



Celine Dion risked her life by taking up to 90 milligrams of Valium in her battle against stiff person syndrome

Description

Celine Dion recently disclosed her struggle with stiff person syndrome and the dangerous levels of Valium she took to manage the symptoms. In an interview with NBC News' Hoda Kotb, Dion revealed that she was prescribed Valium to perform and control the autoimmune disorder. Over time, she built a tolerance to the drug, eventually taking 90 milligrams daily. Dion admitted that she was unaware of the potentially fatal consequences of such high doses, stating, "Ninety milligrams of Valium can kill you." Despite initially finding relief, Dion recognized the dangers of dependence on the drug.

After experiencing symptoms of stiff person syndrome since 2008, Dion began taking Valium, unaware of its life-threatening effects. She emphasized that the medication was not used for recreational purposes but to manage her condition. Dion shared that she gradually reduced her Valium intake during the COVID-19 lockdown, only to experience worsening symptoms. This led her to publicly announce her SPS diagnosis in December 2022.

Despite the challenges, Dion remains determined to return to the stage for her fans. She expressed her resilience and desire to perform again, even if it means overcoming physical obstacles. In an upcoming documentary, "I Am: Celine," set to premiere on Amazon Prime Video, Dion delves deeper into her health battle and journey to overcome the condition. The documentary captures her resilience and the process of learning to live with and manage her illness without letting it define her. Dion's unwavering resolve and determination to share her story highlight her strength and courage throughout the difficult period.

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Vocabulary List:

1. **Struggle** // (noun): A difficult situation that is hard to deal with.
2. **Syndrome** // (noun): A group of symptoms that consistently occur together.
3. **Tolerance** // (noun): The ability to endure or resist the effects of something.
4. **Dependence** // (noun): The state of relying or needing someone or something for support or aid.
5. **Resilience** // (noun): The capacity to recover quickly from difficulties.
6. **Determination** // (noun): Firmness of purpose resoluteness.

Vocabulary quizzes

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

1. What is a synonym for "Struggle"?
Option: Challenge
Option: Celebrate
Option: Embrace
Option: Succeed
2. Which of the following best describes "Resilience"?
Option: Ability to bounce back from difficulties
Option: Fear of failure
Option: Lack of determination
Option: Avoiding challenges
3. What trait is essential for achieving long-term goals?
Option: Indecision
Option: Procrastination
Option: Determination
Option: Defeat
4. Which term is related to the study of the nervous system?
Option: Biological
Option: Geological



Option: Psychological

Option: Neurological

5. Which of the following indicates something causing death?

Option: Healing

Option: Fatal

Option: Reviving

Option: Rejuvenating

6. Which emotion is expressed when one is thankful for something received?

Option: Anger

Option: Pride

Option: Jealousy

Option: Gratitude

7. Which term is used to describe someone or something famous or well-known?

Option: Ordinary

Option: Mediocre

Option: Legendary

Option: Unknown

8. What term refers to something classic and of high quality from the past?

Option: Modern

Option: Vintage

Option: Contemporary

Option: Trendy

9. Which term best describes someone who is authoritative and has control over others?

Option: Timid

Option: Obedient

Option: Commanding

Option: Submissive

10. What term is used to describe an experience that is thrilling and exciting?

Option: Dull

Option: Monotonous

Option: Electrifying

Option: Boring

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

11. Down _____ is a genetic _____ that leads to developmental



delays and intellectual disability.

12. Drug _____ can be harmful and lead to addiction and _____.

13. Winning the championship was a _____ moment as it was a victory but it marked the end of an era.

14. The author was widely _____ for her contributions to literature.

15. The Renaissance and the Industrial Revolution were significant _____ in history.

16. The CEO _____ the company's plans for expansion in the upcoming year.

17. Take a moment to _____ on your accomplishments and set new goals.

18. In conclusion the study _____ that there is a correlation between exercise and mental health.

19. Economists often _____ on the impact of policy changes on the stock market.

20. The seeds were _____ by the wind allowing the plant to grow in new areas.

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

21. The ability to accept opinions or behavior that are different from your own.
22. Widely known and esteemed for significant achievements or qualities.
23. Delighting and captivating often in a mysterious or magical way.
24. Unable to be forgotten or removed making a lasting impact.
25. A feeling of thankfulness and appreciation.
26. Making one feel very happy animated or elated.
27. To form a theory about a subject without firm evidence.
28. A symbol word or design that identifies and distinguishes a product or service from others.



29. Described in or based on legends; remarkable enough to be famous or well-known.

30. Difficulties or problems that need to be overcome.

Answer

Multiple Choice: 1. Challenge 2. Ability to bounce back from difficulties 3. Determination 4. Neurological 5. Fatal 6. Gratitude 7. Legendary 8. Vintage 9. Commanding 10. Electrifying

Gap-Fill: 11. Syndrome 12. Dependence 13. Bittersweet 14. Acknowledged 15. Eras 16. Announced 17. Reflect 18. Conclude 19. Speculate 20. Dispersed

Matching sentence: 1. Tolerance 2. Renowned 3. Enchanting 4. Indelible 5. Gratitude 6. Exhilarating 7. Speculate 8. Trademark 9. Legendary 10. Struggles

CATEGORY

1. Entertainment - LEVEL5

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