1級「要約」問題 2

- Instructions: Read the article below and summarize it in your own words as far as possible in English.
- Suggested length 90-110 words.
- Write your summary in the space provided on your answer sheet. Any writing outside the space will not be graded.

When assessing the condition of someone's body and health, it is common to rely on the weight indicated on a set of scales or the size of their waist. However, when a more accurate evaluation of a person's health is needed, most healthcare workers utilize the body mass index, or BMI, which is a ratio involving height and weight. A BMI of over 25 is generally considered as overweight and over 30 is a sign of obesity. With obesity comes a higher risk of things like cancer and diabetes, so using a person's BMI is useful for doctors when making diagnoses and giving medical advice. On the other hand, some experts believe that BMI should be scrapped in favor of a method that takes muscle mass and

on the other hand, some experts believe that BMI should be scrapped in favor of a method that takes muscle mass and bone density into consideration. A high BMI can disqualify a person from being able to undergo surgery, so while they may be completely healthy and able to successfully be operated on safely, if their BMI number is too high because of factors outside their control, they might not receive the lifesaving procedure they need.

Another problem which arises from depending on a person's BMI is that incorrect diagnoses can be made because doctors erroneously assume that their symptoms are directly linked to obesity, when in fact an unconnected ailment might be the cause. A suitable alternative could be to measure the ratio of one's hips and waist, because the fat around one's waist has a much closer correlation to obesity than just their weight.

解答欄