

醫藥詞彙中英對照: 關節炎和骨質疏鬆症

Chinese-English Medical Vocabulary: Arthritis and Osteoporosis

此講義將幫助您與醫療保健提供者在有關骨骼健康的話題上進行有效溝通。 *This handout will help you effectively communicate with your healthcare provider regarding topics related to your bone health.*

疼痛

Pain

描述:

Description:

› 針刺痛

› Sharp

› 陰陰痛

› Dull

› 悸動痛

› Throbbing

› 灼熱痛

› Burning

› 一摸就痛

› Tender

› 持續

› Continuous

› 斷斷續續

› Intermittent

抽筋

Cramp

腫

Swelling

關節痛

Joint Pain

關節僵硬

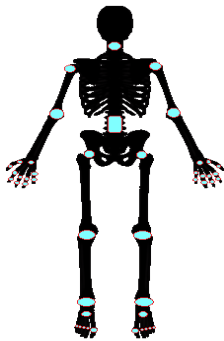
Joint Stiffness

骨折

Fracture

哪裡疼?

Where is the pain?



疾病

Medical Conditions

骨質疏鬆症

Osteoporosis

關節炎

Arthritis

骨關節炎

Osteoarthritis

痛風

Gout

類風濕關節炎

Rheumatoid arthritis

抑鬱症

Depression

人體各部位及器官

Body Parts And Organs

頭

Head

腳

Foot

頸

Neck

› 腳趾

› Toes

鎖骨

Collarbone

› 腳後跟

› Heel

肩膀

Shoulder

› 腳底

› Sole

(手)臂

Arm

肘

Elbow

皮膚

Skin

手腕

Wrist

骨骼

Bone

手

Hand

關節

Joint

› 手掌

› Palm

韌帶

Ligament

› 手指

› Fingers

肌肉

Muscle

肋骨

Ribs

筋

Tendon

背

Back

神經

Nerve

脊髓

Spinal cord

脊椎骨

Spine

肺

Lung

臀部

Hip

心(臟)

Heart

腰

Waist

小腸

Small intestine

臀

Buttock

大腸

Large Intestine

大腿

Thigh

肝

Liver

膝

Knee

胆(囊)

Gallbladder

› 膝蓋骨

› Kneecap

胰腺

Pancreas

腿

Leg

脾

Spleen

小腿

Calf

腎

Kidney

跟腱

Achilles tendon

膀胱

Bladder



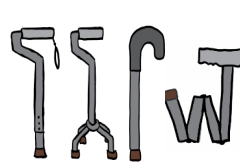
THE UNIVERSITY OF BRITISH COLUMBIA
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生活方式/運動	Lifestyle / Exercise
體重下降/減肥	Weight loss
游泳	Swim
跑步	Run
慢跑	Jog
步行	Walk
太極拳	Tai chi
跳舞	Dance
廣場舞	Chinese Square Dancing

營養健康	Nutrition / Diet
鈣質	Calcium
維他命 D	Vitamin D
纖維	Fibre
鐵質	Iron
蛋白質	Proteins
脂肪	Fat
碳水化合物	Carbohydrates
嘌呤	Purines
尿酸水平	Uric acid levels
紅肉	Red meat
內部器官肉	Organ meats
豆腐	Tofu
豆類	Beans
Omega-3 脂肪酸	Omega-3 fatty acids
魚	Fish
魚油	Fish oil
蔬菜	Vegetables
醇/酒精	Alcohol
啤酒	Beer
含糖飲料	Sugary drinks

行動輔助器具	Mobility Aids
可折疊的	Foldable / collapsible
可調高度	Adjustable height



拐杖
cane



助行器
walker



輪椅
wheelchair

語句	Phrases
我的____疼痛。	I have pain in my _____.
我對____有過敏。	I have an allergy to _____.
我有 關節疼痛 和 僵硬 的症狀。	I have symptoms of joint pain and stiffness .
我該怎麼做才能減輕痛苦?	What can I do to reduce my pain?
我該怎麼做才能降低 跌倒 的風險?	What can I do to reduce my risk of falls ?
如果我感到疼痛, 應該運動嗎? 多小次數?	Should I exercise if I have pain? How often?
我的疼痛是由____引起的嗎?	Is my pain caused by _____?

其他信息資源 Other Resources

- 了解更多有關自我管理多種不同慢性病：
「安康」健康網中文版網址：
<https://chinese.iconproject.org/>
- 免費提供行動援助器具 (英語):
<https://www.redcross.ca/how-we-help/community-health-services-in-canada/bc-health-equipment-loan-program>

