



Discover the tiny individuals whose bodies could unlock secrets to long life

Description

Short-statured Nathaly Paola Castro Torres faces challenges due to her height, drawing unwanted attention at work and in public. However, her unique condition, Laron syndrome, brings unexpected benefits. Despite being 4 feet, 2 inches tall, Torres remains healthy and protected from common diseases like cancer, thanks to this rare genetic mutation. Researchers like Valter Longo are studying her condition, hoping to find ways to improve human health and longevity. Torres's story sheds light on the complexities of genetic disorders and the potential for groundbreaking medical advancements. Despite the challenges she faces, Torres remains optimistic about the future and the possibility of helping others through medical research. Her journey highlights the resilience and strength of individuals facing unique health conditions.

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Vocabulary List:

1. **Short-statured** // (adjective): Having a notably small or compact height.



2. **Unwanted** // (adjective): Not desired or welcome.
3. **Genetic mutation** // (noun): An alteration in the DNA sequence that may lead to changes in traits or characteristics.
4. **Resilience** // (noun): The capacity to recover quickly from difficulties; toughness.
5. **Optimistic** // (adjective): Feeling or showing hope for the future; positive.
6. **Longevity** // (noun): Long existence or service in a particular life or activity.

Vocabulary quizzes

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

1. What medical condition is characterized by high levels of sugar in the blood?
Option: Hypertension
Option: Diabetes
Option: Arthritis
Option: Asthma
2. What natural process causes the body to change over time and become older?
Option: Rejuvenation
Option: Aging
Option: Immortalization
Option: Transformation
3. What term refers to extending the duration or lifespan of something?
Option: Shortening
Option: Halting
Option: Ceasing
Option: Prolonging
4. Which term describes the ability to conceive or produce offspring?
Option: Infertility
Option: Fertility
Option: Sterility
Option: Barrenness
5. What is a permanent alteration in the DNA sequence that makes up a gene?
Option: Gene Fusion
Option: Gene Amplification
Option: Genetic mutation
Option: Gene Silencing



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6. What term refers to living a long life or having a long duration?
Option: Brevity
Option: Shortevity
Option: Durationality
Option: Longevity
7. Which term describes something that can be avoided or stopped from happening?
Option: Unavoidable
Option: Inevitable
Option: Preventable
Option: Irreversible
8. What term describes differences or inequalities especially related to treatment or opportunities?
Option: Concordances
Option: Homogeneities
Option: Disparities
Option: Equivalences
9. Which term indicates an unfair situation where some people or groups have more advantages than others?
Option: Balances
Option: Parities
Option: Inequalities
Option: Equities
10. What is a sequence of actions regularly followed or done in a fixed order?
Option: Random
Option: Occasional
Option: Irregular
Option: Routine

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

11. _____ medications are used to reduce inflammation in the body.
12. The process of assessing or examining something is known as _____.
13. _____ refers to a mark of disgrace associated with a particular circumstance or person.



14. Individuals who are significantly below average height are often described as _____.
15. _____ genetic testing can identify the likelihood of developing a specific disease.
16. When something is not desired or deemed unnecessary it is considered _____.
17. The capacity to recover quickly from difficulties is known as _____.
18. Having a positive outlook or expecting a good outcome is being _____.
19. Adding exercise to your daily _____ can greatly improve your overall health.
20. _____ more vegetables into your diet can lead to better nutrition.

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

21. studies involve observing and noting behavior in natural settings without direct intervention.
22. The of healthcare services is a critical issue for many individuals and families.
23. A is a common cause of male infertility due to the enlargement of veins within the scrotum.
24. Medical are actions taken to improve a person's health or prevent disease.
25. Systematic of policies can help determine their effectiveness and impact.
26. Reducing the associated with mental health can encourage more people to seek help.
27. treatments consider individual characteristics to provide personalized care.
28. Professional can help individuals navigate complex decisions or challenges.
29. Regular exercise has many effects on both physical and mental well-being.
30. It is important to tasks based on their urgency and importance.

Answer

Multiple Choice: 1. Diabetes 2. Aging 3. Prolonging 4. Fertility 5. Genetic mutation 6. Longevity 7. Preventable 8. Disparities 9. Inequalities 10. Routine

Gap-Fill: 11. Anti-inflammatory 12. Evaluation 13. Stigma 14. Short-statured 15. Predictive 16. Unwanted 17. Resilience



18. Optimistic 19. Routine 20. Incorporating

Matching sentence: 1. Observational 2. Affordability 3. Varicocele 4. Interventions 5. Evaluation 6. Stigma
7. Tailored 8. Guidance 9. Beneficial 10. Prioritize

CATEGORY

1. Health - LEVEL1

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