



New Study Links Premature Menopause to Increased Risk of Early Death

Description

Women who experience menopause before the age of 40 face higher risks of premature death, according to a recent study from Finland. The study found that these women are four times more likely to die young from cancer and twice as likely to die young from heart disease or other causes. However, researchers presented a potential solution at the 26th European Congress of Endocrinology in Stockholm. They revealed that hormone replacement therapy (HRT) for over six months can reduce the risk of all-cause and cancer mortality by about half.

Lead researcher Hilla Haapakoski emphasized the importance of recognizing the health risks associated with premature ovarian insufficiency and the potential benefits of HRT. Most women enter menopause between ages 45 and 55, but about 1% experience premature menopause due to various reasons like genetic disorders, autoimmune conditions, chemotherapy, or surgery. The researchers compared women with premature ovarian insufficiency to those without the condition and found increased cancer and heart disease risks. They now plan to further investigate the relationship between premature menopause and these health conditions, as well as the long-term effects of HRT.

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76



Vocabulary List:

1. **Menopause** // (noun): The ceasing of menstruation marking the end of a woman's reproductive period.
2. **Premature** // (adjective): Occurring or done before the usual or proper time early.
3. **Mortality** // (noun): The state of being subject to death.
4. **Ovarian** // (adjective): Relating to or located near the ovaries.
5. **Insufficiency** // (noun): The state of being insufficient lack of an adequate amount or quality.
6. **Autoimmune** // (adjective): Relating to or caused by antibodies or lymphocytes produced against substances naturally present in the body.

Vocabulary quizzes

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

1. Which type of diet emphasizes fruits vegetables whole grains and healthy fats?
Option: Mediterranean
Option: Ultraprocessed
Option: Processed
Option: Varied
2. What is the natural biological process that occurs in women as they age?
Option: Menopause
Option: Premature
Option: Ovarian
Option: Insufficiency
3. Which category of diseases occur when the immune system mistakenly attacks the body?
Option: Cognitive Decline
Option: Genetic Predisposition
Option: Autoimmune
Option: Apnea
4. What term refers to the actions and mannerisms made by individuals?
Option: Artificial intelligence
Option: Behavior
Option: Predict
Option: Exclusive
5. Which term refers to the extent to which a concept conclusion or measurement are well-founded and



dependable?

- Option: Detected
- Option: Reassured
- Option: Precautions
- Option: Validity

6. Which term describes something innovative or pioneering?

- Option: Groundbreaking
- Option: Generative
- Option: Outbreak
- Option: Mortality

7. What type of memory involves the ability to remember words and language?

- Option: Verbal Memory
- Option: Cognitive Decline
- Option: Assessments
- Option: Insufficiency

8. What term describes tailored or customized approaches for individuals?

- Option: Personalized
- Option: Assessments
- Option: Exclusive
- Option: Detected

9. What term refers to the potential of gaining or losing something of value?

- Option: Risk
- Option: Innovative
- Option: Premature
- Option: Ovarian

10. What field of computer science involves the development of machines that can perform tasks that typically require human intelligence?

- Option: Artificial intelligence
- Option: Behavior
- Option: Predict
- Option: Mortality

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

11. A balanced diet should provide essential _____ to support overall health.



12. Vitamin D _____ can lead to bone-related health issues.
13. Regular mental exercises may help prevent _____ in older adults.
14. Some individuals have a _____ to certain hereditary conditions.
15. Medical professionals use various _____ to evaluate a patient's health status.
16. The test results _____ the patient that their condition was not severe.
17. The new screening method accurately _____ early signs of the disease.
18. The company prided itself on its _____ approach to product development.
19. The event was by invitation only making it _____ and prestigious.
20. It is essential to take necessary _____ to prevent accidents at the workplace.

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

21. Consuming high amounts of foods is linked to various health risks.
22. Weather forecasters use advanced technology to changes in atmospheric conditions.
23. Studies show that smoking is a leading cause of premature .
24. Early detection of cancer is crucial for successful treatment.
25. Continuous positive airway pressure (CPAP) devices are used to treat sleep .
26. Including a range of foods in your diet can help ensure adequate nutrient intake.
27. The workshop aimed to foster a environment for creative ideas.
28. The health department quickly responded to the recent disease in the community.
29. Investors weigh the potential when making financial decisions.
30. Many convenience foods are highly and contain added preservatives.



Answer

Multiple Choice: 1. Mediterranean 2. Menopause 3. Autoimmune 4. Behavior 5. Validity 6. Groundbreaking
7. Verbal Memory 8. Personalized 9. Risk 10. Artificial intelligence

Gap-Fill: 11. Nutrients 12. Insufficiency 13. Cognitive Decline 14. Genetic Predisposition 15. Assessments
16. Reassured 17. Detected 18. Innovative 19. Exclusive 20. Precautions

Matching sentence: 1. Ultraprocessed 2. Predict 3. Mortality 4. Ovarian 5. Apnea 6. Varied 7. Generative
8. Outbreak 9. Risk 10. Processed

CATEGORY

1. Health - LEVEL2

Date Created

2024/05/13

Author

aimeeyoung99

ESL-NEWS.COM