

## 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 <u>Dr. Brynna Connor</u>, 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 /ɪˈmjuːn/ (adjective): Resistant to a particular infection or toxin owing to the presence of specific antibodies or sensitized white blood cells.
- 4. Infection /In'fek.[an/ (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**

-NEWS.COM 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.	
<ul><li>8. Brown mucus often indicates a severe bacterial infection.</li><li>9. Dr. Brynna Connor is a cardiologist.</li></ul>	
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? ESL-NEW

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



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	Option: Recovery Option: Survival Option: Fatality Option: Revival
G	ap-Fill(Fill in the blanks with the correct word from the vocabulary list.)
11	infections are common and can cause congestion and headaches.
12	2 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

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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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