



Unusual Signs You Need to Know: My Innocuous Stiff Neck Was Actually Terminal Cancer

Description

Esther Shoebridge, a 59-year-old former optician from Beverley in East Yorkshire, found herself facing a **devastating** diagnosis after months of unexplained neck pain. Despite seeking medical advice, it took five months for Esther to discover that she had broken a bone in her neck due to an incurable blood cancer called myeloma.

Doctors revealed that the cancer had spread extensively throughout Esther's body, causing significant damage to her bones, skull, and spine. Despite the grim prognosis of only five years to live, Esther remains determined to fight back. She underwent multiple rounds of chemotherapy, with the third attempt successfully stabilizing the cancer.

Reflecting on her journey, Esther emphasized the importance of early diagnosis in managing myeloma. Experts noted that early detection could have prevented some of the **debilitating** injuries Esther experienced. While there are promising treatments on the horizon, Esther remains optimistic about her future. She even embarked on a charity walk to raise funds for Myeloma UK, showcasing her resilience and determination in the face of adversity.

Despite the challenges she faces, Esther's unwavering spirit serves as an inspiration to others, highlighting the importance of **perseverance** and hope in the face of life's most difficult circumstances.

Vocabulary List:

1. **Devastating** /'d?v.??ste?.t??/ (adjective): Causing severe shock, distress, or grief.
 2. **Incurable** /'n?kj??r?.b?l/ (adjective): Unable to be healed or remedied.
 3. **Myeloma** /'ma??.??lo?.m?/ (noun): A type of cancer that affects plasma cells in the bone marrow.
 4. **Prognosis** /pr??no?.s?s/ (noun): The likely course or outcome of a disease.
 5. **Debilitating** /d??b?l.?.te?.t??/ (adjective): Making someone very weak and infirm.
 6. **Perseverance** /'p??s??v??r?ns/ (noun): Persistence in doing something despite difficulty or delay in achieving success.
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5. **Debilitating** /dɪˈbɪl.ɪ.tɪɪ.tɪŋ/ (adjective): Making someone very weak and infirm.
 6. **Perseverance** /ˌpɜːrsəˈvɪərəns/ (noun): Persistence in doing something despite difficulty or delay in achieving success.

Comprehension Questions

Multiple Choice

1. What was the devastating diagnosis that Esther Shoebridge faced?
Option: Incurable blood cancer
Option: Broken bone in her hand
Option: Lung disease
Option: Heart attack
2. What did doctors reveal about the cancer in Esther Shoebridge's body?
Option: It had spread extensively
Option: It was localized in one area
Option: It was easily curable
Option: It was not actually cancer
3. What successful treatment did Esther undergo to stabilize the cancer?
Option: Surgery
Option: Radiation therapy
Option: Chemotherapy
Option: Palliative care
4. What did experts highlight as a crucial factor in managing myeloma?
Option: Early diagnosis
Option: Late intervention
Option: Dietary changes
Option: Exercise routines
5. What fundraising activity did Esther engage in to support Myeloma UK?
Option: Marathon running
Option: Charity walk
Option: Silent auction
Option: Online campaign



6. What is highlighted as an inspiration from Esther Shoebridge's journey?

- Option: Perseverance and hope
- Option: Give up easily
- Option: Negative attitude
- Option: Lack of determination

Answer

Multiple Choice: 1. Incurable blood cancer 2. It had spread extensively 3. Chemotherapy 4. Early diagnosis 5. Charity walk 6. Perseverance and hope

Vocabulary quizzes

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

1. What term describes the ability to recover from difficulties?

- Option: Inflammation
- Option: Resilience
- Option: Integrity
- Option: Perseverance

2. What is the term for the collection of microorganisms in a particular environment?

- Option: Bacteria
- Option: Addiction
- Option: Microbiome
- Option: Crosstalk

3. What term refers to the mental action or process of acquiring knowledge and understanding?

- Option: Achievement
- Option: Cognition
- Option: Transplant
- Option: Obesity

4. What are measurable substances that indicate the presence of a biological process or condition?

- Option: Therapies
- Option: Incurable
- Option: Biomarkers
- Option: Devastating

5. What term describes a complex condition characterized by compulsive drug use?



- Option: Incurable
- Option: Achievement
- Option: Addiction
- Option: Prognosis

6. What is the term for a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health?

- Option: Prognosis
- Option: Crosstalk
- Option: Integrity
- Option: Obesity

7. What are specialized plant fibers that nourish the good bacteria already in the colon?

- Option: Prebiotics
- Option: Bacteria
- Option: Resistant
- Option: Mitigate

8. What term describes the ability of a microorganism to withstand the effects of medication?

- Option: Resistant
- Option: Complex
- Option: Prognosis
- Option: Mitigate

9. What term refers to the temporary or permanent disappearance of the signs and symptoms of cancer?

- Option: Remission
- Option: Perseverance
- Option: Biodiversity
- Option: Acidity

10. What term describes a community of living organisms interacting with one another and their physical environment?

- Option: Mitigate
- Option: Ecosystems
- Option: Interconnectedness
- Option: Acidity

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

11. _____ is the quality of being honest and having strong moral principles.



12. The disease had a _____ effect on his ability to perform daily tasks.
13. Multiple _____ is a type of cancer that forms in a type of white blood cell called a plasma cell.
14. The discovery held great _____ for the field of medicine.
15. The Amazon rainforest is known for its rich _____ of plant and animal species.
16. Efforts to _____ the effects of climate change are crucial for the future of the planet.
17. The immune system is a highly _____ network of cells and proteins.
18. The doctor provided a positive _____ for the patient's recovery.
19. His success was a result of hard work and _____ in the face of challenges.
20. Despite advances in medicine some diseases remain _____.

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

21. Chronic has been linked to various health conditions including heart disease and diabetes.
22. The earthquake had a impact on the small island nation destroying homes and infrastructure.
23. A kidney can improve the quality of life for patients with end-stage renal disease.
24. Winning the Nobel Prize was a significant for the scientist after years of research.
25. The concept of global highlights the idea that actions in one part of the world can have far-reaching effects.
26. Various medical are available to treat different types of cancer.
27. Cellular plays a crucial role in coordinating responses to external stimuli.
28. The pH level measures the degree of or alkalinity in a substance.
29. The loss of biodiversity in the rainforest would be to the delicate ecosystem.



30. Probiotics are live bacteria and yeasts that are good for your health especially your digestive system.

Answer

Multiple Choice: 1. Resilience 2. Microbiome 3. Cognition 4. Biomarkers 5. Addiction 6. Obesity 7. Prebiotics
8. Resistant 9. Remission 10. Ecosystems

Gap-Fill: 11. Integrity 12. Debilitating 13. Myeloma 14. Significance 15. Biodiversity 16. Mitigate 17. Complex
18. Prognosis 19. Perseverance 20. Incurable

Matching sentence: 1. Inflammation 2. Devastating 3. Transplant 4. Achievement 5. Interconnectedness
6. Therapies 7. Crosstalk 8. Acidity 9. Devastating 10. Bacteria

CATEGORY

1. Health - LEVEL4

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