

Medical News

STOP THE HEADACHE MERRY-GO-GROUND YOU DESEVE TO GET OFF

Approximately, 30 million Americans, primarily women, are affected by migraine headaches - usually at the peak of their most productive years. Migraines can be very debilitating, causing lost work-days, and inability to perform even very basic chores. How can a migraineur even think about juggling a career, home

and family when she is debilitated with the migraine?

Migraine headache is a common neurological disorder that is frequently misdiagnosed as sinus headache (headache attributed to sinusitis, or sinus inflammation). Just like any other medical condition, if it is misdiagnosed, it will be mistreated. Symptoms of migraine headaches are frequently treated with over the counter analgesics. The overuse of over the counter analgesics to treat migraines may actually result in more resistant rebound headaches and worsening of symptoms when future migraines occur. Not only do ineffectual cures cause the patient to suffer unnecessarily, when the migraines are untreated, or under treated, they can actually cause the nervous system to become more sensitive, rendering more frequent, more severe and harder to treat migraine headaches.

Studies have concluded that migraine is a genetic disease that is caused by a sensitized nervous system. Misdiagnosis and treatment as sinus headaches can cause worsening of symptoms. The most important step, therefore, in any headache management is an accurate diagnosis. Migraine headaches should not be over diagnosed as well, overlooking serious underlying medical conditions that could be fatal if not treated. If migraine



diagnosis is established by a headache specialist, there are, fortunately, multiple treatment options available. Because migraine is a neurological disorder that involves changes in the brain and its vessels, it should be treated, under the care of a specialist who can help you to bring the vicious

circle of headaches and suffering to an end.

Even if you have been seen or treated for headaches in the past, it would be well worth your time to find out whether new treatment options are available, or whether your current diagnosis or treatment is right for you. You deserve a better quality of Life. Conquer your headaches and suffering and recapture your life.

Dr. Nesreen Suwan is a board certified neurologist who specializes in the treatment of headaches, migraine and fibromyalgia.. She is board certified in pain medicine with extra certification in headache medicine. She operates Advanced Chicago Headache and Fibromyalgia Clinic that is affiliated with Adventist Hinsdale Hospital Pain Center of Excellence. She is highly recognized for her knowledge in headache and fibromyalgia. She is also nationally known as a speaker in this specialty.

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