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# Potential Liver Damage from Turmeric Supplements

## Description

Turmeric, a popular herbal **supplement** known for its **potential** health benefits, has been linked to cases of liver injury in recent years. The active **ingredient** in turmeric, curcumin, is found in high **concentration** in supplements, increasing the risk of liver damage. Experts believe that a combination of modern turmeric preparations and genetic **susceptibility** is to blame for these incidents. Studies have shown that African American patients may be at a higher risk for severe liver damage from turmeric supplements. Additionally, genetic factors play a role in how individuals **metabolize** turmeric, affecting their susceptibility to liver injury. Health-care providers advise caution when taking turmeric supplements and recommend informing doctors of supplement use to monitor for potential side effects. While some experts suggest avoiding turmeric supplements altogether, others recommend a more cautious approach to ensure safety.

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## Vocabulary List:

1. **Supplement** /ˈsʌplɪmɛnt/ (noun): A product taken orally that contains one or more ingredients to add nutritional value.
2. **Potential** /pəˈtɛnʃl/ (adjective): Having or showing the capacity to develop into something in the future.
3. **Ingredient** /ɪnˈɡrɪdiənt/ (noun): A component part or element of something.
4. **Concentration** /kənˈsɛntrəʃn/ (noun): The abundance of a constituent divided by the total volume of a mixture.
5. **Susceptibility** /səˈsɛptəbɪlɪti/ (noun): The state of being likely to be influenced or harmed by a particular thing.
6. **Metabolize** /mɛtəˈbɒlaɪz/ (verb): The process by which the body converts food and other substances into energy and other necessary compound



## Vocabulary List:

1. **Supplement** //s?pl?m?nt// (noun): A product taken orally that contains one or more ingredients to add nutritional value.
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5. **Susceptibility** //s??s?pt??b?l?ti// (noun): The state of being likely to be influenced or harmed by a particular thing.
6. **Metabolize** //m??tæb?la?z// (verb): The process by which the body converts food and other substances into energy and other necessary compounds.

## Comprehension Questions

### Multiple Choice

1. What is the active ingredient in turmeric?  
Option: Turmericine  
Option: Curcumin  
Option: Gingerol  
Option: Cinnamonomol
2. Why are experts linking turmeric supplements to liver injury?  
Option: High concentration of curcumin in supplements  
Option: Low availability of supplements in the market  
Option: Preference of turmeric supplements by African Americans  
Option: Lack of genetic susceptibility factors
3. Who may be at a higher risk for severe liver damage from turmeric supplements based on studies?  
Option: European patients  
Option: Asian patients  
Option: African American patients  
Option: Australian patients



4. What is the advice given by health-care providers regarding turmeric supplements?

- Option: Avoid turmeric supplements altogether
- Option: Use turmeric supplements in higher concentrations
- Option: Inform doctors about supplement use for monitoring
- Option: Increase the frequency of turmeric supplement intake

5. How do genetic factors potentially influence individuals in metabolizing turmeric?

- Option: They have no effect on metabolism
- Option: They speed up the metabolism process
- Option: They slow down the metabolism process
- Option: They affect susceptibility to liver injury

6. What do some experts recommend regarding the use of turmeric supplements?

- Option: Avoid them completely
- Option: Take them daily
- Option: Increase the dosage
- Option: Mix them with other supplements

## Answer

**Multiple Choice:** 1. Curcumin 2. High concentration of curcumin in supplements 3. African American patients 4. Inform doctors about supplement use for monitoring 5. They affect susceptibility to liver injury 6. Avoid them completely

## Vocabulary quizzes

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

1. What is a product that is added to the diet to make up for a nutritional deficiency?

- Option: Concentration
- Option: Supplement
- Option: Prevalent
- Option: Epidemic

2. Which term refers to the process of the body breaking down substances to obtain energy?



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- Option: Consult  
Option: Metabolize  
Option: Susceptibility  
Option: Vigilant
3. What are measures taken in advance to prevent something dangerous or inconvenient?  
Option: Life-threatening  
Option: Precautions  
Option: Permeability  
Option: Physiological
4. Which term means to make a problem bad situation or negative feeling worse?  
Option: Evaluation  
Option: Ischemic  
Option: Neuropathy  
Option: Exacerbate
5. What is a written instruction from a medical practitioner that authorizes a patient to be provided a medicine or treatment?  
Option: Consult  
Option: Interventions  
Option: Attribute  
Option: Prescription
6. Which term refers to regard something as being caused by someone or something?  
Option: Alleviate  
Option: Survival  
Option: Formidable  
Option: Attribute
7. What is the making of a judgment about the amount number or value of something?  
Option: Inflammatory  
Option: Consult  
Option: Evaluation  
Option: Symptoms
8. Which term refers to the science of light and vision?  
Option: Ischemic  
Option: Neuropathy  
Option: Optic  
Option: Anxiety
9. What is the state or fact of continuing to live or exist typically in spite of an accident ordeal or difficult



circumstances?

- Option: Survival
- Option: Anxiety
- Option: Formidable
- Option: Optic

10. Which term refers to disease or dysfunction of one or more peripheral nerves typically causing numbness or weakness?

- Option: Neuropathy
- Option: Ischemic
- Option: Anxiety
- Option: Exacerbate

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

11. The \_\_\_\_\_ of the active ingredient in the medication was too high.
12. The patient has a high \_\_\_\_\_ to allergies.
13. The doctor prescribed an \_\_\_\_\_ diet to reduce swelling and pain.
14. It is important to be \_\_\_\_\_ about monitoring your health regularly.
15. The disease can be \_\_\_\_\_ through contact with bodily fluids.
16. Obesity is a \_\_\_\_\_ issue in many developed countries.
17. The patient's condition was considered \_\_\_\_\_ and required immediate intervention.
18. The \_\_\_\_\_ of the cell membrane allows for the passage of certain substances.
19. Regular exercise has positive effects on both the physical and \_\_\_\_\_ aspects of health.
20. Excessive worry and uneasiness are common symptoms of \_\_\_\_\_ disorders.
21. The team faced a \_\_\_\_\_ opponent in the final match of the tournament.

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



22. The chef added each to the recipe with precision.
23. The liver helps to drugs and other substances in the body.
24. Before starting any new exercise program it is advisable to a fitness expert.
25. The patient experienced severe coughing and fever as initial of the illness.
26. The doctor diagnosed the patient with heart disease.
27. The ophthalmologist specializes in treating diseases of the nerve.
28. The wilderness expert taught the group essential skills for outdoor .
29. In critical cases immediate medical are necessary to save lives.
30. The team's success was largely to their strong teamwork and dedication.
31. Applying ice to the injury can help to the pain and swelling.

## Answer

**Multiple Choice:** 1. Supplement 2. Metabolize 3. Precautions 4. Exacerbate 5. Prescription 6. Attribute 7. Evaluation 8. Optic 9. Survival 10. Neuropathy

**Gap-Fill:** 11. concentration 12. susceptibility 13. inflammatory 14. vigilant 15. transmitted 16. prevalent 17. life-threatening 18. permeability 19. physiological 20. anxiety 21. formidable

**Matching sentence:** 1. ingredient 2. metabolize 3. consult 4. symptoms 5. ischemic 6. optic 7. survival 8. interventions 9. attribute 10. alleviate

## CATEGORY

1. Health - LEVEL1

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