

本集内容

Hope for people with diabetes 新装置给糖尿病患者带来希望

学习要点

有关“medical treatment（医疗）”的词汇

边看边答

What painful thing does little Charlotte not need to do any more?

文字稿

Six-year-old Charlotte from Lancashire is one of 400,000 people in the UK with type 1 diabetes.

六岁的夏洛特来自兰开夏郡，她是英国 40 万 1 型糖尿病患者其中的一个。

Her body can't make insulin, the hormone which regulates blood sugar levels.

她的身体不能产生胰岛素，胰岛素是一种调节血糖的激素。

As part of a **trial**, she has a sensor on her arm which continuously **monitors** her blood glucose, and sends readings to this pump, which automatically delivers the insulin she needs.

作为一次**试验**的一部分，她手臂上装有一台传感器，可持续**监测**她的血糖，并将读数发给这个泵，泵会自动输送她所需的胰岛素。

Ange Abbott, Charlotte's mother

It's had such a massive impact. Prior to having the loop, everything was manual. We had to ... We'd be up all night, and some nights, you know, every hour, every two hours to do finger pricks. Whereas now she can be the social child she was before and that's... that just makes me so happy.

安吉·阿伯特 夏洛特的母亲

“影响太大了。在用闭环系统之前，一切都是手动的。我们整晚都不能睡，有些晚上，每一两个小时就要给孩子扎手指测血糖。而现在，她得以变回了以前那个善于交际的孩子，我开心坏了。”

It's known as a hybrid closed-loop system – a sort of artificial pancreas.

该装置被称为“混合闭环系统”，就像是人工的胰腺。

Charlotte, diabetes patient

I don't have to do finger pricks or needles any more.

夏洛特 糖尿病患者

“我不用再扎手指验血或者打针了。”

And it keeps her blood sugar from going too high or too low.

这样做还可以防止她的血糖过高或过低。

Dr May Ng, Paediatric Endocrinologist

I think it's absolutely fantastic. I've been practising for 25 years in children's diabetes, and it's a **game changer**. To be able to improve the **quality of life**, to be able to see that most of the blood glucose readings are within the target range – it's very exciting.

吴诗梅医生 儿科内分泌学家

“我觉得这太棒了。我已经在儿童糖尿病领域从医 25 年，而这个装置会带来巨大的改变。能够提高人们的生活质量，并看到大部分的血糖读数都在正常范围内，太让人激动了。”

Yasmin Hopkins, diabetes patient

The sensors are on my arm, and they loop back through each other...

雅丝敏·霍普金斯 糖尿病患者

“传感器贴在我胳膊上，这些部件之间会协同工作。”

Yasmin, from South London, is astounded how much her blood sugar levels have **stabilised** using the new technology.

雅丝敏来自伦敦南部，使用这款新科技产品后，她的血糖水平稳定了下来，她对此感到非常惊讶。

Fergus Walsh, BBC correspondent

So, it's liberating?

弗格斯·沃什 BBC 通讯员

“是不是让你有种解脱感？”

Yasmin Hopkins, diabetes sufferer

Yeah, definitely, there's nothing I can't do. There's no situation now that makes me anxious or scared. I really feel like, before, I really could have been at risk of some of those long-term [issues], especially the kind of heart [heart-related] stuff and things like that. Whereas now I don't really see that happening.

雅丝敏·霍普金斯 糖尿病患者

“那肯定的，没有什么我做不了的。现在，没有任何情况会让我焦虑或害怕。我以前真的以为自己会面临一些长期的健康隐患，尤其是跟心脏有关的问题。而现在我觉得不会了。”

If blood sugar levels are not kept under control, diabetes patients risk long-term damage to their heart, kidneys, eyes and nerves.

如果血糖水平得不到控制，那么糖尿病患者就有心脏、肾脏、眼睛和神经长期受损的风险。

That's why this trial matters. If successful, it could mean patients like Yasmin have longer and healthier lives.

这就是为什么这次试验很重要。如果成功，就可能意味着像雅丝敏这样的患者会更长寿、更健康。

词汇

trial 试验

monitors 监测

game changer 彻底改变某领域的事物

quality of life 生活质量

stabilised 稳定下来

视频链接

<https://bbc.in/3JnKA2p>

问题答案

She doesn't need to wake up several times a night to have her finger pricked.