

This essay is part of the final project in “Academic Integrated Reading & Writing Skills”. In this essay, students have to propose solutions to a global issue.

Do you know there are more than 29 million American adults having diabetes? Do you know there are more than 5 million people living with dementia in America? Do you know there are more than 340 thousand Americans getting leukemia? The number of patients have been continuing increasing nowadays. People who are diagnosed any kind of them are unwilling to face with positive action because of fear although there have already been a lot of cases that these three diseases were cured successfully. Those people are afraid that whether they can be completely cured and whether they will relapse again by accepting the chemotherapies. However, there are several new solutions to control or to cure these diseases.

The two promising ways to beat diabetes is gene therapy and that patients learn to control diabetes by themselves. Gene therapy means using vectors with insulin gene to make liver cells replace pancreas to produce insulin. With this technique, patients can get rid of nightmares of injecting insulin and lead more convenient and comfortable lives because they needn't to carry insulin injection everywhere, remember to inject after meals, and bear the pain everyday. A recent study from Yong Loo Lin School of Medicine shows that an animal experiment on mouse has worked. After this treatment, mouse not only can control their blood glucose but regain normal weight. Such animal experiment is also done on dogs now and the clinical trial will be done in ten years. On the other hand, patients also have to control diabetes effectively on their own. This can reduce the human and economic burden of diabetes because patients don't especially need others to take care of them and pay for the growth of disease. To teach patients to control diabetes, International Diabetes Federation provides self-management education for them to learn to deal with diabetes themselves. To sum up, gene therapy and learning to control diabetes are helpful to resolve diabetes.

Nowadays, vampire therapy and clinical trials are two brilliant ways to make dementia no more daunting. It is believed that vampire therapy can magically make young blood recharge the brain, form new blood vessels and improve memory. A protein, called GDF11, which is found in the bloodstream of young men, is excellent at restoring aging muscle and brain function. Also, research

from Harvard University has proved that tissues in geezer mice are rejuvenated and worn-out stem cells in old mice start proliferating again to repair damaged tissues. Besides with vampire therapy, it is convinced that clinical trials with human volunteers contribute significantly to the improvement of making treatments become a reality and help health care decision makers figure out what kinds of treatments that work best. Alzheimer's Association keeps recruiting volunteers to join clinical trials and has successfully finds that some of experimental drugs being tested in treatment trials represent entirely new ways of treating Alzheimer. Overall, there is no doubt that vampire therapy and clinical trials are the most best means to give us all hope for a healthier life.

Receiving immunotherapy treatment and accompanying with hygiene education are the potential ways to overcome leukemia. Immunotherapy is a treatment that uses your body's own immune system to help fight cancer. This innovative treatment has several advantages over traditional treatments such as avoid relapse, has less side effects, etc. Fred Hutchinson Cancer Research Center is the first to show that rare disease-fighting cells called T cells can enhance survival and help shrink tumors. According to clinical studies conducted by Fred Hutchinson Cancer Research Center, 27 out of 29 patients with an advanced blood cancer who received an immunotherapy experienced sustained remissions and showed no signs of relapse. Aside from the innovative treatment, patients with leukemia should be given lessons about hygiene, so that they can know what they should avoid or take more care in their daily life after treatment to avoid the risk of relapse. For instance, patients cannot eat uncooked food such as milk and salad because patients have low white ball cells after treatment. Leukemia & lymphoma society (LLS) is a NGO that give patients education regarding what patients should prevent and some specialized knowledge about postoperative care. With the advance of medical technology and the help from NGO, leukemia is no longer a deadly disease anymore.

Some people may concern about the moral problems behind the Vampire therapy. Firstly, since the Vampire therapy will take blood from the young, people are worried about whether scientists might raise a group of children only for providing blood for dementia patients. If groups of children are born only for taking blood, their rights to freedom will be taken away. In addition, there were several cases that after receiving the organs or marrow from donors, patients failed to accept, even worse some of them died due to the

organ which might contain some virus. The best way to avoid this problem is that scientists will cultivate the key stem cells which have positive effects on dementia artificially, instead of taking blood only from the specific group of young people, the real human beings. Secondly, due to the possible blood demand of the Vampire therapy, selling blood in black market is another problem they might concern. People might be worried about that the poor or some people who wants to become the rich through selling organs just like some Chinese will sell their organs to solve their financial problems. However, one method to stop the blood market being built is that the governments have to build the law to prohibit this kind of behavior. Also, the organization will educate people the correct concept through holding lectures, releasing related videos.

The diseases, diabetes, dementia, and leukemia, would never be incurable anymore by adopting the innovative treatments, delivering the latest concepts of caring, and developing clinical trial. Due to these positive and exciting development on medical and scientific fields, scientists explore more secrets from human body, organ and cells. Therefore, scientists of medical development find new concepts and therapies to cure patients; also, organizations will deliver the latest concepts to every single people. Scientists and doctors suggest that people should not feel hopeless when they are diagnosed with those diseases. The reason is that besides chemotherapies new methods and therapies which are found would be more effective and do less harm to human body. As a result, with these effective therapies, patients should not be too passive; instead, they should follow the treatments, be positive and maintain a good habit to might overcome the diseases.

This essay is written, revised, and edited by the students in Group 3 in the course “Academic Integrated Reading & Writing Skills” at the Center for Language Studies in National Chung Cheng University.