



Risk factors for lung cancer: Smoking and non-smoking causes

Description

A groundbreaking larynx transplant has given new hope to cancer patients, restoring one man's voice and changing his life forever. Marty Kedian underwent the rare procedure to remove laryngeal cancer, becoming the first patient with active cancer to receive this type of transplant. The surgery was a success, and Marty can now speak again, thanks to the innovative work of medical professionals.

While lung cancer remains a significant issue, experts are optimistic about the future, citing a decline in cases due to advancements in detection and treatment methods. However, smoking remains a major risk factor for developing lung cancer, with about 80% of cases attributed to tobacco use. Quitting smoking can greatly reduce the risk of lung cancer, highlighting the importance of lifestyle choices in preventing this disease.

In addition to smoking, other factors like secondhand smoke, pollution, and genetics can also contribute to lung cancer. Awareness of the symptoms, such as persistent coughing and chest pain, is crucial for early detection and treatment. By staying informed and proactive, individuals can take control of their health and reduce their risk of developing lung cancer.

Vocabulary List:

1. **Transplant** /'træn.sp lænt/ (noun): A surgical operation in which an organ or tissue is moved from one body to another or from one part of the body to another.
2. **Laryngeal** /,lær.ɪn'dʒi.əl/ (adjective): Relating to the larynx the part of the throat that contains the vocal cords.
3. **Innovative** /'ɪn.ə'veɪ.tɪv/ (adjective): Introducing new ideas or methods; original and creative in thinking.
4. **Detection** /dɪ'tek.ʃən/ (noun): The action or fact of identifying the presence of something.
5. **Proactive** /prəʊ'æk.tɪv/ (adjective): Creating or controlling a situation rather than just responding to it after it has happened.
6. **Contribute** /kən'trɪb.ju:t/ (verb): To give (something such as money time or effort) to help achieve or provide something.

Comprehension Questions

Multiple Choice



1. What groundbreaking medical procedure gave new hope to cancer patients by restoring a man's voice?
Option: Liver transplant
Option: Larynx transplant
Option: Kidney transplant
Option: Heart transplant

2. Who was the first patient with active cancer to receive a larynx transplant?
Option: Marty Kedian
Option: John Smith
Option: Emma Johnson
Option: Michael Brown

3. What is cited as a major risk factor for developing lung cancer?
Option: Physical inactivity
Option: Poor diet
Option: Smoking
Option: Lack of sleep

4. Which symptom is crucial for the early detection of lung cancer?
Option: Fever
Option: Joint pain
Option: Persistent coughing
Option: Headache

5. What can greatly reduce the risk of lung cancer?
Option: Eating fast food
Option: Quitting smoking
Option: Traveling to polluted areas
Option: Ignoring symptoms

6. What factor can also contribute to lung cancer besides smoking?
Option: Exercise
Option: Pollution
Option: Drinking water
Option: Vitamin intake

Answer

Multiple Choice: 1. Larynx transplant 2. Marty Kedian 3. Smoking 4. Persistent coughing 5. Quitting smoking 6. Pollution



Vocabulary quizzes

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

1. What is emphasized to promote the intake of nutrients?
Option: Regular exercise
Option: Moderate consumption
Option: Irregular habits
Option: Skipping meals
2. Which substances help protect cells from damage caused by free radicals?
Option: Sugars
Option: Antioxidants
Option: Preservatives
Option: Artificial colors
3. Which organ is primarily responsible for detoxifying the body?
Option: Lungs
Option: Heart
Option: Liver
Option: Kidneys
4. What can exposure to pathogens lead to in the body?
Option: Inflammation
Option: Protection
Option: Vaccination
Option: Infection
5. What proactive measure is crucial for early disease identification and treatment?
Option: Detection
Option: Prevention
Option: Neglect
Option: Suppression
6. What principle suggests avoiding excess or extremes?
Option: Moderation
Option: Abstinence
Option: Indulgence
Option: Escapism
7. What is crucial for maintaining physical and mental well-being?



- Option: Sedentary lifestyle
- Option: Regular exercise
- Option: Inactivity
- Option: Exhaustion

8. What approach involves taking action to prevent potential issues?

- Option: Reactive
- Option: Proactive
- Option: Passive
- Option: Resistant

9. What type of thinking leads to the development of new ideas and methods?

- Option: Traditional
- Option: Innovative
- Option: Obsolete
- Option: Conventional

10. What word describes effects or activities that promote well-being?

- Option: Harmful
- Option: Beneficial
- Option: Detrimental
- Option: Destructive

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

11. Engaging in physical activity _____ can improve overall health.
12. Maintaining a sense of _____ is essential for personal growth.
13. In cases of organ failure a _____ may be necessary for survival.
14. It is widely _____ that prevention is better than cure.
15. Showing genuine _____ for others can strengthen relationships.
16. Providing _____ to someone in distress can offer comfort.
17. _____ healthy foods into your diet is key to a balanced nutrition plan.
18. Medical professionals follow strict _____ for patient care.



19. The importance of education _____ the value of knowledge.
20. Each individual has the ability to _____ positively to society.

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

21. Incorporating exercise and healthy habits contributes to overall .
22. Stimulating activities can enhance function and prevent decline.
23. The transplant was successful restoring the patient's voice.
24. Regular exercise has a impact on cardiovascular health.
25. Early detection is crucial for effective treatment of chronic .
26. Ensuring safety is a top for healthcare providers.
27. Being in social activities can improve mental well-being.
28. Antioxidants help cells from oxidative stress.
29. Taking a approach to health can prevent future complications.
30. Consuming alcohol in is key to overall health.

Answer

Multiple Choice: 1. Moderate consumption 2. Antioxidants 3. Liver 4. Infection 5. Detection 6. Moderation 7. Regular exercise 8. Proactive 9. Innovative 10. Beneficial

Gap-Fill: 11. Regularly 12. Independence 13. Transplant 14. Acknowledged 15. Concern 16. Reassurance 17. Incorporating 18. Protocols 19. Emphasizes 20. Contribute

Matching sentence: 1. Well-being 2. Cognitive 3. Laryngeal 4. Significant 5. Disease 6. Priority 7. Engaged 8. Protect 9. Proactive 10. Moderation

CATEGORY

1. Health - LEVEL3

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