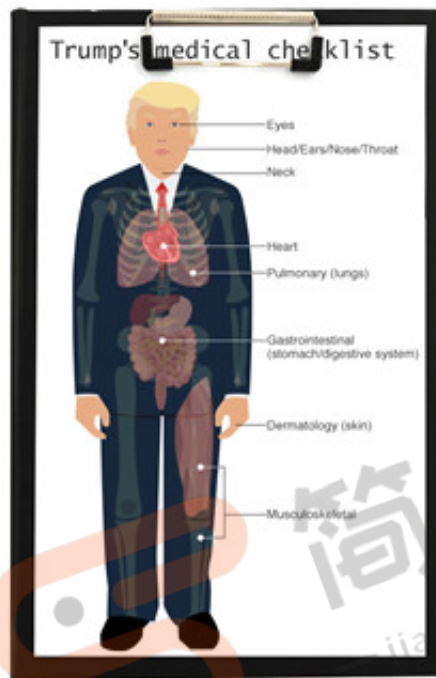


《唐纳德特朗普体检将会透露出什么信息》

本周五唐纳德特朗普将接受首次总统体检，喜忧参半，医生特别强调改善营养和加强体育锻炼的重要性。



Donald Trump will have his first presidential medical on Friday - so what should he expect?

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When President Trump sits down at the Walter Reed Medical Center in Bethesda, Maryland, he will have good news and bad for his doctor.

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Firstly, the good.

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He doesn't drink, and never has. He says he learned that from his older brother Fred - an alcoholic who died aged 43.

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Also, he doesn't smoke. "I watch people smoke," he said in 2015. "It looks terrible to me."

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Now for the bad news.

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A recent book revealed Mr Trump had "four major food groups" during his campaign. They were: McDonald's, Kentucky Fried Chicken, Pizza, Diet Coke.

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According to the book - co-authored by Corey Lewandowski, his former campaign manager - dinner could be "two Big Macs, two Filet-O-Fish, and a chocolate malted (milkshake)".

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That's 2,430 calories. The recommended daily intake for a man is 2,500.

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In addition, Mr Trump seems not to believe in exercise. Although he plays golf, he uses a buggy.

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According to one source, he believes the human body is "like a battery, with a finite amount of energy, which exercise only depletes".

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So, like we said. Good news and bad news.

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For a man with cupboards full of "Vienna Fingers, potato chips, and Oreos", the president seems to be in good

health.

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In September 2016 - two months before the election - he released his medical records.

2016?9????????????????????

His total cholesterol was 169 - anything under 200 is "desirable" - while his "good" and "bad" cholesterol were also healthy.

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Mr Trump's blood pressure (116/70) was in the "ideal" range, his liver and thyroid were normal, and his last colonoscopy revealed no problems.

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"In summary," wrote his long-time doctor Harold Bornstein, "Mr Trump is in excellent physical health."

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But Sara Kayat, a doctor from London, thinks Mr Trump is taking a chance. His diet, she says, sounds "awful".

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Not only is he eating food high in fat, and high in salt, he's less likely to eat fruit and vegetables - because he's consuming so much other food.

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"A diet low in fruit and veg, and high in saturated fat, is likely to contribute to coronary heart diseases, cancers, and diabetes."

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Mr Trump benefits from not smoking or drinking, says Dr Kayat. But exercise is vital.

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"Of course, alcohol and cigarettes are a main contributor to many conditions," she says.

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"But physical inactivity poses almost as much of a heart disease risk as smoking. It's the kind of thing people overlook, but it shouldn't be.

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"Physically inactive people are twice as likely to develop heart disease, compared to those who regularly exercise."

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So the human body is not like a battery with a finite amount of energy?

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"Not that I know of," replies Dr Kayat.

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"Certainly, over-exercising is likely to increase wear and tear in joints. We never recommend extreme exercising.

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"But regular 30-minute exercise, five days a week, is absolutely encouraged."

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Although President Trump's mental health has been questioned, today's medical will not check his mental fitness.

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"He's as sharp as a tack," a spokesman said. On Twitter, the president described himself another way: "A very stable genius."

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President Trump does not have to make his medical results public - but his spokeswoman said the White House doctor, Ronny Jackson, will give a "readout".

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(Dr Jackson released a two-page summary after President Obama's final medical in March 2016).

(?????2016?3?????????????????)?

So, if President Trump walked into Sara Kayat's office, what would she advise?

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"We know that by improving nutrition and physical activity, we're going to reduce the rates of disease - and death by chronic disease.

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"It's a matter of really emphasising that those two factors are as big as cigarette smoking.

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"Just because you think you're good at one aspect, it doesn't mean you can completely overlook the other aspects."

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