

Beat Dementia: Top Habit for Lowering Risk Today

Description

While the spotlight often shines on preventing heart disease and cancer, the importance of brain health tends to be overlooked. Alzheimer's disease, a form of dementia, ranks seventh among leading causes of death in the United States. The Alzheimer's Association reports that nearly 7 million Americans are affected by this condition.

Genetics may play a role in your risk of Alzheimer's, but adopting a healthy lifestyle can help reduce the chances of developing dementia, regardless of genetic factors. Starting healthy habits early is crucial, as brain changes associated with Alzheimer's can begin two decades before symptoms appear.

The top habit you can start today to lower your risk of dementia is regular exercise. Physical activity not only benefits your heart and muscles but also enhances brain health by improving blood flow to the brain, potentially reducing the risk of cognitive decline. Various studies have linked physical activity to a lower incidence of dementia and improved cognition in older adults.

In addition to exercise, a balanced diet, quality sleep, social connections, and avoiding smoking and excessive alcohol intake are crucial for maintaining brain health. By incorporating these habits into your daily routine, you can protect your cognitive function and potentially ward off diseases like Alzheimer's. Remember, it's never too late to start prioritizing your brain health.

Vocabulary List:

- 1. **Dementia** /dr'men.ʃə/ (noun): A chronic or persistent disorder of the mental processes caused by brain disease or injury characterized by memory disorders personality changes and impaired reasoning.
- 2. **Cognitive** /'kpg.nɪ.tɪv/ (adjective): Relating to the mental processes of perception memory judgment and reasoning.
- 3. **Genetics** /dʒə'nɛtɪks/ (noun): The study of heredity and the variation of inherited characteristics.
- 4. Incidence /'In.si.dəns/ (noun): The occurrence rate or frequency of a disease crime or something else.
- 5. Prioritizing /praɪˈɔːr.ɪ.taɪ.zɪŋ/ (verb): Designating or treating something as more important than other things.
- 6. **Enhanced** /In'hænst/ (verb): To improve the quality value or extent of something.

Comprehension Questions



Multiple Choice

1. What is the rank of Alzheimer's disease among leading causes of death in the United States?

Option: First
Option: Seventh
Option: Third
Option: Tenth

2. When do brain changes associated with Alzheimer's disease begin before symptoms appear?

Option: 10 years Option: 5 years Option: 20 years Option: 1 year

3. Which of the following is NOT mentioned as a crucial habit for maintaining brain health in the text?

Option: Regular exercise
Option: Unhealthy diet
Option: Quality sleep

Option: Social connections

4. How many Americans are affected by Alzheimer's disease according to the Alzheimer's Association?

Option: 5 million Option: 10 million Option: 7 million Option: 2 million

5. What is the top habit recommended in the text for lowering the risk of dementia?

Option: Eating fast food regularly

Option: Regular exercise
Option: Watching TV all day

Option: Avoiding social interactions

6. What can physical activity help improve in addition to heart and muscles according to the text?

Option: Digestive system
Option: Brain health

Option: Vision
Option: Hearing



True-False

- 7. Alzheimer's disease is a form of cancer.
- 8. Genetics do not play a role in the risk of developing Alzheimer's disease.
- 9. Starting healthy habits early is not important in reducing the risk of dementia.
- 10. Quality sleep is mentioned as a crucial habit for maintaining brain health.
- 11. Avoiding excessive alcohol intake is important for maintaining brain health.
- 12. It is never too late to start prioritizing brain health according to the text.

Gap-Fill

13. Alzheimer's disease ranks	among the leading causes of death in the United
States.	
14. Brain changes associated with Alzheimer's	s can begin before symptoms
appear.	
15. Regular exercise benefits brain health by	improving blood flow to the brain, potentially reducing the ris
of decline.	
16. A balanced diet, quality sleep, social conn	nections, and avoiding smoking and excessive alcohol intake
are crucial for maintaining	health.
17. Starting healthy habits early is	for reducing the chances of developing
dementia.	



18. By incorporating these habits into your daily routine, you can protect your _____

function and potentially ward off diseases like Alzheimer's.

Answer

Multiple Choice: 1. Seventh 2. 20 years 3. Unhealthy diet 4. 7 million 5. Regular exercise 6. Brain health

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

Gap-Fill: 13. seventh 14. two decades 15. cognitive 16. brain 17. crucial

Vocabulary quizzes

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

1. Who directed the movie "Inception"?

Option: Christopher Nolan Option: Steven Spielberg Option: Quentin Tarantino Option: Martin Scorsese

2. Which medical condition is characterized by a decline in cognitive abilities?

Option: Dementia
Option: Diabetes
Option: Hypertension
Option: Arthritis

3. Which molecule is responsible for transferring genetic information from the nucleus to the cytoplasm?

Option: DNA
Option: RNA
Option: Protein

Option: Carbohydrate

4. What term refers to the enforcement of rules or laws in a system?

Option: Adaptation Option: Regulation Option: Innovation Option: Delegation

5. What is the significance of emphasizing the role of education?



Option: Insignificance
Option: Unimportance
Option: Importance
Option: Irrelevance

6. What is the process of moving people or goods from one place to another called?

Option: Communication Option: Transportation Option: Acquisition Option: Transfer

7. What term describes a mutual relationship or connection between two or more things?

Option: Isolation Option: Segregation Option: Correlation Option: Disintegration

8. Which term refers to changes in DNA that can lead to variations in traits? NEWS.CC

Option: Stabilization Option: Mutations

Option: Standardization Option: Normalizations

9. Which term is used to measure or quantify a particular attribute or phenomenon?

Option: Subjective Option: Qualitative Option: Quantitative

Option: Metric

10. What process involves conducting trials or tests to explore new ideas or hypotheses?

Option: Imitating

Option: Experimenting Option: Stagnating Option: Conforming

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

11. Individuals with weakened immune systems are n	nore to infections
12. The new software features	security measures to protect user data.



The of the event required meticulous planning and coordination.			
14. Antibiotics are commonly used to treat bacterial			
15. The engine is a crucial	of a car that	powers its movement.	
16. The company aims to	its position in	the market through strategic acquisitions.	
17. The new design will focus on	user fe	eedback to improve functionality.	
18. The first phase of the project	was successful and the	stages will commence	
next month.			
19. Regular exercise is	for maintaining	a healthy lifestyle.	
20. Effective time management i	nvolves	tasks based on their importance and	
urgency.			

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



- 21. Emergency services arrived at the scene to provide immediate assistance.
- 22. The study focused on how memory and perception are related to brain function.
- 23. The research explored how DNA influences hereditary traits.
- 24. The report highlighted a sudden increase in reported cases of the disease.
- 25. The new treatment methods aimed to provide relief and promote healing.
- 26. Doctors advised taking preventive measures to avoid potential risks.
- 27. The research team works together to share expertise and achieve common goals.
- 28. The bulge in the wall indicated a possible structural weakness.
- 29. The company aims to strengthen its position by integrating resources and strategies.
- 30. The dance performance required precise coordination of movements and music.

Answer

Multiple Choice: 1. Christopher Nolan 2. Dementia 3. RNA 4. Regulation 5. Importance 6. Transportation 7. Correlation 8. Mutations 9. Metric 10. Experimenting

Gap-Fill: 11. susceptible 12. enhanced 13. orchestration 14. infections 15. component 16. consolidate 17. incorporating 18. subsequent 19. vital 20. prioritizing

Matching sentence: 1. Intervention 2. Cognitive 3. Genetics 4. Incidence 5. Therapeutic 6. Precautions 7. Collaborates 8. Protrusion 9. Consolidate 10. Orchestration

CATEGORY

1. Health - LEVEL4

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