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Vocabulary Builder Reference from...

Krishna Sudhir: How do cigarettes affect the body? | TED Talk

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

Advanced Words Only

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Session 1: Word List

inhale

v. to breathe in air or a different substance, such as smoke
synonym: breathe in, take in, draw in

(1) **inhale** the smoke, (2) **inhale** the aroma

He **inhaled** deeply, trying to calm down.

enamel

n. a hard, glossy coating that is applied to surfaces such as metal, glass, or ceramics to protect them from wear, corrosion, or weathering; the hard, white outer layer of teeth

synonym: glaze, varnish, coating

(1) **enamel** coating, (2) **enamel** mugs

The dentist recommended using toothpaste with extra **enamel** protection to prevent cavities.

airway

n. the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another

synonym: air passage, air duct, skyway

(1) **airway** blockage, (2) **airway** beacon

When performing lifesaving, the first step is to secure the **airway**.

bronchitis

n. an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors

synonym : chest cold, respiratory infection, bronchial inflammation

(1) viral **bronchitis**, (2) chronic **bronchitis**

I have a terrible case of **bronchitis** and need to see a doctor.

emphysema

n. a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms

synonym : COPD, lung disease, respiratory disorder

(1) **emphysema** treatment, (2) chronic **emphysema**

The onset of **emphysema** can be gradual, with symptoms appearing over several years.

cilium

n. a microscopic, hair-like cellular projection that is found on the surface of many cells in the body, helping them to move or trap debris

synonym : eyelash, flagellum

(1) **cilium** movement, (2) primary **cilium**

The microscopic analysis revealed a **cilium's** presence on the single-celled organism's surface.

alveolus

n. (in the plural, "alveoli") a small, hollow cavity, pit, or socket; the small sacs in the lungs, where gas exchange with the blood occurs

synonym : cavity, air sac, socket

(1) tooth **alveolus**, (2) **alveolus** function

Damage to the walls of an **alveolus** can lead to reduced lung function.

sac

n. a bag or pouch, typically made of fabric or leather, used to hold something valuable or important; a structure resembling a bag in an animal or plant

synonym : bag, pouch, knapsack

(1) **sac** contents, (2) abdominal **sac**

I placed my valuables in the **sac** before heading out on my hike.

monoxide

n. a compound containing one oxygen atom and one other element, such as carbon monoxide (CO) or nitrogen monoxide (NO)

(1) sulfur **monoxide**, (2) nitrogen **monoxide**

Carbon **monoxide** is a deadly gas released by cars and other machinery.

hemoglobin

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

synonym: red cell pigment, oxygen carrier

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

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

displace

v. to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation

synonym: evict, exile, remove

(1) **displace** workers, (2) **displace** the explosive power

The construction of the new dam will **displace** hundreds of families living downstream.

deprivation

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

synonym: poverty, destitution, forfeiture

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

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

bloodstream

n. the blood flowing through the body

(1) **bloodstream** in an artery, (2) **bloodstream** to the brain

Cancer cells are often carried throughout the body by the **bloodstream**.

stimulant

n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration

synonym : upper, energizer, booster

(1) memory **stimulant**, (2) prescription **stimulant**

Many athletes use **stimulants** like caffeine to boost their energy before a competition.

nicotine

n. a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system

synonym : tobacco, smoke

(1) **nicotine** patch, (2) **nicotine** replacement therapy

Smoking cigarettes exposes the body to high levels of **nicotine**, which can be addictive.

dopamine

n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

(1) **dopamine-inhibiting** agent, (2) antagonism of **dopamine**

The drug controls the level of **dopamine** in the brain.

neurotransmitter

n. a chemical that carries nerve impulses between neurons or between neurons and muscles

(1) **neurotransmitter** receptor, (2) **neurotransmitters** released from the brain

Endorphins are a type of **neurotransmitter** that gives a sense of well-being.

endorphin

n. a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being

synonym : pain reliever, mood elevator

(1) beta- **endorphin**, (2) **endorphin** rush

The release of **endorphins** during exercise can provide a natural high and help to relieve stress.

pleasurable

adj. giving satisfaction or pleasure; enjoyable

synonym : comforting, enjoyable, gratifying

(1) a **pleasurable** experience, (2) have a very **pleasurable** time

Our marital life was full of happiness and **pleasurable** excitement.

constrict

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

synonym : squeeze, compress, tighten

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

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

endothelium

n. the thin layer of cells that lines the interior surface of blood vessels and plays a critical role in regulating blood flow and blood clotting

(1) **endothelium** layer, (2) **endothelium** function

The **endothelium** damage caused by smoking can lead to several health complications.

platelet

n. a small, disc-shaped blood cell that is involved in the formation of blood clots and the maintenance of hemostasis (the process by which the body stops bleeding)

synonym : thrombocyte, clotting cell

(1) **platelet-rich** plasma, (2) **platelet** transfusion

My doctor said that my **platelet** count is a little low.

clot

n. a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force

synonym : clump, coagulation, thrombus

(1) blood **clot**, (2) **clot** prevention

The **clot** in the blood vessel required immediate medical attention.

arsenic

n. a poisonous chemical element that occurs naturally in some rocks and minerals and is sometimes used in pesticides and wood preservatives

synonym : poison, toxin

(1) **arsenic** poisoning, (2) **arsenic** contamination

Exposure to **arsenic** in drinking water can cause serious health problems.

disrupt

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

synonym : interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

eyesight

n. the ability to see; visual acuity or sharpness

synonym : vision, sight, eyes

(1) impaired **eyesight**, (2) acute **eyesight**

His excellent **eyesight** allowed him to spot the bird in the dense foliage.

erectile

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

synonym : raised, standing, cavernous

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

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

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym : coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

long-lasting

adj. existing or continuing for a long time

synonym : enduring, abiding, durable

(1) **long-lasting** battery, (2) a **long-lasting** friendship
They finally decided to solve the **long-lasting** problem.

smoker

n. a person who smokes tobacco regularly, or a device used for smoking

(1) **smoker** behavior, (2) an inveterate **smoker**

Many **smokers** are aware of the health risks associated with smoking but find it difficult to quit.

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.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

plummet

v. to fall or drop suddenly and steeply; to decline rapidly or sharply

synonym: drop, plunge, fall

(1) **plummeting** sales, (2) **plummet** against other major currencies

The stock prices have **plummeted** in the last hour, causing concern for investors.

corona

n. a crown-shaped structure, often referring to the outermost layer of the Sun's atmosphere; a family of viruses known as coronaviruses; a halo or aura around a celestial body; a circular pattern or shape

synonym: crown, halo, circle

(1) **corona** layer, (2) **corona** outbreak

The **corona** virus has caused a global pandemic.

pretension

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

synonym : presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

arsenal

n. a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor

synonym : storage, stockpile, armory

(1) **arsenal** of knowledge, (2) political **arsenal**

The police found a hidden **arsenal** of weapons in the suspect's house.

lozenge

n. a four-sided shape with two pairs of parallel sides, which resembles a diamond or a rhombus, where all sides are of equal length; a small, diamond-shaped tablet or candy that is typically flavored and may contain medication or a soothing ingredient for cough or sore throat relief

synonym : rhombus, tablet, troche

(1) vitamin C **lozenge**, (2) **lozenge** of light

I always keep a pack of **lozenges** handy for sore throats and coughs.

wean

v. to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food

synonym : ablactate

(1) **wean** a person from a bad habit, (2) **wean** my baby from the breast

It's difficult to **wean** an addict off drugs once they're hooked.

stimming

n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

synonym: self-stimulation, repetitive behaviors

(1) autistic **stimming**, (2) **stimming** therapy

Autistic children may engage in **stimming** behaviors, such as rocking or hand flapping, to self-regulate.

intensify

v. to increase or make something increase in extent or strength

synonym: amplify, boost, strengthen

(1) **intensify** diplomatic efforts, (2) **intensify** a good relationship

Rebels have pledged to **intensify** the armed struggle against the dictatorship.

Session 2: Spelling

1. ar____l of knowledge *n.* a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor
2. beta-en_____in *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
3. blo_____am in an artery *n.* the blood flowing through the body
4. er____le dysfunction *adj.* characterized by the ability to become physically erect, particularly in sexual function
5. di____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
6. end_____um function *n.* the thin layer of cells that lines the interior surface of blood vessels and plays a critical role in regulating blood flow and blood clotting
7. er____le tissues *adj.* characterized by the ability to become physically erect, particularly in sexual function
8. w__n my baby from the breast *v.* to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food

ANSWERS: 1. arsenal, 2. endorphin, 3. bloodstream, 4. erectile, 5. disrupt, 6. endothelium, 7. erectile, 8. wean

9. memory st_____nt *n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
10. s_c contents *n.* a bag or pouch, typically made of fabric or leather, used to hold something valuable or important; a structure resembling a bag in an animal or plant
11. hem_____in level *n.* a protein-based molecule found in red blood cells that transports oxygen throughout the body
12. do_____ne-inhibiting agent *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
13. blo_____am to the brain *n.* the blood flowing through the body
14. en___l mugs *n.* a hard, glossy coating that is applied to surfaces such as metal, glass, or ceramics to protect them from wear, corrosion, or weathering; the hard, white outer layer of teeth
15. sm___r behavior *n.* a person who smokes tobacco regularly, or a device used for smoking
16. ai___y beacon *n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
17. co___a layer *n.* a crown-shaped structure, often referring to the outermost layer of the Sun's atmosphere; a family of viruses known as coronaviruses; a halo or aura around a celestial body; a circular pattern or shape

ANSWERS: 9. stimulant, 10. sac, 11. hemoglobin, 12. dopamine, 13. bloodstream, 14. enamel, 15. smoker, 16. airway, 17. corona

18. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
19. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
20. ni_____ne patch *n.* a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system
21. blood c__t *n.* a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force
22. end_____um layer *n.* the thin layer of cells that lines the interior surface of blood vessels and plays a critical role in regulating blood flow and blood clotting
23. st_____ze prices *v.* to become or cause to become steady or unlikely to give way
24. nitrogen mo_____de *n.* a compound containing one oxygen atom and one other element, such as carbon monoxide (CO) or nitrogen monoxide (NO)
25. chronic em_____ma *n.* a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms

ANSWERS: 18. neurotransmitter, 19. improvisation, 20. nicotine, 21. clot, 22. endothelium, 23. stabilize, 24. monoxide, 25. emphysema

26. abnormal hem_____in *n.* a protein-based molecule found in red blood cells that transports oxygen throughout the body
27. in_____fy a good relationship *v.* to increase or make something increase in extent or strength
28. in_____fy diplomatic efforts *v.* to increase or make something increase in extent or strength
29. pl_____t against other major currencies *v.* to fall or drop suddenly and steeply; to decline rapidly or sharply
30. di_____ce workers *v.* to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation
31. impaired ey_____ht *n.* the ability to see; visual acuity or sharpness
32. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
33. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
34. viral bro_____is *n.* an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors
35. pl_____et transfusion *n.* a small, disc-shaped blood cell that is involved in the formation of blood clots and the maintenance of hemostasis (the process by which the body stops bleeding)

ANSWERS: 26. hemoglobin, 27. intensify, 28. intensify, 29. plummet, 30. displace, 31. eyesight, 32. constrict, 33. disrupt, 34. bronchitis, 35. platelet

36. w__n a person from a bad habit *v.* to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food
37. an inveterate sm___r *n.* a person who smokes tobacco regularly, or a device used for smoking
38. acute ey_____ht *n.* the ability to see; visual acuity or sharpness
39. ci___m movement *n.* a microscopic, hair-like cellular projection that is found on the surface of many cells in the body, helping them to move or trap debris
40. st_____ng therapy *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
41. easy qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
42. autistic st_____ng *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
43. serial qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
44. sulfur mo_____de *n.* a compound containing one oxygen atom and one other element, such as carbon monoxide (CO) or nitrogen monoxide (NO)

ANSWERS: 36. wean, 37. smoker, 38. eyesight, 39. cilium, 40. stimming, 41. quitter, 42. stimming, 43. quitter, 44. monoxide

45. lo_____e of light *n.* a four-sided shape with two pairs of parallel sides, which resembles a diamond or a rhombus, where all sides are of equal length; a small, diamond-shaped tablet or candy that is typically flavored and may contain medication or a soothing ingredient for cough or sore throat relief
46. a lon_____ing friendship *adj.* existing or continuing for a long time
47. political ar_____l *n.* a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor
48. have a very ple_____le time *adj.* giving satisfaction or pleasure; enjoyable
49. abdominal s_c *n.* a bag or pouch, typically made of fabric or leather, used to hold something valuable or important; a structure resembling a bag in an animal or plant
50. ar_____c poisoning *n.* a poisonous chemical element that occurs naturally in some rocks and minerals and is sometimes used in pesticides and wood preservatives
51. en_____in rush *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
52. in___e the smoke *v.* to breathe in air or a different substance, such as smoke

ANSWERS: 45. lozenge, 46. long-lasting, 47. arsenal, 48. pleasurable, 49. sac, 50. arsenic, 51. endorphin, 52. inhale

53. neu_____ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
54. baseless pre_____on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
55. pre_____on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
56. ai____y blockage *n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
57. dep_____on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
58. pl_____ting sales *v.* to fall or drop suddenly and steeply; to decline rapidly or sharply
59. vitamin C lo_____e *n.* a four-sided shape with two pairs of parallel sides, which resembles a diamond or a rhombus, where all sides are of equal length; a small, diamond-shaped tablet or candy that is typically flavored and may contain medication or a soothing ingredient for cough or sore throat relief

ANSWERS: 53. neurotransmitter, 54. pretension, 55. pretension, 56. airway, 57. deprivation, 58. plummet, 59. lozenge

60. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
61. primary ci___m *n.* a microscopic, hair-like cellular projection that is found on the surface of many cells in the body, helping them to move or trap debris
62. chronic bro_____is *n.* an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors
63. st_____ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way
64. in___e the aroma *v.* to breathe in air or a different substance, such as smoke
65. en___l coating *n.* a hard, glossy coating that is applied to surfaces such as metal, glass, or ceramics to protect them from wear, corrosion, or weathering; the hard, white outer layer of teeth
66. em_____ma treatment *n.* a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms
67. pl_____et-rich plasma *n.* a small, disc-shaped blood cell that is involved in the formation of blood clots and the maintenance of hemostasis (the process by which the body stops bleeding)

ANSWERS: 60. improvisation, 61. cilium, 62. bronchitis, 63. stabilize, 64. inhale, 65. enamel, 66. emphysema, 67. platelet

68. prescription st_____nt *n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
69. di_____ce the explosive power *v.* to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation
70. lon_____ing battery *adj.* existing or continuing for a long time
71. ar_____c contamination *n.* a poisonous chemical element that occurs naturally in some rocks and minerals and is sometimes used in pesticides and wood preservatives
72. chronic sleep dep_____on *n.* a state of not having something, such as food or money, that you need for a pleasant life
73. co____a outbreak *n.* a crown-shaped structure, often referring to the outermost layer of the Sun's atmosphere; a family of viruses known as coronaviruses; a halo or aura around a celestial body; a circular pattern or shape
74. al_____us function *n.* (in the plural, "alveoli") a small, hollow cavity, pit, or socket; the small sacs in the lungs, where gas exchange with the blood occurs
75. tooth al_____us *n.* (in the plural, "alveoli") a small, hollow cavity, pit, or socket; the small sacs in the lungs, where gas exchange with the blood occurs

ANSWERS: 68. stimulant, 69. displace, 70. long-lasting, 71. arsenic, 72. deprivation, 73. corona, 74. alveolus, 75. alveolus

76. c__t prevention *n.* a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force
77. a ple_____le experience *adj.* giving satisfaction or pleasure; enjoyable
78. antagonism of do_____ne *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
79. co_____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
80. ni_____ne replacement therapy *n.* a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system

ANSWERS: 76. clot, 77. pleasurable, 78. dopamine, 79. constrict, 80. nicotine

Session 3: Fill in the Blanks

1. He _____ deeply, trying to calm down.
v. to breathe in air or a different substance, such as smoke
2. Rebels have pledged to _____ the armed struggle against the dictatorship.
v. to increase or make something increase in extent or strength
3. The snake's muscles began to _____ around its prey.
v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
4. Endorphins are a type of _____ that gives a sense of well-being.
n. a chemical that carries nerve impulses between neurons or between neurons and muscles
5. I placed my valuables in the ____ before heading out on my hike.
n. a bag or pouch, typically made of fabric or leather, used to hold something valuable or important; a structure resembling a bag in an animal or plant
6. The microscopic analysis revealed a _____ presence on the single-celled organism's surface.
n. a microscopic, hair-like cellular projection that is found on the surface of many cells in the body, helping them to move or trap debris
7. The release of _____ during exercise can provide a natural high and help to relieve stress.
n. a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being

ANSWERS: 1. inhaled, 2. intensify, 3. constrict, 4. neurotransmitter, 5. sac, 6. cilium's, 7. endorphins

8. The raising of interest rates _____ the inflation rate.
v. to become or cause to become steady or unlikely to give way
9. He was labeled as a _____ after he abandoned the project halfway.
n. a person who gives up easily or does not have the determination to finish what they have started
10. The drug controls the level of _____ in the brain.
n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
11. Smoking cigarettes exposes the body to high levels of _____ which can be addictive.
n. a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system
12. The construction of the new dam will _____ hundreds of families living downstream.
v. to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation
13. Damage to the walls of an _____ can lead to reduced lung function.
n. (in the plural, "alveoli") a small, hollow cavity, pit, or socket; the small sacs in the lungs, where gas exchange with the blood occurs
14. When performing lifesaving, the first step is to secure the _____.
n. the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
15. The dentist recommended using toothpaste with extra _____ protection to prevent cavities.
n. a hard, glossy coating that is applied to surfaces such as metal, glass, or ceramics to protect them from wear, corrosion, or weathering; the hard, white outer layer of teeth

ANSWERS: 8. stabilizes, 9. quitter, 10. dopamine, 11. nicotine, 12. displace, 13.

alveolus, 14. airway, 15. enamel

16. The _____ in the blood vessel required immediate medical attention.
- n.* a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force
17. The police found a hidden _____ of weapons in the suspect's house.
- n.* a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor
18. Exposure to _____ in drinking water can cause serious health problems.
- n.* a poisonous chemical element that occurs naturally in some rocks and minerals and is sometimes used in pesticides and wood preservatives
19. My doctor said that my _____ count is a little low.
- n.* a small, disc-shaped blood cell that is involved in the formation of blood clots and the maintenance of hemostasis (the process by which the body stops bleeding)
20. He created a beautiful piece of music using only _____.
- n.* the act of making something up on the spot or creating or performing something without preparation
21. Many _____ are aware of the health risks associated with smoking but find it difficult to quit.
- n.* a person who smokes tobacco regularly, or a device used for smoking
22. It's difficult to _____ an addict off drugs once they're hooked.
- v.* to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food

ANSWERS: 16. clot, 17. arsenal, 18. arsenic, 19. platelet, 20. improvisation, 21. smokers, 22. wean

23. I'm so sorry to _____ you when you're pretty busy.
- v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
24. I have a terrible case of _____ and need to see a doctor.
- n.* an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors
25. Cancer cells are often carried throughout the body by the _____.
- n.* the blood flowing through the body
26. Losing him is great _____ to our team.
- n.* a state of not having something, such as food or money, that you need for a pleasant life
27. Our marital life was full of happiness and _____ excitement.
- adj.* giving satisfaction or pleasure; enjoyable
28. His excellent _____ allowed him to spot the bird in the dense foliage.
- n.* the ability to see; visual acuity or sharpness
29. Autistic children may engage in _____ behaviors, such as rocking or hand flapping, to self-regulate.
- n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
30. The onset of _____ can be gradual, with symptoms appearing over several years.
- n.* a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms

ANSWERS: 23. disrupt, 24. bronchitis, 25. bloodstream, 26. deprivation, 27. pleasurable, 28. eyesight, 29. stimming, 30. emphysema

31. Many athletes use _____ like caffeine to boost their energy before a competition.
- n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
32. His _____ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.
- n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
33. The stock prices have _____ in the last hour, causing concern for investors.
- v.* to fall or drop suddenly and steeply; to decline rapidly or sharply
34. The _____ virus has caused a global pandemic.
- n.* a crown-shaped structure, often referring to the outermost layer of the Sun's atmosphere; a family of viruses known as coronaviruses; a halo or aura around a celestial body; a circular pattern or shape
35. The _____ damage caused by smoking can lead to several health complications.
- n.* the thin layer of cells that lines the interior surface of blood vessels and plays a critical role in regulating blood flow and blood clotting
36. I always keep a pack of _____ handy for sore throats and coughs.
- n.* a four-sided shape with two pairs of parallel sides, which resembles a diamond or a rhombus, where all sides are of equal length; a small, diamond-shaped tablet or candy that is typically flavored and may contain medication or a soothing ingredient for cough or sore throat relief
37. The drug was found to have significant _____ side effects in clinical trials.
- adj.* characterized by the ability to become physically erect, particularly in sexual function

ANSWERS: 31. stimulants, 32. pretensions, 33. plummeted, 34. corona, 35. endothelium, 36. lozenges, 37. erectile

38. They finally decided to solve the _____ problem.

adj. existing or continuing for a long time

39. The _____ gene mutation can cause genetic disorders such as sickle cell disease.

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

40. Carbon _____ is a deadly gas released by cars and other machinery.

n. a compound containing one oxygen atom and one other element, such as carbon monoxide (CO) or nitrogen monoxide (NO)

ANSWERS: 38. long-lasting, 39. hemoglobin, 40. monoxide