

## 本集内容

Heart surgery and your body clock 心脏手术和人体生物钟之间的联系

## 学习要点

有关“Health 健康”的词汇

## 边看边答

According to this study, at what time of day is there less risk to your health if you are going to have medical surgery?

## 文字稿

There's a **biological clock** keeping time inside all of us. It's the reason we want to sleep at night, but it also drives huge changes in the way our body works including in our heart muscle.

This is lifesaving **open-heart surgery**. The operation puts the heart under huge stress and the study in Lille in France suggests the body clock also influences our recovery.

The study on five hundred patients showed the risk of **complications**, including heart attacks, halved from 18 percent in morning operations to just nine percent in the afternoon.

The researchers said patients should not be frightened away from vital surgery. They want to do more studies, but think **high-risk patients** might benefit from being moved to the afternoon.

This study shows the potential of doing **medicine** in time with the body clock and the researchers are now investigating other types of surgery.

每个人体内都有一个准时的生物钟。这个生理时钟正是我们一到晚上就想睡觉的原因，但它还会导致包括心肌等各身体部位的运作方式发生巨大的改变。

这是能挽救生命的心内直视术。该手术会给心脏带来巨大的负担，而这项在法国里尔所做的研究表明，人体生物钟也会影响术后的恢复情况。

该研究分析了五百位患者的病例，其结果显示，在上午接受手术的病人患包括心脏病发作等并发症的风险是 **18%**，而下午手术的病人所面临的风险仅为 **9%**，降低了一半。

这些研究人员说，患者们不应因此被吓到而拒绝接受重要的手术。研究人员想做进一步的研究，但他们认为，对高危患者来说，把手术挪到午后做更好。

该研究显示了根据人体的生理节奏来决定治疗病人的时间潜在的好处。这些研究者们正在调查其它类型的手术与生物钟之间的联系。

## 词汇

### **biological clock**

生物钟

### **open-heart surgery**

心内直视术，开心脏手术

### **complications**

并发症

### **high-risk patients**

高危患者

### **medicine**

医术，治疗

视频链接: <http://bbc.in/2wYW2Ni>

## 你知道吗？

The first heart transplant was carried out 50 years ago in 1967, by surgeon Christiaan Barnard, in Cape Town, South Africa.

世界首例心脏移植手术是在 1967 年，也就是 50 年前，由外科医生克里斯蒂安·尼斯林·巴纳德在南非开普敦实施的。

## 问题答案

The answer is in the afternoon. The study found the risk of complications, including heart attacks, halved from 18 percent in morning operations to just nine percent in the afternoon.