

1. 与老年疾病相关的常用词汇 (Common Vocabulary Related to Age-Related Diseases)

疾病名称 (Disease Names)

- 高血压 (Hypertension)
- 糖尿病 (Diabetes)
- 骨质疏松 (Osteoporosis)
- 心脏病 (Heart Disease)
- 慢性阻塞性肺病 (Chronic Obstructive Pulmonary Disease, COPD)
- 失智症 (Dementia)
- 关节炎 (Arthritis)

症状 (Symptoms)

- 胸痛 (Chest pain)
- 呼吸困难 (Shortness of breath)
- 疲劳 (Fatigue)
- 记忆力减退 (Memory loss)
- 晨起僵硬 (Morning stiffness)
- 骨折风险增加 (Increased risk of fractures)
- 血糖升高 (Elevated blood sugar)
- 关节肿胀 (Joint swelling)

诊断与检查 (Diagnosis and Tests)

- 血压监测 (Blood pressure monitoring)
- 骨密度测试 (Bone density test)
- 心电图 (Electrocardiogram, ECG)
- 血液检查 (Blood tests)

- 认知测试 (Cognitive assessment)
 - 核磁共振 (Magnetic Resonance Imaging, MRI)
 - X光 (X-ray)
-

2. 预防相关词汇 (Prevention Vocabulary)

生活方式 (Lifestyle)

- 健康饮食 (Healthy diet)
- 规律锻炼 (Regular exercise)
- 社交活动 (Social activities)
- 戒烟限酒 (Quit smoking and limit alcohol)
- 补充维生素 D 和钙 (Supplement vitamin D and calcium)
- 避免高盐饮食 (Avoid high-salt diet)

健康管理 (Health Management)

- 体重控制 (Weight management)
 - 健康筛查 (Health screening)
 - 疾病监测 (Disease monitoring)
 - 服药依从性 (Medication adherence)
 - 复诊 (Follow-up visits)
-

3. 常用短语和表达 (Common Phrases and Expressions)

症状描述 (Describing Symptoms)

- 我感到胸痛，尤其是在运动后。
I feel chest pain, especially after physical activity.
- 我的膝盖很僵硬，早上最严重。
My knees feel stiff, especially in the morning.

- 我最近总是忘记事情，比如约会时间。
I've been forgetting things lately, like appointment times.
- 我感到很疲倦，而且总是口渴。
I feel very tired and thirsty all the time.

就医对话 (Doctor-Patient Interaction)

- 您的血压偏高，需要进一步检查。
Your blood pressure is elevated, and we need further tests.
- 我们建议您每年进行一次健康体检。
We recommend an annual health check-up.
- 请每天记录血压并带到复诊时。
Please record your blood pressure daily and bring it to your follow-up.
- 您需要补充更多钙和维生素 D 来保护骨骼。
You need to take more calcium and vitamin D to protect your bones.

预防建议 (Preventive Advice)

- 您可以从每天步行 30 分钟开始。
You can start with walking for 30 minutes a day.
- 多吃水果和蔬菜，减少盐和糖的摄入。
Eat more fruits and vegetables and reduce salt and sugar intake.
- 避免久坐，每隔一小时起身活动一下。
Avoid prolonged sitting, and get up to move every hour.
- 请尝试加入社区活动，保持社交联系。
Try joining community activities to stay socially connected.

4. 心理健康相关词汇 (Mental Health Vocabulary)

心理问题 (Mental Health Issues)

- 孤独感 (Loneliness)
- 焦虑 (Anxiety)
- 抑郁 (Depression)

- 认知能力下降 (Cognitive decline)
- 注意力不集中 (Lack of concentration)

心理健康管理 (Mental Health Management)

- 保持大脑活跃 (Keep the brain active)
 - 参与益智活动 (Engage in brain-stimulating activities)
 - 通过锻炼缓解压力 (Relieve stress through exercise)
 - 咨询心理医生 (Consult a psychologist)
 - 加入支持小组 (Join support groups)
-

5. 家庭护理相关短语 (Family Caregiving Phrases)

- 确保居住环境安全，例如移除绊倒的风险。
Ensure the living environment is safe, such as removing tripping hazards.
 - 帮助患者遵守用药时间表。
Help the patient stick to their medication schedule.
 - 与医生保持沟通，了解病情的最新进展。
Stay in communication with the doctor to understand the latest developments.
 - 给予心理支持，让患者感到被关爱。
Provide emotional support to make the patient feel cared for.
-

6. 教学活动补充词汇 (For Teaching Activities)

- 讨论 (Discussion)
- 情景模拟 (Role-playing scenarios)
- 小组活动 (Group activities)
- 词汇练习 (Vocabulary exercises)
- 医患对话 (Doctor-patient dialogue)
- 案例分析 (Case studies)

1. 高血压 (Hypertension)

常用词汇 (Vocabulary)

- 血压 (Blood pressure)
- 收缩压 (Systolic pressure)
- 舒张压 (Diastolic pressure)
- 高血压危象 (Hypertensive crisis)
- 血管硬化 (Arterial stiffness)
- 心血管疾病 (Cardiovascular disease)
- 家族史 (Family history)

血液检查 (Blood Tests)

- 血脂检测 (Lipid profile)
- 低密度脂蛋白 (Low-density lipoprotein, LDL)
- 高密度脂蛋白 (High-density lipoprotein, HDL)
- 甘油三酯 (Triglycerides)

常用短句 (Common Phrases)

- 您的血压偏高，需要控制饮食和盐分。
Your blood pressure is elevated; you need to control your diet and salt intake.
- 建议您每天在家监测血压，并记录读数。
I recommend monitoring your blood pressure at home daily and recording the readings.
- 高血压会增加中风和心脏病的风险。
Hypertension increases the risk of stroke and heart disease.

2. 糖尿病 (Diabetes)

常用词汇 (Vocabulary)

- 血糖 (Blood sugar/glucose)
- 空腹血糖 (Fasting blood glucose)
- 糖化血红蛋白 (Hemoglobin A1c, HbA1c)
- 胰岛素抵抗 (Insulin resistance)
- 高血糖 (Hyperglycemia)
- 低血糖 (Hypoglycemia)
- 视网膜病变 (Retinopathy)
- 神经病变 (Neuropathy)

血液检查 (Blood Tests)

- 空腹血糖 (Fasting blood glucose)
- 餐后血糖 (Postprandial glucose)
- 胰岛素水平 (Insulin level)

常用短句 (Common Phrases)

- 您的糖化血红蛋白值偏高，需要调整饮食和锻炼。
Your HbA1c level is elevated; you need to adjust your diet and exercise routine.
- 请每天监测血糖，并记录数值与时间。
Please monitor your blood sugar levels daily and record the readings and times.
- 低血糖时请尽快食用含糖食品，如果汁或糖果。
If you experience low blood sugar, eat sugary foods like juice or candy immediately.

3. 骨质疏松 (Osteoporosis)

常用词汇 (Vocabulary)

- 骨密度 (Bone density)
- 骨折 (Fracture)
- 骨质流失 (Bone loss)

- 骨密度检测 (Bone density scan/DEXA)
- 维生素 D 缺乏 (Vitamin D deficiency)
- 钙摄入不足 (Calcium deficiency)
- 骨骼强度 (Bone strength)

血液检查 (Blood Tests)

- 钙浓度 (Calcium levels)
- 维生素 D 水平 (Vitamin D levels)
- 骨代谢标志物 (Bone turnover markers)

常用短句 (Common Phrases)

- 骨密度检查结果显示骨质疏松。
The bone density scan indicates osteoporosis.
 - 每天补充 1000-1200 毫克钙，以及 800-1000 国际单位维生素 D。
Take 1000-1200 mg of calcium and 800-1000 IU of vitamin D daily.
 - 避免摔倒，并在家中安装防滑设备。
Avoid falls and install anti-slip devices at home.
-

4. 心脏病 (Heart Disease)

常用词汇 (Vocabulary)

- 冠心病 (Coronary artery disease)
- 心绞痛 (Angina)
- 心肌梗死 (Myocardial infarction)
- 血栓 (Blood clot)
- 动脉粥样硬化 (Atherosclerosis)
- 心率失常 (Arrhythmia)
- 心脏搭桥 (Heart bypass surgery)

血液检查 (Blood Tests)

- 心肌酶 (Cardiac enzymes, e.g., Troponin)
- 总胆固醇 (Total cholesterol)
- C 反应蛋白 (C-reactive protein, CRP)
- 同型半胱氨酸 (Homocysteine)

常用短句 (Common Phrases)

- 您的心电图显示心脏供血不足，需要进一步检查。
Your ECG indicates insufficient blood flow to the heart; further tests are needed.
 - 避免剧烈运动，并按时服用医生开的药物。
Avoid strenuous activity and take your medications as prescribed.
 - 定期监测胆固醇和血压水平。
Regularly monitor your cholesterol and blood pressure levels.
-

5. 慢性阻塞性肺病 (COPD)

常用词汇 (Vocabulary)

- 呼吸困难 (Shortness of breath)
- 咳嗽伴痰 (Cough with phlegm)
- 支气管炎 (Bronchitis)
- 肺气肿 (Emphysema)
- 肺功能检测 (Pulmonary function test)
- 吸入器 (Inhaler)
- 氧疗 (Oxygen therapy)

常用短句 (Common Phrases)

- 肺功能测试结果显示呼吸道受限。
The pulmonary function test indicates airway obstruction.

- 请戒烟并避免接触空气污染物。
Quit smoking and avoid exposure to air pollutants.
 - 吸入器可以帮助缓解呼吸困难。
The inhaler can help relieve shortness of breath.
-

6. 失智症 (Dementia)

常用词汇 (Vocabulary)

- 阿尔茨海默病 (Alzheimer's disease)
- 血管性痴呆 (Vascular dementia)
- 认知障碍 (Cognitive impairment)
- 记忆力丧失 (Memory loss)
- 方向感丧失 (Disorientation)
- 神经心理测试 (Neuropsychological testing)

常用短句 (Common Phrases)

- 他表现出记忆力下降和判断力减退。
He is showing signs of memory loss and impaired judgment.
 - 早期干预可以延缓疾病进展。
Early intervention can slow disease progression.
 - 使用标记和日历可以帮助患者保持条理。
Using labels and calendars can help the patient stay organized.
-

7. 关节炎 (Arthritis)

常用词汇 (Vocabulary)

- 骨关节炎 (Osteoarthritis)
- 类风湿性关节炎 (Rheumatoid arthritis)
- 关节炎 (Joint inflammation)

- 关节僵硬 (Joint stiffness)
- 关节置换术 (Joint replacement surgery)
- 抗炎药 (Anti-inflammatory drugs)

血液检查 (Blood Tests)

- 类风湿因子 (Rheumatoid factor, RF)
- 抗 CCP 抗体 (Anti-CCP antibodies)
- C 反应蛋白 (C-reactive protein, CRP)

常用短句 (Common Phrases)

- 关节僵硬在早晨最严重，但活动后会缓解。
Joint stiffness is worst in the morning but improves with movement.
- 抗炎药物可以减轻炎症和疼痛。
Anti-inflammatory medications can reduce inflammation and pain.
- 定期进行物理治疗以保持关节灵活性。
Regular physical therapy helps maintain joint flexibility.