

10 Surprising Facts on Migraines

- **Keeping a diary is helpful.** Keep a record of when your migraines occur. Write down the time of day, what you were doing, and what you ate and drank for 24 hours before.
- **Exercise prevents migraines.** Recent studies show that regular exercise and daily meditation and relaxation help prevent migraines. Study participants exercised for 40 minutes, three times per week. Doctors think sweat sessions may reduce stress hormones that trigger head pain.
- **Migraines are sometimes connected to menstruation.** The hormones that control a woman's monthly cycle also are a factor in the onset of migraines. Many women begin experiencing migraines when they have their first period or become pregnant, and they find relief after menopause. The hormones in oral contraceptives often change the severity and frequency of migraines or cause them to develop on women who have not had them before.
- **Migraine medication can cause headaches.** When you take pain-relieving drugs more than three times per week, you may begin to develop a "rebound" or medication overuse headache. Each time you swallow a pill, you will experience a shorter period of relief. Eventually, you are left with a chronic migraine that may take weeks to wear off once you have stopped taking medication.
- **You can predict a migraine.** Several people experience early warning signs of an oncoming attack. Premonitions such as weird food cravings, mood swings, and uncontrollable yawning can occur up to 24 hours in advance. Immediately beforehand, one in five migraine sufferers will have sensory symptoms known as "aura." These include flashing lights, blind spots, numbness, or the feeling of being grabbed.
- **Antidepressants can help regardless of your mood.** Antidepressants may modify the level of chemicals in your brain, reducing your risk of getting a migraine, even if you are not depressed. Other medications used to treat migraines also were initially marketed for other conditions. These include anticonvulsants for epilepsy and beta-blocker or calcium channel blockers for high blood pressure.
- **You can have a migraine without a headache.** If you have aura-like symptoms but no throbbing head pain, this may still be a migraine. Other symptoms include nausea, vomiting, and constipation. Some experts think a range of otherwise unexplained signs—such as fever, dizziness or pain—could also be headache-free migraines.
- **There's a link with these three types of food.** A lot of foods can cause migraines, but there are three common culprits. One is food that contains nitrates, including hot dogs and lunch meats. Tyramine in aged cheese, smoked fish, and soy products also may be to blame. Monosodium glutamate (MSG) is a flavor enhancer found in soups, broths, and fast foods that is known to trigger migraines. Avoiding these types of foods may help.
- **There is no cure for migraines.** The threat of a migraine usually cannot be eliminated, but you can work with your doctor to manage the condition and reduce its effects on your life. Most people use two approaches: fast acting drugs to stop a migraine in progress and lifestyle changes and preventive medication to ward off the next one.
- **New treatments include botox and massage.** Scientists are working on new medications to treat migraines, along with other approaches. These approaches include stimulating nerves near the brain, injections with botulism toxin (now FDA-approved), and craniosacral therapy or gentle massaging of the neck, head, and spine. Some of these approaches may make the future brighter for people with chronic, disabling migraines.

October 2014 Health Observances

Breast Cancer Awareness Month
Chiropractic Health Month
Dental Hygiene Month
Domestic Violence Awareness Month
Eye Injury Prevention Month
Health Literacy Month
Home Eye Safety Month
Physical Therapy Month
SIDS, Pregnancy and Infant Loss Awareness Month

Mental Illness Week (October 5th-11th)
Fire Prevention Week (October 6th-12th)
Case Management Week (October 12th-18th)
Healthcare Quality Week (October 19th-25th)
Depression Screening Day (October 10th)
Arthritis Day (October 12th)

Healthy Recipe of the Month: Bacon and Cheddar Cheese Quiche

This dish can be eaten for any meal of the day, and it freezes well!

Preparation time: 60 minutes

Ingredients:

- 9-inch pie crust
- 12 eggs
- 1/2 cup of heavy cream
- 1 cup cheddar cheese
- 8 ounce broiled or pan-fried bacon

Serves: 6

Source: Kidshealth.org

Directions:

- Preheat oven to 425 degrees Fahrenheit
- Whisk eggs and cream in a medium mixing bowl until well blended
- Stir cheese into egg mixture
- Sprinkle bacon over pie crust
- Pour egg mixture over bacon
- Bake for 15 minutes, then reduce heat to 325 degrees Fahrenheit and bake for approximately 35 minutes longer. Quiche is finished cooking when a knife inserted in the middle comes out clean
- Let the quiche cool for a few minutes before cutting

A Special Thanks

As you may know, there is an Ebola virus outbreak in Liberia. My husband actually lost two nieces to the virus. I decided to take action and would like to thank all of the CSS staff for your support in my effort to send examination gloves to Liberia to help stop the spread of the Ebola virus. With your help I was able to send a very large supply. I received a letter from the Liberian Ambassador thanking me, but it would not have been such a huge success without your support. Again, thank you.

Garnett Freeman, RN, BSN
School Nurse, Washington, Math and Science PCS

Back to School Night At Janney Elementary School

Janney Elementary School hosted its Back to School Night on Thursday, September 18th. The format for this year's event included three 30-minute sessions, which allowed parents to rotate in groups to visit classrooms, student services, and other areas throughout the school. Close to 500 parents were in attendance. The theme for this year's nursing area was "School Nursing— More than Band-Aids." I shared information about school nursing and answered questions from parents. My poster board presentation included information on immunization monitoring and compliance, health education curriculum, and our medication policy. There also were a number of handouts for parents to take home.

After the event, Principal Norah Lycknell thanked the staff for hosting such an incredible Back to School Night and shared how many of the families gave rave reviews and positive feedback about the caring and thoughtfulness of the staff.



*Nurse Peaks at the Health and Wellness table during Back to School Night
Roslyn Peaks, MS, BSN, RN*

Preventing the Flu: Good Health Habits Can Help Stop Germs

As you know, flu season is upon us. The best way to prevent the seasonal flu is to get vaccinated each year. Additionally, good health habits, such as covering your cough and washing your hands, often can also help stop the spread of germs and prevent respiratory illnesses like the flu. Here are a few other tips to remember:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others as well.
- Stay home! If possible, stay home from work, school, and even errands when you are sick. Even if you are intentional about keeping your distance from others, the germs may still spread.
- Cover your mouth and nose with a tissue when coughing and sneezing.
- Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill. Get plenty of sleep, stay physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

Centers for Disease Control

Source: <http://www.cdc.gov/flu/protect/habits.htm>

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