

VOA 慢速讲解附字幕:脑损伤检查可能为儿童带来风险

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A Test for Brain Injury Creates Its Own Risks in Children

This is the VOA Special English Health Report.

A **concussion** happens when the brain is shaken, often in a car crash or a fall or a strike to the head in sports. Concussions can be **mild**, but doctors may order a CT scan to look for a more serious injury. Computed tomography provides a detailed image of the brain. But a recent study warned that more children than necessary are being **exposed to** radiation this way.

A national team led by two doctors at the University of California, Davis, studied hospital records from thousands of children with head injuries. They found that in many cases, the risk of developing cancer from the radiation **outweighed** the risk of a serious brain injury.



The study found that one in five children over age two had a low risk of serious injury but received CT scans anyway. A doctor looks at a CT brain scan at Children's National Medical Center in Washington

The same was true of almost one in four children under two years of age.

The researchers have developed rules to predict if a head injury is serious enough for a scan. For children under two, doctors are advised against it if there is:

- Normal mental activity.
- No swelling in the back of the head.
- No feeling of a broken bone in the skull.
- And no loss of **consciousness** for more than five seconds.

Doctors should also consider how the child was injured and whether the parents say the child is acting normally.

For patients from two to eighteen, the guidelines are similar -- except there should be no loss of consciousness, no vomiting and no severe headache.

The report appears in the Lancet medical journal.

Earlier this year, the British Journal of Sports Medicine published new guidelines for concussions in children and teens. International experts said they should not return to sports or school until fully recovered. The brain also needs a "**cognitive** rest," they say, by **restricting** activities like video games, texting and watching TV.

Young people often take longer than adults to recover from a concussion. The experts say individual progress and not a set time period should always guide a decision to return to play.

More than one million cases of concussion are reported each year in the United States alone.

A congressional committee has called a hearing Wednesday to discuss legal issues related to head injuries in football. Recently there have been concerns about players retired from the National Football League. But professionals are not the only ones getting concussions. There are high school players who have **died from** brain injuries.

And that's the VOA Special English Health Report, written by Caty Weaver. I'm Steve Ember.

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这里是 VOA 特别英语健康报道。

如果在车祸或者跌落，或者在运动中脑部受到击打，大脑受到摇动，通常会发生脑震荡。脑震荡的程度可能比较轻微，但是医生可能会要求做 CT 检查，以检测更加严重的伤势。X 线计算机断层扫描(Computed tomography)可以提供大脑的详细图像。但是一项最新研究警告称，许多儿童照 CR 会被置于不必要的放射中。

由加利福尼亚两名医生领导的国家研究小组研究了数千名脑损伤儿童的医疗记录。他们发现在许多病例中，因为辐射而患癌症的风险超过了严重脑损伤的风险。

研究发现，大约五分之一两岁以上儿童患脑损伤的风险很低，但是仍然接受 CT 扫描。大约四分之一 2 岁以下儿童也是如此。

研究人员制定了一些准则，来预测脑损伤到达什么程度才需要进行 CT 扫描。对于两岁以下儿童，在以下情况下，医生建议不要进行扫描：

脑力活动正常。

后脑没有肿胀。

头骨没有感觉到破裂。

未出现超过 5 秒钟无知觉的现象。

医生还需要考虑儿童是怎样受伤，父母表示儿童行为是否正常。

对于 2 至 18 岁的病人，指导方针是类似的——除了失去知觉，未呕吐和没有严重的头疼之外。

该报告发表在柳叶刀医学期刊上。

今年年初，《英国运动医学杂志》发表了儿童和青少年脑震荡新的指导方针。国际专家表示，在完全康复之前，他们不应该重新运动或返回学校。大脑也需要“认知力的休息”，限制进行电脑游戏，发短信和看电视等活动。

年轻人从脑震荡中康复的时间比成年人要长。专家称，个人康复状况和不定期检查也应该用来指导何时重新活动。

每年，仅美国就有 100 多万例脑震荡。

国会委员会周三召开听证会，讨论与足球运动中与脑损伤有关的法律问题。最近又引发了对从国家足球退役的队员的担忧。但是并不是只有职业选手才会出现脑震荡。已有一些高校选手因脑损伤而死亡。

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1.concussion n.震荡,脑震荡

例句: He was carried off the field with slight concussion.

他因轻微脑震荡给抬离了现场。

She suffers from brain concussion.

她得了脑震荡。

2.mild adj.轻微的, 不严重的

例句: The sentence was mild.

判刑判得很轻。

adj.温柔的, 温和的, 和善的

例句: I'm the mildest man alive.

我是世上最和善的人。

He is mild of manner.

他举止温和。

3.outweigh vt.在重量上超过,重于,大于,超过

例句: This boxer outweighed by his opponent 20 pounds.

这个拳击选手体重比他的对手重 20 磅。

在重要性或价值方面超过

例句: Her need to save money outweighs her desire to spend it on fun.

她省钱的需要比她花钱娱乐的愿望更重要。

4.consciousness n.意识,知觉,觉悟,自觉

例句: When will she regain consciousness?

她什么时候会恢复知觉?

5.cognitive a. 认知的, 认识的, 有认识力的

例句: The cognitive process; cognition.

认知认知的过程; 认知

6.restrict vt. 限制, 限定, 约束, 制止, 禁止

例句: We had to restrict the number of students on this course.

我们必须限制这门课程的选修人数。

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1. But a recent study warned that more children than necessary are being exposed to radiation this way.

expose to 使易受, 使受

例句: They have exposed the enemy's plot to the light of day.

他们已把敌人的阴谋暴露在光天化日之下。

The drug will lose its potency when exposed to moisture.

这药一受潮就会失效。

2. The study found that one in five children over age two had a low risk of serious injury but received CT scans anyway.

one in five 分数表达

英语分数的表示法:

一、用“基数词+序数词”表示

分数在英语中通常是借助于基数词和序数词来共同表达的。其中基数词表示分子，序数词表示分母。

如：

1. The centimeter is one-tenth of the decimeter or one-hundredth of the meter. 厘米是分米的十分之一，或者说是米的百分之一。

2. However, the number of boys will be a third or less than the girls in the class. 但是，班里男生的人数将比女生少三分之一或更少。

从以上例子可以看出：分子除用 one 外，也可用 a；如果分子大于 1，分母要用复数形式。

但是，1 / 2 不能说 a (one) second，而要说 a (one) half。例如：

3. The sum of one half, one third and one fourth of a certain number is 13. 某数的 1 / 2, 1 / 3 和 1 / 4 的和是 13。1 / 4 和 3 / 4 可以说 a (one) fourth 和 three fourths，但常用 a quarter 和 three quarters 表示。应该注意的是，分数修饰名词时，若该名词是不可数名词只能用单数；若是可数名词，用单数或复数均可。但是，若它们在句子中作主语，则谓语动词是用单数还是复数取决于名词，即与分数所修饰的名词保持一致。例如：

4. Only one-fifth of air consists of oxygen. 氧气只占空气的 1 / 5。

5. About two thirds of the students attend the meeting. 大约 2 / 3 的学生都参加了会议。

带分数也是常见的英语数词表达。所谓带分数，实际上是“整数+分数”，表达时分而述之，只是整数部分与分数部分要用连词 and 连接。当带分数修饰名词时，该名词通常是复数，但若名词置于整数 one 或 a 之后，则用单数。“带分数+名词”作主语时，谓语动词根据临近原则要用复数。例如：

6. You should finish the work within one and a fourth hours. 你应在 1.25 小时内完成工作。

7. The atom breaks up in a minute and a quarter. 原子在 1.25 分钟内裂变。

二、用 per cent 等表示

表示百分之一可以说 one (a) hundredth, 但更常用 one percent 或 per cent, 即用百分数表示法来表达。例如:

8. Our bodies are 65percent water. 我们人体含 65%水分。

9. Seventy-five percent of the earth'ssur- face is covered by water. 地球表面的 75%被水覆盖着。

10. Eighty-five percent of the students in English department are girls. 英语系 85%的学生是女生。

三、用 part 表示

名词 part 有“.....分之一”的意思, 分子大于 1 时, part 用复数。表示分数的结构一般有以下三种:

(1) “基数词 (或 a) + 序数词 + part (s)” a hundred part 百分之一

(2) “基数词 + part (s) + in + 基数词” five parts in one thousand 千分之五

(3) “基数词 + part (s) + per + 基数词” one part per million 百万分之一

四、用“基数词 + 介词 + 基数词”表示

借助介词表示分数, 介词前的数词是分子, 介词后的数词是分母。例如:

11. Ninety-nine people out of a hundred, if they were asked who first found America, would answer Clumbus. 如果要问是谁首先发现美洲, 一百个人中有九十九个 (百分之九十九) 将回答是哥伦布。

这种结构中的介词主要有 in, out of, of 以及 to

12. The map is drawn to a scale of one of ten thousand. 这张地图是按万分之一的比例绘制的。

3. There are high school players who have died from brain injuries.

die from 死于(某种原因, 不包括疾病、过度悲伤等)

例句: In a severe winter, wild animals can die from lack of food.

在寒冷的冬天, 野兽可能因为缺乏食物而饿死。