

（本节目所用的音频资源发表于 2022 年 7 月 16 日。）

在伊塞尔·内纳年近三十岁时，她被诊断出患有皮肤癌。从小到大，伊塞尔从未使用过防晒霜，现在她正在和英国癌症研究基金会（**Cancer Research UK**）合作，警告他人不要犯同样的错误。

There's a common **misconception** that having darker skin makes you invulnerable to the Sun's rays. **Melanin**, the pigment in skin, protects people up to a certain point, but it doesn't make the body immune.

一种普遍存在的错误观念是深色皮肤的人不受阳光的伤害。虽然皮肤中的黑色素在一定程度上对人们起到保护作用，但它不会使人体对阳光免疫。

According to Cancer Research, **melanoma** skin cancers are less common in black and Asian people than in white people. However, research suggests that when they do occur, they're often spotted at a later, more advanced stage, resulting in poorer outcomes.

根据英国癌症研究基金会发表的报告显示，黑色素瘤皮肤癌在黑人和亚洲人中的发病率低于白人。然而，研究表明，黑人和亚洲人如果患病，往往是在癌症晚期阶段才被确诊，导致相对更糟糕的结果。

An extreme heat weather warning for much of England and Wales has been extended until Tuesday, and doctors are encouraging everyone to cover up and wear sunscreen. They advise using one with a broad **spectrum** that offers both UVA and UVB protection, an SPF of at least 30, and **water resistance**. It should be reapplied every two hours, whilst people also take **shelter** in the shade regularly.

英格兰和威尔士大部分地区的极端高温天气警报已经延长至周二，医生们鼓励大家用衣物遮挡阳光直接照射，并且要涂抹防晒霜，同时建议使用可兼防 UVA 和 UVB、防晒指数（SPF）至少为 30 且防水的广谱防晒产品。防晒霜应每两小时重新涂抹一次，同时也要注意定期在阴凉处避暑。

1. 词汇表

misconception	误解，错误看法
melanin	黑色素
melanoma	黑色素瘤
spectrum	光谱
water resistance	防水
shelter	遮蔽处

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. True or false? *Melanin gives full protection against the Sun.*
2. What were the results of Cancer Research's research?
3. What type of sunscreen are doctors advising people to use?
4. How often should sunscreen be reapplied during the extreme weather?

3. 答案

1. True or false? *Melanin gives full protection against the Sun.*

False. Melanin gives protection to a certain point, but not immunity.

2. What were the results of Cancer Research's research?

Melanoma skin cancers are less common in black and Asian people than white people. However, research suggests that when they do occur, they're often spotted at a later, more advanced stage, resulting in poorer outcomes.

3. What type of sunscreen are doctors advising people to use?

A broad-spectrum sunscreen that offers both UVA and UVB protection, an SPF of at least 30, and water resistance.

4. How often should sunscreen be reapplied during the extreme weather?

Sunscreen should be reapplied every two hours.