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# Lower Cholesterol with Popular Supplement Recommended by Scientists

## Description

Research has shown that taking omega-3 supplements can help lower the risk of high cholesterol, LDL, and triglycerides, especially for people with a family history of these conditions. A recent study from the University of Georgia suggests that fish oil supplements may be beneficial for those genetically predisposed to high cholesterol. By analyzing genetic data from over 441,000 participants, researchers found that those taking fish oil had lower blood lipid levels than predicted. This supports the idea that fish oil supplements can counteract the genetic tendency towards high cholesterol. High cholesterol can lead to health issues like heart disease, but fish oil may help improve lipid profiles. This study emphasizes the importance of lifestyle choices, like taking fish oil, in managing genetic risks for high cholesterol.

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## Vocabulary List:

1. **Omega-3** /oo'meigə θri:/ (noun): A type of essential fatty acid found in fish and certain plants.
2. **Cholesterol** /kə'lestəɔl/ (noun): A waxy substance found in the blood essential for cell membranes but harmful in excess.
3. **Triglycerides** /traɪ'glɪsəraɪdz/ (noun): A type of fat (lipid) found in your blood which can raise health risks when levels are high.
4. **Genetic** /dʒə'netɪk/ (adjective): Relating to genes or heredity; responsible for the traits inherited from parents.
5. **Predisposed** /,prɪ:.dɪ'spoʊzd/ (adjective): Having a tendency to suffer from a particular condition due to genetic or environmental factors.
6. **Lipid** /'lɪpɪd/ (noun): A group of organic compounds that are insoluble in water including fats oils and hormones.

## Comprehension Questions

### Multiple Choice

1. What is the potential benefit of taking omega-3 supplements according to research findings?  
Option: Reducing the risk of high cholesterol  
Option: Increasing LDL levels  
Option: Aiding in triglyceride buildup



Option: Exacerbating lipid profiles

2. Who may particularly benefit from fish oil supplements according to the University of Georgia study?

Option: People with low genetic risk of high cholesterol

Option: Individuals with family history of heart disease

Option: Those with no lipid issues

Option: People with vitamin deficiencies

3. How did researchers determine the efficacy of fish oil supplements in the study?

Option: By conducting surveys on lifestyle choices

Option: By analyzing genetic data from a small sample size

Option: By observing participants over time without intervention

Option: By analyzing genetic data from over 441,000 participants

4. What health issues can high cholesterol potentially lead to?

Option: Joint pain

Option: Osteoporosis

Option: Heart disease

Option: Respiratory infections

5. What is the main takeaway from the study regarding lifestyle choices?

Option: Fish oil has no impact on genetic risks

Option: Genetic risks outweigh any lifestyle choices

Option: Taking fish oil can mitigate genetic risks for high cholesterol

Option: Lifestyle choices have no impact on health outcomes

6. Which lipid levels were found to be lower in participants taking fish oil supplements compared to those not taking them?

Option: HDL

Option: Total cholesterol

Option: Triglycerides

Option: VLDL

## Answer

**Multiple Choice:** 1. Reducing the risk of high cholesterol 2. Individuals with family history of heart disease 3. By analyzing genetic data from over 441,000 participants 4. Heart disease 5. Taking fish oil can mitigate genetic risks for high cholesterol 6. Triglycerides



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## Vocabulary quizzes

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

1. What is a common sign of aging in the skin?  
Option: Aching  
Option: Molecules  
Option: Wrinkles  
Option: Immune
2. Which type of fatty acid is commonly associated with brain health?  
Option: Omega-3  
Option: Cholesterol  
Option: Triglycerides  
Option: Genetic
3. Which gland in the body regulates metabolism?  
Option: Obesity  
Option: Thyroid  
Option: Metabolism  
Option: Insulin
4. Excessive body weight that increases the risk of health problems is known as:  
Option: Irregularly  
Option: Adjust  
Option: Obesity  
Option: Allergic
5. The chemical processes within the body to maintain life are collectively referred to as:  
Option: Prevention  
Option: Metabolism  
Option: Awareness  
Option: Function
6. Which hormone is responsible for regulating blood sugar levels?  
Option: Emphasize  
Option: Insulin  
Option: Revealed  
Option: Sufferer
7. The body's natural defense system against infections and illnesses is called the:



- Option: Sedentary
- Option: Incorporating
- Option: Beneficial
- Option: Immune

8. Traits passed down from parents to offspring are influenced by:

- Option: Overall
- Option: Genetic
- Option: Predisposed
- Option: Lipid

9. Which type of lipid is often associated with cardiovascular health?

- Option: Thyroid
- Option: Cholesterol
- Option: Triglycerides
- Option: Metabolism

10. An adverse bodily response to a particular substance is known as an:

- Option: Reaction
- Option: Sufferer
- Option: Symptom
- Option: Allergic

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

11. The \_\_\_\_\_ of the immune system is to protect the body against pathogens.
12. \_\_\_\_\_ a healthy diet can have a significant impact on your overall well-being.
13. Regular exercise is key in the \_\_\_\_\_ of many chronic diseases.
14. Increasing public \_\_\_\_\_ about mental health is crucial to reducing stigma.
15. Skipping meals can affect your metabolism and lead to eating \_\_\_\_\_.
16. It is important to \_\_\_\_\_ your lifestyle to promote better health outcomes.
17. \_\_\_\_\_ more fruits and vegetables into your diet can improve your overall health.
18. Health experts \_\_\_\_\_ the importance of regular physical activity for overall well-



being.

19. Studies have \_\_\_\_\_ new insights into the impact of stress on the body.

20. A \_\_\_\_\_ lifestyle can contribute to various health issues such as obesity and heart disease.

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

21. Cells are made up of various that perform different functions in the body.
22. Dietary fats fall into the category of essential for energy production and cell structure.
23. High levels of in the blood can increase the risk of heart disease.
24. Some individuals may be genetically to certain medical conditions.
25. Regular exercise has a effect on mental health reducing stress and anxiety.
26. Taking care of your physical mental and emotional well-being is important for your health.
27. is a complex condition influenced by genetic environmental and lifestyle factors.
28. An allergic can range from mild irritation to severe symptoms requiring medical intervention.
29. Fever is a common of an underlying infection or illness.
30. A pollen may experience sneezing watery eyes and congestion during allergy season.

**Answer**

**Multiple Choice:** 1. Wrinkles 2. Omega-3 3. Thyroid 4. Obesity 5. Metabolism 6. Insulin 7. Immune 8. Genetic 9. Cholesterol 10. Allergic

**Gap-Fill:** 11. Function 12. Choosing 13. Prevention 14. Awareness 15. Irregularly 16. Adjust 17. Incorporating 18. Emphasize 19. Revealed 20. Sedentary

**Matching sentence:** 1. Molecules 2. Lipid 3. Triglycerides 4. Predisposed 5. Beneficial 6. Overall 7. Obesity 8. Reaction 9. Symptom 10. Sufferer

**CATEGORY**

- 1. Health - LEVEL1



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