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# Common Causes of Lung Cancer: Risks Associated with Smoking and Nonsmoking

## Description

Lung cancer is a common issue in the United States, with a quarter of a million new cases expected in 2024. While most cases occur in people over 65, it's crucial to understand the risks associated with this disease. Smoking remains a leading cause of lung cancer, but other factors like genetics and exposure to certain substances can also play a role. Recognizing the symptoms early on is key for effective treatment. Symptoms include a persistent cough, chest pain, and unexplained weight loss. Quitting smoking can significantly reduce the risk of developing lung cancer. Experts recommend seeking medical advice for lung cancer screening, especially for long-time smokers. By catching the disease early, treatment options are more likely to be successful. Stay informed about lung cancer and take proactive steps for your health.

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## Vocabulary List:

1. **Crucial** /'kru:ʃəl/ (adjective): Of great importance or essential.
2. **Exposure** /ɪk'spoʊ.ʒər/ (noun): The state of being exposed to something.
3. **Symptom** /'sɪmptəm/ (noun): A sign of the presence of a disease or condition.
4. **Persistent** /pə'rɪstənt/ (adjective): Continuing firmly or obstinately in an opinion or course of action.
5. **Significantly** /sɪg'nɪfɪkəntli/ (adverb): In a way that is sufficiently great or important to be worthy of attention.
6. **Proactive** /prəʊ'æktɪv/ (adjective): Creating or controlling a situation by causing something to happen rather than responding to it after it has happened.

## Comprehension Questions

### Multiple Choice

1. What is a leading cause of lung cancer?  
Option: Genetics  
Option: Exposure to certain substances  
Option: Quitting smoking  
Option: Smoking



2. Which age group is most susceptible to lung cancer?

- Option: Under 30
- Option: Between 40-50
- Option: Over 65
- Option: Between 50-60

3. What are common symptoms of lung cancer?

- Option: Fever and headache
- Option: Persistent cough chest pain unexplained weight loss
- Option: Joint pain and fatigue
- Option: Nausea and vomiting

4. How can the risk of developing lung cancer be reduced significantly?

- Option: Exercising regularly
- Option: Eating a high-sugar diet
- Option: Quitting smoking
- Option: Avoiding outdoor activities

5. What is recommended for long-time smokers to detect lung cancer early?

- Option: Regular exercise
- Option: Quitting smoking immediately
- Option: Medical advice for lung cancer screening
- Option: Changing diet

6. What can increase the likelihood of successful treatment for lung cancer?

- Option: Ignoring symptoms
- Option: Seeking medical advice early
- Option: Self-medicating
- Option: Avoiding doctors

## Answer

**Multiple Choice:** 1. Smoking 2. Over 65 3. Persistent cough chest pain unexplained weight loss 4. Quitting smoking 5. Medical advice for lung cancer screening 6. Seeking medical advice early

## Vocabulary quizzes



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

1. What is the key principle behind maintaining a balanced lifestyle?  
Option: A) Hydration  
Option: B) Moderation  
Option: C) Aggressiveness  
Option: D) Deprivation
2. Which approach involves taking actions to prevent issues before they occur?  
Option: A) Reactive  
Option: B) Proactive  
Option: C) Injuries  
Option: D) Incidence
3. What term refers to the total number of individuals within a specific area?  
Option: A) Concerning  
Option: B) Population  
Option: C) Well-being  
Option: D) Demographics
4. What are indications of a condition or disease experienced by an individual?  
Option: A) Symptoms  
Option: B) Caffeine  
Option: C) Exposure  
Option: D) Plasticity
5. Which term refers to the quantity or amount of something?  
Option: A) Volume  
Option: B) Balanced  
Option: C) Manage  
Option: D) Contracted
6. Accidents or traumas that cause harm to the body are commonly known as:  
Option: A) Injuries  
Option: B) Proactive  
Option: C) Equating  
Option: D) Deprivation
7. Which term refers to making two things equal or equivalent to each other?  
Option: A) Persistent  
Option: B) Equating  
Option: C) Volume



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Option: D) Symptoms

8. What term describes the mental action or process of acquiring knowledge?

- Option: A) Implication
- Option: B) Significantly
- Option: C) Caffeine
- Option: D) Cognition

9. Which word is used to describe being subjected to something especially something unpleasant?

- Option: A) Exposure
- Option: B) Well-being
- Option: C) Outbreak
- Option: D) Crucial

10. What term represents something of great importance or necessary significance?

- Option: A) Population
- Option: B) Crucial
- Option: C) Moderation
- Option: D) Persistent

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

11. It is important to stay \_\_\_\_\_ especially during hot weather to maintain good health.

12. An \_\_\_\_\_ of a contagious disease can lead to widespread panic and health concerns in a community.

13. The discovery of new evidence had serious \_\_\_\_\_ for the outcome of the trial.

14. She \_\_\_\_\_ the flu after being in close contact with an infected individual.

15. His \_\_\_\_\_ cough was a cause for concern prompting him to visit the doctor.

16. The latest reports about the environmental impact of the factory are very \_\_\_\_\_.

17. The \_\_\_\_\_ of diabetes has been increasing steadily in the past decade.

18. Marketers study the \_\_\_\_\_ of their target audience to tailor their advertising strategies.



19. The new regulations will \_\_\_\_\_ impact how businesses operate in the region.
20. Sleep \_\_\_\_\_ can have negative effects on a person's mood and cognitive function.

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

21. A diet that includes a variety of nutrients in the right proportions is necessary for good health.
22. Effective time is crucial for maintaining productivity and reducing stress.
23. Regular exercise and proper nutrition are essential for overall health and .
24. The team adopted an marketing strategy to gain a competitive edge in the market.
25. Anticipating challenges and taking preventive measures is part of being in problem-solving.
26. The brain's ability to adapt and reorganize itself is known as neuroplasticity or brain .
27. His efforts paid off as he finally achieved his long-term goal.
28. Many people rely on for the temporary boost in alertness it provides.
29. The loud of the music at the concert caused discomfort to some attendees.
30. She was to new ideas and experiences during her travels broadening her perspectives.

## Answer

**Multiple Choice:** 1. B) Moderation 2. B) Proactive 3. B) Population 4. A) Symptoms 5. A) Volume 6. A) Injuries 7. B) Equating 8. D) Cognition 9. A) Exposure 10. B) Crucial

**Gap-Fill:** 11. Hydrated 12. Outbreak 13. Implication 14. Contracted 15. Persistent 16. Concerning 17. Incidence 18. Demographics 19. Significantly 20. Deprivation

**Matching sentence:** 1. Balanced 2. Manage 3. Well-being 4. Aggressive 5. Proactive 6. Plasticity 7. Persistent 8. Caffeine 9. Volume 10. Exposed

## CATEGORY

1. Health - LEVEL1

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