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Vocabulary Builder Reference from...

Nadine Burke Harris: How childhood trauma affects health across a lifetime | TED Talk https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime



Advanced Words Only

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Session 1: Word List

transcribe

- v. to copy or reproduce something in written or printed form; to translate spoken language into written text
- *synonym*: copy, record, transliterate
- (1) transcribe notes, (2) transcribe documents

She needs to **transcribe** the interview recording to write the article for the magazine.

pervasive

- adj. spreading or existing throughout every part of a thing or place
- synonym: extensive, ubiquitous, prevalent
- (1) **pervasive** language, (2) the **pervasive** odor of garlic Suspicion and worry were **pervasive** in our minds.

rethink

- v. to consider again a plan, idea, etc., especially to change it
- *synonym*: reexplore, review, reconsider
- (1) **rethink** a marketing plan, (2) **rethink** the role of the manager

We have to **rethink** our company's product lineup for further growth.

someplace

adv. somewhere without specifying a particular or exact location

synonym: somewhere, anywhere, wherever

(1) from **someplace** deep inside, (2) **someplace** quiet Let's go **someplace** new and try something we have not done before.

underserved

- adj. inadequately or insufficiently provided with help, products, or services
- underserved market, (2) traditionally underserved
 area is medically underserved.

pediatrics

 the branch of medicine that deals with the care and treatment of children

synonym: pedology, child health

(1) **pediatrics** department, (2) **pediatrics** clinic I am studying **pediatrics** in medical school because I love working with children.

shingle

 a thin piece of wood, slate, or other material used as a roof covering or siding

synonym: tile, slate, clapboard

(1) asphalt shingle, (2) wooden shingle

The roofer installed new **shingles** on the roof to replace the old and worn-out ones.

disparity

 a significant difference or inequality between two or more things

synonym: difference, inequality, gap

(1) the **disparity** between theory and reality, (2) income **disparity**

There is a significant **disparity** in pay between men and women in the company.

immunization

n. the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

synonym: vaccination, shot, inoculation

(1) **immunization** program, (2) childhood **immunization**Due to the success of **immunization** programs, certain diseases, such as smallpox, have been eradicated.

hospitalize

- v. to admit someone to a hospital for medical treatment synonym: admit, place in hospital
- (1) **hospitalize** patient, (2) **hospitalize** child She had to be **hospitalized** due to her injuries.

disturb

- v. to interrupt someone who is trying to work, sleep, etc. synonym: agitate, bother, intrude
- (1) **disturb** the peace, (2) **disturb** his sleep Tourists frequently **disturb** the island's delicate natural balance.

hyperactive

- adj. excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)
 synonym: hyperkinetic, overactive, restless
- (1) **hyperactive** child, (2) **hyperactive** imagination The **hyperactive** dog was running around the house, knocking things over.

adversity

- n. difficulties or hardships that someone facessynonym: hardship, difficulty, trial
- (1) environmental **adversity**, (2) struggling with **adversity** The team demonstrated great resilience in the face of **adversity** and won the game.

incarceration

- *n.* the state of being confined in prison or jail *synonym*: confinement, imprisonment, detention
- (1) mass **incarceration**, (2) **incarceration** rates

 The judge sentenced him to five years of **incarceration** for embezzlement.

correlate

v. to have a connection or relationship in which one thing affects or depends on another

synonym: associate, liken, connect

(1) **correlate** closely with the quality, (2) **correlate** to the size

We may frequently **correlate** age with the frequency of disease.

obstruct

 to block or interfere with the passage, movement, or action of something or someone

synonym: block, impede, hinder

(1) **obstruct** an airway, (2) **obstruct** a bill

The road was blocked by a fallen tree, **obstructing** the path for all vehicles.

ischemic

 adj. relating to or caused by an inadequate supply of blood to an organ or tissue, leading to reduced oxygen and nutrient levels

synonym: blocked, restricted, reduced blood flow

(1) **ischemic** stroke, (2) **ischemic** optic neuropathy
The patient was diagnosed with **ischemic** heart disease requiring immediate medical attention.

accumbens

- n. (nucleus accumbens) an area of the brain located in the basal forebrain that has a significant role in the cognitive processing of motivation, aversion, reward
- (1) nucleus **accumbens** neurons, (2) cells of the nucleus **accumbens**

Dopamine is released into the nucleus **accumbens**.

prefrontal

- adj. in or about the foremost part of the frontal lobe of the brain
- (1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

amygdala

- one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
- (1) the decline in **amygdala** activity, (2) **amygdala** damage The **amygdala** has been associated with memories of past emotional events.

neurology

- n. the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
- synonym: brain science, nervous system, neuropathology
- (1) cognitive **neurology**, (2) **neurology** department She is studying clinical **neurology** to become a brain surgeon.

hypothalamus

- n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
- (1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage Oxytocin is also produced in the nucleus of the **hypothalamus**.

pituitary

- a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
- synonym: hypophyseal, hypothalamic, anterior lobe
- (1) **pituitary** hormone, (2) anterior **pituitary**The **pituitary** gland is responsible for releasing hormones that regulate growth and metabolism.

adrenal

- adj. relating to two glands situated above the kidneys, called the adrenal gland
- (1) **adrenal** gland, (2) **adrenal** cortex

 The doctor ordered tests to check the patient's **adrenal** function.

adrenaline

 (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to

danger

synonym: epinephrine

(1) adrenaline receptor, (2) adrenaline addiction

The band has released a lot of **adrenaline-pumping** rock music.

cortisol

 a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym: stress hormone, hydrocortisone

(1) cortisol stress, (2) excessive cortisol

Cortisol levels in the body are often elevated during times of stress.

dilate

- v. to make something wider, larger, or more open synonym: widen, open, enlarge
- (1) **dilate** the bronchial tubes, (2) **dilate** blood vessel The pupils of the eyes **dilate** in low light.

airway

 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.

lifesaving

- the act or process of rescuing someone else's life, especially from drowning
- (1) **lifesaving** efforts, (2) **lifesaving** device

The patient needs a **lifesaving** transplant operation.

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.

multidisciplinary

- adj. integrating or involving various academic fields or different skills in a topic or problem-solving approachsynonym: integrative, interdisciplinary
- (1) multidisciplinary project, (2) multidisciplinary analysis He adopted a multidisciplinary research approach to unravel complex phenomena.

poisonous

- adj. containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destructionsynonym: toxic, venomous, deadly
- (1) **poisonous** plants, (2) **poisonous** chemicals

 Some species of **poisonous snakes** can be deadly to humans if bitten.

rooftop

 the upper surface or cover of a building's roof, often used for recreational or other purposes

synonym: roof, terrace, deck

(1) rooftop live, (2) rooftop deck

They held the dinner party on the **rooftop** terrace, enjoying the beautiful view of the city.

unaddressed

adj. not dealt with, resolved, or attended to; lacking attention or consideration

synonym: unanswered, ignored, neglected

(1) unaddressed risks, (2) unaddressed letter

The community is frustrated with the **unaddressed** issue of crime in the area.

terrifying

- adj. very frightening or intimidatingsynonym: frightening, intimidating, alarming
- terrifying experience, (2) terrifying events
 Large earthquakes often generate terrifying tsunamis.

spoil

v. to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
 synonym: rot, decay, deteriorate

(1) **spoil** a person's sport, (2) **spoil** the surprise If you leave the milk out of the refrigerator for too long, it will **spoil**.

marginalize

v. to treat a person or group as insignificant or unimportant; to push to the edge or margin of society or a group; to exclude from power or influence

synonym: exclude, isolate, sideline

(1) marginalize minorities, (2) marginalize dissenting voices

It's important not to **marginalize** certain groups of people based on their race, religion, or ethnicity.

anomalous

adj. deviating from what is standard or expected; unexpected or unusual in a way that is difficult to explain

synonym: unusual, peculiar, abnormal

(1) **anomalous** behavior, (2) **anomalous** result The data from the study was **anomalous** and unexpected.

Session 2: Spelling

1.	re	k a	mar	ket	ing	pla	an	

- 2. ne____gy department
- 3. pe____ve language
- 4. asphalt sh____e
- 5. ad I gland
- 6. tra____be documents
- 7. the decline in am____la activity
- 8. inc____ion rates
- 9. po____us chemicals

- v. to consider again a plan, idea, etc., especially to change it
- the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
- adj. spreading or existing throughout every part of a thing or place
- a thin piece of wood, slate, or other material used as a roof covering or siding
- adj. relating to two glands situated above the kidneys, called the adrenal gland
- v. to copy or reproduce something in written or printed form; to translate spoken language into written text
- n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
- n. the state of being confined in prison or jail
- adj. containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction

ANSWERS: 1. rethink, 2. neurology, 3. pervasive, 4. shingle, 5. adrenal, 6. transcribe, 7. amygdala, 8. incarceration, 9. poisonous

ANSWERS: 10. hyperactive, 11. adrenaline, 12. pediatrics, 13. accumbens, 14. shingle, 15. transcribe, 16. poisonous, 17. lifesaving, 18. marginalize

19.	the peve odor of garlic	adj.	spreading or existing throughout every part of a thing or place
20.	die blood vessel	<i>v</i> .	to make something wider, larger, or more open
21.	anus behavior	adj.	deviating from what is standard or expected; unexpected or unusual in a way that is difficult to explain
22.	income dity	n.	a significant difference or inequality between two or more things
23.	anterior hypmus	n.	a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
24.	anterior piry	n.	a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
25.	aiy 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
26.	lifng device	n.	the act or process of rescuing someone else's life, especially from drowning
27.	terng events	adj.	very frightening or intimidating
28.	marze minorities	v.	to treat a person or group as insignificant or unimportant; to push to the edge or margin of society or a group; to exclude from power or influence

ANSWERS: 19. pervasive, 20. dilate, 21. anomalous, 22. disparity, 23. hypothalamus, 24. pituitary, 25. airway, 26. lifesaving, 27. terrifying, 28. marginalize

ANSWERS: 29. ischemic, 30. adrenal, 31. pediatrics, 32. disturb, 33. spoil, 34. accumbens, 35. unaddressed, 36. hospitalize, 37. rethink, 38. amygdala, 39. multidisciplinary

ANSWERS: 40. disturb, 41. obstruct, 42. immunization, 43. prefrontal, 44. someplace, 45. adrenaline, 46. anomalous, 47. terrifying, 48. multidisciplinary, 49. underserved, 50. adversity

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

 a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

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

ANSWERS: 51. ischemic, 52. unaddressed, 53. cortisol, 54. hyperactive, 55. pituitary, 56. rooftop, 57. airway, 58. hypothalamus, 59. dilate

58. hyp____mus hemorrhage

59. di e the bronchial tubes

60.	preal bone	adj.	in or about the foremost part of the frontal lobe of the brain
61.	cognitive negy	n.	the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
62.	soce quiet	adv.	somewhere without specifying a particular or exact location
63.	obct a bill	ν.	to block or interfere with the passage, movement, or action of something or someone
64.	mass incion	n.	the state of being confined in prison or jail
65.	the dity between theory and reality	n.	a significant difference or inequality between two or more things
66.	traditionally unded	adj.	inadequately or insufficiently provided with help, products, or services
67.	childhood immion	n.	the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure
68.	cool stress	n.	a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
69.	cote closely with the quality	<i>v</i> .	to have a connection or relationship in which one thing affects or depends on another
70.	spI the surprise	<i>v</i> .	to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad

ANSWERS: 60. prefrontal, 61. neurology, 62. someplace, 63. obstruct, 64. incarceration, 65. disparity, 66. underserved, 67. immunization, 68. cortisol, 69. correlate, 70. spoil

71.	hosze child	v.	to admit someone to a hospital for medical treatment
72.	cote to the size	v.	to have a connection or relationship in which one thing affects or depends on another
73.	dit sleep	ν.	to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
74.	struggling with adty	n.	difficulties or hardships that someone faces
75.	dit 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
76.	rop deck	n.	the upper surface or cover of a building's roof, often used for recreational or other purposes

ANSWERS: 71. hospitalize, 72. correlate, 73. disrupt, 74. adversity, 75. disrupt, 76. rooftop

Session 3: Fill in the Blanks

1.	The data from the study was and unexpected.
adj	deviating from what is standard or expected; unexpected or unusual in a way that is difficult to explain
2.	I am studying in medical school because I love working with children.
n.	the branch of medicine that deals with the care and treatment of children
3.	Large earthquakes often generate tsunamis.
adj	very frightening or intimidating
4.	We may frequently age with the frequency of disease.
<i>v</i> .	to have a connection or relationship in which one thing affects or depends on another
5.	We have to our company's product lineup for further growth.
<i>v</i> .	to consider again a plan, idea, etc., especially to change it
6.	The has been associated with memories of past emotional events.
n.	one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
7.	The band has released a lot of rock music.
n.	(also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
	SWERS: 1. anomalous, 2. pediatrics, 3. terrifying, 4. correlate, 5. rethink, 6. ygdala, 7. adrenaline-pumping