

**83.** Among the signs related to chronic inflammation, the text mentions

- A) headaches and a foggy brain.
- B) extreme tiredness and depression.
- C) insomnia and fatigue.
- D) sleepiness and anxiety.

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 identifiquem os sinais relacionados a essa resposta imune prolongada. No texto, a inflamação crônica é descrita no **parágrafo 6** como uma resposta imune prolongada. Em seguida, no **parágrafo 7**, o texto afirma que *"this prolonged immune response may put you at greater risk for disease, and in some cases, make you feel fatigued, depressed or foggy"*, indicando que os sinais citados são cansaço extremo (*fatigue*), depressão (*depression*) e confusão mental (*foggy*).

Item: B