

# Connection Found Between Consumption of Diet Sodas and Cardiovascular Problems

## Description

The pictorial representation provided is credited to Justin Sullivan via Getty / Futurism. Unfortunately, the news isn't palatable for individuals who relish diet soda, as recent research warns that the consumption of artificially sweetened beverages could potentially levy a cardiovascular cost.

According to a study, disseminated in the esteemed 'American Heart Association' journal titled 'Circulation: Arrhythmia and Electrophysiology', there may exist a link between the habitual consumption of a significant volume of diet soda and the occurrence of perilously irregular heart rhythms. The researchers conducted this groundbreaking examination at a reputed teaching hospital in Shanghai.

The Mayo Clinic elucidates how atrial fibrillation, the medical terminology for irregular heartbeats, is associated with a series of symptoms, including heart palpitations, general fatigue, periods of dizziness, and shortness of breath, among other indications.

The study incorporates an evaluation of a colossal database containing records of more than 200,000 patients. Over a decennial period, this team, primarily composed of devoted endocrinology researchers at the Shanghai Ninth People's Hospital, discovered that those who consumed over two liters of non-sugar sweetened sodas were considerably more prone to developing atrial fibrillation compared to individuals who regularly drank fruit juice or customary soda.

The findings of the study extend to providing an explicit caution that individuals who consumed over two liters of diet beverages weekly were at a heightened risk, approximately 20%, of developing atrial fibrillation in comparison to non-consumers. Perplexingly, the investigators struggled to define an exact causal relationship between diet soda consumption and the development of these worrying cardiac symptoms.

For those considering reverting to regular soda consumption, alas, that's not an impeccable solution either. The relentless Shanghai researchers discovered that an increased intake, exceeding two liters weekly, of conventional sweetened cola corresponded to a 10% amplified risk of experiencing atrial fibrillation symptoms compared to the statistical norm.

Astonishingly, when scrutinizing the portion of the cohort that consumed exclusively pure, unsweetened fruit or vegetable juice, the researchers ascertained that these individuals exhibited an 8% lesser risk of developing irregular heart rhythms compared to their soda-drinking equivalents.

Other studies have delved into the myriad of adverse health impacts linked with diet sodas. However, in an interview with CNN, Penny Kris-Etherton, a renowned Penn State nutritionist, highlighted that this appears to be the pioneering study examining the association between artificial sweetener consumption and atrial fibrillation.

While the researchers admit that further investigation is required to corroborate these findings and understand the full spectrum of health implications related to heart disease and other conditions, the



preliminary recommendation is clear: hydrate with water as the optimal choice and limit or abstain from drinking no- and low-calorie sweetened beverages.

It is crucial to acknowledge that the consumption of substantial amounts of diet soda may not yield as catastrophic consequences for your heart as, for instance, excessive alcohol intake. Nonetheless, the jeopardy is substantial enough to warrant serious consideration and perhaps endorse the appealing allure of unsweetened fruit juices.

Lastly, and on a related note: A recent study has established a correlation between the usage of cannabis and incurring a higher risk of experiencing a heart attack and stroke.

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## Vocabulary List:

1. **Pictorial** // (adjective): Relating to or consisting of pictures.
2. **Relish** // (verb): To enjoy or take great pleasure in.
3. **Palatable** // (adjective): Acceptable or satisfactory to the taste.
4. **Levy** // (verb): Impose or collect a tax or fee.
5. **Perilously** // (adverb): In a way that is full of danger or risk.
6. **Colossal** // (adjective): Extremely large gigantic.

## Vocabulary quizzes

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

1. Which type of representation uses images or graphics to convey information?

- Option: Written
- Option: Verbal
- Option: Pictorial
- Option: Numerical

2. Which word means in a way that involves great danger or risk?

- Option: Comfortably
- Option: Carefully
- Option: Happily
- Option: Perilously

3. Which tiny blood vessels connect arteries to veins?

- Option: Arteries
- Option: Veins
- Option: Capillaries



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Option: Heart chambers

4. What term describes the ability of an organism to endure environmental conditions?

- Option: Sensitivity
- Option: Resistance
- Option: Tolerance
- Option: Intolerance

5. What are the likely consequences or effects of an action event or decision?

- Option: Reasons
- Option: Causes
- Option: Impacts
- Option: Implications

6. Which term means deeply established or firmly fixed?

- Option: Superficial
- Option: Temporary
- Option: Flexible
- Option: Ingrained

7. What word means to make something bad or unsatisfactory better?

- Option: Exacerbate
- Option: Aggravate
- Option: Worsen
- Option: Ameliorate

8. What term refers to the likely course or outcome of a disease or situation?

- Option: Diagnosis
- Option: Remission
- Option: Prognosis
- Option: Mortality

9. What is the term for a mutual relationship or connection between two or more things?

- Option: Causation
- Option: Correlations
- Option: Analogies
- Option: Confusion

10. Which term refers to the action of increasing or improving something?



- Option: Diminishment
- Option: Reduction
- Option: Decline
- Option: Enhancement

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

11. I \_\_\_\_\_ the opportunity to travel to new countries and experience different cultures.
12. The discovery of water on Mars has raised questions about the \_\_\_\_\_ of life beyond Earth.
13. The company faced financial difficulties that ultimately led to its \_\_\_\_\_ in the market.
14. Regular exercise and a healthy diet can contribute to a longer \_\_\_\_\_ and better overall health.
15. The \_\_\_\_\_ of the snakebite depends on the type of snake and the availability of medical treatment.
16. At the end of the week the team had a \_\_\_\_\_ meeting to discuss project updates and next steps.
17. After successful treatment the doctor warned the patient about the possibility of cancer \_\_\_\_\_ in the future.
18. The study analyzed the factors contributing to infant \_\_\_\_\_ rates in developing countries.
19. The athlete underwent various \_\_\_\_\_ tests to assess her overall physical condition and performance potential.
20. The remote island is home to a few thousand \_\_\_\_\_ who live in harmony with nature.



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

21. The construction of the dam required years of planning and thousands of workers to complete.
22. Regular exercise is important for maintaining a healthy system and reducing the risk of heart disease.
23. The patient suffered from pain in his back requiring long-term treatment and management.
24. The textbook presented complex ideas in a clear and easily format for students to understand.
25. The government launched a campaign for the of malaria in the region by eliminating mosquito breeding grounds.
26. The process of involves adjusting biological rhythms to external environmental cycles like the sleep-wake cycle.
27. Fever cough and fatigue are common of influenza.
28. The team had to reach a sales by the end of the quarter to qualify for the bonus.
29. The chef prepared a meal that delighted the taste buds of all the guests at the party.
30. The project manager displayed a high level of for unexpected delays and changes in the project schedule.

**Answer**

**Multiple Choice:** 1. Pictorial 2. Perilously 3. Capillaries 4. Tolerance 5. Implications 6. Ingrained 7. Ameliorate 8. Prognosis 9. Correlations 10. Enhancement

**Gap-Fill:** 11. relish 12. existence 13. demise 14. longevity 15. lethality 16. roundup 17. recurrence 18. mortality 19. physiological 20. inhabitants

**Matching sentence:** 1. colossal 2. cardiovascular 3. chronic 4. digestible 5. eradication 6. entrainment 7. symptoms 8. threshold 9. palatable 10. tolerance

**CATEGORY**

1. Health - LEVEL5

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