

Risky Business: Why Salon Hair Washes May Harm Your Health

Description

While many perceive a visit to the hairdresser as a soothing and indulgent experience, an uncommon condition known as beauty parlor stroke syndrome (BPSS) poses a significant health risk for a select group of individuals during seemingly benign procedures such as hair washing.

What circumstances might transform a trip to the salon into a medical crisis? [Studies indicate](#) that maintaining an awkward posture at the [backwash basins](#) commonly found in salons can lead to [cervical discomfort](#) and injury, and in extremely rare cases, trigger a [potentially fatal stroke](#).

First documented in 1993 by American neurologist Michael Weintraub, BPSS was identified when patients reported acute stroke-like symptoms post hair shampooing. A stroke, described as a brain attack, occurs when there is a sudden decrease in blood flow to the brain, typically due to a clot or a ruptured blood vessel, compromising the supply of vital nutrients and oxygen to brain cells.

During the shampooing process, clients are often instructed to recline with their heads positioned precariously over the basin. Research indicates that this overextension, combined with sudden, vigorous movements while shampooing, can compress major arteries supplying blood to critical regions of the brain.

While strokes are often associated with older adults or individuals with conditions like hypertension or diabetes, [younger, seemingly healthy individuals](#) may also fall victim. BPSS appears to predominantly affect women over 50, particularly those with a history of vascular issues or cervical spine arthritis, but can manifest in anyone irrespective of age or health status.

Notably, a [Swiss study conducted in 2016](#) recorded a mere ten cases of BPSS from 2002 to 2013, underscoring its rarity relative to typical strokes. However, awareness of its symptoms remains crucial. Key indicators of BPSS include headache, dizziness, blurred vision, nausea, neck pain, and unilateral paralysis, with some patients experiencing near loss of consciousness.

Given that symptoms may not present immediately, it complicates the diagnostic process, making misidentification as a conventional stroke plausible.

Precautions

If concerns regarding BPSS arise or if discomfort is experienced while using a backwash sink, consider leaning forward instead of tilting your head back. If avoiding a backwash is not feasible, request additional neck support.

The speed and forcefulness of shampooing, along with prolonged positioning, can exacerbate risks. Thus, a gentle washing technique, minimizing time spent at the backwash, and promptly notifying your stylist of any discomfort can greatly reduce potential hazards.

For the majority, hairdresser visits are safe and enhance mental well-being and self-esteem. Let us not



abandon this cherished ritual; instead, let's use preventive measures, such as neck support, to continue enjoying our pampering sessions.

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Vocabulary List:

1. **Syndrome** /'sɪn.droʊm/ (noun): A group of symptoms that consistently occur together or a condition characterized by a particular set of symptoms.
2. **Compromising** /'kɒm.prə.maɪ.zɪŋ/ (verb): Making a situation more vulnerable or putting something at risk.
3. **Indicators** /'ɪndɪkeɪtəz/ (noun): Things that point out or signal a condition or trend; signs.
4. **Aggravate** /'æɡ.rə.veɪt/ (verb): To make a problem or injury worse or more serious.
5. **Vascular** /'væs.kjʊ.lər/ (adjective): Relating to or affecting the blood vessels.
6. **Precariously** /prɪ'keə.ri.əs.li/ (adverb): In a way that is not securely held or in position; dangerously likely to fall or collapse.

Comprehension Questions

Multiple Choice

1. What does BPSS stand for in the context of the article?

- Option: Beauty Parlor Shampoo Syndrome
- Option: Backwash Positioning Stroke Syndrome
- Option: Beauty Parlor Stroke Syndrome
- Option: Brain Protection Safety Scheme

2. Who first documented BPSS in 1993?

- Option: Michael Weintraub
- Option: Maria Ashioti
- Option: Ratan Naval Tata
- Option: Mark Johnson

3. What age group does BPSS predominantly affect?



- Option: Children under 10
- Option: Men over 60
- Option: Women over 50
- Option: Teens between 13-19

4. What is a key indicator of BPSS mentioned in the article?

- Option: Knee pain
- Option: Neck pain
- Option: Elbow pain
- Option: Foot pain

5. What is a recommended precaution to reduce the risk of BPSS?

- Option: Tilting head back further
- Option: Requesting additional neck support
- Option: Speeding up the shampooing process
- Option: Ignoring any discomfort

6. What can exacerbate the risks of BPSS during shampooing?

- Option: Gentle washing technique
- Option: Minimizing time at the backwash
- Option: Avoiding neck support
- Option: Vigorous and forceful shampooing

True-False

- 7. Beauty Parlor Stroke Syndrome primarily affects men.
- 8. Symptoms of BPSS always present immediately after exposure.
- 9. Risks of BPSS can be reduced by using neck support and gentle washing techniques.
- 10. BPSS is more common than typical strokes.
- 11. Maintaining an awkward posture at backwash basins can lead to cervical discomfort and injury.
- 12. BPSS can manifest in individuals of any age or health status.



Gap-Fill

13. BPSS was first documented in the year _____ by Michael Weintraub.
14. A Swiss study recorded ten cases of BPSS from 2002 to _____.
15. If discomfort is experienced at the salon, consider leaning _____ instead of tilting your head back.
16. BPSS predominantly affects women _____.
17. To reduce risks, a gentle washing technique and minimizing time at the backwash are recommended to avoid _____.
18. The main purpose of additional neck support is to prevent compression of major arteries supplying blood to critical regions of the _____.

Answer

Multiple Choice: 1. Beauty Parlor Stroke Syndrome 2. Michael Weintraub 3. Women over 50 4. Neck pain 5. Requesting additional neck support 6. Vigorous and forceful shampooing

True-False: 7. False 8. False 9. True 10. False 11. True 12. True

Gap-Fill: 13. 1993 14. 2013 15. forward 16. over 50 17. potential hazards 18. brain

Vocabulary quizzes

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

1. What does proficiency refer to?
- Option: A. Skill or expertise in a particular area
 - Option: B. A type of musical instrument
 - Option: C. A form of transportation
 - Option: D. A mathematical formula
2. What does morphological relate to?



- Option: A. Study of plants
Option: B. Study of human behavior
Option: C. Study of word structures
Option: D. Study of historical events

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

3. Can you _____ the meaning of this complex passage?
4. _____ the negotiation process does not always lead to a better outcome.

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

5. The decision to cut costs had serious financial for the company.
6. The doctor diagnosed the patient with a rare medical that required specialized treatment.

Answer

Multiple Choice: 1. A. Skill or expertise in a particular area 2. C. Study of word structures

Gap-Fill: 3. Elucidate 4. Prolonging

Matching sentence: 1. Implications 2. Syndrome

CATEGORY

1. Sci/Tech - LEVEL5

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