



# INDIAN SCHOOL DARSAIT DEPARTMENT OF ENGLISH



Subject : English

Topic :Note-making

Worksheet .No : 3

Date : \_\_\_\_\_

Name of the Student : \_\_\_\_\_

Class & Division : \_\_\_\_\_

Roll Number : \_\_\_\_

**S.No.**

**Marks**

Read the passage carefully and answer the questions given below.

Almost all of us have suffered from a headache at some time or the other. For some a headache is a constant companion and life is a painful hell of wasted time.

The most important step to cope with headaches is to identify the type of headache one is suffering from. In tension headaches (two hand headache), a feeling of a tight band around the head exists along with the pain in the neck and shoulders. It usually follows activities such as long stretches driving, typing or sitting on the desks. They are usually short-lived but can also last for days or weeks.

A headache is usually caused due to the spinal misalignment of the head, due to the posture. Sleeping on the stomach with the head turn to one side and bending over positions for a long time make it worse.

In migraine headaches, the pains usually on one side of the head may be accompanied by nausea, vomiting irritability and bright spots of flashes of light. This headache is meant worse by activities especially bending. The throbbing pain in the head worsens by noise and light. Certain triggers for migraines may be chocolate, caffeine, smoking or MSU in certain food items. The pain may last eight to twenty four hours and there may be a hangover for two or three days. Migraines are often produced by an ‘aura’—changes in sight and sensation. There is usually a family migraine.

In a headache, pain originates from the brain but from the irritated nerves of muscles, blood vessels and bones. These head pain signals to the brain which judges the degree of distress and relays it at appropriate sites. The pain sometimes may be referred to sights other than the problem areas.. This is known as referred by pain and occurs due to sensation overload. Thus, though, most headache states at the base of the skull referred pain as felt typically behind the eyes.

Factors causing headache are understood but it is known that a shift in the level of body hormones chemicals, certain foods and drinks and environmental stress can trigger them.

If the headache troubles you often, visit the doctor, who will take a full health history relating to diet, life stresses, the type of head ache, triggering factors and relief measures. You may be asked to keep a ‘headache diary’ which tells you to list—the time headache started and when it ended., emotional, environmental and food and drinking factors which may contribute to it. The type and severity of pain and the medications used which provide much relief are also to be listed. This helps the doctor in determining the exact cause and type of headache and the remedy thereof.

- (a) On the basis of your reading the passage make notes on it using recognizable abbreviations wherever necessary. Use a format you consider suitable. Also supply a suitable title to it. **5**

Headache and its treatment

1. Identification

- 1.1.tension headache
- 1.2.migraine headache
- 2. Symptoms
  - 2.1.tension headache
    - 2.1.1.feeling tight band around head
    - 2.1.2.pain in & shoulders
  - 2.2.migraine headache
    - 2.2.1.pain on one side of the head
    - 2.2.2.vomng & irritability
    - 2.2.3.bright spot of flashes of light
- 3. Causes
  - 3.1.tension headache
    - 3.1.1.long stretches of drvng
    - 3.1.2.long typing or sitting
  - 3.2.migraine headache
    - 3.2.1.chocolate,coffee,smoking
    - 3.2.2.MSU in certain food items
- 4. Treatment
  - 4.1.self-care tech. for shorter period
  - 4.2.doctor’s advice for perm. treat.

Key to abbreviations used.

& --- and  
 drvng. --- driving  
 perm. ---- permanent  
 treat. ----- treatment  
 tech. ----- technique

(b) Write a summary in about 80 words.

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Headache and its treatment

Life becomes a painful hell if headache becomes one’s constant companion. In order to find an effective cure for it, it is very important to identify the type of headache one suffering from. It can be tension headache or a migraine, and the treatment as to be found as accordingly. Complete ‘headache diary’ if maintained may help the doctor find the perfect remedy to triggering factors responsible for it. Self-medication should be done for only a short term relief and with the greatest caution.. Doctor’s advice is a must if it persists for a longer time.