



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**. Alarming, 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 **awareness** about heart health among his family and friends, inducing them to rethink their eating habits and ensure regular health **checkups**.

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** /ɪnˈjuːzi.əst/ (noun): A person who is very interested in a particular activity or subject.
- **Nauseated** /nəʊˈziːeɪtəd/ (adj.): Affected with nausea; feeling sick.
- **Profound** /prəˈfaʊnd/ (adj.): Very great or intense.
- **Pounding** /ˈpaʊndɪŋ/ (verb): Beating or thumping in a steady or intense manner.
- **Severity** /sɪˈvɪrəti/ (noun): The fact or condition of being severe.
- **Attribute** /əˈtrɪbjʊt/ (verb): Regard something as being caused by.
- **Demographics** /dɪˈmɒɡrəfiks/ (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.

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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: Diagnosiss
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.

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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