



Nurse Discovers Tampon Lost in Woman's Body for Weeks

Description

A woman in Essex, England, experienced severe discomfort due to a tampon that had been lost inside her body for weeks. Hollie Smith, 31, began noticing unusual symptoms, including pain and a brown discharge, while on holiday in Turkey in August 2025. Despite feeling concerned, she did not immediately associate these signs with a serious issue.

As her symptoms worsened, including increased pain during intercourse and extreme fatigue, Smith consulted a doctor. During a check-up, a nurse discovered the source of her problems: a tampon had been lodged inside her for four to six weeks. Smith described her shock, as she had always been careful about tampon use.

Medical experts revealed that Smith was showing initial signs of toxic shock syndrome (TSS), a rare but potentially fatal condition linked to tampon use. TSS occurs when toxins from certain bacteria enter the bloodstream, causing severe illness. Smith indicated that neither she nor her partner had felt the tampon during this time.

She recalled the distressing moment when the tampon was removed, describing it as black and lodged painfully inside her. Smith suspects she may have forgotten she used it after consuming alcohol, which she usually avoids.

Grateful for the timely discovery, she feels fortunate to have avoided a more serious situation, noting that she believes she was close to developing full-blown TSS. Since the incident, Smith has not used tampons and has decided to keep them out of her home.

Vocabulary List:

1. **tampon** //ˈtæmpən// (noun): a small item women put inside to collect blood
2. **symptoms** //ˈsɪmptəmz// (noun): signs that show someone is sick or unwell
3. **discharge** //dɪsˈtʃɑːdʒ// (noun): liquid that comes out of the body
4. **lodged** //lɒdʒd// (verb): stuck in a place and cannot move
5. **toxic** //ˈtɒksɪk// (adjective): poisonous and able to make people very sick
6. **fatigue** //fəˈtiːɡ// (noun): extreme tiredness and lack of energy

Comprehension Questions



Multiple Choice

1. What unusual symptoms did Hollie Smith notice while on holiday?
 - Option: Nausea and vomiting
 - Option: Pain and brown discharge
 - Option: Fever and chills
 - Option: Headaches and dizziness
2. How long had the tampon been lodged inside Hollie Smith's body?
 - Option: One week
 - Option: Two weeks
 - Option: Four to six weeks
 - Option: Eight weeks
3. What condition was Hollie Smith showing initial signs of?
 - Option: Menstrual syndrome
 - Option: Toxic shock syndrome (TSS)
 - Option: Pelvic inflammatory disease
 - Option: Septic shock
4. Where did Hollie Smith experience the discomfort related to the lost tampon?
 - Option: At home
 - Option: On holiday in Turkey
 - Option: At work
 - Option: In a restaurant
5. What did Hollie Smith suspect may have caused her to forget about the tampon?
 - Option: Anxiety
 - Option: Fatigue
 - Option: Consumption of alcohol
 - Option: Medication
6. What did Hollie Smith decide to do after the incident?
 - Option: Continue using tampons
 - Option: Use menstrual cups
 - Option: Stop using tampons
 - Option: Consult more doctors



True-False

7. Hollie Smith's symptoms improved immediately after she consulted a doctor.
8. Hollie Smith felt the tampon while it was lodged inside her body.
9. Toxic shock syndrome (TSS) is a common condition linked to tampon use.
10. Hollie Smith is now using tampons again after the incident.
11. The tampon was black and lodged painful inside Hollie Smith.
12. Hollie Smith was unaware that the tampon was lost inside her body for several weeks.

Gap-Fill

13. Hollie Smith experienced pain and a brown discharge while on holiday in Turkey in _____.
14. The tampon had been lodged inside her body for _____ weeks.
15. Medical experts warned that TSS can enter the _____ and cause severe illness.
16. Hollie Smith described her shock when the tampon was _____.
17. After the incident, Hollie Smith has kept tampons out of her _____.
18. Hollie Smith reported feeling extreme _____ among her symptoms.

Answer

Multiple Choice: 1. Pain and brown discharge 2. Four to six weeks 3. Toxic shock syndrome (TSS) 4. On holiday in Turkey 5. Consumption of alcohol 6. Stop using tampons

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

Gap-Fill: 13. August 2025 14. four to six 15. bloodstream 16. removed 17. home 18. fatigue



Vocabulary quizzes

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

1. What is a common use for a tampon?
Option: Contraception
Option: Menstrual hygiene
Option: Infection prevention
Option: Surgical assistance
2. Which of the following substances is considered toxic?
Option: Water
Option: Oxygen
Option: Lead
Option: Glucose
3. Which of the following is a primary symptom of fatigue?
Option: Increased energy
Option: Drowsiness
Option: Hyperactivity
Option: Euphoria
4. What is a single-celled organism classified as a bacterium?
Option: Virus
Option: Fungi
Option: Protozoa
Option: Eubacteria
5. The term 'inflate' typically refers to what action?
Option: Deplete
Option: Expand
Option: Compress
Option: Contract
6. What is the primary function of DNA?
Option: Energy production
Option: Genetic information storage
Option: Cell respiration
Option: Protein synthesis
7. What does the term 'discharge' refer to in medical terms?



- Option: Release of fluid
- Option: Infection
- Option: Surgery
- Option: Diagnosis

8. Microtubules are primarily involved in which cellular function?

- Option: Energy production
- Option: Structural support
- Option: Protein synthesis
- Option: Genetic replication

9. What is the body's natural response to infection or injury called?

- Option: Euphoria
- Option: Asthenia
- Option: Inflammation
- Option: Amnesia

10. What is a common environmental concern associated with hydrofluorocarbons?

- Option: Acid rain
- Option: Ozone depletion
- Option: Global warming potential
- Option: Water pollution

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

- 11. Certain chemicals can have a _____ effect on human health.
- 12. Toxic substances can _____ in the bloodstream over time.
- 13. In nature, species often engage in _____ for resources.
- 14. A scientific _____ is a proposed explanation for a phenomenon.
- 15. Genetic _____ can lead to variations in a species.
- 16. Proteins can _____ into larger structures called fibrils in diseases.
- 17. The _____ is a fruit known for its numerous health benefits.
- 18. Antibiotic _____ is a growing concern in medicine.



19. A _____ is a substance used in cooling systems.

20. The _____ of a substance defines the temperature at which it transitions from solid to liquid.

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

21. Fluorescence is the emission of light by a substance that has absorbed light or other electromagnetic radiation.
22. Amyloidosis is a disorder characterized by the accumulation of amyloid proteins in organs and tissues.
23. Fibrils are thread-like structures formed by proteins and are associated with various diseases.
24. Ionocaloric materials are related to changes in thermal properties when ions are applied.
25. Global warming potential is a measure of how much heat a greenhouse gas traps in the atmosphere.
26. A compound is a substance formed when two or more elements chemically bond together.
27. Resistance refers to the ability of an organism to withstand harmful effects from antibiotics.
28. Many substances can be classified as toxic depending on their effects on biological organisms.
29. When a foreign object is lodged in the throat, it can obstruct breathing.
30. Hydrofluorocarbons are compounds often used in refrigeration that pose a risk to global warming.

Answer

Multiple Choice: 1. Menstrual hygiene 2. Lead 3. Drowsiness 4. Eubacteria 5. Expand 6. Genetic information storage 7. Release of fluid 8. Structural support 9. Inflammation 10. Global warming potential

Gap-Fill: 11. detrimental 12. accumulates 13. competing 14. hypothesis 15. mutations 16. aggregate 17. pomegranate 18. resistance 19. refrigerant 20. melting point

Matching sentence: 1. fluorescence 2. Amyloidosis 3. fibrils 4. Ionocaloric 5. Global warming potential 6. Compound 7. Resistance 8. Toxic 9. Lodged 10. Hydrofluorocarbons

CATEGORY

- 1. Health - LEVEL5



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