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# 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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