

Tē-sì Tan-guân

第四單元

Uī-têng-lāi-kho

胃腸內科

Tē-it-khò Tsiáh-sit Khòng-tsè Tiòh Hó Ah

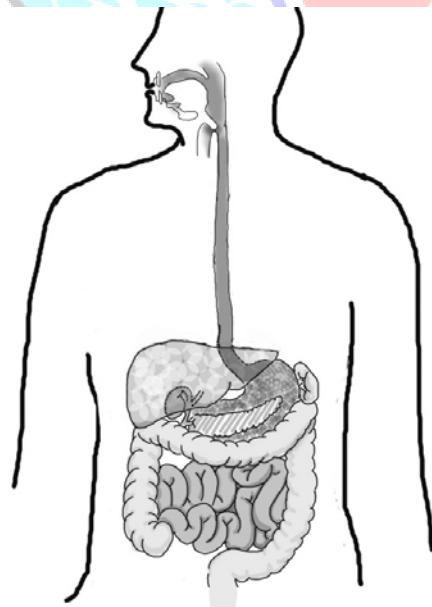
第一課 Tsiáh 食控制就好 Ah

Tē-jī-khò Lí Puànn-tang Ài Sûn Tsit-kái Kuann

第二課 你半冬愛巡一 kái 肝

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Tē-it-khò

第一課

Tsiáh-sit Khòng-tsè Tiòh Hó Ah

Tsiáh 食控制就好 Ah

Huān-tsiá huê-tsín lâi khuànn thiu-hueh ê pò-kò. Tú-á “tánn-kò-sûn (khoo-le-su-te-loo)” ū khah kuân, kî-thann hueh-iû, io-tsí kong-lîng (BUN, Cr), hueh-thîng, jiō-sng lóng tsing-siông. I-sing kiàn-gī i khah mài tsiáh iû-tsho ê mih-kiānn, ài tsò ūn-tōng, sann-kò-guêh āu tsiáh koh lâi thiu-hueh kiám-tsa. Nā-sī tánn-kò-sûn ê tsí-sòo koh bô kàng--lòh-lâi tsiáh tsiáh iòh-á tiòh hó. Koh huat-hiān i ê jiō ū kânn-hueh, kiàn-gī i tiòh ài khì hōo pì-jiō-kho khuànn. Liông-kut (io-tsiáh-kut) ū hām-sau, kiàn-gī i ke lim tsit-kuá gû-ling.

患者回診來看抽血 ê 報告。挂仔「膽固醇 (khoo-le-su-te-loo)」有較懸，其他血油、腰子功能 (BUN, Cr)、血糖、尿酸攏正常。醫生建議伊較莫食油臊 ê 物件，愛做運動，三個月才閣來抽血檢查。若是膽固醇 ê 指數閣無降--落來才食藥仔就好。閣發現伊 ê 尿有 kânn 血，建議伊著愛去予泌尿科看。龍骨 (腰脊骨) 有 hām-sau，建議伊加啉一寡牛奶。

Tē-it Tuì-uē

I-su : Lâi, lí tsē. Lí **tíng-táu** ū thiu-hueh kiám-tsa?

Huān-tsiá: Hm̄.

I-su: Tán-n-kò-sûn khah kuân.

Huān-tsiá: Khah kuân? Kuân guā-tsē?

I-su : Sió-khuá-á lah, 200 **thóng**. Tiong-sìng-iû sī tsìng-siông lah. Io-tsí kong-lîng, jiō-sng, hueh-thng lóng hó-hó. **Tú-á** tán-n-kò-sûn khah kuân niâ lah. Tse bô tsiáh iòh-á mā-sī ē-sái lah. Ē-tàng tsiáh-sit khòng-tsè tiòh hó ah.

Huān-tsiá: Hò, á sím-mih huè m̄-thang tsiáh?

I-su : Ê! Tán--tsit-ē! A-sáng, lí jiō ū kân-hueh neh.

Huān-tsiá: Hân ! Sī--ooh.

I-su : Lí ài khi hō pì-jiō-kho khuann--tsit-ē tsiáh hó. Tán--tsit-ē thè lí kuà-hō.

Huān-tsiá: Hò, lóo-lát.

I-su : Khah mài tsiáh iû-tsho ê mih-kiānn, ke-kiám ūn-tōng. Sann-kò-guèh āu tsiáh koh thiu-hueh kiám-tsa. Nā bô kàng--lòh-lâi tsiáh tsiáh iòh-á tiòh hó ah. **Tiān-kong** mā bô án-tsuánn. **Liông-kut** ū khah **hām-sau** án-ne niâ. Ke lim tsit-kuá gû-ling lah, tsiáh iòh-á tsóng-sī khah bái lah. Lim gû-ling ē làu-sái buē?

Huān-tsiá: Guá tãi-pōo-hūn teh lim sī buē lah.

I-su : Nā buē, lim gû-ling tiòh hó ah. Mài tsiáh iòh-á.

Huān-tsiá: Íng-kuè lí khui hōo guá ê kam-á-sek ê iòh-á, guá
kan-tann tsiáh tsit-liáp niâ.

I-su : Lí tsiáh liáu kám ū hāu?

Huān-tsiá: Bô siánn-tsha.

I-su : Bô iàu-kín. Lí tsiáh-sit khòng-tsè, sann-kò-guéh āu
tsiah koh tng-lâi kiám-tsa tánn-kòo-sûn kap hueh-iû.

Tē-jī English Translation

Diet Control

A patient came to the hospital to check his blood report. It showed that the patient's cholesterol level was high, while his levels of blood fat, kidney function (BUN, Cr), blood sugar, and uric acid were normal. The doctor suggested that he avoid eating greasy foods, exercise more, and come back to have his blood drawn again in three months. Taking medicine will only be necessary if his cholesterol level does not decrease. In addition, the doctor found that there was blood in his urine and suggested that he go to see a urologist. Because of the low bone density in his spine, the doctor also told him to drink more milk.

Dialogue:

The doctor: Come and sit down, please. Did you have your blood drawn last time?

The patient: Yes.

The doctor: Your cholesterol level is a bit high.

The patient: High? How high is it?

The doctor: Just a little bit high ... over 200. Your blood fat level is normal, and your levels of kidney function, uric acid, and blood sugar are alright, too. Only your cholesterol level is high. Taking medicine is not really necessary. Controlling your diet should be enough.

The patient: So what are the foods that I can't eat?

The doctor: Uh, wait..., mister, there is blood in your urine.

The patient: Oh!

The doctor: You had better go to see a urologist. I'll register for you later.

The patient: Okay.

The doctor: Avoid eating greasy food and exercise more. Come back to have your blood drawn again in three months. You only will have to take medicine if your level doesn't decrease. The x-ray report is alright, too. Only the bone density in your spine is low. Drinking more milk will be much better for you than taking medicine. Do you have diarrhea when you drink milk?

The patient: I usually don't.

The doctor: If not, drinking milk should be enough. You don't have to take medicine.

The patient: I only took the orange pill once that you prescribed for me before.

The doctor: Was it effective?

The patient: I didn't feel any difference.

The doctor: That's okay. Control your diet and come back to check your cholesterol level and blood fat again in three months.

Tē-sann Tuì-uē (Hàn-lô pán)

醫師：來，你坐。你頂 táu 有抽血檢查？

患者：Hm。

醫師：膽固醇較懸。

患者：較懸？懸外濟？

醫師：小可仔 lah，200 thóng。中性油是正常 lah。腰子功能、尿酸、血糖攏好好。拄仔膽固醇較懸 niâ lah。這無食藥仔嘛是會使 lah。會當食食控制就好 ah。

患者：Hò，á 甚麼貨毋通食？

醫師：Ê！等--一下！阿 sáng，你尿有 kânn 血 neh。

患者：Hânn！是--哦。

醫師：你愛去予泌尿科看--一下才好，等--一下替你掛號。

患者：Hò，勞力。

醫師：較莫食油臊 ê 物件，加減運動。三個月後才閣抽血檢查。若無降--落來才食藥仔就好 ah。電光嘛無按怎。龍骨有較 hâm-sau 按呢 niâ。加啉一寡牛奶 lah，食藥仔總是較稔 lah。啉牛奶會漏尿袂？

患者：我大部份咧啉是袂 lah。

醫師：若袂，啉牛奶著好 ah。莫食藥仔。

患者：往過你開予我 ê 柑仔色 ê 藥仔，我 kan-tann 食一粒 niâ。

醫師：你食了敢有效？

患者：無啥差。

醫師：無要緊。你 tsiáh 食控制，三個月後才閣轉來檢查膽固醇佻血油。

Tē-sì Gí-sû

1. thóng: Sī tshiau-kuè-thâu ê ì-sù, tī tsia sī tsuè khah ke sió-khuá ê ì-sù. Ing-gí kóng-tsuè “stick out”. Huâ-gí kóng-tsuè “出頭”.
200 thóng tsiū-sī 200 tshut-thâu.
2. tít-táu: Tít-táu kap tít-pái, tít-huê, tít-kái lóng-sī káng-khuán ê ì-sù. Ing-gí kóng-tsuè “last time”. Huâ-gí kóng-tsuè “上次”. Phì-jū-kóng, “Tít-táu lí khiàm--guá-ê, iáu-buê hîng-tshing, lí kám koh hó-sè kā guá tsioh.”
3. Tú-á: Tī tsia sī tsuè kan-tann ê ì-sù. Ing-gí kóng-tsuè “only”. Huâ-gí kóng-tsuè “只有”. Phì-jū-kóng, “Ták-ê lâng lóng ũ tshīng kong-si ê tsè-hók, tú-á lí bô tshīng nā-tiānn.”
4. Tiān-kong: Ing-gí kóng-tsuè “X-ray”. Huâ-gí kóng-tsuè “X 光”. Phì-jū-kóng, “Guá kám-mōo sàu kò-guā-guêh, khì hōo i-sing khuànn, i-sing kau-tài guá khì hip tiān-kong.”
5. Liông-kut: Tsiū-sī “io-tsiáh-kut” ê ì-sù. Ing-gí kóng-tsuè “back-bone”, á-sī “the spine”. Huâ-gí kóng-tsuè “脊椎骨”. Phì-jū-kóng, “Guá ê pîng-iú in-ūi tshia-hō khì siong-tiòh liông-kut, tì-sú buê kiānn-lōo”.
6. Hām-sau: Sī khah phànn ê ì-sù. Ing-gí kóng-tsuè “brittle”.

Huâ-gí kóng-tsuè “易碎的”. Phì-jū-kóng, “Lâu-lâng ê liông-kut khah ē hām-sau.”

