

Over-the-counter medicine may shrink brain



Listen and choose the correct alternative.

1. Over-the-counter (OTC) medicine is **not commonly - commonly** used in daily life.
2. People frequently visit pharmacies for cold, **headache / backache**, and allergy treatments.
3. OTC drugs eliminate the need to see a doctor for **major issues / minor ailments**.
4. However, these convenient medications may cause **other diseases / more harm than good**.
5. A study in **Neurology Today / JAMA Neurology** highlights serious side effects of OTC drugs.
6. Older adults using OTC medicines for various ailments face risks like **cognitive impairment / sleep disorders**.
7. The **Indiana / New York** University School of Medicine conducted the research.
8. The study focused on older adults **without / with** Alzheimer's or dementia.
9. Researchers found that OTC drugs reduce **aminoacids / glucose** metabolism, essential for brain health.
10. Dr. Shannon Risacher advises against unnecessary use of these medications in **children / older adults**.