

Practical Preventive and Rehabilitative Therapies of  
Traditional Chinese Medicine



云南高校学术文库  
Yunnan Gaoxiao Xueshu Wenku

汉英对照

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编 译 董 妍 刘德周 朱 明

# 中医实用预防康复学



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## 主编简介

### ◎ 李 青

李青，女，教授，主任医师、硕士生导师，师从国家级名中医詹文涛教授。昆明医科大学第二附属医院中西医结合科原主任、中国中西医结合学会教育工作委员会委员、养生与康复医学专业委员会委员、云南省中西医结合学会常务理事、中医药国际交流专家库专家、国家中医药管理局中医药科技咨询与评审专家库专家、科技重大专项课题评审专家、云南省中西医结合学会养生专业委员会主任委员、云南省中西医结合消化病研究中心主任。从事中西医结合临床教学科研工作三十余年，发表论文六十余篇，获云南省科技进步三等奖四项、云南省卫生科技教育管理协会卫生科技成果奖励二等奖一项，获第二届“中西医结合贡献奖”。主编、参编多部医学著作，多次参加国内外学术会议，先后赴瑞典、芬兰、丹麦、新加坡、泰国、法国、西班牙等国讲授中医知识。



Professor Li Qing, female, chief physician, tutor of postgraduate students, learned from Professor Zhan Wentao, a nationally famous Traditional Chinese Medicine (TCM) doctor. She holds quite a few academic positions and titles which include: director of Integrated Traditional Chinese Medicine & Western Medicine Department, the Second Affiliated Hospital of Kunming Medical University, member of Education Committee of Chinese Association of Integrative Medicine, managing director of Yunnan Association of Integrative Medicine, expert of International Exchange Expert Base of TCM, expert of TCM Technology Consulting and Evaluation, State Administration of Traditional Chinese Medicine of the People's Republic of China, evaluation expert of national key Science and Technology Special Projects, chairperson of Health Preservation Committee of Yunnan Association of Integrative Medicine, director of Digestive Disease Research Center of Yunnan Integrative Medicine. She has conducted clinical teaching and researches of integrative medicine for over thirty years and has published over sixty academic papers. Professor Li has won many awards which include 4 Third Award of Yunnan Science and Technology Progress, 1 Second Award of Health Science and Technology Achievements of Yunnan Health Science and Technology Education and Management Association, Contribution Award of Second Integrative Medicine. She participated in the edition of many medical monographs and medical books. She participated in many international conferences and has been to Sweden, Finland, Denmark, Singapore, Thailand, France and Spain etc. to give lectures on traditional Chinese medicine.

## ◎ 宋精玲

宋精玲，女，昆明医科大学病理学副教授。从事病理、超微病理教学研究三十余年，对中西医结合养生有一定研究；发表论文四十余篇，主编《中西医结合医学》，并参编多部医学教材。

Song Jingling, female, associate professor of Kunming Medical University, is the chief editor of Chinese and Western Integrative Medicine. She has conducted pathological and ultrastructural pathological teaching and researches for over thirty years. She has published over forty academic papers, and participated in editing several texts books.



## 副主编简介

### ◎ 张济周

张济周，男，副主任，中医师，医学博士，中共党员。温州市中医院科教副科长，浙江省中青年临床名中医，温州市“551”人才，温州市青年联合会委员，温州市卫生局“雄鹰计划”人才，中国老年学和老年医学学会肿瘤康复分会（CSGOR）青年委员，浙江省中医药学会肿瘤康复分会青年委员，中国中医药信息学会委员，中国抗癌协会临床肿瘤学协作专业委员会（CSCO）会员。现就职于温州市中医院，主要从事中医药系列研究及恶性肿瘤的相关研究，先后主持两项省部级课题、四项厅局级课题，参与一项国家级课题及多项省、市级课题，参编《中西医结合医学》等三部著作。对内科常见病、疑难杂症及肺癌、胃癌、乳腺癌、大肠癌等肿瘤的发病与中西医结合治疗有较深入的研究，在国内外核心期刊发表论文十余篇。



Zhang Jizhou, male, deputy chief physician, doctor of Medicine(MD), member of Communist Party of China. As the deputy chief of the Department of Science and Education, Wenzhou Hospital of Traditional Chinese Medicine, he is a famous clinical TCM doctor of Zhejiang Province, candidate of Wenzhou 551 Talent Program, member of the Wenzhou Youth Federation, talent of Wenzhou Municipal Health Bureau Eagle Program, youth member of Chinese Society of Gerontology and Geriatrics (CSGOR), youth member of Zhejiang Cancer Rehabilitation Branch of Chinese Medicine Society, member of Information Society of Traditional Chinese Medicine, member of the Coordinating Committee of Chinese Society of Clinical Oncology (CSCO) of China Anti-Cancer Association. He is now working in Wenzhou Hospital of Traditional Chinese Medicine. He has been conducting a series of researches on traditional Chinese medicine and related researches on cancer. He has presided over 2 provincial and ministerial research projects and 4 department-level and municipal research projects; he also participated in 1 national research projects and a number of provincial and municipal research projects, and the compilation of three books, including “Integrated Traditional Chinese Medicine and Western Medicine” etc. He has deep understanding of the attack of the common diseases of internal medicine, difficult and difficult miscellaneous diseases, lung cancer, gastric cancer, breast cancer, large intestine cancer and the treatment of these diseases by adopting Integrated Traditional Medicine and Western Medicine. He has published more than 10 academic papers in the core periodicals at home and abroad.



### ◎ 杨梁梓

杨梁梓，女，硕士，主治医师。现就职于深圳市第三人民医院肺病医学部肺病三科，深圳医学会结核病专业委员会委员兼秘书、深圳市胸科医师学会会员、“三名工程”刘又宁教授团队青年骨干。从事临床医疗工作七年，擅长呼吸系统疾病中西医结合诊治预防及康复。曾到中国医学科学院肿瘤医院及美国加州大学尔湾分校医疗中心进修。参与两项课题，发表多篇医学文章。参编医学著作《中西医结合医学》。

Yang Liangzi, female, master of medicine, is an attending physician of Pulmonary Disease Department at Shenshen Third People's Hospital. She is a committee member and academic secretary of Shenzhen Medical Association Tuberculosis Branch, as well as member of Shenzhen Chest Physicians Association and a core member of Liu Youning's team. Having 7 years' experience of clinical medicine, Dr. Yang is good at diagnosis, prevention, treatment and rehabilitation of respiratory diseases by using integrated Traditional Chinese Medicine and Western medicine. She engaged in advanced study at Cancer Hospital of Chinese Academy of Medical Science and University of California Irvine Medical center. She participated in two medical research projects, writing of one medical book ( Integrated Traditional Chinese Medicine and Western Medicine ) and she has published many academic articles.



### ◎ 吕路艳

吕路艳，女，硕士，主治医师。2008年本科毕业于昆明医科大学临床医学专业。2012年6月硕士毕业于昆明医科大学中西医结合临床医学专业，师从昆明医科大学第二附属医院李青教授。在校期间主要从事中西医结合心肺疾病的基础及临床研究。现就职于云南省曲靖市第一人民医院老年病科。

Lv Luyan, female, master of medicine, attending physician, graduated from clinical medicine major of Kunming Medical University in 2008. From September 2009 to June 2012, she attended master program at Kunming Medical University, majoring in Integrated Traditional Chinese Medicine and Western Medicine.





During this period of time, she had Professor Li Qing as her tutor at the Second Affiliated Hospital of Kunming Medical University. During the postgraduate period, she mainly engaged in the basic and clinical research on the integration of Traditional Chinese Medicine and Western Medicine for the treatment of cardiopulmonary diseases. Since August 2012, she has been working in the department of geriatrics of the First People's Hospital of Qujing Municipality, Yunnan Province.

### ◎ 姚璐

姚璐，女，在职研究生，昆明医科大学临床技能中心助教。2013年7月本科毕业于大理学院临床医学专业。2014年9月至2015年7月在昆明医科大学第二附属医院进行住院医师规范化培训。现就职于昆明医科大学临床技能中心，主要从事临床技能教学工作。主持完成昆明医科大学教研教改课题一项。参与云南省教育厅课题项目一项，同时在国内期刊发表论文三篇。

Yao Lu, female, on-the-job graduate student, teaching assistant of clinical skills center of Kunming Medical University, majored in clinical medicine and graduated from Dali University in July 2013. She participated in resident standardization training in the Second Affiliated Hospital of Kunming Medical University from September 2014 to July 2015. Since September 2015, she has been working in the Clinical Skill Center of Kunming Medical University, mainly engaging in clinical skills teaching. Since she began to work in Kunming Medical University, she has presided and finished one teaching research and reform project of Kunming Medical University, and she has participated in a project funded by Yunnan Provincial Department of Education. She has published three academic papers in domestic journals.



## 翻 译

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### ◎ 董 妍

董妍，女，云南开放大学助教。硕士研究生毕业于澳大利亚 Monash 大学 TESOL 专业，现为在读博士，主要研究方向为认知语言及语言政策与规划。

Dong Yan, female, master of education, teaching assistant of Yunnan Open University, graduated from Monash University, and she is a PhD candidate in cognitive linguistics and language policy.



### ◎ 刘德周

刘德周，男，硕士，云南师范大学外国语学院教授，英语语言文学及翻译专业硕士研究生导师，研究方向为英汉对比语言学及翻译学。对自然疗法等养生、保健知识有一定研究，在校内开设自然疗法方面的选修课程，深受学生欢迎。为国际会议、国际培训、中外合作国际项目、中外合作 MBA 项目等担任过数百场同声传译和交替传译工作。撰写有专著两部，参编教材多部，发表文章数十篇。

Liu Dezhou, male, professor of the School of Foreign Languages and Literature, Yunnan Normal University, is a tutor of the Master Program of English Language & literature and Master Program of Translation and Interpretation. His academic interests include English-Chinese Comparative Linguistics, translation & interpretation, natural therapy and health care etc. He has been giving lectures on natural therapy in the university for years, which is warmly welcomed by students. He has made simultaneous interpretation and consecutive interpretation for hundreds of international conferences, international training workshops, international cooperative projects, MBA programs etc. He has published two monographs and dozens of academic articles and participated in editing several texts books.



◎ 朱 明

朱明，男，北美精算师，《青铜兵器》第二作者兼主译。

Zhu Ming, male, member of Society of Actuary, Co-author of “Bronze Weapons” and translator of the book.





**编委会部分成员合影**

**A Group Photo of Some Members of the Editorial Committee**





2002 年跟随国家级名中医詹文涛教授到迪庆中甸为藏民送医送药

Following Prof. Zhan Wentao, a national famous doctor of TCM, to deliver medical service and medicines to Tibetans in Shangri-La County, Yunnan Province in 2002.



李青教授向中医科学院中西医结合陈可冀院士请教

Prof. Li Qing Consulting Mr. Chen Keji, academician of China Academy of Chinese Medical Sciences and expert of Chinese and Western Integrative Medicine



张济周主任向石学敏院士请教学科发展后合影

Director Zhang Jizhou consulted Academician Shi Xuemin on disciplinary development and took a photo with the academician



2011 年郭永章教授、蔡立珊教授、李青教授、何丽萍主任等获全国中西医结合贡献奖

National Contribution Award Winners of Chinese and Western Integrative Medicine: Prof. Guo Yongzhang (Director of hospital), Prof. Cai Lishan (director of clinical department), Prof. Li Qing (director of clinical department) and He Liping (director of clinical department) etc.in 2011





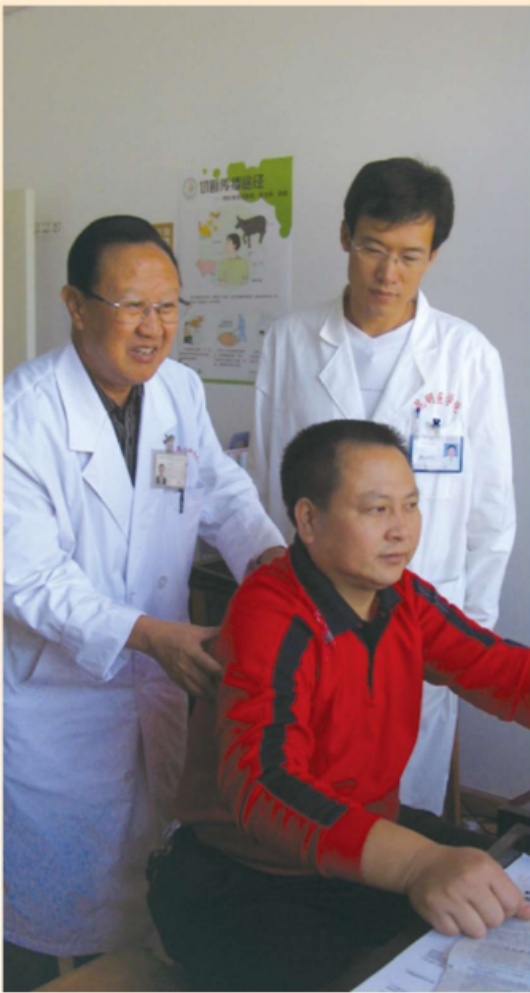
2004 年“云南省中西医结合消化病研究中心”授牌仪式

Being awarded with the plaque of “Digestive Diseases Institute of Chinese and Western Integrative Medicine of Yunnan Province” in 2004



2009 年云南省中西医结合学会养生专业委员会成立

Establishment of Specialized Committee of Health Preservation of Yunnan Chinese and Western Integrative Medicine Association in 2009



郭永章教授讲授中西医结合治疗外科疾病  
Prof. Guo Yongzhang is demonstrating the treatment of surgical diseases by adopting Chinese and Western Integrative Medicine



讲授中西医结合医学  
Giving a lecture on Chinese and Western Integrative Medicine



培训乡村医生 Training rural doctors



考核乡村医师 Examining rural doctors



和研究生一起讨论科研课题  
Discussing science research projects with postgraduate students





研究生论文答辩  
Postgraduate students' thesis  
defense



培养中西医结合研究生  
Cultivated postgraduate students of Chinese and Western Integrative Medicine



毕业 On students' graduating ceremony