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(卫生类)

新增文章

第四部分 阅读理解 (共 3 篇)

第五篇

U.S. Eats Too Much Salt

People in the United States consume more than twice the recommended amount¹ of salt, raising their risk for high blood pressure, heart attacks and strokes, government health experts said on Thursday.

They found nearly 70 percent of U. S. adults are in high-risk groups that would benefit from a lower-salt of no more than 1,500 mg per day², yet most consume closer to 3,500 mg per day.

"It's important to eat people to eat less salt. People who adopt a heart-healthy eating pattern that includes a diet low in sodium and rich in potassium and calcium can improve their blood pressure," Dr. Darwin Labarthe of the Centers for Disease Control and Prevention said in a statement.

"People need to know their recommended daily sodium limit and take action to reduce sodium intake," Labarthe said.

The study in CDC's report on death and disease used national survey data to show that two out of three adults should be consuming no more than 1,500 mg of sodium per day because they are black or over the age of 40-- which are considered high-risk groups.

Yet studies show most people in the United States eat 3,436 mg of sodium per day, according to a 2005-2006 CDC estimate.

Most of the sodium eaten comes from package, processed and restaurant foods. The CDC said it will join other agencies in the Health and Human Services department in working with major food manufacturers and chain restaurants to reduce sodium levels in the food supply.

Nationwide, 16 million men and women have heart disease and 5.8 million are estimated to have had a stroke. Cutting salt consumption can reduce these risks, the CDC said.

词汇

Sodium n. 钠

calcium n. 钙

Potassium n. 钾

intake n. 摄入量

注释

1. More than twice the recommended amount: 比推荐量的两倍还多

2, They found nearly 70 percent of U.S. adults are in high-risk groups that would benefit from lower-salt diet of no more than 1,500 mg per day: 他们发现将近百分之七十的美国成年人属于高危人群，如果他们的日食盐量降至 1500 毫克，则会从中受益。

练习：

1. Too much salt raises one's risk for
 - A high blood pressure.
 - B heart attacks.
 - C strokes,
 - D all of the above.
2. How much salt do most American adults eat per day?
 - A No more than 1,500 mg
 - B Closer to 3,500 mg.
 - C Less than 3,436 mg.
 - D Closer to 1,500 mg.
3. To improve their blood pressure, people should have a diet
 - A rich in potassium and sodium.
 - B rich in potassium and calcium.
 - C rich in calcium and sodium.
 - D none of the above.
4. The high-risk groups include those
 - A who are black.
 - B who are over the age of 40.
 - C who are white and young.
 - D both A and B
5. Packaged, processed and restaurant foods are known to be
 - A cheap.
 - B tasty.
 - C rich in salt.
 - D healthy.

答案与题解

1. D 短文的第一段说，吃盐过多会增加罹患高血压，心脏病和中风的危险。
2. B 短文的第二段说，大多数美国成年人的日食盐量接近 300 毫克。
3. B 短文的第三段说，采用低钠并富含钾、钙的饮食方式将有利于改善血压。
4. D 短文的第五段说，黑人和年龄超过 40 岁的人被视为高危人群。
5. C 短文的倒数第二段说，人们所食用的纳绝大部分来自于包装、加工和饭店食品。

***第十八篇**

Human Heart Can Make New Cells

Solving a longstanding mystery, scientists have found that the human heart

continues to generate new cardiac cells throughout the life span, although the rate of new cell production slows with age.

The finding, published in the April 3 issue of Science, could open a new path for the treatment of heart diseases such as heart failure and heart attack, experts say.

"We find that the beating cells in the heart, cardiomyocytes, are renewed," said lead researcher Dr. Jonas Frisen, a professor of stem cell research at the Karolinska Institute in Stockholm, Sweden. "It has previously not been known whether we were limited to the cardiomyocytes we are born with or if they could be renewed¹," he said.

The process of renewing these cells changes over time, Frisen added. In a 20-year-old, about 1 percent of cardiomyocytes are exchanged each year, but the turnover rate decreases with age to only 0.45 percent by age 75.

"If we can understand how the generation of new cardiomyocytes is regulated, it may be potentially possible to develop pharmaceuticals that promote this process to stimulate regeneration after, for example, a heart attack," Frisen said.

That could lead to treatment that helps restore damaged hearts.

"A lot of people suffer from chronic heart failure," noted co-author Dr. Ratan Bhardwaj, also from the Karolinska Institute. "Chronic heart failure arises from heart cells dying²," he said.

With this finding, scientists are "opening the door to potential therapies to having ourselves³, heal ourselves," Bhardwaj said. "Maybe one could devise a pharmaceutical agent that would make heart cells make new and more cells to overcome the problem they are facing."

But barriers remain. According to Bhardwaj, scientists do not yet know how to increase heart cell production to a rate that would replace cells faster than they are dying off, especially in older patients with heart failure. In addition, the number of new cells the heart produces was estimated using healthy hearts--whether the rate of cell turnover in diseased hearts is the same remains unknown.

词汇

Longstanding adj. 为时甚久的

turnover n. 更替率

Cardiac adj. 心脏的

pharmaceutical n. 药物

cardiomyocyte n. 心肌细胞

therapy n. 疗法、治疗

注释

1. It has previously not been known whether we were limited to the cardiomyocytes we are born with or if they could be renewed: 早前并不清楚人们是否局限于出生时所具有的细胞还是说这些细胞可以被更新。

2. Chronic heart failure arises from heart cells dying: 慢性心衰是由心肌细胞死亡导致的。

3. With this finding, scientists are "opening the door to potential therapies to having ourselves heal ourselves": 有了这一发现，科学家们正在打开让我们自愈的潜在疗法的大门。

练习:

- The human heart stops producing cardiac cells
 - when a person is born.
 - when a person becomes old.
 - when a person gets sick.
 - when a person dies.
- The finding could prove to be helpful to
 - the study of longstanding mysteries.
 - the analysis of cardiac cells.
 - the prevention of chronic diseases.
 - the treatment of heart disease.
- The people who're in their mid-70s, only 0.45 percent of cardiomyocytes
 - are still functional
 - are replaced each year.
 - are lost each year.
 - are damaged each year.
- Chronic heart failure is associated with
 - the death of heart cells.
 - the life span of a person.
 - the effects of pharmaceuticals.
 - the weight of the patient.
- It remains unknown whether the rate of cell turnover in diseased hearts
 - changes over time.
 - can be monitored.
 - is the same as that in healthy hearts.
 - is high enough to replace cells faster than they're dying off.

答案与解析

- D 短文的第一段说，科学家们发现，在人的整个生命过程中，其心脏不断产生新的心肌细胞。言外之意，这个过程直到人死才会停止。
- D 短文的第二段说，这一发现将为心脏病的治疗开辟新的途径。
- B 短文的第四段说，一个人 20 岁时，其每年被更替的心肌细胞为 1%，随着年龄的增长，该更替率不断下降，等到 75 岁时，只有 0.45%。
- A 短文的倒数第三段说，慢性心衰是由心肌细胞死亡导致的。
- C 短文的最后一段说，心脏产生的新细胞的数量是按着健康心脏计算的，而有病心脏的细胞更替率是否与健康心脏相同还不得而知。

+ 第三十四篇**Do Patients Trust Doctors Too Much?**

Earlier this year, the American College of Surgeons, the national scientific and educational organization of surgeons, conducted a nationwide survey that found that the average patient devotes an hour or less to researching his or her surgery or less to researching his surgery or surgeon. While prospective patients worry about the costs or complications of an operation, they don't necessarily look for information that would address their concerns.

In fact, more than a third of patients who had an operation in the last five years never reviewed the credentials of the surgeon who operated. Patients are more likely to spend time researching a job change (on average, about 10 hours) or a new car (8 hours) than the operation they are about to submit to or the surgeon who wields the knife. And many patients are satisfied with the answers they receive from their surgeon or primary care doctor, whoever those individuals happen to be.

I felt curious about the survey, so I called Dr. Thomas Russell, executive director of the American College of Surgeons. "There is a tendency for patients not to get particularly involved and not to feel compelled to look into their surgery or surgeons," he told me.

There are consequences to that kind of blind trust. "Today, medicine and surgery are really team sports, Dr. Russell continued, and the patient, as the ultimate decision maker, is the most important member of the team. Mistakes can happen and patients have to be educated and must understand what is going on.

In other words, a healthy doctor-patient relationship does not simply entail good bedside manners and responsible office management on the doctor. It also requires that patients come to the relationship educated about their doctors, their illness and their treatment.

"If we are truly going to reform the health care system in the U.S.," Dr. Russell said, "everybody has to participate actively and must educate themselves. That means doctors, nurses, other health care professional, lawyers, pharmaceutical companies, and insurance companies. But most of all, it means the patient."

Trust is important. But as Sir Francis Bacon¹, who was among the first to understand the importance of gathering data in science, once observed, knowledge is power.

词汇

Prospective adj. 预期的, 将来的

compel v. 强迫、迫使

Complication n. 并发症

entail v. 需要

Credential n. 资历

pharmaceutical adj. 制药的

Wield v. 支配, 控制

注释

1. Sir Francis Bacon: 培根 (1561-1626, 英国哲学家, 英语语言大师, 英国唯物主义和

实验科学的创始人，反对经院哲学，提出知识就是力量，主要著作有《论科学的价值和
发展》、《新工具》。)

练习

1. Patients do not seem to spend enough time
 - A researching job changes.
 - B researching new cars.
 - C researching their surgery or surgeons.
 - D researching the American College of Surgeons.
2. It appears that patients nowadays have
 - A little trust in their doctors
 - B too much trust in their doctors
 - C too much information about their doctors.
3. The most important role in medicine and surgery should be played
 - A by pharmaceutical and insurance companies.
 - B by doctors and nurses.
 - C by lawyers.
 - D by patients.
4. It's a mistaken idea that a healthy doctor-patient relationship
 - A is a goal that can be achieved.
 - B is what the patient desires.
 - C is dependent just on the doctor.
 - D also entails efforts made by the patient.
5. The author does NOT believe in
 - A Francis Bacon.
 - B blind trust.
 - C scientific data.
 - D the power of knowledge.

答案与解析

1. C 从短文的第一、二段可以得知，病人用于查询有关跳槽、新车等信息的时间大大超过查询自己即将做手术以及给他们做手术的医生的资质所用的时间。
2. B 从短文的题目以及各个段落中不难看出，现在的病人对于自己的医生过于信任，他们说什么就信什么。
3. D 短文的第四段说，内科与外科治疗都属于团体项目，而病人作为诊疗过程中的最后决策者，在团队中自然扮演最为重要的角色。
4. C 短文的第五段说，健康的医患关系只靠医生的努力是不够的。病人必须了解自己的医生、疾病和治疗方案。
5. B 短文的最后一段说，信任是很重要的，但是知识就是力量。之前，在短文的第四段，作者提到了盲目信任是不可取的，可见，作者是不赞成盲目信任的。

第六部分 完形填空（共3篇）

第二篇

8 New York Students Have Swine Flu

The Centers for Disease Control and Prevention has confirmed 1 of swine flu in eight students at a New York preparatory school, Mayor Michael Bloomberg said Sunday. The students have had only 2 symptoms and none have been hospitalized, he said. Some of the students have already recovered.

More than 100 students were absent from 3 due to flu-like symptoms last week. New York health officials tested samples for eight students Saturday and determined the students were probably 4 from swine flu, and the CDC confirmed the 5 on Sunday, Bloomberg said.

The announcement brings the 6 of confirmed swine flu cases in the United States to 20. Bloomberg and New York Health Commissioner Tom Frieden said there is no 7 of a citywide outbreak of the flu, and no sign of a potential 8 of swine flu at other schools.

Some students at the school 9 spring break in Mexico, Bloomberg said, but authorities have not determined 10 any of the students with a confirmed case of swine flu was in Mexico. Someone who traveled to Mexico may not have had any flu symptoms but 11 on the flu to someone else, he noted. Frieden called 12 students who are home sick to stay home for 48 hours after their symptoms subside.

If symptoms are normal for a regular kind of flu, there is 13 need to go to a hospital, said Bloomberg. If symptoms become severe, as with any 14, people should go to the hospital, he said.

St. Francis, which has 2,700 students, announced it will remain closed for two days. 15 whether the students' illnesses have been minor because they're young and healthy or because it is a minor strain of the virus, Frieden responded, "We don't know."

词汇

swine n. 猪

preparatory adj. 预备教育的, 预科的

outbreak n. 爆发

subside v. 消失, 消退

strain (菌) 株, (菌) 系

注释

1. spring break: (美) 春假 (在校生复活节期间一周的假期)

练习

- | | | | |
|---------------|-------------|----------|-------------|
| 1. A cases | B bases | C does | D noses |
| 2. A common | B physical | C mild | D wild |
| 3. A work | B home | C school | D hospital |
| 4. A escaping | B surviving | C dying | D suffering |

- | | | | |
|----------------|-------------|------------|------------|
| 5. A treatment | B diagnosis | C doubt | D choice |
| 6. A point | B number | C spread | D value |
| 7. A chance | B need | C hope | D sign |
| 8. A welcome | B outbreak | C success | D injury |
| 9. A spent | B made | C took | D traveled |
| 10. A why | B how | C when | D whether |
| 11. A passed | B kept | C rolled | D swept |
| 12. A at | B up | C on | D of |
| 13. A no | B much | C any | D a |
| 14. A person | B matter | C thing | D illness |
| 15. A Asked | B Tested | C Troubled | D Doubted |

答案与题解

1. A 从短文的题目可以看出, 纽约有 8 名学生患了猪流感, 所以此处应为流感病例。
2. C 从上下文得知, 患病的学生中没有人住院, 有一些已经康复, 因此他们的症状应该是比较轻的。
3. C 学校里的学生有了流感样的症状, 肯定是没能上学。
4. D 从上下文可以看出, 纽约卫生官员检验了 8 名学生的血样后断定他们很可能是患上了猪流感。
5. B 疾病防控中心对纽约卫生官员的诊断予以证实。
6. B 显然此处应为确诊的猪流感患者数量。
7. D 从上下文和接下来的“no sign”就可以推断出此处应为同样的表达方式。
8. B 从上下文和前面的“outbreak”就可以推断出此处应为同样的表达方式。
9. A 学校的一些学生是在墨西哥度的春假。
10. D 从上下文可知, 当局尚未确定确诊为猪流感的学生中是否有谁去过墨西哥。
11. A 从上下文可以得知, 某位去墨西哥旅游的学生自己可能没有表现出任何流感症状, 但却把流感传给了其他某个人。
12. C 呼吁某人做某事用英语表达应为: call on somebody to do something.
13. A 接下来一句说, 如果症状严重, 人们应该去医院。这是一个转折句, 因此前面的句子应该相反, 即没有必要上医院。
14. D 不仅是流感, 而是任何疾病, 只要症状加重, 都应该去医院。
15. A 从后面的“responded”一词可以断定前面应该是“被问到”, 即“Asked”。

* 第七篇

Nurse! I Want My Mummy

When a child is ill in hospital, a parent's first reaction is to be 1 them.

Most hospitals now, allow parents to sleep 2 with child, providing a bed or sofa on the ward.

But until the 1970s this 3 was not only frowned upon --- it was actively discouraged¹.

Staff worried that the children were upset when their parents 4,

and so there was a blanket ban.

A concerned nurse, Pamela Hawthorn, disagreed and her study "Nurse! want my mummy", published in 1974, 5 the face of paediatric nursing.

Professor Martin Johnson, professor of nursing at the University of Salford, said that the work of 6 like Pamela had changed the face of patient care.

"Pamela's study was done against the 7 of a lively debate in paediatrics and psychology as to the degree women should spend with children in the outside world and the degree to which they should be allowed to visit children in 8.

"The idea was that if mum came to 9 a small in hospital the child would be upset and inconsolable for hours.

"Yet the nurse noticed that if mum did not come at 10 the child stayed in a relatively stable state but they might be depressed.

"Of course we know now that they had most given 11 hope that mum was ever coming back.

"To avoid a little bit of pain they said that no one should visit

"But children were alone and 12, so Hawthorn said parents should be allowed to visit."

Dr Peter Carter, chief executive and general secretary of the Royal College of Nursing, said her 13 had been seminal.

"Her research put an end to 14 when parents handed their children over to strangers at the door of the hospital ward.

"As a result of her work, parents and carers are now recognized as partners in care and are 15 the opportunity to stay with, their children while they are in hospital, which has dramatically improved both parents' and children's experience of care."

词汇

frown v. 皱眉 (表示不满)

inconsolable adj. 无法安慰的

blanket adj. 通用的

seminal adj. 开创性的

paediatric adj. 儿科的

注释

1. But until the 1970s this practice was not only frowned upon - it was actively discouraged: 但在二十世纪七十年代之前, 这一做法不仅遭至不满, 而且还被积极阻止。

练习

1. A for B with C upon D against
2. A occasionally B soundly C overnight D overtime
3. A practice B exercise C thought D request
4. A stayed B cried C appeared D left

5. A lost B changed C studied D made
6. A professors B doctors C nurses D parents
7. A background B history C fact D reality
8. A school B hospital C family D world
9. A take B control C persuade D visit
10. A once B will C all D large
11. A up B off C down D away
12. A relaxed B pleased C depressed D stable
13. A work B dream C issue D doubt
14. A hours B days C weeks D months
15. A refused B created C lent D afforded

答案与题解

1. B 孩子住院了, 父母的第一反应肯定是要和孩子在一起。“to be with somebody”表示“和谁在一起”。
2. C 给父母在病房里提供床或沙发, 是让他们和孩子一起过夜。
3. A 此处应指允许父母在医院里陪孩子这种做法。
4. D 医院担心父母一离开, 孩子会十分不安, 所以干脆不让父母和孩子见面。
5. B Pamela 的研究使儿科护理的面貌发生了改变。
6. C 前面提到 Pamela 是一位护士。
7. A 英语里表示“在什么背景下”用“against the background of”这一搭配。
8. B 此处显然指允许父母到医院探望孩子的时间。
9. D 前面已经提到去医院探望孩子。
10. C 本句意思是, 如果父母干脆就不来医院探望孩子会发生的情况。
11. A 英语里表示“放弃”用 give up 这一搭配。
12. C 前面已提到, 如果父母干脆不来医院探望他们, 生病的孩子们会感到沮丧的。
13. A 此处应指 Pamela 所作的研究工作。
14. B “the days”表示“时代”
15. D 此处的“are afforded”等于“are given”, 表示“提供”

+ 第十二篇

Skin Cancer Now Top Cancer among Young Women in UK

Melanoma, the deadliest kind of skin cancer, is now the most common cancer in young 1 women, the country's leading cancer organization said Wednesday. Skin cancer has 2 cervical cancer as the top cancer striking women in their 20s, according to the latest data from Cancer Research United Kingdom.

The trend is particularly 3 since younger people are not generally those most susceptible to melanoma. Rates of skin cancer are 4 highest in people over age 75.

But experts worry that increasing numbers of younger people being diagnosed with skin cancer could be the 5 of a dangerous trend. Women 6 their 20s make up a small percentage of all patients diagnosed with melanoma in

Britain, but nearly a third of all cases occur in people younger than 50.

Based on current numbers, Cancer Research UK predicts that melanoma will become the fourth most common cancer for men and women of all 7 by 2024, and that cases will jump from about 9,000 cases a year to more than 15,500.

Cancer experts 8 the rising number of skin cancer cases largely to the surge in people using tanning salons. "Spending time on sunbeds¹ is just 9 dangerous as staying out too long in the sun," said Caroline Cerny of Cancer Research UK. The organization is starting a SunSmart campaign to warn Britons of the 10 of being too bronzed.

"The intensity of UV rays² in some sunbeds can be more than 10 times 11 than the midday sun," Cerny said.

In the United States, several states require parental approval 12 minors can use tanning salons. Wisconsin bans people 16 and 13 from using tanning beds, and others ban children under 14. At least 29 states have regulations governing minors' use of tanning salons.

In the U.K., Scottish politicians passed legislation banning those under 18 from using tanning beds, though it hasn't yet been implemented. There are no plans for 14 in the rest of the U.K.

The World Health Organization has previously recommended that tanning beds be regulated because of their potential to damage DNA³ in the skin.

Experts said most deadly skin cancers could be 15 if people took the proper precautions when in the sun and avoided tanning beds.

词汇

melanoma n. (恶性)黑素瘤

cervical adj. 子宫颈的

tan v. 使变褐色

susceptible adj. 易患(某种疾病)

precaution n. 预防措施

注释

1. sunbeds: 日光浴(或太阳灯浴)浴床

2. UV rays: 紫外线

3. DNA: 脱氧核糖核酸

练习

- | | | | |
|-----------------|---------------|----------------|---------------|
| 1. A American | B British | C world | D black |
| 2. A overtaken | B overlooked | C oversee | D overwhelmed |
| 3. A satisfying | B encouraging | C relaxing | D worrying |
| 4. A typically | B strangely | C occasionally | D hopefully |
| 5. A end | B start | C turn | D line |
| 6. A at | B on | C of | D in |
| 7. A kinds | B ages | C colors | D sizes |
| 8. A assign | B attribute | C contribute | D allocate |
| 9. A more | B so | C as | D like |

- | | | | |
|-----------------|---------------|------------|-------------|
| 10. A points | B benefits | C steps | D dangers |
| 11. A stronger | B nicer | C darker | D deeper |
| 12. A before | B after | C until | D while |
| 13. A below | B low | C under | D beneath |
| 14. A warning | B legislation | C approval | D debate |
| 15. A predicted | B treated | C avoided | D diagnosed |

答案与题解

1. B 从文章的题目中得知，英国年轻女性癌症发病人数最多的是皮肤癌。
2. A 20 来岁的女性过去罹患子宫颈癌的人数最多，而现在皮肤癌却超过了子宫颈癌。
3. D 这一趋势尤其令人担心是因为通常年轻人是最不易患黑素瘤的人群。
4. A 从上下文得知，通常皮肤癌高发人群应为 75 岁以上的老人。
5. B 从上下文得知，专家们担心越来越多的年轻女子被诊断患有皮肤癌可能是一种危险趋势的开始。
6. D 表示“年龄在 20 多岁”英语里用“in one's 20s”。
7. B 前面一直在谈年龄与皮肤癌的关系，因此此处应选年龄。
8. B 表示“把...归结于”英语里用“attribute...to”。
9. C 表示“与...同样危险呢”英语里用“as dangerous as”。
10. D 该项活动的目的是要警告英国人小心晒得过褐的危险。
11. A 有些日光浴浴床的紫外线强度是正午太阳紫外线强度的 10 倍还多。
12. A 在美国，只有苏格兰已经通过立法禁止 18 岁以下的人使用日光浴浴床，而在其他地区则还没有这种立法计划。
13. C 从上下文可知，如果人们在太阳光下采取适当的预防措施并避开使用日光浴浴床，那么最致命的皮肤癌是可以避免的。