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Level 4

Over-the-counter medicine may shrink brain

21st April, 2016

<http://www.breakingnewsenglish.com/1604/160421-over-the-counter-drugs-4.html>

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Please try the harder Level 5 and the 26–page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1604/160421-over-the-counter-drugs-4.html>

Many of us go to pharmacies for headache tablets, cough syrups or allergy treatments. However, over-the-counter (OTC) drugs may cause more harm than good. A newly published report in a journal says many of these medicines may have serious side effects. These include cognitive damage, dementia and even brain shrinkage. This happens in older adults who take OTC medicines for asthma, aches and pains, insomnia and allergies, etc.

Researchers from Indiana University looked at the link between OTC drugs and brain function in older people. The scientists found that OTC drugs lower our glucose metabolism, so the brain isn't as healthy. The research gives us a better understanding of the brain and "ways that might raise the risk of cognitive impairment and dementia". A researcher said she would not tell her grandparents to take OTC drugs unless they had to.

Sources: <http://www.medicaldaily.com/over-counter-cold-medicine-cognitive-impairment-brain-scans-382524>
<http://www.independent.co.uk/life-style/health-and-families/health-news/hayfever-drugs-reduce-brain-size-risk-dementia-alzheimer-s-a6991281.html>
<http://www.healthnewslines.net/common-cold-flu-medicines-may-shrink-brain-dementia-risk-study/2535182/>

MATCHING

From <http://www.breakingnewsenglish.com/1604/160421-over-the-counter-drugs-4.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|--------------|
| 1. go to pharmacies for headache | a. effects |
| 2. cough | b. and pains |
| 3. A newly published report in a | c. tablets |
| 4. medicines may have serious side | d. etc. |
| 5. dementia and even brain | e. adults |
| 6. This happens in older | f. journal |
| 7. medicines for asthma, aches | g. shrinkage |
| 8. insomnia and allergies, | h. syrups |

PARAGRAPH TWO:

- | | |
|-----------------------------------|----------------------------|
| 1. the link between OTC drugs and | a. better understanding |
| 2. older | b. lower our glucose |
| 3. OTC drugs | c. grandparents |
| 4. the brain isn't | d. of cognitive impairment |
| 5. The research gives us a | e. brain function |
| 6. raise the risk | f. OTC drugs |
| 7. she would not tell her | g. people |
| 8. take | h. as healthy |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1604/160421-over-the-counter-drugs-4.html>

(1) _____ pharmacies for headache tablets, cough syrups or allergy treatments. However, over-the-counter (OTC) (2) _____ more harm than good. A (3) _____ report in a journal says many of these medicines may have (4) _____. These include cognitive damage, dementia (5) _____ shrinkage. This happens in older adults who take OTC medicines for asthma, aches and pains, (6) _____, etc.

Researchers from Indiana University (7) _____ between OTC drugs and brain function (8) _____. The scientists found that OTC drugs (9) _____ metabolism, so the brain isn't as healthy. The research gives us a (10) _____ of the brain and "ways that might (11) _____ cognitive impairment and dementia". A researcher said she would not tell her grandparents to take OTC drugs (12) _____.

MEDICINE SURVEY

From <http://www.breakingnewsenglish.com/1604/160421-over-the-counter-drugs-4.html>

Write five GOOD questions about medicine in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

| | STUDENT 1 _____ | STUDENT 2 _____ | STUDENT 3 _____ |
|------|--------------------|--------------------|--------------------|
| Q.1. | | | |
| Q.2. | | | |
| Q.3. | | | |
| Q.4. | | | |
| Q.5. | | | |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____

