

群馬県立県民健康科学大学大学院
看護学研究科看護学専攻（修士課程）第2次募集
平成28年度 社会人特別選抜試験問題

外国語試験問題

群馬県立県民健康科学大学大学院

平成28年度 群馬県立県民健康科学大学大学院
看護学研究科看護学専攻（修士課程）入学試験（第2次募集）
外国語科目試験問題1 問題用紙

問題 次の英文を読み、後に続く各問に答えなさい。

Illnesses or the worsening of chronic conditions caused by the inability of the body to keep up with major changes in the weather is called meteoropathy*. Aches and pains that increase due to changing weather conditions are also known as weather pains.

The weather is changing rapidly this year from the cool rainy season to scorching temperatures, along with thunder and lightning and a surge of typhoons. During this time, it is good to be aware of the relationship between the weather and your health.

“Some people expect chronic headaches to worsen when the rainy season comes and visit the clinic only at this time every year to receive medication to prevent or treat it,” said Mr.A, a specialist in general internal medicine and the director of the Akihabara Eki Clinic in Chiyoda Ward, Tokyo.

A broad range of conditions and symptoms are affected by changes in temperature, humidity, atmospheric pressure and other weather factors, he said. These include headaches, back pain, shoulder stiffness, neuralgia, arthritis, rheumatism, asthma, hives, dizziness, nausea, heart attacks, strokes and depression.

In particular, changes in air pressure have a significant effect on health. Just as changes in air pressure when rapidly ascending or descending in an elevator can cause a strange sensation in the ears, the human body is always trying to adjust to atmospheric pressure.

“Headaches can occur when low atmospheric pressure approaches ahead of a deterioration in the weather,” Mr.A said. “This is because blood vessels expand when atmospheric pressure falls, and the pressure on the human body decreases.”

Inside the human ear is the inner ear, which maintains the body’s sense of balance.

“When the sensor cells in the inner ear are adversely affected by changes in atmospheric pressure, dizziness can occur,” said Mr.A, who also serves as clinical professor at the Tokyo Medical and Dental University Department of Neurology and Neurological Science. “Pain in joints and neuralgia can occur when the membranes and nerves of the joints are stimulated.”

Most people possess the fitness to maintain control when a minor disorder occurs. However, those who are less physically robust, or people with particular sensitivity to pain in specific areas, are prone to meteoropathy.

“The number of patients who experience chronic pain increases during the typhoon season,” Mr.A said. “Some patients rush to the clinic because their headaches have become chronic as a typhoon approaches the Japanese archipelago, even though it is still some way off.” As the atmospheric pressure, temperature and other environmental factors surrounding the human body change dramatically when a typhoon approaches, people become prone to meteoropathy.

Not only is there an increase in weather pains, there is also a “distinct possibility that chronic asthma or heart disease may worsen. As these conditions are life-threatening, they should not be taken lightly,” Mr.A said.

“When atmospheric pressure drops, the secretion of fluid from sweat glands is hindered, placing a burden on the heart and blood vessels,” he said. “In addition, falling temperatures can exacerbate asthma and increase early morning coughing. Some people correctly guess that bad weather is approaching when their asthmatic conditions worsen.”

To counter meteoropathy, patients should build up the fitness to adapt to changes in the environment.

“Patients should store energy by maintaining a regular daily routine and engage in light exercise to keep heart functions from weakening,” Mr.A said.

People should prepare themselves by carefully checking weather forecasts to learn of sudden changes in the weather. In addition, motion sickness medication offers unexpected preventive treatment. This medication can prevent not only nausea, but also dizziness and headaches.

“It’s important to take medication before bad weather conditions develop, based on detailed forecast and one’s own judgement, to prevent symptoms from developing,” Mr.A said.

[Source: How weather changes affect your health, The Japan News, June 27, 2015]

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*注) meteoropathy : 気象病

問 1 下線部を全て日本語に訳しなさい。

問 2 meteoropathy はどのようなメカニズムで発症すると言われているか。日本語で2つ記述しなさい。

問 3 meteoropathy の対処にはどのようなことがあると言われているか。日本語で2つ記述しなさい。

注 意 事 項 （外国語試験）

- 1 外国語の試験時間は、10時40分～12時10分です。
- 2 英和辞典の持ち込み及び使用を認めます。ただし、電子辞書の使用は認めません。
- 3 試験問題用紙の表紙が願書提出時の選抜区分（「社会人特別選抜」）であることを確認してください。
- 4 問題用紙は2枚、解答用紙は2枚です。下書きは問題用紙の余白・裏面をお使いください。
- 5 すべての解答用紙の所定の欄に、必ず受験番号・氏名を記入してください。
- 6 解答は、すべて解答用紙に記入してください。（下書き用紙に解答を記入しても、採点の対象としません。）ただし、※印欄には記入しないでください。
- 7 問題用紙・解答用紙に不鮮明な部分や汚れなどがある場合は、声を出さずに手を挙げて、監督員の指示に従ってください。
- 8 試験中に質問や用便等の用件がある場合も、声を出さずに手を挙げて、監督員の指示に従ってください。
- 9 試験開始後、30分間は途中退場を認めません。30分経過後、途中退場する場合は、監督員の指示に従い、解答用紙を監督員に提出したのち退場してください。
- 10 問題用紙・解答用紙を持ち帰ることはできません。
- 11 不正行為や、他の受験生に迷惑となる行為をした場合は、退場させることがあります。