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Article :

Owning a Dog Could Lower the Risk of Dementia, New Study Shows

Directions: Read the following article aloud.

A Tokyo institute specializing in aging research has found that elderly people who own a dog have a significantly lower risk of dementia.

New research indicates that elderly people who own dogs have a significantly reduced risk of [developing](#) dementia compared to non-dog owners. The study was conducted by researchers at the Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG). Their findings were first published on November 22 in an international scientific journal. According to TMIG, this marks the first instance where a clear connection between dog ownership and the [onset](#) of dementia has been established.

40% Lower Risk

The TMIG, an institute under the Tokyo Metropolitan Government, conducted a [comprehensive](#) study from 2016 to 2020. It covered 11,194 men and women aged 65 or older in Tokyo. The data revealed that 5% of participants [developed](#) dementia. Dog owners experienced a remarkable 40% lower risk of dementia compared to non-dog owners.

Furthermore, the researchers observed that dog owners who [adhered](#) to regular exercise routines and maintained an active social life exhibited an even lower risk of [developing](#) dementia.

What About Cats?

Interestingly, the same couldn't be said about cats. There was no [substantial](#) difference in the incidence of dementia between cat owners and non-cat owners.

The dog ownership rate among the participants was 8.6%, while the cat ownership rate was 6.3%

Source : Owning a Dog Could Lower the Risk of Dementia, New Study Shows
[JAPAN Forward](#)

2 Key phrases and vocabulary

Directions: First repeat after your tutor and then read aloud by yourself.

1. develop (病気などが悪い状態が) 進行する、発展する・発展させる、成長する・成長させる、開発する

Without proper care, small issues can **develop** into major problems.

2. onset 発病、(薬の効果などの) 発現、開始、始まり

She bravely faced the **onset** of challenges in her new job.

3. comprehensive 包括的な、大局的な、理解力のある

Our team conducted a **comprehensive** analysis of the market trends to devise a strategic plan.

4. adhere

(計画などに対して) 着実に実行する・決心を変えない、(信念などに対して) 忠実である、付着する・接着する

Drivers must **adhere** to the speed limit to ensure road safety for everyone.

5. substantial 実体がある、実在する、がっしりした、十分な

The new library has a **substantial** collection of books covering various genres and topics.

3 Questions

Directions: Read the questions aloud and answer them.

1. What did the research reveal about the risk of developing dementia among elderly dog owners?
2. According to the research, what additional factors seemed to contribute to an even lower risk of dementia among dog owners?
3. What are your thoughts on this research?
4. Do you think the companionship of a pet has a positive impact on mental health or well-being?
5. Could there be other explanations for why dog owners showed a lower risk of dementia?

4 日本語関連記事： 犬飼育で認知症低リスク 都センター高齢者調査

犬を飼っている高齢者は、飼っていない人に比べて認知症の発症リスクが低いという研究結果を、東京都健康長寿医療センターのチーム11月が22日までに国際科学誌に発表した。ペット飼育と認知症との関連を明らかにしたのは初めてとしている。

調査は、東京都の65歳以上の男女1万1194人を対象に、平成28年から令和2年までのデータを分析。4年間で認知症を発症した人は5%で、犬を飼っている人は飼っていない人に比べ、認知症になるリスクが40%低かった。

さらに犬を飼っている人のうち、運動習慣がある人や、社会的に孤立していない人の方が発症リスクが低い傾向にあることも分かった。猫の場合は飼育の有無で発症リスクに差はなかった。犬の飼育率は8・6%、猫の飼育率は6・3%だった。