

## 2011년 1월 13일 키워드 스피킹 방송 / 주제: 암

### Paul's Summary (transcribed)

As Koreans are becoming more health conscious, we hear more news reports about prevention of various diseases including cancer. Cancer is currently **number one cause of death** for Koreans. A higher rate of stomach cancer outbreaks can be attributed to the **eating habits of Koreans, who like to eat salty and spicy foods**. Cancer is known to be influenced by **family history**. Most people will ask if **cancer runs through your family**. Lifestyle choices and environmental factors can increase the likelihood of cancer in people. Avoiding an unbalanced diet and excess stress can greatly reduce the chance of developing cancer. Traditional Korean foods, especially **fermented** ones, are believed to aid in cancer prevention, but burnt and fried foods are considered to contain **carcinogens**. Modern medicine has come a long way in cancer treatment. The most recognizable side effects of the cancer treatment would be a patient's complete baldness. This comes from **chemotherapy**, which is a very well-known treatment for cancer. **Early detection** is the key in safely and quickly **putting cancer into remission**. These can come from regular checkups with your doctor, like annual prostate checks or mammograms, which are very important ways for cancer prevention.

### Key Words

1. 암이 한국인 사망원인 1위이다 Cancer is currently the number one cause of death for Koreans.
2. 맵고 짜게 먹는 한국인의 습관이 위암을 유발한다 The higher rate of stomach cancer outbreaks can be attributed to the eating habits of Koreans who like to eat salty and spicy foods.
3. 전립선암 prostate cancer
4. 갑상선암 thyroid cancer
5. 자궁경부암 cervical cancer
6. 췌장암 pancreatic cancer
7. 대장암 colorectal cancer, colon cancer (rectum, anus 등에 관한 말은 터부시)
8. 항암약물치료 chemotherapy (chemo) 항암(약물)치료를 받다 go through chemo
9. 방사선치료 radiation (radio) therapy
10. 정맥주사 IV (intravenous injection)
11. 발효식품 fermented foods cf. 발효: fermentation
12. 조기진단 early detection
13. 암의 치료 be in remission, cure(재발 없는 완전치유. 잘 사용되지 않음)
14. 암의 재발 be in relapse
15. 가족력 family history. "My family has a history of cancer" = "Cancer runs through (or in) my family"
16. 발암물질 carcinogen

### Additional Key Words

1. 생존가능성이 낮다 chances of survival are slim
2. 환경적 요인 environmental factors
3. 영양적으로 불균형한 식단 unbalanced diet
4. 과도한 스트레스 excess stress
5. 정기검사 regular checkups (ex. prostate checks, mammograms)
6. 사기 scam
7. 종양 tumor
8. 양성 benign
9. 악성 malignant
10. 전이하다 v. metastasize 전이 n. metastasis
11. 종양학(암의학) oncology 암 전문의 oncologist

12. 암 보험 cancer insurance (캐나다 의료보험 체계에서는 사보험 없으므로 존재하지 않음)