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# Unlocking Medical Potential of Overlooked Bodily Waste: Science Breakthrough!

## Description

Menstrual blood used to be seen as waste, but now scientists see it can offer valuable information. It has cells, proteins, and fats that can help learn about health. This can happen without surgery, which is good news.

One important study is on endometriosis, a condition affecting many women. With limited research funding, it is hard to find effective treatments. But researchers are using menstrual blood to study this condition better.

Menstrual blood also contains stem cells that can become different cell types. This is promising for researching various health issues like heart or nervous system problems.

Overall, menstrual blood is a useful tool for medical research due to its accessibility and potential. However, there are still some challenges, like stigma and proper collection methods.

It's important to raise awareness about the benefits of menstrual blood in research and overcome any hesitations or misunderstandings.

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## Vocabulary List:

1. **Menstrual** /'mɛnstrʊəl/ (adjective): Relating to the monthly discharge of blood from the female reproductive system.
2. **Endometriosis** /,ɛndoʊ,mi:tri'ɒʊsɪs/ (noun): A condition in which tissue similar to the lining of the uterus grows outside of it.
3. **Research** /'ri:sɜ:rtʃ/ (noun): The systematic investigation into and study of materials and sources to establish facts and reach new conclusions.
4. **Stem cells** /stɛm sɛlz/ (noun): Undifferentiated cells that have the potential to develop into various cell types in the body.
5. **Challenges** /'tʃælɪndʒɪz/ (noun): Difficulties or obstacles that require effort to overcome.
6. **Stigma** /'stɪgmə/ (noun): A mark of disgrace associated with a particular circumstance quality or person.

## Comprehension Questions



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## Multiple Choice

1. What are some components found in menstrual blood that can provide valuable health information?
  - Option: Cells, proteins, and fats
  - Option: Bacteria and viruses
  - Option: Plant extracts
  - Option: Alcohols and sugars
2. Which health condition is being studied using menstrual blood due to limited research funding for effective treatments?
  - Option: Cancer
  - Option: Endometriosis
  - Option: Diabetes
  - Option: Asthma
3. What type of cells are found in menstrual blood that have the potential to become various cell types?
  - Option: Stem cells
  - Option: Red blood cells
  - Option: White blood cells
  - Option: Platelets
4. What is one challenge mentioned in utilizing menstrual blood for research?
  - Option: Lack of accessibility
  - Option: Stigma
  - Option: High cost
  - Option: Limited quantity
5. Why is menstrual blood considered a useful tool for medical research?
  - Option: Due to its color
  - Option: Due to its taste
  - Option: Due to its accessibility and potential
  - Option: Due to its smell
6. What should be done to overcome hesitations and misunderstandings regarding the use of menstrual blood in research?
  - Option: Ignore concerns
  - Option: Raise awareness
  - Option: Stop research



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Option: Avoid discussions

**True-False**

7. Menstrual blood was always considered valuable for research purposes.
8. Researchers are not studying endometriosis using menstrual blood.
9. Stem cells in menstrual blood are limited in their potential to become different cell types.
10. Stigma is not a challenge faced in utilizing menstrual blood for research.
11. Proper collection methods are not necessary when dealing with menstrual blood for research purposes.
12. Raising awareness about the benefits of menstrual blood in research is considered important.

**Gap-Fill**

13. Menstrual blood used to be seen as \_\_\_\_\_, but scientists now see it as offering valuable information.
14. Researchers are using menstrual blood to study endometriosis due to limited research \_\_\_\_\_ for effective treatments.
15. Menstrual blood contains stem cells that have the potential to become different \_\_\_\_\_ types.
16. One of the challenges in utilizing menstrual blood for research is overcoming \_\_\_\_\_.
17. It is important to raise \_\_\_\_\_ about the benefits of menstrual blood in research.
18. The accessibility and potential of menstrual blood make it a valuable tool for \_\_\_\_\_ research.



## Answer

**Multiple Choice:** 1. Cells, proteins, and fats 2. Endometriosis 3. Stem cells 4. Stigma 5. Due to its accessibility and potential 6. Raise awareness

**True-False:** 7. False 8. False 9. False 10. False 11. False 12. True

**Gap-Fill:** 13. waste 14. funding 15. cell 16. stigma 17. awareness 18. medical

## Vocabulary quizzes

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

1. Who is involved in conducting advanced studies?

Option: Geologists

Option: Medical professionals

Option: Engineers

Option: Researchers

2. What are the components that make up a particular substance?

Option: Ingredients

Option: Experiences

Option: Textures

Option: Environment

3. What type of cells have the potential to develop into different cell types in the body?

Option: Streaks

Option: Tissue

Option: Protein

Option: Stem cells

4. What are difficulties or obstacles that need to be overcome?

Option: Welfare

Option: Immunity

Option: Challenges

Option: Neurons

5. What is the main ingredient in chocolate production?



- Option: Amplifying
- Option: Cocoa
- Option: Researchers
- Option: Disorders

6. What medical condition involves the growth of endometrial-like tissue outside the uterus?

- Option: Environment
- Option: Endometriosis
- Option: Stigma
- Option: Disorders

7. Which cells transmit information in the nervous system?

- Option: Cracks
- Option: Texture
- Option: Protein
- Option: Neurons

8. What activity involves the systematic investigation to establish facts or principles?

- Option: Research
- Option: Tissue
- Option: Protein
- Option: Environment

9. What are small chunks of valuable information or insights?

- Option: Influence
- Option: Nuggets
- Option: Signals
- Option: Disorders

10. What is the practice of avoiding extremes?

- Option: Amplifying
- Option: Moderation
- Option: Stigma
- Option: Ingredients

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

11. \_\_\_\_\_ plays a vital role in advancing knowledge and understanding in various fields.

12. People with mental health issues often face social \_\_\_\_\_.



13. Cells are organized into organs and \_\_\_\_\_ in the body.
14. Dietary sources of \_\_\_\_\_ are essential for muscle building and repair.
15. Vaccinations help strengthen the body's \_\_\_\_\_ against diseases.
16. Human activities can have a significant impact on the \_\_\_\_\_.
17. Peer pressure can have a powerful \_\_\_\_\_ on individual decision-making.
18. Genetic mutations can lead to various health \_\_\_\_\_.
19. \_\_\_\_\_ in the foundation of a building can indicate structural issues.
20. \_\_\_\_\_ gained through practical involvement is valuable in many professions.
21. The \_\_\_\_\_ of a product can determine its quality and appeal.

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

22. Scientists working on cutting-edge technology are often involved in research projects.
23. Some individuals experience discomfort and pain during their cycle.
24. The government introduced programs to ensure the _____ of its citizens.
25. Communication systems rely on the transmission of electronic _____.
26. Using a microphone helps in sound for a large audience to hear.
27. The _____ of a fabric can determine its comfort and usability.
28. Overcoming a difficult obstacle can be seen as a personal _____.
29. Some minerals exhibit unique color under specific lighting conditions.
30. Medical professionals work to diagnose and treat various health _____.
31. The protection of the natural _____ is crucial for biodiversity conservation.



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## Answer

**Multiple Choice:** 1. Researchers 2. Ingredients 3. Stem cells 4. Challenges 5. Cocoa 6. Endometriosis 7. Neurons 8. Research 9. Nuggets 10. Moderation

**Gap-Fill:** 11. Research 12. Stigma 13. Tissue 14. Protein 15. Immunity 16. Environment 17. Influence 18. Disorders 19. Cracks 20. Experience 21. Content

**Matching sentence:** 1. Advanced 2. Menstrual 3. Welfare 4. Signals 5. Amplifying 6. Texture 7. Challenge 8. Streaks 9. Disorders 10. Environment

## CATEGORY

1. Health - LEVEL2

### Date Created

2025/05/22

### Author

aimeeyoung99

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