Moke Conversation – Lecture 4

Different Treatment Options 了解不同的治疗方案 (10-13 页)

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.

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。

医生 (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."

"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。"

患者 (Patient):

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

"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?"

医生 (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."

"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。"

患者 (Patient):

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

"治疗后我的血压会完全恢复正常吗?"

医生 (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."

"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。"

患者 (Patient):

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

"这些药物会有副作用吗?我会担心长期服用会对身体有害。"

医生 (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."

"常见的副作用包括头晕、疲劳或口干，大多数人都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。"

患者 (Patient):

"If I don't tolerate the medication well, can I stop taking it?"

"如果我不适应药物，可以停药吗?"

医生（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."

"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。"

患者（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."

"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。"

医生（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."

"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。"

患者（Patient）：

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

"我平时运动不多，开始做运动会不会太累?"

医生 (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."

"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间。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。"

患者 (Patient):

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

"这种药物的费用是多少?我的保险能报销吗?"

医生 (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."

"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。"

患者 (Patient):

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

"如果我的保险不覆盖所有的费用，还有其他选择吗?"

医生 (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."

"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。"

患者 (Patient):

"How often should I come back to see you?"

"我应该多久回来看您一次?"

医生 (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."

"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。"

患者 (Patient):

"What if my blood pressure doesn't go down?"

"如果我的血压没有下降怎么办?"

医生 (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."

"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。"

患者 (Patient):

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

"我对这些治疗有点不确定，我能寻求第二意见吗?"

医生 (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."

"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。"

Patient Decision Aid 患者决策辅助工具 (18-19 页)

患者 (Patient):

"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，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。"

医生 (Doctor):

"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."

"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。"

患者 (Patient):

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

"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?"

医生 (Doctor):

"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."

"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。"

患者 (Patient):

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

"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?"

医生 (Doctor):

"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."

"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。"

患者 (Patient):

"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."

"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。"

医生 (Doctor):

"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."

"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。"

患者 (Patient):

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

"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。"

医生 (Doctor):

"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."

"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。"

Evaluate Online Health Information 评估在线健康信息 (27 页)

患者 (Patient):

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

"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?"

医生 (Doctor):

"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."

"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。"

患者 (Patient):

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

"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。"

医生 (Doctor):

"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."

"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。"

患者 (Patient):

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

"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?"

医生 (Doctor):

"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."

"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。"

患者 (Patient):

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

"这个网站说它的治疗方法可以 100%治愈癌症。这是真的吗? "

医生 (Doctor):

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

"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。"

患者 (Patient):

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

"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?"

医生 (Doctor):

"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."

"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。"