



大学金砖英语数字化系列教材

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医学类大学金砖英语 读写教程 3

**College Golden Brick English
Reading & Writing Course 3**

(For Medical Students)

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前言

《大学金砖英语读写教程》是依据教育部颁发的《大学英语课程教学要求》、顺应时代发展的需要、应北京对外经济贸易大学出版社的邀请，由全国数十所重点院校长期从事英语教学第一线的教师编写的数字化教材。

本着学以致用原则，《医学类大学金砖英语读写教程》力求把了解和认识当代医学现状，人们普遍关注的健康问题及医学人文素质有机地结合在一起。因此，此套教材有别于传统型的医学英语教材，它是适应时代发展需求，以英语为载体来学习医学专业知识的数字化教材。

传统型教材大多较为注重语言基础，其结果是英语语言学习和专业本身缺乏联系，英语学习内容和当今社会发展缺乏结合，缺乏信息化和时代感。

《大学金砖英语读写教程》力求弥补了上述缺憾，为各类院校发挥自身特点和语言教学、课程建设提供了新思路，即语言学习和专业学习不应人为分开而应紧密相连，相互交融；基础阶段和高级阶段学习没有截然界限；素质教育应贯彻学习始终。

《大学金砖英语读写教程》共 10 册，其中第一、二册为大学各专业通用教材，第三、四册侧重于专业，分别供理工、医学、农林、社科类院校使用。

与《大学金砖英语读写教程》配套的是 My English e-lab- Reading & Writing 语料库。语料库由“阅读”和“写作”两个库及 Golden Brick International English 网站构成。

本编写体例与在线读写程序一致，可实现在线自主学习测评。

本册书共有 10 个单元，供医学院校使用。每单元包括 Text A、Text B、Text C 三部分。三篇课文选自同一话题，但从不同方面切入，课文的长度依次递增，方便学生学习、了解相关知识的外延。

为方便教师和学生使用本教材，满足学生自主在线学习的需要，每单元都配有 Warm-up, Vocabulary, Language Points 及与之对应的例句、注释和练习。练习中的 Reading Comprehension, Structuring Sentence, Dealing with Key Words 和 Matching Games 用于检测学生是否真正理解了课文、是否掌握了课文中出现的医学词汇以及是否能把学过的语法和基础词汇运用自如。

除上述特点外，本书有别于其他同类书的最大特点是：

一、Text A 后面的 Structure 是从医学英语角度进行的阐述，与之配套的练习也是让学生从句子结构上了解医学英语的特点。

二、Text B 后面的 Translation 是以 Text A 里面的 Structure 为根据展开的医学英语写作基础练习——翻译。写出正确的、具有医学英语特点的句子是学生之所需。

三、学以致用是学之根本，input 和 output 始终体现在本册教材中。Text C 中的 Writing 是为学生提供的最具实用价值的写作练习，包括 how to、cause & effect、contrast & comparison 以及 descriptive writing 等类型的说明文。

四、Word Power 也是本书富有创意的部分。它通过对具体单词词根、词缀的分析讲解，揭开了医学英语单词的神秘面纱，使学生从心里消除了对医学英语单词的恐惧，提高了他们的学习兴趣。

在本套教材的编写过程中，从选材、编写到成稿，编者们耗费了大量的精力和时间。尽管如此，本书在内容上还会有不足和瑕疵，敬请读者不吝赐教，非常感谢！

编者

2012 年 5 月

Unit	Title	Skimming
Unit 4 Genes Page 81	A. Definition of Gene	Finding discourse markers: passive voice and demonstrative references
	B. Mendelian Inheritance	Finding discourse markers: demonstrative references, parallel structures.
	C. Human Genome Project	Finding discourse markers: parallel structures, concessive and causal connectors
Unit 5 X-Ray Technology Page 107	A. X-Ray Technology	Finding discourse markers: adversative conjunctions and progressive connective methods
	B. Computed Tomography	Finding discourse markers: demonstrative references, parallel structures and enumeration
	C. Reducing Radiation Risk from CT for Children	Finding discourse markers: demonstrative references, causal connectors and enumeration
Unit 6 Mental Health Page 135	A. Diary from a Patient of Depression	Finding discourse markers: time sequence and time marker
	B. How to Recognize the Symptoms of Depression	Finding discourse markers: lexical cohesion and adversative conjunctions
	C. Postpartum Depression: Not Just for Moms	Finding discourse markers: temporal conjunction
Unit 7 As Diverse as Biology Page 163	A. Biology and Me	Finding discourse markers: time sequence
	B. Biomedical Engineering Is So Close!	Finding discourse markers: time sequence and parallel structure
	C. Animal Testing: Needed in Biomedical Research?	Finding discourse markers: parallel structures and contrastive

Unit 1

Fit or Fat

A Beat the Scale

A healthy lifestyle can help you feel good, stay at a healthy weight, and have plenty of energy for both work and play. Making any kind of change in the way you live your daily life is like being on a path. The path leads to success.

B Risk of Overweight for Pregnancy

Many people spend their health gaining wealth, and then have to spend their wealth to regain their health. But taking the time to really think about what will inspire you will help you reach your goals.

C Underweight Is a Problem, Too

A man's life is shaped by environment, heredity, and movements and changes in the world around him. A healthy attitude is contagious but don't wait to catch it from others. Be a carrier. Remember: How you feel is very important to how you look—that healthy equals beautiful.



IV Exercises



Reading comprehension

1. T/F. Mark T (True) or F (False) to each statement according to the text A.

- ☐ 1) Rachael has fought to lose weight which she gained during her pregnancy ever since she gave birth to her daughter.
- ☐ 2) Rachael doesn't care the ways she would undertake as long as she can lose weight.
- ☐ 3) Debby experienced the same story concerning her two pregnancy of her two babies.
- ☐ 4) Weight that is purely fat takes the same amount of energy from the body to support than muscle.
- ☐ 5) The best simple diet given to pregnant women by Debby is to treat your body as you would do if you weren't pregnant.



Dealing with key words

2. Blank-filling. Fill the blanks in the following sentences by using the right words given.

pregnant

protein

expectant

gluttony

hormonal

surgery

freak

stabilize

nausea

restlessness

- ☐ Reduce dosage if 1) _____ or sleeplessness takes place.
- ☐ Woman who takes birth control pills, use 2) _____ patches or implants aren't good candidates.
- ☐ 3) _____ can be a symptom of minor or serious disorders.
- ☐ 4) _____ women for over seven months shall not take royal jelly.
- ☐ The Federal Reserve is taking fresh steps to help 5) _____ the economy.
- ☐ Excluding water, half of the body's weight is 6) _____.
- ☐ The gusty stress may lead to a vicious circle of 7) _____ and weight increasing.
- ☐ 8) _____ couples are holding celebrations at which they reveal the sex of their baby.
- ☐ The most severe cases of osteoarthritis require joint replacement 9) _____.



Structuring sentences

3. Multiple choices. Choose the best answer to the questions.

1) What is the main purpose of Rachael's letter?

A. She wants to complain the troubles brought by pregnancy.

Text C Underweight Is a Problem, Too

I Lead-in

Predicting content: You're going to read *Underweight is a problem*, so, please predict:



1. Do you know why underweight is not good for you?
2. How to judge whether you are underweight or overweight?
3. Do you like skinning? Why?

II Skimming

Skim the text to find out general idea. Look quickly through the discourse clue markers:

1. being overly skinny carries its own health risks (para.1)
2. reasons why someone may be underweight. (para. 5)
self-induced (para.6)
inadequate caloric intake (7)
inadequate digestion
absorption of food (para. 9)
3. the best way to gain weight (para. 10)

Exercises

1. Do you want to be on a diet to look skinny?
2. Do you know the best way to gain weight?
3. Do you agree "you can never be too rich or too thin"? Why?

dyspepsia: *n.* indigestion 消化不良, 胃弱
This pill may induce gastric irritation, nausea, **dyspepsia** and stomach bleeding.

diarrhea: *n.* frequent and watery bowel movements 腹泻

Diarrhea and respiratory infections are the main cause for child deaths in India.

intestinal: *adj.* relating to or inside the intestines 肠的

The drugs also are used to treat children with the **intestinal** disorder Crohn's disease.

insomnia: *n.* a medical condition that you have difficulty sleeping 失眠

People who have **insomnia** never feel like their mind is clear.

constipation: *n.* irregular and infrequent evacuation of the bowels 便秘

Diarrhea usually alternates with **constipation**, along with mouth and tongue inflammation.

carbohydrates: *n.* a substance found in foods 碳水化合物

These calories come from proteins, fats and **carbohydrates** and all are needed for a healthy body.

hereditary tendencies. Disorders such as chronic **dyspepsia**, chronic **diarrhoea**, presence of **intestinal** worms, liver disorders, diabetes mellitus, **insomnia**, **constipation**, and sexual disorders can also lead to thinness.

10 The best way to add weight is to increase your intake of complex **carbohydrates**, particularly whole grain ones. Foods like whole wheat bread, muffins, pasta, crackers, and bagels are good to include. Meanwhile, you will need to include regular exercise and strength training into your lifestyle in order to prevent gaining too much weight as fat. (518 words)

http://chealth.canoe.ca/channel_section_details.asp?text_id=33

67&channel_id=159&relation_id=17787

Exercises

Fill in the blanks with the phrases we have learned and change the form where necessary.

- 1) Humans should not allow torture such as female genital mutilation _____ custom or traditions.
- 2) Romney is careful with what he says, _____ he often says nothing at all.

Text Notes

anorexia nervosa: also known as simply anorexia, is an eating disorder characterized by refusal to maintain a healthy body weight and an obsessive fear of gaining weight. While it can affect men and women of any age, race, and socioeconomic and cultural background, **anorexia nervosa** occurs in females 10 times more than in males. The term **anorexia nervosa** was established in 1873 by Sir William Gull, one of Queen Victoria's personal physicians.

misplace: *vt.* to place or position wrongly;
put in the wrong position 把……放错
地方, 误放

Even when users lose or **misplace** their
phone, any important data will be still
accessible through their PC.

non-invasive: *adj.* relating to a technique
that does not involve puncturing the
skin or entering a body cavity 非侵入
性的

It could be a way of measuring pressure
in the eye in a completely **non-invasive**
way.

amniocentesis: *n.* (pregnancy) extraction
by centesis of amniotic fluid from a
pregnant woman (after the 15th week
of pregnancy) to aid in the diagnosis of
fetal abnormalities (妇产) 羊膜穿刺术
The doctor was talking about my
unborn daughter, and the results of an
amniocentesis.

diagnosis: *n.* identifying the nature or
cause of some phenomenon 诊断

The **diagnosis** was typically non-infectious
hepatitis—liver inflammation not caused
by a viral infection.

arrhythmia: *n.* an abnormal rate of
muscle contractions in the heart 心律
不齐, 心律失常

Potentially fatal heart **arrhythmia** is an
immediate concern, and bone loss can
lead to severe osteoporosis.

variation: *n.* the process of varying or
being varied; something a little
different from others of the same type
变化, 变量, 变体

With overactive bladder, however,
genes explained very little of the
variation in women's risk.

fatigue: *n.* temporary loss of strength and
energy resulting from hard physical or
mental work (身体或精神上的) 疲劳,
疲倦, 疲乏

Its symptoms include impaired vision,
muscle weakness and spasm, **fatigue**,
memory loss and depression.

swelling: *n.* abnormal protuberance or
localized enlargement 肿胀, 肿大
Side effects with the vaccine included
redness, pain and **swelling** at the
injection site.

result in: to lead to, bring about 导致, 引
起

Firework injuries can **result in**
devastating implications for patients, as
scientists can testify.

misplaced blood vessels or damaged heart muscle. Early
detection can lead to treatment which could include the use of
medicines, minor **non-invasive** procedures or surgery.
Ultrasound and **amniocentesis** are procedures that aid in the
early **diagnosis** of fetal disorders.

Arrhythmia

3 **Arrhythmia** is a disorder of the heart rate. It is the most
common heart disease. A normal healthy heart is expected to
beat between 60-100 beats per minute. Unexplained **variations**
from this rate are causes for concern. **It may be** a warning of a
more serious problem, such as, stroke or heart attack. Arrhythmia
may be caused by a reduced blood flow due to clogged arteries, a
chemical imbalance, or heart muscle damage. Individuals
suffering from arrhythmia report pounding in the chest, dizziness,
shortness of breath, or just general weakness. Immediate
attention is warranted. Medical examination will include
measurement of pulse rate and an EKG. Treatment may require
prescription medicine, lifestyle changes, a pacemaker or surgery.

Heart Failure

4 A healthy heart pumps blood through the entire body.
Fatigue, **angina**, **dizziness**, **difficulty with breathing** and **swelling** of
lower limbs are signs of a heart failure. There are a number of
causes that **result in** heart failure, such as: narrowing of the arteries
as a result of cholesterol buildup, atherosclerosis, heart muscle
damage, damage caused by high blood pressure or infection. Heart

- B. nausea, dizziness, chest pain, and angina pectoris
 - C. lack of exercising, drinking, smoking, and unbalanced diet
 - D. lack of sleep, overwork, overdose, and overweight
- 3) What can be true of a balanced diet?
- A. vegetables, more red meat, less white meat, and egg yolk
 - B. vegetables, white meat, whole grain cereal, and less red meat
 - C. vegetables, animal organs, seafood, and whole milk
 - D. vegetables, eggs, bread, and rice
- 4) What can be inferred from the sentence *"The fate of your heart health is in your hands."* (paragraph 13)?
- A. You can improve your heart health with your hands.
 - B. You can destroy your heart health with your hands.
 - C. You can change your fate of heart health by working hard with your hands.
 - D. You can improve your heart health by following a healthy lifestyle with a balanced diet and regular exercising.
- 5) What can we learn from the last paragraph?
- A. Only by exercising can we prevent heart disease
 - B. Keeping a balanced diet may contribute to our heart health.
 - C. Maintaining a healthy lifestyle offers the guarantee of longevity
 - D. Either smoking or drinking alcohol can put us at risk of heart disease



Matching games

4. Match the words on the right with blanks in the sentences on the left by dragging them over.

- 1) That causes plaque to form, which can block the artery and lead _____ blood clots.
- 2) Go easy _____ the second and third helpings, and that might save you and your stomach a trip to the doctor's office.
- 3) A short distance from two major cities, the road seems isolated, cut _____ from the world.
- 4) At that time America was only just beginning to build _____ its military space power
- 5) Japan appreciated the U.S. help and quickly worked to take advantage _____ it.

- A. off
- B. to
- C. of
- D. up
- E. on

culture: *v.* to breed and keep particular living things in order to get the substances they produce 培养 (细胞或细菌)

It is not easy to distinguish **cultured** pearls from genuine pearls.

host: *n.* a plant or animal that another plant or animal lives on as a parasite 宿主, 寄主

An antigen is any substance capable of causing an immune response when injected into a **host** animal.

hold water: (of an argument, an excuse, a theory, etc)) to be capable of standing up to examination or testing; to be valid (理论、计划等)证明正确合理, 说得通

Her alibi just didn't **hold water**.

ethical: *adj.* relating to beliefs about what is morally right and wrong 伦理的

The use of animals in scientific tests raises some difficult **ethical** questions.

organ: *n.* a part of the body of an animal or plant which performs a particular job 器官

Gills are the **organ** through which fish breathe.

of HIV infection or AIDS before that. Hundreds of years of the slave trade and European exploitation of Africa exposed Africans and others to all other diseases then known and it was impossible for HIV to remain unknown if it had been present and spreading.

5 Third, the vaccines were **cultured** in fresh monkey kidney cells that might be contaminated with simian viruses and polio vaccines could not be tested for SIV contamination before 1985. Another monkey virus, SV-40, is known to have been passed to humans through polio vaccines.

6 Fourth, in order for a virus to infect a different species, it is helpful to reduce the resistance of the new **host's** immune system. The polio vaccine was given to many infants under one month old, whose immune systems were not fully developed.

7 If this theory **holds water**, it has serious **ethical**, health and policy implications. It points to the danger of interspecies transfer of material through vaccinations, **organ** transplants, etc., which could lead to the occurrence of new diseases among human beings. (<http://www.bmartin.cc/dissent/documents/AIDS/>)

(383 words)

Exercises

Fill in the blanks with the phrases we have learned and change the form where necessary.

- 1) The media shall _____ the efforts in disaster relief with the necessary images and news angles.
- 2) By morning she would have thought up some excuse to offer, some defense that might _____.

The scientists cautiously believe that the new gene therapy will be the hope for the future AIDS cure.

(By Tina Rosenberg)

(627 words)

Exercises

Fill in the blanks with the phrases we have learned and change the form where necessary

- 1) Parents tend to fall into two schools: Those who never curse when they're around their kids and those who let the _____ fly freely.
- 2) She _____ after she won the marathon.
- 3) Much still remains to be done to _____ discrimination.
- 4) The _____ is that high wage rises increase inflation.
- 5) The patient _____ our hospital because of abdominal cyst.
- 6) The rules shall _____ everyone.

Text Notes

1. **antiretroviral therapy:** antiretroviral therapy means treating retroviral infections like HIV with drugs. The drugs do not kill the virus. However, they slow down the growth of the virus or block the virus from entering the cell.
2. **acute myeloid leukemia:** Acute myeloid leukemia (AML), also known as acute myelogenous leukemia, is a cancer of the myeloid line of blood cells, characterized by the rapid growth of abnormal white blood cells that accumulate in the bone marrow and interfere with the production of normal blood cells. AML is the most common acute leukemia affecting adults, and its incidence increases with age.
3. **delta-32:** CCR5-Δ32 is a deletion mutation of a gene that has a specific impact on the function of T cells. At least one copy of CCR5-Δ32 is found in about 10% of people of Northern Europe and in those of Northern European descent. The allele has a negative effect upon T cell function, but appears to protect against smallpox and HIV.

- Organisms have two 9) _____ for each trait.



Structuring sentences

3. Multiple choices. Choose the best answer to the questions.

- 1) What is the mother's point when she tells her boy he is unique according to Para 1?
 - A. You are genetically different from everyone else.
 - B. You are not different from any other people.
 - C. You are unique and the best in my eyes.
 - D. You have a weird personality.
- 2) In which way are the identical twins likely to be identical?
 - A. genetic code
 - B. body DNA
 - C. appearance
 - D. character
- 3) Which of the following is not the significance of gene?
 - A. building and maintaining an organism's cell
 - B. passing visible traits to offspring
 - C. passing invisible traits to offspring
 - D. specifying all proteins and functional RNA chains
- 4) What is the modern definition of gene?
 - A. A specific allele determining certain trait.
 - B. Functional sequence regions with inheritance unit.
 - C. Randomly sequenced nucleic acids.
 - D. Regulatory regions and transcribed regions.
- 5) Which of the following results in trait variant?
 - A. good genes
 - B. a specific allele
 - C. a sequence of nucleic acids
 - D. genomic sequence



Matching games

4. Match the words on the right with blanks in the sentences on the left by dragging them over.

- 1) I haven't got the qualifications _____ apply.
- 2) I'm _____ all form of hunting.
- 3) Get _____ your backside and start digging.
- 4) From that moment _____ I never believed a word she told me.
- 5) She has been voted 'Woman _____ the Year'.

- A. off
- B. to
- C. of
- D. against
- E. on



1. What do you know about Mendelian inheritance?
2. How did Mendel discover the rule of inheritance?
3. What are alleles?
4. Are there any exceptions for Mendelian inheritance?

II Skimming

Skim the text to find out general idea. Look quickly through the discourse clue markers:

1. Mendelian inheritance outline (Para 1);
2. How did Mendel discover the heredity rule (Para 2);
3. Definition of alleles (Para 3);
4. Mutations may sometimes occur (Para 4).

Exercises

1. What is Mendelian inheritance?
2. Where does the offspring get heredity units?
3. How do alleles relate to specific trait?
4. How do mutations happen?

III Scanning

Scan the text for specific information.

1 Mendelian inheritance is a scientific description of how **hereditary characteristics** are passed from parent organisms to their offspring which was **theorized** by Mendel in 1915 and soon became the **core** of classical genetics.

characteristic: *n.* a prominent aspect of something 特征

Ambition is a **characteristic** of all successful businessmen.

theorize: *v.* to form or construct theories. 建立理论

It is a capital mistake to **theorize** before one has data.

core: *n.* most essential part of some idea. 核心, 要点

The **core** of our appeal is freedom of speech.

cross: *v.* to breed animals or plants using parents of different races and varieties. 杂交

A mule is a **cross** between a horse and a donkey.

译文：如果肿瘤小，局部化并位于表面，或易于接近，那么可把放射源置于恶性肿瘤周围或内部。

3. Translate the passive sentences into the active sentences without subject in Chinese.

e.g. Once the clinical diagnosis has been made and the site of infection is determined, a tentative working etiologic diagnosis can often be made before there has been time for the bacteriologist to report on cultures.

译文：一旦作出了临床诊断，确定了感染部位，那么在获得细菌学者的培养报告前，就往往可以作出初步的病因诊断。

Translation Practice: Translate the following sentences into Chinese

- 1) A mountain of prejudice stands between today's doctors and the use of simple plant medicine, while the hostility, the amused contempt, or even the out range that the very idea of doctoring people with plants evokes in medical circles has to be experienced to be believed.
- 2) In the presence of dysphasia but a normal barium swallow endoscopy is indicated.
- 3) Oxygen in the air is taken up by the blood.
- 4) Some difficult disease can be cured with acupuncture.
- 5) Great efforts are being made to find easily administered and reliable drugs.

VI Medical Word Power

Most of the advanced vocabularies are consisted of prefix + root + suffix. Most roots are originated from Greek and Latin. It is important to know more about some basic roots and then establish a word tree to further expand our vocabulary. Today we continue to learn another meaning of root *gens* in Latin.

For example

neuralgia (神经痛)



neur- (神经的) + algia (疼痛)

tetanus (破伤风)



tetanic (破伤风的) + -us (名词)

Translation Practice: Translate the following words into English/Chinese, using the above tips for affixes.

1. 神经炎

Text Notes

1. **The Appollo program:** The Apollo program was the spaceflight effort that landed the first humans on Earth's Moon. It was accomplished by the Apollo 11 mission on July 20, 1969, when astronauts Neil Armstrong and Buzz Aldrin walked on the moon's surface, while Michael Collins remained in lunar orbit. Five subsequent Apollo missions also landed astronauts on the Moon, the last in December 1972. In these six Apollo spaceflights, 12 men walked on the Moon. These are the only times humans have landed on another celestial body.
2. **The journal *Nature*:** *Nature*, first published on 4 November 1869, is ranked the world's most cited interdisciplinary journal by the Science Edition of the 2010 Journal Citation Reports. Most scientific journals are now highly specialized, and *Nature* is among the few journals that still publish original research articles across a wide range of scientific fields. Research scientists are the primary audience for the journal, but summaries and accompanying articles are intended to make many of the most important papers understandable to scientists in other fields and the educated general public.

IV Exercises



Reading comprehension

1. T/F. Mark T (True) or F (False) to each statement according to text C.

- ☐ 1) The Human Genome Project identified more than 25 000 genes.
- ☐ 2) The project went on for a period of more than 15 years.
- ☐ 3) The project was headed by USA with participation of a number of other countries.
- ☐ 4) The project was completed in 2000.
- ☐ 5) The HGP provides the basic set of inheritable instructions for the development and function of a human being.

▼ Pattern Drill Games: Matching

- a. Selenium is _____ an important mineral.
- b. _____ Vitamin E it actually serves as an important antioxidant in addition to its role in keeping the tissues of the body flexible.
- c. _____ the body lacks Selenium, people will suffer from different kinds of types of heart diseases.
- d. Magnesium _____ helps the heart with its muscle contractions by regulating the neuromuscular activity that assures a regular heartbeat, _____ regulates the neuromuscular role in helping the body to make the most out of potassium and calcium.
- e. Our body must take in some other substances, _____ minerals, vitamins, etc.

also
as well as

if

not only... but also

for example

2. Guided writing

Write a composition with the title *Vitamins and Minerals Help Ensure a Good Healthy Heart*. You may come across the following words and expressions given below in your mind during the writing.

mineral	affect one's health
vitamin	keep in mind
nutrient	when it comes to
function well	pump blood efficiently
regulate a person's heartbeat	play an important role in
reduce inflammation	

VI Medical Word Power

Most of the advanced vocabularies are consisted of prefix + root + suffix. Most roots are originated from Greek and Latin. It is important to know more about some basic roots and then establish a word tree to further expand our vocabulary. Today we continue to learn root *gen*.