

医护英文选读

English for Health Issues

附中文注释

李式鸾 编著



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世界图书出版公司

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PREFACE

序 言

This book is written for students who are planning to pursue a career in the health services. This book aims to make the study of English lively and interesting by focusing on current topics and trends in health-related issues that affect one's daily life and well-being in today's society, while simultaneously introducing terminology that students will need for their future professions.

At the same, the book seeks to prepare students for reading English as it is actually used in the United States by introducing the vocabulary and writing styles commonly seen in American publications, rather than continue teaching the over-simplified sentence structure and isolated colloquial expressions present in many other texts. The idea is to prepare students for further study in the health professions by enabling them to read English language magazines, newspapers, and textbooks. Therefore, this book assumes that students have already gained a solid foundation in basic English.

Each chapter deals with a specific topic of interest. The exercises that follow each chapter are designed to make the student an active participant in his own learning by promoting critical thinking. These exercises include:

1. Comprehensive "Vocabulary" lists that explain new terms and phrases, along with sample sentences that show how they are used. Students are encouraged to formulate their own sentences, as well, for additional practice.
 2. "Building Medical Terms" helps students analyze the various parts of medical
- 145 177 172

terminology. Such analysis will enable them to learn and use the words more effectively than rote memorization. In addition, an understanding of how medical terms are constructed will enable students to recognize and learn new vocabulary more quickly and more easily in the future, since so many medical terms are constructed out of the exact same or similar parts.

3. "Reading Comprehension" tests the student's understanding of the text and vocabulary words through a variety of exercises.
4. "Translation Exercise" further encourages students to practice creating their own English sentences by translation from Chinese to English.
5. "Make this chapter work for you" offers several topics on which students can write essays or short answers in English. They can also be used to elicit (引出) class discussion. The questions are designed to make the student an active gatherer, rather than a passive recipient, of information. They give students the opportunity to integrate their own feelings and points of view with what they have learned in the text.

We hope that both teachers and students will find using this book both enjoyable and helpful.

INTRODUCTION

本书介绍

- 本书旨在让读者熟悉英文书刊经常使用的医护术语与文章风格,以助于读者提高阅读医护英文的能力。
- 全书涵盖内容全是与个人日常生活息息相关的保健主题,举凡追求健康之道、心理调适、正确营养观念、均衡饮食与适度运动、圆融的人际发展、健全的两性关系、生育与养育、如何处理性骚扰、正确使用药物、自我照顾、完备的健检计划、认清自己的酒量、拒绝烟害、预防意外事故发生、减少环境污染,以及日趋严重的犯罪与暴力问题等。
- 每课均附有医护术语的字首、字尾、字根之熟记技巧与练习 (Building Medical Terms),例如:

pneum(o) — means "lung" (肺)

—*itis* means "inflammation" (发炎)

→ *pneumoitis* 就是“肺炎”的意思

另外,每五课还编有一回医护术语总整理,可方便读者快速复习与记忆。

- 阅读测验 (Reading Comprehension) 题型丰富,皆配合学习目标出题,计有是非题、选择题、填充题和配合题,可以让读者透过手写作答而达到学以致用目的。另外,翻译练习 (Translation Exercise) 部分可训练读者学习将中文句子完整转译成英文句子的表达技巧。
- 每课最后附有问题讨论 (Make this chapter work for you),提供各式各样的讨论主题以促使读者从被动的接受转变为主动的思考,进而获得充分

的学习成效。

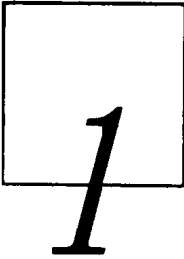
- 本书末附录 A 介绍医护术语的由来,说明医护术语的来源是出自拉丁文与希腊文、医生的名字,以及希腊罗马神话等,非常实用有趣。另外,附录 B 则将本书出现过的字首、字根及字尾编成索引,以方便读者查阅使用。

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The Quest for Health:
Your Own Responsibility

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In the 90's and beyond, the basic concept of health care is a simple one: take charge of your own life. You must be responsible for your own **physical, psychological, emotional, spiritual, environmental,** and **social well-being.**

In the past, medicine was concerned mainly with treating **diseases** and improving living conditions. However, through scientific and **technological** progress, many diseases have been **eliminated** and others that were once **lethal** are now easily **diagnosed** and treated. For example, **smallpox** is almost unknown to today's generation, and **poliomyelitis** has been **eradicated** in the Western Hemisphere. Once dreaded **infectious diseases,** such as **typhoid, cholera, tetanus,** and **pneumonia,** are now usually curable. **Syphilis** was once one of the most feared diseases, but now it is easily treated. **Appendicitis,** once **fatal,** is now considered minor surgery.

These rapid advances in medicine and technology, as well as many others, have led to a change in the traditional concept of health. In the past this concept was that you are healthy as long as you are not sick. However, today, the World Health Organization's definition of health is "not merely

the absence of disease, but a state of complete physical, mental, and social well-being." In the 90's, our view of health includes the physical, psychological, emotional, spiritual, and social dimensions.

A person must be responsible for his or her own well-being. To achieve optimum health, you must take charge of your own life. You can do more for your own health than doctors can. In our rapidly developing economy, the health challenges we face are lifestyle-related diseases, such as heart disease, obesity, and certain cancers, as well as emotional disorders. The key to preventing these diseases is to change unhealthy lifestyles and habits and maintain healthy ones. Prevention is always better than treatment, and to do so, you need to know how to take an active role in managing your health, creating a healthy lifestyle, and coping with illness and stress. However, you, and only you, can decide that you need to make the necessary changes in your life.

VOCABULARY

Learn the following words, and use them to make your own sentences, in order to strengthen (加强) your comprehension (理解力).

1. **quest** [kwɛst] *n.* [c] an act of seeking; a search 探求
例: Cancer research is a long quest for a cure for the disease.
2. **physical** ['fɪzɪkəl] *adj.* pertaining to (关于) the body 身体的
例: A healthy physical condition can help you make the most of your life.
3. **psychological** [ˌsaɪkə'lɒdʒɪkəl] *adj.* involving the mind or emotions 心理上的
例: There must be some psychological explanation for his bad health.
4. **emotional** [ɪ'moʃənəl] *adj.* any strong feeling, such as joy, sorrow, hate, or love 情感的
例: A child's bad behavior is the result of a emotional problems.
5. **spiritual** ['spɪrɪtʃuəl] *adj.* relating to spirit; not material 精神上的
例: "Spiritual" does not refer to any one religion; it is a belief in some meaning that is very significant to one's life.
6. **environmental** [ɪnˌvaɪrən'mentl] *adj.* the combination of external or extrinsic (外界的) conditions that affect the growth and development of organisms (有机的) 环境的
例: The noise and smoke from that factory is causing a lot of environmental pollution.

7. **social** ['soʃəl] *adj.* pertaining to human society or its class and individual inter-relationships 社会的
例: We have an active social life because we have lots of friends.
8. **well-being** ['wel,bɪŋ] *n.* (*u*) the state of being healthy, happy, or prosperous (繁荣的) 幸福
例: After physical exercise, I felt a sense of well-being.
9. **disease** [drɪ'zɪz] *n.* (*u & c*) a condition which alters (改变) or interferes (阻碍) with the normal state of an organism 疾病
例: Environmental pollution is the cause of many diseases.
10. **technological** [ˌtekno'lɒdʒɪkəl] *adj.* derived (衍生自) from technique; performance of skills 技术的
例: The development of the computer was a great technological advance.
11. **eliminate** [ɪ'lɪmɪneɪt] *v.t.* to get rid of; remove 消除; 淘汰
例: A lot of people in the race have been eliminated by their competitors.
12. **lethal** ['liðəl] *adj.* fatal or deadly 致命的
例: Drinking and driving can be a lethal combination.
13. **diagnose** [ˌdaɪəg'nɒs, -'noʒ] *v.t.* to determine the nature of a disease or a problem 诊断
例: The doctor took a long time to diagnose her illness.
14. **smallpox** ['smɒl,pɒks] *n.* (*u*) an acute severe communicable (可传染的) disease in man, caused by the variola (天花) virus 天花
例: The scars (疤) on his face were caused by smallpox when he was a child.

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15. **poliomyelitis** [ˌpɒliəˌmaɪəˈlaɪtɪs] *n.* (*u*) a serious infectious disease of the nerves in the spine (脊柱), often resulting in a lasting paralysis (麻痹) 脊髓灰白质炎, (脊髓性) 小儿麻痹症 (简称为 **polio**)

例: Poliomyelitis is an infectious disease.

16. **eradicate** [ɪˈrædɪˌkeɪt] *v.t.* to get rid of completely 根除

例: Their goal was to eradicate poverty (贫穷).

17. **infectious disease** a disease capable of being spread from one host to another 传染病

例: Dirty conditions can lead to the spread of many infectious diseases.

18. **typhoid** [ˈtaɪfɔɪd] *n.* (*u*) also typhoid fever, an infectious disease transmitted by bacteria in food or water that causes fever and often death 伤寒症

例: Typhoid can be transmitted by infected water, especially after a flood.

19. **cholera** [ˈkɒlərə] *n.* (*u*) a contagious (传染性的) disease causing watery diarrhea resulting in severe dehydration (脱水) 霍乱

例: Patients with cholera must have their body fluids replenished (补足) constantly.

20. **tetanus** [ˈtɛtənəs] *n.* (*u*) a severe infectious disease causing tonic (强直性的) muscle spasms (痉挛) 破伤风

例: The baby should get a tetanus shot every few weeks.

21. **pneumonia** [njuˈmɒnjə] *n.* (*u*) inflammation of the lung 肺炎

例: Pneumonia can be a very contagious disease.

22. **syphilis** ['sɪfɪlɪs] *n.* (*u*) a sexually transmitted disease characterized by lesions (损害) which may involve any organ or tissue 梅毒
例: A person can get syphilis from unprotected sex.
23. **appendicitis** [əˌpendə'saɪtɪs] *n.* (*u*) inflammation of the vermiform (阑尾) appendix 盲肠炎
例: Many people think that appendicitis is caused by exercising right after a meal, but this might not be true.
24. **fatal** ['fetl] *adj.* deadly; disastrous 致命的;毁灭性的
例: Fatal accidents often happen on highways.
25. **dimension** [dɪ'menʃən] *n.* (*c*) extent 层面,范围
例: There is another dimension to this problem that you have not mentioned.
26. **optimum** ['ɒptəmə] *adj.* most favorable or desirable 最适宜的
例: Taiwan has optimum conditions for growing rice.
27. **challenge** ['tʃælɪndʒɪ] *n.* (*c*) a call to engage in a contest 挑战
例: Learning English is a challenge to many students.
28. **obesity** [o'bisəti, o'bes-] *n.* (*u*) a state of excess accumulation of body fat 肥胖
例: Eating too much fat can lead to obesity.
29. **cancer** ['kænsə] *n.* (*u & c*) an uncontrolled proliferation (增生) of cells 癌
例: Good lifestyle habits might help prevent cancer.
30. **emotional disorder** an emotion that is not felt in the same way by a healthy person 情绪障碍

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例：Emotional disorders are often caused by tragedy.

31. **cope** [kɒp] (**with**) *v.i.* deal with 克服, 应付

例：Coping with difficulties is a valuable skill.

32. **stress** [stres] *n.* (*u & c*) a mentally or emotionally disruptive (引起分裂的) influence 压力

例：Taking an exam can be a form of stress.

EXERCISES

A Building Medical Terms

1. **pneum(o)-**

pneum(o)- is the prefix (字首) for "lung (肺) or air"

-itis is the suffix (字根) for "inflammation" (发炎)

- ⊗ What does **pneumonitis** mean?

-pathy is the suffix for "disease"

- ⊗ Define (定义) the term **pneumonopathy**

2. **-itis**

-itis is the suffix for "inflammation"

cyst- means "urinary bladder" (膀胱)

hepat- means "liver"

Define the following:

- ⊗ **cystitis** _____