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总 序

值此复旦大学迎来百年华诞之际,复旦大学出版社以其敏锐的学术洞察力策划与组织《博学·大学医学英语系列丛书》,邀请了9位在医学语言学领域造诣颇深的中青年学者组成编委会,共同打造一个自由宽容的学术著作与教材的出版平台,推动我国大学医学英语教学与研究的进一步发展。

医学语言学(Medical Linguistics)作为语言学与医学相交叉渗透的边缘学科,顺应了当今语言学和其他学科跨学科研究这一全球科学发展的总趋势。目前对该学科的概念存在着人文与医学两大界定方法。人文学者将它限定在人文的视域,归属于应用语言学的一个分支,界定为“研究医学论著、教科书中的语言现象,研究医疗活动中的言语行为规律及规范的语言学与医学的交叉学科”。医学界将它归属于医学软科学,界定为“研究语言的医学现象及规律的医学与语言学的交叉学科”,从而出现了“神经语言学”、“病理语言学”、“基因语言学”等等子学科。因此,整合医学与人文社科两方面的医学语言学本体研究,前景广阔,意义深远。它作为一项跨语言学、神经科学、心理学的创新系统工程,对语言教学和语言习得的研究、言语障碍(如失语症)的治疗、人工智能研究、语言的脑机制奥秘的揭示、普通语言学理论的发展等均有着巨大的理论和实践意义。我们希望这套丛书的作者立足教学,勇于创新,最大范围地开展医学语言学的研究。

复旦大学出版社“博学”品牌以严谨、求实、创新在业界享有盛誉。《博学·大学医学英语系列丛书》属于成套的、开放式系列丛书,我们拟不断推出



《医学英语术语学及应用》、《医学英语词汇学》(复旦文科“金穗”研究课题项目)、《医学英语视听说教程》(I ~ III)、《医学英语读写译教程》、《英汉医学翻译概论与实践》、《生物医学英语论文写作指南》等。我们欢迎更多的学者加入到丛书作者的行列。

《博学·大学医学英语系列丛书》编委会

总主编 梁正溜 李定钧

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前 言

《医学英语视听说教程》(Audio-Visual-Oral English for Medical Professionals)是根据国家教育部颁布的《大学英语课程教学要求》和国内外英语教学发展趋势编写的,旨在提高英语表达应用技能,扩大医学健康知识和发展医学思维。

本书是《医学英语视听说教程》系列的第三册《疾病预防与治疗》(*Disease Prevention and Treatment*),共 13 单元。第一册、第二册分别是《健康通识》(*General Knowledge of Health*)和《医学教育与健康服务》(*Medical Education and Health Service*)。全书涉及现代医学广泛的话题,语言标准地道,图像生动活泼。教程设计为教师运用多媒体教学留下发挥的空间,又十分适合学习者自学。

本教程适合医学院校本科生、研究生,医学卫生专业人员,英语翻译专业人员以及出国学习进修培训之用。本教程每一单元都附有参考文字材料和练习答案。每册教程附赠音像光盘,供学习者参考。

本教程的一部分资料分别来源于美国加州大学电视台、美国国立卫生研究院电台、美国之音、《美国新闻周刊》、《纽约时报》、《华盛顿邮报》、《哥伦比亚百科全书》等。我们对这些资料给中国学生接触和学习现代医学英语带来的很多便利和益处深表感谢,同时也希望使用者提出宝贵的意见。

编 者

2006 年 12 月



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Unit 1

Skin Care

Part I Audio-visual Exercises

Task 1 : Glossary Preview

Get familiar with the following words and expressions and match them with their Chinese equivalents.

1. wrinkling	() A. (皮肤)晒黑
2. sagging	() B. 全反维生素 A 酸
3. dermatologist	() C. 胶原
4. tanning	() D. 皱纹 ; 皱褶
5. topical	() E. 褶皱 ; 皱褶
6. Retin-A	() F. 囊 ; 滤泡 ; 卵泡
7. paralysis	() G. 鼻唇的
8. collagen	() H. (药物、软膏)局部的
9. nasal-labial	() I. 下垂 ; 松垂 ; 下沉
10. crease	() J. 传染性的 ; 会蔓延的
11. dermabrasion	() K. 皮肤科医生
12. follicle	() L. 牛皮癣
13. pigmentary	() M. 麻痹 ; 瘫痪
14. phenol	() N. 磨去皮肤
15. psoriasis	() O. 瞪眼 ; 护目镜
16. blemish	() P. 色素的 ; 颜料的
17. blister	() Q. 有(硬)壳的 ; 皮硬的
18. crusty	() R. 反应不及时
19. goggle	() S. 酚
20. phototherapy	() T. 瑕疵 ; 污点 ; 缺点
21. miscue	() U. 水疱 ; 疱
22. photosensitizer	() V. 象皮病
23. contagious	() W. 光线疗法 ; 光照疗法
24. elephantiasis	() X. 光敏剂
25. scaly	() Y. 有鳞的 ; 鳞状的



Aging , Healthy Skin

Task 2 : Note Taking

Watch the first part of the video clip “ Aging , Healthy Skin ” and take notes according to the cues given below.

1. The place where the aging process shows itself

_____.

2. The time when the aging process shows itself

_____.

3. Signs of the aging process on the face

_____.

4. Causes

_____.

5. Suggestions recommended for people to take care of their skin

A. _____.

B. _____.

C. _____.

D. _____.

6. Strategies to minimize the signs of aging

A. _____.

B. _____.

C. _____.

D. _____.

E. _____.

Task 3 : Spot Dictation

Watch the second part of the video clip and fill in each blank of the following passage with the word you hear from the video.

The basic concept behind chemical peels and laser treatments for aging skin is



to destroy the _____ (1) skin that's damaged ,allowing the hair follicle skin to grow over the _____ (2) areas. The hair follicle cells have been protected from the sun over the years ,so the skin that results from this _____ (3) tends to be more _____ (4) and not to have the same pigmentary changes as the more aged skin.

Peels can be _____ (5) , mid-depth or deep. Dr. Alexander prefers doing laser resurfacing rather than a phenol peel for the deep _____ (6).

We can be much more _____ (7) about the thickness of skin that we're removing with less likelihood of scarring.

So no matter if you're 30 or 70 ,there are _____ (8) of ways to help keep your skin looking and feeling its best. If you're interested in any of the treatments we described ,look for a _____ (9) who specializes in them. And remember to keep your skin healthy ,limit your _____ (10) to the sun ,and don't smoke.



Psoriasis

Task 4 : Multiple Choice

Watch the first part of the video clip "Psoriasis" and choose the best answer to each of the following questions.

1. Nearly seven million people live with _____ every day.
 - A. mosquito bites
 - B. red bumps
 - C. psoriasis
 - D. blemish
2. The red bumps with which your skin is covered _____.
 - A. itch all the time
 - B. bring some relief
 - C. attract mosquitoes
 - D. blister seriously
3. Our skin changes _____.



- A. without a blemish
B. in unexpected ways
C. like the silky skin of baby
D. in the light of everyday
4. Wesley Mortimer says most people don't realize _____.
A. what disease psoriasis is
B. when psoriasis will break out
C. why they are affected by psoriasis
D. how much psoriasis can affect their life
5. Psoriasis affects Wesley Mortimer so much that he can't _____.
A. sleep in bed
B. put on clothes
C. lie on his side
D. all of the above
6. According to Dr. Burrall, the classic appearance of psoriasis is _____.
A. red, scaly skin
B. pink patches
C. crusty skin
D. thick crust
7. Patients with psoriasis are treated _____.
A. on a tanning bed
B. in a booth with goggles
C. with a phototherapy machine
D. at the end of a light tunnel
8. How often does Gerald receive treatments?
A. Three times a week.
B. Three times a month.
C. Once two months.
D. Thirty seconds a week.
9. How long has Gerald suffered psoriasis?



- A. Two months.
- B. Fifty months.
- C. Sixty years.
- D. Sixteen years.

Task 5 : True or False Statement

Watch the second part of the video clip and decide whether the following information is True (T) or False (F).

- () 1. A miscue in the immune system speeds up the growth cycle of skin cells , causing them to pile up on the surface.
- () 2. UVB phototherapy is to stimulate the production of the normal cells.
- () 3. UVA therapy is prescribed for some severe cases of psoriasis.
- () 4. UVA therapy has been shown to increase the risk of skin cancer.
- () 5. Natural sunlight can be harmful to psoriasis.
- () 6. Psoriasis is not curable because it is contagious.
- () 7. Social stigma is one of the worst triggering factors.
- () 8. Emotional stress is one of the factors which trigger psoriasis.



Part II Listening Comprehension



Vitiligo , A Skin Disorder

Task 6 : Summary

Listen to a passage “ Vitiligo , A Skin Disorder ” and complete the following guided summary.

Some skin disorders do not cause any physical pain , but ,
 Effects→ they can _____ (1).
 For example , vitiligo is the disease that _____
 _____ (2). Around the world , as
 many as 50 million people have vitiligo. It _____



_____ (3).

Cause → Doctors do not know the cause. However, as with some other skin disorders, they suspect that _____ (4).

Treatment → To treat vitiligo, some patients receive psoralen and _____ (5) A number of _____ (6) can also help, especially when started early in the disease. _____ (7) to treat severe cases of vitiligo are considered experimental treatments.

Support → Vitiligo can cause extreme changes in a person's appearance. That is why there are _____ (8) that can help people who have this disease of the skin.

6

Part III Oral Interpretation

Task 7 : Glossary Preview

Get familiar with the following words and expressions for oral interpretation.

acne	粉刺
sebum	皮脂 脂肪
sebaceous	脂肪多的 ;分泌脂肪的
pore	毛孔 ;气孔 细孔
pimple	丘疹 疙瘩 粉刺
androgens	雄激素
salicylic	水杨酸的
benzoyl peroxide	过氧化苯酰 (皮肤科用药)
isotretinoin	异维生素 A 酸 (皮肤科用药)
acutane	异维甲酸 (皮肤科用药)



Acne , Teenagers' Most Common Skin Disorder

Task 8 : Oral Interpretation

Listen to a passage “ Acne , Teenagers Most Common Skin Disorder ” , take note when necessary , and interpret it into Chinese.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Part IV Reference

Video Script 1 Aging , Healthy Skin

Beth Ruyak : So you've committed yourself to living a long and healthy life. And one area that you notice your age showing is your skin , especially on your face ! Well thanks to technology , there are a variety of ways to keep your skin healthy and beautiful as well.

Host :The aging process doesn't start to show itself in our skin until we hit our mid-20s. That's when years of sun exposure , gravity and bad habits , like smoking , catch up with us and begin to cause wrinkling , sagging , and those fine lines appear , most prominently around the face. But no