



Silent Heart Attack Symptoms: The Hidden Struggle for Millions of Women

Description

Imagine experiencing a sudden, stabbing pain in your chest, so acute that you fear a heart attack and rush to the hospital.

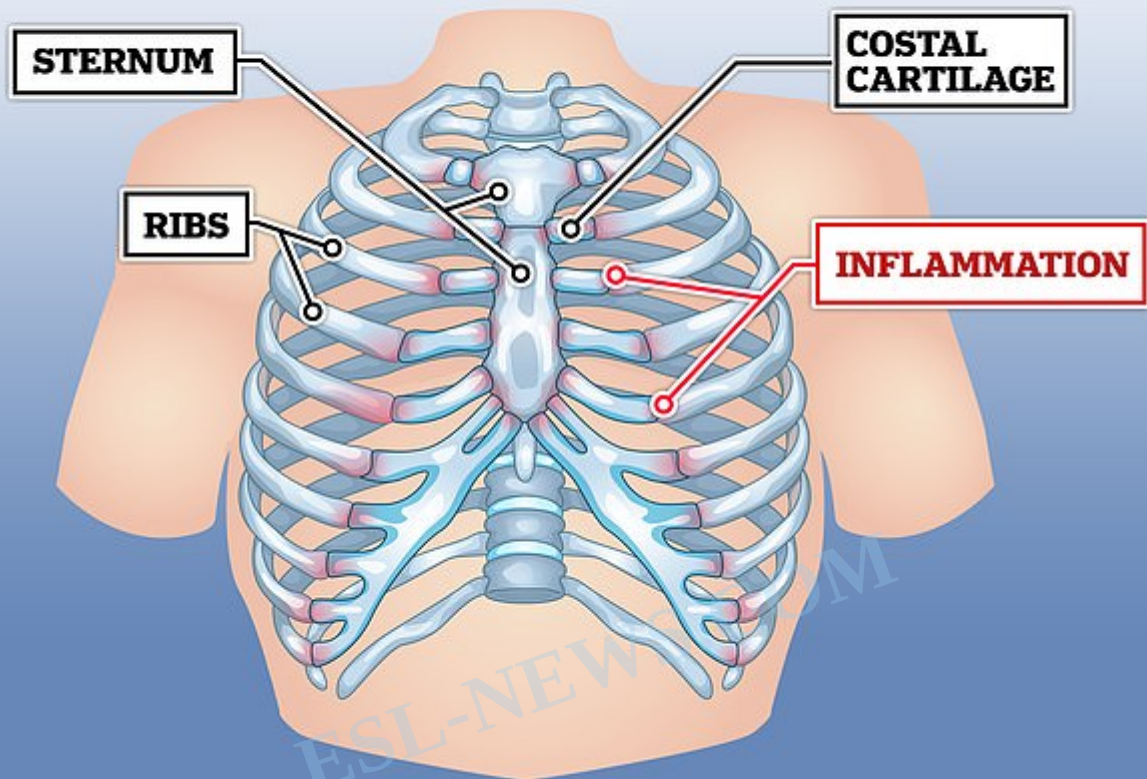
This sharp discomfort may persist for minutes to hours, particularly following intense workouts or heavy lifting, and can strike without any apparent cause.

However, if you're not exhibiting typical heart attack symptoms—such as pain radiating to the neck, jaw, or arms—you might be suffering from costochondritis instead.

This condition arises when the cartilage linking the ribs to the sternum becomes inflamed. While benign, the pain can be quite debilitating.

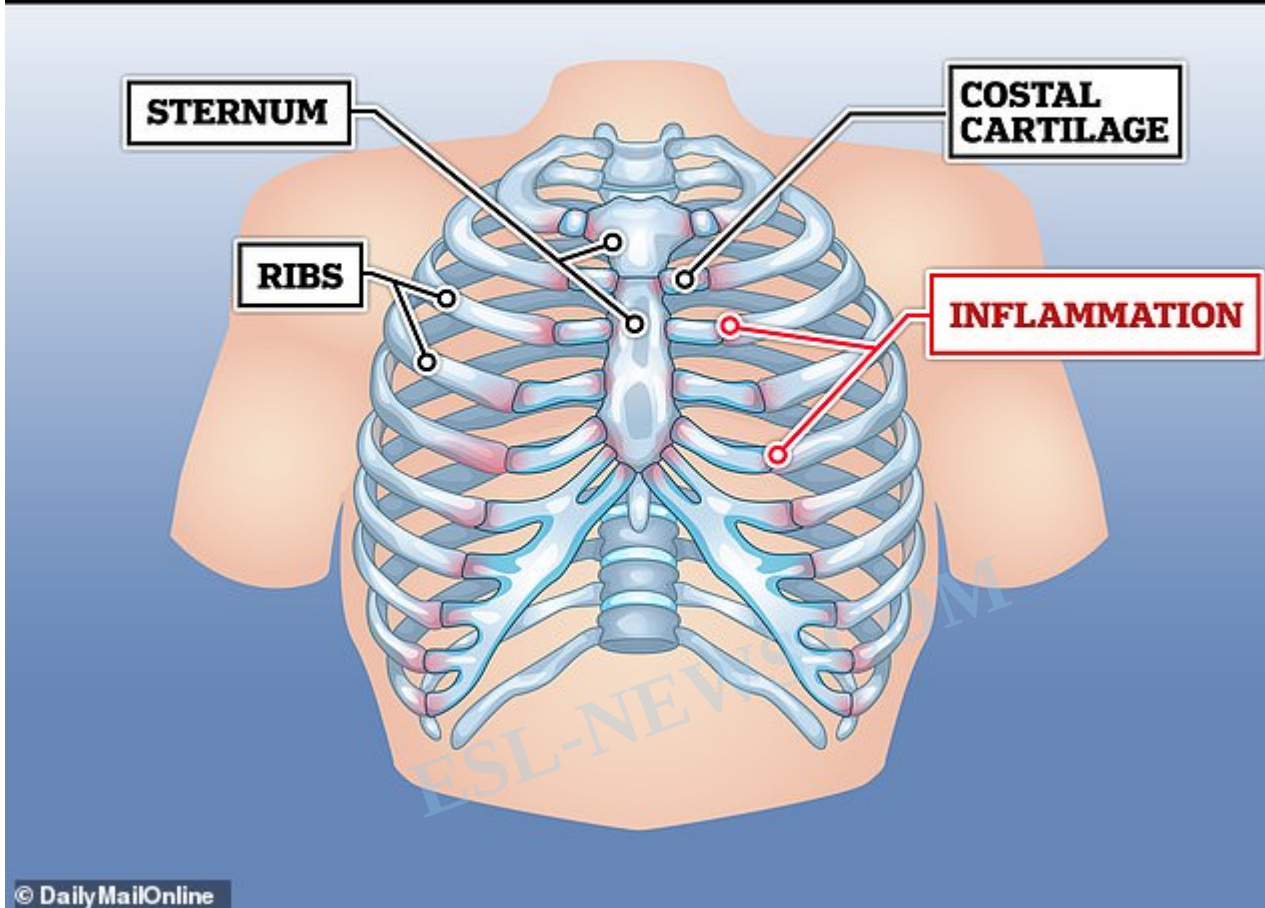
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COSTOCHONDRITIS



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COSTOCHONDRITIS



Inflamed cartilage connecting the ribs and sternum leads to costochondritis, causing pain that radiates through the chest, back, and neck.

Erin from New York City recounted a painful episode lasting 14 hours, leaving her on the brink of seeking emergency help. She described, 'The pain was so intense I couldn't sleep or eat.'

Though the exact prevalence remains unknown, estimates suggest that 1 to 2 million emergency room visits for chest pain each year could be attributed to costochondritis.

While it may resolve on its own in about four weeks, the symptoms can return. Treatment typically involves over-the-counter pain relievers and, in some cases, physical therapy.

Vocabulary List:

1. **Costochondritis** /ˌkɒs.tə.kɒn'draɪ.tɪs/ (noun): A condition characterized by inflammation of the cartilage connecting the ribs to the sternum.



2. **Inflamed** /ɪnˈfleɪmd/ (adjective): Red swollen and often painful due to infection or injury.
3. **Radiating** /ˈreɪ.di.eɪ.tɪŋ/ (verb): Extending or spreading out in different directions from a central point.
4. **Debilitating** /dɪˈbɪl.ɪ.teɪ.tɪŋ/ (adjective): Causing a reduction in strength or energy potentially weakening the body.
5. **Symptoms** /ˈsɪmptəmz/ (noun): Physical or mental features that indicate a condition or disease.
6. **Prevalence** /ˈpreɪ.və.ləns/ (noun): The commonness or widespread occurrence of a condition or characteristic.

Comprehension Questions

Multiple Choice

1. What is costochondritis?
Option: A type of heart attack
Option: Inflammation of the cartilage linking the ribs to the sternum
Option: A muscle strain in the chest
Option: A viral infection in the chest
2. What can trigger costochondritis pain?
Option: Stressful situations
Option: Eating spicy food
Option: Intense workouts or heavy lifting
Option: Lack of sleep
3. How long can costochondritis pain persist?
Option: Seconds to minutes
Option: Hours to days
Option: Weeks to months
Option: Years
4. What is a common symptom that differentiates costochondritis from a heart attack?
Option: Pain radiating to the neck
Option: Pain radiating to the arms
Option: Palpitations
Option: Chest pain only
5. How is costochondritis usually treated?
Option: Surgery



- Option: Antibiotics
- Option: Physical therapy
- Option: Radiation therapy

6. What is a potential cause of costochondritis?

- Option: Eating too much sugar
- Option: Viral infections
- Option: Inflammation of the ribs
- Option: Unknown trigger

True-False

- 7. Costochondritis can only occur in older adults.
- 8. The pain associated with costochondritis can be intense and debilitating.
- 9. Costochondritis is a life-threatening condition.
- 10. Costochondritis is caused by a bacterial infection in the chest.
- 11. Costochondritis can resolve on its own without treatment.
- 12. Costochondritis is always triggered by physical exertion.

Gap-Fill

- 13. On average, costochondritis may resolve on its own in about _____ weeks.
- 14. Estimates suggest that _____ million emergency room visits for chest pain each year could be attributed to costochondritis.
- 15. Treatment for costochondritis typically involves over-the-counter pain relievers and, in some cases, _____.
- 16. Costochondritis arises when the cartilage linking the _____ to the sternum becomes



inflamed.

17. Erin from New York City described the costochondritis pain as so intense that she couldn't

_____ or _____.

18. The pain from costochondritis may radiate through the _____,

_____, and _____.

Answer

Multiple Choice: 1. Inflammation of the cartilage linking the ribs to the sternum 2. Intense workouts or heavy lifting 3. Hours to days 4. Pain radiating to the neck 5. Physical therapy 6. Unknown trigger

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

Gap-Fill: 13. four 14. 1 to 2 15. physical therapy 16. ribs 17. sleep, eat 18. chest, back, neck

Vocabulary quizzes

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

1. Which term refers to an inequality or difference?

Option: Mortality

Option: Facilitating

Option: Disparity

Option: Inflamed

2. Which condition causes inflammation in the cartilage that connects a rib to the breastbone?

Option: Cervical

Option: Costochondritis

Option: Vigilant

Option: Radiating

3. Which term describes severe pain that is agonizing?

Option: Inflamed

Option: Technique

Option: Excruciating

Option: Circulation



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4. Which term means to understand and share the feelings of another?
- Option: Chi
 - Option: Symptoms
 - Option: Empathized
 - Option: Balance
5. What are products taken orally to enhance one's diet?
- Option: Consumption
 - Option: Supplements
 - Option: Reliance
 - Option: Hydration
6. Which term refers to statistical data relating to the population and groups within it?
- Option: Prevalence
 - Option: Consequences
 - Option: Demographics
 - Option: Regulatory
7. Which term relates to the rules or laws governing an industry or activity?
- Option: Significant
 - Option: Regulatory
 - Option: Disorders
 - Option: Exposure
8. What are the indications or signs of a disease or condition?
- Option: Inflamed
 - Option: Symptoms
 - Option: Prevalence
 - Option: Consequences
9. Which term refers to the process of causing something to absorb water?
- Option: Reliance
 - Option: Balance
 - Option: Hydration
 - Option: Nutrition
10. Which term denotes the proportion of a particular population found to have a condition?
- Option: Debilitating
 - Option: Prevalence
 - Option: Consequences
 - Option: Significant



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

11. The pain was so intense that it felt like it was _____ from the lower back down the leg.
12. The new software was aimed at _____ better communication among team members.
13. Excessive sugar _____ can lead to various health issues like obesity and diabetes.
14. The success of the dish lies in the chef's _____ of perfectly blending the flavors.
15. Every action we take has some form of _____ whether positive or negative.
16. The discovery of penicillin was a _____ breakthrough in the field of medicine.
17. She had a deep _____ on her best friend for emotional support during tough times.
18. Practicing yoga helps in balancing your body's _____ and promoting overall well-being.
19. A healthy lifestyle involves maintaining a _____ between physical activity and proper nutrition.
20. Eating a well-rounded diet ensures that your body receives essential _____ for optimal function.

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

21. Security guards must be at all times to prevent unauthorized access.
22. The joint appeared red and swollen indicating that it was .
23. The chronic illness left him in a state unable to perform daily tasks.
24. Finding a between work and leisure is essential for overall well-being.



25. The doctor recommended a scan to check for any abnormalities in the region of the spine.
26. Traditional Chinese medicine focuses on balancing one's to promote health.
27. Proper is crucial especially during intense physical activity to avoid dehydration.
28. Government agencies enforce standards to ensure the safety of consumer products.
29. The study aimed to determine the of mental health disorders in the adolescent population.
30. The psychiatrist specializes in treating various mental health .

Answer

Multiple Choice: 1. Disparity 2. Costochondritis 3. Excruciating 4. Empathized 5. Supplements 6.

Demographics 7. Regulatory 8. Symptoms 9. Hydration 10. Prevalence

Gap-Fill: 11. Radiating 12. Facilitating 13. Consumption 14. Technique 15. Consequences 16. Significant
17. Reliance 18. Chi 19. Balance 20. Nutrition

Matching sentence: 1. Vigilant 2. Inflamed 3. Debilitating 4. Balance 5. Cervical 6. Chi 7. Hydration 8.
Regulatory 9. Prevalence 10. Disorders

CATEGORY

1. Health - LEVEL4

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