



Boost Gut Health: Yoghurt Proven to Reduce Bowel Cancer Risk

Description

In light of recent exciting findings that a glass of milk might help reduce cancer risk, a [new study](#) suggests that yoghurt could play a role in lowering the risk of colorectal cancer. The rise in colorectal cancer cases among those under 55, which has doubled globally, raises pressing questions about risk reduction.

Research indicates that regularly consuming yoghurt might offer protection against aggressive forms of colorectal cancer by influencing the [gut microbiome](#), the collection of bacteria residing in the gut. This balance is vital, as the gut microbiome significantly impacts digestion, immune response, and cancer risk.

Yoghurt is packed with live cultures, like *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, which help maintain a healthy gut ecosystem. A noteworthy finding of the study is that consuming two or more servings of yoghurt weekly is linked to a lower risk of aggressive colorectal cancer on the right side of the colon, which often comes with a poor prognosis.

The research, analyzing over 150,000 individuals across decades, suggests long-term yoghurt consumption positively modifies the gut microbiome. Yet, not all colorectal cancers see reduced risk; yoghurt is particularly beneficial against "Bifidobacterium-positive proximal colon cancer," a form with low survival rates.

Yoghurt's health benefits extend beyond cancer prevention. Rich in calcium, it supports bone health and might reduce osteoporosis risk. Additionally, yoghurt consumption correlates with lower blood pressure and cardiovascular disease risk, with some studies hinting at benefits against type 2 diabetes.

However, it's wise to opt for plain, unsweetened yoghurt to avoid added sugars that can counteract health benefits. Choosing yoghurts with live cultures ensures maximum health advantages.

Incorporating yoghurt into a balanced diet, alongside exercise and a diverse intake of fruits and vegetables, could be a practical step towards a healthier lifestyle. While not a cure-all, yoghurt is a nutritious option contributing to overall well-being.

Vocabulary List:

1. **Microbiome** /'maɪ.kroʊ.baɪ.oʊm/ (noun): A community of microorganisms residing in a particular environment especially within the gut.
2. **Colorectal** /,kɒl.ə'rek.təl/ (adjective): Relating to the colon and rectum.
3. **Prognosis** /prɒɡ'nɒsɪs/ (noun): The likely outcome or course of a medical condition.
4. **Ecosystem** /'iː.kəʊ.sɪs.təm/ (noun): A biological community of interacting organisms and their physical environment.



5. **Osteoporosis** /ˌɑːsti.oo.pəˈroʊ.sɪs/ (noun): A medical condition in which the bones become brittle and fragile from loss of tissue.
6. **Correlates** /ˈkɔːr.ə.leɪts/ (verb): To show that a relationship exists between two variables.

Comprehension Questions

Multiple Choice

1. What is one of the findings regarding yoghurt and colorectal cancer?
Option: It worsens the risk of aggressive forms of cancer.
Option: It has no impact on colorectal cancer risk.
Option: It may lower the risk of aggressive colorectal cancer on the right side of the colon.
Option: It increases the risk of osteoporosis.
2. What type of bacteria found in yoghurt can help maintain a healthy gut ecosystem?
Option: Escherichia coli
Option: Bacillus cereus
Option: Lactobacillus bulgaricus
Option: Staphylococcus aureus
3. How many servings of yoghurt per week are linked to a lower risk of aggressive colorectal cancer on the right side of the colon?
Option: One serving
Option: Two or more servings
Option: Three servings
Option: No specific amount mentioned
4. What is one of the benefits of yoghurt consumption mentioned in the text?
Option: Increased blood pressure
Option: Lower risk of cardiovascular disease
Option: Risk of type 1 diabetes
Option: Risk of osteoporosis
5. What is recommended in choosing yoghurt to maximize health benefits?
Option: Plain, unsweetened yoghurt
Option: Flavored yoghurt with added sugars
Option: Non-dairy yoghurt



Option: Yoghurt with artificial colors

6. Yoghurt consumption may be beneficial against which form of colorectal cancer?

Option: Colon cancer without Bifidobacterium

Option: Bifidobacterium-negative proximal colon cancer

Option: Bifidobacterium-positive proximal colon cancer

Option: Bifidobacterium-positive distal colon cancer

True-False

7. Regularly consuming yoghurt can influence the gut microbiome, impacting digestion and cancer risk.

8. Yoghurt consumption does not offer any benefits beyond cancer prevention.

9. Choosing yoghurts with live cultures is recommended to maximize health advantages.

10. Yoghurt may increase the risk of aggressive colorectal cancer on the left side of the colon.

11. Yoghurt is not a recommended option for overall well-being.

12. Yoghurt is rich in calcium, which supports bone health and may reduce the risk of osteoporosis.

Answer

Multiple Choice: 1. It may lower the risk of aggressive colorectal cancer on the right side of the colon.
2. Lactobacillus bulgaricus 3. Two or more servings 4. Lower risk of cardiovascular disease 5. Plain, unsweetened yoghurt 6. Bifidobacterium-positive proximal colon cancer

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

Vocabulary quizzes

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

1. What term describes a feeling of uplift or support?



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- Option: Consequences
Option: Efficiency
Option: Buoyed
Option: Innovative
2. Which word best describes something crucial or essential?
Option: Susceptible
Option: Cardiovascular
Option: Vital
Option: Mitigate
3. What refers to the act of withstanding force or pressure?
Option: Antioxidants
Option: Resistance
Option: Correlates
Option: Holistic
4. Which term is used to describe a community of organisms interacting within an environment?
Option: Microbiome
Option: Ecosystem
Option: Mitigating
Option: Prudence
5. What refers to the mental process of acquiring knowledge and understanding?
Option: Lymphatics
Option: Neurodegenerative
Option: Cognition
Option: Propensity
6. Which term indicates a natural inclination or tendency towards something?
Option: Propensity
Option: Exacerbates
Option: Interaction
Option: Metric
7. What word describes a state of extreme tiredness or exhaustion?
Option: Fatigued
Option: Mitigate
Option: Osteoporosis
Option: Mitigating
8. Which term describes an approach that considers the whole system rather than individual parts?
Option: Colorectal
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- Option: Holistic
- Option: Lymphatics
- Option: Neurodegenerative

9. What term relates to the heart and blood vessels?

- Option: Cardiovascular
- Option: Cautioning
- Option: Efficiency
- Option: Correlates

10. What word describes the introduction of new ideas or methods?

- Option: Antioxidants
- Option: Holistic
- Option: Tata Group
- Option: Innovative

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

11. The company implemented strategies to _____ the effects of the economic downturn.
12. Individuals with weakened immune systems are more _____ to infections.
13. Failing to submit the report on time may have serious _____.
14. Regular screenings can help in the early detection of _____ cancer.
15. Alzheimer's disease is a common _____ disorder that affects memory and cognition.
16. The study aimed to identify factors that _____ with increased job satisfaction.
17. Consuming sufficient calcium and vitamin D can help prevent _____.
18. _____-6 is a cytokine involved in the regulation of immune responses.
19. The _____ system plays a key role in maintaining fluid balance and immunity.
20. The company prides itself on its _____ approach to product design.



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

21. The diversity of bacteria and other microorganisms in the gut contribute to overall health.
22. The protective layers surrounding the brain and spinal cord are known as the meninges.
23. The new software system significantly improved the efficiency of our workflow.
24. The doctor issued a cautioning statement about the potential side effects of the medication.
25. The government introduced policies aimed at mitigating the impact of climate change.
26. Fruits like berries are rich in antioxidants that help protect cells from damage.
27. The doctor provided a positive prognosis for the patient's recovery.
28. The holistic approach to healthcare considers the physical mental and emotional well-being of individuals.
29. Regular exercise mitigates the risk of developing certain chronic diseases.
30. The social interaction among team members improved collaboration and productivity.

Answer

Multiple Choice: 1. Buoyed 2. Vital 3. Resistance 4. Ecosystem 5. Cognition 6. Propensity 7. Fatigued 8. Holistic 9. Cardiovascular 10. Innovative

Gap-Fill: 11. mitigate 12. susceptible 13. consequences 14. colorectal 15. neurodegenerative 16. correlate 17. osteoporosis 18. Interleukin 19. lymphatic 20. innovative

Matching sentence: 1. Microbiome 2. Meningeal 3. Efficiency 4. Cautioning 5. Mitigating 6. Antioxidants 7. Prognosis 8. Holistic 9. Mitigates 10. Interaction

CATEGORY

1. Health - LEVEL4

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Author

aimeeyoung99