



Nurse Finds Lost Tampon After Woman's Suffering

Description

A woman from Essex, England had health issues because of a forgotten tampon inside her for weeks. This is important as it nearly led to toxic shock syndrome, a serious condition.

Hollie Smith, 31, noticed strange symptoms such as pain during sex and unusual discharge while on a holiday in Turkey in August 2025. She was confused about the cause and thought it might be related to her contraceptive implant.

Smith experienced worsening symptoms, including bleeding and a strong smell, leading her to seek medical help. A nurse discovered a tampon had been lodged inside her for four to six weeks. This was causing early signs of toxic shock syndrome, a rare but dangerous infection linked to tampon use.

Smith and her partner had not realised the tampon was there. She recalled she might have inserted it while tipsy after drinking alcohol, something she doesn't usually do. When the tampon was removed, it was black and caused her pain.

Smith expressed relief that the nurse found the tampon in time, preventing a severe health crisis. She said, "I feel so lucky." Since the incident, she no longer uses or keeps tampons at home.

Vocabulary List:

1. **tampon** //ˈtæmpən// (noun): a small soft plug used to absorb blood
2. **toxic** //ˈtɒksɪk// (adjective): harmful to health; can cause illness
3. **syndrome** //ˈsɪndrəʊm// (noun): a group of medical signs and symptoms
4. **symptoms** //ˈsɪmptəmz// (noun): signs that show a person is ill
5. **discharge** //dɪsˈtʃɑːdʒ// (noun): a liquid that comes out of the body
6. **lodged** //lɒdʒd// (verb): stuck in a place and not moving

Comprehension Questions

Multiple Choice

1. What health issue did the woman from Essex face due to a forgotten tampon?



- Option: Toxic shock syndrome
- Option: Urinary tract infection
- Option: Bacterial vaginosis
- Option: Pelvic inflammatory disease

2. Where was Hollie Smith on holiday when she noticed her symptoms?

- Option: Spain
- Option: France
- Option: Turkey
- Option: Italy

3. What unusual symptom did Hollie Smith NOT experience?

- Option: Pain during sex
- Option: Unusual discharge
- Option: Severe headaches
- Option: Strong smell

4. How long had the tampon been inside Hollie Smith according to the nurse?

- Option: One week
- Option: Two weeks
- Option: Four to six weeks
- Option: A month

5. What was the color of the tampon when it was removed?

- Option: White
- Option: Pink
- Option: Black
- Option: Red

6. What did Hollie Smith attribute her confusion about symptoms to?

- Option: Food poisoning
- Option: Her contraceptive implant
- Option: Stress
- Option: Dehydration

True-False

7. Hollie Smith had been using tampons regularly before the incident.



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8. The tampon inside Hollie Smith was discovered by a nurse.
 9. Hollie Smith felt relieved after the tampon was found.
 10. Hollie Smith often drinks alcohol.
 11. Toxic shock syndrome is a common condition associated with tampon use.
 12. Hollie Smith has continued to use tampons after the incident.

Gap-Fill

13. Hollie Smith noticed strange symptoms such as pain during sex and unusual discharge while on a holiday in Turkey in _____ 2025.
14. Hollie Smith expressed relief that the nurse found the tampon in time, preventing a severe _____ crisis.
15. Hollie Smith had health issues because of a forgotten tampon inside her for _____ weeks.
16. The tampon was causing early signs of _____ shock syndrome.
17. Smith recalled she might have inserted the tampon while _____ after drinking alcohol.
18. Since the incident, she no longer uses or keeps tampons at _____ .

Answer

Multiple Choice: 1. Toxic shock syndrome 2. Turkey 3. Severe headaches 4. Four to six weeks 5. Black 6. Her contraceptive implant

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

Gap-Fill: 13. August 14. health 15. four to six 16. toxic 17. tipsy 18. home

CATEGORY



1. Health - LEVEL3

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