
Systematic Review Reveals the Most Effective Method for Losing Weight

Description

Recent scientific reviews show that **bariatric surgery** is the best way to lose weight for a long time. It can help people keep about 25% of their weight off for up to 10 years. But, not many people use this surgery to treat severe obesity. **Lifestyle changes** like diet and exercise usually only result in a 7.4% weight loss, which is often regained. New drugs like **GLP-1s** are promising, with one causing a 21.1% weight loss. **Metabolic** and bariatric surgeries like **gastric bypass** also show significant weight loss percentages.

Studies suggest that these treatments should be considered earlier in the disease process to better fight the obesity epidemic. Experts say that using these treatments sooner could help more people avoid severe obesity. While lifestyle changes are helpful, they often aren't enough on their own. Combining surgery or new medications with healthy habits might be the best way to achieve lasting weight loss.

Vocabulary List

1. **Bariatric surgery** /?bæri?ætr?k ?s??rd??ri/ (noun): Surgery that helps with weight loss.
2. **Lifestyle changes** /?la?fsta?l ?t?e?nd??z/ (noun): Changes in daily habits like diet and exercise.
3. **GLP-1s** /?d?i??l?pi? w?nz/ (noun): A type of medication used for weight loss.
4. **Metabolic** /?met.??b?l.?k/ (adjective): Related to the process by which your body converts what you eat and drink into energy.
5. **Gastric bypass** /??æ.s.tr?k ?ba?.p??s/ (noun): A type of surgery that helps you lose weight by changing how your stomach and small intestine handle food.

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1. **Bariatric surgery** //,bæri'ætrɪk 'sɜːrdʒəri// (noun): Surgery that helps with weight loss.
2. **Lifestyle changes** //'laɪfstɑɪl 'tʃeɪndʒɪz// (noun): Changes in daily habits like diet and exercise.
3. **GLP-1s** //,dʒiː,ɛl'piː wʌnz// (noun): A type of medication used for weight loss.
4. **Metabolic** //,mɛtə'bɒlɪk// (adjective): Related to the process by which your body converts what you eat and drink into energy.
5. **Gastric bypass** //'gæstrɪk 'baɪpæs// (noun): A type of surgery that helps you lose weight by changing how your stomach and small intestine handle food.
6. **Obesity** //oʊ'biːsɪti// (noun): A condition characterized by excessive body fat that increases health risks.

Comprehension Questions



Multiple Choice

1. What percentage of weight can bariatric surgery help people keep off for up to 10 years?
Option: A. 25%
Option: B. 10%
Option: C. 5%
Option: D. 50%
2. Which treatment resulted in a 21.1% weight loss according to recent scientific reviews?
Option: A. Lifestyle changes
Option: B. Bariatric surgery
Option: C. GLP-1s drugs
Option: D. Exercise only
3. What is the main focus of metabolic surgeries?
Option: A. Speed enhancement
Option: B. Weight loss
Option: C. Energy conversion
Option: D. Muscle building
4. Which surgery changes how the stomach and small intestine handle food?
Option: A. Gastric bypass
Option: B. Bariatric surgery
Option: C. Metabolic surgery
Option: D. Laparoscopic surgery
5. Experts recommend combining surgery or new medications with what to achieve lasting weight loss?
Option: A. Unhealthy habits
Option: B. Fad diets
Option: C. Healthy habits
Option: D. Sedentary lifestyle
6. Why do studies suggest considering treatments earlier in the disease process?
Option: A. To increase costs
Option: B. To promote severe obesity
Option: C. To fight the obesity epidemic
Option: D. To delay treatment



Answer

Multiple Choice: 1. A. 25% 2. C. GLP-1s drugs 3. B. Weight loss 4. A. Gastric bypass 5. C. Healthy habits 6. C. To fight the obesity epidemic

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



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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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