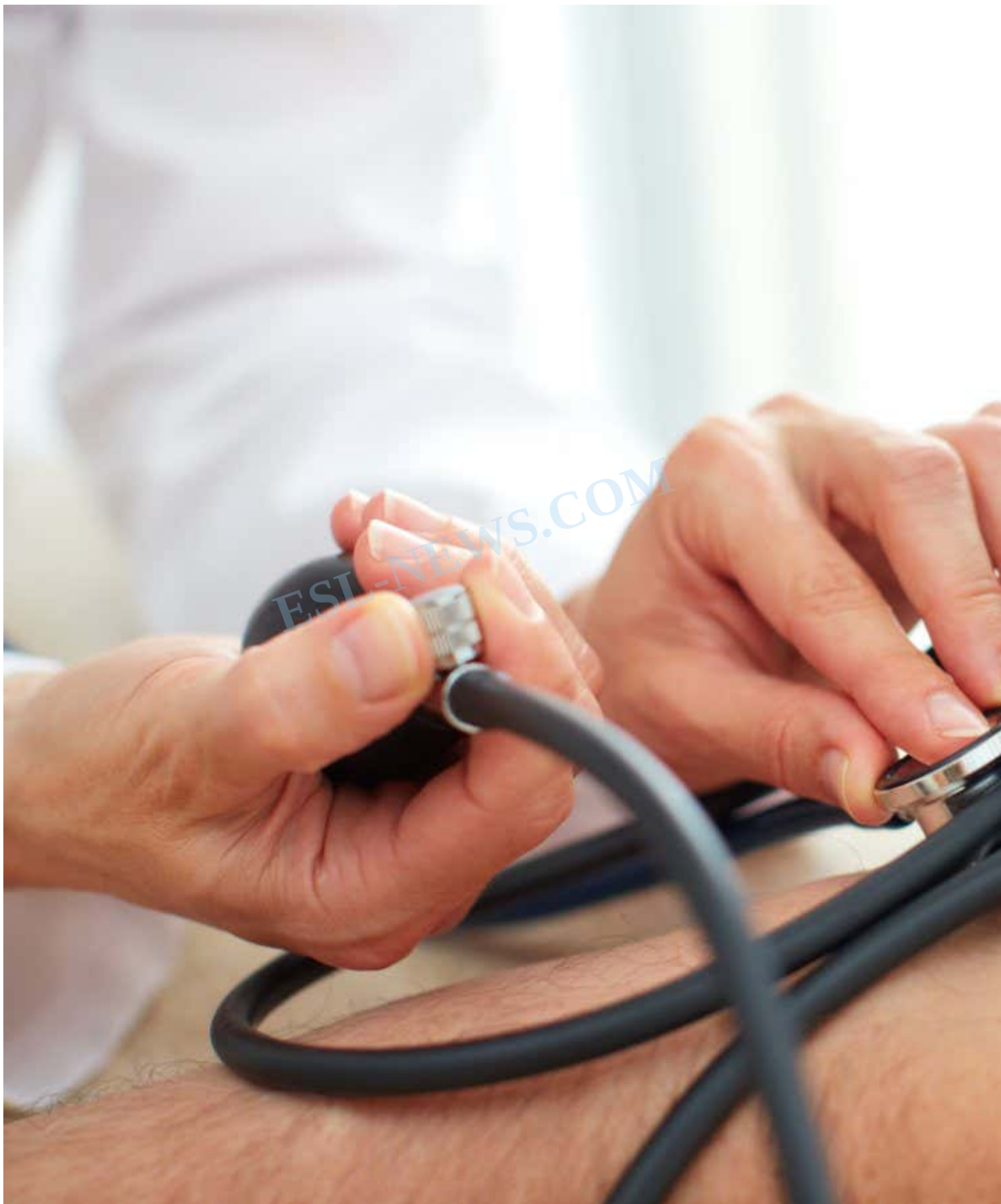




Lowering Blood Pressure Decreases Dementia Risk

Description

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A study in China found that lowering high blood pressure can reduce the risk of dementia.

Having high blood pressure is linked to a higher chance of getting dementia. Taking medication to lower blood pressure can also lower the risk of dementia.

Researchers studied over 33,000 people in China with high blood pressure. They gave some people multiple medications to lower blood pressure aggressively. Others received just one medication.

After 48 months, people on more medications had lower blood pressure and fewer cases of dementia and cognitive issues.

The study shows that reducing blood pressure helps lower the risk of dementia in people with high blood pressure. Experts recommend treating high blood pressure to stay healthy and live longer.

Aside from blood pressure, other factors like smoking, inactivity, and obesity can also affect dementia risk. It's important to take a well-rounded approach to prevent dementia throughout life.

Vocabulary List:

1. **Dementia** /dɪ'menʃə/ (noun): A chronic or persistent disorder of the mental processes caused by brain disease or injury characterized by memory disorders personality changes and impaired reasoning.
2. **Aggressively** /ə'grɛsɪvli/ (adverb): In an assertive or forceful manner; vigorously.
3. **Cognitive** /'kɒgnɪtɪv/ (adjective): Relating to the mental processes of perception memory judgment and reasoning.
4. **Medications** /,mɛdɪ'keɪʃənz/ (noun): Substances used for medical treatment especially drugs.
5. **Obesity** /oʊ'bi:səti/ (noun): The condition of being grossly fat or overweight.
6. **Inactivity** /,ɪnæk'tɪvɪti/ (noun): Lack of activity or movement; being inactive.

Comprehension Questions

Multiple Choice

1. What did a study in China find about lowering high blood pressure?

- Option: It can increase the risk of dementia
- Option: It has no effect on dementia risk
- Option: It can reduce the risk of dementia
- Option: It is unrelated to dementia risk



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2. How many people in China were studied in relation to high blood pressure?
- Option: Over 50,000
 - Option: Around 33,000
 - Option: Less than 10,000
 - Option: Exactly 40,000
3. What was the outcome after 48 months for people on more medications to lower blood pressure?
- Option: Higher blood pressure
 - Option: More cases of dementia
 - Option: Lower blood pressure and fewer cases of dementia
 - Option: No change in blood pressure
4. What do experts recommend in relation to high blood pressure and dementia?
- Option: Ignoring high blood pressure for longevity
 - Option: Taking medication to increase dementia risk
 - Option: Treating high blood pressure to stay healthy and live longer
 - Option: High blood pressure has no impact on longevity
5. Apart from blood pressure, what other factors can affect dementia risk?
- Option: Lowering cholesterol levels
 - Option: Regular exercise
 - Option: Eating more sugar
 - Option: Smoking, inactivity, and obesity
6. What is the main recommendation to prevent dementia throughout life?
- Option: Avoiding sunlight exposure
 - Option: Drinking more water
 - Option: Taking memory supplements
 - Option: Taking a well-rounded approach considering various factors

True-False

7. High blood pressure is associated with a higher chance of dementia.
8. Lowering high blood pressure has no impact on dementia risk.
9. The study in China involved 10,000 participants.



10. Experts recommend ignoring high blood pressure to prevent dementia.
11. Obesity is a factor that can affect dementia risk.
12. Preventive measures for dementia should only focus on blood pressure management.

Gap-Fill

17. Taking a well-rounded approach to prevent dementia throughout life is important as aside from blood pressure, other factors like smoking, inactivity, and _____ can also affect dementia risk.
18. After 48 months, people on more medications had lower blood pressure and fewer cases of _____ and cognitive issues.

Answer

Multiple Choice: 1. It can reduce the risk of dementia 2. Around 33,000 3. Lower blood pressure and fewer cases of dementia 4. Treating high blood pressure to stay healthy and live longer 5. Smoking, inactivity, and obesity 6. Taking a well-rounded approach considering various factors

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

Gap-Fill: 17. obesity 18. dementia

Vocabulary quizzes

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

1. What is the term used for a person officially charged with a crime?
Option: Defendant
Option: Plaintiff
Option: Witness
Option: Judge
2. What is a conclusion reached after considering facts and evidence in a certain matter?
Option: Chance
Option: Guess
Option: Opinion



Option: Verdict

3. What is a general term for a decline in mental ability?

- Option: Memory
- Option: Concentration
- Option: Intelligence
- Option: Cognition

4. Which term describes a medical condition characterized by excessive body fat?

- Option: Anorexia
- Option: Malnutrition
- Option: Obesity
- Option: Sarcopenia

5. What is the term for a person who exposes misconduct alleged dishonest or illegal activity occurring within an organization?

- Option: Collaborator
- Option: Conspirator
- Option: Whistleblower
- Option: Instigator

6. What is the principle of moral rightness based on ethics rationality law natural law religion fairness and equity?

- Option: Vengeance
- Option: Bribery
- Option: Justice
- Option: Corruption

7. What is the act of finding or learning something for the first time?

- Option: Concealment
- Option: Obscurity
- Option: Discovery
- Option: Secrecy

8. What is the term for claiming or asserting that something is the case typically without providing evidence or proof?

- Option: Proving
- Option: Admitting
- Option: Alleging
- Option: Confessing

9. What is the term for publicly supporting or recommending a particular cause or policy?

- Option: Deterring



- Option: Advocating
- Option: Obstructing
- Option: Rejecting

10. What is the arrangement of words and phrases to create well-formed sentences in a language?

- Option: Context
- Option: Lexicon
- Option: Grammar
- Option: Syntax

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

11. In computer science a set of instructions that performs a specific task is called a

_____.

12. If a person disagrees with a court decision they may file an _____ to have the decision reviewed.

13. Prescribed drugs or substances used for medical treatment are commonly referred to as

_____.

14. A government agency or body responsible for controlling and supervising a particular area of activity is known as a _____.

15. Challenges or hindrances that impede progress or achievement are often called

_____.

16. The process of sharing or exchanging information through speech writing or other mediums is known as

_____.

17. The evidence presented strongly _____ that the suspect was at the scene of the crime.



18. The gradual development or advancement of something over time is often referred to as _____.

19. To inspire motivate or support someone to do something positive is to _____ them.

20. Her upbringing greatly _____ her beliefs and values as an adult.

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

21. The act of secretly obtaining information considered confidential or classified is known as espionage or .
22. He pursued his goals never backing down from a challenge.
23. The therapist focused on improving the patient's functions through various exercises.
24. Sitting for prolonged periods without movement can lead to health issues caused by .
25. Making false and damaging statements about someone's reputation is considered .
26. Her for the environment led her to become an active conservationist.
27. The legal proceeding where the guilt or innocence of a defendant is determined is called a .
28. Exposure to certain chemicals can have effects on the human body.
29. Before using the new device make sure to read the manual carefully.
30. The organization is dedicated to for the rights of marginalized communities.

Answer

Multiple Choice: 1. Defendant 2. Verdict 3. Cognition 4. Obesity 5. Whistleblower 6. Justice 7. Discovery 8. Alleging 9. Advocating 10. Syntax

Gap-Fill: 11. Program 12. Appeal 13. Medications 14. Regulator 15. Obstacles 16. Communicate 17. Suggests 18. Evolution 19. Encourage 20. Influenced

Matching sentence: 1. Spying 2. Aggressively 3. Cognitive 4. Inactivity 5. Defamation 6. Concerns 7. Trial 8. Harmful 9. Instructions 10. Advocating

CATEGORY



1. Sci/Tech - LEVEL2

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