



BC Today, July 8: Interprovincial trade barriers | Chronic pain

【优质日常英语节目：BC Today 加拿大国内呼吁减少省际贸易壁垒 | 约20%的加拿大人患有慢性疼痛 | 温哥华时间20250708】

Summary: The segment discusses calls to reduce inter-provincial trade barriers in Canada amid U.S. trade tensions, while also examining the challenges faced by the 20% of Canadians living with chronic pain, including stigma and inadequate healthcare support.

摘要：本期节目探讨了在美国贸易紧张局势下加拿大国内呼吁减少省际贸易壁垒的议题，同时关注了20%加拿大慢性疼痛患者面临的挑战，包括社会偏见和医疗支持不足的问题。



⌚ Estimated Reading Time: 69 min

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- 00:11:41 Well, I think that, you know, first of all, you need to have
- 00:12:06 What it says is that there will be, you know, projects of na
- 00:12:29 So that doesn't mean that it's going to be any less rigorous
- 00:12:52 I really appreciate you making that clarification that I fai
- 00:13:17 Our parents paid for BC's great power infrastructure.
- 00:13:49 And so I don't know that it's sharing.
- 00:14:25 And so again, if we're exporting to U.S., I think that our c
- 00:14:54 You can email us BC today at cbc.ca or comment on our TikTok
- 00:15:16 Canada's biggest problem isn't just bureaucracy.
- 00:15:47 Even experienced public servants can make informed decisions
- 00:16:12 Well, you know, I appreciate that Singapore, I don't know th
- 00:16:45 I just really do believe that part of the complex is not to
- 00:17:13 You know, having ease and simplicity for people to be able t
- 00:17:43 And who knows what we've lost in terms of those who didn't e
- 00:18:04 It sure sounds like the new Prime Minister is taking a diffe
- 00:18:27 Hi, James.
- 00:18:57 And so could the BC wine industry because Ontario is big.
- 00:19:27 You know, similar to what occurs with free trade with the Am
- 00:19:53 You know, if you look at Quebec cheese, does it not open up
- 00:20:22 And BC wines do exceptionally well.
- 00:20:45 And I believe if we can compete with, with California, our B
- 00:21:08 When it's so much closer here at home.
- 00:21:27 And she joined us from Dryden on Terrio.

- 00:21:57 And here's what some of you had to say.
- 00:22:17 And those two things have combined to make the marketplace t
- 00:22:45 Prices will come down as demand rises, and selection expands
- 00:23:15 Or they do not work in extreme cold.
- 00:23:54 Coming up in our second half, we're going to be looking at I
- 00:24:16 It happened along 66A Avenue.
- 00:24:50 And the provincial government is proposing a ban on non-nati
- 00:25:20 In the central interior, including Prince George periods of
- 00:25:43 That's your CBC News update from Vancouver.
- 00:26:15 Steve Kooner is the BC Conservatives' Attorney General Criti
- 00:26:31 Well, we have to see what sort of impact analysis was done b
- 00:27:09 So all that stuff needs to be looked at.
- 00:28:15 What are the impacts on your life?
- 00:28:43 Hello, Jen. Thanks for coming in.
- 00:29:05 Jen, I'm going to start with you.
- 00:29:34 It's complex regional pain syndrome, which is basically my c
- 00:30:05 It affects my work sleep because temperature changes, wind i
- 00:30:33 It was about two weeks after.
- 00:30:55 It was objectively healing, less swelling, less redness, but
- 00:31:17 The pain was so severe that I almost passed out.
- 00:31:34 And there's that disconnect.
- 00:31:56 Well, I think you've just heard a very good description of t
- 00:32:31 It says you've just broken your arm.
- 00:32:57 The complex regional pain syndrome that Jennifer just descri
- 00:33:28 And now it maintains those signals.
- 00:33:49 And that just sounds obviously painful but exhausting.
- 00:34:12 Your social circle?
- 00:34:33 And because I'm not hung up with WCB and ICBC, I get to try
- 00:34:57 I did take time off work.
- 00:35:23 And I'm thinking, you don't actually.
- 00:35:56 It actually works.
- 00:36:20 But is that something common that we do see people strugglin
- 00:36:56 All of these other descriptors.
- 00:37:30 And so those things break down those work relationships.
- 00:37:56 Disability is never as great as it sounds in theory.
- 00:38:21 Nobody believes that it's there.

- 00:38:44 There are great acupuncturists.
- 00:38:57 Hi, Reese.
- 00:39:23 So the urologist poured out 70% of it.
- 00:39:45 But I take the allocerviagrid.
- 00:40:13 And you are in the medical field and perhaps no more people
- 00:40:46 It's initial focus was on supporting research, but also enga
- 00:41:21 And it has created a lot of resources for patients to suppor
- 00:42:00 Sorry, peer support groups, I think that are real word, heal
- 00:42:32 And the multiple languages and the indigenous communities wo
- 00:43:05 Yeah, or not having a support network that you can access th
- 00:43:32 Oh, that's wonderful.
- 00:43:51 After my dad died, we got her into an independent living pla
- 00:44:19 And in order to give her any comfort, we would have to have
- 00:44:54 She couldn't even figure out how to make that work anymore.
- 00:45:23 So I'm a little worried about how the system, considering ho
- 00:46:14 Oh, man, I think about all the time.
- 00:46:34 Is this odd for you doctor?
- 00:46:54 But I think of people without medical literacy, people witho
- 00:47:24 And day by day, I would think it's sort of one of the coping
- 00:47:53 Do we need to really make sure that medical professionals ar
- 00:48:20 And then for whatever reason, it persists and it leads to ch
- 00:48:59 So these things get complex.
- 00:49:34 And that is to try to encourage them to manage complex patie
- 00:50:01 Now, that's what I have to do.
- 00:50:28 It has some other side effects.
- 00:50:59 And the colleges and the public press who dealt with the iss
- 00:51:26 Well, I was just going to also say I also wonder if family d
- 00:51:45 Another says I have pain every day.

bilibili 00:00:00

► Good afternoon and thank you for joining us.

下午好，感谢您的收听。

► U.S. President Donald Trump's ongoing trade war has increased calls to break down barriers to inter-provincial trade.

美国总统特朗普持续的贸易战加剧了要求打破加拿大省际贸易壁垒的呼声。

► But is it really the economic answer for Canada?

但这真的是加拿大经济的解决方案吗？

► And despite roughly 20 percent of Canadians living with chronic pain, it's still largely misunderstood and ignored by many, including medical professionals.

尽管约20%的加拿大人患有慢性疼痛，但许多人（包括医疗专业人员）仍对其存在误解和忽视。

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bilibili 00:00:23

► We'll look at why and what needs to be done.

我们将探讨原因及应对措施。

► I'm Amy Bell, in For Michelle Elliott.

我是艾米·贝尔，代米歇尔·埃利奥特主持。

► This is B.C. Today.

这里是《BC今日》。

► Thank you for joining us on Radio TV and live stream.

感谢通过广播、电视和直播收听。

► You can call us now on our top story.

您可以就头条新闻致电我们。

► Are you in favor of easing inter-provincial trade?

您支持放宽省际贸易吗？

► Our number is 604-669-3733.

号码是604-669-3733。

► You can also call us at 1-800-825-5950.

或拨打1-800-825-5950。

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► Hit pound 690 on your cell phone.

手机用户请按#690。

► You can also email us bctodayatcbc.ca or comment on our TikTok live at CBC, British Columbia.

也可发送邮件至**bctoday@cbc.ca**或在TikTok直播@CBCBritishColumbia留言。

► And the dialogue on inter-provincial trade barriers in Canada continues through this week.

关于加拿大省际贸易壁垒的讨论本周持续进行。

► On Monday, Ontario and Alberta signed a memoranda of understanding to ease inter-provincial trade restrictions.

周一，安大略省和阿尔伯塔省签署谅解备忘录以放宽省际贸易限制。

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bilibili 00:01:30

► But now a new report questions the economic benefits promised by the federal government.

但最新报告质疑联邦政府承诺的经济效益。

► Released by the Canadian Center for Policy Alternatives, the report argues that so-called barriers to trade, investment and labor mobility within Canada are significantly overstated.

加拿大政策替代中心发布的报告认为，国内贸易、投资和劳动力流动的所谓壁垒被严重夸大。

► It also characterizes the government's push for internal free trade as largely political theater.

报告还将政府推动内部自由贸易描述为"政治作秀"。

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bilibili 00:01:54

► So are you in favor of easing inter-provincial trade?

那么您支持放宽省际贸易吗？

► And what would bc have to sacrifice in order to break down inter-provincial trade barriers?

BC省需要付出什么代价来打破省际贸易壁垒？

► And now on this sort of changing dialogue on inter-provincial trade, do you agree that it's largely political theater?

对于当前省际贸易讨论的变化，您是否同意这主要是政治作秀？

► Not in any way.

绝非如此。

► Okay.

好的。

► You know, I was part of the federal government.

我曾是联邦政府成员。

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bilibili 00:02:46

① I worked for finance minister Paul Martin and I worked for him as prime minister.

先后为财政部长保罗·马丁及其总理任期工作。

① And in all of that time, bringing down inter-provincial trade barriers, even that long ago, was a priority issue.

当时消除省际贸易壁垒已是优先议题。

① I also worked for bc premier Christy Clark.

我还为BC省长克里斯蒂·克拉克工作过。

① And at the provincial level, our goal was to try and get, you know, working with the other council of federation premieres to get inter-provincial trade barriers down.

省级层面，我们目标是联合其他省长推动消除贸易壁垒。

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bilibili 00:03:11

① So I don't quite know why the report came down so negatively.

因此我不理解报告为何如此消极。

① And even if, for, even if I would concede that perhaps some of the numbers were perhaps overinflated in terms of the expectations, that doesn't mean it's still not a good thing, even if the numbers are a little bit less in terms of the economies.

即便某些预期数据被夸大，这仍是好事，即便经济效益稍低。

① You know, you talked to so many businesses across Canada and, you know, some of the restrictions from province to province, they just kind of defy common sense.

全国企业都反映某些省际限制违背常识。

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bilibili 00:03:41

① And I know living in Ontario now, I would sure like to be able to buy bc wine off of, off of, in the liquor store here.

作为安省居民，我希望能直接在本地酒铺购买BC葡萄酒。

① Well, and I, you know, I think that's a common thing.

这是个普遍诉求。

① And you mentioned you have long experience with, with different government.

您提到有多届政府工作经验。

① And this conversation has been happening for so long.

这个话题已持续多年。

① What are then the most persistent trade barriers between the provinces today that are still stalling it?

当前最顽固的省际贸易壁垒是什么？

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bilibili 00:04:04

① Well, so much of it is kind of rooted in just because it's hard, you know, every province has its own kind of legislation and they've dealt with industry in a certain way, work safe requirements as an example or more of a provincial jurisdiction.

各省立法差异是主因，比如职业安全标准等省级管辖权事项。

► And then you think about it at a broader level.

宏观来看，

► It's kind of because the federal government doesn't have overall responsibility for it.

联邦政府未承担总体责任。

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bilibili 00:04:31

► For example, safety vests vary in terms of what has to be on a safety vest or not from province to province.

例如各省对安全背心的标识要求不同。

► Well, why would that be?

这有何必要？

► So a company who actually works in more than one province has to actually have different kinds of safety vests depending on where they're doing their activities.

跨省企业需准备不同安全背心。

► Okay.

明白。

► So those kinds of things that kind of defy logic as to, well, why wouldn't you get rid of that?

这类不合理规定早该废除。

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bilibili 00:04:56

► And then kind of maybe at the end, there are more substantial and substantive issues that need to be negotiated between the provinces.

当然也存在需要省际协商的实质性问题。

► But it's kind of getting rid of all the excess and so that that true free mobility of labor, which everyone agrees would absolutely help the Canadian bottom line would be able to be accessed.

但应先清除冗余障碍，实现真正劳动力自由流动——这公认能提振国家经济。

► And I mentioned off the top that obviously Ontario and Alberta just signed a memoranda of understanding yesterday where they've agreed to work towards building fresh pipelines and railways.

如前所述，安省和阿省昨日签署备忘录同意共建新管道和铁路。

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bilibili 00:05:31

► Where can you see this sort of leading Canada on the path of, again, removing those interprovincial barriers and then perhaps being less reliant on the U.S. as a trading partner?

您认为这如何推动加拿大减少对美贸易依赖？

► Well, exactly.

正是如此。

► If you think about it, why on earth is it easier, well, pre-Donald Trump, to trade with the United States for Canadian businesses than it is to trade interprovincially?

想想为何加拿大企业以往与美国贸易比省际贸易更便利？

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bilibili 00:05:56

► You know, that doesn't quite make sense.

这不合逻辑。

► Why can't you buy BC wine in Ontario or Ontario wine in BC?

为何安省买不到BC葡萄酒，反之亦然？

► Why are we building up the Canadian kind of wine industry?

我们发展葡萄酒产业的意义何在？

► Now, there's lots of reasons in the past because some industries are emerging and so they need some extra support and that kind of thing.

过去新兴产业确实需要保护，

► You want them to flourish and grow.

以促进发展。

► But once they kind of get to a certain level where they are doing well, then you need to have access to other markets.

但成熟后就需要开拓市场。

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bilibili 00:06:28

► And for so long, the U.S. has been that extra market to go to first rather than the rest to Canada.

长期以来美国而非本国成为首选外销市场。

► And so I think that that's why this opportunity of trading amongst ourselves does leave us less reliant on the U.S. at least in part.

因此加强内部贸易能降低对美依赖。

► So in a sense, you know, as many difficulties as we have with the Trump administration, and that might be a bit of an understatement, I realize.

当前特朗普政府带来的挑战（这么说还算委婉）

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bilibili 00:06:55

► But this could be sort of us on the precipice of regardless who is in power on the U.S., we don't need them as much as we have historically.

正促使我们减少对美国的历史性依赖。

► Well, it won't insulate us completely, but it certainly gives us a leg up.

虽不能完全绝缘，但能提升优势。

► And it's not a loss as to, you know, that \$200 million, I think is what they've been kind of talking about or batting around.

即便经济效益不如宣称的2亿加元，

► But even if the number is half of that, that is still a lot of benefit for Canadian businesses and for Canadian families.

减半仍是巨大收益。

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bilibili 00:07:26

► And so, you know, and to be honest, that's why, you know, provinces have been working so hard to try and figure this out.

各省因此努力推进。

► But it was in the past, maybe just too easy to fall back on past patterns and to kind of be protective and not want to kind of shake up a little bit the status quo.

但过去安于保护主义现状。

► But Donald Trump has like totally thrown everything to the winds, right?

特朗普颠覆了传统模式。

► Like we are very vulnerable right now, and we need to do everything we can to strengthen that overall Canadian economy.

当前脆弱性要求我们全力增强经济。

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bilibili 00:07:56

► Michelle, I do want to take a call that we've had to come in from our audience from Andre in Victoria.

现在接听维多利亚听众安德烈的来电。

► Hello, Andre, how are you?

你好安德烈？

► Hi, how are you?

你好主持人。

► I'm doing well.

我很好。

► So what are your thoughts on opening up barriers to inter-provincial trade?

您对开放省际贸易的看法是？

► I'm in favor of it.

我支持。

► However, I think that we should adopt more of a European Union standard and we should kind of do it nationwide.

但建议采用欧盟标准全国推行。

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bilibili 00:08:22

► That way we would have, we'd already be kind of be a pre-ready to do more international trade and we wouldn't be lowering ourselves to the lower standard of all the different provinces.

这样既能对接国际贸易，又避免各省标准参差。

► I think that sometimes when we talk about an international trade, we talk about dropping the trade barriers.

国际谈判中降低标准

► It means that under regulatory sense, we usually have to figure out, well, are we going to, is the regulatory standard going to be at this provinces level or at that province level?

往往需协调各省法规差异。

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bilibili 00:08:51

► And I think we intend to adopt the lower level and I think that's the wrong move.

但取最低标准是错误的。

► I think we just kind of standardize it by moving more towards the European trade commission model and I think it would benefit us greatly as a whole.

欧盟模式的整体标准化更有利。

>All right.

好的。

Thank you for that, Andre Michele.

谢谢安德烈。

I'll let you react to that.

请回应。

Well, you know, I think Andre raises an interesting point that because it is so interconnected all of the economies and there's so many different issues, they almost have to be taken and this is why it happens so slowly, one by one.

安德烈指出了经济互联性导致改革需逐步推进。

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00:09:22

I don't think that anybody wants to kind of descend to the lowest common denominator.

没人愿接受最低标准。

I would think that they would be able to find some kind of a median in terms of requirements.

应寻求要求中位数。

And I'm not super familiar with the European model, but I do know that they seeded a lot of authority to the European Union as a kind of governing body.

欧盟模式让渡主权给超国家机构，

I'm not sure that the provinces would ever be willing to do that to see any authority on any issue to the federal government.

但各省未必愿向联邦让权。

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bilibili 00:09:52

► So I think that that's why they've taken this approach.

因此当前采用渐进方式。

► And that's also why it's so important that there's dialogue between the provinces, you know, the federal government sure has a role to play, but so much of it actually is between the provinces.

省际对话至关重要，联邦仅起协调作用。

► And I suppose that brings up the question of, are there provinces that stand to benefit greatly from opening up inter-provincial trade?

是否有省份会特别受益？

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bilibili 00:10:17

► And some that might negatively impact them?

某些可能受损？

► I haven't seen any data to suggest that.

暂无数据支持。

► You know, I think that there's different industries and different regions that are more worried about a certain sector than another.

不同行业和地区有特定担忧。

► It might be like an emerging industry than a more ripened one and I'll go back to wine.

比如新兴与成熟产业差异——以葡萄酒为例：

① You know, 15 years ago, the BC wine industry was just kind of emerging and evolving, whereas the Ontario wine sector was much more mature.

15年前BC葡萄酒业刚起步时，安省已较成熟。

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bilibili 00:10:46

① Yeah.

是的。

① That time it might have been a little bit more uneven.

当时可能不平衡。

① But today, it's much more even-footing.

如今实力更均衡。

① Thinking to sort of here on the West Coast, Prime Minister Mark Carney told the Calgary Herald last week that a Northern Bichamon oil pipeline from Alberta to BC's North Coast is highly likely.

上周马克·卡尼总理表示阿尔伯塔至BC北海岸输油管道可能性很高。

① Our premier, David Eby, is also warmed to the idea recently as long as it's privately backed.

BC省长尹大卫近期也表态支持私营资本参与。

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④ He has stated, Premier Daniel Smith's idea of a crude oil pipeline running from Alberta to BC's North Coast has just been a thought these past months, but that conversation obviously continues as a hot topic among politicians.

阿尔伯塔省长丹尼尔·史密斯的管道构想持续引发政治讨论。

④ So how do you see this kind of project advancing in the future?

您认为项目前景如何？

④ And I suppose, especially given the pushbacks to Bill, you know, C5, federally and Bill Fickteen here in BC, which gives the government power to sort of push through projects without the usual consultations?

特别是考虑到联邦C5法案和BC省Fickteen法案（允许政府绕过常规咨询推进项目）引发的争议？

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bilibili 00:11:41

④ Well, I think that, you know, first of all, you need to have a proponent for a project for it to actually be considered, right?

首先需有明确项目方。

④ And right now, everyone's talking in the hypothetical.

当前讨论仍属假设。

④ Yeah.

是的。

④ And so it's going to be really important to see, you know, who's putting the money in?

关键看投资方、

④ What are they actually suggesting timelines and all of that?

时间表等具体方案。

▶ Bill C5 doesn't say that there's no consultation in any way.

C5法案并非取消咨询，

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bilibili 00:12:06

▶ What it says is that there will be, you know, projects of national interest that there's only one assessment, that it's a joint assessment, that there aren't that they, you know, a project proponent wouldn't have to go through in this case, an Alberta assessment, a BAC assessment and a federal assessment.

而是对国家重点项目实行联合评估，避免重复审批。

▶ Okay.

明白。

▶ Instead, they would only have to do it through one assessment office.

单一评估机构即可。

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bilibili 00:12:29

▶ So that doesn't mean that it's going to be any less rigorous.

这不降低评估严谨性，

▶ It just means that it's more organized and it's more, and it's less confusing for the proponent and for everybody involved because everybody's agreed to a single process instead of having to do it three times.

而是统一流程提高效率。

▶ And that, of course, speeds up the process and allows these projects to come to fruition.

加速项目落地。

Exactly.

确实。

Thank you.

谢谢。

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00:12:52

Exactly I really appreciate you making that clarification that I failed on.

感谢澄清我未说明白的内容。

So I appreciate that.

非常感谢。

I really did get an email that came in from Terry.

收到听众特里的邮件：

And Terry writes one barrier to interprovincial trade I'd like to maintain is electricity sharing.

"希望保留电力共享作为省际贸易壁垒。

BC's electricity with Alberta and Saskatchewan will remain in higher rates for British Columbians while taking the pressure off Smith and Moe to develop renewables in their own provinces.

向阿省和萨省供电会抬高BC电价，同时减轻两省发展可再生能源的压力。

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bilibili 00:13:17

► Our parents paid for BC's great power infrastructure.

BC电力基础设施是上代人投资的，

► We should not have to share that legacy with climate change sugars.

不应与否认气候变化的省份共享。"

► That's from Terry and Andrew B.

来自特里和安德鲁·B。

► What do you make of that, Michelle?

您怎么看？

► Well, what I would say is that we do export electricity to the United States once again.

我们同样向美国出口电力。

► Right.

对吧？

► And there has long been ties between Alberta and BC in terms of electricity grid in terms of the transmission grid.

BC与阿省电网长期互联。

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bilibili 00:13:49

► And so I don't know that it's sharing.

这不完全是"分享"，

► It's a power pool in Alberta where sometimes they're drawing into BC.

这是阿尔伯塔省的一个电力池系统，有时他们会从BC省调入电力。

► And sometimes they're sending out to BC.

有时他们也会向BC省输送电力。

► So I don't think that it is quite that straightforward.

因此我认为情况并非那么简单。

► It's far more complex.

实际情况要复杂得多。

► And what I would say is as someone who does like clean electricity, I think that the more people who are able to use it seems to be a benefit.

作为清洁能源的支持者，我认为能让更多人使用清洁电力显然是件好事。

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bilibili 00:14:25

► And so again, if we're exporting to U.S., I think that our cousins in Alberta should be higher priority perhaps than anyone else.

同样地，如果我们向美国出口电力，我认为阿尔伯塔省的同胞应该比其他人享有更高优先权。

► But again, it's a market.

但归根结底这是个市场。

► And the market is playing and it's been taking place for quite some time.

市场机制一直在发挥作用，这种情况已持续很长时间。

► I'd love people to join our conversation, Michelle.

Michelle，我希望能有更多人加入我们的讨论。

► They can reach us here at 1-800-825-5950-604-669-3733.

听众可拨打1-800-825-5950或604-669-3733联系我们。

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► You can email us BC today at cbc.ca or comment on our TikTok live stream.

也可以发送邮件至BCtoday@cbc.ca或在我们的TikTok直播留言。

► We can be found at CBC, British Columbia.

我们在CBC不列颠哥伦比亚频道。

► We're talking about removing barriers to inter-provincial trade and whether this will be the great boon that our economy needs and strength are positioned internationally.

我们正在讨论消除省际贸易壁垒，以及这是否能成为提振经济所需、增强国际竞争力的重要契机。

► We did get an email in from Scott and he writes, Hi BC today.

我们收到Scott的邮件写道："你好BC今日栏目"。

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 00:15:16

► Canada's biggest problem isn't just bureaucracy.

加拿大最大的问题不仅是官僚主义。

► It's competence.

而是执政能力。

► It's buried under layers of outdated rules enforced by people who don't understand them and aren't empowered to fix them.

我们被层层过时的规则所困，执行者既不理解这些规则，也没有修正权限。

► It's like Kafka's the castle, a web of confusion where nothing gets done.

就像卡夫卡的《城堡》，陷入一事无成的混乱迷网。

► If we want real reform, whether it's inter-provincial trade, housing or energy, we need to look at places like Singapore where civil servants have deep expertise and real authority.

要实现真正改革（无论是省际贸易、住房还是能源），我们需要参考新加坡等地的经验，那里公务员既具备专业素养又拥有实权。

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bilibili 00:15:47

► Even experienced public servants can make informed decisions and adapt policy.

经验丰富的公务员能够做出明智决策并调整政策。

► That's how we move Canada forward.

这才是推动加拿大前进的方式。

► Thank you for that comment, Scott in Burnaby.

感谢本拿比Scott的分享。

► He mentioned Singapore and I was going to ask you are there systems in place in other areas globally that we can look to to sort of see how to set up a system that benefits everyone and has this ease right across the country?

他提到新加坡，我想请问是否存在其他可借鉴的国际案例，帮助我们建立全国通用的高效体系？

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bilibili 00:16:12

► Well, you know, I appreciate that Singapore, I don't know the specifics of it.

我认同新加坡模式，虽然不了解具体细节。

④ I do know that it's a very small island with very little geography.

但我知道它是个地理范围极小的岛国。

④ Yes.

确实。

④ And I think that you're not that.

我认为你并非...

④ Yeah, and not in any way kind of suggest that what they're doing is probably something that we should look at because I think that empowering people to be able to make decisions within their own area of expertise is something that doesn't necessarily mean geography.

并非要全盘照搬他们的做法，但授权专业人士在自身领域做决策的理念值得借鉴，这与地理因素无关。

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bilibili 00:16:45

④ I just really do believe that part of the complex is not to make excuses.

我坚信面对复杂情况不该找借口。

④ Part of the complexity of Canada is just our vastness.

加拿大的复杂性部分源于幅员辽阔。

④ You know, it is such a large geography that we deal with.

我们面对的是如此广袤的国土。

④ And so it kind of takes on a bit of a uniqueness that way.

因此形成了独特的国情。

▶ But what he was got seemed to be actually referencing a little bit was what Bill C5 is actually kind of focused in on as well.

不过他所指出的问题其实也是Bill C5法案的关注重点。

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bilibili 00:17:13

▶ You know, having ease and simplicity for people to be able to know, to even know what the process is that they're about to undertake, right?

就是让民众能够清楚了解即将参与的流程。

▶ Have some kind of understanding about how long it's going to take.

对所需时间有基本预期。

▶ Whereas in past, you know, many projects have, you know, taken years, like half a dozen years to even kind of come up with things and countless kind of potential proponents have backed away because it was just too onerous.

而过去很多项目动辄耗费五六年才启动，无数潜在参与者因流程过于繁重而退出。

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bilibili 00:17:43

▶ And who knows what we've lost in terms of those who didn't even want to, who just looked at kind of the Canadian map and said, I'm not sure that I could navigate my way through all these processes.

更不用说那些望而却步的潜在投资者，他们看着加拿大地图就说：我不确定能走完这些流程。

▶ Right.

对吧。

► So, sorry, continue.

抱歉请继续。

► No, I was just going to say so I think that that's, I think what the intent behind be Bill C5 is to be one step towards that.

我认为Bill C5法案的初衷就是向这个方向迈出的一步。

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bilibili 00:18:04

► It sure sounds like the new Prime Minister is taking a different view of government and being much more transactional and much more focused.

新总理确实展现出不同的执政理念，更注重实效和针对性。

► But it's a big public service.

但公共服务体系规模庞大。

► And so, you know, anything that large in terms of an organization takes some time to change.

如此庞大的组织改革需要时间。

► So, you know, we'll see how he does.

我们拭目以待。

► No, right.

没错。

► We have a call in from James in Spencer's Bridge.

现在接入斯宾塞桥James的来电。

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bilibili 00:18:27

① Hi, James.

你好James。

① What are your thoughts on today's topic?

对今天的话题有何看法?

① Well, I'm kind of broken on whether there should be free trade within Canada.

我对加拿大是否该实行自由贸易很矛盾。

① I don't know.

说不清。

① I can't decide which way to go because having free trade destroys local economies.

因为自由贸易会冲击地方经济。

① How so?

具体指?

① And local economies are very important, of course.

当然地方经济非常重要。

① For example, the Quebec cheese industry could suffer if free trade occurs.

比如魁北克奶酪业可能因自由贸易受损。

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bilibili 00:18:57

① And so could the BC wine industry because Ontario is big.

BC葡萄酒产业也是，毕竟安大略省体量庞大。

► It could potentially dominate and harm the BC wine industry.

可能会主导市场并损害BC酒业。

► And there's numerous other examples of this.

类似案例不胜枚举。

► So we have to consider the local economies.

必须考虑地方经济。

► Ontario.

安大略。

► Ontario has lots of people.

人口众多。

► They are strong and manufacturing and potentially all manufacturing could go to Ontario.

制造业发达，可能吸引所有制造业聚集。

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bilibili 00:19:27

► You know, similar to what occurs with free trade with the Americans, more other countries, more trade goes abroad, more manufacturing goes abroad.

就像与美国自由贸易后，更多制造业流向海外。

► Okay.

明白了。

► James, I do want to interrupt just because we're nearly running out of time and I do want to give Michelle a chance to respond.

James抱歉打断，因时间关系请Michelle回应。

▶ Michelle, he's worried about the local economies being flooded with the products from other provinces.

Michelle, 他担心外省产品会冲击本地经济。

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bilibili 00:19:53

▶ You know, if you look at Quebec cheese, does it not open up a whole broader base for them to sell their products to?

以魁北克奶酪为例，难道不是打开了更广阔的销售市场？

▶ Yeah, that's my view is that it does.

我认为确实如此。

▶ And just go on the wine industry.

以葡萄酒行业为例。

▶ We have in normal times, California wine, California with 40 million people and a very advanced and mature wine industry is free to trade into BC and compete with BC wines.

通常加州葡萄酒（来自4000万人口、拥有先进成熟产业）可自由进入BC市场与本地酒竞争。

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bilibili 00:20:22

▶ And BC wines do exceptionally well.

而BC葡萄酒表现优异。

▶ And just because they're on the shelves doesn't mean that bridge clums are forced to buy them.

货架上有外省酒不意味着消费者必须购买。

④ But I was sure rather be opening up the, you know, our liquor stores to have Ontario wines than to have California wines.

比起加州酒，我更倾向对安大略酒开放酒类专卖店。

④ You know, like it is, that's kind of how I'm, how I look at it in terms of the trade offs.

这就是我对权衡利弊的看法。

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bilibili 00:20:45

④ And I believe if we can compete with, with California, our BC wines can compete with Ontario.

既然能与加州酒竞争，BC酒同样能与安大略酒竞争。

④ And so I think that it would benefit us.

因此我认为开放有利。

④ And I also think that we would grow the market for our wines.

还能扩大我们的葡萄酒市场。

④ And you know, why focus on having to go all the way to Asia to sell our wines, which many of our wine folks are doing.

何必舍近求远专攻亚洲市场（虽然很多酒商正在这样做）。

④ That's true.

确实。

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bilibili 00:21:08

► When it's so much closer here at home.

家门口就有市场。

► Michelle, I wish we had more time, but this is all we have left in the segment.

Michelle, 时间所限只能到此。

► But I really appreciate taking time with us.

非常感谢参与。

► It was a pleasure to chat with you.

很荣幸与您交流。

► Happy to.

我的荣幸。

► Have a great day.

祝您愉快。

► You as well.

您也是。

► That was Michelle Cudario, the executive vice president of Rubicon Strategies.

刚才连线的是Rubicon Strategies执行副总裁Michelle Cudario。

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bilibili 00:21:27

► And she joined us from Dryden on Terrio.

她从Dryden on Terrio参与节目。

► It is 1227.

现在是12点27分。

► And this is BC today.

这里是BC今日。

► So yesterday we looked at whether Canada's electric vehicle mandate, which requires the number of new EV sold in Canada to hit 20% by next year, 60% by 2030, and 100% by 2035, was still realistic amidst economic upheaval and lagging sales.

昨日我们探讨了加拿大电动汽车强制令（要求明年新售电动车达20%，2030年60%，2035年100%）在经济动荡和销量滞缓下是否仍现实。

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bilibili 00:21:57

► And here's what some of you had to say.

听众反馈如下：

► Jordan wrote, I think the North American auto industry is to blame for your difficulties in selling electric vehicles.

Jordan写道：北美汽车业应对电动车销售困境负责。

► It is spent decades trying to convince us that we need a bigger and better vehicle.

数十年间他们灌输"需要更大更好车辆"的观念。

► And even longer convincing us that an electric car was no good because it couldn't get as far as a tank of gas could.

更长期贬低电动车，鼓吹续航不如燃油车。

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bilibili 00:22:17

► And those two things have combined to make the marketplace think that they need a big, battery, large size vehicle, all contributing to making them unaffordable.

两者结合导致市场追求大电池大型车辆，推高价格。

► Their victims of their own greed.

他们是贪婪的受害者。

► Joe on wrote, EVs are the future of urban mobility, and demand will be the driving force behind the continuing development of EVs.

Joe认为：电动车是城市交通的未来，需求将推动其持续发展。

► That development will preclude the uptakes of EVs as appropriate vehicles for rural communities that don't have the infrastructure needed to support them.

但农村地区缺乏配套基础设施可能阻碍普及。

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bilibili 00:22:45

► Prices will come down as demand rises, and selection expands to meet the demand.

随着需求增长和选择增多，价格会下降。

► All the post-sale elements such as disposal and recycling will also need to rise.

回收处理等售后环节也需跟进。

► And from Marney, no matter what, the economic or political factors in the question of quota for EVs, one factor remains.

Marney指出：无论EV配额的经济政治因素如何，有个恒常问题。

► Winter, an extreme cold.

冬季极寒。

► I know many people in many provinces and territories who have had to get rid of their EVs because they do not work in extreme cold in southern BC.

我认识许多BC南部等地区民众因电动车无法在极寒天气使用而被迫转手。

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bilibili 00:23:15

► Or they do not work in extreme cold.

或者说在严寒中失效。

► Southern BC seems to forget that the majority of the country has real winters.

BC南部似乎忘了加拿大大部分地区有真实冬季。

► Thank you for those contributions.

感谢这些分享。

► And this is BEC today on CBC.

这里是CBC播出的BEC今日。

► We're on Radio 1, CBC Television and live streaming on our website, cbc.ca, YouTube at CBC Vancouver, and we're on the CBC News app.

节目通过Radio 1、CBC电视台、官网cbc.ca、CBC温哥华YouTube频道及CBC新闻APP同步直播。

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bilibili 00:23:54

► Coming up in our second half, we're going to be looking at living with chronic pain and what supports we can provide people that are dealing with this on a daily basis.

下半场将探讨慢性疼痛患者的生活现状及日常支持体系。

► Right now, though, it is time for the CBC News to 1230 with Robert Zimmerman.

现在接入Robert Zimmerman的CBC新闻1230。

► Good afternoon, Ciri Police have released few details about a police shooting overnight.

下午好，Ciri警方对昨夜警员开枪事件披露甚少。

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► It happened along 66A Avenue.

事发66A大道。

► The Ciri Police Service as an RCMP officer was involved.

Ciri警署一名皇家骑警涉案。

► BC's police oversight agency is investigating.

BC警察监督机构已介入调查。

► A new report says an endangered killer whale population off the coast is facing a high probability of extinction unless circumstances change.

新报告显示沿海濒危虎鲸种群若不改善现状极可能灭绝。

► The report from a group of scientists makes several recommendations, including limiting fisheries, eliminating toxic chemicals in the whale's food chains, and the adoption of enforceable underwater noise standards.

科学家团队建议：限制渔业、清除鲸类食物链有毒物质、制定强制性水下噪音标准。

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bilibili 00:24:50

- And the provincial government is proposing a ban on non-native and non-domestic cat species.

省政府拟禁止非本土猫科动物。

- Some big cats, such as lions, tigers, and jaguars, are already regulated in BC.

狮子、老虎、美洲豹等大型猫科动物在BC已受管制。

- But other exotic species are not.

但其他外来物种尚未受限。

- If the ban is approved, it would allow current owners to keep their exotic cats for the remainder of the animal's life.

若禁令通过，现有饲主可继续饲养至宠物终老。

- And now the forecast on the North Coast showers this afternoon with a high of 33, highs reaching 22 and mainly cloudy in the peace.

天气预报：北岸下午有阵雨，最高33度；和平河地区多云，最高22度。

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- In the central interior, including Prince George periods of rain with a high of 17, lots of sunshine in the Coutneys with highs reaching 35.

中部内陆（含乔治王子城）间歇雨，17度；库特尼地区晴朗，35度。

- In the southern interior, including Kelowna, some sun and cloud this afternoon with a high of 34.

南部内陆（含基洛纳）下午晴间多云，34度。

- And for Metro Vancouver, greater Victoria and the Fraser Valley, some sun and cloud this afternoon with highs reaching 23.

大温哥华、大维多利亚和菲莎河谷地区下午晴间多云，23度。

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bilibili 00:25:43

► That's your CBC News update from Vancouver.

以上是CBC温哥华新闻更新。

► Thank you, Robert.

谢谢Robert。

► And four BC Supreme courts are rescheduling criminal trials when Vancouver hosts seven games at FIFA World Cup next year.

BC最高法院将调整明年温哥华举办七场世界杯比赛期间的刑事审判日程。

► The Chief Justice of the BC Supreme Court says the tournament is expected to have significant impacts, such as police resources being redirected to public safety and crowd control and accommodating out of town witnesses in hotels, but also proved to be a challenge due to room shortages.

首席法官表示赛事将导致警力转向安保、外地证人住宿紧张等重大影响。

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► Steve Kooner is the BC Conservatives' Attorney General Critic and the early edition host Stephen Quinn spoke to him about his opposition to the move.

BC保守党司法评论员Steve Kooner接受早间节目主持人Stephen Quinn采访，解释反对原因。

► And is there really anything that can be done about that?

对此真的无能为力吗？

► If you decide you're going to host an event like this, do you not have to deal with a certain amount of disruption?

举办此类活动难道不该承受一定干扰？

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bilibili 00:26:31

► Well, we have to see what sort of impact analysis was done by the provincial government and how they plan to actually deal with the disruptions, especially when we're dealing with already many issues that are hitting the criminal justice system.

需查看省政府的 impact 分析及应对计划，特别是当前司法系统已面临诸多问题。

► And whether we could have better resourcing in terms of having more staff that could kind of deal with the congestion if we had more staff would not actually alleviate the problem.

增加人手未必能缓解拥堵。

► If we had more access to say technology where we can have more remote proceedings with that help.

若能借助技术手段开展远程诉讼或更有帮助。

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bilibili 00:27:09

► So all that stuff needs to be looked at.

这些都需考量。

► One in five Canadians live with chronic pain.

五分之一的加拿大人患有慢性疼痛。

► An often invisible condition advocate say is still widely misunderstood, not just by the public, but even by doctors and nurses.

这种隐形病症仍被公众甚至医护人员普遍误解。

► Chronic pain not only impacts a person physically, the mental and social effects can be far reaching.

慢性疼痛不仅影响一个人的身体，其心理和社会影响也可能非常深远。

► So we want to hear from you, do you live with chronic pain?

所以我们想听听您的意见，您是否患有慢性疼痛？

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► What are the impacts on your life?

它对您的生活有什么影响？

► And how can we better support people living with chronic pain?

我们如何更好地支持慢性疼痛患者？

► Call us at 1-800-825-5950-604-669-3733.

请致电1-800-825-5950-604-669-3733。

► Star pound 690 on your cell phone if it's safe to do so.

如果安全，请在手机上输入星号键加690。

► And you can email BCToday at cbc.ca.

您也可以发送电子邮件至BCToday@cbc.ca。

► Joining us today are two guests.

今天我们有两位嘉宾加入。

► Jennifer Honey is a Vancouver based nurse who lives with chronic pain and she joins me in studio.

Jennifer Honey是一位居住在温哥华的护士，患有慢性疼痛，她在演播室与我一起。

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► Hello, Jen. Thanks for coming in.

你好，Jen。感谢你的到来。

► And Dr. Norman Buckley is a chronic pain specialist who is the scientific director of the chronic pain network, which is a Canada wide collective of patients, healthcare professionals, educators and policy advisors.

Dr. Norman Buckley是一位慢性疼痛专家，也是慢性疼痛网络的科学主任，该网络是一个全国性的患者、医疗专业人员、教育者和政策顾问的集体。

► Hello, Dr. Buckley. Hi, how are you?

你好，Dr. Buckley。嗨，你好吗？

► I'm doing very well.

我很好。

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 00:29:05

► Jen, I'm going to start with you.

Jen，我想先从你开始。

► If you're comfortable, can you share a bit about your journey with chronic pain?

如果你愿意，能否分享一下你与慢性疼痛的经历？

① What it is when it began?

它是什么时候开始的？

① Yeah, I was diagnosed with CRPS nine years ago after I broke my arm.

是的，九年前我手臂骨折后被诊断为CRPS（复杂性区域疼痛综合征）。

① I very innocuously broke my arm playing softball, had a surgery to repair it and developed a really rare complicated neuro-neurological problem afterwards, which doesn't hit many people.

我在打垒球时不小心摔断了手臂，做了修复手术，之后发展出一种非常罕见的复杂神经问题，这种情况很少见。

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① It's complex regional pain syndrome, which is basically my central nervous system and my peripheral nervous system still think my arm is broken.

这是复杂性区域疼痛综合征，基本上我的中枢神经系统和周围神经系统仍然认为我的手臂断了。

① So it affects the pain pathways, but I also get swelling, redness, different temperature changes that affects day to day, every activity.

所以它影响了疼痛通路，我还会有肿胀、发红、温度变化，这些影响日常的每一项活动。

① So whether my heart rate goes up, my arm thinks my brain thinks my arm is broken.

所以无论我的心率是否上升，我的手臂和大脑都认为它断了。

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► It affects my work sleep because temperature changes, wind in the room, my clothing, my arm, it's always broken.

它影响了我的工作和睡眠，因为温度变化、房间里的风、我的衣服，我的手臂总是“断的”。

► So it's been a long journey.

所以这是一段漫长的旅程。

► It's affected everything I do, and it's a slow.

它影响了我所做的一切，而且进展缓慢。

► When did the break of the arm happen?

手臂骨折是什么时候发生的？

► And then how soon after did you realize this was not normal pain that was continuing?

之后多久你意识到这不是正常的持续疼痛？

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► It was about two weeks after.

大约两周后。

► So I had surgery right afterwards.

所以我之后立刻做了手术。

► I actually, honestly, it was when our kids ran kindergarten.

说实话，那时我们的孩子刚上幼儿园。

► And I thought this would be great having a couple weeks off work at the end of kindergarten and I can hang out at school.

我想幼儿园结束后休息几周会很棒，我可以在学校待着。

▶ But about two weeks after the surgery, I realized it was getting more painful than that less.

但手术后大约两周，我意识到疼痛没有减轻，反而加重了。

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▶ It was objectively healing, less swelling, less redness, but I was having more pain.

从客观上看，它在愈合，肿胀和发红减轻了，但我的疼痛加剧了。

▶ And the pain doctor thought, maybe I was not responding to the medications, although I should not need heavy medication anymore, it should be getting better.

疼痛医生认为，也许我对药物没有反应，尽管我不应该再需要强效药物，情况应该好转。

▶ And when they took the cast off after the surgery, I actually thought my skin had come off.

当他们手术后拆掉石膏时，我真的以为我的皮肤被撕掉了。

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▶ The pain was so severe that I almost passed out.

疼痛如此剧烈，我几乎昏过去。

▶ I thought I was going to vomit.

我以为我要吐了。

▶ They tipped me back on the bed.

他们让我躺回床上。

④ And I couldn't believe that nobody was reacting the same way I was because I thought I was going to pass out because I thought my skin had actually come off.

我不敢相信没有人像我一样反应，因为我觉得我要昏过去了，因为我觉得我的皮肤真的被撕掉了。

④ And when I looked at my arm, I looked completely normal.

当我看着我的手臂时，它看起来完全正常。

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④ And there's that disconnect.

这就是那种脱节。

④ Yeah, why am I feeling this?

是的，为什么我会这样感觉？

④ Dr. Buckley, sorry to interrupt.

Dr. Buckley，抱歉打断一下。

④ But when you hear a story like Jens, what goes through your mind is this sort of the common journey, it can be something fairly innocuous that kicks off this chronic pain.

但当你听到像Jen这样的故事时，你脑海中会想到这是常见的经历吗？可能是相当无害的事情引发了这种慢性疼痛。

④ How does it impact people in different ways?

它对人们的影响有哪些不同？

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Well, I think you've just heard a very good description of the sort of thing that we would often hear in a pain clinic that somebody, you know, the fact is in Canada about 20% of the population will experience pain that is persistent and intrusive enough to affect their ability to conduct their daily lives, to attend work regularly to enjoy their lives.

嗯，我想你刚刚听到了一个很好的描述，这是我们在疼痛诊所经常听到的事情，事实上在加拿大，大约20%的人口会经历持续且严重的疼痛，足以影响他们的日常生活、工作和享受生活的能力。

And frequently, you know, pain acute pain, as you heard, if you break your arm, that first pain is good.

而且经常，你知道，急性疼痛，就像你听到的，如果你摔断手臂，最初的疼痛是有益的。

It helps.

它有帮助。

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It says you've just broken your arm.

它告诉你你的手臂断了。

Don't do anything with it until it gets better.

在好转之前不要动它。

Right.

对。

And typically 80% of the time people will go on and recover no matter how badly we treat their pain in the acute state.

通常80%的人会继续恢复，无论我们在急性期如何糟糕地处理他们的疼痛。

► And oh, well, you get treated varies from place to place and person to person.

而且，嗯，你得到的治疗因地因人而异。

► But there is a subset of people or subset of conditions that lead to one going on to have pain.

但有一部分人或一部分情况会导致疼痛持续。

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► The complex regional pain syndrome that Jennifer just described is, as she said, somewhat unusual, but in pain clinics, it's not unusual.

Jennifer刚刚描述的复杂性区域疼痛综合征，正如她所说，有些罕见，但在疼痛诊所并不罕见。

► And that's who gets the pain clinics.

这就是疼痛诊所的患者。

► But it seems that when you develop chronic pain, what's happened is that your central nervous system has failed to go through the process of recovery that usually occurs and it's changed.

但似乎当你发展出慢性疼痛时，发生的是你的中枢神经系统未能经历通常的恢复过程，而是发生了变化。

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► And now it maintains those signals.

现在它维持这些信号。

► So the protective signal that helped to mobilize or arm initially and keep it still while it's recovering, now that signal persists, even though there's nothing going on.

所以最初帮助活动或固定手臂的保护信号，现在持续存在，尽管没有任何问题。

► It's like the fire alarm, the shorts out, and it keeps ringing and ringing and ringing even though there's no fire in the building.

就像火灾警报短路了，即使大楼里没有火灾，它也会一直响个不停。

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► And that just sounds obviously painful but exhausting.

这听起来显然不仅痛苦而且令人疲惫。

► And I would imagine there's a fair bit of despair realizing that this pain isn't going to be alleviated.

我想意识到这种疼痛不会缓解，会有相当多的绝望。

► How does that play out then in your, not just your relationship with your own body, but your relationship with others?

这如何影响你与自己身体的关系，以及与他人的关系？

► How does it impact your family life, your work life?

它如何影响你的家庭生活、工作生活？

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► Your social circle?

你的社交圈?

► Well, I honestly feel fairly privileged.

嗯，说实话我觉得相当幸运。

► I mean, I broke my arm in the most impressive city for pain management.

我的意思是，我在疼痛管理最出色的城市摔断了手臂。

► I ended up at St. Paul's.

我最终去了圣保罗医院。

► So instantly I'm funneled into the most amazing pain center ever.

所以我立刻被转到了最棒的疼痛中心。

► I got into the clinic in three weeks.

我三周内就进入了诊所。

► And as a nurse practitioner, I know people wait years sometimes to get there.

作为一名执业护士，我知道有时人们要等多年才能到那里。

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► And because I'm not hung up with WCB and ICBC, I get to try all the things that my physician recommends.

而且因为我没有被WCB和ICBC卡住，我可以尝试医生推荐的所有方法。

► But I'm also fairly privileged in terms of demographics and my determinants of health and all those things.

但我在人口统计和健康决定因素等方面也相当幸运。

► And my employer has great benefits and that kind of thing.

而且我的雇主有很好的福利等等。

④ But I think it was a huge identity shift.

但我认为这是一次巨大的身份转变。

④ I mean, I couldn't address myself for the first few months.

我的意思是，前几个月我无法自理。

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④ I did take time off work.

我确实请了假。

④ I couldn't hold a fork or a knife.

我拿不住叉子或刀子。

④ I couldn't brush my teeth.

我刷不了牙。

④ Everything was with my left hand on my private personal hygiene and all these things.

所有私人卫生都是用左手完成的。

④ I went from being a nurse practitioner and then suddenly I was on the other side of the curtain.

我从一名执业护士突然变成了幕布的另一边。

④ You know?

你知道吗？

④ And suddenly the pain scale met something else.

突然疼痛量表有了不同的意义。

▶ I'm at work and hearing people saying, I don't really think he, that doesn't look like a 7 out of 10.

我在工作时听到人们说，我不认为他看起来像7分（满分10分）的疼痛。

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▶ And I'm thinking, you don't actually.

而我在想，你其实不知道。

▶ But I do think it's over time made me a more grounded person.

但我确实认为随着时间的推移，它让我变得更踏实。

▶ I used to take up my stress by kickboxing and running and hiking and biking.

我过去通过跆拳道、跑步、徒步和骑自行车来缓解压力。

▶ And now I actually have to take a deep breath because that's how you set off the parasympathetic system, right?

现在我实际上必须深呼吸，因为这是你触发副交感神经系统的方式，对吧？

▶ Undo the fight or flight, you stop getting chased by a tiger by taking a deep breath and doing yoga.

解除战斗或逃跑反应，通过深呼吸和瑜伽来停止被老虎追赶的感觉。

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▶ It actually works.

这确实有效。

► It does have its benefits.

它确实有其好处。

► And Dr. Buckley, I can see you nodding.

Dr. Buckley, 我看到你在点头。

► You know, when she's talking about how it's just that big shift that suddenly she's on the other side of that medical relationship and she's reinterpreting when people say they're in pain.

你知道, 当她在谈论那个巨大的转变时, 突然她站在了医疗关系的另一边, 重新解读人们说他们疼痛的时候。

► You know, I don't want to say that's a silver lining because this is not a situation that has many silver linings.

你知道, 我不想说这是不幸中的万幸, 因为这种情况并没有多少积极面。

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► But is that something common that we do see people struggling with those, with that identity shift?

但这是否是我们常见的人们在与这种身份转变斗争的事情?

► Oh, very much so.

哦, 非常常见。

► And, you know, you've just identified many of the factors that contribute to chronic pain, irreparably damaging people's lives.

而且, 你知道, 你刚刚指出了许多导致慢性疼痛不可逆转地损害人们生活的因素。

► You know, the failure of people around you to recognize that even though your arm looks intact, it can heal us if it's on fire or burning, sweating, stinging, electricity, etc.

你知道，周围的人未能认识到，即使你的手臂看起来完好，如果它像着火、燃烧、出汗、刺痛、电击等，它也能愈合。

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④ All of these other descriptors.

所有这些其他描述。

④ And if you can just think, for example, to the last time you hammered your hand with a hammer by mistake, that first feeling, in fact, Jennifer described it, when she felt nauseated.

如果你能想一想，比如你上次不小心用锤子砸到手时的第一感觉，事实上Jennifer描述过，当她感到恶心时。

④ If you imagine that level of intrusion into your senses persisting indefinitely, you know, how do you maintain a sensible conversation that you, you know, if you're a nurse, you go to a patient, and all you can think about is the fact that your arm is burning.

如果你想那种对你感官的侵入无限期持续，你知道，你如何保持理智的对话，如果你是一名护士，你去照顾病人，而你所能想到的只是你的手臂在燃烧。

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④ And so those things break down those work relationships.

所以这些事情破坏了工作关系。

④ If you can't continue at your work, after a few years, you will quite literally, well, varies from province to province.

如果你无法继续工作，几年后，你实际上会，嗯，各省情况不同。

► But if you can't return to work within two years, then your employer is no longer obliged to hold your job open.

但如果你在两年内无法重返工作岗位，那么雇主不再有义务保留你的职位。

► So then you have to go on some sort of disability support.

所以你必须依靠某种残疾支持。

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► Disability is never as great as it sounds in theory.

残疾支持在理论上听起来不错，但实际上并非如此。

► You never make as much money as you did when you worked.

你永远赚不到工作时那么多钱。

► And there was all of the aggravation of having to prove that you are, in fact, disabled, harder with, as you described it early on, the invisible problem of chronic pain, like mental health disorders, because you're not missing a limb.

而且你必须证明自己确实残疾的所有麻烦，正如你早些时候描述的，慢性疼痛这种无形的问题，就像心理健康障碍一样，因为你没有缺失肢体。

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► Nobody believes that it's there.

没有人相信它的存在。

► You know, it's like, well, I have real back pain, but I'm a little suspicious of Billy down the line who keeps taking time off, right?

你知道，就像，嗯，我有真正的背痛，但我对一直请假的Billy有点怀疑，对吧？

每个人都值得怀疑，但我的疼痛是真实的。

是的。

Jen, you're the constant, untilistic advice of, have you tried?

Jen，你经常听到那些不切实际的建议，比如“你试过.....吗？”

Right.

对。

Have you tried just great acupuncturists?

你试过找很棒的针灸师吗？

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There are great acupuncturists.

确实有很棒的针灸师。

There are.

确实有。

Yeah.

是的。

This diet.

这种饮食。

We'll take a call now.

我们现在接一个电话。

④ These gummies.

这些软糖。

④ These gummies.

这些软糖。

④ You're that one a lot lately from Reese in Vancouver.

最近你经常听到来自温哥华的Reese提到这个。

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④ Hi, Reese.

嗨，Reese。

④ Hello.

你好。

④ Hi.

嗨。

④ And what are your thoughts on living with chronic pain?

你对与慢性疼痛生活有什么看法？

④ Um, I think in my case, I had like two issues.

嗯，我想在我的情况下，我有两个问题。

④ I entered my left foot and I have backst in neuropathy and that, that does not cure.

我的左脚有神经病变，这无法治愈。

④ I have to wear an EVO brace for that.

我必须为此佩戴EVO支架。

④ And then the second thing was I had the prostate surgery, I had it in large prostate.

第二件事是我做了前列腺手术，我有大前列腺。

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④ So the urologist poured out 70% of it.

所以泌尿科医生切除了70%。

④ And I still am in pain from that.

我仍然因此感到疼痛。

④ So I have to take the allocerviagrid just to relax the prostate.

所以我必须服用allocerviagrid来放松前列腺。

④ So that's my, that's my chronic pain is from that surgery.

所以我的慢性疼痛来自那次手术。

④ And I remember one day, you're all, after the urologist saw me afterwards and he said, well, just take a leave for that.

我记得有一天，泌尿科医生看完我后说，那就请个假吧。

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④ But I take the allocerviagrid.

但我服用了allocerviagrid。

► But the problem is, is the government won't pay for the sealas, you know, like four tablets of that is \$90.

但问题是政府不会支付sealas的费用，比如四片药就要90美元。

► Right.

没错。

► I've got to, I've got to ask my doctor about that.

我得去问问我的医生。

► But that's my chronic pain is in there.

但这就是我的慢性疼痛问题所在。

► Well, Maurice, I'm so sorry for that experience.

Maurice, 我对你的经历感到非常抱歉。

► And, and Jen, you had mentioned, you know, you are in a, in a place where you've had access to, to great care.

Jen, 你提到你所在的地方能获得很好的医疗资源。

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► And you are in the medical field and perhaps no more people that can, can help diagnose you and, and I leave the pain.

你在医疗领域工作，可能有更多人能帮你诊断，而我却只能忍受疼痛。

► But Dr. Buckley, you know, this is something I would imagine as, as we talked about, getting access to the proper medications, being able to access that proper amount of care after you, you are in such pain varies across the country and, and within each province.

但Buckley医生，正如我们讨论的，获取合适的药物和医疗资源在全国各省的情况各不相同。

Well, very much so, you know, and that's, you know, so the chronic pain network has been in operation for about 10 years now.

确实如此，慢性疼痛网络已经运作了大约10年。

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It's initial focus was on supporting research, but also engaging patients in research, because that really has an impact on what research you pursue.

最初的重点是支持研究，同时也让患者参与研究，因为这会影响研究方向。

We now focus on what's described as knowledge, mobilization, or pushing the knowledge out into where it can happen.

我们现在专注于知识动员，即将知识推广到需要的地方。

Columbia, for example, British Columbia, it's very fortunate in that it has an organization called pain BC, which has been going for about, oh, goodness, actually almost 20 years, but 15, 17 years now.

例如，不列颠哥伦比亚省很幸运，有一个名为Pain BC的组织，已经运作了大约15到17年。

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And it has created a lot of resources for patients to support, direct patient support.

它为患者提供了许多直接支持资源。

So it, it's a not for profit.

它是一个非营利组织。

► It, although it collaborates very closely with government and it's had some leadership roles in some of the pain initiatives in British Columbia.

尽管它与政府密切合作，并在不列颠哥伦比亚省的疼痛倡议中发挥领导作用。

► But you know, if you go to the pain BC website, for example, if you google it, it will link you with things like patient support lines, which is a phone service that you can call, it's support and wellness groups.

如果你搜索Pain BC的网站，它会链接到患者支持热线等服务。

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► Sorry, peer support groups, I think that are real word, health coaching.

抱歉，是同伴支持小组和健康指导。

► There's some programs of information called live plan E or live plan E plus, which are both libraries and online programs, some programs directed at adolescents.

还有一些名为Live Plan E或Live Plan E+的项目，包括图书馆和在线课程，部分针对青少年。

► But also, they've translated these into multiple languages and in fact, that work closely with indigenous communities.

他们还将其翻译成多种语言，并与原住民社区密切合作。

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► And the multiple languages and the indigenous communities work are really important because those are areas where access is a big deal.

多语言和原住民社区的工作非常重要，因为这些地区的资源获取是个大问题。

► If you think that sort of being middle class employed, professional, probably Caucasian is, is incredibly valuable in getting access to some of these things.

如果你是中产阶级、有职业的白人，获取这些资源会容易得多。

► If you imagine not being any of those things, and perhaps living in an isolated area where there aren't services or not having a regular family physician, things like that.

但如果你不符合这些条件，或者住在偏远地区、没有固定的家庭医生，情况就完全不同了。

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► Yeah, or not having a support network that you can access through friends and family to be able to access that.

或者没有亲友的支持网络来帮助你获取资源。

► And you want to take it?

你想接受吗？

► So, pain DC, I really can't say enough and they've actually taken on a leadership role nationally by supporting something called pain Canada, which came out of the health Canada's action plan for pain in Canada, which is the national strategic plan to address all of these issues in Canada.

Pain DC做得非常好，他们还通过支持Pain Canada在全国发挥了领导作用，这是加拿大卫生部应对疼痛问题的国家战略计划。

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► Oh, that's wonderful.

哦，这太棒了。

④ I do want to get another call in that we have from Bruce in Cowachan Valley.

我想接听来自Cowachan Valley的Bruce的电话。

④ Hi, Bruce.

你好，Bruce。

④ Hello there.

你好。

④ How are you?

你好吗？

④ Not bad.

还不错。

④ So, what is your experience with this topic?

你对这个话题有什么经历？

④ Well, I don't have particularly bad issues myself, but I wanted to tell you a little story about my mom.

我自己没有特别严重的问题，但我想讲讲我母亲的故事。

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④ After my dad died, we got her into an independent living place.

父亲去世后，我们把她送到了独立生活社区。

④ They had meals and then housekeeping and social activities.

那里提供餐饮、家政和社交活动。

▶ But she had bone on bone, point pain in her right shoulder, and her right arm is her power arm, so we say.

但她右肩有骨头摩擦的剧痛，而右臂是她的主力臂。

▶ And we tried different kinds of injections and other treatments and a combination of fentanyl patches and Tylenol and stuff like that.

我们尝试了各种注射和其他治疗，包括芬太尼贴片和泰诺的组合。

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▶ And in order to give her any comfort, we would have to have raised the fentanyl dose to such that she was unstable and subject to falls.

为了缓解她的疼痛，我们不得不增加芬太尼剂量，但这导致她行动不稳、容易摔倒。

▶ So, eventually we were able to get her into a full care facility where she is now, but even before we got her moved, she had withdrawn so much from the social activities and the interactions that her brain was starting to shut down.

最终我们把她送到了全护理机构，但在此之前，她已经因为疼痛退出了社交活动，大脑功能开始衰退。

▶ She forgot how to run the TV remote and where she used to record her own programs to rewatch on TR.

她忘记了如何使用电视遥控器，也忘了怎么录制节目回放。

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▶ She couldn't even figure out how to make that work anymore.

她甚至完全不知道怎么操作了。

④ And she's continued to withdraw.

她继续退缩。

④ And it's the withdrawal because of the pain that just comforts the distraction and what have you that is leading to over the last two years a significant mental decline because she's not socializing, she's not interacting, she doesn't have radio, doesn't read much or anything like that.

由于疼痛导致的退缩和注意力分散，过去两年她的心智显著衰退，因为她不再社交、不听广播、也不阅读。

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④ So I'm a little worried about how the system, considering how many people you probably have listening to you right now with chronic pain who are also going to go through that sequence of events and need full support later in life that they can't even anticipate maybe right now, but if you are suffering like the doctor was just saying, what's to keep you active, what's to keep you, you know, involved in things?

我有点担心这个系统，因为现在可能有无数慢性疼痛患者正在经历类似的事情，未来需要全面支持，而他们现在甚至无法预料。

④ Bruce, I thank you for sharing that and I'm so sorry to hear about your mother's condition and, you know, Jen, hearing a call like that must be difficult because I imagine you do think about the future.

Bruce，谢谢分享，对你母亲的状况我感到很遗憾。Jen，听到这样的电话一定很难受，因为你也得考虑未来。

④ What is it like to know that you may live this with this pain for the rest of your life?

知道自己可能余生都要与疼痛为伴是什么感觉？

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► Oh, man, I think about all the time.

天啊，我无时无刻不在想这件事。

► And actually that resonated with me because my family doctor left town a couple of years ago and finding a new family doctor is difficult.

这让我深有感触，因为我的家庭医生几年前离开了，找新医生很难。

► Who is willing to take on someone with complex pain?

谁愿意接手一个复杂疼痛患者？

► I mean, the first person I found said, well, I don't do pain.

我找到的第一个医生说：“我不处理疼痛。”

► I just don't do pain.

我就是不处理疼痛。

► I thought, what do you mean you don't do pain?

我想，什么叫“不处理疼痛”？

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► Is this odd for you doctor?

这对你来说很奇怪吗，医生？

► And I can see this is complex pain.

我知道这是复杂疼痛。

④ I have a lot of, you know, specialists and a lot of procedures and things happening, but I also have a team involved and I think everybody has pain.

我有许多专科医生和治疗，但我也需要一个团队支持，而且我觉得每个人都有疼痛。

④ It seems like an entry-level practice for family practice to take on certain things and this would be one of them.

这似乎是家庭医生的基础工作之一。

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④ But I think of people without medical literacy, people without, you know, other levels of care that need full whole care and need to have that.

但我想到了那些缺乏医疗知识或资源的人，他们需要全面护理。

④ And you know, when you're in a lot of pain, you don't necessarily have the capacity to do the deep dive into finding all these things and you need somebody to be able to navigate that with you.

当你疼痛难忍时，可能没精力深入研究这些，你需要有人帮你导航。

④ So I mean, I'm at the point where you just got to take a day by day.

所以我现在只能过一天算一天。

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④ And day by day, I would think it's sort of one of the coping mechanisms.

我觉得这是一种应对机制。

► But Dr. Buckley, what would you say to two people in the medical profession in terms of, I would think if I went to a doctor and said, you know, I have an ongoing eye issue with the team of ophthalmologists, he wouldn't say, I don't do that.

但Buckley医生，你对医疗行业的人有什么想说的？比如如果我告诉医生我有眼疾，他不可能说“我不处理这个”。

► But to be able to say, I don't deal with pain, that seems to me, you know, an odd distinction to make.

但说“我不处理疼痛”似乎很奇怪。

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► Do we need to really make sure that medical professionals are grasping what chronic pain is?

我们是否需要确保医疗专业人员理解慢性疼痛？

► What I think one of the issues there is that chronic pain, you know, you identified at the beginning, it's complex.

我认为问题在于慢性疼痛很复杂。

► Yeah.

是的。

► It's, it may start out as a relatively simple, we talk about it as a biopsychosocial model.

它可能最初是相对简单的生物心理社会模型问题。

► It starts out as some sort of injury or illness.

始于某种伤病。

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► And then for whatever reason, it persists and it leads to changes, you know, you just heard them, you know, changes in mentation over time, the constant nagging of the pain makes it hard to concentrate.

但后来持续并引发变化，比如心智变化、疼痛干扰专注力。

► You may lose mental capabilities that you had to become socially withdrawn, further aggravating that.

你可能丧失心智能力，变得社交退缩，进一步恶化情况。

► And on the social level, you may lose a job, you may have reduced income, you may not be able to pursue, you know, your acupuncturist or your, you know, your gummies or whatever, that may be beneficial because you don't have the funds to do it.

在社会层面，你可能失业、收入减少，无法负担针灸或其他有益的治疗。

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► So these things get complex.

所以问题变得复杂。

► And a lot of, a lot of times the way a primary care practitioner will try to manage the stresses and strains of their own life is to focus on areas where they feel they have some expertise and they can, they can provide good value in the context of the healthcare system they're working in.

初级保健医生通常会专注于自己擅长的领域，以应对压力。

► I know I've been reading in the newspapers about British Columbia, British Columbia reorganizing away, it supports and pays its primary care practitioners in part.

我读到不列颠哥伦比亚省正在重组初级保健医生的支持和薪酬体系。

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► And that is to try to encourage them to manage complex patients.

这是为了鼓励他们处理复杂病例。

► You know, there's some funny vagaries about the payment system in Ontario, where a primary care practitioner, if somebody's booked with a single complaint, they can add on another 20 minutes to deliver additional care if the patient says, oh, and by the way, I have chronic pain.

安大略省的支付系统有些奇怪，如果患者预约时提到慢性疼痛，医生可以额外增加20分钟诊疗时间。

► They say, well, sorry, you booked for your blood pressure today.

但如果患者说“我今天是为血压问题预约的”，医生会说：“抱歉，今天只处理血压问题。”

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► Now, that's what I have to do.

这就是我的工作。

► We'll have to make a different time for the blood pressure.

血压问题得另约时间。

► And even with special codes to allow for complexity, it takes a lot of time and energy to manage a difficult problem.

即使有复杂病例的特殊编码，处理这类问题仍耗时耗力。

► And then the opioid crisis made it a nightmare because you heard from your call in a moment ago that the fentanyl patch was helpful for the pain standpoint.

而阿片类药物危机让情况更糟，尽管芬太尼贴片对止痛有帮助。

bilibili 00:50:28

► It has some other side effects.

但它有其他副作用。

► So, you know, that patient was fortunate in some ways because the opioid was helpful for the pain problem.

所以那位患者在某种程度上是幸运的，因为阿片类药物缓解了疼痛。

► It isn't always, but it does have side effects.

虽然并非总是有效，且一定有副作用。

► But then when primary care practitioners are asked to prescribe opioids, there's a huge social stigma for them.

但当初级保健医生被要求开阿片类药物时，他们会面临巨大的社会污名。

► Are they going to become an narcotic doctor in their province, or their town, or their city or whatever?

他们会不会被贴上“毒品医生”的标签？

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► And the colleges and the public press who dealt with the issue of opioid prescribing, perhaps not in an optimal fashion.

医学院和媒体对阿片类药物处方的处理方式也不理想。

► And some physicians are quite frightened about prescribing opioids.

一些医生对开这类药物感到恐惧。

► And they link chronic pain with opioid prescribing.

他们将慢性疼痛与阿片类药物处方联系起来。

► So it's really complicated and messy.

所以问题非常复杂和混乱。

► I can imagine.

可以想象。

► We're just about out of time, but I want to give Jen a chance you were nodding.

时间快到了，但我想给Jen一个机会，你刚才在点头。

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► Well, I was just going to also say I also wonder if family doctors or DPs are fixers.

我想说，家庭医生或全科医生是否是“修复者”。

► And sometimes when you can't just fix this, it's difficult to want to get involved.

有时候当你无法“修复”问题时，就很难愿意介入。

► Much more difficult to be dealing with it.

处理起来更加困难。

► We also did get in a few tick-tock comments.

我们还收到了一些TikTok评论。

► One says, yes, I live with chronic pain from fibromyalgia.

一条说：“是的，我患有纤维肌痛导致的慢性疼痛。”

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▶ Another says I have pain every day.

另一条说：“我每天都疼痛。”

▶ And a fibro warrior here and some days are tough.

还有一位“纤维肌痛战士”说：“有些日子很难熬。”

▶ That is all the time we have for our show.

今天的节目时间到此结束。

▶ Thank you so much for calling and emailing us.

非常感谢大家的来电和邮件。

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