



What to understand about Vitamin B

Description

New research has found that high levels of niacin, a B vitamin, could increase the risk of heart disease by causing inflammation and damaging blood vessels. The study, published in Nature Medicine, discovered that excessive amounts of niacin could pose a risk, even though it is present in many foods. The recommended daily allowance of niacin is 16mg for men and 14mg for non-pregnant women. The study also revealed that about 1 in 4 Americans have higher than recommended levels of niacin. The research found a substance in the blood that is only produced when there is excess niacin, and this can predict the risk of heart attack, stroke, and death. The discovery creates a new pathway to understanding heart disease and could lead to the development of medications to reduce blood vessel inflammation. These findings may influence dietary recommendations for niacin and present promising opportunities for future research.

Vocabulary List:

1. **Niacin** // (noun): A B vitamin that could increase the risk of heart disease when present in high levels.
2. **Inflammation** // (noun): A localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful.
3. **Blood vessels** // (noun): Tubular structures carrying blood through the tissues and organs of the body.
4. **Recommended daily allowance** // (noun phrase): The amount of a specific nutrient that is considered adequate to meet the known nutritional needs of practically all healthy people.
5. **Excessive** // (adjective): More than is necessary, normal, or desirable.
6. **Substance** // (noun): A particular kind of matter with uniform properties.

Vocabulary quizzes

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

1. What term is used to describe organized action by workers to achieve specific demands?
Option: Mitigations
Option: Tumour
Option: Industrial action
Option: Junior doctors
2. Which substance is also known as vitamin B3?
Option: Inflammation



- Option: Niacin
- Option: Substance
- Option: Supplements

3. What is often associated with incidents involving harm or injury?

- Option: Confidence
- Option: Violence
- Option: Funding
- Option: Homelessness

4. What medical condition involves an abnormal mass of tissue?

- Option: Bowel cancer
- Option: Life-saving
- Option: Tumour
- Option: Excessive

5. What process involves the uptake of substances into the body?

- Option: Substances
- Option: Combination
- Option: Absorption
- Option: Harm

6. What is the identification of a disease or medical condition called?

- Option: Stigma
- Option: Diagnosis
- Option: Confidence
- Option: Mental health services

7. What term describes an amount or level that is more than necessary?

- Option: Inflammation
- Option: Excessive
- Option: Bleeding
- Option: Compete

8. What is often required to support mental health services and research programs?

- Option: ER
- Option: Homelessness
- Option: Violent incidents
- Option: Funding

9. What are the indicators of a particular disease or medical condition called?

- Option: Historical
- Option: Sensory



Option: Symptoms
Option: Stigma

10. What can be a barrier to seeking help or diagnosis for certain conditions due to societal attitudes?

Option: Confidence
Option: Stigma
Option: Diagnosis
Option: Mental health services

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

11. _____ transport blood throughout the body helping with the circulation of nutrients and oxygen.

12. The _____ of nutrients provides guidance on the amount of specific nutrients needed for good health.

13. Access to quality _____ is essential for individuals dealing with psychological challenges.

14. Patients in critical condition often require immediate attention in the _____.

15. Many factors such as job loss or economic downturn can contribute to a rise in _____.

16. Injuries can result in various complications including excessive _____.

17. When two substances _____ for the same binding sites it can affect their absorption.

18. Chronic _____ can have detrimental effects on the body and may lead to various diseases.

19. The nervous system includes components responsible for processing _____ information.

20. Understanding the _____ context of certain medical practices can provide insights



into their development.

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

21. Immediate medical intervention can be especially in emergency situations.
22. play a crucial role in providing care and learning within healthcare settings.
23. A(n) is defined as matter that has distinct existence and properties.
24. Some individuals may need dietary to meet their nutritional requirements.
25. Certain drugs work better when used in to enhance their efficacy.
26. Efficient nutrient is vital for the body to utilize essential vitamins and minerals.
27. Deliberate actions that cause to oneself or others require intervention and support.
28. Early and accurate of diseases can lead to better treatment outcomes.
29. Building self- is important for individuals to navigate challenges and achieve goals.
30. Preventing requires collaboration between communities and law enforcement agencies.

Answer

Multiple Choice: 1. Industrial action 2. Niacin 3. Violence 4. Tumour 5. Absorption 6. Diagnosis 7. Excessive 8. Funding 9. Symptoms 10. Stigma

Gap-Fill: 11. Blood vessels 12. Recommended daily allowance 13. Mental health services 14. ER 15. Homelessness 16. Bleeding 17. Compete 18. Inflammation 19. Sensory 20. Historical

Matching sentence: 1. Life-saving 2. Junior doctors 3. Substance 4. Supplements 5. Combinations 6. Absorption 7. Harm 8. Diagnosis 9. Confidence 10. Violent incidents

CATEGORY

1. Health - LEVEL1

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