



Mary Claire Haver: The Trailblazer of Menopause Wellness

Description

Dr. Mary Claire Haver is a doctor who helps women with menopause. Every day, 6,000 women in the U.S. go through menopause. But there are not enough doctors who know how to help them. Dr. Haver wants to change this. She talks to many people on Instagram and TikTok. She has over four million followers. She shares information about menopause in a friendly way.

In the morning, Dr. Haver teaches about low sex drive while wearing her pajamas. She also exercises on her Peloton treadmill. Today, she is filming for a documentary about menopause. She lifts weights in her gym and says, "I want to be healthy when I am 80 years old."

Dr. Haver believes women can have good lives during menopause. She says, "Menopause is a part of life, but suffering is not." She wants to help women feel better and be strong. She also speaks out for more research on women's health. Dr. Haver is helping many women understand menopause better.

Vocabulary List:

1. **Menopause** /'mɛnə,pɔːz/ (noun): The time in a woman's life when her period stops and she can no longer have children.
2. **Drive** /draɪv/ (noun): A person's ability or desire to do something.
3. **Suffering** /'sʌfəɪŋ/ (noun): The state of undergoing pain distress or hardship.
4. **Research** /rɪ'sɜːrtʃ/ (noun): The systematic investigation into a subject in order to establish facts and reach new conclusions.
5. **Documentary** /,dɒkjʊ'mɛntri/ (noun): A film or television program that provides a factual report on a particular subject.
6. **Healthy** /'hɛlθi/ (adjective): In good health; not ill or injured.

Comprehension Questions

Multiple Choice

1. How many women go through menopause in the U.S. every day?
Option: 3,000
Option: 6,000



Option: 10,000

Option: 15,000

2. What social media platforms does Dr. Mary Claire Haver use to share information about menopause?

Option: Facebook and Twitter

Option: Instagram and TikTok

Option: LinkedIn and Pinterest

Option: Snapchat and YouTube

3. What form of exercise does Dr. Haver do on her Peloton treadmill?

Option: Yoga

Option: Cycling

Option: Running

Option: Weightlifting

4. Dr. Haver wants women to understand that menopause is a part of life but _____ is not.

Option: struggling

Option: suffering

Option: ignoring

Option: overcoming

Gap-Fill

4. Dr. Haver wants women to understand that menopause is a part of life but _____ is

not.

5. How many followers does Dr. Haver have on Instagram and TikTok combined?

Option: 1 million

Option: 2 million

Option: 3 million

Option: 4 million

6. What does Dr. Haver emphasize to women during menopause?

Option: Suffering is inevitable

Option: Menopause is a curse

Option: Feeling better and being strong is achievable

Option: Ignoring menopause is the best approach



True-False

7. Dr. Mary Claire Haver wants to increase awareness about menopause among women.
8. Dr. Haver is a full-time actress who pretends to be a doctor.
9. Weightlifting is an exercise that Dr. Haver does to promote staying healthy.
10. Dr. Haver believes that menopause should be suffered through silently.
11. Dr. Haver engages in daily conversations with her followers on TikTok alone.
12. Dr. Haver is an advocate for further research in women's health.
13. Dr. Mary Claire Haver wants to help women feel better and be strong during _____.
14. Dr. Haver shares information about menopause in a _____ way with her followers.
15. Dr. Haver lifts weights in her gym to promote staying healthy until she is _____.
16. Dr. Haver is filming for a _____ about menopause.
17. Dr. Mary Claire Haver speaks out for more research on _____ health.
18. Dr. Haver has _____ followers on Instagram and TikTok.

Answer

Multiple Choice: 1. 6,000 2. Instagram and TikTok 3. Cycling 4. suffering 5. 4 million 6. Feeling better and being strong is achievable

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

Gap-Fill: 4. suffering 13. menopause 14. friendly 15. 80 years old 16. documentary 17. women's 18. four million

Vocabulary quizzes



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

1. Which of the following is a waxy fat-like substance found in the cells of the body?
Option: Potassium
Option: Cholesterol
Option: Calories
Option: Protein
2. Which condition is characterized by excessive body weight and fat accumulation?
Option: Repair
Option: Obesity
Option: Risk
Option: Binge drinking
3. A stroke occurs when the blood supply to the brain is interrupted leading to what?
Option: Excess
Option: Digestion
Option: Stroke
Option: Menopause
4. Which substances provide nourishment essential for growth and the maintenance of life?
Option: Study
Option: Binge drinking
Option: Nutrients
Option: Medication
5. Which substance when consumed in excess can lead to various health issues such as liver damage?
Option: Trend
Option: Alcohol
Option: Plaque
Option: Variety
6. Which macronutrient is essential for building and repairing tissues in the body?
Option: Drive
Option: Cholesterol
Option: Calories
Option: Protein
7. The act of using or having something is known as?
Option: Servings
Option: Balance
Option: Consumption



Option: Risk

8. Maintaining a state of equilibrium or stability is referred to as?

- Option: Prevent
- Option: Balance
- Option: Trend
- Option: Menopause

9. The potential of gaining or losing something of value is commonly referred to as?

- Option: Potassium
- Option: Risk
- Option: Excess
- Option: Suffering

10. Having a diverse range or assortment of something is described by what term?

- Option: Servings
- Option: Variety
- Option: Cholesterol
- Option: Research

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

11. _____ in the arteries can restrict blood flow and lead to cardiovascular issues.
12. Women may experience hormonal changes during _____.
13. Nutrients are primarily _____ in the small intestine.
14. Motivation is a key factor that can influence an individual's ambition and _____.
15. Conducting a scientific investigation to acquire new knowledge is referred to as a _____.
16. Regular exercise and a balanced diet can help _____ certain health conditions.
17. Consuming calories in _____ of what the body needs can lead to weight gain.
18. Severe pain or distress can result in significant _____.



19. Systematic investigation of a subject to establish facts and reach new conclusions is called _____.

20. Maintaining a _____ lifestyle involves regular exercise and a balanced diet.

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

21. The process by which the body breaks down food into smaller nutrients for absorption.
22. The likelihood of harm or loss occurring in a given situation.
23. Consuming an excessive amount of alcohol in a short period of time.
24. Substances used to treat cure or prevent diseases or medical conditions.
25. An investigation conducted to gain knowledge or understanding of a subject.
26. A general direction in which something is developing or changing.
27. Maintaining stability and harmony in various aspects of life.
28. The process of fixing or restoring something that is damaged or broken.
29. Taking action to stop something from happening before it occurs.
30. The portions or quantities of food served or consumed at a meal.

Answer

Multiple Choice: 1. Cholesterol 2. Obesity 3. Stroke 4. Nutrients 5. Alcohol 6. Protein 7. Consumption 8. Balance 9. Risk 10. Variety

Gap-Fill: 11. Plaque 12. Menopause 13. Absorb 14. Drive 15. Study 16. Prevent 17. Excess 18. Suffering 19. Research 20. Healthy

Matching sentence: 1. Digestion 2. Risk 3. Binge drinking 4. Medication 5. Study 6. Trend 7. Balance 8. Repair 9. Prevent 10. Servings

CATEGORY

- 1. Health - LEVEL1

Date Created

2024/10/31



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