# **Englist.me**

## Vocabulary Builder Reference from...

Kevin Stone: The bio-future of joint replacement | TED Talk https://www.ted.com/talks/kevin\_stone\_the\_bio\_futur e\_of\_joint\_replacement



#### Advanced Words Only

#### IMPORTANT

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### Session 1: Word List

| synonym: cartilage, crescent, curve  |
|--|
| (1) medial <b>meniscus</b> , (2) <b>meniscus</b> surgery   |
| Basketball players risk damaging their <b>meniscus</b> more d to the constant jumping and quick movements.   |
| cartilage n. a tough, elastic connective tissue that is found in vari<br>parts of the body, such as the joints, the outer ear, and<br>the tip of the nose  |
| synonym: connective tissue, gristle, fibrocartilage  |
| (1) cartilage damage, (2) nasal cartilage  |
| The knee joint is supported by <b>cartilage</b> , which helps abs<br>shock and prevent bone damage.  |
| ligament       n. a band of tissue that connects bones or holds organs         place to support and stabilize the body         synonym: band, cord, tendon |
| (1) a <b>ligament</b> in the ankle, (2) cruciate <b>ligament</b>   |
| The <b>ligaments</b> in the knee provide stability and support.  |

| motto      | <i>n.</i> a phrase or slogan that expresses a guiding principle or goal   |  |  |  |
|------------|---|--|--|--|
|            | synonym: slogan, catchphrase, phrase  |  |  |  |
|            | (1) the motto for safe traffic, (2) company motto   |  |  |  |
|            | The company's <b>motto</b> is "Innovation and Service," which is  |  |  |  |
|            | reflected in its products and customer support.   |  |  |  |
| orthopedic | <ul> <li>adj. relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments</li> <li>synonym: skeletal, musculoskeletal, bone-related</li> </ul> |  |  |  |
|            | (1) orthopedic shoes, (2) orthopedic clinic   |  |  |  |
|            | The athlete visited the orthopedic surgeon to have her  |  |  |  |
|            | injured knee examined and treated.  |  |  |  |
| narrator   | <i>n.</i> a person who tells a story, especially in a book or film <i>synonym</i> : teller, storyteller   |  |  |  |
|            | (1) first-person <b>narrator</b> , (2) the <b>narrator</b> of the TV program  |  |  |  |
|            | The narrator makes use of the local dialect.  |  |  |  |
| destine    | <ul> <li>v. to determine or set the course of something in advance,<br/>often in a way that seems predetermined or inevitable;<br/>to specify or choose someone or something for a<br/>particular fate or outcome</li> </ul>  |  |  |  |
|            | synonym: ordain, doom, predestine   |  |  |  |
|            | (1) <b>destine</b> us to meet again, (2) be <b>destined</b> to become a great artist  |  |  |  |
|            | Some people believe that we are all <b>destined</b> for greatness.  |  |  |  |
| numb       | <ul> <li>adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity</li> <li>synonym: dazed, insensitive, emotionless</li> </ul>   |  |  |  |
|            | (1) <b>numb</b> with cold, (2) a <b>numb</b> mind   |  |  |  |
|            | My left arm became <b>numb</b> .  |  |  |  |
|            |   |  |  |  |

| grind     | <ul> <li>v. to reduce something to small particles or powder by<br/>crushing or rubbing it; to work hard over a long period of<br/>time</li> <li>synonym: mill, crush, grate</li> </ul>   |
|-----------|---|
|           | (1) <b>grind</b> away at my work, (2) <b>grind</b> your teeth<br>She had to <b>grind</b> the coffee beans before making a fresh<br>cup.   |
| promenade | <ul> <li>n. a stroll or walk, often taken in a public place or park; a public place for walking or strolling, often filled with shops or vendors; a dance movement in which the partners move around the floor in a circle or similar pattern</li> <li>synonym: stroll, walkway, boulevard</li> </ul> |
|           | (1) evening <b>promenade</b> , (2) <b>promenade</b> in the park   |
|           | The boardwalk by the beach was a beautiful <b>promenade</b> for   |
|           | tourists and locals alike.  |
| bionic    | <i>adj.</i> relating to or using technology or devices that enhance or replace biological functions, typically in a way that mimics or improves upon the original   |
|           | (1) <b>bionic</b> exoskeleton, (2) <b>bionic</b> technology   |
|           | The soldier was fitted with a <b>bionic</b> arm after losing him in combat.   |
| allograft | <ul> <li>n. a surgical tissue graft that involves transplanting tissue from one individual to another, typically from a donor to a recipient who is not genetically identical</li> <li>synonym: graft, transplant, implant</li> </ul>   |
|           | (1) lung allograft, (2) allograft rejection   |
|           | The patient underwent an allograft procedure to replace the   |
|           | damaged tissue with donor tissue.   |
| stabilize | <i>v.</i> to become or cause to become steady or unlikely to give way   |
|           | synonym: brace, steady, secure  |
|           | (1) <b>stabilize</b> prices, (2) <b>stabilize</b> blood sugar levels  |

|           | The raising of interest rates <b>stabilizes</b> the inflation rate.   |  |  |  |  |
|-----------|---|--|--|--|--|
| pasty     | <ul> <li>n. a type of baked pastry that typically consists of a filling<br/>of meat, vegetables, or other ingredients, enclosed in a<br/>pastry shell; (adjective) pale, lacking in color, or dull</li> <li>synonym: pastry, pie</li> </ul>                                 |  |  |  |  |
|           | (1) pasty face, (2) Cornish pasty   |  |  |  |  |
|           | I plan to pick up a chicken <b>pasty</b> at that bakery on my way   |  |  |  |  |
|           | home from work.   |  |  |  |  |
| graft     | <i>n.</i> a transplanted portion of tissue or skin, often taken from<br>one part of the body and used to repair or replace<br>damaged or missing tissue in another part; a corrupt or<br>illegal means of acquiring wealth or power through illicit<br>or unethical methods |  |  |  |  |
|           | synonym: transplant, implantation, bribery  |  |  |  |  |
|           | (1) graft surgery, (2) anti- graft law  |  |  |  |  |
|           | The patient's skin graft procedure was successful, and he   |  |  |  |  |
|           | was released from the hospital.   |  |  |  |  |
| regrow    | <ul> <li>v. to grow back or regenerate after being cut or removed,<br/>such as cells or tissues in the body, or plants and<br/>vegetation</li> </ul>  |  |  |  |  |
|           | synonym: regenerate   |  |  |  |  |
|           | (1) <b>regrow</b> hair, (2) <b>regrow</b> vegetation  |  |  |  |  |
|           | Lizards can <b>regrow</b> their tails if they are cut off.  |  |  |  |  |
| articular | <ul> <li>adj. relating to a joint or joints, often used in medical or<br/>anatomical contexts to describe structures or<br/>movements associated with joints</li> <li>synonym: joint, related, connected</li> </ul>   |  |  |  |  |
|           | (1) articular cartilage, (2) articular inflammation   |  |  |  |  |
|           | The patient had an <b>articular</b> fracture in his wrist.  |  |  |  |  |
| aspen     | <ul> <li>a deciduous tree with smooth, white bark that often<br/>trembles or quakes in the wind; a type of skiing that<br/>involves quick, short turns on steep slopes</li> <li>synonym:</li> </ul>   |  |  |  |  |

|           | tree, hardwood   |
|-----------|--|
|           | (1) aspen grove, (2) golden aspen leaves   |
|           | The <b>aspen</b> trees turned a bright yellow in the fall, creating a beautiful sight.   |
| plentiful | <ul> <li>adj. existing or available in a large quantity or abundance;</li> <li>ample or abundant in supply or availability</li> <li>synonym: abundant, ample, copious</li> </ul>   |
|           | (1) plentiful resources, (2) plentiful harvest   |
|           | The supermarket offers a <b>plentiful</b> selection of fresh fruits and vegetables.  |
| epitope   | n. a specific site or portion of an antigen molecule that is recognized and bound by an antibody or immune receptor  |
|           | synonym: antigenic determinant, antigenic site   |
|           | (1) immunodominant <b>epitope</b> , (2) <b>epitope</b> binding   |
|           | The vaccine targeted a specific <b>epitope</b> on the virus's surface protein.   |
| galactose | <ul> <li>a simple sugar that is found in milk and dairy products<br/>and is an important component of lactose, also used in<br/>the production of certain types of biodegradable plastics</li> <li>synonym: sugar</li> </ul> |
|           | (1) consumption of galactose, (2) galactose metabolism   |
|           | People with <b>galactose</b> intolerance must avoid dairy products because their bodies cannot break down this sugar.  |
| tendon    | <i>n.</i> a strong, fibrous cord of tissue that connects muscle to bone  |
|           | synonym: tissue, sinew, ligament   |
|           | (1) <b>tendon</b> grafting, (2) <b>tendon</b> collagen   |
|           | Tendon injuries are common among athletes.   |
| collagen  | n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add   |

|              | firmness and elasticity to skin or other tissues<br>synonym: gelatin, protein, tissue  |
|--------------|--|
|              | (1) <b>collagen</b> supplement, (2) <b>collagen</b> production   |
|              | Our natural <b>collagen</b> production decreases as we age, leading to wrinkles, sagging skin, and joint pain.   |
| degrade      | <ul> <li>v. to make something worse, especially in quality; to show<br/>or treat someone in a way that makes them seem no<br/>value and do not have the respect or reasonable opinion<br/>of others</li> </ul>   |
|              | synonym: demean, disgrace, impair  |
|              | <ol> <li>(1) degrade his public image, (2) degrade environmental<br/>quality</li> </ol>  |
|              | You should not <b>degrade</b> yourself by allowing them to use   |
|              | you.   |
| detergent    | <ul> <li>n. a substance used for washing or cleaning, especially<br/>one that can remove dirt or stains effectively</li> <li>synonym: soap, cleanser, disinfectant</li> </ul>  |
|              | (1) detergent solution, (2) laundry detergent  |
|              | I use environmentally friendly <b>detergent</b> when I wash my clothes and dishes.   |
| regeneration | <ul> <li>n. the process of regrowing or re-forming a body part or<br/>tissue that has been lost or damaged due to injury,<br/>disease, or other factors; restoration or renewal of<br/>vitality, strength, or spirit</li> <li>synonym: renewal, regrowth, restoration</li> </ul> |
|              | (1) economic regeneration, (2) regeneration of forests   |
|              | The <b>regeneration</b> of the damaged tissue in the body is a   |
|              | slow process.  |
| humanize     | <ul> <li>v. to make something or someone more humane or<br/>compassionate; to make something more relatable or<br/>understandable to humans</li> </ul>   |
|              | synonym: civilize, personalize   |
|              | (1) humanize my pet, (2) humanize a room   |

|               | The charity event aims to <b>humanize</b> the homeless rather than treat them as mere statistics.  |  |  |  |  |
|---------------|--|--|--|--|--|
| mast          | <ul> <li>n. a long pole aboard a boat or ship that holds up the sails</li> <li>(1) mast height, (2) built-up mast</li> <li>The main cabin is located in front of the mast.</li> </ul>  |  |  |  |  |
| downhill      | <ul> <li>adv. in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner</li> <li>synonym: downslope</li> </ul>   |  |  |  |  |
|               | (1) ski downhill, (2) walk downhill to the beach   |  |  |  |  |
|               | The family's finances have been going <b>downhill</b> since they lost their main source of income.   |  |  |  |  |
| revolutionize | <ul> <li>v. to bring about a complete or radical change in<br/>something, often through the introduction of new<br/>methods or ideas</li> <li>synonym: transform, innovate, modernize</li> </ul>   |  |  |  |  |
|               | (1) <b>revolutionize</b> the industry, (2) <b>revolutionize</b> the  |  |  |  |  |
|               | technology   |  |  |  |  |
|               | The invention of the smartphone <b>revolutionized</b> the way we communicate with each other.  |  |  |  |  |
| tack          | <ul> <li>n. a method of changing the course of a sailing vessel by<br/>turning the bow through the wind so that the wind<br/>switches from one side of the vessel to the other; a<br/>course of action or strategy, particularly in politics or<br/>business; (verb) to fasten or attach something, such as<br/>pinning or nailing an object in place</li> <li>synonym: course, direction, approach</li> </ul> |  |  |  |  |
|               | (1) change <b>tack</b> , (2) <b>tack</b> to the refrigerator door  |  |  |  |  |
|               | I need to change the <b>tack</b> of the sailboat to avoid hitting the rocks.   |  |  |  |  |
| resurface     | v. to restore or repair the surface of something, particularly a road, pavement, or sports field; to come to the surface   |  |  |  |  |

or become visible again after a period of obscurity or concealment

synonym: renew, restore, revamp

(1) resurface more than once, (2) resurface a tennis courtThe city plans to resurface the roads downtown to fix potholes and cracks.

#### ambulate

 v. to walk or move about, often used in medical contexts to refer to a patient's ability to move around, especially after surgery or when recovering from an injury
 synonym: walk, stroll, wander

(1) **ambulate** without assistance, (2) **ambulate** smoothly Physical therapy will help him **ambulate** more confidently.

## **Session 2: Spelling**

| 1. | rew vegetation        | v.   | to grow back or regenerate after being<br>cut or removed, such as cells or tissues<br>in the body, or plants and vegetation  |
|----|-----------------------|------|--|
| 2. | coen supplement       | n.   | a fibrous protein that forms the<br>connective tissues in animals, including<br>skin, tendons, and bone; often used in<br>cosmetic and medical treatments for its<br>ability to add firmness and elasticity to<br>skin or other tissues          |
| 3. | ski doll              | adv. | in a direction that is downward or from a<br>higher to a lower point; in a<br>progressively worse or deteriorating<br>manner   |
| 4. | rew hair              | ν.   | to grow back or regenerate after being<br>cut or removed, such as cells or tissues<br>in the body, or plants and vegetation  |
| 5. | prde in the park      | n.   | a stroll or walk, often taken in a public<br>place or park; a public place for walking<br>or strolling, often filled with shops or<br>vendors; a dance movement in which<br>the partners move around the floor in a<br>circle or similar pattern |
| 6. | revize the technology | v.   | to bring about a complete or radical<br>change in something, often through the<br>introduction of new methods or ideas   |
| 7. | Cornish pay           | n.   | a type of baked pastry that typically<br>consists of a filling of meat, vegetables,<br>or other ingredients, enclosed in a<br>pastry shell; (adjective) pale, lacking in<br>color, or dull   |

ANSWERS: 1. regrow, 2. collagen, 3. downhill, 4. regrow, 5. promenade, 6. revolutionize, 7. pasty

| 8.  | dee his public image | v. | to make something worse, especially in<br>quality; to show or treat someone in a<br>way that makes them seem no value<br>and do not have the respect or<br>reasonable opinion of others                  |
|-----|----------------------|----|--|
| 9.  | huze a room          | v. | to make something or someone more<br>humane or compassionate; to make<br>something more relatable or<br>understandable to humans   |
| 10. | nasal cage           | n. | a tough, elastic connective tissue that is<br>found in various parts of the body, such<br>as the joints, the outer ear, and the tip<br>of the nose   |
| 11. | ten grafting         | n. | a strong, fibrous cord of tissue that connects muscle to bone  |
| 12. | lung alft            | n. | a surgical tissue graft that involves<br>transplanting tissue from one individual<br>to another, typically from a donor to a<br>recipient who is not genetically identical                               |
| 13. | rece a tennis court  | v. | to restore or repair the surface of<br>something, particularly a road,<br>pavement, or sports field; to come to<br>the surface or become visible again<br>after a period of obscurity or<br>concealment  |
| 14. | dee us to meet again | V. | to determine or set the course of<br>something in advance, often in a way<br>that seems predetermined or inevitable;<br>to specify or choose someone or<br>something for a particular fate or<br>outcome |

ANSWERS: 8. degrade, 9. humanize, 10. cartilage, 11. tendon, 12. allograft, 13. resurface, 14. destine

| 15. ortic clinic              | adj. | relating to the branch of medicine<br>concerned with the correction or<br>prevention of deformities, disorders, or<br>injuries of the skeletal system and<br>associated muscles, joints, and<br>ligaments |
|-------------------------------|------|---|
| 16. first-person naor         | n.   | a person who tells a story, especially in a book or film  |
| 17. arar cartilage            | adj. | relating to a joint or joints, often used in<br>medical or anatomical contexts to<br>describe structures or movements<br>associated with joints   |
| 18. a lint in the ankle       | n.   | a band of tissue that connects bones or<br>holds organs in place to support and<br>stabilize the body   |
| 19. cruciate lint             | n.   | a band of tissue that connects bones or<br>holds organs in place to support and<br>stabilize the body   |
| 20. dee environmental quality | v.   | to make something worse, especially in<br>quality; to show or treat someone in a<br>way that makes them seem no value<br>and do not have the respect or<br>reasonable opinion of others                   |
| 21. walk doll to the beach    | adv. | in a direction that is downward or from a<br>higher to a lower point; in a<br>progressively worse or deteriorating<br>manner  |
| 22. consumption of gase       | n.   | a simple sugar that is found in milk and<br>dairy products and is an important<br>component of lactose, also used in the<br>production of certain types of<br>biodegradable plastics                      |

ANSWERS: 15. orthopedic, 16. narrator, 17. articular, 18. ligament, 19. ligament, 20. degrade, 21. downhill, 22. galactose

| 23. | pay face                    | n.   | a type of baked pastry that typically<br>consists of a filling of meat, vegetables,<br>or other ingredients, enclosed in a<br>pastry shell; (adjective) pale, lacking in<br>color, or dull   |
|-----|-----------------------------|------|--|
| 24. | grd away at my work         | v.   | to reduce something to small particles<br>or powder by crushing or rubbing it; to<br>work hard over a long period of time  |
| 25. | tk to the refrigerator door | n.   | a method of changing the course of a<br>sailing vessel by turning the bow<br>through the wind so that the wind<br>switches from one side of the vessel to<br>the other; a course of action or strategy,<br>particularly in politics or business; (verb)<br>to fasten or attach something, such as<br>pinning or nailing an object in place |
| 26. | built-up mt                 | n.   | a long pole aboard a boat or ship that holds up the sails  |
| 27. | bic exoskeleton             | adj. | relating to or using technology or<br>devices that enhance or replace<br>biological functions, typically in a way<br>that mimics or improves upon the<br>original  |
| 28. | alft rejection              | n.   | a surgical tissue graft that involves<br>transplanting tissue from one individual<br>to another, typically from a donor to a<br>recipient who is not genetically identical   |
| 29. | dent solution               | n.   | a substance used for washing or<br>cleaning, especially one that can<br>remove dirt or stains effectively  |

ANSWERS: 23. pasty, 24. grind, 25. tack, 26. mast, 27. bionic, 28. allograft, 29. detergent

| 30. | a nb mind         | adj. | unable to feel physical sensation and movement; not showing human feeling or sensitivity   |
|-----|-------------------|------|--|
| 31. | plul harvest      | adj. | existing or available in a large quantity<br>or abundance; ample or abundant in<br>supply or availability  |
| 32. | huze my pet       | v.   | to make something or someone more<br>humane or compassionate; to make<br>something more relatable or<br>understandable to humans   |
| 33. | arar inflammation | adj. | relating to a joint or joints, often used in<br>medical or anatomical contexts to<br>describe structures or movements<br>associated with joints  |
| 34. | bic technology    | adj. | relating to or using technology or<br>devices that enhance or replace<br>biological functions, typically in a way<br>that mimics or improves upon the<br>original  |
| 35. | region of forests | n.   | the process of regrowing or re-forming a<br>body part or tissue that has been lost or<br>damaged due to injury, disease, or<br>other factors; restoration or renewal of<br>vitality, strength, or spirit |
| 36. | golden asn leaves | n.   | a deciduous tree with smooth, white<br>bark that often trembles or quakes in<br>the wind; a type of skiing that involves<br>quick, short turns on steep slopes   |
| 37. | economic region   | n.   | the process of regrowing or re-forming a<br>body part or tissue that has been lost or<br>damaged due to injury, disease, or<br>other factors; restoration or renewal of<br>vitality, strength, or spirit |

ANSWERS: 30. numb, 31. plentiful, 32. humanize, 33. articular, 34. bionic, 35. regeneration, 36. aspen, 37. regeneration

| 38. | immunodominant epe                  | n.   | a specific site or portion of an antigen<br>molecule that is recognized and bound<br>by an antibody or immune receptor  |
|-----|-------------------------------------|------|---|
| 39. | medial meus                         | n.   | a thin, curved layer of liquid, especially<br>the concave surface of a liquid in a<br>container; a cartilage disc within a joint,<br>especially a knee  |
| 40. | stze blood sugar levels             | v.   | to become or cause to become steady<br>or unlikely to give way  |
| 41. | anti-grt law                        | n.   | a transplanted portion of tissue or skin,<br>often taken from one part of the body<br>and used to repair or replace damaged<br>or missing tissue in another part; a<br>corrupt or illegal means of acquiring<br>wealth or power through illicit or<br>unethical methods |
| 42. | plul resources                      | adj. | existing or available in a large quantity<br>or abundance; ample or abundant in<br>supply or availability   |
| 43. | be deed to become a great<br>artist | v.   | to determine or set the course of<br>something in advance, often in a way<br>that seems predetermined or inevitable;<br>to specify or choose someone or<br>something for a particular fate or<br>outcome  |
| 44. | mt height                           | n.   | a long pole aboard a boat or ship that holds up the sails   |
| 45. | the naor of the TV program          | n.   | a person who tells a story, especially in a book or film  |
| 46. | revize the industry                 | v.   | to bring about a complete or radical<br>change in something, often through the<br>introduction of new methods or ideas  |

ANSWERS: 38. epitope, 39. meniscus, 40. stabilize, 41. graft, 42. plentiful, 43. destine, 44. mast, 45. narrator, 46. revolutionize

| 47. epe binding             | n. | a specific site or portion of an antigen<br>molecule that is recognized and bound<br>by an antibody or immune receptor  |
|-----------------------------|----|---|
| 48. amte without assistance | v. | to walk or move about, often used in<br>medical contexts to refer to a patient's<br>ability to move around, especially after<br>surgery or when recovering from an<br>injury  |
| 49. amte smoothly           | v. | to walk or move about, often used in<br>medical contexts to refer to a patient's<br>ability to move around, especially after<br>surgery or when recovering from an<br>injury  |
| 50. grt surgery             | n. | a transplanted portion of tissue or skin,<br>often taken from one part of the body<br>and used to repair or replace damaged<br>or missing tissue in another part; a<br>corrupt or illegal means of acquiring<br>wealth or power through illicit or<br>unethical methods |
| 51. meus surgery            | n. | a thin, curved layer of liquid, especially<br>the concave surface of a liquid in a<br>container; a cartilage disc within a joint,<br>especially a knee  |
| 52. coen production         | n. | a fibrous protein that forms the<br>connective tissues in animals, including<br>skin, tendons, and bone; often used in<br>cosmetic and medical treatments for its<br>ability to add firmness and elasticity to<br>skin or other tissues                                 |

ANSWERS: 47. epitope, 48. ambulate, 49. ambulate, 50. graft, 51. meniscus, 52. collagen

| 53. ortic shoes     | adj. | relating to the branch of medicine<br>concerned with the correction or<br>prevention of deformities, disorders, or<br>injuries of the skeletal system and<br>associated muscles, joints, and<br>ligaments  |
|---------------------|------|--|
| 54. ten collagen    | n.   | a strong, fibrous cord of tissue that connects muscle to bone  |
| 55. change tk       | n.   | a method of changing the course of a<br>sailing vessel by turning the bow<br>through the wind so that the wind<br>switches from one side of the vessel to<br>the other; a course of action or strategy,<br>particularly in politics or business; (verb)<br>to fasten or attach something, such as<br>pinning or nailing an object in place |
| 56. gase metabolism | n.   | a simple sugar that is found in milk and<br>dairy products and is an important<br>component of lactose, also used in the<br>production of certain types of<br>biodegradable plastics   |
| 57. evening prde    | n.   | a stroll or walk, often taken in a public<br>place or park; a public place for walking<br>or strolling, often filled with shops or<br>vendors; a dance movement in which<br>the partners move around the floor in a<br>circle or similar pattern   |
| 58. laundry dent    | n.   | a substance used for washing or<br>cleaning, especially one that can<br>remove dirt or stains effectively  |

ANSWERS: 53. orthopedic, 54. tendon, 55. tack, 56. galactose, 57. promenade, 58. detergent

| 59. | nb with cold             | adj. | unable to feel physical sensation and<br>movement; not showing human feeling<br>or sensitivity  |
|-----|--------------------------|------|---|
| 60. | rece more than once      | v.   | to restore or repair the surface of<br>something, particularly a road,<br>pavement, or sports field; to come to<br>the surface or become visible again<br>after a period of obscurity or<br>concealment |
| 61. | grd your teeth           | v.   | to reduce something to small particles<br>or powder by crushing or rubbing it; to<br>work hard over a long period of time   |
| 62. | company moo              | n.   | a phrase or slogan that expresses a guiding principle or goal   |
| 63. | stze prices              | v.   | to become or cause to become steady or unlikely to give way   |
| 64. | cage damage              | n.   | a tough, elastic connective tissue that is<br>found in various parts of the body, such<br>as the joints, the outer ear, and the tip<br>of the nose  |
| 65. | asn grove                | n.   | a deciduous tree with smooth, white<br>bark that often trembles or quakes in<br>the wind; a type of skiing that involves<br>quick, short turns on steep slopes  |
| 66. | the moo for safe traffic | n.   | a phrase or slogan that expresses a guiding principle or goal   |

ANSWERS: 59. numb, 60. resurface, 61. grind, 62. motto, 63. stabilize, 64. cartilage, 65. aspen, 66. motto

## Session 3: Fill in the Blanks

- 1. The family's finances have been going \_\_\_\_\_\_ since they lost their main source of income.
- *adv.* in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner
- 2. The athlete visited the \_\_\_\_\_\_ surgeon to have her injured knee examined and treated.
- *adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments
- 3. The \_\_\_\_\_\_ in the knee provide stability and support.
- *n*. a band of tissue that connects bones or holds organs in place to support and stabilize the body
- 4. People with \_\_\_\_\_\_ intolerance must avoid dairy products because their bodies cannot break down this sugar.
- *n*. a simple sugar that is found in milk and dairy products and is an important component of lactose, also used in the production of certain types of biodegradable plastics
- 5. The \_\_\_\_\_ trees turned a bright yellow in the fall, creating a beautiful sight.
- *n.* a deciduous tree with smooth, white bark that often trembles or quakes in the wind; a type of skiing that involves quick, short turns on steep slopes
- 6. The patient had an \_\_\_\_\_\_ fracture in his wrist.
- *adj.* relating to a joint or joints, often used in medical or anatomical contexts to describe structures or movements associated with joints

ANSWERS: 1. downhill, 2. orthopedic, 3. ligaments, 4. galactose, 5. aspen, 6. articular

- 7. Basketball players risk damaging their \_\_\_\_\_ more due to the constant jumping and quick movements.
- *n.* a thin, curved layer of liquid, especially the concave surface of a liquid in a container; a cartilage disc within a joint, especially a knee
- 8. The city plans to \_\_\_\_\_\_ the roads downtown to fix potholes and cracks.
- v. to restore or repair the surface of something, particularly a road, pavement, or sports field; to come to the surface or become visible again after a period of obscurity or concealment
- 9. \_\_\_\_\_ injuries are common among athletes.
- *n.* a strong, fibrous cord of tissue that connects muscle to bone
- 10. Physical therapy will help him \_\_\_\_\_ more confidently.
  - v. to walk or move about, often used in medical contexts to refer to a patient's ability to move around, especially after surgery or when recovering from an injury
- 11. Lizards can \_\_\_\_\_ their tails if they are cut off.
- *v.* to grow back or regenerate after being cut or removed, such as cells or tissues in the body, or plants and vegetation
- 12. The boardwalk by the beach was a beautiful \_\_\_\_\_\_ for tourists and locals alike.
  - *n.* a stroll or walk, often taken in a public place or park; a public place for walking or strolling, often filled with shops or vendors; a dance movement in which the partners move around the floor in a circle or similar pattern
- 13. My left arm became \_\_\_\_\_.
- *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

ANSWERS: 7. meniscus, 8. resurface, 9. Tendon, 10. ambulate, 11. regrow, 12. promenade, 13. numb

- 14. The patient's skin \_\_\_\_\_ procedure was successful, and he was released from the hospital.
- *n*. a transplanted portion of tissue or skin, often taken from one part of the body and used to repair or replace damaged or missing tissue in another part; a corrupt or illegal means of acquiring wealth or power through illicit or unethical methods
- 15. The supermarket offers a \_\_\_\_\_\_ selection of fresh fruits and vegetables.
- *adj.* existing or available in a large quantity or abundance; ample or abundant in supply or availability
- 16. The vaccine targeted a specific \_\_\_\_\_\_ on the virus's surface protein.
- *n.* a specific site or portion of an antigen molecule that is recognized and bound by an antibody or immune receptor
- 17. She had to \_\_\_\_\_ the coffee beans before making a fresh cup.
- v. to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
- 18. Some people believe that we are all \_\_\_\_\_\_ for greatness.
- *v.* to determine or set the course of something in advance, often in a way that seems predetermined or inevitable; to specify or choose someone or something for a particular fate or outcome
- 19. Our natural \_\_\_\_\_\_ production decreases as we age, leading to wrinkles, sagging skin, and joint pain.
  - *n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues

ANSWERS: 14. graft, 15. plentiful, 16. epitope, 17. grind, 18. destined, 19. collagen

- 20. The \_\_\_\_\_ makes use of the local dialect.
- *n.* a person who tells a story, especially in a book or film
- 21. The company's \_\_\_\_\_ is "Innovation and Service," which is reflected in its products and customer support.
- *n.* a phrase or slogan that expresses a guiding principle or goal
- 22. You should not \_\_\_\_\_\_ yourself by allowing them to use you.
  - v. to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others
- 23. The \_\_\_\_\_\_ of the damaged tissue in the body is a slow process.
  - *n.* the process of regrowing or re-forming a body part or tissue that has been lost or damaged due to injury, disease, or other factors; restoration or renewal of vitality, strength, or spirit
- 24. The patient underwent an \_\_\_\_\_\_ procedure to replace the damaged tissue with donor tissue.
- *n.* a surgical tissue graft that involves transplanting tissue from one individual to another, typically from a donor to a recipient who is not genetically identical
- 25. The invention of the smartphone \_\_\_\_\_\_ the way we communicate with each other.
  - *v.* to bring about a complete or radical change in something, often through the introduction of new methods or ideas
- 26. The main cabin is located in front of the \_\_\_\_\_.
- *n.* a long pole aboard a boat or ship that holds up the sails

ANSWERS: 20. narrator, 21. motto, 22. degrade, 23. regeneration, 24. allograft, 25. revolutionized, 26. mast

- 27. The knee joint is supported by \_\_\_\_\_\_ which helps absorb shock and prevent bone damage.
- *n.* a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
- 28. The raising of interest rates \_\_\_\_\_\_ the inflation rate.
- *v.* to become or cause to become steady or unlikely to give way
- 29. The charity event aims to \_\_\_\_\_\_ the homeless rather than treat them as mere statistics.
  - v. to make something or someone more humane or compassionate; to make something more relatable or understandable to humans
- 30. The soldier was fitted with a \_\_\_\_\_ arm after losing him in combat.
- *adj.* relating to or using technology or devices that enhance or replace biological functions, typically in a way that mimics or improves upon the original
- 31. I need to change the \_\_\_\_\_ of the sailboat to avoid hitting the rocks.
- *n*. a method of changing the course of a sailing vessel by turning the bow through the wind so that the wind switches from one side of the vessel to the other; a course of action or strategy, particularly in politics or business; (verb) to fasten or attach something, such as pinning or nailing an object in place
- 32. I use environmentally friendly \_\_\_\_\_\_ when I wash my clothes and dishes.
  - *n.* a substance used for washing or cleaning, especially one that can remove dirt or stains effectively
- 33. I plan to pick up a chicken \_\_\_\_\_ at that bakery on my way home from work.
- *n.* a type of baked pastry that typically consists of a filling of meat, vegetables, or other ingredients, enclosed in a pastry shell; (adjective) pale, lacking in color, or dull

ANSWERS: 27. cartilage, 28. stabilizes, 29. humanize, 30. bionic, 31. tack, 32. detergent, 33. pasty

#### ANSWERS: