



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** /dɪ'men.fə/ (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** /'kɒg.nɪ.tɪv/ (adjective): Relating to the mental processes of perception memory judgment and reasoning.
3. **Genetics** /dʒə'netɪks/ (noun): The study of heredity and the variation of inherited characteristics.
4. **Incidence** /'ɪn.sɪ.dəns/ (noun): The occurrence rate or frequency of a disease crime or something else.
5. **Prioritizing** /praɪ'ɔːr.i.taɪ.zɪŋ/ (verb): Designating or treating something as more important than other things.
6. **Enhanced** /ɪn'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 can begin _____ before symptoms appear.
- 15. Regular exercise benefits brain health by improving blood flow to the brain, potentially reducing the risk of _____ decline.
- 16. A balanced diet, quality sleep, social connections, 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?

- 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 more _____ to infections.

12. The new software features _____ security measures to protect user data.



-
13. 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 feedback 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 involves _____ 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

Date Created

2024/10/09

Author

aimeeyoung99