



Caroline Crampton's Exploration of Hypochondriac History in 'A Body Made of Glass'

Description

In the 14th century, some patients in Europe believed they were made of glass. This meant they were scared of breaking into pieces and went to weird lengths to protect themselves like sleeping in straw. This strange fear may still exist today in hypochondriacs - people who are worried about having a serious illness.

The journalist, Caroline Crampton, talks about her battles with health anxiety in her book, "A Body Made of Glass: A Cultural History of Hypochondria". Her fears were even more intense because she survived Hodgkin's lymphoma twice. Despite this, she wonders if her worries about her health are valid or purely psychological.

In Crampton's view, hypochondria is a complex condition. Its boundaries blur with real illnesses and it significantly affects how the person perceives their health. She believes hypochondria is not just an obsession of an individual's health but also reflects our fear of death and the unknown. Despite the often confusing details about hypochondria, her book offers interesting insights into the world of a hypochondriac.

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Vocabulary List:

1. **Hypochondriac** // (noun): A person who is excessively worried about having a serious illness.
2. **Anxiety** // (noun): Feeling of uneasiness such as worry or fear that can be mild or severe.
3. **Obsession** // (noun): A persistent and disturbing preoccupation with an often unreasonable idea or feeling.
4. **Fear** // (noun): An unpleasant emotion caused by the belief that someone or something is dangerous.
5. **Perceives** // (verb): To become aware of or know or identify by means of the senses.
6. **Complex** // (adjective): Consisting of many different and connected parts not easy to understand.

Vocabulary quizzes

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

1. Which medical procedure is used to prevent certain diseases?
Option: Circadian rhythms
Option: Vaccinations
Option: Deep Brain Stimulation
Option: Hypochondriac
2. Which term refers to a feeling of worry nervousness or unease about something with an uncertain outcome?
Option: Longevity
Option: Insomnia
Option: Hypochondriac
Option: Anxiety
3. Which neurological disorder primarily affects motor functions and is characterized by tremors and stiffness?
Option: Perceives
Option: Parkinson Disease
Option: Leptospirosis
Option: Rabies
4. Which term refers to the general well-being of individuals and societies including both physical and mental aspects?
Option: Quality of Life
Option: Fatal
Option: Complex



Option: Awareness

5. What field of study focuses on developing new treatments and understanding human health and diseases?

Option: Fear

Option: Biomedical research

Option: Overeat

Option: Preventive

6. Which condition is characterized by pauses in breathing during sleep?

Option: Exposure

Option: Sleep apnea

Option: Misdiagnosed

Option: Severe

7. What behavior involves consuming food in excess of the body's energy requirements?

Option: Obsession

Option: Longevity

Option: Overeat

Option: Fear

8. What can happen when a medical condition is incorrectly identified or labeled?

Option: Type 2 diabetes

Option: Misdiagnosed

Option: Rabies

Option: Symptoms

9. Which chronic condition is characterized by high levels of blood sugar resulting from the body's ineffective use of insulin?

Option: Biomedical research

Option: Anxiety

Option: Type 2 diabetes

Option: Awareness

10. Which viral disease usually transmitted through the bite of an infected animal can be prevented through vaccination?

Option: Rabies

Option: Deep Brain Stimulation

Option: Hesitancy

Option: Anxiety



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

11. _____ is an emotional response induced by a perceived threat which causes a change in brain and organ function.
12. A hypochondriac often wrongly _____ normal bodily sensations as signs of serious illness.
13. _____ is a common sleep disorder characterized by difficulty falling asleep or staying asleep.
14. Increasing public _____ about the importance of regular exercise can lead to better health outcomes.
15. Deep Brain Stimulation is a surgical procedure used to treat movement problems like severe _____ in patients with conditions such as Parkinson Disease.
16. Effective preventive measures can reduce the risk of disease _____ to harmful pathogens.
17. The interplay of genetics and environmental factors can make diagnosing certain diseases quite _____.
18. Without appropriate treatment some cases of leptospirosis can be _____.
19. A healthy lifestyle and regular medical check-ups can contribute to a longer _____.
20. Get vaccinated as a _____ measure to avoid contracting diseases like rabies or influenza.

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



21. Some individuals exhibit vaccine due to concerns about potential side effects or misinformation.
22. Parents of children with often seek out early intervention programs and specialized therapy.
23. People with obsessive-compulsive disorder may experience intrusive thoughts or repetitive behaviors related to their .
24. Advancements in have led to breakthroughs in understanding complex diseases and developing targeted therapies.
25. Leptospirosis is a zoonotic disease that can be transmitted to humans through contact with infected urine.
26. Untreated sleep apnea can have consequences on cardiovascular health and overall well-being.
27. Recognizing the early warning of a medical condition can lead to timely intervention and better outcomes.
28. Chronic can significantly impact an individual's daily life and relationships.
29. Disruptions to normal can affect sleep patterns and overall health.
30. Preventive measures such as avoiding contact with contaminated water can reduce the risk of contracting .

Answer

Multiple Choice: 1. Vaccinations 2. Anxiety 3. Parkinson Disease 4. Quality of Life 5. Biomedical research 6. Sleep apnea 7. Overeat 8. Misdiagnosed 9. Type 2 diabetes 10. Rabies

Gap-Fill: 11. Fear 12. Perceives 13. Insomnia 14. Awareness 15. Tremors 16. Exposure 17. Complex 18. Fatal 19. Longevity 20. Preventive

Matching sentence: 1. Hesitancy 2. Autism 3. Obsession 4. Biomedical research 5. Rodent 6. Severe 7. Symptoms 8. Anxiety 9. Circadian rhythms 10. Leptospirosis

CATEGORY

1. Health - LEVEL1

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