

# 适合老人和家属在准备医生预约时使用的实用中英文词汇对照表以及相应的常用对话表

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## 一、实用中英文词汇对照表

中文	英文
医生预约	Doctor's appointment
药物	Medication
副作用	Side effect
血压	Blood pressure
血糖	Blood sugar
疲劳	Fatigue
头晕	Dizziness
视力模糊	Blurred vision
检查结果	Test results
体检报告	Health check report
健康保险卡	Health insurance card
药单	Medication list
疾病史	Medical history
症状	Symptoms
就诊记录	Medical records
疼痛	Pain
饮食	Diet

中文	英文
低纤维食物	Low-fiber food
易消化食物	Easily digestible food
住院	Hospitalization
心脏问题	Heart problems
糖尿病	Diabetes
高血压	Hypertension
脱水	Dehydration
电解质紊乱	Electrolyte imbalance
止泻药	Anti-diarrheal medication
治疗方案	Treatment plan
家属	Family members
问题	Concerns
体重变化	Weight changes
疼痛强度	Pain intensity
医疗文件	Medical documents
监测数据	Monitoring data
化疗相关性腹泻	Chemotherapy-induced diarrhea
上次就诊	Last visit

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## 二、常用对话表

### 1. 准备医生预约时的常用对话

中文对话:

李阿姨:“我最近一直觉得头晕, 还很疲惫, 您觉得我要怎么跟医生说这些症状呢?”

女儿:“妈, 您可以先说最影响您的生活的症状, 比如头晕和疲劳, 医生也会问您这些问题。”

李阿姨:“那我还需要跟医生提一下我在吃的药物吗?”

女儿:“当然, 医生需要知道您在吃哪些药, 才能判断是不是药物导致的副作用。我们可以列一个药物清单带过去。”

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**English Dialogue:**

**Ms. Li:** "I've been feeling dizzy and very tired lately. How do you think I should tell the doctor about these symptoms?"

**Daughter:** "Mom, you can start by mentioning the symptoms that affect your daily life the most, like dizziness and fatigue. The doctor will probably ask you about those, too."

**Ms. Li:** "Should I also mention the medications I'm taking?"

**Daughter:** "Definitely. The doctor needs to know which medications you're on to determine if any side effects are coming from them. We can make a list of your medications to bring along."

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## 2. 找齐要带给医生的信息时的常用对话

中文对话:

李阿姨:“我们需要带什么去看医生? 我知道药物清单肯定要带, 那还有什么呢?”

女儿:“妈, 您最近的血糖和血压记录很重要, 医生会想知道这些。另外, 上次的检查结果也要带过去。”

李阿姨:“对, 我记得上次检查的肾功能和血糖结果应该也有帮助。我会把这些都带上。”

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**English Dialogue:**

**Ms. Li:** "What do we need to bring to the doctor's appointment? I know we should bring my medication list, but what else?"

**Daughter:** "Mom, your recent blood sugar and blood pressure records are important. The doctor will want to see those. Also, we should bring the results from your last test."

**Ms. Li:** "Yes, I remember the kidney function and blood sugar results from the last test might be helpful. I'll bring everything with me."

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### 3. 与医生沟通时的常用对话

中文对话:

**李阿姨:** “医生，我最近一直头晕和疲惫，吃药后还是这样，不知道是不是药物的副作用。”

**医生:** “您的这些症状出现多久了？我们也来看看您的血糖和血压数据。您有没有带最近的监测记录？”

**女儿:** “医生，我们带了她的血糖和血压记录，请您看看。”

**医生:** “好的，我会根据这些信息来判断是否需要调整药物。”

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**English Dialogue:**

**Ms. Li:** "Doctor, I've been feeling dizzy and very tired recently. I still feel this way even after taking my medications. I'm wondering if these are side effects from the medication."

**Doctor:** "How long have these symptoms been going on? Let's also check your blood sugar and blood pressure. Did you bring your recent monitoring records?"

**Daughter:** "Doctor, we brought her blood sugar and blood pressure records. Here they are."

**Doctor:** "Great, I'll review these and see if any adjustments to her medication are needed."

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### 4. 与医生讨论病情时的常用对话

中文对话:

**李阿姨:** “医生，我最近看东西有点模糊，而且总是头晕，药物会不会是原因呢？”

医生：“我会先看看您的血糖和血压水平，再结合您的用药情况做出判断。我们也可以检查一下您的眼睛，确保视力问题不是其他疾病引起的。”

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### English Dialogue:

**Ms. Li:** "Doctor, I've been having blurry vision lately and often feel dizzy. Could my medications be the cause?"

**Doctor:** "I'll check your blood sugar and blood pressure levels first and then review your medications to make a decision. We can also do an eye exam to ensure the vision problems aren't caused by something else."

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### 三、关节炎 (Arthritis) 相关词汇和对话

#### 实用词汇对照表

中文	英文
关节炎	Arthritis
关节疼痛	Joint pain
关节肿胀	Joint swelling
关节僵硬	Joint stiffness
骨关节炎	Osteoarthritis
类风湿性关节炎	Rheumatoid arthritis
疼痛加重	Increased pain
止痛药	Pain medication
消炎药	Anti-inflammatory medication
物理治疗	Physical therapy
运动范围受限	Limited range of motion

中文	英文
早晨僵硬	Morning stiffness
X 光检查	X-ray
活动受限	Activity limitation

### 常用对话表

#### 中文对话：

**李阿姨：**“最近我的膝盖总是疼得厉害，特别是走路和上下楼梯的时候。”

**女儿：**“妈，您需要告诉医生疼痛加重的情况，而且可以问问有没有更好的止痛药或其他治疗方式。”

**李阿姨：**“是啊，早上起来关节也特别僵硬，等会儿我跟医生说一下。”

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#### English Dialogue:

**Ms. Li:** "My knees have been hurting a lot lately, especially when walking or going up and down stairs."

**Daughter:** "Mom, you should tell the doctor that your pain has worsened. You can also ask if there are better pain medications or other treatment options."

**Ms. Li:** "Yes, and my joints are very stiff in the mornings. I'll mention that to the doctor too."

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## 四、呼吸道疾病 (Respiratory Diseases) 相关词汇和对话

### 实用词汇对照表

中文	英文
呼吸道疾病	Respiratory diseases
哮喘	Asthma
慢性阻塞性肺病	Chronic obstructive pulmonary disease (COPD)

中文	英文
咳嗽	Cough
呼吸急促	Shortness of breath
喘息声	Wheezing
胸闷	Chest tightness
吸入器	Inhaler
呼吸困难	Difficulty breathing
粘液	Mucus
氧气治疗	Oxygen therapy
气道炎症	Airway inflammation
支气管扩张剂	Bronchodilator

### 常用对话表

#### 中文对话:

李阿姨:“我最近咳嗽得很厉害, 有时候还有呼吸急促。”

女儿:“您上次用吸入器有效吗? 可以跟医生说下, 看看是不是需要调整剂量或增加其他治疗。”

李阿姨:“对, 我会告诉医生我咳嗽时喘得很厉害, 尤其是晚上。”

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#### English Dialogue:

**Ms. Li:** "I've been coughing a lot lately, and sometimes I get short of breath."

**Daughter:** "Did your inhaler work last time? You should tell the doctor and see if your dosage needs adjusting or if you need additional treatments."

**Ms. Li:** "Yes, I'll tell the doctor that I wheeze a lot when I cough, especially at night."

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## 五、心脏病 (Heart Disease) 相关词汇和对话

### 实用词汇对照表

中文	英文
心脏病	Heart disease
胸痛	Chest pain
心悸	Palpitations
呼吸困难	Shortness of breath
心电图	Electrocardiogram (ECG or EKG)
心力衰竭	Heart failure
动脉阻塞	Arterial blockage
冠心病	Coronary artery disease
高胆固醇	High cholesterol
药物治疗	Medication therapy
血管造影术	Angiography
支架	Stent
心脏搭桥手术	Heart bypass surgery

### 常用对话表

#### 中文对话:

李阿姨: “我最近胸口有点痛, 感觉心跳也有些不规律。”

女儿: “妈, 您得赶紧跟医生讲清楚, 尤其是胸痛的问题。医生可能会安排做心电图, 看看心脏有没有问题。”

李阿姨: “对, 之前也有点呼吸困难, 我得把这些情况一起告诉医生。”

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### English Dialogue:

**Ms. Li:** "I've had some chest pain recently, and my heartbeat feels a bit irregular."

**Daughter:** "Mom, you need to tell the doctor about this right away, especially the chest pain. The doctor might order an electrocardiogram (EKG) to check if there's something wrong with your heart."

**Ms. Li:** "Yes, and I've had some trouble breathing too. I'll mention all of that to the doctor."

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### 六、完整对话示例：李阿姨去看医生时的对话

#### 中文对话：

医生：“李阿姨，您最近感觉怎么样？”

李阿姨：“医生，我最近膝盖疼得很厉害，尤其是走路和上下楼的时候。”

医生：“疼痛是什么时候开始加重的？还有其他症状吗？”

李阿姨：“大概上个月开始的，早上起来关节也很僵硬，感觉比以前严重了。”

医生：“好的，我们可以增加物理治疗，可能还需要调整您的止痛药。我建议您做个X光，看看关节的情况。”

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### English Dialogue:

**Doctor:** "Ms. Li, how have you been feeling recently?"

**Ms. Li:** "Doctor, my knees have been hurting a lot, especially when I walk or go up and down stairs."

**Doctor:** "When did the pain start getting worse? Are there any other symptoms?"

**Ms. Li:** "It started getting worse about a month ago. My joints are also really stiff in the mornings, and it feels worse than before."

**Doctor:** "Okay, we can increase your physical therapy, and we may need to adjust your pain medication. I recommend an X-ray to check the condition of your joints."

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这份词汇和对话表不仅适用于关节炎、呼吸道疾病和心脏病，也涵盖了日常就诊时的基本交流需求。希望这些内容能帮助李阿姨和她的家人在与医生沟通时更加自信和有效！