

《医学新闻英语综合教程》涉及当代医学学科中的热点话题、前沿进展及局限等的英语综合教程。新闻的“热点性、即时性”是本教材有别于其他基于生物医学模式的教材的最大特色。

Medical News in English

医学新闻英语

综合教程



主编：杨克西 和霁晓

双语人文课程的建设，
让医生发展更具有全面性和完整性，
对医生的素质提高大有益处。

- ★ 提升师生综合人文素质；
- ★ 突出医学的特色；
- ★ 提高我校国际化办学水平；
- ★ 改进教师教学的科研水平。

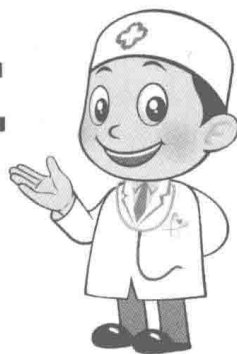
云南出版集团公司
云南科技出版社

>>>> 医学人文双语系列教材之一

Medical News in English

医学新闻英语

综合教程



总主编：张宏斌

主 编：杨克西 和霁晓

副主编：万 艳 朱敏思 普璇华 肖 燕 王 巍 商丽丽

参 编：赵 琳 李晓燕 陈东霞

云南出版集团公司
云南科技出版社
· 昆 明 ·

图书在版编目 (CIP) 数据

医学新闻英语综合教程 / 杨克西, 和霁晓主编. --
昆明: 云南科技出版社, 2015.8

ISBN 978-7-5416-9244-4

I. ①医… II. ①杨… ②和… III. ①医学—英语—
教材②新闻—英语—教材 IV. ①H31

中国版本图书馆CIP数据核字 (2015) 第194750号

责任编辑: 杨 雪

封面设计: 晓 晴

责任校对: 叶水金

责任印制: 翟 苑

云南出版集团公司

云南科技出版社出版发行

(昆明市环城西路609号云南新闻出版大楼 邮政编码: 650034)

昆明富新春彩色印务有限公司印刷 全国新华书店经销

开本: 787mm × 1092mm 1/16 印张: 11 字数: 254千字

2015年9月第1版 2015年9月第1次印刷

定价: 26.00元

医学人文双语系列教材

总序



当前就医中普遍存在的问题就是医患之间缺乏交流，参拜“机器”成了普遍现象。医生不会耐心的倾听、不愿多听；不会关怀心理健康，病人不会叙述、不敢多问已经是“正常现象”了。医疗过程“技术化”，医生渐渐失去了对病人的亲切和温暖的抚触。因此，研究文学与医学的关系有利于改变一些医生只见“病”不见“人”、只见器官不见心理的问题。从文学的诊断、治疗、医患、康复、伦理等功能研究的研究来强化人的作用，减少“纯科学”的比例。“科学主义主张科学万能，科学至上，科学可以解决一切问题，这本身就是不科学的，不符合科学精神。科学精神的重要方面之一，就是承认科学不是万能的，认识到科学能够做什么、不能够做什么。”

医学人文课程旨在帮助医生更清晰地表达自己，更理智地处理自己的感情，更有效地进行医患沟通。培养高超的倾听技巧以及从比喻和潜台词中发现隐藏信息的能力，有利潜意识的发掘。人文精神的缺失，导致人的独立思考能力的缺失，导致人的单维化，千人一面，千篇一律。目前，人们都已经意识到了人文学科在医学中的地位，在百度搜索学术相关论文可以得到1262504篇，相关结果约38100000个。医学和文学是相通的——它们的研究对象都是“人”。医学从肉体上、生理上去研究人；文学从心理上、精神上去研究人，两者之间的区别仅仅在于角度的不同。

双语人文课程的建设，让医生成长更具有全面性和完整性，对医生的素质提高大有益处。其作用主要表现为：

1. 提升师生综合人文素质；
2. 突出医学的特色；
3. 提高我校国际化办学水平；
4. 改进教师教学的科研水平。

目前，这套双语系列教材包括：《医学人文影视英语 视听说教程》《医学新闻英语综合教程》《群体创伤主题——外国文学作品选读》《医学史》等等

《医学人文影视英语 视听说教程》医学电影或电视剧，按照医学情景对话，

医学专业知识和人文医学讨论的顺序,由易到难,由医学知识到人文的方式逐层展开,并让学生对里面的医学人文精神或是伦理道德做出批判性评价。

《医学新闻英语综合教程》涉及当代医学学科中的热点话题、前沿进展及局限等的英语综合教程。新闻的“热点性、即时性”是本教材有别于其他基于生物医学模式的教材的最大特色。

《群体创伤主题——外国文学作品选读》选定一些名著,其中的精彩片段让学生欣赏写作技巧的同时,了解人文和伦理价值。批判性的阅读名著片段,能提高学生的思辨能力。

《医学史》着重介绍医学的产生和发展过程,并从中获得很多医学的基本知识。

今后,还会涉及“医学与法学”“医学与美术”“医学与哲学”“医学与伦理”等等领域,希望凭借外国语言文学的优势,在医学人文学科的领域为医学学生开拓更广的思路,提升医学学生的人文素质。

张宏斌

2015年1月18日

Medical News in English

Content



Unit One

Healthy Lifestyle

P1~P13

- Section A** Theme-related News Reading/1
News: Why Doctors Are Now Warning That Sitting Is the New Smoking/1
- Section B** Micro-video Watching /6
- Section C** News Extension/7
News: "Arrogance" of Ignoring Need for Sleep/7
- Section D** Independent Study/12
News: The War on Sitting/12

- Section A** Theme-related News Reading/14
News: Ebola Virus: Things to Know about the Killer Disease/14
- Section B** Micro-video Watching /19
- Section C** News Extension /20
News: Containing Antimicrobial Resistance: A Renewed Effort/20
- Section D** Independent Study/26
News: "Time" Magazine Has Named a Person of the Year /26

Unit Two

New Virus and Bacteria

P14~P26

Medical News in English

医学新闻英语综合教程

Unit Three

Drug Safety

P27~P37

Section A Theme-related News Reading/27
News:About the Doctors' Prescriptions/27

Section B Micro-video Watching /32

Section C News Extension /33
News:Clean: Overcoming Addiction and
Ending America's Greatest Tragedy/33

Section D Independent Study/37
News:Drug Safety in the Digital Age/37

Section A Theme-related News Reading/39
News:The Potential Danger of Dietary
Supplements/39

Section B Micro-video Watching /44

Section C News Extension/45
News:Eating the Mediterranean Diet May
Lead to a Long Life/45

Section D Independent Study /50
News:US Kids' Diets Put Them on Road
to Heart Disease/50

Unit Four

Nutrition and Health Care

P38~P49

Section A Theme-related News Reading/52
News:Integrated Management of Childhood
Illness (IMCI)/53

Section B Micro-video Watching/59

Section C News Extension /60
News:One More Study Shows Vaccines
Don't Cause Autism/60

Section D Independent Study/65
News:New Data Show Child Mortality Rates
Falling Faster Than Ever/65

Unit Five

Children's Health

P50~P65

Unit Six

Women's Health

P66~P81

- Section A** Theme-related News Reading/68
News:Even for Tiny Lumps, More Women are Choosing Double Mastectomy/69
- Section B** Micro-video Watching/75
- Section C** News Extension/76
News:Health Chiefs Call for Better Care for Pregnant Women/76
- Section D** Independent Study /81
News:Menopause Misery Can Last 14 Years, Study Finds/81

- Section A** Theme-related News Reading/84
News:Paramedics May Be First Line of Treatment for Stroke/84
- Section B** Micro-video Watching /90
- Section C** News Extension /91
News:Five Lifestyle Factors Are Key to Cutting Risk of Dementia, Says Charity/91
- Section D** Independent Study /95
News:Facts about Age-Related Macular Degeneration/95

Unit Seven

Elderly Health

P82~P94

- Section A** Theme-related News Reading/97
News:Suicide Prevention/97
- Section B** Micro-video Watching /102
- Section C** News Extension /103
News:Robin Williams and the Link between Comedy and Depression/103
- Section D** Independent Study /108
News:Brain Imaging Improves Treatment for Depression/108

Unit Eight

Mental Health

P95~P107

Medical News in English

医学新闻英语综合教程

Unit Nine

Medical Limits

P108~P119

Section A Theme-related News Reading/110
News:Is The U.S. Really Facing a
Serious Doctor Shortage?/110

Section B Micro-video Watching /115

Section C News Extension /116
News:“Misdiagnosis” Leading Cause of
U.S. Malpractice Payouts/116

Section D Independent Study/120
News:Unsafe Medical Care in Hospitals
around the World/120

Section A Theme-related News Reading/122
News:Questions about Both Sides of the
Abortion Debate/122

Section B Micro-video Watching/127

Section C News Extension /128
News:UK Man, His Surrogate Mom and
Their Baby Are “Family”/128

Section D Independent Study /132
News:FDA Plans to Ease Ban on Gay
Blood Donors/132

Unit Ten

Medical Controversies and Ethics

P120~P131

译文

P132~P168

Unit One Healthy Lifestyle/134
Unit Two New Virus and Bacteria/138
Unit Three Drug Safety/141
Unit Four Nutrition and Health Care/144
Unit Five Children’s Health/147
Unit Six Women’s Health/152
Unit Seven Elderly Health/156
Unit Eight Mental Health/160
Unit Nine Medical Limits/163
Unit Ten Medical Controversies and Ethics/167

Unit One

Healthy Lifestyle



Section A Theme-related News Reading

Background

With most of us now spending nine hours a day sitting down, Warren Manger looks at how our sedentary modern lifestyle is fast becoming a ticking health time bomb. It's like smoking during the 1970s and passive smoking during the 90s. Spending less time sitting down really can add years to your life. That is the most important message.

Why Doctors Are Now Warning That Sitting Is the New Smoking

By Warren Manger

1 Experts are now describing sitting as “the new smoking”, a **ticking time bomb** of ill health just waiting to explode. The World Health Organisation has already identified physical **inactivity** as the fourth biggest killer on the planet, **ahead of obesity**. It now costs the UK economy more than £1billion every year in sick days due to back, neck and

muscle problems and that figure is still rising.

2 The World Health Organisation recommends an adult should do at least 150 minutes of moderate exercise a week, or 30 minutes on at least five days. That is enough to gain the main benefits of regular exercise. However, it won't protect you from the dangers of a **sedentary** lifestyle if you spend too much time sitting. Dr John Buckley, an expert in exercise science at Chester University, says: "A person may have got more than 30 minutes' exercise by **cycling to** work and home again, but if they have been sitting still all day they will lose some of those benefits. It is like exercising but then eating an unhealthy diet or exercising and being a smoker. Physical inactivity is equally as important as those other well-known issues like diet and smoking."

3 Sitting for too long slows down the body's **metabolism** and the way the **enzyme lipoprotein lipase breaks down** our fat reserves. On the other hand, blood **glucose** levels and blood pressure both increase. Small amounts of regular activity, even just standing and moving around, throughout the day is enough to bring the increased levels back down. And those small amounts of activity add up – scientists have suggested that 30 minutes of light activity in two or three-minute bursts could be just as effective as a half-hour block of exercise. But without that activity, blood sugar levels and blood pressure keep **creeping up**, steadily damaging the inside of the arteries and raising the risk of **diabetes**, heart disease and **stroke**.

4 The benefits of standing instead of spending so much time sitting are finally starting to **catch on**. Just last month, Victoria Beckham was photographed walking while working after swapping her office chair for a **treadmill** desk. Such luxuries are not for everyone. A treadmill desk typically costs between £1,500 and £3,000 and is not suitable for all office workers. **Adjustable** sit-stand desks that allow workers to alter the height and work while sitting down or standing up offer a more practical solution. Standing desks are already much more common in Scandinavia, where staff have the right to work standing up. In this country, they are usually seen as treatment tools for patients who already suffer from back problems, rather than a way to prevent issues in later life. Get Britain Standing **aims to** change that.

5 There is still some way to go before the UK follows the Scandinavian lead on workers' rights to sit and stand. There are currently no firm guidelines for bosses, though the Health and Safety Executive does suggest allowing seated workers to move around

every so often to avoid discomfort or long-term health problems. Convincing firms, schools and families to act will play a vital role in creating a more active lifestyle.

(From The Mirror, <http://www.mirror.co.uk/lifestyle/health/doctors-now-warning-sitting-new-3393908> April, 2014)

New Words

1. inactivity [ˌɪnæk'tɪvɪtɪ] *n.* 静止, 缺乏运动
2. obesity [ə(ʊ)'bi:si:tɪ] *n.* 肥大, 肥胖
3. sedentary ['sed(ə)nt(ə)rɪ] *a.* 久坐的, 静坐的
4. metabolism [mɪ'tæbəlaɪz(ə)m] *n.* 新陈代谢
5. enzyme ['enzaim] *n.* 酶
6. lipoprotein ['lɪpə(ʊ),prəʊtɪ:n; 'laɪ-] *n.* 脂蛋白
7. lipase ['lɪpeɪz; 'laɪp-] *n.* 脂肪酶
8. glucose ['glu:kəʊs; -z] *n.* 葡萄糖
9. diabetes [daɪə'bi:tɪ:z] *n.* 糖尿病
10. stroke [strəʊk] *n.* 中风
11. treadmill ['tredmɪl] *n.* 跑步机
12. adjustable [ə'dʒʌstəbl] *a.* 可调节的

Phrases & Expressions

- | | |
|------------------------|------------------|
| 1. a ticking time bomb | 定时炸弹 |
| 2. ahead of | 在……之前, 胜过 |
| 3. cycle to | 骑车去 |
| 4. break down | 分解 |
| 5. creep up | 增长 |
| 6. catch on | 理解, 明白, 变得流行 |
| 7. aim to | 打算, 目的在于, 以……为目标 |

Notes

1. John Buckley: 约翰·巴克利。John's career in sport (originally as a tennis coach) and in exercise and health (exercise physiologist) has spanned over 30 years. 英国

切斯特大学教授，临床科学和营养学的研究人员，运动生理学家。

2. The Health and Safety Executive (HSE): 健康与安全执行局。The Health and Safety Executive was created by the Health and Safety at Work etc. Act 1974 with its headquarters in Liverpool, England. It is responsible for assisting the work of The Health and Safety Commission and the encouragement, regulation and enforcement of workplace health, safety and welfare, and for research into occupational risks in England and Wales and Scotland. 健康与安全执行局是依据“1974年职业安全与健康法”(HSA)设立的，总部位于英国利物浦。该局的主要职责是：协助安全与健康委员会(The Health and Safety Commission, 简称HSC)的工作，鼓励、监管、执行工作场所的健康、安全和福利，研究英格兰、苏格兰和威尔士的职业风险。

3. Scandinavia: 斯堪的纳维亚。Scandinavia comprises the three kingdoms of Norway, Denmark, and Sweden. Two language groups have coexisted on the Scandinavian peninsula since prehistory—the North Germanic languages and the Sami languages. The geography and climate of Scandinavia is extremely varied. 斯堪的纳维亚由三个王国组成，分别是挪威、丹麦和瑞典，北日耳曼语和萨米语两种语系共存，区域内的地形和气候类型具有多样性。

4. Get Britain Standing: 让英国人站起来。Get Britain Standing is a new campaign to grow awareness, education and take-up of Sit-Stand workstations. We call this “Active Working”. Its goal is to get “80% of office workers in Great Britain to Sit-Stand at their work stations within 20 years”. 英国提倡的“让英国人站起来”是一项提升意识、加强教育、普及站立式工作的新兴运动。鼓励英国人运用其网站的功能，计算每天坐了很久，呼吁大家站起来。我们称之为“活动工作”。它的目标是，在20年内让英国80%的办公室工作人员在他们的办公环境内自由坐立。

Practice

I. Information-Matching

■ For questions 1—5, choose the most suitable heading from the list A—F for each part (1—5) of the above news.

1. Paragraph 1 _____

2. Paragraph 2 _____

3. Paragraph 3 _____

4. Paragraph 4 _____

5. Paragraph 5 _____

A What happens to your body when you're sitting for too long?

B How is the restriction of the sitting time?

C How does sedentary modern lifestyle affect our physical fitness?

D What else should be done to make a change to shape a healthy lifestyle?

E What are the solutions to the problem?

F What does health authority suggest people to do?

II. Information-Determining

▪ For questions 6—10, choose the best answer for each space from the list A—F for each sentence (6—10) from the above news.

6. It now costs the UK economy more than £1 billion every year in sick days due to back, neck and muscle problems and that figure is still _____.

7. The World Health Organisation _____ an adult should do at least 150 minutes of moderate exercise a week, or 30 minutes on at least five days.

8. Scientists have suggested that 30 minutes of

light activity in two or three-minute _____ could be just as effective as a half-hour block of exercise.

9. A treadmill desk _____ costs between £1,500 and £3,000 and is not suitable for all office workers.

10. _____ firms, schools and families to act will play a vital role in creating a more active lifestyle.

A damaged

B bursts

C typically

D rising

E convincing

F recommends

III. Information-Translating

▪ Translate the following sentences from the news into Chinese.

11. The World Health Organisation has already identified physical inactivity as the fourth biggest killer on the planet, ahead of obesity.

Medical News in English

医学新闻英语综合教程

12. A person may have got more than 30 minutes' exercise by cycling to work and home again, but if they have been sitting still all day they will lose some of those benefits.

13. But without that activity, blood sugar levels and blood pressure keep creeping up, steadily damaging the inside of the arteries and raising the risk of diabetes, heart disease and stroke.

14. In this country, they are usually seen as treatment tools for patients who already suffer from back problems, rather than a way to prevent issues in later life.

15. There are currently no firm guidelines for bosses, though the Health and Safety Executive does suggest allowing seated workers to move around every so often to avoid discomfort or long-term health problems.

Section B Micro-video Watching

I. Information-Completing

- Watch a video and complete the following statements.

1. It's about something we all know is bad for us, but not quite bad enough to break a sudden and _____ in just the past few years to _____.
2. This study shows clearly that if you keep your head _____, which is straight up, then it's the _____ and you'll feel the best.
3. Over time doctor Hans Raj says that _____ may lead to early _____, degeneration and _____.

II. Information-Spotting

- Watch the video again and give a short answer to each of the following questions.

1. What is the poor gesture bad for?

2. How does the doctor say when your head is tilted down over a smartphone?

3. What is the best advice?

Section C News Extension

Background

Ask yourself are you getting enough sleep? Do you take risks while driving? If you need an alarm clock to wake up or are reliant on caffeinated drinks in the morning, you need more sleep. Other signs include being irritable and impulsive. Prof Russell Foster says people need to “look at lives and take a bit of control”.

“Arrogance” of Ignoring Need for Sleep

By James Gallagher

The body clock drives huge changes in the human body. It alters **alertness**, mood, physical strength and even the risk of a heart attack in a daily rhythm. It **stems from** our **evolutionary** past when we were active in the day and resting at night.

But scientists have warned that modern life and 24-hour society mean many people are now “living against” their body clocks with damaging consequences for health and wellbeing.

Prof Russell Foster, at the University of Oxford, said people were getting between one and two hours less sleep a night than 60 years ago. He said: “We are the **supremely** arrogant species; we feel we can abandon four billion years of evolution and ignore the fact that we have **evolved** under a light-dark cycle. What we do as a species, perhaps uniquely, is override the clock. And long-term acting against the clock can lead to serious

health problems.” He says this is an issue affecting the whole of society, not just **shift workers**.

Blue light

Emerging evidence suggests modern technology is now keeping us up later into the night and cutting sleep.

“Light is the most powerful **synchroniser** of your internal biological clock,” Prof Charles Czeisler, from Harvard University, told the BBC Day of the Body Clock.

He said energy efficient light bulbs as well as smartphones, **tablets** and computers had high levels of light in the blue end of the **spectrum** which is “right in the sweet spot” for disrupting the body clock.

“Light exposure, especially short **wavelength** blue-ish light in the evening, will reset our **circadian** rhythms to a later hour, **postponing** the release of the sleep-promoting **hormone melatonin** and making it more difficult for us to get up in the morning.”

“It’s a big concern that we’re **being exposed to** much more light, sleeping less and, as a consequence, may suffer from many chronic diseases.”

Need more sleep

Pioneering genetic research is now uncovering how living life against the clock is damaging our health.

About 10% of human DNA has a 24-hour pattern of activity, which is behind all the behavioural and physiological changes in the body.

But studies have shown rhythm can be disrupted by short sleep durations or shift work.

Dr Simon Archer, who conducted the studies at the University of Surrey, said there was a “large impact” on how the body ran.

He said, “These are all fundamental biological pathways that can be underlying links to some of the negative health outcomes that we see such as **cardiovascular** disease, diabetes, obesity and potentially cancer in people who don’t get enough sleep or do shift work”.

Experiments show people can become pre-diabetic after a few weeks of shift work.

Call to action

Dr Akhilesh Reddy, from the University of Cambridge, said the body clock influences every biological process in the human body and the health consequences of