

What causes headaches?

today's issue: How do you deal with your headaches?

->Just go sleeping until it gets better.

1. Condition 狀況；狀態；條件

a. condition [kən`dɪʃən] (n.) 狀況；狀態；條件

-My mom still has our old bikes. They are very old, but they're in perfect condition.

b. **circumstance** [ˈsəkəmʃtəns] (n.) 情況；環境

-I think she was clam and **coped** very well under the **circumstances**.

c. situation [sɪtʃʊ`eɪʃən] (n.) 處境；情況

-He is still positive while in a difficult situation.

2. **over-the-counter** 非處方的

a. **over-the-counter** [ov.və.ðə'kaʊn.tə] 非處方的

*over-the-counter medicine 成藥

-There are many options for over-the-counter painkiller in the pharmacy.

b. prescription [prɪ`skrɪpʃən] 處方箋

-These drugs are only available through prescription. You can't buy them over-the-counter.

3. **anti-inflammatory** 抗炎的；消炎的

a. **anti-inflammatory** [ˈænti-ɪn'flæmə.tɔri] (adj.) 抗炎的；消炎的

-**Aspirin** is an anti-inflammatory drug.

b. painkiller [ˈpeɪnkɪlə] (n.) 止痛藥

-I need some painkiller for my headache.

c. pill [pɪl] (n.) 藥丸 (泛指所有的藥)

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d. **tablet** [ˈtæblɪt] (n.) 藥片

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e. **capsule** [ˈkæpsl] (n.) 膠囊

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4. **swelling** 腫的地方；腫脹處

a. **swelling** [ˈswelɪŋ] (n.) 腫的地方；腫脹處

-Put your hands into cold water to help swelling go down.

b. **swell** [swel] (v.) 腫脹；腫起

-His **ankles** began swell after he **sprained it** (扭到腳踝).

What can be done about these conditions, which dramatically affect many people's quality of life? **Tension** headaches and most **secondary** cases can be treated with over-the-counter pain **medications**, such as anti-**inflammatory** drugs that reduce **cranial** swelling.

碰到這些嚴重影響許多人生活品質的狀況能做些什麼？緊縮型頭痛與其他大多數次發性頭痛案例，可以吃頭痛成藥治療，像是消炎藥可以減少頭部腫脹。

