

蓝图双语系列丛书

第 2 版

家庭医学

FAMILY MEDICINE

原 著 Martin S. Lipsky
Mitchell S. King

主 译 陈 策 赵世光

主 审 刘 巍



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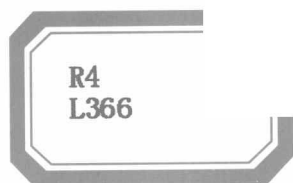
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BLUEPRINTS FAMILY MEDICINE, 2e

By Martin S. Lipsky, et al.

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陈策等主译

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译者序

早在学生时代,就渴望能有一套优质的汉英对照医学系列丛书,特别是在国外留学期间,发现国外的医学生们都有相应医学双语参考书籍,作为课堂知识的补充内容。《蓝图双语系列丛书》就是一套不可多得的医学参考书,阅读此书后受益匪浅,如获至宝。今有幸将其译成中文,愿和广大医学生及青年医师共享。

本套《蓝图双语系列丛书》改编于美国 Blueprints 畅销丛书,该套丛书覆盖面已扩大到涵盖大部分医学临床专业和亚专业,包括急诊医学、家庭医学、神经病学、心脏病学、影像学、儿科学、妇产科学、精神病学、麻醉学、骨科学及外科学等专业。该套丛书是科学性的集中体现,无论在篇章设置、概念引用、文字表达,还是图表运用上都秉承严肃认真的科学态度,进行了合理的安排与控制。已成为美国广大医学生和住院医师获取专业知识的最佳读物,深受广大读者的喜爱,已被打造成为高质量、值得信赖的品牌丛书。

本套丛书采用英中文对照的形式,在获得丰富医学知识的同时还可以提高专业英语水平。该丛书可供医学生、住院医师、全科医师学习阅读,也可作为专科医生参考用书。

我们在翻译的过程中,组织了具有多年临床经验并且在美国、日本等国家留学的临床医生,经过大家共同努力,逐字逐句反复推敲,在忠实于原著的基础上,又考虑到汉语的语言习惯等因素,尽量使语言表达通俗易懂。与此同时有些部分也采用了意译的方法,更有助于读者的理解和掌握。

由于译者水平有限,本书中所存在的不足之处,敬请读者批评指正。

最后,感谢对本书出版给予支持和帮助的所有同仁们!

译者

2009年10月于哈尔滨

前言

英文原版的《蓝图系列丛书》(Blueprints series)于1997年出版了前5部,为处于美国执业医师考试第二、三阶段,欲获得大量准确临床知识的医学生、内科医生及住院医师提供一个学习的范本。在近10年的时间里,《蓝图系列丛书》的覆盖面已扩大到涵盖大部分临床专业,成为广大医学生、住院医师获取从初级知识、专业知识到亚专业知识的读物,被打造成为高质量、值得信赖的品牌丛书。

《蓝图系列丛书》本着源自学生、辅助学生学习的理念,邀请了住院医师作为编者,源源不断地提供信息和方法,以确保“蓝图”这一原创品牌立于不败之地。

截至目前,《蓝图系列丛书》已发行第2版,涵盖5个专业——急诊医学、家庭医学、神经病学、心脏病学以及影像学,每一本书均已更新、校对完成,将为您带来最新的诊断方法和治疗方案。读者的反馈意见对于第2版的编写方向具有重要的指导意义。我们十分感谢数以百计的医学生、住院医师们对本书所给予的深层次评价以及对书中内容的细致研读。

新特征贯穿全书,与之对应,每一本书都进行了系统的回顾与修订。每一章节都加入了循证医学部分,以提供最新的和经典的参考文献,同时,增加了具有代表性的问题,并随答案给出正确、错误选项的详细解释。系列丛书的每一部都进行了复习、回顾,目的是为读者提供最为准确、最为全面、综合而且价效比最高的信息。

有读者反馈,《蓝图系列丛书》有助于各学习阶段医学生(从基础学习阶段到处于美国执业医师考试第二、三阶段的实习生)的学习。处于美国执业医师考试第三阶段的住院医师借此书学习非专业范畴内的医学知识。卫生保健专业的学生(包括助理医师、护士、整骨疗法从业人员)可将此书作为学习手册或资格考试复习用书。

我们竭诚希望通过阅读本系列丛书,您能获取知识、受益良多。您所反馈的意见和建议是我们不断成功的有力保证。您可以通过发送电子邮件(medfeedback@bos.blackwellpublishing.com)对本书或《蓝图系列丛书》中的任何一部进行评价。

感谢您乐于将个人见解与大家分享,提供建设性反馈意见以及对我们的支持。

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Preface

In 1997, the first five books in the **Blueprints** series were published as board review for medical students, interns, and residents who wanted high-yield, accurate clinical content for USMLE Steps 2 & 3. Nearly a decade later, the **Blueprints** brand has expanded into high-quality, trusted resources covering the broad range of clinical topics studied by medical students and residents during their primary, specialty, and subspecialty rotations.

The **Blueprints** were conceived as a study aid created by students, for students. In keeping with this concept, the editors of the current edition of the **Blueprints** books have recruited resident contributors to ensure that the series continues to offer the information and the approach that made the original **Blueprints** a success.

Now in their second edition, each of the five specialty **Blueprints**—**Blueprints Emergency Medicine**, **Blueprints Family Medicine**, **Blueprints Neurology**, **Blueprints Cardiology**, and **Blueprints Radiology**—have been completely revised and updated to bring you the most current treatment and management strategies. The feedback we've received from our readers has been tremendously helpful in guiding the editorial direction of the second edition. We are grateful to the hundreds of medical students and residents who have responded with in-depth comments and highly detailed observations.

Each book has been thoroughly reviewed and revised accordingly, with new features being included across the series. An evidence-based resource section has been added to provide current and classic references for each chapter, and an increased number of current board-format questions with detailed explanations for correct and incorrect answer options are included in each book. All revisions to the **Blueprints** series have been made in order to offer you the most concise, comprehensive, and cost-effective information available.

Our readers report that **Blueprints** are useful for every step of their medical career—from their clerkship rotations and subinternships to a board review for USMLE Steps 2 & 3. Residents studying for USMLE Step 3 often use the books for reviewing areas that were not their specialty. Students from a wide variety of health care specialties, including those in physician assistant, nurse practitioner, and osteopathic programs, use **Blueprints** either as a course companion or to review for their licensure examinations.

However you use **Blueprints**, we hope that you find the books in the series informative and useful. Your feedback and suggestions are essential to our continued success. Please send any comments you may have about this or any book in the **Blueprints** series to medfeedback@bos.blackwellpublishing.com.

Thank you for your willingness to share your opinions, offer constructive feedback, and to support our products.

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We would like to thank all of those who helped us make the second edition of this book possible. If our readers feel this book contributes to their understanding of family medicine it is largely due to the many people who played a role in making this new edition possible.

Given all the hair that Olympia Asimacopoulous, Donna Brown, and Karen Morris tore out in working on this project, we thank them for their assistance in organizing the book and in organizing the authors! Ellen Shellhouse, Jeannette Gawronski, and the library staff at the University of Illinois College of Medicine, Rockford deserve our thanks for tracking down references and assuring that the book accurately reflects the latest guidelines and facts. We want to acknowledge Beverly Copland whose insight and suggestions we believe make the second edition much better than the first. To Kate Heinle, our Associate Development Editor, we thank her for all of her hard work. She managed to balance the role of task master and supporter perfectly. She along with all the other wonderful professionals at Blackwell Publishing made this project run smoothly. We also want to thank the many thoughtful reviewers who provided feedback, which although painful at times, made the book so much better.

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Martin S. Lipsky, MD
Mitchell S. King, MD
July 2005

缩 略 语

AC	acromioclavicular	锁骨的
ACE	angiotensin converting enzyme	血管紧张素转换酶
ACL	anterior cruciate ligament	前交叉韧带
ACOG	American College of Obstetricians and Gynecologists	美国妇产科协会
ACS	American Cancer Society	美国癌症协会
AD	atopic dermatitis	变应性皮炎
AD/HD	attention deficit/hyperactivity disorder	注意力缺陷 / 多动症
ADA	American Diabetes Association	美国糖尿病协会
ADLs	activities of daily living	日常生活指数
AFP	alpha fetoprotein	甲胎蛋白
AGUS	atypical glandular cells of undetermined significance	具有潜在致病意义的非典型腺细胞
AIDS	acquired immunodeficiency syndrome	获得性免疫缺陷综合征
AIS	adenocarcinoma in situ	原位腺癌
AK	actinic keratosis	光化性角化病
ALS	amyotrophic lateral sclerosis	肌萎缩性侧索硬化
ALT	alanine aminotransferase	丙氨酸转氨酶
ANA	antinuclear antibody	抗核抗体
ANCA	antineutrophil cytoplasmic antibody	抗中性粒细胞胞浆抗体
AOM	acute otitis media	急性中耳炎
ARB	angiotensin receptor blocker	血管紧张素受体阻滞剂
AROM	active range of motion	主动活动度
ASCUS	atypical squamous cells of undetermined significance	非典型鳞状细胞
ASO	antistreptolysin O	抗链球菌溶血素 O
AST	aspartate aminotransferase	天冬氨酸转氨酶
AV	arteriovenous	动静脉吻合
BAER	brainstem auditory evoked response	脑干听觉诱发反应
BCC	basal cell carcinoma	基底细胞癌
BMD	bone mineral density	骨矿物质密度
BMI	body mass index	体重指数
BNP	brain natriuretic peptide	脑钠素
BP	blood pressure	血压
BPH	benign prostatic hypertrophy	良性前列腺肥大
BPV	benign positional vertigo	良性位置性眩晕
BRAT	bananas, rice, applesauce, and toast	香蕉, 米饭, 苹果酱, 面包
BRBPR	bright red blood per rectum	经直肠排出的鲜血
BUN	blood urea nitrogen	血尿素氮

BV	bacterial vaginosis	细菌性阴道病
BZD	benzodiazepine	苯二氮草类
CAD	coronary artery disease	冠状动脉疾病
CAP	community-acquired pneumonia	社区获得性肺炎
CBC	complete blood count	全血细胞分析
CFS	chronic fatigue syndrome	慢性疲乏综合征
CHF	congestive heart failure	充血性心衰
CMV	cytomegalovirus	巨细胞病毒
CNS	central nervous system	中枢神经系统
COPD	chronic obstructive pulmonary disease	慢性阻塞性肺疾病
COX-2	cyclooxygenase-2	环氧酶-2
CPAP	continuous positive airway pressure	持续气道正压
CPK	creatine phosphokinase	肌酸磷酸激酶
CPR	cardiopulmonary resuscitation	心肺复苏术
Cr	chromium	铬
CSF	cerebrospinal fluid	脑脊液
CSOM	chronic suppurative otitis media	慢性化脓性中耳炎
CT	computed tomography	计算机体层摄影
CVA	cerebrovascular accident	脑血管意外
DBP	diastolic blood pressure	舒张压
DEXA	dual-energy x-ray absorptiometry	双能 X 线吸收仪
DHE	dihydroergotamine	氢化麦角胺
DHEA-S	dehydroepiandrosterone sulfate	硫酸脱氢表雄酮
DJD	degenerative joint disease	退行性关节病
dsDNA	double-stranded DNA	双链 DNA
DSM-IV	<i>Diagnostic and Statistical Manual of Mental Disorders</i> , 4 th ed.	精神病诊断和统计手册, 第 4 版
DTaP	diphtheria, tetanus, acellular pertussis	白喉, 破伤风, 灭菌百日咳
DTP	diphtheria, tetanus, pertussis	白喉, 破伤风, 百日咳
DTs	delirium tremens	震颤性谵妄
DUB	dysfunctional uterine bleeding	功能障碍性子宫出血
DUI	driving under the influence	在干扰状态下驾车
DVT	deep venous thrombosis	深静脉血栓形成
EBV	Epstein-Barr virus	EB 病毒
ECG	electrocardiogram	心电图
ECS	endocervical curettage	宫颈内刮除术
EDD	estimated date of delivery	预产期估算
EEG	electroencephalogram	脑电图
EGD	esophagastroduodenoscopy	食管胃十二指肠镜
ELISA	enzyme-linked immunosorbent assay	酶联免疫吸附试验
ENT	ear-nose-throat	耳鼻喉
ERCP	endoscopic retrograde cholangiopancreatography	逆行胰胆管造影

ESR	erythrocyte sedimentation rate	血沉
ET	essential tremor	特发性震颤
FDA	Food and Drug Administration	食品与药品管理局
FSH	follicle-stimulating hormone	卵泡刺激素
FTA-Abs	fluorescent treponemal antibody absorption	荧光密螺旋体抗体
FTT	failure to thrive	发育停滞
G6DP	glucose-6-phosphate dehydrogenase	葡萄糖-6-磷酸脱氢酶
GC	gonorrhea	淋病
GDM	gestational diabetes mellitus	妊娠糖尿病
GERD	gastroesophageal reflux disease	胃食管反流性疾病
GFR	glomerular filtration rate	肾小球滤过率
GGT	gamma-glutamyl transferase	γ 谷氨酰转肽酶
GI	gastrointestinal	胃肠道
GnRH	gonadotropin-releasing hormone	促性腺激素释放激素
HC	homocysteine	高半胱氨酸
hCG	human chorionic gonadotropin	人绒毛膜促性腺激素
Hct	hematocrit	血细胞比容
HCTZ	hydrochlorothiazide	氢氯噻嗪
HDL-C	high-density lipoprotein cholesterol	高密度脂蛋白
hep.B	hepatitis B	乙型肝炎
HEPA	high-efficiency air filter	高效空气过滤器
HGIL	high-grade intraepithelial lesion	高级别上皮内病变
Hib	<i>H. influenzae</i> type b	b 型流感嗜血杆菌
HIV	human immunodeficiency virus	人免疫缺陷病毒
HNKDC	hyperosmolar nonketotic diabetic coma	非酮症高渗昏迷
HPF	high-power field	高倍视野
HPV	human papillomavirus	人乳头瘤状病毒
HRT	hormone replacement therapy	激素替代治疗
HSV	herpes simplex virus	单纯疱疹病毒
HTN	hypertension	高血压
IADLs	instrumental activities of daily living	日常生活工具指数
IBD	irritable bowel disease	激惹性肠病
IBS	irritable bowel syndrome	肠激惹综合征
ICU	intensive care unit	重症监护室
IF	intrinsic factor	内因子
IgA	immunoglobulin A	免疫球蛋白 A
IgE	immunoglobulin E	免疫球蛋白 E
IM	intramuscular	肌内注射
INR	international normalized ratio	国际标准化比率
IPV	injectable polio vaccine	注射用脊髓灰质炎疫苗
ISA	intrinsic sympathomimetic activity	内在拟交感活性
IUD	intrauterine device	宫内节育器

IV	intravenous	静脉注射
IVP	intravenous pyelogram	静脉肾盂造影
JVD	jugular venous distention	颈静脉怒张
KOH	potassium hydroxide (stain)	氢氧化钾染色
LB	Lewy body	Lewy 小体
LDL-C	low-density-lipoprotein cholesterol	低密度脂蛋白胆固醇
LEEP	loop electroexcision procedure	宫颈环切术
LES	lower esophageal sphincter	食管下端括约肌
LFT	liver-function test	肝功能检查
LGIL	low-grade intraepithelial lesion	低级别上皮内病变
LH	luteinizing hormone	黄体生成素
LH-RH	luteinizing hormone-releasing hormone	黄体生成素释放激素
LMP	last menstrual period	末次月经时间
LN	lymph node	淋巴结
LRI	lower respiratory tract infection	下呼吸道感染
LTC	long-term-care facility	长期护理部门
LVH	left ventricular hypertrophy	左室肥厚
LVSD	left ventricular systolic dysfunction	左室收缩功能障碍
MAOI	monoamine oxidase inhibitor	单胺氧化酶抑制剂
MASH	medications, allergies, surgeries, and hospitalizations	药物, 过敏, 手术, 住院
MCTD	mixed connective tissue disease	混合性结缔组织病
MCV	mean corpuscular volume	平均红细胞容积
MDI	metered-dose inhaler	压力定量气雾剂
MI	myocardial infarction	心肌梗死
MMR	measles, mumps, rubella (vaccine)	麻疹, 腮腺炎, 风疹疫苗
MMSE	Mini Mental Status Examination	精神状态检查
MRA	magnetic resonance angiography	磁共振血管成像
MRCP	magnetic resonance cholangiopancreatography	磁共振胆胰管造影
MRI	magnetic resonance imaging	磁共振成像
MS	multiple sclerosis	多发性硬化
MSAFP	maternal serum alpha fetoprotein	产妇血清甲胎蛋白
MVA	motor vehicle accident	摩托车意外
NCAA	National Collegiate Athletic Association	国家大学运动员协会
NGU	nongonococcal urethritis	非淋球菌尿道炎
NH	nursing home	养老院
NMDA	<i>N</i> -methyl-D-aspartate	N-甲基-D-天冬氨酸
nNRTI	nonnucleoside reverse transcriptase inhibitor	非核苷逆转录酶抑制剂
NRTI	nucleoside reverse transcriptase inhibitor	核苷逆转录酶抑制剂
NSAID	nonsteroidal anti-inflammatory drug	非甾体抗炎药
NTD	neural tube defect	神经管缺陷
OCD	obsessive compulsive disorder	强迫症
OCPs	oral contraceptive pills	口服避孕药

OME	otitis media with effusion	渗出性中耳炎
OPV	oral polio vaccine	口服脊髓灰质炎疫苗
OTC	over the counter	非处方药
PAC	premature atrial contraction	房性期前收缩
PCOS	polycystic ovarian syndrome	多囊性卵巢综合征
PCR	polymerase chain reaction	聚合酶链反应
PCV	pneumococcal conjugate vaccine	肺炎球菌共价疫苗
PD	Parkinson disease	帕金森病
PE	pulmonary embolus	肺动脉栓塞
PEF	peak expiratory flow	呼气峰流速
PI	protease inhibitor	蛋白酶抑制剂
PID	pelvic inflammatory disease	盆腔炎
PMI	point of maximal impulse	最强心尖搏动点
PO	by mouth	口服
PPD	purified protein derivative	精制结核菌素
PPE	preparticipation health examination	准入健康检查
PPI	proton pump inhibitor	质子泵抑制剂
PPV	pneumococcal polysaccharide vaccine	肺炎球菌多糖疫苗
PQRST	provokes, palliates, quality, radiate, severity, temporal	刺激, 缓解, 性质, 放射, 严重程度, 暂时的
PR	per rectum	经直肠
PROM	passive range of motion	被动活动度
PSA	prostate-specific antigen	前列腺特异抗原
PT	prothrombin time	凝血酶原时间
PTCA	percutaneous transluminal coronary angioplasty	经皮穿冠状动脉成形术
PTT	partial thromboplastin time	部分凝血活酶时间
PTU	propylthiouracil	丙基硫氧嘧啶
PVC	premature ventricular contraction	室性期前收缩
PVD	peripheral vascular disease	周围血管病
PVL	plasme viral load	血浆病毒载量
PVR	postvoid residual	残余尿
RA	rheumatoid arthritis	类风湿性关节炎
RAIU	radioactive iodine uptake scan	放射性碘摄取扫描
RAST	radioallergosorbent test	放射变应原吸附试验
REM	rapid-eye-movement (sleep)	快动眼(睡眠)
ROM	recurrent otitis media	复发性中耳炎
RPR	rapid plasma reagin (test)	快速血浆反应抗体
RSV	respiratory syncytial virus	呼吸道合胞病毒
SAH	subarachnoid hemorrhage	蛛网膜下腔出血
SBE	subacute bacterial endocarditis	亚急性细菌性心内膜炎
SBP	systolic blood pressure	收缩压
SC	subcutaneous	皮下

SD	standard deviation	标准差
SHEP	Systolic HTN in the Elderly Program	老年人收缩性高血压
SIDS	sudden infant death syndrome	婴儿猝死综合征
SIL	squamous intraepithelial lesion	鳞状上皮内病变
SK	seborrheic keratosis	脂溢性角化病
SLE	systemic lupus erythematosus	系统性红斑狼疮
SLR	straight leg raising	直腿抬高
SSRI	selective serotonin reuptake inhibitor	选择性血清素再摄取抑制剂
STD	sexually transmitted disease	性传播疾病
T3	triiodothyronine	三碘甲状腺原氨酸
T4	thyroxine	甲状腺素
TB	tuberculosis	结核
TBG	thyroxine-binding globulin	甲状腺素结合球蛋白
TCA	tricyclic antidepressant	三环类抗抑郁药
Td	tetanus-diphtheria vaccine	破伤风 - 白喉疫苗
TIA	transient ischemic attack	短暂脑缺血发作
TIBC	total iron-binding capacity	总铁结合力
TIg	tetanus immunoglobulin	破伤风免疫球蛋白
TM	tympanic membrane	鼓膜
TMJ	temporomandibular joint	颞下颌关节
TMP/SMX	trimethoprim/sulfamethoxazole	复方新诺明
TNF	tumor necrosis factor	肿瘤坏死因子
TRH	thyrotropin-releasing hormone	促甲状腺激素释放激素
TSH	thyroid-stimulating hormone	促甲状腺激素
UA	urinalysis	尿液分析
UI	urinary incontinence	尿失禁
URI	upper respiratory tract infection	上呼吸道感染
US	ultrasound	超声
USDHHS	U.S.Department of Health and Human Services	美国健康和人类服务部
USPHS	U.S.Public Health Service	美国公共卫生服务
UTI	urinary tract infection	尿路感染
UV	ultraviolet	紫外线
V/Q	ventilation/perfusion	通气 / 灌注比
VCUG	voiding cystourethrogram	排泄性膀胱尿道造影
VDRL	Venereal Disease Research Laboratory	性病研究所
VZIG	varicella zoster immune globulin	水痘、带状疱疹免疫球蛋白
WBC	white blood cell	白细胞
WIC	Special Supplemental Nutrition Program for Women, Infants, and Children	女性、婴儿和儿童营养补充计划

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