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[https://www.100test.com/kao\\_ti2020/646/2021\\_2022\\_2012\\_E8\\_81\\_8C\\_E7\\_A7\\_B0\\_c91\\_646956.htm](https://www.100test.com/kao_ti2020/646/2021_2022_2012_E8_81_8C_E7_A7_B0_c91_646956.htm) 为了帮助广大考生有效备考2012年全国职称英语考试，小编整理了职称英语考试复习资料，希望对您系统掌握2012年职称英语考试的重点内容，顺利通过职称英语考试有所帮助。

Napping to a Healthier Heart? Researchers say they have developed a simple test that can tell if a person with heart disease is likely to suffer a heart attack.<sup>2</sup> The test measures levels of a protein in the blood. The researchers say people with high levels of this protein are at high risk of heart attack, heart failure<sup>3</sup> or stroke. Kirsten Bibbins-Domingo of the University of California in San Francisco led the team. For about four years, they studied almost one thousand patients with heart disease. The researchers tested the heart disease patients for a protein called NT-proBNP.<sup>4</sup> Patients with the highest levels were nearly eight times more likely than those with the lowest levels to have a heart attack, heart failure or stroke. The researchers say the presence of high levels of the protein in the blood shows that the heart muscle is under pressure in some way. The study involved mostly men, so the researchers could not say for sure<sup>5</sup> that the results are also true for women. They say the patients with the highest levels of NT-proBNP were older and had other problems like diabetes or high blood pressure. Other researchers say more studies are needed to confirm if knowing the protein levels of a heart patient should affect that persons treatment. They also would like to know if more aggressive

treatment<sup>6</sup> could reduce the patients chance of a heart attack or stroke. The study appeared in the Journal of the American Medical Association.<sup>7</sup> Could a little sleep during the middle of the day reduce the risk of a heart attack? An unrelated study earlier this month in the Archives of Internal Medicine<sup>8</sup> suggests that the answer may be yes. In countries like the United States, afternoon naps are mostly for children. But they are common for adults in Mediterranean countries. And these countries generally have lower rates of heart disease. So scientists in the United States and Greece wondered if naps could play a part. Twenty-three thousand healthy adults took part in the study by Harvard University and the University of Athens.<sup>9</sup> Those who took thirty-minute naps three times a week had a thirty-seven percent lower risk of death from heart problems than people who did not take naps. The researchers say napping may improve heart health by reducing stress. They say the research suggests that naps are especially good for working men. But they say not enough female subjects died during the study to judge the benefits for women. EXERCISE :

1. Paragraph 2\_\_\_\_\_ . 2. Paragraph 3\_\_\_\_\_. 3. Paragraph 5\_\_\_\_\_. 4. Paragraph 6\_\_\_\_\_. A Effects of napping in females still uncertain B Older males have higher levels of NT-proBNP C Development of a simple but important test D Evidence of positive relationship between napping and heart disease E How to control the levels of NT-proBNP F Effects of NT-proBNP on heart disease 5. According to some researchers, by measuring the levels of NT-proBNP in the blood people may know\_\_\_\_\_. 6. If a

person has a high level of NT-proBNP\_\_\_\_\_. 7. People who take regular afternoon naps\_\_\_\_\_. 8. So far there have not been definite data to confirm\_\_\_\_\_. A where fewer people die from heart problem. B whether they have the risk of heart attack, heart failure or stroke. C would probably have lower rates of heart disease. D how to test a person ' s NT-proBNP level in the blood by himself. E his heart muscle would be under pressure in some way. D that napping is of great benefit to women too. 答案 1. F 2. B 3. D 4. A 5. B 6. E 7. C 8. F 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](http://www.100test.com)