

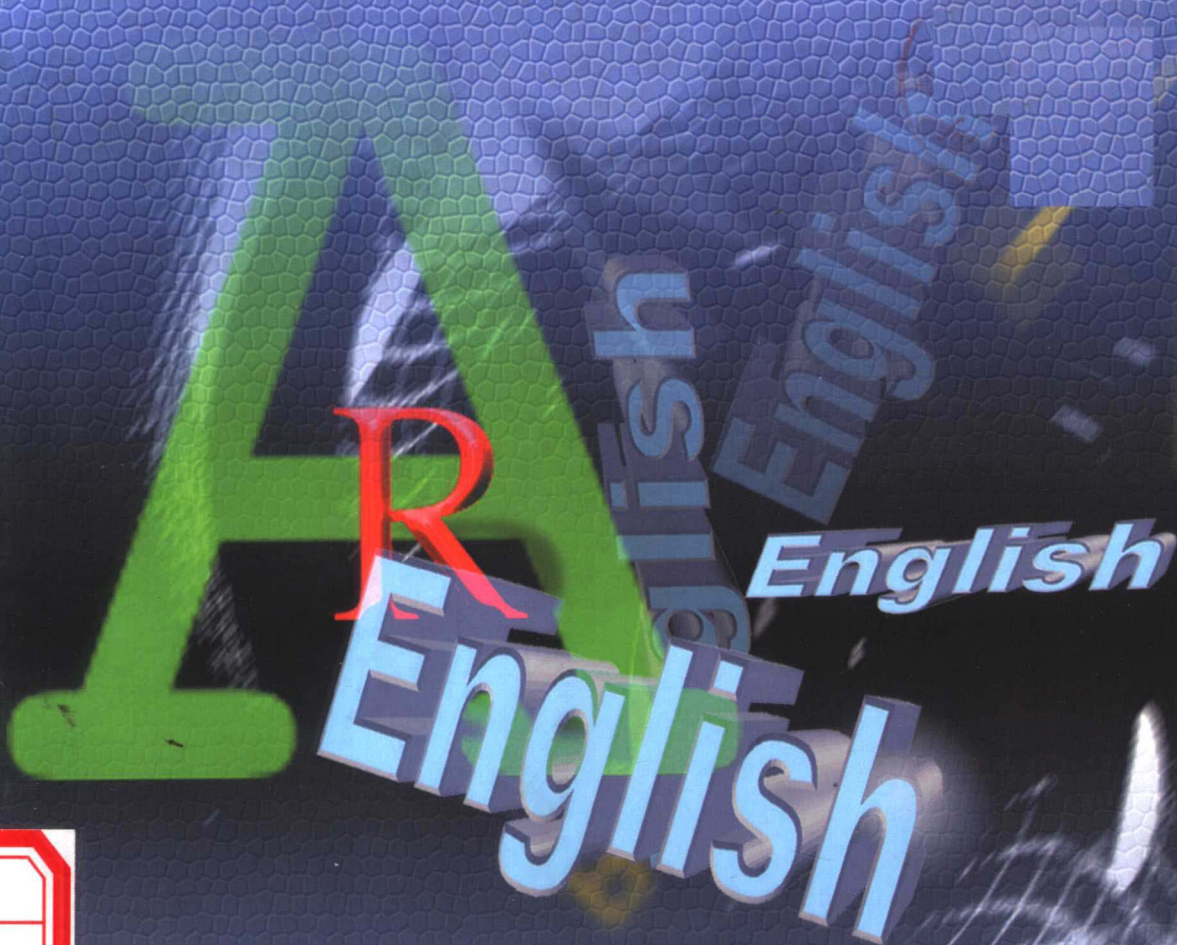


21 世纪成人高等教育教材

供医学类专科起点本科生用

医学英语

主 编 王兰英



河南医科大学出版社

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图书在版编目(CIP)数据

医学英语/王兰英编著. —郑州:河南医科大学出版社,2000.6
ISBN 7-81048-393-5

I. 医… II. 王 III. 医学-英语 IV. H31

中国版本图书馆 CIP 数据核字(2000)第 26077 号

河南医科大学出版社出版发行

郑州市大学路 40 号

邮政编码 450052 电话 (0371)6988300

河南医版激光照排中心照排

黄委会设计院印刷厂印刷

开本 787×1 092 1/16 印张 13 字数 229 千字

2000 年 6 月第 1 版 2002 年 6 月第 2 次印刷

印数 8 001~10 050 册 定价:20.00 元

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编写出版说明

随着我国成人高等学历专科起点本科教育(简称专升本)的迅速发展,专升本教材建设相对滞后的情况日益突出。在本套教材出版之前,国内尚无一套适合临床医学专业专升本教育的教材,这已成为严重制约临床医学专业专升本教育教学质量的主要因素,也是各个院校共同关心、急需解决的主要难题。因此,为加快成人高等学历教育临床医学专业专升本课程体系、教学内容改革及教材建设的步伐,为 21 世纪培养高素质的具有创新能力和实践能力的医学专门人才,为建立具有中国特色医学成人高等学历教育教材体系,促进医学成人高等学历教育事业的健康发展和教学质量的不断提高,根据“共同研究、共同建设、共同发展、共同受益”的原则,由新乡医学院和河南医科大学出版社共同发起,组织编写出版临床医学专业专升本教材。1999 年 5 月 14~16 日在郑州召开了临床医学专业专升本教材建设专题研讨会暨教材编审委员会成立大会,全国 15 所普通本科医学院校的成人教育的教学和管理专家参加了编审委员会;6 月 18~20 日在新乡召开了 21 门教材主编会议,系统学习了《中共中央国务院关于深化教育改革全面推进素质教育的决定》,明确了临床医学专业专升本的课程设置和教学大纲的编写原则、编写格式和具体要求,确定了各门教材的主编、副主编及教材编写的基本要求和编写出版进度。之后在各参编院校的大力支持和积极配合下,相继召开了各门教材的编写和审定稿会议。最后,经教材编审委员会统一审定稿和出版社各位责任编辑精心编校,确保了本套教材顺利按时出版发行。

临床医学专业专升本教材建设是一项大的系统工程,是一项开创性事业。为了本套教材能够适应成人高等学历教育改革,适应 21 世纪医学科学的发展趋势和医学模式的转变,在确定临床医学专业专升本课程体系和教学内容时,由新乡医学院和其他参编院校进行了比较充分的调查研究和比较研究,明确提出了临床医学专业专升本教育的培养目标和课程设置、教材建设的基本原则与具体要求。按照“宽口径、厚基础、前期趋同,按需求、高素质、后期分化”的改革思路,打破了传统普通本科医学教育的课程模式,组建了新的教材体系。新体系注意在综合基础上密切与临床的联系,教学时间与教学内容向专业倾斜,使教材内容体现了专科起点、本科标准、成教特色,突出了人文素质的补课教育 and 专业素质的继续教育,强化学生的科研创新能力、获取信息能力、综合应用知识的能力、终身学习能力的培养,强调科学性、先进性、思想性、适应性、启发性、针对性、职业性和再教育性。本套教材包括《政治理论专题讲座》、《人文社会医学导论》、《医学英语》、《计算机应用》、《遗传与生殖科学》、《临床应用解剖学》、《人体机能学》、《病原生物学与免疫学基础》、《预

防医学》、《临床病理生理学》、《临床药理学》、《临床诊断学》、《现代临床诊疗技术》、《精神医学与神经病学》、《康复医学》、《皮肤性病学》、《大外科学》、《大内科学》、《外科学专题讲座》、《内科学专题讲座》、《临床科研方法学》等 21 种。本套教材不仅适用于成人高等医学教育专升本教学,而且亦可作为普通高等医学教育本科或专科生的选修、讲座课教材。

本套教材编写实行第一主编负责制,编审委员会在教材编审及组织管理中,起指导、参谋、助手、纽带作用。教材所用的医学名词、药物、检验项目、计算单位,比较规范,符合国家标准。

本套教材在编写过程中得到所有参编院校的领导和成人教育学院同仁的大力支持,在此表示衷心感谢。河南医科大学出版社为支持我国医学成人高等教育的发展,在国内率先组织编写出版临床医学专业专升本教材,这种敢为人先的奉献精神,令人钦佩。

由于编写临床医学专业专升本教材是一项新的尝试,可供参考和借鉴的资料不多,书中内容和编排难免有不妥之处,殷切希望使用本套教材的师生和广大读者提出宝贵的意见,以便修正、改进,使教材质量不断提高。

21 世纪成人高等教育教材编审委员会

2000 年 5 月

前 言

《医学英语》属临床医学专科升本科系列教材之一,在基础英语教学阶段完成之后使用。该教材既可以巩固基础英语阶段的教学,又能与临床知识紧密结合,很快掌握医学专业词汇和术语以及医学科技英语的语言特点,提高阅读专业文献的能力。

《医学英语》教材由 15 个单元组成,其中第一、第二单元为医学科普文章;第三至第十二单元为临床各专业的疾病诊断及治疗;第十三至十五单元为医务人员应用写作;最后附有临床常用医学缩写。可在 40 学时左右授完。

该书的编写指导思想按照以专科生英语水平为起点,确保本科标准,突出成教特点的原则进行构思与选材,设计编写提纲。该书所涉及的知识要点不少于本科教材,但由于学时有限,语言材料有所减少。该教材特色是:寓知识性趣味性为一体,语言规范并反映医学科技的新进展;突出适用性,使语言学习与语言实践相结合,学以致用;注重培养医学专科升本科医务人员阅读医学专业英文文献的能力,从而获得最新国外医学信息,直接服务于临床,提高诊疗水平;培养学生的医用应用文写作能力和临床英语会话能力,以满足涉外工作的需要。

本教材在编写过程中得到了参编单位有关领导和许多专家教授的大力支持和热心帮助,在此表示衷心感谢。

由于编写临床医学专业专科升本科《医学英语》教材是一项新的尝试,可供参考与借鉴的资料不多,加之我们的水平有限,本书从形式和内容必然存在这样或那样的缺点和不足,殷切希望使用本教材的广大师生和读者提出宝贵意见,以便在修订时加以改进,使教材质量不断提高。

主编 王兰英
2000 年 5 月

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UNIT ONE

WHAT YOU MUST KNOW ABOUT AIDS

On the surface, AIDS appears to have barely touched Asia so far, and the cases reported involve mainly foreigners, female and male prostitutes and imported contaminated blood. However, complacency could be a fatal error. Experts have no doubt that the reported cases represent only the tip on an epidemic iceberg. Many more people are infected than cases reported, in part because the virus takes five to seven years from infection to develop into AIDS.

Yet because AIDS is occurring later in Asia than in other continents, Asians can benefit from the knowledge gained at a heavy price elsewhere: AIDS can be transmitted through heterosexual as well as homosexual contact and prevention through education is the key—indeed the only—defense so far available. The following question-and-answer guide provides you with detailed information on AIDS and tells you how it can be prevented.

What is AIDS

AIDS is a disease caused by a virus called HIV (human immunodeficiency virus). The disease destroys part of the body's immune system, leaving victims unable to defend themselves against infections and certain cancers.

Does Everyone Who Is Infected By HIV Develop AIDS

We don't know. Ten to 30 percent of HIV – infected persons develop AIDS within five years, and the percentage increases as more time passes. HIV infection is believed to be lifelong.

Can HIV – Infected People Who Do Not Have AIDS Spread The Virus

Yes. These so-called “healthy carriers” play the major role. They can be infected for years without knowing it and be unwittingly transmitting the virus to others.

How Is HIV Transmitted

Sexual Intercourse. HIV is found in semen and vaginal fluids, sexual transmission can occur from man to woman, woman to man or man to man. The highest risk groups for sexual transmission are clearly those men and women homosexual or heterosexual

who have many sexual partners.

Blood and Blood Products. Transfusion of HIV-contaminated blood can infect the recipient. However, an increasing number of countries systematically screen and reject blood containing virus antibodies. Blood-clotting products for disorders, such as hemophilia, are treated to kill HIV.

Shared Needles. Users of intravenous drugs are a major risk group because many of them share needles and syringes without proper cleaning. But any unsterilized, skin-piercing instrument, including ear-piercing or tattooing needles, can spread the disease from one person to another.

Mother-to-Child. A woman infected with HIV may spread the disease to her child during pregnancy and birth. It is also possible that an infected mother could transmit the virus shortly after birth. It is also possible that an infected mother could transmit the virus through breast-feeding.

How Is HIV Not Spread

HIV is not spread through casual contact in school, on the job, in swimming pool, or at market. It is also not spread by toilet seats, handshakes, hugs, casual kissing, eating from the same dish, drinking from the same glass, or by food handlers in restaurants. Not is it spread by mosquitoes or other insects.

How Can You Protect Yourself

Avoid having multiple sexual partners. Noninfected couples who have maintained a mutually faithful relationship for at least five years are not at risk for AIDS through sexual transmission. Abstain from sex with people whose activities put them in a high-risk group.

If you are not absolutely certain that neither you nor your sexual partner is carrying the virus, you must take protective measures. Either avoid penetrative intercourse (vaginal, oral or anal), or use a condom, which prevents contact with semen and vaginal secretions. The condom should be worn even during foreplay if there is a chance of genital-to-genital contact. A condom does not guarantee protection but, used correctly and each time, it sharply reduces the risk.

Do not share items that could become contaminated. For example, razors, toothbrushes or any skin-piercing instrument.

Many countries around the world now systematically screen blood donations for HIV. However, some people who are to undergo elective surgery may prefer to consult their physician about storing their own blood beforehand.

What If You Are Infected With HIV, Or Think You Could Be

If you suspect you are infected, or if you have been involved in any of the high-risk activities described, seek medical evaluation. For testing, a small amount of blood is drawn from the arm, as in any standard blood test.

Inform your partner and, if you continue sexual activity, protect him or her by avoiding penetrative intercourse or by always using a condom.

Do not donate blood, sperm or body organs.

Women of child-bearing age who are infected, or have reason for concern infection because they had intercourse with someone in a high-risk group, should consult with their doctors. Pregnancy can be dangerous for the infected mother and there is a fifty-fifty chance that her baby will be born infected.

New Words and Expressions

prostitute /'prɒstɪtju:t / n. 妓女

contaminate /kən'tæmineɪt / vt. make impure, harmful with sth. unclean; pollute 传染; 污染; 毒害

complacency /kəm'pleɪsənsi / n. self-satisfaction 自满情绪; 自鸣得意

heterosexual /hetərəu'sekʃuəl / adj. 异性恋的

homosexual /həʊməu'sekʃuəl / adj. 同性恋的

immunodeficiency /ɪmju:nədi'fɪʃənsi / n. 免疫缺陷, 免疫缺损

unwitting /ʌn'wɪtɪŋ / adj. unintentional, unaware 无意的, 不知不觉的

intercourse /'ɪntəko:s / n. 交际, 交流; 性交

semen /'si:mən / n. 精液

recipient /rɪ'sɪpiənt / n. 接受者; adj. 能接受的

vaginal /və'dʒaɪnəl / adj. 阴道的

hemophilia /hi:mə'fɪliə / n. 血友病

intravenous /ɪntrə'vi:nəs / adj. 静脉内的

syringe /'sɪrɪndʒ / n. 注射器; 灌肠器

pierce /piəs / vt. penetrate or go through 刺破, 刺穿

tattoo /tæ'tu:/ n. vt. 纹身

penetrative /'penɪtreɪtɪv / adj. 穿透的, 渗透的

condom /'kɒndəm / n. 避孕套

genital /'dʒenɪtl / adj. 生殖的; 生殖器的

sperm /spə:m/ n. 精液

abstain from 戒绝, 不参与 to abstain from drugs

benefit from 受益于 to benefit from other's lessons

prefer to do sth. 更喜欢做(某事)

Some young couples prefer to live with their parents.

spread through 经...传播

AIDS patients are likely to spread HIV to their partners.

transmit through 经...传送

Mother could transmit the virus through breast-feeding.

undergo elective surgery 施行有选择性手术

The patient will undergo an elective surgery months later.

take protective measures 采取保护性措施

Notes

1. the tip of an epidemic iceberg 传染性病例的很小一部分
2. AIDS (艾滋病) is the shortened form for Acquired Immunodeficiency Syndrome.
3. However, an increasing number of countries systematically screen and reject blood containing virus antibodies. 然而,越来越多的国家在系统地筛选血液,抵制含有病毒抗体的血制品。

EXERCISES

I. Reading comprehension

Directions: Read the following statements and questions and decide which are correct and try to answer the questions.

1. Cases infected by AIDS reported in Asia are _____.
 - A. much less than the actual numbers
 - B. more than the actual numbers
 - C. as many as the actual numbers
 - D. the same as the actual numbers
2. What is the full term for AIDS ?
3. How is HIV transmitted?
4. Many countries take measures to prevent from being infected by HIV through _____.

- A. avoiding contacting each other
 - B. screening blood donations in order to reject HIV-contaminated blood
 - C. forbidding using screened blood
 - D. isolating from the AIDS patients
5. AIDS is a kind of deadly disease for _____ .
- A. it takes 5 to 7 years from infection to develop into AIDS
 - B. it destroys the body's immune system
 - C. it spreads from person to person
 - D. people can be infected without knowing it
6. "Asians can benefit from the knowledge gained at a heavy price elsewhere" implies that _____ .
- A. Asian people have more knowledge about AIDS than people in any other continent
 - B. people in other continents have known more about AIDS than Asians because they had AIDS much earlier and suffered a lot
 - C. Asians have suffered from AIDS much earlier than people elsewhere
 - D. Asians know how to prevent AIDS better than people elsewhere
7. Who plays the major role in spreading the virus?
8. Is HIV spread in the same way as other contagious diseases?
9. What would you do if you think you are infected with HIV?
10. Which of the following statements is not implied in the passage? _____
- A. Not all HIV-infected persons develop AIDS.
 - B. HIV infection is regarded to be lifelong.
 - C. Those so called "healthy carriers" play a minor role in spreading the virus.
 - D. Those who are homosexual or heterosexual have a higher chance to be infected by HIV.

II. Fill in the blanks with the words or phrases given in the list. Change their forms if necessary.

guarantee, complacency, sterile, intravenous, benefit from, contaminate, available, transmit, unwittingly, abstain from, in part, neither...nor, destroy, forbid, screen

1. Jones was told to _____ wine for the sake of his health.
2. The sea was _____ by the oil spill and plenty of fish were killed.
3. We must guard against conceit and discard _____ .

4. All the surgical instruments must be _____.
5. Women should be regularly _____ for cancer.
6. How is power _____ from the engine to the wheel of the car?
7. There was no ambulance _____ right now.
8. He does not seem to have _____ the operation.
9. Nuclear weapons can _____ a nation in a few minutes.
10. I _____ you the use of my computer.
11. They can't _____ the punctual arrival of train in foggy weather.
12. The failure was _____ due to financial difficulties.
13. He _____ knows _____ cares what happened.
14. The drug was given to the patient by _____ injection.
15. HIV - infected people usually transmit the virus _____ to others.

III. Replace the following italicized words with the words from the text.

1. Light cannot *pass through* a brick wall.
2. I hope that I shall never again have to *experience* such an unpleasant experience.
3. Certain mosquitoes *spread* malaria from person to person .
4. Blood for transfusion should be *handled* to kill Hepatitis B and HIV virus.
5. The foreign minister *stood for* the country at the conference.
6. Although he had been the *receiver* of many favors, he was not grateful to his benefactor.
7. Most men *try to discover* wealth; all men try to discover happiness.
8. Her foster-mother seized the opportunity to *tell* her who it was.
9. We are all *caused to be connected with* the trouble.
10. Doctors and their patients should understand *each other* .
11. Our surroundings are *made very dirty* with white trash.
12. I can't decide until I have *talked about* the matter with my boss.
13. The association exists to *protect* consumers against unscrupulous traders.
14. The doctor told her to *keep* her from wine and smoking for the sake of her body.
15. If I hurt your feelings, I did it *unintentionally* .

IV. Word Building

Directions: Study the following roots and try to translate the following examples into Chinese.

roots	meaning	Examples	meaning
homo –	the same; like	homosexual	_____
		homograft	_____
		homologous	_____
		homocysteine	_____
heter(o) –	different; mixed	heterosexual	_____
		heterogeneous	_____
		heteroatom	_____
		heterocyst	_____
immuno –	immunity	immunoglobulin	_____
		immunoreaction	_____
		immunodeficiency	_____
		immunochemical	_____
trans –	through	transfer	_____
		transfuse	_____
		transplant	_____
		transmit	_____

V. Cloze

Complete the following short passage by filling each of the blanks with a proper word. Some of the given words are not to be used.

partners	spread	forth	down	caution	killed	against
prostitutes	highways	advised	about	shameful	raises	

Factors behind the spread of the disease

History: Non-democratic governments often played _____ the incidence of AIDS. South Africa's apartheid-era leaders ignored the disease in the majority black population, housing black male workers in hostels and creating conditions from multiple sexual _____ and the spread of AIDS back home.

Migration: South Africa's powerful economy lures migrant labourers from all over the region. Traveling back and _____ between work and home villages can _____ AIDS, as do truckers who frequently use prostitutes on the region's _____.

Violence: Warfare or political violence displaces people and causes instability, leading to less _____ in sexual relations. The presence of paramilitaries and

troops _____ the risk of rape. The KwaZulu-Natal province in South Africa, where factional clashes _____ thousands over the past decade, has the country's highest infection rate.

Culture: Some traditional healers in Zimbabwe reportedly have _____ AIDS-infected men to cure themselves by having sex with younger women.

Ignorance: AIDS is often considered a _____ disease, an affliction of the promiscuous. Many people don't want to know _____ it. Studies show that 9 out of 10 Africans infected with AIDS don't know it.

Reading Material

AIDS Epidemic Hits Southern Africa

The patients lie two to a bed and on the floor, waiting to be sent home to die. Tattered¹ blankets brought by relatives drape² their shrunken³ bodies, because the hospital doesn't have any linen⁴.

The sounds of sawing and hammering in the streets testify⁵ to the booming business done by the capital's coffin-makers. Public offices grind to a halt because so many workers are away at funerals. Businesses are crippled when key employees die.

After coursing through other parts of Africa, AIDS is rampaging⁶ in southern Africa, turning the region into the epidemic's most volatile hot-spot and changing the nature of everyday existence.

Extraordinarily high death and infection rates are devastating⁷ families, threatening economies, creating a generation of orphans and lowering life expectancy in Zambia⁸, Zimbabwe⁹, South Africa, Malawi¹⁰, Swaziland¹¹, Botswana¹² and Namibia¹³.

"It's worse than anything else southern Africa has seen," said Dr Peter Piot, executive director of the UN AIDS program in Geneva. "What other catastrophe¹⁴ is going to kill 20 to 30 per cent of the adults?"

All told, Africa south of the Sahara has two - thirds of the world's people infected with the AIDS virus, or 21 million. Four of every five women with the virus live there, as do virtually all the 8.2 million children orphaned¹⁵ by AIDS.

Already overwhelmed with poverty and basic health issues like clean water, African governments have responded feebly to the epidemic, AIDS experts say, leaving much of the task to foreign donors and aid agencies.

But now the sheer¹⁶ numbers of deaths in upper government and ruling party