

本集内容

Boxing to beat Parkinson's disease 用拳击对抗帕金森病

学习要点

有关“health and lifestyle（健康与生活方式）”的词汇

边看边答

When was Tommy diagnosed with Parkinson's disease?

文字稿

This is training for the body and the brain.

这是对身体和大脑的训练。

Tommy set up Rock Steady Boxing club three years ago. He trained in America, where the clubs for people with Parkinson's first began.

三年前，汤米成立了“稳如磐石（Rock Steady）”拳击俱乐部。他曾在美国接受这类训练，专为帕金森病患者成立的俱乐部就始于那里。

Tommy O'Connor, Rock Steady Boxing

Well, they're what motivate me. I have my bad days, exactly the same as the guys here because I was diagnosed in 2013 with it, and it is progressive. Eventually it will overtake [me]. I'll be here as often as we can, and keep Rock Steady Boxing working, because it does work. It doesn't cure Parkinson's, but it will give you a better **quality of life**.

汤米·奥康纳 “稳如磐石（Rock Steady）”拳击俱乐部

“他们是我的动力。和这里的人一样，我也经历过低潮，因为我在 2013 年被诊断出患病，而且是渐进性的，最终它会发展成重症。我会尽可能经常来这里，让俱乐部稳定地运营下去，因为确实有成效。虽然拳击训练不能治愈帕金森病，但它会改善你的生活质量。”

Jackie has been coming from the beginning, six years after she was diagnosed with Parkinson's.

杰琪打从俱乐部刚成立时就是这里的一员，在加入俱乐部的六年前，她被诊断出患有帕金森病。

Jackie Wilson, Parkinson's patient

I was at **rock bottom** when I first came here, and it's given me my confidence back, and made me part of a team, and I'm so much steadier on my feet.

杰琪·威尔逊 帕金森病患者

“我刚来到这里的时候，处于**人生谷底**，这里让我找回了自信，让我成为了团队的一员，我站得更稳了。”

Mairead Smyth, BBC correspondent

Medical research shows that these sessions can actually improve neuroplasticity, which means the brain can actually rewire itself around structural damage. And those who take part in these sessions become less dependent on **medical intervention**.

梅里德·斯迈思 BBC 通讯员

“医学研究表明，这些训练课程实际上可以改善神经可塑性，这意味着大脑其实可以围绕结构性损伤自我重建。同时，参加这类训练的人对**医疗干预**的依赖性也降低了。”

Dr Ryan Mason, National Health Service

There's lots of evidence that all of these neurological diseases, and many other diseases, benefit from **exercise-orientated therapy**. And this specifically attacks the symptoms of Parkinson's disease. So, there are specific stations for balance, for coordination, for tremor, for... even for your voice because the patients often start to talk very quietly. So, the patients walk out of here looking almost sometimes like they don't have Parkinson's disease.

瑞安·梅森医生 英国国民医疗服务体系

“有大量证据表明，所有这些神经系统疾病，以及许多其它疾病都受益于**以运动为导向的治疗**。这特别针对减缓帕金森病的症状。因此，有专为改善平衡、协调、震颤，甚至是声音设定的锻炼区域，因为患者开口讲话时往往声音很小。所以，当患者走出这里的时候，有时看起来几乎像是没患帕金森病。”

The group is getting **back on its feet** after the sessions had to go online during the pandemic. Tommy's keen to get even more men and women involved.

俱乐部的这组人正在**恢复往日的训练**，此前在新冠病毒疫情期间，他们不得不在线上活动。汤米很希望让更多的人参与进来。

Tommy O'Connor, Rock Steady Boxing

I've been inundated with requests to join, which is brilliant. Which means I might have to put more classes on for everybody, because my aim is not to turn people away.

汤米·奥康纳 “稳如磐石（Rock Steady）” 拳击俱乐部

“入会申请的人多得让我应接不暇，太棒了。这意味着我可能得为大家开设更多的课程，因为我的宗旨是来者不拒。”

词汇

quality of life 生活质量

rock bottom 最低点，谷底

medical intervention 医疗干预

exercise-orientated therapy 以运动为导向的治疗

back on its feet 恢复往日的状态

视频链接

<https://bbc.in/3oLaKV8>

问题答案

He was diagnosed in 2013.