestinal symptoms. At that time she sounded worried on the phone, seemingly more because she was afraid doctors in her area would not know how to diagnose her rather than because of the symptoms per se. It turned out she had ovarian cancer. She was diagnosed less than three weeks ago. When I talked to her yesterday she sounded positive and secure. She expressed gratitude over the quality of her healthcare and the rapidity with which her diagnosis was made. Despite having to undergo chemotherapy (and already enduring one session), she displayed a positive, fighting spirit. She did not for a minute express pity or sadness about her diagnosis.

Such individuals have grasped the power of positive thinking, trust, faith, and hope. These attitudes and all they convey can and should be prescribed for any individual with a chronic disease. They are natural antidepressants and sedatives, and have the power to aid medicinal remedies of physical disease. Taking care of your attitude and your true place on the earth (or in the universe some would say) is part of maintaining spiritual health. Most pursue this through organized religion. However, religion is only a tool for achieving spiritual health. Spirituality is not synonymous with religion. Spiritual health, combined with physical, emotional, and mental health can be viewed like the legs holding up a stool. You are on the stool. When the physical leg is shortened, weakened, or removed, the stable four-legged stool becomes a less stable three-legged stool. To remain on the stool, the three remaining legs (the mind, emotions, and spirit) must be secured. Loss of one more leg leads to a certain tumble off the stool of health. (My analogy to a sitting stool has no gastroenterology pun intended.)

Set yourself on the course of turning "dis-ease" into "at-ease." Even if it feels fake at first, think positive thoughts and say them out loud. Positive thoughts make trusting a little easier. A little trust makes having faith a little easier, and so on. Soon hope will be restored. At a minimum you will tolerate and accept your physical disorder easier. But more likely, your body will have a better chance to heal, either naturally or with prescribed treatment. Meditation, in the form of quiet time away from the hustle bustle of life, combined with slow rhythmic breathing and an open reflective mind can aid this process. Even 5 minutes a day can result in beneficial physiologic effects that can be calming and may prevent stress-related disease. The more you do, the better you feel. Find something or someone to have faith in. It probably is not a coincidence that every civilization from the beginning of time has found something to pray to. In other words, something to have faith in. And finally, when you feel strong enough (physically, spiritually, mentally, and/or emotionally), help another. It is very hard to feel depressed and pitiful about one's own condition when serving another in need. It is contagious and it works! (1346 words)

(Abridged from http://www.finerhealth.com/Educational_Info/Holistic_Health/)



Vocabulary

- glutelin** /'glu:təlin/ *n.* a sticky protein substance that is found in flour made of wheat 谷蛋白
- dietary** /'daɪətəri/ *a.* related to someone's diet 与饮食相关的
- sensitivities** /,sensə'tɪvɪtɪz/ *n.* (*pl.*) someone's feelings and the fact that they could be upset or offended 敏感性
- stunt** /stʌnt/ *v.* to stop something or someone from growing to their full size or developing properly 抑制, 阻碍...的成长 (或发育)
- irreversible** /,ɪrɪ'və:səbəl/ *a.* damage, change etc. that is so serious or so great that you cannot change something back to how it was before 不可挽回的, 不可逆转的
- osteoporosis** /,ɔ:sti'ɒpərəʊsɪs/ *n.* reduction of bone mass without alteration in the composition of bone, leading to fractures 骨质疏松症
- dysfunction** /dɪs'fʌŋkʃən/ *n.* any disturbance in the function of an organ or body part 异常, 功能障碍
- biopsy** /'baɪɒpsi/ *n.* removal and pathologic examination of specimens in the form of small pieces of tissue from the living body 活组织检查
- anatomic** /ə'nætəmɪk/ *a.* of or relating to the structure of the body 解剖的
- gastroenterologist** /,gæstrəʊ,entə'ɒlədʒɪst/ *n.* 胃肠病学家
- ailment** /'aɪlmənt/ *n.* an often persistent bodily disorder or disease 疾病
- asymptomatic** /æ,sɪmptə'mætɪk/ *a.* having no symptoms of illness or disease 无症状的
- symptomatic** /,sɪmptə'mætɪk/ *a.* relating to or according to or affecting a symptom or symptoms 是...的症状

disposition /,dispə'ziʃən/ *n.* a natural or acquired habit or characteristic tendency in a person or thing 性情, 气质

ovarian /əu'veəriən/ *a.* of or involving the ovaries 卵巢的, 子房的

chemotherapy /,ki:məu'therəpi/ *n.* the use of chemical agents to treat or control disease 化学疗法

antidepressant /,æntidi'presənt/ *n.* any of a class of drugs used to treat depression; often have undesirable side effects 抗抑郁药

sedative /'sedətiv/ *n.* a drug that reduces excitability and calms a person 镇静剂

gastroenterology /,gæstrəu,entə'ɒlədʒi/ *n.* a subspecialty of internal medicine concerned with the study of the physiology and diseases of the digestive system and related structures (esophagus, liver, gallbladder, and pancreas) 胃肠病学

contagious /kən'teidʒəs/ *a.* (of disease) capable of being transmitted by infection; easily diffused or spread as from one person to another 传染性的, 会感染的



Notes

1. **autoimmune disease** A condition in which substances that normally prevent illness in the body, attack and harm parts of it instead 自身免疫性疾病
2. **Golden Rule** The ethic of reciprocity or "The Golden Rule" is a fundamental moral principle which simply means "treat others as you would like to be treated."
3. **per se** A word meaning "in itself" or "by itself", used to say that something is being considered alone, not in connection with other things 本身; 本质上



Exercises

Comprehension Check

Answer the following questions according to the text:

1. What is holistic health?
2. How can one get finer health and nutrition?
3. In the passage, the author provides an example about a woman with ovarian cancer. What's the author's purpose?
4. How can one turn "dis-ease" into "at-ease"?
5. According to the author, what should you do to maintain your holistic health?

Vocabulary Study

Fill in the blanks with the words from the box and change the form when necessary.

holistic	disposition	impairment	symptomatic	hygiene	ovarian
medicinal	intestinal	contagious	sedative	dietary	chemotherapy

1. Personal _____ is the first step to good grooming and good health.
2. _____ health refers to a philosophy of medical care that views physical and mental aspects of life as closely interconnected and equally important.
3. Overdosage of a _____ medication can lead to dangerous respiratory depression (slowed breathing).
4. _____, temper, temperament refer to the aspects and habits of mind and emotion that one displays over a length of time.
5. _____ obstruction involves a partial or complete blockage of the bowel that results in the failure of the contents to pass through.
6. _____ works by stopping or slowing the growth of cancer cells, which grow and divide quickly. The thought of having it frightens many people.
7. In medicine, a disease is _____ when it is at a stage when the patient is experiencing symptoms.
8. There is accumulating evidence that certain viruses may cause obesity, in essence making obesity _____.
9. Applying pharmaceuticals transdermally undoubtedly is very advantageous, but the limited quantity of _____ substance that can be absorbed by the skin frequently is a disadvantage.
10. Good _____ habits can help you reduce three of the major risk factors for heart attack—high blood cholesterol, high blood pressure and excess body weight.

Translation**I Translate the following sentences into Chinese.**

1. Dietary modification for gluten sensitivity is just one area where preventive health philosophies can be implemented in a person's life for optimal health.
2. Holistic health or holistic medical practice, although sometimes wrongly confused with the practice of alternative medicine, refers to maintenance of the entire health of the person (all physical, emotional, mental, and spiritual systems) rather than just one aspect of health or one body system.
3. In most such circumstances we face, expectations of a rapid and full recovery provides hope and relief from the experienced suffering.
4. Taking care of your attitude and your true place on the earth (or in the universe some would say) is part of maintaining spiritual health.

5. Meditation, in the form of quiet time away from the hustle bustle of life, combined with slow rhythmic breathing and an open reflective mind can aid this process.

II Translate the following passage into English.

整体医疗观在治疗病人时把构成人的各个方面(思想、身体和精神)整体来考虑。它强调观察整体人的重要性,包括对生理、营养、环境、情绪、社交、精神和生活方式各方面的分析。整体医疗重视通过健康教育和个人努力教育来达到机体平衡和健康的目的。

Text B

Lifestyle Changes

An Essential Part of Controlling High Blood Pressure

A healthy lifestyle is an integral part of any treatment plan to control high blood pressure. Even if you need medications to treat high blood pressure (hypertension), and many people do, your lifestyle still plays a central role in your treatment strategy. If you successfully control your blood pressure with a healthy lifestyle, you may avoid, delay or reduce the need for medication.

By making only one healthy change to your lifestyle, you're likely to be more successful controlling your blood pressure than is someone who doesn't make any changes. A lower blood pressure can help you live a longer and fuller life, and prevent heart attack, stroke, kidney disease, blindness and dementia.

Lifestyle change—it may sound both simple and overwhelming at the same time. But, breaking it down to manageable pieces can help you start down the road to reducing your blood pressure and benefiting from the trickle down health effects of doing so.

Exercise regularly

Physical activity is an important part of an overall strategy to control blood pressure. If you have prehypertension, exercise can help you avoid developing full-blown hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels.

- **Evaluate your current activity level.** Are you getting at least 30 minutes of exercise most days of the week? If not, consider increasing your activity level.
- **Develop an exercise program.** Talk to your doctor about developing an exercise program tailored to your needs and medical conditions.

