

Excerpted from “A Beginner’s Guide to the End” by Dr. BJ Miller and Shoshana Berger (Imperfect) translation from English to Chinese

Keep track of your symptoms (page 220):

- **Timing:** When does the symptom come on? Note both time of day and duration.
- **Association:** Does it happen when you are in a certain position? Doing a certain activity? When you eat a certain food? With other medications?
- **Severity:** Is it mildly annoying or so bad you cannot concentrate on anything else? On a scale of 1-10, with 10 being High / Severe / Very Bad, what is your rating of the pain?
- **Fluctuations:** What makes it better? What makes it worse?

跟踪症状 (第220页) :

- **时间:** 症状何时出现? 注意一天中的时间和持续时间。
- **相關問題:** 当您处于某个 (位置 - 姿态) 时会发生吗? 做某项活动? 什么时候吃某种食物? 与其他药物?
- **严重性:** 是轻度令人 (讨厌还是很糟糕 不安或很不舒服), 您无法专心于其他事情? 以1-10的评分, 其中10为高严重/非常严重, 您对疼痛的评价是多少?
- **病症變化:** 什么使它更好? 是什么使它变得更糟?

(page 216-217) (第216-217页) :

Andy’s cardiologist referred him to us for help with nausea. He tried a few medications but nothing worked. His heart was the main problem. After years of untreated high blood pressure, he had developed congestive heart failure in his late 60s.

安迪 (Andy) 的心脏病专家将他转介给我们, 以解决恶心。他尝试了一些药物, 但没有任何效果。他的心脏是主要问题, 经过多年未经治疗的高血压, 他在60多岁时出现了充血性心力衰竭。

The morning I met Andy, he was distractingly hilarious. He cracked jokes the whole time. But the distress on his wife’s face suggested that there was more going on. He was one of those guys you have to watch and listen to carefully. It could be very important information that he was communicating but it sounded like throwaway comments. I asked him about his appetite. “I can eat like a horse,” he said. His wife, with tears, started to tell me how moody he was at the dinner table. This was previously a place that has always been the center of connection and joy for him. Once she had open up the conversation, Andy shared how much he hated this nausea – the thing that was killing his formerly generous appetite.

我遇到安迪的那天早上, 他情绪非常高昂不稳定。他一直在开玩笑, 但是他妻子脸上的困扰表明还有更多事情发生。他是那种您必须小心注意和聆听的人。他可能正在传递非常重要的信息, 但听起来像是毫不经意的胡言乱语。我问他的食欲如何。他说: “我的胃口極好。” 他的妻子流着泪, 开始告诉我他在吃饭时他的情绪很低落。在此之前, 饭桌一直是他联谊和欢乐的中心。当她开始了这个话题, 安迪透露了他多憎恨恶心、想吐的感觉-这就是他以前的食欲好胃口的杀手。

Constipation is a scourge and one of the main causes of nausea. So I asked: *How often are you moving your bowels?* “Doctor, you don’t want to hear about that!” Andy shot back. Pause. Then, Andy shared: “Well, I haven’t been eating much of late, so I don’t need to go to the bathroom as much.” He had not had a good bowel movement in more than a week. Before that one, it had been more than 10 days.

便秘是祸害，是恶心的主要原因之一。所以我问：您多久排便一次？“医生，您不想听到这件事！”安迪回击，稍停一会。然后，安迪（Andy）再分享道：“嗯，我最近没吃太多东西，所以我不需要去洗手间太多次。”他已经有一个多星期没有好好的排便了。在那之前，也有超过10天的。

It turned out that Andy had been prescribed low-dose morphine (an opiate) for the shortness of breath, which is common due to severe heart failure. The drug was right for him. He was breathing much more comfortably now. But he had nothing to treat the constipation that invariably comes with opiates. Complicating things further, the medication his cardiologist had prescribed for nausea was itself constipating.

事實上，

安迪曾因呼吸急促而服用低剂量吗啡（一种鸦片），这是由于严重的心力衰竭而引起的。毒品适合他。他现在的呼吸舒适得多。但是他没有任何东西可以治疗鸦片类药物带来的便秘。更复杂的是，他的心脏病专家开的用于恶心的药物本身就是（造成）便秘的原因。

Mystery solved: 1. The nausea was caused by constipation. 2. The constipation was caused by medication side effects. 3. The medication was necessary due to breathing problems. 4. The breathing problems were caused by an ailing heart.

謎底揭曉：1. 恶心是由便秘引起的。2. 便秘是由药物副作用引起的。3. 由于呼吸困难需要药物治疗。4. 呼吸问题是由心脏不适引起的。

Andy needed to be on a specific kind of new medication in the form of a laxative. He needed this every day, for as long as his breathlessness require opiates.

（安迪需要有助於通便的某种新药，只要他的呼吸困难需要鸦片类药物，那麼他每天都需要。）【改成倒装句】

只要安迪的呼吸困难需要鸦片类的药物，那麼他每天都需要有能幫助通便的某种新药。

And since it had been so long since he had had a bowel movement of any significance, on that day he needed to two enemas to get things moving.

而且因爲他已经很久没有正常的排便了，那天他需要两次灌肠才能使事情继续进行。

Symptoms often intertwine, caused or exasperated by the medications that are helping on other fronts. But untangling that knot is not always obvious. It requires very thorough communication.

症状通常是相互關連交织的，有效治某症状的药物，可能引起或激發其他的症状。但是要解开这种结并不总是很明显。它需要非常彻底的分析瞭解。

Most symptoms are treatable. Most side effects – that are supposed to treat symptoms but may sometimes cause additional symptoms – are also treatable.

大多数症状是可以治癒的。大多数副作用-应该可以治疗症状，但有时可能会导致其他症状-也可以治疗。