



12 ways to reduce your risk of dementia as it continues to rise

Description

Cases of dementia are a growing concern worldwide, with the number of people at risk expected to reach 139 million by 2050. The condition, which can lead to a decline in cognitive function, is influenced by various factors such as age, education level, and lifestyle choices. While there is no cure for dementia, researchers have identified 12 modifiable risk factors that could potentially prevent or delay its onset.

To reduce the risk of developing dementia, individuals are advised to engage in regular physical activity, maintain a healthy diet, build a strong support network, prioritize good sleep habits, and manage stress effectively. Taking breaks from the daily grind and prioritizing face-to-face social interactions are also essential for overall mental well-being.

As dementia cases continue to rise, caregivers and loved ones are also at risk of experiencing mental health challenges such as anxiety and depression. It is crucial for those around dementia patients to prioritize their own mental and physical health in order to provide the best care possible.

In conclusion, being proactive in adopting healthy lifestyle habits and seeking support when needed can play a vital role in reducing the risks associated with dementia.

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Vocabulary List:

1. **Dementia** // (noun): A decline in cognitive function.
2. **Modifiable** // (adjective): Capable of being changed or modified.
3. **Onset** // (noun): The beginning or start of something.
4. **Proactive** // (adjective): Taking action to control a situation rather than just responding to it.
5. **Caregivers** // (noun): Individuals who provide care and support to others especially those in need.
6. **Well-being** // (noun): The state of being comfortable healthy or happy.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is a fatal neurodegenerative disease affecting deer elk and moose?
Option: Mad Cow Disease
Option: Chronic Wasting Disease
Option: Zika Virus
Option: Lyme Disease
2. What is the proteinaceous infectious agent responsible for transmitting CWD?
Option: Prion
Option: Virus
Option: Bacterium
Option: Parasite
3. What is the term for completely eliminating CWD from a specific area?
Option: Mitigating
Option: Adapting
Option: Eradicating
Option: Supplementing
4. Which condition is characterized by a decline in cognitive function severe enough to interfere with daily life?
Option: Dementia
Option: Depression
Option: Anxiety
Option: Hypertension



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5. Which term describes something that is used to treat or relieve symptoms of a disease?
Option: Harmful
Option: Therapeutic
Option: Negligible
Option: Detrimental
6. What type of interventions are customized to meet the specific needs of an individual or group?
Option: Universal
Option: Generalized
Option: Adaptive
Option: Tailored
7. Which approach involves taking action to control a situation before it becomes a crisis?
Option: Reactive
Option: Inactive
Option: Passive
Option: Proactive
8. What is the ability to adapt and recover from adversity trauma or stress?
Option: Persistence
Option: Resilience
Option: Weakness
Option: Fragility
9. What refers to the statistical data of a population especially those relating to the groups within it?
Option: Biometric
Option: Demographic
Option: Geographic
Option: Economic
10. What is a general term encompassing the overall health and happiness of an individual or group?
Option: Discomfort
Option: Well-being
Option: Suffering
Option: Malaise

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. CWD is primarily spread through direct _____ among animals.
12. Proper disposal of deer carcasses is a _____ task to prevent the spread of CWD.



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13. Hunters should take necessary _____ while field dressing and processing deer.
 14. The _____ of CWD can range from a few months to over a year.
 15. Public health interventions must be _____ to ensure fair access to resources.
 16. Avoid prolonged _____ with deer or elk that may carry CWD.
 17. Developing effective CWD therapies would be a _____ achievement in the medical field.
 18. Ensuring the _____ of healthcare services is crucial for disease management.
 19. Drawing conclusions based on incomplete data may lead to _____ decisions.
 20. Regular exercise and healthy diet are examples of _____ in preventing dementia.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

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21. Venison is a popular choice for many hunters due to its lean and flavorful qualities.
22. Epidemiologists study patterns causes and effects of health and disease conditions in defined populations.
23. Effective interventions can help reduce the spread of CWD within wildlife populations.
24. People who are incarcerated may face unique challenges in accessing healthcare services.
25. Health disparities can lead to unequal access to quality healthcare among different population groups.
26. To enhance resilience it is important to diversify sources of support and coping mechanisms.
27. Launching an educational initiative can raise awareness about the risks of CWD in deer populations.
28. Exploring new therapies is essential to improve the quality of life for individuals with dementia.
29. Ensuring equal accessibility to healthcare services can help bridge the gap in disparities.
30. Caregivers play a vital role in supporting individuals with dementia and maintaining their well-being.

Answer

Multiple Choice: 1. Chronic Wasting Disease 2. Prion 3. Eradicating 4. Dementia 5. Therapeutic 6. Tailored 7. Proactive 8. Resilience 9. Demographic 10. Well-being

Gap-Fill: 11. contact 12. hefty 13. precautions 14. incubation period 15. equitable 16. cuddling 17. groundbreaking 18. accessibility 19. premature 20. modifiable risk factors

Matching sentence: 1. Venison 2. Epidemiologists 3. Interventions 4. Incarcerated 5. Disparities 6. Diversify 7. Initiative 8. Therapies 9. Accessibility 10. Caregivers

CATEGORY

1. Health - LEVEL4

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