

2017년 3월 23일 키워드 스피킹 방송 / 주제: 공황장애

<광고>



More Like It

4탄 구동사 편 출간

더 영어답게 말하는 요령

Summary

The medical term “panic disorder” had not been familiar to many Koreans until a few celebrities confessed that they were suffering from it. Panic disorder **is characterized by** unexpected **panic attacks in which a person experiences** sudden **shortness of breath**, sweating, or fear that something terrible is going to happen. As celebrities **are constantly in the spotlight**, they **are prone to severe stress** and are therefore **more vulnerable to this type of condition**. However, as statistics show that the number of patients with such disorder in Korea has doubled for the past five years, we can see that many non-celebrities are also victims.

Most of the patients are reported to be in their forties, **around which age one’s amount of stress tends to be highest**. At work, they **are sandwiched between the millennials and management**; and, even at home, worries over child-rearing and retirement preparation are persistent. Doctors say we should relieve stress through a hobby or regular exercise, and, most of all, with rest and peace of mind. **Care must be taken not to resort to alcohol** or medication, and **a doctor should be consulted at the earliest stage**.

Living in today’s world, exposure to stress is unavoidable, especially in a highly competitive society like Korea. Regardless of one’s age, education, occupation, or income, **learning how to manage stress toward a well-balanced life** seems to be the only prescription we have.

해석

1. is characterized by ~을 특징으로 한다
2. panic attacks in which a person experiences ~을 경험하게 되는 패닉 증상
3. shortness of breath 호흡 곤란
4. are constantly in the spotlight 항상 주목을 받다
5. are prone to severe stress 극심한 스트레스를 받기 쉽다
6. more vulnerable to this type of condition 이와 같은 질환에 더 취약하다
7. around which age one’s amount of stress tends to be highest 그 연령대가 되면 스트레스가 최고에 달하기가 쉽다
8. are sandwiched between the millennials and management 밀레니얼 세대(1980년대 초반부터 2000년 정도까지 태어난 세대)와 임원진 사이에 끼어 있다
9. Care must be taken not to resort to alcohol 술에 의존하지 않도록 주의해야 한다
10. a doctor should be consulted at the earliest stage 초기 단계에 의사를 찾아야 한다
11. learn how to manage stress toward a well-balanced life 균형 잡힌 삶을 위해 스트레스를 어떻게 관리하는지 배우다

Keywords / Key Sentences

1. 갑자기 불안해지며 숨이 막히거나 극심한 공포 증상을 보이는 공황장애는 과도한 스트레스가 원인으로 지목된다. Stress is pointed out to be the major cause of panic disorder, in which a person suffers from sudden anxiety, shortness of breath, or extreme fear. / Stress is identified as the biggest cause of panic disorder, in which a person becomes suddenly anxious, short of breath, or extremely fearful. / Stress is determined to be the leading cause of panic disorder, in which a person is suddenly anxious, has trouble breathing, or is extremely fearful.
2. 연예인들만 앓는 질환이 아니라 공황장애 진단을 받는 일반인들도 늘고 있다. It's not just the celebrities who are vulnerable to this problem. An increasing number of non-celebrities are being diagnosed with panic disorder. / Celebrities aren't the only ones who fall prey to this issue. A growing number of non-celebrities are being identified as having panic disorder. / Celebrities make up only a part of the victims of this problem. A rising number of non-celebrities are receiving news that they have panic disorder.
3. 직장과 가정에서 많은 스트레스를 받는 40대가 공황장애를 가장 많이 앓고 있다. People in their 40s make up the biggest proportion of patients, as they are most likely to be under severe stress, both at work and at home. / Forty-somethings constitute the greatest share of patients, since they are most likely to be severely stressed, both in the office and at home. / The largest group of patients is people in their 40s, because they are most likely to have severe stress, whether at work or in the house.
4. 한국은 매우 경쟁적인 사회이다. 나이, 직업에 상관 없이 누구나 스트레스를 잘 관리하는 법에 관심을 가져야 한다. Korea is a highly competitive society. Regardless of one's age or occupation, everyone has to learn how to manage his or her own stress well. / Korea is a society full of competition. Irrespective of our age or occupation, we must learn how to deal with our own stress well. / Korea is a society rife with competition. No matter what your age or occupation are, you've got to learn how to handle your own stress well.
5. 공황장애를 예방하기 위해서는 운동과 취미활동 등을 통해 스트레스를 해소하거나, 휴식으로 마음의 안정을 찾아야 한다. To prevent panic disorder, one has to relieve stress through exercise or a hobby and seek peace of mind by taking a rest. / To avoid panic disorder, we must unload stress via exercise or a hobby and try to calm our minds through rest. / To defend against panic disorder, you've got to get rid of stress by way of exercise or a hobby and attempt to put your mind at ease with rest.
6. 공황장애 증상이 나타나면 의료기관을 방문해 초기에 치료를 받아야 한다. 방치할 경우 만성으로 진행돼 우울증에 빠질 수 있다. If you experience a condition similar to panic disorder, you shouldn't hesitate to visit a clinic for treatment. If you neglect it, the disorder can become chronic and develop into depression. / In case you suffer from symptoms like those in panic disorder, you're advised not to wait to go to a clinic to be treated. If you don't act in a timely manner, the disorder can become acute and progress into depression. / In the event you feel you may be a victim of panic disorder, it's recommended that you not delay in making your way to a clinic for treatment. If you fail to address it while there's time, the disorder can become serious and evolve into depression.