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## Tips to Lower Stroke Risk: Expert Advice

### Description

Having worked as a nurse in neurocritical care, I have personally witnessed the sudden and devastating impact of stroke on survivors and their caregivers.

Transitioning from nursing to a research role focusing on stroke, I have come to realize that there is a lack of awareness about stroke risk factors among the general population. Therefore, stroke prevention has become a critical public health priority.

Despite being a leading cause of death and disability in England, stroke is largely preventable. It is commonly associated with older age, but the incidence among adults under 55 years is on the rise.

Risk factors traditionally seen in older individuals, such as hypertension, high cholesterol, obesity, and smoking, are now increasingly prevalent in younger people. Additionally, lifestyle choices like heavy alcohol consumption and drug use can also contribute to stroke risk.

While some risk factors like age, sex, and family history are non-modifiable, there are proactive steps that individuals can take to reduce their risk of stroke. For instance, adopting a Mediterranean diet, maintaining a healthy weight, and getting regular exercise can all play a significant role in stroke prevention.

It is important to note that social factors, such as lower income and education levels, also contribute to an increased risk of stroke. Addressing these disparities in healthcare access is crucial in reducing stroke incidence across all demographics.

By making informed lifestyle choices and prioritizing cardiovascular health, individuals can significantly lower their risk of experiencing a stroke – ultimately safeguarding their well-being and quality of life.

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### Vocabulary List:

1. **Devastating** /'devə,steɪtɪŋ/ (adjective): Causing severe shock or distress.
2. **Incidence** /'ɪnsɪdəns/ (noun): The occurrence rate or frequency of a disease.
3. **Prevalent** /'preɪvələnt/ (adjective): Widespread in a particular area or at a particular time.
4. **Cardiovascular** /,kɑ:rdiə'væskjələr/ (adjective): Relating to the heart and blood vessels.
5. **Disparities** /dɪ'spærɪtiz/ (noun): Differences or inequalities in conditions treatments or outcomes.
6. **Proactive** /prəʊ'æktɪv/ (adjective): Creating or controlling a situation by taking the initiative.

### Comprehension Questions



### Multiple Choice

1. What is identified as a critical public health priority due to a lack of awareness about its risk factors among the general population?  
Option: Diabetes  
Option: Cancer  
Option: Stroke  
Option: Heart attack
2. Which age group is experiencing a rising incidence of stroke according to the text?  
Option: Under 30 years  
Option: Between 30-40 years  
Option: Between 40-50 years  
Option: Under 55 years
3. Which of the following is NOT mentioned as a traditional risk factor for stroke?  
Option: Hypertension  
Option: High cholesterol  
Option: Obesity  
Option: Diabetes
4. What lifestyle choice is mentioned as contributing to an increased stroke risk?  
Option: Regular exercise  
Option: Heavy alcohol consumption  
Option: Adopting a Mediterranean diet  
Option: Maintaining a healthy weight
5. What social factors are highlighted as contributing to an increased risk of stroke?  
Option: Higher income  
Option: Higher education levels  
Option: Lower income  
Option: Lower education levels
6. According to the text, which proactive steps can individuals take to reduce their risk of stroke?  
Option: Smoking  
Option: Heavy drug use  
Option: Eating fast food regularly  
Option: Adopting a Mediterranean diet



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### True-False

- 7. Stroke is largely preventable according to the text.
- 8. All risk factors for stroke mentioned in the text are modifiable.
- 9. Addressing healthcare access disparities can help reduce stroke incidence across all demographics.
- 10. Social factors like higher income are associated with an increased risk of stroke.
- 11. Maintaining a healthy weight has no significant impact on stroke prevention.
- 12. Family history is mentioned as a non-modifiable risk factor for stroke in the text.

### Gap-Fill

- 13. Stroke is commonly associated with \_\_\_\_\_ age, but the incidence among adults under 55 years is on the rise.
- 14. Adopting a Mediterranean diet, maintaining a healthy weight, and getting regular exercise can all play a \_\_\_\_\_ role in stroke prevention.
- 15. It is important to note that social factors, such as lower income and education levels, contribute to an increased risk of \_\_\_\_\_.
- 16. By making informed lifestyle choices and prioritizing cardiovascular health, individuals can significantly lower their risk of experiencing a \_\_\_\_\_.
- 17. Risk factors traditionally seen in \_\_\_\_\_ individuals, such as hypertension, high cholesterol, obesity, and smoking, are now increasingly prevalent in younger people.
- 18. While some risk factors like age, sex, and family history are non-\_\_\_\_\_, there are



proactive steps that individuals can take to reduce their risk of stroke.

## Answer

**Multiple Choice:** 1. Stroke 2. Under 55 years 3. Diabetes 4. Heavy alcohol consumption 5. Lower income 6. Adopting a Mediterranean diet

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

**Gap-Fill:** 13. older 14. significant 15. stroke 18. modifiable

## Vocabulary quizzes

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

1. Which term describes a severe and sudden event causing great damage or suffering?

Option: catastrophic

Option: criticality

Option: prevailing

Option: genesis

2. What is the term used to describe speed in a given direction?

Option: velocity

Option: dispersal

Option: interstellar

Option: adolescence

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

3. The \_\_\_\_\_ of change is a constant in life.

4. She has a natural \_\_\_\_\_ for music excelling in playing multiple instruments.

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

5. Studying the between two variables helps understand their relationship.

6. The puzzling left the team scratching their heads for a solution.



## Answer

**Multiple Choice:** 1. catastrophic 2. velocity

**Gap-Fill:** 3. inevitability 4. propensity

**Matching sentence:** 1. correlation 2. conundrum

## CATEGORY

1. Health - LEVEL5

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### Author

aimeeyoung99

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