

## Dementia will rise in the future

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One in three people born in the United Kingdom this year will suffer from dementia in their lifetime. Dementia is when the brain no longer works properly because

of illness, old age or injury. People with dementia have problems remembering things. Their personality can change and they lose their ability to do many everyday tasks. A leading mental illness charity said dementia would affect 27 per cent of boys born in 2015 and 37 per cent of girls. The charity said that this could cause a health crisis as the population gets older. There is currently no effective treatment to slow down or stop dementia. The charity said governments must spend more on research.

A British expert on dementia spoke about how serious the problem could become. Dr Matthew Norton said: "As people are living longer, more and more people will develop dementia in the future if action is not taken now." He added: "Dementia is our greatest medical challenge and if we are to beat it, we must invest in research to find new treatments and preventions." Globally, dementia affects around 36 million people. About 10 per cent of people develop the disease at some point in their lives, but this figure will rise sharply as people live longer. The most common form of dementia is Alzheimer's. This is when the brain loses cells, which reduces the brain's ability to function properly.

Sources: *Sky.com / The Guardian / The Daily Mail*

## Writing

How can you keep your brain healthy and active? Do you do this? Why/Why not?

## Chat

Talk about these words from the article.

*one in three people / lifetime / brain / properly / injury / problems / mental illness / expert / problem / living longer / medical / challenge / treatments / common*

## True / False

- The article says one in three British people have dementia. T / F
- People with dementia have problems with their memory. T / F
- Dementia will affect more British girls than boys. T / F
- There are many drugs that can reverse the effects of dementia. T / F
- An American doctor spoke about how serious dementia will become. T / F
- A British doctor said dementia is the greatest medical challenge. T / F
- About 36 million people around the world will get dementia. T / F
- Alzheimer's causes the brain to lose cells. T / F

## Synonym Match

- |                |                   |
|----------------|-------------------|
| 1. suffer from | a. cures          |
| 2. properly    | b. capability     |
| 3. ability     | c. successful     |
| 4. crisis      | d. problem        |
| 5. effective   | e. correctly      |
| 6. expert      | f. worldwide      |
| 7. challenge   | g. emergency      |
| 8. treatments  | h. specialist     |
| 9. globally    | i. work           |
| 10. function   | j. be affected by |

## Discussion – Student A

- What do you think about what you read?
- How is your brain function?
- How worried are you about dementia?
- How is your memory? Are you good at remembering things?
- What do you know about the brain's power?
- Why do you think dementia affects more women than men?
- What problems does an old population create?
- Why don't governments spend more money on dementia research?

## Phrase Match

- |                                     |                     |
|-------------------------------------|---------------------|
| 1. One in                           | a. properly         |
| 2. the brain no longer works        | b. in their lives   |
| 3. everyday                         | c. more on research |
| 4. There is currently no effective  | d. to function      |
| 5. governments must spend           | e. on dementia      |
| 6. A British expert                 | f. treatment        |
| 7. Dementia is our greatest medical | g. and preventions  |
| 8. find new treatments              | h. three people     |
| 9. at some point                    | i. tasks            |
| 10. reduces the brain's ability     | j. challenge        |

## Discussion – Student B

- What kind of things do you forget?
- What kind of medical challenge is dementia?
- How can we help people with dementia?
- What more would you like to do with your brain?
- Will scientists find a cure for dementia one day?
- What care should governments provide for people with dementia?
- How would the world be different if we all lived to be 100?
- What questions would you like to ask the dementia expert?

## Spelling

- efsufr from dementia
- in their eiftmiel
- the brain no longer works oeylprpp
- because of illness, old age or jyruni
- cause a health isrics
- fifecvete treatment
- A British txerpe on dementia
- people will lepodve dementia in the future
- our greatest medical cnleleahg
- we must invest in saerhcer
- this figure will rise asplyrh
- the brain's ability to nnfitcuo

### Answers – Synonym Match

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

## Role Play

### Role A – Sleep

You think sleep is the best thing for your brain. Tell the others three reasons why. Tell them why things aren't as good with their things. Also, tell the others which is the least useful of these (and why): studying English, laughter or video games.

### Role B – Studying English

You think studying English is the best thing for your brain. Tell the others three reasons why. Tell them why things aren't as good with their things. Also, tell the others which is the least useful of these (and why): sleep, laughter or video games.

### Role C – Laughter

You think laughter is the best thing for your brain. Tell the others three reasons why. Tell them why things aren't as good with their things. Also, tell the others which is the least useful of these (and why): studying English, sleep or video games.

### Role D – Video games

You think video games are the best things for your brain. Tell the others three reasons why. Tell them why things aren't as good with their things. Also, tell the others which is the least useful of these (and why): studying English, laughter or sleep.

## Speaking – Brain help

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

- |                    |                            |
|--------------------|----------------------------|
| • studying English | • 8 hours of sleep a night |
| • eating fruit     | • playing the piano        |
| • coffee           | • watching cartoons        |
| • laughter         | • video games              |

### Answers – True False

a	F	b	T	c	T	d	F	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.