



How I, a Brain Cancer Specialist, Minimize my Risk of Developing the Disease with My Daily Routine

Description

Brain **tumours** are a significant concern in the UK, especially for those under 40, as they claim more lives in this age group than any other type of cancer. With over 12,000 Brits receiving a brain cancer **diagnosis** annually, the need for prevention strategies is crucial. Experts suggest that simple lifestyle adjustments can help reduce the risk of developing this disease. **Consultant** clinical **neuro-oncologist**, Dr. Sara Meade, emphasizes the importance of maintaining a healthy body and mind. Engaging in physical activities, such as daily walks or swimming, can boost both physical and mental health. Additionally, a balanced diet rich in nutrients supports overall well-being, providing energy and focus for daily activities. Adequate sleep is vital for **cognitive** function, with adults requiring 7-9 hours nightly. Managing stress and maintaining a work-life balance are essential for mental wellness. While there isn't a specific diet or lifestyle to prevent brain cancer, maintaining a healthy routine can reduce overall cancer risk. By prioritizing their health, individuals can increase their chances of longevity and quality of life.

Vocabulary List

1. **Tumours** /'tu:m?rz/ (noun): Abnormal growths of tissue.
2. **Diagnosis** /'da:??no?s?s/ (noun): The identification of the nature of an illness or other problem.
3. **Consultant** /k?n?s?lt?nt/ (noun): A person who provides expert advice professionally.
4. **Neuro-oncologist** /'n?ro?-?n?k??l?d??st/ (noun): A doctor who specializes in treating cancers of the brain and nervous system.
5. **Cognitive** /'k??n?t?v/ (adjective): Related to mental processes such as awareness, perception, reasoning, and judgment.

Vocabulary List:

1. **Tumours** /'tju:.m?rz/ (noun): Abnormal growths of tissue.
2. **Diagnosis** /daɪæg'noʊsɪs/ (noun): The identification of the nature of an illness or other problem.
3. **Consultant** /kən'sʌltənt/ (noun): A person who provides expert advice professionally.
4. **Neuro-oncologist** /,nʊərəʊ,ŋ'kɒlədʒɪst/ (noun): A doctor who specializes in treating cancers of the brain and nervous system.
5. **Cognitive** /'kɒgnɪtɪv/ (adjective): Related to mental processes such as awareness perception reasoning and judgment.
6. **Well-being** /'wel'bi:ɪŋ/ (noun): The state of being comfortable healthy or happy.



Comprehension Questions

Multiple Choice

1. What is the main concern regarding brain tumours in the UK?
Option: A. They affect mostly individuals above 40 years old
Option: B. They claim more lives in those under 40 than any other type of cancer
Option: C. They have low mortality rates
Option: D. They are easily preventable
2. How many Brits receive a brain cancer diagnosis annually?
Option: A. Less than 5,000
Option: B. Over 12,000
Option: C. Exactly 10,000
Option: D. Around 8,000
3. Who emphasizes the importance of maintaining a healthy body and mind in the text?
Option: A. Dr. Sara Meade
Option: B. A nutritionist
Option: C. A personal trainer
Option: D. A psychologist
4. What is recommended for boosting physical and mental health?
Option: A. Reading more books
Option: B. Engaging in physical activities like daily walks or swimming
Option: C. Eating fast food regularly
Option: D. Watching TV all day
5. How many hours of sleep do adults require for cognitive function?
Option: A. 5-6 hours
Option: B. 10-12 hours
Option: C. 7-9 hours
Option: D. 3-4 hours
6. What is essential for mental wellness according to the text?
Option: A. Excessive stress
Option: B. Lack of work-life balance



- Option: C. Managing stress and maintaining a work-life balance
Option: D. Ignoring mental health

Answer

Multiple Choice: 1. B. They claim more lives in those under 40 than any other type of cancer 2. B. Over 12,000 3. A. Dr. Sara Meade 4. B. Engaging in physical activities like daily walks or swimming 5. C. 7-9 hours 6. C. Managing stress and maintaining a work-life balance

Vocabulary quizzes

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

1. What emotion might you feel if your expectations are not met?
Option: Happy
Option: Excited
Option: Disappointed
Option: Content
2. Which term refers to the efficiency of production?
Option: Productivity
Option: Protest
Option: Simplification
Option: Dissatisfaction
3. Who provides expert advice in a specific area?
Option: Consultant
Option: Customization
Option: Convenient
Option: Cognitive
4. Which word describes having the capacity to develop or succeed?
Option: Grievances
Option: Rotations
Option: Announcement
Option: Potential
5. What is the term for providing food and services?
Option: Materialize
Option: Cater



- Option: Tumours
- Option: Diagnosis

6. Which word means to fascinate or captivate?

- Option: Permanently
- Option: Intrigue
- Option: Convenient
- Option: Valuation

7. What term refers to the state of being comfortable healthy and happy?

- Option: Disappointment
- Option: Well-being
- Option: Protest
- Option: Rotation

8. What is the process of tailoring products or services to individual preferences?

- Option: Deemed
- Option: Customization
- Option: Grievances
- Option: Announcement

9. Which term describes the feeling of not being satisfied or pleased?

- Option: Devaluation
- Option: Simplification
- Option: Dissatisfaction
- Option: Neuro-oncologist

10. What refers to a formal public statement?

- Option: Consultant
- Option: Potential
- Option: Convenient
- Option: Announcement

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

11. Hopes and dreams can sometimes _____ into reality.

12. A sudden drop in currency value leads to _____ of assets.

13. Regular _____ of tasks can help prevent burnout at work.



14. Having a grocery store nearby is very _____ for quick shopping trips.
15. It is important to address employees' _____ to maintain a positive work environment.
16. The process of _____ can make complex tasks more manageable.
17. Doctors perform thorough tests to diagnose the presence of _____ in patients.
18. The company CEO made a significant _____ about the upcoming changes.
19. Once a decision is made it may affect you _____.
20. Repeated errors in the product design led to customer _____.

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

21. The company hired a marketing to improve sales strategies.
22. The patient was referred to a specialized for further evaluation of the brain tumor.
23. Engaging in puzzles and memory games can improve your abilities.
24. With proper training employees can reach their full within the company.
25. Job help employees develop a variety of skills and prevent boredom.
26. The plot of the novel was full of twists and turns that created an air of .
27. The location of the new office building is very for commuters.
28. The catering company will the event with a variety of dishes.
29. The doctor conducted several tests to reach an accurate of the illness.
30. Regular exercise and a balanced diet are essential for maintaining good .

Answer

Multiple Choice: 1. Disappointed 2. Productivity 3. Consultant 4. Potential 5. Cater 6. Intrigue 7. Well-being 8. Customization 9. Dissatisfaction 10. Announcement

Gap-Fill: 11. materialize 12. devaluation 13. rotations 14. convenient 15. grievances 16. simplification 17. tumours



18. announcement 19. permanently 20. dissatisfaction

Matching sentence: 1. consultant 2. neuro-oncologist 3. cognitive 4. potential 5. rotations 6. intrigue
7. convenient 8. cater 9. diagnosis 10. well-being

CATEGORY

1. Sci/Tech - LEVEL4

Date Created

2024/06/24

Author

aimeeyoung99

ESL-NEWS.COM