

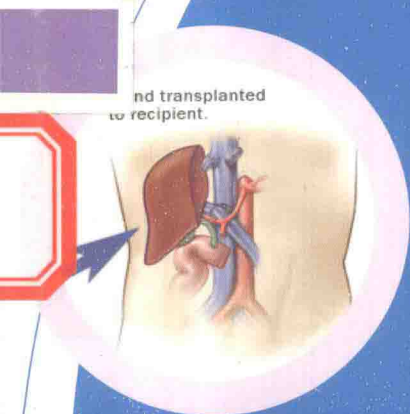
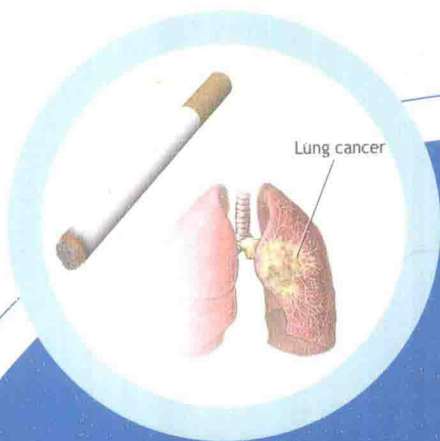
供全国医学院校使用

医学英语新教程

A New Course of Medical English

王兰英 王玉安◎主编

下册



复旦大学出版社

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《医学英语新教程》是本专科医学院校英语提高阶段的必修课程,旨在提升高年级医学生和研究生英文文献的阅读和翻译能力,熟知医学词汇的构词规律,为以后医学信息技术的交流和传播奠定良好的基础。

本教材编写的理念突出时代性和实用性。选材反映了医学科技新进展,体现现代医学理念,将基础医学和临床医学知识有机结合,使语言学习和巩固医学知识融为一体,学以致用。教材的内容和练习设计突出了阅读和翻译能力的培养,并注重医学写作和口语会话能力的提高。教材语言材料的选择难易适度,与大学英语阶段教学相衔接,在巩固语言基础知识的同时,立足于扩大医学词汇,攻破医学术语难读、难记、难写的困扰。

本教材分上、下册两册。上册侧重基础医学知识,选材包括生理学、病理学、解剖学、免疫学、心理学等,共8个单元;下册侧重临床医学知识,包括内科学、外科学、儿科学、肿瘤学、老年病学等,共8个单元。所有材料选自国外英文版教材,语言规范,具有科学性和趣味性。单元主要内容包括 **Section A**: 医学词汇构词讲解和练习; **Section B**: 医学文献阅读,其中 **Passage 1** 是课堂教学的精读部分,配有丰富的习题以巩固课文语言知识; **Passage 2** 供学生课后阅读,配有 **True or False** 阅读理解题; **Passage 3 (Medical Conversation)** 为学生课堂 **Role-Play** 使用,以提高医学口语表达能力。教材的附录1有各单元的生词汇总,并附有音标,方便朗读;上册附录2是英汉双解的常用医学缩略词,下册附录2是医院常用术语中英文



对照,便于查阅。教材附有课文录音及习题光盘,便于教师备课和学生开展自主学习。

本套教材在教学过程中可以根据教学计划灵活安排,每单元可安排4学时左右,教师应指定一些内容让学生自主学习。

书中不妥之处请广大读者批评指正。

编者

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CONTENTS

Unit One	What Is Disease?	/001
Section A:	Medical Terminology	/001
Section B:	Readings	/004
Passage 1	Development of Disease	/004
Passage 2	Hereditary Diseases	/014
Passage 3	Medical Conversation	/022
Unit Two	About HIV and AIDS	/025
Section A:	Medical Terminology	/026
Section B:	Readings	/028
Passage 1	AIDS, Recent Advances in Research and Treatment	/028
Passage 2	Prevention of HIV Transmission	/040
Passage 3	Medical Conversation	/051
Unit Three	Cardiac Diseases	/054
Section A:	Medical Terminology	/055
Section B:	Readings	/057
Passage 1	Introduction of Heart Diseases	/057
Passage 2	Heart Failure; Treatment and Drugs	/071
Passage 3	Medical Conversation	/079



Unit Four	Hyperactivity Disorder in Children	/081
Section A:	Medical Terminology	/082
Section B:	Readings	/084
Passage 1	Hyperactivity Disorder	/084
Passage 2	Childhood Disorders	/095
Passage 3	Medical Conversation	/107
Unit Five	Cancer	/109
Section A:	Medical Terminology	/110
Section B:	Readings	/112
Passage 1	Management of Cancer Patients	/112
Passage 2	Strategies for Treating Cancer	/127
Passage 3	Medical Conversation	/137
Unit Six	Transplantation	/140
Section A:	Medical Terminology	/141
Section B:	Readings	/143
Passage 1	Cardiac Transplantation	/143
Passage 2	Complications after Cardiac Transplantation	/158
Passage 3	Medical Conversation	/167
Unit Seven	Diabetes Mellitus	/169
Section A:	Medical Terminology	/169
Section B:	Readings	/171
Passage 1	Introduction of Diabetes Mellitus	/171
Passage 2	Treatments and Drugs for Type 2 Diabetes	/185
Passage 3	Medical Conversation	/194

Unit Eight	Introduction of Pain	/ 196
Section A:	Medical Terminology	/ 197
Section B:	Readings	/ 199
Passage 1	Pain Management	/ 199
Passage 2	Back Pain	/ 210
Passage 3	Medical Conversation	/ 222
Appendix		/ 225
I	Glossary	/ 225
II	Terms Used at Hospital	/ 255

Unit One

What Is Disease?

A disease is an abnormal condition affecting the body of an organism. It is often construed to be a medical condition associated with specific symptoms and signs. It may be caused by external factors, such as infectious disease, or it may be caused by internal dysfunctions, such as autoimmune diseases. In humans, “disease” is often used more broadly to refer to any condition that causes pain, dysfunction, distress, social problems, death to the person afflicted, or similar problems for those in contact with the person. In this broader sense, it sometimes includes injuries, disabilities, disorders, syndromes, infections, isolated symptoms, deviant behaviors, and a typical variations of structure and function, while in other contexts and for other purposes these may be considered distinguishable categories. Diseases usually affect people not only physically, but also emotionally, as contracting and living with many diseases can alter one’s perspective on life, and their personality.

Section A Medical Terminology

A. Study the Following Combining Forms

Combining Form	Meaning	Example and Its Meaning
hyster-	uterus	hysteralgia; pain in the womb 子宫痛
ischi-	ischium	ischio-rectal; referring to both the ischium and the rectum 坐骨直肠的
karyo-	nucleus	karyoplasm; nucleoplasm 核质,核浆



kerato-	cornea	keratocyte; a flattened connective tissue cell lying between the fibrous tissue lamellae which constitute the cornea 角膜细胞
lacto-	milk	lactotropin; a hormone that helps the breast prepare for milk production during pregnancy 催乳素
linguo-	tongue	linguodental; formed or uttered by the joint use of the tongue and teeth 舌牙的
lyso-	dissolution	lysozyme; enzyme which is found in saliva and in tears, and destroys certain bacteria 溶菌酶
myxo-	mucus	myxofibroma; a fibroma containing myxomatous tissue 黏液纤维瘤
odyno-	pain	odynophagia; a dysphagia in which swallowing causes pain 舌咽痛
patho-	disease	pathogen; any disease-producing agent or microorganism 病原体

B. Study the Following Suffixes

Suffix	Meaning	Example and Its Meaning
-assay	examination, analysis	immunoassay; test for the presence and strength of antibodies 免疫测定
-blast	immature cell	erythroblast; cell which forms an erythrocyte or red blood cell 成红细胞, 有核红细胞
-cele	hernia	gastrocele; stomach hernia, a condition where part of stomach wall becomes weak and bulges out 胃膨出
-cide	killing	insecticide; substance which kills insects 杀虫剂
-crine	secretion	exocrine; relating to a gland that secretes outwardly through a duct or ducts 外分泌
-clysis	washing	enteroclysis; the injection of liquids into the intestine 灌肠(法)

-desis	binding	arthrodesis; the surgical fixation of a joint to promote bone fusion 关节固定术
-emia	blood condition	hypoglycaemia; low concentration of glucose in the blood 低血糖
-ic	pertaining to	ischemic; lacking in blood 缺血的
-ics	organized knowledge	anesthetics; drugs or methodologies used to make a body area free of sensation or pain 麻醉学
-pathy	disease	encephalopathy; disease of the brain 脑病

C. Match the Following Phrases with Their Medical Words

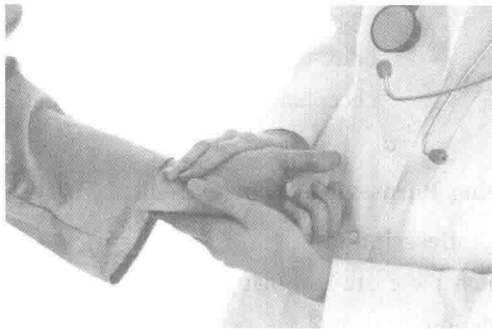
Description	Medical Word
1. a condition in which there are too many red blood cells in the blood circulation	a. penetrate
2. the morphological changes indicative of cell death caused by progressive enzymatic degradation	b. polycythemia
3. the frequency with which a heritable trait is manifested by individuals carrying the principal gene or genes conditioning it	c. necrosis
4. the acquisition of characters or qualities by transmission from parent to offspring	d. inheritance
5. the stopping of a thing	e. heredity
6. inability to produce offspring, i. e., either to conceive (females) or to induce conception (males)	f. polyposis
7. the genetic transmission of a particular quality or trait from parent to offspring	g. cessation
8. a genetic disorder, usually inherited, of the mechanism of blood clotting	h. predisposition
9. the formation of numerous polyps	i. sterility
10. a latent susceptibility to disease that may be activated under certain conditions	j. hemophilia



Section B Readings

Passage 1

Development of Disease



1 The human body is a masterpiece of art. The more one understands 1
the functioning of the body, the greater appreciation one has for it. Even in
disease, the body is quite remarkable in attempting to right what is wrong
and compensate for it. Changes constantly occur within the body, and yet
a steady state called homeostasis is generally maintained. A significant 5
disturbance in the homeostasis of the body triggers a variety of responses
that often produce disease signs and symptoms. Athletes, for example,
develop abnormally high red blood cell counts due to their increased need
for oxygen. This is a natural compensatory mechanism to circulate more
hemoglobin, but it is a disease symptom in **polycythemia**, which will be 10
discussed later.

2 An organ will often enlarge, hypertrophy, when it is required to do extra 15
work. The heart enlarges with prolonged high blood pressure as it must
continue to pump blood against great resistance. Heart muscle also
hypertrophies when the valves are defective because valves that are either
too narrow or too wide require extra pumping action. If one kidney fails, the
other enlarges to meet the needs of the body and compensate for the
defective one. When blood flow to the kidneys is inadequate, the kidneys
help raise the blood pressure by means of a hormonal secretion. If, however,

an organ or body part is not used, it will atrophy or, that is, decrease in size or function. 20

3 Blood plays several roles in maintaining homeostasis. When tissue is **traumatized**, injured, or becomes infected, blood flow increases to the damaged site. This is vital because the blood carries cells that are specialized to remove harmful substances and cellular debris. Other cells in the blood produce antibodies against invading organisms that cause disease. 25

4 Disease is the unhealthy state of a body part, a physiologic system, or the body as a whole; there is a disordered structure or function. Disease often begins at the cellular level. An abnormal gene, acquired through one's heredity or **mutated**, or altered, by an environmental factor can start the disease process. Cancer, for example, begins with uncontrolled growth of cells when the genetic information is affected, often by a virus. New research techniques are making it possible to link certain diseases with abnormal gene findings. A disease may be a structural **anomaly**, such as a congenital heart defect, a functional condition in which there is no organic change, such as hypertension or high blood pressure, or trauma. The abnormal tissue or function is referred to as lesion. A lesion may be a wound, injury, or pathologic condition. 35

5 An important aspect of any disease is its etiology, or cause. Many familiar diseases are caused by infectious agents. The common cold and flu are viral infections, but abscesses and strep throat are caused by bacteria; fungi and parasites are infectious agents that cause athlete's foot and worm diseases, respectively. The source or cause of an illness or abnormal condition, together with its development, is its pathogenesis. 40 45

6 Pathology is the branch of medicine that studies the characteristics, causes, and effects of disease. The cellular pathologist studies cellular or microscopic changes; the clinical pathologist utilizes laboratory tests and methods to make a diagnosis. A pathologist may specialize in **autopsies** or surgical findings. 50

7 Many diseases are due to heredity; they are transmitted by a defective gene. **Hemophilia**, sickle cell anemia, and color blindness are examples



of genetic diseases. Congenital birth defects, mental or physical, may be due to a developmental error resulting from a maternal infection such as **rubella** or German measles during pregnancy, the use of certain drugs, or the mother's excessive consumption of alcohol. Some congenital birth defects result from an accident at the time of delivery such as an interference with oxygen supply. 55

8 Environmental factors are the cause of many diseases. Skin cancer, for example, can result from excessive exposure to the ultraviolet light rays of the sun, especially in fair-skinned people. The development of leukemia is an occupational hazard for radiologists and the development of cancer is linked to **asbestos** exposure. Many chemicals found in industrial wastes have been found to cause disease. 60

9 Malnutrition causes many diseases that are not always due to the unavailability of food, but rather the inability of the person to use it. Signs of nutritional deficiency diseases frequently accompany chronic alcoholism. 65

10 Stress adversely affects the entire body, it reduces the ability of the immune system to **counteract** disease. Stress causes several diseases of the gastrointestinal system such as peptic ulcers and ulcerative colitis. It also aggravates respiratory ailments — asthma, for example — and other allergic conditions. If the cause of a disease is not known, it is said to be **idiopathic**. 70

11 Another important aspect of disease is the way it manifests itself: its signs and symptoms. Signs are objective evidence of disease observed on physical examination, such as abnormal pulse or respiratory rate, fever, and **pallor**, or abnormal paleness; whereas symptoms are indication of disease perceived by the patient, such as pain, dizziness, and itching. An attempt will be made throughout this unit to relate the signs and symptoms of a disease to the specific malfunctioning of the ailment. For example, why does the anemic person feel weak, fatigued, and short of breath? How does a hyperactive thyroid cause weight loss, nervousness, and excessive sweating? Why are the ankles swollen in certain heart conditions? 75 80

12 Certain signs and symptoms occur concurrently in some diseases and the combination of symptoms is referred to as a syndrome. **Mongolism**, or 85

Down's syndrome, is an example of a disease with **concurrent** signs; the most prominent are mental **retardation**, an enlarged, **protruding** tongue, and a characteristic appearance of the eyes.

13 Diagnosis, the determination of the nature of a disease, is based on many factors, including the signs, symptoms, and, often, laboratory results. Laboratory tests include such familiar procedures as urinalysis, blood chemistry, electrocardiography, and radiography. New diagnostic-imaging techniques such as computerized tomography (CT scan), radiology, ultrasound, and nuclear medicine provide a visualization never before possible. Diagnostic procedures used in determining various diseases are discussed for each system. A physician also derives information for making a diagnosis from a physical examination, from interviewing the patient or a family member, and from a medical history of the patient and family. The physician, having made a diagnosis, may state the possible prognosis of the disease, or the predicted course, and outcome of the disease.

14 The treatment considered most effective is prescribed and may include medication, surgery, radiation therapy, or possibly psychological counseling. A patient may be advised to change habits of life-style such as overeating, smoking, alcohol abuse, or to avoid a stressful situation if possible.

15 The course of a disease varies; it may have a sudden onset and short term, in which case it is an acute disease. A disease may begin **insidiously** and be long-lived, or chronic. The term "chronic" is derived from the Greek word "chronos" for time. Diseases that will end in death are called terminal. The signs and symptoms of a chronic disease at times subside, during a period known as remission. They may recur in all their severity in a period of exacerbation. Certain diseases, leukemia and ulcerative colitis, for example, are characterized by periods of remission and exacerbation. A relapse at times occurs when a disease returns weeks or months after its apparent **cessation**.

16 Complications frequently occur, meaning that a disease develops in a patient already suffering from another disease. Patients confined to bed



with a serious fracture frequently develop pneumonia as a complication of the inactivity. Infection of the **testes** may be a complication of mumps, particularly after puberty. Anemia generally accompanies leukemia, cancer, and chronic kidney disease. Bacterial infection frequently follows certain predisposing factors such as kidney stones, heart defects, and an enlarged prostate gland. 120

17 The **aftermath** of a particular disease is called the **sequela**, a sequel. The permanent damage to the heart after rheumatic fever is an example of a sequela, as is the **paralysis** of **polio**. The **sterility** resulting from severe inflammation of the **fallopian tubes** is also a sequela. 125

18 Diseases can be classified in many ways. For instance, they can be considered according to the general mechanisms of disease and in the physiologic systems in which they are a factor. General health problems include allergies, malnutrition, obesity, and alcoholism. 130

19 An understanding of disease, its cause, the way it affects the body, effective treatments, and its possible prognosis should enable the health professional to **alleviate** suffering, anxiety, and fear in those who are ill. 135

20 The body attempts to maintain homeostasis in the midst of ever-changing conditions. It senses a deficiency in the working of an organ and tries to compensate for it. The response to a significant disturbance in the body's homeostasis can resemble the sign of disease.

21 Disease is an unhealthy state of a body part, a system, or the body as a whole. It may result from a structural anomaly, a functional condition, or trauma. Many factors can cause disease: infectious agents, heredity, environmental conditions, malnutrition, and stress. The cause of a disease is sometimes unknown. Etiology is the cause of a disease. Pathology is the branch of medicine that studies the etiology, characteristics, and effects of disease, in other words, its pathogenesis. 140 145

22 Disease manifests itself by signs and symptoms, objective and subjective indications of its presence. In some diseases a certain combination of signs and symptoms occur as in Down's syndrome.

23 Diagnoses of disease are based on many factors, signs and symptoms, laboratory tests, physical examination, and patient and family 150

histories. The most suitable treatment is then prescribed. The disease may be acute or chronic; signs of a chronic disease frequently subside or exacerbate. Understanding the various aspects of disease enables the health professional to serve those who are ill in a comprehensive manner. 155

(1,673 words)

New Words and Phrases

polycythemia /ˌpɒlɪsai'ti:miə/ *n.*

红细胞增多(症)

traumatized /'trɔ:mətaɪzd/ *adj.*

wounded or injured (a tissue), as in a surgical operation, subjected to psychological trauma 使受外伤的,使受精神创伤的

mutate /'mju:tet/ *v.*

undergo a genetic change (使)变异, (使)突变

anomaly /ə'nɒməli/ *n.*

irregularity, deviation from the normal or common order or form especially of a bodily part 异常,反常,畸形

autopsy /'ɔ:təpsi/ *n.*

examination of a dead body by pathologist to find out the cause of death 尸体解剖,验尸

hemophilia /'hi:mə'fɪliə/ *n.*

a serious disease that has a hereditary tendency toward a deficiency coagulation factors in the blood 血友病

rubella /ru:'belə/ *n.*

a mild contagious viral disease 风疹

asbestos /æz'bestəs/ *n.*

fibrous mineral which does not burn 石棉

counteract /,kaʊntə'rækt/ *v.*

act against and reduce the force or effect of something 对抗,抵消

idiopathic /ɪ'diə'pæθɪk/ *adj.*

referring to idiopathy 自发的,特发性的

pallor /'pælə/ *n.*

paleness, pallidness (脸色)苍白,灰白

mongolism /'mɒŋgə'li:zəm/ *n.*

a congenital disorder caused by having an extra 21st chromosome; Down's syndrome 先天愚型病