

78. According to the text, the connection between exercise and inflammation is in fact an issue that researchers have approached and acknowledged

- A) since the early 1980s.
- B) since the end of the last century.
- C) quite recently.
- D) after Dr. Shmerling study.

Assunto: Interpretação de texto

Parágrafo 4:

The growing understanding that exercise and inflammation are linked has been relatively recent, and this has spurred a boom of research into the connection, said Dr. Robert Shmerling, a rheumatologist and a medical editor at Harvard Health Publishing. Here's what we know — and what it means for you.

O comando da questão pede para identificar quando os pesquisadores passaram a reconhecer a ligação entre exercício e inflamação. A resposta está no **parágrafo 4**, no trecho que afirma que *"the growing understanding that exercise and inflammation are linked has been relatively recent"*, ou seja, o reconhecimento dessa relação aconteceu recentemente.

Item: C