

New Options for Wellness news



Stanford Linear Accelerator Center

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Wellness Activities

- **Pilates:** Health Improvement Program, Monday 5:15 – 6:15, Wednesday 5:30 – 6:30 12 -1:00 PM & Thurs. 5:00 - 6:00 PM in Bldg. 27. Questions? 650-723-9649
- **Cardio Dance:** Taught by HIP instructor: Cecilia Glower on site. Monday/Wednesday - 12:00-12:55 and Tuesday/Thursday 5:15 -6-15pm in Bldg. 27. Questions? 650-723-9649
- **Healthy Back Using Stability Ball:** Taught by HIP instructor: Kerry Spear on site. Class is offered on Tues. 12-1PM in Bldg. 27. Questions? 650-723-9649
- **Cardio & Strength:** Taught by HIP instructor: Terrie Thurman on site. Thursday 12-1 PM in Bldg. 27. Questions? 650-723-9649
- **Stress Counseling:** Rosan Gomperts & Kevin Carr, Stanford Help Center counselors at SLAC on Tues. 10 -4 PM, Thurs. 8-11AM in the Medical Dept. Call Ext.2281for an apt. at SLAC, or (650) 723-4577 for an apt. at the Stanford campus office.
- **Massage:** Mer Baldoza, CMT, is at SLAC medical Tues., Wed, Thurs., and Fri., 3:30 PM. Call Ext. 2009 to schedule an appointment.
- **Gym:** weights & equipment in NW corner of Bldg. 34. Call Diane Jenkins to join or for more info Ext. 2215.
- **Soccer:** On the front lawn Mon. & Thurs. at noon. Call Rafael Miranda x 4471 or Tu Ly x 4442

What Makes Your Head Hurt?

Tension is the Most Common Culprit



If you suffer from headaches, you're not alone. Headaches are one of the most common health complaints. They can be simply distracting or completely debilitating. Many headaches fade away without treatment. Some

are easily remedied. Still others are stubborn and recurring. But only rarely do headaches warn of a serious illness.

About 95% of headaches are primary headaches, meaning they're not caused by an underlying medical condition. Other headaches, called secondary headaches, arise from medical disorders like swollen sinuses, head injury or tumors.

A headache may feel like a pain in the brain, but it's not. The brain itself lacks pain-sensitive nerve cells. Instead, most headaches originate in the network of nerves and nerve-rich muscles and blood vessels that surround your head, neck and face. These pain-sensitive nerve cells can be activated by stress, muscle tension, enlarged blood vessels and other triggers. Once stimulated, the nerve cells transmit messages to the brain, causing you to feel pain.

If you're feeling stressed, depressed or anxious—or if you're not getting enough sleep—you're at risk for a tension headache. Most diagnosed headaches are

related to tension or muscle tightness, usually in the shoulders, neck, scalp or jaw. Tension headaches can cause a sensation of painful pressure on the head and neck. They sometimes feel like the grip of a tight elastic band around your head.

Migraine headaches are the second-most common, striking about 3 times more women than men. Migraine pain is often described as intense, pulsing or throbbing. Migraine sufferers can have extreme sensitivity to light and sound. In some cases, nausea and vomiting accompany the headache. Although the exact cause of migraine pain is unknown, one theory is that it's linked to the widening and tightening of blood vessels surrounding the brain, which irritates the nearby nerves.

A less common but more severe type of headache occurs in "clusters," often at the same time of day for several weeks. These cluster headaches usually begin suddenly as a sharp or burning pain centered around one eye. The pain can last up to 3 hours.

NIH scientists are working to better understand what causes headaches and how they can be treated. Some researchers are looking at complementary and alternative therapies like acupuncture, which has shown promise in some studies, although results have been mixed.

Most people can relieve headache pain by making lifestyle changes, learning ways to relax and taking pain relievers. If these approaches don't work, your doctor may have more suggestions.

Let your health care provider know if you have sudden, severe headaches. Get medical help right away if you have a headache after a blow to your head, or if you have a headache along with fever, confusion, loss of consciousness or pain in the eye or ear.

Source : NIH News in Health (<http://newsinhealth.nih.gov/>)

Headache Relief

- **Tension headaches** can be treated with over-the-counter pain relievers. Stress management, relaxation exercises or a hot shower may also help.

- **Migraine headaches** can be treated with over-the-counter or prescription medications. Migraines often recur but may be prevented with prescription drugs. Avoid food and drinks that can trigger migraines, including caffeine, alcohol and processed meats. Relaxation techniques may reduce the occurrence and severity of migraines.
- **Cluster headaches** can be treated or prevented with prescription medications. Nasal sprays that numb the nose and nostrils may also help. Doctors also recommend avoiding alcohol if you're susceptible to cluster headaches.

Be Well and Earn \$150

Be Well @ Stanford Employee Incentive Program

Since January 1st, 2008, the BeWell Incentive Program has been in effect for all benefits-eligible Stanford University Employees. The great news is SLAC employees are also eligible for this program (does not apply to contractors, users, visitors). This program includes three steps to healthy living:

Step 1: Complete the confidential online Stanford Health and Lifestyle Assessment (SHALA), and receive a \$150 (taxable) wellness reward.

Step 2: Schedule and attend a SHALA interpretation workshop that will help you understand your SHALA results and develop a wellness program.

Step 3: Take action following your interpretation workshop, including: (a) Get a free fitness assessment (PER&W); (b) Participate in two free buddy personal training sessions (PER&W) (c) Pay only \$20 for Spring quarter Health Improvement Program (HIP) and Physical Education, Recreation and Wellness group fitness classes (PER&W); (d) Declare your goal at BeWell@Stanford; and; (e) Join a BeWell@Stanford community to help you achieve your goal.

Special Note: Family members are encouraged to participate by taking SHALA, attending an interpretation workshop, and registering for classes at the reduced class fee. They are not eligible for the \$150 reward, or the free fitness assessment and personal training program.

For more details, check out <http://bewell.stanford.edu>

New Options for Wellness (NOW) News is published by the SLAC Medical Department with articles from *NIH News in Health*. For more great health information, please visit the *NIH News in Health* website (<http://newsinhealth.nih.gov/>). *NIH News in Health* is a free monthly newsletter bringing you practical health information based on research from the National Institutes of Health (NIH), the nation's medical research agency. SLAC Medical Dept: M. Gherman, M.D, MPH; Manuel Hipol, PA-C; S. Aguilar M.A.; N. Iniguez, M.A.