

3'
 influence
 require-necessitate
 req
 essential
 basic / important
 key
 Cardiovascular disease is a significant health issue that affects millions of people worldwide. It is a fundamental problem that requires attention and care, as it can lead to severe complications and even death. The symptoms of cardiovascular disease can be weird and unique, and many people may not realize they have it until it is too late. Therefore, it is imperative to be aware of the risk factors and take preventive measures. One massive risk factor is an unhealthy lifestyle that includes a poor diet and lack of exercise. Maintaining a healthy weight and staying physically active are essential for preventing cardiovascular disease. Additionally, it is imperative to manage conditions such as high blood pressure and cholesterol, which can increase the risk of developing this disease. With proper care and attention, the impact of cardiovascular disease can be reduced, and individuals can live longer, healthier lives.

So Hence Thus Thereby

lack of sth, be deprived of

Required: obligatory, mandatory, compulsory

As: because, since, for

Lead to: cause, give rise to, result in, bring about, trigger, induce, stimulate, contribute to

Severe complications / injury / wound / harm / damage

Weird: bizarre, odd, strange, uncommon, unusual, peculiar, unique

Unique: eşsiz, benzersiz, biricik

Imperative to Verb (adjective + to verb)

Preventive measures (collocation): önleyici tedbirler

Prevent: engellemek, önlemek

Measure: tedbir, önlem almak

True / False Questions

1. Cardiovascular disease is a minor health issue that does not require much attention or care. *False*
2. The symptoms of cardiovascular disease are often strange and unpredictable. *True (weird, unique)*
3. An unhealthy lifestyle is not a significant risk factor for developing cardiovascular disease. *False*

Massive: devasa, büyük: great, huge, tremendous, immense, giant, gigantic, colossal

An unhealthy lifestyle THAT (NOUN + that): adjective clause: sıfat cümlecığı (ismi niteler)

Maintain: sürdürmek, korumak: preserve, conserve, sustain, retain, keep

Essential FOR

---- (cümle başında): with edatı sık kullanımı ile karşılarız.

With the arrival of the child

3¹ *consiz that which verb*
 Cardiovascular disease is a (1) **significant** health issue that affects millions of people worldwide. It is a (2) **fundamental** problem (3) **who / that** requires attention and care, as it can lead to severe complications and even death. The symptoms of cardiovascular disease (4) **can be / used to be** (5) **weird** and unique, and many people may not realize they have it until it is too late. Therefore, it is imperative to be aware of the risk factors and take preventive measures. One massive risk factor is an unhealthy lifestyle that includes a poor diet and lack of exercise. Maintaining a healthy weight and staying physically active are essential (6) **with / for** preventing cardiovascular disease. Additionally, it is imperative to manage conditions such as / as well as high blood pressure and cholesterol, which can increase the risk of developing this disease. (7) **For / With** proper care and attention, the impact of cardiovascular disease can be reduced, and individuals can live longer, healthier lives.

1. "significant" is closest in meaning to -----.

- A) strange ~~X~~ B) weird ~~X~~ C) important
 D) giant ~~X~~ E) principal

2. "fundamental" is closest in meaning to -----.

- A) primary B) essential C) indispensable
 D) strange ~~X~~ E) massive ~~X~~

5. "weird" is closest in meaning to -----.

- gari?*
 A) bizarre B) urgent ~~X~~ C) giant ~~X~~
 D) inevitable ~~X~~ E) odd

8. ---- decision / issue / role

- A) massive B) imperative

travel used to walk eskiden seatin

9. ---- damage / injury / pain

- A) severe B) weird ~~X~~