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https://www.100test.com/kao_ti2020/558/2021_2022__E8_81_8C_E7_A7_B0_E8_8B_B1_E8_c91_558831.htm When Fear Takes Control of the Mind A panic attack is a sudden feeling of terror. Usually it does not last long, but it may feel like forever. The cause can be something as normally uneventful as driving over a bridge or flying in an airplane. And it can happen even if the person has driven over many bridges or flown many times before. A fast heart beat. Sweaty hands. Difficulty breathing, 2 A lighthearted feeling. At first a person may have no idea³ what is wrong. But these can all be signs of what is known as panic disorder. 4 The first appearance usually is between the ages of 18 and 25. In some cases it develops after a tragedy, like the death of a loved one, or some other difficult situation. In the United States, the National Institute of Mental Health⁵ says more than two million people are affected in any one-year period. The American Psychological Association⁶ says panic disorder is two times more likely in women than men. And it can last anywhere from a few months to a lifetime. Panic attacks can be dangerous for example, if a person is driving at the time. The Chesapeake Bay Bridge in the state of Maryland is so long and so high over the water, it is famous for scaring motorists. There is even a driver assistance program to help people get across. Some people who suffer a panic attack develop a phobia, a deep fear of ever repeating the activity that brought on the attack. 7 But experts say panic disorder can be treated. Doctors might suggest anti-anxiety or

antidepressant medicines. Talking to a counselor could help a person learn to deal with or avoid a panic attack. There are breathing methods, for example, that might help a person calm down. Panic disorder is included among what mental health professionals call anxiety disorders. A study published last week reported a link between anxiety disorders and several physical diseases. It says these include thyroid disease, lung and stomach problems, arthritis, migraine headaches and allergic conditions. Researchers at the University of Manitoba in Canada say that in most cases the physical condition followed the anxiety disorder. But they say, exactly how the two are connected remains unknown. The report in the Archives of Internal Medicine came from a German health study of more than 4,000 adults.

词汇： paine/pein/adj . 恐慌(的) terror/5terE/n. 恐惧 uneventful/5Qni5ventful/adj . 平静无事的；平凡的 heartbeat/5hB:tbi:t/n.心跳 sweaty/5sweti/adj.多汗的, lightheaded adj头昏眼花的 tragedy/5trAdVidi/n.悲剧 bay/bei/n.海湾 Maryland/5mZEriAndn.马里兰 (美国东部一州名) scare/skZE/v . 使恐慌vt.受惊 motorist/5mEutErist/n . 驾驶汽：乍者(通常为自己的汽车) phobia/5fEubjE/n . (病态的)恐惧 antidepressant/7Antidi5presEnt/adj . 抗抑郁的，抗抑郁药 counsel(1)or/5kaunsEI/n . 顾问 professional/prE5feFEnI/adj.专业的，n.专业人员，内行，专家 thyroid/5WairCid/adj . 甲状腺的几甲状腺；甲状腺制剂 arthritis/B:5Wraitis/n.关节炎 migraine/5mi: ^rein, 5mai-/n.偏头痛 allergic/E5IE:dVik/adj . 变应性的，过敏性的 archive/ B:kalv/n . (常用复数)档案；档案室，档案馆 注释： 1 . takes control of : 掌管，负责掌握 2

. difficulty breathing(= difficulty in breathing) : 呼吸困难 3
. have no idea of/as to : 没有.....的概念 , 不知道

4.panic disorder : 惊恐性障碍 , 急性焦虑症 5 . National Institute of Mental Health(NIMH) : 国立精神卫生研究所 6 . American Psychological Association(APA) : 美国心理学协会 7 . Some people who suffer a panic attack develop a phobia , a deep fear of ever repeating the activity that brought on the attack . 有些恐慌症发作的人会产生极度的恐惧感 , 也就是极度害怕在什么时候会重复那种引起他们出现恐慌症发作的事情。 panic attack : 恐慌发作 , 焦虑发作。 bring sth . on 导致 ; 造成 ; 引起 8
. calm down : 平静下来 9 . Panic disorder is included among what mental health professionals call anxiety disorders . 惊恐性障碍包括在精神卫生专业人员称之为焦虑症中。 anxiety disorder : 焦虑症。 10 . Archives of Internal Medicine : 内科档案

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