



Understanding Metabolic Syndrome: A Concern for 90% of U.S. Adults

Description

A new study has found that almost 90% of adults in the United States are at risk of developing heart disease. While not all of them have full-blown heart disease, many are at risk, even younger individuals. The study used a newly defined syndrome called cardiovascular-kidney-metabolic (CKM) syndrome to identify those at high risk. This syndrome takes into account the links between heart disease, obesity, diabetes, and kidney disease.

Researchers analyzed data from over 10,000 participants and were surprised by the high percentage of individuals who met the CKM criteria. Nearly half of the participants were at a moderate risk due to factors like high blood sugar and hypertension. The study also revealed that lifestyle changes such as diet improvements and increased physical activity can help prevent heart disease. Health care providers need to detect these conditions early to prevent serious consequences like heart attacks and strokes. Experts emphasize the importance of reducing overweight and obesity rates to lower the number of people at risk of heart disease.

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Vocabulary List:

1. **syndrome** // (noun): A group of symptoms that consistently occur together.
2. **criteria** // (noun): Standards or rules for evaluating or testing something.
3. **hypertension** // (noun): High blood pressure.
4. **consequences** // (noun): Results or effects of an action or condition.
5. **emphasize** // (verb): To give special importance or attention to something.
6. **obesity** // (noun): The condition of being significantly overweight.

Vocabulary quizzes

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

1. What term is used to describe a group of symptoms that consistently occur together?
Option: Antioxidants
Option: Hypertension
Option: Syndrome
Option: Metabolism
2. Which term describes food that is beneficial for health and growth?
Option: Injection
Option: Nutritious
Option: Glycemic Index
Option: Hydrating
3. What is the term used to describe the desire to eat food?
Option: Trials
Option: Appetite
Option: Obesity
Option: Allergy
4. Which mineral is important for muscle function and heart health?
Option: Fiber
Option: Antioxidants
Option: Potassium
Option: Essential
5. What method involves administering a substance into the body using a needle or syringe?
Option: Injection



- Option: Criteria
- Option: Inspiration
- Option: Variety

6. What term is used to describe experiments or investigations?

- Option: Exacerbated
- Option: Alleviate
- Option: Trials
- Option: Allergist

7. What term refers to a low sound like that of a bee?

- Option: Buz
- Option: Incorporate
- Option: Retatrutide
- Option: Glycemic Index

8. Which term describes a damaging immune response to a substance?

- Option: Exacerbated
- Option: Allergy
- Option: Hydrating
- Option: Obesity

9. What is the name of the medication under investigation in clinical trials?

- Option: Nutritious
- Option: Retatrutide
- Option: Incorporate
- Option: Antioxidants

10. What term refers to a publication distributed regularly containing news and updates?

- Option: Newsletter
- Option: Metabolism
- Option: Incorporate
- Option: Criteria

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

11. _____ is a condition in which the force of the blood against the artery walls is too high.

12. Lack of sleep _____ his existing health problems making them worse.

13. It is important to _____ a variety of fruits and vegetables into your diet for optimal



nutrition.

14. Regular exercise can help boost your _____ and aid in weight management.
15. Foods rich in _____ can help reduce oxidative stress in the body.
16. Drinking herbal tea may help to _____ symptoms of indigestion.
17. Including a _____ of foods in your meals ensures you get a range of nutrients.
18. Proper _____ is essential for overall health and well-being.
19. The _____ for selecting participants in the study were very strict.
20. His journey to recovery was an _____ to many others facing similar challenges.

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

21. Including sufficient in your diet can promote healthy digestion and prevent constipation.
22. Choosing foods with a low can help regulate blood sugar levels.
23. It is important to consume a diet to support overall health and well-being.
24. An specializes in the diagnosis and treatment of allergies.
25. Bananas are a good source of which is essential for muscle function.
26. Drinking an adequate amount of water is important for the body.
27. is a condition characterized by excessive body weight and fat accumulation.
28. Omega-3 fatty acids are nutrients that the body needs but cannot produce on its own.
29. Trying to more physical activity into your daily routine can improve your fitness levels.
30. Common of allergies include sneezing itching and nasal congestion.

Answer

Multiple Choice: 1. Syndrome 2. Nutritious 3. Appetite 4. Potassium 5. Injection 6. Trials 7. Buz 8. Allergy 9. Retatrutide



10. Newsletter

Gap-Fill: 11. Hypertension 12. exacerbated 13. incorporate 14. metabolism 15. antioxidants 16. alleviate
17. variety 18. hydration 19. criteria 20. inspiration

Matching sentence: 1. fiber 2. glycemic index 3. nutritious 4. allergist 5. potassium 6. hydrating 7. obesity
8. essential 9. incorporate 10. symptoms

CATEGORY

1. Health - LEVEL1

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