

2009职称英语考前每日一练(卫生类第43期 - B级)职称英语考试 PDF转换可能丢失图片或格式，建议阅读原文

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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 heartbeat . Sweaty hands . Difficulty breathing . A lightheaded feeling . At first a person把职称英语页面加入收藏 may have no idea what is wrong . But these can all be signs of what is known as panic disorder . 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 Health says more than two million people are affected in any one year period . The American Psychological Association 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 . But experts say panic disorder can be

treated . Doctors might suggest antianxiety 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 Medicine¹⁰ came from a German health study of more than 4 , 000 adults .

词汇 : uneventful adj . 平静无事的 ; 平凡的
sweaty adj . 多汗的
lightheaded adj . 头昏眼花的
bay n . 海湾
Maryland n . 马里兰(美国东部一州名)
motorist n . 驾驶汽车者(通常为自己的汽车)
phobia n . (病态的)恐惧
antidepressant adj . 抗抑郁的
n . 抗抑郁药
thyroid n . 甲状腺的
n . 甲状腺 ; 甲状腺制剂
arthritis n . 关节炎
migraine n . 偏头痛
allergic adj . 变应性的 , 过敏性的
archive 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...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 . 有些患有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 / bring on sth . : 引起 , 导致 , 促成。本句中a deep fear是a phobia的同位语。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 练习 : 1 . All of the following may be symptoms of panic disorder EXCEPT _____. A . sweaty hands B . difficulty breathing C . lightheaded feeling D . low blood pressure 2 . How many Americans are likely to suffer panic disorder every year according to NIMH? A . 1 , 800 , 000 . B . 2 , 500 , 000 C . Above 2 , 000 , 000 . D . Under 2 , 000 , 000 . 3 . The probability for American females to be affected by panic disorder is _____ that for American males . A . two times as much as B . three times as much as C . three times more than D . one time more than 4. Which of the following spots is most likely to cause drivers to suffer panic disorder according to the passage author? A. The Golden Gate Bridge in San Francisco . B . The Chesapeake Bay Bridge in Maryland . C. The Empire State Building in New York . D . The Niagara Falls in North America . 5. According to a study , all of the following diseases may be associated with anxiety disorder EXCEPT _____. A. cancer diseases B . allergic conditions C . thyroid problems D . lung and

stomach troubles 1.D.第一段后半部已经列出了包括有A、B、c三个选项的各种症状(还包括有fast heart . beat) , 就是没有D项(高血压)。 2.C.第二段第一句说到more than two million , c项的above与more than同义 , 其它各项均是错误的。 3.B.第二段第二句说“ 女人患惊恐性障碍的可能性比男人高两倍 ” , 也就是B项说的“ 是三倍 ”。这里涉及到英语倍数的理解和表达问题 , 如果形容词或副词用比较级就应是“ 比...多出(或高出) . . . 倍 ” , 如果是用同级比较“ as...as ” 是“ 是...的...倍 ”。 4.B.第三段第二句提到“ The Chesapeake Bay Bridge in the state of Maryland吓坏开车的人是出了名的 ” , 其它地方没有提到。应该注意的是 , 本题所问的是most likely(“ 很可能 ”) , 并不是the most likely(“ 最可能 ”) , 因此并不涉及四个选项所列场所进行比较的问题。 5.A.第四段中间两句已经罗列了包括B、C、D三项在内的各个病种 , 但就是没有A项的“ 癌症 ”。 相关推荐 : 09年3月职称英语考生考前互送祝福 2009年职称外语等级考试大纲不变 2009年全国职称英语考试复习冲刺 2009年职称英语教材新增内容汇总 100Test 下载频道开通 , 各类考试题目直接下载。详细请访问 www.100test.com