News Item 001- 世界 4.22 亿成年人患有糖尿病

The World Health Organization reports 422 million adults are living with diabetes（糖尿病）, a four-fold（四倍的）increase over 1980 figures. Lisa Schlein reports.“The release of this report in advance of World Health Day is meant as a call to global action to halt（遏止）the rise of type 2 diabetes, which is killing one and one half million people a year. The World Health Organization estimates 43 percent of these deaths occur prematurely（过早地）, before the age of 70. The WHO says the highest rates are in the Middle East, Southeast Asia and the western Pacific. The WHO report says the dramatic rise of this deadly disease is largely due to the increasing number of overweight and obese（肥胖的）people. Lisa Schlein, Geneva（日内瓦）.”

News Item 002- 寨卡病毒

The World Health Organization reports there is growing scientific evidence that the Zika virus is linked with several severe disorders of the central nervous（神经的）system. Lisa Schlein reports.“The body of scientific knowledge about the virus is building rapidly. WHO Director-General Margaret Chan says the more that is known about the Zika virus, the worse things look. ‘A pattern has emerged in which initial detection of viruscirculation（传播）is followed within about three weeks by an unusual increase in cases of Guillain Barre syndrome（格林-巴利综合征）. Detection of microcephaly（头小畸形）and other fetal malformations comes later...’ WHO reports 6,480

cases of microcephaly are suspected, mostly from northeast Brazil. Lisa Schlein, Geneva.”

News Item 003- 全球肥胖人数飙升

A new report says there are now more obese people in the world than there are underweight people.Researchers from Imperial（皇家）College London wrote the report. Their findings were published in the British medical journal The Lancet（《柳叶刀》）.The researchers examined health records from about 20 million people for what they called the “world’s biggest obesity study.” Obesity is a condition in which the body stores large, unhealthy amounts of fat. Obese individuals are considered overweight. For the study, the researchers compared the body measurements of almost 20 million adults. They found that from 1975 to 2014, global obesity rates for men increased from 3.2 percent of the population to 10.8 percent. For women, it rose from 6.4 percent to 14.9 percent. They estimate that in 2014 there were 266 million obese men and 375 million obese women worldwide. That represents about 9 percent of the more than 7 billion people alive today. The study found that more than 2.3 percent of men and 5 percent of women are considered severely obese. A severely obese individual has a body mass index (or BMI) of over 35 kilograms per square meter. BMI is a way to measure a person’s height compared to their weight. The study also found that about 1 percent of men and 2 percent of women are considered “morbidly（病态地）obese.” Such people have difficulty with simple activities because they are overweight.

News Item 004- 脑部肿瘤治疗方法有所突破

Neurosurgeons（神经外科医生）have been using lasers（激光）to treat brain cancer since 2009, but now they say the technique may also allow them to deliver chemotherapy（化疗）drugs directly into the brain. The key is getting past the protective blood-brain barrier（血脑屏障）, which does its job so well it also keeps out potentially lifesaving chemotherapy drugs. Kathy Smith has ovarian（卵巢的）cancer that spread to her brain, a type of brain cancer called glioblastoma（胶质细胞瘤）.Doctors insert a tiny probe into the brain, directly to the cancer where it burns up the tumor from the inside out. According to Washington University Neurosurgery Professor Eric Leuthardt, during the procedure it was discovered the therapy had an unintended effect on the blood-brain barrier.“We are basically able to show that this blood-brain barrier is broken down for around four weeks after you do this laser therapy. So not only are you killing the tumor, you are actually opening up a window of opportunity to deliver various drugs and chemicals and therapies that could otherwise not get there.” In Kathy’s case, a powerful, experimental chemotherapy drug called doxorubicin（阿霉素）, which has been notoriously hard to get past the barrier was delivered directly into her brain.“I think what’s interesting is that the blood-brain barrier is a two-way street, that by breaking it down you can get things into the brain, but also by breaking it down, now things can go from your brain out into your circulation, to your peripheral（神经末梢的）system, which includes your immune system.” And the immune system helps fight cancer.

News Item 005- 脑震荡的新型检测法

A new blood test can tell doctors whether a person has suffered a concussion（脑震荡）up to a week after he or she was injured. People who suffer a head injury should rest soon after they are hurt. Doctors say rest is important in helping the brain to heal after the injury. Individuals who have suffered a concussion do not always show symptoms. Experts say those warning signs can be delayed, especially in children. A concussion can lead to a feeling of dizziness, headaches and an inability to sleep. These problems can exist for a long time. Some concussion patients have experienced loss of memory, trouble thinking and feelings of anxiety. Doctors at Orlando Health System in Florida developed the new blood test. It shows if a biomarker（生物标记）is present in a person’s blood. The biomarker is called glial fibrillary acidic protein（胶质原纤维酸性蛋白）, or GFAP. The protein is only found in the brain and nervous system after a person suffers a concussion. Researchers examined the blood of 600 patients. They found the biomarker in the blood of those who had suffered a head injury. Concussion is a common injury in contact sports. A blood test soon after a head injury could show if an athlete has suffered a concussion. Without the test, sports team officials may not know whether the player has a concussion and may return him or her to the game.