

## Scientists make skin look 30 years younger

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People around the world spend billions of dollars every year trying to look younger. Companies produce thousands of creams, pills and treatments for our skin to look younger. In addition, scientists have worked for decades on trying to slow

down the ageing process. This week, scientists made a breakthrough. They have developed a method to "time jump" cells in human skin. The scientists are from the Babraham Institute in Cambridge, UK. They say they can turn back the ageing clock in cells by 30 years. They added that this could make skin look younger. Skin cells in their tests kept all of the important functions. The scientists say their work is still at an early stage, but it could help people look younger in the future.

The technique developed by the scientists could change medicine and health. The lead researcher, Dr Diljeet Gill, said: "So far, we've only tested this technique in skin cells. We're excited to see if we can translate it across other cell types." This means it could be used to treat skin problems, such as burns, acne and eczema. The scientists hope their technique could also be used to help other parts of the body. Their new method could additionally help to heal cuts more quickly, especially in older people. Researcher Dr Wolf Reik said: "If you cut yourself, it'll take quicker to heal the wound." The scientists said their work might one day help us look younger. It could actually reverse the ageing process.

Sources:  
[newscientist.com](http://newscientist.com) / [genengnews.com](http://genengnews.com) / [sciencealert.com](http://sciencealert.com)

### Writing

We should let our body age naturally and not slow down the ageing process. Discuss.

### Chat

Talk about these words from the article.

the world / billions of dollars / creams / pills / breakthrough / scientists / the future / technique / skin / cells / acne / parts of the body / older people / wound / ageing

### True / False

- 1) Someone spent a billion dollars on looking younger. T / F
- 2) Scientists have worked for a long time to slow down the ageing process. T / F
- 3) Scientists say they can turn back the ageing clock by three decades. T / F
- 4) Scientists said they have nearly finished all their work. T / F
- 5) The work of the scientists could change medicine. T / F
- 6) The scientists have tested their technique on other cell types. T / F
- 7) The new technique could help heal cuts and wounds more quickly. T / F
- 8) Scientists doubt if their technique will help us to look younger. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                        |                 |
|------------------------|-----------------|
| 1. <b>trying</b>       | a. cure         |
| 2. <b>produce</b>      | b. advance      |
| 3. <b>decade</b>       | c. attempting   |
| 4. <b>breakthrough</b> | d. cut          |
| 5. <b>functions</b>    | e. make         |
| 6. <b>technique</b>    | f. turn around  |
| 7. <b>treat</b>        | g. method       |
| 8. <b>especially</b>   | h. roles        |
| 9. <b>wound</b>        | i. particularly |
| 10. <b>reverse</b>     | j. ten years    |

### Discussion – Student A

- a) What do you think about what you read?
- b) Why do people want to look younger?
- c) Do you worry about your skin condition?
- d) What would it be like if everyone looked no older than 25?
- e) What problems do people have as they age?
- f) What are the bad things about reversing the ageing process?
- g) Would you like to live to be 200?
- h) What questions would you like to ask the scientists?

## Phrase Match

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1. thousands of creams, pills     | a. cuts more quickly         |
| 2. trying to slow down the ageing | b. by the scientists         |
| 3. scientists made a              | c. an early stage            |
| 4. this could make skin           | d. as burns, acne and eczema |
| 5. their work is still at         | e. process                   |
| 6. The technique developed        | f. cells                     |
| 7. skin                           | g. look younger              |
| 8. treat skin problems, such      | h. day help us               |
| 9. help to heal                   | i. breakthrough              |
| 10. their work might one          | j. and treatments            |

## Discussion – Student B

- Would you like to look younger?
- What do you do to look after your skin?
- What functions does the skin carry out?
- Do you worry about looking older?
- How can we slow down the ageing process?
- What other body parts could this new technique help?
- Would you rather look younger or feel younger?
- What advice do you have for someone with skin problems?

## Spelling

- spend siilnlbo of dollars
- produce audstonsh of creams
- pills and tnmtratsee for our skin
- scientists have worked for cededsa
- scientists made a ugokhreatbhr
- kept all of the important tinfcuso
- The unceithqe developed by the scientists
- change enediimc and health
- see if we can etratalsn it
- peleiascly in older people
- it'll take quicker to heal the noduw
- verseer the ageing process

### Answers – Synonym Match

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

## Role Play

### Role A – More Money

You think having more money is the best thing about ageing. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least desirable of these (and why): more memories, more time or more confidence.

### Role B – More Memories

You think having more memories is the best thing about ageing. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least desirable of these (and why): more money, more time or more confidence.

### Role C – More Time

You think having more time is the best thing about ageing. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least desirable of these (and why): more memories, more money or more confidence.

### Role D – More Confidence

You think having more confidence is the best thing about ageing. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least desirable of these (and why): more memories, more time or more money.

## Speaking – Ageing

Rank these with your partner. Put the best things about ageing at the top. Change partners often and share your rankings.

- |                   |                 |
|-------------------|-----------------|
| • More wisdom     | • More money    |
| • More friends    | • More memories |
| • More confidence | • More family   |
| • More stuff      | • More time     |

### Answers – True False

1	F	2	T	3	T	4	F	5	T	6	F	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.