Millennials and Gen X-ers see dramatic rise in cancer rates. Key suspect revealed.

Description

The latest research suggests that rates of 17 types of cancer have been increasing across generations since the baby boomers. A study published in the journal Lancet Public Health reveals that millennials and Gen X-ers are facing a significant rise in cancer diagnoses compared to previous generations. In fact, individuals born in 1990 are facing two-to-three times higher risks of certain cancers than those born in 1955.

The study conducted by the American Cancer Society analyzed data from 2000 to 2019 and found that the rates of 17 cancers, including pancreatic, breast, and gastric cancer, have been on the rise with each new generation since 1920. This alarming trend includes a surge in early onset cancers, with some cancers doubling or tripling in incidence. Mortality rates from certain cancers, such as colorectal and liver cancer, have also increased among younger generations.

Experts point to obesity as a potential culprit behind the increase in cancer rates. Research suggests that obesity may fuel chronic inflammation in the body, leading to cellular damage that can predispose individuals to cancer. While the exact mechanisms linking obesity to cancer are still being studied, the rise in obesity rates corresponds with the uptick in cancer diagnoses among young adults.

To reduce the risk of cancer, experts recommend maintaining a healthy body weight, exercising regularly, and following a balanced diet low in processed foods and red meat. It is essential to be aware of family history and seek medical attention for any concerning symptoms. By taking proactive steps to lead a healthy lifestyle, individuals can mitigate their cancer risks and promote overall well-being.

Vocabulary List:

1. **Incidence** /ˈɪn.sɪ.dəns/ (noun): The occurrence or frequency of a disease or condition.
2. **Mortality** /mɔːrˈtæl.ə.ti/ (noun): The state of being subject to death; death rate.
3. **Predispose** /ˌpriː.dɪˈspoʊz/ (verb): To make someone more likely to develop a condition or disease.
4. **Culprit** /ˈkʌl.prɪt/ (noun): A person or thing responsible for a problem or offense.
5. **Chronic** /ˈkrɒn.ɪk/ (adjective): Persisting for a long time or constantly recurring.
6. **Surge** /sɜrdʒ/ (noun): A sudden powerful forward or upward movement.

Comprehension Questions

Multiple Choice

1. According to the latest research how many types of cancer have been increasing across generations since the baby boomers?

    Option: 10
    Option: 15
    Option: 17
    Option: 20

2. Which journal published the study revealing the rise in cancer diagnoses among millennials and Gen X-ers?

    Option: New England Journal of Medicine
    Option: Lancet Public Health
    Option: Journal of Clinical Oncology
    Option: Cancer Research

3. Individuals born in 1990 are facing how many times higher risks of certain cancers compared to those born in 1955?

    Option: 1-2 times
    Option: 2-3 times
    Option: 3-4 times
    Option: 4-5 times

4. Which organization conducted the study analyzing cancer data from 2000 to 2019?

    Option: WHO
    Option: American Red Cross
    Option: American Cancer Society
    Option: CDC

5. Obesity is suggested as a potential culprit behind the increase in cancer rates due to its link to:

    Option: Reduced inflammation
    Option: Enhanced cellular repair
    Option: Chronic inflammation
    Option: Increased immunity

6. Experts recommend reducing the risk of cancer by maintaining a healthy body weight exercising regularly and following a diet low in:

    Option: Sugar
    Option: Processed foods

Option: Fruits and vegetables
Option: Fiber

Answer

Multiple Choice: 1. 17 2. Lancet Public Health 3. 2-3 times 4. American Cancer Society 5. Chronic inflammation 6. Processed foods

Vocabulary quizzes

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

1. Which word means extremely painful or intense?

   Option: Excruciating
   Option: Complications
   Option: Alleviate
   Option: Consumption

2. Which word means failure to take proper care?

   Option: Negligence
   Option: Culprit
   Option: Silicosis
   Option: Collaborative

3. Which word describes breathing too quickly or deeply?

   Option: Hyperventilating
   Option: Panic
   Option: Reframe
   Option: Mortality

4. Which word refers to the ability to be maintained at a certain rate?

   Option: Sustainability
   Option: Ordeal
   Option: Incidence
   Option: Prevalence

5. Which word relates to the heart and blood vessels?

   Option: Cardiovascular
   Option: Consumption
   Option: Surge

Option: Micro-simulation

6. Which word means persisting for a long time or constantly recurring?

Option: Chronic
Option: Intensity
Option: Dysmorphia
Option: Incidence

7. Which word means the proportion of a population found to have a condition?

Option: Prevalence
Option: Surge
Option: Regulations
Option: Complications

8. Which word refers to the imitation of a situation or process?

Option: Simulation
Option: Colorectal
Option: Silicosis
Option: Predispose

9. Which word signifies the quality of being extreme in degree?

Option: Intensity
Option: Coping
Option: Surge
Option: Alleviate

10. Which word means to make suffering deficiency or a problem less severe?

Option: Alleviate
Option: Mortality
Option: Panic
Option: Refill

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

11. The surgery was successful but there were unexpected _____ afterwards.

12. Going through a divorce can be an emotional _____ for many people.

13. There was a sudden _____ in demand for the product after the announcement.

14. The doctors informed the patient that the disease was _____ .

15. The government introduced new _____ to improve workplace safety.

16. The researchers used _____ to model the impact of policy changes on traffic flow.

17. The study focused on the factors affecting infant _____ rates.

18. Excessive sugar _____ is linked to various health issues.

19. The new medical center specializes in the treatment of _____ disorders.

20. Patients with body _____ often have a distorted perception of their appearance.

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

21. During emergencies it is important not to give in to fear and .
22. The movie carried a message about the consequences of reckless driving.
23. The project's success was due to the efforts of the team members.
24. The of the disease has been increasing in recent years.
25. Genetic factors can individuals to certain health conditions.
26. After thorough investigation the police identified the behind the robbery.
27. Workers exposed to silica dust are at risk of developing .
28. The of the storm caused widespread damage in the coastal area.
29. There was a sudden in donations after the fundraising event.
30. Promoting renewable energy is crucial for the long-term of the planet.

Answer

Multiple Choice: 1. Excruciating 2. Negligence 3. Hyperventilating 4. Sustainability 5. Cardiovascular 6. Chronic 7. Prevalence 8. Simulation 9. Intensity 10. Alleviate

Gap-Fill: 11. complications 12. ordeal 13. surge 14. incurable 15. regulations 16. micro-simulation 17. mortality 18. consumption 19. colorectal 20. dysmorphia

Matching sentence: 1. panic 2. cautionary 3. collaborative 4. incidence 5. predispose 6. culprit 7. silicosis 8. intensity

9. surge 10. sustainability

CATEGORY

1. Health - LEVEL5

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