



Overcoming Stigma: Embrace Your Illness with Confidence

Description

Hello, I'm *Mendy Pellin*, and I live with Ulcerative Colitis. A few years back, I publicly acknowledged my condition on social media after relocating from Los Angeles to New York. I had underestimated the pervasive stigma surrounding such health issues and wanted to extend a hand to those feeling isolated, grappling with the same challenges—yes, even in the bathroom.

Since sharing my journey, I've connected with numerous individuals within our community, who have felt more comfortable reaching out after their own diagnoses or treatment struggles. They say humor often springs from trauma, and perhaps that's why those of us with Crohn's or Ulcerative Colitis can find some solace in "bathroom humor." Laughter, indeed, can soften the blow of the shame and discomfort associated with our unique situations.

However, humor isn't the only remedy; camaraderie with others who truly understand your plight can be invaluable. Reducing anxiety also aids in managing flare-ups, as does keeping abreast of the latest information.

That's why I'm hosting an event this Tuesday evening encompassing these very principles:

- Connect with local peers who are in the same predicament.
- Gain insights into the latest medical treatments from Dr. Hudesman, an esteemed expert in IBD.
- Discover the mind-gut connection's impact from Dr. Keefer, a global thought leader in this field.
- Hear from Dr. Eli Rosen, our cherished community doctor with unparalleled understanding of our health concerns.

This gathering is not exclusive to those with IBD; it's also for friends and family members eager to better support their loved ones. Rest assured, all restrooms will be easily accessible and well-maintained, minimizing the chances of adding another chapter to your collection of humorous anecdotes.

Join us on Tuesday, February 25, at 8:30 PM at Lubavitcher Yeshiva, 570 Crown Street. For more information, email .



Vocabulary List:

1. **Ulcerative** /'ʌl.sə.reɪ.tɪv/ (adjective): Relating to ulcers or ulceration.
2. **Pervasive** /pər'veɪ.sɪv/ (adjective): Existing in or spreading through every part of something.
3. **Camaraderie** /,kɑː.mə'rɑː.də.ri/ (noun): A feeling of friendship and solidarity among a group of people.
4. **Flare-ups** /flɛr ʌps/ (noun): Sudden worsening or intensification of symptoms.
5. **Cohort** /'kəʊ.hɔːrt/ (noun): A group of people banded together or treated as a group.
6. **Isolation** /,aɪ.sə'leɪ.ʃən/ (noun): The state of being in a place or situation that is separate from others.

Comprehension Questions

Multiple Choice

1. Who is hosting the event mentioned in the text?
Option: Dr. Hudesman
Option: Dr. Keefer
Option: Dr. Eli Rosen
Option: Mendy Pellin
2. What health condition does Mendy Pellin live with?
Option: Crohn's Disease
Option: Ulcerative Colitis
Option: Diabetes
Option: Asthma
3. What can help in managing flare-ups according to the text?
Option: Humor only
Option: Anxiety reduction
Option: Isolation
Option: Lack of information
4. What is emphasized as invaluable for those with health concerns?
Option: Isolation
Option: Medical treatments
Option: Camaraderie



Option: Stigma

5. When and where is the event taking place?

Option: February 25, at Mt. Sinai Hospital

Option: February 25, at 6:00 PM

Option: February 25, at 8:30 PM at Lubavitcher Yeshiva

Option: March 2, at 8:00 PM at a private residence

6. Who is described as having unparalleled understanding of health concerns in the text?

Option: Dr. Hudesman

Option: Dr. Keefer

Option: Dr. Eli Rosen

Option: Mendy Pellin

True-False

7. Mendy Pellin relocated from New York to Los Angeles.

8. The event is exclusively for individuals with IBD.

9. Humor can be a remedy for the shame and discomfort associated with health conditions.

10. Keeping abreast of the latest information is not mentioned as important.

11. The event is on a Thursday evening.

12. Dr. Hudesman is a global thought leader in the IBD field.

Gap-Fill

13. Mendy Pellin acknowledged his condition on social media after relocating from Los Angeles to _____ York.

14. Dr. Hudesman is an esteemed expert in _____.

15. Dr. Keefer is a global thought leader in the _____-gut connection field.



16. Reducing anxiety aids in managing _____.
17. Camaraderie with others can be invaluable for those with health concerns who want to feel _____.
18. The event is not exclusive to those with IBD but also for friends and family members eager to better support their _____.

Answer

Multiple Choice: 1. Mendy Pellin 2. Ulcerative Colitis 3. Anxiety reduction 4. Camaraderie 5. February 25, at 8:30 PM at Lubavitcher Yeshiva 6. Dr. Eli Rosen

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

Gap-Fill: 13. New 14. IBD 15. mind 16. flare-ups 17. understood 18. loved ones

Vocabulary quizzes

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

1. What is the viscous substance produced by the mucous membranes in the body?
- Option: Blood
 - Option: Saliva
 - Option: Mucus
 - Option: Urine
2. Which system in the body is responsible for protecting against infections and diseases?
- Option: Digestive
 - Option: Skeletal
 - Option: Circulatory
 - Option: Immune
3. What term is used to describe a minor sickness or disease?
- Option: Pandemic
 - Option: Ailment
 - Option: Epidemic
 - Option: Catastrophe



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4. Which word refers to a group of individuals sharing a common characteristic?
- Option: Alliance
 - Option: Cohort
 - Option: Faction
 - Option: Outsider
5. What term describes the ability of a product to produce the desired effect?
- Option: Reliability
 - Option: Efficacy
 - Option: Durability
 - Option: Affordability
6. What is the term used to describe the desire to eat food?
- Option: Thirst
 - Option: Craving
 - Option: Appetite
 - Option: Hunger
7. Which word means full of energy and enthusiasm?
- Option: Dullness
 - Option: Vibrancy
 - Option: Fatigue
 - Option: Lethargy
8. What term is used to describe the ability to recover quickly from difficulties or toughness?
- Option: Fragility
 - Option: Resilience
 - Option: Weakness
 - Option: Vulnerability
9. Which organelle is known as the powerhouse of the cell?
- Option: Nucleus
 - Option: Ribosome
 - Option: Endoplasmic Reticulum
 - Option: Mitochondrial
10. Which term refers to a death caused by a particular disease or accident?
- Option: Recovery
 - Option: Survival
 - Option: Fatality
 - Option: Revival



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

11. _____ infections are common and can cause congestion and headaches.
12. _____ colitis is a type of inflammatory bowel disease.
13. Team building activities are essential for fostering _____ among coworkers.
14. Monitoring your _____ index is important for managing diabetes.
15. After a satisfying meal you feel _____ and content.
16. Good communication is of _____ importance in any relationship.
17. Eating foods rich in vitamins and minerals can help _____ your immune system.
18. Getting an annual flu shot can protect you from the _____ virus.
19. Economic _____ can lead to inflation and higher prices.
20. The conflict between the two nations is _____ due to recent political tensions.

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

21. Vaccines help to boost the body's ability to fight off infections and strengthen the system.
22. Nasal can be caused by allergies colds or sinus infections.
23. People with chronic conditions may experience periodic of symptoms.
24. During the pandemic many people felt a sense of due to social distancing measures.
25. In the wild predators hunt for to survive.
26. The influence of social media in modern society is impacting various aspects of daily life.
27. The laboratory results the presence of bacteria in the water sample.
28. The treasure was hidden in an cave deep within the mountains.



29. Regular exercise benefits the system by improving heart health and circulation.

30. Building mental is important for coping with life's challenges and setbacks.

Answer

Multiple Choice: 1. Mucus 2. Immune 3. Ailment 4. Cohort 5. Efficacy 6. Appetite 7. Vibrancy 8. Resilience 9. Mitochondrial 10. Fatality

Gap-Fill: 11. Sinus 12. Ulcerative 13. Camaraderie 14. Glycemic 15. Satiated 16. Paramount 17. Fortify 18. Influenza 19. Scarcity 20. Escalating

Matching sentence: 1. Immune 2. Congestion 3. Flare-ups 4. Isolation 5. Prey 6. Pervasive 7. Confirmed 8. Inaccessible 9. Cardiovascular 10. Resilience

CATEGORY

1. Health - LEVEL4

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