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## New study reveals the link between premature menopause and early mortality

### Description

Women who experience menopause before the age of 40 face increased risks of premature death from cancer and heart disease, as found by a recent study in Finland. This study, presented at the 26th European Congress of Endocrinology in Stockholm, revealed that using hormone replacement therapy (HRT) for over six months may reduce the risk of all-cause and cancer-related mortality by half. Researchers emphasized the importance of raising awareness among healthcare professionals and affected women. Premature ovarian insufficiency (POI), leading to early menopause, affects about 1% of women due to various factors like genetic disorders or surgery. A study compared outcomes of women with POI to those without, highlighting the elevated risks of cancer and heart disease for the former. Hormone replacement therapy is a common treatment for POI but is underutilized. Future research aims to explore the impact of long-term HRT on overall health outcomes for POI patients. Overall, this study sheds light on the link between premature menopause and mortality risks, emphasizing the need for early intervention and proper management strategies.

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## Vocabulary List:

1. **Menopause** // (noun): The ceasing of menstruation indicating 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. **Insufficiency** // (noun): Lack of adequate supply or number shortcoming.
5. **Elevated** // (adjective): Situated or placed above the level of the surrounding area raised.
6. **Intervention** // (noun): The action or process of intervening.

## Vocabulary quizzes

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

1. Which term refers to the action of being unfaithful to a spouse or partner?  
Option: Aggressiveness  
Option: Infidelity  
Option: Caregiver  
Option: Deprivation
2. What condition is characterized by memory loss and decline in cognitive function?  
Option: Alzheimer disease  
Option: Menopause  
Option: Premature  
Option: Insomnia
3. Which protein is associated with the development of Alzheimer's disease?  
Option: Intervention  
Option: Proteins  
Option: Amyloid-beta  
Option: Enhance
4. What does it mean to be put in a situation where you are vulnerable to a risk or danger?  
Option: Preventing  
Option: Exposure  
Option: Contagious  
Option: Insomnia
5. What type of memory typically holds information for a brief period?  
Option: Elevated



- Option: Deprivation
- Option: Short-Term
- Option: Mortality

6. What term indicates that an official statement or order has been given?

- Option: Caregiver
- Option: Progression
- Option: Issued
- Option: Insufficiency

7. What feeling arises when one is envious or fearful of losing something or someone?

- Option: Estrangement
- Option: Jealousy
- Option: Creatine
- Option: Intervention

8. What measures are taken in advance to prevent something undesirable from happening?

- Option: Enhance
- Option: Capacity
- Option: Precautions
- Option: Discovery

9. In what terms is the gradual development or advance of something described?

- Option: Mortality
- Option: Proteins
- Option: Progression
- Option: Somatic

10. Who is responsible for providing assistance and support to someone in need?

- Option: Alzheimer disease
- Option: Insomnia
- Option: Menopause
- Option: Caregiver

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

11. Taking certain supplements may help \_\_\_\_\_ cognitive function.

12. An \_\_\_\_\_ level of stress can negatively impact one's health.

13. \_\_\_\_\_ can lead to hormonal changes in a woman's body.



14. Regular exercise can improve your body's \_\_\_\_\_ to perform physical tasks.
15. Lack of sleep can result in sleep \_\_\_\_\_.
16. Medical \_\_\_\_\_ may be necessary to treat a severe health condition.
17. Some physical conditions may manifest as \_\_\_\_\_ symptoms.
18. The \_\_\_\_\_ of new treatments can revolutionize healthcare.
19. A diet rich in \_\_\_\_\_ is essential for muscle development.
20. Colds and flu are \_\_\_\_\_ illnesses that can easily spread.

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

21. His behavior towards others often caused conflicts.
22. The baby's birth presented challenges for the medical team.
23. Persistent can lead to fatigue and difficulty concentrating.
24. The government a warning about the approaching storm.
25. She felt vulnerable and after sharing her personal story.
26. Vaccination is key in the spread of infectious diseases.
27. The information can be easily through the online portal.
28. The study focused on factors that affect rates in the elderly population.
29. The project failed due to funding and lack of resources.
30. Early detection can lead to prompt and better treatment outcomes.

**Answer**

**Multiple Choice:** 1. Infidelity 2. Alzheimer disease 3. Amyloid-beta 4. Exposure 5. Short-Term 6. Issued  
7. Jealousy 8. Precautions 9. Progression 10. Caregiver

**Gap-Fill:** 11. Enhance 12. Elevated 13. Menopause 14. Capacity 15. Deprivation 16. Intervention 17. Somatic  
18. Discovery



19. Proteins 20. Contagious

**Matching sentence:** 1. Aggressiveness 2. Premature 3. Insomnia 4. Issued 5. Exposed 6. Preventing 7. Accessed 8. Mortality 9. Insufficiency 10. Intervention

## CATEGORY

1. Health - LEVEL3

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