

Moke Conversation – Lecture 3

Part 1: Sharing Your Symptoms

第一部分：分享症状（13 页）

1. Hypertension 高血压

Doctor (医生):

"Have you been feeling any dizziness or headaches recently?"

"最近您有没有感觉到头晕或头痛?"

Patient (病人):

"Sometimes I feel a bit dizzy, especially when I stand up."

"有时候会有轻微的头晕,特别是站起来时头晕。"

Doctor (医生):

"Have you experienced any blurred vision or a decrease in your vision?"

"有没有出现视力模糊或者视力下降的情况?"

Patient (病人):

"Yes, I've noticed that my vision has been a bit blurry lately, especially in the afternoon."

"是的,最近看东西有点模糊,尤其是下午时更明显。"

Doctor (医生):

"Have you been feeling any chest tightness or a rapid heartbeat?"

"您有没有感觉到胸闷或者心跳加快?"

Patient (病人):

"I occasionally feel some chest tightness, especially when going up and down."

"偶尔有胸闷的感觉,特别是在上下楼梯时。"

Part 2: Provide Information About Your Medications 1

第二部分：提供药物信息 1（16 页）

Doctor (医生):

“Have you been taking your blood pressure medication on time?”

"您有没有按时服用降压药?"

Patient (病人):

“I sometimes forget to take it, but I try to take it every day.”

"我有时候会忘记服药,但我尽量每天都吃。"

Doctor (医生):

“What time do you usually take your medication each day? ”

"您通常在每天什么时间吃药?"

Patient (病人):

“I usually take it in the morning, but sometimes I take it after lunch.”

"我通常在早上吃,有时也在午饭后吃。"

Doctor (医生):

“How has your blood pressure been controlled? Have you had any fluctuations recently?”

"您的血压控制得怎么样?最近有血压波动吗?"

Patient (病人):

“Sometimes my blood pressure rises in the afternoon.”

"有时下午血压会上升。"

Doctor (医生):

"When do you usually check your blood pressure?"

"您通常在什么时候测血压?"

Patient (病人):

"I usually check it in the morning, but sometimes in the afternoon."

"我通常早上测,有时在下午。"

Doctor (医生):

"Did the pharmacist explain clearly how to take your medication when you picked it up?"

"您取药时,药剂师有没有详细解释如何服药?"

Patient (病人):

"Yes, they told me to take it once a day, preferably at the same time each day."

"有,他们告诉我要每天吃一次,最好在同一时间服用。"

Doctor (医生):

"Have you been experiencing any side effects, like dizziness or swelling in your legs?"

"您有感到任何副作用吗?比如头晕或者腿部浮肿?"

Patient (病人):

"Yes, I feel dizzy sometimes when I stand up, and my ankles are a bit swollen."

"是的,有时候我站起来会头晕,脚踝也有些肿。"

Part 2: Provide Information About Your Medications 2

第二部分：提供药物信息 2（18 页）

Doctor (医生):

“Have you been taking your diabetes medication or insulin on time?”

"您有没有按时服用降糖药或注射胰岛素?"

Patient (病人):

“Yes, I take my medication on time every day, but sometimes I forget to inject my insulin.”

"是的,我每天都按时服药,但偶尔忘记注射胰岛素。"

Doctor (医生):

“What time do you usually take your diabetes medication or inject insulin?”

"您通常在什么时间服用降糖药或注射胰岛素?"

Patient (病人):

“I usually take my medication before breakfast, and I inject insulin in the morning.”

"我通常在早饭前服药,胰岛素也是早上注射。"

Doctor (医生):

“Do you check your blood sugar every day?”

"您每天都测血糖吗?"

Patient (病人):

“Yes, but sometimes I forget.”

"是的,但有时我忘记了。"

Doctor (医生):

"When do you usually check your blood sugar?"

"您通常在什么时间测血糖?"

Patient (病人):

"I check it every morning, and sometimes after meals."

"我每天早上测一次,有时饭后也会测。"

Doctor (医生):

"How has your blood sugar been controlled recently?"

"您的血糖最近控制得怎么样?"

Patient (病人):

"Most of the time it's okay, but sometimes it spikes after meals."

"大部分时间还好,但有时饭后会升高。"

Doctor (医生):

"Have you experienced any symptoms of low blood sugar, like sweating or dizziness?"

"您有出现过低血糖的症状吗,比如出汗或头晕?"

Patient (病人):

"Yes, a few times I felt shaky and broke out in a sweat."

"有几次我感到手抖,出了一身汗。"

Doctor (医生):

"Do you know how to manage low blood sugar?"

"您是否知道如何应对低血糖?"

Patient (病人):

"Yes, I usually eat some sugar or drink juice."

"是的,我通常会吃一点糖或者喝果汁。"

Doctor (医生):

"Did the pharmacist explain clearly how to use the medication and insulin properly when you picked them up?"

"您取药时,药剂师有没有解释清楚如何正确使用药物和胰岛素?"

Patient (病人):

"Yes, they explained everything clearly."

"是的,他们解释得很清楚。"

Part 3: The Importance of Discussing Lifestyle Habits

第三部分：生活习惯的重要性 (21-22 页)

Doctor (医生):

“How are your eating habits? Do you eat a lot of salty food?”

"您平时的饮食习惯怎么样?是不是吃得很咸?"

Patient (病人):

“I like salty food, especially snacks and pickled foods.”

"我喜欢吃咸的食物,特别是零食和腌制品。"

Doctor (医生):

“A high-salt diet can raise your blood pressure. I recommend cutting down on salt, such as eating fewer salty snacks and pickled foods.”

"高盐饮食会让血压升高,建议您减少盐的摄入,比如少吃咸的零食和腌制食品。"

Doctor (医生):

“Are you eating enough vegetables and fruits regularly?”

"您平时有没有摄入足够的蔬菜和水果?"

Patient (病人):

“Not very often, I don't eat many vegetables or fruits.”

"不是很经常,我吃蔬菜和水果不多。"

Doctor (医生):

“Eating more vegetables and fruits is good for your heart and blood pressure. Try to

add some greens and fruits to each meal.”

"多摄入蔬菜和水果对心脏和血压有益,您可以尝试在每餐中增加一些绿色蔬菜和水果。"

Doctor (医生):

"Do you exercise regularly? What kind of exercise do you usually do?"

"您有定期运动吗?通常做什么类型的运动?"

Patient (病人):

"I go for walks sometimes, but I don't have a regular schedule."

"我有时候散步,但没有固定时间。"

Doctor (医生):

"I recommend exercising at least three to four times a week, such as brisk walking or swimming. It will help lower your blood pressure."

"建议您每周至少运动三到四次,比如快走或游泳,这有助于降低血压。"

Doctor (医生):

"Do you know which type of exercise is best for you? Do you have any concerns about exercising?"

"您是否知道哪种运动最适合您?是否对运动有任何疑问?"

Patient (病人):

"I'm not sure, is brisk walking suitable for me?"

"我不太确定,快走对我来说合适吗?"

Doctor (医生):

"Brisk walking is a very suitable low-impact exercise that helps keep your heart healthy. Start slowly and gradually increase your pace."

"快走是非常适合的低强度运动,可以帮助您保持心脏健康。开始时不要太快,逐步增加速度。"

Doctor (医生):

"Do you drink alcohol or smoke?"

"您平时会喝酒吗?吸烟吗?"

Patient (病人):

"I have a glass of red wine every night, but I don't smoke."

"我每天晚上喝一杯红酒,不吸烟。"

Doctor (医生):

"If you have a smoking habit, I strongly recommend quitting because smoking increases the risk of heart disease and high blood pressure."

"如果您有吸烟习惯,建议尽早戒烟,因为吸烟会增加心脏病和高血压的风险。"

Patient (病人):

"I don't smoke, but sometimes I drink more than usual when I'm with friends at social gatherings."

"我不吸烟,但我有时候和朋友一起喝酒,聚会时喝得有点多。"

Doctor (医生):

"Occasional drinking is fine, but try to avoid drinking too much at once, as it can

cause a sudden spike in blood pressure."

"偶尔喝酒问题不大,但尽量避免一次喝太多酒,这会让血压突然升高。"

Doctor (医生):

"Do you regularly monitor your blood pressure, especially after exercising or drinking?"

"您有定期监测血压的习惯吗,特别是在运动或饮酒后?"

Patient (病人):

"No, I only check it occasionally."

"没有,我只是偶尔测量。"

Doctor (医生):

"I recommend making it a habit to monitor your blood pressure regularly, especially after exercising or drinking, to ensure it stays stable."

"建议您养成定期测量血压的习惯,尤其是在您进行运动或喝酒之后,确保血压稳定。"

Doctor (医生):

"Have you tried adjusting your diet, such as reducing salt, fatty foods, and processed foods?"

"您是否尝试过调整饮食,比如减少盐、油腻食物和加工食品的摄入?"

Patient (病人):

"I try to avoid fatty foods, but sometimes I can't resist."

"我尽量少吃油腻的食物,但有时候忍不住。"

Doctor (医生):

"You can gradually reduce your intake of these unhealthy foods and find healthier alternatives, like using olive oil instead of butter, or choosing unsalted nuts as snacks."

"可以慢慢减少这些不健康食物的摄入,找到健康的替代品,例如用橄榄油代替黄油,或者选择无盐坚果作为零食。"

Part 4: Voice Other Concerns

第四部分：表达其他担忧

1.Sleep Issues 睡眠问题 (24 页)

Doctor (医生):

"How has your sleep been recently? Are you sleeping well at night?"

"您最近的睡眠情况怎么样?晚上能睡好吗?"

Patient (病人):

"I've been having trouble falling asleep lately, and once I wake up, I can't fall back asleep. I wake up several times during the night."

"最近我很难入睡,醒来后也睡不着,经常半夜醒好几次。"

Doctor (医生):

"Do you feel tired during the day? Have these sleep problems affected your daily life?"

"您白天感到疲倦吗?这些睡眠问题有没有影响您的日常生活?"

Patient (病人):

"Yes, I often feel sleepy during the day and lack the energy to do things."

"是的,我白天经常觉得困,感觉没精神做事情。"

Doctor (医生):

"We can discuss ways to improve your sleep, which may include adjusting your daily routine or using medication to help."

"我们可以一起讨论如何改善您的睡眠,可能会通过调整日常作息或者用药来帮助您。"

2. Emotional Concerns 情绪问题 (25 页)

Doctor (医生):

"How have you been feeling emotionally? Have you been feeling down or anxious?"

"您最近的情绪怎么样?有没有觉得情绪低落或焦虑?"

Patient (病人):

"I haven't been feeling great lately. I've been feeling down and haven't had much interest in things."

"我最近情绪不太好,总觉得心情很低落,对很多事情都没有兴趣。"

Doctor (医生):

"How long have these feelings been going on? Have they affected your sleep or daily activities?"

"这些情绪问题持续多久了?有没有影响您的睡眠或日常活动?"

Patient (病人):

"It's been going on for a few months. I often feel very tired during the day and have no motivation to do anything."

"差不多有几个月了。我白天经常感到很疲倦,也没有什么动力去做事情。"

Doctor (医生):

"I recommend we explore some options, such as emotional support or adjusting your

lifestyle habits, to help improve your mood."

"我建议我们一起考虑一些方案,比如心理支持或调整生活习惯,来帮助您改善情绪。"

3. Limitations in Daily Activities 日常生活受限 (26 页)

Doctor (医生):

"Have you had any difficulty with daily activities recently, like walking or climbing stairs?"

"您最近有没有感觉到日常活动变得困难,比如走路或上下楼梯?"

Patient (病人):

"Yes, I've been feeling knee pain when walking lately, and climbing stairs is especially difficult."

"是的,我最近走路时经常感到膝盖疼,上楼梯时特别费力。"

Doctor (医生):

"Have you experienced any falls or felt unsteady on your feet recently?"

"您最近有过跌倒或感觉平衡不稳的情况吗?"

Patient (病人):

"I haven't fallen, but sometimes I feel unsteady when standing."

"我没有摔倒,但有时候站着的时候觉得不太稳。"

Doctor (医生):

"We can consider physical therapy to help improve your balance and increase mobility, while reducing the risk of falls."

"我们可以考虑物理治疗来帮助您改善平衡和增加活动能力,同时减少跌倒的风险。"

4. Memory Issues 记忆力问题 (27 页)

Doctor (医生):

"Have you noticed any memory decline recently, like forgetting important things or appointments?"

"您最近有没有觉得记忆力下降?比如忘记重要的事情或约会?"

Patient (病人):

"Yes, I often forget where I put things and miss appointments."

"是的,我经常忘记我放东西的位置,也忘记约定的时间。"

Doctor (医生):

"How long have these memory issues been going on? Have they affected your daily life?"

"这些记忆问题持续多久了?有没有影响到您的日常生活?"

Patient (病人):

"It's been a few months, and I feel like I'm slower at getting things done."

"有几个月了,我觉得自己处理事情的速度变慢了。"

Doctor (医生):

"I suggest we do some cognitive tests to see if there's any issue with your memory and whether further treatment is needed."

"我建议我们做一些认知能力的检查,看看您的记忆力是否有问题,是否需要进一步的治疗。"