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## 6 Supplements to Avoid for Optimal Heart Health

### Description

Heart disease is a prevalent concern among Americans, prompting a desire to take extra steps to protect heart health. While supplements might appear to be an easy solution, certain ones can actually be counterproductive. For instance, although nutrients like vitamin E are generally beneficial, the excessive amounts found in supplements can be harmful to the heart.

If you have a preexisting heart condition or are at a high risk of cardiovascular disease, it is crucial to consult a healthcare professional before taking supplements. Nutrition experts advise caution with supplements that could jeopardize heart health. Below, we delve into some of these supplements and the reasons for their potential risks.

**Vitamin E:** Although it acts as an antioxidant, high doses can increase the risk of heart failure and hemorrhagic stroke, prompting the U.S. Preventive Services Task Force to advise against its supplementation. Opt for foods rich in vitamin E, like nuts and green veggies.

**Calcium:** While it's essential for bone health, supplements may raise heart disease risk in postmenopausal women due to potential arterial calcification. Consider natural sources such as dairy and leafy greens instead.

**Energy or Weight Loss Supplements:** Often containing stimulants, these supplements can strain the cardiovascular system, raising blood pressure and heart rate.

**Beta-Carotene:** Useful in small dietary amounts, high-dose supplements increase cardiovascular risks, particularly for smokers.

**Licorice Supplements:** Containing glycyrrhizin, these can lead to sodium retention and high blood pressure, especially dangerous for those already hypertensive.

**Red Yeast Rice:** Marketed for lowering cholesterol, it can cause damage to muscles, kidneys, and liver due to its active ingredient, monacolin K, akin to the drug lovastatin.

Fostering heart health is achievable through more holistic approaches: staying active, eating a balanced diet rich in fruits and vegetables, managing stress, and getting adequate sleep. Before starting any supplement, engage in a conversation with a healthcare provider for tailored advice.

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### Vocabulary List:

1. **Cardiovascular** /,kɑːr.di.ʊs'væ.s.kjʊ.lər/ (adjective): Relating to the heart and blood vessels.
2. **Antioxidant** /,æ.n.ti'ɑː.tɪ.k.sɪ.dənt/ (noun): A substance that inhibits oxidation and can help protect cells from damage.



3. **Hemorrhagic** /,hɛm.ə'rædʒ.ɪk/ (adjective): Relating to or resulting from a hemorrhage or excessive bleeding.
4. **Hypertensive** /,haɪ.pər'tɛn.sɪv/ (adjective): Relating to or suffering from high blood pressure.
5. **Calcification** /,kæɪ.lɪ'fɛɪ.ʃən/ (noun): The accumulation of calcium salts in body tissue which can lead to hardening and loss of function.
6. **Supplementation** /,sʌp.lɪ.men'teɪ.ʃən/ (noun): The process of adding an extra element or amount to something particularly to enhance its value or effectiveness.

## Comprehension Questions

### Multiple Choice

1. What is a potential risk associated with excessive vitamin E supplements?  
Option: Increased risk of heart failure and hemorrhagic stroke  
Option: Decreased blood pressure  
Option: Improved cardiovascular health  
Option: Enhanced immune system
2. Why should postmenopausal women be cautious with calcium supplements?  
Option: They can reduce the risk of heart disease  
Option: They can lead to arterial calcification and raise heart disease risk  
Option: They improve bone density  
Option: They have no impact on cardiovascular health
3. Which group of individuals should be particularly careful with beta-carotene supplements?  
Option: Children  
Option: Pregnant women  
Option: Smokers  
Option: Athletes
4. What is a potential consequence of consuming licorice supplements?  
Option: Reduced blood pressure  
Option: Sodium retention and high blood pressure  
Option: Improved kidney function  
Option: Enhanced cardiovascular health
5. Which organ can be negatively affected by red yeast rice supplements?  
Option: Heart



- Option: Kidneys
- Option: Lungs
- Option: Liver

6. What is the recommended alternative to energy or weight loss supplements for heart health?

- Option: Increasing caffeine intake
- Option: Limiting physical activity
- Option: Managing stress levels
- Option: Avoiding fruits and vegetables

### True-False

- 7. Consulting a healthcare professional before taking supplements is only necessary for individuals with preexisting heart conditions.
- 8. High-dose beta-carotene supplements are generally safe for everyone.
- 9. Calcium supplements are universally beneficial for heart health.
- 10. Red yeast rice supplements have no adverse effects on the body.
- 11. Nutrition experts recommend consuming licorice supplements for overall cardiovascular health.
- 12. Managing stress is considered a holistic approach to fostering heart health.

### Gap-Fill

- 13. High doses of vitamin E can increase the risk of heart failure and \_\_\_\_\_ stroke.
- 14. Postmenopausal women should opt for natural sources of calcium to avoid potential arterial \_\_\_\_\_ and heart disease risk.
- 15. Avoiding energy or weight loss supplements and managing stress levels are more \_\_\_\_\_ approaches to heart health.
- 16. Beta-carotene supplements pose higher cardiovascular risks, especially for \_\_\_\_\_.
- 17. Individuals already hypertensive should be wary of licorice supplements leading to sodium retention and \_\_\_\_\_.



high \_\_\_\_\_.

18. Red yeast rice supplements can cause damage to muscles, kidneys, and \_\_\_\_\_.

## Answer

**Multiple Choice:** 1. Increased risk of heart failure and hemorrhagic stroke 2. They can lead to arterial calcification and raise heart disease risk 3. Smokers 4. Sodium retention and high blood pressure 5. Liver 6. Managing stress levels

**True-False:** 7. False 8. False 9. False 10. False 11. False 12. True

**Gap-Fill:** 13. hemorrhagic 14. calcification 15. holistic 16. smokers 17. blood pressure 18. liver

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What are medical conditions called?

Option: Conditions

Option: Illnesses

Option: Ailments

Option: Diseases

2. Change into another form or structure is known as:

Option: Evolution

Option: Revolution

Option: Transition

Option: Transformation

3. What is another word for energetic or strong?

Option: Lethargic

Option: Sluggish

Option: Passive

Option: Vigorous

4. What type of substance prevents oxidation?

Option: Antibiotic

Option: Antiparasitic

Option: Antiemetic

Option: Antioxidant



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5. What is the body's response to injury or infection?
- Option: Fibrosis
  - Option: Inflammation
  - Option: Hemorrhage
  - Option: Thrombosis
6. Which term refers to high blood pressure?
- Option: Hypotensive
  - Option: Normotensive
  - Option: Hypercholesterolemic
  - Option: Hypertensive
7. What do we call a person who deliberately destroys things?
- Option: Hero
  - Option: Villain
  - Option: Saboteur
  - Option: Savior
8. The process of calcite being deposited on some organic matter is called:
- Option: Ossification
  - Option: Mineralization
  - Option: Fossilization
  - Option: Calcification
9. What is the final status after a suspicion is verified?
- Option: Doubted
  - Option: Verified
  - Option: Confirmed
  - Option: Questioned
10. What is the act of adding something extra to complete or enhance something?
- Option: Subtraction
  - Option: Multiplication
  - Option: Division
  - Option: Supplementation

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The \_\_\_\_\_ of a material refers to its ability to withstand and recover from stress or change.



12. The act of placing a patient in a hospital for medical treatment is known as \_\_\_\_\_.
13. The steel was \_\_\_\_\_ to prevent it from rusting.
14. The \_\_\_\_\_ of a drug refers to its ability to produce the desired effect.
15. The police have identified a \_\_\_\_\_ in connection with the robbery.
16. The smell of fresh flowers filled the room \_\_\_\_\_ creating a delightful atmosphere.
17. The power \_\_\_\_\_ caused our conversation to halt abruptly.
18. The company decided to \_\_\_\_\_ its workforce by hiring more employees.
19. His \_\_\_\_\_ led to his downfall as he failed to see the looming dangers.
20. Lifting heavy weights can put a lot of \_\_\_\_\_ on your muscles.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. A person qualified to advise on diet and nutrition is known as a nutritionist.
22. The practice of being aware of the present moment without judgment is called mindfulness.
23. Those who are susceptible to harm or attack are considered vulnerable.
24. Once a suspicion or doubt is verified to be true it is confirmed.
25. The body's defense system that protects against infections is called the immune system.
26. A type of stroke caused by bleeding in the brain is known as hemorrhagic stroke.
27. A complete change in form or appearance is referred to as transformation.
28. The ability of a product to produce a desired or intended result is its efficacy.
29. Related to the heart and blood vessels issues within this system are cardiovascular.
30. A person who deliberately disrupts or destroys things is known as a saboteur.



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## Answer

**Multiple Choice:** 1. Ailments 2. Transformation 3. Vigorous 4. Antioxidant 5. Inflammation 6. Hypertensive  
7. Saboteur 8. Calcification 9. Confirmed 10. Supplementation

**Gap-Fill:** 11. Resilience 12. Hospitalization 13. Galvanized 14. Efficacy 15. Suspect 16. Pervasively  
17. Interruption 18. Augment 19. Complacency 20. Strain

**Matching sentence:** 1. Nutritionist 2. Mindfulness 3. Vulnerable 4. Confirmed 5. Immune 6. Hemorrhagic  
7. Transformation 8. Efficacy 9. Cardiovascular 10. Saboteur

## CATEGORY

1. Health - LEVEL4

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