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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

All Words

IMPORTANT

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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.

elbow

n. the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint

synonym : joint, bend, cubitus

(1) **elbow** bone, (2) **elbow-length** sleeves

She bruised her **elbow** after falling off her bike.

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.

stiff

adj. not easily bent, flexible, or pliable; difficult to move or be maneuvered; difficult to relax; having a heavy or formal manner

synonym : rigid, inflexible, unbending

(1) **stiff** muscles, (2) **stiff** penalty

Her body felt **stiff** after sitting at her desk for hours without moving.

plague

n. any epidemic disease with a high death rate; (also called pest) a serious, sometimes fatal, infection spread by rats that causes fever and swellings on the body

synonym : epidemic, pandemic, pest

(1) catch the **plague**, (2) deadly **plague**

Our farm experienced a **plague** of locusts this year.

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.

arthritis

n. inflammation of one or more joints of the body, which include pain and stiffness

(1) medication for **arthritis**, (2) symptoms of **arthritis**

My rheumatoid **arthritis** is acting up again.

inflammation

n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

synonym : rash, hives, irritation

(1) reduce **inflammation** and pain, (2) **inflammation** of the lungs

The medicine soothes the pain of chronic **inflammation**.

joint

adj. shared, held, or made between two or more people;
(noun) the point of connection between two bones or elements of a skeleton

synonym : collaborative, cooperative, combined

(1) a **joint** venture, (2) the bone of a **joint**

After the summit meeting, the prime ministers issued a **joint** statement.

inevitable

adj. certain to happen and unavoidable

synonym : inescapable, unavoidable, sure

(1) **inevitable** changes of the seasons, (2) **inevitable** result

In times of recession, an increase in unemployment is **inevitable**.

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.

widespread

adj. existing or happening in various places or among many people

synonym : across-the-board, overall, general

(1) **widespread** use, (2) **widespread** fear of nuclear war

In medieval times, death punishment was **widespread** and socially accepted.

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.

spectrum

n. an ordered array of colors into which a light beam can be split

synonym: range, scale, spread

(1) a broad **spectrum** of opinion, (2) infrared **spectrum**

This device displayed the speech **spectrum** spectrographically.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym: sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

origin

n. the first existence or beginning of something

synonym: root, source, ancestor

(1) **origin** of information, (2) racial **origin**

There are various hypotheses concerning the **origin** of life.

severity

n. the quality or condition of being severe, strict, or harsh

synonym: harshness, rigidity, austerity

(1) the **severity** of cold, (2) high **severity**

The **severity** of the drought was a major concern for farmers.

vary

v. to become different in terms of size, shape, etc.

synonym: alter, contrast, differ

(1) **vary** according to the age, (2) **vary** directly with the price

Maximum heart rates **vary** a lot for each individual.

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**.

tricky

adj. requiring care and skill because challenging to do or deal with

synonym : thorny, problematic, crafty

(1) **tricky** problem, (2) a **tricky** recipe to follow

We have discussed the entirety of this **tricky** problem.

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.

trace

v. to find or discover someone or something that was lost

synonym : seek, follow, depict

(1) **trace** a telephone call, (2) **trace** back to medieval times

Let's **trace** the origins of some familiar foreign words.

patient

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

synonym : client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

ordinary

adj. not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree

synonym : mundane, prosaic, average

(1) an **ordinary** school, (2) **ordinary** annual revenue

The **ordinary** session of the Diet opened.

injury

n. harm done to a person's or an animal's body caused by an accident or an attack

synonym : wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym : resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

dam

n. a wall constructed over a river to block the flow of water, mainly used to generate energy

synonym : barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing

The break in the **dam** threatened the valley.

pump

v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

synonym : drain, inject, send

(1) **pump** a secret out of success, (2) **pump** blood throughout the body

He was alert and could not **pump** any critical information out of him.

enzyme

n. a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

synonym: catalyst, activator, accelerator

(1) **enzyme** reaction, (2) lack of digestive **enzymes**

A deficiency in the **enzyme** can lead to a medical condition.

matrix

n. a rectangular array of numbers, symbols, or expressions, arranged in rows and columns and often enclosed in brackets; an enclosure within which something originates or develops

synonym: grid, cast, table

(1) the **matrix** of Western civilization, (2) **matrix** multiplication

The **matrix** of numbers on the spreadsheet allowed the accountant to track the company's profits and losses easily.

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.

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym: structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic

examinations.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

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.

recover

v. to return to a former condition, health, mind, or strength

synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

inadequate

adj. not sufficient or enough

synonym: insufficient, lacking, lacking enough

(1) an **inadequate** income, (2) **inadequate** funding

The small budget was **inadequate** to cover all the necessary expenses for the project.

heal

v. to make a wound or injury to become well again

synonym: recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind

It will take time for her mental scars to **heal**.

flood

n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount

synonym: deluge, downpour, overflow

(1) **flood** advisory, (2) a **flood** of questions

These heavy rains caused flash **floods** on several islands.

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.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

antibody

n. a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease

(1) produce **antibody**, (2) **antibody** against bacteria

This pharmaceutical company is developing **antibody** drugs with fewer side effects.

native

adj. connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place

synonym : endemic, domestic, aboriginal

(1) **native** to Africa, (2) **native** language

The vegetation here is almost wholly **native**.

protein

n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and repair tissues.

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.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym : harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym : established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

destroy

v. to ruin or damage severely or completely; to eradicate or eliminate completely

synonym : demolish, ruin, obliterate

(1) **destroy** the ecosystem, (2) **destroyed** evidence

The building was **destroyed** in the fire and had to be rebuilt.

continuous

adj. occurring or existing without a pause or interruption

synonym : ceaseless, regular, repeated

(1) **continuous** improvement, (2) a **continuous** row of warehouses

The heavy snow has been **continuous** since last morning.

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.

attach

v. to fasten, join, or connect one thing to another

synonym : fix, fasten, bind

(1) **attach** firmly, (2) **attach** a file to an e-mail

He does not **attach** importance to these rumors.

initial

adj. of or happening at the beginning; (noun) the first letter of a word, especially a person's name

synonym : basic, primary, beginning

(1) **initial** velocity, (2) an **initial** letter

They took the **initial** step toward reconciliation.

degradation

n. the condition or process of changing to a lower state, or a less respected state

synonym : depravity, degeneration, deterioration

(1) **degradation** by heat, (2) live in **degradation**

Many researchers are monitoring environmental **degradation** in real-time through satellites.

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.

attempt

n. an act or effort of trying to do something, especially something difficult

synonym: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

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**.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

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.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym: extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

tackle

v. to try to deal with a complex problem or situation

synonym: deal with, dive into, work on

(1) **tackle** the issue, (2) help **tackle** climate change

The government is determined to **tackle** sharp inflation.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

underlying

adj. significant as a cause or basis of something but not immediately apparent or stated clearly

synonym : fundamental, latent, basic

(1) an **underlying** motive, (2) an **underlying** cause of an accident

The **underlying** principle of every business was identical.

technique

n. a particular way or art of doing something that needs skill

synonym : approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

harvest

n. yields of plants in a single growing season; the period of the year when gathering occurs on a farm

synonym : crop, reaping, yield

(1) a scanty **harvest**, (2) reap a **harvest**

During **harvest**, farmers are incredibly busy.

replacement

n. the act of replacing something with something else, especially that is newer or better; a person or thing that takes or can take the place of another

synonym : alternate, substitute, backup

(1) regular **replacement** of tires, (2) **replacement** cost

We demand his **replacement**.

fracture

n. the breaking or cracking of a rigid material or object such as bone

synonym : break, crack, rupture

(1) **fracture** test, (2) risk of bone **fractures**

X-ray inspection revealed many **fractures**.

surgeon

n. a doctor who is trained to perform medical operations that involve cutting open a person's body

synonym : sawbones, doctor

(1) an excellent brain **surgeon**, (2) army **surgeon**

He is a skilled **surgeon** that has many years of training and experience.

marrow

n. a soft, fatty, vascular substance in the cavities of bones, in which blood cells are produced; the choicest or most essential part of some idea or experience

synonym: bone marrow, pith, center

(1) the **marrow** of a speech, (2) vegetable **marrow**

The soup was made with bone **marrow**, giving it a rich and savory flavor.

stem

n. the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

synonym: branch, limb, (verb) come from

(1) **stem** from a belief, (2) the **stem** of a matchstick

A rose has thorns on its **stem**.

leak

v. to allow liquid or gas to get in or out from a hole or crack in a pipe or container

synonym: outflow, divulge, disclose

(1) **leak** data, (2) **leak** a classified memo

He **leaked** serious accounting irregularities that only people in the company's executive could know.

resort

n. a place where many people go for rest, sport, or another stated purpose; (verb) to turn to or take a course of action, especially an extreme or undesirable one, to resolve a difficult circumstance

synonym: vacation spot, hotel, (verb) address

(1) **resort** to desperate measures, (2) a last **resort**

If both countries **resort** to nuclear deterrence, the consequence could be mutual destruction.

undergo

v. to go through something unpleasant or that involves a change

synonym : experience, suffer, endure

(1) **undergo** surgery, (2) **undergo** a decrease

The train has to **undergo** rigorous safety checks.

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.

progression

n. the act or process of changing to the next stage or phase or moving forward

synonym : advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

primary

adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

synonym : chief, main, fundamental

(1) **primary** school, (2) **primary** education

The **primary** cause of the accident was due to the icy road conditions.

meantime

n. the interval or period of time between two events; the interim or temporary time period between two actions or stages of something else

synonym : interim, meanwhile, lag

(1) **meantime** report, (2) for the **meantime**

In the **meantime**, while we wait for the results, let's start working on the next project.

defend

v. to protect someone or something from attack, criticism, danger, etc.

synonym: protect, guard, support

(1) **defend** my country, (2) **defend** against a threat

International law allows each nation to **defend** itself when its rights and interests are illegally violated.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym: preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

yoga

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

synonym: meditation, exercise, spiritual practice

(1) aerial **yoga**, (2) **yoga** teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym: revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle**

The food chain causes a material **cycle**.

diversity

n. the quality or fact of many different types of things or people being included in something; a range of different

things or people

synonym : variety, multiplicity, variousness

(1) the **diversity** policy of the university, (2) lingual **diversity**

He was impressed by the range and **diversity** of the collection.

Session 2: Spelling

- | | |
|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. the at_____t to rescue the hostages | <i>n.</i> an act or effort of trying to do something, especially something difficult |
| 2. an und_____ng motive | <i>adj.</i> significant as a cause or basis of something but not immediately apparent or stated clearly |
| 3. s__m from a belief | <i>n.</i> the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in |
| 4. te___n grafting | <i>n.</i> a strong, fibrous cord of tissue that connects muscle to bone |
| 5. the arrest of the cu_____t | <i>n.</i> someone who is responsible for a crime or wrongdoing |
| 6. medication for ar_____is | <i>n.</i> inflammation of one or more joints of the body, which include pain and stiffness |
| 7. da___g escape | <i>adj.</i> brave and taking risks |
| 8. inf_____te a community | <i>v.</i> 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 |
| 9. p__p blood throughout the body | <i>v.</i> to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities |

ANSWERS: 1. attempt, 2. underlying, 3. stem, 4. tendon, 5. culprit, 6. arthritis, 7. daring, 8. infiltrate, 9. pump

10. a jo__t venture *adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
11. cy____ne receptor *n.* any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
12. co____e themselves solely *v.* to restrict the movement of someone or something
13. pr____n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
14. na___e to Africa *adj.* connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place
15. in____e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
16. 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
17. in___e other tissues *v.* to enter aggressively into another's territory by military force for conquest and occupation
18. me____me report *n.* the interval or period of time between two events; the interim or temporary time period between two actions or stages of something else

ANSWERS: 10. joint, 11. cytokine, 12. confine, 13. protein, 14. native, 15. inflame, 16. rheumatoid, 17. invade, 18. meantime

19. help ta___e climate change *v.* to try to deal with a complex problem or situation
20. or_____ry annual revenue *adj.* not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree
21. the di_____ty policy of the university *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
22. a tr___y recipe to follow *adj.* requiring care and skill because challenging to do or deal with
23. overcome hu___es *n.* a barrier or obstacle that must be overcome
24. re__l appearance *adj.* of or relating to royalty; fitting for or indicating royalty; stately, dignified, or impressive; characterized by grandeur or magnificence
25. rep_____nt cost *n.* the act of replacing something with something else, especially that is newer or better; a person or thing that takes or can take the place of another
26. deadly pl___e *n.* any epidemic disease with a high death rate; (also called pest) a serious, sometimes fatal, infection spread by rats that causes fever and swellings on the body
27. h__l a broken bone *v.* to make a wound or injury to become well again
28. hard sw_____ng on the body *n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury

ANSWERS: 19. tackle, 20. ordinary, 21. diversity, 22. tricky, 23. hurdle, 24. regal, 25. replacement, 26. plague, 27. heal, 28. swelling

29. pa____t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
30. a broad sp_____um of opinion *n.* an ordered array of colors into which a light beam can be split
31. an und_____ng cause of an accident *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
32. ine_____le changes of the seasons *adj.* certain to happen and unavoidable
33. el__w-length sleeves *n.* the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
34. produce an_____dy *n.* a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease
35. st__f muscles *adj.* not easily bent, flexible, or pliable; difficult to move or be maneuvered; difficult to relax; having a heavy or formal manner
36. begin to cr__k *v.* to make a high-pitched, sharp, and screeching sound, especially made when you step on the door, floorboard, etc.,
37. inf_____ion of the lungs *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

ANSWERS: 29. patient, 30. spectrum, 31. underlying, 32. inevitable, 33. elbow, 34. antibody, 35. stiff, 36. creak, 37. inflammation

38. go to the workplace by cy__e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
39. a te_____ue in martial arts *n.* a particular way or art of doing something that needs skill
40. ma_____in order *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
41. co_____e the scope of use *v.* to restrict the movement of someone or something
42. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
43. an excellent brain su_____n *n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
44. st_____ze prices *v.* to become or cause to become steady or unlikely to give way
45. a con_____us row of warehouses *adj.* occurring or existing without a pause or interruption
46. re_____r approval ratings *v.* to return to a former condition, health, mind, or strength
47. v__y directly with the price *v.* to become different in terms of size, shape, etc.
48. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
49. commonly held mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

ANSWERS: 38. cycle, 39. technique, 40. maintain, 41. confine, 42. cycle, 43. surgeon, 44. stabilize, 45. continuous, 46. recover, 47. vary, 48. symptom, 49. misconception

50. re__l crown *adj.* of or relating to royalty; fitting for or indicating royalty; stately, dignified, or impressive; characterized by grandeur or magnificence
51. catch the pl___e *n.* any epidemic disease with a high death rate; (also called pest) a serious, sometimes fatal, infection spread by rats that causes fever and swellings on the body
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
53. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
54. reap a ha_____t *n.* yields of plants in a single growing season; the period of the year when gathering occurs on a farm
55. stress pr_____n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
56. the bone of a jo__t *adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
57. army su_____n *n.* a doctor who is trained to perform medical operations that involve cutting open a person's body

ANSWERS: 50. regal, 51. plague, 52. degrade, 53. disease, 54. harvest, 55. protein, 56. joint, 57. surgeon

58. pro_____on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
59. racial or____n *n.* the first existence or beginning of something
60. an in_____l letter *adj.* of or happening at the beginning; (noun) the first letter of a word, especially a person's name
61. con_____te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people
62. pe_____ve language *adj.* spreading or existing throughout every part of a thing or place
63. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
64. pa_____t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
65. d_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
66. hu___e race *n.* a barrier or obstacle that must be overcome
67. risk of bone fr_____res *n.* the breaking or cracking of a rigid material or object such as bone
68. con_____us improvement *adj.* occurring or existing without a pause or interruption
69. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

ANSWERS: 58. progression, 59. origin, 60. initial, 61. contribute, 62. pervasive, 63. chronic, 64. patient, 65. dam, 66. hurdle, 67. fracture, 68. continuous, 69. disease

70. p__p a secret out of success *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
71. un____o surgery *v.* to go through something unpleasant or that involves a change
72. for the me____me *n.* the interval or period of time between two events; the interim or temporary time period between two actions or stages of something else
73. en____e reaction *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
74. wid____ad fear of nuclear war *adj.* existing or happening in various places or among many people
75. infrared sp____um *n.* an ordered array of colors into which a light beam can be split
76. live in deg____on *n.* the condition or process of changing to a lower state, or a less respected state
77. a fl__d of questions *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
78. 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
79. d_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

ANSWERS: 70. pump, 71. undergo, 72. meantime, 73. enzyme, 74. widespread, 75. spectrum, 76. degradation, 77. flood, 78. spur, 79. dam

80. the pe_____ve odor of garlic *adj.* spreading or existing throughout every part of a thing or place
81. symptoms of ar_____is *n.* inflammation of one or more joints of the body, which include pain and stiffness
82. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
83. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
84. 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
85. tr__e a telephone call *v.* to find or discover someone or something that was lost
86. loss of muscle ti____e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
87. ina_____te funding *adj.* not sufficient or enough
88. shoes cr__k *v.* to make a high-pitched, sharp, and screeching sound, especially made when you step on the door, floorboard, etc.,

ANSWERS: 80. pervasive, 81. arthritis, 82. therapy, 83. process, 84. trapeze, 85. trace, 86. tissue, 87. inadequate, 88. creak

89. ma___x multiplication *n.* a rectangular array of numbers, symbols, or expressions, arranged in rows and columns and often enclosed in brackets; an enclosure within which something originates or develops
90. lingual di_____ty *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
91. a reckless at_____t *n.* an act or effort of trying to do something, especially something difficult
92. h__l the hurt mind *v.* to make a wound or injury to become well again
93. dispel the mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
94. a fatal in____y *n.* harm done to a person's or an animal's body caused by an accident or an attack
95. 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
96. da___e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 89. matrix, 90. diversity, 91. attempt, 92. heal, 93. misconception, 94. injury, 95. trapeze, 96. damage

97. the cell of the im___e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
98. lack of digestive en___es *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
99. sp____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
100. st__f penalty *adj.* not easily bent, flexible, or pliable; difficult to move or be maneuvered; difficult to relax; having a heavy or formal manner
101. tr__e back to medieval times *v.* to find or discover someone or something that was lost
102. el__w bone *n.* the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
103. make dr____c revision *adj.* radical and extreme; likely to have a significant or far-reaching impact
104. 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
105. th____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
106. 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

ANSWERS: 97. immune, 98. enzyme, 99. specific, 100. stiff, 101. trace, 102. elbow, 103. drastic, 104. ligament, 105. therapy, 106. cartilage

107. 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
108. v__y according to the age *v.* to become different in terms of size, shape, etc.
109. without in____y *n.* harm done to a person's or an animal's body caused by an accident or an attack
110. make a da____g face *adj.* brave and taking risks
111. 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
112. re____r a loss *v.* to return to a former condition, health, mind, or strength
113. a cy____ne production *n.* any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
114. pro____se enzyme *n.* an enzyme that breaks down proteins into smaller peptides or amino acids, often involved in digestion or cellular processes
115. de____d against a threat *v.* to protect someone or something from attack, criticism, danger, etc.
116. im____e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

ANSWERS: 107. degrade, 108. vary, 109. injury, 110. daring, 111. infiltrate, 112. recover, 113. cytokine, 114. proteinase, 115. defend, 116. immune

117. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
118. 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
119. ost_____tis treatment *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
120. l__k data *v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
121. an ina_____te income *adj.* not sufficient or enough
122. fr_____re test *n.* the breaking or cracking of a rigid material or object such as bone
123. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
124. 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

ANSWERS: 117. process, 118. cartilage, 119. osteoarthritis, 120. leak, 121. inadequate, 122. fracture, 123. symptom, 124. osteoarthritis

125. 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
126. ine_____le result *adj.* certain to happen and unavoidable
127. sw_____ng of the ankle *n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
128. fl__d advisory *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
129. de_____yed evidence *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
130. at___h a file to an e-mail *v.* to fasten, join, or connect one thing to another
131. wid_____ad use *adj.* existing or happening in various places or among many people
132. 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
133. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
134. pr_____y education *adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

ANSWERS: 125. spur, 126. inevitable, 127. swelling, 128. flood, 129. destroy, 130. attach, 131. widespread, 132. aggrecanase, 133. contribute, 134. primary

135. the te_____ue applied to construction *n.* a particular way or art of doing something that needs skill
136. te____n collagen *n.* a strong, fibrous cord of tissue that connects muscle to bone
137. in_____e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
138. the ma____x of Western civilization *n.* a rectangular array of numbers, symbols, or expressions, arranged in rows and columns and often enclosed in brackets; an enclosure within which something originates or develops
139. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
140. regular rep_____nt of tires *n.* the act of replacing something with something else, especially that is newer or better; a person or thing that takes or can take the place of another
141. de____d my country *v.* to protect someone or something from attack, criticism, danger, etc.
142. ta____e the issue *v.* to try to deal with a complex problem or situation
143. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
144. 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

ANSWERS: 135. technique, 136. tendon, 137. inflame, 138. matrix, 139. chronic, 140. replacement, 141. defend, 142. tackle, 143. specific, 144. outgrowth

145. the cu____t of global warming *n.* someone who is responsible for a crime or wrongdoing
146. 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
147. l__k a classified memo *v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
148. the s__m of a matchstick *n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
149. de____y the ecosystem *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
150. a scanty ha____t *n.* yields of plants in a single growing season; the period of the year when gathering occurs on a farm
151. tr____y problem *adj.* requiring care and skill because challenging to do or deal with
152. 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
153. da____e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 145. culprit, 146. fuse, 147. leak, 148. stem, 149. destroy, 150. harvest, 151. tricky, 152. autoimmune, 153. damage

154. aerial y__a *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
155. in_____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
156. cruciate li_____nt *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
157. in_____l velocity *adj.* of or happening at the beginning; (noun) the first letter of a word, especially a person's name
158. un_____o a decrease *v.* to go through something unpleasant or that involves a change
159. high se_____ty *n.* the quality or condition of being severe, strict, or harsh
160. ma_____in good health *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
161. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
162. pro_____on of disease *n.* the act or process of changing to the next stage or phase or moving forward
163. re___t to desperate measures *n.* a place where many people go for rest, sport, or another stated purpose; (verb) to turn to or take a course of action, especially an extreme or undesirable one, to resolve a difficult circumstance

ANSWERS: 154. yoga, 155. intense, 156. ligament, 157. initial, 158. undergo, 159. severity, 160. maintain, 161. intense, 162. progression, 163. resort

164. reduce inf_____ion and pain *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
165. 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
166. a last re____t *n.* a place where many people go for rest, sport, or another stated purpose; (verb) to turn to or take a course of action, especially an extreme or undesirable one, to resolve a difficult circumstance
167. y__a teacher *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
168. 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
169. st_____ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way
170. the se_____ty of cold *n.* the quality or condition of being severe, strict, or harsh
171. 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: 164. inflammation, 165. autoimmune, 166. resort, 167. yoga, 168. aggrecanase, 169. stabilize, 170. severity, 171. rheumatoid

172. or___n of information *n.* the first existence or beginning of something
173. an____dy against bacteria *n.* a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease
174. na___e language *adj.* connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place
175. serine pro_____se *n.* an enzyme that breaks down proteins into smaller peptides or amino acids, often involved in digestion or cellular processes
176. deg_____on by heat *n.* the condition or process of changing to a lower state, or a less respected state
177. a facial ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
178. at___h firmly *v.* to fasten, join, or connect one thing to another
179. an or____ry school *adj.* not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree
180. f___e blows *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
181. pr_____y school *adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

ANSWERS: 172. origin, 173. antibody, 174. native, 175. proteinase, 176. degradation, 177. tissue, 178. attach, 179. ordinary, 180. fuse, 181. primary

182. vegetable ma___w *n.* a soft, fatty, vascular substance in the cavities of bones, in which blood cells are produced; the choicest or most essential part of some idea or experience
183. 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
184. in___e his privacy *v.* to enter aggressively into another's territory by military force for conquest and occupation
185. the ma___w of a speech *n.* a soft, fatty, vascular substance in the cavities of bones, in which blood cells are produced; the choicest or most essential part of some idea or experience
186. dr_____c measures *adj.* radical and extreme; likely to have a significant or far-reaching impact

ANSWERS: 182. marrow, 183. outgrowth, 184. invade, 185. marrow, 186. drastic

Session 3: Fill in the Blanks

1. 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
2. I have no intention to _____ your privacy.
 - v.* to enter aggressively into another's territory by military force for conquest and occupation
3. There are various hypotheses concerning the _____ of life.
 - n.* the first existence or beginning of something
4. He _____ serious accounting irregularities that only people in the company's executive could know.
 - v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
5. The doctor carefully examined the _____ medical history.
 - n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
6. 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
7. The government is determined to _____ sharp inflation.
 - v.* to try to deal with a complex problem or situation

ANSWERS: 1. outgrowth, 2. invade, 3. origin, 4. leaked, 5. patient's, 6. degrade, 7. tackle

8. 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.,

9. Suspicion and worry were _____ in our minds.

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

10. 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

11. International law allows each nation to _____ itself when its rights and interests are illegally violated.

- v.* to protect someone or something from attack, criticism, danger, etc.

12. 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

13. The patient displays a _____ of a side effect.

- n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

14. He was alert and could not _____ any critical information out of him.

- v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

15. The medicine soothes the pain of chronic _____.

- n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

ANSWERS: 8. creaked, 9. pervasive, 10. trapeze, 11. defend, 12. fuse, 13. symptom, 14. pump, 15. inflammation

16. The body needs a certain amount of _____ to build and repair tissues.
- n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
17. 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
18. The break in the ____ threatened the valley.
- n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
19. She is still _____ from a shot to her shoulder.
- v.* to return to a former condition, health, mind, or strength
20. My accidental _____ got better right away.
- n.* harm done to a person's or an animal's body caused by an accident or an attack
21. _____ injuries are common among athletes.
- n.* a strong, fibrous cord of tissue that connects muscle to bone
22. A deficiency in the _____ can lead to a medical condition.
- n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
23. Many researchers are monitoring environmental _____ in real-time through satellites.
- n.* the condition or process of changing to a lower state, or a less respected state

ANSWERS: 16. protein, 17. rheumatoid, 18. dam, 19. recovering, 20. injury, 21. Tendon, 22. enzyme, 23. degradation

24. Her choices become increasingly _____ and creative.

adj. brave and taking risks

25. The researcher separated the nervous _____ for microscopic examinations.

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

26. X-ray inspection revealed many _____.

n. the breaking or cracking of a rigid material or object such as bone

27. He does not _____ importance to these rumors.

v. to fasten, join, or connect one thing to another

28. The company has made great strides in its _____ toward sustainability.

n. the act or process of changing to the next stage or phase or moving forward

29. The scientist conducted a study that provided _____ details about the species' behavior.

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

30. I underwent aversion _____ for my addiction to alcohol.

n. the act of caring for someone through medication, remedial training, etc.

31. This device displayed the speech _____ spectrographically.

n. an ordered array of colors into which a light beam can be split

32. Let's _____ the origins of some familiar foreign words.

v. to find or discover someone or something that was lost

ANSWERS: 24. daring, 25. tissue, 26. fractures, 27. attach, 28. progression, 29. specific, 30. therapy, 31. spectrum, 32. trace

33. The soup was made with bone _____ giving it a rich and savory flavor.
n. a soft, fatty, vascular substance in the cavities of bones, in which blood cells are produced; the choicest or most essential part of some idea or experience
34. Maximum heart rates _____ a lot for each individual.
v. to become different in terms of size, shape, etc.
35. The vaccination does not necessarily make you completely _____.
adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
36. 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
37. She bruised her _____ after falling off her bike.
n. the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
38. The third _____ was far more successful.
n. an act or effort of trying to do something, especially something difficult
39. Her body felt _____ after sitting at her desk for hours without moving.
adj. not easily bent, flexible, or pliable; difficult to move or be maneuvered; difficult to relax; having a heavy or formal manner
40. Jockey's superior _____ brought him victory.
n. a particular way or art of doing something that needs skill

ANSWERS: 33. marrow, 34. vary, 35. immune, 36. spur, 37. elbow, 38. attempt, 39. stiff, 40. technique

41. 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
42. Government workers cannot _____ to political campaigns.
v. to give something, especially money or goods, to provide or achieve something together with other people
43. The global community is undergoing _____ changes at present.
adj. radical and extreme; likely to have a significant or far-reaching impact
44. The raising of interest rates _____ the inflation rate.
v. to become or cause to become steady or unlikely to give way
45. These heavy rains caused flash _____ on several islands.
n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount
46. Her eyes _____ with crying.
v. to cause very strong feelings such as anger or excitement in a person or a group of people
47. They took the _____ step toward reconciliation.
adj. of or happening at the beginning; (noun) the first letter of a word, especially a person's name
48. The food chain causes a material _____.
n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 41. regal, 42. contribute, 43. drastic, 44. stabilizes, 45. floods, 46. inflamed, 47. initial, 48. cycle

49. We demand his _____.

- n.* the act of replacing something with something else, especially that is newer or better; a person or thing that takes or can take the place of another

50. The _____ of numbers on the spreadsheet allowed the accountant to track the company's profits and losses easily.

- n.* a rectangular array of numbers, symbols, or expressions, arranged in rows and columns and often enclosed in brackets; an enclosure within which something originates or develops

51. 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

52. During _____ farmers are incredibly busy.

- n.* yields of plants in a single growing season; the period of the year when gathering occurs on a farm

53. My rheumatoid _____ is acting up again.

- n.* inflammation of one or more joints of the body, which include pain and stiffness

54. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.

- v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

55. 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

ANSWERS: 49. replacement, 50. matrix, 51. cartilage, 52. harvest, 53. arthritis, 54. damage, 55. osteoarthritis

56. If both countries _____ to nuclear deterrence, the consequence could be mutual destruction.

- n.* a place where many people go for rest, sport, or another stated purpose; (verb) to turn to or take a course of action, especially an extreme or undesirable one, to resolve a difficult circumstance

57. The _____ cause of the accident was due to the icy road conditions.

- adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

58. 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

59. The _____ for applying for a visa can be lengthy and complicated.

- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

60. _____ 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

61. The building was _____ in the fire and had to be rebuilt.

- v.* to ruin or damage severely or completely; to eradicate or eliminate completely

ANSWERS: 56. resort, 57. primary, 58. ligaments, 59. process, 60. Aggrecanase, 61. destroyed

62. In times of recession, an increase in unemployment is _____.

adj. certain to happen and unavoidable

63. A rose has thorns on its _____.

n. the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

64. The _____ principle of every business was identical.

adj. significant as a cause or basis of something but not immediately apparent or stated clearly

65. The animal was _____ in a small cage.

v. to restrict the movement of someone or something

66. 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

67. I need to _____ my car regularly to prevent any major mechanical issues.

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

68. 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

69. After the summit meeting, the prime ministers issued a _____ statement.

adj. shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton

ANSWERS: 62. inevitable, 63. stem, 64. underlying, 65. confined, 66. infiltrate, 67. maintain, 68. autoimmune, 69. joint

70. The small budget was _____ to cover all the necessary expenses for the project.
adj. not sufficient or enough
71. The _____ of the drought was a major concern for farmers.
n. the quality or condition of being severe, strict, or harsh
72. 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
73. 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
74. 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
75. The company faced several _____ in the development of its new product.
n. a barrier or obstacle that must be overcome
76. He was impressed by the range and _____ of the collection.
n. the quality or fact of many different types of things or people being included in something; a range of different things or people
77. The heavy snow has been _____ since last morning.
adj. occurring or existing without a pause or interruption

ANSWERS: 70. inadequate, 71. severity, 72. cytokine, 73. misconceptions, 74. swelling, 75. hurdles, 76. diversity, 77. continuous

78. In the _____ while we wait for the results, let's start working on the next project.
- n.* the interval or period of time between two events; the interim or temporary time period between two actions or stages of something else
79. They finally found the _____ of the bug after a long time.
- n.* someone who is responsible for a crime or wrongdoing
80. It will take time for her mental scars to _____.
- v.* to make a wound or injury to become well again
81. _____ hyperglycemia is a trigger for a variety of serious diseases.
- adj.* being long-lasting and recurrent or characterized by long suffering; habitual
82. In medieval times, death punishment was _____ and socially accepted.
- adj.* existing or happening in various places or among many people
83. Our farm experienced a _____ of locusts this year.
- n.* any epidemic disease with a high death rate; (also called pest) a serious, sometimes fatal, infection spread by rats that causes fever and swellings on the body
84. The doctor diagnosed him with a rare _____ that had no known cure.
- n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
85. _____ 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

ANSWERS: 78. meantime, 79. culprit, 80. heal, 81. Chronic, 82. widespread, 83. plague, 84. disease, 85. Proteinase

86. Many people find that regular _____ practice can help reduce stress and anxiety.
n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
87. He is a skilled _____ that has many years of training and experience.
n. a doctor who is trained to perform medical operations that involve cutting open a person's body
88. The train has to _____ rigorous safety checks.
v. to go through something unpleasant or that involves a change
89. The vegetation here is almost wholly _____.
adj. connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place
90. The _____ session of the Diet opened.
adj. not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree
91. That statement by the prime minister drew _____ international criticism.
adj. (especially of a feeling) very strong; extremely sharp or severe
92. This pharmaceutical company is developing _____ drugs with fewer side effects.
n. a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease
93. We have discussed the entirety of this _____ problem.
adj. requiring care and skill because challenging to do or deal with

ANSWERS: 86. yoga, 87. surgeon, 88. undergo, 89. native, 90. ordinary, 91. intense, 92. antibody, 93. tricky

ANSWERS: