



Warning: Salon Hair Washes Pose Health Risks, Expert Warns

Description

Visiting the hair salon is commonly viewed as a serene and indulgent experience; however, a rare condition called beauty parlor stroke syndrome (BPSS) can pose a serious health risk for a select few, turning a routine hair wash into a potentially life-threatening situation.

The underlying cause of BPSS, as [research indicates](#), lies in the uncomfortable positioning at the [backwash basins](#) utilized for hair shampooing in many salons, leading to neck pain, injuries, and in extreme cases, strokes.

First identified in 1993 by American Neurologist, Michael Weintraub, BPSS emerged when some patients exhibited stroke-related symptoms post-hair washing sessions at salons.

A [stroke](#) occurs due to a sudden decrease in blood flow to the brain, often caused by a clot or rupture in a cerebral blood vessel, resulting in cellular damage and death.

The awkward posture required during shampooing, as [studies suggest](#), can lead to excessive extension of the head and neck, exerting pressure on vital blood vessels supplying the brain, triggering strokes.

While typically associated with older individuals and those with pre-existing conditions, [strokes can affect the young and healthy](#) as well.

Although BPSS predominantly affects women over 50 with vascular issues and neck arthritis, [it remains a potential risk irrespective of age or medical history](#).

In a [2016 Swiss study](#), only ten cases of BPSS were reported during 2002-2013, underscoring its rarity compared to conventional strokes.

Recognizing the signs of BPSS is vital, with symptoms including headaches, dizziness, vision issues, nausea, neck pain, and limb weakness, necessitating prompt medical attention.

Preventive measures

To mitigate BPSS risks, individuals can request modified washing techniques at salons, avoiding overextension of the neck and ensuring prompt reporting of any discomfort during the process.

While hair washing is generally a safe and enjoyable activity, staying vigilant about potential health risks is essential for a holistic salon experience.

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Vocabulary List:

1. **Syndrome** /'sɪn.drɒm/ (noun): A group of symptoms that collectively indicate or characterize a particular disease or condition.
2. **Vascular** /'væs.kjʊ.lər/ (adjective): Relating to the blood vessels or the circulatory system.
3. **Cerebral** /sə'ri:.brəl/ (adjective): Of or relating to the brain; pertaining to the intellect.
4. **Excessive** /ɪk'sɛs.ɪv/ (adjective): More than is necessary normal or desirable; immoderate.
5. **Mitigate** /'mɪt.i.ɡeɪt/ (verb): To make less severe serious or painful.
6. **Symptoms** /'sɪmptəmz/ (noun): Physical or mental features indicating a condition or disease.

Comprehension Questions

Multiple Choice

1. What is the rare condition that can pose a serious health risk during a hair wash at salons?
Option: A. Beauty salon anxiety syndrome (BSAS)
Option: B. Beauty parlor stroke syndrome (BPSS)
Option: C. Hair treatment hypersensitivity disorder (HTHD)
Option: D. Salon shampoo phobia (SSP)
2. When was BPSS first identified?
Option: A. 2005
Option: B. 1993
Option: C. 2010
Option: D. 1987
3. What can an awkward posture during shampooing lead to, according to studies?
Option: A. Hair loss
Option: B. Excessive sweating
Option: C. Triggering strokes
Option: D. Improved blood circulation
4. In which age group does BPSS predominantly affect individuals?
Option: A. Children under 10
Option: B. Men over 60



- Option: C. Women over 50
Option: D. Young adults in their 20s

5. What are some common symptoms of BPSS?

- Option: A. Chest pain and coughing
Option: B. Fever and chills
Option: C. Headaches and dizziness
Option: D. Back pain and joint stiffness

6. How can individuals mitigate the risks of BPSS during salon visits?

- Option: A. Use stronger shampoos
Option: B. Request modified washing techniques
Option: C. Avoid washing altogether
Option: D. Change salons frequently

True-False

7. Beauty parlor stroke syndrome (BPSS) is a common health issue associated with salon visits.
8. Strokes can only affect older individuals with pre-existing conditions.
9. Staying vigilant about health risks is not essential for a holistic salon experience.
10. BPSS predominantly affects men under 30 years of age.
11. The Swiss study reported a high number of BPSS cases between 2002-2013.
12. Recognizing the signs of BPSS is crucial to prompt medical attention.

Gap-Fill

14. BPSS predominantly affects women over _____ with vascular issues and neck arthritis.
15. The uncomfortable positioning at the backwash basins utilized for hair shampooing can lead to neck pain, injuries, and in extreme cases, _____.
16. Recognition of the signs of BPSS is vital, with symptoms including headaches, dizziness, vision issues,



nausea, neck pain, and _____.

17. BPSS can pose a serious health risk for a select few, turning a routine hair wash into a potentially _____ situation.

18. During shampooing, the awkward posture required can lead to excessive extension of the head and neck, exerting pressure on vital blood vessels supplying the _____, triggering strokes.

Answer

Multiple Choice: 1. B. Beauty parlor stroke syndrome (BPSS) 2. B. 1993 3. C. Triggering strokes 4. C. Women over 50 5. C. Headaches and dizziness 6. B. Request modified washing techniques

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

Gap-Fill: 14. 50 15. strokes 16. limb weakness 17. life-threatening 18. brain

Vocabulary quizzes

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

1. Which term describes the introduction of new ideas methods or technologies?

- Option: Innovative
- Option: Missions
- Option: Significance
- Option: Vascular

2. What word describes the indications or characteristics of a physical or mental condition?

- Option: Embarks
- Option: Mitigate
- Option: Symptoms
- Option: Dynamics

3. Which field encompasses the atmosphere and outer space?

- Option: Compete
- Option: Aerospace
- Option: Establish
- Option: Determined



4. What term describes the ability to recover quickly from difficulties or challenges?

- Option: Pivotal
- Option: Resilience
- Option: Excessive
- Option: Syndrome

5. Which word means important notable or having a major impact?

- Option: Integrate
- Option: Vascular
- Option: Syndrome
- Option: Significant

6. What term describes something that is essential or decisive?

- Option: Mitigate
- Option: Cosmic
- Option: Crucial
- Option: Vascular

7. Which word is related to the universe on a vast scale?

- Option: Dust
- Option: Facilitating
- Option: Astrophysical
- Option: Cosmic

8. What term means to make less severe serious or painful?

- Option: Binaries
- Option: Mitigate
- Option: Excessive
- Option: Dynamics

9. Which term relates to making easier or helping progress?

- Option: Mitigate
- Option: Dynamics
- Option: Facilitating
- Option: Establish

10. What term relates to blood vessels or circulatory system?

- Option: Binaries
- Option: Cerebral
- Option: Vascular
- Option: Dynamic

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

11. The team _____ on a challenging journey to explore new territories.
12. She was _____ to succeed in her project despite the obstacles.
13. It is important to use _____ language in a professional setting.
14. The CEO made a _____ decision that shaped the future of the company.
15. Too much sugar consumption can lead to _____ weight gain.
16. The movie had an _____ plot that kept the audience guessing until the end.
17. The company aims to _____ a strong presence in the global market.
18. Athletes train hard to _____ in international competitions.
19. The Northern Lights are a natural _____ that amazes observers.
20. Space agencies plan _____ to explore distant planets.

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

21. The scientist provided valuable info into the behavior of the newly discovered species.
22. Computer systems operate using a series of zeros and ones known as .
23. The report the key features of the latest software update.
24. Detectives are skilled at solving complex in crime novels.
25. The political of the region have shifted dramatically in recent years.
26. The doctor explained the symptoms of the rare to the patient.
27. Planting trees helps to the effects of climate change.
28. Astrophysicists study the origins of the universe.



29. Scientists the depths of the ocean to discover new species.

30. The findings of the research had a impact on the medical field.

Answer

Multiple Choice: 1. Innovative 2. Symptoms 3. Aerospace 4. Resilience 5. Significant 6. Crucial 7. Cosmic
8. Mitigate 9. Facilitating 10. Vascular

Gap-Fill: 11. embarks 12. determined 13. appropriate 14. pivotal 15. excessive 16. intriguing 17. establish
18. compete 19. phenomenon 20. missions

Matching sentence: 1. insight 2. binaries 3. characterized 4. mysteries 5. dynamics 6. syndrome 7. mitigate
8. cosmic 9. explore 10. significant

CATEGORY

1. Health - LEVEL5

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