
Crucial Dementia Symptoms Families Must Spot This Christmas

Description

As families gather during the festive period, the NHS is encouraging vigilance for signs of dementia among loved ones. Recent figures reveal a significant increase in diagnoses, with 499,068 individuals in England now diagnosed—19,416 more than last year.

Care Minister Stephen Kinnock has emphasized the importance of early detection, stating it is crucial for securing timely access to needed care and support. Typical symptoms include memory lapses, irritability, difficulty keeping up with conversations, and confusion regarding time and place.

NHS England's national clinical director for dementia, Dr. Jeremy Isaacs, highlighted that dementia often progresses subtly, making it hard to notice during brief encounters. However, the Christmas period, when families reunite after months apart, presents an opportune moment to detect these early warning signs.

Alzheimer's Research UK reports that dementia was the leading cause of death in the UK in 2023, with 75,393 fatalities compared to 74,261 in the previous year. Jennifer Keen, head of policy at Alzheimer's Society, supports the initiative to raise awareness about symptoms detection. She acknowledges that while Christmas is ideally a joyous time for family gatherings, it may also bring to light concerning changes in loved ones' health.

Alzheimer's disease, a form of dementia, is characterized by the progressive degeneration of brain cells due to abnormal protein build-up. This disruption leads to shrinking of the brain, affecting memory, orientation, and cognitive functions. Although the progression is slow, symptoms such as significant memory loss, disorientation, and mood swings can become apparent over time. Ultimately, most patients will require round-the-clock care.

This festive season, families are urged to be vigilant, potentially recognizing early symptoms that could pave the way for prompt intervention and support.



Vocabulary List:

1. **Vigilance** /'vɪdʒ.ɪ.ləns/ (noun): The action or state of keeping careful watch for possible danger or difficulties.
2. **Diagnosis** /,daɪ.əg'nɒs.sɪs/ (noun): The identification of the nature of an illness or other problem by examination of the symptoms.
3. **Cognitive** /'kɒg.nɪ.tɪv/ (adjective): Relating to the mental action or process of acquiring knowledge and understanding through thought experience and the senses.
4. **Progression** /prə'ɡreʃ.ən/ (noun): The process of developing or moving gradually towards a goal or to a more advanced state.
5. **Symptoms** /'sɪmptəmz/ (noun): A physical or mental feature that is regarded as indicating a condition of disease.
6. **Intervention** /,ɪn.tə'veɪn.jən/ (noun): The action of intervening especially to improve a situation.

Comprehension Questions

Multiple Choice

1. What is one of the typical symptoms of dementia mentioned in the text?
Option: Loss of appetite
Option: Memory lapses
Option: Heightened sense of smell
Option: Improved coordination
2. Who highlighted the importance of early detection of dementia?
Option: Jeremy Isaacs
Option: Stephen Kinnock
Option: Jennifer Keen
Option: Ratan Naval Tata
3. What was the leading cause of death in the UK in 2023 according to Alzheimer's Research UK?
Option: Cancer
Option: Dementia
Option: Heart disease
Option: COVID-19
4. What part of the brain is affected by Alzheimer's disease?



- Option: Cerebellum
- Option: Frontal lobe
- Option: Hippocampus
- Option: Medulla oblongata

5. What role does Jennifer Keen have according to the text?

- Option: Care Minister
- Option: National clinical director for dementia
- Option: Head of policy at Alzheimer's Society
- Option: Chairman of Tata Group

6. Which group urges families to be vigilant during the festive season for signs of dementia?

- Option: Alzheimer's Research UK
- Option: NHS England
- Option: Tata Group
- Option: WHO

True-False

- 7. Alzheimer's disease is a form of dementia.
- 8. Dementia always progresses abruptly, making it easy to notice in brief encounters.
- 9. Jennifer Keen supports the initiative to raise awareness about the detection of dementia symptoms.
- 10. Christmas is not considered an ideal time to detect early warning signs of dementia.
- 11. Most patients with dementia will not require round-the-clock care.
- 12. Stephen Kinnock was the interim chairman of Tata Group.

Gap-Fill

16. Alzheimer's disease is characterized by the progressive degeneration of brain cells due to abnormal protein build-up, leading to shrinking of the _____ .



18. Early detection of dementia is crucial for securing timely access to needed _____ and support.

Answer

Multiple Choice: 1. Memory lapses 2. Stephen Kinnock 3. Dementia 4. Hippocampus 5. Head of policy at Alzheimer's Society 6. NHS England

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

Gap-Fill: 16. brain 18. care

Vocabulary quizzes

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

1. What can lead to genetic variations in living organisms?

Option: Infections

Option: Capabilities

Option: Adapt

Option: Transmission

2. Which illness is caused by a viral infection affecting the respiratory system?

Option: Contagion

Option: Tragic

Option: Vigilance

Option: Influenza

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

3. Living organisms _____ to their environment over time.

4. In order to prevent the spread of diseases it is important to maintain _____ and follow health guidelines.

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

5. The _____ of the virus was traced back to a particular location.



6. The doctor performed various tests to confirm the of the disease.

Answer

Multiple Choice: 1. Infections 2. Influenza

Gap-Fill: 3. Adapt 4. Vigilance

Matching sentence: 1. Transmission 2. Diagnosis

CATEGORY

1. Health - LEVEL4

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