

Problems with skinny jeans

Read the article. Take note of the key words.

They may be trendy and a favorite with the Duchess of Cambridge, but it seems skinny jeans can be really bad for your health. Doctors are warning that wearing the figure-hugging trousers, which are popular with both women and men, could damage muscles and nerves.

The warning comes after a 35-year-old woman had to be cut out of a pair of skinny jeans after her calves **ballooned** in size. She'd spent hours **squatting** to **empty** cupboards for a house move in Australia.

Doctors believe the woman developed a condition called compartment syndrome made worse by her skinny jeans. The syndrome is a painful and potentially serious condition caused by bleeding or **swelling** within an enclosed bundle of muscles, in this case the calves. She was put on a **drip** and after four days was able to walk unaided.

Squatting in skinny jeans can lead to pressure building up in the lower legs and muscles and nerves can become damaged. Other medical experts have reported a number of cases where patients have developed **tingly numbed** thighs from wearing skinny jeans, although they add that the chance of it happening is still pretty **slim** for most people.



Source: <http://www.newsintlevels.com/products/problem-with-skinny-jeans-level-3/>

Match the words with their meanings.

Key words

Meanings

ballooned	to feel a slight stinging feeling, especially on your skin
squatting	to become larger
empty	unable to feel anything
swelling	skinny and unlikely
tingly	to take things out
numbed	to sit with your knees bent under you and your bottom just off the ground, balancing on your feet
slim	an area of your body that has become larger than normal, because of illness or injury
drip	a piece of equipment used in hospitals for putting liquids directly into your blood



Answer the questions below.

Comprehension Questions

1. What happened to the woman who wore a pair of skinny jeans?
2. How did the woman develop the compartment syndrome?
3. What is compartment syndrome?
4. Would you still want to wear skinny jeans? *Why or why not?*

Discussion Questions

1. Do you wear skinny jeans?
2. How often do you wear jeans?
3. Why do so many people like blue jeans?
4. Do you sacrifice comfort for fashion?

Express yourself

Do you agree with this quote? Support your answer.

“Your smile is your best fashion accessory.”