

Tuesday English News Report

Is cow's milk as good for us as we thought? Study suggests not

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Drink lots of milk to strengthen your bones and **boost** your health, doctors say.

But a study in *The BMJ* medical journal yesterday said Swedes with a high intake of cows' milk died younger, and women suffered more **fractures**.

The findings raise questions about milk **consumption**, although further research was needed, its authors said, as the association may be **coincidental**.

A Swedish team used data taken from 61,000 women aged 39-74 and monitored for about 20 years, and more than 45,000 men aged 45-79 followed for 11 years.

"Women who consumed three glasses or more milk per day had a 90 per cent higher risk of death, 60 per cent higher risk of hip fracture and 15 per cent higher risk of any fracture compared with those who drank less than a glass," said co-author Karl Michaelsson of Uppsala University.

For men, the difference in death rate was less **pronounced**, but there was no difference in fracture rates.

The team found that **fermented** milk products such as cheese or yoghurt were associated with lower **mortality** and fracture rates, particularly in women.

One reason, the authors **speculated**, was that milk, but not cheese, was high in D-galactose, a type of sugar that was shown to **hasten** ageing.

The researchers said it was impossible to draw conclusions or make recommendations on milk consumption until further work was carried out.

Some experts noted **shortcomings** in the study, including that milk consumption was self-reported, often a **flaw** in dietary research.

Nor did the authors define the type of physical activity the men and women did, and whether it was weight-bearing and therefore bone-strengthening, or not.

The study "creates more questions than provides answers", said Catherine Collins, principal **dietitian** at St George's Hospital in London.



1. What do you think?

2. Vocabulary

Fill in the blanks in the sentences below using words from the box.

boost	fractures	consumption	coincidental
pronounced	fermented	mortality	speculated
hasten	shortcomings	flaw	dietitian

1. John's favourite _____ product is kimchi.
2. In this context it means very noticeable. He has a _____ Scottish accent.
3. It means to improve, enhance, magnify or raise something. According to recent research, drinking cocoa can _____ the memory of old people.
4. The using up of goods or resources. China's _____ of coal is causing damage to the environment.
5. A person who is an expert in food and nutrition is known as a _____.
6. This word means to speed up, hurry or accelerate. Smoking will _____ death.
7. Broken bones are also known as _____.
8. It means death. The _____ rate of front-line soldiers in war is very high.
9. Your failings, flaws and weaknesses. She has many _____. She's often late and makes lots of mistakes but she is extremely kind.
10. To guess or have a theory about something. John _____ all day about why Mary killed herself.
11. A fault, shortcoming, defect or weakness. Hamlet's tragic _____ is his inability to take action.
12. Accidental or happening by chance. They hadn't seen each other for 20 years. The fact that they had booked seats next to each other on the plane was purely _____.