



Strange Boogers? Key Signs You Need a Doctor

Description

Revise

As the season shifts, it seems everyone is battling a runny nose or a pesky cough. You may find yourself dealing with sinus issues or noticing that your nasal discharge seems a bit off. Whether due to common colds or other ailments, mucus is ever-present.

Mucus, as explained by Dr. Stephen Vogel of PlushCare, plays a vital role in maintaining the moisture of our airways under normal conditions and collaborates with our immune system to fend off infections, irritants, or inflammations. Typically, healthy mucus appears clear or white.

If your mucus deviates from this norm, it might hint at allergies or, perhaps, a more significant health concern. We consulted medical experts to decipher what your mucus's color and texture could reveal about your well-being and when it might be prudent to consult a healthcare professional.

Yellow

Yellow mucus often indicates your body is actively combating an infection. The hue emerges as a result of white blood cells striving to vanquish invading bacteria or viruses.

“When your immune system kicks into high gear, yellow mucus generally becomes thicker or more concentrated,” remarked [Dr. Brynna Connor](#), a reputable family medicine physician. Potential triggers for yellow mucus include the common cold, sinusitis, or bronchitis.

Green

Dr. Connor explained that green mucus might signify a more severe bacterial infection. The green tinge results from the enzymes released by white blood cells in their fierce battle against infection, suggesting a prolonged or heightened immune response.

This phenomenon is often associated with bacterial sinus infections, bronchitis, or pneumonia. However, occasionally, green mucus merely reflects lingering congestion in your sinuses.

Brown

Vocabulary List:



1. **Mucus** /'mju:.kəs/ (noun): A slippery secretion produced by and covering mucous membranes.
2. **Sinus** /'saɪ.nəs/ (noun): A cavity within a bone or a tissue especially one in the skull that connects with the nasal cavities.
3. **Immune** /ɪ'mju:n/ (adjective): Resistant to a particular infection or toxin owing to the presence of specific antibodies or sensitized white blood cells.
4. **Infection** /ɪn'fek.ʃən/ (noun): The invasion and multiplication of microorganisms in body tissues which can lead to tissue damage.
5. **Congestion** /kən'dʒes.tʃən/ (noun): The accumulation of an excessive amount of mucus in the respiratory system.
6. **Ailment** /'eɪl.mənt/ (noun): An illness typically a minor one.

Comprehension Questions

Multiple Choice

1. What role does mucus play in our airways?
Option: Maintaining moisture
Option: Fighting infections
Option: Improving vision
Option: Regulating temperature
2. What color does healthy mucus typically appear as?
Option: Yellow
Option: Brown
Option: Clear or white
Option: Green
3. What does yellow mucus indicate?
Option: Allergies
Option: Infection
Option: Dehydration
Option: Lung cancer
4. What might green mucus signify?
Option: Allergies
Option: Severe bacterial infection
Option: Dehydration



Option: Lung cancer

5. Which medical conditions are often associated with green mucus?

Option: Asthma

Option: Bronchitis

Option: Anemia

Option: Kidney stones

6. What can brown mucus sometimes reflect?

Option: Anxiety

Option: Infection

Option: Lung cancer

Option: Sinus congestion

True-False

7. Mucus plays a role in collaborating with the immune system.

8. Brown mucus often indicates a severe bacterial infection.

9. Dr. Brynna Connor is a cardiologist.

10. Green mucus is never associated with pneumonia.

11. Yellow mucus can be a sign of the common cold.

12. Misaligned nasal discharge may hint at allergies.

Gap-Fill

13. According to Dr. Stephen Vogel, healthy mucus appears _____ or white.

14. Yellow mucus often indicates the body is combating an _____.

15. Brown mucus may reflect lingering congestion in the _____.

16. Green mucus is a sign of a more severe _____ infection.



17. Dr. Brynna Connor is a reputable family medicine _____.

18. Mucus helps in fending off _____ or inflammations.

Answer

Multiple Choice: 1. Maintaining moisture 2. Clear or white 3. Infection 4. Severe bacterial infection 5. Bronchitis 6. Sinus congestion

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

Gap-Fill: 13. clear 14. infection 15. sinuses 16. bacterial 17. physician 18. infections

Vocabulary quizzes

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

1. What is the viscous substance produced by the mucous membranes in the body?

- Option: Blood
- Option: Saliva
- Option: Mucus
- Option: Urine

2. Which system in the body is responsible for protecting against infections and diseases?

- Option: Digestive
- Option: Skeletal
- Option: Circulatory
- Option: Immune

3. What term is used to describe a minor sickness or disease?

- Option: Pandemic
- Option: Ailment
- Option: Epidemic
- Option: Catastrophe

4. Which word refers to a group of individuals sharing a common characteristic?

- Option: Alliance
- Option: Cohort
- Option: Faction
- Option: Outsider



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5. What term describes the ability of a product to produce the desired effect?
- Option: Reliability
 - Option: Efficacy
 - Option: Durability
 - Option: Affordability
6. What is the term used to describe the desire to eat food?
- Option: Thirst
 - Option: Craving
 - Option: Appetite
 - Option: Hunger
7. Which word means full of energy and enthusiasm?
- Option: Dullness
 - Option: Vibrancy
 - Option: Fatigue
 - Option: Lethargy
8. What term is used to describe the ability to recover quickly from difficulties or toughness?
- Option: Fragility
 - Option: Resilience
 - Option: Weakness
 - Option: Vulnerability
9. Which organelle is known as the powerhouse of the cell?
- Option: Nucleus
 - Option: Ribosome
 - Option: Endoplasmic Reticulum
 - Option: Mitochondrial
10. Which term refers to a death caused by a particular disease or accident?
- Option: Recovery
 - Option: Survival
 - Option: Fatality
 - Option: Revival

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

11. _____ infections are common and can cause congestion and headaches.
12. _____ colitis is a type of inflammatory bowel disease.



13. Team building activities are essential for fostering _____ among coworkers.
14. Monitoring your _____ index is important for managing diabetes.
15. After a satisfying meal you feel _____ and content.
16. Good communication is of _____ importance in any relationship.
17. Eating foods rich in vitamins and minerals can help _____ your immune system.
18. Getting an annual flu shot can protect you from the _____ virus.
19. Economic _____ can lead to inflation and higher prices.
20. The conflict between the two nations is _____ due to recent political tensions.

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

21. Vaccines help to boost the body's ability to fight off infections and strengthen the system.
22. Nasal can be caused by allergies colds or sinus infections.
23. People with chronic conditions may experience periodic of symptoms.
24. During the pandemic many people felt a sense of due to social distancing measures.
25. In the wild predators hunt for to survive.
26. The influence of social media in modern society is impacting various aspects of daily life.
27. The laboratory results the presence of bacteria in the water sample.
28. The treasure was hidden in an cave deep within the mountains.
29. Regular exercise benefits the system by improving heart health and circulation.
30. Building mental is important for coping with life's challenges and setbacks.

Answer

Multiple Choice: 1. Mucus 2. Immune 3. Ailment 4. Cohort 5. Efficacy 6. Appetite 7. Vibrancy 8. Resilience
9. Mitochondrial



10. Fatality

Gap-Fill: 11. Sinus 12. Ulcerative 13. Camaraderie 14. Glycemic 15. Satiated 16. Paramount 17. Fortify
18. Influenza 19. Scarcity 20. Escalating

Matching sentence: 1. Immune 2. Congestion 3. Flare-ups 4. Isolation 5. Prey 6. Pervasive 7. Confirmed
8. Inaccessible 9. Cardiovascular 10. Resilience

CATEGORY

1. Health - LEVEL4

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Author

aimeeyoung99

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