

Health News From Cleveland County HealthCare System

By PAULA VESS  
Regional Marketing Group

**SHELBY** - Migraine ranks in the top 20 of the world's most disabling medical illnesses, according to the Migraine Research Foundation. For nearly 14 million people, migraine attacks happen almost daily and can last from four to 72 hours.

In October 2010, the U. S. Federal Drug Administration (FDA) approved injections of botulinum toxin, specifically the form marketed as Botox®, to be used as a treatment for adults who suffer from chronic migraine headaches.

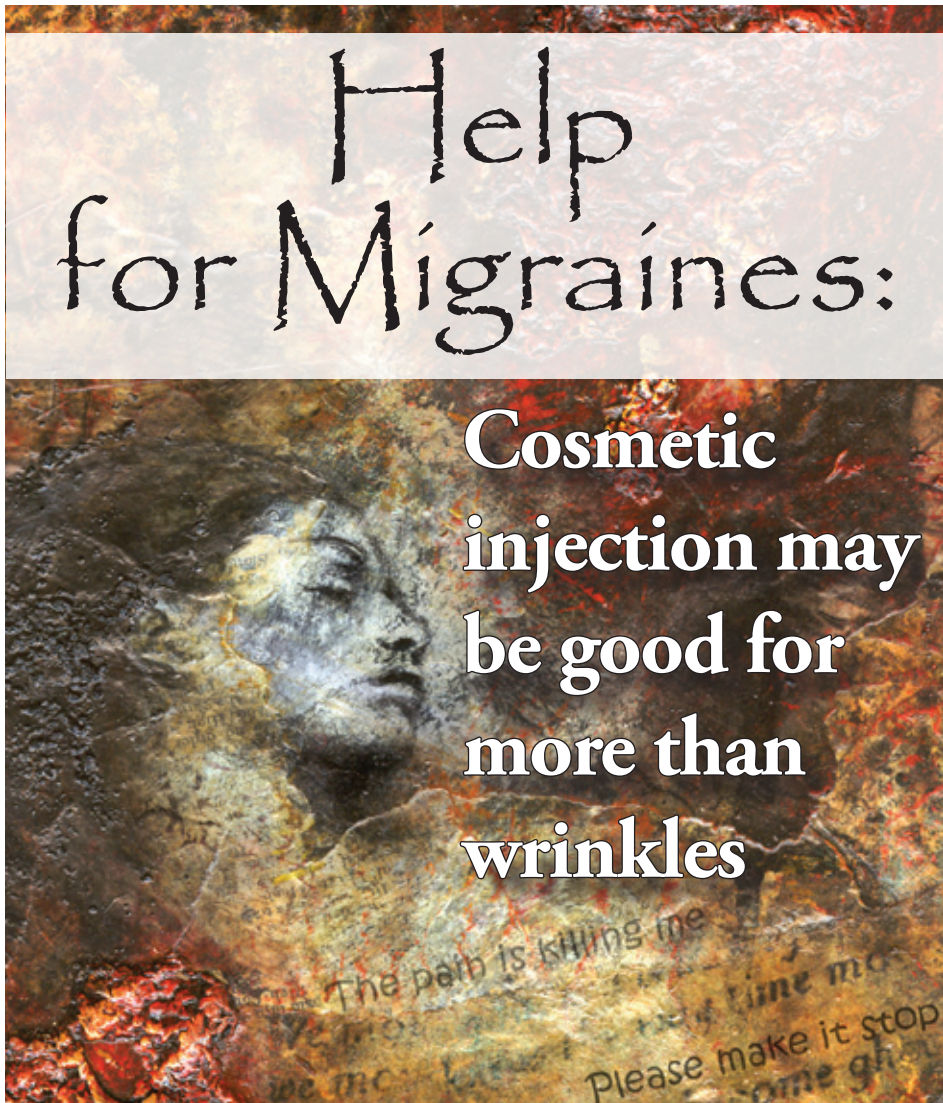


Gaurang Palikh, MD

Gaurang Palikh, MD, a neurologist with Neurology Center of Shelby and Cleveland County HealthCare System, has seen good results in his patients who have tried the treatment. However, he points out that this is not a first-line therapy. "It's for people who have headaches on 15 or more days per month and for whom other therapies like oral medications have failed to work."

A treatment session takes about 30 minutes and involves multiple injections into the muscles of the neck and head. "We inject all the muscles involved in contraction, which can cause pain," said Dr. Palikh. "Indirectly, you get a headache from constant muscle contraction. The Botox® paralyzes the muscle which stops the contraction and reduces the pain."

It takes about two weeks before the patient feels results, but they last for at least three months. "The treatments can't be given more frequently than every three months, but if someone is doing well they can wait longer for



What triggers a migraine?

Triggers are different for everyone, but here are some common ones:

- Bright lights
- Loud sounds
- Smells (pleasant or unpleasant)
- Cigarette smoking
- Dehydration
- Processed foods
- Chocolate
- Wine or beer
- Red meat

their next treatment," Dr. Palikh stated, "Some patients might go six months before another treatment is needed. Sometimes one treatment may be all that's needed.

"If we can break the acute cycle of the headache and give the body time to heal and repair," he continued, "they may never get it again." On the other end of the scale, some patients may experience relief, but not be completely rid of the headache.

They may require additional medication.

As with any medical treatment, the injections are not for everyone. "You have to be an appropriate candidate for this treatment," said Dr. Palikh, "It would not be appropriate for women who are pregnant or for people who have certain other health conditions such as myasthenia gravis or muscular dystrophy. It's not even

appropriate for everyone who has chronic headaches."

The use of Botox® can have some side effects and carries risks that include weakness in face muscles, which can spread to other muscles, double vision, difficulty swallowing and, although rare can cause problems with breathing. "This is a temporary treatment, so if a patient has a reaction like muscle weakness, it's not permanent," said Dr. Palikh.

What is a migraine?

"People call headaches migraines whether they are or not," said Dr. Palikh, "It's really what comes with the headache that makes a migraine different."

A migraine headache usually involves severe throbbing pain on one side of the head and lasts for hours or longer. The headache may come with or without aura. Fifteen to 20 percent of migraine attacks come with aura, according to the Migraine Research Foundation. These symptoms usually occur before the actual headache starts, and include an abnormal tingling sensation or numbness in the face, arms or legs, and zigzag lines in the visual field.

Migraines without aura may be accompanied by symptoms such as nausea, dizziness, and sensitivity to light and sound.

When is it time to see a doctor?

"When over-the-counter medicines are not working for you, you should see a doctor," Dr. Palikh stated. "Taking too much over-the-counter medicine or taking it too often can cause other problems like stomach ulcers, liver failure, and kidney failure."

For more information about this treatment and other services offered at Neurology Center of Shelby, please visit [www.neurologycenterofshelby.org](http://www.neurologycenterofshelby.org) or call 980-487-2360.

Giving you The Power of HEALTH APRIL 2011

**WINGS Cancer Support Group**  
April 4  
6 p.m.  
CRMC Blumenthal Cancer Center  
A support group for patients with all types of cancer. "Cancer Updates" from the National Oncology Conference, Orlando, Fla.—Dotty Parker, RN & Rita Wortman, RN. For more information, please call 980-487-3025.

**Breastfeeding Support Group & Mom to Mom Support Group**  
April 6  
10 a.m. – Noon  
Women's Life Ctr. Conference Room  
Open to all breastfeeding mothers and nursing babies and expectant moms who are interested in breastfeeding. For more information, please call 980-487-3887 and 980-487-3983 to register.

**Healthy Hearts Support Group**  
April 6  
Noon  
CRMC T. R. Harris Conference Center  
"Changing Behavior (Smoking)"  
For more information, please call 980-487-3659.

**Pink Ribbon Network**  
April 7  
Noon – 1 p.m.  
CRMC Oncology Services Board Room  
A gathering for newly diagnosed breast cancer patients. Lunch served. To register, please call 980-487-3757.

**Bridges**  
April 11  
2 - 3 p.m.  
CRMC Blumenthal Cancer Center  
A special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy. Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

**Diabetes Wellness & Resource Group**  
April 12  
5:30 p.m.  
CRMC Auditorium  
"What a Wound Care Nurse Can Teach You" Angela McCraw, RN WCC, Clinical Coordinator, CRMC Wound Healing Center  
For more information, please call 980-487-3953.

**Kangaroo Kapers**  
April 18  
6 p.m.  
Women's Life Center Conference Room  
Provides children expecting a brother or sister a positive introduction to the hospital and to what life will be like with a new baby. Pre-registration is required. Please call 980-487-3983.

**Bridges**  
April 25  
2 - 3 p.m.  
CRMC Blumenthal Cancer Center  
A special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy. Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

**Lobby Blood Pressure Screen**  
April 26  
11:30 a.m. – 2 p.m.  
CRMC Lobby

**Daddy Boot Camp**  
April 27  
6 - 9 p.m.  
Women's Life Center Conference Room  
Dad lead training for expectant fathers  
Fee: \$10. To register, call 980-487-3983.

Some programs may require pre-registration or appointments. Some require a fee.



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For more information, call 704-482-1006.



Sanger Heart & Vascular Institute