



Saline Nasal Drops and Sprays: Effective Colds Treatment

Description

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A recent study suggests that using nasal saline drops can help children recover from common colds faster. Children treated with homemade saline drops recovered two days earlier from symptoms like sneezing and a blocked nose compared to those who did not receive this treatment.

Colds can be caused by over 200 different viruses, making it challenging to find effective treatments. Most medications only ease symptoms without shortening the illness. However, research shows that saline solutions might offer a different outcome. Studies indicate that adults using saline nasal sprays recover faster, experience fewer symptoms, and are less likely to spread the infection.

In a new study led by Professor Steve Cunningham at the University of Edinburgh, parents of 150 children with cold symptoms were instructed to use a saline solution in their children's nostrils multiple times a day. The children who started treatment early showed faster recovery and were less likely to spread the cold to others in their household.

The saline solution, containing 2.6% salt, may trigger the production of antiviral substances in the body. However, more research is needed to confirm this effect. Some experts remain skeptical and suggest further studies comparing saline solutions of different concentrations to understand their true impact on viral infections.

Topics: Health, Children, Common Colds, Saline Nasal Drops, Research

Vocabulary List:

1. **Saline** /'seɪ.laɪn/ (adjective): Containing or related to salt; typically used in medical solutions.
2. **Recovery** /rɪ'kʌvəri/ (noun): The process of becoming well again after illness or injury.
3. **Symptoms** /'sɪmp.təmz/ (noun): Signs or indications of a condition or disease.
4. **Antiviral** /,æn.tɪ'vaɪ.rəl/ (adjective): Counteracting or preventing the activity of viruses.
5. **Concentration** /,kɒn.sən'treɪ.ʃən/ (noun): The amount of a substance in a given volume of solution; often measured as a percentage.
6. **Infection** /ɪn'fekʃən/ (noun): The invasion and multiplication of microorganisms in body tissues causing illness.

Comprehension Questions

Multiple Choice

1. What is the main finding of the recent study regarding nasal saline drops?

Option: Children recover faster from common colds



- Option: Children develop more severe symptoms
- Option: Homemade saline drops are ineffective
- Option: Children are more likely to spread the infection

2. How many different viruses can cause colds according to the text?

- Option: Over 100
- Option: Over 200
- Option: Around 50
- Option: Less than 20

3. What effect do saline solutions have on adults, as mentioned in the text?

- Option: They worsen the symptoms
- Option: They have no impact on recovery
- Option: They help in faster recovery and reduce symptoms
- Option: They increase the likelihood of spreading the infection

4. Who led the new study on the use of saline solution for children with cold symptoms?

- Option: Professor Steve Cunningham
- Option: Dr. Johnson Smith
- Option: Dr. Emily Williams
- Option: Professor Anna Lee

5. What concentration of salt is present in the saline solution mentioned in the text?

- Option: 1.5%
- Option: 2.6%
- Option: 3.8%
- Option: 5.0%

6. What do some experts suggest regarding further research on saline solutions?

- Option: They think saline solutions are ineffective
- Option: They believe saline solutions are harmful
- Option: They recommend comparing solutions of different concentrations
- Option: They advise against using saline solutions

Answer

Multiple Choice: 1. Children recover faster from common colds 2. Over 200 3. They help in faster recovery and reduce symptoms 4. Professor Steve Cunningham 5. 2.6% 6. They recommend comparing solutions of different concentrations



Vocabulary quizzes

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

1. What term describes the variety and differences among people in a community?
Option: A) Unity
Option: B) Harmony
Option: C) Diversity
Option: D) Uniformity
2. Which term refers to the application of scientific knowledge for practical purposes?
Option: A) Innovation
Option: B) Tradition
Option: C) Technology
Option: D) Preservation
3. What is the term for providing assistance or encouragement to someone or something?
Option: A) Opposition
Option: B) Isolation
Option: C) Support
Option: D) Neglect
4. Who is a person not serving in the military or police force?
Option: A) Officer
Option: B) Civilian
Option: C) Enlistee
Option: D) Mercenary
5. Which term means to make something less severe serious or painful?
Option: A) Escalate
Option: B) Worsen
Option: C) Mitigate
Option: D) Intensify
6. What are inconsistencies or deviations from the norm or common rules called?
Option: A) Patterns
Option: B) Conformities
Option: C) Regularities
Option: D) Anomalies
7. What term describes the process of returning to a normal state after a period of difficulty?



- Option: A) Decline
- Option: B) Progress
- Option: C) Recovery
- Option: D) Deterioration

8. Which term describes feeling disappointed upset or discouraged because of the inability to achieve a goal?

- Option: A) Satisfied
- Option: B) Elated
- Option: C) Content
- Option: D) Frustrated

9. What term refers to the action or power of focusing one's attention or mental effort?

- Option: A) Scatter
- Option: B) Divergence
- Option: C) Absorption
- Option: D) Concentration

10. What is the invasion and multiplication of microorganisms in body tissues called?

- Option: A) Immunization
- Option: B) Infection
- Option: C) Vaccination
- Option: D) Sterilization

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

- 11. Efforts to _____ the environment for future generations are crucial.
- 12. During the emergency all residents were asked to _____ the area immediately.
- 13. The solar eclipse was a natural _____ that amazed the onlookers.
- 14. Fever and cough are common _____ of the flu.
- 15. The police are investigating the _____ of valuable artwork from the museum.
- 16. Overcoming obstacles can be a daunting _____ but also an opportunity for growth.
- 17. The hospital used a _____ solution for cleaning wounds.
- 18. _____ is the process of population shift from rural to urban areas.



19. Understanding the biological _____ behind diseases is crucial for effective treatment.
20. Plants get water and nutrients through the process of _____ from the soil.

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

21. The organization provided assistance and guidance to the struggling families in the community.
22. She took the _____ to organize a charity event to help raise funds for the homeless shelter.
23. The scientific team embarked on an extensive _____ of the uncharted territory in search of new species.
24. Winning the championship was a remarkable _____ for the young athlete.
25. The quick and efficient emergency _____ saved many lives during the natural disaster.
26. The successful project was the result of excellent teamwork and _____ among all members.
27. The company conducted a thorough audit to analyze its budget and expenditures.
28. The historical event had great _____ in shaping the future of the nation.
29. The young artist's _____ of different art styles greatly influenced her unique creations.
30. Due to the approaching hurricane the authorities ordered the residents to _____ the coastal region.

Answer

Multiple Choice: 1. C) Diversity 2. C) Technology 3. C) Support 4. B) Civilian 5. C) Mitigate 6. D) Anomalies
7. C) Recovery 8. D) Frustrated 9. D) Concentration 10. B) Infection

Gap-Fill: 11. sustain 12. evacuate 13. phenomenon 14. symptoms 15. theft 16. challenge 17. saline
18. Urbanization 19. mechanisms 20. absorption

Matching sentence: 1. Support 2. Initiative 3. Exploration 4. Achievement 5. Response 6. Cooperation
7. Financial 8. Significance 9. Exploration 10. Evacuate

CATEGORY

1. Sci/Tech - LEVEL3

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