

ESP COURSE FOR STUDENTS OF HEALTH SCIENCE 医疗行业

主 编 崔 红

副主编 洪 洋

英语教程



OCPE 东方剑桥专业英语系列



ZHEJIANG UNIVERSITY PRESS
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医疗行业英语教程

ESP Course for Students of Health Science

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P 前言 REFACE

《医疗行业英语教程》是根据国家“十二五”教育改革和发展规划纲要、国家教育部颁布的《大学英语课程要求》及《高等职业教育英语课程教学要求》

而编写的一本以医疗行业英语知识与技能、跨文化交际和学习策略为主要内容的实用性特色教材。教材立足于国家高职高专应用型人才培养目标，以国际化人才通用素质指标为导向，以医疗卫生、健康服务行业素质教育为特色，以职业语言人文素质培养为核心，以人才服务社会为宗旨，以社会需求为导向，以“实用”、“够用”为原则来设计、编写和制作的。

同时，教材编写组剖析了当前医学类高职公共英语的教学困惑，确立了教材开发趋于立体化、多元化、国际化和行业化的定位，结合外语教学理论与实际教学需要，进行教学理念和教学模式的探索与创新，突出实践教学，改革教学内容、教学策略和教学评估，为形成一个以实用为主、应用为目的课程教育教学体系奠定良好的基础。本教材在一定程度上突破了医学类高职公共英语实践教学的瓶颈，打破了语言教学以应试为主的局限，相比其他同类教材凸显出两大创新点：

1. 基于“工作过程”的 ESP 教材导入健康产业、医疗服务行业，如就诊问诊、义齿车间、营养厨房、美容咨询等职业场景。

2. 基于“工作过程”的 ESP 教材涵盖国际化人才通用素质特征，如本土文化、国际视野、职业技能、道德规范及专门领域的国际认证等。

《医疗行业英语教程》共分五个单元，重点突出三个核心内容：

一是行业阅读，旨在培养学生对相关医疗行业英语的阅读能力。本部分主要编入了三类文章——第一类为医学专业技术类文章，培养学生相关医学类专业技术文献的阅读能力，内容涉及生命成长、人体机能、心理健康、疾病防治等；第二类为相关医疗、健康服务领域的实用性文章，内容涉及医疗服务、社区护理、饮食营养、就医导医、口腔保健、生活美容等；第三类为相关医疗行业、健康服务领域的商贸类文章，内容涉及产品与市场、接洽与会谈等。每单元后均配有适量的阅读、词汇和写作练习。

二是听力与会话，旨在培养学生涉外口语交际的能力。内容除一般日常交际与涉外人文礼仪外，还包括与医疗卫生、健康服务有关的职业场景，如面试、迎送、就诊、询问病情、探访病人、病情评估等，以及有关医疗行业的进出口业务，如询盘、报盘、付款、保险、产品分析、市场评估等。每个单元配有相关情景对话，并编配了涉外商

务口语交际的常用表达法，供学习者学习模仿，力求达到“学中用，用中学”。

三是商务写作，旨在培养学生参照范例，拟写相关医疗领域的涉外信函、外贸单证、邀请商函等实用文献的能力。本部分提供了一定数量的相关医疗领域的涉外应用文范文，同时还设计了必要的写作练习。

《医疗行业英语教程》主要针对医学类高等院校（包括高等专科学校和高等职业院校）的实际情况和使用需求，也针对医疗、健康服务领域广大从业人员的继续教育，以提高该行业涉外交际能力。本教材使用过程中也可根据学生不同的专业背景、不同的语言基础、不同的教学策略及课时计划进行个性化的选择和自由组合，以遵循因材施教的原则。

《医疗行业英语教程》聘请浙江师范大学外国语学院黄爱凤教授、宁波卫生职业技术学院许复贞教授为编写顾问，宁波卫生职业技术学院崔红副教授为主编。参与编写和制作的还有洪洋等十几位中青年骨干教师和行业资深人士。浙江大学出版社组织有关专家参与了全稿审定。在此，对本教材的编写和出版给予了大力支持的同仁们表示衷心的感谢。

由于编者水平有限，加之时间紧迫，疏漏和不妥之处在所难免，恳请读者不吝指正。

编 者

2012年1月

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Unit 1 General Knowledge of Health (健康通识)





Lesson 1

Origin of Life (生命的起源)

Part I Preview: Tasks Before Class



1. Group Task: Useful Words and Phrases

Directions: This task is complementary to the vocabulary section at the end of this lesson. After a preview of Part II, you should fill out the table below with new words and phrases that are important to you. The task should be divided according to the number of students and their roles in your group, and then be completed by finding an example sentence to help better define the meaning. Each group is required to submit a copy of full list of useful words and phrases before class in the format given below.

No.	Words/ Phrases	Pronunciation	Part of Speech	Location in Text	English Meaning	Chinese Meaning	Example Sentence	Notes
1.								

2. Individual Task: 3-min Presentation

Directions:

- Write an outline of your 3 minutes presentation, and submit it before class.
- State your opinion at the very beginning.
- Develop the topic by providing specific examples to support your ideas.
- Your personal experience is required as an example in the presentation.

Topic:

Where do we come from?

Part II Text

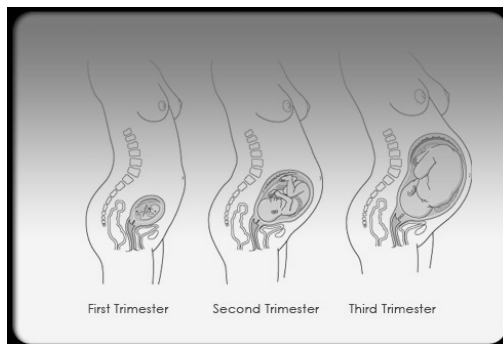


Pregnancy is measured in trimesters¹ from the first day of your last menstrual² period (LMP) and normally lasts about 40 weeks from conception³ to the birth of a baby. This time is roughly divided into 3 periods: the first trimester, second trimester and third trimester.

[1,557 words]

The Story of Life

The first trimester is measured from conception to about the 12th week of pregnancy; the second trimester, from about 13 to 27 weeks of pregnancy; and the third trimester, from about 28 weeks of pregnancy until birth. Let's see what happens with you and your baby during each of the three stages.



I. First Trimester: Week 1 – Week 12

1. Early Changes in a Woman's Body

During the first trimester your body undergoes many changes. Hormonal changes affect almost every organ system in your body. These changes can trigger⁴ symptoms even in the very first weeks of pregnancy. Your period stopping is a clear sign that you are pregnant.

2. Physical and Emotional Changes a Woman May Experience

Other changes you may experience during the first trimester include:

- (1) Extreme tiredness;
- (2) Tender, swollen breasts. Your nipples might



also stick out;

- (3) Upset stomach with or without throwing up (morning sickness);
- (4) Cravings⁵ or distaste for certain foods;
- (5) Mood swings;
- (6) Constipation⁶ (trouble having bowel movements);
- (7) Need to pass urine more often;
- (8) Headache;
- (9) Heartburn;
- (10) Weight gain or loss.

3. Changes in a Woman's Daily Routine

As your body changes, you might need to make changes to your daily routine, such as going to bed earlier or eating frequent, small meals. Fortunately, most of these discomforts will go away as your pregnancy progresses; however some women might not feel any discomfort at all! If you have been pregnant before, you might feel differently this time around. Just as each woman is different, so is each pregnancy.



4. The Baby at 4 Weeks

(1) Your baby's brain and spinal cord⁷ have begun to form;

(2) The heart begins to form;

(3) Arm and leg buds appear;

(4) Your baby is now an embryo⁸ and 1/25 of an inch (1 inch $\approx$ 2.54 cm) long.



5. The Baby at 8 Weeks

(1) All major organs and external body structures have begun to form;

(2) Your baby's heart beats with a regular rhythm;

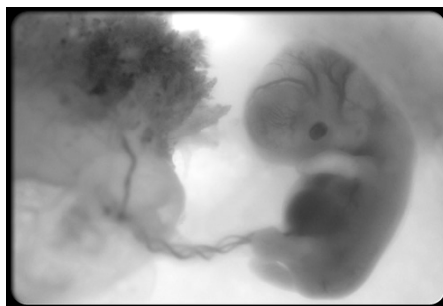
(3) The arms and legs grow longer, and fingers and toes have begun to form;

(4) The sex organs begin to form;

(5) The eyes have moved forward on the face and eyelids have formed;

(6) The umbilical⁹ cord is clearly visible;

(7) At the end of 8 weeks, your baby is a fetus¹⁰ and looks more like a human. Your baby is nearly 1 inch long and weighs less than 1/8 of an ounce (1 ounce $\approx$ 28.35 g).



6. The Baby at 12 Weeks

(1) The nerves and muscles begin to work together. Your baby can make a fist¹¹;

(2) The external sex organs show if your baby is a boy or girl. A woman who has an ultrasound in the second trimester or later might be able to find out the baby's sex;

(3) Eyelids close to protect the developing eyes. They will not open again until the 28th week;

(4) Head growth has slowed, and your baby is much longer. Now, at about 3 inches long, your baby weighs almost an ounce.



II. Second Trimester: Week 13 – Week 28

1. Changes a Woman May Experience

Most women find the second trimester of pregnancy easier than the first. But it is just as important to stay informed about your pregnancy during these months. You might notice that symptoms like nausea¹² and fatigue¹³ are going away. But other new, more noticeable changes to your body are now happening. Your abdomen will expand as the baby continues to grow. And before this trimester is over, you will feel your baby beginning to move!



2. The Baby at 16 Weeks

As your body changes to make room for your growing baby, you may have:



- (1) Body aches, such as back, abdomen, groin¹⁴, or thigh¹⁵ pain;
- (2) Stretch marks on your abdomen, breasts, thighs, or buttocks¹⁶;
- (3) Darkening of the skin around your nipples;
- (4) A line on the skin running from belly button to pubic hairline;
- (5) Patches¹⁷ of darker skin, usually over the cheeks, forehead, nose, or upper lip. Patches often match on both sides of the face. This is sometimes called the mask of pregnancy;
- (6) Numb or tingling¹⁸ hands, called carpal tunnel syndrome¹⁹;
- (7) Itching²⁰ on the abdomen, palms, and soles of the feet (Call your doctor if you have nausea, loss of appetite, vomiting, jaundice²¹ or fatigue combined with itching. These can be signs of a serious liver problem);
- (8) Swelling of the ankles, fingers, and face (If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of preeclampsia²²).



3. The Baby at 16 Weeks

- (1) Muscle tissue and bone continue to form, creating a more complete skeleton²³;
- (2) Skin begins to form. You can nearly see through it;
- (3) Meconium²⁴ develops in your baby's intestinal²⁵ tract. This will be your baby's first bowel movement;
- (4) Your baby makes sucking motions with the mouth (sucking reflex);

(5) Your baby reaches a length of about 4 to 5 inches and weighs almost 3 ounces.

4. The Baby at 20 Weeks

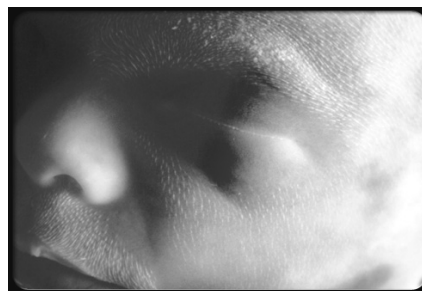
- (1) Your baby is more active. You might feel slight fluttering;
- (2) Your baby is covered by fine, downy hair called lanugo²⁶ and a waxy coating called vernix²⁷. This protects the forming skin underneath;
- (3) Eyebrows, eyelashes, fingernails, and toenails have formed. Your baby can even scratch itself;
- (4) Your baby can hear and swallow;
- (5) Now halfway through your pregnancy, your baby is about 6 inches long and weighs about 9 ounces.



5. The Baby at 24 Weeks

- (1) Bone marrow²⁸ begins to make blood cells;
- (2) Taste buds form on your baby's tongue;
- (3) Footprints and fingerprints have formed;
- (4) Real hair begins to grow on your baby's head;

- (5) The lungs are formed, but do not work;
- (6) The hand and startle reflex develop;
- (7) Your baby sleeps and wakes regularly;
- (8) If your baby is a boy, his testicles²⁹ begin to move from the abdomen into the scrotum. If your baby is a girl, her uterus³⁰ and ovaries³¹ are in place, and a lifetime supply of eggs have formed in the ovaries;



(9) Your baby stores fat and has gained quite a bit of weight. Now at about 12 inches long, your baby weighs about 1½ pounds (1 pounds ≈ 453.59 g).

III. Third Trimester: Week 29 – Week 40

1. Changes a Woman May Experience

You are in the home stretch! Some of the same discomforts you had in your second trimester will continue. Plus, many women find breathing difficult and notice they have to go to the bathroom even more often. This is because the baby is getting bigger and it is putting more pressure on your organs. Don't worry, your baby is fine and these problems will lessen once you give birth.



2. Emotional and Physical Changes a Woman May Experience

Some new body changes you might notice in the third trimester include:



- (1) Shortness of breath;
- (2) Heartburn;
- (3) Swelling of the ankles, fingers, and face; (If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of preeclampsia.)
- (4) Hemorrhoids³²;

- (5) Tender breasts, which may leak a watery pre-milk called colostrum³³;
- (6) Your belly button may stick out;
- (7) Trouble sleeping;
- (8) The baby “dropping”, or moving lower in your abdomen;
- (9) Contractions, which can be a sign of real or false labor.

3. Changes as the Due Date Approaches

As you near your due date, your cervix³⁴ becomes thinner and softer (called effacing). This is



a normal, natural process that helps the birth canal³⁵ (vagina) to open during the birthing process. Your doctor will check your progress with a vaginal exam as you near your due date. Get excited—the final countdown has begun!

4. The Baby at 32 Weeks

(1) Your baby's bones are fully formed, but still soft;

(2) Your baby's kicks and jabs³⁶ are forceful;

(3) The eyes can open and close and sense changes in light;

(4) Lungs are not fully formed, but practice "breathing" movements occur;

(5) Your baby's body begins to store vital minerals, such as iron and calcium;

(6) Lanugo begins to fall off;

(7) Your baby is gaining weight quickly, about ½ pound a week. Now, your baby is about 15 to 17 inches long and weighs about 4 to 4½ pounds.

5. The Baby at 36 Weeks

(1) The protective waxy coating called vernix gets thicker;

(2) Body fat increases. Your baby is getting bigger and bigger and has less space to move around. Movements are less forceful, but you will feel stretches and wiggles;

(3) Your baby is about 16 to 19 inches long and weighs about 6 to 6½ pounds.

6. The Baby at 37 to 40 Weeks

(1) By the end of 37 weeks, your baby is considered full term. Your baby's organs are ready to function on their own.

(2) As you near your due date, your baby may turn into a head-down position for birth. Most babies "present" head down.

(3) At birth, your baby may weigh somewhere between 6 pounds, 2 ounces and 9 pounds, 2 ounces and be 19 to 21 inches long. Most full-term babies fall within these ranges. But healthy babies come in many different sizes.



(Source: Contents in this unit consist of materials abridged and adapted from a collection of articles reviewed by William C. Shiel Jr., MD, FACP, FACR on Thursday, September 01, 2011 on the Website: http://www.medicinenet.com/stages_of_pregnancy_pictures_slideshow/article.htm, accessed 20/11/2011)

Part III Notes



1. The **Organization for Economic Cooperation and Development (OECD)** is an international economic organization of 34 countries founded in 1961 to stimulate economic progress and world trade. It is a forum of countries committed to democracy and the market economy, providing a platform to compare policy experiences, seek answers to common problems, identify good practices, and coordinate domestic and international policies of its members.
2. **United Nations Children's Fund (UNICEF)** was created by the United Nations General Assembly on December 11, 1946, to provide emergency food and healthcare to children in countries that had been devastated by World War II.
3. **The Save the Children Fund**, commonly known as Save the Children, is an internationally active non-governmental organization that promotes children's rights, provides relief and helps support children in developing countries. It was established in the United Kingdom in 1919 in order to improve the lives of children through better education, healthcare, and economic opportunities, as well as providing emergency aid in natural disasters, war, and other conflicts.

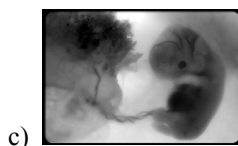
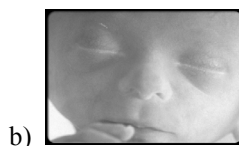
Part IV Exercises



Section A Multiple Choices: Understanding the Text

Directions: This text-based section consists of seven questions. Choose the best answer for each of the following.

1. What is the first day of your pregnancy trimester?
 - a) The day you got pregnant.
 - b) The first day of your last menstrual period.
 - c) The last day of your last menstrual period.
 - d) The second day of your last menstrual period.
2. Which of the following is NOT the changes of the first trimester a mother would experience?
 - a) Extreme tiredness and tender, swollen breasts.
 - b) Headache and heartburn.
 - c) Urine more often.
 - d) Bowel more often.
3. Which of the following pictures is the baby at 8 weeks?



4. When does a baby's brain and spinal cord begin to form?