



Study suggests higher likelihood of developing Alzheimer's if mother has it

Description

New Study Suggests Mother's History May Increase Risk of Alzheimer's Disease

A recent study analyzed **genetic predispositions** of 4,400 adults and found that those with mothers diagnosed with **Alzheimer's** may be at a higher risk of developing the disease. The research also showed that individuals with fathers diagnosed before the age of 65 could also be more **susceptible**. Higher levels of **amyloid plaques**, **precursors** of Alzheimer's, were found in individuals with a family history of the disease on their mother's side. The study suggested that specific **mitochondria** inherited from the mother and faults in the **X chromosome** could play a role in the increased risk. With Alzheimer's affecting millions of Americans, understanding **genetic predispositions** is crucial. Further research is needed to explore these findings and develop **preventive measures** for this devastating disease.

Vocabulary List

1. **Genetic predispositions** /d???n?t?k ?pri?d?sp??z???nz/ (noun): Increased likelihood of developing a particular disease based on a person's genetic makeup.
2. **Diagnosed** /?da???n??zd/ (verb): Identified the nature of an illness or other problem by examination of the symptoms.
3. **Alzheimer's disease** /?æltsha?m?rz d??zi?z/ (noun): A progressive neurological disease that leads to memory loss and cognitive decline.
4. **Amyloid plaques** /?æm?l??d plæks/ (noun): Clumps of protein fragments that accumulate between nerve cells in the brain, associated with Alzheimer's.
5. **Mitochondria** /?ma?t??k?ndr??/ (noun): Organelles found in large numbers in most cells, where biochemical processes of respiration and energy production occur.
6. **X chromosome** /?ks ?kr??m?s??m/ (noun): One of the two sex chromosomes in humans, females have two X chromosomes, and males have one X and one Y chromosome.
7. **Genetic predispositions** /d???n?t?k ?pri?d?sp??z???nz/ (noun): Increased likelihood of developing a particular disease based on a person's genetic makeup.
8. **Susceptible** /s??s?pt?b?l/ (adjective): Likely to be influenced or harmed by a particular thing.
9. **Precursors** /pri??k??s?rz/ (noun): Substances from which another substance is formed, especially by metabolic reaction.
10. **Preventive measures** /pr??v?nt?v ?m???rz/ (noun): Actions taken to reduce the chance of a disease or condition occurring.

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1. **Genetic predispositions** // (noun): Increased likelihood of developing a particular disease based on a person's genetic makeup.
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4. **Amyloid plaques** // (noun): Clumps of protein fragments that accumulate between nerve cells in the brain associated with Alzheimer's.
5. **Mitochondria** // (noun): Organelles found in large numbers in most cells where biochemical processes of respiration and energy production occur.
6. **X chromosome** // (noun): One of the two sex chromosomes in humans females have two X chromosomes and males have one X and one Y chromosome.

Comprehension Questions

Multiple Choice

1. What did a recent study analyze in relation to Alzheimer's disease risk?

Option: Food habits of adults



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- Option: Genetic predispositions of 4,400 adults
Option: Social media usage patterns
Option: Exercise routines of participants
2. Which family member's diagnosis of Alzheimer's was associated with a higher risk according to the study?
Option: Father
Option: Sister
Option: Mother
Option: Grandparent
3. What were found at higher levels in individuals with a family history of Alzheimer's on their mother's side?
Option: White blood cells
Option: Enzymes
Option: Amyloid plaques
Option: Fats
4. Which organelles were suggested to play a role in the increased risk of Alzheimer's according to the study?
Option: Vesicles
Option: Mitochondria
Option: Ribosomes
Option: Nucleoli
5. What specific chromosome faults were mentioned in the study as potentially contributing to the risk of Alzheimer's?
Option: Y chromosome
Option: W chromosome
Option: Z chromosome
Option: X chromosome
6. Why is understanding genetic predispositions crucial according to the research?
Option: To develop new technology
Option: To reduce healthcare costs
Option: To improve treatment options
Option: To identify those at higher risk

Answer

Multiple Choice: 1. Genetic predispositions of 4,400 adults 2. Mother 3. Amyloid plaques 4. Mitochondria
5. X chromosome 6. To identify those at higher risk



Vocabulary quizzes

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

1. Which dietary practice involves alternating periods of eating with fasting?
Option: Probiotics
Option: Antioxidants
Option: Intermittent fasting
Option: Genetic predispositions
2. Which condition is associated with the formation of amyloid plaques in the brain?
Option: Diabetes
Option: Alzheimer's disease
Option: Mitochondria
Option: X chromosome
3. Which medical procedure is commonly used to treat severe obesity?
Option: Medications
Option: Replacement
Option: Bariatric surgery
Option: Research
4. Which type of medication is known to improve blood sugar control and reduce weight?
Option: Lifestyle changes
Option: GLP-1s
Option: Metabolic
Option: Gastric bypass
5. What term refers to inherited traits that may increase the likelihood of certain diseases?
Option: Genetic predispositions
Option: Diagnosed
Option: Alzheimer's disease
Option: Amyloid plaques
6. Which concept focuses on providing the best possible nutrients for overall health?
Option: Probiotics
Option: Optimal nutrition
Option: Endorsing
Option: Caution
7. Which health indicator is commonly affected by lifestyle changes?



- Option: Mitochondria
- Option: X chromosome
- Option: Blood pressure
- Option: Intermittent fasting

8. Which term is often used when advising clients on potential risks of certain diets?

- Option: Diagnosis
- Option: Caution
- Option: Disordered
- Option: Boosting

9. Which compounds are known for their ability to reduce oxidative stress in the body?

- Option: Nutrition
- Option: Antioxidants
- Option: Diagnosis
- Option: Lifestyle changes

10. Which organelles are often referred to as the powerhouse of the cell?

- Option: Mitochondria
- Option: Blood pressure
- Option: X chromosome
- Option: Genetic predispositions

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

11. When a medical professional determines an illness or condition it is known as being

_____.

12. In some cases hormone _____ therapy may be necessary to address deficiencies.

13. Scientific studies and investigations are essential components of advancing medical

_____.

14. Severe _____ is a leading risk factor for various chronic diseases.

15. Prescription _____ can help manage certain health conditions when used appropriately.



16. Adopting healthy habits such as regular exercise and balanced nutrition is key to making positive _____.
17. Biological females typically have two _____ while males have one.
18. Issues related to the body's _____ processes can have significant impacts on overall health.
19. Some dietary supplements claim to aid in energy _____ but their effectiveness is debated.
20. Eating behaviors that are irregular or harmful may indicate an _____ relationship with food.

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

21. Many people consume yogurt and other fermented foods to introduce beneficial bacteria into their digestive system.
22. The science of food and its relationship to health encompasses various aspects of a balanced diet.
23. Prominent athletes and celebrities are often seen specific products to promote a healthy lifestyle.
24. For individuals with extreme obesity may be a life-changing intervention to aid in weight loss.
25. Maintaining stable blood sugar levels is crucial for individuals with to manage their condition effectively.
26. One common type of bariatric surgery that involves altering the digestive system to support weight loss is known as .
27. Continued is essential to uncovering new treatments and preventive measures for complex health issues like Alzheimer's.
28. In cases of hormone dysfunction hormone therapy can help restore balance within the body.



29. Health professionals often advocate for a balanced approach to dieting and exercise emphasizing the importance of .

30. These cellular structures play a critical role in energy production and are vital for overall cellular function.

Answer

Multiple Choice: 1. Intermittent fasting 2. Alzheimer's disease 3. Bariatric surgery 4. GLP-1s 5. Genetic predispositions 6. Optimal nutrition 7. Blood pressure 8. Caution 9. Antioxidants 10. Mitochondria

Gap-Fill: 11. Diagnosed 12. Replacement 13. Research 14. Obesity 15. Medications 16. Lifestyle changes 17. X chromosome 18. Metabolic 19. Boosting 20. Disordered

Matching sentence: 1. Probiotics 2. Nutrition 3. Endorsing 4. Bariatric surgery 5. Diabetes 6. Gastric bypass 7. Research 8. Replacement 9. Caution 10. Mitochondria

CATEGORY

1. Health - LEVEL1

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