



Scientists have discovered an inexpensive drug that may slow down the aging process

Description

A new study suggests that a common diabetes drug, Metformin, may have numerous health benefits, potentially prolonging life and preventing diseases like cancer, heart disease, and cognitive decline. The drug's anti-inflammatory properties have sparked interest in its potential to slow down aging. The "TAME Trial" has been launched to investigate the effects of Metformin on aging and disease prevention in older adults. Individuals like Michael and Shari Cantor have reported positive experiences with the drug, crediting it with improving their quality of life. While some minor side effects have been reported, the overall benefits seem promising. Researcher Steven Austad believes that a clinical trial is necessary to solidify the observational evidence of Metformin's benefits. With its affordability and potential health perks, Metformin could revolutionize preventive medicine.

Vocabulary List:

1. **Diabetes** // (noun): A medical condition characterized by high blood sugar levels.
2. **Anti-inflammatory** // (adjective): Reducing inflammation or swelling in the body.
3. **Aging** // (noun): The process of growing old.
4. **Observational** // (adjective): Relating to or based on observation.
5. **Affordability** // (noun): Being priced reasonably within one's financial means.
6. **Prolonging** // (verb): Extending the duration or length of something.

Vocabulary quizzes

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

1. What medical condition is characterized by high levels of sugar in the blood?
Option: Hypertension
Option: Diabetes
Option: Arthritis
Option: Asthma
2. What natural process causes the body to change over time and become older?
Option: Rejuvenation
Option: Aging



Option: Immortalization

Option: Transformation

3. What term refers to extending the duration or lifespan of something?

Option: Shortening

Option: Halting

Option: Ceasing

Option: Prolonging

4. Which term describes the ability to conceive or produce offspring?

Option: Infertility

Option: Fertility

Option: Sterility

Option: Barrenness

5. What is a permanent alteration in the DNA sequence that makes up a gene?

Option: Gene Fusion

Option: Gene Amplification

Option: Genetic mutation

Option: Gene Silencing

6. What term refers to living a long life or having a long duration?

Option: Brevity

Option: Shortevity

Option: Durationality

Option: Longevity

7. Which term describes something that can be avoided or stopped from happening?

Option: Unavoidable

Option: Inevitable

Option: Preventable

Option: Irreversible

8. What term describes differences or inequalities especially related to treatment or opportunities?

Option: Concordances

Option: Homogeneities

Option: Disparities

Option: Equivalences

9. Which term indicates an unfair situation where some people or groups have more advantages than others?

Option: Balances

Option: Parities



Option: Inequalities

Option: Equities

10. What is a sequence of actions regularly followed or done in a fixed order?

Option: Random

Option: Occasional

Option: Irregular

Option: Routine

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

11. _____ medications are used to reduce inflammation in the body.

12. The process of assessing or examining something is known as _____.

13. _____ refers to a mark of disgrace associated with a particular circumstance or person.

14. Individuals who are significantly below average height are often described as _____.

15. _____ genetic testing can identify the likelihood of developing a specific disease.

16. When something is not desired or deemed unnecessary it is considered _____.

17. The capacity to recover quickly from difficulties is known as _____.

18. Having a positive outlook or expecting a good outcome is being _____.

19. Adding exercise to your daily _____ can greatly improve your overall health.

20. _____ more vegetables into your diet can lead to better nutrition.

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

21. studies involve observing and noting behavior in natural settings without direct intervention.

22. The of healthcare services is a critical issue for many individuals and families.

23. A is a common cause of male infertility due to the enlargement of veins within the scrotum.



24. Medical are actions taken to improve a person's health or prevent disease.
25. Systematic of policies can help determine their effectiveness and impact.
26. Reducing the associated with mental health can encourage more people to seek help.
27. treatments consider individual characteristics to provide personalized care.
28. Professional can help individuals navigate complex decisions or challenges.
29. Regular exercise has many effects on both physical and mental well-being.
30. It is important to tasks based on their urgency and importance.

Answer

Multiple Choice: 1. Diabetes 2. Aging 3. Prolonging 4. Fertility 5. Genetic mutation 6. Longevity 7. Preventable 8. Disparities 9. Inequalities 10. Routine

Gap-Fill: 11. Anti-inflammatory 12. Evaluation 13. Stigma 14. Short-statured 15. Predictive 16. Unwanted 17. Resilience 18. Optimistic 19. Routine 20. Incorporating

Matching sentence: 1. Observational 2. Affordability 3. Varicocele 4. Interventions 5. Evaluation 6. Stigma 7. Tailored 8. Guidance 9. Beneficial 10. Prioritize

CATEGORY

1. Health - LEVEL1

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