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## How Daily Toxin Exposure Could Link to Autism Risk

### Description

Research suggests that air pollution inhaled by pregnant women might be associated with an increased risk of autism in their children. A recent literature review highlighted that infants with a genetic predisposition to autism who were exposed to four prevalent air pollutants had a higher likelihood of developing the disorder.

It is believed that inhaled pollutants can enter the bloodstream during pregnancy or early childhood, bypassing the brain's protective barriers. This exposure may lead to inflammation and disrupt normal nerve function and development. Alarmingly, autism rates have surged globally, with U.S. statistics showing a near tripling among children and young adults, now affecting roughly three in every 100 children diagnosed with autism spectrum disorder (ASD).

Dr. Haitham Amal from Hebrew University in Jerusalem emphasized the need to explore factors contributing to this rise. His research largely focuses on nitric oxide (NO), a gas generated during combustion in vehicles, which he asserts plays a critical role in the development of ASD.

The American Lung Association states that 39 percent of the U.S. population resides in areas with significant air pollution, underscoring the urgency of monitoring these harmful substances.

In the study published in [Brain Medicine](#), Dr. Amal and his team examined various studies and focused on particulate matter, nitrogen oxides, sulfur dioxide, and ozone. Their findings indicated that children genetically predisposed to autism who encountered environmental pollutants were more vulnerable to developing the condition. Dr. Amal expressed pride in his team's pioneering work linking air pollution to autism.

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### Vocabulary List:

1. **Pollution** /pə'lu:ʃən/ (noun): The presence of harmful substances in the environment.
2. **Inhaled** /ɪn'heɪld/ (verb): Breathed in air or substances.
3. **Predisposition** /,pri:.dɪs.pə'zɪʃ.ən/ (noun): An inclination or susceptibility to a particular condition.
4. **Inflammation** /ɪn,flæmə'eɪʃən/ (noun): A localized physical condition characterized by redness swelling and pain.
5. **Combustion** /kəm'bʌs.tʃən/ (noun): The process of burning something.
6. **Vulnerable** /'vʌlnərəbl/ (adjective): Capable of being physically or emotionally harmed.

### Vocabulary quizzes



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

1. What type of disease occurs when the immune system mistakenly attacks healthy body tissues?  
Option: Exhaustion  
Option: Autoimmune  
Option: Influenza  
Option: Conjunctivitis
2. How is the flu virus primarily spread from person to person?  
Option: Diagnosis  
Option: Vaccination  
Option: Transmission  
Option: Disinfection
3. What term describes an increased likelihood of developing a particular disease based on genetic factors?  
Option: Initiative  
Option: Predisposition  
Option: Combustion  
Option: Hypersensitivity
4. Which term describes a person or group at a higher risk of being harmed?  
Option: Perception  
Option: Inflammation  
Option: Outsider  
Option: Vulnerable
5. What factor refers to the ability to make a purchase or pay for services?  
Option: Cultivate  
Option: Affordability  
Option: Transmission  
Option: Pollution
6. What process involves identifying a disease or condition based on symptoms and test results?  
Option: Excessive  
Option: Consumption  
Option: Diagnosis  
Option: Advocate
7. How does pollution primarily enter the body causing potential health issues?  
Option: Strategies  
Option: Inhaled  
Option: Initiative



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Option: Influenza

8. Which term refers to the way in which something is viewed or understood?

- Option: Predisposition
- Option: Perception
- Option: Advocate
- Option: Hypersensitivity

9. What term means to accept or support something willingly?

- Option: Epidemiologist
- Option: Embrace
- Option: Pollution
- Option: Vulnerable

10. What term describes a difficult and prolonged effort to achieve something?

- Option: Struggle
- Option: Initiative
- Option: Hypersensitivity
- Option: Affordability

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

11. \_\_\_\_\_ can occur due to prolonged physical or mental exertion leading to fatigue.

12. After facing a challenging situation a sense of \_\_\_\_\_ may bring comfort and relaxation.

13. \_\_\_\_\_ is an inflammation of the transparent membrane covering the white part of the eye.

14. Taking the \_\_\_\_\_ to start a new project can lead to positive outcomes and progress.

15. Excessive \_\_\_\_\_ of unhealthy foods can contribute to various health issues.

16. An \_\_\_\_\_ for change promotes and supports actions for a specific cause or issue.

17. Developing effective \_\_\_\_\_ can help in achieving long-term goals and success.

18. \_\_\_\_\_ in the environment can have negative effects on human health and



ecosystems.

19. It is important to \_\_\_\_\_ new ideas to foster innovation and growth.

20. Individuals with \_\_\_\_\_ may react strongly to certain triggers due to heightened response.

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

21. He was in _____ when he heard the unbelievable news.
22. The annual vaccine is recommended to reduce the risk of flu infection.
23. To be successful in life one must _____ positive habits and attitudes.
24. Maintaining an optimistic outlook can enhance one’s sense of _____.
25. She acts as an _____ for animal rights and welfare in her community.
26. Individuals who may have been exposed to a contagious illness are placed in _____ to prevent spread.
27. The process of fossil fuels burning results in _____ and the release of harmful gases.
28. Feeling like an _____ among a new group of people can be challenging.
29. Efforts to reduce air and water _____ are crucial for environmental sustainability.
30. Understanding the modes of _____ of infectious diseases is vital for public health interventions.

**Answer**

**Multiple Choice:** 1. Autoimmune 2. Transmission 3. Predisposition 4. Vulnerable 5. Affordability 6. Diagnosis 7. Inhaled 8. Perception 9. Embrace 10. Struggle

**Gap-Fill:** 11. Exhaustion 12. Relief 13. Conjunctivitis 14. Initiative 15. Consumption 16. Advocate 17. Strategies 18. Pollution 19. Embrace 20. Hypersensitivity

**Matching sentence:** 1. Disbelief 2. Influenza 3. Cultivate 4. Positivity 5. Advocate 6. Quarantine 7. Combustion 8. Outsider 9. Pollution 10. Transmission

**CATEGORY**

- 1. Health - LEVEL4



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