

Half the world's population get headaches

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If you get regular headaches, you are not alone. A new report says half of us suffer from them. Researchers from the Norwegian University of Science and Technology looked at 357 different studies on headaches from 1961 to 2020. The report was

published in "The Journal of Headache and Pain". The studies were mainly from rich countries. They included information on general headaches, migraines, and headaches from tension. The researchers said that 52 per cent of people in the study suffered from some form of headache every year. The lead researcher, Lars Jacob Stovner, was surprised that the numbers were so big and that so many people got headaches.

The researchers found that women are more likely to get headaches than men. They said 17 per cent of women get migraines, compared to 9 per cent of men. Six per cent of women get headaches on 15 or more days a month, while the number is three per cent for men. Mr Stovner said: "What is clear is that overall, headache disorders are highly prevalent worldwide and can be a [great pain]." He said more people are getting headaches, saying: "The data does suggest that headaches and migraine rates may be increasing." Stovner added that more research was needed. He said it was important, "to analyze the different causes of headaches...to target prevention and treatment more effectively".

Sources: [sciencealert.com](https://www.sciencealert.com) / [upi.com](https://www.upi.com) / [washingtonpost.com](https://www.washingtonpost.com)

Writing

More money should be spent on headache research. Discuss.

Chat

Talk about these words from the article.

headaches / alone / suffer / science / technology / information / tension / numbers / researchers / clear / worldwide / pain / data / prevention / treatment / effectively

True / False

- 1) The article says people who are alone get headaches. T / F
- 2) Researchers looked at 357 studies that gave them headaches. T / F
- 3) Researchers found that 52% of the study participants got headaches every year. T / F
- 4) A researcher was surprised that so many people got headaches. T / F
- 5) Women get more headaches than men. T / F
- 6) Men get more migraines than women. T / F
- 7) The number of people who get headaches is going down. T / F
- 8) A researcher wants to find ways to stop people from getting headaches. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. regular | a. easy to see |
| 2. published | b. shocked |
| 3. mainly | c. probable |
| 4. tension | d. widespread |
| 5. surprised | e. primarily |
| 6. likely | f. therapy |
| 7. clear | g. frequent |
| 8. prevalent | h. reasons |
| 9. causes | i. issued |
| 10. treatment | j. stress |

Discussion – Student A

- a) What do you think about what you read?
- b) Why do women get more headaches than men?
- c) How do headaches affect people's lives?
- d) What medicine is good for headaches?
- e) Can lifestyle changes stop headaches?
- f) Can nature affect headaches?
- g) How does the Internet affect people's headaches?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|---------------------------------------|------------------------|
| 1. If you get regular headaches, | a. to get headaches |
| 2. A new report says half of us | b. so big |
| 3. The studies were mainly from | c. causes of headaches |
| 4. suffered from some form | d. rich countries |
| 5. surprised that the numbers were | e. be increasing |
| 6. women are more likely | f. suffer from them |
| 7. They said 17 per cent of women get | g. you are not alone |
| 8. headaches and migraine rates may | h. more effectively |
| 9. analyze the different | i. of headache |
| 10. target prevention and treatment | j. migraines |

Discussion – Student B

- Do you ever get headaches?
- What's the best thing to do for a headache?
- How do headaches affect people?
- What do you think of half of people getting headaches?
- What's the difference between a headache and a migraine?
- Why do people in rich countries get so many headaches?
- What is the biggest headache in your life?
- What parts of your lifestyle could give you a headache?

Spelling

- If you get laeuqrr headaches
- half of us erffus from them
- The report was published in the oalurnj
- general headaches, seinmgjar ...
- headaches from tnsoein
- The lead ecerharsr
- more kliely to get headaches than men
- armdocep to 9 per cent of men
- disorders are highly rvnteeapl worldwide
- The data does tugesgs that
- anzelya the different causes of headaches
- target evpnenitro and treatment

Answers – Synonym Match

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

Role Play

Role A – Sleep

You think sleeping is the best thing to make a headache go away. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): medicine, a walk or meditation.

Role B – Medicine

You think medicine is the best thing to make a headache go away. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): sleeping, a walk or meditation.

Role C – A Walk

You think a walk is the best thing to make a headache go away. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): medicine, sleeping or meditation.

Role D – Meditation

You think meditation is the best thing to make a headache go away. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): medicine, a walk or sleeping.

Speaking – No Headache

Rank these with your partner. Put the best things to make a headache go away at the top. Change partners often and share your rankings.

- | | |
|-------------|--------------|
| • A walk | • Sleep |
| • Exercise | • Water |
| • Chocolate | • Medicine |
| • Relax | • Meditation |

Answers – True False

1	F	2	F	3	T	4	T	5	T	6	F	7	F	8	T
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Answers to Phrase Match and Spelling are in the text.