

Migraine miseries and its management



A migraine headache is a different form of headache usually throbbing or pulsating type and often associated with nausea; vomiting; sensitivity to light, sound, and smells; sleep disruption; and depression. Most of the episodes of headache occur in one side of head and attacks are often recurrent.

What are the types of migraine?

Migraines are classified according to the symptoms they produce. The two most common types are migraine with aura (warning sensation before episode) and migraine without aura. Less common types include the following:

- Abdominal migraine (abdominal symptoms in children),
- Basilar artery migraine (Headache affecting back

side of brain).

- Headache-free migraine (aura without headache),
- Ocular migraine (Headache affecting the eyes),
- Status migrainosus (intense headache lasting over 72 hours),
- Menstrual migraines (headaches just prior to or during menstruation).

Cause and incidence of migraine

The cause of migraine is unknown. The condition may result from a series of reactions in the central nervous system caused by changes in the body or in the environment.

There is often a family history of the disorder, suggesting that migraine sufferers may inherit sensitivity to triggers that produce inflammation in the blood vessels and nerves around the brain

and scalp, causing pain.

Migraines may occur at any age, but usually begin between the ages of 10 and 40 and diminish after age 50. Some people experience several migraines a month, while others have only a few migraines throughout their lifetime.

Approximately 75 percent of migraine sufferers are female.

Migraine triggers

Commonly identified migraine triggers that initiate a process or reaction include the following:

- 1) Environmental factors (e.g., weather, altitude, time zone changes)
- 2) Foods that contain caffeine (e.g., coffee, chocolate), monosodium glutamate (MSG; found in Chinese food), and nitrates (e.g., processed foods, hot dogs)

- 3) Glare, contrasting patterns
- 4) Hormonal changes in women
- 5) Hunger
- 6) Exertion
- 7) Lack of sleep
- 8) Medications (over-the-counter and prescription)
- 9) Perfume
- 10) Stress
- 11) Alcohol (e.g., red wine)

Signs and symptoms

A migraine headache is throbbing or pulsating pain typically begins in a specific area on one side of the head, then spreads and builds in intensity over 1 to 2 hours and then gradually subsides. It can last up to 24 hours and in some cases for several days. The attack is debilitating, and migraine sufferers are often left feeling tired and weak once the headache has passed.

Preventing migraine attacks?

Avoiding triggers, managing stress and taking prophylactic medications can help prevent migraine headaches. Keeping a *Headache Calendar* can help identify triggers and gauge the effectiveness of preventive measures. Techniques (e.g., biofeedback, hypnosis) and stress-reducing activities (e.g., meditation, yoga, and exercise) may help prevent migraine.

Preventative medication may be prescribed for patients who have frequent headaches (3 or more a month) that do not respond to abortive treatment. Studies have shown that as many as 40 percent of these patients may benefit from preventative treatment. Using one medication is tried first, but a combination of medicines may be necessary.

Neurologists choose the specific prophylactic medication, single or multiple, according to patient's condition, age, tolerability, side-effects etc.

How is migraine treated?

Mild, infrequent migraines may be relieved using over-the-counter medication. Severe headaches with accompanying symptoms may require prescribed medication.

During a migraine headache, people often prefer to rest or sleep alone in a dark, quiet room, applying cold packs to the head or pressing on the bulging artery in front of the ear on the painful side of the head may provide temporary pain relief.

This article is compiled by Dr Alim Akhtar Bhuiyan, a US Board Certified Neurologist working as a Consultant and Coordinator in the Department of Neurology, Apollo Hospitals Dhaka.



Evaluate your child's speech problems

MD HUMAYUN KABIR

Two years old Mahir still does not talk. He says a few words, but in comparison to his peers, he is way behind. He cannot put whole sentences together unlike his friends of the same age. His parents hope that he will catch up and so postponed seeking professional advice. They think that some kids are early walkers and some are early talkers.

This scenario is common among parents of kids who are slow to speak. Knowing what is normal and what is not in speech and language development can help you figure out if you should be concerned or if your child is right on schedule.

A reasonable rule is that if children have not said their first words by one year and first sentences by two years of age, they should be tested by speech pathologist. The important years for the language development are between 1½ and 4½. There is very rapid language development during these three years.

People of all ages can suffer from speech disorders. Some people can speak but is unclear and people cannot understand them. Some people cannot speak at all. They need an alternative method of communication. They use of sign language. There are lots of such patients in our country. Most of the problems can be minimised.

Speech delay

Most children with speech delays have a developmental language disorders (DLD) with an expressive delay and will meet normal age appropriate visual language skills (recognising parents, recognising objects, responding to facial expressions, following commands that are accompanied with a gesture indicating what you want done, pointing

to desired objects, etc).

Other causes include hearing loss, attentions problem, IQ and emotional problem, development delay, parental illness, child illness, prematurity, birth injury, hereditary.

Articulation problems
Articulation is deviant because of structural abnormalities. These difficulties may be present because of peripheral nerve involvement of the face, lips, tongue and palate or because of central involvement.

Stammering

Stammering is a psychological difficulty. Usually stammering or stuttering develops in early childhood. Psychotherapy and breathing exercise need to these patients.

Voice problems

Personality, emotions and psychological problem are found to be contributory or primary causes of voice disorders. There are many different causes of voice disorders. Some of these are smoking, air conditioning, smog, chlorine water, food, allergies, sinusitis, infection tonsils, hormones, tensions, pregnancy, menopause, respiratory infection, colds, coughing, shouting, talking above or vocal misuse.

Stroke

Stroke is caused by damage to the language centers of the brain, accidental injury, a brain tumour, a brain infection and neurological problems.

Therapy

Counselling, psychotherapy, humming and breathing exercise, yawning, whistling, articulatory drills and special facilities for speech delay and stroke patients. The speech therapist will decide what is best for your child.

The writer is a Speech Therapist and Psychologist, Bangabandhu Sheikh Mujib Medical University (BSMMU).

Be careful about tasty toxic mangoes

DR M KARIM KHAN

During summer, many seasonal fruits are available in our country. Mango is one of them which is liked by all including children. In fact, it is very delicious.

Mangoes are produced plenty in Rajshahi division. Hundreds of trucks are carrying mangoes in different parts of the country everyday. Trucks are loaded with green unripe mangoes but on the following day in the market, we get yellow ripe mangoes. This is possible because of the magic touch of calcium carbide, a toxic chemical used for gas welding.

The chemical used to ripen mangoes is Calcium Carbide, and is extremely hazardous to the human body as it contains traces of arsenic and phosphorous. Once dissolved in water, the carbide produces acetylene gas. Acetylene gas is an analogue of the natural ripening agent produced by fruit known as ethylene. Acetylene imitates the ethylene and quickens the ripening process.

In some cases it is only the skin that changes color, while the fruit itself remains green and raw. When the carbide is used on very raw



fruit, the amount of the chemical needed to ripen the fruit has to be increased. This results in the fruit becoming even more tasteless and toxic.

Once dissolved in water carbide produces acetylene gas, which affect the neurological system by inducing prolonged hypoxia and can cause headache, dizziness, mood disturbances, sleepiness, mental confusion, memory loss, cerebral edema and seizure.

The use of artificial ripen-

ing agent may be fatal. Excessive consumption of calcium carbide laced fruit can cause intoxication. Regular use of chemical containing fruits may cause irritation of the digestive system, diarrhoea, jaundice, liver damage, multi organ failure may occur. Free radical from carbide play a major role in ageing process as well as onset of cancer, heart disease, stroke, arthritis, allergies. As carbide contains some amount of arsenic, prolonged con-

sumption may cause arsenic poisoning.

Just for profit traders are doing this illegal job at the expense of human life!!

Authorities need to take serious action to halt this process. Only authorities can not do much alone, we are also to be aware of the situation. We need to change ourselves to change the whole scenario.

The writer is a Child specialist working at Bangladesh Heart & Chest Hospital, Dharmadhi, Dhaka.

Know about cardiac asthma

The term "cardiac asthma" refers to wheezing associated with heart failure. It is not true asthma. Depending on how severe your symptoms are, this wheezing can be a medical emergency. As a result of heart failure, fluid can build up in the lungs (pulmonary edema) and in your airways.

This causes signs and symptoms — such as shortness of breath, coughing and wheezing — that may mimic asthma. True asthma is a chronic condition caused by inflammation of the airways,



which can lead to breathing difficulties. The distinction is important because treatments for asthma and heart failure are very different.

Treatments for heart failure, including medications, can help improve your symptoms for both the heart failure and the cardiac asthma.

Overusing treatments for true asthma, such as rescue inhalers, may actually worsen your symptoms and could cause dangerous heart rhythms.

Source: www.mayoclinic.com

Society of Otolaryngology-Head and Neck Surgeons reformed

The new committee of Society of Otolaryngology-Head and Neck Surgeons of Bangladesh has been announced recently.

Professor Pran Gopal

Dutta, who is also the Vice-Chancellor (VC) of Bangabandhu Sheikh Mujib Medical University (BSMMU) is the President while Prof Khabiruddin

Ahmed is the Secretary of the committee.

Secretary of Press and Publication of the new committee Dr Mani Lal Aich Litu informed Star Health that the

new committee has already started their activities in full swing to renovate and repair the existing fissures and to improve treatment for ENT diseases.



DID YOU KNOW?

Daily sex makes for healthier sperm

REUTERS, London

Having sex every day improves the quality of men's sperm and is recommended for couples trying to conceive, according to new research.

Until now doctors have debated whether or not men should refrain from sex for a few days before attempting to conceive with their partner to improve the chance of pregnancy.

But a new study by Dr David Greening of Sydney IVF, an Australian center for infertility and in vitro fertilisation (IVF) treatment, suggests abstinence is not the right approach.

He studied 118 men with above-average sperm DNA damage and found the quality of their sperm increased significantly after they were told to ejaculate daily for seven days.

On average, their DNA

fragmentation index — a measure of sperm damage — fell to 26 percent from 34 percent, Greening told the European Society of Human Reproduction and Embryology in Amsterdam.

Frequent sex does decrease semen volume but for most men this is not a problem.

"It seems safe to conclude that couples with relatively normal semen parameters should have sex daily for up to a week before the ovulation date," he said in a statement.

"In the context of assisted reproduction, this simple treatment may assist in improving sperm quality and ultimately achieving a pregnancy."

Greening said it was likely frequent ejaculation improved the quality of sperm by reducing the length of time they were exposed to potentially damaging molecules called reactive oxygen species in the testicular ducts.

Diabetics urged to stay on popular insulin Lantus

REUTERS, Chicago

Dr Louis Philipson has already started fielding calls from worried diabetics after new studies of 300,000 patients released recently suggested the Sanofi-Aventis insulin drug Lantus might raise the risk of cancer.

"I think the deluge is about to hit," Philipson, of the University of Chicago Medical Center, said in a telephone interview.

Diabetes experts are cautioning patients to keep taking Lantus, an artificial form of insulin called an insulin analog that is used by millions of people with type 1 and type 2 diabetes to control their blood sugar.

structure that allows it to last longer in the body.

All people with type 1 diabetes need to take insulin to survive; many patients with type 2 diabetes also need to take insulin to control their blood glucose.

Robertson said it is not clear if the same problems would be seen in Levemir, another long-acting insulin analog made by Denmark's Novo Nordisk.

"Lantus has been out there longer. Other drugs haven't had time to show they have the same kind of effects," he said.

The American Diabetes Association has recommended that patients continue on the treatment, and



The drug, known generically as glargine insulin, had sales of \$3.43 billion last year.

Four studies released in the journal *Diabetologia* raised concerns about the drug, but the results were conflicting.

"This not an emergency. This is just a question we have to answer now," said Dr R Paul Robertson, president of the American Diabetes Association and a diabetes researcher at the University of Washington in Seattle.

"The major thing is people should continue taking their insulin," Robertson said in a telephone interview.

Lantus is typically taken just once a day. It has been widely used since 2000.

Unlike human insulin, a hormone normally produced by the pancreas that helps the body use glucose for energy, Lantus has a slightly altered molecular

consult their doctor before making any changes.

Philipson said insulin is a type of compound called a growth factor and prior studies have shown that when insulin is added to cells in a cell culture, it makes them grow.

"That would also include tumor cells," he said.

Philipson said it may be that patients taking Lantus are simply exposed to insulin longer, and if they have any underlying tumors, the drug may accelerate tumor growth.

"Even though this information is early and the results are conflicting, it's still the case that using less of this drug is a good idea," he said.

He said patients with type 2 diabetes should use diet and exercise to improve their body's ability to use insulin, which may allow them to use less artificial insulin.