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Vocabulary Builder Reference from...

Kaitlyn Sadtler and Heather J. Faust: Why haven't we cured arthritis? | TED Talk

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

Advanced Words Only

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Session 1: Word List

regal

adj. of or relating to royalty; fitting for or indicating royalty; stately, dignified, or impressive; characterized by grandeur or magnificence

synonym : majestic, royal, noble

(1) **regal** crown, (2) **regal** appearance

The **regal** queen entered the room, stunning everyone with beauty and grace.

daring

adj. brave and taking risks

synonym : audacious, bold, venturesome

(1) **daring** escape, (2) make a **daring** face

Her choices become increasingly **daring** and creative.

trapeze

n. a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics

synonym : swing bar, aerial hoop

(1) **trapeze** artist, (2) do the flying **trapeze**

The daring **trapeze** act left the audience gasping in amazement.

creak

v. to make a high-pitched, sharp, and screeching sound, especially made when you step on the door, floorboard,

etc.,

synonym: squeak, scream, screech

(1) begin to **creak**, (2) shoes **creak**

The door **creaked** when I opened it slowly.

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.

pervasive

adj. spreading or existing throughout every part of a thing or place

synonym: extensive, ubiquitous, prevalent

(1) **pervasive** language, (2) the **pervasive** odor of garlic

Suspicion and worry were **pervasive** in our minds.

hurdle

n. a barrier or obstacle that must be overcome

synonym: obstacle, barrier, challenge

(1) overcome **hurdles**, (2) **hurdle** race

The company faced several **hurdles** in the development of its new product.

osteoarthritis

n. a common form of arthritis that affects the joints, particularly the hands, hips, and knees, characterized by degeneration of the cartilage that cushions the bones and allows for smooth movements

synonym: degenerative joint disease, rheumatism

(1) **osteoarthritis** pain, (2) **osteoarthritis** treatment

Obesity and joint injuries are two common risk factors for developing **osteoarthritis**.

misconception

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

synonym: fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

confine

v. to restrict the movement of someone or something
synonym : restrict, limit, contain

(1) **confine** themselves solely, (2) **confine** the scope of use
The animal was **confined** in a small cage.

proteinase

n. an enzyme that breaks down proteins into smaller peptides or amino acids, often involved in digestion or cellular processes
synonym : protease, peptidase, enzyme

(1) **proteinase** enzyme, (2) serine **proteinase**
Proteinase inhibitors are compounds that can inhibit the activity of enzymes that break down proteins.

aggrecanase

n. an enzyme that breaks down aggrecan, a key component of the extracellular matrix of cartilage and other connective tissues, and is often implicated in various disease processes

(1) **aggrecanase** enzyme, (2) **aggrecanase** inhibitors
Aggrecanase activity is regulated by other molecules in the joint environment, such as cytokines and growth factors.

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.

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.

cartilage

n. a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose

synonym : connective tissue, gristle, fibrocartilage

(1) **cartilage** damage, (2) nasal **cartilage**

The knee joint is supported by **cartilage**, which helps absorb shock and prevent bone damage.

rheumatoid

n. a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body

synonym : arthritis, joint inflammation, rheumatism

(1) **rheumatoid** disease, (2) **rheumatoid** factor

My aunt suffers from **rheumatoid** arthritis and has trouble moving her joints.

autoimmune

adj. relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances

(1) insulin **autoimmune** syndrome, (2) **autoimmune** disorder

The presence of certain substances triggered the **autoimmune** response.

invade

v. to enter aggressively into another's territory by military force for conquest and occupation

synonym : intrude, raid, overrun

(1) **invade** other tissues, (2) **invade** his privacy

I have no intention to **invade** your privacy.

infiltrate

v. to enter or penetrate a group, organization, or place covertly or secretly, usually with a specific purpose or goal in mind; to spread or diffuse through something gradually or subtly

synonym :

penetrate, sneak in, invade

(1) **infiltrate** the bloodstream, (2) **infiltrate** a community
The spy was able to **infiltrate** the enemy's headquarters undetected.

ligament

n. a band of tissue that connects bones or holds organs in place to support and stabilize the body

synonym: band, cord, tendon

(1) a **ligament** in the ankle, (2) cruciate **ligament**

The **ligaments** in the knee provide stability and support.

tendon

n. a strong, fibrous cord of tissue that connects muscle to bone

synonym: tissue, sinew, ligament

(1) **tendon** grafting, (2) **tendon** collagen

Tendon injuries are common among athletes.

inflame

v. to cause very strong feelings such as anger or excitement in a person or a group of people

synonym: agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** his passion

Her eyes **inflamed** with crying.

cytokine

n. any of various protein molecules produced by cells of the immune system that serve to regulate the immune system

(1) a **cytokine** production, (2) **cytokine** receptor

Abnormal **cytokine** response may cause atopic dermatitis.

stabilize

v. to become or cause to become steady or unlikely to give way

synonym: brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels

The raising of interest rates **stabilizes** the inflation rate.

fuse

n. a small part in an electrical device or machinery that can interrupt the flow of electrical current when it is overloaded; (verb) to become plastic or fluid or liquefied from heat

synonym: (verb) melt, (verb) blend

(1) **fuse** blows, (2) **fuse** with one another

He has a short **fuse**.

outgrowth

n. a thing that has grown or developed from something else, especially as a result of a particular process or set of circumstances

synonym: emergence, development, expansion

(1) natural **outgrowth**, (2) abnormal bony **outgrowth**

The new housing development was an **outgrowth** of the city's plan to revitalize the area.

spur

n. a thing that encourages someone to do something; any sharply pointed projection; (verb) to incite or stimulate someone or something

synonym: encouragement, motivation, stimulus

(1) **spur** of the moment, (2) **spur** a momentum of economic growth

The threat of losing his job was the **spur** he needed to work harder.

drastic

adj. radical and extreme; likely to have a significant or far-reaching impact

synonym: extreme, fierce, radical

(1) **drastic** measures, (2) make **drastic** revision

The global community is undergoing **drastic** changes at present.

Session 2: Spelling

- | | |
|-------------------------------|---|
| 1. cruciate li_____nt | <i>n.</i> a band of tissue that connects bones or holds organs in place to support and stabilize the body |
| 2. co_____e the scope of use | <i>v.</i> to restrict the movement of someone or something |
| 3. pro_____se enzyme | <i>n.</i> an enzyme that breaks down proteins into smaller peptides or amino acids, often involved in digestion or cellular processes |
| 4. f__e blows | <i>n.</i> a small part in an electrical device or machinery that can interrupt the flow of electrical current when it is overloaded; (verb) to become plastic or fluid or liquefied from heat |
| 5. a cy_____ne production | <i>n.</i> any of various protein molecules produced by cells of the immune system that serve to regulate the immune system |
| 6. 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 |
| 7. ost_____tis treatment | <i>n.</i> a common form of arthritis that affects the joints, particularly the hands, hips, and knees, characterized by degeneration of the cartilage that cushions the bones and allows for smooth movements |

ANSWERS: 1. ligament, 2. confine, 3. proteinase, 4. fuse, 5. cytokine, 6. swelling, 7. osteoarthritis

- | | | |
|---------------------------------|------|---|
| 8. co_____e themselves solely | v. | to restrict the movement of someone or something |
| 9. st_____ze blood sugar levels | v. | to become or cause to become steady or unlikely to give way |
| 10. in____e other tissues | v. | to enter aggressively into another's territory by military force for conquest and occupation |
| 11. ca_____ge damage | n. | a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose |
| 12. do the flying tr_____e | n. | a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics |
| 13. in____e his privacy | v. | to enter aggressively into another's territory by military force for conquest and occupation |
| 14. commonly held mis_____ion | n. | a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis |
| 15. rhe_____id disease | n. | a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body |
| 16. aut_____ne disorder | adj. | relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances |

ANSWERS: 8. confine, 9. stabilize, 10. invade, 11. cartilage, 12. trapeze, 13. invade, 14. misconception, 15. rheumatoid, 16. autoimmune

17. agg_____se inhibitors *n.* an enzyme that breaks down aggrecan, a key component of the extracellular matrix of cartilage and other connective tissues, and is often implicated in various disease processes
18. dispel the mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
19. the cu_____t of global warming *n.* someone who is responsible for a crime or wrongdoing
20. nasal ca_____ge *n.* a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
21. agg_____se enzyme *n.* an enzyme that breaks down aggrecan, a key component of the extracellular matrix of cartilage and other connective tissues, and is often implicated in various disease processes
22. da____g escape *adj.* brave and taking risks
23. sw_____ng of the ankle *n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
24. overcome hu____es *n.* a barrier or obstacle that must be overcome
25. make dr_____c revision *adj.* radical and extreme; likely to have a significant or far-reaching impact
26. te____n grafting *n.* a strong, fibrous cord of tissue that connects muscle to bone

ANSWERS: 17. aggrecanase, 18. misconception, 19. culprit, 20. cartilage, 21. aggrecanase, 22. daring, 23. swelling, 24. hurdle, 25. drastic, 26. tendon

27. begin to cr__k *v.* to make a high-pitched, sharp, and screeching sound, especially made when you step on the door, floorboard, etc.,
28. te___n collagen *n.* a strong, fibrous cord of tissue that connects muscle to bone
29. a li_____nt in the ankle *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
30. inf_____te the bloodstream *v.* to enter or penetrate a group, organization, or place covertly or secretly, usually with a specific purpose or goal in mind; to spread or diffuse through something gradually or subtly
31. dr_____c measures *adj.* radical and extreme; likely to have a significant or far-reaching impact
32. st_____ze prices *v.* to become or cause to become steady or unlikely to give way
33. in_____e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
34. the pe_____ve odor of garlic *adj.* spreading or existing throughout every part of a thing or place
35. f__e with one another *n.* a small part in an electrical device or machinery that can interrupt the flow of electrical current when it is overloaded; (verb) to become plastic or fluid or liquefied from heat
36. inf_____te a community *v.* to enter or penetrate a group, organization, or place covertly or secretly, usually with a specific purpose or goal in mind; to spread or diffuse through something gradually or subtly

ANSWERS: 27. creak, 28. tendon, 29. ligament, 30. infiltrate, 31. drastic, 32. stabilize, 33. inflame, 34. pervasive, 35. fuse, 36. infiltrate

37. ost_____tis pain *n.* a common form of arthritis that affects the joints, particularly the hands, hips, and knees, characterized by degeneration of the cartilage that cushions the bones and allows for smooth movements
38. insulin aut_____ne syndrome *adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
39. cy_____ne receptor *n.* any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
40. abnormal bony ou_____th *n.* a thing that has grown or developed from something else, especially as a result of a particular process or set of circumstances
41. natural ou_____th *n.* a thing that has grown or developed from something else, especially as a result of a particular process or set of circumstances
42. re__l crown *adj.* of or relating to royalty; fitting for or indicating royalty; stately, dignified, or impressive; characterized by grandeur or magnificence
43. in_____e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
44. rhe_____id factor *n.* a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body

ANSWERS: 37. osteoarthritis, 38. autoimmune, 39. cytokine, 40. outgrowth, 41. outgrowth, 42. regal, 43. inflame, 44. rheumatoid

45. re__l appearance *adj.* of or relating to royalty; fitting for or indicating royalty; stately, dignified, or impressive; characterized by grandeur or magnificence
46. s__r a momentum of economic growth *n.* a thing that encourages someone to do something; any sharply pointed projection; (verb) to incite or stimulate someone or something
47. shoes cr__k *v.* to make a high-pitched, sharp, and screeching sound, especially made when you step on the door, floorboard, etc.,
48. s__r of the moment *n.* a thing that encourages someone to do something; any sharply pointed projection; (verb) to incite or stimulate someone or something
49. the arrest of the cu____t *n.* someone who is responsible for a crime or wrongdoing
50. tr____e artist *n.* a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics
51. serine pro____se *n.* an enzyme that breaks down proteins into smaller peptides or amino acids, often involved in digestion or cellular processes
52. de____e environmental quality *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: 45. regal, 46. spur, 47. creak, 48. spur, 49. culprit, 50. trapeze, 51. proteinase, 52. degrade

53. de____e his public image *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
54. hu___e race *n.* a barrier or obstacle that must be overcome
55. pe_____ve language *adj.* spreading or existing throughout every part of a thing or place
56. make a da___g face *adj.* brave and taking risks

ANSWERS: 53. degrade, 54. hurdle, 55. pervasive, 56. daring

Session 3: Fill in the Blanks

1. Suspicion and worry were _____ in our minds.
adj. spreading or existing throughout every part of a thing or place
2. Her eyes _____ with crying.
v. to cause very strong feelings such as anger or excitement in a person or a group of people
3. I have no intention to _____ your privacy.
v. to enter aggressively into another's territory by military force for conquest and occupation
4. The knee joint is supported by _____ which helps absorb shock and prevent bone damage.
n. a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
5. They finally found the _____ of the bug after a long time.
n. someone who is responsible for a crime or wrongdoing
6. The global community is undergoing _____ changes at present.
adj. radical and extreme; likely to have a significant or far-reaching impact
7. _____ injuries are common among athletes.
n. a strong, fibrous cord of tissue that connects muscle to bone
8. The company faced several _____ in the development of its new product.
n. a barrier or obstacle that must be overcome

ANSWERS: 1. pervasive, 2. inflamed, 3. invade, 4. cartilage, 5. culprit, 6. drastic, 7. Tendon, 8. hurdles

9. My aunt suffers from _____ arthritis and has trouble moving her joints.
n. a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body
10. 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
11. The _____ queen entered the room, stunning everyone with beauty and grace.
adj. of or relating to royalty; fitting for or indicating royalty; stately, dignified, or impressive; characterized by grandeur or magnificence
12. The presence of certain substances triggered the _____ response.
adj. relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
13. The new housing development was an _____ of the city's plan to revitalize the area.
n. a thing that has grown or developed from something else, especially as a result of a particular process or set of circumstances
14. The daring _____ act left the audience gasping in amazement.
n. a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics
15. Abnormal _____ response may cause atopic dermatitis.
n. any of various protein molecules produced by cells of the immune system that serve to regulate the immune system

ANSWERS: 9. rheumatoid, 10. swelling, 11. regal, 12. autoimmune, 13. outgrowth, 14. trapeze, 15. cytokine

16. _____ inhibitors are compounds that can inhibit the activity of enzymes that break down proteins.
- n.* an enzyme that breaks down proteins into smaller peptides or amino acids, often involved in digestion or cellular processes
17. The raising of interest rates _____ the inflation rate.
- v.* to become or cause to become steady or unlikely to give way
18. The threat of losing his job was the _____ he needed to work harder.
- n.* a thing that encourages someone to do something; any sharply pointed projection; (verb) to incite or stimulate someone or something
19. Obesity and joint injuries are two common risk factors for developing _____.
- n.* a common form of arthritis that affects the joints, particularly the hands, hips, and knees, characterized by degeneration of the cartilage that cushions the bones and allows for smooth movements
20. The door _____ when I opened it slowly.
- v.* to make a high-pitched, sharp, and screeching sound, especially made when you step on the door, floorboard, etc.,
21. 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
22. The _____ in the knee provide stability and support.
- n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body

ANSWERS: 16. Proteinase, 17. stabilizes, 18. spur, 19. osteoarthritis, 20. creaked, 21. degrade, 22. ligaments

23. The animal was _____ in a small cage.

v. to restrict the movement of someone or something

24. Her choices become increasingly _____ and creative.

adj. brave and taking risks

25. He has a short _____.

n. a small part in an electrical device or machinery that can interrupt the flow of electrical current when it is overloaded; (verb) to become plastic or fluid or liquefied from heat

26. The spy was able to _____ the enemy's headquarters undetected.

v. to enter or penetrate a group, organization, or place covertly or secretly, usually with a specific purpose or goal in mind; to spread or diffuse through something gradually or subtly

27. _____ activity is regulated by other molecules in the joint environment, such as cytokines and growth factors.

n. an enzyme that breaks down aggrecan, a key component of the extracellular matrix of cartilage and other connective tissues, and is often implicated in various disease processes

28. There are numerous _____ about food and health.

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

ANSWERS: 23. confined, 24. daring, 25. fuse, 26. infiltrate, 27. Aggrecanase, 28. misconceptions