

Tē-it-khò

第一課

Iu-ut-tsìng

憂鬱症

Lô sió-chiá ū thng-jīo-pēnn, iu-ut-tsìng. Kin-á-jit koh lâi hōo i-sing khuànn. I-sing kā mng-kóng, “Lí tsuè-kīn lóng khùn juā-kú?” I ìn kóng, “Nā khah pháinn-khùn, sann-tiám guā tsing niâ-tiānn.” I ê hueh-thng khòng-tsè liáu buē-bái. I-sing tsiū koh kā i niū hueh-ap. Hueh-ap khuànn--khí-lâi iáu-koh ē-sái. Līng-guā koh kā ka tsit-hāng khòng iu-ut ê iòh-á hōo tsah-tng-khì tsiáh.

羅小姐有糖尿病、憂鬱症。今仔日閣來予醫生看。醫生共問講，“妳最近攏睏佻久？”伊應講，“若較歹睏，三點外鐘 niâ-tiānn。”伊的血糖最近控制了袂穩。醫生就閣共伊量血壓。血壓看--起來猶閣會使。另外閣共加一項抗憂鬱的藥仔予紮轉去食。



Tē-it Tùi-uē

I-su : Lô sió-tsiá, tshiánn-tsē.

Huān-tsiá: Hò, to-siā.

I-su : Tsuè-kīn hó--bô?

Huān-tsiá: M̄-hó, **tsing-sîn buē tiānn.**

I-su : Sī kín-tiunn, khùn buē lòh-bîn, á-sī teh
siūnn-tang-siūnn-sai?

Huān-tsiá: Khó-líng lóng ũ ooh.

I-su : Lí lóng khùn juā-kú?

Huān-tsiá: Nā khah pháinn-khùn sann-tiám guā tsing niā-tiānn.

I-su : Á kī-thann leh?

Huān-tsiá: Hueh-thng **simh (sī-m̄-sī)**? Tsuè-kīn khòng-tsè liáu buē
bái.

I-su : Lâi, koh niū tsit-ē hueh-ap leh. (Niū hueh-ap)
Hm, khuànn--khí-lâi iáu-koh ē-sái. Guá ká lí ka
tsit-hāng khòng iu-ut ê iòh-á.

Huān-tsiá: Hò.

Tē-jī English Translation

Depression

Miss Lô suffers from diabetes and depression. Today she came to see the doctor again. The doctor asked her how long she sleeps at night, and she replied that she can only sleep for 3 hours whenever she has difficulty falling asleep. Other than that, her blood sugar levels have been under good control. The doctor also checked her blood pressure, and her blood pressure levels

seemed all right. Therefore, the doctor added some antidepressants as part of her prescription for her to take.

Dialogue:

The doctor: Please have a seat, Miss Lô.

The patient: Okay, thank you.

The doctor: How have you been these days?

The patient: Not well. I have been feeling restless.

The doctor: Is it caused by tension and insomnia, or is it because you have been worrying too much?

The patient: I think it's caused by both.

The doctor: How long do you sleep?

The patient: I can only sleep for 3 hours or so whenever I have difficulty falling asleep.

The doctor: Otherwise, how are you doing?

The patient: You mean my blood sugar level? Recently it has been under good control.

The doctor: Let's check your blood pressure again. (measuring the patient's blood pressure.) Um, it seems all right. I'll prescribe some antidepressants for you.

The patient: Okay.

Tē-sann Tùi-uē (Hàn-lô pán)

醫師：羅小姐，請坐。

患者：Hòò，多謝。

醫師：最近好--無？

患者：毋好，精神袂定。

醫師：是緊張、睏袂落眠，抑是咧想東想西？

患者：可能攏有 ooh。

醫師：妳攏睏佸久？

患者：若較歹睏，三點外鐘 niâ-tiānn。

醫師：Á 其他咧？

患者：血糖 simh (是 m̄是)？最近控制了袂穩。

醫師：來，閣量一下血壓 leh。(量血壓)

Hm̄, 看--起來猶閣會使。我共妳加一項抗憂鬱的藥仔。

患者：Hòò。

Tē-sì Sin-sû

1. tsing-sîn buē tiānn: Tsiū-sī tsîng-sû bô ún-tīng ê ì-sù; sim-tsîng khí-khí lòh-lòh ê ì-sù. Huâ-gí kóng-tsuè “心神不定”. Ing-gí kóng-tsuè “restless”. Phí-jū kóng, “Guá tsit kúi-kang tsing-sîn buē-tiānn.” Mā-sī ē-sái án-ne kóng, “Guá tsit kúi-kang tsîng-sû bô ún-tīng.” Hèk-tsiáh-sī án-ne kóng, “Guá tsit kúi-kang ê sim-tsîng khí-khí lòh-lòh.”

2. simh: Sī-m̄-sī ê ì-sù. Huâ-gí kóng-tsuè “是不是”. Ing-gí kóng-tsuè “right?”. Phí-jū kóng, “Lí pak-tóo iau a simh?” Iā ē-sái kóng, “Lí pak-tóo iau a sī-m̄-sī?”

