

INTERNET USE

(8TH MAY 2023)

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 dementia-free 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.

CHAT

MENTAL HEALTH	1
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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)



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 likely to be diagnosed with having signs of dementia than those who were never online.

- 1) plethora
- 2) potential
- 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_l_r _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_l_p _nd m__nt__n c_gn_t_v_ r_srv_, wh_ch c_n _n t_rn c_m_p_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*

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

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

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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)


Eshragh

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Y O U R D O O R W A Y T O T H E W O R L D

WRITING

Write about **internet use** for 10 minutes.

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WWW.ESH RAGH - I N S . C O M

