



高等院校新概念

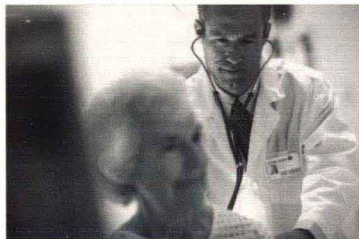
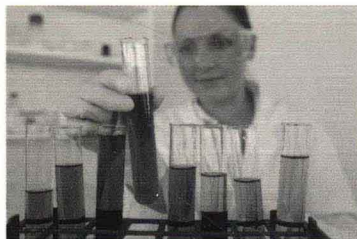
医学英语系列教材



医学英语 文献阅读(一)

A Reading Course (I)

丛书总主编 王亚娜 吴让科



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Medical
English

世界图书出版公司

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Medical English:
A Reading Course (I)

医学英语文献阅读 (一)

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artery ['ɑ:təri] *n.* 动脉

compress [kəm'pres, kɒm'pres] *vt.*
压缩, 压紧

syndrome ['sindrəʊm, 'sindrəm] *n.*
综合征

inherit [in'herit] *vt.* 继承; 遗传

chaotic [kei'ɔ:tik] *adj.* 混乱的, 无秩序的

erratic [i'rætik] *adj.* 不稳定的; 古怪的

commotio cordis [kɒ'məʊʃiə] ['kɔ:dis]
n. 心脏震荡

red flag *n.* 危险信号

on the lookout 寻找, 警惕着

syncope ['sɪŋkəpi] *n.* 晕厥

exertion [ig'zɜ:ʃən] *n.* 努力, 用力

seizures ['si:ʃəs] *n.* 癫痫, 痉挛

screening ['skri:nɪŋ] *n.* 筛选

asthma ['æsmə, 'æz-] *n.* 哮喘, 气喘

implantable [im'plɑ:ntəbl, -'plæn-] *adj.*
可移植的, 可植入的

cardioverter ['kɑ:diəʊ.vɜ:tə] *n.* 心律转变器;
复律器

defibrillator [di'faibrileitə] *n.* 去纤颤器;
电震发生器

pacemaker 心律调整器; 起搏器

arrhythmia [ə'riðmiə] *n.* 心律不齐, 心律
失常

electrocardiogram [i,lektrəʊ'kɑ:diəʊgræm]
n. 心电图

Reading Comprehension

- ▶ 1. Most of the time, the reason for sudden cardiac death in young people is _____.
 - A. heart attack
 - B. heart defects
 - C. heart abnormalities
 - D. sudden cardiac arrests
- ▶ 2. What is NOT the specific cause of sudden cardiac death in young people?
 - A. Hypertrophic cardiomyopathy.
 - B. Coronary artery abnormalities.
 - C. Commotio cordis.
 - D. Unexplained fainting.
- ▶ 3. Which is NOT a symptom signaling that a young man is at high risk of sudden cardiac death?
 - A. Shortness of breath.
 - B. Headache.
 - C. Syncope.
 - D. Chest pain.
- ▶ 4. Sudden death in young people can be prevented by the following methods EXCEPT _____.
 - A. giving up sports and exercises
 - B. avoiding competitive sports
 - C. implanting an ICD
 - D. medical treatment
- ▶ 5. As to screening test, _____.
 - A. it can predict the accurate result of sudden death risk
 - B. it is inexpensive and simple

Chapter 2



Drug Resistance and Allergies

vessel ['vesəl] *n.* 脉管, 血管

nausea ['nɔ:ziə, -siə] *n.* 恶心, 晕船; 极端的憎恶

vomit ['vɒmit] *vi.* 呕吐; 吐出

dizziness ['dizinis] *n.* 头晕; 头昏眼花

Reading Comprehension

- ▶ 1. According to the passage, _____.
 - A. an allergic drug reaction is a common side effect of medicines
 - B. there is no cure for a drug allergy
 - C. adverse drug reactions to various medicines are usually itchy skin rashes and hives
 - D. only a large exposure can result in anaphylaxis
- ▶ 2. The two most common offending medicines which may cause allergic reactions are _____.
 - A. penicillin and insulin
 - B. penicillin and iodine
 - C. penicillin and sulfa drugs
 - D. insulin and iodine
- ▶ 3. Which of the following is TRUE about anaphylaxis according to the passage?
 - A. Anaphylaxis may restrict breathing and cause heart attack.
 - B. Anaphylaxis may take place within minutes after taking the medicines.
 - C. Anaphylaxis seldom occurs two hours later after taking the medicines.
 - D. Anaphylaxis is a common but serious condition that requires immediate medical attention.
- ▶ 4. According to the passage, _____.
 - A. penicillin and sulfa drugs are the only medications that can cause the body's immune system to react
 - B. over-the-counter medications will not cause allergic reactions
 - C. symptoms of drug allergies are usually life-threatening anaphylaxis
 - D. most drug reactions are minor
- ▶ 5. Which of the following is not among the most common symptoms of drug reactions?
 - A. A mild skin rash.
 - B. Hives.
 - C. Itchy skin.
 - D. Wheezing and asthma-like symptoms.
- ▶ 6. Drug allergy symptoms generally occur _____.
 - A. within five minutes after contacting the offending medicines
 - B. an hour later after taking the offending medicines
 - C. within five minutes to an hour after contacting the offending medicines
 - D. two to three days later after taking the offending medicines
- ▶ 7. Which of the following is TRUE about penicillin allergy?
 - A. More than ten percent of the Americans have a penicillin allergy.
 - B. All reactions to penicillin are life-threatening.
 - C. The average penicillin reaction is itchy skin and eyes which appear three to four hours after starting the medication.

New Words and Phrases

access ['ækses] *n.* 使用权; 接近或享用) 的机会

temporarily ['tempərəriili] *adv.* 临时地

affordable [ə'fɔ:dəbl] *adj.* 负担得起的

shortage ['ʃɔ:tɪdʒ] *n.* 缺乏

utilize ['ju:tilaiz] *vt.* 使用; 利用

household ['haushəuld] *adj.* 家庭的; 日常的

intellectually [inti'lekt'ʃjuəli] *adv.* 智力上; 理智地

resource [ri'sɔ:s] *n.* 资源

effective [i'fektiv] *adj.* 有效的

fertilizer ['fə:tilaizə] *n.* 化肥

productive [prəu'dʌktiv] *adj.* 能生产的; 多产的

deterioration [di,tɪəriə'reiʃən] *n.* 恶化

undertake [ʌndə'teik] *vt.* 承担; 从事

resistance [ri'zistəns] *n.* 抵抗; 反抗

cultivate ['kʌltiveit] *vt.* 培养; 耕作

cubic ['kju:bik] *adj.* 立方体的, 立方的

irrigation [iri'geiʃən] *n.* 灌溉

salinisation [sælinai'zeiʃən] *n.* 盐渍化

consequently ['kɒnsi,kwəntli] *adv.* 因此; 结果

enhance [in'hɑ:ns] *vt.* 提高; 加强

invest [in'vest] *vt.* 投资

cyclone ['saikləun] *n.* 旋风; 气旋; 飓风

flee [fli:] *v.* 逃走; 消失, 消散

debris ['deibri:] *n.* 碎片, 残骸

prioritise [prai'ɔrə,taiz] *vt.* 给予……优先权; 按优先顺序处理

quarantine ['kwɔrənti:n] *n.* 检疫

tariff ['tærif] *n.* 关税表; 收费表

subsidise ['sʌbsidaiz] *vt.* 资助给……补助金

deprive [di'praiv] *vt.* 使丧失, 剥夺

Reading Comprehension

- ▶ 1. The connotations of food security include the following EXCEPT _____.
A. availability B. utilization C. nutritiousness D. affordability
- ▶ 2. Why are poor people forced on to barren field which will worsen the environment?
A. Because they are not able to obtain economic and political support.
B. Because they don't have enough money to purchase fertile land.
C. Because they are not willing to cultivate good land.
D. Because they have to give away productive land to rich people.
- ▶ 3. The word "generate" (L.4, Para. 3) can be best replaced by _____.
A. create B. earn C. emerge D. produce
- ▶ 4. An underweight baby may probably suffer _____ when he grows up.
A. failure to thrive B. bad health
C. learning impediment D. All of the above
- ▶ 5. What's the meaning of the word "pandemic"(L.1, Para. 5)?
A. Illness. B. Epidemic. C. Disease. D. Sickness.
- ▶ 6. According to the passage, what should government do to ensure food security after the war?
A. Government's spending should be given priority to guarantee food security.

4. The haphazard and negligent agency regulation of biotechnology has been a disaster for consumers and the environment.
5. New genetically engineered crops are being approved by federal agencies despite admissions that they will contaminate plants and threaten our environment.
6. Food security exists when all people, at all times, have physical and economic access to enough safe and nutritious food to meet their dietary needs and food preferences for an active and healthy lifestyle.
7. For the more than 800 million people who do not get enough regular, healthy food, ill health and a shorter life expectancy are real risks.
8. Without economic resources and a political voice, poor farmers may be forced on to less productive land possibly causing further environmental deterioration.
9. The HIV/AIDS pandemic has reduced food production in many affected countries as productive adults become ill or die.
10. Increasing irrigation efficiency and limiting environment damage through salinisation are important for ongoing food availability.

B. Translate the following terms into English.

1. 遗传的 _____
3. 细菌 _____
5. 营养 _____
7. 毒性反应 _____
9. 缺乏 _____
11. 使用 _____
13. 检疫 _____
15. 管辖权 _____
17. 飓风 _____
19. 抗生素耐药性 _____

2. 盐渍化 _____
4. 原料 _____
6. 化肥 _____
8. 免疫抑制 _____
10. 污染 _____
12. 改变 _____
14. 灭绝 _____
16. 流行病 _____
18. 灌溉 _____
20. 生物工艺学家 _____

Pre-reading

Directions: *Discuss the following questions in groups.*

- 1) Do you often have alcoholic drink? If you do, what's your favorite drink?
- 2) What is drug addiction? Could you define it in your own words?
- 3) What do you think are the reasons why some people become addicted to drugs?
- 4) What are the ways to quit drug and alcohol addiction?
- 5) What is the influence of drug abuse and addiction on society?

Text A

Drug Abuse and Addiction

Many people do not understand why individuals become addicted to drugs or how drugs change the brain to foster compulsive drug abuse. They mistakenly view drug abuse and addiction as strictly a



social problem and may characterize those who take drugs as morally weak. One very common belief is that drug abusers should be able to just stop taking drugs if they are only willing to change their behavior.

What people often underestimate is the complexity of drug addiction—that it is a disease that impacts the brain and because of that, stopping drug abuse is not simply a matter of **willpower**. Through scientific advances we now know much more about how exactly drugs work in the brain, and we also know that drug addiction can be successfully treated to help people stop abusing drugs and

resume their productive lives.

Drug abuse and addiction are a major burden to society. Estimates of the total overall costs of substance abuse in the United States—including health- and crime-related costs as well as losses in productivity—exceed half a trillion dollars annually. This includes approximately \$181 billion for **illicit** drugs, \$168 billion for tobacco, and \$185 billion for alcohol. **Staggering** as these numbers are, however, they do not fully describe the breadth of **deleterious** public health—and safety—implications, which include family **disintegration**, loss of employment, failure in school, domestic violence, child abuse, and other crimes.

Addiction is a **chronic**, often **relapsing** brain disease that causes compulsive drug seeking and use despite harmful consequences to the individual who is addicted and to those around them. Drug addiction is a brain disease because the abuse of drugs leads to changes in the structure and function of the brain. Although it is true that for most people the initial decision to take drugs is voluntary, over time the changes in the brain caused by repeated drug abuse can affect a person's self control and

Pre-reading

Directions: *Discuss the following questions in groups.*

- 1) What do you know about health insurance in China?
- 2) Are you a beneficiary of health insurance?
- 3) How to solve the problems concerning the high cost of medications and the insufficiency of medical resources in China in your opinion?
- 4) Why should people have health insurance? What are the benefits?
- 5) Do you know anything about medical care or health insurance in other countries?

Text A

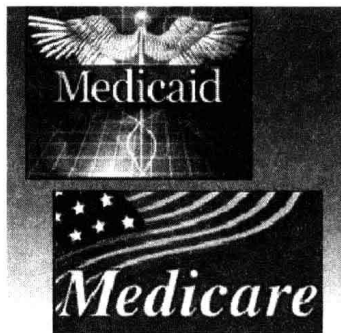
Medicare and Medicaid

Health Insurance for the Elderly and Poor

Medicare^[1] and *Medicaid*^[2] are two important government-sponsored health insurance programs that guarantee health insurance for the elderly and poor, respectively. Each has its own **eligibility** requirements.

Medicare is a health insurance program by the U.S. federal government for people age 65 or older, under age 65 with certain disabilities, and any age with permanent kidney failure requiring **dialysis** or a kidney **transplant** (called "End-Stage **Renal** Disease"). The program helps with the cost of health care, but it does not cover all medical expenses or the cost of most long-term care. Medicare is financed by a portion of the payroll taxes paid by workers and their employers. It also is financed in part by monthly **premiums** deducted from Social Security checks. You must have entered the United States lawfully and have lived here for 5 years to be **eligible** for Medicare.

Medicare has four parts.



Notes

[1] **Medicare**: a federal government program that provides health care coverage for Americans 65-years old or older and for those with certain disabilities. (美) 联邦医疗保险, 这是美国政府为65岁及以上的老年人和符合残障等特定条件的人提供的医疗保险。

[2] **Medicaid**: a program of medical aid designed for those unable to afford regular medical service and financed by the state and federal governments. (美) 医疗补助。联邦政府出资但由州政府操作的向一些低收入人群提供医疗和保健服务的项目。

New Words and Phrases

eligibility [elidʒə'biləti] *n.* 合格, 资格
dialysis [dai'ælisɪs] *n.* 透析
transplant [træns'plɑ:nt] *n.* 移植
renal ['ri:nəl] *adj.* 肾的
premium ['pri:miəm] *n.* 保费

eligible ['elidʒəbl] *adj.* 合格的; 符合条件的
coverage ['kʌvərɪdʒ] *n.* 承保范围
labor ['leɪbə] *n.* 分娩, 生产
delivery [dɪ'lɪvəri] *n.* 分娩

Reading Comprehension

- ▶ 1. _____ can qualify for Medicare.
 - A. People under 65
 - B. People with chronic disease
 - C. People with private insurance policies
 - D. People with end-stage renal disease
- ▶ 2. Medicare Part A helps cover the following services EXCEPT _____.
 - A. necessary stay in the hospital
 - B. hospice care services
 - C. long-term care
 - D. skilled care in a nursing facility
- ▶ 3. You are eligible for Medicare hospital insurance at age 65 if _____.
 - A. you receive Social Security benefits
 - B. you are the spouse of an American citizen
 - C. you have a kidney problem
 - D. you have limited income and assets
- ▶ 4. Medicare has broad coverage and it pays for _____.
 - A. personal comfort items
 - B. medicine you buy without a doctor's prescription.
 - C. optional private hospital room
 - D. supportive care for terminally ill patients at home or in a facility
- ▶ 5. Most Medicare beneficiaries enrolled in Part B pay _____ each month.

A. policies	B. interests	C. premiums	D. benefits
-------------	--------------	-------------	-------------
- ▶ 6. If you join a Medicare Advantage Plan, it's _____ to buy a Medigap policy.

A. preferable	B. unnecessary	C. essential	D. unavoidable
---------------	----------------	--------------	----------------
- ▶ 7. Medicare Advantage Plan covers _____.
 - A. Medigap
 - B. unemployment insurance
 - C. Medicare supplement insurance

- ▶2. Parkinson's and stroke patients benefit from music therapy because _____.
- A. music can trigger the release of amino acid
 - B. mammals have foot-tapping mode
 - C. the human brain is sensitive to highly rhythmic music
 - D. fast rhythms can ease the muscle bursts
- ▶3. Which of the following statements about Rick Bausman is TRUE?
- A. He is a cofounder of the Institute for Music and Neurologic Function in New York City.
 - B. He is a Harvard neurologist.
 - C. He is the founder of the Music Therapy Department at Berklee College of Music in Boston.
 - D. He is the founder and director of the Martha's Vineyard-based Drum Workshop.
- ▶4. Which of the following is NOT the symptom of Parkinson's disease according to the passage?
- A. Fracture.
 - B. Muscle bursts.
 - C. Jerky motions.
 - D. Bradykinesia.
- ▶5. What happened to the participants after playing the drums in the workshop?
- A. Improvement in motor control.
 - B. Depression relief.
 - C. Increasing interest in music.
 - D. Tremors.
- ▶6. Melodic intonation therapy results in _____.
- A. rehabilitation of aphasia
 - B. spinal rehabilitation
 - C. cognitive rehabilitation
 - D. sensory rehabilitation
- ▶7. _____ are the areas that process emotion and long-term memory.
- A. Pons and epiphysis
 - B. Cerebellum and cerebrum
 - C. Amygdala and hippocampus
 - D. Hypothalamus and thalamus
- ▶8. The center of speech is _____.
- A. angular gyrus
 - B. the left side of the brain
 - C. the right side of the brain
 - D. corpus callosum
- ▶9. Which of the following is NOT true about Trevor Gibbons?
- A. He suffered from a devastating spinal injury and stroke.
 - B. He began vocal training and playing piano with music therapists at the clinic.
 - C. He sang songs for patients at Beth Abraham Rehabilitation Center.
 - D. He has written more than 400 songs and recorded three CDs.
- ▶10. Which of the following is NOT the indication of music therapy?
- A. Alzheimer's disease
 - B. Diabetes
 - C. Pain relief in surgery
 - D. Dementia

Comprehensive Exercises

»» Vocabulary Study

Directions: Filling in the blanks with the words given below. Change the form when necessary.

evaluate	depression	stress	advance	nursing
addiction	clinical	pinpoint	supervise	tremor
trigger	degenerative	cortisol	dementia	devastating
stimulate	aphasia	cortex	flexibility	synchronize

- We will also bolster our efforts to help developing nations combat other _____ diseases like malaria and tuberculosis.
- Together these proteins give the artery its strength and _____.
- In the meantime, scientists hope to _____ exactly where oxidants do their dirtiest work—and ways to intervene.
- But Hillis discovered that rather than retard the _____ of the sorting organisms, the introduction of a parasite sped up the rate of evolution.
- Repeated use of a substance can also lead to physical _____ or substance dependence.
- Caffeine is known to make the body produce even more _____ during stress.
- Cardiac muscle fibers must organize themselves in parallel, and then form physical and neural connections in order to conduct the electrical signals that allow the fibers to _____ contractions.
- People with _____ may forget family members or not know what day it is.
- She had been appointed to _____ the pediatric unit.
- Heart disease, high blood pressure, and _____ are other diseases that can result from long-term sleep deprivation.
- At concentrations in excess of 1.5%, carbon dioxide may produce hyperventilation, headaches, visual disturbances, _____, loss of consciousness, and death.
- Eating disorders can lead to unhealthy eating habits, and in extreme, can _____ a dangerous drop in weight.
- The traditional ideas consider that _____ is caused by the damage of cortical language center.
- Parkinson's disease is a _____ disease of the central nervous system.
- For medical students, diagnostic practice is the first step of _____ study.
- In health care, the digitization of records would make it much easier to spot and monitor health trends and _____ the effectiveness of different treatments.
- Fatigue, _____ or allergies can increase the likelihood of a canker sore.
- I was greatly impressed by the _____ at the hospital.
- Within the epidermis develops a ring of parenchyma cells, the _____.
- Short periods of exercise several times a week are all that is needed to _____ bone development

above the minimum wages of most unskilled workers in urban centers. Calorie **deficiencies** and malnutrition should come as no surprise under such circumstances.

The overall purchasing power of the population (mostly poor) will improve only very slowly, causing the effective demand for food to grow only very slowly as well. The demand for food is not equal for the different socio-economic groups and for the different types of food (especially those of animal origin).

Averages hide disparities of the economic behavior of different sectors of the population. This **heterogeneity** in the possibility of acquiring food (secondary to income **distribution** disparities) can in the future generate social tensions.

Finally, another factor hampering well-being that needs to be tackled is, the negative impact of the environment and infectious and **parasitic** diseases on the nutritional status of the low income groups. Environmental **sanitation**, **potable** water, **immunizations**, as well as overall **preventive** medical services and child **spacing** will become increasingly important in **combating** malnutrition in **vulnerable** groups as defined earlier.

The causes of malnutrition can **arbitrarily** be classified into six categories, namely:

1. Socio-economic causes;
2. Political causes (related to government policies);
3. Agricultural causes;
4. Health and environmental causes;
5. Educational causes (includes cultural **determinants**);
6. **Administrative, managerial** and infrastructural causes.

The ordering of the above causes in the sequence shown probably reflects their order of magnitude in **perpetuating** the problem. A deliberate effort to identify these causes should be made to put the problem of malnutrition, and the chances of doing something about it, in the proper perspective for each particular country. This exercise will also help to better design appropriate nutrition/health interventions with special reference to Primary Health Care.

(844 words)

(Article extracted from <http://www.humaninfo.org/aviva/>)

(Picture from <http://motherchildnutrition.org>)

New Words and Phrases

prerogative [pri'rɒgətɪv] *n.* 特权
translation [træns'leɪʃən] *n.* 转化
afflict [ə'flɪkt] *vt.* 折磨; 使苦恼
resolution [ˌrezə'lju:ʃən] *n.* 解决
utilization [ˌju:tɪlaɪ'zeɪʃən] *n.* 利用, 使用
marketing ['mɑ:kɪtɪŋ] *n.* 行销, 销售

absorption [əb'sɔ:pʃən] *n.* 吸收
metabolization [mi'tæbəlai'zeɪʃən] *n.* 新陈代谢
bottle-neck *n.* 瓶颈
identify [aɪ'dentɪfaɪ] *vt.* 识别; 确定
constraint [kən'streɪnt] *n.* 约束
viable ['vaɪəbl] *adj.* 可行的

- A. viable
C. available
- B. workable
D. feasible
- ▶ 5. Which of the following key elements is NOT related to malnutrition according to the passage?
A. Ideology.
C. Railway.
B. Labor power.
D. Economy.
- ▶ 6. Food and nutrition problems are closely associated with _____.
A. environment
C. education
B. city migrants
D. rural emigration
- ▶ 7. The word "deteriorate" (L.5, Para. 7) probably means _____.
A. get worse
C. develop faster
B. grow better and stronger
D. develop slowly
- ▶ 8. What is the nutritional situation of almost half of the city residents in terms of their daily calorie?
A. It is above the average norm recommended by FAO.
B. It is below the average norm recommended by FAO.
C. It is at the moderate norm recommended by FAO.
D. It is at the average norm recommended by FAO.
- ▶ 9. All of the following are the causes of malnutrition EXCEPT _____.
A. social factors
C. managerial factors
B. government policies
D. psychological factors
- ▶ 10. What is the author's attitude towards malnutrition?
A. Subjective.
C. Indifferent.
B. Ironic.
D. Objective.

Comprehensive Exercises

Vocabulary Study

Directions: Filling in the blanks with the words given below. Change the form when necessary.

immunization	colon	hormone	malnutrition	carbohydrate
mitosis	deficiency	genetics	diagnostic	vulnerable
parasitic	calcium	infectious	excretion	absorption
gastrointestinal	digest	translation	preventive	metabolism

- _____ refers to the branch of biology that studies heredity and variation in organisms.
- _____ in vitamin K prolongs the blood clotting time and causes hemorrhages.
- The goal of _____ medical care is to keep people well instead of having to help them when they are