



Young Woman in Critical Condition After Popular Drink Causes Organ Failure

Description

A 20-year-old gym enthusiast, Jazmin Garza, faced a life-threatening situation after consuming an energy drink and experiencing cardiac arrest during a workout. In late November, while exercising alongside her boyfriend, Isaac Ayala, Jazmin began to feel dizzy and light-headed. She sat down, having consumed only a third of a Ghost energy drink, when she suddenly collapsed and had a seizure.

Isaac found her unresponsive, with no heartbeat or breath, and immediately performed CPR until paramedics arrived and revived her. Jazmin, visiting Iowa from Texas, was informed that her heart had stopped multiple times, once for five minutes, cutting off oxygen to her brain and organs, causing severe damage. She was placed on life support for recovery.

Doctors warned her family of her slim chances of recovery. Despite exhaustive tests, the cause of her cardiac arrests remained elusive. Jazmin believes an undiagnosed heart condition, exacerbated by the energy drink, may have triggered the episode.

While Ghost energy drink contains 200mg of caffeine and is marketed to adults, it's unclear if it was the primary cause of Jazmin's health crisis. Experts suggest energy drinks may disrupt heart rhythms, especially in people with existing heart conditions, leading to severe outcomes.

Jazmin underwent several medical procedures, including the insertion of a defibrillator, to prevent future episodes. Despite the ordeal, she recovered after two weeks in the hospital and returned home, burdened with significant medical bills and job losses.

This harrowing experience has given Jazmin a renewed perspective on life, urging others to heed their body's warnings and seek medical advice for any concerns, potentially averting similar crises in the future.

Vocabulary List:

1. **Cardiac** /'kɑ:ɹ.di.æk/ (adjective): Relating to the heart.
2. **Seizure** /'si:.ʒər/ (noun): A sudden attack of illness especially a stroke or epileptic fit.
3. **Revived** /rɪ'vaɪvd/ (verb): Brought back to consciousness or life.
4. **Exhaustive** /ɪg'zɔ:stɪv/ (adjective): Including all possibilities; thorough.
5. **Burdened** /'bɜ:r.dənd/ (verb): Loaded heavily; weighed down with problems or obligations.
6. **Exacerbated** /ɪ'zæs.ər.beɪ.tɪd/ (verb): Made a situation worse.



Vocabulary quizzes

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

1. Which term refers to the height of an object or point in relation to a specified reference level usually above sea level?

- Option: Altitude
- Option: Hypoxia
- Option: Resilience
- Option: Adaptation

2. Which term relates to the heart or blood vessels?

- Option: Distribution
- Option: Cardiac
- Option: Seizure
- Option: Revived

3. Which term means to make less severe serious or painful?

- Option: Exhaustive
- Option: Burdened
- Option: Mitigate
- Option: Compounds

4. What are substances that can prevent or slow damage to cells caused by free radicals?

- Option: Concoction
- Option: Antioxidants
- Option: Moderation
- Option: Efficacy

5. Which term refers to a meeting with an expert or professional in order to seek advice?

- Option: Revived
- Option: Consultation
- Option: Oxidative
- Option: Detrimental

6. Which term means to give in to a desire especially one that is considered excessive or unwise?

- Option: Indulges
- Option: Habits
- Option: Incite
- Option: Adverse



7. Which term refers to the state of being completely soaked with a liquid?
Option: Enchantment
Option: Saturation
Option: Vitality
Option: Resilience
8. Which term refers to the ability to produce a desired or intended result?
Option: Resilience
Option: Efficacy
Option: Compounds
Option: Oxidative
9. Which term means to make a problem bad situation or negative feeling worse?
Option: Rejuvenating
Option: Detrimental
Option: Exacerbated
Option: Enchantment
10. Which term means to give strength or energy to?
Option: Invigorate
Option: Mitigate
Option: Compounds
Option: Resilience

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

11. _____ is the capacity to recover quickly from difficulties; toughness.
12. _____ is a condition in which the body or a region of the body is deprived of adequate oxygen supply at the tissue level.
13. The spa offers a range of _____ treatments aimed at refreshing and revitalizing the body and mind.
14. The company's products have a wide _____ across various regions of the country.
15. Chemical _____ are formed when atoms of different elements are chemically bonded



together.

16. The medication may have _____ effects if not taken according to the prescribed dosage.

17. The beauty of the landscape held a certain _____ that captivated all who beheld it.

18. Regular exercise and a balanced diet contribute to maintaining good levels of _____ and health.

19. It is important to consume alcohol in _____ to avoid negative health impacts.

20. _____ stress occurs when there is an imbalance between free radicals and antioxidants in the body.

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

21. After a long hike the hiker's clothes were completely wet as they reached a point of with sweat.
22. The fresh mountain air can even the weariest of travelers providing them with renewed energy.
23. Excessive consumption of sugary drinks can be to one's dental health over time.
24. During the holidays it is easy to in rich calorie-laden foods without considering the consequences.
25. The weight of unresolved issues can leave a person feeling emotionally and overwhelmed.
26. The community showed great in rebuilding after the devastating tornado tore through the town.
27. It is advisable to seek medical before starting any new exercise regimen especially for individuals with underlying health conditions.
28. Regular exercise is beneficial for maintaining a healthy system and reducing the risk of heart disease.
29. The chef's secret of herbs and spices gave the dish its unique and unforgettable flavor.
30. The clinical trial demonstrated the high of the new drug in treating the rare disease.



Answer

Multiple Choice: 1. Altitude 2. Cardiac 3. Mitigate 4. Antioxidants 5. Consultation 6. Indulges 7. Saturation 8. Efficacy 9. Exacerbated 10. Invigorate

Gap-Fill: 11. Resilience 12. Hypoxia 13. Rejuvenating 14. Distribution 15. Compounds 16. Adverse 17. Enchantment 18. Vitality 19. Moderation 20. Oxidative

Matching sentence: 1. Saturation 2. Invigorate 3. Detrimental 4. Indulges 5. Burdened 6. Resilience 7. Consultation 8. Cardiac 9. Concoction 10. Efficacy

CATEGORY

1. Health - LEVEL4

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