



Lower Your Risk for Dementia: Key Factors to Modify

Description

According to the U.S. Centers for Disease Control and Prevention (CDC), approximately 5.8 million Americans currently suffer from Alzheimer's disease, the most prevalent form of dementia. By 2060, this figure is projected to increase to 14 million, with minority populations disproportionately affected. While aging is often associated with dementia, various factors influence one's susceptibility to this neurodegenerative condition. A recent study published in *The Lancet* indicates that making lifestyle modifications can reduce the incidence of dementia by half.

The *Lancet* Commission, comprised of researchers who compile up-to-date evidence on various diseases, aims to provide practical recommendations to assist families globally in caring for individuals affected by dementia. The researchers emphasize the importance of addressing modifiable risk factors to potentially prevent dementia and enhance longevity. These risk factors can be managed throughout one's life, and early intervention is deemed beneficial.

The study identifies 14 lifestyle-related risk factors that can be altered to decrease dementia risk. These factors include education, hearing loss, depression, traumatic brain injury, smoking, LDL cholesterol levels, physical inactivity, diabetes, hypertension, obesity, excessive alcohol consumption, social isolation, air pollution, and untreated vision loss. By addressing these factors, individuals may mitigate their risk of developing dementia.

Implementing strategies such as regular exercise, protecting the head from injury, maintaining sensory health, engaging in cognitive activities, fostering social connections, prioritizing mental well-being, and reducing unhealthy habits like smoking and excessive alcohol consumption are recommended. Optimizing mitochondrial function through dietary choices, such as limiting linoleic acid intake, consuming whole foods, and ensuring a balanced macronutrient intake, is also beneficial. Additional guidelines include avoiding gluten and casein, optimizing gut flora, maintaining adequate vitamin D levels, managing insulin levels, and adopting a diet rich in folate and antioxidants.

By adhering to these recommendations, individuals can proactively reduce their risk of developing Alzheimer's disease and enhance their overall brain health.

Vocabulary List:

1. **Prevalent** /'preɪvələnt/ (adjective): Widespread or common in a particular area or at a particular time.
2. **Neurodegenerative** /,njuərə'dʒenərətɪv/ (adjective): Relating to the degeneration of nervous tissue.
3. **Susceptibility** /sə'seɪptə'bɪləti/ (noun): The state of being likely to be influenced or harmed by a particular thing.
4. **Modifiable** /'mɒdɪfaɪəbl/ (adjective): Capable of being changed or adjusted.
5. **Incidence** /'ɪnsɪdəns/ (noun): The occurrence or frequency of a disease or event.



6. **Longevity** /lɒn'dʒɛvɪti/ (noun): Long duration of life; long existence or service.

Comprehension Questions

Multiple Choice

1. Which organization reported that approximately 5.8 million Americans currently suffer from Alzheimer's disease?
Option: World Health Organization (WHO)
Option: U.S. Centers for Disease Control and Prevention (CDC)
Option: National Institutes of Health (NIH)
Option: Alzheimer's Association
2. According to the text, how many Americans are projected to suffer from Alzheimer's disease by 2060?
Option: 6.5 million
Option: 10 million
Option: 14 million
Option: 20 million
3. Which lifestyle choice can reduce the incidence of dementia by half, as per The Lancet study?
Option: Eating fast food daily
Option: Engaging in regular exercise
Option: Avoiding social interactions
Option: Smoking cigarettes
4. One of the lifestyle-related risk factors identified to decrease dementia risk is:
Option: Vegetable consumption
Option: Social isolation
Option: Low education level
Option: Adequate sleep
5. What is one of the recommendations to optimize brain health mentioned in the text?
Option: Excessive alcohol consumption
Option: Smoking tobacco
Option: Prioritizing mental well-being
Option: Consuming high doses of sugar
6. Which dietary component is mentioned as beneficial for optimizing mitochondrial function in the context



of reducing dementia risk?

- Option: Linoleic acid
- Option: Whole foods
- Option: Processed foods
- Option: Sugary snacks

True-False

7. One of the recommendations to reduce dementia risk is maintaining social connections.
8. The Lancet Commission provides recommendations specifically for Alzheimer's disease patients.
9. Addressing modifiable risk factors can potentially prevent dementia.
10. Managing insulin levels is not considered a guideline for reducing dementia risk.
11. The study published in The Lancet identifies 10 lifestyle-related risk factors to decrease dementia risk.
12. Air pollution is not mentioned as one of the lifestyle-related risk factors to decrease dementia risk.

Gap-Fill

13. The U.S. Centers for Disease Control and Prevention (CDC) reported that approximately _____ Americans currently suffer from Alzheimer's disease.
14. The study published in The Lancet indicates that making lifestyle modifications can reduce the incidence of dementia by _____.
15. According to the text, individuals can proactively reduce their risk of developing Alzheimer's disease by adhering to the recommended strategies to enhance their overall _____ health.
16. The optimal level of vitamin D is highlighted as a guideline to enhance _____ health in the context of reducing the risk of developing dementia.
17. The study identifies _____ lifestyle-related risk factors that can be altered to



decrease dementia risk.

18. One of the ways to reduce dementia risk mentioned in the text includes engaging in cognitive activities and fostering _____ connections.

Answer

Multiple Choice: 1. U.S. Centers for Disease Control and Prevention (CDC) 2. 14 million 3. Engaging in regular exercise 4. Social isolation 5. Prioritizing mental well-being 6. Whole foods

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

Gap-Fill: 13. 5.8 million 14. half 15. brain 17. 14 18. social

Vocabulary quizzes

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

1. Which type of nutrients provide the body with energy and are required in large amounts?

- Option: Probiotics
- Option: Macronutrients
- Option: Phytonutrients
- Option: Antioxidants

2. Which term refers to the ability to be maintained at a certain rate or level?

- Option: Modifiability
- Option: Adaptability
- Option: Sustainability
- Option: Scarcity

3. Which term relates to the biochemical processes that occur within an organism?

- Option: Genetic
- Option: Biological
- Option: Metabolic
- Option: Immunological

4. Which field of study deals with nutrients and their effects on health and disease?

- Option: Biology
- Option: Chemistry
- Option: Fitness



Option: Nutrition

5. Which term describes something that is present appearing or found everywhere?

Option: Scarce

Option: Ubiquitous

Option: Obsolescent

Option: Ephemeral

6. Which term means to have a mutual relationship or connection in which one thing affects or depends on another?

Option: Alienate

Option: Nullify

Option: Correlate

Option: Contradict

7. Which term refers to a long duration of individual life or the length of life?

Option: Ephemeralness

Option: Longevity

Option: Transientness

Option: Briefness

8. Which term describes something that is made by combining different substances?

Option: Natural

Option: Organic

Option: Synthetic

Option: Botanical

9. Which term means to make or become less?

Option: Magnify

Option: Augment

Option: Amplify

Option: Diminish

10. Which term means to make an action process or movement easier or smoother?

Option: Hinder

Option: Impede

Option: Block

Option: Facilitate

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



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11. Making _____ decisions is essential in maintaining a balanced lifestyle.
 12. The chef prepared a unique _____ of flavors in the signature dish.
 13. Injuries from sports activities are _____ among teenagers.
 14. Certain lifestyle habits are _____ and can be changed to improve health.
 15. Efforts to _____ the effects of climate change are crucial for the planet's future.
 16. Despite her _____ she decided to take on the new challenge.
 17. The chosen solution was the most _____ way to address the issue at hand.
 18. After a hearty meal he felt _____ and content.
 19. Setting clear _____ helps individuals stay focused on their goals.
 20. The decision had far-reaching _____ that affected the entire company.

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



21. The professor tried to the complex theory to the students for better understanding.
22. Alzheimer's disease is characterized by changes in the brain.
23. Due to genetic factors some individuals have a higher to certain diseases.
24. The of diabetes has been increasing worldwide in recent years.
25. Successful athletes follow a training regimen to improve their performance.
26. The discovery of penicillin was a breakthrough of great in the field of medicine.
27. Natural disasters are powerful that can disrupt entire regions.
28. Some fabrics like polyester are materials made in laboratories.
29. The new software aims to communication between team members.
30. Mobile phones have become almost in modern society.

Answer

Multiple Choice: 1. Macronutrients 2. Sustainability 3. Metabolic 4. Nutrition 5. Ubiquitous 6. Correlate 7. Longevity 8. Synthetic 9. Diminish 10. Facilitate

Gap-Fill: 11. Judicious 12. Concoction 13. Prevalent 14. Modifiable 15. Mitigate 16. Apprehensions 17. Expedient 18. Sate 19. Objectives 20. Ramifications

Matching sentence: 1. Elucidate 2. Neurodegenerative 3. Susceptibility 4. Incidence 5. Consistent 6. Significance 7. Phenomena 8. Synthetic 9. Facilitate 10. Ubiquitous

CATEGORY

1. Health - LEVEL6

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