

THINK act be healthy



Headache At A Glance

The head is one of the most common sites of pain in the body. Headaches can be classified as:

- 1) **Primary**
- 2) **Secondary**
- 3) **Cranial Neuralgias, Facial Pain, and Other Headaches**

The most common types of **Primary** headaches are:

- 1) Tension
- 2) Migraine
- 3) Cluster

Once sensitization occurs, avoidance of allergens is the best way to prevent symptoms.

Tension headaches are the most common type of primary headache and usually are treated with over-the-counter medications for pain such as acetaminophen, ibuprofen or ASA.

Secondary headaches are a symptom of an injury or an underlying illness. Patients should seek medical care for new onset headaches, fever, stiff neck, change in behavior, vomiting, weakness or change in sensation.

Your PROfile Pharmacist will be happy to answer any questions you have about headache management.

www.medicinenet.com/headache/page8.htm



Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Migraine Triggers

A number of dietary components have been reported to be migraine triggers. The most frequently reported triggers include:

- Alcohol (especially red wine, beer, sherry)
- Cheese (especially aged or fermented cheeses)
- Citrus
- Chocolate
- Monosodium glutamate (MSG)
- Processed meats with nitrates/nitrites
- Aspartame
- Sucralose
- Fatty Foods
- Fasting or missing meals
- Dehydration

Avoiding the potential triggers should generally be harmless as long as no major food groups are completely excluded from the diet. Consultation with a registered dietitian can help ensure that nutrient needs continue to be met.

www.pennutrition.com/index.aspx



Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Body & Mind

It is OK to Ask for Help.
Trying to take care of everything all alone can make anyone feel anxious, not to mention exhausted. Seek out that soft shoulder to lean on and give yourself a rest.

<http://healing.about.com/od/stress/tp/waystocalm.htm>

Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca