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Vocabulary Builder Reference from...

Liesbeth Demuyser: What causes yeast infections, and how do you get rid of them? | TED Talk

https://www.ted.com/talks/liesbeth_demuyser_what_causes_yeast_infections_and_how_do_you_get_rid_of_them

Advanced Words Only

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Session 1: Word List

microorganism

n. a very small living thing that may exist in its single-celled form or as a colony of cells and is too small to be seen without a microscope

synonym : germ, microbe, bacterium

(1) pathogenic **microorganism**, (2) **microorganisms** in his gut

This **microorganism** is a producer of respiratory disease.

fungus

n. a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive

synonym : mold, mildew, yeast

(1) **fungus** infection, (2) symbiotic **fungus**

Certain types of **fungus** can be toxic to humans, causing severe illness if ingested.

outcompete

v. to be more successful in competition than someone or something

synonym : outperform, outdo, surpass

(1) **outcompete** peers, (2) **outcompete** domestic producers

To **outcompete** its rivals, the company invested heavily in

research and development.

culprit

n. someone who is responsible for a crime or wrongdoing
synonym: criminal, felon, fugitive

(1) the **culprit** of global warming, (2) the arrest of the **culprit**
They finally found the **culprit** of the bug after a long time.

thrush

n. a type of fungal infection that can affect the mouth, throat, or genitals, often causing white or gray patches, soreness, or itching
synonym: candidiasis, mycosis, fungal infection

(1) oral **thrush**, (2) **thrush** treatment

I woke up with a painful **thrush** infection in my mouth.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep
I'm so sorry to **disrupt** you when you're pretty busy.

microbe

n. a tiny living thing that can only be seen with a microscope and that may cause disease
synonym: germ, microorganism, bacterium

(1) pathogenic **microbe**, (2) **microbes** sterilizer

Microbes thrive on the surface of the human skin.

metamorphose

v. to undergo a dramatic change in form, structure, or substance; to transform or alter in appearance or nature
synonym: transform, change, alter

(1) **metamorphose** in appearance, (2) **metamorphose** over time

The caterpillar **metamorphoses** into a butterfly during its life cycle.

elongate

v. to extend something in length; to lengthen, stretch out, or to make longer

synonym : stretch, lengthen, extend

(1) **elongate** muscles, (2) **elongate** a dress

The yoga instructor told us to **elongate** our spines during the practice.

hypha

n. a threadlike structure that is part of the vegetative growth of fungi and certain other microorganisms

synonym : thread, filament, hair

(1) **hypha** of candida, (2) **hyphal** growth

In some fungi, the **hyphae** form a network called mycelium, which can spread over large soil or organic matter areas.

degrade

v. to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others

synonym : demean, disgrace, impair

(1) **degrade** his public image, (2) **degrade** environmental quality

You should not **degrade** yourself by allowing them to use you.

epithelial

adj. relating to the layer of cells that covers the majority of the body's surfaces

(1) **epithelial** surface, (2) **epithelial** layer

The majority of cells in the lung are **epithelial** cells.

permeate

v. to spread throughout; to pass through or penetrate every part of something

synonym : penetrate, diffuse, infiltrate

(1) **permeate** the air, (2) **permeate** the fabric

The aroma of freshly baked bread **permeated** the entire bakery.

recognizable

adj. easy to become aware of or identify

synonym : noticeable, perceptible, definite

(1) to a **recognizable** degree, (2) **recognizable** landmark
His car was easily **recognizable** in the parking lot.

itch v. to have an uncomfortable feeling on the skin that makes you want to scratch it
synonym : scratch, tingle, irritate
(1) **itch** constantly, (2) **itch** to speak
I can't stop **itching** my arm because of the mosquito bite.

swelling n. an abnormal local enlargement of a part of your body, mainly because of illness or injury
synonym : bulge, bump, inflammation
(1) **swelling** of the ankle, (2) hard **swelling** on the body
After intensive icing by the trainer, the **swelling** went down.

whit n. a very small or insignificant amount or quantity, often used in the phrase "not a whit," meaning not at all
synonym : bit, atom, smidgen
(1) a **whit** of evidence, (2) not a **whit** of difference
His argument had a **whit** of truth, but it was primarily exaggerated.

microbiome n. the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body
synonym : flora
(1) skin **microbiome**, (2) have a diverse **microbiome**
The gut **microbiome** is a major producer of serotonin, which is necessary for human mental stability.

incubate v. to keep warm and protected, especially to hatch eggs; to develop and nurture
synonym : hatch, breed, gestate
(1) **incubate** terrorism in developing countries, (2) **incubate** an idea
The scientists decided to **incubate** the eggs for further study.

mucus

n. a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.

synonym : secretion, slime, saliva

(1) airway **mucus**, (2) nasal **mucus**

When the body temperature drops, **mucus** secretion fails.

vulva

n. the outside parts of the female sex organs

synonym : genitals, sex organs, reproductive organs

(1) **vulva** cancer, (2) inflammation of the **vulva**

The surgeon decided to remove part of the **vulva** to remedy the patient's skin disease.

probiotic

n. a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system

synonym : probiotic bacteria, beneficial bacteria, microflora

(1) **probiotic** supplement, (2) **probiotic** yogurt

Probiotic-rich foods, such as kefir and sauerkraut, can improve digestive health.

brew

v. to make beer or tea by mixing a substance with hot water

synonym : make, prepare

(1) **brew** a cup of tea, (2) **brew** beer

I am going to **brew** some coffee this morning.

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym : mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

underfunded

adj. having insufficient funds to support or carry out an enterprise

synonym : undercapitalized, cash-strapped, insolvent

(1) severely **underfunded**, (2) **underfunded** programs

The healthcare system is **underfunded**, and patients are not receiving the needed treatment.

erectile

adj. characterized by the ability to become physically erect, particularly in sexual function

synonym: raised, standing, cavernous

(1) **erectile** dysfunction, (2) **erectile** tissues

The drug was found to have significant **erectile** side effects in clinical trials.

Session 2: Spelling

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|------------------------------------|---|
| 1. fu___s infection | <i>n.</i> a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive |
| 2. the arrest of the cu____t | <i>n.</i> someone who is responsible for a crime or wrongdoing |
| 3. i__h constantly | <i>v.</i> to have an uncomfortable feeling on the skin that makes you want to scratch it |
| 4. airway mu__s | <i>n.</i> a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc. |
| 5. hy__a of candida | <i>n.</i> a threadlike structure that is part of the vegetative growth of fungi and certain other microorganisms |
| 6. th___h treatment | <i>n.</i> a type of fungal infection that can affect the mouth, throat, or genitals, often causing white or gray patches, soreness, or itching |
| 7. epi_____al surface | <i>adj.</i> relating to the layer of cells that covers the majority of the body's surfaces |
| 8. b__w a cup of tea | <i>v.</i> to make beer or tea by mixing a substance with hot water |
| 9. el_____te muscles | <i>v.</i> to extend something in length; to lengthen, stretch out, or to make longer |
| 10. de_____e environmental quality | <i>v.</i> to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others |

ANSWERS: 1. fungus, 2. culprit, 3. itch, 4. mucus, 5. hypha, 6. thrush, 7. epithelial, 8. brew, 9. elongate, 10. degrade

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|------------------------------------|---|
| 11. hard sw_____ng on the body | <i>n.</i> an abnormal local enlargement of a part of your body, mainly because of illness or injury |
| 12. el_____te a dress | <i>v.</i> to extend something in length; to lengthen, stretch out, or to make longer |
| 13. inflammation of the vu__a | <i>n.</i> the outside parts of the female sex organs |
| 14. epi_____al layer | <i>adj.</i> relating to the layer of cells that covers the majority of the body's surfaces |
| 15. i__h to speak | <i>v.</i> to have an uncomfortable feeling on the skin that makes you want to scratch it |
| 16. pr_____ic supplement | <i>n.</i> a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system |
| 17. pe_____te the air | <i>v.</i> to spread throughout; to pass through or penetrate every part of something |
| 18. symbiotic fu___s | <i>n.</i> a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive |
| 19. the cu_____t of global warming | <i>n.</i> someone who is responsible for a crime or wrongdoing |
| 20. skin mic_____me | <i>n.</i> the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body |

ANSWERS: 11. swelling, 12. elongate, 13. vulva, 14. epithelial, 15. itch, 16. probiotic, 17. permeate, 18. fungus, 19. culprit, 20. microbiome

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|-------------------------------|---|
| 21. pathogenic mi_____e | <i>n.</i> a tiny living thing that can only be seen with a microscope and that may cause disease |
| 22. a w__t of evidence | <i>n.</i> a very small or insignificant amount or quantity, often used in the phrase "not a whit," meaning not at all |
| 23. de_____e his public image | <i>v.</i> to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others |
| 24. rec_____ble landmark | <i>adj.</i> easy to become aware of or identify |
| 25. hy__al growth | <i>n.</i> a threadlike structure that is part of the vegetative growth of fungi and certain other microorganisms |
| 26. severely und_____ed | <i>adj.</i> having insufficient funds to support or carry out an enterprise |
| 27. out_____te peers | <i>v.</i> to be more successful in competition than someone or something |
| 28. pathogenic mic_____ism | <i>n.</i> a very small living thing that may exist in its single-celled form or as a colony of cells and is too small to be seen without a microscope |
| 29. social st___a | <i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person |
| 30. to a rec_____ble degree | <i>adj.</i> easy to become aware of or identify |
| 31. st___a against obesity | <i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person |

ANSWERS: 21. microbe, 22. whit, 23. degrade, 24. recognizable, 25. hypha, 26. underfunded, 27. outcompete, 28. microorganism, 29. stigma, 30. recognizable, 31. stigma

32. mi_____es sterilizer *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
33. out_____te domestic producers *v.* to be more successful in competition than someone or something
34. er_____le dysfunction *adj.* characterized by the ability to become physically erect, particularly in sexual function
35. pe_____te the fabric *v.* to spread throughout; to pass through or penetrate every part of something
36. in_____te an idea *v.* to keep warm and protected, especially to hatch eggs; to develop and nurture
37. have a diverse mic_____me *n.* the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body
38. sw_____ng of the ankle *n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
39. pr_____ic yogurt *n.* a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system
40. vu__a cancer *n.* the outside parts of the female sex organs
41. oral th___h *n.* a type of fungal infection that can affect the mouth, throat, or genitals, often causing white or gray patches, soreness, or itching

ANSWERS: 32. microbe, 33. outcompete, 34. erectile, 35. permeate, 36. incubate, 37. microbiome, 38. swelling, 39. probiotic, 40. vulva, 41. thrush

42. met_____ose in appearance *v.* to undergo a dramatic change in form, structure, or substance; to transform or alter in appearance or nature
43. met_____ose over time *v.* to undergo a dramatic change in form, structure, or substance; to transform or alter in appearance or nature
44. in_____te terrorism in developing countries *v.* to keep warm and protected, especially to hatch eggs; to develop and nurture
45. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
46. und_____ed programs *adj.* having insufficient funds to support or carry out an enterprise
47. er_____le tissues *adj.* characterized by the ability to become physically erect, particularly in sexual function
48. nasal mu__s *n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
49. b__w beer *v.* to make beer or tea by mixing a substance with hot water
50. mic_____isms in his gut *n.* a very small living thing that may exist in its single-celled form or as a colony of cells and is too small to be seen without a microscope
51. not a w__t of difference *n.* a very small or insignificant amount or quantity, often used in the phrase "not a whit," meaning not at all

ANSWERS: 42. metamorphose, 43. metamorphose, 44. incubate, 45. disrupt, 46. underfunded, 47. erectile, 48. mucus, 49. brew, 50. microorganism, 51. whit

52. di____t sleep

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 52. disrupt

Session 3: Fill in the Blanks

1. I woke up with a painful _____ infection in my mouth.
n. a type of fungal infection that can affect the mouth, throat, or genitals, often causing white or gray patches, soreness, or itching
2. The drug was found to have significant _____ side effects in clinical trials.
adj. characterized by the ability to become physically erect, particularly in sexual function
3. The surgeon decided to remove part of the _____ to remedy the patient's skin disease.
n. the outside parts of the female sex organs
4. His car was easily _____ in the parking lot.
adj. easy to become aware of or identify
5. Certain types of _____ can be toxic to humans, causing severe illness if ingested.
n. a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
6. _____ thrive on the surface of the human skin.
n. a tiny living thing that can only be seen with a microscope and that may cause disease
7. The healthcare system is _____ and patients are not receiving the needed treatment.
adj. having insufficient funds to support or carry out an enterprise

ANSWERS: 1. thrush, 2. erectile, 3. vulva, 4. recognizable, 5. fungus, 6. Microbes, 7. underfunded,

8. In some fungi, the _____ form a network called mycelium, which can spread over large soil or organic matter areas.
- n.* a threadlike structure that is part of the vegetative growth of fungi and certain other microorganisms
9. After intensive icing by the trainer, the _____ went down.
- n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
10. The gut _____ is a major producer of serotonin, which is necessary for human mental stability.
- n.* the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body
11. The majority of cells in the lung are _____ cells.
- adj.* relating to the layer of cells that covers the majority of the body's surfaces
12. The caterpillar _____ into a butterfly during its life cycle.
- v.* to undergo a dramatic change in form, structure, or substance; to transform or alter in appearance or nature
13. This _____ is a producer of respiratory disease.
- n.* a very small living thing that may exist in its single-celled form or as a colony of cells and is too small to be seen without a microscope
14. When the body temperature drops, _____ secretion fails.
- n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
15. They finally found the _____ of the bug after a long time.
- n.* someone who is responsible for a crime or wrongdoing

ANSWERS: 8. hyphae, 9. swelling, 10. microbiome, 11. epithelial, 12. metamorphoses, 13. microorganism, 14. mucus, 15. culprit

16. The aroma of freshly baked bread _____ the entire bakery.
- v. to spread throughout; to pass through or penetrate every part of something
17. The mental health _____ often prevents people from seeking treatment.
- n. a mark of shame or disgrace associated with a particular circumstance, quality, or person
18. His argument had a _____ of truth, but it was primarily exaggerated.
- n. a very small or insignificant amount or quantity, often used in the phrase "not a whit," meaning not at all
19. _____ foods, such as kefir and sauerkraut, can improve digestive health.
- n. a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system
20. The yoga instructor told us to _____ our spines during the practice.
- v. to extend something in length; to lengthen, stretch out, or to make longer
21. To _____ its rivals, the company invested heavily in research and development.
- v. to be more successful in competition than someone or something
22. I'm so sorry to _____ you when you're pretty busy.
- v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
23. You should not _____ yourself by allowing them to use you.
- v. to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others

ANSWERS: 16. permeated, 17. stigma, 18. whit, 19. Probiotic-rich, 20. elongate, 21. outcompete, 22. disrupt, 23. degrade

24. I am going to _____ some coffee this morning.

v. to make beer or tea by mixing a substance with hot water

25. I can't stop _____ my arm because of the mosquito bite.

v. to have an uncomfortable feeling on the skin that makes you want to scratch it

26. The scientists decided to _____ the eggs for further study.

v. to keep warm and protected, especially to hatch eggs; to develop and nurture

ANSWERS: 24. brew, 25. itching, 26. incubate