



Research suggests COVID-19 affects brain age and IQ score

Description

Ziyad Al-Aly is a leading researcher and clinical epidemiologist at VA St. Louis Health Care System and Washington University in St. Louis. One significant health issue he has studied during the COVID-19 pandemic is 'brain fog'. This term is used to describe mental sluggishness, problems with memory, and difficulty thinking.

Four years into the pandemic, plenty of evidence now shows that the SARS-CoV-2 virus affects brain health. Besides brain fog, COVID-19 can cause headaches, seizures, strokes, sleep problems, paralysis, and numerous mental health disorders. Numerous studies are still exploring how exactly the virus affects the brain and cause these problems, and as of now, there are no specific remedies.

Recent research published in the New England Journal of Medicine adds to our understanding of how COVID-19 can affect mental health. The research showed that people infected with COVID-19, regardless of the severity of their symptoms, experienced cognitive declines equivalent to IQ losses.

One such study, which examined nearly 113,000 people who had recovered from COVID-19, found that even those with mild and resolved cases experienced cognitive decline equivalent to losing three IQ points. Those with unresolved symptoms lost six IQ points, while those admitted to intensive care lost nine. Several more studies have shown similar results.

It's clear from these findings that COVID-19 can have a serious impact on brain health. But experts still don't know exactly why some people are at greater risk than others, or how these cognitive declines might affect education and productivity levels. Most importantly, it's still unclear how or if these cognitive declines could influence future rates of dementia and Alzheimer's disease.

What we do know is that COVID-19 should be seen as a brain-affecting virus. The full scale of the problem is still emerging, and solving the mysteries of COVID-19's impact on the brain will require many more years of global research effort.

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Vocabulary List:

1. **Epidemiologist** // (noun): A specialist in the study of patternscausesand effects of health and disease conditions in defined populations.
2. **Sluggishness** // (noun): The state of being slowlazyor lacking energy.
3. **Remedies** // (noun): Something that cures or relieves a disease or bodily disorder a healing medicineapplicationor treatment.
4. **Resolve** // (verb): To find a solution to to make a firm decision about.
5. **Admitted** // (verb): Allowed to enter a place.
6. **Influence** // (noun): The capacity to have an effect on the characterdevelopmentor behavior of someone or somethingor the effect itself.

Vocabulary quizzes

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

1. Which virus can cause respiratory infections such as the common cold?
Option: Adenovirus
Option: Climate change
Option: Pollution
Option: Diarrhoea
2. Which condition is characterized by feelings of worry nervousness or unease?
Option: Anxiety
Option: Cognitive Behavioral Therapy (CBT)
Option: Hormone Replacement Therapy (HRT)
Option: Psychosocial
3. Which demographic group is often defined as individuals aged 65 and older?
Option: Elderly



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- Option: Menopause
Option: Mindfulness
Option: Antibiotics
4. Which term means taking action in advance to deal with an expected difficulty?
Option: Proactively
Option: Immunity
Option: Fade
Option: Combat
5. Which word means to settle or find a solution to a problem or dispute?
Option: Resolve
Option: Admitted
Option: Influence
Option: Malnutrition
6. Which word means to gradually disappear or lose brightness?
Option: Fade
Option: Combat
Option: Epidemiologist
Option: Sluggishness
7. What treatment involves supplementing the body with hormones that are no longer produced in sufficient amounts?
Option: Hormone Replacement Therapy (HRT)
Option: Psychosocial
Option: Recommend
Option: Booster
8. Who conducts systematic investigation and analysis to establish facts or reach new conclusions?
Option: Researchers
Option: Psychosocial
Option: Alarming
Option: Anticipated
9. Which term refers to the presence of harmful substances in the environment?
Option: Pollution
Option: Transitioned
Option: Underweight
Option: Remedies
10. What are medications used to treat bacterial infections by inhibiting the growth of bacteria?
Option: Antibiotics



- Option: Diarrhoea
- Option: Anxiety
- Option: Cognitive Behavioral Therapy (CBT)

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

11. Vaccination helps boost _____ against certain diseases.
12. After some questioning the suspect _____ to committing the crime.
13. To _____ the spread of misinformation educational campaigns are essential.
14. Parents can have a significant _____ on their children's behavior.
15. The increase in deforestation rates is quite _____.
16. There are various natural _____ for common cold symptoms.
17. During _____ a woman experiences a decline in estrogen levels.
18. Individuals with a Body Mass Index (BMI) below 18.5 are considered _____.
19. The new product launch is highly _____ by industry experts.
20. After retirement he _____ into a consultant role for the company.

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

21. Support groups provide both psychological and social assistance to individuals in need.
22. Dehydration is a common complication of this gastrointestinal condition characterized by frequent watery stools.
23. Based on your symptoms I would that you see a specialist for further evaluation.
24. A dose of the vaccine may be necessary to enhance immunity against the virus.
25. Efforts to actively fight against a particular disease or health issue are crucial to public health.
26. Taking steps ahead of time to address potential problems is a wise way to avoid complications.



27. The media has a powerful on shaping public opinion and beliefs.

28. Over time memories may and become less vivid.

29. The negotiation aimed to the longstanding dispute between the two parties.

30. These individuals conduct in-depth studies and experiments to discover new findings in their respective fields.

Answer

Multiple Choice: 1. Adenovirus 2. Anxiety 3. Elderly 4. Proactively 5. Resolve 6. Fade 7. Hormone Replacement Therapy (HRT) 8. Researchers 9. Pollution 10. Antibiotics

Gap-Fill: 11. Immunity 12. Admitted 13. Combat 14. Influence 15. Alarming 16. Remedies 17. Menopause 18. Underweight 19. Anticipated 20. Transitioned

Matching sentence: 1. Psychosocial 2. Diarrhoea 3. Recommend 4. Booster 5. Combat 6. Proactively 7. Influence 8. Fade 9. Resolve 10. Researchers

CATEGORY

1. Health - LEVEL3

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