

美国之音
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医学英语
系列

保健园地

(英汉对照)

首度展现VOA电视节目精彩内容
美国知名医学专家教授特约讲解
内容丰富，深入浅出，经典实用
英汉对照便于一般读者学习掌握

VOA英语教学节目丛书

王少如 主编

保健

园地

(英汉对照)



世界图书出版公司

上海·西安·北京·广州

图书在版编目(CIP)数据

保健园地/王少如 主编.—上海:上海世界图书出版公司,2006.5
(VOA 英语教学节目丛书)

ISBN 7-5062-8075-2

I.保... II.王... III.英语-听说教学-自学参考资料 IV.H319.9

中国版本图书馆 CIP 数据核字(2006)第 023936 号

保 健 园 地

丛书主编 王少如

上海世界图书出版公司出版发行

上海市尚文路 185 号 B 楼

邮政编码 200010

江苏省丹阳教育印刷厂印刷

如发现印装质量问题,请与印刷厂联系

电话:0511-6520177

各地新华书店经销

开本:890×1240 1/32 印张:8.5 字数:245 千字

2006 年 5 月第 1 版 2006 年 5 月第 1 次印刷

印数:1-5 000

ISBN 7-5062-8075-2/H·672

定价:22.00 元 (书+MP3)

<http://www.wpcsh.com.cn>

VOA的英语教学节目，以其流行的美国语言、纯正的美式发音和丰富的教学内容，对中国广大的英语学习者尤其是青年学生，产生着重要的影响，成为人们学习美式英语、练习听力和口语的有效途径，并已列为目前大学英语4、6级考试的重要内容之一。

奉献给读者的这套丛书，选取最新播出的节目内容，配上VOA资深播音员朗读的MP3原声光盘，将成为广大中学生、大专院校学生、大学英语4、6级应试者和疏于运用英语的成年读者迅速提高英语听力、口语和阅读的阶梯。





June 30, 2004

Shanghai World Publishing Corporation
1704, Tower B
185 Shangwen Road
Shanghai, China

Dear Sirs:

Congratulations on publishing scripts of the Voice of America's Mandarin Service radio programs *Popular English* and *Words and Idioms*. I would like to express my most sincere thanks to the Shanghai World Publishing Corporation's cooperation with the Voice of America to put these two popular English-language teaching programs into print. As the standards of English teaching and learning rise in China, Chinese students' understanding of American slang and popular phrases is important to advance communication between our peoples, especially the younger generation.

Popular American and *Words and Idioms* are now broadcast by dozens of provincial and local radio stations across China. Listeners across China have requested scripts of the programs to enhance their study of English. VOA is proud to work with Shanghai World Publishing Corporation to assist the listeners of these programs to more effectively study and comprehend the English language as it is spoken in the United States.

I wish you and your readers the greatest success in learning to communicate effectively in American English.

Sincerely,

A handwritten signature in black ink, which appears to read 'David S. Jackson', is written over a horizontal line.

David S. Jackson
Director

330 Independence Avenue, SW, Room 3300, Washington, DC 20237 (202) 519-3375 Fax (202) 260-2228

VOA英语教学节目丛书

1.《流行美语》(Popular American),通过美国大学生和中国留学生的对话,从大学生生活的不同场景中讲解美国年轻人常用的俚语,生动活泼,幽默轻松。

2.《美语咖啡屋》(American Cafe),以现场采访的形式,介绍美国年轻一代喜闻乐见的文化艺术和社会风俗,让读者在学习美语的同时了解美国的时尚文化。

3.《美语会话》(English USA),通过一名美国之音记者的外出采访活动,围绕美国现实社会中的不同热点和生活话题,介绍基本的美国日常会话。

4.《美国习惯用语》(Words and Idioms),专门介绍美国人日常的习惯用语及其出典,并以大量富有生活情趣的实例来说明其用法,内容广泛,经典实用。

5.《中级美语》(Intermediate American English),在日常会话的基础上,深入浅出地讲解英语语法,并配合句型练习和短文阅读,便于读者重温语法和训练听力。

6.《美国大观·农业概览》(This is America & Agriculture Report),全面介绍美国社会、政治、文化、生活等各领域内容,以及农业、畜牧业发展的现状和历史。

7.《社会万象·新闻透视》(American Mosaic & In the News),通过各类软新闻让读者了解美国的社会生活、文化娱乐、音乐艺术等,以及对各类新闻的背景报导。

8.《建国史话·教育漫谈》(The Making of a Nation & Education Report),生动描写美国历史上影响重大的人物和事件,以及学校教育、校园生活、家庭教养等。

9.《精英荟萃·经济纵横》(People in America & Economics Report),广泛介绍各行各业平民百姓中的杰出人士,以及企业动态、贸易、股市、就业、消费等经济信息。

10.《科学新知·发展动向》(Science in the News & Development Report),及时报导各类科技研究的新内容,以及各行业最新研究动态和日常生活的科研新信息。

11.《探险揽胜·健康人生》(Explorations & Health Report),重点叙述太空探测、航海探险、各地名胜、自然风光,以及最新医学研究和健康调查分析等。

12.《VOA 特别英语词汇手册》(VOA Special English Word Book),收录 1500 余个在 VOA 特别英语节目中最常用的词汇,配以部分例句和简要的英文、中文两种解释,是学习特别英语不可缺少的工具书。

前言

1620年11月,乘坐“五月花”号帆船远渡重洋的102个英国清教徒,历经66天的艰险漂泊,终于踏上了北美大陆。从此,来自欧洲的移民络绎不绝。他们在这块自由的土地上劳作生活,建立殖民地,后来又组成了独立的国家。星移斗转,沧海桑田,如今的美国已跃居世界列强之首。

作为一个移民国家,美国的语言就像它的人种一样,具有“大熔炉”的特点。美式英语兼收并蓄,除了继承原来英国英语的基本内容之外,又混杂了土著印第安人、非洲黑人和欧洲大陆国家的语言,且因地域辽阔而受到一些次文化社会阶层的影响。20世纪以来,随着现代美国的崛起,美式英语的应用已日益广泛。

美国之音(Voice of America, VOA)的英语教学节目,以其流行的美国语言、纯正的美式发音和丰富的教学内容,对中国广大的英语学习者、尤其是青年学生,产生着重要的影响,成为人们学习美式英语、练习听力和口语的有效途径。

奉献给读者的这套《VOA英语教学节目丛书》,由AA Culture & Publication(美亚文化出版公司)特别策划,经VOA授权上海世界图书出版公司出版。

本丛书继《流行美语》、《美国习惯用语》、《美语咖啡屋》、《美语会话》、《中级美语》和VOA特别英语系列等十二种之后,这次又推出医学英语系列三种《生命脉搏》、《健康快递》和《保健园地》,以后还将陆续推出其他系列的VOA英语广播电视节目。

这本《保健园地》，将 VOA 近年来新制作的几个医学英语电视节目中的精彩内容汇集在一起，并采取英汉对照的形式，介绍与人类健康有关的各种医学成就、医药技术、疾病症状、治疗手段和保健常识等等，内容广泛，简明扼要。因此，本书不仅适合医学院校师生作为医学专业英语的教学辅导材料，也便于英语程度一般的广大读者提高美式英语的听读能力。

目前，VOA 英语广播节目已是大学英语 4-6 级考试的重要内容之一。本丛书选取最新播出的节目内容，配上 VOA 资深播音员的 MP3 原声光盘，将成为广大 4-6 级应试者迅速提高 VOA 听力的阶梯，同时也可供疏于应用的成年读者练习英语听力、口语和阅读之用。各书所附 MP3 原声光盘，可以在电脑、MP3 播放机和具有 MP3 功能的手机、DVD 等家用电器上播放学习。

本丛书在出版过程中，承蒙 VOA 台长 David Jackson 来函致贺，并得到 VOA 中文部主任 William Baum (彭慕仁)、中文部节目推广及因特网主任纪锋和前主任陈光、上海世界图书出版公司总经理冯国雄、副总编辑陆琦及何耀萍、王丹等诸位鼎力相助，在此一并致谢！

愿《VOA 英语教学节目丛书》成为读者学习美式英语的良师益友！

丛书编委会

2006 年 1 月

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保健园地 1

100 years ago, tuberculosis killed more men, women and children than any other infectious disease. Then along came modern medicine and virtually wiped it out. But today, new TB cases are on the rise. And so is the disease's resistance to the powerful drugs that used to be able to treat it.

It happens in a busy mall...at a sold out sporting event...or even a third world village. Someone sneezes or coughs...expelling millions of water particles into the air. Chances are, the particles are harmless to the person who happens to breathe them in. Then again, they might just contain invisible airborne bacteria responsible for the world's most common, yet potentially lethal infection... Tuberculosis.

Margaretha Logus: "I don't know for sure how I got it but I think I got it when I was in Venezuela. I was up in the mountains, the jungle visiting an Indian tribe and I came home and a couple of weeks later I got very, very sick."

63 year old Margaretha Logus loves to travel to the far reaches of the earth...places where tuberculosis...That's the disease caused by infectious tubercle bacteria...is more prevalent than in the United States

Sam Louie: "For millennium, tuberculosis was associated with poverty, with homelessness, poor social economic conditions, but with the way that people can travel to different cities, different locations, tuberculosis is now creeping into urban cities."

World health authorities say there's a new case of TB transmitted

every second...and like Margaretha, the symptoms usually appear within two weeks. The slow growing bacteria can manifest as a fever, weight loss, a chronic cough and eventually pneumonia. For Margaretha, tuberculosis brought her once active life to a screeching halt.

Margaretha Logus: "I was just getting out of breath, in the office we have an upstairs where part of the office is and I would go up there and I would be so out of breath I would have to sit down and rest and catch my breath before I could start talking to people."

By the time Margaretha came under the care of UC Davis Medical Center pulmonary specialist Dr. Sam Louie, the bacteria had begun growing in the deepest regions of her left lung. 60 years ago, she might have been shunned by her community and sent away to a sanitarium to die. But with the discovery of modern antibiotics, the disease that ravaged millions could now be cured.

Margaretha: "Today, we have medications that will cure, you can get well, you can get perfectly alright again and lead a normal life."

That's the theory...take your antibiotics every day as prescribed and be cured of tuberculosis. But often the miracles of modern medicine come at a very high price...

Louie: "There is increasing evidence that tuberculosis organisms that are out there in the community are becoming more and more resistant to antibiotics that were previously effective."

Today, only 15 years after the disease was thought to be all but eradicated in this country, tuberculosis is back with a vengeance. Urban crowding, immigration, AIDS, drug abuse and the disappearance of specialized TB clinics are part of this growing problem...and so more and more health care officials are advocating routine screening for everyone.

Louie: "A cure can be achieved in cases of tuberculosis when the bacteria are susceptible, when they are found on testing that they can die as a result of antibiotic treatment."

Margaretha: "Within a week or two, I was feeling just perkier and back to normal, having enthusiasm because my enthusiasm for life was just kind of 'I don't want to go to work, I don't want to do anything' and suddenly I was feeling good again, having energy and wanting to do things."

By protecting her own health, Margaretha is protecting the health of the people around her. Today, she faces even bigger challenges than being the controller for a national corporation...like changing outdated world-wide stereotypes about this deadly disease.

Margaretha: "I think people in Sweden as well as here think 'no, I can't get it. I'm not lower class and we upper class don't get it. It's for poor people, undernourished people' and I think that's why people feel ashamed and don't want to admit if they have it and they hide it if they get it."

The good news is that 98 percent of all TB cases can be cured with the right treatment. But it takes a commitment on the part of the patient to finish the medication cycle so they can heal and prevent the spread of the disease. They feel so strongly about it that, in fact, in New York city, if you don't take your TB medication you can be arrested.

100年前,肺结核在美国造成的死亡人数比其他任何传染病都多。随着现代医学的发展,人们最终消灭了它。然而今天,新的肺结核病例正在增加,而且这种疾病对以前有强效的药物的抗药性也增加了。

在忙碌的商场里……在座无虚席的体育比赛场里……甚至在一个第三世界的村落里,有人打喷嚏或咳嗽……向空中喷出了几百万个飞沫,这些飞沫被人偶尔吸入并没有害处。然而这些飞沫可能就含有看不见的通过空气传播的细菌,这种细菌是导致世界上最普遍的但有致命危险的传染病——肺结核的罪魁祸首。

罗格斯说:“我不太清楚我是怎样得肺结核的,但是我想,我是在委

内瑞拉得的。我当时在山上的丛林中探访一个印第安部落。我回家几个星期后就病了,病得非常非常厉害。”

63岁的罗格斯喜欢到世界边远地方去旅行,那些地方的肺结核病比美国更普遍。肺结核是由一种传染性的病菌引起的。

罗伊医生说:“1000年来,肺结核是与贫穷和无家可归及社会经济状况落后联系在一起的。但是随着人们可以到不同的城市旅游,肺结核现在已经蔓延到城市和郊区。”

世界卫生组织说,每一秒钟都会出现一个肺结核的新病例,像罗格斯一样,其症状通常在两星期内显示出来。病菌缓慢增长,伴随着发烧、体重减轻、慢性咳嗽等症状,最后是肺炎。对罗格斯来说,肺结核使她本来活跃的生活突然停止。

罗格斯说:“我喘不过气来。我们办公室有一部分在楼上,要爬楼梯上去。在爬楼梯的时候,我总是上气不接下气,我得坐下来休息一下,等喘过气来才能和别人说话。”

等到罗格斯到加州大学戴维斯分校医疗中心肺部专家罗伊大夫那里看病的时候,病菌已经开始蔓延到她的左肺深处。如果在60年前,她可能已经被她的社区遗弃,被送去隔离,等死。但是随着现代抗生素的发现,这种曾经杀死几百万人的疾病已经可以治愈。

罗格斯说:“今天我们有治愈肺结核的药物,病人可以恢复,你可以彻底康复,开始正常生活。”

理论上是这样。每天遵照医嘱吃抗生素可以治愈肺结核。但是现代药物产生的奇特疗效经常要付出昂贵的代价。

罗伊医生说:“越来越多的证据表明,肺结核病菌对以前有效的抗生素越来越有抵抗力。”

在人们以为肺结核在美国几乎绝迹的15年后的今天,这种疾病又卷土重来。城市的拥挤现象、移民、爱滋病、吸毒以及肺结核诊所的消失都是肺结核病增加的原因之一。所以,越来越多的卫生官员建议对每一个人进行肺结核例行检查。

罗伊医生说:“在病菌没有抗药性的情况下,也就是说,试验证明病菌可以被抗生素消灭的时候,肺结核病是能够治愈的。”

罗格斯说：“在一两个星期内，我感到越来越振作，恢复到正常状态，对生活也感到越来越乐观。以前我的心情是，‘我不想去工作，我不想去做事’，突然间，我再次感觉很好，并且有精力，希望做事。”

罗格斯保护自己的健康，也就是在保护她周围其他人的健康。她现在除了担任一家全国性大公司的财务总管之外，还面临着更大的挑战，那就是改变这个世界对这种致命疾病的固有看法。

罗格斯说：“我想，瑞典人和这里的人都认为，‘不，我不会得肺结核，我不属于下层社会，我们上层社会不会得这种病，它是穷人、营养不良的人得的病’。因此人们在得肺结核后感到难堪，如果得了这种病也不想承认，并且隐瞒着。”

令人欣慰的是，如果得到正确治疗，98%的肺结核病人可以治愈。但前提是，病人必须完成药物治疗周期，这样才能治愈疾病，并防止病菌扩散。有些地方防止肺结核的态度很坚决。比如说在纽约，如果病人没有吃肺结核的药物，可能被逮捕。



保健园地 2

According to the American Diabetes Association, more than 18 million people in the United States have diabetes, like Beth's daughter.

Beth Schwartz: "When we first heard about her diagnosis, we were very overwhelmed with everything. And we didn't know a lot. And we didn't know what we were going to do. So we consulted doctors and friends, and just whoever we could to help us learn more about the disease and what we needed to take care of her."

Public health officials say the country is experiencing a diabetes epidemic; 900,000 new cases are diagnosed each year, meaning 1 in 10 adults will have diabetes by the year 2005. Before we find out how this condition is treated, let's take a look at the differences between the three main types of diabetes. Type I affects about a million Americans, and typically strikes in childhood. In people with this type of diabetes, the pancreas is unable to produce insulin, the hormone responsible for moving sugar out of the bloodstream. The vast majority of all diabetes cases in the United States, between 90 and 95 percent, fall into the second category. In people with type II diabetes, formerly called adult-onset diabetes, the body does not make enough insulin, or is unable to use it properly. Age, obesity, family history, and ethnic background can affect your risk for developing this type of diabetes. For example, African Americans and Hispanics tend to have a higher rate of type II diabetes than whites. A third type, known as gestational diabetes, affects about 4 percent of all pregnant women, and increases the baby's risk for obesity and type II diabetes later in life. All

three types of diabetes can cause a dangerous buildup of sugar in the blood, eventually leading to devastating complications, such as heart disease, stroke, kidney failure, blindness, and amputations. In fact, complications from diabetes kill one American every three minutes.

But many people have long, full lives, despite a diagnosis of diabetes. According to a major government study, the key to avoiding complications is to keep the blood sugar levels as close to the normal range as possible. How can this be done? Well, for most people with diabetes, the starting point is personalized meal plans.

Beth Schwartz: "Before she was diagnosed, she ate a lot of carbohydrates, big portions. And when we met with a nutritionist at the hospital when she was first diagnosed, she told us to modify her portions, so she can eat less at a meal but eat more times a day. So she eats about six times a day and she eats less at each meal. But we do incorporate vegetables in every meal, as well as protein and the carbohydrates that she needs to keep her blood sugar stable."

Another component of successful diabetes management is the careful monitoring of blood sugar levels with a glucose meter.

Beth Schwartz: "She was diagnosed December 5th, 2002, so it's been over a year. So we've reduced the number of times that we have to check her. It's about five times now, maybe sometimes more if we feel that she needs to be checked. We give her three shots a day of insulin. We use three different types of insulin. And my husband and I right now are the only ones who give her shots, but we're trying to teach other people."

All patients with type I diabetes, and many of those with type II, also require insulin therapy. Which has come a long way since it was first introduced in the 1920's. Today, patients can choose to take injections or wear a pump that delivers insulin through a tube 24 hours a day. Insulin therapy compensates for the body's inability to make enough of the hormone on its own, and is extremely effective at controlling blood sugar.