

- 81.** Dr. Shmerling explains that chronic inflammation is a condition that remains active for years, leading the immune system to attack healthy cells/tissues. Its appearance can be associated, among other factors, to
- A) stress and lack of vitamins.
 - B) eating habits and stress.
 - C) prescription drugs intake.
 - D) high blood pressure.

Assunto: Interpretação de texto

Parágrafo: 6:

But chronic inflammation is a low-grade condition that can simmer for years. It can begin with an infection or injury, but then morph into a lingering state, in which the immune system starts attacking healthy tissue, Dr. Shmerling said. Chronic inflammation can also be linked to diet, stress, smoking, obesity, sleep quality and your level of physical activity. And it increases as you age (a process that researchers call "inflammaging").

A questão pede que se identifique a quais fatores o Dr. Shmerling associa o surgimento da inflamação crônica. A informação está no **parágrafo 6**, no trecho "*Chronic inflammation can also be linked to diet, stress, smoking, obesity, sleep quality and your level of physical activity*", que mostra que a inflamação pode estar relacionada a hábitos alimentares (diet) e estresse (stress).

Item: B