

# THE RESEARCH

Nouns

Listen and repeat



Inflammation



Cardiovascular risk



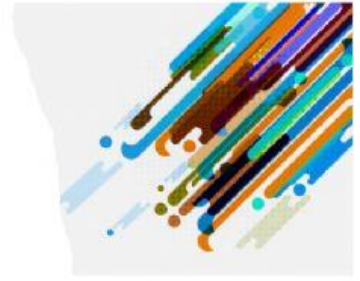
Sedentary lifestyles



Chronic inflammatory state



Physical activity

























**Fill in the gaps with the vocabulary below:**

Inflammation - Cardiovascular risk - Sedentary lifestyle - Chronic inflammatory state - Physical activity

1. Overweight/obesity in congenital heart disease (CHD) patients is associated with low \_\_\_\_\_ and \_\_\_\_\_.
2. The \_\_\_\_\_ increases the likelihood of developing cardiovascular diseases.
3. The study aimed to investigate the association between C-reactive protein levels with body composition and functional capacity in CHD patients, as CRP is a valuable biomarker for \_\_\_\_\_.
4. The \_\_\_\_\_ is linked to an increased \_\_\_\_\_.
5. \_\_\_\_\_ is important for maintaining good health and reducing the \_\_\_\_\_.

**Practice the pronunciation of the statements below**

-  1. Overweight/obesity in congenital heart disease patients   
 is associated with low physical activity and sedentary lifestyles. 
-  2. The sedentary lifestyle   
 increases the likelihood of   
 developing cardiovascular diseases. 
-  3. The study aimed to investigate   
 the association between C-reactive protein levels   
 with body composition and functional capacity   
 in CHD patients, as CRP is a valuable biomarker for cardiovascular risk. 
-  4. The inflammation is linked to   
 an increased Chronic inflammatory state. 

# NOUNS - QUANTIFICATION

Listen and repeat the English forms of the expressions below:

'quanta?' 'muita' , inflamação 'demais':

*how much inflammation / so much / too much inflammation*

☞ 'pouco': a little / little

muitos riscos (de morte, de acidente):

*many risks (of death, of accident) / so many risks*

☞ 'poucos': a few / few

'quanto?' risco cardiovascular

*How much cardiovascular risk?*

## Listen and repeat

 The CRP test shows how much inflammation there is in the body



 A little inflammation can be good.



 How much cardiovascular risk is considered too much?



 There is little cardiovascular risk in healthy people.



 Many biomarkers have been identified.



Listen to the questions below and answer them.

Follow this example:

How much did the body fat percentage decrease in the training group after the intervention?

The body fat percentage in the training group decreased significantly after the intervention.

*(or) It decreased significantly (in the training group) (after the intervention)*



SLIGHTLY – SIGNIFICANTLY – DRAMMATICALLY

## Peak VO<sub>2</sub> (L/min):


Was there any significant difference in peak oxygen consumption between the control group and the training group before and after the intervention?

Was there any significant increase in peak VO<sub>2</sub> in the training group after the intervention?

1. Predicted Peak VO<sub>2</sub> (%):
2. Body Fat (%):
3. Fat-free mass (kg):
4. Basal metabolic rate (kcal):
5. HDL cholesterol (mg/dL):
6. Triglycerides levels (mg/dL):
7. Glucose levels (mg/dL):
8. Peripheral Blood Flow (mL/min/100mL):

Answer the questions below

How many ...? 

How many ...? 

How many ...? 