

Prolonging healthy life

ROUND 32

Freezing time in your best years, not your end years

Source: Big Think

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- 토크샵 23년 9-11 월 배치 등록 중 [Go](#)
- 토크샵 스터디 화요일 세션 오픈(7시~9시)

※ 문의 070 8246 0570

1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

💡 Today's Expression(오른쪽 링크 클릭) - [To Get the Boot](#)

- Definition
- Example

QR코드를 통해 **To get the boot**의 설명 영상을 보실 수 있습니다.



1. **Discordance** (noun) - Lack of agreement or harmony between things
 ex) There was a noticeable **discordance** between their opinions on the matter.

"But sometimes we see a **discordance** between these two features."

2. **Morbidity** (noun) - The state of being diseased or unhealthy, often used in the context of the prevalence or incidence of diseases.
 ex) The increasing **morbidity** rates in the region are a cause for concern.

"In thinking about how we actually want to intervene in aging and what we want to be the outcome of our science, this really comes down to this concept that we call 'compression of **morbidity**.'"

3. **Come down to** (phrasal verb) - To be essentially about or boil down to a particular point or issue.
 ex) The success of the project will ultimately **come down to** effective teamwork.

"In thinking about how we actually want to intervene in aging and what we want to be the outcome of our science, this really **comes down to** this concept that we call 'compression of morbidity.'"

4. **Therapeutics** (noun) - The branch of medicine concerned with the treatment of diseases and the science of healing.
 ex) Advances in gene-based **therapeutics** have revolutionized medical treatments.

"Another really important thing to keep in mind in terms of longevity science is that we actually don't want to increase what we call 'health disparities.' So right now, even though the average life expectancy in the population is just under about 80 years, we want to make sure that we can get everyone to a longer and healthier life, and not just have interventions or **therapeutics** that help more affluent people get there."

2. Listening Drill

"People have been really consumed with the idea of immortality and aging for a very long time. But the question is: Is a longer life truly a better life? And in some cases, perhaps yes, but not always.

Really, what matters to most people is quality of life. We know that there is sometimes a disconnect between this concept what we call 'lifespan' and 'healthspan.' Lifespan is just the time you've been alive between birth and death.

And what scientists think healthspan is, is the time you're alive in a more healthy, functioning state, and that's what we're trying to optimize. But sometimes we see a discordance between these two features.

One example is this idea of the health-survival paradox that we see between men and women. On average, women across the world tend to live longer by a few years than men. But women are also more prone to some of the diseases we see with aging.

Women tend to spend more time in age-related disability than men do. And some might argue: Is that a better life because they've lived longer, or would you actually want, maybe, a shorter life, but more free from these diseases of aging?

What aging science is about is not just prolonging life at all costs, but actually prolonging healthy life. So we think if we intervene in the aging process itself, that we can delay all of the things that people are scared about when they think of aging. And that's really the goal. We want to increase the quality of life, and maintain that over time.

And if that produces a longer life, that's an extra bonus, but that's not the ultimate goal. In thinking about how we actually want to intervene in aging and what we want to be the outcome of our science, this really comes down to this concept that we call 'compression of morbidity.'

So the idea is: Can we push the onset of disease and disability far away so that right before you die, you're really compressing the timing of disease into this really short window? As opposed to having it earlier in life and surviving 20, 30, or 40 years with these diseases of aging.

We think this is possible, 'cause you can actually look at centenarian populations and see that they tend to compress the timing of disease into the short window right before death, so they're spending the majority of their life in a much healthier state.

And really what we want to do is figure out how can we have this possible for everyone so that we can remain healthy, functioning, and happy with good quality of life for as long as possible.

2. Listening Drill

Another really important thing to keep in mind in terms of longevity science is that we actually don't want to increase what we call '*health disparities*.'

So right now, even though the average life expectancy in the population is just under about 80 years, we want to make sure that we can get everyone to a longer and healthier life, and not just have interventions or therapeutics that help more affluent people get there. How do we make sure that everyone can have as healthy and long a life as possible?"

3. Summary

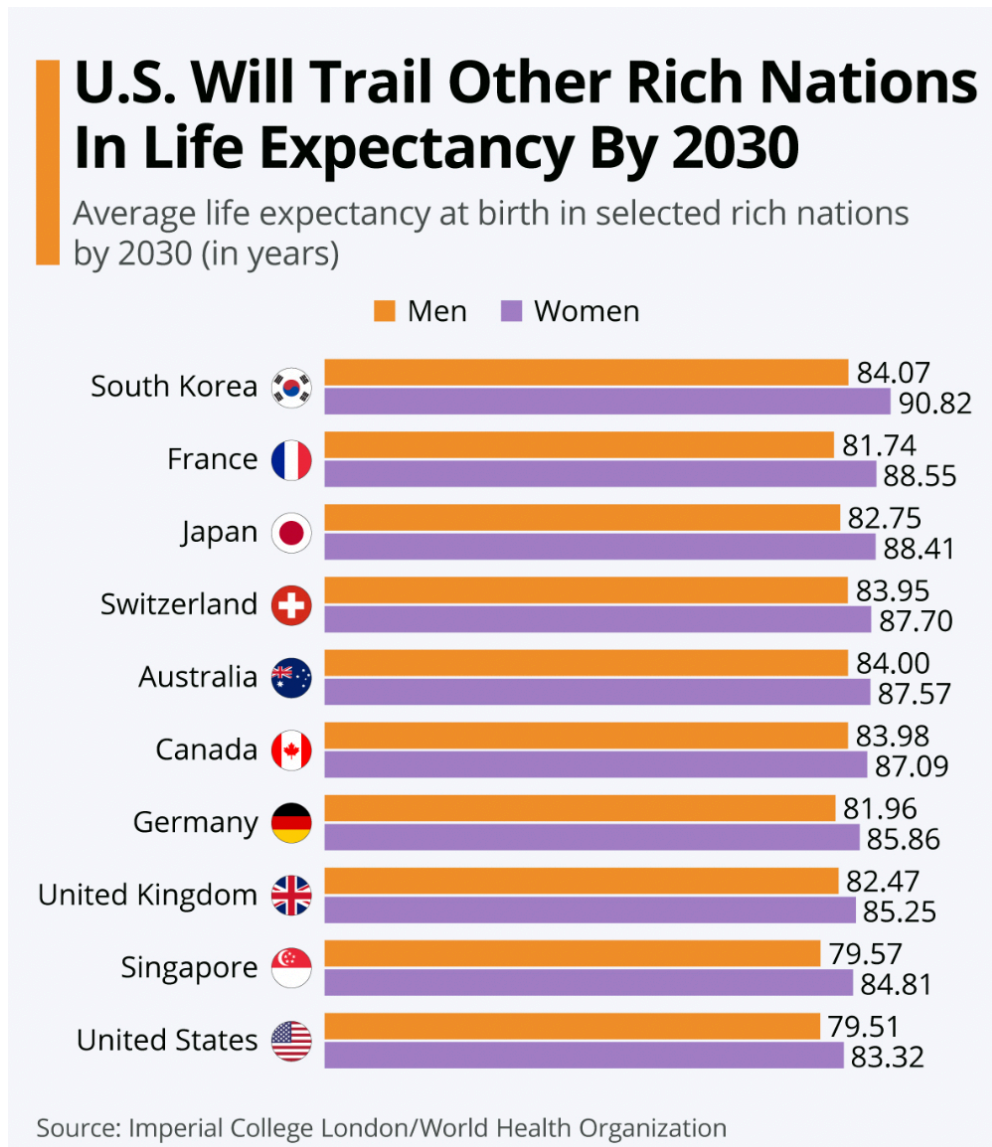
Summarize what you have seen/heard in two or three sentences

Tip.

Answer the questions using vocabularies that you learned in the vocabulary section.

4. Describing The Chart

Describe what is the general idea being expressed by the graph. Discuss it to your class. Try to interpret what you see in the chart.



U.S. Will Trail Other Rich Nations In Life Expectancy By 2030

by Niall McCarthy, Jul 2, 2020

Life expectancy is set to rise in many industrialized countries over the coming years. A study by the [by the Imperial College London and the World Health Organization](#) has revealed that South Korean women are going to be the first to see their [average life expectancy](#) surpass 90, a milestone experts long considered impossible. The scientists behind the study calculated that a South Korean baby girl born in 2030 will be expected to live for 90.8 years. Men born in that year will have a lifespan averaging 84.1 years.

[Japan currently has the highest life expectancy rates](#) for women but it will be overtaken by both South Korea and France by 2030. By then, the United States will fall behind many rich nations in life expectancy with men and women set to live for an average of 79.5 and 83.3 years respectively. Reasons for Americans falling behind include their country's lack of universal health insurance, a high rate of child mortality and soaring obesity levels. By contract, South Korea has some of the lowest rates of obesity in the world, as well as good nutrition, fewer smokers and excellent healthcare access.

Questions

1. What 's the take away of the graph?
2. What extra information can help you understand the graph even better?
3. Do you have any interesting findings? What's your guess about it?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins.

Easy

1. What comes to mind when you hear the words "immortality" or "aging"?

Average

1. If you were given the choice between a longer life with potential health issues or a shorter life without those issues, which would you choose and why?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins

Average

2. In your opinion, what are some potential downsides to living a significantly longer life?
 - Given the emphasis on addressing health disparities, should society consider implementing laws or regulations that aim to limit the length of life for certain individuals in order to ensure equitable access to longevity advancements?

Difficult

1. How do you think advancements in aging science might impact societal structures, such as retirement age, healthcare systems, and intergenerational relationships?

These expressions and idioms can **be used when describing various trends, changes, or patterns** in charts, graphs, or data presentations.

1. **Shoot up** (phrasal verb) - to increase rapidly and sharply
ex) The sales figures for the new product **shot up** after the marketing campaign.
2. **Plummet** (verb) - to fall or decline steeply
ex) The stock prices **plummeted** after the negative news was released.
3. **Level off** (phrasal verb) - to stabilize or reach a steady state
ex) After a period of growth, the demand for the product **leveled off**.
4. **Skyrocket** (verb) - to increase dramatically and quickly.
ex) The company's profits **skyrocketed** after the successful launch of their new product.
5. **Plateau** (noun) - a period of stability or little change
ex) The revenue growth **reached a plateau** and remained steady for several months.
6. **Fluctuate** (verb) - to rise and fall irregularly or unpredictably
ex) The stock prices **fluctuated** throughout the day, responding to market conditions.
7. **Bottom out** (phrasal verb) - to reach the lowest point and then stabilize
ex) The housing prices finally **bottomed out** and showed signs of recovery.
8. **Surge** (verb) - to experience a sudden and significant increase
ex) The website experienced a **surge** in traffic after being featured in a popular blog.
9. **Slump** (noun) - a sudden and significant decline or decrease
ex) The company's profits **suffered a slump** due to the economic downturn.
10. **Rebound** (verb) - to recover or bounce back after a decline
ex) After a period of recession, the economy **rebounded with** strong growth.
11. **Peak** (noun) - the highest point or level
ex) The chart shows that sales **reached their peak** during the holiday season.
12. **Downturn** (noun) - a period of decline or decrease in economic activity
ex) The industry **experienced a downturn** due to changes in consumer preferences.
13. **Accelerate** (verb) - to increase in speed or rate
ex) The company's expansion plans **accelerated** after securing additional funding.
14. **Slow down** (phrasal verb) - to decrease in speed or rate
ex) The production rate **slowed down** due to a shortage of raw materials.
15. **Flattening curve** (idiom) - a gradual reduction or stabilization of a trend
ex) The chart indicates a **flattening curve** in COVID-19 cases, suggesting a decrease in infection rates.
16. **Break-even point** (noun) - the point at which total costs equal total revenue
The business needs to **reach the break-even point** to start making a profit.
17. **Double-digit growth** (idiom) - a growth rate of more than 10%
ex) The company **achieved double-digit growth** in sales for the third consecutive quarter.
18. **Taper off** (phrasal verb) - to gradually decrease or diminish
ex) The demand for the product **tapered off** after the initial launch hype.
19. **Upswing** (noun) - an upward or positive trend
ex) The market **experienced an upswing** as consumer confidence improved.
20. **Hit a plateau** (idiom) - to reach a point of stability or little change
The number of subscribers **hit a plateau** and remained steady for several months.