



Embracing New Habits and Life Changes in the Face of Lyme Disease

Description

Our weekly Well+Being newsletter offers a variety of advice for changing your life and includes our weekly “joy” snacks. This week's must-reads cover topics such as diet changes to lower blood pressure, the impact of fatherhood on men's brains, positive news for coffee drinkers, the importance of including older women in medical research, and the call for social media warning labels by the **Surgeon General**.

Additionally, we explore how individuals have successfully maintained their New Year's resolutions by enjoying the process, setting detailed plans, and showing self-kindness. **Accountability** and support from loved ones also played a crucial role in their success.

We also delve into the benefits of weightlifting for individuals in their 60s, emphasizing how strength training can help maintain **muscle mass**, **mobility**, and overall health. Furthermore, we discuss the latest research findings on **Lyme disease**, including the potential long-term effects and how to seek help if needed.

Vocabulary List

1. **Surgeon General** /sɜːr.dʒən ˈdʒen.ər.əl/ (noun): The chief medical officer in the U.S. Public Health Service.
2. **Muscle mass** /mʌs.əl məs/ (noun): The volume of muscle tissue in the body.
3. **Mobility** /məʊbɪlɪti/ (noun): The ability to move or be moved freely and easily.
4. **Lyme disease** /laɪm dɪˈziːz/ (noun): An infectious disease caused by bacteria, transmitted through tick bites.
5. **Accountability** /əˈkaʊn.təbɪlɪti/ (noun): The fact or condition of being accountable; responsibility.

Vocabulary List:

1. **Accountability** /əˈkaʊn.təbɪlɪti/ (noun): The fact or condition of being accountable; responsibility.
2. **Mobility** /məʊbɪlɪti/ (noun): The ability to move or be moved freely and easily.
3. **Muscle mass** /ˈmʌs.əl məs/ (noun): The volume of muscle tissue in the body.
4. **Surgeon General** /ˈsɜːr.dʒən ˈdʒen.ər.əl/ (noun): The chief medical officer in the U.S. Public Health Service.
5. **Lyme disease** /laɪm dɪˈziːz/ (noun): An infectious disease caused by bacteria transmitted through tick bites.
6. **Impact** /ˈɪm.pækt/ (noun/verb): The strong effect or influence that something has; to have a strong effect on.

Comprehension Questions



Multiple Choice

1. What is the role of the Surgeon General in the U.S. Public Health Service?
Option: Chief Financial Officer
Option: Chief Medical Officer
Option: Chief Executive Officer
Option: Chief Operating Officer
2. Which of the following is NOT emphasized as a key factor in successfully maintaining New Year's resolutions?
Option: Enjoying the process
Option: Setting detailed plans
Option: Showing self-kindness
Option: Isolating oneself
3. What is the primary benefit of weightlifting for individuals in their 60s?
Option: Weight loss
Option: Increased muscle mass
Option: Improved memory
Option: Lower blood pressure
4. Which disease is caused by bacteria transmitted through tick bites?
Option: Dengue fever
Option: Zika virus
Option: Lyme disease
Option: Malaria
5. What does the term
Option: The ability to fly
Option: The ability to move or be moved freely and easily
Option: The ability to read minds
Option: The ability to predict the future
6. Which of the following topics was NOT covered in this week's must-reads?
Option: Importance of including older women in medical research
Option: Positive news for coffee drinkers
Option: Impact of motherhood on women's brains
Option: Call for social media warning labels by the Surgeon General



Answer

Multiple Choice: 1. Chief Medical Officer 2. Isolating oneself 3. Increased muscle mass 4. Lyme disease
5. The ability to move or be moved freely and easily 6. Impact of motherhood on women's brains

Vocabulary quizzes

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

1. Which disease is transmitted through the saliva of infected animals?
Option: Rabies
Option: Avian influenza
Option: Lyme disease
Option: Muscle mass
2. What is a preventive measure taken to boost immunity against specific diseases?
Option: Vaccinations
Option: Transmission
Option: Unincorporated
Option: Contaminated
3. Which term refers to the frequency of deaths within a specific population?
Option: Precautionary
Option: Mortality rate
Option: Cognitive
Option: Impact
4. How is an infectious disease passed from one individual to another?
Option: Determine
Option: Rabies
Option: Transmission
Option: Antidepressant
5. What term describes the ability to move or be moved freely and easily?
Option: Mobility
Option: Infection
Option: Surgeon General
Option: Accountability



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6. Who is the leading spokesperson on matters of public health in the United States?
- Option: Proactive measures
 - Option: Mobility
 - Option: Surgeon General
 - Option: Rabies
7. What type of measures are taken in advance to prevent possible harm?
- Option: Antidepressant
 - Option: Precautionary
 - Option: Infectious
 - Option: Lyme disease
8. What term describes something that has been infected with harmful substances?
- Option: Avian influenza
 - Option: Contaminated
 - Option: Bureau
 - Option: Ultimate
9. What is the invasion and multiplication of microorganisms in body tissues?
- Option: Infection
 - Option: Categorize
 - Option: Vigilance
 - Option: Exposure
10. What term describes the sudden increase in the occurrences of a disease in a specific time and place?
- Option: Outbreak
 - Option: Surgical masks
 - Option: Equine
 - Option: Vigilance

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

11. _____ to a contaminated environment can lead to the spread of infectious diseases.
12. Patients with depression may be prescribed _____ medications to manage their symptoms.
13. Medical advancements have helped to _____ the treatment of many illnesses.
14. Healthcare professionals have a responsibility to uphold high standards of _____.
15. Ticks carrying the bacteria that causes _____ can transmit the disease to humans



through bites.

16. Proper nutrition is essential for maintaining good _____ function.

17. Public health officials emphasize the importance of maintaining _____ during disease outbreaks.

18. Regular exercise can help increase _____ and overall strength.

19. The _____ goal of vaccination campaigns is to achieve herd immunity.

20. Maintaining joint flexibility is important for overall _____.

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

21. Farm animals such as cattle and poultry raised for food or other agricultural purposes.
22. An administrative unit or office typically in government or large organizations.
23. A type of influenza virus that primarily infects birds but can also affect humans and other animals.
24. To ascertain or establish exactly by research or calculation.
25. Alert attention watchfulness or caution especially in detecting and preventing danger.
26. Steps taken to prevent or control a situation before it happens.
27. To ascertain or establish exactly by research or calculation.
28. To change something radically or significantly in a positive way.
29. To arrange or classify things according to determined criteria.
30. The effect or influence of one person thing or action on another.

Answer

Multiple Choice: 1. Rabies 2. Vaccinations 3. Mortality rate 4. Transmission 5. Mobility 6. Surgeon General 7. Precautionary 8. Contaminated 9. Infection 10. Outbreak

Gap-Fill: 11. Exposure 12. Antidepressant 13. Revolutionize 14. Accountability 15. Lyme disease 16. Cognitive



17. Vigilance 18. Muscle mass 19. Ultimate 20. Mobility

Matching sentence: 1. Livestock 2. Bureau 3. Avian influenza 4. Determine 5. Vigilance 6. Proactive measures
7. Determine 8. Revolutionize 9. Categorize 10. Impact

CATEGORY

1. Health - LEVEL4

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Author

aimeeyoung99

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