

# Southern Utah Doctor Observes Decrease in Age of Heart Attack Patients – St George News

## Description

In St. George, Utah, last summer, 47-year-old Nick Shultz initially thought he had food poisoning. Shultz, who is a physically fit **enthusiast** of running, jiu-jitsu, and wrestling, was feeling **nauseated**, had **profound** heartburn, and his heart was **pounding** painfully. His condition, however, did not improve. It was a heart attack.

Shultz attributes the delay in seeking care to misunderstanding the **severity** of his symptoms. A later visit to an Emergency Room during a trip to Idaho revealed that he had actually been suffering from a heart attack for more than a day.

Remarkably, despite the global pandemic, heart disease has retained its position as the leading cause of death in the US, **attribute** both older and younger **demographics**. Alarmingly, instances of heart attacks have shown the most dramatic increase amongst younger individuals. According to the American Heart Association, a study of over 28,000 people hospitalized for heart attacks between 1995 and 2014 found that 30% were aged 35-54. The rate of heart attacks was alarmingly increasing among young patients, particularly young women.

Though the rate of heart attacks amongst younger individuals has been increasing, the overall number of deaths resulting from heart attacks for those in this age group have actually **declined** since 2003. Yet, for people like Shultz, who experienced a heart attack before turning 50, it was an unexpected and distressing event.

In response to his experience, Shultz, who already had a marketing career in the health industry, became the hospital's marketing manager last September. He hopes to raise **attribute** about heart health among his family and friends, inducing them to rethink their eating habits and ensure regular health **demographics**.

Despite having a healthy and active lifestyle, Shultz urges younger people not to ignore signs of failing health. Genetics cannot be ignored and he warns others that they may be unknowingly carrying a 'silent killer,' as his **cholesterol** levels were dangerously high, which he would have been unaware of without a blood test. His message is clear- "Don't ignore it".

## Vocabulary Insights:

- **Enthusiast** /?n??ju?ziæst/ (noun): A person who is very interested in a particular activity or subject.
- **Nauseated** /?n??zi?e?t?d/ (adj.): Affected with nausea; feeling sick.
- **Profound** /pr??fa?nd/ (adj.): Very great or intense.
- **Pounding** /?pa?nd??/ (verb): Beating or thumping in a steady or intense manner.
- **Severity** /s??v?r?ti/ (noun): The fact or condition of being severe.
- **Attribute** /?ætr??bju?t/ (verb): Regard something as being caused by.
- **Demographics** /?d?m??ræf?ks/ (noun): Statistical data relating to the population and particular

groups within it.

- **Declined** /d??kla?nd/ (verb): Decreased in number, magnitude, or intensity.
- **Cholesterol** /k??l?st?r?l/ (noun): A compound of the sterol type found in most body tissues.

## Vocabulary List:

1. **Enthusiast** // (noun): A person who is very interested in a particular activity or subject.
2. **Nauseated** // (adj.): Affected with nausea; feeling sick.
3. **Profound** // (adj.): Very great or intense.
4. **Pounding** // (verb): Beating or thumping in a steady or intense manner.
5. **Severity** // (noun): The fact or condition of being severe.
6. **Attribute** // (verb): Regard something as being caused by.

## Vocabulary quizzes

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

1. Which type of cancer mainly affects the prostate gland in men?

Option: Breast Cancer  
Option: Lung Cancer  
Option: Prostate Cancer  
Option: Skin Cancer

2. What is the plural form of the word "Diagnosis"?

Option: Diagnoses  
Option: Diagnosisss  
Option: Diagnosies  
Option: Diagnoeses

3. Which term refers to a heavy load or responsibility?

Option: Gift  
Option: Burden  
Option: Joy  
Option: Freedom

4. What is the term used to describe the act of getting involved in a situation to alter an outcome?

Option: Intervention  
Option: Abstention  
Option: Detraction

Option: Indifference

5. Which term is used to describe a characteristic or quality of a person or thing?

Option: Defect

Option: Attribute

Option: Shortcoming

Option: Fault

6. What term means thriving or developing in a healthy or vigorous way?

Option: Declining

Option: Stagnant

Option: Flourishing

Option: Withering

7. Which term describes something related to the healing of disease?

Option: Harmful

Option: Therapeutic

Option: Toxic

Option: Dangerous

8. What term means done at random without careful judgment?

Option: Selective

Option: Indiscriminate

Option: Specific

Option: Targeted

9. What do we call additional medical problems that arise during a disease or condition?

Option: Solutions

Option: Simplicities

Option: Complications

Option: Resolutions

10. Who is a medical doctor specializing in the diagnosis and treatment of cancer?

Option: Cardiologist

Option: Pediatrician

Option: Oncologist

Option: Endocrinologist

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

11. An \_\_\_\_\_ in COVID-19 cases was recorded after the public gatherings.

12. As a photography \_\_\_\_\_ she owned multiple cameras and lenses.

13. The \_\_\_\_\_ of the drums could be heard from afar during the festival.

14. The doctor explained the \_\_\_\_\_ of the patient's condition to the family.

15. The new educational policy aims to bring about \_\_\_\_\_ changes in the system.

16. The bacteria became \_\_\_\_\_ to the antibiotic after prolonged exposure.

17. He always had \_\_\_\_\_ ideas for solving complex problems.

18. \_\_\_\_\_ is a genetic disorder that causes tumors to grow on nerve tissue.

19. The doctor assured the patient that the tumor was \_\_\_\_\_ and not cancerous.

20. The accident left him with temporary \_\_\_\_\_ in his lower limbs.

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

21. of certain conditions can lead to delayed treatment and worsened outcomes.

22. She felt after eating the spoiled food from the picnic.

23. His speech had a impact on the audience leaving them introspective.

24. The small business showed signs of after implementing new marketing strategies.

25. The detective spent hours the mystery to uncover the truth.

26. The study aimed to find between diet and heart disease.

27. The evidence strongly him in the crime leading to his arrest.

28. It is upon all citizens to vote in the upcoming election.

29. She was well- about the potential risks before signing the contract.

30. The surgery went well without any arising during the procedure.



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## Answer

**Multiple Choice:** 1. Prostate Cancer 2. Diagnoses 3. Burden 4. Intervention 5. Attribute 6. Flourishing 7. Therapeutic 8. Indiscriminate 9. Complications 10. Oncologist

**Gap-Fill:** 11. upsurge 12. enthusiast 13. pounding 14. severity 15. transformative 16. resistant 17. unconventional 18. Neurofibromatosis 19. benign 20. paralysis

**Matching sentence:** 1. Underdiagnosis 2. Nauseated 3. Profound 4. Flourishing 5. Unravelling 6. Correlations 7. Implicated 8. Incumbent 9. Informed 10. Complications

## CATEGORY

1. Health - LEVEL6

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