



# Understanding the 'Cortisol Face' on Trend: Essential Information

## Description

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If you wake up with a puffy face, stress might be to blame. Cortisol, the stress hormone, can wreak havoc on your skin and body. Too much cortisol can lead to puffiness, redness, acne, slowed healing, inflammation, and premature aging. It's important to balance cortisol levels for overall well-being.

Celebrity esthetician Danuta Mieloch explains the connection between cortisol and skin health. She recommends supplements like Ashwagandha and Rhodiola Rosea to help manage stress. Engaging in low-impact movement, mindfulness practices, and moderating caffeine intake can also support healthy cortisol levels.

For stressed skin, focus on anti-inflammatory clean beauty products, moisturizers, and sunscreen. Regular facials and facial massages can also help maintain skin health. By addressing cortisol levels and following a skincare routine, you can improve the appearance and health of your skin.

## Vocabulary List:

1. **Cortisol** /'kɔːr.tɪ.səl/ (noun): A steroid hormone produced by the adrenal glands often released in response to stress.
2. **Puffiness** /'pʌf.i.nəs/ (noun): Swelling or inflation often associated with skin conditions.
3. **Inflammation** /ɪn.flə.mə'teɪ.jən/ (noun): A localized physical condition characterized by redness swelling heat and pain.
4. **Esthetician** /,ɛs.θə'tɪʃ.ən/ (noun): A licensed professional who provides skincare treatments and advice.
5. **Supplement** /'sʌp.lə.mənt/ (noun): Something added to complete or enhance a whole especially in nutrition.
6. **Moderating** /'mɒd.ə.reɪ.tɪŋ/ (verb): To reduce the intensity frequency or quantity of something.

## Comprehension Questions

### Multiple Choice

1. What can too much cortisol lead to?

Option: Puffiness and redness



- Option: Acne and inflammation
- Option: Inflammation and premature aging
- Option: All of the above

2. What does Danuta Mieloch recommend for managing stress?

- Option: Supplements like Ashwagandha and Rhodiola Rosea
- Option: High-impact movement and high caffeine intake
- Option: Avoiding any skincare products
- Option: Spending more time in the sun

3. What practices can support healthy cortisol levels according to the article?

- Option: High-impact movement and high caffeine intake
- Option: Engaging in low-impact movement and mindfulness practices
- Option: Avoiding all supplements
- Option: Eating only sugary foods

4. What is recommended for stressed skin in terms of products?

- Option: Harsh chemicals and abrasive exfoliants
- Option: Anti-inflammatory clean beauty products moisturizers and sunscreen
- Option: No products at all
- Option: Heavy makeup and no sunscreen

5. What can help maintain skin health according to the text?

- Option: Avoiding water
- Option: Regular facials and facial massages
- Option: Using harsh soaps
- Option: Not following a skincare routine

6. How can you improve the appearance and health of your skin?

- Option: Ignoring cortisol levels
- Option: Worrying more
- Option: Addressing cortisol levels and following a skincare routine
- Option: Avoiding sunlight altogether

## Answer

**Multiple Choice:** 1. All of the above 2. Supplements like Ashwagandha and Rhodiola Rosea 3. Engaging in low-impact movement and mindfulness practices 4. Anti-inflammatory clean beauty products moisturizers and sunscreen 5. Regular facials and facial massages 6. Addressing cortisol levels and following a skincare routine



## Vocabulary quizzes

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

1. Which medical condition is characterized by high blood sugar levels?  
Option: Diabetes  
Option: Obesity  
Option: Asthma  
Option: Arthritis
2. What term is used to describe a permanent alteration in the DNA sequence?  
Option: Inflammation  
Option: Mutation  
Option: Complications  
Option: Vaccine
3. Which hormone is released in response to stress or low blood-glucose concentration?  
Option: Amputation  
Option: Cortisol  
Option: Puffiness  
Option: HPV
4. What type of substance is administered to stimulate the production of antibodies and provide immunity against a specific disease?  
Option: Moderating  
Option: Vaccine  
Option: Supplement  
Option: Monitoring
5. How are the manifestations of a disease or condition in an individual commonly referred to?  
Option: Detection  
Option: Symptoms  
Option: Monitoring  
Option: Process
6. What term is used to describe the rapid spread of an infectious disease to a large number of people in a given population?



- Option: Epidemic
- Option: Emergency
- Option: Risk
- Option: Virulent

7. What type of foods are altered in some way before they are consumed?

- Option: Cardiac
- Option: Processed
- Option: Risk
- Option: Risk

8. In severe cases what surgical procedure might be necessary for certain diabetes complications?

- Option: Kidney Failure
- Option: Inflammation
- Option: Amputation
- Option: Monitoring

9. What are the additional medical issues that may arise as a result of a primary disease or condition?

- Option: Complications
- Option: Swab
- Option: Supplement
- Option: Diabetes

10. What is the body's response to injury or infection often characterized by redness swelling and heat?

- Option: Swab
- Option: Inflammation
- Option: Esthetician
- Option: HPV

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

11. High cholesterol levels may lead to \_\_\_\_\_ diseases such as heart attacks.

12. Being \_\_\_\_\_ increases the risk of developing diabetes.

13. A \_\_\_\_\_ in a critical gene can result in a genetic disorder.

14. Regular \_\_\_\_\_ of vital signs is crucial for managing chronic conditions.

15. In case of a medical \_\_\_\_\_ seek immediate help from healthcare professionals.



16. An \_\_\_\_\_ specializes in skincare treatments and facial therapies.
17. A multivitamin \_\_\_\_\_ can help fill nutritional gaps in the diet.
18. \_\_\_\_\_ intake of sugary foods can help in managing blood sugar levels.
19. Early \_\_\_\_\_ of cancer can significantly improve treatment outcomes.
20. A \_\_\_\_\_ is used to collect a sample for laboratory testing.

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

21. Patients with advanced diabetes are at a higher risk of developing complications such as due to damage to the kidneys.
22. The test can help in the early detection of certain types of cervical cancer.
23. Individuals with a family history of heart disease have a higher of experiencing heart attacks.
24. Excessive sodium intake can lead to in the face and extremities.
25. A preventive is available to protect against certain strains of human papillomavirus.
26. The rapid spread of a strain of influenza led to an epidemic in the region.
27. Poorly managed diabetes can result in severe such as nerve damage and vision problems.
28. Public health authorities declared an due to the sudden increase in reported cases of the infectious disease.
29. It is essential to blood pressure regularly to assess cardiovascular health.
30. The early of genetic mutations can aid in cancer prevention strategies.

## Answer

**Multiple Choice:** 1. Diabetes 2. Mutation 3. Cortisol 4. Vaccine 5. Symptoms 6. Epidemic 7. Processed 8. Amputation 9. Complications 10. Inflammation

**Gap-Fill:** 11. Cardiac 12. Overweight 13. Mutation 14. Monitoring 15. Emergency 16. Esthetician 17. Supplement 18. Moderating 19. Detection 20. Swab

**Matching sentence:** 1. Kidney Failure 2. HPV 3. Risk 4. Puffiness 5. HPV 6. Virulent 7. Complications 8. Epidemic



9. Monitor 10. Detection

## CATEGORY

1. Health - LEVEL2

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