



Is Zinc's Potential to Shorten Cold Duration by Two Days Worth the Possible Side Effects? New Research Suggests so.

Description

A recent analysis by Cochrane has indicated that supplementing with zinc may help reduce the duration of common cold symptoms by approximately two days. However, the evidence is not definitive, and potential side effects need to be considered.

Zinc has been promoted as a remedy for the common cold since the 1980s, particularly in the United States. It is an essential mineral that plays a role in immune function and can be found naturally in various foods. While most people in high-income countries receive an adequate amount of zinc through their diet, deficiencies may occur in older individuals or those with certain chronic conditions.

The mechanism behind zinc-based lozenges, sprays, and syrups is that zinc may interfere with viral replication in the nose, mouth, and throat. Although laboratory and animal studies have shown promising results, further research in humans is needed to confirm these findings.

A review of 19 trials on zinc as a treatment and 15 as a preventive measure found varying results. While there is low-certainty evidence that zinc may reduce the duration of cold symptoms by around two days, the impact on symptom severity remains inconclusive. Additionally, side effects such as gastrointestinal issues and an unpleasant taste were reported in some trials.

Assistant Professor Daryl Nault emphasizes the importance of consulting a healthcare provider before using zinc as a cold treatment due to limited evidence and potential adverse effects. More standardized research is necessary to understand the effectiveness of zinc in managing the common cold better.

In conclusion, while zinc shows promise in reducing the duration of cold symptoms, more rigorous studies are needed to ascertain its benefits and potential risks. The study was supported by the National Center for Complementary and Integrative Health.

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Vocabulary List:

1. **Supplementing** // (verb): To add something extra to complete or enhance.
2. **Definitive** // (adjective): Decisive and conclusive.
3. **Promoted** // (verb): Advocated for or supported.
4. **Essential** // (adjective): Absolutely necessary extremely important.
5. **Remedy** // (noun): A solution or treatment for a problem or illness.
6. **Inconclusive** // (adjective): Not leading to a firm conclusion not definitive.

Vocabulary quizzes

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

1. Which term describes adding something extra to complete or enhance?

- Option: Definitive
- Option: Promoted
- Option: Essential
- Option: Supplementing

2. Which term describes not leading to a definite result or conclusion?

- Option: Diagnosed
- Option: Manifest
- Option: Impulsive
- Option: Inconclusive

3. Which term means a connection or link between things?



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- Option: Untreated
Option: Crucial
Option: Association
Option: Differentiate
4. Which word describes something that is different in form or quality from others of the same kind?
Option: Variant
Option: Circulating
Option: Mimic
Option: Reliable
5. Which term is related to the study of genes and heredity?
Option: Vigilant
Option: Susceptibility
Option: Genetic
Option: Endogenous
6. Which term describes a mental state characterized by feelings of sadness?
Option: Cumulative
Option: Sequential
Option: Integral
Option: Depressive
7. What is the medical examination of a dead body to determine the cause of death?
Option: Systematic
Option: Supervised
Option: Autopsy
Option: Coordinated
8. Which term relates to the study of diseases?
Option: Intuitive
Option: Abrasive
Option: Pathological
Option: Ambiguous
9. Which term describes something transmitted or carried by a vector such as an insect or animal?
Option: Indifferent
Option: Apocalyptic
Option: Vectored
Option: Interchangeable
10. Which term describes having a high reputation or honor?
Option: Unique



- Option: Marginal
- Option: Prestigious
- Option: Typical

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

11. Taking vitamins is _____ for maintaining good health.
12. The doctor _____ the illness after running several tests.
13. After his hard work he was _____ to a managerial position.
14. It is important to _____ between the various species of birds.
15. Proper nutrition is _____ for children's growth and development.
16. Having a _____ source of information is important in decision-making.
17. Hormones are examples of _____ substances produced within the body.
18. Children have a higher _____ to certain diseases than adults.
19. The symptoms of the illness began to _____ after a few days.
20. The news about the event started _____ among the attendees.

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

21. Some animals the features of other dangerous creatures for protection.
22. Having a family history of heart disease is considered a for developing heart problems.
23. Leaving a bacterial infection can lead to serious complications.
24. His decision to quit his job surprised everyone.
25. The loss of her pet left her in a state for weeks.
26. The doctors conducted a study to understand the progression of the disease.
27. Proper hydration is for athletes to perform at their best.



28. The new software update includes a of features for improved user experience.

29. The test results were requiring further analysis and tests.

30. The cause of death was determined through a detailed examination.

Answer

Multiple Choice: 1. Supplementing 2. Inconclusive 3. Association 4. Variant 5. Genetic 6. Depressive 7. Autopsy 8. Pathological 9. Vectored 10. Prestigious

Gap-Fill: 11. Essential 12. Diagnosed 13. Promoted 14. Differentiate 15. Crucial 16. Reliable 17. Endogenous 18. Susceptibility 19. Manifest 20. Circulating

Matching sentence: 1. Mimic 2. Genetic Risk Factor 3. Untreated 4. Impulsive 5. Depressive 6. Pathological 7. Crucial 8. Variant 9. Inconclusive 10. Autopsy

CATEGORY

1. Health - LEVEL6

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Author

aimeeyoung99

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