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Breastfeeding Can Cut Cardiovascular Risk Breastfeeding can reduce the risk of a heart attack or stroke later in life and could prevent hundreds of \_\_\_\_\_1\_\_\_\_\_ of deaths each year, researchers said on Friday. 本文来源:百考试题网 Babies who are breastfed have fewer childhood infections and allergies and are less \_\_\_\_\_2\_\_\_\_\_ to obesity. British scientists have now shown that breastfeeding and slow growth in the first weeks and months of life has a protective effect \_\_\_\_\_3\_\_\_\_\_ cardiovascular disease. “ Diets that promote more rapid growth put babies at risk many years later in \_\_\_\_\_4\_\_\_\_\_ of raising their blood pressure, raising their cholesterol and increasing their tendency to diabetes and obesitythe \_\_\_\_\_5\_\_\_\_\_ main risk factors for stroke and heart attack, ” said Professor Alan Lucas of the Institute of Child Health in London. “ Our evidence suggests that the reason why breast-fed babies do better is because they grow more \_\_\_\_\_6\_\_\_\_\_ in the early weeks. ” Lucas said the effects of breastfeeding on blood pressure and cholesterol later in life are greater than \_\_\_\_\_7\_\_\_\_\_ adults can do to control the risk factors for cardiovascular disease, other than taking drugs. An estimated 17 million people die of \_\_\_\_\_8\_\_\_\_\_ disease, particularly heart attack and strokes, each year, according to the World Health Organisation. Lucas and his colleagues compared the health of 216 teenagers \_\_\_\_\_9\_\_\_\_\_ as babies had either been breastfed or given different nutritional baby

formulas<sup>1</sup>. They reported their \_\_\_\_\_<sup>10</sup>\_\_\_\_\_ in The Lancet medical journal. The teenagers who had been \_\_\_\_\_<sup>11</sup>\_\_\_\_\_ had a 14-percent lower ratio of bad to good cholesterol and lower concentrations of a protein that is a marker for cardiovascular disease risk. The researchers also found that, \_\_\_\_\_<sup>12</sup>\_\_\_\_\_ of the child ' s weight at birth, the faster the infants grew in the early weeks and months of life, the \_\_\_\_\_<sup>13</sup>\_\_\_\_\_ was their later risk of heart disease and stroke. The effect was the \_\_\_\_\_<sup>14</sup>\_\_\_\_\_ for both boys and girls. “ The more human milk you have in the newborn period, the lower your cholesterol level is, the lower your blood pressure is 16 years \_\_\_\_\_<sup>15</sup>\_\_\_\_\_ , ” Lucas said.

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1. A) hundreds B) thousands C) millions D) numbers  
2. A) likely B) possible C) easy D) prone  
3. A) against B) towards C) onto D) upon  
4. A) forms B) cases C) terms D) places  
5. A) two B) four C) three D) five  
6. A) slowly B) quickly C) strongly D) obviously  
7. A) which B) that C) something D) anything  
8. A) various B) heart C) cardiovascular D) multiple  
9. A) who B) such C) when D) taken  
10. A) thoughts B) findings C) viewpoints D) breakthroughs  
11. A) surveyed B) interviewed C) handled D) breastfed  
12. A) despite B) warning C) regardless D) needful  
13. A) smaller B) greater C) faster D) worse  
14. A) true B) right C) proper D) same  
15. A) later B) after C) late D) ago

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