

TEXTO

Lung cancer risk 'cut by B vitamin'

People with plenty of a B-vitamin in their blood appear to be at a reduced risk of lung cancer, even if they smoke, a European study suggests.

High levels of Vitamin B6 and the amino acid methionine cut the risk by half, a study of 400,000 people suggested.

These occur naturally in nuts, fish and meat or can be taken as supplements.

But experts told the Journal of the American Medical Association that stopping smoking remained the best way of reducing lung cancer risk.

And, as yet, it is too early to say that taking vitamins would provide any extra protection, they say.

Higher vitamin levels could simply reflect healthier lifestyles.

More studies are needed before scientists can be confident that increasing levels of B-vitamins in the diet can reduce the risk of lung cancer, and also to understand why this might be, says the World Cancer Research Fund (WCRF) which was involved in the research.

<http://news.bbc.co.uk/2/hi/health/10318410.stm>

Olá a todos!

Vou seguir mais ou menos o que estou fazendo com as dicas do “Inglês – Começando do Zero”. Estou tentando mostrar como eu aprendi a fazer traduções livres. Vejam os vídeos, é interessante.

Abraços.

Adinoél

Passo 1: Marcar os artigos, os pronomes e a conjunção “AND”

Artigos = vermelho

Pronomes = verde

Conjunção = azul claro

Os artigos, pronomes e a conjunção “and” do Inglês são conhecidos desde o primeiro grau.

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Passo 2: Marcar as palavras conhecidas e/ou parecidas com as da língua portuguesa (em amarelo)
Palavras conhecidas = aquelas que aprendemos ainda no primeiro e segundo grau (por exemplo, verbo “to be = ser”) ou que está no nosso cotidiano (fachada de lojas, cardápios, etc – por exemplo o “sanduba” MacFisch).

Nossa! Quanta palavra dá para marcar. Assim ficará fácil a tradução.

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Passo 3: Fazer a tradução livre.

Apenas com as palavras marcadas já dá para entender que o texto fala sobre o câncer e sobre vitaminas.

Tradução Livre No. 591

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Risco de câncer de pulmão(=lung) cortado pela vitamina B

People with plenty of a B-vitamin in their blood appear to be at a reduced risk of lung cancer, even if they smoke, a European study suggests.

Pessoas com bastante(=plenty) vitamina B em seu sangue(=blood) parecem estar para reduzir o risco de câncer de pulmão, mesmo(=mesmo) se elas fumem, sugere um estudo europeu.

High levels of Vitamin B6 and the amino acid methionine cut the risk by half, a study of 400,000 people suggested.

Altos níveis de Vitamina B6 e do aminoácido “methionine” corta o risco pela metade(=half), sugeriu um estudo com 400.000 pessoas.

These occur naturally in nuts, fish and meat or can be taken as supplements.

Estas ocorrem naturalmente em nozes, peixe e carne ou pode ser conseguido com suplementos.

But experts told the Journal of the American Medical Association that stopping smoking remained the best way of reducing lung cancer risk.

Mas especialistas disseram ao “Jornal of the American Medical Association” que parando de fumar resta o melhor caminho para redução do risco de câncer de pulmão.

And, as yet, it is too early to say that taking vitamins would provide any extra protection, they say. E, até agora, é ainda muito cedo pra dizer que tomando vitaminas proveria alguma proteção extra, eles dizem.

Higher vitamin levels could simply reflect healthier lifestyles.

Altos níveis de vitaminas poderiam simplesmente refletir um estilo de vida saudável.

More studies are needed before scientists can be confident that increasing levels of B-vitamins in the diet can reduce the risk of lung cancer, and also to understand why this might be, says the World Cancer Research Fund (WCRF) which was involved in the research.

Mais estudos são necessários antes dos cientistas poderem estar confiantes de que aumentando os níveis de vitamina B na dieta possa reduzir o risco do câncer de pulmão, e também para entender porque isto aconteceria, diz o “World Cancer Research (WCRF)” o qual está envolvido na pesquisa.