

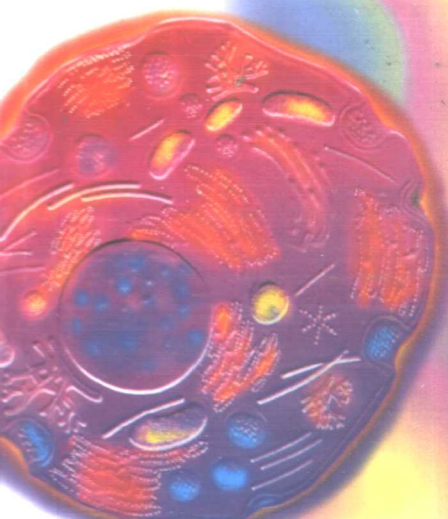
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Inside AIDS:
HIV Attacks the Immune System

艾滋病的内情：
HIV 病毒侵袭免疫系统

[美]Conrad J. Storad 著

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Preface



Growing up is difficult. The threat of AIDS and other sexually transmitted diseases has made growing up a lot harder. A big part of growing up is learning how to take responsibility for yourself, for your decisions, and for your actions. Every day brings new challenges and new decisions to make. As a teenager, you learn how to get along with your parents and family. You learn how to deal with teachers, friends, and all kinds of other people. You learn how to manage your money. And to stay healthy, you need to learn how to take responsibility for your own body, especially when it comes to learning about sexual matters.

New information about AIDS and HIV, the virus that causes AIDS, continues to arrive

前言



人的成长是困难的。艾滋病和其他性传播疾病的威胁,使成长更加艰难。成长的大部分时间是在学习如何对自己、对自己的决定、对自己的行为负责。每天都有新的挑战,作出新的决定。作为十来岁的年轻人,你应该学会如何与父母和家庭相处,学会如何对待老师、朋友和其他各种各样的人。你应该学会如何管理自己的钱财。为了保持健康,你还需要学习如何对自己的身体负责,特别是在学习有关性知识的时候。

每天都有关于艾滋病和人类免疫缺陷病毒(HIV)的新消息,科学家们正在花费巨大

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every day. Scientists are expending a huge amount of human brain power in an effort to understand the disease. When I first began this project in 1993, there was not much good news to report concerning AIDS. In late 1996, for the first time since the epidemic began, medical researchers finally had something to cheer about in the battle against this killer disease. While there still is no cure in sight, certain combinations of powerful drugs and other treatment techniques have offered a glimmer of hope. Early results from several studies indicate that these treatments appear to be effective at slowing HIV's ability to reproduce inside the human body.

Research continues at a frantic pace. This book is an attempt to provide you with a bit of useful information about how AIDS works as a disease. I've tried to provide a condensed version of a portion of the most current information available by consulting hundreds of sources. Scientists continue to learn more about HIV and AIDS even as you read these words. As a

前 言



精力，努力了解这种疾病。1993 年，当我第一次开始研究这个项目时，没有多少关于艾滋病报道的好消息。自从这种性病流行开始，直到 1996 年末，医学研究人员在与这个致命性疾病斗争过程中，首次有了值得庆祝的事情。尽管目前没有治愈的方法，但是是一些强效药物和其他治疗技术的某种联合使用，为治愈艾滋病提供了一线希望。一些早期的研究结果显示，这些治疗方法在减缓人体内 HIV 病毒的繁殖是有效的。

研究在飞速地发展。这本书试图提供给人们关于艾滋病是如何致病等一些有用的知识。通过查阅数百种资料，我力图提供给读者一个最新信息的精华本。甚至在你读这些内容时，科学家仍在继续获得更多关于

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result, new developments and discoveries will continue to occur after this book has gone to press. New discoveries often result in changes to the information scientists and physicians already thought they knew. To date, however, one scary fact remains rock solid. If you become infected with HIV and develop AIDS, you will die of AIDS complications.

In 1996, AIDS became the number-one killer of young Americans. AIDS now kills one of every five Americans who die between the ages of 25 and 44. But the picture is a bit more complicated because infection with HIV does not kill overnight. The virus can slowly reproduce inside apparently healthy people for as long as 10 years before erupting into AIDS. This means that most 25-year-olds who die of AIDS caught the virus when they were teenagers. The most likely source of that infection was engaging in sex without the protection of a condom or injecting drugs with a dirty needle.

Other numbers are even scarier. The Centers for Disease Control in Atlanta estimates that

艾滋病及 HIV 病毒的相关知识。因此,当这本书问市时,将会出现许多新进展和新发现,新发现经常会导致科学家和医生们对已知信息的更新。然而迄今为止,一个保持不变的可怕的事实是:如果你感染了 HIV 病毒并发展为艾滋病,你将会死于艾滋病的并发症。

在 1996 年,艾滋病成为美国年轻人中的第一杀手。从 25 岁到 44 岁的死者中,由艾滋病致死的占五分之一。但是,情况是比较复杂的, HIV 病毒感染者不会突然致死。在发展成艾滋病前,病毒在外表健康的人活体内会缓慢发展,这需要 10 年左右时间。这意味着大多数 25 岁死于艾滋病的患者,在十几岁时,就感染了病毒。被感染的最可能来源,就是在性交时没有避孕套的保护和注射毒品时使用污染的针头。

其他数字更为惊人。亚特兰大疾病控制中心估计在美国所有 HIV 病毒新感染者中,

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more than 25 percent of all new HIV infections in the United States occur in young people between the ages of 13 and 20. That means that two Americans under the age of 20 become infected with HIV every hour of every day. Worldwide, 11 people are infected with HIV each and every minute, according to the Joint United Nations Program on HIV/AIDS.

Perhaps people have come to expect too much from science and medicine. We expect the truth, and we expect full answers, quickly. After all, isn't that the way it works on television or in the movies? TV doctors and motion-picture scientists usually manage to find the cure or the answer to any medical mystery before a program ends. Unfortunately, that is not how things work in the real world. Research takes time and money and lots of hard work. Each new bit of information learned can result in a dozen new questions in need of answers.

So just how can you protect yourself from HIV and AIDS? Actually, it is a fairly simple process. First, you must learn to gather

前 言

13~20 岁的年轻人超过 25%。这意味着一天中的每小时都有两个 20 岁以下的美国人感染 HIV 病毒。根据联合国关于 HIV/AIDS 联合项目的统计,全世界每分钟有 11 人感染 HIV 病毒。

可能是人们对科技和医学的期望值太高。我们希望迅速了解真相和全部答案。然而,这能像电视或电影演的那样吗?电视里的医生和电影里的科学家们在节目结尾时,总能找到某种神奇的医学治疗方法和答案。不幸的是,那并不是真实世界的情况。研究需要花费时间、钱财和大量艰苦的工作。所获得的每一条新的信息都会引起许多需要回答的新问题。

那么,如何保护你免受 HIV 病毒和艾滋病的侵扰呢?实际上这是一个相当简单的过程。首先,你必须收集信息,将它转化为有

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information and then transform it into useful knowledge. Then comes the hard part. You must learn how best to use that new knowledge in everyday life and take responsibility for your own actions.

The information is available. The choice is up to you.

Conrad J. Storad

Tempe , Arizona – December 1997

前 言

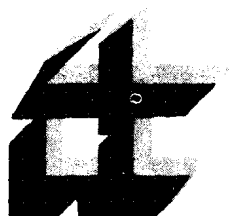


用的知识。接下来是艰巨的部分，你必须知道在日常生活中如何充分地利用新知识，以及如何对自己的行为负责。

信息是能够获得的，选择就在你面前。

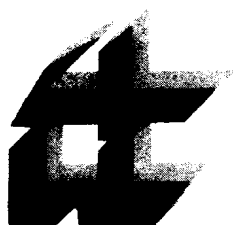
康雷德·J·斯托雷德

亚利桑那州 坦皮，1997 年 12 月



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1. Roots of the Epidemic



We are living in the middle of an epidemic. A killer disease is here. The disease is called acquired immunodeficiency syndrome – AIDS for short. Once thought to be a disease that infected only homosexual men, we now know that AIDS can infect, and kill, most anyone.

Sarah is 10 years old. She lives in Phoenix, Arizona. She has a dog and two cats. She likes to draw. Sarah has AIDS.

Eric is 14. He likes to read and play computer games. He lives in Fresno, California. Eric has AIDS.

Debbie is 20. She lives in Lexington, Kentucky. A year ago, Debbie's infant daughter Shannon died from AIDS a month before her first birthday. Debbie also has AIDS.