

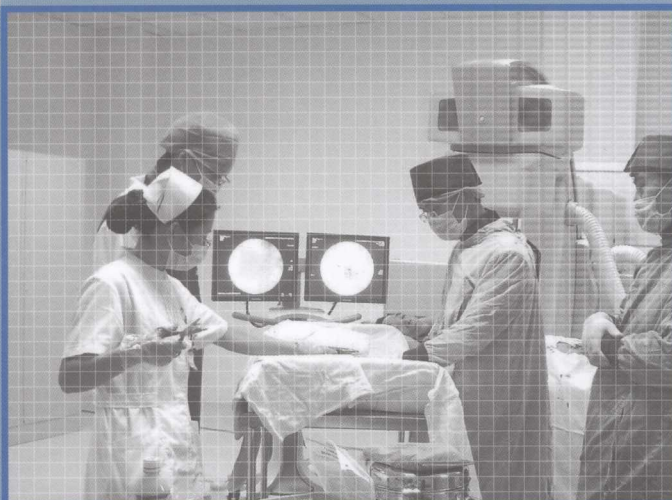
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现代医学

Modern Medicine

英语文选

(第一集)



环境·健康·疾病预防

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前 言

阅读是我们学习英语的主要目的之一，也是我们英语运用能力的基本表现。作为医学生、医生和医学科研人员，医学英语阅读是我们在专业领域里的重要活动，是我们希望能掌握的一项有用工具。但是，如何才能培养较为熟练的英语阅读能力呢？常言说，“从游泳中学游泳”，同样，我们也要“从阅读中学阅读”，实践出真知。学过基础英语，通过了大学英语四、六级考试，具备了英语阅读的初步能力，在这个关键时期，用一把力就上去了，进入一个更高境界，一旦停滞下来，就有可能前功尽弃。这时最重要的就是大量阅读。它不仅可使你的阅读逐步熟练，而且也可带动听说和写作能力的提高。在具有一般阅读初步能力的基础上，及时转向医学专业阅读，让自己慢慢积累医学术语，熟悉医学英语的语言结构特点，经过一段坚持和努力，必然会在医学英语阅读能力上取得飞跃进展。

本书提供的大量阅读材料全部选自近两三年国外期刊、报纸和个别专著，反映了医学和医疗在全世界的最新进展。文体兼有报道和论述，文章有长有短，文字有易有难，读者通过多种形式的接触可以提高今后阅读国外不同文献的适应能力。系统阅读本书不仅可在语言上得到提升，而且在专业上也可同时获得大量最新信息，真是一举两得。

本套书共分三集，每集收有文章 80 篇，共 240 篇。每集均有一个主题，第一集：环境、健康、疾病预防；第二集：临床医学新进展；第三集：生物医学、新技术。每一集里的文章又有一个大致的归类，每类设有小标题，方便读者了解选材的全貌，或者寻找与自己专业有关的及感兴趣的部分。每课后面均编有词汇练习和理解练习，读者如能系统去做，必将有助于词汇的巩固和对文章的深入理解，进一步提高学习效果。

这套文选的计划 and 编写得到了华中科技大学同济医学院院长田玉科教授的支持和鼓励；得到了人民卫生出版社的认可和支 持，并对全书的总体安排提出了宝贵意见；我院鲁文清教授和孙奕副教授在选材上提供过帮助；在此一并表示衷心的感谢。编者在编写过程中虽然尽了很大努力，但仍不免存在缺点和错误，敬希同行和读者指正。

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495. 肥胖症的治疗	495
496. 肥胖症的危害	496
497. 肥胖症的治疗	497
498. 肥胖症的危害	498
499. 肥胖症的治疗	499
500. 肥胖症的危害	500

环境医学 1~8

1. Mayors Sign Historic Urban Environmental¹ Accords²

On June 6, 2005, leaders of cities from around the globe took the historic step³ of signing the Urban Environmental Accords in the rotunda⁴ of San Francisco City Hall in recognition of⁵ United Nations World Environment Day 2005.

“What we have accomplished here in San Francisco will change the world,” said San Francisco Mayor Gavin Newsom, host of the five-day conference of international mayors, non-government organizations, and businesses. “What we started here is only the beginning—the start of a new way of thinking about our earth, and the start of a new global environmental grassroots⁶ movement focused on cities.”

In 1945, the original 50 founding delegates signed the U.N. Charter in San Francisco. “Today, Mayor Newsom has brought together 50 of the largest and most visionary⁷ cities on the planet to chart a new and bold course toward urban environmental sustainability⁸,” said Jared Blumenfeld, director of the San Francisco Environment Department.

One by one, each mayor stepped forward to sign the Accords document, which sets out 21 specific actions for sustainable urban living. The Accords address seven environmental areas common to all the world's large cities: water, energy, waste, urban design, transportation, urban nature, and environmental health.

“We the signatory⁹ Mayors have come together to write a new chapter in the history of global cooperation,” the Accords resolve¹⁰. “We commit to promote this collaborative¹¹ platform and to build an ecologically¹² sustainable, economically dynamic, and socially equitable future for our urban citizens. By signing these Urban Accords Environmental Accords, we commit ourselves to moving vital issues of sustainability to the top of our legislative agendas. By implementing the Urban Environmental Accords, we aim to realize the right to a clean, healthy, and safe environment for all members of our society.”

The Accords are the result of year-long partnership¹³ of cities, the International Council for Local Environmental Initiatives¹⁴ (ICLEI), the United Nations Environment Program, the University of California at Berkeley, environmental nonprofits, and businesses. The conference began June 1 when California Governor Arnold Schwarzenegger, flanked¹⁵ by the participating mayors, signed an Environmental Action Plan to reduce the state's emissions¹⁶ of greenhouse gases. Surrounding World Environment Day, more than 300 community events and activities took place throughout the San Francisco Bay Area, such as an eco-chic fashion show, a children's painting award, a film festival, panels, workshops, and rides in fuel cell cars.

World Environment Day is a project of the United Nations Environment Program (UNEP). Since its inception¹⁷ in 1972, World Environment Day has given a human face to environmental issues, and promoted an understanding that communities are pivotal¹⁸ to changing attitudes about

the environment. UNEP provides leadership and encourages partnership in caring for the environment by inspiring, informing, and enabling nations and peoples to improve their quality of life without compromising¹⁹ that of future generations.

Notes to the text

1. environmental [inˌvaɪərən'mentl] *a.* 环境的
2. accord [ə'kɔ:d] *n.* 协定
3. take step: 采取措施
4. rotunda [rəu'tʌndə] *n.* 圆形大厅
5. in recognition of: 承认
6. grassroots (常作定语用) 一般民众的, 基层的
7. visionary ['vɪʒənəri] *a.* 眼光远大的
8. sustainable [sə'steɪnəbl] *a.* 可持续的; sustainability *n.* 持续性
9. signatory ['sɪgnətəri] *n.* 签名人 *a.* 签约的
10. resolve ['rɪzɒlv] *n.* & *v.* 决心
11. collaborative [kə'læbəreɪtɪv] *a.* 合作的, 协作的
12. ecological [ˌekə'lɒdʒɪkəl] *a.* 生态学的
13. partnership ['pɑ:tənʃɪp] *n.* 合伙, 合股
14. initiative [ɪ'nɪʃɪətɪv] *n.* 进取精神, 首创
15. flank [flæŋk] *v.* 侧面与……相接
16. emission [ɪ'mɪʃən] *n.* 散发
17. inception [ɪn'septsən] *n.* 起初
18. pivotal ['pɪvətl] *a.* 枢轴的, 关键的
19. compromise ['kɒmprəmaɪz] *v.* 连累, 损害

Increase your vocabulary

Match the following definitions to the correct words which appear in the text.

- | | |
|----------------|--|
| 1. inception | a. characterized by or given to prophecies |
| 2. sustainable | b. bound by signed agreement |
| 3. visionary | c. to cause damage or do harm to |
| 4. collaborate | d. being able to keep in continuance |
| 5. pivotal | e. being of vital or central importance; crucial |
| 6. initiative | f. the beginning of something, a commencement |
| 7. compromise | g. to work in partnership |
| 8. signatory | h. capacity to see what needs to be done |

Check your understanding

Give brief answers to the following questions according to the text.

1. What did the city leaders from the world do on June 6, 2005 in the rotunda of San Francisco City Hall?
2. Which 7 environmental problems facing large cities are advanced by the Accords?
3. What did the Accords the Mayors signed try to resolve in accordance with paragraph 5?

4. What was the symbol announcing the beginning of the conference?
5. What is the United Nations Environment Program (UNEP)'s role in the environmental protection?

2. The Center for International Environmental Law

Founded in 1989, the nonprofit¹ Washington, D. C. and Geneva, Switzerland-based Center for International Environmental Law (CIEL) is a public-interest law firm focused on building awareness of international and comparative environmental law and policy. Its website, located at <http://www.ciel.org/>, provides an in-depth look² at this organization's mission and its ongoing work to promote law-based solutions to the myriad³ environmental concerns facing countries around the world.

CIEL has a four-part mission: to solve environmental problems and promote sustainable societies through the use of law; to incorporate⁴ fundamental principles of ecology and justice into international law; to strengthen national environmental law systems and support public interest movements around the world; and to educate and train public-interest-minded environmental lawyers. To this end, CIEL provides a range of environmental legal⁵ services in both international and comparative national law, including policy research and publication, advice and advocacy⁶, education and training, and institution building.

The CIEL homepage features links to 8 program areas (biodiversity⁷, biotechnology, climate change, human rights, international financial institutions, law and communities, persistent organic pollutants⁸, and trade and sustainable development). For each program area, visitors will find a brief rundown⁹ of the latest-breaking related news items of relevance to policy makers and practitioners of environmental law (archives of CIEL news dating back to 1999 can be accessed through the Announcements link on the homepage).

Each program area further contains in-depth descriptions of the work CIEL is doing in that area, including research, advocacy, litigation¹⁰, and investigations. Visitors can also find links to CIEL-produced and other publications of interest (many of which are available online for free), as well as related websites. The program area pages also include updates on relevant domestic and international initiatives.

On the Human Rights and Environment page, for example, visitors can learn about how CIEL is working on behalf of indigenous¹¹ groups to protect their community-based property rights to local natural resources. In one research initiative under this program area, CIEL is gathering data to persuade the World Bank to consider the human rights implications of its lending operations, despite the bank's traditional argument that this would contradict its mandate¹² to not consider political issues when making lending decisions.

Among the general resources offered in the CIEL site's topic areas are press releases; updates on domestic and international initiatives in such fields as law, accounting, education, and research; and glossaries on topics such as climate change and forestry. Listings of upcoming workshops, courses, partner programs, and publications relevant to topic areas are also furnished.

Notes to the text

1. nonprofit ['nɒn'prɒfɪt] *a.* 非赢利的
2. in-depth look: 深入了解
3. myriad ['mɪrɪəd] *a.* 无数的, 种种的
4. incorporate ['ɪn'kɔ:pəreɪt] *v.* 合并, 一体化
5. legal ['li:ɡəl] *a.* 法律的, 合法的
6. advocacy ['ædvəkeɪsi] *n.* 拥护, 倡导
7. biodiversity [ˌbaɪəʊ,dai'vɜ:sɪti] *n.* 生物多样性
8. pollutant [pə'lu:tənt] *n.* 污染物质
9. rundown [rʌn'daʊn] *n.* 裁减, 减缩; 概要, 梗概
10. litigation [ˌlɪtɪ'ɡeɪʃən] *n.* 诉讼, 起诉
11. indigenous [ˌɪn'dɪdʒɪnəs] *a.* 本土的
12. mandate ['mændeɪt] *n.* (书面) 训令, 要求

Increasing your vocabulary

Pick up the word which has a different meaning in the group:

- | | | | |
|-----------------|-----------|------------|----------|
| 1. myriad | rundown | outline | summary |
| 2. illegitimate | financial | authorized | lawful |
| 3. advocate | reject | promote | support |
| 4. sue | litigate | combat | charge |
| 5. indigenous | domestic | native | overseas |

Check your understanding

- Write "T" if the statement is true and "F" if it is false.
1. Being an international organization whose chief purpose is to make money, CIEL focused on building awareness of environmental law. **F**
 2. CIEL promotes to solve the numerous environmental disputes through laws around the world. **F**
 3. Biodiversity, biotechnology, climate change, human rights are concluded in the primary program areas of the CIEL homepage features. **T**
 4. For each program area, visitors can find what happened before but any latest news or events related to CIEL. **T**
 5. From the passage we know, traditionally, the banks consider deeply about political issues when making lending decisions. **T**

3. Ecosystem¹ Changes: A Threat to Human Health

The rise of deadly new diseases such as SARS and bird flu could be linked to the destruction² of the environment, the World Health Organization reported on Friday. "Human health is strongly linked to the health of ecosystems, which meet many of our most critical needs," said

Maria Neira, director of WHO's Department of Protection of the Human Environment.

Population growth and economic development were leading to rapid changes in global ecosystems and this was affecting³ human health. Natural resources such as water, food, fuel and climate were important to prevent diseases and sustain good health as many human diseases originated⁴ in animals. Such diseases, including influenza, tuberculosis and measles, established⁵ themselves in human populations after crossing from domesticated⁶ animal species including chickens, cattle and dogs.

As a result⁷ of human actions, the structure of the world's ecosystems changed more rapidly in the second half of the twentieth century than at any other time in human history. About 60 percent of the benefits that the global systems provided to support life on Earth were being degraded and used substantially⁸, which involved more than 1,300 experts worldwide. Harmful consequences⁹ to human health were being felt and could grow significantly worse over the next 50 years.

WHO pointed out that pressure of the environment could have unpredictable¹⁰ and potentially¹¹ severe future impacts¹² on health. Regions facing the greatest risks included sub-Saharan Africa, Central Asia, parts of Latin America and parts of South and Southeast Asia. For the poor people, they might represent the problem in terms of¹³ food production, in particular, drought and flooding. And the problem was increasing.

The report said some of the most serious problems included nutrition as degradation¹⁴ of fish stocks and farmland were factors in the malnutrition¹⁵ of some 800 million people around the world—nearly all of them in poor countries. Water-associated infectious diseases claimed¹⁶ 3.2 million lives each year, about 6 percent of all deaths. Yet more than 1 billion people lacked access¹⁷ to safe water supplies and 2.6 billion lacked adequate sanitation.

Notes to the text

1. ecosystem [i:kə'sistəm] *n.* 生态系统
2. destruction [dis'trʌkʃən] *n.* 破坏, 毁灭
3. affect [ə'fekt] *v.* 影响
4. originate [ə'ridʒineit] *v.* 起源, 发生
5. establish [is'tæbliʃ] *v.* 建立; 安顿; 使立足
6. domesticate [də'mestikeit] *v.* 驯养
7. as a result: 结果
8. substantially [səb'stænʃəli] *adv.* 充分地, 可观地
9. consequence ['kɒnsɪkwəns] *n.* 结果, 后果
10. unpredictable [ʌnpri'diktəbl] *a.* 不可预知的
11. potentially [pə'tenʃ(ə)li] *adv.* 潜在地
12. impact ['impækt] *n.* 碰撞, 冲击
13. in terms of: 按照, 在……方面
14. degradation [degre'deɪʃən] *n.* 退化
15. malnutrition ['mælnju(:)'trɪʃən] *n.* 营养不良
16. claim [kleɪm] *v.* (根据权利) 认领, 声称
17. access ['ækses] *n.* 通路, 途径

Increase your vocabulary

Fill in the blanks with suitable words and phrases from the list given below:
potentially, unpredictable, domesticated, substantially, consequence, in terms of, malnutrition, access to

1. The skin is a fertile soil for the development of cancer because of its easy _____ irritation.
2. The early 90's found an _____ tide of rural workers flooding into big cities in China.
3. As a _____ of being in hospital, Shelly decided that she wanted to become a nurse.
4. _____ productivity gains and increased standards of living, digital technology is likely to do much to foster state economic growth in the 21st century.
5. It is urgently necessary for astronomers to locate and list out all the _____ hazardous Asteroids (小行星) which may collide with earth in the future.
6. A _____ animal is one trained or adapted to live in a human environment and used to human beings.
7. _____ is caused mainly because of an insufficient or poorly balanced diet or faulty digestion or utilization of foods.
8. The area of drug research _____ feels the constraining influence of law and regulations.

Check your understanding

Write "T" if the statement is true and "F" if it is false according to the article.

1. The increase of fatal contagious diseases today could be relevant to the ruin of the environment.
2. Global ecosystem has been affected slowly by population growth and economic development and this was affecting human health.
3. The report of WHO said natural resources were important to prevent diseases and sustain good health.
4. Some diseases actually passed on to the human population after crossing from tamed cattle and fowls.
5. According to the report by WHO in the text, in the next half century, human health would be significantly worse as a result of the environmental deterioration.
6. Regions facing the greatest risks include Central Africa, parts of China and Southeast Asia.
7. Drought and flooding are owing to the environmental destruction and they may cause severe famine among the poor.
8. There will be some 800 million people suffering malnutrition and 2.6 billion lacking adequate sanitation in both poor and rich countries.

4. Environmental Illness (1)

What is an environmental illness?

Chemicals, fumes, pollution, allergens¹, and other health hazards² are common in our environment, and sometimes they can make us sick. Maybe you have mysterious³ headaches that

only occur on weekends. Or you develop nausea and a rash after moving into a newly built home. Such symptoms can be caused by exposure to toxins commonly found in our homes, workplaces, and communities. For example:

Those weekend headaches may be caused by a faulty furnace⁴ leaking carbon monoxide⁵. Use a fireplace to create a back draft of furnace gases that can cause headaches. Replacing the furnace with a fireplace could make the headaches go away.

Building materials in new homes—insulation⁶, particle board⁷, carpet adhesive⁸—emit formaldehyde⁹, which can cause nausea and rashes. Also, the paper that makes up the outside layers of drywall provides the right conditions for the growth of mold. Exposure to these molds may cause respiratory problems and allergylike symptoms and may provoke asthma attacks.

You and your doctor may not know what is causing your illness, or it may be mistaken for another problem. Environmental hazards can cause or aggravate a wide range of common medical problems. A thorough evaluation of the environments in which you work, live, and play could reveal the culprits¹⁰.

What causes environmental illnesses?

Short-and long-term exposure to hazards such as chemicals, allergens, pollution, and other toxins can cause environmental illnesses. Chemicals in cigarettes are known to cause lung cancer. Exposure to asbestos¹¹, a common insulating material, can cause tumors in the linings of the chest and abdomen, lung cancer, and other diseases. Wood-burning stoves and improperly vented¹² gas ranges can cause respiratory problems. Drinking water from a rural well contaminated with pesticides or solvents from a nearby industrial plant could cause cancer or neurological problems. Inhalation of spores from molds that grow on building materials can cause respiratory problems and may make asthma more severe. Exposure to certain chemicals in the workplace may cause sterility¹³, especially in men.

But often we don't know such exposures are causing our sickness. We don't know the types or amounts of chemicals to which we've been exposed, especially when the symptoms of disease or illness don't develop for years. For example, most cancers have a latent¹⁴, or silent, period that can last a decade or more before symptoms develop.

What symptoms do environmental illnesses cause?

Symptoms depend on the environmental cause of the illness or disease. Common symptoms include headaches, cough, fatigue, and nausea. In some cases, you may not have any symptoms for years, until a disease progresses far enough for you to notice signs of it. In other instances, exposure may cause immediate allergic reactions, such as when contact with dust mites, cockroaches, pollen, or pets triggers an asthma attack. Or symptoms may emerge more gradually and become worse as the time of exposure lengthens.

For some people, going to work in a building with poor indoor air quality may cause headaches, coughs, dizziness, fatigue, and nausea. The building may be improperly ventilated¹⁵, causing exposure to fumes from cleaning solvents¹⁶ or cigarette smoke. Or it may have bacteria, molds, or viruses that have accumulated in heating and cooling ducts, carpet, ceiling tiles, or insulation that can cause fever, chills, muscle aches, cough, and other respiratory symptoms.

Symptoms of environmental illness are difficult to diagnose and may be mistaken for other medical problems. If you think exposure to toxins could be making you sick, it is important that