



Dementia

EXAMPLE

Reading to Writing Summary

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Student

Two types of lesson

Lesson#1: [Medium] **** [B2/C1]

1. Predict the content of the text. Write down key terms & ideas.
2. Read the text & check words & meanings with a dictionary.
3. Identify the key points and supporting details and complete the **outline**.
4. Write a one-paragraph summary of 200-250 words.
5. Check key points with the **completed outline** & **model answer** (try to achieve 4 key points and 4 supporting points).
6. Answer the critical thinking questions & check possible answers.

Lesson #2: [Challenging] **** [C1]

1. Read the text – no dictionary.
2. Identify the key points and supporting details and complete the **outline**.
3. Write a one-paragraph summary of 200-250 words.
4. Check key points with the **completed outline** & **model answer** (try to achieve 4 key points and 4 supporting points).
5. Answer the critical thinking questions & check possible answers.

Teacher

Two types of lesson

Lesson#1: [Medium] **** [B2/C1]

1. Distribute the text a week /day before the test. Students read, check vocabulary & meanings.
2. Test day: distribute a **new copy of text** and the **summary question**.
3. Set 1 hour to read the text, take notes and write a one-paragraph summary of 200-250 words.
4. Feedback¹: take in and mark [[use our correction code*](#)].
5. Feedback²: distribute **completed outline** & **model answer**. Students compare with their own work.
6. Summary marking: **should contain at least 4 main ideas with support** – see **summary key points**.
7. Extra: critical thinking questions / group discussion (30 minutes).

Lesson #2: [Challenging] **** [C1]

1. Set 1 hour to read the **text** and write a one-paragraph summary of 200-250 words.
3. Feedback¹: take in and mark [[use our correction code*](#)].
4. Feedback²: distribute **completed outline** & **model answer**. Students compare with their own work.
5. Summary marking: **should contain at least 4 main ideas with support** – see **summary key points**.
6. Extra: critical thinking questions / group discussion (30 minutes).

Correction code*: www.academic-englishuk/error-correction

Dementia EXAMPLE

By C. Wilson (2023)

1. Dementia is a [redacted] that progresses over time and primarily impacts cognitive functions such as memory, thinking, and behaviour [redacted] which [redacted] the elderly. Most people who have dementia have one of four types with the most common cause of dementia being Alzheimer's disease (Alzheimer's Soc, 2020). In addition to memory [redacted] of other symptoms like sleeplessness, depression, anxiety, agitation, and other behavioural and psychological symptoms [redacted] (NIH, 2021).

2. Dementia exerts a substantial pressure on individuals, families, and their broader community. According to the Alzheimer's Society (2022), [redacted] in every 10 cases ascribed to Alzheimer's disease. The estimated number of individuals affected by [redacted] over the age of 65 with the chances of developing dementia increasing significantly with age. It is estimated [redacted] dementia [redacted] over 80 (NHS, 2021).

3. There are four key types of dementia. Alzheimer's disease is the most common which is [redacted] protein aggregations beta-amyloid plaques and tau tangles within the cerebral cortex (Alzheimer's Soc, 2022), [redacted] cells (NHS, 2023). Key symptoms are a loss of memory, thinking ability, language and perception. Vascular [redacted] common form [redacted] the flow of blood and oxygen supply to the brain. This can damage blood vessels or fibres (protein axons) [redacted] vascular dementia which constitutes to issues with planning, making decisions or solving problems. The third [redacted] a protein called alpha-synuclein in the brain. These deposits affect chemicals in the brain whose changes, in turn, can lead to problems with thinking, [redacted] (NIH, 2021). [redacted] and problems with focus and attention. The fourth type is frontotemporal dementia which is a group of disorders [redacted] and their [redacted] tau and TDP43 in the frontal and temporal lobes of the brain (Mayo Clinic, 2021). Common symptoms affect behaviour, [redacted]. It is [redacted] Alzheimer's Society (2021) autopsy studies of the brains of 1,000 people aged 80 and older who had dementia [redacted] (mixed dementia), such as Alzheimer's disease, vascular dementia and Lewy body dementia. It is not [redacted] many [redacted] specific type of dementia actually have mixed dementia, but these autopsies indicate that the condition [redacted] previously realised.

4. The cause of dementia is not completely [redacted] age-related changes in the brain, along with genetic, environmental, and lifestyle factors (Alzheimer's Assoc, 2020). [redacted] genetic cause, [redacted] (APP, PSEN1, or PSEN2) and other factors like medical conditions (heart disease, high blood pressure, [redacted] choice, sedentary behaviour) (NIH, 2023). Most literature states that dementia is not heredity. At present, [redacted] medicines that decrease the decline of the disease

such as Cholinesterase Inhibitors (donepezil, [redacted]) and Lecanemab (Mayo Clinic, 2021). So, although there is no effective treatment or proven prevention [redacted] that adopting multiple healthy lifestyle choices is imperative in decreasing the risk of cognitive decline [redacted] alcohol intake, regular exercise, cognitive stimulation and social connectiveness (NHS, 2023).

5. There is no one test that can be used to diagnose [redacted] used by GPs is the General Practitioner Assessment of Cognition (GPCOG) which assesses the mental [redacted], language and communication skills and awareness of time and place (orientation) (Alzheimer's Soc, 2022). [redacted] a diagnosis and the type of dementia. This will provide detailed information about the blood vessel damage [redacted] dementia, and shrinkage in the temporal lobes for the early stages of Alzheimer's disease (NHS, 2023). Other [redacted] to [redacted] of brain activity and whether the amyloid or tau protein, indication of Alzheimer's disease, have been [redacted], brain tumor or hydrocephalus (Mayo Clinic, 2021).

6. Overall, dementia is a not a single disease; it is [redacted] (Alzheimer's Assoc. 2021). This, however, is not true and there is an urgent need for more awareness [redacted] the number of people with dementia is increasing because people are living longer and it has been estimated [redacted] in [redacted] million (NHS, 2023).

References

Alzheimer's Association. (2020). [redacted] [online] Available at: <https://www.alz.org/uk/dementia-alzheimers-uk.asp> [Viewed 15.06.2023].

[redacted] *What Is dementia? | Alzheimer's Society*. [online] [www.alzheimers.org.uk](https://www.alzheimers.org.uk/about-dementia/types-dementia/). Available at: <https://www.alzheimers.org.uk/about-dementia/types-dementia/> [Viewed 14.06.2023].

Mayo Clinic (2021). *Dementia* - [redacted] <https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013> [Viewed 14.06.2023].

[redacted] *Alzheimer's Disease*. [online] NHS. Available at: <https://www.nhs.uk/conditions/alzheimers/> [Viewed 15.06.2023].

National Institute on Aging (NIH) (2023). [redacted] Available at: <https://www.nia.nih.gov/health/alzheimers-disease/> [Viewed 14.06.2023].

Summary: Key Points

Take notes on the key points of the text.

1. Main idea:
Support:
2. Main idea:
Support:
3. Main idea:
Support:
4. Main idea:
Support:
5. Main idea:
Support:
6. Main idea:
Support:

Summary: Key Points

Take notes on the key points of the text.

<p>1. Main idea:</p> <ul style="list-style-type: none"> • Dementia (Dem.) = functions (thinking, behaviour) / nerve cells / the elderly. • / > • Symptoms (s/sx) like = difficult (NIH, 2021).
<p>2. Main idea: Epidemiology</p> <ul style="list-style-type: none"> • UK = (Alzheimer's Soc, 2022). • World = 50 min (Alzheimer's Assoc, 2020). • Over 65 (NHS, 2021).
<p>3. Main idea: 4 types of dementia</p> <ol style="list-style-type: none"> 1. Alzheimer's = / cerebral = (Alzheimer's Soc, 2022) = INTFC protein deposits with the communication between brain , 2023). S/sx = 2. = INTRPT (protein axons) white matter brain (NIH, 2021). Major strokes. S/sx. = planning, decisions 3. Lewy Affect brain. S/sx = thinking, movement, behav, mood (NIH, 2021) + visual hallucinations / 4. mporal = i- frontal + temporal lobes (Mayo Clinic, 2021). S/sx = beh, pers, think, judge, move. <ul style="list-style-type: none"> • Autopsy = more common!
<p>4. Main idea: Aetiology</p> <ul style="list-style-type: none"> • UndRst. age / gene / enviro/ lifestyle (Alzheimer's Assoc, 2020). • Multiple genes (NIH, 2023). • NOT • Mild cognitive impairment (MCI) = & galantamine) / Memantine / Aducanumab / Lecanemab (Mayo Clinic, 2021). • Prevention = reduction of alcohol intake, regular
<p>5. Main idea: Diagnosis</p> <ul style="list-style-type: none"> • NO 1 test. Cognition (GPCOG) (Alzheimer's Soc, 2022). • MRI scan = diagnosis + type. = blood vessel (vas) (Alzheimer's disease) (NHS, 2023). • PET scan = amyloid or tau protein (Alzheimer's disease). • (Mayo Clinic, 2021).
<p>6. Main idea: Awareness raising</p> <ul style="list-style-type: none"> • Not a single disease = medical conditions + EXTSV symptoms. • (Alzheimer's Assoc. 2021). • Urgent need = awareness causes + imp of lifestyle. • > (NHS, 2023).

Summary

Task: Write a 200-250 word summary on the key features of the text.

Word Count: _____

Sample Summary: Dementia

Dementia is a widespread neurodegenerative disorder [redacted] damage neuro pathways which prevent communication [redacted] leading to [redacted] dementia types which [redacted] by protein aggregations or the [redacted], is the accumulation of [redacted] and tau tangles within the [redacted] (Alzheimer's Soc, 2022); vascular dementia is the [redacted] the [redacted] dementia affects the chemicals in the brain through deposits of the [redacted] (NIH, 2021); [redacted] the frontal and temporal lobes (Mayo Clinic, 2021). The Aetiology of dementia is not [redacted] on a [redacted], environment and lifestyle aspects (Alzheimer's Assoc, 2020). Diagnosis is generally through [redacted] the type [redacted] to treatment, there are a range of medicines available to decrease the decline for mild [redacted] does not [redacted] ageing population and [redacted] campaigns are necessary.

Word count: 249

Critical Thinking Questions

i) What's the stance of the author? What is the evidence for this?

[2 points]

ii) Are the sources used credible? Yes /no – why?

[2 points]

iii) Highlight four ideas in the text you would use for an essay on: *To what extent is dementia a serious problem for society.*

[4 points]

iv) Highlight two areas in the text that you question, disagree with or lack evidence.

[2 points]

Critical Thinking Questions **ANSWERS**

i) What's the stance of the author? What is the evidence for this?

Final paragraph

- *The writer believes that most people think dementia is normal ageing.*
- *He calls for more awareness about the disorder and a better focus on lifestyle choices.*

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

[2 points – ANY OF THESE POINTS]