



New Health Concepts

Extensive
English
Reading
for
Medical
Professionals

健康新概念

——医护英语泛读

何奇光 成艳萍 等编著

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内 容 简 介

本书集护理常识、医学术语、健康新理念于一体，文章全部选自美国医科大学教科书与最近期刊，兼顾了文章的新颖性、知识性与实用性。本书提供了常用健康、护理、医疗卫生、环境保护的英语表达方式与词汇，同时在每篇课文前设计了简短对话，旨在引导读者进入文章主题。本书共包括 56 篇小短文和相关的对话练习。

本书可供广大医护理专业的教师、学生作为泛读教材使用，也可供广大医务工作者参考使用。

The book is composed of 56 texts and dialogues, embodies new health concepts, medical terms and elementary knowledge of nursing together. All the texts are selected from the latest American college textbooks for and U. S. A. health magazines. Through study readers can acquire useful daily vocabulary and idiomatic expressions of health, medicine, nursing, and environmental awareness. It can be used as an extensive reading material for medical and nursing students in class, and it is also appropriate for medical professionals of all levels.

序

随着医学模式向“生物—心理—社会”医学模式的转变，现代医学、护理学在历经以疾病为中心、以病人为中心到以人的健康为中心的发展阶段后，医疗、护理专业的功能从疾病的治疗、护理逐步拓展为“预防疾病、维持生命、减轻痛苦、增进健康”。护士的职责从单纯、被动地执行医嘱和疾病护理，逐步转向从人的整体健康的角度出发，综合考虑服务对象生理、心理、社会、精神、环境等各方面的健康需求，运用医学知识和护理程序帮助其预防疾病，增进健康，最大限度地达到生理、心理、社会的平衡和适应。社会的发展与疾病谱的转变、人口的高龄化，在社会人群健康需求日益增长的同时，也使我国的医学、护理教育在提升办学层次的同时急需与国际接轨，学习发达国家医学、护理教育的先进经验。

面向国际的医学、护理教育，需要了解国外先进医疗、护理理念、知识和技术，也需要与国外医护同行进行交流与合作，所以在医学与护理教育中除了进一步完善课程体系与教学内容，强化服务意识与奉献精神，推动高质量的医学、护理研究生教育与规模发展外，其中重要的一条就是多元化提升医护学生的外语应用能力。

目前,我国的医护工作者和医学院校的学生已经有了一定的外语听、说、读、写能力,为了适应经济全球化和我国加入世贸组织后涉外医疗和护理对英语素质的要求,医护工作者和学生对本专业的英语应有更多的涉猎和掌握,广大医护工作者和学生急需一个将英语向应用能力转化的平台,而《健康新概念——医护英语泛读》恰好可以提供这种需求。本书是一本集健康新理念、修业进德、医学术语、护理常识、医学术语于一体的英语教材,它不仅向读者传达了当代健康的新信息、新理念,还提供了当代心理健康、医学伦理、护理理念、护理知识等。教材内容涉及身心健康、职业道德、现代护理理念、常规护理、医护关系、护士行为、护患关系、常见疾病和文化差异等,内容广泛,文章浅近。在培养学生英语语言能力的同时,还有益于启迪他们的爱心、责任心,使他们用英语汲取医护信息的同时,还能直接用于临床与患者沟通,真正实现学为所用的目的。

山西医科大学第一附属医院副院长、《护理研究》主编



前言

随着我国加入世贸组织，各行各业均要求与国际接轨，医护专业也不例外。全国各医科院校对其学员英语水平也提出了更高的要求，但目前我国浩瀚的英语书海中专供医护人员及医护学生泛读的浅易读本寥若晨星。《健康新概念——医护英语泛读》是专为医护工作者编撰的一本集学习英语、获取信息、更新知识为一体的读物。本书兼顾了文章的新颖性、知识性与实用性。文章全部选自美国当代大学教科书与最近期刊，目的是为广大医护工作者提供英语泛读材料，巩固、扩展课本所学英语，提高英语阅读水平和实用能力，了解新的信息与概念。

本书提供了当代常用健康、医疗卫生、护理、环境保护的英语表达方式与词汇，介绍了当代医卫、康护、环保的信息与概念，有助于医疗卫生英语学习者提高从英文原著中直接获取信息的能力。全书涵盖 10 个主题。每个主题中的课文皆有长有短，有难有易，不同程度的读者均可从中找出适合自己水平的课文。

书中在每篇课文前设计了简短对话，旨在引导读者进入文章主题。对话简明扼要，朗朗上口，可同时作为医护工作者的口语练习素材。读者可同时应用书中提供的词汇练习医卫、环保日常口语会话，提高自己的英语口语与综合应用能力。为了加强读者

阅读理解，课文后设计了理解题，供读者阅后思考，培养英语思维能力。

初涉英语阅读的人，往往会遇到大量生词，不断查阅字典或文后注释往往会影响到篇章综合理解，产生挫折感，失去阅读兴趣。考虑到阅读心理因素，本书直接在可能生词后加以注解，既有助于读者对文章的整体理解，又可节省时间。

如果此书能使读者感到开卷有益，全体编者将不胜欣慰之至。

在本书构思编写过程中，美国南卡罗来那州立大学护理学院 **Marlene Mackey** 博士给予本书许多专业性、建设性的意见，并做了认真的审校。牛芳莲女士对本书的编写给予了无私的支持与帮助。杨帆、窦月波、魏香梅分别承担了打字与校对工作。在此，特向他们表示最诚挚的谢意。

Contents

<i>Part One: Getting Fit</i>	(1)
Text 1 Wellness: The New Health Goal	(3)
Text 2 Nutrition Basics	(6)
Text 3 Ethnic Diets and Cuisines	(9)
Text 4 Exercise for Health and Fitness	(12)
Text 5 It Might Work for You	(16)
Text 6 Weight Management	(19)
Text 7 Treating the Common Cold	(22)
<i>Part Two: Making Responsible Choices</i>	(27)
Text 8 Education Is Worth It	(29)
Text 9 Your Periodic Health Assessment	(31)
Text 10 Spring Into Action Gradually	(34)
Text 11 Health Hazards of Smoking	(37)
Text 12 Self-Care: Skills for the Health Care Consumer	(41)
Text 13 How to Be a Green Consumer	(44)

Text 14	The Use of Alcohol	(48)
---------	--------------------------	--------

● **Part Three: Mind and Body** (53)

Text 15	Exercise and Mind	(55)
---------	-------------------------	--------

Text 16	Psychological Health	(58)
---------	----------------------------	--------

Text 17	Being Optimistic	(62)
---------	------------------------	--------

Text 18	Myths about Suicide	(65)
---------	---------------------------	--------

Text 19	The Mind-Body Connection	(68)
---------	--------------------------------	--------

Text 20	The Power of Belief: The Placebo Effect	(72)
---------	---	--------

Part Four: Stress Management (77)

Text 21	Cultural Confusion	(79)
---------	--------------------------	--------

Text 22	Stress: The Constant Challenge	(82)
---------	--------------------------------------	--------

Text 23	Immunity and Stress	(86)
---------	---------------------------	--------

Text 24	Dealing with Anger	(90)
---------	--------------------------	--------

Text 25	Intimate Relationships are Good for Your Health	(93)
---------	--	--------

Part Five: Protecting Yourself against Diseases (97)

Text 26	Alzheimer's Disease	(99)
---------	---------------------------	--------

Text 27	Environmental Pollution	(102)
---------	-------------------------------	---------

Text 28	Cancer	(106)
---------	--------------	---------

Text 29	Cardiovascular Health	(109)
---------	-----------------------------	---------

Text 30	HIV Infection around the World	(113)
---------	--------------------------------------	---------

Text 31	Hepatitis B	(117)
---------	-------------------	---------

Text 32	Hypertension	(121)
Part Six: Patients and Physicians (125)		
Text 33	The Patient's Rights	(127)
Text 34	Being Ill	(131)
Text 35	Communication with the Patient	(134)
Text 36	The Patient's Family and Visitors	(138)
Text 37	The Physician-Patient Partnership	(141)
Part Seven: Nurses and Nursing (145)		
Text 38	Mary's Plan for Her Future Career	(147)
Text 39	A Young Male Nurse	(150)
Text 40	A Nurse's Innermost Thoughts and Feelings	(154)
Text 41	The Legal Status of Nursing	(158)
Text 42	A Principle of Nursing	(162)
Text 43	Night Watch	(165)
Part Eight: Pregnancy and Contraception (169)		
Text 44	Contraception	(171)
Text 45	The Susceptible Sperm: Men's Role in Genetic Health	(174)
Text 46	Emotional Responses to Pregnancy	(178)
Text 47	The Effects of Alcohol Use During Pregnancy	(182)

***Part Nine: Women and Diseases* (187)**

Text 48 Special Risks for Women Who Smoke (189)

Text 49 Breast Cancer (192)

Text 50 Women and Cardiovascular Disease (195)

Text 51 Osteoporosis (199)

***Part Ten: Accepting Physical Limits* (203)**

Text 52 Protecting Yourself from Unintentional Injuries
and Violence (205)

Text 53 Metabolism and Energy Balance (211)

Text 54 Aging: A Vital Process (214)

Text 55 Hospice: Comfort and Care for the Dying (217)

Text 56 Death (220)

Part One

Getting Fit

Text 1 Wellness: The New Health Goal

Dialogue

Jack: I feel out of whack.

Brenda: Well, get the doctor to give you some pills.

J: No, it's not just that. I feel like I'm missing something.

B: Did you lose something?

J: No, no, like I'm out of balance.

B: Oh, like that old idea of yin and yang-having your life in balance.

J: Kind of like that. Mind, body, spirit-all that stuff.

B: Anyway, you have this self-awareness.

J: Yeah, it's like I'm growing and changing everyday.

B: You've given me something to think about.

Text

Wellness is an expanded (扩大的) idea of health. Many peo-

ple think that being healthy is just the absence of physical disease. But wellness is more than that. True wellness largely depends on how one lives his or her life. No matter what one's age or health status (状况), one can optimize (尽可能完善) his or her health in each of the following six interrelated (相互联系的) dimensions (方面). The first dimension is physical wellness. Optimal (最佳的) physical health requires eating well, exercising, avoiding harmful habits, making responsible decisions about sex, and getting regular (定期的) medical and dental (牙齿的) checkups (检查). The second is emotional (情绪的) wellness. Optimism (乐观主义), trust, self-esteem, self-acceptance, self-confidence, self-control, satisfying relationships, and an ability to share feelings are some of the qualities (品质) and aspects of emotional wellness. The third is intellectual (智力的) wellness. The intellectual health include openness to new ideas, a capacity (能力) to question and think critically (批评性地), and the motivation to master new skills, as well as a sense of humor, creativity (创造力), and curiosity (好奇心). The fourth is spiritual (精神上的) wellness. To enjoy spiritual health is to have beliefs, principles (原则), values and a purposeful (有目的的) life, especially during difficult times. The fifth is interpersonal (人与人之间的) and social wellness. Satisfying relationships are basic to both physical and emotional health. We need to have mutually (互相地) loving, supportive (支持的) people in our lives. The last is environmental (环境的) wellness. Personal health depends on the health of the environment—from the safety of

the food supply to the degree of violence (暴力) in a society. Other environmental threats to health are ultraviolet radiation (紫外线) in sunlight, air and water pollution, second hand tobacco smoke and so on.

The six dimensions of wellness interact continuously (不断地) and influence mutually. Making a change in one dimension often affects the others. By developing overall (全面的) wellness one can live actively, energetically (精力充沛地), and fully.

Questions to think about :

1. What is the concept of wellness according to the passage?
2. What are the six dimensions of wellness?
3. What should we do to develop overall wellness?