

Take Control: 14 Risk Factors You Can Manage

Description

A new report says that taking care of 14 lifestyle habits can stop almost half of dementia cases globally. The report suggests new risks like high cholesterol and vision loss, asking for quick action to prevent more dementia cases. The Lancet Commission report in 2024 talks about vision loss and high cholesterol as new risks for dementia. It also talks about 12 other known risks. It says it's important to manage these risks from early on to prevent dementia. The report gives 13 suggestions for both people and governments to lower the risks. It mentions how taking these steps in England could save £4 billion. Addressing these risks from childhood onwards could stop or delay nearly half of dementia cases, which is crucial as the number of cases is expected to increase worldwide. The report was presented at the Alzheimer's Association International Conference in 2024.

The 14 identified lifestyle habits are:

1. **Low Education:** Ensuring high-quality education from an early age.
2. **Hearing Loss:** Using hearing aids and reducing exposure to harmful noise.
3. **Hypertension:** Managing blood pressure, especially from midlife.
4. **Smoking:** Reducing or eliminating tobacco use through personal choice and public policies.
5. **Obesity:** Maintaining a healthy weight through diet and exercise.
6. **Depression:** Treating and managing depression effectively.
7. **Physical Inactivity:** Engaging in regular physical activity.
8. **Diabetes:** Managing and preventing diabetes through diet, exercise, and medication.
9. **Excessive Alcohol Consumption:** Reducing alcohol intake to moderate levels.
10. **Traumatic Brain Injury:** Wearing helmets and taking precautions to avoid head injuries.
11. **Air Pollution:** Reducing exposure to polluted environments.
12. **Social Isolation:** Maintaining social interactions and relationships.
13. **High LDL Cholesterol:** Managing cholesterol levels through diet, exercise, and medication.
14. **Untreated Vision Loss:** Regular eye check-ups and treatment for vision impairments? ([Alzheimer Europe](#))?? ([Alzheimer's Society](#))?? ([UW Departments](#))??

By implementing these lifestyle changes, it is possible to significantly reduce the risk of dementia, benefiting individuals and society as a whole through improved health outcomes and reduced healthcare costs.

Vocabulary List:

1. **Dementia** /dɪ'menʃə/ (noun): A general term for a decline in mental ability severe enough to interfere with daily life.

2. **Cholesterol** /kə'lɛstərəl/ (noun): A substance found in body tissues and blood which is essential for various bodily functions but can be harmful in excessive amounts.
3. **Hypertension** /,haɪpər'tenʃən/ (noun): A condition in which the force of the blood against the artery walls is too high often leading to health issues.
4. **Obesity** /oʊ'bɪ:sɪtɪ/ (noun): Excessive body weight that is harmful to health.
5. **Isolation** /,aɪsə'leɪʃən/ (noun): The state of being separated from others.
6. **Traumatic** /trə'mætɪk/ (adjective): Relating to or denoting a physical injury or emotional distress caused by a shocking event.

Comprehension Questions

Multiple Choice

1. What is one of the new risks mentioned in the Lancet Commission report in 2024 as a factor for dementia?

- Option: High cholesterol
- Option: Skin problems
- Option: Joint pain
- Option: Hair loss

2. Which of the following is NOT identified as one of the 14 lifestyle habits that can help prevent dementia according to the report?

- Option: Physical Inactivity
- Option: Diabetes
- Option: IQ level
- Option: Hearing Loss

3. What is one of the suggested actions to prevent more dementia cases mentioned in the report?

- Option: Reducing alcohol intake
- Option: Increasing smoking
- Option: Promoting physical inactivity
- Option: Encouraging unhealthy diet

4. According to the report managing which aspect can help in reducing the risk of dementia?

- Option: Depression
- Option: Excessive Alcohol Consumption
- Option: Untreated Vision Loss

Option: Traumatic Brain Injury

5. Which habit is related to avoiding head injuries as mentioned in the report?

Option: Obesity

Option: Traumatic Brain Injury

Option: Smoking

Option: High LDL Cholesterol

6. What was highlighted as a significant benefit of addressing the 14 identified lifestyle habits in terms of dementia prevention?

Option: Decreased life expectancy

Option: Increased healthcare costs

Option: Reduced healthcare costs

Option: Increased dementia cases

Answer

Multiple Choice: 1. High cholesterol 2. IQ level 3. Reducing alcohol intake 4. Depression 5. Traumatic Brain Injury 6. Reduced healthcare costs

Vocabulary quizzes

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

1. Which term refers to a change in the genetic material of a virus?

Option: Mutation

Option: Hospitalizations

Option: Infections

Option: Dementia

2. What term describes individuals who are more susceptible to infections or diseases?

Option: Vulnerable

Option: Contagious

Option: Symptoms

Option: Transmission

3. Which term describes the ability of a disease to spread from person to person?

Option: Contagious

Option: Inflammation

Option: Serious

Option: Attacked

4. What term refers to the act of placing patients in a hospital for treatment?

Option: Symptoms

Option: Hospitalizations

Option: Understandings

Option: Prevented

5. Which term refers to the invasion and multiplication of harmful microorganisms in the body?

Option: Infections

Option: Cholesterol

Option: Obesity

Option: Versatile

6. What term describes how a disease is passed from one person to another?

Option: Traumatic

Option: Transmission

Option: Unhealthy

Option: Researchers

7. Which term describes the body's response to injury or infection causing redness and swelling?

Option: Inflammation

Option: Vaccinated

Option: Nutritional

Option: Moderation

8. Which term describes a condition that requires immediate attention or action?

Option: Serious

Option: Isolation

Option: Risk

Option: Overweight

9. What term describes individuals who have received a preventive injection against a disease?

Option: Dementia

Option: Vaccinated

Option: Versatile

Option: Essential

10. Which term refers to the signs that indicate the presence of a disease or condition?

Option: Contributed

Option: Symptoms

Option: Versatile



Option: Calorie-dense

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

11. The virus _____ the immune system causing various health issues.
12. Proper _____ of the risks can help individuals make informed decisions.
13. Older adults may be at risk of developing _____ due to certain health conditions.
14. High levels of _____ can increase the risk of heart disease.
15. Regular exercise can help manage _____ and improve overall health.
16. _____ is associated with an increased risk of various health problems.
17. Individuals with contagious diseases may need to be placed in _____ to prevent spread.
18. Unhealthy eating habits _____ to the rise of obesity rates in the population.
19. Being _____ increases the likelihood of developing certain weight-related health conditions.
20. Exposure to certain environmental factors can elevate the _____ of certain diseases.

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

21. A diet high in processed foods and low in nutrients is often categorized as poor for health.
22. Scientists conducting studies to better understand the effects of a new drug are often referred to as this.
23. Regular exercise and a balanced diet can help reduce the likelihood of certain diseases.
24. Eating a variety of fruits vegetables and whole grains is essential for good health.
25. Yogurt is a versatile food that can be consumed as a snack or used in cooking.



26. Nuts and seeds are considered calorie-dense foods due to their high energy content.

27. Proteins fats and carbohydrates are considered essential nutrients for the body to function properly.

28. Consuming sugary treats in can be part of a healthy diet.

29. Witnessing a severe accident can have a impact on an individual's mental health.

30. Quinoa is a versatile grain that can be used in salads soups or as a side dish.

Answer

Multiple Choice: 1. Mutation 2. Vulnerable 3. Contagious 4. Hospitalizations 5. Infections 6. Transmission
7. Inflammation 8. Serious 9. Vaccinated 10. Symptoms

Gap-Fill: 11. Attacked 12. Understanding 13. Dementia 14. Cholesterol 15. Hypertension 16. Obesity
17. Isolation 18. Contributed 19. Overweight 20. Risk

Matching sentence: 1. Unhealthy 2. Researchers 3. Prevented 4. Nutritional 5. Versatile 6. Calorie-dense
7. Essential 8. Moderation 9. Traumatic 10. Versatile

CATEGORY

1. Health - LEVEL1

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