

院校协编教材

English Reading and Translation for Medical Science

医学英语 阅读与翻译

主 编: 赵春铭
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- ★ 选材新颖独到
- ★ 适用、专业、趣味



东南大学出版社

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内容提要

本教材是根据《大学英语教学大纲》(修订本)有关专业英语教学的规定,结合医学院校英语教学的具体情况而编写的。本教材可供医学院校本科及大专生英语后期教学使用,也可用于选修课或第二课堂。课文选材广泛,内容新颖,有利于培养学生的实际运用能力。本教材特点是以语言为中心,同时体现医学英语特点;以提高实用能力为主,同时注意趣味性 with 知识性相结合,阅读与翻译并重,便于课堂教学的组织和实施。

图书在版编目(CIP)数据

医学英语阅读与翻译 / 赵春铭, 曹红, 何鲁宁著.
- 南京: 东南大学出版社, 2001. 1
ISBN 7-81050-724-9

I. 医... II. ①赵... ②曹... ③何... III. ①医学
- 英语 - 阅读教学 - 高等学校 - 教学参考资料 ②医学 -
英语 - 翻译 - 高等学校 - 教学参考资料 IV. H31

中国版本图书馆 CIP 数据核字 (2001) 第 02506 号

东南大学出版社出版发行
(南京市四牌楼 2 号 邮编 210096)

出版人: 宋增民

江苏省新华书店经销 扬中市印刷厂印刷

开本: 787mm×1092mm 1/16 印张: 12.5 字数: 304 千

2001 年 1 月第 1 版 2001 年 2 月第 1 次印刷

印数: 1-5000 定价: 18.80 元

(凡因印装质量问题,可直接向发行科调换。电话:025-3792327)

前 言

本教材是根据《大学英语教学大纲》(修订本)有关专业英语教学的规定,结合医学院校教学的具体情况而编写的,可供医学院校本科及大专生英语后期教学使用,也可用于选修课或第二课堂。

全书包括 20 单元,每单元有 A、B 两篇课文,并配有阅读和翻译练习,约需 40 学时。课文选材广泛,内容新颖,有利于培养学生的实际运用能力。本教材特点是以语言为中心,同时体现医学英语特点;以提高实用能力为主,同时注意趣味性与知识性相结合,阅读与翻译并重,便于课堂教学的组织和实施。

本教材由赵春铭同志主编。参加编写的主要单位有:南京军医学院、山西医科大学汾阳学院、白求恩医学院、南京医科大学、乌鲁木齐军医学院、第二军医大学、第四军医大学、吉林军医学院等。山西医科大学汾阳学院的曹红老师为全书统稿做了大量的工作。本书在编写过程中得到了南京军医学院院长陈峰教授和医学专家许琳博士、吴琼珠副教授、刘雪茹老师、陈永芳老师的大力协助,他们提供了许多素材,并对教材编排提出了宝贵的建议,在此向他们一并致以真诚的感谢。

由于编者水平有限,书中难免有错误和不妥之处,敬请读者批评指正。

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Unit One

Text A

A Sample of Complete History John Hopkins Hospital

PATIENT'S NAME: Mary Swan

CHART NUMBER: 660518

DATE OF BIRTH: 10 – 5 – 1993

SEX: Female

DATE OF ADMISSION: 10 – 12 – 2000

DATE OF DISCHARGE: 10 – 15 – 2000

Final Discharge Summary

Chief Complaint:

Coughing, wheezing with difficult respirations.

Present Illness:

This is the first John Hopkins Hospital admission for this seven-year-old female with a history of asthma since the age of 3 who had never been hospitalized for asthma before and had been perfectly well until three days prior to admission when the patient developed shortness of breath and was unresponsive to Tedral or cough medicine.

The wheezing progressed and the child was taken to John Hopkins Hospital Emergency Room where the child was given epinephrine and oxygen. She was sent home. The patient was brought back to the ER three hours later and was admitted.

Past History:

The child was a product of an 8.5-month gestation. The mother had toxemia of pregnancy. Immunizations: All. Feeding: Good. Allergies: Chocolate, dog hair, tomatoes.

Family History:

The mother is 37, alive and well. The father is 45, alive and well. Two sibs, one brother and one sister, alive and well. The family history was not positive for asthma, diabetes, etc.

Review of Systems:

Negative except for occasional conjunctivitis and asthma.

Physical Examination on Admission:

The physical examination revealed a well-developed and well-nourished female, age 7, with a pulse of 96, respiratory rate of 42 and temperature of 101.0° F. She was in a mist tent at the time of examination.

Fundusoscopic examination revealed normal fundi with flat discs. Nose and throat were somewhat injected, particularly the posterior pharynx. The carotids were palpable and equal. Ears were clear. Thyroid not palpable. The examination of the chest revealed bilateral inspiratory and expiratory wheezes. Breath sounds were decreased in the left anterior lung field. The heart was normal. Abdomen was soft and symmetrical, no palpable liver, kidney, or spleen. The bowel sounds were normal. Pelvic: Normal female child. Rectal deferred. Extremities negative.

Impression:

Bronchial asthma, and pharyngitis.

Laboratory Data:

The white count on admission was 13, 600 with hgb of 13. 0. Differential revealed 64 segs and 35 lymphs with 3 eos. Adequate platelets. Sputum culture and sensitivity revealed Alpha hemolytic streptococcus sensitive to Penicillin. Chest x-ray on admission showed hyperaeration and prominent bronchovascular markings. The child was started on procaine Penicillin 600,000 units IM q. d. in accordance with the culture and sensitivity of the sputum.

Hospital Course:

The child was given Penicillin IM as stated above. Ten drops of Isuprel were added to the respirator every 2 hours. The patient improved steadily. She took her diet well. She was discharged on 10 - 15 - 2000 in good condition.

Operative Procedure: None

Condition on Discharge: Improved

Diagnosis: Asthma. Pharyngitis. Possible right upper lobe pneumonia.

New Words and Expressions

sample

[ˈsɑ:mpl] n. 样品, 标本

John Hopkins

[dʒɒn'hɒpkinz] 约翰·霍普金斯

chart

[tʃɑ:t] n. 图, 表, 卡片

summary

[ˈsʌməri] n. 概要, 摘要

wheeze	[ˈwi:z] vi. & n. 喘息(声)
asthma	[ˈæsmə] n. 气喘(病),哮喘
hospitalize	[ˈhɒspɪtəlaɪz] vt. 使住院
be hospitalized for	住院
prior (to)	[ˈpraɪə] ad. 在前; 居先
epinephrine	[ˌepɪnefrɪn] n. 肾上腺素
ER = Emergency Room	急诊室
gestation	[dʒesˈteɪʃən] n. 妊娠
toxemia	[ˈtɒksɪmiə] n. 毒血症
toxemia of pregnancy	妊娠毒血症
allergy	[ˈælədʒi] n. 变应性; 过敏症
sib	[sɪb] n. 同胞兄弟(或姊妹)
positive	[ˈpɒzətɪv] a. 正的, 阳性的
be positive for	对……呈阳性
diabetes	[daɪəˈbi:tɪz] n. 糖尿病
negative	[ˈnegətɪv] a. 阴性的
conjunctivitis	[kənɪdʒʌŋktɪˈvaɪtɪs] n. 结膜炎
mist	[mɪst] n. 薄雾; 模糊
in a mist tent	处于朦胧状态
funduscopy	[ˈfʌndəsˈkɒpɪk] a. 眼底镜检查
fundus	[ˈfʌndəs] (pl. fundi [ˈfʌndai]) n. 底, 基底
disc	[dɪsk] n. 盘, 板
injected	[ɪnˈdʒektɪd] a. 注射的; 充血的
pharynx	[ˈfærɪŋks] n. 咽
carotid	[kəˈrɒtɪd] n. 颈动脉
palpable	[ˈpælpəbl] a. 可触及的; 摸得出的
thyroid	[ˈθaɪrɔɪd] n. 甲状腺
bilateral	[baɪˈlætərəl] a. 两边的, 两侧的
pelvic	[ˈpɛlvɪk] a. 骨盆的
rectal	[ˈrektəl] a. 直肠的
defer	[dɪˈfɜː] vt. & vi. 延期, 迟延
extremity	[ɪkˈstremiti] n. 末端, 尽头, (身体的) 一肢
the extremities	四肢
pharyngitis	[ˌfærɪnˈdʒaɪtɪs] n. 咽炎
hgb = hemoglobin	[ˌhɪməˈɡləʊbɪn] n. 血红蛋白
differential	[dɪˈfərənsjəl] a. 差别的, 区别的
seg = segment	[ˈseɡmənt] n. 节, 分节
eos = eosinocyte	[i:əˈsɪnəsəɪt] n. 嗜酸性粒细胞
sputum	[ˈspju:təm] (pl. sputa [ˈspju:tə]) n. 痰

sputum culture	痰培养
sensitivity	[ˌsensɪtɪvɪti] n. 敏感性(度)
hemolytic	[hɪməˈlɪtɪk] a. 溶血的
hyperaeration	[ˌhaɪpəreɪəˈreɪʃən] n. 充气过分
bronchovascular	[ˈbrɒŋkəˈvæskjələ] a. 支气管血管的
marking	[ˈmɑːkɪŋ] n. 记号, 标志
procaine	[ˈprəʊkeɪn] n. 普鲁卡因
IM = intramuscularly	[ɪntrəˈmʌskjʊləli] ad. 肌肉注射
q. d. [L.] (quaque die)	[ˈkweɪkwɪdaɪ] (= every day) 每天
isuprel	[ˈaɪsjuːprel] n. 异丙肾上腺素

Notes to the Text

1. This is the first John Hopkins Hospital admission for ... 本句是个长句子。主要含有两个定语从句, who had never been hospitalized for asthma and ... 和 when the patient developed shortness of breath. ... 分别修饰先行词 female 和 days。其中,两个介词短语 since the age of 3 (从3岁开始), until three days prior to admission (直到3天)可以用状语从句表示。这种用介词短语代替从句和多用名词短语,如: the first John Hopkins Hospital admission for ... 和 cough medicine 的表达方式是书写病历的重要特点。Tedral or cough medicine: Tedral 即一种止咳药; or 是“即”的意思。
2. Immunizations: All. Feeding: Good. Allergies: Chocolate, dog hair, tomatoes. 免疫接种: 完全。喂养: 良好。过敏: 巧克力、狗毛、西红柿。用单词或词组是书写病历表格的另一特点。
3. Negative except for occasional conjunctivitis and asthma. 除偶有膜炎及哮喘外,其他均呈阴性。(1) except for: 表示“除……以外”,指从整体中除去一个细节(或方面),如: Your composition is good except for a few spelling mistakes. 除了少数拼写错误外,你的作文是好的。(2) 后缀 -itis 表示“炎症”,如: conjunctivitis (结膜炎), pharyngitis (咽炎), bronchitis (支气管炎), 等。
4. Ears were clear. Thyroid not palpable. 耳清晰,甲状腺未触及。Thyroid 后省略了 was。常用省略句也是书写病历的一个特点。
5. The child was started on procaine Penicillin 600,000 units IM q. d. in accordance with the culture and sensitivity of the sputum. 根据细菌培养及敏感试验,开始给患儿肌肉注射普鲁卡因青霉素 600,000 单位,每天一次。句子中的 on 表示“按照,依据”; in accordance with 是固定搭配,表示“根据、依照”,如: You ought to act in accordance with the rules. 你应该根据条例行事。运用缩略词或符号是书写病历的又一特点。如: IM (= intramuscularly) 肌肉注射; q. d. (= quaque die) 每天, 都属此类。
6. The child was given Penicillin IM as stated above. 如上所述给患儿肌肉注射青霉素。as 作关系代词,这里省略了 it was。as 代替上面或下面所说的事。
7. 常用被动语态是书写病历的又一特点。如文中 were added to (加入), was discharged

(from the hospital) 出院, 等。

Exercises

I . *Answer the following questions :*

1. What were the girl's main problems when she was sent to the hospital?
2. Why was the girl taken back to the hospital emergency room?
3. How was she while the doctor examined her?
4. What was the doctor's first impression on the little girl after the examination?
5. What was the final diagnosis?

II . *Comprehension of the text :*

1. The patient who had a history of asthma _____.
A. was sent to the hospital immediately after she fell ill
B. had been in the hospital for several times
C. was admitted into hospital after she had had a cough for three days
D. was sent home after she was given some medicine
2. The little girl was allergic to _____.
A. chocolate B. dog hair
C. tomatoes D. all of the above
3. Which of the following statements is True?
A. There were five people in the girl's family.
B. The girl was admitted into the hospital immediately after she was taken to the hospital.
C. The girl was given Tedral medicine in the hospital emergency room.
D. The girl's parents had asthma too.
4. The physical examination after her admission revealed that _____.
A. the girl was well-developed but poorly-nourished
B. the girl was well-developed and well-nourished
C. the girl's mother was seriously ill with the same disease as the girl was
D. the girl's sibs were well-nourished but poorly-developed
5. The patient was discharged from the hospital _____.
A. soon after she was given a thorough examination
B. three days after she was in the hospital
C. under her parents' requirements
D. soon after her temperature became normal

III . *Vocabulary :*

1. Mary was a _____ female with a history of asthma since the age of three.
A. seven years old B. seven-years-old
C. seven-year-old D. seven year-old

2. When she reached the top of the mountain, she became _____.
 A. out of breath B. shortness of breath
 C. short of breathing D. out of breathing
3. The child was a _____ of an 8.5 month gestation.
 A. product B. production
 C. produce D. producer
4. A nurse often takes a patient's t. p. rs in the morning. Here t. p. rs refers to _____.
 A. temperature B. pulse
 C. respirations D. all of them respectively
5. All her systems were negative _____ occasional conjunctivitis and asthma.
 A. beside B. besides
 C. except for D. except

IV. Put the following into Chinese:

A team of international researchers argue life may not have begun in the sea as previously thought, but in tiny droplets of water thrown up by ocean waves that drifted high in the sky. In an article in *New Scientist* magazine, the researchers argue such water droplets could have provided just the conditions needed for complex chemicals like DNA and proteins to form. They noticed that as opposed to just seawater, up to half of the material in the droplets was organic matter picked up from oily molecules on the ocean surface. As the water in the droplets evaporates, the organic matter then becomes more concentrated and with energy from sunlight, it could undergo chemical reactions to combine or polymerize.

V. Put the following into English:

以前,医生很受敬仰。这不仅因为他们能治病救人,还因为他们乐于助人。现在,医生的高薪是别人所羡慕的。许多高中毕业生很想考入医学院校。但是,多年来公众指责公立医院的医生向住院病人索要额外的钱财。据说,制药公司也得付给医生钱,医生才肯用他们的产品。

Translation Skill(1)

医学英语的翻译

所谓翻译就是把原文语言表达的思想用另一种语言准确完整地重新表达出来。医学英语属于科技英语范畴。科技文献的翻译标准,要根据科技语言的风格和读者对象,达到内容准确完整,语言简练规范。

I. 翻译过程

理解是表达的前提。因此,首先要认真审查原作,理解原文全部意义。针对医用应用文的翻译,则要掌握其规律。这样更有利于翻译准确性。再要分析原文的词汇意义和语法关系,理解其逻辑关系。最后用简练规范的汉语把原文准确完整地表达出来。要特别注意用

规范的医学术语。对新出现的术语,必须先了解其含义,可采取意译、音译或音、意译结合等约定俗成方法翻译。如:penicillin 译文从音译“盘尼西林”到意译“青霉素”;AIDS 音译“艾滋病”;gastropin 音、意译结合“胃舒平”等。

II. 病历书写特点

1. 常用介词短语、名词短语和长句子。例如:

This is the first John Hopkins Hospital admission for this seven-year-old female with a history of asthma since the age of 3 who had never been hospitalized for asthma before and had been perfectly well until three days prior to admission when the patient developed shortness of breath and was unresponsive to Tedral or cough medicine. 7岁女患儿首次住入约翰·霍普金斯医院,从3岁开始患有哮喘病,但从未因此住院,身体一直很好。入院前3天发生呼吸短促,用 Tedral(止咳药)无效。

2. 在书写病历表等格式化的应用文时,常用单词或词组。例如:

Immunizations: All. Feeding: Good. Allergies: Chocolate, dog hair, tomatoes. 免疫接种:完全。饮食:良好。过敏:巧克力、狗毛、西红柿。

3. 常用省略句。例如:

(1)Thyroid not palpable. 甲状腺未触及。

(2)Possible right upper lobe pneumonia. 可能右上肺叶肺炎。

4. 常用缩略词或符号。例如:

hgb(= hemoglobin)血红蛋白;seg(= segment)节,分节;eos(= eosinocyte)嗜酸性粒细胞;IM(= intramuscularly)肌肉注射;q. d.(= every day)每天。

5. 常用被动语态。例如:

(1)The child was taken to John Hopkins Hospital Emergency Room where the child was given epinephrine and oxygen. 患儿被送往霍普金斯医院急诊室,给予肾上腺素和吸氧。

(2)She was sent home. 她被送回家。

(3)The patient was brought back to the ER three hours later and was admitted. 3小时后患儿又被送回急诊室而入院。

Text B

When to See a Doctor

Because headaches are a part of almost all of our lives, people with chronic headaches sometimes don't realize that they may need to see a doctor. They tend to believe, incorrectly, that their headaches are like everyone else's and they will only be "bothering" the doctor.

"When should somebody seek medical help for headaches?" neurologist Seymour Diamond asks rhetorically. Generally, whenever headaches are associated with neurological signs, such as dizziness, weakness in a limb or limbs, vision im-

pairment of any sort — including seeing flashing lights — they warrant immediate attention. Additionally, Diamond says that you should seek medical attention:

If you suffer almost daily headaches;

If the headache is a type you've never had before, or there has been a change in the character of the headache;

If you're losing time from work or activities, or otherwise being prevented from functioning.

Even if your headaches are less dramatic than those described here, if they are a real problem to you, you should seek help. It may be that your doctor will be unable to find a physical cause for your discomfort, but that may point you in other directions to find relief. Some headaches, particularly those caused by tension, have a major psychological component that might be relieved through counseling.

Notes

1. They tend to believe, incorrectly, that... 意思是:他们往往错误地认为,他们的头痛同其他人的头痛一样,只会给医生“添麻烦”。句子中的 like everyone else's 后省略了 headaches。
2. neurological [ˌnjuərələdʒɪkl] signs 神经症状; neurologist 神经病学家。
3. they warrant immediate attention: 它们(头痛)值得你立即注意。they 是指 headaches。
4. or otherwise 意思是:或其他方面。例如:the merits or otherwise of the method 这种方法的优点及其他方面。
5. have a major psychological component: 主要是心理上的因素。
6. counseling 意思是 advising, 当“忠告、劝告”解。在此处指“医生的指点”。

Unit Two

Text A

Physical Examination

There are two major principles underlying an efficient physical examination. First, the examination is done by regions; second, there is a well-organized order of examination. To be efficient, one approaches regions sequentially, for example, the head, the neck, the posterior thorax and lungs, the anterior thorax and lungs, and the heart. This type of regional approach also takes into account the comfort of the patient by eliminating the need for frequent shifts in position. One begins with a general survey of each region and then focuses on component parts. If no abnormality is found, the examination is brief but comprehensive. If an abnormality is present, it is studied meticulously, using special maneuvers if necessary. One takes advantage of the symmetry of the human body by comparing one side with the other. In this way, subtle changes are recognized. Small differences in the lung examination, for example, are better detected by cross-comparing symmetrical areas of each lung than by examining each lung individually.

Following a prescribed order of examination by regions does not imply a lack of flexibility. The examination varies with the condition of patient and the type of problem present. Evidence of disease in one area alerts the physician to possible related abnormalities in other areas. If the initial physical examination has not been entirely satisfactory, one does not hesitate to return at a later time to recheck findings when circumstances for re-examination may be more favorable.

The physician learns to do a comprehensive screening examination. Depending on the condition of the patient, the examination will need to be adapted to special circumstances. The patient may be bed-bound and so ill that the examiner requires assistance with positioning. In an acute emergency where an abbreviated physical examination is carried out with deliberate speed, one simultaneously does a brief interview, obtains laboratory work, and initiates treatment. If the patient has a neurologic problem, a complete neurologic examination is done. Regardless of the problem and the condition of the patient, the physician is considerate, systematic, and logical in approach. One keeps in mind diagnostic possibilities, looks for unsuspected disease, and interrelates abnormal findings that may explain the patient's illness.