

LIFESTYLE DISEASES PART 2

Listening

1. Listen to the conversation and choose the most suitable title.

- A Understanding the Causes of Lifestyle-Related Diseases
- B Preventing and Managing Lifestyle-Related Diseases
- C Treating Lifestyle-Related Diseases with Medication

2. Listen again and complete the notes with NO MORE THAN THREE WORDS AND/OR A NUMBER.

1. The two pillars of prevention are physical activity and _____.
2. People should aim for _____ minutes of moderate exercise each week.
3. Professor Finch describes _____ as highly effective.
4. People should prioritize whole foods such as fruits, vegetables and _____.
5. They should reduce their intake of processed items that are high in sugar, salt and unhealthy _____.
6. Stress can be managed through practices such as mindfulness, meditation or _____.
7. Quality sleep is described as _____ for recovery, building resilience and regulating stress hormones.
8. Professor Finch recommends getting _____ hours of sleep a night.
9. For type 2 diabetes, significant lifestyle changes can sometimes lead to _____.
10. For many cardiovascular issues, the focus is on halting the disease's _____ and preventing complications.
11. A healthier lifestyle can reduce dependence on _____ and enhance quality of life.

Vocabulary

1. Choose the meaning of the word or phrase in bold.

1. Physical activity and nutrition are described as the two **pillars** of disease prevention.
 - a) possible disadvantages
 - b) fundamental parts
 - c) recommended alternatives
2. Healthy lifestyle choices can be highly effective in **mitigating** the risk of disease.
 - a) reducing
 - b) measuring
 - c) identifying
3. Managing chronic stress is **crucial** for maintaining good health.
 - a) relatively simple
 - b) extremely important
 - c) increasingly popular

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4. Quality sleep is **non-negotiable** for recovery.
 - a) difficult to achieve
 - b) open to discussion
 - c) absolutely necessary
5. Good sleep can help people build **resilience**.
 - a) the ability to recover from difficulties
 - b) the ability to avoid difficult situations
 - c) the ability to predict future problems
6. The professor recommends a **holistic** approach to disease prevention.
 - a) focused mainly on physical exercise
 - b) considering different aspects of health together
 - c) based primarily on medical treatment

2. Complete each sentence with a word from the box. Use each word once.

civilizational diseases | systematically | remission | diligent | proactive | invaluable

1. Type 2 diabetes can sometimes go into _____ after significant lifestyle changes.
2. Rather than waiting until health problems develop, people should take a _____ approach to their health.
3. The doctor advised her to reduce her intake of processed foods _____ over the next few months.
4. Heart conditions often require _____ management to prevent complications.
5. Diabetes, obesity and some cardiovascular conditions are examples of _____.
6. The professor's expertise was _____ to the discussion.

3. Match the medical terms (1-6) with their definitions (A-F).

1. lifestyle disease
2. type 2 diabetes
3. cardiovascular disease
4. chronic stress
5. disease progression
6. complication

- A. A health problem that develops as a result of, or alongside, an existing disease or condition.
- B. A condition in which blood glucose levels are too high because the body does not use insulin effectively.
- C. The way a disease develops or becomes more severe over time.
- D. A group of diseases affecting the heart and blood vessels.
- E. A prolonged state of physical or psychological stress that continues over an extended period.
- F. An illness associated with patterns of modern living, such as poor diet, physical inactivity or prolonged stress.

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4. Part 1 Review. Complete the sentences with the medical terms from the box. Use each term once.

obesity · chronic stress · hypertension · excessive alcohol consumption · non-communicable conditions · high cholesterol · chronic respiratory diseases · coronary artery disease

1. Smoking and _____ can increase the risk of a number of health problems.
2. A diet high in unhealthy fats can contribute to _____.
3. Diseases that cannot be passed from one person to another are called _____.
4. Long-term psychological pressure can result in _____.
5. A person who has an unhealthy amount of body fat may be suffering from _____.
6. Asthma is an example of a _____.
7. _____ is a condition involving abnormally high blood pressure.
8. _____ is a condition in which the arteries supplying blood to the heart become narrowed or blocked.

Grammar — Cause and Effect

1. Complete each sentence with the correct form of the word in brackets. Use a preposition if needed.

1. Many lifestyle diseases _____ the way people live today.
(*result*)
2. A lack of physical activity can _____ serious health problems over time.
(*lead*)
3. Eating large amounts of processed food may _____ the development of obesity.
(*contribution*)
4. Some health conditions _____ by a combination of genetic, environmental and behavioural factors.
(*bring*)
5. Chronic stress and insufficient sleep can _____ the risk of developing certain diseases.
(*increase*)
6. Obesity can _____ other health conditions, including type 2 diabetes and cardiovascular disease.
(*precursor*)
7. Smoking is one of several lifestyle factors _____ an increased risk of chronic respiratory disease.
(*associate*)
8. Many lifestyle-related health problems cannot be _____ a single cause.
(*attribute*)

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2. Complete the second sentence so that it has a similar meaning to the first. Use the word in brackets.

1. Eating too much processed food can contribute to obesity.
RESULT
Eating too much processed food can _____ obesity.
2. A sedentary lifestyle can result in a range of health problems.
LEAD
A sedentary lifestyle can _____ a range of health problems.
3. Several factors bring about many lifestyle-related diseases.
RESULT
Many lifestyle-related diseases _____ several factors.
4. Chronic stress may increase the risk of developing certain health conditions.
CONTRIBUTE
Chronic stress may _____ the development of certain health conditions.
5. Doctors cannot attribute the condition to one particular cause.
RESULT
The condition cannot be said to _____ one particular cause.

LIFESTYLE DISEASES PART 2**Quick Vocab Quiz****Part 1 — Choose the correct answer A, B, or C.**

1. The word **“pillar”** most nearly means:
A. A decoration
B. A key support
C. A difficulty
2. **“Non-negotiable”** means:
A. Open to discussion
B. Absolutely necessary
C. Difficult to achieve
3. If something **“mitigates”** a risk, it:
A. Increases it
B. Measures it
C. Reduces it
4. A **“holistic approach”** considers:
A. One specific problem
B. The whole situation
C. Only physical health
5. Someone who is **“diligent”** is:
A. Careful and consistent
B. Easily discouraged
C. Unwilling to change
6. **“Proactive”** means:
A. Taking action before problems arise
B. Reacting after a problem occurs
C. Avoiding difficult situations
7. **“Resilience”** refers to the ability to:
A. Avoid stressful situations
B. Recover from difficulties
C. Prevent all health problems
8. **“Remission”** refers to a period when:
A. A disease becomes more severe
B. A disease is first diagnosed
C. Symptoms are reduced or disappear
9. **“Disease progression”** refers to:
A. The way a disease develops over time
B. The prevention of disease
C. The complete disappearance of disease
10. **“Invaluable”** is closest in meaning to:
A. Extremely useful
B. Difficult to measure
C. Impossible to replace

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Part 2 — Complete each sentence with the correct form of the word in brackets.

11. Regular physical activity can be highly _____ in reducing the risk of disease. (*effect*)
12. A _____ lifestyle is associated with a higher risk of several health conditions. (*sedentary*)
13. People should gradually reduce their _____ of processed foods. (*consume*)
14. Effective stress _____ can improve both mental and physical well-being. (*manage*)
15. A balanced diet should contain plenty of _____ foods. (*nature*)
16. Adequate sleep is essential for physical _____ and recovery. (*recover*)
17. Significant lifestyle changes can lead to considerable _____ in a person's health. (*improve*)
18. Some cardiovascular conditions require careful long-term _____. (*manage*)
19. Regular exercise can reduce the _____ of developing certain diseases. (*likely*)
20. Long-term success depends on making _____ changes rather than temporary ones. (*sustain*)

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Answer Key

Listening 1 B

Listening 2

1. nutrition
2. 150
3. brisk walking
4. lean proteins
5. unhealthy fats
6. hobbies
7. non-negotiable
8. 7 to 8
9. remission
10. progression
11. medication

Vocabulary 1

1. b
2. a
3. b
4. c
5. a
6. b

Vocabulary 2

1. remission
1. proactive
2. systematically
3. diligent
4. civilizational diseases
6. invaluable

Vocabulary 3

1. F
2. B
3. D
4. E
5. C
6. A

Vocabulary 4:

1. excessive alcohol consumption
2. high cholesterol
3. non-communicable conditions
4. chronic stress
5. obesity
6. chronic respiratory disease(s)
7. hypertension
8. coronary artery disease

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Grammar 1

1. result from
2. lead to
3. contribute to
4. are brought about
5. increase
6. act as a precursor to
7. associated with
8. attributed to

Grammar 2

1. result in
2. lead to
3. result from
4. contribute to
5. result from

Quick Vocab Quiz Answer Key

Part 1:

1. B
2. B
3. C
4. B
5. A
6. A
7. B
8. C
9. A
10. A

Part 2:

11. effective
12. sedentary
13. consumption
14. management
15. natural
16. recovery
17. improvement
18. management
19. likelihood
20. sustainable

LIFESTYLE DISEASES PART 2**Transcript**

Mark (Host): Welcome back to Academic Insights Professor Finch, we've covered the causes of civilizational diseases, now let's turn to the most important question, how can we prevent them?

Professor Finch: Mark, prevention is based on personal choice, the two pillars are physical activity and nutrition. Aim for 150 minutes of moderate exercise weekly; brisk walking is highly effective. In terms of diet, the principle is to prioritize whole foods like fruits, vegetables, and lean proteins while systematically reducing your intake of processed items that are high in sugar, salt, and unhealthy fats. These actions are profoundly effective in mitigating risk.

Mark: That's very clear, and what about the mental component, the chronic stress we discussed in part one?

Professor Finch: Crucial, we must actively manage stress through practices like mindfulness, meditation, or hobbies. Quality sleep, 7 to eight hours a night, is non-negotiable for recovery, building resilience, and regulating stress hormones.

Mark: So, it's a holistic approach, that's a great framework for prevention, but for those already diagnosed, can these diseases actually be cured or are we just talking about lifelong management?

Professor Finch: It's a combination of both. For a condition like type 2 diabetes for instance, significant lifestyle changes can sometimes lead to remission, a state where the body's health metrics return to normal. For many cardiovascular issues, it's more about diligent management to halt the disease's progression and prevent complications. But the message is hopeful, adopting a healthier lifestyle can dramatically improve one's condition, reduce dependence on medication, and enhance quality of life. The focus must be on sustainable changes.

Mark: A powerful and optimistic message, the key is sustainable proactive change. Professor Finch, thank you again for your invaluable expertise on this vital subject.

Professor Finch: It was my pleasure Mark, thank you.

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Glossary

civilizational diseases: Illnesses that are linked to the way people live in modern, industrialized societies, often also referred to as lifestyle diseases.

pillars: The fundamental principles or essential parts of a system; in this context, the professor refers to physical activity and nutrition as the two main supports of disease prevention.

systematically: Doing something in a methodical, planned, and organized way, such as intentionally reducing the intake of processed foods over time.

mitigating: Making something less severe, harmful, or painful; used here to describe how healthy actions are effective at reducing the risk of disease.

crucial: Extremely important or necessary for success or failure; the professor emphasizes that managing chronic stress is a crucial component of health.

non-negotiable: Absolutely necessary and not open to debate or modification; getting 7 to 8 hours of quality sleep is described as a mandatory requirement for physical recovery.

resilience: The mental and physical ability to recover quickly from difficulties or stress, which is built through proper rest and sleep.

holistic: Dealing with or treating the whole of something rather than just its individual parts; an approach to health that encompasses diet, exercise, sleep, and mental well-being together.

remission: A state during which the symptoms of a disease are significantly reduced or disappear entirely, and the body's health metrics return to a normal level.

diligent: Careful, consistent, and hard-working; necessary for the continuous management of cardiovascular issues to halt their progression.

proactive: Taking control of a situation by taking action ahead of time rather than simply reacting to problems after they have happened; a key concept for creating sustainable health changes.

invaluable: Extremely useful or valuable; used by the host to describe the professor's high-level expertise on the subject.

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Speaking Companion

IELTS-style Speaking Practice

Part 1 — Answer the questions using complete sentences.

1. How important is regular physical activity in your daily life?
2. What kinds of food do you think people should eat more or less of?
3. Do you think people today are more stressed than previous generations? Why / why not?
4. How easy is it for people to maintain healthy habits when they have busy lives?
5. What do you do to relax after a stressful day?

Part 2 — Describe a healthy lifestyle that you think would be realistic for most people.

You should say:

- what it would involve
- what kinds of food and physical activity it would include
- how it could help prevent health problems
- and explain why you think it would be realistic for most people.

You have **1 minute to prepare** and should speak for **1–2 minutes**.

Part 3 — Discussion

1. What are the main reasons people find it difficult to maintain healthy lifestyles?
2. To what extent should governments be responsible for preventing lifestyle-related diseases?
3. Can public health campaigns actually change people's behaviour? Why / why not?
4. Do you think modern technology makes it easier or harder to live healthily?
5. Should schools do more to teach young people about nutrition and healthy habits?
6. Which is more effective in the long term: encouraging healthy behaviour or discouraging unhealthy behaviour?

LIFESTYLE DISEASES PART 2**Cambridge B2 First-style Speaking Practice****Collaborative discussion. Work with a partner.**

Your local community wants to reduce the number of lifestyle-related health problems among adults. Here are some possible measures:

- encourage more walking and cycling
- improve access to sports facilities
- provide information about healthy eating
- offer stress-management programmes
- encourage healthier food choices in workplaces
- organise community health events

Talk together about how effective each measure might be and decide which two would be most useful for the community.

Discussion

After your discussion, talk about these questions together:

1. Why do some people continue unhealthy habits even when they know the risks?
2. Is prevention always better than treatment?
3. How much responsibility should individuals take for their own health?

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Writing Companion

IELTS-style Writing Practice

Write an essay on the following topic.

Option 1

Lifestyle-related diseases are becoming increasingly common in many countries.

What are the main causes of this trend, and what effects does it have on individuals and society?

Give reasons for your answer and include relevant examples from your own knowledge or experience.

Write at least 250 words.

Option 2

Many people find it difficult to maintain a healthy lifestyle despite knowing the risks of unhealthy habits.

Why do people find it difficult to make healthy choices, and what could be done to encourage healthier lifestyles?

Give reasons for your answer and include relevant examples from your own knowledge or experience.

Write at least 250 words.

Cambridge B2 First-style Writing

You have been asked to write an essay for an English-language magazine.

Essay title:

The Causes of Lifestyle-Related Diseases

Your essay should discuss:

- the role of diet and physical activity
- the influence of stress and modern lifestyles
- what individuals and society can do to reduce the problem

Write your essay in 140–190 words.

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Useful language

Cause and effect

- result from
- lead to
- result in
- contribute to
- be brought about by
- be associated with
- increase the risk of
- act as a precursor to

For solutions

- one effective way to...
- a possible solution would be...
- greater emphasis should be placed on...
- individuals could be encouraged to...
- governments and communities could...

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