



Paris
Community
Hospital
Family
Medical
Center

June 2016

Headaches not created equal

staying
healthy

Treatment may vary depending on type

A headache is a headache, right? Not exactly.

There are different types of headaches, and the methods for treating them can differ as well. The treatment often depends on an individual's symptoms and diagnosis.

The first step to treating a headache is to determine what type of headache it is. Sometimes headaches can be a symptom of another disease or condition. At other times, the cause is unknown.

According to the National Headache Foundation, headaches are divided into two categories: Primary/Benign (these include tension-type, migraine, and cluster headaches); and Secondary or Organic (caused by an underlying disease or condition).

Tension-type headaches

According to the Mayo Clinic, tension-type headaches are the most common type of headaches. They are described as the following:

- A tight band of pain around the head; a dull ache or pressure
- Mild to moderate pain on both

sides of the head

- Triggered by stress, neck strain, missed meals, depression, anxiety, or lack of sleep
- Last in duration from 30 minutes to a week

Most tension-type headaches can be treated with over-the-counter medications, including aspirin, ibuprofen (Advil, Motrin, etc.), and acetaminophen (Tylenol, etc.).

Migraine headaches

Migraine headaches are moderate to severe and often have symptoms in addition to head pain. Symptoms may include the following:

- Constant throbbing and pulsating pain in the temples
- Pain on one side or both sides of the head
- Nausea, vomiting, or increased sensitivity to light or sound
- Worsen with daily activity
- Last four to 72 hours without treatment

Treatment for migraines may include resting in a quiet, dark room; applying hot or cold compresses to the head or neck; and/or using over-the-counter pain relievers or prescription medications.

According to the Migraine Research Foundation, nearly one in four US households includes someone who suffers from migraines. Migraine headaches are most common between the ages of 25 and 55 and affect three times more women than men.

Cluster headaches

Cluster headaches are cycles of headache attacks, followed by headache-free periods. They happen with little, if any, warning and usually occur on one side of the head. A tearing or bloodshot eye and a runny nose on the side of the headache may also accompany the pain.

According to the National Headache Foundation, cluster headaches have been described as the most severe and intense of any headache type. Treatment includes prescription medication and oxygen.

Nearly everyone gets headaches. But if they are disrupting daily activities, work or personal life, the topic should be discussed with a healthcare provider. Headaches cannot always be prevented, but a medical professional can help manage the symptoms.

Danielle Ireland, FNP-C



Danielle is a board certified family nurse practitioner (FNP-C). She is the primary provider at the Chrisman Family Medical Center, a

position she has held since May 2014.

Prior to PCH/FMC, Danielle worked as a registered nurse in Urbana beginning in 2008. She was also a preceptor and resource nurse. She is certified by the American Nurses Credentialing Center as a medical/surgical nurse.

Danielle earned her master's of science degree in nursing through Frontier Nursing University in Kentucky. Her training included an emphasis in rural health. She has a bachelor's of science degree in nursing from Lakeview College of Nursing in Danville, and a bachelor's degree in animal science from the University of Illinois.

Danielle lives in Homer with her husband, Monte, and their seven-month-old daughter, Hannah.



More about migraines

Contrary to popular belief, a migraine is not just a bad headache.

According to the Migraine Research Foundation, a migraine is an extremely “incapacitating collection of neurological symptoms” that usually includes a severe throbbing, recurring pain on one side of the head. In certain cases, it can cause pain on both sides of the head.

Researchers do not know what causes migraines, but have deemed it the third most prevalent illness in the world, according to the Migraine Research Foundation. Previously, the dilation and constriction

of blood vessels in the head were thought to be the primary source of migraine pain. Researchers now believe that migraine is a neurological disorder involving nerve pathways and brain chemicals.

Migraines are known to be hereditary. However, studies show that environmental factors also play an important role. The following things can “trigger” a migraine headache:

- Hormonal changes in women, which includes fluctuations in estrogen
- Foods, such as aged cheeses, salty foods, processed foods, and fasting
- Food additives, such as the sweetener aspartame and the preservative monosodium glutamate
- Drinks, including alcohol (especially wine), and highly caffeinated beverages
- Stress at work or home
- Bright lights, sun glare, loud sounds, and unusual smells (perfume, paint thinner, second-hand smoke and others)
- Too little or too much sleep

- Intense physical exertion
- Weather changes or barometric pressure
- Oral contraceptives and vasodilators (medications that open blood vessels), such as nitroglycerin

According to the Mayo Clinic, some people experience auras (nervous system symptoms) before or during a migraine. Auras are usually visual disturbances, such as flashes of light, blind spots, wavy lines, or tingling in the arm or leg.

The National Headache Foundation states more than 37 million Americans suffer from migraines. Migraines are diagnosed by analyzing the symptoms, reviewing family history, conducting medical tests, and eliminating other possible causes of the headache. It is important to consult a healthcare provider if a person’s symptoms are disabling, change, or do not respond to usual headache remedies.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC’s Community Healthcare Programs June & July

Andy Hogan Memorial Golf Outing

June 4

The Andy Hogan Memorial Golf Outing to benefit the Edgar County Diabetes Association will take place at 12:30 pm at Eagle Ridge Golf Course in Paris. Entry fee is \$65 per person, which includes cart, green fee, drinks, lunch, and prizes. Entry deadline is June 4 by 10 am. Call Leighsa Cornwell for more information at 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

Hospital Annual Meetings

June 13

The annual meetings of the Hospital & Medical Foundation of Paris, Inc. and the Paris Community Foundation, Inc. will take place at 7 pm in the Family Medical Center. Members are encouraged to attend and refreshments will be served. RSVP by June 6. Call 217-465-2606, Ext. 295.

Medical Weight Loss Seminar

June 14

A free informational session regarding PCH/FMC’s Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Free Adult CPR/AED/Heimlich Class

June 24

These free, non-healthcare provider courses teach basic CPR, the use of an automated external defibrillator (AED), and the Heimlich maneuver used in choking emergencies. Free classes are made possible by the Rural Access to Emergency Devices Grant. Classes take place from 8:30 am to 12:30 pm in Conference Room D. To register, email Rachel Kelley at RKelley@pchfmc.com or call 217-465-2606, Ext. 320. When calling, leave your name and you will be registered.

Clinic Closures

July 4

The Family Medical Centers in Paris and Chrisman will be closed in recognition of Independence Day.

Join our Text Club for information about classes, upcoming events, closings, and more.

**Text to: 36000
Message: T975**

Financial Assistance Available

PCH/FMC understands the financial concerns that families have due to unplanned healthcare costs. Therefore, we offer financial assistance to families who may not be able to pay for their healthcare. Call 217-465-2606, Ext. 257.

