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Vocabulary: health 健康

My mother used to say my health was in my hands. I choose what I eat, whether I smoke and how **fit** I should be so... yes, she **had a point**. And scientists suspect that what my mother said was not just a **figure of speech**: the state of our health might be shown in the strength of our **grip**.



Does the palm hold the secret of heart health?

An international research team has just published a **paper** in the Lancet suggesting that the measure of how strong your fingers are when grasping an object might be better than **blood pressure** when predicting your risk of **heart attack** or **stroke**.

Nearly 140,000 people in 14 countries took part in the study. Dr Darryl Leong, a researcher at McMaster University in Canada, said: "Grip strength could be an easy and inexpensive test to assess an individual's risk of death and **cardiovascular disease**."

Further studies need to be done in order to ascertain the strength of the connection between the worsening of our heart's health and a weaker grip. What is known is that **hardening arteries** might reduce the strength of our **muscles**.

The stats show that women in their mid-20s have a grip strength of about 34kg, which reduces to around 24kg by the time they hit their 70s. Men go from 54kg to 38kg in old age.

According to the study, each 5kg reduction in grip strength increases the **odds** of dying early by 16%.

I wonder what my mother's reaction to this study would be. She was a very practical woman who lived well into her 80s. She'd probably say: "**Get a grip** on your health! Put that cream cake down and get some exercise!"

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. Did the author disagree with her mother's advice?
2. What are the two ways mentioned in the article of predicting the risk of a heart attack?
3. How many people took part in the study?
4. True or false? *The researchers have established a clear link between grip strength and heart disease.*
5. According to the study, what is the average grip strength of an elderly woman?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. If you want to live longer you should try and be _____.

grip	fit	odds	grasp
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2. Calm down or your _____ will increase.

stroke	muscles	grip	blood pressure
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3. When I said you should think out of the box, it was _____. Leave the box alone!

a figure of speech	get a grip	in the palm of your hand	a point
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4. You drink too much. It's no surprise the doctor wants to _____ the health of your liver.

suggest	grip	suspect	assess
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5. Here's a _____ suggestion to improve your health: Eat more fruit and vegetables!

practice	practical	predictably	practicing
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Answers and Glossary 答案与词汇

Quiz 小测验

1. Did the author disagree with her mother's advice? **No. She said her mother had a point.**
2. What are the two ways mentioned in the article of predicting the risk of a heart attack? **Measuring grip strength and measuring blood pressure.**
3. How many people took part in the study? **About 140,000 in 14 countries.**
4. True or false? *The researchers have established a clear link between grip strength and heart disease.* **False. The researchers say there might be a link between grip strength and heart disease, but more research needs to be done to establish the strength of the connection.**
5. According to the study, what is the average grip strength of an elderly woman? **It's 24kg.**

Exercise 练习

1. If you want to live longer you should try and be **fit**.
2. Calm down or your **blood pressure** will increase.
3. When I said you should think out of the box, it was **a figure of speech**. Leave the box alone!
4. You drink too much. It's no surprise the doctor wants to **assess** the health of your liver.
5. Here's a **practical** suggestion to improve your health: Eat more fruit and vegetables!

Glossary 词汇表

fit	健康的
to have a point	(讲话) 有道理
figure of speech	比喻
grip	握力
paper (scientific)	(科学) 文献, 论文
blood pressure	血压
heart attack	心脏病发作, 心肌梗塞
stroke	中风
cardiovascular disease	心血管疾病, 冠心病
to harden the arteries	动脉硬化
muscle	肌肉
odds	几率
to get a grip	控制, 把握