

# Man Diagnosed with Rare Condition after Eating Pepper

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Category : Health

## Unlocking Word Meanings

Read the following words/expressions found in today’s article.

1. **manifestation** / ˌmæn ə fəˈsteɪ ʃən / (n) – a sign or symptom of a condition  
*Example:* Speech difficulty is one of the **manifestations** of stroke.
2. **constrict** / kənˈstrikt / (v) – to cause something to compress or tighten  
*Example:* I couldn’t breathe; I could feel my chest **constricting**.
3. **ointment** / ˈɔɪnt mənt / (n) – a substance applied to the skin for medicinal purposes  
*Example:* My doctor asked me to apply **ointment** on my skin to reduce the itchiness.
4. **illustrate** / ˈɪ ə streɪt, ɪˈlʌs treɪt / (v) – to show something  
*Example:* The recent outbreak **illustrates** the need for more effective ways to fight dengue.
5. **for a living** / fər ɛɪ ˈlɪv ɪŋ / (idiom) – done to make enough money to support oneself  
*Example:* She teaches high school students **for a living**.

## Article

Read the text below.

経験する、被る(病気を背負って苦しむ)

A 34-year-old man has suffered from a rare health condition after consuming a Carolina Reaper pepper in a chili-eating contest.

コンテストから数日後頭痛を発症した(develop : 発症する) Days after the contest, the man developed “thunderclap” headaches, which are 強く、尚且つ突然の頭痛によって～として特徴付けられる(characterized : 見なされる) characterized by strong and sudden headaches. The man then went to the hospital for treatment and learned that the headaches were **manifestations** of a condition called reversible cerebral vasoconstriction syndrome [rɪˈvɜr sə bəl səˈri brəl ˌvæs oʊ kənˈstrikt ʃən ˈsɪn droʊm] (RCVS). This condition occurs when blood vessels **constrict**.  
この症状は血管が収縮した時におきる(constrict : 収縮する,blood vessles : 血管)

All peppers, including the Carolina Reaper pepper, contain capsaicin / kəpˈseɪ ə sɪn /. It is a substance that gives pepper its hot flavor and is sometimes used in medical **ointments**. Taking this substance in large quantities has been linked to blood vessel constriction, which can result in a heart attack. However, the 34-year-old man’s case is the first to **illustrate** that blood vessel constriction can also happen in the brain upon consuming capsaicin.  
この物質は、胡椒に辛味を与えそして時々医療軟膏にも使用される (substance : 物質, ointments : 軟膏)  
この物質が大量に扱われると、血管の収縮に繋がる (quantities : 量)

According to experts, RCVS can be treated through medical observation and removal of the capsaicin from the body.  
結果的に心臓発作を起こす (heart attack : 心臓発作)  
カプサイシンを含む  
カプサイシンを消費した時に血管の収縮が脳で例示した初めてのケース (illustrate : 例証する、説明する)

Upon learning about the man’s case, a farmer who grows and sells Carolina Reaper pepper **for a living** argued that people should not be afraid of eating this type of pepper. He stated that this pepper is safe for consumption as long as it is not eaten raw. The farmer recommends cooking it first and adding it to dishes like curry.  
その男性のケースについて学んでいた時、胡椒を生活の為に育てていた農家の人が主張し (argued : 主張する for a living : 生活の為に)  
人々はこの胡椒を食べる事に恐れるべきでは無いと。  
彼は胡椒を生で食べなければ安全である、と述べた。  
その農家の人は胡椒を最初に調理し、カレーの様な料理に加える事をお勧めした。

## Viewpoint Discussion

Enjoy a discussion with your tutor.

### Discussion A

- What do you think are the health risks associated with eating contests (e.g. hotdog-eating contests, pizza-eating contests)?

- Would you be willing to join eating contests despite the health risks? Why or why not?

**Discussion B**

- Why is it important to be aware of food safety practices?

- Do you think that you have enough knowledge when it comes to food safety? Explain.