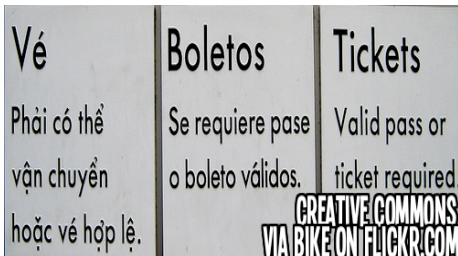


Being bilingual may delay dementia

12th November, 2013



A new study shows that being bilingual may delay dementia by five or more years.

Researchers from the

University of Edinburgh in Scotland discovered that people who spoke two languages did not show any signs of three types of dementia for more than four years longer than those who were monolingual. A co-author of the report, Dr. Thomas Bak, said: "Bilingualism can be seen as a successful brain training, contributing to cognitive reserve, which can help delay dementia." This means that speaking two languages keeps the brain in better health and helps to keep diseases like Alzheimer's at bay for longer than if someone spoke just one language.

Dr Bak's research found that bilingualism and the delaying of dementia had little to do with social status, gender, occupation or educational background. Bak's team evaluated the medical records of 648 people from India who had been diagnosed with dementia. Of these patients, 391 were bilingual or trilingual and many were illiterate. Dr Bak wrote: "The fact that bilingual advantage is not caused by any differences in education is confirmed by the fact that it was also found in illiterates, who have never attended any school." He suggested that learning a language later in life could keep the brain healthier. He said language learning was "socially more enjoyable, and it forces your brain to train permanently".

Sources: Web MD / New Scientists / Neurology.org

Writing

Everyone in the world should learn English at school. Discuss.

Chat

Talk about these words from the article.

a new study / being bilingual / dementia / brain training / cognitive / better health / research / social status / occupation / illiterate / education / enjoyable / permanently

True / False

- Learning a language may slow down dementia by five years or more. T / F
- Tests showed bilingual people had no signs of any type of dementia. T / F
- A doctor said language learning was good training for the brain. T / F
- Language learning cannot delay Alzheimer's disease. T / F
- The research found dementia depended on social status and jobs. T / F
- All of the people researched were bilingual or trilingual. T / F
- The research included those who couldn't read and didn't go to school. T / F
- The doctor suggested that language learning was enjoyable socially. T / F

Synonym Match

- | | |
|--------------------|--------------------|
| 1. study | a. leading to |
| 2. delay | b. proved / proven |
| 3. types | c. away |
| 4. contributing to | d. analysed |
| 5. at bay | e. benefit |
| 6. gender | f. postpone |
| 7. evaluated | g. for good |
| 8. advantage | h. sex |
| 9. confirmed | i. report |
| 10. permanently | j. kinds |

Discussion – Student A

- Are bilingual people more intelligent?
- What things do you do that are unhealthy for the brain?
- Are there any disadvantages to being bilingual?
- Why do you think levels of bilingualism are generally low in the USA and UK?
- Will the whole world be bilingual one day?
- With China's rise as an economic superpower, how important is it to be trilingual?
- Is learning English "socially more enjoyable"?
- What questions would you like to ask Dr Bak?

Phrase Match

- | | |
|--|-------------------------------|
| 1. being bilingual may delay dementia | a. successful brain training |
| 2. did not show any signs of | b. many were illiterate |
| 3. Bilingualism can be seen as a | c. at bay for longer |
| 4. speaking two languages keeps | d. the medical records |
| 5. helps to keep diseases like Alzheimer's | e. by five or more years |
| 6. the delaying of dementia had little | f. keep the brain healthier |
| 7. Bak's team evaluated | g. to do with social status |
| 8. 391 were bilingual or trilingual and | h. the brain in better health |
| 9. learning a language later in life could | i. socially more enjoyable |
| 10. language learning was | j. three types of dementia |

Discussion – Student B

- How bilingual (or trilingual / multilingual) are you?
- Does this research make you happy you study English?
- What other languages would you like to learn and why?
- What other things do you do to keep your brain healthy?
- Should languages be taught from elementary school?
- Will you study English harder now you know it keeps dementia at bay?
- What are the advantages of being bilingual?
- What advice would you give to monolingual people?

Spelling

- srreehracse from the University of Edinburgh
- those who were niglmoaulon
- A oa-chturo of the report
- sususeccfl brain training
- contributing to iventoicq reserve
- keep seesdsai like Alzheimer's at bay
- ccoptoaiun or educational background
- Bak's team ueatldvae the medical records
- many were alertlieit
- never andtedet any school
- ciloalys more enjoyable
- it forces your brain to train enympenaltr

Answers – Synonym Match

1. i	2. f	3. j	4. a	5. c
6. h	7. d	8. e	9. b	10. g

Role Play

Role A – Language learning

You think language learning is best to keep the brain healthy. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least effective of these (and why): sleep, exercise or a healthy diet.

Role B – Sleep

You think sleep is best to keep the brain healthy. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least effective of these (and why): language learning, exercise or a healthy diet.

Role C – Exercise

You think exercise is best to keep the brain healthy. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least effective of these (and why): sleep, language learning or a healthy diet.

Role D – Healthy diet

You think a healthy diet is best to keep the brain healthy. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least effective of these (and why): sleep, exercise or language learning.

Speaking - Brain training

Rank these and share your rankings with your partner. Put the things that are best for the brain at the top. Change partners often and share your rankings.

Rank these.

- | | |
|-------------|---------------------|
| • reading | • crossword puzzles |
| • sleep | • using a computer |
| • exercise | • studying English |
| • good food | • meditation |

Answers – True False

a	T	b	F	c	T	d	F	e	F	f	F	g	T	h	T
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Answers to Phrase Match and Spelling are in the text.