

# 医学英语中常见的术语和短语

以下是一些常见的医学术语，特别是在医生和病人之间的对话中经常使用，涵盖了身体部位、常见症状、诊断、治疗和药物等方面，并附有中文翻译。这些词汇对于学习医学英语的人来说非常重要。

## 1. 身体部位 (Body Parts)

- Head: 头
- Throat: 喉咙
- Chest: 胸部
- Stomach/Abdomen: 胃/腹部
- Back: 背部
- Arm: 手臂
- Leg: 腿
- Heart: 心脏
- Lungs: 肺
- Kidney: 肾脏
- Liver: 肝脏
- Joint: 关节
- Muscle: 肌肉
- Skin: 皮肤
- Eyes: 眼睛
- Ears: 耳朵
- Nose: 鼻子

## 2. 常见症状 (Common Symptoms)

- Fever: 发烧

- Cough: 咳嗽
- Sore throat: 喉咙痛
- Headache: 头痛
- Dizziness: 头晕
- Nausea: 恶心
- Vomiting: 呕吐
- Diarrhea: 腹泻
- Constipation: 便秘
- Fatigue: 疲劳
- Pain: 疼痛
  - Sharp pain: 剧痛
  - Dull pain: 隐痛
  - Chronic pain: 慢性疼痛
- Shortness of breath: 呼吸急促
- Chest pain: 胸痛
- Rash: 皮疹
- Swelling: 肿胀
- Itching: 发痒
- Cold sweats: 冷汗
- Numbness: 麻木

### **3. 诊断和疾病 (Diagnosis and Diseases)**

- Infection: 感染
- Inflammation: 炎症
- Fracture: 骨折

- Sprain: 扭伤
- Flu: 流感
- Cold: 感冒
- Diabetes: 糖尿病
- Hypertension: 高血压
- Heart disease: 心脏病
- Stroke: 中风
- Asthma: 哮喘
- Allergy: 过敏
- Arthritis: 关节炎
- Cancer: 癌症
- Tumor: 肿瘤
- High cholesterol: 高胆固醇
- Ulcer: 溃疡
- Anemia: 贫血
- Migraine: 偏头痛

#### **4. 常见检查 (Common Medical Tests)**

- Blood test: 血液检查
- X-ray: X 光
- MRI (Magnetic Resonance Imaging): 核磁共振
- CT scan (Computed Tomography): 计算机断层扫描
- Ultrasound: 超声波检查
- ECG/EKG (Electrocardiogram): 心电图
- Biopsy: 活检

- Urine test: 尿检
- Blood pressure measurement: 血压测量

## 5. 治疗和护理 (Treatments and Procedures)

- Surgery: 手术
- Injection: 注射
- Vaccination: 疫苗接种
- Therapy: 治疗
  - Physical therapy: 物理治疗
  - Radiation therapy: 放射治疗
  - Chemotherapy: 化疗
- Prescription: 处方
- Medication: 药物
  - Antibiotics: 抗生素
  - Painkillers: 止痛药
  - Antiviral: 抗病毒药物
  - Anti-inflammatory: 抗炎药
  - Antihistamine: 抗过敏药
- Dosage: 剂量
- Side effects: 副作用
- Surgery: 手术
- Bandage: 绷带
- Cast: 石膏
- Stitches: 缝针

## 6. 常见医疗器械 (Medical Equipment)

- Stethoscope: 听诊器
- Thermometer: 体温计
- Blood pressure monitor: 血压计
- Oxygen mask: 氧气面罩
- IV (Intravenous): 静脉注射
- Syringe: 注射器
- Wheelchair: 轮椅
- Crutches: 拐杖
- Defibrillator: 除颤器

## **7. 病历和保险相关术语 (Medical Records and Insurance Terms)**

- Medical history: 病史
- Symptoms: 症状
- Diagnosis: 诊断
- Referral: 转诊
- Follow-up: 复诊
- Primary care physician: 初级保健医生
- Specialist: 专科医生
- Co-pay: 自付费用
- Deductible: 免赔额
- Coverage: 保险范围
- In-network: 网络内 (接受保险)
- Out-of-network: 网络外 (不接受保险)

## **8. 急救术语 (Emergency Terms)**

- Emergency: 紧急情况

- Ambulance: 救护车
- First aid: 急救
- CPR (Cardiopulmonary Resuscitation): 心肺复苏
- Choking: 窒息
- Heart attack: 心脏病发作
- Stroke: 中风
- Seizure: 癫痫发作
- Unconscious: 失去知觉
- Bleeding: 出血
- Burn: 烧伤
- Poisoning: 中毒
- Allergic reaction: 过敏反应

## 9. 常用表达 (Common Phrases)

- "Where does it hurt?": "哪里痛? "
- "How long have you had this symptom?": "这个症状持续了多久? "
- "On a scale of 1 to 10, how severe is your pain?": "从 1 到 10, 您的疼痛程度是多少? "
- "Are you allergic to any medications?": "您对任何药物过敏吗? "
- "Do you have any medical conditions?": "您有任何疾病吗? "
- "You need to rest and drink plenty of fluids.": "您需要休息并多喝水。"
- "Take this medication with food.": "饭后服用这药。"
- "Call us if your symptoms get worse.": "如果您的症状加重, 请给我们打电话。"

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## 10. 药物类型 (Types of Medications)

- Pain reliever: 止痛药
  - Antacid: 抗酸药
  - Laxative: 泻药
  - Sedative: 镇静剂
  - Antidepressant: 抗抑郁药
  - Insulin: 胰岛素
  - Blood thinner: 抗凝血药
  - Decongestant: 解充血药
  - Cough syrup: 止咳糖浆
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## 医学英语的句子范例

这些句子涵盖了病人描述症状、医生提出问题以及常见的治疗和护理场景。每个句子都可以进行替换练习，让学员使用不同的词汇和短语。

### 1. 描述症状 (Describing Symptoms)

- 范例句子：  
"I have had a headache for three days."  
我已经头痛三天了。

#### 替代练习：

替换不同的症状或时间长度：

- "I have had a cough for one week." (我已经咳嗽一周了。)
  - "I have been feeling dizzy since yesterday." (我从昨天开始感到头晕。)
  - "I have had chest pain for two hours." (我胸痛两小时了。)
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- **范例句子：**

"My back hurts, and I feel very tired."

我的背痛，而且感觉非常疲倦。

**替代练习：**

替换不同的身体部位和症状：

- "My stomach hurts, and I feel nauseous." (我的胃痛，而且感觉恶心。)
  - "My legs hurt, and they feel swollen." (我的腿痛，而且感觉肿胀。)
  - "My throat hurts, and I can't swallow." (我的喉咙痛，而且无法吞咽。)
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- **范例句子：**

"I've been coughing and sneezing a lot."

我咳嗽和打喷嚏很多。

**替代练习：**

替换不同的症状或持续时间：

- "I've been vomiting and feeling weak for two days." (我呕吐并感到虚弱两天了。)
  - "I've been sweating and feeling dizzy." (我出汗并感到头晕。)
  - "I've had a fever and a sore throat since Monday." (我从星期一开始发烧和喉咙痛。)
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## 2. 询问病情 (Asking About Symptoms)

- **范例句子：**

"How long have you had these symptoms?"

您的这些症状持续多久了？

**替代练习：**

替换不同的病症或时间：

- "How long have you had a fever?" (您发烧多久了？)
- "When did the pain in your chest start?" (您的胸痛什么时候开始的？)



- "How often do you feel dizzy?" (您多久感到一次头晕?)
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- **范例句子:**

"On a scale of 1 to 10, how bad is your pain?"

在 1 到 10 的范围内, 您的疼痛程度是多少?

**替代练习:**

替换不同的症状或描述:

- "On a scale of 1 to 10, how bad is your headache?" (在 1 到 10 的范围内, 您的头痛程度是多少?)
  - "Can you describe the pain? Is it sharp or dull?" (您能描述一下疼痛吗? 是剧痛还是隐痛?)
  - "Is the pain constant, or does it come and go?" (疼痛是持续的, 还是时有时无?)
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### 3. 治疗和建议 (Treatment and Advice)

- **范例句子:**

"You should take this medication twice a day."

您应该每天服用这种药两次。

**替代练习:**

替换不同的剂量或用药方式:

- "You should take these antibiotics three times a day after meals." (您应该每天饭后服用这种抗生素三次。)
  - "Take this painkiller when needed, up to four times a day." (需要时服用这种止痛药, 一天最多四次。)
  - "Apply this cream to the affected area twice a day." (每天两次把这种药膏涂在患处。)
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- **范例句子：**

"Make sure to drink plenty of water and get some rest."

确保多喝水并且休息。

**替代练习：**

替换不同的建议：

- "Make sure to avoid heavy lifting for a week." (确保一周内不要搬重物。)
  - "Make sure to follow up with me if your symptoms don't improve." (如果您的症状没有改善，务必再来找我复诊。)
  - "Make sure to take all of the antibiotics, even if you feel better." (即使感觉好转了，也要确保把抗生素全部吃完。)
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- **范例句子：**

"You need to rest for a few days and take it easy."

您需要休息几天并且不要太劳累。

**替代练习：**

替换不同的建议或恢复时间：

- "You need to stay in bed for a day or two and drink warm fluids." (您需要卧床休息一两天并喝温水。)
  - "You need to avoid strenuous activities for at least a week." (您至少一周内不要剧烈活动。)
  - "You need to take this medicine for five days and avoid spicy food." (您需要服药五天，并避免吃辛辣食物。)
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#### **4. 预约和检查 (Appointments and Tests)**

- **范例句子：**

"I would like to schedule an appointment for a check-up."

我想预约一个体检。

**替代练习：**

替换不同的预约内容或检查类型：

- "I would like to schedule an appointment for a blood test." (我想预约一个血液检查。)
  - "I would like to schedule an appointment with Dr. Smith." (我想预约史密斯医生的看诊。)
  - "I would like to schedule a follow-up appointment for next week." (我想预约下周的复诊。)
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- **范例句子:**

"You will need to get an X-ray to check your lungs."

您需要做一个 X 光检查您的肺部。

**替代练习:**

替换不同的检查或身体部位:

- "You will need to get a blood test to check your cholesterol levels." (您需要做一个血液检查来检查您的胆固醇水平。)
  - "You will need an MRI to look at your back." (您需要做一个核磁共振检查您的背部。)
  - "You should have an ECG to check your heart." (您需要做一个心电图检查您的心脏。)
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## 5. 复诊和随访 (Follow-up and Monitoring)

- **范例句子:**

"Please come back in two weeks for a follow-up."

请两周后再来复诊。

**替代练习:**

替换不同的时间或情况:

- "Please come back in one month to check your progress." (请一个月后再来检查您的恢复情况。)
- "Come back next week if the symptoms don't improve." (如果症状没有改善, 请下周再来。)

- "We will schedule a follow-up in three days to see how you are feeling." (我们将安排三天后的复诊, 看看您的感觉如何。)

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这些替代练习通过替换不同的症状、治疗方式和时间等细节, 帮助学员掌握更多的词汇和表达方式。他们可以在反复练习中增强对不同医学场景的理解和应用能力。