

全国行业英语系列统编教材

English for Pharmacy

医药英语

主 编 李有贵
副主编 钟剑波 颜丹平
章 梁 陈丽芳



高等教育出版社
HIGHER EDUCATION PRESS

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Yiyao Yingyu

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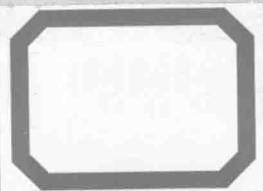
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前言

近年来,随着全球经济一体化进程的不断加快以及我国经济、文化和科技的不断发展,社会对大学生英语水平的要求也在不断提高,高等院校的英语教学越来越受到重视。高职院校,作为高等教育的一个重要组成部分,在英语教学方面不断尝试改革与创新,力图最大限度挖掘学生的学习潜能,培养学生的英语应用能力。为了使学生在未来社会中能更好更快地适应岗位需求,各高职院校不断加强学生的基础英语(English for General Purposes,简称 EGP)教学,同时,也根据学生的专业特点开设了相关的专门用途英语(English for Special Purpose,简称 ESP)课程。前者是后者的准备阶段,后者是前者的应用阶段,两者的有机融合益于促进学生英语综合运用能力的发展。但目前存在的一种普遍现象是前后两个阶段的教学过程脱节,尤其是 ESP 教学阶段,教材内容与前者相比明显加深,学生在基础英语教学过程中学到的语言知识不能很好地延续下去。

多年来,浙江医药高等专科学校外语教研室在学校领导的指导下,着力使基础英语和专业英语教学能够有效衔接,经过深入探讨、系统研究,最终编写了这本《医药英语》。本教材适用于医药类高职高专院校的英语教学,旨在基础英语和专业英语之间架起了一道桥梁,有助于医药类学生完成基础英语学习之后

更顺利地进入专业英语的学习。

本教材共十个单元,每单元含两篇课文,其中 Text A 为精读材料,Text B 主要作为泛读材料,内容涉及饮食文化及化妆品、医药营销和药学(含中药学),每篇课文都辅以相关练习,包括阅读理解、词汇运用、翻译、完形填空和英语写作等,以帮助学生进一步巩固课文教学内容,培养学生提高语言基本技能;所选练习材料力求结合医药类学生的专业需求,突出英语学习的人文性、专业性和实用性。本教材内容涉及国内外医药领域的最新研究成果,既充分反映了当前医药类高职高专英语教学的新思想、新理念,同时又贴近学生生活,适应学生英语水平,是医药类高职高专院校英语教学中不可多得的一本英语教材。我们相信,本教材一定会给广大师生带来全新的感受和体验。

在编写过程中,本书所有参编人员在认真阅读与医药领域相关的英语原文材料的基础上精选出了现有的 20 篇课文。颜丹平、章梁和钟剑波老师分别完成了饮食文化及化妆品类、医药营销类和药学类(含中药学)三个部分的最后校稿工作,浙江医药高等专科学校相关领导和高等教育出版社的英语教育专家在本书出版之前提出了宝贵的指导性意见,在此向关注本书编写的所有人士深表感谢。

由于时间紧、任务重,加之水平有限,书中难免有不妥之处,恳请广大读者不吝赐教,批评指正。

编者

2011 年 12 月

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Unit 1

Text A The Importance of Family Meal Planning

学习笔记

What has happened to us? There once was a time when we would all come home from school or work and sit down with our families and enjoy the ritual of family mealtime. It was the best meal of the day, offering a wide variety of nutrition and family conversation.

Today, less than half of American families eat dinner together and when they do, these meals last less than 20 minutes and are lacking in proper nutrition. The fact is that our life styles have changed from those magical days of Ozzie and Harriet. Thanks to the Internet, cell phones and palm pilots, business is



学习笔记

conducted on an almost 24/7 basis. Even conversations with our children are often times through text messages or cell phones. Sporting events and outside activities for children have become almost maniacal in the demands made upon the family. It has become a race against time so that we can fit it all in. Something has to give, and that unfortunately has been the family dinner hour.

When we squeeze out the family dinner, we sacrifice more than we could ever imagine. According to a study conducted by the National Center on Addiction and Substance Abuse at Columbia University, the children that dined regularly with their families were 31 percent less likely to smoke, drink or take drugs and do better in school.

Healthy self-esteem for children can be built around a family dinner table. Parents can take the time to listen and help their children sort out the struggles of the day without interference of phones, TVs and computers.

Our hectic life styles only give time for overly processed foods or even worse "fast foods". This poor nutrition has resulted in children contracting what was once considered "adult diseases" at an alarming rate. High blood pressure, high cholesterol, diabetes and obesity all stem from poor nutrition and processed foods.

Not only is the family dinner hour a great time to catch up on each other's lives, it also offers more tangible benefits. Family dinner hours can improve grades at school and promote a richer vocabulary. Younger family members that do not have the interaction of speaking within the family group often struggle with poor communication skills. In troubling times such as these, the routine of a family meal helps to ease tensions and frustrations of teens and young children by

receiving guidance and assurance from other family members.

Planning these meals, shopping for the ingredients, and to a lesser extent, cooking the dinners is a time-consuming task. In many cases, time needed for both professional careers and for the children's extra-curricular activities makes it nearly impossible to coordinate the family dinner.



However, now more than ever, it is important to invest this time. The dividends are worth the effort. Today, make your family feel special. Prepare a nutritious meal and sit down to a family dinner. Find out what is up with your children and make use of the time to talk with each one. Unplug the world and plug into your children for one hour every day.

New Words & Expressions

ritual /'ritʃuəl/

n.

仪式;惯例;礼制

variety /və'raɪəti/

n.

多样;种类;杂耍

nutrition /nju:'triʃən/

n.

营养;营养品;营养学

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magical /'mædʒɪkəl/	adj.	魔术的;有魔力的
maniacal /mə'naɪəkəl/	adj.	疯狂的,狂热的;躁狂的
sacrifice /'sækrɪfaɪs/	v.	牺牲;献祭
conduct /'kɒndʌkt/	vi.	导电;带领
	vt.	管理;引导;表现
self-esteem /'selfɪs'tɪm/	n.	自尊;自负,自大
hectic /'hektɪk/	adj.	兴奋的,狂热的;脸上发红;肺病的
	n.	脸红;患肺结核
overly /'əʊvəli/	adv.	过度地;极度地
process /prə'ses/	vt.	处理;加工
contract /'kɒntrækt/	n.	合同,契约
/kən'trækt/	v.	感染;订约;使缩短,使收缩
cholesterol /kə'lestərəʊl/	n.	胆固醇
obesity /əʊ'bɪsɪtɪ/	n.	肥胖;过胖
tangible /'tændʒəbl/	adj.	有形的;切实的;可触摸的
interaction /,ɪntər'ækʃən/	n.	相互作用;交互作用
frustration /frʌs'treɪʃən/	n.	挫折
assurance /ə'ʃʊərəns/	n.	保证;保险;确信;断言
ingredient /ɪn'ɡri:diənt/	n.	原料;要素;组成部分
	adj.	构成组成部分的
extra-curricular /ekstrə'kærɪkjələ/	adj.	课外的
dividend /'dɪvɪdend/	n.	股息;被除数;奖金
unplug /'ʌn'plʌg/	vt.	去掉……的障碍物;拔去……的塞子或插头

学习笔记

plug /plʌg/

v. 塞住;插入;接插头

lack in

缺少,不足

thanks to

幸亏,多亏,由于

fit sth./sb. in

找时间做某事或见某人

squeeze out

挤出

sort out

分类,整理;整顿,解决

stem from

来自,起源于;由……造成

catch up on

赶上;得到……消息;弥补

to an extent

在某种程度上

Notes

1. Ozzie and Harriet: 奥兹和哈里特。来自影片《奥兹和哈里特的冒险》(*The Adventures of Ozzie and Harriet*), 是美国五六十年代的著名剧集, 剧中的奥兹和哈里特是 50 年代美国理想家庭生活的象征。
2. Thanks to the Internet, cell phones and palm pilots, business is conducted on an almost 24/7 basis. 因为有了因特网、手机、无线掌上电脑, 人们时时刻刻地忙于事务。24/7: 24hours, 7days, 意指每时每刻。
3. National Center on Addiction and Substance Abuse at Columbia University 哥伦比亚大学国家毒瘾及药物滥用中心
4. ... the children that dined regularly with their families were 31 percent less likely to smoke, drink or take drugs and do better in school. ...经常和家人一起用餐的孩子在吸烟、酗酒或吸毒方面的可能性少 31%, 而且, 这些孩子通常在学校表现较好。
5. Not only is the family dinner hour a great time to catch up on each other's lives, it also offers more tangible benefits. 家人

学习笔记

一起用餐不仅使家人相互了解彼此的生活,还能带来更多实实在在的好处。

6. Unplug the world and plug into your children for one hour every day. 尽量每天从社会活动中抽出一小时,融入到你孩子的活动中去。

Exercise 1

Give a short answer to each of the following questions based on the text.

1. How did family members use to have meals after they came back home from their work or school?

2. How many families in America have dinners together nowadays? And how about their meals?

3. How do most parents have communications with their children today?

4. Do the children who regularly have dinners with their families grow better than those who do not? Why?

5. What's the biggest trouble children may face if they don't have frequent interactions with their families?

6. Why can't most Americans spend time having meals with their families in today's world?

Exercise 2

Fill in the blanks with the words or expressions given below.

Change the forms where necessary.

addict	interfere	nutrition	process
profession	stem	unfortunately	vary

- Once it was thought that nighttime dreams _____ with our needed rest.
- _____ development refers to skills and knowledge attained for both personal development and career advancement.
- I began to understand how we become _____ and also how to beat that addiction.
- Parkinson's disease _____ from an energy crisis in the brain, years before symptoms appear.
- A _____ breakfast will help children learn better at school and will help adults at work.
- Because writers using computers today have access to a wide _____ of fonts (字体) and textual effects, they are no longer limited to underlining to show emphasis.
- Food _____ occupations include many different types of workers who process raw food products into the finished goods sold by grocers, wholesalers, restaurants, or institutional (惯例的; 习以为常的) food services.
- Google owes much of its success to the brilliance of S. Brin and L. Page, but also to a series of _____ events.

Exercise 3

Complete the following sentences by translating the Chinese provided in the brackets.

- A food poisoning incident _____
(导致三名病人死亡) at Central Louisiana State Hospital in

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Pineville cost two top administrators their jobs.

2. Many couples _____ (因沟通方法不对苦苦挣扎) and have difficulty in dealing with the demands and stressors of everyday life.
3. Taking a short break and doing something you like will _____ (缓解你的紧张和沮丧).
4. What is _____ (最费时的事情) you always face every single day?
5. I _____ (觉得完成如此复杂的任务是不可能的) under such circumstances within such a short time.
6. As long as you finish your work, you can _____ (利用时间去做你喜欢做的事情).
7. _____ (由于您的及时帮助和支持), we found a way out of our dilemma (困境).
8. _____ (电视不仅吸引阅读的人), but to those who can't.
9. _____ (查出事故的原因) and make compensations to the people concerned at an early date.
10. Adults who had been fed with plenty of fruit when they were children, _____ (不大可能患癌症).

Text B Healthy Eating Equals Healthy Beautiful Skin

It is important to be aware of what you eat. Especially, if you are beauty conscious.

Here's a story of a client of mine named Cherisse. Her story emphasizes my earlier point on healthy eating and beautiful skin. I hope you find it interesting and educational.

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The first time I met Cherisse, she complained about her skin. She said that her skin was clean and healthy in her youth. But as she grew older, all this changed. She developed blemishes and fine pimples on her face. Her skin also had a dull and sallow appearance. And this made her look older than she really was. So, being a beauty conscious person, she decided to do something about it. She turned to over-the-counter facial products and began using them on her face.

So what happened next? Did this help?

Well, she did admit to seeing some improvements in her condition. But she still was not satisfied. Her pimples and blemishes decreased. But her skin still looked dull and aged. She also complained of dryness after using the products.

But it was something else she said that revealed the cause of her problems. She described what happens each time she drinks a lot of water. Her skin glows. And the dry feeling in her face disappears. At that point, I knew poor eating habits were to blame. And as it turned out, her diet consisted mainly of fast food.

You see unhealthy eating increases toxins. And toxins damage the skin cells when we sweat. This causes blemishes, acne and sallow skin. But water flushes out these toxins. That is why Cherisse saw improvements after drinking a lot of water. So, I suggested that she change her diet. And below are the tips I passed on to her.

A healthy diet consists of fruits and vegetables, fiber and low intakes of salt and sugar that encourages insulin. And insulin promotes aging skin. But fresh fruits and vegetables are great sources of antioxidants such as beta carotene, vitamin C and A, selenium and zinc, which can be found in carrots, broccoli, berries and citrus fruits.

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Including these in your diet enhances the appearance and elasticity of the skin. In other words, they decrease the signs of aging and promote clean, youthful skin.

Apples also cleanse and stimulate the liver. This is a good thing because the liver also gets rid of toxins.

Drinking a glass of warm water with fresh lemon juice also gets rid of toxins. In fact, this practice is called detoxification. And it is a great tool in skincare.

Finally, garlic, olive oil, wheat germ, almonds and fish are also beneficial to the skin. They are good sources of vitamins, essential fatty acids and zinc. These vitamins and minerals promote skin repair and elasticity. This makes them appropriate for acne and wrinkles.

Well, Cherisse improved her skin by altering her diet, which enables her to cut back on facial product expenses. And now she feels more comfortable and confident.

So this brings us back to my earlier point that a healthy diet is one way to achieve beautiful skin.

New Words & Expressions

blemish /'blemɪʃ/	n.	瑕疵;污点;缺点
pimple /'pɪmpl/	n.	疙瘩;丘疹;面疱
sallow /'sæləʊ/	adj.	气色不好的;灰黄色的
toxin /'tɒksɪn/	n.	毒素;毒质
acne /'ækni/	n.	[医] 痤疮,粉刺
insulin /'ɪnsjʊlɪn/	n.	胰岛素
antioxidant /'æntɪ'ɒksɪdənt/	n.	抗氧化剂;硬化防止剂;防老化剂
beta carotene /'betə'kærəti:n/	n.	β-胡萝卜素
selenium /sɪ'li:niəm/	n.	[化] 硒