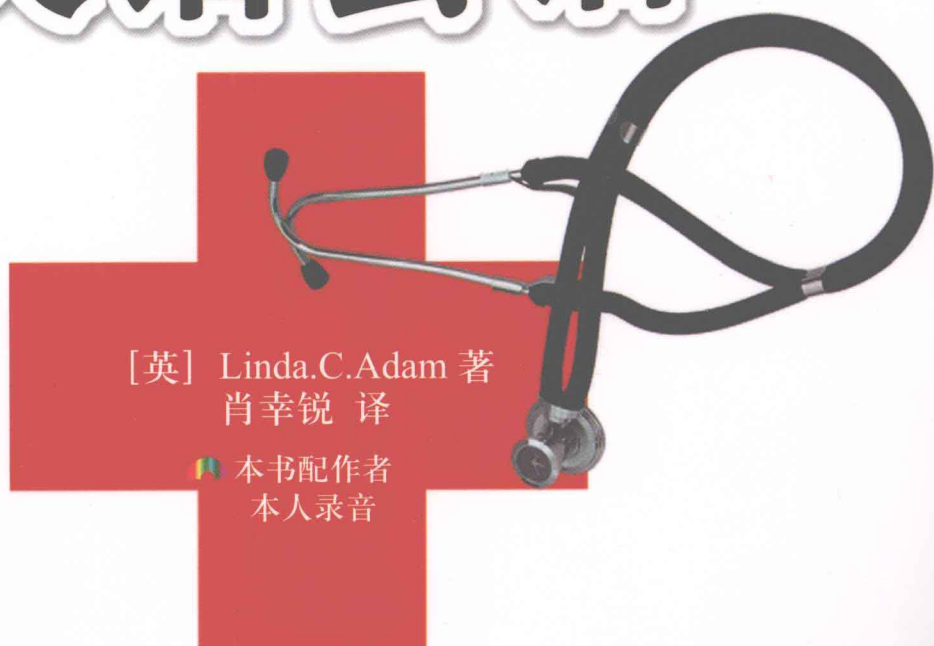


实用医学英语系列

PRACTICAL  
ORAL  
MEDICAL ENGLISH

实用医学  
英语会话



[英] Linda.C.Adam 著  
肖幸锐 译

本书配作者  
本人录音



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实用医学英语系列

# 实用医学英语会话

## Practical Oral Medical English

[英] Linda. C. Adam 著  
肖幸锐 译

## 内 容 提 要

本书作者 Linda. C. Adam 女士是一位执业逾 38 年的注册护士和高级手术室护理人员。她拥有相当丰富的护理经验, 在英国的多家大型综合性医院有过意外伤害、急诊、重症监护和隔离 (传染病) 区工作经历。本书每一章节讲述一个常见问题或症状, 并列举可能出现这些病症的疾病以及医生问诊需要问到的问题。作者在书中还附上了大量医疗领域内的重要词汇以及医院里医生和病人间的日常对话。

本书简单实用, 不仅适用于医科院校的师生、在职医护人员, 而且对在医院看病的病人及其家属来说也是一本必备的指导手册。

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## 推 荐 序 1

医学英语，是每一位医学生必学的课程。国内的医学英语多是教科书式的论文，医学学生学到的是枯燥无味的、难以记忆的医学英语。中国式医学英语教学模式培养出的医生，面对说英语病人，仍不知如何看病、如何交谈。中国医生渴望获得真正的、实用的、有效的医学英语教材。作为一名临床医生，我惊喜地发现《实用医学英语 医生篇》一书正是我多年来梦寐以求的医生英语书籍。它给我的感觉是读了即会，学了即用，用了即对。面对说英语的病人，我们不再恐慌，不再躲避，不再拒绝。这本书带给我信心及勇气，也将给所有的中国医生带来学好医学英语的希望及动力。

新世纪国际儿童医院 周红

## 推 荐 序 2

To Linda,

Thank you for being such an excellent teacher. We appreciate all your effort and expertise to make the class lively and enlightening. We really enjoyed being taught by you and becoming your friend. Though three months is not long enough for a student to perfectly master the medical English, it is long enough for a student to be inspired by your open and positive mind and benefit from the lasting influence.

It's a pity that we are not full-time student that some of us can not attend the classes punctually because of tight work schedule. We thank you for your kind understanding of that. Nevertheless, the skills and knowledge we gained in your classes will surely help us in our career.

By the way, everyone in the hospital knows we get the lollipop from Linda, we are so proud of holding your lollipop which has already become the symbol of the class.

Once again, thank you so much for your time, expertise and patience!

琳达老师:

您是一名非常出色的老师。您使课堂教学气氛生动活跃, 教学内容颇具启迪意义, 我们感谢您为此所做的努力和展现的技能。我们很喜欢上您的课并成为您的朋友。虽然三个月的时间对一个学生完全掌握医学英语来讲并不够长, 但三个月的时间足够使我们被您开放、积极的精神鼓舞并从其深远影响中获益。

很遗憾我们不是专职的学生, 常常因为工作忙碌无法按时来上您的课。我们很感谢您对此表示理解。然而, 我们确信, 从您课上学到的知识与技巧将使我们在今后的职业生涯中受益匪浅。

现在医院里每个人都知道琳达给我们发棒棒糖。我们现在为能举着您发的棒棒糖感到自豪, 棒棒糖已经成为咱们班的标志。

再次对您的时间、专业和耐心表示衷心感谢!

北京积水潭医院全体学员致

# 自序

## Introduction



► This book is primarily concentrating on common problems or symptoms that most patients will come to hospital complaining of, and will want to see a doctor.

Each chapter concentrates on a particular common problem or symptom, listing diseases & complaints relevant to that symptom and listing appropriate questions that a Doctor would ask his patient about this problem. Obviously there are some questions that are common for many complaints. This unit is to help you logically list the questions that you would need to ask to enable you to reach a diagnosis.

Any other questions that you feel you would need to ask you can add to the bottom of each relevant list, and this can then be a helpful reference tool when dealing with English speaking patients.

The situational dialogues will give you the questions and answers a patient may give to you. The patients' answers obviously might include vocabulary and slang mentioned in previous units, this is obviously because in some cases doctors do have to ask the same or similar questions in many areas of medicine.

This book is, as the title implies, a "practical medical English book", the emphasis primarily is on oral English, therefore you will find that all situational dialogue conversations are written as English is spoken, which is not always the same as English comprehension and grammar. Therefore the rules sometimes do not apply as oral English is supplemented with the use of body language, so in many cases shortcuts are made when communicating. If you applied correct grammar when speaking English you may not be understood so clearly and the English can sound false and stilted.

The remaining part of the book focuses on vocabulary lists of various important areas within medicine and the hospital environment, doctors questions and patients answers as examples of communication within the day to day running of hospital life, which hopefully you will find useful.

► 这本书主要集中讲述大多数病人到医院就医的常见问题和症状。

本书每一章节都讲述一个常见问题或症状，并列举可能出现这些病症的疾病以及

医生问诊需要问到的问题。显然很多常见的病情的询问都是所差无几，而这个单元正是想要通过帮助你有条理的组织这些问题以达到诊断的目的。

在每个相关问题列表的后面你都可以加入任何你认为必须的询问，这样能让这本书在你和讲英语国家的病人交流过程中有所参考。

情景对话栏目会给出医生的询问和病人的回答，病人的回答显然会重复前面单元中出现的词汇和俚语。这是因为大多数的病例，医生需要询问很多医疗领域内相同或类似的问题。

本书正如标题所说，是一本主要强调口语的“实用医疗英语书”，书中所有的情景对话都是根据口语习惯书写而并不过分遵循严格的语法规则。因此，所谓的语法规则并不总是对的，实际上我们在交谈中会结合身体语言，所以在很多情况下会省略很多词句。如果在口语中非要拘泥于正确的语法，往往不能正确的表达而且会使你的英语显得漏洞百出和不自然。

本书末尾为你附上大量医疗领域内的重要词汇以及医院里医生和病人间的日常对答，通过这些知识的学习希望能对你起到帮助。

# 致 谢

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感谢国斌学校提供给我在这些医院教书的机会，让我能够接触到这么多勤奋好学又不失专业的医生和护士们。

感谢徐丽娟与其同事们对本书的编辑校对。

最后，我要感谢 Ivan Lanaway MLA 和肖幸锐，感谢他们一直以来的鼓励和支持。



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## Unit 1 Collecting Medical & Family History

### 采集个人和家族过往病史

#### Collecting Medical History 采集过往病史

I feel it is important that whatever problem the patient is seeing you for; you should take all or some of the patient's Medical History as this can give you a better picture of your patient and therefore it will help you in your diagnosis. A medical history will contain all the important information about the patient: illnesses, any medication taken, diseases or problems that can be heredity and very importantly any allergies.

It can also include: family history and social history. This information will help you familiarize yourself with the patient's life style and what may have led to his/her present condition (e.g. : Alcohol abuse/mental illness/chronic long-term illnesses).

You can also use this information to help you have conversations with your patient. The patient might be nervous, apprehensive because they are in a Foreign Country, worried about how much they are going to understand, and if communication is going to be difficult and of course how much is the hospital visit and tests going to cost.

Taking the patient's medical history is also a good way of you asking yet again very important relevant questions, that the patient might have not answered correctly or clearly the first time because of reasons already mentioned.

It is always worth remembering that when people are nervous they don't always hear what you are saying.

不管病人是来看什么病，你都应该采集病人的所有或者部分病历，这样你会对患者有个全面的认识，有助于更好的诊断。过往病历囊括了患者的所有重要信息，如曾经患过的疾病，吃过的药，是否有遗传病等，尤其重要的是可以了解病人是否存在过敏反应。

病历同时还包括：家庭病史和社会经历，这有助于你熟悉患者的生活方式以及导致他/她出现现在的这种状况的原因（例如：酗酒、精神病、慢性病）。

你有可能用到这些信息来帮助你与患者交流。对于患者来说，在国外就医会显得紧张，并且如果交流出现障碍他们会担心你对病情的了解程度是否足够，还有就是看



病和相关医疗检测的费用，这些你都应该给以充分的理解。

病人由于上面提到的担忧，有可能没有正确地回答医生的提问或者回答地比较含糊，这时候看病人的病历就显得非常重要。

还要提到的一点是：当人处于紧张状态时经常听不清别人的讲话。

### 1. Medical History: Adults 成人病历采集

Doctor's Questions: If the answer to question No. 1 is NO go to No. 5 医生询问：如果问题 1 的答案是“否”，请直接转到问题 5

- 1) Do you have any existing medical health problems?  
你现在有什么已经确诊的病?
- 2) Are you on any medication for existing health problems?  
你现在吃什么药?
- 3) How often do you have to take it?  
多久吃一次药?
- 4) How long have you been taking your medication for these problems?  
你吃这药有多久了?
- 5) Are you taking any other medication for any other reason (e. g. birth control pill/ vitamins)?  
除此之外，你还因为别的原因吃其他的药吗（例如：避孕药、维生素之类）?
- 6) Have you had any illnesses or physical problems recently/in the last year?  
最近/过去一年你得过什么病或身体有过什么不适吗?
- 7) Have you had any infections or viruses recently?  
你最近是否受过什么感染?
- 8) Do you have a family history of diabetes/heart problems/cancer/lung complaints?  
是否有糖尿病、心脏病、癌症或呼吸疾病的家族史?
- 9) Are your vaccinations current?  
你在疫苗有效期内吗?
- 10) Have you ever had any surgery? What for?  
你做过什么手术吗？因为什么原因动手术?
- 11) Do you have any allergies?  
你对什么过敏?
- 12) Have you had any medical tests recently?  
你最近是否进行过什么检查?
- 13) Do you smoke? How much do you smoke a day?  
你吸烟吗？你一天抽多少?
- 14) Do you drink alcohol? How much do you drink a day?  
你喝酒吗？你一天喝多少?
- 15) Is there anything you need to tell me that you think will be useful?

你是否还有其他对病情有用的信息可以提供给我?

**Ask question No. 16 if it is relevant** 如果需要, 可以询问问题 16

16) Have you had any children? Were there any complications?

你是否有孩子? 怀孕的时候是否有并发症?

## 2. Medical History: Pediatrics 儿童病历采集

### Doctor's Questions 医生询问

1) Were there any complications during pregnancy (e. g. diabetes, hypertension)?

怀孕期间是否有并发症 (如: 糖尿病、高血压)?

2) Was it a normal delivery? Or C section, forceps, suction?

是顺产吗? 还是剖腹产?

3) Did you have an epidural?

你是否有过脊髓硬膜外腔的注射?

4) Did you have any miscarriages before your pregnancy?

在怀孕之前是否有过流产?

5) Has your child had any vaccinations? What are they?

你的孩子是否接受过疫苗接种? 都有些什么?

6) Has your Child's development been normal? Can your child sit, smile, crawl, walk?

孩子的发育是否正常? 你的孩子能坐、笑、爬和走路?

7) Can you tell me your child's feeding history?

你能告诉我你孩子的喂养记录吗?

8) Is your child breast or formula fed? Have supplementary foods? Is your child weaned?

你的孩子是母乳还是奶粉喂养? 添加辅食了吗? 孩子断奶了吗?

9) Does your child have any existing medical health problems?

你的孩子现在有什么已经确诊的病吗?

10) Is he/she on any medication for existing health problems?

就现在的健康问题, 他/她吃些什么药?

11) How often does he/she have to take it?

他/她多久吃一次药?

12) How long has he/she been taking the medication for these problems?

因为这些问题, 他/她吃这药多久了?

13) Is he/she taking any other medication for any other reason (e. g. vitamins)?

除此之外, 他/她还吃什么药 (例如: 维生素)?

14) Have there been any illnesses or physical problems recently/In the last year?

最近/过去一年得过什么病或身体有过什么不适吗?

15) Has he/she had any infections or viruses recently?

他/她最近是否受过什么感染或者病毒侵袭?



- 16) Do you have a family history of diabetes/heart problems/cancer/lung complaints?  
是否有糖尿病、心脏病、癌症或呼吸疾病的家族史吗?
- 17) Has he/she had any surgery? What for?  
他/她是否进行过什么手术? 因为什么原因动手术?
- 18) Does he/she have any allergies?  
他/她是否对什么东西有过敏反应?
- 19) Has he/she had any medical tests recently?  
他/她最近有做过什么检查吗?
- 20) Is there anything you need to tell me that you think will be useful?  
你是否还有其他对病情有用的信息可以提供给我?

## → Situational Dialogues 情景对话 ←

### ► Medical History: Adults 成人病历采集

**D = Doctor**      D 代表医生

**P = Patient**      P 代表病人

- 1) **D:** Do you have any existing medical health problems?  
你现在有什么已经确诊的病?
- P:** No, I don't.  
不, 我没有。
- D:** Are you on any medication for existing health problems?  
你现在吃什么药?
- P:** No, I'm not.  
我没吃药。
- D:** Are you taking any other medication for any other reason (e. g. birth control pill/vitamins)?  
除此之外, 你还因为别的原因吃其他的药吗 (例如: 避孕药、维生素之类)?
- P:** Yes, I take multivitamins everyday and I'm on the pill (Contraceptive pill).  
是, 我每天吃复合维生素片和口服避孕药。
- D:** Have you had any illnesses or physical problems recently/in the last year?  
最近/过去一年你得过什么病或身体问题?
- P:** No, not that I can think of.  
没, 我认为没有。
- D:** Have you had any infections or viruses recently?  
你最近是否受过什么感染或病毒侵袭?
- P:** Yes, sure. I've had a couple of colds, nothing bad.

当然有，我得了两次轻微的感冒。

**D:** Do you have a family history of diabetes/heart problems/cancer/lung complaints?

家庭中是否有糖尿病、心脏病、癌症或呼吸疾病的病史？

**P:** Yes, my mother has diabetes, diet controlled only though, and my grandmother died of a heart attack.

是的，我母亲有糖尿病，她现在只是控制饮食进行治疗，我祖母死于心脏病。

**D:** Are your vaccinations current?

你在疫苗有效期内吗？

**P:** Yes, I had all the vaccinations I needed to come to China.

是的，我打了入境要求的所有疫苗。

**D:** Have you ever had any surgery? And what for?

你做过什么手术吗？因为什么原因动手术？

**P:** I had my appendix out when I was 16, nothing else.

在 16 岁时，我切割过阑尾，其他没有。

**D:** Do you have any allergies?

你对什么过敏？

**P:** Not allergies as such, but I do have an intolerance to milk and wheat.

不明显，但是对牛奶和小麦有不耐性。

**D:** Have you had any medical tests recently?

你最近是否进行过什么检查？

**P:** No.

没有。

**D:** Is there anything you need to tell me, that you think will be useful?

你是否还有其他对病情有用的信息可以提供给我？

**P:** No, I don't think so.

我认为没有了。

2) **D:** Do you have any existing medical health problems?

你现在有什么已经确诊的病？

**P:** Yes, I have hypertension (high blood pressure) and I'm a diabetic.

是的，我有高血压和糖尿病。

**D:** Are you on any medication for your existing health problems?

针对现在的病，你在吃什么药治疗？

**P:** Yes, I take medication for my blood pressure and diabetes.

有，我吃治疗高血压和糖尿病的药。

**D:** What do you take and how often do you have to take it?

吃的什么药？多久吃一次？

**P:** I have got the pills here to show you, I take the blood pressure tablets every morning



and the diabetic tablets morning and evening.

我这就把药片给你看。治疗高血压的药我每天早上吃，糖尿病的药晚上和早上吃。

**D:** How long have you been taking your medication for these problems?

你吃这些治疗的药多久了？

**P:** The blood pressure tablets for the last year, but I have had the tablets for my diabetes for 6 years now.

治疗高血压的药片去年吃了一年，而治疗糖尿病的药已经吃了六年。

**D:** Are you taking any other medication for any other reason (e. g. birth control/vitamins)?

除此之外，你还因为别的原因吃其他的药吗（如：避孕药、维生素）？

**P:** I take fish oil tablets, and painkillers when I need them for a headache or when my bones ache.

我吃鱼肝油，而且当我头痛或者骨痛时也吃止痛片。

**D:** Have you had any illnesses or physical problems recently/in the last year?

最近/过去一年你得过什么病或身体问题？

**P:** Only the trouble with my blood pressure which was diagnosed this year.

我今年被诊断出高血压病。

**D:** Have you had any infections or viruses recently?

你最近是否受过什么细菌或病毒感染？

**P:** I've had the odd cold like everyone else, haven't had flu or anything.

和常人一样，偶尔轻微感冒，但没有得过流感或者其他疾病。

**D:** Do you have a family history of diabetes/heart problems/cancer/lung complaints?

家庭中是否有糖尿病、心脏病、癌症或呼吸疾病的病史？

**P:** Yes, my father had heart problems, so did his mother, and my grandfather had diabetes. My grandmother had bowel cancer.

是的，我父亲和祖母有心脏病，我的祖父得过糖尿病，我祖母还有肠道癌。

**D:** Are your vaccinations current?

你在疫苗有效期内吗？

**P:** Yes, they are.

是的，疫苗现在还有效。

**D:** Have you ever had any surgery? What for?

你进行过什么手术吗？因为什么原因动手术？

**P:** I had my gall bladder removed about 20 years ago, appendix when I was very young, nothing else.

20年前我做过胆囊手术，在年轻的时候阑尾也动过手术，除此之外没有别的了。

**D:** Do you have any allergies?



你对什么过敏？

**P:** No, but I do have hay fever quite badly.

没有，不过我有严重的花粉热。

**D:** Have you had any medical tests recently?

你最近是否进行过什么检测？

**P:** I go to my doctor every month for the nurse to check my blood pressure and check my urine, nothing else.

每月我都会去看医生，护士都会给我测血压和做尿验，除此之外没有别的了。

**D:** Is there anything you need to tell me, that you think will be useful?

你是否还有其他对病情有用的信息可以提供给我？

**P:** No, not really, but I was thinking that perhaps the difference in the food that I'm eating in China could be a problem with my diabetes.

没有了。我在想可能因为中国的食物不同，这样会影响我的糖尿病。

**3) D:** Do you have any existing medical health problems?

你现在有什么已经确诊的病吗？

**P:** No, I don't.

不，我没有。

**D:** Are you taking any other medication for any other reason (e. g. birth control/ vitamins)?

你是否因为其他原因在吃药呢（比如：避孕药或者维生素）？

**P:** No, just a paracetamol or Ibrufen if I have a headache or any aches and pains.

没有，当我头痛或者身体不适时，会服用一些扑热息痛和布洛芬。

**D:** Have you had any illnesses or physical problems recently/in the last year?

最近/过去一年你得过什么病或身体有什么不适吗？

**P:** No, I don't think so, I hurt my back a couple of months ago, but it's OK now.

没有，我后背在两个月前受过伤，不过现在已经好了。

**D:** Have you had any infections or viruses recently?

你最近是否受过细菌或病毒感染？

**P:** Just the odd cold that's going around, nothing serious.

得过感冒，但是不严重。

**D:** Do you have a family history of diabetes/heart problems/cancer/lung complaints?

是否有糖尿病、心脏病、癌症或呼吸疾病的家族史？

**P:** My grandmother had breast cancer, and my father has high blood pressure but doesn't have a heart problem.

我祖母得过乳腺癌，我父亲有高血压但是没有心脏病。

**D:** Are your vaccinations current?

你在疫苗有效期内吗？

