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# Shocking Discovery: Humans Age Rapidly at 44 and 60

## Description

If you suddenly see more wrinkles or feel achy, it might be because of aging. Research shows that aging happens quickly in two bursts, around ages 44 and 60. This could explain why some health problems like muscle pain and heart issues happen at certain ages. The study followed people aged 25 to 75 and looked at different molecules in their bodies. Changes in these molecules happened quickly at ages 44 and 60, not slowly over time. This was a surprise, especially the changes in people's mid-40s. Men and women both experienced these changes. The first burst of changes included things related to heart disease and how the body processes things like caffeine and alcohol. The second burst involved things like the immune system and kidney function. These findings could help us make healthier choices, like exercising more when our muscles are changing rapidly. It's important to take care of ourselves while we are still healthy. The study was published in the journal Nature Aging.

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## Vocabulary List:

1. **Wrinkles** /'rɪŋ.kəlz/ (noun): Small lines or folds in the skin often associated with aging.
2. **Aching** /'eɪ.kɪŋ/ (verb): Experiencing discomfort or pain often in muscles or joints.
3. **Molecules** /'mɒlɪ.kju:lz/ (noun): The smallest units of a chemical compound that retain its properties.
4. **Immune** /ɪ'mju:n/ (adjective): Related to the body's defense against infectious disease.
5. **Function** /'fʌŋkʃən/ (noun): A specific activity or purpose of a person or thing.
6. **Choosing** /'tʃu:zɪŋ/ (verb): The act of selecting or making a decision from a range of options.

## Comprehension Questions

### Multiple Choice

1. At what ages does research show that aging happens quickly in two bursts?  
Option: Around 25 and 35  
Option: Around 44 and 60  
Option: Around 50 and 70  
Option: Around 65 and 80



2. What did the study look at in people aged 25 to 75?

- Option: Diseases only
- Option: Different molecules in their bodies
- Option: Daily habits
- Option: Exercise routines

3. Which burst of changes included things related to heart disease and body processes like caffeine and alcohol?

- Option: First burst around age 25
- Option: Second burst around age 60
- Option: Both bursts
- Option: Neither burst

4. What did the second burst of changes involve?

- Option: Heart disease
- Option: Immune system and kidney function
- Option: Muscle pain
- Option: Skin care

5. Which age group was followed in the study?

- Option: 15 to 45
- Option: 25 to 75
- Option: 50 to 90
- Option: 60 and above

6. Why is it important to take care of ourselves while we are still healthy?

- Option: To prevent aging
- Option: To avoid wrinkles
- Option: To be able to exercise more
- Option: To maintain health as we age

## Answer

**Multiple Choice:** 1. Around 44 and 60 2. Different molecules in their bodies 3. First burst around age 25 4. Immune system and kidney function 5. 25 to 75 6. To maintain health as we age

## Vocabulary quizzes



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

1. What is a common sign of aging in the skin?  
Option: Aching  
Option: Molecules  
Option: Wrinkles  
Option: Immune
2. Which type of fatty acid is commonly associated with brain health?  
Option: Omega-3  
Option: Cholesterol  
Option: Triglycerides  
Option: Genetic
3. Which gland in the body regulates metabolism?  
Option: Obesity  
Option: Thyroid  
Option: Metabolism  
Option: Insulin
4. Excessive body weight that increases the risk of health problems is known as:  
Option: Irregularly  
Option: Adjust  
Option: Obesity  
Option: Allergic
5. The chemical processes within the body to maintain life are collectively referred to as:  
Option: Prevention  
Option: Metabolism  
Option: Awareness  
Option: Function
6. Which hormone is responsible for regulating blood sugar levels?  
Option: Emphasize  
Option: Insulin  
Option: Revealed  
Option: Sufferer
7. The body's natural defense system against infections and illnesses is called the:  
Option: Sedentary  
Option: Incorporating  
Option: Beneficial



Option: Immune

8. Traits passed down from parents to offspring are influenced by:

Option: Overall

Option: Genetic

Option: Predisposed

Option: Lipid

9. Which type of lipid is often associated with cardiovascular health?

Option: Thyroid

Option: Cholesterol

Option: Triglycerides

Option: Metabolism

10. An adverse bodily response to a particular substance is known as an:

Option: Reaction

Option: Sufferer

Option: Symptom

Option: Allergic

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

11. The \_\_\_\_\_ of the immune system is to protect the body against pathogens.

12. \_\_\_\_\_ a healthy diet can have a significant impact on your overall well-being.

13. Regular exercise is key in the \_\_\_\_\_ of many chronic diseases.

14. Increasing public \_\_\_\_\_ about mental health is crucial to reducing stigma.

15. Skipping meals can affect your metabolism and lead to eating \_\_\_\_\_.

16. It is important to \_\_\_\_\_ your lifestyle to promote better health outcomes.

17. \_\_\_\_\_ more fruits and vegetables into your diet can improve your overall health.

18. Health experts \_\_\_\_\_ the importance of regular physical activity for overall well-being.

19. Studies have \_\_\_\_\_ new insights into the impact of stress on the body.

20. A \_\_\_\_\_ lifestyle can contribute to various health issues such as obesity and heart



disease.

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

21. Cells are made up of various that perform different functions in the body.
22. Dietary fats fall into the category of essential for energy production and cell structure.
23. High levels of in the blood can increase the risk of heart disease.
24. Some individuals may be genetically to certain medical conditions.
25. Regular exercise has a effect on mental health reducing stress and anxiety.
26. Taking care of your physical mental and emotional well-being is important for your health.
27. is a complex condition influenced by genetic environmental and lifestyle factors.
28. An allergic can range from mild irritation to severe symptoms requiring medical intervention.
29. Fever is a common of an underlying infection or illness.
30. A pollen may experience sneezing watery eyes and congestion during allergy season.

**Answer**

**Multiple Choice:** 1. Wrinkles 2. Omega-3 3. Thyroid 4. Obesity 5. Metabolism 6. Insulin 7. Immune 8. Genetic 9. Cholesterol 10. Allergic

**Gap-Fill:** 11. Function 12. Choosing 13. Prevention 14. Awareness 15. Irregularly 16. Adjust 17. Incorporating 18. Emphasize 19. Revealed 20. Sedentary

**Matching sentence:** 1. Molecules 2. Lipid 3. Triglycerides 4. Predisposed 5. Beneficial 6. Overall 7. Obesity 8. Reaction 9. Symptom 10. Sufferer

**CATEGORY**

- 1. Health - LEVEL1

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