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Vocabulary Builder Reference from...

*Andrew Lovering: How high altitude affects your body
| TED Talk*

[https://www.ted.com/talks/andrew_lovering_how_high
_altitude_affects_your_body](https://www.ted.com/talks/andrew_lovering_how_high_altitude_affects_your_body)

Advanced Words Only

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Session 1: Word List

teleport

- v. to transport or transmit instantly from one location to another, typically using advanced technology or imagined supernatural powers

synonym: beam, transport, transmit

- (1) **teleport** objects through space, (2) **teleport** to any location in the world

The magician seemed to **teleport** instantly from one side of the stage to the other.

barometer

- n. an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment

synonym: indicator, gauge, measure

- (1) economic **barometer**, (2) air pressure **barometer**

The number of patients in the hospital is a useful **barometer** of regional health trends.

suffocate

- v. to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

synonym: choke, smother, stifle

- (1) **suffocate** to death, (2) **suffocate** fire

People can **suffocate** from a lack of oxygen in confined spaces.

hemoglobin

n. a protein-based molecule found in red blood cells that transports oxygen throughout the body

synonym: red cell pigment, oxygen carrier

(1) **hemoglobin** level, (2) abnormal **hemoglobin**

The **hemoglobin** gene mutation can cause genetic disorders such as sickle cell disease.

circulate

v. to move continuously or freely around a place or closed system

synonym: flow, disperse, rotate

(1) **circulate** a rumor, (2) **circulate** an agenda before the meeting

The fan **circulates** the air in the room quickly.

ascend

v. to go or move upward; to become king or queen; to inherit something, such as a power

synonym: rise, climb, go up

(1) **ascend** the ladder, (2) **ascend** to power

The plane began to **ascend** into the sky.

deprivation

n. a state of not having something, such as food or money, that you need for a pleasant life

synonym: poverty, destitution, forfeiture

(1) chronic sleep **deprivation**, (2) **deprivation** of liberty

Losing him is great **deprivation** to our team.

carotid

adj. relating to the carotid artery, which supplies blood to the head and face

(1) **carotid** disease, (2) **carotid** stenosis

The doctor examined my **carotid** artery to check for any blockages or abnormalities.

chemoreceptor

n. a specialized receptor that responds to chemical substances in the environment or the body, such as

those that detect taste or smell or those that regulate internal bodily functions like pH and oxygen levels

(1) **chemoreceptor** sensitivity, (2) carotid **chemoreceptor**
Chemoreceptors in the gut regulate the release of digestive enzymes.

counteract

v. to act against something to reduce its bad or harmful effects or neutralize it

synonym: balance, offset, compensate

(1) **counteract** the effect of poison, (2) **counteract** global warming

Our body's immune system produces antibodies to **counteract** disease.

reap

v. to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done

synonym: collect, harvest, derive

(1) **reap** the benefits, (2) **reap** crops

He **reaped** a significant profit from the listing of his company's stock.

heartbeat

n. the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

synonym: beat, pulse, force

(1) **heartbeat** abnormality, (2) a pounding **heartbeat**

New York is the commercial **heartbeat** of America.

ventilate

v. to supply fresh air to a room, building, etc.; to remove stale air from it

synonym: air out, circulate, freshen

(1) **ventilate** my opinion, (2) **ventilate** air

It's important to **ventilate** the room to avoid the buildup of harmful gases.

acclimatize

- v. to become accustomed or adjusted to a new environment or situation, particularly a more extreme or challenging one

synonym: adapt, adjust, fit

(1) **acclimatize** to cold weather, (2) **acclimatize** recruits
I need to **acclimatize** myself to the high altitude before going for a trek in the mountains.

acclimate

- v. to adapt or adjust to a new climate, environment, or situation, often by undergoing a period of exposure or learning

synonym: adjust, adapt, acclimatize

(1) **acclimate** to the climate, (2) **acclimate** to the culture
It takes time for your body to **acclimate** to a new environment.

dilate

- v. to make something wider, larger, or more open

synonym: widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel
The pupils of the eyes **dilate** in low light.

capillary

- n. a tube of small internal diameter; any of the minute tubes that carry blood

(1) a **capillary** tube, (2) **capillary** action

There are many **capillary** vessels in the gills of fish.

constrict

- v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

synonym: squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom

The snake's muscles began to **constrict** around its prey.

buildup

- n. the accumulation or increase of something over time

synonym: accumulation, increase, growth

(1) lactic acid **buildup**, (2) huge military **buildup**

The **buildup** of stress over time can lead to health problems.

redefine

- v. to change the meaning or interpretation of something; to make people think about something in a new or different way

synonym: reconsider, reformulate, alter

(1) **redefine** customer experience, (2) **redefine** our role

The video telephony application has **redefined** the way we work.

Session 2: Spelling

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| 1. huge military bu____p | <i>n.</i> the accumulation or increase of something over time |
| 2. su____te fire | <i>v.</i> to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression |
| 3. ci____te a rumor | <i>v.</i> to move continuously or freely around a place or closed system |
| 4. ac____te to the culture | <i>v.</i> to adapt or adjust to a new climate, environment, or situation, often by undergoing a period of exposure or learning |
| 5. co____ct freedom | <i>v.</i> to make something narrow or tight, often restricting movement or flow; to become narrow or tighter |
| 6. ve____te air | <i>v.</i> to supply fresh air to a room, building, etc.; to remove stale air from it |
| 7. di___e the bronchial tubes | <i>v.</i> to make something wider, larger, or more open |
| 8. co____ct blood vessels | <i>v.</i> to make something narrow or tight, often restricting movement or flow; to become narrow or tighter |
| 9. abnormal hem____in | <i>n.</i> a protein-based molecule found in red blood cells that transports oxygen throughout the body |

ANSWERS: 1. buildup, 2. suffocate, 3. circulate, 4. acclimate, 5. constrict, 6. ventilate, 7. dilate, 8. constrict, 9. hemoglobin

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| 10. di___e blood vessel | <i>v.</i> to make something wider, larger, or more open |
| 11. air pressure ba_____er | <i>n.</i> an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment |
| 12. ca_____ry action | <i>n.</i> a tube of small internal diameter; any of the minute tubes that carry blood |
| 13. che_____tor sensitivity | <i>n.</i> a specialized receptor that responds to chemical substances in the environment or the body, such as those that detect taste or smell or those that regulate internal bodily functions like pH and oxygen levels |
| 14. ac_____te to the climate | <i>v.</i> to adapt or adjust to a new climate, environment, or situation, often by undergoing a period of exposure or learning |
| 15. a pounding he_____at | <i>n.</i> the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force |
| 16. te_____rt objects through space | <i>v.</i> to transport or transmit instantly from one location to another, typically using advanced technology or imagined supernatural powers |
| 17. ca_____d stenosis | <i>adj.</i> relating to the carotid artery, which supplies blood to the head and face |

ANSWERS: 10. dilate, 11. barometer, 12. capillary, 13. chemoreceptor, 14. acclimate, 15. heartbeat, 16. teleport, 17. carotid

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| 18. cou_____ct global warming | <i>v.</i> | to act against something to reduce its bad or harmful effects or neutralize it |
| 19. chronic sleep dep_____on | <i>n.</i> | a state of not having something, such as food or money, that you need for a pleasant life |
| 20. economic ba_____er | <i>n.</i> | an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment |
| 21. re_____ne our role | <i>v.</i> | to change the meaning or interpretation of something; to make people think about something in a new or different way |
| 22. carotid che_____tor | <i>n.</i> | a specialized receptor that responds to chemical substances in the environment or the body, such as those that detect taste or smell or those that regulate internal bodily functions like pH and oxygen levels |
| 23. te_____rt to any location in the world | <i>v.</i> | to transport or transmit instantly from one location to another, typically using advanced technology or imagined supernatural powers |
| 24. he_____at abnormality | <i>n.</i> | the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force |
| 25. as____d the ladder | <i>v.</i> | to go or move upward; to become king or queen; to inherit something, such as a power |

ANSWERS: 18. counteract, 19. deprivation, 20. barometer, 21. redefine, 22. chemoreceptor, 23. teleport, 24. heartbeat, 25. ascend

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| 26. r__p the benefits | v. | to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done |
| 27. as__d to power | v. | to go or move upward; to become king or queen; to inherit something, such as a power |
| 28. acc_____ze recruits | v. | to become accustomed or adjusted to a new environment or situation, particularly a more extreme or challenging one |
| 29. acc_____ze to cold weather | v. | to become accustomed or adjusted to a new environment or situation, particularly a more extreme or challenging one |
| 30. hem_____in level | n. | a protein-based molecule found in red blood cells that transports oxygen throughout the body |
| 31. a ca_____ry tube | n. | a tube of small internal diameter; any of the minute tubes that carry blood |
| 32. lactic acid bu____p | n. | the accumulation or increase of something over time |
| 33. ci_____te an agenda before the meeting | v. | to move continuously or freely around a place or closed system |
| 34. dep_____on of liberty | n. | a state of not having something, such as food or money, that you need for a pleasant life |
| 35. r__p crops | v. | to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done |

ANSWERS: 26. reap, 27. ascend, 28. acclimatize, 29. acclimatize, 30. hemoglobin, 31. capillary, 32. buildup, 33. circulate, 34. deprivation, 35. reap

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| 36. su_____te to death | v. | to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression |
| 37. cou_____ct the effect of poison | v. | to act against something to reduce its bad or harmful effects or neutralize it |
| 38. re_____ne customer experience | v. | to change the meaning or interpretation of something; to make people think about something in a new or different way |
| 39. ca_____d disease | adj. | relating to the carotid artery, which supplies blood to the head and face |
| 40. ve_____te my opinion | v. | to supply fresh air to a room, building, etc.; to remove stale air from it |

ANSWERS: 36. suffocate, 37. counteract, 38. redefine, 39. carotid, 40. ventilate

Session 3: Fill in the Blanks

1. _____ in the gut regulate the release of digestive enzymes.
n. a specialized receptor that responds to chemical substances in the environment or the body, such as those that detect taste or smell or those that regulate internal bodily functions like pH and oxygen levels
2. The _____ of stress over time can lead to health problems.
n. the accumulation or increase of something over time
3. Losing him is great _____ to our team.
n. a state of not having something, such as food or money, that you need for a pleasant life
4. It takes time for your body to _____ to a new environment.
v. to adapt or adjust to a new climate, environment, or situation, often by undergoing a period of exposure or learning
5. The pupils of the eyes _____ in low light.
v. to make something wider, larger, or more open
6. There are many _____ vessels in the gills of fish.
n. a tube of small internal diameter; any of the minute tubes that carry blood
7. The snake's muscles began to _____ around its prey.
v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
8. The magician seemed to _____ instantly from one side of the stage to the other.
v. to transport or transmit instantly from one location to another, typically using advanced technology or imagined supernatural powers

ANSWERS: 1. Chemoreceptors, 2. buildup, 3. deprivation, 4. acclimate, 5. dilate, 6. capillary, 7. constrict, 8. teleport

9. The doctor examined my _____ artery to check for any blockages or abnormalities.
adj. relating to the carotid artery, which supplies blood to the head and face
10. Our body's immune system produces antibodies to _____ disease.
v. to act against something to reduce its bad or harmful effects or neutralize it
11. It's important to _____ the room to avoid the buildup of harmful gases.
v. to supply fresh air to a room, building, etc.; to remove stale air from it
12. He _____ a significant profit from the listing of his company's stock.
v. to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done
13. The _____ gene mutation can cause genetic disorders such as sickle cell disease.
n. a protein-based molecule found in red blood cells that transports oxygen throughout the body
14. The video telephony application has _____ the way we work.
v. to change the meaning or interpretation of something; to make people think about something in a new or different way
15. The plane began to _____ into the sky.
v. to go or move upward; to become king or queen; to inherit something, such as a power
16. People can _____ from a lack of oxygen in confined spaces.
v. to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

ANSWERS: 9. carotid, 10. counteract, 11. ventilate, 12. reaped, 13. hemoglobin, 14. redefined, 15. ascend, 16. suffocate

17. I need to _____ myself to the high altitude before going for a trek in the mountains.

- v.* to become accustomed or adjusted to a new environment or situation, particularly a more extreme or challenging one

18. New York is the commercial _____ of America.

- n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

19. The fan _____ the air in the room quickly.

- v.* to move continuously or freely around a place or closed system

20. The number of patients in the hospital is a useful _____ of regional health trends.

- n.* an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment

ANSWERS: 17. acclimatize, 18. heartbeat, 19. circulates, 20. barometer