

21世纪高等医学英语系列教材



# 临床医学英语

Clinical Medical English

刘振清等 主编

青岛海洋大学出版社

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*Clinical Medical English*

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主编 刘振清 陈乃秋  
张正厚

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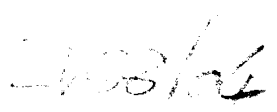
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孫隆椿 全國政協常委、全國政協科教文衛  
委員會副主任、衛生部原副部長

## 21 世纪高等医学英语系列教材

总 主 编    郝长江   何筑丽  
副总主编    刘振清   谢崇国   万 敏   严汉生

### 临 床 医 学 英 语

主 编    刘振清   陈乃秋   张正厚  
副主编    李春玲   徐剑锐   薛 红   侯福霞  
编 者    (按姓氏笔划为序)  
付有龙   刘成志   *Ferida Khanjani*  
刘振清   李秀芳   阮天天   陈乃秋   张正厚  
李春玲   钟成芳   侯福霞   徐剑锐   薛 红

# 前 言

语言是人类知识的载体。英语作为国际上的一种通用语言,不仅是获取信息的有力工具,而且是了解英语民族乃至整个世界的重要窗口。因此,提高大学英语教学水平是一项具有跨时代意义的工作。

大学英语实行四、六级全国统考以来,基础英语阶段教学取得了很大成绩,而专业英语阶段教学则相对薄弱,尤其是专业英语教材与目前的教学需要很不适应。为了深化医学英语的教学改革,使医学院校的大学生、研究生尽快拥有 21 世纪迫切需要的、具有较高专业水平的英语交际能力,根据全国医学专业英语教学大纲的要求以及山东省高等学校面向 21 世纪课程体系和课件改革立项精神,结合社会实际需要,我们组织全省六所医学院校大学英语教学专家,经过反复研究,编写了这套“21 世纪高等医学英语系列教材”。

在编写过程中,我们十分重视这套教材的系统性和整体性。根据阅读是信息时代使用频率最高的语言活动这一特点,为了使 学生实现从基础英语到专业英语的顺利过渡,将阅读部分分为《医学科普英语》、《基础医学英语》、《临床医学英语》三册;为了全面培养学生的语言运用能力,使他们在读、说、听、写、译等方面都得到较好的发展,专门安排了《医学英语听力》和《医学英语会话》各一册;为了提高学生学习英语的积极性,调节学习气氛,增加语言实践机会,专门编写了《趣味英语荟萃》。

本系列教材在选材方面突出了时代感和实用性,因此使用本教材的读者在提高专业英语水平的同时,还会增进对当代医学技术发展状况的了解。

全国政协常委、全国政协科教文卫委员会副主任、卫生部原副部长孙隆椿同志欣然为本系列教材题词,在此表示衷心的感谢。

在编写过程中,我们参阅了大量的有关资料,对这些资料的作者和提供者表示诚挚的谢意。

欢迎广大读者对这套系列教材提出宝贵意见,以使其更加完善。

**21 世纪高等医学英语编委会**

1998 年 6 月

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# Unit 1

## Disease : Its Symptoms and Treatments

**D**iseases and treatments can be categorized in several ways: by their cause, by the system of the body affected, by severity, by the usual form of treatment, by the likelihood of recurrence, or by the expected outcome. A physician studies patient's medical history, symptoms, current physical condition, and medical test results in order to make a diagnosis and answer these kinds of questions: Is the condition serious (major) or minor? Is the patient suffering from a chronic problem or an acute attack? If there is a tumor, is it benign or malignant (cancerous)? Is it localized or widespread? If the patient has a runny nose and a postnasal drip, are these conditions caused by an infection or

an allergy? If there is an infection, what type of germ is it caused by? Is the disease communicative (contagious) or non-contagious? Is this a physical or a mental illness, or both? What is the treatment of choice? What is the course of the illness likely to be? Is the patient's illness curable or incurable? Is it fatal? Is the patient terminally ill?

Tentative diagnoses sometimes begin with patients, who notice abnormal changes in their bodies. These changes are called symptoms. Two obvious and disturbing symptoms which usually lead patients to consult a physician promptly are severe bleeding (hemorrhaging) and pain. A pain that is bearable but persistent is often labeled an ache by patients. The most common are the headache and the stomach ache. A pain in the stomach may indicate simple indigestion or a more serious ailment such as an ulcer or dysentery. A headache may be associated with colds, the flu, sinus infections, and head injuries.

There are many other common symptoms of ill health. Fever is one. Normal body temperature is 98.6° Fahrenheit<sup>1</sup> or 37° Celsius. A temperature higher than normal may indicate that the body is fighting an infection. Another common symptom is coughing. A cough may be dry, or it may produce a lot of phlegm (thick mucus) or sputum (a substance containing a variety of material expelled from the respiratory tract). Coughs are associated with ailments of the nose, throat, chest, and lungs. Fainting, dizziness, and persistent fatigue are other symptoms that something is wrong. One possible cause is a low red blood cell count, a condition known as anemia, which itself may be a symptom of a serious illness. The symptoms of nausea and vom-

iting are associated with stomach and intestinal disorders such as the flu (influenza), food poisoning, or dysentery, but they can also result from inner-ear disorders that affect the balance mechanism. Sweating, itching, and rashes are symptoms of problems such as allergies, insect bites, or skin irritations.

Sometimes a patient's various symptoms fit together and form what is called a syndrome, a group of symptoms that collectively indicate the presence of a particular disease or condition. An example of this is Reye's syndrome, an acute, very serious childhood illness that in its first stage is characterized by abdominal pain, vomiting, severe weakness, and liver dysfunction.

In order to treat an illness successfully and prevent a recurrence, a physician usually needs to identify not only the condition but also its cause. The first step is to ascertain whether the illness is infectious or noninfectious. An infectious disease is caused by microorganisms (minute living bodies that are invisible to the naked eye). These tiny organisms (bacteria, viruses, fungi, protozoa, or worms) are also called pathogens or, more commonly, germs. Infectious diseases are often (but not always) communicable (contagious), which means that an infected person can pass the disease to another through direct or indirect contact. Diseases not caused by pathogens are classified as noninfectious. In this category are chronic degenerative diseases characterized by the breakdown of tissues and/or organs (often the result of aging), congenital defects (those existing from birth), hormonal disorders, environmental and occupational diseases, immunological diseases, and mental illness.

One cause of illness that doctors dislike even thinking about is the iatrogenic disorder (an abnormal condition caused by the physician's treatment). Finally, there are disease conditions labeled idiopathic — which means without any recognizable causes.

Whether a person exposed to pathogens becomes ill or not depends upon the body's ability to resist microorganisms. This ability is termed immunity and may be natural or acquired. Natural immunity is provided by such bodily defense mechanisms as (1) the skin, tears, and the mucous membranes that line the mouth, nose, and bronchial tubes; (2) harmless bacteria in the body which interfere with the growth of harmful germs; (3) stomach juices that are highly acidic and also contain disease-fighting chemicals; and (4) specialized white blood cells that live in the tissues, fluids, and blood.

Acquired immunity is developed by exposure to germs and their products and depends on specific antibodies produced by sensitized plasma cells. Introducing germs into the body artificially in a controlled manner stimulates the body to produce the antibodies that will prevent the growth of the same antigen in the future. Vaccines are used to produce an acquired immunity. A person is vaccinated with a living but weakened germ, a killed germ, or a toxic poison from the germ. Because this acquired immunity often does not last a lifetime, it may be necessary to immunize people periodically with booster shots of the vaccine.

Whether a person's illness is infectious or noninfectious, there is always the hope that the doctor and the pharmacist will have a "magic potion" which, once swallowed, will make all

signs and symptoms of disease disappear forever. Substances prescribed or recommended to treat illness are called drugs or medicine. In past centuries, people often found effective drugs through a process of trial and error. Today, medical personnel have a clear idea of how and why a particular drug works and what its side effects and contraindications are. *The Physician's Desk Reference* lists and describes various drugs on the market in the United States and shows illustrations of them. About 2 000 different drugs are currently available for the treatment of illness, and new ones are continually being developed.

Many drugs are available by prescription only. These drugs are potent and may be dangerous if taken in an overdose. Some are addictive; therefore, their use must be strictly controlled. A patient can buy these medicines only if a doctor writes a prescription (or order) for a pharmacist to fill.

Antibiotic drugs are often called "miracle drugs" because of their ability to bring rapid improvement and quick cures of some serious infections. Penicillin, a well-known antibiotic, is generally effective against a variety of bacterial infections. Made from fungi, penicillin inhibits the growth of disease-producing microorganisms. The mycin drugs, such as streptomycin, often work where penicillin fails or when a patient is allergic to penicillin.

Narcotic drugs such as codeine and morphine can also be obtained only with a prescription. They are addictive and thus can be used only in restricted dosages. Originally derived from opium and now mostly synthetic, they are excellent painkillers, but in excessive amounts they can cause coma or death.

Other familiar drugs include digitalis (which helps strengthen the failing heart), anticoagulants (which prevent blood clots), and diuretics (which help remove excess fluid from the body). Insulin is used in the treatment of diabetes.

Many other drugs that do not require a doctor's prescription are available in pharmacies (drugstores). One of the most well-known and widely used is aspirin. Aspirin has long been taken to relieve pain and reduce inflammation and fever. However, in recent years, a valuable new use for it has been discovered. Many patients with heart conditions take aspirin on a daily basis because its blood-thinning properties lower the risk of heart attack.

Although there is no drug to cure the upper respiratory viral infection called the common cold, many drugs help to relieve the symptoms. Aspirin is an effective painkiller and anti-inflammatory drug, but it is contraindicated for colds or flu because it has been suspected of being a contributory cause of Reye's syndrome. To relieve the aches that accompany a cold or the flu, physicians generally prescribe acetaminophen (commonly known by the brand name Tylenol), especially for children. A decongestant may decrease nasal stuffiness and relieve a runny nose. Gargling with salt water or sucking on lozenges or hard candy can soothe a sore throat.

Many other over-the-counter medications are used (and often overused) by the general public, including laxatives (to relieve constipation), tranquilizers, sedatives, sleeping pills, and pep pills (stimulants). Over-the-counter (nonprescription) drugs enable people to handle minor medical problems without spend-

ing money or time consulting a doctor. However, many people waste money on drugs that do not help their specific condition or that may even do more harm than good.

Of course, medication is just one of many ways to treat illness. Among the other tools which physicians use are surgery, radiation therapy, chemotherapy, special equipment prescribed for patient use, and nonmedical recommendations for a change in a patient's lifestyle (following special diets, increasing or altering habits of exercise, moving to a different climate, decreasing workload and stress, and so on).

As medical science becomes more and more sophisticated, people live longer and develop more chronic and debilitating conditions that require medical treatment. In highly industrialized societies, pollution has created an increase in allergic and other conditions that require medical care. The challenge of modern medicine is to meet the changing medical needs of rapidly changing societies in which people have very high (sometimes unreasonably high) expectations of their doctors' curative powers. People want to live long lives and to feel as good at 80 as they felt at 20. Doctors are not magicians, but research continues with the hope that someday, whatever people's ages, they will never feel "over the hill<sup>2</sup>".

### New Words

postnasal [pəʊst'neɪzəl] *a.* 鼻后的

allergy ['ælədʒi] *n.* 变态反应性, 变态反应, 过敏症

ailment ['eɪlmənt] *n.* 疾病; 失调; 精神不安



ulcer [ˈʌlsə] *n.* 溃疡  
 dysentery [ˈdisəntri] *n.* 痢疾  
 sinus [ˈsainəs] *n.* [复 sinus(es)] 窦  
 phlegm [ˈflem] *n.* 痰液  
 anemia [əˈniːmiə] *n.* 贫血症  
 protozoa [ˌprəʊtəˈzəʊə] *n.* 原生动植物门  
 iatrogenic [ˌaɪətrəʊˈdʒenɪk] *a.* 医原性的, 受医师影响的  
 idiopathic [ɪdiəˈpæθɪk] *a.* 自发的, 特发的, 原发的  
 pharmacist [ˈfɑːməsɪst] *n.* 药师, 药剂师  
 potion [ˈpəʊʃən] *n.* 一服药水(或药剂)  
 contraindication [ˌkɒntrəˌɪndɪˈkeɪʃən] *n.* 禁忌症  
 addictive [əˈdɪktɪv] *a.* 使成瘾的, 上瘾的  
 narcotic [nɑːˈkɒtɪk] *a.* 麻醉(性)的, 麻醉剂的; *n.* 麻醉剂  
 codeine [ˈkəʊdiːn] *n.* 可待因  
 digitalis [ˌdɪdʒɪˈteɪlɪs] *n.* 洋地黄, 洋地黄制剂  
 diuretic [ˌdaɪjuəˈretɪk] *n.* 利尿剂  
 acetaminophen [ˌæsiˈtæmɪnəʊfən] *n.* 醋氨酚, 对乙酰氨基酚, 退热净  
 decongestant [ˌdiːkɒnˈdʒestənt] *a.* 减轻充血的; *n.* 减充血剂  
 lozenge [ˈlɒzɪndʒ] *n.* 锭剂, 糖锭  
 laxative [ˈlæksətɪv] *n.* 轻泻剂  
 constipation [ˌkɒnstɪˈpeɪʃən] *n.* 便秘  
 tranquilizer [ˈtræŋkwɪlaɪzə] *n.* 镇静剂, 止痛药  
 sedative [ˈsedətɪv] *n.* 镇静剂, 止痛药

## Notes

1. Normal body temperature is 98.6 Fahrenheit or 37 Celsius  
 Fahrenheit 华氏温度的