

Ozempic Raises Blindness Risk: Important Findings Revealed!

Description

A new study has found that reading books may help you live longer. Researchers at Yale University studied over 3,600 adults aged 50 years and older for 12 years. They found that people who read books for at least 3.5 hours per week were 23% less likely to die during the study period compared to non-readers.

The study also showed that reading newspapers and magazines did not have the same life-extending benefits as reading books. This suggests that there is something unique about reading books that is good for our health.

Reading books has been linked to a lower risk of dementia, improved brain connectivity, and decreased levels of stress. It is believed that reading books can stimulate the brain, improve empathy, and increase life satisfaction.

The researchers noted that while e-books and audiobooks are convenient, they do not offer the same health benefits as physical books. This is because physical books require more engagement and concentration, which may be key to their positive impact on longevity.

So, if you want to live longer, consider picking up a good book and spending some time reading each week. Not only is it enjoyable, but it could also help you stay healthy and live a longer life.

Vocabulary List:

1. **Research** /'ri:sə:tʃ/ (noun): A careful study or investigation to discover new information.
2. **Dementia** /dɪ'men.ʃə/ (noun): A chronic disorder of the mental processes caused by brain disease or injury.
3. **Connectivity** /,kən.nek'tiv.ɪ.ti/ (noun): The state of being connected or interconnected.
4. **Empathy** /'ɛm.pə.θi/ (noun): The ability to understand and share the feelings of another.
5. **Longevity** /lɒn'dʒev.ə.ti/ (noun): Long life or the long duration of an entity.
6. **Stimulate** /'stɪm.jʊ.leɪt/ (verb): To encourage interest or activity in something.

Comprehension Questions

Multiple Choice

1. What did researchers at Yale University study regarding reading books and longevity?

- Option: Effect of reading on children
- Option: Impact of reading on older adults
- Option: Comparison of reading preferences
- Option: Influence of reading on memory

2. According to the study, how many hours per week of book reading can reduce the likelihood of death by 23%?

- Option: 1 hour
- Option: 3.5 hours
- Option: 5 hours
- Option: 8 hours

3. Which of the following did not show the same life-extending benefits as reading books?

- Option: Newspapers
- Option: Magazines
- Option: Audiobooks
- Option: Social media

4. What is believed to be a unique benefit of reading books for health?

- Option: Reducing physical activity
- Option: Increasing stress levels
- Option: Improving brain connectivity
- Option: Promoting sedentary behavior

5. According to the researchers, why do e-books and audiobooks not offer the same health benefits as physical books?

- Option: They are too expensive
- Option: They lack engaging content
- Option: They do not require concentration
- Option: They are not easily accessible

6. What is one of the potential benefits of reading books mentioned in the text?

- Option: Decreased brain activity
- Option: Improved brain stimulation
- Option: Decreased empathy
- Option: Decreased life satisfaction

Answer

Multiple Choice: 1. Impact of reading on older adults 2. 3.5 hours 3. Newspapers 4. Improving brain connectivity

5. They do not require concentration 6. Improved brain stimulation

Vocabulary quizzes

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

1. What is a progressive brain disorder that affects memory and cognitive function?

- Option: Alzheimer's disease
- Option: Parkinson's disease
- Option: Multiple sclerosis
- Option: Huntington's disease

2. What is the ability to understand and share the feelings of others?

- Option: Sympathy
- Option: Antipathy
- Option: Empathy
- Option: Apathy

3. What is the capacity to recover from setbacks adapt well to change and keep going in the face of adversity?

- Option: Persistence
- Option: Resilience
- Option: Stagnation
- Option: Vulnerability

4. What method is commonly used to gather data from a group of people to understand their opinions or experiences?

- Option: Survey
- Option: Hypothesis
- Option: Experiment
- Option: Observation

5. Which term refers to the measure of how efficiently a person or system is able to convert inputs into useful outputs?

- Option: Efficiency
- Option: Productivity
- Option: Effectiveness
- Option: Throughput

6. Which term refers to the surroundings or conditions in which a person animal or plant lives or operates?

- Option: Ecosystem



Option: Environment

Option: Habitat

Option: Biome

7. Which term relates to the circulatory system comprising the heart and blood vessels?

Option: Pulmonary

Option: Cardiovascular

Option: Endocrine

Option: Lymphatic

8. What does the term "connectivity" refer to in the context of technology and communication?

Option: Wireless charging

Option: Internet speed

Option: Network strength

Option: Data encryption

9. What is the state of being conscious of and informed about a particular fact or situation?

Option: Ignorance

Option: Awareness

Option: Indifference

Option: Neglect

10. What is something that tests one's abilities skills or determination?

Option: Obstacle

Option: Challenge

Option: Barrier

Option: Hurdle

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

11. To improve brain health it is important to constantly _____ the mind with new activities.

12. A healthy lifestyle can contribute to a longer _____.

13. In case of an emergency it is essential to have a plan in place to safely _____ the building.

14. Continuous work without breaks can lead to _____ affecting both mental and

physical health.

15. To enhance overall well-being it is important to _____ healthy habits into your daily routine.

16. Volunteering in your community can give you a sense of purpose and the satisfaction of _____ to society.

17. Taking _____ measures can help prevent accidents or injuries.

18. During challenging times communities often come together in _____ to support each other.

19. The sudden power outage _____ the meeting and caused delays.

20. Getting enough sleep is _____ for maintaining good health and cognitive function.

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

21. The study required active engagement from all the volunteers who took part in the research.

22. Plogging is a combination of jogging with picking up litter to help keep the environment clean.

23. The heavy rainfall triggered a landslide blocking the main road and causing traffic congestion.

24. Encouraging recycling and reducing waste is one way of positively to environmental conservation efforts.

25. Before the storm hit the authorities issued evacuation orders to ensure people's safety.

26. Regular exercise and a balanced diet are essential for maintaining overall .

27. Public transportation should be made more to ensure mobility for all members of society.

28. Reading books and solving puzzles can help the brain and increase mental agility.

29. Educational campaigns are crucial in raising about the importance of wildlife conservation.



30. In times of crisis communities often demonstrate by coming together to support those in need.

Answer

Multiple Choice: 1. Alzheimer's disease 2. Empathy 3. Resilience 4. Survey 5. Productivity 6. Environment 7. Cardiovascular 8. Network strength 9. Awareness 10. Challenge

Gap-Fill: 11. stimulate 12. longevity 13. evacuate 14. burnout 15. incorporate 16. contributing 17. precautionary 18. solidarity 19. disrupted 20. significant

Matching sentence: 1. Participants 2. Plogging 3. Landslide 4. Contributing 5. Precautionary 6. Well-being 7. Accessible 8. Stimulate 9. Awareness 10. Solidarity

CATEGORY

1. Health - LEVEL3

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