

医学英语系列教材


医学英语时文阅读

Medical English Readings

(第1册)

主编 秦 晔



 南京大学出版社

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前 言

医学院校的学生课程多,在校园步履匆匆,成为一道独特的风景线。对于医学英语,学生们“爱恨交加”。“爱”医学英语,是学生们认为医学英语是他们日后职业发展的基石,切合医学生展开国际学术交流的迫切需求。“恨”医学英语,是学生们认为医学英语无边无际,无穷无尽,不知从何学起。我们十分了解医学院校学生们的困惑和渴望,特地编撰了此书,以期给学生们在学习医学英语的过程中增加一个选择,增添一些乐趣。

本书由 16 篇文章组成,题材宽泛,涉及生活习惯与健康、生活环境与健康、当代人健康现状、疾病和疾病的传染等话题。学生们在阅读这些文章时,与作者一起,或困惑,或同感,或振奋,最终一定会有所收获。

本书中的每一篇文章后配有正误练习、词汇练习、“英译汉”和“汉译英”练习等,可帮助读者更好地理解原文,掌握更多的医学词汇,熟悉医学英语的句型特点。最后一部分的讨论题,鼓励读者进一步思考、探索,甚至与同伴争辩、争论,以引起共鸣。

建议教师灵活使用本书。本书可为您现用的公共英语教材添些医学英语的色彩,也可作为医学生学习医学英语的延伸材料。本书配有答案,供使用者参考。

简而言之,本书愿为医学院校的医学英语教学尽绵薄之力,期冀给您的课堂教学和英语学习增添别样的精彩。

编 者
2014 年 1 月

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Passage One

Your Smartphone May Be Making You Fat

Barbara Bronson Gray

THURSDAY, July 18 (HealthDay News)—Smartphone users just might be the new couch potatoes.

Researchers studying college students found that cellphone use—much like watching television—may significantly decrease physical activity and fitness levels.

“Using a cellphone doesn’t have the same kind of negative stigma that sitting on the couch and watching TV has, but it can be just as bad for you,” said study co-author Jacob Barkley, an associate professor of exercise science at Kent State University in Ohio.

The study found that students spent an average of almost five hours on their cellphones and sent hundreds of text messages every day, Barkley said.

Cellphones—also called smartphones—have become multifunction devices with capabilities similar to an Internet-connected computer. Virtually anywhere and always, users can not only make calls and send texts and emails, but they can interact with Twitter, search the Internet, watch videos and live events, and play video and other games.

All these activities are essentially sedentary, the researchers noted.

Despite the fact that cellphones are mobile devices, they slow people down, Barkley said. Texting on the way to the bus stop, people walk more slowly, trying to do two things at once. Going to the park for a run, they stop to look for messages, check movie times and make a date. Walking past a beautiful scene, they halt and take a photo, and then send it to their friends via Facebook.

“Before you know it you’ve fallen down into this little wormhole sitting on a park bench, playing on your phone,” Barkley said.

Smartphones have enormous capacity to significantly change people’s lifestyles and health habits, a public health expert agreed.

“We have to look at this similar to what happened in the industrial revolution and how it changed us,” said Nancy Copperman, director of public health initiatives at North Shore-LIJ Health System, in Great Neck, N.Y. “A study like this raises the importance of how this technology affects how we move, eat and sleep. We have to look at the impact of technology on our health.”

Copperman said heavy cellphone use can create mindless eating, much as television does. If you’re using your cellphone during much of your time awake, you have to sometimes be eating while using the device, she said.

Cellphone use can also affect sleep, study co-author Barkley noted. He said some students have been known to “sleep text”—sending messages while they’re sleeping and not remembering they did it when they wake up.

Copperman said she worries that while this study focused on college students who were about 20 years of age, many of today’s elementary school students are just as tethered to smartphones. “This is probably affecting physical activity in younger kids now, too,” she said.

For the study, the researchers surveyed more than 300 college students about their cellphone use, leisure activities and physical activity. Then 49 students used a treadmill test to evaluate their heart and lung fitness.

In that group, those who spent a lot of time on their cellphones—up to 14 hours daily—were less fit than participants who only averaged about 1.5 hours of use.

The findings took into account factors such as gender, percentage of body fat and “self-efficacy”—the participant’s confidence that he or she could be active in a variety of settings, Barkley said.

High-frequency cellphone users tended to report they were involved in more sedentary activities than were low-frequency users. The researchers said that high cellphone users may also be attracted to other forms of digital media such as television, movies, computers, and video games.

However, the research can't conclude that cellphones are causing people to be less fit, Barkley acknowledged. "It's possible that less fit people use their cellphones more," he said.

Copperman offered some practical advice. She thinks parents should monitor not just what their children are doing on their smartphones, but how frequently they are using them. Adults should start monitoring themselves, too, she suggested, noting if they're interrupting physical activity by using their phones, or making their cellphone their dinner companion.

"People should take time from their cellular technology for a better quality of life," Copperman said.

The study appeared online recently in the *International Journal of Behavioral Nutrition and Physical Activity*. (729 words)

(Retrieved January 14, 2014, from <http://www.medicinenet.com/script/main/art.asp?articlekey=171700>)



New Words and Expressions

stigma	['stɪgmə]	<i>n.</i> something to be ashamed of 污名;耻辱
multifunction	[ˌmʌltɪ'fʌŋkʃən]	<i>a.</i> having or able to perform many functions 多功能的
virtually	['vɜ:tʃʊəli]	<i>ad.</i> slightly short of or not quite accomplished 几乎
sedentary	['sed(ə)nt(ə)rɪ]	<i>a.</i> requiring sitting or little activity 久坐的;静止的
note	[nəʊt]	<i>v.</i> make mention of 表明,指出; observe with care or pay close attention to 注意,留意
halt	[hɔ:lt]	<i>v.</i> stop moving 停止
wormhole	['wɜ:m,həʊl]	<i>n.</i> hole made by a burrowing worm 虫孔,蛀洞
initiative	['ɪnɪʃ(ɪ)ətɪv]	<i>n.</i> an important act or statement that is intended to solve a problem 倡议

tether	[ˈteðə]	v.	attach an animal or object with a rope or chain 用绳或链拴住
treadmill	[ˈtredmɪl]	n.	an exercise device consisting of an endless belt on which a person can walk or jog without changing place 跑步机
evaluate	[ɪˈvæljuərt]	v.	form a critical opinion of 评价, 评估
self-efficacy	[selfˈefɪkəsi]	n.	the confidence of one's capacity or power to produce a desired effect 自我效能; 自信心
couch potato			电视迷; 大部分时间都在家看电视、不运动或没有其他兴趣爱好的人
text message			短信
live event			现场直播; 实况演出
take into account			把……考虑进去, 考虑到
be involved in			卷入
digital media			数字媒体
Twitter			推特网: 用户可以发送简短的、关于自身目前活动的留言的网站
Facebook			脸书, 是一个社交网络服务网站, 于2004年2月4日上线。截至2012年1月, 脸书拥有超过8.45亿活跃用户。用户可以建立个人专页, 添加其他用户作为朋友并交换信息, 包括自动更新及即时通知对方专页。



Exercises to the Text

- I. Read the following statements and decide whether they are true (T) or false (F).
1. Using cellphones may have the same influence on people's health as sitting on the couch has.
2. People use smartphones to make phone calls most of the time.
3. People's lifestyles have been changed because smartphones can work as an

Internet-connected computer and provide people with multifunctions.

4. According to the survey, students who use cellphones more than others may be less active in life.
5. Parents should change their habits first in order to help their kids build up a correct attitude to cellphone use.

II. Fill in the blanks with the words given below. Words are given more than needed. Change the form when necessary.

negative	note	virtually	sedentary	stigma	multifunction
mindless	interact	evaluate	initiative	capacity	halt

1. The new product is a full featured _____ device, which can work as a copier, printer and scanner.
2. Living wills in America is so popular that laws were passed in support of it in _____ every state in the union.
3. In the Badminton World Championship Final, Li Zongwei had to _____ the match twice for medical help due to injury.
4. President Obama announced a new _____ to bring high-speed Internet access to 99 percent of all of the country's K - 12 students within the next five years.
5. The urban rail system, with a high transport _____, can carry about 10, 000 people in one hour, at a speed of 30—50 km/h.
6. For every trait, you can interpret it in a positive and a _____ manner.
7. Schools should _____ teacher performance based on the quality of their lessons instead of students' scores.
8. The World Health Organization blames _____ lifestyles for about two million deaths each year.
9. According to education experts, exchange students have more opportunities to _____ with locals to enrich their vision and become globalized.
10. Being mother-bonded (being excessively attached to one's mother) is sometimes seen as a sign of weakness, and has a social _____ attached to it in many places.

III. Put the following sentences into Chinese.

1. Using a cellphone doesn't have the same kind of negative stigma that sitting on the couch and watching TV has, but it can be just as bad for you.
2. Cellphones—also called smartphones—have become multifunction devices with capabilities similar to an Internet-connected computer.
3. We have to look at this similar to what happened in the industrial revolution and how it changed us.
4. Copperman said she worries that while this study focused on college students who were about 20 years of age, many of today's elementary school students are just as tethered to smartphones.
5. High-frequency cellphone users tended to report they were involved in more sedentary activities than were low-frequency users.

IV. Put the following passage into English.

一份研究报告显示,美国每年有 5 000 多人死于开车发短信和打电话,而 20 岁以下的驾驶员尤其容易在开车时分神。2009 年一份针对大型车辆及卡车驾驶员的研究报告指出,开车发短信引发撞车的风险是专心驾驶状态下的 23 倍。研究人员表示,驾驶员开车发短信时,平均每条短信有 4.6 秒的时间是不看路的。而开车打手机同样也有风险,因为驾驶员在通话的时候脑子里会想象通话对方的样子,分神自然在所难免。

V. Questions for discussion.

1. What are the advantages and disadvantages of cellphone use?
2. How to prevent people from being addicted to cellphone use?

Passage Two

10 Tips for Choosing Athletic Shoes:

Proper-fitting Shoes Make All the Difference Whether You Walk or Run

Christina Frank

Running and walking are among the purest, most natural forms of exercise around. With newfangled innovations like freon-filled midsoles and pump-it-up tongues, it's knowing which shoes to buy that seems to require an advanced degree.

Choose the wrong athletic shoes and you could end up lying on the couch nursing shin splints or aching heels instead of enjoying a brisk walk or run.

While most specialty sport-shoe stores have knowledgeable staff to guide you, you'll be a few steps ahead of the game armed with some basic knowledge about your feet and their specific needs. Here is some expert advice to heed before buying new footwear:

Don't make shoes multitask. Walking shoes are stiffer; running shoes are more flexible, with extra cushioning to handle greater impact. If you do both activities, get a pair for each one.

Know your foot. Sure, we've all got 10 toes and two heels, but beyond that, feet come in a variety of shapes—and knowing your foot's particular quirks is key to selecting the right pair of shoes. Most major brands now offer a model to suit every foot type.

One way to determine your foot's shape is to do a "wet test"—wet your foot, step on a piece of brown paper and trace your footprint. Or just look at

where your last pair of shoes shows the most wear.

If your footprint shows the entire sole of your foot with little to no curve on the inside—or if your shoes show the most wear on the inside edge—it means you've got low arches or flat feet and tend toward over-pronation—meaning your feet roll inward. Over-pronation can create extra wear on the outside heel and inside forefoot. You'll want a shoe with a motion-control feature and maximum support.

If the footprint shows only a portion of your forefoot and heel with a narrow connection between the two—or if your shoes wear out mostly on the outside edge—you have high arches and tend to under-pronate (also called “supinate”), meaning your feet roll outward. Under-pronation causes wear on the outer edge of the heel and the little toe. Look for a cushioned shoe with a soft midsole.

You have a neutral arch if your footprint has a distinct curve along the inside and your shoes wear out uniformly. Look for a “stability” shoe, which has the right mix of cushioning and support.

Measure your foot frequently. “It’s a myth that foot size doesn’t change in adults,” says Steven Raiken, MD. “It does change as we get older, so have your feet measured twice a year. Sizes also vary between brands, so go by what fits, not by what size the shoe is.” Raiken is director of the foot and ankle service at the Rothman Institute at Thomas Jefferson University Hospital in Philadelphia.

Shop toward the end of the day. Feet swell over the course of the day; they also expand while you run or walk, so shoes should fit your feet when they’re at their largest.

Bring your own socks—the ones you wear while running or walking. If you wear orthotics, bring those, too. Shoes need to fit with the orthotic inside.

Don’t believe in breaking in. Running and walking shoes should feel comfortable right away, Raiken tells WebMD. Walk or run around the store a bit to make sure they feel good in action.

Use the rule of thumb. There should be about 3/8-1/2 inch between the

front of your big toe and the end of the shoe—about a thumb's width. The heel should fit relatively tightly; your heel should not slip out when you walk. The upper part of the shoe—which goes over the top of your foot—should be snug and secure, and not too tight anywhere. The American Academy of Orthopaedic Surgeons writes that when fitting in to an athletic shoe you should be able to freely wiggle all of your toes when the shoe is on.

Understand the bells and whistles. Some models of running shoes look better suited to a space mission than a run in the park, but some of those groovy-looking features actually serve a purpose. Clear inserts, filled with gel, Freon, or air, provide extra shock absorption, as do those springy-looking things. These features are especially good for people who tend to get heel pain, says Raiken, and not so good for people whose ankles twist easily, as shoes with extra cushioning tend to provide less traction.

Some shoes allow you to pump up the tongue, which lets people with difficult-to-fit feet achieve a more customized fit.

Don't over- or underpay. Good-quality running and walking shoes are fairly pricey—and usually worth it. “A \$ 15-shoe will not be as good as an \$ 80-shoe,” says Raiken. But you'll pay a premium for super-fashionable styles or those associated with a celebrity—and they won't be any better for your feet.

Know when to replace them. The average pair of running shoes should be replaced after about 350—400 miles of use, says Clifford Jeng, MD, a foot and ankle surgeon at Mercy Medical Center in Baltimore, Md. Better yet, go by how your shoes look and feel. Once the back of the sole is worn out or the shoe feels uncomfortable or less supportive, it's time to take those tootsies shopping again. (923 words)

(Retrieved from <http://www.medicinenet.com/script/main/art.asp?articlekey=56225>)



New Words and Expressions

newfangled ['njuːfæŋg(ə)ld] *a.* (of a new kind or fashion) gratuitously
new 新奇的; 新流行的

innovation	[ˈnəʊ'veɪʃ(ə)n]	n.	a creation (a new device or process) resulting from study and experimentation 创新;革新
freon	['fri:ɒn]	n.	any of a group of chemically unreactive chlorofluorocarbons used as aerosol propellants, refrigerants, and solvents 氟利昂
midsole	[mɪd'səʊl]	n.	a layer between the inner and the outer sole of a shoe, contoured for absorbing shock 鞋底夹层
nurse	[nɜ:s]	v.	try to cure by special care of treatment, of an illness or injury 护理
shin	[ʃɪn]	n.	the front part of the human leg between the knee and the ankle 胫骨
splint	[splɪnt]	n.	a long piece of wood or metal that is fastened to a broken arm, leg, or back to keep it still (治疗骨折用的)夹板
heel	[hi:l]	n.	the back part of the foot, just below the ankle 脚后跟
brisk	[brɪsk]	a.	quick and energetic 轻快的
heed	[hi:d]	v.	pay close attention to 注意,留心
footwear	['fʊtweə]	n.	clothing worn on a person's feet 鞋类
stiff	[stɪf]	a.	firm or does not bend easily 硬的
cushioning	['kʊʃənɪŋ]	n.	artifact consisting of soft or resilient material used to fill or give shape or protect or add comfort 缓冲物;减震器
quirk	[kwɜ:k]	n.	a strange attitude or habit 怪癖
sole	[səʊl]	n.	the underside of the foot 脚底
arch	[ɑ:tʃ]	n.	a curved bony structure supporting or enclosing organs (especially the inner sides of the feet) 足弓
over-pronation	['əʊvə,prəʊ'neɪʃən]	n.	overrotation of the hand or forearms so

			that the surface of the palm is downward 过度脚内旋
under-pronate	[ˈʌndə ˈprəʊneɪt]	v.	put or hold (a hand, foot or limb) with the palm or sole turned downwards 内旋不足
supinate	[ˈs(j)uːpɪneɪt]	v.	turn (the hand or forearm) so that the back is downward or backward, or turn out (the leg) 脚底向上或朝前
swell	[swel]	v.	increase in size, magnitude, number, or intensity 膨胀; 肿胀
orthotic	[ɔːˈθɒtɪk]	n.	artificial or mechanical aids, such as braces, to prevent or assist movement of weak or injured joints or muscles 矫正(或矫形)器械
snug	[snʌg]	a.	fitting closely but comfortably 舒适的; (衣服等)紧身的
wiggle	[ˈwɪɡlɪ]	v.	move to and fro 扭动
groovy	[ˈɡruːvi]	a.	attractive, fashionable, or exciting 绝妙的; 时髦的
gel	[dʒel]	n.	a thick, jelly-like substance 凝胶
springy	[ˈsprɪŋɪ]	a.	elastic; rebounds readily 有弹力的
pricey	[ˈpraɪsi]	a.	expensive 价高的, 昂贵的
tootsies	[ˈtuːsiz]	n.	foot (especially for kids or women) 脚; (小孩或女子的)小脚
make all the difference			关系重大; 大不相同
pump-it-up tongue			充气鞋舌, 可以让鞋面和脚面紧紧贴住, 紧紧裹住脚踝, 减少运动中的扭伤等伤害
armed with			装备着; 准备着



Exercises to the Text

I. Read the following statements and decide whether they are true (T) or false (F).

1. Wearing suitable athletic shoes can prevent injuries to one's foot.
2. Customers can trust the professional sport-shoe stores in guiding them to choose correct shoes.
3. The most important factor in choosing suitable shoes is finding out what your foot's size is.
4. Since the foot size doesn't change in adults, one can always choose the same size whatever the brand is.
5. The higher the price is, the better quality the shoes have.

II. Fill in the blanks with the words given below. Words are given more than needed. Change the form when necessary.

brisk	stiff	innovation	pricey	swell	heed
groovy	nurse	splint	snug	springy	quirk

1. His face _____ up with the toothache and he had to go to see the doctor at once.
2. When six o'clock came he hurried eagerly away, his arms aching and his limbs _____ from sitting in one position.
3. All her time goes into _____ her old father who became a helpless wreck six years ago due to stroke.
4. This technical _____ will save us a lot of time and labor.
5. Expert said detox(排毒) is a marketing myth: our bodies detox naturally without any help from _____ drinks or diets.
6. In some cases, instead of a cast(石膏), a _____ made of plastic or metal will be secured over the area to restrict movement.
7. Japanese people must not tolerate these habits as ingrained(根深蒂固的) _____ of their culture.
8. There is something special about clearing the head with a _____ walk or a