



Impact of Myopia on 740m Children and Teens by 2050

Description

A recent study has found that more than one in three children and teenagers worldwide suffer from myopia, or shortsightedness. This eye condition affects the ability to see objects far away clearly and is commonly corrected with glasses or contact lenses. Experts believe that excessive screen time and lack of physical activity may contribute to the increasing prevalence of myopia, especially among urban-dwelling girls.

Researchers at Sun Yat-sen University in China conducted a comprehensive analysis, projecting that the number of myopia cases could exceed 740 million by 2050. The study, published in the British Journal of Ophthalmology, highlighted a concerning trend of myopia worsening with age and starting in early childhood.

The analysis, which included data from over 5 million children and teenagers from 50 countries, noted a significant increase in myopia prevalence in recent years. Factors such as the Covid pandemic and sedentary lifestyles were suggested as reasons for this rise.

Moving forward, the researchers emphasize the importance of reducing screen time and increasing physical activity to combat the growing public health concern of myopia. While acknowledging study limitations, they stress the urgent need for preventive measures to address this global health burden.

Vocabulary List:

1. **Myopia** /maɪ'ɒʊ.pi.ə/ (noun): A common vision condition where close objects are seen clearly but distant ones are blurry.
2. **Prevalence** /'preɪ.və.ləns/ (noun): The commonness or widespread occurrence of a condition in a population.
3. **Sedentary** /'sed.ən.ɪ.tər.i/ (adjective): Characterized by much sitting and little physical activity.
4. **Excessive** /ɪk'sɛs.ɪv/ (adjective): More than is necessary or normal; too much.
5. **Comprehensive** /,kɒm.prɪ'hɛn.sɪv/ (adjective): Including all or nearly all elements or aspects.
6. **Burden** /'bɜːr.dən/ (noun): A heavy load or duty; a responsibility that is difficult to manage.

Comprehension Questions

Multiple Choice



1. What is myopia commonly known as?
Option: Farsightedness
Option: Nearsightedness
Option: Astigmatism
Option: Presbyopia
2. Where was the recent study on myopia prevalence conducted?
Option: Sun Yat-sen University
Option: Harvard University
Option: Oxford University
Option: University of Tokyo
3. What publication featured the myopia study?
Option: The Lancet
Option: British Journal of Ophthalmology
Option: New England Journal of Medicine
Option: Journal of the American Medical Association
4. What did the study project the number of myopia cases to exceed by 2050?
Option: 200 million
Option: 400 million
Option: 600 million
Option: 740 million
5. What was identified as a possible contributing factor to the rising prevalence of myopia?
Option: Reading books
Option: Physical activity
Option: Excessive screen time
Option: Eating vegetables
6. What is the recommended measure to combat myopia according to the researchers?
Option: Increase screen time
Option: Reduce physical activity
Option: Increase screen time and physical activity
Option: Reduce screen time and increase physical activity

Answer

Multiple Choice: 1. Nearsightedness 2. Sun Yat-sen University 3. British Journal of Ophthalmology 4. 740 million 5. Excessive screen time 6. Reduce screen time and increase physical activity



Vocabulary quizzes

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

1. Which term relates to mental processes such as thinking memory and problem-solving?
Option: Nutrients
Option: Sedentary
Option: Cognitive
Option: Myopia
2. What are the chemical messengers that transmit signals across a synapse between neurons?
Option: Neurotransmitters
Option: Polyphenols
Option: Glucosinolates
Option: Microgreens
3. Which term means being separated from others or feeling alone?
Option: Regulation
Option: Isolation
Option: Powerhouse
Option: Concocted
4. What term describes something that is difficult to bear or causes hardship?
Option: Moderation
Option: Burden
Option: Emphasizes
Option: Comprehensive
5. Which food item refers to young tender greens that are harvested just above the soil?
Option: Antioxidants
Option: Polyphenols
Option: Microgreens
Option: Glucosinolates
6. What term relates to the heart and blood vessels?
Option: Deceptive
Option: Concocted
Option: Cardiovascular
Option: Intricate
7. Which term means adjusting the intensity tone or pitch?



- Option: Modulation
- Option: Addictively
- Option: Sedentary
- Option: Excessive

8. What term describes something that is easy to use or saves time and effort?

- Option: Prevalence
- Option: Consumption
- Option: Convenient
- Option: Accelerate

9. Which compounds have antioxidant properties and are found in foods like fruits vegetables and tea?

- Option: Polyphenols
- Option: Myopia
- Option: Sedentary
- Option: Guidelines

10. What term refers to the enforcement or implementation of rules or laws?

- Option: Emphasizes
- Option: Burden
- Option: Regulation
- Option: Powerhouse

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

11. Regular exercise can help _____ metabolism and improve overall health.
12. A balanced diet provides essential _____ required for proper body functions.
13. The _____ of smartphones has changed communication habits worldwide.
14. Prolonged _____ behavior can lead to health issues like obesity and muscle weakness.
15. Consuming _____ amounts of sugar can increase the risk of developing diabetes.
16. The report provided a _____ analysis of the current market trends.
17. The instructor _____ the importance of regular practice for skill development.



18. Health experts recommend following dietary _____ for a balanced nutrition intake.
19. Enjoying treats in _____ is key to maintaining a healthy diet.
20. Excessive alcohol _____ can lead to liver damage and other health issues.

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

21. Polyphenols have antioxidant properties that can help protect cells from damage.
22. Foods like broccoli and kale contain glucosinolates which have potential anticancer effects.
23. Blueberries are rich in antioxidants which help combat oxidative stress in the body.
24. Spinach is considered a nutrient-dense food as it is packed with vitamins and minerals.
25. The design of the watch was intricate with many small details etched into the metal.
26. The chef a new recipe using exotic spices and local produce.
27. Social media algorithms use user data for targeted content .
28. Brazil nuts are a of selenium a mineral important for thyroid function.
29. The game was designed to be challenging to keep players engaged for hours.
30. The advertisement used tactics to lure customers into buying unnecessary products.

Answer

Multiple Choice: 1. Cognitive 2. Neurotransmitters 3. Isolation 4. Burden 5. Microgreens 6. Cardiovascular 7. Modulation 8. Convenient 9. Polyphenols 10. Regulation

Gap-Fill: 11. Accelerate 12. Nutrients 13. Prevalence 14. Sedentary 15. Excessive 16. Comprehensive 17. Emphasizes 18. Guidelines 19. Moderation 20. Consumption

Matching sentence: 1. Polyphenols 2. Glucosinolates 3. Antioxidants 4. Nutrient-dense 5. Intricate 6. Concocted 7. Manipulation 8. Powerhouse 9. Addictively 10. Deceptive

CATEGORY

1. Health - LEVEL4

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Author

aimeeyoung99

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