

**'Know your cholesterol like you know
your Pin code'**
像熟记银行密码一样记住自己的胆固醇值

人们对自己的银行帐户密码谙熟于心，对自身的胆固醇或血压值却茫无所知。专家建议要像熟记密码一样了解这些能挽救生命的数值，因为这些数字能揭示导致心脏病发作和中风的心血管疾病的早期征兆。

Cardiovascular disease, which contributes to **heart attacks**, **stroke** and **dementia**, is the main cause of **premature** death and **disability** in England, **accounting for** one death every four minutes.

心血管疾病可引发心脏病、中风和失智症。在英格兰地区，它是早逝和残疾的要因，每四分钟就有一人因此而死亡。

But the underlying conditions that lead to the onset of cardiovascular disease, such as an **abnormal heart rhythm** known as **atrial fibrillation**, **high blood pressure** or **high cholesterol** can develop without any obvious symptoms.

但导致心血管疾病发作的潜在病症，比如，被称作心房颤动的心律异常、高血压或高胆固醇可能在毫无明显征兆的情况下发生。

It's thought that more than five million people in England alone are currently living with **undiagnosed** high blood pressure. So health experts are now calling for a **concerted effort** to improve the number of people over 40 who access NHS health checks, often via

their GP or practice nurse. Doctors say we all know our bank **Pin** numbers, but not the important numbers relating to our blood pressure and cholesterol that could save our lives.

人们认为，仅在英格兰就有 500 多万人目前虽患有高血压却未被确诊。所以，健康专家现在正呼吁大家齐心协力，提高 40 岁以上人群接受英国国家医疗服务体系健康检查的人数，检查大多通过全科医生或诊所护士来安排。医生说，我们都记得自己的银行密码，却不知道能挽救我们生命的血压和胆固醇值是多少。

1. 词汇表

cardiovascular disease	心血管疾病
heart attacks	心脏病发作
stroke	中风
dementia	失智症
premature	过早的
disability	残疾
accounting for	导致，引起
abnormal	异常的
heart rhythm	心律
atrial fibrillation	心房颤动
high blood pressure	高血压
high cholesterol	高胆固醇

undiagnosed	未确诊的
concerted effort	齐心协力
Pin	“personal identification number 个人身份识别码” 的缩写，即办理银行业务时输入的密码

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. True or false? *It is believed that in England alone more than five million people suffering from high blood pressure have not been identified by doctors.*

2. What is the main cause of premature death and disability in England?

3. What do our Pin numbers have to do with the report?

4. Which word in the text means 'difficult to discover and not obvious'?

3. 答案

1. True or false? *It is believed that in England alone more than five million people suffering from high blood pressure have not been identified by doctors.*

It's thought that more than five million people in England alone are currently living with undiagnosed high blood pressure.

2. What is the main cause of premature death and disability in England?

Cardiovascular disease, which contributes to heart attacks, stroke and dementia, is the main cause of premature death and disability in England.

3. What do our Pin numbers have to do with the report?

Doctors say we all know our bank Pin numbers, but not the important numbers relating to our blood pressure and cholesterol that could save our lives.

4. Which word in the text means 'difficult to discover and not obvious'?

Underlying.