

Handout 1

Read both paragraphs describing the same study. How much time did each paragraph take you to read and understand? Try to rewrite the paragraphs in your own words. How long did it take you? What conclusions can you draw?¹

Example A	Example B
<p>The permanent neurological impairment typical of chronic inflammatory demyelinating disorders of the central neural system (CNS), such as a multiple sclerosis, is due to the axonal loss resulting from recurrent episodes of immune-mediated demyelination². So far, experimental cell therapy for these disorders has been based mainly on the transplantation of myelin-forming cells, or their precursors, as the site of demyelination. Although such an approach can trigger functional recovery and restore axonal conduction, the limited migration of lineage-restricted, myelin-forming cells through the brain parenchyma highlights the beneficial effect of transplantation to the site of the injury. This raises critical issues regarding the therapeutic use of focal cell transplantation to treat diseases in which multifocal demyelination is the main pathological feature. Such issues are compounded by the poor expansion capacity of myelin-forming cells in culture, which greatly limits their availability and further hampers their prospective application in clinical settings³.</p>	<p>Multiple sclerosis affects one million people worldwide, subjecting people from young adulthood onwards to repeated immunological attacks on the brain and spinal cord. Twice as many women as men are afflicted with the disease. The effects vary depending on where exactly in the nervous system the attacks occur, but paralysis, blindness, loss of sensation, and lack of coordination are among the types of devastation wrought by an immune system gone awry. Until now, treatment strategies have generally been aimed at blocking the autoimmune attacks and reducing the amount of collateral damage caused. Pluchino et al. (2003) describe a complementary approach – repairing some of the harm already done.⁴</p>
Time to read: _____	Time to read: _____
Time to paraphrase: _____	Time to paraphrase: _____

¹ Adapted from: Douglas, J. (2015). *The reader's brain: How neuroscience can make you a better writer*. Cambridge, UK: Cambridge University Press.

² Demyelination – damage to myelin that covers nerves as an insulating material. When myelin is damaged, nerves can degrade, causing brain problems.

³ Pluchino, Stefano, Angelo Cuttrini, Elena Brambilla, Angela Gritti, Giuliana Salani, Giorgia Dina, Rossella Galli *et al.* (2003). "Injection of Adult Neurospheres Induces Recovery in A Chronic Model of Multiple Sclerosis," *Nature* 422: 688-694, p. 688.

⁴ Steinman, Lawrence. (2003). "Collateral Damage Repaired," *Nature* 422: 671-672, p. 671