



Daily Ham Consumption Increases Type 2 Diabetes Risk: Study

Description

Eating processed or red meat can increase the risk of type 2 diabetes. A large study showed that having just two slices of ham a day can make the danger go up by 15%. Experts from the University of Cambridge led the research, which involved 2 million people worldwide. Type 2 diabetes is a serious health problem that can lead to blindness, heart attacks, kidney failure, strokes, and amputation. It is important to have a healthy weight, be active, and eat well to lower the risk of this disease. The study found that eating less processed and red meat can help prevent type 2 diabetes.

The research was published in the Lancet Diabetes & Endocrinology journal. It showed that having 50g of processed meat daily can increase the risk of type 2 diabetes by 15% in the next 10 years. Eating 100g of red meat a day can increase the risk by 10%. It is best to limit how much processed and red meat we eat to stay healthy and avoid type 2 diabetes.

Vocabulary List:

1. **Processed** /'prɒsɛst/ (adjective): Having undergone a series of mechanical or chemical operations on something to change its form or properties.
2. **Diabetes** /ˌdaɪəˈbiːtiːz/ (noun): A medical condition characterized by high levels of sugar in the blood.
3. **Risk** /rɪsk/ (noun): The possibility of something unpleasant or harmful happening.
4. **Heart Attacks** /hɑːrt ə'tæks/ (noun): A medical emergency that occurs when blood flow to the heart is blocked.
5. **Kidney Failure** /'kɪdni 'feɪljər/ (noun): A medical condition in which the kidneys stop functioning properly.
6. **Amputation** /ˌæmpjʊ'teɪʃən/ (noun): The surgical removal of a limb or part of a limb.

Comprehension Questions

Multiple Choice

1. According to the study mentioned how much can the risk of type 2 diabetes go up by if someone has just two slices of ham a day?

- Option: 5%
- Option: 10%
- Option: 15%



Option: 20%

2. Who led the research on the relationship between processed/red meat and type 2 diabetes?

- Option: Harvard University
- Option: University of Cambridge
- Option: Oxford University
- Option: Stanford University

3. How many people were involved in the study related to processed/red meat and type 2 diabetes?

- Option: 500,000 people
- Option: 1 million people
- Option: 2 million people
- Option: 5 million people

4. What serious health problems can type 2 diabetes lead to as mentioned in the content?

- Option: Acne and hair loss
- Option: Blindness and heart attacks
- Option: Joint pain and allergies
- Option: Migraines and backaches

5. Where was the research related to processed/red meat and type 2 diabetes published?

- Option: New England Journal of Medicine
- Option: The Lancet Diabetes & Endocrinology journal
- Option: Journal of the American Medical Association
- Option: British Medical Journal

6. How much can the risk of type 2 diabetes increase if someone consumes 100g of red meat daily according to the study?

- Option: 5%
- Option: 8%
- Option: 10%
- Option: 12%

Answer

Multiple Choice: 1. 15% 2. University of Cambridge 3. 2 million people 4. Blindness and heart attacks
5. The Lancet Diabetes & Endocrinology journal 6. 10%

Vocabulary quizzes



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

1. Which medical condition is characterized by high blood sugar levels?
Option: Diabetes
Option: Obesity
Option: Asthma
Option: Arthritis
2. What term is used to describe a permanent alteration in the DNA sequence?
Option: Inflammation
Option: Mutation
Option: Complications
Option: Vaccine
3. Which hormone is released in response to stress or low blood-glucose concentration?
Option: Amputation
Option: Cortisol
Option: Puffiness
Option: HPV
4. What type of substance is administered to stimulate the production of antibodies and provide immunity against a specific disease?
Option: Moderating
Option: Vaccine
Option: Supplement
Option: Monitoring
5. How are the manifestations of a disease or condition in an individual commonly referred to?
Option: Detection
Option: Symptoms
Option: Monitoring
Option: Process
6. What term is used to describe the rapid spread of an infectious disease to a large number of people in a given population?
Option: Epidemic
Option: Emergency
Option: Risk
Option: Virulent
7. What type of foods are altered in some way before they are consumed?
Option: Cardiac



Option: Processed

Option: Risk

Option: Risk

8. In severe cases what surgical procedure might be necessary for certain diabetes complications?

Option: Kidney Failure

Option: Inflammation

Option: Amputation

Option: Monitoring

9. What are the additional medical issues that may arise as a result of a primary disease or condition?

Option: Complications

Option: Swab

Option: Supplement

Option: Diabetes

10. What is the body's response to injury or infection often characterized by redness swelling and heat?

Option: Swab

Option: Inflammation

Option: Esthetician

Option: HPV

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

11. High cholesterol levels may lead to _____ diseases such as heart attacks.

12. Being _____ increases the risk of developing diabetes.

13. A _____ in a critical gene can result in a genetic disorder.

14. Regular _____ of vital signs is crucial for managing chronic conditions.

15. In case of a medical _____ seek immediate help from healthcare professionals.

16. An _____ specializes in skincare treatments and facial therapies.

17. A multivitamin _____ can help fill nutritional gaps in the diet.

18. _____ intake of sugary foods can help in managing blood sugar levels.

19. Early _____ of cancer can significantly improve treatment outcomes.



20. A _____ is used to collect a sample for laboratory testing.

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

21. Patients with advanced diabetes are at a higher risk of developing complications such as due to damage to the kidneys.
22. The test can help in the early detection of certain types of cervical cancer.
23. Individuals with a family history of heart disease have a higher of experiencing heart attacks.
24. Excessive sodium intake can lead to in the face and extremities.
25. A preventive is available to protect against certain strains of human papillomavirus.
26. The rapid spread of a strain of influenza led to an epidemic in the region.
27. Poorly managed diabetes can result in severe such as nerve damage and vision problems.
28. Public health authorities declared an due to the sudden increase in reported cases of the infectious disease.
29. It is essential to blood pressure regularly to assess cardiovascular health.
30. The early of genetic mutations can aid in cancer prevention strategies.

Answer

Multiple Choice: 1. Diabetes 2. Mutation 3. Cortisol 4. Vaccine 5. Symptoms 6. Epidemic 7. Processed 8. Amputation 9. Complications 10. Inflammation

Gap-Fill: 11. Cardiac 12. Overweight 13. Mutation 14. Monitoring 15. Emergency 16. Esthetician 17. Supplement 18. Moderating 19. Detection 20. Swab

Matching sentence: 1. Kidney Failure 2. HPV 3. Risk 4. Puffiness 5. HPV 6. Virulent 7. Complications 8. Epidemic 9. Monitor 10. Detection

CATEGORY

1. Health - LEVEL2

Date Created

2024/08/21

Author

aimeeyoung99