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Level 6

Over-the-counter medicine may shrink brain

21st April, 2016

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

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

Over-the-counter (OTC) medicine is a common part of our lives. Many of us pop into the local pharmacy for cold and headache tablets, cough syrups or allergy treatments. Over-the-counter drugs save the need to go to the doctor's. However, we may be causing ourselves more harm than good with these convenient cures. A new study published in the journal JAMA Neurology suggests that many of these handy medicines have unwanted, and sometimes serious, side effects. Researchers say that such side effects in older adults who often take widely available OTC medicines for asthma, aches and pains, insomnia and allergies, etc. include cognitive impairment, dementia and even brain shrinkage.

The study was conducted by the Indiana University School of Medicine. Researchers examined the link between OTC medications and cognition in "cognitively normal" older people who did not have Alzheimer's disease or dementia. The scientists found that OTC drugs led to a lower glucose metabolism, which is crucial for the brain to be healthy and function properly. Dr. Shannon Risacher said: "These findings provide us with a much better understanding of how this class of drugs may act upon the brain in ways that might raise the risk of cognitive impairment and dementia." She added: "I certainly wouldn't advise my grandparents or even my parents to take these medications unless they have 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/>

WARM-UPS

1. MEDICINE: Students walk around the class and talk to other students about medicine. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

medicine / common / pharmacy / headache tablets / convenient / side effects / insomnia / researchers / dementia / function / scientists / understanding / risk / parents

Have a chat about the topics you liked. Change topics and partners frequently.

3. TREATMENTS: What treatment is best for these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	Treatment	Why?
Headache		
Insomnia		
Cough		
Diarrhoea		
Bad breath		
Influenza		

4. OTC: Students A **strongly** believe no medicine should be available over-the-counter; Students B **strongly** believe it should. Change partners again and talk about your conversations.

5. CURES: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- medicine
- sleep
- time
- massages
- acupuncture
- aromatherapy
- healthy food
- herbal medicine

6. PHARMACY: Spend one minute writing down all of the different words you associate with the word "pharmacy". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|---|-------|
| a. Few people pop into pharmacies for cough syrups. | T / F |
| b. Over-the-counter drugs mean we go to the doctor's more. | T / F |
| c. Many OTC medicines have serious side effects. | T / F |
| d. Researchers said OTC drugs can lead to dementia. | T / F |
| e. The research is from a university in India. | T / F |
| f. The research looked at OTC drugs in people in their 20s and 30s. | T / F |
| g. The research means we know more about OTC drugs and dementia. | T / F |
| h. A researcher would not advise her parents to take OTC medicines. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|---------------|------------------|
| 1. common | a. carried out |
| 2. treatments | b. useful |
| 3. handy | c. category |
| 4. serious | d. normal |
| 5. insomnia | e. key |
| 6. conducted | f. sleeplessness |
| 7. link | g. suggest |
| 8. crucial | h. medication |
| 9. class | i. connection |
| 10. advise | j. bad |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-----------------------------|----------------------------|
| 1. OTC medicine is a common | a. syrups |
| 2. pop into | b. act upon the brain |
| 3. cough | c. and pains |
| 4. side | d. of cognitive impairment |
| 5. aches | e. the local pharmacy |
| 6. OTC drugs led to a lower | f. have to |
| 7. function | g. glucose metabolism |
| 8. this class of drugs may | h. part of our lives |
| 9. raise the risk | i. properly |
| 10. unless they | j. effects |

GAP FILL

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

Over-the-counter (OTC) medicine is a (1) _____ part of our lives. Many of us pop into the (2) _____ pharmacy for cold and headache tablets, cough syrups or (3) _____ treatments. Over-the-counter drugs save the need to go to the doctor's. However, we may be causing ourselves more (4) _____ than good with these convenient cures. A new study published in the (5) _____ JAMA Neurology suggests that many of these handy medicines have unwanted, and sometimes serious, (6) _____ effects. Researchers say that such side effects in older adults who often take (7) _____ available OTC medicines for asthma, aches and pains, insomnia and allergies, etc. include cognitive impairment, dementia and even brain (8) _____.

local
harm
side
widely
common
allergy
shrinkage
journal

The study was conducted by the Indiana University School of Medicine. Researchers examined the (9) _____ between OTC medications and cognition in "cognitively normal" older people who did not have Alzheimer's disease or (10) _____. The scientists found that OTC drugs led to a (11) _____ glucose metabolism, which is crucial for the brain to be healthy and function (12) _____. Dr. Shannon Risacher said: "These (13) _____ provide us with a much better understanding of how this class of drugs may act upon the brain in (14) _____ that might raise the (15) _____ of cognitive impairment and dementia." She added: "I certainly wouldn't advise my grandparents or even my parents to take these medications (16) _____ they have to."

findings
dementia
link
risk
properly
unless
lower
ways

LISTENING – Guess the answers. Listen to check.

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

- 1) Over-the-counter (OTC) medicine is a common _____
 - a. part of our live
 - b. part of our living
 - c. part of our lives
 - d. part of our olives
- 2) Many of us pop into the local pharmacy for cold and _____
 - a. headache tablet
 - b. headache tablets
 - c. headache tables
 - d. headache table lets
- 3) However, we may be causing ourselves more harm than good with these _____
 - a. convenient cures
 - b. convenient cores
 - c. convenient cares
 - d. convenient cars
- 4) many of these handy medicines have unwanted, and sometimes serious, _____
 - a. side affects
 - b. side defects
 - c. side inflects
 - d. side effects
- 5) older adults who often take widely available OTC medicines for asthma, _____
 - a. aches and panes
 - b. brakes and pains
 - c. aches and plains
 - d. aches and pains
- 6) Researchers examined the link between OTC medications _____
 - a. in cognition
 - b. and cognition
 - c. end cognition
 - d. bland cognition
- 7) "cognitively normal" older people who did not have Alzheimer's _____
 - a. disease or demented
 - b. diseased or dementia
 - c. diseased or demented
 - d. disease or dementia
- 8) a lower glucose metabolism, which is crucial for the brain to be healthy _____
 - a. and function proper
 - b. and functional properly
 - c. and function property
 - d. and function properly
- 9) how this class of drugs may act upon the brain in ways that might _____
 - a. raise the risk
 - b. raise the risky
 - c. raise the risks
 - d. raise the risked
- 10) I certainly wouldn't advise my grandparents or even my parents to take _____
 - a. those medications
 - b. these medications
 - c. these medication
 - d. those medication

LISTENING – Listen and fill in the gaps

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

Over-the-counter (OTC) medicine is a common (1) _____ lives. Many of us (2) _____ pharmacy for cold and headache tablets, cough syrups or allergy treatments. Over-the-counter drugs save the (3) _____ doctor's. However, we may be causing ourselves more harm than good with these (4) _____. A new study published in the journal JAMA Neurology suggests that many of these handy medicines have unwanted, and sometimes serious, side effects. Researchers say that (5) _____ in older adults who often take widely available OTC medicines for asthma, aches and pains, insomnia and allergies, etc. include cognitive impairment, dementia and even (6) _____.

The study was (7) _____ Indiana University School of Medicine. Researchers examined the link between OTC medications and cognition in "cognitively normal" older people (8) _____ Alzheimer's disease or dementia. The scientists found that OTC drugs led to a lower glucose metabolism, (9) _____ for the brain to be healthy and function properly. Dr. Shannon Risacher said: "These findings (10) _____ much better understanding of how this class of drugs may act upon the brain in ways that might (11) _____ of cognitive impairment and dementia." She added: "I certainly wouldn't advise my grandparents or even my parents to take these medications (12) _____."

COMPREHENSION QUESTIONS

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

1. What does the article say is a common part of our lives?

2. What kind of syrups are mentioned in the article?

3. What is JAMA Neurology?

4. What kind of effects do some OTC medicines have?

5. What kind of impairment is mentioned at the end of the first paragraph?

6. Which university's school of medicine carried out the research?

7. What age group did researchers conduct the study on?

8. What did researchers find was lower because of OTC medicines?

9. What did researchers raise the risk of besides cognitive impairment?

10. Who would not advise her parents to take OTC medicines?

MULTIPLE CHOICE - QUIZ

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

1. What does the article say is a common part of our lives?
 - a) research
 - b) pharmacies
 - c) over-the-counter drugs
 - d) illness
2. What kind of syrups are mentioned in the article?
 - a) cough
 - b) maple
 - c) golden syrup
 - d) corn syrup
3. What is JAMA Neurology?
 - a) a mental condition
 - b) a journal
 - c) the name of a dementia drug
 - d) a medical department
4. What kind of effects do some OTC medicines have?
 - a) brain effects
 - b) special effects
 - c) time effects
 - d) side effects
5. What kind of impairment is mentioned at the end of the first paragraph?
 - a) research
 - b) medical
 - c) cognitive
 - d) developmental
6. Which university's school of medicine carried out the research?
 - a) Hawaii University
 - b) Indiana University
 - c) Montana University
 - d) New York University
7. What age group did researchers conduct the study on?
 - a) thirtysomethings
 - b) people in their twenties
 - c) the 25-45 age group
 - d) older adults
8. What did researchers find was lower because of OTC medicines?
 - a) price
 - b) glucose metabolism
 - c) age
 - d) the number of colds
9. What did researchers raise the risk of besides cognitive impairment?
 - a) getting a cold
 - b) dementia
 - c) hospitalisation
 - d) death
10. Who would not advise her parents to take OTC medicines?
 - a) a researcher
 - b) a dementia sufferer
 - c) a nurse
 - d) a pharmacist

ROLE PLAY

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

Role A – Sleep

You think sleep is best for when you are ill. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the worst of these (and why): time, healthy food or acupuncture.

Role B – Time

You think time is best for when you are ill. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the worst of these (and why): sleep, healthy food or acupuncture.

Role C – Healthy food

You think healthy food is best for when you are ill. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the worst of these (and why): time, sleep or acupuncture.

Role D – Acupuncture

You think acupuncture is best for when you are ill. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the worst of these (and why): time, healthy food or sleep.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'drugs' and 'medicine'.

drugs	medicine
--------------	-----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• part• cough• need• good• serious• aches	<ul style="list-style-type: none">• link• older• lower• properly• ways• unless
--	---

MEDICINE SURVEY

From <http://www.BreakingNewsEnglish.com/1604/160421-over-the-counter-drugs.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.

MEDICINE DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'medicine'?
- 3) What do you think about what you read?
- 4) How often do you take medicine?
- 5) Do you think over-the-counter medicines work?
- 6) What do you do if you have a headache or cold?
- 7) Would you prefer medicines prescribed by a doctor?
- 8) Will you be using OTC medicines less after reading this?
- 9) How healthy are you?
- 10) What do you know about dementia?

Over-the-counter medicine may shrink brain – 21st April, 2016
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MEDICINE DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) How worried are you about dementia?
- 13) What should people do to keep dementia away?
- 14) What do you do to keep your brain healthy?
- 15) Have you ever had any side effects to medicine?
- 16) What are the differences between drugs and medicine?
- 17) How safe do you think over-the-counter medicines are?
- 18) Should all medicine be only prescribed by a doctor?
- 19) Do you ever take medicine and it doesn't work?
- 20) What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Over-the-counter (OTC) medicine is a (1) _____ part of our lives. Many of us pop into the local pharmacy for cold and headache tablets, cough syrups or (2) _____ treatments. Over-the-counter drugs save the need to go to the doctor's. However, we may be (3) _____ ourselves more harm than good with these convenient cures. A new study published in the journal JAMA Neurology suggests that many of these (4) _____ medicines have unwanted, and sometimes serious, (5) _____ effects. Researchers say that such side effects in older adults who often take widely available OTC medicines for asthma, aches and (6) _____, insomnia and allergies, etc. include cognitive impairment, dementia and even brain shrinkage.

The study was conducted (7) _____ the Indiana University School of Medicine. Researchers examined the link (8) _____ OTC medications and cognition in "cognitively normal" older people who did not have Alzheimer's disease or dementia. The scientists found that OTC drugs led (9) _____ a lower glucose metabolism, which is crucial for the brain to be healthy and function properly. Dr. Shannon Risacher said: "These findings provide us with a much better understanding of how this (10) _____ of drugs may act upon the brain in ways that might (11) _____ the risk of cognitive impairment and dementia." She added: "I certainly wouldn't advise my grandparents or even my parents to take these medications (12) _____ they have to."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|-----------------|---------------|----------------|
| 1. | (a) common | (b) commonly | (c) commoner | (d) commons |
| 2. | (a) allergic | (b) allergen | (c) allergy | (d) allergens |
| 3. | (a) chastening | (b) catapulting | (c) crafting | (d) causing |
| 4. | (a) handed | (b) handy | (c) hands | (d) handily |
| 5. | (a) top | (b) bottom | (c) edge | (d) side |
| 6. | (a) injures | (b) harms | (c) pains | (d) hurts |
| 7. | (a) of | (b) by | (c) to | (d) as |
| 8. | (a) between | (b) among | (c) joined | (d) connection |
| 9. | (a) to | (b) of | (c) by | (d) on |
| 10. | (a) lesson | (b) period | (c) class | (d) caste |
| 11. | (a) increasing | (b) height | (c) up | (d) raise |
| 12. | (a) hence | (b) unless | (c) therefore | (d) depends |

SPELLING

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

Paragraph 1

1. pop into the local camahpyr
2. cough susypr
3. gyalerl treatments
4. nttenevoic cures
5. medicines for ahmast
6. brain ngreahisk

Paragraph 2

7. the link between OTC cisentoidam
8. Alzheimer's disease or aetmnied
9. a lower glucose memlaitbos
10. rucialc for the brain
11. function rpleyopr
12. raise the risk of niovegcti impairment

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

()	the doctor's. However, we may be causing ourselves more harm than good with these convenient
()	cures. A new study published in the journal JAMA Neurology suggests that many of these handy medicines have unwanted,
()	between OTC medications and cognition in "cognitively normal" older people who did not have Alzheimer's
()	my grandparents or even my parents to take these medications unless they have to."
()	The study was conducted by the Indiana University School of Medicine. Researchers examined the link
()	us with a much better understanding of how this class of drugs may act upon the brain in ways that might raise
()	effects in older adults who often take widely available OTC medicines for asthma, aches and
()	the risk of cognitive impairment and dementia." She added: "I certainly wouldn't advise
()	pains, insomnia and allergies, etc. include cognitive impairment, dementia and even brain shrinkage.
()	and sometimes serious, side effects. Researchers say that such side
()	headache tablets, cough syrups or allergy treatments. Over-the-counter drugs save the need to go to
()	for the brain to be healthy and function properly. Dr. Shannon Risacher said: "These findings provide
(1)	Over-the-counter (OTC) medicine is a common part of our lives. Many of us pop into the local pharmacy for cold and
()	disease or dementia. The scientists found that OTC drugs led to a lower glucose metabolism, which is crucial

PUT THE WORDS IN THE RIGHT ORDER

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

1. - of medicine Over part counter common - lives a the our is .

2. pharmacy for cold and headache tablets Pop into the local .

3. more good may ourselves than We causing harm be .

4. side unwanted effects and sometimes Medicines serious have .

5. often available who widely medicines adults take OTC Older .

6. and link cognition between OTC Examined medications the .

7. people have Older not did disease who Alzheimer's .

8. a OTC lower drugs glucose led metabolism to .

9. with better These us much provide a understanding findings .

10. advise to medications wouldn't parents these I my take .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Over-the-counter (OTC) medicine is a *common / commonly* part of our lives. Many of us *pop / pip* into the local pharmacy for cold and headache tablets, cough syrups *nor / or* allergy treatments. Over-the-counter drugs save the *necessary / need* to go to the doctor's. However, we may be causing *yourselves / ourselves* more harm than good with these convenient cures. A new study *published / publishing* in the journal JAMA Neurology suggests that many of these handy medicines have unwanted, and sometimes *seriously / serious*, side effects */ affects*. Researchers say that such side effects in older adults who often take *widely / width* available OTC medicines for asthma, aches and pains, insomnia and allergies, etc. include cognitive impairment, dementia and even brain *shrink / shrinkage*.

The study was *conducting / conducted* by the Indiana University School of Medicine. Researchers examined the link *betwixt / between* OTC medications and cognition *in / on* "cognitively normal" older people who did not have Alzheimer's disease or *demented / dementia*. The scientists found that OTC drugs led *to / at* a lower glucose metabolism, which is *crucial / crucially* for the brain to be healthy and function *proper / properly*. Dr. Shannon Risacher said: "These *findings / finding* provide us with a much better understanding of how this class of drugs may *action / act* upon the brain in ways that might raise the risk of cognitive impairment and dementia." She added: "I certainly wouldn't *advice / advise* my grandparents or even my parents to take these medications unless they have to."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

_v_r-th_-c__nt_r (_TC) m_d_c_n_ _s_ _c_mm_n p_rt _f
__r l_v_s. M_ny _f _s p_p _nt_ th_ l_c_l ph_rm_cy f_r
c_ld _nd h__d_ch_ t_bl_ts, c__gh syr_ps _r _ll_rgy
tr_tm_nts. _v_r-th_-c__nt_r dr_gs s_v_ th_ n__d t_g_
t_ th_ d_ct_r's. H_w_v_r, w_ m_y b_ c__s_ng __rs lv_s
m_r_ h_rm th_n g__d w_th th_s_ c_nv_n__nt c_r_s. _
n_w st_dy p_bl_sh_d _n th_ j__rn_l J_M_ N__r_l_gy
s_gg_sts th_t m_ny _f th_s_ h_ndy m_d_c_n_s h_v_
_nw_nt_d, _nd s_m_t_m_s s_r__s, s_d_ _ff_cts.
R_s__rch_rs s_y th_t s_ch s_d_ _ff_cts _n _ld_r _d_lts
wh_ _ft_n t_k_ w_d_ly _v__l_bl_ _TC m_d_c_n_s f_r
sthm, _ch_s _nd p__ns, _ns_mn__ _nd _ll_rg__s, _tc.
_ncl_d_ c_gn_t_v_ _mp__rm_nt, d_m_nt__ _nd _v_n
br__n shr_nk_g_.

Th_ st_dy w_s c_nd_ct_d by th_ _nd__n_ _n_v_rs_ty
Sch__l _f M_d_c_n_. R_s__rch_rs _x_m_n_d th_ l_nk
b_tw__n _TC m_d_c_t__ns _nd c_gn_t__n _n
"c_gn_t_v_ly n_rm_l" _ld_r p__pl_ wh_ d_d_n_t h_v_
_lzh__m_r's d_s__s _r d_m_nt__. Th_ sc__nt_sts f__nd
th_t _TC dr_gs l_d_t_ _l_w_r gl_c_s_ m_t_b_l_sm,
wh_ch _s cr_c__l f_r th_ br__n t_ b_ h__lthy _nd
f_nct__n pr_p_rly. Dr. Sh_nn_n R_s_ch_r s__d: "Th_s_
f_nd_ngs pr_v_d__s w_th _m_ch b_tt_r _nd_rst_nd_ng
_f h_w th_s cl_ss _f dr_gs m_y _ct _p_n th_ br__n _n
w_ys th_t m_ght r__s_ th_ r_sk _f c_gn_t_v_
_mp__rm_nt _nd d_m_nt__." Sh_ _dd_d: "_c_rt__nly
w__ldn't _dv_s_ my gr_ndp_r_nts _r _v_n my p_r_nts t_
t_k_ th_s_ m_d_c_t__ns _nl_ss th_y h_v_ t_."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

over-the-counter (otc) medicine is a common part of our lives many of us pop into the local pharmacy for cold and headache tablets cough syrups or allergy treatments over-the-counter drugs save the need to go to the doctor's however we may be causing ourselves more harm than good with these convenient cures a new study published in the journal jama neurology suggests that many of these handy medicines have unwanted and sometimes serious side effects researchers say that such side effects in older adults who often take widely available otc medicines for asthma aches and pains insomnia and allergies etc include cognitive impairment dementia and even brain shrinkage

the study was conducted by the indiana university school of medicine researchers examined the link between otc medications and cognition in "cognitively normal" older people who did not have alzheimer's disease or dementia the scientists found that otc drugs led to a lower glucose metabolism which is crucial for the brain to be healthy and function properly dr shannon risacher said "these findings provide us with a much better understanding of how this class of drugs may act upon the brain in ways that might raise the risk of cognitive impairment and dementia" she added "i certainly wouldn't advise my grandparents or even my parents to take these medications unless they have to"

PUT A SLASH (/) WHERE THE SPACES ARE

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

Over-the-counter(OTC)medicineisacommonpartofourlives.Manyofus popintothelocalpharmacyforcoldandheadachetablets,coughsyrupso rallergytreatments.Over-the-counterdrugssavetheneedtogototh edoctor's.However,wemaybecausingourselvesmoreharmthangoodwi ththeseconvenientcures.AnewstudypublishedinthejournalJAMANEuro logysuggeststhatmanyofthesehandymedicineshaveunwanted,andso metimesserious,sideeffects.Researcherssaythatsuchsideeffectsino ld eradultswhooftentakewidelyavailableOTCmedicinesforasthma,aches andpains,insomniaandallergies,etc.includecognitiveimpairment,dem entiaandevenbrainshrinkage.ThestudywasconductedbytheIndianaUn iversitySchoolofMedicine.ResearchersexaminedthelinkbetweenOTC medicationsandcognitionin"cognitivelynormal"olderpeoplewhodidnot haveAlzheimer'sdiseaseordementia.ThescientistsfoundthatOTCdrugs ledtoalowerglucosemetabolism,whichiscrucialforthebraintobehealthy andfunctionproperly.Dr.ShannonRisachersaid:"These findingsprovide uswithamuchbetterunderstandingofhowthisclassofdrugsmayactupon thebraininwaysthatmightraisetheriskofcognitiveimpairmentanddeme ntia."Sheadded:"Icertainlywouldn'tadvise mygrandparentsorevenmy parentstotakethesemedicationsunless theyhaveto."

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about over-the-counter medicine. Share what you discover with your partner(s) in the next lesson.

3. MEDICINE: Make a poster about over-the-counter medicine. Show your work to your classmates in the next lesson. Did you all have similar things?

4. PRESCRIPTION ONLY: Write a magazine article about all medicines being only available by doctor's prescription and not over-the-counter. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to a health expert. Ask him/her three questions about over-the-counter medicine. Give him/her three of your opinions on it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|---------------|------------------|
| 1. common | a. normal |
| 2. treatments | b. medication |
| 3. handy | c. useful |
| 4. serious | d. bad |
| 5. insomnia | e. sleeplessness |
| 6. conducted | f. carried out |
| 7. link | g. connection |
| 8. crucial | h. key |
| 9. class | i. category |
| 10. advise | j. suggest |

COMPREHENSION QUESTIONS (p.8)

1. over-the-counter drugs
2. cough syrups
3. a journal
4. (serious) side effects
5. cognitive impairment
6. Indiana University
7. Older people
8. Glucose metabolism
9. OTC drugs
10. A researcher (Dr. Shannon Risacher)

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)