



Diabetes and Youth: High Risk of Sudden Heart Death

Description

Young people with diabetes have a higher risk of sudden death from heart problems, a study shows. In Denmark, researchers found that diabetics are more likely to have sudden cardiac death than healthy people their age. People aged 30-40 with type 1 diabetes are at the highest risk – they are 20 times more likely to die from a heart issue. Even those aged 30 with type 2 diabetes, linked to being overweight or inactive, are nearly six times more likely to have heart problems. This highlights the importance of monitoring young diabetes patients for heart issues. Professor Elijah Behr from St George's, University of London, says it's vital to keep a close eye on them as they may also be at risk for other health problems. Sudden cardiac death is a serious concern, with 12 young people under 35 dying of it each week in the UK. Monitoring for heart-related symptoms is crucial for those with diabetes to prevent complications.

Vocabulary List:

1. **Diabetes** /ˌdaɪ.əˈbiː.tɪs/ (noun): A chronic condition characterized by high levels of sugar in the blood.
2. **Cardiac** /ˈkɑːr.di.æk/ (adjective): Relating to the heart.
3. **Monitoring** /ˈmɒn.ɪ.tər.ɪŋ/ (noun): The act of regularly checking or observing something.
4. **Complications** /ˌkɒm.plɪˈkeɪ.ʃənz/ (noun): Difficulties or complications that arise from a disease or condition.
5. **Symptoms** /ˈsɪmp.təmz/ (noun): Signs or indications of a disease or condition.
6. **Overweight** /ˌoʊ.vərˈweɪt/ (adjective): Weighing more than what is considered normal or healthy.

Comprehension Questions

Multiple Choice

1. What is the main finding of the study regarding young people with diabetes?
Option: They have a lower risk of sudden death from heart problems
Option: They have a higher risk of sudden death from heart problems
Option: They are equally likely to experience sudden death as healthy individuals
Option: They are immune to heart issues
2. Which age group with type 1 diabetes is at the highest risk of dying from a heart issue?



- Option: 20-30
- Option: 30-40
- Option: 40-50
- Option: 50-60

3. How much more likely are people aged 30 with type 2 diabetes to have heart problems compared to healthy individuals?

- Option: 2 times
- Option: 4 times
- Option: 6 times
- Option: 8 times

4. What does Professor Elijah Behr emphasize regarding monitoring young diabetes patients?

- Option: It is unnecessary
- Option: It is vital
- Option: It is optional
- Option: It is expensive

5. How many young people under 35 die of sudden cardiac death each week in the UK?

- Option: 5
- Option: 8
- Option: 10
- Option: 12

6. Why is monitoring for heart-related symptoms crucial for those with diabetes?

- Option: To increase anxiety
- Option: To prevent complications
- Option: To save money
- Option: To prioritize heart health over other issues

Answer

Multiple Choice: 1. They have a higher risk of sudden death from heart problems 2. 30-40 3. 6 times 4. It is vital 5. 12 6. To prevent complications

Vocabulary quizzes

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



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1. Which medical condition is characterized by high blood sugar levels?
Option: Diabetes
Option: Obesity
Option: Asthma
Option: Arthritis
 2. What term is used to describe a permanent alteration in the DNA sequence?
Option: Inflammation
Option: Mutation
Option: Complications
Option: Vaccine
 3. Which hormone is released in response to stress or low blood-glucose concentration?
Option: Amputation
Option: Cortisol
Option: Puffiness
Option: HPV
 4. What type of substance is administered to stimulate the production of antibodies and provide immunity against a specific disease?
Option: Moderating
Option: Vaccine
Option: Supplement
Option: Monitoring
 5. How are the manifestations of a disease or condition in an individual commonly referred to?
Option: Detection
Option: Symptoms
Option: Monitoring
Option: Process
 6. What term is used to describe the rapid spread of an infectious disease to a large number of people in a given population?
Option: Epidemic
Option: Emergency
Option: Risk
Option: Virulent
 7. What type of foods are altered in some way before they are consumed?
Option: Cardiac
Option: Processed
Option: Risk



Option: Risk

8. In severe cases what surgical procedure might be necessary for certain diabetes complications?

Option: Kidney Failure

Option: Inflammation

Option: Amputation

Option: Monitoring

9. What are the additional medical issues that may arise as a result of a primary disease or condition?

Option: Complications

Option: Swab

Option: Supplement

Option: Diabetes

10. What is the body's response to injury or infection often characterized by redness swelling and heat?

Option: Swab

Option: Inflammation

Option: Esthetician

Option: HPV

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

11. High cholesterol levels may lead to _____ diseases such as heart attacks.

12. Being _____ increases the risk of developing diabetes.

13. A _____ in a critical gene can result in a genetic disorder.

14. Regular _____ of vital signs is crucial for managing chronic conditions.

15. In case of a medical _____ seek immediate help from healthcare professionals.

16. An _____ specializes in skincare treatments and facial therapies.

17. A multivitamin _____ can help fill nutritional gaps in the diet.

18. _____ intake of sugary foods can help in managing blood sugar levels.

19. Early _____ of cancer can significantly improve treatment outcomes.

20. A _____ is used to collect a sample for laboratory testing.



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

21. Patients with advanced diabetes are at a higher risk of developing complications such as due to damage to the kidneys.
22. The test can help in the early detection of certain types of cervical cancer.
23. Individuals with a family history of heart disease have a higher of experiencing heart attacks.
24. Excessive sodium intake can lead to in the face and extremities.
25. A preventive is available to protect against certain strains of human papillomavirus.
26. The rapid spread of a strain of influenza led to an epidemic in the region.
27. Poorly managed diabetes can result in severe such as nerve damage and vision problems.
28. Public health authorities declared an due to the sudden increase in reported cases of the infectious disease.
29. It is essential to blood pressure regularly to assess cardiovascular health.
30. The early of genetic mutations can aid in cancer prevention strategies.

Answer

Multiple Choice: 1. Diabetes 2. Mutation 3. Cortisol 4. Vaccine 5. Symptoms 6. Epidemic 7. Processed 8. Amputation 9. Complications 10. Inflammation

Gap-Fill: 11. Cardiac 12. Overweight 13. Mutation 14. Monitoring 15. Emergency 16. Esthetician 17. Supplement 18. Moderating 19. Detection 20. Swab

Matching sentence: 1. Kidney Failure 2. HPV 3. Risk 4. Puffiness 5. HPV 6. Virulent 7. Complications 8. Epidemic 9. Monitor 10. Detection

CATEGORY

1. Health - LEVEL2

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