总主编 郝长江 国林祥 21世纪高等医学英语系列教材



### Fundamental Medical English

# 新编基础医学英语

主 编 武清宇 宋 军 张 宏





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## Fundamental Medical English 新编基础医学英语

主 编 武清宇 宋 军 张 宏

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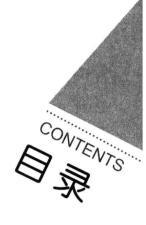
随着我国改革开放步伐的不断加快,在举国上下实现伟大的中国梦的进程中,大学英语教学的重点已经发展到更加重视专业英语教学的新阶段。这既是大势所趋,也是历史必然。为进一步适应高等医学英语教学的新需求,《新编基础医学英语》的问世便顺理成章了。

《新编基础医学英语》属"21世纪高等医学英语系列教材"之列。新编版与修订版的区别主要表现在听力与阅读有机结合,这不仅丰富了医学英语教学模式的内容,更重要的是符合语言教学规律,有利于提高学生专业英语的运用能力。同时也调整了若干需要调整的主课文,目的依然是要突出教材的时代性。更具有实用性的是:各单元的A课文均配有外教原声录音。这为针对专业英语课时少,难以实施视听训练的现状提供了一个较好的解决办法。因为听的能力是获取信息、交流信息的决定性环节,而切实提高新时期高等医学院校学生以英语获取并交流医学信息是英语教学的根本任务。

各单元的阅读部分依然保留三篇课文,供使用院校选择。附录部分内容 有所调整以便更加适合英语教学。

编者

2013年春



#### **Unit 1 Holism**

Part A Terminology / 1

Part B Listening / 3

Part C Reading / 3

Text A Holistic Medicine / 3

Text B Whole Medical Systems: An Overview / 11

Text C Yoga Gets Better with Age! / 18

#### Unit 2 The Musculoskeletal System

Part A Terminology / 20

Part B Listening / 22

Part C Reading / 23

Text A The Musculoskeletal System / 23

Text B Enzyme Therapy for Arthritis Pain / 32

Text C Are You Getting Sleepy ... Sleepy? Well, Snap out of It. / 38

#### **Unit 3 The Nervous System**

Part A Terminology / 41

Part B Listening / 43

Part C Reading / 43

Text A The Nervous System / 44

Text B Alzheimer's Disease / 54

Text C Tension Headaches: Dealing Day-to-Day / 60





#### Unit 4 The Circulatory System

Part A Terminology / 63

Part B Listening / 65

Part C Reading / 65

Text A The Circulatory System / 65

Text B Coronary Artery Disease / 74

Text C 10 Easy Steps to a Healthier Heart / 80

#### Unit 5 The Respiratory System

Part A Terminology / 82

Part B Listening / 84

Part C Reading / 85

Text A The Respiratory System / 85

Text B Asthma / 93

Text C Smoking and Asthma / 98

#### **Unit 6 The Digestive System**

Part A Terminology / 102

Part B Listening / 104

Part C Reading / 104

Text A Structures and Functions of the Digestive System / 105

Text B Duodenal Ulcer / 115

Text C Ways to Support Healthy Digestion / 121

#### **Unit 7 The Urinary System**

Part A Terminology / 125

Part B Listening / 127

Part C Reading / 127

Text A Urinary Tract Infections in Adults / 127

Text B Some Means for Making Diagnosis of Disorders of the Urinary System / 136

Text C Chronic Kidney Disease: A Family Affair / 140

#### Unit 8 The Immune System

- Part A Terminology / 145
- Part B Listening / 147
- Part C Reading / 147
  - Text A Malaria and the Human Immune System / 147
  - Text B Basics of the Immune System: An Overview / 152
  - Text C History of Immunology / 158

#### **Unit 9 Psychology**

- Part A Terminology / 160
- Part B Listening / 162
- Part C Reading / 162
  - Text A Psychology: The Search for Understanding / 162
  - Text B Pay Attention to Attention! / 168
  - Text C The Nobel Prize in Physiology or Medicine 1974 / 173

#### **Unit 10 Endocrinology**

- Part A Terminology / 175
- Part B Listening / 177
- Part C Reading / 177
  - Text A The Endocrine System / 177
  - Text B What the Skin Does and Tells / 186
  - Text C A Short Tale on Histology History! / 190

#### **Unit 11 Cloning and Genes**

- Part A Terminology / 193
- Part B Listening / 195
- Part C Reading / 195
  - Text A Cloning: An Overview / 195
  - Text B Gene Therapy / 203
  - Text C Idaho Gem, the World's First Cloned Mule / 211





#### Unit 12 Pathology

Part A Terminology / 213

Part B Listening / 215

Part C Reading / 215

Text A Pathology / 216

Text B Pathology: A Career in Medicine / 226

Text C Warren, Marshall and Helicobacter pylori / 232

#### **Unit 13 Medication**

Part A Terminology / 235

Part B Listening / 237

Part C Reading / 237

Text A Pharmacology / 237

Text B Adverse Reactions to Medications and Drug Allergy / 244

Text C Drug Interactions / 252

#### Unit 14 Microbiology

Part A Terminology / 254

Part B Listening / 256

Part C Reading / 257

Text A Microbiology / 257

Text B Intestinal Microbes Could Help Solve Nutritional Problems / 264

Text C New Longevity Genes Identified / 269

#### Unit 15 A Survey of Medicine

Part A Terminology / 271

Part B Listening / 273

Part C Reading / 273

Text A A Survey of Modern Medicine / 274

Text B Emerging Trends in Medical Device Technology Home Is Where the Heart Monitor Is / 281

Text C Clinical Medicine: Antibiotics and Vaccines / 288

#### Appendices / 290

Health related, life entrusted.

The best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman.

#### **Unit 1 Holism**

#### Part A Terminology

	Stems / Affixes	Meaning	Exa	imples
Direction	hyper-	over, above, excessive	hypertension	高血压
	ab-	from, away from	abnormal	异常
	ad-	to, toward, near	adhesion	粘连
	peri-	around, surrounding	pericardium	心包
Quality	mal-	ill, bad, poor	malnutrition	营养不良
	anti-	against	antibacterial	抗菌的
	hypo-	deficient	hypothyroid	甲状腺功能减退的
Quantity	bi-	two	bilateral	两侧的
	tri-	three	triceps	三头肌
	poly-	many, much	polycystic	多囊的
Position	hypo-	under, beneath	hypodermic	皮下的
	post-	after, behind	postpartum	产后的
	pro-	before, in front of	procephalic	头前部的
	sub-	under, below	subcutaneous	皮下的
	retro-	behind, backward	retroversion	后倾症
	inter-	between, among	interscapular	肩胛间的
	ex-	out, out of, away from	excision	切除
Position	intra-	inside, within	intraoperative	手术中的

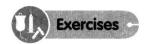






(续表)

	Stems / Affixes	Meaning	Ex	amples
	pre-	before	prepyloric	幽门前的
Туре	extra-	outside, outside of	extravasation	外渗
	aut(o)-	self	autologous	自体的
	bi(o)-	life	biopsy	活组织检查
	phon(o)-	sound, voice	phonocardiography	心音描记术



#### I. Give the meaning of the following prefixes and provide one example for each.

Prefix	Meaning	Examples
bi-	BI	
tri-	8	
poly-		
hyper-		
ab-		
ad-		
peri-		
mal-		
anti-		
hypo-		

#### II Choose the definition from Column B that best matches the stem or affix in Column A.

Column A	Column B
1. aut(o)-	A. after, behind
2. bi(o)-	B. before, in front of
3. phon(o)-	C. behind, backward, back
4. hypo-	D. between, among
5. post-	E. in, within
6. pro-	F. life
7. sub-	G. out, out of, away from
8. retro-	H. outside, outside of
9. inter-	I. self
10. ex-	J. sound, voice
11. intra-	K. under, below
12 extra-	L. under beneath

#### Part B Listening

Listen to the dialogue and answer the following questions according to what you've heard. Some of these questions are open-ended and may have different answers. You can discuss with your classmates before you answer.

- 1. What do people feel in holiday season?
- 2. What are some suggestions for people during the holiday season?
- 3. What do people usually feel after they attend a party?
- 4. Why should people care about their drink when they attend a party?
- 5. What else should people pay attention to during the holiday?
- 6. What kind of exercise should people take?

#### Part C Reading



- ■Warm-up
- Group discussion
- 1. What's your idea of health?
- 2. What do you know about holistic health?

#### **Holistic Medicine**

Holistic medicine is a system of alternate medicine. It visualizes the body as a whole and views body as more than the sum of the parts. It tries to attain a perfect harmony by fostering a cooperative relationship among all those involved, leading towards optimal attainment of the physical, mental, emotional, social and spiritual aspects of health.



It emphasizes the need to look at the whole person, including analysis of physical, nutritional, environmental, emotional, social, spiritual and lifestyle values. It encompasses all stated modalities of diagnosis and treatment including drugs and surgery if no safe alternative exists. Holistic medicine focuses on education and responsibility for personal efforts to achieve balance and well being.

Holistic Health is a total approach to life both in physical and spiritual terms. It does





not focus on the specific illness or parts of the body suffering from illness, but rather focuses on the whole person and takes into account how he or she interacts with his or her environment. Holistic health takes a broader spectrum of mind, body, and spirit. It assumes that body has a natural tendency toward equilibrium, or homeostasis the maintenance of which is the key to good health. The goal of holistic healing is to achieve maximum body function, where individual body parts are functioning the very best that is possible by themselves. It is no longer the sole responsibility of the healer to bring good health; but puts great responsibilities on the patient to achieve the maximum possible health and well-being.

#### Overview

Available scientific evidence does not support claims that holistic medicine, when used without mainstream or conventional medicine, is effective in treating cancer or any other disease. However, many health professionals promote healthy lifestyle habits such as exercising, eating a nutritious diet, not smoking, and managing stress as important in maintaining good health. Holistic methods are becoming more common in mainstream care, and may be used as complementary therapy or preventive care.

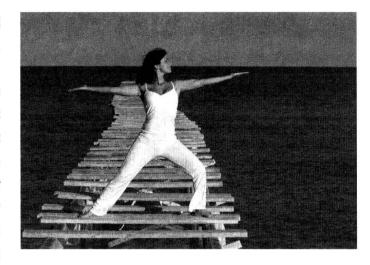
In mainstream medicine, a holistic approach generally means a more inclusive approach to a person's health, one that includes the patient's social and cultural situation as well as her or his illness. This term is used by doctors to reflect a new focus on a person's health (to include prevention, rehabilitation, and other approaches) rather than on illness alone. Nurses, for example, may speak of the "biopsychosocial sphere" of a patient. This means that a person's health includes the mind, body, and spirit, as well as the surrounding culture and environment. This can include family situation, housing, employment, insurance, and more, since these all impact the patient and her or his health. If all these factors are taken into account when a person is treated for cancer, it may make treatment easier and improve chances of success.

#### Promotion for use

Holistic medicine approaches health and disease from several angles and suggests that a person should not only treat the illness but his or her whole self to reach a higher level of wellness. For example, practitioners may treat cancer by changing diet and behavior, adding social support groups, and counseling. Others may suggest taking botanical supplements and using complementary therapies, such as art therapy, hypnosis, imagery, meditation, psychotherapy, spirituality and prayer, yoga. These approaches can be used along with conventional medicine such as chemotherapy, surgery, radiation therapy, and hormone therapy. Combining these different methods can help a person take control of

their situation and attain a feeling of total wellness-spiritually, physically, and mentally.

Some holistic medicine supporters claim, however, that conventional medicine does not work and that only the holistic approach to cancer and other diseases is effective. They may offer a "cure" based on individual stories of success or personal



experience (anecdotal reports), which are very hard to prove. Some of the different kinds of cancer which they claim can be cured by holistic methods include bone, breast, tongue, liver, lung, throat, skin, testicle, prostate, ovarian, uterus, stomach, intestinal, colon, brain, pancreatic, spleen, kidney, and bladder, as well as leukemia, lymphoma, and melanoma.

#### Coverage

The field of holistic medicine is very diverse and broad. Some providers define holistic oncology as care that includes emotional and spiritual aspects, while others focus on these aspects to the exclusion of the physical. There are many different techniques and approaches in holistic medicine, depending on the practitioner, the person, and the illness. All, however, stress the use of treatments that encourage the body's natural healing system and take into account the person as a whole.

Holistic medicine can involve the use of conventional and alternative therapies but focuses mostly on lifestyle changes. A holistic approach to stomach cancer might include reducing sodium intake, increasing intake of antioxidants through food or vitamins, eliminating Helicobacter pylori (a bacteria in the stomach), quitting smoking, improving oral hygiene, avoiding foods that contain genotoxic agents, and increasing the amount of vegetables and fruits consumed.

Holistic medicine can also include natural supplements that cause the same changes as conventional drugs. For instance, synthetic interferon is currently used to treat people with cancer. A holistic approach might be to take high doses of intravenous vitamin C instead, in an attempt to stimulate the body's production of its own interferon.

The American Holistic Association says that healthy lifestyle habits will improve a person's energy and vitality. Those habits might include exercising, eating a nutritious diet, getting enough sleep, learning how to breathe properly, taking antioxidants and supplements, acupuncture, acupressure, healing touch, craniosacral therapy, yoga, *qigong*,



36

and other methods.

#### A short history

Holistic medicine has its roots in several ancient healing traditions that stress healthy living and being in harmony with nature. Socrates promoted a holistic approach. Plato was another advocate of holism, advising doctors to respect the relationship between mind and body. Hippocrates, emphasized the body's ability to heal itself and cautioned doctors not to interfere with that process.

It was not until 1926, however, that Jan Christian Smuts coined the term "holism," which has given us the more integrated concept of psychosomatic medicine now known as holistic medicine. In the 1970s, "holistic" became a more common term. Today, holistic medicine is known as an approach to life and health which brings together the physical, mental, and spiritual aspects of a person in order to create a total sense of well being.



#### Scientific evidence

Although there has been research on various complementary methods which may be considered part of a holistic approach, scientific research generally does not focus on holistic medicine by itself as a cure for cancer or any other disease. Available scientific evidence does not support the idea that alternative practitioners are more effective than conventional physicians in persuading their patients to improve their lifestyle. Nor have available scientific studies shown that any of these approaches are effective or cost-effective against any disease if "holistic methods" are used without conventional medical treatment.

Some health care professionals suggest that cancer pain and some side effects of treatment can be managed by using different aspects of holistic medicine that include the physical, psychological, and spiritual factors involved with each person. Increasingly, the health care team is playing an important role in the treatment provided by many research centers and hospitals. Members of this team are drawn from the specialties of medicine, nursing, surgery, radiation therapy, oncology, psychiatry, psychology, and social work. In addition, the team may call on dietitians, physical therapists, and the clergy for support. Health professionals realize that a person's health depends on the balance of physical, psychological, social, and cultural forces. However, available scientific evidence does not support claims that holistic medicine alone can cure illness.

#### Possible problems or complications

Adopting healthy habits related to diet, exercise, emotional, and spiritual well being are considered important to maintaining good health. In fact, studies have shown that certain diet changes and regular exercise can reduce your risk of some kinds of cancer. However, relying on healthy habits or holistic measures alone, and avoiding or delaying conventional medical care, may have serious health consequences. (1,329 words)

#### + Vocabulary

holistic /həu'listik/ a. emphasizing the organic or functional relation between parts and the whole 整体的

nutritional /nju:'trifənəl/ a. of or relating to or providing nutrition 营养的

encompass /in'kʌmpəs/ v. include in scope; include as part of something broader 包含

**modality** /məu'dæliti/ *n*. a classification of propositions on the basis of whether they claim necessity or possibility or impossibility 形式, 形态, 特征

**equilibrium** / i:kwi'libriəm/ n. a stable situation in which forces cancel one another equality of distribution 平衡,均衡

homeostasis /ˌhəumiəu'steisis/ n. metabolic equilibrium actively maintained by several complex biological mechanisms that operate via the autonomic nervous system to offset disrupting changes 体内稳定,内环境稳定

mainstream /'meinstri:m/ n. the prevailing current of thought 主流

rehabilitation /ˈri:(h)əˌbiliˈteiʃən/ n. the treatment of physical disabilities by massage and electrotherapy and exercises 康复

botanical /bə'tænik(ə)l/ a. of or relating to plants or botany 植物的; 植物学的

hypnosis /hip'nəusis/ n. a state that resembles sleep but that is induced by suggestion 催眠 psychotherapy /ˌsaikəu'θerəpi/ n. the branch of psychiatry concerned with psychological methods 精神疗法, 心理疗法

**chemōtherapy** /ˌkeməuˈθerəpi/ *n*. the use of chemical agents to treat or control disease (or mental illness) 化学疗法

**testicle** /'testikl/ *n*. one of the two male reproductive glands that produce spermatozoa and secrete androgens 睾丸

prostate /'prosteit/ n. a firm partly muscular chestnut sized gland in males at the neck of the urethra, which produces a viscid secretion that is the fluid part of semen 前列腺 ovarian /əu'vɛəriən/ a. of or involving the ovaries 卵巢的

uterus /ˈjuːtərəs/ n. a hollow muscular organ in the pelvic cavity of females which contains the developing fetus 子宫





intestinal /in'testinl/ a. of or relating to or inside the intestines 肠的, 肠内的

**colon** /kə'ləun/ n. the part of the large intestine between the cecum and the rectum which extracts moisture from food residues before they are excreted 结肠

pancreatic / pænkri'ætik/ a. of or involving the pancreas 胰腺的

**spleen** /spli:n/n. a large dark-red oval organ on the left side of the body between the stomach and the diaphragm which produces cells involved in immune responses 脾

bladder /'blædə/ n. vesica 膀胱

leukemia /lju:'ki:miə/ n. malignant neoplasm of blood-forming tissues, characterized by abnormal proliferation of leukocytes 白血病

lymphoma /lim'fəumə/ n. a neoplasm of lymph tissue that is usually malignant; one of the four major types of cancer 淋巴瘤

melanoma /ˌmelə'nəumə/ n. any of several malignant neoplasms (usually of the skin) consisting of melanocytes 黑素瘤病,黑瘤病

oncology /ɔŋ'kɔlədʒi/ n. the branch of medicine concerned with the study and treatment of tumors 肿瘤学

**antioxidant** /'ænti'ɔksidənt/ n. substance that inhibits oxidation or inhibits reactions promoted by oxygen or peroxides 抗氧化剂

hygiene /'haidʒi:n/ n. a condition promoting sanitary practices; the science concerned with the prevention of illness and maintenance of health 卫生,卫生学

genotoxic /dʒenəu'təksik/ a. 基因毒性的

interferon /ˌintə(:)'fiərən/ n. an antiviral protein produced by cells that have been invaded by a virus, which inhibits replication of the virus 千扰素

intravenous / intrə'vi:nəs/ a. within or by means of a vein 静脉内的

acupuncture /ˈækjuˌpʌŋkt∫ə(r)/ n. treatment of pain or disease by inserting the tips of needles at specific points on the skin 针灸, 针刺法

**acupressure** /ˈækju:ˌpreʃə(r)/ n. treatment of symptoms by applying pressure with the fingers to specific pressure points on the body 针压(止血)法

craniosacral /ˌkreiniəu'sækrəl/ a. 颅骶骨的

**psychosomatic** /ˌsaikəusəu'mætik/ a. related to the body and the mind 精神身体相关的 **psychiatry** /sai'kaiətri/ n. the branch of medicine dealing with the diagnosis and treatment of mental disorders 精神病学,精神病治疗法

dietitian /ˌdaiə'tiʃən/ n. a specialist in the study of nutrition 营养学家

**complication** /ˌkəmpli'kei∫(ə)n/ n. any disease or disorder that occurs during the course of (or because of) another disease 并发症