

IN THE PINK OF HEALTH

KNOWLEDGE SERIES  
FOR HEALTHY LIVING  
FROM FORTIS

# THE PINK PAGE



## GET HEADACHE OFF YOUR MIND.

Everyone's been a victim of headache at some point in their lives. It could be a hard day at work, an angry spouse, the weather, just about anything that brought it on. Affecting 90% of the population, headache is one of the most common medical disorders.

While single occurrences are easy to ignore, constant headaches not only become far more difficult to put out of mind, but could also signal something much worse. In fact, The WHO has recognised migraine as among the top 20 causes of disability around the world and the 12th highest cause of disability in women. When you suffer from constant, niggling pain, no matter how small, your work, family and lifestyle suffers as well.

Lack of understanding about migraine and chronic headache among the public, and unfortunately, even among health care professionals, has resulted in them being under-diagnosed and under-treated.

More often than not, recurrent headaches are falsely attributed to vision, allergy, sinus, stress or psychological problems, taking attention away from the real problem of migraines.

Headaches are extremely common. They are among the top ten reasons for consulting a family doctor, and the most common neurological symptom seen by family doctors and neurologists. Most people with headaches, however, do not consult their doctors and instead, self-medicate their headaches using over-the-counter medicines.

Headaches are broadly classified as primary and secondary headaches. Secondary headaches are symptoms of serious conditions such as tumour, trauma or infections. Primary headaches usually do not have any obvious underlying cause.

The most common type of headache is the Tension-type Headache, known to affect two-thirds of men and over 80% of women in developing countries. The name is misleading as the headache does not arise from just stress or tension. It is caused by muscle spasms, or what doctors refer to as "muscle tension", the name being derived from this. However, stress can be an aggravating factor for the headache as well.

Migraine Headache and Cluster Headache are some other common types of headaches. Headaches that are severe in intensity, throbbing or feel heavy and are accompanied by other symptoms like nausea, vomiting or light sensitivity are called migraines. They can be extremely distressing and impact a person's basic ability to function. Migraine Headache is common and affects 18% of women and 6% of men.

If the headache is severe in intensity, or combines with other symptoms such as change in vision, numbness, fainting spells etc., or there is a change from the usual pattern of headaches, consult a doctor as soon as possible. These changes may be caused by serious conditions such as tumour, bleeding or infections. This list is not exhaustive, so when in doubt, it is always best to visit a doctor.

### Cranberry Basil Vinaigrette

Salad dressings are often filled with ingredients that could trigger a migraine — MSG, citrus fruits, artificial colouring, and more. Try this one instead.

#### Ingredients :

- 1 cup olive oil
- 3/4 cup cranberry juice
- 1/4 cup distilled white vinegar, (plus 1 extra tablespoon)
- 1/4 cup fresh, finely chopped basil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper

#### Preparation:

In a medium-sized mixing bowl, combine the oil, cranberry juice, vinegar, basil, salt and pepper. Whisk thoroughly for a few minutes, and your lip-smacking, healthy salad dressing is ready! Store leftover dressing (if any) in the fridge.



[www.fortishealthcare.com](http://www.fortishealthcare.com)

**NORTH:** • Fortis Escorts Heart Institute, New Delhi, Tel: 011-4713-5000 • Fortis Fit. Lt. Rajan Dhall Hospital, New Delhi, Tel: 011-4277-6222 • Fortis Hospital, Shalimar Bagh, Delhi, Tel : 011-4530-2222 • Fortis La Femme, New Delhi, Tel: 011-4057-9400 • Fortis Escorts Hospital, Faridabad, Tel: 0129-6096 • Fortis Hospital, Noida, Tel: 0120-240-0222 • Fortis Hospital, Mohali, Tel: 0172-469-2222 • Fortis Escorts Hospital, Amritsar, Tel: 0183-301-2222 • Fortis Hospital, Kangra, Tel: 01892-242555 • Fortis Escorts Hospital, Dehradun, Tel: 00135-3980201. • Fortis Memorial Research Institute, Gurgaon, Tel: 0124-496-2200. **WEST:** • Fortis Escorts Hospital, Jaipur, Tel: 0141-254-7000 • Fortis Hiranandani Hospital, Vashi, Navi Mumbai, Tel: 022-3919-9222 • S.L. Raheja (A Fortis associate) Hospital, Mahim, Mumbai, Tel: 022-6652-9999 • Fortis Hospitals, Kalyan, Tel: 0251-6694444 • Fortis Hospitals, Mulund, Mumbai, Tel 022-67994187. **EAST:** Fortis Hospital & Kidney Institute, Rashbehari Avenue, Kolkata, Tel: 033-66276800 • Fortis Hospitals, Anandpur, Kolkata, Tel: 033-6628-4445, Tel: • Fortis Medical Centre, Kolkata, 033-2475-4320 • Escorts Heart Centre, Raipur, Tel: 0771-308-9100 • Fortis O.P. Jindal Hospital & Research Centre, Raigarh, Tel: 7762-227033. **SOUTH:** • Fortis Hospitals, Bannerghatta Road, Bangalore, Tel: 080-66214444 • Fortis Hospitals, Cunningham Road, Bangalore, Tel: 080-41994444 • Fortis Hospitals, Nagarbhavi, Bangalore, Tel 080-23014444 • Fortis Hospitals, Rajajinagar, Bangalore, Tel: 080-23004444 • Fortis Hospitals, Sesehadripuram, Bangalore, Tel: 080-4020-0000 • Fortis Malbar Hospital, Chennai, Tel: 044-4289 2222 • Fortis Cauvery Heart Hospital, Mysore, Tel: 0821 247 2424