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Dan Kwartler: What causes headaches? | TED Talk
https://www.ted.com/talks/dan_kwartler_what_causes_headaches

Advanced Words Only

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Session 1: Word List

affliction

n. a condition of physical or mental suffering or distress, often caused by illness, injury, or other adversity; a burden or trouble that causes hardship or grief

synonym: anguish, distress, suffering

(1) mental **affliction**, (2) autoimmune **affliction**

Chronic pain can be a debilitating **affliction** that affects every aspect of one's life.

medicinal

adj. of or relating to the treatment or cure of disease

synonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

infect

v. to affect a person, an animal, or a plant with a disease-causing organism

synonym: pollute, contaminate, affect

(1) **infect** other animal species, (2) **infect** a computer with a virus

Children often **infect** parents with this head cold.

trepanation

n. a surgical procedure involving drilling or cutting a hole into the skull to expose the brain, typically to relieve intracranial pressure or for ritual purposes in ancient

cultures

synonym : cranial perforation, borehole operation

(1) **trepanation** surgery, (2) **trepanation** hole

The ancient practice of **trepanation** involved drilling a hole in the skull to treat various medical conditions.

ailment

n. a slight but often persistent illness

synonym : illness, disorder, infection

(1) heart **ailment**, (2) age-related **ailment**

He got timely treatment for his physical **ailment** of severe back pain.

dehydration

n. a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms

synonym : drying out, desiccation, moisture loss

(1) sign of **dehydration**, (2) **dehydration** as a result of diarrhea

He suffered from **dehydration** after spending the day in the hot sun.

sinus

n. a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal

synonym : cavity, pocket, air space

(1) chronic **sinus** infections, (2) paranasal **sinus**

The **sinus** pressure was causing me a lot of pain.

roast

v. to cook food by surrounding it with hot, dry air, especially in an oven

synonym : bake, broil, grill

(1) **roast** coffee beans, (2) **roast** beef

The chef **roasted** the chicken to perfection in the oven.

inflame

v. to cause very strong feelings such as anger or excitement in a person or a group of people

synonym : agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** his passion

Her eyes **inflamed** with crying.

engorge

v. to fill up or become swollen with blood or another bodily fluid; to eat or drink excessively to the point of becoming overfull or uncomfortable

synonym : swell, fill, gorge

(1) **engorge** with water during rainy periods, (2) **engorge** with food

The mosquito's abdomen began to **engorge** with blood after it pierced the skin.

nociceptor

n. a sensory nerve ending that is capable of detecting harmful stimuli, such as heat, cold, pressure, or tissue damage, and transmitting this information to the brain

(1) thermal **nociceptor**, (2) **nociceptor** fiber

The **nociceptors** in the skin are activated by heat, cold, and pressure.

neuropeptide

n. a type of molecule that is made up of chains of amino acids and is involved in transmitting messages between neurons in the brain and nervous system

(1) **neuropeptide** receptor, (2) **neuropeptide** release

Experiments with **neuropeptide** inhibitors have shown promising results in alleviating chronic pain.

swelling

n. an abnormal local enlargement of a part of your body, mainly because of illness or injury

synonym : bulge, bump, inflammation

(1) **swelling** of the ankle, (2) hard **swelling** on the body

After intensive icing by the trainer, the **swelling** went down.

hypersensitive

adj. easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally considered stressful or upsetting

synonym : over-sensitive, touchy, fragile

(1) **hypersensitive** reaction, (2) **hypersensitive** nerve endings

She became **hypersensitive** to criticism after being bullied in school.

throb

v. to beat with a strong, regular rhythm, as a pulse or a heart

synonym : pulse, beat, pound

(1) **throb** at the thought of the accident, (2) **throb** with excitement

The wound continued to **throb** with pain, despite the medication.

irritant

n. a substance or factor that causes physical or emotional irritation or discomfort; something or someone that annoys or frustrates

synonym : annoyance, inconvenience, bother

(1) **irritant** chemical, (2) skin **irritant**

The pollen in the air was a major **irritant** for my allergies.

long-lasting

adj. existing or continuing for a long time

synonym : enduring, abiding, durable

(1) **long-lasting** battery, (2) a **long-lasting** friendship

They finally decided to solve the **long-lasting** problem.

migraine

n. a severe headache typically felt as a throbbing pain on one side of the head

synonym : headache, cephalalgia, hemicrania

(1) suffer from **migraine**, (2) **migraine** attack

She gets **migraines** whenever she's under a lot of stress.

cranium

n. the skull of a human or animal, which encloses and protects the brain

synonym : skull, head, braincase

(1) human **cranium**, (2) fractured **cranium**

The scientist studied the dinosaur's **cranium** to learn more about its brain.

lobe

n. a rounded projection or division, especially of the brain, lung, or liver

synonym: part, section, division

(1) **lobe** of the liver, (2) frontal **lobe**

The lungs are divided into five **lobes**.

spasm

n. a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity

synonym: convulsion, cramp, twitch

(1) gastric **spasm**, (2) **spasm** of laughter

The patient's face twitched in **spasms** as the dentist started drilling her tooth.

vise

n. a clamping device used to hold an object firmly in place, typically consisting of two flat metal plates that can be tightened together by a screw or lever

synonym: clamp, grip, press

(1) **vise** grip, (2) **vise** jaws

I need to secure the material with a mechanical **vise** to prevent it from moving.

hallucinate

v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

(1) start to **hallucinate**, (2) **hallucinate** with drug

Sleep-deprived people gradually lose their concentration and may **hallucinate**.

aura

n. a distinctive feeling or quality that seems to surround a person or place; a low-level electromagnetic field surrounding a living organism or object

synonym: ambience, atmosphere, vibe

(1) positive **aura**, (2) **aura** of divinity

He had a mysterious **aura** that made people curious and intimidated.

tingle

v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

synonym : feel tickled, itch, prickle

(1) **tingle** up my spine, (2) **tingle** with anticipation

My nerves began to **tingle** before the show started.

stab

v. to cause harm with a sharp, pointed object, such as a knife

synonym : poke, thrust, jab

(1) **stab** at the enemy with a knife, (2) **stab** in the chest

He was **stabbed** many times with scissors.

constrict

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

synonym : squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom

The snake's muscles began to **constrict** around its prey.

droop

v. to sink, sag, or hang downward due to weight, exhaustion, or lack of support or vitality

synonym : sag, slump, wilt

(1) **droop** with disappointment, (2) **droop** under their own weight

The flowers began to **droop** in the scorching heat.

eyelid

n. a thin fold of skin that covers and protects the human eye, which helps to keep the eye moist by spreading tears over the surface and prevents foreign objects from entering the eye

synonym : lid, palpebra, shield

(1) **eyelid** twitch, (2) drooping **eyelid**

Bright light can cause me to squint and strain my eyes, resulting in twitchy **eyelids**.

neurology

n. the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system

synonym : brain science, nervous system, neuropathology

(1) cognitive **neurology**, (2) **neurology** department

She is studying clinical **neurology** to become a brain surgeon.

Session 2: Spelling

1. thermal noc_____or *n.* a sensory nerve ending that is capable of detecting harmful stimuli, such as heat, cold, pressure, or tissue damage, and transmitting this information to the brain
2. l__e of the liver *n.* a rounded projection or division, especially of the brain, lung, or liver
3. neu_____ide release *n.* a type of molecule that is made up of chains of amino acids and is involved in transmitting messages between neurons in the brain and nervous system
4. neu_____ide receptor *n.* a type of molecule that is made up of chains of amino acids and is involved in transmitting messages between neurons in the brain and nervous system
5. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
6. in___t a computer with a virus *v.* to affect a person, an animal, or a plant with a disease-causing organism
7. ti___e up my spine *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

ANSWERS: 1. nociceptor, 2. lobe, 3. neuropeptide, 4. neuropeptide, 5. constrict, 6. infect, 7. tingle

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|------------------------------|---|
| 8. tre_____on hole | <i>n.</i> a surgical procedure involving drilling or cutting a hole into the skull to expose the brain, typically to relieve intracranial pressure or for ritual purposes in ancient cultures |
| 9. ne_____gy department | <i>n.</i> the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system |
| 10. ir_____nt chemical | <i>n.</i> a substance or factor that causes physical or emotional irritation or discomfort; something or someone that annoys or frustrates |
| 11. chronic si__s infections | <i>n.</i> a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal |
| 12. skin ir_____nt | <i>n.</i> a substance or factor that causes physical or emotional irritation or discomfort; something or someone that annoys or frustrates |
| 13. s__b in the chest | <i>v.</i> to cause harm with a sharp, pointed object, such as a knife |
| 14. in_____e his passion | <i>v.</i> to cause very strong feelings such as anger or excitement in a person or a group of people |
| 15. cognitive ne_____gy | <i>n.</i> the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system |
| 16. tre_____on surgery | <i>n.</i> a surgical procedure involving drilling or cutting a hole into the skull to expose the brain, typically to relieve intracranial pressure or for ritual purposes in ancient cultures |

ANSWERS: 8. trepanation, 9. neurology, 10. irritant, 11. sinus, 12. irritant, 13. stab, 14. inflame, 15. neurology, 16. trepanation

17. a lon_____ing friendship *adj.* existing or continuing for a long time
18. autoimmune aff_____on *n.* a condition of physical or mental suffering or distress, often caused by illness, injury, or other adversity; a burden or trouble that causes hardship or grief
19. mental aff_____on *n.* a condition of physical or mental suffering or distress, often caused by illness, injury, or other adversity; a burden or trouble that causes hardship or grief
20. hard sw_____ng on the body *n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
21. mi_____ne attack *n.* a severe headache typically felt as a throbbing pain on one side of the head
22. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
23. hal_____te with drug *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
24. en_____e with food *v.* to fill up or become swollen with blood or another bodily fluid; to eat or drink excessively to the point of becoming overfull or uncomfortable
25. ey____d twitch *n.* a thin fold of skin that covers and protects the human eye, which helps to keep the eye moist by spreading tears over the surface and prevents foreign objects from entering the eye

ANSWERS: 17. long-lasting, 18. affliction, 19. affliction, 20. swelling, 21. migraine, 22. medicinal, 23. hallucinate, 24. engorge, 25. eyelid

26. co_____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
27. ti___e with anticipation *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
28. drooping ey___d *n.* a thin fold of skin that covers and protects the human eye, which helps to keep the eye moist by spreading tears over the surface and prevents foreign objects from entering the eye
29. in_____e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
30. fractured cr_____m *n.* the skull of a human or animal, which encloses and protects the brain
31. start to hal_____te *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
32. in___t other animal species *v.* to affect a person, an animal, or a plant with a disease-causing organism
33. human cr_____m *n.* the skull of a human or animal, which encloses and protects the brain
34. hyp_____ive reaction *adj.* easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally considered stressful or upsetting

ANSWERS: 26. constrict, 27. tingle, 28. eyelid, 29. inflame, 30. cranium, 31. hallucinate, 32. infect, 33. cranium, 34. hypersensitive

35. v__e jaws *n.* a clamping device used to hold an object firmly in place, typically consisting of two flat metal plates that can be tightened together by a screw or lever
36. frontal l__e *n.* a rounded projection or division, especially of the brain, lung, or liver
37. noc_____or fiber *n.* a sensory nerve ending that is capable of detecting harmful stimuli, such as heat, cold, pressure, or tissue damage, and transmitting this information to the brain
38. suffer from mi_____ne *n.* a severe headache typically felt as a throbbing pain on one side of the head
39. sign of deh_____on *n.* a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms
40. gastric sp__m *n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
41. heart ai_____t *n.* a slight but often persistent illness
42. sp__m of laughter *n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
43. en_____e with water during rainy periods *v.* to fill up or become swollen with blood or another bodily fluid; to eat or drink excessively to the point of becoming overfull or uncomfortable

ANSWERS: 35. vise, 36. lobe, 37. nociceptor, 38. migraine, 39. dehydration, 40. spasm, 41. ailment, 42. spasm, 43. engorge

44. v__e grip *n.* a clamping device used to hold an object firmly in place, typically consisting of two flat metal plates that can be tightened together by a screw or lever
45. deh_____on as a result of diarrhea *n.* a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms
46. positive a__a *n.* a distinctive feeling or quality that seems to surround a person or place; a low-level electromagnetic field surrounding a living organism or object
47. ro__t coffee beans *v.* to cook food by surrounding it with hot, dry air, especially in an oven
48. lon_____ing battery *adj.* existing or continuing for a long time
49. dr__p with disappointment *v.* to sink, sag, or hang downward due to weight, exhaustion, or lack of support or vitality
50. paranasal si__s *n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal
51. dr__p under their own weight *v.* to sink, sag, or hang downward due to weight, exhaustion, or lack of support or vitality
52. hyp_____ive nerve endings *adj.* easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally considered stressful or upsetting
53. th__b at the thought of the accident *v.* to beat with a strong, regular rhythm, as a pulse or a heart

ANSWERS: 44. vise, 45. dehydration, 46. aura, 47. roast, 48. long-lasting, 49. droop, 50. sinus, 51. droop, 52. hypersensitive, 53. throb

54. age-related ai____t *n.* a slight but often persistent illness
55. ro__t beef *v.* to cook food by surrounding it with hot, dry air, especially in an oven
56. a__a of divinity *n.* a distinctive feeling or quality that seems to surround a person or place; a low-level electromagnetic field surrounding a living organism or object
57. s__b at the enemy with a knife *v.* to cause harm with a sharp, pointed object, such as a knife
58. traditional me_____al *adj.* of or relating to the treatment or cure of disease
59. th__b with excitement *v.* to beat with a strong, regular rhythm, as a pulse or a heart
60. sw_____ng of the ankle *n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury

ANSWERS: 54. ailment, 55. roast, 56. aura, 57. stab, 58. medicinal, 59. throb, 60. swelling

Session 3: Fill in the Blanks

1. He had a mysterious _____ that made people curious and intimidated.
n. a distinctive feeling or quality that seems to surround a person or place; a low-level electromagnetic field surrounding a living organism or object
2. The snake's muscles began to _____ around its prey.
v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
3. They finally decided to solve the _____ problem.
adj. existing or continuing for a long time
4. The flowers began to _____ in the scorching heat.
v. to sink, sag, or hang downward due to weight, exhaustion, or lack of support or vitality
5. She became _____ to criticism after being bullied in school.
adj. easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally considered stressful or upsetting
6. The chef _____ the chicken to perfection in the oven.
v. to cook food by surrounding it with hot, dry air, especially in an oven
7. The wound continued to _____ with pain, despite the medication.
v. to beat with a strong, regular rhythm, as a pulse or a heart
8. The mosquito's abdomen began to _____ with blood after it pierced the skin.
v. to fill up or become swollen with blood or another bodily fluid; to eat or drink excessively to the point of becoming overfull or uncomfortable

ANSWERS: 1. aura, 2. constrict, 3. long-lasting, 4. droop, 5. hypersensitive, 6. roasted, 7. throb, 8. engorge

9. The _____ pressure was causing me a lot of pain.
- n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal
10. He got timely treatment for his physical _____ of severe back pain.
- n.* a slight but often persistent illness
11. The patient's face twitched in _____ as the dentist started drilling her tooth.
- n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
12. Her eyes _____ with crying.
- v.* to cause very strong feelings such as anger or excitement in a person or a group of people
13. Bright light can cause me to squint and strain my eyes, resulting in twitchy _____.
- n.* a thin fold of skin that covers and protects the human eye, which helps to keep the eye moist by spreading tears over the surface and prevents foreign objects from entering the eye
14. She gets _____ whenever she's under a lot of stress.
- n.* a severe headache typically felt as a throbbing pain on one side of the head
15. My nerves began to _____ before the show started.
- v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

ANSWERS: 9. sinus, 10. ailment, 11. spasms, 12. inflamed, 13. eyelids, 14. migraines, 15. tingle

16. Experiments with _____ inhibitors have shown promising results in alleviating chronic pain.
- n.* a type of molecule that is made up of chains of amino acids and is involved in transmitting messages between neurons in the brain and nervous system
17. Chronic pain can be a debilitating _____ that affects every aspect of one's life.
- n.* a condition of physical or mental suffering or distress, often caused by illness, injury, or other adversity; a burden or trouble that causes hardship or grief
18. He suffered from _____ after spending the day in the hot sun.
- n.* a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms
19. He was _____ many times with scissors.
- v.* to cause harm with a sharp, pointed object, such as a knife
20. The scientist studied the dinosaur's _____ to learn more about its brain.
- n.* the skull of a human or animal, which encloses and protects the brain
21. After intensive icing by the trainer, the _____ went down.
- n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
22. The _____ in the skin are activated by heat, cold, and pressure.
- n.* a sensory nerve ending that is capable of detecting harmful stimuli, such as heat, cold, pressure, or tissue damage, and transmitting this information to the brain
23. I need to secure the material with a mechanical _____ to prevent it from moving.
- n.* a clamping device used to hold an object firmly in place, typically consisting of two flat metal plates that can be tightened together by a screw or lever

ANSWERS: 16. neuropeptide, 17. affliction, 18. dehydration, 19. stabbed, 20. cranium, 21. swelling, 22. nociceptors, 23. vise

24. Children often _____ parents with this head cold.

v. to affect a person, an animal, or a plant with a disease-causing organism

25. The _____ properties of this herb have been known to help with various ailments.

adj. of or relating to the treatment or cure of disease

26. The ancient practice of _____ involved drilling a hole in the skull to treat various medical conditions.

n. a surgical procedure involving drilling or cutting a hole into the skull to expose the brain, typically to relieve intracranial pressure or for ritual purposes in ancient cultures

27. She is studying clinical _____ to become a brain surgeon.

n. the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system

28. The pollen in the air was a major _____ for my allergies.

n. a substance or factor that causes physical or emotional irritation or discomfort; something or someone that annoys or frustrates

29. The lungs are divided into five _____.

n. a rounded projection or division, especially of the brain, lung, or liver

30. Sleep-deprived people gradually lose their concentration and may _____.

v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

ANSWERS: 24. infect, 25. medicinal, 26. trepanation, 27. neurology, 28. irritant, 29. lobes, 30. hallucinate