

昆明医科大学卓越人才英语选修系列教材 之一

Practical Medical English
Listening and Speaking
实用医学英语
听与说

总主编 张宏斌
主 编 朱云萍 姜 丹 陈汉白



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前言

随着医学院校大学英语教学的深化改革，专门用途英语（ESP）已列入各专业学生的必修课。虽然医学英语教学已在各院校逐步展开，但直到目前为止，还没有一套实用的听说教材来满足医学院校学生从公共英语向专业英语转型的需求。现有的教材多数是拼凑在一起的科普读物，一是没有进行分科；其次没有考虑到基础医学教育阶段的学生对很多临床医学知识都很陌生，更谈不上用英语进行实际的沟通和交流。因此，目前的多数医学英语视听说教材对于学生来说，只能是“圣诞大餐”，难于消化。

结合医学院校卓越人才培养方案，我们认为应用能力的培养是卓越人才的根本任务，而医学英语听说教学又是读写译的基础，因此，在编写过程中，我们在选材方面注意突出实用性和时代性，既兼顾基础阶段学生的需要，又反映最新的医学科技发展状况。选材内容丰富，难度由浅入深，涉及临床医学内、外、妇产、儿等学科。学生在学习基础临床医学知识的同时，了解了医学科学前沿的最新发展，同时，也培养了良好的英语交际沟通能力，为今后的专业英语学习打下扎实的基础，可谓一举多得。

本教材暂定一册。按照临床医学分科进行章节划分，共6章。每一章分别介绍各科常见病。内容由3个部分组成：

Section A Dialogue

导入部分。通过对话学习，让学生熟悉该类疾病基本的相关医学术

语和表达方法。

Section A后面编写了相关专业词汇和常用表达方式。

Section B Spot dictation

编者针对该类疾病收集相关的最新医学报道，汇编成听力练习，进一步扩展学生的医学词汇并加深对该类疾病的了解和认识。在编排上，Section B后面也编写了相关词汇和注解。

Section C Oral Interpretation

本部分主要是帮助学生练习和巩固学到的知识。针对以上内容，编写相应的口语训练，形式多样，目的是培养学生专业英语的沟通能力。

由于编者水平有限，错漏在所难免，请同行专家指正，同时对参考文献的作者表示衷心的感谢！

编 者

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Chapter I

Internal Medicine

Part one Common Cold

Section A Dialogue

Directions: In this section, you are going to get familiar with the general information about common cold and then practice the conversation with a partner.

(D=Doctor P=Patient)

D: Good morning. What's troubling you?

P: Good morning, doctor. I have a terrible headache.

D: Well, tell me how it got started.

P: Yesterday I had **a running nose**. Now my nose is **stuffed up**. I have **a sore throat**. And I'm afraid I've **got a temperature**. I feel terrible.

D: Don't worry, young man. Let me give you an examination. First let me take a look at your throat. Open your mouth and say "ah".

P: Ah.

D: Good. Now put your tongue out. Let me examine your chest. Please unbutton your shirt. Let me check your heart and lungs. Take a deep breath and hold it. Breathe in, and out.

By the way, do you have a history of **tuberculosis**?

P: No, definitely not.

D: Look, your throat is **inflamed**. And your tongue is thickly **coated**. You have all the symptoms of **influenza**.

P: What am I supposed to do then?

D: A good rest is all you need, and drink more water. I' ll write you a prescription.

P: Thank you very much.

D: That' s all right. Remember to take a good rest.

P: I will. Goodbye, doctor.

D: Bye!



Key words

running nose ['rʌnɪŋ nəʊz]

[医]鼻漏; 流鼻涕

stuff up [stʌf ʌp]

堵住

sore throat [sɔːθrəʊt]

n. 喉咙痛

get a temperature

发烧

tuberculosis [tʊ,bɜːkjə'ləʊsɪs]

n. 肺结核; [医]结核病

inflamm[eɪ]

vt.& vi. (使) 发怒, 过热; 使发炎

coated ['kəʊtɪd]

a. 舌苔厚腻的

influenza [ˌɪnflu'enzə]

n. [医]流行性感冒

prescription [prɪ'skrɪpʃn]

n. [医]药方, 处方

Section B Spot dictation

Glossary Preview: Get familiar with the following words and expressions for spot dictation.

virus ['vaɪrəs]

n. 病毒

disarm [dɪs'aɪm]

vt. 消除

white blood cell

n. 白细胞, 白血球

antibody ['æntɪbɒdɪ]

n. [医]抗体

microorganism [ˌmaɪkrəʊ'ɔːgənɪzəm]

n. 微生物

neutralize ['njuːtrəlaɪz]

vt. 使中立化; 使无效

| | |
|---|------------------|
| infection [ɪn'fekʃn] | n. [医]传染, 感染 |
| Whitehead Institute for Biomedical Research | 怀特海生物医学研究所 |
| genetically-bred | 基因培育 |
| strain [streɪn] | n. 菌株 |
| viral ['vaɪrəl] | adj. 病毒的, 病毒引起的 |
| reproduce [rɪˈprəʊdjuːs] | vt. & vi. 生殖, 繁殖 |
| immune [ɪ'mjuːn] | adj. 免疫的 |

Directions: Listen to a passage twice and fill in each blank with the words you hear.

Infection by the (1) _____ **virus** may be more complex than scientists first thought. Researchers in the United States reported recently that the virus appears to (2) _____ the body's first line of defense against disease.

When the flu virus attacks, the body's natural defenses produce **white blood cells**. The cells make (3) _____ design to linkup to the invading (4) _____, **neutralize** it, and in that way, prevent or at least lessen infection. The special cells also keep a memory of the invader so that the natural defenses can fight it again if the individual is re-infected. That is the traditional understanding of how the body fights the flu virus.

Now, (5) _____ have discovered how the virus can disarm those white blood cells, known as B cells. Hidde Ploegh led the team of researchers. He is with the **Whitehead Institute for Biomedical Research** in Cambridge, Massachusetts.

Studies with genetically-bred mice suggest the flu virus enters the B cells and (6) _____ with the production of antibodies, this can kill the cells and the body's first line of defense.

If true, says Mr.Ploegh, the process of infection may be more complex than scientists have thought.

"And so we think that this really provides a new window on how the virus goes about its business. It may have (7) _____ in terms of explaining why certain **strains** of flu cause a nastier version of the disease than others," said Ploegh.

Normally, the frontline antibodies occupy lung cells to protect the body against future **viral** invasion through breathing.

But the flu virus having disabled the antibodies, may instead target lung cells. In that way, the virus (8) _____ the antibody's ability to remember the deadly invader, and labeling the virus to launch an attack on the body's defenses.

"So this suggests that the initial encounter of the very type of white blood cell that we

think defends us against the virus may be taken out by this initial wave of infection,” said Ploegh.

By neutralizing an interfering with the body’s “front line troops”, Mr. Ploegh says the flu virus has more time to (9) _____ and establish itself in the cells, that keeps the (10) _____ system from developing a second line of defense.

A report on how influenza overcomes the body’s immune system was published in the journal Nature.

Section C Oral Interpretation

Directions: Interpret orally the following conversation into English and practice with a partner.

医生：你怎么了？

病人：我感到很不舒服，恐怕是患了感冒。

医生：几天了？

病人：三天了。

医生：有什么不舒服？

病人：流鼻涕，头痛，发烧。

医生：体温多少？

病人：我没有体温表。但我觉得挺热。

医生：你咳嗽吗？

病人：是的。还有当我咳嗽时，我感到胸痛。

医生：我知道了。喉咙痛吗？

病人：是的。我感到嗓子肿了，很痛。

医生：让我检查一下你的嗓子。请开口，发“啊”的声音。这是感冒，不要紧。您需要好好休息几天。这是一些中药，对感冒很有效。用不了几天，你就会好的。

病人：好的，谢谢。

Part two Diabetes

Section A Dialogue

Directions: In this section, you are going to get familiar with the general

information about Diabetes and then practice the conversation with a partner.

(D=Doctor P=Patient)

P: I've been feeling thirsty and passing a lot of **urine** recently. Is there anything wrong with me?

D: How is your **appetite**? How do you feel otherwise?

P: I've lost weight despite my good appetite, and I feel weak all the time?

D: Please send some of your urine for examination. You may have **diabetes**.

P: What is that? Can it be cured?

D: Diabetes is a **chronic** disease owing to insulin deficiency. It upsets the **metabolism** of sugar, fat and protein. Right now, it can't be cured, but it can be controlled so that you can enjoy life and feel well. You should stick to a special diet and avoid sugar and sweets.

P: Can I smoke?

D: Smoking is harmful to everyone's health. Better give it up.

P: Can I drink alcohol?

D: In moderation. As you know alcohol contains calories and must be counted in your meal plan.

P: What else should I do?

D: You should have your urine tested regularly and do some exercise.

P: Thank you, doctor.

D: You are welcome.



Key words

urine ['juərɪn]

n. 尿; 小便

appetite ['æpɪtaɪt]

n. 胃口, 食欲

diabetes [ˌdaɪə'bi:tɪz]

n. [医]糖尿病

chronic ['krɒnɪk]

adj. 慢性的; 长期的

metabolism [mə'tæbəlaɪzəm]

n. 新陈代谢

Section B Spot dictation

Glossary Preview: Get familiar with the following words and expressions for spot dictation.

| | |
|---|----------------|
| Harvard School of Public Health | n. 哈佛大学公共卫生学院 |
| Massachusetts [ˌmæsə'tʃʊ:sɪts] | n. 马萨诸塞州 |
| World Health Organization | n. 世界卫生组织 |
| brown rice [braʊn raɪs] | n. 糙米 |
| husk [hʌsk] | n. 外皮, 荚, 壳 |
| bran [bræn] | n. 糠, 麸皮 |
| germ [dʒɜ:m] | n. [生]幼芽, 胚芽 |
| kernel ['kɜ:nəl] | n. 谷粒; 核 |
| digestive [daɪ'dʒestɪv] | adj. 消化的; 助消化的 |
| enzyme ['enzaim] | n. [生化]酶 |
| starch [stɑ:tʃ] | n. 淀粉, 含淀粉的食物 |
| barley ['bɑ:lɪ] | n. 大麦 |
| carbohydrates [kɑ:bə'hɑɪdreɪts] | n. 碳水化合物 |
| The International Rice Research Institute | n. 国际水稻研究会 |

Directions: Listen to a passage twice and fill in each blank with the words you hear.

Rice is an important part of many people's diets. Researchers from the **Harvard School of Public Health** in **Massachusetts** have (1) _____ about rice. It shows that eating white rice (2) _____ of Type Two diabetes. However, eating brown rice reduces the risk of the disease.

The **World Health Organization** says more than two hundred twenty million people worldwide have diabetes. Type Two diabetes results when the body cannot (3) _____ the sugar it produces.

More than thirty-nine thousand men and one hundred fifty-seven thousand women (4) _____ the study. They were asked about their diet and day-to-day activities, as well as any pre-existing diseases. The study found that the people who ate five or more servings of white rice per week had (5) _____ increased risk of developing Type Two diabetes. But those who ate two or more servings of **brown rice** a week had an eleven percent reduced risk of getting the disease.

Brown rice is the grain in its natural form. White rice results after (6) _____. This involves removing the outer cover, including the **husk**, **bran** and **germ**. Only the inner white **kernel** is left. White rice (7) _____ to replace some nutrients lost during the refining process.

Qi Sun is the lead writer of the report. He says (8) _____

This means that the release of sugar into the bloodstream is slower after eating brown rice compared to white rice.

A diet of foods that quickly release sugar into the bloodstream has been linked with a greater risk of Type two diabetes. The exact reason for this is not known.

Doctor Sun says (9) _____.

He says replacing white rice with whole grains like whole wheat or **barley** could result in a thirty-six percent lower chance of developing Type Two diabetes. He says (10) _____.

However, brown rice does not last as long as white rice because of the oil-rich layer of bran. This makes it less usable in poor communities. **The International Rice Research Institute** is working to develop kinds of white rice whose starch is released more slowly.

Section C Oral Interpretation

Directions: Interpret orally the following conversation into English and practice with a partner.

医生：你哪里不舒服？

病人：最近我总觉得口渴和尿很多，是有什么毛病吧？

医生：你的胃口如何？

病人：我的食欲很好，就是体重减轻了。

医生：还有什么不舒服吗？

病人：我感到头晕，乏力。

医生：家中有人得过糖尿病吗？

病人：有的，母亲患糖尿病已20多年了。

医生：有可能你得了糖尿病，这种病往往有家族史。

病人：是的。还有当我咳嗽时，我感到胸痛。我该怎么办？

医生：别急，我先给你做些检查。拿着这张化验单去化验室，他们会给你做检查的。准备好尿样，结果出来后马上送到我这里。

(几分钟后病人回到医生办公室)

医生：初步检查表明你患有糖尿病。为了确诊，明天早晨再来做血糖检查。

病人：好的，医生，能给我简单说一下糖尿病是怎么回事吗？

医生：好的。糖尿病是一种慢性病，由胰腺功能不全造成的。它使糖、脂肪和蛋白质的代谢发生异常。目前还不清楚病因。

病人：能治愈吗？

医生：还不能，但可以被控制。

病人：如果不控制，会有什么后果？

医生：会引发许多并发症，失明，肾衰，心血管病，还可能截肢。

病人：怎么控制呢？

医生：生活要有规律，工作不要过于紧张，尽量不要有压力。还要控制饮食，不要摄入糖分过高的食物。

病人：锻炼有帮助吗？

医生：适量运动可以控制体重。对了，明早来做血糖检查，不要吃任何东西。

病人：感谢您的提醒。

Part three Chronic Bronchitis

Section A Dialogue

Directions: In this section, you are going to get familiar with the general information about Chronic Bronchitis and then practice the conversation with a partner.

(I=Intern D=Doctor P=Patient)

(At 8 o'clock one morning a doctor and some interns enter the ward to make rounds. One of the interns first tells the doctor about the patient)

I: This woman, aged 75, has suffered from **asthma** for over 30 years, especially in autumn and winter every year. In the past months it became severe and she was admitted to hospital five days ago. She has had **hypertension** for more than ten years. We had her examined. The results show a **wheezing** sound in her lungs and asthma. Diagnoses are chronic **bronchitis**, chronic obstructive **pulmonary emphysema**.

(Then the doctor asks the patient about the history of her disease.)

D: Madam, how long have you had asthma?

P: For over 30 years.

D: When did you first feel it?

P: When I was in my teens.

D: Could you tell me how you felt it first time?

P: I had it after eating some shrimp paste.

D: What symptoms did you have at that time?

- P: I had a cough and a feeling of suffocation.
- D: How often did you have such a feeling when you were young?
- P: Sorry, I can't remember clearly. Maybe several times.
- D: Did you have a bad cough?
- P: Yes, especially at night.
- D: Did you have a feeling of **suffocation**?
- P: No, I didn't have such feeling when I was young. But I did have it recently.
- D: When did the suffocation appear before you were admitted to hospital?
- P: It usually appeared at night.
- D: Did you smoke?
- P: Yes, but I gave it up seven years ago.
- D: Do your family members have bronchitis?
- P: Yes, my sister did.
- D: Thank you, madam. Let me examine you then. Please raise your head. (The doctor gives an **auscultation**.) Breathe out, please. And out again. OK. Lie down, please.
(The doctor says to the interns.)
- D: The patient has a typical symptom of **barrel-shaped thorax**. Diagnoses are chronic bronchitis, **COPD** and bronchitis. Now, let's go back to the office to discuss the therapy.



Key words

| | |
|--|-------------|
| asthma ['æsmə] | n. [医]气喘，哮喘 |
| hypertension [ˌhaɪpə'tenʃn] | n. 高血压 |
| wheezing [hwi:zɪŋ] | v. 喘息；哮喘 |
| bronchitis [brɒŋ'kaɪtɪs] | n. 支气管炎 |
| pulmonary ['pʌlmənəri] | adj. 肺的，肺部的 |
| emphysema [ˌemfɪ'si:mə] | n. 气肿，肺气肿 |
| suffocation [ˌsʌfə'keɪʃn] | n. 窒息 |
| auscultation [ˌɔ:skəl'teɪʃn] | n. 听诊 |
| barrel-shaped thorax ['bærəl ʃept 'θɔ:r,æks] | [医] 桶状胸 |
| COPD (chronic obstructive pulmonary disease) | 慢性阻塞性肺病 |