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https://www.100test.com/kao_ti2020/627/2021_2022__E8_81_8C_E7_A7_B0_E8_8B_B1_E8_c91_627547.htm Kidney Disease and Heart Disease Spur Each Other Hearts and kidneys: If one ' s diseased, better keep a close eye on¹ the other. Surprising new research shows kidney disease somehow speeds up heart disease well before it has ravaged the kidneys. And perhaps not so surprising, doctors have finally proven that heart disease can trigger kidney destruction, too. The work, from two studies involving over 50,000 patients, promises to boost efforts to diagnose simmering kidney disease earlier. All it takes are urine and blood tests that cost less than \$ 25, something proponents want to become as routine as cholesterol checks. ² “ The average patient knows their cholesterol, ” says Dr. Peter McCullough, preventive medicine chief at Michigan ' s William Beaumont Hospital. “ The average patient has no idea of³ their kidney function. ” Chronic kidney disease, or CKD, is a quiet epidemic: Many of the 19 million Americans estimated to have it don ' t know they do. The kidneys lose their ability to filter waste out of the bloodstream so slowly that symptoms aren't obvious until the organs are very damaged. End-stage kidney failure is rising fast, with 400,000 people requiring dialysis or a transplant to survive, a toll that has doubled in each of the last two decades, s And while CKD patients often are terrified of having to go on dialysis, the hard truth is that most will die of heart disease before their kidneys disintegrate to that point, something kidney specialists have recognized for

several years but isn't widely known, s Indeed, the new research is highlighted in this month's Archives of Internal Medicine with a call for doctors who care for heart patients to start rigorously checking out the kidneys, and for better care of early kidney disease. 7 The link sounds logical. After all, high blood pressure and diabetes are chief risk factors for both chronic kidney disease and heart attacks. But the link goes beyond those risk factors, stresses McCullough: Once the kidneys begin to fail, something in turn accelerates heart disease, not just in the obviously sick or very old, but at what he calls "a shockingly early age." McCullough and colleagues tracked more than 37,000 relatively young people average age 53 who volunteered for a kidney screening. Three markers of kidney function were checked: The rate at which kidneys filter blood, called the GFR or glomerular filtration rate¹¹. levels of the protein albumin in the urine and if they were anemic. They also were asked about previously diagnosed heart disease. The odds of having heart disease rose steadily as each of the kidney markers worsened. More striking was the death data. At this age, few deaths are expected, and indeed just 191 people died during the study period. But those who had both CKD and known heart disease had a threefold increased risk of death in a mere 2 1/2 years, mostly from heart problems. "This study is very much a wake-up call," McCullough says.

词汇：
kidney/kidni/n. 肾 spur/spE:/v. 刺激 ravage/5rAvidV/v . 蹂躏；破坏；毁掉 trigger/5tri^E/v . 激发，引起
destruction/dis5trQkFEn/n . 破坏；毁灭 simmer/5simE/v. 认(用小火)慢慢地煮(炖)；(感情等)即将爆发

proponent/prE5pEunEnt/n.提议者；支持者

cholesterol/kE5lestErEul, -rCl/n . 胆固醇

epidemic/7epi5demik/adj . 流行性的.流行病；(流行病)流行

filter/5filtE/n . 过滤，滤过，滤清 bloodstream//n.血流

dialysis/dai5Alisis/n . 透析 transplant/trAns5plB:nt/认移植n . 移植；移植物

toll/tEul/n . 代价；损失；(事故等)伤亡人数

terrify/5terifai/vt . 吓倒，吓坏 disintegrate/dis5inti^reit/v . 瓦解

；蜕变 highlight/5hallalt/vt.使突出，使注意 archive/^B:kalv/n.(

常用复数)档案；档案室 rigorously/adv . 严格地

diabetes/7daiE5bi:ti:z, -ti:s/n . 糖尿病，多尿症 shockingly//adv .

极度地，极端地 marker/5mB:kE/n . 标示物

albumin/AI5bjumin/n . 清蛋白，白蛋白 anemic/E5ni:mik/adj .

贫血的 odds/Cdz/n. (单复数同)可能性，机会 注释：1 . keep a

close eye on：密切地关注..... 2 . All it take sare urine and blood

tests that cost less than \$25 , something proponents want to become

as routine as cholesterol checks . 这种对缓慢形成的肾病的早期

诊断所采取的全部措施就是尿检和血检，其费用不足25美元

，提出这项建议的人希望它能像胆固醇检查那样成为一种常

规检查。本句中，it takes是all的定语从句，something是urine

and blood tests的同位语，proponents want to become as routine

as cholesterol checks是something的定语从句。 3 . have no idea of

：没有.....的概念，不知道..... 4 . The kidneys lose their

ability to filter waste out of the bloodstream so slowly that symptoms

arent obvious until the organs are very damaged . 肾脏如此缓慢地

丧失它从血流中滤出废物的能力，以至于直到该器官受到严重

损伤时才有明显症状。not...until：直到.....才.....。 5

. End-stage kidney failure is rising fast , with 400 , 000 people requiring dialysis or a transplant to survive , a toll that has doubled in each of the last two decades . 终末期肾衰竭病人数目迅速增加 , 有40万人需要肾透析或肾移植才能存活 , 这个数字在近20年中每10年翻一番。 end-stage kidney failure : 终末期肾衰竭。 a toll是400 , 000 people requiring dialysis ora transplant to survive的同位语。 6 . And while CKD patients often are terrified of having to go on dialysis , the hard truth is that most will die of heart disease before their kidneys disintegrate to that point , something kidney specialists have recognized for several years but isnt widely known . 尽管慢性肾病患者常常害怕不得不去做肾透析 , 但是严酷的事实是 , 大多数人在肾脏还没有那么糟糕以前就死于心脏病 , 这一点肾病专家几年前就已经知道 , 只是不被为人知而已。 这里 , something是the hard truth is...to that point这个句子的同位语 , 后面的kidney specialists have recognized for several years but isnt widely known则是something的定语从句 , 省略了关系代词that。 7 . Indeed , the new research is highlighted in this months Archives of Internal Medicine with 9 call for doctors who care for heart patients to start rigorously ' checking out the kidneys , and for better care of early kidney disease . 其实 , 这项新的研究在本月的《内科档案》杂志上就受到重视 , 该研究号召为心脏病病人治病的医生要开始严格地检查病人的肾脏 , 并要更好地关注早期肾病。 Archives。 /Internal Medicine : 《内科档案》。 Call for : 要求 , 号召 , 提倡。 Check out : 检验。 8 . After all : 毕竟 9 . go beyond : 超过 10 . in turn : 依次 11 . Glomerular/glomerular filtration rate(GFR) : 肾小球滤过率 100Test 下

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