



40% of U.S. Cancer Cases Tied to Smoking & Modifiable Risks

Description

A recent study by the American Cancer Society found that smoking and other factors like being overweight contributed to 40% of cancer cases in the US in 2019. The study looked at cancer cases and deaths in adults aged 30 and above. Risk factors included smoking, being overweight, drinking alcohol, eating unhealthy foods, and not being active. Smoking was the biggest risk factor, causing 19.3% of cancer cases and 28.5% of deaths. Being overweight caused 7.6% of cases. Lung cancer had the most cases linked to risk factors, followed by skin, colorectal, and bladder cancers. The researchers believe that many cancer cases can be prevented by making healthier choices. This study shows that changes in lifestyle can help reduce the number of people getting cancer.

Vocabulary List:

1. **Contributed** /kən'trɪb.ju:tɪd/ (verb): To give or supply in common with others.
2. **Overweight** /,oʊ.və'weɪt/ (adjective): Exceeding the normal or recommended weight.
3. **Risk** /rɪsk/ (noun): The possibility of suffering harm or loss.
4. **Unhealthy** /ʌn'helθi/ (adjective): Not conducive to good health.
5. **Researchers** /rɪ'sɜːr.tʃərz/ (noun): Individuals who conduct investigations or studies.
6. **Prevented** /prɪ'ventɪd/ (verb): To stop something from happening or coming about.

Comprehension Questions

Multiple Choice

1. What percentage of cancer cases in the US in 2019 were contributed by smoking and other factors?
Option: 20%
Option: 40%
Option: 60%
Option: 80%
2. Which age group did the study by the American Cancer Society focus on?
Option: Teenagers



- Option: Adults aged 20 and above
- Option: Adults aged 30 and above
- Option: Senior citizens

3. Which risk factor was identified as causing the most cancer cases and deaths in the study?

- Option: Drinking alcohol
- Option: Being overweight
- Option: Smoking
- Option: Not being active

4. Which type of cancer had the most cases linked to risk factors in the study?

- Option: Lung cancer
- Option: Breast cancer
- Option: Prostate cancer
- Option: Brain cancer

5. According to the study what percentage of deaths were caused by smoking?

- Option: 10.2%
- Option: 15.8%
- Option: 28.5%
- Option: 35.9%

6. Which lifestyle change can help reduce the number of people getting cancer according to the study?

- Option: Smoking more
- Option: Drinking more alcohol
- Option: Eating unhealthy foods
- Option: Making healthier choices

Answer

Multiple Choice: 1. 40% 2. Adults aged 30 and above 3. Smoking 4. Lung cancer 5. 28.5% 6. Making healthier choices

Vocabulary quizzes

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

1. Which term refers to a change in the genetic material of a virus?



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- Option: Mutation
Option: Hospitalizations
Option: Infections
Option: Dementia
2. What term describes individuals who are more susceptible to infections or diseases?
Option: Vulnerable
Option: Contagious
Option: Symptoms
Option: Transmission
3. Which term describes the ability of a disease to spread from person to person?
Option: Contagious
Option: Inflammation
Option: Serious
Option: Attacked
4. What term refers to the act of placing patients in a hospital for treatment?
Option: Symptoms
Option: Hospitalizations
Option: Understandings
Option: Prevented
5. Which term refers to the invasion and multiplication of harmful microorganisms in the body?
Option: Infections
Option: Cholesterol
Option: Obesity
Option: Versatile
6. What term describes how a disease is passed from one person to another?
Option: Traumatic
Option: Transmission
Option: Unhealthy
Option: Researchers
7. Which term describes the body's response to injury or infection causing redness and swelling?
Option: Inflammation
Option: Vaccinated
Option: Nutritional
Option: Moderation
8. Which term describes a condition that requires immediate attention or action?
Option: Serious



- Option: Isolation
- Option: Risk
- Option: Overweight

9. What term describes individuals who have received a preventive injection against a disease?

- Option: Dementia
- Option: Vaccinated
- Option: Versatile
- Option: Essential

10. Which term refers to the signs that indicate the presence of a disease or condition?

- Option: Contributed
- Option: Symptoms
- Option: Versatile
- Option: Calorie-dense

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

11. The virus _____ the immune system causing various health issues.
12. Proper _____ of the risks can help individuals make informed decisions.
13. Older adults may be at risk of developing _____ due to certain health conditions.
14. High levels of _____ can increase the risk of heart disease.
15. Regular exercise can help manage _____ and improve overall health.
16. _____ is associated with an increased risk of various health problems.
17. Individuals with contagious diseases may need to be placed in _____ to prevent spread.
18. Unhealthy eating habits _____ to the rise of obesity rates in the population.
19. Being _____ increases the likelihood of developing certain weight-related health conditions.



20. Exposure to certain environmental factors can elevate the _____ of certain diseases.

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

21. A diet high in processed foods and low in nutrients is often categorized as poor for health.
22. Scientists conducting studies to better understand the effects of a new drug are often referred to as this.
23. Regular exercise and a balanced diet can help reduce the likelihood of certain diseases.
24. Eating a variety of fruits vegetables and whole grains is essential for good health.
25. Yogurt is a versatile food that can be consumed as a snack or used in cooking.
26. Nuts and seeds are considered calorie-dense foods due to their high energy content.
27. Proteins fats and carbohydrates are considered essential nutrients for the body to function properly.
28. Consuming sugary treats in can be part of a healthy diet.
29. Witnessing a severe accident can have a impact on an individual's mental health.
30. Quinoa is a versatile grain that can be used in salads soups or as a side dish.

Answer

Multiple Choice: 1. Mutation 2. Vulnerable 3. Contagious 4. Hospitalizations 5. Infections 6. Transmission 7. Inflammation 8. Serious 9. Vaccinated 10. Symptoms

Gap-Fill: 11. Attacked 12. Understanding 13. Dementia 14. Cholesterol 15. Hypertension 16. Obesity 17. Isolation 18. Contributed 19. Overweight 20. Risk

Matching sentence: 1. Unhealthy 2. Researchers 3. Prevented 4. Nutritional 5. Versatile 6. Calorie-dense 7. Essential 8. Moderation 9. Traumatic 10. Versatile

CATEGORY

1. Health - LEVEL1

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