



# 医学英语讲座系列

## 如何与医生有效沟通

第四讲：如何做决定

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# 了解不同的治疗方案

## DIFFERENT TREATMENT OPTIONS

### 1. 治疗效果 (EFFECTIVENESS OF THE TREATMENT):



**关键问题：治疗方案能多大程度上改善我的病情？**

了解每种治疗方案的效果是最重要的考虑因素之一。患者需要询问治疗的预期效果以及治疗成功的几率。医生会根据患者的病情和个体差异，解释每种治疗方案可能带来的结果。

Understanding the effectiveness of each treatment is one of the most important considerations. Patients need to ask about the expected outcomes of the treatment and the likelihood of success. The doctor will explain how each treatment might work based on the patient's condition and individual factors.

Example:

- **患者 (Patient):** "这种治疗能多大程度上改善我的病情？我能期待什么样的结果？"  
"How much will this treatment improve my condition? What kind of results can I expect?"
- **医生 (Doctor):** "这项治疗可以帮助降低您的血压，但可能需要几周时间才能看到效果。"  
"This treatment can help lower your blood pressure, but it may take a few weeks to see the results."

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## DIFFERENT TREATMENT OPTIONS

### 2. 风险和副作用 (RISKS AND SIDE EFFECTS)



**关键问题：这项治疗有什么风险？我会有什么副作用？**

所有的治疗方案都可能伴随风险和副作用。患者应与医生详细讨论每种治疗可能的副作用，并了解这些副作用的严重程度。患者还应该了解如何管理或减少副作用对生活的影响。

All treatment options may carry some risks and side effects. Patients should discuss potential side effects with the doctor in detail and understand how severe these side effects could be. They should also learn how to manage or reduce the impact of side effects on their daily life.

- **患者 (Patient):** "这种治疗有什么常见的副作用？这些副作用会严重吗？"  
"What are the common side effects of this treatment? Will these side effects be serious?"
- **医生 (Doctor):** "可能的副作用包括头晕和疲劳，但大多数情况下，它们是轻微且可以控制的。"  
"Possible side effects include dizziness and fatigue, but in most cases, they are mild and manageable."

# 了解不同的治疗方案

## DIFFERENT TREATMENT OPTIONS

### 3. 成本和保险覆盖 (COST AND INSURANCE COVERAGE)



**关键问题：治疗的费用是多少？我的保险会覆盖这些费用吗？**

治疗费用和保险覆盖是许多患者关心的问题，尤其是对于长期的治疗方案。患者应询问每种治疗的费用，并与医生和保险公司确认这些费用是否在保险范围内。了解医疗支出有助于做出更实际的选择。

Treatment cost and insurance coverage are important concerns, especially for long-term treatments. Patients should ask about the cost of each treatment and check with both the doctor and the insurance provider to confirm if these costs are covered. Understanding the financial implications will help patients make more practical decisions.

- **患者 (Patient):** "这项治疗的费用是多少？我的保险会支付吗？"  
"How much does this treatment cost? Will my insurance cover it?"
- **医生 (Doctor):** "这项治疗的费用大约是每月100加元，您可以咨询保险公司确认是否会覆盖。"  
"This treatment costs around \$100 per month. You should check with your insurance company to confirm if they will cover it."

# 了解不同的治疗方案

## DIFFERENT TREATMENT OPTIONS

### 4. 治疗对生活方式的影响 (IMPACT ON LIFESTYLE)



**关键问题：这种治疗会如何影响我的日常生活？**

患者应了解治疗方案如何影响他们的日常生活。某些治疗可能需要改变饮食习惯、增加体力活动或定期去医院检查。了解这些变化将有助于患者提前准备，并评估他们是否能够适应这些要求。

Patients should understand how the treatment will affect their daily lifestyle. Some treatments may require changes in diet, increased physical activity, or regular hospital visits. Knowing these changes in advance will help patients prepare and evaluate if they can adapt to these requirements.

- **患者 (Patient):** "这个治疗会对我的日常生活产生什么影响？我需要改变什么吗？"  
"How will this treatment affect my daily life? Will I need to change anything?"
- **医生 (Doctor):** "您可能需要减少盐的摄入，并增加运动量。另外，您需要定期来医院做血压检查。"  
"You may need to reduce your salt intake and increase your physical activity. Also, you'll need to come in for regular blood pressure checks."

# 了解不同的治疗方案

## DIFFERENT TREATMENT OPTIONS

### 5. 治疗的时间和持续性 (DURATION AND CONTINUITY OF TREATMENT)



**关键问题：这个治疗需要多长时间？我需要长期进行这种治疗吗？**

患者需要询问治疗方案的持续时间。有些治疗可能是短期的，而另一些则可能需要长期进行。了解治疗的时间安排和是否需要持续治疗，有助于患者规划未来并合理安排生活。

Patients need to ask about the duration of the treatment. Some treatments may be short-term, while others may require long-term commitment. Understanding the time frame of the treatment and whether ongoing treatment is necessary will help patients plan for the future and manage their lives accordingly.

- **患者 (Patient):** "这个治疗需要多长时间？我需要长期服药吗？"  
"How long will this treatment last? Will I need to take medication for a long time?"
- **医生 (Doctor):** "根据您的情况，您可能需要长期服用药物来控制血压。"  
"Given your condition, you may need to take medication long-term to control your blood pressure."

# 了解不同的治疗方案

## DIFFERENT TREATMENT OPTIONS

### 6. 替代疗法和第二意见 (ALTERNATIVE THERAPIES AND SEEKING A SECOND OPINION)



**关键问题：是否有其他治疗方法？我可以寻求第二意见吗？**

患者可以询问是否有替代疗法可以选择，特别是如果他们对当前的治疗方案不满意时。此外，患者也有权利寻求第二意见，尤其是当他们面对复杂或重大决定时。

Patients can ask if there are alternative therapies available, especially if they are not satisfied with the current treatment plan. Additionally, patients have the right to seek a second opinion, particularly when faced with complex or major decisions.

- **患者 (Patient):** "除了这个方案外，还有其他选择吗？"  
"Are there any other options besides this treatment?"
- **医生 (Doctor):** "我们可以尝试一些替代疗法，比如针灸或草药治疗，但它们的效果不如药物治疗确定。"  
"We could try some alternative therapies, such as acupuncture or herbal treatments, but their effectiveness is less certain than medication."
- **患者 (Patient):** "我想寻求第二意见，您觉得这是个好主意吗？"  
"I'd like to get a second opinion. Do you think that's a good idea?"
- **医生 (Doctor):** "当然可以，第二意见可以帮助您更好地理解所有可行的治疗方案。"  
"Of course, getting a second opinion can help you better understand all your available treatment options."



# 了解不同的治疗方案

## DIFFERENT TREATMENT OPTIONS

### 7. 沟通和随访 (COMMUNICATION AND FOLLOW-UP)



#### 关键问题：我需要多久随访一次？如何跟踪治疗效果？

患者需要清楚了解在治疗期间应该如何与医生保持沟通，并安排随访计划。定期随访有助于医生评估治疗效果，并及时调整方案。

Patients need to clearly understand how to maintain communication with the doctor during the treatment and plan for follow-up visits. Regular follow-ups help the doctor assess the treatment's effectiveness and make adjustments as needed.

- **患者 (Patient):** "我需要多久回来复查一次？"  
"How often do I need to come back for follow-ups?"
- **医生 (Doctor):** "建议您每个月回来检查一次血压，以确保治疗有效。"  
"I recommend coming back once a month to check your blood pressure and ensure the treatment is working."

# 了解不同的治疗方案

## DIFFERENT TREATMENT OPTIONS

一位70岁的高血压患者和医生讨论治疗方案，患者希望了解药物的效果、副作用、生活方式的改变，以及治疗费用。

**A 70-year-old patient with hypertension discusses treatment options with their doctor. The patient wants to understand the effectiveness of the medication, its side effects, lifestyle changes, and the cost of treatment.**

医生: "您好，您的检查结果显示您患有高血压。我们需要制定一个治疗计划来帮助您控制血压，避免心脏病或中风的风险。"

DOCTOR : "Hello, your test results show that you have high blood pressure. We need to create a treatment plan to help control it and reduce the risk of heart disease or stroke."

患者: "我有点担心，我的血压高对我的生活有什么影响？治疗的效果如何？"

PATIENT : "I'm a bit worried. How will my high blood pressure affect my life? How effective is the treatment?"

医生: "高血压如果不治疗，会增加心脏病、肾病和中风的风险。通过治疗，我们可以帮助您将血压降到正常水平，减少这些风险。药物通常非常有效，但效果可能需要几周时间才能完全显现。"

DOCTOR : "If left untreated, high blood pressure increases your risk of heart disease, kidney disease, and stroke. With treatment, we can help bring your blood pressure down to a normal range and reduce these risks. The medication is usually very effective, but it may take a few weeks to see the full effects."

患者: "治疗后我的血压会完全恢复正常吗？"

PATIENT : Will my blood pressure return to normal after treatment?"

医生: "治疗可以帮助血压降到正常范围，但可能需要长期维持。如果您结合药物和健康的生活方式，效果会更好。"

DOCTOR : "The treatment can help bring your blood pressure down to a normal range, but it may need to be maintained long-term. If you combine medication with a healthy lifestyle, the results will be even better."

# 了解不同的治疗方案

## DIFFERENT TREATMENT OPTIONS

患者: "这些药物会有副作用吗? 我会担心长期服用会对身体有害。"

Patient : "Do these medications have side effects? I'm worried that taking them long-term might harm my body."

医生: "常见的副作用包括头晕、疲劳或口干, 大多数人能很好地忍受这些副作用。如果副作用影响到您的日常生活, 我们可以调整药物剂量或更换其他药物。"

Doctor: "common side effects include dizziness, fatigue, or dry mouth, but most people tolerate these side effects well. If the side effects interfere with your daily life, we can adjust the dosage or switch to another medication."

患者: "如果我不适应药物, 可以停药吗? "

Patient: "if I don't tolerate the medication well, can I stop taking it?"

医生: "如果您有任何不适, 建议您先和我讨论, 不要自行停药。有时简单的剂量调整就能解决问题。"

Doctor: "If you experience any discomfort, I recommend discussing it with me before stopping the medication. Sometimes a simple dosage adjustment can solve the issue."

患者: "除了吃药之外, 我还需要做些什么吗? 我听说健康的生活方式对高血压有帮助。"

Patient : "besides taking medication, is there anything else I need to do? I've heard that a healthy lifestyle can help with high blood pressure."

医生: "没错, 健康的生活方式可以大大改善高血压的控制。首先, 减少盐的摄入, 每天不要超过1500毫克的钠。其次, 增加运动量, 每天至少快走30分钟。最后, 避免吸烟和过量饮酒。"

Doctor: "that's right, a healthy lifestyle can significantly improve blood pressure control. First, reduce your salt intake to no more than 1,500 mg of sodium per day. Second, increase your physical activity, such as brisk walking for at least 30 minutes a day. Finally, avoid smoking and limit alcohol consumption."

# 了解不同的治疗方案

## DIFFERENT TREATMENT OPTIONS

患者:"我平时运动不多, 开始做运动会不会太累?"

Patient: "i don't exercise much. Will it be too exhausting to start exercising?"

医生: "您可以从简单的运动开始, 比如每天散步10到15分钟, 然后逐渐增加强度和时长。慢慢增加运动量有助于身体适应, 并且不会让您感到过度疲劳。"

Doctor: "you can start with light exercise, such as walking for 10 to 15 minutes a day, and gradually increase the intensity and duration. Slowly increasing your activity level will help your body adjust without making you feel too tired."

患者: "这种药物的费用是多少? 我的保险能报销吗?"

Patient: "How much does this medication cost? Will my insurance cover it?"

医生: "根据您的保险计划, 这种药物应该大部分可以报销。具体费用您可以向保险公司查询。一般来说, 降压药的费用较低且长期使用安全。"

Doctor: "Based on your insurance plan, most of the cost for this medication should be covered. You can check with your insurance company for specific details. In general, blood pressure medications are low-cost and safe for long-term use."

患者: "如果我的保险不覆盖所有的费用, 还有其他选择吗?"

Patient: "If my insurance doesn't cover everything, are there other options?"

医生: "我们可以选择一些成本较低的仿制药, 效果和原版药相同。也可以探讨是否有社区支持项目, 帮助减少药物成本。"

Doctor: "We can consider using generic versions of the medication, which are lower cost but have the same effect. We can also explore if there are community support programs that help reduce medication costs."

# 了解不同的治疗方案

## DIFFERENT TREATMENT OPTIONS

患者: "我应该多久回来看您一次? "

Patient: "how often should I come back to see you?"

医生: "建议您在开始治疗后的一个月内回来检查血压, 以确保药物起效。如果血压稳定, 我们可以每3到6个月复查一次。"

Doctor: "I recommend you come back within a month after starting the treatment to check your blood pressure and ensure the medication is working. If your blood pressure stabilizes, we can follow up every 3 to 6 months."

患者: "如果我的血压没有下降怎么办? "

Patient: "what if my blood pressure doesn't go down?"

医生: "如果血压没有改善, 我们可以调整药物或增加另一种药物。有时需要一些时间才能找到最适合您的治疗方案。"

Doctor: "if your blood pressure doesn't improve, we can adjust the medication or add another one. Sometimes it takes time to find the treatment that works best for you."

患者: "我对这些治疗有点不确定, 我能寻求第二意见吗? "

Patient: "i'm a bit uncertain about these treatments. Can I seek a second opinion?"

医生: "当然可以。寻求第二意见是完全合理的, 我可以为您推荐另一位医生, 他们可以为您提供更多信息, 帮助您做出决定。"

Doctor: "of course. Seeking a second opinion is completely reasonable. I can refer you to another doctor who can provide more information and help you make a decision."

## 患者决策辅助工具 PATIENT DECISION AID



患者决策辅助工具是一种帮助患者做出知情医疗决策的工具。它通过清晰、详细地展示不同治疗方案的优缺点、潜在风险和效果，帮助患者了解可用的选择，并结合个人的健康状况、价值观和生活方式做出适合的决定。这些工具通常包含：

- 对比各种治疗方案的效果和风险。
- 提供每种选择的科学证据和预期结果。
- 考虑患者的个人偏好和价值观。

A patient decision aid is a tool designed to help patients make informed medical decisions. It provides clear, detailed information about the pros and cons of different treatment options, their potential risks, and their effectiveness, enabling patients to understand their available choices. It also helps them make decisions that align with their personal values, health conditions, and lifestyle. These tools typically include:

- Comparison of the effectiveness and risks of different treatment options.
- Scientific evidence and expected outcomes for each option.
- Consideration of the patient's personal preferences and values.

## 患者决策辅助工具 PATIENT DECISION AID

患者决策辅助工具对老年患者尤为重要，特别是在面对复杂的医疗选择时，例如是否进行手术、长期服用药物或选择替代疗法。通过这些工具，患者可以：

- 更好地了解每种选择的优缺点。
- 基于个人健康状况和生活方式做出更符合自身需求的决策。
- 减少医疗决策中的压力，增强对决策的信心。

Patient decision aids are especially important for elderly patients when facing complex medical choices, such as deciding whether to undergo surgery, take long-term medication, or choose alternative therapies. These tools allow patients to:

- Better understand the pros and cons of each option.
- Make decisions that align with their personal health needs and lifestyle.
- Reduce the pressure of decision-making and increase confidence in their choices.



# 患者决策辅助工具 PATIENT DECISION AID

使用患者决策辅助工具时，患者和医生可以共同讨论所有可行的治疗方案，并通过工具提供的对比信息做出决定。患者需要：

**了解所有治疗方案 (UNDERSTAND ALL TREATMENT OPTIONS):** 工具会提供详细的每种方案的效果、风险和潜在结果。

**衡量个人偏好 (WEIGH PERSONAL PREFERENCES):** 患者可以根据自身的价值观和生活方式，选择对自己最合适的方案。

**咨询医生意见 (CONSULT THE DOCTOR'S OPINION):** 在使用工具的过程中，医生会提供专业的医疗建议，帮助患者理解复杂的医学术语和信息。

When using a patient decision aid, patients and doctors can work together to discuss all possible treatment options and use the comparison information provided by the tool to make a decision. Patients need to:

**Understand all treatment options:** the tool provides detailed information about the effectiveness, risks, and potential outcomes of each option.

**Weigh personal preferences:** patients can choose the option that best fits their values and lifestyle.

**Consult the doctor's opinion:** throughout the process, the doctor offers professional medical advice, helping the patient understand complex medical terms and information.





# 患者决策辅助工具 PATIENT DECISION AID

通过患者决策辅助工具，患者可以更好地：

- 权衡每种治疗的利弊 (WEIGH THE PROS AND CONS OF EACH TREATMENT)：通过对比，患者能清楚看到每个选择的优缺点。
- 结合个人价值观和生活方式 (COMBINE PERSONAL VALUES AND LIFESTYLE)：工具鼓励患者思考哪个方案最符合他们的生活需求。
- 减少决策中的焦虑 (REDUCE ANXIETY IN DECISION-MAKING)：通过清晰的信息和专业指导，患者可以更有信心地做出选择。

By using a patient decision aid, patients can better:

- Weigh the pros and cons of each treatment: through comparison, patients can clearly see the advantages and disadvantages of each option.
- Combine personal values and lifestyle: the tool encourages patients to consider which option best fits their life needs.
- Reduce anxiety in decision-making: with clear information and professional guidance, patients can make decisions with more confidence.



## 患者决策辅助工具 PATIENT DECISION AID

患者 (PATIENT): "医生, 我听说膝关节置换手术可以帮助缓解疼痛, 但我不确定是否应该做这个手术。"

"Doctor, I've heard that knee replacement surgery can help relieve pain, but I'm not sure if I should go through with it."

医生 (DOCTOR): "我们可以使用患者决策辅助工具来帮助您更好地了解所有选择。它会清楚展示手术的预期效果、风险和康复时间, 您也可以看到不做手术或选择保守治疗的后果。"

"We can use a patient decision aid to help you better understand all your options. It will clearly show the expected outcomes, risks, and recovery time for the surgery, and it will also explain what might happen if you don't have surgery or choose conservative treatment instead."

患者 (PATIENT): "这样很好, 我希望能全面了解这些选择。这个工具会帮助我做决定吗?"

"That sounds good. I want to fully understand my options. Will this tool help me make the decision?"

医生 (DOCTOR): "是的, 工具不仅会展示不同方案的对比, 还会帮助您思考哪种选择最符合您的个人价值观和生活方式。最后, 您可以根据这些信息, 与我一起做出决策。"

"Yes, the tool will not only compare different options but also help you consider which choice aligns best with your personal values and lifestyle. In the end, you can make a decision based on this information, and we can discuss it together."

患者 (PATIENT): "我还担心手术的风险和康复过程。这个工具能帮助我理解这些方面吗?"

"I'm also worried about the risks of surgery and the recovery process. Will this tool help me understand these aspects?"

医生 (DOCTOR): "工具会详细解释手术的风险, 例如感染、并发症, 以及术后的康复时间。您还可以看到保守治疗可能带来的长期效果, 如关节疼痛加剧或活动受限。"

"The tool will explain the risks of surgery in detail, such as infection, complications, and recovery time. You'll also be able to see the long-term outcomes of conservative treatments, like worsening joint pain or limited mobility."

## 患者决策辅助工具 PATIENT DECISION AID

患者 (PATIENT): "我看到工具中列出了几种不同的治疗方案。手术的成功率高, 但恢复时间很长, 而不做手术的长期风险也不小。"

"I see that the tool lists several different treatment options. Surgery has a high success rate, but the recovery time is long, and not having surgery also has long-term risks."

医生 (DOCTOR): "是的, 这些信息能帮助您权衡各个选择。您是否有任何个人的偏好或担忧? 例如, 如果您不愿经历长时间的康复, 保守治疗也可能是一个选择。"

"Yes, this information helps you weigh your options. Do you have any personal preferences or concerns? For example, if you don't want to go through a long recovery, conservative treatment might also be an option."

患者 (PATIENT): "我不确定。手术能彻底解决我的问题, 但我担心康复过程会很困难。"

"I'm not sure. Surgery can fix my problem, but I'm worried that the recovery process will be difficult."

医生 (DOCTOR): "这是完全可以理解的。我们可以一起讨论您的生活方式和目标, 看看哪种方案更符合您的需求。患者决策辅助工具可以帮助您理清思路。"

"That's completely understandable. We can discuss your lifestyle and goals together to see which option fits your needs better. The patient decision aid can help you organize your thoughts."

# 如何选择最有优方案

## HOW TO CHOOSE THE BEST TREATMENT OPTION

### 1. 了解治疗的目标 (UNDERSTAND THE GOALS OF TREATMENT)



#### 关键问题 (Key Question):

我的治疗目标是什么？是治愈、减轻症状，还是改善生活质量？

"What are my treatment goals? Is it to cure, relieve symptoms, or improve my quality of life?"

选择最优治疗方案的第一步是了解治疗的主要目标。有些治疗可能旨在治愈疾病，而另一些则可能只是为了缓解症状或改善生活质量。例如，对于老年患者，治疗目标可能是保持日常活动能力，而不是完全治愈某种慢性疾病。

The first step in choosing the best treatment option is to understand the primary goal of the treatment. Some treatments may aim to cure the disease, while others may focus on symptom relief or improving quality of life. For example, for elderly patients, the treatment goal might be to maintain daily activity rather than completely cure a chronic condition.

**医生 (Doctor):** "您的治疗目标是什么？是希望完全治愈，还是缓解症状以改善生活质量？"

"What are your treatment goals? Do you want to completely cure the condition, or are you aiming to relieve symptoms and improve your quality of life?"

**患者 (Patient):** "我更希望能够继续独立生活，所以缓解症状和保持日常活动能力对我来说更重要。"

"I'd like to be able to continue living independently, so relieving symptoms and maintaining my ability to perform daily activities is more important to me."

# 如何选择最优方案

## HOW TO CHOOSE THE BEST TREATMENT OPTION

### 2. 对比治疗的效果和风险 (COMPARE THE EFFECTIVENESS AND RISKS OF TREATMENT)



#### 关键问题 (Key Question):

每个方案的效果如何？有哪些副作用或风险？

"How effective is each option? What are the side effects or risks?"

了解每种治疗方案的效果和可能的副作用至关重要。患者需要与医生一起讨论每个方案的成功率、可能的并发症、以及这些方案在长期和短期内的效果。某些方案可能会有较高的成功率，但伴随的风险或副作用也可能较大。

Understanding the effectiveness and potential side effects of each treatment option is crucial. Patients need to discuss with their doctor the success rates, possible complications, and how each option will work in the short and long term. Some treatments may have higher success rates but also carry greater risks or side effects.

- **患者 (Patient):** "这个手术的成功率有多高？我会有什么副作用吗？"  
"What's the success rate of this surgery? Will I experience any side effects?"
- **医生 (Doctor):** "手术的成功率大约是90%，但您可能会面临一些并发症，比如感染或术后疼痛。我们会密切监控您的恢复情况。"  
"The success rate of the surgery is about 90%, but you may face some complications like infection or post-surgery pain. We'll closely monitor your recovery."

# 如何选择最有优方案

## HOW TO CHOOSE THE BEST TREATMENT OPTION

### 3. 考虑生活方式的影响 (CONSIDER THE IMPACT ON LIFESTYLE)



#### 关键问题 (Key Question):

这个治疗会如何影响我的日常生活? "How will this treatment affect my daily life?"

有些治疗可能需要患者改变日常生活方式, 例如调整饮食、增加运动量或定期复诊。患者需要考虑这些改变是否能适应自己的生活, 并评估是否愿意承担这些调整带来的负担。例如, 某些治疗可能会限制患者的活动能力或要求频繁的医疗检查。

Some treatments may require lifestyle changes, such as modifying diet, increasing physical activity, or scheduling regular follow-ups. Patients need to consider whether they can adapt to these changes and evaluate if they're willing to take on the burden of such adjustments. For example, some treatments may limit the patient's ability to perform daily activities or require frequent medical check-ups.

- **患者 (Patient):** "如果我选择这个治疗, 我的日常生活会受到哪些影响?"  
"If I choose this treatment, how will my daily life be affected?"
- **医生 (Doctor):** "您可能需要每周进行一次康复治疗, 并在饮食上进行一些调整, 以帮助控制血压。"  
"You may need to attend rehabilitation sessions once a week and make some dietary adjustments to help control your blood pressure."

# 如何选择最有优方案

## HOW TO CHOOSE THE BEST TREATMENT OPTION

### 4. 评估长期与短期效果 (EVALUATE LONG-TERM VS. SHORT-TERM OUTCOMES)



#### 关键问题 (Key Question):

这种治疗的短期和长期效果如何? "What are the short-term and long-term effects of this treatment?"

患者应考虑治疗方案的短期和长期效果。某些治疗可能在短期内能迅速缓解症状，但长期效果不佳；而另一些治疗则可能需要较长时间才能看到效果，但能带来长期的改善。因此，患者需要权衡短期的方便性和长期的健康益处。

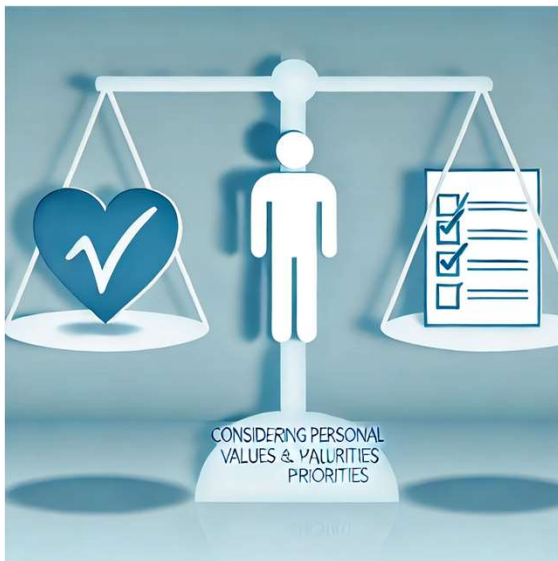
Patients should consider both the short-term and long-term outcomes of the treatment. Some treatments may provide quick symptom relief in the short term but may not be effective in the long term; others may take longer to show results but offer lasting improvement. Therefore, patients need to balance the convenience of short-term benefits with the long-term health gains.

- **患者 (Patient):** "这种治疗在短期内能迅速见效吗？还是要等一段时间才能看到效果？"  
"Will this treatment provide quick relief in the short term, or will it take some time to see the results?"
- **医生 (Doctor):** "药物可以在几周内帮助您控制血压，但要想看到长期效果，可能需要几个月的时间。"  
"The medication can help control your blood pressure within a few weeks, but it may take several months to see long-term results."

# 如何选择最有优方案

## HOW TO CHOOSE THE BEST TREATMENT OPTION

### 5. 考虑个人价值观和优先事项 (CONSIDER PERSONAL VALUES AND PRIORITIES)



#### 关键问题 (Key Question):

这个方案是否符合我的生活方式和价值观? "Does this option align with my lifestyle and values?"

患者在选择治疗方案时, 还应考虑自己的个人价值观和生活优先事项。例如, 有些患者可能更看重生活质量, 愿意接受副作用较少但效果较慢的治疗; 而另一些患者可能优先考虑彻底治疗, 即便这需要更大的手术或更多的副作用。

When choosing a treatment option, patients should also consider their personal values and life priorities. For example, some patients may prioritize quality of life and prefer treatments with fewer side effects, even if they are slower in effectiveness; others may prioritize a more aggressive treatment approach, even if it involves major surgery or more side effects.

**医生 (Doctor):** "您个人更倾向于哪种治疗? 是希望减少副作用, 还是愿意承担更大的风险以获得更快的效果?"

"Which option do you personally prefer? Are you more inclined to reduce side effects, or are you willing to take greater risks for quicker results?"

**患者 (Patient):** "我不想让治疗影响我的日常生活太多, 所以我更愿意选择副作用较小的方案, 即使效果慢一点。"

"I don't want the treatment to interfere too much with my daily life, so I'd prefer a treatment with fewer side effects, even if it takes longer to see results."



# 如何选择最有优方案

## HOW TO CHOOSE THE BEST TREATMENT OPTION

### 6. 与医生合作做出决策 (WORK WITH THE DOCTOR TO MAKE THE DECISION)



#### 关键问题 (Key Question):

基于我的情况，您认为哪种方案最适合我？ "Based on my condition, which option do you think is best for me?"

医生会根据患者的个人健康状况、生活方式、治疗目标等因素，提供专业建议。患者可以与医生合作，通过讨论这些因素，最终选择最适合他们的治疗方案。

Doctors will provide professional advice based on the patient's individual health condition, lifestyle, and treatment goals. Patients can work with their doctor to discuss these factors and ultimately choose the best treatment option.

- **患者 (Patient):** "根据我的健康状况，您认为哪种治疗方案最适合我？"  
"Based on my health condition, which treatment option do you think is best for me?"
- **医生 (Doctor):** "根据您的症状、生活方式和目标，我建议您选择保守治疗，它能有效改善您的症状，副作用较小。"  
"Based on your symptoms, lifestyle, and goals, I recommend conservative treatment. It can effectively improve your symptoms with fewer side effects."

# 评估在线健康信息

## EVALUATING ONLINE HEALTH INFORMATION

在评估在线健康信息时，患者应重点关注以下几个方面：

1. **信息来源 (Source of Information)**: 确保信息来自可信赖的医疗机构或权威组织。
2. **科学依据 (Scientific Evidence)**: 查看是否有相关的研究或科学证据支持。
3. **信息的更新性 (Currency of Information)**: 确保信息是最新的，反映了当前的医学标准。
4. **夸大治疗效果 (Exaggerated Claims)**: 避免相信任何声称“百分之百有效”或“神奇疗效”的信息。
5. **利益冲突 (Conflicts of Interest)**: 警惕那些推广产品或服务的网站，可能有利益冲突。

When evaluating health information online, patients should focus on the following aspects:

1. **Source of Information**: Ensure the information comes from trustworthy medical institutions or authoritative organizations.
2. **Scientific Evidence**: Check whether the information is supported by relevant studies or scientific evidence.
3. **Currency of Information**: Make sure the information is up-to-date and reflects current medical standards.
4. **Exaggerated Claims**: Avoid trusting any information that claims “100% effectiveness” or “miraculous results.”
5. **Conflicts of Interest**: Be cautious of websites promoting products or services, as there may be a conflict of interest.

## 评估在线健康信息 EVALUATE ONLINE HEALTH INFORMATION

**患者 (PATIENT):** "我在一个博客上读到了一些关于结肠癌的自然疗法，这些信息可靠吗？"

"I read about some natural treatments for colon cancer on a blog. Is this information reliable?"

**医生 (DOCTOR):** "个人博客上的信息通常未经科学验证。最好查阅医疗机构、政府卫生部门或学术期刊发布的信息，这些来源更加可信。"

"Information on personal blogs is often not scientifically verified. It's better to refer to information from medical institutions, government health departments, or academic journals. These sources are more trustworthy."

**患者 (PATIENT):** "这个网站推荐了一种不需要手术的结肠癌疗法，但我找不到相关的科学研究。"

"This website recommends a colon cancer treatment that doesn't require surgery, but I couldn't find any related scientific research."

**医生 (DOCTOR):** "如果没有科学依据支持，建议您对这种信息保持谨慎。任何有效的治疗都应该经过临床试验和科学验证。"

"If there's no scientific evidence supporting it, I recommend being cautious about such information. Any effective treatment should be backed by clinical trials and scientific validation."

**患者 (PATIENT):** "我找到了一些关于结肠癌治疗的信息，但这篇文章是五年前发布的。它是否还适用？"

"I found some information about colon cancer treatment, but the article was published five years ago. Is it still relevant?"

**医生 (DOCTOR):** "医学进步很快，五年前的信息可能已经过时。建议查找最新的医学文章，以确保信息准确。"

"Medical advances happen quickly, so information from five years ago may be outdated. I recommend looking for the most recent medical articles to ensure the accuracy of the information."

**患者 (PATIENT):** "这个网站说它的治疗方法可以100%治愈癌症。这是真的吗？"

"This website says its treatment can cure cancer 100%. Is that true?"

**医生 (DOCTOR):** "没有任何治疗可以保证百分之百的效果。这类夸大其词的声明往往是不可靠的，建议您不要轻信。"

"No treatment can guarantee 100% effectiveness. Claims like these are usually unreliable, and I recommend not trusting them."

**患者 (PATIENT):** "我发现一个网站推荐某种药物，而且还在销售这种药物。我该相信这些信息吗？"

"I found a website recommending a particular medication, and they're also selling it. Should I trust this information?"

**医生 (DOCTOR):** "当网站既提供健康信息又销售相关产品时，可能存在利益冲突。最好查找其他来源的信息，并与医生讨论您的选择。"

"When a website provides health information and sells related products, there may be a conflict of interest. It's better to look for information from other sources and discuss your options with your doctor."

# 今天的作业 (TODAY'S HOMEWORK)

## 2. 练习今天给出的场景对话 (Practice today's mock conversation)

练习时, 可以修改内容, 置换内容, 拓展, 或者采用全新的内容

During practice, you can modify, replace, expand, or use entirely new content.

THANK YOU



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