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# Maintaining a Nutritious Regime Can Decelerate Aging and Reduce the Risk of Dementia

## Description

Diet and its direct correlation to biological aging and dementia have been objectively revealed in a new study conducted by researchers. As per this groundbreaking research, those who abide by healthier dietary practices are likely to experience a slower pace in their biological aging process. This, in turn, considerably diminishes the risk of developing dementia. The hypothesis finds some backing through the application of the DunedinPACE epigenetic clock on the Framingham Heart Study's Offspring Cohort's data, which suggests that adherence to the MIND diet decelerates aging and mitigates dementia risks.

This discovery provides a new-found perspective on the nexus between dietary habits, the velocity of aging, and the possibility of dementia, underscoring the potential impact of dietary amendments in staving off dementia. However, despite illuminating the merits of keeping tabs on biological aging, the study encourages the need for more intricate research to decipher the connections between diet and dementia more comprehensively.

Salient findings of the study indicate that healthier diet patterns are associated with decelerated biological aging and diminished probability of experiencing dementia. Slower biological aging, gauged via the DunedinPACE clock, makes up a significant portion of the diet's protective stance against dementia. Nevertheless, the researchers accentuate the requirement for further exploration into the intricate brain mechanisms involved and to confirm these results across a broader range of population groups.

This prolific study was undertaken at Columbia University Mailman School of Public Health and The Robert Butler Columbia Aging Center. The study ascertains that the relation between diet and dementia is partially facilitated by aging processes which span across various systems within the body. While existing literature had implied that people who stick to a healthy diet underwent slower biological aging and were less vulnerable to dementia, the biological safeguards ensuring this protection were relatively obscure. The study findings, now published in the *Annals of Neurology*, help crystalize our understanding of these mechanisms.

Dr. Daniel Belsky, PhD, an associate professor of Epidemiology at Columbia School of Public Health and the Columbia Aging Center, and senior author of the study, highlighted that much of the focus in dementia research is on how specific nutrients impact the brain. Nevertheless, Belsky's team ventured to validate the hypothesis that a healthy diet safeguards against dementia by decelerating the overall pace of biological aging.

This innovative study makes use of data garnered from the second generation of the Framingham Heart Study, the Offspring Cohort, which started back in 1971. This cohort comprised individuals 60 years old or older, free of dementia, and had a wealth of dietary, epigenetic, and follow-up data. Among 1,644 participants considered for the analysis, 140 of the participants were diagnosed with dementia.

In concluding the study, the researchers deduced that higher adherence to the Mediterranean-Dash Intervention for Neurodegenerative Delay diet (MIND) eased the pace of aging measured by DunedinPACE,



and thus, reduced risks for dementia and mortality. However, as Dr. Belsky puts forth, it is essential to conduct further observational studies to investigate the direct associations of nutrients with brain aging. This will ensure that the current findings can be confirmed across more diverse populations, emphasizing that monitoring biological aging could indeed inform dementia prevention.

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## Vocabulary List:

1. **Correlation** // (noun): A connection or relationship between two or more things.
2. **Adherence** // (noun): Act of following or sticking to something.
3. **Mitigates** // (verb): Makes less severe or intense.
4. **Decelerates** // (verb): Slows down or reduces the speed of a process.
5. **Amendments** // (noun): Changes or modifications made to something.
6. **Illuminate** // (verb): To make something clear or understandable.

## Vocabulary quizzes



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

1. Which term refers to the death or end of something?  
Option: Acclaimed  
Option: Confined  
Option: Demise  
Option: Indefinite
  
2. What do we call a widespread occurrence of an infectious disease in a community at a particular time?  
Option: Empathy  
Option: Captivating  
Option: Epidemic  
Option: Authenticity
  
3. Which term indicates a mutual relationship or connection between two or more things?  
Option: Baffling  
Option: Gullible  
Option: Correlation  
Option: Adherence
  
4. What word refers to actions that make something less severe serious or painful?  
Option: Decelerates  
Option: Mitigates  
Option: Amendments  
Option: Illuminate
  
5. Which term means a formal request usually written to a person or authority?  
Option: Tragically  
Option: Authentic  
Option: Intervention  
Option: Petition
  
6. What type of medical treatment involves the management of obesity?  
Option: Obesity  
Option: Medications  
Option: Bariatric  
Option: Affordable
  
7. What are written instructions from a medical practitioner that authorize the use of specific medications?  
Option: Insurmountable  
Option: Obesity  
Option: Medications



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Option: Prescriptions

8. Which word describes the quality of being genuine or real?

Option: Correlation

Option: Adherence

Option: Authenticity

Option: Baffling

9. What term is used to indicate the action of slowing down or reducing speed?

Option: Mitigates

Option: Decelerates

Option: Amendments

Option: Illuminate

10. Which word describes something that is reasonably priced and within one's financial means?

Option: Petition

Option: Bariatric

Option: Obesity

Option: Affordable

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

11. The novel was \_\_\_\_\_ by critics for its originality and engaging plot.

12. It is important to educate people to dispel \_\_\_\_\_ they may have about certain topics.

13. Due to favorable conditions the species in that area is rapidly \_\_\_\_\_ .

14. Despite facing many challenges he never considered any obstacle to be \_\_\_\_\_ .

15. The story ended \_\_\_\_\_ with the protagonist meeting an untimely death.

16. The social worker recommended immediate \_\_\_\_\_ to prevent further escalation of the situation.

17. The antique dealer confirmed that the painting was indeed \_\_\_\_\_ and not a replica.

18. The government declared a state of emergency to address the \_\_\_\_\_ spreading of the disease.

19. The committee proposed several \_\_\_\_\_ to the existing policies to make them more



effective.

20. The documentary aims to \_\_\_\_\_ the lives of the underprivileged in remote areas.

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

21. Showing towards others can create a more compassionate society.
22. Being too can lead to falling for scams and deception easily.
23. The meeting was postponed to an date due to scheduling conflicts.
24. The disappearance of the artifacts remained a mystery for years.
25. The patient was to isolation to prevent the spread of the contagious disease.
26. Access to quality education is a that not everyone around the world has.
27. The doctor prescribed specific to manage the patient's condition.
28. The challenges they faced seemed at first but were eventually overcome.
29. The speaker delivered a speech that held the audience's attention throughout.
30. The store offered a wide range of products at prices attracting many customers.

## Answer

**Multiple Choice:** 1. Demise 2. Epidemic 3. Correlation 4. Mitigates 5. Petition 6. Bariatric 7. Prescriptions  
8. Authenticity 9. Decelerates 10. Affordable

**Gap-Fill:** 11. Acclaimed 12. Misconceptions 13. Proliferating 14. Insurmountable 15. Tragically 16.  
Intervention 17. Authentic 18. Epidemic 19. Amendments 20. Illuminate

**Matching sentence:** 1. Empathy 2. Gullible 3. Indefinite 4. Baffling 5. Confined 6. Privilege 7. Medications  
8. Insurmountable 9. Captivating 10. Affordable

## CATEGORY

1. Health - LEVEL5

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