

一项大型研究结果显示，在英国，超重或肥胖逐渐成为致癌一大要因，而因吸烟致癌的病例数正在减少。英国癌症研究所（Cancer Research UK）发现，约有三分之一的癌症病例是可预防的。他们还发现由体重超标导致的癌症所占比率已从 2011 年的 5.5% 升至现在的 6.3%；而因吸烟致癌的患者数有所下降。

The link between cancer and lifestyle, how much we eat, smoke and exercise is becoming even more **stark**. The latest data on cancer shows that in 2015, smoking was **responsible for** more than 54,000 cases of the disease. It remains the most common cause of cancer despite a fall in the number of smokers.

In contrast, the rise in obesity, which is linked to 13 different cancers including breast, **bowel** and **womb**, means it is now the second biggest cause of the disease, affecting 22,000 people a year. Too much **ultraviolet radiation** from the sun or **sunbeds**, leading to skin cancer, is the third most common cause, with more than 13,000 cases.

Cancer Research UK says that while **adopting** a healthy lifestyle, stopping smoking, eating a good diet and exercising will not necessarily prevent cancer, it can greatly **reduce the risk of** developing the disease.

癌症与生活方式、食量、吸烟量和运动量之间的联系正变得愈发明显。有关癌症的最新数据显示，在 2015 年，因吸烟造成的癌症病例数量超过 54,000 个。尽管吸烟者数量有所下降，吸烟仍是最常见的致癌原因。

相反，肥胖人群的增加意味着在英国它现在是致癌的第二大原因，每年有 22,000 人因此患癌，此外，肥胖与乳腺癌、肠癌和子宫癌等 13 种癌症也有关。致癌的第三大根源是过多接触太阳光或日光浴床中的紫外线辐射而导致的皮肤癌，共有 13,000 起病例。

英国癌症研究所称，虽然养成健康的生活方式、戒烟、保持良好的饮食习惯和运动不一定会防癌，但这样做会大大降低患癌的风险。

## 1. 词汇表

<b>stark</b>	明显的
<b>responsible for</b>	是...造成的
<b>bowel</b>	肠
<b>womb</b>	子宫
<b>ultraviolet radiation</b>	紫外线辐射
<b>sunbeds</b>	日光浴浴床
<b>adopting</b>	选择、养成...某种习惯
<b>reduce the risk of</b>	降低...的风险

## 2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. How many cases of cancer was smoking responsible for in 2015?
2. What is the third most common cause of the disease?
3. True or false? *According to Cancer Research UK, adopting a healthy lifestyle, stopping smoking, eating a good diet and exercising will guarantee that you won't get cancer.*
4. Which word in the text means 'starting to have or suffer from'?

### 3. 答案

1. How many cases of cancer was smoking responsible for in 2015?

**Smoking was responsible for more than 54,000 cases of the disease in 2015.**

2. What is the third most common cause of the disease?

**The third most common cause is too much ultraviolet radiation from the sun or sunbeds. This leads to skin cancer.**

3. True or false? *According to Cancer Research UK, adopting a healthy lifestyle, stopping smoking, eating a good diet and exercising will guarantee that you won't get cancer.*

**False. Adopting a healthy lifestyle, stopping smoking, eating a good diet and exercising will not necessarily prevent cancer.**

4. Which word in the text means 'starting to have or suffer from'?

**Developing.**