



Warning: Breakdancers at Risk for “Headspin Hole”

Description

The art of breakdancing has swept across the globe since its inception in the 1970s, recently gaining recognition as an official sport at the Summer Olympics. However, dedicated breakers are susceptible to various injuries such as sprains, strains, and tendonitis, with a peculiar condition dubbed "headspin hole" or "breakdance bulge" – a protrusion on the scalp resulting from repeated execution of the headspin power move. A recent publication in the esteemed British Medical Journal delves into a specific case that necessitated surgical intervention.

The scholarly piece highlights the scarcity of research on this subject, with only a couple of noteworthy studies referenced. A study from 2009 in Germany revealed that a significant portion of breakdancers (60.4%) suffered scalp overuse injuries due to headspins, resulting in hair loss, head bumps, and scalp inflammation. Similarly, a more recent study in 2023 found a strong correlation between frequent headspins and hair loss among breakdancers.

When a male breakdancer in his early thirties sought medical attention for a conspicuous bump on his head, doctors at Copenhagen University Hospital in Denmark seized the opportunity to present a comprehensive clinical case study. After conducting an MRI, surgically removing the growth, and analyzing the mass, it was evident that the dancer's prolonged headspin practice had led to significant thickening of the skin, tissue, and skull in the affected area.

Vocabulary List:

1. **Inception** /ɪnˈsep.jən/ (noun): The beginning or start of something.
2. **Susceptible** /səˈsep.tə.bəl/ (adjective): Likely to be influenced or harmed by a particular thing.
3. **Intervention** /ˌɪn.təˈven.jən/ (noun): The act of coming between so as to prevent or alter a result or course of events.
4. **Correlation** /ˌkɔːr.əˈleɪ.jən/ (noun): A mutual relationship or connection between two or more things.
5. **Subsequent** /ˈsʌb.sɪ.kwənt/ (adjective): Occurring after a particular point in time.
6. **Protrusion** /prəˈtruː.ʒən/ (noun): Something that sticks out or extends beyond a surface.

Comprehension Questions



Multiple Choice

1. What is a common injury associated with breakdancing mentioned in the text?
Option: A. Shoulder dislocation
Option: B. Scalp overuse injuries
Option: C. Knee fractures
Option: D. Elbow sprains

2. Which publication delved into a specific breakdancing injury case that required surgical intervention?
Option: A. Journal of Sports Medicine
Option: B. British Medical Journal
Option: C. Lancet Neurology
Option: D. New England Journal of Medicine

3. What is the peculiar condition resulting from repeated execution of the headspin power move?
Option: A. Breakdancing bruise
Option: B. Headspin hole
Option: C. Spin fracture
Option: D. Dizzy bump

4. What percentage of breakdancers in the 2009 study in Germany suffered scalp overuse injuries due to headspins?
Option: A. 30.2%
Option: B. 45.8%
Option: C. 60.4%
Option: D. 75.1%

5. What did the MRI reveal about the breakdancer seeking medical attention for a bump on his head?
Option: A. Skull fracture
Option: B. Increased brain size
Option: C. Thickening of skin, tissue, and skull
Option: D. No abnormalities detected

6. Which country was Copenhagen University Hospital located in where the breakdancer underwent surgical intervention?
Option: A. Sweden
Option: B. Norway
Option: C. Denmark



Option: D. Finland

True-False

7. Breakdancing is recognized as an official sport at the Summer Olympics.
8. The 2023 study found no correlation between frequent headspins and hair loss among breakdancers.
9. The male breakdancer seeking medical attention was in his mid-thirties.
10. The scholarly piece mentioned multiple in-depth studies on breakdancing injuries.
11. Scalp overuse injuries from headspins can lead to hair loss among breakdancers.
12. Doctors at Copenhagen University Hospital in Denmark did not conduct an MRI on the breakdancer with a bump on his head.

Gap-Fill

13. The peculiar condition resulting from repeated headspins is known as "headspin _____."
14. In 2009, a study in Germany revealed that 60.4% of breakdancers suffered scalp overuse injuries due to repeated headspins, resulting in hair loss, head bumps, and scalp _____.
15. The male breakdancer who sought medical attention was in his _____.
16. The surgical intervention at Copenhagen University Hospital in Denmark revealed significant thickening of the skin, tissue, and skull as a result of the breakdancer's prolonged headspin practice in the affected _____.
17. In the scholarly piece, it was emphasized that there is a scarcity of research on breakdancing injuries, with only a couple of _____ studies referenced.



18. The recent study in 2023 found a strong correlation between frequent headspins and _____ among breakdancers.

Answer

Multiple Choice: 1. B. Scalp overuse injuries 2. B. British Medical Journal 3. B. Headspin hole 4. C. 60.4%
5. C. Thickening of skin, tissue, and skull 6. C. Denmark

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

Gap-Fill: 13. hole 14. inflammation 15. early thirties 16. area 17. noteworthy 18. hair loss

Vocabulary quizzes

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

1. Who directed the movie "Inception"?

- Option: Christopher Nolan
- Option: Steven Spielberg
- Option: Quentin Tarantino
- Option: Martin Scorsese

2. Which medical condition is characterized by a decline in cognitive abilities?

- Option: Dementia
- Option: Diabetes
- Option: Hypertension
- Option: Arthritis

3. Which molecule is responsible for transferring genetic information from the nucleus to the cytoplasm?

- Option: DNA
- Option: RNA
- Option: Protein
- Option: Carbohydrate

4. What term refers to the enforcement of rules or laws in a system?

- Option: Adaptation
- Option: Regulation
- Option: Innovation
- Option: Delegation



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5. What is the significance of emphasizing the role of education?
- Option: Insignificance
 - Option: Unimportance
 - Option: Importance
 - Option: Irrelevance
6. What is the process of moving people or goods from one place to another called?
- Option: Communication
 - Option: Transportation
 - Option: Acquisition
 - Option: Transfer
7. What term describes a mutual relationship or connection between two or more things?
- Option: Isolation
 - Option: Segregation
 - Option: Correlation
 - Option: Disintegration
8. Which term refers to changes in DNA that can lead to variations in traits?
- Option: Stabilization
 - Option: Mutations
 - Option: Standardization
 - Option: Normalizations
9. Which term is used to measure or quantify a particular attribute or phenomenon?
- Option: Subjective
 - Option: Qualitative
 - Option: Quantitative
 - Option: Metric
10. What process involves conducting trials or tests to explore new ideas or hypotheses?
- Option: Imitating
 - Option: Experimenting
 - Option: Stagnating
 - Option: Conforming

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

11. Individuals with weakened immune systems are more _____ to infections.
12. The new software features _____ security measures to protect user data.



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13. The _____ of the event required meticulous planning and coordination.
14. Antibiotics are commonly used to treat bacterial _____.
15. The engine is a crucial _____ of a car that powers its movement.
16. The company aims to _____ its position in the market through strategic acquisitions.
17. The new design will focus on _____ user feedback to improve functionality.
18. The first phase of the project was successful and the _____ stages will commence next month.
19. Regular exercise is _____ for maintaining a healthy lifestyle.
20. Effective time management involves _____ tasks based on their importance and urgency.

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



21. Emergency services arrived at the scene to provide immediate assistance.
22. The study focused on how memory and perception are related to brain function.
23. The research explored how DNA influences hereditary traits.
24. The report highlighted a sudden increase in reported cases of the disease.
25. The new treatment methods aimed to provide relief and promote healing.
26. Doctors advised taking preventive measures to avoid potential risks.
27. The research team works together to share expertise and achieve common goals.
28. The bulge in the wall indicated a possible structural weakness.
29. The company aims to strengthen its position by integrating resources and strategies.
30. The dance performance required precise coordination of movements and music.

Answer

Multiple Choice: 1. Christopher Nolan 2. Dementia 3. RNA 4. Regulation 5. Importance 6. Transportation 7. Correlation 8. Mutations 9. Metric 10. Experimenting

Gap-Fill: 11. susceptible 12. enhanced 13. orchestration 14. infections 15. component 16. consolidate 17. incorporating 18. subsequent 19. vital 20. prioritizing

Matching sentence: 1. Intervention 2. Cognitive 3. Genetics 4. Incidence 5. Therapeutic 6. Precautions 7. Collaborates 8. Protrusion 9. Consolidate 10. Orchestration

CATEGORY

1. Health - LEVEL4

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Author

aimeeyoung99