NEWSLETTER 014

INTERNET USE

(8TH MAY 2023)

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LONGEVITY

RETIREMENT

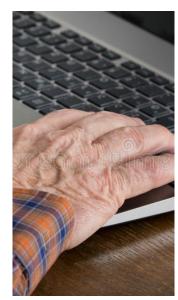
AGE

INTERNET 5

DEMENTIA 6

RESEARCH

INTERNET USE COULD LOWER RISK OF DEMENTIA



There is a plethora of research on the potential harm of the Internet. However, new research suggests that spending time online could be good for the mental health of older people. A study conducted by researchers from New York University found that regular Internet use could reduce the risk of dementia in those over 50. Study co-author Dr Virginia Chang explained why there could be a link between being online and better mental health. She wrote: "Online engagement may help to develop and maintain cognitive reserve, which can in turn compensate for brain aging and reduce the risk of dementia." The study concluded that "regularly using the Internet may be associated with cognitive longevity".

Researchers analyzed data from an American health and retirement study. This research involved questioning 18,154 adults over the age of 50 every two years for 16 years. All of the participants were dementiafree at the start of the research. Everyone was asked about their physical and mental wellbeing, and about how long they spent interacting with the Internet. The researchers discovered that those who used the Internet for up to two hours a day were half as likely to be diagnosed with having signs of dementia than those who were never online. The research also found that excessive Internet use (of 6 to 8 hours a day) may exacerbate the risks of developing dementia.

DISCUSSION

- 1. Did you like reading this article? Why/not?
- 2. What do you think of when you hear the word 'dementia'?
- 3. What do you think about what you read?
- 4. How would your life be different without the Internet?
- 5. How has the Internet changed the world?
- 6. How does the Internet affect your wellbeing?
- 7. How long should people be online for each day?
- 8. What did you use the Internet for yesterday?
- 9. What's the future of the Internet?
- 10. What questions would you like to ask the researchers?

SPECIAL POINTS OF INTEREST:

- However
- Gerund (between being)

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INTERNET USI



RANKING

Put the things that best increase longevity at the top.

- Happiness
- Vegetable diet
- Friends
- Sleep
- Medicine
- Exercise
- Doctors
- Water

Write your reasons to explain:

1 - _____

2-----

3-----

VOCABULARY (PARAGRAPH 1)

The researchers
discovered that
those who used
the Internet for up
to two hours a
day were half as
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diagnosed with
having signs of
dementia than
those who were

never online.

- plethora
- 2) potential

1)

- 3) conducted
- 4) engagement
- 5) cognitive
- 6) compensate
- 7) longevity

VOCABULARY (PARAGRAPH 2)



- 1) participant
- 2) wellbeing
- 3) interacting
- 4) likely
- 5) diagnosed
- 6) excessive
- 7) exacerbate

WRITE YOUR OWN QUESTIONS!

STUDENT'S QUESTIONS



- (a) _____
- (b) _____
- (c) _____
- (d) _____
- (e) _____

"Online
engagement
may help to
develop and
maintain
cognitive reserve,
which can in turn
compensate for
brain aging and
reduce the risk of
dementia."

SOME ARGUE THAT THE WORST THING AS WE AGE WOULD BE PHYSICAL DISABILITIES, WHILE OTHERS BELIEVE MENTAL DISORDERS LIKE DEMENTIA CAN MAKE THE LIFE EVEN WORSE.

DISCUSS BOTH VIEWS AND GIVE YOUR OPINION.



WRITE THE MISSING LETTERS!

Th_r_ s _ pl_th_r _ f r_s_rch _n th_ p_t_nt__l h_rm _f th_ _nt_rn_t. H_w_v_r, n_w r _s_rch s_gg_sts th_t sp_nd_ng t_m_ _nl_n_ c__ld b_ g__d f_r th_ m_nt_l h__lth _f _l d_r p__pl_. _ st_dy c_nd_ct_d by r_s_rch_rs fr_m N_w Y_rk _n_v_rs_ty f__nd th_t r_g _lr _nt_rn_t _s _c__ld r_d_c_ th_ r_sk _f d_m_nt__ _n th_s_ _v_r 50. St_dy c_-_th_r Dr V_rg_n__ Ch_ng _xpl__n_d why th_r_ c__ld b_ _ l_nk b_tw__n b__ng _nl_n_

_nd b_tt_r m_nt_l h_lth. Sh_ wr_t_: "_nl_n_ _ng_g_m_nt m_y h_lp t_ d_v_lp _nd m_ _nt__n c_gn_t_v_ r_s_rv_, wh_ch c_n _n t_rn c_mp_ns_t_ f_r br__n _g_ng _nd r_d_c_ th_ r_sk _f d_m_nt__." Th_ st_dy c_ncl_d_d th_t "r_g_l_rly _s_ng th_ _nt_rn_t m_y b_ _ss_c_t_d w_th c_gn_t_v_ l_ng_v_ty".

ADJ. wireless

VERB + INTERNET access, go on, use She likes to go on the Internet in the evenings.

INTERNET + NOUN site, website | portal | bulletin board, chat room | magazine | auction, broadcast, link Thousands logged on to view the live Internet broadcast of the concert. The auction was held in Paris with an Internet link to New York. cafe Travellers can check their email at the Internet cafe in the square.

domain Registering an Internet domain name is now an essential part of setting up a company.

access, usage, use unlimited/unmetered Internet access connection a broadband/high-speed Internet connection search engine, (service) provider | customer, user | traffic the laying of fast networks to carry Internet traffic

brand, group | services | arm, division, operation, subsidiary the bank's Internet arm

entrepreneur | analyst, expert | banking, betting, dating, shopping | bank, bookie/bookmaker, business, company, firm, retailer, start-up, venture | industry, sector | fraud | security | economy | file software for downloading Internet files image | software | technology | age issues facing the music industry in the Internet age

PREP. on the ~ More and more people are shopping on the

boom, revolution Many of the sites launched at the peak of the Internet boom have now disappeared.

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All of the biggest technological inventions created by man - the airplane, the automobile, the computer - says little about his intelligence, but speaks volumes about his laziness.

- Mark Kennedy (Author)



Internet.

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Write about internet use for 10 minutes.								