



BBC WORLD SERVICE LEARNING ENGLISH

Health: Acupuncture in the UK
健康：针灸在英国

Health: Acupuncture in the UK 健康：针灸在英国

A Better Way to Beat Back Pain? 腰疼有救吗？

What is the single largest cause of sick leave in the UK?

The answer is not the common cold or flu, but **back pain**. Back pain affects one in three British adults, costs the country over £5bn every year and is **notoriously difficult to treat**.

But now Britain's National Health Service (NHS) will be offering a new solution: **acupuncture**.

The ancient Chinese **needle therapy** has been around in the UK for many years, but this is the first time it has been **officially endorsed** by the NHS's advisory body, the National Institute for Clinical Excellence (NICE).

Traditionally, doctors in the UK have advised back pain sufferers to **stay active, do stretching exercises and take painkillers** when necessary. In more serious cases some people are given X-ray treatment or **injections with therapeutic substances**.

NICE, however, say there is evidence that acupuncture may be more effective than expensive X-rays or injections, so patients who have been suffering for over six weeks should be given a choice.

As an alternative to acupuncture, patients will be able to opt for either a course of **spinal manipulation**, or a series of special exercise sessions.

In the UK, acupuncture is classed as a **complementary therapy**, which is the term given to a medical procedure which hasn't been subjected to the **strict trials** by which scientists prove some treatments work.

While many experts have welcomed the move to make acupuncture available on the NHS, some are still **sceptical** about its effectiveness.

Research from the US earlier this month found that **simulated** acupuncture using toothpicks which do not pierce the skin could be as good as using real needles.

So while some are yet to be convinced, back pain sufferers will be hoping that acupuncture helps get them feeling healthy and **mobile** again. Employers, on the other hand, will be hoping it gets them back to work.

Glossary 词汇表

sick leave – 病假	back pain – 腰疼
notoriously - 有名的(形容不好的方面)	treat – 治疗
National Health Service – 国家医疗系统	acupuncture – 针灸
needle therapy – 针疗	officially endorsed – 正式批准, 认可
advisory body – 顾问(咨询)机构	stay active – 保持经常运动
stretching exercises – 伸展运动	painkillers – 止痛药
injections – 注射, 打针	therapeutic substances – 有益于健康, 有疗效的物质
spinal manipulation – 脊椎推拿	complementary therapy – 辅助疗法
strict trials – 严格控制的临床实验	sceptical – 持怀疑态度
simulated – 模拟	mobile – 可以自由移动

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假? 请圈出正确答案。

1. Back pain is easily treated. True / False
2. Doctors in the UK normally recommend back pain sufferers lie down till they get better. True / False
3. Back pain affects under 50% of British adults. True / False
4. Acupuncture has gone through the same strict trials as most medical procedures in the UK. True / False
5. This is the first time people in the UK will be able to receive acupuncture treatment. True / False

2. Words about Pain 关于疼痛的词汇

There are a large number of words in English which are used when talking about pain. Four commonly-confused ones are:

英语里有很多描述疼痛的词汇，以下有四个容易混淆的词：

pain	sore	hurt	ache
------	------	------	------

Fill in the blanks using words from the list above. Each word is used more than once. Words may occur in plural form or past tense.

用以上的单词完成下面的句子。每一个词可以多次使用，也可能以复数或过去式的形式出现。

1. I _____ my knee when I fell onto the concrete floor.
2. She was in severe _____ after burning herself.
3. 'Will you stop it? You're such a _____ in the neck!'
4. My throat is _____. I think I'm going to get a cold.
5. I had a stomach_____ after eating a whole box of chocolate.
6. After playing football for the first time in years, his body _____ all over.
7. My feet are a bit _____ from wearing shoes that are too small.
8. When you have a _____ head, it's best to get some rest and take some medicine.
9. 'What a head_____. I need to take some painkillers.'
10. It's normal to feel a few _____ and _____ when you first try a new kind of exercise.

3. Job Descriptions 职业名称

Match each type of healthcare practitioner (1-10) with a description of their job (a-j).

下表中的左边是医疗保健行业中的不同职称 (1-10) ; 右边是各种职称的定义(A-J). 请将它们连线配对。

1. Dentist	a. a person who is trained to treat bone and muscle injuries
2. Optometrist / Optician	b. someone who treats problems and diseases of people's feet
3. Paediatrician	c. someone who is trained to treat muscle pain, stiffness and injury
4. Podiatrist / Chiropodist	d. a doctor who has special training in medical care for children
5. Osteopath	e. a person who's job is to treat people's teeth
6. Psychiatrist	f. someone who examines people's eyes
7. Radiographer	g. a person who operate X-ray equipment in the treatment of disease
8. Pharmacist	h. a doctor who is trained to treat mental illness
9. Physiotherapist	i. someone who gives advice about healthy food and eating
10. Dietician	j. a person who is trained to prepare medicines

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____ 7. ____ 8. ____ 9. ____ 10. ____

4. Wordsearch 单词搜索

Try to find the words associated with this week's topic in the puzzle below.

There are ten words to find. Words can be written horizontally (g), vertically (i) or diagonally (m)

请找出和本周题目相关的英语单词。

共有10个单词，其组成方式可能以水平的(g)垂直的(i)或对角的(m)形式出现。

i	a	h	b	y	r	w	s	t	e	v	t
n	e	e	d	l	e	d	c	a	u	l	h
j	a	a	c	s	c	b	e	s	o	y	e
e	p	l	a	c	e	d	p	a	i	n	r
c	a	t	m	o	m	e	t	h	a	t	a
t	o	h	k	o	l	t	i	a	c	u	p
i	s	r	t	e	b	a	c	w	a	g	y
o	s	t	e	o	p	i	a	g	r	a	p
n	h	e	a	l	a	m	l	o	b	i	l
i	n	j	e	l	i	t	r	e	a	t	s
a	c	u	p	u	n	c	t	u	r	e	k
t	u	i	n	a	i	n	n	s	i	c	k

acupuncture	treat	needle	health	therapy
injection	pain	sick	sceptical	mobile

Answers 答案

1. Reading Quiz 阅读测验

1. Back pain is easily treated. **False**
2. Doctors in the UK normally recommend back pain sufferers lie down till they get better. **False**
3. Back pain affects under 50% of British adults. **True**
4. Acupuncture has gone through the same strict trials as most medical procedures in the UK. **False**
5. This is the first time people in the UK will be able to receive acupuncture treatment. **False**

2. Words about Pain

1. I **hurt** my knee when I fell onto the concrete floor.
2. She was in severe **pain** after burning herself.
3. 'Will you stop it? You're such a **pain** in the neck!'
4. My throat is **sore**. I think I'm going to get a cold.
5. I had a stomach **ache** after eating a whole box of chocolate.
6. After playing football for the first time in years, his body **ached (or hurt)** all over.
7. My feet are a bit **sore** from wearing shoes that are too small.
8. When you have a **sore** head, it's best to get some rest and take some medicine.
9. 'What a **headache**. I need to take some painkillers.'
10. It's normal to feel a few **aches** and **pains** when you first try a new kind of exercise.

3. Job Descriptions 职业名称

2. E
3. F
4. D
5. B
6. A
7. H
8. G
9. J
10. C
11. I

4. Wordsearch 单词搜索

i		h				s				t
n	e	e	d	l	e	c				h
j		a				e				e
e		l				p	a	i	n	r
c		t	m			t				a
t		h		o		i				p
i					b	c				y
o					p	i	a			
n					a	l				
					i	t	r	e	a	t
a	c	u	p	u	n	c	t	u	r	e
								s	i	c
										k