

How Oral Microbes Could Influence Cognitive Decline Risk

Description

The bacteria in your mouth can affect more than just your gums and teeth. They might also impact your brain.

In a [study](#) with 55 people who had mild cognitive impairment (MCI), those with more bacteria from the *Neisseria* group had better memory and attention skills.

Even among 60 people without memory problems, having lots of *Neisseria* helped improve memory scores.

Researchers from the University of Exeter say that encouraging good bacteria in the mouth may help slow down memory loss. This can be done with [probiotics or prebiotics](#) that help good bacteria grow.

Other studies show poor oral health can lead to memory problems. Some harmful bacteria from gum disease have even been found in the brains of people with Alzheimer's.

In summary, having a balance of good bacteria may keep our brains healthy.

Vocabulary List:

1. **Bacteria** /bæk'tɪə.ri.ə/ (noun): Single-celled microorganisms that can exist either as independent organisms or as parasites.
2. **Cognitive** /'kɒg.nɪ.tɪv/ (adjective): Relating to the mental processes of perception memory judgment and reasoning.
3. **Probiotics** /,prəʊ.bai'ɒ.tɪks/ (noun): Live microorganisms intended to provide health benefits when consumed.
4. **Prebiotics** /,pri:.baɪ'ɒt.ɪks/ (noun): Substances that induce the growth or activity of beneficial microorganisms.
5. **Alzheimer's** /'æltsaɪmərz/ (noun): A progressive neurologic disease that causes the brain to shrink and brain cells to die.
6. **Impairment** /ɪm'peər.mənt/ (noun): The state of being weakened or damaged; a reduction in quality or strength.

Comprehension Questions

Multiple Choice

1. What impact can the bacteria in your mouth have, according to the text?

- Option: Only affects gums and teeth
- Option: Might impact your brain
- Option: Causes skin problems
- Option: Improves muscle strength

2. In the study mentioned, how did people with more bacteria from the *Neisseria* group perform in terms of memory and attention?

- Option: Had worse memory and attention skills
- Option: Showed no improvement
- Option: Had better memory and attention skills
- Option: Didn't participate in memory tests

3. What can help slow down memory loss according to researchers from the University of Exeter?

- Option: Brushing teeth more often
- Option: Avoiding probiotics
- Option: Encouraging good bacteria in the mouth
- Option: Drinking more soda

4. Which condition was mentioned to have harmful bacteria found in the brains of affected individuals?

- Option: Diabetes
- Option: Asthma
- Option: Gum disease
- Option: Arthritis

5. How can good bacteria in the mouth potentially keep our brains healthy?

- Option: By improving eyesight
- Option: By reducing stress levels
- Option: By maintaining a balanced diet
- Option: By providing benefits to memory and overall brain health

6. What is one way mentioned in the text to encourage good bacteria in the mouth?

- Option: Eating more sugary snacks
- Option: Using mouthwash excessively
- Option: Taking antibiotics regularly
- Option: Using probiotics or prebiotics

True-False

7. Having lots of *Neisseria* bacteria can worsen memory problems.
8. Poor oral health has no impact on memory according to various studies.
9. Using probiotics or prebiotics may help slow down memory loss.
10. Harmful bacteria from gum disease have been found in the brains of people with Alzheimer's.
11. Encouraging good bacteria in the mouth has no potential benefit for brain health.
12. Improving memory scores was not related to the amount of *Neisseria* bacteria in the study participants.

Gap-Fill

13. According to the text, having lots of *Neisseria* bacteria helps improve _____ scores.
14. Encouraging good bacteria in the mouth may help slow down _____ loss.
15. Other studies suggest that poor oral health can lead to _____ problems.
16. Some harmful bacteria from _____ disease have been found in the brains of people with Alzheimer's.
17. Having a balance of good bacteria may keep our _____ healthy.
18. Using probiotics or prebiotics that help good bacteria grow can encourage a balanced microbiome in the _____.

Answer

Multiple Choice: 1. Might impact your brain 2. Had better memory and attention skills 3. Encouraging good bacteria in the mouth 4. Gum disease 5. By providing benefits to memory and overall brain health 6. Using probiotics or prebiotics

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

Gap-Fill: 13. memory 16. gum 17. brains 18. mouth



Vocabulary quizzes

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

1. What celestial object is often a subject of scientific research due to its potential impact on Earth?

- Option: Meteor
- Option: Comet
- Option: Asteroid
- Option: Galaxy

2. Which substance can impair cognitive functions when consumed excessively?

- Option: Water
- Option: Tea
- Option: Coffee
- Option: Alcohol

3. What is an unexpected event that may cause harm or disruption?

- Option: Routine
- Option: Incident
- Option: Success
- Option: Joy

4. Which type of live bacteria are considered beneficial for gut health?

- Option: Virus
- Option: Parasites
- Option: Fungi
- Option: Probiotics

5. What term is used to describe individuals who did not succumb to a dangerous situation?

- Option: Lost
- Option: Survived
- Option: Trapped
- Option: Drowned

6. Which emotion is characterized by a high level of enthusiasm and anticipation?

- Option: Calm
- Option: Bored
- Option: Excited
- Option: Tired

7. What microorganisms can be both harmful and beneficial to human health?

Option: Fungi
Option: Bacteria
Option: Parasites
Option: Virus

8. What term relates to mental processes including perception memory and problem-solving?

Option: Physical
Option: Emotional
Option: Cognitive
Option: Social

9. What systematic investigation aims to discover and interpret facts?

Option: Guesswork
Option: Research
Option: Rumors
Option: Hearsay

10. What is a place of refuge or safety where people animals or plants are protected?

Option: Desert
Option: Sanctuary
Option: Jungle
Option: Cave

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

11. Asteroids can have a significant _____ on Earth if they collide with the planet.

12. Scientists have raised _____ about the potential dangers of certain behaviors.

13. The helicopter crash resulted in a _____ loss of lives.

14. The internet has revolutionized how people are _____ globally.

15. Scientists are conducting groundbreaking _____ on cognitive impairment and Alzheimer's disease.

16. The authorities _____ the path of the asteroid to avoid a collision with Earth.

17. Laughter is _____ and can spread positivity among people.

18. Eating a balanced diet ensures that your body receives essential _____ for good

health.

19. Behavioral changes can be observed when people are under the influence of _____.

20. The team of scientists is researching the effects of gut _____ on cognitive function.

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

21. The hikers packed essential gear and food for their trip into the wilderness.

22. The farmers were thankful for the abundant precipitation that nourished their crops.

23. The psychologist studied the various reactions and actions exhibited by the subjects.

24. The complex instructions left the students feeling bewildered and puzzled.

25. The rescue team arrived swiftly at the scene of the accident in the mountainous terrain.

26. The travelers boarded the train for a scenic journey through the countryside.

27. The unexpected occurrence led to chaos and confusion in the bustling city center.

28. The workshop encouraged active participation and engagement among the attendees.

29. Globalization has made the world more interlinked and united in various aspects.

30. The children were thrilled and eager about the upcoming holiday festivities.

Answer

Multiple Choice: 1. Asteroid 2. Alcohol 3. Incident 4. Probiotics 5. Survived 6. Excited 7. Bacteria 8. Cognitive
9. Research 10. Sanctuary

Gap-Fill: 11. impact 12. concerns 13. tragic 14. connected 15. research 16. diverted 17. contagious 18. nutrients 19. alcohol 20. research

Matching sentence: 1. Supplies 2. Rainfall 3. Behaviours 4. Confused 5. Helicopter 6. Passengers 7. Incident 8. Interaction 9. Connected 10. Excited

CATEGORY

1. Health - LEVEL1

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