



Festive Drinking Sparks Serious 'Holiday Heart' Medical Concern

Description

It's the time for Christmas parties at work and get-togethers with family and friends. You might drink too much at once.

Then you might feel your heart beating fast or not regularly. You might feel a flutter in your chest or neck, or feel dizzy or out of breath. This might worry you enough to go to the hospital.

After a few tests, the doctors might tell you that you have "alcohol-induced atrial arrhythmia". In simple words, it's an irregular heartbeat caused by drinking too much alcohol in a short time.

What is holiday heart?

During the holiday season, more people go to the hospital with alcohol-related problems and irregular heartbeats.

People often have fast or irregular heartbeats because of binge drinking, overeating, dehydration, and increased stress during the holidays.

What causes it? How is it diagnosed?

Alcohol affects your heart, blood vessels, blood, and nervous system in different ways.

If you have symptoms, go to the hospital or see your doctor. They will do some tests to find out if you have heart rhythm problems.

Why are we concerned about it?

Many people with holiday heart can get better, especially if they stop drinking or limit their alcohol intake. But some may develop atrial fibrillation, the most common heart rhythm disorder in adults.

How can you prevent it?

Avoid binge drinking and follow the Australian guidelines for alcohol consumption. Drink water between alcoholic drinks, reduce stress, exercise, and eat a healthy diet to take care of your heart.

Vocabulary List:

1. **Arrhythmia** /ə'rið.mi.ə/ (noun): A condition in which the heart beats with an irregular or abnormal rhythm.



2. **Binge** /bɪndʒ/ (verb): To indulge in an excessive quantity of something especially alcohol.
3. **Symptoms** /'sɪmptəmz/ (noun): Signs or indications of a condition or disease.
4. **Dehydration** /,di:haɪ'dreɪʃən/ (noun): A condition that results from excessive loss of body water.
5. **Consumption** /kən'sʌmpʃən/ (noun): The act of drinking or eating something often referring to food or beverages.
6. **Diagnosis** /,daɪəg'nəʊsɪs/ (noun): The identification of the nature of an illness or other problem.

Comprehension Questions

Multiple Choice

1. What is holiday heart?
Option: A heart condition caused by excessive alcohol consumption during the holidays
Option: A heart condition caused by lack of sleep during the holidays
Option: A heart condition caused by overeating during the holidays
Option: A heart condition caused by stress during the holidays
2. What are some common symptoms of holiday heart?
Option: Slow heartbeat and fatigue
Option: Chest pain and fever
Option: Fluttering sensation in the chest or neck, dizziness, and shortness of breath
Option: Muscle cramps and joint pain
3. What can cause irregular heartbeats during the holidays?
Option: Binge drinking, overeating, dehydration, and stress
Option: Excessive exercise and lack of sleep
Option: Extreme temperatures and loud noises
Option: Allergies and medication interactions
4. What is atrial fibrillation?
Option: A digestive disorder
Option: An eye condition
Option: A common heart rhythm disorder in adults
Option: A type of headache
5. How can holiday heart be prevented?
Option: Avoid binge drinking, follow guidelines for alcohol consumption, drink water between drinks,



reduce stress, exercise, and eat a healthy diet

Option: Increase alcohol intake to build tolerance, avoid water consumption, and overeat during the holidays

Option: Engage in extreme sports, skip meals, and drink caffeinated beverages

Option: Worry less about heart health and enjoy the holidays without restrictions

6. What should you do if you experience symptoms of holiday heart?

Option: Ignore the symptoms and continue with holiday festivities

Option: Immediately go to the hospital or see a doctor for evaluation

Option: Take painkillers and rest at home

Option: Go for a run to increase heart rate

True-False

7. Holiday heart is mainly caused by excessive alcohol consumption during the holiday season.

8. Atrial fibrillation is a rare heart rhythm disorder in adults.

9. Reducing stress and following a healthy diet are ways to prevent holiday heart.

10. Holiday heart requires no medical attention and will go away on its own.

11. Overeating during the holidays can contribute to irregular heartbeats.

12. Dehydration has no impact on heart rhythm during the holiday season.

Gap-Fill

13. Alcohol-induced atrial arrhythmia is an irregular heartbeat caused by drinking too much alcohol in

_____.

14. To diagnose heart rhythm problems, doctors will perform _____ to find out the cause.

15. Reducing alcohol intake and following healthy habits can help many people with holiday heart

_____.



16. Excessive _____ can lead to fast or irregular heartbeats during the holidays.
17. _____ is recommended between alcoholic drinks to prevent holiday heart symptoms.
18. Atrial fibrillation is the most _____ heart rhythm disorder in adults.

Answer

Multiple Choice: 1. A heart condition caused by excessive alcohol consumption during the holidays 2. Fluttering sensation in the chest or neck, dizziness, and shortness of breath 3. Binge drinking, overeating, dehydration, and stress 4. A common heart rhythm disorder in adults 5. Avoid binge drinking, follow guidelines for alcohol consumption, drink water between drinks, reduce stress, exercise, and eat a healthy diet 6. Immediately go to the hospital or see a doctor for evaluation

True-False: 7. True 8. False 9. True 10. False 11. True 12. False

Gap-Fill: 13. a short time 14. tests 15. get better 16. stress 17. Water consumption 18. common

Vocabulary quizzes

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

1. Which term refers to material with particular properties used in research?
- Option: Caffeinated
 - Option: Inflammation
 - Option: Substances
 - Option: Apoptosis
2. What term describes a community of living organisms in conjunction with the nonliving components of their environment?
- Option: Discovery
 - Option: Microbes
 - Option: Ecosystem
 - Option: Thriving
3. In astronomy what is a term used to describe a celestial body that is smaller than a planet?
- Option: Arrhythmia
 - Option: Pulsar
 - Option: Orbit
 - Option: Dwarf
4. What term refers to the identification of the nature of an illness or other problem by examination of



symptoms?

- Option: Symptoms
- Option: Consumption
- Option: Dehydration
- Option: Diagnosis

5. Which term relates to a belief or behavior passed down within a group or society with symbolic meaning?

- Option: Binge
- Option: Tradition
- Option: Prosperity
- Option: Risk

6. What plant is commonly associated with holiday traditions such as kissing under it?

- Option: Mistletoe
- Option: Prevent
- Option: Contaminating
- Option: Researchers

7. Which term describes a substance that contains caffeine?

- Option: Risk
- Option: Research
- Option: Caffeinated
- Option: Complementary

8. What activity involves systematically investigating into a subject to discover facts interpret information and reach conclusions?

- Option: Discovery
- Option: Telescope
- Option: Signal
- Option: Research

9. What disorder causes an irregular heartbeat rhythm?

- Option: Arrhythmia
- Option: Binge
- Option: Substances
- Option: Prosperity

10. What term refers to microscopic organisms that exist virtually everywhere?

- Option: Diverse
- Option: Microbes
- Option: Apoptosis
- Option: Medicinal



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

11. _____ is the body's response to injury or infection often characterized by redness swelling and pain.
12. Improper waste disposal can lead to soil and water resources being _____ by harmful substances.
13. Excessive alcohol _____ can lead to serious health issues such as liver damage.
14. In a healthy environment diverse species of plants and animals can be seen _____ together.
15. Regular exercise and a balanced diet can help _____ many chronic diseases.
16. Eating a large amount of food in a short period known as a eating _____ can lead to various health issues.
17. Fever cough and fatigue are common _____ associated with the flu.
18. The _____ of antibiotics revolutionized the field of medicine allowing treatment of bacterial infections.
19. Certain plants have _____ properties and are used in traditional medicine to treat various ailments.
20. Investments in education and infrastructure can lead to economic growth and _____ for a nation.

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

21. is a process of programmed cell death that occurs in multicellular organisms.



22. A flashing light can be used as a to indicate a warning or message.
23. A is an optical instrument used to observe distant objects such as planets and stars.
24. A is a highly magnetized rotating neutron star that emits beams of electromagnetic radiation.
25. The path that a planet takes around a star is called its .
26. Engaging in extreme sports involves a certain level of to one's safety.
27. are individuals who conduct systematic investigations to establish facts and develop new theories.
28. In medicine therapies are used alongside conventional treatments for a holistic approach to healing.
29. The lack of adequate fluid intake can lead to which can be harmful to the body.
30. Economic stability and growth contribute to the overall of a society.

Answer

Multiple Choice: 1. Substances 2. Ecosystem 3. Dwarf 4. Diagnosis 5. Tradition 6. Mistletoe 7. Caffeinated
8. Research 9. Arrhythmia 10. Microbes

Gap-Fill: 11. Inflammation 12. Contaminating 13. Consumption 14. Thriving 15. Prevent 16. Binge 17.
Symptoms 18. Discovery 19. Medicinal 20. Prosperity

Matching sentence: 1. Apoptosis 2. Signal 3. Telescope 4. Pulsar 5. Orbit 6. Risk 7. Researchers
8. Complementary 9. Dehydration 10. Prosperity

CATEGORY

1. Health - LEVEL2

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