1 Read the facts and choose the correct word.

THE SECRETS IN OUR DNA

Did you know that ...?

1. Our DNA has special protective tips at the end of strands that **1) form** **build** our chromosomes. These are called telomeres and as we age they shorten, causing our cells to **2) degenerate** **dissipate** and die.

2. The things that we experience such as our lifestyle, environment or **3) infectious** **noxious** diseases can modify our DNA! These are called epigenetic mechanisms, and occur when methyl groups **4) trigger** **provoke** change in our genes. The effects can even be **5) transmitted** **conducted** across generations, in the form of genetic 'memories'!

3. Scientists think they can slow down the ageing process by **6) manipulating** **handling** telomeres to extend **7) longevity** **duration**!

4. Altering methyl groups might be able to help cure mental illness or **8) genetic** **historic** risk to certain diseases!

2 Read the text. Use the word in capitals to form a word that fits in the gaps (1-9).

A HEALTHY BODY FOR A HEALTHY MIND

Scientists have long **1)**_____ (**HYPOTHESIS)** about a link between exercise and psychological health. Physical **2)**_____ (**ACTIVE**) and a lack of energy is widely understood to be linked to depression. However, the psychological benefits of exercise are often overlooked, leading to a **3)** _____ (**SCARCE**) of information.

Now, **4)**_____ (**ACADEMY**) are trying to identify ways in which exercise can help the mind and have made some **5**_____ (**REMARK**) discoveries – such as the fact that exercise can treat depression as effectively as medication! Some clinicians even believe it could be the most important **6**) _____ (**CONSIDER**) for supporting mental health.

That isn't all. Exercise also gives our self-esteem a boost and helps our cognitive abilities. Regular participation in sport, for example, can be **7**) _____ (**ADVANTAGE**) in treating anxiety, as well as**8**)_____ (**PROVE**) confidence and positive self-perception. It has even been connected with enhanced memory and concentration. While these can get **9**)_____ (**PROGRESS**) worse as we age, just a little exercise can protect you from cognitive decline. So, the next time you need a little pick-me-up, give a workout a try!

3 Choose the correct item.

DOCTORS ON DEMAND

Nowadays , when demand to see GPs in the UK is so high, it **1) can** **could** take patients days to get appointments with their doctor. The knock-on effect is that the number of visitors to hospitals is

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increasing rapidly, something which **2) needn't mustn't** be allowed to continue as staff are struggling to cope. However, amazing new developments online are evening the odds and helping to take the pressure off the public health system. Some private health care companies are now offering their services via apps on mobile devices and computers. With these apps, you **3) can may** ask for a consultation by video call from the comfort of your own home! These 'on demand' appointments offer an instant solution, providing medical care that **4) ought to have might have** taken up to a week in the past otherwise. Although digital appointments offer lots of benefits, doctors advise that for more serious complaints you **5) ought to could** see a doctor in person so they can perform any required tests. You **6) should shall** also make sure that you use the service responsibly and avoid overusing it when it isn't really necessary.

With all of their advantages, digital doctors **7) will might** definitely revolutionise the market, offering speed of access, flexibility and convenience for patients. So one has to wonder whether one day they **8) may shall** replace doctors' surgeries altogether and become the norm for healthcare users across the world!

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