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Level 5

Over-the-counter medicine may shrink brain

21st April, 2016

<http://www.breakingnewsenglish.com/1604/160421-over-the-counter-drugs-5.html>

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Please try Level 4 (easier) and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1604/160421-over-the-counter-drugs-5.html>

Over-the-counter (OTC) medicine is part of our lives. Many of us go to pharmacies for cold and headache tablets, cough syrups or allergy treatments. OTC drugs save the need to go to the doctor's. However, OTC drugs may cause more harm than good. A new study published in a medical journal suggests that many of these medicines have unwanted and serious side effects. Side effects in older adults who take OTC medicines for asthma, aches and pains, insomnia and allergies, etc. include cognitive damage, dementia and even brain shrinkage.

The study was done by Indiana University. Researchers looked at the link between OTC drugs and cognition in older people who did not have dementia. The scientists found that OTC drugs led to a lower glucose metabolism, which means the brain isn't as healthy. A researcher said the findings provide a better understanding of how OTC drugs can affect the brain, "in ways that might raise the risk of cognitive impairment and dementia". She added: "I certainly wouldn't advise my grandparents or even my parents to take these medications unless they have to."

Sources: <http://www.medicaldaily.com/over-counter-cold-medicine-cognitive-impairment-brain-scans-382524>
<http://www.independent.co.uk/life-style/health-and-families/health-news/hayfever-drugs-reduce-brain-size-risk-dementia-alzheimer-s-a6991281.html>
<http://www.healthnewslines.net/common-cold-flu-medicines-may-shrink-brain-dementia-risk-study/2535182/>

MATCHING

From <http://www.breakingnewsenglish.com/1604/160421-over-the-counter-drugs-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------|--------------|
| 1. cold and headache | a. pains |
| 2. cough | b. tablets |
| 3. drugs may cause more harm | c. damage |
| 4. published in a medical | d. than good |
| 5. serious side | e. journal |
| 6. aches and | f. syrups |
| 7. cognitive | g. shrinkage |
| 8. brain | h. effects |

PARAGRAPH TWO:

- | | |
|-------------------------------------|----------------------------|
| 1. the link between OTC drugs | a. understanding |
| 2. older people who did | b. metabolism |
| 3. OTC drugs led to a lower glucose | c. medications |
| 4. the brain isn't | d. not have dementia |
| 5. the findings provide a better | e. of cognitive impairment |
| 6. how OTC drugs can | f. and cognition |
| 7. raise the risk | g. affect the brain |
| 8. take these | h. as healthy |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1604/160421-over-the-counter-drugs-5.html>

Over-the-counter (OTC) medicine (1) _____ lives. Many of us go to pharmacies for cold and headache tablets, (2) _____ allergy treatments. OTC drugs save the need to go to the doctor's. However, OTC drugs may (3) _____ than good. A new study published in a medical journal (4) _____ of these medicines have unwanted and serious side effects. Side effects in older (5) _____ OTC medicines for asthma, aches and pains, insomnia and allergies, etc. include cognitive damage, dementia and even (6) _____.

The study was done by Indiana University. Researchers (7) _____ between OTC drugs and cognition in older people who did not have dementia. The scientists found that OTC drugs led to a (8) _____ metabolism, which means the brain isn't as healthy. A researcher said the (9) _____ a better understanding of how OTC drugs can affect the brain, "in ways (10) _____ the risk of cognitive impairment and dementia". She added: " (11) _____ advise my grandparents or even my parents to take these medications (12) _____ to."

MEDICINE SURVEY

From <http://www.breakingnewsenglish.com/1604/160421-over-the-counter-drugs-5.html>

Write five GOOD questions about medicine in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

