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Unit 1

Sleep and Health



Text A:

A Sleep Disorder

Text B:

Enough Sleep

Extended Reading:

9 Surprising Reasons to Get More Sleep

Text A



Warm-up

Deal with unfamiliar words and expressions. Match the words in column A with the meanings in column B.

Column A

1. discovery
2. psychotherapeutic treatment
3. moderate
4. special equipment
5. alcohol consumption
6. rehabilitation
7. sleep disorder
8. compromise metabolism
9. psychiatric history
10. sleepwalking
11. behavioral approaches
12. physical functioning
13. medical community
14. treatment
15. stop breathing

Column B

- a. 酒精消耗, 饮酒
- b. 睡眠障碍
- c. 影响新陈代谢
- d. 精神病史
- e. 心理治疗方法
- f. 行为处理
- g. 发现
- h. 医学团体
- i. 特殊设备
- j. 康复
- k. 治疗
- l. 适度的
- m. 停止呼吸
- n. 生理功能
- o. 梦游



A Sleep Disorder

A sleep disorder is a medical disorder of the sleep patterns of a person or animal. Some sleep disorders are serious enough to interfere with normal physical, mental, social and emotional functioning. Disruptions in sleep can be caused by a variety of issues, from teeth grinding (bruxism) to night terrors. When a person suffers from difficulty falling asleep and/or staying asleep with no obvious cause, it is referred to as insomnia.

Some common sleep disorders include sleep apnea (stops in breathing during sleep), hypersomnia (excessive sleepiness at inappropriate times), cataplexy (sudden and transient loss of muscle tone while awake), and sleeping sickness (disruption of sleep cycle due to infection). Other disorders include sleepwalking, night terrors and bed wetting.

A systematic review found that traumatic childhood experiences (such as family conflict or sexual trauma) significantly increases the risk for a number of sleep disorders in adulthood, including sleep apnea, hypersomnia, and insomnia. It is currently unclear whether or not moderate alcohol consumption increases the risk of obstructive sleep apnea. Treatments for sleep disorders generally can be grouped into four categories: behavioral and psychotherapeutic treatment, rehabilitation and management, medication and other somatic treatment.

None of these general approaches is sufficient for all patients with sleep disorders. Rather, the choice of a specific treatment depends on the patient's diagnosis, medical and psychiatric history, and preferences, as well as the expertise of the treating clinician. Often, behavioral/psychotherapeutic and pharmacological approaches are not incompatible and can effectively be combined to maximize therapeutic benefits. Management of sleep disturbances that are secondary to mental, medical, or substance abuse disorders should focus on the underlying conditions.

Medications and somatic treatments may provide the most rapid symptomatic relief from some sleep disturbances. Certain disorders like hypersomnia, are best treated with prescription drugs such as modafinil. Others, such as chronic and primary insomnia, may be more amenable to behavioral interventions, with more durable results.

Chronic sleep disorders in childhood, which affect some 70% of children with developmental or psychological disorders, are under-reported and under-treated. Sleep-phase disruption is also common among adolescents, whose school schedules are often incompatible with their natural body rhythm. Effective treatment begins with careful diagnosis using sleep diaries and perhaps sleep studies. Modifications in sleep hygiene may resolve the problem, but medical treatment is often warranted.

Special equipment may be required for treatment of several disorders such as obstructive apnea, the body rhythm disorders and bruxism. In these cases, when severe, an acceptance of living with the disorder, however well managed, is often necessary. Some sleep disorders have been found to compromise glucose metabolism.

The special equipment includes: allergy treatment, acupuncture, hypnosis, music therapy, melatonin, sleep medicine.

Due to rapidly increasing knowledge about sleep in the 20th century, including the discovery of REM sleep in the 1950s and body rhythm disorders in the 70s and 80s, the medical importance of sleep was recognized. The medical community began paying more attention than previously to primary sleep disorders, such as sleep apnea, as well as the role and quality of sleep in other conditions.

By the 1970s in the USA, clinics and laboratories devoted to the study of sleep and sleep disorders had been founded, and a need for standards arose.



New Words



disorder	[dɪs'ɔ:də]	<i>n.</i>	混乱; 骚乱
interfere	[ɪntə'fiə]	<i>vi.</i>	干涉; 妨碍; 打扰
disruption	[dɪs'rʌpʃn]	<i>n.</i>	破坏, 毁坏; 分裂, 瓦解
grind	[graɪnd]	<i>vt.</i>	磨碎; 磨快, 磨光
bruxism	['brʌksɪzəm]	<i>n.</i>	[口腔] 磨牙症; 夜间磨牙
insomnia	[ɪn'sɒmniə]	<i>n.</i>	失眠症, 失眠
apnea	[æp'niə]	<i>n.</i>	[医] 窒息, [临床] 呼吸暂停
hypersomnia	[ˌhaɪpə'sɒmniə]	<i>n.</i>	嗜睡, [医] 睡眠过度
inappropriate	[ɪnə'prəʊpriət]	<i>adj.</i>	不适当的; 不相称的
cataplexy	['kætəpleksi]	<i>n.</i>	[内科] 猝倒; 昏倒
transient	['trænzɪənt]	<i>adj.</i>	短暂的; 路过的
infection	[ɪn'fekʃən]	<i>n.</i>	感染; 传染; 影响; 传染病
systematic	[sɪstə'mætɪk]	<i>adj.</i>	系统的; 体系的; 有系统的
traumatic	[trəʊ'mætɪk]	<i>adj.</i>	(心理) 创伤的
conflict	['kɒnflɪkt]	<i>n.</i>	冲突, 矛盾; 斗争; 争执
moderate	['mɒdərət]	<i>adj.</i>	稳健的, 温和的; 适度的, 中等的; 有节制的
consumption	[kən'sʌmpʃən]	<i>n.</i>	消费; 消耗
obstructive	[əb'strʌktɪv]	<i>adj.</i>	阻碍的; 妨碍的
category	['kætɪgəri]	<i>n.</i>	种类, 分类; [数] 范畴
behavioral	[br'hevjərəl]	<i>adj.</i>	行为的
psychotherapeutic	['psaɪkəʊθerə'pjʊ:tɪks]	<i>n.</i>	心理疗法; 精神疗法
rehabilitation	['ri:həbɪlɪ'teɪʃən]	<i>n.</i>	复原
somatic	[sə'mætɪk]	<i>adj.</i>	躯体的; 肉体的
approach	[ə'prəʊtʃ]	<i>n.</i>	方法; 途径; 接近
diagnosis	[ˌdaɪəg'nəʊsɪs]	<i>n.</i>	诊断
psychiatric	[ˌsaɪkɪ'ætrɪk]	<i>adj.</i>	精神病学的; 精神病治疗的
preference	['prefərəns]	<i>n.</i>	偏爱, 倾向; 优先权

expertise	[ˌɛkspɜː'tiːz]	<i>n.</i>	专门知识；专门技术；专家的意见
pharmacological	[ˌfɑːməkə'lɒdʒɪkəl]	<i>adj.</i>	药理学的
therapeutic	[ˌθerə'piːtɪk]	<i>adj.</i>	治疗的；治疗学的；有益于健康的
symptomatic	[sɪmptə'mætɪk]	<i>adj.</i>	有症状的；症候的
relief	[rɪ'liːf]	<i>n.</i>	救济；减轻，解除
prescription	[prɪ'skrɪpʃən]	<i>n.</i>	药方；指示；惯例
amenable	[ə'miːnəbəl]	<i>adj.</i>	有责任的；顺从的，服从的
adolescent	[ædə'lesənt]	<i>n.</i>	青少年
modification	[ˌmɒdɪfɪ'keɪʃn]	<i>n.</i>	修改；修饰；变型；条款修订
warrant	['wɒrənt]	<i>vt.</i>	保证；担保；批准
compromise	['kɒmprəmaɪz]	<i>vt.</i>	妥协；危害
glucose	['gluːkəʊs]	<i>n.</i>	葡萄糖
metabolism	[mɪ'tæbəlaɪzəm]	<i>n.</i>	[生理] 新陈代谢



Phrases and Expressions

interfere with	干扰，干涉；妨碍；触动或弄坏；乱动；与……抵触
a variety of	种种；各种各样的……
suffer from	忍受，遭受；患……病；受……之苦
due to	由于；应归于
devoted to	专心于……



Notes

1. Disruptions in sleep can be caused by a variety of issues, from teeth grinding (bruxism) to night terrors. When a person suffers from difficulty falling asleep and/or staying asleep with no obvious cause, it is referred to as insomnia. 睡眠的中断可能是由各种各样的问题引起的，从磨牙到夜惊。当一个人没有明显的原因但却难以入睡或无法保持睡眠状态时，就被称为失眠。

注释：with+ 名词经常用来表示伴随状况，本句中 with no obvious cause 表示没有伴随着明显的原因，例如：She sat on the chair with her eyes closed. 她坐在椅子上，眼睛闭着。We often sleep with windows open. 我们经常开着窗子睡觉。be referred to as 意

为“被称为……”。

2. Some common sleep disorders include sleep apnea (stops in breathing during sleep), narcolepsy and hypersomnia (excessive sleepiness at inappropriate times), cataplexy (sudden and transient loss of muscle tone while awake), and sleeping sickness (disruption of sleep cycle due to infection). 一些常见的睡眠障碍包括睡眠呼吸暂停（在睡眠时停止呼吸），嗜睡症（在不适当的时候过度嗜睡），猝倒现象（在清醒时突然短暂性失去肌肉张力）和睡眠疾病（睡眠周期被某些感染打乱）。

注释：disorders 意为“混乱、无序、（身心、机能）失调”，dis- 是否定前缀，经常加在表示过程、品质、状态的词前面，含“不、非、相反、缺乏”之意，例如：disagree 不同意，dissimilar 不相似的，discharge 下（客）；卸船；免除（自己的义务、负担等）。

3. Often, behavioral/psychotherapeutic and pharmacological approaches are not incompatible and can effectively be combined to maximize therapeutic benefits. Management of sleep disturbances that are secondary to mental, medical, or substance abuse disorders should focus on the underlying conditions. 通常，行为/心理治疗和药物治疗是不是相容的，可以有效地结合使得疗效最大化。继发于精神、医学或药物滥用的睡眠障碍，管理应该关注潜在的各种情况。

注释：are not incompatible 中，in- 是否定前缀，双重否定表示肯定，意为“不是不兼容的”，即是兼容的；that are secondary to mental, medical, or substance abuse disorders 是定语从句，先行词为 sleep disturbances。

4. Special equipment may be required for treatment of several disorders such as obstructive apnea, the circadian rhythm disorders and bruxism. In these cases, when severe, an acceptance of living with the disorder, however well managed, is often necessary. 一些疾病如阻塞性呼吸暂停，昼夜节律紊乱和磨牙症的治疗可能需要特殊的设备。当这些病情比较严重的情况时，即使病情得到很好的管理，病人也很有必要从心理上接受这个疾病的存在。

注释：when severe 是个省略句，完整的从句是 when (they are) severe；however 引导让步状语从句，表示无论如何……，例如：However hard she tried, nothing seemed to work. 不管她怎样努力，好像都无济于事。第二句包括了时间状语从句和让步状语从句，但句子核心是 an acceptance is necessary。

3. He's on _____ for high blood pressure.
4. The committee is assessing the _____ of care in local hospitals.
5. He suffers from a rare _____ of the liver.
6. Their _____ objective is to make money.
7. His son's death was a haunting _____ event in Stan's life.
8. Police found an illegal _____ in his car.
9. So, you must have to observe for the first _____.
10. His cheaper drugs are just as _____ in treating arthritis.

Task 3 Translate the following sentences into English.

1. 吸烟妨碍健康。(interfere with)

2. 医生们在会诊中遇到了种种问题。(a variety of issues)

3. 贝伐单抗 (bevacizumab) 与化疗联合应用显著地增加大量蛋白尿 (proteinuria) 和肾病综合征 (nephrotic syndrome) 的风险。(significantly increases the risk for)

4. 食物足够一周用。(be sufficient for)

5. 对于提高效率的目的而言, 这些想法都是次要的。(be secondary to)

6. 我给了他所有的权利。(provide)

7. 长期离职会影响晋级。(affect)

8. 我当时想, 我也许不能成为一位医生, 但是我将永远为病人服务。(be devoted to)

9. 他们向我们走近时, 我们才认出他们来。(recognize)

10. 在这点上我没有妥协。(compromise)



Language in Use

1. can be caused by 可能是由于……引起

用法: A can be caused by B, C and D, 这是情态动词 + 被动句式。情态动词后 be 动词用原型, 再加另一动词的过去分词。

类似句型: could be caused by, might be solved by, must be put out

例句: Sometimes, high blood pressure can be caused by other health problems, particularly kidney disease.

有些情况下, 高血压可能是由其他健康问题引起, 尤其是肾脏疾病。

It can be caused by psychiatric problems such as depression and anxiety disorders.

这一情况可能是由抑郁和焦虑等心理问题引起。

练习:

1) 这个事故是司机酒驾引起的。

_____.

2) 我对他的反感可能是源于他粗鲁的言谈。

_____.

2. due to 是副词, 表示原因。

用法: due to something

类似句型: because of, as a result of

例句: Due to your carelessness, it doesn't work now.

由于你的粗心, 现在它不起作用了。

Some of these impairments could be due to trauma.

某些损伤可能是外伤导致的。

练习:

1) 由于雨水过多, 今年的收成不好。

_____.

2) 由于你的努力, 你获得了很好的成绩。

_____.

Text B



Warm-up

Deal with unfamiliar words and expressions. Match the words in column A with the meanings in column B.

Column A

1. persist
2. temperature
3. practicable
4. avoidance
5. attach importance
6. sound sleep
7. professional
8. negative
9. energetic
10. judgement

Column B

- a. 判断
- b. 专业的
- c. 给与重视
- d. 持续, 坚持
- e. 可操作的
- f. 精力充沛的
- g. 负面的
- h. 熟睡
- i. 体温
- j. 避免



Enough Sleep

No one would deny that health is the most important thing to a person. To stay healthy, one should attach importance to many factors, such as diets, moods, exercises, and sleep. Enough sleep is important to health. It enables people to stay healthy and energetic for their daily work. If one fails to have enough sleep, one might not be able to function well enough for his daily work, and if this problem persists, it might cause long term negative effects to one's health.

However, how much is ENOUGH? How many hours do people need? The amount of sleep needed depends on the age of the person and the conditions in which sleep takes place. The young may need more sleep than the old, but usually eight hours are enough for the health of grown-ups.

Experts suggest that young people, especially those in schools, need more hours than the adults, because they are facing a great amount of academic activities. Some can do with less than this amount, but others may need more hours. And in terms of when to sleep, it also depends on one's own need. Most people sleep at night and get up in

the morning. However, some people are like owls, and they function most efficiently at night. Every person knows his own need. It is then a matter of good judgment to satisfy his need. Sleep should always be enough to make one bring back his strength and get ready for a day's work.

Sound sleep is the best way to get one's energy back. When one falls into sound sleep, no matter how short it might be, one's body and cells obtain the best relaxation. Some people complain that they have been sleeping for hours, yet they still feel tired and sleepy. That could be because they have not achieved sound sleep and their mind is still working. People wonder how to get into sound sleep. Good moods, comfortable beds, music and fresh air are all necessary to sound sleep. It is not without reason for some people to think that it is practicable to sleep in the open air. When one can keep himself warm, out-of-door sleeping probably gives the body the most complete relaxation.

Ability to sleep is basically a habit. The conditions referred to only lead to sleep. Out-of-door exercises, a good habit of regular hours and the avoidance of late eating and worry, which are largely within the control of any person, are all helpful to sound sleep.

A bath at bedtime, neither hot nor cool but of body temperature, may be helpful to sleep. Some gentle and soft music can also help to ease one's mind and help to get into a soothing mind-set. A bottle of warm milk is another helper. If one has trouble falling into sleep, try to find an efficient way to solve the problem. Note it: sleep-producing drug should never be taken except when suggested by a doctor. If the methods suggested above don't work, go to a professional practitioner for help.



New Words



energetic	[enə'dʒetɪk]	<i>adj.</i>	精力充沛的；积极的；有力的
judgement	['dʒʌdʒmənt]	<i>n.</i>	意见；判断力；[法] 审判；评价
satisfy	['sætɪsfaɪ]	<i>vi.</i>	令人满意；令人满足
		<i>vt.</i>	满足；说服，使相信；使满意，使高兴
relaxation	[,ri:læk'seɪʃn]	<i>n.</i>	放松；缓和；消遣
avoidance	[ə'vɔɪdəns]	<i>n.</i>	逃避；废止；职位空缺
temperature	[temprətʃə]	<i>n.</i>	温度；体温；气温；发烧



Phrases and Expressions

referred to 被提及; 被交付

lead to 导致; 通向



Exercises

Task 1 Choose the best answer to each question.

- () 1. How many hours are usually enough for the health of a pupil?
- A. Less than eight hours.
B. No more than eight hours.
C. Eight hours or so.
D. No less than eight hours.
- () 2. What does “sound sleep” mean?
- A. Long sleep.
B. Fast sleep.
C. Complete sleep.
D. Sleep without any sound.
- () 3. Which of the following is helpful to good sleep?
- A. Keeping good habits.
B. Staying up late at night.
C. Eating something at bedtime.
D. Forming the habit of taking sleep-producing drug.
- () 4. The amount of sleep a person needs has something to do with _____.
A. his age
B. his height
C. his weigh
D. his character
- () 5. Before going to bed, you’d better not _____.
A. take a bath
B. do any housework
C. think a lot
D. go out for relaxation

Task 2 Translate the following sentences into Chinese.

1. It enables people to stay healthy and energetic for their daily work.

2. The amount of sleep needed depends on the age of the person and the conditions in which sleep takes place.

3. Some can do with less than this amount, but others may need more hours.

4. Every person knows his own need.

5. Sleep should always be enough to make one bring back his strength and get ready for a day's work.

6. Fresh air is necessary to sound sleep.

7. When one can keep himself warm, out-of-door sleeping probably gives the body the most complete relaxation.

8. Ability to sleep is largely a habit.

9. A bath at bedtime, neither hot nor cool but of body temperature, may be helpful to sleep.

10. Sleep-producing drug should never be taken except when suggested by a doctor.

Extended Reading

9 Surprising Reasons to Get More Sleep



What difference could an extra hour of sleep make in your life? Maybe quite a lot, experts say. Studies show that the gap between getting just enough sleep and getting too little sleep may affect your health, your mood, your weight, and even your sex life.

If you're getting less than the recommended seven or eight hours of sleep a night, here are nine reasons that you should shut down your

computer, turn off the lights, and go to bed an hour early tonight.

1. Better health. Getting a good night's sleep won't grant you immunity from disease. But study after study has found a link between insufficient sleep and some serious health problems, such as heart disease, heart attacks, diabetes, and obesity.

In most cases, the health risks from sleep loss only become serious after years. That might not always be true, however. One study simulated the effects of the disturbed sleep patterns of shift workers on 10 young healthy adults. After a mere four days, three of them had blood glucose levels that qualified as pre-diabetic.

2. Better sex life. According to a poll conducted by the National Sleep Foundation, up to 26% of people say that their sex lives tend to suffer because they're just too tired. There's evidence that in men, impaired sleep can be associated with lower testosterone levels -- although the exact nature of the link isn't clear.

Of course, not getting enough sleep can affect your love life in less direct ways too. "If you're a 28-year-old who's so exhausted you're falling asleep during a date at the movies, that's not good," says Ronald Kramer, MD, a spokesperson for the American Academy of Sleep Medicine and a specialist at the Colorado Sleep Disorders Center in Englewood, Colo.

3. Less pain. If you have chronic pain—or acute pain from a recent injury—getting enough sleep may actually make you hurt less. Many studies have shown a link between sleep loss and lower pain threshold. Unfortunately, being in pain can make it hard to sleep.

Researchers have found that getting good sleep can supplement medication for pain. If pain

is keeping you up at night, there are also medications available that combine a pain reliever with a sleep aid.

4. Lower risk of injury. Sleeping enough might actually keep you safer. Sleep deprivation has been linked with many notorious disasters, like the destruction of the space shuttle Challenger and the grounding of the Exxon Valdez. The Institute of Medicine estimates that one out of five auto accidents in the U.S. results from drowsy driving—that’s about 1 million crashes a year.

Of course, any kind of accident is more likely when you’re exhausted, says Jodi A. Mindell, PhD, a professor of psychology at St. Joseph’s University in Philadelphia and author of *Sleep Deprived No More*. “When you’re overtired, you’re more likely to trip, or fall off a ladder, or cut yourself while chopping vegetables,” she says. “Household accidents like that can have serious consequences.”

5. Better mood. Getting enough sleep won’t guarantee a sunny disposition. But you have probably noticed that when you’re exhausted, you’re more likely to be cranky. That’s not all. “Not getting enough sleep affects your emotional regulation,” says Mindell. “When you’re overtired, you’re more likely to snap at your boss, or burst into tears, or start laughing uncontrollably.”

6. Better weight control. Getting enough sleep could help you maintain your weight—and conversely, sleep loss goes along with an increased risk of weight gain. Why? Part of the problem is behavioral. If you’re overtired, you might be less likely to have the energy to go for that jog or cook a healthy dinner after work.

The other part is physiological. The hormone leptin plays a key role in making you feel full. When you don’t get enough sleep, leptin levels drop. Result: people who are tired are just plain hungrier—and they seem to crave high-fat and high-calorie foods specifically.

7. Clearer thinking. Have you ever woken up after a bad night’s sleep, feeling fuzzy and easily confused, like your brain can’t get out of first gear? Christmas Xmas

“Sleep loss affects how you think,” Mindell tells WebMD. “It impairs your cognition, your attention, and your decision-making.” Studies have found that people who are sleep-deprived are substantially worse at solving logic or math problems than when they’re well-rested. “They’re also more likely to make odd mistakes, like leaving their keys in the fridge by accident,” she tells WebMD.

8. Better memory. Feeling forgetful? Sleep loss could be to blame. Studies have shown that while we sleep, our brains process and consolidate our memories from the day. If you don’t get enough sleep, it seems like those memories might not get stored correctly—and can be lost.

What’s more, some research suggests that sleep decreases the chances of developing false memories. In several experiments, people were asked to look over a series of words. Later they

were tested on what they remembered. People who didn't sleep in between were much more likely to "remember" a word that they hadn't actually seen before.

9. Stronger immunity. Could getting enough sleep prevent the common cold? One preliminary study put the idea to the test. Researchers tracked over 150 people and monitored their sleep habits for two weeks. Then they exposed them to a cold virus.

People who got seven hours of sleep a night or less were almost three times as likely to get sick as the people who got at least eight hours of sleep a night. More research is needed to establish a real link; this study was small and other factors may have influenced the results. Still, you can't go wrong getting eight hours of sleep when possible.