

职称英语卫生类阅读理解原文模拟第4篇职称英语考试 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/569/2021_2022__E8_81_8C_E7_A7_B0_E8_8B_B1_E8_c91_569634.htm Eating Potatoes Gives Your Immune System a Boost Eating potatoes is not only good for bowel health, but also for the whole immune system, especially when they come in the form of a potato salad or eaten cold. In a study on an animal model, researchers in Spain found that pigs fed large quantities of raw potato starch (RPS) 1 not only had a healthier bowel, but also decreased levels of white blood cells, such as leucocytes and lymphocytes in their blood. White blood cells are produced as a result of inflammation or disease, generally when the body is challenged. The general down-regulation of leucocytes observed by the Spanish researchers suggests an overall beneficial effect, a generally more healthy body. 2 The reduction in leucocyte levels was about 15 percent. Lower lymphocyte levels are also indicative of reduced levels of inflammation, but the observed reduction in both lymphocyte density and lymphocyte apoptosis is surprising. In what was the longest study of its kind, pigs were fed RPS over 14 weeks to find out the effect of starch on bowel health.

“ The use of raw potato starch in this experiment is designed to simulate the effects of a diet high in resistant starch, ” said study leader Jose Francisco Perez at the Universitat Autònoma de Barcelona³, Spain. Humans do not eat raw potatoes, but they do eat a lot of foods that contain resistant starch, such as cold boiled potatoes, legumes, grains, green bananas, pasta and cereals. About 10

percent of the starch eaten by human is resistant starchstarch that is not digested in the small intestine and so is shunted into the large intestine where it ferments. Starch consumption is thought to reduce the risk of large bowel cancer and may also have an effect on irritable bowel syndrome (IBS)⁴ Immunology expert Lena Ohman ' s team previously found that the overall lymphocyte levels do not vary for IBS patients, but that lymphocytes are transferred from the peripheral blood to the gut, which support the hypothesis of IBS being at least partially an inflammatory disorder. She says the decrease in lymphocytes observed by the Spanish is therefore interesting, and a diet of resistant starch may be worth trying in IBS patients. Ohman is currently at the Department of Internal Medicine, Goteborg University, Sweden⁵. The study is published in the journal

Chemistry and Industry, the magazine of the SCI⁶. 词汇 :

boost/bu:st/vt.提高 , 举起 . bowel/5bauEl/n.(常用复数)肠

salad/5sAlEd/n.色拉 Spain/spein/n . 西班牙 starch/stB:tF/n.淀粉

leucocyte/5lju:kE7sait/n.白细胞 lymphocyte/5limfEsait/n.淋巴细

胞 inflammation/7inflE5meiFEn/n.炎 , 炎症 ; 发炎部位

down-regulation n.下调 , 向下调节 Spanish/5spAniF/adj . 西班牙的

indicative/in5dikEtiv/adj . 指示性的 ; 象征性的 ; 预示性的

density/5densiti/n . 密度 apoptosm//n.细胞凋亡(细胞的自然死亡)

simulate/5simjuleit/vt . 模仿 , 模拟 resistant/ri5zistEnt/adj.

有抵抗力的 ; 耐久的 Barcelona/7bB:si5IEunE/n . 巴塞罗那(西

班牙港市) legume/5le^ju:m/n.豆 , (豆)荚 pasta/5pB:stE/n . 意大利面食

cereal/5siEriEl/n.(常用复数)(作为主粮的)谷物类

digest/di5dVest. dai5dVest/v.消化 intestine/in5testin/n. (常用复数)

肠 shunt/FQnt/v . (使)分流 ferment/5fE:mEnt/v . (使)发酵
immunology/7imju5nCIEdV i/n . 免疫学
peripheral/pE5rifErEI/adj . 周围的；表面的 gut/^Qt/n . 肠
hypothesis/hai5pCWisis/n . (学说的)假设，假定
inflammatory/in5flAmEtEri/adj . 发炎的，炎性的 注释： 1 . raw
potato starch(RPS)：未经加下的土豆淀粉 2 . The general
down-regulation of leucocytes observed by the Spanish researchers
suggests an overall beneficial effect , a generally more healthy body .
西班牙研究者们所观察到的全身性调白血球水平的作用意味着
未经加干的土豆淀粉是具有全面的有益的作用的，也就是
总的来说身体是更加健康。 3 . Universitat Autònoma de
Barcelona是西班牙一个少数民族语加泰隆语，意为“巴塞罗那
自治大学”。这是该大学的原名。 4 . irritable bowel
syndrome(IBS)：肠易激综合征 5 . Department of Internal
Medicine , Göteborg University , Sweden：瑞典哥德堡大学内
科医学系 6 . SCI(Science Citation Index)：科学引文索引。美
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