

## Heavy metal headbanging can damage brain

8<sup>th</sup> July, 2014



Doctors in Germany have warned people that headbanging could be bad for your health. Headbanging is a dance done by fans of heavy metal music.

Dancers shake their heads backwards and forwards, and from side to side, very quickly. Doctors say that it is possible the dance can lead to brain injury. German doctors recently treated a 50-year-old fan of the heavy metal band Motorhead. His headbanging led to brain damage. Doctors said the man had no previous history of head injuries but had been headbanging regularly for many years. The doctors said the risk of damage to the brain from headbanging was still low and said heavy metal fans do not need to stop doing the dance.

The man complained of bad headaches after going to a Motorhead concert. He went to hospital for a brain scan. Doctors found he had bleeding inside his brain. He needed an operation to repair the damage from the headbanging. Doctors drilled a hole in his brain to release some blood. Two months after the operation his headaches disappeared. The head doctor Ariyan Pirayesh said: "We are not against headbanging. The risk of injury is very, very low. I think if our patient had gone to a classical concert, this would not have happened." He had good news for heavy metal fans and said they should carry on enjoying dancing, saying: "Rock 'n' roll will never die. Heavy metal fans should rock on."

Sources: *Gulf News / NHS.uk / MedicalNewsToday.com*

## Writing

Dancing is better exercise than running and swimming. Discuss.

## Chat

Talk about these words from the article.

*doctors / bad for health / heavy metal / brain damage / risk / head injuries / dance / complained / headaches / bleeding / operation / headaches / classical concert / rock*

## True / False

- German doctors warned people not to dance to heavy metal music. T / F
- A 50-year-old heavy metal fan had brain damage after headbanging. T / F
- The man had a long history of head injuries. T / F
- Doctors said there was a low risk of brain damage from headbanging. T / F
- The man complained of headaches before going to a concert. T / F
- Doctors drilled a hole in the man's brain. T / F
- Doctors said heavy metal fans should switch to classical music. T / F
- A doctor said rock 'n' roll would never die and fans should "rock on". T / F

## Synonym Match

- |                           |                |
|---------------------------|----------------|
| 1. bad                    | a. discovered  |
| 2. backwards and forwards | b. past        |
| 3. lead to                | c. welcome     |
| 4. previous               | d. to and fro  |
| 5. risk                   | e. surgery     |
| 6. found                  | f. harmful     |
| 7. repair                 | g. continue    |
| 8. operation              | h. possibility |
| 9. good                   | i. result in   |
| 10. carry on              | j. fix         |

## Discussion – Student A

- What kind of music do you like dancing to?
- Why do people like dancing?
- Is it better to dance to live bands or recorded music?
- Can you think of reasons why dancing might be bad for you?
- What do you think of headbanging?
- Is it OK to dance on your own in your room?
- Are you a good dancer? Why do you think so?
- Do you think dancing can damage your brain?

## Phrase Match

- |                             |                             |
|-----------------------------|-----------------------------|
| 1. headbanging could be     | a. history of head injuries |
| 2. backwards and forwards,  | b. a 50-year-old fan        |
| 3. doctors recently treated | c. is very, very low        |
| 4. the man had no previous  | d. to the brain             |
| 5. the risk of damage       | e. scan                     |
| 6. The man complained       | f. bad for your health      |
| 7. brain                    | g. to repair the damage     |
| 8. an operation             | h. should rock on           |
| 9. The risk of injury       | i. and from side to side    |
| 10. Heavy metal fans        | j. of bad headaches         |

## Discussion – Student B

- Have you ever hurt yourself dancing?
- Do you think the man should carry on headbanging?
- Should the man now go to classical concerts?
- What do you think of the doctor's advice?
- Would you stop dancing if doctors said it was bad for you?
- What new dance would you like to learn?
- Will rock 'n' roll ever die?
- What questions would you like to ask the heavy metal fan?

## Spelling

- Doctors in Germany have redanw people
- headbanging could be bad for your lhtahe
- Dancers eahsk their heads
- the dance can lead to brain irnyju
- the man had no uiosvepr history
- headbanging yrlturaeg for many years
- The man complained of bad esaahchcd
- Doctors found he had gdeienlb inside his brain
- erapir the damage
- Two months after the aoorpetin
- a iascsalcl concert
- this would not have ahdneapp

### Answers – Synonym Match

1. f	2. d	3. i	4. b	5. h
6. a	7. j	8. e	9. c	10. g

## Role Play

### Role A – Headbanging

You think headbanging is the best dance. Tell the others three reasons why. Tell them things that aren't so good about their dance style. Also, tell the others which is the worst of these (and why): hip-hop, ballet or salsa.

### Role B – Hip-hop

You think hip-hop is the best dance. Tell the others three reasons why. Tell them things that aren't so good about their dance style. Also, tell the others which is the worst of these (and why): headbanging, ballet or salsa.

### Role C – Ballet

You think ballet is the best dance. Tell the others three reasons why. Tell them things that aren't so good about their dance style. Also, tell the others which is the worst of these (and why): hip-hop, headbanging or salsa.

### Role D – Salsa

You think salsa is the best dance. Tell the others three reasons why. Tell them things that aren't so good about their dance style. Also, tell the others which is the worst of these (and why): hip-hop, ballet or headbanging.

## Speaking – Dances

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- |               |          |
|---------------|----------|
| • headbanging | • salsa  |
| • jazz        | • tap    |
| • hip-hop     | • ballet |
| • waltz       | • disco  |

### Answers – True False

a	F	b	T	c	F	d	T	e	F	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.