

MEDICAL NEWS

Why Suffer a Day Longer?

by Dr. Nesreen Suwan

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 workdays, 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 that are untreated, or under treated 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 headaches are a genetic disease that is caused by a sensitized nervous system. Misdiagnosis and treatment as sinus headaches can cause a worsening of symptoms. The most important step, therefore, in any headache management is an accurate diagnosis. If migraine diagnosis is established by a headache specialist, there are, fortunately, multiple treatment options available, including medications. 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. 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 treatments or options are available, or whether your current treatment is right for you.

Dr. Nesreen Suwan is a neurologist who specializes in treatment of headaches and migraines. She is highly recognized for her knowledge. She is also nationally known as a speaker in this specialty.

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Headache is Not Supposed to be a Part of Your Life.

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