



Opinion: Body Scans Overestimated in Disease Prevention Benefits

Description

There is increasing public demand for **preventative** full-body scans using **magnetic resonance imaging (MRI)** technology to detect potential medical conditions. Companies like Penuvo and Ezra are expanding rapidly. The scans, which take about an hour and are reviewed by **radiologists**, can cost up to \$2,500. However, the current **surge** in interest for these scans is concerning, given the limited evidence of their **effectiveness** compared to standard preventative measures such as cancer screenings, blood pressure checks, and dental care.

Nearly a quarter of American women between ages 50-74 are not up-to-date with their **mammograms**, while just under 60% of adults aged 45 to 75 received appropriate screening for **colorectal cancer**. Around half of people aged 2 and up do not receive regular dental care. Access to primary care, the usual source for preventative care, is also a problem for over 100 million Americans.

Questions are arising about the risks of full-body scans, particularly the risk of **false positives**, which can lead to unnecessary procedures. No major medical organization recommends these scans. Current overall health care spending in the US is notably high, significantly more than any other country, but only about 3% of these funds are directed towards **prevention**. Changes are needed, with shifts from disease treatment to **prevention**, better communication between doctors and health care systems, and improved **public engagement** advocated.

Vocabulary List

1. **Preventative** /pr??v?nt?t?v/ (adjective): Intended to stop something before it happens.
2. **Magnetic resonance imaging (MRI)** /mæ??n?t?k ?r?z?n?ns ??m?d??/? (noun): A medical imaging technique used to visualize internal structures.
3. **Radiologists** /?re?di??l?d??sts/ (noun): Medical doctors specialized in diagnosing and treating diseases and injuries using medical imaging techniques.
4. **Surge** /s?rd?/ (noun): A sudden increase.
5. **Effectiveness** /??f?kt?v?s/ (noun): The degree to which something is successful in producing a desired result.
6. **Mammograms** /?mæm??ræmz/ (noun): X-ray images of the breast used to screen for breast cancer.
7. **Colorectal cancer** /?ko?l??r?kt?l ?kæns?r/ (noun): Cancer of the colon or rectum, located at the digestive tract's lower end.
8. **False positives** /f?ls ?p?z?t?vz/ (noun): Test results that incorrectly indicate the presence of a condition.
9. **Prevention** /pr??v?n??n/ (noun): The action of stopping something from happening or arising.
10. **Public engagement** /?p?bl?k ?n??e?d?m?nt/ (noun): Involvement of the general public in decision-making and awareness activities.



Vocabulary List:

1. **Preventative** /prɪ'ventətɪv/ (adjective): Intended to stop something before it happens.
2. **Effectiveness** /ɪ'fektɪvnəs/ (noun): The degree to which something is successful in producing a desired result.
3. **Colorectal** /,kɒlə'rektəl/ (adjective): Related to the colon and rectum in the digestive system.
4. **False positives** /fɔls 'pɒzɪtɪvz/ (noun): Test results that incorrectly indicate the presence of a condition.
5. **Surge** /sɜ:rdʒ/ (noun): A sudden increase.
6. **Public engagement** /'pʌblɪk ɪn'geɪdʒmənt/ (noun): Involvement of the general public in decision-making and awareness activities.

Comprehension Questions

Multiple Choice

1. What is a concern regarding the current surge in interest for preventative full-body scans using MRI technology?
Option: High cost
Option: Lack of evidence of effectiveness compared to standard preventative measures
Option: Long scanning time
Option: Limited availability
2. Which age group has a significant number of American women not up-to-date with their mammograms?
Option: 18-30
Option: 30-45
Option: 50-74
Option: 75+
3. What percentage of adults aged 45 to 75 received appropriate screening for colorectal cancer?
Option: 20%
Option: 40%
Option: 60%
Option: 80%
4. What is a major concern regarding access to primary care for preventative care in the US?
Option: High cost



- Option: Lack of healthcare facilities
- Option: Overpopulation
- Option: Problem for over 100 million Americans

5. What is a risk associated with full body scans using MRI technology?

- Option: High radiation exposure
- Option: False positives
- Option: Increase in insurance premiums
- Option: Long waiting times

6. What percentage of overall healthcare spending in the US is directed towards prevention?

- Option: 1%
- Option: 3%
- Option: 5%
- Option: 10%

Answer

Multiple Choice: 1. Lack of evidence of effectiveness compared to standard preventative measures 2. 50-74
3. 60% 4. Problem for over 100 million Americans 5. False positives 6. 3%

Vocabulary quizzes

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

1. What word best describes a mystery novel with a plot full of twists and turns?

- Option: Intriguing
- Option: Exacerbate
- Option: Compensating
- Option: Luminance

2. What can exacerbate the effects of strenuous exercise?

- Option: Dehydration
- Option: False positives
- Option: Electrolyte
- Option: Anticipating

3. What skin condition can be soothed by certain treatments?

- Option: Eczema



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- Option: Fermentation
Option: Acetic Acid
Option: Pungent
4. What type of measures aim to stop something from happening?
Option: Preventative
Option: Colorectal
Option: Surge
Option: Public engagement
5. What is assessed when determining the success of a treatment?
Option: Effectiveness
Option: Acuity
Option: Notable
Option: Soothing
6. What is done when a researcher makes an educated guess to explain a phenomenon?
Option: Hypothesized
Option: Strenuous
Option: Public engagement
Option: Acetic Acid
7. What involves involving the community or society in a particular activity or cause?
Option: Public engagement
Option: Acuity
Option: Notable
Option: Exertion
8. What may lead to incorrect results in medical testing?
Option: False positives
Option: Surge
Option: Fermentation
Option: Pungent
9. What refers to the intensity of light emitted from a surface?
Option: Luminance
Option: Compensating
Option: Exacerbate
Option: Anticipating
10. What term describes making up for a deficiency or loss?
Option: Compensating
Option: Electrolyte



- Option: Anticipating
Option: Preventative

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

11. _____ can lead to dehydration if not enough fluids are consumed.
12. There was a sudden _____ in interest after the announcement.
13. Fermentation often produces _____ as a byproduct.
14. _____ exercise can greatly impact one's physical health.
15. Effective planning involves _____ possible challenges.
16. Regular screenings can help detect early signs of _____ cancer.
17. The author received a _____ award for their contributions to literature.
18. The dish had a _____ aroma that filled the room.
19. _____ can occur if the body loses more fluids than it takes in.
20. Yogurt is made through the process of _____.

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

21. A warm bath can be very _____ after a long day.
22. Sports drinks can help replenish _____ lost during intense exercise.
23. The success of the campaign relied on _____ strong to raise awareness.
24. The mystery novel had a plot full of twists and turns that kept readers engaged.
25. Regular exercise and a balanced diet are important measures for maintaining good health.
26. The study aimed to measure the _____ of the new treatment method.
27. Individuals with sensitive skin may be prone to developing flare-ups.



28. Lack of sleep can feelings of stress and anxiety.

29. Adjusting the screen can reduce eye strain during prolonged computer use.

30. Scientists have various explanations for the unusual phenomenon.

Answer

Multiple Choice: 1. Intriguing 2. Dehydration 3. Eczema 4. Preventative 5. Effectiveness 6. Hypothesized 7. Public engagement 8. False positives 9. Luminance 10. Compensating

Gap-Fill: 11. Exertion 12. Surge 13. Acetic Acid 14. Strenuous 15. Anticipating 16. Colorectal 17. Notable 18. Pungent 19. Dehydration 20. Fermentation

Matching sentence: 1. Soothing 2. Electrolyte 3. Public engagement 4. Intriguing 5. Preventative 6. Effectiveness 7. Eczema 8. Exacerbate 9. Luminance 10. Hypothesized

CATEGORY

1. Health - LEVEL5

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