



Early Warning: Vision Predicts Dementia Years in Advance

Description

Our eyes can tell us a lot about our brain health. Problems with our eyes can be an early sign of memory loss.

In a recent study, we found that a decrease in how well we see things can predict dementia 12 years before it is diagnosed.

We studied 8,623 healthy people in Norfolk, England. By the end of the study, 537 of them had dementia. We asked them to take a visual sensitivity test at the start. Those who developed dementia were slower at seeing a triangle on a screen.

Vision issues might be an early sign of memory loss because Alzheimer's disease can first affect the parts of the brain linked to vision. This can happen before memory problems start.

Other aspects of vision, like seeing objects clearly and distinguishing between colors, can also be affected by Alzheimer's. People may not realize these issues.

Recognizing faces can be hard for people with dementia because they don't look at faces the same way as others do.

Doing more eye movements might help improve memory. Watching TV and reading regularly can also help keep your memory sharp.

Vocabulary List:

1. **Dementia** /dɪ'mɛnʃə/ (noun): A chronic disorder of the mental processes caused by brain disease or injury.
2. **Sensitivity** /ˌsɛnsɪ'tɪvɪti/ (noun): The quality or condition of being sensitive; the ability to perceive or respond to stimuli.
3. **Vision** /'vɪʒən/ (noun): The ability to see; the faculty of sight.
4. **Alzheimer's** /'æltʃaɪmərz/ (noun): A progressive disease that destroys memory and other important mental functions.
5. **Distinguishing** /dɪ'stɪŋɡwɪʃɪŋ/ (verb): Recognizing or pointing out the differences between two or more things.
6. **Movements** /'mu:v.mənts/ (noun): The act of changing physical location or position.

Comprehension Questions



Multiple Choice

1. What was the focus of the study mentioned in the text?
 - Option: Eye health and brain health correlation
 - Option: Heart health and brain health correlation
 - Option: Diet and brain health correlation
 - Option: Memory loss prevention techniques
2. How many healthy people were studied in Norfolk, England?
 - Option: 5,827
 - Option: 8,623
 - Option: 10,241
 - Option: 3,456
3. What can a decrease in visual sensitivity predict?
 - Option: Heart disease
 - Option: Diabetes
 - Option: Dementia
 - Option: Depression
4. Which part of the brain linked to vision can be affected by Alzheimer's disease?
 - Option: Memory center
 - Option: Language center
 - Option: Vision center
 - Option: Motor center
5. What might help improve memory according to the text?
 - Option: Listening to music
 - Option: Doing more eye movements
 - Option: Eating chocolate
 - Option: Playing video games
6. What can watching TV and reading regularly help keep sharp according to the text?
 - Option: Vision
 - Option: Hearing
 - Option: Memory
 - Option: Physical strength



True-False

7. Vision issues are never an early sign of memory loss.
8. Alzheimer's disease can affect the parts of the brain linked to vision before memory problems.
9. People with dementia look at faces the same way as others do.
10. Recognizing faces can be challenging for individuals with Alzheimer's.
11. Doing more eye movements has no impact on memory improvement.
12. Watching TV and reading have no benefits for memory according to the text.
13. According to the text, Alzheimer's disease can first affect the parts of the brain linked to vision before memory problems start.
14. People may not realize the vision issues caused by Alzheimer's disease.

Gap-Fill

15. Doing more eye movements might help improve _____.
16. Watching TV and reading regularly can help keep your memory _____.
17. Individuals with dementia may find recognizing faces _____.
18. In a recent study, a decrease in visual sensitivity can predict dementia _____
before it is diagnosed.

Answer

Multiple Choice: 1. Eye health and brain health correlation 2. 8,623 3. Dementia 4. Vision center 5. Doing more eye movements 6. Memory

True-False: 7. False 8. True 9. False 10. True 11. False 12. False 13. False 14. False

Gap-Fill: 15. memory 16. sharp 17. hard 18. 12 years



Answer

CATEGORY

1. Health - LEVEL2

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