

I 下線部を和訳せよ。

The patient was an 8-year-old California girl with severe headaches. Her parents, who were both struggling to adjust to new high-pressure jobs, took her to top neurologists and pediatricians. The child's symptoms, the doctors concluded, were a response to stress at home. But four or five months later, it became clear that she had a brain tumor and needed surgery. When her doctors looked back at early scans of her brain, they were shocked to see the shadow of a tumor they had
(1) previously overlooked.

For Harvard hematologist Jerome Groopman, who is a friend of the child's parents, the missed diagnosis was more than just a cautionary tale. It was the start of an investigative journey. "People talk about technical errors in medicine, but no one talks about thinking errors," he explains in an interview. "I realized I had no framework for understanding these kinds of problems."

The result of Groopman's journey is *How Doctors Think*, an engagingly written book that is must reading for every physician who cares for patients and every patient who wishes to get the best care. Groopman says patients can prompt broader, sharper and less prejudiced thinking by asking doctors open-ended questions and learning to identify some of their common thinking mistakes:

ERROR 1: Doctors, like most of us, are often led astray by stereotypes that are based on someone's appearance, emotional
(2) state or circumstances. Groopman describes this kind of "attribution error" in the case of a nervous young woman who kept losing weight even when prescribed a high-calorie diet. Her doctors, convinced that she was lying about her food intake, suspected anorexia or bulimia, but her problem, diagnosed after years of ill health, turned out to be celiac disease — an allergy to wheat. Had the patient been male or older or less anxious, the doctors might have got it right in the first place.

ERROR 2: "We all tend to be influenced by the last experience we had or something that made a deep impression on us," Groopman says. So if it's January, your doctor has just seen 14 patients with the flu and you show up with muscle aches and a fever, he or she is more likely to say you have the flu — which is fine unless it's really meningitis or a reaction to a tetanus shot that you forgot to mention.

The best defense — besides giving as complete a history as you can — is to be alert and ready to ask questions anytime
(3) a doctor says, "There's a lot of this going around."

ERROR 3: Physicians typically prefer to act even when in doubt about the nature of the problem. And yet this kind of "commission bias" can lead to all sorts of new problems if the treatment turns out to be incorrect.

"Don't just do something. Stand there," one of Groopman's mentors told him years ago when he was uncertain of a diagnosis. This buys a doctor time to think — which is especially important when trying to ensure that something hasn't been overlooked.

ERROR 4: Groopman cautions that emotions are more of an issue than most physicians like to admit. Doctors who are
(4) particularly fond of a patient have been known to miss the diagnosis of a life-threatening cancer because they just didn't want it to be true. But negative emotions can be just as blinding, sometimes stopping a doctor from going the extra mile. "If you sense that your doctor is irritated with you, that he or she doesn't like you," says Groopman, "then it's time to get a new doctor." Studies show that most patients are pretty accurate in describing their doctors' feelings toward them.

Groopman's book makes abundantly clear that despite all the electronic databases that are being used to improve health care in the U.S., a lot of medicine still comes down to a doctor or two puzzling out what might be wrong with your body.

(出典: TIME, March 26, 2007. 一部変更あり)

(注)

hematologist: 血液学者 anorexia: 拒食症 bulimia: 過食症 meningitis: 髄膜炎 tetanus: 破傷風

II 下線部を和訳せよ。

One gloomy day in early 1991, a couple of months after my father died, I was standing in the kitchen of my parents' house, and my mother, looking at a sweet and touching photograph of my father taken perhaps fifteen years earlier, said to me, with a note of despair, "What meaning does that photograph have? None at all. It's just a flat piece of paper with dark spots on it here and there. It's useless." The bleakness of my mother's grief-drenched remark set my head spinning because I knew instinctively that I disagreed with her, but I did not quite know how to express to her the way I felt the photograph should be considered.

After a few minutes of emotional pondering — soul-searching, quite literally — I hit upon an analogy that I felt could convey to my mother my point of view, and which I hoped might lend her at least a tiny degree of consolation. What I said to her was along the following lines.

"In the living room we have a book of the Chopin études for piano. All of its pages are just pieces of paper with dark marks on them, just as two-dimensional and flat and foldable as the photograph of Dad — and yet, think of the powerful effect that they have had on people all over the world for 150 years now. Thanks to those black marks on those flat sheets of paper, untold thousands of people have collectively spent millions of hours moving their fingers over the keyboards of pianos in complicated patterns, producing sounds that give them indescribable pleasure and a sense of great meaning. Those pianists in turn have conveyed to many millions of listeners, including you and me, the profound emotions that churned in Frédéric Chopin's heart, thus affording all of us some partial access to Chopin's interiority — to the experience of living in the head, or rather the soul, of Frédéric Chopin. The marks on those sheets of paper are no less than soul-shards — scattered remnants of the shattered soul of Frédéric Chopin. Each of those strange geometries of notes has a unique power to bring back to life, inside our brains, some tiny fragment of the internal experiences of another human being — his sufferings, his joys, his deepest passions and tensions — and we thereby know, at least in part, what it was like to be that human being, and many people feel intense love for him. In just as potent a fashion, looking at that photograph of Dad brings back, to us who knew him intimately, the clearest memory of his smile and his gentleness, activates inside our living brains some of the most central representations of him that survive in us, makes little fragments of his soul dance again, but in the medium of brains other than his own. Like the score to a Chopin étude, that photograph is a soul-shard of someone departed, and it is something we should cherish as long as we live."

Although the above is a bit more flowery than what I said to my mother, it gives the essence of my message. I don't know what effect it had on her feelings about the picture, but that photo is still there, on a counter in her kitchen, and every time I look at it, I remember that exchange.

(出典: Douglas Hofstadter, *I AM A STRANGE LOOP*, 2007, Basic Books)

(注)

Frédéric Chopin: フレデリック・ショパン(1810～1849; 作曲家, ピアニスト)
churn: 波立つ

III 英訳せよ。

- (1) WHOはとりすぎの大人が世界全体で16億人に上ると見積もっている。
- (2) この数値は向こう10年間で40パーセント増加すると予想される。
- (3) 肥満は深刻な長期にわたる健康上の問題を引き起こしうると医師たちは警告している。