



First-of-its-Kind Case: Kansas College Professor Hospitalized Due to Allergy to Barbecue Food from Bizarre Chain Reaction

Description

A college professor in Kansas recently suffered a severe allergic reaction to barbecue meat, caused by a tick bite, leading to Alpha-gal syndrome (AGS). This condition, triggered by Lone Star ticks, results in an allergy to red meat and animal products. The professor, Brian McCornack, discovered two ticks on himself and later developed symptoms like hives and breathlessness after consuming meat. AGS has no cure, requiring sufferers to avoid certain foods and medications. McCornack's case highlights the importance of tick prevention and awareness. Health experts warn of increased tick-borne diseases, urging regular tick checks. This incident sheds light on the potential dangers of tick bites and the importance of early detection. It serves as a reminder for everyone to be cautious and vigilant in protecting themselves from these tiny but harmful pests.

Vocabulary List:

1. **Allergic** /ə'li:rdʒɪk/ (adjective): Relating to or caused by an allergy a condition in which the immune system reacts abnormally to a substance.
2. **Reaction** /ri'ækʃən/ (noun): A response of the body to a substance or stimulus especially in terms of allergy or illness.
3. **Sufferer** /'sʌfərə/ (noun): A person who is experiencing pain or distress particularly in relation to a health condition.
4. **Symptom** /'sɪmptəm/ (noun): A physical or mental feature that indicates a condition or disease.
5. **Prevention** /prɪ'venʃən/ (noun): The action of stopping something from happening or arising particularly in the context of health.
6. **Awareness** /ə'wɛrnəs/ (noun): Knowledge or perception of a situation or fact especially in reference to health issues.

Comprehension Questions

Multiple Choice

1. What is the name of the condition that the college professor developed after the tick bite?



- Option: Alpha-gal syndrome (AGS)
- Option: Beta-gal syndrome (BGS)
- Option: Gamma-gal syndrome (GGS)
- Option: Delta-gal syndrome (DGS)

2. Which type of tick is responsible for triggering Alpha-gal syndrome?

- Option: Black-legged ticks
- Option: Lone Star ticks
- Option: American Dog ticks
- Option: Deer ticks

3. What are some symptoms experienced by the professor after consuming meat?

- Option: Coughing and sneezing
- Option: Hives and breathlessness
- Option: Fever and fatigue
- Option: Stomach pain and headache

4. What is the approach to managing Alpha-gal syndrome as mentioned in the text?

- Option: Medication therapy
- Option: Avoiding certain foods and medications
- Option: Vaccination
- Option: Surgical intervention

5. What is the main message highlighted by McCornack's case?

- Option: The importance of traveling
- Option: The significance of wearing insect repellent
- Option: The importance of tick prevention and awareness
- Option: The need for regular doctor check-ups

6. What is the emphasis of health experts regarding tick-borne diseases?

- Option: Urging regular tick checks
- Option: Ignoring tick bites
- Option: Consuming red meat regularly
- Option: Focusing on other diseases

Answer

Multiple Choice: 1. Alpha-gal syndrome (AGS) 2. Lone Star ticks 3. Hives and breathlessness 4. Avoiding certain foods and medications 5. The importance of tick prevention and awareness 6. Urging regular tick checks



Vocabulary quizzes

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

1. What is a common sign of aging in the skin?
Option: Aching
Option: Molecules
Option: Wrinkles
Option: Immune
2. Which type of fatty acid is commonly associated with brain health?
Option: Omega-3
Option: Cholesterol
Option: Triglycerides
Option: Genetic
3. Which gland in the body regulates metabolism?
Option: Obesity
Option: Thyroid
Option: Metabolism
Option: Insulin
4. Excessive body weight that increases the risk of health problems is known as:
Option: Irregularly
Option: Adjust
Option: Obesity
Option: Allergic
5. The chemical processes within the body to maintain life are collectively referred to as:
Option: Prevention
Option: Metabolism
Option: Awareness
Option: Function
6. Which hormone is responsible for regulating blood sugar levels?
Option: Emphasize
Option: Insulin
Option: Revealed
Option: Sufferer
7. The body's natural defense system against infections and illnesses is called the:



- Option: Sedentary
- Option: Incorporating
- Option: Beneficial
- Option: Immune

8. Traits passed down from parents to offspring are influenced by:

- Option: Overall
- Option: Genetic
- Option: Predisposed
- Option: Lipid

9. Which type of lipid is often associated with cardiovascular health?

- Option: Thyroid
- Option: Cholesterol
- Option: Triglycerides
- Option: Metabolism

10. An adverse bodily response to a particular substance is known as an:

- Option: Reaction
- Option: Sufferer
- Option: Symptom
- Option: Allergic

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

11. The _____ of the immune system is to protect the body against pathogens.
12. _____ a healthy diet can have a significant impact on your overall well-being.
13. Regular exercise is key in the _____ of many chronic diseases.
14. Increasing public _____ about mental health is crucial to reducing stigma.
15. Skipping meals can affect your metabolism and lead to eating _____.
16. It is important to _____ your lifestyle to promote better health outcomes.
17. _____ more fruits and vegetables into your diet can improve your overall health.
18. Health experts _____ the importance of regular physical activity for overall well-



being.

19. Studies have _____ new insights into the impact of stress on the body.

20. A _____ lifestyle can contribute to various health issues such as obesity and heart disease.

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

21. Cells are made up of various that perform different functions in the body.
22. Dietary fats fall into the category of essential for energy production and cell structure.
23. High levels of in the blood can increase the risk of heart disease.
24. Some individuals may be genetically to certain medical conditions.
25. Regular exercise has a effect on mental health reducing stress and anxiety.
26. Taking care of your physical mental and emotional well-being is important for your health.
27. is a complex condition influenced by genetic environmental and lifestyle factors.
28. An allergic can range from mild irritation to severe symptoms requiring medical intervention.
29. Fever is a common of an underlying infection or illness.
30. A pollen may experience sneezing watery eyes and congestion during allergy season.

Answer

Multiple Choice: 1. Wrinkles 2. Omega-3 3. Thyroid 4. Obesity 5. Metabolism 6. Insulin 7. Immune 8. Genetic 9. Cholesterol 10. Allergic

Gap-Fill: 11. Function 12. Choosing 13. Prevention 14. Awareness 15. Irregularly 16. Adjust 17. Incorporating 18. Emphasize 19. Revealed 20. Sedentary

Matching sentence: 1. Molecules 2. Lipid 3. Triglycerides 4. Predisposed 5. Beneficial 6. Overall 7. Obesity 8. Reaction 9. Symptom 10. Sufferer

CATEGORY

- 1. Health - LEVEL1



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