

^{/ˈmɑrgənt/}

Margaret's friend is taking a new job in a faraway city. Margaret wants to have a goodbye dinner party at her home. But she can't. Margaret suffers from **CHAOS** (*Can't Have Anyone Over Syndrome*). Her apartment is messy, and she's embarrassed by it. "I've never been a tidy person," she says. "My best friend gave me some good advice. He told me to get a house cleaner."

These days we get and receive so much information every day. People call, text, and email us all day long, and they expect quick responses from us. It can be very demanding—and it's making some people sick. They have **information fatigue syndrome**. There is so much information, they become paralyzed¹ and can't think clearly. "I can't

¹If you are *paralyzed*, you cannot move.

^{/ˈbɑmən/}
sleep at night because I worry," says Bahman, a college senior. "I'm sick of it."

Do you sometimes engage in *deskfast* (eating breakfast at your desk at work)? If your answer is yes, then you may suffer from hurry sickness. **Hurry sickness** is a straightforward name for another syndrome of modern life. "I'm always rushing. And I'm tired all the time. Just last week I had to call in sick because I was so stressed," says Mari, a company employee. "I'm worried about using all of my sick days."

We've all complained about having too much work to do. Well, how about not having enough work? **Underload syndrome** is caused by having little or nothing to do at the office. Steven works

as a project manager. "I can finish my work in about four hours, but I'm afraid to say anything about it. I don't want to be assigned too much work!" So what does he do? Steven pretends to be busy. "I'm thinking about getting a part-time job in the evening. That's one possible idea."

Chances are you've experienced **text neck** before. Another name for it would be *pain in the neck*, because that's what people with this condition experience. Looking down at your phone and texting for a long time causes *text neck*. How can you take care of it? Getting a gentle neck massage—nothing too hard—will help you relax and feel better.

MODERN HEALTH PROBLEMS



Scan for information; Make

predictions. Copy the chart below on a piece of paper. Then scan the article. What are the names of the five medical conditions mentioned? Write the answers in the chart under *Syndrome*. When you have this problem, what do you think happens? Tell a partner.

Syndrome	Description	Possible solution
1. CHAOS	You feel embarrassed because your house is messy.	
2.		
3.		
4.		
5.		

Check predictions; Read for details.

Now read the article. Complete the chart above with the description and possible solution for each syndrome. If a solution is not mentioned, write *NM*.



Infer meaning. What do the words below mean? Find them in the passage. Then work with a partner to guess the definitions. Check a dictionary for the answers.

1st paragraph: *tidy* _____

2nd paragraph: *fatigue* _____

3rd paragraph: *rushing* _____

5th paragraph: *gentle* _____



Look at where you wrote NM in the chart in B. Can you suggest some possible solutions?

Which syndrome is the worst? Why?

I THINK THATSYNDROME IS THE WORST BECAUSE...