



## HEADACHE TRIGGERS

Every day women deal with stress, changing hormones and busy schedules, so it is no surprise that women are more likely than men to get headaches. But learning about what may be triggering your headaches can help put you on a path to prevention. Brian Sorin, M.D., neurologist on the Baylor Plano medical staff, provides insight on common headache triggers and steps you can take to help prevent headaches in the future.

- **Menstruation:** According to research, 60 percent of women who experience migraines can trace them

to their menstrual cycle. A number of women have more migraines when estrogen levels rise, while others will have migraines when estrogen levels fall. If you experience menstrual headaches, see your doctor, they may be able to adjust your birth control as some help ease headaches while others may make headaches worse.

- **Sleep Schedule:** Changing your sleep pattern can also trigger headaches. If you typically go to bed at 11 p.m. and wake up at 6 a.m. on weekdays but then go to bed later and sleep in on the weekends, you may trigger a headache. Try to keep a consistent sleep pattern to prevent headaches.
- **Diet:** Various foods can trigger pain, including red wine, caffeine, aged cheeses and MSG. Consider keeping a food diary to see if you notice any foods triggering your headaches. Also, try to keep a normal eating schedule as an irregular schedule can aggravate pain. [W](#)

## HEALTHQUICKS

NEWS YOU CAN USE!

Every woman should have a yearly clinical breast exam beginning at age 20 and an annual mammogram starting between ages 35 and 40. Women with a family history of breast cancer may need to begin screenings earlier. These screenings can help detect breast cancer in its earliest and most treatable stages. [W](#)

Allergies don't have to keep you up at night. Thoroughly dusting and vacuuming your bedroom as well as cleaning curtains and bedding will help prevent dust and pollen from disturbing you while you sleep. [W](#)

According to the US Food and Drug Administration (FDA), materials used to create plastics can leak into food, but the agency does not believe the estimated level of food affected to fall within an unsafe range. [W](#)



## EFFECTS OF OBESITY ON MEMORY



Research shows that obesity can slow us down physically and mentally. As the obesity rate in America continues to rise, so do the known possible consequences of obesity.

"Some research is showing that, at the cellular level, people who are overweight or obese have changes that are occurring within the wall of the blood vessel," says Nick Nicholson, M.D., medical director of the Baylor Plano Weight Loss Surgery Center.

It's those changes that increase patients' risk of heart attack, stroke and maybe more.

To examine the theory researchers gave study participants four memory tests and those who were obese, categorized by having a BMI greater than 30, performed around 15-percent worse on average than those who had a normal weight.

Experts say they hope patients pay attention to the new mounting data that proves weight can affect brain function. [W](#)

## IS YOUR BODY SENDING YOU A MESSAGE?

A growling stomach, popping joints, snoring, have you ever wondered what it all means? Chris Clark, M.D., family medicine physician on the Baylor Plano medical staff makes sense of the many symptoms you may experience from day to day and explains what your body may be trying to tell you.

### Fatigue

Have you ever felt so tired that you can barely keep your eyes open at work? What's making you so tired? Stress, bad eating habits, and working long hours can wear down your body causing fatigue. Fatigue can usually be linked to one of your habits and can be cured with minor lifestyle changes.

However, in a few instances, fatigue can be a symptom of a medical problem such as a thyroid disorder or heart disease. If you continue to feel exhausted after making lifestyle changes, seek out the advice of your doctor.

### Snoring

Although snoring can be annoying for those around you, it does not always signal a problem. Snoring occurs when your throat muscles relax and extra tissue in the back of your mouth falls, obstructing part of the airway. To compensate for the obstruction, you inhale deeply, causing the tissue to vibrate. Sometimes sleeping on your side can cure snoring.

But if changing sleep positions doesn't cure your snoring and others notice that you gasp for air while snoring, or you are tired even when you have had ample sleep, you may suffer from obstructive sleep apnea, a disorder that may lead to high blood pressure or heart disease. Visit your doctor if you think you may have sleep apnea. Your doctor may order a sleep study, a test in which you are monitored electronically while you sleep.

### Bad Breath

Certain foods cause bad breath, but bad breath can typically be cured with proper dental hygiene. If self-care techniques don't rid the problem, consider seeing your dentist or physician to ensure a medical condition isn't the cause of your bad breath.

Lung disease, some cancers, kidney failure, liver failure, uncontrolled diabetes, gastroesophageal reflux disease (GERD), and metabolic disorders, can all cause breath odor. Sinus, throat and upper respiratory infections can also cause bad breath.

### Hiccups

Everyone gets the hiccups every now and then, and they usually go away within a few hours. Drinking soda or alcohol can set off hiccups as can excitement or stress that causes a rapid intake of air making the top of your esophagus close. Some people find relief from hiccups by gargling with water, breathing into a bag, or holding their breath.

If your hiccups don't go away, see your doctor as you may have a problem affecting your heart or esophagus. Your doctor may want

you to have a CT scan of your chest. If the CT scan is clear but the hiccups don't subside, ask your doctor about medication that may help you.

### Sweating

We all need to sweat in order to cool our bodies, but excessive sweating is the emission of sweat in quantities greater than required to cool the body. Excessive sweating typically affects your palms, soles and underarms, and can interrupt daily living.

Demanding activity and hot temperatures are usually associated with excessive sweating, but excessive sweating can also be a symptom of the following medical conditions: hyperthyroidism, menopause, leukemia, or an infectious disease problem such as tuberculosis.

### Ringing Ears

Loud music and an overabundance of caffeine and aspirin can all cause your ears to ring, but if the ringing lasts for a week or less, you most likely have nothing to worry about.

Ringing that lasts longer than a week, throbs, disrupts your day, occurs in only one ear, or leads to sudden hearing loss may mean you have an infection or damaged circulation in the inner ear. Heart or thyroid disease, high cholesterol, or high blood pressure could be the cause so visit your doctor for an ear exam if you experience these symptoms.

### Stomach Growling

It's normal for your stomach to rumble when you're hungry because the intestinal muscles begin to contract as they prepare for food.

But if you hear a high-pitched sound while your stomach is digesting food, you may have a bowel obstruction and should see your doctor as soon as possible. It's vital to see a doctor if your stomach is swollen, and if you experience relentless pain you should consider going to the emergency room as the obstruction may be severe.

### Joints Cracking

You may have a joint that pops every time you move it a certain way, but if you experience pain, inflammation, or trouble moving you may have an injury, torn cartilage, or arthritis. Visit your doctor if you experience these symptoms. [W](#)

