

## 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** /'laɪfˌstaɪl/ (noun): The way in which a person or group lives.
- 2. **Inflammation** /,ɪnfləˈmeɪʃən/ (noun): A localized physical condition characterized by redness swelling heat and pain.
- 3. Resilience /rɪˈzɪl.jəns/ (noun): The ability to recover quickly from difficulties.
- 4. Diabetes /,daɪə'biːtiːz/ (noun): A metabolic disease that causes high blood sugar.
- 5. Assess /ə'sɛs/ (verb): To evaluate or estimate the nature ability or quality of something.
- Dementia /dɪˈmɛnʃə/ (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**



- 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 fac	ctors like relationships, sleep, and stress can affect brain
resilience, especially for	EWS.
16. Keeping our blood vessels healthy can help	o our brains stay
17. Researchers from	studied 70-year-olds without memory problems.
18. Healthy blood vessels are important for pro	otecting 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 co	llected 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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