



Vitamin B3 Supplements May Aid Cancer Cell Survival, Warn Scientists

Description

A new study has questions about popular NAD+ supplements in cancer treatment. These supplements are taken by many people in America to feel more energetic and support healthy aging. They increase levels of NAD+, a molecule that helps cells in the body.

Some cancer patients use these supplements to help with side effects from chemotherapy, which is a type of cancer treatment. However, research suggests this may not be a good idea.

A study from Case Western Reserve University shows that these supplements might help pancreatic cancer cells survive treatment. Pancreatic cancer is very serious, having a low survival rate of just 13% after five years.

The study found that these supplements can give energy to cancer cells. This energy helps the cancer cells escape damage from treatment. In tests, the supplements protected cancer cells from common chemotherapy drugs.

The researchers warn that these supplements may be risky for cancer patients. They suggest that patients talk with their doctors about any supplements they take. More studies are needed to understand these effects better.

Vocabulary List:

1. **supplements** //ˈsʌpləmənts// (noun): extra vitamins or products people take for health
2. **chemotherapy** //ˌkɛməˈθerəpi// (noun): medicine treatment to kill cancer cells
3. **pancreatic** //ˌpæŋkriˈætiːk// (adjective): related to the pancreas, a body organ
4. **molecule** //ˈmɒləˌkjʊl// (noun): very small piece of a chemical substance
5. **survive** //səˈvaɪv// (verb): continue to live after being in danger
6. **researchers** //rɪˈsɜːtʃərz// (noun): people who study and test to learn

Comprehension Questions

Multiple Choice



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1. What is the primary purpose of NAD+ supplements according to the study?
 - Option: To improve digestion
 - Option: To support healthy aging
 - Option: To cure cancer
 - Option: To increase appetite

 2. What type of cancer did the study from Case Western Reserve University focus on?
 - Option: Breast cancer
 - Option: Lung cancer
 - Option: Pancreatic cancer
 - Option: Prostate cancer

 3. What is the five-year survival rate for pancreatic cancer mentioned in the study?
 - Option: 30%
 - Option: 50%
 - Option: 13%
 - Option: 25%

 4. According to the researchers, what should cancer patients do regarding supplements?
 - Option: Stop taking all supplements
 - Option: Discuss with their doctors
 - Option: Take more supplements
 - Option: Ignore their side effects

 5. What effect do NAD+ supplements have on cancer cells according to the study?
 - Option: They kill cancer cells
 - Option: They provide energy to cancer cells
 - Option: They flush out toxins
 - Option: They make patients feel sick

 6. What should be conducted to understand the effects of NAD+ supplements better?
 - Option: More studies
 - Option: No studies
 - Option: Less research
 - Option: More patient surveys

True-False



7. NAD+ supplements are only used for improving digestion.
8. The study suggests that NAD+ supplements may be risky for cancer patients.
9. Pancreatic cancer has a high survival rate of 50% after five years.
10. Chemotherapy is a type of cancer treatment.
11. The study claims that NAD+ supplements can harm cancer cells.
12. Research indicates that NAD+ supplements help cancer cells escape chemotherapy damage.

Gap-Fill

13. Many people take NAD+ supplements in America to feel more energetic and support healthy aging. They increase levels of NAD+, a molecule that helps cells in the _____.
14. Some cancer patients use these supplements to help with side effects from _____.
15. The five-year survival rate for pancreatic cancer is just _____%.
16. The study found that these supplements can give _____ to cancer cells.
17. Researchers warn that these supplements may be risky for cancer _____.
18. More studies are needed to understand these _____ better.

Answer

Multiple Choice: 1. To support healthy aging 2. Pancreatic cancer 3. 13% 4. Discuss with their doctors
5. They provide energy to cancer cells 6. More studies

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

Gap-Fill: 13. body 14. chemotherapy 15. 13 16. energy 17. patients 18. effects

Vocabulary quizzes



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

1. What type of cancer is primarily characterized by uncontrolled cell growth?
Option: Carcinoma
Option: Melanoma
Option: Leukemia
Option: Lymphoma
2. Which type of skin cancer specifically arises from melanocytes?
Option: Basal cell carcinoma
Option: Melanoma
Option: Squamous cell carcinoma
Option: Adenocarcinoma
3. What is the primary method used to identify the presence of cancer?
Option: Detection
Option: Prevention
Option: Treatment
Option: Diagnosis
4. What term is used to describe the continuation of life after a cancer diagnosis?
Option: Cure
Option: Recovery
Option: Survival
Option: Mortality
5. What is the term for the process by which cancer cells move from one part of the body to another?
Option: Proliferation
Option: Metastasis
Option: Invasion
Option: Tumorigenesis
6. What is the term for managing cancer symptoms through various methods?
Option: Detected
Option: Treated
Option: Survived
Option: Prevented
7. What are segments of DNA that influence traits, including the risk for cancer?
Option: Chromosomes
Option: Genes
Option: Alleles



Option: Genomes

8. What medical procedures are often performed to remove cancerous tissue?

Option: Therapies

Option: Surgeries

Option: Medications

Option: Tests

9. What is the name of the cancer treatment that uses drugs to kill cancer cells?

Option: Radiation

Option: Surgery

Option: Chemotherapy

Option: Immunotherapy

10. Which hormone is produced by the pineal gland and has roles in regulating sleep and potentially influencing cancer?

Option: Serotonin

Option: Cortisol

Option: Melatonin

Option: Adrenaline

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

11. The early _____ of cancer significantly improves treatment outcomes.

12. Factors such as stage at diagnosis affect cancer _____ rates.

13. The _____ of cancer cells to other organs is known as metastasis.

14. Cancer can be _____ using a combination of surgery, radiation, and chemotherapy.

15. Mutations in specific _____ can lead to an increased risk for certain cancers.

16. Many cancer patients undergo _____ to remove tumors and affected tissues.

17. Research suggests that _____ may play a role in cancer prevention.

18. Patients often receive _____ to eliminate cancer cells after surgery.

19. Chronic _____ has been linked to the development of certain cancers.



20. Certain herbal _____ have been researched for their potential anti-cancer properties.

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

21. Carcinoma is the most common type of cancer that develops in epithelial tissue.
22. Melanoma is a serious type of skin cancer that can spread to other parts of the body.
23. Survival rates for cancer can vary significantly depending on the type and stage of cancer.
24. Inflammation is a natural process that can sometimes contribute to cancer progression.
25. Chemotherapy is often used to treat cancer by targeting rapidly dividing cells.
26. Hormones such as estrogen can influence the growth of certain cancers.
27. Researchers are continually studying new treatments to improve cancer outcomes.
28. Surgeries are performed to remove tumors and affected areas in cancer patients.
29. Mutations in specific genes can increase an individual's risk for developing cancer.
30. Certain dietary supplements are being investigated for their potential role in cancer prevention.

Answer

Multiple Choice: 1. Carcinoma 2. Melanoma 3. Detection 4. Survival 5. Metastasis 6. Treated 7. Genes 8. Surgeries 9. Chemotherapy 10. Melatonin

Gap-Fill: 11. detection 12. survival 13. spread 14. treated 15. genes 16. surgeries 17. melatonin 18. chemotherapy 19. inflammation 20. extracts

Matching sentence: 1. carcinoma 2. melanoma 3. survival 4. inflammation 5. chemotherapy 6. hormone 7. researchers 8. surgeries 9. gene 10. supplements

CATEGORY

- 1. Health - LEVEL1

POST TAG

- 1. cancer cells
- 2. ESL learning
- 3. esl news
- 4. Level 1



5. supplements
6. vitamin B3

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