

2018년 8월 30일 키워드 스피킹 방송 / 주제: 20-30대 탈모 환자 증가

<광고>

	<p>『비즈니스 편』</p> <p>총 347 개의 고급 표현</p> <p>전략, 재무, 마케팅, 법무 등 비즈니스의 전 영역을 망라</p>		<p>『시사이슈 편』</p> <p>『키워드 스피킹』 팟캐스트 에서 다룬 표현들을 소개</p> <p>총 43개의 주제에 관한 유용한 문장들</p>
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전체	영어만
	

Summary

Hair loss or alopecia may sound like an issue that middle-aged or older men are paying attention to, but not anymore. In Korea now, **men in their 20's and 30's have emerged as the main demographic that consumes anti-hair loss products** or visits hair treatment clinics. Women are not free from the problem, either. Many Korean women suffer from hair loss caused mostly by stress. Losing hair is now **an issue affecting a wide range of adults in Korea, regardless of sex or age**. According to one statistic, about ten million Koreans, **which accounts for one fifth of the nation's total population**, are currently or potentially suffering from the problem.

Traditionally, baldness was thought to be hereditary, mostly affecting men. But now, **on top of genetic factors**, other elements such as stress and environmental pollution are also known to be main causes. One more factor is **Koreans' changing dietary habits that have been westernized in recent years**. Dermatologists point out that **less intake of vegetables and more consumption of processed and acidic foods are responsible for** the younger generation's hair loss. These younger generations who are more conscious of appearance than older people are increasing the size of the anti-hair loss market, and **we are witnessing rollouts of increasingly diversified products and services that proclaim to slow the process of hair loss**.

The advice from doctors is simple and somewhat predictable: quit drinking and smoking, **cut down on greasy food consumption**, eat more vegetables, reduce stress and sleep well at night, etc. We all know about these basics, not only for preventing hair loss but also for living a healthier life in general, which are **easy to understand but hard to put into action**.

해석

1. men in their 20's and 30's have emerged as the main demographic that consumes anti-hair loss products
20-30대 남성이 탈모 관련 제품을 소비하는 주 계층으로 등장했다
2. an issue affecting a wide range of adults in Korea, regardless of sex or age
성별이나 나이와 상관 없이 거의 모든 성인에 영향을 미치는 문제
3. which accounts for one fifth of the nation's total population
전체 인구의 5분의 1에 달하는

4. on top of genetic factors 유전적인 요인뿐 아니라
5. Koreans' changing dietary habits that have been westernized in recent years 최근 서구화된 한국인들의 식습관
6. less intake of vegetables and more consumption of processed and acidic foods are responsible for 야채를 덜 먹고 가공 식품이나 산성 식품을 많이 먹는 것이 ~를 초래한다
7. we are witnessing rollouts of increasingly diversified products and services 더 다양한 상품과 서비스가 출시되고 있다
8. proclaim to slow the process of hair loss 탈모를 완화할 수 있다고 주장하다
9. cut down on greasy food consumption 기름기 많은 음식의 섭취를 줄이다
10. easy to understand but hard to put into action 이해는 쉽지만 실천은 어려운

Keywords / Key Sentences

1. 머리카락은 원래 빠지지만, 머리카락이 얇아지면서 하루 100개 이상 빠지면 탈모로 진단한다. Our hair falls out every day. It's natural. But if you have thinning hair and you lose more than 100 strands of hair every day, you can be diagnosed clinically as having hair loss. / Humans shed hair every day and replace them with new ones. However, if you lose more than 100 hairs a day, you may have alopecia. / Losing over 100 follicles of hair a day can be a sign that you are going bald. Losing more than the average amount of hairs each day can be a problem. (* follicle: 모낭)
2. 여성도 탈모를 겪으며, 호르몬 분비의 변화나 스트레스 등이 주 원인이다. 특히 원형 탈모 환자는 절반이 여성이다. Women also suffer from hair loss, mainly due to change of hormones or stress. In case of spot baldness, about half of the patients who visit the clinics are women. / Due to hormonal changes and stress, women are experiencing bald patches on their scalp. Half of all reported cases of spot baldness are women. / About half of spot baldness cases that have been reported are from women. Doctors attribute this to stress and hormonal issues.
3. 중년 남성들의 문제라고 생각되던 탈모가 최근 20~30대 젊은 층으로 확대되고 있다. Hair loss used to be thought of as a problem for middle-aged or older men. But, now, the younger generation in their 20's and 30's are also suffering from the problem. / More and more younger men have been reporting going bald. This used to be a problem traditionally reserved for older men. / Men in their 20's-30's are diagnosed with alopecia which used to be just a problem for men who are much older.
4. 지금까지 탈모에는 유전적 영향이 크다고 여겨져왔다. 그러나 최근에는 스트레스, 환경적 영향, 식생활의 변화 등도 원인으로 작용한다. People have thought that heredity was the main cause for hair loss and only men have the problem. But now, along with genetic factors, stress and environmental factors are cited to be causing hair loss. Change of daily diet is also an important factor. / The general thought was that baldness was passed down from generation to generation. Along with DNA, artificial factors such as pollution and toxins that enter our bodies are also reasons for hair loss. / Baldness can be attributed to diet, stress and environmental factors. It is not only blamed on that person's family genetics.
5. 술 담배를 끊고, 기름진 음식을 덜 먹고, 스트레스를 줄이고 충분한 수면을 취하는 것이 탈모 치료에 도움을 준다. To treat hair loss, you are advised to quit smoking and drinking, eat less fatty foods, reduce

stress, and sleep well at night. / To prevent hair loss, you need to cut or stop consuming alcohol and smoking, eat less greasy foods, relax and try to get good night's rest. / Sleep, healthy eating, abstaining from alcohol and tobacco are the best ways to stave off baldness.