

Englist.me



Vocabulary Builder Reference from...

Dean Ornish: Your genes are not your fate | TED Talk

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

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

gene

n. the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.

synonym : factor, cistron

(1) **gene** expression, (2) **gene** cloning

A defective **gene** is responsible for the disease.

ventral

adj. relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal

synonym : abdominal, ventricose, stomachal

(1) **ventral** fin, (2) **ventral** hernia

The **ventral** side of the fish was beautifully colored.

elegant

adj. pleasing and graceful in appearance or manner, or showing good taste and refinement

synonym : refined, sophisticated, graceful

(1) **elegant** design, (2) write **elegant** sentences

She wore an **elegant** evening gown to the gala.

dynamic

adj. having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

synonym : energetic, active, vital

(1) a **dynamic** market, (2) **dynamic** person
The sprinter has a **dynamic** way of running.

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**.

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.

measured

adj. done with careful consideration or calculated precision; controlled or regulated in manner or speech; deliberate and thoughtful

synonym: calculated, deliberate, thought-out

(1) **measured** analysis, (2) **measured** tone of voice
Her **measured** response to the criticism showed her ability to remain calm and composed under pressure.

robin

n. a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America

synonym: thrush, red-breast, redbird

(1) **robin** eggs, (2) **robin's** nest
I love listening to the cheerful song of the **robin** in my garden.

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym: booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**
There is a clear association between **alcohol** consumption and cognitive decline.

moderation

n. the state or quality of being moderate, balanced, or restrained, especially in one's behavior, habits, or thinking; avoiding excess or extremes

synonym: restraint, temperance, self-control

(1) excessive **moderation**, (2) **moderation** in all things
Overindulging in sweets can lead to health problems, but enjoying them in **moderation** may be acceptable.

cannabinoid

n. a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration

synonym: cannabis compound, CBD, THC

(1) **cannabinoid** receptor, (2) **cannabinoid** extracts

Some researchers believe manipulating **cannabinoid** levels in the body could offer therapeutic benefits.

marijuana

n. a psychoactive drug derived from the Cannabis plant, used for medicinal or recreational purposes; a drug that is illegal in some countries and states but legal in others for specific purposes

synonym: cannabis, weed, pot

(1) recreational **marijuana**, (2) medical **marijuana**

Studies have shown that long-term use of **marijuana** can have adverse effects on cognitive abilities.

messenger

n. someone or something that carries a message, especially one sent to convey information, news, or an official document

synonym: courier, transmitter, envoy

(1) **messenger** app, (2) a secret **messenger**

An mRNA vaccine is a type of vaccine that uses a copy of a molecule called **messenger** RNA.

suspect

v. to consider anything to be actual or probable

synonym: assume, distrust, surmise

(1) **suspect** a plot, (2) **suspect** that he is sick

The cops **suspected** him of being the killer.

saturated

adj. (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease

synonym : soaked, drenched, soaked through

(1) **saturated** fat, (2) **saturated** colors

The company decided not to enter the smartphone market because it was already **saturated** with numerous established players.

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.

opiate

n. a drug or substance derived from opium or having similar effects, often used for pain relief or to induce sleep; something that dulls or lulls the senses, emotions, or thoughts

synonym : drug, narcotic, sedative

(1) **opiate** analgesics, (2) addictive **opiate**

The doctor prescribed a mild **opiate** painkiller to help manage his post-surgery discomfort.

cocaine

n. a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor

synonym : narcotic, coke, snow

(1) powder **cocaine**, (2) **cocaine** overdose

The drug dealer was arrested for possession of **cocaine**.

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.

wrinkle

n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty

synonym: crinkle, fold, crumple

(1) a fine **wrinkle** on a fabric, (2) a facial **wrinkle**

This suit is made of **wrinkle-proof** material.

reverse

v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

synonym: overturn, shift, switch

(1) **reverse** the trend, (2) **reverse** the order

The restaurant **reversed** a ban on smoking.

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.

clog

v. to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something

synonym: block, jam, obstruct

(1) **clog** a filter, (2) **clog** artery

The drain was **clogged** with hair and needed to be cleaned out.

artery

n. one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

synonym : blood vessel, channel, roadway

(1) **artery** blockage, (2) risk of coronary **artery** disease

Continuous consumption of fatty foods leads to the hardening of the **artery**.

cardiac

adj. of or relating to the heart or heart disease

(1) **cardiac** arrest, (2) **cardiac** disease

The **cardiac** output of a resting adult is around three quarts per minute.

pet

n. an animal that you have at home as a companion and treated kindly

(1) a **pet** bird, (2) a teacher's **pet**

I have a parrot as a **pet**.

scan

v. to examine something hastily, with the eyes or with a machine, to get information

synonym : look over, scrutinize, browse

(1) **scan** the face of the man, (2) **scan** a document into PDF

She stood on the podium and **scanned** an audience.

maximum

adj. the largest or greatest amount or value attainable or attained

synonym : peak, top, highest

(1) **maximum** limit, (2) the **maximum** speed

The **maximum** temperature recorded this summer was higher than average.

progression

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

synonym : advancement, development, evolution

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

The company has made great strides in its **progression**

toward sustainability.

prostate

n. a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen

synonym : gland, bladder

(1) **prostate** surgery, (2) enlarged **prostate**

Men over the age of 50 are at a higher risk for **prostate** cancer.

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.

extension

n. a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line

synonym : addition, augment, supplement

(1) time **extension**, (2) telephone **extension**

They are building an **extension** to the house to add more bedrooms.

breast

n. either of the two round soft parts of a woman's chest which secrete milk after childbirth

synonym : bosom, chest, bust

(1) **breast** cancer, (2) the mountain's **breast**

He grilled the **breast** meat of a chicken.

tumor

n. a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way

synonym : neoplasm, mass, lump

(1) **tumor** growth, (2) **tumor** at remote sites

The patient was diagnosed with a **tumor** in her lung.

vitro

n. (used as "in vitro") a scientific experiment or procedure that takes place outside of a living organism, usually in a test tube or petri dish

synonym: glass, container, vessel

(1) in **vitro** fermentation, (2) in **vitro** diagnostics

The lab technician used in **vitro** fertilization to help the couple conceive.

inhibit

v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

synonym: deter, hinder, impede

(1) **inhibit** desires, (2) **inhibit** tumor growth

Excessive parental interference may **inhibit** children's eagerness to learn.

comparison

n. the consideration or examination of the similarities between two or more people or things

synonym: equivalence, analogy, contrast

(1) ease of **comparison**, (2) **comparison** of foods on a caloric basis

I've included the two designs for a **comparison**.

differ

v. to be not like someone or something in some way

synonym: vary, diverge, disagree

(1) **differ** from the majority, (2) **differ** according to species

The two products **differed** in their quality and price.

significance

n. the importance or value attached to something; the quality of being significant or noteworthy

synonym: importance, value, worth

(1) **significance** level, (2) mystical **significance**

The **significance** of his discovery cannot be overstated.

organ

n. a part of the body of an animal or plant that has a particular purpose and performs a specific job

synonym : function, structure

(1) **organ** bleeding, (2) damage to internal **organs**

These infections have the potential to impact practically every **organ** system.

potency

n. the strength, power, or intensity of a substance, typically referring to its effectiveness, concentration, or ability to produce a desired effect

synonym : strength, power, dominance

(1) sexual **potency**, (2) nutritional **potency**

The **potency** of the medicine was evident in how quickly it relieved her pain.

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.

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.

impotent

adj. lacking power or ability to change things or to influence a situation

synonym : helpless, worthless, powerless

(1) an **impotent** feeling, (2) sexually **impotent**

Modern medicine was largely **impotent** against the disease.

expression

n. the act of conveying thoughts, feelings, or ideas using words, facial expressions, body language, or art; a look

or gesture that conveys a particular emotion or mood
synonym : statement, utterance, remark

(1) artistic **expression**, (2) **expression** of interest
His facial **expression** showed a mix of surprise and confusion.

favorable

adj. having a positive or beneficial attitude or effect; expressing approval, support, or agreement

synonym : advantageous, beneficial, positive

(1) **favorable** conditions, (2) **favorable** response
The positive reviews were a **favorable** sign for the new restaurant in town.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym : hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder
Understanding protein folding is a vital step in deciphering the **genetic** code.

fate

n. the development of events beyond one's control; destiny; the ultimate outcome or consequence of a situation or person's actions

synonym : destiny, fortune, karma

(1) **fate** of nations, (2) accept my **fate**
The fortune teller predicted his **fate** and warned him of the looming danger.

predisposition

n. a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors

synonym : tendency, inclination, disposition

(1) **predisposition** to anxiety, (2) genetic **predisposition**
Smoking can increase a person's **predisposition** to lung cancer.

Session 2: Spelling

1. a ge____c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
2. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
3. ro__n eggs *n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
4. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
5. c__g artery *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
6. co_____e overdose *n.* a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor
7. medical ma_____na *n.* a psychoactive drug derived from the Cannabis plant, used for medicinal or recreational purposes; a drug that is illegal in some countries and states but legal in others for specific purposes
8. diluted al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

ANSWERS: 1. genetic, 2. constrict, 3. robin, 4. chronic, 5. clog, 6. cocaine, 7. marijuana, 8. alcohol

9. br___t cancer *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
10. pro_____on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
11. sexual po_____y *n.* the strength, power, or intensity of a substance, typically referring to its effectiveness, concentration, or ability to produce a desired effect
12. c__g a filter *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
13. 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.
14. fa_____le conditions *adj.* having a positive or beneficial attitude or effect; expressing approval, support, or agreement
15. ro__n's nest *n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
16. 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
17. me_____ed tone of voice *adj.* done with careful consideration or calculated precision; controlled or regulated in manner or speech; deliberate and thoughtful

ANSWERS: 9. breast, 10. progression, 11. potency, 12. clog, 13. stroke, 14. favorable, 15. robin, 16. cancer, 17. measured

18. can_____id receptor *n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
19. a teacher's p_t *n.* an animal that you have at home as a companion and treated kindly
20. genetic pre_____ion *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
21. re_____e the trend *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
22. an im_____nt feeling *adj.* lacking power or ability to change things or to influence a situation
23. 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
24. the ma_____m speed *adj.* the largest or greatest amount or value attainable or attained
25. a fine wr_____e on a fabric *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
26. tu__r at remote sites *n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way

ANSWERS: 18. cannabinoid, 19. pet, 20. predisposition, 21. reverse, 22. impotent, 23. oxygen, 24. maximum, 25. wrinkle, 26. tumor

27. ar___y blockage *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
28. su_____t that he is sick *v.* to consider anything to be actual or probable
29. me_____ed analysis *adj.* done with careful consideration or calculated precision; controlled or regulated in manner or speech; deliberate and thoughtful
30. f__e of nations *n.* the development of events beyond one's control; destiny; the ultimate outcome or consequence of a situation or person's actions
31. g__e expression *n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.
32. co_____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
33. 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
34. have ge_____c testing *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
35. di___r according to species *v.* to be not like someone or something in some way

ANSWERS: 27. artery, 28. suspect, 29. measured, 30. fate, 31. gene, 32. constrict, 33. disease, 34. genetic, 35. differ

36. ca____c disease *adj.* of or relating to the heart or heart disease
37. ve____l fin *adj.* relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal
38. sig_____nce level *n.* the importance or value attached to something; the quality of being significant or noteworthy
39. pro_____on of disease *n.* the act or process of changing to the next stage or phase or moving forward
40. pre_____ion to anxiety *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
41. damage to internal or__ns *n.* a part of the body of an animal or plant that has a particular purpose and performs a specific job
42. g__e cloning *n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.
43. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
44. ca____c arrest *adj.* of or relating to the heart or heart disease
45. in vi__o fermentation *n.* (used as "in vitro") a scientific experiment or procedure that takes place outside of a living organism, usually in a test tube or petri dish

ANSWERS: 36. cardiac, 37. ventral, 38. significance, 39. progression, 40. predisposition, 41. organ, 42. gene, 43. brain, 44. cardiac, 45. vitro

46. ch____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
47. 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.
48. s__n the face of the man *v.* to examine something hastily, with the eyes or with a machine, to get information
49. 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
50. el____t design *adj.* pleasing and graceful in appearance or manner, or showing good taste and refinement
51. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
52. me____er app *n.* someone or something that carries a message, especially one sent to convey information, news, or an official document
53. mystical sig____nce *n.* the importance or value attached to something; the quality of being significant or noteworthy
54. the mountain's br____t *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth

ANSWERS: 46. chronic, 47. stroke, 48. scan, 49. nicotine, 50. elegant, 51. brain, 52. messenger, 53. significance, 54. breast

55. com_____on of foods on a caloric basis *n.* the consideration or examination of the similarities between two or more people or things
56. sexually im_____nt *adj.* lacking power or ability to change things or to influence a situation
57. or__n bleeding *n.* a part of the body of an animal or plant that has a particular purpose and performs a specific job
58. fa_____le response *adj.* having a positive or beneficial attitude or effect; expressing approval, support, or agreement
59. risk of coronary ar____y disease *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
60. tu__r growth *n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way
61. recreational ma_____na *n.* a psychoactive drug derived from the Cannabis plant, used for medicinal or recreational purposes; a drug that is illegal in some countries and states but legal in others for specific purposes
62. a dy_____c market *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
63. di____r from the majority *v.* to be not like someone or something in some way

ANSWERS: 55. comparison, 56. impotent, 57. organ, 58. favorable, 59. artery, 60. tumor, 61. marijuana, 62. dynamic, 63. differ

64. stop drinking al____l
- n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
65. in____t desires
- v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
66. nutritional po____y
- n.* the strength, power, or intensity of a substance, typically referring to its effectiveness, concentration, or ability to produce a desired effect
67. time ex____on
- n.* a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line
68. re____e the order
- v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
69. pr____te surgery
- n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
70. mod____on in all things
- n.* the state or quality of being moderate, balanced, or restrained, especially in one's behavior, habits, or thinking; avoiding excess or extremes

ANSWERS: 64. alcohol, 65. inhibit, 66. potency, 67. extension, 68. reverse, 69. prostate, 70. moderation

71. ease of com_____on *n.* the consideration or examination of the similarities between two or more people or things
72. op___e analgesics *n.* a drug or substance derived from opium or having similar effects, often used for pain relief or to induce sleep; something that dulls or lulls the senses, emotions, or thoughts
73. write el_____t sentences *adj.* pleasing and graceful in appearance or manner, or showing good taste and refinement
74. 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
75. in vi__o diagnostics *n.* (used as "in vitro") a scientific experiment or procedure that takes place outside of a living organism, usually in a test tube or petri dish
76. artistic exp_____on *n.* the act of conveying thoughts, feelings, or ideas using words, facial expressions, body language, or art; a look or gesture that conveys a particular emotion or mood
77. dy_____c person *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
78. addictive op___e *n.* a drug or substance derived from opium or having similar effects, often used for pain relief or to induce sleep; something that dulls or lulls the senses, emotions, or thoughts

ANSWERS: 71. comparison, 72. opiate, 73. elegant, 74. nicotine, 75. vitro, 76. expression, 77. dynamic, 78. opiate

79. s__n a document into PDF
v. to examine something hastily, with the eyes or with a machine, to get information
80. 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
81. in_____t tumor growth
v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
82. 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
83. a secret me_____er
n. someone or something that carries a message, especially one sent to convey information, news, or an official document
84. can_____id extracts
n. a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
85. su_____t a plot
v. to consider anything to be actual or probable
86. sa_____ed fat
adj. (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease

ANSWERS: 79. scan, 80. oxygen, 81. inhibit, 82. disease, 83. messenger, 84. cannabinoid, 85. suspect, 86. saturated

87. 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
88. exp_____on of interest *n.* the act of conveying thoughts, feelings, or ideas using words, facial expressions, body language, or art; a look or gesture that conveys a particular emotion or mood
89. sa_____ed colors *adj.* (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease
90. ma_____m limit *adj.* the largest or greatest amount or value attainable or attained
91. accept my f__e *n.* the development of events beyond one's control; destiny; the ultimate outcome or consequence of a situation or person's actions
92. a facial wr_____e *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
93. ve_____l hernia *adj.* relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal

ANSWERS: 87. cancer, 88. expression, 89. saturated, 90. maximum, 91. fate, 92. wrinkle, 93. ventral

94. excessive mod_____on *n.* the state or quality of being moderate, balanced, or restrained, especially in one's behavior, habits, or thinking; avoiding excess or extremes
95. powder co_____e *n.* a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor
96. enlarged pr_____te *n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
97. a p_t bird *n.* an animal that you have at home as a companion and treated kindly
98. telephone ex_____on *n.* a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line

ANSWERS: 94. moderation, 95. cocaine, 96. prostate, 97. pet, 98. extension

Session 3: Fill in the Blanks

1. I love listening to the cheerful song of the _____ in my garden.
n. a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
2. The positive reviews were a _____ sign for the new restaurant in town.
adj. having a positive or beneficial attitude or effect; expressing approval, support, or agreement
3. The cops _____ him of being the killer.
v. to consider anything to be actual or probable
4. Continuous consumption of fatty foods leads to the hardening of the _____.
n. one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
5. Excessive parental interference may _____ children's eagerness to learn.
v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
6. Understanding protein folding is a vital step in deciphering the _____ code.
adj. of or relating to genes (= parts of the DNA in cells) or the science of genes
7. The drug dealer was arrested for possession of _____.
n. a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor

ANSWERS: 1. robin, 2. favorable, 3. suspected, 4. artery, 5. inhibit, 6. genetic, 7. cocaine

8. 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.
9. The two products _____ in their quality and price.
- v.* to be not like someone or something in some way
10. Overindulging in sweets can lead to health problems, but enjoying them in _____ may be acceptable.
- n.* the state or quality of being moderate, balanced, or restrained, especially in one's behavior, habits, or thinking; avoiding excess or extremes
11. The lab technician used in _____ fertilization to help the couple conceive.
- n.* (used as "in vitro") a scientific experiment or procedure that takes place outside of a living organism, usually in a test tube or petri dish
12. Studies have shown that long-term use of _____ can have adverse effects on cognitive abilities.
- n.* a psychoactive drug derived from the Cannabis plant, used for medicinal or recreational purposes; a drug that is illegal in some countries and states but legal in others for specific purposes
13. The company has made great strides in its _____ toward sustainability.
- n.* the act or process of changing to the next stage or phase or moving forward
14. 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
15. The _____ of his discovery cannot be overstated.
- n.* the importance or value attached to something; the quality of being significant or noteworthy

ANSWERS: 8. stroke, 9. differed, 10. moderation, 11. vitro, 12. marijuana, 13. progression, 14. disease, 15. significance

16. This suit is made of _____ material.

n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty

17. His facial _____ showed a mix of surprise and confusion.

n. the act of conveying thoughts, feelings, or ideas using words, facial expressions, body language, or art; a look or gesture that conveys a particular emotion or mood

18. Her _____ response to the criticism showed her ability to remain calm and composed under pressure.

adj. done with careful consideration or calculated precision; controlled or regulated in manner or speech; deliberate and thoughtful

19. 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

20. These infections have the potential to impact practically every _____ system.

n. a part of the body of an animal or plant that has a particular purpose and performs a specific job

21. They are building an _____ to the house to add more bedrooms.

n. a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line

22. The patient was diagnosed with a _____ in her lung.

n. a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way

ANSWERS: 16. wrinkle-proof, 17. expression, 18. measured, 19. oxygen, 20. organ, 21. extension, 22. tumor

23. She wore an _____ evening gown to the gala.

adj. pleasing and graceful in appearance or manner, or showing good taste and refinement

24. The drain was _____ with hair and needed to be cleaned out.

v. to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something

25. The doctor prescribed a mild _____ painkiller to help manage his post-surgery discomfort.

n. a drug or substance derived from opium or having similar effects, often used for pain relief or to induce sleep; something that dulls or lulls the senses, emotions, or thoughts

26. The _____ output of a resting adult is around three quarts per minute.

adj. of or relating to the heart or heart disease

27. The sprinter has a _____ way of running.

adj. having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

28. The company decided not to enter the smartphone market because it was already _____ with numerous established players.

adj. (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease

ANSWERS: 23. elegant, 24. clogged, 25. opiate, 26. cardiac, 27. dynamic, 28. saturated

29. 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
30. 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
31. An mRNA vaccine is a type of vaccine that uses a copy of a molecule called _____ RNA.
- n.* someone or something that carries a message, especially one sent to convey information, news, or an official document
32. The _____ of the medicine was evident in how quickly it relieved her pain.
- n.* the strength, power, or intensity of a substance, typically referring to its effectiveness, concentration, or ability to produce a desired effect
33. Smoking can increase a person's _____ to lung cancer.
- n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
34. He grilled the _____ meat of a chicken.
- n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
35. 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

ANSWERS: 29. nicotine, 30. cancer, 31. messenger, 32. potency, 33. predisposition, 34. breast, 35. constrict

36. 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
37. Men over the age of 50 are at a higher risk for _____ cancer.
- n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
38. The _____ temperature recorded this summer was higher than average.
- adj.* the largest or greatest amount or value attainable or attained
39. Some researchers believe manipulating _____ levels in the body could offer therapeutic benefits.
- n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
40. The fortune teller predicted his _____ and warned him of the looming danger.
- n.* the development of events beyond one's control; destiny; the ultimate outcome or consequence of a situation or person's actions
41. _____ hyperglycemia is a trigger for a variety of serious diseases.
- adj.* being long-lasting and recurrent or characterized by long suffering; habitual
42. She stood on the podium and _____ an audience.
- v.* to examine something hastily, with the eyes or with a machine, to get information
43. Modern medicine was largely _____ against the disease.
- adj.* lacking power or ability to change things or to influence a situation

ANSWERS: 36. brain, 37. prostate, 38. maximum, 39. cannabinoid, 40. fate, 41. Chronic, 42. scanned, 43. impotent

44. There is a clear association between _____ consumption and cognitive decline.
- n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
45. The restaurant _____ a ban on smoking.
- v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
46. I've included the two designs for a _____.
- n.* the consideration or examination of the similarities between two or more people or things
47. A defective _____ is responsible for the disease.
- n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.
48. I have a parrot as a _____.
- n.* an animal that you have at home as a companion and treated kindly
49. The _____ side of the fish was beautifully colored.
- adj.* relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal

ANSWERS: 44. alcohol, 45. reversed, 46. comparison, 47. gene, 48. pet, 49. ventral