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医学英语
系列

Health Watch
Health Watch
健康快递

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
适合医科院校师生和中级英语读者

VOA英语教学节目丛书

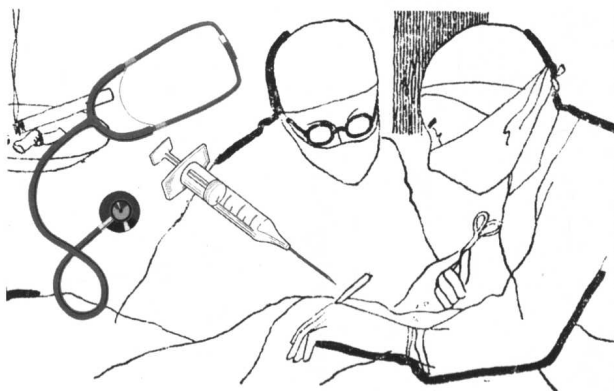
王少如 主编

健康

快递

HEALTH

WATCH



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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《健康快递》(*Health Watch*), 是 VOA 近年来新制作的杂志型系列电视报道之一。它以 VOA 记者采访专家、医生和病人的形式, 介绍与人类健康保护有关的各种医学动态、最新成就和医学知识, 包括医药技术、医疗手段、疾病症状、预防措施等等, 内容丰富, 观点新颖。因此, 本书尤其适合医科院校师生作为医学专业英语的教学辅导材料, 也是具有中级英语程度的广大读者提高美式英语听说能力的基本读物。

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!

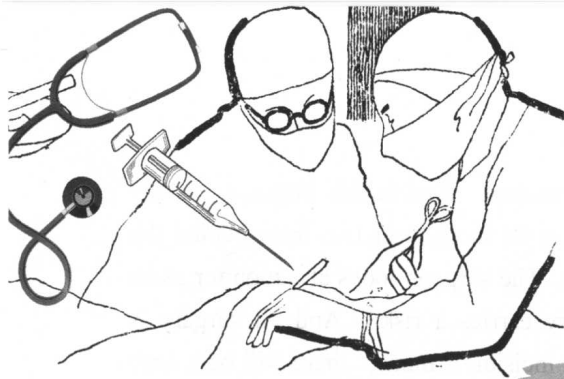
愿《VOA 英语教学节目丛书》成为读者学习美式英语的良师益友!

丛书编委会

2006 年 1 月

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健康快递 1

Forget the windswept look and months-long recovery period associated with facelifts. Today, the latest advances in plastic surgery promise a less invasive procedure with a more natural outcome. Jennifer Morrow has this special report.

Last year, Jane decided to do what millions of Americans elect to do each year, have cosmetic plastic surgery.

Jane: "As I approached 50, there were things about my face that bothered me, minor things that probably a lot of people, and other people, said didn't bother them and it shouldn't bother me. But for myself, I just wanted to correct those things."

Jane did her homework, starting with a visit to the American Society for Aesthetic Plastic Surgery's Web site. They're the leading organization of board certified plastic surgeons in the U.S. She learned that there are many different cosmetic surgical approaches.

Peter Fodor: "In the last few years, plastic surgery advanced very significantly, and we have many procedures to choose from. So, as such, we can evaluate each patient from an emotional and anatomic standpoint and custom tailor a surgical program that fits them best."

After looking at a number of before and after photographs of other patients, Jane, on Dr. Fodor's recommendation, opted for an endoscopic procedure. This minimally invasive technique uses a tiny camera to see internally through very small incisions.

Fodor: "On the cutting edge of facial rejuvenation, making people

look younger, is endoscopic approaches. And in this instance, a tiny camera is inserted through a very small incision or two from behind the hairline, so there is no visible scars. The surgeon looks at a monitor as he performs the surgery. All surgery carries a risk. And all surgery is performed through scars. Once an incision is made, there will be a scar. With endoscopic surgery, however, these scars are very, very small. They're hidden behind the hairline. And the recovery, the bruising and the swelling, is significantly minimized."

Jane was delighted with the result. The surgery improved her eyes, her cheeks are fuller, and her chin better defined.

Jane: "I was amazed. Actually, another friend who had done her face, five days after the surgery was like, you look amazing. Her family is in show business, and she said the whole family, for generations, have done plenty of facelifts. And she said I looked fabulous like five days after surgery. So I was surprised. It was very quick and very comfortable. I thought I wouldn't be able to go out of the house probably for about a month, five-six weeks, just without people saying, oh, she had a facelift. I didn't want to go out with that. But I was out after three weeks. I just think everything settled. Yes, all the swelling is gone. I have complete movement. Everything just feels completely normal. And I think all the expression lines are back. I'm just noticing it looks better. It looks more natural. I think especially around my eye area, it's just settled. I can completely smile and completely blink naturally. And that's the area I think that now it's softened."

As research continues, it's expected that many new uses for endoscopy will be developed. In the meantime, some plastic surgeons are using the technique on carefully selected patients. This is Jennifer Morrow.

For those who suffer with eczema, the discomfort associated with the

condition can be excruciating. But new treatments are now available that offer hope to patients with this painful disease.

Peter Nguyen: “Waking up was a problem, and getting out of bed. Taking showers, it would sting. Some days it would get so bad I would just not go to work and I would just lie under the blanket. It would just be unbearable. I couldn’t even drive. I couldn’t turn my neck. It was just really bad.”

Peter Nguyen is one of many Americans suffering from atopic dermatitis, commonly known as eczema. According to a guide published by the National Eczema Association for Science and Education, nearly 35 million Americans, and between 10 and 20 percent of all children, may have eczema.

Eczema is an unpredictable skin condition, with itchy red flare-ups that come and go. Flare-ups can be mild, moderate or severe, yet are not contagious. Eczema often provokes an intense itching sensation that can cause someone to scratch until the skin is red and inflamed. This leads to more inflammation and itching, or what experts refer to as the itchscratch cycle.

Adelaide Herbert: “The itch-scratch cycle is something where the more that you scratch, the more you actually trigger itching. It’s a self-perpetuating thing, if you will. It’s very important for both physicians and patients and parents to understand the itch-scratch cycle because it’s the best way we can educate, such that our therapies will help the patient be more comfortable in the long run.”

If you suffer from eczema, it is important to keep your skin moist. Try applying moisturizer to your skin immediately after bathing, to help lock in the moisture. Wearing soft clothing can also help. When your eczema flares up, see if you notice anything that may be triggering the reaction, and avoid those triggers. Most importantly, see your doctor. He or she may recommend prescription medication.

Adelaide Herbert: "One of the products..."

There are many types of prescription medications. Elidel is a steroid-free cream that controls the itching and redness of mild to moderate eczema.

Adelaide Herbert: "Elidel is indicated for patients two years of age and above who have atopic dermatitis, particularly atopic dermatitis that hasn't responded to other products. We like to use Elidel on all body surfaces. We know that it is very effective when used twice daily on the eyelids, face, arms, legs, and trunk."

All medications come with a risk of certain side effects, so make sure you ask your doctor which medication is right for you. The most common side effects are a feeling of warmth or burning where applied, headache, cold-like symptoms, such as sore throat and cough, and, rarely, viral skin infection. When using creams such as this, you should protect your skin from the sun and sunlamps. To learn more about eczema, log on to Treateczemanow.com.

While pets play an important part in the lives of many American families, there are certain health precautions that need to be followed when you bring an animal into your home.

Pets bring immeasurable happiness to a home. Studies have even shown that stroking the fur of an animal can lower blood pressure, and that folks who live with an animal can expect to live a little longer.

That's hard to beat. What else in your life provides so many benefits while making so few demands? But that doesn't mean you can bring a cat or a dog into your home without taking a few simple precautions. While you probably already know that, one of these precautions might be news to you.

Lynn Allen: "It's exceedingly common for both puppies and kittens to have intestinal parasites. In fact, over 90 percent of puppies that are three months of age or younger harbor one or more forms of intestinal

parasites.”

What you may not be aware of is that your family, especially small children, can also be at risk of parasite infection from these very worms. Before you let your kids go rolling around on the ground with your dog or cat, make sure there's nothing but love being shared. A simple trip to the vet goes a long ways towards making sure your new best friend, as well as your family, stays happy and healthy.

And if you do find out that your pet has intestinal worms, this infection can be very easily treated. Because pets that have acquired one intestinal parasite sometimes acquire others, it is important to ask your veterinarian for an effective dewormer that eliminates the greatest number of intestinal parasites your pet can be exposed to, such as Drontal dewormers for cats and dogs. Always remember, your vet knows what's best for your pet.

Lynn Allen: “People can become exposed to the same parasites that their puppy or kitten or dog or cat may be harboring, by contact with an infected egg from the pet's waste. And this can occur from the waste, either through direct contact with the waste or contaminated soil. Long after the waste is gone, the eggs will remain viable in the soil and infective for years. For example, a single groundworm female can lay up to 100,000 eggs per day. The best way to prevent environmental contamination with these intestinal parasite eggs is through a practice strategic deworming. This means use of a broad spectrum parasite dewormer, such as the Drontal line by Bayer, at regular intervals. It's a practice that's recommended by the Centers for Disease Control and Prevention as well as the American Association of Veterinarian Parasitologists.”

Just like riding a bicycle, owning a pet comes with certain risks and responsibilities. Knowing which precautions to take will help keep your family healthy, while experiencing all the joys of owning a pet.

Joining us now is Dr. Glenn Schattman, Professor of Obstetrics at Weill Medical College, and Amy Niles, President of the National Women's Resource Center, to discuss a condition that affects millions of American women, endometriosis. Dr. Schattman, what exactly is endometriosis?

Glenn Schattman: "Endometriosis is the lining of the uterus, which goes back out the fallopian tubes, and sticks to internal organs, like the intestines, the ovaries, the fallopian tubes, the bladder. And when it does that, it causes symptoms of pelvic pain, back pain, problems going to the bathroom, painful sex. These are all common symptoms of this disease."

Well, Amy, is it a common disease?

Amy Niles: "It's very common. In fact, 5.5 million women suffer from endometriosis. And importantly, there is a recent survey that showed that of all infertile women, up to 40 percent of them had endometriosis. So it's so important for women to recognize the symptoms that Dr. Schattman just talked about and begin that dialogue with their doctors. Sometimes it's really difficult to begin that dialogue. Women may be embarrassed or they may not remember the pain and exactly when it occurred during their cycles. So to help women, we have a site, called Endoknow.com. That's Endoknow.com. It's a great resource for women. But importantly, it's a place where women can actually track their symptoms, track the pain that they're experiencing, print out their pain diary, and take it with them to their doctors, so that they can start that dialogue that's so important."

And what are the treatment options currently available?

Glenn Schattman: "Well, there are many treatment options available. Certainly I think the key is to make the diagnosis early. Women should not have to suffer for years with the symptoms they are having. So the treatments are medical. There are surgical treatment options. But the treatments really are based on the symptoms someone is having and what they're trying to accomplish."

And there's a risk of infertility with endometriosis, isn't there?

Glenn Schattman: "Absolutely. The symptoms go undiagnosed or untreated for many, many years — in one study, six or seven years — before an adequate diagnosis was made and treatment was initiated. So six and a half years is a long time for the disease to grow, to cause scar tissue adhesions that can block the fallopian tubes and prevent the egg and the sperm from getting together when someone is trying to get pregnant, and therefore cause infertility."

And what's the recommendation for women who may have endometriosis?

Amy Niles: "Pay attention to your body. If you're experiencing the pelvic pain, painful periods, the other symptoms, recognize that that's not normal. Make that appointment and go see your doctor. Begin that dialogue."

Glenn Schattman: "It's important to open up that dialogue and not feel uncomfortable in talking with a physician. Sometimes that pain diary just makes it easy to initiate the conversation, or to allow the physician to then go into what your symptoms are and help you figure out what's causing your pain. These are quality of life issues. These are things that women should not have to deal with on a daily basis. It should not stop them from working one or two days a week or interfering with their social life. This is not a normal process."

Is there a Web site where women can go for more information?

Amy Niles: "The Web address is Endoknow.com. That's Endoknow.com."

Our next report examines the simple steps moms can follow to maintain their own nutrition while watching over their children's health.

For Lisa Fendrich, raising two kids is a full-time job. Add that to the fact that she runs her husband's business at home, and you can see why she has little time to be concerned with her own needs, including her diet.

Lisa Fendrich: "I have two jobs. I'm a mom, with two children. And I run my husband's business from my home. And it keeps me very busy. So I spend very little time focusing on my diet. I focus more on my children and my husband."

If your life is anything like Lisa's, then perhaps you too are spending more time making sure your kids are eating well rather than focusing on your own diet. But you're not alone, and there are some helpful solutions.

Liz Weiss is a nutrition expert, who has devoted her time to finding simple ways for moms to improve their health without drastically changing their lifestyle. Her book, *The Mom's Guide to Meal Makeovers*, highlights simple nutrition tips that women can incorporate into their daily lives.

Liz Weiss: "As the primary caregivers, women tend to take care of the entire family first before they consider their own nutritional needs. Now, we know from research that half of all women today don't get enough calcium in their diets, they don't get enough vitamin C in their diets. And these are important nutrients that women need to be consuming every single day. Surprisingly, it's easier to get these nutrients in the diet than you think. For example, vitamin C, you'll find it in citrus fruits, but you can also find vitamin C in things like red bell peppers, tomatoes and strawberries. Calcium, it's found in dairy foods, but you can also get calcium from things like almonds, broccoli and oranges. Calcium-fortified foods contain calcium. Waffles and cereal would be an example there. There's even a soda that contains these important nutrients. For example, Seven-Up-Plus. It has real fruit juice, calcium and vitamin C. I really made it a point to include all of these types of foods in my recipes. And that's because everybody needs the nutrients in them, including moms."

Now Lisa tries to remember a few small steps that help keep her life balanced. Rules like avoiding skipping meals, so her blood sugar levels stay normal, helping her to avoid cravings for things like sweets and chips. Also, she only buys snacks and beverages that offer some kind of

nutritional value. One final rule for moms everywhere. No matter how busy you are, take a few small steps each day to remember what your needs are, especially when it comes to your diet. Taking the time to focus on your nutrition can lead to a more balanced lifestyle.

Up next is this week's eye on health.

Drug addiction, one of the most significant threats to public health, continues to grow. But there's a new threat, addiction to prescription painkillers. Prescription painkillers are important for patients suffering acute and chronic pain. But for some patients, appropriate treatment for pain carries the risk of addiction.

Everett Koop: "A certain percentage of patients, especially those with histories of drug abuse, can become dependent on prescription opioid analgesics. These unwitting victims include people in all walks of life, at all socio-demographic levels, and for all sorts of reasons."

The World Addiction Foundation, a nonprofit outreach for individuals suffering from addiction, wants to get the word out that help is available for those who need it. Under the Drug Addiction Treatment Act, passed in 2000, physicians can prescribe and administer treatment to patients privately, offering a confidential and convenient way to help break the cycle of prescription drug dependence.

Our next report looks at an important breakthrough in the treatment of non-Hodgkin's lymphoma.

Researchers announced positive data from a large randomized study evaluating Rituxan as maintenance therapy for newly diagnosed patients with indolent non-Hodgkin's lymphoma. It was used following initial treatment with chemotherapy.

Howard Ho: "The goal of successfully treating indolent lymphoma is to keep the patient as healthy as possible for the longest time possible. This

is a disease that can be put into remission many times over but continues to come back. Indolent lymphoma is difficult to treat because it always comes back, even after remission with chemotherapy. Drugs such as Rituxan may..., drugs such as Rituxan may be able to keep the disease at very low levels and allow us to treat it chronically over even more years.”

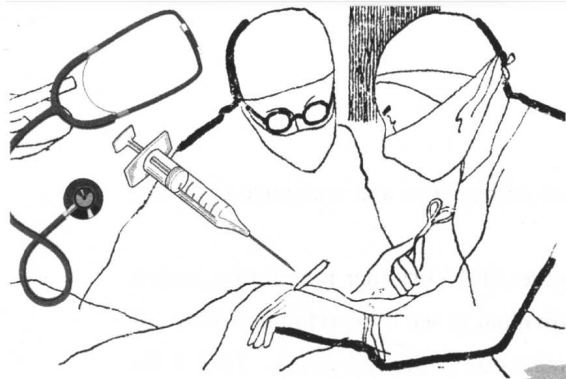
The study authors concluded that there was a significant improvement in progression-free survival, the primary endpoint of the study. The researchers found that 73 percent of patients who received Rituxan maintenance therapy were free of disease progression and alive at two years, compared to 43 percent of patients who received no further treatment. The data was highlighted at the 40th annual meeting of the American Society of Clinical Oncology.

Hochester: “In ECOG 1496, patients were randomized to either receive two years of maintenance therapy with this antibody, Rituximab, or observation. The group that received the antibody went two and a half times as long without the disease coming back. That is what we call the progression-free survival. In this particular study, the progression-free survival was two and a half years longer for the group that received the maintenance therapy.”

In this trial, maintenance therapy began four weeks after the last cycle of chemotherapy, and was defined as four doses of Rituxan every six months for two years. The findings of the study represent a change in the way non-Hodgkin’s lymphoma is now being treated.

Hochester: “With many new therapies for the treatment of cancer, we’re getting away from the idea that we have to kill every last cell, and evolving to a new treatment paradigm where we can use therapies that keep the cells under control.”

Approved by the U.S. Food and Drug Administration in November 1997, Rituxan was the first therapeutic antibody approved for cancer in the United States.



健康快递 2

Caring for aging parents is a constant source of stress for adult children. And that stress is becoming more widespread as the number of senior citizens living alone skyrockets to more than 10 million this year. Danielle Adair has more.

A top concern for many adult children who care for an elderly loved one is that an accident or illness could leave them without help for hours. Theresa Teel cares for her elderly mother, Virginia Merlie.

Teresa Teel: "Mother is very independent. She lives alone. And I just always worry about the what-ifs."

Patti Johnson, from Rebuilding Together, an organization dedicated to safe and independent living for seniors and others, says it can be difficult to keep an elderly loved one in their own home when safety starts to become an issue.

Patti Johnson: "One out of three seniors 65 and older falls each year. And according to The New England Journal of Medicine, the chances of surviving a fall, a stroke or a heart attack increases six times if you can get to that person within the first hour."

The Teels turned to an early detection and warning system from ADT Security Services, called Quiet Care Plus. It's designed to identify potential problems before they become emergencies. The non-invasive technology uses motion detectors, not cameras, to monitor a senior's activities, to determine if there has been any changes in their habits. The system sends regular updates to both caregivers and monitoring