

0020 Back pain is a massive problem which is badly treated

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Doctors **used to think that** back pain was almost entirely the result of mechanical damage to tissue beyond the capacity of X-rays to detect.

The advent of **MRI scans** showed {this was not true}. A definitive (a.)最后的；决定性的；不可更改的 **physical cause** — such as a fracture, a tumour 肿瘤；肿块, **pressure on a nerve**, infection or arthritis 关节炎 — is found in 5-15% of people with back pain.

The rest 剩余部分；残留；其余 **is all labelled (v.)贴标签于；用标签标明** as “**non-specific**” 不明确的；非特定的；泛泛的；不止一种病因的；有多种致病可能的, and there is increasing evidence that it is not mechanical **in origin**.

Example 1. 标题

mechanical damage:

机械损伤. 是指人体同某种致伤物接触, 因机械运动作用, 所造成的机体正常组织的破坏, 或器官的机能性障碍。可分为钝器伤、锐器伤、枪弹伤、火器伤等类。机械性损伤的基本征象有: 表皮剥脱、皮下出血、创伤、骨折、内脏破裂, 肢体断离, 六种。

non-specific :

a. not definite or clearly defined; general 不明确的；非特定的；泛泛的 →
The candidate's speech was non-specific. 这位候选人的讲话只是泛泛之谈。

医生们过去认为，背部疼痛几乎完全是组织受到机械损伤的结果，超出了x光检测的能力。核磁共振扫描的出现，表明事实并非如此。5-15%的背痛患者，都有明确的生理原因，如骨折、肿瘤、神经压迫、感染或关节炎。其余的都被贴上了“非单一原因导致的”的标签，而且越来越多的证据表明，机械损伤并非是它的病因。

Some sufferers **catastrophise (v.)**小题大做，把事情复杂化 **the news into the idea that** they have a broken, fragile back and start avoiding normal physical activity — **not least** 特别；尤其, says Ms Knight of St Thomas', because doctors **often fail to explain to them** ① **that** {abnormalities (n.)} 身体、行为等不正常，反常 are, in fact, quite normal}, and ② **that** {degeneration 蜕化；衰退} **can basically** 总的说来；从根本上说 **be wear and tear** 损耗}.

exercise daily; **accept flare-ups(n.)** 疾病突发；（尤指）复发 **as temporary setbacks(n.)** 挫折；阻碍; **don't get fixated (a.) on** （对...）异常依恋，固恋 the pain.

The programme, explains Ms Knight, aims **not to reduce pain so much as to add to life.**

In a typical class of ten people, Ms Knight says, one or two **decide that** the approach **is not what they want**, and may **drop out** 不再参加；退出；脱离。Most of them **take away at least some skills** which add to their **quality of life**. One or two, like Mr Moore, find the programme life-changing(a.) 改变人生的。

Example 2. 标题

wear and tear

损耗, 磨损

not A so much as B / not so much A as B :

与其说A, 倒不如说B / 是B,而不是A. 即, 轻前, 重后

A和B是两个被比较的平行结构, 如同为介词短语、动词不定式、名词短语或其他平行结构。

- Science moves forward, they say, **not so much** through the insights of great men of genius **as** because of more ordinary things like improved techniques and tools. 他们说, 科学的发展**与其说**源于天才伟人的真知灼见, **不如说**源于改进了的技术和工具等更为普通的东西。
- The great use of a school education is **not so much** to teach you things **as** to teach you the art of learning. 学校教育的伟大作用不在于教会你多少东西, 而在于教会你学习的技巧。

一些患者将他们从扫描中看到的信息, 小题大做, 以为他们有了一个骨折的, 脆弱的背部, 并开始避免正常的身体活动, 尤其是, 因为医生经常未能向他们解释, 这种异常, 实际上是很正常的, 身体机能的退化, 基本上源于年龄所导致的身体器官的磨损。而你如果不活动的话, 带来的肌肉僵硬和身体虚弱, 反而往往会令情况变得更糟。

每天锻炼; 将突发的疾病, 视为是暂时的挫折; 不要专注于疼痛。奈特女士解释说, 这个项目的目的, 与其说是减轻病痛, 不如说是为了增加生命的质量。

在一个典型的有十人的班级里, 会有一两个病友认为这种方式不是他们想要的, 而可能退出。但班里的大多数人, 至少会学到一些机能, 能给他们的生活质量带来提高。班里会有一两个人, 就像摩尔先生一样, 会发现这个项目能改变他们的人生。

2. <pure> Back pain is a massive problem which is badly treated

Doctors used to think that back pain was almost entirely the result of mechanical damage to tissue beyond the capacity of X-rays to detect. The advent of MRI scans showed this was not true. A definitive physical cause—such as a fracture, a tumour, pressure on a nerve, infection or arthritis—is found in 5-15% of people with back pain. The rest is all labelled as “non-specific”, and there is increasing evidence that it is not mechanical in origin.

Some sufferers catastrophise the news into the idea that they have a broken, fragile back and start avoiding normal physical activity—not least, says Ms Knight of St Thomas’, because doctors often fail to explain to them that abnormalities are, in fact, quite normal, and that degeneration can basically be wear and tear.

exercise daily; accept flare-ups as temporary setbacks; don’t get fixated on the pain.

The programme, explains Ms Knight, aims not to reduce pain so much as to add to life.

In a typical class of ten people, Ms Knight says, one or two decide that the approach is not what they want, and may drop out. Most of them take away at least some skills which add to their quality of life. One or two, like Mr Moore, find the programme life-changing.
