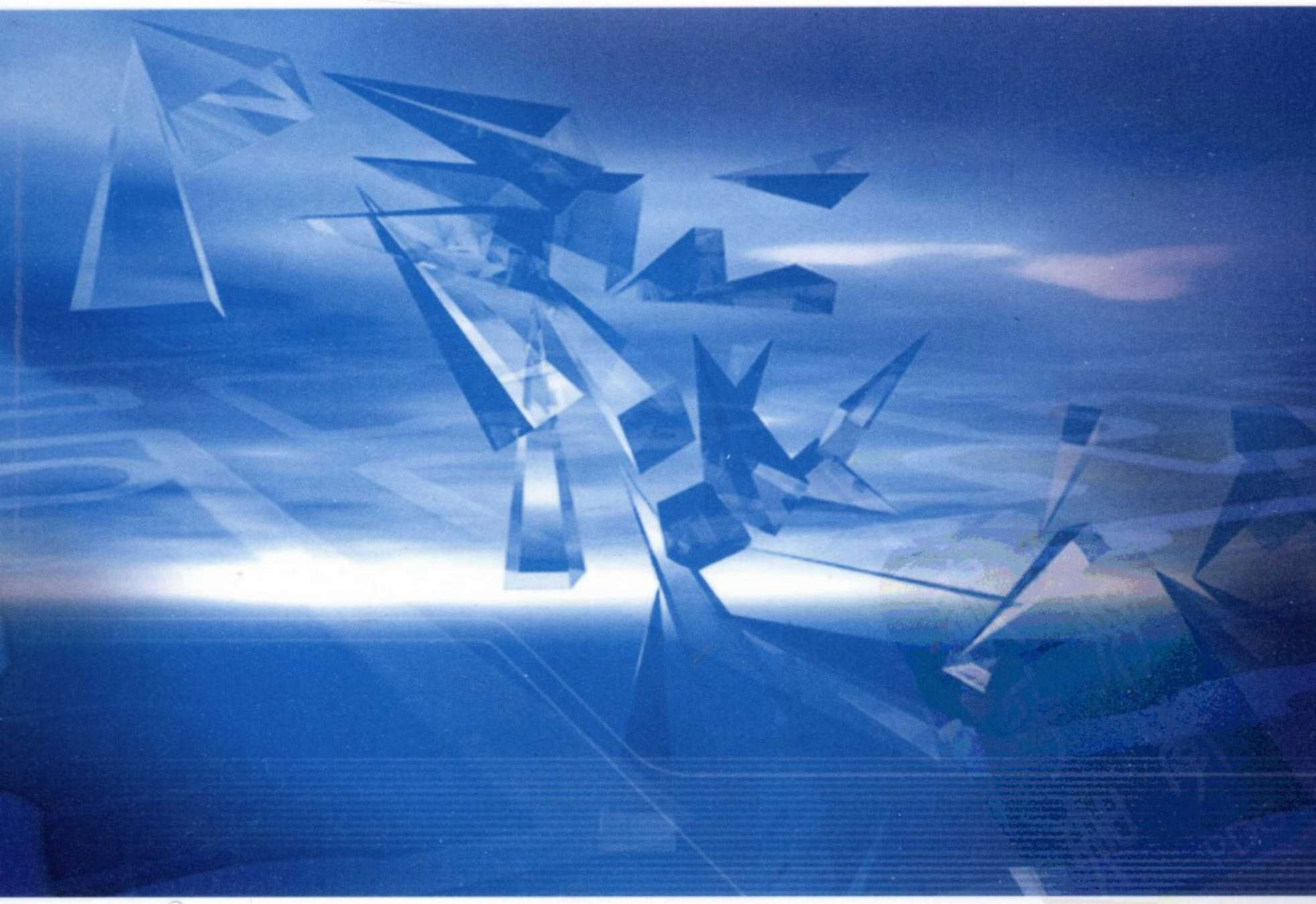
第2版

英汉对照

English-Chinese Medical Conversation

医务英语会话

主编　王文秀　李志红　冯永平



人民卫生出版社
PEOPLE'S MEDICAL PUBLISHING HOUSE

本版修订过程中，保持了上一版“内容翔实，使用便捷，章节安排科学”的风格，并从选题到内容、从语义到语境等，都再次进行了反复的斟酌和推敲，力求为广大医学生和医务工作者提供一条“读了即懂，懂了即用，用了即对”科学的学习医务英语口语的捷径。筛选语言素材时，我们的指导原则是：①脱口而出：尽量收录流行实用的语句；②触类旁通：一语多说，多种表达，举一反三；③对答如流：选用经典、贴切的对话，使对话完全符合读者所处的语言环境。

鉴于近十年来医学领域有了长足的进展，新理论、新概念、新疗法不断出现，我们对各章节进行了大幅度的修改和补充。删除了过时的、陈旧的内容；增添了一些与新病例、新疗法、新技术有关的话题，如：心理障碍、男性不育、肥胖症、整形外科、磁共振成像、血管成形、基因疗法等。并在原有的“医疗服务篇”基础上增编了“医学篇”，包括“疾病和症状”、“治疗”、“病案讨论”、“实验室检查”和“疗法”等章节。情景对话的编写可使读者学会在医学领域内如何与病人进行有效的交流，包括从导医台到挂号室，从急诊室到门诊部，入院、住院和出院，各项指标的检测和身体检查等环节，从而面对说英语的病人不再恐慌、不再躲避、不再拒绝；并学到大量与医学行业相关的知识，加深对医学行业的理解。

本书可供广大医学生和医务工作者在临床学习和涉外工作中参考使用。

销售分类：医学英语

人民卫生出版社网站：

门户网：www.pmph.com 出版物查询、网上书店

卫人网：www.ipmph.com 护士、医师、药师、中医师、卫生资格考试培训

ISBN 978-7-117-12903-9

9 787117 129039 >

定 价：79.00 元

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English-Chinese Medical Conversation

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人民卫生出版社

图书在版编目（CIP）数据

英汉对照医务英语会话/王文秀等主编. —2 版.
—北京：人民卫生出版社，2010.7
ISBN 978-7-117-12903-9

Ⅰ.①英… Ⅱ.①王… Ⅲ.①医学-英语-口语
Ⅳ.①H319.9

中国版本图书馆 CIP 数据核字（2010）第 080509 号

门户网：www.pmph.com 出版物查询、网上书店
卫人网：www.ipmph.com 护士、医师、药师、中医师、卫生资格考试培训

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英汉对照医务英语会话

第 2 版

主　　编： 王文秀　李志红　冯永平
出版发行： 人民卫生出版社（中继线 010-59780011）
地　　址： 北京市朝阳区潘家园南里 19 号
邮　　编： 100021
E - mail： pmph @ pmph.com
购书热线： 010-67605754　010-65264830
010-59787586　010-59787592
印　　刷： 中国农业出版社印刷厂
经　　销： 新华书店
开　　本： 787×1092　1/16　**印张：** 44
字　　数： 1070 千字
版　　次： 2001 年 4 月第 1 版　2010 年 7 月第 2 版第 10 次印刷
标准书号： ISBN 978-7-117-12903-9/R · 12904
定　　价： 79.00 元
打击盗版举报电话：010-59787491　E-mail：WQ @ pmph.com
（凡属印装质量问题请与本社销售中心联系退换）

第2版前言

本书第1版自2001年出版以来，印刷多次，发行数万册，颇受广大医务工作者的青睐。为使本书更加完善，人民卫生出版社委托我们对本书进行此次再版修订。

在此次修订过程中，在保持原书“内容翔实，使用便捷，章节安排科学”的风格前提下，从选题到内容、从语义到语境、从编辑到校对，我们都再次进行了反复的酝酿、斟酌和推敲，力求为广大医学生和医务工作者提供一条更加科学的“读了即懂，懂了即用，用了即对”的学习医务英语口语的捷径。在语言素材的筛选过程中，我们的指导原则是：①脱口而出：尽量收录流行实用的语句；②触类旁通：一语多说、多种表达、举一反三；③对答如流：选用经典、贴切的对话，使对话完全符合读者所处的语言环境。

由于近十年来医学科学有了长足的发展，新理论、新概念、新疗法不断出现，我们对各章节都进行了大幅度的修改和补充。删除了那些过时的、陈旧的内容；增添了一些与新病例、新疗法、新技术有关的话题，如：心理障碍、男性不育、肥胖症、整形外科、磁共振成像、血管成形、基因疗法等。为使本书更加实用，本书增编了“医学篇”，包括“疾病和症状”、“治疗”、“病案讨论”、“实验室检查”和“疗法”等章节。此篇内容可供高年级医学生在涉外临床见习和实习中使用。

再版本书，宗旨仍如第1版中所述，即帮助医务人员与说英语的患者进行交流沟通。借助本书，医务人员可以学会如何与患者在所有的医学领域内进行有效的交流，包括踏入医院，从导医台到挂号室，从急诊室到门诊部，住院和出院，各项检测和身体全面检查等环节。通过阅读本书，读者将进一步体会到西方医务人员与患者的交流方式，学到大量的与医学这一行业相关的知识并对医学这一行业产生更深刻的理解。在本书的部分章节中，有些对话会不止一次地出现。这么做的原因在于编者想强调与西方患者对话过程中的文化差异现象。情景对话的编写不仅仅是为了学习英语单词，更为重要的是帮助读者更好地了解西方国家的医务人员如何与患者相处，面对说英语的患者不再恐慌，不再躲避，不再拒绝。

本书的修订工作自始至终均在人民卫生出版社有关部门的鼓励、关怀和支持下进行；颜法教授对本次修订稿进行了耐心、细致的审校。这都是本次修订工作得以顺利完成的重要保证。在此一并致以诚挚的感谢。

本书第1版经数载构思积累，三年成书，印行十年，第2版又经此番历时一年的修订，但仍嫌磨砺不够。敬请专家、同行和广大读者不吝赐教，以使本书再次修订时改进提高，最终铸就成精品。

王文秀

2010年5月

于承德医学院

第 1 版前言

随着改革开放国策的深入贯彻，越来越多的外国人到我国来访问、工作、学习或旅游。在我国就医或专程来我国求医的外宾日益增多，不仅那些开设了外宾病房的大医院经常有外宾来就诊，就是县级医院和区级医院也经常有外国人造访。在多数外宾不懂汉语，有时还没有翻译陪同的情况下，语言隔阂的克服与否就成了能否使外宾获得有效的医疗服务的关键问题。为了克服医务工作者在对外服务方面的语言障碍，我们组织部分正在从事、或从事过对外医疗服务，且精通英语的医务工作者和在国外学习或工作过一段时间的医学英语教学人员编写了此书。旨在使那些在学校只学过公共英语的医务人员通过工作实践—学习—再实践—再学习的途径尽快掌握医院常用英语口语表达方法。

本书以医院为背景，以对病案的语言表述为主线，通过医生与患者的谈话，医生之间、医护之间对病案的研究讨论，列出了医务英语口语常用的基本句式，并自然地导出了数百条医务英语口语惯用语。全书共收录了 250 余例会话，涉及 180 多个病例，包括了各种常见病、人体各主要器官的疾病、常规保健问题，以及计划生育、艾滋病等热门话题。书后附有多项附录，学习者在使用本书时能得到举一反三的效果。本书在编写过程中遵循了以下几条原则：

1. 对话内容尽量涉及医院各主要部门的实际业务。

2. 鉴于患者一般都不通医学术语，在医患对话中尽量避免使用长而难的医学术语，这样既可以使医务人员更切实地完成为患者服务这一使命，又能满足一般读者的需求。

3. 在医务人员之间的对话里，如病案讨论、术前准备、会诊等，根据实际需要涉及较多的专业术语。这样，有利于我国医务人员的医务活动与国际接轨，有助于我国医生出国进行各种医务和学术活动。

4. 在本书的对话编写中，有意地重复录用了医务英语中使用频率较高，而又很难从各种书籍中现成找到的句子，以便使医务人员尽快地掌握医务英语口语惯用句式，学以致用。

由于对话是一种双向性语言活动，故本书除了供医务人员使用之外，还可作为各行各业出国人员在国外就医时的一本指导手册。本书在试用过程中，曾用作医务人员和医学生学习医学英语口语的培训教材，取得了很好的效果。

王文秀

2000 年 10 月

于承德医学院

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Part 1 Medicine

医学篇

PDG

Unit 1

Diseases and Symptoms

疾病和症状

1 Pain 疼痛

Student: Pain has troubled people a lot. What is pain?

学生：疼痛一直困扰着人们。何为“疼痛”？

Professor: Pain is an unpleasant or hurtful sensation resulting from stimulating of nerve endings.

教授：疼痛是一种由于神经末端刺激而产生不良的使人痛苦的感觉。

Student: Could you describe nature of pain?

学生：你能描述疼痛的性质吗？

Professor: There are many kinds, e.g. burning pain, bursting pain, wandering pain, dull pain, sharp pain, pressing pain, etc.

教授：有多种性质的疼痛，如：烧灼痛、胀痛、游走性痛、钝痛、剧痛、压痛等。

Student: How long does the pain usually last?

学生：疼痛通常持续多久？

Professor: It can be an intermittent or constant pain.

教授：疼痛可以是间歇性的或持续性的疼痛。

Student: People often suffer from abdominal pain. What are the causes of abdominal pain?

学生：人们经常感到腹部疼痛。腹部疼痛的原因是什么呢？

Professor: Abdominal pain can be caused by toxins, infection, biliary tract disease, menstruation, malignancy, ulcers, etc.

教授：中毒、感染、胆管类疼痛、月经、癌症、溃疡等都可以引起腹部疼痛。

Student: So many causes?

学生：这么多原因？

Professor: Abdominal pain may also indicate certain potential emergency condition including appendicitis, bowel obstruction, gastrointestinal bleeding, etc.

教授：腹部疼痛还能反映某种潜在的急症，包括阑尾炎、肠梗阻、胃肠道出血等。

Student: What are the common causes for joint pain?

学生：关节痛的主要原因是什么？

Professor: Strain, gout, fracture, osteoarthritis, infectious diseases and so on are the common causes for joint pain.

教授：关节痛的主要原因是扭伤、痛风、骨折、骨关节炎、传染病等。

Student: What about sore throat?

学生：咽喉疼痛的原因呢？

Professor: Sore throat is often caused by common cold, viral pharyngitis, infectious mononucleosis, etc.

教授：咽喉疼痛的主要原因有感冒、病毒性咽炎、传染性单核细胞增多症等。

Student: How can we relieve the pain?

学生：怎样可使疼痛缓解呢？

Professor: Pain may be modified by sedatives and nonsteroid anti-inflammatory drug analgesics or by opioid narcotics, etc.

教授：服用镇定药，非甾体类抗炎药，止痛药或阿片麻醉剂等可缓解疼痛。

Student: Too many sedatives may depress the central nervous system. Can you suggest some simple ways without medication?

学生：服用太多的镇静剂会抑制中枢神经系统。你能推荐一些简单的不用服药的方法吗？

Professor: Sometimes exercise, food, heat, position, or rest can also relieve the pain.

教授：有时运动、进食、热敷、体位的改变或休息也可缓解疼痛。

Student: Some people prefer "home remedies" to other cures. Do you have any idea of them?

学生：有些人喜欢家庭偏方胜过其他的治疗。你知道一些吗？

Professor: Yes. Home remedies such as gargling salt water, or drinking honey or lemon tea may help for sore throat.

教授：知道。家庭偏方，如加盐的蒜水、蜂蜜、或柠檬茶对咽喉疼痛也有一定作用。

Student: I hear cold liquids and over-the-counter pain medications are also effective in treating the sore throat.

学生：我听说冷饮和非处方的去痛药对治疗咽喉疼痛也有效。

Professor: You are right.

教授：是的。

2 Headache 头痛

Student: What causes a headache?

学生：头痛是由什么引起的？

Professor: Headaches are caused by multiple different variables both related to the individual and the environment.

教授：头痛发生的因素有多种，既有个体因素，也有环境因素。

Student: Is it possible that stress causes headaches?

学生：压力是否能导致头痛？

Professor: An important fact is that stress does not cause headaches but is likely an important trigger of headaches.

教授：一个重要的事实是压力不会导致头痛，但它极可能是引起头痛的重要因素。

Student: What natural remedies work best for headaches such as migraines and sinus headaches?

学生：治疗头痛如偏头痛和鼻窦炎性头痛的最佳措施是什么?

Professor: Biofeedback, relaxation therapy and acupuncture are helpful for many headache sufferers.

教授：生物反馈,松弛疗法,针灸都有助于缓解许多患者的头痛。

Student: How come some headache sufferers suffer from more severe headaches after using medication?

学生：为什么有些头痛患者服用药物后头痛更为加剧?

Professor: That's just because they use them too often and this triggers more headaches.

教授：那是因为有些头痛患者过多地服用药物,而这也会使患者的头痛症状更为加剧。

Student: Now I see. Any other good suggestions?

学生：我明白了。还有好的建议吗?

Professor: Maintaining a strict routine with regular exercise, regular sleeping hours and eating at regular intervals also work.

教授：有规律进行日常生活,如按时锻炼,按时睡觉,按时进食也能奏效。

Student: Doctors often prescribe Vitamins for patients. Do they work?

学生：医生常给患者开些维生素。维生素有效吗?

Professor: Vitamin therapy, particularly magnesium and Vitamin B_2, may bring relief when used on a daily basis.

教授：每天按时按量服用维生素,特别是镁和维生素 B_2 可减轻患者的头痛症状。

Student: Could you tell me what migraine is?

学生：你能告诉我什么是偏头痛吗?

Professor: Migraine is lifelong, inherited disorder with most affected individuals (75%) having an affected relative. Episodic migraine can develop into chronic daily headache.

教授：偏头痛是一种终生性、遗传性疾病,大多数(75%)患者都是具有家族性。阵发性偏头痛可以发展成为慢性的日常的头痛。

Student: What is the best method to cure a migraine?

学生：治疗偏头痛的最佳方法是什么?

Professor: The best method to cure a headache is the one that works for yours. Hydration is believed to be critically important in the treatment of migraine.

教授：对患者本人有效的方法就是最佳方法。水合作用通常被认为能有效地治疗偏头痛。

Student: Many patients prefer cold compress during a headache. Does it work?

学生：许多患者头痛时喜欢冷敷。有效吗?

Professor: Yes, it does. However, just as many obtain relief with heat packs.

教授：有效。但是同样有许多患者采取热敷来缓解疼痛。

Student: Could you recommend any simple ways to help relieve headaches without

medication?

学生：你能推荐些不用药物就能缓解头痛的简单方法吗？

Professor: Some individuals find that gentle massage or mild exercise activity helps to alleviate or reduce a headache?

教授：有些患者感到轻轻地按摩或适量的运动都有助于消除或减轻头痛。

Student: Any other ways?

学生：还有其他方法吗？

Professor: Fluids may help the sufferer feel more comfortable but are unlikely to abolish an attack on their own.

教授：流质饮食可使患者感到更舒服，但不可能消除疼痛。

3 Insomnia 失眠

Student: How do experts define "insomnia"?

学生：专家是如何给"失眠"下定义的呢？

Professor: Insomnia is defined as chronic and persistent difficulty in either falling asleep, remaining asleep through the night, or waking up too early.

教授：失眠被定义为慢性的，持续的入睡困难，表现为夜间醒后难以继续入睡，或早上醒得很早。

Student: How do people feel the next morning if they suffer from insomnia?

学生：失眠的人第二天早上有什么感觉？

Professor: All types of insomnia can lead to daytime drowsiness, poor concentration, and the inability to feel refreshed and rested in the morning.

教授：各种类型的失眠都会使人白天感到困倦，注意力难以集中，早上醒来感到精神委靡不振，休息不好。

Student: I sometimes can't fall asleep late at night. Is it insomnia?

学生：我有时到了深夜还无法入睡。这是失眠吗？

Professor: Everyone has an occasional sleepless night, but for most people, this is not problematic.

教授：每个人都会偶尔地失眠，但对大多数人来说，这不是个问题。

Student: What are the common causes of insomnia?

学生：是什么原因导致失眠呢？

Professor: Some arise from psychological interventions, such as grief, depression, worry, stress, exhilaration, etc. Interference with sleep by various diseases is also the main cause.

教授：有些原因来自心理干扰，如悲伤、忧郁、焦虑、紧张、兴奋等。各种疾病导致无法入睡也是一个主要原因。

Student: Any other reasons?

学生：还有其他的原因吗？

Professor: Taking a new drug (medication side-effect), abruptly stopping a medication, withdrawal of medications are also the common causes of insomnia.

教授：服用新药(药的副作用),突然停止用药,逐步减少药量等也是失眠的常见原因。

Student: Does it mean people who suffer from insomnia have mental or physical problems?

学生：这是否意味着失眠的人患有心理或身体上的问题?

Professor: No, not always. Bed or bedroom not conducive to sleep, excessive sleep during the day can also make people sleepless.

教授：不,并非都是。床或卧室不利于睡眠,白天睡得过多也会使人失眠。

Student: How many hours should we sleep in a day?

学生：一天之中我们应该睡多少小时呢?

Professor: The best measure of the amount of sleep needed is how you feel. If you awaken feeling refreshed, you are getting enough sleep.

教授：睡眠多少的最好测量方法是你自己对睡眠时间的需要。如果你醒来精神振奋,就说明睡眠时间够了。

Student: What do people usually do if they have sleeping difficulty?

学生：一旦患有睡眠困难,人们通常应该怎么办呢?

Professor: Many people would prefer the use of long-acting or high dose sedatives as a cure for insomnia.

教授：许多人喜欢服用长效或大剂量的镇静剂来治疗失眠。

Student: It sounds to me that it doesn't help solve the problem.

学生：在我看来这无助于解决问题。

Professor: Yes. They can only increase daytime drowsiness and make the problem worse, not better. Remember stronger tranquilizers often induce drug tolerance and do not produce a natural, restful sleep.

教授：是的。它们只会使人白天精神不振并使问题更糟糕,而不是更好。记住,高浓度的镇静剂经常导致耐药性,并不能产生自然的,酣畅的睡眠。

Student: In that case, people can do nothing about insomnia, can't they?

学生：那么,人们对失眠难道是束手无策了吗?

Professor: In fact, insomnia is not, by itself a disease, and a life-threatening disease is rarely the cause of problems with sleep.

教授：事实上,失眠本身并不是疾病,危及生命的疾病很少是由失眠引起的。

Student: But it disturbs people's daily life, doesn't it?

学生：但是它扰乱人们的日常生活,不是吗?

Professor: Yeah. Counseling may be helpful for psychological disorders; antidepressants can often help both the sleeping problem and the depression.

教授：是的。咨询或许对心理障碍有一定的帮助;抗抑郁剂既有助于缓解失眠问题又有助于治疗抑郁症。

4 Depression 抑郁

Doctor: What seems to be the trouble with your daughter?

医生：你女儿怎么了？

Patient's Mother: My daughter feels very low and easily upset. If anything goes wrong, she will fly off the handle.

患者母亲：我女儿情绪低落，很容易烦躁。任何事情出错了，她都会发火。

Doctor: Did she tell you the reason about this?

医生：告诉你原因了吗？

Patient's Mother: No. She just feels people are cold to her so she keeps herself to herself. What's wrong with my daughter?

患者母亲：没有。她只是觉得人们对她很冷淡，因此不与人交往。我女儿怎么了？

Doctor: She is probably a sufferer of depressive disorder.

医生：她很可能患了抑郁症。

Patient's Mother: Depression? I haven't heard about it.

患者母亲：抑郁症？我从未听说过。

Doctor: Depressive disorders are a huge public health problem. Can you tell me something about her in detail?

医生：抑郁症是一个极大的公共健康问题。你能更详细地谈谈她的情况吗？

Patient's Mother: Yes. She always says everything is meaningless to her and there is nothing in the world to yearn for. What's more, she even wants to commit suicide.

患者母亲：好的。她总是说任何事情对她来说都毫无意义，在这个世界上没有什么值得她留恋了。甚至还想自杀。

Doctor: It seems to me your daughter is in bad condition.

医生：你女儿的病情看来很严重。

Patient's Mother: Is there anything I can do for my daughter?

患者母亲：我能为我女儿做些什么呢？

Doctor: Try to encourage her to build up contacts with people, and not to be upset about little things. You'd better take her to a psychiatric hospital.

医生：鼓励她与人接触，不要为琐事而过于焦虑。你最好带她到精神病院就诊。

Patient's Mother: I'll follow your advice.

患者母亲：我会采纳你的建议。

Patient's Mother: I'm not clear about depression. What are the symptoms of depressive disorder?

患者母亲：抑郁症的情况我不了解。抑郁症的主要症状是什么？

Doctor: A depressive disorder is a syndrome that reflects a sad mood exceeding normal sadness or grief.

医生：抑郁症是一种综合征，表现为悲伤情绪超出了正常的悲伤或痛苦。

Patient's Mother: What are impaired functions that make up a depressive disorder?

患者母亲： 构成抑郁症的功能损害是什么？

Doctor： Depressive disorders are characterized not only by negative thoughts, mood, and behaviors, but also by specific changes in bodily functions.

医生： 抑郁症特点不仅表现于消极的思想、情绪、行为，而且还表现为身体功能的特殊性变化。

Patient's Mother： I wonder if there are possible diseases caused by depression?

患者母亲： 抑郁症是否会引起某些疾病呢？

Doctor： Depression can increase the risks for developing coronary artery disease, HIV, asthma, etc. and increase the morbidity and mortality from these conditions.

医生： 抑郁症还能增加冠状动脉疾病、HIV、哮喘等病的发病危险，增大这些疾病的发病率和死亡率。

5 Mental Illness 心理障碍

Student： Is mental illness a global phenomenon?

学生： 请问心理障碍是一种全球性的现象吗？

Professor： Yes. Studies in the occurrence and contributing factors reveal that mental illness is universal.

教授： 是的。对心理障碍发生以及致病因素的研究表明心理障碍是相当普遍的。

Student： Are people often aware of their trouble?

学生： 人们是否通常意识到他们的问题？

Professor： No. They are really not aware that something is wrong with their mood.

教授： 没有。他们并未真的意识到他们的情绪出了问题。

Student： Is it just because they always feel their mood is something they can control?

学生： 这是因为他们总认为自己能控制自己的情绪吗？

Professor： Yes. What's more, the fear of seeming weak or defective makes many people reluctant to acknowledge mental and emotional distress.

教授： 是的。另外，害怕显得脆弱或有缺陷也使许多人不愿承认自己有心理和情感上的苦恼。

Student： What are the symptoms of mental illness?

学生： 心理障碍有哪些症状？

Professor： Some individuals have the symptoms of panic disorder or social phobia or depression, etc.

教授： 有些人会出现极度的身心失调，社会恐惧症，或抑郁等。

Student： So it seems to me mental illness affects people psychologically.

学生： 在我看来心理障碍是从心理上影响人们。

Professor： You've got it in the main, but not comprehensively enough.

教授： 你只了解了大体情况，但不够全面。

Student: What other effects does it have on people?

学生：对人们还有其他什么影响？

Professor: Some experience more than one illness at the same time, just as high blood pressure, diabetes and asthma may occur together.

教授：有些人会同时患多种疾病，如高血压、糖尿病、哮喘等。

Student: Have you ever met such patients?

学生：你遇见过此类患者吗？

Professor: Well, one of my patients was unable to take the pressures of divorce. She was depressed, tearful and lost her energy.

教授：我有一个患者无法摆脱离婚给她带来的压力。她闷闷不乐，泪流满面，并失去了活力。

Student: What are the causes?

学生：病因是什么？

Professor: Mental disorders arise from the complex interplay of heredity, biology and environment.

教授：遗传因素、生物因素和环境因素相互作用导致心理障碍。

Student: Can it be cured?

学生：心理障碍能治愈吗？

Professor: Fortunately, these mental disorders are treatable. There are medications and therapy.

教授：值得高兴的是这些心理障碍是可以治疗的。治疗包括药物治疗和物理治疗。

Student: I am so glad to hear they work and people with mental illness can be free. Thank you.

学生：听到治疗有效并可使患者恢复健康，我真是太高兴了。谢谢。

Professor: It's my pleasure.

教授：没关系。

6 Edema 水肿

Professor: Did you prepare your lessons before your class? OK. What's edema?

教授：上课前你预习了功课吗？什么是水肿？

Student: Edema is an observable swelling in certain parts of the body, which most commonly occurs in the feet and legs.

学生：水肿是指身体某些部位出现肿胀，通常发生在脚和下肢。

Professor: Then what causes the swelling?

教授：那么什么导致肿胀呢？

Student: The swelling is the result of the accumulation of excess fluid under the skin, in the spaces within the tissues that are outside of the blood vessels.

学生：肿胀的原因是因为液体在皮下和血管外组织的过多积聚。

Professor: What is pitting edema.

教授：什么是凹陷性水肿？

Student: Pitting edema can be demonstrated by applying pressure to the skin of a swollen leg, by depressing the skin with a finger.

学生：通过使用手指按压肿胀的下肢和皮肤就可以鉴别出凹陷性水肿。

Professor: What will happen if you press the skin of a swollen leg?

教授：如果用手指按压肿胀的下肢会出现什么情况？

Student: If the pressing causes an indentation in the skin that persists for some time after the release of the pressure, the edema is referred to as pitting edema.

学生：如果按压后皮肤出现凹陷，并且在停止按压后一段时间才能恢复，这样的水肿就是凹陷性水肿。

Professor: And how does it differ from non-pitting edema?

教授：如何与非凹陷性水肿区别？

Student: In non-pitting edema, pressure that is applied to the skin does not result in a persistence indentation.

学生：在非凹陷性水肿中，这样的按压皮肤不会出现持续性的凹陷。

Professor: Which patients might have non-pitting edema?

教授：哪些患者会出现非凹陷性水肿？

Student: Non-pitting edema can occur in certain disorders of the lymphatic system and in some patients with hypothyroidism.

学生：非凹陷性水肿可能发生在淋巴系统疾病和甲状腺功能减退等疾病的患者中。

Professor: What causes pitting edema?

教授：凹陷性水肿的原因是什么？

Student: Edema is caused by either systemic diseases or by local conditions involving just the affected extremities.

学生：水肿既可以由全身性疾病也可以由肢体受到影响的局部性疾病引起。

Professor: Could you list some common systemic diseases?

教授：你能列举出一些最常见的全身性疾病吗？

Student: The most common systemic diseases that are associated with edema involve the heart, liver, and kidney.

学生：引起水肿的最常见的全身性疾病是心脏、肝脏和肾脏疾病。

Professor: What are the most common local conditions that cause edema?

教授：引起水肿最常见的局部性原因是什么？

Student: The most common local conditions are varicose veins and thrombus of the veins of the legs, which can cause inadequate pumping of the blood by the veins.

学生：最常见的局部性原因是下肢的静脉曲张和深静脉血栓。这些情况可以导致静脉血流的不充分。

Professor: How does salt intake affect edema?

教授：盐的摄入是如何影响水肿的？

Student: If the patient has kidney disease, the ability to excrete salt in the urine is limited,

which causes the patient to retain water and develop edema.

学生：如果患者患有肾脏疾病，通过尿液清除盐的能力就会受到限制，因而导致患者体内水分增加而出现水肿。

Professor：OK, very good. Next period we will go on to discuss the cure of edema, Good-bye.

教授：好，下次我们将讨论水肿的治疗。再见。

Student：Good-bye.

学生：再见。

7 Burns 烧伤

Student：Could you please define the term "burn"?

学生：你能告诉我们"烧伤"的定义吗？

Professor：A burn is an injury to tissue resulting from heat, chemicals or electricity.

教授：烧伤是由于高热、化学物品或电击导致的组织损伤。

Student：Oh, I see. Most people think heat is the only cause of burns, but some chemicals and electrical current can cause burns as well. Is skin the only part that is easily injured by burn?

学生：我明白了。许多人认为高热是烧伤唯一的原因，但许多化学物品和电流也可引起烧伤。皮肤是唯一容易被烧伤的地方吗？

Professor：No, not always. The tissues under it can also be burned, and internal organs can be burned even when the skin is not.

教授：不全是。皮下组织也可被灼伤，甚至在皮肤未烧伤时，内部器官也可被灼伤。

Student：Could you give an example?

学生：能不能举个例子？

Professor：Yes, drinking a very hot liquid or caustic substance can burn the esophagus and stomach.

教授：例如，饮用热的流质或腐蚀性物质能够引起食管和胃的灼伤。

Student：What will happen if tissues are burned?

学生：组织灼伤后会出现什么情况？

Professor：They may die. When tissues are damaged by a burn, fluid leaks from blood vessels, causing swelling.

教授：灼伤的组织可能会死亡。当组织因灼伤而被破坏，体液就从血管内向外渗透，引起肿胀。

Student：What if a large amount of fluids leak from blood vessels?

学生：倘若大量体液从血管内向外渗透将会怎样呢？

Professor：In an extensive burn, loss of a large amount of fluids from abnormally leaky blood vessels can cause shock.

教授：大面积烧伤引起大量体液从异常破损的血管中流失，可以导致休克。

Student：Which parts of the body may be severely damaged in electrical burns?

学生：电烧伤会引起身体的哪些部位严重受损呢?

Professor: Most electrical burns severely damage the tissues under the skin. These burns may affect an area much larger that indicated by the area of injured skin.

教授：大多数电烧伤会严重损伤皮下组织。这些烧伤影响的面积远远大于损伤皮肤的面积。

Student: So electrical burn is a vital problem, isn't it?

学生：那么,电烧伤是个生死攸关的问题,是吗?

Professor: Yes, severe electrical shocks can paralyze breathing and disturb heart rhythm, causing dangerously irregular heartbeats.

教授：是的,严重的电休克可以使患者停止呼吸,扰乱心律,引起严重的不规则心跳。

Student: Then what are the common sources of chemical burns?

学生：化学灼伤的主要来源是什么呢?

Professor: Chemical burns can be caused by various irritants, poisons, etc.

教授：化学灼伤可由各种刺激物、毒药等引起。

Student: Could you tell us what materials irritants include?

学生：你能告诉我们刺激物包括哪些物质?

Professor: These include strong acids and alkali, phenols and cresols.

教授：这些物质包括强酸、强碱、酚类和甲酚。

Student: What about the damage?

学生：损伤情况怎样?

Professor: Chemical burns can cause tissue death that can slowly spread for hours after the burn.

教授：化学灼伤能引起组织死亡,它可以在灼伤后缓缓地蔓延几小时。

8 Infection 感染

Student: What is infection?

学生：什么是感染?

Professor: Infection is the state produced by the establishment of an infective agent in or on a suitable host. Sometimes it may mean a disease resulting from infection.

教授：感染是一种感染因子在一个适当的宿主体表或体内定居后产生的状态。有时感染是指由感染造成的疾病。

Student: Will the infection spread quickly in the human body?

学生：感染在人体内会很快扩散吗?

Professor: No, not necessarily. If the body's defensive mechanisms are effective, the infection may remain localized, subclinical and temporary.

教授：不,不一定。如果人体的防御机制健全,感染可能仅仅是局部性的,亚临床性的(临床症状不显的)和暂时性的。

Student: What will be the result if the infection spreads?

学生：如果感染扩散，结果会如何？

Professor: If a local infection spreads, it will become an acute, subacute or chronic clinical infection or disease state.

教授：如果局部感染扩散，它就会变成一种急性、亚急性或慢性临床感染，也就是疾病状态。

Student: When does a local infection become systemic?

学生：局部感染何时会变成全身性感染？

Professor: A local infection may become systemic when the microorganisms gain access to the lymphatic or vascular system.

教授：当微生物进入到淋巴系统或血管系统时，局部感染就可以变成全身性感染。

Student: Did we begin fighting against infections by using penicillin?

学生：我们与感染作斗争是从使用青霉素开始的吗？

Professor: Surely. Prior to the use of penicillin during World War Ⅱ, physicians had no effective medicines to treat serious infections.

教授：的确如此。在第二次世界大战期间使用青霉素之前，医生们没有有效药物治疗严重感染。

Student: What's the situation of coping with various kinds of infections today?

学生：今天对付各种感染的情况又是怎样的呢？

Professor: Today we have more than 100 different antibiotics, various sulfa drugs, and many other drugs to cope with infections.

教授：今天我们有 100 多种抗生素、各种磺胺药和许多其他药物来对付各种感染。

Student: How about the functions of vaccines?

学生：那么疫苗的作用如何呢？

Professor: The development of numerous vaccines has virtually wiped out many former killers, both bacterial and viral.

教授：各种疫苗的研制和使用实际上消灭了许多过去的杀手，包括细菌性和病毒性感染。

Student: It seems that infections are very easy to cope with today?

学生：看来感染在今天是很容易对付了？

Professor: No. Many strains of bacteria are now resistant to the drugs that once killed them and many viruses are not influenced by antiviral drugs.

教授：不。许多菌株对过去曾经杀死它们的药物现在有了抗药性，而许多病毒现在也不受抗病毒药物的影响了。

Student: Oh, I see. That's why there are so many people who are suffering from various kinds of infections.

学生：噢，我明白了。这就是为什么许多人都患有感染。

Professor: We must clearly understand that infection is still a serious threat, even in the highly advanced society. In Third World countries, infectious diseases continue to cause high mortality.

教授：我们必须清楚地认识到感染对我们仍然是严重的威胁，即使是在非常先进的社会里也是如此。在第三世界国家里，各种传染病继续造成高死亡率。

Student: Is it an arduous task lying before us to effectively fight against infections?

学生：要有效地战胜感染，摆在我们面前的是一项艰巨的任务吗？

Professor: Yes, it's really a long way to go. But, with the development of medical science, many more effective new drugs and vaccines will surely be found.

教授：是的，前面的路还很长。但是，随着医学科学的发展，许多更有效的新药和疫苗将一定会被找到。

9 Disease 疾病

Student: Why are many people predisposed to various diseases?

学生：为什么许多人易患各种各样的疾病？

Professor: Oh, it's natural. Because diseases are caused by many factors which are often unavoidable.

教授：那是自然的。因为疾病是由许多不可避免的因素导致的。

Student: Could you tell me how to define "acute diseases"?

学生：你能告诉我们如何给"急性病"下定义？

Professor: Acute diseases produce severe symptoms, but terminate after a short time, e. g. pneumonia.

教授：急性病产生严重的症状，但是可以在短时间内消失，如肺炎。

Student: What about "chronic diseases"?

学生：何谓"慢性病"？

Professor: Chronic diseases, e.g. arthritis, last a long time, and some return periodically and are termed recurrent.

教授：慢性病持续时间较长，并且可以转化为周期性发作，如关节炎。

Student: How to classify diseases?

学生：怎么给疾病分类？

Professor: One of the most common bases for classifying disease is according to cause—external factors and internal ones.

教授：最常见的方法是根据病因来分类——外在因素和内在因素。

Student: What are "external factors"?

学生：什么是"外在因素"？

Professor: External factors that produce disease are infectious agents, including both microscopic organism and macroscopic ones.

教授：产生疾病的外在因素是感染因子，包括肉眼看不见的微生物和肉眼可见的微生物。

Student: What diseases may be caused by internal factors?

学生：内在因素可以引起哪些疾病？

Professor: Diseases that arise from internal causes include hereditary abnormalities, congenital diseases, allergies, endocrine disorders, circulatory disorders, and neoplasms, or tumors.

教授：由内在因素引起的疾病包括遗传性异常、先天性疾病、过敏、内分泌紊乱、循环系统疾病以及肿瘤。

Student: Don't you think certain diseases have something to do with our emotions?

学生：你不认为某种疾病和人们的情绪有关吗?

Professor: That's a good point. It seems to me a wide range of diseases are attributed to or at least influenced by, emotional disturbances.

教授：你说得有道理。我认为很多疾病可以归因于情绪的异常,或至少受它的影响。

Student: Why are elderly people vulnerable to disease?

学生：为何老年人易患疾病?

Professor: Aging is accompanied by a progressive reduction in organ function. Degenerative diseases occur as a result of the natural aging of the tissue.

教授：老化常伴随器官功能的逐渐衰退。退行性疾病随着身体组织的自然老化而产生。

Student: Do we still have infectious diseases in our community?

学生：我们生活的周围仍然有传染性疾病吗?

Professor: Yes. We still have infectious diseases, such as diphtheria, typhoid, dysentery, measles, chicken pox, mumps, etc.

教授：有的。目前仍然存在的传染性疾病有白喉、伤寒、痢疾、麻疹、水痘和腮腺炎等。

Student: How do they spread?

学生：它们是如何传播呢?

Professor: Infectious diseases can be transmitted by humans, certain animals and insects, and infected objects.

教授：传染病可由人、某些动物和昆虫以及被感染的物品传播。

Student: Can you give an example?

学生：你能举个例子吗?

Professor: For example, malaria is an infectious disease transmitted by mosquitoes, and it is one of the most common causes of sickness and death in the world.

教授：例如,疟疾是由蚊子传播的一种传染病,也是世界上引起疾病和死亡最常见原因之一。

Student: What will happen if malaria is untreated?

学生：如果疟疾不治疗会怎样呢?

Professor: Most patient will recover after a dozen of attacks, but if there are complications, it may lead to death.

教授：大多数患者经过十多次发作之后可自动痊愈。但如果出现并发症,同样可导致死亡。

10 Heart Disease 心脏病

Student: Is heart disease a major killer in the world?

学生：心脏病是世界上主要杀手吗?

Professor: Yes. About one half of all deaths in the U.S. are caused by heart attack, strokes, and other diseases of the heart and blood vessels.

教授：是的。由心肌梗死、中风以及心脏和血管的其他疾病引起的死亡人数占美国所有死亡人数的 1/2。

Student: What do heart diseases involve?

学生：心脏病包括哪些疾病?

Professor: Heart diseases involve congenital heart disease, coronary heart disease, heart attack and so on.

教授：心脏病包括先天性心脏病、冠心病、心肌梗死等。

Student: It is said congenital heart disease is often divided into two types, isn't it?

学生：据说先天性心脏病通常分为两种,是吗?

Professor: Yes. Those with cyanosis and those without cyanosis.

教授：是的。分为发绀型和非发绀型。

Student: What are the symptoms of the cyanotic and the noncyanotic?

学生：发绀型和非发绀型有什么症状呢?

Professor: The cyanotic includes tetralogy of Fallot, transposition of the great vessels, tricuspid atresia, etc.

教授：发绀型有法洛四联症、大动脉异位、三尖瓣闭锁等症状。

Professor: The non-cyanotic covers atrial septal defect, patent ductus arteriosus, aortic stenosis, pulmonic stenosis, etc.

教授：非发绀型有心房隔膜缺损、动脉导管未闭、动脉狭窄、肺动脉狭窄等症状。

Student: Is it likely that hereditary factors play a role in congenital heart disease?

学生：遗传因素有可能对先天性心脏病起一定的作用吗?

Professor: It is hard to say. But experts believe that some prescription and over the counter medications and alcohol during pregnancy increase the risk of heart defects.

教授：很难说。但是专家们认为怀孕期间一些处方和非处方药以及酒精都会增加患心脏病的危险。

Student: What causes coronary heart disease (CHD)?

学生：冠心病是由什么引起的?

Professor: It is caused by a thickening of the inside walls of the coronary arteries. High blood cholesterol, high blood pressure and smoking also contribute to CHD.

教授：冠心病是由冠状动脉内壁增厚所引起的。胆固醇高,高血压和吸烟也会导致冠心病。

Student: It is believed that chest pain or shortness of breath may be the earliest signs of CHD, isn't it?

学生：有人认为胸痛和气短是冠心病的早期征兆，是吗？

Professor: Yes, A person may feel heaviness, tightness, pain, burning, pressure, or squeezing usually behind the breastbone.

教授：是的。患者可能会感到胸骨后出现沉重感、紧缩感、疼痛、烧灼感和压迫感。

Student: What kind of lifestyle changes can help a person with heart disease?

学生：什么样的生活方式改变对心脏病患者有好处？

Professor: Changing one's diet to keep low in fat and calories will help reduce high blood cholesterols.

教授：改变饮食习惯，减少脂肪和热量的摄入，将有助于降低血胆固醇。

Student: Anything else?

学生：还有呢？

Professor: Quitting smoking dramatically lowers the risk of a heart attack, and moderate amounts of physical activity will benefit.

教授：戒烟能在很大程度上降低心脏病发作的几率。适当的运动也是有益的。

11 Thyroiditis 甲状腺炎

Student: How do you define thyroiditis?

学生：如何给甲状腺炎下定义？

Professor: Thyroiditis is an inflammation (not an infection) of the thyroid gland.

教授：甲状腺炎是甲状腺(非感染性)的炎症。

Student: What are the main types of thyroiditis?

学生：甲状腺炎的主要类型有哪些？

Professor: They are acute, subacute, or chronic thyroiditis.

教授：有急性、亚急性或慢性甲状腺炎。

Student: Which type is more common?

学生：哪种类型更常见？

Professor: Chronic thyroiditis is by far most common form.

教授：慢性甲状腺炎是最为常见的形式。

Student: How do patients feel when they suffer from chronic thyroiditis?

学生：慢性甲状腺炎的患者有什么感觉？

Professor: It begins so slowly that most people don't know anything is wrong.

教授：它起病很慢以至大多数人没有什么自觉症状。

Student: How about subacute thyroiditis?

学生：亚急性甲状腺炎的情况如何？

Professor: Subacute thyroiditis is the second most common form with far fewer cases than in chronic thyroiditis.

教授：亚急性甲状腺炎是第二类常见的类型，比慢性甲状腺炎的病例要少得多。

Student: What caused subacute thyroiditis?

学生： 亚急性甲状腺炎的病因是什么?

Professor: Often caused by a viral infection, the disease lasts for several months.

教授： 此病常为病毒性感染引起,可持续几个月之久。

Student: Does the patient feel painful?

学生： 患者会感觉痛吗?

Professor: Sometimes yes, sometimes no. There are two types of subacute thyroiditis: painful subacute thyroiditis and painless subacute thyroiditis.

教授： 有时痛,有时不痛。亚急性甲状腺炎有两种,即疼痛性和无痛性亚甲状腺炎。

Student: It seems to me acute thyroiditis has a low incidence. Is that right?

学生： 急性甲状腺炎似乎发病率较低。对吗?

Professor: Yes. Because acute thyroiditis is caused by an acute infection.

教授： 对,因为急性甲状腺炎是由急性感染引起。

Student: What are the symptoms of thyroiditis?

学生： 甲状腺炎有些什么症状?

Professor: Thyroiditis can cause either hyperthyroidism or hypothyroidism, or one followed by the other.

教授： 甲状腺炎或者引起甲亢症状或者引起甲减症状,或者是先引起一种症状又转为另外一种症状。

Student: How is thyroiditis treated?

学生： 甲状腺炎如何治疗?

Professor: If thyroiditis makes you temporarily hyperthyroid, your doctor may ask you to take a beta-blocking drug.

教授： 如果甲状腺炎造成暂时性甲状腺功能亢进,医生会要求你服用β受体阻滞药。

Student: Does this drug work?

学生： 此药有效吗?

Professor: Yes. This medicine helps control symptoms such as rapid heart rate and tremors.

教授： 有效。这药可帮助控制症状,譬如心率加快和颤抖。

Student: How to treat hypothyroidism?

学生： 如何治疗甲状腺功能减退?

Professor: Thyroid hormone tablets are the standard treatment for permanent hypothyroidism. But the patient should take the medicine only as his doctors prescribed.

教授： 甲状腺素片是治疗甲状腺功能减退的标准治疗方法。患者应按医嘱服用此药。

12 Cancer 癌

Patient: Dr. Brown, one of my best friends died of lung cancer yesterday. Does cancer have a high mortality?

患者： 布朗医生,我的一位好朋友昨日死于癌症。癌症的死亡率很高吗?

Doctor: No, it doesn't. Skin cancer, for instance, is often curable. But lung cancer is the

leading cause of death from cancer for both men and women in the U.S..

医生：并非如此。例如皮肤癌往往是可治愈的。但肺癌是美国女性和男性因癌症死亡的主要原因。

Patient: Can we call tumor cancer?

患者：我们可以把肿瘤称为癌吗？

Doctor: No. Cancer may also be called malignancy, a malignant tumor, or a neoplasm. A non-malignant growth or tumor is referred to as benign, which is not cancer.

医生：不行。癌也可称为恶性、恶性肿瘤或新生物。非恶性肿瘤被称作为良性肿瘤，不属于癌。

Patient: I see. What causes the tumor growth?

患者：我明白了。肿瘤的生长是由什么引起的呢？

Doctor: The exact nature and cause of tumor growth are still unknown.

医生：肿瘤生长确切特性及原因尚不清楚。

Patient: Could you tell me how many different kinds of cancers there are?

患者：你能告诉我目前有多少不同种类的癌？

Doctor: It is estimated that there are 200 different kinds of cancers. Leukemia is also classed as malignant growth.

医生：估计有 200 多种不同种类的癌。白血病也被归为恶性肿瘤。

Patient: Can you give a list of specific types of cancer?

患者：关于癌的具体种类，你可以列举一些吗？

Doctor: Well, they are basal cell cancer; bile duct cancer; brain tumor (metastatic, primary, secondary); breast cancer; lung cancer, bronchogenic carcinoma; carcinoma of the stomach and so on.

医生：好吧，它们是基底细胞癌、胆管癌、脑瘤（转移性的、原发性的、继发性的）、乳腺癌、肺癌、支气管癌、胃癌等。

Patient: Oh, so many types. That is to say cancer is not one disease, is it?

患者：哦，有这么多种类。这么说癌不是一种疾病，是吗？

Doctor: It is a group of more than 100 different and distinctive diseases.

医生：它是一百多种特性各异的一组疾病。

Patient: Is cancer contagious?

患者：癌会传染吗？

Doctor: No, it isn't. But the occurrence of a particular cancer may depend on gender.

医生：不会的。但是，某些癌症的发生似乎和性别有关。

Patient: Can you give some examples?

患者：你能举些例子吗？

Doctor: Skin cancer is the most common type of malignancy for both men and women. The second most common type in men is prostate cancer and in women, breast cancer.

医生：皮肤癌是在男女中最常见的一种恶性肿瘤。第二最常见的癌在男性中是前列腺癌，而在女性中则是乳腺癌。

13 Leukemia 白血病

Student: Professor Smith, could you tell us something about leukemia?

学生：史密斯教授，你能给我们讲讲白血病吗？

Professor: Well, leukemia is a cancer of the blood which usually affects the white blood cells.

教授：白血病就是血癌，通常影响白细胞。

Student: It is usually considered a fatal disease. But what's the cause of leukemia?

学生：白血病通常被认为是致命的疾病。但它的病因是什么？

Professor: The cause of most types of leukemia isn't known. But at least we may know the underlying risk factors.

教授：大多数白血病的病因尚不清楚。但至少我们能知道它的一些潜在危险因素。

Student: Would you like to tell us what the underlying factors are?

学生：你能告诉我们有哪些潜在因素吗？

Professor: Experts believe exposure to radiation and certain chemicals and use of some anticancer drugs increase the risk of developing leukemia.

教授：专家认为长期接触辐射和某些化学物品，以及服用抗癌药物都会增加患白血病的风险。

Student: Is leukemia infectious?

学生：白血病会传染吗？

Professor: Of course not. But people with certain genetic disorders are most likely to develop leukemia.

教授：当然不会。但是，患有某些遗传病的患者很有可能染上白血病。

Student: How many types of leukemia do we know?

学生：据我们所知白血病有多少种类？

Professor: There are four major types of leukemia: acute lymphocytic leukemia, chronic lymphocytic leukemia, acute myeloid leukemia and chronic myelocytic leukemia.

教授：主要有四种：急性淋巴细胞性白血病、慢性淋巴细胞性白血病、急性粒细胞性白血病和慢性粒细胞性白血病。

Student: How are they named as such?

学生：这样一些名称是怎样来的？

Professor: They are named for how quickly they progress and which kind of white blood cells they affect.

教授：它们是按其病程发展的快慢以及影响的白细胞的类型而被命名的。

Student: Today would you please focus on the acute lymphocytic leukemia?

学生：今天，请你主要谈谈急性淋巴细胞性白血病，好吗？

Professor: Patients with acute lymphocytic leukemia often feel weak and short of breath.

教授：患有急性淋巴细胞白血病的患者常常感到虚弱和气短。

Student: How do the acute leukemia affect the patient?

学生：急性白血病对患者有什么影响呢？

Professor: In some people, a severe infection is the first problem. But in the others, the onset is more subtle, only with progressive weakness, fatigue and paleness.

教授：对某些患者来说，严重感染是首要问题。但对另一些患者来说，此病的发作常常不易察觉，仅仅伴有渐进性虚弱、疲乏和苍白。

Student: Any other symptoms besides weakness and fatigue?

学生：除了虚弱和疲乏，还有其他症状吗？

Professor: Bleeding may occur in the form of nosebleeds, gum bleeding, purple skin blotches or easy bruising.

教授：也可能伴有出血，如鼻出血、牙龈出血、皮肤出现紫红斑或轻易青肿。

Student: What tests are performed for diagnosis?

学生：可用哪些检查来诊断？

Professor: Common blood tests can provide the first evidence that a person has leukemia.

教授：一般的血液检查可以提供患者患有白血病的最早的证明。

Student: Are there any other tests for diagnosis?

学生：还有其他检查方法可以帮助确诊吗？

Professor: A bone marrow biopsy is almost always performed to confirm the diagnosis and determine the type of leukemia.

教授：骨髓活检几乎总是被用来进行确诊，并确定白血病的类型。

Student: How about the treatment?

学生：治疗情况如何呢？

Professor: Treatment may last 2 to 3 years, although some courses are somewhat shorter. The combination of several chemotherapy drugs is commonly used.

教授：治疗可长达 2~3 年，虽然有些疗程要稍微短些。通常同时使用几种化疗药物。

Student: Could you tell me what is the goal of treatment?

学生：治疗的目标是什么？

Professor: The goal of treatment is to achieve complete remission by destroying leukemic cells.

教授：治疗的目标是通过破坏白血病的癌细胞来达到完全缓解。

Student: I see. What about the prognosis?

学生：我明白了。预后的情况如何？

Professor: Children between the age of 3 and 7 have the best prognosis while people over 20 are less successful.

教授：3~7 岁的儿童预后最佳，20 岁以上的成年人预后稍差。

14 Rheumatic Fever 风湿热

Student: Professor Smith, how do we define "rheumatic fever"?

学生：史密斯教授，我们如何给"风湿热"下定义？

Professor: Rheumatic fever is a systemic immune disease that may develop after an infection with streptococcus bacteria.

教授：风湿热是一种全身性免疫疾病，受到链球菌感染后有可能患此病。

Student: How does it affect the patient?

学生：对患者有怎样的影响？

Professor: The disease involves the brain, heart, joints and skin.

教授：此病可影响大脑、心脏、关节和皮肤。

Student: In what period of life does it often occur?

学生：在一生的什么阶段此病易于发生？

Professor: It may occur in adults and children but is most common in children 5 to 12 years old.

教授：此病在成人和儿童时期都可发生，但在 5~12 岁儿童中最为常见。

Student: What is the cause of rheumatic fever?

学生：风湿热的病因是什么？

Professor: It is caused by recent infections with streptococcus bacteria, such as streptococcus tonsillitis or scarlet fever.

教授：它是由近期的链球菌感染引起，例如链球菌性扁桃体炎或猩红热。

Student: Does rheumatic fever have anything to do with other diseases?

学生：风湿热还与其他疾病有关吗？

Professor: Yes, it does. It is associated with the development of valve disease and other heart disorders.

教授：有关。风湿热常伴有瓣膜疾病和其他心脏疾患。

Student: What are the symptoms of rheumatic fever?

学生：风湿热有什么症状？

Professor: The symptoms of rheumatic fever include fever, joint pain, joint swelling, epistaxis, abdominal pain, vomiting, skin rash, etc.

教授：风湿热的症状包括发热、关节痛、关节肿胀、鼻出血、腹部疼痛、呕吐、皮肤起疹子等。

Student: Any other symptoms?

学生：还有其他症状吗？

Professor: Yes. There are also some other symptoms, such as muscle pain, weakness, poor speech, cough, etc.

教授：有。还有其他症状，如肌肉痛、虚弱乏力、语言能力差、咳嗽等。

Student: What are the criteria for doctor to diagnose the disease?

学生：医生诊断此病的指标是什么？

Professor: Acute rheumatic fever has 5 major diagnostic criteria.

教授：急性风湿热有 5 种主要诊断指标。

Student: What are they?

学生：哪 5 种？

Professor: These are carditis, migratory polyarthritis, subcutaneous nodules, chorea, erythema marginatum.

教授： 它们是心脏炎、移行多发性关节炎、皮下结节、舞蹈病和环行红斑。

Student: What can be done to prevent it?

学生： 有什么办法来预防它吗?

Professor: Prompt treatment of strep infections may reduce the risk of development of rheumatic fever.

教授： 链球菌感染的及时治疗能降低风湿热的发病危险。

Student: How to treat rheumatic fever?

学生： 如何治疗风湿热?

Professor: Antibiotics like penicillin or erythromycin are used to fight infection.

教授： 像青霉素或红霉素类的抗生素都可用于抗感染。

Student: Can the patient do anything to make it a little less painful?

学生： 患者能用什么方法使疼痛减轻点吗?

Professor: Medications including aspirin, anti-inflammatory medications and analgesics are used to reduce pain and swelling.

教授： 阿司匹林、抗炎症药物和安乃近可用来去痛和消肿。

Student: What should the patient focus on in home care?

学生： 家庭护理中患者应该注意什么?

Professor: Reduce the physical activities and bed rest may be recommended for a time to allow the body to heal.

教授： ,减少体力活动,卧床休息一段时间,让身体恢复。

Student: Has the patient had to drink more water recently?

学生： 患者最近需要多喝水吗?

Professor: Fluids are encouraged at least 6 to 8 glasses a day.

教授： 一天至少喝 6~8 杯水。

Student: Anything else you can tell me about rheumatic fever?

学生： 关于风湿热你还可以告诉我们什么情况?

Professor: Oh, there is one more thing. The recurrence of rheumatic fever is common. Joint and heart complications may be long-term and severe.

教授： 啊,还有一件事。风湿热的复发是常见的。关节和心脏的并发症可能是长期的和严重的。

15 SARS 严重急性呼吸综合征(非典)

Student: What is SARS?

学生： SARS 是什么?

Professor: SARS stands for severe acute respiratory syndrome which was reported to occur in 2003 in many countries of the world.

教授： SARS 意为严重急性呼吸综合征,据报道该病于 2003 年在世界许多国家均有发生。

Student: What's SARS patients' trouble?

学生：SARS 患者有什么不适？

Professor: In general, SARS patients have a fever greater than 38℃ (100.4℉), sometimes with chills or other symptoms including headache, an overall feeling of discomfort, and body aches.

教授：一般来说，SARS 患者发热达 38℃以上，有时伴有发冷或其他症状如头痛、全身不适和全身疼痛。

Student: Do SARS patients have any other problems?

学生：SARS 患者还有其他症状吗？

Professor: Some people also experience mild respiratory symptoms at the outset.

教授：有些患者最初还出现轻度呼吸系统的症状。

Student: It sounds like a bad cold, doesn't it?

学生：看起来好像重感冒，是吗？

Professor: Yes, it does. But after 2 to 7 days, SARS patients may develop a dry cough and have trouble breathing.

教授：是的。但 2~7 天后，SARS 患者会出现干咳和呼吸困难。

Student: What will doctors do?

学生：医生将怎么做呢？

Professor: In 10 percent to 20 percent of cases, patients will require mechanical ventilation.

教授：在 10%~20% 的病例中，患者需要机械换气。

Student: How does SARS spread?

学生：SARS 是如何传播呢？

Professor: The primary way that SARS appears to spread is by close person-to-person contact.

教授：SARS 传播的主要方式是人与人的近距离接触。

Student: Are there any other ways?

学生：还有其他的传播方式吗？

Professor: Potential ways include touching the skin of other people or objects that are contaminated with infectious droplets and then touching your eye(s), nose, or mouth.

教授：潜在的方式是接触其他人的被传染性飞沫污染的皮肤或物品，然后触摸自己的眼睛、鼻子或嘴。

Student: What's possible cause of SARS?

学生：SARS 的可能病因是什么？

Professor: The new coronavirus is the leading hypothesis for the cause of SARS.

教授：新的冠状病毒可能是引起 SARS 的主要原因。

Student: Who is at risk for SARS?

学生：谁有可能感染 SARS?

Professor: Most of the cases of SARS have occurred among health care workers, family members, who have close contact with SARS patients, and travelers returning from

other areas with SARS.

教授： 大多数的 SARS 病例发生在与 SARS 患者有近距离接触的医护人员和家庭成员以及从 SARS 疫区返回的旅游者之中。

Student: In what case is a person with SARS more likely to infect others?

学生： SARS 患者在什么情况下更容易感染其他人?

Professor: Information to date suggests that people are most likely to be infectious when they have symptoms, such as fever and cough.

教授： 根据目前的资料表明伴有发热和咳嗽症状的患者传染性最大。

Student: How can I protect myself against SARS?

学生： 我将如何防范 SARS?

Professor: The most important is frequent hand washing with soap and water.

教授： 最重要的是用肥皂和清水勤洗手。

Student: Then?

学生： 然后呢?

Professor: You should avoid touching your eyes, nose, and mouth, with unclean hands.

教授： 避免用不洁的手触摸你的眼睛、鼻子和嘴。

Student: What shall I do when people around me sneeze?

学生： 我周围的人打喷嚏时,我怎么办?

Professor: Encourage people around you cover their nose and mouth with a tissue when coughing or sneezing.

教授： 劝告你周围的人在咳嗽或打喷嚏时用纸巾捂住他们的嘴和鼻子。

16 The AIDS 艾滋病

Miss Li: Professor Zeng, my name is Li Ping. If it isn't too much bother for you, could you please give me some comments on ...

李小姐： 曾教授,我叫李萍,如果不是太打扰的话,我想请教您一些问题……

Prof. Zeng: It isn't any bother, I'd be happy to help you in any way I can. Please come in and sit down.

曾教授： 别客气。愿尽我所能帮助您,请进,坐下来谈。

Miss Li: I'm a conductress of a tourist service and, proceeding from professional responsibility, I've to have dealings with various tourists from different countries. But I and my colleagues all have been being threatened by AIDS, we hold that it's our occupational hazard and much more terrible than hepatitis B ...

李小姐： 我是旅行社的导游,由于职业关系不得不与来自不同国家的各式各样的游客打交道。我和我的同事对艾滋病很恐惧,都认为它是我们这一行的职业危险,比乙肝可怕得多……

Prof. Zeng: Hepatitis B? What's a funny comparison! As a fact, they are all contagious diseases caused by virus ...

曾教授： 乙肝？有意思的比较！实际上它们都是由病毒引起的传染病……

Miss Li： What kind of virus can cause AIDS?

李小姐： 哪种病毒能引起艾滋病？

Prof. Zeng： AIDS is the abbreviation of Acquired Immune Deficiency Syndrome, it's the first known epidemic disease that strikes directly at human immune system, crippling the very forces that can usually be counted on to come to the body's defense. The opportunistic infections and various cancers to which AIDS patients are susceptible are thus, in a sense, only symptoms of deeper disturbance caused by AIDS.

曾教授： 别急。艾滋病是获得性免疫缺陷综合征的英文缩写，它是人类已知的第一种直接打击人免疫系统的流行病，致使那些最终构成机体防御的各种力量全部陷入残缺。因此在某种意义上说，艾滋病患者所易患的机会致病菌感染及各种各样的癌肿，只不过是艾滋病引起深度紊乱失调的表现症状。

Miss Li： But what actually causes AIDS?

李小姐： 但艾滋病究竟是什么原因引起的呢？

Prof. Zeng： It's the HIV, Human Immune Deficiency Virus, a kind of retrovirus.

曾教授： 是 HIV，人类免疫缺陷病毒，是一种反转录病毒。

Miss Li： What I would like to know are how it spreads, and how we can prevent it ...

李小姐： 我想知道的就是艾滋病是怎么传播的，怎样才能预防……

Prof. Zeng： HIV is not infected by common everyday contact as in the case of hepatitis B and flu. It can be transmitted by two ways, that is to say, by sexual contact and by blood contamination. The AIDS is contagious in the same manner that sexually transmitted disease, such as syphilis and gonorrhea. Sharing of intervenous needles and syringes for illicit drugs, using of contaminated blood or blood products, one can also be infected by HIV from HIV carriers. The fetus is able be infected through placenta ...

曾教授： HIV 不会像乙肝和流感那样由普通的日常接触传染。它通过两种途径传播，即性接触和血液感染。艾滋病如同梅毒和淋病等性病一样，都是接触传染的。吸毒时共用的静脉注射器和针头，使用污染的血液或血制品都可从 HIV 带菌者那里感染上 HIV，胎儿也能通过胎盘感染上……

Miss Li： HIV Carriers? Are they somewhat similar to those who are Australian antigen positive but haven't developed into real hepatitis yet?

李小姐： HIV 带菌者？他们是不是类似那些澳抗阳性但尚没发展成肝炎的人们？

Prof Zeng： From the epidemiology of view, they can be mentioned in the same breath. The HIV carriers can only be identified by serum examination.

曾教授： 从流行病学观点看问题，它们可以相提并论。HIV 带菌者只能通过血清学检验鉴别出来。

Miss Li： Is there any medical method which is able to wipe out AIDS and HIV carriers?

李小姐： 有没有什么医学手段能够消灭艾滋病和 HIV 带菌者？

Prof. Zeng: To wipe out? Good heavens! We are fighting against a disease, not people. Up till the present moment the scientists haven't found out any drug which can thoroughly cure the AIDS and utterly get rid of HIV from the human body.

曾教授：消灭？我的天啊！我们现在是对病不对人。到目前为止科学家们还没有找到什么能彻底治愈艾滋病及从人体内全部清除 HIV 的药物。

Miss Li: You mean that HIV is a kind of most die-hard virus?

李小姐：您是说 HIV 是一种特别顽固的病毒？

Prof. Zeng: "Die-hard", it seems not the right word to describe HIV. Indeed, the HIV is much more susceptible to heating, drying and some chemicals than hepatitis B Virus. It can hardly survive outside the human body. Except the direct contact by mucous membrane and blood the HIV is impossible to get into human body.

曾教授："顽固"，用这个词儿来形容 HIV 似乎不合适。实际上 HIV 对加热、干燥和化学药剂的敏感性，比乙肝病毒高得多，它在体外很难存活。除非经由黏膜及血液的直接接触，HIV 是不能进入人体的。

Miss Li: Even shaking hands are acceptable?

李小姐：那么握手也问题不大了？

Prof. Zeng: You know, the Princess of the United Kingdom, Diana, had shaken hands with AIDS patients when she was visiting a special hospital. It is a great misunderstanding resulting in unfounded fear that HIV can be transmitted by casual contact. This misunderstanding and associated fear in turn have caused much controversy. What should I say is that the AIDS is preventable. Serious living style and good hygiene habits can protect everyone against the invading of HIV.

曾教授：你要知道，英国的戴安娜公主在访问一所专科医院时，就曾与艾滋病患者握过手。HIV 可以通过日常接触传播的说法，是由毫无根据的恐惧引起的重大误解。这种误解及随之而来的忧虑反过来又引起很多争论。我要说的是，艾滋病是可以预防的，严肃的生活作风和良好的卫生习惯可以保证每个人都不受 HIV 的侵袭。

Miss Li: OK! My feeling has been much relaxed. Thank you for your kind comments, Professor Zeng!

李小姐：太棒了！我感到轻松多了。谢谢您的指教，曾教授。

Prof. Zeng: Not at all. If there's anything else I can do, please let me know. Bye-bye.

曾教授：不用谢，如果还有什么事要我做，请告诉我。再见。

Miss Li: Bye-bye!

李小姐：再见！

17 Allergy 过敏

Patient's Mother: How do you define allergy?

患者母亲： 你怎么解释“过敏”？

Doctor: Allergy is a collection of symptoms caused by an exaggerated immune response to substances that don't trigger an immune response in most people.

医生： 过敏是指对于那些不会引起多数人免疫反应的物质产生过度免疫反应而引起的症状的综合表现。

Patient's Mother: What substances can trigger allergy?

患者母亲： 哪些物质能引起过敏?

Doctor: The common sources of allergy are food, hay fever, mold, dust, and drug allergy testing.

医生： 常见的过敏原有食物、花粉症、真菌、尘埃和药物过敏试验等。

Patient's Mother: What are the causes and risks of allergy?

患者母亲： 过敏的原因及危害是什么?

Doctor: Allergy is caused by hypersensitivity of the immune system leading to a misdirected immune response.

医生： 过敏是由免疫系统的超敏性所引起,导致错误的免疫反应。

Patient's Mother: How do allergies vary in different individuals?

患者母亲： 过敏怎样地在不同个体身上反应不一?

Doctor: Allergies vary according to the type of allergen and the part of the body in which the allergic reaction occurs.

医生： 过敏根据过敏原种类和过敏反应在身体上所发生的部位不同而有差异。

Doctor: Are you allergic to any medicine?

医生： 你对某些药物过敏吗?

Patient's Mother: No. I've never had any reaction to any medicine.

患者母亲： 我从来没有因服药而发生过敏。

Doctor: What about some seafood?

医生： 海鲜食物呢?

Patient's Mother: Yes, I get a rash all over my body after eating shrimp.

患者母亲： 我吃了虾后,全身就起疹子。

Doctor: Does your son respond in the same way?

医生： 你儿子也有这种反应吗?

Patient's Mother: No. But he suffers a lot of he breathes in dust, tobacco smoke, coal fumes; insecticides or something with a particular odor.

患者母亲： 没有。但我儿子要是吸了灰尘、纸烟、煤烟、杀虫剂或其他有特殊气味的东西,就会很难受。

Doctor: Was he sensitive to other things previously?

医生： 他以前对其他的东西过敏吗?

Patient's Mother: Yes, he has been allergic to synthetic fibers, milk and any product having milk in it.

患者母亲： 过敏。对合成纤维、牛奶及奶制品都会有过敏反应。

Doctor: Does any one of your family members suffer from a similar allergic condition?

医生： 你的家族成员中有类似的过敏反应吗?

Patient's Mother: No.

患者母亲： 没有。

Patient's Mother: Allergy really bothers us. Is there any effective way to prevent it?

患者母亲： 过敏真让人烦恼。有无有效的方法来预防它?

Doctor: Breastfeeding can be effective in preventing and decreasing allergies.

医生： 母乳喂养可以有效地预防和降低过敏反应。

Patient's Mother: Some mothers can't give breast feeding because of certain diseases. What will they do?

患者母亲： 有些母亲由于患有某些疾病不能给孩子喂奶。那该怎么办?

Doctor: There is also evidence that exposures to certain allergens in the first year of life may prevent some allergies.

医生： 也有证据显示在出生的第一年接触某些过敏原可以预防某些种类的过敏。

Patient's Mother: Is there any way to cure it?

患者母亲： 有无治愈的方法?

Doctor: Treatment varies with the severity and types of symptom.

医生： 症状的严重程度和种类不同,治疗的方法也不同。

Patient's Mother: What's the difference?

患者母亲： 有什么区别?

Doctor: Short-term goals include relieving immediate symptoms, and long-term goals include avoiding future allergic reactions.

医生： 短期目的是减轻现有的症状,长期目的是避免将来发生过敏反应。

18 Anxiety Disorder 焦虑疾患

Student: What does generalized anxiety disorder mean?

学生： 广义的焦虑疾病是什么含义?

Professor: It is a mental illness that causes a person to suffer from persistent, nagging feelings and worry or anxiety.

教授： 它是一种心理疾病,使患者处于一种持续不断令人不安的感觉和忧虑或焦虑中。

Student: How to distinguish normal worry from generalized anxiety disorder?

学生： 如何区分一般的忧虑和广义的焦虑疾患?

Professor: There is no clear dividing line between normal worry and diagnosis of generalized anxiety disorder.

教授：在一般的忧虑和广义的焦虑疾患的诊断之间没有明确界线。

Student: Then, how could a patient know when to consult a professional?

学生：那么，患者如何知道什么时候该去向专业人士咨询呢？

Professor: Since generalized anxiety disorder causes persistent worry or anxiety that lasts for at least six months, this should be likely to awaken the patient's attention.

教授：由于广义的焦虑疾患可引起长达 6 个月以上的持续忧虑或焦虑的状态，这种现象应能唤起患者的注意。

Student: In addition to worry and anxiety, are there any other symptoms?

学生：除了忧虑和焦虑外，还有其他症状吗？

Professor: Yes, there are. It can also produce such symptoms as feeling restless and tired very easily.

教授：有。它还可以导致如下症状，如：心神不安、易疲劳等。

Student: Do patients have trouble in sleeping?

学生：患者的睡眠有问题吗？

Professor: Well, it makes patients have trouble falling asleep or staying asleep, or feeling rested after sleep.

教授：它使患者难以入睡、难以维持睡眠的持续状态或睡眠过后感到未休息好。

Student: Any other symptoms?

学生：还有其他症状吗？

Professor: People with this disorder also may suffer from a wide-range of anxiety-related physical symptoms.

教授：患此疾病的人还会有许多的与焦虑有关的生理上的症状。

Student: Could you list some?

学生：你能列举一些吗？

Professor: Yes. These symptoms include chest pain, palpitations, abdominal pain, indigestion, frequent urination, abnormal or irregular menstrual bleeding, etc.

教授：可以。这些症状包括胸痛、心悸、腹痛、消化不良、尿频、月经异常或月经不规则等。

Student: What can we do to prevent it?

学生：我们如何来预防它呢？

Professor: Currently, there is no proven way to prevent generalized anxiety disorder from starting.

教授：目前还没有可靠的方法用以防止广义的焦虑疾患的发病。

Student: That's too bad. Can we do something to alleviate it?

学生：真糟糕。我们能做些什么来减轻该疾病的症状呢？

Professor: If you have already been diagnosed, you may be able to decrease your anxiety level by cutting down on your daily intake of caffeine, alcohol, etc.

教授：如果你已被确诊患了此病，你可以通过减少日常摄入的咖啡因、酒精等来降低焦虑的程度。

Student: Can it be cured?

学生：它可治愈吗？

Professor: Yes. Your doctor probably will treat you with a combination of medications and cognitive-behavioral therapy.

教授：当然可以。你的医生可以通过联合用药及认知行为疗法来治疗。

Student: How about the prognosis?

学生：预后情况怎样？

Professor: In general, the prognosis is good.

教授：一般来说，预后良好。

19 Obesity 肥胖症

Student: What is obesity?

学生：什么是肥胖症？

Professor: Health professionals define "obesity" as an excess amount of body weight that includes muscle, bone, fat and water, especially fat.

教授：健康专家定义肥胖症是一种肌肉、骨骼、脂肪和水过剩的状态，特别是脂肪。

Student: You mean "obesity" specially refers to an excess amount of body fat. How is obesity measured?

学生：你的意思是肥胖特别是指身体脂肪的过剩。如何衡量肥胖？

Professor: Most health care providers agree that men with more than 25% of body fat and women with more than 30% body fat are obese.

教授：许多保健工作者认为男人脂肪超过 25%，女人脂肪超过 30% 属于肥胖。

Student: I see. As a rule, women have more body fat than men. What are the consequences of obesity?

学生：我明白了。通常，女人比男人脂肪多。肥胖症的后果是什么？

Professor: Several serious medical conditions have been linked to obesity, including diabetes, heart disease, high blood pressure, and stroke.

教授：许多严重的疾病，如糖尿病、心脏病、高血压、中风都与肥胖有关。

Student: Is it true that obesity is also linked to higher rates of certain types of cancer?

学生：肥胖还与某些类型癌症高发病率相关。这是真的吗？

Professor: That's for sure. Other diseases and health problems linked to obesity include gallbladder disease and gallstones, liver disease, osteoarthritis, gouts and so on.

教授：是的。与肥胖相关的其他疾病和健康问题还有胆囊疾病、胆结石、肝病、骨关节炎和痛风等等。

Student: It seems that obesity is more than a cosmetic problem, isn't it?

学生：似乎肥胖不仅仅是一个美观的问题，是吗？

Professor: Well, actually it is a health hazard. Emotional suffering may be one of the most painful parts of obesity.

教授：嗯,实际上它是一个健康问题。精神压力可能是肥胖患者极为苦恼的一部分。

Student: How is obesity treated?

学生：肥胖症该如何治疗?

Professor: The method of treatment depends on your level of obesity, overall health condition, and motivation to lose weight.

教授：治疗方法要根据患者肥胖程度、全面的健康状况和减肥目标来制定。

Student: Will an operation be necessary?

学生：有必要手术吗?

Professor: In cases of severe obesity, gastrointestinal surgery may be recommended.

教授：某些严重的肥胖症,可以推荐做胃肠道外科手术。

Student: Now I have some idea of obesity. Thank you.

学生：现在我对肥胖症有了些了解。谢谢。

Professor: Remember, weight control is a life-long effort.

教授：记住。体重的控制需要终身的努力。

20 Geriatric Diseases 老年疾病

Student: Most people realize that vital organs begin to lose function with aging. What do you think of aging?

学生：大多数人意识到,随着年龄的增长,一些重要脏器功能开始逐步衰退。你如何看待老化?

Professor: Aging is a complex and varied process that varies in how it affects different people and organs.

教授：老化是一个复杂且多变的过程,它对不同人和不同器官的影响也不同。

Student: Do people know the causes of the changes?

学生：人们知道变化的原因吗?

Professor: No one really knows how and why people change as they get older. No theory sufficiently explains all the changes of the aging process.

教授：没人真正了解当人们变老后,他们有怎样的变化和为什么会变化。尚无理论充分解释老化过程中的所有变化。

Student: In which parts does aging cause changes?

学生：老化在哪些部位发生改变?

Professor: Aging changes have been seen in all of the body's cells, tissues, and organs, which affect the functioning of all body system.

教授：老化的改变可以通过全身细胞、组织、脏器观察到。这些变化对全身系统功能都有影响。

Student: What is the effect of changes?

学生：这些改变有何影响?

Professor: For instance, as changes reduce the "extra" pumping ability, your heart may be

slightly less able to tolerate increased workloads.

教授：例如，因为这些改变减少泵功能储备，心脏可能逐步减少对增加负荷的耐受性。

Student: What are the common problems for the old people?

学生：老年人中普遍存在的问题是什么？

Professor: Heart and blood vessel diseases are some of the most common disorders in the elderly.

教授：心血管疾病几乎是老年人最常见的疾病。

Student: Would you like to list some of these diseases?

学生：你能列举几种吗？

Professor: These include high blood pressure and orthostatic hypotension.

教授：这些疾病包括高血压和直立性低血压。

Student: What about heart diseases?

学生：心脏疾病的情况怎样？

Professor: Coronary artery disease and heart failure are very common.

教授：冠心病和心力衰竭很常见。

Student: Coronary artery disease is often fatal, isn't it?

学生：冠心病往往能致命，不是吗？

Professor: You are right. Coronary artery disease can lead to angina and heart attack.

教授：是的，冠心病能引起心绞痛和心肌梗死。

Student: Is there anything we can do to the old?

学生：对老年人我们能做些什么？

Professor: As the aging population has increased, geriatric health care will become more important in the future.

教授：随着老年化人口的增加，老年健康护理将会变得更重要。

21 Dementia 老年性痴呆

Student: What is dementia?

学生：什么是老年性痴呆？

Professor: Dementia is a condition of declining mental abilities, especially memory.

教授：老年性痴呆是指脑功能下降的一种状态，特别是记忆力下降。

Student: What effect has dementia had on the patient with this disease?

学生：老年性痴呆对此病患者有什么影响？

Professor: The person with dementia may change in personality, becoming aggressive, paranoid, or depressed.

教授：患有老年性痴呆的患者可能出现人格方面的改变，变得具有攻击性、偏执或抑郁。

Student: Dementia is just old age or senility, isn't it?

学生：老年性痴呆就等于高龄或衰老，是吗？

Professor: No. As we get older, it takes us longer to remember things or to find the right word to say, but this is not dementia.

教授：不。当我们步入老年，我们就需要更长的时间想起某件事或找适合的词来表达意思。但这并不是老年性痴呆。

Student: So aging alone does not interfere with our abilities to function, does it?

学生：因此，老化本身不会影响运用我们的各种能力，对吗？

Professor: You are right.

教授：对的。

Student: What causes dementia?

学生：什么原因引起老年性痴呆？

Professor: There are many causes of dementia, including increasing age, stroke, low vitamin B_{12} levels, thyroid condition, depression, etc.

教授：病因可多啦，包括年龄增长、中风、维生素 B_{12} 缺乏、甲状腺疾病、抑郁等。

Student: What is Alzheimer's disease?

学生：什么是阿尔茨海默病？

Professor: Alzheimer's disease is the most common type of dementia.

教授：阿尔茨海默病是最普通的一种痴呆病。

Student: Can the patient notice that he has Alzheimer's disease?

学生：患者自己能知道他患有阿尔茨海默病吗？

Professor: No, he can't. Alzheimer's disease usually sneaks up on the person and family because it gets worse slowly over several years, before the changes are noticed.

教授：不能。由于此病缓慢发展数年才会被察觉，所以它通常在个人和家庭中悄悄袭来。

Student: Is there any point in seeing the doctor?

学生：看医生有意义吗？

Professor: Yes. First, there are other causes of dementia and confusion that can be very easily treated.

教授：有意义。首先，存在其他一些导致痴呆和意识模糊的病因，这种痴呆容易治疗。

Professor: Second, new treatments available for Alzheimer's disease seem to improve the symptoms and slow their progress.

教授：其次，有些新的方法治疗阿尔茨海默病，可以改善症状，延缓病程。

Professor: Third, the doctor should be able to refer the patient to community resources for information, support groups and other help at home.

教授：第三，医生可指导患者求助于社会力量以获得信息、小团体的支援和家庭中的其他帮助。

Student: Is there any drug treatment for patients with Alzheimer's disease?

学生：对于阿尔茨海默病患者有什么药物治疗的方法？

Professor: Yes, scientists in Finland found that the drug galanthamine provides an effective symptomatic treatment for patients with dementia.

教授：有，芬兰科学家们发现加兰他敏药物对老年性痴呆患者可提供有效的对症治疗。

Student: How about the effects of this treatment?

学生：这种治疗的效果如何？

Professor: The results show that activities of daily living and behavioural symptoms are significantly improved.

教授：治疗结果表明患者的日常生活能力和行为症状得到了明显改善。

22 Chronic Diseases 慢性疾病

Student: Chronic diseases are the leading causes of death and disability in the U.S. , aren't they?

学生：在美国，慢性疾病是导致死亡和残疾的主要原因，是吗？

Professor: Yes. Chronic diseases—such as heart disease, cancer, and diabetes—account for 7 of every 10 deaths and affect the quality of life of 90 million Americans.

教授：是的。慢性疾病，如心脏病、癌症、糖尿病，占死亡原因的 70%，影响了 9000 万美国人的生活质量。

Student: Do government and people spend millions of dollars on them every year?

学生：每年政府和人们要在治疗慢性疾病上花几百万美金吗？

Professor: Right. They are among the most common and costly health problems.

教授：对。慢性病是最常见、最花钱的健康问题之一。

Student: What causes chronic diseases?

学生：什么导致慢性疾病的发生？

Professor: The risk factors are cigarette smoking, lack of physical activity, poor nutrition, overweight, and so on .

教授：慢性疾病的危险因素有吸烟、缺乏运动、营养不良、肥胖等。

Student: Anything else?

学生：还有呢？

Professor: Lack of mammography screening, fecal occult blood test, health insurance also contributes to the diseases.

教授：乳房造影普查，大便潜血检查和健康保险的缺乏也可导致疾病的发生。

Student: Can we do something to prevent these diseases?

学生：我们能做点什么来阻止慢性疾病的发生吗？

Professor: Yes. Fortunately, they are also among the most preventable.

教授：能。幸运的是，它们也是最可以预防的疾病。

Student: Could you give us some instructions?

学生：你能给我们一些指导吗？

Professor: Adopting healthy behaviors such as eating nutritious food, being physically active can prevent or control the devastating effects of these diseases.

教授：养成健康的行为方式，如吃营养丰富的食品和多运动，能预防或控制这些疾病对身体的损耗破坏作用。

Student: Should we avoid tobacco and keep fit?

学生：我们也要戒烟，保持健康吗？

Professor: That's a must.

教授：那是一定要的。

Student: What's the function of the centers for chronic diseases?

学生：慢性病治疗中心的功能是什么？

Professor: These centers are devoted to attempting to show patients how to achieve improved health.

教授：这些中心致力于让患者知道怎样能够提高健康状况。

Student: What methods do doctors employ to treat the chronic diseases?

学生：医生采用什么方式来治疗这些慢性疾病？

Professor: A number of methods are employed, and the therapy always depends on the individual problems the patient has.

教授：有许多方法可采用，但具体的治疗措施要依患者的个体情况而定。

Student: Can you explain it in detail?

学生：你能详细解释一下吗？

Professor: Intelligent avoidance of triggering agents, varied diets, nutritional supplementation, immunotherapy, etc. are often recommended.

教授：机智地避免诱发病因、扩大饮食结构、增加营养补充剂、采用免疫疗法等都是常用的方法。

Student: Will surgery be necessary?

学生：需要手术吗？

Professor: Surgery and medications are used when needed.

教授：必要时可采用手术和药物治疗。

Unit II

Treatment

治　　疗

1 Diagnosis 诊断

Intern: It has been proved clinically that early diagnosis is of vital importance in the treatment of disease. What is diagnosis?

实习医生：临床已证明,早期诊断对疾病的治疗是极为重要的。何谓“诊断”?

Resident: Diagnosis is identification of disease by means of patient's symptoms.

住院医生：诊断是通过了解患者的症状对疾病进行鉴定。

Intern: How does a doctor diagnose the illness?

实习医生：医生如何诊断疾病呢?

Resident: Diagnosis requires a medical history, a physical examination, regular tests and some special tests when necessary.

住院医生：诊断需要既往病史、体检、常规化验,必要时还要做些特殊的检查。

Intern: What does physical examination include?

实习医生：体检包括哪些内容?

Resident: It includes measuring the temperature, pulse and blood pressure and the use of palpation, tapping, listening, etc.

住院医生：它包括测量体温、脉搏、血压并使用触诊、叩诊和听诊等。

Intern: What instruments are used for examination?

实习医生：用于检查的仪器有哪些?

Resident: Instruments that facilitate physical examination include the sphygmomanometer, the stethoscope, ophthalmoscope and bronchoscope.

住院医生：体检包括的器械有：血压计、听诊器、检眼镜和支气管镜等。

Intern: Do innovations in electronics contribute to diagnosis?

实习医生：电子技术的发展有助于诊断吗?

Resident: Yes. Recent innovations in electronics have made it possible for any of these devices to be fitted with video cameras and lights, so that the interior of the body can be viewed on video monitors and recorded on video tape for further reference.

住院医生：是,近来电子技术的发展使照相镜头和光学技术在医疗装置中的应用成为可能,体内情况可通过监视器进行观察并记录在视频光带上供以后参考。

Intern: Do tests and diagnostic procedures play important roles in clinical diagnosis?

实习医生：各种化验和诊断性检查在临床诊断中起重要作用吗?

Resident: Yes. Many diseases can be confirmed with X-rays, CT Scans and other laboratory tests.

住院医生：是的，通过 X 线、CT 扫描和其他化验检查，许多疾病可以确诊。

Intern: What are the things that can be sent for lab tests?

实习医生：能送去化验检查的有哪些东西？

Resident: Blood, urine, tissues and other excretions and secretions of the body can be examined.

住院医生：血、尿、组织以及身体的其他排泄物和分泌物都可以被检查。

Intern: Are there any other ways?

实习医生：还有其他的方法吗？

Resident: Exploratory surgery and the insertion of visual equipment though a small incision may be also used to assist in diagnosis.

住院医生：手术探查和通过小切口置入可视性装置同样对诊断有所帮助。

Intern: It sounds wonderful.

实习医生：听起来太棒了。

Resident: In this way, a list of possible causes are developed and then narrowed down by further tests.

住院医生：这样做，导致疾病发生的可能因素逐步表现出来，然后通过进一步检查缩小范围。

Intern: What's the use of palpation and tapping?

实习医生：触诊和叩诊起什么作用？

Resident: The use of palpation is to detect enlarged organs and other abnormalities. Tapping is to delineate some of the internal organs.

住院医生：触诊的作用是探测器官的增大和其他异常。叩诊的作用则是描述一些内脏的情况。

Intern: What about listening?

实习医生：听诊呢？

Resident: Listening is to interpret sounds from organs such as the heart and lungs. All these are helpful in making a diagnosis.

住院医生：听诊是要解释诸如心脏和肺这些器官的声音。所有这些对做出诊断都是有帮助的。

2 Treatment 治疗

Student: What does a person usually do when he is ill?

学生：人生了病怎么办？

Professor: He usually goes to see a doctor and the doctor prescribes him some medicine, give him a muscular injection or intravenous injection.

教授：他通常去看医生。医生会给他开些药吃，进行肌内注射或静脉注射。

Student: What will the doctor do on the patients who, say, got the breast cancer, or a fracture?

学生：如果患者患有乳腺癌或骨折，医生怎样治疗？

Professor: Surgery can be used to remove diseased tissue or repair broken bone. However, there are certain dangers in operation.

教授：医生会进行手术切除患病的组织，修复折断的骨头。不管怎样，手术也有一定的风险。

Student: Are these called traditional treatment?

学生：这些治疗被称为传统疗法，是吗？

Professor: Right. But nowadays more and more people turn to alternative treatment.

教授：是的。不过现在越来越多的人转向非传统的替代疗法。

Student: Would you like to tell us what alternative treatment is?

学生：你能告诉我们“替代疗法”是什么意思吗？

Professor: It mainly consists of three parts: herbal medicines, chiropractic services and massages.

教授：它主要包括三个部分：中草药，（脊柱）按摩治疗和推拿疗法。

Student: How come so many people turn to alternative treatment?

学生：为什么这么多的人转向非传统疗法呢？

Professor: Some say they do so on the advice of a friend or relative. Some turn to it because traditional treatments aren't working.

教授：有些人说他们选择它是由朋友或亲戚介绍的。有些人采用此疗法是因为传统的治疗对他们无效。

Professor: Others say they are acting as a compliment to their health routine.

教授：其他人则说它们起着日常健康辅助手段的作用。

Student: Which one of the three is more popular among people?

学生：三项中哪种更受欢迎？

Professor: Many people rate massage, yoga and acupuncture as the most effective treatment.

教授：许多人认为推拿、瑜伽和针灸是最有效的治疗方法。

Student: Does it mean traditional medicines are losing their market?

学生：这是否意味传统治疗失去市场？

Professor: No. There are still many who prefer conventional medicine to alternative medicine.

教授：不是的。同非传统药物疗法相比许多人还是喜欢传统的治疗方法。

Student: Really? But why?

学生：真的吗？为什么？

Professor: The basic reason is that conventional medicine works for them. Another reason is that they are concerned about the lack of insurance on the alternative treatment.

教授：主要的原因是传统治疗更适合他们。另一个原因是他们考虑到非传统药物治疗不在保险责任范围内。

Student: As an expert, what do you think of alternative treatment?

学生： 作为一位专家，你对非传统疗法的看法如何？

Professor： There are tremendous physical differences from person to person, so people differ in their choices of treatments. Alternative medicine may join mainstream in the near future.

教授： 在人与人之间存在着巨大的身体上的差异，于是人们在治疗方法的选择上也不相同。非传统疗法在不久的将来可能进入主流。

3 Drug 药物

Intern： Doctor, why do people who suffer from the same disease respond quite differently to the same drug?

实习医生： 医生，为什么许多人患同样疾病，却对同一种药的反应大不一样？

Resident： That's because our lifestyle, the food we eat and where we live and work can all affect how we respond to medicine.

住院医生： 那时因为我们的生活方式、我们的饮食、我们居住和工作的环境都影响我们对药物的反应。

Intern： Is there anything to do with one's gene?

实习医生： 它与每个人的基因有关吗？

Resident： Yes. Another key factor is our DNA, which also contributes to the way we respond to medicine.

住院医生： 有关。另一个主要的因素是我们的 DNA，它也影响我们对药物的反应。

Intern： What if we take several medicines at the same time?

实习医生： 如果我们同时吃了许多种药会出现怎样的情况呢？

Resident： That may make your drugs less effective, cause unexpected side effects, or increase the action of a particular drug.

住院医生： 那会降低药效，引起意料之外的副作用，或增大某种药的作用。

Intern： It will affect the treatment, won't it?

实习医生： 那将影响治疗，不是吗？

Resident： Yes. These potential problems, what we call drug interactions, can even be harmful to your health.

住院医生： 是的。这些潜在问题被称为药物的相互作用，对身体甚至是有害的。

Intern： What can we do to prevent the drug interactions from happening?

实习医生： 我们该如何避免药物相互作用的发生呢？

Resident： It may be critical for you to read the instructions before you use a drug and take time to learn about drug interactions.

住院医生： 最主要的是服药前阅读药物说明书，并花一定时间了解药物的相互作用。

Intern： So one can reduce the risk of drug interactions and side effects with a little bit knowledge and common sense.

实习医生： 看来，只要对药物有点了解就可以减少药物相互作用及副作用的发生了。

Resident: You are right.

住院医生：对的。

Intern: Would you please tell me how to clarify drug interactions?

实习医生：你能告诉我药物相互作用分为几种吗?

Resident: Generally speaking, drug interactions fall into three broad categories.

住院医生：一般来说,药物相互作用可分为三种。

Intern: What are they?

实习医生：哪三种?

Resident: Well, the first category is called drug-drug interactions that occur when two or more drugs react with each other.

住院医生：第一种称为药物与药物的相互作用,即当两种或两种以上的药物同时服用,药物相互之间会发生反应。

Intern: Can you give an example?

实习医生：你能举个例子吗?

Resident: For example, mixing a sedative with an antihistamine can slow your reactions and make driving a car dangerous.

住院医生：例如,将镇定药与抗组胺药混合服用可以使你的反应迟缓,驾车危险。

Intern: I see. Well, let's talk about the second one.

实习医生：我明白了。我们谈谈第二种。

Resident: The second one is drug-food/beverage interactions that result from drugs reacting with foods or beverages.

住院医生：第 2 种是药物与食物 / 饮料的相互作用,是由药物与食物或饮料发生反应而产生的。

Intern: What effect does it have on us?

实习医生：它对我们有什么影响?

Resident: For example, mixing alcohol with some drugs may cause you to feel tired or slow your reactions.

住院医生：例如,酒精和某些药物混合服用会使你感到疲惫或反应迟缓。

Intern: What is the third one?

实习医生：第三种是什么?

Resident: The third one is drug-condition interactions that may occur when an existing medical condition makes certain drugs potentially harmful.

住院医生：第三种是药物与身体状况间的相互作用,即自身存在的某种疾病能使某种药物产生潜在的危害。

Intern: Doctors can do something to help patients reduce or avoid adverse reactions, can't they?

实习医生：医生能帮助患者减少或避免药物不良反应,是吗?

Resident: Yes, they can. As long as the patient tells the doctor how the drug is affecting him, the doctor adjusts the dosage.

住院医生： 是的。只要患者告诉医生某种药物对他的影响，医生会调整剂量。

Intern: You mean anyone taking a drug shouldn't hesitate to consult with a doctor, nurse or pharmacist.

实习医生： 你的意思是任何人服用药物之前都应该向医生、护士或药剂师咨询。

Resident: Yes. They'll explain to him the goals of treatment, the types of the adverse drug reactions and other problems that may arise.

住院医生： 是的。他们会向他说明治疗的目的、药物的不良反应的种类以及可能发生的问题。

4 Operation 手术

Intern: What is the classification of surgery?

实习医生： 外科手术是怎样分类的？

Resident: In brief, it is divided into general surgery, neurological surgery, plastic surgery and so on. The operations are performed by specially trained medical physicians known as surgeons.

住院医生： 手术大体分为普通外科手术，神经外科手术，整形外科手术等。手术是由经过专业训练的医生——外科医生操作的。

Intern: What are they focusing on?

实习医生： 他们分别着重哪个方面？

Resident: General surgery is the broadest surgical division, focusing on surgery of the abdomen, the breast and the endocrine organs.

住院医生： 普外是外科手术中最大的一个分支，主要是对腹部，胸腔及内分泌器官进行手术。

Intern: What does plastic surgery do?

实习医生： 整形外科手术做些什么？

Resident: Plastic surgery encompasses cosmetic procedures to improve appearance and reconstruct damaged parts of the body.

住院医生： 整形外科包括改变人外貌的美容手术和身体受损部位的重建。

Intern: What about neurological surgery?

实习医生： 神经外科手术呢？

Resident: Neurological surgery involves operations on the brain and spinal column.

住院医生： 神经外科手术主要是对大脑及脊柱进行的手术。

Intern: What are the different situations in the decision and management of operations?

实习医生： 在决定和实施手术时有什么不同的情况？

Resident: Surgical operations are classified as optional, required, elective, urgent and emergent.

住院医生： 外科手术可以分为随意性、必须性、选择性、一般紧急性和突发紧急性手术。

Intern: What is the difference between urgent procedures and emergency ones?

实习医生：一般紧急性和突发紧急性手术之间存在什么区别?

Resident: Urgent surgical procedures are performed when a patient's condition is not immediately life-threatening.

住院医生：一般紧急性外科手术是在不马上危及患者生命的情况下进行的。

Intern: Could you give me an example?

实习医生：你能给我举个例子吗?

Resident: Patients with some form of cancer are often considered urgent surgical case, and failure to treat it may result in death.

住院医生：患有某种形式癌症的患者通常考虑进行一般紧急外科治疗,不治疗可以导致死亡。

Intern: How about emergency procedures?

实习医生：突发紧急性手术又如何呢?

Resident: Emergency procedures must be performed within a few hours of patient's arrival at a hospital to prevent death.

住院医生：突发紧急性手术必须在患者到达医院后数小时内进行以防止死亡。

Intern: Is medical care necessary for any surgical procedure?

实习医生：任何外科手术都需要医疗护理吗?

Resident: Yes, it is. Medical care is provided before (preoperative), during (intraoperative), and after (postoperative) the operation.

住院医生：当然,医疗护理在手术前、手术中、手术后都是需要的。

Intern: Is it dangerous to have an operation?

实习医生：手术存在危险性吗?

Resident: There are certain risks during the operation, such as the hazards of anaesthetic, injury of blood vessels, etc.

住院医生：在手术期间存在一定的危险因素,如麻醉意外或血管损伤等。

Intern: Does it mean there is no risk if the patient survives the operation?

实习医生：可否说如果患者手术后存活,就没有危险了?

Resident: No, it doesn't. Postoperative complications may arise such as wound infection. Luckily, with the advance of medical science, these problems can be solved.

住院医生：不是的。手术后也可能出现并发症,如伤口感染等。幸运的是,随着医学科学的进展,这些问题都可以得到解决。

5 Rehabilitation 康复

Intern: What is rehabilitation?

实习医生："康复"是什么?

Resident: Rehabilitation is the treatment of physical disabilities by massage, electrotherapy and exercises.

住院医生："康复"是通过按摩、电疗和体力锻炼对身体残疾进行的治疗。

Intern: What's the process of rehabilitation?

实习医生：康复的过程是怎样的？

Resident: Rehabilitation is the process whereby a disabled person is assisted to regain and use his physical, mental, social and vocational potential as far as the disability permits?

住院医生：康复是帮助残疾人在自身条件允许的范围内重建生理功能、恢复自信和社交，并获得职业工作能力的过程。

Intern: How about the results of rehabilitation?

实习医生：康复的结果如何？

Resident: The disabled person is directed to establish a pattern of life that provides a sense of worth, independence and satisfaction.

住院医生：残疾人经过指导重新建立自己满意的具有独立性和价值感的生活方式。

Intern: What kinds of diseases does it focus on?

实习医生：它主要涉及哪些疾病？

Resident: It focuses on the disorders of the musculoskeletal, cardiovascular, and pulmonary systems that may produce temporary or permanent impairment.

住院医生：它主要涉及的有肌骨骼系统、心血管系统和肺呼吸系统的疾病，这些疾病可能产生短暂性或永久性损伤。

Intern: What is the job of a physiatrist?

实习医生：理疗医生的工作是什么？

Resident: A physiatrist, focusing on restoring function to people, treats a wide range of problems from sore shoulders to spinal column injuries.

住院医生：理疗医生治疗一系列疾病，从肩部酸痛到脊椎损伤。主要是帮助患者恢复功能。

Intern: What is the physiatrist's role in treatment?

实习医生：理疗医生在治疗中起什么作用？

Resident: A physiatrist may treat patients directly, lead an interdisciplinary team, or act as a consultant.

住院医生：理疗医生可直接治疗患者，或带领一个跨学科小组，或充当会诊医生。

Intern: Where do physiatrists practise?

实习医生：理疗医生在什么地方开展工作呢？

Resident: Physiatrists practise in rehabilitation centers, hospitals, and in private offices.

住院医生：理疗医生在康复中心、医院和私人诊所工作。

Intern: How could physiatrists give more effective help to their patients?

实习医生：理疗医生如何能给患者更有效的帮助？

Resident: They can teach the patients how to prevent further impairment, help them realize their potentials, encourage and teach self-care.

住院医生：他们能教患者如何预防进一步损伤，促使患者发挥潜力，鼓励和教育患者进行自我护理。

Intern: Why are physiatrists so important to the patients?
实习医生：为什么理疗医生对患者如此重要？
Resident: Because physiatrists can restore a patient to optimal health state and have him return to home and community as an independent, productive person.
住院医生：因为理疗医生可帮助残疾人恢复到理想的健康水平，使他们回家和回到社区成为一个独立的和有工作能力的个人。
Intern: I am really surprised at the wonderful results.
实习医生：对这样美好的效果我真感到惊讶。
Resident: These should be attributed to the achievements of modern medicine. Indeed, rehabilitation significantly increases the quality of life for the patients.
住院医生：这应归功于现代医学的成就。的确，康复使患者的生活质量有了显著提高。

6 First Aid 急救

Student: Professor Wu, could you tell us how to recognize emergencies?
学生：吴教授，你能给我们讲讲如何识别急症吗？
Professor: An emergency is a situation that requires immediate care to prevent greater harm to the patient.
教授：需要立即进行医疗处理以防对患者产生更大伤害的情况都属于急症。
Student: That means the main objective of first aid is to save lives?
学生：那就是说急症的主要目的是抢救生命？
Professor: You are right. Fortunately, most first-aid procedures are not complicated and can be performed by someone with a minimum of training.
教授：对的。幸运的是大多数急症措施并不复杂，只要接受一点点训练的人就会操作。
Student: What are the warning signs of a medical emergency?
学生：急症有哪些警示性体征？
Professor: Warning signs include fainting, bleeding, difficulty breathing, paralysis, vomiting blood, change in mental status, etc.
教授：警示性体征有昏迷、出血、呼吸困难、麻痹、吐血、意识不清等。
Student: Is there any special occasion we'll meet in emergencies?
学生：急症中我们可能碰到什么特殊情况吗？
Professor: One of the most serious emergencies occurs when an individual has stopped breathing.
教授：最危险的情况之一是患者停止呼吸。
Student: From your lecture, I know brain damage is likely to occur after only four minutes without oxygen. What shall we do to prevent it from happening?
学生：从你的讲座里我知道只要停止供氧 4 分钟，大脑就可能受到损伤。我们该做些什么来避免此情况发生？
Professor: To prevent brain damage or death, artificial respiration must be started immediately

in case of need.

教授：为了避免大脑损伤或脑死亡，需要时必须立刻进行人工呼吸。

Student: What are the conditions that might cause people to stop breathing?

学生：哪些情况可能引起患者停止呼吸？

Professor: This may be the result of asphyxiation, electrocution, drowning, a heart attack, or some other causes.

教授：这可能由窒息、触电、呛水、心肌梗死或其他原因引起。

Student: Are there any other critical conditions in emergencies?

学生：急症还有什么其他危急情况吗？

Professor: Yes, another example is severe bleeding (hemorrhaging), especially from a main artery.

教授：有。另一例子是严重大出血，特别是主动脉大出血。

Student: What should we do when it occurs?

学生：发生这种情况我们该怎样做？

Professor: Pressure must be placed at the side of the bleeding, or a tourniquet must be applied.

教授：必须紧压出血处，或使用止血带。

Student: I see. I know what to do.

学生：我知道该怎么做了。

Professor: Care must be taken, however, to loosen the pressure from time to time to prevent gangrene.

教授：但是，还必须注意经常松动紧压处以免坏疽。

Student: I got it. Are there any other emergencies?

学生：我明白了。还有其他的急症吗？

Professor: Another common emergency is choking on food.

教授：另一个常见的急症是被食物噎住。

Student: Then how to rescue such patients?

学生：那么，该如何救治此类患者？

Professor: The rescuer had better clutch the victim from behind, and sharply presses with his clutched hands on the victim's chest until the foreign object is impelled out of the trachea.

教授：施救者最好从后面紧抱患者，并用双手用力压患者的胸部直到异物被挤出气管。

Student: I hear shock is a condition that accompanies many medical emergencies, which is always serious and can be fatal. Is it true?

学生：我听说休克是一种伴随许多医疗急症的情况，非常严重并可致命。是这样的吗？

Professor: Yes. Severe injuries to the head rank among the most serious emergencies.

教授：是的。头部的严重损伤也列于最严重急症范围内。

Student: What will happen if the skull is fractured or a victim suffers a brain concussion?

学生：如果头颅骨折或患者患有脑震荡，会怎么样？

Professor: The brain can be irreparably damaged.

教授：大脑可能出现不可挽救的损伤。

Student: How to make a good job in dealing with emergency cases?

学生：在处理急症病例时如何把工作做好?

Professor: Whatever we do in any emergency is only the first step. The treatments or medical care followed are also very important.

教授：在任何急症中我们所做的仅仅是第一步,随后的治疗和护理也都是非常重要的。

7 ICU 重症监护室

Student: What does ICU stand for?

学生：ICU 是什么意思?

Professor: ICU is short for Intensive Care Unit, which is a hospital facility for care of critically ill patients at a more intensive level.

教授：ICU 是英语重症监护室的缩写,意思是用来精心护理病情特别严重患者的医院设施。

Student: Oh, it's very good that severely ill patients who would have died before are allowed to be treated in the ICU.

学生：哦,太好了。那些病得很重、在以前必然死亡的患者能够在重症监护病房得到抢救。

Professor: Yes, advances in health care will make ICU more adapted to the needs of these patients, especially being more humane.

教授：是的,卫生保健的进步将使重症监护病房更适合患者的需要,特别是更富有人情味。

Student: What's the function of ICU?

学生：重症监护室有什么功能?

Professor: ICU handles the most complicated patients who require open-heart surgery, transplants or intensive monitoring.

教授：重症监护室处理病情最复杂的患者,例如,需要开胸手术的、器官移植的,或需要精心监护的等等。

Student: In that case, should the ICU be staffed by specialized personnel and contain a complex assortment of monitors?

学生：那么,重症监护室是否配有专业医护人员,并配备各种复杂的监测仪?

Professor: That's right. It also contains life-supporting equipment that can sustain life in once-fatal situations, including adult respiratory distress syndrome, kidney failure, multiple organ failure, and sepsis.

教授：是的。它还配有维持生命的设备。一旦患者出现病危状况,如成人呼吸窘迫综合征、肾衰竭、多器官衰竭和脓毒症,就能使用这些设备来延缓生命。

Student: Are the doctors and nurses in the unit busy all the day?

学生：监护室的医护人员整天忙碌吗?

Professor: Yes, most units operate on a 24-hour basis. When the patient's condition is very critical and his life is in danger, they'll do their best to save him.

教授：是的,大多数重症监护室 24 小时运转。当患者病情危重,有死亡的危险时,他们将尽全力抢救。

Student: What role do the nurses play in ICU?

学生：重症监护室的护士起怎样的作用?

Professor: When the patient in a state shock is sent to ICU, it's necessary to measure his pulse, respiration and blood pressure regularly.

教授：当处于休克状态的患者被送到重症监护室,有必要定时测量他的脉搏、呼吸和血压。

Student: Is it critical for the patient to get enough oxygen when he is in a state of shock?

学生：对于休克患者来说,获得足够的氧气是至关重要的吗?

Professor: Yes. Oxygen should be given and emergency drugs should be prepared as soon as possible.

教授：是的。要让患者吸氧,并尽快地把急救药品准备好。

Student: Is there anything else?

学生：还有其他的事吗?

Professor: Yes. They should notice whether the patient is conscious or not, observe the changes of his pupils, and record the volume of urine and other fluids in or out of his body accurately.

教授：有。她们要注意患者的意识状态,观察瞳孔变化、准确记录尿量及其他液体出入身体的量。

Student: What will nurses do if the patient has difficulty in breathing?

学生：如果患者呼吸困难,护士该如何做?

Professor: They should keep his respiratory tract through, abstract sputa from air way regularly.

教授：她们必须保持患者呼吸道通畅,定时吸痰。

Student: Can families involve in the care?

学生：家属可以参与护理吗?

Professor: Integrating families into ICU care is often a necessity. Sometimes a special nursing care will be arranged for him or her.

教授：让家属参与护理常常是必不可少的。有时将特殊的护理安排给他们来做。

Student: It's obvious that ICU really plays an important role in rescuing the critically ill patients.

学生：显然重症监护室在救治危重患者中的确起着重要的作用。

Professor: Right. In a word, an ICU works to meet the needs of patients rather than provide care according to impersonal routines and institutional dictates.

教授：是这样。总之,重症监护室的工作是满足患者的需要,而不是按照机械(没有

人情味的）常规及医院的指示去提供护理。

8 Community Health 社区保健

Student: What is community care?

学生：社区保健是什么？

Professor: Community care is the care given outside the hospital to the whole people.

教授：社区保健是指在医院之外对全体人口进行的保健工作。

Student: It is an immense work with great significance, isn't it?

学生：这是一项意义深远的工作，是吗？

Professor: Yes, it is a continuous process, which is concerned with all aspects of health promotion.

教授：是的。这是一项不间断的工作。社区保健工作涉及增进健康的各个方面。

Student: But how is the work carried out?

学生：这项工作是怎样开展的呢？

Professor: First of all, we ought to teach people how to deal with the prevention of disease and the promotion of health.

教授：首先是教育人们如何预防疾病，增进健康。

Student: What other fields does it involve?

学生：这项工作还涉及其他什么领域？

Professor: It is still concerned with the control of communicable diseases.

教授：它还涉及控制传染病工作。

Student: What will experts do in this field?

学生：专家在此领域要做哪些工作？

Professor: Public health authorities collect vital statistics on death rates, birth rates, communicable and chronic diseases, and other indicators of the state of public health.

教授：公共卫生权威人士收集重要数据，如死亡率、出生率、流行病和慢性病的发病率以及其他的公共健康状况的指征。

Student: What are the major problems in community care?

学生：社区保健面对的最主要的问题是什么？

Professor: Today, more important health problems when preventive measures are needed are accidents at work and in the homes, and road traffic accidents.

教授：随着预防性措施的采用，工作和家庭中发生的事故，以及交通事故成为目前重要的保健的问题。

Student: Any other problems?

学生：还有其他的问题吗？

Professor: Moreover alcoholism, drug addiction, smoking, depression and anxiety states are also of growing concern.

教授： 此外，酒精中毒、吸毒、吸烟、精神抑郁等都越来越引起关注。

Student: How to care the chronic sick in communities?

学生： 如何对社区中慢性病患者进行护理呢？

Professor: A home nurse is likely to be spending much time undertaking domiciliary duties.

教授： 家庭护士的大部分时间用来管理患者的日常生活事务。

Student: Is the work mainly concerned with the elderly chronic sick and their long term care?

学生： 这工作主要涉及老年慢性患者的长期护理吗？

Professor: Yes. Bedsides care must be given to the chronic sick in their homes with the support of the primary health care team.

教授： 是的。对慢性患者的家庭护理应当在基础保健组织的支持下进行。

Student: What does the term "primary health care team" mean?

学生： "基层保健组织"是什么意思？

Professor: A health team may be defined as a group working together to give health care to individuals and families in a community.

教授： 保健组织可以解释为是一组在一起工作，对社区的个人和家庭成员进行保健的队伍。

Student: Where do they carry out their work?

学生： 他们在什么地方开展工作？

Professor: Usually a health team has a base, such as a health center where equipment is kept and some clinics are held.

教授： 保健组织通常有它的基地，如保健中心。在这个中心里设有医疗设施，可以开展应诊工作。

Unit III

Case Discussion

病 案 讨 论

1 Influenza 流行性感冒

(1)

Intern: Good Morning, Dr. Zhang.

实习医生：张医生，你好。

Dr. Zhang: Good Morning. Let's make the morning ward-round.

张医生：你好，咱们查房吧。

Intern: OK, This is a new patient who was hospitalized last night because of febrile convulsion. He is a two-year-old boy.

实习医生：好的，这是一名昨天夜里新收的患者，因高热惊厥入院，是个两岁的男孩。

Dr. Zhang: How about his temperature? Have any antipyretics and sedatives been given?

张医生：他的体温情况如何？给过解热药和镇静药了吗？

Intern: His temperature is as high as 40.2℃ (centigrade) Aspirin has been given by oral. The dose is 150mg. And Sodium Luminal was given intramuscularly. The dose is 75mg. Drugs have already quieted him down.

实习医生：他体温高达 40.2℃，已给予阿司匹林 150mg 口服并肌注了 75mg 苯巴比妥钠，他已经安静下来了。

Dr. Zhang: Anything else?

张医生：还给什么了？

Intern: Also gave him some fluid, I mean, 500ml of 10% glucose solution with Vitamine C 1.0g by intravenous drip, and placed an ice bottle on his forehead.

实习医生：还给他静点了液体，10% 葡萄糖溶液 500ml 加维生素 C 1g，并在他前额上放置了冰袋。

Dr. Zhang: Well done. Pass me his medical record, please.

张医生：干得好，请把他的病历递给我。

Intern: Here it is.

实习医生：好。

Dr. Zhang: Thank you. Let me see ... present illness.

张医生：谢谢，让我来看一下……现病史吧。

Intern: The boy had a fever the day before yesterday. With clear nasal discharge, mild cough, headache, sore throat, anorexia, vomiting and mild diarrhea. His parent

regarded it as common cold, and gave him some Aspirin. The following day, Penicillin was given by intramuscular injection, with dose of 400,000 U each time, twice a day. It seems no effective.

实习医生：这孩子前天开始发热，伴流清涕、轻咳、头痛、咽痛、食欲缺乏、呕吐及轻微腹泻。家长认为是感冒，服了阿司匹林。次日肌注青霉素 40 万 U，每天 2 次，看起来没什么效果。

(2)

Dr. Zhang：Has he ever had the history of febrile convulsion?

张医生：他既往有高烧惊厥史吗？

Intern：Yes. The attack occurs each time his temperature is over 39℃ (centigrade).

实习医生：有，每当他体温超过 39℃时，就会发生高烧惊厥。

Dr. Zhang：Is there an epidemic fever in his kindergarten ?

张医生：他们幼儿园里有发热流行吗？

Intern：Yes. Two-thirds of children in his kindergarten have fever this week. They have the symptoms similar to his.

实习医生：有，这周幼儿园里有 2/3 的孩子都发热了，症状与他相似。

Dr. Zhang：I see, let me take physical examination for him.

张医生：我明白了，来给他查体吧。

Intern：No abnormal signs except for redness and enlargement of his tonsils.

实习医生：除了双侧扁桃体充血、肿大外，无其他异常。

Dr. Zhang：No rashes?

张医生：无皮疹吗？

Intern：No.

实习医生：没有。

Dr. Zhang：Any blood test?

张医生：做血液检查了吗？

Intern：Yes. White blood cell show WBC 4000/mm^3 , N 34%, L 66%. May I think of this case as the infection of upper respiratory tract?

实习医生：做了，白细胞计数 4000/mm^3 (4×10^9/L) 中性粒细胞 0.34，淋巴细胞 0.6，我可以认为这个病例是上呼吸道感染吧？

Dr. Zhang：Yes, but what's the causative pathogen?

张医生：可以，但病原是什么呢？

Intern：Upon analysis of clinical characteristic, laboratory and epidemic data, we can almost confirm the diagnosis of influenza. The causative pathogen is surely influenza virus, do you agree?

实习医生：依据临床特征、实验室及流行病学资料，我们几乎可以确诊为流感了，那病原当然是流感病毒了，你同意吗？

Dr. Zhang：Yes, I think so. It'll be much more perfect that we have the evidence about isolation of virus.

张医生： 同意，要是有病毒分离的依据就更完整了。

Intern： May I consider the prognosis of influenza is generally good?

实习医生： 可否认为流感的预后一般说来是良好的？

Dr. Zhang： Yes, in general speaking, it's not poor, but it's no harm to keep an eye on the underlying problems, for example, brain damage, myocarditis, etc. Oh, it's time for us to give our orders. Stop here.

张医生： 一般说来，预后良好，但留心那些潜在的问题是有益处的，如脑损害、心肌炎等，哦，我们该开医嘱了，就到这里吧。

2 Pneumonia 肺炎

Resident： It sounds like he has pneumonia.

住院医生： 看来患者像得了肺炎。

Intern： It sure does.

实习医生： 确实是得了肺炎。

Resident： Did you culture and Gram stain the sputum?

住院医生： 你做了痰培养和革兰染色吗？

Intern： I sent it off for culture. There were numerous WBC's, RBC's and pneumococcal like organisms.

实习医生： 我把痰送去培养了。(痰中)有大量白细胞、红细胞和肺炎球菌样细菌。

Resident： Did you get a white blood cell count?

住院医生： 你做白细胞计数检查了吗？

Intern： Yes. It was 30 000, with predominantly polys present.

实习医生： 做了。白细胞计数是 30 000，其中多形核占优势。

Resident： How about blood cultures?

住院医生： 血培养怎么样？

Intern： I was going to draw those as soon as the media come up to the floor from central supply.

实习医生： 培养基从中心供应室一送到病房我就抽血做培养。

Resident： Did you look at the chest films?

住院医生： 你看过胸片了吗？

Intern： Yes. He's got a patchy infiltrate in the right lower lobe.

实习医生： 看过。患者的右下肺叶有一个斑片状浸润。

Resident： How do you want to treat this patient?

住院医生： 你打算怎样治疗这个患者呢？

Intern： I think he should get 95% oxygen, and I'd prefer using a soft rubber facial mask to give it. I've started an IV of 5% dextrose and water, and 100 000 units of aqueous penicillin every three hours.

实习医生： 我认为他应该吸 95% 氧气，最好用一个软橡皮面罩给患者吸氧。我已经开始

(给患者)静脉点滴 5% 葡萄糖溶液,并给 100 000 单位水剂青霉素,每三小时注射一次。

Resident: You'll observe the patient, of course, and raise the penicillin as necessary. We should also continue the therapy until he's been afebrile for 72 hours and the WBC is normal. The complications that we'll be especially on the lookout for are empyema, lung abscess, endocarditis, and meningitis.

住院医生: 当然,你要观察患者,必要时要加大青霉素的剂量。并应继续治疗到患者已退热达 72 小时和白细胞恢复正常时为止。要特别注意的并发症是脓胸、肺脓肿、心内膜炎和脑膜炎。

3 Myocardial Infarction 心肌梗死

Physician (patient's family doctor): Hello, Dr. English. How's Mr. Scott doing?

内科医生(患者的家庭医生): 你好,英格利斯先生。斯考特先生病情怎么样?

Intern: Just fine, considering what he had.

实习医生: 就他的病来说,病情还好。

Physician: What do you think he had?

内科医生: 你认为他得了什么病?

Intern: A myocardial infarction.

实习医生: 心肌梗死。

Physician: I have to agree with that. Why don't we go to the lounge and discuss the problem? Then we can come back and see Mr. Scott again.

内科医生: 我同意你的意见。我们到休息室去讨论一下这个问题好吗?然后再回来看斯考特先生。

Intern: Fine.

实习医生: 好。

Physician: What did you find on the physical exam?

内科医生: 体格检查你发现了什么?

Intern: There really wasn't anything remarkable.

实习医生: 确实没有什么异常的体征。

Physician: Does that surprise you?

内科医生: 那使你感到意外吗?

Intern: No, not really.

实习医生: 不,确实不。

Physician: What conditions would you think of in ruling out an MI?

内科医生: 在排除心肌梗死时,你要考虑哪些病?

Intern: Pulmonary embolus, cardiac neurosis, dissecting aneurysm, and acute pericarditis.

实习医生: 肺栓塞、心脏神经官能症、夹层动脉瘤和急性心包炎。

Physician: That's quite good. I would also consider hiatal hernia. He wasn't in shock when

I saw him, nor was there any evidence that he was going into acute pulmonary edema. Would you expect to see fever at the onset of this condition?

内科医生：很好。我还要考虑食管裂孔疝。当我看他时，他并没有休克，也没有即将发生急性肺水肿的任何征象。在心肌梗死初起时你认为会有发热吗？

Intern：Yes, I would.

实习医生：是的，我认为会有的。

Physician：It's usually absent at the onset, in contrast to acute pericarditis. It usually will rise within 24 hours and remain about a week.

内科医生：与急性心包炎相反，心肌梗死初起时一般不发热。心肌梗死的发热通常在24小时内升高，大约持续一周。

4 Idiopathic Thrombocytopenic Purpura (ITP) 血小板减少性紫癜

Attending：Anything interesting to talk about today?

住院医生：今天有什么感兴趣的问题要谈吗？

Intern：A case of ITP came in last night.

实习医生：昨天夜间住进了一名特发性血小板减少性紫癜患者。

Attending：Why do you say it's ITP?

住院医生：你根据什么说他是特发性血小板减少性紫癜？

Intern：Well, both the history and the physical seem to substantiate this feeling.

实习医生：嗯，不论是病史还是体检都支持这一印象。

Attending：What did you find?

住院医生：你都发现了些什么？

Intern：This is a fifteen-year-old boy who was apparently in good health until about four days prior to admission. At that time he began to find some petechiae on the surfaces of his neck and epistaxis happened. On physical examination the vital signs were within normal limits, some petechiae and ecchymoses were found on the surfaces of the legs, arms and chest. The lab examination showed that his Hb and WBC were normal. But the platelet count was very low, only 20×10^9/L.

实习医生：患者是一名15岁的男孩。以往身体健康，入院前四天在颈部皮表发现一些瘀点，并有鼻出血。体检时生命体征均正常，在其大腿、手臂及胸部皮表可见及瘀斑。实验室检查血红蛋白及白细胞均正常。但血小板计数很低，仅20×10^9/L。

Attending：Has his bone marrow been examined?

住院医生：做骨髓检查了吗？

Intern：No.

实习医生：没做。

Attending：What could you find in the bone marrow if this case was suffered from ITP?

住院医生：如果患者确为ITP，其骨髓象会有什么改变？

Intern: The erythropoiesis and myelopoiesis should be normal and megakaryocyte number should be very high.

实习医生：红细胞和骨髓组织生成应正常，巨核细胞数目增高。

Attending: OK. Let's go in and see him.

住院医生：很好！让我们一起去看看患者吧。

5 Hypothyroidism 甲状腺功能减退

Resident: What does the patient have?

住院医生：患者患什么病?

Intern: Well, from the history and physical, I think it's a case of hypothyroidism.

实习医生：哦，从病史和体格检查来看，我认为患者患有甲状腺功能减退症。

Resident: What kind of lab studies do you propose to do?

住院医生：你打算做什么样的检查?

Intern: CBC, urinalysis, BUN, VDRL, and FBS. I would also like to get an ECG and PA and lateral of the chest. In regard to the thyroid status, I am going to order a BMR, PBI, cholesterol, and follow these with an RAI uptake study.

实习医生：做全血细胞计数、尿分析、血尿素氮测定、VDRL 梅毒血清学试验以及空腹血糖测定。我还要(给患者)做心电图和拍摄后前位与侧位胸部 X 线片。关于甲状腺的情况，我将安排做基础代谢率、蛋白结合碘测定、胆固醇测定。接着做放射性活性碘吸收检查。

6 Duodenal Ulcer 十二指肠溃疡

Physician (patient's private doctor): Are you Dr. Mills?

内科医生(患者的私人医生)：你是米尔斯医生吗?

Intern: Yes, I am.

实习医生：是的，我是。

Physician: I'm Dr. Harris. Have you had a chance to look over Mr. Morgan yet?

内科医生：我是哈里斯医生。你仔细检查摩尔根先生了吗?

Intern: Yes, I just finished.

实习医生：检查了，我刚检查完。

Physician: Why don't we sit down and talk about him for a few minutes?

内科医生：我们坐下来谈一下他的病情好吗?

Intern: Fine.

实习医生：好的。

Physician: What do you think he has?

内科医生：你认为他患什么病?

Intern: A duodenal ulcer.

实习医生： 十二指肠溃疡。

Physician： Yes, I think I agree with that. What did you find on the physical exam?

内科医生： 是十二指肠溃疡，我同意你的意见。体格检查你发现了什么？

Intern： The only positive signs were tenderness in the epigastrium, to both deep and superficial palpation, and voluntary epigastric muscle guarding. The stool was positive, and there were no gross findings that would lead me to believe that the patient was in shock.

实习医生： 仅有的阳性体征是在深部和浅表触诊时有上腹部触痛和上腹部随意性肌卫现象。大便隐血试验阳性。我认为患者没有显著的休克体征。

Physician： These are the only things I found when I examined him this afternoon. What are the five complications of a duodenal ulcer?

内科医生： 今天下午我给他检查时，发现的也就是这些。十二指肠溃疡症的五个并发症是什么？

Intern： Intractability to treatment, obstruction, perforation, hemorrhage, and penetration.

实习医生： 是难治疗、梗阻、穿孔、出血和侵蚀。

Physician： What drugs aggravate the ulcer?

内科医生： 什么药可以使溃疡加重？

Intern： Steroids, ACTH, rauwolfia, and phenylbutazone.

实习医生： 类固醇、促肾上腺皮质激素、萝芙木和保泰松。

Physician： Don't forget aspirin. All of these should be discontinued on a patient with duodenal ulcer, if possible.

内科医生： 别忘了阿司匹林。如有可能，应该对患十二指肠溃疡的患者停止使用这些药物。

7 Acute Pancreatitis 急性胰腺炎

Resident： What do you think he has?

住院医生： 你考虑他患了什么病？

Intern： It sounds like acute pancreatitis.

实习医生： 看来像急性胰腺炎。

Resident： Are there any other conditions you would think about?

住院医生： 你还考虑别的病吗？

Intern： You would have to think of appendicitis, alcoholic gastritis, and peptic ulcer.

实习医生： 还必须要考虑到阑尾炎、酒精性胃炎和消化性溃疡。

Resident： We should try to get a careful peptic ulcer history, as this might be what's causing his present condition. Let's just go back for a minute or two and see how he's doing.

住院医生： 我们应该设法取得详细的消化性溃疡病史，因为消化性溃疡可能是引起他目前病情的原因。让我们回去一下，看看他的病情怎样了。

8 Cirrhosis of the Liver 肝硬化

Attending: You say you have a case of cirrhosis?

主治医生：你说你有一位肝硬化的患者，是吗？

Intern: It looks like it. This is a 57-year-old male who came in with a history of "aching" right upper quadrant abdominal pain of three weeks' duration. This is rather sporadic in occurrence, and about three weeks ago he had a bout of hematemesis. The vomitus was dark red in colour, and the patient denies previous bouts of this.

实习医生：看起来像肝硬化。患者是一位57岁男性。因有右上腹"痛"达3周之久的病史而入院。疼痛稍呈间断性发作，大约3周以前呕过一次血。呕吐物呈暗红色，患者否认以前呕过血。

Attending: It sounds as though this is a case of portal cirrhosis with ascites and possibly ruptured esophageal varices.

主治医生：看起来这像是一位门脉性肝硬化伴有腹水的患者，可能有食管静脉曲张破裂。

Intern: I agree with that, although I'm not sure whether the hematemesis is on the basis of the varices or perhaps some gastritis that he might have had.

实习医生：虽然我不能肯定呕血是否由静脉曲张还是因他可能患过的胃炎而引起，但我同意这个诊断。

9 Hepatic Coma 肝性昏迷

Attending: Now, let's think about this problem a little further. What are the things you look for in a patient who might be in pre-hepatic coma?

主治医生：好啦，让我们稍微进一步地考虑一下这个问题。对一个可能是肝性昏迷前期的患者你要注意些什么问题呢？

Intern: Generally I would look for some lethargy and disorientation. Also asterixis, increased clonus, and possibly a Babinski.

实习医生：一般情况下，要注意昏睡和定向力障碍。也要注意扑翼样震颤、逐渐加重的阵挛，并尽可能地注意巴宾斯基征。

Attending: That's correct. As you probably know, there are EEG abnormalities which might also give you a clue. Is the flapping tremor, or asterixis, as you called it, found in other conditions?

主治医生：对了。你大概知道，脑电图异常也可以给你提供一个线索。你所说的扑翼震颤，即扑翼样震颤，可见于其他疾病吗？

Intern: I can't think of any other states.

实习医生：我想不出别的病了。

Attending: It's also found in cerebral disorders, uremia, and hypokalemic states. If the patient had ascites and impending coma, would you give diuril?

主治医生：患大脑疾病、尿毒症和低钾血症时也可以发现扑翼样震颤。如果患者有腹水

并即将发生昏迷，你打算给他用氯噻嗪吗？

Intern： No, I wouldn't.

实习医生： 不，不给他用。

Attending： That's right. Diuril may cause a potassium deficit, which may in turn cause a relative alkalosis and result in a lowered blood brain barrier to ammonia. What are the two complications of a Blakemore tube?

主治医生： 对了。氯噻嗪可以引起缺钾，缺钾又可以引起相对性碱中毒，并引起氨的血脑屏障低下。布莱克莫尔管的两个并发症是什么？

Intern： You might get regurgitation of saliva, since it can't go down the esophagus, and this in turn may lead to pneumonia.

实习医生： 由于唾液未能下行到食管，所以可能引起唾液反流，而唾液反流又可以导致肺炎。

Attending： The other important thing is that once the tube has been down 48 hours, you may begin to get pressure necrosis. Well, there are a great many more things we might discuss. Maybe we can go on with this next time.

主治医生： 另一个重要的并发症是：一旦布莱克莫尔管下了 48 小时，就可能开始引起压迫性坏死。好啦，我们还有许多问题可以讨论，也许下一次还有可能继续讨论这个问题。

10 Rheumatic Fever 风湿热

Resident： Did you work up that 15-year-old yet?

住院医生： 你检查过那位 15 岁的患者吗？

Intern： Yes, I did.

实习医生： 是的，我检查过了。

Resident： What do you think he has?

住院医生： 你认为他患的什么病？

Intern： Rheumatic fever.

实习医生： 风湿热。

Resident： Why do you think he has that?

住院医生： 你为什么认为他患有风湿热呢？

Intern： He has two major criteria.

实习医生： （因为）他具备两个主要诊断标准。

Resident： What are the major criteria?

住院医生： 主要诊断标准都是些什么？

Intern： Carditis, Sydenham's chorea, subcutaneous nodules, erythema marginatum, polyarthritis.

实习医生： 心脏炎、西德纳姆舞蹈病（小舞蹈病）、皮下结节、环形红斑和多关节炎。

Resident： What laboratory finding would help you in making the diagnosis?

住院医生： 哪些化验结果会有助于你作出诊断?

Intern: Sedimentation rate, C-reactive protein, and antistreptolysin 0 titer.

实习医生： 血沉、C 反应性蛋白和抗链“0”滴度。

Resident: I would also get a throat culture, as it will be positive in about 50% of cases of rheumatic fever. Well, go ahead and get an ECG and anything else you think necessary, and start therapy on him. We will discuss the therapy tomorrow with our attending.

住院医生： 还要做咽拭子培养,因为大约 50% 的风湿热病例会出现阳性。好,就这样做吧,并做一个心电图和你认为必要的其他检查,开始给他进行治疗。明天我们将与我们的主治医生一起讨论治疗问题。

11 Tetanus 破伤风

Doctor: Tetanus is a toxemia. The toxin diffuses throughout the tissues and involves the neuromuscular end-organs, and so to cause spasm. The masseter muscle is one of the most sensitive muscles, and trismus is one of the earliest symptoms. What is most serious is the spasm of the respiratory muscles.

医生： 破伤风是一种毒血症,毒素于组织间弥散,累及神经肌肉终末器官并引起肌肉痉挛。咬肌是最敏感的肌肉之一,张口困难是最常见的早期症状之一。最严重的是呼吸肌痉挛。

Intern: Is spasm the most prominent symptom in all tetanus patients?

实习医生： 肌肉痉挛是破伤风患者最突出的症状吗?

Doctor: Yes, and the severity of the disease inversely proportional to the incubation period and the rapiditiy of onset of symptoms. The incubation period in the patient is about two weeks, longer than the average, and the symptoms is consequently not so serious.

医生： 是的,而且本病的严重程度与潜伏期长短,起病速度成反比,该患者的潜伏期为两周,比平均值长,所以症状不很严重。

Intern: Did you receive tetanus immune injection in recent years?

实习医生： 你近几年接受过破伤风免疫注射吗?

Patient: At least 8 or 10 years ago.

患者： 至少 8~10 年以前。

Doctor: Tetanus prophylaxis may be achieved by using tetanus toxoid. Basic immunization requires 3 injections and a booster dose should be given after 5 years to ensure the maintenance of an adequate antibody response. Successful prevention couldn't be acquired if the receiver doesn't follow this schedule strictly.

医生： 应用破伤风类毒素可以预防破伤风。基本免疫需要三次注射,5 年后加强免疫一次,以保证维持足够抗体反应。如果严格按此方案进行,可以达到成功的预防。

Intern: What should the adequate treatments include for a patient like him?

实习医生：像他这样患者的治疗应包括些什么？

Doctor: As you have seen, we put him in this quiet, dark room under constant nursing care and close observation, and we also gave him certain amount of sedatives. We used human antitetanus globin in order to neutralize the toxin. Large does of penicillin were given intravenously. For control of his spasm, intramuscularly administered meprobamate proved effective. Of course, we had prepared for tracheostomy though didn't perform it. Now, Zhou has largely recovered and could be discharged in a few days.

医生：像你所见到的，我们将他安置在安静、避光的房间，精心护理，密切观察，应用适当剂量的镇静药。给予破伤风抗毒素以中和毒素，大剂量静脉应用青霉素，肌注甲丙氨酯对控制痉挛有效。当然，我们做好了气管切开准备，尽管我们没有施行手术。现在周先生已经基本上康复了，几天后就可以出院。

12 Fracture 骨折

Intern: Hello. Would you please page Dr. Preble, the orthopedic resident on call, for extension 275?

实习医生：喂。请你接电话分机 275 号，叫矫形外科值班医生普里布尔接电话好吗？

Operator: One moment, please. ...

电话员：请等一下。……

Resident: Hello.

住院医生：喂。

Intern: Hello, Dr. Preble. This is Dr. Harris.

实习医生：你好，普里布尔医生。我是哈里斯医生。

Resident: Hello, Doctor. What's up?

住院医生：你好，医生。什么事？

Intern: I have a young boy, ten years old, with a possible supracondylar fracture, and I'd like to have you come down and take a look at it.

实习医生：有一个十岁年轻男孩，可能是髁上骨折，我想请你下楼检查一下这个患者。

Resident: All right. I'll be there in ten minutes. Have you ordered the X-rays?

住院医生：行。过十分钟我就去。拍摄 X 线片了吗？

Intern: Yes, I have, and they should be ready by the time you get here.

实习医生：是的，已经拍摄了。你到这儿时 X 线片就该准备好了。

Resident: Fine.

住院医生：很好。

(A few minutes later)

(数分钟后)

Resident: Was the radial pulse present?

住院医生：桡动脉脉搏存在吗?

Intern: Yes, it was, and it felt strong. The colour in his hands was equal.

实习医生：是的,存在,感觉脉搏有力。两手的颜色一样。

Resident: How about the strength and sensation?

住院医生：肌力和感觉怎样?

Intern: The sensation was intact, but the strength was slightly diminished.

实习医生：感觉完整,但肌力稍减弱。

Resident: Are the films ready yet?

住院医生：X 线片准备好了吗?

Intern: Yes. Here they are.

实习医生：准备好了。在这儿。

Resident: Well, it looks as though you were right. He does have a supracondylar fracture, and it looks like the transcondylar type. I think he should come into the hospital, and we should use Dunlop's traction. Have you ever applied this traction?

住院医生：噢,看来你对了。他确实有髁上骨折,看来像经髁型。我认为他应该住院,用邓洛普式牵引法牵引。你用过这种牵引吗?

Intern: No, I haven't.

实习医生：没有,没有用过。

Resident: Well, I'll show you how it's done. Why don't you tell the mother that it will be necessary to bring her son into the hospital?

住院医生：好,我会让你看如何做这种牵引。你告诉孩子的母亲让她的儿子住院行吗?

Intern: Mrs. Davis, I've just finished talking to the other doctor, and we both think that Johnny should be brought into the hospital.

实习医生：戴维斯太太,我刚与另一位医生讨论过了,我们俩都认为应该让约翰尼住院。

Mother: Whatever you say.

母亲：照你说的办吧。

Intern: Nurse, will you please take them to the admissions office, and make the necessary arrangements?

实习医生：护士,请你领他们到住院处去,并做些必要的安排好吗?

13 Tumor of the Breast 乳腺肿瘤

Attending: Dr. Smith, what conditions do we have to consider when we're dealing with a breast mass?

主治医生：史密斯医生,当我们讨论乳房肿块时必须考虑到什么病?

Intern: Cystic disease, adenosis, adenofibroma, intraductal papilloma, and carcinoma.

实习医生：囊性疾病、腺病、腺纤维瘤、管内乳头状瘤和癌瘤。

Attending: That's correct. We should also consider fat necrosis, as the findings may be quite similar to carcinoma, and axillary adenopathy may also occur with this condition. I

see that you have ruled out Paget's carcinoma in your history also. What percentage of breast cancers does this comprise?

主治医生：对了。我们还应该考虑脂肪坏死，因为其体征可能与癌瘤的体征十分相似，这种病也可以发生腋窝淋巴结肿大。我看你在病史中还排除了佩吉特癌。这种癌在乳腺癌中占多少百分比？

Intern：I'm afraid I don't know.

实习医生：很抱歉，我不知道。

Attending：A very small percentage, about three percent. And the same is fortunately true for inflammatory carcinoma. Did you order a serum alkaline phosphatase?

主治医生：百分比很小，大约 3%。幸好炎性癌也是如此。你安排做血清碱性磷酸酶化验了吗？

Intern：No, I didn't.

实习医生：没有，没有安排。

Attending：I would order this along with a sedimentation rate, as an increase in these might be suggestive of widespread metastases. I would also order a PA and lateral of the chest, AP and lateral of the lumbar spine and pelvis, and a lateral skull film. I assume that she is postmenopausal. Assuming that this is a hormone-dependent tumor, what chemotherapy would you consider?

主治医生：我打算把这个化验安排在与血沉一起做，因为血清碱性磷酸酶的升高和血沉的增快可能提示有广泛的转移。我还打算安排拍摄胸部后前位和侧位、腰椎和骨盆前后位和侧位以及颅骨侧位的 X 线片。我估计患者是在绝经期后。假设这是一种激素依赖性肿瘤，你考虑用什么化学方法？

Intern：Here estrogens would probably be used.

实习医生：这种肿瘤大概要用雌激素。

Attending：That's right. They produce regression of soft tissue carcinoma in about fifty percent of cases. Androgens will give the best results in premenopausal women with soft tissue metastasis, or in patients with bony metastasis at any age. Estrogens may precipitate hypercalcemia in patients with extensive bony metastases, and anuria may follow.

主治医生：对了。雌激素能使大约 50% 病例的软组织癌消退。雄激素对有软组织转移的绝经期前妇女或任何年龄的骨转移患者，可产生最好的效果。雌激素对有广泛骨转移的患者可促使形成高钙血症，继而可发生无尿症。

14 Trichomonas Vaginitis 滴虫性阴道炎

Attending：Did you get to look at the discharge under the microscope?

主治医生：你用显微镜检查过阴道分泌物吗？

Intern：Yes, I did, and it revealed trichomonas.

实习医生：是的，检查过了，并发现了滴虫。

Attending: Did you do a Pap smear?

主治医生：你做了帕帕尼古拉乌阴道细胞涂片检查了吗?

Intern: Yes. We'll probably have the result of that in a few days.

实习医生：做了。过几天我们大概就可以得到结果了。

Attending: Assuming that the Pap comes back positive for malignant cells, what would you do next?

主治医生：假设帕帕尼古拉乌阴道细胞涂片结果是恶性肿瘤细胞阳性,下一步你将怎么办?

Intern: I'd do a quadrant punch biopsy and probably follow that with a conization of the cervix.

实习医生：我将做宫颈象限穿刺活体组织检查,随后很可能做宫颈锥形切除。

Attending: Which type of carcinoma is most common, squamous cell or adenocarcinoma?

主治医生：哪一种类型的癌瘤最常见？鳞状上皮细胞癌还是腺癌?

Intern: Squamous cell. I believe it accounts for 95%.

实习医生：鳞状上皮细胞癌最常见。我相信它占 95%。

Attending: Did you do a Schiller test?

主治医生：你做希勒试验了吗?

Intern: No, I forgot to do that.

实习医生：没有,我忘记做那个试验了。

Attending: What is a Schiller test?

主治医生：希勒试验是什么试验?

Intern: Aqueous solution of iodine will stain the normal cervix mahogany brown because normal cells contain glycogen. Zones of cancer do not contain glycogen and will, therefore, fail to stain.

实习医生：由于正常细胞含有糖原,所以碘的水溶液会使正常宫颈染成棕褐色。癌瘤部位不含糖原,因而不着色。

Attending: This is in part true. However, areas of erosion, cystic mucous glands, zones of nonmalignant leukoplakia, and scars will also fail to take the stain, so at best it only identifies abnormal areas and does not denote that a particular area, because it fails to stain, definitely has cancer.

主治医生：这只说对了一部分。然而,糜烂区、囊性黏液腺、非恶性黏膜白斑病部位和瘢痕也不能着色,所以,希勒试验至多只能分辨出异常部位,而不能说明一个特异部位因为不着色就肯定有癌。

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Attending: What condition would come to mind in a fifty-year-old with postmenopausal bleeding?

主治医生：对一位 50 岁绝经后出血的患者应该想到什么病?

Intern: I think that one would have to rule out carcinoma of the endometrium.

实习医生：我想必须排除子宫内膜癌。

Attending: That's correct. Does pain occur early or late in this disease?

主治医生：对了。子宫内膜癌的疼痛发生得早还是晚？

Intern: It occurs early.

实习医生：发生得早。

Attending: It usually occurs late and is usually due to secondary infection, as well as local spread.

主治医生：疼痛一般发生得晚，而且通常是由继发感染以及局部扩散所引起。

Attending: Right. ... Well, getting back to Mrs. Clark, I guess all we can do for the present is wait. Why don't you go ahead and treat the trichomonas, and I'll check back with you next week.

主治医生：对。……好啦，再说克拉克太太的情况吧，我想目前我们所能做的就是等待。你先治滴虫好吗？下周我和你一起复查。

Intern: All right. I'll do that.

实习医生：好吧，先治滴虫。

(A few minutes later)

(数分钟后)

Intern: Mrs. Clark, I've discussed your case with another doctor, and I'm sure that everything will turn out well. I'm going to give you these suppositories, which you will use twice a day for the next eight weeks. I'm sure that this will help you a great deal, and I'll see you next week.

实习医生：克拉克太太，我已经与另一位医生讨论了你的病情。我确信一切都会有好的结果。给你这些栓剂，每天用两次，共用八周。我确信使用栓剂会对你有很大帮助，下周见。

Patient: Thank you very much, Doctor.

患者：多谢你，医生。

15 Placenta Previa 前置胎盘

Attending: Now, let's focus on three conditions that you mentioned: Placenta previa, rupture of the marginal sinus, and placenta abruption. Tell me something about rupture of the marginal sinus.

主治医生：现在让我们集中讨论你提到过的三种疾病：前置胎盘、边缘血窦破裂和胎盘早期剥离。谈谈关于边缘血窦破裂的一些情况吧。

Intern: There is no pain, and the uterus is not contracted. The bleeding is bright red, is associated with premature labor, and may be a precursor to placenta abruption.

实习医生：边缘血窦破裂没有疼痛，子宫不收缩。出的血呈鲜红色，伴有早产，并可能是胎盘早期剥离的先兆。

Attending: One other important point. These patients usually bleed only once, whereas with placenta previa they usually tend to bleed more than once. I don't think that this is

a rupture of a marginal sinus. How about placenta abruption?

主治医生：另一个重要特征是：这些患者通常只出一次血，而前置胎盘患者通常有多次出血的倾向。我认为这个患者不是边缘血窦破裂。你看是不是胎盘早期剥离呢？

Intern: This condition is often associated with toxemia of pregnancy, and the patient does not have that condition. There is usually pain, and the uterus is hard. And there are usually decreased fetal heart tones.

实习医生：胎盘早期剥离往往与妊娠毒血症有关，而这患者并没有那种情况。胎盘早期剥离通常有疼痛、子宫硬，而且胎儿心音通常减弱。

Attending: Will the patient with this condition present with a normal BP?

主治医生：胎盘早期剥离的患者血压会正常吗？

Intern: I would imagine that they would present with a low BP.

实习医生：我估计患者会出现低血压。

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Attending: And now, how about placenta previa?

主治医生：那么，是否是前置胎盘呢？

Intern: I believe that she has this condition. Here there is no pain associated with bleeding. The blood is bright red, the uterus is not contracted, and normal fetal heart tones are heard once the blood lost is replaced. Besides that, as you already mentioned, they bleed more than once.

实习医生：我相信她患的是这种病。前置胎盘为无疼痛性出血。血呈鲜红色，无宫缩，一旦补充了失血即可听到正常儿心音。此外，正如你已经提到过的，这种患者出血不止一次。

Attending: I'm inclined to agree with you. I would hospitalize her. Get your blood work done, and remember, no vaginal examinations. If the bleeding doesn't stop, I would examine her under a double setup in the OR. Any other problems?

主治医生：我倾向于同意你的意见，我要收她住院治疗。你把血液检查做了，不需阴道检查。如果出血不止的情况下我会给她做检查。还有别的问题吗？

Intern: No, nothing else right now.

实习医生：没有，目前没有别的问题了。

Attending: Fine. I'll see you next week.

主治医生：好吧，下周见。

(A few minutes later)

(数分钟后)

Intern: Mrs. Mason, I've just discussed your case with another doctor, and the smart thing to do would be to come into the hospital for a brief period of observation.

实习医生：梅森太太，我刚与另一位医生讨论了你的情况，最好是住院做短期观察。

Patient: My husband is outside. Would you please ask him to come in so I can make some arrangements for someone to take care of the children?

患者：我丈夫在外面，为了能安排人照顾孩子们请你让他进来好吗？

Intern: Of course. ... Nurse, would you please ask Mr. Mason to come in here?
实习医生：当然可以。……护士，请你让梅森教师到这里来好吗？
Nurse: Yes, Doctor.
护士：好的，医生。

16 Measles 麻疹

Attending: Anything interesting to talk about today?
主治医生：今天有什么重要的事要讨论吗？
Intern: A case of measles came in last night.
实习医生：昨晚有一个麻疹病儿入院。
Attending: Why do you say it's measles?
主治医生：你为什么说它是麻疹？
Intern: Well, both the history and the physical examination seem to substantiate this feeling.
实习医生：哦，病史与体格检查似乎都能证实这种印象。
Attending: What were the lab findings?
主治医生：化验结果怎样？
Intern: The only positive findings were a leukopenia and a slight proteinuria.
实习医生：仅有的阳性结果是白细胞减少和轻度蛋白尿。
Attending: Did you do a nasal and throat culture and stain?
主治医生：你做了鼻咽拭子培养和染色吗？
Intern: Yes, but the culture hasn't come back yet, and nothing but a great many epithelial cells was observed in the stain.
实习医生：做了，但培养结果尚未出来，染片中只有大量上皮细胞。
Attending: Could this be German measles?
主治医生：这病可能是风疹吗？
Intern: I don't think so. There is little or no prodrome in that condition. Also, the postauricular or occipital nodes are usually enlarged. This is not the case here.
实习医生：我认为这不是风疹。风疹几乎没有前驱症状。而且，若是风疹，耳后或枕部淋巴结通常是肿大的。这个病例不是这种情况。
Attending: Assuming this were measles, where would you expect to see the rash first?
主治医生：假定病儿是患麻疹，你预计会在什么部位首先看到疹子？
Intern: It usually appears on the face and behind the ears five days after the onset of symptoms.
实习医生：通常发生症状后五天，在脸部和耳后出现疹子。
Attending: Has she had he DPT and smallpox immunizations?
主治医生：她注射过白喉、百日咳、破伤风三联疫苗和接种过天花吗？
Intern: Yes, she has, but not measles vaccine.

实习医生：是的，注射过，但没有接种过麻疹疫苗。

Attending：OK. Let's go in and see her.

主治医生：好了，我们进去看看她吧。

※ ※ ※

Attending：How is Sally doing?

主治医生：萨莉的情况怎么样了？

Intern：Not bad.

实习医生：情况不错。

Attending：I assume you're just using symptomatic therapy.

主治医生：我想你正在用对症疗法。

Intern：Yes, that's right.

实习医生：唔，对了。

Attending：Well, let's just wait and see if that rash you predicted will come out.

主治医生：好，让我们等等看你预料的疹子是否会出现。

(Next day)

(第二天)

Attending：Well, you were right. That rash has really blossomed out. Is her temperature still up?

主治医生：哦，你对了。那种疹子真的出来了。她的体温还高吗？

Intern：It's gone down to 100℉ (37.8℃).

实习医生：体温已降到 100℉(37.8℃)。

Attending：Have you looked at her ears today?

主治医生：你今天检查她的耳朵了吗？

Intern：Yes, this morning. The canals and drums are clear.

实习医生：噢，今天早晨检查了。耳道与鼓膜均正常。

Attending：How are her lungs?

主治医生：肺部如何？

Intern：Breath sounds are well heard, and there are no rales or dullness.

实习医生：听诊呼吸音正常，无音或浊音。

Attending：Is she as clear mentally as she was yesterday?

主治医生：她的神志像昨天一样清楚吗？

Intern：Yes, I think so.

实习医生：是的，我看像昨天一样清楚。

Attending：Now, we want to be aware of the complications. As you know, deaths are due primarily to encephalitis and bronchial pneumonia.

主治医生：现在我们要注意并发症。你知道，死亡主要是由于脑炎和支气管肺炎所引起的。

Intern：We'll let you know if anything new develops.

实习医生：如果有什么新的情况发生，我们会告诉你的。

Attending: Fine.
主治医生: 好的。

17 Scarlet Fever 猩红热

Teacher: We have scarlet fever in our ward, and we would examine this patient first. Xiao Wang, Do you know what is the causative agent of scarlet fever?
教师: 我们病房里有猩红热,我们先检查这个患者。小王,你知道猩红热的主因是什么?
Student: It is caused by A β-hemolytic streptococcus.
学生: 它是由 A 型 β- 溶血性链球菌引起的。
Teacher: What kind of disease it is? Contagious or not?
教师: 这是怎样的一种病? 是否传染?
Student: Yes, it is an acute infectious and a contagious disease.
学生: 是的,这是一种急性感染性传染病。
Teacher: Has it a seasonal incidence?
教师: 这病是否有季节性发病?
Student: Yes, it has the highest incidence during colder months, especially in winter and early spring.
学生: 是的,在冷的月份发病率最高,尤其是冬季和早春。
Teacher: Which age group is prevalent for this disease?
教师: 这病主要发生在什么年龄?
Student: The disease is most prevalent in children between the ages of two or three years to seven years.
学生: 这病主要发生在二三岁到七岁的儿童。
Teacher: Where is the portal of entry in scarlet fever?
教师: 哪里是猩红热的入侵门户?
Student: The portal of entry is usually the pharynx, resulting in all the signs and symptoms of acute tonsillitis.
学生: 入侵门户通常是在喉部,出现急性扁桃体炎的所有体征和症状。
Teacher: What is the symptoms?
教师: 症状是什么?
Student: The onset is acute with fever, sore throat, headache, chilly sensation, nausea and vomiting. The cervical lymph nodes may be enlarged and tender, and soon a rash appears.
学生: 突然发病,有发热、嗓子痛、头痛、发冷、恶心和呕吐,颈淋巴结可能肿大和疼痛,接着出现皮疹。
Teacher: What kind of rash it is?
教师: 它是什么样的皮疹?

Student: The rash is a diffuse erythema, but on closer inspection the papillae stand out bright and red, and gives a slight feeling of roughness of the skin. The erythema readily blanches on pressure.

学生：皮疹是弥漫性发红，仔细点观察可见鲜红的乳头，皮肤有轻度粗糙的感觉，红斑压之立即退色。

Teacher: What kind of face we find in scarlet fever?

教师：猩红热患者的脸是什么样的？

Student: The face is flushed but there is a paleness around the mouth, describe as a"circumoral pallor".

学生：脸发红而口周苍白，形容为“口周苍白圈”。

Teacher: What characteristic tongue appears in scarlet fever?

教师：猩红热的典型的舌头表现是什么？

Student: The tongue is coated, but at the end of forty-eight hours the bright reddened elevated papillae stand out prominently, the so-called"strawberry tongue".

学生：舌有舌苔，48 小时后舌乳头明显发红鼓起，称之为“杨梅舌”。

Teacher: After the rash, what happens to the skin?

教师：皮疹后皮肤会出现什么？

Student: Desquamation of the skin of ears, neck and tips of fingers and toes, and then the trunk.

学生：耳、颈和手指、脚趾尖的皮肤脱屑，然后是躯干。

Teacher: What other erythema is usually quite confused with scarlet fever?

教师：其他什么皮疹常和猩红热混淆？

Student: Rubella or German measles is quite frequently confused with scarlet fever, particularly when the rash is not characteristically discrete and macular, but appears an erythematous type.

学生：风疹或叫德国麻疹常和猩红热混淆。特别是当皮疹不是明显分立和斑疹型，而是表现红斑型。

Teacher: What septic complications may occur in children?

教师：在儿童会出现什么脓毒性并发症？

Student: Peritonsillar abscess and otitis media are the frequent septic complications.

学生：扁桃体周围脓肿和中耳炎是常见的脓毒性并发症。

Teacher: What is the frequent complication in convalescent stage?

教师：在恢复期什么是常见的并发症？

Student: Acute glomerulonephritis is frequent with the appearance of gross hematuria.

学生：急性肾小球肾炎常见并出现严重的（肉眼可见）血尿。

Teacher: What is the prognosis?

教师：预后怎样？

Student: Scarlet fever, for the most part, is relatively mild disease and prognosis is good.

学生：大部分猩红热是相对轻的病，预后是好的。

Teacher: What drugs are generally used in the treatment?
教师：通常在治疗中采用什么药?
Student: We use penicillin, intramuscularly, for 5-7days. Sulfonamides, erythromycin are also used.
学生：我们用青霉素肌内注射 5~7 天。磺胺、红霉素也可采用。

18 Aero-Sinusitis 航空性鼻窦炎

Intern: I've got some problems here that I need help with.
实习医生：我有一些问题需要帮忙。
Resident: Well, tell me about them.
住院医生：好,说给我听听吧。
Intern: What is the incidence of aerosinusitis?
实习医生：航空性鼻窦炎的发病率是多少?
Resident: The incidence of aerosinusitis is quite rare and usually only one sinus is affected.
住院医生：航空性鼻窦炎的发病率很低,而且是常常一组鼻窦患病。
Intern: Among various sinus cavities, which one is most easily affected?
实习医生：在各组鼻窦中,哪一组鼻窦最容易患病?
Resident: Frontal sinus.
住院医生：额窦。
Intern: The attack only occurs during descent, doesn't it?
实习医生：只是当飞机下降时患病,是吗?
Resident: The attack may occur either during an ascent or descent but the latter is more frequent.
住院医生：飞机上升下降时均可发病,但下降时更常见些。
Intern: What is the most severe symptom of aerosinusitis?
实习医生：航空性鼻窦炎的最严重症状是什么?
Resident: The subjective symptoms of aerosinusitis usually consist of severe pain in the affected sinus during flight which tends to increase as the change of altitude continues. If a frontal sinus is involved, the pain extends over the forehead above the bridge of the nose whereas the pain from the maxillary sinus is localized in the cheek bones.
住院医生：航空性鼻窦炎的症状是在飞行时于患病鼻窦部位出现严重疼痛,如果飞行高度继续变化,疼痛会加重。如果额窦患病则在患者的鼻根部和前额部疼痛,而上颌窦患病则疼痛局限于颌骨。
Intern: How about the signs of aerosinusitis?
实习医生：航空性鼻窦炎的体征是什么?
Resident: Upon examination, local tenderness will be found over the affected sinus and frequently mucopurulent discharge will be seen about the sinus openings. Further

examination may reveal a mechanical obstruction caused by the presence of tumors, polyps, redundant tissue or anatomical deformities. Roentgenography may give evidence of sinus lesions such as a thickened lining or hematoma.

住院医生：检查时在患病鼻窦部位有局部压痛，在鼻窦的开口常有粘脓液，进一步检查可以发现由于肿瘤、息肉、肿胀组织或解剖异常所致的机械性阻塞，放射学检查可见鼻窦病变，如黏膜增厚或血肿。

Intern: What are the measures to prevent aero sinusitis?

实习医生：预防航空性鼻窦炎的措施有哪些？

Resident: The best measure to prevent aero sinusitis is a very careful initial examination of candidates for flying training. Candidates who are susceptible should be eliminated. Among trained flyers those with acute upper respiratory or sinus infections should be grounded until recovery has taken place.

住院医生：最好的预防措施是仔细检查准备参加飞行训练的学员，对于易感本病的人不能入选。对于经过训练的飞行人员，如果他们有急性上呼吸道感染或鼻窦感染，则要停止飞行，直到疾病恢复后才能参加飞行。

Intern: Can the aviators with aero sinusitis be cured easily?

实习医生：患航空性鼻窦炎的飞行人员能够容易地治愈吗？

Resident: The immediate treatment is a return to the altitude where the pain first became perceptible. The flight should be terminated with the return to ground level as slow as possible. Vasoconstrictors locally applied in the form of spray or drops to nose should constitute the initial treatment.

住院医生：即刻的处理是让飞行人员飞回到他感到疼痛的高度上，下降到地面时速度要尽可能地慢。用血管收缩剂局部喷雾或滴入鼻腔是首选的治疗方法。

Intern: Are operations on sinuses necessary for them?

实习医生：他们是否需要做鼻窦的手术？

Resident: Patients with sinus opening obstructed should be operated in order to establish the equilibrium of the pressures outside and inside of the sinus.

住院医生：鼻窦开口受阻的患者要做手术，以达到鼻窦内外压力的平衡。

19 Psoriasis 银屑病（牛皮癣）

Intern: What does he have, doctor?

实习医生：医生，他患的是什么病？

Doctor: Oh, what do you think he has?

医生：噢，您考虑他患的是什么病？

Intern: I think he has pityriasis rosea.

实习医生：我考虑他患的是玫瑰糠疹。

Doctor: No, he has psoriasis. But when psoriatic lesions occur on the trunk, they must be differentiated from pityriasis rosea. The first manifestation of pityriasis rosea is

usually a herald patch, which is larger and more conspicuous than the lesions of later eruption and is usually situated on the thigh or upper arm, trunk, or neck; rarely it may appear on the face or scalp, or on the hand. The lesions of pityriasis rosea are bright-red, round or oval patches covered by fine scales. Now you examine him more closely. Please take off his cap.

医生：不对，他患的是银屑病。但如果银屑病的损害发生在躯干，必须与玫瑰糠疹鉴别。玫瑰糠疹的第一个表现是有先驱斑，它比后来起的皮疹要大而明显，通常位于大腿和上臂、躯干或颈部，很少发生在头皮及手上。玫瑰糠疹的损害是鲜红色圆或椭圆的斑上覆盖细屑。现在你再仔细给他检查，请脱下他的帽子。

Intern: Yes, let me examine his eruption carefully. Hm, there are a lot of thick plaques at the back of the scalp, and hair brushing.

实习医生：对，让我细致地检查他的皮疹。嗯，在头皮部有好多厚的斑块，而且头发呈束状。

Doctor: The areas most commonly affected by psoriasis are the elbows and knees, the trunk, the scalp and the lumbosacral regions. Typical psoriatic skin lesion had a sharp, definable border, bright red in color, and is covered with silvery-white scale. After removal of the scales by light scratching you can frequently observe some fine bleeding points. This is Auspitz sign. Is that clear to you now?

医生：银屑病最好发的部位是肘和膝盖、躯干、头皮和腰骶部。典型的银屑病皮损是边界清楚，色鲜红，上面盖有银白色鳞屑。轻轻搔抓去除鳞屑后可以观察到一些细的出血点，这就是奥斯皮茨征。现在你清楚了吧？

Intern: Yes, I understand. It sure does.

实习医生：是的，我理解了，确实是这样的。

Doctor: What are the different kinds of psoriasis?

医生：银屑病有哪几种？

Intern: There are psoriasis vulgaris, psoriasis pustulosa, psoriasis arthritis, and psoriatic exfoliative dermatitis.

实习医生：有寻常型银屑病、脓疱型银屑病、关节病性银屑病以及剥脱性皮炎性银屑病。

Doctor: What kind of psoriasis has this patient?

医生：这个患者属于哪一种？

Intern: He has psoriasis vulgaris.

实习医生：他是寻常型银屑病。

Doctor: Yes, he has psoriasis vulgaris, this is the most common kind.

医生：对，他患的是寻常型银屑病，这是最普通的一种。

20 Consultation 会诊

(1)

Consultant: Hi, Tom. Did you call for me?

会诊医生： 喂，汤姆，是你在叫我吗？

Resident： Yes, I did. I've got a hot case.

住院医生： 是的。我收了一名发热患者。

Consultant： Fill me in on the story.

会诊医生： 请将病史向我报告一下。

Resident： He's a 22-year-old male who was in good health prior to last night. Last night the pain was colicky in nature, periumbilical, and rather sporadic. The patient had about five episodes of nausea and vomiting associated with this pain last night. He has been anorectic, has had no bowel movements for two days, and has had no episodes of diarrhea. The pain had migrated to the right lower quadrant and is steady in nature. He has a temperature of 39.5℃ since yesterday. There have been no episodes of coughing with expectoration, shortness of breath, or burning in the epigastrium. The pertinent physical findings are related to the abdomen. His chest is clear. The patient was lying still in bed, trying to avoid movement as much as possible. There is extreme tenderness in the right lower quadrant, especially over McBurney's point. Guarding, muscle rigidity, rebound, and referred tenderness are all present. Bowel sounds are markedly decreased.

住院医生： 患者男性，22 岁，既往健康。昨夜开始偶发脐周绞痛，同时伴 5 次恶心、呕吐。患者食欲差，近两天无排泄，无腹泻史。后来腹痛转至右下腹并呈固定性质。昨日以来体温 39.5℃。无咳痰，无气短及上腹灼痛史。有关的体格检查结果与腹部情况有关。其胸部正常。患者静卧于床，尽量避免活动。右下腹压痛明显，尤以麦氏点为甚。有肌卫现象、肌紧张及反跳痛，肠鸣音明显减弱。

Consultant： Let me just go in and see him for a few minutes.

会诊医生： 先让我进去看看患者。

(A moment later)

(过了一会儿)

Consultant： Are the lab results back yet?

会诊医生： 化验结果回报了吗？

Resident： He's got a white blood cell count of 15 000(15×10^9/L) with 80% polys and a shift to the left. Hemoglobin and hematocrit are normal, as is his urinalysis. His chest film is clear.

住院医生： 他的白细胞计数为 15 000（15×10^9/L），中性粒细胞占 80%，有核左移，血红蛋白。血细胞比容正常，尿化验正常。胸片无异常发现。

Consultant： Well, I think he has appendicitis. Put down a gastric tube and aspirate the contents. I'll call my attending now and meanwhile, the orderly will take him up to surgery.

会诊医生： 嗯，我考虑他得的是阑尾炎。请立即放入胃管吸出胃内容物，我马上通知我的住院医生，并让护理员立即送患者到外科去。

(2)

Attending： Has any of his lab work come back?

主治医生： 他的化验结果有回报了吗?

Intern: Yes, I've got a few of them here. Both the direct and indirect bilirubin are elevated. The urine bilirubin and urobilinogen are slightly increased. The cephfloc was 3+, and the thymol turbidity was 5 units. The rest of the studies haven't come back.

实习医生： 有,我这儿有几项化验结果。直接胆红素和间接胆红素都升高。尿胆红素和尿胆素原也轻度增加。脑磷脂胆固醇絮状是3+,麝香草脑混浊度是5个单位。其余的化验结果还没有回报。

Attending: What else did you order?

主治医生： 你还让其做过别的化验吗?

Intern: The routine urinalysis, CBC, FBS, BUN, VDRL, and AP and lateral of the chest. Besides those, I got a total serum protein and an AG ratio, alkaline phosphatase, PT time, and SGOT.

实习医生： 常规尿分析、全细胞计数、空腹血糖、血尿素氮、VDRL梅毒血清学试验以及拍摄前后和侧位胸部X线片。除上述检查外,还做了血清总蛋白、AG比率、碱性磷酸酶、凝血酶原时间和血清谷草转氨酶检查。

Attending: Did you get a blood ammonia?

主治医生： 做血氨化验了吗?

Intern: No, I didn't.

实习医生： 没有,没有做。

Attending: Well, I think we'd better get one.

主治医生： 哦,最好是立刻做一个。

Intern: Are you thinking of coma?

实习医生： 你在考虑昏迷吗?

Attending: Yes, I think we'd better observe this patient carefully. I think you ought to start an IV of D5W 1000cc. Withhold proteins from him for the time being. He can have nutritional vitamins.

主治医生： 是的,我们最好是仔细地观察这个患者。我认为你应该开始(给他)静脉点滴5%葡萄糖溶液1000ml。暂时不给他蛋白质。他可以吃多种有营养的维生素。

Intern: How about Neomycin sulfate 0.5g.q6h?

实习医生： 给(他)硫酸新霉素0.5g,每6小时1次怎么样?

Attending: I'd start that immediately. I'd also put a gastric tube down and check to see if we get any blood back. Just try to be very careful with it.

主治医生： 我打算立即开始给(他)硫酸新霉素。还要下一根胃管,并检查一下看是否有回血。要非常小心地下胃管。

Intern: Do you have any objection if I order a Sengstaken tube?

实习医生： 如果我让下一根森氏管你同意吗?

Attending: Not at all. I think it's a good idea.

主治医生： 同意。我认为这是一个好主意。

Unit Ⅳ

Laboratory Tests and Other Diagnostic Methods

检验室检查和其他诊断方法

1 Hematological Examinations 血液学检查

(1)

Patient: Good afternoon, Doctor. I've come for some blood tests. Is it possible for you to do them now?

患者：下午好，医生。我来验血，现在能做吗？

Technician: Let me have a look. The first test is no problem, but the second one has to be done on an empty stomach. So I suggest that you come back tomorrow morning, and we'll do both of the tests together.

化验员：先让我看一看单子。第一个化验项目没问题，但第二个得空腹做，所以，我建议你明早过来，一起做这两个项目。

Patient: How long do I have to fast?

患者：我得禁食多久呢？

Technician: From five o'clock this evening, you should only eat porridge. Don't drink any liquids tomorrow morning. And don't eat anything tomorrow morning before you come.

化验员：从今晚五点开始，你只能喝粥。明天早上不许喝任何液体，并且上午来这里之前不能吃任何东西。

Patient: Oh, that'll be difficult, because usually I eat a lot.

患者：嗬，那可是件难办的事，因为我吃得很多。

Technician: If you eat anything except the porridge, I'll not be able to do the liver function test.

化验员：你要是吃了东西，我就不能给你做肝功能化验了。

Patient: In that case, I suppose I'll have to fast.

患者：那样的话，我就只好禁食了。

(2)

Technician: Hold out your hand please. I'm going to take a small sample of blood from your middle finger.

化验员：请把手伸过来，我要从你的中指上采一点血样。

Patient: Will it hurt?

患者：痛吗？

Technician: Don't worry. You'll only feel a small prick. I'll just wipe it first to sterilize it. There. That's all finished. Now we'll take a sample from a vein. Hold out your arm please, and rest it on the desk. Clench your fist!

化验员：别怕。您只会觉得一点小小的刺痛。我现在给你消毒一下手指。好了，做完了。现在我们来取静脉血样。请把手臂伸出来，放到桌子上。握紧拳头！

Patient: Is this right, Doctor?

患者：这样行吗，医生？

Technician: That's perfect. Now relax your grip. That's everything for today. Come back in three days, and we'll give you the results.

化验员：很好。现在松拳。好了，血样采好了。三天后再来，我们会把报告给你的。

2 Examinations of Urine and Stool 尿液粪便检查

Patient: Here are my forms for urine and stool tests.

患者：这是我化验大小便的单子。

Technician: Here is a box for your stool sample. Use something to scrape off a little about the size of a soybean, and put it in the box. Be careful and try not to make a mess.

化验员：这是大便的采样盒。用东西挑起黄豆般大小的一块，放到盒子里。当心，不要弄脏了。

Patient: Yes.

患者：行！

Technician: And here's a bottle for your urine sample. We just need it one-third full. Do you have any questions?

化验员：这是小便的采样瓶子，我们只需瓶子的 1/3。还有问题吗？

Patient: No, that all seems quite clear.

患者：没有问题了。

Technician: Now, take these to the toilet which is next door. When you are ready, bring them back to me.

化验员：现在，带着这些东西到隔壁的厕所里去。采好了样再回来。

Patient: I'll do my best.

患者：我会做好的。

3 X-ray Examination X线检查

(1)

Technician: Please come in, Mr. Wang. Please take your clothes off above the waist. Then come over here and hold on to this, with your front flat against the plate.

技师：请进，王先生。请脱去上衣，到这里来，并抓住这个，前胸紧靠这块板上。

Patient: Shall I take off everything?

患者： 衣服都要脱去吗?

Technician: Just above the waist, but you can keep your vest on. Or you can take off all your clothes and put on this robe if you like.

技师： 脱掉上衣,背心可以不脱;也可以全部脱掉,穿上这件拍摄片衣。

Patient: All right, doctor.

患者： 行。

Technician: Put your hands like this and your shoulders forward like this, and rest your chin here.

技师： 双手放成这样,双肩前展,下巴搁在这儿。

Patient: Is that right?

患者： 这样行吗?

Technician: No, please put your shoulders further forward. That's right. I'll give you instructions over the microphone.

(The doctor begins to fluoroscope the patient.)

Take a deep breath, then breathe out, and hold your breath. Good. Now, keep breathing in and out. Don't be nervous. There's nothing to be afraid of. Don't move while the machine is moving. Take a spoonful of barium meal, hold it in your mouth until I ask you to swallow it. Now swallow a little of what you have in your mouth. Now, swallow the rest of it. Right. That's finished. You can put your clothes back on now.

技师： 不行,双肩再往前翻一翻。好,我将通过话筒告诉你怎么做。

(透视开始)

深吸气,呼气,屏气。好,现在不停地呼吸。不要紧张,不用害怕。机器移动时,人不要乱动。往嘴里送一汤匙钡剂,含着,叫你咽再咽。现在先咽一点,现在,全部咽下去。很好,检查结束,你可以穿上衣服了。

(2)

Technician: Come in, Mr. Wang, and sit down. I'm going to give you an IVB injection, so we can examine your gall bladder. First, please take off all your clothes and put on this gown. I'm going to put a rubber band above your elbow. Now make a fist and clench it tightly until I have inserted the needle, then you can relax your grip.

技师： 王先生,进来,请坐。我马上为你注射静脉胆囊造影剂,检查你的胆囊。脱去上衣,穿上这件拍摄片衣,我来给你在上臂上扎上橡皮带。握紧拳头。我把针头插入静脉后,你把拳头放松。

Patient: All right.

患者： 明白了。

Technician: Clench your fist please. That's right. (Inserts the needle) Now you can relax your grip. (He finishes the injection and withdraws the needle.) That's it. Now come over here and lie down please. Don't worry, you won't feel anything. And don't worry about the noise the machine makes. I'll tell you over the microphone when

to breathe in and out, and when to hold your breath. Now breathe in, take a big breath. Hold your breath. Now you can breathe out. (After the examination)
I think that should be all right. You can get dressed now.

技师：握紧拳头。对了。(插入针头)现在你可以放松了，(注射完毕,拔出针头)造影剂打好了。请过来,躺在上面,别怕,没什么可怕的。听到机器发出的声音不要害怕。我会用话筒告诉你何时吸气、呼气和屏气。现在吸气,把气吸足,屏住气。现在呼气吧。
(拍摄片结束)
好了,没问题了,你可以起来穿衣服了。

Patient: Thank you, doctor.

患者：医生,谢谢你。

(3)

Doctor: How are you now?

医生：你现在感觉怎么样?

Patient: Not too good.

患者：不太好。

Doctor: Are you still getting the pain?

医生：还痛吗?

Patient: Yes.

患者：还痛。

Doctor: Well, the X-ray doctor found irritability and distortion of the duodenum although there was no actual ulcer visible on the X-ray. This does not necessarily mean that you have no ulcer. We have to decide the best way of treating it. There are two ways: medical and surgical. In young people we try to avoid operations and we hope that medical means will help. There is no risk attached to the operation but we can't give a hundred percent guarantee that it would relieve all your symptoms. Most patients get better after it and have no side effects. But with young people we usually persist with medical treatment. Now you did have a spell in hospital and it disappeared but now it has started again. Has anyone in your family had an ulcer?

医生：噢。尽管在X线片上没有看到确切的溃疡,但放射科医生发现了十二指肠应激性和变形。这就说明你有溃疡。我们得确定一个最好的治疗方法。有两种疗法:药物治疗和手术治疗。对于年轻人,我们尽量不做手术,希望药物能起作用。手术治疗没有危险,但我们不能百分之百地保证它能缓解你的症状。大多数患者术后很好,而且没有副作用。但对于年轻人,我们总是坚持用药物治疗。你过去曾在这个医院住过一段时间,症状消失了。但现在又再次出现。你家里还有人患过溃疡病吗?

Patient: Yes, my father had one but it cleared up.

患者：我父亲患过,但现在好了。

(4)

Doctor: I can see from your X-ray that your femur is broken in several places, and I'm afraid we'll have to operate. Lie here, and don't move your leg. Someone will come for you to take you to the Operating Theatre.

医生：从X线片上可以看出:你的股骨断成了好几截。恐怕得进行手术。请躺下，腿不要动。有人会把你推入手术室的。

Patient: All right, Doctor.

患者：好的,医生。

Doctor: When you wake up, your leg will be in plaster, and you'll have to stay in hospital for about four weeks.

医生：等你醒来后,你的腿就已经上好石膏了,你得在医院里待上四个星期。

Patient: Why do I have to stay in hospital so long?

患者：为什么要待那么长的时间?

Doctor: Because your leg will have to be in traction. So we can't let you go home. But, every day the nurses will wheel you into the Day Room, or if the weather is nice, into the garden, and we'll make sure that you get the best possible treatment.

医生：因为你的腿需要牵引,我们不能让你回家。护士每天会用轮椅车推你到患者活动室去的;要是天气好的话,她们会推你到花园,我们得保证要让你得到尽可能好的治疗。

Patient: Can someone telephone my family to let them know that I'm here?

患者：可不可以让人给我家打个电话,通知家人我在这里?

Doctor: Yes, I'll make sure it's done right away.

医生：可以,我会立刻让人去打电话。

4 Magnetic Resonance Imaging (MRI) 磁共振成像

Intern: Is magnetic resonance imaging an important technique in nuclear medicine?

实习医生：磁共振成像是核医学中的一项重要技术吗?

Attending: Yes. Magnetic resonance imaging (MRI) is also called nuclear magnetic resonance (NMR) Imaging.

主治医生：是。磁共振成像(MRI)也叫作磁共振(NMR)成像。

Intern: How does it work?

实习医生：它的工作原理是怎么一回事?

Attending: It uses powerful magnets to look inside the body.

主治医生：它利用强磁力来窥见体内情况。

Intern: What are its functions?

实习医生：它的功能是什么?

Attending: Computer-generated pictures can show the heart muscle, identify damage from a heart attack, diagnose certain congenital cardiovascular defects and evaluate

disease of blood vessels such as the aorta.

主治医生：计算机生成的图像可以显示心肌、识别心脏发作引起的损伤、诊断某些先天性心血管缺陷以及评价像主动脉之类的大血管的疾患。

Intern: What else can it do?

实习医生：它还能做什么呢?

Attending: It can outline the affected part of the brain and help define the problems created by stroke.

主治医生：它能显示脑内患病的部位并可帮助明确中风引起的问题。

Intern: Can it identify different types of tumors?

实习医生：它能鉴别不同种类的肿瘤吗?

Attending: Yes, of course. For example, it can identify cardiac masses such as intracardiac tumor or invasive lung malignancy.

主治医生：当然能够。例如,它能鉴别心内肿块如心内肿瘤或侵入性肺部恶性肿瘤。

Intern: Are there any other applications?

实习医生：磁共振还有其他的应用吗?

Attending: Other potential applications are currently under active investigation.

主治医生：其他一些可能的应用当前正在积极研究之中。

Intern: What are the advantages of this technique?

实习医生：这种技术有哪些优点呢?

Attending: In summary, MRI provides clinically relevant anatomical and functional information noninvasively and with minimal risk.

主治医生：概括地说,MRI 可以给临床提供有关结构和功能的信息,无创伤,风险也极小。

Intern: How does MRI show the interior of the body?

实习医生：MRI 如何显示身体的内部情况?

Attending: It shows images in "slices" throughout the body at any angle the doctor requires.

主治医生：它可按照医生的需要在全身从任何角度显示出一小片一小片的影像。

Intern: How can they show an integral part inside the body?

实习医生：这些小片怎样显示体内的某一完整部分呢?

Attending: When put together, these slices provide a three-dimensional view of a part or an organ inside the body.

主治医生：当这些小片合在一起时,可以提供体内某一部分或器官的三维图像。

Intern: What does a MRI machine look like?

实习医生：磁共振机器是个什么样子?

Attending: It looks like a large hollow tube with a table at its center.

主治医生：它看起来像一个中空的管道,中间有一个台子。

Intern: How long will it last for each session?

实习医生：做一次磁共振要用多长时间?

Attending: A typical session lasts 15 to 90 minutes.

主治医生：一般情况下每次需用 15~90 分钟。

Intern: Is anybody suitable for a MRI scan?
实习医生：任何人都适合磁共振扫描吗?
Attending: No. This type of scan can't be done if one has some metals in the clothes or wear a pacemaker.
主治医生：如果一个人身上有金属物或者有起搏器就不能做这种扫描。

5 Endoscopy 内(窥)镜检查

Intern: What is an endoscope?
实习医生：什么是内镜?
Attending: An endoscope is a device consisting of a flexible tube and an optical system.
主治医生：内镜这种器械是由一根可弯曲的管道和一个照明系统组成。
Intern: How is it used?
实习医生：怎样使用呢?
Attending: In endoscopy, this device is introduced through the mouth or anus to view the interior of the body.
主治医生：在做内镜检时,这种器械从口腔或肛门插入以观察体内情况。
Intern: How to prepare for an endoscopy of the gastrointestinal tract?
实习医生：做胃肠道的内镜检,事先如何准备?
Attending: The patient should not eat or drink anything in the morning of the examination.
主治医生：患者在检查的当天早晨不应进食或饮水。
Intern: How about an endoscopy of the lower gastrointestinal tract?
实习医生：做胃肠道下段的内镜检又怎样准备呢?
Attending: The patient will also need to clear the colon of stool with enemas or laxatives.
主治医生：患者还需用灌肠剂或轻泻药排空结肠的粪便。
Intern: Why the test is performed?
实习医生：为什么要做这种检查?
Attending: An endoscopy may be performed for a variety of signs and symptoms, including bleeding, pain, difficult swallowing, and a change in bowel habits.
主治医生：做内镜检可用于许多体征和症状,如出血、疼痛、吞咽困难和大便习惯的改变。
Intern: Are there any other purposes?
实习医生：还有其他用途吗?
Attending: Exams of the colon may also be performed to screen for colon polyps and colon cancer.
主治医生：还可检查结肠以筛查结肠息肉和结肠癌。
Intern: What are the normal criteria for the gastrointestinal tract?
实习医生：胃肠道的正常标准是什么?
Attending: The examination should reveal the smooth lining of the gastrointestinal tract with no atypical growths or lesions.

主治医生： 检查应能显示胃肠道内壁光滑，无非典型的生长物或损害。

Intern: What will the doctor do if there is anything abnormal?

实习医生： 如果有不正常，医生该做什么？

Attending: A wide variety of abnormal findings may occur, and the doctor will review them following the exam.

主治医生： 可能会有各种各样的异常发现，医生在检查后将进行分析。

Intern: Can endoscopies be used for therapeutic purposes?

实习医生： 内镜检可用于治疗目的吗？

Attending: Yes, endoscopies also can be used to perform therapeutic procedures, including treatment of bleeding lesions and removal of colon polypus.

主治医生： 可以。内镜检也可用于治疗性操作，包括治疗出血性损伤和切除结肠息肉。

Intern: What is arthroscopy?

实习医生： 关节镜检查是什么？

Attending: When an endoscope is inserted through incisions to look at joints, the procedures is called arthroscopy.

主治医生： 当内镜通过切口插入体内观察关节时，这种操作检查就叫做关节镜检查。

Intern: What is cystoscopy?

实习医生： 膀胱镜检查是什么？

Attending: When an endoscope is inserted into the body to view the inside of the bladder, the exam is called cystoscopy.

主治医生： 当内镜插入体内观察膀胱内部时，这种检查就叫做膀胱镜检查。

Intern: Under what situations does an endoscope bear the name of laparoscope?

实习医生： 内镜在什么情况下又可称作腹腔镜？

Attending: Endoscopes used to look directly at the outside of the uterus, fallopian tubes, ovaries, appendix, and other abdominal organs have the special name—laparoscope.

主治医生： 用于直接观察子宫、输卵管、卵巢、阑尾和其他腹部器官的内镜有其专门的名称——腹腔镜。

6 Laparoscopy 腹腔镜检查

Intern: What is laparoscope?

实习医生： 腹腔镜是什么？

Attending: The laparoscope is a type of endoscope used for the examination of the inside of the abdomen without a surgical operation.

主治医生： 腹腔镜是一种内镜，用于检查腹腔内部而不需进行外科手术。

Intern: What is the structure of a laparoscope?

实习医生： 腹腔镜的结构怎样？

Attending: It is an instrument consisting of a lighted tube with magnifying lenses.

主治医生：它是由一根有光亮的管道和放大镜组成。

Intern：How is a laparoscope used?

实习医生：如何使用腹腔镜?

Attending：It is inserted through a small incision in the abdominal wall.

主治医生：通过腹壁上的小切口插入。

Intern：Why can the laparoscope help to make diagnosis?

实习医生：为什么腹腔镜有助于诊断?

Attending：Because a doctor needs to look directly into the abdomen and at the reproductive organs in diagnosing some problems in the abdomen.

主治医生：因为医生在诊断腹腔内某些疾病时需要直接观察腹腔内部和生殖器官。

Intern：How are operations done with the help of a laparoscope?

实习医生：手术怎样借助于腹腔镜?

Attending：Some operations are performed using the laparoscope to guide small instruments inserted into the abdomen.

主治医生：有些手术施行时要利用腹腔镜来指引小器械插入腹内。

Intern：How can a doctor see the inside of the body?

实习医生：医生怎样能看见身体内部?

Attending：The laparoscope brings light into the abdomen so the doctor can see inside.

主治医生：腹腔镜将光带进腹内,所以医生能看见体内情况。

Intern：Would you give some examples for the use of a laparoscope in diseases of reproductive organs?

实习医生：您能举几个腹腔镜用于生殖器官疾病的例子吗?

Attending：Laparoscopy may be used if you have problems with infertility or if you want to be sterilized.

主治医生：如果你有不孕的情况或你想施行绝育,可以应用腹腔镜。

Intern：Some more examples, please.

实习医生：请再举几个例子。

Attending：It is also used for ectopic pregnancy, causes of pelvic pain and masses.

主治医生：腹腔镜还可用于检查宫外孕、骨盆疼痛的原因和肿块。

Intern：Can it be used in the case of abdominal pain?

实习医生：腹痛的情况也可使用吗?

Attending：Yes, of course. Laparoscopy is often used to diagnose causes of abdominal pain.

主治医生：当然可以。腹腔镜常常用来诊断腹痛的原因。

Intern：In what case can it lead to an operation?

实习医生：什么情况下腹腔镜会引向外科手术呢?

Attending：If the doctor finds that he or she can treat the condition during the procedure, diagnostic laparoscopy can turn into operative laparoscope.

主治医生：在操作过程中如果医生发觉他(她)能治疗这种病状,这时诊断性腹腔镜检就会转变为手术性腹腔镜检。

Intern: What about the recovery after a laparoscopic surgery?

实习医生：腹腔镜手术后的恢复情况怎样？

Attending: The recovery time is much shorter than that from regular surgery.

主治医生：恢复的时间要比常规手术短得多。

Intern: When to resume normal activities for a patient?

实习医生：患者什么时候可以恢复正常活动？

Attending: It is safe to resume normal activities as soon as he feels up to it, usually within a few days.

主治医生：一旦患者感觉能适应就恢复正常活动是比较安全的，通常只要几天。

Unit V

Therapies

疗　　法

1 Laser 激光

Wang Hong: I want to know something, Zhao, about laser beams. You've read the subject up, but I know nothing about it.

王红：我想了解点激光的知识，你已学完这一专业，而我什么都不懂。

Xiao Zhao: Okay! What do you want to know?

小赵：好吧！你想了解什么呢？

Wang Hong: Well, what is it? What does the word "laser" mean?

王红：激光是什么？"激光"这个词是何含义？

Xiao Zhao: Light Amplification by Stimulated Emission of Radiation.

小赵：是受激辐射式光频放大器。

Wang Hong: Oh, yes, I see. L.A.S.E.R. laser. Quite simple, really?

王红：哦，我明白了，激光，很简单，是吧！

Xiao Zhao: Once it's been explained to you, of course. Do you know anything at all about laser beams?

小赵：解释后你当然觉得简单，你知道一点有关激光束的知识吗？

Wang Hong: Well, it was in that James Bond's film "Goldfinger".

王红：在描写詹姆斯·邦德的电影"金指"中提到过。

Xiao Zhao: Yes, I remember the scene. James Bond was lying on a gold table, and the table was being cut down the middle by a laser beam.

小赵：是的，我记得那个镜头。詹姆斯·邦德躺在金桌子上，桌子被激光束一劈两半。

Wang Hong: The idea was that it would eventually cut James Bond in half as well. Could it really do that?

王红：这么说它最后也能把詹姆斯·邦德一劈两半。它真能那样吗？

Xiao Zhao: Oh yes! At least, a laser could cut the table.

小赵：是的！起码激光能劈桌子。

Wang Hong: But not James Bond?

王红：但不能劈詹姆斯·邦德吧？

Xiao Zhao: Don't be so disappointed. So far, if my facts are up-to-date, the laser won't penetrate body.

小赵：不必如此沮丧，迄今为止就我所掌握的最新事实，激光束尚不能穿透人体。

Wang Hong: But I thought they were using it to cure cancer?

王红：但我记得人们用它治疗癌症。

Xiao Zhao: Experimentally. And, even so, it can only be used on skin cancer.

小赵：仅仅是试验性的。即使如此，它也仅用于皮肤癌。

Wang Hong: But what is a laser beam? You say it's a beam of light. But there are beams of light from car head-lights, from pocket torches, from searchlights and so on. They don't do any of the things that a laser beam does. So what is special about a laser beam? What makes it different from the other beams of light?

王红：但激光束又是何物？你说它是一束光，但光束有汽车前灯，手电及探照灯光束等等，它们并不能做激光所做的任何事情。那么激光束有何特殊呢？是什么使它与其他光束不同？

Xiao Zhao: Well, light consists of waves. These waves are very short—much too short to see directly. And ordinary light consists of waves all out of phase. White light or sunlight is also a mixture of every possible wavelength. Waves of red light are about twice of all possible wavelengths, all out of step with each other.

小赵：光是由光波所组成的。这些光波波长太短，短到肉眼不能直接看到。而且普通光含有相互间异相异步的许多光波。白光或日光也是由各种可能波长光波所组成的混合物，红光光波的波长约为所有可能波长的 2 倍，彼此异步。

Wang Hong: And what about laser beams?

王红：那么激光束怎样呢？

Xiao Zhao: Well, first all the waves in a laser beam have the same wavelength. A laser beam has a very definite colour. The red colour of the ruby is one of the most widely seen colours in them. But the difference between an ordinary beam of ruby red light and a laser beam of ruby of red light is that in the laser beam the waves are also all in step with each other. So compared with any ordinary beam of light, the laser beam is a very orderly affair indeed. It's like a military march — every one in step. In an ordinary beam, the waves are like the people in a crowd going to a football match, jostling and bumping into one another.

小赵：首先，激光束的所有光波有相同波长。激光束有非常纯一的颜色。红宝石的红色是激光最常见的颜色。但红宝石的普通光与红宝石的红色激光之间的区别在于激光束的光波彼此同步。因此与任何普通光相比，激光确是非常有序的事物，它就像行军一样——每个人都同步。而普通光光波像去看足球赛的人群一样，彼此拥挤，相互碰撞。

Wang Hong: Does this orderly behavior of the laser beam make a big difference?

王红：激光的这种有序排列导致了很大的不同吗？

Xiao Zhao: Oh, yes, and there's one more difference. Most beams of light, like the car headlamp, for example, are continuous. They shine all the time. But the laser beam is intermittent, and it's off much longer than it's on. Because these switches on and off are very fast, the eye doesn't see them. While the beam is off

the energy for the next flash is building up, and when it comes, it s a very intense flash indeed. Lots of power can be packed into a laser beam.

小赵： 哦，当然了，另外还有一个不同，大多数光束，如汽车前灯是连续性的，它们一直发光。但激光束是间断性的，不发光的时间较发光的时间长。由于这些发光与不发光之间的转换很快，所以肉眼难以看到。当激光束间歇时，下次发光的能量正在形成，一旦发光，即成为非常强的闪光。因此一束激光蕴藏着很大的能量。

Wang Hong： Are there any other differences?

王红： 还有其他区别吗？

Xiao Zhao： Yes. An ordinary beam of light diverges. It gets wider and wider, and therefore dimmer and weaker as it goes on. But a laser beam doesn't diverge in this way. So it carries its energy in a compact form, until it's absorbed when it strikes something opaque.

小赵： 有的。普通光束是分散的。当向前照射时，它变得愈来愈宽，因此逐渐变弱变暗。但激光束不那么分散，因此它所携带的能量是紧密的，直到碰到不透光物体被吸收为止。

Wang Hong： I see.

王红： 我明白了。

Xiao Zhao： So that's why a laser can drill holes in hard jewels, for example, industrial diamonds, and others used in machine bearings.

小赵： 因此激光能在坚硬的宝石上打孔，例如工业用钻石，以及另外一些用于机器轴承的钻石。

Wang Hong： Well, go on.

王红： 请继续讲。

Xiao Zhao： A laser can punch holes in steel, or in the tough ceramics used in the interiors of jet and jacket engines. It can be used like radar to track satellites—and to map cloud structures or ...

小赵： 激光能在钢上打孔，也能用于在喷气发动机或气缸内套的陶瓷上打孔。它可以像雷达一样用来跟踪卫星——也能做云雾结构图或其他等等。

2 Physiotherapy 理疗

Doctor： I would like to arrange for you to have three sessions of physiotherapy. Is it convenient for you to come everyday?

医生： 我打算给你安排三次理疗。你每天都能来吗？

Patient： I'm rather busy, but I'll try to come.

患者： 我很忙，但是我尽量来。

Doctor： How long has your leg (shoulder, lumbar region, hip) been hurting?

医生： 你的腿（肩、腰部、髋部）痛多久了？

Patient: Already for half a year now.

患者：已有半年。

Doctor: Does the pain at the back of your shoulder move along your arms? Does it feel numb?

医生：你肩后的疼痛往胳膊上窜吗？有麻木的感觉吗？

Patient: If I turn my neck, the back of my shoulder feels heavy, painful and numb. It moves along my right arm. I feel numb all the way to the tips of my fingers. The lumbar pain goes to the outside and back of my left leg. Can you tell me what is wrong?

患者：假使我转动我的脖子，我肩膀后面就感到发沉、痛、麻木。它往我的右胳膊串。我觉得一直麻到指头尖。腰部痛时，疼痛还会往我的左腿的外侧和后面串。你能告诉我是什么病吗？

Doctor: According to your symptoms and X-ray report, you are suffering from spur of cervical vertebrae (lumbar spine, knee joint).

医生：根据你的症状和X线片报告，你的颈椎（腰椎、膝关节）有骨刺。

Patient: Is there any danger? What can I do to relieve the pain?

患者：有危险吗？怎样才能解除疼痛？

Doctor: Generally speaking, spur is degeneration of the skeletal system. It's a chronic disease associated with aging. There is no danger at all. Better avoid too much exercises. Physiotherapy is sometimes helpful.

医生：一般说来，骨刺是骨骼的退行性改变，是一种老年人的慢性病，根本没有什么危险性。最好避免过量的活动。理疗有时会有帮助。

Patient: What kind of treatment are you going to give me?

患者：你准备给我做什么治疗呢？

Doctor: I would like to give you two kinds of treatments. One is an acetic acid ion transfer. It may reduce your pain and numbness. Another treatment is a traction of your neck. It may widen the narrowing of the vertebrae and reduce the irritation on the nerves, muscles and other tissues to alleviate the pain.

医生：我给你做两种治疗。一种是醋酸离子导入疗法。它可以减轻疼痛和麻木。另一种是颈部牵引。它可以把椎间隙拉宽，从而缓解椎骨神经、肌肉以及其他组织的刺激所引起的疼痛。

Patient: Does it hurt?

患者：痛吗？

Doctor: No, only a slight prickling sensation. There may be some itching of the skin after the treatment. You may apply some alcohol or glycerine on it, but don't scratch it. You must not break the skin, or we can't continue the treatment.

医生：不痛，只有轻微的针刺感。治疗后局部皮肤可能有些痒，你可以在上面涂些酒精或甘油，但不要抓它。皮肤不能有创伤，否则就不能继续进行治疗了。

Patient: Why?

患者：为什么呢？

Doctor: Even a very small lesion will cause a severe pain. The current will be concentrated on

the lesion.

医生：哪怕很小的一点创伤，都会引起剧烈的疼痛。电流将要集中在伤口上的。

Patient: I see, by the way, how many times should I come?

患者：我懂了。可是我需要来几次呢？

Doctor: This treatment will last for 10 to 15 sessions. You can repeat it in two weeks if it is effective.

医生：这种治疗需要持续做 10~15 次。如果有效的话，两周后再重复做。

Patient: Does traction cause any discomfort?

患者：做牵引有什么不舒服吗？

Doctor: No, don't worry. The weight we use is 10-20 pounds each time for 20 minutes. We can do it 10 to 15 times more. We start at 12 pounds. If you feel no palpitation, dizziness or fatigue, we can increase the weight gradually. If you don't feel well, we can reduce it.

医生：没有，不要有顾虑。牵引的重量是 10~20 磅(4.5~9kg)，每次 20 分钟。可以做 10~15 次或更多次。我们从 12 磅(5.4kg)开始。假如你没有心跳、头晕和疲劳的感觉，就可以逐渐增加重量。如果你感觉不舒服，我们可以减少重量。

Doctor: (1) Please raise (extend) your arm.

医生：请抬起(伸出)你的胳膊。

(2) Put your arm behind your neck.

请把你的胳膊向后伸。

(3) It is not necessary to take off all your clothing. Only expose the part where you feel pain.

不需要脱衣服。露出疼痛的部位就行了。

(4) After the treatment please raise your limbs for a while to improve your circulation.

做完治疗后请把胳膊腿抬起一会儿以改进血液循环。

(5) We'll use an electric current for treatment. There will be a slight prickling sensation. Please let me know if you feel any pain. I'll reduce the current.

我们要用一种电流做治疗。有一点轻微的针刺感。假若你感觉痛时就告诉我。我可以降低电流量。

(6) I'll treat you with ultraviolet rays. It may diminish the inflammation and them. The treatment only lasts a few seconds. After that your skin may become red and tanned a little bit as if you had been sunbathing. It will fade away in a few days.

我要给你用紫外线治疗。它可以消炎止疼。因为光太强，为了保护眼睛，需要将眼盖上。这一治疗只有几秒钟。治疗后皮肤可能变得有点红和黑，就像晒过太阳一样。几天后就会褪去。

(7) I'll treat you with visible light and a kind of electric current. Visible light gives you warm sensation. The electric current has three types of waves. The first wave gives you a feeling of numbness. The second wave gives you a feeling of being

lightly hammered. The third wave renders the part numb from time to time.
我要用太阳灯和一种电流给你治疗。太阳灯给你一种温暖的感觉。电流有三种不同的波。第一种波产生麻的感觉。第二种波有如小锤敲打的感觉。第三种波是一阵一阵麻的感觉。

(8) I'll treat you with ultrashort wave (diathermy). It might improve the blood and lymph circulation so as to reduce the pain. You'll feel nothing during the treatment. Please don't apply any hot compress locally. During your monthly period the treatment should be stopped.
我将用超短波(透热疗法)给你治疗。它可以促进血液和淋巴循环从而减轻疼痛。治疗时没有什么感觉。治疗后请不要在局部做热敷。来月经时应停止治疗。

(9) I'll treat you with ultrasonic waves. It is helpful in absorbing scar formation and hard lumps. You will feel vibrations and warmth.
我要用超声波给你治疗。它有助于吸收瘢痕和硬结。治疗中稍有震颤和温热的感觉。

(10) We'll use whirlpool bath for your treatment. Put your arm (leg) into the water, the bubbles in the water are a form of massage. The warm water will improve your circulation.
我要用漩水浴给你治疗。将你的胳膊(腿)放入水中,水中的水泡可以起到按摩的作用。温热的水可以促进你的血液循环。

(11) We'll give you laser treatment. Don't worry. You won't feel anything during the treatment. Please don't look at it directly. Put on these dark glasses.
我要用激光给你治疗。请不要怕。治疗中没有什么感觉。眼睛不要直接看着它。请你戴上墨镜。

(12) We'd better use interference current therapy in your case. You'll feel numbness, trembling and chafing. Please tell me if you think it is too strong. I'll adjust the amount of current.
你的情况最好用干扰电流治疗。治疗中你会有麻、震和按摩的感觉。假如你感觉电流太强,请告诉我。我给你调节一下电流量。

(13) I'll use a kind of electric current therapy in your case. It can help stop itching, act as a pain-killer, improve the circulation and metabolism. Take off everything made of metal that you are wearing. There is only a pricking sensation. After the treatment you will feel quite comfortable.
我要用一种电流给你治疗。它有止痒、镇痛、促进血液循环及营养代谢作用。请把身上带的一切金属制品摘下来。只有一种针刺感。治疗后你会感到很舒服。

(14) I'll treat you with paraffin therapy. Please don't move during the treatment. Don't hesitate to tell me if you feel too hot.
我要用石蜡给你治疗。治疗时不要动。若感到太热就马上告诉我。

(15) This is your card for physiotherapy. Please take this to the cashier where you pay. Whenever you come please show us this card.
这是你的理疗卡片。请拿着它到收费处交费。每次来时我们要看看你的卡片。

3 Chemotherapy 化疗

Intern: What is chemotherapy?
实习医生: 化疗是什么?
Attending: Firstly I'll give you a simple definition: Chemotherapy is the treatment of disease with chemicals or drugs.
主治医生: 首先我告诉你一个简单的定义:化疗是用化学物质或药物治疗疾病的方法。
Intern: How about in more details?
实习医生: 您能解释详细一点吗?
Attending: Chemotherapy refers to drugs that are used to kill microorganisms (bacteria, viruses, fungi) and cancer cells.
主治医生: 化疗是指用药物杀灭微生物(包括细菌、病毒和真菌)和癌细胞。
Intern: How is this term in common use?
实习医生: 这个术语通常的含义是什么?
Attending: Most commonly the term chemotherapy is used to refer to "cancer-fighting" drugs.
主治医生: 化疗这个术语通常是用来指抗癌药。
Intern: How is chemotherapy given?
实习医生: 化疗如何使用?
Attending: Most anticancer drugs are injected into a vein (Ⅳ) or a muscle. Some are given by mouth.
主治医生: 多数抗癌药物是通过静脉或肌内注射。有些采用口服。
Intern: Is chemotherapy a local treatment?
实习医生: 化疗是一种局部疗法吗?
Attending: No, it is a systemic treatment, meaning that the drugs flow through the bloodstream to nearly every part of the body.
主治医生: 不,它是全身疗法。药物经过血管系统流到身体几乎所有部位。
Intern: When is chemotherapy given?
实习医生: 化疗什么时候使用?
Attending: It is generally given in cycles: a treatment period is followed by a recovery period, then another treatment period, and so on.
主治医生: 化疗通常为周期性使用,即治疗一段时间后经过一段恢复期,然后再治疗一段时间,如此类推。
Intern: Where does a patient receive the therapy?
实习医生: 患者在哪里进行治疗?
Attending: The patient can have the therapy as an outpatient at the hospital or at home. He

may stay at the hospital for a short period if necessary.

主治医生：患者可在医院门诊或家里进行治疗，必要时他也可短期住院接受治疗。

Intern：How do the anticancer drugs work?

实习医生：抗癌药物的作用怎样？

Attending：They kill or arrest the growth of cancer cells by targeting specific parts of the cell growth cycle.

主治医生：它们瞄准细胞生长周期的特殊时段杀灭癌细胞或阻止其生长。

Intern：Will they affect the normal cells?

实习医生：它们会影响正常细胞吗？

Attending：That's the problem. Usually the normal healthy cells nearby are also injured or killed to some extent.

主治医生：问题就在这儿。通常附近的正常细胞也会受到某种程度的损伤或破坏。

Intern：Can it be improved?

实习医生：可以改进吗？

Attending：Yes, newer cancer therapies are more specifically targeted at growth pathways that are only found in cancer cells.

主治医生：可以，较新的癌症治疗药物更集中地瞄准癌细胞具有的生长途径。

Intern：That must be wonderful.

实习医生：那一定很有效。

Attending：Yes, these drugs are more effective and less toxic.

主治医生：是的，这些药物效果更好并且毒性较小。

Intern：Are there any side effects of chemotherapy?

实习医生：化疗有什么副作用吗？

Attending：The side effects of chemotherapy depend mainly on the drugs and the doses the patient receives.

主治医生：化疗的副作用主要取决于患者使用的药物和剂量。

Intern：What are the side effects?

实习医生：副作用是哪些呢？

Attending：The common ones are loss of appetite, nausea and vomiting, hair loss, or mouth sores.

主治医生：常见的副作用有缺乏食欲、恶心呕吐、脱发或口腔溃疡。

Intern：Any way to deal with them?

实习医生：有什么办法对付吗？

Attending：For some patients, medicines can be prescribed to help with these side effects.

主治医生：对于某些患者可请医生开些药来克服这些副作用。

4 Immunotherapy 免疫疗法

Intern：What is immunotherapy?

实习医生：免疫疗法是什么?

Attending: Immunotherapy is the treatment of disease by stimulating the body's own immune system.

主治医生：免疫疗法是通过刺激机体自身的免疫系统治疗疾病的方法。

Intern: Does immunotherapy have any special function?

实习医生：免疫疗法有什么特殊的功能吗?

Attending: This is a type of therapy currently being researched as a treatment for cancer.

主治医生：这种疗法当前正被研究作为癌症的治疗。

Intern: Could you make a comprehensive definition of it?

实习医生：你能给它下一个综合性定义吗?

Attending: Yes. Immunotherapy, also called biological therapy, uses the body's own immune system to fight cancer cells or protect the body from side effects.

主治医生：可以。免疫疗法也称为生物疗法,是利用机体自身免疫系统对抗癌细胞或保护身体免于副作用。

Intern: How can this therapy treat diseases?

实习医生：这种疗法怎样治疗疾病呢?

Attending: Immunotherapy relies on antibodies, naturally occurring proteins dedicated to defending the body against invasion by foreign substances.

主治医生：免疫疗法依赖于抗体,这是自然发生的一些蛋白质,专门用作防御外来物质对身体的入侵。

Intern: How do antibodies attack tumor cells?

实习医生：抗体是怎样攻击肿瘤细胞的?

Attending: In one kind of immunotherapy, antibodies are used to attack tumor cells directly.

主治医生：一种免疫疗法是利用抗体直接攻击肿瘤细胞。

Intern: How about the other kind?

实习医生：那么另一种呢?

Attending: In another approach, antibodies are used to deliver toxic agents that selectively target and harm cancer cells.

主治医生：另一种免疫疗法则是利用抗体投递有毒因子有选择地瞄准癌细胞进而破坏之。

Intern: What are the monoclonal antibodies?

实习医生：什么是单克隆抗体?

Attending: They are laboratory-produced antibodies used to fight many diseases, including cancer.

主治医生：它们是实验室生产的抗体,用于对抗许多疾病,包括癌症。

Intern: Can monoclonal antibodies treat breast cancer?

实习医生：单克隆抗体能治疗乳腺癌吗?

Attending: Yes, it's one of the newest treatments for breast cancer and the monoclonal antibody is called Herceptin.

主治医生： 能。它是乳腺癌最新的治疗方法之一，这种单克隆抗体叫做赫赛汀。

Intern： Are there other forms of immunotherapy?

实习医生： 还有其他形式的免疫疗法吗？

Attending： Other forms of immunotherapy include the use of interferon, a naturally or synthetically produced protein that fights disease-causing agents in the body, particularly viruses.

主治医生： 其他形式的免疫疗法包括有干扰素，这是一种天然的或人工合成生产的蛋白质，破坏体内的致病因子，特别是病毒。

Intern： How do interferons fight cancer cells?

实习医生： 干扰素是怎样破坏癌细胞的？

Attending： Interferons slow down the growth of tumor cells in some patients, and they stimulate the immune system to attack cancerous cells.

主治医生： 干扰素在某些患者身上可使肿瘤细胞的生长速度放慢，并可刺激免疫系统去攻击癌细胞。

Intern： Can immunotherapy be used for treating asthma?

实习医生： 免疫疗法能用于治疗哮喘吗？

Attending： Yes, it is used when you have allergic asthma that can't be easily controlled by avoiding triggers and by using medication.

主治医生： 能。当你患过敏性哮喘通过避开触发因子和使用药物均不易控制时可使用这种疗法。

Intern： In what way is it used?

实习医生： 具体怎样使用呢？

Attending： You will be given allergy desensitization shots (immunotherapy) which include regular injections for a period of time.

主治医生： 你可以打脱敏针（即免疫疗法），这需要一段时间的定时药物注射。

5 Gene Therapy 基因疗法

Intern： What is gene therapy?

实习医生： 基因疗法是什么？

Attending： Gene therapy is a novel approach to treat, cure, or ultimately prevent disease by changing the expression of a person's genes.

主治医生： 基因疗法是通过改变一个人的基因表现来治疗、治愈和最终预防疾病的一种新的方法。

Intern： Does it have a long period of development?

实习医生： 它的发展已经很久了吧？

Attending： No, gene therapy is still in its infancy.

主治医生： 不，基因疗法仍处于其发展初期。

Intern： Is it commonly used in clinical medicine?

实习医生： 它常用于临床吗?

Attending: Current gene therapy is primarily experimental, with most human clinical trials only in the research stages.

主治医生： 目前基因疗法主要处于试验期,多数临床病例实验仅仅属于研究阶段。

Intern: How is gene therapy used?

实习医生： 基因疗法怎样使用呢?

Attending: It can be targeted to somatic (body) or germ (egg and sperm) cells.

主治医生： 它可以瞄准体细胞也可以瞄准生殖细胞(卵细胞或精子细胞)。

Intern: Could you explain the first type of therapy?

实习医生： 您可以解释第一种类型的疗法吗?

Attending: In somatic gene therapy, the recipient's genome is changed, but the change is not passed along to the next generation.

主治医生： 在使用体基因疗法时,受体的基因组被改变,但这种改变不传给下一代。

Intern: How about the second type?

实习医生： 那么第二种类型疗法呢?

Attending: In germline gene therapy, the parents' egg and sperm cells are changed with the goal of passing on the changes to their offspring.

主治医生： 在使用生殖基因疗法时,父母亲的卵细胞和精细胞被改变,其目的是将这种改变传给下一代。

Intern: How about the development of this therapy?

实习医生： 这种疗法的发展情况怎样?

Attending: Many factors have prevented researchers from developing successful gene therapy techniques.

主治医生： 许多因素阻碍着研究人员顺利地发展基因疗法的技术。

Intern: What are the difficulties?

实习医生： 困难在哪儿呢?

Attending: The main difficulty to be conquered is the gene delivery tool, that is, how a new gene is inserted into the body.

主治医生： 要克服的主要困难是基因递送工具,即新的基因如何插入体内。

Intern: How is this done now?

实习医生： 现在是怎么做的呢?

Attending: This is done now via vehicles called vectors (gene carriers), which deliver therapeutic genes to the patients' cells.

主治医生： 现在是通过叫做载体(基因携带者)的工具将治疗基因递送到患者的细胞中去。

Intern: What are used as the vectors now?

实习医生： 现在用什么做载体呢?

Attending: Currently, the most common vectors are viruses.

主治医生： 目前最常用的载体是病毒。

Intern: How do viruses serve as the gene delivery tool?
实习医生：病毒是怎样用作基因传递的工具呢?
Attending: Scientists manipulate their genome to remove the disease-causing genes and insert therapeutic genes.
主治医生：科学家们处理其基因组去掉致病基因而塞入治疗基因。
Intern: Are these vectors effective?
实习医生：这些载体有效吗?
Attending: Yes, while being effective, viruses also introduce other problems to the body, such as toxicity, immune and inflammatory responses.
主治医生：有。不过尽管有效,但病毒也给身体带来一些问题,如毒性、免疫反应和炎性反应。
Intern: Are there any alternatives?
实习医生：有什么替代物吗?
Attending: Some alternatives to viruses that have been considered are complexes of DNA with lipids and proteins.
主治医生：目前考虑到的病毒的某些替代物为含有脂质和蛋白质的 DNA 复合体。

6 Light Therapy 光疗法

Intern: Is light used in medicine?
实习医生：光可用于医学吗?
Attending: Yes, light has several well-proven uses in medicine.
主治医生：是的。光在医学上已有多项经过充分证明的用途。
Intern: Well, please tell me what light therapy can do?
实习医生：好吧,那就请您告诉我光线疗法能做些什么?
Attending: For example, bright light therapy is the treatment of choice for "winter depression".
主治医生：例如,明亮的光线疗法是"冬季抑郁症"的首选疗法。
Intern: What's that?
实习医生："冬季抑郁症"是怎么回事?
Attending: It's commonly known as seasonal affective disorder (SAD).
主治医生：这种病通常称作季节性情感障碍。
Intern: How about ultraviolet light?
实习医生：紫外线有什么用途吗?
Attending: Ultraviolet light is frequently used in the treatment of psoriasis.
主治医生：紫外线经常被用来治疗牛皮癣。
Intern: Has natural light any special therapeutic effect?
实习医生：自然光有什么特殊的治疗作用吗?
Attending: Yes, natural light is a potential remedy for jaundice in newborns.
主治医生：有。自然光对新生儿黄疸是一种具有潜力的疗法。

Intern: A doctor tells me that sunlight is a leading source of vitamin D for all of us. Is that true?

实习医生：有位医生告诉我说日光对所有的人都是维生素 D 的主要来源。对吗?

Attending: Yes, it is.

主治医生：对的。

Intern: What will happen if we receive only little light?

实习医生：如果我们接受的光线太少,那会发生什么情况呢?

Attending: People deprived of light sometimes develop symptoms such as depression, lethargy, and inability to concentrate.

主治医生：缺少光线的人们有时会产生如抑郁、嗜睡和注意力不集中等症状。

Intern: Is circadian rhythm of the body related to light?

实习医生：身体的昼夜节律与光线有关吗?

Attending: Yes, circadian rhythm is regulated by the pineal gland, which is controlled by the presence or absence of external light.

主治医生：有。昼夜节律是受松果体调节,而松果体又是受外界光线的有无控制的。

Intern: What will occur if we receive too much ultraviolet rays?

实习医生：如果我们接受的紫外线过多又会发生什么情况呢?

Attending: Overexposure to ultraviolet rays can cause skin cancer and may contribute to premature aging of the skin.

主治医生：紫外线照射过多会引起皮肤癌并可使皮肤过早老化。

Intern: What are other possible side effects of light therapy?

实习医生：光线疗法还有其他可能的副作用吗?

Attending: Other possible side effects may include a "hyper" feeling, mild headache, trouble sleeping, sore eyes, and other eye problems.

主治医生：其他可能的副作用可包括超强感觉、轻微头痛、睡眠不安、眼痛及其他眼病。

Intern: Are there any new advances in the use of light therapy?

实习医生：光线疗法的应用有什么新进展吗?

Attending: Yes, quite a lot. Researchers recently find that prostate cancer can benefit from photodynamic therapy (PDT), which combines drugs and light to treat cancer and other conditions.

主治医生：有,还不少。研究人员最近发现前列腺癌的治疗可用光动力疗法,是将药物与光线结合起来治疗癌症和其他疾病。

Intern: Another example, please.

实习医生：可以再举一个例子吗?

Attending: While sitting in the sun may carry health dangers, it could lower the chances of getting multiple sclerosis.

主治医生：虽然在阳光中坐得太久会给健康带来某些危害,但它可降低罹患多发性硬化症的可能。

Intern: How to get the greatest benefit from it?

实习医生：怎样才能获得最大受益呢?

Attending：The strongest benefit seems to occur with sun exposure during childhood.

主治医生：最大受益发生在童年时期常晒太阳。

Intern：What precautions should we take?

实习医生：我们应当注意一些什么事项呢?

Attending：Winter sun exposure might be more important in prevention than summer sun exposure, and only moderate levels of exposure might be necessary.

主治医生：为预防多发性硬化症冬天晒太阳比夏天晒太阳更有效,而且不需要晒得过多,中等程度就够了。

7 Cancer Vaccine 癌疫苗

Intern：Are cancer vaccines used clinically today?

实习医生：癌疫苗现在已用于临床了吗?

Attending：Yes, the cancer vaccines are making a promising success in the prophylaxis and treatment of tumors.

主治医生：是,癌疫苗在肿瘤的预防和治疗上的效果已经看到希望了。

Intern：How is the demand of these vaccines?

实习医生：对这类疫苗的需求怎样?

Attending：Oh, the demand of anticancer vaccines in the tumor treatment or in the cancer treatment is increasingly high.

主治医生：啊,肿瘤治疗或癌症治疗对于抗癌疫苗的需求越来越大。

Intern：How does the vaccine work?

实习医生：这种疫苗是怎样起作用的?

Attending：The vaccine forms a cellular antitumoral immunity which enables a complete destruction of different malignant and benign tumors.

主治医生：这种疫苗可形成细胞的抗肿瘤免疫力,彻底摧毁各种恶性和良性肿瘤。

Intern：How about its antitumoral activities?

实习医生：它的抗肿瘤活力怎样?

Attending：The vaccine possesses a wide spectrum of antitumoral activities due to imitators of more than 40 different tumor antigens located in its composition.

主治医生：这种疫苗由于在其成分中含有 40 多种不同肿瘤抗原的仿造者,因而具有广谱的抗肿瘤活力。

Intern：Are the antigens present in the tumor cells?

实习医生：抗原存在于肿瘤细胞中吗?

Attending：Yes, the antigens, which are imitated by the drug, are present in cells of tumors containing fibrotic and glandular tissues.

主治医生：是的,抗原(为药物所模仿)存在于含有纤维组织和腺体组织的肿瘤细胞中。

Intern：What will happen when the drug is introduced into the organism?

实习医生：药物进入体内后会怎样?

Attending: When the drug is introduced into an organism, numerous clones of antitumoral lymphocytes are formed.

主治医生：药物进入体内后就会生成大量抗肿瘤淋巴细胞的复制物。

Intern: What is the effect of this process?

实习医生：这种治疗过程的效果怎样?

Attending: After the complete destruction of the tumors by the immune system, relapses do not occur due to the formation of the immunological memory.

主治医生：免疫系统将肿瘤彻底摧毁后,由于免疫记忆的形成,复发就不会发生了。

Intern: Can you give an example of the antitumor vaccine?

实习医生：您能举一个抗肿瘤疫苗的例子吗?

Attending: Yes, the antitumor vaccine "Resan" was first obtained in 1992.

主治医生：可以,例如抗肿瘤疫苗"莱山"就是 1992 年首先研制成功的。

Intern: Did the effect of this drug get approved?

实习医生：这种药物的效果得到认可了吗?

Attending: Yes, the antitumoral activities of this drug were researched and proved during 1992-2002 years.

主治医生：是的。这种药物的抗肿瘤活力在 1992~2002 年期间经过了研究和证明。

Intern: What are the main components of this vaccine?

实习医生：这种疫苗的主要成分是什么?

Attending: The main components are glycoproteins, which imitate particular fragments of tumor antigens.

主治医生：其主要成分是糖蛋白,它们模仿肿瘤抗原的特殊片段。

Intern: What's the function of a conventional vaccine?

实习医生：传统疫苗的功能是什么?

Attending: A conventional vaccine is administered to prevent a disease.

主治医生：传统疫苗使用的目的是预防疾病。

Intern: How is the anticancer vaccine different?

实习医生：抗癌疫苗有什么不同呢?

Attending: The anticancer vaccine stimulates the body's own immune system after the onset of cancer to prevent its spread and recurrence.

主治医生：抗癌疫苗是在癌症发病后刺激机体本身的免疫系统来防止其扩散和复发。

8 Transplantation 移植

Intern: It seems that transplantation is very important in clinical medicine nowadays. Why?

实习医生：移植在今天的临床医学中似乎非常重要。为什么?

Attending: Because transplantation is a life-saving procedure for many patients.

主治医生：因为移植对于许多患者来说是一种挽救生命的方法。

Intern: Then what is it?
实习医生：那么它是一种什么样的方法呢?
Attending: It is a surgical procedure by which a tissue or organ is removed and replaced by a corresponding one.
主治医生：它是将一种组织或器官切除而代之以相应的组织或器官的手术方法。
Intern: Where can you get the new one for it?
实习医生：您从哪儿能够得到新的组织或器官呢?
Attending: We can get it either from another part of the body or from another individual.
主治医生：我们能从身体的另一部位或从另一个体得到。
Intern: Can you give an example?
实习医生：您能举个例子吗?
Attending: Yes. For example, skin autografts, employing skin from the patient's own body, are used to replace lost skin.
主治医生：能。例如,皮肤的自体移植就是将患者自身别处的皮肤用来取代失去的皮肤。
Intern: Another example, please.
实习医生：请再举一个例子。
Attending: Bone marrow transplants can come either from a donor or from stored host bone marrow.
主治医生：骨髓移植物可以来自供体也可来自储存的宿主骨髓。
Intern: How many people need the help of this technique?
实习医生：多少人需要这种技术的帮助?
Attending: Each year, hundreds of thousands of people are affected by diseases which result in the need for transplantation and tens of thousands of people receive transplants.
主治医生：每年有数十万人患上需要进行移植的疾患,其中数万人接受移植手术。
Intern: Is it difficult to obtain a suitable transplant from a donor?
实习医生：从供体获得合适的移植物困难吗?
Attending: Surely, transplantation to replace such diseased or defective tissue or organ such as corneas and hearts necessarily requires a dead donor.
主治医生：确实如此。通过移植手术更换患病的或有缺陷的组织或器官,如角膜和心脏,都必然需要一个死亡的供体。
Intern: Can we get these transplants from live donors also?
实习医生：我们也能从活的供体得到这些移植物吗?
Attending: Yes, pair organs such as kidneys, or large or regenerating organs or tissues such as skin, liver or blood, can be donated by live donors.
主治医生：能。像肾脏这类成对的器官,或者像皮肤、肝或血液这样一些面积或量大并能再生的器官或组织也可由活的供体捐献。
Intern: What will the patients with serious heart disease do?
实习医生：有严重心脏疾患的患者怎么办呢?
Attending: They must either receive a new human heart from a brain-dead donor or die.

主治医生：他们要么必须接受一个来自脑死亡供体的新的人体心脏要么等死。

Intern: In addition to transplanted human tissues and organs, are there artificial ones available now?

实习医生：除了移植人体组织和器官外，现在能否得到人工的组织和器官？

Attending: Yes. Perhaps most promising of all, a new artificial heart is now ready for human trials.

主治医生：对。或许最有希望的是一种新的人工心脏现在已可在人身上试用了。

Intern: Is there any person who has ever received an artificial heart?

实习医生：是否有人已移植了人工心脏？

Attending: Yes. A patient named Robert Tools, 59, was first implanted with an artificial heart on July 2, 2001 at Jewish Hospital of University of Louisville in the U. S.

主治医生：是的。一个叫罗伯特·图斯的 59 岁男性患者于 2001 年 7 月 2 日在美国路易斯维尔大学犹太人医院做了第一例人工心脏移植手术。

Intern: Are there any more similar examples?

实习医生：还有类似的例子吗？

Attending: There have been a few more cases so far. Among them, Tom Christerson, a 70-year-old man received an artificial heart on Sept. 13, at the same hospital, becoming the second patient in the world to receive the experimental device.

主治医生：到目前为止又有好几例。其中一位 70 岁的老人汤姆·克里斯特逊于 9 月 13 日在同一家医院移植了人工心脏，成为世界上接受这一实验装置的第二位患者。

9 Plastic Surgery 整形外科

Intern: It seems that many people don't understand what plastic surgery really means.

实习医生：整形外科的真正含义是什么似乎一般人还不了解。

Attending: Yes, many people mistakenly believe that plastic surgery takes its name from the use of materials such as plastic to achieve reconstructive goals.

主治医生：对。许多人错误地认为整形外科是因为其使用像塑料之类的材料以达到重建的目的而得名。

Intern: What does it really mean?

实习医生：它到底是什么意思呢？

Attending: The term plastic surgery comes from the Greek word *plastikos* which means to mold or to give form, not to mean 'plastics'.

主治医生：整形外科这一术语来自希腊词 *plastikos*，意思是'塑造'或'使形成'，此处并非'塑料'之意。

Intern: Are there any subdivisions in plastic surgery?

实习医生：整形外科还可细分吗？

Attending: Yes, plastic surgical procedures fall into two major subdivisions: reconstructive and cosmetic.

主治医生： 是。整形外科手术分为两大类:修整和美容。

Intern: Can you define reconstructive surgery?

实习医生： 你能解释一下修整外科吗?

Attending: Reconstructive surgery may be defined as a surgical procedure performed on abnormal parts to restore a more normal appearance and to improve function.

主治医生： 修整外科可以定义为将异常部位进行处理使之恢复到较正常外观并改善其功能的一种外科手术。

Intern: How are these abnormal parts of the body formed?

实习医生： 这些身体的异常部位是怎样形成的呢?

Attending: They are formed by injury, disease, or congenital defects.

主治医生： 它们是由受伤、患病或先天缺陷形成的。

Intern: Does reconstructive surgery treat lacerations and fractures?

实习医生： 修整外科也治疗撕裂伤和骨折吗?

Attending: Yes. The repair of severe lacerations and the repair of fractures of the facial bones are common plastic surgical procedures.

主治医生： 是。修整严重的撕裂伤和面部骨折是常见的修整外科手术。

Intern: How does it repair disfigurement of body parts due to burn injury?

实习医生： 它怎样修复由于烧伤造成的毁容呢?

Attending: It uses tissue expansion and flaps and grafts to repair disfigurement due to burn injury.

主治医生： 它利用组织扩张、皮瓣和移植物来修复由于烧伤所致的毁容。

Intern: Now how about cosmetic surgery?

实习医生： 现在请您谈谈美容外科是怎么做的?

Attending: Cosmetic surgery is an operation procedure done purely to enhance the appearance of body parts which fall within the normal range of appearance and function.

主治医生： 美容外科手术是纯粹用来使外观和功能在正常范围内有所改善的一种手术。

Intern: Can you give some examples?

实习医生： 您能举些例子吗?

Attending: Yes. Examples would include procedures such as face lifts, nose reshaping done only for appearance, and fat suction procedures.

主治医生： 可以。常见的例子有:除去面部皱纹等的整容、鼻子外形再造和吸脂术。

Intern: Does the desire of humans to enhance their appearance begin only in modern society?

实习医生： 人类改善面容的愿望仅始于现代社会吗?

Attending: No, it began as early as the ancient Indians, Egyptians, Greeks and so on. The desire of people to enhance their appearance was quite common at that time.

主治医生： 不。早在古代印度、埃及、希腊就已开始。人们改善面容的愿望在那时已十分普遍。

Intern: How are the people in modern society?

实习医生： 现代社会的人们怎样呢?

Attending: Of course they have even higher demand of this. For example, Americans are said to have spent $16 billion on beauty products and cosmetic procedures in 2006.

主治医生： 当然他们的要求更高了。例如,据说美国人在 2006 年花在化妆品和美容手术上的费用就高达 160 亿美元。

Intern: How about in China?

实习医生： 中国的情况怎样呢?

Attending: Cosmetic surgery develops very rapidly in the past years in the quest for personal beauty of the Chinese people.

主治医生： 由于中国人爱美的需求,美容手术在过去一些年中发展非常迅速。

10 Angioplasty 血管成形

Doctor: Hello, my name is Doctor Li De. What is your name?

医生： 你好,我是李德医生,请问你叫什么名字?

Patient: My name is Mary Smith.

患者： 我叫玛丽·史密斯。

Doctor: Hello, Mary, you are here to have a Catheter procedure, because the doctor in the Emergency Room has diagnosed an MI. How are you feeling now?

医生： 你好,玛丽。因为急诊室的医生把你确诊为心肌梗死,所以我们要给你做导管插入。你现在感觉如何?

Patient: I feel dizzy, tired and have chest pain, I'm a little nervous.

患者： 我感到头晕、乏力、胸痛。我有点紧张。

Doctor: How long have you had the chest pain?

医生： 你胸痛多长时间了?

Patient: About 10 minutes.

患者： 大约 10 分钟。

Doctor: Is the pain radiating to your shoulder? Is the pain in your shoulder or down your armpit?

医生： 疼痛放射到肩膀了吗? 你的肩膀和腋窝感到痛吗?

Patient: Yes, in my shoulder.

患者： 是的,肩膀痛。

Doctor: This emergency procedure has to be done now. Please sign this consent form giving us permission to perform the catheter procedure.

医生： 我们马上要进行这个重要手术,请签手术同意书允许我们进行导管插入手术。

Patient: Yes, OK, what happens now?

患者： 好的,现在干什么?

Doctor: Please take off all your clothes and put on this gown, the ties need to be at the front. Please give all your valuables to your husband for safe keeping.

医生：请将所有的衣服脱掉，换上这件袍子，衣服带往前系。请将贵重的物品交给你的丈夫保管。

Doctor: Then lie down on this couch and try to relax.

医生：然后躺在病床上，尽量放松。

Doctor: Roll up your sleeve, the nurse will need to take your pulse, blood pressure and take an ECG. She will put these pads on your chest.

医生：把袖子卷起来，护士需要测量你的脉搏、血压和心电图。她会将这衬垫放在你的胸上。

Doctor: She is going to put this peg on your finger, this takes your pulse, it is not heavy and it doesn't hurt.

医生：她将把这个指套放在你的手指上来测量你的脉搏，很轻的，不会弄痛你。

Patient: How long will this procedure take?

患者：这个手术需要多长时间？

Doctor: This procedure takes about half an hour.

医生：大概半小时。

Doctor: We need to give you intravenous fluids, so the nurse will put a cannula into your hand.

医生：我们要给你静脉输液，所以护士会将这个管子插到你的手背上。

Doctor: She will put a tourniquet on your arm, and it will feel tight.

医生：她会给你绑一个压脉器，会有一点点紧。

Doctor: Please open and close your hand for her.

医生：请配合护士先松开然后握紧你的手。

Doctor: You will feel a slight prick.

医生：（插入时）你会感到有轻微的刺痛。

Doctor: Please stay still, and she will put a dressing on this.

医生：请不要动，她将给你放敷料。

Doctor: She is going to attach some intravenous fluid now and give you some oxygen. Please put the oxygen mask over your face. Does that feel comfortable?

医生：她马上要给你输液和给你供氧，请将氧气面罩戴上。你现在感觉舒服吗？

Patient: Yes, thank you. What is the intravenous fluid that you are giving me?

患者：是的，谢谢。你给我输的是什么？

Doctor: Glucose saline. I'm just going to get the equipment ready.

医生：葡萄糖盐水，我现在去准备仪器。

Doctor: The Emergency Room have already shaved you.

医生：急诊室医护人员已经给你刮毛。

Doctor: I am now going to clean your skin, and the fluid is very cold.

医生：我马上要给你的皮肤消毒，会很凉。

Doctor: I am going to give you a local anesthetic, you will feel a sharp prick, but it will go away very quickly.

医生：我马上要给你进行局部麻醉，（插入时）你会感到有点刺痛，不过疼痛很快就会

消失。

Doctor: I am going to insert a catheter into your artery, and send it to your heart.

医生：我马上要给你的动脉插一条导管导入你的心脏。

Doctor: The equipment is needed so I can see what is happening.

医生：这些仪器很有用，这样我可以观察情况。

Doctor: If you feel any sharp pain, please tell me, and I can give you some more local anesthetic.

医生：如果你感到剧痛的话，请告诉我，我可以给你再做一些局部麻醉。

Doctor: I have finished now. I am now putting pressure onto your wound to stop the bleeding, this will be for about 15 minutes.

医生：我完成了。我现在要按压你的伤口防止出血，大概需要 15 分钟左右。

Doctor: Are you OK?

医生：现在还好吗？

Patient: Yes, thank you.

患者：是的，谢谢。

Doctor: The nurse will put a dressing on this for you.

医生：护士会给你放敷料。

Doctor: We will help you to get onto a bed.

医生：我们会帮助你躺到床上。

Doctor: And we will take you to the ward.

医生：然后我们会送你去病房。

Patient: How long will I be in hospital?

患者：我需要在医院住多久？

Doctor: You will have to stay for about 3 days for anti-coagulation treatment, IV antibiotics, chest X-ray and an ECG check.

医生：你需要进行为期三天的抗凝血治疗、静脉输抗生素、胸部 X 线和心电图检查。

Patient: OK, thanks very much for all your help and kindness.

患者：好的，非常感谢你的帮助和细心照料。

Doctor: Please it was no problem. I hope you get better soon.

医生：别这么说，我希望你能尽快恢复起来。

PDG

Part 2 Medical Service

医疗服务篇

Unit 1

Sentences Commonly Used in Hospital

医院内常用语

1 Sentences Frequently Used by Medical Staff 医务人员常用语

(1) Reception Area 导医处
(2) Registration Area 挂号处
(3) Outpatients Area 门诊处
(4) Chest examination 检查胸部
(5) Clothing 衣服
(6) Positioning lying down 躺着的位置
(7) Positioning standing up 站着的位置
(8) Positioning sitting down 坐着的位置
(9) Blood pressure 血压
(10) Normal urine specimen 常规尿液样本
(11) Midstream specimen 中段尿液样本
(12) Stool/Faces 粪便
(13) X-ray X线
(14) Ultra-scan 超声波扫描
(15) Blood samples (specimens) 血液样本
(16) ECG—electrocardiogram 心电图
(17) Medical History: Adults 成人病史
(18) Medical History: Pediatrics 儿科病史
(19) Cough 咳嗽
(20) Chest pain 胸痛
(21) Diarrhea 腹泻
(22) Pain 疼痛
(23) Abdominal pain 腹痛
(24) Headache 头痛
(25) Insomnia 失眠
(26) Women's problems 妇科疾病
(27) Eczema 湿疹
(28) Sprain & Fracture 扭伤和骨折
(29) Orthopedics 矫形外科
(30) Urology 泌尿科
(31) Ear 耳科
(32) Nose 鼻科
(33) Throat 喉科
(34) Telling a patient results 告诉患者结果
(35) Operation consent form 手术同意书
(36) Prescribing and giving medication 开处方
(37) Post-operative ward round 术后巡诊
(38) Doctors round, discharge 巡诊、出院
(39) Taking blood specimen (samples) 取血样
(40) Cannulation 套管插入术
(41) Lacerations (Cuts) ... Graze ... Removal of skin tissue 撕裂、擦伤、表皮组织切除
(42) Angioplasty catheterization 血管成形术导管插入
(43) Lumbar puncture 腰椎穿刺
(44) Chest film 胸透
(45) Gastric barium meal examination 胃钡餐透视

(1) Reception Area 导医处

1) Hello! My name is Dr. ...
   你好,我叫……
2) My English name is ... so you can call Dr. ...
   我的英文名叫……,你可以称呼我为……医生
3) How can I help you?
   我怎么帮你?
4) What is your trouble?
   你有什么不舒服?
5) May I help you?
   我可以帮助你吗?
6) Can I help you?
   我能帮助你吗?
7) Can you tell me what the problem is?
   你能告诉我哪里不舒服?
8) Can you tell what your problem is?
   你能告诉我哪里不舒服?
9) May I help you?
   我可以帮您做些什么?
10) Do you understand Chinese?
    您懂中文吗?
11) Is this your first visit to our hospital?
    您是第一次到我们医院就诊吗?
12) Registration for initial visits is at the counter over there.
    初诊挂号在那个窗口。
13) Registration for subsequent visits is at counter No. 2.
    复诊挂号在二号窗口。
14) Information about inpatients is at counter No. 3.
    住院问讯在三号窗口。
15) This is the line for new patients.
    初诊患者排这一队。
16) Fill it in and bring back to me.
    填写后送到我这儿来。
17) In that case, you'd better go to the Medical Department.
    那样的话,您还是去看内科吧。
18) You'll see it (the Medical Department sign) posted to the right.
    您会在右边看到内科的一张标牌。
19) The sooner you see the doctor, the better.

您越早就医越好。

20) Which department do you want to see?
您想看哪一科呀?

21) Can you read and write English?
您能读或写英语吗?

22) When did your problem start?
您是什么时候发病的?

23) When did your first symptom appear?
最早病症是什么时候出现的?

24) Well, I suggest you go for internal medicine. Please wait in the waiting room till you are called.
那好,我建议您看内科,请到该科候诊室等待叫号。

25) Please point to the part of your body where you feel pain or discomfort.
请说出您身上哪里疼痛或不舒服。

26) Please show your Health Card.
请出示保健卡。

27) Do you have a health insurance?
您是否有健康保险?

28) If you are not covered by an insurance, you will have to pay for the medical bill.
如果您没办健康保险,那就要自付医疗费用。

(2) Registration Area 挂号处

1) Do you understand Chinese?
请问你懂中文吗?

2) Is this your first visit to our hospital?
你是第一次来我们医院吗?

3) Have you been here before?
你以前来过吗?

4) Do you have Medical Health Insurance?
请问你有医疗保险吗?

5) If you do not have Medical Health Insurance you will have to pay for the medical bill.
如果你没有医疗保险,你将自己支付医疗费用。

6) Even though you have Medical Health Insurance you may have to pay the bill and claim afterwards.
即使你有医疗保险,你也可能需要自己先支付费用再事后索赔。

7) Please tell me what your problem is?
请告诉我你哪里不舒服?

8) You need to register first; the counter is over there (pointing to the counter).

你需要先挂号,挂号台在那边(指向挂号处)。

9) You need to pay the cashier and then register, and the cashier counter is over there.
你需要先交款然后再挂号,收费处在那边。

10) The registration form is in Chinese. I will help you.
挂号表是中文的,我来帮你。

11) I will help you.
我来帮你。

12) I will help you. Please sit down. I will get you the form.
我来帮你,请坐好,我去给你拿挂号表。

13) I need to ask you a few questions.
我需要问你一些问题。

14) Please could you write that down for me?
请问你能写下来给我吗?

15) Have you a registration card?
您有挂号证吗?

16) Are you a medical or surgical case?
您看内科还是外科?

17) Do you have your history sheet?
您有病历吗?

18) Which department do you want to register with?
您要挂哪科的号?

19) I think you should see a dermatologist first.
我认为您应当先看皮肤科。

20) Please don't lose your registration.
请不要遗失您的挂号证。

21) This is your registration card.
这是您的挂号卡。

22) Bring it whenever you come.
每次来时都带着它。

23) Please point to the part of your body where you feel pain or discomfort.
请指给我看哪里感到疼痛或不舒服。

24) I will then tell you which department you want.
这样我才能告诉你去哪个科室就诊。

25) Fill in the form and pay the cahier and bring it back to me.
填完表格之后,到收费处缴费然后将表格带回来给我。

26) Do you need a wheelchair?
你需要轮椅吗?

27) You need to go to the Emergency Room.
你需要去急诊室。

28) They will see you straight away/immediately.
他们会立刻给你看病。
29) Please take a seat, I will tell the nurse you are here.
请就坐,我会告诉护士你在这里。
30) Which department do you want to visit?
你要看哪一科?
31) Put your medical card in the box at the reception desk.
将你的医疗卡放到导医台的盒子里。

(3) Outpatients Area 门诊处

1) Let me take your body temperature, please put this thermometer under your arm.
让我量一下你的体温,请将温度计放到你的腋窝处。
2) Let me know if you become sick while waiting.
如果你在候诊的过程中身体不适请告诉我。
3) You will be the third to be seen, please wait for a moment.
你排第三个,请稍微等一会儿。
4) Please seat here until your name is called.
请坐在那里直到叫你名字。
5) Please take a seat!
请坐!
6) What can I do for you?
有什么我能帮你的吗?
7) Wait a moment, please!
请等一下!
8) I'm sorry to keep you waiting.
很抱歉,让你久等了。
9) It is not serious.
不是很严重。
10) There is nothing to worry about.
没什么好担忧的。
11) Look at me, please!
请看着我!
12) I need to take your temperature.
我需要量一下你的体温。
13) I'm not going to do anything to hurt you.
我不会做任何让你感到疼痛的事情。
14) I need to feel your pulse.
我需要把一下你的脉。

15) Do you need a drink?
你需要喝点什么吗?
16) Here is your medication, please take it.
这是你的药,请服用。
17) I need to give you an injection/shot of ...
我需要给你打……针。
18) I need to take your blood pressure.
我需要量你的血压。
19) I need to listen to your chest.
我需要听你的肺。
20) I want to take your pulse.
我需要量你的脉搏。
21) I need to examine you.
我需要给你检查一下。
22) I think you will need an X-ray.
我想你需要拍摄 X 线。
23) I am going to do an ECG, please remove your top shirt etc.
我接下来给你做心电图检查,请将外面的衣服脱掉。
24) You will have to have some tests.
你需要做一些检查。
25) I need a specimen of ...
我需要……样本。
26) I need a urine specimen, here is the container.
我需要尿样,这是尿样瓶。
27) I will have to admit you into hospital.
我需要安排你住院。

(4) Chest examination 检查胸部

I need to listen to your chest, please unbutton your shirt./lift up your top./sit forward.
我需要听你的肺,请:解开衣服的扣子。/ 将衣服往上卷起来。/ 往前坐。

(5) Clothing 衣服

I need to examine you, please lie down on the couch./lie down over there./undress down to the waist./remove your trousers./lower your skirt./undo your trousers./remove all your clothes, except your underwear. Thanks! I have finished. You can dress now.
我需要检查一下你,请:躺在床上。/ 躺在那里。/ 把上衣脱了。/ 把裤子脱了。/ 把裙子拉下来点。/ 解开你的裤子。/ 把衣服都脱掉,只剩下内衣。谢谢! 我检查完了,你现在可以

穿衣服了。

(6) Positioning lying down 躺着的位置

1) Please lie down on your back.
请平躺着。
2) Please bend your knees slightly.
请微屈膝。
3) Please relax.
请放松。
4) Please breathe slowly.
请慢慢呼吸。
5) Please relax the muscles of your abdomen (stomach).
请把腹部肌肉放松。
6) Please turn over. (Patient will then be faced down)
请转过身去。(患者会由平躺改为趴着)
7) Please turn onto your right side.
右侧卧躺着。
8) Please turn onto your left side.
左侧卧躺着。
9) Please lift your right/left leg up.
请抬起你的右 / 左腿。
10) Thanks! I have finished. You can dress now.
谢谢,我检查完了,你可以穿衣服了。

(7) Positioning standing up 站着的位置

1) Please stand up.
请站起来。
2) Please turn around and show me your back.
请转过来让我看看你的背。
3) Please bend forward as far as you can.
请尽量向前倾。
4) Please bend back as far as you can.
请尽量向后仰。
5) Please lift your arms to the side.
把手臂水平侧向伸出。
6) Please put your arms forward.
手臂向前伸。

7) Please raise your right/left arm as high as you can.
请将右 / 左臂尽量抬高。
8) Can you touch your shoulder blade with your right/left hand?
你能用右 / 左手摸着你的肩胛骨吗?

(8) Positioning sitting down 坐着的位置

1) Can you raise your arms/hands in front of you?
你能平举你的手臂 / 手吗?
2) Can you bend your right/left arm?
你能弯一下右 / 左臂吗?
3) Can you move your fingers/thumb?
你能动一下你的手指 / 拇指吗?
4) Can you squeeze my fingers?
你能用力握我的手指吗?
5) Can you turn your head to the right/left?
你能往右 / 左转头吗?
6) Please bend your neck forward/backward/right side/left side.
请将你的脖子往前 / 后 / 右 / 左转。
7) Can you straighten your right/left leg?
你能将右 / 左腿伸直吗?
8) Can you bend your right/left knee?
你能弯一下右 / 左膝盖吗?
9) Can you move your ankle/toes?
你能动一下你的脚踝 / 脚趾吗?

(9) Blood pressure 血压

1) I need to take your blood pressure.
我要量一下你的血压。
2) I am going to put a tourniquet around your upper arm.
我要在你的上臂绑一个血压计。
3) It will feel very tight, but only for a short time/a little time/for a moment.
会感觉很紧,但是一会儿就好。
4) Please can you keep your arm still.
请保持你的手臂不动。
5) Your blood pressure is 120/90mmHg (120 over 90).
你的血压是 120/90mmHg。

(10) Normal urine specimen 常规尿液样本

1) I will need a urine specimen.
我需要尿液样本。
2) Here is the specimen bottle.
这是样本瓶。
3) The nurse will tell you where the Bacteriology Department is.
护士会告诉你细菌室在哪里。
4) Here is the form.
这是化验单。
5) Please take the specimen there and wait for the results.
请带着样本过去,然后等候化验结果。

(11) Midstream specimen 中段尿液样本

1) I need a midstream specimen of urine.
我需要你在小便中间时刻所取的尿液样本。
2) I need the middle stream of urine for specimen.
我需要你小便到一半时的尿液样本。
3) You need to fill a third of this container.
你需要装到这个容器的 1/3。
4) The first part of your urine you should pass in the toilet, the second in the container and the third in the toilet.
一开始的尿液不要,快结束时的也不要,就要中间部分的尿液。
5) The nurse will show you where the Bacteriology Department is.
护士会告诉你细菌室在哪儿。
6) Here is the form.
这是化验单。
7) Please take the specimen there and wait for the results.
请带着样本过去,然后等候化验结果。
8) 24 Hour Specimen.
24 小时样本。
9) I need a 24 hour urine specimen.
我需要一份 24 小时的样本。
10) Here is the bottle to collect it in.
这是样本收集瓶。
11) Please use a clean jug or container to collect your urine and then pour into the bottle.
请用干净的壶或容器收集你的尿液,然后倒入收集瓶里。

12) Here is the form.
这是化验单。
13) Please bring it back to the Bacteriology Department, and the nurse will tell you where to go.
请将装了尿液的瓶子带回细菌室,护士会告诉你怎么过去。
14) You will need to collect the results in ... days.
……天后化验结果就能出来。
15) When you have the results please bring them to me, but you will have to register again first.
检查结果出来后你带过来给我,不过你需要先挂号。

(12) Stool/Faces 粪便

1) I need a stool specimen.
我需要粪便样本。
2) Here is the specimen pot.
这是样品盒。
3) When you have done the specimen, please take it to the Bacteriology Department.
当你取样之后带到细菌室去。
4) Here is the form, the nurse will tell you where to go.
这是化验单,护士会告诉你怎么过去。
5) Please bring the results back to me.
请将化验结果带来给我看。

(13) X-ray X线

1) You need to have an X-ray.
你需要拍摄一下X线。
2) You need an X-ray of your ...
你需要拍摄一下……部位的X线。
3) You will have to go to the X-ray Department, please take this form.
你需要去放射科室,请带着这张化验单。
4) The nurse will show you where to go, please bring the results back to me.
护士会带你过去,请带着化验结果过来找我。

(14) Ultra-scan 超声波扫描

1) You need to have an ultra-scan of your ...
你需要做一下……部位的超声波扫描。
2) Please take this form.
请带着化验单。

3) The nurse will show you where to go, please bring the results back to me.
护士会带你过去,请带着化验结果过来找我。
4) You will need to have a full bladder before the ultra scan.
在做超声波扫描前,请憋尿,使膀胱充盈。
5) Please can you drink ... (amount) ... glasses of water before you have the scan.
请在做超声波扫描前喝足够的水。

(15) Blood samples (specimens) 血液样本

1) I need you to have some blood tests.
我需要为你做一下血液检查。
2) You need to have some blood tests.
你需要验一下血。
3) Please take this form to hematology.
请带着这张化验单到血液科。
4) The nurse will show you where to go.
护士会带你过去。
5) Please bring the results back to me.
化验结果出来后请带给我。

(16) ECG-electrocardiogram 心电图

1) I need you to have an ECG test.
我需要为你做个心电图检查。
2) You need to have an ECG test.
你需要做个心电图检查。
3) Here is the form.
这是检验单。
4) The nurse will show you where to go, please bring the results to me.
护士会带你过去,请带着化验结果过来找我。

(17) Medical History: Adults 成人病史

1) Do you have any existing medical health problems?
你现在有什么已经确诊的病吗?
2) Are you on any medication for existing health problems?
你现在吃什么药?
3) How often do you have to take it?
多久吃一次药?

4) How long have you been taking your medication for these problems?
你吃这药有多久了?
5) Are you taking any other medication for any other reason? (e.g. birth control pill/vitamins)
除此之外,你还因为别的原因吃其他的药吗?(例如:避孕药、维生素之类)
6) Have you had any illness or physical problems recently? (in the last year)
最近(过去一年)你得过什么病或身体有什么问题吗?
7) Have you had any infections or viruses recently?
你最近是否受过什么感染或病毒侵袭吗?
8) Do you have a family history of diabetes, heart problems, cancer, lung complaints?
家族中是否有糖尿病、心脏病、癌症或呼吸疾病的病史?
9) Are your vaccinations current?
你在疫苗有效期内吗?
10) Have you ever had any surgery? What for?
你进行过什么手术吗?因为什么原因动手术?
11) Do you have any allergies?
你对什么过敏?
12) Have you had any medical tests recently?
你最近是否进行过什么化验检查?
13) Is there anything you need to tell me, that you think will be useful?
你觉得还有哪些对病情有用的信息可以提供给我?
14) Have you had any children? Were there any complications?
你是否有孩子?怀孕期间有什么并发症?

(18) Medical History: Pediatrics 儿科病史

1) Were there any complications during pregnancy? (e.g. diabetes, hypertension)
怀孕期间有哪些并发症?(如:糖尿病,高血压)
2) Was it a normal delivery? Or C section, forceps, suction?
是顺产吗?还是剖宫产?
3) Did you have an epidural? (An injection into the epidural space of the spine.)
你是否有过脊髓硬膜外腔的注射?
4) Did you have miscarriages before your pregnancy?
在怀孕之前是否有过流产?
5) Has your child had any vaccinations? What are they?
你的孩子是否接受过疫苗接种?都有些什么?
6) Has your child's development been normal? Can your child sit, smile, crawl, walk?
孩子的发育是否正常?你的孩子能坐、笑、爬和走路吗?
7) Can you tell me your child's feeding history?
你能告诉我孩子的喂养记录吗?

8) Is your child breast or formula fed? Have supplementary foods? Is your child weaned?
你的孩子是母乳还是奶粉喂养？添加辅食了吗？孩子断奶了吗？
9) Does your child have any existing medical health problems?
你的孩子现在有什么已经确诊的病吗？
10) Is she/he on any medication for existing health problems?
就现在的健康问题，他 / 她吃些什么药？
11) How often does he/she have to take it?
他 / 她需要多久吃一次药？
12) How long has he/she been taking the medication for these problems?
因为这些问题，他 / 她吃这药多久了？
13) Is he/she taking any other medication for any other reason? (e.g. vitamins)
除此之外，他 / 她还吃什么药？（例如：维生素）
14) Have there been any illness or physical problems recently/in the last year?
最近（过去一年）得过什么病或身体有什么问题吗？
15) Has he/she had any infections or viruses recently?
他 / 她最近是否受过什么感染或病毒侵袭吗？
16) Do you have a family history of diabetes, heart problems, cancer, lung complaints?
家族中是否有糖尿病、心脏病、癌症或呼吸疾病的病史？
17) Has he/she had any surgery? What for?
他 / 她是否进行过什么手术？因为什么原因动手术？
18) Does he/she have any allergies?
他 / 她是否对什么东西过敏？
19) Has he/she had medical tests recently?
他 / 她最近做过什么化验检查？
20) Is there anything you need to tell me, that you think will be useful?
你觉得还有哪些对病情有用的信息可以提供给我？

(19) Cough 咳嗽

1) How long have you had this cough?
你咳嗽多久了？
2) What does your cough sound like?
你的咳嗽听起来怎么样？
3) Does it hurt your chest when you cough?
当你咳嗽的时候，胸口疼吗？
4) Does your chest hurt when you breathe in and out (inspire and expire)?
当你呼吸的时候，胸口疼吗？
5) Do you have any sputum when you cough?
你咳嗽的时候有痰吗？

6) What is it like, and what colour is it?
是怎样的？什么颜色的？
7) Do you have a weakness in your chest normally?
你是否肺部比较容易出毛病？
8) Do you suffer from asthma?
你有哮喘病吗？
9) Do you use inhalers or other medication?
你是否使用吸入器或者其他药物？
10) Have you used them, have they helped?
你是否使用它们？是否有效？
11) I need to listen to your chest, please undo your shirt/please lift up your top.
我需要听一下你的肺，请把衣服卷起来。
12) I need to take your temperature, pulse and B/P.
我需要量一下你的体温、脉搏和血压。
13) You need to have an X-ray of your chest and some blood tests.
你需要拍摄一下胸透和做一些血液检查。
14) When you have had your X-ray and blood tests come back to this department to see me.
当你拍摄完 X 线和验血之后再回来找我。
15) Your X-ray shows ...
你的 X 线片表示……
16) Your blood test shows ...
你的验血报告表示……
17) You will need medication. I am going to prescribe you some ...
你需要吃药，我给你开些……
18) You need to take this medication for ... days.
你需要吃一个疗程……天。

(20) Chest pain 胸痛

1) How long have you had this chest pain?
你胸痛多久了？
2) Show me where the pain is?
指给我看痛的位置？
3) Is the pain just in that area or does it spread anywhere else?
只是那个位置痛还是放射到其他地方也痛？
4) Do you have any pain in your shoulder or down your left arm?
你肩膀痛吗？疼痛是否放射到左臂某处？
5) Does it hurt when you breathe in and out?
当你呼吸的时候痛吗？

6) Have you ever had this pain before?
以前有过这样的痛吗?
7) Do you have any other symptoms?
你还有其他症状吗?
8) Have you taken any medication for pain, did it help?
你吃过什么止痛药吗? 是否有效?
9) I need to take your pulse and blood pressure.
我要测一下你的脉搏和血压。
10) I need to listen to your chest, please undo your shirt/please lift up your top.
我需要听你的肺,请把衣服卷起来。
11) You need to have some blood tests, X-ray and an ECG right away.
你需要立刻做一下血液检测、拍摄 X 线和心电图。
12) Here are the forms, the nurse will take you to the departments in a wheelchair.
这是检验单,护士会用轮椅推着你过去。
13) I will see you with the results.
结果出来之后我再诊断。
14) Your results show that ...
你的检验结果表示……
15) You will need medication. So I am going to prescribe you some ...
你需要吃药,我给你开些……
16) You need to take this medication for ... days.
你需要吃一个疗程……天。
17) If you do not feel better in three days, please come back to see me, but you will need to register first.
三天后如果没有好再过来找我,不过需要先挂号。

(21) Diarrhea 腹泻

1) How long have you had diarrhea?
你腹泻多久了?
2) How many times do you have diarrhea in a day?
你一天便几次?
3) Is there any blood in your stools?
粪便中带血吗?
4) What do your stools look like?
你的粪便是什么形状的?
5) Do they smell?
发臭吗?
6) Do you have any pain when you have diarrhea?

你拉肚子的时候痛吗?

7) What kind of pain do you have?
是什么样的痛?

8) Where do you have the pain?
在什么地方痛?

9) Are you vomiting?
你呕吐吗?

10) How many times a day are you vomiting?
你一天呕吐几次?

11) Do you think it was something you ate?
你觉得是吃了某种东西导致的吗?

12) Was it any medication that you have taken?
你吃过什么药吗?

13) Are you able to eat anything?
你什么都能吃吗?

14) Are you able to drink fluids?
能喝水或饮料吗?

15) Do you feel weak and dizzy?
你感到虚弱和头晕吗?

16) Do you feel as if you have a fever or a headache?
你感觉好像发热或头痛吗?

17) Do you feel dehydrated?
你有脱水的感觉吗?

18) I need to examine you.
让我检查一下。

19) I need a specimen of your stools. Here is a specimen bottle.
我要你的粪便样本。给你标本瓶。

20) You will need some blood tests.
你需要做一下血液检测。

21) I need to take an X-ray and Ultra-scan.
我要给你拍摄一下 X 线和做超声波扫描。

22) When you have the results please come back to me.
结果出来后你再过来找我。

23) Your tests show ...
你的化验报告表明……

24) You will need intravenous fluids. I will prescribe them for you, the nurse will show you where to go.
你需要进行静脉注射,我给你开处方,护士会带你过去办理。

25) You will need to stay in hospital for observation and further tests. I will tell the nurse you

need to be admitted, she will tell you where to go.
你需要留院接受进一步的观察和检测,我会告诉护士你需要住院,她会告诉你怎么过去。

26) I will prescribe some medication for you and you must rest for a few days until you feel better.
我给你开一些药,在好之前你需要好好地休息几天。

27) You must take fluids, and just have a light diet until you feel better (improve).
你需要吃流食,在好之前都需要吃清淡的食物。

(22) Pain 疼痛

1) Do you get this pain all the time?
是一直疼痛吗?

2) Do you get this pain all the time or intermittently?
是一直的还是间歇性的疼痛?

3) Do you get this pain all the time or on and off?
是一直的还是间歇性的疼痛?

4) Do you get this pain often?
你经常这样痛吗?

5) How often do you get this pain?
你经常这样痛吗?

6) Have you had this pain before?
以前有过这种痛吗?

7) When did you last have an attack like this?
上次发作是什么时候?

8) When was the last time you had this pain?
上次发作是什么时候?

9) How long ago since the last attack?
距离上次发作有多长时间了?

10) When do you have this pain?
你从什么时候开始这样痛的?

11) How long does the pain last for?
疼痛持续多久了?

12) Do you have this pain at certain times of the day?
疼痛是每天的固定时间发作吗?

13) Do you have this pain after eating?
当你吃完饭之后疼痛发作吗?

14) Do you have this pain after exercise?
当你运动完之后疼痛发作吗?

15) Do you have this pain when you are feeling upset, angry or anxious?

当你心烦、生气或焦虑的时候疼痛发作吗?

16) What do you mean by that?
你指的是什么?

17) Please explain what you mean by that.
请给我详细描述一下你具体指的是什么。

18) If I say to you that No. 1 is no pain, and N. 10 is severe pain, what number would you give your pain?
如果说 1 代表不疼,10 代表剧烈疼痛的话,你觉得你的疼痛属于哪个级别?

19) Do you take any pain relief?/Do you take any painkillers?
你吃过什么止痛药吗?

20) Did the tablets relieve the pain?/Were the tablets effective?/Did the tablets work?/Did the tablets help your pain?
止痛药有效吗?

(23) Abdominal pain 腹痛

1) How long have you had this abdominal pain?
你腹痛多长时间了?

2) Where is it, can you show me?
是什么位置,你能指给我看吗?

3) How painful is it?
有多痛?

4) Did the pain start there or somewhere else?
是这里开始痛还是别的什么地方?

5) Does it hurt more after certain exercises or actions?
进行特定运动或做一些动作后是不是疼痛加剧?

6) Do you feel that you have a fever at anytime?
你是否常常觉得发热?

7) I need to take your temperature, pulse and B/P.
我需要量一下你的体温、脉搏和血压。

8) Are you passing urine OK?
你小便正常吗?

9) What does your urine look like?
你的尿液是怎样的?

10) Are you having your bowels open regularly?
你大便正常吗?

11) What is regularly for you?
你指的是怎样一种正常?

12) Are you menstruating/bleeding/having a period? Is it normal?

你来月经了吗？月经是否正常？

13) Are you vomiting?
你呕吐吗？

14) When do you vomit, is there a pattern?
你一般是什么情况下呕吐？

15) What are you vomiting (what does it look like)?
呕吐物像什么东西？

16) Are you able to eat and drink anything?
你是否能吃点或喝点什么？

17) Do you get the pain after eating or drinking?
吃过或喝过东西后都会痛吗？

18) What are you eating and drinking?
你吃和喝些什么？

19) I need to examine you, please lie down.
我需要检查一下你，请躺下。

20) Show me where it hurts.
请指给我看哪里痛。

21) I will need a specimen of urine/stool.
我需要尿液 / 粪便样本。

22) I will need to do some investigations—blood tests, X-ray and Ultra-scan.
我需要做一下检查：验血、X 线和超声波。

23) A nurse will show you where to go, and I will see you with the results.
护士会带你过去，结果出来后再来找我。

24) Your results show ...
你的结果表明……

(24) Headache 头痛

1) How long have you had your headache?
你头痛多长时间了？

2) Where does it hurt?
什么地方痛？

3) What does the pain feel like?
是什么样的一种痛？

4) Does your neck feel stiff?
你的脖子感到僵硬吗？

5) Can you move and bend your neck?
你能转动和低头吗？

6) Can you touch your chest with your chin?

你能用下巴碰到你的胸吗?

7) Does bright light hurt your eyes and make your headache worse?
明亮的光线会让你眼睛疼痛并使头痛加剧吗?

8) Do you have a rash on your arms, legs, or body?
你的手臂、腿部和身体有没有皮疹?

9) Do you have a fever?
你有发热吗?

10) Have you hit your head recently?
你的头最近是否受到撞击?

11) Do you have any other symptoms?
你还有其他症状吗?

12) Do you suffer from migraines?
你是否有偏头痛?

13) Are you upset or stressed in any way?
你感到某种程度的烦恼或者压抑吗?

(25) Insomnia 失眠

1) Insomnia is defined as chronic and persistent difficulty in either falling asleep, remaining asleep through the night, or waking up too early.
失眠被定义为慢性的、持续的入睡困难,表现为夜间醒后难以继续入睡,或早上醒得很早。

2) All types of insomnia can lead to daytime drowsiness, poor concentration, and the inability to feel refreshed and rested in the morning.
各种类型的失眠都会使人白天感到困倦,注意力难以集中,早上醒来感到精神萎靡不振,休息不好。

3) Everyone has an occasional sleepless night, but for most people, this is not problematic.
每个人都会偶尔失眠,但对大多数人来说,这不是个问题。

4) Some arise from psychological interventions, such as, grief, depression, worry, stress, exhilaration, etc.
有些原因来自心理干扰,如悲伤、忧郁、焦虑、紧张、兴奋等。

5) Interference with sleep by various diseases is also the main cause.
各种疾病导致无法入睡也是一个主要原因。

6) Bed or bedroom not conducive to sleep, excessive sleep during the day can also make people sleepless.
床或卧室不利于睡眠,白天睡得过多也会使人失眠。

7) Taking a new drug (medication side-effect), abruptly stopping a medication are also the common causes of insomnia.
服用新药(药的副作用),突然停止服药也是失眠的常见原因。

8) The best measure of the amount of sleep needed is how you feel.

睡眠多少的最好测量方法是您自己睡眠时间的需要。

9) If you awaken feeling refreshed, you are getting enough sleep.
如果您醒来精神振奋,就说明睡眠时间够了。

10) In fact, insomnia is not, by itself a disease, and a life-threatening disease is rarely the cause of problems with sleep.
事实上,失眠本身并不是疾病,危及生命的疾病很少是由失眠引起的。

(26) Women's problems 妇科疾病

1) Please can you tell me what your problem is?
请问你哪里不舒服?

2) Will you tell me your symptoms?
你能告诉我都有什么症状吗?

3) How long have you had them for?
这些症状持续多久了?

4) Do you have this problem all the time?
这些疾病是一直折磨着你吗?

5) Is it painful or uncomfortable?
你是否觉得痛或者不舒服?

6) Where is it painful?
哪里痛?

7) Are you taking any medication?
你是否吃什么药?

8) Is it worse if you are stressed or unhappy?
当你紧张或者悲伤的时候是不是会病情加重?

9) Do you have any other symptoms?
除此之外还有什么症状?

10) Are you able to sleep at night?
你晚上能入睡吗?

11) Are you menstruating/having a period/bleeding?
你是否还来月经?

12) Are you menstruating every month?
你每个月都来月经吗?

13) I need to take your pulse and B/P.
我需要量一下你的脉搏和血压。

14) I need to examine you.
我需要检查一下你。

15) I need to give you some treatment.
我要对你进行治疗。

16) I will prescribe for you some medication. You need to come back in ... days, you will need to register again when you come back.
我给你开些药，……天之后你再过来找我，在看病之前需要先挂号。
17) When did your first periods start?
您的月经初潮是什么时候？
18) How often do you see/get/have your periods?
您的月经多长时间来一次？
19) How long do they last?
持续多长时间？
20) How much do you lose?
血量多少？
21) How many pads do you use each day?
您每日用多少棉垫？
22) Do you wear pads as well as tampons?
您用棉垫和棉塞吗？
23) Do you ever pass clots? How big are they?
曾有过血凝块吗，它有多大？
24) Do you get pain before or during your periods?
您在月经前或月经中有过疼痛吗？
25) How do you feel before your periods start?
月经来潮前您感觉怎样？
26) Do you get any bleeding after intercourse or between your periods?
在性交之后或两次月经中间您有过出血吗？
27) Are you still having your periods?
您仍来月经吗？
28) When was your last period?
您的上次月经是什么时候？
29) Are they regular?
月经规律吗？
30) When did you see the last one?
最后一次月经是什么时候来的？
31) Do you get hot flushes and sweats? How often?
您有面颊红热和出汗吗？是否经常发生？
32) Do the flushes interrupt your sleep?
脸红发热干扰您睡眠吗？
33) Do you have any trouble when you have intercourse?
当您性交时有什么不舒服吗？
34) Do you have soreness or dryness?
有疼痛或干燥的感觉吗？

35) Do you have bleeding after intercourse?
性交后有出血吗?

36) Do you have itching?
有痒感吗?

37) Have you had any bleeding since your periods stopped?
自从月经停止后有过出血吗?

38) Have you had any discharge?
有什么流出物吗?

39) Let me give you a thorough examination. You have been pregnant for 3 months. The findings of the physical examination are all normal.
我给您彻底检查一下。您怀孕 3 个月了,体格检查全部正常。

40) Please come back in a month.
请 1 个月后来复查。

41) You should take more nourished foods such as eggs, vegetables, fruits, milk, meat and so on.
您应多吃些有营养的东西,如蛋类、蔬菜、水果、奶类、肉类等。

42) You should avoid sexual contacts in the early 3 months and the last 3 months of pregnancy.
在头 3 个月和最后 3 个月避免性生活。

43) You have hypertension, edema.
您患有高血压、水肿。

44) Relax yourself, this problem will be gone if you are admitted to the hospital right now and are treated appropriately.
放松一下,如果您马上住院并接受适当的治疗,您的病会好的。

45) The fetus is in a good position and the head is deeply engaged. The fetal heart is strong and the beat regular. There is slight bleeding from the vagina.
胎位很正,头已入盆,胎心强而规律,有少量阴道出血。

46) You are now in the preliminary stage of labor.
现在是临产的前驱期。

47) Labor will start later on.
临产即将开始。

48) Do you feel the contractions regularly?
您觉得宫缩有规律吗?

49) Let me do a rectal examination for you. Oh, the cervix is open about 3cm. Your baby will be delivered today.
我给您做个直肠检查。哦,宫口已经开了大约 3 指,您今天就要生了。

(27) Eczema 湿疹

1) What is the problem?
你哪里不舒服?

2) How long has this been a problem?
这种症状出现有多久了?
3) Where did it start, on which part of the body?
从哪里开始的,身体的哪个部位?
4) Has it spread?
是否扩散?
5) Where did it spread to?
蔓延到什么地方了?
6) How long did it take to spread to other parts of the body?
蔓延到身体的其他部位花了多少时间?
7) What does it look like when it is at its worse?
严重的时候看起来是怎样的?
8) Is it very itchy and sore?
痒和痛吗?
9) Does the skin crack, and does it become infected?
皮肤破裂了吗? 破裂后会被感染吗?
10) Do you take any medication or use any creams or ointments?
你吃了什么药或擦过什么药膏了吗?
11) How long have you been taking the medication, does it help?
你吃这药多久了? 有效吗?
12) How long have you been using the cream?
你擦药膏多久了?
13) Does the skin condition improve or go away?
皮肤症状是否有所缓解,甚至消失?
14) What diet are you on?
你的饮食情况怎么样?
15) Do you have a fever when the skin is bad?
当皮肤症状严重的时候,你是否发热?
16) Do you have any other symptoms or illness when your skin is bad?
当你皮肤问题严重的时候是否伴随其他症状?
17) I need to examine you.
我需要检查一下你。
18) Please take off your clothes I need to look at where the problem is?
请将衣服脱掉,我要看一下问题出在哪里?
19) I will need to take a swab specimen from your skin and it won't hurt.
我将从你的皮肤上取些拭子样本,这样做不痛。
20) I will need a blood and urine sample.
我需要做一下血液和尿液检测。
21) Please come back to see me when you have the results?

结果出来之后,你再过来找我。

22) I have your results they show me that ...
我拿到你的化验报告了,它表明……

23) I will prescribe for you some medication, please take it for ...
我给你开些药,你一个疗程吃……天。

(28) Sprain & Fracture 扭伤和骨折

1) What is your problem?
请问你有什么问题?

2) I need to examine you.
我需要检查一下你。

3) Show me where it hurts.
指给我看哪里痛。

4) How did you do this?
你怎么弄成这样的?

5) How painful is it?
有多痛?

6) Can you move it?
你能移动那个部位吗?

7) Is your foot swollen?
你的脚肿吗?

8) Are your fingers swollen?
你的手指肿吗?

9) Can you feel your toes?
你的脚趾有知觉吗?

10) Can you feel your fingers?
你的手指有知觉吗?

11) Do you have any pins and needles or tingling?
你是否感到刺痛或有麻刺感?

12) You need to have an X-ray.
你需要拍摄 X 线片。

13) A nurse will show you where to go.
护士会带你过去。

14) You need to bring the X-ray back to me.
你需要把 X 线片带过来给我看。

15) I have seen the X-ray it shows ...
我看了 X 线片,片子表明……

16) You need to have a bandage.

你需要绑绷带。

17) You need to have a plaster cast.
你需要绑石膏绷带。

18) Your arm needs to be in a sling; you must keep it on for ...
你的手臂需要用三角绷带固定……天。

19) You need to have a splint on that knee.
你的膝盖需要用夹板固定。

20) You need to have a back slab.
你需要用悬臂板固定。

21) You need to have an operation on your ...
你的……需要做手术。

22) You need to be admitted into hospital.
你需要住院。

23) Here is the form and the nurse will show you where you have to go.
这是(住院)表,护士会带你过去办理。

24) You need crutches to walk.
你要用拐杖走路。

25) You must rest as much as you can.
你必须尽可能多地休息。

26) Do not walk on your foot and keep it elevated as much as you can.
不要让脚碰地走路,尽可能保持脚抬着。

27) I will give medication for your pain.
我给你一些止痛药。

28) You need to come back here in ... days for a check up.
……天后你需要回来复查。

29) You need to come back in 2 days to check the plaster cast isn't too loose.
你两天后要过来复查看看石膏绷带是不是松了。

30) You will need to see a doctor as soon as you get home to ...
当你回到家……时,立刻去看医生。

31) I will write you a letter for you to take to your local hospital (doctor).
我会为你写封信给当地的医院(医生)。

32) If the plaster cast becomes too tight, please go to the Emergency Room immediately.
如果石膏绷带太紧了,请立刻去急诊室。

(29) Orthopedics 矫形外科

1) Hello, can you tell me where the problem is?
你好,你能告诉我出了什么问题吗?

2) How long have you had this?

这个问题出现多久了?

3) Can you show me where the problem is?
你能指给我看问题出在哪?

4) How did you do this?
你怎么弄成这样的?

5) Dou you know how you did this?
你知道是怎么导致的吗?

6) Do you have any existing problems?
你现在患有什么病?

7) Are you in any pain?
你痛吗?

8) Where is the pain?
哪里痛?

9) What is the pain like?
是怎样的一种痛?

10) Is the pain there all the time?
疼痛一直持续吗?

11) Do you take any painkillers and do they help?
你服用止痛药了吗? 有没有效果?

12) Do you have any restricted movement?
你是否有任何的行动不便?

13) Are you still able to move about OK?
你现在能正常走动吗?

14) Do you have any trouble walking?
你走路有问题吗?

15) Do you have any weakness in that area?
你那个部位很无力吗?

16) Can you move your leg/arm/elbow/knee/hip OK?
你能正常移动你的腿 / 手臂 / 肘 / 膝盖 / 臀部吗?

17) Do you have any numbness or pins & needles?
你是否有哪个部位感到麻痹或刺痛感?

18) I need to examine you. Please lie on the couch for me.
我需要检查你,请躺在床上。

19) I need to examine you. Please sit on the couch for me.
我需要检查你,请坐在床上。

20) When I press here, does that hurt? Where does the pain go to?
当我按压这里的时候会痛吗? 疼痛会传到什么地方?

21) Does your arm/finger/foot/elbow/knee look swollen to you?
你的手臂 / 手指 / 脚 / 肘 / 膝盖肿吗?

22) I need to do some tests, you will need an X-ray, MRI, blood tests.
我需要做些检查,你需要去拍摄 X 线、磁共振成像和血液检测。
23) You are going to need an X-ray to see if there is any damage to your ...
你将接受 X 线检测你是否伤到你的……
24) You need to be admitted into hospital as you are going to need surgery.
你需要住院,因为你将需要接受手术治疗。
25) You need to be admitted into hospital for further tests.
你需要住院接受进一步的检查。
26) I am going to refer you to the physiotherapy (physical therapy) department, they will give you some exercises to help you with this problem and make you more mobile.
我将把你转到理疗部,他们会指导你做些运动帮助你恢复并使你行动更自如。
27) After surgery you are going to need physiotherapy for a few weeks.
手术过后,你需要接受几星期的理疗。
28) You need to have a splint on your ...
你的……需要用夹板固定。
29) You need to keep the splint on all the time.
你需要一直绑着夹板。
30) Please wear it during the day and take it off when you go to bed.
请在白天的时候带着,晚上睡觉前拿掉。
31) I shall prescribe some stronger painkillers for you.
我需要开些强力止痛药给你。
32) I shall prescribe something to help the swelling go down.
我需要开些药帮助你消肿。
33) If your problem doesn't improve or gets worse please come back.
如果你的症状没有好转或者恶化的话,请回来。
34) You need to be referred to a specialist, please wait one moment I will find out when you can go and see him/her.
你需要被转给专家医治,请等一会儿,我给你查查什么时候你能去找他(她)诊治。

(30) Urology 泌尿科

1) Hello, can you tell me what your problem is?
你好,能告诉我你有什么问题吗?
2) When did you notice that you had this problem?
你什么时候注意到你有这样的问题?
3) How long have you had this problem?
你出现这个问题多长时间了?
4) Can you tell me your symptoms?
能告诉我你的症状吗?

5) Have you ever had these symptoms before?
你以前有过这些症状吗?
6) When you had this problem before did you take any medication?
你以前遇到这种情况时吃过什么药吗?
7) Did the medication help?
吃的药有效吗?
8) Do you have pain?
你有疼痛吗?
9) Where is the pain?
哪里痛?
10) What does the pain feel like?
是怎么样的一种痛?
11) Is it painful all the time?
是一直痛吗?
12) Does taking painkillers help the pain?
吃止痛药有用吗?
13) Are you able to pass urine OK?
你排尿正常吗?
14) Do you have trouble passing urine?
你排尿有问题吗?
15) How often do you pass urine in a day?
你一天排几次尿?
16) How much urine do you pass every time you go to the toilet?
你每次上厕所小便的量有多少?
17) Do you have to get up in the night to pass urine?
你晚上需要起来小便吗?
18) How many times?
多少次?
19) Do you have any pain when you pass urine?
你小便的时候痛吗?
20) What colour is your urine, what does it look like?
小便什么颜色? 看起来怎样?
21) Does it smell?
有味道吗?
22) Do you pass any blood?
尿液有血吗?
23) Have you had any backache recently?
你最近后背痛吗?
24) Have you had a temperature at any time?

你发热吗?

25) Have you been feeling tired and listless recently?
你最近感到疲劳吗?

26) What diet are you on, what kinds of foods do you like to eat?
你的饮食情况怎样?你喜欢吃什么食物?

27) I need to examine you, can you lie on the couch and loosen your clothing and trousers (skirt).
我需要检查你,请躺在床上,将衣服和裤子(裙子)脱掉。

28) I need to examine you, you can lie on the couch, undo your trousers and lower your underwear.
我需要检查你,请躺在床上,将裤子解开,内裤褪下。

29) I am going to press on your abdomen, can you take a deep breath and try to relax.
我将按压你的腹部,请深呼吸并保持放松。

30) Will you turn over onto your right/left side I want to feel your back.
你能转过身,朝右侧 / 左侧躺着吗?我想摸一下你的背。

31) OK, I've finished now you can get dressed.
好的,我完成了,现在你可以穿衣服了。

32) I'm going to order some tests for you.
我接下来给你安排一些检查。

33) I need a specimen of urine from you.
我需要一份你的尿样。

34) You need to have an ultrasound of your kidneys, the nurse will show you where to go.
你需要做肾的超声波检查,护士会带你过去。

35) I need a special kidney X-ray, it's called an IVP (Intravenous Pylogram), the nurse will show you where to go, and help you make an appointment.
你需要做一种叫做静脉肾盂造影的特殊的肾脏 X 线扫描,护士会带你过去并帮助你预约。

36) I need some blood tests from you.
我需要你的一些血样。

37) I'm afraid you are going to have to be admitted into hospital for further tests.
恐怕你需要住院接受进一步的检查。

38) You are going to have to be admitted into hospital for a minor procedure.
你需要住院接受小手术。

39) You will need to come into hospital for surgery, as soon as possible.
你需要尽快来医院进行手术。

40) I shall prescribe some medication for you.
我会给你开些药。

41) You need some intravenous antibiotics please follow the nurse; she will show you where the pharmacy is and then show you where you have to go.
你需要静脉输抗生素,请跟这位护士去,她会带你去药房并且告诉你到哪里去输液。

42) If there is no improvement in the next 2 days please come back to see me, please remember that you will need to re-register first if you do come back.
如果两天后没有好转,请过来找我。请记住,如果你回来复诊的话需要再次挂号。

(31) Ear 耳科

1) How long have you had earache?
你耳朵痛多长时间了?
2) What does the pain feel like?
是怎么样的一种疼痛?
3) Do you also get headaches when you have earache?
当你耳朵痛的时候会伴随头痛吗?
4) Is there any discharge coming from your ear?
你的耳朵有分泌物流出吗?
5) Do you have a lot of wax in your ear?
你的耳垢多吗?
6) Have you had any trauma to your ear?
你的耳朵有什么损伤吗?
7) Can you hear OK from that side?
你那边耳朵听力无碍吗?
8) Has your hearing got worse/diminished in any way?
你有任何程度的听力衰退吗?
9) Have you had a fever/temperature?
你发热吗?
10) Have you felt dizzy since you've had this problem?
这种问题出现之后你感到头晕目眩吗?
11) Do you suffer from vertigo?
你感到头晕吗?
12) Do you get any ringing in your ears?
你有耳鸣吗?
13) Have you vomited at all or felt nauseated?
你是否有呕吐或感到恶心?
14) Do you have any pain behind your ear?
你的耳朵背后感到痛吗?
15) Do you have any pain or stiffness in your face?
你感到脸部疼痛或僵硬吗?
16) Has anybody ever told you at any time that your mouth has dropped on one side?
有人告诉过你的嘴向一边歪吗?
17) I need to examine your ear with an otoscope, please keep still for me.

我需要用耳镜检查你的耳朵,请不要动。

18) I'm going to put an ear speculum into your ear. Please keep still.
我接下来要放一个耳窥镜到你的耳朵里面,请不要动。

19) You need to have a hearing test.
你需要进行听力检查。

20) You will need to have an MRI scan, to see if there is a problem in your inner ear.
你需要接受磁共振成像扫描,检测你的内耳是否存在问题。

21) I'm just going to take a swab of your inner ear.
我接下来给你内耳做拭子采检。

22) You seem to have a lot of wax in your ear; the nurse will wash it out for you.
你的耳朵里面看起来有很多耳垢,护士会给你清理出来。

23) You are going to need surgery, you will need to come into hospital on ...
你需要接受手术,你需要……(日期)来医院。

24) I am going to prescribe some eardrops, please put 3 drops in every morning and evening, and put some cotton wool into your ear to protect it.
我将给你开些滴耳剂,每天早晚滴 3 次,并且你要放些棉花保护你的耳朵。

(32) Nose 鼻科

1) Do you get headaches?
你头痛吗?

2) Where do you get your headaches, show me.
你头哪个部位痛,请指给我看。

3) Do you get a runny nose?
你流鼻涕吗?

4) Do you get any nasal discharge?
你流鼻涕吗?

5) What colour is it?
什么颜色的?

6) Does your nasal discharge smell?
你的鼻涕有味道吗?

7) Do you feel that you have a lot of mucous in the back of your throat?
你感觉到你的喉咙处有大量的黏痰吗?

8) Do you get any nose bleeds?
你流鼻血吗?

9) How long does your nose bleed last for?
你流鼻血多长时间了?

10) Can you breathe through your nose?
你能用鼻孔呼吸吗?

11) Does one side feel blocked?
你一边的鼻孔不通气了吗?
12) Do you still have your sense of smell?
你的嗅觉是否失灵?
13) Have you ever broken your nose?
你的鼻子是否曾经碰破过?
14) Have you ever damaged your nose?
你的鼻子是否曾经受过伤?
15) Do you suffer from hay fever?
你有花粉症吗?
16) Do your symptoms get worse at certain times of the day?
一天中的某个时段你的病情是否加重?
17) Do your teeth hurt?
你的牙痛吗?
18) Do your cheeks feel swollen?
你的脸颊肿吗?
19) Are you able to sleep well?
你睡得好吗?
20) Have you taken any medication?
你吃过什么药吗?
21) What medication have you taken?
你吃过什么药?
22) Has the medication helped the problem in any way?
药物有效吗?
23) I need to examine you.
我需要检查你。
24) Please bend your head slightly backwards.
请稍微将头往后仰。
25) I'm just going to put a nasal speculum in your nose, please keep still.
我将放鼻镜到你的鼻子里,请不要动。
26) I need to do a few tests.
我需要做些检测。
27) You will need to have some bloods taken.
你需要做些血液检测。
28) You will need to have an X-ray/MRI scan.
你需要拍摄 X 线 / 磁共振成像。
29) I need to do a nasal swab to check for infection.
我需要取鼻腔拭子检查感染情况。
30) I need to do a skin sensitivity test, to check if you are allergic to anything.

我需要做皮肤敏感检测,用来检测你是否有过敏现象。

31) If you are allergic or sensitive to anything you will need to have a course of injections to desensitize you.
如果你对什么过敏或敏感,你需要打针脱敏。

32) I need to put a nasal pack in your nose, please keep still, I know this can feel uncomfortable.
我要放置鼻填塞物到你的鼻子里去,请不要动,我知道这有点不舒服。

33) You will need to come back in 2 days to have the packed removed.
你需要 2 天后回来取出鼻堵塞物。

34) I need to diathermy a bleeding vessel in your nose that is causing your nosebleed.
我要给你导致流鼻血的血管进行透热疗法。

35) I am going to put nasal drops in your nose, to numb the area/anesthetize the area.
我要给你用滴鼻药水进行麻醉。

36) You are going to need surgery; I wish to admit you into hospital as soon as possible.
你需要接受手术,我希望尽快安排你住院。

37) You need some medication I shall prescribe some nasal drops for you. Please put 2 drops in each nostril three times a day.
你需要一些药物,我给你开些滴鼻药水,请每个鼻孔每次滴两滴,一天滴三次。

38) I have prescribed some antibacterial cream, please put a little cream in your nose twice a day, and if you do not improve in a few days please come back.
我给你开了些抗生素药膏,请一天擦两次,每次擦一点到鼻子里。如果过几天没有好转,请再回来治疗。

(33) Throat 喉科

1) How long have you had a sore throat?
你喉咙痛多长时间了?

2) Do you get sore throats often?
你经常喉咙痛吗?

3) Do you have difficulty swallowing?
你吞咽有困难吗?

4) Does your neck feel stiff or uncomfortable?
你的脖子感到僵硬或不舒服吗?

5) When you have your sore throat, do you also have a fever?
当你喉咙痛的时候,你会发热吗?

6) Do you have a bad breath?
你的嘴有没有难闻的气味?

7) Do you have any other symptoms?
你还有其他症状吗?

8) Do you get tired easily?

你容易疲劳吗?

9) I need to examine your throat, can you open your mouth?
我需要检查一下你的喉咙,你能张一下嘴吗?

10) Can you open your mouth wider, say "ah" ?
请将嘴张开,说"啊"。

11) I'm going to take a throat swab, please keep still.
我要取喉拭子,请不要动。

12) I'm just going to feel your neck for a swollen lymph nodes.
我接着要摸一下你的脖子看有没有淋巴结肿。

13) Has the sound of your voice changed recently?
你的声音最近是否有变化?

14) Does your voice get husky at anytime?
你的声音变沙哑过吗?

15) How long have you had this lump under your jaw?
你的下巴出现这种小肿块有多长时间了?

16) Is it there all the time?
一直是这样吗?

17) Do you think it is getting bigger?
你觉得它是在长大吗?

18) Do you have a lot of saliva in your mouth?
你嘴里的唾液多吗?

19) Does your mouth feel dry?
你觉得嘴干吗?

20) How bad is your snoring?
你打鼾严重吗?

21) Does your snoring wake you up?
你的打鼾会不会将自己弄醒?

22) Does your wife say that sometimes you seem to stop breathing?
你的妻子是否说过有时候你好像停止了呼吸?

23) I need you to have some blood test.
我需要给你做些血液检测。

24) You will need to be admitted into hospital for further tests.
你需要住院接受进一步的检查。

25) I need you to have a laryngoscopy so I can look at your vocal cords.
我需要你接受喉咙检查,这样我可以看你的声带。

26) I am going to have a look at your vocal cords.
我接下来要检查你的声带。

27) I am going to spray your throat with a local anesthetic, and then I am going to pass this small scope down your throat so I can look at your vocal cords.

我接下来要喷些喷雾局部麻醉你的喉咙,然后我将这小镜子放进你的喉咙以帮助我检查你的声带。

28) This might feel uncomfortable, but please try and keep still.
这样会感到不舒服,不过请尽量不要动。

29) You need to come into hospital to have some tests for snoring.
你需要住院为你的打鼾接受进一步的检查。

30) You need to be admitted into hospital for surgery.
你需要住院接受手术治疗。

(34) Telling a patient results 告诉患者结果

1) I have the results of your tests they are ...
你的检查结果出来了……

2) The conclusion I have made is ...
我得出的结论是……

3) The diagnosis is ...
诊断的结果是……

4) I have the results of your test, I'm afraid it's not good news.
我拿到你的检查结果了,恐怕不是好消息。

5) Your treatment will be (should be) ...
你的治疗是这样的……

6) The results of your tests show you are going to need surgery.
检查结果表明你需要动手术。

7) I have the results of your test and you need a surgical procedure.
我拿到你的检查结果了,你需要做一个外科手术。

8) I have the results of your test, and you will need to have a lumbar puncture, it is a minor procedure.
我拿到你的检查结果了,你需要做腰椎穿刺,这是个小手术。

9) Because of your heart problem you need to have an angiogram, the nurse will take you to the Catheter Room please don't worry.
基于你的心脏问题,你需要做动脉造影术,护士会带你去导管室,请别担心。

10) Telling patients they need surgery.
告诉患者需要动手术。

11) We need to do a surgical procedure on your ...
我们要对你的……进行一个手术。

12) Surgery has been scheduled for ...
……手术已经安排就绪。

13) You will go to the Operation Room in the morning/afternoon.
你早上 / 下午进手术室。

14) A surgeon will come to see you before you have surgery.
在你开始手术之前,外科医生会过来看你。
15) An anesthesiologist will come to see you and examine you and ask you some questions.
麻醉师会过来检查并问你一些问题。
16) You will have a pre-med injection before you come to the Operation Room.
在你进手术室之前,会先给你打麻醉针。
17) A nurse will come and prepare you for theatre when it is time.
到时间护士会过来准备手术的一切。
18) You will go to the Operation Room on a trolley.
我们会用推车推着你进手术室。
19) After your surgery, you will come back here.
手术过后,你还是回到这里。
20) After your surgery, you will have intravenous fluids.
手术过后你需要输液。
21) After surgery, you will have a drain coming from your wound.
手术过后,你的伤口需要接入引流管。
22) After surgery you will have a urinary catheter to help you pass urine.
手术过后,会用导尿管帮助你排尿。
23) You will be prescribed medication for pain relief. Please tell the nurse when you are in pain or discomfort.
当你疼痛或者不舒服的时候请告诉护士,我们会给你开些药。
24) You will be on fluids only for ...
你将在……天内只能喝流体。
25) I will come and see you, to explain haw your surgery went.
我会过来看你,告诉你手术的情况。

(35) Operation consent form 手术同意书

1) I've explained to you what surgery you will be having, and you will need to sign the consent form.
我已经告诉你将要进行的手术,你需要签署手术同意书。
2) Because you are having an invasive procedure, you will need to sign a consent form.
因为你将要进行开刀手术,你需要签署手术同意书。
3) I have a consent form for you to sign.
我有一份手术同意书需要你签署。
4) I will explain exactly what I am going to do, the risks involved and what would happen if you did not have this surgery, please then sign the consent form agreeing to the procedure.
我会如实告诉你我接下来要做的事情,这样做涉及的风险以及你不进行手术会发生的后果。请随后签署手术同意书同意我们进行手术。

5) I will be unable to perform this procedure if you do not sign the consent form agreeing to it.
如果你不签署手术同意书同意这么做,我就没办法给你动手术。
6) I have explained everything to you, do you have any questions before you sign?
我已告诉你一切情况,在签署之前你还有什么疑问吗?
7) Do you understand everything I have said, if you do not, I will get you an interpreter.
你清楚我说的一切吗?如果你不清楚我可以给你找个翻译。

(36) Prescribing and giving medication 开处方

1) I am going to prescribe for you.
我将给你开处方。
2) I am going to give you a course of ... (tablets, antibiotics).
我将给你开一个疗程的……(药片、抗生素)。
3) You need a course of ...
你需要一个疗程的……
4) You will need a course of intravenous antibiotics.
你需要一个疗程的静脉抗生素注射。
5) You need an injection (a shot) of ...
你需要注射……
6) I need to give you an intramuscular shot of antibiotics.
我需要给你进行肌内抗生素注射。
7) This medication needs to be given subcutaneously (under your skin).
药物需要注射进入你的皮肤里面。
8) The medication is called ...
药名叫……
9) This medication is used for ...
这药用于……
10) The side effects are ...
副作用是……
11) You need to take this medication orally/sublingually/as a patch/anally/as an inhalant.
你需要口服 / 舌下含服 / 外敷 / 肛敷 / 口喷这药。
12) This is a prescription for your medication. Please take 1 tablet 3 times a day/2 capsules 4 times a day.
这是你的处方药。请一天服 3 次,每次 1 片 / 一天服 4 次,每次 2 粒。
13) This is a prescription for your inhaler. Please take 2 pumps when you need it up to 3 times a day only.
这是你的处方药,每天喷 2 次;有需要的话,最多不能超过 3 次。
14) Your Insulin units are ... in the morning and ... in the evening.
你的胰岛素用量是早上……,晚上……

15) Please put this patch on your upper arm and leave it on for 5days.
请将这药外敷在上臂处,敷五天。

16) Please take this sub-lingual tablet and when you are in pain, put it under your tongue and wait for it to dissolve.
当你痛的时候,请服用这些含片,将它含在舌头下面让它自动融化。

17) The medication I prescribed is powder; please mix 1 packet with 50ml(1/3 of cup) of warm water 3 times a day before meals.
我给你开的是药粉,请每包兑 50ml(1/3 杯)温水,一日 3 次。餐前服用。

18) I have prescribed some syrup for you; please take 10ml (2 teaspoons) 3 times a day.
我给你开了些糖浆,请每天喝 3 次,每次 10ml(2 汤匙)。

19) I have prescribed some ointment (cream) for you; please apply it when your skin is itchy/sore/dry.
我给你开了些药膏,当你的皮肤感到瘙痒 / 疼痛 / 干燥的时候搽用。

(37) Post-operative ward round 术后巡诊

1) How are you feeling?
你觉得怎么样?

2) Are you in any pain?
你有什么地方痛吗?

3) I will prescribe some stronger painkillers.
我会给你开些强力止痛片。

4) Your operation went well, no complications.
你的手术很成功,没有并发症。

5) The results will be back tomorrow.
检查结果明天出来。

6) You will be discharged in a few days.
过几天你就可以出院了。

7) I'm going to look at your wound.
我接下来要查看你的伤口。

8) Does your wound feel sore or uncomfortable?
你的伤口感到痛或不舒服吗?

9) Is your wound painful if I touch it?
我碰到伤口时,会觉得痛吗?

10) There is no blood or fluids in the drainage bag, and I will ask the nurse to take it out for you.
引流袋里面没有血或液体,我会告诉护士把它拔出来。

11) Have you passed urine?
你排尿了吗?

12) Have you had your bowels open?

你大便了吗?

13) Have you pass any wind (gas, flatulence)?
你放屁了吗?

14) Are you drinking OK?
你现在喝东西怎么样?

15) If you are drinking OK, the intravenous drip will come down.
如果你能正常喝东西,点滴就可以取下来。

16) Have you had anything to eat?
你吃什么东西了吗?

17) Get out bed and walk around for a little while, and it will help your circulation.
下床走走,这样有助于你血液循环。

18) Do you have any questions?
你有什么疑问吗?

(38) Doctors round, discharge 巡诊、出院

1) We have the results of your tests, they are ...
检查结果出来了,它们是……

2) I have prescribed some medication for you, and you will need to take ...
我给你开了些处方药,你需要吃……

3) We are going to discharge you today/this morning/this afternoon.
你今天 / 今天上午 / 今天下午可以出院。

4) You will need to take some medication home with you.
你需要带一些药回家。

5) You will need to come back for a check up on ...
你需要在……时回医院复查。

6) You need to come back to have your sutures removed on ...
你需要在……时回医院拆线。

7) Please remember you will need to re-register again when you come back.
请记住,当你回医院的时候需要再挂号。

8) You need to keep the dressing on for ... days.
你需要留着敷料……天。

9) Please do not get the dressing wet.
不要弄湿敷料。

10) Please rest when you get home.
回家之后,请好好休息。

11) Please do not lift anything heavy for a few weeks.
这几个星期内不要举重的东西。

12) If you feel that there are any complications/problems, please contact us immediately.

如果你感到有什么并发症 / 问题出现,请立刻与我们联系。

13) If you are concerned about your health, please phone us, the nurse will give you the telephone number.
如果你担心健康状况,请给我们来电,护士会给你我们的电话号码。

14) Please come to the Emergency Room straight away.
请直接到急诊室。

(39) Taking blood specimen (samples) 取血样

1) I need to take a specimen (sample) of blood.
我需要取一些血液样本。

2) The blood tests are for ...
做关于……的血液检查。

3) I am going to take the specimen (sample) from your arm/hand/wrist/groin/ankle/neck.
我要从你的手臂 / 手掌 / 手腕 / 腹部 / 脚踝 / 颈部取些血样。

4) I'm going to put a tourniquet around your arm/leg it will feel tight.
我要给你的手臂 / 大腿绑止血带,会感觉有点紧。

5) Please open and close your hand.
请先握紧然后松开手。

6) I'm just going to clean the skin.
我给你消毒一下皮肤。

7) You will feel a slight prick.
你会感到轻微的刺痛。

8) Please stay still.
请不要动。

9) Please bend your arm and leave it like that for a few minutes.
请弯一下手臂并保持那个姿势几分钟不动。

10) Please press hard on this dressing.
请用力压着敷料。

11) I need to press on your groin for 10 minutes please try and keep still.
我要按压着你的腹股沟 10 分钟,请尽量不要动。

12) I will put a dressing on this; you can take the dressing off in a couple of hours/4 hours.
我给你放敷料,你在 2 个小时 /4 个小时后可以取掉。

13) I will tell you the results as soon as they are here.
一出来结果我就告诉你。

14) The results will be back in a couple of hours, please go to 2nd floor to collect them.
结果两个小时后出来,请到二楼去取。

15) The results will be back in a couple of hours I will come and tell you the results.
结果两个小时后出来,到时我会过来告诉你。

(40) Cannulation 套管插入术

1) I need to insert a cannala./intravenous catheter./small tube into your vein.
我需要插一条管。/一条静脉导管。/一条小管到你的血管里。
2) It will be in your wrist/hand/elbow/foot/right side of your neck/groin.
它会在你的手腕/手/肘/脚/右颈部/腹股沟。
3) I will put a tourniquet around your arm/lower leg, and it will feel tight.
我要给你的手臂/小腿捆绑止血带,会有点紧。
4) You will feel a small prick and some pressure, please try and keep still.
你会感觉有轻微的刺痛和稍微的挤压,请尽量保持不动。
5) I will secure this with a dressing so it doesn't come out.
我会放敷料确保它不会出来。
6) I am going to attach the intravenous tubing.
我要给你插上静脉输液管。

(41) Lacerations (Cuts) ... Graze ... Removal of skin tissue 撕裂、擦伤、表皮组织切除

1) I need to clean this wound.
我要清理一下伤口。
2) I will give you an injection (shot) to numb the area.
我将给你这个部位进行麻醉注射。
3) Please tell me if I am hurting you.
如果感到痛的话,请告诉我。
4) I am going to close the wound (laceration) with stitches or sutures or clips.
我将用针线或夹片给你缝合伤口。
5) And then put a dressing over the wound.
然后给你的伤口放敷料。
6) I am going to close the wound (laceration) with a paperstrip or steristrip.
我将用无缝胶条给你缝合伤口。
7) I am going to close this wound (laceration) with special glue (adhesive).
我将用无缝线胶吻合你的伤口。
8) This wound (cut) laceration just needs a plaster or dry dressing.
伤口只需敷石膏或者放敷料就行。
9) You don't need a dressing; but please make sure you keep it clean.
你不需要放敷料,不过请确保伤口干净。
10) Please come back in ... days to have your dressing changed.
请……天后过来换敷料。
11) Please change the dressing every two days.

请每两天换一次敷料。

12) Please keep the dressing dry.
请保持敷料干燥。

13) Please come back in ... days to have the sutures/clips/stitches removed.
请……天后过来拆线。

14) I need to give you an injection (shot) of antibiotic because the wound was dirty.
我需要给你打一支抗生素针,因为伤口很脏(会感染)。

15) Are you covered for tetanus?
你打过破伤风针吗?

16) When did you last have a tetanus injection?
你上回打破伤风针是什么时候?

17) I need to give you an injection (a shot) of tetanus.
我需要给你打一支破伤风预防针。

(42) Angioplasty catheterization 血管成形术导管插入

1) I am going to do your catheterization.
我要给你做穿刺。

2) I need to get the equipment ready, please don't be worried, the equipment is needed so I can see what it is happening.
我正在准备仪器,不要害怕,那些仪器只是帮助我更好地观察情况。

3) I am going to clean your groin with antiseptic, and the fluid is cold.
我要给你的腹股沟搽抗菌药,会有点凉。

4) I am going to give you a local antiseptic, you will feel a sharp prick, but it will go away very quickly.
我要给你进行局部麻醉,插入时有点痛,不过过一会儿就好。

5) I am going to insert a catheter into your artery, and send it into your heart.
我要给你的动脉插一条导管导入你的心脏。

6) I know it's uncomfortable, but please try to keep still.
我知道这样很不舒服,但请尽量保持不动。

7) If you feel any sharp pain, please tell me and I can give you some more local anesthetic.
如果你感到疼痛的话请告诉我,我再给你一些局部麻醉。

8) I have finished now, I need to put pressure onto your wound to stop the bleeding, this will be for about 15 minutes, are you OK?
我现在准备好了,我需要压着你的伤口防止出血,大概需要 15 分钟左右,你能坚持吗?

9) The nurse will put a dressing on this for you.
护士会给你放敷料。

10) We will help you to get onto a bed, and then you will be taken to the ward.
我们会把你扶到病床上,一会儿你会被送往病房。

11) You will have to stay for 3 days for anti-coagulation treatment, IV antibiotics, chest X-ray and an ECG check.
你需要进行为期三天的抗凝血治疗、静脉输抗生素、胸部 X 线和心电图检测。

(43) Lumbar puncture 腰椎穿刺

1) I need to do a Lumbar Puncture procedure to get some spinal fluid for tests.
我需要做腰椎穿刺术取一些脊髓液做检测。
2) Please can you turn onto your left side?
请问你能转向左侧躺着吗?
3) Can you bend your knees as far as you can?
你能尽可能地弯着膝盖吗?
4) Can you bend your head to touch your chest as far as you can?
你能将头尽量地向下压着你的胸吗?
5) I need your back curved as much as possible.
我需要你尽可能的弓着背。
6) I am going to clean your skin with an antiseptic, and it will feel very cold.
我将用抗菌药擦洗你的皮肤,会有点儿凉。
7) I am putting a clean towel on your back, and please do not touch it.
我在你的背上放一条干净的毛巾,请不要碰它。
8) I am going to start the procedure now.
我现在要开始了。
9) I am going to give you a local anesthetic, you will feel a sharp prick, please try not to move.
我马上要给你进行局部麻醉,你会感到剧烈的刺痛,请尽量不要动。
10) You will feel me pushing and putting pressure on your back, if you feel any pain please tell me and I will give you more local anesthetic.
你会感觉到我在按压你的背,如果你感到痛的话请告诉我,我会给你加一些局部麻醉。
11) I've finished now, I am going to put a dressing on your back.
我完成了,接下来给你后背放敷料。
12) Please roll back onto your back.
请转过来躺着。
13) You will need to stay in bed for 12 hours with no pillow. If you try to sit up you will have a very severe headache.
你需要拿掉枕头,躺在床上 12 小时,如果你试图坐起来的话会感到头很痛。
14) If you need anything please ring for a nurse.
如果你有什么需要,请按铃呼叫护士。
15) Your test will be back in ... days.
检查结果将在……天之后出来。

(44) Chest film 胸透

1) You have to take a chest film.
   您必须拍摄一张胸片。
2) Keep your chest against the plate.
   胸部紧贴着荧光屏。
3) Do as I tell you, please.
   请您按照我说的话做。
4) Please come this way.
   请到这边来。
5) We will make an X-ray of your chest.
   我要给您做胸透。
6) Please undress till the waist.
   请解开衬衫。
7) Please put this protective cloth on.
   请把防护服穿上。
8) Please take your jewelry off.
   请把首饰取掉。
9) Please press your chest against this board.
   请把胸部紧贴这块板上。
10) Just relax, please.
    请放松。
11) Please put your chin on here.
    请把下巴抵在这儿。
12) Please take a deep breath.
    请深吸一口气!
13) Please hold your breath and don't move.
    请屏住气,不要动!
14) Now, you can breathe.
    现在您可以呼吸了。
15) That's all. Take this sheet to the cashier, please.
    透完视了,请您拿这张单据去记账处交费。
16) This is an urgent examination, please wait a little longer.
    这是急诊检查,请多等一会儿。
17) Sorry to have kept you waiting.
    对不起让您久等了。
18) Please take this report or film to the X-ray department.
    请拿这张报告单或片子去 X 线科。

19) Relax your body muscles.
请全身肌肉都放松。
20) Please move your body as you are told.
请按指令移动您的身子。
21) Please stay still.
请一直不要动。
22) Lift your arms, please.
请举起您的双臂。
23) Lower your arms, please.
请放下您的双臂。
24) Where do you have pain?
您哪里痛?

(45) Gastric barium meal examination 胃钡餐透视

1) Please take the appointment card to the radiology reception desk and wait here.
请带预约单,到X线科登记处等候检查。
2) Please let me know if you are pregnant.
请告诉我您是否怀孕了。
3) You must have an empty stomach.
您必须空腹查胃。
4) Take off all your clothes and put on the designed cloth.
把衣服全部脱掉,然后换上指定的衣服。
5) You will be given an injection to stop the movement of your stomach and to ease tension during the test.
给您打一针镇吐剂,以便顺利检查。
6) First get on the table and take the medicine.
先上床并吞下钡剂。
7) Next, take the white liquid.
然后再吞下这种白药水。
8) Change the position of your body as you are told.
按指示变换您的体位。
9) Please move slowly and easily.
请慢慢轻轻转动。
10) The test will take 20 minutes.
检查大约需要20分钟。
11) Take off your shoes and get on the table.
脱鞋上床。
12) Please swallow these pills with water in one.

请用水一口吞下这些药丸。

13) Please swallow a mouth full of barium meal, then other mouth.
先吞一口钡餐,接着再吞一口。

14) Finish the rest of the barium meal.
最后吞完所剩钡餐。

15) Try not to burp.
尽量不打嗝。

16) Lie down on your back.
仰卧。

17) Turn over this way and lie on your stomach.
向这边转,呈腹卧位。

18) The head of the table will be lowered.
把诊断床头放低些。

19) Hold the handles.
保持这样不动。

20) Hold your breath.
屏住气。

21) Stay still there.
就这样,别动。

22) Your stomach will be pressed.
按一下你的胃部。

23) Relax.
放松。

24) That's all. Thank you.
检查完毕,谢谢!

25) This is a laxative, take four tablets now and two tablets after supper.
这是给您的泻药,现在口服 4 片,晚饭后再口服 2 片。

2 Sentences Commonly Used by Patients 患者常用语

1) I'm not feeling well.
我觉得不舒服。

2) I'm feeling very bad.
我觉得很不舒服。

3) I don't feel myself lately.
我最近感到不舒服。

4) What shall (should) I do?
我该怎么办?

5) Should I stay in the hospital?

我需要住院吗?

6) The pain seems less.
我的疼痛有些减轻。

7) Will it go away by itself (soon)?
它能自然(很快)痊愈吗?

8) When shall I come back?
我什么时候再来?

9) Will there be a recurrence?
这病会复发吗?

10) Does this medicine have any side effects?
这药有副作用吗?

11) What kind of food should I eat? Should I have a special diet?
我应该吃什么样的食物?我需要吃特别的食物吗?

12) Will surgery be necessary?
需要做手术吗?

13) Will it take long to recover?
很久才能恢复吗?

14) Is it all right to move around and do some exercises?
可以下地走走,锻炼锻炼吗?

15) Is it serious?
情况严重吗?

16) Is there any danger?
有危险吗?

17) What could be the cause?
可能是什么原因呢?

18) What should I do if I have another attack?
我若是再犯,该怎么办呢?

19) Isn't there any good medicine for it?
没有什么好药吗?

20) What kind of medicine is this?
这是一种什么药呢?

21) I hate injections. Can I take the medicine orally?
我不喜欢打针,能吃些口服药吗?

22) Can it be cured?
能治好吗?

23) Will it get worse?
能变坏吗?

24) What could it be?
可能是什么病呢?

25) What do you think?
你认为怎样?
26) Can anything be done for the pain?
对于这种疼痛,有没有办法呢?
27) Whatever you say.
听从你的意见。
28) Since two or three weeks.
大约两三周前。
29) About when?
大约在什么时间?
30) Is it contagious?
这病传染吗?
31) I feel dizzy (feverish, shivery, sleepy, like vomiting, nauseous, itching, weak, irritated).
我感到头晕(发热,发冷,发困,想吐,恶心,痒,虚弱,急躁)。
32) I have piles (a bad cough, a dry cough, a sore stomach, a pain in my back).
我有痔疮(剧烈的咳嗽,干咳,胃痛,腰背部痛)。
33) I have very bad period pains every month.
每次月经,我都痛得要命。
34) Shall I avoid any particular food?
我要不要忌食?
35) Please show me your prescription.
请让我看看医生的处方。
36) Here's all my paper work. How much will I have to pay altogether?
这是我所有的单据,我总共得付多少钱?
37) I've had a rash all over my body and it itches all the time.
我全身起满了疹子,整天痒得要命。
38) How should I control my stool and urine?
我该如何控制大小便呢?
39) I slept pretty well after I was given some medicine.
吃过药以后我睡得相当好。
40) The night nurse took good care of me.
夜班护士对我照顾得很好。
41) I feel really ill.
我感觉像病了。
42) I'm not sure, what shall/should I do?
我不大清楚,我需要怎么做?
43) I feel sick.
我感到不舒服。
44) I think I'm going to vomit.

我觉得我好像要吐。

45) Do I need to stay in the hospital?
我需要住院吗?

46) When can I go home?
我什么时候能回家?

47) When are you going to discharge me?
你什么时候让我出院?

48) I really want to be discharged now.
我需要今天出院。

49) I'd like to go home as soon as possible.
我需要尽快回家。

50) When shall I come back?
我需要什么时候回来?

51) Do I come back to outpatients?
我需要回到门诊部吗?

52) Do I have to re-register when I come back?
我回来的时候需要再次挂号吗?

53) My urine is cloudy and it smells strong.
我的小便浑浊,而且气味不好闻。

54) I have a dull heavy ache in the crotch.
我的胯部感到隐痛。

55) I have a small leakage of urine when I cough or sneeze.
我咳嗽或打喷嚏时,会有点泄尿。

56) I urinate more frequently than usual.
我小便比平时多。

57) I have difficulty controlling my bladder.
我很难控制小便。

58) There are some lumps on my testicles.
我的睾丸有些硬块。

59) I have a burning sensation when I urinate.
我小便时感到发烫和疼痛。

60) I am passing less urine than usual.
我小便比平时少。

61) I have a painful swelling in my scrotum.
我的阴囊有疼痛的肿大。

62) I am uninterested in sex.
我性冷淡。

63) I have difficulty starting my urine flow.
我小便不畅通。

64) My urine stream is very weak and slow.
我小便排得很慢很弱。

65) I dribble a little urine after I have finished urinating.
我小便后,还会有少量余尿。

66) I have some discharge from my penis.
我的阴茎流脓。

67) I have a very bad headache.
我头好痛。

68) I have severe abdominal pain.
我肚子很疼。

69) I have had a fever for 2 days.
我发热两天了。

70) I have got a sore throat.
我喉咙痛。

71) I have a bad cough.
我咳嗽很厉害。

72) I have a bad nosebleed.
我流鼻血很严重。

73) I have been vomiting since yesterday.
我从昨天开始一直呕吐。

74) I feel pressure in my chest.
我感到胸闷。

75) I have bad chest pain.
我胸很痛。

76) I feel breathless.
我感觉喘不过气来。

77) I feel very itchy.
我感到很痒。

78) I have a rash all over my body.
我全身出了疹子。

79) I have very bad diarrhea.
我腹泻很严重。

80) I think I have sprained my wrist.
我想我手腕扭伤了。

81) I think I might have broken my ankle.
我想我的脚踝骨折了。

82) I've cut my arm.
我的手臂拉伤了。

83) I have a laceration on my arm.

我的手臂拉伤。

84) I am having surgery, where do I go?
我要动手术,请问怎么走?(注:美式英语中手术用 "surgery")

85) I'm looking for the toilet/WC/cloakroom/bathroom/washroom.
请问卫生间在哪里?

86) Where is the restaurant, please?
请问餐馆在哪里?

87) Where is the coffee shop?
请问咖啡厅在哪里?

88) Where is the gift shop?
请问哪里有礼品店?

89) Can you tell me where the ATM machine is, please?
请问你能告诉我哪里有自动取款机吗?

90) Where can I get a taxi?
我在哪里能坐到出租车?

91) Is it easy to get a taxi from here?
在这里容易等到出租车吗?

92) Could you tell me where the subway (American) is from here?
你能告诉我到地铁站怎么走吗?(注:美式英语中地铁用 "subway")

93) Can you tell me where underground (British) is from here?
你能告诉我到地铁站怎么走吗?(注:英式英语中地铁用 "underground")

94) Is it all right to move around and do some exercises?
我走动一下,做些运动可以吗?

95) Is it OK for me to fly back to my own country in a couple of days?
我过两天坐飞机飞回我的国家可以吗?

96) Is it OK for me to fly? I am going to leave China next week.
我坐飞机可以吗?我下个星期离开中国。

97) I don't worry about it at all.
我一点也不担心。

98) The doctor told me that I am cured.
医生说我已经痊愈了。

99) There is only one day left for my stay in China, so I must get the report right now.
仅剩一天我就要离开中国了,所以我必须立刻拿到检查报告。

Unit Ⅱ

Seeing a Doctor and First Visit

看病和初诊

1 Registration 挂号

(1)

Doctor: Hello, I am Dr. Li De. My English name is Linda. Please call me Dr. Linda. Can I help you?

医生：你好，我是李德医生，我的英文名是 Linda，请称呼我为 Linda 医生，有什么我能帮助你吗？

Patient: I want to see a doctor. I don't feel very well, but I don't know what to do.

患者：我想看医生。我感到有点不舒服，但是不知该怎么做。

Doctor: What are your symptoms?

医生：你有什么症状？

Patient: I have a temperature, feel very tired and my joints are aching and I just feel unwell.

患者：我发热，感觉很累并伴有关节疼痛，感觉很不舒服。

Doctor: You need to see an Internal Medicine doctor. Do you understand Chinese?

医生：你需要看内科。你会讲中文吗？

Patient: No.

患者：不会。

Doctor: You need to register first and then I will take you to Outpatient Department. The registration fee is 7 yuan. Please take a seat and I will get a form for you.

医生：你需要先挂号，然后我会带你去门诊部。挂号费是 7 元，请坐一会儿，我去给你拿表。

Patient: Thank you.

患者：谢谢！

Doctor: Here is the registration form, and you need to write the answers to a few questions.

医生：这是挂号表，你需要填写一些信息。

Doctor: What is your name?

医生：你叫什么名字？

Patient: Linda Smith.

患者：琳达·史密斯。

Doctor: What is your date of birth?

医生：你的出生日期？

Patient: 3. 4. 1980.
患者：1980 年 4 月 3 日。
Doctor: Is that 3rd April or 4th March 1980?
医生：您指的是 1980 年 4 月 3 日还是 1980 年 3 月 4 日？
Patient: 3rd April 1980.
患者：1980 年 4 月 3 日。
Doctor: What is your address here in Beijing?
医生：你在北京的住址是哪里？
Patient: Hotel Lido, Chaoyang District.
患者：朝阳区丽都饭店。
Doctor: Are you a tourist?
医生：你是游客吗？
Patient: Yes, I am.
患者：是的。
Doctor: Please can I have your address in your country?
医生：请问能告诉我你在家乡的住址吗？
Patient: 16, Trafalgar Square, Greenwich, London, E13 9DL.
患者：伦敦，格林尼治特拉法拉广场 16 号，邮编 E13 9DL。
Doctor: What is your nationality?
医生：你是哪国人？
Patient: British.
患者：英国。
Doctor: What is your telephone number?
医生：你的电话号码是什么？
Patient: My mobile number is 1498765321.
患者：我的手机号码是 1498765321。
Doctor: Who is your Next of Kin?
医生：你的近亲是哪位？
Patient: Mr. Alan Week.
患者：阿伦·维克先生。
Doctor: Please can you write his name and address and telephone number?
医生：请问你能填写一下他的姓名、地址和电话号码吗？
Doctor: Do you have Health Insurance?
医生：请问你有医疗保险吗？
Patient: Yes, I do.
患者：我有。
Doctor: Even though you have Health Insurance you will have to pay the medical bill first and then claim. The hospital will give you a letter to give to your Insurance Company.
医生：即使你有医疗保险，你也需要先支付医疗费用，再进行索赔。医院会给你的保险

公司开一份证明。

Patient: No, I don't.

患者: 我没有。

Doctor: You will have to pay your medical bill before you leave the hospital.

医生: 你需要在出院之前付清医疗费用。

Doctor: I will take this form back to the counter and get your paperwork. Please can I have 7 yuan for the registration fee? Please stay here I will come back.

医生: 我会将挂号表送到收费处换你的电脑记录表。请给我 7 元挂号费并在原地等一会儿,我马上回来。

Patient: Thank you.

患者: 谢谢!

Doctor: I will take you to Outpatient Department now, would you like a wheelchair?

医生: 我会带你去门诊部,你需要轮椅吗?

Patient: No, thank you. I will be OK.

患者: 不用,谢谢! 我自己能行。

Doctor: We need to go to the third floor, the elevators are over there, please follow me.

医生: 我们要到三楼,那边有电梯,请跟我来。

Doctor: Here is the Outpatient Department. I will tell the nurse you are here.

医生: 门诊部到了。我会告诉护士你在这里。

Doctor: The nurse will come and take you to the Doctor when he is ready for you. Is there anything else I can do for you? Is there anything else you would like to ask me?

医生: 护士一会儿过来。轮到你的时候,她会带你到医生那里。还有什么需要我帮忙的吗? 还有什么需要咨询的吗?

Patient: No, thank you. You've been very kind.

患者: 不用了,谢谢。你总是这样热心。

Doctor: You are welcome. I hope you get better soon. Good-bye!

医生: 不用客气,希望你尽快康复,再见!

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Doctor: Hello, I am Dr. Li De. My English name is Linda. Please call me Dr. Linda. Can I help you?

医生: 你好,我是李德医生,我的英文名是 Linda,请称呼我为 Linda 医生,有什么我能帮助你吗?

Patient: I want to see a doctor. I'm ill.

患者: 我想看医生。

Doctor: What are your symptoms?

医生: 你有什么症状?

Patient: I have had diarrhea and vomiting for the last couple of days.

患者: 我两天来一直呕吐、腹泻。

Doctor: You need to see a doctor in the Emergency Room. Do you understand Chinese?

医生：你需要看急诊。你懂中文吗？

Patient: No.

患者：不懂。

Doctor: You will need to register first and then see the emergency doctor. I will take you to the Emergency Department. Would you like a wheelchair? The registration fee is 7 yuan. Please wait a moment. I will get a form for you.

医生：你需要先挂号再看急诊医生。我会带你去急诊科，你需要轮椅吗？挂号费是7元，请等一会儿，我去给你拿挂号表。

Patient: Thank you.

患者：谢谢你。

Doctor: Here is the registration form, and you will need to write the answers to a few questions.

医生：这是挂号表，你需要填写一些信息。

Doctor: What is your name?

医生：你叫什么名字？

Patient: Paula Jones.

患者：保拉·琼斯。

Doctor: What is your date of birth?

医生：你的出生日期是？

Patient: 8. 9. 1963.

患者：1963 年 9 月 8 日。

Doctor: Is that 8th September 1963 or 9th August 1963?

医生：是 1963 年 9 月 8 日还是 1963 年 8 月 9 日？

Patient: 8th September 1963.

患者：1963 年 9 月 8 日。

Doctor: What is your address here in Beijing?

医生：你在北京的住址是哪里？

Patient: Hotel Beijing, Wangfujing.

患者：王府井北京饭店。

Doctor: Are you a tourist?

医生：你是游客吗？

Patient: Yes, I am.

患者：是的。

Doctor: Please can I have your address in your own country?

医生：请问能告诉我你的本国住址吗？

Patient: 16a, Growthorne Crescent, Handscross, West Sussex, BN2 7RN.

患者：西萨赛克市汉迪斯中心克鲁斯环路，门牌是 16a，邮编是 BN2 7RN。

Doctor: What is your nationality?

医生：你的国籍是哪国？

Patient: British.

患者：英国。

Doctor: What is your telephone number?

医生：你的电话号码是什么？

Patient: My mobile number is 7079857432.

患者：我的手机号码是 7079857432。

Doctor: Who is your Next of Kin?

医生：你的近亲是哪位？

Patient: Mr. David Jones.

患者：大卫·琼斯先生。

Doctor: Please can you write his name and address and telephone number?

医生：请问你能填写一下他的姓名、地址和电话号码吗？

Doctor: Do you have Health Insurance?

医生：请问你有医疗保险吗？

Patient: Yes, certainly.

患者：有。

Doctor: Even though you have Health Insurance, you will have to pay the medical bill first and then claim. The hospital will give you a letter to give to your Insurance Company.

医生：即使你有医疗保险，你也需要先支付医疗费用，再进行索赔。医院会开一份证明给你的保险公司。

Patient: No, I don't.

患者：我没有。

Doctor: You will have to pay your medical bill before you leave the hospital.

医生：你需要在出院之前付清医疗费用。

Patient: OK.

患者：好的。

Doctor: I will take this form back to the counter and get your paperwork. Please can I have 7 yuan for the registration fee。Please stay here I will come back.

医生：我会将这个表送到收费处换你的电脑记录表。请给我 7 元挂号费。请在原地等一会儿，我马上回来。

Patient: Thank you.

患者：谢谢！

Doctor: I will take you to the Emergency Room's doctor now.

医生：我现在带你去急诊医生那里。

Patient: Thank you.

患者：谢谢！

Doctor: Is there anything else I can do for you? Is there anything else you would like to ask me?

医生：还有什么需要我帮忙的吗？还有什么需要咨询的吗？

Patient: No, thank you. You've been very kind.

患者：不用了，谢谢。你已经帮了很大忙。

Doctor: You are welcome. I hope you get better soon. Good-bye!

医生：不用客气，希望你尽快康复，再见！

(2)

Patient: (To the nurse)
Excuse me, where do I queue up to register?

患者：(对护士)劳驾，我挂号该排哪一队？

Nurse: That is the line for new patients (pointing to line). The registration fee will be 7 yuan. Pay over there, and they will give you a registration card. Fill it in and bring it back to me. (The patient queues up, and shortly reaches the window. After getting a card and filling it in, the patient takes it back to the desk.)

护士：初诊患者站那一队(右手一指)。挂号费7元。排到那边后付了款，他们会给你一张挂号卡。填写后交到这儿。(患者站到队中，很快便到了窗口。患者得卡后填写完毕，拿着它回到了预检台。)

Nurse: What's the problem?

护士：哪儿不舒服？

Patient: Since this morning I've had high temperature, and I feel generally wretched.

患者：上午起，我发起了高烧，浑身疲乏无力。

Nurse: In that case, you'd better go to the Medical Department.

护士：像你这样的情况，还是去看看内科吧。

Patient: Which way do I go?

患者：谢谢，去内科怎么走？

Nurse: Go up to the second floor, and you'll see it sign-posted to the right. Give the doctor your registration card.

护士：上了二楼，右边挂有内科的牌子。把挂号卡给医生就行了。

Patient: Is it very busy?

患者：内科患者多吗？

Nurse: Normally yes, but today you are lucky.

护士：往日很多，可今天却不多。

Patient: Oh. Good. Thank you. (The patient does to the second floor.)

患者：噢，谢谢。(患者朝二楼走去。)

※ ※ ※

Patient: (To himself) Today, there're so many people here. It looks like I'm in for a long wait. (To the nurse) As it's so busy, will it be all right if I come back later?

患者：(自言自语)今天患者真多呀，看来，我注定是要久等了。
(对护士)现在患者那么多，我过会儿再来挂号行吗？

Nurse: No, you'd better wait, because the registration time is between 8 and 11 o'clock, and now it's almost 10:15.

护士：我看你还是等等吧，挂号时间是 8~11 点；而现在已快 10 点 15 分啦。

Patient: Can I register now and see the doctor in the afternoon?

患者：我现在先挂个号下午再来看病，行吗？

Nurse: Yes, you can, but if you don't wait, a lot of patients will be before you, and you won't be able to get the chance to see the doctor today. Besides, since you have a high temperature, the sooner you see the doctor, the better.

护士：行倒是行，可你要是不等的话，许多患者就会排到你的前面，今天你就看不上病了。再说，你正在发热，尽早看病不是更好嘛。

Patient: I see. I'd better wait then. Can you tell me how to get to the Medical Department please?

患者：是啊，还是等吧。请问去内科往哪边走？

Nurse: Take the lift to the fourth floor, go through the double doors on your right, and go along the corridor until you see the Medical Department on your left.

护士：先乘电梯上四楼，右拐弯穿过双门，沿走廊一直向前，左边便是。

Patient: Thanks a lot. By the way, what day is the consultant available?

患者：多谢。对了，专家门诊是星期几？

Nurse: Every Tuesday afternoon.

护士：每周二下午。

Patient: Oh, that's today. So I'm lucky.

患者：哦，那不正是今天嘛，这么说，我真走运。

(3)

Nurse: Do you want to see a doctor?

护士：你要看病吗？

Patient: Yes, where shall I register?

患者：是的，在哪儿挂号？

Nurse: Here, have you been here before?

护士：这儿，你从前来过吗？

Patient: Yes, a year ago.

(No, this is my first visit.)

患者：是的，一年前来过。

（没有，这是第一次来。）

Nurse: Have you a registration card?

护士：你有挂号证吗？

Patient: Yes, here it is.

(No, I forgot to bring it.)

患者：有，在这儿呢。

（没有，我忘记带了）

Nurse: Do you remember your card number?

护士：你记得你的挂号证号码吗？

Patient: Yes, it is C dash one, five, zero, eight, four, three.
患者：记得，是 C-150843。
Nurse: When did you come last?
护士：上次你什么时候来的？
Patient: About a week ago.
患者：大约在一周以前。
Nurse: Then I'll find out for you.
护士：那么，我给你查查。
Nurse: Are you working in the Embassy?
护士：你是在大使馆工作吗？
Patient: Yes, I'll be here for three to five years.
患者：是的，我要在这儿待 3~5 年。
Patient: I'm a teacher at ...
患者：我是……的教师。
Nurse: Please show me your identity card (diplomatic certificate, experts certificate, passport).
护士：请出示你的身份证(外交官证、专家证、护照)。
Patient: I'm a tourist.
患者：我是一个旅游者。
Nurse: How long do you intend to stay here?
护士：你准备在这里待多久？
Patient: (1) About one week.
患者：大约 1 周。
(2) Till the end of this year.
到今年年底。
(3) I'm leaving tomorrow morning.
我明天早晨就走。
Nurse: (1) I'll make a file (record) for you.
护士：我要给你做一份病历。
(2) Please write down your full name in block letters.
请用印刷体写上你的全名。
(3) How old are you?
你的年龄？
(4) When were you born?
你是哪年生的？
Patient: I was born on the fifteenth of February nineteen fifty two.
患者：我是 1952 年 2 月 15 日生的。
Nurse: What is your position in the embassy?
护士：你在大使馆做什么工作？

Patient: I'm the ambassador (minister, charged affaires, counsellor, first secretary, second secretary, third secretary, attache, staff, secretary-archivist, military attache).

患者：我是大使(公使,代办,参赞,一等秘书,二等秘书,三等秘书,随员,职员,档案秘书,武官随员)。

Nurse: What is your work here?

护士：你在这里做什么工作?

Patient: I'm a delegate (businessman, engineer, teacher, artist, musician, retired worker, pilot, housewife).

患者：我是代表团团员(商人,工程师,教师,艺术家,音乐工作者,退休工人,飞机驾驶员,主妇)。

Nurse: Are you married or single?

护士：你结婚了,还是独身?

Patient: (1) Yes, I'm married.

患者：是的,我结婚了。

(2) No, I'm single.

没有,还是独身。

(3) I'm divorced.

离婚了。

Nurse: What's your address, please?

护士：请告诉我你的地址。

Patient: I live in ... hotel (... Embassy, ... building ... block ... number).

患者：我住在……饭店(……使馆，……单元……楼……号)。

Nurse: Your telephone number, please.

护士：请告诉我你的电话。

Patient: Five, two, two, one, three, three. Extension one, five, six.

患者：522133,分机 156。

Nurse: This is your registration card. Please don't lose it and bring it whenever you come.

护士：这是你的挂号证。请不要遗失。每次来时带着它。

Patient: Yes, I will.

患者：好,照办。

※ ※ ※

Nurse: (1) What's wrong with you today?

护士：你今天哪里不舒服?

(2) Which department do you want to register with?

你要挂哪科的号?

Patient: I want to see a physician (an internist, surgeon, obstetrician, gynaecologist, pediatrician, neurologist, dermatologist, oculist E.N.T. specialist, traditional medicine doctor, allergist, urologist, orthopedist, dentist, endocrinologist).

患者：我要看病(内科,外科,产科,妇科,小儿科,神经科,皮肤科,眼科,耳鼻喉科,中医

科,过敏反应科,泌尿科,骨科,牙科,内分泌科)。

Patient: I don't know which clinic. I have a rash all over my body. It itches badly.

患者: 我不知道该挂哪个科。我浑身起红疹。痒得厉害。

Nurse: I think you should see a dermatologist first. If necessary we'll transfer you to the physician.

护士: 我想你应当先看皮肤科大夫。需要的话再转诊。

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Parent: My daughter has had diarrhea since yesterday and keeps on vomiting. I would like her to see a pediatrician.

家长: 我女儿从昨天开始腹泻而且总吐。我想让她看看儿科医生。

Nurse: (1) Please take her temperature under her arm.

护士: 请给她试试腋温。

(2) We would like to have her stool examined. Will you please give us a specimen?
我们想给她检查一下大便。你能给我们一点大便标本吗?

Parent: Yes, I'll try.
No, I don't think she can pass any stool just now, but I have brought her diaper with me, maybe you can get some from the diaper.

家长: 可以,我试试看。
不行,我想她现在便不出来。但是我已经把她的尿布带来了,或者你们可以从尿布上取点大便。

※ ※ ※

Patient: I would like to see a dentist.

患者: 我想见一位牙科医生。

Nurse: For a filling? A denture? Or a cleaning?

护士: 补牙? 镶牙(做假牙)? 还是洗牙(洁齿)?

Patient: I want to have a denture fitted (my teeth cleansed), please make an appointment for me.

患者: 我要镶牙(洁齿),请给我约个时间。

Nurse: OK! Next Wednesday, do you prefer 8 o'clock or 10 o'clock?

护士: 好吧! 下星期三,你愿意上午八点钟还是十点钟来?

Patient: Ten o'clock suits me better.

患者: 十点钟对我更合适些。

2 Seeing a Doctor 看病

(1)

Abdominal Pain 腹痛

Doctor: You are looking very flushed and sweaty .I am going to take your temperature. Can you put this under your arm?

医生：你看起来像发热了，我要给你量一下体温，你能把这个放到你的腋下吗？

Patient：Yes, sure.

患者：是的，当然可以。

Doctor：I need to examine you. Please can you lie down there (on the couch) and raise your top and loosen your trousers.

医生：我需要检查一下你，你可躺在那里（在床上），把衣服往上卷起来并松一下裤带。

Doctor：Can you show me where it is painful?

医生：你能告诉我哪里痛吗？

Patient：Just here.

患者：就那儿。

Doctor：Please try and relax, I'm going to press your stomach and please tell me if it hurts.

医生：请放松，我将要按压你的肚子，如果感到痛的话请告诉我。

Patient：Just there, when you pressed it, it hurts.

患者：就那儿，当你按的时候觉得痛。

Doctor：Can you turn onto your left side? Tell me if you feel any pain when I press here.

医生：你能向左侧躺着吗？当我按这里的时候感到痛就告诉我。

Patient：No, I don't have any pain here.

患者：没有，我没有感到痛。

Doctor：OK, please turn back. I've finished now, please get dressed and come and sit down.

医生：好的，转过来。我已经检查完了，请整理好衣服下来坐着。

Doctor：I would like you to have a blood test and X-ray and please come back with the results.

医生：我需要你做血液检查和 X 线，化验结果出来后你再来找我。

Patient：I have the tests now? Where do I have to go?

患者：现在做检查吗？我该怎么走？

Doctor：Here are the forms, the nurse will show you where to go and where to go for results, when you have them please come back here.

医生：这是化验单，护士会告诉你如何去和在哪里取结果，化验结果出来后你带来给我。

Patient：How long is this going to take?

患者：需要等多长时间呢？

Doctor：About an hour, maybe less.

医生：大概一个小时，或许时间更短些。

Patient：OK, thank you. I'll see you later.

患者：好的，谢谢！一会儿见。

(2)

Headache 头痛

Doctor：You are looking pale and tense, and I can see you are in a lot of pain.

医生：你脸色很苍白，脸绷得很紧，我看出来你很痛苦。

Patient：Yes, it's very painful.

患者：是的，非常痛。

Doctor: Does the pain get worse if you move your head?
医生：你的头部转动的时候疼痛会加重吗?
Patient: No.
患者：不会。
Doctor: Does your neck feel stiff?
医生：你的脖子感到僵硬吗?
Patient: Yes, a little.
患者：是的,有点。
Doctor: Please bend your head forward and put your chin on your chest.
医生：请将头低下来,下巴顶着胸部。
Patient: Like this?
患者：是这样吗?
Doctor: OK, please turn your head slowly to the right and to the left.
医生：是的。慢慢地把你的头向右转,然后向左转。
Patient: It hurts a bit when I turn to the right.
患者：当我向右转的时候有点痛。
Doctor: I need to look into your eyes, please bend forward slightly and look straight ahead.
医生：我需要检查一下你的眼睛,请稍微弯一下腰,朝前看。
Patient: The light is very painful.
患者：光线照着感觉很痛。
Doctor: Yes, your headache has given you photophobia.
医生：是的,你的头痛导致你畏光。
Doctor: You need to have a blood test, here is the form, and the nurse will show you where to go.
医生：你需要做血液检测,这是化验单,护士会带你过去。
Patient: Do I come back tomorrow?
患者：我明天还要再过来吗?
Doctor: No. Wait for the results and bring them back to me, it will take about 30 minutes.
医生：不用,等化验结果出来直接拿给我,大概 30 分钟左右就好。
Patient: OK, thanks. See you later.
患者：好的,谢谢！一会儿见。

(3)

Ankle Pain 脚踝痛

Doctor: You've hurt your ankle. How did you do that?
医生：你脚踝伤了,你是怎么弄的?
Patient: I twisted it playing football.
患者：我踢足球的时候扭着了。
Doctor: Can you move your ankle at all?
医生：你的脚踝能动吗?

Patient: No, it's very painful.
患者: 不能,很痛。
Doctor: Can you show me where it's painful?
医生: 你能告诉我哪里痛吗?
Patient: Just there.
患者: 就那里。
Doctor: Can you move your toes?
医生: 你的脚趾能动吗?
Patient: Yes, I can, but it hurts if I do.
患者: 是的,我能动,不过动的时候很痛。
Doctor: Do your toes look swollen to you?
医生: 你的脚趾肿了吗?
Patient: No, they're the normal size.
患者: 没有,很正常。
Doctor: OK, you need an X-ray, here is the form, would you like a wheelchair?
医生: 好的,你需要拍摄一下X线片,这是化验单,你需要坐轮椅吗?
Patient: Yes, that would be great.
患者: 是的,那就太好了。
Doctor: The nurse will get you one for you and take you to X-ray, please come back when you have the results.
医生: 一会儿护士给你推过来,她会带你去拍摄X线片,结果出来后给我带过来。
Patient: OK, thanks.
患者: 好的,谢谢!

(4)

Diarrhea 腹泻

Doctor: I need you to have some blood tests and I will need a stool specimen, here is a specimen pot.
医生: 我需要为你做一下血液检查,还需要你的粪便样本,这是样本盒。
Patient: What if I can't give you a specimen right now?
患者: 如果我现在不能给你样本呢?
Doctor: Take the specimen pot and collect the specimen when you are at home and bring it back tomorrow.
医生: 你可以把样本盒带回家,取了样之后明天给我带回来。
Patient: Where shall I take it?
患者: 我该将粪便样本送到什么地方?
Doctor: The nurse will show you where to go for your blood tests and where to take your specimen, she will show you where to collect your results, when you have the results bring them back to me.
医生: 护士会告诉你到哪里做血液检测和粪便取样,她还会告诉你到哪里取化验结果,

拿到化验结果之后带回来给我。

Patient: What if I haven't done the specimen of stool and I do it at home later?

患者：如果我今天没有在这取样而是在家呢?

Doctor: When you take the specimen to the laboratory and you have the results, if it is positive you will need to come and see me, but you will have to register again if you come back another day.

医生：当你把粪便样本拿给实验室得出的化验结果是呈阳性的话,你需要过来找我,不过如果你改天过来的话需要再次挂号。

Patient: If I can't do the stool specimen now, shall I do both the tests tomorrow and come back and see you with the results.

患者：如果我今天不能进行粪便取样,我是不是可以明天一起做血液检测和粪便检测,然后带着化验结果过来找你?

Doctor: If you wish.

医生：如果你愿意的话当然可以。

Patient: OK, will the nurse show me where to go?

患者：好的,护士会带我过去吗?

Doctor: Yes, she will.

医生：是的,她会带你过去。

Patient: OK, thanks.

患者：好的,谢谢!

(5)

Chest Pain 胸痛

Doctor: I will need to do some tests to see what the problem is?

医生：我需要做些检测来确认问题出在哪里。

Patient: OK, what are you going to do?

患者：好的,你接下来要做些什么?

Doctor: You will need to have some blood tests, an X-ray to see if you have a chest infection and an ECG test.

医生：我需要你做一下血液检测和X线看看是不是胸腔受感染,还需要你做一下心电图测试。

Patient: Do you have the test today?

患者：我是今天做吗?

Doctor: Yes, here are the forms and the nurse will show you where to go, you will need to wait for the results and bring them back to me.

医生：是的,这是化验单,护士会带你过去。你需要等化验结果出来之后带给我。

Patient: Do I come back here and wait outside?

患者：我还需要回到这里,然后在外面等吗?

Doctor: Yes, show the nurse your results, and she will tell me you are here.

医生：是的,你把化验结果给护士,她会告诉我你回来了。

(6)

Sychnuria 尿频

Doctor: Hello, Mr. Brown, please come in. It's your turn now.

医生: 喂,布朗先生,到你了,请进来。

Patient: Thanks. What should I do?

患者: 谢谢。我该怎么做?

Doctor: Please lie down on your back and loosen the belt. Expose the area of your bladder.

医生: 请仰卧于床上,解开皮带,露出膀胱区。

Patient: OK.

患者: 好的。

Doctor: OK. The urine in your bladder is enough for this exam. Tell me what you are suffering from.

医生: 嗯,尿够了,可以做超声检查了。告诉我你有什么不舒服?

Patient: I have frequent and urgent micturition.

患者: 我尿频尿急。

Doctor: Do you need to urinate several times overnight?

医生: 晚上需要起夜多次吗?

Patient: Yes. Recently I have to get up 3 or 4 times for urination. It hasn't been like that before.

患者: 是的。最近晚上要起来排尿三四次。以前不是这样的。

Doctor: Does it hurt when you are passing the urine?

医生: 排尿的时候痛吗?

Patient: Sometimes.

患者: 有时候会痛。

Doctor: Have you got hematuria?

医生: 有血尿吗?

Patient: No, never.

患者: 从来没有过。

(7)

Murmur (Children) 心脏杂音(儿童)

Doctor: The baby has a heart murmur, but this may be normal. Does he seem to be pretty active?

医生: 这个婴儿心脏有杂音,但杂音可能是正常的。他看起来很活泼?

Mother: Oh, yes.

母亲: 哦,很活泼。

Doctor: Does he ever turn blue after eating or after crying?

医生: 他吃奶或哭闹后有发青紫的现象吗?

Mother: Well, I haven't noticed anything like that.

母亲: 哦,我没有注意到那样的情况。

Doctor: Does he seem to get tired very often?
医生：他经常显得疲劳吗?
Mother: When he cries a lot he does.
母亲：当他哭多了就显得疲劳。
Doctor: We'll watch this condition. Is he on any other food than the formula?
医生：我们要注意这种情况。他除了吃配方奶以外还吃其他食物吗?
Mother: No.
母亲：不吃。
Doctor: How much formula is he taking?
医生：他吃多少配方奶?
Mother: Five ounces.
母亲：5 盎司(142g)。
Doctor: I mean the total, in a day. Is he up to a quart?
医生：我的意思是一天的总量是多少?能吃到一夸脱(1.14L)吗?
Mother: Just about that.
母亲：差不多一夸脱。
Doctor: Well, we usually don't like them to get more than a quart a day. We'll start him on some solids. He's gaining weight nicely, I see ... No other problems?
医生：呃,我们一般不愿让他们一天吃一夸脱以上。要开始给他们吃些固体食物。他的体重会增加得很好，……没有其他问题了吧?
Mother: I don't think so.
母亲：没有了。

(8)

Cough 咳嗽

Doctor: Well, how are you today?
医生：噢,你今天好吗?
Patient: Not so good.
患者：不怎么好。
Doctor: I understand you have some pain in the chest?
医生：我听说你有些胸痛,是吗?
Patient: Yes, it's pretty bad.
患者：是的,相当严重。
Doctor: When did it start?
医生：什么时候开始痛的?
Patient: During the night.
患者：在晚上。
Doctor: How long have you had the cold?
医生：你感冒多长时间了?
Patient: About a week, I guess.

患者： 我估计大约一周了。

Doctor： Have you been bringing up any phlegm?

医生： 你经常咳痰吗?

Patient： Quite a bit.

患者： 咳的相当多。

Doctor： Does it have any blood in it?

医生： 痰里带血吗?

Patient： Yes, it does.

患者： 是的,带血。

Doctor： How much?

医生： 量多少?

Patient： About half and half.

患者： 痰和血大约各一半。

Doctor： Is it spread all through the phlegm, or is it in clots?

医生： 血全散布到痰里呢,还是凝成块?

Patient： In clots.

患者： 凝成块。

Doctor： I see. ... Now, on which side have you been having this pain?

医生： 原来如此。……你经常在哪一侧胸痛?

Patient： Here. Right along here.

患者： 这一侧,就沿这一侧痛。

Doctor： Have you been short of breath?

医生： 你有过气短吗?

Patient： Yes, a little.

患者： 有,有一点儿。

Doctor： All right. Now, take a deep breath with your mouth open. ... Let it out ...

医生： 好了。现在张嘴做深呼吸。……呼气……

(9)

Vertigo 眩晕

Doctor： Come in, Mr. Papa.

医生： 帕帕先生,进来。

Cousin： Mr. Constantin, sir. And ...

亲戚： 我是康斯坦丁。

Doctor： I'm sorry, the appointment is for Mr. Papa ...

医生： 对不起,约的是帕帕先生。

Cousin： Mr. Papa is my cousin. Uh, he does not speak English yet. So I come along to explain for him.

亲戚： 帕帕先生是我的亲戚。唔,他还不会讲英语。所以我陪他来为他翻译。

Doctor： Oh, fine, fine.

医生：哦，好，好。

Cousin：Uh, but you must understand, my English is not so good either and ...

亲戚：唔，但是你要知道，我的英语也不是太好的，而且……

Doctor：I'm sure we'll have no trouble at all. Right, now, what seems to be the problem?

医生：我肯定我们不会有什么困难的。好，现在请你说说他有什么毛病。

Cousin：Uh, he says he feels dizzy in the head.

亲戚：唔，他说他觉得头晕。

Doctor：Right. Well, we'll just have a look. Uh, sir, has he been a bit off colour lately?

医生：对。好，我们只是要看一看。唔，先生，他近来是不是精神有点不好（身体有哪些不舒服）？

3 First Visit 初诊

(1)

WOMAN, AGED 29

女性，29 岁

Doctor：I see from your notes you were in hospital ten years ago with thyroid trouble.

医生：我从你的病历中得知，你 10 年前曾因甲状腺功能紊乱住过院。

Patient：Yes, that's right. And now I've got stomach trouble and my doctor sent me here.

患者：对，是这样。现在我又犯了胃病，我的医生介绍我到您这里来看病。

Doctor：What has actually been happening since the thyroid trouble?

医生：自从得了甲状腺疾病以来，有过哪些症状？

Patient：All sorts of things. I've been feeling very depressed for a year.

患者：症状可多呢。一年来，我精神非常不好。

Doctor：Did you go to your doctor?

医生：看过医生吧？

Patient：Yes, when it got bad. He gave me some Valium tablets to slow me down but they slowed me to a halt. I didn't do anything but sleep.

患者：难受时看过。他让我服用安定药片，使我镇静。我整天昏昏欲睡，除了睡觉外，我什么事也干不了。

Doctor：Did they affect you in any other way?

医生：还有其他症状吗？

Patient：Yes, I got indigestion.

患者：有，我最近消化不良。

Doctor：Did he give you anything for that?

医生：医生给你吃过什么药吗？

Patient：Yes, he gave me some medicine and then it was all right.

患者：给了，他给我开点药，我吃后就好了。

Doctor：How does the indigestion affect you?

医生： 消化系统怎么不好受?

Patient: All the food stays up here (indicating chest).

患者： 吃进的东西都停在这里(指胸部)。

Doctor: When do you get it?

医生： 什么时候觉得难受?

Patient: Two to three hours after food.

患者： 饭后两三个小时。

Doctor: What is it like? A pain?

医生： 怎么不好? 疼痛吗?

Patient: Yes, a pain.

患者： 是的,很痛。

Doctor: What kind? Burning, stabbing?

医生： 怎么个痛法? 烧灼痛还是刺痛?

Patient: It feels like some wind there and I want to get rid of it.

患者： 肠胃里胀气,我想把气排掉。

Doctor: Do you belch?

医生： 打嗝吗?

Patient: Not much.

患者： 不常打嗝。

Doctor: Does it bother you at night?

医生： 夜间犯病吗?

Patient: No.

患者： 不。

Doctor: It comes on when you are hungry?

医生： 饥饿时发作吗?

Patient: Yes, I have a terrible pain in my stomach and I feel I'll collapse if I don't eat straight away.

患者： 对,饥饿时胃部特别疼痛,如果不马上吃些东西,我就支持不住。

Doctor: How is your appetite?

医生： 胃口如何?

Patient: Very poor.

患者： 很差。

Doctor: Did you always have a bad one?

医生： 胃口一向不好吗?

Patient: No, it started to deteriorate ten years ago.

患者： 不,十年前才开始疼的。

Doctor: Has it changed much in the last few months?

医生： 近几个月变化大吗?

Patient: I think the medicine must push the food down and then I feel hungry.

患者：服药后，食物能够往下走了，我也感觉到饿了。
Doctor：What about your weight?
医生：你体重怎样？
Patient：I'm losing weight.
患者：体重在下降。
Doctor：How much do you weigh now?
医生：现在体重多少？
Patient：51kg.
患者：51 公斤。
Doctor：And how much did you weigh a year ago?
医生：一年前体重是多少？
Patient：60kg.
患者：60 公斤。
Doctor：What about your bowels?
医生：大便情况如何？
Patient：Terrible.
患者：很不好。
Doctor：In what way?
医生：怎么不好？
Patient：I'm constipated.
患者：常常便秘。
Doctor：How often do you have them opened?
医生：几天大便一次？
Patient：Only when I take medicine.
患者：只有吃了药才能大便。
Doctor：Every day?
医生：每天都解大便吗？
Patient：No, every other day.
患者：不，隔天一次。
Doctor：Does warm weather affect you?
医生：天气暖和时，你难受吗？
Patient：No, I prefer warm weather. I sweat less.
患者：不，我喜欢温暖气候。我出汗不多。
Doctor：Do you always sweat?
医生：你经常出汗吗？
Patient：Yes, but more recently.
患者：是的，最近出汗更多了。
Doctor：All over your body?
医生：是全身出汗吗？

Patient: Yes, all over.
患者：是的。
Doctor: Do you feel depressed, nervous, edgy, and irritable?
医生：你觉得抑郁、不安、急躁和爱激动吗？
Patient: I was worse before I got my job.
患者：是的，找到工作以前，我的病情更重。
Doctor: When did you start that?
医生：这样多久了？
Patient: A month ago.
患者：一个月前。
Doctor: Have you been fidgety, have your hands been shaky?
医生：你一直坐立不安、双手颤抖吗？
Patient: When I was coming here.
患者：我到这里时就是这样。
Doctor: At times of stress?
医生：是在精神紧张的时候发作吗？
Patient: Yes. And when something riles me.
患者：对，或者惹我生气时。
Doctor: Any trouble with your eyes?
医生：眼睛有什么毛病吗？
Patient: No.
患者：没有。
Doctor: Periods regular?
医生：月经规律吗？
Patient: Every month since I had my baby.
患者：有了孩子后，每月都有。
Doctor: When was that?
医生：那是什么时候？
Patient: Five years ago.
患者：五年以前。
Doctor: Do you feel restless?
医生：你感到躁动不安吗？
Patient: I couldn't concentrate till I got my job but now I have to.
患者：未找到工作以前，我精力一直集中不起来，如今不得不专心工作。
Doctor: Is there anything else you've noticed?
医生：你还有别的感觉吗？
Patient: No.
患者：没有。
Doctor: Has anyone in your family had thyroid trouble?

医生： 家中还有别人有过甲状腺疾病吗?

Patient: No. I have one sister and two brothers.

患者： 没有。我有一个姐姐和两个兄弟。

Doctor: Are they well?

医生： 他们都好吗?

Patient: Yes.

患者： 是的。

(2)

WOMAN, AGED 39

女性,39 岁

Doctor: I see you've been anaemic and you had a blood test last May. Has anything else troubled you?

医生： 我知道你一直贫血,五月份验过血。还有别的症状吗?

Patient: I've kept getting a roaring in my ears and giddiness.

患者： 我一直耳鸣,眩晕。

Doctor: Anything else?

医生： 还有别的症状吗?

Patient: Yes, I am breathless.

患者： 是的,我还气短。

Doctor: All the time?

医生： 一天到晚都不好吗?

Patient: Most of the time.

患者： 大部分时间。

Doctor: What do you do?

医生： 你做什么工作?

Patient: I'm a cook.

患者： 我是厨师。

Doctor: How long has all this gone on?

医生： 这些症状持续多久了?

Patient: Say, six months.

患者： 大约有六个月了。

Doctor: Since your treatment with iron?

医生： 自从你服用铁剂以后就这样吗?

Patient: Yes. I keep getting dizzy spells.

患者： 是的,我的眩晕经常是周期性发作。

Doctor: Tell me about them. How often do you get them?

医生： 说详细一些。多久发作一次?

Patient: They come and go but last time I fell badly.

患者： 它时好时坏,最近一次非常厉害。

Doctor: Does anything bring them on?
医生：什么情况促使眩晕发作?
Patient: Rushing about.
患者：突然跑动时。
Doctor: What actually happens?
医生：会发生什么情况?
Patient: I keep falling down.
患者：我总摔跤。
Doctor: Do you know you're going to fall?
医生：你知道你要跌倒吗?
Patient: I know I'm falling but I can't stop myself.
患者：我知道要跌倒,但我就是站立不住。
Doctor: Do your legs give way?
医生：双腿不听使唤吗?
Patient: Yes.
患者：是的。
Doctor: Do you fall in any particular way?
医生：是按某种特定方式跌倒吗?
Patient: I keep falling forwards.
患者：总是朝前摔倒。
Doctor: You've hurt yourself more than once?
医生：你摔伤不止一次吧。
Patient: Oh, yes. I go giddy. The fridge comes to meet me and whizzes round.
患者：是的。我经常眩晕,我觉得冰箱朝我冲来,并很快旋转起来。
Doctor: If you stand still, do you hold on?
医生：如果你站着不动,能够站稳吗?
Patient: Yes.
患者：能。
Doctor: Do you feel giddy in bed?
医生：躺在床上感到眩晕吗?
Patient: Yes.
患者：是的。
Doctor: Are you all right between spasms?
医生：两次发作期间你感觉好吗?
Patient: Yes.
患者：还行。
Doctor: Does it affect your hearing?
医生：对你听力有什么影响吗?
Patient: I get roaring in my ears.

患者：双耳耳鸣。

Doctor: What does it sound like?

医生：像什么声音？

Patient: Like whooshing.

患者：像哗哗流水声。

Doctor: How long?

医生：多长时间？

Patient: Minutes.

患者：几分钟。

Doctor: Do you feel sick?

医生：你感到恶心吗？

Patient: Yes. First thing in the morning. Terribly.

患者：是的。一大早就恶心，太难受了。

Doctor: Have you been sick?

医生：常呕吐吗？

Patient: Oh yes.

患者：是的。

Doctor: Do you suffer from headaches?

医生：头痛吗？

Patient: My periods are only for half a day and I get terrible headaches.

患者：我每次月经只来半天，来经时头痛得非常厉害。

Doctor: How often do you have your periods?

医生：你月经多长时间来一次？

Patient: It varies. Every two or three weeks.

患者：不一定，每隔 2~3 周。

Doctor: Is it always like that?

医生：一直这样吗？

Patient: Yes.

患者：是的。

Doctor: When did they start?

医生：何时开始的？

Patient: When I was eleven. Then nine years ago they stopped for three years. I saw five days before that.

患者：我十一岁来月经，然后九年前中断月经三年。五天前来过月经。

Doctor: You say you are breathless?

医生：你说过你有气喘，是吗？

Patient: Yes. I get puffed if I go upstairs.

患者：是的。我一爬楼就喘不过气来。

Doctor: Do you suffer from indigestion?

医生： 你有消化不良病吗?

Patient: No.

患者： 没有。

Doctor: Bowel trouble?

医生： 有肠胃病吗?

Patient: No.

患者： 没有。

Doctor: Water?

医生： 排尿有问题吗?

Patient: No.

患者： 没有。

Doctor: Do you get up at night?

医生： 夜间起来上厕所吗?

Patient: No.

患者： 不。

Doctor: How's your appetite?

医生： 胃口怎样?

Patient: Fair.

患者： 还好。

Doctor: Do you smoke?

医生： 你抽烟吗?

Patient: Fifteen to twenty a day.

患者： 每天抽 15~20 支烟。

Doctor: Do you drink?

医生： 喝酒吗?

Patient: Not a lot.

患者： 喝得不多。

During the clinical examination the doctor made the following remarks:

在临床检查时,医生和患者进行了如下的对话:

Doctor: Can I have your arms? I'll take your blood pressure. Apart from iron tablets, are you taking anything else?

医生： 请伸出胳膊,让我给你量血压。除了铁剂外,你还服过别的什么药吗?

Patient: Yes. For sleeping.

患者： 服过安眠药。

Doctor: Let me look at your chest for a moment. Take a big breath. What are these pale patches on your cheeks?

医生： 让我检查一下你的胸部。大口呼吸。你脸上有斑是怎么回事?

Patient: They come from taking sleeping pills.

患者： 服用安眠药后就有了。

Doctor: Breathe through your mouth. When did you have your teeth out?
医生：请张嘴呼吸。你牙齿什么时候脱落的?
Patient: Four years ago.
患者：四年以前。
Doctor: Let your shoulders do loose. Have your motions changed in colour?
医生：请两肩放松。大便颜色有变化吗?
Patient: Yes. They are very dark. The iron tablets give me diarrhea.
患者：有,大便发黑。服铁剂后还腹泻。
Doctor: I'll look at your eyes now. Look at my fingers. Keep your head still and follow it with your eyes. Open your mouth. Can you feel this pin? I can't find any serious cause for anaemia. I'd like you to have your chest X-rayed, a skull X-ray, an EEG and some further blood tests.
医生：我现在检查你的眼睛。看我手指,头不要动,眼睛随着我的手指转动。张开嘴。你有针扎的感觉吗? 我还找不到引起贫血的主要原因,请你做一下胸部X线片、头部X线片、脑电图,再做进一步的血液化验。

4 Collecting Medical History 采集病史

Medical History: Adults 成人病史

(1)

Doctor: Do you have any existing medical health problems?
医生：你现在有什么已经确诊的病吗?
Patient: No, I don't.
患者：不,我没有。
Doctor: Are you on any medication for existing health problems?
医生：你现在吃什么药?
Patient: No, I'm not.
患者：我没吃药。
Doctor: Are you taking any other medication for any other reason? (e.g. birth control/vitamins)
医生：除此之外,你还因为别的原因吃其他的药吗? (例如:避孕药、维生素之类)
Patient: Yes, I take multivitamins every day and I'm on the pill.
患者：是的。我每天吃复合维生素片和避孕药。
Doctor: Have you had any illness or physical problems recently?
医生：最近你得过什么病或身体有什么问题吗?
Patient: No, not that I can think of.
患者：没有,我认为没有。
Doctor: Have you had any infections or viruses recently?
医生：你最近是否受过什么感染或病毒侵袭?
Patient: Yes, sure. I've had a couple of colds nothing bad.

患者：当然有。我得了两次轻微的感冒。

Doctor: Do you have a family history of diabetes, heart problems, cancer, and lung complaints?

医生：家族中是否有糖尿病、心脏病、癌症或呼吸疾病的病史？

Patient: Yes, my mother has diabetes diet controlled only though, and my grandmother died of a heart attack.

患者：是的。我的母亲有糖尿病，但她现在只是控制饮食进行治疗，我祖母死于心脏病。

Doctor: Are your vaccinations current?

医生：你在疫苗的有效期内吗？

Patient: Yes, I had all the vaccinations .I needed to come to China.

患者：是的。我打了入境要求的所有疫苗。我需要去中国。

Doctor: Have you ever had any surgery? What for?

医生：你进行过什么手术吗？因为什么原因动手术？

Patient: I had my appendix out when I was 16, nothing else.

患者：我在十六岁时切过阑尾，其他没有。

Doctor: Do you have any allergies?

医生：你对什么过敏？

Patient: Not allergies as such but I do have an intolerance to milk and wheat.

患者：不明显。但是对牛奶和小麦有不耐性。

Doctor: Have you had any medical tests recently?

医生：你最近是否进行过什么化验检查？

Patient: No.

患者：没有。

Doctor: Is there anything you need to tell me that you think will be useful?

医生：你觉得还有哪些对病情有用的信息可以提供给我吗？

Patient: No, I don't think so.

患者：我认为没有了。

(2)

Doctor: Do you have any existing medical health problems?

医生：你现在有什么已经确诊的病吗？

Patient: Yes, I have hypertension（ high blood pressure) and I'm a diabetic.

患者：是的。我有高血压和糖尿病。

Doctor: Are you on any medication for your existing health problems?

医生：对于现在的病，你吃过什么药吗？

Patient: Yes, I take medication for my blood pressure and diabetes.

患者：是的，我吃治疗高血压和糖尿病的药。

Doctor: What do you take and how often do you have to take it?

医生：吃的什么药？多久吃一次？

Patient: I have got the pills here to show you, I take the blood pressure tablets every morning

and the diabetic tablets morning and evening.

患者：我这就把药片给你看。治疗高血压的药我每天早上吃，糖尿病的药早上和晚上吃。

Doctor: How long have you been taking your medication for these problems?

医生：你吃这些治疗的药多久了？

Patient: The blood pressure tablets for the last year, but I have had the tablets for my diabetes for 6 years now.

患者：治疗高血压的药去年吃了一年，而治疗糖尿病的药已经吃六年了。

Doctor: Are you taking any other medication for any other reason?

医生：除此之外，你还因为别的原因吃其他的药吗？

Patient: I take fish oil tablets and painkillers when I need them for a headache or when my bones ache.

患者：我吃鱼肝油，而且当我头痛或者骨痛时也吃止痛片。

Doctor: Have you had any illnesses or physical problems recently?

医生：最近你得过什么病或身体有什么问题吗？

Patient: Only the trouble with my blood pressure which was diagnosed this year.

患者：我今年被诊断出患有血压病。

Doctor: Have you had any infections or viruses recently?

医生：你最近是否受过什么感染或病毒侵袭？

Patient: I've had the odd cold like everyone else, haven't had flu or anything.

患者：和常人一样，偶尔轻微感冒，但没有得过流感或者其他疾病。

Doctor: Do you have a family history of diabetes, heart problems, cancer, and lung complaints?

医生：家族中是否有糖尿病、心脏病、癌症或呼吸疾病的病史？

Patient: Yes, my father had heart problems so did his mother, and my grandfather had diabetes. My grandmother had bowel cancer.

患者：是的。我父亲和祖母有心脏病，我的祖父得过糖尿病，我的祖母还有肠癌。

Doctor: Are your vaccinations current?

医生：你在疫苗有效期内吗？

Patient: Yes, they are.

患者：是的。

Doctor: Have you ever had any surgery? What for?

医生：你进行过什么手术吗？ 因为什么原因动手术？

Patient: I had my gall bladder removed about 20 years ago, appendectomy when I was very young and nothing else.

患者：20 年前我做过胆囊手术，在年轻的时候阑尾也动过手术，没有别的了。

Doctor: Do you have any allergies?

医生：你对什么过敏？

Patient: No, but I do have hay fever quite badly.

患者：没有。但我有严重的花粉病。

Doctor: Have you had any medical tests recently?

医生：你最近是否进行过什么化验检查?

Patient: I go to my doctor every month to check my blood pressure and check my urine, nothing else.

患者：每月我都会去看医生,检查我的血压并进行尿检,除此没别的了。

Doctor: Is there anything you need to tell me that you think will be useful?

医生：你觉得还有哪些对病情有用的信息可以提供给我吗?

Patient: No, not really, but I was thinking that perhaps the difference in the food that I'm eating in China could be a problem with my diabetes.

患者：没有了。我在想可能因为中国的食物不同,这样会影响我的糖尿病。

(3)

Doctor: Do you have any existing medical health problems?

医生：你现在有什么已经确诊的病吗?

Patient: No, I don't.

患者：不,我没有。

Doctor: Are you taking any other medication for any other reason?

医生：是否因为其他原因在吃药?

Patient: No, just a paracetamol or brufen if I have a headache or any aches and pains.

患者：没有。当我头痛或身体不适时,会服用一些对乙酰氨基酚和布洛芬。

Doctor: Have you had any illnesses or physical problems recently?

医生：最近你得过什么病或身体有什么问题吗?

Patient: No, I don't think so. I hurt my back a couple of months ago but it's OK now.

患者：没有。我后背在两个月前受过伤,不过现在已经好了。

Doctor: Have you had any infections or viruses recently?

医生：你最近是否受过感染?

Patient: Just the odd cold that's going around, nothing serious.

患者：得过感冒,但不严重。

Doctor: Do you have a family history of diabetes, heart problems, cancer, and lung complaints?

医生：家族中是否有糖尿病、心脏病、癌症或呼吸疾病的病史?

Patient: My grandmother had breast cancer, and my father has high blood pressure but doesn't have a heart problem.

患者：我祖母得过乳腺癌,我父亲有高血压但是没有心脏病。

Doctor: Are your vaccinations current?

医生：你是否在疫苗的有效期内?

Patient: Yes, I think so.

患者：是的,我觉得是。

Doctor: Have you ever had any surgery? What for?

医生： 你最近是否动过手术？因为什么原因动手术？

Patient： I had a mole removed a couple of years ago, but it was benign, no other surgery.

患者： 两年前取过畸胎瘤，但是是良性的，之外没有其他手术。

Doctor： Do you have any allergies?

医生： 你对什么过敏？

Patient： Yes, I'm allergic to Penicillin and shellfish.

患者： 是的，我对青霉素和贝壳类过敏。

Doctor： Have you had any medical tests recently?

医生： 最近做过什么化验检查吗？

Patient： No.

患者： 没有。

Doctor： Is there anything you need to tell me that you think will be useful?

医生： 你觉得还有哪些对病情有用的信息可以提供给我？

Patient： No.

患者： 没有了。

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Medical History: Pediatric 儿童病史

Doctor： Were there any complications during pregnancy? (diabetes, hypertension)

医生： 在怀孕期间，有什么并发症吗？（糖尿病、高血压）

Patient： No, not really only that I am blood group O neg so I had to have lots of blood tests and I had to be induced.

患者： 没有。不过我是负O型血，因此我不得不做大量的血液检查，而且必须接受引产。

Doctor： Was it a normal delivery? Or C section?

医生： 是顺产吗？还是剖宫产？

Patient： It was C section.

患者： 是剖宫产。

Doctor： Did you have an epidural?

医生： 你是否有过脊髓硬膜外腔的注射？

Patient： Yes, I did.

患者： 是的，我有。

Doctor： Did you have any miscarriages before your pregnancy?

医生： 在怀孕以前流产过吗？

Patient： Yes, I had two.

患者： 是的，流产过两次。

Doctor： Has your child had any vaccinations? What are they?

医生： 你的孩子是否已经打过疫苗？ 是什么疫苗？

Patient： She has had all the child vaccinations.

患者： 她打过所有的儿童疫苗。

Doctor： Has your child's development been normal? Can your child sit, smile, crawl, walk?

医生：你的孩子发育正常吗？能坐、笑、爬和走吗？

Patient: Yes, it has.

患者：是的，一切正常。

Doctor: Can you tell me your child's feeding history?

医生：能够告诉我你孩子的喂养记录吗？

Patient: Normal progress.

患者：正常的情况。

Doctor: Is your child breast or formula fed? Have supplementary foods? Is your child weaned?

医生：你的孩子是母乳还是奶粉喂养？添加辅食了吗？孩子断奶了吗？

Patient: She is on normal foods now, and only has a bottle of cow milk in the evening and juice in a cup during the day.

患者：她现在饮食正常，晚上喝一瓶牛奶，白天一杯果汁。

Doctor: Does your child have any existing medical health problems?

医生：你的孩子有已经确诊的病吗？

Patient: No.

患者：没有。

Doctor: Is she taking any other medication for any other reason?

医生：是否因为其他原因吃别的药呢？

Patient: She takes the child vitamin pills in the winter.

患者：她冬天的时候吃儿童维生素。

Doctor: Have there been any illnesses or physical problems recently?

医生：最近她得过什么病或身体有什么问题吗？

Patient: No.

患者：没有。

Doctor: Has she had any infections or viruses recently?

医生：最近她是否受过感染或病毒侵袭？

Patient: She had a slight cold a couple of months ago, nothing serious.

患者：两个月前，她得过轻微的感冒但并不严重。

Doctor: Do you have a family history of diabetes, heart problems, cancer, and lung complaints?

医生：家族中是否有糖尿病、心脏病、癌症或呼吸疾病的病史？

Patient: Both her grandmothers have diabetes, and her grandfather had lung cancer.

患者：她祖母和外祖母都患有糖尿病，而她祖父得过肺癌。

Doctor: Has she had any surgery? What for?

医生：她是否曾经做过手术？因为什么原因动手术？

Patient: No.

患者：没有。

Doctor: Does she have any allergies?

医生： 她对什么过敏?

Patient: No, not that I know of.

患者： 据我所知,没有。

Doctor: Has she had any medical tests recently?

医生： 她最近做过什么化验检查吗?

Patient: No.

患者： 没有。

Doctor: Is there anything you need to tell me, that you think will be useful?

医生： 你觉得还有哪些对病情有用的信息可以提供给我?

Patient: No, I don't think I need to tell you anything else.

患者： 没有。我认为没有其他需要告诉你的了。

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Time Related Situation 描述时间

Doctor: How long have you had this problem?

医生： 你有这个病多久了?

Patient: On and off for ages I can't remember.

患者： 间歇性的,已经多年,我记不清楚了。

Doctor: It's March now, have you had this problem just this year?

医生： 现在是三月,你只是在今年才有这个病的吗?

Patient: Longer I think.

患者： 我觉得还要长。

Doctor: Did you have it at Christmas time?

医生： 是否在去年圣诞期间?

Patient: Yes, I did. I remember that it spoilt the day for me.

患者： 对。我记得圣诞节发作了。

Doctor: Can you remember how long you had it before then, did you have the problem in the summer?

医生： 你还记得在那以前发作持续多长时间吗? 你在夏天的时候有同样的毛病吗?

Patient: No, I didn't. It started after my holiday, and I had my holiday in September.

患者： 没有,夏天时没有。它是我休假后出现的,我休假在九月份。

Doctor: So you think you may have had this problem for about 6 months then?

医生： 所以你现在有这个毛病快六个月了。

Patient: Yes, I think so about 6 months.

患者： 对。我认为大约就六个月时间。

Doctor: You say you have the pain on and off, does that mean the pain is there every day?

医生： 你说时而发痛,这是否是说在同样一个地方天天都断断续续地痛?

Patient: No, I wouldn't say it was every day.

患者： 不。不是天天都有。

Doctor: How many days between each attack of pain would you say?

医生：两次发作间隔多久？

Patient: Maybe every couple of days or so.

患者：大约每两天一次。

Doctor: And when you get a day of pain, how many times do you get the pain throughout the day?

医生：当你痛的那天，整天下来疼痛多少次？

Patient: It's usually after I've had breakfast and then a few more times during the day.

患者：通常在早饭之后一次，白天再发作三四次左右。

Doctor: So would you say when you have the pain it can be four times a day?

医生：所以你所说的是一天四次吗？

Patient: Yes, that's right.

患者：对。

Doctor: OK, thanks.

医生：好的，谢谢！

Unit III

Internal Medicine

内　　科

1 Cold 感冒

(1)

Doctor: What seems to be the problem?
医生：有什么问题吗?
Patient: I think I have a cold.
患者：我想我感冒了。
Doctor: How long have you been sick?
医生：您病了多久?
Patient: For two days.
患者：两天了。
Doctor: What symptoms do you have?
医生：您有些什么症状?
Patient: I have a runny nose and I ache all over.
患者：流鼻涕,全身痛。
Doctor: Do you have a fever?
医生：您发热吗?
Patient: I haven't taken my temperature yet, but I feel feverish.
患者：我还没试表,但是我觉着发热。
Doctor: Do you have a cough?
医生：咳嗽吗?
Patient: No, I don't.
患者：不咳嗽。
Doctor: Do you have a sore throat?
医生：嗓子痛吗?
Patient: Yes, my throat feels swollen. It's sore.
患者：是的,我觉着嗓子肿了,很痛。
Doctor: I want to look at your throat. Open your mouth. Please say "Ah".
医生：我检查一下您的嗓子。请张开口说"啊"。
Doctor: It's only a common cold. Nothing to worry about. You should rest for a few days, I'll write you a certificate for three days' leave. Here is some Chinese traditional

medicine, which is very effective for treating colds. You'll be fine in a few days.

医生：只不过是普通感冒。不要紧的。您需要好好休息几天，我给您开 3 天假。这是中药，治感冒很有效。我看用不了几天你就会好的。

(2)

Doctor: How long have you had this cough?

医生：你咳嗽多长时间了？

Patient: I've had it for about 3 days.

患者：有三天了。

Doctor: What does your cough sound like?

医生：你的咳嗽听起来怎么样？

Patient: It sounds chesty.

患者：呼吸音粗糙。

Doctor: Does it hurt your chest when you cough?

医生：你咳嗽的时候胸口痛吗？

Patient: Yes, it does.

患者：是的。

Doctor: Does your chest hurt when you breathe in and out (inspire and expire)?

医生：当你呼吸的时候胸口痛吗？

Patient: It hurts when I breathe in.

患者：当我吸气的时候会痛。

Doctor: Do you have any sputum when you cough?

医生：你咳嗽的时候有痰吗？

Patient: No, not really just a little bit.

患者：没有，仅仅是一点点。

Doctor: What is it like, what colour is it?

医生：痰是什么样的，什么颜色的？

Patient: It's normal.

患者：正常的。

Doctor: Do you have a weakness in your chest normally?

医生：你是否肺部比较弱？

Patient: Yes, I guess I do, if I have a cold I always get a cough.

患者：是的，我想是的，每次一感冒就咳嗽。

Doctor: Do you suffer from asthma?

医生：你有哮喘病吗？

Patient: No.

患者：没有。

Doctor: Do you use inhalers or other medication?

医生：你是否用吸入器或者吃其他药？

Patient: No.

患者：没有。

Doctor：I need to listen to your chest, please undo your shirt/ please lift up your top.

医生：我需要听你的肺，请把衣服卷起来。

Doctor：I need to take your temperature, pulse and B/P.

医生：我需要量一下你的体温、脉搏和血压。

Doctor：You need to have an X-ray of your chest and some blood tests.

医生：你需要做X线和血液检查。

Doctor：After you have had your X-ray and blood tests come back to this department to see me, the nurse will show you where to go.

医生：你做完X线和血液检查之后回来找我，护士会带你过去。

Patient：OK, thank you.

患者：好的，谢谢！

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Doctor：Your X-ray shows that your lungs are normal.

医生：你的X线片表明你的肺很正常。

Patient：OK, that's great.

患者：好的，太好了。

Doctor：Your blood test shows that you have a mild chest infection.

医生：你的验血报告表明你有轻微的胸腔感染。

Patient：Oh, OK. Do I need any medication?

患者：哦，好的。我需要吃什么药？

Doctor：You will need medication I am going to prescribe you some ... antibiotics.

医生：你需要吃些药，我给你开些抗生素。

Doctor：You need to take this medication for three days.

医生：你需要吃一个疗程三天。

Patient：Thanks very much!

患者：非常感谢！

Doctor：If you do not feel better in three days please come back to see me, but you will need to register first.

医生：如果三天后还没有好转再过来找我，不过你需要先挂号。

Patient：Thank you very much, Doctor.

患者：医生，非常感谢你！

2 Bronchitis 支气管炎

Doctor：Well, your main trouble is shortness of breath?

医生：你的主要症状是气短，对吗？

Patient：Yes.

患者：对。

Doctor: And you cough up sputum?

医生：你咳痰吗？

Patient: I what?

患者：我什么？

Doctor: You cough up phlegm?

医生：你咳痰是吗？

Patient: Yes.

患者：对。

Doctor: And you were a miner?

医生：你过去是个矿工吧？

Patient: Yes, for 15 years.

患者：是，干了 15 年。

Doctor: Well, how bad is the shortness of breath?

医生：那么，气短的毛病严重到什么程度？

Patient: I've got about 14 steps to go up to bed and I've got to stop on the landing. I haven't been able to work for two years. I'm lucky I have two sons to help me. I can't lift.

患者：我必须登 14 级楼梯才能到房间上床。我不得不中途在楼梯转弯处停下来休息。我已两年不能上班了。很幸运我有两个儿子帮我。我不能提起任何重物。

Doctor: How long has this shortness of breath bothered you?

医生：气短使你感到不舒服有多长时间了？

Patient: For about 2.5 to 3 years now, Doctor.

患者：差不多到现在有两年半到三年了，医生。

Doctor: Do your feet ever swell?

医生：你的脚肿过吗？

Patient: No, but they ache.

患者：没有，但两脚痛。

Doctor: Is everything else all right? Digestion, bowels, water?

医生：其他方面都正常吗？消化、大便、排尿都怎样？

Patient: I've got no trouble with the toilets. My water does not bother me at all. I can eat; I like two meals a day with something solid at tea-time.

患者：大便没问题。排尿一点儿也未让我觉得不舒服。我能吃饭，我喜欢一天两餐，晚点有时吃点硬食。

Doctor: Yes. And do you smoke?

医生：你吸烟吗？

Patient: Yes. I've cut myself down to between 10 to 15 a day, but I've started smoking a pipe and I smoke about two ounces of tobacco a week.

患者：吸，我现在已减到一天 10~15 支烟了。但我已开始吸烟斗，一周要 2 盎司(57g)烟草。

Doctor: As well as the 10 to 15 cigarettes?

医生： 加上每天 10~15 支香烟?

Patient: Yes. I can't smoke a pipe after I've had my dinner and that's when I go back to my cigarettes.

患者： 对。正餐后我不能吸烟斗,就是那个时候我才又抽香烟。

Doctor: Your wife's at home, is she?

医生： 你妻子不工作,对不对?

Patient: Yes, with my two youngest children.

患者： 对,和我两个小孩在家里。

Doctor: How old are they?

医生： 两个孩子多大了?

Patient: Twelve and thirteen.

患者： 12 岁和 13 岁。

Doctor: There's no illness in the family, is there? No TB?

医生： 家里人没有生病的,对不对? 没有结核吧?

Patient: No.

患者： 没有。

Doctor: Any illness you've had in the past?

医生： 过去你患过什么病吗?

Patient: Well, I've had bronchitis a time or two, especially in the winter months.

患者： 我患过一两次支气管炎,特别是冬天爱复发。

Doctor: Well, if you can have your woolly off and lie down, I'll give you a check-up.

医生： 好,如果你能脱掉毛衣躺下,我就给你检查一下。

(After examining the patient)

(在检查了患者之后)

Doctor: Well, the trouble is bronchitis and the main cause of it is smoking, of course.

医生： 对,毛病是支气管炎,当然其主要病因是吸烟。

Patient: Do you think so?

患者： 你这么认为吗?

Doctor: I'm sure of it. Now that doesn't mean that if you stop smoking it will get all right but it does mean that if you go on smoking it will get steadily worse. If you stopped smoking I would think that with average luck you would notice some improvement.

医生： 我想肯定是这样的。这并非意味着你戒了烟支气管炎就会痊愈,但它却意味着若你继续吸烟病情会不断变坏。如果你戒了烟,我认为按患者的病情平均改善程度估计,你会发现某些方面的改善。

Patient: I've noticed a big improvement since I cut the cigarettes down and went on to a pipe because I don't inhale the pipe you see.

患者： 我已注意到从减少烟量及吸烟斗以来病情显著减轻,你知道这是因为我不把烟吸进去。

Doctor: I know. Well, this is the main thing. Now the other thing that you can be thinking

about is the question of coal dust. I can just tell looking at your X-ray film that you've been a miner, so there must be a trace of coal dust there. You are perfectly free to apply for compensation to the Pneumoconiosis Medical Panel but my guess is that you probably wouldn't be accepted.

医生：我知道。好的，这是主要的问题。那么你担心的另一个问题是煤粉尘。看你的X线片我就能辨认出你曾是个矿工。看，这里肯定是煤尘的痕迹。你最好向尘肺医疗小组申请补偿而得到免费治疗，但我猜他们大概不会接受你的申请。

Patient: I'm not bothered about that, doctor.

患者：我不在意这点，医生。

Doctor: No, but we have to talk about this. If you want to have a go all you do is to go to the local Department of Employment and put in a claim.

医生：对，但我们必须谈及此点。如果你要申请的话，你只要到当地的劳工就业部门去提出申请就行。

Patient: How are my lungs, Doctor?

患者：医生，我的两肺怎么样？

Doctor: Not bad at all. If you hadn't got smoker's bronchitis, I don't think this would worry you at all.

医生：一点儿也不严重。如果你没患上吸烟者的支气管炎，我想它们一点也不会让你担心。

Patient: I've been troubled with bronchitis ever since I was born, you know. It was an ailment that my mother had. She died of pneumonia. I've been chesty all my life but apart from the breathing side of it, my lungs aren't opening—you know what I mean?

患者：你知道从我生下来我就一直有支气管炎。这也是我母亲患过的病。她死于肺炎。我这一生总咳嗽，肺部有问题，然而除了能进行呼吸的那部分外，我的肺是不张开的——你明白我指的是什么吗？

Doctor: Well, your tubes are partly filled up, that's the thing, but it's not that bad. I get lots of people here much worse than you but I realize that it does not interfere with your activities.

医生：明白。你的支气管被部分阻塞了，这确实如此，但情况并不很坏。我在这里见过许多人比你的情况糟得多，我认为这种情况不会对你的体力活动有影响。

Patient: It stops me from lifting. I lift one or two things and then I'm jiggered.

患者：它影响我提重的物品。我提起一件或两件物品马上就累极了。

Doctor: Now apart from smoking, what else can you do? You have difficulty, I expect, clearing the chest in the morning?

医生：除了吸烟你现在还有什么其他嗜好吗？我想清晨时你排痰有困难。

Patient: Yes.

患者：对。

Doctor: Have you one of these little pressurized inhalers?

医生：你有这种小型的沙丁胺醇雾化吸入器吗？

Patient: No.

患者：没有。

Doctor: Well, one of these would clear the chest in the morning. All you do is to shake it and puff. One puff is usually sufficient. You must not have more than two puffs and no more for three hours. Is that clear? These are absolutely safe if you stick to that dose. This would help to clear your chest and before you go up a hill you could have a puff. I'll write to your doctor about that, shall I?

医生：噢,这东西在早晨可帮你排痰。你要做的就是晃动它然后喷一下。一下通常就足够了。三小时之内喷雾不能多于两下。明白吗？如果你遵循这一剂量,就绝对安全。它能帮你排痰而且当你爬坡前也可以喷一下。我把这些写信告诉你的大夫,需要吗?

Patient: Please. Thank you, Doctor.

患者：需要,请写上。谢谢你,医生。

3 Pneumonia 肺炎

(1)

Doctor: Hello, how can I help you?

医生：你好,有什么我能帮助你的吗?

Patient: I have got chest pain.

患者：我胸痛。

Doctor: How long have you had this chest pain?

医生：你胸痛多长时间了?

Patient: I've had it for a few days now.

患者：我胸痛有好几天了。

Doctor: What does the pain feel like?

医生：是怎么样的一种痛?

Patient: It feels tight in my chest when I breathe.

患者：我呼吸的时候感到胸很闷。

Doctor: Is the pain just in that area or does it spread anywhere else?

医生：是仅仅胸痛还是放射到其他部位?

Patient: Nowhere else, just in my chest when I breathe.

患者：没有到其他的部位,就是呼吸的时候胸部痛。

Doctor: Do you have any pain in your shoulder or down your left arm?

医生：你的肩膀或左臂痛吗?

Patient: No.

患者：没有。

Doctor: Does the pain get worse or better if you walk around?

医生：你走动的时候疼痛会加剧或减轻吗?

Patient: It gets worse, because I start to feel breathless.
患者：会加剧，因为我开始喘不过气来。
Doctor: Have you ever had this pain before?
医生：你以前有过这样的痛吗？
Patient: No.
患者：没有。
Doctor: Do you have any other symptoms?
医生：你有其他症状吗？
Patient: Well I have had a cold for a week or so.
患者：我得了一个星期的感冒。
Doctor: Do you have a cough?
医生：你咳嗽吗？
Patient: Not a proper cough, I cough in the morning when I wake up.
患者：不能算真正意义上的咳嗽，我只是早上醒来的时候咳嗽。
Doctor: Have you taken any medication for the pain? Did it help?
医生：你服用过止痛药吗？有帮助吗？
Patient: No, I haven't taken anything.
患者：没有，我没有吃任何药。
Doctor: OK, I need to take your pulse, temperature and blood pressure.
医生：好，我需要量你的脉搏、体温和血压。
You have a slight temperature of 37.8 and B/P is 140/80.
你稍微地发热，体温为 37.8℃，血压为 140/80 。
I need to listen to your chest—please undo your shirt/ please lift up your top.
我需要听你的肺，请把衣服卷起来。
OK, it sounds as if you might have a chest infection; I need you to have some tests.
好的，听起来你可能有胸部感染，我需要做些检查。
Patient: What kinds of tests?
患者：什么类型的检查？
Doctor: You need to have some blood tests, X-ray and an ECG right away; here are the forms, the nurse will take you to the departments in a wheelchair.
医生：你需要立刻做血液检测。X 线和心电图，这是检测单，护士会用轮椅推你过去。
Patient: Do I need to go in a wheelchair?
患者：我需要坐轮椅过去吗？
Doctor: Yes, I think it would be best as you feel breathless easily.
医生：是的，我觉得最好是这样，因为你很容易气喘。
Patient: OK, what happens after I have had the tests?
患者：好的，检测之后我该做什么？
Doctor: You wait for the results and bring them back to me.
医生：你等待结果出来再拿回来给我。

Patient: OK.

患者：好的。

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Doctor: Your results show that you have a mild case of pneumonia; you need to have intravenous antibiotics, and I'll prescribe some painkillers for the pain in your chest.

医生：你的检查结果表明你有轻度肺炎，你需要静脉输液，我会给你开些止痛药缓解胸痛。

Patient: Are you going to admit me into hospital if I'm to have intravenous antibiotics?

患者：如果我要输液的话是不是要住院？

Doctor: No, I prescribe antibiotics, you collect them from pharmacy then go to the infusion room, where a nurse will put a cannula in your arm and give you the antibiotics in a bag of fluid.

医生：不用，我给你开抗生素，你到药房去取，然后到输液室，护士会给你的手臂装套管，然后用药液袋给你输抗生素液。

Patient: What, today, now? Do I just have one dose of antibiotics?

患者：什么？今天，是现在吗？我就输一个剂量的抗生素吗？

Doctor: No, you will need to come back again later today for another, and twice a day for 2 days.

医生：不是，你今天晚些时候需要过来输第二次，一共输两天，每天输两次。

Patient: Can't I have oral medication/ tablets? I really don't want to have it intravenously.

患者：我不能用口服药吗？我真的不喜欢输液。

Doctor: Yes, you can. But it will take longer to cure your pneumonia if you take oral antibiotics. It is much more effective if you have them intravenously.

医生：可以。你可以选择口服抗生素的，不过这样医治起来时间很长。如果你输液，效果会明显很多。

Patient: I'd rather have the tablets if you don't mind.

患者：如果你不介意的话，我更倾向于药物治疗。

Doctor: OK, as your pneumonia is mild I will prescribe tablets for you. But if you do not feel better in three days please come back to see me, but remember you will need to register again first.

医生：好，你患的是轻度肺炎，我会给你开些药片，不过如果你三天内没有好转，请回来复诊，请记住你需要先挂号。

Patient: OK, doctor, thanks very much. I appreciate your help. Will the nurse tell me where the pharmacy is?

患者：好的，医生，非常感谢，我很感激你的帮助。护士会告诉我药房在哪里吗？

Doctor: Yes, she will, please make sure you take the whole course of antibiotics, and rest at home till you feel better.

医生：是的，她会的。请确保你服用整个疗程的抗生素并且在好转之前在家休息。

Patient: OK, thanks.

患者： 好的，谢谢。

(2)

Patient： I can't stop coughing, doctor.

患者： 大夫，我止不住地咳嗽。

Doctor： When did the cough begin?

医生： 什么时候开始咳嗽的？

Patient： It started a week ago, but it has been getting worse since yesterday.

患者： 一个星期前开始的，但是从昨天起加重了。

Doctor： Do you cough up any phlegm?

医生： 咳嗽时有痰吗？

Patient： Yes.

患者： 有。

Doctor： What colour is it?

医生： 是什么颜色的？

Patient： Yellow.

患者： 是黄色的。

Doctor： Do you have a fever?

医生： 您发热吗？

Patient： Yes, I feel feverish.

患者： 是的，我觉得发热。

Doctor： Have you felt shivery?

医生： 发冷吗？

Patient： Yes, sometimes.

患者： 是的，有时候发冷。

Doctor： Do you smoke?

医生： 您吸烟吗？

Patient： Yes, I do. I'm a heavy smoker.

患者： 是的，我吸得很多。

Doctor： Let me examine you. Lie down on the bed please. Take your shoes off and unbutton your shirt please.

医生： 让我替您检查一下，请躺在床上，脱下鞋子，解开衬衣的扣子。

Doctor： Your heart seems to be normal. Your breathing is low. I can hear moist rales over the left lung base. I'll take a white blood count and give you a fluoroscopic examination immediately.

医生： 您的心脏看来是正常的。您的呼吸音低。在左肺底部能听到湿性音。我要立即给您查白细胞计数，作个胸部透视。

Doctor： Here are the slips for blood test and fluoroscopic examination. First, please go to the cashier to pay the fee, then go to the laboratory for blood test and X-ray room for the fluoroscopic examination. I'll wait here for the reports.

医生：这些是化验血和做胸部透视的申请单。请先到收费处交费，然后到化验室验血，到放射科去做胸部透视。我在这里等报告。

Patient: Here are the reports; is there anything wrong?

患者：这是报告单，有什么不正常吗？

Doctor: I am sure it's pneumonia. Don't be alarmed, but you should be admitted to hospital and treated with penicillin and streptomycin. For the time being you should stop smoking. After several days you'll feel much better.

医生：我可以肯定您得了肺炎。不必害怕，您应当住院用青霉素和链霉素治疗。您应暂时停止吸烟。几天后您一定会感到好多了。

(3)

Intern: How are you, sir? I'm Doctor Martin.

实习医生：先生，你好吗？我是马丁医生。

Patient: Hello, I've been coughing all day, Doctor.

患者：你好。医生，我整天都在咳嗽。

Intern: When did the cough begin?

实习医生：什么时候开始咳嗽的？

Patient: It started about three hours or so after we got home from the lake.

患者：我们从湖边回家后大约 3 小时就开始咳嗽了。

Intern: What were you doing? Fishing?

实习医生：你们去干什么？钓鱼吗？

Patient: No, we just went swimming. The water was kind of cool, and I might have taken a little cold.

患者：没有，我们只是去游泳。水有点冷，我可能是感冒了。

Intern: That was yesterday?

实习医生：那是昨天的事吗？

Patient: Yes.

患者：是的。

Intern: Are you bringing anything up when you cough?

实习医生：你咳嗽时咳出什么东西来了吗？

Patient: Yes, some thick, rusty coloured stuff.

患者：是的，咳出些黏稠、铁锈色的痰。

Intern: Here's a cup. The next time you bring some of it up, I want you to save it for me.

实习医生：给你一个杯子。下次咳痰时，请给我留些痰。

Patient: All right.

患者：好吧。

Intern: Have you had any chills?

实习医生：你有过寒战吗？

Patient: Yes, about an hour ago, and I thought I'd shake the house down.

患者：有过，大约在一小时以前，我感到我要把房子震倒似的。

Intern: How long did this last?
实习医生：寒战持续了多长时间？
Patient: About a minute or two.
患者：大约一两分钟。
Intern: Have you had any chest pain?
实习医生：你有过胸痛吗？
Patient: Yes, I have a little here, but mainly it hurts here on the right side of my belly.
患者：有，这儿有点痛，但主要是在我的右侧腹部痛。

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Intern: Mr. Wilson, this is Dr. Adams, another doctor who is interested in your case.
实习医生：威尔逊先生，这是亚当斯医生，是关心你病情的另一位医生。
Attending: Hello, Mr. Wilson. The doctor tells me that you are feeling a lot better today.
主治医生：你好，威尔逊先生。这位医生告诉我今天你感觉好多了。
Patient: That's right. I certainly am. Do you think I'll be able to go home soon?
患者：对了。我确实好多了。你考虑我能够很快回家吗？
Attending: Your doctor will discuss that with you as soon as we're finished here. Tell me, have you lost any weight recently?
主治医生：我们这里的工作做完了，你的医生就会和你商讨这件事。请问，最近你的体重减轻了吗？
Patient: No.
患者：没有减轻。
Attending: Have you had night sweats or a cough prior to this?
主治医生：在这以前你有过盗汗或咳嗽吗？
Patient: Well, I occasionally cough, but it's nothing bad. I've never had any night sweats.
患者：噢，偶尔咳嗽，但不怎么严重。我从来没有盗汗过。
Attending: Have you had any contact with anyone who has had tuberculosis?
主治医生：你与结核患者接触过吗？
Patient: Not that I know of.
患者：据我所知没有接触过。
Attending: Would you mind taking off your shirt?
主治医生：请你脱掉衬衣好吗？
Patient: Not at all.
患者：好的。
Attending: Take a deep breath, please. ... That's fine. Just continue breathing through your mouth. ... Now whisper, "99, 99, 99." ... All right, sir. Thank you. That'll be all. You can put your shirt on.
主治医生：请做深呼吸。……好极了。用嘴继续呼吸。……现在低声说"啊……啊……啊……"。好啦，先生。谢谢你。检查完了，你可以穿上衬衣了。

(A few minutes later)

(数分钟后)

Attending: I think he should have a tuberculin test, just to be sure. Have any reports come back on the cultures?

主治医生: 我认为患者应该做一次结核菌素实验,以确定患的是什么病。痰培养结果出来了吗?

Intern: Yes. Diplococcus pneumonia was cultured.

实习医生: 出来了,培养出肺炎双球菌来了。

Attending: Well, it seems that you have everything under control. See you next Wednesday.

主治医生: 唔,看来该做的你都做了。下星期三见。

(4)

Intern: Have you had a cold recently?

实习医生: 最近你感冒过吗?

Patient: Yes, I did, but I figured I was over it, so I went swimming. Boy, the water sure was cold. I guess that wasn't so smart, was it, Doc?

患者: 是的,感冒过,但我以为病已经好了,所以就去游泳了。好家伙,水真凉。我想游泳不合适,对吗,医生?

Intern: It doesn't look like it.

实习医生: 看来游泳不合适。

Patient: It's nothing serious, is it?

患者: 病得不严重,是吗?

Intern: Well, it's a good thing you came in right away. Mr. Wilson, have you had any fever today?

实习医生: 哦,幸亏你马上来了。威尔逊先生,你今天发热了吗?

Patient: After I had that chill my wife took my temperature, and she told me that it was 103. So I got kind of worried after that chill and all and decided to come in.

患者: 那次寒战以后我妻子给我量了体温。她告诉我体温是 103°F(39.4℃)。在寒战等症状之后我有点担心,所以就决定到这儿来。

Intern: Is your neck stiff?

实习医生: 你的颈部强直吗?

Patient: No.

患者: 不强直。

Intern: Do you smoke?

实习医生: 你吸烟吗?

Patient: No.

患者: 不吸烟。

Intern: Have you ever coughed up blood?

实习医生: 你咯过血吗?

Patient: No. Doc, I'm beginning to feel pretty bad. It even hurts now when I take a deep breath.

患者： 没有咯过血。医生，我正在开始感到很不舒服。现在我深吸气时就感到很痛。

Intern： All right, Mr. Wilson. Let's just examine you briefly, and then we'll see if we can make you more comfortable.

实习医生： 好吧，威尔逊先生。让我们给你简单地检查一下，然后看看能否使你舒服些。

4 Heart Murmur 心脏杂音

MAN, AGED 36

男性，36 岁

(Follow-up in Cardiac Clinic. Junior doctor present with Consultant.)

(在心脏门诊复查。初级住院医生与会诊医生均在场。)

Doctor： Hello, Mr. Waites. We met last week, didn't we? I've been telling my colleague here about you. I've seen the results of the tests but there are just one or two points I'd like you to clarify for me and for the benefit of Dr Granger. You did say that this pain and discomfort has troubled you for nearly eight months and is getting worse?

医生： 您好，威斯特先生，我们上回曾见过面，不是吗？我已把您的情况告诉给我的这位同事了。我看到了化验结果，但有些情况需要您对我和格林哥医生说明一下，您说这种疼痛和不适差不多已八个月了，而且越来越严重，是吗？

Patient： That's right, Doctor. And since I saw you last week I had a really bad turn after breakfast.

患者： 是的，医生。自从上周我见到您以来，早饭后我就有过一次严重发作。

Doctor： Can I get you to describe the character of the pain—or in other words, tell us what it is like exactly?

医生： 您能否叙述一下疼痛的特点，或者换句话说，告诉我们一下疼痛到底是什么样的？

Patient： It is not always a pain as such; often just a feeling of discomfort in the chest, like someone pressing on my chest.

患者： 不是总这样疼痛，我常常只是感到胸部不适，像有人压在我胸上一样。

Doctor： Does the discomfort go anywhere else?

医生： 不适感向别处扩散吗？

Patient： Not really, although I do get a numbness in my leg with it.

患者： 不扩散，可是在出现不适感时，我的腿发麻。

Doctor： Last week you mentioned that it often came on when walking but not always. Can you remember what you are most commonly doing when it comes on?

医生： 上周您提到胸部不适常在走动时发作，但并非总是这样。您能否记得起发作时通常在做什么？

Patient： I've been thinking about that since you asked me the last time I was here and usually it's after my evening meal and when I go to bed at night. I've also noticed it when I have sex with my wife. I very rarely get it at work.

患者：自从上次您在这儿问我之后，我一直在想这件事。发作常常是在晚饭之后和夜间睡觉时。我还注意到当我与妻子性交时也有胸痛发作。工作时很少发作。

Doctor: Well, it seems to me that perhaps the pain comes on as often when you are not exercising as when you are.

医生：哦，看来在您运动时和不运动时胸痛发作是一样的。

Patient: Yes, I'm sure that's true, Doctor.

患者：是的，医生。确实是这样。

Doctor: Could you just remind me what else you notice when you get this pain?

医生：您能否和我说一下，当疼痛发作时您是否还注意到别的情况？

Patient: Like I told you last time, I do get palpitations sometimes.

患者：像我上次告诉您那样，有时感到心悸。

Doctor: By which you mean?

医生：您的意思是……

Patient: A strong banging in my chest as if my heart was going to come out.

患者：我的胸部有猛烈的敲击感，好像我的心脏要蹦出来一样。

Doctor: What about your breathing when you have the pain?

医生：您胸痛时呼吸怎样？

Patient: I don't notice any difference.

患者：我并未注意到有任何变化。

Doctor: Now what would happen if you and I went for a walk up the hill to the station?

医生：假如现在您和我一起登上那座小山，去到车站，会发生什么情况？

Patient: What now?

患者：现在干什么？

Doctor: No, I just meant if we were to walk what do you think would happen? Could you keep up with me if I walked fast?

医生：不，我的意思只是说如果我们步行上山，您想会发生什么情况，如果我走得很快，您能跟得上我吗？

Patient: Oh yes. Last summer I climbed Ben Nevis.

患者：是的。去年夏天，我爬上了本尼维斯山。

Doctor: Mmm. Well, as I said, we've had the result of the tests and this discussion today has been very helpful. I'm happy to be able to reassure you about your heart which is essentially normal apart from one minor problem. One of the valves of your heart (and you've got four) leaks a little. This leaking produces an extra noise in the heart which we call a heart murmur. Although there is this murmur there, it doesn't interfere with the functioning of your heart and I'm quite sure it won't interfere with your enjoyment of life or length of life.

医生：嗯，好了，像我说的那样，我们已经有了试验结果，而且今天这个讨论非常有帮助。我很高兴能向您保证，除了有一点小毛病外，您的心脏基本是正常的。您的心脏瓣膜（您共有四个瓣膜）中的一个有点不严，这就在心脏内产生了一个额外的声

音，我们称之为心脏杂音。虽然有心脏杂音存在，但不会影响您的心脏功能。并且我相信，这不影响您生活的情趣，也不会影响寿命。

Patient: Is there anything you can do about it?

患者：有什么方法治疗吗？

Doctor: Well, although we could give you medication for the palpitations, it isn't really necessary as they are not in the least bit dangerous. They're a nuisance but they may disappear of their own accord. So what I'm really saying is; this is a nuisance but only a nuisance. It's not dangerous and I want you to lead an entirely normal life. Do anything you want to do. The only one precaution is to tell any surgeon who wants to do an operation or dentist who wants to take out a tooth that you do need an antibiotic in order to prevent any infection getting on to the leaking valve. Well now, Mr Waites. Is there anything you'd like to ask me?

医生：唔，尽管我们能够针对心悸给您一些药物治疗，但确实没有必要，因为这种毛病一点危险也没有。心悸对您有些损害，但它可以自动消失，我确实认为是这样，这是一点损害，仅仅是一点，它不会有危险。我要您完全正常地生活。您可做您想做的任何事情。唯一应注意的事项是告诉要给您做手术的外科医生或要给您拔牙的牙科医生，您一定要服抗生素以防感染累及关闭不严的瓣膜。好吧，威特斯先生，还有什么情况要问我吗？

Patient: Do you think I've had this since birth?

患者：您是说我出生时就患有这种病了吗？

Doctor: No, I don't think so but it is possible you were born with a tendency to develop this problem. Right, Mr Waites, I'll write to your doctor about all this. I don't think I need to see you on a regular basis as there's nothing seriously wrong but I'd be happy to see you again if your doctor would like you to.

医生：不，我不那么认为，但有可能出生时有了发生这毛病的倾向。对啦，威特斯先生，我将把这所有的情况写给您的医生。我想无需定期看您，因为您没有什么严重问题。但是如果您的医生需要您来的话，我高兴再次见到您。

Patient: Thank you Doctor. That's a relief.

患者：谢谢您，医生。这我就放心了。

5 Arrhythmia 心律失常

Doctor: Hi! What brings you here?

医生：你好！你怎么不舒服？

Patient: I feel short of breath while I'm climbing steps.

患者：我爬台阶时感到气短。

Doctor: You said you felt light-headed. Is that right?

医生：你说你感到头晕，是吗？

Patient: Yes, it is. And I suffer from palpitations.

患者：是的。我还感到心慌。

Doctor: Are there any other symptoms, such as chest pain, fainting, etc.?

医生：你还有如胸痛、晕厥和其他症状吗?

Patient: No, so far I haven't felt that way.

患者：没有,至少现在我还没有那样的感觉。

Doctor: According to your symptoms, you might suffer from arrhythmia?

医生：根据你的症状,你可能是心律失常。

Patient: What does arrhythmia mean?

患者：何谓“心律失常”?

Doctor: It is any disorder of heart rate, which includes tachycardia, bradycardia and “true” arrhythmia?

医生：任何不正常的心跳都称为心律失常,它包括心动过速、心动过缓和“真正”的心律失常。

Patient: Are arrhythmias classified as lethal if they cause a severe decrease in the pumping function of the heart?

患者：心律失常如果引起心脏泵血功能严重减退便被认为是致命的,对吗?

Doctor: Lethal arrhythmias include ventricular fibrillation, ventricular tachycardia and sustained episodes of the other arrhythmias.

医生：致命的心律失常包括心室颤动,心动过速和其他持续性心律失常发作。

Patient: What do other arrhythmias involve?

患者：其他的心律失常包括哪些情况?

Doctor: Other arrhythmias include atrial fibrillation, paroxysmal supraventricular tachycardia, ectopic heartbeat and so on.

医生：其他心律失常包括心房颤动、阵发性室上心动过速、心脏异搏等。

Patient: What kind of people is predisposed to arrhythmia?

患者：什么样的人易患心律失常?

Doctor: People with a history of coronary artery disease, heart valve disorders and imbalances of blood chemistries are at higher risk for arrhythmia and complications from arrhythmia.

医生：有冠心病史、心瓣膜疾病、血液化学失衡的人都具有发生心律失常及其并发症的危险。

Patient: Any other factors?

患者：还有其他因素吗?

Doctor: Arrhythmias are also caused by some drugs, such as caffeine, cocaine, beta blockers.

医生：心律失常也可由一些药物引起,例如咖啡因、可卡因、β 受体阻滞药。

Patient: What can I do to prevent this from happening?

患者：我能做些什么来预防它呢?

Doctor: Methods of preventing other heart diseases may decrease the likelihood of developing an arrhythmia.

医生： 预防其他心脏病的方法都可能降低心律失常的发生概率。

6 Hypertension 高血压

(1)

Doctor： How do you feel recently?

医生： 近来你感觉怎样啊？

Patient： I've been having dizzy spells and terrible headaches lately.

患者： 最近我总是感到一阵阵眩晕，头也疼得厉害。

Doctor： Where is the pain? And how long do these episodes last?

医生： 哪个部位痛？头痛持续多长时间？

Patient： Just here. It seems to come on any time when I get nervous.

患者： 就这个部位，似乎我一紧张头就痛。

Doctor： Have you ever had this kind of headache before?

医生： 以前有过类似的头痛吗？

Patient： Only occasionally. And it seems to go away by itself.

患者： 偶尔有点。而且疼痛好像是自然缓解的。

Doctor： Do you feel short of breath when you climb steps or do heavy work?

医生： 你上楼梯或干重活时是否感到呼吸短促？

Patient： Yes, often. About every ten steps or so, I've to stop and catch my breath.

患者： 嗯，经常。每上十级左右的楼梯，我就得停下来喘口气。

Doctor： Let me examine you. Your blood pressure is 160 over 95. That's moderately high.

医生： 我给你检查一下。你的血压是 160/95，有点偏高。

Patient： Does it mean I have hypertension?

患者： 那意味着我患有高血压？

Doctor： Yes, but the problem now is to determine etiology.

医生： 是的，但现在的问题是明确病因。

Patient： Oh, that's awful. What causes hypertension?

患者： 真糟糕。高血压的病因是什么呢？

Doctor： There is no specific cause, but some factors that can cause high blood pressure are kidney problems, pregnancy or taking drugs.

医生： 没有特定的原因，但是某些能引起高血压的因素有肾脏疾病、怀孕或服用药物。

Patient： I wonder whether it is a fatal disease?

患者： 不知高血压是否是致命的疾病？

Doctor： Left untreated, hypertension can lead to strokes, heart attack, kidney damage and death.

医生： 如果不治疗，高血压可以导致中风、心脏病、肾脏损害和死亡。

Patient： It sounds terrible.

患者： 听起来太可怕了。

Doctor： Actually, hypertension is the most common chronic illness. Because patients can be

symptom-free, many people think high blood pressure is harmless.

医生：实际上高血压是一种常见的慢性病。因为患者没有任何症状，许多人认为高血压对身体无碍。

Patient: What shall I do?

患者：我该如何做呢？

Doctor: You need quit smoking and alcohol, lose weight and doing some exercises.

医生：你应该戒烟酒，减轻体重，做些运动。

Patient: Anything else?

患者：还有什么？

Doctor: Just keep to the low-salt diet with a lot of vegetables and some fruits, and limited meat. Also you should have a good rest, avoid nervous tension or stress.

医生：保持低盐饮食，多吃蔬菜、水果，少吃肉。你还应该好好休息，避免紧张或思想负担。

Patient: Do I need to take medicine?

患者：我需要服药吗？

Doctor: Yes. You need to take medicine to lower your blood pressure.

医生：是的。你需要服药来降低血压。

Patient: Is there any special instruction?

患者：有没有特别的医嘱？

Doctor: You should take the medicine as directed and do not stop unless you are told to by your doctor.

医生：你应按照规定服药，除非医生同意，不能擅自停药。

(2)

Patient: I get terrible headaches.

患者：我头痛得厉害。

Doctor: When did they begin?

医生：什么时候开始的？

Patient: About a week ago.

患者：大约一个星期前。

Doctor: Where is the pain? In what part of your head?

医生：哪儿痛？在你头的什么部位？

Patient: All over the front here.

患者：整个前额部都痛。

Doctor: Do they come at any special time of the day?

医生：头痛在一天中有特定发作时间吗？

Patient: No. They seem to come on any time I get nervous.

患者：没有。似乎是在我精神紧张时才头痛。

Doctor: How long do they last?

医生：头痛持续多长时间？

Patient: About an hour or two.

患者：大约一两个小时。

Doctor: Does it help to take aspirin or to lie down?

医生：吃阿司匹林或躺下能减轻吗？

Patient: No. They just seem to go away by themselves.

患者：不能减轻。不过头痛好像是可以自行消失的。

Doctor: Have you ever had this kind of headache before?

医生：你以前患过这种头痛吗？

Patient: Well, I've had headaches off and on for the last several years, but none as bad as this.

患者：哦，最近几年来我断断续续地有过头痛，但是没有像这次这么厉害。

Doctor: Have you noticed that your vision is any worse lately?

医生：你注意到最近你的视力有什么不好吗？

Patient: I think I have. When I read, the words sort of run together.

患者：我感到视力不好。当我看书时，字迹好像重叠到一起了。

Doctor: You mean they seem blurred?

医生：你的意思是说字迹模糊不清吗？

Patient: Yes.

患者：是的。

Doctor: How long have you been noticing this?

医生：你注意到这种现象有多久了？

Patient: For about two weeks.

患者：大约两周了。

Doctor: And before this you had no trouble with your eyes?

医生：在这以前你没有患过眼病吗？

Patient: No, none that I noticed.

患者：没有，据我注意没有患过眼病。

Doctor: Have you ever fainted or had convulsions?

医生：你有过晕倒或惊厥吗？

Patient: No.

患者：没有。

Doctor: Do you ever feel dizzy, as if you or the room is moving?

医生：你常感到你自己或房子好像在晃动那样的眩晕吗？

Patient: No, never.

患者：没有，从来没有过。

Doctor: Has a doctor ever told you that you had a murmur, or a heart attack, or high blood pressure?

医生：医生告诉过你有心脏杂音、心脏病或高血压吗？

Patient: No.

患者：没有。

Doctor: Have you ever had any chest pain?

医生：你有过胸痛吗？

Patient: No.
患者：没有。
Doctor: Do you have trouble climbing steps?
医生：你上楼有困难吗？
Patient: Well, yes. Climbing up the steps at home, I have to stop and catch my breath.
患者：哦，有。我在家上楼时，必须停下来喘口气。
Doctor: About how many steps can you make before you have to stop?
医生：你大约上几级楼梯就得停下来喘口气？
Patient: Oh, ten or twelve, maybe.
患者：噢，大概是 10~12 级楼梯。
Doctor: Had you visited a doctor before? Did he say anything about it?
医生：你以前看过医生吗？他说些什么没有？
Patient: Three years ago I went to the local hospital for a swimming certificate. They told me that I had hypertension.
患者：3 年前我去当地医院作游泳健康检查，医生告诉我我患有高血压。
Doctor: Have you ever had swollen ankles?
医生：您的脚腕肿过没有？
Patient: Not that I can remember.
患者：我可不记得。
Doctor: What kind of treatment did you have in the past?
医生：您以前曾做过什么治疗？
Patient: I took "reserpine" occasionally.
患者：我有时吃"利血平"。
Doctor: Let me take your blood pressure.
医生：让我量一下您的血压。
Doctor: It's 200 over 120. That's moderately high. I would like you to do a urinalysis, blood urea nitrogen test, chest X-ray and electrocardiogram examination.
医生：您的血压是 200/120，中等度升高，我要给你做尿的常规化验，血的血尿素氮化验，还要拍摄胸部 X 线片和做心电图检查。
Doctor: You should have a good rest, avoid nervous tension or stress, and give up smoking and alcohol. In addition, I'll give you some medicine.
医生：您应该好好休息，避免精神紧张或思想负担，忌烟酒。此外我要给你开些药。
Doctor: Come back again next week for the results and an another check of your blood pressure.
医生：1 周后来复诊看化验结果和复查血压。

7 Migraine 偏头痛

Doctor: How long have you had your headache?

医生：你头痛有多长时间了？

Patient: 2 days.

患者：两天了。

Doctor: Where does it hurt?

医生：什么地方痛？

Patient: Everywhere.

患者：整个头都痛。

Doctor: What does the pain feel like?

医生：是怎么样的一种痛？

Patient: It feels like a tight band around my head.

患者：我感觉整个头部很紧。

Doctor: Does your neck feel stiff?

医生：你脖子感到僵硬吗？

Patient: Yes, it does a little.

患者：是的，有一点。

Doctor: Can you move and bend your neck?

医生：你能转动和低头吗？

Patient: Yes.

患者：可以。

Doctor: Can you touch your chest with your chin?

医生：你能用下巴碰到你的胸吗？

Patient: Yes.

患者：可以。

Doctor: Does bright lights (photophobia) hurt your eyes and make your headache worse?

医生：明亮的光线会让你眼睛疼痛并使头痛加剧吗？

Patient: Yes, I can't stand bright lights.

患者：是的，我不能忍受强光。

Doctor: Do you have a rash on your arms, legs or body?

医生：你的手臂、腿部和身体有没有皮疹？

Patient: No, not that I have seen.

患者：没有，我没有看到。

Doctor: Do you have a fever?

医生：你发热吗？

Patient: I don't think so.

患者：我觉得没有。

Doctor: Have you hit your head recently?

医生：你的头最近是否受过撞击？

Patient: No, I haven't.

患者：没有。

Doctor: Do you have any other symptoms?
医生：你还有其他症状吗？
Patient: I feel slightly sick all the time, but I haven't vomited.
患者：我一直感到轻微的恶心，不过没有呕吐。
Doctor: Do you suffer from migraines?
医生：你是否有偏头痛？
Patient: No, not usually.
患者：不是经常有。
Doctor: Are you upset or stressed in any way?
医生：你感到某种程度的心烦或者压抑吗？
Patient: Not that I can think of.
患者：我认为没有。
Doctor: Have you been drinking fluids regularly?
医生：你经常喝流体吗？
Patient: Yes, I'm drinking normally.
患者：是的，我经常喝。
Doctor: Have you been vomiting?
医生：你有没有呕吐？
Patient: No.
患者：没有。
Doctor: I need to examine you.
医生：我需要检查一下你。
Doctor: I need to feel your neck.
医生：我要摸一下你的脖子。
Doctor: I need to look in your eyes.
医生：我要检查一下你的眼睛。
Doctor: I need to take your temperature, pulse and B/P.
医生：我需要量一下你的体温、脉搏和血压。
Doctor: I need you to have some blood tests and you will need an X-ray of your head/ neck.
医生：我需要你做血液检查和给头部 / 脖子拍摄 X 线。
Doctor: A nurse will show you where to go, and then please come back here with the results.
医生：护士会带你过去，然后你带着检测结果回来找我。
Patient: OK, thanks!
患者：好的，谢谢！

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Doctor: Your tests show ... nothing unusual, you may be having a bad migraine.
医生：你的检测结果表明……你很正常，你可能只是有严重的偏头痛。
Doctor: I will prescribe for you some medication.
医生：我给你开些处方药。

Doctor: You will need to rest for a few days.
医生：你需要修养几天。
Doctor: If you do not improve in a few days please come back.
医生：如果过几天还没有好转的话再过来。
Patient: OK, thank you very much.
患者：好的，非常感谢！

8 Viral Meningitis 病毒性脑炎

Doctor: Hello, my name is Dr. Xu, how can I help you?
医生：你好，我是徐医生，有什么我能帮助你的吗？
Patient: Hi, I've got a really bad headache, and it doesn't seem to be getting any better.
患者：你好，我有很严重的头痛，而且没有好转的迹象。
Doctor: How long have you had your headache?
医生：你头痛多长时间了？
Patient: I've had it for 3 days now.
患者：至今有 3 天了。
Doctor: Where does it hurt?
医生：你哪里痛？
Patient: Up my neck and into the back of my head.
患者：颈部向上一直到我的后脑勺。
Doctor: What does the pain feel like?
医生：是怎么样的一种痛？
Patient: It's very hard to explain, it's very painful, like a tight band around my head.
患者：很难说，非常地痛，就像头被紧紧地绑着似的。
Doctor: Have you ever experienced this kind of headache before?
医生：你以前有过这种头痛经历吗？
Patient: No, I've had migraines before, but this is different.
患者：没有，我以前有过偏头痛，不过这次很不一样。
Doctor: Does your neck feel stiff?
医生：你的颈部感到僵直吗？
Patient: Yes, it does.
患者：是的，的确。
Doctor: Can you move and bend your neck?
医生：你能转动和低头吗？
Patient: Yes, I can but it feels stiff.
患者：能，不过感到很僵直。
Doctor: Will you touch your chest with your chin?
医生：请用你的下巴碰你的胸部。

Patient: OK.
患者：好的。
Doctor: Does bright lights (photophobia) hurt your eyes and make your headache worse?
医生：明亮的光线会让你眼睛疼痛并使头痛加剧吗?
Patient: It doesn't make my headache worse, but bright lights are hurting my eyes. That's why I'm wearing sunglasses.
患者：头痛没有加剧,不过明亮的光线使我的眼睛难受,所以我戴着太阳镜。
Doctor: Do you have a rash on your arms, legs or body?
医生：你的手臂、腿部和身体有没有皮疹?
Patient: No, not that I have noticed.
患者：没有,据我观察没有。
Doctor: Do you have a fever?
医生：你发热吗?
Patient: Probably I feel hot and cold.
患者：很可能,我感到一阵热一阵冷。
Doctor: Have you hit your head recently?
医生：你的头最近是否受过撞击?
Patient: No.
患者：没有。
Doctor: Do you have any other symptoms?
医生：你还有其他症状吗?
Patient: No.
患者：没有。
Doctor: Do you suffer from migraines?
医生：你有偏头痛吗?
Patient: Yes, I've had migraines before.
患者：是的,我以前患过偏头痛。
Doctor: Do you have them often?
医生：你经常偏头痛吗?
Patient: No, maybe twice a year.
患者：不,一年大概两次吧。
Doctor: Are you upset or stressed in any way?
医生：你感到某种程度的心烦或者压抑吗?
Doctor: Have you been drinking fluids regularly?
医生：你经常喝流体吗?
Patient: Yes, not so much today though, as the headache is getting me down.
患者：是的,不过今天喝得不多,因为头痛让我很难受。
Doctor: Have you been vomiting?
医生：你一直呕吐吗?

Patient: No, I feel a bit nauseous, but I haven't vomited.

患者：没有，我有轻微的恶心，不过我没有呕吐。

Doctor: OK, I need to examine you. Can you face me please?

医生：好的，我需要给你做个检查。请正对着我好吗？

Patient: OK.

患者：好的。

Doctor: I need to feel your neck.

医生：我需要摸一下你的颈部。

Doctor: I need to look in your eyes.

医生：我需要检查你的眼睛。

Doctor: I need to take your temperature, pulse and B/P.

医生：我需要量一下你的体温、脉搏和血压。

OK, I need you to have some blood tests and you will need an X-ray of your head and neck.

我需要你做一下血液检查并且给你头部和脖子拍摄一下 X 线片。

Patient: Why do I need an X-ray?

患者：我为什么需要拍摄 X 线片？

Doctor: Just to check that you haven't damaged your neck, or have arthritic changes that are pinching a nerve in your neck.

医生：是为了检查一下你没有颈部损伤或关节炎病变压迫到颈部神经。

Patient: Oh, OK, where do I have to go?

患者：哦，好的，我到哪里去检查？

Doctor: The nurse will show you where to go, and then please come back here with the results.

医生：护士会指给你怎么过去，等结果出来后你再回来。

Patient: OK, thanks!

患者：好的，谢谢！

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Doctor: OK, your test results show that you have meningitis, and you need to be admitted into hospital for more tests and start some treatment.

医生：好了，你的检查结果表明你可能得了脑膜炎，你需要住院接受进一步的检查和治疗。

Patient: Meningitis is serious, isn't it? When will you know if I do have meningitis?

患者：脑膜炎是一种很严重的病吧？什么时候能正式确诊我有脑膜炎？

Doctor: When you have been admitted and the ward doctor has seen you, he will do a lumbar puncture, this test will show us if you have bacterial or viral meningitis.

医生：你住院之后，病房医生会给你看病，他会给你做腰椎穿刺，检查的结果能够表明你患的是细菌性还是病毒性脑膜炎。

Patient: What's the difference?

患者：两者有什么不同吗？

Doctor: Bacterial meningitis can be very serious and if you have it you will need large doses

of antibiotics, viral meningitis is treated differently and though painful is not so serious.

医生：细菌性脑膜炎是一种非常严重的病。如果你得的是这种病，你需要使用大量的抗生素；病毒性脑膜炎的治疗则不同，虽然治疗过程很痛，不过不严重。

Patient: How long will I be in hospital?

患者：我需要住院多长时间？

Doctor: It's difficult to say, but you will be here for at least 2 days for tests.

医生：很难说，不过你需要至少住院两天接受检测。

Patient: OK, what shall I do now? I need to tell my friend what's happening.

患者：好的，我现在需要怎么做？ 我需要告诉我的朋友们我的情况。

Doctor: I will fill in the admission form and the nurse will show you where to go.

医生：我给你填住院表，护士会指给你怎么走。

Patient: OK, doctor, thanks very much.

患者：好的，非常感谢你，医生。

9 Heart Failure 心力衰竭

(1)

Doctor: What is troubling you?

医生：您觉得怎么不舒服？

Patient: I have great difficulty in catching my breath. My heart is beating very fast.

患者：我呼吸很困难，心跳得很快。

Doctor: When did you begin to notice these symptoms?

医生：您什么时候发现这些症状的？

Patient: Well, five years ago in a routine check-up my school doctor told me that I had heart trouble. But it didn't bother me and I could carry on as usual. About the last two years, I have noticed when I climb stairs my heart beats faster and I have to stop and catch my breath.

患者：五年前在常规体格检查时校医告诉我我的心脏有问题。但是我毫无不适，能照常活动。最近两年我发现上楼梯时心跳得很快，并且不得不停下来喘气。

Doctor: How many pillows do you use when you sleep?

医生：您睡觉时用几个枕头？

Patient: Two. I used to need only one, but since last year I had to add another.

患者：两个。我这一生都是睡一个枕头，但从去年起，我必须增加一个。

Doctor: Do you ever have to get up at night to pass water?

医生：您夜里需要起来小便吗？

Patient: No.

患者：不需要。

Doctor: Have you had any swelling of your ankles?

医生：你有过踝部水肿吗？

Patient: No, I don't think so.
患者：没有，没有水肿过。
Doctor: Have you ever had any pain in the small of your back?
医生：你有过腰背部局限性疼痛吗？
Patient: Yes, every once in a while. But it doesn't last long.
患者：有过，偶尔有过。但是疼痛持续时间不长。
Doctor: On both sides?
医生：两侧都痛吗？
Patient: Yes.
患者：是的。
Doctor: Have you had this recently?
医生：近来你有过这种疼痛吗？
Patient: Once about a week ago, I believe.
患者：大约一周前确实有过一次疼痛。
Doctor: Did you have chills and fever at the same time?
医生：与此同时你有寒战和发热吗？
Patient: Yes. For a couple of days I felt as if I had some fever.
患者：有。近两三天来我感觉好像有点发热。
Doctor: Have you had any burning when you urinate?
医生：你小便时有过烧灼感吗？
Patient: No.
患者：没有。
Doctor: Has your urine ever been cloudy or bloody?
医生：你的尿液有过浑浊或血样颜色吗？
Patient: Well, I haven't noticed.
患者：哦，我没有注意到。
Doctor: Has anyone in your family ever had kidney or heart disease?
医生：你家里有人得过肾脏病或心脏病吗？
Patient: Well, my mother died of high blood pressure. And my father had what they called kidney cysts.
患者：呃，我母亲死于高血压。而我父亲患过他们所说的肾囊肿。
Doctor: Lie on the bed please. I'll examine you.
医生：请躺在床上，我给您检查一下。
I'll give you an EKG and a chest X-ray.
我要给您做一个心电图再做一个胸部 X 线检查。
It seems you had better be hospitalized.
看来您最好还是住院。
Patient: Is it that bad?
患者：有那么严重吗？

Doctor: No, it is not very serious, but I don't want to take any risk. You'll be all right soon.
医生: 不,情况不很严重,可是,还是小心点好,您很快就会好的。

(2)

Physician: Mr. Scott, how are you?
内科医生: 斯考特先生,你好吗?
Patient: A little better than this morning.
患者: 比今天早上稍好一点。
Physician: Has the chest pain decreased a little?
内科医生: 胸痛减轻了一些吗?
Patient: Yes, it has.
患者: 是的,减轻了。
Physician: Do you feel short of breath at all?
内科医生: 你是否感到气短?
Patient: No.
患者: 不。
Physician: Do your legs hurt when I do this?
内科医生: 我这样检查时,你的两腿痛吗?
Patient: No, they don't.
患者: 不,腿不痛。
Physician: Let's unbutton your shirt for a minute so I can listen to your heart. ... That's fine. You just lie still and let me do all the work. ... Now take a few deep breaths. ... Fine. ... Has your wife been in to see you yet?
内科医生: 让我们把你的衬衣解开一会儿,以便能听你的心脏。……很好。你就躺着别动,让我做全部检查。……现在做几次深呼吸。……好。……你妻子来看过你吗?
Patient: She'll be here in about an hour.
患者: 大约一个小时后她会到这儿来。
Physician: Fine. Dr. English will be here if you should feel any shortness of breath or have difficulty lying on one pillow. Let the nurse know and she'll tell Dr. English about this. Remember, it's very important.
内科医生: 好。如果你觉得气短或枕一个枕头感到呼吸困难,英格利斯医生会到这儿来。你告诉护士,她就会把你的情况告诉英格利斯医生。记住,这很重要。
Patient: I certainly will, Doctor. Thank you for stopping by.
患者: 我一定照办,医生。谢谢你来看我。

(A moment later)
(过了一会儿)

Physician: Dr. English, please let me know if anything happens.
内科医生: 英格利斯医生,如果发生了什么情况请告诉我。
Intern: I certainly will.
实习医生: 我一定照办。

Physician: If he should go into failure and you can't get me, start treatment right away. See you tomorrow.

内科医生: 如果患者发生了心力衰竭而你找不到我的话,要立刻开始进行治疗。明天见。

10 Myocardial Infarction 心肌梗死

(1)

Doctor: What's the matter with you?

医生: 你怎么啦?

Patient: I had a sudden attack of acute myocardial infarction at home and had first-aid treatment for about 5 hours at the spot prior to admission.

患者: 我在家里突然发生急性心肌梗死,入院前在现场抢救了五个小时。

Doctor: How are you feeling now?

医生: 你现在感觉怎样?

Patient: I'm feeling better than I did then.

患者: 比那时感觉好些。

Dcotor: Could you recall what had happened this morning?

医生: 你能回忆起今天早上发生的事情吗?

Patient: Er ... this morning I was watering the flowers when all of a sudden I got a terrible pain in my chest.

患者: 嗯……今天早上我正在浇花,突然感到一阵剧烈胸痛。

Doctor: Could you describe it in detail?

医生: 你能详细描述吗?

Patient: The pain went down my arm and also into my neck. After that I broke into a cold sweat and felt light-headed and nauseated.

患者: 疼痛向手臂、颈部放射。随后我出冷汗,感到头晕和恶心。

Doctor: And then?

医生: 然后呢?

Patient: Then I lost consciousness. When I came to my senses, I was here.

患者: 然后就失去知觉。醒来时,我就在这里。

Doctor: Have you been short of breath or had any chest pain on exertion recently?

医生: 你最近在用力时有没有感到气短或胸痛?

Patient: No. This is the first time.

患者: 没有。这是第一次。

Doctor: I see. Is there a history of heart disease in your family?

医生: 你的家人有心脏病史吗?

Patient: No, no, not with my parents or grandparents, or siblings for that matter.

患者: 没有。我的父母或祖父母都未患过心脏病。我的兄弟姐妹也没有。

Doctor: Now, I'd like to listen to your heart. Umm, it's a little fast and irregular.

医生： 我听听你的心脏。嗯，你的心脏搏动有点快，不规律。

Patient: I felt a terrible chest pain. How to distinguish angina from MI?

患者： 我感到剧烈的胸痛。心绞痛和心肌梗死有什么区别？

Doctor: Angina is classified into three types: stable angina, unstable angina and Prinzmetal's angina.

医生： 心绞痛可分为三种：稳定性心绞痛、不稳定性心绞痛和变异性心绞痛。

Patient: What about myocardial infarction (MI)?

患者： 心肌梗死呢？

Doctor: Myocardial infarction (MI) is a disorder in which damage to an area of heart muscle occurs.

医生： 心肌梗死是心肌发生区域性损害的一种疾患。

Patient: Is chest pain the cardinal symptom of MI?

患者： 胸痛是心肌梗死主要的症状吗？

Doctor: Yes. But in many cases the pain may be subtle or even completely absent.

医生： 是的。但在许多病例中，这种疼痛不易觉察甚至完全感觉不到。

Patient: Angina is not a disease, is it?

患者： 心绞痛本身不是疾病，是吗？

Doctor: You are right. But it is a primary symptom of coronary artery disease.

医生： 是的。但它是冠状动脉疾病的主要症状。

Patient: Chest pain is also a typical experience to patients with angina, isn't it?

患者： 胸痛也是心绞痛患者典型的感受，不是吗？

Doctor: Right. It can be mild, moderate, or severe.

医生： 是的。这种疼痛可分为轻微的、中等的或剧烈的。

Patient: I learn heart diseases are dangerous.

患者： 据我所知心脏病是很危险的。

Doctor: Both MI and unstable angina indicate a very high risk for death after a heart disease.

医生： 心脏病发作后出现心肌梗死和不稳定性心绞痛有很高的死亡率。

Patient: Can they be preventive?

患者： 能预防吗？

Doctor: People must control cardiac risk factors whenever possible.

医生： 人们应该随时随地注意控制引发心脏疾病的危险因素。

(2)

Doctor: How long have you had this chest pain?

医生： 你胸痛多长时间了？

Patient: Only since yesterday.

患者： 昨天才开始。

Doctor: Show me where the pain is.

医生： 指给我看是哪里疼。

Patient: It's just there.

患者： 就是那儿。

Doctor: Is the pain just in that area or does it spread anywhere else?
医生：是仅仅那里疼还是放射到了其他地方？
Patient: Yes, it spreads onto my shoulder.
患者：是的，放射到肩膀去了。
Doctor: Do you have any pain in your shoulder or down your left arm?
医生：你的肩膀或者左下臂处疼吗？
Patient: Yes, in my shoulder and a little bit down my left arm.
患者：是的，我的肩膀和左臂稍下部疼。
Doctor: Is the pain constant there all the time?
医生：疼痛总是在那儿持续吗？
Patient: It's there all the time.
患者：是的，一直是那儿疼。
Doctor: Does it hurt when you breathe in and out?
医生：你呼吸的时候疼吗？
Patient: The pain in my chest makes it hard to breathe, but my breathing is OK.
患者：胸痛让我很难呼吸，不过呼吸还算正常。
Doctor: Have you ever had this pain before?
医生：以前有过这种疼痛吗？
Patient: No, never.
患者：不，从来没有。
Doctor: Do you have any other symptoms?
医生：除此之外有别的症状吗？
Patient: I feel slightly sick, and very tired.
患者：我感到有点恶心，很疲劳。
Doctor: Have you taken any medication for the pain, and did it help?
医生：你吃过什么止痛药吗？是否有效？
Patient: Yes, I took some painkillers but it hasn't done anything.
患者：是的，我吃了些止痛片，不过没有效果。
Doctor: I need to take yout pulse and blood pressure.
医生：我需要量一下你的脉搏和血压。
Patient: OK.
患者：好的。
Doctor: I need to listen to your chest, please undo your shirt/ please lift up your top.
医生：我需要听听你的肺，请把衣服卷起来。
Doctor: You need to have some blood tests, X-ray and an ECG right away.
医生：你需要做血液检测、X 线和心电图扫描。
Patient: OK.
患者：好的。
Doctor: Here are the forms and the nurse will take you to the departments in a wheelchair.

医生：这是化验单，护士会用轮椅带你去科室。

Patient: Do I need to go in a wheelchair?

患者：我需要坐轮椅过去吗？

Doctor: Yes, I think so. I will see you with the results.

医生：是的，结果出来后再来找我。

Patient: OK, thanks.

患者：好的，谢谢！

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Doctor: Your tests show that you have a problem with your heart, I'm afraid you will have to be admitted into hospital for treatment.

医生：你的化验报告表明你心脏有问题，你恐怕需要住院接受治疗。

Patient: Oh, no. Is it serious?

患者：哦，不要啊。这很严重吗？

Doctor: Yes, I'm afraid it could be. Here is the admission form, and the nurse will show you where to go.

医生：恐怕是的，这是住院表，护士会带你过去办理。

Patient: Do I have to go into hospital right now, can I go home and get some wash things?

患者：我需要现在住院吗？我能回家取些洗漱用品吗？

Doctor: No, I'm sorry. You need to be admitted now so we can do some more tests, you will need to ask someone to bring your things in for you.

医生：很抱歉，不能。你需要现在住院以便接受进一步的检查，你要取东西的话最好叫别人代劳。

Patient: So will I see you later?

患者：那么，一会儿你还过来吗？

Doctor: No, another doctor will see you when you are admitted.

医生：不，你住院之后会有别的医生照料你。

Patient: OK, thanks.

患者：好的，谢谢。

(3)

Intern: Have you ever had any heart trouble that you know about?

实习医生：你知道你得过心脏病吗？

Patient: None.

患者：没有。

Intern: Did you ever have rheumatic or scarlet fever as a child?

实习医生：你小时候得过风湿热或猩红热吗？

Patient: No.

患者：没有得过。

Intern: I see here in your previous history that you've never been short of breath on exertion, have slept on one pillow all of your life, never had swelling of the ankles,

nor had to get up during the night to pass your water. Is that all correct?

实习医生：从你的既往病史中，我了解到你在用力时从来没有气短，一直是枕一个枕头睡觉，踝部从来没有肿过，晚上也不起来小便。以上说的全对吗？

Patient：Yes.

患者：对。

Intern：Have you noticed any of these symptoms recently?

实习医生：最近你注意到有这些症状吗？

Patient：No, I haven't.

患者：没有，没有注意到这些症状。

Intern：Have you ever had any chest pain before?

实习医生：以前你有过胸痛吗？

Patient：No, this is the first time.

患者：没有，这是第一次。

Intern：Is there any history of heart disease in your family?

实习医生：你的家庭成员中有心脏病史吗？

Patient：Yes, my father died of a heart attack, and so did my uncle.

患者：有，我父亲死于心脏病，我的叔父也是死于心脏病。

Intern：You said you felt light-headed. Is that right?

实习医生：你说过你觉得头晕，对吗？

Patient：Yes, it is.

患者：对，是那样。

Intern：Then you didn't actually experience unconsciousness?

实习医生：那么你实际上没有过不省人事吧？

Patient：That's correct.

患者：对的。

Intern：I'll be back in a few minutes, and we'll examine you then.

实习医生：我一会儿就回来，然后我们给你检查。

11 Coronary Heart Disease 冠心病

Doctor：Hi, Mr. , what's your name?

医生：你好，先生，你叫什么名字？

Patient：I'm John, John Brown.

患者：我是约翰，约翰·布朗。

Doctor：Consciousness's normal! What happened to you, Mr. Brown?

医生：意识清楚！布朗先生，发生了什么？

Parient：I suddenly felt an acute pain at the precardial region and it referred to my left forearm. I think it's acute infarction.

患者：我感到心前区突然的锐痛并且疼痛放射到左前臂。我想是急性心肌梗死。

Doctor: Have you gotten a similar heart attack before?

医生：你以前有类似的心脏病发作吗?

Patient: Yes. The anterior descending branch was 78% stenosed and my doctor inserted a stent. I have recorded all the medical history in the diskette. It's in my pocket.

患者：有。前降支有 78% 的狭窄并且植入了支架。我口袋里有个软盘,我把病史都记录到软盘里了。

Doctor: OK, Mr. Brown, you are safe in the hospital. Just relax.

医生：好了,布朗先生。放松下来,在医院里你是安全的。

Nurse 1: BP 110/65, HR 82, Pulse 82, RR 18, and temprature 37.8℃ .

护士 1：血压 110/ 65mmHg, 心律 82 次 / 分,脉搏 82 次 / 分,呼吸 18 次 / 分,体温 37.8℃。

Doctor: Give him oxygen. What does ECG read?

医生：请给他吸氧。心电图怎么样?

Nurse 2: S-T changes, lead 1 to lead 5 involved.

护士 2：1~5 导联有 S-T 改变。

Doctor: I diagnose it as restenosis of anterior descending branch. Any other opinions? OK, let's do something. Miss Li, please find out the diskette and brief his history on me after you read it.

医生：我诊断为前降支再狭窄,有别的意见吗? 好,行动起来。小李,你把布朗先生的磁盘找出来,了解他的病史后给我简要汇报一下。

Nurse 1: OK.

护士 1：好的。

Doctor: Miss Zhang, Pethidine 50mg, I.M., Nitroglycerin 0.5mg, SL. Open a vein path. Finish the myocardial enzyme analysis and the blood gas analysis.

医生：小张,给他肌注哌替啶 50mg, 舌下含服硝酸甘油 0.5mg。开通一个静脉通道。完成心肌酶学和血气分析。

Nurse 2: I got it.

护士 2：明白。

Doctor: Doctor Dai, get a machine to monitor the VS (vital sign), and the take the UCG to exclude the cardiac aneurysm. Any problem?

医生：戴医生,拿个心电监护仪来监测他的生命指征,然后给他做个超声心动图,排除室壁瘤的可能。有问题吗?

Doctor Dai: No problem!

戴医生：没问题。

Doctor: OK! I'll ask the cardiac intervention for a green path. We're going to give Mr. Brown a DSA and then expand his coronary artery.

医生：好! 我会向心脏介入科要个绿色通道。我们要给布朗先生做一个数字减影血管造影,然后将扩张其狭窄的冠脉。

12 Arteriosclerosis and Functional Defect of Venous Valve 动脉硬化和静脉瓣功能不全

(1)

Patient: Doctor, I noticed my legs were swollen after long time standing.

患者：医生，我注意到在长时间的站立后我的双脚会肿。

Doctor: How long has it been?

医生：像这个样子多久了？

Patient: It has been half a year since I noticed that.

患者：从我注意到这一点起已经半年了。

Doctor: How long would it take to become normal?

医生：肿起来以后，多久会恢复正常？

Patient: Not more than half an hour if I sat down or lied down.

患者：如果我坐下来或躺下来的话，不会超过半个小时。

Doctor: That seems not very serious. Have you got anything else abnormal?

医生：看来不太严重。还有什么其他不正常的地方吗？

Patient: Yes. The temperature of the lower limbs was a bit higher than normal. When the legs were swollen, they might present a violaceous colour.

患者：有啊。下肢的温度会比正常高一点。如果脚肿起来了，它会呈现出青紫色。

Doctor: Did you find that you could see the superficial vein easily than before?

医生：你发现你能比以前更容易地看到浅静脉吗？

Patient: I have no idea.

患者：没发现。

Doctor: OK, I'll check you. Take off the trousers and expose the legs, then lie on the bed. Yes, the temperature is higher than normal, and I can surely say that your great saphenous vein shows varices. Now I'm going to make an ultrasound exam. The coupling medium may be a little bit cool, but I think you could stand it. Please take a deep breath and keep it when I say "GO", and then release when I say "OK". We'll repeat this action several times until the exam is over. You got it?

医生：好了，我要检查 一下。把长裤脱掉，暴露腿。躺在床上。嗯，温度的确比正常要高，我能肯定地说大隐静脉有曲张。现在我要给你做超声检查，耦合剂可能有一点儿凉，不过我想你可以忍受。如果我说"开始"，你就深吸一口气并且憋住，等我说"好"你就放松。我们会重复这个动作几次，直到检查完毕。明白了吗？

Patient: Yes. You can begin.

患者：明白，开始吧。

Doctor: All right ... GO ... OK ... That's all. Relax please.

医生：好的……开始……好……检查完了，可以完全放松了。

Patient: Are you ready to give me the diagnosis?

患者：你有结果了吗？

Doctor: Don't be so nervous. The great saphenous vein has varices and functional defect of

valves. That's what you are suffering from.

医生：别那么紧张。你的大隐静脉有曲张和瓣膜功能不全。这就是你生病的原因。

Patient: Is that serious or not?

患者：严重不严重?

Doctor: Fortunately the reverse flow of your limbs' vein is within the confine of upper legs.

医生：幸运的是你的下肢静脉反流局限在大腿。

Patient: But anyway, I can't escape from a surgery, can I?

患者：无论如何,我还是逃不掉手术,是吧?

Doctor: I'm sorry you can't.

医生：很遗憾,确实如此。

Patient: That's very bad.

患者：太糟糕了。

(2)

Patient: Doctor, my legs feel cold and I find it difficult to finish a long walk. I couldn't even walk at a quick pace. Do you know what's wrong with me?

患者：医生,我的脚发凉,并且走路走不远,甚至不敢走得太快。你知道是什么原因吗?

Doctor: How long a distance could you finish before feel uneasy?

医生：在你觉得不舒服之前能走多远?

Patient: My legs feel weak after a maximum of 500-meter walk?

患者：最多走 500 米就会脚软。

Doctor: I see. Do you have DM or HBP?

医生：我知道了。你有糖尿病或者高血压吗?

Patient: I have been suffering from DM for 20 years, since my 25th birthday.

患者：从 25 岁那年起,我患糖尿病差不多 20 年了。

Doctor: Have you got a family medical history?

医生：你有家族病史吗?

Patient: I don't know exactly.

患者：我不是很清楚。

Doctor: OK. I think it's arteriosclerosis, mainly caused by DM.

医生：好。我想你是患上了(下肢)动脉硬化症,可能主要原因是糖尿病。

Patient: Are you sure?

患者：真的吗?

Doctor: I'll do an ultrasound to make sure before I prescribe (to you). I'll try medicines first.

医生：在我给你开处方之前,我会做个超声来确定一下。我会先试试药物治疗。

13 Anaemia 贫血

Patient: I have felt weak recently. These last few days I've felt worse. I don't know what is the matter with me.

患者：我最近觉得乏力，这几天更重。我不知道出了什么问题。

Doctor: You look very pale. I'll give you a thorough check-up.

医生：你看起来很苍白。我给你详细检查一下。

Doctor: Now, first of all, I would like to have a detailed history. How long have you felt sick?

医生：现在，首先我想知道你详细的病史。你病了多久了？

Patient: I'm not quite certain. I've been feeling fatigued (tired) for a year or so.

患者：我不能肯定。我感到疲乏已经有一年左右了。

Doctor: Any other complaints? How is your appetite?

医生：还有其他的不舒服吗？你的食欲怎样？

Patient: My appetite's all right. I just feel tired. My legs are so weak sometimes, I can't even climb the stairs. Occasionally, I feel short of breath and giddy.

患者：我的食欲还好。我只是感到疲劳。有时我的两腿特别无力，我甚至不能爬楼梯，有时候我觉得气短和头晕。

Doctor: How are your periods? Are they very heavy?

医生：你的月经怎样？量很多吗？

Patient: Usually they last about a week. They seem heavy. Sometimes there are clots. During my period, I feel a lot of pain.

患者：一般持续一周左右。量是很多的。有时有血块。在经期中我感到很痛。

Doctor: I want you to have a blood test now and I'll wait for the result.

医生：我希望你作一次血液检查，我在这里等结果。

Doctor: According to the blood test, you are suffering from an iron deficiency anaemia, probably due to your heavy periods.

医生：根据血液检查，说明你得的是缺铁性贫血，可能和你的月经过多有关。

Patient: What should I do?

患者：我该怎么办呢？

Doctor: I am going to prescribe some iron tablets for you, which should be taken after meals or they will spoil your appetite. Then I would like you to see a gynecologist. We'll make an appointment for next Tuesday at 8:00 A.M.

医生：我给你开一些铁的片剂，应在饭后服，否则会影响你的食欲。另外我想你应该去妇科检查一下。我们给你约在下周二早晨八点钟。

14 Acute Leukemia 急性白血病

Doctor: Sit down, please. What's troubling you?

医生：请坐，您哪儿不舒服？

Patient: I often have vertigoes, dizziness and fatigue.

患者：我经常感到头昏、眼花和疲劳。

Doctor: How long have you been feeling like this?

医生：有多长时间了？

Patient: About a month.
患者：1个月左右。
Doctor: Did you have a fever?
医生：你有发热吗?
Patient: Yes, I faint from time to time.
患者：是的,经常头昏乏力。
Doctor: Well, let me take your temperature.
医生：来,给你测一下体温。
Patient: Do I have a temperature, doctor?
患者：医生,我发热吗?
Doctor: Yes, a little, 37.5℃ . Did your nose bleed?
医生：有低热,37.5℃,你的鼻子流过血吗?
Patient: Yes, it bleeds sometimes, but it didn't bleed much.
患者：有时流血,但量不多。
Doctor: Do you often have bruises on your limbs?
医生：你的四肢经常有紫斑吗?
Patient: Yes, I do.
患者：是的,常有。
Doctor: Do the bruises occur spontaneously or after trauma?
医生：这些紫斑是自发的还是受伤后出现的?
Patient: They appear spontaneously.
患者：是自发的。
Doctor: Do you feel a pain in your bone?
医生：你感到骨痛吗?
Patient: Yes, I have a pain in my sternum when I press hard.
患者：是的,当我用力压胸骨时疼痛。
Doctor: You'd better have a blood test, the laboratory is on the first floor.
医生：你需要检查血象,化验室在二楼。
Patient: What's the result, doctor?
患者：医生,化验结果怎么样?
Doctor: The laboratory report is not so good. It showed leukocytosis, thrombocytopenia and anemia. There are some blast cells in the peripheral blood. I think you have to take bone marrow examination.
医生：血象回报的结果不太好,白细胞计数增高,血小板减少,且有贫血,周围血中发现幼稚细胞。我看你得做骨髓象检查。
Patient: Does the bone marrow examination have any complication?
患者：骨髓象检查有并发症吗?
Doctor: It is safe and no complication. It should help the diagnosis of diseases.
医生：这种检查很安全,无并发症,它有助于疾病的诊断。

Patient: Is my condition serious, doctor?

患者：医生，我的病情严重吗？

Doctor: Don't worry about that. A variety of disorder can be found out anemia or thrombocytopenia, such as aplastic anemia, acute leukemia, macrocytic anemia, paroxysmal nocturnal hemoglobinuria and so on. You should be treated soon while the diagnosis is clear.

医生：别担心，有许多疾病可以出现贫血或血小板减少，如再生障碍性贫血、急性白血病、巨幼细胞性贫血、阵发性睡眠性血红蛋白尿等。把诊断搞清楚后，马上给你治病。

Patient: Would you tell me what trouble do I suffer from, doctor?

患者：医生，能告诉我患了什么病吗？

Doctor: According to the symptoms and laboratory findings, your disease may be diagnosised as acute leukemia.

医生：根据症状和实验室检查结果，你患了急性白血病。

Patient: Oh! Dear! I know it is a serious disease.

患者：噢！我知道这是一种严重的疾病。

Doctor: You should be admitted to hospital immediately.

医生：你应该立即住院治疗。

Patient: Can acute leukemia be cured, doctor?

患者：医生，急性白血病能治疗吗？

Doctor: We're determined to try our best to cure you.

医生：我们一定尽力把你的病治好。

Patient: Which method should I be treated with?

患者：用什么方法为我治疗？

Doctor: The chemotherapy should be used for you. Another assistant therapy is administered as well, including antibiotics and blood transfusion.

医生：我们将给你用化学疗法，其他的辅助疗法如采用抗生素和输血。

Patient: Is there anything I should or shouldn't do?

患者：对我的病还有什么限制吗？

Doctor: I advice you to take a good rest. I'm sure you'll recover soon. You could call at the inpatient department tomorrow.

医生：你要好好休息，我想你的病很快就会好的。明天你到住院部来。

Patient: Thank you for your advice, I'll come to hospital tomorrow, doctor. Good-bye!

患者：医生，非常感谢您的劝告，明天我就来住院。再见！

15 Thyromegaly (Adenoma) 甲状腺肿大（腺瘤）

Patient: Doctor Li, can you observe that my neck is partly bigger than normal?

患者：李医生，你有没有注意到我脖子局部大了一点？

Doctor: Yes, I noticed the eminence of the middle left part.

医生：是啊，我看到了，左边脖子中间隆起来了。

Patient: Can you tell me what happened?

患者：你能告诉我是怎么回事吗？

Doctor: I think you should tell me something about it first.

医生：我想你应该先告诉我发生什么了。

Patient: Everything seemed all right until I felt a sudden moderate pain. There was still nothing else wrong except the pain yesterday, but when I woke up this morning, I found the abnormality you just noticed.

患者：以前什么事都没有，然后昨天突然疼起来，轻中度的那种疼痛。昨天还只是痛，没有其他的事，但今天早上起床时发现了脖子上的异常，你刚才已经看到了。

Docor: Has your thyroid gland been involved in any disease before?

医生：你的甲状腺有没有生过什么病？

Patient: No. Isn't that lymphadenectasis? I heard that the lymph nodes in the neck easily become bigger.

患者：没有。不会是淋巴结肿大吗？我听说脖子上的淋巴结很容易肿大。

Dcotor: Do you have a toothache or a fever?

医生：你有牙疼或者发热什么的没有？

Patient: No, I don't.

患者：没有的。

Doctor: I'll check you. Please swallow when I put fingers on the neck. That's it. OK, it feels like something in the thyroid.

医生：那我检查一下吧。我手指放到你脖子上的时候，你就做吞咽动作。就这样。好。感觉起来像甲状腺里面的东西。

Patient: But my thyroid is all right.

患者：但我的甲状腺可没什么问题啊。

Doctor: You thought it was not sick because the nodule in the left lobe was too small for you to feel before it changed inside. I diagnose it as a thyroid adenoma, with hemorrhage and cystic degeneration inside.

医生：你认为它没有问题是因为当左叶那个结节还没有发生变化的时候，它小到你难以察觉。我认为是甲状腺瘤合并内部出血及囊性变。

Patient: But how could a tumor grow bigger so quickly?

患者：但有什么肿瘤能长这么快啊？

Doctor: Hemorrhage and cystic degeneration made it grow bigger so quickly. That's why you felt painful.

医生：出血和囊性变的时候，它就长得这么快。这也是你感到疼痛的原因。

Patient: Couldn't it be hyperthyroidism?

患者：难道它不能是甲亢吗？

Doctor: Generally speaking, the thyroid will uniformly become bigger when you have hyperthyroidism. You will lose weight while eating much more than before. You'll

feel upset all day long and sweat more easily. Your heart beat rate increases. Do you think you have these symptoms?

医生：一般来说，甲亢的甲状腺会均匀地肿大。甲亢的时候，你吃得很多，体重却在减轻，你脾气急躁、容易出汗、心跳加快。你认为你有这些症状吗？

Patient: Fortunately no. But it's a carcinoma, isn't that more serious than hyperthyroidism?

患者：很幸运，没有。但是这可是肿瘤，难道肿瘤还没有甲亢严重吗？

Doctor: It's a benign tumor, which can be cured much more easily than hyperthyroidism.

医生：只不过是个良性肿瘤，这种肿瘤比甲亢要好治得多了。

Patient: Thanks. I feel a little bit better now.

患者：谢谢。现在我心里好受一点了。

16 Hyperthyroidism 甲状腺功能亢进

Patient: I'm easily moved to anger with the onset of palpitation for the past two months.

患者：近两个月来我很爱发火并且心慌。

Doctor: Have you been feeling this way before?

医生：以前有过这样的感觉吗？

Patient: No, this has been happening for the past two months only.

患者：没有，这只是近两个月来才发生的事。

Doctor: Have you lost any weight recently?

医生：你最近体重减少了吗？

Patient: Yes, I have, in spite of increased intake of food, I lost 10 pounds in weight over a period of two months.

患者：是的，尽管我饭量增加，但两个月来我已掉了 10 磅 (4.5kg)。

Doctor: Do you sleep well?

医生：你睡得好吗？

Patient: I have been suffering from insomnia lately.

患者：我近来一直失眠。

Doctor: Have you been sweating as much as you usually do?

医生：你最近出汗和往常一样多吗？

Patient: My sweating has increased notably. I just can't stand warm weather at all.

患者：我比原先汗出得多。我简直耐受不住热天。

Doctor: All right, would you please get undressed now? Let me examine you. Now, swallow, please.

医生：好，请脱下衣服好吗？我检查一下。现在请做一个吞咽动作。

Doctor: There are some tests you'll have to get done and we'll see you in one week. At that time we'll start on a definite therapy for your condition.

医生：你还得做些试验。1 周后再来。那时我们要开始对你的病进行确切的治疗。

Patient: Thank you, Doctor, but tell me what's wrong with me.

患者：谢谢你，医生，请告诉我得了什么病。

Doctor: I suspect that you might have hyperthyroidism. Take this paper to the office the nurse will arrange a time for you to have some thyroid function tests made.

医生：我估计你得了甲状腺功能亢进。拿这些化验单到办公室去，护士会给你安排时间，做一些甲状腺功能的检查。

(After a few days)

(几日后)

Doctor: The results of the thyroid scanning and protein-bound-iodine show that you have hyperthyroidism. (The thyroid scanning reveals that the nodule of thyroid is a "cold" nodule, that means nonfunctional, you just have a goiter.)

医生：根据甲状腺扫描和蛋白结合碘检查结果说明你得了甲状腺功能亢进。(甲状腺扫描发现甲状腺结节是"冷结节"，也就是无功能，你正是得了甲状腺肿。)

Patient: Can something be done about it?

患者：有什么办法治吗？

Doctor: I think a subtotal thyroidectomy is necessary.

医生：我想需要做个甲状腺次全切除术。

Patient: The operation will make a scar on my neck, won't it?

患者：手术会在我颈部留下瘢痕吗？

Doctor: Yes, I'm afraid so.

医生：是，会留下的。

Patient: Is there any way to avoid surgery? If possible, I would rather not have surgery.

患者：有什么方法能避免手术吗？如果可能的话，我不想做手术。

Doctor: Of course, antithyroid drugs, such as propylthiouracil and tapazole are used to control the symptoms. Their advantages are the avoidance of a surgical procedure with its attendant rare complications of recurrent nerve paralysis or hypopara-thyroidism, and reduced cost.

医生：当然，抗甲状腺药物如丙硫氧嘧啶和甲巯咪唑可以控制症状。它们的优点是：避免做手术，并防止由此引起的罕见的并发症，如喉返神经麻痹或甲状旁腺功能减退症等，而且费用低廉。

Patient: Thank you, Doctor. Let me discuss it with my husband, then we'll decide what to choose.

患者：谢谢你，医生，请让我跟我丈夫商量一下后，我们再决定采取什么办法。

17 Hypothyroidism 甲状腺功能减退

Intern: How are you, Mr.Wilson? I'm Dr. Roberts. What brings you to the clinic today?

实习医生：威尔逊先生，你好吗？我是罗伯特医生。你今天到诊所来有什么不适？

Patient: I'm just feeling real tired lately.

患者：最近我感觉很疲劳。

Intern: How long have you been feeling this way?

实习医生：你有这种感觉多长时间了？

Patient: About six weeks.
患者：大约六周。
Intern: Do you feel weak?
实习医生：你感觉虚弱吗？
Patient: Yes, I do.
患者：是的，感觉虚弱。
Intern: Have you gained any weight recently?
实习医生：你最近体重增加了吗？
Patient: Yes, I have.
患者：是的，增加了。
Intern: How many pounds?
实习医生：增加多少磅？
Patient: About twenty pounds over the past six weeks.
患者：六周来大约增加了二十磅(九公斤)。
Intern: Have you always spoken this slowly?
实习医生：你说话总是这样慢吗？
Patient: No, this has come on over the past three weeks.
患者：不，说话慢才三周。
Intern: Have you had any chest pain?
实习医生：你有过胸痛吗？
Patient: Just very slightly.
患者：只是很轻微的痛。
Intern: Could you point to the spot where you get this pain? ... Does it just stay there?
实习医生：你能指出胸痛的位置吗？……胸痛只固定在那儿吗？
Patient: Yes, it does.
患者：是的，只固定在那儿。
Intern: What kind of pain is it?
实习医生：是什么性质的疼痛？
Patient: It's just a dull ache which usually comes when I overexert myself. I've had it about eight weeks or so.
患者：只是一种钝痛，当我过度劳累时通常就会发生。我患胸痛大约有 8 周左右了。
Intern: Do you have to get up at night to catch your breath?
实习医生：夜间你有不得不起来喘气的情况吗？
Patient: No.
患者：没有。
Nurse: Excuse me, Doctor. You're wanted on the phone.
护士：对不起，医生。有人叫你接电话。
Intern: Excuse me, Mr. Wilson. I'll be with you in just a moment.
实习医生：对不起，威尔逊先生。我一会儿就来。

Intern: Now, Mr. Wilson, Let's continue. About how many steps can you climb before becoming short of breath?

实习医生：威尔逊先生，现在我们继续谈吧。你登上几级楼梯以后才发生气短？

Patient: I guess around thirty to forty. Then I don't actually get short of breath, but get that dull pain in my chest.

患者：我估计 30~40 级左右。那时我实际上不气短，而是感到胸部钝痛。

Intern: How many pillows do you sleep on?

实习医生：你睡觉枕几个枕头？

Patient: One.

患者：一个。

Intern: How many times a night do you have to get up to pass your water?

实习医生：你一晚上得起来解几次小便？

Patient: Sometimes once a night, and at other times I don't have to get up at all.

患者：有时候一晚上一次，平时我根本不必起来。

Intern: Have you been sweating as much as you usually do?

实习医生：你出汗像平常那样多吗？

Patient: No, I've hardly been sweating at all.

患者：不像，我几乎一点也不出汗了。

Intern: It's been quite cool recently. How has that affected you?

实习医生：近来天气很凉了。这对你有什么影响吗？

Patient: This has really been the worst winter! I just can't stand cold weather at all. There's something else, Doctor. I just don't feel like doing anything. Doing any little thing just seems to take all the strength I have.

患者：这真是个严寒的冬天啊！我根本不能忍受这样寒冷的天气。还有另外的情况，医生，我只觉得什么事都懒得做。做任何一点小事就好像得用全身力气似的。

Intern: Have your bowels been moving all right?

实习医生：你的大便通畅吗？

Patient: They were, up to about two months ago. Then I became real constipated and have had to use a laxative.

患者：直到大约两个月之前，大便还通畅。可是以后就真的发生了便秘，只好服用轻泻药。

Intern: All right, Mr. Wilson. Would you please get undressed now? I'll be back in five minutes to examine you.

实习医生：好了，威尔逊先生。现在请你脱掉衣服好吗？过五分钟我就回来给你检查。

18 Diabetes 糖尿病

(1)

Patient: I'm thirsty all the time, doctor, and feel very tired, and I can't concentrate at all on my

work.

患者：医生，我一天到晚都觉得口渴，而且觉得非常疲劳，一点儿也不能专心工作。

Doctor: Do you know if any of your family members have a history of diabetes?

医生：你是否知道，你的家人中有人得过糖尿病？

Patient: No, they don't.

患者：没有。

Doctor: Have you noticed any other symptoms?

医生：还有什么不舒服吗？

Patient: I have felt dizzy a few times.

患者：有几次我感到头晕目眩。

Doctor: It sounds like there's a chance you may have diabetes, but we'll need to do some checks. Take this form and go to the Laboratory Department, and they will look after you.

医生：看来你像是患了糖尿病。我们要给你做一些检查。你拿着这张单子去化验室，他们会给你做检查的。

Patient: OK, doctor.

患者：行，医生。

Doctor: You will have to give a urine sample, and bring the results straight back to me.

医生：你得把尿样准备好，结果出来后马上就送到我这里。

Patient: Will it take long?

患者：化验时间长吗？

Doctor: No, just a few minutes.

医生：不长，几分钟就可以做好。

Patient: Thank you, doctor. I'll do it right away.

患者：谢谢你，医生，我就去。

Patient: I feel very tired, and can't keep my attention on anything for very long.

患者：我经常感到疲劳，无论做什么，精力都集中不了多久。

Doctor: Do you have any other symptoms?

医生：还有其他什么症状吗？

Patient: Yes. I'm drinking a lot more water than usual.

患者：有哇，我现在喝水比以前多得多。

Doctor: Have you any diabetes in the family?

医生：家里有人患糖尿病吗？

Patient: Yes. My mother has had it for more than twenty years.

患者：有的。我母亲患糖尿病已 20 多年了。

Doctor: Then there's a strong probability that you might have it too, as it runs in families.

医生：很有可能，你也患了糖尿病。这种患者往往有家族史。

Patient: What should I do about it?

患者：我该怎么办呢？

Doctor: First of all we'll run some checks, and I'll give you some medicine, but also I'll give

you some advice. Eat more vegetable and bean products. Have a regular timetable. Don't eat too many sugary things. Don't work too hard and put yourself under stress if you can possibly avoid it.

医生：我们先来给你做些检查，同时我来给你开些药。不过，我还想给你一些劝告：多吃水果和蔬菜，生活要有规律，不要过多食用含糖量高的食物。另外，工作不要过于紧张，尽量不要有压力。

Patient: I'll try, but I'm very busy at work, and always seem to be behind. If I get behind, I feel even more stressed.

患者：我试试看吧，但我的工作很忙，总觉得工作完成不了。要知道，要是我真的完成不了的话，那我就会更加紧张。

Doctor: Your health is more important than your work. If that fails, you won't be able to work. You must put your health first.

医生：健康比工作更重要嘛。身体垮了，你怎么工作呢？要把健康放在首位。

Patient: I understand, doctor. I'll try my best to follow your advice.

患者：我懂了，医生，我尽量按你的话去做。

(2)

Patient: Recently I've been feeling very thirsty and passing a lot of urine. Is there anything wrong with me?

患者：最近我总觉得口渴和尿量很多。是有了什么毛病吧？

Doctor: How is your appetite? How do you feel otherwise?

医生：你的胃口怎么样？一般健康状况好吗？

Patient: I've lost weight despite my good appetite, and I feel weak all the time.

患者：尽管我的食欲很好，我的体重还是减轻了。我整天觉得很疲劳。

Doctor: Let me examine your urine. You may have diabetes.

医生：我给你检查一下吧。很可能你得了糖尿病。

Patient: What is that? Can it be cured?

患者：这是什么意思？糖尿病能够治愈吗？

Doctor: Diabetes is a chronic disease due to poor functioning of the pancreas. It upsets the metabolism of sugar, fat and protein. Right now, it can't be cured, but it can be controlled so that you can enjoy life and feel well. You should stick to a special diet and avoid sugar and sweets.

医生：糖尿病是一种慢性病，由于胰腺功能不全引起。它使糖、脂肪和蛋白质的代谢发生异常。目前还没有治愈办法，但是可以被控制。因此你能生活得很愉快。你应坚持控制饮食，不吃糖和甜食。

Patient: Can I smoke?

患者：我能吸烟吗？

Doctor: Smoking is harmful to anyone's health. Better give it up.

医生：吸烟对任何人都是有害的。我劝你戒烟。

Patient: Can I drink alcohol?

患者：我能饮酒吗？

Doctor: In moderation. As you know alcohol contains calories and must be counted in your meal plan.

医生：可适当喝一点。你知道酒精能增加热卡，因此必须计算在你的食谱之内。

Patient: How can I keep to a good diet?

患者：我怎样才能保持一个良好的饮食方案呢？

Doctor: You should learn as much as you can about diabetes, have you urine tested regularly, stick to your diet, take your medicine and have some regular exercise. Then you can live a full, useful and meaningful life.

医生：你应当尽量学习一些有关糖尿病的知识，定期检查你的小便。坚持食谱中的规定，按时服药，要有定量的运动。这样你就能生活得美满、有益和有意义。

19 Abdominal Pain 腹痛

Doctor: How long have you had this abdominal pain?

医生：你肚子痛多久了？

Patient: I have had it on and off for a couple of weeks now.

患者：不时地发作，大约有两个星期了。

Doctor: Where is it, can you show me?

医生：哪里痛，你可以指给我看吗？

Patient: It's just here.

患者：就在这里。

Doctor: How painful is it?

医生：有多痛？

Patient: When I have the pain it's quite bad. It feels like a painful ache.

患者：每次痛起来非常严重，真的很痛。

Doctor: Did the pain start there or somewhere else?

医生：是这里开始痛，还是别的什么地方？

Patient: No. It's always in the same place.

患者：没有，总是一个地方痛。

Doctor: Does it hurt more after certain exercises or actions?

医生：当你做完某项运动或者动作后，是不是更痛？

Patient: When I have it I don't like to move at all, but nothing starts the pain, it just comes.

患者：每次痛时，我根本不想动，不过疼痛是突然而来的。

Doctor: Do you feel that you have a fever at any time?

医生：你是不是经常发热？

Patient: No, I don't think so. I feel hot when the pain is there but I think it is because it's painful.

患者：没有，我觉得没有。当痛起来的时候那个部位很热，不过我想是因为太痛了的缘故。

Doctor: I need to take your temperature, pulse and B/P.

医生：我需要量你的体温、脉搏和血压。

Patient: OK.

患者：好的。

Doctor: Are you passing urine OK?

医生：你小便正常吗？

Patient: Yes.

患者：正常。

Doctor: What does your urine look like?

医生：你的尿液是怎样的？

Patient: Normal colour.

患者：正常的颜色。

Doctor: Are you having your bowels open regularly?

医生：你大便正常吗？

Patient: Yes.

患者：正常。

Doctor: What is regularly for you?

医生：你指的是怎样的正常？

Patient: Once a day maybe once every other day.

患者：一天一次或者每两天一次。

Doctor: Are you menstruating/ bleeding/ having a period? Is it normal?

医生：你来月经了吗？月经是否正常？

Patient: Yes, I am. It's normal every 28 days or so.

患者：是的，大概 28 天左右来 1 次。

Doctor: Are you vomiting?

医生：你呕吐吗？

Patient: No.

患者：没有。

Doctor: Are you able to eat and drink anything?

医生：你能吃点什么或喝点什么？

Patient: Yes, I eat and drink normally when I don't have the pain, but when I do have it I don't feel like eating but I do drink OK.

患者：我不痛的时候吃喝正常，一旦痛起来我就不想吃东西，但喝东西没有问题。

Doctor: Do you get the pain after eating or drinking?

医生：你每次吃完或喝完东西后会感到痛吗？

Patient: No.

患者：不会。

Doctor: What are you eating and drinking?

医生：你一般吃什么、喝什么？

Patient: Normal diet. I try not to eat too many fatty foods.

患者：正常饮食，我尽量不吃太油腻的食物。

Doctor: I need to examine you, please lie down.

医生：我需要检查一下你，请躺下。

Patient: OK.

患者：好的。

Doctor: Show me where it hurts.

医生：指给我看哪里痛。

Patient: It hurts here.

患者：这里痛。

Doctor: I will need a specimen of urine/stool.

医生：我需要你的尿液 / 粪便样本。

Doctor: I will need to do some investigations: blood tests, X-ray, and Ultra-scan.

医生：我需要做一些检查：血液测试、X 线和超声波扫描。

Patient: OK, where do I have to go?

患者：好的，我应该去哪儿？

Doctor: A nurse will show you where to go, and I will see you with the results.

医生：护士会带你过去，然后你带着结果过来找我。

※ ※ ※

Doctor: Your results show ... nothing conclusive.

医生：你的化验结果……很难界定。

Doctor: You need to be admitted to hospital for observation we may need to do more tests before we have a diagnosis. I will fill in the form and the nurse will show you where to go.

医生：你需要留院观察，我们会做进一步的检查来确诊。我给你填一张住院表，护士会带你过去办理。

Patient: Do I have to come into hospital right now? I need to go home and get some things.

患者：我必须立刻住院吗？我需要回家取点东西。

Doctor: The nurse will show you which ward and bed you will be in, and then you can go home to get what you need and go back to the ward in a couple of hours time.

医生：护士会告诉你睡哪张病床，然后你可以回家取你需要的东西，在两个小时内回到病房即可。

20 Food Poisoning 食物中毒

Doctor: How long have you had diarrhea?

医生：你腹泻多久了？

Patient: 4 days now.

患者：有四天了。

Doctor: How many times do you have diarrhea in a day?

医生： 你一天拉几次?

Patient: About 6 times a day.

患者： 一天大概六次。

Doctor: Is there any blood in your stools?

医生： 你的粪便带血吗?

Patient: No.

患者： 没有。

Doctor: What do your stools look like?

医生： 你的粪便是什么样的?

Patient: Light brown and runny.

患者： 浅棕色的,有点松软。

Doctor: Do they smell?

医生： 发臭吗?

Patient: They usually smell.

患者： 一般都会发臭。

Doctor: Do you have any pain when you have diarrhea?

医生： 当你拉肚子的时候伴随疼痛吗?

Patient: Yes, just before I want to go to the toilet.

患者： 是的,上厕所之前感到痛。

Doctor: What kind of pain do you have?

医生： 是怎样的一种痛?

Patient: It's a kind of gripping pain.

患者： 是一种夹痛。

Doctor: Where do you have the pain?

医生： 哪里痛呢?

Patient: I have a pain in my lower stomach.

患者： 胃的下部。

Doctor: Are you vomiting?

医生： 你呕吐吗?

Patient: No.

患者： 没有。

Doctor: Do you think it was something you ate?

医生： 你是否吃了什么东西导致腹泻?

Patient: I did wonder if it was something I ate, but it's been 4 days now, normally if it was something I ate it would have stopped by now.

患者： 我也想过是不是吃错什么东西导致的,不过已经四天了,通常要是吃错东西也该好了吧。

Doctor: Was it any medication that you have taken?

医生： 是不是你吃的某种药物引起的?

Patient: No, I haven't taken any medicine recently.
患者：没有，我最近没有吃药。
Doctor: Are you able to eat anything?
医生：你能吃东西吗？
Patient: No, not really. I try to eat something but it goes straight through me.
患者：不太能，我试着吃些东西，不过直接就拉出来了。
Doctor: Are you able to drink fluids?
医生：能喝流体吗？
Patient: Yes, I am taking fluids.
患者：是的，我现在就喝流体。
Doctor: Do you feel weak or dizzy?
医生：你感到虚弱和头晕吗？
Patient: No, not really.
患者：没有，不是很明显。
Doctor: Do you feel as if you have a fever or a headache?
医生：你是否感到发热或者头痛？
Patient: No.
患者：没有。
Doctor: Do you feel dehydrated?
医生：你有脱水的感觉吗？
Patient: I do feel a bit dehydrated, but I have been trying to take fluids.
患者：我确实感到有点，不过我一直试着喝些饮料。
Doctor: I need to examine you.
医生：我需要检查一下。
Doctor: I need a specimen of your stools. Here is a specimen bottle.
医生：我需要一些粪便样本。给你标本瓶。
Doctor: You will need some blood tests and I need to take an X-ray and Ultra-scan.
医生：你需要做一下血液检查，我还需要给你拍摄 X 线和超声波扫描。
Patient: Where do I have to go?
患者：我到哪里去做检查？
Doctor: The nurse will show you where to go, when you have the results please come back to me.
医生：护士会带你过去，拿到结果之后再来找我。
Patient: Thanks.
患者：谢谢！
Doctor: Your tests show that you have a bowel infection from food poisoning, your X-ray and scan were normal.
医生：你的化验报告表明你食物中毒导致肠部感染，你的 X 线和扫描结果都正常。
Patient: Oh, so I do have food poisoning.
患者：哦，那么我是食物中毒了。

Doctor: You will need intravenous fluids; I will prescribe them for you and the nurse will show you where to go.

医生：你需要静脉输液，我给你开处方，护士会带你过去办理。

Patient: Intravenous fluids, will I have to come into hospital?

患者：静脉输液，我还需要再来医院吗？

Doctor: No, you will go to the Infusion Room, they will give you your antibiotics and then you can go home.

医生：不用，你去输液室，他们会给你些抗生素，然后你就可以回家了。

Patient: You mean I have the antibiotics now? Can't I have tablets?

患者：你是说我现在要输抗生素？不能吃药吗？

Doctor: No, it is better that you have intravenous. It is quicker and you will feel better sooner.

医生：不，你最好输液，这样好得快。

Patient: Oh, OK.

患者：哦，好的。

Doctor: You must take fluids, and just have a light diet until you feel better (improve).

医生：你需要多喝饮料，好转之前最好少吃点东西。

Patient: Thank you.

患者：谢谢！

Doctor: If you don't feel better (improve), please come back to see me, but you will need to register again first.

医生：如果没有好转你再过来找我，不过你需要先挂号。

21 An Upset Stomach 胃肠不适

(1)

Doctor: Come in. What can I do for you?

医生：进来。你怎么啦？

Patient: I haven't been feeling myself for two or three days. Every time I have something to eat, it goes straight through me, and I also feel sick. I keep getting stomach cramps, and I've had a fever for days.

患者：这两三天来，我感到不舒服。只要一吃东西，就拉肚子，而且还伴有呕吐。腹痛和发热已有好几天了。

Doctor: How many times a day have you been vomiting?

医生：你每天呕吐几次？

Patient: I've been vomiting two or three times a day. I often feel like vomiting but manage to stop myself.

患者：每天吐两三次，我常常想吐，但都给我抑制住了。

Doctor: And going to the toilet?

医生：一天泻几次？

Patient: I go to the toilet three or four times a day, and my bowels are very loose.

患者：我一天拉三四次，拉得很厉害。

Doctor: When do you get stomach cramps?

医生：腹痛一般发生在什么时候？

Patient: Immediately after eating.

患者：吃东西后立即就痛。

Doctor: Are they very bad?

医生：痛得厉害吗？

Patient: I get very bad stomach-ache and I also have a lot of wind.

患者：东西一吃到肚子里，腹痛紧随而至，屁放个不停。

Doctor: First let me take your temperature, and I'll just feel your pulse ...
Your temperature is slightly above normal. Open your mouth and say "Ah". Your tongue looks coated. Now please unfasten your blouse so I can listen to your heart. Your heart sounds perfectly all right. Let's take your blood pressure ... There's no problem there. I'm going to give you three forms. Take this one to the X-ray Department and have an X-ray, take this one to the Pathology Lab, and we'll get your white blood cell count checked out. This last one is for you to have an ECG at the ECG Department. You'll find all three departments together at the end of the corridor on the second floor. Come back tomorrow morning and pick up all three reports, then bring them to my office.

医生：我先给你量个体温，再号一号脉。
你有一点低热。张开嘴巴，叫"啊"。你的舌苔厚了一点。现在解开上衣，让我听一听你的心音。你的心脏搏动良好。我来量一量你的血压。血压正常。现在我给你开三张单子。一张是X线拍摄片单，你去X线室拍摄张片子，这一张是化验单，我要看一看你的白细胞计数，最后一张是心电图申请单，你去心电图室检查一下。这三个科室都在二楼走廊的尽头。明天早上把这三张报告取出来后送到我这儿来。

※ ※ ※

Patient: Here're my results, doctor.

患者：医生，报告送来了。

Doctor: Have a seat, and let's have a look. Well, your ECG is perfectly normal. And there's no problem with your X-ray, either. But your white blood cell count is rather high, which is what I expected as it shows your body is fighting the virus.

医生：坐吧，我来看看，嗯，心电图检查正常，X线拍摄片结果也没有问题。你的白细胞计数倒是很高，说明你的肌体正在与病毒搏斗，这与我的预计正相符合。

Patient: Is there anything you can give me to make me feel better, doctor? I'm very busy at work this week, and I have a lot of studying to do, but I really don't feel up to it. Also, my daughter is ill in bed, and ...

患者：医生，你有什么办法让我舒服一点吗？这个星期我工作正忙，而且学习紧张，我实

在受不了了。另外,我的女儿病在床上,而且……

Doctor: Don't worry. It's just gastric flu, but I'll give you some medicine for it to make you feel better. Three times a day take the white tablets as directed on the label after meals; and for the charcoal tablets, take one or two depending on how loose your bowels are.

医生: 别担心,你是得了胃肠型感冒,我给你开些药,吃了药你会舒服一些的,日服三次。白色药片按瓶上贴的说明服用,炭片么,可根据你腹泻的程度服用 1~2 片。

Patient: Is there anything else I can do that will help?

患者: 我自己需要做些什么来协助治疗吗?

Doctor: I know you're busy, but you really shouldn't go to work. However, that's up to you. Rest as much as possible, drink plenty of liquids, eat plenty of vegetables and fruit. Remember, an apple a day keeps the doctor away. If there's no improvement after three days, come back and see me again.

医生: 我知道你很忙,但你还是应该休息休息,不过,这一切取决于你。尽可能地休息,多喝水,多吃蔬菜和水果。常言说,"一天一个苹果,医生不上门"。三天后还没有什么好转的话,再来看一次。

Patient: Thank you, doctor.

患者: 谢谢你,医生。

(2)

Doctor: Does the pain come on in the night?

医生: 夜间腹部疼痛吗?

Patient: Not often.

患者: 不常痛。

Doctor: When it comes on, do you get up?

医生: 夜间痛时,你起床吗?

Patient: Yes, I get up and walk round and it relieves it.

患者: 起,我起来走走就好些。

Doctor: Does anything but the white mixture help it?

医生: 除了白色合剂,还有别的方法能缓解症状吗?

Patient: I've been on a strict diet for six months. I never touch milk.

患者: 半年来,我一直严格限制饮食,我从不喝牛奶。

Doctor: Does any position help you?

医生: 改变体位会好一点吗?

Patient: No. It comes on after tea, about five. I have my main meal midday.

患者: 不行。茶点后大约 5 点左右发病。我中午吃正餐。

Doctor: Have you been sick?

医生: 你呕吐过吗?

Patient: Only at the beginning. I was very sick then.

患者: 刚发病时呕吐得很厉害。

Doctor: Do you feel sick?
医生：恶心吗？
Patient: Yes, I feel sick but I can't be sick.
患者：是的，我经常恶心，但不再呕吐。
Doctor: Does the pain go through to the back?
医生：疼痛放射到背部吗？
Patient: No, but it goes under my armpits.
患者：不，疼痛放射到腋下。
Doctor: What's your weight been doing?
医生：你的体重最近怎样？
Patient: I've lost 6.4kg, but I've been on a fat-free diet for six months.
患者：减轻了 6.4kg，半年来我一直吃不含脂肪的食品。
Doctor: What's your appetite like?
医生：你胃口怎样？
Patient: Poor as ever.
患者：一直不好。
Doctor: What about your bowels?
医生：大便如何？
Patient: I go twice a day, in the morning.
患者：一天两次，都在上午。
Doctor: Is this a life-long habit?
医生：这是长期习惯吗？
Patient: Yes.
患者：是的。
Doctor: What do the motions look like? Well-formed, firm?
医生：大便什么形状？成形，坚实吗？
Patient: Yes.
患者：成形。
Doctor: What about the colour? Has it changed?
医生：大便是什么颜色？有什么变化吗？
Patient: No.
患者：没有。
Doctor: Are they dark?
医生：发黑吗？
Patient: Yes.
患者：是的。
Doctor: Any sigh of blood?
医生：有带血迹象吗？
Patient: No.

患者：没有。

Doctor：Do they float on the water when you flush the lavatory?

医生：你冲洗厕所时，它漂浮在水面上吗？

Patient：No.

患者：不。

Doctor：Have you noticed an unpleasant smell?

医生：你闻到什么难闻的气味吗？

Patient：No.

患者：没有。

Doctor：Have you noticed any difference in your water?

医生：你排尿有无异常？

Patient：No.

患者：没有。

Doctor：Do you have to get up in the night?

医生：你夜间起来上厕所吗？

Patient：Once.

患者：起来一次。

Doctor：Your water hasn't been darker?

医生：尿不发暗吧？

Patient：No.

患者：不发暗。

Doctor：Do you smoke?

医生：你抽烟吗？

Patient：Ten a day.

患者：一天抽 10 支。

Doctor：Do you drink?

医生：喝酒吗？

Patient：Not much.

患者：不太多。

Doctor：Have you any other trouble?

医生：你还有其他病症吗？

Patient：No, my angina's been very good. I've not had much trouble with that for two years.

患者：没有。我的心绞痛已经好了。这两年没大犯过。

Doctor：You've also had trouble with your leg?

医生：你的腿也有毛病吗？

Patient：Yes, they thought it was thrombosis.

患者：是的，他们认为是血栓引起的。

Doctor：When did you first start with your tummy trouble?

医生：第一次胃病是什么时候发作的？

Patient: About 14 years ago.
患者：大约十四年前。
Doctor: The same, but more bothersome now?
医生：病症一样，现在是否更厉害？
Patient: Yes, it's tighter.
患者：是的，病情更重了。
Doctor: Have you ever been jaundiced?
医生：得过黄疸吗？
Patient: No.
患者：没有。
Doctor: Is your tummy swollen when you feel like this?
医生：犯病时肚子胀吗？
Patient: It feels as though I'm going to burst.
患者：我觉得肚子快要爆炸了。
Doctor: Well, I'd like to have a look at you. Will you get undressed and lie on the couch please?
医生：好，我来检查一下。请你脱去衣服，躺在(检查)床上。

(Clinical examination)
(临床体检)

During the examination the doctor asked the following questions:
体检当中，医生提出了以下问题：

Doctor: Do you suffer from heartburn?
医生：你心口有灼热感吗？
Patient: No.
患者：没有。
Doctor: Have you had any children?
医生：你有孩子吗？
Patient: No.
患者：没有。
Doctor: Are your hands always cold and red?
医生：你的手总是又凉又红吗？
Patient: Yes. A lovely colour in the winter.
患者：是的。冬天简直红得可爱。
Doctor: Just hold your breath for a moment. Breathe through your mouth. Show me where you get this pain. Your age?
医生：屏住一会儿气。张口呼吸。告诉我哪儿痛？你多大年纪了？
Patient: 72.
患者：72 岁。
Doctor: Your periods finished when?
医生：你什么时候停经的？

Patient: When I was about 52 or 53.
患者：约在 52 或 53 岁时。
Doctor: Any tenderness here?
医生：这里没有压痛感吗?
Patient: It's a bit sore but not a lot.
患者：有点痛,不厉害。
Doctor: Does it catch you at all when you breathe?
医生：你每次呼吸都觉得痛吗?
Patient: No.
患者：不。
Doctor: Have you any pains in your legs?
医生：双腿疼痛吗?
Patient: I get cramp a bit when I'm in bed.
患者：我睡觉时有点抽筋。
Doctor: More in one leg than the other?
医生：一条腿比另一条腿更重些吗?
Patient: I get it in my right leg; that's my varicose leg.
患者：就是右腿,这条腿患有静脉曲张。
Doctor: Apart from this, you've had no other serious illness in the last 14 years?
医生：除了这些,最近十四年你没有别的重要病症了吧?
Patient: No.
患者：没有。
Doctor: I'm going to take a drop of your blood and I'd like you to have a stomach X-ray. You'll have to come specially, don't eat anything before and drink a white paste which outlines your stomach and we'll take some pictures.
医生：我准备取一滴你的血做化验,并做胃部 X 线检查。你还得来一次,事先禁食。检查时喝一种能显现胃部形状的白色糊剂,并给你照几张胃片。

22 Stomach-ache 胃痛

(1)

Patient: I have a pain in my stomach.
患者：我胃痛。
Doctor: How long have you had it?
医生：多久了?
Patient: It troubled me off and on in the past 2 years. And it has gotten worse since the past 2 months.
患者：反反复复困扰了我两年了。最近这两个月严重了。
Doctor: Can you give me more details?

医生： 能说得详细点吗?

Patient: Surely. It's a burning pain in the stomach area. It's mainly a mild pain but sometimes it becomes a moderate one just like the present time.

患者： 好的。是在胃区的一种灼烧样痛。通常是比较轻微的但有时候也会变成中等程度的痛,就好像现在这样。

Doctor: Do you think there is any connection between the pain and the meal?

医生： 你认为疼痛和饮食有关吗?

Patient: Yes, I think so. It occurs usually when my stomach is empty, and I can relieve it by eating something. It could be worse after I eat some spicy food. I think there are connections between the pain and some other things as well, for example, insomnia, tension, etc.

患者： 是的,我认为有关。它经常在饥饿的时候发生,吃点东西就可以缓解。吃了辣的东西后尤其疼得厉害。我想疼痛还和其他一些情况有关,比如失眠,紧张等。

Doctor: When does it happen more frequently? In the daytime or at night?

医生： 什么时候发生得多一些? 白天还是晚上?

Patient: At night. I can hardly go to sleep when it happens and it often awakens me.

患者： 晚上多些。疼起来让我睡不着觉,睡觉时会把我疼醒。

Doctor: Er, what kinds of medicines did you use to kill the pain?

医生： 唔,你平时用什么药来解除疼痛?

Patient: Some pain-killer I bought in the drug store.

患者： 我在药店买的一些止痛药。

Doctor: What's your occupation? Does it often make you miss your meals?

医生： 你是做什么工作的? (这种工作)会让你经常不能按时吃饭吗?

Patient: I'm a journalist. So you know ...

患者： 我是一名记者。你知道……

Doctor: Yes, I got it. What's the colour of your stool? Have you paid any attention to it?

医生： 是的,我明白。你的大便是什么颜色,注意到了吗?

Patient: It's usually yellow.

患者： 通常是黄色的。

Doctor: Any exception?

医生： 有没有例外的情况?

Patient: I noticed that it's black once or twice, but I didn't give more attention.

患者： 唔,有一两次我注意到大便是黑色的,不过没有给予太多的关注。

Doctor: Did you vomit?

医生： 有呕吐吗?

Patient: I was overcome with nausea sometimes, but never vomited.

患者： 有时候感到恶心,不过还从没有呕吐过。

Doctor: Please lie down on your back and unbutton the clothes, I'd like to examine your abdomen. I think it could be a peptic ulcer. More exactly, it might be a duodenal ulcer.

医生：请仰卧下来，解开衣服。我要检查你的腹部。我想可能是消化道溃疡，准确点说，可能是十二指肠溃疡。

Patient: So what?

患者：那么……

Doctor: I think you should take an X-ray film of your gastrointestinal tract and a gastroscopy. They will help me make an accurate diagnosis.

医生：我想你需要接受一项胃肠道钡餐造影和一个胃镜检查。它们能帮助我对你作出准确的诊断。

Patient: Please do whatever you think necessary.

患者：你觉得什么必要就做什么吧。

Doctor: Take it easy, it's a very common disease. I will give you relief from pain in a moment, and then make a detailed treatment plan for you.

医生：振作点，这病太普通了。我马上给你缓解疼痛，稍后为你制定一个详细的治疗方案。

Patient: Thanks a million. Is there anything I should pay attention to?

患者：万分感谢。有什么东西是我要注意的吗？

Doctor: Please avoid rough food, spicy food and alcohol. If you pass black stool or vomit blood, go immediately to hospital nearby.

医生：别吃粗糙的食物和辣的食物，别喝酒。如果排黑便或者呕血，就马上到附近的医院去就诊。

(2)

Doctor: You come from Cyprus?

医生：你是塞浦路斯人吧？

Patient: Yes, but I've been in England for 23 years.

患者：对，但我在英国待了 23 年。

Doctor: Are you married to an Englishman?

医生：你嫁给英国人了？

Patient: I was, but we were divorced 15 years ago.

患者：是的，但 15 年前又离婚了。

Doctor: Well. Tell me about your trouble.

医生：把你的病情告诉我。

Patient: Two hours after eating I get pain and when I bend I get it.

患者：饭后两小时胃痛，而且我弯腰时也觉得胃痛。

Doctor: Do you bring up liquid?

医生：你呕吐吗？

Patient: No.

患者：不吐。

Doctor: Do you have the taste of sour liquid in your mouth?

医生：嘴里冒酸水吗？

Patient: Yes, terrible.
患者：冒得很厉害。
Doctor: Do you ever vomit?
医生：你曾经吐过吗?
Patient: Not really.
患者：没真的吐过。
Doctor: Do you belch?
医生：打嗝吗?
Patient: A little.
患者：有一点儿。
Doctor: Do you have this pain every day?
医生：你每天都痛吗?
Patient: No.
患者：不是。
Doctor: Does it wake you up at night?
医生：夜里痛醒过吗?
Patient: No.
患者：没有。
Doctor: If you drink something hot, does it affect you?
医生：如果你喝热的东西对你有影响吗?
Patient: I feel it burning as it goes down.
患者：向下咽时有烧灼感。
Doctor: Do you feel acid as well as burning?
医生：是不是觉得又烧心又发酸?
Patient: No.
患者：不是。
Doctor: Have you anything else that worries you?
医生：还有什么其他让你担心的吗?
Patient: No.
患者：没有。
Doctor: What about your weight?
医生：你体重怎么样?
Patient: I've put on weight—four pounds.
患者：我体重增加了 4 磅(1.8kg)。
Doctor: How's your appetite?
医生：胃口怎样?
Patient: Very good.
患者：极好。
Doctor: Did any particular food upset you?

医生：有什么让你讨厌的食物吗？

Patient: Yes. I was fasting for three days for my religion and then I went to my sister's and had some fish and chips.

患者：有。因为信教斋戒三天，然后去我妹妹家吃的鱼和炸土豆条让我不舒服。

Doctor: Had you ever been upset by fried things before?

医生：以前你讨厌炸过的食品吗？

Patient: No.

患者：不讨厌。

Doctor: Do you regularly fast?

医生：你定期斋戒吗？

Patient: Twice a year for my religion.

患者：一年两次。

Doctor: Have you had similar trouble before?

医生：你过去犯过类似的毛病吗？

Patient: Never.

患者：从没有过。

Doctor: Have you any children?

医生：你有孩子吗？

Patient: No.

患者：没有。

Doctor: How are the bowels?

医生：大便怎样？

Patient: Irregular.

患者：不规律。

Doctor: Have you ever passed blood?

医生：有过便血吗？

Patient: No.

患者：没有。

Doctor: How's the water?

医生：小便怎么样？

Patient: Normal.

患者：正常。

Doctor: Do you ever get up at night to pass water?

医生：你夜里起床小便吗？

Patient: No.

患者：不。

Doctor: Do you still see your periods?

医生：你还有月经吗？

Patient: No, they finished two years ago.

患者： 没有了。两年前闭的经。

Doctor: Did you ever have a discharge or bleeding between your periods?

医生： 在两次经期之间有过分泌物或血吗?

Patient: No.

患者： 没有。

Doctor: Do you smoke?

医生： 吸烟吗?

Patient: No.

患者： 不吸烟。

Doctor: Drink?

医生： 喝酒吗?

Patient: Occasionally.

患者： 偶尔喝点儿。

Doctor: Any serious illnesses?

医生： 有什么严重的疾病没有?

Patient: I had an ectopic pregnancy fifteen years ago.

患者： 十五年前有一次异位妊娠。

Doctor: Has anyone in your family stomach trouble?

医生： 你家里有人得过胃病吗?

Patient: No, but my mother had gallstones and had an operation here and my sister and my brother have gallstones.

患者： 没有。但我母亲有胆囊结石,在这儿做过手术。我弟弟妹妹都有胆结石。

Doctor: What about your father?

医生： 你父亲呢?

Patient: He died when I was six but I don't know why.

患者： 我六岁时他去世了,但我不知道什么原因。

Doctor: Do you work?

医生： 你工作吗?

Patient: I'm a dressmaker, but I haven't worked for a year, I'm having a rest.

患者： 我是裁缝,但已有一年不工作了。我现在休息。

Doctor: Do you live alone?

医生： 你是不是独自生活?

Patient: Yes.

患者： 是。

Doctor: How can you manage to live without working?

医生： 不工作你怎么生活呢?

Patient: I have a tenant.

患者： 我出租房子。

Doctor: Do you worry about things?

医生： 你对许多事都很担忧吗?

Patient: No. I used to worry but not now. I know it's not worth it.

患者： 不。我过去是那样而现在不了。我明白那不值得。

Doctor: I'd like to examine you. It sounds as though this is not gallstone but stomach trouble.

医生： 我想给你检查一下。看起来好像不是胆囊结石而是胃的毛病。

23 Upper Alimentary Tract Hemorrhage 上消化道出血

Doctor: Let's go to make the morning ward-round. Where do you feel a pain?

医生： 让我们去查房。你哪里痛?

Patient: I feel a pain in my abdomen.

患者： 我腹痛。

Doctor: Point out the place where you feel a pain. Do you have a good appetite?

医生： 用手指出你痛的部位。你胃口好吗?

Patient: No, I've no appetite.

患者： 不,我没有食欲。

Doctor: How long have you lost your appetite?

医生： 食欲不好已有多久了?

Patient: For two weeks.

患者： 两周了。

Doctor: Do you have a sense of gastric distention after meals?

医生： 饭后有腹胀感吗?

Patient: Yes, I have a feeling of distention in my stomach after meals.

患者： 是的,我在饭后感觉腹胀。

Doctor: Do you have a stomach-ache before meals?

医生： 饭前胃区痛吗?

Patient: Yes, I have a bad stomach-ache.

患者： 是的,胃很痛?

Doctor: How long after meals do you feel a stomach-ache?

医生： 饭后多久感到胃痛?

Patient: About three to four hours.

患者： 大约 3~4 小时。

Doctor: Do you feel a pain when you are hungry?

医生： 饥饿时你感到痛吗?

Patient: Yes.

患者： 是的。

Doctor: May your pain be relieved if you take some food?

医生： 吃过饭后你的疼痛好些吗?

Patient: Yes, it is a little relieved.

患者：是的，好一些。

Doctor: What kind of pain do you have?

医生：你感觉怎样痛？

Patient: It's like burning.

患者：像灼烧一样痛。

Doctor: When does it feel most painful?

医生：什么时候最痛？

Patient: At midnight.

患者：午夜。

Doctor: Do you have the taste of sour liquid in your mouth?

医生：反酸水吗？

Patient: Yes, terrible.

患者：是的，很厉害。

Doctor: Do you belch?

医生：嗳气吗？

Patient: A little.

患者：有一点。

Doctor: Do you ever vomit?

医生：呕吐吗？

Patient: Not frequently, but I vomited yesterday seriously.

患者：不经常，但是昨天我呕吐得很严重。

Doctor: What did you vomit, food or blood?

医生：你呕吐的是食物还是血？

Patient: I vomited food with a lot of blood.

患者：我呕吐的是食物和很多血。

Doctor: Was the blood you vomited red or black?

医生：呕吐的血是红色还是黑色的？

Patient: Like coffee.

患者：像咖啡色。

Doctor: Have your motions changed in colour?

医生：大便的颜色有变化吗？

Patient: I have melena for two times.

患者：我排了两次黑便。

Doctor: Well, I think you have hemorrhage in upper alimentary tract. This is due to the gastroduodenal ulcer, but other diseases must be excluded: gastric cancer, cirrhosis and so on.

医生：我想你是上消化道出血，这是由于胃十二指肠球部溃疡所致，但应该除外其他疾病，如胃癌、肝硬化等。

Patient: Oh! Is that serious? Couldn't I have an operation?

患者： 噢！病情很严重吗？我是否需要手术治疗？

Doctor: No, but you'd better do an X-ray on the stomach and fibrogastroendoscopy. We'll check on the blood as well. You should be given some fluid by intravenous drip immediately. Don't eat anything for 24 hours and take a good rest. I'm sure you'll soon be up and about.

医生： 不用手术治疗，你需要做胃肠透镜和纤维胃镜检查，还要做血液化验。立即给予输液治疗，二十四小时内不要进食，好好休息，我想你的病很快就会好的。

24 Duodenal Ulcer 十二指肠溃疡

(1)

Doctor: It looks that you have pain in the abdomen?

医生： 看起来你好像有腹痛，是吗？

Patient: Yes, I have severe pain in my upper abdomen, which may be aggravated by eating.

患者： 是的，我的上腹部痛得厉害，吃了东西后痛得更厉害。

Doctor: What kind of pain is it?

医生： 是什么性质的疼痛？

Patient: I've had the heartburn pain which is off and on for three years ago.

患者： 我感到烧心样的痛，断断续续的发作有三年了。

Doctor: What do you think causes this pain?

医生： 你认为是什么原因引起这种疼痛？

Patient: It often has something to do with bad eating habits. This time the pain has got worse both in frequency and severity.

患者： 常与饮食习惯不好有关。这次发作的次数比过去多些，疼痛也厉害些。

Doctor: Could you be more specific?

医生： 能更具体一点吗？

Patient: It's worst after I eat spicy food or onion. And it often awakes me 2 or 3 hours after I go to sleep.

患者： 吃了辛辣食物或洋葱都会加重疼痛。常常夜间入睡后两三个小时就把我痛醒了。

Doctor: Does your stomach ache when you are hungry?

医生： 你一饿，胃就痛吗？

Patient: Yes. After a meal I feel a little better, but the pain comes on after meals about an hour to an hour and a half.

患者： 是的。吃了饭后稍微缓和些。但是饭后大约 1~1.5 小时，这种疼痛又开始出现。

Doctor: Have you ever had nausea or vomiting?

医生： 你有过恶心或呕吐吗？

Patient: Well, I vomited yesterday, some food with a little blood like coffee.

患者： 嗯，昨天我吐了。吐的东西是食物带了一点血，像咖啡色似的。

Doctor: Have your stools been loose?

医生： 你拉过稀便吗?

Patient: No. But I had dark stools that look like tar.

患者： 没有。但我解的黑色大便看上去像柏油样。

Doctor: I think you've got duodenal ulcer.

医生： 我看你得了十二指肠溃疡。

Patient: I want to know what duodenal ulcer is?

患者： 我想知道什么是十二指肠溃疡?

Doctor: Duodenal ulcer is a relatively common disease in adult, clinically about ten times more common than ulcer of the stomach.

医生： 十二指肠溃疡在成年人中是一种较为常见的疾病。在临床上约为胃溃疡的十倍。

Patient: What is the cause?

患者： 病因是什么?

Doctor: Its cause is not known for certain, although its possible relation with gastric acidity is suspected.

医生： 其病因尚未确定,尽管怀疑此病可能与胃酸有关。

Patient: Are there any complications of a duodenal ulcer?

患者： 十二指肠溃疡有无并发症?

Doctor: Yes, there are quite a few complications such as obstruction, perforation and hemorrhage.

医生： 有,确有一些并发症,例如梗阻、穿孔和出血。

Patient: Should I be more careful of my diet?

患者： 我应该注意饮食吗?

Doctor: Yes, you must also try to avoid carbonated beverages, alcohol and spices.

医生： 是的,你还应尽量避免含碳酸气的饮料、酒和辛辣食物。

Patient: Well, if I must, I will do it. Anything else?

患者： 如果必须要那样做,我一定照办。还有什么吗?

Doctor: In general, try to avoid very hot or very cold fluids; restrict meat extracts, raw vegetables, fruits, tea, and coffee.

医生： 一般来说,尽量避免过热或过冷的饮料,少吃肉汁、生蔬菜、水果、茶和咖啡。

(2)

Intern: Hello, Mr. Morgan. I'm Dr. Mills.

实习医生： 你好,摩尔根先生。我是米尔斯医生。

Patient: Hello, Dr. Mills.

患者： 你好,米尔斯医生。

Intern: What seems to be your trouble?

实习医生： 你有什么不舒服吗?

Patient: My bowel movements have been kind of black for the past two days, and I feel weak, too.

患者： 两天来我的大便有点儿发黑,同时还感到虚弱。

Intern: Have your BM's ever been this black before?
实习医生：以前你有过这样黑的大便吗？
Patient: No. This is the first time.
患者：没有，这是头一次。
Intern: How many BM's have you had?
实习医生：你大便了几次？
Patient: One yesterday and one today.
患者：昨天一次，今天一次。
Intern: Have you had any pain with this?
实习医生：你大便时痛吗？
Patient: Well, the pain that I always have.
患者：哦，经常痛。
Intern: Where is that?
实习医生：哪儿痛？
Patient: Right here.
患者：就在这儿？
Intern: Does it stay in that one place?
实习医生：疼痛只固定在那一个地方吗？
Patient: Yes, it does.
患者：是的，只固定在那一个地方。
Intern: What kind of a pain is it?
实习医生：是什么性质的疼痛？
Patient: It is sort of burns.
患者：烧灼样痛。
Intern: How long have you had this pain?
实习医生：这种疼痛有多长时间了？
Patient: I've had it off and on for the past two years, but it's never been this bad before.
患者：断断续续地痛了两年，但以前从来没有这样厉害过。
Intern: When do you get this pain?
实习医生：在什么时候发生这种疼痛？
Patient: Usually when I get very excited and worried about things.
患者：通常当我对一些事情很激动和烦恼时就发生这种疼痛。
Intern: Does this pain come on after meals?
实习医生：这种疼痛是在饭后发生吗？
Patient: Yes, it does.
患者：是的，是在饭后发生。
Intern: About how long after meals, would you say?
实习医生：你能说说大约是在饭后多长时间发生吗？
Patient: About an hour to an hour and a half.

患者：大约一至一个半小时。

Intern: How do you get relief?

实习医生：你是怎样使疼痛得到缓解的呢?

Patient: Normally a glass or two of milk will quiet things down.

患者：一般喝一两杯牛奶就会使疼痛止住。

Intern: Have you had any nausea or vomiting?

实习医生：你有过恶心或呕吐吗?

Patient: No.

患者：没有。

Intern: Has this distress ever come on before breakfast?

实习医生：在早饭前发生过这种疼痛吗?

Patient: No, not that I can remember.

患者：没有,我记得没有发生过。

Intern: Does it usually get worse as the day goes on?

实习医生：疼痛通常会变得越来越重吗?

Patient: Yes, it does. And I'll tell you, Doctor, the worst one was last night about one o'clock. It took four glasses of milk to quiet that one down.

患者：是的,疼痛变得越来越重。我告诉你,医生,最厉害的一次疼痛是在昨晚大约一点钟的时候。喝了四杯牛奶才使疼痛止住。

Intern: Have you felt faint or chilled?

实习医生：你感觉无力或怕冷吗?

Patient: No, just a little weak.

患者：不,只感觉有点虚弱。

Intern: Have your stools been loose?

实习医生：你有过稀便吗?

Patient: No, they just look like tar.

患者：没有,大便看起来只像柏油样。

Intern: Have you ever vomited up blood?

实习医生：你呕过血吗?

Patient: No.

患者：没有。

25 Acute Nephritis 急性肾炎

Intern Wang (Wang): Good morning. What seems to be bothering you?

实习医生(王)：早上好,你哪里不舒服?

Patient Zhang (Zhang): Well, I just feel a dull pain in the loin and puffiness of eyes, especially in the morning these days. I feel all poored out.

患者张：我觉得最近几天腰部钝痛,眼睑水肿,尤其是早上,我全身疲劳极了。

Wang: How long have you been like this?

王：你这样有多久了？

Zhang: About five days.

张：大约 5 天了。

Wang: Did you have palpitations and shortness of breath lately?

王：最近有无心悸、气急吗？

Zhang: No.

张：没有。

Wang: How about your urination?

王：你小便怎么样？

Zhang: The urine is small in quantity, dark and soon grows cloudy.

张：尿少，颜色深且很快变浑浊。

Wang: Have you got any chronic disease in the past?

王：你过去得过慢性病吗？

Zhang: No, I was very strong before. Er, I caught cold two weeks ago. After having rested for a couple of days, I felt better, but still had a sore throat. I haven't taken any medicine.

张：没有，我以前身体很结实，两周前我感冒了，休息几天后好转，但仍嗓子痛。我从未服药。

Wang: Then how old are you?

王：那么你多大了？

Zhang: I am 48.

张：48 岁了。

Wang: Now let me take your blood pressure. Oh, 160/100mmHg, hypertension, of course. Would you come towards me just a little? Open your mouth, please, stick your tongue out, let me examine your throat, enlargement of right tonsil (2^{nd} degree). You still get edema of the lower limbs.

王：现在让我来测血压。哦，160/100mmHg，当然是血压高。你能向我这边挪一点儿吗？请张开嘴、伸舌，让我检查一下咽喉部。哦，右侧扁桃体二度增大，你还有下肢水肿。

Zhang: What's the trouble?

张：有什么问题吗？

Wang: Not know until examination.Please go and take a urine test, then I'll call the resident.

王：等检查完了再说，去做尿检查，我就向住院医生汇报。

Resident: Here is the urine report: Sp.gr: 1.020, colour: dark, albumin (+ +), RBC whole field of vision. What do you think of the diagnosis, Wang?

住院医生：这是尿检查报告：比重 1.020，颜色：深、蛋白（+ +），红细胞满视野。王医生，你看如何诊断？

Wang: It looks like acute nephritis.
王: 像是急性肾炎。
Resident: I think it's appropriate to diagnose "acute nephritis" at present. Bring him into the hospital.
住院医生: 我觉得目前诊断"急性肾炎"较合适,应当叫他住院治疗。
Wang: Yes. (turn to the patient) Zhang, I've just finished talking to other doctor. We both think you should be brought into the hospital.
王: 好的。(转向患者)老张,我与另一位医生商量了一下,觉得你应住院治疗。
Zhang: Whatever you say. Thank you, doctors.
张: 听你的,谢谢你医生。
Wang: Don't mention it. Nurse, will you please take the patient to the admission office?
王: 不必客气,护士,请带患者去住院处。

26 Acute Pyelonephritis 急性肾盂肾炎

Patient: I feel pain when urinating.
患者: 我排尿时痛。
Doctor: How long have you had it?
医生: 有多久了?
Patient: About two or three days.
患者: 大约两三天了。
Doctor: What kind of pain is it?
医生: 是什么样的痛?
Patient: It's a kind of burning pain. It seems to be getting worse.
患者: 是一种烧灼样痛。而且好像越来越重。
Doctor: Any other symptoms?
医生: 还有其他症状吗?
Patient: I have a terrible headache and a backache. I feel feverish and shivery. I also want to pass water more often than usual.
患者: 我有严重的头痛和腰痛。我觉着发冷还发热。我还有尿频现象。
Doctor: How many times do you have to pass urine each day?
医生: 你每天要排尿多少次?
Patient: I can't say, almost hourly.
患者: 我说不清。几乎每小时一次。
Doctor: Have you any blood in your urine?
医生: 尿里带血吗?
Patient: No.
患者: 没有。
Doctor: You may have an acute pyelonephritis. I want a routine urine and a mid-stream clear

catch urinalysis. I'll also send a urine specimen for culture and sensitivity.

医生：你得的也许是急性肾盂肾炎。要做个尿常规检查，同时要做清洁中段尿分析。再送个尿标本做培养和敏感试验。

Doctor: There is no doubt that you have acute pyelonephritis, a kind of urinary tract infection.

医生：毫无疑问，你患的是肾盂肾炎，一种泌尿系感染。

Patient: What shall I do?

患者：我该怎么办呢？

Doctor: You should rest in bed and drink plenty of water. You need injections and also some tablets.

医生：应该卧床休息并大量喝水，应接受注射和口服些药物。

Patient: When should I come back?

患者：我什么时候再来复诊？

Doctor: I would like to see you in three days. If the symptoms get worse, come to the emergency clinic immediately.

医生：三天后再来门诊。如果病情恶化就马上看急诊。

27 Chronic Glomerulonephritis 慢性肾小球肾炎

Doctor: Good morning, Mr Hartley. Come and sit down. Well now, your doctor says you've been having trouble with your water for some time.

医生：早上好，哈特雷先生，请坐。您的医生说近一段时间以来您排尿有问题。

Patient: Yes, that's right. I have to keep getting up in the night.

患者：是这样，我夜间总得起床排尿。

Doctor: How many times?

医生：多少次？

Patient: Oh, up to six times lately.

患者：哎，最近多至六次。

Doctor: Have you noticed any change in your water?

医生：您注意过尿有无改变？

Patient: Yes. It's darker, reddish. I wonder if it could be blood.

患者：注意了，尿色深，带红色，不知道这是否可能是血。

Doctor: Have you noticed anything else?

医生：还有别的不适吗？

Patient: Yes. I've been sick several times in the morning and after work in the evening I've noticed my legs are puffed up.

患者：有。早上我有过几次呕吐并在晚上下班后发现我的腿肿起来了。

Doctor: How is your general health?

医生：您一般健康状况如何？

Patient: Well, I've felt really groggy for some weeks now. I don't seem to enjoy my food any

more and I've lost weight.

患者：哦，近几周来，我确实感到不适，似乎不再想吃饭而且体重减轻。

Doctor: How much?

医生：减轻多少？

Patient: About 6.4kg. I can tell by my clothes and my wife is worried about it. She made me go to my doctor.

患者：约 6.4kg 多，看看我的衣服就知道我瘦了多少。我妻子对此很担心，她把我带到我的医生那里。

Doctor: How long have you had this trouble?

医生：您发现此病有多长时间了？

Patient: About three months really.

患者：大约三个月了。

Doctor: Have you ever had trouble with your water before?

医生：以前您排尿有过异常吗？

Patient: Yes. A couple of years ago I had burning when I passed water. The doctor said I had high blood pressure as well and he put me on tablets and it cleared up.

患者：有过。几年以前我排尿有过烧灼感。医生说我还患有高血压，他给我些药吃，就好了。

Doctor: Well, I'd like to examine you. Take off all your clothes except your underpants. Lie on the couch under the blanket and I'll be with you in a moment.

医生：唔，好啦，我要给您检查一下。除衬裤外，脱下所有的衣服。躺在床上，盖上毯子，我一会儿就回来。

(After examining the patient)

（检查过患者之后）

Doctor: You can get dressed now ... Well, Mr Hartley, I think your problem is due to the fact that the kidneys are not working as well as they should be. I want you to have some blood tests, X-rays and kidney function tests. I want you to collect your urine for 24 hours. Nurse will tell you exactly how to do it. Then we'll ask you to come in for an ultrasound examination of the kidneys. This is a very simple procedure to make sure there is no obstruction.

医生：现在您可以穿上衣服了。嗯，哈特雷先生，我想您的毛病是肾脏功能不正常。您要去做一些血液化验、X 线检查、肾功能试验，并要收集 24 小时尿液。护士会告诉您如何正确收集尿液。然后我叫您去做肾脏超声波检查，这是一种很简单的用以确定有无梗阻的方法。

(Follow-up clinic)

（门诊复查）

Doctor: Hello, Mr Hartley. Come and sit down. Well, as I told you, the kidneys are not working as well as they should be. I'm going to send you to a dietitian and she will give you advice on a low protein diet. This is not unpleasant and it will lower

the chemicals in your blood. It is the protein in the diet that causes a build-up of substances in the blood when the kidneys are not working normally. This makes you feel unwell. I'm also going to give you some tablets to help to keep the bones healthy. This is necessary in people with kidney disease.

医生：您好，哈特雷先生，请坐下。唔，正如我告诉您那样，您肾脏功能不正常。我要把您带到营养师那里去，她会给您推荐一种低蛋白饮食食谱。这种饮食是可以被患者接受的，而且它会使您血中的化学物质降低。当肾脏不能正常工作时，正是饮食中的蛋白质在血液内形成一些物质。这时就会使您感到不适。我还要给您一些药片，有助于保持骨骼的健康。这对肾脏病患者是必要的。

Patient: Can you tell me exactly what is wrong with my kidneys?

患者：您能确切告诉我我的肾脏患了什么毛病吗？

Doctor: Well. The tests show that it is probably a condition called chronic glomerulonephritis which has damaged the kidneys. The condition is irreversible—nothing can be done to put it right at this stage I'm afraid. You've undoubtedly had it for a long time. We'll need to keep an eye on you. There are fortunately treatments to make up for the kidney damage.

医生：好的，试验表明可能是慢性肾小球肾炎损害了您的肾脏。这种疾病是不可逆转的。我想在这阶段恐怕没有任何办法能使之转变为正常。毫无疑问，您得病已好久了。我们需要经常给您检查，庆幸的是对您的肾脏毛病还是有些治疗方法的。

(Some weeks later)

(几周以后)

Doctor: I gather you've been having more trouble since I last saw you?

医生：我想自从上次见到您之后，您感觉更加不适了吧？

Patient: Oh, yes. I've kept vomiting and feeling dreadful. I can't keep on like this.

患者：是的。我不停地呕吐，感觉极糟，若再继续下去，我就受不了啦。

Doctor: Mmm. Well, it looks as though the next step will be to get you into hospital to start further treatment. I think you are going to need peritoneal dialysis treatment.

医生：嗯，好啦，看来下一步得让您住院进一步治疗，我想您将需要腹膜透析治疗。

Patient: What's that, Doctor?

患者：医生，腹膜透析是怎么回事？

Doctor: It means putting tube into the abdomen and then washing fluid in and out to keep the toxic substances in the blood down. It's not uncomfortable and you'll be taught to do it yourself when you get home.

医生：是将一根管子放入腹腔，然后用清洗液反复灌洗，使血中有毒物质减少。这没有什么不舒服的，您回家时，我们将教您自己进行操作。

Patient: How long will I have to stay in hospital?

患者：我需要住院多久？

Doctor: You'll be in from 2-3 weeks. With this method of dialysis you can walk about and live a reasonably normal life.

医生：您需住院 2~3 周。用这种透析的方法，您能各处走动，并能过着相当正常的生活。

Patient: Shall I have to stop working, Doctor?

患者：医生，我必须停止工作吗？

Doctor: Just remind me. What do you do?

医生：您恰好提醒了我，您做什么工作？

Patient: I'm a bus conductor.

患者：我是公共汽车的售票员。

Doctor: Well I think it might prove difficult for you. I'd advise you to get a lighter job but we'll see how you get on.

医生：嗯，我想这工作可能对您是困难的，我劝您做些轻工作，但是要看您的病情进展如何。

Patient: Shall I have to use this for the rest of my life?

患者：我必须终身使用这种治疗方法吗？

Doctor: Well, there are changes and improvements in treatment all the time. We will take a specimen of your blood and put you on the computer for a kidney transplant. When a suitable kidney comes, we will do a kidney transplant operation. This will make life a lot easier and there are new drugs now to prevent the body rejecting the kidney. So there are several ways of helping you. We'll just have to see how you get on.

医生：唔，治疗总在变化和改进。我们要给您取一个血液标本。为了等移植肾，我们要把您的情况输入计算机。当有合适的肾脏时，我们就给您做肾移植手术。做完肾移植会使您感觉好得多。现在有新药可预防机体对移植肾产生排异作用。所以有些治疗方法是对您有益处的。我们要看看您的病情进展如何。

Patient: Thank you, Doctor.

患者：医生，谢谢您。

28 Acute Pancreatitis 急性胰腺炎

(1)

Patient: Doctor, I suddenly got a sharp pain in my left upper abdomen. I feel very bad and I don't know what's the matter.

患者：医生，我突然左上腹痛。我觉得难受极了，不知道发生了什么事。

Doctor: Please try to relax. When did it begin?

医生：请试着放松些。什么时候开始痛的？

Patient: It began five hours ago.

患者：5 个小时前开始的。

Doctor: What kind of pain is it?

医生：是什么样的痛？

Patient: It's a continuous sharp pain, perhaps I can call it a knifelike pain. It didn't get worse but there is no relief either.

患者：是一种持续痛，刀割样的。没有加重，但也未见缓解。

Doctor: Can you point out the very place which you feel most painful?

医生：你能给我精确地指出你感觉最痛的部位吗？

Patient: Yes. Here, and here.

患者：好的。这里，还有这里。

Doctor: Er, does the pain refer to other places except the upper abdomen?

医生：唔，除了上腹部，其他地方痛吗？

Patient: Yes. Sometimes it went towards my back, a place whose level is corresponding to abdomen's.

患者：有的。有时候疼痛会窜到背后去，几乎是和腹部同一个水平面的位置。

Doctor: Do you feel nausea or did you vomit?

医生：你觉得恶心吗？ 有没有呕吐过？

Patient: I vomited heavily several times and now I still feel like vomiting.

患者：剧烈呕吐过几次。现在还有想吐的感觉。

Doctor: Do you have any abdominal distention?

医生：你有没有腹胀？

Patient: Maybe no.

患者：似乎没有。

Doctor: Have you got a temperature?

医生：发热吗？

Patient: Yes, it's a low-grade temperature. I took it before I came here.

患者：有。我来之前量过，是低热。

Doctor: Is there any other discomfort?

医生：还有什么其他不适吗？

Patient: No.

患者：没有了。

Doctor: Have you had any similar attack before?

医生：以前有过类似的发作吗？

Patient: Never.

患者：从来没有过。

Doctor: Could you tell me what you had done before the pain attacked you? Had you been hit by something or had you eaten something wrong?

医生：能告诉我疼痛发作前你做过什么吗？有没有被什么东西打过或者有没有吃错什么东西？

Patient: I had a lot of alcohol last night at a party.

患者：昨晚在一个聚会上我喝了很多酒。

Doctor: That's it. According to your history, symptoms and signs, I think you've got acute pancreatitis. You have to be hospitalized. I will arrange the admission for you, and before that, I'd like you to take a blood routine test, a blood amylase test, a urine amylase test and an ultrasound exam. They will confirm my diagnosis if positive.

医生：这就是了。根据你的病史、症状和体征，我想你得了急性胰腺炎，必须住院治疗。我会为你安排入院事项，但在这之前，我要你去做一个血常规、血尿淀粉酶化验和一个超声检查，如果结果阳性的话，会确定我的诊断。

Patient: OK. How can I get to the test center and the department of ultrasonography? Can anybody help me?

患者：好的。我怎么去检验科和超声科？有人帮我吗？

Doctor: Yes, I will ask a nurse to help you.

医生：我叫一个护士帮你。

Patient: Thank you. See you later.

患者：谢谢，一会儿见。

Doctor: Take care of yourself.

医生：路上小心。

Doctor: Please come in. You don't have to wait because it's an emergency.

医生：请进。因为你是急诊，所以不必排队等候。

Patient: Thanks.

患者：谢谢。

Doctor: This way please. Lie down on your back. Can you manage it yourself?

医生：这边走。请上床仰卧。能自己做到吗？

Patient: I think I can.

患者：是的，我可以。

Doctor: OK. Please unbutton your shirt and then put your hands on the pillow.

医生：好的。请解开衬衫，然后把双手放在枕头上。

Patient: That's it?

患者：是这样吗？

Doctor: Yes, well done. It's an examination for your pancreas. I must put some coupling medium on your skin surface. It may be somehow cold, but it's aseptic and atoxic. OK, let's begin. Just make your abdomen relax.

医生：是的，很好。 现在给你做的是一个胰腺超声检查。我必须涂一些耦合剂在你皮肤上。耦合剂有点冷，但无毒也无菌。好，我们开始吧，腹部放松。

Doctor: Take a deep breath and hold it.

医生：深吸口气，憋住。

Doctor: Relax.

医生：放松。

Doctor: Breathe deeply once more.

医生：再来一次，深吸气。

Doctor: OK, it's finished.

医生：好了，做完了。

Patient: How about my pancreas?

患者：我胰腺有事吗?

Doctor: The sono-gram shows that you get pancreatitis. It agrees with your doctor's diagnosis. I'll send a report to him, and you can get back.

医生：超声图显示你得了胰腺炎,这和你的医生的诊断是一致的。我会把报告发给你的医生,你可以回去了。

Patient: Is it serious?

患者：严重吗?

Doctor: It seems not very serious.

医生：看起来不太严重。

Patient: Thank you.

患者：谢谢!

(2)

Patient: Doctor, I suddenly developed a sharp pain in my upper abdomen.

患者：医生,我上腹部突然剧痛。

Doctor: When did it begin?

医生：什么时候开始的?

Patient: About three hours ago.

患者：约三小时前。

Doctor: Have you ever had any pains like this before?

医生：您以前这样疼痛过吗?

Patient: No, never.

患者：不,从来没有过。

Doctor: What kind of pain is it? Intermittent or persistent?

医生：是怎样的痛?是间歇的还是持续的?

Patient: It's a kind of sharp pain. It was off and on, but now it's all the time.

患者：是剧痛。本来是一阵子一阵子的,可现在是一直在痛。

Doctor: Does the pain go in a particular direction?

医生：疼痛向一定方向窜动吗?

Patient: Sometimes it goes towards my back.

患者：有时窜到我的背部。

Doctor: Do you feel nausea?

医生：您觉着恶心吗?

Patient: I feel like vomiting.

患者：我想吐。

Doctor: Please show me where you feel the pain.

医生：请指给我看您觉着哪儿痛。

Patient: Here.

患者：就在这里。

Doctor: Let's take a white blood count and a blood amylase test, a kind of test for acute

pancreatitis.

医生：让我们做个白细胞计数和淀粉酶试验，即一种专为检查急性胰腺炎的试验。

Doctor: According to your history, physical examination and laboratory tests, you have an acute pancreatitis. It would be better if you could stay in hospital until you are well.

医生：根据您的病史、体检和实验室化验，您得的是急性胰腺炎。在病好以前，要是可能，您最好住院。

(3)

Intern: Hello, Mr. Martin. How are you?

实习医生：你好，马丁先生，你身体好吗？

Patient: I feel really bad, Doctor.

患者：医生，我感到很不好。

Intern: How do you feel bad?

实习医生：你感到怎么不好？

Patient: Oh, I've been throwing up the past few days.

患者：哦，我一直吐了两天。

Intern: Is it what you eat?

实习医生：呕吐物是你所吃进去的东西吗？

Patient: Oh, I haven't eaten anything for a while.

患者：哦，我有一段时间没有吃过什么东西了。

Intern: Is it bloody?

实习医生：呕吐物带血吗？

Patient: No, just kind of whitish and thick.

患者：不，仅有点发白和黏稠。

Intern: How many days ago did this first start?

实习医生：第一次呕吐是在几天前开始的？

Patient: About three days ago.

患者：大约三天前。

Intern: Have you been drinking at all?

实习医生：你是否一直喝酒？

Patient: Yeah. I had a lot to drink then. I lost my job and felt kind of down in the dumps.

患者：是的。当时我喝了很多酒。我失业了，感到有些精神沮丧。

Intern: How long have you been drinking?

实习医生：你喝酒有多长时间了？

Patient: About ten years.

患者：十年左右。

Intern: How much do you drink?

实习医生：你有多大酒量？

Patient: About a pint a weekend.

患者：周末喝一品脱左右（约 6L）。

Intern: Have you had any pain?
实习医生：你有过疼痛吗？
Patient: Yes.
患者：有过。
Intern: Where does it start?
实习医生：从哪儿开始痛的？
Patient: Right here.
患者：就从这儿开始的。
Intern: Does it go anywhere?
实习医生：疼痛向别处放射吗？
Patient: Yes, it feels like it goes toward my right shoulder.
患者：是的，感觉疼痛好像往我的右肩放射。
Intern: What kind of pain is it?
实习医生：是什么性质的疼痛？
Patient: It feels like somebody is boring a hole through to my back.
患者：感觉好像有人向我背部钻洞一样的痛。
Intern: And how long have you had it?
实习医生：那么你痛了多长时间了？
Patient: Oh, I've had this for the past three days.
患者：噢，痛了三天。
Intern: How long does this pain last?
实习医生：这种疼痛持续多长时间？
Patient: It lasts about half an hour, but it comes and goes.
患者：疼痛持续半小时左右，但时好时坏。
Intern: Have you ever had any pains like this before?
实习医生：你以前有过类似的疼痛吗？
Patient: No.
患者：没有。
Intern: Do you feel bloated after a heavy, fatty, or greasy meal?
实习医生：你吃了大量的脂肪性或油腻的食物后感到饱胀吗？
Patient: No, I can't say that I do.
患者：不，我不觉得饱胀。
Intern: Have you ever vomited up any blood?
实习医生：你呕过血吗？
Patient: No.
患者：没有。
Intern: Have you ever passed any blood from the rectum?
实习医生：你便过血吗？
Patient: No.

患者： 没有。

Intern： Have you ever turned yellow?

实习医生： 你发过黄吗?

Patient： No.

患者： 没有。

Intern： Have you been nauseated at all?

实习医生： 你是否有过恶心?

Patient： Well, just before I vomit I get real nauseous.

患者： 哦,就在呕吐前感到非常恶心。

Intern： About how many times a day have you vomited over the past three days?

实习医生： 3 天来你一天大约吐几次?

Patient： About ten or fifteen times.

患者： 大约 10~15 次。

Intern： What have you been living on?

实习医生： 你靠吃什么东西维持生命呢?

Patient： Well, the only thing that'll stay down is whiskey. Doctor, please do something. This pain is killing me.

患者： 噢,只有威士忌酒喝了不吐。医生,请给我治治吧。痛死我了。

Intern： We'll just ask a few more questions. Have you had any chills or fever recently?

实习医生： 我们再问几个问题。最近你有过寒战或发热吗?

Patient： No.

患者： 没有。

29 Pulmonary Tuberculosis 肺结核

(1)

Doctor： Hello, please sit down, can you tell me what the problem is?

医生： 你好,请坐,能告诉我你有什么问题吗?

Patient： Hello, Doctor. I've come to see you because I have a cough and it's not getting any better.

患者： 你好,医生。我过来看病,因为我咳嗽,并且一直没有好。

Doctor： How long have you had this cough?

医生： 你咳嗽多长时间了?

Patient： I've had the cough for quite a long time now, I thought it would go away but it hasn't.

患者： 至今有好长时间了,我一开始以为很快会好,但是没有。

Doctor： What does your cough sound like?

医生： 咳嗽起来是怎样的?

Patient： It's a dry cough mostly, but in the morning I can cough up a lot of sputum.

患者： 大部分时间是干咳,早晨的时候我咳出一堆的痰。

Doctor: What does the sputum look like?

医生：痰看起来是怎样的？

Patient: Normal colour I think.

患者：我想是正常的颜色。

Doctor: Is there any blood in your sputum, does you sputum have any specks of red in it?

医生：痰里面带血吗？你的痰里有没有红色的血丝？

Patient: No, not that I've noticed.

患者：没有，据我观察没有。

Doctor: Does it hurt your chest when you cough?

医生：你咳嗽的时候胸痛吗？

Patient: It didn't at first, but for the last three weeks or so my chest has started to hurt when I cough.

患者：一开始没有，不过大约三个星期前，当我咳嗽的时候开始痛了。

Doctor: Does your chest hurt when you breathe in and out (inspire, expire)?

医生：你呼吸的时候胸会痛吗？

Patient: No, I haven't noticed.

患者：没有，我没注意到痛。

Doctor: Do you cough if you do any exercise?

医生：你做运动的时候会咳嗽吗？

Patient: Yes, I have noticed that if I'm rushing I will start to cough.

患者：是的，我发觉如果我进行剧烈运动，就会开始咳嗽。

Doctor: How many stairs can you walk up before you start to cough?

医生：你爬多少级楼梯之后开始咳嗽？

Patient: I'm not sure, I had to walk up 3 flights the other day, and I did start to cough when I stopped.

患者：我不太确定，有天我爬了三层楼梯，停下来的时候就开始咳嗽了。

Doctor: Do you have a weakness in your chest normally?

医生：你平时是否肺部比较弱？

Patient: No, I'm usually very healthy.

患者：不是，我一般很健康。

Doctor: Do you suffer from asthma?

医生：你有哮喘吗？

Patient: No.

患者：没有。

Doctor: Do you think you have lost any weight in the last 2 months?

医生：你觉得在过去的两个月内你的体重减轻了吗？

Patient: I haven't really noticed, but thinking about it, maybe I have lost a little weight.

患者：我没有注意，不过现在想想，我好像轻了点。

Doctor: Do you have night sweats?

医生： 你盗汗吗?

Patient: Yes, I do sometimes.

患者： 是的,有时候。

Doctor: Do you feel more tired these days, not quite as well as you used to?

医生： 跟平时对比,你这些天感觉更疲惫吗?

Patient: No, not really, I feel OK except for the cough; sometimes I can feel very tired at the end of the day, but not all the time.

患者： 也不是,我觉得还可以,除了有点咳,有时候在一天结束的时候我会感到非常的劳累,不过这种情况不常有。

Doctor: I need to listen to your chest, please undo your shirt/please lift up your top.

医生： 我需要听你的肺,请解开你的衬衣 / 将外衣撩起来。

I need to take your temperature, pulse and B/P.

我需要量你的体温、脉搏和血压。

OK, you need to have an X-ray of your chest, a sputum and blood test, here are the forms, the nurse will show you where to go.

好了。你需要拍摄胸部的 X 线片,进行痰和血液检测,这是化验单,护士会带你过去。

Patient: OK, will I have the X-ray today?

患者： 好的,我需要今天拍摄 X 线片吗?

Doctor: Yes, and when you have had your X-ray and blood tests come back here with the results to see me.

医生： 是的,你拍摄完 X 线片和做完血液检测之后带着结果过来找我。

Patient: OK, Doctor. Thank you.

患者： 好的,医生。谢谢你。

※ ※ ※

Doctor: I'm afraid your results show that you have TB and you are going to need some special antibiotic medication.

医生： 恐怕你的检查结果表明你有肺结核,你需要用一些特殊的抗生素药。

Patient: TB? That's really serious, isn't it? Don't I have to be in quarantine?

患者： 肺结核? 那真是太严重了,是不是? 我需要被隔离吗?

Doctor: After you have taken the antibiotics for 17-21 days you can then carry on with your normal life and contact with other people.

医生： 你服用抗生素 17~21 天后就可以恢复到正常的生活和与别人接触。

Patient: Oh great, that's not too bad, do I need to give you a list of people I've been in contact with?

患者： 哦,太好了,这还行。我需要给你提供一张我接触过的人员的名单吗?

Doctor: TB is a communicable disease and has to be reported, you need to tell people that you have had contact with that you have TB, so they can be tested. And I will report it to the proper authorities.

医生： 肺结核是传染性疾病，必须上报。你需要告诉你接触过的人群你得了肺结核，这样他们可以检测是否受到传染。而且我会将此事上报给相关部门。

Patient: OK, thanks, doctor. Is there anything else I have to do?

患者： 好的，谢谢医生。我还需要做什么吗？

Doctor: You need to take care, eat well, sleep well and look after yourself; it will help you get better quickly.

医生： 你需要多保重、吃好、睡好和好好照顾自己。这样有助于康复。

Patient: OK, do I need to come back?

患者： 好的，我需要再回来吗？

Doctor: Yes, you will, you will need to see a specialist. I will go and make the arrangements for you.

医生： 是的，你需要。你需要回来请专家会诊。我会给你安排。

Patient: Thanks very much. I appreciate it.

患者： 非常感谢，我很感激。

Doctor: I have arranged for you to see the specialist now, will you go with the nurse? She will show you where to wait.

医生： 我给你安排好了专家会诊，你能跟着护士去吗？她会指示你到哪里去等候。

Patient: Thanks, doctor.

患者： 谢谢医生。

Doctor: You are welcome. Hope you feel better soon.

医生： 不客气，希望你尽快康复。

(2)

Patient: I have had a cough for about two years. I paid no attention to it because I thought it was from smoking. Two weeks ago I caught a cold. Since then I have felt very weak and feverish. My temperature is always a little higher in the afternoon.

患者： 我已经咳嗽两年了。我没有重视它而认为是和吸烟有关。两周前我得了一次感冒，从此以后我感到疲乏无力而且有发热感。我的体温在下午总是高一些。

Doctor: When you cough do you bring up any phlegm?

医生： 你的咳嗽带痰吗？

Patient: Just a small amount, usually whitish. Occasionally I noticed some blood. This worried me, so I came to consult you.

患者： 只有少量白痰。偶尔我发现有少量的血。这使我害怕了，所以我来找你。

Doctor: Blood in the sputum strongly indicates tuberculosis. We must take a chest X-ray.

医生： 痰中带血表明很可能是结核病。我认为需要照一张 X 线片。

Doctor: The X-ray suggests the likelihood of tuberculosis.

医生： X 线片提示可能是结核。

Patient: Is it serious? Can I be cured?

患者： 病情严重吗？能治好吗？

Doctor: Don't worry. Nowadays, even those advanced cases with proper treatment can be

cured within six months. Drug treatment should be continued for two years, however.

医生： 不必焦虑。目前即使是重症肺结核，在正确治疗下，半年内也可以恢复健康。当然药物治疗应持续两年。

Doctor: Please send a fresh specimen of your sputum for testing. I'll prescribe rimifon 0.1g three times a day and injections of streptomycin 1g once a day. By the way, you need also a good rest and good food.

医生： 请你送一个新鲜的痰标本来做检查。我给你开药。异烟肼 0.1g 一天三次，链霉素注射 1g 一天一次。另外，你需要彻底休息和好的营养。

Patient: When should I return?

患者： 我什么时候来复诊?

Doctor: In about two months.

医生： 两个月以后。

30 Chronic Hepatitis 慢性肝炎

(1)

Doctor: Well, what is the trouble?

医生： 怎么不舒服?

Patient: I'm losing weight. I'm tired all the time.

患者： 我体重减轻，整天疲乏无力。

Doctor: How long have you noticed you were not quite well?

医生： 你感觉不舒服有多长时间了?

Patient: A year.

患者： 一年了。

Doctor: How much weight have you lost?

医生： 体重减轻了多少?

Patient: Three kg. It fell and picked up again.

患者： 3kg。但减轻后又增加了。

Doctor: How?

医生： 增加了多少?

Patient: It just happened.

患者： 刚开始增加。

Doctor: Is there anything else you've noticed?

医生： 你还注意到别的什么症状吗?

Patient: No.

患者： 没有。

Doctor: Have you a cough?

医生： 咳嗽吗?

Patient: No.

患者：不咳。
Doctor: Any aches or pains?
医生：有疼痛的地方吗?
Patient: No.
患者：没有。
Doctor: Are you short of breath?
医生：感觉气短吗?
Patient: Yes, when I play cricket.
患者：是的。打板球时就感到气短。
Doctor: Apart from games, running for a bus, going upstairs?
医生：除运动外,赶公共汽车、上楼梯时气短吗?
Patient: No.
患者：不。
Doctor: How is your appetite?
医生：胃口如何?
Patient: Rather poor lately?
患者：最近相当不好。
Doctor: How often do you open your bowels?
医生：大便几次?
Patient: Once a day.
患者：每天一次。
Doctor: They are not loose?
医生：大便稀吗?
Patient: No.
患者：不。
Doctor: How's your water?
医生：小便怎么样?
Patient: All right.
患者：还行。
Doctor: Do you smoke?
医生：抽烟吗?
Patient: Ten a day, but I don't seem to get much pleasure from it these days.
患者：一天十支。但最近似乎不太爱抽了。
Doctor: Do you drink?
医生：喝酒吗?
Patient: No.
患者：不喝。
Doctor: Which weather do you prefer?
医生：你喜欢什么天气?

Patient: Hot.
患者：热天。
Doctor: Do you sweat a lot?
医生：出汗多吗?
Patient: Only my fingers and feet.
患者：只是手脚出汗。
Doctor: Have you any palpitations?
医生：有过心动过速吗?
Patient: No.
患者：没有。
Doctor: Are you nervous, on edge?
医生：你精神容易紧张、激动吗?
Patient: No. I'm a placid soul.
患者：不,我这人一向比较冷静。
Doctor: Are your hands shaky?
医生：双手颤抖吗?
Patient: No.
患者：不。
Doctor: You had jaundice in 2001 and 2006. Were you in hospital?
医生：你 2001 和 2006 年得过黄疸病。住过医院吗?
Patient: No.
患者：没有。
Doctor: Do you know what was wrong?
医生：你知道当时得了什么病?
Patient: Hepatitis.
患者：肝炎。
Doctor: You were told not to drink for a year?
医生：你知道一年内不能喝酒吗?
Patient: Yes.
患者：知道。
Doctor: I'll just examine you.
医生：好,我来检查一下。

(2)

Patient: I feel very tired and worn out all the time.
患者：我总觉得非常疲倦,虚乏无力。
Doctor: How is your appetite?
医生：您的食欲怎样?
Patient: Not good. I force myself to eat, but everytime I look at food, I feel sick.
患者：不好。我强迫自己吃东西,可我一看见饭就想吐。

Doctor: Have you lost any weight?

医生：您的体重是否下降了？

Patient: Yes, quite a bit.

患者：是的，我瘦多了。

Doctor: When did you begin to feel unwell?

医生：您什么时候开始病的？

Patient: I don't know. But recently I've felt really bad.

患者：我没有注意，但是最近加重了。

Doctor: Any other symptoms?

医生：还有些什么不适？

Patient: I feel a kind of pressure around the right side of my stomach.

患者：我觉得我肚子右边有一种压迫感。

Doctor: Do you drink a lot of alcohol?

医生：您喝酒多吗？

Patient: Yes, I drink some everyday.

患者：是的，我每天喝酒。

Doctor: How long have you been drinking?

医生：您喝酒有多久了？

Patient: About eight years.

患者：大约八年了。

Doctor: Have you ever had any trouble with your liver?

医生：您的肝脏出过毛病吗？

Patient: Yes, two years ago in check-up, the doctor told me that my liver was enlarged and my liver function on test abnormal.

患者：是的，两年前在一次普通查体时医生告诉我说我的肝脏肿大，肝功能不正常。

Doctor: You'd better have another liver function test. Will you please come to the clinic tomorrow morning before breakfast with an empty stomach to have a blood test. Don't eat or drink anything. Nor even coffee or tea.

医生：最好再做一次肝功能检查。请您明早不要吃早饭来取个空腹血，不能吃东西喝水，就连茶和咖啡也不要喝。

Patient: What's wrong with me?

患者：我得了什么病？

Doctor: Your liver is enlarged and tender to the touch. It seems to be chronic hepatitis. You'll need absolute rest and avoid strenuous physical exertion. You can't drink any alcohol, and you should take the medicine I prescribe. There is no special treatment. It will take you some time to recover, so you have to be patient.

医生：您的肝脏肿大，有压痛。像是患了慢性肝炎。您需要完全休息，避免重体力劳动。应完全禁酒，并服用我给您开的药。没有特殊治疗方法，需要较长时间才能恢复，因此您必须有耐心。

31 Type B Hepatitis, Hepatic Cirrhosis, Hypersplenotrophy 乙型肝炎、肝硬化、脾大

Patient: Doctor, I feel very tired and worn out all the time.

患者：医生，我整天都觉得没精打采有气无力的。

Doctor: Yes, you don't look so good. Do you have any chronic disease?

医生：是，你看起来不那么好。你有什么慢性病吗？

Patient: I have type B hepatitis. It has troubled me since 5 years ago.

患者：我有乙型肝炎，差不多 5 年了。

Doctor: Have you accepted any treatment since you got this disease?

医生：你接受过什么治疗吗？

Patient: Yes. My doctor used 3 kinds of medicines to control the disease. I think it's under control before I came here. I came here for business 10 months ago and have run out of the medicines I bought in America.

患者：是的，我的医生给我用 3 种药来控制它。我想在我来这里之前它是被控制住没有发展的。我因商务原因来这里已经十个月了，从美国带来的药物也吃完了。

Doctor: Didn't you take any medicine after you ran out of these medicines?

医生：吃完那些药，你没有再用药了吗？

Patient: Yes, I took some Chinese herb instead. I don't know if it's useful. Maybe it doesn't agree with an American body.

患者：用过。我吃一些中草药。我不知道这有没有用，也许中草药并不适合美国人的身体。

Doctor: You must take a periodical check-up because it's chronic disease. It's very important to learn the situation frequently. Are you fond of liquor?

医生：因为乙肝是慢性病，所以你必须定期地进行检查。经常了解疾病的发展情况是很重要的。你嗜酒吗？

Patient: It's very difficult for me to keep away from alcohol because I'm a businessman.

患者：因为我是商人，所以很难和酒绝交。

Doctor: It's a nutriment for HB virus' growth. You'd better avoid taking too much alcohol. Do you have any other discomfort? How about your appetite?

医生：酒精是乙肝病毒的营养物质。你最好少喝酒。你有什么其他不适吗？比如说胃口怎么样？

Patient: I have a bad appetite. I feel sick at the sight of greasy food. There is a gas pain in the right upper abdomen. And I notice that my skin is not as good as what it was. It looks dim and feels rough.

患者：胃口不好。见到油腻的食物我就感到恶心。我感到右上腹胀痛。我的皮肤没有以前好了，看起来黯淡，摸起来粗糙。

Doctor: Have you lost any weight?

医生：你的体重减轻了吗？

Patient: Yes, my friends thought that I was going on a diet. I lost 5kg these days.

患者：是的，我的朋友都以为我在减肥。这些日子我瘦了 5 公斤。

Doctor: Did you take any test for your hepatic function recently?

医生：最近你做过什么肝功能检查吗?

Patient: Yes, I did some blood tests recently in another hospital. The reports showed some abnormal options.

患者：是的,最近我在另外一个医院做过。结果显示有些项目异常。

Doctor: I'd like to have a look at these reports. Oh, you didn't take an ultrasound exam, didn't you?

医生：好的,把结果给我看一下。嗯,你没有超声检查,是吧?

Patient: I accepted one when I was in America. My doctor said that one year would be reasonable interval for periodical ultrasound exam.

患者：我在美国的时候接受过一次超声检查。我的医生说一年复查一次超声就行了。

Doctor: What did the exam say?

医生：超声检查结果怎么样?

Patient: It said that my spleen was bigger than reference value. But my doctor said it might be in accordance with my bodily form.

患者：说我的脾脏比参考值要大。不过我的医生说可能跟我的体形有关系。

Doctor: I will give you an ultrasound exam at once. And please come here again tomorrow with your stomach empty because I want you to have another liver function test.

医生：我马上给你做一个超声检查。明天你再空腹来这里,我要给你再做一次肝功能检查。

Patient: OK.

患者：好。

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Doctor: I think the echo of your liver parenchyma is more coarse than normal. It's an evidence of early hepatic cirrhosis. And there is a small nodule in the right segment. It's hard to say now exactly what it could be. The spleen is much bigger than normal.

医生：我想你肝实质的回声有些粗糙,这是早期肝硬化的表现。在肝右叶上有一个小结节,现在还很难准确地说可能是什么东西。脾脏比正常要大许多。

Patient: Oh, I remember there is a small hemangioma in my liver.

患者：噢,我记得我的肝上有一个血管瘤。

Doctor: I will take it into consideration.

医生：我会考虑这一点的。

Patient: Is the situation serious?

患者：情况严重吗?

Doctor: It could be well controlled if you follow my advice strictly. Now you can go home for a rest. Come here again tomorrow for further exams.

医生：如果你严格执行我的建议,这个病是可以很好地控制的。回去休息吧,明天再来做进一步的检查。

Patient: Thanks.

患者： 谢谢。

32 Polycystic Liver 多囊肝

Patient： Doctor, I don't feel very well.

患者： 医生，我觉得不舒服。

Doctor： What's the exact discomfort?

医生： 是什么样的不舒服？

Patient： I noticed that my upper abdomen is bigger than before. It seems that something is growing inside quickly.

患者： 我觉得我的上腹部比以前大。看起来像是有什么东西在快速生长一样。

Doctor： The whole upper abdomen?

医生： 整个上腹部吗？

Patient： Maybe it is.

患者： 好像是。

Doctor： How long has it been like this?

医生： 多久了？

Patient： Eight months.

患者： 八个月。

Doctor： Is there anything else?

医生： 有其他什么吗？

Patient： What?

患者： 什么？

Doctor： Do you vomit? Do you have chronic constipation? Have you got any peptic duct disease?

医生： 呕吐吗？有慢性便秘吗？有消化道疾病吗？

Patient： Sometimes I felt like vomiting.

患者： 有时我想吐。

Doctor： OK, do you have type B hepatitis?

医生： 好的。你有乙型肝炎吗？

Patient： No. It was excluded by a blood test 2 months ago.

患者： 没有。两个月前抽血检查排除了这个。

Doctor： OK, let me see what's happening. Lie down on the bed.

医生： 好的，让我来看看是怎么回事，你躺到床上去吧。

Doctor： It feels like polycystic liver.

医生： 摸起来像是多囊肝。

Patient： What's that?

患者： 那是什么东西？

Doctor： I am doing an ultrasound to check my judgment.

医生：我要做一个超声波检查来检查我的判断。

Patient: Can you tell me now?

患者：现在可以告诉我了吗？

Doctor: There are uncountable cysts in your liver, small or big. When these cysts grow bigger, your liver slowly becomes bigger too. It's considered a hereditary disease. There is a 35% of possibility for the disease accompanied with two polycystic kidneys. But you're one of the lucky 65%.

医生：你的肝里面有无数个大大小小的囊肿。随着囊肿的生长，肝脏也会慢慢变大。目前认为这是遗传病。常常有35%的多囊肝伴发双侧多囊肾。不过你是那幸运的65%。

Patient: So what can you do for me?

患者：那么该怎么办呢？

Doctor: It depends. Maybe you just need medical treatment. Maybe you need surgery. Kinds of operations are offered. Firstly we'll check the liver function and some other situations.

医生：视情况而定了。可能你只需要内科治疗，也可能你要接受手术。你能选择的手术方式有很多种。我们首先会检查你的肝功能和其他情况。

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Ultrasound Doctor: So what's wrong with you?

超声波科医生：你有什么问题？

Patient: Doesn't it tell you anything?

患者：(申请单)没告诉你吗？

Ultrasound Doctor: No. I can only find the words on the bill showing what exam you have applied for. Nothing is talking about your case history.

超声波科医生：没有。申请单上只写着你的检查部位，没有写你的病史。

Patient: Oh! There is a cyst in the liver and some polypi in the gallbladder. I come here just for a periodical exam.

患者：哦，我肝上有一个囊肿，胆囊里有一些息肉。我是来这里定期复查的。

Ultrasound Doctor: I see. Do you remember the measurement of the cyst and the amount of the polypi?

超声波科医生：我知道了。你还记得囊肿的大小和息肉的个数吗？

Patient: There is one cyst and several polypi. The diameter of the cyst is 0.8cm. And the diameters of the polypi range between 0.2cm and 0.8cm.

患者：一个囊肿和多个息肉。囊肿的直径是0.8cm，息肉的直径在0.2cm和0.8cm之间。

Ultrasound Doctor: When did you take your last exam?

超声波科医生：你上次检查是什么时候？

Patient: About two years ago.

患者：大概是两年前了。

Ultrasound Doctor: Have you ever noticed any pain in the right upper abdomen?

超声波科医生：你有无注意到右上腹痛？

Patient: I have never experienced any pain.

患者：从来没有过任何疼痛。

Ultrasound Doctor: Yes, it's very clear that there are several polypi in the gallbladder, and the biggest one, its diameter has grown up to 1.2cm.

超声波科医生：唔，你胆囊里确实能明显地看到多个息肉，最大的一个直径已经长到1.2cm了。

Patient: How about the cyst? Has it grown bigger?

患者：囊肿呢？也长大了吗？

Ultrasound Doctor: Take it easy! I'm just searching for it. It's very hard to seek such a small cyst, especially when it's in the segment 7. OK, I have gotten something. There are three cysts in your liver now. They're not very big. The diameter of the biggest one is not more than 1cm.

超声波科医生：别紧张，我正在扫查。要找这么小一个囊肿可不容易，特别是它藏在肝脏第七段时。好的，我找到了一些东西。肝内现在有3个囊肿。都不是很大，最大的一个直径还不到1cm。

Patient: Is there anything I should pay special attention to?

患者：有什么东西是我特别需要注意的吗？

Ultrasound Doctor: I suggest you keep eyes on the biggest polypus. It may ask for an operation in the short future. Just take periodical exams for it.

超声波科医生：我建议你注意最大的那个息肉，它可能会在不久的将来就得进行一次手术。你要定期检查它。

33 Cirrhosis of the Liver 肝硬化

Intern: Good morning. What seems to be the trouble?

实习医生：早安。有什么不舒服吗？

Patient: I've got an awful ache in my belly.

患者：我腹痛的厉害。

Intern: Oh. How long have you had this ache?

实习医生：噢。你腹痛有多长时间了？

Patient: About three weeks. But it got real bad last night, and I threw up some blood.

患者：大约三周了。但昨晚腹痛变得很厉害，并吐了些血。

Intern: Does the pain stay in that one place?

实习医生：疼痛固定在那一个地方吗？

Patient: Yes.

患者：是的。

Intern: When does it come on?

实习医生：腹痛在什么时候发作的？

Patient：No special time. It just comes and goes.

患者：没有特定的时间。时好时犯。

Intern：Is this the first time you've vomited up blood?

实习医生：这是你第一次吐血吗？

Patient：That's right. I never had that before.

患者：对啦。我以前从来没有吐过血。

Intern：Was it dark red or brown? Do you remember?

实习医生：呕出的血是暗红色还是棕色？你记得吗？

Patient：Well, I'm not sure. Dark red, I guess.

患者：哦，我不能肯定。我估计是暗红色的。

Intern：Have your stools been black lately?

实习医生：近来你的大便发黑吗？

Patient：Stools?

患者：大便？

Intern：Your bowel movements.

实习医生：你排的大便。

Patient：Oh, no.

患者：噢，不发黑。

Intern：Have you ever passed blood from your rectum?

实习医生：你便过血吗？

Patient：No, not that I ever noticed.

患者：没有，我从来没有发现过便血。

Intern：Have your stools been light in colour?

实习医生：你的大便颜色变浅了吗？

Patient：Well, for the last week they've been kind of sandy colored.

患者：唔，上周以来大便稍呈沙土色。

Intern：Has your urine been dark?

实习医生：你的尿颜色变深了吗？

Patient：Yes, sort of like tea.

患者：是的，有点像茶水色。

Intern：How has your appetite been?

实习医生：你的食欲如何？

Patient：Every time I look at food I feel sick.

患者：我每次看到食物都感到恶心。

Intern：Do you smoke?

实习医生：你吸烟吗？

Patient：Yes. But not much lately. Cigarettes taste different, somehow.

患者：吸烟，但近来吸得不多。不知怎么地，香烟的味道不同了。

Intern: Have you felt weak?
实习医生：你感觉乏力吗？
Patient: A little.
患者：有一点。
Intern: Have you lost any weight?
实习医生：你体重减轻了吗？
Patient: I don't think so. My belly's been kind of swollen.
患者：我认为没有减轻。我的腹部有点胀大。
Intern: How long have your eyes been discolored?
实习医生：你的眼睛变色有多长时间了？
Patient: What do you mean?
患者：你说的是什么意思？
Intern: Your eyes are rather yellowish.
实习医生：你的眼睛有点发黄。
Patient: They are? Well, I never noticed.
患者：眼睛发黄？哦，我从来没有注意过。
Intern: Have you been having any diarrhea?
实习医生：你一直在腹泻吗？
Patient: Any what?
患者：有什么？
Intern: Have your bowels been loose?
实习医生：你拉稀吗？
Patient: Oh. No.
患者：噢，不拉稀。
Intern: Have you been near a freshwater stream lately? Fishing or swimming?
实习医生：近来你接触过河水吗？钓鱼或游泳吗？
Patient: No, not for a long time.
患者：没有，好久没有去了。
Intern: Do you work in an area where there are dangerous chemicals?
实习医生：你是不是在有化学物品危害的地方工作？
Patient: No, I used to work in a gas station but I haven't been working for about eight months.
患者：不。我过去一直在加油站工作，但已有约八个月不工作了。
Intern: Why is that?
实习医生：那是为什么呢？
Patient: Well, I just can't seem to hold a job.
患者：唔，我实在不能坚持工作。
Intern: How long have you been drinking?
实习医生：你喝酒有多长时间了？
Patient: About five years.

患者：大约五年了。

Intern: How much do you ordinarily drink?

实习医生：你平常喝多少酒?

Patient: Oh, about a quart of whiskey on the weekend.

患者：噢,周末大约喝 1 夸脱(约 1L)威士忌。

34 Hepatic Coma 肝性昏迷

Attending: Well, how are you feeling today?

主治医生：呃,今天你觉得怎样?

Patient: Just awful.

患者：很不好。

Attending: How do you mean?

主治医生：你说的是怎么不好?

Patient: I had a bad night, I asked the other doctor for something to make me sleep, and he wouldn't give me anything.

患者：我一夜睡不好觉。我要求另一位医生给点儿药使我入睡,而他什么药也不愿给我。

Attending: Would you hold your hands out in front of you, like this? ... That's right.

主治医生：请你把双手像这样伸到你的前面好吗? ……对了。

Patient: They shake like that sometimes, when I need a drink.

患者：当我要喝酒时,有时两只手就像这样颤动。

Attending: Did you ever have an attack like this before?

主治医生：以前你有过像这样的颤动吗?

Patient: I had something like this about three years ago. For about a week I didn't even know where I was. The doctors said I had some kind of coma, and I had to stop drinking or it would kill me.

患者：大约三年前我有过像这样的颤动。差不多有一周的时间我不知道我在哪儿。医生们说我有点昏迷,并说我必须戒酒,否则就会死。

Attending: Do you remember whether they called it a hepatic coma?

主治医生：你还记得是否医生们把那次昏迷称为肝性昏迷?

Patient: That might be it, but I'm not sure.

患者：可能是称为肝性昏迷,但我不能肯定。

Attending: All right, thank you. Your doctor will be in to see you later.

主治医生：好啦。谢谢你。你的医生不久会来看你。

Patient: Doctor, I've got a terrible headache. Do you suppose I could have some aspirin or something?

患者：医生,我头痛得很厉害。你想我可以吃点阿司匹林或其他药吗?

Attending: We'll have the nurse bring you something.

主治医生： 我们会让护士给你拿点儿药来。

35 Bacillary Dysentery 细菌性痢疾

Patient： Doctor, I have had a terrible diarrhea for two days.

患者： 医生，我患严重腹泻已经两天了。

Doctor： What are your stools like? Watery or soft? Is there blood or mucus in the stool?

医生： 您的粪便是什么样的？水泻还是软便？有没有血和黏液？

Patient： Watery with blood and mucus.

患者： 水泻带有血和黏液。

Doctor： How frequent are they each day?

医生： 您每天大便几次？

Patient： They are very frequent. I don't know how many.

患者： 许多次，数不清有多少次了。

Doctor： Do you have a temperature?

医生： 您发热吗？

Patient： I feel hot and sometimes shivery.

患者： 有时觉得发热，有时发冷。

Doctor： Have you had any abdominal pain?

医生： 您肚子痛吗？

Patient： Yes, I have lower abdominal cramps.

患者： 是的。我下腹部绞痛。

Doctor： Give a stool specimen to the laboratory please. I'll wait for the results.

医生： 送一个粪便标本去化验室，我在这里等化验结果。

Doctor： The stool shows blood, mucus and pus as well as some ascaris eggs.

医生： 粪便里有血、黏液和脓，还有蛔虫卵。

Doctor： It looks like bacillary dysentery, I like to send a stool specimen for culture.

医生： 看起来像是细菌性痢疾。我要送个粪便标本做培养。

Patient： Is it serious?

患者： 严重吗？

Doctor： It isn't serious. I'll give you pipemidic acid, which is very effective. You should have a complete rest and drink large amounts of fluids, otherwise you will be dehydrated. You should have a liquid or semi-liquid diet, easily digestible. Eat small quantities frequently. Avoid spicy, fibrous residue or greasy foods for a few days. It's an infectious disease. You should wash your hands thoroughly after going to the toilet.

医生： 并不严重。我给您开点吡哌酸片，这药很有效。您需要全休并且多喝水(饮料)；不然的话，您会脱水的。您应该吃流质或半流质和易于消化的食物。少吃多餐。在近几天，忌食辛辣、多渣和油腻食物。这是传染病，便后要把手洗干净。

Patient： Thank you, I will follow your advice.

患者： 谢谢，我一切照办。

36 Gout 痛风

Patient: Doctor, I've a terrible pain in my foot.
患者： 医生，我的脚痛得厉害。
Doctor: Now tell me exactly what is wrong?
医生： 请告诉我确切情况。
Patient: I suddenly began to feel a severe pain in the joint of this toe.
患者： 我突然感到这个脚趾的关节很痛。
Doctor: Can you describe the pain?
医生： 你能描述一下是怎么个痛法吗？
Patient: It feels like a red-hot knife stabbing my toe.
患者： 好像烧红的刀子在我脚趾上戳一样。
Doctor: How long have you had it?
医生： 痛多久了？
Patient: Since last midnight. It hurt so much I couldn't sleep at all. This morning I saw that the skin was red, hot and swollen.
患者： 从昨晚半夜开始。痛得我睡不着觉。今天早晨患趾表面的皮肤又红、又热、又肿。
Doctor: Have you had it before? (Does this often happen?)
医生： 以前有过这样的情况吗？（经常发作吗？）
Patient: No. This is the first time. It's never happened before.
患者： 这是第一次。以前从来没有痛过。
Doctor: Have you noticed any lumps on your ear?
医生： 你是否注意过你耳朵上有小肿块？
Patient: No.
患者： 没有。
Doctor: Do you drink a lot?
医生： 你酒喝得多吗？
Patient: Yes, I drink often.
患者： 是的，经常喝。
Doctor: Do you eat a lot of meat?
医生： 肉吃得多吗？
Patient: Yes, I love meat.
患者： 是的，我喜欢吃肉。
Doctor: Has anyone in your family had the same trouble?
医生： 你家里有人得过这种病吗？
Patient: Yes, my father and my elder brother. They died ten years ago.
患者： 有，我父亲和我哥哥都有过这样的疼痛，他们十年前都去世了。

Doctor: I think it's probably gout. You'd better have your foot X-rayed and have a blood test for blood uric acid level, just to be sure. Take this paper to the office; the nurse will tell you what to do.

医生：我看是痛风。为了证实，你得拍摄张脚部X线片，查查血中的尿酸含量。把这张申请单拿到办公室去，护士会告诉你怎样做的。

Patient: When shall I come back?

患者：我什么时候再来门诊呢？

Doctor: Come back the day after tomorrow for the results.

医生：后天来看结果。

Doctor: Your X-ray and raised blood uric acid level show you have gout.

医生：X线片和血尿酸浓度升高都证明你得的是痛风。

Patient: Can it be cured?

患者：能治好吗？

Doctor: Yes. Here's your prescription. In addition, the affected toes should be rested and protected from any contact. Have regular meals, keep to a diet of salads and fruit, and eat very little meat. Avoid all alcohol.

医生：当然能治好。这是你的处方。另外，患趾尽量少动，不要有东西压它。饮食要有规律，多吃蔬菜水果，少吃肉类，不要喝酒。

37 Rheumatic Fever 风湿热

Intern: Hi, Jimmy. Hello, Mrs. Brill. I'm the intern. Have you got troubles?

实习医生：嗨，吉米。你好，布里尔太太。我是实习医生。你有什么不舒服？

Mother: Hello, Doctor.

母亲：你好，医生。

Patient: Hello. I've got a pain in my chest.

患者：你好。我胸痛。

Intern: When did you first notice this pain, Jimmy?

实习医生：吉米，你第一次感到胸痛是在什么时候？

Patient: About two days ago.

患者：大约两天前。

Intern: What kind of pain is it?

实习医生：是什么性质的疼痛？

Patient: It's like sharp needles.

患者：有点像针扎那样痛。

Intern: Would you point to the spot where it hurts the most?

实习医生：请你指出最痛点在哪儿好吗？

Patient: Right here. But sometimes I even feel it in my left shoulder.

患者：就在这儿。但有时我也感觉左肩痛。

Intern: Does it hurt more when you breathe?
实习医生：当你呼吸时痛得更厉害吗？
Patient: Yes, it sure does.
患者：是的，呼吸时痛得更厉害。
Intern: Can you do anything to make it less painful?
实习医生：你能用什么方法使疼痛减轻吗？
Patient: Yes, when I lean over, the pain seems to go away slightly.
患者：能，当我斜靠着的时候，疼痛好像轻点。
Intern: Does the pain last all the time?
实习医生：一直痛吗？
Patient: No, it comes and goes. It usually lasts about 15 to 20 minutes, then goes away for maybe a couple of hours, and then returns.
患者：不，时好时坏。疼痛通常持续 15~20 分钟左右，然后可能两三个小时不痛，接着又痛。
Intern: Have you been short of breath at all?
实习医生：你是否有气短？
Patient: No, I haven't.
患者：没有，没有气短。
Intern: Have your ankles been swollen?
实习医生：你的踝部肿不肿？
Patient: No.
患者：不肿。
Intern: Have you had a cold or sore throat recently?
实习医生：最近你患过感冒或咽炎吗？
Patient: Yes, I had a bad sore throat about four weeks ago. It was so bad that I had to stay home for a week. Gee, I sure feel awful.
患者：患过，大约四周前我得过一次严重的咽炎。咽炎很严重，我不得不在家休息了一周。哎呀，我确实感觉难受。
Intern: Did you have any fever or a headache at that time?
实习医生：那时你有发热或头痛吗？
Patient: Yes, I had them both.
患者：有，发热和头痛都有。
Intern: Did you vomit at all?
实习医生：你是否有过呕吐？
Patient: Yes, but only the first few days.
患者：有过，但仅在最初几天有过。
Intern: Did you have a rash then?
实习医生：当时你出皮疹了吗？
Patient: No, I didn't.

患者：没有，没有出皮疹。

Intern：Did you see a doctor at that time?

实习医生：那时你看过病吗？

Patient：No. It didn't seem like anything very important.

患者：没看过病。因为病似乎不太重。

Intern：Have you noticed anything on your skin recently?

实习医生：最近你注意到皮肤上有什么东西没有？

Patient：What do you mean?

患者：你说的是什么意思？

Intern：Well, like little bumps on an area that looked like there was a red ring around a clear center.

实习医生：哦，就是在皮肤上出现一些小突起，看起来像环形红斑。

Patient：No. Nothing like that.

患者：没有，没有出现过像环形红斑那样的皮疹。

Intern：Have you noticed any movements of your body that you didn't intend?

实习医生：你注意到你的身体有任何不自主的运动吗？

Patient：No, I haven't.

患者：没有，我没有注意过有不自主的运动。

Intern：Have you had any swelling or pain in your joints?

实习医生：你有过关节肿胀或疼痛吗？

Patient：Yes, I had some yesterday, all of a sudden. It still hurts over here. It's swollen, and when I touch it, it really hurts. I think it's just a bump.

患者：有过，昨天就有一些关节肿痛，全是突然发生的。这儿还痛呢。关节肿了，当触摸它时感觉很痛。我还以为是碰的呢。

Intern：Have you had any fever at all?

实习医生：你是否有过发热？

Patient：That began yesterday, and my mom told me that it was pretty high, around 102℉ (38.9℃). That's when she brought me to the hospital.

患者：发热是昨天开始的，我妈妈告诉我体温相当高，大约 102℉ (38.9℃)。这就是她送我到医院时的情况。

Intern：Have you lost any weight lately?

实习医生：最近你体重减轻了吗？

Patient：No.

患者：没有。

Intern：How's your appetite been?

实习医生：你的食欲怎样？

Patient：Just fine. I feel hungry right now.

患者：很好。现在我就感觉饿了。

Intern：Do you have any pain anywhere in your stomach?

实习医生：你有胃痛吗?

Patient: No.

患者：没有。

Intern: Have you ever had any bloody noses?

实习医生：你曾有过鼻出血吗?

Patient: Only when I get into fights.

患者：只是在打架时才有鼻出血。

Intern: Have you ever had any that just started to bleed by themselves?

实习医生：你有过自发性出血吗?

Patient: Not that I remember.

患者：我记得没有。

Intern: Now, Jimmy, have you ever had anything else like the things we've been talking about?

实习医生：嗯,吉米,你有过像我们一直在谈论着的任何其他病情吗?

Patient: No.

患者：没有。

Intern: Have you noticed any puffiness around your eyes?

实习医生：你注意到你眼睛周围出现过水肿吗?

Patient: No, I haven't.

患者：没有,没有出现过。

Intern: Has your urine become any darker or redder than it previously was?

实习医生：你的尿色比以前变得深或红了吗?

Patient: No, I don't think so.

患者：没有,我看没有那种现象。

Intern: Mrs. Brill, do any of the other children at home have anything similar to this?

实习医生：布里尔太太,家里其他孩子有谁患过与这个孩子相似的疾病吗?

Mother: There's only his sister, and she's been away at college.

母亲：他只有一个姐姐,但她已经离开家上大学去了。

Intern: All right, Jimmy. I'll be back in a few minutes to examine you.

实习医生：好了,吉米。我一会儿就回来给你检查。

Mother: Could I talk to you, Doctor?

母亲：医生,我可以和你谈谈吗?

Intern: Why, sure.

实习医生：呃,当然可以。

(A moment later)

(过了一会儿)

Mother: Is it serious?

母亲：病严重吗?

Intern: It's hard to tell right now, without further examinations, but I think everything will

work out all right.

实习医生：没有进一步检查，现在很难回答。但我认为一切会进行得很顺利的。

38 Carbon Monoxide Poisoning 一氧化碳中毒

Patient: Doctor, I've come to you because a terrible headache. I'm afraid I have a gas poisoning.

患者：医生，我来看病是因为头痛得厉害，恐怕是煤气中毒吧。

Doctor: Really? What makes you think so?

医生：是吗？您这样想有什么根据？

Patient: I live with my wife in the small house without radiator. We fire coal stove to get warm in the winter. Last night I banked up the fire and fell into sleep alone after my wife went to night job. I didn't wake up this morning until my wife came back, opened the windows and removed me from the room to the outside. Hardly had I opened my eyes when I felt headache and nausea.

患者：我和妻子住在一间没暖气的小房子里。冬天靠点煤炉来取暖。昨晚我妻子上夜班走后，我一个人封了炉子就睡觉了。今晨直至我妻子回来打开窗户，并把我挪到屋子外面，我才醒来。我一睁开眼睛，就感到头痛和恶心。

Doctor: When did you go to bed last night?

医生：昨晚您什么时候睡觉的？

Patient: I went to bed at the midnight. I usually sleep very late.

患者：我午夜时分才睡觉。我通常睡得很晚。

Doctor: Did you drink alcohol before the sleep?

医生：睡觉前您喝酒了吗？

Patient: No, I don't like drinking alcohol.

患者：没有，我不喜欢喝酒。

Doctor: What kind of headache do you have?

医生：您的头痛是什么性质的？

Patient: I feel tightness and throbbing pain in my forehead and temples.

患者：我感到前额和两侧颞部胀跳痛。

Doctor: Have you ever had any headache like this before?

医生：您从前有过这类头痛吗？

Patient: No, I've never had this kind of headache.

患者：我从未有过这类头痛。

Doctor: Did you feel dizzy when you got up this morning?

医生：今天早上您起来时感到头昏吗？

Patient: Yes, as a matter of fact, I'm still having this uncomfortable sensation now.

患者：是的，事实上，我现在仍有这种不舒服的感觉。

Doctor: Did you vomit when you felt nausea?

医生： 当你感到恶心时吐了吗?

Patient: I vomited two times, only threw up some sour fluid and mucus.

患者： 我吐了两次,仅吐出一些酸性液体和黏液。

Doctor: Have you noticed anything else?

医生： 您还注意到其他异常吗?

Patient: Yes, things grew up black before my eyes when I stood up. My breath was shortness, and my legs became so weak that I was hardly able to drag myself along in the morning.

患者： 有,今早我站起来时眼前发黑,呼吸急促,双腿无力,拖也拖不动。

Doctor: How long did the symptoms last?

医生： 这些症状持续了多久?

Patient: About a half hour.

患者： 大约半个小时。

Doctor (to patient's wife): I want to ask you some questions. Do you think your husband lost his consciousness in the morning?

医生(对患者的妻子说): 我想问您几个问题。今天早晨您丈夫昏迷了吗?

Wife: No, I thought of it at first, but later he woke up soon after inhaled fresh air. So I consider he was just lethargy in the morning.

患者妻子： 没有。起初我以为他昏迷了,但他吸入新鲜空气后很快就醒了。所以我想今天早上他只不过是昏睡。

Doctor: Have you noticed what colour his skin was at that time?

医生： 当时您注意到他皮肤的颜色了吗?

Wife: Yes, I found his face and lips were in the pink colour which reminded me of the cherry-red of gas poisoning. Then I immediately gave him some emergency managements because I'm a nurse.

患者妻子： 注意到了。我发现他的面部和双唇呈粉红色,这使我想起一氧化碳中毒的樱桃红色。因为我是一名护士,马上就给了他一些急救措施。

Doctor: You are an excellent nurse. Your witness is very helpful to the diagnosis. Well, I'll give your husband a brief physical examination. After that, please sent him to laboratory for a carboxyhemoglobin test, bring back the result as quickly as possible.

医生： 您真是一位好护士。您的亲眼目睹对诊断很有帮助。好,我将给您丈夫做一个简单的体检。然后请您送他去化验室查一下碳氧血红蛋白,尽快把结果送回来。

Wife: Doctor, here is the report you ordered.

患者妻子： 医生,这是您要的报告单。

Doctor: According to the history, physical examination and elevated level of carboxyhemoglobin in the blood, the patient is surely suffering from carbon monoxide poisoning. By the way, do you smoke?

医生：根据病史、体检和患者血液中碳氧血红蛋白的增高，患者确实是一氧化碳中毒。顺便问一下，您抽烟吗？

Patient: Yes, I do. I don't know what's the relationship between smoking and gas poisoning?

患者：是的，我抽烟。我不明白抽烟与一氧化碳中毒有什么关系？

Doctor: In general, the poisoning symptoms depend entirely on the concentration of carboxyhemoglobin in the blood. But many cigarette smokers with some tolerance to elevated carboxyhemoglobin levels have usually no symptoms in a slight carbon monoxide poisoning.

医生：一般说来，中毒症状完全取决于血液中的碳氧血红蛋白浓度。而许多吸烟者由于对碳氧血红蛋白增高有一定耐受性，轻度一氧化碳中毒时通常没有症状。

Patient: Oh, I see. Is my condition serious?

患者：哦，原来是这样。我的情况严重吗？

Doctor: You are just lucky. The concentration of carboxyhemoglobin in your blood is thirty percent, belongs in a middle abnormal. If you had continued to sleep in that room containing much carbon monoxide, your life would have been in danger.

医生：您还算幸运。您的血液中碳氧血红蛋白的浓度是30%，属于中度异常。如果您继续在那间含有大量一氧化碳的房间里睡下去，您的生命就危险了。

Patient: Yes, thanks to my good wife. What shall I do next?

患者：是的，多亏我的好妻子。下一步我该怎么办？

Doctor: Now you must stay in the hospital for therapy. I'll intend to give you further examinations and offer some special treatments including hyperbaric oxygen chamber, intravenous nicotinic acid, dexamethason and other medicines. All of these measures will help you to get rid of the acute symptoms. On the other hand, they are beneficial to preventing from the delayed neurological damages of carbon monoxide poisoning.

医生：现在你必须住院治疗。我打算给您再做进一步的检查；并给您一些特殊治疗，包括高压氧舱，静脉输注烟酸、地塞米松和其他药物。所有这些治疗将帮助您消除急性期症状。另一方面，也有助于预防一氧化碳中毒引起的迟发性神经系统损害。

Patient: Thank you for your advice.

患者：谢谢您的忠告。

Wife: I'll register to the admission office for my husband right away. Please give me his history sheet. Hope you to see him often in the hospitalization.

患者妻子：我马上就去住院处给我丈夫办手续。请给我他的病历单。希望您在他住院后常去看他。

Doctor: Certainly, I'll do.

医生：当然，我会的。

Unit Ⅳ

Surgery

外　　科

1 Laceration 撕裂伤

(1)

Doctor: How did you do this?

医生：你怎么弄成这样的?

Patient: I was chopping vegetables with a sharp knife.

患者：我切菜的时候不小心被锋利的刀切到。

Doctor: When did you do this?

医生：什么时候的事情?

Patient: Couple of hours ago.

患者：两个小时前。

Doctor: Has it bled a lot?

医生：流了很多血吗?

Patient: Yes, it has.

患者：是的。

Doctor: Have you cleaned it?

医生：你清洗伤口了吗?

Patient: No, I washed it under running water.

患者：没有,我只是用水冲了一下。

Doctor: I need to clean this wound, and it might sting.

医生：我需要清洗一下伤口,可能会有点痛。

Patient: OK.

患者：好的。

Doctor: I will give you an injection to numb the area.

医生：我会给你麻醉一下这个部位。

Doctor: I am going to close the wound with sutures, please tell me if I am hurting you.

医生：我马上要给你缝合伤口,如果你感到痛的话请告诉我。

Patient: Ouch, that hurts.

患者：啊,好痛啊!

Doctor: OK, I'll give you some more local anesthetic.

医生：好的,我再给你局部麻醉一下。

Patient: Thanks a lot.
患者：谢谢！
Doctor: I've finished now. I'm going to put a dressing on, please keep the dressing dry.
医生：我完成了，接下来我要给你放敷料，请别弄湿了。
Patient: Oh, that's great thanks.
患者：哦，实在太感谢了！
Doctor: Please come back in 5 days to have the sutures removed.
医生：请五天后回来拆线。
Patient: Do I come back here to you?
患者：我是到这里来找你吗？
Doctor: Yes, but you will need to register again first before you see me.
医生：是的，不过在你找我之前需要先挂号。
Patient: Do I need to come back to change the dressing?
患者：我需要回来换敷料吗？
Doctor: No, the nurse will show you where to buy some more dressings, and you change it when it becomes dirty.
医生：不用，护士会告诉你哪里有卖敷料的，敷料变脏的时候你自己换一下就可以。
Patient: Oh, OK, can I put my own dressings on if I want?
患者：哦，好的，我自己可以换敷料吗？
Doctor: Yes, of course.
医生：当然可以。
Doctor: Are you covered for tetanus?
医生：你打过破伤风针吗？
Patient: Yes, I am.
患者：是的。
Doctor: OK, I will see you in 5 days, if the wound becomes infected please come back immediately.
医生：好的，五天后见。如果伤口感染了，请立刻过来。
Patient: OK, I will. Thanks a lot, doctor.
患者：好的，我会的。谢谢医生。

(2)

Nurse: Doctor, we have a patient in Room 4 who has a laceration on his right forearm. It's a boy. His mother is with him and seems quite concerned.
护士：医生，在四号诊室有一位患者，他的右前臂有一处撕裂伤。是个男孩。他母亲带他来的，看来她很担心。
Doctor: Thank you, Nurse. I'll go down and see them right away.
医生：谢谢你，护士。我马上下楼去看他们。

(A few minutes later)
(几分钟后)

Doctor: Yes, Mrs. Moore. It looks as though Billy's had a little trouble here.

医生：你好，穆尔太太。看来比利到这儿来好像有点病。

Mother: Yes, Doctor. I got him here as soon as I could.

母亲：是的，医生。我尽快带他到这儿来了。

Doctor: Well, Billy, what happened?

医生：噢，比利，怎么啦？

Billy: I was fooling around out in the garage and fell against an old piece of window pane.

比利：我正在汽车房外面玩时，摔倒在一块旧窗的玻璃上啦。

Doctor: I see. Well, this doesn't look too serious. Nurse, will you please get me a suture set?

医生：明白了。嗯，看来伤不太严重。护士，请你给我准备一套缝合器材好吗？

Mother: Are you going to have to take stitches?

母亲：必须缝几针吗？

Doctor: Three, I think. It won't be very painful, but I think it'd be better if you tepped out of the room for a few minutes. ... Now, Billy, we'll see if we can't fix you up.

医生：我看，得缝三针。这不会太痛的，但如果你到房间外面去等一会儿我想就好了。……好，比利，看看能不能把你的伤口缝好。

Billy: Will it hurt?

比利：会痛吗？

Doctor: Oh, not much. Anyway, I think you're a pretty brave fellow.

医生：哦，不太痛。不管怎样，我认为你是一个很勇敢的小伙子。

Intern: Well, Billy, We're through. That wasn't so bad, was it?

实习医生：好啦，比利，缝完了。不太痛，是吗？

Billy: No, not very.

比利：是的，不太痛。

Intern: Mrs. Moore? You can come in, now. Has Billy had a tetanus shot recently?

实习医生：穆尔太太呢？现在你可以进来了。最近比利注射过破伤风针吗？

Mother: No.

母亲：没有。

Intern: Is he allergic to it?

实习医生：他对破伤风针过敏吗？

Mother: Not that I know of. I think the only one he's had was about five years ago.

母亲：据我所知不过敏。我记得他唯一的一次注射大约是在五年前。

Intern: Well, I think he'd better have another one.

实习医生：哦，我想最好再注射一次。

Mother: Whatever you say, Doctor.

母亲：照你说的办吧，医生。

Intern: Nurse, will you please bring me a syringe with 0.5cc. of tetanus toxoid. ... OK,

Billy, just pretend there's a mosquito sitting here on your arm. He'll take one little nip and fly away. ... Just like that. See? We're all finished. ... Now, Mrs. Moore, I'll give you an appointment to come back in five days, and we'll take the stitches out at that time. So long, Billy.

实习医生：护士，请给我一个抽上 0.5ml 破伤风类毒素的注射器。……好，比利，就像一只蚊子落在你的胳臂上，轻轻的一咬就飞走了。……就像那样。懂吗？注射完了。……哦，穆尔太太，我约你过五天再来，那时我们要拆线。再见，比利。

Billy：Bye.

比利：再见。

Intern：Goodbye, Mrs. Moore. Don't worry. This arm's going to be fine.

实习医生：再见，穆尔太太。别担心。胳臂的伤口会好的。

Mother：Thank you, Doctor.

母亲：谢谢你，医生。

(3)

Doctor：How were you injured?

医生：你是怎样受伤的？

Patient：I tripped and fell, banging my forehead quite hard. My wife wrapped a bandage around it to stop the bleeding.

患者：我滑倒了，前额部碰得很重，我妻子用绷带给我止住了血。

Doctor：Did you lose a lot of blood?

医生：出了很多血吗？

Patient：Not too much.

患者：不太多。

Doctor：Were you unconscious?

医生：受伤时你昏过去了吗？

Patient：No.

患者：没有。

Doctor：Did your nose or ears bleed after the accident?

医生：受伤时有没有耳、鼻出血？

Patient：No.

患者：没有。

Doctor：The wound is rather large, so I'll stitch it up.

医生：这伤口相当大，我来把它缝上。

Patient：Will it hurt?

患者：痛吗？

Doctor：Oh, no. It won't be painful. We'll give you local anaesthetic. You're a brave fellow. Well, we're all finished. That wasn't so bad, was it?

医生：不，不会痛的。我给你局部麻醉。你是个勇敢的人。好了，全完了。怎么样？不太痛吧！

Patient: No, not very.
患者：不怎么痛。
Doctor: Have you had an anti-tetanus injection lately?
医生：你最近打过破伤风类毒素针吗?
Patient: I think the only one I have had was about five years ago.
患者：我记得五年前打过一次。
Doctor: Well, I think you'd better have another one.
医生：我想需要重打一次。
Patient: Whatever you say, Doctor.
患者：大夫,按你说的做吧。
Doctor: Come again after three days and we'll examine the wound.
医生：3 天以后来看伤口。

2 Sprain 扭伤

(1)

Doctor: What is your problem?
医生：请问你有什么问题?
Patient: I think I've twisted my ankle.
患者：我想我的脚踝扭伤了。
Doctor: I need to examine your foot.
医生：我需要检查一下你的脚。
Patient: OK.
患者：好的。
Doctor: Show me where it hurts?
医生：指给我看哪里痛?
Patient: It hurts just there.
患者：那儿痛。
Doctor: How did you do this?
医生：你怎么弄成这样的?
Patient: I was running to get on the train in the subway and I slipped down some stairs.
患者：我赶地铁,然后从楼梯处滑倒了。
Doctor: How painful is it?
医生：有多痛?
Patient: Very painful.
患者：非常痛。
Doctor: Can you move it?
医生：你能动吗?
Patient: No, not really. It hurts if I do.

患者：不，真的不能，动一下就痛。

Doctor: Is your foot swollen?

医生：你的脚肿了吗？

Patient: Yes, I think so. My foot is swollen but my toes aren't.

患者：我想是的，不过脚趾正常。

Doctor: Can you feel your toes?

医生：你的脚趾有知觉吗？

Patient: Yes.

患者：有。

Doctor: Do you have any pins and needles or tingling?

医生：你是否感觉到刺痛或者麻痹？

Patient: No, I don't think so, to be honest, it hurts too much for me to notice anything else.

患者：不，我觉得没有，老实说，太痛了以至于我不能觉察到其他症状。

Doctor: You need to have an X-ray, and a nurse will show you where to go.

医生：你需要拍摄一下 X 线片，护士会带你过去。

Patient: OK.

患者：好的。

Doctor: You need to bring the X-ray back to me.

医生：你得带着 X 线片过来找我。

Patient: I have to wait for the X-ray?

患者：我必须等 X 线片吗？

Doctor: Yes.

医生：是的。

※ ※ ※

Doctor: I have seen the X-ray which shows that you haven't broken (fractured) anything.

医生：我看过你的 X 线片了，没有骨裂。

Patient: Thank goodness for that.

患者：谢天谢地！

Doctor: You need to have a support bandage applied by the nurse, you must keep the foot elevated as much as you can for 3 days or until the swelling goes down and your ankle feels better.

医生：你需要护士给你绑支撑绷带。三天内或者好转前，尽量让你的脚抬着。

Patient: Can I go to work?

患者：我能去上班吗？

Doctor: No, you should have a week off. If your ankle isn't better in a week please come back to see me. You will need to register again first.

医生：不能，你最好请一个星期的假。如果一个星期后还没有好转再来找我，不过你需要先挂号。

Patient: OK, thanks a lot.

患者：好的，多谢！

(2)

Doctor：What's the matter with your wrist?

医生：你的手腕怎么啦？

Patient：I have sprained it badly. It is so painful that I couldn't sleep for two nights. I don't know if I have broken any bones in my wrist.

患者：我的手腕扭伤得很厉害。痛得两夜没睡好。我不知道是不是手腕骨折了。

Doctor：How did it happen?

医生：你是怎样扭伤的？

Patient：I tripped and fell down on my arm when I was jogging the day before yesterday. Gradually, the wrist became swollen.

患者：前天我慢慢走路时给绊倒了，手臂触地。我的手腕就渐渐肿了。

Doctor：I don't think any of your bones has been broken, but we would like to take an X-ray picture to see if there is a fracture. If there is no fracture, we will use a sling to hold up your arm and keep it partially immobilized. In that case you will be all right in two weeks.

医生：我估计你手腕没有骨折，但是我们必须给你拍摄 X 线片，看看有没有骨折。如果没有的话，我们要用吊带抬高你的手臂，保持局部固定。这样，两周以后你就会好的。

(3)

Doctor：Where's your injury?

医生：你伤哪儿了？

Patient：Here, my ankle.

患者：这儿，踝关节。

Doctor：How did it happen?

医生：怎么伤的？

Patient：I tripped over on the pavement and twisted it. It's swollen and very painful.

患者：我在人行道上绊倒了，扭伤了脚，又肿又痛。

Doctor：When did it happen?

医生：什么时候发生的？

Patient：This morning.

患者：今天早晨。

Doctor：I'd like you to have an X-ray and after you've had it, come back to me.

医生：我看你去拍摄 X 线片吧，取回片子再来找我。

(After examining the X-ray)

(看完片子后)

Doctor：Well, there's nothing broken. It's just a sprain. Nurse will put on a supporting bandage. Do exercises and have contrasting baths. Put your foot in hot and cold water alternately three or four a day. The pain and swelling should go but if it doesn't settle

down, come and see us again.

医生： 噢，没有骨折，只是扭伤。护士会为你缠上弹力绷带。要活动，而且用冷热交替法洗浴。每天在热水和冷水中交替泡脚三四次。肿痛就会消失。如果不见好，再来看看。

3 Injury from Fall 摔伤

(1)

Doctor： What's the matter with your father?

医生： 你父亲怎么了？

Patient's son： Doctor, this disaster happened so suddenly that I didn't know how to deal with it.

患者的儿子： 医生，这场灾祸发生得太突然了。我真不知道该如何应付。

Doctor： Don't worry. When and how did it happen?

医生： 别着急。是什么时候以及如何发生的？

Patient's son： This morning. That was about two hours ago. My father suddenly tripped and fell, hitting his head quite hard when he was in the bathroom.

患者的儿子： 今天早上，大约两个小时之前。我父亲在浴室里突然跌倒了，头部摔得很重。

Doctor： Did he lose consciousness after the injury?

医生： 受伤后他昏迷过吗？

Patient's son： Yes. He blacked out for about half an hour and then he regained his consciousness.

患者的儿子： 是的。他受伤后昏迷了半个小时左右。然后他又恢复了知觉。

Doctor： Does he have any heart disease, diabetes or epilepsy? Has he been sleeping well?

医生： 他有心脏病、糖尿病或癫痫吗？他近来睡眠好吗？

Patient's son： Not that as far as I know. This morning he said he has had a severe headache because he didn't sleep well.

患者的儿子： 据我所知没有患过这些疾病。今天早上他说因为昨晚没睡好，头痛得很厉害。

Doctor： Does he habitually use alcohol or drugs?

医生： 患者是否有喝酒或吸毒的习惯？

Patient's son： Occasionally he drinks a little, but he never uses drugs.

患者的儿子： 偶尔喝点酒，但从不吸毒。

Doctor： I'm afraid your father tore a blood vessel when his head was hit, and the blood is compressing his brain causing this present condition.

医生： 我担心你父亲头部受伤时可能撞破了一根血管，出血形成的血肿压迫大脑，致使他处于目前的状态。

Patient's son： Is it serious? Is there any danger?

患者的儿子： 严重吗？有什么危险吗？

Doctor： Don't worry. It is necessary for us to have diagnostic tests including blood studies, MRI of the head and ECG.

医生：别担心。我们需要进行诊断性检查，包括血液检查、头部磁共振成像和心电图检查。

Patient's son: Thank you, doctor. I'm so worry about my father.

患者的儿子：谢谢您，医生。我很为我的父亲担忧。

Patient's son: Would you mind telling me about the common causes of coma?

患者的儿子：您不介意给我讲讲造成昏迷的常见原因吧？

Doctor: Of course not. The common causes are head trauma, extreme fatigue, stroke, heart failure, and arrhythmia, etc.

医生：当然不会介意。造成昏迷的一般原因有头部外伤、极度疲劳、中风、心力衰竭和心律不齐等。

Patient's son: What can I do during his episode of unconsciousness?

患者的儿子：在他昏迷发作期间，我能做些什么呢？

Doctor: You should immediately ask for emergency medical assistance by telephone if normal consciousness does not return quickly.

医生：如果不能很快地恢复知觉，你应该立刻打电话向医疗急救中心求救。

Patient's son: Could he take hot water or food?

患者的儿子：他能饮热开水或进食吗？

Doctor: You should not give an unconscious victim any food or drink. Nor should you place a pillow under his head.

医生：不要给失去知觉的患者进食或饮水。而且也不要让他枕枕头。

Patient's son: Is that all that I can do?

患者的儿子：我能做的就这些吗？

Doctor: One more thing. Keep the victim warm until medical help is obtained. Then the doctor will check the victim's airway, breathing and circulation.

医生：还有，在医疗救护实施之前应让患者保暖。然后医生会检查患者的气道、呼吸和血液循环情况。

(2)

Doctor: Where is your injury?

医生：你伤哪儿了？

Patient: My ankle and my leg.

患者：踝关节和腿。

Doctor: What happened?

医生：怎么弄的？

Patient: I was standing on chair and I slipped off.

患者：我站在椅子上滑下来摔的。

Doctor: When did this happen?

医生：什么时候的事？

Patient: Four weeks ago. I've been trying to cure myself.

患者：四个星期前，我一直试图自己治疗。

Doctor: Did this happen at home?
医生：是在家里摔的吗?
Patient: Yes.
患者：是的。
Doctor: Are you under a doctor?
医生：有医生指导你吗?
Patient: Yes.
患者：有。
(After examining the patient)
(检查以后)
Doctor: I want you to keep this up at home above the level of your seat. You can go to the toilet but then keep your leg up again. Have you someone to look after you?
医生：你在家里要把腿抬起,高于臀部。你可以去厕所,但回来后再把腿抬起来。有人照顾你吗?
Patient: No. I'm all alone.
患者：没有,我一直独身。
Doctor: Well, we'll get you a home help.
医生：好吧,我们请人到你家里帮你。
Patient: I feel better walking than sitting.
患者：我觉得走路比坐着更好。
Doctor: Yes, but this won't heal up if you don't get rid of some of this swelling of your ankle. When you've had your leg dressed, don't go until you've seen the social worker.
医生：是的,但你的踝关节不消肿是不会好的,先给你包扎上,等见到了社会服务人员之后再走。

4 A Road Accident Victim 车祸受伤者

(1)

Doctor: What's wrong?
医生：怎么回事?
Patient 1: Traffic accident. 10 minutes ago.
患者 1：十分钟前出了个交通意外。
Doctor: Bad news. How many persons are wounded?
医生：真糟糕。有多少人受伤了?
Patient 2: Only one.
患者 2：就一个。
Doctor: (To patient 3) only one?
医生：(对患者 3)就你吗?
Patient 3: Yes, I think I'm the only hard cheese.

患者 3：是呀，我是唯一的倒霉蛋。

Doctor：Then what seems to be the problem?

医生：伤在哪里？

Patient 3：My chest collided with the steering wheel suddenly and heavily. Then I feel a sharp pain in my chest. There must be something wrong with my ribs or lung.

患者 3：我的胸部突然猛烈地撞在方向盘上，然后我感到一阵剧痛。我的肺或肋骨一定受伤了。

Doctor：OK, I will examine you on the instant. (To the other persons) You two should also stay here for half an hour for observation. I must make sure that you are all right. I think it's necessary for you to accept an ultrasound exam and a plain chest film.

医生：嗯，我马上给你检查。你们两个待在这里半个小时接受观察。我必须确定你们两个真的没事。我想你们得做个超声检查和胸部平片。

Patient 1& 2：OK. We quite agree with you.

患者 1 和 2：好的。我们同意。

Patient 3：Oh, can you examine me already? I can't take it anymore.

患者 3：噢，你能不能快点给我检查？我受不了啦！

Doctor：Take it easy. Please point out the place you feel most painful ... breathe deeply ... has the pain gotten worse? ... do you find it difficult to breathe? ...

医生：别担心。请你指一下最痛的部位……深呼吸……疼痛比正常呼吸加剧了吗？……有没有觉得呼吸困难？

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Doctor：I think there is a complicated fracture of your ribs, but your lung and heart seem to be normal. I'd like you to have a plain chest film and some other examinations immediately. We will give you an operation to fix the injured ribs when I clearly know the situation.

医生：我想你的肋骨有复杂性的骨折，不过肺和心脏倒是正常的。你马上做一个胸部平片检查以及其他一些检查。等情况一搞清楚我们就给你骨折的肋骨做固定。

Doctor：Will I be admitted to the hospital?

患者 3：我要住院吗？

Doctor：Yes, of course. And I must make sure that your liver, spleen, pancreas, or some other internal organs are not wounded. It needs time. We need time to control the complexion of recovery.

医生：是的，当然要。我得确认你的肝、脾、胰或者其他内部脏器没有受伤，这需要时间。我们需要时间来控制骨折愈合过程。

Patient 3：Then how much will it cost?

患者 3：这得花多少钱？

Doctor：Do you have any accident insurance or medical expense insurance?

医生： 你有意外险或者医疗开支险吗?

Patient 3： Yes, I have both of them. But I must pay a small portion of it for myself.

患者 3： 是的,两样都有,但是我得自己支付一小部分。

Doctor： Come on! You'd better consider money as nothing when your health is shot. And I can assure you that it just means a piece of cake.

医生： 得了,在健康面前,你最好还是视金钱如粪土。而且我可以向你保证,你自己出不了多少钱。

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Doctor： The X-ray shows that you fractured three of your ribs. And the ultrasound shows that your abdominal organs remain all right.

医生： X 线显示你有三根肋骨骨折了。超声提示你的内脏器官没事。

Patient 3： Doctor, how long will it take for complete recovery?

患者 3： 医生,完全康复需要多长时间?

Doctor： It's hard to say exactly. According to my experience, you have to stay in the hospital for at least two weeks, but it will be a much longer process for the ribs to finish autotherapy after your leaving hospital.

医生： 很难准确地说。根据我的经验,你必须住院至少两个星期,当你出院后,肋骨的自我愈合过程就更长了。

Patient 3： That's really bad.

患者 3： 真是糟透了。

(2)

Doctor： What can I do for you?

医生： 怎么了?

Patient： I've just been in a road accident.

患者： 我出了交通事故。

Doctor： Were you the driver or the passenger?

医生： 你是司机还是行人?

Patient： The driver.

患者： 是司机。

Doctor： Were you thrown out of the car or did you get the steering wheel in our chest?

医生： 你被甩出了汽车还是被方向盘撞到胸部?

Patient： I wasn't thrown out but I got the steering wheel in my chest and I hit my head on the windscreen.

患者： 我没被甩出去,但被方向盘撞了胸部,而且脑袋撞到了挡风玻璃上。

Doctor： Were you knocked out?

医生： 你昏过去了吗?

Patient： I don't remember anything after the accident.

患者： 事故后我什么也不记得了。

Doctor： Have you got headache or pain anywhere other than your chest?

医生： 除胸部外，你头痛吗？其他什么地方痛吗？

Patient： My head aches; that's all.

患者： 我只是头痛。

Doctor： We'll send you for some X-rays and stitch any wounds later.

医生： 我送你去拍摄 X 线片，然后缝合伤口。

(After examining X-rays)

(拍摄 X 线片后)

Doctor： You've fractured your skull. We'll have to admit you for observation. Do you want the clerk to notify any of your family?

医生： 你颅骨骨折。我们不得不收你住院观察。要不要通知你家里人？

Patient： Oh yes. Will you ring my husband at work? This is his number.

患者： 好吧，请给我上班的丈夫打个电话，这是他的电话号码。

(3)

Doctor： What seems to be the problem?

医生： 你怎么不舒服？

Patient： Well, I was crossing the road, where a car came round the corner too quickly, and when the driver saw me, it was too late to stop. I was knocked to the ground, and when I got up, my left arm and elbow were grazed, and now, I have a pain in my ribs.

患者： 咳，我刚才横穿马路，正赶上一辆汽车从拐角处开来，由于车速太快，等司机看到我，再刹车就晚了一步。我被撞倒在地。从地上爬起来的时候，发现左臂和肘部擦伤了，而且肋骨也觉得疼痛。

Doctor： I'll just take a look. Where does it hurt?

医生： 我来看一看。你哪儿痛啊？

Patient： It's hard to say. It hurts all over.

患者： 这很难说清楚。我浑身都在痛。

Doctor： Does it hurt when I do this?

医生： 我按这儿，痛不痛？

(The doctor presses the patient's ribs.)

(医生压了压肋骨。)

Patient： Ouch! The pain is very bad when you press here.

患者： 哎哟！你一按下去我就痛得要命。

Doctor： Your arm and elbow seem to be all right, but, to be on the safe side, you'd better go to the X-ray Department. When the X-rays are ready, bring them back to me to examine. Here's the form that you'll need for the X-rays. I'll see you later.

医生： 手臂和肘部看上去没有什么问题，但出于安全，你还是去拍摄几张 X 线片。片子拍摄好后，马上拿过来给我看。这是拍摄 X 线片申请单。一会儿见！

※ ※ ※

Patient： Here're my X-rays.

患者： X 片拿来了。

Doctor: I'll just have a look. Everything looks OK, except you can see here. There's a hairline fracture. It's not very serious, but you should take a month off work, and rest in bed as much as possible. I'll give you some herbal medicine to help you heal quickly. Take it twice a day, morning and evening.

医生：让我看一看。其他一切都正常，只是这儿有点问题，是骨裂。这不算严重，但一个月内你不能上班，尽量卧床休息。我给你开些草药帮助愈合。这药你早晚各服一次。

Patient: Will I need to be put in plaster?

患者：要上石膏吗？

Doctor: No. It isn't necessary. I'll just write you a sick note. And here is the prescription for your herbal medicine.

医生：不需要。我现在就给你开一张病假单。这是给你的草药方。

Patient: Thank you very much, doctor.

患者：谢谢你，医生。

Doctor: Not at all. Goodbye!

医生：不用客气，再见！

Patient: Goodbye!

患者：再见！

5 Tetanus 破伤风

Doctor: Hello, sir. How do you feel today?

医生：你好，先生，今天感觉如何？

Patient: Much better. Thank you.

患者：好多了，感谢你。

Doctor: You are evidently in convalescence. (to Intern) Did you give him a brief check-up this morning?

医生：显然你已进入恢复期。(对实习医生)你今天上午给他做过体检吗？

Intern: Yes, but I found nothing special, and I couldn't even find the wound. Did you ever get injured, sir?

实习医生：是的，可我没发现什么特殊情况，甚至没发现伤口。先生，你真的受过伤吗？

Patient: It was two weeks ago. And I wonder if it's proper to call it an injury. The prick was so trivial that it didn't even bleed.

患者：那是两周前的事了，并且，我不知那是否应该叫做受伤。很轻微的刺伤，连血也没出。

Doctor: Just as what you have remembered, the clostridium tetani must first invade into a wound. However small a wound may seem to be, there are possibilities for bacteria to come in and multiply inside it.

医生：正像你所记得的那样，破伤风梭状芽孢杆菌必须首先侵入伤口。伤口再小，也

存在细菌侵入和繁殖的可能。

Intern: What was your main complaint when you came to the hospital, sir.

实习医生：先生，你入院时主诉是什么？

Patient: I found it hard to open my mouth. And the trouble was quickly getting more severe.

患者：我感到张口困难，并且很快越来越重。

6 Fracture 骨折

(1)

Doctor: Hello, my name is Dr. Bai, how can I help you?

医生：你好，我是白医生，有什么我能帮你吗？

Patient: I've hurt my finger.

患者：我伤到手指了。

Doctor: How did you do this?

医生：你怎么伤的？

Patient: I was helping someone to move something heavy it slipped and caught my hand and bent and twisted my finger.

患者：我帮助别人抬一些重物，东西掉下来压在我手指上了，把手指压弯并扭了。

Doctor: How painful is it?

医生：有多痛？

Patient: It's very painful.

患者：非常地痛。

Doctor: Can you move it?

医生：你手指能动吗？

Patient: No, not really. I can move my finger from my hand, but I can't actually bend my finger.

患者：不能。我只能稍微动一下手指，不过不能弯曲。

Doctor: I can see your finger is swollen. Are any of your other fingers swollen?

医生：我能看到你的一根手指肿了，你的其他手指也肿了吗？

Patient: No, they are normal.

患者：没有，很正常。

Doctor: Can you feel your finger, do you have any pins & needles or tingling?

医生：你的手指有知觉吗？你感到刺痛或发麻吗？

Patient: I think it's numb at the end, but it's too painful for me to notice.

患者：我想手指尖有点发麻，不过太痛了很难觉察。

Doctor: OK, you need to have an X-ray of this hand, and here is the form.

医生：好的，你需要给手拍摄 X 线，这是检查单。

Patient: Where is the X-ray department?

患者：放射科在什么地方？

Doctor: A nurse will show you where to go, and you need to wait for the results and bring them back to me.

医生：护士会指给你怎么过去，你需要在那里等待结果出来后带回来给我。

Patient: OK, thanks, see you later.

患者：好的，谢谢，一会儿见。

※ ※ ※

Doctor: I have seen the X-ray, it shows that you have fractured your finger and I shall need to immobilize it to give your finger a chance to heal.

医生：我看过X线片了，X线片表明你的手指断裂，我需要给它做固定帮助它自己恢复。

Patient: How are you going to do that?

患者：你怎么固定？

Doctor: You can have a splint around your finger to stop you moving it or we can bind your finger to the next one, that will also stop you moving your finger.

医生：你可以用夹板固定你的手指，或者我们可以将你的手指和旁边的手指绑在一起，这样也能防止你动它。

Patient: OK, how long do I need to have it like that?

患者：好的，我需要这样固定多长时间？

Doctor: For quite some time maybe 3 or 4 weeks, it depends how quickly it heals, you will know when it is getting better.

医生：需要一段时间，3~4周吧，取决于自我恢复的速度，手指恢复的时候你能感觉到。

Patient: Do I need to come back and see you?

患者：我需要再回来复诊吗？

Doctor: Please come back if you are worried or if you want a check X-ray to see if the fracture has healed.

医生：如果你担心或者你想拍摄X线片看看断裂处是否恢复的话可以回来。

Patient: Do I need to keep the splint on all the time?

患者：我需要一直绑着夹板吗？

Doctor: No, you can take it off in the shower.

医生：不用，冲澡的时候可以取下来。

Patient: OK, is there anything else?

患者：好的，还有其他什么事情吗？

Doctor: The nurse will give you a sling, try to use it for a few days and keep your hand elevated as much as you can to help the swelling go down. Would you like me to prescribe some painkillers for you?

医生：护士会给你吊带，请试着用几天让你的手尽量地抬高帮助消肿。你需要我开些止痛药给你吗？

Patient: OK, thanks, Doctor.

患者：好的，谢谢你，医生。

Doctor: You are welcome. Here is the prescription, the nurse will show you where the

pharmacy is.

医生：不客气，这是处方，护士会指给你怎么到药房。

(2)

Doctor: Hello, I'm an orthopedic surgeon. What happened to your leg?

医生：你好，我是骨科医生，你的腿怎么了？

Patient: I fell down the stairs. Immediately, I felt a bad pain in my left hip and I couldn't stand at all.

患者：我从楼梯上摔下来，马上感到左髋疼得厉害，我简直站不起来了。

Doctor: When did it happen?

医生：什么时候发生的？

Patient: Two hours ago.

患者：两小时以前。

Doctor: Have you taken any pain-killers?

医生：你用过什么止痛药吗？

Patient: No, I came directly here.

患者：没有，我直接就来了。

Doctor: Please lie on the bed, loosen your belt. Point to the spot where you feel the most pain.

医生：请躺下，松开你的腰带，请你指出最痛的部位。

Patient: It's here, Doctor, around the left hip.

患者：就在这里，医生，左髋关节周围。

Doctor: I'm afraid your femur is broken. We'd better X-ray it, just to be sure. Take this paper to the office; the nurse will show you the X-ray department.

医生：你的股骨恐怕断了。得照几张 X 线片来确定一下。拿这张申请单到办公室去，护士会带你到放射科去。

Doctor: The X-ray shows a fracture of your left femur.

医生：X 线片显示左股骨骨折。

Patient: Doctor, will it heal properly?

患者：医生，能治好吗？

Doctor: Of course, it will, don't worry. I think you should be admitted to hospital. You need an operation to fix it.

医生：当然能治好，不要着急。我想你应住院，你得做复位固定手术。

※ ※ ※

Patient: I have hurt my right elbow. I can't move it because of the pain.

患者：我的右肘受伤了，痛得受不了。

Doctor: How did it happen?

医生：是怎么引起的？

Patient: When I was getting into the bus, I fell on my elbow. That happened this morning.

患者：今天早晨上公共汽车的时候，我把肘部摔伤了。

Doctor: Is it still painful?

医生： 现在还痛吗？

Patient: Yes. Since the accident it has been stiff and looks black and blue. At times it feels numb.

患者： 是的，受伤后伤处僵硬发紫发胀。有时还觉着麻木。

Doctor: Can you feel this, when I put it on you hand?

医生： 我把这个放在你手上时你有感觉吗？

Patient: Yes.

患者： 有感觉。

Doctor: I'm afraid you may have broken you elbow, I'll send you to the X-ray department to check.

医生： 你的肘关节恐怕骨折了，我送你去放射科检查一下。

Doctor: The X-ray reveals a fracture of the lower humerus. We'll give you a "U" type plaster cast on your elbow and shoulder.

医生： X线片显示肱骨下段骨折。我们在你肘部和肩膀上打个"U"型石膏托。

Patient: How long will I have to have it?

患者： 这石膏托需要戴多久？

Doctor: About six weeks.

医生： 大约六周。

Patient: Is there anything else I should do?

患者： 我还需要注意什么事吗？

Doctor: You'd better rest in bed and keep your elbow higher than your heart. Move your finger joints from time to time. Keep an eye on the colour of the fingers. If you have pain and numbness or if the colour of the fingers turns pale or dark, come right away.

医生： 你最好卧床休息，将患肘放在高于心脏的部位上，经常活动你的指关节。注意手指头的颜色。如果手指痛和发麻或颜色发白或发暗，就马上来诊治。

(3)

Intern: Hello, Mrs. Davis. I'm the doctor. What seems to be the matter with Johnny?

实习医生： 你好，戴维斯太太。我是医生。约翰尼怎么啦？

Mother: I don't really know. He was outside playing with all the other children, when all of a sudden he came in crying and complaining of a bad pain in his right elbow. He said he fell down and hurt himself. That happened this morning, and it still hurt him this afternoon, so I thought I'd better bring him in and see what was wrong with him.

母亲： 我不太清楚。他正在外面与别的孩子们一起玩，突然哭着进来说他的右肘部痛得很厉害。他说他摔倒而受了伤。这是今天上午发生的事，下午他仍感到痛，所以我想最好带他来看看有什么毛病。

Intern: Does your elbow still hurt, Johnny?

实习医生： 约翰尼，你的肘部还痛吗？

Johnny: Yes, it does.

约翰尼：是的，还痛。

Intern：Can you feel this when I put it in your hand?

实习医生：我把这东西放在你手里，能感觉到吗？

Johnny：Yes.

约翰尼：能感觉到。

Intern：Now, shake my hand, as hard as you can. ... That's it. ... Let's take a look at this arm. ... Well, Johnny, I think we'd better take some pictures of it.

实习医生：好，尽你的最大力量握我的手。……对啦。……让我们检查一下这个胳臂。……好啦，约翰尼，我看最好拍摄几张胳臂的 X 线片。

Mother：Can we do that here?

母亲：能在这儿拍摄吗？

Intern：Yes, the nurse will take you to the X-ray department.

实习医生：能，护士会领你们到放射科去。

7 Coma, Extradural Hemorrhage 昏迷、硬膜外出血

(1)

Woman：Doctor, my husband tripped and fell, hitting his head quite hard. He has a headache, so I thought I'd better bring him in and see what's wrong with him.

妇女：医生，我丈夫滑倒了，头部摔得很重。他感到头痛，我想最好带他来看看是什么问题。

Doctor：When did it happen?

医生：是什么时候发生的？

Woman：This morning. About two hours ago.

妇女：今天早上，大约两小时以前。

Doctor：Does he have high blood pressure or diabetes?

医生：他有高血压或糖尿病吗？

Woman：No.

妇女：没有。

Doctor：Did he lose consciousness after the injury?

医生：受伤以后他昏迷过吗？

Woman：Yes, he did. He blacked out for about half an hour. Then he regained consciousness.

妇女：是的，他受伤后昏迷了半小时左右，然后又醒过来了。

Doctor：(asking the patient) Do you remember how you were injured?

医生：(问患者)你记得你是怎样受伤的吗？

Woman：Oh, Oh. (patient vomits)

妇女：呵！呵！（患者呕吐）

Doctor：Well, he is unconscious again now. Has he been vomiting all the time before coming to hospital?

医生： 他现在又昏过去了。他来医院之前一直都呕吐吗？

Woman： Yes.

妇女： 是的。

Doctor： Now, let me have a look at him. The pupil on the right is dilated and does not react to light. There's no reaction to pain in the left extremities. I'm afraid your husband has torn a blood vessel when he hit his head, and the blood is compressing his brain, causing his present condition. I'll talk over his problem with the neurosurgeon and decide what to do.

医生： 让我给他查查。他右瞳孔散大。对光反应消失，左侧肢体对疼痛失去反应。你丈夫受伤时可能把脑血管撕裂了，出血形成的血肿压迫大脑引起了目前的表现。我要和神经外科医生讨论一下，然后决定该怎么办。

Woman： Thank you, Doctor. I'm so worried. Do you think my husband will live?

妇女： 谢谢你，我很担忧，你认为我丈夫还能活吗？

Doctor： Don't worry. We'll do everything we can to save him.

医生： 不必着急。我们尽一切可能来抢救他。

Doctor： I've just finished talking to the neurosurgeon. Your husband is in a coma due to extradural hemorrhage. In order to save him, we think we should operate on him. (In order to be more certain what has happened to him, a lumbar puncture is necessary). We need your permission to do this.

医生： 我和神经外科大夫讨论过了。你丈夫的昏迷是由于硬膜外出血引起。为了抢救他，需要做手术。(为了更进一步确诊，我们需要做腰椎穿刺)。我们要征得你的同意再做。

Woman： Anything you say, Doctor, as long as he gets well.

妇女： 医生，做什么都行，只要能好。

Doctor： Well, the operation has certain risks with the anaesthetic and your husband may not be able to stand the operation. Postoperative complications could also occur. But we'll do all we can for him.

医生： 手术有一定的危险性。可能有麻醉意外，患者也可能不能耐受手术，还可能产生术后并发症，但是我们一定尽力而为。

Woman： Yes, I understand. Please help him. I agree to the operation.

妇女： 是的，我明白你所说的，请救救他吧。我同意做手术。

Doctor： Well. Could you sign this paper to give your consent for the operation? I think everything will be all right.

医生： 那么，请在这张单子上签上你同意动手术吧。我看一切都会好起来的。

Woman： Shall I stay here?

妇女： 我可以在这儿等着吗？

Doctor： If you want to, you can wait. And I'll let you know the result of the surgery. (Please wait in the sitting-room. I'll keep you informed of what is going on.)

医生： 如果你愿意，就在这里等。我会告诉你手术的结果的。(请在客厅里等候，我将随

时和你取得联系)。

(2)

Resident: Hello, Mrs. Roe. I'm Dr. Thomas.

住院医生: 你好,鲁太太。我是托马斯医生。

Mrs. Roe: Hello, Doctor.

鲁太太: 你好,医生。

Resident: I'm glad you come right away. As you know, your husband took sick downtown and had lapsed into unconsciousness by the time he arrived here in the ambulance. Perhaps you could elaborate on what might have caused this.

住院医生: 你能马上来我很高兴。你知道你丈夫到商业区时患病了,他被救护车送到这里时已经晕过去了。你也许能详细说明引起此病的可能原因是什么。

Mrs. Roe: I'll try to.

鲁太太: 我将尽力而为。

Resident: Did anything happen this morning?

住院医生: 今天早晨发生过什么事吗?

Mrs. Roe: Well, he tripped and fell, hitting his head quite hard. He lost consciousness at that time for about an hour. I wasn't sure what to do, so I just waited.

鲁太太: 哦,他跌倒了,头部撞得很厉害。那时他不省人事约 1 小时。我不知怎么办,所以只好等待。

Resident: But he did come out of this episode of unconsciousness?

住院医生: 他后来就醒过来了吗?

Mrs. Roe: Yes, he did. Then he said he felt all right and was going to his office, and that's the last I heard from him until the hospital called and told me to come to the emergency room.

鲁太太: 是的,醒过来了。醒过来后,他说感觉很好并要去上班,这就是医院打电话叫我到急诊室来之前,我听到他最后说的话。

Resident: Had he been drinking at all?

住院医生: 他是否常喝酒?

Mrs. Roe: Oh, he drinks only a little. But he hadn't had anything this morning.

鲁太太: 噢。他平常只喝一点酒。不过今天早晨他没有吃过任何东西。

Resident: Does he use sleeping pills?

住院医生: 他服安眠药丸吗?

Mrs. Roe: No, he doesn't.

鲁太太: 没有,没有服过。

Resident: Does he have any heart disease that you know of?

住院医生: 你知道他有心脏病吗?

Mrs. Roe: No.

鲁太太: 没有。

Resident: Does he have high blood pressure?

住院医生： 他有高血压病吗?
Mrs. Roe： Not that I know of.
鲁太太： 据我所知没有。
Resident： Has he ever had epilepsy?
住院医生： 他患过癫痫吗?
Mrs. Roe： No, he hasn't.
鲁太太： 没有,没有患过。
Resident： Has he ever had diabetes?
住院医生： 他患过糖尿病吗?
Mrs. Roe： No.
鲁太太： 没有。
Resident： All right, Mrs. Roe. Thank you. I'll be back to talk to you in a little while.
住院医生： 好了,鲁太太。谢谢你。过一会儿我回来和你谈谈。

8 Periarthritis of the Shoulder 肩周炎

Patient： Oh, Doctor, my shoulders hurt very much.
患者： 医生,我的肩部痛得厉害。
Doctor： Let me examine you first. How long have you had this pain?
医生： 让我先检查一下。痛了多久?
Patient： About two months. It's gotten worse and worse. Now I can't even comb my hair.
患者： 大约两个月了。痛得越来越重。我现在甚至不能梳头。
Doctor： Is it there all the time?
医生： 一直持续痛吗?
Patient： It's worse in the morning and in the evening.
患者： 早晨和晚上会加重。
Doctor： Does it move about or stay in one place?
医生： 疼痛到处窜,还是停留在一处呢?
Patient： It goes down the outside of my arms to the elbows.
患者： 疼痛从胳膊外侧往胳膊肘下窜着痛。
Doctor： Please remove your clothes and raise your arms sideways until you are pointing at the ceiling. Now touch the opposite shoulder with your hands separately, first in front of the body and then from behind. That's right. Raise your arms forward and then backward. That's all.
医生： 请脱下你的衣服,从两侧抬起你的手臂直到指到天花板。现在请交叉摸对侧肩膀,先从身前再从身后用手去摸。对。把胳膊往前抬,然后往后。检查完了。
Patient： What's wrong?
患者： 是什么毛病?
Doctor： You have a shoulder periarthritis, this often occurs among older people. It's caused

by aging, so it can not be completely cured. If you do some light shoulder exercises regularly, you will find that it lessens the pain.

医生：我看像是肩周炎。上年纪的人往往发生这种病。是年龄大造成的。因此它不可能根治。如果你能有规律地轻微地锻炼肩关节，疼痛是可以减轻的。

Patient: What exercises should I do?

患者：怎样锻炼呢？

Doctor: Try to move your shoulders in all directions, increasing range gradually. A hot compress can also help to relieve the discomfort.

医生：向各个方向活动你的肩关节，逐渐增加活动幅度，热敷也可减轻局部不适。

9 Lumbago 腰痛

(1)

Doctor: Hello, can you tell me what the problem is?

医生：你好，你能告诉我出了什么问题吗？

Patient: Yes, I'm having problems with my back.

患者：好的，我的后背有问题。

Doctor: How long have you had this?

医生：问题出现多久了？

Patient: I've had back problems on and off for quite a few years now but this time I hurt it a couple of days ago.

患者：后背问题断断续续有好几年了，不过这次是两天前开始疼的。

Doctor: Can you show me where the problem is?

医生：你能指给我看是哪个位置吗？

Patient: Yes, it's my lower back.

患者：可以，在我的下腰处。

Doctor: Do you know how you did this?

医生：你知道是怎么导致的吗？

Patient: Same as the other times, my back is normally OK and then I can just bend down as usual and suddenly my back goes and I'm in agony.

患者：和每次的情况一样，我的背没什么问题，然后我跟往常一样弯下腰，突然我的背直不起来，现在特别痛。

Doctor: What is the pain like?

医生：是怎样的一种痛？

Patient: It's like a very bad toothache and if I move suddenly I get a sharp pain.

患者：像一种特别严重的牙痛，如果突然活动的话，会产生剧痛。

Doctor: Is the pain there all the time?

医生：是一直痛吗？

Patient: Yes, all the time.

患者：是的，一直痛。

Doctor: Do you have any pain anywhere else?

医生：其他部位也痛吗？

Patient: Yes, I have an ache in my right buttock and down my right leg to my knee.

患者：是的，我的臀部右边，沿着右腿一直到膝盖都痛。

Doctor: Do you take any painkillers? Do they help?

医生：你有吃什么止痛药吗？有效果吗？

Patient: Yes, I'm taking quite a lot of tablets but they don't seem to last for very long.

患者：有，我吃了很多药片，不过药效都持续不长。

Doctor: Do you have any restricted movement?

医生：你是否有任何的行动不便？

Patient: Yes, I do at the moment, I am finding it hard to sit down in a chair and get up again.

患者：是的，现在有。我发觉很难在椅子上坐下之后再站起来。

Doctor: Are you still able to move about OK?

医生：你现在能正常行动吗？

Patient: Yes, but I'm moving slowly.

患者：能，不过我现在走得很慢。

Doctor: Do you have any trouble walking?

医生：你现在走路有困难吗？

Patient: I can't walk around for too long.

患者：我不能走远路。

Doctor: Do you have any numbness or pins & needles?

医生：你是否有哪个部位感到麻痹或有刺痛感？

Patient: No, just the ache down my leg as well as the pain in my back?

患者：没有，就是和背部一样的疼痛传到了腿部。

Doctor: I need to examine you, and can you please lie on the couch?

医生：我需要检查你一下，请问你能躺在床上吗？

Patient: Yes, I think so. It might take me some time.

患者：我认为可以，不过可能会花点时间。

Doctor: Can you raise your right leg? Will you raise it as high as you can?

医生：你能将腿抬起来吗？能尽量地抬高吗？

Patient: OK, that's as high as I can go without it hurting.

患者：好的，只能这么高了，再高就痛了。

Doctor: When I press here, does that hurt? Where does the pain go?

医生：当我按压这里的时候会痛吗？疼痛会传到什么地方？

Patient: Yes, it hurts and it's making my leg ache.

患者：是的，会痛，而且腿也跟着痛。

Doctor: OK, you can get up now, I need to have some tests, you will need an X-ray, and an MRI scan to see actually what you've done to your back.

医生：好的，你可以站起来了。我需要做些检查，你需要去拍摄 X 线片和磁共振成像扫描检查你的背现在的情况。

Patient: Where am I going to have those?

患者：我到哪里去检查？

Doctor: Your X-ray will be done today and an appointment will be made for the MRI scan as soon as possible.

医生：你今天拍摄 X 线片，磁共振成像扫描会尽快地给你预约。

Patient: Do you think I have a slipped disc?

患者：你觉得我是椎间盘突出吗？

Doctor: You may have. I will know when I see the results of your tests, I shall prescribe some stronger painkillers for you and you should rest as much as you can until your problem subsides.

医生：有可能。看了你的检查结果之后我就能确定。我会给你开些强力止痛药，在你的背没有好转之前请尽可能多休息。

Patient: Do you think I need surgery?

患者：你觉得我需要手术吗？

Doctor: You appear to have had this problem for a few years now, and it might get worse, you can be referred to physiotherapy (physical therapy) department. They can give you some exercises to help you with this problem and make you more mobile. Or you might be better having surgery.

医生：你这种情况已经有好几年了，而且病情在恶化。可以把你转到理疗部，他们会安排些运动帮助你解决这个问题，让你行动更自如。或者，你最好是动手术。

Patient: Oh, OK. I'll wait and see what the results say.

患者：哦，好的。我会等待结果出来再看看。

Doctor: The nurse will show you where to go for your X-ray and MRI scan, I'll see you later.

医生：护士会带你过去拍摄 X 线片和磁共振成像扫描，一会儿见。

Patient: OK, thanks.

患者：好的，谢谢。

※ ※ ※

Doctor: Your tests show that you have a slipped disc, you need to be referred to a specialist, please wait one moment. I will find out when you can go and see him.

医生：你的检查结果表明你有椎间盘突出，你需要被转给专家医治，请等一会儿，我给你查查什么时候你能去找他诊治。

Patient: OK, doctor, thank you.

患者：好的，医生，谢谢你。

(2)

Patient: This morning, while I was lifting a heavy box, I had a very sudden pain in my lower back. It was so bad that I fell to the ground, and couldn't get up.

患者：今天早上，我在搬重物时，下腰部突然疼痛起来，痛得我跌倒在地爬不起来。

Doctor: Is the pain still as bad?

医生：现在还痛得那么厉害吗？

Patient: Yes, it is. At first I felt faint, and broke out in a cold sweat. Now, I don't feel faint any more, but the pain is still excruciating.

患者：还在痛，那时我痛得晕了过去，身上直冒冷汗。现在我头已不晕，但还痛得厉害。

Doctor: OK. Can you stand up any straighter?

医生：哦。你能把身子站得再直一点吗？

Patient: No, this is the best I can do.

患者：站不直，只能站成这样。

Doctor: Please lie down and I will see if I can feel anything. What sort of pain is it? Is it a sharp pain or a throbbing pain?

医生：你躺下来，让我检查一下，看看能不能发现什么问题，好吗？你是怎么个痛法，是刺痛还是跳痛？

Patient: I'm not really sure. It's very painful and it shoots down my leg.

患者：实在说不清楚，只是疼痛剧烈，甚至一直痛到腿上。

Doctor: Well, it's pretty certain that you have a slipped disc. First I'll manipulate your back to relieve your pain. Then, I'll put you in traction, and give you acupuncture as well.

医生：好。显然你是得了椎间盘突出症。我先给你推拿复位以减轻痛苦，然后，再给你做牵引和针灸治疗。

Patient: Will it be very painful?

患者：那会不会很痛？

Doctor: Don't worry. It won't hurt at all because we use certain acupuncture points to suppress the pain.

医生：别担心，一点都不痛，因为我们能够用针灸来止痛。

Patient: I feel much better now, doctor. The treatment seems to have worked.

患者：医生，我现在觉得好多了。这种治疗方法看起来生效了。

Doctor: Do you still have any pain at all?

医生：你现在还痛吗？

Patient: Only a little bit from time to time. When you manipulated my back, the pain was unbearable, but afterwards, I felt better. Is there anything that I can do to help?

患者：只是偶尔微微作痛。你给我推拿背部的时候，真痛得受不了，但推拿完了以后，就舒服多了。我能做一些配合治疗的事吗？

Doctor: Yes. Don't do any violent physical exercise, or lift any heavy weights. Put a board on top of the mattress on your bed with just a sheet over it, and don't sleep on the sofa.

医生：行啊。不要做剧烈运动，也不要搬重物。床上铺上木板，木板上只铺一条被单，不要睡沙发。

Patient: I see, doctor. How long should I do this for?

患者：知道了，医生。这个治疗要维持多久？

Doctor: I'm afraid you'll always have to do this. But when your back is better, you don't need

to continue to sleep on the board. It's very important that you do as I say. Otherwise, the pain will become chronic, and you'll have to have an operation.

医生：恐怕你得一辈子天天这样做。但等到症状好转，你也就不需要继续睡木板床了。你要按我说的去做，这一点非常重要。否则，等这种疼痛转成慢性的，你只能等着做手术了。

(3)

Patient: The lower part of my back hurts so much that I'm not able to move.

患者：我腰痛得很厉害以致都不能活动了。

Doctor: How did it happen?

医生：怎么引起的？

Patient: When I tried to get something off a high shelf, I suddenly felt a pain in my back. (When I lifted a heavy box, I felt a pain in my back.)

患者：我自高处拿东西时，突然觉得腰痛。（当我抬起一个重箱子时，我觉得一阵腰痛。）

Doctor: Is the pain localized to just that spot?

医生：痛就固定在那一块儿吗？

Patient: Yes, only there. (No, I feel it go down my leg when I cough).

患者：是的，就在那个地方。（不，我咳嗽时疼痛就往腿上窜。）

Doctor: Is the pain worse when straightening up (stooping down)?

医生：当你伸腰（弯腰）时疼痛加重吗？

Patient: Yes, it's worse while straightening up (stooping down).

患者：是的，伸腰（弯腰）时疼痛加重。

Doctor: Does anything help it?

医生：怎么样就好些呢？

Patient: It's better after resting, but when I try to walk again it hurts so much that I have to stop.

患者：休息后疼痛就好些，但只要再走一点道儿，就痛得不得不停下来。

Doctor: Please stand up. Let me examine your back. Please bend forward and backward. That's fine. Please turn to the right and left. All right. Please lie on your back. If I hurt you, let me know. Please raise your left leg with the knee straight. Please lie on your abdomen. Do you feel pain when I press here?

医生：请站起来，让我检查一下你的背部。请向前弯、向后仰。好。向左右侧弯。对。请仰卧。如果你感到痛就告诉我。请抬起你的左腿，伸直。请俯卧。我按的部位你觉着痛吗？

Patient: Yes, right here. Anything serious, Doctor?

患者：是的，就在这里。医生，我的病重吗？

Doctor: Nothing serious; it's just a strained back. Acupuncture is the most effective treatment for this kind of backache.

医生：不严重，只是扭伤了腰。针刺治这种腰痛最有效。

Doctor: You have a protrusion of intervertebral disc.

医生：你得了椎间盘突出症。

Patient: Can it be cured?

患者：能治好吗？

Doctor: Certainly, only it takes time.

医生：当然能治好，只是得用些时间。

Doctor: I'll prescribe some medicine for you. You should have acupuncture every other day. Sleep on a hard bed and rest well. You'll be all right within two or three weeks.

医生：我给你开点儿药。此外你要隔日来针刺一次，睡硬板床，好好休息。2~3 周后你就会痊愈的。

Doctor: Since the diagnosis isn't clear, you'd better have a myelographic examination (to rule out tumors).

医生：由于诊断还不清楚，我建议做一个脊髓造影（以除外肿瘤）。

10 Knee Injury 膝盖受伤

Doctor: Hello, my name is Dr. Wang, can you tell me what the problem is?

医生：你好，我是王医生，你能告诉我出了什么问题吗？

Patient: Yes, I've hurt my left knee.

患者：是的，我左膝盖伤了。

Doctor: When did you do this?

医生：你什么时候伤的？

Patient: A few days ago.

患者：几天前。

Doctor: How did you do this?

医生：你怎么伤的？

Patient: I was playing squash and crashed into the wall and fell and twisted my knee.

患者：我在打壁球，撞到墙上摔下来，扭伤了膝盖。

Doctor: Are you in any pain?

医生：痛吗？

Patient: Yes, quite a lot.

患者：是的，很痛。

Doctor: Where is the pain?

医生：哪个地方痛？

Patient: Around my knee and it seems right inside.

患者：整个膝盖，而且像是从里面痛起来的。

Doctor: What is the pain like?

医生：是怎么样的一种痛？

Patient: Sometimes it just aches, and other times it's a really sharp pain.

患者：有时候仅仅是疼，有时候是很严重的剧痛。

Doctor: Is the pain there all the time?

医生：一直痛吗？

Patient: Yes, mostly.

患者：是的，差不多。

Doctor: Do you take any painkillers and do they help?

医生：你吃什么止痛药了吗？有没有效果？

Patient: I take brufen a couple of tablets about 3 or 4 times a day, they do help to take the edge off the pain.

患者：我服用布洛芬，每天 3~4 次，每次 2 片。稍微有点效果。

Doctor: Do you have any trouble walking?

医生：你走路有问题吗？

Patient: Yes, sometimes, if I'm very careful how I walk it's not too bad.

患者：是的，有时候。如果我很小心走路的话，问题不是很严重。

Doctor: Do you have any weakness in that area?

医生：你那个部位无力吗？

Patient: Do you mean, does my knee give way? No, it doesn't.

患者：你指什么？是说我的膝盖不能支撑了吗？不是。

Doctor: Do you have numbness or pins & needles going down your leg?

医生：你感觉到麻痹或者刺痛感沿着你的腿窜吗？

Patient: No, not that I've noticed.

患者：没有，就我所知没有。

Doctor: I need to examine you please sit on the couch and show me your knees.

医生：我需要给你检查一下，请坐在床上，把膝盖露出来。

Does your knee look swollen?

你的膝盖看起来肿了吗？

Patient: Yes, I guess it does a bit.

患者：是的，我觉得有点肿。

Doctor: When I press here, does that hurt, where does the pain go?

医生：当我按压这里的时候会痛吗？疼痛会传到什么地方？

Patient: Yes, it hurts just there where you've got your thumb.

患者：是的，就是你大拇指按压的地方痛。

Doctor: Will you bend your leg for me and will you do it again please?

医生：你能够弯一下腿吗？请问你能再做一次吗？

OK, I need to have an X-ray of your knee, and a blood test to check that you haven't got an infection in your knee, as your knee does look swollen.

好的，我需要给你的膝盖拍摄 X 线片，做血液检测，来确定你的膝盖是否受到感染，因为你的膝盖看起来有点肿。

Patient: OK, do I have the X-ray and blood test now?

患者：好的，我需要现在拍摄 X 线片和做血液检测吗？

Doctor: Yes, I will write the forms for you, and the nurse will show you where to go, and where to collect the results. When you have the results please bring them back to me.

医生：是的，我会给你开个单子，护士会告诉你怎么过去以及到哪里去取检测结果。检测结果出来后，请带回来给我。

Patient: OK, that' great, how long will this take?

患者：好的，太好了，大概会花多长时间？

Doctor: Not very long, an hour or so.

医生：不会太久，一个小时左右吧。

Doctor: I have the results, you don't have an infection and the X-ray shows that you haven't broken anything.

医生：我拿到结果了，你没有受到感染，X 线片结果表明你没有任何的骨头破裂。

Patient: That's great, so what do you think I've done to it?

患者：太好了，那你觉得我这是怎么回事？

Doctor: You appear to have twisted your knee, and you might have a slightly damaged the meniscus cartilage in your knee. I will give you a splint to wear on your leg to keep your knee still, and see if time will make it better, I'll prescribe some stronger painkillers for you so you don't feel so uncomfortable, and I'll ask the nurse to get you some crutches.

医生：你像是扭到膝盖了，稍微损伤了一下膝盖的半月板软骨。我会给你用夹板套绑在腿上保护你的膝盖不动，试试过些时间会不会自己好起来。我会给你开些强力止痛药，这样你就不会感觉那么不舒服。我一会儿叫护士给你个拐杖。

Patient: How long do I have to have the splint on for?

患者：我需要套着夹板多长时间？

Doctor: I suggest you keep it on for a week and see if you improve.

医生：我建议套一个星期，看看是不是有好转。

Patient: Do I have to have the splint on all the time?

患者：我需要一直套着夹板吗？

Doctor: No, you can take it off when you go to bed.

医生：不用，你睡觉的时候可以取下来。

Patient: So do I take the splint off in a week's time and see how it goes?

患者：那么，我需要一个星期后才能取下夹板，看康复情况吗？

Doctor: Yes, if your knee hasn't improved you will need to come back, and I think you will need surgery.

医生：是的，如果你的膝盖没有好转，你需要再回来，那时我想你需要动手术。

Patient: How will you know?

患者：那会是怎么样的？

Doctor: You will have an MRI scan of your knee to see if you have damaged you meniscus, and then be admitted for an arthroscopy.

医生：你需要做膝盖的磁共振成像扫描，检查一下你是不是损伤到半月板，然后需要住

院接受关节内镜检查。

Patient: What's an arthroscopy?

患者: 什么是关节内镜检查?

Doctor: It's a minimally invasive technique, where the surgeon makes a few small puncture wounds in your knee and puts a telescope in to see what is wrong, and using special instruments corrects the problem.

医生: 是一种微创手术,医生在你的膝盖处开一些小孔,放镜子进去看看出了什么问题,然后用特殊的工具进行治疗。

Patient: Would I need to stay in hospital long?

患者: 我需要住院很久吗?

Doctor: No, maybe 2 days.

医生: 不用,可能两天吧。

Patient: OK, thanks, let's hope my knee gets better.

患者: 好的,谢谢。希望我的膝盖能好起来。

Doctor: Please go with the nurse, she will get you your crutches.

医生: 请跟着护士,她会给你拐杖。

Patient: OK, doctor, thanks very much for your help.

患者: 好的,医生。非常感谢你的帮助。

Doctor: You're welcome.

医生: 不客气。

11 Arthritis 关节炎

(1)

Doctor: Where is your pain?

医生: 你哪儿痛?

Patient: I'm getting pain all over my body, especially a pain and swelling in my knee.

患者: 我全身疼痛,特别是我的膝关节又肿又痛。

Doctor: How long have you got the pain?

医生: 疼痛有多久了?

Patient: About 2 years ago, the pain occurred only in the morning right after I woke up.

患者: 大约两年前,只是在早上刚起床时痛。

Doctor: What about now?

医生: 现在呢?

Patient: Now the pain becomes worse and more constant, and sometimes it disturbs my sleep.

患者: 现在疼痛越来越严重,痛的时间也越来越长,有时还影响睡眠。

Doctor: How often do you get the pain?

医生: 疼痛多长时间发作一次?

Patient: Every moment of the day I've got the pain from top to toe, and the pain becomes

worse when I start to move after resting for a long time.

患者：每时每刻都在痛，而且从头顶到脚底都痛。当我长时间休息后开始活动时，疼痛就加重。

Doctor：Is it worse when the weather changes?

医生：是不是天气变化时痛得更厉害？

Patient：Yes, it's worse in cloudy or wet weather.

患者：是的，阴天或潮湿的时候就痛得厉害些。

Doctor：What do you do to reduce the pain?

医生：你如何减轻疼痛呢？

Patient：If I massage the joint or put it in hot water, the pain seems to be lessened slightly.

患者：如果按摩或把关节泡在热水里，痛得就轻些。

Doctor：I see. First let me give you a physical exam.

医生：我明白了。首先让我给你检查一下。

Well, you should do some blood tests to see what is causing the pain in your joints.

好啦，你应当做一些血液化验，看看究竟是什么原因使你关节疼痛。

Patient：Do I need to do other tests?

患者：我需要做些其他检查吗？

Doctor：Yes, you need to take an X-ray film of your knee.

医生：是的，你还需要拍摄一张膝部的X线片。

※ ※ ※

Patient：What's wrong with me?

患者：我患了什么病？

Doctor：I think you have osteoarthritis.

医生：我想你患了骨关节炎。

Patient：How is arthritis treated?

患者：如何治疗关节炎？

Doctor：The goals of treatment are to relieve pain, increase motion, and improve strength.

医生：治疗的目的是减轻疼痛、增加活动和增强体力。

Patient：What methods can be used to treat it?

患者：可用什么方法治疗？

Doctor：There are several kinds of treatment: medications, joint protection and surgery.

医生：有几种治疗方法：药物治疗、关节保护和手术。

Patient：Is there a cure for arthritis?

患者：关节炎可以治愈吗？

Doctor：I am afraid not. At present, most types of arthritis can't be cured.

医生：恐怕不行。目前，大多数类型的关节炎是不能治愈的。

Patient：I feel terribly painful. What shall I do?

患者：我感到非常痛。我该怎么办？

Doctor：Today what I can do is to give you an injection, which often helps to relieve joint pain.

医生： 今天我所能做的是给你注射一针。这种注射药常常有助于缓解关节痛。

Patient: Will I need an operation?

患者： 我需要做手术吗?

Doctor: If the pain is mild, the treatment should be conservative. If it gets severe, then we will consider surgery.

医生： 如果疼痛比较轻微,还是以保守疗法为宜。要是痛得厉害,再考虑动手术。

(2)

Patient: Doctor, I have a pain and swelling in my knee.

患者： 医生，我的膝关节又肿又痛。

Doctor: When did you first notice it?

医生： 什么时候开始觉得痛的?

Patient: About two years ago. At first, the pain occurred only in the mornings right after I woke up, then it wore off. But now the pain has become worse and more constant. Sometimes it disturbs my sleep.

患者： 大约两年前。起先只有刚起床时痛,然后慢慢就缓解了,但是现在痛得越来越重,痛的时间也越来越长,有时还影响睡眠。

Doctor: What kind of pain is it?

医生： 怎么个痛法?

Patient: Just a dull ache.

患者： 隐隐约约的痛。

Doctor: Have you ever had any swelling or pain in your other small joints such as your wrist, fingers, or toes?

医生： 其他小关节如腕、指(趾)关节也有痛和肿吗?

Patient: No.

患者： 没有。

Doctor: Is the pain worse when you start to move after resting for a long time?

医生： 当你休息了一段时间后,开始活动时痛加重吗?

Patient: Yes.

患者： 是的。

Doctor: Is it worse when the weather changes?

医生： 天气变化时痛得厉害吗?

Patient: Yes. It's worse in cloudy or wet weather.

患者： 是的,阴天或潮湿的时候痛得厉害些。

Doctor: How do you relieve the pain?

医生： 你怎么去减轻疼痛呢?

Patient: If I massage it or put it in hot water, the pain seems to be lessened slightly.

患者： 按摩或把关节泡在热水里,痛得就轻些。

Doctor: Did you run any temperature?

医生： 你发过烧吗?

Patient: No, never.

患者：没有。

Doctor: Have you lost weight lately?

医生：最近你体重减轻了吗？

Patient: No. Is it serious, Doctor?

患者：没有。医生，我的病严重吗？

Doctor: I can't say. We need to make further examinations.

医生：我们得做进一步的检查，现在还很难说。

Doctor: The sedimentation rate is normal, the rheumatoid factor is negative, and there is no anemia. The X-ray of your knees shows that the joint space is diminished. Beneath the cartilage there is sclerosis and cysts and the lipping of the margin of the joint. I think you have osteoarthritis.

医生：你的血沉是正常的，类风湿因子是阴性的，没有贫血，X 线显示关节间隙变窄，在关节软骨下有硬化和囊性变以及膝关节边缘有唇样变，我想你得了骨关节炎。

Patient: What can you do?

患者：那怎么办呢？

Doctor: I'll give you some Chinese traditional medicine pills. Apply a hot water pad over the knees. You can also have short-wave diathermy.

医生：我给你开些中药丸。在膝关节上做热敷。同时还可以用超短波透热疗法。

Patient: My friend suggested I have an operation.

患者：我的朋友建议我做手术。

Doctor: If you do, you would lose the movement of the knee. Total knee replacement has been used recently. If the pain is mild, then the treatment should be conservative. If it gets severe, then we will consider surgery.

医生：如果动手术，你膝关节就活动不成了。近年来已使用全膝关节置换术了。如果是中等程度的疼痛，还是以保守疗法为宜。要是疼痛厉害了，咱们再考虑用手术吧。

12 Osteo-arthritis 骨关节炎

Doctor: Your GP says you're getting pain all over your body.

医生：您的医生说您全身疼痛。

Patient: Yes. I was brought here by ambulance in 2002. I was in agony for weeks and months. I've had a collar and a surgical corset but I'm still in pain.

患者：是的。2002 年我由救护车送到过这里。我有过几个星期甚至几个月的剧烈疼痛。我用过颈圈和外科紧身胸衣，但仍然疼痛。

Doctor: How often do you get the pain?

医生：疼痛多长时间发作一次？

Patient: Every moment of the day I have pain from top to toe.

患者：一天里每时每刻都痛，而且从头顶到脚底都痛。

Doctor: If you had to point to one place where it is worst, where would it be?

医生：您是否能指一下最痛的地方?

Patient: My back. In 2004 they removed a cyst from my toe. They gave me an injection in my spine. The following day I had bleeding from down below. I was in hospital one month. Since that time I've had pain in my back. I take paracetamol. They told me it was spondylitis in my neck. They gave me heat treatment and a collar. I used it for years.

患者：背部最痛,2004 年他们从我脚趾上切除了一个囊肿,用的是脊柱内注射药物麻醉。第二天阴道出血,住院一个月。自从那时以来,我便一直背痛,服对乙酰氨基酚(扑热息痛)。他们告诉我颈部有脊椎炎,给我进行了热疗并上了一个颈圈。我用颈圈好几年了。

Doctor: Do you have any tingling of the feet or hands?

医生：你的脚和手有麻刺感吗?

Patient: Yes, I'm diabetic. I feel pins and needles.

患者：有,我有糖尿病,有针刺样感觉。

Doctor: How are the waterworks?

医生：您排尿怎样?

Patient: All right.

患者：正常。

Doctor: Bowels?

医生：大便如何?

Patient: All right.

患者：正常。

Doctor: Have you had any operations?

医生：您做过手术吗?

Patient: No. Only appendix.

患者：只做过阑尾炎手术。

Doctor: When did you last have your back X-rayed?

医生：您最后一次背部照相是什么时候?

Patient: Long ago.

患者：好久以前了。

Doctor: Are you taking any tablets?

医生：您在服药吗?

Patient: I take 26 units of insulin for my diabetes. I have Zantac for my ulcer, tablets for my hay fever and also two glibenclamide for my diabetes.

患者：我因糖尿病服用 26 单位的胰岛素。用雷尼替丁治疗溃疡病,还因干草热而服药。此外因糖尿病而另服用格列本脲两片。

Doctor: Who looks after your diabetes?

医生：谁为您治疗糖尿病?

Patient: Dr. Holman at St Mary's. I've put on so much weight. They want me to go on a diet.

患者：圣玛丽医院的赫尔曼医生给我看病。我体重增加得太多，他们要求我控制饮食。

Doctor: Come through this way. Take off everything to your underwear. (Patient undresses.) I'm going to start off by examining your hands.

医生：到这边来，只穿内衣，其他衣服脱掉。（患者脱衣服。）我从您的手部开始检查。

Patient: They're very painful.

患者：两手痛得厉害。

Doctor: Are they worse in the morning or evening?

医生：疼痛早晨厉害还是晚上厉害？

Patient: Morning. I do a bit of housework and I get pain.

患者：早晨厉害。早上我做点家务活就开始痛了。

Doctor: Are you stiff? Put your hands above your head. Good. Now behind your back. Swing your legs onto the couch. Where does it hurt? Just relax. Bend the legs. Can you feel me touching them? Do both sides feel the same? Now lie on your tummy and I'll look at your back. Roll over. I'll just go to pummel your back a bit. Tell me if it hurts.

医生：您活动不灵活吧？把手放在头上。好啦。现在放在背部。摆动腿，哪痛？放松。屈腿。您能感到我在触摸你的腿吗？两边感觉一样吗？趴下，我看看您的后背。转过身去，我要敲敲您的后背，告诉我痛不痛？

Patient: When I lie down like this the pain is so bad I grip my hands. I don't know what to do.

患者：每当我这样躺着时，就痛得非常厉害，我只好握紧拳，不知如何是好。

(After the clinical examination, the patient dressed.)

（临床检查后，患者穿上衣服。）

Doctor: Well, I'm going to get some blood tests done to see what is causing the pain in your joints. I'll also get an X-ray of your back.

医生：好啦，我要给您做一些血液化验，看看究竟是什么原因使您关节疼痛，还要给您的腰背部拍摄一张 X 线片。

Patient: They said it was osteo-arthritis.

患者：他们说这是骨关节炎。

Doctor: Yes, well there is very little we can do for that. I'm going to refer you to the Pain Relief Clinic. It is run by an anesthetist. He has a lot of experience with pain and may be able to offer you advice. I'll write to your doctor and tell him I've seen you.

医生：是的，但是我们对此所能做的非常有限。我要把您介绍到疼痛缓解诊所去。这家诊所是由一位麻醉师来负责经营的。他对疼痛有丰富的经验，并可为您提供咨询。我要给您的医生写信，告诉他我已给您看过病了。

13 Joint Pain 关节痛

Doctor: How've you been, Mrs Cooper?

医生：库珀太太，您怎么样？

Patient: Terrible.
患者：太糟了。
Doctor: I'm sorry. Let me see. How long is it since I saw you?
医生：太遗憾了，让我看一下，自从上次见到您至今有多久啦？
Patient: It's three months. I had two lots of physiotherapy but it gave me terrible pain.
患者：三个月啦，我已做了两个疗程理疗，但我还是痛得厉害。
Doctor: Did we do an X-ray?
医生：我们给您拍摄 X 线片了吗？
Patient: Yes, of my neck.
患者：拍摄了，是颈部的。
Doctor: Yes, here it is. You've got a bit of arthritis. How did you get on with the tablets?
医生：对了，X 线片在这儿，您患轻微关节炎，吃这种药片觉得怎样？
Patient: Oh, I can't take them. They made me feel sick. The only ones I can take are paracetamol.
患者：哦，我不能服这种药，因为服后恶心，只有对乙酰氨基酚还可以吃。
Doctor: Well, take off your clothes so I can see your shoulder and neck.
医生：好吧，脱掉上衣，这样我就能看到您的肩部和颈部。
Doctor: Is the pain on all the time or only when you walk?
医生：疼痛是持续性的还是仅在行走时才出现？
Patient: Nearly all the time
患者：几乎是持续性的。
Doctor: Put your arms above your head. Does that hurt?
医生：把您的双臂放在头顶上方，这样痛吗？
Patient: No.
患者：不痛。
Doctor: Is that tender?
医生：这样有压痛吗？
Patient: No.
患者：没有。
Doctor: Is the pain in the joints worse in the morning?
医生：关节疼痛在早晨加重吗？
Patient: Yes.
患者：是的。
Doctor: Any tingling in the hands and feet?
医生：手和脚上有麻刺感吗？
Patient: A little in the feet.
患者：脚上有点儿。
Doctor: What about the waterworks?
医生：排尿怎样？

Patient: I go more than I used to.
患者：比平时排的多了。
Doctor: Do you have full control?
医生：您能完全控制吗?
Patient: Yes.
患者：能够。
Doctor: Bowels?
医生：大便怎样?
Patient: All right.
患者：正常。
Doctor: Do your feet feel they're not really on the ground?
医生：您有无两脚好像不是踏在地上的感觉?
Patient: Sometimes.
患者：有时有这种感觉。
Doctor: Let me look at your feet. Just relax. Can you feel me touching you? Does that feel hot or cold?
医生：让我看看您的脚,放松一下。您能感觉到我在触摸您吗？是冷还是热的感觉?
Patient: Cold.
患者：冷的感觉。
Doctor: Do your feet feel cold all the time?
医生：您总是感觉脚发冷吗?
Patient: Yes.
患者：是的。
Doctor: Hold the leg up and push down. Press down as hard as you can. Now relax the leg. Let your legs go loose and relax. Let your foot drop. I'm going to scratch the bottom of your feet. Does it feel the same both sides? Does that feel hot or cold?
医生：把腿抬起来然后放下。使劲向下压。现在放松腿,把腿随便放开待着。把脚垂下来。我要搔搔您的两个脚心。两边感觉一样吗？感觉热还是冷?
Patient: Yes, they feel cold.
患者：哦,两脚心都感觉冷。
Doctor: What do you feel there?
医生：这儿感觉怎样?
Patient: Tingling.
患者：有麻刺感。
Doctor: Sit up. I'll look at your neck. The pain is there, is it?
医生：坐起来,我看看您的脖子。这儿痛,是吗?
Patient: Yes.
患者：是的。
Doctor: If I touch you here, does that feel normal?

医生：如果我摸这个部位，感觉正常吗？

Patient: Yes.

患者：正常。

Doctor: Well, there's nothing wrong with the nerves. All the nerves are working perfectly well. But maybe one of the nerves is irritated. Which joints give you most trouble?

医生：好啦，神经没有问题。所有的神经活动都非常完好。但可能有一条神经兴奋性增强。您哪个关节最痛？

Patient: My arm.

患者：肩关节。

Doctor: Well, what I could do would be to give you an injection. It often helps to relieve joint pain. How do you feel about that?

医生：好啦，我所能做的是给您注射一针。这种注射药常常有助于缓解关节痛。您的意见如何？

Patient: Could it help the pain?

患者：有助于止痛吗？

Doctor: Yes. Shall I try? It's up to you. It won't do any harm. It's just like a blood test.

医生：是的。我来试一试好吗？这由您来决定。没有什么害处，就像做血液化验一样。

Patient: Yes, I'll have it.

患者：好吧，给我注射吧！

(Doctor gives patient an injection of steroid into the shoulder joint.)

(医生将一支类固醇激素注射在患者肩关节内。)

Doctor: I'll put a plaster on. That will be a bit sore. Take a paracetamol. You should feel better tomorrow. You can get dressed now. I'll see you in six weeks.

医生：我给您贴一贴膏药，这有点痛。吃一片对乙酰氨基酚，明天您会觉得好些的。您现在可以穿上衣服了，六周后我再看您。

14 Neck Swelling 颈部肿胀

Doctor: What took you to see your GP?

医生：你看什么病？

Patient: People noticed I'd got a double ridge on my neck. My optician thought it was due to nerves. (The patient had an obvious swelling in the neck.)

患者：有人说我脖子长了两个疙瘩。眼科医生认为可能是由于神经紧张引起。(患者颈部明显肿胀。)

Doctor: Had you been aware of it yourself?

医生：你自己有什么感觉？

Patient: No. It doesn't hurt. Somebody told me I had it.

患者：没有。一点也不痛，是别人告诉我的。

Doctor: How long have you had it?

医生：这有多长时间了？

Patient: About a year.

患者：大约一年。

Doctor: Has it changed since a year ago?

医生：这一年有什么变化？

Patient: No.

患者：没有。

Doctor: It doesn't bother you in any way?

医生：有不舒适的感觉吗？

Patient: No.

患者：没有。

Doctor: What is it that made you go to a doctor?

医生：那你为什么来看病呢？

Patient: Someone in the office thought it might be goiter. I went for a check-up as I'm planning to go abroad.

患者：同事们认为这可能是甲状腺肿。我快出国了，所以来检查一下。

Doctor: Had your doctor ever looked at your neck before?

医生：以前大夫检查过你的脖子吗？

Patient: No.

患者：没有。

Doctor: What has your health been like?

医生：你健康状况怎样？

Patient: My nails have been terrible. I'm very highly strung and bite my nails terribly. My temper is getting worse.

患者：我的指甲很糟糕，我极易紧张并且咬指甲很厉害，近来我的脾气越来越坏。

Doctor: Anything else apart from your nerves?

医生：除了神经外，还有其他不好吗？

Patient: No.

患者：没有。

Doctor: Your weight?

医生：体重怎么样？

Patient: I think I've lost weight.

患者：我想体重下降了。

Doctor: Your appetite? Has it changed at all?

医生：胃口怎样？有变化吗？

Patient: No. It's reasonable.

患者：没有，胃口尚好。

Doctor: How are your bowels? Regular?

医生：大便怎么样？正常吗？

Patient: No. They're either loose or constipated.
患者：不太好，有时腹泻，有时便秘。
Doctor: Do you go less than once a day?
医生：不是每天有一次吗？
Patient: Every second day.
患者：每两天一次。
Doctor: Do you have difficulty in passing your motions?
医生：大便时困难吗？
Patient: Yes.
患者：是的。
Doctor: They are rather hard and dry?
医生：大便又干又硬吗？
Patient: Yes.
患者：是的。
Doctor: Is your water all right?
医生：小便正常吗？
Patient: Yes.
患者：正常。
Doctor: Are you short of breath?
医生：你气短吗？
Patient: No.
患者：不。
Doctor: Do you suffer from palpitations?
医生：你感觉心悸吗？
Patient: No.
患者：不。
Doctor: Are your periods regular?
医生：月经有规律吗？
Patient: Every 28 days.
患者：二十八天来一次。
Doctor: You lose for how many days?
医生：每次经期几天？
Patient: Four.
患者：四天。
Doctor: Which weather do you prefer?
医生：你喜欢什么气候？
Patient: Warm.
患者：温暖气候。
Doctor: Do your hands shake?

医生：双手颤抖吗？

Patient: Yes, I get a bit quivery.

患者：对，有一点抖动。

Doctor: Has your skin or hair altered?

医生：皮肤、头发有变化吗？

Patient: No.

患者：没有。

Doctor: Do you sleep well?

医生：睡眠好吗？

Patient: No.

患者：不太好。

Doctor: Do you smoke?

医生：抽烟吗？

Patient: No.

患者：不抽。

Doctor: Do you drink?

医生：喝酒吗？

Patient: Not very much.

患者：不太多。

Doctor: What is your work?

医生：你做什么工作？

Patient: I'm a typist in an Art College.

患者：艺术学院打字员。

Doctor: And you live at home with your family?

医生：你住在家中吗？

Patient: Yes.

患者：是的。

Doctor: Have you any brothers or sisters?

医生：有兄弟姊妹吗？

Patient: One sister. Twenty-three.

患者：有一个姐姐，今年二十三岁。

Doctor: Has anyone had thyroid trouble in your family?

医生：你家中还有别人得过甲状腺病吗？

Patient: No.

患者：没有。

Doctor: Are you aware of anything when you swallow?

医生：你吞咽时有感觉吗？

Patient: No. But I get a lot of sore throats.

患者：没有。但有时有些嗓子痛。

During the clinical examination the doctor gave the following instructions:
进行临床体格检查时,医生指示如下:

Doctor: Can you hold your breath for a moment? Can you slip this off so that I can listen to your heart? Take a deep breath in and out. Breathe through your mouth again. I'll just feel under your arm. Let's have you lying flat now. I am going to listen to your tummy. Big breath in and out. Bend your knees. Look at the ceiling. Say "Ah". Poke your tongue out. I'll just take a drop of blood. The thyroid quite often enlarges in young women and may go away. I don't think yours is over-active.

医生: 请你屏住一会儿呼吸。解开衣服,听听心脏。做深呼吸,再张嘴呼吸。我只检查一下你的腋下。请躺平,我要检查一下你的肚子。再作深呼吸。把膝盖弯起来。看天花板,伸舌头,喊"啊"。我要取点血做化验。年轻妇女甲状腺经常肿大,并可能逐渐消退。我想你不是功能亢进。

15 Lumbar Puncture 腰椎穿刺

Doctor: I need to do a Lumbar Puncture to get some spinal fluid for tests.

医生: 我需要做腰椎穿刺术取一些脊髓液做检测。

Patient: Oh, is it absolutely necessary?

患者: 哦,一定要这样做吗?

Doctor: Yes, I'm afraid it is, to enable me to have a proper diagnosis.

医生: 是的,恐怕需要这样做才能帮助我来确诊你的病情。

Patient: Oh, OK.

患者: 哦,好的。

Doctor: Can you lie down and please can you turn onto your left side?

医生: 你能躺下并左侧卧吗?

Patient: Lie on my left side, OK.

患者: 左侧躺着,好的。

Doctor: Can you bend your knees as far as you can?

医生: 你能尽可能地弯着膝盖吗?

Patient: Is that enough?

患者: 这样够了吗?

Doctor: Can you bend your head to touch your chest as far as you can?

医生: 你能将头尽量向下压着你的胸吗?

Patient: This is very uncomfortable.

患者: 这样很不舒服。

Doctor: Yes, I'm sorry, but I need your back curved as much as possible, are you OK?

医生: 是的,我很抱歉,不过我需要你尽可能地弓着背。可以吗?

Patient: Yes, thanks.

患者: 好的,谢谢。

Doctor: I am going to clean your skin with an antiseptic, and it will feel very cold.
医生：我将用抗菌剂擦洗你的皮肤，会很凉。
Patient: Yes, that's very cold.
患者：是的，非常凉。
Doctor: I am putting a clean towel on your back, and please do not touch it.
医生：我将在你的背上放一条干净的毛巾，请不要碰它。
Doctor: I am going to start the procedure now.
医生：我现在要开始手术了。
Patient: OK.
患者：好的。
Doctor: I am going to give you a local anesthetic, you will feel a sharp prick, please try not to move.
医生：我马上给你做局部麻醉，你会感到有点刺痛，请尽量不要动。
Doctor: Are you feeling OK?
医生：现在感觉还可以吗？
Patient: Yes, thank you, but this is very uncomfortable.
患者：是的，谢谢。不过非常地不舒服。
Doctor: You will feel me pushing and putting pressure on your back, if you feel any pain please tell me and I will give you some more local anesthetic, please keep still.
医生：你会感觉到我在按压你的背，如果你感到痛的话请告诉我，我会给你加一些局部麻醉，请不要动。
Patient: I'm sorry but it is very painful.
患者：对不起，不过真的很痛。
Doctor: OK, I'll give you some more local anesthetic.
医生：好的，我再给你加一些局部麻醉。
Doctor: I've finished now, I am going to put a dressing on your back.
医生：我完成了，接下来给你放敷料。
Patient: Thanks very much.
患者：非常感谢！
Doctor: Please roll back onto your back; you will need to stay in bed for 12 hours with no pillow, if you try to sit up you will have a very severe headache.
医生：请翻过去仰面躺着；你需要把枕头拿掉，直接躺在床上 12 小时，如果你试图坐起来的话会感到头很痛。
Patient: What if I need to go to the bathroom?
患者：如果我要上厕所呢？
Doctor: If you need anything please ring for a nurse.
医生：如果你有什么需求，请按铃呼叫护士。
Patient: OK, thanks very much.
患者：好的，非常感谢！
Doctor: I will tell you the results tomorrow, when your tests are done.

医生： 明天结果出来后，我将告诉你。

16 Thoracentesis 胸腔穿刺

Patient's mother: Excuse me, Doctor Wang. I heard that there would be an operation on my daughter. What's that?

患者母亲： 打扰一下，王医生。我听说要对我女儿实施一项操作，请问是什么？

Doctor: It's an operation called thoracentesis.

医生： 是一个叫做胸腔穿刺的操作。

Patient's mother: Thoracentesis? What's that exactly?

患者母亲： 胸腔穿刺？具体是怎么样的呢？

Doctor: Mrs. Green, there is huge amount of fluid in your daughter's left pleural cavity. It's caused by the lung infection and it causes dyspnea. It will help your daughter breathe more smoothly if we get the fluid out.

医生： 格林太太，你女儿的左侧胸腔有大量的积液，它是肺部感染造成的，而它又会造成呼吸困难。我们要把这些液体取出来，这会帮助你女儿呼吸顺畅。

Patient's mother: Oh, just go ahead to do what you think right. But how about the procedure?

患者母亲： 噢，如果你们认为是对的，那就尽管做。但是我想了解一下具体的过程。

Doctor: I'm sorry, Mrs. Green. I was immediately wanted on the phone. So please ask doctor Li and he will make clear this question.

医生： 抱歉，格林太太，我必须马上去接一个电话。所以请你去问问李医生，他会帮你搞清楚这个问题。

Patient's mother: Thanks all the same.

患者母亲： 无论如何，谢谢你。

※ ※ ※

Patient's mother: Doctor Li, can I ask you a quick question?

患者母亲： 李医生，我能快速地问你一个问题吗？

Doctor Li (an intern): Go ahead.

李医生（住院医生）： 问吧。

Patient's mother: Can you brief me on the procedure of thoracentesis?

患者母亲： 你能简单给我描述一下胸腔穿刺的过程吗？

Doctor Li: Sure. That's very simple. We stab a transfixion pin into the pleural cavity after sterilizing and making local anesthesia. Then we can get the fluid out with a syringe, or we can keep a drainage tube, with what we can get the fluid out whenever we want to.

李医生： 当然。这个过程很简单。消毒和局部麻醉以后，我们会将一根穿刺针刺入胸腔，然后就可以用注射器往外抽胸腔积液了，或者我们可以留置一个引流管，在任何我们需要的时候，都可以通过引流管把

胸腔积液弄出来。

Patient's mother: Oh, that's really very simple, isn't it?

患者母亲: 噢,好像真的很简单,是吧?

Doctor Li: Yes. Just take it easy.

李医生: 是的,不用紧张。

Patient's mother: Thank you for your patience. Should I sign any files for the operation?

患者母亲: 谢谢你耐心的回答。抽胸水需要我签什么文件吗?

Doctor Li: No, you needn't.

李医生: 不,没有必要。

Patient's mother: Thanks again.

患者母亲: 再次感谢。

(2)

Patient: I have difficulty in breathing.

患者: 我有点呼吸困难。

Doctor: Let me examine you. I should find out the reason and then decide what to do. Please lie down on your back. (examine the heart and lung by auscultation and percussion) Please sit on the bed with your back against me (proceed the exam by percussing the upper back). I think you have hydrothorax.

医生: 我查查,看是什么原因引起的,应该怎么解决。请你仰卧于床上(通过听诊和叩诊来检查心肺)。请背对我坐在床上(继续叩诊上背部)。我想你有胸腔积液。

Patient: What's that?

患者: 那是什么?

Doctor: In a healthy people's pleural cavity, there is a little fluid which could be a lubricant for the movement of pleura. Some kinds of diseases like pneumonia, lung cancer, tuberculosis, etc, can make the pleura produce much more fluid. We call the excessive fluid hydrothorax, and it can cause dyspnea.

医生: 健康人的胸膜腔里有少量的液体来润滑胸膜之间的运动。在有些疾病状态下,如肺炎、肺癌、肺结核等,胸膜会产生过量的液体,我们把它叫做胸腔积液。它可以引起呼吸困难。

Patient: So what now? What can you do for me?

患者: 那么现在怎么办?

Doctor: There is a spontaneous absorption with the pace of your pneumonia's recovery. But the fluid is too much to influence your breath now, so must do something.

医生: 胸腔积液可以随着肺炎的好转而逐渐自发吸收。但现在胸腔积液太多,影响了你的呼吸,所以我们会采取一些措施。

Patient: What exactly?

患者: 怎么回事?

Doctor: It's a simple operation called thoracentesis. There is an ultrasound examination you will take to estimate the amount. In the course of the exam we could also make an

anchor point to ensure the safety.

医生：就是一个叫做胸腔穿刺的小手术。你要先做一个超声检查来估计胸水量，同时我们可以用超声进行穿刺点定位，来保证胸穿术的安全。

Patient: How long will it take to finish that?

患者：那得花多长时间啊？

Doctor: Twenty minutes or less. I'm going to prepare for that.

医生：20 分钟或者更少。我现在去准备一下。

Patient: Is there any pain?

患者：会痛吗？

Doctor: You can't feel any pain after taking local anesthesia.

医生：局部麻醉后你没有任何痛觉。

Patient: Sounds acceptable.

患者：那还差不多。

17 Appendicitis 阑尾炎

(1)

Intern: Hello. I'm Brown. What brings you to the emergency room?

实习医生：你好。我是布朗医生。你到急诊室来有什么病？

Patient: I've got awful pains in my belly. And I feel like I'm going to throw up all the time. I feel awful.

患者：我得了剧烈腹痛。而且感觉好像总想要吐。我觉得很难受。

Intern: How long have you had this pain?

实习医生：你腹痛多长时间了？

Patient: It started last night, up here, but this morning it's here, and it really hurts.

患者：昨晚开始痛的，在这上边，但今天早晨到这儿了，确实很痛。

Intern: How was it last night?

实习医生：昨晚痛的怎样？

Patient: Oh, it wasn't too bad. The pain came and went, and I managed to get a little sleep, but now it's really killing me. It's been steady down here for the past four or five hours.

患者：哦，不太严重。腹痛时好时犯，我设法睡了一会儿，但现在真痛死我了。疼痛已固定在下边这儿四五个小时了。

Intern: How has your appetite been?

实习医生：你的食欲怎样？

Patient: Oh, gee, I haven't eaten a thing since yesterday afternoon. I just couldn't stand to look at food.

患者：哦，哎呀，从昨天下午就没有吃过东西。看到食物就难受。

Intern: Have you had any bowel movements?

实习医生：你大便了吗？

Patient: Not for two days.

患者：二天没有大便了。

Intern: Is this regular for you?

实习医生：对你来说这正常吗？

Patient: No, I usually have one every day.

患者：不正常，我通常每天大便一次。

Intern: Have you had any diarrhea?

实习医生：你有过腹泻吗？

Patient: No.

患者：没有。

Intern: How about all this nausea and vomiting?

实习医生：恶心和呕吐怎样？

Patient: Well, it's gotten better. Last night I was vomiting about every two hours. It was real bad. Oh, oh, here it comes again.

患者：哦，好多了。昨晚大约每两小时就呕吐一次。真是糟糕。哦，哦，又要吐了。

Intern: Now, Mr. Hampton, we need just a little more information from you. Have you had any fever?

实习医生：呃，汉普顿先生，我们需要向你了解更多的情况。你发不发热？

Patient: Just a little since yesterday. I took my temperature, and it was 100℉ .

患者：从昨天起有点发热。我试了体温，是 100℉。(37.8℃)。

Intern: Point with your finger where it hurts the most right now.

实习医生：用你的手指指出现在最痛点在什么部位。

Patient: Right here.

患者：就在这里。

Intern: Does it hurt you when you move?

实习医生：活动时痛吗？

Patient: It sure does.

患者：确实痛。

Intern: Does it help if you lie still?

实习医生：如果躺着不动，疼痛能缓解吗？

Patient: Yes, it does.

患者：是的，能缓解。

Intern: Have you had a cold recently or been with anyone who has?

实习医生：你最近患过感冒或与患感冒的人接触过吗？

Patient: No.

患者：没有。

Intern: Have you been coughing lately?

实习医生：最近你咳嗽吗？

Patient: No.
患者: 不咳嗽。
Intern: Have you been short of breath at all?
实习医生: 你是否有过气短?
Patient: I don't think so.
患者: 没有。
Intern: Do you have burning at all, about an hour or two after meals?
实习医生: 你在饭后一两小时,是否感到胃灼热?
Patient: No, never had that.
患者: 没有,从来没感到胃灼热。
Intern: All right, Mr. Hampton. Please take your clothes off and put this sheet over you. I'll be back in a minute.
实习医生: 好,汉普顿先生,请脱掉衣服,盖上这条被单。我一会儿就回来。

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Intern: Mr. Hampton, do you have any relatives here?
实习医生: 汉普顿先生,你这儿有亲属吗?
Patient: No, not a soul.
患者: 没有,一个也没有。
Intern: We think that you have appendicitis, and it's going to be necessary to operate on you to relieve your condition.
实习医生: 我们考虑你患阑尾炎,必须给你做手术来解除你的病痛。
Patient: Is it serious?
患者: 病情严重吗?
Intern: It could be if we don't operate.
实习医生: 如果不做手术病情可能会严重。
Patient: If you think it's necessary, then go ahead. Anything to get rid of that awful pain.
患者: 如果你们认为有必要,那么就做吧。只要能解除剧痛怎么都行。
Intern: I'll need your signature on an operating permit.
实习医生: 我需要你在手术许可证上签字。
Patient: All right.
患者: 可以。
Intern: Nurse, will you please call the orderly to take Mr. Hampton up to the surgical suite? OR number 2.
实习医生: 护士,请你叫护理员把汉普顿先生送到手术室好吗? 到 2 号手术室。
Nurse: All right, Doctor.
护士: 好的,医生。
Intern: Let's also get a type and cross match for a unit of whole blood to hold.
实习医生: 还要验一下血型并做一个单位全血的交叉配血试验以备输血用。
Nurse: We'll do it right now.

护士： 马上就去办。

Intern： Don't worry, Mr. Hampton. Everything will work out fine.

实习医生： 别担心,汉普顿先生。一切都会进行得很顺利的。

Patient： Gee, I hope so, Doctor.

患者： 哎,希望如此,医生。

(2)

Patient： I've got an awful pain in my stomach. I feel like vomiting.

患者： 我肚子痛得很厉害。我恶心想吐。

Doctor： How long have you had it?

医生： 这样痛有多久了?

Patient： Since last night, it was in the middle at first around my belly. But this morning it moved to the right.

患者： 从昨天晚上开始,疼痛先在肚子当中,今天早晨就转移到了右下腹。

Doctor： Has it moved again?

医生： 痛向别处窜吗?

Patient： No. It's been steady for four hours.

患者： 痛固定在这儿四小时了。

Doctor： Is it there all the time?

医生： 痛一直持续不断吗?

Patient： No, it just comes and goes.

患者： 不,只是好一阵,坏一阵。

Doctor： Have you had any diarrhea?

医生： 有腹泻吗?

Patient： No, I haven't had a bowel movement for two days.

患者： 没有,我已经两天没有大便了。

Doctor： Have you had any nausea and vomiting?

医生： 你恶心和呕吐吗?

Patient： Well, now it's a bit better. But last night I vomited every two hours, soon after the pain began.

患者： 现在已好些了。昨天晚上我差不多每 2 小时吐一次,一痛就吐。

Doctor： Have you had a temperature?

医生： 你发热吗?

Patient： Last night I took my temperature. It was 38℃ .

患者： 昨晚我试表是 38℃。

Doctor： Show me where it hurts most right now?

医生： 请指出目前最痛的部位。

Patient： Just here.

患者： 就在这儿。

Doctor： Please lie down. Let me examine your abdomen. Do you feel any pain when I press

here? Does it hurt you when I withdraw my hand suddenly? I think that you have appendicitis. You must have an operation.

医生：请躺下。让我检查一下你的肚子。我按这个地方痛吗？我突然抬手时是否痛得更重？我想你得了阑尾炎。需要手术治疗。

Patient: Is it serious?

患者：危险吗？

Doctor: It could be if we don't operate.

医生：如果不做手术，可能有危险。

Patient: All right, I agree.

患者：好吧，我同意。

Doctor: We must have your consent. Please sign this paper consenting to have the operation.

医生：我们必须征得你同意，请在这张单子上签上你同意做手术。

Patient: All right.

患者：好的。

Doctor: Don't worry, everything will be OK.

医生：不要着急，一切都会好起来的。

Patient: I hope so, Doctor.

患者：我希望如此，医生。

18 Intestinal Obstruction 肠梗阻

Patient: Doctor, I've had abdominal pains and vomiting for the past three days.

患者：医生，我肚子痛并且呕吐有 3 天了。

Doctor: What kind of a pain is it?

医生：怎么样的痛呢？

Patient: Like colic, with spasms every four or five minutes.

患者：绞痛，大约每隔 4~5 分钟 1 次。

Doctor: When did the vomiting first start?

医生：第一次呕吐是什么时候开始的？

Patient: Two days ago. I've had about five bouts of nausea and vomiting up to now.

患者：两天前。到现在为止我一共恶心呕吐了 5 次。

Doctor: How about your bowel movement?

医生：大便情况怎样？

Patient: Nothing for two days.

患者：两天没大便了。

Doctor: Any wind?

医生：放屁吗？

Patient: No, not since last night.

患者：没有，从昨晚开始就没有了。

Doctor: Have you ever had any abdominal surgery?
医生：你做过腹部手术吗?
Patient: I had my appendix out, but that was a long time ago.
患者：我做过阑尾手术,不过那是很久以前的事了。
Doctor: Have you had anything like this before?
医生：以前你像这样犯过病吗?
Patient: No, it's the first time.
患者：没有,这是第 1 次。
Doctor: Now, please lie on your back, bend your knees and relax. Let me examine you. I'm afraid you have an intestinal obstruction. We'll do some X-rays to confirm this.
医生：请仰卧,把腿弯起来放松。让我检查一下。你恐怕得了肠梗阻。要拍摄些 X 线片以证实临床诊断。
Patient: Will an operation be necessary?
患者：一定要做手术吗?
Doctor: Since you have a fever and some muscle rigidity in the abdomen, there is the possibility of intestinal strangulation. Immediate surgery is necessary.
医生：由于你发热并有腹部肌肉紧张现象,说明有肠绞窄可能,得马上动手术。
Patient: Is there any danger?
患者：有危险吗?
Doctor: No, don't worry, just leave everything to us. Everything will be all right.
医生：放心吧,你别管了,我看一切都会好起来的。

19 Cholecystitis 胆囊炎

(1)

Doctor: Hello, my name is Dr. Tang, how can I help you?
医生：你好,我是唐医生,有什么我能帮你的吗?
Patient: I've had abdominal pain for a few days and it's getting worse.
患者：我腹痛好几天了,现在变得越来越糟糕。
Doctor: How long have you had abdominal pain?
医生：你腹痛多长时间?
Patient: About 3 days now.
患者：至今有三天了。
Doctor: Where is it? Can you show me?
医生：哪里痛? 你能指给我看吗?
Patient: Yes, just here.
患者：可以,就这里。
Doctor: How painful is it?
医生：有多痛?

Patient: At first it was just on and off, but now it seems to be there all the time.
患者：开始的时候，不时地痛，不过现在好像是一直痛。
Doctor: On a scale of 1 to 10, if no pain is 1 and very painful is 10, what number would you give your pain?
医生：如果将疼痛分成 1~10 级，1 是一点痛都没有，10 是非常痛，那么你觉得你的痛属于哪一级？
Patient: I'd give it a 7.
患者：我觉得是 7 级。
Doctor: Did the pain start there or somewhere else?
医生：痛是从那里开始还是其他地方？
Patient: It's always been there.
患者：一直是那里痛。
Doctor: Does it hurt more after exercise or actions?
医生：运动过后是不是更加痛？
Patient: If I'm walking around a lot, it will hurt a bit more.
患者：如果走太久的话，痛会加剧。
Doctor: Do you feel that you have had a fever anytime?
医生：你觉得有时有点发热吗？
Patient: No, I don't think so, I've felt hot but I haven't taken my temperature.
患者：没有，我觉得没有。我是觉得热，不过我没有量体温。
Doctor: I need to take your temperature, pulse and B/P.
医生：我需要量你的体温、脉搏和血压。
Are you passing urine OK?
你小便正常吗？
Patient: Yes.
患者：是的。
Doctor: What does your urine look like?
医生：小便看起来是怎么样的？
Patient: Normal.
患者：正常的。
Doctor: Are you having your bowels open regularly?
医生：你大便规律吗？
Patient: Usually I do, but I haven't had my bowels open for a couple of days.
患者：通常很规律，不过我有两天没有大便了。
Doctor: Have you vomited?
医生：你呕吐了吗？
Patient: No, I thought I was going to today but the feeling passed.
患者：没有，我今天想呕吐来着，不过后来又不想呕吐了。
Doctor: Are you able to eat and drink anything?

医生：你能正常进食吗?

Patient: I'm drinking but I haven't really felt like eating.

患者：我喝东西,不过不很想吃东西。

Doctor: What have you been drinking?

医生：你都喝了什么?

Patient: I've had a couple of glasses of water and a couple of cups of coffee.

患者：我喝了两杯水、两杯咖啡。

Doctor: Does the pain get worse after eating or drinking?

医生：吃或喝完东西后疼痛会加剧吗?

Patient: No, not that I've noticed.

患者：没有,据我观察没有。

Doctor: I need to examine you. Please lie down, and loosen your clothing.

医生：我需要给你做个检查。请躺下,将衣服解开。

Patient: OK.

患者：好的。

Doctor: Show me where it hurts.

医生：指给我看哪里痛。

Patient: It hurts just there.

患者：就那里痛。

Doctor: OK, take a deep breath in, and breathe out, now try and relax.

医生：好的,请用力吸气然后呼出来,现在请尽量放松。

Patient: Ouch, that hurts.

患者：哎,好痛。

Doctor: OK, thanks, you can get dressed now.

医生：好了,谢谢,你现在可以穿衣服了。

Doctor: I will need to some investigations: blood tests, X-ray and ultrasound scan and I will need a specimen of your urine and stool.

医生：我需要做一些检查:血液检测、X 线片、超声波,我还需要尿液和粪便样本。

Patient: Will I get those tests done today?

患者：我今天把所有的检查都做完吗?

Doctor: Yes, a nurse will show you where to go, and I will see you when you have the results.

医生：是的,护士会告诉你怎么去。检查结果出来后我会再给你看病。

Patient: Will I have an ultrasound scan today?

患者：我今天做超声波扫描吗?

Doctor: Yes, you will, the nurse will show you where to go and where to go to get your results, and for the ultrasound scan you will need to drink about 2-3 glasses of water.

医生：是的,护士会指给你怎么去扫描和到什么地方去取结果,做超声波扫描时你需要喝 2~3 杯水。

Patient: Do I just come back here and sit sown outside and wait to see you?

患者：我需要回到这里然后在外面等你吗？

Doctor: Yes, tell the nurse you're here and she will let me know.

医生：是的，你回来的时候跟护士说一下，她会告诉我。

Patient: OK, thanks.

患者：好的，谢谢。

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Doctor: Hello, your results show that you might have Cholecystitis, you need to be admitted to hospital for observation and treatment, and we may need to do more tests before we have a correct diagnosis.

医生：你好，你的检查结果表明你有胆囊炎，你需要留院观察并接受治疗，我们在确诊之前需要做更多的检查。

Patient: Do I really need to be admitted into hospital, isn't there anything you can give me for the pain and to help the problem?

患者：我必须要住院吗？有没有可能你给我一些止痛药治疗就行了。

Doctor: No, it is best that you are admitted for further tests, we can check that you haven't got gallstones or something seriously wrong with your liver.

医生：不能，你最好住院接受进一步的检查，我们要检查你是否患有胆结石或其他更严重的肝脏疾病。

Patient: Do you think I might need surgery?

患者：你觉得我需要动手术吗？

Doctor: I don't know, that is why we need to do more tests, you will need intravenous fluids and strong pain relief and a low fat diet. It is best that you stay in hospital for a few days until we have a diagnosis.

医生：我不知道，这也是需要进一步检查的原因。你需要输液和服用强止痛药，进低脂膳食。最好是在我们确诊之前你在医院住几天。

Patient: Do I have to come in right now, can I go home and get my stuff, organize work and everything?

患者：我需要现在住进来吗？我能回家拿些物品，安排些事情吗？

Doctor: No, I'll fill in the admission form, the nurse will show you what to do and show you which ward to go to, then you can go home and get your things and come back in a couple of hours.

医生：不用，我给你填住院表，护士会教你怎么做，怎么到病房，然后你可以回家两小时，去取些东西。

Patient: OK, that's all right I guess, will I see you in the ward?

患者：好的，我想还不错，我在病房能见到你吗？

Doctor: No, another doctor will see you, ask you questions and arrange your tests.

医生：不能，另外一位医生会给你看病，问你些问题并且帮你安排检查。

Patient: OK, doctor, thanks for your help.

患者：好的，感谢你的帮助，医生。

Doctor: That's OK. I hope you get better soon.
医生：不客气，我希望你尽快康复。

(2)

Doctor: What's wrong with you, Sir?
医生：先生，出什么事了？
Patient: I suddenly felt a pain in the right upper abdomen about five and a half hours ago. What an awful thing! It pained me to stoop down, and sweat all over the body. I have taken some painkillers but they didn't work.
患者：五个半小时前我突然觉得右上腹痛。非常痛，痛得我蹲下来，全身大汗。我吃了一些止痛药，但是没有什么效果。
Doctor: Does it move to anywhere else?
医生：疼痛向其他地方放射吗？
Patient: Yes, sometimes it goes to my right shoulder and back.
患者：是啊。有时候跑到右侧肩膀和背部。
Doctor: What kind of pain is it?
医生：怎么样个痛法？
Patient: Firstly it's an intermittent colic pain, but it turned to be a constant one soon.
患者：开始是断续的绞痛，不久就变成持续不断的了。
Doctor: Do you have a temperature?
医生：发热吗？
Patient: It once reached a height of 39.1℃.
患者：发热了，最高曾经达到 39.1℃。
Doctor: Can you remember which one came first? The pain or the temperature?
医生：你能想起来是先有疼痛还是先有发热吗？
Patient: I think it's the pain.
患者：我想应该是先痛后发热。
Doctor: Do you like vomiting?
医生：有想吐的感觉吗？
Patient: I have vomited several times.
患者：已经吐过几次了。
Doctor: What did you vomit? Was there any blood or bile in it?
医生：吐出来的是什么东西？有没有血或者胆汁？
Patient: No. I think it's only the thing in stomach.
患者：没有。我觉得都是胃内容物。
Doctor: How about the colour of your stools?
医生：大便是什么颜色？
Patient: Yellow.
患者：黄色。
Doctor: How's the colour of your urine?

医生： 小便呢?

Patient: Light yellow.

患者： 浅黄。

Doctor: Did you take much greasy food before you suffered from the pain?

医生： 你在疼痛发作前吃过很多油腻的食物吗?

Patient: Yes. We had a party last night.

患者： 是啊,昨晚我们举行了个聚会。

Doctor: Have you had any calculus in your gall bladder?

医生： 以前你胆囊里面有结石吗?

Patient: I'm very sure there was nothing in my gall bladder 2 years ago, but now I have no idea.

患者： 两年前确实没有。但我不知道现在的情况。

Doctor: OK. I think it might be acute cholecystitis. Maybe it was caused by calculus. I'll examine you, please take off your shoes and lie down on your back, and then unbutton your shirt.

医生： 好吧,我想可能是急性胆囊炎,可能是结石引起的。我要给你检查,请你脱了鞋躺上床,然后解开衬衣。

Doctor: Is this the place where you feel most painful? I can feel a tumid gallbladder. Does it hurt when I press it? Please take a deep breath. It seems that the pain gets worse when you breathe deeply. There is a rebound tenderness when my fingers back up. Er, there is no sign of jaundice.

医生： 这是你觉得最痛的部位吗? 我能在这里摸到一个肿大的胆囊。我压下去的时候痛吗? 请你深呼吸,哦,看来你深呼吸的时候痛得更厉害了。我把手指收回来的时候,有反跳痛。唔,没有看到黄疸的迹象。

Doctor: I'm sure you're suffering from acute cholecystitis. You have to take a sonography and a WBC count because I must know the internal situation and decide on the reports whether to give you an operation or not.

医生： 我确定你得了急性胆囊炎。你得去做一个白细胞计数和一个超声检查。我得了解内部情况并通过检查报告来决定是否对你实施手术。

Patient: Surgery? Oh Jesus! How could it be so bad?

患者： 手术? 哦,上帝,不至于这么倒霉吧?

Doctor: Come on, chief! It's not the end of the world.

医生： 行啦,老兄,又不是世界末日。

※ ※ ※

Doctor: Please take a deep breath.

医生： 深吸一口气。

Patient: Ah!

患者： 啊!

Doctor: When you breathe deeply, your gallbladder moves closer to the probe, and then you

would feel more painful. It's called positive ultrasonic Murphy's sign. It is a clinical evidence for us to say you have cholecystitis.

医生：当你深吸气的时候,胆囊更加靠近探头,你会觉得疼痛加重了。这叫做超声墨菲氏症。这是我们诊断你胆囊炎的临床证据。

Patient: Is there any calculus in my gallbladder? My doctor said it's very important.

患者：我胆囊里有结石吗？医生说这很重要。

Doctor: Now I can tell you that there are more than five stones in your bladder, and one or two in the cystic duct. The bladder is much bigger than a normal one. The bladder wall is very thick and it shows a double-edge sign. Cholecystitis is often caused by calculus. The greasy food makes your bladder contract strongly, then the calculus might be pushed into cystic duct. When the cystic duct is obstructed, cholecystitis comes to meet you.

医生：现在我可以告诉你,在你的胆囊里有至少五块石头,在胆囊管里有一块或两块。胆囊比正常要大出许多,胆囊壁很厚且呈现出双边征。胆囊炎通常是由结石引起的,油腻的食物使你的胆囊强烈收缩,可能把石头推入胆囊管。胆囊管堵住了,胆囊炎就会发作。

Patient: Does it mean that I can't avoid an operation?

患者：意思是说我非得挨一刀了？

Doctor: I quite think so.

医生：我确实这么认为。

Patient: I can hardly believe it.

患者：真不敢相信!

Doctor: Don't be nervous about it. You could have a laparoscopic operation. It's more expensive but of less suffering.

医生：别那么紧张。你可以做个腹腔镜手术,虽然贵点,不过少很多痛苦。

20 Gallstone 胆石症

Patient: Doctor, I suddenly felt a pain in the right upper side of my stomach.

患者：医生,我突然觉着右上腹疼痛。

Doctor: When did it first start?

医生：什么时候开始的？

Patient: About three days ago.

患者：大约在三天前。

Doctor: Does the pain move anywhere else?

医生：痛还向别的地方窜吗？

Patient: Yes, it goes towards my right shoulder.

患者：是的,向右肩部窜。

Doctor: What kind of pain is it?

医生： 是什么样的疼痛?

Patient: It's colic at first, but soon it became constant.

患者： 先是绞痛,很快就变为持续性的痛了。

Doctor: Have you had any chill or temperature?

医生： 你发冷还是发热?

Patient: I feel as though I have a temperature.

患者： 我仿佛觉着发热。

Doctor: Which came first, the temperature or the pain?

医生： 发热在先还是痛在先?

Patient: The pain.

患者： 痛在先。

Doctor: How is your appetite?

医生： 你胃口好吗?

Patient: When I look at food, I feel sick.

患者： 我一看见食物就想吐。

Doctor: Have you vomited in the past three days?

医生： 三天来你吐过吗?

Patient: Yes, about 10 to 15 times. I always felt pain.

患者： 是的,一共吐了 10~15 次。我总感到痛。

Doctor: Have you vomited blood?

医生： 吐过血吗?

Patient: No. Just a kind of whitish, thick stuff.

患者： 没有,只是一些白色黏稠的东西。

Doctor: Did you feel full after eating heavy or greasy food?

医生： 吃得过多或油腻肚子感到胀吗?

Patient: Yes, I went to two parties in succession three days ago. I felt bloated. Heavy eating seems to bring on the pain. Could this be the reason for it?

患者： 是的,三天前我连续参加了两次宴会,后来我就感到腹胀。暴食后似乎就带来疼痛,这是发病的原因吗?

Doctor: Overeating or drinking too much can cause these symptoms.

医生： 暴饮暴食可以引起这些症状。

Doctor: Have your skin and eyeballs turned yellow?

医生： 你的皮肤和眼球发黄过吗?

Patient: No.

患者： 没有。

Doctor: Have your stools been light in colour?

医生： 你的大便的颜色变浅过吗?

Patient: Yes, I found my stool was a sandy colour yesterday.

患者： 是的,昨天我发现我的大便是沙土色的。

Doctor: Has your urine been dark?

医生：你的尿色深吗？

Patient: Yes, just like tea.

患者：是的，像茶色。

Doctor: Let me examine you. Please lie down. Relax. Take a deep breath. Fine. You may have gallstones. We'll do an X-ray to see if that's so.

医生：让我给你检查一下。请躺下，放松，深呼吸。好。看起来你像是胆石症。我们给你拍摄一张X线片以明确诊断。

Patient: Would an operation be necessary?

患者：需要做手术吗？

Doctor: I can't say until I've seen the X-rays and done some tests. You'd better come into hospital for a few days of observation.

医生：在没有看到X线片和试验结果之前，我还不能做结论。你最好住几天院以便检查。

21 Kidney Stone 肾结石

(1)

Doctor: You could hang the dropping bottle on the hook of that frame. Why not ask a nurse to help you?

医生：你可以把输液瓶挂在那个架子上。为什么没叫个护士来帮你？

Patient: They're very busy. There are too many patients but so few workers in Chinese hospitals.

患者：她们很忙。中国的医院里患者太多，医务人员太少。

Doctor: I quite agree with you. So what's wrong with you, guy?

医生：我完全同意。那么你有什么不舒服，老兄？

Patient: Here is the application bill for a renal exam. My doctor wants to know if there're any calculi in my right kidney.

患者：这是肾脏检查的申请单。医生想看看我有没有右肾结石。

Doctor: Have you made your bladder filled up with urine? (Is your bladder full of urine?)

医生：你充盈膀胱了吗？

Patient: Yes, I have drunk 400ml water and waited for one hour.

患者：是的，我喝了400ml水，等候了一个小时。

Doctor: OK, please lie down on the back. Unbutton your shirt and loosen the belt.

医生：好的，上床躺下，把衬衣和皮带解开。

Doctor: Your bladder and prostate are essentially normal. There is no calculus in the bladder, the posterior urethra and the inferior segments of ureters. Please lie on your left side.

医生：你的膀胱和前列腺基本正常。膀胱、后尿道和输尿管下段没有结石。转身过去。

※ ※ ※

Doctor: Tell me something about your case history. What happened before you came to hospital?

医生：给我讲讲你的病史。为什么要来医院?

Patient: When I was playing badminton I suddenly felt a colic pain in the right back. It pained me to stop. And then it moved to perineal region.

患者：当我在打羽毛球的时候突然右背疼痛,痛得我蹲了下去。疼痛还往会阴部窜。

Doctor: So the doctor has given you some painkillers before you came here?

医生：那么在你来检查前,医生给过你止痛药了吧?

Patient: Yes.

患者：是的。

Doctor: How about your urine? What's the colour?

医生：尿怎么样? 是什么颜色?

Patient: It's a bit red.

患者：有点儿红。

Doctor: Have you got any calculus in the kidney before?

医生：以前肾里长过结石吗?

Patient: No, I don't think so. Is there any one?

患者：没有过。现在有吗?

Doctor: It's very clear that there is a calculus in your right kidney. It locates at one of the inferior renal calices. What you're suffering from is caused by this calculus.

医生：在你的右肾里有一颗很明显的结石,就在肾下盏里。一切都是这颗结石惹的祸。

Patient: What's the measurement?

患者：结石有多大?

Doctor: 1cm times 1.2cm.

医生：1cm × 1.2cm。

Patient: It seems to be a big one. How could it be so fast for a calculus to appear? It has been only 3 months since I came here for business.

患者：看来不小啊。怎么结石长得这么快? 我来这里才三个月而已。

Doctor: Perhaps it could be concerned with the water. There are many patients who're suffering from calculi. I can experience many similar cases every day. Please lie on the right side.

医生：可能和水质有关啊。这里有很多结石患者,我每天都会遇到很多和你相似的病例。请你面向右侧转过来。

Patient: Is there anything else except the calculus?

患者：除了结石,还有什么别的东西吗?

Doctor: Temporarily there is nothing else, but there is a potential possibility for the calculus to move to the orifice of ureter. If the calculus stays there, it would be dangerous because the urine can't drain away.

医生：暂时没有其他东西，但是这个结石有跑到输尿管口的潜在可能性，如果结石卡在那里，就很危险，因为尿排不出去了。

Patient: So what should I do now?

患者：那我该怎么办呢？

Doctor: It takes time if you depend on the efforts of Chinese herb because it's big calculus. It's a sensible choice to take the calculus out by means of lithoclasty. For more details, you can consult your doctor.

医生：如果你想依赖于中草药排石，那会是个漫长的过程，因为石头不小，选择碎石术是比较明智的。要知道详情，你要去咨询你的医生。

Patient: What about my left kidney?

患者：我的左肾怎么样？

Doctor: Nothing special.

医生：没什么异常。

Patient: It's lucky, more lucky than me.

患者：这个肾很幸运，比我幸运。

Doctor: So it is.

医生：是的，的确如此。

(2)

Patient: I'm really worried, doctor. Every time I pass water, it looks like blood ...

患者：医生，我真害怕，每一次小便，尿液里像是有血……

Doctor: How long has this been going on?

医生：这种情况有多久了？

Patient: For about one week.

患者：大概一周吧。

Doctor: Does it hurt when you pass water?

医生：小便时痛吗？

Patient: Yes, it burns, and I often have an ache around my kidneys.

患者：痛，有烧灼样痛。平时，腰后下部经常疼痛。

Doctor: How often do you usually pass water?

医生：你通常每天小便几次？

Patient: About five times a day.

患者：五次左右。

Doctor: Do you often feel like you want to, but then find you can't?

医生：你是否经常感到尿意频频，却又排不出尿？

Patient: Sometimes.

患者：有的时候有这个感觉。

Doctor: Have you had an X-ray?

医生：拍摄过 X 线片吗？

Patient: No. Should I have one?

患者：没有，需要拍摄片吗？

Doctor: Yes, we'll better do IVP X-ray to see if you have kidney stones. Here's a form to take to X-ray Department to make an appointment. You'll probably have to wait about two weeks, but if I can, I'll try to hurry it up. When you make the appointment, come and tell me the time, and I'll see if I can bring it forward.

医生：要的。你最好去做一个静脉肾盂造影，看看有没有肾结石。这是申请单，拿着它去放射科预约。你可能要等上两周。可能的话，我会去催一催。预约好了以后，过来把时间告诉我，我会设法让你提前做这个检查的。

Patient: Here's my report from the X-ray Department for my IVP examination, doctor.

患者：医生，这是我做静脉肾盂检查后的拍摄片报告。

Doctor: Well, the report shows you have a stone in your kidney, and another one in your urethra.

医生：嗯，报告上说肾脏内有一个结石，尿道口也有一个结石。

Patient: Where is the urethra?

患者：尿道口在哪儿？

Doctor: It's the last bit of tubing in your waterworks.

医生：就是你排尿管道最下面一部分。

Patient: Is it dangerous?

患者：那危险吗？

Doctor: No, but as you know it's painful.

医生：危险倒不至于，但你知道那痛得很。

Patient: Will I need an operation?

患者：我需要做手术吗？

Doctor: Probably not. We only use that as a last resort.

医生：可能不需要，不到万不得已，我们不做手术。

Patient: What treatment will I need?

患者：怎么治疗呢？

Doctor: First I'll send you to the Ultrasonic Department to try to disperse the stones. I think it will work, as they are not very big, and the location is ideal for this kind of treatment. At the same time I'll give you some herbal medicine.

医生：先让你做超声波碎石治疗。我认为效果会很好，因为两个结石都不大，位置也适合于做这种治疗。同时，我再来给你开些中药。

Patient: What happens if it doesn't work?

患者：要是仍然没有效果，那怎么办呢？

Doctor: In that case you'll need an operation.

医生：那只能做手术了。

Patient: Oh, I'll keep my fingers crossed that the ultrasound works.

患者：噢，老天保佑，但愿超声波能打下我的结石。

22 Hemorrhoids 痔

Patient: I bleed quite a bit when I have a bowel movement. I'm really worried about it.
患者：我大便时出了不少血，我真担忧。
Doctor: What colour is the blood?
医生：血是什么颜色的？
Patient: It's bright red.
患者：鲜红色的。
Doctor: Is it mixed with the stool?
医生：血和大便混在一起？
Patient: No, it isn't.
患者：不混在一起。
Doctor: Do you have constipation often?
医生：你经常便秘吗？
Patient: Yes, all the time.
患者：是的，我经常便秘。
Doctor: Have there been any change in the pattern of your feces?
医生：粪便形态有变化吗？
Patient: No.
患者：没什么变化。
Doctor: Now, let's have a look at you. Please undress and lie in the knee-elbow position. I'm going to examine you with an analscope. You've got hemorrhoids and a prolapse of the rectal mucosa.
医生：让我检查一下。请脱下裤子，跪着趴下，给你做肛门检查。你有痔核，还有直肠黏膜脱垂。
Patient: Is there any way to cure it? If possible, I'd rather not have an operation.
患者：有什么方法治疗吗？如果可能的话，我就可以不做手术。
Doctor: Don't worry. Here's a prescription. Use the suppositories and laxative. The bleeding should stop in two or three days.
医生：别着急，这是你的处方。用一点坐药和泻药，过两三天血就会止住。
Patient: Anything else I should do?
患者：我还要注意什么事吗？
Doctor: Eat more fruit or vegetables. Sit in warm water when you feel pain and if possible, avoid alcohol and spicy food.
医生：多吃一些水果和蔬菜。肛门痛时可采用热水盆浴。尽可能避免饮酒和吃辛辣食物。

23 Chronic Cystitis 慢性膀胱炎

(1)

Doctor: Hello, can you tell me what your problem is?
医生：你好，你能告诉我你有什么问题吗？
Patient: Yes, I think I have cystitis.
患者：是的，我想我有膀胱炎。
Doctor: When did you notice that you had this problem?
医生：你什么时候注意到你有这个问题？
Patient: It started about 4 days ago.
患者：从四天前开始。
Doctor: Can you tell me your symptoms?
医生：你能告诉我你的症状吗？
Patient: I'm always wanting to go to the toilet, and when I do I only pass small amounts of urine and it's painful, and when I've finished I feel I want to pass urine again.
患者：我老是想上厕所，当我上厕所的时候排出的尿量很少，而且小便疼痛，小便完我感觉又想尿。
Doctor: Have you ever had these symptoms before?
医生：你以前有过这种症状吗？
Patient: Yes, I have, a couple of times in a year.
患者：有的，一年会出现两次这样的情况。
Doctor: When you had this problem before, did you take any medication?
医生：你以前出现这种情况的时候吃过药吗？
Patient: Yes, I bought some medication at my local pharmacy (chemist) back home.
患者：吃过，我从当地药房买些药回家。
Doctor: Did the medication help?
医生：药物有效吗？
Patient: Yes, it did, it always made it better.
患者：是的，有效，总是会让病情好转。
Doctor: Do you have any pain?
医生：你有什么疼痛吗？
Patient: I have a dull pain in my lower abdomen.
患者：我的下腹感觉钝痛。
Doctor: Is it painful all the time?
医生：是一直痛吗？
Patient: No, not all the time, usually just before I want to go to the toilet.
患者：不是，不是总痛，仅仅是想上厕所前疼。
Doctor: Does taking painkillers help the pain?
医生：吃止痛药有帮助吗？

Patient: I haven't taken any painkillers.

患者：我没有吃止痛药。

Doctor: How often do you pass urine in a day?

医生：你一天小便几次?

Patient: I'm not sure, but quite a lot times I think.

患者：我不太确定,不过我想有很多次。

Doctor: How much urine do you pass every time you go to the toilet?

医生：你每次上厕所小便的量有多少?

Patient: Not as much as I normally do, I've been drinking lots of water, but it doesn't seem to be helping to flush the urine through.

患者：没有我一般情况下的多,我喝很多水,但是好像无助于更好地排尿。

Doctor: Do you have to get up in the night to pass urine?

医生：你需要晚上起来小便吗?

Patient: Yes, I get up a few times in the night.

患者：是的,一晚上要起来几次。

Doctor: What does the pain feel like when you pass urine?

医生：当你小便的时候是怎样的一种痛?

Patient: It's a burning feeling and sometimes it throbs.

患者：是一种灼痛,有时候是一种刺痛。

Doctor: What colour is your urine and what does it look like?

医生：你的尿是什么颜色的? 看起来怎么样?

Patient: Well, I've been drinking lots of water so it looks OK.

患者：我喝很多水,所以小便看起来很正常。

Doctor: Does it smell?

医生：有味道吗?

Patient: No, not that I've noticed, maybe a bit in the mornings when it's more concentrated.

患者：据我观察没有,可能早上比较浓的时候会有点。

Doctor: Do you pass any blood?

医生：小便有血吗?

Patient: My urine looks a bit pink sometimes.

患者：我的小便有时候看起来有点粉红色。

Doctor: Have you had a temperature at any time?

医生：你有没有发热?

Patient: No, not that I've noticed, I haven't taken my temperature so I don't really know.

患者：没有,就我所知没有。我没有量体温,所以实际上不知道。

Doctor: I need a few tests done, I shall need a specimen of urine from you, please take this container, when you've done it you need to take it to the bacteriology department, I also need some blood samples to make sure you haven't got a urine infection, and an ultra-scan of your kidneys.

医生：我需要做些检查。我需要你的尿样，请拿着这个尿样瓶，取样后送到细菌室，我同时还需要你的血样，检查一下你是不是有尿液感染，还需要做一下肾的超声波扫描。

Patient：Can I have those entire tests today then?

患者：那么，我今天能完成所有的检测吗？

Doctor：Yes, you will need to drink some water before the ultra-scan, but they can all be done today, and you can wait for the results and bring them back to me.

医生：能，超声波扫描之前你需要喝些水，不过今天都能完成，你可以等待结果出来，并带回给我。

Patient：Where do I have to go?

患者：我需要去哪里？

Doctor：The nurse will show you where to go for the tests, and tell you where to go to collect the results.

医生：护士会带你过去检查，并且告诉你到哪里去取结果。

Patient：OK, thanks very much, see you later.

患者：好的，非常感谢，一会儿见。

※ ※ ※

Doctor：I have the results back, your kidneys are fine, but your urine specimen and blood test show that you have a urine infection, so I am going to prescribe a course of antibiotics, and some medication to help the cystitis, I also suggest that you carry on drinking as much water as you can.

医生：结果出来了，你的肾没有问题，不过你的尿样和血样检测表明你有尿液感染，所以我接下来给你开一个疗程的抗生素以及一些治疗膀胱炎的药，我同时建议你尽量多喝水。

Patient：OK, doctor, thanks very much.

患者：好的，医生，非常感谢你。

Doctor：If there is no improvement in 2 days please come back, and if your condition gets worse, then we might have to bring you into hospital for a Cystoscopy to check your bladder.

医生：如果两天内病情没有好转请回来，如果你的病情恶化，我们需要你回医院接受膀胱镜检查，查一下你的膀胱。

Patient：Well, I hope it gets better then! Thanks.

患者：好的，那么我希望能康复！谢谢。

(2)

Patient：Doctor Li, I was badly scared by my urine. Can you help me?

患者：李医生，我被我尿出来的尿吓坏了。你能帮帮我吗？

Doctor：Just tell me what's wrong with your urine。

医生：那就告诉我到底发生了什么吧。

Patient：It's red. It looked like the mixture of soy sauce and a little water.

患者：尿是红色的。看起来就像酱油里掺了些水一样。

Doctor：How long has it been like that?

医生： 这种情况有多久了？

Patient: Just the last two months.

患者： 最近这两个月。

Doctor: Was there any solid content in your urine?

医生： 尿里面有固体成分吗？

Patient: Sometimes there was some madder red sediment.

患者： 有时候有些暗红色沉渣。

Doctor: Did the red appear in the whole course of urination or not?

医生： 红色的尿在整个小便的过程中都会出现吗？

Patient: Yes, in the whole course.

患者： 是的，整个过程都有。

Doctor: Do you have any pain, for example, lumbodynia or odynuria?

医生： 你有过什么疼痛吗，比如腰痛、尿痛什么的？

Patient: No, I don't think so.

患者： 没有。

Doctor: Then was your bladder injured?

医生： 你的膀胱受过伤吗？

Patient: No.

患者： 没有。

Doctor: Now tell me, what's occupation?

医生： 那你告诉我，你从事什么职业？

Patient: I work for a shoemaking factory.

患者： 我在一个鞋厂干活。

Doctor: For how long?

医生： 干了多久了？

Patient: Let me see. Ah, about 4 years.

患者： 让我想想。呃，有四年左右了。

Doctor: I see. I strongly recommend that you take some exams. They're blood test for PSA level, bladder ultrasound and cystoscope, etc.

医生： 我知道了。我强烈建议你做一些检查，这些检查包括血中前列腺特异性抗原水平检测，膀胱超声波检查和膀胱镜等。

Patient: For what?

患者： 这些检查有什么用？

Doctor: Some tests to confirm or exclude the diagnosis of urinary bladder carcinoma.

医生： 一些确定或排除泌尿性膀胱癌这个诊断的检查。

24 Hydrocele 阴囊积水

Doctor: Hello, can you tell me what your problem is?

医生：你好，你能告诉我你有什么问题吗？

Patient: Well, it's a bit embarrassment but one of my testicles is bigger than normal.

患者：好的，有点难以启齿，不过我的一侧睾丸比正常状态大了很多。

Doctor: When did you notice that you had this problem?

医生：你什么时候意识到你有这个问题？

Patient: Well, it has been very gradual but I've noticed it in the last week.

患者：那个，是慢慢形成的，不过我上个星期才发现这个问题。

Doctor: How long have you had this problem?

医生：这问题出现多久了？

Patient: I'm not quite sure.

患者：我说不准。

Doctor: Do you have any pain?

医生：你感到痛吗？

Patient: No, not a pain, but it is starting to ache.

患者：没有，没有痛，不过现在开始疼了。

Doctor: Where is the pain?

医生：哪个地方痛？

Patient: In my right testicle.

患者：我的右睾丸处。

Doctor: Is it painful all the time?

医生：一直痛吗？

Patient: No, it's not painful in the morning but it gets worse ad the day goes by, and it aches quite a lot in the evening.

患者：不是，早上起来的时候不痛，然后病情随着时间的推移逐渐恶化，在晚上的时候变得很痛。

Doctor: Does taking painkillers help the pain?

医生：吃止痛药有帮助吗？

Patient: I haven't taken any painkillers.

患者：我没有吃药。

Doctor: Are you able to pass urine OK?

医生：你小便正常吗？

Patient: Oh, yes, there's no problem.

患者：是的，没有问题。

Doctor: Have you had a temperature at any time?

医生：你发热吗？

Patient: No, not that I know of.

患者：据我所知没有。

Doctor: Have you been feeling tired and listless recently?

医生：你最近感到疲劳和情绪低落吗？

Patient: No more than usual.

患者：一切正常。

Doctor: I need to examine you, can you lie down on the couch, undo your trousers and lower your underwear?

医生：我需要给你检查一下，请躺到床上，解开裤子，褪下内裤。

OK, I've finished now you can get dressed.

好的，我检查完了，你可以穿衣服了。

It seems on examination that you have a hydrocele.

检查的结果看起来你有阴囊积水。

Patient: What's that?

患者：那是什么？

Doctor: It's a collection of fluid in your testicle, it's not serious and quite a common problem.

医生：是你的睾丸处有积液，不是很严重，是很普通的问题。

Patient: So what are you going to do? Aspirate it?

患者：那么你接下来要怎么做？吸出来？

Doctor: You can aspirate it, when they become large and uncomfortable, but they always come back, the best suggestion is for you to be admitted into hospital and have surgery, it's a minor procedure.

医生：当变得肿大和不舒服的时候，你可以选择吸出来，不过他们总是会复发，对你最好的建议是住院接受手术，一个很小的手术。

Patient: It's not urgent, is it? I don't have to come in straight away.

患者：很紧急吗？我不需要现在就住院动手术吧？

Doctor: No, we can arrange a time and date for you to be admitted, why don't you think about it, and come back and let me know?

医生：不是，我们可以安排时间让你住院。你为什么不考虑一下，然后回来告诉我呢？

Patient: OK, thanks, I will.

患者：好的，谢谢，我会这样做的。

Doctor: Meanwhile take painkillers if it becomes painful, and if suddenly becomes bigger come straight back here and we will drain it for you.

医生：同时，如果痛的话吃些止痛药，如果突然增大的话，请直接回到这里，我们会帮助你引流出来。

Patient: OK, thanks.

患者：好的，谢谢。

Doctor: Please don't take too long deciding if you are going to have surgery, the swelling is not going to go away and it's only going to get bigger.

医生：如果你想做手术的话，请不要考虑太久，阴囊积水不会消失，只会变得越来越大。

Patient: OK, doctor, I hear what your saying, I'll think about it. Goodbye.

患者：好的，医生，我明白你的话啦，我会考虑一下的，再见。

25 Barrenness, Varicocele 不孕不育，精索静脉曲张

Patient: Doctor Li, I have been married for 3 years, but there is still no evidence that I will have a baby. I want to find out the reason and get some countermeasures. I think you can help me, can't you?

患者：李医生，我结婚 3 年了，但是到现在都还没有孩子。我想请你帮我找一找原因，并且找出对策。你能帮助我，对吧？

Doctor: Let's find out the reason first, OK? Do you think that you have a normal sexual life?

医生：我们先把原因找出来好吧？你觉得你们夫妻俩的性生活正常吗？

Patient: It's out of question that we do.

患者：毫无疑问很正常。

Doctor: Have you ever met your wife's ovulation period?

医生：性生活是在你妻子的排卵期内进行吧？

Patient: Yes, I think so.

患者：我想是的。

Doctor: Have you adopted any kind of methods for contraception? I mean that you might forget something.

医生：你们是否采取过任何避孕措施？我的意思是，也许你们忘了自己曾采取过某种避孕措施。

Patient: No IUD, no contraceptive, no condom.

患者：没有用过宫内节育环、避孕药、避孕套这样的东西。

Doctor: Does your wife have any disease, which may cause barrenness? For example, pelvic inflammatory disease, cervicitis, endometritis, hypoplasia of uterus, etc?

医生：你妻子有什么可能引起她不孕的疾病吗？比如盆腔炎、宫颈炎、子宫内膜炎、子宫发育不良什么的？

Patient: I don't know. She's very busy, but she will spare some time to see a doctor too.

患者：我不知道呀。她很忙，不过她会抽出一些时间来看医生的。

Doctor: Now I'll give an ultrasound to examine your spermatic vein. I must exclude the possibility of a disease called varicocele, which is one of the most frequent reasons for men's barrenness.

医生：现在我要给你做个超声检查，检查你的精索静脉。我需要排除一种叫做精索静脉曲张的疾病，它是引起男性不育的最常见的原因之一。

Patient: What does varicocele mean?

患者：精索静脉曲张是什么意思？

Doctor: You can get a booklet from the nurse station, but let's finish the exam first, OK?

医生：你可以去护士站要一本关于精索静脉曲张的手册。我们还是先把检查做完吧。

Patient: Is that all?

患者：就只做这个检查吗？

Doctor: No. You must avoid any kinds of sexual activities for 2 weeks and then I'll take your

semen to test the quantity, quality and vigor of the sperm.

医生： 不是的。两周内你要避免任何形式的性活动，然后我要用你的精液检查精子的数量、质量和活力。

Patient: I got it.

患者： 知道了。

26 Prostatic Hypertrophy 前列腺肥大

(1)

Intern: How are you today? I'm the doctor.

实习医生： 你今天好吗？我是医生。

Patient: Not too bad, Doctor.

患者： 还可以，医生。

Intern: What brings you into the clinic today?

实习医生： 你今天到诊所来有什么病？

Patient: I've been having trouble with my water.

患者： 我排尿一直有困难。

Intern: For how long?

实习医生： 多长时间了？

Patient: About seven or eight months.

患者： 大约七八个月了。

Intern: What kind of trouble have you been having?

实习医生： 你排尿时怎么个困难？

Patient: It takes me quite a while to start my stream, and I've got to really strain to get it going. But it's gotten bad recently.

患者： 开始排尿时要等好一会儿并且用很大力才能将尿排出。最近更严重了。

Intern: In what way?

实习医生： 是怎么样严重呢？

Patient: Well, I get a lot of burning.

患者： 哦，我感觉有明显的烧灼感。

Intern: Is this burning present throughout the stream?

实习医生： 整个排尿过程中都有这种烧灼感吗？

Patient: Yes, it is.

患者： 是的，都有烧灼感。

Intern: Has the force of the stream changed?

实习医生： 尿流的压力改变了吗？

Patient: Yes, it has. It just seems to dribble out.

患者： 是的，有改变。尿液就像点滴状往外流。

Intern: Have you ever passed any blood in your water?

实习医生：你尿过血吗?

Patient：No, I haven't.

患者：没有,没尿过血。

Intern：Have you had any bouts of back pain?

实习医生：你有过腰背痛吗?

Patient：No.

患者：没有。

Intern：How about fever or chills?

实习医生：有发热或寒战吗?

Patient：No, I haven't had those, either.

患者：没有,两种情况都没有。

Intern：Have you been feeling weak at all?

实习医生：你是否一直感到乏力?

Patient：No.

患者：不感到乏力。

Intern：Have you lost any weight?

实习医生：你体重减轻了吗?

Patient：No, not that I can recall.

患者：没有,我想没有减轻。

Intern：How many times a night did you have to pass your water?

实习医生：你一夜排尿几次?

Patient：About five times a night.

患者：大约五次。

Intern：Have you noticed that there seems to be a drop at the end of your penis before you begin to urinate in the morning?

实习医生：早晨开始排尿之前,你注意到在阴茎前端好像有一滴尿吗?

Patient：No, I can't say that I've really noticed that.

患者：没有,我确实没有注意到那种情况。

Intern：Have you ever had any similar trouble before eight months ago?

实习医生：八个月之前你有过类似的毛病吗?

Patient：No.

患者：没有。

Intern：Have you ever noticed a creamy discharge associated with burning when you passed your water in the past?

实习医生：你注意到过去在排尿时,流出伴有烧灼感的奶油色分泌物吗?

Patient：No, I can't say that I have.

患者：没有,我没有注意到。

Intern：Have you ever had any kidney surgery or surgery for stones?

实习医生：你做过肾脏手术或结石手术吗?

Patient: No.
患者：没有。
Intern: Do you find yourself dribbling at all after you have finished urinating?
实习医生：排完尿以后你自己是否感觉还在滴尿?
Patient: No.
患者：没有。
Intern: About how many times a day would you say you had to go to the bathroom?
实习医生：你说说你一天大约去几趟厕所?
Patient: Well, it's really increased over the past week. I guess I go at least 20 or 30 times.
患者：哦,自上周以来去厕所的次数确实增加了。我估计至少去 20~30 次。
Intern: Are you able to pass a lot of water at this time?
实习医生：现在你能排出大量的尿吗?
Patient: No, I don't pass too much. Just a little bit each time.
患者：不能,排不出多少尿来。每次只能排出一点儿。
Intern: OK. Why don't you get out of your clothes now, and I'll be back in a few minutes to examine you?
实习医生：好啦。过一会儿我就回来给你检查,你现在脱掉衣服好吗?
Patient: All right, Doctor.
患者：好的,医生。
Attending: I think that we should have a brief discussion of prostatic disease, and then you can go back and complete your work up. What do you think he has?
主治医生：我想我们应该简单地讨论一次前列腺疾病,然后你可以回去完成你的检查。你认为患者患的是什么病?
Intern: Benign prostatic hyperplasia.
实习医生：良性前列腺增生。

(2)

Patient: I've been having trouble with passing water.
患者：我小便不利。
Doctor: For how long?
医生：有多久了?
Patient: About seven months. It seems worse after drinking wine.
患者：大约七个月了,喝酒后症状就加重。
Doctor: What kind of trouble is it?
医生：你是怎样不舒服?
Patient: The stream is weak and doesn't start immediately.
患者：尿不通畅,不能立刻尿出来。
Doctor: Do you have any pain during urination?
医生：你小便时痛吗?
Patient: Yes. A severe burning sensation all the time I'm passing water.

患者：是的，整个排尿过程都有烧灼感。

Doctor: Have you ever passed any blood in your urine?

医生：你尿里出现过血吗？

Patient: No, I haven't.

患者：没有。

Doctor: How many times a night did you have to pass water?

医生：你一晚上得尿几次？

Patient: About five times a night.

患者：大约五次。

Doctor: How many times a day?

医生：白天几次呢？

Patient: At least 15 to 20 times, but each time only a little bit.

患者：至少 15~20 次，但每次就那么一点点。

Doctor: Have you noticed any discharge at the tip of your penis before you begin to urinate in the morning?

医生：早晨第 1 次排尿时，你发现阴茎端口有分泌物吗？

Patient: No.

患者：没有。

Doctor: We would like to have a urine specimen to examine it, take this paper to the office. The nurse will tell you what to do. Wait for the result, then come back.

医生：我们想让你做个尿液检查，拿着这份化验单到办公室去，护士会告诉你怎样做。等有了结果你再回来。

Doctor: I'll do a rectal examination. Don't be afraid. Please undress and lie in a knee-chest position.

医生：我给你做一下直肠检查。不要紧张。请脱去裤子，跪着趴下。

Patient: Doctor, can you tell me what's the matter?

患者：医生，你能告诉我是怎么回事吗？

Doctor: I think you have a prostatic hypertrophy.

医生：我想你恐怕得了前列腺肥大。

Doctor: Have you ever had syphilis?

医生：你得过梅毒吗？

Doctor: Have you ever had a pimple on your penis? Have you ever had gonorrhea?

医生：你阴茎上长过疙瘩吗？你得过淋病吗？

Doctor: You must tell me the truth, so that I can treat you properly.

医生：请如实告诉我真相，我好给你正确治疗。

Patient: I've had gonorrhea, but that was cured.

患者：我得过淋病，但早已治好了。

27 Chronic Prostatitis 慢性前列腺炎

Patient: I have not been feeling well for some time, I seem to be losing my usual pep and vigor.

患者：我最近一段时间感到很不好，好像精神和体力都不行了。

Doctor: I beg your pardon. I didn't quite get you. Please speak more slowly, I know only a little English.

医生：请你再说一遍，我没有完全听懂你的话，你讲慢一点，我的英文不好。

Patient: Oh, I am sorry, Doctor, I mean, I seem to get tired very easily and feel discomfort in the lower abdomen, the back and the penis, and I have noticed a gradual loss of sexual desire over the past few months.

患者：对不起，医生，我是说我很容易感到疲劳并感到下腹部、腰部和小便的地方不舒服。同时我发现近几个月性欲逐渐减退。

Doctor: Have you ever noticed a creamy discharge at the end of your penis before you begin to urinate in the morning?

医生：早晨开始小便前你是否注意到小便口上有奶油色分泌物？

Patient: Yes, I have. What do you think is the matter?

患者：有，你看这是什么问题呢？

Doctor: I suspect that you might have chronic prostatitis. In order to make sure, I think you should have a three-glass urine test made as well as an examination of the prostatic secretion.

医生：我想你得了慢性前列腺炎。为了明确诊断，你要做一次“尿三杯”试验，同时做前列腺液检查。

Patient: How can I do these?

患者：怎么个做法呢？

Doctor: Well, I'll tell you how to do it. Take three bottles to the bathroom when you pass urine, Put a little at the beginning in one bottle, then a little at the middle in the second bottle, and then a little at the end in the third bottle. Send the specimens to the laboratory, then come back.

医生：我来告诉你怎样做。你拿三个瓶子到厕所去，当你排尿时，取开始的一段尿放在第 1 个瓶子里；中间一段尿放在第 2 个瓶子里；然后放最末一段尿到第 3 个瓶子里。将标本送到化验室去，然后回来。

Doctor: Now, I'll do a rectal examination for you to take the prostatic secretion for microscopic examination.

医生：现在我给你做一个肛门检查，取点前列腺分泌液在显微镜下检查。

Patient: What did you find on examination?

患者：检查发现什么了吗？

Doctor: We found a lot of white cells and clumping of your prostatic secretion. The urine also contains a lot of white blood cells in the first portion of the urine.

医生：我们发现你的前列腺液中有相当多的白细胞，甚至有白细胞丛生现象。在第一段尿检查中发现有白细胞。

Patient: What do you think is the matter?

患者：这些你认为是什么问题呢？

Doctor: These findings support my primary diagnosis.

医生：这些发现证实了我的初步诊断。

Patient: Is it serious?

患者：这严重吗？

Doctor: No, if we can manage it properly.

医生：不，如果正确处理问题不大。

Patient: Please tell me what should be done.

患者：请告诉我该怎样做。

Doctor: I'll give you antibacterial treatment, but prostatic massage and hip baths are probable even more important. Chinese medicine will do you good too.

医生：我给你用抗菌治疗，但是前列腺按摩和热水坐浴可能更重要。中药对你这种病也有好处。

Patient: Any other things I should do?

患者：我还应该做些什么？

Doctor: If possible, alcoholic beverages and spicy food should be avoided. Normal frequency of sexual intercourse is not considered harmful since it promotes emptying of the prostate.

医生：如果可能，尽量避免饮酒和吃辛辣性食物。正常的性交没有害处，因为它可以促使前列腺排空。

28 Tumor of the Breast 乳腺肿瘤

(1)

Doctor: Hi, dear, what's troubling you so much?

医生：嗨，亲爱的，你有什么烦恼？

Patient: Oh, doctor, there is a lump in my left breast. It's very big. I want to know what it is.

患者：噢，医生，我左边乳房有个肿块，很大。我想知道是什么东西。

Doctor: How long have you noticed that?

医生：有多长时间了？

Patient: Just about 2 months. I have disease called hyperplasia of mammary glands, so I considered it hyperplastic nodule. But it grows more quickly than a hyperplastic nodule does.

患者：大约两个月了。我有乳腺增生病，所以我原以为是一个增生结节。但是它比增生结节长得快得多。

Doctor: OK, let me examine you. Please take off your shirt and bra.

医生：好，我来检查一下，把衬衣和胸罩脱下来。

Patient: Should I lie down on the exam bed?

患者：要躺到检查床上吗？

Doctor: Yes, I need you do that. But firstly please sit on the exam bed.

医生：是的，需要那样做。但是先要坐着检查一下。

Patient: So what do you think?

患者：怎么样？是什么东西？

Doctor: I could feel several lumps in your breasts. They are not big enough for you to feel except the one you know. They're oval-like, clearly bordered, and they have good activity.

医生：我能在你的两个乳房上触摸到好几个团块。除了你自己知道的那个，其他的都不大，所以你没注意到。他们是类椭圆形的，有清楚的边界和良好的活动度。

Patient: So?

患者：那么是什么呢？

Doctor: I consider them multiple mammary fibroadenoma.

医生：我认为是多发的乳腺纤维腺瘤。

Patient: What's that exactly?

患者：能解释一下吗？

Doctor: It's a sort of benign carcinoma. The pathogeny is not very clear, but the most widely accepted theory shows connection between this disease and endocrine. It often happens to girls of your age.

医生：一种良性肿瘤。病因还不是很明确，但是根据一个广泛接受的理论，它的发生和内分泌有关。这种腺瘤经常发生于你这个年龄段的女孩子。

Patient: Have you ever experienced anyone who had more lumps than me?

患者：你见过比我长更多肿瘤的患者吗？

Doctor: Yes, one of my patients had more than 20 lumps.

医生：是的，我见过。我的一个患者长了至少 20 个。

Patient: Then can it be cured by medicines?

患者：那么这种肿瘤可以用药物治疗吗？

Doctor: Medicines can take the growth under control but can't do more.

医生：药物能抑制肿瘤的生长，但是也就只能做这么多了。

Patient: So you mean that I can't avoid an operation?

患者：你的意思是，我逃不过手术吗？

Doctor: It strongly depends on the size of the lump. I think the biggest one in the left breast should be taken out. It's big enough and it grows quickly.

医生：要不要手术主要取决于肿瘤的大小。我想你左边乳房最大的那个是应该手术切除的，因为它很大又长得很快。

Patient: Will they become malignant if I refuse to take then out?

患者：如果不切除，会恶变吗？

Doctor: I can't afford to say the words "absolutely not".

医生：我不敢打包票。

Patient: What if they were just some hyperplastic nodules?

患者：如果(你所谓的纤维腺瘤)只是一些增生结节呢?

Doctor: Don't worry about that. We will give you an ultrasound exam. It will tell us what exactly the lumps are. It will also offer us more details about these lumps, including the precise measurements, locations, conditions of blood supply, and so on.

医生：别担心,我们会首先对你进行超声检查。超声检查会告诉我们那些肿块究竟是什么,同时也可以向我们提供肿块的精确尺寸、位置以及供血情况等。

Patient: How about the surgery? Will there remain an ugly scar in the operation area?

患者：那么手术呢,会在术区留下难看的疤痕吗?

Doctor: I know you concern about this problem. But we can offer a micro-traumatic operation called MMT. It's very popular recently.

医生：我知道你关心这个问题。不过我们可以提供一种叫做默默通的微创手术。最近这种手术很流行。

Patient: Thank you. I will take it into consideration.

患者：谢谢,我会考虑一下的。

Doctor: Not at all.

医生：不客气。

(2)

Patient: I noticed a lump in my left breast when I was having a bath.

患者：我洗澡的时候发现左边乳房有个肿块。

Doctor: How long ago?

医生：多久的事?

Patient: A week ago.

患者：一周前。

Doctor: Let me examine you firstly. Take off the shirt and bra, expose the breast and axillary fossa. Then sit on the bed.

医生：我给你检查一下。把衬衣和胸罩脱掉,露出乳房和腋窝。坐在床上。

Patient: Have you found anything?

患者：摸到没有?

Doctor: Don't be anxious. Lie down.

医生：别着急。躺下来。

Patient: I'm afraid of breast cancer.

患者：我怕是乳腺癌。

Doctor: Do you have any discomfort? Like pain, fever.

医生：你有什么不舒服的吗?如疼痛或发热?

Patient: No. I found it by sheer chance.

患者：没有。纯粹偶然发现。

Doctor: Did any of your female family members get breast tumor?

医生：你的女性家庭成员有什么人长乳腺肿瘤吗？

Patient: My mother and my elder cousin had breast cancer. So it's also my destiny, isn't it?

患者：我的母亲和表姐得了乳腺癌。我也要面对同样的命运，对吧？

Doctor: Take it easy. High risk doesn't mean the final diagnosis. It's a lump with obscure boundary, hard texture and poor degree of excursion. I can't exactly say what it is. It might be cancer, or tumor-like hyperplastic nodule. Just half to half.

医生：放松点，高风险并不意味着最终诊断。这个肿块边界不清，质地较硬，活动度差。我很难准确说它就是什么。乳腺癌和瘤样增生，各有对半的机会。

Patient: What can you do?

患者：你要怎么做？

Doctor: You'll take a molybdenum target X-ray and an echo exam.

医生：给你做个钼靶 X 线和超声检查。

Patient: I'm ready for the worst news.

患者：我已经做好最坏的打算了。

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Doctor: I'm sorry. I think it's a cancer.

医生：很遗憾，是乳腺癌。

Patient: Should I go home and wait for death?

患者：我是不是该回家去等死？

Doctor: No. I'll give you a general operation and the plastic surgery department will give you another one. Medical science can do more things for treating this disease than before. It may be cured, may be under control. Just don't give up.

医生：别这么说。我会给你做手术切除肿瘤，整形外科会给你做另一个手术。现代医学治疗这种疾病，比以前有更多的办法。可以治愈或控制。别轻易放弃。

Patient: OK. What you say.

患者：随你怎么办吧。

Doctor: I'll arrange everything.

医生：我会给你安排所有的事情。

Patient: Can I go home today?

患者：今天我可以回家吗？

Doctor: Yes, you can. All the patient beds have been occupied. Just come tomorrow because someone will be discharged.

医生：是的。住院部没有空床。你明天来。明天有人出院。

(3)

Doctor: Is there anything worrying you?

医生：有什么事让你发愁呢？

Patient: Yes, I have a lump (mass) in my left breast.

患者：在我左侧乳房上有一个肿块。

Doctor: How long have you felt it?
医生：这肿块有多长时间了？
Patient: About three weeks.
患者：大约三个星期。
Doctor: Have you had any pain in this area, especially during menstruation?
医生：这块地方痛吗？特别是来月经的时候？
Patient: No.
患者：不痛。
Doctor: Have you had any accident to this area?
医生：这地方受过伤吗？
Patient: No.
患者：没有。
Doctor: Have you had any discharge from it or any itching of the nipple?
医生：乳头有分泌物吗？痒不痒？
Patient: No.
患者：没有。
Doctor: Have you noticed any swelling under your left armpit?
医生：你左腋窝下肿胀吗？
Patient: No.
患者：不肿胀。
Doctor: Has anyone in your family ever had a lump or tumor of the breast?
医生：你家里别的人乳房上长过肿块或瘤子吗？
Patient: No, not that I can remember.
患者：没有，我记得没有。
Doctor: Do you mind if I examine you briefly?
医生：我简单给你检查一下，你不反对吧？
Patient: No, not at all.
患者：不，不反对。
Doctor: Would you please take off blouse. That's fine. Sit up straight. Now rest your arm on mine. Let me examine your armpit. Put your right arm over your head. Now let's do the same with the left. Good. That's all. How old are you?
医生：请脱去衬衣。好。坐直，现在把你的胳膊搭在我的胳膊上。让我查一查你的腋窝。把你的右胳膊放在脑后。左胳膊也同样做。好。完了。你多大年纪了？
Patient: I'm fifty. Is it serious?
患者：我 50 岁。我的病严重吗？
Doctor: No. Nothing serious. Just a cystic disease of the breast (adenofibroma). It's a benign hormone-dependent disease.
医生：不严重，只是乳房囊腺病（腺纤维瘤），这是一种普通的与内分泌有关的病。
Doctor: Do you have any relatives here?

医生： 你在这儿有亲戚吗?

Patient: Yes. My husband is just outside, shall I ask him to come in?

患者： 我丈夫就在外边,我可以叫他进来吗?

Doctor: Yes. Will you please go to the laboratory to check up a white blood cell count?

医生： 好吧,请你到化验室去查一下白细胞。

Doctor (to patient's husband): As you know, your wife has a lump in her left breast. I think it could be a carcinoma of the breast. The only way to be certain is to do a biopsy. If she has cancer, she ought to have her breast removed. That's called a radical mastectomy.

医生(对患者的丈夫说): 正如你所知道的,你妻子左乳房上有一个肿块。我们认为可能是乳腺癌。确诊的唯一手段是做活检。假如是癌的话,就应该切除乳房。这叫根治性乳房切除术。

Husband: Please do everything you can to help her, Doctor.

丈夫： 大夫,请你尽一切可能治好她。

(4)

Attending: Hello, Mrs. Evans, I'm Dr. Fuller. How are you today?

主治医生： 你好,埃文斯太太,我是富勒医生,你今天好吗?

Patient: Fine, Doctor.

患者： 很好,医生。

Attending: Do you mind if I examine you just briefly?

主治医生： 我简单地给你检查一下好吗?

Patient: Why, no, not at all.

患者： 呃,可以,没关系。

Attending: Would you please lower your slip? ... That's fine. That's it. Sit up nice and straight. ... Now put your arms on your hips. ... Fine. ... Now overhead. ... Now rest your arm on mine. That's right. I just want to feel under your arm. ... Good. Now the other one. ... Now, would you please lie down? Let's put this pillow under your right shoulder. ... Now put your right arm over your head. Fine. Now, let's do the same in the left. ... Good. ... We're all done. Now, that isn't too painful, is it?

主治医生： 请把你的衬衣往下拉一拉好吗?……好。就这样。坐好,坐直。……现在把你的手臂放在髋部。……好,……现在举在头上。……现在把你的手臂放在我的手臂上。对啦,我只需要在你的腋下摸一摸。……好,现在换另一侧。……现在请你躺下好吗?让我们把这个枕头放在你的右肩下。……现在把你的右臂放在你的头上。很好,……好啦,让我们在左侧同样做一次。……好。……检查完了。嗯,不太痛,是吗?

Patient: No, it isn't. Is my condition serious?

患者： 是的,不太痛。我的病情严重吗?

Attending: That's something we are going to discuss now, and Dr. Smith will tell you what our decisions are.

主治医生： 这就是我们现在要讨论的问题。史密斯医生将把我们的决定告诉你。

Patient： Thank you, Dr. Fuller.

患者： 谢谢你，富勒医生。

29 Bladder Cancer 膀胱癌

Patient： I've been having trouble with passing water.

患者： 我排尿有问题。

Doctor： What kind of trouble have you been having?

医生： 什么问题？

Patient： I have passed red-colored urine.

患者： 我的尿是红颜色的。

Doctor： Is this urine red-colored throughout the stream?

医生： 排出的尿全都是红色的吗？

Patient： Yes, it is.

患者： 是的。

Doctor： Do you have any pain during urination?

医生： 排尿时痛吗？

Patient： No, I haven't. What do you think is the matter?

患者： 不痛，你看怎么回事？

Doctor： It is difficult to say now. In order to clarify the diagnosis, some special tests are necessary. Cystoscopy is the best way to establish the diagnosis. Besides, biopsy should provide the microscopic diagnosis.

医生： 还不好说。为了明确诊断，需要做一些特殊检查。膀胱镜检查是最好的诊断方法。此外应该取活检做显微镜下诊断。

Patient： Whatever you say. Doctor.

患者： 你怎样安排都可以，大夫。

(A few days later)

（几天以后）

Doctor： I've just read the results of your examinations and discussed your case with the urologist. The best thing to do would be to come into the hospital for further treatment.

医生： 我刚看完你的检查结果，并和泌尿外科医生讨论过你的问题。最好你能住院做进一步诊治。

(Talk between doctor and patient's husband.)

（医生与患者丈夫的谈话。）

Husband： Have you found anything of significance?

丈夫： 你发现了什么严重问题吗？

Doctor： From the history, clinical findings and results of the examination, I believe that your

wife has a bladder cancer.

医生：根据病史及临床所见以及检查结果，我认为您的夫人得了膀胱癌。

Husband: What do you advise?

丈夫：您看怎么治好？

Doctor: I think she should come into the hospital and receive surgical treatment.

医生：我认为她需要住院进行外科治疗。

Husband: What kind of operation are you going to perform?

丈夫：你准备做什么手术？

Doctor: Since the cancer is a superficial small cancer, partial cystectomy or electrodesiccation may be applicable.

医生：由于肿瘤表浅而小，所以部分膀胱切除或点灼切除都可以。

Husband: I'm so worried. Do you think my wife will be cured completely?

丈夫：我很担心。你认为我妻子能完全治愈吗？

Doctor: Don't worry. We'll do our best to cure her, but the prognosis of bladder cancer depends on the nature and extent of the cancer. When there is no invasion of muscle, the five-year survival rate is 77%. With deep invasion of muscle, the chance of five-year survival is less than ten percent.

医生：别着急。我们将尽最大的努力给她治，不过膀胱癌的预后取决于其性质和程度。当肿瘤没有浸润到肌层时，五年生存率有 77%，而当有肌肉深部浸润时，五年生存率不到 10%。

Husband: Are there any chemical drugs to treat this cancer?

丈夫：有什么化学药物能治疗这种肿瘤吗？

Doctor: No systemic chemotherapeutic agent warrants recommendation at present. We would like to instill certain medicine into her bladder at weekly intervals for a month or so. It may destroy superficial cancer.

医生：目前还没有全身的化疗药物值得推荐。我们想每星期往她膀胱里注射一次药水，一两个月，也许能消灭掉表层肿瘤。

30 Pelvic Colon Cancer 盆腔结肠癌

Doctor: Well, Mr. Longwood, you've been having trouble with your bowels for a long time. The last time you came to hospital, we did an X-ray and this showed that there is a growth which is causing the bleeding.

医生：朗伍德先生，你长期以来大便不正常，上次你来看病做了 X 线检查，结果发现一个肿块，是它引起出血。

Patient: Is it serious, Doctor?

患者：医生，严重吗？

Doctor: It will be if we leave it, so I would recommend you to have an operation to remove the growth. You will be in hospital for about two to three weeks and then we'll see you for

regular check-ups.

医生：假如留着它，将会是严重的，所以我建议你做手术切除这个肿块，你得住院两三个星期，出院后做常规检查。

Patient: Aren't I too old to have an operation?

患者：我是不是会因太老了以至于不能做手术？

Doctor: Oh no. Age is no bar to surgery these days. We consider each patient individually. Some patients are young at ninety and others are old at sixty.

医生：噢，不是。现在年龄对手术来说不是什么障碍。我们逐一检查每位患者，有些已90岁了还很年轻，而另一些60岁就老了。

Patient: I won't have to have a bag, will I?

患者：我会不会用粪瘘袋。

Doctor: Fortunately not. After the operation you should have no trouble with your bowels.

医生：不会。术后你大便不会有问题。

Patient: Shall I need any other kind of treatment?

患者：还需要其他治疗吗？

Doctor: No. The operation should clear up the trouble. So I'll write to your doctor and tell him we are bringing you into hospital to have an operation. I shall probably see you in the ward in about ten days' time.

医生：不需要，手术就能治疗此病。因此我要给你的医生写信，告诉他我们要让你住院进行手术。大约在十天后我会在病房见到你的。

Patient: Thank you, Doctor.

患者：谢谢您，医生。

31 Hepatic Cell Carcinoma 肝细胞肝癌

Doctor: You look very tired. What's the matter?

医生：你看起来很疲倦，怎么回事？

Patient: Yes, I'm very tired. I'm wondering if you could help me.

患者：是的，我很累。不知道你能不能帮助我。

Doctor: Just tell me what's wrong with you.

医生：告诉我你怎么回事？

Patient: I feel very tired and worn out all the time. It has lasted 6 months. My appetite is not very good. I always feel full after eating a little food while I usually ate twice of that in the past. In the last months, I have lost nearly 10kg.

患者：我感到疲倦无力。这种状况已经持续六个月了。我的胃口不太好，常常吃一点食物就觉得饱了，而以前我能吃下去现在两倍的东西。在过去六个月里，我差不多瘦了十公斤。

Doctor: Do you have any other discomfort?

医生：有什么其他的不适吗？

Patient: I feel a dull pain in the right upper abdomen. My shin is not as good as before and it couldn't be improved by cosmetics.

患者：我觉得右上腹隐隐作痛。皮肤也没有以前好了,用化妆品也不管用。

Doctor: Do you have any chronic disease, for example, type B hepatitis, gastritis, tuberculosis, etc.

医生：你有什么慢性病吗？比如乙肝、胃炎、结核什么的？

Patient: As far as I know, I don't have any of these diseases.

患者：据我所知没有这些病。

Doctor: Then do you know if you have stone in the gallbladder?

医生：你有没有胆囊结石？

Patient: No, I don't think so.

患者：没有,我觉得没有。

Doctor: Do you take physical exams periodically?

医生：你定期做体检吗？

Patient: No, I rarely got ill so I'm no a frequenter of the hospital.

患者：没有。我很少生病,不是医院的常客。

Doctor: Do you often take alcohol?

医生：你经常喝酒吗？

Patient: Yes, I'm loyal to firewater. I drink whiskey every day, just because it could give me relief from sorrow of divorce. That's the reason why I left my hometown.

患者：是啊,我对烈酒甚为痴迷。我每天都喝威士忌,只因为它能帮我解除婚变的伤痛。离婚也是我背井离乡的原因。

Doctor: I'm sorry to hear that. But I must suggest that you should not take so much alcohol. It's not alcohol but time that could be remedy for the grief. I will examine you, please lie down on the bed.

医生：我很难过。但是我还是必须建议你不要喝那么多酒。治疗心痛的良药不是酒精,而是时间。我要给你检查一下,请躺到床上来。

Patient: I feel painful at the place where you're pressing.

患者：你压的地方我觉得痛。

Doctor: Do you feel painful when my fingers move back?

医生：我放开手指的时候觉得痛吗？

Patient: Not very much.

患者：不怎么痛。

Doctor: I think your liver and spleen are bigger than normal.

医生：我想你的肝和脾都大了。

Patient: What does that mean?

患者：那是什么意思？

Doctor: Maybe something is wrong with your liver. Have you had breakfast?

医生：可能是你的肝有些问题。你吃过早饭没有？

Patient: No.

患者：没有。

Doctor: I'd like you to take some blood tests for liver function. And it's necessary for you to take an exam of medical-imageology, such as CT, MRI, or ultrasound.

医生：那我需要你抽血验肝功。我想，有必要做一些影像学的检查，如 CT, MRI, 超声等。

Patient: What's the difference of these imaging exams?

患者：那些影像学检查有什么区别吗？

Doctor: CT and MRI are much more expensive than Ultrasound, correspondingly, they're more accurate in distinguishing characters of different diseases. Ultrasound is more useful to find out the small focus. Each of the three exams has a way to increase the accuracy in diagnosis, it's called enhanced contrast exam.

医生：CT 和 MRI 比超声要贵很多，但是对病变定性的准确性也比超声要好，超声能够更有效地发现小病灶。所有这几项检查都有助于增加准确性，这就是增强造影。

Patient: It's up to you.

患者：做什么由你决定吧。

Doctor: Then I'd like you to take a normal ultrasound exam and an enhanced contrast CT.

医生：那我就要求你做一个普通超声检查和一个增强 CT 扫描。

Patient: Whatever you say.

患者：随你。

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Patient: How about my liver?

患者：我的肝脏怎么样？

Doctor: Do you have chronic type B hepatitis?

医生：你有慢性乙肝吗？

Patient: No.

患者：没有。

Doctor: Do you drink much alcohol?

医生：你经常喝酒吗？

Patient: Yes, I often got drunk.

患者：是啊，常常喝醉。

Doctor: Your liver has a disease called cirrhosis. Perhaps it's caused by the numerous alcohol you drank. And there is lump in the right segment of your liver. I think it bases on the cirrhosis.

医生：你肝脏有一种病变，叫做肝硬化，可能是大量的酒精引起的。肝右叶有一个团块，我想它是在肝硬化的基础上发生的。

Patient: Do you mean that there is a carcinoma in my liver?

患者：你的意思是说我的肝脏里有肿瘤？

Doctor: Yes. But it's hard to say now exactly what it could be. Maybe it's benign tumor such as a big hemangioma, maybe it's a malignant tumor called HCC.

医生：是啊。不过现在还很难准确地说到底是什么东西。可能是类似巨大血管瘤之类

的良性肿瘤，也可能是肝细胞肝癌这样的恶性肿瘤。

Patient: Should I wait outside for the report?

患者：我要在外面等报告吗？

Doctor: Here is the report. Take it to your doctor.

医生：这就是你的报告了。拿给你的医生看。

Patient: Thanks.

患者：谢谢。

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Patient: What should I do?

患者：我该怎么做？

Doctor: Lie down on the bed. Take care! Your body is big and the bed is small. Put your hands aside head.

医生：躺在床上。小心点，你个子较大，床有点小。把手放在头两侧。

Patient: How long will it take?

患者：要花多长时间啊？

Doctor: Take it easy! It will take a few minutes to finish the first step. Then we will inject some contrast agency into your vein for the enhanced examination. The whole process will take less than 20 minutes. The amount of X-ray will not be enough to do you harm. The agency is essentially safe.

医生：放轻松些。做完第一步(平扫)需要几分钟，然后我们会给你注射造影剂到静脉里，做增强扫描。整个过程可能需要十几分钟。射线量不会多到对你产生损害的地步，造影剂也基本上是安全的。

Patient: I got it. When will the result be available?

患者：我知道了。什么时候有结果出来？

Doctor: Generally, it's availabe within 2 hours after finishing the CT scan.

医生：通常是做完 CT 扫描后两个小时之内有结果。

Patient: That's acceptable.

患者：好的。

Doctor: We are beginning. Is there anything that can influence the CT scan (that) you haven't taken out, such as keys, knife?

医生：我们要开始了。还有什么影响 CT 扫描的物件没有拿出来的吗，比如钥匙，小刀之类。

Patient: No. Let's begin.

患者：没有了，开始吧。

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Doctor: According to these results, I'm sorry to tell you that you definitely have a disease called cirrhosis, and as for the lump, the test of blood AFP and imaging exams strongly support the diagnosis of HCC.

医生：根据这些结果，我要非常遗憾地告诉你，你患了肝硬化这种病，至于这个肿块，血

AFP 检验和医学影像学检查都十分支持肝细胞肝癌的诊断。

32 Bowel Cancer 肠癌

Doctor: Hello, my name is Dr. Ma, how can I help you?
医生：你好，我是马医生，有什么我能帮助你的吗？
Patient: I've been having diarrhea a lot lately.
患者：我最近一直腹泻。
Doctor: How long have you had diarrhea?
医生：你腹泻多长时间了？
Patient: Well, I've had diarrhea for quite some time I think, but I don't have it every day.
患者：我想有一段时间了，不过我不是每天都腹泻。
Doctor: How many times would you say you have diarrhea in a week?
医生：你估计一个星期腹泻多少次？
Patient: Maybe about 3 times a week.
患者：一个星期大概三次左右。
Doctor: How often do you have your bowels open?
医生：你多长时间大便一次？
Patient: Usually I have my bowels open every day.
患者：我每天都大便。
Doctor: How many times in a day?
医生：一天几次？
Patient: Usually once a day and maybe 2 or 3 times when I have diarrhea.
患者：通常一天一次，腹泻的时候 2~3 次。
Doctor: Do you have to get up in the night to have your bowels open?
医生：你需要晚上起来去大便吗？
Patient: Yes, sometimes I've had to get up in the night.
患者：是的，有时候我不得不晚上起来。
Doctor: What do your stools look like, what colour are they?
医生：你的粪便看起来怎么样，什么颜色？
Patient: A bit softer than usual, and when it's diarrhea quite runny, and dark brown.
患者：比平时的松软，腹泻的时候很松软，而且是深棕色。
Doctor: Is there any blood in your stools?
医生：粪便带血吗？
Patient: Yes, sometimes, not very much though, but I thought that was my piles.
患者：是的，有时候有，尽管不是很多，不过我觉得是由痔疮引起的。
Doctor: Do your stools smell?
医生：粪便难闻吗？
Patient: No, not that I've noticed.

患者：不，我觉得还算正常。

Doctor: Do you have any pain when you have diarrhea?

医生：你腹泻的时候伴随疼痛吗？

Patient: No, no pain.

患者：没有，不痛。

Doctor: Have you got any other symptoms other than diarrhea?

医生：除了腹泻之外，还有其他症状吗？

Patient: I sometimes wake up in the night sweating.

患者：我有时候半夜起来盗汗。

Doctor: Do you have any abdominal pain or discomfort?

医生：你有没有腹痛或不舒服？

Patient: No, I don't have any pain but I do feel bloated sometimes which can be a bit uncomfortable.

患者：没有，我没有疼痛，不过我有时候觉得有点发胀，并且有点不舒服。

Doctor: I shall need to examine you, feel your abdomen and look into your rectum, please take off your lower clothes and lie down on the examination couch.

医生：我需要检查你一下，摸你的腹部和检查你的直肠。请将下面的衣服脱掉，躺在床上。

I'm going to feel your abdomen, can you show me where you feel bloated and uncomfortable?

我接下来要摸你的腹部，你能指给我看你哪里感到发胀和不舒服吗？

Patient: Just there.

患者：就那里。

Doctor: OK, just relax. I'm just going to press on your stomach, tell me if anything hurts.

医生：好的，请放松，我接下来要按压你的肚子，如果你感到痛请告诉我。

Patient: No, nothing really hurts.

患者：没有，不是那么的痛。

Doctor: OK, can you turn over on your left side and bend your knees? I'm going to put a proctoscope into your anus, it might feel cold and slightly uncomfortable, please try and relax and take deep even breathes.

医生：好了，你能转过身左侧躺着并且弯曲膝盖吗？我要放一根直肠镜到你的肛门里面，你会感觉很凉和稍微不舒服，请尽量放松，深呼吸。

Doctor: OK, I've finished, please get dressed.

医生：好的，我检查完了，请穿衣服。

Patient: Did you feel or see anything?

患者：你感到或是看到什么了吗？

Doctor: No, I shall need some tests from you.

医生：没有，我需要对你做些检查。

Patient: What do you think could be the problem?

患者：你觉得问题出在哪里？

Doctor: It could be anything, an infection from food poisoning, a chronic bowel condition, polyps, a tumor, I need to do some tests to find out.

医生：各种可能都有，食物中毒、慢性直肠炎、息肉或瘤，我需要做些检测才能确诊。

Patient: What tests do I need?

患者：我需要做什么检查？

Doctor: I'm going to need a specimen of your stools, here is a specimen bottle and you will need some blood tests.

医生：我需要你的粪便样本，给你一个样本瓶，还有你需要做一下血液检测。

Patient: I might not be able to give you stool specimen right now.

患者：我现在可能没法给你粪便样本。

Doctor: If you aren't able to do a specimen, do the specimen at home and bring it back tomorrow and take it to the bacteriology lab, wait for the results and if the specimen is positive for anything come back and see me, but you will need to re-register first.

医生：如果你现在不能取样，可以在家取样之后明天带回来给细菌室。你在那儿等待结果，如果结果呈阳性，你再回来找我，不过你需要再次挂号。

Patient: OK, where do I have to go?

患者：好的，我需要到哪里去做检查？

Doctor: The nurse will show you where you need to go, you will need to wait for the results of your blood tests and stool specimen if you have done one, then you need to come back here to show them to me.

医生：护士会带你过去。你需要在那等血样和粪便的检测结果，如果你有的话。结果出来后带过来给我。

Patient: OK, thanks.

患者：好的，谢谢。

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Doctor: Your tests show that you have no infection or food poisoning, so I am going to refer you to a gastro-enterologist, who will do some further tests to see what the problem is.

医生：你的检测结果表明你没有食物中毒和感染，所以我会把你转给胃肠科医生，他会给你做进一步的检测来确定是什么问题。

Patient: What kind of tests?

患者：是什么样的检查？

Doctor: You might need an endoscopic colonoscopy or sigmoidoscopy.

医生：你可能需要做结肠镜内镜检测或者乙状结肠镜检查。

Patient: What does that mean?

患者：怎么做这种检查？

Doctor: It's a procedure where a long thin tube with a camera is passed into your rectum and moved up into your bowel. The pictures are shown on a video monitor, so the doctor can see and treat any problems they might find, or take specimens if necessary.

医生：是一个小手术，将一根连着摄像机的长细管经由你的直肠伸入你的肠内部。图像

会呈现在视屏监控器上,这样医生可以看清出现的问题并进行治疗,需要的时候还可以取样。

Patient: Do I have to come into hospital for this procedure?

患者: 动这个手术我需要住院吗?

Doctor: No. It can be done in a day, normally under sedation.

医生: 不用,一般用镇静剂,一天内就可以完成。

Patient: When will I see the gastro-enterologist?

患者: 我什么时候能见到胃肠科医生?

Doctor: Please wait one moment, I will go and see when the doctor is available to see you.

医生: 请等一会儿,我给你查查什么时候他有空给你看病。

OK, the doctor can see you in a couple of hours; if you go with the nurse, she will show you where you need to wait.

好了,医生两个小时后可以给你看病,护士会带你过去并告诉你在哪里等待。

Patient: OK, that's great, doctor, thanks very much for all you've done.

患者: 好的,太好了,医生。非常感谢你所做的一切。

Doctor: That's OK, you are welcome.

医生: 那没什么,不客气。

33 Lumbar Pain and Sciatica 腰痛和坐骨神经痛

Doctor: In which area of your back do you feel pain? Only in the middle, or on the sides also?

医生: 你觉得你背部哪痛? 只是在中间还是两边都痛?

Patient: Only in the middle part.

患者: 只是中间痛。

Doctor: Does the pain radiate to the leg?

医生: 腿部感到痛吗?

Patient: Yes, sometime it radiates straight down to my heel.

患者: 是的,有时一直放射到脚跟。

Doctor: Can you move as usual?

医生: 你能像往常一样活动吗?

Patient: I can move a little, but my motions are quite limited. I feel pain when bending down. It hurts when I stand up after sitting for a long period of time.

患者: 可以活动一点,可是非常受限制。弯腰时痛。坐久了,一站起来也痛。

Doctor: Have you ever twisted your lumbar region?

医生: 你的腰扭伤过吗?

Patient: I carried a heavy piece of luggage a week ago, I think maybe I twisted my back at that time.

患者: 一个星期前,我提了件重行李,我想可能那时扭的腰。

Doctor: Have you ever had any other illness, for instance nephritis, gall-stones or any gynecological diseases?

医生：你有过其他病吗？比如说，肾炎、胆结石或妇科病？

Patient: I have had nephritis, but that was five years ago.

患者：我有过肾炎，但那是五年前的事了。

Doctor: When I press here do you feel any pain?

医生：我用手压的这个地方痛吗？

Patient: No, I don't.

患者：不痛。

Doctor: I suggest you have an X-ray film taken of your lumbar region to get a definite diagnosis before we start the treatment.

医生：开始治疗前，为了明确诊断，我建议你先拍摄张腰部的X线片。

Doctor: I am going to give you a shot of vitamin B_{12} and "danggui" solution into certain acupuncture points to relieve the pain. It's just like an injection and it only causes a slight pain.

医生：我准备将维生素 B_{12} 和当归液注入针刺的穴位内，可以解除疼痛，像打针一样只有轻微的痛。

Doctor: I am going to add electric acupuncture to the treatment. Don't be afraid, you will only feel a vibrating sensation.

医生：我要给你加上电针治疗。不要害怕，电针只给你一种震颤的感觉。

Doctor: I would like to give you a cupping treatment, you will feel a tightening sensation in the local area only.

医生：我要给你拔罐子，只是局部有点发紧的感觉。

34 Lipoma 脂肪瘤

Doctor: What's wrong?

医生：什么事？

Patient: I have no idea. I found several lumps in my back. I'm so scared that I come here immediately.

患者：我也说不清楚。我在背上发现几个肿块。我吓坏了，所以马上来看病。

Doctor: How did you find that?

医生：你是怎么发现的？

Patient: I found them when I was bathing last night.

患者：我昨晚洗澡的时候发现的。

Doctor: How many lumps do you find?

医生：有几个肿块？

Patient: I can find out five specific lumps. But I don't know if there was any smaller one I can't feel.

患者：我能明确找出来的有五个。至于有没有小的摸不出来的，我不清楚。

Doctor: Any pain?

医生：痛吗？

Patient: No. I'd have found them much earlier if they were painful.

患者：不疼。如果疼，早该发现了。

Doctor：Any other discomfort?

医生：有什么其他不舒服吗？

Patient：I had never been ill before, so I'm afraid of it.

患者：我还是第一次得病，所以感到担忧。

Doctor：Take it easy. It sounds like lipoma. Let me examine you.

医生：放松。看起来像是脂肪瘤。我要检查一下。

Doctor：Yes, it's lipoma.

医生：是的，的确是脂肪瘤。

Patient：How could you be so confident?

患者：你怎么那么确信？

Doctor：Oh, you can trust me. I have experienced many similar cases.

医生：噢，相信我。我见过太多相似的病例了。

Patient：Is it serious? What on earth is that?

患者：严重吗？到底是种什么样的病？

Doctor：It's a sort of benign tumor that often happens to the place where there is a high content of fat.

医生：它是一种良性肿瘤，常常发生在身体脂肪比较多的部位。

Patient：But what's the gold standard for diagnosing this disease?

患者：那它的诊断可靠标准是什么呢？

Doctor：Biopsy.

医生：穿刺活检。

Patient：Oh, I don't like it all.

患者：哦，我可一点也不喜欢。

Doctor：I don't like it either. It's unnecessary.

医生：我也一样。没必要那么做。

Patient：Should anything be done for these lumps? I mean, an operation.

患者：有什么需要做的呢？我的意思是，比如手术。

Doctor: It depends on the size of lumps. I prescribe periodical check-up to you instead of an operation because they're not big enough.

医生：做不做手术要看肿块的大小。我建议你定期检查，而不是手术。因为现在你的肿块还没有大到要手术的程度。

Unit V

Obstetrics and Gynecology

妇 产 科

1 Trichomonas Vaginitis 滴虫性阴道炎

Intern: Hello, Mrs. Clark. I'm the intern. How are you?

实习医生：你好，克拉克太太。我是实习医生。你身体好吗？

Patient: I'm not feeling too well.

患者：我觉得不太好。

Intern: In what way?

实习医生：怎么不好？

Patient: Oh, I've had this real bad discharge for the past week.

患者：哦，一周来我出现了很臭的阴道分泌物。

Intern: What colour is it?

实习医生：分泌物是什么颜色？

Patient: It's sort of yellowish-green.

患者：分泌物有点淡黄绿色。

Intern: Do you have any pain or burning on urination?

实习医生：你在排尿时有疼痛或烧灼感吗？

Patient: Yes, I have both.

患者：有，两种情况都有。

Intern: Do you have any itching?

实习医生：你感觉瘙痒吗？

Patient: Yes, that's the worst part of it. It's really red and sore.

患者：是的，那儿是瘙痒最严重的部位。那个部位确实是又红又痛。

Intern: Is there anything else bothering you at this time?

实习医生：你现在还有什么别的不舒服吗？

Patient: No.

患者：没有。

Intern: I believe I forgot to ask you how old you are.

实习医生：我确实忘了问你有多大年纪了。

Patient: I'm fifty.

患者：50 岁了。

Intern: And when was your last period?

实习医生：那么你最后的经期是在什么时候?

Patient: About ten years ago.

患者：大约在十年前。

Intern: Have you had any bleeding since that time?

实习医生：从那时以来你出过血吗?

Patient: No, I haven't.

患者：没有,没有出过。

Intern: Do you have any pain on intercourse?

实习医生：你在性交时感觉痛吗?

Patient: Only over the past week, since the discharge began.

患者：只是从上周开始有阴道分泌物以来才感觉疼痛。

Intern: How many pregnancies have you had?

实习医生：你有过几次妊娠?

Patient: Two.

患者：两次。

Intern: Have you had any premature births or miscarriages?

实习医生：你有过早产或流产吗?

Patient: No.

患者：没有。

Intern: Then I assume you have two children living.

实习医生：那么我想你的两个孩子都健在。

Patient: Yes, that's right.

患者：是的,都健在。

Intern: Have you always been this heavy?

实习医生：你一直是这样胖吗?

Patient: Only when I get nervous. I eat a lot and tend to gain a lot of weight.

患者：只是在我精神紧张以后才胖起来的。我吃得多,体重也增加了不少。

Intern: Have you at any time had high blood pressure?

实习医生：你的血压总是很高吗?

Patient: No.

患者：不。

Intern: Have you had to drink more water recently?

实习医生：最近你喝水多吗?

Patient: No.

患者：不多。

Intern: Have you noticed yourself urinating more or consuming more food?

实习医生：你注意到自己有多尿或多食吗?

Patient: No, I haven't.

患者：没有,没有注意到。

Intern: Have you had any trouble urinating?
实习医生：你排尿时有不适感吗？
Patient: Only that it burns.
患者：只有灼烧感。
Intern: Do you have any difficulty in starting your stream?
实习医生：你开始排尿时有困难吗？
Patient: No, I don't.
患者：没有，没有困难。
Intern: Have you had any pain in your back?
实习医生：你有过腰背痛吗？
Patient: No.
患者：没有。
Intern: Any shortness of breath recently?
实习医生：最近感觉气短吗？
Patient: None at all.
患者：一点也不气短。
Intern: I'll call a nurse, and she will prepare you for the remainder of the examination.
实习医生：我要给护士打个电话，她将为你准备其余的检查。

2 Vaginal Moniliosis 阴道念珠菌病

Patient: I had gushes of vaginal discharge this morning, and I have an unpleasant feeling. I wonder if something is wrong.
患者：我今天早晨有阴道分泌物流出，感觉很不舒服。我怀疑有些不对头。
Doctor: I see. Have you had this discharge only today?
医生：我知道。只有今天才有吗？
Patient: I've noticed it before but not so much as today.
患者：以前我也有过，但不像今天这么多。
Doctor: What's the colour and the character of the discharge? Is there any unpleasant odor?
医生：分泌物是什么颜色的？什么性质的？有没有特殊的气味？
Patient: It's yellow, thick and creamy, but has no special odor.
患者：分泌物是黄色的、稠奶酪样，但没有特殊气味。
Doctor: Is your vagina itching, or do you have any pain in your vagina?
医生：你觉得阴道痒还是痛？
Patient: No. I don't have any pain but I do have a sensation of itching and burning.
患者：不痛，但有瘙痒及烧灼感。
Doctor: Have you ever had any female diseases, such as pelvic inflammation, cervicitisor polyp of the cervix, etc?
医生：你曾经得过妇科病么？如盆腔炎、宫颈炎、宫颈息肉等。

Patient: I don't know, because I haven't visited the doctor on these matters.

患者：我不知道，我没为这些看过病。

Doctor: Is your menstruation normal?

医生：你的月经正常吗？

Patient: Yes.

患者：是正常的。

Doctor: Empty your bladder and then I'll give you a pelvic examination. Take off your shoes and panties and lie on the examining table, please. Oh, you have a typical vaginal moniliosis. Let me take some discharge for examination under the microscope. Oh, typical monilia are found. It can be cured with proper suppositories. Every evening you should put one suppository into the vagina after washing and continue to do so for two weeks. Then come back for a check-up three days after you have finished the medicine.

医生：请您排空膀胱，我要给你做内诊。请把鞋和内裤脱下来躺在检查床上。噢，你有典型的阴道念珠菌病。让我取些分泌物作显微镜检查。哦，镜下可见典型的念珠菌。用特制的坐药是可以治好的。每天晚上洗外阴后放一颗坐药在阴道里，持续用两周的药。停药三天后回来复查。

3 Functional Uterine Bleeding 功能性子宫出血

Patient: I have had vaginal bleeding for eight days, beginning five days after my last period ended.

患者：从上次月经五天后我又开始出血，到现在已有八天了。

Doctor: How old are you?

医生：你多大年纪了？

Patient: I'm 35 years old. My periods have always been irregular. I have received many treatments, both Chinese traditional and Western medicine. The problem was improved, but the trouble recurred frequently. My last period was April 10th, 2009.

患者：35岁。我的月经经常不规则。中西药都用了很多。见好，但经常犯。我最后一次月经是2009年4月10日。

Doctor: How many pregnancies have you had?

医生：你怀过几次孕？

Patient: I had only one abortion four years ago, but no child.

患者：四年前流产过一次，但没有孩子。

Doctor: What is the amount of bleeding? Do you have pain in your lower abdomen?

医生：出血量多不多？下腹痛吗？

Patient: The bleeding is quite heavy. I change my pads almost every hour, but there isn't any pain.

患者：出血很多，几乎每小时要换一次纸，但是一点也不痛。

Doctor: All right. I'll give you an injection once a day for three days. Come again in three days and I'll give you a thorough examination. We will make a pelvic examination, vaginal smear for estrogen, cervical mucus and BBT at the same time. Then we will find out for sure what the problem is. It's probably what is called functional uterine bleeding. Hormone imbalance is the cause of the bleeding, so with hormone treatment, it can be cured. There is no need to worry much about it. Will you take the injection here?

医生：好吧！你需要打针，每日一次共三天。三天后再做彻底检查。查盆腔，阴道涂片查雌激素，查宫颈黏液并测基础体温。然后找出原因。很可能是所谓的功能性子宫出血。出血的原因是内分泌失调，用激素可以治愈。不必太担忧。你愿意在医院里打针吗？

Patient: I want to have it at home. Then I'll come again in three days.

患者：我要在家里打针。三天后我再来。

4 Ovarian Cyst 卵巢囊肿

Patient: I have been feeling a mass on the left side of my lower abdomen for the last 3 months. It has grown bigger in the past 4 weeks.

患者：我摸到左下腹部有个肿块，已经有三个月了。最近四周来长大了。

Doctor: How big is it? What is the consistency?

医生：有多大？软还是硬？

Patient: When it started it was the size of an orange and became as big as the head of a newborn baby in the last 4 weeks. It's quite movable from side to side.

患者：开始时像橘子那么大，最近四周像新生儿头那么大，可以向两边活动。

Doctor: Has there been any change in your menstruation?

医生：你的月经有变化吗？

Patient: My periods became irregular within the last 6 months. Bleeding became heavy and lasted up to 10 to 14 days, sometimes my periods were delayed 40 to 50 days.

患者：我的月经最近六个月不规律，出血多而且持续达10~14天。有时还后延到40~50天。

Doctor: Do you feel any pain in your abdomen?

医生：你觉得肚子痛吗？

Patient: I sometimes feel pain in the lower left side of the abdomen and each attack lasts for a few minutes and then disappears.

患者：有时我觉得左下腹痛，每次痛几分钟就不痛了。

Doctor: What's the character of your pain? When was the last attack?

医生：是什么样的痛？末次发作是什么时候？

Patient: It felt as if something had been twisted and the pain was so severe that I couldn't bear it, but it stopped completely a few minutes later.

患者：有些像绞痛，痛得不能忍受，但几分钟后就会缓解。

Doctor: You have an ovarian cyst, I think. Let me make a thorough examination. Oh, there is a

mass beside the uterus in the left quadrant, about 12cm. in diameter, quite movable. It is an ovarian tumor. Do you feel any pain when I touch it?

医生：我想你有个卵巢囊肿，让我彻底给你检查一下。噢，子宫旁边的左角有一个肿块，大约有 12 厘米直径大小，很活动，是个卵巢肿瘤。我摸的时候你觉得痛吗？

Patient: No, I don't.

患者：不痛。

Doctor: You should be admitted to the hospital for an operation, because it may grow rather rapidly and an ovarian tumor can change quite easily in nature.

医生：因为肿瘤长得较快，而且卵巢肿瘤易发生变化，你应该住院做手术。

Patient: Should I go to the hospital immediately?

患者：我需要马上住院吗？

Doctor: I will give you an admission slip and have a bed arranged for you. You can go home and prepare yourself. Come back tomorrow for admission.

医生：我给你开一张住院条并给你安排个床位。你可以先回家去做准备，明天来住院。

5 Lower Abdominal Pain 下腹疼痛

Patient: I have had lower abdominal pains off and on in the recent 6 months ever since the abortion.

患者：流产后，我的下腹疼痛有六个月了，时好时坏。

Doctor: Were you operated on during the abortion?

医生：流产时做过手术吗？

Patient: Yes, it was an abortion after a pregnancy of 2 months. The fetus did not come out completely, so the doctor had to operate. I had a low grade fever after the operation, about 37.4 to 37.8℃ for 10 days. They gave me some injections and the temperature returned to normal.

患者：做过，是两个月做的流产。胚胎没有完全出来，所以医生给我做了手术。手术后发低烧十天，大约在 37.4~37.8℃，打了些针就好了。

Doctor: Was there any pain at that time?

医生：当时肚子痛吗？

Patient: I didn't notice any.

患者：没感到肚子痛。

Doctor: How about the discharge from the vagina?

医生：阴道有分泌物吗？

Patient: It's somewhat more profuse than before, with an unpleasant odor.

患者：比以前多，有难闻的气味。

Doctor: What is the character of the pain?

医生：是什么性质的痛呢？

Patient: It's a burning sensation, sometimes with a bearing down sensation. It's more to the left side of the lower abdomen. The pain becomes more marked when I have caught a cold, before menstruation or during it.

患者：烧灼感,有时有下坠感。痛多在左下腹部,在着凉或月经前、月经期加重。

Doctor: Take your temperature, please. It's 36.9℃. No fever. Let's do a white blood cell count. It's normal. Then I will give you some medemycin I think physiotherapy is good for you.

医生：请试一下体温。体温是 36.9℃,不发热。查一下白细胞。白细胞正常。我给你些麦迪霉素。我想理疗对你也很好。

Patient: I'll try.

患者：那试试看吧。

6 Dysmenorrhea 痛经

(1)

Doctor: Hello. What can I do for you?

医生：你好,有什么我可以为你效劳?

Patient: It is dysmenorrheal.

患者：我痛经。

Doctor: You said you have dysmenorrheal?

医生：你说你有痛经?

Patient: Yes. The doctor of another hospital made this diagnosis and gave me some medicines.

患者：是的。另外一个医院的医生给我作了这个诊断,并且给开了药。

Doctor: Then why did you come here? Were these medicines not effective?

医生：那你为什么来这里呢? 是那些药没有效果吗?

Patient: Yes, I got much benefit from these medicines. But I want more. I want to cure the disease.

患者：不是的,那些药很有效。但我想彻底治好这个病。

Doctor: Can you give me more details about your case history?

医生：你能详细说说你的病史吗?

Patient: It's deadly painful in the pelvic area during the period. The doctor said I had endometriosis and there was a chocolate cyst in the right ovary.

患者：月经期间我的小肚子非常痛。那个医生说我有子宫内膜异位和右侧卵巢的巧克力囊肿。

Doctor: Do you still remember the measurement of the cyst?

医生：你现在还记得囊肿的大小吗?

Patient: I am sorry.

患者：抱歉,不记得了。

Doctor: Then did you bring the case file here?

医生：那你把以前的病历带来了吗?

Patient: No. I forgot to bring it.

患者：没有。我忘了带。

Doctor: OK. I think you'd better take an ultrasound scan for the pelvic. Have you got sexual intercourse?

医生：那好，我认为你最好做一下盆腔超声检查。你有性生活吗？

Patient: Yes, I have.

患者：我有。

Doctor: Do you have colpitis?

医生：有阴道炎吗？

Patient: No.

患者：没有。

Doctor: You'd better take a trans-vaginal ultrasound scan instead of a transabdominal one. It's a bit expensive but more accurate. If you are not in the period, you can finish this today. And I will compare the measurement with the one of the past. Please come with your case file next time.

医生：那我希望你把经腹超声扫描换成经阴道扫描。会贵一点，但是会准确得多。如果你现在没有行经，今天就可以完成这个检查。我会比较前后两次的囊肿大小。下次记着把病历带来。

Patient: Then what can you do for me?

患者：你怎么治我的病？

Doctor: I think we should undertake a surgery to pick the chocolate cyst out.

医生：我想我们要做个手术把囊肿弄掉。

Patient: No, doctor. That doctor suggested an operation too, but I really don't like any surgery. That's why I came here. Could you please do anything else to help me? I will appreciate it from my heart.

患者：不，医生。那个医院的医生也建议手术，但是我真的不想做任何手术。这也是我来你们医院的原因。能麻烦你采取一些其他措施来帮助我吗？我会从心底感谢你。

Doctor: I will try Traditional Chinese Medicine. If the Chinese herbs can't help you cure the disease, you'll have to take another choice.

医生：我会试一试中医。如果中草药不能治愈你的病，你还是得做出另外的选择。

Patient: Thanks a lot. Let's try Chinese herb first.

患者：非常感谢。我们先试一试中药吧。

(2)

Doctor: What's the problem, Miss Wang?

医生：你有什么不舒服，王小姐？

Patient: Well, doctor, I have very bad period pains every month. They are so bad that when I lie down, I often roll around in agony.

患者：嗨，医生，我每个月月经期间肚子都痛得要命。只要一躺下，就会痛得打滚。

Doctor: Is your period heavy or light?

医生：来月经时，量多不多？

Patient: It's always very heavy.

患者：总是很多的。

Doctor: And how long does it last?

医生：经期多长？

Patient: Eight to ten days. It makes me feel drained, and I can't concentrate on work because of the pain. My face always goes very pale.

患者：8~10 天，我总是痛得精疲力竭。月经一来，我就无法专心工作，而且脸色总是苍白。

Doctor: Eight to ten days—That's too long. Because you're losing so much blood, you're probably anaemic, which is why you feel so tired.

医生：8~10 天经期太长了。你失血那么多，可能有贫血，所以你才感到那么疲倦。

Patient: I see.

患者：原来是这样。

Doctor: I'll give you some herbal medicine to relieve your stomach cramps, and you can also have acupuncture if you like. Apart from that, don't eat very hot or cold food, and keep off stimulating foods such as sour or spicy food. Don't take too much exercise, and try to relax and enjoy life.

医生：我给你开些止痛的草药，你也可以用针灸止痛。此外，不要吃过烫或过冷的食物，也不要吃诸如酸的和辣的刺激性食物。不要做剧烈运动，多放松，注意休息。

Patient: I'll try to remember that.

患者：我一定照你说的去做。

(3)

Patient: My next period is due to start in a few days, but I have cramps already. I have been suffering from cramps every month for the last 8 years. I always feel awful just before my period.

患者：我的月经还有几天才开始，但现在就痛起来了。从八年前起每个月都会痛，每次月经前我都害怕极了。

Doctor: Are you a student?

医生：你是学生吗？

Patient: Yes, I'm a medical student. I have severe premenstrual pain, so that I can hardly concentrate on my studies.

患者：是的。我是医学生。月经前痛得很厉害，因此我几乎不能集中精力去学习。

Doctor: How many days does the pain last?

医生：要痛几天？

Patient: It lasts for 4 to 5 days and disappears on the 2nd day of periods.

患者：要痛 4~5 天，月经来的第二天就不痛了。

Doctor: Do you have severe headaches?

医生： 头痛得厉害吗?

Patient: Yes, I have headaches, but not too bad.

患者： 有头痛,但不太厉害。

Doctor: Do you have pains in your back or stomach?

医生： 你有腰痛或胃痛吗?

Patient: I have backaches and my legs feel heavy, I even feel that my skirts and my shoes are too tight.

患者： 我腰痛、腿发沉,我觉得裙子和鞋也发紧。

Doctor: Then probably your legs are also a bit swollen!

医生： 那可能你的腿也有点儿肿吧!

Patient: Then, is it serious?

患者： 那么严重吗?

Doctor: Well, in your case you suffer from so-called dysmenorrhea accompanied by premenstrual stress.

医生： 你患有痛经并伴有经前期综合征。

Patient: Is there any medicine for it?

患者： 有什么药物能治吗?

Doctor: Let's try some hormone extracts or some medicine for muscle relaxation, diuresis and analgesics.

医生： 我们试着用些激素制剂、肌肉松弛剂、利尿剂和止痛剂。

Patient: Is there any herbal medicine for it?

患者： 有什么中药可用的吗?

Doctor: Oh, there are several kinds of Chinese traditional medicines, and acupuncture works also.

医生： 噢,有几种中药可以用。针刺也有效。

Patient: I prefer getting acupuncture.

患者： 我愿意用针刺。

Doctor: That's all right. I will give you acupuncture treatments.

医生： 那好。我给你做针刺治疗。

Patient: I feel much better after acupuncture. Thank you.

患者： 做完针刺后我感觉好多了。谢谢你。

(4)

Patient: Good afternoon, doctor. I wonder if you can help me. For the last three or four months I've been getting really bad period pains. They are so much worse than I usually have, that I feel something is not right.

患者： 午安,医生。请你给我看看。近三四个月来,我痛经很厉害,远远超过了以前的疼痛,所以,我想可能有什么不对头。

Doctor: Have you noticed anything else different?

医生： 你还注意到一些其他的异常吗?

Patient: Yes. I've been losing weight although I still eat the same amount.

患者：对了，尽管我的食量未减，但人却在不断地消瘦。

Doctor: I'd better give you an internal examination. Please remove your underwear and lie down on the couch. I'm just going to insert my finger into your anus. Try to relax as much as possible, and it shouldn't hurt.

医生：我来给你做一个体内检查。请脱去短裤，躺到椅子上。我要用示指插入你的肛门，尽可能放松一点，这个检查是不痛的。

Patient: All right, doctor.

患者：好吧，医生。

Doctor: There's something I'm not sure about. There seems to be some sort of a lump, and it could just possibly mean you have a tumor. So I'll give you a form to take to the Ultrasonic Department to have a scan, and I'll give you another form to take along to the Endoscopy Department to check to it out.

医生：里面有个什么东西，难说它到底是什么。好像是个隆起物，看样子像是个肿瘤。我给你开一张 B 超单子，你去 B 超室检查一下；我还要给你开一张内镜检查单，到内镜室做检查。

Patient: How long will it take for these two examinations?

患者：这两个检查的结果出来要多久？

Doctor: They should both be finished by the end of tomorrow afternoon. If we find it's benign, we'll have to see you once a month, either you will come here, or we'll visit you. And if we think it's malignant, we'll bring you in right away for surgery.

医生：明天下午关门前就能出来。如果肿瘤是良性的，每月要做一次随访，你可以来医院，我们也可以去你家。要是恶性的，我们马上把你收进来动手术。

7 Menstrual Disorder 月经失调

(1)

Doctor: Please can you tell me what your problem is?

医生：请告诉我你有什么问题？

Patient: I am having very heavy periods.

患者：我月经过多。

Doctor: Will you tell me your symptoms?

医生：你能告诉我都有什么症状吗？

Patient: My Period is lasting for nearly 2 weeks every time, the bleeding is very heavy and I am getting quite a lot of pain.

患者：我的月经每次都持续两个多星期，流很多血而且很痛。

Doctor: How long have you had them for?

医生：这些症状持续多久了？

Patient: About 5 months now.

患者：大概有五个月了。

Doctor: Do you have this problem all the time?

医生：这些问题是一直困扰着你吗?

Patient: In the last 5 months yes, before that no.

患者：以前不是,最近的五个月是这样。

Doctor: Is it painful or uncomfortable?

医生：是否觉得痛或者不舒服?

Patient: Yes, it's very painful.

患者：是的,非常痛。

Doctor: Where is it painful?

医生：哪里痛?

Patient: Lower stomach and right side.

患者：紧靠胃的右下方。

Doctor: Are you taking any medication?

医生：你是否吃过什么药?

Patient: I've been taking brufen, it helps sometimes.

患者：我正在服用布洛芬,有时候有效果。

Doctor: Is it worse if you are stressed or unhappy?

医生：当你压抑或者郁闷的时候是不是会病情加重?

Patient: No.

患者：没有。

Doctor: Do you have any other symptoms?

医生：除此之外还有什么症状?

Patient: No.

患者：没有了。

Doctor: Are you able to sleep at night?

医生：你晚上能入睡吗?

Patient: Not when I'm having a period as I need go to the bathroom about 3 times in the night.

患者：月经来的时候睡不着,因为我每天晚上要去 3 次厕所。

Doctor: I need to take your pulse and B/P.

医生：我需要量一下你的脉搏和血压。

Doctor: I need to examine you.

医生：我需要检查一下你。

Doctor: I need to give you some treatment.

医生：我要对你进行治疗。

Doctor: I will prescribe for you some medication.

医生：我给你开些药。

Doctor: You need to come back in 2 months, you will need to register again when you come back.

医生：如果两个月内没有好转你再过来找我，在看病之前需要先挂号。

Patient: What if the medicine doesn't help?

患者：如果吃药没有效果呢？

Doctor: I will then have to admit you into hospital for further tests and maybe a laparoscopy.

医生：到时我会建议你留院接受进一步检查，有可能是腹腔镜检测。

Patient: Oh, OK, thanks very much.

患者：哦，好的，非常感谢！

(2)

Patient: My period hasn't started yet this month.

患者：这个月我没来月经。

Doctor: Did it always come on time until now?

医生：以往月经按时来吗？

Patient: No, before the birth of my child, my periods always came with a regular 28 days' interval. But my periods have become irregular after the delivery. Sometimes earlier, sometimes later, and even one month late.

患者：不，在生小孩前月经每 28 天来一次，生孩子后月经不准，有时早，有时晚，甚至晚一个月。

Doctor: How old is your son?

医生：你的儿子多大了？

Patient: He is 12 months old.

患者：他 12 个月了。

Doctor: When was your last period?

医生：你最后一次月经在什么时候？

Patient: It came 60 days ago.

患者：60 天前。

Doctor: Do you feed the baby now?

医生：你还喂奶吗？

Patient: I feed him with my own milk and cow's milk together.

患者：我的奶和牛奶同时用。

Doctor: That's the reason why your period has become irregular. The menstruation is controlled by sex hormones. During breast feeding human prolactin inhibits the production of estrogen and progesterone which regulate your menstruation. I think you had better stop the breast feeding now, and then your periods will soon be regular. Otherwise, you may come back for a check-up. Could you be pregnant?

医生：这是你月经不准的原因。月经由性激素来控制，但哺乳时，人体中的生乳素抑制调节月经的雌激素及黄体酮的产生。我想现在你给孩子断奶较好，这样你的月经很快就会规则起来。如果仍不规则，你再来复查。你有可能怀孕吗？

Patient: No, that's impossible. My husband has not been with me for more than two months. It is a good idea for me to stop the breast feeding. Should I take some medicine?

患者：不可能，我丈夫有两个月不在家了。断奶倒是个好建议。我要吃药吗？

Doctor: That won't be necessary. I don't think you need to worry about missing your periods.

医生：不必要。我想你不必顾虑月经不来的问题。

Patient: Then will they return to normal?

患者：月经以后会准吗？

Doctor: Yes, once the breast feeding is stopped, sex hormones will adjust themselves. Then the periods will return to normal.

医生：是的，一旦断奶，性激素会自行调节，月经就会正常的。

8 Hysteromyoma 子宫肌瘤

(1)

Patient: Doctor, I think I'm suffering from a gynecological disease.

患者：医生，我想我有妇科病。

Doctor: Why do you think so? Can you describe the symptoms?

医生：为什么这么说？能告诉我一些症状吗？

Patient: I noticed that the amount of blood is getting more and more during the menstruation. The cycle is irregular, but generally it extends at least 3 days. These symptoms appeared 5 months ago.

患者：我注意到月经血量越来越多，周期不规律，但总的来说周期是延长的，最少会延长三天。这些情况五个月前就出现了。

Doctor: How old are you?

医生：你多少岁了？

Patient: About 38 years old.

患者：大约 38 岁。

Doctor: How about the menstruation before?

医生：以前的月经怎么样？

Patient: It was very regular. The amount, the period, just everything is all right.

患者：以前很规律。月经量，经期长短，等等，都很正常。

Doctor: Do you have a pain in the lower abdomen?

医生：下腹部痛不痛？

Patient: I haven't experienced any pain so far.

患者：到现在为止还没有痛过。

Doctor: How about the leucorrhea?

医生：白带呢？白带如何？

Patient: Sometimes it's more than normal and it has a bad smell.

患者：有时候量多一点，有些异味。

Doctor: Do you have any other symptoms?

医生：有什么其他的症状吗？

Patient: Sometimes there is a bearing down sensation but it's very slight.

患者：有时候觉得有点坠胀感，不过很轻微。

Doctor: Did you have any gynecological disease before? Did you have any operation on your pelvic organs?

医生：以前有什么妇科疾病吗？或者有没有做过盆腔手术？

Patient: No.

患者：没有的。

Doctor: Do you know anyone of your families or relatives had a malignant gynecological carcinoma?

医生：你的家族成员里面有没有得妇科恶性肿瘤的？

Patient: No, no one.

患者：没有人得过这种病。

Doctor: OK, maybe you are suffering from uterus myoma. It's very common among people of your age. I will examine you, please follow me to the examining room.

医生：好，可能你得的是子宫肌瘤。在你这个岁数的人中间，这个病很普遍。我要对你进行妇检，请你跟我到检查室来。

Doctor: Did you accept any gynecological exam before?

医生：你以前做过妇科检查吗？

Patient: Yes, I accept physical examinations every year.

患者：做过，每年我都会体检。

Doctor: OK, Please take off your pants and lie on the bed, then put your feet on the frames. Relax yourself.

医生：那好。你把内裤脱掉，躺在床上，把脚放在架子上。放松。

Doctor: I'm beginning. If you have any discomfort, just let me know.

医生：我开始了。如果你有什么不适，就告诉我。

Patient: I can manage it.

患者：没问题。

Doctor: Get down and put on your pants. Your uterus is bigger than normal and I can feel a lump in the left pelvis. Perhaps there are both a submucous myoma and a subserous myoma. We have difficulty in distinguishing a submucous myoma from a myoma in the broad ligament. We must depend on a pelvic ultrasound exam.

医生：下床来把裤子穿好。你的子宫是增大，左侧附件区可以摸到一个包块。可能是有一个浆膜下肌瘤和一个黏膜下肌瘤。鉴别浆膜下肌瘤和阔韧带肌瘤有一定难度，我们要依靠超声检查。

Patient: Is that a trans-vaginal ultrasound scan?

患者：是经阴道超声扫描吗？

Doctor: Yes. It's a very common exam for women now. I will prescribe an examination bill. You can go to the ultrasound department to finish this exam after you pay for it.

医生：是的，这已经成为妇科检查的常做项目了。我会给你开一张检查单，交费以后就

可以去超声科完成检查。

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Doctor: Now the transabdominal exam has been finished, please go for a pee and come back soon?

医生: 经腹部检查已经做完了,你去大便,然后马上回来?

Patient: OK.

患者: 好的。

Doctor: Put off your pants and lie down with you buttocks on the plastic paper. Bend you knees. This probe will be inserted into your vagina, if you feel discomfortable, please tell me.

医生: 脱掉内裤,上床,把臀部放在塑料纸上,弯起腿来。我要把这个探头放进你的阴道,有不舒服就告诉我。

Patient: Nothing discomfortable.

患者: 没有什么不舒服。

Doctor: Your doctor is right. There are two myomas. One is submucous myoma and the other is subserous myoma.

医生: 你的医生是对的,你有两个肌瘤,一个是黏膜下肌瘤和一个浆膜下肌瘤。

Patient: How about the measurement?

患者: 有多大?

Doctor: Not very big. But they both have abundant blood support, so they could grow bigger quickly. If the blood vessels growth couldn't keep pace with the carcinomas', necrosis will happen, which could bring you abdominal pain. If the carcinomas grow bigger, they will influence the menses more heavily. And the subserous myoma, it has a potential risk of torsion, which may cause acute abdomen.

医生: 不是很大,不过两个肌瘤的血液供应都很丰富,所以生长起来会很快。如果血管的生长跟不上肿瘤的生长,那肿瘤就会出现坏死,这会引发腹痛。如果肿瘤长大,那对月经的影响也会更大。至于浆膜下肌瘤,它还可能有发生扭转产生急腹症的危险。

Patient: That sounds dangerous.

患者: 听起来挺危险的。

Doctor: The risk of each disease should be fully estimated by doctor. And each disease should be seriously treated.

医生: 医生要对每种疾病的危险性都进行充分的评估。每种疾病都应该积极地治疗。

Patient: That's right.

患者: 是这样。

(2)

Doctor: Good afternoon, Mrs. Wilkins. You've come to us from Dr Johnston? What took you to him?

医生: 下午好。威尔金斯太太,是约翰逊医生介绍你到我们这里来的吗?你找他看什

么病?

Patient: It's my periods. They've been playing me up.

患者: 关于我的月经的事,每次来潮都很难受。

Doctor: I'm sorry. In what way are they bothering you?

医生: 噢,月经来时怎么不好?

Patient: They're ever so heavy and I feel so queer when I'm on.

患者: 行经时出血很多,又很难受。

Doctor: I see. Are they still regular?

医生: 我明白了。来月经有规律吗?

Patient: Ever so regular.

患者: 一向很有规律。

Doctor: No, I mean do you still see them monthly?

医生: 不,我的意思是你每 28 天来一次例假吗?

Patient: Yes, but they last a lot longer.

患者: 是的。但是持续时间较长。

Doctor: How long?

医生: 多长时间?

Patient: Oh, eight to ten days.

患者: 哦,8~10 天。

Doctor: Do you pass clots?

医生: 带有血块吗?

Patient: Yes and it hurts. You know, Doctor, I can't go to my work while I'm like it.

患者: 是的。还很痛。就因为这个,大夫,我连班也上不了啦。

Doctor: When was your last period?

医生: 最近一次月经什么时候来的?

Patient: Let me see. It was the week before Easter. That's two weeks ago.

患者: 我想一下,是在复活节前的一个星期,就是两个星期以前。

Doctor: Do you have any bleeding between the periods or after intercourse?

医生: 两次月经之间或房事后有出血吗?

Patient: No, but I don't go with my old man any more.

患者: 不,我好久不与丈夫同房了。

Doctor: Have you any children?

医生: 你有小孩吗?

Patient: Yes, a boy and a girl. He's aged 21 and she's at home still. She's 17.

患者: 我有一个男孩和一个女孩。男孩今年 21 岁,女孩 17 岁,还住在家中。

(Doctor examines patient and finds a large mass of uterine fibroids)

(医生检查患者,发现有子宫平滑肌瘤)

Doctor: Well, Mrs. Welkins, you've got some lumps of fibrous tissue on the womb which are causing the bleeding. I think we should deal with them.

医生：哎，威尔金斯太太，你子宫上长了些肌瘤，因此引起出血，我看应该加以处理。

Patient: Oh. Is that serious?

患者：哦，严重吗？

Doctor: No. It's not but it won't get better of its own accord. I'd recommend you to come in and we'll deal with the situation by operation.

医生：不，不严重，但是不治疗，它自己是不会好的。我建议你住院，手术治疗。

Patient: Couldn't the lumps be melted away by medicine?

患者：这个肿块可以用药物消除吗？

Doctor: Sorry. I don't think so. An operation is the only way to stop this problem.

医生：很遗憾，我看不行。手术是解决问题的唯一方法。

Patient: Oh dear! It's not cancer, is it?

患者：天哪！不是癌症，对吗？

Doctor: No. It's not cancer but I think you'll be a lot more comfortable without the bleeding.

医生：不，不是癌症。手术后出血会好转，病痛也能解除了。

Patient: I suppose you know best but I'm frightened of hospitals.

患者：我相信你能治好我的病，但我害怕住院。

Doctor: I know but hospitals are useful places to turn to when you need them. You'll only be in for ten days or so and once the operation is over, you'll feel so much better. Shall I put you on the waiting list?

医生：我理解。但需要住院时还得住院。你只需要住院 10 天左右。做完手术后，你一切都会感觉很好。你现在登记住院吗？

Patient: I suppose so. How long will it be?

患者：好，就这样吧。大概要等多长时间？

Doctor: Hard to tell exactly, but about six weeks. Is that all right for your holidays?

医生：确切地不好说，大约六星期左右。这对你的假期安排合适吗？

Patient: Yes. Let's get it over with before then.

患者：行。我希望手术在我假期以前就做。

Doctor: Very well, Mrs. Wilkins. We'll send for you to get this fixed up. Goodbye and don't worry about hospitals.

医生：很好，威尔金斯太太。病床安排好，我们就通知你。再见。住院别害怕。

Patient: Goodbye, Doctor, and thanks very much.

患者：再见，大夫，非常感谢。

9 Hematuria 尿血

Doctor: When did the present attack begin?

医生：这次发作是什么时候开始的？

Patient: It started on Christmas Eve and I couldn't get the tablets. I had to keep going to the loo. I only passed a small amount and it was stinging. There was a lot of blood with

clots.

患者：是从圣诞节前一天晚上，当时我没有药。我不得不总跑厕所，每次尿量很少而且疼痛，尿中血很多，并伴有血块。

Doctor：Where was the pain?

医生：哪儿痛？

Patient：Down here. (suprapubic)

患者：从这儿往下（耻骨上）。

Doctor：Did you have a pain in the loin?

医生：您的腰痛吗？

Patient：No.

患者：不痛。

Doctor：Did you have a fever with it?

医生：发热吗？

Patient：No, but I did last time.

患者：这次没有，但上次发热了。

Doctor：How long does it last?

医生：烧了多长时间？

Patient：When I get the tablets it goes in a few days.

患者：我吃药后几天就退烧了。

Doctor：Do you take septrin?

医生：您吃增效磺胺甲基异噁唑了吗？

Patient：Yes, most of the time septrinand some green medicine.

患者：吃了，多数时间吃的是增效磺胺甲基异噁唑和一种绿色药片。

Doctor：In between attacks do you have to go often to the lavatory?

医生：在发作之间您是不是不得不经常去厕所？

Patient：Yes. I can't wait.

患者：是的，而且不能等。

Doctor：How long have you had this trouble?

医生：你这病多长时间了？

Patient：Since I had my children.

患者：从我有小孩的时候开始的。

Doctor：How many have you?

医生：你有几个小孩？

Patient：Two：five and six. There's only 11 months between them.

患者：两个。一个 5 岁，一个 6 岁，他们只相差 11 个月。

Doctor：Did you have any trouble in pregnancy?

医生：你怀孕期间得过什么病吗？

Patient：No. It's been worse since my second.

患者：没有。我生第二个孩子后这病就加重了。

Doctor: When you cough, strain, sneeze, does your water come away from you?
医生：你咳嗽、用力、打喷嚏时有小便失禁现象吗？
Patient: Yes.
患者：有。
Doctor: Did you have a difficult and long labour?
医生：你是否经历过难产和产程延长？
Patient: No.
患者：没有。
Doctor: Did you have a forceps delivery?
医生：你有过产钳分娩吗？
Patient: Yes.
患者：有过。
Doctor: Do you have to get up in the night?
医生：你是否在夜间不得不起床？
Patient: No.
患者：不是。
Doctor: Can you think of anything else that brings it on?
医生：你认为还有什么其他原因能引起此病吗？
Patient: I wonder if it is the coil.
患者：我想是不是因为避孕环。
Doctor: How long have you used it?
医生：你使用避孕环多久了？
Patient: Three years. When they put it in, I had it straight away after.
患者：三年了。放避孕环后我就有了这病。
Doctor: Have you had it changed?
医生：你更换过吗？
Patient: No.
患者：没有。
Doctor: Are you under the Family Planning Clinic?
医生：是在计划生育门诊上的环吗？
Patient: Yes.
患者：是的。
Doctor: Why do you use the coil instead of the pill?
医生：你为什么用避孕环而不吃药呢？
Patient: I got migraine with the pill.
患者：我吃药后偏头痛。
Doctor: Do you still get migraine?
医生：你一直有偏头痛吗？
Patient: Very occasionally.

患者：偶尔发生。

Doctor: Do you think there is any connection between the attacks and intercourse?

医生：你觉得每次发作与性交有关系吗?

Patient: No.

患者：没有。

Doctor: What about your weight?

医生：你的体重怎么样?

Patient: It's steady.

患者：很稳定。

Doctor: Your appetite?

医生：食欲呢?

Patient: It's very poor. It always has been.

患者：很不好,总是这样。

Doctor: Your bowels?

医生：大便怎么样?

Patient: Regular.

患者：很规律。

Doctor: And how are your periods?

医生：月经怎么样?

Patient: I lose four days every 28 days.

患者：每隔 28 天,持续四天。

Doctor: Have you ever been anaemic?

医生：你有过贫血吗?

Patient: No.

患者：没有。

Doctor: Do you smoke?

医生：你吸烟吗?

Patient: Thirty a day.

患者：一天 30 支。

Doctor: Do you drink?

医生：你喝酒吗?

Patient: Only at the weekends.

患者：只在周末喝。

Doctor: Have you had any other illnesses?

医生：你有其他病吗?

Patient: No.

患者：没有。

Doctor: Did you ever have this trouble as a child?

医生：你小时候曾有过这病吗?

Patient: Yes, when I was about five. I didn't tell anybody.
患者：有过，大概在我五岁的时候，但我没告诉任何人。
Doctor: Did you wet your bed later than the normal?
医生：你是不是比正常孩子停止尿床要晚？
Patient: No.
患者：不。
Doctor: Is there anyone in your family with water trouble?
医生：你家里有人得泌尿系统疾病吗？
Patient: Yes. My mother has it. She's been on tablets for 9 years. When she stops taking them, it comes back.
患者：我母亲有，她一直吃药有九年了，她一停药就犯病。
Doctor: Is there anyone else with it?
医生：还有其他人有这病吗？
Patient: Yes. My sister has it three or four times a year. It started after her first child.
患者：我姐姐，一年犯三四次。她生第一个孩子后得的这种病。
Doctor: Any other family?
医生：你家里还有什么人？
Patient: I have a father and brother.
患者：我父亲和我哥哥。
Doctor: Are they all right?
医生：他们都很好吗？
Patient: Yes.
患者：很好。
Doctor: Well, we must have your kidney and bladder X-rayed. If there is nothing wrong there, we must put you on tablets. Strip down to your underpants and cover yourself with a blanket.
医生：好吧，我们给你做一个肾和膀胱的 X 线检查。如果没有问题，你必须吃药。脱下裤子，用毯子盖上。

10 Early Pregnancy 早孕

(1)

Patient: Doctor, I am afraid I'm in the family way. My menstruation is 18 days late.
患者：医生，我想我怀孕了。我的月经晚了 18 天还没来。
Doctor: When was your last menstruation?
医生：你上次月经是什么时候？
Patient: It was on 12th, April.
患者：4 月 12 日。
Doctor: How about your menstruation cycles? Are they regular?
医生：月经周期怎么样？规律吗？

Patient: Usually 29days a cycle. They are regular. I should have started another cycle on May 11th or so, but there's still no evidence of its appearance until now.

患者：通常是29天，挺规律的。本来应该在5月11日开始这次月经，但是直到现在还没有要来的迹象。

Doctor: Then did you have any sexual intercourse during these days?

医生：你在这期间有过性生活吗?

Patient: Yes, I have three during April 27th to May 3rd,without any measurement against pregnancy.

患者：有，我在4月27日至5月3日有过3次性生活，没有采取任何避孕措施。

Doctor: You're lucky. That's just the dangerous period.

医生：你很幸运，这几天恰好是危险期。

Patient: I want to make sure of it, so I want you to check this for me.

患者：我想确定一下，所以来找你帮我检查。

Doctor: Do you have any discomfort?

医生：你有什么不舒服吗?

Patient: I have strong morning sickness. I have tenderness of the breasts. The appetite is not very good. I feed nauseous when I see greasy food.

患者：我有强烈的早孕反应，乳房胀痛，食欲低下，厌油腻。

Doctor: I will examine you. Do you want to give birth to it or not if you really have one?

医生：我给你检查一下。如果真的怀上了，你要不要这个孩子?

Patient: I have no idea.

患者：我没主意。

Doctor: OK, I will not give you a pelvic exam this time. Please take a pelvic ultrasound and have your urine and blood tested for the HCG.

医生：既然你还没有拿定主意，那这一次我就不给你做盆腔检查。你去做一个盆腔B超，化验一下血、尿的HCG。

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Patient: Here are the reports of these exams.

患者：这是检查报告。

Doctor: They all show that you're pregnant.

医生：所有检查都表明你怀孕了。

Patient: Then what should I do?

患者：那我该怎么办？

Doctor: You have to take time to consider and then make a prudential decision. Keep it or not? They're absolutely two reverse choices, making one means destroying the other.

医生：你必须花些时间来考虑这个问题并做出谨慎的决定，留住孩子还是拿掉？这是两个绝对相反的选择，二者只能取其一。

Patient: Yes, I know that. Please give me some advices.

患者：是的，我明白。请给我一些建议。

Doctor: If you want to keep this baby, I will give you some other exams to exclude the possibility of trophoblastic diseases and make sure (that) it's a normal embryo. I must trace your family history to see if there is any possibility of hereditary diseases. You must come here for periodical check-up. Avoid sexual intercourse in the early 3 months and the last month of pregnancy. Avoid any infectious diseases and consult your doctor when you have to take some medicines.

医生：如果你想留住这个孩子,我会给你进行另外一些检查来排除滋养细胞疾病并确信这个胚胎是正常的。我必须追溯你的家族史看看他有没有患遗传疾病的可能。你必须来医院进行定期的检查。在怀孕前三个月和分娩前一个月要避免性交。尽量避免任何感染性的疾病,如果需要服用什么药物,在服药前向你的医生进行咨询。

Patient: Thanks. What if I had to make another choice?

患者：谢谢,如果我不想要这个孩子呢?

Doctor: Make your choice early if you really don't want to be a mother this time. It's much easier for us to give you a treatment of induced abortion during early pregnancy period.

医生：如果不想在这一次做母亲,就尽量早做出决定。在怀孕早期实施人工流产术,会容易得多。

Patient: Thank you for your offer of help. I will take your advices into careful consideration.

患者：好的,谢谢你所提供的帮助。我会仔细考虑你的建议。

Doctor: Take care of yourself. If you need a socialist, I will arrange one for you.

医生：保重！如果你需要社会工作者,我会为你安排一个。

(2)

Doctor: What can I do for you?

医生：我能为你做些什么?

Patient: My period is 20 days late.

患者：我的月经过了 20 天。

Doctor: How about your menstrual cycles?

医生：你的月经周期是多少天?

Patient: Usually 30 days apart, but sometimes 7 to 10 days late.

患者：一般是 30 天,有时推后 7~10 天。

Doctor: When was your last period?

医生：最后一次月经是什么时候?

Patient: April 17th, which was on time. I don't know for sure whether I am pregnant or not, so I would like you to check this for me.

患者：4 月 17 日,是正常的。我不知道是不是怀孕了,所以希望您给检查一下。

Doctor: Have you had any discomfort?

医生：你有什么不舒服吗?

Patient: I have tenderness of the breasts.

患者：我的乳房胀痛。

Doctor: How about your appetite?

医生：你的胃口怎样?

Patient: It has been poor. I feel nauseous in the morning but there is no vomiting.

患者：很差。早晨我感到恶心,但是没有吐。

Doctor: Let me make a pelvic examination.

医生：我给你做一个盆腔检查。

Patient: OK! Thank you.

患者：好吧！谢谢。

Doctor: Oh, the uterus is enlarged and soft, indicating a pregnancy of about 6 weeks. Can you give us some urine for a test?

医生：哦,子宫增大而软,大约怀孕六周。你能留点尿检查一下吗?

Patient: Yes.

患者：好的。

Doctor: The urine pregnancy test turned out to be positive. You are pregnant, I think. Take care of yourself.

医生：尿妊娠试验结果是阳性。我看你怀孕了,请多保重。

11 Pelvic Inflammation 盆腔炎

Doctor: Please can you tell me what your problem is?

医生：请问你能告诉我哪里不舒服吗?

Patient: I have lower abdominal pain and vaginal discharge.

患者：我下腹疼痛,阴道有分泌物。

Doctor: Will you tell me your symptoms?

医生：能告诉我你的症状吗?

Patient: I've had vaginal discharge for two weeks now, since my last period, and the abdominal pain has been for the last week.

患者：从上次月经来临到现在,阴道一直有分泌物出来,差不多持续了两个星期,而腹痛是从上个星期开始的。

Doctor: Is it very painful or uncomfortable?

医生：很痛或不舒服吗?

Patient: It can be quite painful sometimes, but not all the time.

患者：有时候很痛,但不是一直痛。

Doctor: Where is it painful? Can you show me?

医生：哪里痛,你能指给我看吗?

Patient: Just here.

患者：就这里。

Doctor: What does the vaginal discharge look like?

医生：阴道分泌物是怎么样的?

Patient: A dark cream colour.
患者：乳白色有点发黄。
Doctor: Does it smell?
医生：有难闻气味吗?
Patient: No, I haven't noticed.
患者：没有,我没有注意到。
Doctor: OK, are you taking any medication to help with the pain?
医生：好的,你吃过什么药缓解疼痛吗?
Patient: I've been taking ordinary painkillers but they don't help very much.
患者：我吃了些普通的止痛药,不过没有多大效果。
Doctor: Is it worse if you are stressed or unhappy?
医生：当你压力大或悲伤的时候会不会病情加剧?
Patient: No, nothing like that.
患者：没有,没有遇到过。
Doctor: Do you have any other symptoms?
医生：你还有其他症状吗?
Patient: What kind of symptoms do you mean?
患者：你指的是什么症状?
Doctor: Do you think you have a fever, have you felt sick or vomited?
医生：你觉得你发热吗? 你感觉恶心想吐吗?
Patient: I hadn't thought about it, but I do feel slightly sick all the time, and feel hot most of the time.
患者：我没有注意过,不过我总是有轻微的恶心,并且我总是感到很热。
Doctor: Are you able to sleep at night?
医生：你晚上的时候能入睡吗?
Patient: Normally, but I have woken up feeling hot the last couple of evenings.
患者：睡眠一般,不过前两天晚上都被热醒了。
Doctor: Do you have any trouble passing urine?
医生：你小便有困难吗?
Patient: Well, I feel that I want to pass urine, but I have to wait a short time until actually go.
患者：我有尿意,不过我要等一段时间才能尿出来。
Doctor: Do you have any problems having your bowels open?
医生：你大便有问题吗?
Patient: No, no problems.
患者：没有,没有问题。
Doctor: Are you menstruating every month?
医生：你每个月来月经吗?
Patient: Oh, yes.
患者：哦,是的。

Doctor: When did you last menstruate?

医生：你上次来月经是什么时候？

Patient: One week ago.

患者：一个星期前。

Doctor: How many days does your period last for?

医生：你的经期有多长?

Patient: About 7 days.

患者：七天。

Doctor: I need to examine you; please can you take off your lower clothing and lie on the couch?

医生：我要给你做个检查，请问你能脱掉下身衣服，躺到床上吗?

I'm just going to press on your abdomen, tell me if it hurts.

我接下来要按压你的腹部，如果感到痛的话告诉我。

Patient: Yes, it hurts just there.

患者：是的，就那里痛。

Doctor: OK, fine. I'm now going to examine your vagina. Can you put your feet into these stirrups, and try to relax? I know it's uncomfortable, I'm going to put a speculum into your vagina, it might feel cold. Please tell me if it hurts.

医生：好的，我现在要检查你的阴道，你能把你的脚放到那些镫子上吗？我知道很不舒服，不过还是请你尽量地放松。我要伸一个诊视镜到你的阴道里，你会感觉有点凉。如果感到痛的话请告诉我。

Patient: Ouch, yes, it does hurt a lot.

患者：痛哎，弄痛我了，真的很痛。

Doctor: OK, I'm going to take a vaginal swab, to test for an infection or virus.

医生：好的，我接下来要取阴道拭样，检查是否有细菌或病毒感染。

Patient: OK.

患者：好的。

Doctor: OK, I've finished. Will you get dressed?

医生：好的，我检查完了，请穿好衣服。

I'm going to take your temperature, pulse and B/P.

我接下来要量你的体温、脉搏和血压。

I would like you to have some blood tests and a urine test. Is that OK?

我需要你做些血液检测和尿样检测，可以吗?

Patient: OK, where do I have to go?

患者：没问题，我到哪里检测?

Doctor: The nurse will show you where to go; you will need to wait for the results and bring them back to me.

医生：护士会指给你怎么走，你需要等待结果出来后拿回来给我。

Patient: OK, I'll see you later.

患者：好的，一会儿见。

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Doctor: I've seen your results, and I think you may have Pelvis inflammatory disease, you will need to be seen by a senior gynaecologist. Can you wait while I see if she is free?

医生：我看过你的检测结果了，我想你可能有盆腔炎。一位高级妇科医生会过来给你看病，你能等一会儿吗？让我去看看她什么时候有空。

Patient: OK, is it serious?

患者：好的，病情很严重吗？

Doctor: Yes, it can be, you will need some antibiotics, and she will decide if you need to be admitted into hospital.

医生：是的，会很严重。你需要服用抗生素，而且她会决定你是否需要住院。

Patient: Oh, it's that serious!

患者：哦，有那么严重啊！

Doctor: Please don't worry, you have a slight fever, and it's best to be careful.

医生：请别担心，你有轻微的发热，你需要注意点。

Patient: Oh, yes, I'm sure you are right, when do I see the other doctor?

患者：哦，是的，我认为你是对的，我什么时候见那位医生？

Doctor: You will see her today; I will go and see what time.

医生：她今天给你看病，我会过去看什么时间合适。

Patient: Thanks very much!

患者：非常感谢！

12 Ectopic Pregnancy 宫外孕

Doctor: Hello, my name is Dr. Cui, how can I help you?

医生：你好，我是崔医生，有什么我能帮助你的吗？

Patient: I think I might be pregnant, but I have severe abdominal pain, so I thought it would be best to come and have it checked out.

患者：我想我可能怀孕了。不过我有严重的腹痛，所以我想最好是过来检查一下。

Doctor: Will you tell me your symptoms?

医生：你能告诉我你的症状吗？

Patient: The pain came suddenly yesterday, and I have had some vaginal bleeding.

患者：昨天突然开始痛，伴随阴道出血。

Doctor: How much vaginal bleeding? What did it look like?

医生：阴道出血的量有多少？是怎么样的？

Patient: I haven't bled very much, and it was very dark red and slightly watery.

患者：没有流很多血，是暗红色的，有点分泌物。

Doctor: Have you felt nauseous, dizzy or faint?

医生：你感到恶心、头晕目眩吗？

Patient: Yes, I felt as if I was going to faint yesterday, it was a horrible feeling, and I do feel slightly nauseous.

患者：是的，我昨天差点晕倒，那是一种很恐怖的感觉，而且我确实感到轻微的恶心想吐。

Doctor: Are you having any trouble passing urine?

医生：你小便有困难吗？

Patient: No.

患者：没有。

Doctor: You say you think you might be pregnant, when was your last period?

医生：你说你觉得你可能怀孕了，你上次月经来临是什么时候？

Patient: I've missed one period and my next one is due now, so it's about eight weeks ago.

患者：有一次月经没有来了，下次月经本来应该是现在，所以有八个星期了。

Doctor: Have you taken a pregnancy test?

医生：你做了怀孕检测吗？

Patient: No, not yet. I was going to wait for a few more weeks, do you think I'm having some kind of miscarriage?

患者：没有，还没有。我是想再等几个星期，你觉得我可能流产吗？

Doctor: I need to examine you, and do some blood tests, is that OK?

医生：我需要检查你，然后做些血液检测，可以吗？

Patient: Yes, sure.

患者：当然可以。

Doctor: OK. Please take off your lower garments and underwear and lay on the couch, I'm just going to feel your abdomen, can you relax and take some deep even breathes, will you tell me if it hurts anywhere I'm touching you?

医生：好的，请将你的下身衣服和内裤脱掉躺在床上，我接下来要摸你的腹部，你能放松、深呼吸吗？如果我摸到什么地方你觉得痛的话就告诉我。

Patient: Yes, it's tender and painful all around my abdomen.

患者：好的，我整个腹部都很不舒服和疼痛。

Doctor: OK. Can you put your feet into these stirrups? I need to examine your vagina, take a few deep breathes in, as this may feel uncomfortable.

医生：好的，你能将脚放到这些镫子上吗？我需要检查你的阴道，请深呼吸，因为整个过程会感觉很不舒服。

OK, you can get dressed now; I need some blood tests, a pregnancy test, and an ultrasound scan.

好的，你现在可以穿衣服了。我需要做些血液检测、怀孕检测和超声波扫描。

Patient: OK, will I get them today?

患者：好的，我今天做吗？

Doctor: Yes, the nurse will take you in a wheelchair for your tests and then you will come back here with the results.

医生：是的，护士会用轮椅推着你过去检查，等检查结果出来后会带你回到这里。

Patient: OK, thanks.

患者：好的，谢谢。

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Doctor: I have your results, and you are pregnant, and I think you have an ectopic pregnancy, you will need to be admitted into hospital immediately, and a senior gynaecologist will come and see you on the ward.

医生：我看了检查结果了，你怀孕了，我想你是宫外孕，你需要立即住院，一位高级妇科医生会在巡诊的时候给你看病。

Patient: If I have an ectopic pregnancy, that means surgery right?

患者：如果我是宫外孕，是不是意味着要动手术？

Doctor: Yes it does, but please don't worry, you will be in safe hands.

医生：是的，不过请不要担心，手术很安全。

Patient: So, I need to go into hospital right now?

患者：那么，我需要现在住院吗？

Doctor: Yes you do, I will fill in the admittance form and the nurse will take you to be admitted and then take you the gynaecological ward. The doctor will see you there.

医生：是的，我给你填住院表，护士会带你办理住院手续，然后带你到妇科病房。医生会在那里给你看病。

Patient: OK, doctor, thanks very much.

患者：好的，非常感谢你，医生。

13 Antenatal Examination 产前检查

(1)

Patient: I think I'm pregnant, would you give me an examination?

患者：我想我怀孕了，您能给我检查一下吗？

Doctor: Take off your shoes, we'll weigh and measure you. We'll take the blood pressure at the same time.

医生：脱下鞋子，我给您测一下身高并量一下体重。我们再测量一下血压。

Doctor: When was your last menstruation?

医生：您的末次月经是什么时候？

Patient: It was on Aug 14th, 2008.

患者：2008 年 8 月 14 日来的。

Doctor: Are your menstrual cycles regular?

医生：你的月经周期规律吗？

Patient: Yes, they are.

患者：很准。

Doctor: Then your due date will be May 21st, 2009. Have you had any morning sickness?

医生：那么你的预产期是 2009 年 5 月 21 日。你有孕吐吗？

Patient: I have had a poor appetite, and have been vomiting after meals for 2 months. It's much better now.

患者：我的食欲很差,有两个月吃饭后就吐。现在好多了。

Doctor: Did you have any illnesses before pregnancy?

医生：怀孕前你得过什么病吗?

Patient: No, I'm quite healthy.

患者：没有,我很健康。

Doctor: What problem have you had during this pregnancy? Have you had bleeding, watery discharge, pain in your lower abdomen and legs, etc?

医生：这次怀孕有什么问题吗?你有过阴道出血、水性分泌物、下腹痛及腿痛等等吗?

Patient: I do have some pain in my legs when I'm tired.

患者：当疲劳时的确有些腿痛。

Doctor: Is there any multiple pregnancy, hypertension, tuberculosis, diabetes or hereditary disease in your family?

医生：你家里有人生过多胎,患过高血压、结核病、糖尿病或遗传病吗?

Patient: I was one of a pair of twins, my mother and younger sister died during the delivery because of profuse bleeding.

患者：我本人就是双胞胎之一,母亲和妹妹在那次分娩中因出血过多而死亡。

Doctor: Let me give you a thorough examination. You have been pregnant for three months. The findings of the physical examination are all normal. The pelvis is big enough. I'll give you these sheets for routine blood and urine examinations, liver function tests and blood grouping. Keep this sheet for fluoroscopy of the chest four months from now. Come back in 2 weeks for a check-up and then once every month during the first 6 months of pregnancy and every two weeks for the next three months, and once a week in the last month. You should avoid sexual relations in the first three months and the last month of pregnancy.

医生：让我给你检查一下。你怀孕三个月了。体格检查正常。骨盆大小正常。我给你这些单子做常规检查,以及肝功和血型检查。这张胸部透视单要保存四个月。两周后请来复查。以后在妊娠最初六个月内每月复查一次,以后的三个月内每两周复查一次,最后的一个月内每周复查一次。妊娠最初三个月和妊娠最后一个月内应避免性交。

Patient: All right. I will do as your advise.

患者：对,我听从您的劝告。

(2)

Doctor: Hello, Mrs. Drake. Is this your first visit to the clinic?

医生：喂,德雷克太太,你是第一次来看病吗?

Patient: Yes, but I've been to my doctor and he's been over me.

患者：是的。我找过我的医生,他也给我检查过。

Doctor: I see from his letter that he's satisfied with the way things are going. Is this your first

pregnancy?

医生：我知道，从来信看来，他认为情况很顺利。这是你第一次妊娠吗？

Patient: Oh no. I've three at home and I've buried two as well as having two 'misses'.

患者：哦，不。我家中现有 3 个小孩，过去死了两个，还流产两次。

Doctor: I see. Were the births normal ones?

医生：我知道了。每次分娩正常吗？

Patient: Well, the first was very difficult. They had to start me off and use instruments to get him out. Eleven pounds he was. The next two were OK but I bled with the fourth and had to go in.

患者：第一胎是难产，他们对我采取了人工分娩，用产钳引产。小孩体重 11 磅(5 公斤)。第二三胎还好，第四胎出血过多，被迫住院治疗。

Doctor: I see. When did you bleed? Before or after the birth?

医生：噢，什么时候出的血？分娩前还是分娩后？

Patient: Before and I had to have an operation.

患者：分娩前。我不得不做了手术。

Doctor: You mean you had a caesar?

医生：你是说做了剖宫产手术？

Patient: Yes and I was ever so unwell after. I went hot and cold and had shivers all over.

患者：是的。手术后很不好，我时冷时热，浑身哆嗦。

Doctor: How about the fifth?

医生：第五胎怎么样？

Patient: Oh, he was very early and died the day he was born.

患者：那次是早产，生下当天就死了。

Doctor: I'm sorry. Do you mind if I write to the other hospital for details?

医生：很遗憾。你不在意我写信向有关医院查阅详细病历吧？

Patient: No, I don't mind.

患者：不，我不在意。

Doctor: What about the other infant who died? Was this in childbirth?

医生：另一个婴儿是怎么死的？也是在分娩时死的吗？

Patient: No. He went sick to his chest when he was six months and died of phlegm.

患者：不，那是生后六个月，因呼吸道感染，多痰，窒息而死。

Doctor: I'm sorry. How are the three at home?

医生：很遗憾。家中的三个小孩好吗？

Patient: They're noisy devils and they're running the daylights out of me. Never quiet. Always shouting and pulling at things.

患者：这些捣蛋鬼把我累死了，一刻也不安静，不是乱喊乱叫，就是乱翻东西。

(Doctor questions patient further and examines her.)

(医生进一步询问患者，并进行了检查。)

Doctor: All's well and you're about three months on. You can expect your baby in late

February. I think it would be wiser to have him in hospital.

医生：一切都好，你妊娠三个月了，预计二月底分娩。我想最好还是住院分娩。

Patient: Oh, Doctor. Couldn't I have him at home? It's difficult with the other kids.

患者：噢，大夫，我不能在家生产吗？带这一堆孩子太困难了。

Doctor: I think you'd be much wiser to come in to us. I'm sure everything will be quite normal but you have had the trouble in the past, haven't you?

医生：你过去有难产，我看最好还是来我们这里住院。一切会很稳妥，对吧？

Patient: Yes, but that was four years ago.

患者：嗯，不过难产是四年前的事。

Doctor: I still think you'd be better off in hospital and I'm certain your next child would stand a better chance as well as your being safer.

医生：我还是认为住院生产较安全，对你未来小孩存活机会和你自己的健康肯定都有好处的。

Patient: All right but can I get the welfare to look after the kids?

患者：行。我能得到些社会福利照顾这些孩子吗？

Doctor: We'll get the social worker to have a chat with you to seen what can be fixed up?

医生：我们可以请社会工作者与你谈一下。看看能否解决一些问题。

Patient: Does it mean that I've got to have another caesar?

患者：你是否认为我还得剖宫产。

Doctor: I doubt it but no one can be certain at this end of pregnancy. Let's wait and see and we'll do the best thing for you and your child.

医生：这很难说。只有到妊娠后期才能决定。我们继续等待观察，尽最大力量保证你们母子平安。

Patient: Well, I was thinking if you did, you could tie my tubes.

患者：嗯。我还考虑一件事，能为我做输卵管结扎吗？

Doctor: Certainly if you and your husband agree. We'll do a sterilization at the same time. Otherwise, we could do it after baby's born. Will your husband agree?

医生：当然可以，只要你和你丈夫同意。这种节育术可在生产时做，也可在产后做，你丈夫同意吗？

Patient: He will if I tell him to.

患者：如果我要做，他是会同意的。

14 Placenta Previa 前置胎盘

Intern: How are you feeling, Mrs. Mason?

实习医生：梅森太太，你感觉怎么样？

Patient: Oh, not too good.

患者：噢，不太好。

Intern: Let's see. I saw you two weeks ago, and everything seemed to be all right at that time.

实习医生：呃，两周前我看过你，那时一切看来都很好啊。

Patient: I know. But last night I began to bleed, and I'm really worried about it.

患者：是呀。但昨天晚上开始出血，我实在为此担心。

Intern: How many pads did you have to use?

实习医生：你用了多少月经垫？

Patient: I used up an entire box, and then I had to use a towel. I thought it would go away, but it didn't, so I decided to come and see you.

患者：我用了整一盒，而后不得不用一条毛巾。我想出血会停止的，但没有停，所以我就决定来找你看病。

Intern: Was there any pain associated with this?

实习医生：出血时感觉痛吗？

Patient: No, no pain, just weakness.

患者：不，不痛，只感到虚弱。

Intern: Are you still bleeding?

实习医生：你还在出血吗？

Patient: Well, it stopped for a while, but then it started up again.

患者：哦，出血停了一会儿，但随后又开始出了。

Intern: Let's see. You're not due for another month, are you?

实习医生：让我们算一下。你不是应该再有一个月才分娩吗？

Patient: No, I'm not.

患者：是的，还有一个月。

Intern: Have you felt your baby moving around?

实习医生：你感到胎动了吗？

Patient: No more than usual.

患者：胎动和平常一样。

Intern: Well, let me examine you briefly, and then I'll talk over your problem with another doctor and decide what to do.

实习医生：好，让我们给你检查一下，然后我要和别的医生讨论你的出血问题，并决定怎么办。

Patient: All right.

患者：好吧。

15 Pregnancy Vomiting 妊娠呕吐

Patient: I'm suffering from nausea and vomiting. I can't take any food or even water, especially in the morning.

患者：我又恶心又吐。我不能吃东西，连水也喝不了，早晨更厉害。

Doctor: How long has this bothered you?

医生：有多长时间了？

Patient: Nausea started about 3 weeks ago, but was not so severe. I have been suffering from terrible nausea and vomiting this week. I feel very weak.

患者：恶心大约有三个星期了，但不太厉害。从这星期起又恶心又吐，我感到很虚弱。

Doctor: When was your last menstruation?

医生：你最后一次月经在什么时候？

Patient: My last period came about 70 days ago.

患者：大约 70 天以前。

Doctor: Are you trying to eat?

医生：你试着吃点东西了吗？

Patient: I try to eat, but I immediately throw up.

患者：我试着吃点，但马上就吐出来了。

Doctor: If you want to be relieved, try to eat something that can be easily digested, in small amounts, and intermittently. It's better for you to keep something in your stomach.

医生：如果要想不吐，要试着少量间断地吃点容易消化的东西。总要使胃里有点东西才好。

Patient: You may be right. But I feel like vomiting even when I smell food.

患者：你说得对。但我一闻到食物的味道就想吐。

Doctor: In that case, the food should be cold, not greasy. It's always worse in the morning, therefore, you should have some snacks ready so you can take a bit if you wake up at night.

医生：在这方面，冷食及少油的食物好些。孕吐常是早晨重些，所以应该准备些吃的东西，夜里睡醒时可以吃点。

Patient: How long will this continue? If possible, I'd like to stay in the hospital.

患者：还要吐多久？如果可能，我希望住院。

Doctor: You are now at the end of your third month of pregnancy, so this malaise will soon be over.

医生：你现在怀孕将近三个月了，这毛病很快就会过去的。

Patient: Isn't there any medicine for me?

患者：可以吃点药吗？

Doctor: Yes, I'll give you a glucose infusion at once, but you should try to take some food yourself. Anyway we can give injections of vitamins, glucose, or some antiemetic drug, if necessary. Morning sickness is one of the discomforts you must face when becoming a mother. About 50% of the pregnant women have different degrees of morning sickness. If you can't bear it, we may give you a shot or admit you to the hospital.

医生：好，我立刻静脉给你输些葡萄糖，但是你一定要吃东西。我们给你注射些维生素、葡萄糖，必要时给些止吐药。要做母亲总是会有些孕吐的。大约 50% 的孕妇有程度不同的孕吐。如果你觉得耐受不了，我们可以给你打针或让你住院。

16 Toxemia of Pregnancy 妊娠中毒症

Patient: My feet have been swollen for a week. In the past 2 days, it has become worse. The fingers have become swollen, too.

患者: 我的脚肿了一个星期了。最近两天加重。手也肿了。

Doctor: Let me see. What problems have you had during this pregnancy, any dizziness, nausea, vomiting, headache or blurring of vision?

医生: 让我看看。这次妊娠有什么问题吗？有头晕、恶心、呕吐、头痛或视力模糊吗？

Patient: I've had a headache since yesterday.

患者: 我从昨天起开始头痛。

Doctor: I'll take your blood pressure. Your blood pressure is 150/95 mmHg. Your eyelids are swollen. Have you had any bleeding during pregnancy?

医生: 我给你量一下血压。血压是 150/95 毫米汞柱。你的眼皮也肿了。这次妊娠阴道出过血吗？

Patient: No, I haven't.

患者: 没有。

Doctor: Please give us some urine for a routine examination. Your urine albumin is positive with two plus. You should omit salt from your diet. You have high blood pressure, edema and albumin in your urine. This is called toxemia of pregnancy. It is a complication produced by pregnancy itself. You should be admitted to hospital immediately. Your condition can be cured by appropriate treatment; otherwise, it may become worse.

医生: 留点尿做个常规检查。尿蛋白两个加号。你应当忌盐。你有高血压、水肿和蛋白尿。就是所说的妊娠中毒症。这是妊娠本身的一种并发症。你应当立刻住院，经过适当的治疗会痊愈的，否则就会加重。

Patient: Could I receive the treatment in the out-patient-clinic? I have some housework to do.

患者: 我能在门诊治疗吗？因为我有家务事要做。

Doctor: No. You should stay in the hospital and receive proper treatments.

医生: 不行。你必须住院进行恰当的治疗。

Patient: Then I'd like to be admitted in the afternoon.

患者: 那么，我下午住院吧。

17 Abortion 流产

Patient: I have had some vaginal bleeding for two days together with some pain in the lower abdomen.

患者: 我这两天阴道有些出血并且伴有下腹痛。

Doctor: What was the amount of bleeding? Is it profuse? When was your last period?

医生: 出血量怎样？多吗？末次月经是什么时候？

Patient: I missed two periods. The last one was on April 4, 2009.

患者：我已经两个月没来月经了。末次月经是 2009 年 4 月 4 日。

Doctor: Is your menstruation regular?

医生：你的月经准吗?

Patient: It's normal now, but it used to be somewhat late before I was married.

患者：结婚前月经常错后,现在准了。

Doctor: Can you give us some urine for a pregnancy test?

医生：你能留点尿做妊娠试验吗?

Patient: I'll try.

患者：我试试看。

Doctor: The pregnancy test was positive. Where is the pain and what's it like?

医生：妊娠试验是阳性。什么地方痛? 是怎样的痛?

Patient: The pain occurs in the central part of the lower abdomen. It comes in attacks accompanied with vaginal bleeding while the pain lasts.

患者：痛在下腹正中。阵发性痛伴有阴道出血。

Doctor: It seems that you are pregnant, with threatened miscarriage. There's still a possibility for you to remain pregnant. You should stay in bed except for eating or going to the toilet. Sexual intercourse is forbidden.I'll give you some medicine by injection or to be taken orally. You should go to the emergency clinic immediately whenever the bleeding becomes more severe than usual; otherwise you should come back in a week for a check-up. Is this your first pregnancy?

医生：看来你怀孕了,是先兆流产。但还是有可能保住。除了吃饭和上厕所,你应当卧床休息。避免性交。我给你开些针剂或口服药。出血若增多要马上来看急诊;否则一周后来复查。你这是第一次怀孕吗?

Patient: Yes.

患者：是的。

(Three days later)

(3 天后)

Doctor: How are you now?

医生：你现在好吗?

Patient: Not so good. The bleeding is more severe than usual and the attacks of pain recur every seven to ten minutes.

患者：不太好。出血增多了,而且有阵发性腹痛,每 7~10 分钟 1 次。

Doctor: Let me take a look. Oh, the cervix is already open about 4 cm., part of the fetus can be seen in the cervix. The fetus will come out soon. I'll prepare the blood for you in case a blood transfusion is needed. You should be admitted to the hospital immediately.

医生：让我检查一下。啊,子宫颈口已经开了四厘米了,宫口可见部分胎儿。胎儿就要出来了。我要给你配血准备需要输血时用。你需要马上住院。

18 About to Give Birth 临产

Patient: I noticed some bloody discharge this morning. This is more than 9 days before my due date.

患者：今天早晨我见红了。离预产期还有九天。

Doctor: Have you had any pain in your abdomen?

医生：你肚子痛吗?

Patient: Yes, but it is mild and not regular.

患者：有,但很轻而且不规则。

Doctor: When did the pain begin?

医生：什么时候开始痛的?

Patient: It's been off and on during the past 4 days.

患者：最近四天来时有时无。

Doctor: Have you had any watery discharge?

医生：流过水吗?

Patient: No, I haven't noticed any.

患者：不,没见到过。

Doctor: Is this your first pregnancy?

医生：你是第一次怀孕吗?

Patient: I had one boy 2 years ago.

患者：两年前我生过一个男孩。

Doctor: Were there some difficulties in the first delivery?

医生：第一次生孩子有困难吗?

Patient: The course of labor was quick, but I bled a lot soon after the baby was born.

患者：分娩过程很快,但小孩出生后出血很多。

Doctor: Did you receive a blood transfusion at that time?

医生：那时给你输过血吗?

Patient: Yes, they gave me 400 cc of fresh blood.

患者：输过,输过 400ml 鲜血。

Doctor: Do you know what was the cause of the bleeding?

医生：你知道出血的原因吗?

Patient: I was told that the placenta remained in the uterus for more than 30 minutes.

患者：我听说是因为胎盘滞留在子宫里超过了 30 分钟。

Doctor: I'll give you an examination. The fetus is in a good position and the head is deeply engaged. The fetal heart is strong and the beat is regular. There is slight bleeding from the vagina. You are now in the preliminary stage of labor. Don't worry about the bleeding. You should stay in the hospital for observation. Labor will start later on.

医生：让我检查一下,胎儿的位置很好,胎儿头固定很深。胎心强而规则。阴道有少量出血。现在是临产的前驱期,不要顾虑这点儿出血。你应当住院观察。临产会开始的。

Doctor: Do you feel the contractions regularly?
医生：你觉得你的宫缩规律吗？
Patient: Yes, they have been regular since 5 o'clock this morning.
患者：从今天早上五点就开始规律了。
Doctor: How long is the interval between two contractions, and how many minutes does it last?
医生：两次宫缩间隔几分钟？宫缩持续几分钟？
Patient: I don't know.
患者：我不知道。
Doctor: I'll do a rectal examination. It will make you a little uncomfortable. Oh, the cervix is open about 3cm. Your baby will be delivered today.
医生：我给你做个肛门检查。会有点不舒服。哦，宫口已经开了三厘米左右，你的孩子今天就要出生了。
Patient: I hope so.
患者：希望能这样。

19 Contraception 避孕

(1)

Doctor: Good morning. Come and sit down. I think you've come for advice on family planning?
医生：早晨好，进来请坐，我想你来这儿是进行计划生育咨询的吧？
Actress: Yes, doctor.
女演员：是的，医生。
Doctor: Have you used any form of contraceptive before?
医生：你采用过什么避孕措施？
Actress: No. Doctor.
女演员：没有。
Doctor: What about your husband? Has he been using a sheath?
医生：你丈夫用过吗？他用过避孕套吗？
Actress: No. He didn't fancy them, but he's tried to be carefullike.
女演员：他不愿意用避孕套，他曾经采用过性交中断法。
Doctor: Did you go in for the last baby?
医生：你生最后一个孩子经过仔细计划吗？
Actress: No, I just seemed to be fall in spite of him being carefullike and that's why I've come to see you today.
女演员：没有，尽管他采用性交中断法我还是怀孕了，这就是我为什么今天来找你的缘故。
Doctor: Tell me about your periods. When was your last one?

医生： 告诉我你的月经如何？上次月经是什么时候？

Actress： 26th, October.

女演员： 10 月 26 日。

Doctor： How many days do you last?

医生： 月经持续几天？

Actress： Five.

女演员： 五天。

Doctor： Do you lose a lot?

医生： 月经出血多吗？

Actress： Well, the first two days are pretty heavy and I see clots, but after that they ease off.

女演员： 对，头两天出血相当多，并且有血块，以后出血就少了。

Doctor： Have you ever had any trouble with your womb?

医生： 你的子宫有什么问题吗？

Actress： No.

女演员： 没有问题。

Doctor： What about your sex life? Is that all right?

医生： 你的性生活如何？正常吗？

Actress： Yes.

女演员： 正常。

Doctor： Do you have any views on the choice of contraceptives?

医生： 你选择哪种避孕措施？

Actress： No. I just ask you.

女演员： 我正想问你。

Doctor： Well now. There are four main forms of contraceptive. There's the sheath, the cap, the pill and the coil. Your husband doesn't like the sheath, so that leaves us to think about the others.

医生： 现在有四种避孕方法：避孕套、子宫帽、避孕药丸和放环。你丈夫不喜欢用避孕套，因此我们只考虑用其他方法了。

Actress： What's the coil then?

女演员： 那么，子宫放环是怎么回事？

Doctor： This is something which is put inside the womb by a doctor and it stops you having a baby. It's not a hundred percent reliable and not really very suitable for people with heavy periods. How do you feel about the pill?

医生： 医生将东西放在子宫内，使你不受孕。放子宫环并不是百分之百的可靠，对月经流量多的患者不是很合适，你认为吃避孕药丸如何？

Actress： I don't really fancy it.

女演员： 我实在是不愿意用药丸。

Doctor： Well, that leaves us with the cap then.

医生： 那么，只剩下用子宫帽了。

Actress: Yes, I'd like that.

女演员：是的，我愿意用子宫帽。

Doctor: Will you come and lie down on the couch. I'm just going to examine you. Let me listen to your chest. Now I'm going to examine you inside. Good. Everything seems to be all right there. I'm going to put a cap in for you. Get up and go and see the nurse and she'll show you how to use the cap.

医生：请躺在床上，我要给你检查，让我来听听你的胸部，我要检查你的阴道。好，一切均正常，我正在给你安放子宫帽。请你起来到护士那里去，她会教你如何使用子宫帽的。

Nurse: Doctor has left the cap in. Squat down and put your finger into the front passage. Can you feel the cap?

护士：医生已经把子宫帽放好，请你蹲下将手指放到阴道内，你能摸到子宫帽吗？

Actress: Yes.

女演员：能。

Nurse: That is the neck of womb and that's the bit which must be covered by the cap. When you put in the cap, you squash it from side to side like this and then you slide it into your front passage pushing backwards.

护士：那是子宫颈，那是子宫帽所覆盖着的一部分，当你放入子宫帽时，请你用手把子宫帽从一侧压向另一侧，像我所做的样子，然后将子宫帽滑入阴道内，并且推向后方。

(Nurse taking out cap and patient practises inserting it.)

(护士取出子宫帽，患者练习插入子宫帽。)

Nurse: Good. Now, in addition to the cap, it is important to use a chemical which will kill the sperms. This tube of spermicidal chemical should be used every time you put the cap in. Squeeze 4cm. in the center like this and then half way round the rim like this. Put your cap in every night before you go to bed and always leave it in for 10 hours after intercourse. We will give you a cap to practise with and come and see us next week with the cap in and the doctor will examine you and see if you have managed to put it in correctly.

护士：好，除了子宫帽之外，用药是很重要的，药可以杀死精子，当你每次放入时，子宫帽内要使用这管杀死精子的药膏，像我所示范的，向子宫帽的中心，距边缘一半的距离，挤放 4cm 长的药膏。每晚睡前放入子宫帽，性交之后要使它留在原位 10 小时。我们给你一个子宫帽做练习，下周来时带着子宫帽，医生将要检查一下，看你能否正确使用子宫帽。

(2)

Patient: I would like to have some contraceptives.

患者：我希望要些避孕药。

Doctor: Then you mean the pill?

医生：你是说避孕药片吗？

Patient: That's right.
患者：对。
Doctor: How old are you?
医生：你多大年纪?
Patient: I'm 26.
患者：26 岁。
Doctor: Have you ever had any serious illness, such as allergies, liver or kidney trouble, hypertension, etc?
医生：你曾经有过严重的病吗？如过敏、肝炎、肾失调、高血压等。
Patient: I'm very healthy, only occasionally I suffer from colds, that's all.
患者：我很健康,只偶尔着凉。
Doctor: Is your menstruation regular?
医生：你的月经准吗?
Patient: My periods are always regular.
患者：一向很准。
Doctor: When did you start menstruating?
医生：你的月经是多大开始的?
Patient: When I was twelve.
患者：12 岁的时候。
Doctor: What method of contraception have you used?
医生：你以前用过什么避孕方法?
Patient: An intrauterine device, but I'm told the pill is more effective than other contraceptives.
患者：放过避孕环,但我听说口服避孕药比其他方法更有效。
Doctor: That's correct. I don't think there will be any side effects, but women who suffer from diabetes or liver trouble must be careful.
医生：肯定好。除了有糖尿病、肝病等要慎重使用外,其他没有什么副作用。
Patient: Then I'm all right.
患者：那我能用。
Doctor: I'll provide you with pills and explain how to take them. How far apart are your menstrual cycles?
医生：我给你药并告诉你怎样使用。你的月经相隔多少天一次?
Patient: Thirty days.
患者：30 天。
Doctor: The day that menstruation starts is counted as the first day of the cycle. From the 5th day you must take one pill each day, and for twenty-two days thereafter.
医生：来月经的第一天是周期的第一天,从第五天起每天吃一片药共 22 天。
Patient: Should I take it in the morning?
患者：是在早晨吃药吗?
Doctor: It's better to take it in the evening before sleep. You may feel more comfortable.

Anyhow you must take it regularly, or it will not be effective. One or two days after you have stopped taking the pill, your period will start. That day is again counted as the first day of the cycle and on the fifth day after that you will resume taking the pills.

医生：晚上睡觉前吃最好，可以更舒服些。无论怎样你必须按时吃，否则就不起作用了。停药后一两天月经就开始。那是新周期的第一天，由第五天起再同样服药。

Patient: I understand.

患者：明白了。

Doctor: Since this is your first time, I'll give you enough pills for twenty two days.

医生：由于这是第一次，我给你 22 天的药。

Patient: Once I stop taking the pill, will ovulation be normal?

患者：当我停药后会正常排卵吗？

Doctor: Of course, once you stop, the natural cycle resumes.

医生：当然，一旦停药，月经就会来。

20 Sterility 不育

Patient: I have borne no child since my marriage five years ago.

患者：我结婚五年没有孩子。

Doctor: How old are you?

医生：你多大了？

Patient: I'm thirty-four years old.

患者：34 岁。

Doctor: Have you had any illness before? And how about the health of your husband?

医生：过去有过病吗？你丈夫的健康状况怎样？

Patient: We are both healthy and have had no disease before, but my periods are not regular and the bleeding is scanty.

患者：我们都很健康，没生过什么病，但是我的月经不准而且量很少。

Doctor: How about your menstrual cycle?

医生：你的月经周期怎样？

Patient: It is always half a month or one month late. In the past 6 months, the amount of blood lost has diminished to about one-third of the previous periods. On the other hand, I have gained weight for the last 6 months. It is strange.

患者：往往晚来半至一个月。近六个月来我的月经量减少了，只有过去的 1/3。另一方面，奇怪的是半年来我发胖了。

Doctor: Has your husband had his semen examined?

医生：你的丈夫查过精液吗？

Patient: Yes, it is normal in number and activity, with less abnormality.

患者：查过，精子的数目和活动都正常，畸形也较少。

Doctor: Empty our bladder first. Let me do a pelvic examination. Take off your shoes and

panties, and lie on the examining table. The cervix is rather tight and small. The position of the uterus is normal, but it is small in size. I will take a vaginal smear to check the estrogen level. The discharge is clean under the microscope. You should take the basal body temperature every morning before you get up, holding the thermometer under the tongue for 5 minutes, and record it on this special chart for 2 to 3 months. And take no medicine during this period. Show me the chart in a month.

医生： 请先去排空膀胱。做一次内诊检查。脱下鞋和内裤，躺在检查台上。宫颈小而紧。子宫的位置正常但小。我要给你做阴道涂片查一查雌激素水平。你的分泌物在显微镜下检查很正常。请你每天早晨起床前测一下体温，将体温表放在舌下五分钟，然后记录在这张纸上，共记两三个月。这期间不吃药。一个月后把记录单拿给我看。

Patient： All right. I will follow your advice.

患者： 好吧。按你说的办。

Doctor： I will do a special test to see whether your tubes are blocked or not. I'll make an appointment for you then.

医生： 我要给你做一次特殊的检查，看看输卵管通不通。我给你约个时间。

21 Osteoporosis 骨质疏松症

Doctor： What seems to be the problem?

医生： 有什么问题吗？

Patient： Doctor, I have got neck pain and bone pain recently.

患者： 医生，我最近脖子痛，骨头也痛。

Doctor： When did you begin to notice these symptoms?

医生： 你什么时候开始感到有这些症状？

Patient： About a year ago. Last year, I fell down the stairs and got a fracture of my left hip.

患者： 大约一年前。去年，我从楼梯上摔下来，左侧股骨骨折了。

Doctor： Well, I'm afraid you need to have BMD (bone mineral density) testing.

医生： 嗯，恐怕你需要做骨矿物质密度测试。

Patient： Do I? What is BMD testing?

患者： 我需要吗？什么是骨矿物质密度测试？

Doctor： Yes, you do. BMD testing should be performed on all postmenopausal women with fractures.

医生： 是，你确实需要。对患有骨折的所有绝经妇女都应进行骨矿物质密度测试。

Patient： OK. Whatever you say.

患者： 好吧，听从你的意见。

Patient： Why are women, especially over the age of 60, the most frequent sufferers of osteoporosis?

患者： 为什么妇女，尤其是60岁以上的，最容易患骨质疏松症？

Doctor: As people age, calcium and phosphate may be reabsorbed back into the body from the bones, which makes the bone tissue weaker.

医生：随着年龄增长，钙和磷酸盐有可能从骨头中重新吸收回人体内，这使骨骼组织变得疏松起来。

Patient: What does osteoporosis mean?

患者：骨质疏松症意味着什么？

Doctor: It is a condition characterized by the progressive loss of bone density and thinning of bone tissue. Osteoporosis is the most common type of metabolic bone disease.

医生：它是一种以骨密度逐渐降低以及骨组织疏松为特征的病状。骨质疏松症是最常见的骨代谢性疾病。

Patient: Can you explain the causes of the disease?

患者：你能解释此病的病因吗？

Doctor: Hormone deficiencies are the leading cause. Other causes include corticosteroid excess, bone malignancies, other miscellaneous problems, etc.

医生：荷尔蒙缺乏是主要原因。其他原因包括皮质激素过多，骨恶性疾病，其他一些病变等。

Patient: Is there anything we can do to prevent it?

患者：有什么办法来预防它吗？

Doctor: Throughout life, dietary intake of calcium is essential for bone formation and maintenance of healthy bone.

医生：整个一生饮食中钙的摄入对骨的形成和维持起健康是很必要的。

Patient: Any special diet?

患者：需要吃特别的饮食吗？

Doctor: Dietary Vitamin D, which aids in the absorption of calcium, is also essential.

医生：饮食中帮助钙吸收的维生素 D 也是必不可少的。

Patient: Can osteoporosis be cured?

患者：骨质疏松症能治愈吗？

Doctor: No. Treatments for osteoporosis focus on slowing down or stopping the demineralization process.

医生：不能，对它的治疗目前主要致力于减慢或阻止骨的失矿质过程。

Patient: What are the benefits of treatments?

患者：这种治疗的好处是什么？

Doctor: The treatments will bring about prevention of bone fractures and control of pains associated with the disease.

医生：这种治疗带来的好处是防止骨折以及减轻疾病所引起的疼痛。

Patient: How can we achieve these results?

患者：我们如何能取得这样一些效果呢？

Doctor: There are several ways: medication, ERT(estrogen replacement therapy), and lifestyle changes.

医生： 一般有几种方法：药物、雌激素替代疗法、生活方式的改变。

Patient: Incurable? It really sounds awful.

患者： 无法治愈的？听起来挺糟糕的。

Doctor: Take it easy. Although osteoporosis is debilitating, it doesn't affect life expectancy.

医生： 别紧张。虽然骨质疏松能使人体衰弱，但它不会影响人的寿命。

Unit VI

Pediatrics

儿　科

1 Baby Health Clinic　婴儿保健门诊

Parent: My baby is more than two months old. I'd like you to give him a check-up.

家长：我的孩子已经有两个多月了。我希望您给他检查一下。

Doctor: Let me examine him. His heart and lungs are normal. I'd like to weigh him. What was his birth weight?

医生：让我给他检查一下。他的心和肺都正常。我要给他称一下体重。他的出生体重是多少?

Parent: He weighed 3.8 kilograms at birth.

家长：出生时体重是 3.8kg。

Doctor: His weight is now 6.2 kilograms, that's very good.

医生：现在体重是 6.2kg, 很好。

Parent: How should I feed him? He is taking breast milk, milk powder and fruit juice.

家长：我应该怎样喂养？他现在吃我的奶加些奶粉,还喂些果汁。

Doctor: You can add egg yolk, vegetable puree and porridge gradually. Start one new food at a time.

医生：可以逐渐地加些蛋黄、菜泥和粥之类的。每次只加一种新的食物。

Parent: What about vaccinations?

家长：请给我讲讲预防接种的事吧?

Doctor: Did he have a BCG vaccination soon after birth?

医生：他一生下来种过卡介苗吗?

Parent: Yes, he had it when he was three days old. He hadn't had any others.

家长：他在生后三天接种过卡介苗,别的还没有。

Doctor: He should be vaccinated against polio and have a triple vaccine when he is 4 months old. He should be vaccinated against measles at 8 months and have smallpox at 2 years.

医生：生后四个月应该接种脊髓灰质炎疫苗和三联疫苗。生后八个月接种麻疹疫苗,二岁接种天花疫苗。

2 Vaccination　预防接种

Parent: My child is healthy. What vaccinations should he have?

家长：我的孩子健康,他应该接种什么?

Doctor: I'll start him on the triple vaccine today. Altogether three injections. This is the first one.

医生：今天我要给他注射三联疫苗，一共是三针。这是第一针。

Parent: When should I bring him back for the second injection?

家长：我什么时候带他来打第二针？

Doctor: Four to six weeks from now.

医生：4~6 个星期后。

Parent: Will there be any reaction after it?

家长：打完针有什么反应吗？

Doctor: Some children have a little fever one or two days after the injection.

医生：有的孩子一两天后有点发热。

Parent: I have another child who had the triple vaccine last year. Does he need more this year?

家长：我还有个孩子，他去年已经打过三联疫苗。今年还需要打吗？

Doctor: He should have a booster one this year. One injection is enough.

医生：今年他需要加强一次，只打一针就够了。

Doctor: I'll give your baby the polio vaccine today, there are 3 types. This is a red sugar pill which is type Ⅰ.

医生：今天我给你孩子开了脊髓灰质炎疫苗。一共三型。这是一粒红色糖丸，是Ⅰ型。

Parent: When should I give it to him?

家长：我什么时候给他吃？

Doctor: The pill does not keep at room temperature, so you must give it to him as soon as you get home. Don't let him take any warm water or food until one hour after taking the pill.

医生：这糖丸不能放在室温下。所以你一到家就给他吃。吃后一小时不能喝热水和吃热的东西。

Parent: Will be there any reaction?

家长：有什么反应吗？

Doctor: Normally, no. There's nothing to worry about. Come back one month from now for the sugar pill types Ⅱ and Ⅲ.

医生：正常情况下没反应。不用担心。一个月后请来取Ⅱ型和Ⅲ型糖丸。

3 Reaction to Smallpox Vaccination 天花接种反应

Doctor: What's wrong with your child?

医生：你的孩子怎么了？

Parent: He was vaccinated against smallpox a week ago. Yesterday he began to run a fever and he was irritable.

家长：他一个星期前接种了天花疫苗。昨天开始发热、烦躁。

Doctor: Is there any redness and swelling?

医生：有红肿吗？

Parent：Yes, there is some swelling at the armpit.

家长：是的，腋下肿了。

Doctor：He is having a reaction to the smallpox vaccination. Yet, his axillary lymph gland is swollen.

医生：这是天花接种反应，他的腋下淋巴结肿了。

Parent：When will it get better?

家长：什么时候能好呢？

Doctor：About one week.

医生：一周左右。

Parent：Can I bathe him?

家长：我能给他洗澡吗？

Doctor：Yes, but don't wash the vaccination area.

医生：可以，但是不要洗接种的地方。

4 Pertussis (Whooping Cough) 百日咳

Mother：Good morning, Dr. Li.

母亲：李医生，早上好。

Doctor Li：Good morning. What a lovely baby! How old is she?

李医生：早上好！多可爱的孩子呀！几岁了？

Mother：She's one year old.

母亲：一岁。

Doctor Li：What's wrong with her?

李医生：她哪儿不舒服？

Mother：I come here for my baby's serious coughing.

母亲：这孩子咳嗽厉害。

Doctor Li：Would you tell me how serious it is?

李医生：您能否告诉我咳嗽剧烈到什么程度？

Mother：Yes. It is terribly severe, especially in the evening. It attacks paroxysmally and is followed by vomiting. There is whoop each time series of forceful coughs close to the end. My baby was bothered by paroxysmal coughing bitterly that she appeared facial redness or cyanosis, bulging eyes, protrusion of the tongue, distention of neck veins during the attack. Although I've given her strong antitussive, it even wasn't reduced at all.

母亲：咳嗽极为剧烈，尤其是在夜晚更为显著。咳嗽是一阵一阵的，咳后常伴有呕吐。每当一连串费力的咳嗽结束时总有一种鸡叫样回声。孩子咳起来非常痛苦：阵咳发作时她面色发红或发绀，眼球突出，伸舌，颈静脉怒张。尽管我已给她服了强力镇咳药，仍无济于事。

Doctor Li: Thank you for your description. I have another question. Has your baby ever accepted vaccination against whooping cough and is there any baby with similar symptoms in your neighbour?

李医生：谢谢。我还想问一下：这孩子接种过百日咳疫苗吗？您的邻居中有没有类似表现的孩子？

Mother: I remember now, it is true that a boy who often plays with my baby suffered from whooping cough, he lives in the door opposite to mine. But it happened two weeks ago. Unfortunately, my baby hasn't accepted the vaccination against whooping cough because of having a fever.

母亲：我想起来了，确实有个常和我女儿一起玩耍的男孩得了百日咳，他家就在我们对门儿。可那都是两星期前的事了。糟糕的是我们这孩子因为发热没接种过百日咳疫苗。

Doctor Li: That is the pin-point. Didn't you find your baby discomfortable within this two weeks?

李医生：这正是问题所在。您没发现近两周内这孩子有什么不适吗？

Mother: Yes. I felt she had a low grade fever, sneeze and mild cough at first. She has much more serious coughing now.

母亲：起初我觉得她发热低，打喷嚏，轻咳，但现在咳嗽可厉害多了。

Doctor Li: Now, let me examine your baby. (After the examination) She'd better accept the white blood cell count so as to further definite the diagnosis.

李医生：好，我来检查一下这孩子的身体吧。(查体后)最好再查一下白细胞计数以进一步确诊。

Mother: Well, it's up to you. (Ten minutes later)

母亲：好的，听您的。(10 分钟后)

Doctor Li: Oh, WBC is as high as 23 000/mm^3(23 × 10^9/L), L 78%. I think your baby is confirmed to suffer from whooping cough. My advice is the baby has to be separated. That is to say, she should stay in the department of infectious disease in our hospital for a period. We could do our best to treat her. Don't worry, please.

李医生：哦，白细胞高达 23 000/mm^3(23 × 10^9/L)，淋巴 78%。我认为这孩子可确诊为百日咳。对她得进行隔离，就是说，在我院传染科住院治疗一段时间。别着急，我们会尽力治好她的病的。

5 Upper Respiratory Tract Infection 上呼吸道感染

Parent: My child is coughing, sneezing and has a running nose.

家长：我这孩子咳嗽，打喷嚏，流鼻涕。

Doctor: How long has he been ill?

医生：有几天了？

Parent: For two days.

家长： 两天了。

Doctor： Does he have a temperature?

医生： 发热吗？

Parent： Yes, it's 38℃.

家长： 发热 38℃。

Doctor： How much has he been coughing? Has he any sputum?

医生： 咳得厉害吗？有痰吗？

Parent： He has a bad, dry cough, especially at night. He hasn't been sleeping well. Sometimes, he has vomited after coughing.

家长： 咳得厉害，是干咳，尤其在晚上，他睡不好。有时咳后就吐。

Doctor： Has he a sore throat?

医生： 嗓子痛吗？

Parent： Yes. He has difficulty in eating solid foods. He can drink only water.

家长： 嗓子痛，吃固体食物困难，只能喝水。

Doctor： Is any one else also ill in your family?

医生： 家里还有其他人得同样的病吗？

Parent： His sister had it a few days ago.

家长： 前几天他妹妹也得了同样的病。

Doctor： Most likely it's a virus infection.

医生： 很可能是病毒感染。

Doctor： I'll give you a prescription. The white tablet is for his fever. Give him one tablet when his temperature is above 38℃, but not more than once every four hours. The other medicine is for his cough. Give him one teaspoonful three times a day. If he is worse, bring him back anytime.

医生： 我给你开个处方。白色药片是退热的。若体温超过 38℃，就给他吃一片，但必须每隔四小时以上才能再吃一次。另一种是止咳药水，每次一茶匙，一天三次。如不见好，随时带他来看。

6 Bronchial Asthma, Asthmatic Bronchitis 支气管哮喘、哮喘性支气管炎

Parent： My child has been coughing and wheezing for three days. He hasn't been sleeping well at night.

家长： 我的孩子又咳又喘已经三天了，晚上总睡不好觉。

Doctor： Is the cough very bad? Much sputum? Any temperature?

医生： 咳嗽得厉害吗？痰多吗？发热吗？

Parent： He has a bad dry cough. At the end of the coughing spell, he has some sputum. He has no temperature.

家长： 是干咳，但是咳得非常厉害。咳到最后能咳出一些痰。他不发热。

Doctor： Can he lie flat? Do his lips appear blue?

医生： 他能躺平吗？他的嘴唇发紫吗？

Parent： When the attack is severe, he can't lie flat. Both his lips and nails appear blue.

家长： 在发作厉害的时候，他不能躺平。他的嘴唇和指甲都发紫。

Doctor： Has he ever had attacks like these before?

医生： 他以前有类似的发作吗？

Parent： He has had them for two years.

家长： 经常发作已经两年了。

Doctor： Can you tell me what you think his attacks may be related to? Cold? Specific foods? Does he have more in a particular season?

医生： 你能告诉我你认为他的发作和什么有关吗？寒冷？特殊食物？他在特定的季节发作得较频繁吗？

Parent： I don't know what causes them.

家长： 我不知道是什么原因引起的。

Doctor： Did he ever have asthmatic attacks in your country?

医生： 他在你们国内时喘过吗？

Parent： He had some attacks, but now he is getting worse. All the medicine gives only a temporary relief. Can you suggest something?

家长： 在我们国家发作过几次，但是现在比以前重了。所有的药都只是暂时有效，你有什么更好的办法吗？

Doctor： I think he is allergic to something, and so should be examined in the allergy clinic.

医生： 我想他是什么过敏，最好去变态反应科检查一下。

7 Measles 麻疹

(1)

Doctor： Good morning, Mrs. Green. What brings you to the clinic today?

医生： 早上好，格林太太！今天来诊所有什么事？

Mother： My baby complained of a sore throat three days ago.

母亲： 三天前我女儿诉说咽喉痛。

Doctor： What are the symptoms?

医生： 有些什么症状？

Mother： She suffered intense coughing, with a running nose and red, watery eyes.

母亲： 她剧烈地咳嗽、流鼻涕、两眼通红。

Doctor： Any trouble with her eyes?

医生： 她眼睛有什么不适吗？

Mother： This morning she kept complaining the light hurt her eyes and I found the cough became brassy hoarse but no asthma.

母亲： 今天早上她不断地诉说亮光刺痛她的双眼，我还发现她咳嗽嘶哑，但无气喘。

Doctor： And have you been recording her temperature?

医生：你给她量了体温吗?

Mother: Yes, I have. Her Temperature was 39℃.

母亲：量过。她的体温是39℃。

Doctor: I am afraid your daughter has measles and a mild laryngitis, but I'll make a thorough check-up for her first.

医生：恐怕你女儿是出麻疹,并伴有轻度喉炎。但首先我得对她进行全面检查。

Mother: Thank you, Dr. Smith. I'm so worried.

母亲：谢谢你,史密斯医生。我很担忧。

Doctor: By the way, has she had her DPT and smallpox immunizations?

医生：顺便问一句,她注射过白喉、百日咳、破伤风三联菌苗针和接种过牛痘吗?

Mother: Yes, she had, but not measles vaccine.

母亲：是的,注射过,但没有接种过麻疹疫苗。

Doctor: Have you noticed any children in the neighborhood have had rashes?

医生：你是否注意到你的邻居中有孩子出过疹子?

Mother: No. But I remember she had rashes over her body in May last year, but the rashes disappeared in two or three days without any treatment.

母亲：没有。但我记得去年5月份她全身出现疹子,但未经治疗,两三天后疹子自然消失了。

Doctor: That was German measles, which is slightly different from measles. There is little or no prodrome in that condition.

医生：那是风疹。风疹与麻疹有细微差异。风疹几乎无前驱症状。

Mother: I got it.

母亲：我明白了。

Mother: What are the causes of measles and German measles?

母亲：麻疹和风疹的各自病因是什么?

Doctor: Measles is caused by the measles virus while German measles is caused by rubella virus.

医生：麻疹是由麻疹病毒引起,而风疹是由风疹病毒引起。

Mother: I see. What are the symptoms of measles?

母亲：我明白了。麻疹有什么症状?

Doctor: The first symptoms are a high fever, loud coughing, runny nose and red eyes.

医生：最初的症状是发热,大声咳嗽,流鼻涕以及眼睛发红。

Mother: I haven't found any rashes on her body. Why do you say it's measles?

母亲：我在她身上没有发现疹子。你为什么说她患了麻疹?

Doctor: The rash appears five days after the onset of symptoms.

医生：发生症状5天后才会出现疹子。

Mother: Is there the rash all over the body?

母亲：全身都出疹子吗?

Doctor: A rash breaks out on the forehead, then spread around ears and down onto the body.

医生： 疹子首先出现在前额，然后蔓延到耳后，最后向全身蔓延。

Mother： Are the measles most common in school age children?

母亲： 麻疹在学龄儿童中是很常见的病吗？

Doctor： Yes. And an attack of measles almost invariably confers permanent immunity.

医生： 是的。患过一次麻疹几乎可获终身免疫。

Mother： Is this disease serious?

母亲： 这病严重吗？

Doctor： No. But we must look out for the complications.

医生： 不太严重。但我们要注意并发症。

Mother： How should I take care of him home?

母亲： 在家我应当怎样照顾她呢？

Doctor： The patient should stay in bed, keep warm and out of the wind.

医生： 患者应该卧床休息，避免着凉，避风。

Mother： What about the diet?

母亲： 饮食呢？

Doctor： Drink enough water and beverage and eat light food which is easily digestible.

医生： 多喝开水和饮料。吃易消化的清淡食物。

(2)

Intern： Hello, Mrs. Smith. I'm Doctor Nelson.

实习医生： 你好，史密斯太太，我是纳尔逊医生。

Mother： Hello, Doctor. I've brought my daughter, Sally, in to see you.

母亲： 你好，医生。我把女儿萨莉带来了，找你看病。

Intern： What seems to be the matter?

实习医生： 怎么啦？

Mother： About four days ago she began to cough and sneeze and complain of a sore throat. I figured it was just a cold, but today I took her temperature and it was 103℉, So I thought she'd better see a doctor.

母亲： 大约四天前她开始咳嗽、打喷嚏并说咽喉痛。我想这只不过是感冒，但今天我给她量体温是 103℉（39.4℃）。所以我想最好找医生给她看看病。

Intern： Does she bring up anything when she coughs?

实习医生： 她咳嗽时咳出了什么东西吗？

Mother： No, but she just coughs all the time.

母亲： 没有，但她一直咳嗽。

Intern： Does she have a lot of sneezing?

实习医生： 打喷嚏多吗？

Mother： Yes, she does. And I'm worried about her eyes. They're so red.

母亲： 是的。打很多喷嚏。同时我很担心她的眼睛。眼睛那么红。

Intern： Does she sit in front of a light to read?

实习医生： 她能坐在亮光前读书吗？

Mother: No, she doesn't. She told me that the light hurt her eyes.

母亲: 不,不能。她告诉我亮光使她眼睛疼痛。

Intern: Do you have any other children?

实习医生: 你还有其他孩子吗?

Mother: No.

母亲: 没有。

Intern: Do you know whether any of the other children in the neighborhood have had rashes or complaints similar to Sally's?

实习医生: 你知道邻居中是否有其他孩子出过疹子或者有和萨莉相似的病吗?

Mother: Well, no, I don't.

母亲: 哦,不知道。

Intern: Let's have a look at Sally, and then we can talk further.

实习医生: 让我们给萨莉检查一下,然后我们可以进一步谈谈。

(A few minutes later)

(数分钟后)

Intern: Mrs. Smith, it looks to me as if Sally has measles, and it might be best to bring her into the hospital for a few days.

实习医生: 史密斯太太,依我看萨莉好像得了麻疹,最好是让她住几天院。

Mother: It isn't serious, is it?

母亲: 病情不严重,是吗?

Intern: No, but we do want to be sure that's what she has and to look out for any complications.

实习医生: 是的,但我们是要确定她得了什么病,并要注意各种并发症。

Mother: Can I go with her?

母亲: 我能陪她去吗?

Intern: Why, certainly. Nurse, will you please take Sally and her mother to Ward 2-A?

实习医生: 噢,当然可以。护士,请你带萨莉和她母亲到 2-A 病房好吗?

※ ※ ※

Attending: Hi there, Sally.

主治医生: 嗨,萨莉。

Sally: Hi.

萨莉: 嗨。

Attending: How are you today?

主治医生: 你今天好吗?

Sally: My throat hurts.

萨莉: 我咽喉痛。

Attending: Well, we hope that's going to go away soon. Sally, I want to ask whether any of your friends have had a funny colour on their faces or arms.

主治医生: 哦,我们希望咽喉痛会很快消失。萨莉,我想问问在你的朋友当中谁在脸部或

胳臂上有过异常的颜色。

Sally: Billy Thomas did. After his cousin visited him he got real sick at school, and he looked like somebody had sprinkled red paint on him. His mother took him home.

萨莉：比利·托马斯有过。在他的堂弟探望他之后，他在学校真的病了。而且看起来像有人在他身上撒了红颜料似的。他母亲领他回家去了。

Attending: How long ago was that?

主治医生：那是多长时间以前的事？

Sally: Oh, I don't know.

萨莉：哦，不知道。

Attending: Was it about two or three weeks ago?

主治医生：大约是在两三周以前吗？

Sally: I guess so.

萨莉：我估计是那个时间。

Attending: Did you tell your mother about this?

主治医生：你把这件事告诉过你母亲吗？

Sally: No. I was afraid she wouldn't let me go over to Billy's to play.

萨莉：没有。我怕她不让我到比利家去玩。

Attending: I see. Well, Sally, you're going to do just what the nurses tell you, aren't you?

主治医生：我明白了。萨莉，你会听护士的话，不是吗？

Sally: Sure.

萨莉：会的。

Attending: And we'll be in to see you again. Good-bye.

主治医生：我们会再来看你的。再见。

Intern: Good-bye, Sally.

实习医生：再见，萨莉。

Sally: Bye.

萨莉：再见。

8 Child Pneumonia 儿童肺炎

(1)

Doctor: What's the matter with this little chap?

医生：这孩子怎么不舒服？

Parent: He has a chesty cough all the time. His temperature is high, and he keeps telling me he wants to be sick.

家长：他整天咳嗽、高烧，老是说想吐。

Doctor: Does he bring anything up?

医生：他吐出过什么东西吗？

Parent: No, because he has been off his food for the past two days. He just brings up bile.

家长：没有，他两天没吃东西了，吐出来的只是胆汁。

Doctor: I'll just have a look at him.
(To the boy) Let me pop this into your mouth to take your temperature.
(To his mother) It looks like I'd better take it rectally as he won't keep it in his mouth.
(Five minutes later) Well, he's got quite a fever. Here's a note for you to take to X-ray. Take him along there as soon as possible, and bring the plates back to me.

医生：我来检查一下。
(对孩子说)我把这个放到你嘴里，给你量量体温。
(对母亲)看来我得用肛表了，他就是不肯让我把这个放入他的嘴里。
(五分钟后)哦，他体温很高。凭这张单子去拍摄张片子，拍摄完后把片子带到这里来。

Parent: Thank you. I'll go right away.

家长：谢谢，我马上就带他去。

※ ※ ※

Doctor: Just as I expected, it looks like he has pneumonia. You can see here. There's a shadow over his left lung. But don't worry. It's not serious.

医生：不出我所料，他得了肺炎。看见了吗，片示左肺部有一片阴影，但不要紧张，这不算严重。

Parent: Will he have to have any injection?

家长：得打针吗?

Doctor: I'm afraid so, because injections work much faster than pills.

医生：恐怕只得如此了。针剂效果要比药片快得多。

Parent: I think that will be a problem, because when he had injections before, he screamed and threw tantrums, and it was very difficult to keep him still. Is there any other way of doing it?

家长：这可能是件难事，以前他只要遇上打针就乱吼乱叫，大发脾气，很难让他安静下来。有没有其他什么办法?

Doctor: I'm afraid not. We have to nip the problem in the bud, or it could become more serious.

医生：没有，我们得趁早把病治好，否则的话，它会变得很严重的。

Parent: Yes, I see, doctor.

家长：不错。我懂，医生。

Doctor: When you're back at home, keep him in bed and make sure the room is well-ventilated. Give him a light diet, no meat or fatty foods. Here's his prescription. There're some cough medicine, and something to bring down his temperature. And bring him back every day for a penicillin injection.

医生：回家后，让他卧床休息，房间里要保持空气流通。给他吃得清淡些，不要吃肉食和油腻的东西。这是处方，我开了一些止咳和退烧药。每天带他来医院里注射青霉素。

Parent: Thank you very much, doctor. I'll make sure I'll follow your advice. Should I come in the mornings or afternoons?

家长：谢谢你，医生。我一定遵照您的医嘱。每天上午还是下午来打针？

Doctor: It doesn't matter. Any time that suits you. See you tomorrow.

医生：这到没有多大关系。只要对你合适，什么时候都行。明天见。

Parent: Goodbye, doctor.

家长：再见，医生。

(2)

Parent: My child has a temperature and cough for three days. Yesterday he became worse.

家长：我这孩子发热咳嗽已经三天了。昨天起情况加重。

Doctor: Has he any difficulty in breathing? Does he complain of chest pains? Does he play as usual?

医生：他呼吸困难吗？胸痛不痛？和平常一样玩耍吗？

Parent: He's weak, and can't breathe easily. He's very pale.

家长：他软弱无力，呼吸困难，脸色苍白。

Doctor: I'll examine his lungs. Most likely, it's pneumonia. Let him have a fluoroscopy check.

医生：让我检查一下他的肺部。很像是肺炎。给他做个 X 线检查吧。

Doctor: Yes, he has pneumonia.

医生：不错，他得了肺炎。

Parent: Is it serious? Is there any danger?

家长：病情重吗？有没有危险？

Doctor: I think he should be admitted to hospital for treatment.

医生：我建议他住院治疗。

Parent: I have other children at home. I have to take care of them too. Is it possible to have him treated in the out-patient clinic?

家长：我家里还有别的孩子需要照顾，这孩子就在门诊治疗行吗？

Doctor: Yes, I would like to give him penicillin injections twice a day for two days. Is he allergic to penicillin?

医生：行。我要给他注射青霉素一天两次，共两天。他对青霉素过敏吗？

Parent: No, he isn't.

家长：不，他不过敏。

Parent: How should I take care of him at home?

家长：在家我应当怎样照顾他呢？

Doctor: It's important for the air to be a little humid. It makes it easier for him to cough up the sputum. If he has difficulty in breathing, raise his head a little bit with a pillow or half-sit him up in bed. Turn him from side to side once every two to three hours. Give him easily digested food and lots of water to drink. Give him medicine regularly and come back to the clinic for his injections twice a day. If his condition gets worse, bring him back anytime. Otherwise come back to see me the day after tomorrow.

医生： 很重要的一点是要让房间里的空气潮湿一些。这样他的痰比较容易咳出。假使他呼吸困难,可以用枕头将头部抬高一点或是让他采用半坐的卧位。每两三个小时给他翻一次身。给他易消化的食物并让他多喝水。按时服药。每天到门诊来注射两次药。假若情况不好,随时带他来看。如果情况还好,那就后天再来。

9 Vomiting and Diarrhea 呕吐和腹泻

Parent： My child has been vomiting frequently.

家长： 我孩子他总吐。

Doctor： When did it start? How frequently?

医生： 从什么时候开始的？一天大概几次？

Parent： It started about ten days ago. He vomits about five times a day.

家长： 有十天了。一天吐五次左右。

Doctor： When does he usually vomit?

医生： 他通常在什么时候吐？

Parent： Usually after taking food.

家长： 他通常在进食以后吐。

Doctor： Does he vomit a large or small amount each time?

医生： 每次吐的量多还是少？

Parent： Not too much.

家长： 每次吐的不太多。

Doctor： Is his stool normal?

医生： 大便正常吗？

Parent： Yes.

家长： 正常。

Doctor： How about his appetite?

医生： 他吃饭好吗？

Parent： It's good.

家长： 很好。

Doctor： Is he losing weight?

医生： 体重减轻没有？

Parent： No. Everything else seems to be all right.

家长： 没有,别的似乎都很正常。

Doctor： Most likely this is due to improper feeding. After feeding, the baby should be held erect over your shoulder and patted gently on the back, so that any swallowed air can come out. After burping him, put him in his cradle on his right side with his head slightly raised. If he vomits, you should turn him on to his side with his face down, so he can't inhale his vomit.

医生： 他的呕吐看来是喂养不当。每次喂完奶,应该把孩子竖起来,靠在您的肩膀上,然

后轻轻拍他的后背。这样吞咽的气可以排出来。让他打嗝以后，孩子应向右躺，头稍微抬起一点。如果他吐的话，应使他脸朝下，这样不致把吐的东西吸进去了。

※ ※ ※

Doctor: Has he got diarrhea?

医生：他腹泻吗？

Parent: Yes, for two days.

家长：已经腹泻两天了。

Doctor: How many times a day? Is stool watery (very loose, large in amount)? Is there pus, blood or mucus in it?

医生：一天大便几次？是水样便(很稀，量很多)吗？里面有没有脓、血或黏液？

Parent: About five times a day. They are quite loose with milk curd and undigested food in them.

家长：一天大约五次，很稀，还有奶瓣和不消化的食物。

Doctor: He's probably got indigestion. Please stop all food except milk. Try to give him a little less milk than usual. Now, I'll prescribe some medicine for him.

医生：他大概是消化不良。请停止所有的辅食，只给他奶吃。要减少一点奶量。我给他开些药。

10 Crying 啼哭

Parent: My child cried the whole night. He wouldn't sleep at all.

家长：我的孩子整夜哭，他简直不睡觉。

Doctor: Did he cry in spells? Was there any vomiting? What about his bowel movement?

医生：他是断断续续地哭吗？吐吗？他的大便怎么样？

Parent: Yes, he cried in spells. He perspired a lot when he cried. He vomited twice. He had two stools today. They contained undigested food.

家长：他哭一阵，停一阵。他哭的时候出很多汗。吐了两次。今天有两次大便。里面还有没消化的食物。

Doctor: I think he cried because of abdominal discomfort.

医生：我想他哭的原因是因为肚子不舒服。

Doctor: It's difficult to examine his abdomen satisfactorily when he cries. I'll give him a little sedative and examine him when he quiets down.

医生：我给他一点镇静药，因为哭的时候很难检查。等他安静下来再检查。

Parent: All right.

家长：好吧。

Doctor: It's nothing serious. The pain is probably due to indigestion. I'll give him a sedative to quiet him down. Don't give him too much to eat. If he continues to cry, bring him back.

医生：看来没什么大问题，多半是因为消化不良。我给他一点镇静剂使他安静。别给他

吃太多东西。若是他还继续哭,再带他来。

Doctor: He may be suffering from some illness, but it's difficult to say at the moment. We would like to admit him a few hours for observation.

医生: 他可能有病,目前还很难确定。我们希望他留在这里观察几个小时。

11 Scarlet Fever 猩红热

(1)

Doctor: Sorry to have kept you waiting. What's the trouble?

医生: 对不起,让你久等了。怎么呢?

Parent: Dr. Wilson, my child has a temperature, headache, sore throat and rash.

家长: 威尔逊医生,我的孩子发热,头痛,嗓子痛,还起疹子。

Doctor: Let me see. His tonsils are swollen and red, and his tongue is as red as a strawberry. Have you noticed anything else?

医生: 让我看看。他的扁桃体又红又肿,舌头红得像草莓一样。你还注意到其他异常吗?

Parent: There is a rash all over his body.

家长: 他全身都起了疹子。

Doctor: He is suffering from scarlet fever which is an acute contagious disease.

医生: 他得了猩红热。这是一种急性传染病。

Parent: That's too bad.

家长: 真糟糕!

Parent: What age group is prevalent for this disease?

家长: 这病主要发生在什么年龄段?

Doctor: The disease is most prevalent in children between the age of 2 or 3 years to 7 years.

医生: 这病主要发生在两三岁到七岁之间的儿童。

Parent: What is the causative agent of scarlet fever?

家长: 猩红热的病因是什么?

Doctor: It is caused by a strain of streptococcus. The incubation period is short, typically 72 hours but may range from one to seven days.

医生: 猩红热主要是由链球菌的一种菌株引起的。它的潜伏期很短,通常为 72 小时,但也可能在 1~7 天之间。

Parent: Has it a seasonal incidence?

家长: 这病是否是季节性地发病?

Doctor: It has the highest incidence during colder months, especially in the winter and early spring.

医生: 在冷的月份发并率最高,尤其是冬天和早春。

Parent: How to treat scarlet fever?

家长: 如何治疗猩红热?

Doctor: The main methods are to treat the infection with antibiotics, relieve the sore throat

with warm saline mouth gargles, have a good rest and drink plenty of fluids.

医生：治疗的主要方法是用抗生素抗感染，用温盐水漱口剂缓解喉痛，充分休息并大量饮水。

Parent：What are the complications in children?

家长：儿童会出现什么并发症吗？

Doctor：Peritonsillar abscess and otitis media are the frequent septic complications.

医生：扁桃体周围脓肿和中耳炎是常见的脓毒性并发症。

Parent：What is the frequent complication in convalescent stage?

家长：恢复期常见的并发症是什么？

Doctor：It is acute glomerulonephritis frequently with the appearance of gross hematuria.

医生：在恢复期最常见的并发症为急性肾小球肾炎，并出现严重的（肉眼可见的）血尿。

Parent：And what is the prognosis?

家长：预后情况怎样？

Doctor：Scarlet fever for the most part is relatively mild disease and prognosis is good.

医生：猩红热大多数是相对轻的病，预后较好。

Parent：What can I do for him?

家长：我应该为他做些什么？

Doctor：He should stay in bed until his fever goes down. Let him eat easily digested food and drink plenty of fluids.

医生：他应该卧床直到体温下降到正常。吃易消化的食物，多喝饮料。

Parent：What will you do for my child, doctor?

家长：医生，你打算怎么做？

Doctor：I'll prescribe him penicillin injections for a few days.

医生：我要给他注射几天青霉素。

(2)

Parent：My child has a temperature, headache, sore throat and rash.

家长：我的孩子发热、头痛、嗓子痛，还起疹子。

Doctor：How long has he been ill?

医生：他病了多久了？

Parent：He's had the temperature since yesterday.

家长：从昨天起发的烧。

Doctor：Are there any children around or at school also sick?

医生：在邻居中或学校里还有别的小孩患病吗？

Parent：His classmate had a fever and complained of a sore throat five days ago.

家长：他有个同学在五天前就发热，还说嗓子痛。

Doctor：Let's have a look at him. Open your mouth, please show me your tongue. Now, take off your clothes.

医生：让我检查一下。张开口，伸出舌头。请脱下衣服。

Doctor：His tonsils are swollen and red. His tongue is as red as a strawberry. There is a rash all

over his body.

医生：他的扁桃体又红又肿，他的舌头红得像草莓一样。全身都起了疹子。

Doctor: I would like to take a drop of blood from his ear for a blood test.

医生：我要从他耳朵上取滴血做个试验。

Parent: Here is the result. Is it normal?

家长：这是化验结果。正常吗？

Doctor: His white blood cell count is high. He is suffering from scarlet fever.

医生：白细胞计数偏高。他得了猩红热。

Doctor: It's an infectious disease. You should keep him away from other children as much as possible.

医生：这是一种传染病。你应该尽可能把他跟其他小孩隔离开。

Parent: What can I do for him?

家长：我应该为他做些什么？

Doctor: He should stay in bed until his fever goes down. Let him eat easily digested food and drink plenty of fluids.

医生：他应该卧床休息直到体温下降至正常。他应吃易消化的食物，并且多喝水。

Doctor: I'll prescribe him penicillin injections for a few days.

医生：我要给他注射几天青霉素。

Parent: What should I do about his sister?

家长：他妹妹我应该怎么办呢？

Doctor: I'll prescribe something to prevent her catching it.

医生：我给她开一点预防这病的药。

Parent: Thank you, Doctor.

家长：谢谢您，医生。

12 Mumps 流行性腮腺炎

Doctor: Please take a seat. What seems to be the matter with your child?

医生：请坐，你的孩子有什么毛病？

Mother: Doctor, my child has a fever with cheeks and chin swelling on both sides for two days.

母亲：医生，我的孩子发热且伴有双侧面颊和下巴肿胀，已有两天了。

Doctor: Does he feel painful?

医生：他觉得痛吗？

Mother: He feels little painful on both sides, but he feels more painful after he drinks orange juice and eats some sweet foods.

母亲：他面颊两侧有轻度疼痛，但他在喝橘汁或吃甜食之后就疼得厉害些。

Doctor: Let me check up. The saliva glands on both sides of the neck become swollen and hard.

医生： 让我检查一下。他颈部两侧的腮腺又肿又硬。

Mother: What could it be?

母亲： 可能是什么病呢?

Doctor: His throat is red; he is most likely suffering from mumps.

医生： 咽部充血,他很可能得了腮腺炎。

Mother: Really? What shall I do?

母亲： 是吗? 我该怎么办?

Doctor: I'm afraid the child should be taken care of carefully.

医生： 我想这小孩需要细心照料。

Mother: Is his condition serious?

母亲： 他的情况严重吗?

Doctor: Don't worry. But it is very contagious. You can get it simply by being near someone who has the disease.

医生： 别担心。但它的传染性很大。你只要接触了患有腮腺炎的患者就很容易被感染。

Mother: Does it mean I am likely to get the disease?

母亲： 那意味着我有可能被感染此病。

Doctor: The chances of getting the disease are greater if you have never received the mumps vaccine.

医生： 如果你没有接种过腮腺炎疫苗,患腮腺炎的可能性就大得多。

Mother: What do you think is the cause of mumps?

母亲： 你认为腮腺炎的病因是什么?

Doctor: Mumps is caused by a virus that spreads through saliva.

医生： 腮腺炎是由通过唾液传播的一种病毒引起的。

Mother: How long will it take to notice any of these symptoms?

母亲： 需要多久才能注意到这些症状呢?

Doctor: It takes 2 to 3 weeks for symptoms to develop after you catch the disease from an infected individual.

医生： 你从受感染的个体那儿感染此病后 2~3 周才出现症状。

Mother: What's your advice to me?

母亲： 你对我有什么建议?

Doctor: These is no special treatment for it, for most people who come down with mumps are completely well after about 10 days.

医生： 没有什么特效的治疗。因为大多数患者多在十天内恢复。

Mother: What should I do for my child?

母亲： 我该给孩子做些什么?

Doctor: You'd better have the child rest as much as possible until fever and parotids swelling have subsided.

医生： 你最好让孩子尽量地休息直到体温降下来和腮腺肿胀消退。

Mother: Does he need special diet?

母亲：他需要特别饮食吗?

Doctor: Let him eat normally, not eat the foods that need lots of chewing. Give him plenty of fluids such as ginger ale, cola, or water.

医生：可以吃一般的食物,但不要吃太需要咀嚼的食物。让他多喝饮料,如姜汁汽水、可乐或水。

Mother: Anything else I can do?

母亲：我还能做些什么?

Doctor: An ice pack may help ease the pain in the swollen glands.

医生：冷敷可能会缓解腮腺的疼痛。

Mother: Is there anything special that I should pay attention to?

母亲：有没有需要特别注意的事情?

Doctor: Since mumps is easily spread, please keep your child away from other children.

医生：由于腮腺炎很容易传染,请将他与其他的孩子隔离开来。

Mother: When shall we come back?

母亲：我们什么时候再来?

Doctor: If he has bad headache, vomiting or abdominal pain, please bring him back anytime.

医生：如果发现小孩有严重的头痛、呕吐或腹痛,请随时带他来复诊。

13 Congenital Heart Disease, Ventricular Septal Defect 先心病、室间隔缺损

Mother: My family doctor said there was cardiac murmur at the precardiac region of my little baby. She suggested that I should come here for a thorough check.

母亲：我的家庭医生说我儿子的心前区能听到杂音。他建议我到这里来全面检查一下。

Doctor: How old is your baby?

医生：你孩子多大了?

Mother: About 10 months old.

母亲：差不多十个月大。

Doctor: Have you noticed anything wrong since he was born?

医生：自他出生后,你有注意到他有什么毛病吗?

Mother: He got slight cold more easily than my first son and he grows a bit slowly.

母亲：他比我第一个儿子容易感冒,发育也慢一些。

Doctor: How many children do you have and how about their health conditions?

医生：你一共有几个孩子? 他们的健康状况如何呢?

Mother: I have two babies, including this one. My first son is 8 years old and he is just very healthy.

母亲：加上这个一共两个。第一个儿子八岁了,很健康。

Doctor: Then how old are you?

医生：那么你多少岁了呢?

Mother: About 36 years old.

母亲： 差不多36岁。

Doctor： How long ago did the family doctor find the cardiac murmur?

医生： 你的家庭医生发现这个心脏杂音有多久了？

Mother： Two weeks ago. I should have come here earlier, but I was busy with work.

母亲： 两周前发现的。我本该早点来，但是忙于工作，所以拖到现在。

Doctor： OK, I see. Now let me check him. Please lay your baby on the bed and fix his limbs. You must keep his hands off my auscultator.

医生： 好的，我明白。现在我要检查他，请你把他放在床上，别让他手脚乱动，别让他的手碰到我的听诊器。

Doctor： I finished and you can release your hold. I found a holosystolic murmur in the area between the third and fourth ribs just on the left sternal border. I think it's ventricular septal defect. Did your family doctor say so?

医生： 检查完了，你可以放开他了。我在胸骨左缘第3、4肋间听到一个全收缩期的杂音。我想应该是室间隔缺损。你的家庭医生也这么说吗？

Mother： Yes, that's what she suspected. So it's true that my son has a congenital heart disease?

母亲： 是啊，她就是怀疑这个病。这样看来我的儿子确实患有先心病了？

Doctor： According to my judgment, it's true. Now I am doing an ultrasound to get some details of his disease. Please hold his limbs again.

医生： 根据我的判断，的确如此。我要给他做个超声波检查以获得更多细节，请你再把他手脚按住。

Mother： Is it serious?

母亲： 很严重吗？

Doctor： There is a 6mm. defect in the interventricular septum and the left atrium, right atrium, right ventricle are bigger than normal. There is a shunt from the left ventricle to the right one. Fortunately, the pulmonary artery pressure is not high.

医生： 室间隔有个6mm的缺损，左房、右房、左室都大于正常。分流是由左向右的。幸运的是，没有肺动脉高压。

Mother： What does that mean?

母亲： 这些是什么意思？

Doctor： The ultrasound said that your baby's disease is not very serious. Don't worry so much.

医生： 超声波表明你儿子的病不严重。不要过于担心。

Mother： Is it treatable?

母亲： 还有得治吗？

Doctor： Surely it's curable. We can give him a neoplasty and then he will be all right just like any other healthy babies. We can talk about the details if you decide to operate on him.

医生： 当然是可以治愈的了。我们给他做一个修补术，就可以让他像其他任何一个正常孩子那样健康了。如果你决定要给他做手术，我们可以谈谈细节问题。

Mother： Thanks very much.

母亲： 非常感谢。

14 Adiposis 肥胖症

Mother： Doctor, I think you can help my daughter. She's too fat.

母亲： 医生，我希望你能帮助我女儿，她太胖了。

Doctor： Really she is. I want to know how much she overweighs. I don't know if my weighter could bear so much.

医生： 确实太胖了。我想知道她超重了多少斤，不知道我的秤能不能承受得了她呢。

Mother： She's overweight by about 40kilos.

母亲： 她超重了 40kg。

Doctor： It's not good news. Has she ever accepted any treatment?

医生： 这可不是什么好消息啊。她曾经接受过什么治疗吗？

Mother： Yes. She took some medicines. But it didn't work as we had expected.

母亲： 是的，她吃过一些药。但是没有我们期待的那样有效。

Doctor： It's very hard for medicines alone to help her lose weight.

医生： 单纯药物治疗很难帮助她减肥。

Mother： Yes, I think so. I heard that acupuncture is useful. So I hope you can help my daughter.

母亲： 是的，我也这样想。我听说针灸对减肥很有效，所以希望你能帮助她。

Doctor： But I must find out the reason. Maybe she ate too much in the past, maybe there is some kind of organic or endocrinic disease. I mean, I must make sure that her disease is primary or secondary.

医生： 但是我必须先找出她肥胖的原因，可能是她过去吃得太多，可能有某种器质性的或者内分泌性的病变。我的意思是说，得确定是原发性肥胖还是继发性肥胖。

Mother： I see. We had taken many kinds of exams. They were all negative. We took the previous case files here.

母亲： 我明白。我们已经做过很多检查。结果都是阴性的。我们把以前的病历也带来了。

Doctor： What do you feel, little girl? Do you have any discomfort?

医生： 你感觉怎么样，小女孩？有什么不舒服吗？

Daughter： Nothing special. Just my heart and legs can't stand anymore. I always feel so tried.

女儿： 没什么特别的，就是心脏和腿承受不了这个身体，我总是感到非常疲惫。

Doctor： I know the feelings. It will be a hard process for you to lose weight. But I hope you can keep trying.

医生： 我明白你的感受。减肥对你而言是个非常困难的过程，但我希望你能坚持尝试。

Mother： What will you do, doctor?

母亲： 你会怎么做，医生？

Doctor: I think she should take combined therapy: acupuncture, medicines, athletic sports, and healthy diet. I'll make the prescription for the medicines and diet. As for the acupuncture, we can begin today and then three times a week later. What's more, you should do some exercises every day. Exercise is very important for you, girl.

医生: 我想应该给她综合性的治疗:针灸,药物,体育锻炼,健康饮食。我会把药物和饮食治疗的处方写好。针灸的话,今天就可以开始,以后每周三次。另外,你必须每天都做一些运动。运动对你来说非常重要。

Mother: Thanks, doctor. We'll follow your advice.

母亲: 谢谢你,医生,我们会遵从你的建议。

Daughter: Thank you. I'll try my best.

女儿: 谢谢你,我会尽最大的努力。

Doctor: It's my pleasure.

医生: 非常乐意为你效劳。

15 Urinary Tract Infection 泌尿道感染

Parent: My baby ran a high temperature suddenly last night and cried all night.

家长: 我的孩子昨天晚上突然发高烧并且整夜哭闹。

Doctor: Is there anything else unusual?

医生: 还有什么和平时不一样的?

Parent: She cries each time she passes water.

家长: 她每次小便时都哭。

Doctor: Does she urinate more often than usual?

医生: 她比平时小便次数多吗?

Parent: Yes, very often.

家长: 是的,她老要小便。

Doctor: What colour is urine?

医生: 尿是什么颜色的?

Parent: It's cloudy.

家长: 尿是混浊的。

Doctor: Please give us a specimen of her urine for examination right away.

医生: 请你现在就给她留个尿标本化验一下。

Parent: Here's the result. Is it normal?

家长: 这是化验结果,正常吗?

Doctor: No, It's not. Has she been ill like this before?

医生: 不正常。她过去有过这样的病吗?

Parent: No. This is the first time.

家长: 没有。这是第一次。

Doctor: I think she is suffering from a urinary tract infection.

医生： 我想她得了泌尿系感染。

Parent: Will she be all right?

家长： 她能好吗？

Doctor: Yes, there's nothing to worry about. Give her the medicine regularly and see that she drinks plenty of fluids. Bring her back here in one week.

医生： 能好，不要着急。但是她必须按时服药并大量喝水。一周后再带她来吧。

16 Infectious Mononucleosis 传染性单核细胞增多症

Doctor: What's wrong with the child?

医生： 这孩子怎么了？

Parent: He started to run a temperature four days ago. Yesterday he developed a skin rash. His neck is also swollen.

家长： 他四天前开始发热。昨天身上起了疹子，脖子也肿了。

Doctor: Does he have a temperature every day? Is it very high? Does he shiver before the fever? Did you give him some medicine?

医生： 他每天都发热吗？温度高不高？发热以前发冷吗？你给他吃过什么药吗？

Parent: He has had a temperature every day. It's lower in the morning. Aspirin helped to bring it down, but then it went up again. I didn't give him any medicine except aspirin. He wasn't shivering.

家长： 最近这四天他每天都发热。早晨起来低一些。吃完阿司匹林后烧就退了，但是过后又烧起来了。除了阿司匹林以外，我没给他吃过什么药。他不发冷。

Doctor: Is there pain in the neck? Can he move his neck freely? Any other symptoms? Is he very lively? Does he play as usual?

医生： 他脖子痛吗？转动时痛不痛？还有什么别的症状吗？他活泼吗？他像平时一样玩吗？

Parent: His neck is a bit swollen, but not painful. He is quite active, but his appetite is not so good.

家长： 他脖子有点肿，但是不痛。他还是那样好动，但是胃口不好。

Doctor: Are there any other children in the same school or kindergarten with a similar trouble?

医生： 学校和幼儿园里的孩子有同样的情况吗？

Parent: A few other children are running temperature, but they do not have skin rashes or swollen necks.

家长： 有几个孩子也发热，但是他们没有起疹子，脖子也不肿。

Doctor: Let me examine him. His neck and axillary lymph glands are swollen. His tonsils are enlarged and red with little white spots. His liver and spleen are also slightly enlarged.

医生： 我来检查一下。他的脖子和腋下淋巴结都肿了。他的扁桃体又大又红，还有些白点。他的肝和脾也都有点增大。

Parent: What's wrong with him?

家长： 他得了什么病?

Doctor: There are several possibilities. Acute purulent tonsillitis, infectious mononucleosis, hepatitis and other diseases. It is necessary to make a few tests. Today we'll do a blood test. This is the slip. Please take it to the laboratory for a blood test. After that, wait in the sitting room for the result.

医生： 有几种可能性,像急性化脓性扁桃体炎、传染性单核细胞增多症、肝炎或其他疾病。要做几个化验。今天我们先查个血。这是化验单,请到化验室去查血,在候诊室等一下结果。

Parent: Here is the result. What does it say?

家长： 这是化验结果。结果怎样?

Doctor: According to the lab report, he is most probably suffering from infectious mononucleosis. We have to do another blood test to confirm it. Please bring him back tomorrow morning without his breakfast. After the test, he can eat.

医生： 根据化验报告,他很可能得了传染性单核细胞增多症。为了明确诊断,还得做个血化验。请明天早晨空腹来查血。取血后,再让他吃饭。

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Doctor: How is your child today? Is he a little better?

医生： 今天孩子怎样? 他好一些吗?

Parent: He still has a temperature, his face looks pale, he is very weak, his eyes are also red and swollen. The medicine didn't seem to help him. He's been sick for almost one week now. What is the result of the blood test?

家长： 他还发热,面色发白,很虚弱,两眼又红又肿。那药看起来不生效。他已经病了一个星期了。血化验的结果怎样?

Doctor: It shows he's most likely suffering from infectious mononucleosis.

医生： 他很可能得了传染性单核细胞增多症。

Parent: Is that serious? When will he recover? What should I do?

家长： 那严重吗? 什么时候能好? 我要做些什么呢?

Doctor: It's a virus infection. It usually lasts two to four weeks, sometimes even longer. The fever may last one to three weeks. There is no medicine specially effective against virus infection.

医生： 这是一种病毒感染。一般需要 2~4 个星期才能好,有时甚至更长些。发热可能持续 1~3 个星期。对于病毒感染,没有什么特殊药物。

Parent: Does he need any medicine?

家长： 他需要吃些药吗?

Doctor: I'll give you some to help lower his fever, increase his appetite and prevent secondary infection.

医生： 我要给他开点药。这些药可以帮助他降低体温,促进食欲,预防继发感染。

Parent: Should he stay in bed?

家长： 他需要卧床休息吗?

Doctor: Yes, until his temperature is normal. Give him easily digested food to eat and plenty of fluids to drink.

医生：是的，他需要卧床，直到烧退以后才能起床。给他吃些容易消化的食物，要多喝水。

Parent: Is it infectious?

家长：这病传染吗？

Doctor: Yes, but not highly infectious. If possible, try to keep him away from other children.

医生：这病有点传染性，但不厉害。如果有条件，还是和其他孩子分开好。

Doctor: New symptoms may appear, such as headaches, vomiting, bleeding spots on the skin and jaundice. If his general condition is satisfactory and he is not getting worse, don't bother him to come every day. But do come back after he has finished the medicine. Anything new develops you can bring him here anytime.

医生：在生病的过程中有时会有新的症状，像头痛、吐、皮肤上出现出血点、黄疸等。假使他的一般情况有改善就不必每天来了。将药吃完以后一定来复查。出现任何新的症状可以随时来门诊。

17 German Measles 风疹

Parent: My baby has been running a low temperature for two days. This morning I noticed there was a rash all over her body.

家长：我孩子发低烧有两天了。今天早晨我发现她全身都起了疹子。

Doctor: What colour is it?

医生：是什么颜色的？

Parent: It's pink.

家长：是粉红色的。

Doctor: Does she have a cough?

医生：她咳嗽吗？

Parent: No.

家长：不。

Doctor: Is she afraid of light?

医生：她怕光吗？

Parent: No.

家长：不。

Doctor: Has she been vaccinated against measles? When was she vaccinated?

医生：她接种过麻疹疫苗吗？什么时候接种的？

Parent: She was vaccinated last year.

家长：她去年接种的。

Doctor: The glands behind her ears and head are swollen. With that and her rash I think she's got German measles.

医生：她的耳后淋巴结和枕部淋巴结都肿了。这些再加上她身上的疹子，我认为她得了

风疹。

Parent: Is it serious?

家长: 有危险吗?

Doctor: Don't worry. In two or three days the symptoms will disappear. She doesn't need any medicine.

医生: 不必担心。过两三天症状就会消失的。不需要服药。

18 Enuresis (Children) 遗尿(儿童)

Patient's Mother: My son wetted his bed usually.

患者母亲: 我儿子常尿床。

Doctor: When did he start to wet his bed?

医生: 他从几岁开始尿床的?

Patient's Mother: Since childhood.

患者母亲: 从小就尿床。

Doctor: How often does he wet his bed?

医生: 尿多少次呢?

Patient's Mother: Usually once or twice during the night.

患者母亲: 一般每夜一两次。

Doctor: By the way, has he any abdominal pain? How is his appetite?

医生: 另外,他肚子痛过吗? 胃口怎样?

Patient's Mother: He suffers from abdominal pains once in a while. His appetite is not bad.

患者母亲: 他有时有腹痛。胃口不坏。

Doctor: I suggest you send in a specimen of his stool for examination to see whether it contains any parasites.

医生: 我建议取他的大便化验一下,看看有没有寄生虫。

Patient's Mother: I'll send it in tomorrow morning.

患者母亲: 我明天早晨就送来。

Doctor: Has he been given any other treatment?

医生: 以前做过什么治疗吗?

Patient's Mother: He has taken some medicine before but it didn't work.

患者母亲: 他吃过一些药,但是不见什么效果。

Doctor: Acupuncture has some effect in enuresis, but we need your cooperation. We advise you to do the following. First, don't let the child take any water, milk or any liquid food after supper. Second, wake him up at a definite time during the night and let him void his bladder; he will thus gradually form a good habit. Third, better let the baby have a nap every day. Fourth, he must void his bladder before going to bed. Fifth, every morning, noon and evening press and knead between the thumb and the middle finger the spot

in the ear where the small seed has been affixed with adhesive tape.

医生： 针灸治疗小儿遗尿有一定疗效，但需要你们的配合。要做到以下几点：第一，晚饭后不要再给他喝水、喝奶或吃其他流质东西。第二，每晚定时叫醒孩子起床撒尿，排空膀胱；这样他就能渐渐养成良好的习惯。第三，最好每天让孩子睡午觉。第四，睡前一定要先小便。第五，每天早、午、晚用拇指和中指揉捏耳朵上用橡皮膏固定贴有籽粒的那一小块地方。

19 Deafness (Children) 耳聋（儿童）

Parent's mother： Doctor, my boy can't hear properly.

患者母亲： 医生，我的孩子听不清。

Doctor： One ear or both ears? How long has he been suffering from poor hearing?

医生： 一只耳朵还是两只耳朵都听不清？有多久了？

Parent's mother： From childhood. When he was one and a half years old, he had a higher fever, since then we noticed he can't hear properly.

患者母亲： 从小就聋。一岁半时他发过一次高烧，之后我们发现他耳朵就不太好使了。

Doctor： Has he ever received streptomycin or kanamycin injections?

医生： 他注射过链霉素或卡那霉素吗？

Parent's mother： He received seven injections of streptomycin when he got pneumonia two years ago. His hearing seems to have gotten worse since then.

患者母亲： 两年前他因为患肺炎注射过 7 针链霉素，此后耳聋就更加重了。

Doctor： Is he suffering from ringing ears or from dizziness?

医生： 他有耳鸣或眩晕吗？

Parent's mother： From neither.

患者母亲： 都没有。

Doctor： By the way, how old is he?

医生： 那么，他几岁了？

Parent's mother： He is six years old.

患者母亲： 六岁。

Doctor： This kind of deafness is difficult to cure, acupuncture may have some effect but a prolonged treatment is needed.

医生： 这并不容易治好，针灸可能有些效果，但是需要长期治疗。

Parent's mother： All right, we are staying here for more than two months, please try to help him. Our whole family will be pleased if he shows even a little improvement.

患者母亲： 可以，我们要住在此地两个多月呢，请给他治治吧！假如他有一点进步，我们全家都会高兴的。

20 Breast Feeding 母乳喂养

Mother: I am pregnant and would be a mother soon. (I am on my way of being a mother soon.) Would you please tell me the advantages of breast feeding?

母亲：我怀孕啦，快要做妈妈啦，请问母乳喂养究竟有哪些好处？

Doctor: I am sure you wish your baby growing very well. Then, the best natural nutrition for an infant is breast milk, because it is not only economic, simple and with proper temperature, but also can increase immune function, add anti-disease capability and promote the growth of brain cells; and at the same time, it can help your uterus recovery, reduce postpartum bleeding and reduce the rate of breast cancer and oophoroma; and put more feelings between you and your baby.

医生：你一定愿意你的宝宝生长发育得很好，是不是？那么婴儿最理想的天然营养品就是母乳。因为它既经济、简便又温度适宜，同时还能提高免疫功能、增强抗病能力、促进脑细胞的发育；对你来说还可以促进子宫复原，减少产后出血，降低乳腺癌、卵巢癌的发病率，并且还可以增进母子感情。

Mother: With so many advantages, I decide my baby breast feeding myself. But what about pure breast feeding?

母亲：母乳喂养有这么多好处，我决定自己喂哺宝宝。但纯母乳喂养，这又是怎么一回事？

Doctor: Oh, that means you feed your baby with nothing but your own breast milk, no other fluid or solid food; nor other's milk. In another word, feed your baby only with your own breast milk.

医生：噢！那就是除自己的乳汁外，不给孩子吃任何液体或固体食品，也就是母亲用自己的乳汁喂自己的孩子，而不是由其他母亲哺喂。

Mother: When should be pure breast milk?

母亲：什么时候应该用纯母乳喂养呢？

Doctor: In 4-6 months after birth, because it's the best period for baby's need of nutrition and growth with pure breast milk to promote mother-baby feelings, increase infant's immunity especially with first milk, prevent the infant from disease and be good for the health of the mother.

医生：在产后 4~6 个月内要求用纯母乳喂养，因为这个时期纯母乳最适合婴儿营养需要、促进婴儿生长，是最理想的食品；可增进母婴感情，特别是初乳能增强婴儿的免疫力，保护婴儿不生病，也有利于产妇健康。

Mother: Another question, will mother and infant stay in the same room after birth?

母亲：我再问一下，是否产后都要母婴同室呢？

Doctor: Yes. That means mother and her infant stay in the same room for 24 hours with no more than 1 hour for medication or nursing of the infant a day.

医生：是的。母婴同室就是指母婴同住在一个房间内，24 小时都是这样。婴儿在给予医疗或护理操作时，母婴分离不超过一小时。

Mother: Why? I want to understand more.

母亲：为什么必须执行母婴同室呢？我真想知道得更多一些。

Doctor: That is to promote milk secretion, ensure enough milk for the infant, and increase mother-infant feelings.

医生：这是为了能促进乳汁分泌，保证足够的乳汁，保证按需哺乳，增进母婴感情。

Mother: What about so-called "early suck"?

母亲：所谓"早吸吮"又是怎么一回事？

Doctor: "Early suck" means mother-infant skin contact half an hour after birth and assisted milk feeding no less than 30 minutes. However, mother must be comfortable and baby is ready to suck milk, and then breast milk feeding can begin. That is to say when the infant has the reflection of food, opening mouth and sucking action, etc.

医生："早吸吮"是指产后半小时内母婴皮肤接触和协助哺乳，时间不得少于30分钟。但要母亲舒适，婴儿有准备，并且要在有吃奶的表示时，开始喂奶。就是婴儿有觅食反射，如张嘴、吸吮动作等。

Mother: What are the advantages of "early suck"?

母亲："早吸吮"对婴儿又有哪些好处呢？

Doctor: "Early suck" can stimulate reflection, increase milk secretion. First milk can increase infant's anti-disease ability, promote peristalsis and early fetus stool, reduce infant jaundice, increase uterine contraction and prevent postpartum hemorrhage.

医生：及早吸吮能刺激泌乳反射，增加乳汁分泌，尤其是初乳可以增加婴儿抗病能力；促进肠蠕动，早排胎粪，减少、减轻新生儿黄疸的发生；增加子宫收缩，预防产后出血。

Mother: What is the purpose and meaning of " milk in need"?

母亲："按需哺乳"的目的，意义又是什么？

Doctor: "Milk in need" is to feed the infant when needed with no restriction of times and period. For example, when the mother feels breast swollen, she can feed her infant.

医生："按需哺乳"就是按照新生儿的需要哺乳，不限次数和时间，如果母亲感到乳胀不舒服，就可以让婴儿吃奶。

Mother: Every mother the same?

母亲：是否每一个产妇都要实行按需哺乳呢？

Doctor: Yes. Because it can help enough milk secretion and feelings between mother and baby, prevent mother's breast swollen feeling. Why not?

医生：是的。因为按需哺乳能促进乳汁分泌，保证足够的乳汁，增进母婴感情，预防母亲乳胀。那又何乐而不为呢？

Mother: What are the correct postures of breast feeding?

母亲：我很想知道母亲正确的哺乳姿势有哪几种？

Doctor: There are three postures, sitting, lying (on back, on side) and holding the baby.

医生：哺乳有3种体位：就是坐式、卧式（仰卧、侧卧）和环抱式。

Mother: What is the correct posture?

母亲： 正确的哺乳姿势应该是什么样呢?

Doctor: The best posture is that mother is at ease with baby near the mother, facing the breast, nose to the nipple, forming a direct line (chest to chest, belly to belly, chin to the breast), with mother's hand holding baby's buttocks.

医生： 最好是母亲放松、舒适,婴儿身体贴近母亲、脸向着乳房、鼻子对着乳头,头与身体成一条直线(胸贴胸、腹贴腹、下颏碰到乳房)母亲手托着婴儿的臀部。

Mother: How shall I let the baby suck milk correctly?

母亲： 怎样让婴儿正确地含接乳头,吸吮奶水呢?

Doctor: You can touch baby's upper lip slightly with your nipple, induce feeding reflection, and the baby will have nipple and most areola in mouth sucking slowly and deeply, pausing, and swallowing with action and sound.

医生： 你可以用乳头轻轻碰碰婴儿的上嘴唇,诱发觅食反射,婴儿张大嘴吸入乳头及大部分乳晕,慢而深地吸吮,有时会有暂停,能看见吞咽动作和听见吞咽声音。

Mother: How to hold breast correctly when feeding?

母亲： 在喂奶时应该怎样正确地托好乳房?

Doctor: Four fingers together on the chest wall beneath the breast and fore finger holding the bottom and thumb on the upper part, mother's hand not so near the nipple.

医生： 你把示指到小指四指并拢贴在乳房下的胸壁上,用示指托乳房的底部,拇指轻轻放在乳房上方,母亲的手不应离乳头太近。

Mother: If I'm out or feel swollen with milk, what shall I do?

母亲： 假如我有事外出或乳房太胀时,应该怎样进行挤奶?

Doctor: The followings are what you should pay attention to:

1) Wash your hand clean.

2) Either sit or stand, only if you feel comfortable. Hold a container near your breast.

3) Put your thumb on the areola 2cm from the nipple end, fore finger on the areola opposite the thumb, other fingers holding your breast, and press slightly with the inner part of fore finger and thumb towards the chest wall, not moving the fingers on the skin, for 3-5 minutes repeatedly, on all the breast sinus around the nipple.

医生： 你需要注意以下几点:

1) 必须彻底洗净手。

2) 坐立均可,要自己感到舒适。再将容器靠近乳房。

3) 大拇指放在乳头根部上两厘米的乳晕上,示指放在拇指对侧的乳晕上,其他手指托着乳房,用拇指与示指的内侧向胸壁方向轻轻压挤,手指要固定,不要在皮肤上移动,重复挤压松弛达 3~5 分钟。沿乳头依次挤压所有乳窦。

Mother: How do I know whether my milk is enough for my baby?

母亲： 我又怎样知道我的奶够不够孩子的需要?

Doctor: This is a good question. There are 6 points which you should know.

1) At least 8 times feeding a day.

2) Mother has the feeling of breast swollen.

3）Hear swallowing sound while feeding.

4）Change 6 or more napkins for baby every day.

5）Baby's weight increases averagely by 18-30g per day or 125-210g per week.

6）Baby is quiet between the feedings.

医生：这个问题问得好！我告诉你以下六点你就知道了。

1）每天喂奶次数要达八次以上。

2）母亲有乳胀的感觉。

3）喂奶时听见吞咽声。

4）每天为婴儿换六块或更多的湿尿布。

5）婴儿体重增加平均 18~30 克 / 日或 125~210 克 / 周。

6）两次喂奶期间婴儿很安静。

Mother：I am afraid I don't have enough milk. How can I make sure to have enough milk?

母亲：我担心乳汁不够，怎样可以保证有足够的母乳呢？

Doctor：That's the problem for mother's consideration. Effective breast feeding needs early sucking, feeding when necessary, correct postures, mother's confidence, pleasant emotion, rational nutrition and enough rest. Don't give the baby other food too early.

医生：的确这是母亲应该关心的问题。要做到充分有效的母乳喂养，就要做到早吸吮，按需哺乳，喂奶姿势正确，鼓励和支持母亲树立信心，保持愉快情绪，合理营养和休息，不给婴儿过早添加辅食。

Mother：What are the common reasons for swollen breast?

母亲：假如乳房肿胀，最常见的原因是什么？

Doctor：The main reason for this is ineffective breast feeding (not feeding when needed) or incorrect posture.

医生：主要是生产后最初几天没有做到充分有效的母乳喂养（未按需哺乳）或姿势不正确。

Mother：What's the reason and how to deal with nipple pain?

母亲：假如乳头疼痛，又是什么原因？应该怎样处理？

Doctor：It is because the baby doesn't hold the nipple and areola in mouth correctly. You can put it correct for the baby and feed frequently. Every time when you finish feeding, press a few milk out, spreading it on the nipple and areola, and wait until dry. Besides, you should wear big cotton underwears. Don't wash breast nipple with alcohol or soap.

医生：乳头疼痛主要是婴儿含接姿势不正确，没有正确地将乳头乳晕放在婴儿的嘴里。处理的方法就是掌握正确的含接姿势，坚持频繁的哺乳，每次哺乳结束时，挤出少量乳汁涂在乳头和乳晕上，短暂暴露，使之干燥。此外还要穿戴棉制的宽松内衣及胸罩。母亲不要用酒精或肥皂擦洗乳头。

Mother：Can you tell me with what diseases a mother can't give breast feeding?

母亲：你能否告诉我，母亲患哪些疾病不能给孩子喂奶？

Doctor：A mother can't give breast feeding if she has heart disease, kidney disease, mental

disease, epilepsy, acute hepatitis with jaundice, or she takes such medicine as radiation medicine or anti-hyperthyroidism.

医生：母亲如果患心脏病、肾脏病、精神病、癫痫、甲肝急性期伴有黄疸时，或母亲在使用哺乳期禁止使用的药物，如放射性药物、抗甲状腺药物时，是不宜给孩子喂奶的。

Mother: Thank you very much. I've learned a lot of new knowledge about breast feeding. It's very useful and benefits both baby and mother. I'll follow your advice.

母亲：谢谢你！今天我从你那儿学到很多哺乳方面的新知识，我一定要牢记，并且照办。因为这对孩子的生长和我们做母亲的都是很有益的。

Unit Ⅶ

Neurology and Psychiatry

神经精神科

1 Neuroparalysis 神经性麻痹

Patient: I've got a terrible pain that shoots down my leg, and I can't stop it from shaking. My hands keep shaking too, so I find it very difficult to write.

患者: 我身上的剧痛传到了腿上,腿不停地抖动。我的双手也战抖得难以写字。

Doctor: Have you noticed any paralysis?

医生: 你注意到偏瘫的症状没有?

Patient: For the past month, I've often had problems moving my left leg, and now I have trouble moving my right arm as well.

患者: 上个月,我的左腿时常不好使;可现在,我活动右臂也有问题了。

Doctor: It sounds like a pinched nerve. I'll write out a form for you to take to X-ray, and I'll have a look at your CT report. If my diagnosis is confirmed, you'll have to have an operation.

医生: 听上去好像是压迫神经引起的。我给你开张单子,你拿它去做X线检查。我想看到你的CT报告。一旦我的诊断得到了证实,那你就得去开刀。

Patient: I'd rather have an operation than have to put up with all these problems. Will there be a long wait for the operation, if I do need it?

患者: 我倒宁可手术,也不想一直受这罪。要是非得手术不可的话,要等很长时间吗?

Doctor: No, only about ten days.

医生: 不长,只需大约十天的时间。

2 Hypochondriasis 疑病症

Doctor: Well, Maureen, come and sit down. Your doctor says you've had pains in your tummy. Tell me about them.

医生: 莫琳,请进并请坐。听你的医生说你肚子痛,告诉我怎么回事。

Patient: Yes, it started with that. It made me wonder if I was pregnant and then one day—it was a Saturday—I heard a voice telling me that I was going to have twins: one baby would be Satan and the other Jesus.

患者: 好。疼痛开始时我疑惑是不是怀孕了。后来有一天,是个星期六,我听到一个声音告诉我,我怀的是双胞胎,一个是撒旦,一个是耶稣。

Doctor: Did you tell anyone about this?

医生：你跟谁说过吗？

Patient: Oh, no, well, not for a long time. But I felt very low and easily upset. If anything went wrong at the office, I flew off the handle. My boss was really very nice about it.

患者：噢。没有，但没有很长时间。我情绪低落而且容易烦躁。如果办公室里有什么事没办好我就会发脾气。我的老板倒是挺好。

Doctor: Do you get on well with your boss?

医生：你与老板相处得好吗？

Patient: Yes.he's special to me. He ...

患者：好。他对我很特殊，他……

Doctor: How do you mean special?

医生：你指的特殊意味着什么？

Patient: Whenever he comes into the office I know he's been sent to look after me, protect me.

患者：无论他什么时候来办公室，我都觉得他是来照顾我，保护我的。

Doctor: Did he suggest you go to your GP?

医生：他建议你去看医生了吗？

Patient: No, I don't know why he didn't see I was scared that if he got to know I was having a baby I should get the sack. Whenever I went into the office I felt everyone staring at me and I felt they were all talking about me.

患者：没有。我不明白为什么他没有看到我害怕。因为如果他知道我怀孕了将会开除我的。无论我什么时候走进办公室，我都觉得人们在盯着我，议论我。

Doctor: Is there anyone in particular you don't like in the office?

医生：办公室里有你特别不喜欢的人吗？

Patient: Oh yes. Mrs. Mullioned.

患者：有。莫琳德太太。

Doctor: Who is she?

医生：她是谁？

Patient: She's the cleaner. I know she works for the Devil and she spies on me so I have to lock all my things away before I go home.

患者：她是个清洁工，我知道她在为撒旦工作，她暗中监视我，所以我回家前必须锁好我所有的东西。

Doctor: Do you mean your work?

医生：你指的是你工作的东西？

Patient: And my own belongings in case they get contaminated.

患者：还有我私人的东西，我怕她弄脏我的东西。

Doctor: So what made you finally go to your GP?

医生：你为什么终于去看医生？

Patient: Well, my friend Pat thought I should go. She's heard me talking to my voices.

患者：噢。我的朋友帕特觉得我应该去。她听到过我自言自语。

Doctor: What do your voices say?

医生：你所听到的那些声音说些什么？

Patient: Sometimes they say, 'Maureen is the mother of God. She has been specially chosen ... You must never look at another man ...' I wanted to see a doctor and a priest too.

患者：有时说："莫琳是上帝的母亲，她已经被上帝选中，决不许看另一个男人……"我想去看医生，也想去看牧师。

Doctor: Mm. Well now. Tell me about your family. Have you still got your parents?

医生：好了，说说你的家吧。你父母还在吗？

Patient: I've got my Mum. She's sixty. She was a midwife and she now lives in Birmingham.

患者：我有母亲，她 60 岁了，是个接生婆，现在住在伯明翰。

Doctor: And you father?

医生：你父亲呢？

Patient: He died seven months ago. He'd been ill for ages with heart trouble.

患者：他 7 个月前死了，他患心脏病多年了。

Doctor: Did you get on well with your family?

医生：你与家人相处得好吗？

Patient: I suppose so. They were rather cold though. It wasn't a cheerful, happy home like some people have.

患者：我觉得不错。尽管他们对我很冷淡。我的这个家不像别人的家那样令人高兴，使人幸福。

Doctor: Have you any brothers or sisters?

医生：你有兄弟姐妹吗？

Patient: No, I'm the only one.

患者：没有，只有我自己。

Doctor: How did you get on at school?

医生：你在学校时与大家相处得如何？

Patient: Well, I was a bit lonely because we moved several times so I had to change schools a lot so never had any real friends. I felt a bit happier when I was at the comprehensive school. I was good at sport.

患者：嗯，我是个有点孤僻的人。这是因为我们搬了好几次家，以至于我不得不多次转学，从来没有真正的朋友，当我在综合学校上学时觉得挺高兴，我擅长体育。

Doctor: Did you make any friends through games?

医生：通过比赛你交上朋友了吗？

Patient: Not really. I kept myself to myself. I never wanted to join in things even after matches like the others did.

患者：没有真正的，我不与人来往，即使比赛后我也从不像别人那样参加什么活动。

Doctor: What did you do when you left school?

医生：你离开学校后做什么？

Patient: I did a short secretarial course at the college and then I got the job I have now.

患者：在学校进修了短期秘书课程，后来我找到了现在这份工作。

Doctor: And how have you been managing with the job?

医生：你是如何处理好你的工作的？

Patient: Just after I started, my father got a job in Birmingham but I decided to stay in London so moved into a bed-sitter in Fulham ... I often sit and cry for hours.

患者：工作刚开始的时候，我父亲在伯明翰找到个工作，但我决定留在伦敦，所以我就搬进在富勒姆的卧室兼起居室的房子……我常坐着一哭几个小时。

Doctor: When did your periods start?

医生：你多大来的月经？

Patient: When I was twelve.

患者：12岁。

Doctor: Have you had any steady boy friends?

医生：你有固定性关系的男朋友吗？

Patient: No. I'm not keen on that kind of thing.

患者：没有，我对那事不感兴趣。

Doctor: Have you ever had any illnesses?

医生：你以前曾经有过什么病吗？

Patient: Only cold and flu and upset tummy. I feel rotten when I get my period. I'm just starting one right now ...

患者：只是患过感冒、流感和肚子不适。我来月经时很虚弱，现在又刚刚来……

Doctor: I see. Well, I'd like to have a good look at you.

医生：我知道了，我想给你好好检查检查。

3 Melancholia 忧郁症

Doctor: What brought you here?

医生：你哪儿不舒服？

Patient: I've just been feeling terrible. I'm busy. I'm taking tonics and things. It used to come and go but now stays put. I can imagine everything. It all started nine months ago.

患者：我一直感觉不好。我很忙，我一直服用滋补药。本来时好时坏，如今持续不好。我想得太多了，我的病九个月前就有了。

Doctor: When did it get to the stage when it was never any better?

医生：发展到如今一直不好这一阶段有多久了？

Patient: A month ago. When I was on holiday I felt fine. Since I came back I felt groggy again. It comes and goes.

患者：一个月以前度假时，自我感觉良好，回来以后，就又感到软弱无力，病情反反复复。

Doctor: How do you feel when you are bad?

医生：你犯病时，有什么感觉？

Patient: I sleep badly. I imagine I've got everything under the sun.

患者：我睡眠很差，我想一定得了不治之症了。

Doctor：Well, what specially do you think of?

医生：哦，你想到什么特别的疾病了吗？

Patient：I think of cancer. The pain doesn't stay still. It moves from top to bottom.

患者：我想是癌症。疼痛一直不停，从头痛到脚。

Doctor：Do you have pain when you are worrying?

医生：您情绪不好时痛吗？

Patient：Yes.

患者：痛。

Doctor：Do you have it at night?

医生：夜间痛吗？

Patient：Yes. I wake up with it and can't sleep again.

患者：痛。夜间痛醒，就再也不能入睡了。

Doctor：What else have you noticed?

医生：你还有别的不好吗？

Patient：I've lost a few pounds.

患者：我体重减轻了好几磅。

Doctor：How's your appetite?

医生：胃口怎样？

Patient：Quite good usually, but yesterday I couldn't eat a thing. When I feel really low, I can't eat anything. People at work have noticed I'm not well.

患者：过去一向很好，但昨天我不能吃东西。我情绪低落时什么也不想吃。同事们都说我气色不好。

Doctor：You are 59 and a commercial artist. Have you any worries?

医生：你是一位 59 岁的商业艺术家，还有什么可烦恼的事情？

Patient：No. The governor at times is a bit grumpy but ...

患者：没有。但老板有时发脾气。

Doctor：Are you usually cheerful?

医生：平时你情绪好吗？

Patient：Yes.

患者：还行。

Doctor：Have you felt low before?

医生：以前也有过情绪低落的时候吗？

Patient：Yes. I came here. I had palpitations.

患者：有过。我心动过速时来过这里。

Doctor：Has anything started this off?

医生：有什么诱发原因？

Patient：No.

患者：没有。

Doctor: How about your water? Do you get up in the night?
医生：小便怎样？夜间起来上厕所吗？
Patient: I get up once.
患者：起来一次。
Doctor: And your bowels?
医生：大便怎么样？
Patient: All right.
患者：还行。
Doctor: Do you smoke?
医生：抽烟吗？
Patient: 15 a day.
患者：每天 15 支。
Doctor: Drink?
医生：喝酒吗？
Patient: No.
患者：不。
Doctor: Have you had any serious illnesses in the past?
医生：过去得过重病吗？
Patient: Appendicitis when I was 15.
患者：我 15 岁时得过阑尾炎。
Doctor: Do you suffer from headaches?
医生：你头痛吗？
Patient: No, not normally.
患者：不，一般不痛。
Doctor: Are you married?
医生：结婚没有？
Patient: Yes.
患者：结婚了。
Doctor: Has your wife noticed any change?
医生：你妻子注意到你有什么变化了吗？
Patient: I'm depressed and tearful. Nervousness runs in the family. I've two brothers and three sisters all with nerves.
患者：她看到我精神沮丧，眼泪汪汪。全家人也很紧张。我有两个兄弟，三个姐妹，都为我担心。

4 Psychoneurosis 神经官能症

(1)

Doctor: What is your trouble?

医生：您有什么不适吗？

Patient: I have been suffering from nervousness lately.

患者：近来我很神经质。

Doctor: What sort of symptoms do you have?

医生：您有什么症状呢？

Patient: I have got insomnia and been always troubled by nightmare for a half year. I feel drowsy and weak in the working time. I'm not able to finish my task as well as before. Moreover, I often feel dizzy, palpitation and shortness of breath.

患者：我患有失眠症，并经常做噩梦已半年了。工作时我感到困倦无力。我不能像以前那样很好地完成我的工作。此外，我经常头晕、心慌、气短。

Doctor: What is the dizzy feeling like?

医生：头晕是怎样一种感觉？

Patient: I feel like topping or unsteady.

患者：我感到摇摇欲坠，或者说站不稳。

Doctor: What do you mean by the palpitation?

医生：您说的心慌指的是什么？

Patient: I feel my heart banging and I get breathless.

患者：我觉得心脏怦怦乱跳，而且喘气困难。

Doctor: Is there any abnormality in your limbs and muscles?

医生：您的四肢和肌肉有什么异常感觉吗？

Patient: Yes, I have tingling senses in my muscles and heavy sensation in the arms and legs.

患者：有，我感到肌肉刺痛，胳膊和双腿发沉。

Doctor: Do you have other symptoms?

医生：还有其他症状吗？

Patient: Yes, at times I feel tense and restless, especially in the evening.

患者：是的。我常常感到紧张不安，特别在晚上。

Doctor: How do you think about your memory?

医生：您的记忆力如何？

Patient: Oh, it's pretty bad. I can't even remember what happened yesterday.

患者：哦，很不好。我甚至不能记起昨天发生的事情。

Doctor: How did all these start?

医生：这些症状是怎么产生的？

Patient: I was assigned to an important research eight months ago. I was afraid to be unqualified for it, but no one could replace me. So I must work day and night in order to finish the task in time. Since then, my body has become weak day by day up to today's condition.

患者：八个月以前我被指派做一项重要的研究。我担心不能胜任，但没有人能替代我。所以我必须夜以继日地工作，以便及时完成该项任务。从那以后，我的身体状况就逐日下降，直至今天这种情况。

Doctor: Besides the hard working, do you have any other internal conflict that constantly upsets you?

医生：除了工作劳累之外，您还有其他伤脑筋的心事吗？

Patient: Yes, I am also homesick. I came to Beijing a little over a year ago. Before I left my hometown, my mother was in poor shape. She has been suffered from rheumatic heart disease for many years. I am afraid she will die when I return home.

患者：是的，我还想家。我来北京一年多了，我离开家乡前，我母亲身体不好，她患风湿性心脏病多年了，我担心回家时她已经死了。

Doctor: What about your father?

医生：那您的父亲呢？

Patient: My father died of leukaemia when I was eleven.

患者：我 11 岁时，父亲就因患白血病去世了。

Doctor: Have you any brothers and sisters?

医生：您有兄弟和姐妹吗？

Patient: I only have a younger sister studying in the school. She have no enough time to take care of my sick mother.

患者：我只有一个妹妹，正在上学。她没有足够的时间照顾生病的母亲。

Doctor: You must have been a good son. I heartily sympathize with you. But I think your worry is harmful to your health. Did you see a doctor before?

医生：您确实是一个好儿子。我非常同情您。但我认为您的忧虑有害于您的健康。您以前看过病吗？

Patient: Yes. I did. However, this is the first time I consult a neurological physician.

患者：看过。但到神经科看病，我这是第一次。

Doctor: Have you had any special examinations, such as an electrocardiogram, an electroencephalogram, or a skull X-ray?

医生：您做过什么特殊检查没有？像心电图、脑电图或头颅 X 线片等？

Patient: The doctor of our factory's clinic told me that my electrocardiogram and chest X-ray examination results were normal. I've had no other special examination.

患者：我们工厂卫生所的医生告诉我，我的心电图、胸部 X 线检查都正常。其他的特殊检查就没做过了。

Doctor: Let me give you a thorough physical and neurological examination. (after exams) There doesn't seem to be anything abnormal in your organs. Even if, I'll still want you to have an electroencephalogram, an electromyogram, a somato sensory evoked potential and a skull X-ray examinations. Also the electrocardiogram should be repeated. After you have had all these examinations, please come back for another check-up.

医生：我给您做一个内科和神经科的全面检查吧。(检查毕)您不像有任何器质性的异常。即使这样，我仍希望您进行脑电图、肌电图、体感诱发电位和颅骨 X 线平片检查。另外您还需要重做一次心电图。把所有检查做完之后，您再来门诊看病。

(A week later)

(一周之后)

Patient: I have received all the examinations you asked. Are all the results back yet?

患者: 您要求我做的检查都做了。结果都出来了吗?

Doctor: Yes, and all the results are normal.

医生: 出来了,结果都是正常的。

Patient: Why do I have so many symptoms and feel sick?

患者: 那为什么我有那么多的症状和不舒服的感觉呢?

Doctor: Your tiredness and worry make you sick.

医生: 您的病是由疲劳和忧虑引起的。

Patient: What do you mean?

患者: 那是什么意思呢?

Doctor: Generally speaking, the symptoms you mentioned are reflections of your state of mind and body. Your hard working and homesick have caused you to lose a lot of energy. This has produced a series of symptoms, such as a rapid heart beat, shortness of breath, insomnia, frightening dreams and so forth. In short, you overwork and worry too much, these make you weary and nervous.

医生: 一般说来,您提到的症状都是您的思想和身体状态的反映。工作劳累和想家使您丧失了许多精力,由此产生了一系列的症状,诸如心动过速、呼吸困难、失眠、做噩梦等。总之,由于您过度劳累和忧虑而导致您终日倦乏和精神紧张。

Patient: Yes, may be you are right. I really overwork and worry too much. What should I do?

患者: 是的,也许您说得对。我确实是过度劳累和过分忧虑了。我该怎么办呢?

Doctor: That is easy. First, you should pay attention to regulating your life such as getting up and going to bed regularly. Second, you shouldn't bother yourself about missing your mother, you can write a letter to her timely. Third, I shall prescribe some medicine and tonic for you to quiet your nerves and increase your energy.

医生: 很容易。第一,您要注意过有规律的生活,定时起床睡觉。第二,您不要因为想念母亲而自寻烦恼,您可以及时给她写信。第三,我给您开一些能够镇静神经并增加您的精力的药物和强壮滋补剂。

Patient: All right, I will do as your advice.

患者: 好的,我听从您的劝告。

(2)

Patient: Doctor, I've come to you because I think I have a strange disease.

患者: 医生,我得了一种奇怪的病,所以我来找您。

Doctor: What is it?

医生: 怎么回事?

Patient: I have been suffering from nervousness for two years.

患者: 近两年来我很神经质。

Doctor: Can you tell me more specifically the symptoms that trouble you?

医生： 您能明确告诉我您有哪些症状吗?

Patient: For a little over two years, I have been afraid of noise and strong light. When I am exposed to these, I feel tense and restless.

患者： 两年多来,我又怕噪音又怕强光,一听到噪音或见到强光,就紧张不安。

Doctor: Do you have any other symptoms?

医生： 还有什么其他症状吗?

Patient: Yes. At times I suffer from palpitations and shortness of breath. I sleep poorly and am troubled almost nightly by frightening dreams. I feel dizzy and weak in the day time.

患者： 有。有时候我感到心慌气短。睡不好。几乎整夜都在做噩梦。到白天就头晕无力。

Doctor: What sort of dreams do you have?

医生： 您都在做那些梦呢?

Patient: They are different. For instance, once I dreamed that I fell down from a precipice. On another occasion, I was chased by a wolf, and in other dreams I have lost my way in a desert.

患者： 不同的梦。举例说吧,有一次梦见自己从悬崖上掉了下来。另一次梦见一只狼在追我,还有一次梦见自己在荒野中迷了路。

Doctor: Anything else?

医生： 还有其他症状吗?

Patient: Yes, when I wake up, my heart beats very fast and I am perspiring.

患者： 当我醒来的时候,心跳得非常快,而且在出汗。

Doctor: What do you think all these symptoms mean?

医生： 您认为这些症状说明什么呢?

Patient: I thought I was having a heart attack.

患者： 我想我是得了心脏病。

Doctor: Oh, no. The physician has clearly told you that you didn't have a heart attack. Your EKG doesn't indicate a heart attack.

医生： 不,内科医生已经明确告诉您没有心脏病。心电图已证明这一点。

Patient: Is that true?

患者： 真的吗?

Doctor: The thorough examination didn't reveal anything abnormal in your organs.

医生： 根据全面检查说明您没有任何器质性的异常。

Patient: Why do I have so many symptoms and feel sick?

患者： 那为什么我有那么多症状和不舒服的感觉呢?

Doctor: Your nervousness makes you sick.

医生： 您的病是神经质引起的。

Patient: What do you mean?

患者： 那是什么意思呢?

Doctor: Generally speaking, the symptoms you mentioned are reflections of your state of mind. You may have a conflict that constantly upsets you.

医生： 一般来说，您所提的症状都是您思想的反应。您也许有什么伤脑筋的心事。

Patient: Yes, Doctor, you are right. I came to China a little over 2 years ago. Before I left my country, my mother was in poor shape. She was suffering from heart disease and she would feel faint at the slightest physical exertion. Now my younger sister and brother go to school and my mother has to manage the household. I feel guilty that I cannot share the responsibility with my sick mother who has brought us up so well.

患者： 医生，您说对了。我来中国两年多了。我离开祖国的时候我母亲的身体状况不好。她有心脏病，稍一做体力活就晕倒。现在我的弟弟妹妹都在上学，母亲必须自己操持家务。她那么善良地把我们从小带大，我为不能分担母亲的负担而问心有愧。

Doctor: You must have been a good daughter. By the way, how is your mother? Have you received any letters from her?

医生： 您确实是个好女儿。哦，那么，您母亲怎样了，您接到她的信没有？

Patient: Yes, I receive a letter from her every two weeks. She says she is doing fine, and is managing the household duties without discomfort. However, I felt that she may not be telling me the truth.

患者： 有，我每两星期接到一封她的信。她说她挺好的。安排家务没有任何困难。但是，我想她可能没说真话。

Doctor: Have you received any letters from your brothers and sisters? What do you think of your mother's health?

医生： 您接到过您弟弟妹妹的信吗？您想您母亲的健康状况会怎么样呢？

Patient: They always tell me that mother is doing well, but I think since she suffers from heart disease, she will die sooner or later.

患者： 他们总对我说我母亲的情况很好，但是我想她既然有心脏病，早晚会死的。

Doctor: No, I don't quite agree with you. Under proper treatment and care a patient with heart disease can live for many years. Is there any reason why your mother, brother and sister might not tell you the truth?

医生： 不，我不太同意您的看法。在适当的医疗护理下，心脏病患者可以活很多年。您有什么理由认为母亲、弟弟、妹妹都瞒着您呢？

Patient: Oh, no.

患者： 其实没什么理由。

Doctor: I think that you will feel reassured when you return home. Your unnecessary worry makes you feel tense all the time. Your nervousness has caused you to waste a lot of energy. This has produced a series of symptoms, such as a rapid heart beat, shortness of breath, frightening dreams and so forth, that you do not control well. In short, you worry too much and that makes you weary.

医生： 我想您回到家就会见到一切都会是很好的。瞧，您的不必要的忧虑使您总是精神紧张。您的神经质消耗了您的精力。这就产生了一系列的症状，像心跳快、呼吸困难、做噩梦等等，而不善于控制。总之，由于您忧虑过度而使您终日疲乏。

Patient: Yes, you are right. I really worry too much and I am also homesick. What should I do?

患者：您说得对，我确实是忧虑过分了，而且也是由于想家了。我怎样做才好呢？

Doctor: That is easy. First, you shouldn't fatigue yourself unnecessarily. Second, you should always look at the good side of things. Third, you can look forward to your going home, which will take place as a matter of course. Fourth, I shall prescribe some medicine for you to quiet your nerves.

医生：很容易。第一，不要使自己无益疲劳。第二，看问题总要看事物好的一面。第三，您盼着回家这事理所当然地也会实现。第四，我给您开些镇静药。

Patient: That's very good of you, Doctor.

患者：太感谢了，医生。

5 Syncope 晕厥

Patient: Doctor, I have been suffering from "fits" for many years. I hope you will help me to calm them down.

患者：医生，很多年来我常会"突然发作"。我希望您帮我把它治好。

Doctor: What do you mean by a "fit"?

医生：您所说的"突然发作"是什么意思？

Patient: I mean I suddenly lose consciousness and fall on the floor.

患者：我的意思是我会一下子倒在地下就什么都不知道了。

Doctor: Since when?

医生：从什么时候开始的？

Patient: Since I was a girl.

患者：从我是个女孩子的时候就开始了。

Doctor: For how many years?

医生：有多少年了？

Patient: About ten years.

患者：大概十年了。

Doctor: How long does each attack last?

医生：每次持续多久？

Patient: Less than a minute.

患者：不到一分钟。

Doctor: How long is the interval between two successive attacks?

医生：每次发作相隔多久？

Patient: It varies from half a month to a year. Could it be related to circumstances?

患者：从半个月到一年不等。这能与周围环境有关系吗？

Doctor: What kind of circumstances usually provokes your attacks?

医生：通常什么样的环境容易引起你的发病呢？

Patient: It is difficult to say exactly. Once when I was crossing the street, a swiftly moving car suddenly drove by and I became very nervous, I couldn't control myself. I screamed

and blacked out.

患者：我很难说。有一次我穿过马路的时候，突然一辆轿车飞快地开过来了，我马上紧张起来，控制不住自己。我尖叫了一声就什么也不知道了。

Doctor: Were you hurt by the car?

医生：车撞伤您了吗？

Patient: No, the car stopped with a squeal. I came to quickly, then walked home.

患者：没有，轿车“吱”的一声停了下来。我很快醒过来就走回家了。

Doctor: Any other attacks?

医生：还怎么发作过？

Patient: On another occasion, no sooner had a nurse drawn blood from a patient than I felt perspiration and weakness followed by loss of consciousness.

患者：另一次，我一看到护士给别的患者抽血，我就冒汗，发软，然后就失去知觉晕了过去。

Doctor: Did you have other manifestations during the attack?

医生：在发病的时候还有什么其他的表现呢？

Patient: I was told by eyewitnesses that I became pale and sweated excessively during the attack, but I had no convulsions, incontinence or anything else.

患者：据目睹者说我发病的时候面色苍白，大量出汗，但是没有抽搐、大小便失禁或其他情况。

Doctor: Have you had any special examinations, such as an electrocardiogram, an electroencephalogram, or a skull X-ray?

医生：您做过什么特殊检查没有？像心电图、脑电图、头颅X线片等。

Patient: A doctor working in a local hospital told me that my physical examination, electrocardiogram, and chest and skull X-ray examination results were normal. I've had no other special examinations.

患者：当地医院的医生告诉我，我的体格检查、心电图、胸部和头颅的X线检查都正常。其他的特殊检查就没做过了。

Doctor: Let me give you a thorough physical and neurological examination.(after exams) Some further examination should be done, including an electroencephalogram and a brain scan. Also the electrocardiogram should be repeated. Here are your referral sheets. After you have had all these examinations. Please come back for another check-up.

医生：我给您做一个内科和神经科的全面检查。(检查毕)您还需要做些进一步的检查，包括脑电图和脑扫描检查。还需要重做一次心电图。这是各项检查单。把所有的检查做完以后再来门诊看病。

(Several days later)

(几天之后)

Patient: I have had all the examinations you ordered. Are all the results back yet?

患者：您让我做的检查都做完了。结果都出来了吗？

Doctor: Yes, and all the results are normal.

医生：出来了，结果都是正常的。

Patient: Then what is the cause of my "fits"?

患者：那我的"突然发作"是怎么回事？

Doctor: The normal results of physical and neurological examinations and other special examinations suggest neither organic heart or brain diseases nor epilepsy. The symptoms and signs which occur during an attack, such as palpitations, paleness and excessive sweating coincide with an imbalance of the autonomic nervous system function. Dysfunction of the autonomic nervous system can lead to a decrease in the cardiac output, cerebral anemia, suppression of brain function, and finally to a loss of consciousness. Such an attack is termed syncope.

医生：从内科、神经科以及一些其他特殊检查来看，您既不是器质性的心脏病或颅脑病，也不是癫痫。您突然晕倒时的症状和体征，如心跳、苍白和过多的出汗等，跟您自主神经系统功能失调是相符的。自主神经系统功能失调能引起心搏出量减少、脑贫血、大脑功能抑制，最后失去知觉。像这样的病称为晕厥。

Patient: Can you give me some medicine to calm the syncope down?

患者：有什么药能治疗晕厥吗？

Doctor: You should pay attention to regulating your life such as getting up and going to bed regularly and not drinking or smoking too much. I'll give you some medicine to regulate the functioning of your automatic nervous system. If you follow my advice, I am sure your condition will get better soon. Sometimes your symptoms may recur, this is a natural phenomenon. Don't worry, such recurrences don't mean regression. During the struggle against disease, you must feel confident that you can overcome it, then the medicine, which I'll give you, will help you to defeat the enemy—syncope. Medicine is one way, confidence is another. The latter is more important than the former.

医生：您要注意的是要过有规律的生活，定时起床，定时睡觉，不要过多地饮酒和吸烟。我给您开点儿调节您的自主神经功能的药物。假如您能听从我的劝告，我相信您一定会很快好起来的。一些症状有时可能有反复，这是自然现象。不必着急。症状有反复并不能说明病情恶化。当和疾病作斗争的时候，必须树立能克服它的信心，加上我给您开的药，会帮助您战胜敌人—昏厥。药是一方面，信心是另一个方面，后者比前者更为重要。

Patient: Thanks a lot, Doctor. I'll follow your advice.

患者：感谢您，医生。我一定听从您的劝告。

6 Vertigo 眩晕

(1)

Patient: I have had dizziness and I've been sick.

患者：我感到眩晕还呕吐。

Doctor: When did this start?

医生：什么时候开始的?

Patient: Three months ago.

患者：三个月前。

Doctor: How often are the attacks?

医生：多久发作 1 次?

Patient: Nearly every day.

患者：几乎每天发作。

Doctor: How long do they last?

医生：发作持续多少时间?

Patient: Some last all day, some a couple of hours.

患者：有些发作持续一整天,有些发作持续几小时。

Doctor: Does anything bring about these attacks?

医生：什么原因引起疾病发作?

Patient: No.

患者：没有。

Doctor: Will you describe one of these attacks?

医生：请你形容一下发作的情况?

Patient: It starts with a headache. My eyes start running. And then the whole house goes round. Then it goes dark.

患者：开始时有头痛,眼睛开始流泪,然后整个房子都像在旋转,然后变黑暗。

Doctor: When you say you go dizzy, what do you mean?

医生：当你说你眩晕时,你的意思是什么?

Patient: I feel I'll fall over and the room spins round. If I go to bed, the bed goes round.

患者：我感到我要摔倒,房子也在旋转。如果我在床上,我感到床在转动。

Doctor: When you move, do you stagger?

医生：当你活动时,你感到不稳吗?

Patient: I'm too scared to move.

患者：我很害怕甚至不敢活动。

Doctor: Have you noticed anything else?

医生：你还注意到什么吗?

Patient: I cough a lot.

患者：我咳嗽得很厉害。

Doctor: Do you bring anything up?

医生：有痰吗?

Patient: No.

患者：没有。

Doctor: Is your hearing affected? Do you have buzzing or ringing noise?

医生： 你的听力有没有受到影响？你感到耳内像有虫子叫或者有耳鸣吗？

Patient： Yes.

患者： 是的。

Doctor： In both ears?

医生： 两个耳朵吗？

Patient： Yes.

患者： 是的。

Doctor： When you go to bed, do you sleep well?

医生： 你睡眠好吗？

Patient： I sleep badly.

患者： 睡眠很不好。

Doctor： Does the movement of the head cause it?

医生： 晃动头会不会引起眩晕？

Patient： No.

患者： 不会。

Doctor： If you suddenly get up out of a chair does it start?

医生： 如果你突然从椅子上站起来，有眩晕发生吗？

Patient： Yes.

患者： 有。

Doctor： How long have you been diabetic?

医生： 你患糖尿病几年了？

Patient： Four years.

患者： 四年了。

Doctor： Any other serious illness?

医生： 还有其他的重病吗？

Patient： I had an operation on my middle ear and mastoid three years ago.

患者： 三年前我做过中耳和乳突炎手术。

Doctor： No trouble with your water?

医生： 尿没有问题吧？

Patient： No.

患者： 没问题。

Doctor： Your periods finished some years ago?

医生： 你几年前就停经了吧？

Patient： Yes. Five years ago.

患者： 是。五年前就停止月经了。

Doctor： Open your eyes. Look up to the ceiling. There isn't nystagmus which is an objective sign of vertigo.

医生： 睁开眼，看天花板。没有眼球震颤，眼球震颤是眩晕的客观体征。

Patient： Will surgery be necessary?

患者：需要动手术吗?

Doctor: No. I'd like you to have X-rays on your middle ear and internal meatus, audiometry and caloric test.

医生：不需要手术,我建议你去做中耳和内听道的X线检查,并做听力计检查和冷热试验。

(2)

Doctor: What exactly was your trouble?

医生：你究竟得了什么病?

Patient: I began to fell dizzy and then I got palpitations and felt limp. It lasted about an hour. I woke up and my legs were heavy. It has eased off a bit. I only get one a week now and since I left hospital I've had none for three weeks.

患者：我开始时感到眩晕,然后又感到心悸和虚弱,这些症状持续了约一小时,我醒来时感到双腿沉重。现在这些症状很少出现了。现在每周只发作一次,自从我出院后已有三周没有发作了。

Doctor: When did all this start?

医生：病是什么时候开始的?

Patient: Last September. It wasn't any good. I began to lose my nerve in the street. I dared not to cross the road because my legs went heavy. I was working full time in the day and coming home and cooking dinner, cleaning, and I suppose it was all too much.

患者：去年九月份开始的。我感觉哪里都不好。我上街都失去了信心,我的双腿发沉不敢过马路,我整日工作,回家还得做饭洗衣服,我感到要干的事太多了。

Doctor: What was the dizzy feeling like?

医生：眩晕的感觉是什么样的?

Patient: I felt like toppling.

患者：我感到身体垮了。

Doctor: Did you feel unsteady or were things going round you?

医生：你感到不稳吗?或者有东西围绕着你转吗?

Patient: I felt shifty as if I was moving rather than actual things moving.

患者：我感到不稳,好像我在动,而不是周围的东西在动。

Doctor: Did things seem normal around you?

医生：你周围的东西都是正常不动的吧?

Patient: Yes. Only I felt shifty, trembly, unsteady.

患者：是,只是我感到不稳。

Doctor: Did you notice that any particular thing that started an attack?

医生：你注意到是什么特定的原因引起眩晕的发作?

Patient: It was usually at night, when I was coming home from shopping.

患者：常在夜间发作,当我买东西回到家里时。

Doctor: How long have you been married?

医生：你结婚多久了?

Patient: One year and five months.

患者：一年五个月。

Doctor: Have you any children?

医生：有小孩吗?

Patient: No. I'd hoped to start a family but nothing's happened.

患者：没有小孩,我曾想怀孕但未成功。

Doctor: Do you have any bleeding between the periods or after intercourse?

医生：在月经间隔期或性交之后有出血吗?

Patient: No, but I don't go with my old man anymore.

患者：不出血,但是我不再和我丈夫做爱了。

Doctor: Does your husband have any trouble?

医生：你丈夫有什么病吗?

Patient: Well, my husband comes home tired and he doesn't want to do anything.

患者：我丈夫回家时已经很疲倦,不想干任何事情。

Doctor: Have you any friends?

医生：你有朋友吗?

Patient: I have only one who's having a baby in three weeks.

患者：我只有一个朋友,她还有三周就要生小孩了。

Doctor: I think it's a great mistake to get out of touch with people and get so bored.

医生：我认为不与人接触是一个大的错误,这会使你感到烦恼。

Patient: I used to go to a friend but she said I must get a job or else my husband will think he's married to an invalid.

患者：我去看过一个朋友,她说我必须找到一个工作,不然我丈夫会认为他与一个患者结了婚。

Doctor: It is important to build up contacts and interests. There is nothing seriously wrong with your nerves. These attacks are nervous in origin but they are just attacks of anxiety. You are anxious about your illness, anxious about your husband and friend, anxious about not having a baby. Yet at the same time your life is becoming more and more restricted into a home that doesn't please you at all. You don't need any special treatment. You'd better go see a doctor of psychology. Would you like to come and talk to me again in a couple of week's time?

医生：重要的是要建立与人们接触和对事物的兴趣,你的神经没有严重问题,你的眩晕病是精神性的,发作是由于焦虑引起的,你对疾病、对你的丈夫和朋友焦虑,对没有小孩焦虑,而且你的生活范围愈来愈限制在一个小家庭里,而这个小家庭没有给你带来一点欢乐。你的病不需要特殊治疗,最好去看一下心理医生。希望你在一两周内再来和我谈谈。

Patient: All right. Thank you, doctor.

患者：好,谢谢大夫。

7 Mania 躁狂症

Patient's wife: Doctor, can I tell something about my husband's condition? My son is looking after him now in the waiting room.

患者妻子：医生，我可以向您说一下我先生的情况吗？我的儿子现在在候诊室照顾着他呢。

Doctor: Certainly, what's your husband's trouble?

医生：当然可以，您的先生怎么不舒服呢？

Patient's wife: My husband may be mad. At night he sings loudly. During the day, he buys a lot of unnecessary things and behaves strangely, like an actor. Sometimes he lies on his bed, turns around continuously, laughs in a loud voice like a child, and says he is a spaceman in a moving space rocket.

患者妻子：他可能疯了，晚上他大声唱歌。白天他就去买好多没用的东西，而且举止像个演员似的。有时躺在床上不断地翻来覆去，像个孩子似的大声笑，说他自己是宇宙火箭里的宇宙飞行员。

Doctor: How long has he been like this?

医生：他像这样有多久了？

Patient's wife: Ah, for about one month. But his condition has been getting worse for about two weeks.

患者妻子：啊，差不多一个月了。但是最近两星期有所加重。

Doctor: Has he had a similar condition in the past?

医生：他过去有过同样的情况吗？

Patient's wife: Yes, about twelve years ago he had a similar condition lasting two months or so.

患者妻子：有过，大概在十二年前有过同样的情况，差不多持续了两个月才好。

Doctor: Has this happened to anyone else in his family?

医生：他们家里别的人也有过这种情况吗？

Patient's wife: When we got married I was told that his father might have had a similar condition.

患者妻子：我们结婚时听说他的父亲好像有过同样的情况。

Patient's wife: Would you please call him in here?

患者妻子：您能把他叫进来吗？

Doctor: All right.

医生：好吧！

(The patient comes in)

(患者走进诊室)

Doctor: How do you feel today?

医生：今天您觉得怎样？

Patient: (euphorically) I feel marvelous!

患者：(欣快地)我觉得好极了！

Doctor: What are you?

医生：您是做什么工作的?

Patient: (carelessly) I should say I am an engineer but I am a spare-time spaceman and an actor too. (warmly) Shall I give a performance for you?

患者：(不在乎地)照说我是个工程师,但实际上我又是业余宇航员和演员。(热情地)我给您表演个节目行吗?

Doctor: No, thank you. Now let me examine you.

医生：不,谢谢。让我给您检查检查吧。

(After examination)

(检查后)

Patient's wife: (anxiously) Doctor. Is his condition serious? Is it curable?

患者妻子：(焦虑地)医生,他的情况严重吗? 能治好吗?

Doctor: No, his condition is not too severe. This attack could be overcome, but he may have a relapse.

医生：他的病不严重。能治好,但还可能复发。

Patient's wife: How long will this attack last and when might he have a relapse?

患者妻子：这次会持续多久? 什么时候可能复发呢?

Doctor: It is difficult to tell you exactly, for it varies from individual to individual. Generally, each attack lasts a few months, It may recur several years or even decades later. In a sense, it depends on a great many factors such as medical treatment, rest, and so on.

医生：很难说出准确的时间,情况因人而异。一般说每次发病要持续几个月。可能几年或几十年后才复发。也可以说发病与许多因素有关,像治疗方法,休息好坏,等等。

Patient's wife: What can we do for him? Please give him the best treatment.

患者妻子：我们该怎样帮他治疗呢? 请您给他好好的治治吧!

Doctor: Don't worry too much. I'll do my best for him. I'll give him some medicine to relieve his symptoms and he should have a good rest. Here is his prescription. Pay in the pharmacy and the pharmacist will tell you how to use it.

医生：放心吧。我会尽力而为的。我要给他一些消除症状的药,此外他得好好地休息。这是他的处方,请到药房交款,药剂人员会告诉你怎样服用。

Patient's wife: Is that all?

患者妻子：就这样子吗?

Doctor: That's all. When you run out of medicine, come again.

医生：就这样吧。药用完了请再来。

Patient's wife: If his condition gets worse, what shall I do?

患者妻子：他的情况如果向坏的方向发展该怎么办呢?

Doctor: You should take him to the Psychiatric Department of the Third Hospital of Beijing University.

医生：那你应该带他去北京大学第三医院的精神病科去就诊！

Patient's wife: Thank you so much.

患者妻子：多谢了。

Doctor: You are welcome.

医生：不必客气。

8 Depression 抑郁症

Patient's wife: Doctor, I am sure my husband has become mad. About half an hour ago, I went home with my son. No sooner had we walked into the yard than I saw a man standing under the biggest tree. Oh! What a dreadful sight! A rope was hanging on that tree. The very man preparing to hang himself was my husband, so we immediately drove him to the hospital. We trust you, doctor, you can save him.

患者妻子：医生，我的先生真的疯了。半小时前，我和我儿子一同回家。刚进院子就看到一个人站在那棵最大的树下面，真可怕！一根绳子挂在树上。那个要上吊的人竟是我先生。所以我们马上开车送他来医院。医生，我们相信您能救他。

Doctor: (turns to the patient) What's the matter?

医生：(转向患者)您怎么了？

Patient: I am tired of life. I don't get enough sleep. I get extraordinarily irritable. Although nothing seems worth bothering about, I get annoyed at little things and even one word from my superiors makes me feel anxious. Any news upsets me quite a bit. I feel that everything in the world and even my life is senseless to me. I am not only useless but also a heavy load on other human beings. I think that killing myself will benefit other human beings, so I want to commit suicide.

患者：我对生活感到厌倦。我睡眠不足。我特别容易激动。虽然没有什么事可值得烦恼的，但是一点小事就使我生气，就连上级说一句什么，我都觉得急躁得不行。什么消息都会使我心烦。我觉得世界上无论什么东西，甚至我的生命对我都毫无意义。我活着不仅无用，而且对别人也是沉重的负担。我想杀死自己对人类会有好处，所以我就想自杀。

Doctor: (says in low voice to patient's wife) His condition is very serious. I would prefer to refer him to a psychiatric hospital. It is a special hospital for treating such patients. A stay in that hospital for a short period of intensive treatment may be necessary.

(turns to the patient) Everyone has something bothering him, but they don't always look at the world through dark-colored glasses; they can correctly deal with such things. Don't worry too much. I am sure your condition can soon be cured, if you cooperate well with the doctor in charge of you. From now on,

you don't have to be upset about trifles.

医生：(对患者的妻子小声说)他的病情很严重。我建议将他转到精神病院去。那是治疗这种患者的专科医院。在那里住一段时间进行积极治疗是很必要的。

(转向患者说)谁都有伤脑筋的事,但是他们不总是戴着黑色的眼镜看待世界;人们是能够正确对待一切事物的。不要过于焦虑。要是您能和您的医生合作的话,我相信您的情况会很快好起来的。从今以后,不要为一些小事而烦恼才好。

9 Status Epilepticus 癫痫持续状态

Patient's father: Doctor, this is the patient, my son. He is having convulsions.

患者父亲：医生,这患者是我儿子。他在不断地抽搐。

Doctor: Let the patient lie on the bed. What's your son's trouble?

医生：让患者躺在床上吧！您儿子怎么了?

Patient's father: The trouble is that while we were enjoying our luncheon in the park, all of a sudden, my child fell down on the ground and threw a fit, which subsided in ten minutes but came back four times that hour. Since his first attack, he has not woken up. The last attack occurred more than half an hour ago.

患者父亲：我们正在公园吃午餐的时候,忽然间我儿子倒在地下抽搐了起来,10 分钟才停止,但是在一小时之内发作了四次,从第一次发作后他就没清醒过来。最后一次发作是在半个多小时之前。

Doctor: Is this the first time he has had such episodes?

医生：这是他第一次发作吗?

Patient's father: Let me see. He had his first attack when he was two, without any apparent cause, and since then it's happened once or twice a year.

患者父亲：让我想想。头一次是他两岁的时候,发作时并没有什么明显的原因,此后每年都发作一两次。

Doctor: Does he receive medication regularly?

医生：他按时接受药物治疗吗?

Patient's father: No, he has been off medication for half a year.

患者父亲：没有,他停药半年了。

Doctor: How old is he?

医生：他多大了?

Patient's father: He is six years old.

患者父亲：六岁。

Doctor: Let me give him an examination.

医生：我给他检查一下。

(After an examination)

(检查后)

Patient's father: How is my child? (The child jerks once in a while) Oh, God. Have mercy on him.

患者父亲：我的孩子怎样？(孩子一会儿抽动一下)唉,上帝啊,可怜可怜这孩子吧!

Doctor: Please be calm. Your son's condition is serious, but we will do our best for him. First of all, we'll give him an injection. His condition may get better in a few hours. Although sudden deterioration of his condition is possible.

医生：请镇静。您儿子的病情是严重的,但是我们一定尽力抢救。首先给他注射一针。几小时后他的病情会好转的。虽然情况也可能急剧地恶化。

Patient's father: That's very kind of you.

患者父亲：太感谢您了。

Doctor: Nurse, will you please give the patient an intravenous injection of 10 mg. "diazepam" before he goes to the ward?

医生：护士,你能在这孩子住院之前给他静脉注射一支 10 毫克的"安定"吗?

Patient's father: We have heard from the press at home that "diazepam" is a very effective treatment for so-called "status epilepticus".

患者父亲：在我们国内的报纸上就听说过"安定"对治疗所谓"持续性癫痫"是很有效的。

Doctor: Yes, it is. That is what we are going to give him. I should say that small and regular doses are even more important in the prevention of such mishaps.

医生：就是。那就是我们要给他注射的药。应该说小剂量地定时服用这种药,对预防发病更为重要。

Patient's father: Right. We will follow your advice.

患者父亲：对,我们一定听您的劝告。

Doctor: I think he should stay in the hospital for a few days. Nurse, the patient is ready to go to the ward. After checking up on another patient, I'll be there.

医生：我想他需要在医院住上几天。护士,这患者就要收进病房了,我给另一个患者检查完就去(那儿)。

10 Abdominal Epilepsy 腹型癫病

Patient's mother: Doctor, my son had a severe pain in his stomach about an hour ago.

患者母亲：医生,我儿子一小时前肚子痛得厉害。

Doctor: Oh, I see. What happened?

医生：噢,是吗。怎么回事呢?

Patient's mother: About an hour ago, while my husband and I were chatting about our plan to take a trip to the Great Wall, all of a sudden, we heard my son screaming.

患者母亲：大约一小时以前我和我先生正在讨论去长城游览的计划时,忽然听到我

儿子尖叫了起来。

Doctor: What did you see?

医生：你看到什么呢?

Patient's mother: When I ran up to him he was suffering from extreme pains. He turned pale and sweated a lot. He was groaning with a stomachache.

患者母亲：我跑到他跟前的时候,看见他痛得非常厉害。他脸色苍白,出了很多汗。他因胃痛而呻吟着。

Doctor: Did he feel hot, nauseous, or did he vomit?

医生：他发烧、恶心或呕吐过吗?

Patient's mother: No, he did not seem to have a fever or nausea.

患者母亲：没有,他不像发烧,也不恶心。

Doctor: Was he mentally clear?

医生：他神志清醒吗?

Patient's mother: Yes, he was, but he appeared to be fussy, irritable, and was hard to please.

患者母亲：清醒,可是显得很急躁,爱发脾气,还没办法让他高兴起来。

Doctor: Has he had a similar attack of abdominal pain before?

医生：他以前有过同样的肚子痛吗?

Patient's mother: Yes, he has had several such episodes.

患者母亲：有过,有好几次了。

Doctor: How frequently has he had such attacks?

医生：这种发作都相隔多久呢?

Patient's mother: About two or three times a year for the past three years.

患者母亲：一年发作两三次,已经有三年了。

Doctor: Has he had symptoms other than abdominal pain?

医生：除了肚子痛,还有什么其他症状吗?

Patient's mother: At times he has complained of headaches.

患者母亲：有时候他说他头痛。

Doctor: Is that all?

医生：全部情况就这些吗?

Patient's mother: Oh, I forgot to tell you that my son sometimes has fits when his body temperature goes up.

患者母亲：噢,我忘记告诉您,我儿子在体温高的时候还会不省人事。

Doctor: He must have been seen by doctors elsewhere.

医生：他在别处看过病吗？

Patient's mother: Yes. He was seen and treated by doctors at home and abroad.

患者母亲：是的,我们国内和国外的医生都给他治疗过。

Doctor: Did he pass worms or blood in his stools?

医生：他的大便里有过寄生虫或血吗?

Patient's mother: The doctors told me that he did not have any worms and that there was no

evidence of a peptic ulcer or appendicitis. His brain waves were normal.

患者母亲：医生们告诉我，他大便里没有寄生虫，也不像有胃溃疡或阑尾炎。他的脑电波是正常的。

Doctor：Did medicine help him?

医生：药物对他有帮助吗？

Patient's mother：Yes, his pain would stop immediately after a shot of luminal.

患者母亲：有帮助，注射一支苯巴比妥，疼痛马上就消失了。

Doctor：Does he receive medication regularly?

医生：他定时服药吗？

Patient's mother：No. The doctor said it is not necessary because the attacks have not been frequent.

患者母亲：没有。医生说他不经常发作，所以没必要定时服药。

Doctor：Do you consider his birth history and development normal?

医生：您认为他的出生史以及发育都正常吗？

Patient's mother：Yes. His birth was uneventful. He is as active and healthy as other children.

患者母亲：他出生时很顺利。他和别的孩子一样活泼健康。

Doctor：Has anyone in the family had a similar condition?

医生：家里其他人有过同样情况吗？

Patient's mother：No, but his maternal uncles have suffered from migraines for a number of years.

患者母亲：没有。不过他的舅舅们得偏头痛有好多年了。

Doctor：(to the patient) What's your name, my little friend?

医生：(对患者)你叫什么名字，我的小朋友？

Patient：My name is John Smith.

患者：我叫约翰·史密斯。

Doctor：How old are you?

医生：你多大了？

Patient：I'll be six years old next month.

患者：到下月我就六岁了。

Doctor：Johnny, can you tell me more about your illness?

医生：小约翰，你能再告诉我一些你的病情吗？

Patient：I would hurt a lot in the middle of my stomach. It is a sort of dull cramp over which I have no control. After a shot it goes away very fast. Then I feel sleepy. When I wake up I feel all right again.

患者：我的肚子当中痛得厉害。是一种止不住的隐隐的拧着痛，注射一针后就不痛了，然后就发困。醒过来一切就都好了。

Doctor：Very well. Let me give you a check-up.

医生：很好。我给你检查一下。

Patient：Please do and help me get rid of my nasty stomachache.

患者：请检查吧，并请尽快解除我这讨厌的肚子痛才好。

Doctor: That is all.

医生：检查完了。

Patient's mother: Doctor. What is your opinion of my child's illness?

患者母亲：医生。对于我孩子的病，您的看法是什么？

Doctor: I feel your child is suffering from epileptic equivoke which we call abdominal epilepsy and epileptic headaches.

医生：我想您孩子得的是双关型癫痫，我们把它叫做腹型癫痫和癫痫性头痛。

Patient's mother: Yes, you are right. The other doctor also made the same diagnosis.

患者母亲：是的，您说对了。别的医生也是这样诊断的。

Doctor: I think he should have another EEG, and regular doses of phenobarbital for a period of time.

医生：我想他还需要再做一次脑电图，同时他在一定的时间内必须定时服用苯巴比妥。

Doctor: I have read his EEG which strongly supports our diagnosis. Please have this prescription filled.

医生：我看过他的脑电图了。检查结果支持我们的诊断。请去取药吧。

Patient's mother: Thank you, Doctor.

患者母亲：谢谢您，医生。

Unit Ⅷ

Ophthalmology

眼　　科

1 Ophthalmitis 眼炎

(1)

Patient: Recently I've been getting headaches, and my eyes don't seem to focus properly.

患者：近来，我一直头痛，眼睛看不清楚东西。

Doctor: When did you last have your eyes checked?

医生：你最近的一次眼睛检查是在什么时候?

Patient: Two years ago. At that time I had no problems. Now I can't even make out something ten meters away.

患者：在两年前。那时我的眼睛没有问题，可现在，10m 开外的东西我都看不清楚了。

Doctor: Come over here and I'll test your eyes. First cover your left eye like this, and when I point, please read the chart from the top, and go as far as you can, telling me which way the "E" points.

医生：你过来，让我检查一下你的视力。先这样遮住左眼。我用手指着视力检查表，请你尽量跟着从上往下读，告诉我字母"E"指向哪一边。

Patient: All right.

患者：好吧。

Doctor: Good. Now the other eye.

医生：好了。现在换一只眼睛。

Patient: Well, this one is worse.

患者：嗯，这只眼睛视力差些。

Doctor: Never mind, just read as far as you can.

医生：没关系，尽量读下去。

Patient: I can only read the first three lines.

患者：我只能看清最上面的三行。

Doctor: Now come and sit here, and I'll examine your eyes. Well, your eyes look very red. Have you been overworking them?

医生：过来，坐在这儿，让我检查一下你的眼睛。嗬，你的眼睛很红。是不是用眼过度了?

Patient: Well, I've been reading late every night, as I'm coming up to exams.

患者：嗨，最近正赶上考试，我每夜都看书看得很晚。

Doctor: Try not to rub your eyes, even if they itch, and don't burn the candle at both ends. I'll

give you some antiseptic solution to bathe your eyes when they itch, and some very effective Chinese eye solution, which often can nip this problem in the bud before it develops. Put the drops in twice a day, morning and evening.

医生：如果眼睛痒的话，不要用手去揉。你也不要用眼过度。我给你开些洗眼睛用的消毒眼药水，眼睛痒的时候用，再给你开一些疗效很好的中草药眼药水，这种眼药水对于初发的患者效果很好，每日两次，早上和晚上滴用。

(2)

Patient：My eyes are very red and sore.

患者：我的眼睛又红又痛。

Doctor：I'll just take a look. Focus your eyes as far away as possible. Now I'll move my pencil. Keep your head still, but follow the pencil with your eyes ... I'll just pull up your eyelid to have a look. Please look down. Now look up. Now look to the right ... now to the left.

医生：让我检查一下。尽量往前看，把目光聚起来……我现在移动这支铅笔，头别动，目光跟着我的铅笔走……现在我翻开你的眼睛检查一下。往下看，往上，朝右，朝左看。

Patient：Does everything look all right?

患者：都还正常吧。

Doctor：You have an infection. You must have rubbed your eyes with a dirty towel, or dirty hands.

医生：你的眼睛发炎了，你很可能用脏毛巾擦过眼睛，或用脏手揉过眼睛。

Patient：I can't remember doing that, but I did go swimming. Normally I always use eye-drops afterwards, but this week I didn't, because my eyes were too painful.

患者：没有呀。我倒是游过泳。通常在游泳后我都滴眼药水，但上个星期我没有滴，因为痛得要命。

Doctor：It looks like that's what caused your problem.

医生：看来，问题就出在那里。

Patient：Can you give me anything for it?

患者：能治得好吗？

Doctor：Use these drops three times a day, and don't go swimming until it clears up.

医生：这眼药水你一天滴三次。眼睛彻底恢复之前不要再去游泳。

Patient：I'll do that. Thank you.

患者：好的，谢谢。

2 Cataract 白内障

Patient：I have a very unusual condition in my left eye. So I think it needs a check-up.

患者：我左眼有些毛病，我想该查一下。

Doctor：In what way, can you explain exactly?

医生： 怎么回事，可以说得详细点吗？

Patient： I suddenly noticed that I couldn't see out of my left eye last week.

患者： 上星期我突然发现左眼什么也看不见了。

Doctor： How can you find out that?

医生： 怎么发现的？

Patient： When I close my right eye by chance I could see nothing. Everything went black. I known that there were something wrong with my eye.

患者： 我偶然闭上右眼，才知道什么也看不见了，漆黑一片。我想一定是我的眼睛出了什么毛病。

Doctor： Have you had anything abnormally in that eye before?

医生： 左眼以前有什么病吗？

Patient： Let me see, ... Oh, I've had blurred vision for several years.

患者： 让我想想，……噢，这只眼看东西模糊已经有几年了。

Doctor： Please tell me the course of your blurring in detail, won't you? When did you notice the problem and did it seem to occur suddenly or gradually?

医生： 请详细讲讲好吗？什么时候开始的，视力是突然地还是逐渐地出了毛病。

Patient： Well, I can't see by degrees. I felt blurring in left eye five years ago.

患者： 噢，是逐渐发展的，共有五年了。

Doctor： Have you had any other problem, such as headaches?

医生： 还有其他问题吗，例如头痛？

Patient： Nothing. That's why I thought it would be well soon and I didn't go to see doctor.

患者： 没有了，我觉得会好的，也就没去看医生。

Doctor： Has there been the history of injury?

医生： 有外伤史吗？

Patient： No, as to my eyes, at no time have I got ill or injury.

患者： 没有，既没有外伤也没得过病。

Doctor： Well, let me have an examination of your vision.

医生： 好，查一下你的视力。

Patient： All right.

患者： 行。

Doctor： Stand here. Cover your right eye first. Look at these letters, tell me the direction of the opening, downward or upward, left or right. OK, ... Now the left eye.

医生： 站在这儿。先盖上右眼。看这些字母，指出开口方向，向上或向下，向左或向右。行了，换左眼。

Patient： I can see nothing.

患者： 什么也看不见。

Doctor： Move forward step by step till you can see the biggest letter.

医生： 向前走，直到可以看清最大字母为止。

Patient： No, I can't either.

患者： 还是不行。

Doctor: How many fingers can you see here?

医生： 能看见有几根手指吗?

Patient: I can't see clearly but the hands movement.

患者： 不行,只能看到手在动。

Doctor: Now come with me to the dark room. ... Cover your right eye. Tell me where the light is.

医生： 到暗室来。……盖上右眼。告诉我灯光在哪儿。

Patient: It's at right upper, ... left upper, ...

患者： 在右上，……左上，……

Doctor: Can you tell me the colour of the light you've seen?

医生： 能不能告诉我灯光的颜色？

Patient: It's red, ... and becomes green now.

患者： 红的，……又变为绿的了。

Doctor: Well, let me examine your eyes with slit-microscope. ... Your eye disease is cataract and the left one has already ripened. You should be admitted to hospital and the eye should be operated on.

医生： 好,再用裂隙灯查一下。你患了白内障,左眼已成熟了。需要住院做手术。

Patient: Can I be cured by the operation?

患者： 手术能治好吗?

Doctor: If there is no other problem inside, the vision may be improved when you wear a certain number of glasses after the operation.

医生： 如果内眼没什么毛病,术后戴上合适的眼镜视力会提高的。

Patient: When shall I be admitted?

患者： 我什么时候住院?

Doctor: This morning you may have your blood examined first, then go home to make a preparation. Then come for admission to the hospital on Friday morning.

医生： 今天早晨先查血,回家准备一下,星期五上午来办入院手续。

Patient: How long shall I stay in the hospital?

患者： 我要住院多长时间?

Doctor: Less than a month. Here is your admission information form.

医生： 不到一个月,给你入院证。

Patient: Thank you.

患者： 多谢。

3 A Foreign Body in the Cornea 角膜异物

Patient: I feel something in my right (left) eye, and it's been hurting me since yesterday.

患者： 我觉得我右(左)眼里有东西,从昨天开始一直磨着痛。

Doctor: Please look straight ahead (look down or look up). There is a foreign body on the

cornea. I'm going to put a few drops of dicaine into your eye. Don't move, look straight ahead. Now I've removed the foreign body. Have a look at it.

医生：请您向前(向上或向下)看。角膜上有个东西。我给您滴上几滴丁卡因,然后把它取出来。不要动,向前看。现在您瞧,异物取下来了。

Patient: Oh, it is so small, yet it hurt me so much.

患者：哦,这么小一点儿,可真把我痛坏了。

Doctor: I'll check your cornea with a slit-lamp to see whether there is anything left on it. Please open your eyes and look straight ahead. There is a abrasion on the surface of your cornea. I'll put some antibiotic eye drops into your eye. Now I'll put on an eye-pad, so the abrasion will heal quickly.

医生：我要用裂隙灯给您检查一下角膜,看有什么留在上面没有。请睁开眼向前看。角膜浅层有擦伤。我给你往眼睛里滴一些抗生素。戴个眼罩,这样角膜擦伤就会很快愈合。

Doctor: Please come tomorrow morning. We'll check it again then.

医生：请您明天早晨再来,我还要给您检查一下。

(The next day)

(第 2 天)

Doctor: Is the pain less severe?

医生：疼痛减轻些吧?

Patient: I don't feel anything now.

患者：我一点也不痛了。

Doctor: I'll take off the eye-pad and apply a corneal stain with a drop of "fluorescein". I'll have a look at it now with the slit-lamp. The abrasion has healed. There's no need for the pad. But you still have to continue the eye drops for two more days.

医生：我要给您摘掉眼罩,做角膜"荧光素"染色,在裂隙灯下检查。现在角膜擦伤已愈合,不需要戴眼罩了。但您还得继续滴两天眼药水。

4 Acute Infective Conjunctivitis 急性感染性结膜炎

Patient: My right eye has been red for two days. It's very uncomfortable.

患者：我的右眼红了两天了,难受极了。

Doctor: Is there any discharge?

医生：有分泌物吗?

Patient: Yes, a lot, especially in the morning.

患者：有很多分泌物,特别是早晨。

Doctor: Do you have good eyesight?

医生：您视力好吗?

Patient: Yes.

患者：好。

Doctor: Please look down. You have acute infective conjunctivitis. I'll write a prescription for you. Get the eye drops and ointment from the pharmacy and apply them as directed, it'll clear up in three or four days.

医生：请向下看。这是急性感染性结膜炎。我给您开个处方。请到药房去取眼药水和眼药膏，按医嘱应用。过了三四天炎症就会消退。

Patient: Shall I come again?

患者：我需要再来吗？

Doctor: Please come back in three days. Besides, acute conjunctivitis is a contagious disease, keep your towels and pillowcases separate from those of other people.

医生：三天后来一下。此外，急性结膜炎是一种传染病，你的毛巾和枕套要跟其他人分开使用。

5 Glaucoma 青光眼

Doctor: What's your trouble?

医生：有什么不舒服吗？

Patient: My eyes are feeling deadly distended pain and I can't stand it any more. Please kill the pain for me at once, please!

患者：我的眼胀痛极了，我简直受不了，快给我止痛吧。

Doctor: Do both eyes seem to be affected?

医生：两只眼都痛吗？

Patient: Only the right one.

患者：只是右眼。

Doctor: How long does it last?

医生：有多长时间了？

Patient: For two hours.

患者：两小时。

Doctor: Do you remember whether you were involved in any particular activity at the time?

医生：你记得发作时有什么诱因吗？

Patient: I haven't noticed that.

患者：我没注意。

Doctor: Can you describe the course of your suffering?

医生：请讲一下经过，好吗？

Patient: At first I saw the colored haloes around the white lights and my eyes were red and watery. Then I got a pain in right eye. Later it became worse. At last I had a dull headache and couldn't see clearly. I felt sick and I've been sick for several times.

患者：开始我看到灯光周围有彩色光环，眼睛发红，流泪。接着右眼开始痛，并逐渐加剧。最后头也闷痛，眼睛看不清东西。还有恶心，并呕吐了几次。

Doctor: Were you conscious of anything ever like this before?

医生： 以前有过类似发作吗?

Patient: Yes, I had several times of this kind of experience. But not so serious.

患者： 有,有几次较轻的发作。

Doctor: Do you get them at any particular situation?

医生： 都是在什么情况下发生?

Patient: Under varied conditions, such as when I lost my temper or I felt very tired and so on.

患者： 不一定,诸如急躁、劳累时,等等。

Doctor: How often do you get them?

医生： 间隔多长时间发作 1 次?

Patient: It's difficult to say.

患者： 很难说。

Doctor: Do you get them at any certain time of day or night?

医生： 是发生在白天或是晚上?

Patient: Mostly at night.

患者： 多数在晚上。

Doctor: Does it seem to come on mostly before or after going to bed?

医生： 睡前还是睡后?

Patient: Mostly after going to bed I think, but I can't be definite.

患者： 我想是睡后,但不十分肯定。

Doctor: Have any of your family or immediate relatives ever had similar disorders?

医生： 家里人或近亲中有没有类似疾病?

Patient: My mother went blind with glaucoma when she was in her sixties.

患者： 我母亲 60 多岁时因青光眼瞎了。

Doctor: Oh, I see. Let me measure your intraocular pressure with tonometer ... You've also suffered from glaucoma.

医生： 噢,我明白了。给你测一下眼压吧，……你也得了青光眼。

Patient: My God! Am I likely to lose my sight as my mother did?

患者： 老天啊,我会像我妈一样变瞎吗?

Doctor: Don't let it get you down. Now I'll give you some medicines and you'll be feeling better.

医生： 别灰心,我这就给你开些药吃,你会变好的。

……

Patient: Thank you, Doctor. I do feel better now.

患者： 医生,谢谢你。我现在是觉得好多了。

Doctor: Your pain has gone, but I think you should have an operation for the radical treatment.

医生： 你的疼痛缓解了,但我认为你还是应接受根治性治疗。做手术。

Patient: An operation! On my eyes! I can't imagine that.

患者： 做手术！在眼睛上！简直不可想象。

Doctor: Don't be so nervous. I give you my words. The operation will be safe, and for more

important, it'll prevent you from going blind.

医生： 不要紧张。我向你保证,手术是安全的,更重要的是,手术可以防止你失明。

Patient: All right, what you say.

患者： 好吧,就听你的。

6 External Stye 外睑腺炎

Patient: There's a red swelling on my left eye and it's been hurting me for two days.

患者： 我的左眼红肿,已经痛两天了。

Doctor: The upper lid is badly swollen. There is a pustule on the lid margin and some pus can be seen in the centre of it. It ought to be incised at once. Do you agree to that?

医生： 您的上睑肿得很厉害。睑缘上有一个脓疱,中央已看到有些脓,必须马上切开。您同意吗?

Patient: Of course, but will it hurt?

患者： 当然同意,但是痛吗?

Doctor: Hardly, just like a mosquito bite. There, all the pus is out. There's a pad, and a prescription to buy some eye drops. Please come back tomorrow morning and let me see your eye.

医生： 几乎不痛,只不过像蚊子叮一口一样。现在脓都排出来了。戴个眼罩。拿药方去买些眼药。请明天上午来复诊。

7 Chalazion 睑板腺囊肿

Patient: A lump has been growing slowly here on my right lid for about two months.

患者： 近两个月来我的右眼皮上慢慢地起了个疙瘩。

Doctor: It is a "tarsal cyst" or so-called "chalazion". Better have it removed. It's only a minor operation. An incision will be made on the inside of the lid, there will be no scar on the skin. It will heal in a couple of days. If you agree to have it removed, we can make the appointment now. Can you come on Thursday afternoon?

医生： 这是"睑板腺囊肿"或叫"霰粒肿"。最好将它切除掉。这是个小手术。在眼皮里面做切口,在外皮上就不会留伤疤。两天就可长好,如果您同意手术,我们就可约好时间。本星期四下午您能来吗?

Patient: All right. What time is convenient, Doctor?

患者： 好吧。几点钟来合适?

Doctor: Please come at two o'clock sharp. Here is prescription for eye drops. Please put them into your right eye four times a day before the operation.

医生： 请两点钟准时来。这是眼药水处方,手术前您需要点右眼,一天四次。

8 Central Serous Chorioretinopathy 中心性浆液性脉络膜视网膜病变

Patient: The focal point of what I see is dark. I can see better around the perimeter than in the middle. Things look small and blurred.

患者：我所看到的焦点是黑的。我看焦点周围比看当中显得好点儿。东西看起来显得小而且模糊不清。

Doctor: Have you noticed any change in your vision?

医生：您注意到您视力的变化吗?

Patient: My eyesight is worse. Perhaps I'm far-sighted.

患者：视力减退。我可能变成远视了吧!

Doctor: Is it only one eye or both?

医生：是一只,还是两只?

Patient: Only one eye. The other day I happened to notice it, when the other eye was covered.

患者：是一只眼。那天我遮着另一只眼时偶然察觉的。

Doctor: You seem to be fit and healthy, but I wonder if you've been doing too much lately.

医生：从外表看您身体健康,但我不知道您最近是否过于劳累。

Patient: I'm so overworked. I never get enough sleep. I'm healthy enough, but I always feel tired.

患者：我的工作太忙,睡眠不足,我的身体不错,但我总感到疲乏得很。

Doctor: Are you forcing yourself to do too much or can't you relax?

医生：是工作过度紧张还是情绪有波动?

Patient: Well, I suppose I'm under a lot of stress.

患者：是,我认为我的压力很大。

Doctor: I see. Let me examine you. You are suffering from central serous chorioretinopathy.

医生：明白了,让我检查一下。您得了中心性浆液性脉络膜视网膜病变。

Patient: Oh, what can you give me for it?

患者：哦,怎么治疗呢?

Doctor: I'll give you an injection and some medicine to take.

医生：给您打一针并服些药。

Patient: How long does it take to clear up?

患者：多长时间能治愈呢?

Doctor: Generally speaking, it should be all right within three months. Then your vision will return to normal. A relapse is common, however, if it does occur, black spots will reappear in your eyes. You must pay attention to your health. Don't overdo things and learn to relax.

医生：一般来说,三个月可以治愈。视力可恢复正常。但常复发,暗点又重新出现。要注意保重身体。避免过度疲劳和善于休息。

Patient: I see, I'll try to be careful.

患者：好,我一定注意。

9 Checking the Eyes for Glasses 配眼镜

(1)

Patient: My eyesight is not good. I can't see distances clearly.

患者：我的视力不好。远距离看不清。

Doctor: Then I'll examine your eyes. Please sit down here, cover one eye with this patch. Look at the mirror. Which way is the letter "E" facing, up or down, right or left? You seem to be short-sighted. You ought to wear glasses.

医生：让我检查一下您的视力。请坐在这里,用这个眼罩遮住一只眼,看着镜子。"E"开口向哪一边,上或下,右或左? 您似乎是近视。应该配眼镜。

Patient: Can you test them right now?

患者：现在能给我验光吗?

Doctor: It takes at least an hour or so, and before the test you must put some eye-drops into your eyes to dilate the pupils. I'll prescribe some eye-drops for you. Please put one drop into your eyes every five minutes six times tomorrow before you come. Please come at eight o'clock.

医生：验光至少需要一个小时,而且验光前必须点散瞳药。我给你开些眼药水。明天上午来之前每五分钟点一次,共六次。请您八点钟来。

Patient: All right.

患者：好。

Doctor: Have you used the eye-drops six times already?

医生：您上够 6 次眼药水了吗?

Patient: Yes. Everything's blurred.

患者：上够了,什么东西都模模糊糊的。

Doctor: That's because your pupils are dilated. Sit down and I'll test your eyes now. Look at the line. Which one is better?

医生：那是因为您的瞳孔散开了。请坐下来查视力。请看这一行。哪个镜片好些? 这个好还是那个好?

Patient: The second one is better.

患者：第二个好些。

Doctor: And how is it with this piece of glass?

医生：戴上这个镜片好些吗?

Patient: It's better.

患者：好一些。

Doctor: You are short-sighted (far-sighted). Your right eye is 225 degrees, your left is 175 degrees. Please sit down here and read a few pages of "CHINA DAILY" with this pair of glasses. How do they feel? Do you want them?

医生：您的眼睛是近视(远视)。右眼 225 度,左眼 175 度。现在请您戴上这副眼镜读几页《中国日报》试试。您觉得怎样? 这副眼镜合适吗?

Patient: I'll take them.

患者：我就要这副。

Doctor: Please look straight ahead, let me check the distance between the pupils. It is 58 mm. Here is the prescription for your glasses.

医生：请您往前看，我量一下瞳孔距离。58mm。这是您的配镜处方。

(2)

Doctor: What's the matter with your eyes?

医生：你的眼有什么毛病？

Patient: Would you mind giving me a thorough examination for my eyes?

患者：请为我全面检查一下，好吗？

Doctor: Do you have special reasons for having your eyes examined?

医生：为什么要查眼睛？

Patient: I can't see clearly.

患者：我看不清楚。

Doctor: How long does it last?

医生：有多长时间了？

Patient: It has been so far for a long time.

患者：可有一段时间了。

Doctor: When does it occur, ...? I mean what's your vision like out of doors and for reading? In other words, your vision is blurred in distance or at near, such as in reading?

医生：在什么情况下出现？……我是说在户外活动及看书时有什么不同？换句话说，在你看远处和看近处时视力怎样？

Patient: Oh, I had them both, but specially as I watch the distant objects.

患者：嗯，都看不清，但远看时更看不清。

Doctor: What's your job?

医生：你是干什么工作的？

Patient: I am a reporter. As you know, my job is reading and writing to some extent. But I can't do it now. I get a pain behind my eyes after I've been reading for some time.

患者：我是记者。可以说记者的工作在某种程度上就是读和写。但现在我干不了了。看一会儿书就觉得眼睛后部疼痛不适。

Doctor: I see. Let me examine your vision. ... Look at this line of letters. Can you make them out?

医生：我知道了，先查一下你的视力。请看这行，能认出来吗？

Patient: No, I can't at all. I can only see several blurred figures.

患者：不行，根本不行，只能看到几个模糊的影子。

Doctor: Your distant vision is only 0.2. Now come and have a look at this chart for the near vision.

医生：你的远视力只有 0.2，再查一下近视力。看这张表。

Patient: These letters are so small, but I can recognize them.

患者：这么小啊，但我还是能认出来。

Doctor: Can you read the bottom line of letters?

医生：能看清最下面一行吗？

Patient: Yes, I can as I move towards them.

患者：可以，移近些就行。

Doctor: Your near vision is quite good. Let me give you a detailed examination. Look upward, ... downward, ... to left, ... to right. The external eyes are normal.

医生：你的近视力很不错。再让我查一下。向上看，……向下，……向左，……向右。外眼没什么问题。

Patient: What kind of other tests?

患者：还要作其他检查吗？

Doctor: Come to the dark room. I'll have a look at your fundus. Please gaze at the opposite wall directly forward over my shoulder. ... Now look at my light, keep looking at my light.

医生：到暗室来，查一下眼底。从我的肩上向对面墙上看。……现在看我的灯光，盯着我的灯光看。

Patient: Is there anything abnormal?

患者：有什么问题吗？

Doctor: Don't worry. The fundus is also normal. But you have ametropia.

医生：别急，眼底正常。但你有屈光不正。

Patient: What can I do? Shall I have some medicines?

患者：那怎么办？要吃药吗？

Doctor: No, with proper glasses your vision will be perfect.

医生：不必，戴眼镜视力就会得到矫正的。

Patient: Thank God! Then what kind of glasses should I wear?

患者：感谢上帝！我该戴什么眼镜呢？

Doctor: I can't say exactly until the state of your refraction has been determined.

医生：这要等检查你的屈光状态后才能定。

Patient: Please do it for me.

患者：那就请给我查吧。

Doctor: I am going to instill several drops of certain solution to dilate your pupils. And then you'll read indistinctly for several hours, at the same time you'll get photophobia, but don't be afraid.

医生：我要给你滴几滴眼药水散瞳。此后几小时内你会看不清东西，同时还有些畏光。但不要害怕。

Patient: Certainly, I don't.

患者：当然，我不会的。

Doctor: This instrument is called Refractometer and it measures the refractive condition of your eyes accurately. It's perfectly comfortable for you and needn't answer any

questions and all you have to do is to look at the mark on the screen. Now put your chin on this rest, head right up against the bar. Do you see the mark now?

医生：这个仪器叫验光仪，可以精确地测量你的屈光状态。查起来没什么不舒服，也不必回答问题。要做的就是注视荧光屏。现在把下颏放在托上，头放正，靠在横栏上。看到视标了吗？

Patient: Yes, I can see it. It seems to be a clown.

患者：看到了，好像是个小丑。

Doctor: Good. Keep as still as you can. It'll only take a few moments. ... Well, it's over. Your eyes are suffering from myopia.

医生：好，尽量不动，一会就好。行，完了。你是近视。

Patient: Really?

患者：是吗？

Doctor: Please wear these lens and try to read.

医生：戴上这几个镜片再看看。

Patient: OK! I am able to see the smallest letters clearly now.

患者：嘿，现在我可以很清楚地看到最小的字母了。

Doctor: Please come here once again two days later for the reexamination,and then you may fit for glasses.

医生：两天后复查，到时候再配镜。

……

Patient: Doctor, I am coming for the eyes reexamination.

患者：医生，我来复查眼睛。

Doctor: Please wear this frame. I'll select some lens for you. Now walk for about half an hour out door and then get in touch with me, because some people find them excellent while others have some difficulty with them.

医生：先戴上镜架，我给你安上镜片。到外面去走半个小时再来找我。有些人适应戴眼镜，有些人不能适应戴眼镜。

……

Patient: Doctor, I've worn these glasses for at least forty minutes.

患者：医生，我戴镜足足有 40 分钟了。

Doctor: How do you feel about these lens? Do you fell giddy or get headaches?

医生：怎么样，有头晕或头痛吗？

Patient: None of them. I think these glasses are quite fit for me.

患者：什么也没有，这些镜片很合适。

Doctor: Right. Let me measure your pupil-distance. ... This is your prescription for the lens.

医生：好吧，再查一下瞳距……这是你的配镜处方。

Patient: I am really very grateful to you. By the way, I want to know the number of my glasses.

患者：非常感谢。问一下，我的眼镜片度数是多少？

Doctor: The glass in front of your right eye should be 3.0 diopter, the left one 3.5 diopter.
医生: 右眼是300度,左眼是350度。
Patient: Thank you very much!
患者: 非常感谢!

10 Trichiasis 倒睫

Patient: My eyes hurt and feel as if there is grit in them. It seems to be my eyelashes. I pull them out, they still get in my eyes.
患者: 我眼睛痛,仿佛里面有沙子,也许是我的睫毛,我给拔出来,可还是往里长。
Doctor: Your eyelashes are uneven and in-growing. Your eyelid is curved inward, so the eyelashes touch the cornea and irritate it. You had better have a minor operation. That will solve the problem.
医生: 你的睫毛长得不齐而且往里长。眼皮的边缘往里卷,睫毛触着并刺激你的角膜。最好做个小手术。这样就解决问题了。
Patient: All right, I'll take your advice.
患者: 好,就按您说的办。

11 Eye Examination for a Driving License 为驾照检查眼睛

Man: I would like my eyes tested for a driving license.
男人: 为领驾驶执照我要检查一下眼睛。
Doctor: We have to check your long distance vision. Let me also check you for colour blindness. Since you have red and green colour blindness, I'm afraid you can't pass the test.
医生: 您需要检查一下远视力和色盲。您有红绿色盲,我怕您领不到驾驶执照。
Man: Please re-check them. In our country the doctor said I only have a colour weakness, so that I could drive a car. I can see clearly for a long time.
男人: 请您再检查一次。在我国,医生说我只是色弱,所以可以开车。我一直看得很清楚。
Doctor: I would check up again. Actually you have colour blindness, so you can't drive a car.
医生: 我再检查一次。您的确是色盲,您不能开车。

Unit IX

Otorhinolaryngology

耳 鼻 喉 科

1 Acute Otitis Media and Otitis Mastoidea 急性中耳炎和乳突炎

Doctor: What is the trouble with you?
医生: 你生什么病了?
Patient: I have a poor hearing, ringing in the ear and my right ear seems to be obstructed.
患者: 我的听力不好,耳鸣,我的右耳似乎被堵塞住了。
Doctor: By which ear can't you hear?
医生: 你哪一只耳朵听不见声音?
Patient: The right ear.
患者: 右耳。
Doctor: Have you got a pain in your ear?
医生: 你耳痛吗?
Patient: I've got earache.
患者: 我耳痛。
Doctor: Do you have an ear flow?
医生: 你耳朵流水吗?
Patient: Yes, there is a purulent flow.
患者: 是的,有脓液流出来。
Doctor: Of what odor is this flow?
医生: 流出物有什么气味?
Patient: It is rather fetid.
患者: 相当臭。
Doctor: Do you feel a pain when I press on the mastoid bone behind your right ear?
医生: 当我压你右耳后的乳突骨时,你感到痛吗?
Patient: A little.
患者: 有一点儿痛。
Doctor: Do you have a sense of dizzy?
医生: 你感到头晕吗?
Patient: Yes, very often.
患者: 是,常有头晕。
Doctor: Since when have you been feeling like this?

医生： 你是从什么时候起感到这样的?

Patient: It all started the day before yesterday.

患者： 是从前天突然开始的。

Doctor: You seem to have picked up some sort of infection. Well, let me examine your ear. You have suffered from acute infection of middle ear and mastoid.

医生： 你似乎患了某种感染,好,让我检查一下你的耳朵,你患了急性中耳炎和乳突炎。

Patient: Don't you think I should take X-ray?

患者： 你认为我应该拍摄 X 线片吗?

Doctor: I think X-ray will be necessary for this illness.

医生： 我认为这种病需要拍摄 X 线片。

Patient: Can I be cured? What do you advise?

患者： 我能治好吗? 你说怎么办呢?

Doctor: Listen to my advice, please. And I'm certain you'll be fine.

医生： 你照我说的去做,一定会好的。

Patient: What do you think I should do?

患者： 你认为我该怎么办呢?

Doctor: Stay away from work till Monday, and don't overdo things. Take antibiotics, sulfa drugs and analgesics, put neomycin solution into your right ear four times a day. I'll go to see you in a couple of days.

医生： 休息到星期一,不要过于劳累,服用抗生素、磺胺和止痛药,用新霉素液滴右耳,每天四次,过两天我去看你。

Patient: That's very kind of you.

患者： 承蒙你的好意。

2 Chronic Suppurative Otitis Media 慢性化脓性中耳炎

Patient: My ear drum was perforated when I swam at the sea shore.

患者： 我在海边游泳的时候,就发现耳鼓膜穿孔了。

Doctor: Please tell me what kind of secretion was discharged from your ears. Was it pussy, mucous, bloody or with a bad smell?

医生： 请告诉我从您耳朵里流出来的是什么样的分泌物。是脓的、黏的、带血的,还是带臭味的?

Patient: My right ear started to run with a foul smelling pus after an attack of measles when I was young.

患者： 我小时候出麻疹之后,右耳就开始往外流带臭味的脓。

Doctor: Upon examination I find that you are suffering from a chronic suppurative infection of your middle ear.

医生： 根据检查,我发现您的中耳有慢性化脓性感染。

Patient: I can hardly hear what people say, and I have had occasional earaches ever since pus

flowed out of my ears.

患者：自从我的耳朵流脓之后，别人说话我就听不清了，有时还耳朵痛。

Doctor: Does the earache occur deep inside or just at the orifice of your ear?

医生：耳痛是在耳朵深处还是在耳朵口上？

Patient: It seems to be a pulsating ache located deep in my ear.

患者：好像是在耳朵深处跳动着痛。

Doctor: There is a lot of pus and pieces of white debris in your middle ear cavity. I am afraid that a bony destruction is taking place in the mastoid. A mastoid operation is necessary to eliminate the possibility of intracranial complications.

医生：您的中耳腔里有很多脓和白色的坏死碎屑。我担心在乳突部有骨质破坏。为了消除引起颅内并发症的可能性，必须做乳突手术。

Doctor: I suggest that your ear operation be postponed until there is complete control of the suppuration for at least three months to half a year.

医生：我建议您的耳部手术至少推延到化脓完全控制之后的三个月到半年再做。

Doctor: It is difficult to predict whether normal hearing will be restored or not after the tympanoplastic operation.

医生：很难预言经过鼓室成形手术后，正常听力能否恢复。

Doctor: Be sure not to blow your nose too violently, otherwise the discharge in your nose may be pushed into your ears to re-infect the middle ear.

医生：切记不要使劲擤鼻子，否则您鼻子里的分泌物可能被挤到耳朵里去，使中耳重新感染。

3 Secretory Otitis Media 分泌性中耳炎

Patient: For three days already my ears are almost entirely plugged up and are ringing all the time. I can only hear sound as if I were confined in a closed cabin.

患者：我的耳朵几乎完全被堵塞住了，而且不停地耳鸣已经 3 天了。听起声音来好像自己被关在一个密闭的小舱里似的。

Doctor: I can see a fluid shadow through your ear drum that indicates there are some secretions behind the drum.

医生：透过您的鼓膜我可以看到一个液体的阴影，这说明在鼓膜的后面有分泌物。

Patient: I notice a murmuring sound just like water flowing in my ear whenever I get up from bed or move my head abruptly. I can't hear sounds from the outside clearly, but there is a loud noise when I speak myself.

患者：当我从床上坐起来或者突然移动头部时，我能听到一种好像有水在我耳朵里流动似的潺潺声。我对外界的声音听不清楚，但是当自己说话的时候却有很响的嘈杂声。

Doctor: My examination shows that you are suffering from secretory otitismedia.

医生：我的检查表明您患有分泌性中耳炎。

Patient: Excuse me, I am not quite clear as to the meaning of "secretory otitis media".

患者：对不起，我对分泌性中耳炎的意思不大清楚。

Doctor: It's a kind of nonseptic inflammation of the middle ear which produces mucous secretion instead of pus.

医生：这是一种中耳的非化脓性感染，它产生黏液但不化脓。

Doctor: The fluid inside your tympanum should be withdrawn right away.

医生：鼓室腔里面的液体应立即抽出来。

Doctor: An ear drum puncture should be performed in order to aspirate as much of the fluid as possible.

医生：为了尽量把液体抽净，应该做鼓膜穿刺。

Doctor: If the secretion within the tympanum dries up spontaneously it will interfere with the vibration of your drum and influence your hearing permanently.

医生：如果让鼓室腔里的分泌物自行干涸，就会干扰您鼓膜的震动，长期地影响您的听力。

Doctor: I advise you to do some Eustachian tube inflation by yourself in the following way. Please block your nose with your fingers, close your mouth and hold your breath, then blow through your nose vigorously until a small amount of air penetrates into your ears.

医生：我建议您用下述方法自己做做欧氏管吹张。请您用手捏住鼻子，闭起嘴，屏住气，然后用力从鼻子鼓气，直到有少量的空气进入您的耳朵里。

4 Aero-otitis Media 航空性中耳炎

(1)

Patient: I heard a ticking sound in my ear when the plane took off in Tokyo.

患者：当飞机从东京起飞的时候，我耳朵里就听见滴滴答答的响声。

Patient: I noticed a fullness in my ear associated with a sharp pain inside right after the plane landed at the Beijing Airport.

患者：飞机在北京机场着陆之后我就感到耳朵发闷并且疼痛得厉害。

Patient: I felt a sharp pain in my ear when I left the cabin of the plane, so I came here with my interpreter for a consultation.

患者：当我从机舱里出来的时候，我的耳朵里感到刺痛，所以我就带着翻译来这里看病了。

Doctor: According to your case history and the symptoms described to me, I believe that you are suffering from aero-otitis.

医生：根据您的病史和您给我描述的症状，我认为您患的是航空性耳炎。

Patient: Would you please explain to me the cause of "aero-otitis"?

患者：请您给我讲一讲"航空性耳炎"的原因，行吗？

Doctor: Well, aero-otitis is simply caused by the sudden imbalance of the air pressure inside

and outside the middle ear.

医生：好，航空性耳炎是由于中耳内外的压力骤然失去平衡造成的。

Doctor: All of your complaints may subside after an ear drum massage and tube inflation. Now please take a mouthful of water and swallow it immediately when I ask you to swallow.

医生：您的这些痛苦经过鼓膜按摩和耳咽管吹气之后都可能消除。现在请您含一口水在嘴里，当我要求您咽的时候马上就咽下去。

Doctor: Do you feel better since I manipulated the drum for you a minute ago?

医生：刚才我给您在鼓膜上操作了一下之后，您觉得好些了吗？

Patient: It's dramatic, all the symptoms disappeared right after your manipulation.

患者：这真是有意思极了，您的操作一结束，一切症状都消失了。

Doctor: In order to maintain the pressure balance of your ear, I suggest you use some nose drops and take a piece of chewing gum before the plane lands on your next journey.

医生：为了保持耳部压力的平衡，我建议您在下次旅行时用些滴鼻药，当飞机着陆前嚼一块口香糖。

(2)

Doctor: What happened?

医生：发生了什么事情？

Patient: I heard a ticking sound in my ear when the plane took off in Xi-an.

患者：当飞机在西安起飞时，我听到了滴答声。

Doctor: It doesn't matter.

医生：那没关系。

Patient: I noticed a fullness in my ear associated with a sharp pain inside right after the plane landed at the Beijing Airport.

患者：飞机在北京机场着陆之后，我的耳内立刻出现胀满感，同时耳内剧痛。

Doctor: Have you got cold?

医生：你有没有感冒？

Patient: This morning I suffer from a running nose with a profuse watery discharge.

患者：今天早晨我鼻子流出大量水样鼻涕。

Doctor: According to your case history and the symptoms described to me, I believe that you are suffering from aero-otitis media.

医生：根据你说的病史和症状，我认为你患了航空性中耳炎。

Patient: Would you please explain to me the cause of it?

患者：您能不能解释一下它的原因？

Doctor: Aero-otitis media is simply caused by the sudden imbalance of the air pressure inside and outside the middle ear. Let me examine your ear. Your ear drum is severely congested. I can see a fluid shadow through the ear drum that indicates there are some secretions behind it.

医生：中耳内外压力突然不平衡是航空性中耳炎的简单原因。让我检查一下你的耳朵，

你的耳鼓膜严重充血，透过鼓膜我见到了液体影，这表明鼓膜的背后有分泌物。

Patient: What treatment do you suggest?

患者：您建议做些什么治疗？

Doctor: Are you able to clear your ears at present? Or are you able to do Valsalva?

医生：现在你能够消除自己耳朵的堵塞感吗？也就是你能否做瓦氏动作？

Patient: No. I'm not able to. By the way, what does Valsalva mean?

患者：我不能，顺便问一句，瓦氏动作是什么意思？

Doctor: The effect of high positive nasopharyngeal pressure is evaluated by Valsalva test. The test is positive if the middle ear can be inflated by forced expiration when the mouth and nose are closed. A positive test indicates a distensible auditory tube.

医生：瓦氏试验是检查鼻咽腔正压效果的，如果试验阳性则表明当闭口捏鼻做呼气动作时，中耳可以通气，试验阳性指示咽管是可以扩张开的。

Patient: I'll try to do the Valsalva's maneuver.

患者：我会试着去做瓦氏动作。

Doctor: All of your complaints may subside after tube inflation. Now please take a mouthful of water and swallow it immediately when I ask you to swallow. Do you feel better?

医生：当管子通气以后，你的所有主诉不适都会消退，现在请你在口内含一口水，当我要你吞咽时你要立即吞咽。现在你感到好些吗？

Patient: It's dramatic, all the symptoms disappeared right after manipulation.

患者：好极了，操作一结束，一切症状都消失了。

Doctor: In order to maintain the pressure balance of your ear, I suggest you use some nose drops and take a piece of chewing gum before landing.

医生：为了使你耳内压力保持平衡，我建议你用些滴鼻药，在飞机着陆前咀嚼口香糖。

Patient: Any other preventive measures?

患者：还有其他预防措施吗？

Doctor: You should avoid of flying with a cold and sore throat, particularly in non-pressurized aircraft. Valsalva maneuver should be performed regularly as the atmospheric pressure rises during descent.

医生：你感冒咽痛时不要乘飞机飞行，特别是乘坐不密闭的飞机。要在飞机下降大气压上升时，按时做瓦氏动作。

Patient: Thanks a lot.

患者：非常感谢。

5 Diseases of the External Ear 外耳病

Patient: I have a throbbing pain in my left ear. It hurts terribly when I touch it. My affected ear can't touch the pillow when I lie in bed.

患者：我的左耳一跳一跳地痛，我碰到它的时候痛得要命。当我躺在床上的时候，患病的那只耳朵连枕头也不能沾。

Doctor: Did any dirty water get into your ears when you took a shower bath or went swimming in the pool?

医生: 您淋浴或者游泳时有没有将脏水弄到耳朵里呢?

Patient: My ears became terribly painful after some dirty water got into them when I went swimming the day before yesterday.

患者: 我前天去游泳,耳朵里灌进了脏水,之后两只耳朵就剧烈地痛起来了。

Doctor: Your ear canal is almost completely impacted with a big mass of ear wax. I will clean it for you with a curette and a pair of forceps. Please keep your head in a fixed position and don't move.

医生: 您的耳道几乎让一大块耳屎给堵满了,我想用挖耳勺和镊子给取出来。请把头放在一个固定的位置上,不要动。

Patient: I picked out my ear wax with a match stick by myself last night. I felt a pain and there was moisture inside my ear the next morning.

患者: 昨天晚上我自己用火柴棍掏了耳屎。第 2 天早晨就觉得很痛而且耳朵里还发潮。

Doctor: There are several small boils around the opening of your left ear canal. It may give you very sharp pain. I'll make an incision and drain the pus for you.

医生: 在您左耳道开口的周围有几个小疖子,也许就是这个让您痛得厉害。我想替您把它切开再把脓导出来。

Doctor: Physiotherapy will be beneficial to promote reduction of the inflammatory process and to get rid of the pain.

医生: 理疗对消炎和止痛都有促进作用。

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Patient's mother: My baby cries all night especially when I touch her left ear.

患者母亲: 我的孩子通宵啼哭,尤其是我碰到她左耳的时候。

Doctor: Your child had an infantile eczema over her external ear. Please apply a thin layer of ointment over her affected ear twice a day. By the way I would suggest that you stop feeding her with cow's milk for a couple of months.

医生: 您的孩子的外耳部患了婴儿湿疹。请在她患病的耳朵上薄薄地敷些药膏,每天两次,另外,我还建议您连着两个月不要喂她牛奶。

Doctor: I'll leave a small cotton ball soaked with medicine in her ear canal. Be sure to bring her back to change the dressing in 24 hours.

医生: 我要在她的耳道里放上一个浸了药的棉球。24 小时之后务必带她回来换药。

6 Hearing Loss 听力丧失

Patient: I haven't been able to hear well for some time and it seems to get worse as I get older.

患者: 我听力不好已经有些时候了,而且似乎年岁愈大,听力愈差。

Patient: Since last night, I've been suffering from a sudden decrease of hearing accompanied

by vertigo.

患者：从昨晚开始，我的听力突然下降，还伴有头晕。

Doctor: What's the pitch of your ear ringing? Is it in high or in low tones?

医生：您耳鸣的音调是怎样的，是高调还是低调？

Doctor: Does the impairment of your hearing occur constantly or intermittently?

医生：你的听力减退是持续性的还是间歇性的？

Doctor: Can you tell me which kind of sounds you find more difficult to hear? Spoken or musical sounds?

医生：您能不能告诉我什么样的声音您听起来更困难，是说话声音还是音乐声音？

Patient: My ears are buzzing constantly. I cannot sleep properly at night.

患者：我的耳朵总是嗡嗡作响。晚上我睡眠不好。

Doctor: I would like to test your hearing ability with a tuning fork (an electro-audiometer). The electro-audiogram shows that yours is a type of nerve deafness (conduction deafness, mixed type deafness).

医生：我想用音叉(电测听仪)测试一下您的听力。您的电测听图表明是神经性耳聋(传导性耳聋，混合性耳聋)。

Doctor: A tympanoplastic operation may elevate your hearing level to a certain extent. The hearing gain after surgery depends upon the degree of destruction of the conduction apparatus of your middle ear.

医生：鼓室成形手术可能将您的听力提高到一定程度。手术后听力恢复如何，要根据您中耳传导器官破坏的程度来决定。

7 Tympanic Membrane Perforation 鼓膜穿孔

(1)

Doctor: Hello, my name is Dr. Cui, can you tell me what your problem is?

医生：你好，我是崔医生，你能告诉我哪里不舒服吗？

Patient: Hello doctor, I have severe earache in my right ear.

患者：你好，医生。我的右耳朵很痛。

Doctor: Have you ever had this problem before?

医生：你以前有过这种情况吗？

Patient: No, not really, I've had the odd earache throughout the years but nothing as bad as this.

患者：没有。我一年中会偶尔的耳痛，但不像这次这么严重。

Doctor: How long have you had earache for?

医生：你耳痛持续多长时间了？

Patient: For 4 days now, the pain has been steadily getting worse.

患者：有四天了，疼痛逐渐严重。

Doctor: What does the pain feel like?

医生：是怎么样的痛？

Patient: It feels like a burning feeling in my ear and a very bad ache.

患者：感觉像耳朵里面在燃烧，伴随强烈疼痛。

Doctor: Do you also get headaches?

医生：伴随头痛吗？

Patient: I've had one headache.

患者：有头痛。

Doctor: Is there any discharge coming from your ear?

医生：你的耳朵流脓吗？

Patient: No, not discharge, but I've had some wax.

患者：没有，没有流脓，不过有些耳垢。

Doctor: Was there a lot of wax in your ears?

医生：你的耳朵里面耳垢多吗？

Patient: No, but it was quite runny.

患者：不多，不过很松软。

Doctor: How did you get the wax out?

医生：你怎么清理耳垢？

Patient: I used a cotton bud.

患者：我使用棉棒。

Doctor: Did it hurt when you put the cotton bud in your ear? Was there any blood in the wax?

医生：当你将棉棒伸进耳朵的时候感到痛吗？耳垢里面有血吗？

Patient: Yes, it was quite painful. I didn't see any blood.

患者：是的，我感觉特别痛，不过没有看到血。

Doctor: Have you had any trauma to your ear?

医生：你的耳朵是否受过伤？

Patient: No, not that I can think of.

患者：没有，我觉得没有。

Doctor: Can you hear OK from that side?

医生：你那边耳朵听力情况正常吗？

Patient: Yes, I think so. I haven't noticed that I can't.

患者：是的，我觉得正常，我没有发觉听力失聪。

Doctor: Have you had a fever?

医生：你发烧吗？

Patient: No, I haven't felt hot or anything.

患者：没有，我没有感觉到发烧的迹象。

Doctor: Have you felt dizzy since you've had this problem?

医生：你耳痛之后感觉眩晕吗？

Patient: No, I've been fine.

患者：没有，一直很正常。

Doctor: Have you vomited at all or felt nauseated?

医生：你呕吐或者感到恶心吗？

Patient: No.

患者：没有。

Doctor: Do you have any pain behind your ear?

医生：你的耳朵后面感觉痛吗？

Patient: Yes.

患者：是的。

Doctor: Do you have any pain or stiffness in your face?

医生：你的脸部感觉痛或僵硬吗？

Patient: No.

患者：没有。

Doctor: Has anybody ever told you at any time that your mouth has dropped on one side?

医生：有人告诉过你的嘴向一边歪吗？

Patient: No, nobody has said that and I haven't noticed anything when I've looked in the mirror.

患者：没有，没有人那样说过，当我照镜子的时候也没有发觉。

Doctor: I need to examine your ear, please keep still for me.

医生：我需要检查你的耳朵，请不要动。

Patient: OK.

患者：好的。

Doctor: I'm going to put an ear speculum into your ear. Please keep still, I want to remove some of the wax, I'm just going to take a swab of your inner ear to check for an infection.

医生：我接下来要放一个耳窥镜到你的耳朵里面，请不要动，我需要清理一些耳垢。我接下来要取一些你的内耳拭子来检查是否有感染。

Patient: OK.

患者：好的。

Doctor: It looks like you have an ear infection, your ear drum is very red and swollen but it doesn't look perforated. You don't have a fever, but I am going to prescribe a course of antibiotics for you.

医生：看起来你耳道受到感染，你的耳鼓红肿，不过看起来没有穿孔。你没有发烧，不过我还是要给你开一个疗程的抗生素。

Patient: OK, doctor, thanks.

患者：好的，谢谢医生。

Doctor: I am also going to prescribe some eardrops, please put 3 drops in every morning and evening, and put some cotton wool into your ear to protect it, the nurse will give you some cotton wool. If you don't improve in a couple of days or your earache gets worse or discharge is coming from your ear please come back immediately.

医生：我同时将给你开些滴耳剂，请每天早晚滴三滴，并且在耳道内要放些棉团保护你

的耳朵,护士会给你棉团。如果两天内没有好转,或者耳痛加重,或者耳朵流脓,请立即回来治疗。

Patient: If I have to come back, do I come back here or to the Emergency room?

患者: 如果我需要回来,我是回到这里还是去急诊室?

Doctor: Come back here if it is during the day and the emergency room if it is at night, if you come back please remember that you will have to register again.

医生: 如果是白天到这里,如果是晚上到急诊室。如果你过来,请记住你需要先挂号。

Patient: OK, doctor, thanks very much. Do I take this prescription to the pharmacy?

患者: 好的,医生。非常感谢。我要把处方拿到药房吗?

Doctor: Yes, the nurse will show you where to go, I hope your ear improve quickly.

医生: 是的,护士会带你过去,我希望你的耳朵快点好起来。

Patient: Thanks.

患者: 谢谢。

(2)

Father (patient's father): Doctor, she is not feeling very well.

父亲(患者父亲): 医生,她不舒服。

Doctor: Really? What's the trouble?

医生: 是吗? 什么病?

Father: She has been moaning all night and complaining of pain in her left ear.

父亲: 她通宵呻吟,喊叫左耳痛。

Doctor: Has she got a hearing loss and a headache?

医生: 她听力差吗? 她头痛吗?

Father: Yes, she also keeps feeling dizzy.

父亲: 是的,她还一直感到头晕。

Doctor: So much the better! The favourable outcome has taken place, which a doctor would also have tried to bring out. I mean spontaneous perforation of the drum, whereby the purulent products of inflammation are enables to escape.

医生: 真是太好了! 我们正遇着最好的结果。我的意思是说,鼓膜自发穿孔,炎性脓液得以排出。

Father: A perforation of the drum, doctor, you say!

父亲: 医生,你说鼓膜穿孔了!

Doctor: A hole in tympanic membrane had by no means that terrible significance, I know of many people afflicted in that way, who yet hear as well as you or I.

医生: 鼓膜上穿一个孔不会发生可怕的后果,我知道许多患这类病的患者,他们的听力和你我一样好。

Father: You mean that a hole in the drum is liable to heal again?

父亲: 你认为鼓膜穿孔容易再愈合吗?

Doctor: Certainly, in order to bring conditions that favour recovery, it is sufficient to avoid all causes that keep up inflammation. Let me examine your ear. As I supposed, a

rupture of the membrane has taken place, through which the pus from tympanic cavity has escaped. If we were to avoid all interference the pus would stagnate, and its decomposition would aggravate the mischief. It is very important to cleanse the external auditory meatus by means of irrigation. I shall prescribe a lotion for this purpose. Be careful to apply it about the body temperature, as the ear is very sensitive to cold and hot.

医生：当然！为了创造有利于恢复的条件，必须努力避免各种使之发炎的原因。让我检查一下你的耳朵，据我看，鼓膜已经破孔，中耳鼓室的脓液经此孔外溢，如果我们不采取措施，脓将停滞，分解而加重损害。因此用灌洗外耳道的方法来清洗脓液是非常重要的，为此目的，我给你开瓶洗剂，灌洗液必须和体温相当，因为耳朵对冷和热是非常敏感的。

Father：How often must I have these irrigations?

父亲：应该灌洗几次呀？

Doctor：Four times a day in the beginning, later on at long intervals, and it will be advisable to continue for several days after the outflow has ceased.

医生：最初每天四次，以后间隔延长，建议您在流脓停止后再灌洗几天。

8 Epistaxis 鼻出血

Doctor：Oh, there is massive bleeding from your nose.

医生：啊，从你的鼻子里流出许多血。

Patient：Yes, my nose bleeds often.

患者：是的，我的鼻子常出血。

Doctor：How long has your nose been bleeding?

医生：你鼻出血多长时间了？

Patient：For several years.

患者：好几年了。

Doctor：How much does it bleed?

医生：出血多么？

Patient：It is abundant.

患者：很多。

Doctor：Do you have blood in your mouth?

医生：你口腔有血吗？

Patient：Yes, I feel blood flowing back into my mouth.

患者：是的，我感到血向后流到口腔里。

Doctor：You look like you are in good health. How old are you?

医生：你看上去很健康，你多大岁数了？

Patient：I'm sixty.

患者：我 60 岁。

Doctor: How about your blood pressure?

医生：血压多少?

Patient: 160/110 mmHg. I still have atherosclerosis.

患者：血压 160/110,我还有动脉硬化病。

Doctor: How did you hurt your nose?

医生：你鼻子是怎么受伤的?

Patient: I blowed on the nose when I felt dry in it. I did a nose-picking with my finger.

患者：当我感到鼻子干时,我擤鼻子了。我用手指挖鼻子了。

Doctor: Let me examine your nose and throat. Take your blood pressure. You have hypertension. Go to the laboratory to examine your blood, then come here. I'll tell you the possible cause of nasal bleeding and give you proper treatment, including local and general therapy.

医生：我查一下你的鼻子和咽喉,测量你的血压。你有高血压,到化验室检查血,然后再来,我会告诉你鼻出血的可能原因,并给你适当的治疗,包括局部和全身治疗。

Patient: Doctor, please tell me what the exact cause of my nose bleeding is. How do you help me and how can I prevent it?

患者：医生,请告诉我鼻出血的真正原因。你如何给我治疗? 我如何预防?

Doctor: Please keep your mouth open and sit upright and incline slightly forward. Breath quietly through your mouth, spit out any blood in the pharynx. Stop swallowing for a minute while I am packing your nose with gauge. There is abrasion of your nasal mucus membrane. Blow on the nose and nose-picking may be the direct cause of bleeding. Patient with hypertension and atherosclerosis bleeds most commonly. You should take sedatives if you are uncomfortable. You ought to take antibiotics in order to prevent secondary infection when packing is retained for more than 24 hours. You'd better go to see a doctor of internal medicine about your hypertension and atherosclerosis.

医生：请张开嘴,坐直并稍向前倾,用口安静地呼吸,把咽部的血吐出。当我给你的鼻子填塞纱条时,请停止吞咽一分钟。你的鼻黏膜有擦伤,用力擤鼻子和用手指挖鼻孔可能是鼻出血的直接原因。高血压和动脉硬化的患者常常出血。当你感到不舒服时,要吃些镇静剂,当鼻腔填充物停留 24 小时以上时,为了防止继发感染,你应该用抗生素,你最好到内科看看高血压和动脉硬化症。

9 Acute Rhinitis 急性鼻炎

Patient: My nose is blocked and I feel chilly and feverish since I went outdoors and became soaking wet in a downpour last night.

患者：昨晚我出门被大雨淋浇之后,鼻子就堵了,并且还感到发冷发热。

Doctor: It's a case of common flu. It may take you two to three day's bed rest to recover. There is an epidemic of influenza in the city these days. Did you run a high fever?

医生： 这是流感，您可能要卧床两三天才能恢复。这几天城里正在流行着流感。您有没有发高烧？

Patient： Yes, I had a high fever accompanied by severe joint pain and general malaise, but it has subsided now. It started with a running nose. At first the secretion was watery, the following days it turned into a yellow and sticky substance.

患者： 是的，我发高烧，还伴有严重的关节痛和全身无力。但是现在已经退烧了。开始时流鼻涕，先流的是清鼻涕，后几天转成黄色而黏稠的东西了。

Doctor： Please put on a flu mask when you go out. I advise you to drink plenty of warm water and to do some hot steam inhalation.

医生： 您出门时请戴上口罩。要多喝开水，还要做些热蒸汽吸入。

Patient： This nose drops don't work very well. Could you please change to some more effective ones for me, Doctor?

患者： 医生，这种滴鼻药不大起作用，能不能请您换些效力大的。

Doctor： Steam inhalation with a big basin is very easy to do at home. A powdered mixture of Chinese herbs called "Influenza Decoction" is quite effective for a common flu.

医生： 在家里用盆做蒸汽吸入也很方便。有种叫做"流感冲剂"的中草药对普通流感效果相当好。

10 Chronic Rhinitis 慢性鼻炎

Patient： I have had stuffy nose for three years and it has become worse in the past five months.

患者： 我的鼻子堵塞已经三年了，近五个月来更加重了。

Doctor： When you speak, your voice has a nasal tone. There must be some obstruction in your nose. Your nasal turbinate appears enlarged. Apparently this is obstructing your nasal passage.

医生： 您说话时带着鼻音。您的鼻子里一定有些堵塞。您的鼻甲肥大，显然您的鼻道被堵塞。

Patient： A thick and sticky discharge always remains in my nose. It's difficult to blow it out. I get a dull headache whenever I catch cold.

患者： 有一种黏稠的分泌物经常留在我的鼻子里，不容易出来。一旦感冒，就会隐隐出现头痛。

Doctor： How about your ability to smell?

医生： 您的嗅觉怎么样？

Patient： I can smell properly if my nasal passage is open, but I lose my smelling ability when my nose is blocked.

患者： 当鼻子畅通的时候闻得很好，但是如果鼻子堵了，嗅觉也就失灵了。

Doctor： Does your nose get worse in winter time?

医生： 您的鼻子是不是到了冬季就更严重？

Patient： Yes, it does, as you know Beijing weather is rather cold and dry in winter.

患者：是的，北京的气候到了冬季很冷而且很干燥。

Doctor: I would like to take a smear from your nose and examine it under the microscope.

医生：我想从您的鼻子里取一些黏液作涂片在显微镜下进行检查。

Doctor: I'm giving you one bottle of ephedrine. You may use it if the nose is blocked. Two to three drops will be enough for each side.

医生：我现在给您开一瓶麻黄碱。当鼻子堵的时候可以用它，每侧滴上两三滴就够了。

Doctor: The best way to prevent acute infection of your nose is to avoid catching cold.

医生：预防鼻子发炎的最好办法就是防止感冒。

Doctor: I intend to perform an electric cauterization for your hypertrophic nasal mucosa.

医生：我想给您那肥厚的鼻黏膜做一次电烧灼手术。

Doctor: Your nose trouble is only in its early stage now. I think that you'll soon be cured if you follow these therapeutic instructions.

医生：您的鼻病目前还在早期，如果采取这种治疗方案，我想很快就会痊愈的。

Doctor: Since your congested nasal mucosa does not respond properly to medicine, I advise you to have a partial resection operation performed for your hypertrophic lower turbinate.

医生：鉴于您那充血的鼻黏膜已不能对药物产生正常反应，我建议您做肥厚下鼻甲部分切除术。

11 Atrophic Rhinitis 萎缩性鼻炎

Patient: My nose feels dry all the time, could you please give me a check-up?

患者：我的鼻子老是发干，请您给我检查一下好吗？

Doctor: Upon examination I find an atrophic change has taken place in your nose. Did you notice any bad odor in your nose?

医生：根据检查，我发现您的鼻子有萎缩性病变。您觉得鼻子里有臭味吗？

Patient: Yes, since my teens, I've had a foul smell in my nose. People have told me that when I breathe my nose emits a rather foul odor, but I myself can't notice it at all.

患者：是的，我从十几岁时起，鼻子里就有臭味。别人告诉我当我呼吸时，鼻子里散发出很臭的味道，但是我自己一点也觉不到。

Doctor: I suppose you are suffering from atrophic rhinitis. It is a chronic condition commonly seen in young females. It may take a long time for recovery. What kind of discharge appears in your nose?

医生：我想您得了萎缩性鼻炎。它是一种常见于青年女性的慢性病，恢复起来很费时间。您鼻子的分泌物是怎样的呢？

Patient: Every morning I blow big gray yellow casts out of my nose. I can't breathe freely through my nose. From time to time this is accompanied by an insidious headache. What shall I do for this condition?

患者：每天早晨，我鼻子里会擤出大块灰黄色的结痂。我不能通畅地用鼻子呼吸，还时

常伴有慢慢加剧的头痛。这种情况我该怎么办呢?

Doctor: It would be beneficial to irrigate your nose with warm salt water once a day. An atrophic condition of the nose may sometimes be improved with better nutrition. Avoiding contact with dust and irritating fumes may help you to get rid of the atrophic inflammation of your nose.

医生: 每天用温盐水冲洗一次鼻腔对您会有益处的。有时鼻子的萎缩状况可以通过改善营养而好转。避免接触尘土和刺激性的烟类也可能有助于消除您鼻子的萎缩性炎症。

12 Allergic Rhinitis 过敏性鼻炎

Patient: Every morning I suffer from a running nose with a profuse watery discharge.

患者: 每天早晨我总要流大量清鼻涕。

Patient: My nose itches badly inside, sometimes this is accompanied by itching in my eyes, ears and throat.

患者: 我的鼻子里痒得厉害,有时连眼睛、耳朵和嗓子一起痒。

Patient: I always notice a constriction in the chest and shortness of breath following a fit of sneezing.

患者: 在打过一阵喷嚏之后,我总觉着胸部发紧,呼吸短促。

Doctor: When and where does your nose bother you most?

医生: 什么时候在什么地方您的鼻子症状最严重?

Patient: It's strange that all the trouble with my nose disappears after a rain shower, but it gets worse when the wind blows hard.

患者: 很奇怪,在下了一场阵雨之后,我的鼻子的不舒服感就会消失,但是在大风天时就会变得更重。

Patient: My nose becomes worse whenever I drive to the countryside or go across a field grown with an abundance of wild plants.

患者: 我乘车下乡或者穿过一片长满野花野草的田野时,鼻子症状就加重。

Patient: I suffer a lot if I breathe in dust, tobacco smoke, coal fumes, insecticides or something with a particular odor.

患者: 我要是吸进了灰尘、纸烟、煤烟、杀虫药或其他带有特别气味的东西,就会很难受。

Doctor: Do you get these attacks seasonally or all the year round?

医生: 您的这种发作是季节性的还是常年如此呢?

Patient: For the past few years, I have had repeated violent sneezing attacks starting in late July and lasting till the end of October.

患者: 近些年来,从七月底开始到十月底为止,我总是反复剧烈地打喷嚏。

Doctor: Does any one of your family members suffer from a similar allergic condition?

医生: 在您的家庭成员中还有别人有类似的过敏情况吗?

Patient: As I remember, my mother and little sister both had severe asthmatic attacks in their

childhood.

患者：据我所知，我的妈妈和小妹妹童年时都有严重的哮喘病。

Doctor: Were you sensitive to other things previously? For example, drugs and foods.

医生：您以前还对什么别的东西过敏吗？譬如像药物、食品之类。

Patient: Oh, yes, I am sensitive to penicillin and I usually have abdominal pain after eating crabs.

患者：噢，是的，我对青霉素过敏，而且一吃螃蟹就肚子痛。

Patient: What is the trouble with my nose, Doctor?

患者：医生，我的鼻子得的是什么病呢？

Doctor: The mucous membrane of your nose appears markedly pale and edematous.

医生：您鼻黏膜显得特别苍白并且还有些水肿。

Doctor: Your nose is completely stopped with multiple polyps.

医生：您的鼻子被好多个息肉完全堵住了。

Doctor: Inside of your nose cavity there is a profuse accumulation of mucous secretions.

医生：您的鼻腔里积满了大量的鼻黏液。

Doctor: According to your case history you have presented, I believe that you are suffering from allergic sinusitis.

医生：根据您所提供的病史，我想您得的是过敏性鼻窦炎。

Patient: What treatment do you suggest?

患者：您怎么给我治疗呢？

Doctor: With your approval, I shall give you a series of specific skin tests at first. This will help us to identify the substances to which you are allergic.

医生：如果您同意的话，我想先给您进行一组特异性的皮肤试验。它可以帮助我们证明您对什么东西过敏。

Doctor: It won't hurt you very much, it will feel no worse than a mosquito bite. The result of the skin tests will show up in fifteen minutes.

医生：这种试验对您没有多大的痛苦，最多像蚊子叮一下，15 分钟后就可以看皮肤试验结果。

Doctor: The special tests we have done show a strong positive reaction to house dust, pollens, moulds and house mite.

医生：我们做的特殊试验表明您对室内尘土、花粉、真菌和家螨有强阳性反应。

Doctor: I would like to give you a course of desensitization therapy. It should be regularly injected subcutaneously twice a week.

医生：我给您做一个疗程的脱敏治疗，每周按时皮下注射两次。

Doctor: The course of desensitization takes a relatively long time. I hope you will be patient and cooperate with us.

医生：脱敏治疗需要比较长的时间，我希望您能耐心地和我们配合。

13 Suppurative Sinusitis 化脓性鼻窦炎

Patient: My nose is running with a discharge of a yellow substance and I suffer from a dull headache every morning and evening. I wonder if something is wrong with my sinuses.

患者: 我的鼻子总有黄色分泌物流出,每天早晚头部都隐隐作痛,我猜可能是我的鼻窦出了毛病。

Doctor: Does your nose run only on one side or on both?

医生: 你的鼻子是一边流鼻涕,还是两边都流?

Patient: It seems to run on both sides, but I don't remember clearly since a pussy discharge flows from my nose all the time.

患者: 好像两边都流,但我也记不清楚了,因为总是流脓鼻涕。

Patient: A postnasal drip with a foul smell bothers me very much.

患者: 带臭味的鼻涕从鼻子后面滴到嗓子里使我感到很苦恼。

Doctor: Does it hurt when I tap your forehead?

医生: 我拍打您前脑门儿的时候您觉得痛吗?

Doctor: Is it painful when I apply pressure on your cheeks? Tell me which side hurts more.

医生: 当我按压您脸颊时痛不痛? 告诉我哪边痛得厉害些?

Patient: It seems the left side hurts more. I can't sleep well because I must always keep my mouth open to breathe when I lie down.

患者: 好像左边痛得厉害。我睡眠不好,因为我一躺下就得张嘴呼吸。

Doctor: As I can't breathe through my nose freely, I can't sleep and smell either.

患者: 由于我不能通畅地用鼻子呼吸,所以我睡不好觉,嗅觉也不灵。

Doctor: You are suffering from a suppurative maxillary(frontal, ethmoidal) sinusitis, but it's of a mild nature. I think you will recover pretty soon after some conservative treatment.

医生: 您患的是化脓性上颌窦(额窦、筛窦)炎,但它较轻。我想经过一些保守治疗会很快恢复的。

Doctor: Your case is diagnosed as acute suppuration of the left frontal sinus. You will have to get some electric diathermy at first, followed by antibiotic therapy.

医生: 您的情况诊断为左侧急性化脓性前额窦炎。您必须首先做电透热治疗,然后进行抗生素治疗。

Doctor: The X-ray film shows that there are fluid levels in both of your maxillary sinuses.

医生: X线片显示您两侧的上颌窦里都有液平面。

Patient: What's your advice then, Doctor?

患者: 那么,医生您有些什么建议呢?

Doctor: I will give you a sinus puncture and irrigation in order to clean up the pus inside the sinus cavity.

医生: 我准备给您做一次穿刺和冲洗,以便把窦腔里的脓液清洗干净。

Doctor: Your sinus is badly infected. It would be best to perform an operation after admission

to the hospital.

医生： 您的鼻窦发炎很厉害，最好住院做手术。

Doctor: Since the sinus cavity is filled with polyps, they should be surgically removed.

医生： 由于窦腔里已被息肉充满，应该用手术把息肉摘除。

Doctor: The inflamed sinus has become a focus of infection in your body. Any focus infection may affect one's joints, muscles, kidneys, even the heart, thus I suggest it be removed.

医生： 发炎的鼻窦已经在您身上成为一个病灶，任何病灶性感染都可能危害人的关节、肌肉、肾脏，甚至心脏，所以我建议清除它。

Patient: What will be the best time for my sinus operation?

患者： 我的鼻窦手术什么时候做最好？

Doctor: The sinus operation had better be postponed till after a period of supportive treatment.

医生： 鼻窦手术最好顺延到辅助治疗一个阶段之后。

Doctor: One week has elapsed since your sinus operation. The postoperative course seems very smooth.

医生： 您的鼻窦手术已经做过一个星期了，术后的过程看来很顺利。

Doctor: I think that you may be discharged from hospital the day after tomorrow if nothing particular happens.

医生： 如果不发生什么特殊情况，我想后天您就可以出院了。

Doctor: I believe that your sinus infection will completely subside within a short period of time after you return home.

医生： 我相信您的鼻窦感染在您回家后很短一段时间内会完全消除的。

14 Nasal Polyps 鼻息肉

Doctor: Hello, my name is Dr. Bai, can you tell me what your problem is?

医生： 你好，我是白大夫，你能告诉我哪里不舒服吗？

Patient: I seem to have a very badly blocked nose.

患者： 我好像有很严重的鼻塞。

Doctor: Have you ever had this problem before?

医生： 你以前有过这种问题吗？

Patient: No, not really. It gets blocked when I have a cold but it goes away when the cold goes.

患者： 没有，不像这次这样。我感冒的时候会鼻塞，不过感冒好了鼻塞也随着好了。

Doctor: How long have you had this symptom?

医生： 你鼻塞多长时间了？

Patient: I'm not really quite sure. I think it's been slowly getting blocked for some time and I haven't noticed it until now.

患者： 我说不准。我想是经过一段时间慢慢堵塞的，我到现在才意识到。

Doctor: Is it one side that feels blocked or both?

医生： 是一边鼻孔堵塞还是两边都堵塞了？

Patient: One side, it feels as if the right side is blocked.
患者：一边，感觉就像右边堵住了。
Doctor: Do you get any nasal discharge?
医生：你鼻子流脓吗？
Patient: No, I get a runny nose sometimes.
患者：没有，不过有时候流鼻涕。
Doctor: What colour is it?
医生：是什么颜色的？
Patient: No colour, just clear.
患者：没有颜色，很清。
Doctor: Does your nasal discharge smell?
医生：你的鼻涕难闻吗？
Patient: Not that I've noticed.
患者：就我所记忆，没有难闻的气味。
Doctor: Do you feel that you have a lot of mucous in the back of your throat?
医生：你感觉到你的喉咙处有大量的痰吗？
Patient: Yes, sometimes, when I wake up in the morning.
患者：是的，我早上起来有时候会这样。
Doctor: Can you breathe through the right side of your nose?
医生：你能用右鼻孔呼吸吗？
Patient: I'm not quite sure.
患者：我不太清楚。
Doctor: Do you still have your sense of smell?
医生：你嗅觉正常吗？
Patient: Yes.
患者：是的。
Doctor: Do you still have your sense of taste?
医生：你味觉正常吗？
Patient: Yes.
患者：是的。
Doctor: Do you suffer from hay fever?
医生：你是否患花粉症？
Patient: No, not that I'm aware.
患者：没有，我觉得没有。
Doctor: Do your symptoms get worse at certain times of the day?
医生：你的病情是否在一天中的某个时段加重？
Patient: Not that I've noticed.
患者：就我所知没有这种情况。
Doctor: Are you able to sleep well?

医生：你睡得好吗？

Patient: Yes, I sleep fine.

患者：是的，我睡眠不错。

Doctor: Have you taken any medication?

医生：你吃过什么药吗？

Patient: No.

患者：没有。

Doctor: I need to examine you: please bend your head slightly backwards, I'm just going to put a nasal speculum in your nose, please keep still.

医生：我需要给你做个检查：请稍微将头往后仰，我将放鼻镜到你的鼻子里，请不要动。

OK, It seems that you have nasal polyps and they are blocking the space in the right side of your nose, I shall need to do a few tests to confirm this and check if there are any other problems in that area.

好的，看起来你有鼻息肉，并且堵塞了你的右鼻孔。我需要做一些检测来确诊并检查一下那里是否存在别的问题。

Patient: OK, what tests are you going to do?

患者：好的，你将做什么检查？

Doctor: You will need to have some bloods taken to check you haven't got an infection and you will need to have an MRI scan.

医生：你需要验血，检查你是否受到感染，同时你还需要做磁共振成像扫描。

Patient: MRI scan? Do I really need one of those?

患者：磁共振成像扫描？我必须做这种检测吗？

Doctor: Yes, I would recommend that you do have one, as it will show me the extent of your problem.

医生：是的，我建议你做一个，这样会清楚地显示出你的病的严重程度。

Patient: OK, when I have it done, am I going to need surgery or can you remove them another way?

患者：好的，当我完成后，我是否需要做手术或者用其他方法除去鼻息肉？

Doctor: We will make the appointment for the MRI scan now and it will be done in the next day or so and you are going to need surgery. You will need to be admitted into hospital.

医生：我们现在会安排磁共振成像扫描，第二天就能完成。你需要住院并接受手术。

Patient: It's not an emergency though, right? Can I go home and organize things and come back in a few days or weeks?

患者：不是很紧急吧？我能回家安排些事情，然后过些天或过几星期来吗？

Doctor: No, it's not an emergency, we can arrange a time for you to be admitted. I am going to prescribe some nasal drops for you, and please put 2 drops into each nostril three times a day.

医生：是的，不是很紧急。我们可以给你安排住院时间。我接下来给你开些滴鼻剂，每

个鼻孔每次滴两滴,每天滴三次。

Patient: What are the drops going to do?

患者: 滴剂有什么用?

Doctor: They are going to shrink the polyps a little so you can breathe better, until you have your surgery.

医生: 滴剂主要是在手术之前,用来收缩息肉帮助你呼吸。

Patient: OK, doctor, thanks a lot, where do I go now?

患者: 好的,谢谢你,医生。我现在该去哪儿?

Doctor: Please go with the nurse, she will show you where to go and what you have to do.

医生: 请跟着护士,她会带你去并告诉你该怎么做。

Patient: OK, thanks.

患者: 好的,谢谢。

15 Deviation of Nasal Septum 鼻中隔偏斜

Patient: Ever since childhood I have had great difficulty in breathing through my right nostril.

患者: 自从童年以来,我右侧的鼻孔通气总是很困难。

Doctor: Your nasal septum is markedly deviated to the right side.

医生: 您的鼻中隔明显地向右偏斜。

Doctor: There is a bony ridge at the bottom of your nasal septum.

医生: 在您鼻中隔底部有一个骨脊。

Doctor: There is a bulging spur situated in the central portion of your septum.

医生: 有一个隆起的骨刺位于您鼻子的中央部分。

Patient: My nose bleeds frequently, especially in winter time. Do you think it's also the result of septum deviation?

患者: 我的鼻子经常出血,尤其是在冬天。您认为这也是鼻中隔偏斜引起的吗?

Doctor: I think so. A bony spine has penetrated right into your nasal concha. It may cause repeated nose-bleeding. There is an active bleeding point on the right surface of your septum. I will try to stop it with a cotton sponge (electric cautery, chemical burn).

医生: 我想是的。有根骨刺正好长在您的鼻甲上。它可能引起鼻子反复出血。在您鼻中隔表面上有一个活动性出血点。我要用棉球(电烙、化学烧灼)来把它止住。

Patient: My head often feels heavy. I can't concentrate when my work requires a mental effort.

患者: 我的头经常感到很重。工作需要用脑子的时候,精神总集中不起来。

Patient: Two years ago, when I fell from a ladder, my nose was traumatized and became obstructed.

患者: 两年前,我从梯子上摔下来时鼻子受了伤,而且变得堵塞了。

Doctor: The deviation of your nasal septum is just a mild one. There is no need for any operation at this time.

医生: 您鼻中隔偏斜很轻,目前无需手术。

Doctor: I would suggest a submucous resection of your septum in order to correct the deviation.

医生：为了矫正偏斜，我建议您做一次鼻中隔黏膜下切除手术。

Doctor: For safety's sake, a blood and urine examination should be made before the operation.

医生：为了安全起见，手术前应先做血和尿的检查。

16 Tonsillitis and Enlarged Adenoids 扁桃体炎和腺样增殖体肥大

(1)

Patient: I felt listless and had an acute sore throat this morning, then ran a fever of 40℃ after lunch.

患者：今天早晨我感到不舒服而且嗓子痛得厉害，午饭以后发烧到 40℃。

Patient: My throat is so sore that my voice has undergone a change. I can't eat anything, especially solid and hot food.

患者：我的嗓子痛得连发音都变了，我什么东西都吃不下去，尤其是硬而烫的食物。

Doctor: Your tonsils are very much congested and enlarged with several white spots spreading over their surface. My diagnosis is acute lacunar tonsillitis.

医生：您的扁桃体严重充血而且肥大，在它表面上还散布着几个小白点。我的诊断是急性腺窝性扁桃体炎。

Doctor: You had better stay in bed and take a soft or liquid diet for two or three days. Please give up smoking till the infection is over. I'll give you penicillin injections, some lozenges to suck, and something to gargle with.

医生：您最好卧床休息，吃两三天软的或流质食物。感染消除之后再抽烟。我给您开些注射青霉素、口含糖锭剂以及漱口药。

Doctor: Avoid catching cold, avoid smoking and don't eat irritating foods of any sort. It will help your throat to get better fast. I advise you to have your infected tonsils removed later.

医生：避免受凉、抽烟和吃任何刺激性的食物。这能帮助您的嗓子很快好转。我建议您最好切除那感染了的扁桃体。

Doctor: Generally speaking, the tonsillectomy can be finished within half an hour. Please keep on breathing normally and cooperate with me during the operation.

医生：一般来说扁桃体切除手术在半小时之内就可以完成。请您在手术时保持正常呼吸，并好好和我配合。

(2)

Patient's mother: My son always keeps his mouth open and his nose is running all the time. Moreover he snores loudly when he falls asleep. When I wash his face, I can feel a small round mass just beneath his chin. I don't know what it is.

患者母亲：我的儿子老是张着嘴，鼻子经常流鼻涕，而且睡着了的时候鼾声很大。我给他洗脸的时候，发现他的下巴底下有一个小圆鼓包儿。我不知道这

是什么。

Doctor: Your child has enlarged adenoid and tonsils. As they frequently become infected, an operation is advisable. Children with a tonsil infection always have enlarged lymph nodes in the region of the neck.

医生：您孩子的腺样增殖体和扁桃体都增大。如果它们时常感染，可以考虑手术。有扁桃体炎的孩子脖子上经常有增大的淋巴结。

Doctor: Except for limited amounts of water, any intake of food should be restricted within six hours prior to the operation.

医生：手术前六小时，除了喝点水之外禁食任何食物。

Doctor: Some Chinese herbs have an excellent therapeutic effect for tonsillitis, especially in its acute stage. One of the advantages of Chinese herbs is that there is less chance of drug allergy and side reactions.

医生：有些中药对扁桃体炎，特别是在急性发作期有很好的疗效。中药的优点之一在于它引起药物过敏和副作用的机会较少。

17 Acute Attack of Chronic Tonsillitis 慢性扁桃体炎急性发作

(1)

Doctor: Hello, my name is Dr. Liu, can you tell me what your problem is?

医生：你好，我是刘大夫，你能告诉我哪里不舒服吗？

Patient: Yes, hello, doctor, I've come to see you because I have a sore throat.

患者：是的，医生你好，我喉咙痛，所以过来看医生。

Doctor: Have you ever had this problem before?

医生：你以前有过这种情况吗？

Patient: Yes I have, but this is the first time here in China.

患者：是的，有，不过这是在中国的第一次喉咙痛。

Doctor: How long have you had a sore throat?

医生：你喉咙痛多长时间了？

Patient: 4 days now.

患者：有四天了。

Doctor: When you had this problem before how long did it last for?

医生：你以前喉咙痛会持续多长时间？

Patient: It lasted about 6 days.

患者：会持续六天左右。

Doctor: What treatment did you have?

医生：你采取过什么治疗吗？

Patient: My doctor gave me antibiotics: Amoxicillin 250mg 4times a day.

患者：我的医生给我开抗生素：阿莫西林 250mg，一天四次。

Doctor: Have you had this problem more than once before?

医生：你喉咙痛以前是否出现过不止一次？

Patient: Yes, I've had this a few times now.

患者：是的，到现在都有好几次了。

Doctor: How long is the interval between each episode?

医生：每次间隔多长时间？

Patient: I'm not quite sure, but I have a really bad sore throat about twice a year I guess.

患者：我记不清了，不过我想一年会有两次特别严重的喉咙痛。

Doctor: Are you having any difficulty swallowing?

医生：你吞咽有困难吗？

Patient: Yes, it's very painful for me, it's very difficult for me to drink, and I haven't been able to eat anything since last night, it's too painful to swallow food.

患者：是的，吞咽很痛苦。我很难喝东西，而且从昨晚开始我就不能进食，痛得无法吞咽食物。

Doctor: Does your neck feel stiff or uncomfortable?

医生：你的脖子感到僵硬或者不舒服吗？

Patient: Just a bit, not too much.

患者：有一点点，不是很严重。

Doctor: Have you had a fever?

医生：你发烧吗？

Patient: I don't know. But I've felt feverish sometimes.

患者：不知道，不是很清楚，不过有时候会感到发热。

Doctor: Do you have bad breath?

医生：你口臭吗？

Patient: Yes, I think so.

患者：是的，我认为。

Doctor: Do you have any other symptoms?

医生：你还有其他症状吗？

Patient: No.

患者：没有。

Doctor: Are you getting tired easily?

医生：你容易疲劳吗？

Patient: Yes, I do feel a bit tired.

患者：是的，我确实感到有点累。

Doctor: Have you had your tonsils out?

医生：你扁桃体切除了吗？

Patient: No.

患者：没有。

Doctor: I need to examine your throat. Can you open mouth? Can you open your mouth wider, say "Ah".

医生：我需要检查你的喉咙，请张开嘴，请张大嘴说“啊”。

I'm going to take a throat swab,please keep still for me.

我要取喉拭子，请不要动。

I'm just going to feel your neck for swollen lymph nodes.

我接着要摸一下你的脖子有没有淋巴结肿。

It looks like you have tonsillitis. I need you to have a blood test so I can check your white blood cell count for infection, and I will prescribe some antibiotics and painkillers for you.

看起来，你有扁桃腺炎。我需要验一下血样，这样我可以查一下你的白血细胞数确认你是否受到感染，我会开些抗生素和止痛片给你。

Patient: Thanks, doctor. Can I have my medication in syrup form, as I can't swallow very well.

患者：谢谢你，医生，我不能很好地吞咽，可不可以喝糖浆。

Doctor: Yes, of course. I suggest that you think about having your tonsils removed as you are having recurring problems.

医生：是的，当然。鉴于你的扁桃体炎反复发作，我认为你可以考虑一下切除扁桃体。

Patient: Yes, that's what my doctor said, but I don't want to, but I guess I should seriously think about it.

患者：是的，我的医生也是这么建议，但我不想切除，不过我想现在是该认真地考虑这个问题的时候了。

Doctor: Here is the prescription, please go with the nurse, she will show you where to go.

医生：给你处方，请跟着护士，她会带你过去。

Patient: Thanks, doctor.

患者：谢谢，医生。

Doctor: If your throat doesn't improve or gets worse please come back to the Outpatient Department or go to the emergency room.

医生：如果你的喉咙病情没有好转或者恶化，请到门诊部或急诊部就诊。

Patient: OK, doctor, thanks.

患者：好的，谢谢医生。

Doctor: You're welcome.

医生：不客气。

(2)

Doctor: What's wrong with you?

医生：你生什么病了？

Patient: I'm not feeling well this morning. I was sick the day before yesterday.

患者：今天上午我感到不舒服，前天我病了。

Doctor: How are you feeling today?

医生：你今天感觉怎么样？

Patient: Today I still have a fever and sore throat.

患者：今天我仍然感到发热和嗓子痛。

Doctor: How long have you been ill?

医生：你生病多久了？

Patient: Only three days.

患者：三天。

Doctor: Do you have pain on swallowing?

医生：你吞咽时痛吗？

Patient: Yes, I do. I swallow with difficulty due to severe pain in the throat.

患者：是，由于嗓子很痛，我感到吞咽困难。

Doctor: Open your mouth, let me have a look. Your tonsils are reddened and swollen markedly. Did you have the similar illness frequently in the past?

医生：张开口，让我看一下你的嗓子，你的扁桃体发红并且肿胀明显，以往你常常患类似的病吗？

Patient: Yes, I did. Bedsides, I had pain in my joints, especially on the cloudy and rainy days. I still had heart disease.

患者：是的，除此之外，我的关节也痛，特别是阴雨天，我还患有心脏病。

Doctor: You are suffering from acute attack of chronic tonsillitis.

医生：你现在患的是慢性扁桃体炎急性发作。

Patient: Should I be operated on right now?

患者：我是否要马上动手术？

Doctor: No, it shouldn't until the inflammation subsides. At present, you'd rest in bed, take semi-liquid or soft diet. And you have to receive injections of penicillin, gargle with Dobell's solution. I hope you'll be well soon. Four weeks later, come here please. If no recurrence occurred, you'll be admitted and have a tonsillectomy.

医生：不，在炎症消退前不能做手术。目前你应卧床休息，吃半流质或软质食物。注射青霉素，用硼砂水漱口。希望你很快痊愈，四个星期之后，请来这里，如果没有复发，就会收你住院做扁桃体摘除术。

18 Chronic Pharyngitis 慢性咽炎

Patient: My throat has been dry and irritated all winter. I have a dry cough and a slight pain in my throat. It gets worse after smoking or prolonged talking.

患者：整个冬季里我的嗓子发干且不舒服，我有干咳嗽，嗓子还有点痛，抽烟和说话时间长了就加重。

Doctor: There is nothing seriously wrong with your throat except chronic pharyngitis.

医生：您的嗓子没有大病，只是有点慢性咽炎。

Patient: I noticed a number of enlarged nodules over my neck region. Sometimes I run a low grade fever.

患者：我发现颈部有不少增大的结节，有时发低烧。

Doctor: Your throat is bright red and is markedly swollen. The lymphogranules of your posterior pharyngeal wall show a slight increase in number and size.

医生：您的嗓子鲜红而且明显肿胀。在咽后壁上的淋巴结颗粒稍有增大和增多。

Doctor: Give up smoking and avoid excessive use of your voice. This will improve the condition of your throat. I'm going to prescribe a bottle of gargle solution and a packet of sucking lozenges.

医生：望您戒烟和避免过度使用嗓子。这对您嗓子的恢复有好处。今天我给您开一瓶漱口药和一包含化糖锭。

Patient: I have felt a foreign body in my throat the past three months. I am afraid there is a tumor growth inside.

患者：三个月来我总感到嗓子里有异物,我担心里面长了肿瘤。

Doctor: All the trouble in your throat may be due to a pharyngeal neurasthenia. It's wise to treat your throat ailment through establishing regular daily habits rather than relying on medicines.

医生：您嗓子的不舒服可能是由于咽喉部神经官能症引起的。治疗这种嗓子痛的好办法是养成正规的生活习惯,这比依赖药品要好得多。

19 Laryngitis and Tumor of Larynx 喉炎和喉部肿瘤

Patient: My voice became hoarse for two days right after I delivered a relatively long speech at a meeting.

患者：我在一次会议上发表了一个比较长的演讲之后,嗓音就变哑,有 2 天了。

Doctor: Let me have a look at your larynx. Please stick out your tongue and pronounce E ... intermittently. Take it easy, don't hold your breath but relax when I examine your larynx with a small mirror.

医生：让我来看看您的喉部。请伸出舌头来,间歇地发 E……的音。不必紧张,当我用小镜子给您检查嗓子时,请不要憋气,要放松。

Doctor: My examination shows that you are suffering from typical acute laryngitis.

医生：我的检查表明您患的是典型的急性喉炎。

Patient: I noticed a hoarseness of my voice one year ago and it became worse in the last few months. I spit some blood-tinged sputum during a fit of dry coughing last night.

患者：我发现嗓子哑已经一年了,近几个月来变得更重了。昨天晚上经过一阵干咳之后,吐出了一些带血丝的痰。

Doctor: I find that one of your vocal cords is immovable when you talk. That means it's paralysed.

医生：我发现当您说话的时候有一侧声带不能活动,这说明它已麻痹了。

Doctor: A pin-head-like nodule is growing out of the mid-third of your vocal cord. It' so called "singer's nodule". I suppose it's due to an excessive use of your voice.

医生：有一个针尖样的结节长在您声带的中部 1/3 的地方,这就是所谓的"歌唱家结

节”。我想这是您过度用嗓子造成的。

Patient: I was choked repeatedly by fits of a violent dry cough.

患者：一阵阵的干咳使我喘不过气来。

Doctor: A biopsy operation will be scheduled for you tomorrow morning. Please come here without taking any breakfast. A direct laryngoscopy will be done for you under local anesthesia.

医生：明天早上我为您安排一个活检手术。请来院前不要吃饭。将在局麻下给您做一个直接喉镜检查。

Doctor: (to the patient's attend)
The patient's condition is rather serious. He should be hospitalized for an emergency tracheotomy. We will try our best to prevent his suffocation.

医生：(医生对陪护人员)患者情况很严重,他应住院做紧急气管切开术。我们要尽最大努力防止他窒息。

20 Foreign Body in Respiratory Tract 呼吸道异物

(1)

Patient: I suffer from a chest pain and shortness of breath. I wonder whether a watermelon seed has dropped into my windpipe.

患者：我胸痛气促。不知道是不是西瓜籽掉进我气管里去了。

Doctor: Fluoroscopy shows that your right lung is partially collapsed, while the breathing sound is diminishing markedly through auscultation. I think there is a strong possibility of the presence of a foreign body in your right main bronchus.

医生：透视发现您的右肺有一部分萎陷了,同时听诊时呼吸音也明显地减弱。我想很可能在您的右侧支气管里有一个异物。

(2)

Patient's mother: My daughter fell down from her chair while she was having her dinner. This was followed by a violent fit of coughing and difficulty in breathing.

患者母亲：我女儿在吃饭的时候从椅子上摔下来,接着就出现一阵阵剧烈的咳嗽和呼吸困难。

Patient' mother: Doctor, my child has had a succession of choking fits for three days. I have also detected a peculiar noise in her throat when she cries.

患者母亲：我的孩子一阵阵憋气已有三天了。我还觉察到她哭的时候嗓子里有一种奇怪的声音。

Patient's mother: My kid always shows anxiety when she coughs and has had a fever since yesterday afternoon.

患者母亲：我的孩子咳嗽时老是显得烦躁不安。从昨天下午开始发起烧来了。

Doctor: I have detected a floating sound in her windpipe. I have a strong suspicion that there is a foreign body in her trachea.

医生： 我发现在她气管里有游动的响声。我很怀疑在她的气管里有异物。

Doctor: The foreign body should be removed through the intubation of a bronchoscope. This operation involves some risk for the patient.

医生： 异物要通过插入气管镜摘除，这个手术对患者有一定的危险。

Doctor: For safety's sake we are going to have a consultation with the chest surgeon to discuss the best plan for the treatment.

医生： 为了安全起见，我们将请胸外科医生会诊，商讨一个最好的治疗方案。

Unit X

Stomatology

口 腔 科

1 A Visit to the Dentist 看牙医

Doctor: Hello, I'm Dr. Johnson. Please have a seat. How can I help you?

医生: 你好,我是约翰逊大夫。请坐,你哪儿不舒服?

Patient: I think the growth of my wisdom tooth is affecting the neighbouring tooth, and I'm feeling a lot of discomfort.

患者: 我觉得自己的智牙的生长使邻近的一颗牙齿受到了影响,因而觉得非常不舒服。

Doctor: When does the pain occur? Is it only when you are eating or practically throughout the day?

医生: 疼痛一般发生在什么时候?吃东西时还是全天?

Patient: Um ... only when I'm eating.

患者: 嗯……只是在吃东西的时候。

Doctor: OK. Does it just come when you eat cold food or is it constant for any types of food like hot or sour food?

医生: 哦。那么,是在吃凉东西的时候呢,还是不论在吃什么东西的时候,譬如,烫的东西或是酸的东西?

Patient: Oh, doctor, as soon as I pop something into my mouth, my teeth start protesting.

患者: 哦,医生,只要东西一放入嘴里,我的牙齿就会不舒服。

Doctor: Now, please come and sit over here. Open up, let me have a look. Well, it's not the problem of your wisdom tooth, but your molar has decayed quite badly. So I think it will relieve you a lot if I remove the tooth.

医生: 好吧,你坐到这边来吧。嘴巴张开,我来看一看。啊呀,问题不是出在智牙上,你的磨牙蛀得很厉害。我认为,要是把它拔了,你就能摆脱痛苦。

Patient: Oh, no, Doctor! It'll hurt too much!

患者: 嘿,使不得啊,医生。那会太痛了!

Doctor: Now calm down. We've so many types of painkillers you could spend a whole day taking your pick, and I guarantee that any one of them will immediately numb the area on which I'll be working. So don't worry, it won't hurt at all.

医生: 不要慌嘛,我们这儿的止痛药品牌繁多,够你花一天时间挑选,其中的任何一种都能在那个部位产生立竿见影的效果。所以你不要担心,一点都不痛。

Patient: OK, doctor.

患者：那好吧，医生。

Doctor: Before I start, could you just rinse out please?

医生：我开始工作前，你先漱一漱口，好吗？

Patient: All right.

患者：行。

2 Tooth Cleaning 洁齿

Doctor: Hello, I'm Doctor Wang. Please take a seat. Tell me what your problem is.

医生：你好，我是王医生。请坐，你的牙齿怎么啦？

Patient: Frankly speaking, Doctor, I haven't been for a dental check-up for years, and, as I speak, I'm sure you have noticed that my teeth are not in the prize-winning condition.

患者：医生，不瞒你说，我已有好几年没来检查牙齿了，我现在说话的时候，想必您已经注意到我那些牙齿看上去不雅观吧。

Doctor: Well, let me take a look first. If you'll just move over here. (The dentist indicates the seat the patient is to sit in). Considering you haven't had a check-up for years, you've obviously been brushing regularly because you don't have any cavities to gum problems. I would say, I only need to give you a scale and polish.

医生：不过，还是让我先来看一看。来，你坐过来吧。(牙医用手指指座位)。你好几年没检查过牙齿，牙齿上又没有蛀洞，牙床(牙龈)也没有什么问题，显然你按时认真地刷牙了。我想，我只需给你洁一洁齿。

Patient: Is that going to hurt much?

患者：那痛不痛？

Doctor: Since you last visited a dentist, we have a lot more advanced technology. So you can close your eyes, forget about your worries and just dream of glistening new gnashers.

医生：自从你上次看过牙医以来，我们的技术已先进了许多。你只需闭上眼睛，忘掉担心，洁齿后你的牙将会变得很漂亮。

3 Alveolar Abscess 牙槽脓肿

Patient: Doctor, I've got a gumboil. A bad tooth may have to be pulled.

患者：医生，我牙龈上长了个包，有一颗坏牙可能需要拔掉。

Doctor: H'm, there is an abscess round that tooth. An incision should be made to drain the pus.

医生：唔，你这牙旁边长了个脓肿。必须切开把脓放出来。

Doctor: Yes, the tooth is indeed in very bad condition and should be extracted. But not until the inflammation has subsided. Today I'll drill a little hole in the tooth for pus-drainage to stop the pain.

医生：是的，你这牙已经坏了，无法修补，需要拔掉。但要等炎症消了以后才能拔。今天

先在牙上钻个小洞将脓引流出来,这样可以止痛。

Patient: Please do what you think is necessary.

患者: 你看着需要怎样做就怎样做吧!

Doctor: First, I'll give you an injection of anaesthetic. Have you had anaesthetics before?

医生: 我先给你打一针麻药,你以前注射过麻药吗?

Patient: No.

患者: 没注射过。

Doctor: The injection may hurt a little, but it'll prevent your feeling any pain during the operation. Now the pus has been let out. Please rinse your mouth. A drain has been left at the incision. Please come back again tomorrow to have the drain replaced. Here is a prescription for some medicines for the inflammation, for pain-killing and mouth-rinsing.

医生: 注射麻药时会有点痛,但手术时就不会感觉痛了。现在脓流出来了。请漱漱口。我在切口的地方放了一个引流条。明天请再来,换一下引流条。这是处方,有消炎药、止痛药和漱口药水。

4 Inflammation of the Gums 牙龈炎

Patient: Doctor, my gums bleed and my mouth is emitting a bad smell.

患者: 我的牙龈总出血还发出一种臭味。

Doctor: How long have you had this condition?

医生: 这情况有多久了?

Patient: Since about a year ago.

患者: 差不多一年了。

Doctor: Does the bleeding occur by itself or is it induced by some irritation? That is to say, do your gums bleed when you brush your teeth, when you eat, or do they bleed for no apparent reason at all?

医生: 是无缘无故就出血,还是由什么刺激引起?像刷牙、吃东西,还是没有任何明显的原因就出血呢?

Patient: I don't know. All I know is that it seems to happen very often.

患者: 我不清楚,我只知道它经常出血。

Doctor: Have you noticed any bleeding spots on your skin?

医生: 你发现你的皮肤上有出血点吗?

Patient: No.

患者: 没发现。

Doctor: Let me do a check-up. H'm, there is a lot of dental calculus on the teeth and this may cause inflammation and bleeding of the gums. I would recommend a cleaning of the teeth. This can only be done on Wednesday morning. Please go to the nurse to make an appointment. I'll give you a medicinal liquid. You will apply a little of it on the

edges of the gums after brushing your teeth in the evening. It is very important that you pay more attention to dental hygiene. The upper and lower rows of teeth should be brushed separately, one after the other. All the crevices must be cleared of remnant food. Besides, I'll give you a kind of Chinese powder. Massage your gums with it twice a day, about three or four minutes each time, after you have brushed your teeth.

医生：我来给你检查一下。唔,你的牙齿上有很多牙垢,这就可能引起牙龈发炎出血。我建议你做一次洁齿(洗牙),这只能在每星期三上午做。请到护士那里约个时间。我给你一种药水,每天晚上刷完牙后在牙龈处涂一点。你必须特别注意牙齿卫生。上面的一排牙和下面的一排牙要分开刷,刷完上面再刷下面。把缝隙里的残余食物都刷干净。我再给你一种中药粉,每天两次在刷牙后用它涂擦牙龈,每次三四分钟。

Patient: Thanks. Should I come back for another consultation?

患者：谢谢你。我还需要再来吗?

Doctor: It would be better if you came back once more after the teeth-cleaning.

医生：洗完牙后最好再来一次。

5 Pulpitis 牙髓炎

Doctor: Sit in the chair please. Lean your head back against the chair now. What's the trouble?

医生：请坐到手椅上。把头往后靠在椅子上。有什么不舒服吗?

Patient: I have an awful toothache.

患者：我牙痛得厉害。

Doctor: Which tooth is causing the trouble?

医生：哪个牙痛呢?

Patient: I don't know. The right side of my face and head hurts.

患者：我不知道是哪个牙。右边的脸和头都痛。

Doctor: How long have you had this pain?

医生：痛了多长时间了?

Patient: Two days.

患者：两天。

Doctor: Does the pain increase at night?

医生：晚上痛得更重吗?

Patient: Yes, it hurt so much at night that I couldn't sleep.

患者：对,晚上痛得不能入睡。

Doctor: Does the pain increase when you take hot or cold food?

医生：吃冷的或热的东西痛得更厉害吗?

Patient: Yes, it's particularly painful if I drink something cold.

患者：是的,喝冷的饮料就特别痛。

Doctor: Please open your mouth and let me examine your teeth. One of your back teeth has a

big cavity. We'll take an X-ray picture first. The X-ray room is on the third floor. Let's go there now.

医生：请张开口我给你检查一下。你后面的牙有个大洞。我们先拍摄张 X 线片吧。X 线室在三楼。我们现在到那儿去吧！

Patient: What's the result?

患者：结果怎样？

Doctor: The pulp is exposed. I'll give you an injection first, then I'll put some medicine in the cavity to kill the nerve.

医生：牙髓已露在外面了。我先给你注射一针麻药，然后放点药在洞里把神经杀死。

Patient: OK.

患者：好。

Doctor: Rinse your mouth and spit into the basin. Now open your mouth wide, please. This injection may hurt a little, but don't move, the pain will soon stop.

医生：漱口，把漱口水吐在盆里。请把口张大。注射药时会有点痛，不要动，很快就不痛了。

Doctor: Does your mouth feel numb now?

医生：嘴是不是感觉有点麻？

Patient: Yes.

患者：是的。

Doctor: Good, avoid chewing on that tooth today. I'll give you some tablets for the pain. If necessary, take one tablet. Here is your prescription. Come back in two weeks for the permanent filling.

医生：好了，今天不要用坏牙那边嚼东西。我给你一点止痛药片，痛的时候服一片。这是处方。两周后再来做个永久性的填充。

6 Sensitive Denture 牙齿过敏

Patient: My tooth is very sensitive to cold.

患者：我的牙齿对冷特别敏感。

Doctor: There's quite a bit of erosion. Which way do you brush your teeth?

医生：你的牙齿上有许多腐蚀的地方。你用什么方法刷牙？

Patient: I usually brush them horizontally.

患者：我习惯于横着刷。

Doctor: Oh, up and down is better. The way you are doing it rubs all the natural enamel off, you know.

医生：噢，上下刷较好。像你那种刷法很容易将牙釉质刷掉。

Patient: It's the correct thing to do.

患者：是应该上下地刷。

Doctor: Today I'll apply a solution on the erosion for desensitization.

医生： 今天我在腐蚀的地方涂点药脱敏。

7 Dental Caries 龋齿

Patient: There's a hole in my back tooth.
患者： 我后面的牙有个洞。
Patient: A filling has fallen out.
患者： 我补过的牙里的填充物掉出来了。
Patient: A tooth that has been filled in Shanghai has started to hurt.
患者： 我在上海补的牙现在又开始痛了。
Doctor: Do you have any pain?
医生： 痛吗?
Doctor: Does the tooth hurt when coming in contact with sweet or cold things?
医生： 接触甜食和凉的食物痛吗?
Patient: It hurts just a little.
患者： 有一点痛。
Doctor: It is a deep cavity, we'll have an X-ray taken of that tooth just to make sure about the apex. If it is in good condition, I'll treat it.
医生： 有一个很深的洞,要照一张X线片检查一下根尖情况,如果根尖好,可以治疗。
Doctor: This tooth can be filled.
医生： 这牙可以补。
Doctor: I'll clean it now. Let me know if it hurts.
医生： 我要冲洗一下。若是痛就告诉我。
Doctor: Bite please. Now open your mouth again. Do you feel anything abnormal when clench your teeth? Please come here for polishing after two or three days.
医生： 请咬一下。请再张开口。咬紧时有什么不正常的感觉吗? 请两三天后来磨光。

8 Extracting a Tooth 拔牙

(1)

Patient: I have a bad tooth. Should it be filled?
患者： 我有一颗牙齿坏了,你看还能补吗?
Doctor: This tooth is too bad to be filled any more. It had to be pulled. Do you agree to have it extracted?
医生： 这牙齿坏得太厉害了,已经不能补了。需要拔掉。你同意吗?
Patient: It's up to you to decide what to do.
患者： 由你决定吧!
Doctor: Have you ever had an injection of procaine? Have you ever been allergic to anything?
医生： 你注射过普鲁卡因吗? 你对什么东西曾有过过敏吗?

Patient: No.

患者：没有。

Doctor: That's fine. Now I'll give you an injection. Please open your mouth as wide as you can. But relax. It won't hurt much. Now you've gotten the injection. Please wash your mouth and spit out the water into the spittoon. If you feel your heart palpitate a little, it doesn't matter. That's the effect of the procaine, and it'll soon be over. Now, do you feel numb? Do you have a sensation of swelling on the lips and the tongue? This tooth is in very bad condition. It needs a careful operation, which may last a little longer than usual. Now, the tooth is out. Please bite and hold the cotton ball tightly in place. Don't spit it out until half an hour from now. You may eat in two hours. But don't rinse your mouth today because it may cause bleeding. Please go to make the payment and get the medicines.

医生：很好。我要给你打麻醉药了。请尽量把嘴张大,放松。不会太痛。现在针打完了。请漱一下口,把水吐在痰盂里。如果你觉得有点心跳,没有关系,那是普鲁卡因的反应,一会儿就会过去。你的嘴有麻木感吗？你的嘴唇和舌头有肿胀感吗？你这牙很糟糕,需要很仔细地拔,那就要多用点时间。好,出来了。请在拔出牙的地方咬紧棉球,过半小时再吐出来。两小时后可以吃东西。但今天别漱口,以防出血。请去交费、取药。

(2)

Dentist: Please sit down. What is your trouble?

医生：请坐。有什么不舒服？

Patient: I have a tooth that bothers me often.

患者：我有个牙经常痛。

Dentist: Show me which one it is?

医生：告诉我是哪个牙？

Patient: The last one in my right upper jaw.

患者：右上最后一个。

Dentist: Let me examine your mouth. I can see you have two bad teeth. One of them doesn't seem so bad. I think it can be filled. But the other one should be taken out. We will do it right now.

医生：让我给你检查一下。我发现你有两只坏牙。其中一只蛀得不厉害,可以补。但另一只必须拔掉。马上就可以拔掉它。

Dentist: Please rinse your mouth.

医生：请漱口。

Patient: Will it hurt?

患者：拔牙痛吗？

Dentist: No. We will give you an injection to keep you from feeling anything except numbness. Don't move while I give you the injection. Do you feel numbness in the area now?

医生：不痛。我们要给你打麻药使你只感到麻木,此外无任何感觉。注射时你别动。现

在患部感到麻木吗?

Patient: Yes, I do.

患者: 是的。

Dentist: That's good. It is the time to take it out.

医生: 那很好。现在可以拔牙了。

(The dentist puts a sterile cotton ball in the wound after the tooth is extracted.)

(医生把一只消毒棉球放在拔过牙的伤口上。)

Dentist: Bite on the cotton ball for half an hour and don't suck. Keep from eating or drinking for two hours, and then take only soft food. Do not spit out your saliva because it will cause bleeding.

医生: 咬紧棉球半小时,不要吸吮。两小时内不要吃东西或喝水,以后只可以吃软食。你不要把唾液吐出来,因为这样会引起出血。

Dentist: Here are two tablets. Take one when you feel any pain. Come back to see me if there is a lot of bleeding. You can make an appointment to see me about the other tooth.

医生: 这里有两片药。痛时可以吃一片。要是流血过多就来找我。关于另外一颗牙,你可以与我预约。

Patient: Thank you very much, Doctor. Goodbye.

患者: 医生,太感谢你了。再见。

9 Putting in a False Tooth 镶牙

Doctor: Sit down, please.

医生: 请坐。

Patient: I want to have some false teeth.

患者: 我是来镶牙的。

Doctor: Where?

医生: 哪个部位缺牙?

Patient: Here. (pointing)

患者: 就在这里。(指出)

Doctor: How long ago were your teeth pulled out?

医生: 你拔牙多久了?

Patient: A week ago.

患者: 一周了。

Doctor: Let me have a look. The wound has not healed yet, you will have to wait for two months and a half or three months, or your false teeth won't fit properly.

医生: 让我看一下。伤口还没长好,得等两个半到三个月,否则假牙(义齿)不会合适的。

Doctor: Shall I make an appointment for you?

医生: 我给你预约一个时间好吗?

※ ※ ※

Patient: Doctor, I want to have fixed false teeth.

患者：医生，我希望做固定的假牙。

Doctor: Let me see whether the teeth on either side of the jaw are fixed or not. Then the fixed bridge can be made.

医生：让我检查一下缺牙的两旁的基牙是否稳固，然后才可以做固定桥。

Doctor: What kind of material do you prefer for the fixed bridge? Gold-alloy or stainless steel? Let me show you some samples.

医生：你喜欢哪种材料的固定桥？合金的还是不锈钢的？我给你看看样品。

Patient: I prefer the gold one.

患者：我喜欢金的。

Doctor: Well, in that case you must bring some gold—gold rings, earrings. But they should be 20 or 24 karat. If you haven't got any, you can buy them at the store.

医生：那么，你需要自己拿金子来做——金戒指、金耳环都可以用。金子的成分要 20K 或 24K 的。你自己若没有，可以到商店去买。

Patient: How much do I need?

患者：需要多少呢？

Doctor: Eight grams will be enough for one.

医生：8g 就够做一个固定桥了。

Patient: OK. I'll come back later.

患者：好吧，我以后再来。

Doctor: Let me make an appointment for you. Here is the card. Please try to be punctual.

医生：给你预约个时间。这是预约卡。请按时来。

※ ※ ※

Patient: I have two teeth missing here. What kind of false teeth can I have made?

患者：我这儿缺了两个牙。我能装什么样的牙？

Doctor: Well, I'll show you some sample models, then you can choose any one you like, either a fixed bridge or a removable partial denture. The fixed bridge costs ... yuan, while the removable partial denture costs ... yuan. They are made of different materials and the former is more complicated to construct.

医生：我想给你看看样品模型，你可以选择你所喜欢的一种。你可以选固定桥或活动假牙。固定桥是……元，活动假牙是……元。它们制作的材料不同，而且前者工序复杂些。

※ ※ ※

Patient: All my teeth have been extracted and I want to have false teeth.

患者：我全口牙都拔掉了，我想镶牙。

Doctor: I'll see if the wound has healed. If it has, we can take an impression.

医生：让我检查一下拔牙的创口长好没有。若长好了，我们便可以取印模了。

Doctor: Here are the sample models. A full denture set costs ... yuan. You'll have to come five times according to your appointments before the work can be completed. It is quite a

complicated process.

医生：这些是样品模型。全口假牙是……元。需按预约时间来，五次才能做完。这是比较复杂的工作。

※ ※ ※

Patient：My crown has been broken and it can't be fixed. What shall I do?

患者：我的牙冠坏了，已无法再修。有什么办法吗？

Doctor：You can have a crown made from gold or stainless steel.

医生：可以考虑做一个冠，用金子或不锈钢去做。

Patient：I fell and broke my tooth. The nerve died, so the colour has changed. What should I do?

患者：我的牙齿断了。牙神经已死，牙已变色，怎么办？

Doctor：Don't worry, I'll make a plastic crown for you. That will look all right.

医生：不用担心，我给你做一个塑料冠。那就好看了。

Patient：My tooth is broken. What should I do?

患者：我这牙摔断了，怎么办？

Doctor：I'll make a post-crown for you. But first of all, you should have it X-rayed to see the condition of the root. The nerve of the tooth should be removed before we make the crown.

医生：我给你做一个桩冠。先照一张 X 线片看看牙根情况。在做桩冠之前必须灭活牙神经。

※ ※ ※

Patient：The inlay came off when I was chewing a piece of chewing-gum. What should I do?

患者：我吃口香糖时把嵌体弄掉了，怎么办？

Doctor：I can stick them together with cement.

医生：我可以用黏固剂给你黏上。

※ ※ ※

Patient：My removable denture is broken. Can you repair it for me?

患者：我的活动假牙折断了，能修理一下吗？

Doctor：I'll make an impression. Leave your old denture here. It will take two days to repair it.

医生：我给你取一个印模。把假牙留下。两天便可修好了。

※ ※ ※

Doctor：Here are the instructions for your removable denture, let me explain it to you.

医生：这是使用活动假牙的各项注意事项，让我给你解释一下。

1. Trying on：When trying on the denture, without force or pressure. Press the clasp down with the index finger to remover the upper denture, and push up the clasp with thumb to remove the lower denture. The newly-made denture is of course not as good as your natural teeth, therefore better avoid hard food. It will occasionally give you some discomfort, talking awkward, increasing saliva, even nausea or vomiting. Don't worry about this. Keep the denture in your mouth constantly and you will soon get used to it after a few days.

试装： 装假牙时,不要强力推压。取出时,上颌的假牙应用食指尖钩着卡环向下拉,下颌的假牙应用拇指顶住卡环向上推。新做的假牙的功能肯定比天然牙差,因此最好不吃硬东西。戴上假牙有时会产生一些不舒服的感觉,如说话不方便,唾液增多,甚至恶心呕吐等等。不必紧张和急躁,坚持使用几天就会习惯的。

2. About check-up: If you still have some pain after a period of time, return to the clinic for a check-up. The dentist will examine your mouth. You should not remove the denture for too long. In case your own teeth become slightly displaced, your denture will eventually be of no use.

复查： 假牙戴上几天后,如仍有疼痛,请到门诊复查。牙科医生将会检查你的口腔情况。不能取下假牙不用,时间一久,邻牙就会变位,假牙就不能用了。

3. Preservation:

保护:

(1) You should keep the denture in your mouth all day. After each meal and at bed time, you should clean it with tooth-paste or soap (avoid boiling water and chemical drugs), to prevent food residues accumulating on it.
白天要把假牙戴上。饭后或睡觉前要用牙膏或肥皂清洗假牙(忌用开水或化学药物),以免食物残渣堆积在上面。

(2) Remove the denture before you go to bed and put it into a cup of clear, cold water. This not only relaxes the mouth tissue but also avoids any possibility of accidentally swallowing it.
睡觉前取下假牙并放在一个盛有清洁冷水的杯子里。这样不仅可以使口腔组织得到休息,同时也可避免吞下假牙等意外的发生。

(3) If the denture is cracked or broken, please bring the whole denture to the clinic for repair.
如果假牙折断或破裂,请把全套假牙带到门诊来修补。

(4) The denture should be adjusted or a new one made after several years, because the tissue of the mouth or the plastic may have altered. Such changes may harm the natural teeth or the soft tissue of the mouth.
假牙使用几年以后,由于口腔组织改变或塑料变形而不合适时,应进行修改或重做。否则会损伤天然牙齿或口腔内的软组织。

10 Oral Injury 口腔外伤

Parent: My child has been wounded in a fall.

家长： 我这孩子跌了一跤受伤了。

Doctor: Where did it happen?

医生： 在什么地方受的伤?

Parent: Right at home.

家长： 在家里。

Doctor: His upper lip has been cut. Several teeth have become loose. One of them has to be

extracted; some others need re-fixing.

医生：上嘴唇破了，有几颗牙松了，其中有一颗需拔掉，其他的需要固定一下。

Parent: How about the lip?

家长：裂开的嘴唇怎么办呢?

Doctor: I'll give him a shot of anaesthetic and have the lip washed clean and the cut sewn up. Please explain this to your child and ask him not be afraid.

医生：我先给他打一点麻药，把嘴唇洗净，然后把裂口缝合上。请告诉孩子，不要害怕。

Parent: Please just go ahead, Doctor. Don't worry about him.

家长：大夫，不必担心，你就请缝吧!

Doctor: The operation is over. Your boy has been very good and cooperative. Please take this slip of paper to the nurse so that she will give him an injection of TAT. Come back in five days to have the stitches taken out. If anything unexpected should develop in the mean time, then don't wait but come back any day for a consultation.

医生：缝合完了。你的孩子很听话，合作得很好。拿着这单子到护士那里，她会给他注射一针破伤风抗毒素。五天以后来拆线。如果五天内有什么特殊情况，请来看门诊。

11 Oral Mucositis 口腔黏膜炎

Patient: There are several painful spots in my mouth, salty and sour things make it sting.

患者：我嘴里有几块地方痛，吃咸的和酸的更痛。

Doctor: It's caused by an infection. I'll give you some Chinese traditional medicine, it will soon clear up.

医生：这是由于感染引起的。我给你点中药，很快就会好的。

Patient: My gum is inflamed and hurts badly.

患者：我的牙龈发炎了，很痛。

Doctor: It's caused by your denture. Don't wear it for a few days until your gum has healed. I'll prescribe some ointment for local use.

医生：是你的假牙引起的，牙龈没好之前，这几天先不要戴假牙。我给你开一点软膏，在局部涂用。

Patient: I have prickly and burning ulcers in the mucosa, it happens periodically.

患者：我的口腔黏膜上的溃疡有刺痛和烧灼痛，呈周期性发作。

Doctor: Do you think it occurs for any obvious reason? For example, emotional stress or lack of sleep.

医生：你看它的发作有什么明显原因吗？比如情绪波动或缺少睡眠。

Patient: Yes, sometimes it happens when I have difficulty falling asleep.

患者：是的，它有时候出现在我感到难以入睡时。

Doctor: What kind of drugs did you take in the past?

医生：过去你吃过什么药?

Patient: Vitamins and antibiotics.

患者：维生素和抗生素。

Doctor: I'll give you some tablets to swallow, a mouth rinse to gargle with and powder for local use. They are effective but they do not guarantee the condition won't recur.

医生：我给你开一些口服药、漱口药水和局部用的药粉。这些药都有效。但不能保证不复发。

Patient: I have a burning and thickening sensation in my mouth.

患者：我嘴里有灼烧和增厚的感觉。

Doctor: How long have you had this trouble?

医生：多长时间了？

Patient: For about half a year.

患者：大约半年了。

Doctor: Have seen a doctor before?

医生：过去看过医生吗？

Patient: Two months ago in Hongkong, I went to see a dentist. He took a specimen from that particular spot of my mouth for culture. Then he told me that my trouble was caused by some bacteria. I had taken too many antibiotic tablets but there was no improvement.

患者：两个月前在香港我看过牙科医生。他取了一个标本做细菌培养。后来他告诉我是由细菌引起的。我吃了许多抗生素片，但是没有好转。

Doctor: Did you notice any rash on your body?

医生：你身上有过皮疹吗？

Patient: No.

患者：没有。

Doctor: Let me examine you. There are many white spots and plaque-like lesions on the tongue and buccal mucosa. It may be leukoplakia or lichen planus. A biopsy is necessary, I think.

医生：让我检查一下。在你的舌头和口腔黏膜上有一些白点和白斑样病损。可能是白斑病或扁平苔藓。我想需要做一下活检。

Patient: What is the cause? Is it a cancer?

患者：什么原因引起的？会是癌吗？

Doctor: No, don't worry. The cause of it is not clear, but chronic irritation and emotional stress may play an important role in its development.

医生：不是，别顾虑。这种病的原因现在还不清楚，但慢性刺激和情绪波动对病情发展可能起重要作用。

Patient: What do you propose to do?

患者：你打算怎么办呢？

Doctor: First, the sharp edges of your teeth should be smoothed. Keep to a soft diet and no irritants. Take it easy. Rinse your mouth after every meal. Come here for a check-up

every month. Here is an ointment for local application, use it three times a day.

医生：首先,要把你牙齿的锐利边缘磨光一下,要吃软食和不带刺激性的食物。精神要放松。饭后漱口。每个月来检查一次。这是软膏,局部涂抹,一日三次。

12 Temporo-mandibular Arthralgia 下颌关节疼痛

Patient: When I open my mouth, I feel a pain in front of the ear and in the head. There is also a cracking sound.

患者：当我张嘴时,我感到耳朵前面和头都痛。而且还有很大的响声。

Doctor: Since when have you had this condition?

医生：这种情况有多久了?

Patient: It has been like this since I tried to bite something hard.

患者：有一次我咬了硬的东西之后发生的。

Doctor: Please open your mouth. Close it. Open again. Move the lower jaw left and right. Do you feel sore here when I press this place?

医生：请张开嘴。合上。再张开。将你的下颌向左右动一下。当我按这个地方的时候你感到痛吗?

Patient: Yes, I do, it feels quite sore.

患者：是的,很痛。

Doctor: There is something wrong with the mandibular joint. It has been overstrained. I'd recommend physiotherapy. Please go with this paper to the physiotherapy department for treatment.

医生：你的下颌关节出了问题,那是因为咬东西时用力过大。我建议你做一下理疗。请拿着这张单子到理疗科去做理疗。

Unit XI

Dermatology

皮 肤 科

1 Boil 疖子

Doctor: How long have you had this boil?

医生：你这疖子长了多长时间了？

Patient: For five days.

患者：五天了。

(After examining the boil)

(检查疖子后)

Doctor: This needs an incision to let out the pus. For this we'd like to give you an anaesthetic so there won't be any pain. When did you have food and drink last?

医生：得切开排脓，为此我要给你用点麻醉药，这样你就一点也不觉得痛了。你什么时候吃的饭，喝的水？

Patient: Yesterday.

患者：昨天。

Doctor: Are you sure you had nothing today?

医生：你今天确实没吃东西吗？

Patient: Only a cup of tea for breakfast.

患者：早点只喝了一杯茶。

Doctor: What time was that?

医生：几点钟喝的？

Patient: Three hours ago.

患者：三个小时以前。

Doctor: Well, you'll have to wait an hour then as we can't give you an anaesthetic until four hours after you've eaten or drunk. Are you quite healthy otherwise?

医生：好，你得再等一个小时，因为在你吃喝四个小时后我才能给你用麻醉药。另外，你身体没有别的问题吧？

Patient: Yes.

患者：没有。

Doctor: Right. We'll attend to you in an hour's time.

医生：好，一小时后我们给你治疗。

2 Rash 皮疹

Patient: I've got a rash all over my body and it itches all the time, and I have some lumps on my arms. Can you give me anything for it?

患者：我浑身上下生满了疹子，整天痒得要命。手臂上还出现了结节。你能给我治一治吗？

Doctor: Let me have a look. How long have you had this rash?

医生：我先来检查一下。你出疹子有多长时间了？

Patient: About three days.

患者：大约有三天了。

Doctor: Have you noticed if anything makes it worse?

医生：你注意到什么原因会使它加重吗？

Patient: I really don't know.

患者：我实在不知道。

Doctor: Have you ever had it before?

医生：你以前出过这种疹子吗？

Patient: I had it once before. When I was small, I went on holiday with my parents to the seaside, and I had the same rash there.

患者：只有过一次。小时候，我跟父母去海边度假，我在那里出了疹子。

Doctor: Have you eaten any seafood recently?

医生：近来吃过海鲜吗？

Patient: I don't usually eat it, but I ate some at a dinner about three days ago.

患者：我通常不吃海鲜，但三天前我吃过一次。

Doctor: In that case, you might be allergic to seafood. Don't eat any seafood, and I'll give you some medicine to take. And don't scratch it even if it's very itchy.

医生：那么说，你有可能是海鲜过敏。不要再吃海鲜，我给你开一些药。身上再痒也不要去抓。

Patient: OK, doctor.

患者：行，医生。

3 Psoriasis 银屑病（牛皮癣）

Doctor: What's your complaint?

医生：您有什么不舒服吗？

Patient: I have a rash on the trunk recently.

患者：最近我身上起了疹子。

Doctor: How long have you had this rash?

医生：这疹子有多久了？

Patient: I've had it for the last one year.

患者：已一年了。

Doctor：Do you have any itching?

医生：痒不痒?

Patient：Yes, but it is only slightly itching.

患者：痒,但只是轻微瘙痒。

Doctor：Did you ever have any trouble like this before?

医生：您过去有过这样的病吗?

Patient：Yes, I had something like this about three years ago. But it's never been this bad before, and I didn't go to see a doctor.

患者：得过,三年前也像这样起了皮疹,但没有这次重,而且也未找大夫看过。

Doctor：Please unbutton your shirt and let me examine your eruption.

医生：请解开您的衬衣,让我检查一下。

Patient：Well, there are a lot of eruptions on my body, trunk, arm, leg, and scalp, especially trunk.

患者：好,我身上起了好多皮疹,躯干、胳膊、腿和头皮,尤其是躯干。

※ ※ ※

Patient：It's a contagious disease, isn't it?

患者：这是不是传染病?

Doctor：No, I don't believe so.

医生：不是,这病不是传染病。

Patient：Can I be cured?

患者：能治好吗?

Doctor：Take my advice, please. And I'm certain you'll be fine.

医生：请听我的话,我肯定您会被治好的。

Patient：What should I do, doctor?

患者：医生,我该做些什么呢?

Doctor：Under what conditions does your trouble occur?

医生：您的病在什么情况下发生?

Patient：I really don't know. This time it might be overwork, while formerly it got worse after I had cold.

患者：我不太清楚,这次可能是太劳累,而以往总是感冒后加重。

Doctor：Has any one in your family ever had psoriasis?

医生：您家族中有没有人患过此病?

Patient：Yes, my father had same skin disease, and so did my uncle. It is a genic disease, isn't it?

患者：有,我父亲有同样的皮肤病,我叔叔也有这种皮肤病。这病是遗传性疾病吗?

Doctor：Yes, psoriasis is a multifactorial genetic disease which requires both polygenic and environmental factors for its clinical expression. But you don't worry, you can be cured. Please tell me, have you been drinking?

医生：对，银屑病是一种多因素的遗传性疾病，其临床表现受遗传和环境两方面的影响。您不用担心，您可以治好。请您告诉我您喝酒吗？

Patient: Yeah, I drank a lot in recent months.

患者：是的，这几个月我喝酒很多。

Doctor: When did it begin to worsen this time?

医生：这次是什么时候加重的？

Patient: Usually when I get very excited and worried about things.

患者：通常在我为一些事情操心担忧时加重。

Doctor: What food would you like?

医生：你喜欢吃什么食物？

Patient: I like to have fish, beef, eggs and vegetables.

患者：我喜欢吃鱼、牛肉、鸡蛋及蔬菜。

Doctor: Oh, I see, now I give you some suggestions and there are some medicines for you. First, you should have much faith in treating this disease. Then, you'd better look after yourself. Avoid to catch cold. Don't drink too much. Avoid to eat those foods which will made it worse. Don't indulge in abuse of medicines, for example steroid. These advices certainly will help your health. Finally, I give you two kinds of topical preparations, one of these is tars, the other is anthralin. Besides you may take Vitamine C, Vitamine A, and Zhi Yin Lin capsules by mouth.

医生：哦，我明白了，现在我要给您提些建议并开一些药。首先，您应该对治病充满信心，您要好好照顾自己，避免着凉，不要大量喝酒，避免吃加重皮疹的食物。不要滥用药物，例如类固醇激素。这些忠告肯定对您的健康有好处。最后，给您两种外用药，一种是煤焦油，一种是蒽林，此外您再口服些维生素 C、维生素 A 及制银灵胶囊。

Patient: Thank you for your advices for my health. I will do as you told me. Good-bye.

患者：谢谢您对我的忠告，我一定按您说的去做，再见。

4 Allergy 过敏

Doctor: Hello, my name is Dr. Liu, please can you tell me what the problem is?

医生：你好，我是刘医生，能告诉我你有什么问题吗？

Patient: Yes, hello, I've come to see you because I have these spots and wheals on my body and they don't seem to be going away.

患者：好的，你好。我过来看病，因为我的身体起了这些斑点和水疱，并且好像没有消失的迹象。

Doctor: How long has this been a problem?

医生：这种情况出现多久了？

Patient: Well, I've had them for about 4 days now.

患者：至今有四天了。

Doctor: Where did it start, on which part of the body?

医生：从什么地方开始的，身体的哪个部位？

Patient: They didn't start anywhere in particular, just came up on different parts of my body at the same time.

患者：不是特定地从哪个部位开始，而是同时从我身体的各个部位冒出来。

Doctor: Is it very itchy and sore?

医生：是不是又痛有痒？

Patient: Yes, they are itchy but not all the time.

患者：是的，有点痒，不过不是一直痒。

Doctor: Have you broken the skin by scratching them?

医生：你是否挠破了皮肤？

Patient: Yes, I'm afraid some of them.

患者：是的，我恐怕挠破了一些。

Doctor: Have any become infected?

医生：伤口感染了吗？

Patient: No.

患者：没有。

Doctor: Have you taken any medication?

医生：你吃过什么药吗？

Patient: Not tablets, but I went to the pharmacy and showed them to a lady there and she gave me some ointment.

患者：没有吃药片，不过我去药房让那儿一个女营业员看了，她给了我一些药膏。

Doctor: What medicine did she give you?

医生：她给你什么药？

Patient: I've bought it with me, here is the pot.

患者：我带过来了，就这瓶。

Doctor: How long have you been taking this, has it helped?

医生：你用这些药多长时间了？有帮助吗？

Patient: To be honest, it hasn't helped much at all.

患者：老实说，没有多大帮助。

Doctor: Do you think you have a fever?

医生：你认为自己发烧吗？

Patient: No. I'm sure I haven't.

患者：没有，我确实没有发烧。

Doctor: Do you have any other symptoms or illness?

医生：你有其他症状或疾病吗？

Patient: I have a headache nearly every day, and I seem to get very tired some days which is unusual for me.

患者：我几乎每天都会头痛，而且在一些特殊的日子我显得非常的疲劳。

Doctor: Do you think you may have been bitten by insects?

医生：你认为是被昆虫叮咬导致的吗？

Patient: No, I don't think so, I've been bitten by insects lots of times and this has never happened before.

患者：没有，我不这么觉得。我被昆虫叮咬过很多次，没有出现过这种情况。

Doctor: What diet are you on?

医生：你的饮食情况怎么样？

Patient: Normal diet for me, nothing unusual.

患者：正常饮食，没有什么特殊的。

Doctor: Have you eaten anything very different that might have caused an allergy?

医生：你是否吃过一些可能导致你过敏的特殊食物吗？

Patient: Not that I can think of.

患者：我觉得没有。

Doctor: I need to examine you, please take off your clothing so I can see the problem, and please leave your underwear on.

我要检查你一下。请将衣服脱掉，这样我就能看到是什么问题了，内衣不用脱。

Can you show me where they are?

你能指给我看在哪里吗？

I need to take a swab specimen from your skin and won't hurt.

我需要取皮肤拭样，不会疼的。

OK, you can get dressed now.

好了，你现在可以穿衣服了。

I will need a blood specimen for tests.

我需要做血样检测。

Patient: OK, where do I go?

患者：好的，我要到哪里去检测？

Doctor: Please follow the nurse and she will show you where to go, and where to collect the results, then please come back to see me when you have them.

医生：请跟着护士，她会带你过去检查并且告诉你到哪里去取检查结果，结果出来之后请送到我这里。

Patient: OK, thanks.

患者：好的，谢谢。

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Doctor: I have your results which show me that you haven't got any infection, and your other blood tests are normal.

医生：检查结果表明你没有受到感染，而且你的其他血样化验结果也很正常。

Patient: So what do you think the problem is?

患者：那么你觉得是什么问题呢？

Doctor: I think you may have an allergy to something, so we need to carry out a skin sensitivity test, to find out what it is.

医生：我觉得你可能对某些东西过敏，我们需要做皮肤过敏原测试。

Patient: What's that?

患者：那是什么？

Doctor: We do the test on the inside of your arm, with a fine needle we make little pricks under the skin and put tiny drops of different fluids onto them and wait a while and see if there is any reaction.

医生：我们用细针在你的手臂皮肤下面刺个孔，滴入少量不同的液体，然后等待一会看看有没有反应。

Patient: What is the fluid, and what kind of reaction will I get?

患者：是什么液体？我会起什么样的反应？

Doctor: Each fluid is an antigen of common household and environmental pollutants that we might encounter every day, like dust, feathers, plants, dogs and many other things.

医生：每种液体都是我们在日常生活中可能遇到的家居或环境污染的抗原，比如说灰尘、羽毛、植物、狗和其他东西。

Patient: Oh, you mean I might have something like hay fever?

患者：哦，你是指我可能得了像花粉热类似的疾病？

Doctor: Maybe something similar, and if you have a reaction, it will show by your skin becoming red and raised and itchy.

医生：有可能是相似的疾病，如果你有反应的话，你的皮肤会表现出红色并突起，伴随瘙痒。

Patient: Oh, OK, when do I have this?

患者：哦，好的，我什么时候进行测试？

Doctor: Today, please follow the nurse and she will show you where to go.

医生：今天，请跟着护士，她会带你过去。

Patient: Do I come back to see you afterwards?

患者：测试过后我需要回来找你吗？

Doctor: Yes, I need to know the results and also prescribe some cream to help the itching and prevent them becoming infected, and also prescribe antihistamine tablets, they will stop you from being so sensitive to whatever you are allergic to.

医生：是的，我需要知道测试结果，同时开些药膏给你缓解瘙痒和防止感染，而且还要开些抗组胺剂药片给你，不管你对什么东西过敏，这些药都能够有效防止。

Patient: Thanks very much doctor, I'll see you later.

患者：非常感谢你，医生，一会儿见。

5 Eczema 湿疹

Doctor: What is the problem?

医生：你哪里不舒服？

Patient: This rash, it looks like eczema or dermatitis.

患者：我有皮疹，看起来像湿疹或者皮炎。

Doctor: How long has this been a problem?

医生：这个问题出现多久了？

Patient: I think it's been a problem for some time.

患者：有好长一段时间了。

Doctor: Can you remember when it first started?

医生：你还记得什么时候开始发作的吗？

Patient: About 3 months ago, just a little at first.

患者：大约 3 个月前，一开始的时候只有一点点。

Doctor: Where did it start, on which part of the body?

医生：从哪里开始的？身体的哪个部位？

Patient: Well, it started behind the knees, the creases of the elbows, and sometimes around the neck.

患者：从膝盖后面的关节处和肘关节褶皱处开始发起，有时候是脖子附近。

Doctor: Has it spread?

医生：扩散蔓延吗？

Patient: Yes, it has.

患者：是的。

Doctor: Where did it spread?

医生：都蔓延到什么地方？

Patient: Into the groin, on the body and face and behind the ears and hands.

患者：到腹股沟、躯干、脸部、耳后和手部。

Doctor: How long did it take to spread to other parts of the body?

医生：蔓延到身体的其他部位花了多少时间？

Patient: I don't know really, it was very gradual, that I didn't notice the length of time.

患者：我不太清楚，是慢慢扩散的，我没有留意时间的长短。

Doctor: What does it look like when it is at its worse?

医生：严重的时候是什么样的？

Patient: Very red and dry in places and wet weeping in others.

患者：非常红，一些地方很干，一些地方又湿润且有液体渗出。

Doctor: Is it very itchy and sore?

医生：瘙痒、疼痛吗？

Patient: Yes, very.

患者：是的，非常痒和痛。

Doctor: Does the skin crack, and does it become infected?

医生：皮肤破裂了吗？ 破裂后的皮肤被感染了吗？

Patient: Yes, it has in some places.

患者：是的，一些地方是这样。

Doctor: Do you take any medication or use any creams or ointments?

医生：你吃过什么药和搽过什么药膏吗?

Patient: Yes, I have brought the cream to show you.

患者：是的,我把药膏带来了,请你看一下。

Doctor: How long have you been taking it?

医生：你搽这种药膏多久了?

Patient: For 2 months now.

患者：至今有两个月了。

Doctor: Does the skin condition improve or go away?

医生：搽了药之后是否有所缓解,症状是否消失?

Patient: It used to improve when I first used it but not now.

患者：一开始用的时候有效,现在没有效果。

Doctor: What diet are you on?

医生：你的饮食情况怎样?

Patient: My normal diet, but I try not to eat too many dairy products, as I read that it aggravates eczema.

患者：我饮食正常,我尽量不吃太多奶制品,因为我听说那样会加重湿疹病情。

Doctor: Do you have a fever when the skin is bad?

医生：当皮肤问题严重的时候,你是否发烧?

Patient: No.

患者：没有。

Doctor: Do you have any other symptoms or illness when the skin is bad?

医生：当你皮肤问题严重的时候是否伴随其他症状或者疾病?

Patient: No, not that I've noticed.

患者：没有,据我的记忆,没有其他症状

Doctor: I need to examine you.

医生：我需要检查一下你。

Doctor: Please take off your clothes, I need to look at where the problem is.

医生：请将衣服脱掉,我要看一下病变部位。

Doctor: I will need to take a swab specimen from your skin and it won't hurt.

医生：我将从你的皮肤上取些拭子样本,一点都不痛。

Doctor: I will need a blood and urine sample and the nurse will show you where to go and what to do and please bring the test results back to me.

医生：我需要做血液和尿液检查,护士会带你过去,请将检查结果带给我。

Patient: OK, thanks.

患者：好的,谢谢!

Doctor: Your blood results show me that you have a slight infection; I will prescribe some antibiotic cream for your skin, and other medication for you to take.

医生：你的验血报告表明你有轻度的感染,我给你开些抗生素药膏供你涂抹患处和一些内服药片。

Patient: Thanks you very much.
患者：非常感谢！
Doctor: If there is no improvement in 2 weeks or your skin condition becomes worse, please come back, but you will need to register again first.
医生：如果两个星期后没有好转，或者变得更糟，你再过来找我，不过你需要先挂号。

6 Unusual Skin Lesion 非正常皮肤病变

Doctor: Hello, my name is Dr. Li, can you tell me what the problem is?
医生：你好，我是李医生，你能告诉我出了什么问题吗？
Patient: Yes, I've come to see you because of a strange blemish on my skin.
患者：好的，我过来看病，因为我的皮肤上起了奇怪的瘢疤。
Doctor: Where is this blemish?
医生：瘢疤在什么位置？
Patient: On my shoulder.
患者：在肩膀处。
Doctor: How long has it been a problem?
医生：出现多长时间了？
Patient: Well, it has been there for about a year now, but it hasn't been a problem until about 3 months ago.
患者：有大约一年时间了，不过大概 3 个月前才开始成为一个问题。
Doctor: Why is it a problem now?
医生：现在是怎么一种状况？
Patient: Because it's got bigger and it's itchy and my bra strap rubs on it and sometimes makes it bleed.
患者：因为瘢疤变大而且痒。我的乳罩带子刚好压在上面，有时候会磨出血来。
Doctor: Does the skin crack?
医生：皮肤破裂吗？
Patient: No, but it can very dry and flaky.
患者：没有，不过皮肤变得很干和易脱落。
Doctor: Has it ever become infected?
医生：皮肤感染了吗？
Patient: No, not that I've noticed.
患者：没有，据我观察没有感染。
Doctor: Have you used any creams or ointments to help?
医生：你搽过皮肤霜或药膏吗？
Patient: Only normal body moisturizer everyday when I do the rest of my body, and more moisturizer when it's dry and flaky.
患者：当我给身体搽润肤露的时候会搽一些，只是在瘢疤变得干燥和易脱落的时候我才

搽多一些。

Doctor: I need to examine you, can you show me your shoulder?

医生: 我要给你做个检查,请把肩膀让我看一下。

Patient: Yes, it's just there.

患者: 好的,就这里。

Doctor: I need take a swab specimen from your skin and it won't hurt?

医生: 我需要取皮肤拭样,不会痛的。

I will need a blood just to check that it isn't infected.

我需要血样,检测是否受感染。

Please take this form to hematology, wait for the results and come back here when you have them.

请将化验单带到血液科,在那里等结果出来,然后带过来给我。

Patient: Where's hematology?

患者: 血液科在哪里?

Doctor: The nurse will show you.

医生: 护士会带你过去。

Patient: OK, thanks.

患者: 好的,谢谢。

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Doctor: I have your results which show me that it isn't infected, but I need to remove this lesion and send it to histology to find out what it is.

医生: 你的检查结果表明没有感染,不过我需要将病变组织取下送到组织科去检测一下是什么东西。

Patient: When are you going to do that?

患者: 你什么时候取样?

Doctor: I shall do it now, it's minor procedure, I will give you a local anesthetic and remove it.

医生: 我现在取,很简单的小步骤,我给你做些局部麻醉然后取下来。

Patient: Oh, OK.

患者: 哦,好的。

Doctor: I need to clean this wound and it might sting.

医生: 我需要清洗伤口,可能会有点刺痛。

Patient: OK.

患者: 好的。

Doctor: I will give you a shot to numb the area.

医生: 我将给你打针来麻醉那个部位。

Patient: Ouch, that hurts.

患者: 哎,很痛。

Doctor: OK, I'll give you some more local anesthetic.

医生: 好的,我会给你更多的局部麻醉。

Patient: Thanks a lot.

患者：非常感谢。

Doctor: I've finished now. I am going to close the wound with sutures, please tell me if I am hurting you. I'm going to put a dressing on, please keep the dressing dry.

医生：我完成了，接下来我要给你缝合伤口，如果弄痛你的话，请你告诉我，我要给你放敷料，请保持敷料干燥。

Patient: Oh, that's great, thanks.

患者：哦，万分感谢。

Doctor: Please come back in 5 days to have the sutures removed.

医生：请五天后回来拆线。

Patient: Do I come back here to you?

患者：我回来这里找你吗？

Doctor: Yes, but you will need to register again first before you see me.

医生：是的，不过在过来之前你需要先挂号。

Patient: Do I need to come back change the dressing?

患者：我需要回来换敷料吗？

Doctor: No, the nurse will show you where to buy some more dressings, and you change it when it becomes dirty.

医生：不用，护士会告诉你到哪里去买敷料，敷料脏了你可以自己换。

Patient: Oh, OK, can I put my own dressings on if I want.

患者：哦，好的，如果我愿意的话可以自己放敷料是吗？

Doctor: Yes, of course, are you covered for tetanus?

医生：是的，当然。你打过破伤风针吗？

Patient: Yes, I am.

患者：是的，打过。

Doctor: OK, I will see you in 5 days, if the wound becomes infected please come back immediately.

医生：好的，五天后见，如果伤口感染的话请立即过来。

Patient: OK, I will, thanks a lot, doctor.

患者：好的，我会的，非常感谢你医生。

Doctor: Please take this lesion to the histology department, and when you come back to have your sutures removed you can collect the results and show them to me.

医生：请将病变组织带到组织科，当你回来拆线的时候你可以取检查结果，然后拿给我。

Patient: OK, doctor, thanks, will the nurse show me where to go?

患者：好的，谢谢你医生，护士会带我过去吗？

Doctor: Yes, she will.

医生：是的，她会。

Patient: Can you write your name down for me so I can give it to the registration counter when I come back?

患者：你能将名字写下给我吗？这样我可以下次回来的时候给挂号处。

Doctor: Of course, I'll give you my card.

医生：当然，我给你我的名片。

Patient: Thanks again, doctor, see you in 5 days.

患者：再次感谢你医生，五天后见。

7 Contact Dermatitis 接触性皮炎

Patient: I got this rash after I used some make-up.

患者：我脸上因用化妆品而起了皮疹。

Doctor: How long have you had it?

医生：皮疹有几天了？

Patient: Two days.

患者：两天了。

Doctor: Does it itch?

医生：痒吗？

Patient: Yes, it itches a lot.

患者：非常痒。

Doctor: Is it watery?

医生：有渗液吗？

Patient: Yes, there are some blisters on my face.

患者：有的，我脸上有些水疱。

Doctor: You're allergic to cosmetics. I advise you to stop using them for the time being.

医生：你对化妆品过敏，我劝你暂时停用化妆品。

Patient: All right.

患者：好的。

Doctor: Please apply a cold compress and then this paste. For the cold compress, wet 5-6 pieces of gauze with 3% boric acid solution. Squeeze out some solution from the gauze if it drips. Then spread the wet gauze over the rash and leave it there for five minutes. Then dip the gauze into the solution and apply the compress again. Apply it twice a day, each time for half an hour.

医生：先冷敷，再使用这个药膏。冷敷做法是把五六层纱布浸进 3% 的硼酸溶液里，取出来挤去一些水，以不滴水为度。然后把湿纱布铺在皮疹上湿敷五分钟。然后把纱布浸入硼酸溶液，取出再做湿敷。一日两次，每次半小时。

Doctor: Avoid using soap to wash your face at the moment.

医生：其间要避免用肥皂洗脸。

Patient: All right.

患者：是的。

Doctor: The rash may not respond to treatment for the first day or two, because some traces of

the cosmetics are still left on your skin. After these have been removed the rash will disappear rapidly.

医生：由于皮肤上仍留有化妆品，所以在治疗的头一两天皮疹不会见好。化妆品全部去除了，皮疹就会很快消失。

8 Neurodermatitis 神经性皮炎

Patient: My neck is itching terribly.

患者：我脖子很痒。

Doctor: Let me examine it. Oh, there are two thick patches on it. You have neurodermatitis.

医生：让我检查一下。噢，你颈部有两片厚的皮损。你得了神经性皮炎。

Patient: What is it?

患者：这是怎么一回事？

Doctor: It can be induced by psychosomatic factors. You should avoid getting nervous and anxious and try to live regular life.

医生：这是由心身性因素诱发的。你应该避免紧张、忧虑，并尽力过有规律的生活。

Patient: I see.

患者：我懂了。

Doctor: It's a kind of chronic skin disease. It takes quite a long time and constant treatment to cure it.

医生：这是一种慢性皮肤病，需要较长时间坚持治疗才能治愈。

Doctor: I'll prescribe a bottle of lotion for you for external use only, apply it on the lesion, twice a day. Here are some tablets too. Take one tablet three times a day.

医生：我给你开一瓶药水，只能外用，搽在患处，每日两次。另外还有些药片，每日三次，每次一片。

9 Dermatitis Medicamentosa 药物性皮炎

Patient: I have a rash all over the body.

患者：我全身起满了疹子。

Doctor: Did you take any medicine before it began?

医生：起皮疹前你用过什么药吗？

Patient: Yes, I had pneumonia ten days ago and took penicillin for one week.

患者：十天前我患了肺炎，注射了一周青霉素。

Doctor: Have you had anything like it before?

医生：你以前起过像这样的疹子吗？

Patient: Yes, when I took APC one year ago.

患者：起过，一年前我服复方阿司匹林时起过。

Doctor: You are allergic to penicillin. Stop it and drink plenty of fluids to help wash it out.

医生： 你对青霉素过敏。请停用青霉素，多喝饮料以加强排泄。

Patient: I've already stopped taking it.

患者： 我已停用青霉素了。

Doctor: Very well. Here are some anti-allergic tablets and a bottle of lotion to apply to the rash.

医生： 很好。我给你开些抗过敏药及一瓶外用药。

Patient: Thank you.

患者： 谢谢您。

Doctor: Please remember to tell other doctors in future that you are hypersensitive to penicillin, otherwise you'll get the rash again if you take it.

医生： 以后看病时，记住告诉医生你对青霉素过敏；要不然，你再用青霉素，全身还会起疹子。

10 Urticaria 荨麻疹

Patient: I have a rash all over my body. I think it's hives.

患者： 我全身起了疹子，我看是风疹块。

Doctor: How long have you had it?

医生： 起多久了？

Patient: Just since this morning.

患者： 早晨刚起。

Doctor: Have you had any nausea or vomiting?

医生： 你有没有恶心和呕吐？

Patient: No.

患者： 没有。

Doctor: Have you had any diarrhea?

医生： 有腹泻吗？

Patient: Yes, three times this morning.

患者： 早晨我泻了三次。

Doctor: Did you eat any fish or shrimps before the rash began?

医生： 起疹子之前你吃过鱼或虾吗？

Patient: Yes, I had some shrimps yesterday.

患者： 昨天我吃了一些虾。

Doctor: Does it get worse when you feel cold or when it is windy?

医生： 受冷、吹风时疹子加重吗？

Patient: No.

患者： 不会。

Doctor: Yes, it's hives. The medical name is urticaria. It's an allergic reaction to something you've eaten.

医生： 对，它就是风疹块。医学上叫做荨麻疹。是由于吃了某些食物过敏而引起。

Patient: What food should I avoid?

患者： 我应该忌吃哪些食物呢？

Doctor: Avoid spicy food, wine, fish, shrimps and lobster.

医生： 请不要吃带香料的食物，还有酒、鱼、虾和龙虾。

Patient: All right, I'll remember that.

患者： 好吧！我记住了。

Doctor: I'll give you some pills, a lotion and an injection to relieve the itching.

医生： 我给你开一些丸药和外用药，再打一支止痒针。

Patient: Thank you very much!

患者： 非常感谢！

11 Herpes Zoster 带状疱疹

Patient: There are several blisters on the right side of my chest and back.

患者： 在我右胸右背上有几个水疱。

Doctor: How long have you had them?

医生： 这些水疱有多久了？

Patient: Three days.

患者： 三天了。

Doctor: Let me examine you. Do they hurt?

医生： 让我检查一下。痛吗？

Patient: The pain is awful.

患者： 痛得厉害。

Doctor: It's caused by virus. It will take 10 to 15 days to subside. Don't worry, everything will be OK.

医生： 这种病是病毒引起的。10~15 天就会好。别着急。一切都会好起来的。

Patient: Can you give me something for the pain?

患者： 你有办法解除我的疼痛吗？

Doctor: I'll give you a bottle of lotion. Apply it to the blisters twice a day. Then you should have an injection once a day, and take two kinds of tablets. Don't break the blisters or you'll get a secondary infection. If they do break, apply some gentian violet solution.

医生： 我给您开一瓶药水。搽在水疱上面，每天两次。另外，每天打一次针，服用两种药。请不要弄破水疱，以免继发感染。如果水疱破了，上点甲紫药水。

12 Hair Loss 脱发

Patient: I'm losing my hair rapidly.

患者： 我头发掉得很厉害。

Doctor: How long have you had this problem?

医生：有多久了？

Patient: About one month.

患者：大概一个月。

Doctor: Are there any small scales as well?

医生：是不是也有头皮呢？

Patient: Yes, there are a few.

患者：有一些。

Doctor: There are many causes for hair loss: mental stress, lack of sleep and shampooing too frequently. Don't worry, lead a regular life and shampoo your hair once a week.

医生：脱发的原因很多，例如精神紧张、睡眠不足、洗头太勤，都是重要的因素。不必着急，应该保持有规律的生活，每周洗一次头。

Patient: All right.

患者：好的。

Doctor: Here are two kinds of tablets. I'm also giving you some hair tonic and a bottle of lotion. Please apply the lotion to the scalp with a dropper twice a day.

医生：这里有两种药片。我还要给你些生发剂和一瓶外用药水，请用滴管把药水滴在头皮上，每日两次。

13 Acne Vulgaris 寻常痤疮

Patient: I've got some pimples on my face. Perhaps it's just my age, but they are dreadful.

患者：我脸上长了一些小疙瘩，也许正是我这个年龄该长的。但是太糟糕了。

Doctor: It doesn't look too bad to me.

医生：看起来还不太厉害。

Patient: Please help me. I've done everything I can, but they won't go away.

患者：请给我治治。我想尽了一切办法，但总去不掉。

Doctor: You're still at school, aren't you? How long have you had them?

医生：你还在念书，是吗？小疙瘩长多久了？

Patient: Since junior high school, but they've gotten worse these past few years.

患者：我初中时就有，但近几年加重了。

Doctor: The medical name for them is acne vulgaris.

医生：这些小疙瘩在医学上称为寻常痤疮。

Patient: What can I do about them? How can they be prevented?

患者：我该怎么做？怎样才能预防呢？

Doctor: Firstly, you should wash your face with warm water and soap three times a day. Washing will keep the pores open and prevent them getting clogged with oil. Secondly, don't pick or squeeze the pimples with your fingers. This damages the skin and spreads the bacterial infection. Thirdly, don't eat too much fat or spices such as

pepper, curry, chilli, onion or garlic. Lastly, apply this lotion to your face twice a day. For infected pimples, apply this clear lotion in the small bottle, twice a day.

医生：首先，你应该用热水和肥皂洗脸，每天三次。擦洗使汗毛孔开放，预防油腻物质堵塞汗毛孔。其次，请不要用手挖或挤小疙瘩，因为这样会损伤皮肤，造成细菌感染。第三，请不要多吃肥肉或调味品如胡椒、咖喱、辣椒、洋葱、大蒜。最后，在脸上使用这种药水，一天两次。小瓶里的清亮药水用在受感染的疙瘩儿上，每天两次。

14 Tinea Pedis 脚癣

Patient：My feet are itchy.

患者：我的脚很痒。

Doctor：Let me take a look at them.

医生：让我检查一下你的脚。

Doctor：You have a fungus infection on your feet. It usually clears up in the winter, but returns in the summer.

医生：你脚上感染了真菌。它常常是冬天见好，夏季又复发。

Patient：Is it because I wear shoes?

患者：是不是因为我穿鞋引起的？

Doctor：Shoes have poor ventilation and so do nylon socks. They keep the feet hot and sweaty all the time.

医生：鞋子不大透气，尼龙袜也是这样，使得脚总是汗热潮湿的。

Patient：What about cotton or linen socks?

患者：穿棉袜或麻纱短袜好吗？

Doctor：They are much better, of course.

医生：当然，好多了。

Patient：I heard there is no cure for it. But I really want to get rid of it. What's your advice?

患者：听说是没法儿治好的。但是我真希望能治好它。你看我该注意些什么呢？

Doctor：The most important thing is to keep the infected area clean and dry. Change your socks often.

医生：最要紧的是保持患处清洁和干燥。勤换袜子。

Patient：All right.

患者：好的。

Doctor：I'll prescribe some fungicides to put on the infected area, twice a day. Even after the itching and redness have disappeared you must keep on using it for a few days.

医生：我给你开些杀真菌药，涂搽在患处，每天两次。即使红、痒消失了，也要坚持多涂几日。

15 Gonorrhea 淋病

Patient: I have difficulty and a burning sensation when I pass urine.
患者：我排尿困难而且有烧灼感。
Doctor: Are you passing urine more frequently?
医生：小便次数比以前多了吗?
Patient: Yes.
患者：是的。
Doctor: Have you had intercourse recently?
医生：最近您生活是否有些不检点?
Patient: Yes, I visited a brothel one week ago in my country.
患者：是。一周前,在我的国家里我曾去过一次妓院。
Doctor: We would like a specimen of your pus. Please wait for the result of the examination.
医生：我们要给你做一个脓性分泌物检查。请等待检查结果。
Doctor: The smear shows a lot of gonococci. You have gonorrhea. We would like to give you penicillin injections twice a day. First we'll do a skin test to see if you are allergic to it. You'll have to wait twenty minutes for the result. If the reaction is negative, then you can buy the penicillin from the pharmacy.
医生：涂片中查到许多淋球菌。您得了淋病。我们给你每天注射两次青霉素,请先做皮试,20 分钟后看结果,若是阴性反应,再去药房买药。
Patient: When should I come for the injections?
患者：我什么时间来打针?
Doctor: From nine to ten in the morning and three to four in the afternoon.
医生：请在上午 9~10 时,下午 3~4 时来注射。
Patient: All right.
患者：行。
Doctor: I'll make an appointment for you to come back in three days.
医生：我给你开一张预约条,三天后再来。
Patient: Thank you, Doctor.
患者：医生,谢谢您。

16 An AIDS Victim 艾滋病患者

Doctor: Good morning Mr. Carter. I'm Dr Harley. Dr Walter has asked me to see you and has sent me a letter. Shall we go through things together? How old are you?
医生：卡特先生,早晨好,我是哈雷医生。沃尔特大夫让我来看您,并且给我寄了封信。我们一起全面研究一下您的情况好吗? 您多大岁数了?
Patient: Forty-five.
患者：45 岁。

Doctor: Tell me how long you've been unwell.
医生：您感到不适有多久了？
Patient: Well, I've had a sore mouth for six months and I started losing weight four months ago.
患者：哦，我患口腔病有六个月了，四个月前开始消瘦。
Doctor: Any other problems?
医生：还有其他不好吗？
Patient: Well, I've been sweating, especially at night.
患者：唔，我总是出汗，特别是在夜间。
Doctor: How bad is the sweating?
医生：出汗出到什么程度？
Patient: Bad enough to wet the sheets.
患者：可以使被单湿透。
Doctor: Have you had a cough?
医生：您咳嗽吗？
Patient: No.
患者：不咳嗽。
Doctor: Have you ever had TB or been in contact with anyone with TB?
医生：以前患过结核吗？或者与患过结核的人接触过吗？
Patient: One of my friends died of AIDS and he had TB.
患者：我的一个朋友死于艾滋病，而且他患过结核。
Doctor: I see. Would you consider yourself at risk from HIV?
医生：我明白了，你考虑到您自己有感染 HIV 的危险吗？
Patient: Well, I've been very careful over the last three years but before that I used to be quite promiscuous.
患者：唔，最近三年我非常小心，但是在那以前，我通常与许多人有偶然的性关系。
Doctor: Have you ever had any sexually transmitted diseases, like gonorrhoea?
医生：您以前患过任何性传播疾病如淋病吗？
Patient: Yes, I had gonorrhoea ten years ago. I was treated for it at St Mary's Hospital.
患者：患过，十年前我得过淋病，在圣玛莉医院作的治疗。
Doctor: Have you ever had herpes?
医生：您患过疱疹吗？
Patient: No.
患者：没有。
Doctor: Were you having sex with your friend who died of AIDS?
医生：您与您那位死于艾滋病的朋友有过性接触吗？
Patient: No, but we did have a joint lover.
患者：没有，但我们确实有一个共同的情人。
Doctor: Have you been worrying about being infected with HIV?

医生：您担心感染上 HIV 吗?

Patient: Yes, when I started to lose weight and got the night sweats. I knew they were the same symptoms my friend got.

患者：是的,当我开始消瘦和夜里出汗时,就开始担心起来,因为我知道这些与我朋友的症状相同。

Doctor: Have you discussed this properly with anyone else?

医生：您与其他人讨论过此事吗?

Patient: I talked a bit about it with Dr Walter but he said it was best to see you.

患者：我与沃尔特医生谈过一点儿,而他说最好来找您看看。

Doctor: Have you been in contact with the Terence Higgins Trust or any other voluntary bodies?

医生：您与称作 Terence Higgins Trust 的慈善组织或其他志愿人员组织的机构接触过吗?

Patient: No.

患者：没有。

Doctor: Is there anything else you'd like to tell me at this stage?

医生：现在还有什么别的情况告诉我吗?

Patient: No. I've no other problems.

患者：没有。没别的问题了。

Doctor: Can you tell me if you are taking any medicine of any kind?

医生：您能不能告诉我您是否正在服用什么药?

Patient: I've been taking live yoghurt because I thought I had thrush in my mouth.

患者：我一直在吃酸乳酪,因为我考虑我的口腔得了鹅口疮。

Doctor: Do you smoke or drink?

医生：您吸烟或饮酒吗?

Patient: I don't smoke and I only have alcohol occasionally.

患者：我不吸烟,只是偶尔喝酒。

Doctor: Well, I'd like to examine you.

医生：好吧,我给您检查一下。

(Clinical examination)

(临床检查)

Doctor: You have sore patches on the corner of your mouth. How long have you had them?

医生：您口角处有溃疡斑,这有多久啦?

Patient: For six months.

患者：有六个月左右啦。

Doctor: So you still have thrush in your mouth. Has the yoghurt helped?

医生：看来您口腔还有鹅口疮,乳酸酪有用吗?

Patient: I think so.

患者：我想是有用的。

Doctor: Have you noticed any skin rashes?

医生：您注意到有皮疹吗?

Patient: Yes, my face has gone dry. There's also a patch under my arm.

患者：是的,我的面部已好了,在腋下还有一个斑点。

Doctor: This rash around your anus looks like herpes. How long have you had it?

医生：您肛门周围的皮疹看上去像疱疹,这皮疹有多久啦?

Patient: A month.

患者：一个月了。

Doctor: You can get dressed now.

医生：您可以穿上衣服了。

(After patient is dressed)

(患者穿上衣服以后)

Doctor: Your GP wonders whether you want to be tested for HIV. How do you feel about it?

医生：您的开业医生不知您是否想做 HIV 试验,您认为如何?

Patient: I'm very frightened. Do you think some of my problems could be related to AIDS?

患者：我很害怕。您认为我的一些症状可能与艾滋病有关吗?

Doctor: Yes, I'm afraid that some of the skin changes and the candida and the soreness at the side of your mouth are commonly seen is in people who are HIV positive.

医生：是的,您皮肤的一些改变及口腔念珠菌感染和溃疡通常都见于 HIV 阳性的人。

Patient: Yes, I was afraid you'd say that. Well, we might as well get on with the test then.

患者：是啊,我就怕您这样说,好吧,那么我们还是做一下试验吧。

Doctor: Well, I want to discuss some other issues first. Do you understand the difference between AIDS and HIV positive?

医生：哦,我想首先讨论一下另外一些问题。您知道艾滋病与 HIV 阳性之间的区别吗?

Patient: Not really.

患者：不知道。

Doctor: The antibody positive only tells us that you have at some time been infected by the virus. It does not tell us anything about what is happening to you now or what will happen in the future. It is very important to know how you would handle this information if it comes back positive. Who would support you?

医生：抗体阳性,只是告诉我们您曾经感染过这种病毒。这并不说明现在或将来您会发生什么情况。非常重要的是要知道如果结果是阳性,您如何对待它。谁能资助您?

Patient: I don't know. My parents don't even know I'm gay. I wouldn't want them to know. My brother knows I'm not very well. He might be willing to help me.

患者：我不知道。我父母甚至不知道我是同性恋者,我不想让他们知道。我兄弟知道我身体不大好,他可能愿意帮助我。

Doctor: Would you like to speak to a colleague of mine who is very helpful as a counsellor?

医生：您和我的一位同事谈谈好吗?他作为一名顾问非常有帮助。

Patient: Yes.

患者：好的。

Doctor: I could also give you the phone number of the Terence Higgins Trust and other organizations.

医生：我还可以告诉您 THT 慈善组织和其他机构的电话号码。

Patient: I'm not really interested as I'm not into the gay scene, strange as it may seem.

患者：我对此不感兴趣，因为我还不是对同性恋活动有兴趣，这似乎令人感到奇怪。

Doctor: If I do the blood test today I shall not have the results for up to two weeks. Do you think you'll be able to cope with the delay?

医生：如果我今天给您做血液化验，要到两周以后才能出结果，您等得了这么久吗？

Patient: Yes. How will you send it to me?

患者：可以，您如何把结果告诉我？

Doctor: I'll want you to come back. We never give this information except person-to-person even if it is negative. I'd like to talk to you about things like mortgages and life insurance. Do you understand that if I take this blood test it could jeopardize your chances of a life insurance and getting a mortgage?

医生：我想要您再来一次，除非面对面谈话之外，我们从不把结果泄露出去，即使阴性结果也是如此。我将和您说说关于人寿保险和抵押借款等事项。您是否了解如果我作此血液化验，就可能危害您的人寿保险和使您失去抵押借款的机会。

Patient: Well, I didn't know that but it doesn't worry me. I'd like to have the blood test.

患者：哦，我不知道此事，但这不会使我忧虑。我愿意做血液化验。

(Return visit two weeks later)

(两周以后复诊)

Doctor: Good morning Mr. Carter. Come and sit down.

医生：卡特先生早上好，请坐下。

Patient: I've brought my brother with me.

患者：我带我兄弟一起来了。

Doctor: Good. How've you been?

医生：好的，您近来如何？

Patient: Worse, much worse. I started feeling as if I had flu the day after I saw you and it's no better.

患者：更重了，重多了。上次见您之后第二天我就好像患了流感，并且不见好转。

Doctor: Tell me about it. Have you had a cough?

医生：跟我说一下怎么回事。咳嗽吗？

Patient: Yes.

患者：咳嗽。

Doctor: Do you bring up any sputum?

医生：有痰吗？

Patient: No.

患者：没有。

Doctor: Have you had any fevers?

医生：发烧吗？

Patient: Yes and bad sweats. I had one coming in the car just now and I was absolutely drenched.

患者：发烧，而且出汗很厉害，刚才我在车里发烧了，全身都湿透了。

Doctor: Do you get out of breath?

医生：有喘不上气的感觉吗？

Patient: Oh yes. I can't walk upstairs as easily as I could. I notice if I take a deep breath it makes me cough.

患者：哦，有。我不能像往常那样步行上楼。我注意到如果做深呼吸就会咳嗽。

Doctor: Could you do that now? (Patient takes a deep breath and coughs.)

医生：您现在能做一下这个动作吗？（患者深呼吸，引起咳嗽。）

Doctor: Has anything else changed?

医生：还有别的变化吗？

Patient: No, my weight's steady.

患者：没有，我体重稳定。

Doctor: Any diarrhea?

医生：腹泻吗？

Patient: No.

患者：不。

Doctor: I want to listen to your chest. (Auscultate chest.) Good. That's clear. I'd like to see how far you can walk upstairs. Let's go into the passage. (Patient walks up 15 steps and is then gasping for breath. Returns to room.)

医生：我要听一下您的肺部(听诊胸部)。好啦，肺部呼吸音很清晰。我要看看您步行上楼能上多高。让我们到走廊去。(患者上了15个台阶，然后出现气喘，回到室内。)

Doctor: So, you are much less fit than you were two months ago?

医生：这么说，您现在的健康状况比两个月前差多了，是吗？

Patient: Yes, three or four weeks ago I could have climbed much further.

患者：是的，如果是3~4个星期以前，我能登得高得多。

Doctor: Right. I would like you to go for an X-ray now. Are you worried that this is PCP?

医生：好啦，现在我想让您做一下X线检查，您担心这是PCP吗？

Patient: What's PCP?

患者：PCP是什么？

Doctor: I'm sorry. It is pneumocystis pneumonia.

医生：很遗憾，这是肺孢子虫病。

Patient: Isn't that AIDS? Was my blood test positive?

患者：那不是艾滋病吧？我的血液化验是阳性吗？

Doctor: I'm afraid it was and if you do have PCP that would mean you have AIDS.

医生：恐怕是，如果您确实患了PCP，那就意味着您患了艾滋病。

Brother: Is there any treatment for it?

患者的兄弟：有办法治疗吗?

Doctor: Yes, we would admit your brother and start him on treatment with an antibiotic called cotrimoxazole. If he can take this by mouth, he can take some of it in the Outpatient Clinic but it does make some patients feel very sick.

医生：有,我想让你哥哥住院,用一种叫增效磺胺甲噁唑的抗生素开始给他治疗。如果他能口服此药,就可到门诊部去取药服用,但此药会使某些患者感到很不舒服。

Unit XII

Health Instruction

保 健 指 导

1 Health Advice for the Aged 老年人保健指导

Doctor: Good afternoon, Mr. Li. How are you feeling now? Do you still have pain in you chest?

医生：李先生,你好。现在你觉得如何？胸还痛吗?

Patient: No. There is no more pain, but I feel a little tight in my chest. I also feel dizzy when I stand up.

患者：不痛了,但胸部有些压迫感。站立时还会感到眩晕。

Doctor: Your electrocardiogram shows that you have coronary heart disease. Your attack was brought on by an insufficient blood supply to the heart.

医生：你的心电图证明你有冠心病。你这次发病是因心脏供血不足引起的。

Patient: Will it happen again?

患者：以后还会发病吗?

Doctor: When you leave the hospital the doctor will give you instructions as to how to take care of yourself. If you follow the instructions carefully, perhaps it will not happen again.

医生：你出院时医生会告诉你如何在家照顾自己。我想如果你认真地按照他的话去做,就不会再次发病。

Patient: That's fine. Thank you. By the way, will you please tell me something about the diet I should follow?

患者：太好啦。谢谢你。不过,你能给我讲讲在膳食方面我应该注意些什么吗?

Doctor: Oh yes. It is important that you should pay special attention to your diet at your age. It should be light and low in fat. Your meals should be frequent but small in quantity. However, you must not forget that you should take some vegetables and plenty of fruit; not only help to prevent constipation, but also supply all kinds of vitamins, especially Vitamin C.

医生：噢,当然。你这样年纪的人特别要注意膳食上应清淡低脂肪。应少吃多餐。无论如何不要忘记多吃蔬菜与水果。它们不仅可以防止便秘,而且还可以供给各种维生素,特别是维生素 C。

Patient: I know I should eat more fruit and vegetables, because they will keep me from being constipated.

患者：我知道我应该多吃水果和蔬菜，这样可以防止便秘。

Doctor: Older people often have constipation because their intestine has become sluggish. Besides some mild exercises, you'd better do some deep breathing and massage your abdomen every day. This will help to relieve your constipation.

医生：老年人因肠蠕动变缓而容易便秘。除了做一些适当的锻炼，你每天最好做做深呼吸和腹部按摩。这些都有助于通便。

Patient: I usually do a lot of things automatically. It has been my habit for many years. I don't realize that I am already seventy years old.

患者：我常身不由己地做好多事情。这已是我多年的习惯了。我没有感到我是70岁的人了。

Doctor: Exercise and work are helpful. But don't over-tire yourself. I notice you haven't smoked since you entered the hospital. We hope you will not smoke when you go home.

医生：锻炼和工作都是有益的，但是不要使自己过累。我注意到你住院后没有吸过烟。我希望你回家后也不要吸烟。

Patient: I must determine to give up smoking and drinking. I know now that these habits are not good for me.

患者：我下决心一定要戒烟戒酒。我知道这些习惯对我没有好处。

Doctor: We suggest that you do some light work, have a happy outlook, listen to music, avoid excitement and too much worry. And, above all, be careful not to stumble, because old people's bones are fragile and get broken easily.

医生：我们建议你出院后做点轻微的劳动，要乐观，听听音乐，不要过于兴奋和忧虑，尤其注意别跌跤，因为老年人骨质脆弱易折断。

Patient: Thank you for all your advice.

患者：谢谢你的指教。

2 Diet Instruction 饮食指导

Doctor: Mr. Li, it is said that you are fond of dessert and alcohol, aren't you?

医生：李先生，我听说你很爱吃甜食和饮酒，是吗？

Patient: Yes, I can't go to sleep without wine, I know drinking does harm to my health, but I just can't resist the temptation of wine.

患者：是的，我一天闻不到酒味就睡不着觉，我知道喝酒对我的健康不利，可我就是忍不住。

Doctor: Now your blood glucose is high and you have cataract. If you don't give up drinking and don't take less dessert, complications will become worse. Why don't we find a way together to curb your desire for wine?

医生：你现在血糖处在高水平，又并发了白内障，如果再不禁酒，不控制甜食，并发症会进一步加重，我们能否想个办法共同努力来控制你的酒瘾呢？

Patient: That's fine, what I need is your instruction and help.

患者：好的，我正需要您的指导和帮助。

Doctor: Then let us do some interesting things like listening to music, playing chess and reading novels and so on. To distract your attention to wine, thereafter, make a reasonable menu and have nutritionist make delicious foods for you to stimulate your appetite, I'm sure you are capable of controlling wine and dessert.

医生：那好，让我们来找一些有兴趣的事做，像听音乐、下棋、看小说等等，分散你对酒的注意力，然后再制定一个合理的食谱，让营养师替你配制色香味俱全的食物，刺激你的食欲，相信你有能力控制酒和甜食的。

Patient: I'll do my best to cooperate with you. Another question is that I have cataract and the eyesight of both eyes is very bad. This is great trouble with me, can it be cured?

患者：好，我一定努力合作。还有一个问题想请教一下，我双眼都患了白内障，视力很差，行动非常不便，不知能否治好？

Doctor: No problem, we can invite the oculist to see you and a simple operation (laser beam or ultrasonic therapy) will enable you to see light again after the blood glucose is well controlled.

医生：可以治好，只要血糖得到控制，我们就可请眼科医生来给你会诊，一般只需做一个简单的手术（激光或超声雾化）就能帮你重见光明。

Patient: That's great. I'll cooperate with you to have blood glucose controlled and accept the operation as soon as possible.

患者：太好了，我一定好好与你们配合，尽快控制血糖，争取早日做眼科手术。

Doctor: Fine. Let's work together.

医生：好，让我们共同努力。

3 Quit Smoking 戒烟

(1)

Patient: I have heard that acupuncture may help a person to stop smoking, is that true?

患者：我听说用针刺能戒烟，是真的吗？

Doctor: Yes, acupuncture may help you to stop smoking, but in addition you must have the determination and a strong will, and also cooperate well with your doctor in order to obtain the desired result.

医生：是的，针刺能帮助你戒烟，但本人必须有决心，有毅力，能很好地和医生配合，才能取得预期的效果。

Patient: I'll try my best. I know that smoking is really harmful to health. Especially it causes coughing. See, I have a cough right now.

患者：我一定要尽力做到。我知道吸烟有损健康，尤其是能引起咳嗽。瞧，我现在就咳嗽着呢。

Doctor: That's right. How long have you been smoking? How many cigarettes do you usually

smoke a day?

医生：是啊，你吸烟有多久了？每天吸多少支？

Patient: I have been smoking for more than twenty years. Every day I smoke around thirty to forty cigarettes.

患者：我吸烟已有 20 多年了，每天吸 30~40 支。

Doctor: That is quite a long period, it is rather difficult to cut down on the number of cigarettes all at once. Let's make a plan, for instance, smoke five cigarettes less each day. Do you think you can do it?

医生：吸烟已有这么长时间，想一下戒掉是不容易的。让我们定一个计划，例如请你每天少吸 5 支。你看这样好吗？

Patient: All right, but does acupuncture hurt?

患者：好，针刺疼吗？

Doctor: Acupuncture may cause just a little pain, but it also causes a certain feeling of numbness and distension. We will try it every day for seven days, will that be all right?

医生：针刺只有轻微疼痛，它会产生一定的麻胀感。我们每天针刺一次共 7 天，你看行吗？

Patient: Yes. Let's start today.

患者：好，就从今天开始吧。

Doctor: How do you feel?

医生：你感觉怎样？

Patient: I feel all right.

患者：还好。

(2)

Doctor: Well, your main trouble is shortness of breath?

医生：好，你的主要问题是呼吸困难吗？

Patient: Yes.

患者：是。

Doctor: Do you smoke?

医生：你吸烟吗？

Patient: Yes. I've cut myself down between 10 and 15 a day but I've started smoking a pipe and I smoke about 100 grams of tobacco a week.

患者：我吸烟，我已经减少吸烟量，每天吸 10~15 支，但是我又开始吸烟斗了，每周约吸 100g 烟叶。

(After examining the patient)

(检查患者后)

Doctor: The trouble is bronchitis and the main cause of it is smoking, of course.

医生：当然，问题是气管炎，但主要原因是吸烟。

Patient: Should I stop smoking immediately? Can you give me some advice?

患者：我需要立即戒烟吗？你能提出些建议吗？

Doctor: Firstly, let me ask you some questions. At what age did you first begin smoking regularly?

医生：首先，让我问你一些问题，你几岁开始正式吸烟？

Patient: At eleven.

患者：十一岁。

Doctor: Which of your family members smoked at that time?

医生：那时你家里有谁吸烟？

Patient: My father, mother and two elder sisters.

患者：我父亲、母亲和两个姐姐。

Doctor: Did your spouse, children or friends smoke?

医生：你的配偶、小孩和朋友吸烟吗？

Patient: My husband, my girls and several friends have smoked for many years.

患者：我丈夫、女儿和几个朋友已经吸烟多年了。

Doctor: How many times since you began smoking have you attempted to quit?

医生：自从你开始吸烟以来，有过多少次戒烟？

Patient: One hundred times at least.

患者：至少有 100 次。

Doctor: How many times have you successfully quit for at least three months?

医生：有几次至少三个月戒烟成功？

Patient: None.

患者：没有一次。

Doctor: What methods did you use in your quitting attempts?

医生：你用什么办法戒烟？

Patient: By willpower, but failed.

患者：借助于毅力，但失败了。

Doctor: How addicted to cigarettes are you?

医生：你的烟瘾到底有多大？

Patient: I don't know exactly.

患者：我也说不好。

Doctor: I'll tell you how addicted to cigarettes you are after you answer some questions.

医生：在你回答一些问题后我会告诉你的烟瘾程度到底如何。

Patient: I'll answer your questions honestly.

患者：我会诚实地回答你的问题。

Doctor: How soon after waking up do you have your first cigarette?

医生：你早上醒来后隔多久吸第一支烟？

Patient: Within 3 minutes.

患者：三分钟以内。

Doctor: What type of cigarette do you smoke?

医生： 你吸哪一类的香烟?

Patient: High tar cigarette.

患者： 焦油含量高的香烟。

Doctor: Do you find it difficult to refrain from smoking in places where it is forbidden such as the library, theater and office?

医生： 在某些禁止吸烟的场所,如图书馆、剧院和办公室,你会觉得难以忍受不吸烟吗?

Patient: Yes.

患者： 是。

Doctor: Do you smoke when you are so ill that you are in bed most of the day?

医生： 当你生病必须躺在床上时,你还吸烟吗?

Patient: Yes.

患者： 吸烟。

Doctor: How often do you inhale the smoke from your cigarette?

医生： 你常深吸香烟吗?

Patient: Always.

患者： 我总是深吸。

Doctor: I am sure you are heavily addicted to the cigarettes.

医生： 我确信你对香烟的瘾很大。

Patient: Can my bronchitis be cured after stopping smoking?

患者： 戒烟后我的气管炎可以治好吗?

Doctor: I'm sure of it. Now that doesn't mean that if you stop smoking it will get all right but it does mean that if you stopped smoking, I'd think that, with average luck, you would notice some improvement.

医生： 我确信这一点,我并不认为你戒烟后,你的病就会好,但是我认为你戒烟后,一般来说你的病会有些改善。

Unit XIII

Nursing

护　　理

1 Receiving a New Patient　接收新患者

Nurse: Is this Mr. Li? Welcome to our ward. Please take this bed. Everything is ready. Let me help you get into bed.

护士：你是李先生吗？欢迎你来我们病房。请睡这个床。一切都准备好了。让我帮助你上床吧！

Patient: Thank you very much. I'd like to sit a while before lying down. Where have you put my clothes?

患者：十分感谢。我想先坐一会儿再躺下。你把我的衣服放在哪里了？

Nurse: They have been given to your relatives at the admission office. They have been told to bring them back for you to wear when you leave the hospital.

护士：住院处已交给你的家属了。已告知他们在你出院时带回来给你。

Patient: I've forgotten to bring my cup.

患者：我忘记带杯子了。

Nurse: Don't worry. Here is a little teapot for you. The ward attendant will bring you hot water twice a day. I hope that will be enough for you.

护士：别着急。这里有小茶壶给你备用。病房工人每天给你送两次热水。我想够了吧。

Nurse: Now take a rest. I'll come back later to tell you something about our hospital and its regulations.

护士：现在该休息了。等一会儿我再来，告诉你一些关于我们医院的情况及其有关的制度。

Patient: Good. Thanks a lot.

患者：好。多谢你。

(The nurse returning)

(护士返回)

Nurse: This is No. 3 ward of the internal medicine department. Your bed is No. 302. Dr Zhang is the chief of this ward but Dr Li is responsible for your treatment. He is kind and considerate. So you are in good hands.

护士：这是内科三病房，你是302床。病房主任姓张，但李医生负责你的治疗。他人很好，并且很负责。你会得到很好的照顾。

Patient: When are my relatives allowed visiting me?

患者：我的家属几时可以来探视？

Nurse: From three to four in the afternoon.

护士：每天下午 3~4 点钟。

Patient: An hour is too short. Why do you limit the visits only to one hour?

患者：为什么探视时间仅限制为一小时？我感到太短了。

Nurse: It is necessary to give patients a quiet environment for their treatment and rest. Besides, longer visits will be too tiring for them. Your meals are: breakfast at seven, lunch at twelve, and super at six in the evening. The doctors make their morning rounds at nine. Another round is made in the evening.

护士：这是因为必须让患者有安静的治疗和休养环境。时间太长会使患者感到疲劳。这里吃饭的时间是早饭 7 点，午饭 12 点，晚饭在傍晚 6 点。医生在上午 9 点查房。另外一次查房在傍晚。

Patient: Where is the washroom?

患者：盥洗室在哪里？

Nurse: We will show you after a little while. On the way, we will also show you our nurse's station and the treatment room.

护士：等一会儿我们带你去看。顺便还要让你认认护士办公室和治疗室。

Patient: Thank you. Oh, I have also forgotten to bring my bowls and chopsticks. What can I do?

患者：谢谢。啊，我还忘记带碗筷了。怎么办？

Nurse: Never mind. The hospital furnishes everything for your meals. These have to be sterilized every time they are used. The doctor has ordered a soft diet for you. We will put you on the regular diet when your condition has improved.

护士：不要紧。医院为你们准备好了餐具。每次用后都消毒。医嘱给你软食。在你病情改善后给你正常饮食。

Patient: That's fine. I hope I will not get any injections. I've never had them before.

患者：好。我不希望打什么针。我过去从未打过针。

Nurse: Don't be afraid. It feels just like a mosquito bite. Anyway, you may not even need injections. The doctor may prescribe other treatment for you.

护士：别怕。打针就像蚊子叮一下。而且，你可以不打针。医生也许给你用其他方法治疗。

Nurse: My name is Wang Ying. I am the head nurse of this ward. Press this button any time you need me. But someone will always come if I am not there.

护士：我叫王英。我是本病房的护士长。如果要找我，可按一下电钮。如果我不在，其他人也会来的。

Patient: Thank you for all the information. You have made me feel much easier.

患者：谢谢你的介绍。你使我感到很安心。

Nurse: When I have time I will come back to find out more about your condition and what we can do to make you comfortable. See you later.

护士：等我有时间时再来了解你的情况。我们要使你感到更舒服些。再见。

Patient: Good-bye. Thank you.
患者：谢谢。再见。

2 Morning Care 晨间护理

Nurse: Good morning. Did you sleep well last night?
护士：早安，你昨晚睡得好吗？
Patient: Thank you. I slept very well.
患者：谢谢你。我睡得很好。
Nurse: May I help you to clean up?
护士：让我帮你梳洗好吗？
Patient: All right.
患者：好的。
Nurse: Here are some water, your toothbrush and toothpaste.
护士：这儿有水，你的牙刷和牙膏。
(Brushing teeth)
(刷牙)
Patient: I feel some soreness in my mouth.
患者：我感到嘴里有些痛。
Nurse: Don't worry. I'll take a look after you have finished brushing your teeth.
护士：不要紧。等你刷好牙，让我看看你的嘴。
(After examination)
(检查以后)
Nurse: I think there are some small ulcerations on account of the fever.
护士：这是因为发烧而引起的几块小溃疡。
Patient: Can you do something about it?
患者：您怎么来治疗这些溃疡呢？
Nurse: I will give you some solution to rinse your mouth. That will help to clear them up.
护士：我将给你一些药水漱口。这些药水能促使溃疡愈合。
Nurse: Now, since you can't move easily, I will help you to clean up and make you comfortable.
护士：因为你动作不便，现在，让我帮忙给你整理整理，使你舒服一些。
Patient: Thank you.
患者：谢谢。
Nurse: Let me fluff up your pillow.
护士：让我给你拍松枕头。
Patient: That's wonderful.
患者：太好了。
Nurse: Please turn over to the other side. I will rub your back with a hot towel and then

massage it with alcohol and talcum powder.

护士：请翻身到那边去。我要用热毛巾给你擦背，然后用酒精和爽身粉按摩。

Patient: What for?

患者：为什么？

Nurse: It is mainly to stimulate your blood circulation to prevent bedsore that generally results from persistent pressure on your back.

护士：主要是促进血液循环，预防通常会在受压部位发生的压疮。

Patient: I see. My clothes are all wet from sweating during the night. Can I have them changed now?

患者：噢！明白了。我昨夜出汗衣服都湿透了。现在能换换吗？

Nurse: Of course. I have already brought some clean ones for you. I'll help you to change.

护士：当然可以。我已为你带来一些干净的衣服。让我帮你换上。

Patient: Fine.

患者：好。

Nurse: I am also going to change the sheets on your bed.

护士：我还要给你换床单。

Patient: Do we have to make a complete change? Should I get out of bed?

患者：是全部换吗？要不要我下床？

Nurse: No you needn't. You are very weak. I can do the change without you getting out of bed. You needn't exert yourself either. I can do everything for you.

护士：不用。你很虚弱。你不用起床我就可以给你换好床单。你也不要费劲，我可以为你做任何事。

Patient: Good.

患者：好的。

(After changing sheets)

(换床单后)

Nurse: Are you comfortable now?

护士：现在你感到舒服些吗？

Patient: Yes. Thank you very much. I am quite comfortable.

患者：是的。太感谢你了。我很舒服。

Nurse: You may rest now. Do you mind if I open the windows to air the room a little?

护士：现在你该休息了。我开一会儿窗户换换气可以吗？

Patient: Sure.

患者：当然可以。

Nurse: I will come back to close them for you later.

护士：等一会儿我就来把窗户关上。

Patient: Thank you.

患者：谢谢。

3 Taking the Temperature 量体温

Doctor: Do you have a fever?

医生：您发烧吗?

Patient: Yes, I do. I feel ghastly. My cheeks are burning. It started with a chill and fever.

患者：是的,我觉得很不好,我的两颊很烫,开始时是又冷又热。

Doctor: You look ghastly too. You must have a high temperature. I'd better take your temperature. Where's the thermometer?

医生：您看起来是很不好,您肯定发高烧,我来量一下您的体温。体温表在何处?

Nurse: Let me take his temperature. Please, put this thermometer under your tongue. Let me feel your pulse. ... Give me the thermometer.

护士：我来量他的体温吧。请把这温度计放在您的舌下,让我摸摸您的脉搏。……把体温表给我。

Doctor: What is it?

医生：多少度？

Nurse: Thirty nine point eight degrees centigrade.

护士：39.8℃。

Doctor: Pretty high. I expect it's flu. Many people have it.

医生：太高了,我看是流感,现在很多人患流感。

Nurse student: How many times a day should this patient have his temperature taken, nurse?

护士生：老师,这个患者一天量几次体温?

Nurse: The patient should take his temperature twice a day at least. If it still pretty high it must be taken every four hours or even every two hours.

护士：这个患者应该一天量两次体温。如果仍然很高,应该每 4 小时甚至每两小时量一次。

Nurse student: When I take his temperature should I count his pulse too?

护士生：我量体温时还要数他的脉搏吗?

Nurse: Yes, you take the pulse and count his respiration. It is necessary to be careful when using the thermometer! Because should the patient break it and swallow the glass or mercury it would be very dangerous.

护士：应该数,不仅要数脉搏还要数他的呼吸。用体温计时必须小心。因为如果患者把体温表咬碎,吞下了玻璃或水银,那是很危险的。

Nurse student: Some patients are delirious. How shall I take his temperature?

护士生：有些患者是谵妄,我如何测他们的体温呢?

Nurse: Take it by rectum. Be careful that the anus is clean. Hold the thermometer in for three to five minutes. If the patient's mouth is sore, take his temperature by axilla.

护士：可以通过直肠量体温,但应小心,肛门要清洁。把体温计放置 3~5 分钟。如果患者口腔有疮,可以通过腋下测体温。

Nurse student: How long shall I leave the thermometer in the axilla?

护士生：在腋下测体温需放置多久？

Nurse: Ten minutes.

护士：十分钟。

Nurse student: What are the different kinds of fever, doctor?

护士生：医生，体温类型有几种？

Doctor: There are continuous fever like pneumonia, scarlet fever and typhus; remittent fever like typhoid and septic fever and intermittent fever like malaria.

医生：有稽留热，如肺炎、猩红热和斑疹伤寒；弛张热如伤寒；脓毒性热和间歇热如疟疾。

Patient: What kind of fever is my temperature?

患者：我的体温属于哪一种？

Doctor: It may be continuous fever. Flue is also continuous fever. We shall give you an injection of penicillin and some medicine which will lower the fever. It should bring your fever down.

医生：是稽留热，流感通常是持续性发热。我们要给您注射青霉素和口服一些退烧药，您的体温会降下来的。

Nurse student: Will his temperature come down by lysis?

护士生：他的体温是渐退的吗？

Doctor: Yes, it will soon be subnormal after treating with medicine.

医生：是的，用了药后会很快降到正常。

Nurse: Here is your medicine. Take one tablet three times daily after meal. Swallow them with a little boiled water.

护士：这是您的药，每天三次，每次一片，饭后服。要用开水服药。

Patient: Thank you.

患者：谢谢您。

Doctor: Don't mention it. You should have a good rest. Good-bye.

医生：不客气，您要好好休息，再见。

(After two days)

(两天以后)

Doctor: Are you feeling any better today?

医生：今天您感觉如何？

Patient: Much better, thanks, although I still feel rather weak.

患者：很好，谢谢，不过我还是觉得很虚弱。

Doctor: What's your temperature now?

医生：您现在的体温是多少？

Patient: My temperature has gone down to 37℃ today.

患者：我的体温现已恢复到 37℃。

Doctor: Hm, we should also continue the therapy until WBC is normal.

医生： 我们还得继续治疗，白细胞计数正常为止。

Patient： May I eat all the different kinds of food I want?

患者： 我可以吃我想吃的各种食物吗？

Doctor： No. Some kinds of food are not easily digested for you. Orangeades, soy milk, milk, porcine liver and kidney are nourishing food. They are easily digested and contain protein and vitamins.

医生： 不行。有些食物是不易消化的。橘子汁、豆奶和牛奶、猪肝和腰子都是营养性食品，它们容易消化，并含有蛋白质和维生素。

Patient： I see. What should I do also?

患者： 我明白了。我还应该做些什么？

Doctor： You should take your temperature every day, until it is normal all the time.

医生： 您还应该每天测量体温，直至完全正常。

Patient： All right, thank you, doctor. I will do.

患者： 好的，谢谢大夫，我一定这样做。

Doctor： Well. Good-bye. Get well soon.

医生： 好，再见，祝您早日康复。

4 Blood Taking and Injection 采血和注射

Nurse： (1) I'll take some blood from your arm. Please take off your coat and roll up your sleeve.

护士： 我要从你的手臂上抽取些血。请脱掉外衣，卷起袖子。

(2) I'll take some blood from your ear. Please take off your ear ring.
我要从你的耳朵上取点血。请摘下你的耳环。

(3) Your veins don't stand out very clearly. I'll try to do it carefully. Be patient. Please clench your fist.
你的静脉不明显，我需要仔细找找。请耐心些。请你握拳。

(4) Please open your hand. Press it with this bit of cotton wool for a while.
请张开手，用这块棉团压一会儿。

(5) I'll do a skin test first to see if you have any sensitivity.
我要先给你做一个皮肤试验，看看你有无过敏现象。

(6) Since you are sensitive to the anti-tetanus serum, we will have to give it to you in four doses, at an interval of twenty minutes.
由于你对破伤风抗毒素过敏，我们要分四次注射，每次相隔 20 分钟。

Patient： How often should I have the injection?

患者： 这针多久注射一次？

Nurse： Once a day (twice a day).

护士： 每天一次（每天两次）。

Patient： Where do you give it?

患者：在哪个部位注射呢?

Nurse: In the buttocks (in the arms).

护士：在臀部(在手臂上)。

Patient: I discovered a lump on my buttock yesterday. What shall I do?

患者：我昨天发现我的臀部有个硬块。该怎么办呢?

Nurse: Let me have a look. Better put hot towels on it. Two times a day for fifteen minutes. If it doesn't get better, we'll try physiotherapy.

护士：让我看一下。最好用热毛巾敷。一天敷两次,每次 15 分钟。假若不见好,我们可以做做理疗。

5 Oxygen Delivery 给氧

(Professor Chang is giving a lesson in oxygen therapy to a class of medical students. His lecture is nearly completed.)

(常教授正在为医学生们讲授氧疗课,他的讲座已快结束。)

Prof. Chang: ... In short, oxygen is one of the most frequently ordered drugs for patients with a variety of disorders. Therefore, oxygen delivery is worth your much attention. Is there any question?

常教授：……总之,对多种疾病的患者来说,氧气是最常用的药物之一。所以你们对给氧应给予足够的重视。有什么问题吗?

Student A: Why should low-flow oxygen administration be applied to patients with chronic lung disease?

学生甲：为什么治疗慢性肺疾病患者必须用低流量给氧?

Prof. Chang: A good question! Those patients usually have chronic CO_2 retention, they rely more on the hypoxemia stimulus to breathe whereas normal people utilize the CO_2 mediated one. Too much oxygen may remove the hypoxic drive.

常教授：问得好! 这些患者通常都有 CO_2 滞留,正常人靠 CO_2 刺激呼吸,而他们则更多地靠低氧血症来刺激呼吸,过多地给氧可能会消除这种低氧刺激。

Student B: It seems that all drugs have some kind of side effects. Does oxygen follow the same rule?

学生乙：所有的药物似乎都有副作用,氧气也有吗?

Prof. Chang: Certainly. Abuse of oxygen may cause hypoventilation and resorption atelectasis. So you should keep in your mind the dictum "Use the least oxygen to gain acceptable goal".

常教授：当然。氧气滥用有可能导致肺换气不足与吸收性肺不张,所以请记住这句格言"用最少的氧气达到可接受的目标"。

Student C: Then, how should oxygen administration be monitored?

学生丙：那么,给氧该如何监测呢?

Prof. Chang: Thanks to the advances in medical sciences, oxygen delivery is no longer

empirical. Arterial blood gas analysis helps doctors to be more scientific in oxygen delivery.

常教授： 由于医学科学的进步，给氧已不再是经验性的，动脉血气分析使得医生在氧疗中能做得更科学。

Prof. Chang: Any more question? Now Sister Li is going to give you a demonstration of oxygen administration.

常教授： 还有问题吗？下面李护士长将为大家做给氧示范。

(Sister Li demonstrated the procedures for oxygen delivery.)

(李护士长演示了给氧方法。)

Student D: Sister Li. How shall we decide the proper depth a nasal cannula is to be inserted?

学生丁： 李护士长，鼻导管进入的深度怎么确定呢？

Sister Li: The distance from nose to ear is usually considered as a proper indication of depth a nasal cannula should enter.

李护士： 通常认为耳鼻间距是鼻导管插入深度的一适宜指标。

(The bell is ringing.)

(铃声响了。)

Prof. Chang: That's all for today, If you have further question, I will be glad to discuss them with you after class.

常教授： 今天的课就讲到这里。如果你们还有什么问题，课后我将非常乐意与你们讨论。

6 Intensive Care Unit 监护室

Nurse: Dr. Wang, the condition of that patient is very poor. He's so excited, I can't quiet him down.

护士： 王医生，那个患者情况不好。他躁动得厉害。我难于使他安静下来。

Doctor: I'm afraid he will be in a state of shock. It's necessary to take his pulse, respiratory rate and blood pressure regularly.

医生： 恐怕他进入早期休克了，要定期测量他的脉搏、呼吸和血压。

Nurse: All right. I'll take them every hour.

护士： 好，我每小时测一次。

Doctor: No, you'd better take them half an hour.

医生： 不，最好半小时测一次。

Nurse: His blood pressure is 86/50mmHg and he has rapid pulse and respiratory rate.

护士： 他的血压是 86/50mmHg, 脉搏及呼吸加速。

Doctor: Place the patient in the head-low position. Elevate the foot of the bed. Put hot water bottles around him. Telephone to the blood bank to ask whether there is blood available for this patient. His blood is type O. I'll give him a blood transfusion.

医生：将患者置于头低位，抬高床腿。患者身旁放些热水袋。打电话问一下血库有没有合适的血，他是O型血。我准备给他输血。

Nurse: What if there is no type O blood available for him?

护士：如果没有O型血怎么办？

Doctor: In that case, please tell the patient's relatives to donate blood to him.

医生：若那样，就通知患者亲属给他献血。

Nurse: Is oxygen given?

护士：吸氧吗？

Doctor: Yes, of course. The patient's condition is very critical and his life is in danger, but we'll do everything possible to save him. Head nurse, please get the emergency drugs ready as soon as possible.

医生：当然要吸氧。患者病情危重，有死亡的危险。我们要尽一切努力抢救他。护士长，请尽快把急救药品准备好。

Head Nurse: All right, I'll do so. What else?

护士长：好，我会照办的。还有其他吩咐吗？

Doctor: You'd better arrange special nursing care for him.

医生：最好给他安排个特护。

Head Nurse: It is what I want to say.

护士长：我也是这个意思。

Doctor: You should notice whether the patient is conscious or not and differentiation of his pupils, recording the volume of urine and other fluid in or out of his body accurately.

医生：你们要注意观察患者的意识状态和瞳孔变化，准确记录尿量及其他液体出入量。

Nurse: I'll do it well.

护士：我会干好的。

Doctor: Keeping his respiratory tract through, abstracting sputa from air way regularly, measuring his blood pressure in time, especially after noradrenaline or dopamine is given.

医生：保持呼吸道通畅，定时吸痰，及时测量血压，特别是在用去甲肾上腺素或多巴胺后要注意监测。

Head Nurse: We'll clean his oral cavity twice a day and his eyes once a day.

护士长：我们每天得做两次口腔清洁护理和一次眼部护理。

Doctor: It is skin that is the most important thing. You manage to protect him from bedsore occurring. Besides these, we should maintain the balance of three kinds of nourishing elements, water and electrolytes in his body. There are a lot of things for us to do.

医生：最重要的是皮肤，你们要设法防止发生压疮。此外，要维持患者体内的三大营养要素和水电解质平衡。要做的事很多。

Nurse: Hope he would come to soon.
护士: 希望他会很快醒来。

7 Enema 灌肠

Nurse: We are going to give you an enema. Do you mind?
护士: 我们准备给你灌肠,有问题吗?
Patient: No. But I am not constipated. Why do I need it?
患者: 没有。不过我并不便秘。为什么给我灌肠?
Nurse: From your chart I know your bowel movement is normal. But we must do it to prepare for your operation.
护士: 从你的病历上我知道你排便正常,但这是手术前必须要做的准备工作。
Patient: Why do I need enema before the operation?
患者: 手术前为什么要做灌肠呢?
Nurse: It is necessary to flush out your intestine in order to keep your bowel clean for the operation.
护士: 为了在手术时保持你的肠道清洁,必须先冲洗一下。
Patient: I see. Where shall we do it?
患者: 好。在什么地方做?
Nurse: If you can get up, it is better to have it done in the treatment room.
护士: 如果你能起床,最好是在治疗室做。
Patient: OK. I'll go with you now.
患者: 可以。我现在跟你去。
Nurse: May I help you to put on your clothes?
护士: 我帮你穿上衣服好吗?
Patient: Yes. Thank you.
患者: 好的。谢谢。
Nurse: But wait. I'll first have to go and get the enema tray and everything else ready. Then I'll come back for you.
护士: 但是等一下。我必须先去准备好所有的灌肠用品,再来找你。

(In the treatment room)
(在治疗室)

Nurse: Now we are ready. Please lie on your left side.
护士: 现在已经准备好。请你左侧位躺下。
Patient: What kind of solution are you using?
患者: 你用什么水灌肠?
Nurse: This is soap water. But we often use saline solution, too.
护士: 这是肥皂水。但我们也经常用盐水。
Patient: Is the saline enema more comfortable?

患者：盐水灌肠是不是更舒服一些?

Nurse: Yes, it is. But we believe soap water is more effective in your case. However, the relative comfort of an enema depends mainly upon the temperature of the solution and how fast it flows from the bottle. I'll try to hold the bottle in such a way as to keep it from going too fast. Let me know if you feel any discomfort.

护士：是的。但是我们认为肥皂水灌肠对你更适宜。而灌肠是否舒服主要与液体的温度和流入的速度有关。我尽量使液体灌入得慢一些。如果你觉得不舒服就告诉我。

Patient: How much solution is there still left in the bottle? I can't hold much longer.

患者：还有多少液体? 我坚持不住了。

Nurse: It will be finished soon. Please take a deep breath with your mouth open. This will help you to hold a little longer.

护士：快要完了。请你张口深呼吸,这样可以使你多坚持一会儿。

Nurse: Now we are through. Try to lie on your back or on the right side for a few minutes. I'll then help you to the toilet.

护士：现在灌肠完毕。你要平卧或右侧卧几分钟,然后我扶你去厕所。

Patient: Thank you. I don't feel so uncomfortable now. So I can go there by myself.

患者：谢谢你。我并没有感到很难受。我可以自己去厕所。

(On the way back to his ward)

(在回病房的路上)

Patient: It seems that the enema worked well. It is much better than taking a purge.

患者：灌肠效果很好。比吃泻药好多了。

Nurse: Right. Enema is always better than medicine. It is often given also to relieve constipation caused by long bed rest. Have you ever had your stool examined for parasites?

护士：对。一般来讲,灌肠是比吃药好。长期卧床便秘患者也常用灌肠法。你查过大便内寄生虫吗?

Patient: Yes. But they didn't find anything.

患者：查过。但是,没发现什么。

Nurse: Fine. Now you can lie down and take a rest. Please call if you need me.

护士：好,现在你可以上床休息了。需要时请叫我。

Patient: Thank you ever so much.

患者：多谢你了。

8 Before an Operation 在手术前

Nurse: Good morning, Mr. Li. How are you feeling today?

护士：早安,李先生,今天你好吗?

Patient: Not too bad. Did they tell you that Dr Zhang, head of the surgery department had decided to perform gastrectomy on me?

患者：还不错。他们有没有告诉你外科张主任决定要给我做胃切除术?

Nurse: Yes. I took part in the discussion on your treatment. It was decided that you should undergo surgery. I was afraid that you would worry about it, so I'll come to put you at ease.

护士：是的。我参加了有关你的治疗方案的讨论。已决定对你进行手术。我担心你会紧张,所以来解除你的顾虑。

Patient: Of course, I'm worried. I know it is a major operation.

患者：的确有点紧张。因为我知道这是一个大手术。

Nurse: Please don't worry. I will explain everything to you.

护士：请不要紧张。我可以详细对你讲讲。

Patient: That's fine.

患者：太好啦。

Nurse: We know you have had gastric ulcer for many years and it is getting worse. According to your X-ray pictures, we think it is wise to do a partial gastrectomy on you. This will relieve you from further stomach pain.

护士：我们知道你得溃疡病已多年了,而且愈来愈严重。根据你的X线片,我们认为你最好做胃部分切除,这样你就不会再胃痛了。

Patient: I'm glad you have decided to do that because the pain has affected my life and work.

患者：我很高兴你们这样做,因为胃痛影响我的生活和工作。

Nurse: Now let me tell you something about what we should do before and after the operation. First of all, we must take care that you do not catch cold or run a fever. You should start using a bedpan now in order to accustom yourself to it.

护士：现在让我给你讲讲手术前后应注意的问题。首先是让你在手术前别着凉,避免感冒、发烧。你要在床上练习使用便盆,免得术后不习惯。

Patient: Why do I have to use a bedpan?

患者：我为什么要在床上用便盆?

Nurse: Because after the operation you will not be able to get up to go to the toilet.

护士：因为手术后你不能下床到厕所去。

Nurse: The day before the operation the anesthetists will come to visit you and select the most suitable anesthetics for you. Then we'll let you have a goodnight's sleep.

护士：手术前一天麻醉师会来看你。他们将为你选择最合适的麻醉药。到晚上让你睡个好觉。

Nurse: The next morning we will take you to the operating room and introduce you to the medical staff there.

护士：在手术那天早上,我们要送你到手术室,并把你介绍给那里的医务人员。

Nurse: While you are in the operating room, we will change your bed and make it warm and comfortable for you when you return. After the operation, an anesthetist will come back with you and observe you on the way. A nurse will then be responsible to look after you. She will come frequently to see about your condition and to take your blood pressure and pulse rate.

护士：你在手术室时，我们要在病房给你准备一个温暖而舒适的床铺。手术结束后，麻醉师要护送你到病房，并在路上观察你的情况。有一位护士要负责护理你。她将经常观察你的病情，给你测血压和脉搏。

Patient: Can I eat anything after the operation?

患者：手术后我能吃东西吗？

Nurse: No. You will be given intravenous infusion not only after but even during the operation. We will put you on a liquid diet soon after if your condition permits.

护士：不能。在手术中和手术后，都要给你静脉输液。以后根据你的病情，可以给你吃流质饮食。

Patient: Will I be allowed to move a little after the operation?

患者：我手术后能动吗？

Nurse: You should try to turn over slightly. It will promote your bowel movement and eliminate the gas in the abdomen.

护士：你可以轻轻地翻身。这样可以促使你的肠蠕动，对排便和排气都有帮助。

Patient: Will the wound be awfully painful?

患者：伤口会很痛吗？

Nurse: There may be some slight pain which I am sure you can stand. If it distresses you too much, we will give you something for it.

护士：可能有轻微疼痛，但是我可以肯定你会经受得住。如果实在痛得厉害，我们可以给你用点药。

Patient: Thank you for you explanation. When will I be able to leave the hospital?

患者：谢谢你的说明，我什么时候可以出院？

Nurse: Your sutures may be removed seven days after the operation. Then you can go home if everything goes smoothly. Before you leave, I will tell you how to take care of yourself at home.

护士：手术后七天可以拆线。如果一切顺利，你就可以出院了。在你出院前，我会告诉你在家里应注意的事情。

Patient: Thank you for your kindness.

患者：多谢你。

Nurse: You are welcome.

护士：不客气。

9 Diarrhea 腹泻

Nurse: When did your diarrhea start?

护士：你什么时候开始腹泻？

Patient: It started last night.

患者：昨天夜里开始。

Nurse: Do you remember how many times you went to the toilet?

护士：你记得去了多少次厕所吗？

Patient: I can't remember exactly. It must have been over ten times.

患者：记不准。要超过 10 次。

Nurse: What kind of stool did you notice, watery or mucous?

护士：你注意大便的样子了吗？是水样还是黏液样？

Patient: At first it was watery, but now I notice some mucus.

患者：开始是水样，现在有黏液。

Nurse: Do you feel abdominal pain when you go to the toilet?

护士：你上厕所时有腹痛感吗？

Patient: Yes.

患者：有。

Nurse: Have you vomited?

护士：吐没吐？

Patient: No, but I feel nauseated.

患者：没有，但我感到恶心。

Nurse: We will take a sample of your stool for examination. What did you eat last night for supper?

护士：我们要取点你的大便标本做检查。昨天晚饭你吃了些什么？

Patient: I had rice, some vegetables, a little meat and a glass of orange juice.

患者：我吃了些米饭、蔬菜、一点儿肉和喝了一杯橘汁。

Nurse: Was the orange juice fresh?

护士：橘汁新鲜吗？

Patient: It tasted fresh.

患者：味道新鲜。

Nurse: Your condition doesn't seem serious, but we must give you intravenous infusion to prevent dehydration. We will also give you some antibiotics. You should drink plenty of water and follow a liquid diet. If your diarrhea stops tomorrow, you can take some semi-liquid food. I think you will recover in no time.

护士：看来你的病不重，但为了防止你脱水，我们必须给你静脉补液。我们还要给你用点抗生素。你要多喝水，进流质饮食。如果你明天不腹泻了，可进半流质饮食。我想你将很快恢复健康。

10 Peptic Ulcer 消化性溃疡

Nurse: Where is your pain?

护士：你觉得哪里痛？

Patient: In my stomach.

患者：胃痛。

Nurse: Show me exactly where it is.

护士：请告诉我准确的位置。
Patient: Here.
患者：这里痛。
Nurse: Do you feel pain after meals?
护士：是饭后痛吗?
Patient: Yes. It happens after every meal.
患者：对。每顿饭后都痛。
Nurse: How soon does the pain come on after each meal?
护士：饭后多久痛?
Patient: About half an hour.
患者：大约半小时。
Nurse: Do you feel painful when you are hungry?
护士：饥饿时痛吗?
Patient: Yes.
患者：是的。
Nurse: Do you feel better after eating something?
护士：吃点东西以后是否感到好些?
Patient: Yes, a little.
患者：是,稍微好些。
Nurse: What kind of pain do you feel?
护士：你感到是怎样的痛?
Patient: It is like a burning sensation.
患者：像烧灼样感觉。
Nurse: When do you feel pain the most?
护士：你感到什么时候最痛?
Patient: In the middle of the night.
患者：在半夜里。
Nurse: Have you vomited?
护士：有呕吐吗?
Patient: Yes, several times.
患者：是的。我吐了几次。
Nurse: What did you vomit, food or blood?
护士：你吐的是什么? 食物还是血?
Patient: It was food with a little blood.
患者：是食物,带一点血。
Nurse: Was the blood red or black?
护士：吐的血是红色还是黑色?
Patient: Just like coffee.
患者：很像咖啡。

Nurse: According to your symptoms, it looks like you have peptic ulcer. We shall have to take an X-ray picture of your stomach and intestine. If the X-ray picture shows you have peptic ulcer, you'll have to come to the hospital to undergo treatment. In the meantime, the doctor will prescribe some medicine to make you comfortable.

护士：按你的病情像是消化性溃疡。我们将给你做胃肠 X 线检查。如果胃肠 X 线检查有消化性溃疡，你应该来医院接受治疗。医生将给你些药，让你舒服些。

11 Diabetes 糖尿病

Nurse: I notice you have several boils on your body.

护士：我看到你身上有几个疖子。

Patient: Yes. I have had these boils for some time. They would often subside a little, but they have never healed completely.

患者：是的。这几个疖子已经长了一些时候了。有时会好一点，但从来没有完全消退过。

Nurse: Is there anything else that bothers you besides the boils?

护士：除疖子外，你还有什么不舒服？

Patient: I feel tired, and I itch all over.

患者：我感到疲乏和全身发痒。

Nurse: Have you lost weight recently?

护士：最近体重减轻了吗？

Patient: I think I have.

患者：我想是减轻了。

Nurse: How is your appetite?

护士：你的食欲怎样？

Patient: I have a very good appetite, and I feel hungry all the time.

患者：我胃口很好，总感到饥饿。

Nurse: Do you drink lots of water and go to the toilet often?

护士：你是否喝水很多？常去厕所？

Patient: Yes, I drink lots of water, but I still feel thirsty. And, I have to go to the toilet often.

患者：我喝水很多，但仍感到口渴。我去厕所十分频繁。

Nurse: How long have you had these symptoms?

护士：你有这些症状多久啦？

Patient: More than six months.

患者：半年多了。

Nurse: We would like to take your urine and blood samples to check their sugar contents.

护士：我们要取你的尿样和血样，查查其中糖的含量。

Patient: Dr Li told me I had diabetes.

患者：李医生说我患有糖尿病。

Nurse: Yes, I know. Are there any diabetics in your family?

护士：这个我知道。你家里有人患糖尿病吗?

Patient: Yes. My mother has it.

患者：我母亲有糖尿病。

Nurse: Dr Li has ordered that you should follow a diabetic diet and insulin therapy. Here are instruction for both your diet and the therapy, which, by the way, you'll have to administer yourself at home. We'll help you if you find any difficulties. Here are some antibiotics for your boils. I am sure you will feel better soon.

护士：李医生讲你应该用糖尿病饮食及胰岛素治疗。这是给你的糖尿病食谱和治疗的方法,这样你可在家里为自己注射药物。你如有困难,我们将予以协助。这里是给你治疗疖子用的抗生素。我想你一定会很快好起来的。

Patient: Thank you very much.

患者：十分感谢。

12 Hypertension 高血压

Nurse: How are you feeling?

护士：你感到怎样?

Patient: Not very well. I have a headache. Severe dizziness, ringing noise in my ears, sleeplessness and poor memory. And, when I walk too fast, I get short of breath.

患者：我觉得不太舒服。我头痛、头晕得厉害,耳鸣,失眠和记忆力差,而且走路急时就气喘。

Nurse: How long have you suffered from all these?

护士：你有这些不适多久了?

Patient: Maybe eight years as far as I can remember. At first, I didn't pay any attention to them. Then, when my headache got worse, I went to see a doctor. He told me I had hypertension.

患者：我记得大约有八年了。开始我没注意,以后当头痛加重时,我就去看病。医生说我有高血压。

Nurse: Let me take your blood pressure.

护士：让我给你量量血压。

(After taking blood pressure)

(量血压以后)

Nurse: It is a little high. Is there any member in your family who also suffers from hypertension?

护士：是高一点。你家里还有人患高血压吗?

Patient: Yes. My father has it. My grandfather died of apoplexy ten years ago, probably also due to hypertension.

患者：有的。我父亲也有高血压。我祖父 10 年前死于中风,可能也是高血压引起的。

Nurse: What kind of treatment have you had?

护士：你过去采取过什么治疗?

Patient: I have been given some antihypertensive drugs. They lowered my blood pressure somewhat; but it would go up again whenever I felt tired or worried.

患者：我曾用过降压药。使用后我的血压降低了一点，但是在疲劳或烦恼后，却又高了起来。

Nurse: It is very clear that you must rest more and stop worrying. You should follow a low-salt diet and eat lots of vegetables and fruit, but little meat. Do you smoke?

护士：这很清楚，你应该好好休息，不要烦恼。必须吃低盐食物，多吃蔬菜和水果，少吃肉。你吸烟吗？

Patient: Yes. But I'm smoking much less now.

患者：吸的，但现在吸得不多了。

Nurse: How many cigarettes do you smoke every day?

护士：你现在每天吸多少支香烟？

Patient: About ten.

患者：大约 10 支。

Nurse: Do you drink?

护士：你喝酒吗？

Patient: Yes. I usually drink wine at super.

患者：噢，我通常在晚饭时喝。

Nurse: My advice to you is to keep off wine and give up smoking.

护士：我劝你戒酒、戒烟。

Patient: It is difficult for me to give them up. But, I will try my best. Thank you for your advice.

患者：戒烟酒对我来讲是困难的。但是，我一定尽最大努力去做。谢谢你的忠告。

Nurse: I'm glad to have been of help to you. Good-bye.

护士：我很高兴能帮助你。再见。

13 Injury and Fracture 外伤和骨折

Nurse: How did it happen?

护士：你怎么受伤的？

Patient: When I was riding my bike to my office, a bus came from behind and struck me. I fell down and felt a severe pain in my left leg.

患者：我骑车上班，一辆汽车从后面撞了上来。我立即跌倒，感到左腿剧痛。

Nurse: When did it happen?

护士：这在什么时候发生的？

Patient: An hour ago.

患者：1 小时前。

Nurse: Did you faint?

护士：你昏倒了吗？

Patient: I think I did for a little while.

患者：是的，但时间很短。

Nurse: Could you stand on your legs and walk after the accident?

护士：出事以后你能站起来走路吗？

Patient: No, I couldn't stand up at all.

患者：不行。我一点也站不起来了。

Nurse: Can you bend your knees?

护士：膝盖能弯吗？

Patient: I cannot bend my left knee.

患者：左膝不能弯。

Nurse: Did you receive any treatment before you came to the hospital?

护士：来医院前做过什么治疗吗？

Patient: No. I was brought straight here immediately after the accident.

患者：没有。出事后我被立即送到了这里。

Nurse: Please point out where it hurts the most.

护士：请告诉我哪里最痛？

Patient: Here. In my left lower leg.

患者：这里。就在左侧小腿。

Nurse: I see. It looks swollen. Let us send you to the X-ray Department. We'll see if there is a fracture in your leg.

护士：唔，你的小腿已经肿了。我们送你到放射科去检查一下你的小腿是否有骨折。

(After the X-ray)

（X线检查后）

Nurse: The X-ray shows that the bone in your leg is broken. But don't worry. Dr. Zhang will make a cast for you. I think the bone will knit in ten weeks if there is no complication.

护士：X线表明你的小腿有骨折。但不要紧张。张医生会给你上石膏的。我想，如果没有并发症，十周后断骨将接上。

Patient: Is there anything I should pay attention to when I go home?

患者：我回家后应注意些什么？

Nurse: Yes. There are two things you must remember. First, you should move all the joints in your foot from time to time, and check the colour of the toes. And second, if you feel any pain or numbness in your toes, please immediately notify me or Dr Zhang.

护士：你应该注意两件事。第一，经常活动趾关节，并注意脚趾的颜色。其次，若足趾感到痛或麻木，立即找我或张医生。

Patient: I'll try to remember. Thank you.

患者：我一定记住。谢谢你。

Nurse: You are welcome.

护士：别客气。

14 Appendicitis 阑尾炎

Nurse: I understand you have a stomach-ache.

护士: 我看你是胃痛。

Patient: Yes. It is getting terribly painful.

患者: 是的。痛得十分厉害。

Nurse: How long have you had it?

护士: 你痛多久了?

Patient: It started last night. At the beginning, I didn't pay much attention to it as I thought it would go away very soon. But it has become worse and worse, and it is now almost unbearable.

患者: 昨天夜里开始的。起初我没注意,我想它一会儿会好的。但是它愈来愈不好,现在几乎难以忍受。

Nurse: Where is the pain?

护士: 痛在哪里?

Patient: It is in the lower right side of my abdomen.

患者: 就在右下腹部。

Nurse: Do you feel anything else besides the pain?

护士: 除了痛,还有什么感觉?

Patient: I am a little nauseated. But I felt more comfortable when I lay down and bent my legs.

患者: 有点恶心。但当我躺下将腿屈起来时就觉得舒服一些。

Nurse: I am afraid you are suffering from appendicitis. We will have your blood examined. In the meantime, the doctor will come to examine you. If he finds you have acute appendicitis, you will be admitted and be operated on immediately.

护士: 我看你像是得了阑尾炎。我们要给你查血。同时,医生将要对你进行检查。如果他诊断你是急性阑尾炎,你就得住院并立即做手术。

15 Epistaxis 鼻出血

Patient: My nose is bleeding.

患者: 我的鼻子出血了。

Nurse: Does it bleed often?

护士: 是否常常出血?

Patient: Several times a day.

患者: 一天要出几次。

Nurse: What have you done about it?

护士: 你是怎样处理的?

Patient: I came to see the doctor yesterday. He inserted a little cotton ball in my nose. It stopped the bleeding then. But when I went home, it started all over again.

患者：我昨天来看过医生。他给我塞了一点棉球，后来就停止了，但我回家以后，又出血了。

Nurse: I see. Did the doctor take your blood pressure?

护士：医生给你量过血压吗？

Patient: Yes. He told me it was normal.

患者：量过。他告诉我我的血压正常。

Nurse: The doctor would likely want to have your blood tested and then examine your nose to find out the cause of the bleeding. After that he will prescribe some treatment for you.

护士：医生希望你查查血，然后给你检查鼻子，找出出血原因后再给你处理。

16 Lumbago and Acupuncture 腰痛与针刺疗法

Patient: I feel painful in my shoulders and lower back. My shoulders have bothered me for a long time. But the pain in my lower back started only a week ago. Is there anything you can do to relieve my pain?

患者：我觉得腰及肩部有些疼痛。我的肩已痛了很长时间。但腰痛只有一周，你能帮助我止痛吗？

Nurse: Yes. But, let me examine you first.

护士：好，让我先检查一下。

(After examination)

(检查完毕)

Nurse: We will try acupuncture and see what happens. Are you afraid of needles?

护士：我们想用针刺给你治疗，看看是否有效。你害怕扎针吗？

Patient: No.

患者：不怕。

Nurse: That's good. When I insert the needle into a certain point, you may have the sensation of soreness, numbness and something like an electric shock. If you feel these sensations, it shows that the treatment is effective. Now, I am going to start. Take it easy and don't move. How do you feel when I rotate the needle?

护士：那很好。当我把针刺入穴位时，你会有酸、麻和触电似的感觉。如果你有这些感觉，说明针刺有效。现在我开始给你针刺。别紧张，别动。我捻针时你有什么感觉？

Patient: I feel sore and some numbness.

患者：我觉得发酸和有点麻木。

Nurse: I am also going to try cupping therapy on you after the needles are removed. You will only feel a little heat but no pain.

护士：拔针以后我再给你拔罐治疗。你会感到有些热，但是一点也不痛。

(After the treatment)

(拔罐治疗以后)

Nurse: How do you feel now?

护士： 现在你感觉如何？

Patient： Much better. How long should I undergo this treatment?

患者： 好多了。我要治疗多久？

Nurse： Once a day for a course of ten days. It should be able to relieve you of your pain.

护士： 一个疗程要 10 天，每天 1 次。这样可以治愈你的疼痛。

Unit XIV

Other Topics

其　他

1 In the Emergency Department　在急诊科

Head: Good morning, boys. Welcome to our department. It's your first day to work and study here. I'd like to show you around first, so you'll get familiar with the arrangements and the facilities.

主任：早晨好！同学们。欢迎到我们科，这是你们到此工作和学习的第一天，我想先带你们参观一下，以便了解这里的布局和设备。

Interns: Thank you, doctor. That will be very helpful.

实习生：谢谢您，医生，这会非常有帮助。

Head: Oh, boys, let's start from the very beginning. This is a typical and well-equipped emergency department. There are two entrances to the building, one for ambulance patients, and the other for walking patients.

主任：噢，同学们，让我们从头看起，这是个标准的、设备齐全的急诊科。有两个入口：救护车的患者入口及步行患者入口。

Interns: Do the doctors have to help bring the patients in as the ambulance arrives?

实习生：救护车到来时，医生是否要帮助搬运患者？

Head: No, we have porters doing that, who are trained to carry patients with different injuries or diseases, usually using stretchers or trolleys. Here is the porters' room.

主任：不，我们有专门的搬运人员完成此项工作，他们受过搬运各种患者、伤员的训练。搬运工作通常借助于担架或平车。这儿就是搬运人员房间。

Interns: To which room will the patients be taken firstly?

实习生：病员首先搬入哪个房间？

Head: Normally to the examination cubicles, however, when the patients' conditions are very critical, I mean the patients with severe cardiac attack, especially at risk from cardiac arrest, the patients with coma and respiratory failure, as well as with severe injuries, we put them into the resuscitation room directly. (pointing to the room) It's on the right side of the entrance.

主任：一般先搬至检查室；如情况紧急，如心脏病患者有心脏骤停危险，昏迷患者，呼吸衰竭患者及严重创伤患者可直接入复苏室。它位于出口的右侧。

Interns: This must be one of the most important rooms in the hospital. Will we come in for a look?

实习生： 它必定是院内最重要的房间之一，我们能进去看看吗？

Head: Of course. (after going inside the room) Well, the room is a bright, spatial and well-equipped one, as you see. Every medical staff in our department should be able to use the basic apparatus in this room. On the wall is the oxygen pipe and the suction pipe, at the left corner the portable X-ray machine and the cardiac resuscitation trolley, and on the right side the cardiac monitoring machine.

主任： 当然可以。(进屋后)这房间宽敞、明亮、设备齐全。我们科每个工作者都必须会使用此房间内的基本医疗仪器。墙上是氧气管道和负压吸引管道；左侧墙角处为便携式 X 线机及心脏复苏车；右面为心电监护仪。

Interns: What will we do with the patient once the preliminary treatment is finished?

实习生： 初期治疗完成后如何进一步处理患者？

Head: Usually we send the patients to special departments in this hospital when the patients' condition are comparatively stable and further treatments are indicated. But, if the patients have been largely recovered, we prefer to put them into the observation ward over there for short term observation and treatment.

主任： 通常待患者病情相对稳定，患者又有进一步治疗指征后，我们将患者送入院内特定科室。但如患者已基本恢复，我们多将患者置于观察病房，进行短期观察治疗。

Interns: More often than not we saw the emergency departments of hospitals seemed to be the noisiest and most disordered places. But this one is clean and quiet.

实习生： 我们过去所见的医院急诊室多半是吵闹不堪，毫无秩序，但这儿的急诊室既清洁又安静。

Head: We have many facilities to cope with special cases. Take for example, the sound-attenuated room near the closet, drunks or patients with psychiatric disturbance are always brought into it.

主任： 我们有很多设施处理特殊情况，例如前面清洁间旁边的隔音房间，醉汉、精神异常患者常被置于其内。

Interns: That's really a wonderful emergency department.

实习生： 真是个好的急诊室。

2 Transferring Consultation 转诊

Doctor: Good afternoon, Mrs. Wilkins. You've come to us from Dr. Johnston? What took you to him?

医生： 下午好，威尔金斯太太。你是从琼斯顿医生那转来的吗？你有什么不舒服？

Patient: It's my periods. They've been playing me up.

患者： 我的月经有问题，月经一直不好。

Doctor: I'm sorry. In what way are they bothering you?

医生： 对不起，能讲具体些吗？

Patient: They're so heavy and I feel so queer when I'm on. I still see monthly but they last eight or ten days. During the periods, I pass clots and it hurts. You know, doctor. I can not go to my work while I'm like it.

患者：月经量太多，每次月经期间我都感到头晕。尽管还是每月一次，但每次持续 8~10 天。每次月经中都有血块，还伴痛经。大夫，您知道吗，我是很喜欢自己的工作的，但现在我连班都上不了了。

Doctor: When was your last period?

医生：上次月经是什么时候来的？

Patient: Let me see. It was the week before Whitsun. That's two weeks ago.

患者：让我想想，大约是在降灵节前那个星期，也就是两周之前吧。

(Doctor examines patient and finds a large mass of uterine fibroids.)

(医生检查了患者，发现了一个大的子宫纤维瘤。)

Doctor: Well, Mrs. Wilkins, you've got some lumps of fibrous tissue on the womb which are causing the bleeding. I think we should deal with them.

医生：威尔金斯太太，你的子宫上长了些纤维组织块，月经过多正是由此引起的，我们得把这些纤维组织去掉。

Patient: Oh. Is that serious?

患者：天啊！严重吗？

Doctor: No. It's not but it won't get better of its own accord. I'd recommend you to come in and we'll deal with the situation by operation.

医生：不严重，但不会自行好转，我建议你住院采用手术治疗。

Patient: I suppose you know best but I'm frightened of hospitals.

患者：我想您最了解病情，可我害怕住院。

Doctor: I know but hospitals are useful places to turn to when you need them. You'll only be in for ten days or so and once the operation is over, you'll feel so much better. Shall I put you on the waiting list?

医生：我理解您的心情。可在必要时，住院对于您疾病的恢复是有益的。而且您只需住院 10 天左右，做完手术就会好的。我可以为您填写住院预约登记吗？

Patient: I suppose so. Thank you for your help.

患者：那就这样办吧。谢谢您的帮助。

3 Having the Prescription Filled 取药

(1)

Patient: Excuse me, is this the pharmacy?

患者：对不起，这是药房吗？

Pharmacist: Yes, what can I do for you?

药剂师：是的，能为您做点什么？

Patient: I'd like to have my prescription filled.

患者：我要拿药。

Pharmacist: Hand me the prescription, please. (after filling the prescription) Here is your medicines, Madam.

药剂师：请递给我处方。(药物配齐后)女士,这些是您的药。

Patient: My God! So many drugs! Could you give me an explanation?

患者：上帝啊！这么多药！能解释一下用法吗?

Pharmacist: OK. You have five kinds of medicines in hands. In the small bottle is spiromycin tablets. Take two tablets each time, twice a day, better after meal. Take one tablet of this painkiller if you feel pain, but not more than one every four hours.

药剂师：可以,您手中现有五种药物,小瓶内装有螺旋霉素,每次服用两片,每天两次,最好于饭后服用。感到疼痛时服用一片止痛药,但四小时内不能多于一片。

Patient: How about this liquid? Is it for internal use, too?

患者：瓶内液体如何用？也是内服药吗?

Pharmacist: Yes. It's for relieving your abdominal pain. Drink one line each time, three times a day. Shake it well before taking it.

药剂师：是的,是为减轻腹痛的。每次一格,日服三次。服前摇匀。

Patient: What's in this yellow bottle?

患者：此黄瓶内是什么药?

Pharmacist: It's Vitamine E. You should take it three times a day. One capsule each time. And that is vitamine C, I suppose you know how to use it.

药剂师：是维生素 E, 每天服三次,每次一丸。这是维生素 C, 我想您知道如何服用。

Patient: Yes, I'm in the habit of using six tablets each day every time I catch cold. Thank you very much.

患者：是的,我感冒时习惯每天服用六片。非常感谢。

(2)

Patient: How do I take these medicines?

患者：我怎样服这些药呢?

Pharmacist: (1) One tablet, three times a day.

药剂师：每天三次,每次一片。

(2) Two tablets, four times a day.
每天四次,每次两片。

(3) Two tablets at night.
晚上服两片。

(4) Take one tablet of this pain-killer if you feel pain, but not more than once every four hours.
假如你觉着痛就吃一片止痛片,但每次必须间隔四个小时。

(5) One line (half line) three times a day. Shake it well before taking it.
每天三次,每次一(半)格。服用前摇匀。

(6) Please put it under your tongue, don't swallow it.

请把药放在舌下,不要往下咽。

(7) Please suck it.
请含服。

(8) Please dissolve the pill in water before taking it.
服前请将药丸放在水中溶化。

(9) One teaspoon three times a day.
每天三次,每次一茶匙。

Patient: How do I use this suppository?

患者: 这栓剂怎么用?

Pharmacist: Insert one into your anus (vagina) every night.

药剂师: 每晚塞一个在肛门(阴道)内。

Patient: Is this for internal use too?

患者: 这也是内服药吗?

Pharmacist: (1) This is for gargling only.

药剂师: 这是含漱剂。

(2) This will loosen your stools. Please squeeze it into your anus every night.
这是通大便的。请每晚往肛门里挤一些。

(3) This is a special adhesive for easing the pain. Apply it to the painful area and change it every two days.
这是专为止痛用的药膏。贴在痛处,两天换一次。

(4) Apply some of the ointment, and rub it into the skin.
涂一些这种药膏并揉进皮肤里去。

(5) Paint this lotion to the itching spot with this small brush (cotton swab).
用小刷子(棉花棍)把洗剂涂在痒处。

(6) Please dissolve the tablet (powder) in hot water. Soak your hand(foot)in it for twenty minutes, twice a day.
请将这药片(药粉)溶化在热水里。将你的手(脚)泡在里面,每日 2 次,每次 20 分钟。

Patient: How do I use these eye-drops and ointment?

患者: 我怎样使用这些眼药水和眼药膏呢?

Pharmacist: Put the eye-drops into your right eye 4-6 times a day, each time one to two drops. Squeeze a bit of the ointment on your eyelid every night.

药剂师: 将这种眼药水滴入右眼,每天 4~6 次,每次 1~2 滴。每晚往眼皮里挤一点眼药膏。

Patient: How do I apply the nose drops?

患者: 我怎样使用这种滴鼻剂呢?

Pharmacist: Bend your head back as far as possible and then put them in.

药剂师: 尽量把头向后仰然后将药滴进去。

Patient: How do I apply the ear drops?

患者：我怎样使用滴耳剂呢?

Pharmacist: Turn your head to the side, put 1-2 drops in your ear. Press the tragus for a few seconds.

药剂师：将头歪向一侧,往耳朵里滴 1~2 滴药水,再把耳屏按几秒钟。

Patient: How do I take (make) the herb medicine?

患者：我怎样服(熬)中药呢?

Pharmacist: (1) Put the herbs into a pot. Add about 300cc. of cold water. Simmer gently for 20 minutes. Drain the solution. The amount left will be 40 to 50cc. This is the first dose. Don't throw the herbs away. Do the same in the evening. That is the second dose. Take the first dose in the morning, the second in the evening.

药剂师：把草药放进锅内。加入 300ml 冷水。用慢(文)火煎 20 分钟,将药水滗出,约 40~50ml。这是头煎。不要将药扔掉。仍照原法下午再煎一次,这是二煎。头煎早晨服,二煎晚上服。

(2) We can make the solution for you for six days. Take one bottle daily, half in the morning, half in the evening. Please put them in the refrigerator or keep them in a very cool place. Don't take the medicine while it is cold.

我们可以给你煎出六天的药。每天服一瓶,上午半瓶,下午半瓶。瓶子要放在冰箱里或是凉爽的地方。不能服冷药。

Patient: Must I boil it before taking it?

患者：每次服以前要将它煮开吗?

Pharmacist: No. Put it in a glass and warm it in a bowl of hot water.

药剂师：不必。可以将药盛在玻璃杯里,将它放在一碗热水中加温。

Patient: How do I take these big balls?

患者：这些大药丸怎么服呢?

Pharmacist: Chew and swallow the bits with water or put them in water to melt them. Remove the wax before taking it.

药剂师：把它掰成小块,嚼后用水咽下,或者把它泡在水里化开再喝。服前把蜡皮去掉。

4 Ward Round 查房

(1)

Attending: Let me tell you the schedule for this morning. We'll make a round of wards first and then discuss the patient's condition.

主治医生：我讲一下上午安排,先查房,然后讨论病例。

Resident: Which case?

住院医生：哪个患者?

Attending: The patient in bed No.9. How long has he been in hospital?

主治医生：9 床。他住院多长时间了?

Resident: For one week.
住院医生: 一周。
Attending: When he was admitted what positive signs did you fine?
主治医生: 入院时有什么阳性体征?
Resident: I've taken a thorough physical examination on him and found nothing abnormal except a mild fever. His general condition is good.
住院医生: 系统查体没有什么异常发现,只是有些发热。一般情况良好。
Attending: Has the fever remained the same or varied?
主治医生: 体温还高吗?
Resident: It went down to normal yesterday.
住院医生: 昨天已降至正常了。
Attending: What studies did you use to substantiate you diagnosis?
主治医生: 为了证实诊断,都做了什么检查?
Resident: The routine urinalysis, stool analysis, CBC, FBS, BUN, Cr, ..., and so on. The white blood cell count showed leucocytosis, and the others were all normal.
住院医生: 尿、便常规、血常规、空腹血糖、血尿氮、肌酐等。除白细胞计数高外,其他均正常。
Attending: Have you taken chest film?
主治医生: 拍摄胸片了吗?
Resident: Yes, but no report from the department of radiology.
住院医生: 拍摄了,放射科还没发报告。
Attending: I think you should reexamine his CBC now.
主治医生: 你该再复查一次血常规。
Resident: Yes, I did it last night, and the leucocytosis was still present.
住院医生: 昨晚查了,白细胞还高。
Attending: What does the electro cardiogram show?
主治医生: 心电图结果如何?
Resident: I don't think ECG will be necessary for this kind of disorder.
住院医生: 我想这种病不必查心电图。
Attending: You'd better get one.
主治医生: 你还是查一次的好。
Resident: I'll write the order right now.
住院医生: 我这就下医嘱。
Attending: Would you consider an echogram?
主治医生: 准备做超声波检查吗?
Resident: Yes, I would. But not at the present.
住院医生: 是的,但眼下还不行。
Attending: Why not?
主治医生: 为什么?

Resident: It has been arranged and I guess that he will be examined in about one week.
住院医生：已经安排好了，大概要等一周左右。
Attending: What's the report of HBsAg determination?
主治医生：乙肝表面抗原检查结果是什么？
Resident: It's negative.
住院医生：阴性。
Attending: Did you get AKP measurement?
主治医生：查碱性磷酸酶了吗？
Resident: It's among the normal range.
住院医生：在正常范围内。
Attending: What else did you order?
主治医生：你还下了什么医嘱？
Resident: Blood and mid-stream-urine culture as well as sensitivity test. But I haven't known the results yet.
住院医生：血和中段尿培养及药敏试验，现在还没结果。
Attending: Very good. Let us have a look at the patient now.
主治医生：很好，现在我们看一下患者吧。

(2)

(One week later, the attending physician Zhao followed by some interns makes the rounds of the wards.)
(一周后，赵主治医生带领实习医生们查房。)

Attending physician Zhao: Hello, Zhang, how are you feeling now?
赵主治医生：喂，老张，你现在感觉怎么样？
Patient Zhang: I feel better than before. The urine becomes clear and increases in quantity.
患者张：我觉得比前些日子好些了，尿变清了，量增多了。
Zhao: How about the blood pressure, Dr. Li?
赵：血压怎么样，李医生？
Dr. Li: Well, about 130~140/70~80mmHg, it's normal.
李医生：大约在 130~140/70~80mmHg, 正常范围。
Zhao: What about the renal function?
赵：肾功能怎么样？
Li: The endogenous creatinine clearance rate was 55ml/min soon after admission, renal insufficiency. Now it's 95ml/min, becomes normal.
李：入院后不久内生肌酐清除率为 55ml/min。肾功能不全。现在是 95ml/min。肾功能正常。
Zhao: Is there any trouble with the heart?
赵：心脏有什么毛病吗？
Li: No, there isn't.
李：没有。

Zhao: What about other symptoms, such as the pharyngotonsillitis and edema?

赵：其他症状怎样，例如咽扁桃体炎及水肿？

Li: His throat looks good. Edema of low limbs and the puffiness of eyes have disappeared.

李：他咽部已正常，下肢及眼睑水肿已消失。

Zhao: That's very good. He recovers very rapidly. Interns, this is a typical case of acute nephritis. We'll discuss the diagnosis, the differential diagnosis and the treatment of acute nephritis soon after we finish our rounds.

赵：那太好了，他恢复很快。实习医生们，这是一例典型的急性肾炎，我们查房后将讨论急性肾炎的诊断、鉴别诊断及治疗。

※ ※ ※

Zhao: Sit down, please. Now we'll discuss some problems of acute nephritis by the patient we have just seen before. Dr Liu, would you please tell us what are the clinical manifestations of the acute nephritis, how to diagnose it and how to treat it?

赵：请坐，现在通过刚才看过的病例来讨论一些有关急性肾炎的问题。刘医生，你能谈谈急性肾炎的临床表现，如何诊断与治疗吗？

Dr. Liu: There are many manifestations of the acute nephritis. Among the most commonly seen are edema, hematuria, albuminuria, and hypertention. Clinically if the above symptoms occur secondary to the streptococci infection in the throat or on the skin, the diagnosis is not difficult to make. If the clinical symptoms are vague, careful examination, especially repeated urinalysis are necessary to make a definite diagnosis. As to treatment, rest, low-salt and low-protein diet, anti-infection, Chinese drug and heteropathy all are important to the cure of acute nephritis.

刘医生：急性肾炎临床表现很多，主要是水肿、血尿、蛋白尿及高血压。临床上，如果继发于咽喉部或皮肤处链球菌感染出现上述症状，诊断多无困难；如果症状不明显，须详细检查，特别是反复查尿常规方能确诊。治疗应为休息，给低盐低蛋白饮食，控制感染，中医药治疗及对症处理。

Zhao: Above is the principle of the diagnosis and treatment of the acute nephritis. Next let's discuss the differential diagnosis of the acute nephritis. As we know, acute nephritis should be differentiated from acute infection, anaphylactin, collagenosis and other disease of the kidney. First, I'll tell you how to differentiate it from acute infection. During the period of acute infection, the fever often causes slight microscopic hematuria and albumuria. Follow-up studies is necessary in order to see if the hematuria and albumuria vanish shortly after the temperature becomes normal. If it does occur, it's acute infection. Anaphylactoid purpura may have hematuria and edema, but it has some specific clinical manifestation. Dr. Sun, what are the characters of the

anaphylactoid purpura?

赵： 以上是有关急性肾炎的诊断及治疗原则，现在我们讨论一下急性肾炎的鉴别诊断问题。我们都知道，急性肾炎应与急性肾感染、过敏性疾病、胶原性疾病及其他肾脏疾病相鉴别。下面首先谈一下如何鉴别急性肾炎与急性感染。在急性感染过程中，发热可能导致轻微镜下血尿及蛋白尿，需随访看热退后短期内血尿及蛋白尿是否消失。若消失，则为急性肾感染。过敏性紫癜可能伴有血尿及水肿，但存在某些特征性临床表现。孙医生，过敏性紫癜的特征是什么？

Dr. Sun: Er, let me see ... Anaphylactoid purpura has obvious purpura, arthralgia or abdominalgia.

孙医生： 哦，让我想想……过敏性紫癜有明显紫癜、关节痛或腹痛。

Zhao: Yes, indeed. These are the difference between them. Collagenosis such as lupus erythematosus may also have hematuria, edema and so on. But there are clinical manifestation such as erythema, symptoms of the joint and heart in it which can work as the differential points. According to our text book, other disease of the kidney can be differentiated from acute nephritis on the basis of symptoms, signs and various examination. You can look them up in your book. Well, time is up. If you have any questions, remember to tell me next time. Good-bye, everyone.

赵： 对，这些就是两者的区别点，结缔组织病如红斑狼疮，也可有血尿、水肿等，但它有红斑、关节及心脏症状，可资鉴别。至于其他肾脏疾病的鉴别主要靠症状、体征及各种检查，你们可以查查书。好的，时间到了，若有问题课后告诉我，下一次解答，再见，同学们。

5 Preoperative Discussion 术前讨论

(1)

Chief resident: Let's have a short discussion about the case of bed No.4, Room 401. Dr. Li, will you tell us the brief history of Mr. Wang Min?

总住院医生： 我们讨论一下 401 病室 4 床的病例，请李医生对王敏先生的病史做一扼要介绍。

Resident: He's a 24-year-old male who was in good health prior to last night. Last night about 8:00 pm the pain was colicky in nature, periumbilical and rather sporadic. The patient had had about three episodes of nausea and vomiting associated with pain last night. He has been anorectic, has had no bowel movements for two days, and has had no episodes of diarrhea. The pain has since migrated to the right lower quadrant and is steady in nature. There have been no positive sign about respiratory system and no burning sensation in the epigastrium. The patient physical findings are related to the abdomen. His chest is clear. The patient

was lying in a flexion position in bed, trying to avoid movement as much as possible. There is extreme tenderness in the right lower quadrant, especially over McBurney's point. Guarding, muscle rigidity, rebound and referred tenderness are all present. Psoas stretch is positive and there was no tenderness on rectal examination. Bowel sounds are remarkedly decreased.

住院医生：患者系 24 岁男性，自昨夜起发病，以往身体健康，昨夜八点钟开始感觉脐周围有阵发性绞痛，疼痛时曾有三次恶心呕吐。患者缺乏食欲，两天来未解大便，无腹泻。随后腹痛转移至右下腹持续至今。呼吸道方面无阳性体征。上腹部亦无烧灼感。主要体征在腹部，胸部听诊清晰。患者蜷曲卧位尽量避免活动。右下腹压痛明显，尤其在麦氏点。有肌紧张，反跳痛及转移痛。腰大肌试验阳性，肛门指诊无压痛，肠鸣明显减弱。

Chief resident: What's his temperature and blood pressure?

总住院医生：体温及血压多少？

Resident: Temperature is 37.8℃ (centigrade), and the BP is 120/80mmHg (16/10.6kPa).

住院医生：体温是 37.8℃，血压是 120/80mmHg (16/10.6kPa)。

Chief resident: Are the lab results back yet?

总住院医生：化验报告回来了没有？

Resident He's got a white blood cell count of 12 000 (12×10^9) with 80% polys and a shift to the left. Hemoglobin are normal, as is his urinalysis. Fluroscopy of the chest is normal.

住院医生：患者的白细胞记数是 12 000 (12×10^9)，中性粒细胞为 80%，有核左移现象，血红蛋白及尿化验均正常，胸透正常。

Chief resident: What's your idea about diagnosis and treatment?

总住院医生：你认为是什么诊断？并如何处理？

Resident I think he has acute appendicitis and better to have an operation.

住院医生：我认为患者患的是急性阑尾炎，最好进行手术治疗。

Chief resident: Well, I agree. This is a typical case of acute appendicitis. Why don't you go to the ward and tell him what we're going to do?

总住院医生：我同意你的诊断意见，这是一个典型急性阑尾炎病例，你到病房去告诉患者我们的决定。

※ ※ ※

Resident: Mr. Wang, do you have relatives here?

住院医生：王先生，你有亲属在本地吗？

Patient: No, not a soul.

患者：本地没有亲属。

Resident: We think that you have appendicitis, and it's going to be necessary to operate on you to relieve your condition.

住院医生：我们认为你患了急性阑尾炎，需要施行手术治疗。

Patient: Is it serious?

患者： 病情严重吗?

Resident: It could be if we don't operate.

住院医生： 不做手术可能加重。

Patient: If you think it's necessary, then go ahead. Anything to get rid of that awful pain.

患者： 你们认为需要就手术吧,只要不疼就行。

(2)

Attending: What is the late complication of radical mastectomy?

主治医生： 乳房根治切除术的晚期并发症是什么?

Intern: Edema of the arm, that is, the lymphatic drainage is compromised, and infection is more likely to occur.

实习医生： 是胳臂水肿。也就是淋巴引流受到损害,而且很容易发生感染。

Attending: What is the five-year cure rate of all patients treated by radical mastectomy?

主治医生： 所有采用乳房根治切除术治疗的患者其五年治愈率是多少?

Intern: About thirty percent?

实习医生： 大约 30% 吧?

Attending: About forty to sixty percent, and where there appears to be no evidence of metastases, as in this lady, it would be 75 to 85 percent. That is the five-year clinical cure rate. What is the most unfavorable site for carcinoma of the breast?

主治医生： 大约 40%~60%,至于没有出现转移证据的患者,像这位女士,其五年的治愈率可能是 75%~85%。这就是五年临床治愈率。乳腺癌最不利的部位在哪里?

Intern: Inner lower quadrant.

实习医生： 在内下象限。

Attending: That's right. Well, I think you know what has to be done, I would get a surgical consultation immediately. A frozen section will probably be following, and, if this is carcinoma, which I think it is, a radical mastectomy would be the procedure of choice. If the axillary nodes are involved, there is a good chance that the internal mammary chain is involved, and the surgeons would probably then do an excision of this chain. Please let me know what develops.

主治医生： 对了。喔,我想你知道应该做什么了。我要立刻请外科会诊。接着可能要做一个冰冻切片,如果这是恶性肿瘤,我考虑它是恶性肿瘤,那么乳房根治切除术是可以选用的手术方法。如果腋窝淋巴结受了侵犯,那么乳房内淋巴链受侵犯的可能性就很大,那时外科医生大概要做淋巴链切除。发生什么情况请告诉我。

Intern: We certainly will. Thank you for seeing the patient.

实习医生： 我们一定照办。谢谢你看了这位患者。

6 Post-operative Ward Round 术后巡诊

Doctor: Hello, Mrs. Jones. How are you feeling?

医生：你好，琼斯夫人。感觉怎样？

Patient: Not too great, doctor.

患者：不是太好，大夫。

Doctor: Are you in any pain?

医生：有哪个地方痛吗？

Patient: Yes, I'm in a lot of pain.

患者：是的，这儿特别痛。

Doctor: I will prescribe something stronger for you, the nurse will come and give you an intramuscular injection.

医生：我给你开一些强止痛药，护士会给你进行肌肉注射。

Patient: Thank you, I would really appreciate it.

患者：谢谢，我真的非常感谢你。

Doctor: Your operation went well, no complications, and the histology results will be back tomorrow.

医生：你的手术很成功。没有并发症，组织学检查结果明天出来。

Patient: Oh, good.

患者：哦，好的。

Doctor: You will have intravenous fluids for a few more days, and you can only have sips of water today.

医生：未来几天内你将要进行静脉输液，所以今天你只能喝少量的水。

Patient: Is that all? I'm very thirsty.

患者：就这么一点水吗？我很渴。

Doctor: Yes, I'm sorry, but you need to give your bowel a rest, have you passed any wind (gas)?

医生：是的。非常抱歉，但是你得让你的肠道休息。你排气了吗？

Patient: No, I don't think so, I've been in too much pain to notice.

患者：我认为没有。我太痛了以至于无法注意到这件事。

Doctor: You also have a drain coming from your wound, and a urinary catheter to help you pass urine.

医生：我们会安个引流管在你的伤口处，一条导尿管帮助你小便。

Patient: Yes, I know. I don't like the catheter, it's very uncomfortable when you are going to take it out.

患者：是的，我知道。我不喜欢排尿管，因为当你取出的时候会很不舒服。

Doctor: The nurse will take it out in a couple of days, when you are feeling better and walking around. The drain will be removed tomorrow.

医生：两天后，当你感觉好点并能走动时护士将把它取出来。伤口处的引流管在明天被撤下。

Patient: I guess I'll have to wait then.

患者：我想我不得不等了。

Doctor: I'm going to look at your wound.

医生：　我将检查一下你的伤口。

Patient：　OK, be careful.

患者：　好的，当心点。

Doctor：　That looks OK. I'll put another dressing on it, do you have any questions?

医生：　看起来挺好的。我将给你换一下敷料。你有其他的问题问我吗？

Patient：　When do you think I'll be able to go home?

患者：　你认为我什么时候可以回家？

Doctor：　You will be discharged in about 7 days, it depends on your progress.

医生：　你 7 天之后可以出院，这取决于康复的进展。

Patient：　That long? OK, what is that other bag of fluid that they are putting in my vein.

患者：　那么长啊？好的，将给我输的另一包药液是什么？

Doctor：　You are having intravenous antibiotics three times a day, you have been prescribed antibiotics for seven days, when you are eating and drinking you can have the antibiotics orally.

医生：　你现在需要每天输 3 次抗生素。医生给开了 7 天的抗生素，当你能够正常吃喝的时候，你可以口服这些抗生素。

Patient：　OK, thanks. No more questions.

患者：　好的，谢谢。没有其他的问题了。

Doctor：　OK, Mrs. Jones. I'll see you later.

医生：　没有了，再见，琼斯夫人。

7 Diet Preparation Room 配膳室

Medical student：　Do all the patients in the hospital take the same diet?

医学生：　医院内的患者都吃一样的饮食吗？

Doctor：　No, certain diseases have special diets.

医生：　不，有些病需要吃特别饮食。

Medical student：　What diet is given to the patients that are almost well?

医学生：　快要痊愈的患者吃什么饮食？

Doctor：　They have full or regular diet.

医生：　他们可以吃普通饮食。

Medical student：　What diet is given to those who can't get out of bed?

医学生：　不能起床的患者该给他们吃什么？

Doctor：　They are usually given soft diet.

医生：　通常给他们吃软食。

Medical student：　What diet is given to those who are very ill?

医学生：　给病重的患者吃什么饮食？

Doctor　They have fluid diet or a special diet.

医生：　给他们流质或特别饮食。

Medical student: How many times a day do we give the patient special nourishment?

医学生：特别营养饮食一天给患者几次?

Doctor: Generally the patient have an additional snack at 10 A.M., 3 P.M .and 8 P.M..

医生：大概在上午十点、下午三点及晚上八点钟给患者各增加一次点心。

Medical student: What could we do if a patient could not take his food by mouth?

医学生：患者不能经口进食怎么办?

Doctor: We might use enteral nutrition support through a nasal tube, otherwise we might give parenteral nutritional support.

医生：可以通过鼻导管经肠营养,不然可用静脉营养。

Medical student: In what condition do we select enteral or parenteral nutrition support?

医学生：在什么情况下选用经肠营养或是经静脉营养。

Doctor: Enteral nutrition support is indicated for any patient requiring nutritional support who has a fully or partially functional gastrointestinal tract, but who can't take in the required energy by mouth. The commonest indication is disorder of mouth, throat or esophagus, unconsciousness including cerebrovascular accidents, head trauma or postoperative patients and severe burns. Those whose gastrointestinal function fail or can't be fed by nasal tube, we prefer parenteral nutrition support.

医生：那些有良好或部分胃肠道功能,需要营养辅助,但是他们不能经口摄入需要的能量的患者,适于应用经肠道营养。常见的适应证是口、咽或食管有疾病,昏迷患者包括脑血管意外、头颅外伤或术后患者及烧伤严重患者。胃肠功能不好或不能鼻饲的患者最好用静脉营养补充。

Medical student: What's the advantage of enteral tube feeding?

医学生：经肠道管饲的优点是什么?

Doctor: Enteral nutritional support is more physiological. Enteral solutions are more nearly nutritionally complete. It is more safe and economical.

医生：经肠补充营养较合乎生理,用的溶液在营养上亦较完善,较为安全及经济。

Medical student: Are there any contraindications for enteral tube feeding?

医学生：经肠道管饲有无禁忌证?

Doctor: Yes. Those who suffer from intractable vomiting, or intestinal obstruction, or paralytic ileus, or absent cough reflex are not indicated.

医生：有,对那些患有顽固性呕吐,或有肠梗阻,或麻痹性肠梗阻或没有咳嗽反射的患者均不适宜。

Medical student: How to manage the enteral tube feeding?

医学生：如何施行经肠道管饲?

Doctor: The tube should preferably be introduced to the duodenum in unconscious and postoperative patients and those to be fed continuously over 24h, and to the stomach for all others. Continue drip feeding over 24h per day or 16h per

day must be given.

医生：对昏迷及术后患者及需要24小时连续灌注的患者最好将管子放入十二指肠内，其他患者亦可放在胃内。应该每天连续灌注24小时或16小时。

Medical student: What are to be fed?

医学生：管饲些什么？

Doctor: Ordinarily the liquid formular diet is used, but we prefer elemental diet which are ideal especially for gastrointestinal problems such as distal fistula and malabsorption. They are absorbed in the intestines not requiring digestion.

医生：一般常用流质配方饮食，但最好要用素食，尤其对胃肠远端有瘘管及吸收不良患者，素食不需消化就可在肠道吸收。

8 Informing a Patient of Surgery 通知患者动手术

(1)

Doctor: Mrs. Jone, I have results of your tests. Your white blood count shows you have an infection and the ultra scan seems to show some kind of mass in your abdomen.

医生：琼斯夫人，我拿到了你的检查结果。你的白细胞数量显示你被感染，同时超声波扫描显示你腹部有聚集物。

Patient: What does that mean, what do you think the problem is?

患者：那说明什么呢？你认为我有什么问题？

Doctor: The conclusion is that you appear to have some kind of bowel obstruction.

医生：结论是你好像有肠梗阻。

Patient: Oh, my God. Is it serious?

患者：噢，天哪！严重吗？

Doctor: You are going to need surgery.

医生：你需要做手术。

Patient: When, when am I going have surgery?

患者：什么时候，我什么时候做手术？

Doctor: Surgery has been scheduled for later on today about 16:00.

医生：手术已经预订在今天稍晚些时候，大约下午四点。

Patient: Can I have surgery so soon, is it an emergency?

患者：我这么快要动手术吗？很紧急吗？

Doctor: Yes, we need to do it as soon as possible, you have only had intravenous fluids since you came to hospital, and so it will be safe to do it this afternoon.

医生：是的，我们需要尽快进行。从你进医院我们就给你静脉内输液，因此在今天下午手术是安全的。

Patient: So what's going to happen now?

患者：那现在将做什么？

Doctor: A surgeon will come to see you before you have surgery and explain what he is going to do and ask you to sign a consent form.

医生：一位外科医生将在手术之前过来看你并向你解释他将要做的事情，同时会要求你签手术同意书。

Patient: Oh, OK. Does he understand English?

患者：哦，好的。他懂英文吗？

Doctor: If you do not understand him, please say and we will arrange for a translator (interpreter).

医生：如果你听不懂他的话，请告诉我，以便我们安排翻译。

Patient: Will that be OK? The surgeon won't be offended, will he?

患者：那样行吗？外科医生不会生气？

Doctor: No, of course not. Also an anesthesiologist will come to see you and examine you and ask you some questions.

医生：当然不会。麻醉师也会过来看你并做检查，同时问你一些问题。

Patient: Will I have a pre-med (medication) injection before I go?

患者：在手术之前，我是否要注射镇静剂？

Doctor: If you think you need one, please ask the anesthesiologist and he can prescribe a pre-med injection before you come to the Operating Room.

医生：如果你觉得需要，请在来手术室之前叫麻醉师给你开镇静剂。

Patient: So what do I do now?

患者：那我现在做什么？

Doctor: A nurse will come and prepare you for theatre when it is time; you will go to the Operating Room on a trolley and after your surgery you will come back here.

医生：时间一到，护士会过来为你准备手术。你将被用轮椅推进手术室，结束之后你将被送回到这里。

Patient: How long will the operation take, what will happen?

患者：手术将持续多久？会发生什么事儿吗？

Doctor: It is hard to say, it will depend on the bowel obstruction, the surgeon will explain when he comes to see you.

医生：很难说。这个取决于肠碍物，外科医生过来时将会给你解释的。

Patient: Oh, OK.

患者：噢，谢谢。

Doctor: I have prescribed medication for your abdominal pain. Please tell the nurse when you are in pain or discomfort. She will then give you an injection to help.

医生：我已经为你的腹痛开药了。如果疼痛或者不舒服，请告诉护士，她会给你注射。

Patient: OK, thanks very much.

患者：好的，谢谢。

Doctor: I will come and see you later, before you go to surgery.

医生：在你手术之前，我会来看你。

Patient: OK, doctor, see you later!
患者：好的，医生。一会儿见！

9 Operation Consent Form 手术同意书

Doctor: Hello, Mrs. Jones. My name is Dr. Lee. I am your surgeon, I have come to discuss with you the surgical procedure to be performed this afternoon.
医生：你好，琼斯夫人，我是李医生。我是你的外科医生，来和你讨论下午将进行的外科手术的细节。
Patient: Hello, Dr. Lee.
患者：你好，李医生！
Doctor: I will explain exactly what I am going to do, the risks involved and what would happen if you did not have this surgery, please then sign the consent form agreeing to the procedure.
医生：我将如实地告诉你我将做什么，以及附带的危险和如果不做这个外科手术将会发生的事情。然后请把外科手术同意书签了。
Patient: Oh, OK.
患者：噢，好的。
Doctor: I have explained everything to you, do you have any questions before you sign?
医生：我已经把所有的事情给你解释完毕，在你签字之前，你还有其他的问题吗？
Patient: No, I don't think so.
患者：不，我认为没有了。
Doctor: Do you understand everything I have said? If you do not I will get you an interpreter.
医生：你是否理解我说的这些？如果没听懂的话，我将为你找一个翻译。
Patient: No, that's fine. I understand perfectly.
患者：不，挺好的。我完全理解。

※ ※ ※

Doctor: Excuse me, Mrs. Brown. We need a talk.
医生：打搅片刻，布朗太太，我想跟你谈谈。
Patient' wife: For what?
患者妻子：谈什么？
Doctor: For your husband's disease. I mean, your husband's situation is steady, and this is the best time for him to accept an operation. We consulted chief internist and discussed his situation. Some specialists decided to operate on him.
医生：关于你丈夫的病，我的意思是，你丈夫的病情很稳定，这个时候是手术的最佳时期。我们请内科主任会诊了，讨论了他的病情。几个专家最后决定对他实施手术。
Patient's wife: Does his body situation really agree with an operation?
患者妻子：他的身体状况还能承受手术吗？

Doctor: Yes, we think so. We think an operation will do more than medicines only.

医生：是的，我们认为可以。我们认为手术比单纯药物治疗更加有效。

Patient's wife: If you decided, just do it. Do everything useful to help my husband.

患者妻子：如果你们决定手术，那就手术吧。尽管做任何可以帮助我丈夫的事情。

Doctor: Yes, we need your approval. But you also need to know more about the operation. I'm telling about the risks.

医生：是的，我们需要你的同意。但我们也需要你了解更多有关手术的情况。我现在把手术的风险讲给你听。

Patient's wife: Is it a very dangerous operation? Is it a life threatening one?

患者妻子：这个手术很危险吗？有没有可能威胁生命？

Doctor: No, this operation is very common. We have made more than 10 000 operations with a success rate of 98%. This time we have prepared more carefully and taken everything into consideration, but we just can't say there is absolutely no any accident.

医生：不是的，这个手术很普通。我们已经做过超过 10 000 例的此类手术，成功率有 98%。这次我们做了更充分的准备，考虑了各种情况。但是我们也不能说绝对不会发生任何意外。

Patient's wife: Then what would happen if unlucky?

患者妻子：那么，如果不幸的话，会发生哪些意外呢？

Doctor Unexpected disease situation, uncontrollable bleedings, anesthesia accident, postoperative infection, or failure in controlling the disease. Can you understand me?

医生：未预料到的疾病情况，不可控制的出血，麻醉意外，术后感染，以及手术在控制疾病上的失败，等等。你能理解我说的话吗？

Patient's wife: Yes, I can follow you.

患者妻子：是的，我能理解。

Doctor: OK, if you don't to want to think it one more time, please fill in this form and sign with your approval.

医生：那好，如果你不想再多考虑考虑的话，就把这个表格填上，签名表示同意。

Patient's wife: OK.

患者妻子：好的。

Doctor: Thanks! Now everything is ready. The nurse will come to help you prepare the operation. We're beginning at 8:00 A.M. tomorrow if there is nothing special.

医生：谢谢。现在一切就绪。护士会来帮助你做好准备。如果没有什么特殊情况，我们会在明天早上八点开始手术。

Patient's wife: Thanks a lot.

患者妻子：十分感谢。

Doctor: You're welcome.

医生：不用谢。

10 Informing a Patient of Hospitalization 通知患者住院

Doctor: I've seen your results and I'm afraid you need to be admitted into hospital for further (more) tests.

医生: 我看了你的化验报告,恐怕你需要住院接受进一步的检查。

Doctor: Here is your admission form, please follow the nurse she will show you what to do and show you where your bed is.

医生: 这是你的住院表,请跟着护士,她会带你办理手续并告诉你你的床位位置。

Patient: Can I go home to collect some wash things? There are things I need to do.

患者: 我能回家拿些洗漱用品吗? 我回家有点事情。

Doctor: Certainly, but please follow the nurse now so you will know where your bed is and come back in a couple of hours.

医生: 当然,不过请先跟着护士去看看你的床位在哪里,请两个小时之内回来。

Patient: Will I see you on the ward?

患者: 病房里能看到你吗?

Doctor: No, the ward doctor will see you when come in and ask you questions and examine you, he will explain what is going to happen.

医生: 不能,你回来的时候巡诊医生会过去看你,并问你一些问题和进行检查,他会告诉你如何做。

Patient: Will I be in hospital long?

患者: 我需要住院很久吗?

Doctor: I'm sorry I can't say, it will depend on our investigations and diagnosis.

医生: 对不起,这个不太好说,这将取决于我们的化验和诊断结果。

11 Admission 住院

(1)

Nurse: Sir, have you been registered yet?

护士: 先生,您办住院手续了吗?

Patient: No, I have not been registered.

患者: 没有,我还没有办理。

Nurse: Are you a medical or surgical case?

护士: 您是内科还是外科患者?

Patient: I'm a medical case.

患者: 我是内科患者。

Nurse: Do you have your history sheet?

护士: 您有病历单吗?

Patient: Yes, here you are.

患者: 有,给您。

Nurse: Please, fill this admission card.

护士：请填一份住院卡。

Patient: Oh, let me see. ... It is finished now.

患者：嗯，让我看一下，……填好了。

Nurse: How long do you expect to stay in the hospital.

护士：您准备在医院住多久？

Patient: The doctor told me to stay about one month. I have nephritis. This is the second time to enter the hospital.

患者：医生告诉我大概住一个月，我患肾炎，这是第二次住院了。

Nurse: Would you come to the hospital today?

护士：您今天就来住院吗？

Patient: Yes, I hope to enter the hospital this morning.

患者：是的，我希望今天上午就住院。

Nurse: But, there is no bed available now. This afternoon, two patients will be discharged so you may be admitted this afternoon.

护士：可是现在没有空床，今天下午有两个患者出院，下午您可以来住院。

Patient: Well, when they leave the hospital, I shall admit. How many beds are there in this hospital?

患者：好的，他们一出院我就住进来。这个医院有多少床位？

Nurse: There are five hundred and eighty beds.

护士：有 580 张床。

Patient: What are the visiting hours?

患者：什么时候探视？

Nurse: The visiting hours are from 3 o'clock to 5 o'clock P.M., on Monday, Wednesday, and Friday, and from 8-12 A. M. and 3-5 P. M. on Sunday.

护士：星期一、三、五的下午 3~5 点。星期日上午 8~12 点，下午 3~5 点。

Patient: Thank you for introducing this information. Good-bye.

患者：谢谢您的介绍，再见。

Nurse: Good-bye. See you in the afternoon.

护士：再见，下午见。

(In the afternoon)

(当日下午)

Patient: Good afternoon, nurse. Are there beds available now?

患者：您好，护士小姐，现在有空床了吧？

Nurse: Good afternoon, two patients have been discharged this afternoon. You may be admitted to the medical ward.

护士：您好，下午两个患者已经出院了，您可以住进内科病房了。

Patient: Thank you very much.

患者：太感谢您了。

Nurse: Don't mention it. Have you been registered yet?
护士：不客气，您已经办手续了吧？
Patient: Yes, I have been registered this morning.
患者：是的，今天上午我已经办好手续了。
Nurse: You are admitted at 3 P.M..
护士：您是今天下午三点钟住院。
Patient: Which ward do I go to?
患者：我住到哪个病房？
Nurse: You are a medical case and should go to the medical ward on the second floor.
护士：您是内科患者，到二楼内科病房。
Patient: Are there line, bedding and clothing in the ward?
患者：病房里有褥单、床单及衣服吧？
Nurse: Yes, but our patients bring their own towels.
护士：有，但我们的患者应带他们自己的毛巾。
Patient: Where should the patient's own clothing be kept?
患者：患者自己的衣服存放在什么地方？
Nurse: The hospital has a cabinet with lock in which to keep the patient's clothing.
护士：医院内备有带锁的衣柜，可以放置患者的衣服。
Patient: Where are the patient's valuables kept?
患者：患者贵重的东西放在哪里？
Nurse: They should be given to the Head Nurse who will lock them up in a safe place.
护士：可以交给护士长，锁在安全的地方。
Patient: That's very good.
患者：那太好了。
Nurse: Well, please follow me, let's go to your ward.
护士：好，请跟我来，我们去您住的病房。

(2)

Nurse: How do you do! Welcome. I'm the nurse in charge of this ward. We hope you will feel at home here. This is nurse Wang. Here is your doctor, Doctor Chen.
护士：你好。欢迎您。我是这间病房的护士长。希望你在这里像在家里一样。这位是王护士，这是负责你的医生，陈医生。
Patient: Sorry to bother you all.
患者：麻烦你们大家了。
Nurse: If you need anything, just press this button.
护士：你若需要什么，就请按这只电钮。
Patient: Is it possible for my sister to stay here with me?
患者：我姐姐可以在这里陪我吗？
Nurse: Yes, but she has to pay for her bed. Does she want to have meals here too? We don't think it is necessary. Your condition isn't so serious.

护士：可以，但是得交陪住费，她也在这里用饭吗？我们想不需要。你的病情不那么严重。

Patient: What are the hours here for meals?

患者：这儿什么时候开饭？

Nurse: Patients usually get up at 7 A.M. .Breakfast is at 8 o'clock. The ward rounds and treatment start at 9 A.M. . Lunch at noon. After that you have a nap or rest. Visiting hours are from 3 to 7 P.M. . Supper is at 6 P.M. . Bed time is from 9:30 to 10:00 P.M. .

护士：患者一般早 7 点起床。8 点吃早餐。9 点医生查房和进行治疗。12 点午餐。饭后午睡或休息。下午 3~7 点是探视时间。6 点晚餐。9:30~10:00 患者该睡觉了。

Patient: Will you show me where the sitting-room, bathroom and telephone are?

患者：请告诉我起坐间、浴室和电话在哪儿好吗？

Nurse: Of course. Are you Muslim?

护士：当然可以。你是伊斯兰教徒吗？

Patient: Yes, I am.

患者：是，我是。

Patient: No, I am not.

患者：不，我不是。

Nurse: Which kind of food do you prefer, Chinese or Western?

护士：你喜欢吃中餐还是吃西餐？

Patient: I prefer Western food.

患者：我愿意吃西餐。

Patient: I like Chinese food very much.

患者：我非常喜欢吃中餐。

Nurse: Have you eaten breakfast (lunch, supper) already?

护士：你吃过早饭（午饭、晚饭）了吗？

Patient: Yes, I have.

患者：是，吃过了。

Patient: No, I have not.

患者：没有，还没吃。

Nurse: How is your appetite?

护士：你的胃口怎样？

Patient: (1) Not so good.

患者：不太好。

(2) Just so so.

一般。

(3) I have no appetite at all.

一点食欲都没有。

Nurse: What are your eating habits?

护士：你的饮食习惯是什么？

Patient: (1) I don't eat much. I would like to have a snack in the afternoon and before going to bed.

患者: 我吃得不多。我希望在下午和睡前吃点东西。

(2) I don't like greasy food.

我不喜欢吃油腻的东西。

(3) I prefer more vegetables than meat.

我愿意多吃青菜,少吃肉类。

(4) Since I am overweight, I only take fish and chicken.

由于我现在太胖了,所以我只吃鱼和鸡。

(5) I don't like sweet things.

我不喜欢甜食。

Nurse: Are you allergic to certain foods like prawns or shrimps?

护士: 你对某些食物如对虾、小虾过敏吗?

Patient: I am allergic to sea food.

患者: 我对所有海产食物都过敏。

Nurse: Do you like fruit?

护士: 你喜欢吃水果吗?

Patient: Yes, please give me some with each meal.

患者: 是的,请每餐都给我些水果。

Nurse: (1) Do you prefer a consomme or a cream soup?

护士: 你喜欢清汤还是奶油汤?

(2) Do you prefer milk or sour milk?

你喜欢牛奶还是酸奶?

(3) Do you prefer black tea, jasmine tea, or coffee?

你喜欢红茶、茉莉花茶还是咖啡?

(4) Do you take sugar with your milk (tea, coffee)?

你的奶(茶、咖啡)里放糖吗?

(5) Do you like our eggs soft-boiled, hard-boiled or fried?

你要吃煮嫩蛋、老蛋还是煎蛋?

Patient: (1) I like rice gruel (porridge, noodles, toast).

患者: 我喜欢大米粥(稀饭、面条、烤面包)。

(2) Please give me some fruit juice (iced water, mineral water).

请给我一些果汁(冰水、矿泉水)。

(3) Please don't give me any cakes. I only want soda-crackers.

请不要给我蛋糕,我只吃苏打饼干。

(4) Since my teeth are bad, please give me soft foods and tender meat.

因为我牙齿不好,请给我软的食品和嫩的肉。

Nurse: Please try to eat a little more. It will help you recover more quickly.

护士: 请多吃一些。这样可以帮助您早日康复。

12 Ward Round Conversation after Admission 住院后巡诊对话

(1)

Doctor: Hello, Mrs. Smith. My name is Dr. Wang, I need to ask you some questions similar to the questions the doctor in Outpatient Department asked you and also examine you. Is that OK?

医生：你好，史密斯夫人，我是王医生。我需要问一些门诊部医生问过的类似问题，同时还要检查一下你的身体，这样可以吗？

Patient: Yes, sure, do you have any idea what may be wrong with me?

患者：是的，当然可以。你知道我得了什么病吗？

Doctor: We need to do some more tests, before we have an answer.

医生：我们需要作些检查才能得出结论。

Patient: What tests will you be doing?

患者：将有哪些检查？

Doctor: We will do some more blood tests, maybe take another X-ray of your chest and we will need a specimen of sputum.

医生：我们会再做一些血液检查，可能再拍摄一次胸腔的 X 线，还需要你的唾液样本。

Patient: What blood tests are you going to take?

患者：你们要做什么类型的血液检查？

Doctor: We will need a full blood screen to see if you have an infection or virus or any other problems, so we will check your WBC(white blood count) Hb and any other tests, I think you may need after I have examined you.

医生：我们要做一个全血细胞检查，看看你胸部是否受到感染、病毒侵袭或者有其他的问题，我们还会检查你的白细胞数和血红蛋白。是否还进行别的检查，需要我做了检查之后才决定。

Patient: How long do I need to stay in hospital?

患者：我需要住院多久？

Doctor: As soon as we know what the problem is, we will treat you, and as soon as you're better you can go home.

医生：我们一确诊就会马上治疗，只要你有了好转就可以出院。

Patient: Do I need any medication?

患者：我需要吃药吗？

Doctor: You might need to take medication, if so I will prescribe some for you.

医生：你可能需要吃药，到时候我给你开处方。

Patient: Do I need to have this oxygen mask on all the time?

患者：我需要一直带着这个氧气面罩吗？

Doctor: Yes, you do, I'm afraid, because you are having trouble breathing, it will help you.

医生：是的，恐怕是这样。你呼吸困难，它能帮助你。

Patient: When will you know what's wrong with me?

患者：什么时候能确诊呢?

Doctor: As soon as I have all the test results, I will let you know.

医生：一旦检查结果出来我就会告诉你。

Patient: Can I get out of bed and walk around?

患者：我能离开床走走吗?

Doctor: Sorry, no. You can not at the moment, as you need to have the oxygen, but you can sit next to the bed, if you like, the nurse will help you.

医生：对不起,你现在不能,因为你需要带着氧气面罩。不过你可以坐在床边,如果需要那样做,护士会帮助你。

(2)

Doctor: Good morning, Mrs. Jones, did you sleep well?

医生：早上好,琼斯夫人,你昨晚睡得好吗?

Patient: No, not very well, Doctor.

患者：不是很好,医生。

Doctor: Oh, dear, why is that? Were you in a lot of pain?

医生：噢,为什么,是因为疼痛吗?

Patient: I was in some pain during the night.

患者：我昨晚痛了一夜。

Doctor: Has the nurse given you any pain relief (Painkillers) ?

医生：护士给你止痛片了吗?

Patient: Yes, she did. But it didn't seem to last for very long.

患者：是的,她给了,不过止痛效果没有那么持久。

Doctor: I'll prescribe you something else, if you are still in pain after taking the new medication, please tell the nurse.

医生：我给你开些别的药,如果吃了新开的药之后还痛的话请告诉护士。

Patient: Thanks you, what's going to happen to me?

患者：谢谢,接下来我该做什么?

Doctor: I need to examine you, ask you some questions about this problem, and to also ask you about your medical history.

医生：我需要检查一下你的身体,问你一些病的问题,还有你的既往病史。

Patient: I've got my tablets (medication) that I usually take. Can I still take them?

患者：我带着我平时常吃的药。还能继续吃吗?

Doctor: I will look at them, when I ask you about your medical history and any other existing problems you have.

医生：当我问你既往病史和现在的情况时,会考虑你是不是还可以吃那些药。

Patient: Am I going to have any tests?

患者：我现在是要进行检查吗?

Doctor: Let me examine you, and I will tell you what we are going to do.

医生：我先检查你的身体,然后会告诉你接下来做什么。

(3)

Doctor: Hello, Miss Adam, my name is Dr. Bai, I need to examine you, can you show me where the pain is?

医生：你好，亚当小姐，我是白医生。我要检查一下你，你能指给我看哪里痛吗？

Patient: It's just here.

患者：就这儿。

Doctor: What are your symptoms?

医生：你什么症状？

Patient: Well, I had a slight stomach ache a couple of days ago, but I didn't take a lot of notice, I thought it was something I had eaten, and that it would go away.

患者：两天前我有轻微的肚子痛，我当时没有注意，觉得可能是吃某些食物导致的，认为过一段时间就会好。

Doctor: Did you have any diarrhea or vomiting?

医生：你腹泻或呕吐吗？

Patient: No, not at first, I only started the diarrhea yesterday, and I haven't vomited.

患者：没有，一开始没有。我昨天开始腹泻，没有伴随呕吐。

Doctor: Have you had this problem before?

医生：以前有过这样的毛病吗？

Patient: No, I haven't, only a stomachache from food sometimes, but it goes away after a while.

患者：没有，从来没有过。只有是有时候吃不洁食物会痛，不过一会儿就好。

Doctor: Have you still been able to eat and drink?

医生：你现在还能正常饮食吗？

Patient: Yes, until yesterday, when the pain got worse. I have only been taking small amounts of drinks since.

患者：是的，直到昨天病情加重为止前都很正常，在那以后我就只喝了点饮料。

Doctor: Are you still having diarrhea? Are you passing urine OK?

医生：你现在还腹泻吗？排尿正常吗？

Patient: Yes, I do still have diarrhea, but not too much, and I am passing urine but it's a bit concentrated.

患者：是的，现在还腹泻，但没有那么多了。我还正常排尿，不过尿液很浓。

Doctor: Miss Adam, I need to ask you for stool and urine specimen, we will also take an X-ray of your abdomen, and full blood tests, depending on the X-ray results we might need an Ultra-scan of your abdomen.

医生：亚当小姐，我需要你的粪便和尿液样本，还要拍摄一个腹部的X线片，做一个全血细胞检查。X线片结果出来后，根据情况还可能要做腹部的超声波扫描。

Patient: Am I going to have an operation (surgery)?

患者：我需要动手术吗？

Doctor: It will depend on what the results tell us, meanwhile, we will give you intravenous

fluids, and ask you to take fluids only. I will prescribe some medication for pain relief. Do you have any questions?

医生：这得看最后的结果，同时，我们给你进行静脉输液，你只能喝流体。我会给你开些止痛的药。你还有什么问题吗？

Patient: When will I get results from my test? Where do I have to go to have the tests? I don't speak any Chinese.

患者：我什么时候可以拿到检查结果？我不会说中文，怎么过去检查？

Doctor: Please don't worry, a nurse will go with you, and explain to you what is happening, I will have the results later today and I will see you then.

医生：请不要担心，护士会带你过去给你解释接下来的事情。今天晚些时候我就能拿到检查结果，到时我再过来看你。

Patient: What will happen if I need an operation (surgery)?

患者：如果我需要动手术的话，会是怎么样的？

Doctor: It will be the procedure as in your country, you will have to starve for at least 8 hours before surgery. The surgeon and anesthetist will come and see you, the anesthetist will ask you a few questions about your general health, and prescribe any pre-med he might like you to have. The surgeon will discuss with you the surgery he will perform, and ask you to sign a consent form. And a few hours before your surgery, the nurses will prepare you for surgery, and escort you to the operating rooms when the time comes.

医生：手术的程序步骤和你们国家的差不多，手术前八小时你不能进食，外科医生和麻醉师会先过来问你一些身体健康情况，给你开一些药。外科医生会跟你讨论一下将要进行的手术，要求你签一份同意书。手术开始前的三四个小时，护士会开始准备，手术时间来临的时候会护送你进入手术室。

Patient: Can I walk around if I want to?

患者：如果我愿意的话，我能下来走走么？

Doctor: Well you will be having an intravenous drip, so you will need to be very careful if you want to walk around, you will need to ask the nurses if they can help you.

医生：你将要打点滴，如果你确实想要走走的话必须非常的小心，最好是先问问护士是不是能够帮你。

Patient: Can I have something to eat, something light?

患者：我能吃点清淡的东西吗？

Doctor: No, I'm afraid not, just sips of water for now in case you need surgery.

医生：不，恐怕不行。只能喝一点点水，你要为动手术做准备。

Patient: Oh, OK, can I have visitors?

患者：哦，好的，能探访吗？

Doctor: Yes, of course, are there any other questions you would like to ask me?

医生：当然可以，还有什么问题需要问我的吗？

Patient: No, not right now, thanks, maybe later when you come back with the results.

患者：没有了，现在没有，谢谢。可能你一会儿过来送化验结果的时候会有。

Doctor: If you have any problems, please ask the nurse. If she can't help you she will find someone who can.

医生：如果你有什么问题，你可以问护士，如果她不知道怎么办，她会找知道的人来帮助你。

Patient: OK, thanks very much.

患者：好的，非常感谢。

Doctor: You're welcome. See you later.

医生：不客气，再见。

13 Visiting a Patient 探视病人

(Miss Qi has been admitted to a hospital for peptic ulcer. Her friend, Mr. Wang is coming to visit her.)
(齐小姐因消化性溃疡住进了一家医院。此刻，她的朋友王先生来医院探望她。)

Mr. Wang: Good afternoon, Miss Qi.

王先生：齐小姐，下午好。

Miss Qi: Good afternoon. It's very nice to see you again.

齐小姐：下午好。真高兴又见到你了。

Mr. Wang: How are you feeling today?

王先生：你今天感觉怎么样？

Miss Qi: I am much better. The stomachache is gone, and the doctor is about to give me another endoscope examination to see whether the ulcer do heal up.

齐小姐：好多了。胃痛已消失，医生打算再做一次内镜检查，看看溃疡是否真的愈合了。

Mr. Wang: Did you ever have this disease before?

王先生：你以前患过这病吗？

Miss Qi: Yes. The disease was first discovered three years ago. I have suffered much from its periodical recurrence in the last three years.

齐小姐：是的。三年前第一次发现有该病。在过去三年中，它反复发作，给我带来了很大的痛苦。

Mr. Wang: You had been working too hard before your hospitalization. This might be one of the reasons for this most recent recurrence.

王先生：住院前，你工作太辛苦了，这也许是此次发作的原因之一。

Miss Qi: Maybe you are right.

齐小姐：也许是这样吧。

Mr. Wang: Here are some things for you. I hope you will like them.

王先生：这些是给你的，希望你能喜欢。

Miss Qi: How beautiful those flowers are ! I like them very much. Indeed, orange is the kind of fruit I like most. Unfortunately, the doctor has advised me to take no acid food. Thank you for your kindness anyway.

齐小姐： 好美的花啊！我很喜欢。的确，橘子也正是我喜爱的水果。遗憾的是，医生建议我不要进食酸性食物。不管怎么样，谢谢你的好意。

Mr. Wang: I also bring some magazines for you. I wish that they may help you to overcome the tedium you'll have in hospital.

王先生： 我还给你带来了些杂志，希望它们能帮你克服住院期间可能会有的单调乏味感。

Miss Qi: You are so considerate!

齐小姐： 你想的太周到了。

Mr. Wang: It's time for me to leave. Several of our colleagues have come together. They are waiting for my return so that they could come in to see you.

王先生： 我该走了。我们几个同事一起来的，他们正等着我回去，这样他们才能进来看你。

Miss Qi: But why don't you come in together?

齐小姐： 你们为什么不一起进来呢？

Mr. Wang: The hospital has the regulation that only one person may enter each time.

王先生： 医院有规定，一次只能进来一个人。

Miss Qi: I see.

齐小姐： 我明白了。

Mr. Wang: See you later. I hope that you will recover soon.

王先生： 再见。祝你早日康复。

Miss Qi: Thank you for coming. Good-bye.

齐小姐： 谢谢你来看我，再见。

14 Discharge 出院

(1)

Doctor: Good morning, Sr. How are you feeling today?

医生： 早上好，先生，今天觉得怎么样？

Patient: Fine, thanks. I feel all my trouble has gone. Can I leave the hospital within this week?

患者： 不错，谢谢。我觉得没有什么不适了。这周我能出院吗？

Doctor: You've gotten an ideal recovery after operation as expected. So don't think it's unpractical that you leave the hospital the day after tomorrow.

医生： 你术后恢复得很好，我看后天出院没什么问题。

Patient: Do you think I can return to my original occupation very soon?

患者： 你看我可以马上恢复工作吗？

Doctor: Don't so hurry.

医生： 不要这么急。

Patient: How long do you think before I can return to my work?

患者： 你看我还要等多长时间？

Doctor: I can assure you'll fully recover after four to six weeks.
医生：我相信 4~6 周后你会完全恢复的。
Patient: Is there anything I should follow?
患者：有什么要注意的吗?
Doctor: You'd better have a good rest for one week.
医生：你还是该好好休息一周。
Patient: You mean I should stay in bed for the whole week.
患者：你是说我要在床上躺整整一周。
Doctor: No, you should get outdoors more and get some of exercises.
医生：不是,你还是该到室外多活动活动。
Patient: What should I do first?
患者：开始我该怎么做?
Doctor: Anything you like, such as taking a walk or having a breath in morning.
医生：随你喜欢,比如早晨散散步,呼吸一些新鲜空气。
Patient: What kind of food should I have, special nourishment?
患者：我该吃些特殊营养食物吗?
Doctor: Have regular meals first. Keep to a diet of vegetable and fruit. Keep off alcohol. If possible, give up smoking, at least for a time.
医生：首先饮食要规律,多吃蔬菜、水果,别喝酒,如果可能,也别抽烟,至少最近别抽了。
Patient: Should I take some medicines?
患者：我还要吃药吗?
Doctor: Yes, I am going to give you some and you've got to take every day. Now, I'll write a prescription for you.
医生：当然,我这就给你开一些,坚持每天吃。这是处方。
Patient: When will these tablets be finished?
患者：这些药多长时间吃完?
Doctor: In three days,and then you may come back and get some more.
医生：三天。以后再来拿一些。
Patient: How should they be taken?
患者：怎么服?
Doctor: Take one tablet of this medicine three times a day before meals; that one, two tablets.
医生：这种药每天三次,饭前每次一片;这种药每次两片。
Patient: I see, thank you.
患者：知道了,谢谢你。
Doctor: Remember to come to out-patient department for a consultation two weeks later, please.
医生：记着两周后到门诊来复查。
Patient: At your disposal.
患者：听你的。

Doctor: By the way, you have to return the utensils in order to get your money back.
医生：顺便提一下，你要把病房用具还回去才可拿回押金。
Patient: Well, I will.
患者：好，我会的。
Doctor: You can settle the accounts tomorrow.
医生：你明天就可以结账。
Patient: All right. My wife is outside. Would you please ask her to come in so I can make some necessary arrangements for leaving hospital.
患者：好吧，我妻子在外面，请您叫她进来。我们做些出院准备。
Doctor: Of course.
医生：当然可以。
Patient: It's very kind of you.
患者：非常感谢。
Doctor: You are welcome. Wish you an early recovery. Good-bye.
医生：别客气。祝你早日康复，再见。

(2)

Nurse: You have been in the hospital for two weeks, haven't you?
护士：你住院两个星期了，是吧？
Patient: Exactly, but the doctor told me I still have to rest for one more week.
患者：对的，可是医生说我还得休息一个星期。
Nurse: The doctor has written a certificate for you. There are two suggestions. First, avoid any mental stress and have a good rest. Secondly, examinations of fasting sugar and an EKG should be done regularly.
护士：医生已经给你开好了证明书。里面有两条建议。第一，避免精神紧张，好好休息。第二，定期查空腹血糖和做心电图检查。
Patient: My family doctor needs my medical history. May I have it tomorrow?
患者：我的家庭医生需要我的病史，明天能给我吗？
Nurse: Certainly.
护士：当然可以。
Patient: Please give me my account.
患者：请给我结一下账。
Nurse: I'll go to the admissions' office to get your bill at once.
护士：我立即到住院处去给你结账。
Patient: How much do I owe you? May I pay it by cheque?
患者：我欠多少钱？能用支票付款吗？
Nurse: Altogether three hundred and fifty yuan, seventy five fen. You may pay either in cash or by cheque.
护士：总共 350 元 7 角 5 分，你付现金或开支票都行。
Patient: I must go now. Will you call a taxi for me?

患者：我该走了。请给我叫辆出租汽车，好吗？

Nurse：Have you made sure you haven't left anything behind?

护士：你没有遗留下什么东西吗？

Patient：I don't think so. I'm really very grateful to you all. You were all so kind to me.

患者：我想没有。我十分感谢你们大家。你们对我都这么好。

Nurse：Don't mention it. That is our job.

护士：不必客气，那是我们的职责。

Nurse：The taxi has come.

护士：出租车来了。

15 Discharging a Patient—Internal Medicine 内科患者出院

Doctor：We have the results of your tests, they are now looking good.

医生：我们已经拿到检查结果了，显示结果非常好。

Patient：Does that mean I can go home now?

患者：那是否意味着我可以回家了？

Doctor：We are going to discharge you this afternoon.

医生：今天下午，我们将给你办出院手续。

Patient：Oh, that's great.

患者：噢，太好了。

Doctor：You will need to take some medication home with you, I have prescribed some tablets for your blood pressure and you need to take one twice a day morning and evening. I have also prescribed a sublingual tablet which you should take when the pain comes in your chest, put one tablet under your tongue and let it dissolve, you must only take a maximum of two tablets a day.

医生：你需要带一些药回家，我已经给你开了些治疗高血压的药片，每天早晚各吃一片。另外，我还开了舌下锭，当你胸部疼痛时，请放一片在你的舌头下面让它慢慢融化，每天最多吃两片。

Patient：OK, do I need to come back for a check up?

患者：噢，我还需要回来复查吗？

Doctor：You will need to come back for a check up in two weeks.

医生：两周后你需要回来复查一下。

Patient：Where will I have to go for the check up, in Outpatient Department?

患者：我将到哪儿去复查，门诊部？

Doctor：Yes, you will need to register first, like the first time and come and see me in Outpatient Department. I'll write the doctor's name down for you so you can give it to the registration nurse.

医生：对，你需要先挂号，像上次一样到门诊部来找我。我将把医生的姓名给你写下，以便你给挂号处的护士。

Patient: That will be really helpful. Thanks a lot.

患者：真是太好了，谢谢！

Doctor: Please rest when you go home, just gentle exercise at first and do not lift anything heavy for a few weeks.

医生：回家后好好休息，在几个星期内可以做一些轻微的运动，但不要提重的东西。

Patient: Can I go out shopping, it's just walking?

患者：我可以去逛街吗？就像散步一样。

Doctor: Yes, but do not lift anything heavy for a few weeks.

医生：可以，但在几周内不要提重的东西。

Patient: OK.

患者：好的。

Doctor: If you are concerned about your health, please phone us, the nurse will give you the telephone number.

医生：如果你担心健康，请给我们打电话。护士将给你我们的电话号码。

Patient: No, I'm sure I'll be fine.

患者：不用了，我觉得不会有什么问题。

Doctor: Please come to the Emergency Room straight away, if you are having severe chest pain and the medication isn't working, or if you are feeling breathless.

医生：如果有剧烈的胸痛，或者药不起作用，或者呼吸困难，请直接来急诊室。

Patient: OK, I will.

患者：好的，我会的。

Doctor: Have you any questions you would like to ask?

医生：你还有其他的问题吗？

Patient: No, I don't think so, you seem to have told me everything. Thanks a lot.

患者：我想没有了。你似乎已经告诉我所有的事情了。非常感谢！

Doctor: I will write a letter for you to give to your doctor, explaining the treatment you have had, and I'll give it to you before you go home. Do you need a letter for your Health Insurance Company.

医生：我将给你写一封信，你可以交给你的私人医生，它将说明你曾经接受过的治疗情况。在回家之前我给你。你需要给你的保险公司开证明吗？

Patient: Just a copy of the letter to my doctor will be fine and the bill for my stay here, when do I have to pay?

患者：我把给医生的信复印一下就可以了。另外，请问我什么时候去付清这次住院的花费？

Doctor: The nurse will show you where to go, and the cashier will give you a bill with a list of your expenses and she will give you a receipt when you pay.

医生：护士将带你过去。出纳会给你住院的花费清单，并在你付钱的时候给你收据。

Patient: OK, great. I can give all that to my insurance company when I go home. Thank you very much.

患者： 好的。我可以在回家后把所有的东西交给我的保险公司。非常感谢！

Doctor： You're welcome. I'll see you later.

医生： 不要客气，再见！

16 Discharging a Patient—Surgical 外科患者出院

Doctor： We are going to discharge you later this morning.

医生： 我们安排你今天上午的晚些时候出院。

Patient： That's marvelous thanks.

患者： 太感谢了！

Doctor： You need to come back to have your sutures removed in 3 days time.

医生： 你需要三天后来拆线。

Patient： Do I come back here to the ward?

患者： 我需要回到这个房间吗？

Doctor： No, you need to go back to Outpatient Department, please remember you will need to register again when you come back.

医生： 不用，你需要去门诊部，请记住当你回来的时候需要重新挂号。

Patient： Oh, OK. Do I ask for you or someone else?

患者： 哦，好的，我是找你还是找其他人？

Doctor： I will write the doctor's name down for you so you can give it to the registration nurse.

医生： 我会把医生的名字写给你，你把它交给挂号处的护士就可以了。

Patient： That will be great thanks.

患者： 非常感谢！

Doctor： You need to keep the dressing on until have your sutures removed. Please do not get the dressing wet.

医生： 你要一直放敷料直到拆线，请不要弄湿了。

Patient： Will you give me some clean ones to take home with me?

患者： 你会给我一些干净的敷料带回家吗？

Doctor： Yes, the nurse will give you some. You will need to rest when you go home and please do not lift anything heavy for a few weeks and only gentle exercise for a while.

医生： 是的，护士会给你一些。回到家之后多休息，请在这几周内不要提重的东西，可以做一些轻微的运动。

Patient： Great, no housework then?

患者： 太好了，那我不用做家务了？

Doctor： I will prescribe some medication for you to take home.

医生： 我会给你开些药带回家。

Patient： What medicine do I need?

患者： 我需要什么药？

Doctor: I am going to prescribe some painkillers and antibiotics. Please take the antibiotics two capsules four times a day, and the painkillers two tablets when you need them, the maximum does is eight tablets a day.

医生：我给你开些止痛药和抗生素。抗生素请一天服四次，每次两片；止痛片，必要时，每次两片，每天最多八片。

Patient: OK, will you get these for me or do I need to go to pharmacy?

患者：好的，是你准备好给我还是我去药房取？

Doctor: I will give you the prescription, and you will need to go to the Pharmacy Department, the nurse will show you.

医生：我给你处方，你需要自己去药房，护士会带你过去。

Patient: OK, I'll do that on my way out of the hospital.

患者：好的，我自己能在出院时办好。

Doctor: Please come to the Emergency Room straight away if your wound breaks open, is oozing or the pain comes back. Have you any questions you would like to ask?

医生：如遇到如下情况，请直接到急诊室：伤口破裂、往外渗水或疼痛发作。你还有什么要问的吗？

Patient: No, not really. Where do I go to pay the hospital bill, will you give me a letter for my insurance company?

患者：没有了，我到哪儿去交药费？你可以给我写一封信给我的医疗保险公司吗？

Doctor: I will write a letter for you to give to your doctor, explaining the treatment you have had. And a letter to your Health Insurance Company, the cashier will give you a list of your expenses and a receipt.

医生：我会给你的私人医生写信，告知给你所做的治疗，还要给你的医疗保险公司写信，收费处会给你一张费用清单和收据。

Patient: OK, that's fine. I don't need anything else, thanks very much, doctor.

患者：好的，那很好。我没别的要求了，非常感谢，医生。

Doctor: You are welcome.

医生：不客气。

Unit XV

Death

死　亡

1 Giving Comfort 安慰

Doctor: I'm so sorry that your mother is very sick. However, it's just curable and we will try our best to treat her. Please don't worry too much.

医生：很遗憾你的母亲病得这么厉害，但她的病是可以治愈的。我们会尽最大的努力来给她治疗，请你不要太担心。

※　　※　　※

Doctor: Mr. Green, you know that your daughter was badly injured. It's very lucky we didn't lose her, but it's supposed to be a very long walk from here to complete recovery. So you should get ready for this difficult progress. However, I can assure you that all the life-threatening risks have been avoided.

医生：格林先生，你知道你的女儿伤得很重。很幸运我们没有失去她，但是从目前这种状况到完全恢复，还有很长的路要走。因此你必须对这个困难的过程有个心理准备。当然，我可以向你保证所有威胁生命的因素都已经避过去了。

※　　※　　※

Doctor: Mrs. Brown, I know you're doubting whether your son could stand up again or not. Surely there is a positive answer, though I can't say exactly when. Don't worry too much, because the most difficult time has passed.

医生：布朗太太，我知道你在怀疑你儿子是否还能再站起来。这个答案是肯定的。当然，我也很难准确地说具体是什么时候。不要太担心，因为最困难的时期已经过去了。

※　　※　　※

Doctor: Mr. Brown, your brother was badly injured in that accident. He had a huge amount of blood lost when he was brought here. It's very hard to say now if we could get him back or not. Please wait outside the First-aid Room. We would never give up if there is still any chance.

医生：布郎先生，你的兄弟在事故中受伤严重。在被送来的时候，他失血很多。现在很难说我们能不能把他救回来。但是只要还有一线希望，我们就不会放弃。请你在抢救室外面等吧。

※　　※　　※

Doctor: Mr. Green, your son's condition is much better than the worst case I have experienced. Please don't be so upset, just show your patience and maturity.

医生： 格林先生，你儿子的情况比我所见过的最糟糕的病例要好多了。请你不要这么紧张，要表现出你的耐心和成熟来。

2 Giving Up 放弃治疗

(1)

Doctor： Mr. Brown ...

医生： 布朗先生……

Brown (Patient's father)： Call me Peter.

布朗(患者父亲)： 叫我皮特吧。

Doctor： OK. Peter. Have you got a minute? We need a talk.

医生： 好的，皮特。你有时间吗？我需要和你谈谈。

Brown： You bet.

布朗： 当然。

Doctor： I have to let you know that your son is very sick, and it's getting worse. The primary carcinoma and the metastasis have ruined his organs, and he doesn't have much time because of the loss of life-supporting functions of these organs.

医生： 我想我必须告诉你，你的儿子病得非常厉害，病情也还在恶化。肿瘤原发灶和转移瘤已经破坏了他的一些器官。随着这些器官支持生命的功能的丧失，你儿子的时间已经不多了。

Brown： Please help him. Just do everything to help him. He's my single son. He is just 17 years old.

布朗： 请你帮帮他，尽一切努力救救他。他是我唯一的儿子，他才十七岁。

Doctor： Yes, we have tried everything. But it didn't work. Nobody wants to see that, but he's dying. Peter, we must face it.

医生： 我们已经尽了最大的努力，但一切都无济于事。没有人希望看到这种情况发生，但又真的是无能为力了。皮特，我们必须面对现实。

Brown： Doctor, please. I can't lose him. He's my single son. I can't live without him.

布朗： 医生，求求你。我不能失去我唯一的儿子。没有他，我活不下去。

Doctor： Peter, I know the feelings.

医生： 皮特，我明白你的感受。

Brown： (crying)

布朗： (哭)

Doctor： I'm sorry he can't make tomorrow. I want to know, when the moment comes, should we do anything to prolong his time? Frankly speaking, it makes no sense.

医生： 很遗憾他无法支持到明天。我需要知道，如果最后一刻来临，我们还需要做些什么来延长他的生命吗？但坦率地说，那已经没有什么意义了。

Brown： (crying) I'm not ready to lose him ...

布朗： (哭)我还没有准备好失去他……

Doctor: Peter, there are some papers for you to sign. I'm around. If you have decided, please let me know.

医生：皮特，我们有一些文件需要你签署。我就在附近，如果你已经做好决定，就来找我。

(2)

Daughter of Mr. Green: Doctor Li, We need to talk.

格林先生的女儿：李医生，我想跟你谈谈。

Doctor: For what?

医生：谈什么？

Daughter: I want to take my father home.

女儿：我想带我父亲回家。

Doctor: Why? He will die soon after losing the life-supporting medicines and machines.

医生：为什么？如果他脱离了维持生命的药物和机器，他很快就会死的。

Daughter: Is that still his own life? Actually, since my mother died last year, my father has been longing to meet her. He doesn't need the treatment anymore.

女儿：(靠药物和机器维持的生命)还是他自己的生命吗？事实上，自从去年我母亲过世，我父亲就一直渴望去和她相会。他已经不再需要这些治疗了。

Doctor: OK. If you have made up your mind, I have some papers for you to sign. Just wait a minute.

医生：好的，如果你已经做了决定，我有一些文件需要你签署。请稍等。

Daughter: Thanks for your understanding.

女儿：谢谢你的理解。

3 About Death 关于死亡

(1)

Doctor: Hi, Mr. Rain. I'm doctor Banquo.

医生：你好，瑞恩，我是班柯医生。

Patient's Husband: Hi, doctor Banquo.

患者的丈夫：你好，班柯医生。

Doctor: I need to talk to you about your wife. She's got a spinal fracture and a mass of internal bleeding. And this caused a disease so-called DIC. The blood can't coagulate for lack of thrombin.

医生：我得跟你谈谈你妻子的事。她有脊柱骨折和大量内出血。这引起了一种叫 DIC(弥散性血管内凝血)的疾病，这让她失去凝血酶，血液不能凝结。

Patient's Husband: So what will happen?

患者的丈夫：会发生什么事？

Doctor: She is going to die.

医生：她会失去生命。

Patient's Husband: (crying) Oh, My God. Please save her. Please do one more thing to help her.

患者的丈夫：(哭)噢,上帝！请救救她！请再努力一点让她活过来吧！

Doctor: I'm sorry, Mr. Rain. We have tried everything. We can just make her die peace.

医生：我很遗憾,瑞恩先生。我们已经尽了一切努力。我们只能尽力让她去得平静一些。

Patient's Husband: (crying).

患者的丈夫：(哭)。

(2)

Doctor: Your wife is dehydrated, Mr. Franks. She woke up because we gave her fluids. Her respiratory problem is worsening.

医生：你妻子脱水了,Franks 先生。她之所以醒过来了,是因为我们给她补液。她的呼吸问题越来越严重了。

Patient: I'm very tired.

患者：我感到很累。

Doctor: I know, dear. Have you got any pain?

医生：我知道,亲爱的 Franks 太太。你觉得哪里痛吗?

Patient: I'm dying, isn't so, Doctor?

患者：我要死了,对吗,医生?

Patient's Husband: No, you're going to be better.

患者的丈夫：不！你在好起来。

Doctor: Mrs. Franks, you will not be able to continue breathing on your own for very much longer. Do you want us to put a machine to help you breathe?

医生：Franks 太太,过不了多长时间你就可能无法继续自主呼吸了,你想要我们给你配备一部机器帮助你呼吸吗?

Patient's Husband: Yes, she does.

患者的丈夫：是的,她要。

Doctor: I'm asking your wife, Mr. Franks.

医生：Franks 先生,我在问你的妻子。

Patient: For how long?

患者：要多久?

Doctor: I don't know.

医生：我不知道。

Patient: No.

患者：不,不要。

Patient's Husband: (Be nervous) We have discussed this.

患者的丈夫：(急躁地)我们已经讨论过这个问题了。

Patient: No, No.

患者： 不,我不要。

Patient's Husband: (crying) I don't want you to go.

患者的丈夫： (哭)我不能让你走。

(3)

Doctor: Your wife is on the way.

医生： 你的妻子正在路上往这里赶。

Patient: She will be whacked. Do I look stupid, why don't you tell me? You're fighting against the God, and we both know who wins.

患者： 她会很疲惫。我看起来很愚蠢吗,医生？为什么不告诉我？你在和上帝战斗,我们都知道谁会赢。

Doctor: I don't think that way.

医生： 我不那样想。

Patient: Yes, you don't have to. I'm the one on table.

患者： 是的,你不必那样想。床上躺着的是我,不是你。

Doctor: We looked your ECHO. If we couldn't find a donator heart, you may probably not go over tonight, Mr. Rain.

医生： 我们看过你的超声心动图。如果我们找不到供体心脏的话,可能你挺不过今天晚上,瑞恩先生。

Patient: It's 2:00 in the morning. I'm dying. So just call me Sam. There is no time for formula.

患者： 现在是凌晨两点。我快死了。所以叫我 Sam 吧。没时间客套了。

Doctor: I'm sorry.

医生： 我很遗憾。

(4)

Doctor: Hello, is that Mr. Tiden? This is doctor Li of emergency room in hospital S.J.S. Your son has been involved into a traffic accident. The condition is very serious, so I think you should come here right away.

医生： 你好,是 Tilden 先生吗？我是 S.J.S 医院急诊室的李医生。你们的儿子遭遇了一起交通事故,伤势非常重。我想你应该马上到医院来。

※ ※ ※

Doctor: So you're Mr. Tilden, I'm doctor Li.

医生： 你是 Tilden 先生吗？我是李医生。

Father: Yes, I'm Tilden.

父亲： 是的,我是 Tilden.

Doctor: Around 9:00 this morning, your son was heavily injured in a traffic accident. He was brought here without respiration and heartbeat. We tried everything to save him but not succeed. I'm sorry your son is dead.

医生： 大概在今早九点,你的儿子在一起车祸事故中严重受伤。当他被送来的时候,已经没有呼吸和心跳。我们尽了最大的努力,但是最终回天乏术。我很抱歉,你的

儿子已经死了。

Mother: (crying) No, No. It's impossible.

母亲：(哭)不！不！不可能。

Father: Can we, can we see him?

父亲：我们,我们可以去看他吗?

Doctor: Yes. Please this way.

医生：是的,请这边走。

4 Euthanasia 安乐死

(1)

Patient's Son: Doctor Li, my mother is dying, isn't she?

患者的儿子：李医生,我的母亲快不行了,是吗?

Doctor: I'm sorry it's true.

医生：非常遗憾,确实是这样。

Patient's Son: How much time does she have?

患者的儿子：她还能活多久?

Doctor: It really depends. Maybe one month, maybe more than half a year.

医生：要看情况而定。也许一个月,也许超过半年。

Patient's Son: So what does it depend on?

患者的儿子：看什么情况呢?

Doctor: We have given her the best life-supporting medicines and machines to prolong her time. We are trying our best, but we can't surely say that we have avoid all the risks which could suddenly make her situation worse. And if we take off all the supports, she can't make tomorrow.

医生：我们给了她最好的药物和机器来延长生命。我们尽了最大的努力,但是没有办法肯定地说排除了所有使您母亲的情况急转直下的危险因素。而且如果去掉所有的支持因素,她甚至支撑不到天亮。

Patient's Son: Does she have any consciousness?

患者的儿子：她还有意识吗?

Doctor: I don't think so.

医生：我想没有了。

Patient's Son: So her body is alive but she has gone?

患者的儿子：意思是说她的身体还在活着,但她却已经死了?

Doctor: I'm sorry. You may say so.

医生：非常抱歉,可以这么说吧。

Patient's Son: Doctor, does it make any sense to prolong my mother's life?

患者的儿子：医生,这样延长她的生命还有意义吗?

Doctor: On the direction of medical science, it makes no sense. It's just humanism.

医生： 从医学的角度来说已经没有什么意义。但我们必须从人道主义考虑。

Patient's Son: Then doctor, we are wondering if there is any mercy access for my mother to heaven.

患者的儿子： 那么医生，我们在想是否有仁慈的办法让她升入天堂。

Doctor: Are you talking about euthanasia?

医生： 你的意思是说安乐死？

Patient's Son: Perhaps it's our difficult choice.

患者的儿子： 是的，这是个艰难的抉择。

Doctor: Look, Mr. Green. There is no precedent in the Chinese medical history. I don't think it's applicable /feasible.

医生： 听着，格林先生，在中国医疗史上还不曾开此先例。我觉得这是不可行的。

Patient's Son: But it's good choice for my mother ...

患者的儿子： 但是对于我的母亲来说，这却是一个很好的选择……

Doctor: OK, Mr. Green, it's a very serious topic. It refers to many things that we didn't experience before. Maybe you could have a talk with our presidents.

医生： 格林先生，这是一个非常严肃的话题，它涉及很多我们从来没有经历过的东西。也许你可以去和我们的院长们谈谈。

(2)

Student: How do you define euthanasia?

学生： 您如何给安乐死下定义？

Professor: Euthanasia or mercy killing means bringing about a gentle and easy death in case of incurable and painful disease.

教授： 安乐死的意思是对于患不治之症或很痛苦疾病的患者进行的无痛苦的死亡。

Student: Why shouldn't we legalize euthanasia?

学生： 为什么安乐死不能合法化呢？

Professor: No matter how painless the process is, it is still inhumane to perform euthanasia.

教授： 无论这种过程是怎样地无痛苦，实施安乐死还是不人道的。

Student: As far as most people are concerned, it is a criminal offense, isn't it?

学生： 在大多数人看来，这是一种犯罪行为，是吗？

Professor: Yes, it is. Legalized euthanasia will invite abuse of human life because any form of murder may be conveniently dubbed "mercy killing" by unscrupulous people.

教授： 是的。安乐死的合法化将导致对人类生命的凌辱，因为任何形式的谋杀都可被一些丧失道德原则的人称为实施"安乐死"。

Student: What if most terminal patients seek suicide?

学生： 如果大多数绝症患者寻求自杀怎么办？

Professor: Most terminal patients seek suicide not because they are ill, but because they are depressed.

教授： 大多数绝症患者想自杀不是因为他们患了病，而是因为他们感到沮丧。

Student: You mean most terminal patients want to die because of depression?

学生：你的意思是大多数绝症患者想死的原因是抑郁症？

Professor: Yes. Treatable depression, rather than the terminal illness itself, usually accounts for such a patient's expression of a wish to die.

教授：是。可以治疗的抑郁症，而非绝症本身，通常是患者想死的原因。

Student: What about those terminally ill patients without clinical depression?

学生：那些身患绝症而无抑郁症的患者又是怎么的情况呢？

Professor: None of those patients had thoughts of suicide or wished that death would come early.

教授 那些患者没有一个有自杀或希望死亡早些来临的想法。

Student: What will it be if euthanasia is legalized?

学生：如果安乐死合法化，会怎么样呢？

Professor: If euthanasia is legalized, many terminally ill patients will be led to feel they are burdens or have a duty to die.

教授：如果安乐死合法化，将使许多绝症患者感到自己是包袱，应该去选择死。

Student: How do doctors and nurses think of euthanasia?

学生：医生和护士如何看待安乐死？

Professor: Most of them think it their duty to save dying patients instead of hastening their death by active measures.

教授：大多数认为挽救濒临死亡的患者是他们的责任，而不应该采取主动措施加速他们的死亡。

Student: What about those involved in euthanasia?

学生：那些参与安乐死的医护人员呢？

Professor: Those involved in euthanasia have discredited their profession, for euthanasia is a violation of the fundamental medical principle to save human life.

教授：那些参与安乐死的医生和护士败坏了他们的名声，因为安乐死违反了治病救人的最根本的原则。

Student: Are family members in favor of euthanasia?

学生：患者的家属支持安乐死吗？

Professor: Some maintain extending an incurably ill patient's life means the same as aggravating his pain.

教授：有些人认为延长绝症患者的生命意味着加剧他的痛苦。

Student: Can I interpret it as a sign of consent of terminating the patient's life?

学生：我可以把它看成是赞同结束患者的生命吗？

Professor: Yes, you can. They hope their relatives to die with dignity and peace instead of agony and degradation.

教授：可以。他们希望他们的亲人能带着尊严安详地死亡，而不是痛苦地、屈辱地死去。

Student: Personally I think mercy killing, to some extent, can help the dying person get rid of his pain.

学生：我个人认为安乐死在某种程度上可帮助濒临死亡的人解脱痛苦。

PDG

Appendix I

Vocabulary Commonly Used in Hospital

医院常用词汇

A

admission　入院
air conditioner　空调
allergist　过敏反应科医生
assistant　助手
associate chief physician　副主任医生
attending physician　主治医生

B

back of a chair　椅背
backing　靠背
basement　地下室
blood bank　血库
body rest　靠背
bone density　骨密度
book shelf　书架

C

cabinet　柜子
canteen　食堂
CDFI　彩色多普勒血流成像
ceiling　天花板
ceiling fan　吊扇
cellar　地下室
chairman　主席
changing room　更衣室
charge　收费
chief physician　主任医生
chief superintendent nurse　主任护师
clean room　洁净室
colonoscope　结肠镜
combustible　易燃物
conchoscope　鼻镜
contaminated zone　污染区
corridor　走廊
CR　计算机X线摄影术
cranial reflex　脑反射
critical region　危险区域
crutch　拐杖
CT　电子计算机断层扫描仪
cystoscope　膀胱镜

D

dentist　牙科医生
department of acupuncture　针灸科
department of dermatology　皮肤科
department of gynecology　妇科
department of neurology　神经科
department of obstetrics　产科
department of orthopaedics　骨科
department of pediatrics　儿科
department of physiotherapy　理疗科
department of radiology　放射科
department of TCM　中医科
department of ultrasonography　超声科
department of urology　泌尿科
dermatologist　皮肤科医生

director 主任
discharge 出院
disinfection room 消毒室
dispensary of TCM 中药房
door 门
dormitory 宿舍
DR 数字X线摄影术
drawer 抽屉
dustbin 垃圾桶

E

ECG 心电图
ECG room 心电图室
EEG 脑电图
electric fan 电扇
elevator 电梯
EMG 肌电图
emergency room (ER) 急诊室
emergency ward 急诊病房
endocrinologist 内分泌医生
endoscope 内镜
enteroscope 肠镜
entrance 入口
E.N.T specialist 耳鼻喉科医生
exit 出口
explosive 易爆的
extern 医科实习学生

F

floor 地板
frozen section 冷冻切片
funduscope 检眼镜

G

garbage can 垃圾桶
garden 花园
gastroscope 胃镜
ground 广场
gynecologic examination 妇检
gynecologist 妇科医生

H

head nurse 护士长
health bureau 卫生局
health department 卫生厅
hospital room 病房
human resources 人力资源部

I

image center 影像中心
inflammable 易燃的
information desk 问询处
injection room 注射室
inpatient 住院患者
inpatient department 住院部
instructor 讲师
intensive care unit 重症室
internist 内科医生

L

laboratory (lab) 实验室
laryngeal endoscope 喉镜
lavatory 厕所(文雅)
lobby 休息室

M

massage department 按摩科
measuring pot 量杯
medical department 医学部
medical examination center 体验中心
men's room 男厕所

microwave oven 微波炉
minister 部长
Ministry of Personnel 人事部
morgue 太平间
moving bed 移动床 / 车床
moxibustion 艾灸
MRI 磁共振成像

N

neurologist 神经科医生
nuclear medicine 核医学
nurse 护士
nurse in charge 主管护师
nurse station 护士站

O

observation nursing unit 观察室
obstetrician 产科医生
oculist 眼科医生
office 诊室
operating room 手术室
osteopath 骨科医生
Outpatient Clinic/Department 门诊部
oven 烤箱

P

parking lot 停车场
parlor 大厅
passageway 通道
patho-center 病理中心
patient bed 病床
pediatrician 儿科医生
pharmacy 药房 / 西药房
physical examination center 体检中心
pillow 枕头
plain abdominal radiograph 腹部平片
pool 水池
prescription 药方
president 主席
price 计价
primary nurse 护师
Prof. (professor) 教授

R

refrigerator 冰箱
registration office 挂号处
registry 挂号处
remote control 遥控器
research worker 研究人员
resident 住院医生
resting room 休息室

S

school of nursing 护士学校
seat cushion 坐垫
section chief 科长
sewerage 下水道
square 广场
staircase 楼梯
sterilizing room 消毒室
storage room 储藏室
stretcher 担架
subscription center 预约中心
surgeon 外科医生
surgery 外科学

T

TCD 经颅多普勒
teaching assistant 助教
telecontrol instrument 遥控器
television 电视
toilet 厕所

top floor 顶楼
tracheoscope 气管镜
traditional Chinese doctor 中医生

U

UCG 超声心动图
UCG room 超声心动图室
ultrasound machine 超声仪
urologist 泌尿科医生

W

waiting room 候诊室
walking stick 拐杖
wall 墙
ward 病房
washing machine (washer) 洗衣机
water closet 厕所
windowsill 窗台
wheelchair 轮椅
women's room 女厕所

Appendix II

Commonly Used Terms in Clinical Medicine

临床常用医学术语

Anatomy 解剖学

supine position 仰卧位
ventricumbent position 俯卧位
lateral recumbent position on the left/right side 左/右侧卧位
sitting position 坐位
standing position 站立位
hemi-recumbent position 半卧位
sagittal section 矢状断面
coronal section 冠状断面
horizontal section 水平断面

cerebral hemisphere 大脑半球
lateral ventricle 侧脑室
subarachnoid space 蛛网膜下间隙
skull 颅骨
cerebrum 大脑
cerebellum 小脑
brain 脑
brain stem 脑干
pons 脑桥
arachnoid 蛛网膜
spinal cord 脊髓
thalamus 丘脑

ear 耳朵
eye 眼睛
mouth 嘴巴
nose 鼻子
cheek 面颊
chin 下巴

orbit 眼眶
ocular fundus 眼底
eye lid 眼睑
cornea 角膜
sclera 巩膜
retina 视网膜
lens 晶状体
vitreous 玻璃体
pupil 瞳孔
eye ball 眼球
face 脸
forehead 额头

lip 嘴唇
tongue 舌头
tooth 牙齿
throat 喉咙
gland parotid 腮腺
gland submandibularis 颌下腺
salivary gland 涎腺
submentum 颏下
mentum 颏
tonsil 扁桃体
ear lobule 耳垂
neck 脖子
thyroid 甲状腺
ICA 颈内动脉
ECA 颈外动脉
CCA 颈总动脉
vertebral artery 椎动脉
parathyroid 甲状旁腺

rib 肋骨
chest 胸
shoulder 肩膀
arm 手臂
hand 手
palm 掌
elbow 肘部
palm of hand 手掌
back of hand 手背
forearm 前臂
upper arm 上臂
wrist 手腕
fist 拳头
finger 手指
thumb 大拇指
subclavian artery 锁骨下动脉
axillary artery 腋动脉
axillary fossa 腋窝
brachial artery 肱动脉
radial artery 桡动脉
ulnar artery 尺动脉
cephalic vein 头静脉
breast 乳房
papilla 乳头
quadrant 象限
areola mammae 乳晕
costal cartilage 肋软骨
mediastinum 纵隔
xiphoid process 剑突
lung 肺
trachea 气管
bronchi 支气管
esophagus 食道
spine 脊柱
back 背部
lumbar 腰部
waist 腰
thoracic vertebrae 胸椎
lumbar vertebrae 腰椎

midaxillary line 腋中线
posterior axillary line 腋后线
anterior axillary line 腋前线
anterior median line 前正中线
midclavicular line 锁骨中线
abdominal wall 腹壁
chest wall 胸壁

heart 心脏
myocardium 心肌
pericardium 心包
ventricle 心室
atrium 心房
mitral 二尖瓣的
bicuspid valve 二尖瓣
tricuspid valve 三尖瓣
Valve of pulmonary trunk 肺动脉瓣
outflow tract 流出道
IVS 室间隔
aorta 主动脉
hilum of lung 肺门
liver 肝脏
kidney 肾脏
amicula 包膜
portal vein 门脉
hepatic artery 肝动脉
bile duct 胆管
CBD 胆总管
gall bladder 胆囊
stomach 胃
duodenum 十二指肠
porta hepatis 肝门
SVC 上腔静脉
IVC 下腔静脉
abdominal aorta 腹主动脉
renal artery 肾动脉
celiac trunk 腹腔干
pancreas 胰腺
spleen 脾脏

splenic vein 脾静脉
intestine 肠
bowel 肠
intestinal tract 肠道
upper gastrointestinal tract 上消化道
superior mesenteric artery 肠系膜上动脉
colon 结肠
rectum 直肠
anus 肛门
bladder 膀胱
hip joint 髋关节

scrotum 阴囊
perineal region 会阴部
testis 睾丸
penis 阴茎
vagina 阴道
ovary 卵巢
uterus 子宫
cervix 宫颈
ureter 输尿管
uterine tube 输卵管

inguina 腹股沟
thigh 大腿
buttocks 臀部
femur 股骨
tibia 胫骨
patella 髌骨
fibula 腓骨
calcaneus 跟骨
leg 小腿
foot 脚
toe 脚趾
knee joint 膝关节
great saphenous vein 大隐静脉
external iliac artery 髂外动脉
femoral artery 股总动脉
superficial femoral artery 股浅动脉
deep femoral artery 股深动脉
popliteal artery 腘动脉
posterior tibial artery 胫后动脉
joint capsule 关节囊
instep 脚背
sole of foot 脚掌
ankle 踝

Diseases 疾病

acquired diseases 后天性疾病
acute diseases 急性病
advanced diseases 病沉重期,晚期疾病
chronic diseases 慢性病
communicable diseases 传染病
complicating diseases 并发病
congenital diseases 先天性疾病
contagious diseases 接触性传染病
endemic diseases 地方病
epidemic diseases 流行病
functional diseases 功能性疾病、官能症
infectious diseases 传染病
inherited diseases 遗传病
malignant diseases 恶性病
nutritional diseases 营养病
occupation diseases 职业病
organic diseases 器质性病
paroxysmal diseases 阵发性病
periodical diseases 周期病
primary (principal) diseases 原发(主导)病
secondary diseases 继发病
sexual (venereal,social) diseases 性病
terminal diseases 绝症
wasting diseases 消耗性疾病

Chief complaint 主诉

clinical manifestation 临床表现
delivery history 分娩史
etiology 病因学
family history 家族史

history, medical history 病史
precipitating (induced) factor 诱因
marital status 婚姻状况
menstrual history 月经史
menarche 初潮
menopause 闭经
past history 既往史
pathogenesis 发病机制
personal history 个人史

Symptoms 症状

cardinal symptom 主要症状
classical symptom 典型症状
concomitant symptom 伴发症状
constitutional (systemic) symptom 全身症状
indirect symptom 间接症状
induced symptom 诱发症状
local symptom 局部症状
mental symptom 精神症状
symptom complex (syndrome) 综合征

Signs 体征

antecedent 前驱征
assident (accessory) sign 副征
commemorative sign 后遗症
sign of death 死征
diagnostic sign 诊断征
sign of disease 病征
subjective sign 自觉征,主观征
vein sign 静脉征
vital signs 生命体征

body length (height of the body) 体高
body weight 体重
barrel chest 桶状胸
cachexia 恶病质
compulsive position 被动体位
critical facies 病危面容
emaciation 消瘦
enophthalmos 眼球下陷
entropion 睑内翻
exophthalmos 眼球突出
flushed face 面色潮红
gain (loss) in weight 增加(减轻)体重
lock-jaw 牙关紧闭
lordosis 脊柱前凸
nasal ala flap 鼻翼翕动
nystagmus 眼震
obesity 肥胖
pallor 苍白
scolisis 脊柱侧凸

agitation 焦急不安
debility, weakness 虚弱
diaphoresis 出汗,大量出汗
dizziness, vertigo 眩晕
lassitude,fatigue 无力,倦怠
malaise 不适
night sweat 盗汗
numbness 麻木
rigor, chill 寒冷,发冷
perspiration, sweating 出汗
pruritus, itching 痒,瘙痒
somasthenia 躯体无力
tingling 麻刺感

abscess 脓肿
acidosis 酸中毒
adhesion 粘连
alkalosis 碱中毒
allergy 过敏
coagulation defect 凝血不良
congestion 充血
dehydration 脱水
distention 膨胀
edema 水肿
embolism 栓塞,栓塞形成
fluid and electrolyte imbalance 水电解质紊乱

gangrene 坏疽
hematoma 血肿
hemorrhage, bleeding 出血
infarction 梗死
infection 传染
inflammation 炎症
ketoacidosis 酮酸中毒
metastasis 转移
perforation 穿孔
necrosis 坏死
shock 休克
response 反应,应答
reaction 反应,感应
thrombosis 血栓形成
ulceration 溃疡

Fever, Pyrexia 发烧,发热

continuous fever 稽留热
intermittent fever 间歇热
low-grade fever 低热
remittent fever 弛张热
relapsing fever 回归热

Pain 痛

burning pain 灼痛
chest (flank, ...) pain 胸(胁腹……)痛
cramp like pain 痉挛性痛
dull, diffused pain 弥漫性钝痛
pleuritic pain 胸膜炎性痛
radiating pain (pain radiating to ...) 放射性痛(放射到……的疼痛)
angina 绞痛
cardiac angina 心绞痛
backache 背痛
colic 绞痛,急腹痛
earache 耳痛
headache 头痛
lumbago 腰痛
neuralgia 神经痛
migraine 偏头痛
rebound tenderness 反跳痛
somatalgia 躯体痛
sore throat 咽喉痛
stomachache 胃痛
toothache 牙痛

bloodysputum 血痰
cough 咳嗽
dry cough 干咳
expectoration 咳痰
expectoration of blood 咯血
hemoptysis 咯血

Air hunger 空气饥饿

anoxia 缺氧
apnea 呼吸暂停,窒息
asthma 气喘,哮喘
Cheyne-Stokes respiration 切—斯氏呼吸,潮式呼吸
dyspnea 呼吸困难
hyperpnea hyperventilation 过度呼吸,换气过度
hypopnea 呼吸不全,呼吸浅表
hypoxia 低氧,缺氧
orthopnea 端坐呼吸
respiratory arrest 呼吸停止
suffocation 窒息
tachypnea 呼吸急促
fetid breath 口臭
fruity breath 呼吸有水果味

arrhythmia 心律失常,心律不齐
atelectasis 肺不张,肺膨胀不全
cardiac arrest 心搏骤停
cardiac hypertrophy 心脏肥大
cyanosis 发绀,青紫
distension of jugular vein 颈静脉怒张
extrasystole 期外收缩

gallop rhythm 奔马律
hemopleura 血胸
hepatojugularreflux 肝颈静脉回流征
hypovolemia (循环)血容量减少
palpitation 心悸
tachycardia 心动过速
pneumothorax 气胸
thrill 震颤
absent breath sounds 呼吸音消失
dull sound 浊音
hyperresonant 鼓音
rale 音
rhonchus, rhonchi 鼾音,干啰音
wheeze 哮鸣音

anorexia, loss of appetite 食欲缺乏,厌食
dysphagia 吞咽困难
eructation 嗳气
belching 嗳气
flatulence 气胀
flatus 肠胃气,屁
gaseous distention 胃胀气
hematemesis 呕血
hiccough, hiccup 打嗝,呃逆
nausea 恶心
pyrosis 胃灼热
regurgitation 反胃,回流
sour regurgitation 反酸
thirsty 口渴
vomiting 呕吐

anal fissure, crack in the anal canal 肛裂
ascites 腹水
board-like rigidity of the abdomen 板状腹
decreased tactile fremitus 触觉性震颤减弱
esophageal varices 食管静脉曲张
fistula 瘘,瘘管
hemorrhoid 痔
hernia 疝
hepatomegaly 肝大
intussusception 肠套叠
jaundice 黄疸
muscle guarding, defence of the abdominal wall 腹壁肌卫
peristalsis 蠕动
loss of peristalsis 蠕动消失
mass peristalsis 总蠕动
retrograde (reversed) peristalsis 逆蠕动
prolapse 脱垂
prolapse of anus 脱肛
rectal prolapse 直肠脱垂,脱肛
volvulus 肠扭转

Calculus 结石,石
biliarycalculus 胆结石
vesicalcalculus 膀胱结石

constipation 便秘
defecation 排便
diarrhea 腹泻
incontinence of feces 大便失禁
fecal impaction 大便嵌塞
hematochezia 便血
occult blood 潜血
painful straining with defecation 排便痛性牵动
clay coloured stools 陶土色便
dark, granular/coffee ground emesis 咖啡样呕吐物
fecal vomiting, stercoraceousvomiting 呕粪,吐粪
foul fatty stools, steatorrhea 恶臭脂肪便,脂肪痢
scanty and hard stools 便少而硬
tarry (black) stools 柏油样便

anuria 无尿
burning sensation on urination 排尿时的灼烧感
dysurea 排尿困难,尿痛
enuresis, bed wetting 遗尿
frequency of urination 尿频

micturation 排尿
uresis, urination, voiding 排尿
nocturia 夜尿
oliguria 少尿
polyuria 多尿
tenesmus 里急后重
vesical tenesmus 排尿时里急后重
uremia coma 尿毒症昏迷
urgency of urination 尿急
urinary incontinence 尿失禁
aciduria 酸尿
chyluria 乳糜尿
cylindruria 管型尿
glycosuria 糖尿
hematuria 血尿
ketonuria 酮尿
pneumatinuria 气尿
proteinuria 蛋白尿
pyuria 脓尿

amenorrhea 经闭,无月经
dysmenorrhea 痛经
menorrhagia 月经过多
lochia 恶露
menorrhea 行经,月经过多
menstruation 月经
uterine contraction 子宫收缩

blotch 斑点
bruise 挫伤,青肿
acne 痤疮,粉刺
desquamation 脱皮,脱屑
ecchymosis 瘀斑
loss of skin turgor 失去皮肤充盈
nevus 痣
papule 丘疹
petechia 瘀点,瘀斑
pigmentation 色素沉着
pustule 脓疱
purpura 紫癜
red nodule 红结节
roseola 玫瑰疹
scar 伤疤
senile plaque 老人斑
spider angioma 蜘蛛痣
subcutaneous nodule 皮下结节
urticaria 荨麻疹
vesicle 小水疱
vitiligo 白斑

blindness 失明
blurred vision, visual disturbance 视力模糊
impaired vision 视力下降
lacrimation 流泪
papilledema 视乳头水肿
photophobia 畏光,羞明
retinal detachment 视网膜脱离

deafness 聋
hearingloss 听力丧失
tinnitus 耳鸣
epistaxis, nasal bleeding 鼻出血
impaired smelling 嗅觉障碍
nasal discharge 鼻涕
nasal obstruction 鼻塞
sneeze 喷嚏
snore 打鼾
aphonia, loss of voice 失音症
hoarseness 嘶哑
gum bleeding 齿龈出血
herpes labialis 唇疱疹,感冒疮
Koplik's spots 科普利克斑
leadline of the gum 龈铅线
salivation, drooling 流,流口水
strawberry tongue 草莓舌
tremulous tongue 舌震颤

atrophy 萎缩

contracture 挛缩
deformity 畸形,变形
dislocation 脱位
fracture 骨折
closed (simple) fracture 无创骨折,单纯性骨折
comminuted fracture 粉碎性骨折
compound fracture 哆开(开放性)骨折
knock-knee 膝外翻
opisthotonos 角弓反张
prosthesis 假体
spasm 痉挛
tetany (肌)强直,手足搐搦
wrist drop 腕下垂

aphasia 失语
ataxia 共济失调
coma 昏迷
consciousness 知觉,意识
convulsion 抽搐,惊厥
delirium 谵妄
delusion 妄想
faint 昏厥
hallucination 幻觉
hemiplegia 偏瘫
increased intracranial pressure 颅内压增高
insanity 精神错乱
loss of orientation 定向丧失
mania 躁狂
memory defects, amnesia 记忆缺损,遗忘症
paraplegia 截瘫,下身麻痹
projectile vomiting 喷射性呕吐
somnolence, (lethargy) 昏睡,嗜睡
stupor 木僵,昏呆
tetraplegia 四肢瘫痪
unconsciousness 失去知觉
yawning 打哈欠

Crisis 危象,临界

cerebral (febrile, hematic, hemolytic,hypertensive, thyrotoxic, ...) crisis 脑(热、血性、溶血、高血压、甲状腺中毒……)危象
failure 衰竭,故障
central (circulatory, cardiac, myocardiac, peripheral, congestive, renal, respiratory ...) failure 中枢(循环、心力、心肌、周围循环、充血性、肾、呼吸……)衰竭

Diagnosis 诊断

auscultation 听诊
inspection 视诊
palpation 触诊
percussion 叩诊
laboratory examination 实验室检查
physical examination 体格检查
rectal (vaginal) touch 直肠(阴道)指诊
impression 印象
tentative diagnosis 暂定诊断
differential diagnosis 鉴别诊断
final diagnosis 最后诊断
prognosis 预后
prescription 处方
incubation (latent) period 潜伏期
prodromal stage 前驱期
incipient stage 初期
quiescent stage 静止期
alleviation 减轻,缓和
remission 缓解
attack 发作
convalescence (recovery) stage 恢复期
rehabilitation 康复
relapse 复发
sudden death 猝死
moribund 濒死的
course of the disease 病程
course of the treatment 疗程
indication 适应证,指征
complication 并发症
contraindication 禁忌证

side-effect 副作用

sequel (sequela), after effect 后遗症

Therapies 治疗方法

acupuncture therapy 针刺疗法

block therapy 封闭疗法

chemical therapy (chemo therapy) 化学疗法

combined therapy 综合疗法

conservative therapy 保守疗法

constitutional therapy 全身疗法

dietetic therapy 饮食疗法

operative treatment 手术疗法

palliative treatment, alleviative treatment 姑息疗法

physical therapy 物理疗法

psychotherapy 精神疗法

radical treatment 根治

radio-therapy 放射性疗法

supporting treatment 支持疗法

symptomatic treatment 对症疗法

cardiac massage 心脏按压

cardiac pacing 心脏起搏

electrotherapy 电疗法

electroshock treatment 电休克疗法

hemodialysis 血液透析

hyperbaric therapy 高压氧疗法

insulin-shock treatment 胰岛素休克疗法

light therapy 光疗法

therapeutic gymnastics 医疗体育

PDG

Appendix III

Commonly Used Nursing Terms

常用护理术语

Nursing processes　护理过程

Assessment　评估

nursing diagnosis　护理诊断

planning　计划

intervention (implementation, management)　措施（实施、管理）

evaluation　评价

Daily care of the patient　对患者的日常护理

Morning (evening) care, AM (HS) care　晨(晚)间护理

bedmaking　整理床铺

oral hygiene (mouth care)　口腔卫生

brushing the teeth　刷牙

flossing the teeth　清牙垢

denture care　清洗假牙(义齿)

bathing　洗澡

cleanliness and skin care　清洁与皮肤护理

perineal care　洗会阴

hair care　梳头

shaving　刮脸

care of nails and feet　指甲修剪和洗脚

changing hospital gowns　更换住院服装

massage　按摩

bedsore care　压疮护理

Measurement of vital signs　测量生命体征

taking oral (rectal, axillary) temperature　量口腔（直肠、腋下)体温

taking a radial pulse　测量桡动脉脉搏

counting respirations　计呼吸次数

measuring (taking) blood pressure　量血压

Catheterization　导管插入术

cardiac catheterization　心导管插入术

laryngeal catheterization, intubation　喉插管术

retro-urethral catheterization　逆行导尿管插入术

urethral catheterization　尿道导管插入术

Clean techniques, medical asepsis　消毒灭菌

asepsis　无菌(法)

integral asepsis　完全无菌

disinfection　消毒

concomitant (concurrent) disinfection　随时消毒，即时消毒

steam disinfection　蒸气消毒

terminal disinfection　终末消毒

disinfection by ultraviolet light　紫外线消毒

Sterilization　灭菌，消毒

chemical sterilization　化学灭菌法

fractional sterilization　间歇灭菌法

intermittent sterilization　间歇灭菌法

mechanical sterilization　器械灭菌法

Decompression　减压(术)

cardiac decompression　心减压术

cerebral decompression　脑减压术

orbital decompression　眼眶减压术

decompression of pericardium　心包减压术

gastro-intestinal decompression　胃肠减压术

decompression of rectum　直肠减压术

decompression of spinal cord 脊髓减压术

Dialysis 透析

peritoneal dialysis 腹膜透析

hemodialysis 血液透析

Drainage 引流、导液

aspiration (suction) drainage 吸引导液(引流)

closed drainage 关闭引流法

negative pressure drainage 负压吸引法

open drainage 开放引流法

postural drainage 体位引流法

vaginal drainage 阴道引流法

vesicocelomic drainage 膀胱腹腔引流

Drainage 灌肠

barium enema 钡灌肠

blind enema 肛管排气法

contrast enema 对比灌肠

glycerin enema 甘油灌肠

high (low) enema 高(低)位灌肠

magnesium sulfate enema 硫酸镁灌肠

retention (non-retention) enema 保留(无保留)灌肠

soapsuds enema 肥皂水灌肠

turpentine enema 松节油灌肠

Feeding 饲,喂养

Forced (forcible) feeding 强制喂养

Intubation (tube) feeding 管饲法

nasal feeding 鼻饲法

rectal feeding 直肠营养法

Heat and cold applications 冷、热敷

applying hot compresses 热敷

applying hot soaks 湿热敷

assisting the patient to take a sitz bath 帮患者坐浴

applying hot water bottles 用热水瓶

applying an ice bag (collar) 用冰袋

applying cold compresses 冷敷

giving a cold (an alcohol) sponge bath 冷水(酒精)擦浴

Infusion 输入,注入

glucose infusion 葡萄糖液输注

glucose-saline infusion 葡萄糖盐水输注

saline infusion 盐水输注

Injection 注射

Endermic (intracutaneous) injection 皮内注射

Hypertonic saline injection 高渗盐水注射

hypodermic injection 皮下注射

intramuscular injection 肌内注射

intraocular injection 眼球注射

intrapleural injection 胸膜腔注射

intrauterine injection 子宫内注射

intravesical injection 膀胱注射

nasal injection 鼻内注射

peritoneal injection 腹膜腔注射

rectal injection 直肠注射

subconjunctival injection 结膜下注射

urethral injection 尿道注射

vaginal injection 阴道注射

Irrigation 冲洗

vaginal irrigation 阴道冲洗

bladder irrigation 膀胱冲洗

continuous irrigation 连续冲洗法

mediate irrigation 间接冲洗法

Isolation 隔离、分离

strict isolation 严密隔离

contact isolation 接触隔离

respiratory isolation 呼吸隔离

drainage (secretion) precautions 引流预防措施

enteric precautions 肠道预防措施

blood (body fluid) precautions 血液(体液)预防措施

protective isolation 保护性隔离

Lavage 灌洗,洗出去

blood (systemic) lavage 血液毒素清洗法
ether lavage (腹腔内)乙醚洗法
gastric lavage 洗胃
intestinal lavage 洗肠
peritoneal lavage 腹膜腔灌洗
pleural lavage 胸膜腔灌洗

Medication 药疗,投药,给药

Endermic medication 皮内透药法
Epidermic medication 皮上投药法
Hypodermatic medication 皮下投药法
Intramuscular medication 肌肉投药法
ionic medication 离子透药疗法
nasal medication 鼻内投药法
oral medication 口服法
rectal medication 直肠投药法
sublingual medication 舌下投药法
transduodenal medication 十二指肠内投药法
vaginal medication 阴道投药法

Suctioning 吸气引液

upper airway suctioning 上呼吸道抽吸
nasogastric suctioning 鼻胃抽吸
wound suctioning 伤口吸引

Transfusion 输血,输液

arterial transfusion 动脉输血
blood transfusion 输血
direct (immediate) transfusion 直接输血
drip transfusion 滴注输(血)液
indirect transfusion 间接输血
plasma transfusion 输血浆
serum transfusion 输血清
venous transfusion 静脉输血,静脉输液

Diet nursing 饮食护理

absolute diet (fasting) 禁食
balanced diet 均衡饮食
convalescent diet 恢复期饮食
diabetic diet 糖尿病饮食
eucaloric diet 适当热量饮食
fat-free diet 无脂饮食
salt-free diet 无盐饮食
fever diet 热病饮食
full diet 全食,普通饮食
half diet 半食
high caloric diet 高热量饮食
high-carbohydrate diet 高糖类饮食
high-protein (protein rich) diet 高蛋白饮食
invalid diet 病弱者饮食
light diet 易消化饮食
liquid diet 流质饮食
high fat diet 高脂饮食
low fat diet 低脂饮食
low caloric diet 低热量饮食
low-protein diet 低蛋白饮食
low-residue diet 低渣饮食
nourishing diet 滋补饮食
obesity diet 肥胖病饮食
prenatal diet 孕期饮食
regimen diet 规定食谱
smooth (soft) diet 细软饮食

Preparing the patient for the surgery 为患者手术前做准备

shaving the patient's skin (skin prep) 备皮
anesthesia 麻醉

Postoperative care 手术后护理

coughing and deep-breathing exercises 咳嗽呼吸练习
applying elastic stockings 穿弹性袜
applying elastic bandages 用弹性绷带

Emergency care (first aid) 急救护理

cardiopulmonary resuscitation 心肺循环复苏术
mouth-to-mouth (mouth-to-nose, mouth-to-stoma)

resuscitation 口对口(口对鼻,口对颈部小口)循环复苏术

emergency care for fainting (shock, stroke) victims 晕厥(休克、中风)患者急救

emergency care used to control hemorrhage 止血急救

emergency care given to help a patient who is vomiting 呕吐患者急救

emergency care for a patient during a seizure 癫痫发作急救

hospice care 临终护理

postmortem care 死后护理

Appendix Ⅳ Common Diseases

常 见 病

Internal Medicine 内科

acidosis 酸中毒

Adams-Stokes syndrome 亚 - 斯综合征

alcoholism, alcoholic intoxication 酒精中毒

alkalosis 碱中毒

anaphylaxis 过敏症

anemia 贫血

iron deficiency anemia 缺铁性贫血

megaloblastic anemia 巨幼红细胞性贫血

aplastic anemia 再生障碍性贫血

angiitis 脉管炎

angina pectoris 心绞痛

arteriosclerosis 动脉硬化

apoplexy 中风

auricular fibrillation 心房纤颤

auriculo-ventricular block 房室传导阻滞

bronchial asthma 支气管哮喘

bronchitis 支气管炎

bronchiectasis 支气管扩张

bronchopneumonia 支气管肺炎

carcinoma 癌

cardiac arrhythmia 心律失常

cardiac failure 心力衰竭

cardiomyopathy 心肌病

cirrhosis 肝硬化

coronary arteriosclerotic heart disease 冠状动脉硬化性心脏病

Crohndisease 克罗恩病

Cushing's syndrome 库欣综合征

diabetes 糖尿病

diffuse intravascular coagulation 弥散性血管内凝血

dysentery 痢疾

enteritis 肠炎

gastric ulcer 胃溃疡

gastritis 胃炎

gout 痛风

hepatitis 肝炎

Hodgkin's disease 霍奇金病

hyperlipemia 高脂血症,血脂过多

hyperparathyroidism 甲状旁腺功能亢进

hypersplenism 脾功能亢进

hypertension 高血压

hyperthyroidism 甲状腺功能亢进

hypoglycemia 低血糖

hypothyroidism 甲状腺功能减退

infective endocarditis 感染性心内膜炎

influenza 流感

leukemia 白血病

lobar pneumonia 大叶性肺炎

lymphadenitis 淋巴结炎

lymphoma 淋巴瘤

malaria 疟疾

malnutrition 营养不良

measles 麻疹

myeloma 骨髓瘤

myocardial infarction 心肌梗死

myocarditis 心肌炎

nephritis 肾炎

nephrosis 肾病

nephritic syndrome 肾综合征

obstructive pulmonary emphysema 阻塞性肺

气肿
pancreatitis 胰腺炎
peptic ulcer 消化性溃疡
peritonitis 腹膜炎
pleuritis 胸膜炎
pneumonia 肺炎
pneumothorax 气胸
purpura 紫癜
allergic purpura 过敏性紫癜
thrombocytolytic purpura 血小板减少性紫癜
pyelonephritis 肾盂肾炎
renal failure 肾衰竭
rheumatic fever 风湿病
rheumatoid arthritis 类风湿关节炎
scarlet fever 猩红热
septicemia 败血症
syphilis 梅毒
tachycardia 心动过速
tumour 肿瘤
typhoid 伤寒
ulcerative colitis 溃疡性结肠炎
upper gastrointestinal hemorrhage 上消化道出血

Neurology 神经科

brain abscess 脑脓肿
cerebral embolism 脑栓塞
cerebral infarction 脑梗死
cerebral thrombosis 脑血栓
cerebral hemorrhage 脑出血
concussion of brain 脑震荡
craniocerebralinjury 颅脑损伤
epilepsy 癫痫
encephalitis 大脑炎
hysteria 癔症
intracranial tumour 颅内肿瘤
intracranial hematoma 颅内血肿
meningitis 脑膜炎
migraine 偏头痛
neurasthenia 神经衰弱
neurosis 神经官能症
paranoid psychosis 偏执性精神病
Parkinson's disease 帕金森病
Parkinsonism 帕金森综合征
psychosis 精神病
schizophrenia 精神分裂症

Surgery 外科

abdominal external hernia 腹外疝
acute diffuse peritonitis 急性弥漫性腹膜炎
acute mastitis 急性乳腺炎
acute pancreatitis 急性胰腺炎
acute perforation of gastro-duodenal ulcer 急性胃十二指肠溃疡穿孔
acute pyelonephritis 急性肾盂肾炎
anal fissure 肛裂
anal fistula 肛瘘
anesthesia 麻醉
angioma 血管瘤
appendicitis 阑尾炎
bleeding of gastro-duodenal ulcer 胃十二指肠溃疡出血
bone tumour 骨肿瘤
breast adenoma 乳房腺瘤
burn 烧伤
cancer of breast 乳腺癌
carbuncle 痈
carcinoma of colon 结肠癌
carcinoma of esophagus 食管癌
carcinoma of gallbladder 胆囊癌
carcinoma of liver 肝癌
carcinoma of pancreas 胰腺癌
carcinoma of rectum 直肠癌
carcinoma of stomach 胃癌
cholecystitis 胆囊炎
cervical spondylosis 颈椎病
choledochitis 胆管炎
cholelithiasis 胆石症
chondroma 软骨瘤

dislocation of joint 关节脱位
erysipelas 丹毒
fracture 骨折
furuncle 疖
hemorrhoid 痔
hemothorax 血胸
hypertrophy of prostate 前列腺肥大
intestinal obstruction 肠梗阻
intestinal tuberculosis 肠结核
lipoma 脂肪瘤
lithangiuria 尿路结石
liver abscess 肝脓肿
melanoma 黑色素瘤
osseous tuberculosis 骨结核
osteoclastoma 骨巨细胞瘤
osteoporosis 骨质疏松症
osteosarcoma 骨肉瘤
Paget's disease 佩吉特病
perianorectalabscess 肛管直肠周围脓肿
phlegmon 蜂窝织炎
portal hypertension 门静脉高压
prostatitis 前列腺炎
protrusion of intervertebral disc 椎间盘突出
purulent arthritis 化脓性关节炎
pyogenic ostcomyclitis 化脓性骨髓炎
pyothorax 脓胸
rectal polyp 直肠息肉
rheumatoid arthritis 类风湿关节炎
rupture of spleen 脾破裂
scapulohumeral periarthritis 肩周炎
tenosynovitis 腱鞘炎
tetanus 破伤风
thromboangiitis 血栓性脉管炎
thyroid adenocarcinoma 甲状腺腺癌
thyroid adenoma 甲状腺腺瘤
trauma 创伤
urinary infection 泌尿系感染
varicose vein of lower limb 下肢静脉曲张

Paediatrics 儿科

acute military tuberculosis of the lung 急性粟粒性肺结核
acute necrotic enteritis 急性坏死性结肠炎
anaphylactic purpura 过敏性紫癜
ancylostomiasis 钩虫病
ascariasis 蛔虫病
asphyxia of the newborn 新生儿窒息
atrialseptal defect 房间隔缺损
birth injury 产伤
cephalohematoma 血肿
cerebral palsy 脑性瘫痪
congenital torticollis 先天性斜颈
convulsion 惊厥
Down's syndrome 唐氏综合征
glomerulonephritis 肾小球肾炎
hemophilia 血友病
infantile diarrhea 婴儿腹泻
intracranial hemorrhage of the newborn 新生儿颅内出血
intussusception 肠套叠
necrotic enterocolitis of newborn 新生儿坏死性小肠结膜炎
neonatal jaundice 新生儿黄疸
nutritional iron defficiency anemia 营养性缺铁性贫血
nutritional megaloblastic anemia 营养性巨幼细胞性贫血
patent ductus arteriosis 动脉导管未闭
poliomyelitis 脊髓灰质炎
premature infant 早产儿
primary tuberculosis 原发性肺结核
progressive muscular dystrophy 进行性肌肉营养不良
pulmonary stenosis 肺动脉狭窄
purulent meningitis 化脓性脑膜炎
rickets 佝偻病
sepsis of the newborn 新生儿败血症
tetanus of the newborn of Fallot 法洛四联症
thrush 鹅口疮,真菌性口炎

varicella 水痘
ventricular septal defect 室间隔缺损
viral encephalitis 病毒性脑炎
viral myocarditis 病毒性心肌炎

Gynecology and Obstetrics 妇,产科

abortion 流产
adenomyosis 子宫内膜异位症
amniotic fluid embolism 羊水栓塞
Bartholin's cyst 巴氏腺囊肿
carcinoma of cervix 子宫颈癌
carcinoma of endometrium 子宫内膜癌
carcinoma of ovary 卵巢癌
cervicitis 宫颈炎
chorio-epithelioma 绒毛膜上皮癌
corpora luteum cyst 黄体囊肿
dystocia 子痫
edema-proteinuria-hypertension syndrome 水肿蛋白尿高血压综合征(妊娠高血压综合征)
endometriosis 子宫内膜异位症
extrauterine pregnancy 子宫外孕
hydatidiform mole 葡萄胎
hyperemesis gravidarum 妊娠剧吐
infertility 不育症
irregular menstruation 月经失调
lochia 恶露
monilial vaginitis 念珠菌性阴道炎
multiple pregnancy 多胎妊娠
myoma of uterus 子宫肌瘤
oligohydramnios 羊水过少
ovarian tumour 卵巢肿瘤
pelvic inflammatory disease 盆腔炎
placenta previa 前置胎盘
placental abruption 胎盘早期剥离
pregnancy-hypertension syndrome 妊娠高血压综合征
premature birth 早产
premature rupture of membrane 胎膜早破
postpartum hemorrhage 产后出血
puerperal infection 产褥感染
rupture of uterus 子宫破裂
trichomonas vaginitis 滴虫性阴道炎
uteroplacental apoplexy 子宫胎盘卒中
vulvitis 外阴炎

Ophthalmology and Otorhinolaryngology 五官科

amblyopia 弱视
amygdalitis, tonsillitis 扁桃体炎
astigmatism 散光
carcinoma of nasopharynx 鼻咽癌
carcinoma of larynx 喉癌
cataract 白内障
tinnitus 耳鸣
chalazion 霰粒肿,睑板腺囊肿
colour blindness 色盲
deflection of nasal septum 鼻中隔偏曲
deafness 聋
furuncle of nasalvestibule 鼻前庭疖
glaucoma 青光眼
heterotropia 斜视
hyperopia 远视
injury of cornea 角膜损伤
ceruminal impaction 耵聍嵌塞
iritis 虹膜炎
keratitis 角膜炎
labyrinthitis 迷路炎,内耳炎
laryngitis 喉炎
mastoiditis 乳突炎
myopia 近视
nasal sinusitis 鼻窦炎
otitis media 中耳炎
obstruction of larynx 喉梗阻
peritonsillar abscess 扁桃体周脓肿
pharyngitis 咽炎
rhinitis 鼻炎

Dermatoloty 皮肤科

acne 痤疮

carcinoma of skin 皮肤癌
bed sore 压疮
decubitus ulcer 压疮性溃疡
drug eruption 药物皮疹
eczema 湿疹
herpes simplex 单纯疱疹
herpes zoster 带状疱疹
lupus erythematosis 红斑狼疮
psoriasis 牛皮癣
urticaria 荨麻疹
wart 疣

Appendix V

Common Drugs

常 用 药 物

Antibiotics 抗生素

albomycin 吉他霉素
ampicillin 氨苄西林
berberine 黄连素
carbenicillin 羧苄青霉素
cephaloridine 头孢噻啶
cephalothin 头孢噻吩
chloromycetin 氯霉素
erythromycin 红霉素
furbenicillin 呋布西林
gentamycin 庆大霉素
griseofulvin 灰黄霉素
kanamycin 卡那霉素
medecamycin, medemycin 麦迪加霉素,麦迪霉素
neomycin 新霉素
penicillin G 青霉素 G
polymyxin B 多黏菌素 B
streptomycin 链霉素
syntomycin 合霉素
terramycin 土霉素

Sulfonamides and Furane Derivatives 磺胺类及呋喃类药

furacilin 呋喃西林
furazolidone 呋喃唑酮
sulfacetamide (SA) 磺胺醋酰
sulfadiazine (SD) 磺胺嘧啶
sulfadimidine (SM_2) 磺胺二甲嘧啶
sulfamethoxazole 磺胺甲唑
trimethoprim (TMP) 增效磺胺

Sedatives and Tranquilizers 镇静、安定药

chlordiazepoxide, librium 氯氮䓬
chlorpromazine, wintermine 氯丙嗪
diazepam, valium 地西泮
fluphenazine 氟奋乃静
meprobamate, miltown 甲丙氨酯
oryzanol 谷维素
pentobarbital 戊巴比妥
perphenazine 奋乃静
phenobarbital, luminal 苯巴比妥

Analgesics 镇痛药

codeine phosphate 磷酸可待因
dolantin, pethidine 哌替啶
opium tincture 阿片酊
pentazocine 喷他佐辛

Antipyretic Analgesics 解热镇痛药

analgin 安乃近
aspirin 阿司匹林
aspirin compound tablet (APC) 复方阿司匹林
butazolidin, butazone 保泰松
chlofenamic acid 氯芬那酸,氯灭酸
indomethacin, indacin 吲哚美辛,消炎痛
Ibuprofen 布洛芬
paracetamol 对乙酰氨基酚
phenacetin 非那西丁
somedon 索米痛片

Antitussives and Bronchial Spasm Relaxants 镇咳、支气管解痉药

aerosol isoprenaline 异丙肾上腺素气雾剂
aminophylline 氨茶碱
carbetapentane, toclase 喷托维林
brown mixture 棕色合剂,复方干草合剂
chloperastine 氯哌斯汀
ephedrine 麻黄碱
isoprenaline 异丙肾上腺素
salbutamol 沙丁胺醇

Drugs for Digestive Diseases 消化系统疾病用药

yeast 干酵母
lactasin, biofermin 乳酶生
pancreatin 胰酶
pepsin 胃蛋白酶
atropine 阿托品
belladonna extract 颠茄浸膏
benactyzine 贝那替秦
probanthine 普鲁苯辛
sodium bicarbonate 小苏打
vitamin U 维生素 U
ranitidine 雷尼替丁
liquid paraffin 液体石蜡
magnesium sulfate 硫酸镁
dehydrocholicacid 脱氢胆酸
glucurone 葡醛内酯
glutamic acid 谷氨酸
sodium taurocholate 胆酸钠

Drugs for Cardiovascular Diseases 心血管疾病用药

lidocaine 利多卡因
mexiletine 美西律
oxprenolol 氧烯洛尔
procainamid hydrochloride 盐酸普鲁卡因胺
propranolol dinitrate 普萘洛尔
persantin 双嘧达莫
quinidine 奎尼丁
verapamil 维拉帕米
nitroglycerine 硝酸甘油
nifedipine 硝苯地平
isosorbide dinitrate 硝酸异山梨酯
digoxin 地高辛
digitoxin 洋地黄毒苷
cedilanid 毛花苷 C

Antihypertensive Drugs 抗高血压药

atenolol 阿替洛尔
captopril 卡托普利
furazosin 哌唑嗪
methyl dopa 甲基多巴
nimodipine tablet 尼莫地平片
reserpine 利血平
sodium nitroprusside 硝普钠
verticil 降压灵
dibazol 地巴唑

Antituberculosis Drugs 抗结核药

ethambutol 乙胺丁醇
isoniazid 异烟肼
para-aminosalicylic acid (PAS) 对氨基水杨酸
pyrazinamide 吡嗪酰胺
rifampin 利福平

Antifungal and Antiviral Agents 抗真菌及抗病毒药

amphotericin 二性霉素
clotrimazole 克霉唑
flagyl 甲硝唑
ketoconazole 酮康唑
nystatin 制霉菌素
amantadine 金刚烷胺
moroxydine (ABOB) 吗啉胍

Antianemic Agents 抗贫血药

calcium leucovorin 亚叶酸钙
cobalt chloride 氯化钴
ferric ammonium citrate 枸橼酸铁铵
ferrous sulfate 硫酸亚铁

folic acid 叶酸
iron dextran 右旋糖酐铁
liver extract 动物肝浸膏,肝精
vitamin B_{12} 维生素 B_{12}

Anti-allergic Agents 抗过敏药

calcium gluconate 葡萄糖酸钙
chlorpheniramine 氯苯那敏
diphenhydramine, benadryl 苯海拉明
histaglobulin 组织胺球蛋白
promethazine, phenergan 异丙嗪

Anthelminthics 驱肠虫药

areca 槟榔
levamisole 左旋咪唑
piperazine citrate 哌嗪

Vitamins 维生素

Compound rutin 复方芦丁
calcium pantothenate 泛酸钙
nicotinamide (NAA) 烟酰胺
nicotinic acid (NA) 烟酸
pyritinol hydrochloride 吡硫醇
vitamin A 维生素 A
vitamin B_1 维生素 B_1
vitamin B_2, riboflavin 维生素 B_2,核黄素
vitamin B_6, pyridoxine 维生素 B_6,吡哆醇
vitamin B compound 复合维生素 B
vitamin C, ascorbic acid 维生素 C,抗坏血酸
vitamin D_2,calciferol 维生素 D_2
vitamin D_3, cholecalciferol 维生素 D_3,胆维丁
vitamin E, tocopherol 维生素 E,生育酚

Hormones 激素

corticotrophin (ACTH) 促肾上腺皮质激素
cortisone 可的松
desoxycorticosterone (DOCA) 去氧皮质酮
dexamethasone 地塞米松
fluocinolone acetonide 氟轻松
hydrocortisone 氢化可的松
prednisolone 泼尼松
prednisone 强的松,去氢可的松
chorionic gonadotrophin (HCG) 绒毛膜促性腺激素
clomiphene 克罗米芬
estradiol benzoate 苯甲酸雌二醇
medroxyprogesterone acetate, provera 安宫黄体酮
megestrol 甲地孕酮
methyltestosterone 甲基睾丸素
progesterone 黄体酮
stillboestrol 乙烯雌酚
testosterone propionate 丙酸睾丸素

Cancer Chemotherapeutic Drugs and Drugs on the Immune System 肿瘤化疗制剂及免疫系统用药

adriamycin 阿霉素
azathioprine (AZP) 硫唑嘌呤
cyclophosphamide (CTX) 环磷酰胺
cyclosporine A 环孢霉素 A
cytarabine 阿糖胞苷
dactinomycin 放线菌素 D
fluorouracil 氟尿嘧啶
hydrocortisone 氢化可的松
interferon 干扰素
levamisole 左旋咪唑
methotrexate 甲氨蝶呤
thiotepa 塞替哌
thymosin 胸腺素
vincristine (VCR) 长春新碱

Agents Used for Metabolic Diseases 治疗代谢性疾病用药

insulin 胰岛素
Lugol's solution 卢戈尔液
glibenclamide 格列本脲,优降糖
propylthiouracil 丙硫氧嘧啶
phenformin 苯乙双胍
tapazole 甲巯咪唑

thyroid 甲状腺,甲状腺剂
tolbutamide 甲苯磺丁脲
protamine zinc insulin (PZI) 精蛋白锌胰岛素(长效)

Fluids for Infusion 静脉输液

concentrated sodium chloride injection 浓氯化钠注射液
5% glucose in normal saline (GNS) 5% 葡萄糖盐水
5% glucose solution (GS) 5% 葡萄糖溶液
normal saline (NS) 生理盐水
10% potassium chloride 10% 氯化钾
Ringer's solution 林格溶液,复方氯化钠溶液
5% sodium bicarbonate 5% 碳酸氢钠
28.75% sodium glutamate 28.75% 谷氨酸钠
11.2% sodium lactate 11.2% 乳酸钠

Biological Products 生物制品

aprotinin 抑肽酶
bacillus Calmette-Guerin vaccine 卡介苗
cytochrome C 细胞色素 C
diphtheria antitoxin (DAT) 白喉抗毒素
Gamma globulin 丙种球蛋白
hyaluronidase 透明质酸酶
lysozyme 溶菌酶
pancreatin 胰酶
streptokinase (SK) 链激酶
tetanus antitoxin 破伤风抗霉素
urokinase 尿激酶

Eye and ENT Drugs 眼、耳、鼻、喉用药

atropine 阿托品
borax 硼砂
chloramphenicol eye drops 氯霉素滴眼液
cortisone acetate eye drops 醋酸可的松滴眼液
homatropine 后马托品
sodium sulfacetamide 磺胺醋酰钠
boric acid alcohol 硼酸酒精
chloramphenicol glycerin 氯霉素甘油滴耳液
ephedrine nose drops 麻黄碱滴鼻液
furacilin solution 呋喃西林溶液
neomycin solution 新霉素溶液

Drugs for External Use 外用药

ammonia solution 氨溶液
bromo-geramine 苯扎溴铵
hibitane 氯己定
mercurochrome 红汞
phenol 酚
potassium permanganate (PP) 高锰酸钾
silver nitrate 硝酸银
turpentine oil 松节油
hydrogen peroxide 过氧化氢
gentian violet 甲紫,紫药水

Anesthetics 麻醉药

ether 乙醚
ethyl chloride 氯乙烷
procaine 普鲁卡因
sodium pentothal 硫喷妥钠
lidocaine 利多卡因
fluothane 氟烷

Appendix VI Common Operations

常 见 手 术

General Sugery 普外

Appendectomy (appendicectomy) 阑尾切除术
cholecystectomy 胆囊切除术
cholecystostomy 胆囊造口术
drainage of the abscess 脓肿引流
enterostomy 肠造口术
exploratory laparotomy 开腹探查术
gastrectomy 胃切除术
gastroduodenostomy 胃十二指肠吻合术
gastrostomy 胃造口术
hemorrhoidectomy 痔切除术
hepaticotomy 肝管切开术
hepatectomy 肝切除术
herniorrhaphy 疝修补术
ligation of lower oesophageal veins 低位食管静脉结扎
pancreatectomy 胰切除术
portal vena cava anastomosis 门腔静脉吻合术
pyloroplasty 幽门成形术
mastectomy 乳房切除术
splenectomy 脾切除术
thyroidectomy 甲状腺切除术
thyroid lobectomy 甲状腺叶切除术
vagotomy 迷走神经切断术

Orthopedics 骨科

amputation 截肢
arthrodesis 关节固定术
curettage of bone tumor 骨瘤刮除术
excision of bone tumor 骨瘤切除术
external fixation 外固定
fasciotomy 筋膜切开术
free skin graft 自由皮瓣移植
internal fixation 内固定
plaster cast 石膏管形
plaster splintage 石膏夹板固定
prosthetic replacement for joint 人工关节置换术
reduction of fracture 骨折复位
reduction of joint dislocation 关节脱位复位
repair of ligament 韧带修补
replantation of digit 断指再植
skeletal traction 骨牵引
tenorrhaphy 腱缝合术

Thoracic Surgery 胸外科

Aortocoronary bypass 主动脉冠状动脉分流
closed drainage of pleural cavity 胸腔闭式引流
complete intracardiac repair of Fallot's Tetralogy 法洛完全修复术
dilation of aortic valvular stenosis 主动脉瓣狭窄扩张术
exploratory thoracotomy 开胸探查
heart transplantation 心脏移植
heart valve replacement 心脏瓣膜置换术
ligation of patent ductus arteriosis 动脉导管未闭结扎术
lobectomy of lungs 肺叶切除
local excision of tumor of lungs 肺肿瘤局部切除术
partial esophagectomy and reconstruction of esophagus 食管部分切除、重建
repair of auricular septal defect 房间隔缺损修补术
repair of ventricular septal defect 室间隔缺损修

补术

repair of valvular insufficiency 瓣膜闭锁不全的修补

pericardiectomy 心包切除术

pericardiotomy 心包切开术

pulmonary embolectomy 肺动脉栓子切除术

resection of arterial aneurysm 动脉瘤切除术

Urology 泌尿科

cystoplasty 膀胱成形术

cystostomy 膀胱造口术

nephrectomy 肾切除术

nephrostomy 肾造口术

nephrolithotomy 肾石切除术

orchiectomy 睾丸切除术

prostatectomy 前列腺切除术

renal biopsy 肾活检

renal transplantation 肾移植

urethro-lithotomy 输尿管结石切除

urethroplasty 尿道成形术

vasoligation 输精管结扎术

Neurosurgery 神经外科

decompression 减压术

excision of brain tumor 脑瘤切除术

exploratory craniotomy 开颅探查术

lobectomy (脑)叶切除术

removal of intracranial hematoma 颅内血肿清除术

repair of dura defect 硬脑膜缺损修补术

Dentistry 牙科

dental prosthetics 镶牙

filling 牙充填

orthodontic treatment 牙矫正术

periodontal treatment 牙周治疗

tooth extraction 拔牙

Gynecology & Obstetrics 妇产科

amniocentesis 羊膜穿刺术

cervicectomy 子宫颈切除术

cesarean section 剖宫产术,剖腹产

culdocentesis 后穹隆穿刺术

dilatation of the cervix 宫颈扩张术

excision of Bartholin cyst 巴氏腺囊肿切除术

hysterectomy 子宫切除术

induction of labor 引产术

midwifery 助产术

ovarian cystectomy 卵巢囊肿切除术

oophorectomy 卵巢切除术

salpingectomy 输卵管切除术

sterilization 绝育术

uterine curetlage 刮宫术

vulvectomy 外阴切除术

Ophthalmology & Otorhinolaryngology 五官科

aspiration of cataract 白内障吸出术

closed reduction of nasal bone 鼻骨闭合复位

corneal grafting 角膜移植

enucleation of eyeball 眼球摘除术

excision of turbinates 鼻甲切除术

extraction of intra-ocular foreign body 眼内异物摘除

laryngectomy and laryngostomy 喉切除术和喉造口术

lens extraction 晶体摘除

mastoidectomy 乳突切除术

myringotomy 鼓膜切开术

myringoplasty 鼓膜成形术

nasal polypectomy 鼻息肉切除术

septoplasty (鼻)中隔成形术

sinusotomy 鼻窦切开术

submuscous resection of nasal septum 鼻中隔黏膜下切除术

tonsillectomy 扁桃体切除术

tympanoplasty 鼓室成形术

Appendix Ⅶ

Medical Equipment

医 疗 器 材

absorbent cotton 脱脂棉
adhesive plaster 胶布
bandage 绷带
bath towel 浴巾
cotton wool balls 棉球
dressing 敷料
elastic bandage 弹力绷带
gauze 纱布
mask 口罩
mattress 垫子
rubber sheet 橡皮单
swab 拭子、药签

alcohol burner 酒精灯
breast pump 吸奶器
curet(te) 刮匙,刮器
dropper 滴管
drying baker 干燥器
enema can 灌肠筒
enema syringe 灌肠注射器
finger stall 指套
forceps 钳子
hemostatic forceps 止血钳
obstetric forceps 产钳
funnel 漏斗
gastric tube 胃管
glass measure cup 玻璃量杯
hypodermic syringe 皮下注射器
pump 唧筒,泵
needle 针头
ampule 安瓿

ice bag 冰袋
incubator 保温箱
kidney basin 弯盆
measuring tape 带尺
medicine cup 药杯
Murphy's drip bulb 墨菲滴管
percussion hammer 叩诊锤
rectal tube 肛管
rubber gloves 橡皮手套
sand bag 沙袋
scales 磅秤
scalpel 手术刀
scissors 剪刀
specimen container 取样器皿
sphygmomanometer 血压计
stethoscope 听诊器
sucker 吸管
ribbon gut 肠线
test tube 试管
thermometer 体温表
three-channel tube 三腔管
spatula (padded tongue blade) 压舌板
tourniquet 止血带
tray 托盘
ultraviolet lamp 紫外线灯
vessel clamp 止血钳、血管夹
vial 药瓶

bedside commode 床边洗脸台
bedside rails 床栏
bedpan 床上便盆

disposable collecting bag 一次性采尿袋
emesis basin 盂盆
patient pack 医院为患者提供的个人用具袋
urinal 男用尿壶

binder 腹带、绷带
straight abdominal binder 直腹带
breast binder 裹胸带
elbow (heel) protector 肘(踵)护套
sling 悬带
splint 夹板
scrotal support 阴囊托

cane (walking stick) 手杖
crutch 拐杖
leg brace 腿支架
stretcher 担架
walker 助行器
wheelchair 轮椅

isolation unit, set-up 消毒室,消毒病房
garbage can lined with plastic bag 内衬塑料袋的垃圾罐
isolation cart (plastic bags, masks, gowns, laundry bags, gloves) 消毒箱(内装塑料袋、口罩、衣服、洗衣袋、手套)
surgical isolator 外科手术消毒包
wastebasket lined with plastic bag 内衬塑料袋的字纸篓

cannula 套管、插管
perfusion cannula 灌注套管
wash-out cannula 冲洗套管
catheter 导管
cardiac catheter 心导管
indwelling catheter 留置导尿管
double current (two-way) catheter 双腔导管
flexible catheter 软导管
female catheter 女用导尿管
prostatic catheter 前列腺导尿管
railway catheter 槽式导尿管
self-retaining catheter 自流(潴留)导尿管
tracheal catheter 气管吸引导管
dialyser 透析膜
dialyzator 透析器
drainage-tube 引流管
elastic drainage-tube 橡皮引流管
glass drainage-tube 玻璃引流管
enemator 灌肠器
intubator 插管器、喉管插入器
irrigator 冲洗器
oxygen tank 氧气筒
oxygen tent 氧幕、氧气罩(帐)
rubber-topped hemostat 带橡皮头的止血器

speculum 窥器、张开器
anal speculum 肛门张开器、扩肛器
aural speculum 耳窥器、耳镜
eye speculum 开睑器
nasal speculum 鼻窥器、鼻镜
speculum oris 张口器
rectal speculum 直肠窥镜、直肠张开器
urethral speculum 尿道窥器
vaginal speculum 阴道窥器

suction 吸吮器
disposable suction apparatus for wound suction 一次性伤口吸吮器
sputum suction apparatus 吸痰器
suction machine 吸吮机
mechanical suction 机械吸吮器
wall suction 壁式引流器

steam tent 蒸气帷
wall oxygen outlet 壁式输氧机
ventilator 呼吸机、呼吸器
automatic ventilator 自动呼吸器
positive pressure ventilator 正压呼吸机

negative pressure ventilator 负压呼吸机
cabinet respirator 箱式呼吸器
cuirass respirator 胸甲式呼吸器

autoclave sterilizer (disinfector) 高压蒸气灭菌器

bronchoscope 支气管镜
cystoscope 膀胱镜
computer tomography (CT) 计算机体层摄影
defibrillator 除颤器
direct laryngoscope 直接喉镜
electrocardiograph 心电图机
electroencephalograph 脑电图机
esophagofiberscope 纤维食管镜
esophagoscope 食管镜
filiform sound 线形探子
flexible bronchofiberscope 可弯性纤维支气管镜
gastrofiberscope 纤维胃镜
gastroscope 胃镜
head mirror 头镜
hyperbaric oxygen chamber 高压氧舱
otoscope 耳镜
nuclear magnetic resonance 磁共振
proctoscope 直肠镜
ophthalmoscope 检眼镜
pacemaker 起搏器
peritoneoscope 腹腔镜
phonocardiograph 心音图机
scanner 扫描仪
sigmoidoscope 乙形结肠镜
spirometer 肺活量计
ultrasonic wave apparatus 超声波机