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## Reduce Dementia Risk by 33% with Daily Statin: 14 Proven Health Tweaks

### Description

## SOCIALIZE FOR BRAIN HEALTH

Social interaction, like meeting friends or foes, is vital for keeping the brain active. Those who lead isolated lives increase their risk of dementia by up to 60%. The lack of stimulation in the brain due to isolation makes it less resistant to aging. Interestingly, the quality of company doesn't matter; any form of human contact is beneficial.

## PRIORITIZE HEARING HEALTH

Research indicates a connection between hearing loss and dementia. For every 10 decibels of hearing loss, the risk of dementia rises by as much as 24%. Using hearing aids can decrease the risk of cognitive decline by 19% and dementia by 17%. Regular hearing tests are available at most high street opticians and pharmacies.

## QUIT SMOKING, LOWER DEMENTIA RISK

Around 2% of dementia cases may be connected to smoking. However, quitting smoking eliminates this risk. Studies show that former smokers no longer have an increased risk of dementia. It's never too late to quit smoking, as even quitting at age 60 can add three years of life expectancy.

## ADDRESS DEPRESSION FOR A HEALTHY MIND

Depression in midlife can contribute to dementia development. Treating depression reduces the risk significantly, with studies showing a 38% risk decrease for those receiving both therapy and antidepressants.

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### Vocabulary List:

1. **Dementia** /dɪ'mɛnʃə/ (noun): A chronic or persistent disorder of the mental processes caused by brain disease or injury characterized by memory disorders personality changes and impaired reasoning.
  2. **Isolation** /,aɪ.sə'leɪ.ʃən/ (noun): The state of being separated from others; solitude.
  3. **Stimulation** /,stɪm.jə'leɪ.ʃən/ (noun): The act of raising levels of physiological or nervous activity in the body or any biological system.
  4. **Cognitive** /'kɒɡ.nɪ.tɪv/ (adjective): Related to the mental processes of perception memory judgment and reasoning.
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5. **Therapy** /'θer.ə.pi/ (noun): Treatment intended to relieve or heal a disorder.
6. **Antidepressants** /,ænti.dɪ'pres.ənts/ (noun): Medications used to alleviate symptoms of depression.

## Comprehension Questions

### Multiple Choice

1. What percentage of dementia risk can increase due to leading isolated lives?  
Option: 20%  
Option: 40%  
Option: 60%  
Option: 80%
2. How much can the risk of dementia rise for every 10 decibels of hearing loss?  
Option: 12%  
Option: 18%  
Option: 24%  
Option: 30%
3. What is the percentage by which using hearing aids can decrease the risk of cognitive decline?  
Option: 5%  
Option: 10%  
Option: 15%  
Option: 19%
4. Approximately what percentage of dementia cases may be connected to smoking?  
Option: 1%  
Option: 2%  
Option: 3%  
Option: 4%
5. How much can the risk of dementia decrease for those with depression receiving therapy and antidepressants?  
Option: 25%  
Option: 30%  
Option: 35%  
Option: 38%



6. At what age can quitting smoking add three years of life expectancy according to the content?

- Option: 50
- Option: 55
- Option: 60
- Option: 65

## Answer

**Multiple Choice:** 1. 60% 2. 24% 3. 19% 4. 2% 5. 38% 6. 60

## Vocabulary quizzes

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

1. Which term describes a disease that can be easily transmitted from one person to another?

- Option: Infectious
- Option: Complications
- Option: Vaccination
- Option: Monitor

2. Which condition is characterized by abnormal hemoglobin production?

- Option: Haemoglobin
- Option: Crispr
- Option: Reprogrammed
- Option: Fetal

3. Which term refers to the criteria individuals must meet to participate in a research study?

- Option: Participants
- Option: Remission
- Option: Groundbreaking
- Option: Obesity

4. What term describes the act of being separated from others?

- Option: Stimulation
- Option: Cognitive
- Option: Therapy
- Option: Antidepressants

5. What term is used to describe something that occurs before the expected time?

- Option: Fertility



- Option: Ovarian
- Option: Cohort
- Option: Repurposing

6. Which term means to confirm the accuracy or truth of something?

- Option: Validate
- Option: Challenging
- Option: Participants
- Option: Remission

7. What term describes the process of adapting something for a different purpose than originally intended?

- Option: Therapy
- Option: Antidepressants
- Option: Obesity
- Option: Repurposing

8. Which term is related to processes of thought reasoning and memory?

- Option: Dementia
- Option: Isolation
- Option: Cognitive
- Option: Therapy

9. What term refers to the administration of a substance to stimulate an immune response against a specific disease?

- Option: Thalassaemia
- Option: Hemoglobin
- Option: Crispr
- Option: Vaccination

10. Which term describes something innovative or pioneering?

- Option: Groundbreaking
- Option: Thalassaemia
- Option: Haemoglobin
- Option: Crispr

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

11. Poor diet and lack of physical activity are common contributors to \_\_\_\_\_.

12. \_\_\_\_\_ is a general term for loss of memory language problem-solving and other



thinking abilities that are severe enough to interfere with daily life.

13. People experiencing rapid strong or irregular heartbeats may describe this sensation as heart \_\_\_\_\_.

14. The task was extremely \_\_\_\_\_ requiring a high level of skill and concentration.

15. It is important to \_\_\_\_\_ patients closely after surgery to watch for any complications.

16. Through effective vaccination programs many diseases have been \_\_\_\_\_ in certain regions.

17. Physical and occupational \_\_\_\_\_ play a crucial role in the rehabilitation process.

18. The doctor performed an ultrasound to check on the \_\_\_\_\_ development of the unborn child.

19. The new educational toys are designed to provide sensory \_\_\_\_\_ for infants.

20. After completing chemotherapy the patient experienced a period of \_\_\_\_\_ with no signs of cancer.

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

21. The flu virus is highly and can spread rapidly in a population.
22. Scientists are exploring the use of technology to edit genetic sequences.
23. Some individuals may require to manage symptoms of depression.
24. The project focused on the of existing drugs for new therapeutic purposes.
25. Doctors need to closely the patient's vital signs during the surgery.
26. The study is seeking healthy to volunteer for the clinical trial.
27. The recent measles outbreak has highlighted the importance of childhood .



28. The baby's lungs were not fully developed due to birth.

29. The new medical discovery was hailed as a achievement in the field.

30. Caring for a loved one with can be emotionally and physically challenging.

## Answer

**Multiple Choice:** 1. Infectious 2. Haemoglobin 3. Participants 4. Stimulation 5. Fertility 6. Validate  
7. Repurposing 8. Cognitive 9. Vaccination 10. Groundbreaking

**Gap-Fill:** 11. Obesity 12. Dementia 13. Palpitations 14. Challenging 15. Monitor 16. Eliminated 17. Therapy  
18. Fetal 19. Stimulation 20. Remission

**Matching sentence:** 1. Infectious 2. Crispr 3. Antidepressants 4. Repurposing 5. Monitor 6. Participants  
7. Vaccination 8. Premature 9. Groundbreaking 10. Dementia

## CATEGORY

1. Health - LEVEL4

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