



Crucial Dementia Symptoms Families Must Spot This Christmas

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'nɒʊ.sɪs/ (noun): The identification of the nature of an illness or other problem by examination of the symptoms.
3. **Cognitive** /'kɒɡ.nɪ.tɪv/ (adjective): Relating to the mental action or process of acquiring knowledge and understanding through thought experience and the senses.
4. **Progression** /prə'grɛʃ.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

CATEGORY

- 1. Health - LEVEL4

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