

总主编 郝长江 国林祥

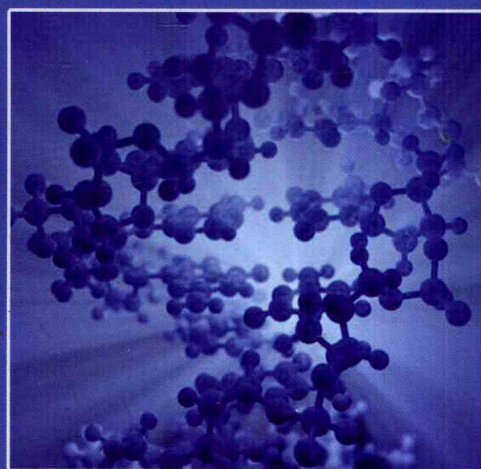
修订版

21世纪高等医学英语系列教材

*Foundamental  
Medical English*

# 基础医学英语

主 编 谢崇国 宋 军 张 宏



中国海洋大学出版社  
China Ocean University Press

**ME** 修订版

总主编 郝长江 国林祥

21世纪高等医学英语系列教材

# 基础医学英语

主 编 谢崇国 宋 军 张 宏



中国海洋大学出版社  
China Ocean University Press

**图书在版编目(CIP)数据**

基础医学英语 / 谢崇国, 宋军, 张宏主编. —修订本. 青岛: 中国海洋大学出版社, 2008.7

(21世纪高等医学英语系列教材)

ISBN 978-7-81125-199-9

I. 基… II. ①谢…②宋…③张… III. 医学-英语-医学院校-教材 IV. H31

中国版本图书馆CIP数据核字 (2008) 第091234号

出版发行 中国海洋大学出版社

社 址 青岛市香港东路23号

邮 编 266071

网 址 <http://www.ouc-press.com/>

电子信箱 [pankeju@126.com](mailto:pankeju@126.com)

订购电话 0532-82032573 (传真)

责任编辑 潘克菊

电 话 0532-85902533

印 制 淄博恒业印务有限公司

版 次 2008年7月第1版

印 次 2008年7月第1次印刷

成品尺寸 185mm×260mm 1/16

印 张 22

字 数 550 千字

定 价 34.80元

# 21世纪高等医学英语系列教材(修订版)

## 编委会

主任：宋 军

副主任：蒋捍东 武清宇

委员：(以姓氏笔画为序)

马松梅 苏永刚 张 宏 国林祥 赵贵旺

高 艳 郝长江 谢崇国 薛 红

## 基础医学英语

主 编：谢崇国 宋 军 张 宏

副主编：薛 红 徐 岩 陈 敏

杨智敏 马松梅

编 者：(以姓氏笔画为序)

于 洋 刘 伟 朱晓梅 李 徽

陈红锐 陈晓丹 周 娜 郝家荣

赵 颖 高晓平

# 前 言

《21世纪高等医学英语系列教材》问世已经近10年了。随着人类文明的不断发展、人类社会对医疗需求标准的不断提高，医学和医疗技术的日新月异之变化有目共睹。修订这部我国历史上第一套兼顾医学英语读说听写诸方面技能提高的教材，势在必行。

修订遵循两条原则：

第一是时代性。所谓时代性体现在理念、内容和教学手段等诸方面。理念也就是修订的主导思想和落脚点——整体医疗观。因为整体医疗观是世界各国对现代医疗的共同、客观、科学、全面的认识。它强调人体与环境、社会、心理、情感等诸方面的和谐一致，是保证高水平生活质量的必由之路，也自然是培养新时代合格医生的新标准。为此，修订版依据此原则对教材内容进行重大改动，读者使用教材后会有所体验。时代性在教学手段上的表现是将原来《医学英语听与说》分册改为《医学英语视听说》。科学技术的进步使现代化教学手段逐步成为可能。生动、具体、有趣的影视资料以教学的形式出现，不但可以提高学习效果，也增加了教材使用的途径。它便于教学，也可用于自学。

修订遵循的第二条原则是突出实用性。

- 系列教材由原来的7册改为3册。
- 阅读文章由原来每单元两篇扩至每单元3篇(基础)、4篇(临床)，以适应不同学校、不同地区读者选用。
- 阅读主课文配有录音。
- 练习题类型固定改为多种。
- 阅读文章由只有A课文有练习题改为三篇课文都有练习题。
- 选文更贴近现实性，及时反映医学方面的新成果、新进展。
- 选文既有科普文体，也包括国内外正式医学专业杂志上的典型综述、研究报告等体裁，这便于学生尽早熟悉医学类英语论文体例、语言结构特点。
- 阅读分册的附录内容丰富、实用性强，既可用作医学字典，也可用作医生工具书。与医生相关的教学、科研、临床相关的缩略语，医学词汇常用前后缀等，尽可能为您提供方便。
- 基础医学英语侧重医学构词法和英汉互译，临床医学英语侧重写作能力提高，医学英语视听说侧重交际能力培养。

十分感谢中国海洋大学出版社的领导和同志们，感谢他们对医学专业是国际化最迅速的专业的理解。感谢参加修订十余所医科大学的同志们的支持和辛勤工作。

21世纪高等医学英语系列教材编委会

2008年6月

# Contents

## **Unit 1** Holism

Terminology /1

Text A Holistic Medicine /3

Text B Whole Medical Systems: An Overview /10

Text C Yoga Gets Better with Age! /16

## **Unit 2** The Musculoskeletal System

Terminology /19

Text A The Musculoskeletal System /22

Text B Enzyme Therapy for Arthritis Pain /27

Text C Are You Getting Sleepy...Sleepy? Well, Snap out of It. /32

## **Unit 3** The Nervous System

Terminology /35

Text A The Nervous System /38

Text B Alzheimer's Disease /44

Text C Tension Headaches: Dealing Day-to-Day /49

The Oath of a Medical Student /52

## **Unit 4 The Circulatory System**

Terminology /53

Text A The Circulatory System /56

Text B Coronary Artery Disease /62

Text C 10 Easy Steps to a Healthier Heart /67

## **Unit 5 The Respiratory System**

Terminology /69

Text A The Respiratory System and Respiration /72

Text B Asthma /78

Text C Smoking and Asthma /83

Hippocratic Quotes /86

## **Unit 6 The Digestive System**

Terminology /87

Text A The Digestive System and Its Organs /90

Text B Duodenal Ulcer /97

Text C Ways to Support Healthy Digestion /101

## **Unit 7 The Urinary System**

Terminology /105

Text A Urinary Tract Infections in Adults /107

Text B Some Means for Making Diagnosis of Disorders of the Urinary System /115

Text C Chronic Kidney Disease: A Family Affair 119

Main Human Rights and Principles Governing Medical Care /124

## **Unit 8 The Immune System**

Terminology /125

Text A Malaria and the Human Immune System /127

Text B Basics of the Immune System: An Overview /132

Text C History of Immunology /136



## **Unit 9 Physiology**

Terminology /139

Text A Psychology: The Search for Understanding /141

Text B Pay Attention to Attention! /147

Text C The Nobel Prize in Physiology or Medicine 1974 /150

## **Unit 10 Histoembryology**

Terminology /153

Text A Histotechniques /155

Text B What the Skin Does and Tells /161

Text C A Short Tale on Histology History! /165

Song of Nurse /168

## **Unit 11 Cloning and Genes**

Terminology /169

Text A Cloning: An Overview /171

Text B Gene Therapy /179

Text C Idaho Gem, the World's First Cloned Mule /186

The Florence Nightingale Pledge /188

## **Unit 12 Pathology**

Terminology /189

Text A Pathology /192

Text B Pathology: A Career in Medicine /201

Text C Warren, Marshall and *Helicobacter pylori* /207

## **Unit 13 Medication**

Terminology /209

Text A Pharmacology /211

Text B Adverse Reactions to Medications and Drug Allergy /218

Text C Drug Interactions /224

## **Unit 14 Microbiology**

Terminology /227

Text A Microbiology /230

Text B Intestinal Microbes Could Help Solve Nutritional Problems /237

Text C New Longevity Genes Identified /241

## **Unit 15 A Survey of Medicine**

Terminology /243

Text A A Survey of Modern Medicine /245

Text B Emerging Trends in Medical Device Technology:

Home Is Where the Heart Monitor Is /253

Text C Clinical Medicine: Antibiotics and Vaccines /259

## **Answer Key /261**

## **Appendices**

Appendix 1 Prefixes of Medical English /304

Appendix 2 Suffixes of Medical English /312

Appendix 3 Common Medical Abbreviations /315

Appendix 4 Departments in Fundamental Medical School /325

Appendix 5 Glossary /326

*Health related, life entrusted.  
The best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman.*

## Unit I

# Holism

### Part A

### Terminology

|                  | <b>Prefix</b> | <b>Meaning</b>         | <b>Examples</b> |          |
|------------------|---------------|------------------------|-----------------|----------|
| <b>Direction</b> | hyper-        | over, above, excessive | hypertension    | 高血压      |
|                  | ab-           | from, away from        | abnormal        | 异常       |
|                  | ad-           | to, toward, near       | adhesion        | 粘连       |
| <b>Quality</b>   | peri-         | around, surrounding    | pericardium     | 心包       |
|                  | mal-          | ill, bad, poor         | malnutrition    | 营养不良     |
|                  | ant(i)-       | against                | antibacterial   | 抗菌       |
| <b>Quantity</b>  | hypo-         | deficient              | hypothyroid     | 甲状腺功能减退的 |
|                  | bi-           | two                    | bilateral       | 两侧的      |
|                  | tri-          | three                  | triomyoe        | 葡萄糖三聚糖   |
|                  | poly-         | many, much             | polycystic      | 多囊肝      |

|                 | <i><b>Prefix</b></i> | <i><b>Meaning</b></i>  | <i><b>Examples</b></i> |       |
|-----------------|----------------------|------------------------|------------------------|-------|
| <b>Position</b> | hypo-                | under, beneath         | hypodermic             | 皮下的   |
|                 | post-                | after, behind          | postpartum             | 产后的   |
|                 | pro-                 | before, in front of    | procephalic            | 头前部的  |
|                 | sub-                 | under, below           | subcutaneous           | 皮下的   |
|                 | retro-               | behind, backward       | retroversion           | 后倾症   |
|                 | inter-               | back                   | interscapular          | 肩胛间的  |
|                 | ex-                  | between, among         | excision               | 切除    |
|                 | intra-               | out, out of, away from | intraoperative         | 手术中的  |
|                 | pre-                 | in, within             | prepyloric             | 幽门前的  |
| <b>Type</b>     | extra-               | outside, outside of    | extravasation          | 外渗    |
|                 | aut(o)-              | self                   | autologous             | 自体的   |
|                 | bio-                 | life                   | biopsy                 | 活组织检查 |
|                 | phon(o)-             | sound, voice           | phonocardiography      | 心音描记术 |

## Exercises

I Give the meaning for the following prefixes and provide one example for each.

| <i><b>Prefix</b></i> | <i><b>Meaning</b></i> | <i><b>Examples</b></i> |
|----------------------|-----------------------|------------------------|
| bi-                  | _____                 | _____                  |
| tri-                 | _____                 | _____                  |
| poly-                | _____                 | _____                  |
| hyper-               | _____                 | _____                  |
| ab-                  | _____                 | _____                  |
| ad-                  | _____                 | _____                  |
| peri-                | _____                 | _____                  |
| mal-                 | _____                 | _____                  |
| ant(i)-              | _____                 | _____                  |
| hypo-                | _____                 | _____                  |

## II Choose the definition from Column B that best matches the stem or affix in Column A.

### Column A

1. aut(o)-
2. bio-
3. phon(o)-
4. hypo-
5. post-
6. pro-
7. sub-
8. retro-
9. inter-
10. ex-
11. intra-
12. extra-

### Column B

- A. after, behind
- B. before, in front of
- C. behind, backward, back
- D. between, among
- E. in, within
- F. life
- G. out, out of, away from
- H. outside, outside of
- I. self
- J. sound, voice
- K. under, below
- L. under, beneath

## Part B

### Text A

#### ■ Warm-up

#### ● Group discussion

What's your idea of health?

What do you know about holistic health?



## Holistic Medicine

*H*olistic medicine is a system of alternate medicine. It visualizes the body as a whole and views body as more than the sum of the parts. It tries to attain a perfect harmony by fostering a cooperative relationship among all those involved, leading towards optimal attainment of the physical, mental, emotional, social and spiritual aspects of health.

It emphasizes the need to look at the whole person, including analysis of physical, nutritional, environmental, emotional, social, spiritual and lifestyle values. It encompasses all stated modalities of diagnosis and treatment including drugs and surgery if no safe alternative exists. Holistic medicine focuses on education and responsibility for personal efforts to achieve balance and well being.

Holistic Health is a total approach to life both in physical and spiritual terms. It does not focus on the specific illness or parts of the body suffering from illness, but rather focuses on the whole person and takes in to account how he or she interacts with his or her environment. Holistic health takes a broader spectrum of mind, body, and spirit. It assumes that body has a natural tendency toward equilibrium, or homeostasis the maintenance of which is the key to good health. The goal of holistic healing is to achieve maximum body function, where individual body parts are functioning the very best that is possible by themselves. It is no longer the sole responsibility of the healer to bring good health; but puts great responsibilities on the patient to achieve the maximum possible health and well-being.

### Overview

Available scientific evidence does not support claims that holistic medicine, when used without mainstream or conventional medicine, is effective in treating cancer or any other disease. However, many health professionals promote healthy lifestyle habits such as exercising, eating a nutritious diet, not smoking, and managing stress as important in maintaining good health. Holistic methods are becoming more common in mainstream care, and may be used as complementary therapy or preventive care.

In mainstream medicine, a holistic approach generally means a more inclusive approach to a person's health, one that includes the patient's social and cultural situation as well as her or his illness. This term is used by doctors to reflect a new focus on a person's health (to include prevention, rehabilitation, and other approaches) rather than on illness alone. Nurses, for example, may speak of the "biopsychosocial sphere" of a patient. This means that a person's health includes the mind, body, and spirit, as well as the surrounding culture and environment. This can include family situation, housing, employment, insurance, and more, since these all impact the patient and her or his health. If all these factors are taken into account when a person is treated for cancer, it may make treatment easier and improve chances of success.

### Promotion for use

Holistic medicine approaches health and disease from several angles and suggests that a person should not only treat the illness but his or her whole self to reach a higher level of wellness. For example, practitioners may treat cancer by changing diet and behavior, adding social support groups, and counseling. Others may suggest taking botanical supplements and using complementary therapies, such as art therapy, hypnosis, imagery, meditation, psychotherapy, spirituality and prayer, yoga. These approaches can be used along with conventional medicine such as chemotherapy, surgery, radiation therapy, and hormone therapy. Combining these different methods can help a person take control of their situation and attain a feeling of total wellness-spiritually, physically, and mentally.



Some holistic medicine supporters claim, however, that conventional medicine does not work and that only the holistic approach to cancer and other diseases is effective. They may offer a "cure" based on individual stories of success or personal experience (anecdotal reports), which are very hard to prove. Some of the different kinds of cancer which they claim can be cured by holistic methods include bone, breast, tongue, liver, lung, throat, skin, testicle, prostate, ovarian, uterus, stomach, intestinal, colon, brain, pancreatic, spleen, kidney, and bladder, as well as leukemia, lymphoma, and melanoma.

### **Coverage**

The field of holistic medicine is very diverse and broad. Some providers define holistic oncology as care that includes emotional and spiritual aspects, while others focus on these aspects to the exclusion of the physical. There are many different techniques and approaches in holistic medicine, depending on the practitioner, the person, and the illness. All, however, stress the use of treatments that encourage the body's natural healing system and take into account the person as a whole.

Holistic medicine can involve the use of conventional and alternative therapies but focuses mostly on lifestyle changes. A holistic approach to stomach cancer might include reducing sodium intake, increasing intake of antioxidants through food or vitamins, eliminating *Helicobacter pylori* (a bacteria in the stomach), quitting smoking, improving oral hygiene, avoiding foods that contain genotoxic agents, and increasing the amount of vegetables and fruits consumed.

Holistic medicine can also include natural supplements that cause the same changes as conventional drugs. For instance, synthetic interferon is currently used to treat people with cancer. A holistic approach might be to take high doses of intravenous vitamin C instead, in an attempt to stimulate the body's production of its own interferon.

The American Holistic Association says that healthy lifestyle habits will improve a person's energy and vitality. Those habits might include exercising, eating a nutritious diet, getting enough sleep, learning how to breathe properly, taking antioxidants and supplements, acupuncture, acupressure, healing touch, craniosacral therapy, yoga, qigong, and other methods.

### **A short history**

Holistic medicine has its roots in several ancient healing traditions that stress healthy living and being in harmony with nature. Socrates promoted a holistic approach. Plato was another advocate of holism, advising doctors to respect the relationship between mind and body. Hippocrates, emphasized the body's ability to heal itself and cautioned doctors not to interfere with that process.

It was not until 1926, however, that Jan Christiaan Smuts coined the term "holism," which has given us the more integrated concept of psychosomatic medicine now known as holistic medicine. In the 1970s, "holistic" became a more common term. Today, holistic medicine is known as an approach to life and health which brings together the physical, mental, and spiritual aspects of a person in order to create a total sense of well being.

### **Scientific evidence**

Although there has been research on various complementary methods which may be considered part of a holistic approach, scientific research generally does not focus on holistic medicine by itself as a cure for cancer or any other disease. Available scientific evidence does not support the idea that alternative practitioners are more effective than conventional physicians in persuading their patients to improve their lifestyle. Nor have available scientific studies shown that any of these approaches are effective or cost-effective against any disease if "holistic methods" are used without conventional medical treatment.

Some health care professionals suggest that cancer pain and some side effects of treatment can be managed by using different aspects of holistic medicine that include the physical, psychological, and spiritual factors involved with each person. Increasingly, the health care team is playing an important role in the treatment provided by many research centers and hospitals. Members of this team are drawn from the specialties of medicine, nursing, surgery, radiation therapy, oncology, psychiatry, psychology, and social work. In addition, the team may call on dietitians, physical therapists, and the clergy for support. Health professionals realize that a person's health depends on the balance of physical, psychological, social, and cultural forces. However, available scientific evidence does not support claims that holistic medicine alone can cure illness.

### **Possible problems or complications**

Adopting healthy habits related to diet, exercise, emotional, and spiritual well being are considered important to maintaining good health. In fact, studies have shown that certain diet changes and regular exercise can reduce your risk of some kinds of cancer. However, relying on healthy habits or holistic measures alone, and avoiding or delaying conventional medical care, may have serious health consequences. (1329 words)

(Extracted from <http://medicineworld.org/alternative/holistichealth.html>  
[http://www.cancer.org/docroot/ETO/content/ETO\\_5\\_3X\\_Holistic\\_Medicine.asp](http://www.cancer.org/docroot/ETO/content/ETO_5_3X_Holistic_Medicine.asp))





## Vocabulary

**holistic** /həu'listik/ *a.* emphasizing the organic or functional relation between parts and the whole 整体的

**nutritional** /nju:'trifənəl/ *a.* of or relating to or providing nutrition 营养的

**encompass** /in'kʌmpəs/ *v.* include in scope; include as part of something broader 包含

**modality** /məu'dæliti/ *n.* a classification of propositions on the basis of whether they claim necessity or possibility or impossibility 形式, 形态, 特征

**equilibrium** /i:'kwilibriəm/ *n.* a stable situation in which forces cancel one another equality of distribution 平衡, 均衡

**homeostasis** /həumiəu'steisis/ *n.* metabolic equilibrium actively maintained by several complex biological mechanisms that operate via the autonomic nervous system to offset disrupting changes 体内稳定, 内环境稳定

**mainstream** /'meinstri:m/ *n.* the prevailing current of thought 主流

**rehabilitation** /ri:(h)əbili'teifən/ *n.* the treatment of physical disabilities by massage and electrotherapy and exercises 康复

**botanical** /bə'tænik(ə)/ *a.* of or relating to plants or botany 植物的; 植物学的

**hypnosis** /hip'nəusis/ *n.* a state that resembles sleep but that is induced by suggestion 催眠

**psychotherapy** /saikəu'θerəpi/ *n.* the branch of psychiatry concerned with psychological methods 精神疗法, 心理疗法

**chemotherapy** /keməu'θerəpi/ *n.* the use of chemical agents to treat or control disease (or mental illness) 化学疗法

**testicle** /'testikl/ *n.* one of the two male reproductive glands that produce spermatozoa and secrete androgens 睾丸

**prostate** /'prəsteit/ *n.* a firm partly muscular chestnut sized gland in males at the neck of the urethra, which produces a viscid secretion that is the fluid part of semen 前列腺

**ovarian** /əu'veəriən/ *a.* of or involving the ovaries 卵巢的

**uterus** /'ju:tərəs/ *n.* a hollow muscular organ in the pelvic cavity of females which contains the developing fetus 子宫

**intestinal** /in'testini/ *a.* of or relating to or inside the intestines 肠的, 肠内的

**colon** /kəu'ləun/ *n.* the part of the large intestine between the cecum and the rectum which extracts moisture from food residues before they are excreted 结肠

**pancreatic** /pæŋkri'ætik/ *a.* of or involving the pancreas 胰腺的

**spleen** /spli:n/ *n.* a large dark-red oval organ on the left side of the body between the stomach and the diaphragm which produces cells involved in immune responses 脾

**bladder** /'blædə/ *n.* vesica 膀胱

**leukemia** /lju:'ki:miə/ *n.* malignant neoplasm of blood-forming tissues, characterized by abnormal proliferation of leukocytes 白血病