Warning: OTC Supplements Doctors Say to Avoid

Description

Are the supplements you are taking good or bad for you? Some supplements, even if they seem harmless, can actually harm your health. They might not be safe if you are taking other medications, have certain medical conditions like liver disease, or are going to have surgery. Pregnant women, nursing mothers, and children also need to be cautious with supplements. Here are 7 popular supplements that could be risky for your health.

1. Caffeine Pills: These can be dangerous and cause serious health issues like rapid heartbeat and seizures.

2. Iron Supplements: Taking too much iron after menopause can increase the risk of Alzheimer's and heart disease.

3. Vitamin C: Excessive amounts can lead to diarrhea and interfere with certain medications.

4. Vitamin A and E Supplements: Large doses may increase the risk of premature death.

5. Beta-Carotene Supplements: These can be risky, especially for smokers or former smokers.

6. Vitamin D: Taking too much can cause severe symptoms like kidney injury and pancreatitis.

7. Niacin: High doses can lower cholesterol levels but should be taken under a doctor's supervision to avoid severe side effects like liver disease.

Vocabulary List:

1. **Supplement** /ˈsʌp.lɪ.mənt/ (noun): Something added to complete or enhance the quality or quantity of something else.
2. **Cautious** /ˈkɔː.ʃəs/ (adjective): Careful to avoid potential problems or dangers.
3. **Interfere** /ˌɪn.təˈfɪər/ (verb): To prevent something from continuing or being done properly.
4. **Excessive** /ɪkˈsɛs.ɪv/ (adjective): More than is necessary normal or desirable; immoderate.
5. **Severe** /sɪˈvɪər/ (adjective): Of a serious nature; critical; very bad or serious.
6. **Risky** /ˈrɪs.ki/ (adjective): Full of the possibility of danger failure or loss.

Comprehension Questions

Multiple Choice

1. What potential serious health issues can caffeine pills cause?

    Option: A. Memory loss
    Option: B. Rapid heartbeat and seizures
    Option: C. Weight gain
    Option: D. Bone fractures

2. Taking too much iron after menopause can increase the risk of which conditions?

    Option: A. Diabetes and stroke
    Option: B. Alzheimer's and heart disease
    Option: C. Arthritis and asthma
    Option: D. Cancer and hypertension

3. Which of the following can excessive amounts of Vitamin C lead to?

    Option: A. Insomnia
    Option: B. Diarrhea
    Option: C. High blood pressure
    Option: D. Depression

4. What risk is associated with large doses of Vitamin A and E supplements?

    Option: A. Memory enhancement
    Option: B. Premature death
    Option: C. Stronger immune system
    Option: D. Improved vision

5. Who should be cautious with Beta-Carotene supplements?

    Option: A. Teenagers
    Option: B. Athletes
    Option: C. Smokers or former smokers
    Option: D. Vegetarians

6. What severe symptoms can taking too much Vitamin D cause?

    Option: A. Hair loss and fatigue
    Option: B. Kidney injury and pancreatitis
    Option: C. Allergic reactions and hives
    Option: D. Joint pain and muscle weakness

True-False

7. Iron supplements are safe for everyone to take.

8. Vitamin A and E supplements have no risks associated with large doses.

9. Beta-Carotene supplements are dangerous for non-smokers.

10. Niacin should be taken under a doctor's supervision to avoid severe side effects.

11. Taking too much Vitamin D cannot cause any harm.

12. Excessive amounts of Vitamin C have no negative effects on the body.

Gap-Fill

13. Iron Supplements: Taking too much iron after menopause can increase the risk of

_____ and heart disease.

14. Vitamin C: Excessive amounts can lead to _____ and interfere with certain

medications.

15. Vitamin A and E Supplements: Large doses may increase the risk of premature _____

.

16. Beta-Carotene Supplements: These can be risky, especially for _____ or former

smokers.

17. Vitamin D: Taking too much can cause severe symptoms like kidney injury and _____

.

18. Niacin: High doses can lower cholesterol levels but should be taken under a doctor's supervision to

avoid severe side effects like _____ disease.

Answer

Multiple Choice: 1. B. Rapid heartbeat and seizures 2. B. Alzheimer's and heart disease 3. B. Diarrhea 4. B. Premature death 5. C. Smokers or former smokers 6. B. Kidney injury and pancreatitis
True-False: 7. False 8. False 9. False 10. True 11. False 12. False
Gap-Fill: 13. Alzheimer's 14. diarrhea 15. death 16. smokers 17. pancreatitis 18. liver

Vocabulary quizzes

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

1. Which aspect is crucial for maintaining good health?

   Option: Nutrition
   Option: Exercise
   Option: Meditation
   Option: Entertainment

2. What unit is used to measure the energy content in food?

   Option: Grams
   Option: Liters
   Option: Calories
   Option: Kilowatts

3. What are you aiming to achieve when you set objectives?

   Option: Limitations
   Option: Goals
   Option: Distractions
   Option: Regrets

4. What is an additional product taken to support health and wellbeing?

   Option: Primary
   Option: Supplement
   Option: Trash
   Option: Accessory

5. Which term best describes a health issue that is serious and intense?

   Option: Mild

Option: Moderate
Option: Severe
Option: Negligible

6. What is something not natural but created by humans called?

Option: Abstract
Option: Real
Option: Artificial
Option: Organic

7. Which term refers to feelings of worry or interest about something important?

Option: Doubts
Option: Concerns
Option: Joy
Option: Relief

8. What is the attitude of being careful about potential risks or problems?

Option: Fearless
Option: Cautious
Option: Ruthless
Option: Reckless

9. What is the process of identifying a medical condition or disease called?

Option: Judgment
Option: Diagnoses
Option: Prescriptions
Option: Therapy

10. Which term describes individuals whose neurological development and function differ from the norm?

Option: Conventional
Option: Neurodivergence
Option: Ordinary
Option: Stereotypical

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

11. _____ of daily calorie intake is important for weight management.

12. Ignoring health warnings can put you at _____ for serious illnesses.

13. Proper diagnosis is crucial for effective _____ of medical conditions.

14. High _____ blood pressure can lead to heart problems.

15. The job application must meet all the specified _____ to be considered.

16. An incorrect _____ can result in wrong treatments.

17. Consuming _____ amounts of sugar can lead to health problems.

18. Effective marketing involves strategic _____ of products in the market.

19. Leaving an infection _____ can cause complications.

20. _____ of antibiotics can lead to drug resistance.

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

21. It is important not to let personal biases with objective decision-making.
22. Skydiving without proper training can be extremely .
23. A diet includes a variety of nutrients in appropriate proportions.
24. For precise measurements it is essential to use instruments.
25. She always follows the latest fashion trends and loves clothes.
26. When hiking in unfamiliar terrain it is wise to be and prepared.
27. The earthquake caused damage to the city making rescue efforts challenging.
28. Eating a balanced diet is essential for maintaining the lifestyle.
29. Doctors are trained to make accurate based on the patients' symptoms and test results.
30. Some individuals may require multiple to manage chronic conditions.

Answer

Multiple Choice: 1. Nutrition 2. Calories 3. Goals 4. Supplement 5. Severe 6. Artificial 7. Concerns 8. Cautious 9. Diagnoses 10. Neurodivergence
Gap-Fill: 11. Estimation 12. Risk 13. Treatment 14. Systolic 15. Criteria 16. Misdiagnosis 17. Excessive 18. Positioning

19. Untreated 20. Overprescription
Matching sentence: 1. Interfere 2. Risky 3. Balanced 4. Accurate 5. Trendy 6. Cautious 7. Severe 8. Healthiest
9. Diagnoses 10. Medications

CATEGORY

1. Health - LEVEL2

Date Created
2024/10/21
Author
aimeeyoung99