



Master Patience: Tips for Test Result Waiting

Description

Jancee Dunn is off this week, so I'm stepping in. I'm Maxwell Strachan, an editor on the Well desk.

Some months back, my wife and I sought a fertility doctor's assistance to start a family. During an ultrasound, the doctor noticed something unusual and inquired if my wife had undergone such a scan before. This led to the discovery of a large, unidentified mass in her lower abdomen, particularly near an ovary.

The doctor recommended scheduling an MRI, advising us to remain calm. Despite his suggestion, I succumbed to anxiety. The mass could have been a fibroid or, less likely, a cyst, but I couldn't help imagining more dire possibilities. It was two agonizing weeks before we learned the conclusion: my wife had fibroids, one the size of a grapefruit—certainly daunting but treatable. With cancer ruled out, I contemplated on how intensely anxious I'd felt and how I've been in similar situations awaiting medical test results for myself. I wished I had been better prepared to cope with those distressing weeks.

Waiting for test outcomes is an unpleasant aspect of life, as research has shown it can be as difficult—or even more so—than receiving bad news. This anxiety is so prevalent, it's called "scanxiety" in the context of cancer.

Inevitably, we all face waiting for medical results again. To handle it better next time, I consulted with therapists and doctors for advice. Their insights could help anyone navigate these challenging periods with more resilience and less stress. Whether it's breathing exercises, maintaining a routine, or seeking support, there are strategies to counter the toll scanxiety can take on our mental well-being.

Vocabulary List:

1. **Fertility** /fɜːr'tɪl.ɪ.ti/ (noun): The ability to conceive offspring or the state of being fertile.
2. **Ultrasound** /'ʌl.trə.səʊnd/ (noun): A medical imaging technique that uses sound waves to visualize internal body structures.
3. **Reassure** /,riː.ə'ʃʊr/ (verb): To say or do something to remove the doubts and fears of someone.
4. **Contemplate** /'kɒn.təm.plət/ (verb): To think deeply or consider carefully.
5. **Anxiety** /æŋ'zaɪ.ə.ti/ (noun): A feeling of worry nervousness or unease typically about an imminent event or something with an uncertain outcome.
6. **Resilience** /rɪ'zɪl.jəns/ (noun): The capacity to recover quickly from difficulties; toughness.



Comprehension Questions

Multiple Choice

1. What is the term used to describe the anxiety associated with waiting for medical test results, particularly in cancer cases?
Option: Scanxiety
Option: Teststress
Option: Resultrepid
Option: Diagnosanxiety
2. What type of mass was discovered in Maxwell Strachan's wife during an ultrasound?
Option: Fibroid
Option: Cyst
Option: Tumor
Option: Polyp
3. What was the size of the fibroid found in Maxwell Strachan's wife?
Option: As small as a lemon
Option: As big as an apple
Option: As big as a grapefruit
Option: As small as a peach
4. What advice did the doctor give to Maxwell and his wife after discovering the mass?
Option: Remain anxious
Option: Stay calm
Option: Prepare for the worst
Option: Avoid seeking further tests
5. How long did it take for Maxwell and his wife to learn the conclusion about the mass?
Option: One day
Option: One week
Option: Two weeks
Option: A month
6. What did Maxwell contemplate after finding out about his wife's fibroids?



- Option: His own medical conditions
- Option: His anxieties during similar situations
- Option: His work schedule
- Option: His future travel plans

True-False

- 7. Scanxiety is more challenging to deal with than receiving bad news according to research.
- 8. Maxwell wished he had been better prepared to cope with the distress of waiting for his wife's test results.
- 9. Consulting with therapists and doctors is suggested as a strategy to handle scanxiety.
- 10. An MRI is not a common follow-up test for identifying abnormalities found during an ultrasound.
- 11. Cancer was confirmed to be present in the mass found in Maxwell's wife's lower abdomen.
- 12. Routine exercise is not recommended as a strategy to cope with scanxiety.

Gap-Fill

- 13. Maxwell Strachan's wife had fibroids, one the size of a _____.
- 14. Research has shown that waiting for medical test results can be as difficult—or even more so—than receiving _____ news.
- 15. To handle scanxiety better, seeking support from therapists and doctors can help navigate these challenging periods with more _____.
- 16. The anxiety associated with waiting for medical results can be alleviated by engaging in breathing _____.



17. Maxwell Strachan contemplated on how intensely anxious he felt during similar situations awaiting _____ test results.

18. Scanxiety is a prevalent term used to describe the anxiety associated with waiting for medical _____ results.

Answer

Multiple Choice: 1. Scanxiety 2. Fibroid 3. As big as a grapefruit 4. Stay calm 5. Two weeks 6. His anxieties during similar situations

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

Gap-Fill: 13. grapefruit 14. bad 15. resilience 16. exercises 17. medical 18. test

Vocabulary quizzes

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

1. What term refers to any sickness or disease?

- Option: Inflammation
- Option: Omega-6
- Option: Moderation
- Option: Ailments

2. Which term relates to the ability to conceive a child or produce offspring?

- Option: Ailments
- Option: Resilience
- Option: Fertility
- Option: Anxiety

3. What is a customary allowance of food and drink?

- Option: Health
- Option: Empowered
- Option: Diet
- Option: Anxiety

4. Which term describes something difficult to find catch or achieve?

- Option: Contractions



- Option: Elusive
- Option: Ultraprocessed
- Option: Ingredients

5. Which term relates to the mental action or process of acquiring knowledge and understanding?

- Option: Circulation
- Option: Equate
- Option: Cognitive
- Option: Heighten

6. What term refers to the quality or condition of being widespread?

- Option: Prevalence
- Option: Warranting
- Option: Heighten
- Option: Fertility

7. Which term describes a lifestyle involving much sitting and little physical activity?

- Option: Resilience
- Option: Empowered
- Option: Sedentary
- Option: Health

8. Which term refers to a feeling of worry nervousness or unease about something with an uncertain outcome?

- Option: Ultrasound
- Option: Reassure
- Option: Anxiety
- Option: Contemplate

9. What term describes the body's response to injury or infection often resulting in pain swelling and redness?

- Option: Inhibiting
- Option: Anticholinergics
- Option: Inflammation
- Option: Omega-6

10. Which term means to give someone the authority or power to do something?

- Option: Empowered
- Option: Resilience
- Option: Anticholinergics
- Option: Cognitive



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

11. _____ foods often contain high amounts of added sugars fats and salt.
12. Before making a decision it is essential to carefully _____ the options available.
13. Smoking can _____ the risk of developing lung cancer.
14. To bake a cake you need to gather all the necessary _____ .
15. Individuals with strong _____ are better equipped to cope with difficult situations.
16. The severity of the situation may be _____ further investigation.
17. _____ is a condition characterized by a decline in cognitive function.
18. One should not _____ wealth with happiness.
19. Balancing your intake of Omega-3 and _____ fatty acids is important for good health.
20. Some medications work by _____ the action of acetylcholine in the nervous system.

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

21. Cells with similar structure and function group together to form specific organs like the heart or lungs.
22. This imaging technique is commonly used to monitor fetal development during pregnancy.
23. Cooking often involves combining various components such as vegetables meat and spices to create a dish.
24. Substances that help mix ingredients that would not typically blend like oil and water are known as .
25. During labor the uterus experiences rhythmic tightenings known as to help with childbirth.
26. Regular exercise and a balanced diet are crucial for maintaining overall and well-being.
27. Some diseases have no known cure and are described as .



28. Certain substances can prevent or slow down chemical reactions in the body which is known as their activity.

29. The key to a healthy lifestyle often involves enjoying all things in rather than excess.

30. Providing comfort and support to someone in distress can help them during challenging times.

Answer

Multiple Choice: 1. Ailments 2. Fertility 3. Diet 4. Elusive 5. Cognitive 6. Prevalence 7. Sedentary 8. Anxiety 9. Inflammation 10. Empowered

Gap-Fill: 11. Ultraprocessed 12. Contemplate 13. Heighten 14. Ingredients 15. Resilience 16. Warranting 17. Dementia 18. Equate 19. Omega-6 20. Anticholinergics

Matching sentence: 1. Tissues 2. Ultrasound 3. Ingredients 4. Emulsifiers 5. Contractions 6. Health 7. Incurable 8. Inhibiting 9. Moderation 10. Reassure

CATEGORY

1. Health - LEVEL4

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