



# Health Officials in New Mexico Issue Warning About Acute Flaccid Myelitis

## Description

Health experts in New Mexico are alerting parents about a concerning illness called acute flaccid myelitis (AFM) that has recently been detected in the state. AFM is a rare condition that primarily affects children, causing inflammation of the spinal cord and potentially leading to paralysis. The New Mexico Department of Health confirmed a case of AFM in Doña Ana County, with the affected individual being a 10-year-old child.

Dr. Chad Smelser, the state epidemiologist, emphasized the importance of awareness and prevention to halt the spread of AFM in New Mexico. Symptoms of AFM include limb weakness, neck pain, drooping eyelids, and difficulty swallowing. While there is no cure for AFM, supportive treatments such as proper nutrition and therapies can help improve patient outcomes.

To prevent the spread of AFM, it is crucial for parents to encourage frequent handwashing and to ensure sick children stay home and avoid public places. If any concerning symptoms arise, it is recommended to seek medical attention promptly. Health professionals can report suspected cases of AFM to the New Mexico Department of Health through a dedicated hotline at 1-833-SWNURSE (1-833-796-8773).

## Vocabulary List:

1. **Epidemiologist** /ˌɛpɪˈdɪːmiˈɒlədʒɪst/ (noun): A specialist in the study of outbreaks and spread of diseases.
2. **Inflammation** /ˌɪnfləˈmeɪʃən/ (noun): A localized physical condition characterized by redness swelling and pain.
3. **Paralysis** /pəˈræləˌsɪs/ (noun): The loss of the ability to move in part or most of the body.
4. **Supportive** /səˈpɔːtɪv/ (adjective): Providing assistance especially in a medical context.
5. **Symptoms** /ˈsɪmptəms/ (noun): Physical or mental indicators of a condition or disease.
6. **Concerning** /kənˈsɜːnɪŋ/ (adjective): Causing worry or concern; alarming.

## Comprehension Questions

### Multiple Choice

1. What is acute flaccid myelitis (AFM)?

Option: A common illness



- Option: A rare condition that primarily affects children
- Option: A bacterial infection
- Option: An autoimmune disease

2. What organ does AFM cause inflammation in?

- Option: Brain
- Option: Kidneys
- Option: Liver
- Option: Spinal cord

3. What are common symptoms of AFM?

- Option: Fever and sore throat
- Option: Limb weakness neck pain drooping eyelids and difficulty swallowing
- Option: Skin rash and coughing
- Option: Joint pain and headache

4. How can AFM be prevented?

- Option: Taking antibiotics regularly
- Option: Avoiding fruits and vegetables
- Option: Frequent handwashing and keeping sick children home
- Option: Not seeking medical attention

5. What is the recommended action if concerning symptoms of AFM arise?

- Option: Ignore them and hope they go away
- Option: Seek medical attention promptly
- Option: Wait for them to worsen before seeking help
- Option: Self-medicate with over-the-counter drugs

6. How can health professionals report suspected cases of AFM in New Mexico?

- Option: Through social media platforms
- Option: By sending an email
- Option: Through a dedicated hotline at 1-833-SWNURSE
- Option: By visiting the Department of Health in person

## Answer

**Multiple Choice:** 1. A rare condition that primarily affects children 2. Spinal cord 3. Limb weakness neck pain drooping eyelids and difficulty swallowing 4. Frequent handwashing and keeping sick children home 5. Seek medical attention promptly 6. Through a dedicated hotline at 1-833-SWNURSE



## Vocabulary quizzes

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

1. Which type of food is highly processed and typically low in essential nutrients?  
Option: Refined grains  
Option: Whole grains  
Option: Fruits  
Option: Vegetables
2. What type of substance helps protect cells from damage caused by free radicals?  
Option: Antioxidant  
Option: Carbohydrate  
Option: Protein  
Option: Fat
3. Who is a scientist who studies the patterns causes and effects of health and disease conditions in defined populations?  
Option: Epidemiologist  
Option: Psychiatrist  
Option: Cardiologist  
Option: Endocrinologist
4. What medical device delivers electrical stimulation to specific nerve sites in the body?  
Option: Neurostimulator  
Option: Pacemaker  
Option: Insulin pump  
Option: Oxygen concentrator
5. Which process involves all the chemical reactions that occur in the body to maintain life?  
Option: Metabolism  
Option: Respiration  
Option: Photosynthesis  
Option: Digestion
6. What term describes the state of having adequate water or fluid in the body?  
Option: Hydrated  
Option: Dehydrated  
Option: Satiated  
Option: Starved



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7. What is the body's response to injury or infection causing redness swelling pain or heat?
- Option: Inflammation
  - Option: Circulation
  - Option: Lubrication
  - Option: Mobilization
8. Which carbohydrate is commonly found in foods such as potatoes rice and wheat?
- Option: Starch
  - Option: Fiber
  - Option: Sugar
  - Option: Protein
9. Which term describes a medical device or material that is inserted into the body?
- Option: Implanted
  - Option: External
  - Option: Surface
  - Option: Portable
10. What describes a person environment or action that provides encouragement or assistance to others?
- Option: Supportive
  - Option: Oppressive
  - Option: Critical
  - Option: Indifferent

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

11. Consuming too many \_\_\_\_\_ may lead to health issues due to high levels of added sugars fats and salt.
12. A neurostimulator is used to manage a specific medical \_\_\_\_\_ by providing targeted stimulation.
13. Patients with inflammation may experience a range of \_\_\_\_\_ such as pain fever and swelling.



14. Cravings for unhealthy foods can be controlled by opting for nutrient-dense snacks over unhealthy \_\_\_\_\_.
15. During a \_\_\_\_\_ staying cool and hydrated is crucial to prevent heat-related illnesses.
16. Severe inflammation near the spinal cord can lead to temporary or permanent \_\_\_\_\_ in certain body parts.
17. Lack of a specific \_\_\_\_\_ may result in difficulty digesting certain types of carbohydrates.
18. Regular physical activity can help build \_\_\_\_\_ to certain health conditions.
19. Individuals with implanted neurostimulators may experience fewer \_\_\_\_\_ associated with their condition.
20. Sudden changes in cognitive function could be \_\_\_\_\_ and may require immediate medical attention.

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

21. The campaign aimed to educate the public about the importance of making healthy food choices.
22. Improved infrastructure and policies can enhance the availability and quality of medical services in underserved areas.
23. The cognitive abilities of the elderly can be maintained through engaging activities and social interactions.
24. Regular exercise and stress management techniques contribute to overall well-being and mental health.
25. Many students opt to live in university dorms for the convenience and social aspects of communal living.



26. Athletes focus on nutrition and training to optimize their physical and mental performance during competitions.
27. The combination of symptoms observed in the patient indicated a rare genetic syndrome.
28. The neurologist recommended brain stimulation therapy to help alleviate chronic pain.
29. The surgeon successfully implanted the artificial heart valve during the open-heart surgery.
30. She found a supportive community online that helped her cope with the challenges of her medical condition.

Answer

**Multiple Choice:** 1. Refined grains 2. Antioxidant 3. Epidemiologist 4. Neurostimulator 5. Metabolism 6. Hydrated 7. Inflammation 8. Starch 9. Implanted 10. Supportive

**Gap-Fill:** 11. processed foods 12. condition 13. symptoms 14. cravings 15. heat wave 16. paralysis 17. enzyme 18. resistance 19. seizures 20. concerning

**Matching sentence:** 1. nutrition awareness 2. healthcare access 3. cognitive 4. well-being 5. dorms 6. performance 7. syndrome 8. stimulation 9. implanted 10. supportive

CATEGORY

1. Health - LEVEL2

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