



Salon Hair Wash: Hidden Health Risks Revealed by Experts

Description

Going to the hairdresser can be relaxing and nice. But for some people, it can be dangerous. This is called beauty parlor stroke syndrome (BPSS). It can happen when people get their hair washed. Sitting in a strange position at the washbasin can cause neck pain or even a serious problem called a stroke.

A stroke happens when the brain does not get enough blood. This can happen because of a blood clot or a torn blood vessel. When people lean their head too far back during washing, it can hurt their neck. This strange position can push against important blood vessels in the neck.

Strokes can happen to anyone, not just older people. BPSS can affect women over 50, but young and healthy people can have it too.

Signs of BPSS include headaches, dizziness, blurred vision, and neck pain. If you feel any of these things, tell your hairdresser right away.

To stay safe, sit up straight and ask for neck support if needed. Tell your hairdresser if you feel uncomfortable.

Going to the hairdresser should be fun and good for your mood. Enjoy your time there!

Vocabulary List:

1. **Syndrome** /'sɪn.drəʊm/ (noun): A group of symptoms that consistently occur together or a condition characterized by a set of associated symptoms.
2. **Stroke** /stroʊk/ (noun): A sudden illness where blood flow to the brain is interrupted causing brain damage.
3. **Vessel** /'ves.əl/ (noun): A tube in the body through which blood or other fluids flow.
4. **Dizziness** /'dɪz.i.nəs/ (noun): A feeling of being unbalanced or lightheaded.
5. **Support** /sə'pɔrt/ (noun/verb): Assistance or help; to provide assistance.
6. **Uncomfortable** /ʌn'kʌm.fər.tə.bəl/ (adjective): Causing or feeling discomfort; not pleasant or agreeable.

Comprehension Questions

Multiple Choice

1. What is the condition called when people experience a stroke after getting their hair washed at a beauty



parlor?

- Option: Hair salon syndrome
- Option: Beauty parlor stroke syndrome (BPSS)
- Option: Hair wash complication disorder
- Option: Styling salon stroke syndrome

2. What can cause a stroke during a hair wash according to the text?

- Option: Using the wrong shampoo
- Option: Leaning the head too far back
- Option: Talking too much
- Option: Applying too much conditioner

3. Who can be affected by BPSS according to the text?

- Option: Only older people
- Option: Women over 50
- Option: Young and healthy people
- Option: Men over 60

4. What are the signs of BPSS mentioned in the text?

- Option: Back pain, fatigue, stomach ache
- Option: Headaches, difficulty breathing, leg cramps
- Option: Headaches, dizziness, blurred vision, neck pain
- Option: Chest pain, fever, joint pain

5. How can people stay safe during a hair wash procedure according to the text?

- Option: Stand up during the wash
- Option: Lean the head as far back as possible
- Option: Sit up straight and ask for neck support if needed
- Option: Close their eyes tightly

6. What should you do if you experience signs of BPSS during a hair wash?

- Option: Ignore it and continue with the wash
- Option: Tell your hairdresser right away
- Option: Finish the session quickly
- Option: Complain to the salon manager after leaving

True-False



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7. BPSS can only affect older people.
 8. Young and healthy people are not at risk of BPSS.
 9. Neck pain is not a sign of BPSS according to the text.
 10. It is important to sit up straight during a hair wash for safety.
 11. People should keep quiet during a hair wash to prevent strokes.
 12. Headaches can be a sign of BPSS.

Gap-Fill

13. BPSS can happen when people get their hair _____.
14. To avoid BPSS, people should sit up straight and ask for neck _____ if needed.
15. Signs of BPSS include headaches, dizziness, blurred vision, and neck _____.
16. BPSS can affect not only women over 50 but also young and healthy _____.
17. A stroke can happen when the brain does not get enough _____.
18. Beauty parlor stroke syndrome can be dangerous and may lead to a serious problem called a _____.

Answer

Multiple Choice: 1. Beauty parlor stroke syndrome (BPSS) 2. Leaning the head too far back 3. Women over 50 4. Headaches, dizziness, blurred vision, neck pain 5. Sit up straight and ask for neck support if needed 6. Tell your hairdresser right away

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

Gap-Fill: 13. washed 14. support 15. pain 16. people 17. blood 18. stroke

Answer

CATEGORY



1. Health - LEVEL1

Date Created

2025/01/19

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