

# Englist.me



## 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](https://www.ted.com/talks/krishna_sudhir_how_do_cigarettes_affect_the_body)

### All Words

#### IMPORTANT

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## Session 1: Word List

### cigarette

*n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking

*synonym* : smoke, cigar, tobacco

(1) a mild **cigarette**, (2) a **cigarette** case

He lit a **cigarette** and leaned against the wall.

### ingredient

*n.* one of the things used to make something, especially one of the foods used to make a particular dish

*synonym* : element, component

(1) secret **ingredients**, (2) compound the **ingredients**

Greed is the primary **ingredient** in the making of criminals.

### physically

*adv.* in a way related to a person's body or appearance rather than their mind

(1) **physically** and mentally, (2) stay **physically** fit

Having a **physically** healthy physique is essential for a great life.

### 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.

## chemical

*adj.* relating to or connected with chemistry;

*synonym* : chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

## substance

*n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

*synonym* : essence, core, material

(1) an explosive **substance**, (2) **substance** abuse problem

The **substance** of the argument was well-presented.

## 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.

## tar

*n.* a thick, sticky substance that is dark in color and is commonly used for road surfacing or as a material for roofing; a common byproduct of burning coal or wood

*synonym* : asphalt, pitch, bitumen

(1) **tar** residue, (2) **tar** component

The road workers spread **tar** over the cracks in the pavement to prevent water and ice from causing further damage.

## resin

*n.* a sticky, viscous substance typically obtained from trees and plants, particularly conifers and evergreens; a material used in the manufacture of adhesives, plastics, and other products, particularly those that require stiffness or abrasion resistance

*synonym* : sap, gum, pitch

(1) tree **resin**, (2) synthetic **resin**

The guitar was coated with a **resin** layer to protect the wood and enhance the tone.

## **gum**

*n.* a soft, sticky substance that is chewed to freshen the breath or to clean the teeth; the flesh that surrounds the teeth in the mouth

*synonym* : mucilage, glue, alveolar arch

(1) bubble **gum**, (2) chewing **gum**

I always like having a pack of **gum** to freshen my breath.

## **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.

## **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.

## **eventually**

*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

*synonym* : finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

## **decay**

*n.* the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi;  
(verb) to rot or decompose through natural causes

*synonym* : corrosion, decomposition, deterioration

(1) radioactive **decay**, (2) prevent tooth **decay**

The dead body was in an advanced state of **decay**.

## 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.

## nervous

*adj.* worried and anxious about something; relating to the nerves

*synonym*: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

## 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**.

## lung

*n.* either of the two organs in the chest that people and some animals use for breathing

(1) **lung** capacity, (2) do **lung** transplantation

He has terminal **lung** cancer.

## likelihood

*n.* the probability or chance that something will happen or be the case

*synonym*: probability, chance, possibility

(1) **likelihood** of the success, (2) improve the **likelihood** of a cure

The **likelihood** of the project being completed on time is uncertain.

## infection

*n.* a condition in which pathogenic microorganisms or viruses have entered the body

*synonym*: contagion, disease, transmission

(1) a bacterial **infection**, (2) treat the **infection** with antibiotics

Hospitals must meet various standards to prevent nosocomial **infections**.

## 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.

## 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.

## 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.

## **structure**

*n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

*synonym* : construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

## **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.

## exchange

- v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded

*synonym*: trade, swap, interchange

- (1) **exchange** rate, (2) **exchange** a few friendly words

My sister and I frequently **exchange** books, as we love reading.

## oxygen

- n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

- (1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

## carbon

- n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

- (1) **carbon** dioxide, (2) **carbon** emission

Trees absorb **carbon** dioxide and give off oxygen.

## oxide

- n.* a chemical compound that contains at least one oxygen atom and one other element

- (1) silver **oxide**, (2) combined **oxide**

The blood's red coloring comes from iron **oxide**.

## toxic

- adj.* of or relating to or caused by a poison; poisonous

*synonym*: poisonous, harmful, contaminated

- (1) **toxic** molecule, (2) exposure to **toxic** chemicals

This chemical compound is a thousand-fold more **toxic**.

## 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.

## membrane

*n.* a soft, thin layer that forms animal or vegetable tissue

*synonym*: tissue layer

(1) cell **membranes**, (2) nuclear **membrane**

Loud noises might harm the fragile ear **membrane**.

## bind

*v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly

*synonym*: tie, stick to, adhere

(1) **bind** the man's hands, (2) **bind** old letters into a bundle

The company's rules **bind** the employee's working hours.

## 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.

## transport

*n.* a system for moving people or products from one location to another using automobiles, roads, and so on

*synonym*: shipment, transit, conveyance

(1) **transport** facilities, (2) access to public **transport**

Enhanced rail **transportation** is crucial for our business.



## 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.

## breath

*n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

*synonym* : air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

## 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.

## brain

*n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

*synonym* : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage  
X-rays revealed a small tumor in his **brain**.

## trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function  
*synonym*: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation  
The incident **triggered** a political controversy.

## release

v. to set free or allow to escape from confinement  
*synonym*: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO<sub>2</sub> into the air  
The animal rights group worked to **release** the dolphins back into the wild.

## 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.

## addictive

*adj.* causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming

*synonym*: habit-forming, captivating, compelling

(1) highly **addictive**, (2) **addictive** substance

The new video game was so **addictive** that he stayed up all night playing it.

## simultaneously

*adv.* at the same time

*synonym*: concurrently, coincidentally, together

(1) **simultaneously** affected, (2) take several inputs **simultaneously**

Two students answered the teacher's question **simultaneously**.

## 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.

## vessel

*n.* a ship or large boat

*synonym*: boat, ship, craft

(1) blood **vessels**, (2) naval **vessels**

The **vessel** arrived in port the following day.

## 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.

## restrict

v. to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing  
*synonym*: limit, confine, hinder

(1) **restrict** an Internet access, (2) **restrict** the use of this parking lot

We **restrict** the number of students per course to twenty.

## vascular

adj. of or relating to blood vessels, especially the veins and arteries that carry blood throughout the body  
*synonym*: circulatory, cardiovascular, arterial

(1) **vascular** disease, (2) **vascular** surgery

The doctor detected a blockage in the patient's **vascular** system.

## enhance

v. to increase or improve the quality, amount, or strength of someone or something  
*synonym*: improve, enrich, refine

(1) **enhance** value, (2) **enhance** the flavor of the vanilla

The new strategy will **enhance** the profitability of our company.

## 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.

## sticky

adj. made of or covered with an adhesive substance; hot or warm and humid

*synonym*: adhesive, gluey, clingy

(1) **sticky** weather, (2) **sticky** situation

A peculiar **sticky** material coated the foliage.

## 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.

## stroke

*n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

*synonym*: blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

## mutation

*n.* the way in which genes of a person, plant, animal, or other organism change and produce permanent differences

*synonym*: metamorphosis, transformation, alteration

(1) **mutation** of DNA, (2) hereditary **mutation**

Radiation often promotes genetic **mutations** in plants and animals.

## cancer

*n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

*synonym*: tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

## addition

*n.* the act or process of adding something to something else; the process of adding numbers

*synonym*: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

## 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.

## nickel

*n.* a silver-white metallic element with the symbol Ni, used in many alloys and as a coin; a United States coin worth one-twentieth of a dollar

*synonym* : metal, coin, alloy

(1) **nickel** ore, (2) **nickel** plate

The **nickel** in my pocket jingled as I walked.

## 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.

## 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.

## compromise

*v.* to settle a problem or disagreement by mutual concession

*synonym* : agree, settle, negotiate

(1) **compromise** the matter, (2) cannot **compromise** anymore

They never **compromised** on development despite the lack of funds.

## statistics

*n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

## 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.

## pregnant

*adj.* having a baby or young animal developing in the uterus

*synonym*: expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

## 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.

## dysfunction

*n.* a problem or fault in a system, organism, or part of the body or machine

*synonym*: malfunction, disorder, disfunction

(1) **dysfunction** of kidneys, (2) brain **dysfunction**

The **dysfunction** in the relationship was causing problems for both partners.

## 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.

## upside

*n.* the positive aspect or potential of something; the upper side of something

*synonym*: advantage, benefit, top

(1) have no **upside**, (2) market **upside**

Many people see the **upside** of traveling as an opportunity to experience new cultures and broaden their horizons.

## immediate

*adj.* happening or done without delay or occurring shortly after something else

*synonym*: prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past

Both forts were subject to **immediate** attacks.

## 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.

## norm

*n.* something that is regarded as usual, typical, or standard

*synonym*: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.



## 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.

## cease

*v.* to stop an action or event

*synonym* : stop, end, terminate

(1) **cease** to exist, (2) **cease** drinking

The company decided to **cease** production of the product.

## responsible

*adj.* answerable or accountable for something within one's power, control, or management

*synonym* : accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

## 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.

## cough

*v.* to expel air from the lungs suddenly and noisily, often as a reaction to irritation, illness, or some other physical condition; (noun) a sudden, forceful expulsion of air from the lungs, often accompanied by a distinctive sound

*synonym* : hack, clear throat, wheeze

(1) **cough** several times, (2) persistent **cough**

I can't stop **coughing** and think I might have caught a cold.

## 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**.

## resistance

*n.* the act of defending oneself from an aggressor or refusing to accept something

*synonym* : opposition, antagonism, defiance

(1) **resistance** movement, (2) **resistance** to insulin

The bill to increase the consumption tax had passed despite much **resistance** from the public.

## anniversary

*n.* the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year

*synonym* : commemoration, celebration, observance

(1) **anniversary** celebration, (2) a bicentennial **anniversary**

They celebrated their 10th **anniversary** with a romantic dinner.

## 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.

## function

*n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

*synonym* : purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

## dramatically

*adv.* in a very impressive manner

*synonym* : greatly, noticeably, suddenly

(1) he confessed **dramatically**, (2) the cabin pressure fell **dramatically**

Life expectancy has grown **dramatically** this century.

## decline

*v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept

*synonym* : descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality

As people age, their digestive capacity also gradually **declines**.

## develop

*v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

*synonym* : evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

## 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.

## essentially

*adv.* relating to the essential features or concepts of anything

*synonym* : fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same

**Essentially**, a society is an organism.

## 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.

## achieve

*v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

*synonym* : accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

## anxiety

*n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

*synonym* : concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

## depression

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

*synonym* : recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

**Depression** symptoms might include a decrease in appetite and weight loss.

## withdrawal

*n.* the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back

*synonym* : retreat, pullback, escape

(1) deposits and **withdrawals**, (2) **withdrawal** from membership

NATO's allied forces made a strategic **withdrawal**.

### fortunate

*adj.* having good luck or lucky

*synonym* : fortuitous, lucky, blessed

(1) **fortunate** situation, (2) less **fortunate** person

He was pretty **fortunate** to pass the exam.

### temporary

*adj.* not lasting or be used for a very long

*synonym* : provisional, short-term, interim

(1) a **temporary** permit, (2) **temporary** housing

He managed to get **temporary** jobs during the recession.

### 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.

### 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**.

### 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.

### patch

*n.* a small piece of material or fabric used to repair or reinforce a tear, hole, or damaged area; a small plot of land used for cultivation or a specific purpose

*synonym* : mend, repair, fix

(1) **patch** of grass, (2) software **patch**

I need to sew a **patch** onto my jeans that ripped.

## 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.

## spray

*n.* a fine mist of liquid that is dispersed into the air; flower arrangement consisting of a single branch or shoot bearing flowers and foliage

*synonym* : mist, aerosol, atomizer

(1) a **spray** of mist, (2) an insect **spray**

The artist used a **spray** paint can to create a graffiti mural on the wall.

## 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.

## receptor

*n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way

(1) cellular **receptor**, (2) **receptor** for HIV in humans

Hay fever occurs when a substance called histamine binds to **receptors** in the nose and eyes.

## 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.

## counsel

*n.* advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance

*synonym*: advice, guidance, direction

(1) take **counsel**, (2) career **counsel**

She sought the **counsel** of her trusted advisor before making a decision.

## cognitive

*adj.* of or relating to mental processes of understanding

*synonym*: perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

## moderate

*adj.* being within reasonable limits; not excessive or extreme

*synonym*: average, middle-of-the-road, tempered

(1) **moderate** growth, (2) **moderate** risk

He had a **moderate** understanding of the topic but needed further research.

## 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. 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
  
2. 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
  
3. en\_\_\_\_e the flavor of the vanilla *v.* to increase or improve the quality, amount, or strength of someone or something
  
4. tr\_\_\_\_r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
  
5. phy\_\_\_\_ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
  
6. in\_\_\_\_fy diplomatic efforts *v.* to increase or make something increase in extent or strength
  
7. chewing g\_m *n.* a soft, sticky substance that is chewed to freshen the breath or to clean the teeth; the flesh that surrounds the teeth in the mouth
  
8. nuclear me\_\_\_\_ne *n.* a soft, thin layer that forms animal or vegetable tissue

ANSWERS: 1. sac, 2. lozenge, 3. enhance, 4. trigger, 5. physically, 6. intensify, 7. gum, 8. membrane

9. lon\_\_\_\_\_ing battery *adj.* existing or continuing for a long time
10. 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
11. do l\_\_g transplantation *n.* either of the two organs in the chest that people and some animals use for breathing
12. ad\_\_\_\_\_on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
13. 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
14. pl\_\_\_\_\_t against other major currencies *v.* to fall or drop suddenly and steeply; to decline rapidly or sharply
15. ca\_\_\_\_r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
16. 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
17. co\_\_\_\_\_ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
18. t\_r component *n.* a thick, sticky substance that is dark in color and is commonly used for road surfacing or as a material for roofing; a common byproduct of burning coal or wood

ANSWERS: 9. long-lasting, 10. disrupt, 11. lung, 12. addition, 13. wean, 14. plummet, 15. cancer, 16. alveolus, 17. constrict, 18. tar

19. take several inputs sim\_\_\_\_\_sly     *adv.* at the same time
20. compound the ing\_\_\_\_\_nts     *n.* one of the things used to make something, especially one of the foods used to make a particular dish
21. have no up\_\_\_e     *n.* the positive aspect or potential of something; the upper side of something
22. an inveterate sm\_\_\_r     *n.* a person who smokes tobacco regularly, or a device used for smoking
23. ex\_\_\_\_\_ge rate     *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
24. loss of muscle ti\_\_\_e     *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
25. d\_m collapsing     *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
26. to\_\_c molecule     *adj.* of or relating to or caused by a poison; poisonous
27. toxic ch\_\_\_\_\_als     *adj.* relating to or connected with chemistry;
28. a lon\_\_\_\_\_ing friendship     *adj.* existing or continuing for a long time
29. combined ox\_\_\_e     *n.* a chemical compound that contains at least one oxygen atom and one other element

ANSWERS: 19. simultaneously, 20. ingredient, 21. upside, 22. smoker, 23. exchange, 24. tissue, 25. dam, 26. toxic, 27. chemical, 28. long-lasting, 29. oxide

30. ac\_\_\_\_e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
31. ca\_\_\_\_n dioxide *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
32. 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
33. hem\_\_\_\_in level *n.* a protein-based molecule found in red blood cells that transports oxygen throughout the body
34. cellular re\_\_\_\_or *n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
35. ex\_\_\_\_ge a few friendly words *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
36. a st\_\_\_\_e of the putter *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

ANSWERS: 30. achieve, 31. carbon, 32. endothelium, 33. hemoglobin, 34. receptor, 35. exchange, 36. stroke

37. 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)
38. imp\_\_\_\_\_ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
39. field of gene th\_\_\_\_\_y *n.* the act of caring for someone through medication, remedial training, etc.
40. mo\_\_\_\_\_te risk *adj.* being within reasonable limits; not excessive or extreme
41. a silence pr\_\_\_\_\_nt with suspense *adj.* having a baby or young animal developing in the uterus
42. blo\_\_\_\_\_am in an artery *n.* the blood flowing through the body
43. st\_\_\_\_\_ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way
44. neu\_\_\_\_\_ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
45. 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
46. 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

ANSWERS: 37. platelet, 38. improvisation, 39. therapy, 40. moderate, 41. pregnant, 42. bloodstream, 43. stabilize, 44. neurotransmitter, 45. stimming, 46. arsenal

47. pa\_\_h of grass *n.* a small piece of material or fabric used to repair or reinforce a tear, hole, or damaged area; a small plot of land used for cultivation or a specific purpose
48. sm\_\_\_r behavior *n.* a person who smokes tobacco regularly, or a device used for smoking
49. research on co\_\_\_\_\_ve psychology *adj.* of or relating to mental processes of understanding
50. take co\_\_\_\_\_l *n.* advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance
51. st\_\_\_\_\_re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
52. development of the ne\_\_\_\_\_s system *adj.* worried and anxious about something; relating to the nerves
53. blood ve\_\_\_ls *n.* a ship or large boat
54. persistent co\_\_h *v.* to expel air from the lungs suddenly and noisily, often as a reaction to irritation, illness, or some other physical condition; (noun) a sudden, forceful expulsion of air from the lungs, often accompanied by a distinctive sound
55. n\_\_m of action *n.* something that is regarded as usual, typical, or standard
56. radioactive de\_\_y *n.* the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi; (verb) to rot or decompose through natural causes

ANSWERS: 47. patch, 48. smoker, 49. cognitive, 50. counsel, 51. structure, 52. nervous, 53. vessel, 54. cough, 55. norm, 56. decay

57. dys\_\_\_\_\_on of kidneys *n.* a problem or fault in a system, organism, or part of the body or machine
58. he confessed dra\_\_\_\_\_lly *adv.* in a very impressive manner
59. 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
60. re\_\_\_\_\_or for HIV in humans *n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
61. in\_\_\_e the smoke *v.* to breathe in air or a different substance, such as smoke
62. va\_\_\_\_\_ar disease *adj.* of or relating to blood vessels, especially the veins and arteries that carry blood throughout the body
63. br\_\_\_h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
64. tree re\_\_\_n *n.* a sticky, viscous substance typically obtained from trees and plants, particularly conifers and evergreens; a material used in the manufacture of adhesives, plastics, and other products, particularly those that require stiffness or abrasion resistance
65. 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

ANSWERS: 57. dysfunction, 58. dramatically, 59. displace, 60. receptor, 61. inhale, 62. vascular, 63. breath, 64. resin, 65. symptom

66. 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
67. take im\_\_\_\_\_te effect *adj.* happening or done without delay or occurring shortly after something else
68. er\_\_\_\_\_le dysfunction *adj.* characterized by the ability to become physically erect, particularly in sexual function
69. ad\_\_\_\_\_ve substance *adj.* causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming
70. res\_\_\_\_\_ce movement *n.* the act of defending oneself from an aggressor or refusing to accept something
71. re\_\_\_\_\_r a loss *v.* to return to a former condition, health, mind, or strength
72. market up\_\_\_\_e *n.* the positive aspect or potential of something; the upper side of something
73. secret ing\_\_\_\_\_nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
74. easy qu\_\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started
75. de\_\_\_\_\_e a job offer *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
76. chemical ad\_\_\_\_\_on *n.* the act or process of adding something to something else; the process of adding numbers

ANSWERS: 66. stimulant, 67. immediate, 68. erectile, 69. addictive, 70. resistance, 71. recover, 72. upside, 73. ingredient, 74. quitter, 75. decline, 76. addition



77. com\_\_\_\_\_se the matter *v.* to settle a problem or disagreement by mutual concession
78. res\_\_\_\_\_le action *adj.* answerable or accountable for something within one's power, control, or management
79. ac\_\_\_\_\_e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
80. ann\_\_\_\_\_ry celebration *n.* the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year
81. diagnosis of an\_\_\_\_\_y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
82. the root problem of her dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
83. ce\_\_e to exist *v.* to stop an action or event
84. 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
85. en\_\_\_\_\_e value *v.* to increase or improve the quality, amount, or strength of someone or something
86. l\_\_g capacity *n.* either of the two organs in the chest that people and some animals use for breathing

ANSWERS: 77. compromise, 78. responsible, 79. achieve, 80. anniversary, 81. anxiety, 82. depression, 83. cease, 84. clot, 85. enhance, 86. lung

87. a te\_\_\_\_\_ry permit *adj.* not lasting or be used for a very long
88. ce\_\_e drinking *v.* to stop an action or event
89. a mild ci\_\_\_\_\_te *n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking
90. d\_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
91. re\_\_\_\_\_e a prisoner *v.* to set free or allow to escape from confinement
92. 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
93. career co\_\_\_\_\_l *n.* advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance
94. res\_\_\_\_\_le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
95. 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
96. st\_\_\_y situation *adj.* made of or covered with an adhesive substance; hot or warm and humid

ANSWERS: 87. temporary, 88. cease, 89. cigarette, 90. dam, 91. release, 92. corona, 93. counsel, 94. responsible, 95. stimulant, 96. sticky

97. improve the lik\_\_\_\_\_od of a cure      *n.* the probability or chance that something will happen or be the case
98. stay phy\_\_\_\_\_ly fit      *adv.* in a way related to a person's body or appearance rather than their mind
99. sulfur mo\_\_\_\_\_de      *n.* a compound containing one oxygen atom and one other element, such as carbon monoxide (CO) or nitrogen monoxide (NO)
100. eve\_\_\_\_\_ly succeed      *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
101. b\_\_d old letters into a bundle      *v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly
102. 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
103. a ci\_\_\_\_\_te case      *n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking
104. st\_\_\_y weather      *adj.* made of or covered with an adhesive substance; hot or warm and humid
105. 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
106. prevent tooth de\_\_\_y      *n.* the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi; (verb) to rot or decompose through natural causes

ANSWERS: 97. likelihood, 98. physically, 99. monoxide, 100. eventually, 101. bind, 102. emphysema, 103. cigarette, 104. sticky, 105. wean, 106. decay

107. re\_\_\_\_\_ct the use of this parking lot      *v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing
108. needs of pr\_\_\_\_\_nt women      *adj.* having a baby or young animal developing in the uterus
109. synthetic re\_\_n      *n.* a sticky, viscous substance typically obtained from trees and plants, particularly conifers and evergreens; a material used in the manufacture of adhesives, plastics, and other products, particularly those that require stiffness or abrasion resistance
110. 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
111. 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
112. b\_\_d the man's hands      *v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly
113. fo\_\_\_\_\_te situation      *adj.* having good luck or lucky

ANSWERS: 107. restrict, 108. pregnant, 109. resin, 110. cilium, 111. lozenge, 112. bind, 113. fortunate

114. treat the in\_\_\_\_\_on with antibiotics     *n.* a condition in which pathogenic microorganisms or viruses have entered the body
115. access to public tr\_\_\_\_\_rt     *n.* a system for moving people or products from one location to another using automobiles, roads, and so on
116. 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
117. naval ve\_\_\_\_ls     *n.* a ship or large boat
118. eve\_\_\_\_\_ly become obsolete     *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
119. an explosive su\_\_\_\_\_ce     *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
120. official sta\_\_\_\_\_cs     *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
121. sim\_\_\_\_\_sly affected     *adv.* at the same time
122. 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
123. the st\_\_\_\_\_re of a machine     *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

ANSWERS: 114. infection, 115. transport, 116. replacement, 117. vessel, 118. eventually, 119. substance, 120. statistics, 121. simultaneously, 122. pretension, 123. structure

124. su\_\_\_\_\_ce abuse problem *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
125. become ess\_\_\_\_\_ly same *adv.* relating to the essential features or concepts of anything
126. highly ad\_\_\_\_\_ve *adj.* causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming
127. a bicentennial ann\_\_\_\_\_ry *n.* the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year
128. a sp\_\_y of mist *n.* a fine mist of liquid that is dispersed into the air; flower arrangement consisting of a single branch or shoot bearing flowers and foliage
129. hold your br\_\_\_h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
130. co\_\_\_\_\_ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
131. software pa\_\_h *n.* a small piece of material or fabric used to repair or reinforce a tear, hole, or damaged area; a small plot of land used for cultivation or a specific purpose
132. a ple\_\_\_\_\_le experience *adj.* giving satisfaction or pleasure; enjoyable

ANSWERS: 124. substance, 125. essentially, 126. addictive, 127. anniversary, 128. spray, 129. breath, 130. constrict, 131. patch, 132. pleasurable

133. blo\_\_\_\_\_am to the brain *n.* the blood flowing through the body
134. co\_\_h several times *v.* to expel air from the lungs suddenly and noisily, often as a reaction to irritation, illness, or some other physical condition; (noun) a sudden, forceful expulsion of air from the lungs, often accompanied by a distinctive sound
135. brain dys\_\_\_\_\_on *n.* a problem or fault in a system, organism, or part of the body or machine
136. 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
137. 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
138. lack of ox\_\_\_n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
139. cannot com\_\_\_\_\_se anymore *v.* to settle a problem or disagreement by mutual concession
140. 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

ANSWERS: 133. bloodstream, 134. cough, 135. dysfunction, 136. endorphin, 137. dopamine, 138. oxygen, 139. compromise, 140. pretension

141. 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
142. 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
143. lik\_\_\_\_\_od of the success *n.* the probability or chance that something will happen or be the case
144. t\_r residue *n.* a thick, sticky substance that is dark in color and is commonly used for road surfacing or as a material for roofing; a common byproduct of burning coal or wood
145. dep\_\_\_\_\_on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
146. 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
147. 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
148. bubble g\_m *n.* a soft, sticky substance that is chewed to freshen the breath or to clean the teeth; the flesh that surrounds the teeth in the mouth

ANSWERS: 141. cilium, 142. arsenic, 143. likelihood, 144. tar, 145. deprivation, 146. alveolus, 147. disease, 148. gum



149. the Great Dep\_\_\_\_\_on      *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
150. res\_\_\_\_\_ce to insulin      *n.* the act of defending oneself from an aggressor or refusing to accept something
151. 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
152. 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
153. mo\_\_\_\_\_te growth      *adj.* being within reasonable limits; not excessive or extreme
154. permanent br\_\_n damage      *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
155. re\_\_\_\_\_r approval ratings      *v.* to return to a former condition, health, mind, or strength
156. di\_\_\_\_\_t sleep      *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 149. depression, 150. resistance, 151. process, 152. sac, 153. moderate, 154. brain, 155. recover, 156. disrupt

157. 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
158. ca\_\_\_n emission *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
159. basic br\_\_\_n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
160. 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
161. fu\_\_\_\_\_on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
162. in\_\_\_e the aroma *v.* to breathe in air or a different substance, such as smoke
163. re\_\_\_\_\_ct an Internet access *v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing

ANSWERS: 157. enamel, 158. carbon, 159. brain, 160. endorphin, 161. function, 162. inhale, 163. restrict

164. 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
165. ca\_\_\_\_r diagnosis                      *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
166. te\_\_\_\_\_ry housing                      *adj.* not lasting or be used for a very long
167. pl\_\_\_\_\_ting sales                      *v.* to fall or drop suddenly and steeply; to decline rapidly or sharply
168. immune fu\_\_\_\_\_on                      *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
169. de\_\_\_\_\_e in quality                      *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
170. 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

ANSWERS: 164. bronchitis, 165. cancer, 166. temporary, 167. plummet, 168. function, 169. decline, 170. arsenal

171. tr\_\_\_\_\_r a biochemical response      *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
172. re\_\_\_\_\_e CO2 into the air      *v.* to set free or allow to escape from confinement
173. 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
174. the im\_\_\_\_\_te past      *adj.* happening or done without delay or occurring shortly after something else
175. 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
176. a bacterial in\_\_\_\_\_on      *n.* a condition in which pathogenic microorganisms or viruses have entered the body
177. 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
178. 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

ANSWERS: 171. trigger, 172. release, 173. damage, 174. immediate, 175. clot, 176. infection, 177. airway, 178. endothelium

179. less fo\_\_\_\_\_te person *adj.* having good luck or lucky
180. 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
181. 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
182. 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
183. 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
184. the cabin pressure fell dra\_\_\_\_\_lly *adv.* in a very impressive manner
185. impaired ey\_\_\_\_\_ht *n.* the ability to see; visual acuity or sharpness
186. jazz imp\_\_\_\_\_ion *n.* the act of making something up on the spot or creating or performing something without preparation
187. wit\_\_\_\_\_al from membership *n.* the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back

ANSWERS: 179. fortunate, 180. damage, 181. nicotine, 182. airway, 183. stimming, 184. dramatically, 185. eyesight, 186. improvisation, 187. withdrawal

188. risk of ch\_\_\_\_c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
189. ni\_\_\_\_l ore *n.* a silver-white metallic element with the symbol Ni, used in many alloys and as a coin; a United States coin worth one-twentieth of a dollar
190. mu\_\_\_\_on of DNA *n.* the way in which genes of a person, plant, animal, or other organism change and produce permanent differences
191. a facial ti\_\_\_\_e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
192. tr\_\_\_\_rt facilities *n.* a system for moving people or products from one location to another using automobiles, roads, and so on
193. 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
194. have a very ple\_\_\_\_le time *adj.* giving satisfaction or pleasure; enjoyable
195. 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
196. 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

ANSWERS: 188. chronic, 189. nickel, 190. mutation, 191. tissue, 192. transport, 193. corona, 194. pleasurable, 195. arsenic, 196. bronchitis

197. 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)
198. deposits and wit\_\_\_\_\_als *n.* the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back
199. neu\_\_\_\_\_ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
200. get ne\_\_\_\_\_s *adj.* worried and anxious about something; relating to the nerves
201. silver ox\_\_e *n.* a chemical compound that contains at least one oxygen atom and one other element
202. ni\_\_\_l plate *n.* a silver-white metallic element with the symbol Ni, used in many alloys and as a coin; a United States coin worth one-twentieth of a dollar
203. ch\_\_\_\_\_c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
204. sta\_\_\_\_\_cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
205. st\_\_\_\_\_ze prices *v.* to become or cause to become steady or unlikely to give way
206. chronic sleep dep\_\_\_\_\_on *n.* a state of not having something, such as food or money, that you need for a pleasant life

ANSWERS: 197. platelet, 198. withdrawal, 199. neurotransmitter, 200. nervous, 201. oxide, 202. nickel, 203. chronic, 204. statistics, 205. stabilize, 206. deprivation

207. abnormal hem\_\_\_\_\_in *n.* a protein-based molecule found in red blood cells that transports oxygen throughout the body
208. improve co\_\_\_\_\_ve function *adj.* of or relating to mental processes of understanding
209. cultural n\_\_m *n.* something that is regarded as usual, typical, or standard
210. serial qu\_\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started
211. an insect sp\_\_y *n.* a fine mist of liquid that is dispersed into the air; flower arrangement consisting of a single branch or shoot bearing flowers and foliage
212. a ch\_\_\_\_\_al compound *adj.* relating to or connected with chemistry;
213. er\_\_\_\_\_le tissues *adj.* characterized by the ability to become physically erect, particularly in sexual function
214. 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
215. 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
216. 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

ANSWERS: 207. hemoglobin, 208. cognitive, 209. norm, 210. quitter, 211. spray,



212. chemical, 213. erectile, 214. emphysema, 215. dopamine, 216. process

217. de\_\_\_\_p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
218. 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
219. nitrogen mo\_\_\_\_de *n.* a compound containing one oxygen atom and one other element, such as carbon monoxide (CO) or nitrogen monoxide (NO)
220. ess\_\_\_\_ly correct *adv.* relating to the essential features or concepts of anything
221. 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
222. exposure to to\_\_c chemicals *adj.* of or relating to or caused by a poison; poisonous
223. the hydrogen binds the ox\_\_\_\_n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
224. suffer st\_\_\_\_e *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

ANSWERS: 217. develop, 218. symptom, 219. monoxide, 220. essentially, 221. enamel, 222. toxic, 223. oxygen, 224. stroke

225. cell me\_\_\_\_\_nes *n.* a soft, thin layer that forms animal or vegetable tissue
226. 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
227. de\_\_\_\_\_p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
228. an\_\_\_\_\_y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
229. acute ey\_\_\_\_\_ht *n.* the ability to see; visual acuity or sharpness
230. th\_\_\_\_\_y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
231. 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
232. 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
233. 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

ANSWERS: 225. membrane, 226. replacement, 227. develop, 228. anxiety, 229. eyesight, 230. therapy, 231. displace, 232. disease, 233. nicotine

234. va\_\_\_\_\_ar surgery

*adj.* of or relating to blood vessels, especially the veins and arteries that carry blood throughout the body

235. hereditary mu\_\_\_\_\_on

*n.* the way in which genes of a person, plant, animal, or other organism change and produce permanent differences

236. in\_\_\_\_\_fy a good relationship

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

ANSWERS: 234. vascular, 235. mutation, 236. intensify

## Session 3: Fill in the Blanks

1. She sought the \_\_\_\_\_ of her trusted advisor before making a decision.  
*n.* advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance
2. 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
3. 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
4. The guitar was coated with a \_\_\_\_\_ layer to protect the wood and enhance the tone.  
*n.* a sticky, viscous substance typically obtained from trees and plants, particularly conifers and evergreens; a material used in the manufacture of adhesives, plastics, and other products, particularly those that require stiffness or abrasion resistance
5. 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
6. The company decided to \_\_\_\_\_ production of the product.  
*v.* to stop an action or event

ANSWERS: 1. counsel, 2. corona, 3. pretensions, 4. resin, 5. smokers, 6. cease

7. My sister and I frequently \_\_\_\_\_ books, as we love reading.
- v. to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
8. Two students answered the teacher's question \_\_\_\_\_.
- adv. at the same time
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. She vacated the position when she got \_\_\_\_\_.
- adj. having a baby or young animal developing in the uterus
11. X-rays revealed a small tumor in his \_\_\_\_\_.
- n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
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. 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

ANSWERS: 7. exchange, 8. simultaneously, 9. quitter, 10. pregnant, 11. brain, 12. displace, 13. bronchitis

14. 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

15. He suffers from \_\_\_\_\_ breakdowns.

*adj.* worried and anxious about something; relating to the nerves

16. The new video game was so \_\_\_\_\_ that he stayed up all night playing it.

*adj.* causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming

17. 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

18. 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

19. A peculiar \_\_\_\_\_ material coated the foliage.

*adj.* made of or covered with an adhesive substance; hot or warm and humid

20. \_\_\_\_\_ symptoms might include a decrease in appetite and weight loss.

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

21. The \_\_\_\_\_ of the argument was well-presented.

*n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

ANSWERS: 14. nicotine, 15. nervous, 16. addictive, 17. sac, 18. symptom, 19. sticky, 20. Depression, 21. substance

22. 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
23. They finally decided to solve the \_\_\_\_\_ problem.  
*adj.* existing or continuing for a long time
24. I always like having a pack of \_\_\_\_ to freshen my breath.  
*n.* a soft, sticky substance that is chewed to freshen the breath or to clean the teeth; the flesh that surrounds the teeth in the mouth
25. Hospitals must meet various standards to prevent nosocomial \_\_\_\_\_.  
*n.* a condition in which pathogenic microorganisms or viruses have entered the body
26. As people age, their digestive capacity also gradually \_\_\_\_\_.  
*v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
27. Both forts were subject to \_\_\_\_\_ attacks.  
*adj.* happening or done without delay or occurring shortly after something else
28. They celebrated their 10th \_\_\_\_\_ with a romantic dinner.  
*n.* the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year
29. 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

ANSWERS: 22. erectile, 23. long-lasting, 24. gum, 25. infections, 26. declines, 27. immediate, 28. anniversary, 29. airway



30. NATO's allied forces made a strategic \_\_\_\_\_.
- n.* the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back
31. The artist used a \_\_\_\_\_ paint can to create a graffiti mural on the wall.
- n.* a fine mist of liquid that is dispersed into the air; flower arrangement consisting of a single branch or shoot bearing flowers and foliage
32. He \_\_\_\_\_ deeply, trying to calm down.
- v.* to breathe in air or a different substance, such as smoke
33. The \_\_\_\_\_ arrived in port the following day.
- n.* a ship or large boat
34. He bated his \_\_\_\_\_ when talking about this affair.
- n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
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. The doctor detected a blockage in the patient's \_\_\_\_\_ system.
- adj.* of or relating to blood vessels, especially the veins and arteries that carry blood throughout the body
37. His excellent \_\_\_\_\_ allowed him to spot the bird in the dense foliage.
- n.* the ability to see; visual acuity or sharpness

ANSWERS: 30. withdrawal, 31. spray, 32. inhaled, 33. vessel, 34. breath, 35. endothelium, 36. vascular, 37. eyesight

38. The raising of interest rates \_\_\_\_\_ the inflation rate.  
*v.* to become or cause to become steady or unlikely to give way
39. The company's rules \_\_\_\_\_ the employee's working hours.  
*v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly
40. We must \_\_\_\_\_ a new system to streamline our workflow and increase efficiency.  
*v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
41. This year's extreme heat has resulted in many heat \_\_\_\_\_ cases.  
*n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
42. This chemical compound is a thousand-fold more \_\_\_\_\_.  
*adj.* of or relating to or caused by a poison; poisonous
43. Enhanced rail \_\_\_\_\_ is crucial for our business.  
*n.* a system for moving people or products from one location to another using automobiles, roads, and so on
44. 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
45. We \_\_\_\_\_ the number of students per course to twenty.  
*v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing

ANSWERS: 38. stabilizes, 39. bind, 40. develop, 41. stroke, 42. toxic, 43. transportation, 44. neurotransmitter, 45. restrict

46. 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
47. The bill to increase the consumption tax had passed despite much \_\_\_\_\_ from the public.
- n.* the act of defending oneself from an aggressor or refusing to accept something
48. 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)
49. 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
50. The systems we have developed has accepted as industry \_\_\_\_\_.
- n.* something that is regarded as usual, typical, or standard
51. 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
52. The \_\_\_\_\_ in my pocket jingled as I walked.
- n.* a silver-white metallic element with the symbol Ni, used in many alloys and as a coin; a United States coin worth one-twentieth of a dollar

ANSWERS: 46. arsenic, 47. resistance, 48. platelet, 49. tissue, 50. norms, 51. emphysema, 52. nickel

53. 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
54. The animal rights group worked to \_\_\_\_\_ the dolphins back into the wild.
- v.* to set free or allow to escape from confinement
55. He had a \_\_\_\_\_ understanding of the topic but needed further research.
- adj.* being within reasonable limits; not excessive or extreme
56. 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
57. 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
58. The organizational \_\_\_\_\_ of start-ups is often flat and straightforward.
- n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
59. Breast \_\_\_\_\_ is the most common type of cancer in women.
- n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
60. 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

ANSWERS: 53. enamel, 54. release, 55. moderate, 56. plummeted, 57. dopamine, 58. structure, 59. cancer, 60. improvisation

61. I need to sew a \_\_\_\_\_ onto my jeans that ripped.
- n.* a small piece of material or fabric used to repair or reinforce a tear, hole, or damaged area; a small plot of land used for cultivation or a specific purpose
62. 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
63. 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
64. The dead body was in an advanced state of \_\_\_\_\_.
- n.* the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi; (verb) to rot or decompose through natural causes
65. Our marital life was full of happiness and \_\_\_\_\_ excitement.
- adj.* giving satisfaction or pleasure; enjoyable
66. 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
67. 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

ANSWERS: 61. patch, 62. hemoglobin, 63. wean, 64. decay, 65. pleasurable, 66. stimming, 67. stimulants

68. 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
69. 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
70. Greed is the primary \_\_\_\_\_ in the making of criminals.
- n.* one of the things used to make something, especially one of the foods used to make a particular dish
71. The passenger grabbed for the \_\_\_\_\_ mask.
- n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
72. The brain is an incredibly complex organ that controls the body's \_\_\_\_\_.
- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
73. \_\_\_\_\_ hyperglycemia is a trigger for a variety of serious diseases.
- adj.* being long-lasting and recurrent or characterized by long suffering; habitual
74. Loud noises might harm the fragile ear \_\_\_\_\_.
- n.* a soft, thin layer that forms animal or vegetable tissue

ANSWERS: 68. lozenges, 69. disrupt, 70. ingredient, 71. oxygen, 72. function, 73. Chronic, 74. membrane

75. 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

76. He was pretty \_\_\_\_\_ to pass the exam.

- adj.* having good luck or lucky

77. In \_\_\_\_\_ private corporations provide healthcare services.

- n.* the act or process of adding something to something else; the process of adding numbers

78. I underwent aversion \_\_\_\_\_ for my addiction to alcohol.

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

79. 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

80. The \_\_\_\_\_ demonstrate that poverty and unemployment are genuine problems.

- n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

81. He managed to get \_\_\_\_\_ jobs during the recession.

- adj.* not lasting or be used for a very long

82. 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

ANSWERS: 75. dam, 76. fortunate, 77. addition, 78. therapy, 79. clot, 80. statistics, 81. temporary, 82. damage

83. Cancer cells are often carried throughout the body by the \_\_\_\_\_.
- n.* the blood flowing through the body
84. Life expectancy has grown \_\_\_\_\_ this century.
- adv.* in a very impressive manner
85. 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
86. The \_\_\_\_\_ in the relationship was causing problems for both partners.
- n.* a problem or fault in a system, organism, or part of the body or machine
87. The corporation \_\_\_\_\_ dominated the entire tobacco business.
- adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
88. Having a \_\_\_\_\_ healthy physique is essential for a great life.
- adv.* in a way related to a person's body or appearance rather than their mind
89. She's a \_\_\_\_\_ pet owner who ensures her dog gets enough exercise and a healthy diet.
- adj.* answerable or accountable for something within one's power, control, or management
90. The firm has grown into a large \_\_\_\_\_ manufacturing.
- adj.* relating to or connected with chemistry;
91. The incident \_\_\_\_\_ a political controversy.
- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function

ANSWERS: 83. bloodstream, 84. dramatically, 85. deprivation, 86. dysfunction, 87. eventually, 88. physically, 89. responsible, 90. chemical, 91. triggered



92. \_\_\_\_\_ a society is an organism.

*adv.* relating to the essential features or concepts of anything

93. Radiation often promotes genetic \_\_\_\_\_ in plants and animals.

*n.* the way in which genes of a person, plant, animal, or other organism change and produce permanent differences

94. I can't stop \_\_\_\_\_ and think I might have caught a cold.

*v.* to expel air from the lungs suddenly and noisily, often as a reaction to irritation, illness, or some other physical condition; (noun) a sudden, forceful expulsion of air from the lungs, often accompanied by a distinctive sound

95. The new strategy will \_\_\_\_\_ the profitability of our company.

*v.* to increase or improve the quality, amount, or strength of someone or something

96. 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

97. 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

98. His \_\_\_\_\_ faculties were getting worse because of a lack of sleep.

*adj.* of or relating to mental processes of understanding

99. I will work hard to \_\_\_\_\_ my goals and realize my dreams.

*v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

ANSWERS: 92. Essentially, 93. mutations, 94. coughing, 95. enhance, 96. endorphins, 97. arsenal, 98. cognitive, 99. achieve

100. 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
101. 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
102. Trees absorb \_\_\_\_\_ dioxide and give off oxygen.
- n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
103. She is still \_\_\_\_\_ from a shot to her shoulder.
- v.* to return to a former condition, health, mind, or strength
104. The \_\_\_\_\_ of the project being completed on time is uncertain.
- n.* the probability or chance that something will happen or be the case
105. 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
106. 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)
107. Rebels have pledged to \_\_\_\_\_ the armed struggle against the dictatorship.
- v.* to increase or make something increase in extent or strength

ANSWERS: 100. cilium's, 101. alveolus, 102. carbon, 103. recovering, 104. likelihood, 105. replacement, 106. monoxide, 107. intensify

108. 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
109. The blood's red coloring comes from iron \_\_\_\_\_.
- n.* a chemical compound that contains at least one oxygen atom and one other element
110. The road workers spread \_\_\_\_ over the cracks in the pavement to prevent water and ice from causing further damage.
- n.* a thick, sticky substance that is dark in color and is commonly used for road surfacing or as a material for roofing; a common byproduct of burning coal or wood
111. They never \_\_\_\_\_ on development despite the lack of funds.
- v.* to settle a problem or disagreement by mutual concession
112. He has terminal \_\_\_\_\_ cancer.
- n.* either of the two organs in the chest that people and some animals use for breathing
113. Hay fever occurs when a substance called histamine binds to \_\_\_\_\_ in the nose and eyes.
- n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
114. 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

ANSWERS: 108. constrict, 109. oxide, 110. tar, 111. compromised, 112. lung, 113. receptors, 114. process

115. He lit a \_\_\_\_\_ and leaned against the wall.
- n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking
116. Many people see the \_\_\_\_\_ of traveling as an opportunity to experience new cultures and broaden their horizons.
- n.* the positive aspect or potential of something; the upper side of something
117. 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
118. She waited for her daughter with \_\_\_\_\_.
- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

ANSWERS: 115. cigarette, 116. upside, 117. disease, 118. anxiety