
Revolutionary NHS Diet Cures Type 2 Diabetes

Description

Getty Images Woman drinking a shake
Getty Images

The soups and shakes contain the right balance of nutrients

The NHS offers a 900-calorie-a-day liquid diet to reverse type 2 diabetes, but sticking to it proves challenging based on recent findings.

With 940 participants completing the year-long programme, a third managed to shed significant weight and achieve diabetes remission.

This groundbreaking opportunity, fully funded by the NHS, aims to combat obesity, a major health threat.

Candidates, aged 18-65 years, diagnosed with type 2 diabetes in the last six years and with specific BMI criteria, are eligible for the programme.

MARIE LAING Marie Laing said she felt healthier after completing the 12-month programme
MARIE LAING

Marie Laing shared her positive experience, emphasizing the lifestyle changes and health benefits gained by completing the programme.

Another participant, Juliet, expressed satisfaction with the diet replacement phase and the variety of products offered.

Experts underline the importance of weight loss in managing diabetes and its associated health risks.

Vocabulary List:



1. **Challenging** /'tʃæl.ɪn.dʒɪŋ/ (adjective): Difficult and requiring a lot of effort.
2. **Participants** /pɑːr'tɪs.ɪ.pənts/ (noun): Individuals who take part in an event or activity.
3. **Remission** /rɪ'mɪʃ.ən/ (noun): A decrease in the severity of a disease.
4. **Groundbreaking** /'graʊnd,breɪ.kɪŋ/ (adjective): Innovative and pioneering introducing new ideas.
5. **Eligibility** /,el.ɪ.dʒə'bɪl.ɪ.ti/ (noun): The state of being qualified or entitled to participate.
6. **Obesity** /oʊ'biː.sɪ.ti/ (noun): A condition characterized by excessive body fat.

Comprehension Questions

Multiple Choice

1. What type of diet does the NHS offer to reverse type 2 diabetes?
Option: 1200-calorie-a-day diet
Option: 900-calorie-a-day liquid diet
Option: High-protein diet
Option: Low-carb diet
2. How many participants completed the year-long programme?
Option: 234
Option: 470
Option: 940
Option: 680
3. Who funds the groundbreaking opportunity for combating obesity mentioned in the text?
Option: The participants
Option: Charitable organizations
Option: Private investors
Option: NHS
4. What are the eligibility criteria for the programme mentioned?
Option: Aged 10-18 years
Option: BMI of 30 or higher
Option: Diagnosed with type 1 diabetes
Option: Aged 18-65 years with type 2 diabetes in the last six years
5. What did Marie Laing emphasize about her experience with the programme?



- Option: She disliked the products
- Option: She gained weight
- Option: She felt healthier
- Option: She experienced no change

6. What did Juliet express satisfaction with regarding the programme?

- Option: The cooking classes
- Option: The exercise regime
- Option: The diet replacement phase
- Option: The social events

Answer

Multiple Choice: 1. 900-calorie-a-day liquid diet 2. 940 3. NHS 4. Aged 18-65 years with type 2 diabetes in the last six years 5. She felt healthier 6. The diet replacement phase

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

Date Created

2024/08/06

Author

aimeeyoung99