

21 世纪新闻英语阅读系列

21st Century English News Reading Series

医药卫生篇

Health and Medicine

江苏工业学院图书馆

藏书章

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华南理工大学出版社

·广州·

图书在版编目(CIP)数据

21 世纪新闻英语阅读系列. 医药卫生篇/贾国栋主编. —广州: 华南理工大学出版社, 2003.6

ISBN 7-5623-1929-4

I. 2… II. 贾… III. 英语-语言读物 IV. H319.4

中国版本图书馆 CIP 数据核字(2003)第 035189 号

总 发 行: 华南理工大学出版社

(广州五山华南理工大学 17 号楼, 邮编 510640)

发行部电话: 020-87113487 87111048(传真)

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<http://www2.scut.edu.cn/press>

责任编辑: 张 颖

印 刷 者: 广东农垦印刷厂

开 本: 850×1168 1/32 印张: 27.25 字数: 710 千

版 次: 2003 年 6 月第 1 版第 1 次印刷

印 数: 1~3 000 册

定 价 (共 5 册): 45.00 元

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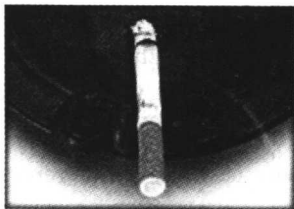
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1. Anti-smoking Smoke Screen?

A variety of products have come on the market in recent years, promoted to help people stop smoking or reduce tobacco usage. These range from nicotine^① replacement gum, patches^②, inhalers^③ and nasal spray^④ to cigarette-like products that produce less smoke and even modified tobacco with fewer toxic^⑤ chemicals.

About 48 million Americans smoke, a practice that kills 400,000 each year. Smoking causes heart disease and lung diseases like emphysema^⑥ and lung cancer and increases people's risks of other cancers.



The Institute of Medicine, an arm^⑦ of the National Academy of Sciences, studied the products intended to help people quit smoking at the request of the Food and Drug Administration.

-
- ① nicotine *n.* 尼古丁 (无色有毒生物碱, 从烟草中提取被用作杀虫剂, 它是烟草中致使吸烟者上瘾的物质)
- ② patch *n.* 药膏
- ③ inhaler *n.* 吸入器 (一种用于吸入药物的装置, 尤指装有挥发性药品的小型鼻腔吸入装置)
- ④ nasal spray 鼻腔喷雾剂
- ⑤ toxic *adj.* 有毒的
- ⑥ emphysema *n.* 肺气肿 (肺部的一种病态, 特征为肺中的空间不正常地增大, 导致呼吸困难并易于受感染)
- ⑦ arm *n.* 分部

In a report titled "Clearing the Smoke," an institute committee concluded that the products "are potentially beneficial" but said not enough is known about results of their use to reach a conclusion on their health impact.

"We believe that it may be possible to reduce harm from tobacco use with new products, but we frankly do not know the health effects of the various products on the market that claim to do this," Stuart Bondurant, chairman of the panel^① that prepared the report, said in a statement.

Bondurant is a professor of medicine at the University of North Carolina at Chapel Hill.

Danger of Encouraging Smoking

Use of the products could potentially reduce individuals' exposure to tobacco, the report said, but the end result depends on the actions of the individual. These have not been sufficiently studied, it said.

The committee indicated the possibility that some products could even increase danger by encouraging smoking. For example, some of the products still contain tobacco, and people might use others as a way to cut back on^② smoking but not to quit altogether.

Tobacco specialists have been debating the value of cutting back versus quitting smoking. When people quit, their bodies start healing, and some have speculated^③ that cutting back on smoking also could be helpful.

① panel *n.* 专门小组

② cut back on 减低

③ speculate *vt.* 推测

2. UN Prepares Anti-smoking Treaty

One of the key objectives of the World Health Organization, or WHO, is to curb^① tobacco smoking, which the U.N. agency says kills four million people every year. A convention on tobacco control currently underway would limit tobacco advertising, ban sales to minors^② and impose other regulations worldwide.

Delegates to a recent meeting in Geneva^③ held preparatory^④ talks to work out the text of a treaty the 191-nation body hopes to adopt in 2 years. A draft of the agreement that was the subject of the week-long talks would phase out^⑤ tobacco industry sponsorship of sporting and cultural events and restrict advertising. It would lay down steps to fight cigarette smuggling and rules for greater accuracy on tobacco product labels, including clear health warnings. It would also prohibit tobacco sales to anyone under the age of 18.

Anti-smoking activists criticized the draft agreement as too weak, noting that it does not impose a total ban on tobacco advertising.

But Ambassador Celso Amorim, the Brazilian chairman of the Inter-governmental Negotiating Body, rejects the charge that he has produced a weak document. He says a treaty must be both meaning-

① curb *vt.* 控制, 抑制

② minor *n.* 未成年人

③ Geneva 日内瓦城 (瑞士西南部城市)

④ preparatory *adj.* 预备的

⑤ phase out 逐步停止



ful and ratifiable^①; And any attempt to enforce a total ban on advertising would run up against constitutional obstacles in countries such as the United States or Brazil.

Mr. Amorim says he expects substantive^② negotiation to get underway at the third meeting in November, and insists that the treaty target date of May 2003 must be maintained. But he emphatically denies that he has lost hope of achieving a significant result. "No, not at all. No, no. no. I, on the contrary, I think that the amount of engagement only makes me more confident that we'll have a meaningful treaty," he said.

Anti-smoking activists are skeptical. Clive Bates, Director of the London-based group Action on Smoking and Health, or ASH, says what began as a weak text has, if anything, been further diluted^③ in the latest round of negotiation. "I'm worried that if this process continues, it'll be diluted to the point where it isn't worth having," she said. "We can get an agreement, but if the agreement has no substantive measures in it, then frankly, it's not worth having. In fact, it would be an obstruction to good tobacco control policies around the world."

He and others point an accusing finger at the United States, and call on Washington to pull out of the negotiation.

① ratifiable *adj.* 可以生效的

② substantive *adj.* 有实质的

③ dilute *vt.* 减弱

3. Aspirin^① OK After Attack

The findings may ease concerns that combining aspirin with ACE inhibitors^② could be ill-advised for some patients with heart trouble. Previous studies have suggested that the combination could result in kidney impairment^③ or impair the effectiveness of ACE inhibitors.

“We could find no evidence of an adverse^④ interaction,” Dr. Harlan M. Krumholz and colleagues, the new study’s authors, said in today’s *Archives*^⑤ of *Internal Medicine*.

A related Krumholz study published in the same journal suggests that aspirin can safely be used to lower mortality^⑥ in heart failure^⑦ patients.

Both studies involved patients aged 65 and older.

Aspirin, which improves blood flow through the arteries by making it less sticky and less likely to clot^⑧, often is recommended to

① aspirin *n.* 阿斯匹林 (解热镇痛药)

② ACE inhibitor (abbr. angiotensin-converting enzyme inhibitor) 血管紧张素转化酶抑制剂

③ impairment *n.* 损害

④ adverse *adj.* 不利的

⑤ archives *n.* 档案

⑥ mortality *n.* 死亡率

⑦ heart failure 心力衰竭 (心脏无法以足够快的频率供血而导致的肺部充血、气短、下肢浮肿及肝脏肿大)

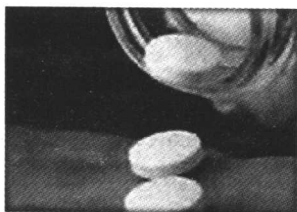
⑧ clot *vi.* (血等) 凝结

help prevent and treat heart problems. But its use has been questioned in patients with heart failure who do not have clot-related coronary artery^① disease.

Better Blood Pumping

ACE inhibitors, which lower blood pressure and help the heart pump more efficiently, often are recommended for such patients, said Dr. David A. Meyerson, a cardiologist^② at Johns Hopkins University and spokesman for the American Heart Association (AHA).

Some doctors may be reluctant to prescribe aspirin for heart failure patients without clot-related disease partly due to concerns that it might hamper the effectiveness of ACE inhibitors, Meyerson said.



The second study, involving 1,100 Medicare^③ heart-failure patients hospitalized in Connecticut, reported an overall 29 percent lower mortality risk one year later for those who were prescribed aspirin at hospital discharge. Some patients also took ACE inhibitors but the interaction of the two medications^④ was not the focus of the study.

While it's unclear how aspirin improved survival chances in the heart failure patients, the results "suggest that one of our simplest medications continues to be one of the most valuable," Meyerson

① coronary artery 冠状动脉（起自主动脉的两条动脉之一，供血给心脏的肌肉组织）

② cardiologist *n.* 心脏病专家

③ Medicare *n.*（美国政府办的）医疗保险制度

④ medication *n.* 药物治疗

said. "The survival benefits appear significant."

Meyerson said the AHA will evaluate whether to add aspirin to treatment guidelines for older heart failure patients without clot-related cardiovascular^① disease.

Its existing guidelines for heart attack patients recommend combining aspirin and ACE inhibitors.

In Krumholz' study of 14,129 heart attack survivors, the drugs were equally effective taken separately, reducing patients' chances of dying within a year of a heart attack by about 15 percent. Patients who used both drugs together fared^② slightly but not significantly better, the authors said.

"This topic has great importance, since some physicians may be departing from the guidelines because of a concern about an adverse interaction," Krumholz and his colleagues wrote. "The results of this study suggest that the current guidelines need not be altered."

A recent Mayo Clinic study indicated, however, that just cutting back instead of quitting won't help. The surprise finding showed levels of toxins^③ in heavy smokers' bodies did not decrease when they cut smoking in half.

Some Smokers Inhaling^④ Deeper

The Institute of Medicine report noted that filter cigarettes^⑤ and

① cardiovascular *adj.* 心血管的

② fare *vi.* 进展

③ toxin *n.* 毒素

④ inhale *vt.* 吸入

⑤ filter cigarette 有过滤嘴的香烟

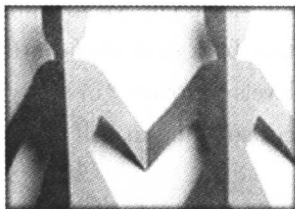
low-yield^① cigarettes were once thought to offer reduced danger by cutting back on the nicotine and other chemicals smokers inhaled. But studies found that at least some smokers changed their smoking patterns, inhaling deeper, to get the same amount of nicotine and other chemicals.

The panel called for regulation of products designed to help people stop smoking along with increased research into the products and their effects.

The National Academy of Sciences is a private institution chartered^② by Congress^③ to provide scientific and medical advice to the government.

4. Are We Ready to Clone People?

Since Scottish researchers created Dolly in 1997 by placing an adult ewe's^④ genes in an empty egg^⑤ and triggering it to develop into an embryo^⑥, other scientists have managed to clone worms, mice and cattle using the same methods. But the failure rate has been



-
- ① low-yield *adj.* 低能量的
② charter *vt.* 特许设立
③ Congress *n.* (美国的) 国会
④ ewe *n.* 母羊
⑤ egg *n.* 卵细胞
⑥ embryo *n.* 胚胎

alarmingly high at 98 percent.

Often the attempts have resulted in failed births or clones with genetic defects such as extra large organs or weak hearts or immune systems.

“Cloning is a hit-or-miss^① affair right now,” says Ron Green, an ethicist^② and religion professor at Dartmouth College.

There are also complications^③ that arise when dealing with people rather than animals, including how to prevent the birth of a badly deformed baby.

Catching Problems in Time

Panayiotis Zavos of the University of Kentucky, the scientist who announced his intention to clone, has said he and his colleagues stop any pregnancy that appears to be going wrong by abortion.

But, Green argues, flaws may not always be apparent.

“Many of the problems that have arisen in animal tests have been mostly unobservable at the fetus^④ level,” he says. “Then you’ll have a sick child you can’t simply dispose of.”

Zavos counters^⑤ there is a real need for human cloning technology, particularly among parents who are unable to conceive by any other means. And, he claims, there is a responsible way to do it.

“We just have to approach this project with a lot of T.L.C.^⑥,”

① hit-or-miss *adj.* 时而成功时而不成功的

② ethicist *n.* 伦理学家

③ complication *n.* 并发症

④ fetus *n.* 胎儿

⑤ counter *vt.* 反对

⑥ T.L.C. (abbr. Tender Loving Care) 细致亲切的照料

he told ABCNEWS. “And we know exactly how heavy this under-taking is.”

5. Heart Attack Nightmares

For Bob Utecht the call came in 1996, when his body awakened him at 4 a. m. with a pain he believed was indigestion^①. The discomfort persisted for a couple of hours, as his skin grew clammy^② and his wife got more worried. By 7 a. m., she insisted he go to the hospital.

Utecht, 62 at the time, thought she might be overreacting, but was willing to humor^③ her. He soon discovered he owed her his life.

“I didn’t think it was serious,” says the now-retired Poughkeepsie, N. Y. resident. “Until the ER^④ doctors told me I was in the middle of a heart attack.” The adrenalin^⑤ rush had raised his blood pressure, rupturing^⑥ the vulnerable, cholesterol^⑦-filled plaques^⑧

① indigestion *n.* 消化不良

② clammy *adj.* 湿粘的, 湿冷的

③ humor *vt.* 迁就

④ ER (abbr. Emergency Room) 急诊室

⑤ adrenalin *n.* 肾上腺素

⑥ rupture *vt.* 使破裂

⑦ cholesterol *n.* 胆固醇 (发现于动物细胞组织和多种食物中, 一般由肝合成。在血流中的程度能影响特种疾病的发病, 如动脉粥样硬化病和冠状动脉疾病的发展)

⑧ plaque *n.* 斑动脉 (血管壁内脂肪物质的沉积, 以动脉粥样硬化为特征)

lining his coronary arteries and cutting off the oxygen supply to his heart muscle.

Not All Attacks Classic

According to Dr. Randolph Martin, professor of cardiology at Emory University in Atlanta, Ga., Utecht's experience with an early morning heart attack is quite common. While many heart attack victims experience classic symptoms — such as an intense, ballooning^① chest pain, which radiates up to the arms, neck and eventually even teeth — up to a third of attacks have atypical^② signs, or are “silent.”

Martin explains that the signs of a heart attack can vary from person to person, with women and diabetics^③ usually more likely to experience subtle symptoms that make it difficult to recognize an attack is taking place. Those symptoms include abdominal pain, dizziness, unexplained anxiety, weakness, fatigue, palpitations^④ and cold sweating.



“Women often present with extreme shortness of breath,” says Emory's Martin. Instead of the chest pains that men tend to feel, female heart attack victims often experience an onset^⑤ of intense

① ballooning *adj.* 迅速增加的

② atypical *adj.* 非典型的

③ diabetic *n.* 糖尿病患者

④ palpitation *n.* 心悸

⑤ onset *n.* 发作