

# 综合医学英语教程

A Disease-based Approach  
to Medical English

主编 梁正溜



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to Medical English

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# 前 言

医学英语在我国医学院校教学中越来越被意识到是不可分割的一部分,其必要性日益明显。然而,医学英语教学课时有限也是摆在大学英语教师面前一个不争的客观事实。在有限的课时中,如何使教学价值最大化,是每一位医学院校大学英语教师面临的一个棘手难题,同时,也是一个课题。毋庸置疑,课程建设是学科发展的先决条件之一。

然而,课程建设需要我们面对挑战,在广泛的语言知识和浩瀚的医学知识之间探索、发现一个实际可行的界面(interface),即切入点,精心耕耘,铸造一个相对完整的有机整体(entity),即建设一门独特的富有医学英语教学价值的课程。

任何一门具有教学价值的医学英语课程无一例外包含着3个基本要素:知识(knowledge)、语言(language)和技能(skill)。知识是载体,语言是工具,技能是催化剂。作为一位在医学院校任教的大学英语教师,需兼顾这三者,并将其融为一体,使之成为有效的教学机制,让医学生无论在知识上,还是在语言上和技能上,都能真正地有所学、有所提高。

本册教材锁定的界面分别涉及英语学习和现代常见疾病,从而构成医学英语学习的一个有机整体。本册由8个单元构成,每单元分别由6个部分组成:Assignments before Class; Audiovisual Lead-in; Productive Reading; Video-based Learning Activities; Academic Exchanges; Language Acquisition Activities。所有设计的教学活动都围绕着以知识、语言和技能为核心的主轴。

作者在每个单元都充分考虑了不同的难易度,并提供内容的宽度,以便教师根据自身的实际情况(如有限课时或学生的水平)进行选择,并可任意组合,使教学价值和质量达到最大化。

编者

2014年2月

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# Unit 1

## *Stress & Its Related Diseases*

### Preview

Today we all think that we know what stress is, even though no two people seem to define it in exactly the same way, and few of us would deny that we are suffering from stress-related heart disease, immune deficiency, memory loss, or even obesity. On the other hand, stress is part of life; it is not necessarily something to be avoided in our life. Then, what is stress? And how can we manage it? We cannot afford to be ignorant of stress and its harmful effect on health. The more we learn about stress, the better we will manage it.

## Objectives

This unit is intended to help students to:

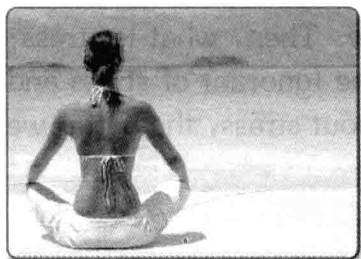
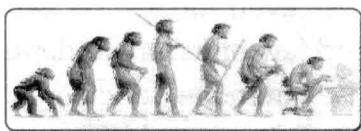
- I. Search online for knowledge and information on stress and its related diseases;
- II. Engage in the topic-related learning activities of watching, listening and speaking;
- III. Think in English while developing the skill of taking notes;
- IV. Learn how to read productively and nurture critical thinking during communicative interaction;
- V. Observe and imitate such functional and notional language as stating that you understand and making sure you are understood;
- VI. Acquire the medicine-related knowledge, the inherent useful English and the skill of using the target language.

## Section One

### Assignments before Class

#### 1. Online Quest for Definition

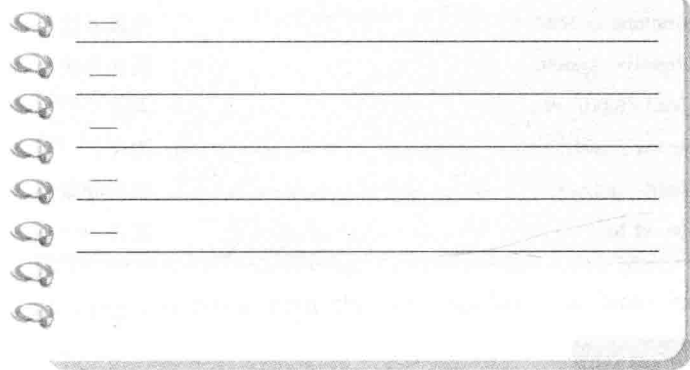
Directions: Explore online the definitions of the following topic-related terms, and then put down each definition as concise and precise as possible in the space given in Section Five on Page 20. With this, get ready for an academic discussion in class.



- *stress and stressor*
- *prostress and distress*
- *fight-or-flight response*
- *coping mechanism*
- *stress management*
- *psychoneuroimmunology*
- *sympathetic-adrenomedullary axis (SAM)*
- *hypothalamic-pituitary-adrenocortical axis (HPA)*

#### 2. Online Acquisitions

Directions: While exploring online, jot down the key terms which you believe can help better understand what stress is all about. Then, do the same as you did in the previous task.



## Section Two

### Audiovisual Lead-in

#### Part One

Directions: Get to know the following useful language.

#### Words & Expressions

fight or flight mechanism	“战”或“退”机制
survival operation	生存机制
apply to ...	适用于……
living thing	生物
automatically /ˌɔ:tə'mætɪkli/ <i>ad.</i>	无意识地,机械地
perceive /pə'si:v/ <i>vt.</i>	感觉,察觉
cave person	穴居人
eagerly /'i:gə(r)li/ <i>ad.</i>	急切地
gear up	做好行动准备
breathing /'bri:ðɪŋ/ <i>n.</i>	呼吸
heart rate	心率
muscle /'mʌsl/ <i>n.</i>	肌肉
tense /tens/ <i>a.</i>	肌肉绷紧的
pupil /'pjʊ:pl/ <i>n.</i>	瞳孔
dilate /daɪ'leɪt/ <i>vi.</i>	放大
sense /sens/ <i>n.</i>	感官
internal processes	体内生理过程
shut down	关闭

temporarily /ˈtempərəri/ ad.	暂时地
immune system	免疫系统
digestive system	消化系统
fend /fend/ vt.	避开
sweat /swet/ vi.	出汗
tight /taɪt/ a.	肌肉绷紧的(=tense)
be set to ...	准备……

## Part Two

Directions: You're going to watch a video clip(V1). Listen carefully and complete each of the answers according to what you have heard from the video.

## What Is Stress?



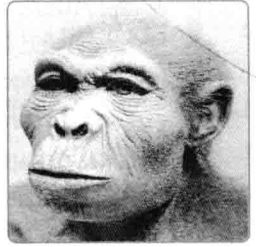
- 1) What is a fight or flight mechanism?  
It's a \_\_\_\_\_ of the human body.
- 2) What is it for?  
It is designed to help us \_\_\_\_\_ of any kind.
- 3) What happens when our mind and body perceive that we're in danger?  
The body \_\_\_\_\_ and takes certain steps to make sure that \_\_\_\_\_.
- 4) What would you do as a cave person with a tiger outside?  
You would have to fight and defend yourself or \_\_\_\_\_ to escape and have a possibility of \_\_\_\_\_.
- 5) What happens within the body in the case of a tiger?  
Our breathing and heart rate \_\_\_\_\_ for muscles.  
Our muscles \_\_\_\_\_ so that we can fight the best we can. \_\_\_\_\_ dilate so we can see better. \_\_\_\_\_ will help us fight this tiger, increase and function very effectively to help us \_\_\_\_\_.



- 6) How about our immune and digestive system?  
They can \_\_\_\_\_ so that we can use all our energy for the danger.
- 7) What does all this prepare us to do?  
To make sure that we are set to \_\_\_\_\_ the danger.

**Part Three**

Directions: Try to answer the following questions with the information you have just heard.



- 1) What is a fight or flight mechanism?
- 2) What is it for?
- 3) What happens when our mind and body perceive that we're in danger?
- 4) What would you do as a cave person with a tiger outside?
- 5) What happens in the body in the case of a tiger?
- 6) How about our immune and digestive system?
- 7) What does all this prepare us to do?

**Section Three**

**Productive Reading**

Directions: Read Texts A and B, and take an active part in the text-based communicative interaction in class.

**Text A**

**Multiple Stressors and Stress Build-up**

*Ken Dychtwald<sup>1</sup>*

According to Dr. Hans Selye, an endocrinologist whose groundbreaking research was a major contribution

endocrinologist  
/ˌendəʊkrɪˈnɒlədʒɪst/ n.  
内分泌学家  
groundbreaking  
/ˈgraʊnbreɪkɪŋ/ a. 突破性的

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Unit 7  
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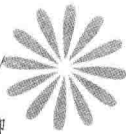
to our understanding of stress, the body is capable of returning to a normal state after stressful episodes, provided<sup>2</sup> it has time to rest and recuperate. The problem is that in our modern world we are often exposed to prolonged and multiple stressors<sup>3</sup> that permit us no time to recover. Not only<sup>4</sup> are the choices to fight or flee often inappropriate in today's world, but the very<sup>5</sup> characteristics of modern stressors are often such that<sup>6</sup> it is virtually impossible to relieve the stress they trigger. Many stressors, such as excessive noise, are prolonged by their very<sup>7</sup> nature; all our body can do is to attempt to adapt to these long-term stressors. Furthermore, many modern stressors are not external and physical at all but arise from<sup>8</sup> our imagination. Our own fears, guilt, and anxieties, our fantasies about what might be going wrong<sup>9</sup>, can trigger the fight-or-flight response just as if<sup>10</sup> the feared<sup>11</sup> even itself were occurring. In such cases, however, there's no enemy out there to fight with or run away from.

Finally, many of the stressors in modern life are impersonal in origin. In our deadlines with faceless bureaucracies, institutions, and corporations, we often experience frustrations and stress, but when a computer makes an error or we come up against<sup>12</sup> "corporate policies," there's no appropriate outlet for our fight-or-flight response.

Thus the stressors that we all experience tend to persist over the long term<sup>13</sup>, and the stress they arouse is often not effectively relieved through socially acceptable channels. Yet the persistent triggering of the tress response can produce mentally and physically damaging results. The greater the frequency of stressors, or the longer they persist, the greater the risk that<sup>14</sup> you will develop stress-related problems and diseases.

For many of us, there is no relief from the build-up of stress throughout our work days<sup>15</sup>. For example, let's say you wake up late one morning and must rush to get to work. Your stress level is already high before you are out of the door. Then you must sit in bumper-to-bumper commuter traffic<sup>16</sup>, worrying about whether you'll have time to prepare for an important meeting. When you arrive at work late, you get a

episode /'epɪsəʊd/ *n.* 事件  
 recuperate /rɪ'kjʊ:pəreɪt/ *vi.* 体力恢复  
 prolonged /prɒ'lɒŋd/ *a.* 持续不断的  
 inappropriate /,ɪnə'prəʊprɪt/ *a.* 不相称的  
 virtually /'vɜ:tʃʊəli/ *ad.* 事实上  
 trigger /'trɪɡə/ *vt.* 激发  
 excessive /ɪk'sesɪv/ *a.* 过度的  
 external /'eks'tɜ:nl/ *a.* 外部的  
 physical /'fɪzɪkəl/ *a.* 自然(界)的  
 guilt /ɡɪlt/ *n.* 内疚  
 anxiety /æŋ'zæəti/ *n.* 焦虑  
 fantasy /'fæntəsi/ *n.* 幻想  
 impersonal /ɪm'pɜ:snl/ *a.* 和个人无关的  
 origin /'ɒrɪdʒɪn/ *n.* 源头  
 deadline /'dedlaɪn/ *n.* 限期  
 faceless /'feɪsls/ *a.* 不露面的  
 bureaucracy /'bjʊə'rɒkrəsi/ *n.* 政府机构  
 institution /,ɪnstɪ'tju:ʃən/ *a.* 机构  
 corporation /,kɔ:pə'reɪʃən/ *n.* 公司  
 frustration /frʌs'treɪʃən/ *n.* 挫折  
 corporate /'kɔ:pəɪt/ *a.* 公司的  
 appropriate /ə'prəʊprɪt/ *a.* 适当的  
 outlet /'aʊtlet/ *n.* 发泄的途径  
 persist /pə(:)'sɪst/ *vi.* 持续  
 arouse /ə'raʊz/ *vt.* 激发  
 channel /'tʃænl/ *n.* 途径  
 persistent /pə'sɪstənt/ *a.* 持续的  
 bumper-to-bumper /'bʌmpə/ *a.* 一辆接一辆的, 拥挤的  
 commuter /kə'mju:tə/ *a.* 市郊间上下班交通的  
 reproving *a.* 责备的



reproving glance from your boss, which raises your stress level even higher. You try to rush to get your work done, but you are constantly interrupted by the phone or by people dropping into<sup>17</sup> your office. You fumble through a meeting and worry about your performance later. You decide to skip lunch to get some work done, and just drink several cups of coffee rather than get a good meal; the coffee reduces your tolerance for stress even further. In the afternoon you blow up<sup>18</sup> at a subordinate, then stew about your outburst. You leave the office late and arrive home late for dinner, which results in an argument with your spouse. Your stress level has remained elevated<sup>19</sup> all day, and the only chance you have to recuperate is when you collapse in bed at night<sup>20</sup>.

glance /glɑ:ns/ *n.* 一瞥  
 constantly /'kɒnstəntli/  
*ad.* 不断地  
 fumble /'fʌmbəl/ *vi.* 手忙脚乱  
 skip /skɪp/ *vt.* 略过  
 tolerance /'tɒlərəns/ *n.* 忍耐  
 stew /stju:/ *vi.* 烦恼  
 outburst /'aʊtbɜ:st/ *n.* 勃然大怒  
 argument /'ɑ:gjʊmənt/ *n.* 争吵  
 spouse /spəʊz/ *n.* 配偶 (指夫或妻)  
 elevated /'elɪvətɪd/ *a.* 升高的  
 collapse /kə'leɪps/ *vi.* 倒下

Source: adapted from *Stress: What It Is and How It Affects You*

### Notes on the text

- 1) Ken Dychtwald President of Age Wave, a communications and consulting firm, and of Dychtwalk & Associates, an executive seminar and training company. Dr. Dychtwalkd also lectures at several colleges and universities on psychology, gerontology, and health-related sciences. He has appeared on national television and radio shows, including Good Morning America, The CBS Morning News, and The Merv Griffin Show. His books include *BODYMIND*, *Millennium: Glimpses into the 21<sup>st</sup> Century*, *Stress-Management: Take Charge of Your Life*, *Wellness and Health Promotion for the Elderly*, and *The Age Wave*.
- 2) provided 从属连词,意为:如果,假如。e. g. You do need antibiotics, *provided* it's a bacterial infection.
- 3) prolonged and multiple stressors 持久多重应激源。
- 4) Not only are the choices to fight or flee often inappropriate in today's world, but ... 当连词 not only 前置句首时,该从句需倒装,即系动词 are 应紧随连词, e. g. *Not only does* the sun give us light, but (also) it gives us warmth.
- 5) the very characteristics 定冠词 the + 形容词 very 构成一个特定结构,修饰名词,意为:正是的。e. g. This is *the very* symptom that characterizes the disease.
- 6) the very characteristics of modern stressors are often such that ... 句型 be such that ... 中的 such 为代词,引导 that 从句,表示其结果。e. g. It is often *such that* the symptom goes unnoticed.
- 7) by their very nature 参照注释第 5 项。
- 8) arise from 短语动词,意为:产生于,起因于, = result from。e. g. The delayed

Unit 1  
Unit 2  
Unit 3  
Unit 4  
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recovery *arouse from* the complications.

- 9) go wrong 某些英语动词习惯性充当系动词,其表语为形容词。e. g. The patient *left happy*. Don't *drive drunk*.
- 10) as if the feared even itself were occurring 从属连词 as if 引导虚拟语气从句,其谓语是 were occurring,而不是 is occurring。e. g. They completely ignore these facts *as if* (as though) they never *existed*.
- 11) the feared 定冠词 the+形容词化的过去分词 feared,构成名词化短语。
- 12) come up against 短语动词,意为:突然地(或意外地)遇到(困难、反对等),e. g. The patient *came up against* an unexpected delay in recovery.
- 13) over the long term 介词短语,意为:长时间。e. g. The effect will last *over the long term*.
- 14) the greater the risk that ... 从属连词 that 引导 the risk 的同位语从句。
- 15) work days 一周五天工作日。
- 16) bumper-to-bumper commuter traffic 上下班时拥堵的交通。
- 17) drop into 短语动词,意为:顺便造访。e. g. The patient *dropped into* the backyard.
- 18) blow up 短语动词,意为:发怒,责骂。e. g. You're sure to *be blown up* for coming late to work.
- 19) Your stress level has remained elevated. 参照注释第 9 项。
- 20) ... is when you collapse in bed at night 从属连词 when 引导表语从句。

## Text B

### Doctors under Stress

Marco Villegas

"A young couple came to me full of hope that I could do something for their newborn baby. As I examined him, my heart sank. His condition was incurable. Can you imagine my feelings when I told these new parents that their son would never see? As I dismissed them from my office, I felt overwhelmed with<sup>1</sup> emotion. But a moment later my next patient was upon me expecting a welcoming smile! That's what I find stressful."—An ophthalmic surgeon in South America.

Patients don't usually visit consulting rooms<sup>2</sup> to consider their doctor's problems. A patient's mind is filled with his own need for help. Consequently, few people realize how much stress doctors live with<sup>3</sup>.

Of course, everyone has to cope with<sup>4</sup> stress, and the medical profession is not the only stressful occupation. However, since nearly everyone becomes involved in

sink /sɪŋk/ vi. 情绪低沉

incurable /ɪn'kjʊərəbl/ a.  
无法治愈的

overwhelm /'əʊvə'weɪlm/  
vi. 压倒

ophthalmic /'ɒfθəl'mɪk/  
a. 眼科的

consequently /'kɒnsɪkwəntli/  
ad. 因此

profession /prə'feʃən/ n.  
专门职业

occupation /'ɒkjʊ'peɪʃən/  
n. 工作职业