



6 Habits to Keep Your Brain Youthful at 70

Description

As we get older, different parts of our bodies age at different speeds. A new study shows that our lifestyle choices can affect how quickly our brains age.

Researchers from Sweden studied 70-year-olds without memory problems and found that keeping our blood vessels healthy can help our brains stay young. This means doing things like exercising regularly, eating well, not smoking, and controlling our blood sugar levels.

Older-looking brains were linked to not being active, having diabetes, having had a stroke, and having high inflammation and blood sugar levels. Men and women had different factors affecting their brain age, with glucose levels being more important for men. The researchers used AI technology to assess brain age from MRI scans.

Healthy blood vessels are important for protecting our brains and reducing the risk of dementia. Future research will focus on how social factors like relationships, sleep, and stress can affect brain resilience, especially for women.

The study was published in the *Alzheimer's & Dementia* journal.

Vocabulary List:

1. **Lifestyle** /'laɪf,staɪl/ (noun): The way in which a person or group lives.
2. **Inflammation** /,ɪnflə'meɪʃən/ (noun): A localized physical condition characterized by redness swelling heat and pain.
3. **Resilience** /rɪ'zɪl.jəns/ (noun): The ability to recover quickly from difficulties.
4. **Diabetes** /,daɪə'bi:tɪz/ (noun): A metabolic disease that causes high blood sugar.
5. **Assess** /ə'ses/ (verb): To evaluate or estimate the nature ability or quality of something.
6. **Dementia** /dɪ'menʃə/ (noun): A chronic or persistent disorder of the mental processes caused by brain disease or injury.

Comprehension Questions

Multiple Choice



1. What did researchers from Sweden study in relation to brain aging?
 - Option: Children
 - Option: 70-year-olds without memory problems
 - Option: Animals
 - Option: Plants

2. Which of the following is NOT mentioned as a way to help keep our brains young?
 - Option: Exercising regularly
 - Option: Eating well
 - Option: Smoking
 - Option: Controlling blood sugar levels

3. What did older-looking brains in the study appear to be linked to?
 - Option: Being active
 - Option: Having diabetes
 - Option: Never having had a stroke
 - Option: Low blood sugar levels

4. Which factor was found to be more important for men in affecting brain age?
 - Option: Exercising regularly
 - Option: Low inflammation levels
 - Option: High glucose levels
 - Option: High blood sugar levels

5. What technology did the researchers use to assess brain age?
 - Option: X-ray scans
 - Option: Ultrasound
 - Option: MRI scans
 - Option: CT scans

6. What is important for protecting our brains and reducing the risk of dementia?
 - Option: Eating fast food
 - Option: Healthy blood vessels
 - Option: Smoking cigarettes
 - Option: Avoiding physical activity

True-False



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7. Our lifestyle choices can impact how quickly our brains age.
 8. Both men and women had the same factors affecting their brain age.
 9. The study focused on how social factors like relationships, sleep, and stress can affect brain resilience only for women.
 10. Having high inflammation levels is beneficial for brain health.
 11. The study was published in the journal Alzheimer's & Dementia.
 12. Smoking is mentioned as a factor that can help keep our brains young.

Gap-Fill

14. Future research will focus on how social factors like relationships, sleep, and stress can affect brain resilience, especially for _____.
16. Keeping our blood vessels healthy can help our brains stay _____.
17. Researchers from _____ studied 70-year-olds without memory problems.
18. Healthy blood vessels are important for protecting our brains and reducing the risk of _____.

Answer

Multiple Choice: 1. 70-year-olds without memory problems 2. Smoking 3. Having diabetes 4. High glucose levels 5. MRI scans 6. Healthy blood vessels

True-False: 7. True 8. False 9. False 10. False 11. True 12. False

Gap-Fill: 14. women 16. young 17. Sweden 18. dementia

Vocabulary quizzes



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

1. Which disease is caused by the bacterium Treponema pallidum?
Option: Syphilis
Option: Norovirus
Option: Diabetes
Option: Dementia
2. Which term refers to something from a long time ago?
Option: Ancient
Option: Radiation
Option: Resilience
Option: Diabetes
3. Which process turns organic remains into minerals?
Option: Fossilized
Option: Exoskeleton
Option: Assess
Option: Contaminated
4. What is the term for being well-watered or retaining water?
Option: Hydrated
Option: Diabetes
Option: Inflammation
Option: Dementia
5. What are single-celled microorganisms called?
Option: Bacteria
Option: Preserved
Option: Diverse
Option: Survive
6. Which virus is known for causing stomach and intestinal inflammation?
Option: Norovirus
Option: Exoskeleton
Option: Ancient
Option: Syphilis
7. What energy is emitted by particles?
Option: Radiation
Option: Germ-free
Option: Urging



Option: Lifestyle

8. Which health condition is characterized by high blood sugar levels?

Option: Diabetes

Option: Dementia

Option: Embryos

Option: Disinfect

9. Which condition leads to a decline in cognitive function?

Option: Dementia

Option: Researcher

Option: Germ-free

Option: Survive

10. Which term refers to the ability to recover from difficulties?

Option: Resilience

Option: Bacteria

Option: Contaminated

Option: Syphilis

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

11. A sudden _____ of a disease in a specific population can lead to widespread concern.

12. The _____ collected data to analyze the results of the study.

13. Common _____ of the flu include fever cough and fatigue.

14. Chronic _____ can lead to serious health conditions if left untreated.

15. Health experts are _____ the public to get vaccinated against the flu.

16. Adopting a healthy _____ can reduce the risk of many chronic diseases.

17. Certain bacteria can _____ in extreme environments due to their adaptive abilities.

18. Avoid consuming _____ food or water to prevent foodborne illnesses.

19. The ancient artifacts were well _____ in specially designed containers.

20. Health professionals regularly _____ the risk factors associated with certain diseases.



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

21. Digital technologies have revolutionized the way people are globally .
22. Laboratory mice raised in a environment help scientists study the role of microbes in health.
23. Insects have an external skeletal structure called an for support and protection.
24. The detective carefully examined the crime scene for any that could lead to solving the case.
25. The researchers studied the development of frog to understand genetic processes.
26. It is important to surfaces regularly to prevent the spread of germs and viruses.
27. Colds are a illness especially during the winter months.
28. The Amazon rainforest is home to a range of plant and animal species.
29. The archaeologists unearthed an burial site dating back thousands of years.
30. The community showed great in rebuilding after the natural disaster.

Answer

Multiple Choice: 1. Syphilis 2. Ancient 3. Fossilized 4. Hydrated 5. Bacteria 6. Norovirus 7. Radiation 8. Diabetes 9. Dementia 10. Resilience

Gap-Fill: 11. outbreak 12. researcher 13. symptoms 14. inflammation 15. urging 16. lifestyle 17. survive 18. contaminated 19. preserved 20. assess

Matching sentence: 1. connected 2. germ-free 3. exoskeleton 4. clues 5. embryos 6. disinfect 7. common 8. diverse 9. ancient 10. resilience

CATEGORY

1. Health - LEVEL2

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