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## 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.

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### Vocabulary List:

1. **Inception** /ɪn'seɪp.jən/ (noun): The beginning or start of something.
2. **Susceptible** /sə'seɪp.tə.bəl/ (adjective): Likely to be influenced or harmed by a particular thing.
3. **Intervention** /,ɪn.tə'veɪn.jən/ (noun): The act of coming between so as to prevent or alter a result or course of events.
4. **Correlation** /,kɔ:r.ə'leɪ.jən/ (noun): A mutual relationship or connection between two or more things.
5. **Subsequent** /'sʌb.sɪ.kwənt/ (adjective): Occurring after a particular point in time.
6. **Protrusion** /prə'tru:zən/ (noun): Something that sticks out or extends beyond a surface.

### Comprehension Questions



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## 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



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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.



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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