

## Moke Conversation – Lecture 2

### Example 1. Poorly Controlled Hypertension and Diabetes in Ms. Li

#### 实例 1. 高血压控制不好的李阿姨

##### 1. Moke Conversation - List and Prioritize Your Concerns

###### 情景对话 - 列出并优先考虑您的关注点

Ms. Li (李阿姨):

“A Ling, my doctor's appointment is coming up soon, and I'm a bit worried. I'm not sure which issue I should talk about first. What do you think I should mention?”

“阿玲,医生预约要到了,我有些担心,不知道应该先跟医生说什么问题。你觉得我要先提哪方面?”

Daughter (女儿):

"Mom, I think you should start with the dizziness and fatigue since those are affecting your daily life the most. Then explain the blurred vision because you've been saying that it's hard for you to see things clearly lately.“

“妈,我觉得您可以先提最近的头晕和疲劳,这些会比较影响日常生活吧?再把视力模糊的问题跟医生讲清楚,您最近总说看东西不太清楚。”

Ms. Li (李阿姨):

"You're right, those have been bothering me a lot. But I wonder if my medications could be causing these issues. Should I also mention what medications I'm taking?”

“对,这些确实让我很不舒服。不过我在想,药物有没有可能是这些问题的原因?我是不是也应该跟医生说一下我在吃的药?”

Daughter (女儿):

"Yes, you're right. Your blood pressure and diabetes medications could be related to these symptoms, so the doctor needs to know. We can make a list of all the medications you're currently taking so you don't forget."

“嗯,您说得对。您最近吃的降压药和降糖药可能和这些症状有关,医生需要了解。我们也可以把您的用药情况列出来,免得到时候忘记。”

Ms. Li (李阿姨):

"Okay, let's write down the dizziness, fatigue, blurred vision, and all the medications I'm taking to discuss with the doctor."

“好,那我们就把头晕、乏力、视力模糊,还有我在吃的药都写下来,跟医生好好说说。”

## 2. Moke Conversation - Take Information With You

### 场景对话 - 带好相关资料

Ms. Li (李阿姨):

"I know the doctor will definitely want to see my medication list. What else do we need to bring?"

“我知道医生肯定要看我最近的药单,那我们还需要带些什么呢?”

Daughter (女儿):

"Mom, besides the medication list, I think your recent blood pressure and blood sugar readings are important. The doctor can see your numbers over the past few weeks and make adjustments to your medications accordingly."

“妈,除了药单,我觉得您最近的血压和血糖监测数据也很重要。医生可以看看过去一段时间的数值,这样能更好地调整药物。”

Ms. Li (李阿姨):

"Yes, my blood sugar has been a bit unstable recently. I'll bring my blood sugar records from the last two weeks. Should we also bring the results from the last test?"

“对,我这几天血糖好像有点不稳,那我把这两周的血糖记录带上。另外,上次检查的结果还需要带吗?”

Daughter (女儿):

"Yes, mom. You should bring the results from your last blood test, especially the part about your blood sugar and kidney function. The doctor might be able to use those results to help figure out what's causing the issues."

“是的,妈,您带上上次的血液检查报告,尤其是血糖和肾功能的那部分。医生能看到这些结果,可能会帮助他们判断问题的原因。”

Ms. Li (李阿姨):

"Alright, I'll also bring my OHIP card and the health check report so I have everything ready if the doctor needs them."

“好的,我还带上 OHIP 卡和体检报告,省得医生要的时候我找不到。”

### 3. Mokey Conversation - Consider Bringing A Family Member or Friend

#### 场景对话 - 考虑带家人或朋友陪同

Ms. Li (李阿姨):

"Lately, I've been feeling dizzy and very tired, and sometimes my vision is blurry. I'm not sure if it's because of my medications."

“最近我总是觉得头晕,还很疲惫,有时候看东西也模糊,我不确定是不是药物引起的。”

Doctor (医生):

"I see. How long have these symptoms been going on? And how have your blood sugar and blood pressure been lately?"

“嗯,我明白。这些症状持续了多久了?另外,您最近的血糖和血压怎么样?”

Daughter (女儿):

"Doctor, we brought her recent blood sugar and blood pressure records for you to take a look at." (Hands the records to the doctor)

“医生,我们带来了她最近的血糖和血压记录,您可以看看。”(递给医生)

Doctor (医生):

"Great, I'll review these and see if there's any connection to her medications."

“很好,我会看看这些记录,看看是否与药物有关。”