



Well+Being: Tips for Hiking, Advice on Cancer, and Menopause

Description

This week, we have a fantastic newsletter to share with you. We're covering essential topics like hiking tips, cancer advice, and menopause. But first, don't forget to sign up for our Well+Being newsletter to get it delivered to your inbox every Thursday.

In this week's must-reads:

- Learn science-based tips for managing conflicts in relationships
- Discover why in-person friendships are better for health than virtual pals
- Find out about a tool that offers guidance when dementia becomes too much to handle
- Explore the latest health fad of raw milk and experts' concerns about spreading bird flu

We also have hiking tips from a trail expert, Shilletha Curtis, author of "Pack Light: A Journey to Find Myself." She shares valuable advice on hiking group benefits, using trekking poles, staying safe by making noise in the forest, and more.

Additionally, an oncologist offers advice on steps cancer patients should take to ensure they receive the best care, including seeking a second opinion from a pathologist. And we delve into the topic of perimenopause and provide insights on managing symptoms and seeking help.

For more engaging content and valuable information, click the links provided throughout the article. And don't forget to join us next week for more insightful discussions. Email us at wellbeing@washpost.com to let us know how we're doing and find us on TikTok for more content.

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Vocabulary List:

1. **Newsletter** // (noun): A bulletin issued by an organization to provide information to its members or the public.
2. **Hiking** // (noun): A long vigorous walk typically on trails or footpaths in the countryside.
3. **Cancer** // (noun): A disease caused by an uncontrolled division of abnormal cells in a part of the body.
4. **Menopause** // (noun): The ceasing of menstruation typically occurring in middle age.
5. **Advice** // (noun): Guidance or recommendations offered for resolving a problem or making a decision.
6. **Transparency** // (noun): The quality of being open and easily understood.

Vocabulary quizzes

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

1. Which type of cancer affects the lymphatic system?
Option: Breast cancer
Option: Lung cancer
Option: Lymphoma
Option: Prostate cancer
2. Which parasite is associated with behavior changes in infected hosts?
Option: Malaria parasite
Option: Toxoplasma gondii
Option: Hookworm
Option: Tapeworm

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

3. _____ is a natural biological process that occurs in women.
4. The doctor asked about any _____ the patient was experiencing.



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

5. Toxoplasma gondii is known to influence the of its host.

6. Regular is essential to track changes in the patient's condition.

Answer

Multiple Choice: 1. Lymphoma 2. Toxoplasma gondii

Gap-Fill: 3. Menopause 4. symptoms

Matching sentence: 1. behavior 2. monitoring

CATEGORY

1. Health - LEVEL3

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