

Medical English

医学英语

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《医学英语》编写组编



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MEDICAL ENGLISH

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前 言

《医学英语》是为医务工作者学习英语和湖北广播医学英语进修班学员编写的专业阅读教材。全书10课，共有25篇医学科普文章，大多选自新近出版的美、英原文书刊。文章由浅入深，内容新颖，知识性强。每篇文章后配有生词表、难点注解、阅读材料、阅读理解练习、参考译文和练习答案。

此书既可供具有一定英语基础的医务工作者和大学医科学生自学，也可供湖北人民广播电台医学英语广播讲座使用。

参加本书编写的还有李传英、马宝琳两位同志。全书承蒙在湖北医学院工作的美国英语教师 **Barbara Jean Weissmann** 女士以及白帆同志审校，特致谢意。

由于水平有限，时间仓促，错误在所难免，敬请读者批评、指正。

编 者

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Contents

Lesson One	(1)
Text	Noise and Medical Problems
Reading Material	Food and Disease
Lesson Two	(15)
Text	Medical Operation on Fetus
Reading Material	Test Tube Technique
Lesson Three	(28)
Text	Eat Your Greens and Stop Cancer
Reading Material	Breast Cancer
Lesson Four	(38)
Text	Is It Really Heart Disease?
Reading Material	Early Prevention for Heart Disease
Lesson Five	(52)
Text	Influenza
Reading Material	The Common Cold
Lesson Six	(64)
Text	Novel Drug Deliveries
Reading Material	Ordinary Aspirin Is Truly a Wonder Drug
Lesson Seven	(77)
Text	The Heart Laid Open:

	Open Heart Surgery	
	Reading Material	Surgery
Lesson Eight		(91)
	Text	Outpatient and Emergency Services
	Reading Material	Disease Production by Bacteria
Lesson Nine		(104)
	Text	A Good Night's Sleep
	Reading Material	Insomnia Is NO. 1 Complaint
Lesson Ten		(116)
	Text	Pathogenesis of AIDS
	Reading Material	Prevention of AIDS
Supplementary Readings (补充读物)		
1. Bacteriology of Water		(126)
2. Fatal Heart Stroke in a Long-Distance Runner		(134)
3. Fatal Heat Stroke in a Long-Distance Runner (Continued)		(140)
4. Immunity		(144)
5. Non-Specific Immunity and Specific Immunity		(150)
6. Radiology		(154)
7. The Oral Cavity		(162)
课文参考译文和练习答案		
Lesson One		(169)
	Text	
	Reading Material	

Lesson Two	(173)
Text	
Reading Material	
Lesson Three	(177)
Text	
Reading Material	
Lesson Four	(180)
Text	
Reading Material	
Lesson Five	(184)
Text	
Reading Material	
Lesson Six	(187)
Text	
Reading Material	
Lesson Seven	(190)
Text	
Reading Material	
Lesson Eight	(194)
Text	
Reading Material	
Lesson Nine	(198)
Text	
Reading Material	
Lesson Ten	(201)
Text	
Reading Material	
补充读物参考译文和练习答案	
1. Bacteriology of Water	(205)

2. Fatal Heat Stroke in a Long-Distance Runner	(207)
3. Fatal Heat Stroke in a Long-Distance Runner (Continued)	(208)
4. Immunity	(209)
5. Non-Specific and Specific Immunity	(210)
6. Radiology	(211)
7. The Oral Cavity	(213)
附录: 总词汇表	(215)

Lesson One

Text

Noise and Medical Problems

Too much noise may be dangerous to your health. A number of studies have shown that living or working where there is a great deal of noise can cause hearing loss. But there also is a growing amount of scientific evidence showing that continued loud noise may cause other medical problems. These include high blood pressure, nervous disorders, learning problems, difficulty in sleeping and, possibly, even birth defects and some kinds of heart disease.

One test showed the dangers facing people who spend a lot of time listening to loud music. A New York City doctor studied 70 young persons who work in popular dancing and drinking places where music is played loudly. She found that more than 30 percent of them had suffered severe and permanent hearing loss. Normally, she said, less than one percent of people that age suffer such loss.

The doctor, Jane Madell, also studied a group of 40 New York City firemen. All had worked near loud

warning sirens on fire trucks for ten years or more. Doctor Madell found that 75 per cent of them had suffered a severe hearing loss.

Doctors said some persons are more likely than others to suffer hearing loss from continued loud noise.² But they said they can not learn which persons face the most danger until permanent hearing damage has been done.

A loss of hearing is not the only problem. In West Germany, researchers at the Max Plank Institute found that continued loud noise caused blood vessels to constrict or shrink. This reduces the amount of blood flowing to organs and other parts of the body. Such a condition could be dangerous if arteries serving the heart already were partly blocked by atherosclerosis. And one New York doctor, Thomas Faye, said that constricted blood vessels could cause a woman to give birth to an underweight baby.

Other tests have shown that several weeks of loud noise caused atherosclerosis and increased amounts of cholesterol in the blood of laboratory animals. But doctors said it is not clear if noise produces the same effect in humans.

Researchers at the University of Miami, Florida found there also may be dangers in just the normal noise people hear every day. They found that three weeks of the usual noise of city living raised the blood pressure of laboratory monkeys by 43 percent.

Another scientist discovered that loud noise appears

to limit a child's ability to learn. The scientist Arlene Brunzapt studied students at a New York City school near a busy railroad. Students in rooms near the railroad had difficulty in learning to read. This was not true of the students in quieter parts of the school. After steps were taken to reduce the train noise, a new study found that the reading problem had disappeared.

Word List

- noise** [noiz] *n.* 噪声, 杂音
hearing ['hiəriŋ] *n.* 听力
loss [lɒs, lɔ:s] *n.* 丧失; 降低
evidence ['evidəns] *n.* 证据
birth [bɜ:θ] *n.* 分娩, 出生
defect [di'fekt] *n.* 缺点, 不足之处
music ['mjuzik] *n.* 音乐, 乐曲
popular ['pɒpjələ] *a.* 大众喜爱的; 流行的
dancing ['dɑ:nsɪŋ] *n.* 跳舞
drinking ['drɪŋkɪŋ] *n.* 喝, 饮; 喝酒
play [pleɪ] *v.* 演奏, 弹奏
permanent ['pɜ:mənənt] *a.* 永久的
fireman ['faɪəməŋ] (复数 **firemen**) *n.* 消防队员
warning ['wɔ:nɪŋ] *a.* 警告的
✓ **siren** ['saɪərɪŋ] *n.* 汽笛, 警报器
constrict [kən'strɪkt] *v.* (使) 收缩
shrink [ʃrɪŋk] (过去式 **shrank** [fræŋk] 或 **shrunk** [frʌŋk], 过去分词 **shrunk** 或 **shrunkən** ['frʌŋkən]) *v.* 收缩

atherosclerosis [ˌæθərəʊskliəˈræʊsɪs] *n.* 动脉粥样硬化

underweight [ˈʌndəˈweɪt] *a.* 重量不足的

cholesterol [kəˈlestərɒl] *n.* 胆固醇

be true of 符合于……, 对……适用

take steps 采取措施

Notes

1. ...less than one percent of people that age. 不到百分之一的这个年龄的人。

“that age”可理解为后面省去了of, 作people的定语用。

2. ...some persons are more likely than others to suffer hearing loss from continued loud noise. 有些人要比另一些人更有可能因连续而巨大的噪音造成听力损伤
be likely后面跟带to的不定式, 意思是“可能……”。例如:
This discovery is likely to be of great significance in breeding new strains of animals. 这一发现可能对繁殖动物新品种有重要的意义。

Comprehension Exercises

A. Read the text to find out whether the following statements are true or false.

1. Those living and working in a place where there is much noise cannot suffer hearing loss.
2. Continued loud noise may cause such medical problems as high blood pressure, nervous disorders,

- and difficulty in sleeping. T
3. It is possible that continued loud noise may give rise to birth defects. T
 4. One test mentioned in the text showed there are no dangers facing those who spent plenty of time listening to loud music. F
 5. A New York City doctor studied 70 young persons, of whom more than 30 percent had suffered severe and permanent hearing loss. T
 6. Doctor Jane Madell studied 40 New York City firemen. She found nothing wrong with their hearing.
 7. It is said some people are more likely than others to suffer hearing loss from continued loud noise.
 8. One test in West Germany showed continued loud noise caused blood vessels to expand, which increased the amount of blood flowing to organs and other parts of the body.
 9. Several weeks of loud noise caused atherosclerosis and increased amounts of cholesterol in the blood of laboratory animals.
 10. Students in rooms near the railroad had no difficulty in learning to read.
- B. Circle the letter next to the best answer.
1. Hearing loss may result from _____.
A. a little noise
B. too small noise
C. a lot of noise
 2. Besides hearing loss, continued loud noise may bring about ____.

- A. high blood pressure, nervous disorders, learning problems and so on
 - B. high blood pressure, arteritis, pneumonia and so on
 - C. high blood pressure, bronchitis, headache and so on
3. A New York City doctor studied _____.
 - A. 40 young people
 - B. 70 young people
 - C. 75 young people
 4. The New York City doctor found ____ of the 70 young persons studied had suffered severe and permanent hearing loss.
 - A. less than 30 percent
 - B. about 30 percent
 - C. more than 30 percent
 5. The New York City doctor said, normally, ____ of the young people suffer such hearing loss.
 - A. less than ten percent
 - B. less than one percent
 - C. less than three percent
 6. Dr. Jane Madell studied 40 firemen. She found ____ had suffered a severe hearing loss.
 - A. 25 of them
 - B. 30 of them
 - C. 28 of them
 7. Researchers of West Germany found that continued loud noise caused _____.
 - A. blood vessels to constrict
 - B. blood vessels to break

- C. blood vessels to expand
8. Constricted blood vessels can cause a woman to give birth to ____.
- A. a well-developed baby
- B. an underweight baby
- C. an overweight baby
9. Researchers at the University of Miami found that just normal noise ____ to your health.
- A. may be in danger
- B. may be dangerously
- C. may be dangerous
10. Loud noise appears ____.
- A. to develop a child's ability to learn
- B. to limit a child's ability to learn
- C. to determine a child's ability to learn

Reading Material

Foods and Disease

A new report has reopened an old medical dispute about the possible link between heart attacks and eating too much food that includes a lot of cholesterol. The human body needs and produces cholesterol. But too much of the substance in a person's blood system can lead to hardening of the arteries and heart attacks.

The American Heart Association and other groups have said for many years that people could reduce the

chance of suffering a heart attack by eating less of the foods rich in cholesterol.¹ These include such foods as meats, milk products and eggs. The Heart Association noted a number of studies which show that nations where people eat a lot of high cholesterol foods have a higher number of deaths from heart disease.²

However, the new report disagrees. It was made by the Food and Nutrition Board of the United States National Academy of Sciences. The new report by a team of 15 scientists said there is no evidence to link cholesterol in food directly to heart disease. It noted seven major studies involving people whose diet was changed to include only foods low in cholesterol.³ The studies found only a very small reduction in the number of heart attacks and there was no reduction in the number of heart attack deaths.

Other studies have shown similar results. They found that a change to low cholesterol foods will have only a minor effect on the amount of cholesterol in a person's blood and only a minor effect on the number of deaths.

Medical scientists hope that two huge new studies may settle the cholesterol dispute. The tests are designed to learn if low cholesterol foods or anti-cholesterol drugs, or both, can reduce the amount of the substance in the blood and reduce the chance of a heart attack. The two new studies will be finished in the next year or two.

The new Academy of Sciences report also discussed

other possible links between food and disease. The scientists said that, in general, they are deeply concerned about some of the recent advice given about food. They noted that a number of private groups, government agencies and several popular books have advised that people can prevent heart disease, cancer and other sicknesses by changing the kinds of foods they eat. The new report said there often is no good scientific evidence to support such advice. In fact, the scientists said such ideas often produce only false hopes or unnecessary fears.

The report noted proposals that eating less fat and more food with whole grains and other fibers can protect against cancer. The scientists said there is no evidence to prove this. However, the Academy of Sciences report did say⁴ that people trying to lose weight should eat less fat. It noted that being overweight has been linked to sickness and death from such diseases as high blood pressure, diabetes, heart disease and gallbladder disease.

Word List

reopen ['ri:'əupən] *n.* 再开, 重新进行 (讨论、考虑等)

dispute [dis'pjut] *n.* 争论, 辩论

hardening ['hɑ:dənɪŋ] *n.* 硬化

a heart attack 心脏病突发

association [ə,səusi'eɪʃən] *n.* 协会