



---

## Doctor Warns of Hidden Cancer Risk Factors

### Description

Doctors say cancer risks often come from small, everyday exposures we hardly notice. Dr Rajeev Vijayakumar from Gleneagles BGS Hospital in Bengaluru explains that while we focus on big risks like smoking, lesser-known factors also matter. Pollution, skipped sunscreen, poor sleep, and processed foods can silently add up over time.

Air pollution, for example, involves tiny particles from vehicle exhaust and construction dust. These particles can reach deep into the lungs and, over years, increase lung cancer risk, even for non-smokers. Similarly, routine exposure to UV rays during everyday activities can lead to DNA damage in skin cells.

Diet also plays a role. Foods like processed meats, excess alcohol, and high sugar levels contribute to inflammation and hormonal changes, creating conditions where cancer cells can thrive. Lack of sleep and irregular work hours can impact melatonin and metabolism, affecting cancer risk, especially for breast and colorectal cancers.

Psychologically, we react to obvious dangers but overlook subtle risks. People tend to downplay the cumulative effect of everyday exposures, such as poor air quality or mild tanning.

Dr Rajeev Kumar suggests practical steps like using sunscreen, improving ventilation, moderating alcohol, and prioritising sleep. Though these actions do not guarantee immunity, they can lower cancer risk over time. The aim is to be aware and make steady choices that influence long-term health positively.

---

### Vocabulary List:

1. **Pollution** /pə'lu:ʃən/ (noun): The presence or introduction of harmful substances or products into the environment.
2. **Exposures** /ɪk'spəʊʒənz/ (noun): The state of being exposed to something harmful or risky.
3. **Inflammation** /ɪn,flæmə'teɪʃən/ (noun): A localized physical condition characterized by redness swelling heat and pain often as a reaction to injury or infection.
4. **Cumulative** /'kju:mjələtɪv/ (adjective): Increasing or increased in quantity degree or force by successive additions.
5. **Ventilation** /,ven.tɪ'leɪ.ʃən/ (noun): The provision of fresh air to a space especially to improve air quality.
6. **Melatonin** /,melə'təʊnɪn/ (noun): A hormone that regulates sleep-wake cycles produced by the pineal gland in response to darkness.

### Vocabulary quizzes



---

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

1. What is the primary function of ionocaloric cooling?  
Option: To heat substances  
Option: To cool substances using ions  
Option: To increase pressure  
Option: To evaporate liquids
  
2. Which of the following are commonly used as refrigerants?  
Option: Dichloromethane  
Option: Hydrofluorocarbons  
Option: Ethanol  
Option: Acetone
  
3. What does the melting point refer to?  
Option: Point where a substance starts boiling  
Option: Temperature at which a solid becomes a liquid  
Option: Temperature at which a liquid becomes a gas  
Option: Temperature at which gases condense
  
4. What is it called when prices for goods and services rise?  
Option: Deflation  
Option: Recession  
Option: Inflation  
Option: Stagnation
  
5. What type of diet emphasizes fruits vegetables and olive oil?  
Option: Ketogenic diet  
Option: Paleo diet  
Option: Mediterranean diet  
Option: Vegetarian diet
  
6. What is a common cause of an outbreak in a population?  
Option: Vaccination  
Option: Infection  
Option: Hygiene practices  
Option: Contamination
  
7. What is essential for effective disease outbreak detection?  
Option: Vigilance  
Option: Ambiguity  
Option: Fatigue



---

Option: Indifference

8. What system helps reduce transmission of airborne diseases?

Option: Insulation

Option: Ventilation

Option: Heating

Option: Cooling

9. What term describes contact with harmful substances?

Option: Withdrawal

Option: Exposure

Option: Defense

Option: Immune response

10. Which hormone regulates sleep-wake cycles?

Option: Cortisol

Option: Adrenaline

Option: Melatonin

Option: Serotonin

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

11. The \_\_\_\_\_ effect can be used to cool materials rapidly.

12. \_\_\_\_\_ are often considered more environmentally friendly alternatives to older refrigerants.

13. The \_\_\_\_\_ diet is known for its heart-healthy benefits.

14. The \_\_\_\_\_ of ice is 0 degrees Celsius.

15. The \_\_\_\_\_ of diseases can be significantly reduced with good hygiene.

16. Adequate \_\_\_\_\_ in buildings helps improve air quality.

17. Prolonged \_\_\_\_\_ to pollutants can lead to serious health issues.

18. Food \_\_\_\_\_ can arise from improper handling and storage practices.

19. Chronic \_\_\_\_\_ can be a response to long-term exposure to irritants.



20. The \_\_\_\_\_ effects of stress can impact overall health.

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

21. Ionocaloric cooling is an innovative technology leveraging ion movement for efficient temperature control.
22. Hydrofluorocarbons are synthetic compounds used as refrigerants that are considered less harmful to the ozone layer.
23. The Mediterranean diet emphasizes the consumption of healthy fats like olive oil and fresh produce.
24. The melting point of a substance is the specific temperature at which it changes from solid to liquid.
25. Transmission of pathogens can occur through various routes such as airborne direct contact or waterborne.
26. Good ventilation in indoor spaces helps to reduce the concentration of airborne contaminants.
27. Exposure to high levels of pollution can lead to respiratory problems over time.
28. Food contamination can lead to serious illnesses if not addressed promptly.
29. Inflammation is a natural response of the body to injury or infection helping to initiate healing.
30. Cumulative effects of exposure to toxins can lead to chronic health issues over time.

**Answer**

**Multiple Choice:** 1. To cool substances using ions 2. Hydrofluorocarbons 3. Temperature at which a solid becomes a liquid 4. Inflation 5. Mediterranean diet 6. Infection 7. Vigilance 8. Ventilation 9. Exposure 10. Melatonin

**Gap-Fill:** 11. ionocaloric 12. Hydrofluorocarbons 13. Mediterranean 14. melting point 15. transmission 16. ventilation 17. exposure 18. contamination 19. inflammation 20. cumulative

**Matching sentence:** 1. ionocaloric 2. hydrofluorocarbons 3. Mediterranean 4. melting point 5. transmission 6. ventilation 7. exposure 8. contamination 9. inflammation 10. cumulative

**CATEGORY**

- 1. Health - LEVEL4

**POST TAG**



1. B2
2. Cancer
3. Cancer Risk
4. ESL learning
5. esl news
6. L4
7. Level 4
8. Micro-exposures
9. Silent Triggers

**Tags**

1. B2
2. Cancer
3. Cancer Risk
4. ESL learning
5. esl news
6. L4
7. Level 4
8. Micro-exposures
9. Silent Triggers

**Date Created**

2026/02/15

**Author**

aimeeyoung99

ESL-NEWS.COM