

EXERCISE 5

Text 1

Read the text below to answer question 1-3

The living brain is constantly producing regular rhythmic patterns of activity, which can be compared to musical notes. Scientists at the University of Birmingham in the UK, and the University of Maryland School of Dentistry in the US, have successfully demonstrated that one particularly prevalent pattern of brain activity, called alpha waves, strongly relates to the body's susceptibility or resilience to pain.

Alpha waves oscillate between 8-14 Hz, with the peak frequency varying across individuals. The researchers demonstrated how a measurement of an individual's alpha wave frequency can be used as a reliable pain indicator.

The study, led by graduate student Andrew Furman and published in the journal *Cerebral Cortex*, suggests that these alpha waves could be used to help clinicians understand how susceptible a patient to experience severe pain post-surgery.

Dr David Seminowicz of the University of Maryland School of Dentistry is co-author of the study. He explains: "Understanding a patient's pain sensitivity could be really important in, for example, deciding whether an elective procedure is the best option or planning post-surgery rehabilitation. Pain management drugs or techniques such as mindfulness meditation can also be used before surgery to help minimize pain."

Dr Ali Mazaheri, from the University of Birmingham's School of Psychology and Centre for Human Brain Health and also co-author of the study, adds: "Severe pain following surgery is often also a good indicator of whether or not a patient is likely to go on to develop chronic pain. Understanding whether or not a person is at high risk of developing these symptoms will help patients and clinicians make better informed choices about the best course of treatment."

1. How can brain detect the body's susceptibility?
 - A. Through the constant of brain living
 - B. Through the constant of human being's activities
 - C. Through the influence of music in life
 - D. Through the alpha waves in music
 - E. Through the brain activity in parallelly
2. How can the alpha frequency indicate the pain?
 - A. It has different peak frequency
 - B. It is caused from a brain activity
 - C. It has 8-14 Hz
 - D. It is softer and more sensitive to touch
 - E. It can be demonstrated by the researchers
3. This is a fact about Dr David Seminowicz ...
 - A. He is the co-writer in one of science-journal publishers
 - B. He schools in University of Maryland School of Dentistry
 - C. He understand a lot about the brain waves articles

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Munish Sethi



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