



Study Shows Common Artificial Sweetener Raises Risk of Heart Disease

Description

Recent research has shed light on a potential health risk associated with a common low-calorie sweetener, **xylitol**. A study published in the *European Heart Journal*, conducted by the Cleveland **Clinic**, found a link between **xylitol** and an increased risk of heart attack, **stroke**, or **cardiovascular**-related deaths.

Xylitol is a sugar alcohol that is often used as a sweetener in gums, candies, and oral care products. While it is found naturally in small amounts in various fruits and vegetables, its **consumption** in larger quantities has raised concerns due to its potential impact on heart health.

The study measured the levels of **xylitol** in the blood of over 3,000 participants and discovered that those with higher **xylitol** levels had a significant increase in the risk of heart-related issues. Furthermore, experiments conducted on mice, blood samples, and human volunteers demonstrated that **xylitol** activates **platelets**, which play a crucial role in **clotting**, a common factor in heart attacks and strokes.

Experts, including Grace A. Derocha, M.B.A., R.D., C.D.C.E.S., and Adedapo Iluyomade, M.D., emphasize the importance of understanding the risks associated with **xylitol** consumption. While **xylitol** may offer benefits such as low calories and dental health advantages, it is **essential** to be cautious of its intake, especially for individuals at risk of **cardiovascular** disease.

The study highlights the importance of **moderation** and further research into the potential risks of consuming **xylitol**. Patients are encouraged to consult their healthcare providers when considering dietary changes involving **xylitol** to ensure their overall well-being. As more research emerges, it becomes crucial for individuals to stay informed about the potential health impacts of common sweeteners like **xylitol**.

Vocabulary Insights

1. **Clinic** /ˈklɪnɪk/ (noun): A place or hospital department where outpatients are given medical treatment or advice.
2. **Xylitol** /ˈzaɪlɪtəl/ (noun): A sugar alcohol used as a sweetener.
3. **Cardiovascular** /ˌkɑːrdɪoʊˈvæskjələr/ (adjective): Relating to the heart and blood vessels.
4. **Consumption** /kənˈsʌmpʃən/ (noun): The action of using up a resource.
5. **Platelets** /ˈpleɪtlets/ (noun): Small blood cells that help form clots to stop bleeding.
6. **Clotting** /ˈklɒtɪŋ/ (noun): The process of blood forming clots to stop bleeding.
7. **Stroke** /stroʊk/ (noun): A medical condition in which poor blood flow to the brain results in cell death.
8. **Essential** /ɪˈsenʃəl/ (adjective): Absolutely necessary; extremely important.
9. **Moderation** /məˈdɪreɪʃən/ (noun): The avoidance of excess or extremes, especially in one's behavior or political opinions.



Comprehension Questions

Multiple Choice

1. What potential health risks are associated with xylitol?
Option: Increased risk of heart attack and stroke
Option: Lower risk of heart-related issues
Option: Enhanced cardiovascular health
Option: Reduced risk of platelet activation
2. Where is xylitol commonly used as a sweetener?
Option: Gums and candies
Option: Meat products
Option: Salty snacks
Option: Alcoholic beverages
3. What role do platelets play in the body?
Option: Forming blood clots to stop bleeding
Option: Transporting oxygen to cells
Option: Breaking down food particles
Option: Regulating body temperature
4. Why is it important to be cautious of xylitol intake?
Option: To increase cardiovascular health
Option: To prevent dental issues
Option: Due to its potential impact on heart health
Option: To improve brain function
5. Which experts emphasize the risks associated with xylitol consumption?
Option: Grace A. Derocha and Adedapo Iluyomade
Option: Steve Jobs and Bill Gates
Option: Albert Einstein and Marie Curie
Option: Elon Musk and Jeff Bezos
6. What is the action of using up a resource called?
Option: Consumption
Option: Production



Option: Abundance

Option: Wastage

Answer

Multiple Choice: 1. Increased risk of heart attack and stroke 2. Gums and candies 3. Forming blood clots to stop bleeding 4. Due to its potential impact on heart health 5. Grace A. Derocha and Adedapo Iluyomade 6. Consumption

Vocabulary quizzes

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

1. Which type of animals can live both on land and in water?

Option: A. Fish

Option: B. Birds

Option: C. Amphibians

Option: D. Reptiles

2. What do you call an organism that benefits from another organism without affecting it?

Option: A. Parasite

Option: B. Predator

Option: C. Commensal

Option: D. Host

3. Which type of cancer affects the skin cells that produce pigment?

Option: A. Melanoma

Option: B. Leukemia

Option: C. Lymphoma

Option: D. Sarcoma

4. What is the term used to describe people who move from place to place rather than settling in one location?

Option: A. Nomadic

Option: B. Sedentary

Option: C. Urban

Option: D. Agricultural

5. Which term refers to the ability of a product to produce a desired or intended result?

Option: A. Utility



- Option: B. Efficacy
- Option: C. Potency
- Option: D. Resilience

6. What term describes something innovative or pioneering?

- Option: A. Standard
- Option: B. Traditional
- Option: C. Groundbreaking
- Option: D. Conventional

7. Which healthcare professional specializes in restoring movement and function?

- Option: A. Dentist
- Option: B. Surgeon
- Option: C. Physiotherapist
- Option: D. Psychiatrist

8. In epidemiology what term is used to describe the frequency of new cases of a disease within a specified period?

- Option: A. Prevalence
- Option: B. Mortality
- Option: C. Incidence
- Option: D. Chronicity

9. Which term represents a state of growing vigorously or being successful?

- Option: A. Declining
- Option: B. Stagnant
- Option: C. Thriving
- Option: D. Floundering

10. Which medical professional specializes in diagnosing and treating skin disorders?

- Option: A. Cardiologist
- Option: B. Gynecologist
- Option: C. Dermatologist
- Option: D. Neurologist

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

11. _____ birth is when a baby is born before 37 weeks of pregnancy.

12. Patients with psoriasis may experience skin _____ during stressful periods.



13. The new drug has shown to be extremely _____ in treating the illness.
14. The research study found _____ errors in the data analysis that had to be corrected.
15. Performance-enhancing substances are _____ in professional sports.
16. The _____ of diabetes has been steadily increasing in the population over the past decade.
17. The _____ of flu cases usually rises during the winter months.
18. Dr. Smith is an _____ figure in the field of astronomy known for groundbreaking research.
19. Some diseases are linked to _____ inherited mutations.
20. The newly opened restaurant is _____ despite the competitive market.

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



21. The genetic variations that result in differing characteristics within a population.
22. A method of fishing using a sharp implement to catch fish underwater.
23. Accurate and exact in measurement or amount.
24. An organism that benefits from a relationship with another without causing harm or benefit.
25. The stage of testing a drug before clinical trials in humans.
26. Places where services like massages beauty treatments and hair styling are offered.
27. Having great depth or seriousness showing intellectual depth.
28. The frequency of occurrence of new cases of a disease in a specific population over a period of time.
29. Having great power influence or effect.
30. A medical professional who specializes in diagnosing and treating skin disorders.

Answer

Multiple Choice: 1. C. Amphibians 2. C. Commensal 3. A. Melanoma 4. A. Nomadic 5. B. Efficacy
6. C. Groundbreaking 7. C. Physiotherapist 8. C. Incidence 9. C. Thriving 10. C. Dermatologist

Gap-Fill: 11. Premature 12. Flare-ups 13. Potent 14. Numerous 15. Banned 16. Prevalence 17. Incidence
18. Esteemed 19. Genetically 20. Thriving

Matching sentence: 1. Mutations 2. Spearfishing 3. Precise 4. Commensal 5. Preclinical 6. Parlours 7. Profound
8. Incidence 9. Potent 10. Dermatologist

CATEGORY

1. Health - LEVEL6

Date Created

2024/06/16

Author

aimeeyoung99