



Scientific breakthrough: First person diagnosed with new sleep disorder

Description

A retired grocery manufacturer from Golden Valley, Minnesota, Donald Dorff's story made headlines in 1987 when he became the first patient diagnosed with rapid eye movement sleep behavior disorder (RBD). This unusual disease led Dorff to act out his dreams physically, causing him to injure himself and create havoc in his bedroom. What seemed like a bizarre case soon revealed deeper implications as researchers discovered that RBD could be an early indicator of Parkinson's disease and Lewy body dementia.

Dr. Carlos Schenck, a psychiatrist and sleep specialist, played a significant role in identifying and studying RBD. He found that patients with RBD exhibited violent behaviors during sleep, such as kicking, punching, and screaming. These symptoms could be early warning signs of neurodegenerative diseases like Parkinson's and Lewy body dementia.

Further research by Schenck uncovered the connection between RBD and the subsequent development of Parkinson's and dementia. Treatment options, including medication and alternative therapies, have shown promise in managing RBD and potentially delaying the onset of these devastating conditions.

Dorff's case emphasized the importance of seeking medical evaluation for unusual sleep behaviors, especially for individuals over 50. Early detection of RBD could lead to timely interventions and improved outcomes for individuals at risk of neurodegenerative disorders.

As researchers continue their efforts to understand RBD and its implications, a clinical trial is underway to investigate potential treatments and slow the progression of RBD into more severe conditions. The hope is to provide better care and support for individuals like Dorff who experience this challenging disorder.

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Vocabulary List:

1. **retired** // (adjective): Having stopped working especially because of old age or ill health.
2. **manufacturer** // (noun): A person or company that makes goods for sale.
3. **diagnosed** // (verb): Identified the nature of an illness by examination of the symptoms.
4. **implications** // (noun): The likely consequences of an action or condition.
5. **medication** // (noun): A substance used for medical treatment especially a drug.
6. **interventions** // (noun): Actions taken to improve a situation especially a medical disorder.

Vocabulary quizzes

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

1. Which infectious disease is commonly known as the flu?
Option: Avian influenza
Option: Influenza
Option: Pathogenic disease
Option: Cancer
2. What term describes the process of passing something from one person to another?
Option: Synthesis
Option: Transcription
Option: Infection
Option: Transmission
3. What is the goal of maintaining a good level of physical health and well-being?
Option: Muscle Mass
Option: Sustainability
Option: Fitness
Option: Core funding
4. Which term refers to a type of cancer that begins in the skin or in tissues that line or cover internal organs?
Option: Proliferation



- Option: Carcinoma
- Option: Alarming
- Option: Aggressive

5. What is the act of preparing and giving out medication called?

- Option: Medication
- Option: Interventions
- Option: Funding crisis
- Option: Dispensing

6. Who is a person or company that makes goods for sale?

- Option: Speculation
- Option: Manufacturer
- Option: Operational costs
- Option: Surveillance

7. What term is used when a disease or illness is identified by its signs and symptoms?

- Option: Implications
- Option: Uncover
- Option: Diagnosed
- Option: Achieve

8. What biological process involves combining simple substances to form more complex substances?

- Option: Achieve
- Option: Cellular
- Option: Synthesis
- Option: Manufacturing

9. What is the term for preserving something in its existing state or condition?

- Option: Maintain
- Option: Mounting financial pressures
- Option: Aggressive
- Option: Retired

10. What term describes a substance used to treat or prevent disease?

- Option: Medication
- Option: Proliferation
- Option: Alarming
- Option: Retired

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



11. The organization faced a _____ due to lack of financial resources.
12. It is essential to secure _____ to ensure the long-term sustainability of the project.
13. The company struggled to cover its _____ as expenses continued to rise.
14. The business was under significant strain due to _____.
15. His primary goal was to _____ a high level of physical fitness.
16. The recent increase in pollution levels is _____ and requires immediate attention.
17. The rapid _____ of online shopping has transformed the retail industry.
18. The investigation aims to _____ the truth behind the mysterious disappearance.
19. The discovery of new evidence has significant _____ for the ongoing case.
20. The doctor recommended a series of medical _____ to manage the patient's condition.

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

21. It is important to consider the of our actions to ensure a better future for the planet.
22. The company adopted an marketing strategy to expand its market share quickly.
23. respiration is the process of converting glucose into energy within cells.
24. After working for decades Jane decided to and enjoy her retirement.
25. The stock market is often subject to wild swings based on investor .
26. Regular exercise helps maintain healthy and strength.
27. Public health agencies conduct to monitor the spread of infectious diseases.
28. The automotive industry experienced a boom in output last quarter.
29. With hard work and dedication she was able to her lifelong dream of becoming a published author.



30. Early detection is crucial in improving survival rates for patients with .

Answer

Multiple Choice: 1. Influenza 2. Transmission 3. Fitness 4. Carcinoma 5. Dispensing 6. Manufacturer
7. Diagnosed 8. Synthesis 9. Maintain 10. Medication

Gap-Fill: 11. Funding crisis 12. Core funding 13. Operational costs 14. Mounting financial pressures 15.
Achieve 16. Alarming 17. Proliferation 18. Uncover 19. Implications 20. Interventions

Matching sentence: 1. Sustainability 2. Aggressive 3. Cellular 4. Retired 5. Speculation 6. Muscle Mass
7. Surveillance 8. Manufacturing 9. Achieve 10. Cancer

CATEGORY

1. Health - LEVEL6

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