



医学英语 视听说 教程

YIXUE YINGYU
SHITINGSHUO JIAOCHENG

主编 / 朱云萍 姜丹 杨明山



四川大学出版社

014001797

H319.9

2114

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C1689591



四川大学出版社

H319.9
2114

责任编辑:梁 胜
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图书在版编目(CIP)数据

医学英语视听说教程 / 朱云萍, 姜丹, 杨明山主编.
 —成都: 四川大学出版社, 2013. 7
 ISBN 978-7-5614-7029-9

I. ①医… II. ①朱… ②姜… ③杨… III. ①医学—
 英语—听说教学—教材 IV. ①H319.9

中国版本图书馆 CIP 数据核字 (2013) 第 173780 号

书名 医学英语视听说教程

主 编	朱云萍 姜 丹 杨明山
出 版	四川大学出版社
地 址	成都市一环路南一段 24 号 (610065)
发 行	四川大学出版社
书 号	ISBN 978-7-5614-7029-9
印 刷	郫县犀浦印刷厂
成品尺寸	185 mm×260 mm
印 张	7.25
字 数	229 千字
版 次	2013 年 8 月第 1 版
印 次	2013 年 8 月第 1 次印刷
定 价	28.00 元

◆读者邮购本书,请与本社发行科联系。

电话:(028)85408408/(028)85401670/
 (028)85408023 邮政编码:610065

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前言

早在 2000 年,国内就有学者开始对我国大学英语教育进行回顾和反思,对 ESP 教学重新定位,引发了学界的热烈反响和讨论。ESP 教育在曲折和坎坷中迎来了新的发展机遇。

为了办出特色,各大医科院校都纷纷自行开设医学英语课程。但由于缺乏统一的教材,尤其是医学英语视听说教材,从而导致学生学习课程资源不足。我们根据自身特点,借鉴其他院校的经验编写了这套教材。

《国家中长期教育改革和发展规划纲要(2010—2020 年)》指出:要“促进高校办出特色,建立高校分类体系,实行分类管理,引导高校合理定位,克服同质化倾向,形成各自的办学理念和风格,在不同层次、不同领域办出特色,争创一流”。医学英语教材内容要有医学针对性,并且要与时俱进。目前虽然各校都有自编教材,但教材的编写缺少医学专业院校的参与,并且教材划分不够细,内容陈旧,与时代脱节。

我们这次编写的这本视听说教材重点突出,学以致用,采用以学生为主体、以任务为中心和以活动为方式的思想,有助于学生进行自主学习,提高学生运用语言进行交际的能力,增强学生学习的兴趣和信心,是素质教育在英语教学中的具体体现。以“学生为主体”的互动教学模式将英语与医学场景相融合,有利于学生把所学的语言知识运用到具体的交际场合中,寓教于乐,活跃课堂气氛,增强学习动力,提高学习兴趣。以任务为中心的教学模式要求学生在教师的指导下通过“做中学,学中做”,全面发展综合运用语言的能力,通过创造一些与现实生活相近的情境,利用听、说、想等方式加深记忆;学习过程中不仅有信息输入,也有信息输出。这样的教学模式能更好地激发学生学习医学英语的积极性,提高课堂参与度;有助于学生建立用英语思维的习惯,并在一定程度上了解英语国家文化背景和人际交往过程中的一些习惯;也有助于提高学生的英语实际应用能力,加深对未来的职业角色的理解,对后续的临床学习有一定的辅助作用。

在编写过程中,本书得到了上海中医药大学杨明山教授的精心指导,他还为我们提供了大量资料,同时帮助我们在《纽约报》(*New York Daily*)中的“健康”(Health)栏目里下载了相关视频,我们对此表示衷心的感谢。

由于编者水平有限,请同行给予批评指正!

编者

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Unit I

Section A Pre-audio Tasks

Task 1 Glossary Preview

Get familiar with the words and phrases in the **Word Bank**, and then select a proper word from the **Word Bank** to match each of the following English paraphrases.

osteoporosis n.	骨质疏松
skeleton n.	骨骼, 骨架
essential adj.	基本的, 主要的
restrict v.	限制, 制约
grant v.	授予, 允许
mature vt. /adj.	使……成熟/成熟的
fracture n. /v.	破裂, 骨折/(使)破裂
architectural adj.	建筑学的, 建筑上的
degeneration n.	退化, 变性, 恶化
matrix n.	模型, 基质
sink n. /v.	水槽/下沉
mineral n. /adj.	矿物质/矿物的
calcium n.	钙
phosphorous adj.	含磷的
phosphorus n.	磷
deplete v.	耗尽, 用尽
component n. /adj.	成分, 组成/合成的
osteoblast n.	成骨细胞
osteoclast n.	破骨细胞
peak bone mass	骨峰值
decline n. /v.	下降/拒绝
render v.	提供, 致使
susceptible n. /adj.	易病的人/易受影响的
sibling n.	兄弟姐妹
menopause n.	更年期, 绝经
density n.	密度
virtually adv.	事实上, 几乎
epidemic n. /adj.	流行病/流行性的
trauma n.	外伤, 创伤
endocrinologist n.	内分泌医生
dowager n.	老妇人
hump n.	驼背
adequate adj.	充足的, 足够的

1. any physical damage to the body caused by violence or accident or fracture, etc.

2. the amount per unit size _____
3. enough to meet a purpose _____
4. change toward something smaller or lower _____
5. absolutely necessary; vitally necessary _____
6. (often followed by "of" or "to") yielding readily to or capable of _____
7. use up (resources or materials) _____
8. something reduced to its minimal form _____
9. a person's brother or sister _____
10. in essence or effect but not in fact _____

Section B Audio-Visual Tasks

Vanishing Bones: Understanding Osteoporosis

Task 2 Spot Dictation

Watch the first part of the video clip "Vanishing Bones: Understanding Osteoporosis" and complete the following passage with the words from the video.

No one doubts that the skeleton is (1) _____ of the human body. But how many people understand how bone works, or how osteoporosis (2) _____? Join our experts to find out what you should know about bones and (3) _____.

At birth, the human skeleton (4) _____ 275 different bones, but even as bones mature and appear to be quite strong, over time they can easily fracture, and for millions of Americans, those fractures (5) _____ osteoporosis.

Task 3 Recognizing Details

Watch the first and second part of the video clip "Vanishing Bones: Understanding Osteoporosis" and decide whether the following statements are TRUE (T) or FALSE (F).

<u> F </u> 1.	Bones mature and become quite strong, and they can't easily fracture.
<u> T </u> 2.	Osteoporosis is a condition in which bones degenerate, and it is in fact a very serious condition affect.
<u> F </u> 3.	Bone allows us to walk upright.
<u> F </u> 4.	Calcium and phosphorus act to form bone, and bone cells act to absorb bone or to chew up little pieces of bone.
<u> T </u> 5.	The osteoblast and the osteoclast are different types of bone cells.

Task 4 Blank Filling

Watch the third part of the video clip and complete the following sentences with the information from the video.

1. Peak bone mass is something that is achieved slowly, as calcium is laid down in the skeleton, during the teenage years, primarily. After that, we _____.
2. Osteoporosis is the result of that state of decline, rendering bones _____.
But, Dr. Silverberg adds, we may be predisposed to fractures.
3. Anyone can develop osteoporosis. Over 28 million men and women have the condition, and nearly half of all women over the age of 50 _____ in their lifetimes.
4. Initially, there are no clinical consequences, and actually what happens is that one's _____ with virtually no signs or symptoms. Osteoporosis is called a silent epidemic just because of that.
5. But while osteoporosis is a silent disease, it is also treatable and preventable. If _____, there is much that can be done.

Living with Osteoporosis: A Patient's Perspective

Task 5 Short Answer Questions

Watch the video clip "Living with Osteoporosis: A Patient's Perspective" twice. While watching, you are to give an answer as short as possible to each of the questions below.

1. How did Cecilia Johnson discover she had osteoporosis?

2. What had become a problem?

3. What is she doing to stay active?

4. What is her advice for other women?

5. How would you describe her attitude toward life now?

Task 6 Note Taking

Watch the video clip again and take notes.

1. No picture of osteoporosis is complete without an understanding of _____ this disease can have. And no one can express this impact better than someone _____.
2. It _____ if I had known. I think the salient characteristic of this disease of osteoporosis is that it can be prevented. This doesn't have to happen to other women. _____.
3. I think _____ to it, but it's still very frustrating, and my life is even _____, as far as activities go.
4. I think the best advice or suggestion that I might make for all women, those who ultimately _____ osteoporosis and those who _____ it, is to get a screening. Be tested.
5. But the truth, the reality that I know that _____ is that it's just for that particular moment, that particular difficulty and _____, so tomorrow will be better, and usually is.

Section C Oral Interpretation

What Is Non-Hodgkin's Lymphoma?

Task 7 *Watch the video clip "What is Non-Hodgkin's Lymphoma", take notes when necessary and then interpret it into Chinese.*

Unit II

Section A Pre-audio Tasks

Task 1 Glossary Preview

Get familiar with the words and phrases in the **Word Bank**, and then select a proper word from the **Word Bank** to match each of the following English paraphrases.

mammogram n.	乳房 X 线照相术
misperception n.	错误知觉
procedure n.	手续, 步骤
recommendation n.	推荐, 建议
asymptomatic adj.	无症状的
premenopausal adj.	绝经前期的
manifest vt.	证明, 表明
mass n.	团, 块
lump n.	肿块, 瘤
emanate vt.	放射, 发散
distortion n.	变形
calcification n.	钙化
granule n.	颗粒
calcium n.	钙
deposit n.	沉淀物
facilitate vt.	促进, 帮助
metabolism n.	新陈代谢
monomorphic adj.	单一同态的, 单型的
uniformity n.	均匀性, 一致
pleomorphic adj.	多晶的, 多形的
benign adj.	良性的
malignant adj.	恶性的
fibroadenomas n.	纤维肿瘤
cyclical adj.	周期的, 循环的
hormonal adj.	荷尔蒙的
cyst n.	囊肿
symptomatic adj.	有症状的
margin n.	边缘
mortality n.	死亡率
palpation n.	触诊
sonogram n.	声波图
deodorant n.	防臭剂
artifact n.	人工制品
mimic vt.	模仿
radiologist n.	反射线研究者
prior adj.	先前的
MRI n.	核磁共振成像
anatomy n.	解剖学, 解剖
atom n.	原子

molecule <i>n.</i>	分子
lumpectomy <i>n.</i>	乳房肿瘤切除术
mastectomy <i>n.</i>	乳房切除术
aggressive <i>adj.</i>	侵略性的
proton <i>n.</i>	质子
coil <i>n.</i>	线圈
tip <i>vt.</i>	装顶端, 翻倒
alignment <i>n.</i>	队列
dye <i>vt.</i>	染色
stain <i>n.</i>	着色剂
gadolinium <i>n.</i>	钆(金属名)
contrast agent <i>n.</i>	造影剂, 对比剂
vascularity <i>n.</i>	多血管, 血管质
pacemaker <i>n.</i>	起搏器
tunnel <i>n.</i>	隧道
antenna <i>n.</i>	天线, 触角
bore <i>n.</i>	钻孔, 孔
scan <i>vt.</i>	扫描
localization <i>n.</i>	定位
carcinoma in situ <i>n.</i>	原位癌
armpit/axilla <i>n.</i>	腋窝
biopsy <i>n.</i>	活组织检查
glandular <i>adj.</i>	腺状的
component <i>n.</i>	成分
false positive <i>n.</i>	假阳性

1. a particular course of action intended to achieve a result _____
2. something (as a course of action) that is recommended as advisable _____
3. provide evidence for; stand as proof of; show by one's behavior, attitude, or external attributes _____
4. give out (breath or an odor) _____
5. matter that has been deposited by some natural process _____
6. increase the likelihood of (a response) _____
7. not dangerous to health; not recurrent or progressive (especially of a tumor) _____
8. recurring in cycles _____
9. characteristic or indicative of e. g. a disease _____
10. a method of examination in which the examiner feels the size or shape or firmness or location of something (of body parts when the examiner is a health professional) _____
11. imitate (a person or manner), especially for satirical effect _____
12. earlier in time _____
13. tending to spread quickly _____
14. an organization of people (or countries) involved in a pact or treaty _____
15. color with dye _____

16. a passageway through or under something, usually underground (especially one for trains or cars) _____
17. examine minutely or intensely _____
18. an abstract part of something _____

Section B Audio-Visual Tasks

Interpreting Mammograms

Task 2 Spot Dictation

Watch the first part of the video clip "Interpreting Mammograms" and complete the following passage with the words from the video.

The current (1) _____ are that an asymptomatic patient should begin (2) _____ once a year after 40 years old. If you have a (3) _____ relative that has had (4) _____ breast cancer in the premenopausal period, so for instance if your sister was diagnosed with breast cancer at age 42, if you are 32, you should begin screening at that age, every year (5) _____. What we look for on a mammogram of course is small breast cancers. How they manifest themselves on a mammogram is by showing us a mass or a lump.

Task 3 Recognizing Details

Watch the first part of the video clip "Interpreting Mammograms" again and decide whether the following statements are TRUE (T) or FALSE (F).

<u>F</u> 1.	A mammogram is an X-ray of the brain, consisting of two pictures per breast that we obtain generally on an annual basis.
<u>T</u> 2.	The most common presentation for breast cancer would be what is called a spiculated mass.
<u>T</u> 3.	A common misunderstanding assumes these deposits are related to how much calcium a woman consumes in her diet.
<u>F</u> 4.	Calcium intake has much to do with the calcium that we detect on mammography.
<u>F</u> 5.	The benign type of calcification, are extremely common. They can occur, probably one in five women will have these types of calcifications.

Task 4 Blank Filling

Watch the second part of the video clip "Interpreting Mammograms" and complete the following sentences with the information from the video.

1. Once a mammogram is completed, the results will indicate _____.
2. If we are describing an abnormality, a mass for instance, the characteristics that we're concerned about, of course is _____.
3. Mammograms are not the only breast examinations women will encounter. For years, women have been encouraged to test themselves at home by _____. But recently a report in the Journal of the National Cancer Institute sparked a controversy; it reported that intensive breast self-exam instruction does not reduce the risk of death.
4. The smallest cancer that one can detect on physical exam is _____. There has never been a proven mortality benefit related to the performance of breast examination by palpation, either by the patient herself or by the doctor.
5. It's most important that the patient go to a facility that is FDA-approved. And all standing facilities right now are being inspected. Therefore, you can go _____.

Technologies in Breast Cancer: Breast MRI

Task 5 Short Answer Questions

Watch the video clip "Technologies in Breast Cancer: Breast MRI" twice. While watching, you are to give an answer as short as possible to each of the questions below.

1. Who is Dr. Mitchell Schnall?

2. What would we always use for breast MRI?

3. When a woman arrives to have a breast MRI exam, what is the first thing to do to make the MRI exam safe?

4. What is the largest part of the MRI machine?

5. How long will the entire procedure last?

Task 6 Note Taking

Watch the video clip "Technologies in Breast Cancer: Breast MRI" again and take notes according to the cues given below.

1. What is MRI?
 - A. MRI stands for _____.
 - B. It's very different from _____.
 - C. It actually uses magnetic fields and the magnetic properties of the body to image _____. And for the most part what we take images of are water and fat.
2. How does a MRI machine work?
 - A. When a patient is placed into the magnet, the protons that are in her water molecules and in her fat molecules become _____.
 - B. What we then do is we then _____ that's within the tube of the magnet. And the radio waves tip these proton away from their normal alignment with the magnetic field.
 - C. And that tipping of the protons away allows the protons to _____.
3. What is a contrast agent?
 - A. A contrast agent acts like a dye to stain an area of the image so that _____.
 - B. The agent that we use is a substance called gadolinium, which is an atom that's _____. And by its delivery to an area of the body, it changes the way it looks with MRI.
4. Tumors in the breast tend to have a lot more _____ than the normal breast tissue because they're growing quickly.
5. One of the strengths of MRI is again its sensitivity for breast cancer. It can pick up breast cancers that are not seen by other techniques. That we know. What we don't know is _____.

_____.

Section C Oral Interpretation

A New Voice in Breast Cancer Activism: Soraya's Story

Task 7 Watch the video clip “A New Voice in Breast Cancer Activism: Soraya's Story”, take notes when necessary and then interpret it into Chinese.

Unit III

Section A Pre-audio Tasks

Task 1 Glossary Preview

Get familiar with the words and phrases in the **Word Bank**, and then select a proper word from the **Word Bank** to match each of the following English paraphrases.

scale <i>n.</i>	(鳞屑)脱落
manifest <i>vt.</i>	显示,表明,使显现
well-defined <i>adj.</i>	定义明确的,界限清楚的,已知的
erythematous <i>adj.</i>	红斑的
erythema <i>n.</i>	红斑
plaque <i>n.</i>	斑
proliferation <i>n.</i>	增殖,增生
epidermis <i>n.</i>	表皮
pathologic <i>adj.</i>	病理的,病态的
biologics <i>n.</i>	生物制剂
alleviate <i>vt.</i>	(疼痛、问题)减轻,缓和
rheumatoid arthritis <i>n.</i>	类风湿性关节炎
Crohn's disease <i>n.</i>	克罗恩氏病,节段性肠炎
intestinal <i>adj.</i>	肠的
antigen-presenting cell <i>n.</i>	抗原呈递细胞 (APC)
cytokines <i>n.</i>	细胞活素类,细胞素
lesion <i>n.</i>	损伤,损害,病变
topical medication <i>n.</i>	局部用药,外用药
phototherapy <i>n.</i>	光线疗法,光疗
suppressive drug <i>n.</i>	抑制性药物
cyclosporine <i>n.</i>	环孢素
methotrexate <i>n.</i>	甲氨蝶呤
acitretin <i>n.</i>	阿维 A
dermatologist <i>n.</i>	皮肤病学家,皮肤病医生
swell <i>v.</i>	肿胀
airway <i>n.</i>	(肺的)气道
constriction <i>n.</i>	压缩,紧缩
inflammation <i>n.</i>	炎症
intermittent <i>adj.</i>	间歇的
in-between <i>prep.</i>	在……之间
predisposition <i>n.</i>	倾向,易患病的体质
trigger <i>vt.</i>	引发,触发
quell <i>v.</i>	镇压,减轻
bronchodilator <i>n.</i>	支气管扩张剂
corticosteroid <i>n.</i>	皮质类固醇
Aerobid <i>n.</i>	氟尼缩松气雾吸入剂(商品名)
Azmacort <i>n.</i>	曲安奈德制剂(商品名)
Flovent Rotadisk <i>n.</i>	丙酸氟替卡松吸入粉剂(商品名)
Flovent <i>n.</i>	丙酸氟替卡松气雾剂(商品名)