

From the Desk of a Local Headache Expert

by N. Suwan, M.D.



Migraine is a neurological disorder that has been under diagnosed and underestimated. Also, it has been frequently misdiagnosed as a sinus headache by both patients and physicians. It is a debilitating headache; one that interrupts daily activities and prevents sufferers from going to work and performing even very basic chores.

Headache sufferers must rely on others to do what they cannot do. This causes stress on their relationships with spouses, children and co-workers. Families of headache sufferers seem to bare the biggest burden because they are obligated to pick up the slack. "Quiet, mommy's(or daddy's) head hurts," is a commonly heard request in those families. Children must cope with the fact that mommy or daddy is not available to feed them, help with homework, or to take them to their swim lessons or soccer games.

Co-workers suffer as they must do more than their share of the load as days are missed at work by those suffering from headaches.

Poor quality of life is a big concern when headaches are debilitating, but this is not the only issue. Finding out the origin of the headache is very crucial. Headache and facial pain types may include but not be limited to: tension, migraine, cluster, cervicogenic, Ice pick, sinus, occipital neuralgia, and trigeminal neuralgia. Head and facial pain could be a symptom of a variety of medical conditions as well, including but not limited to: the presence of brain bleeding, infections, abnormal vessels in the brain, elevated or diminished pressure in the fluid around the nervous system and inflammatory conditions of the blood vessels. Headaches could also be related to brain tumors or congenital abnormalities in the brain, such as low-lying brain or abnormal cysts in the brain. Some headaches have been related to cervical spine arthritis or bulging discs.

The same patient could have many types of headaches. It is not unusual for patients to have a combination of a tension headache and a migraine headache.

On the other hand, a patient with a chronic tension headache and/or migraine may develop any of the above noted medical conditions such as brain bleeding, infection, tumor, etc. Determining if the patient is suffering from one type or multiple types of headaches is very crucial. Identifying the origin of the headache is the first step in any successful headache management. The most important step is an accurate diagnosis. This is obtained by a thorough evaluation by a qualified specialist.

After establishing the accurate diagnosis, proper headache management would never be reached by consuming analgesics and painkillers. After reaching the correct diagnosis, specialty headache clinics may offer many modalities of headache management.

If you are a headache sufferer, you do not have to drive long distances for a specialty headache clinic, and you do not have to settle for a poor quality of life. Advanced Chicago Headache Clinic, under the direction of Nesreen Suwan, M.D., is conveniently located in the western suburbs. Dr. Suwan is board certified in Neurology and Pain Medicine, with extra certification in Headache Medicine. For more information, visit <http://controlchicagopain.com> or call (630)245-1010.

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With the Latest
Advances in
Medical Science,
Headache is
Not Supposed
to be a Part of
Your Life

Nesreen Suwan, M.D.
Loyola Trained Neurologist,
American Board Certified in
Neurology, and Electrodiagnostic Medicine
American Board Certified in Pain Medicine, with Extra Certification in
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Advanced headache clinic is located in the Wyndham Hotel at Lisle
3030 Warrenville RD, Suite 100, Next door to the gift Shop

Central Scheduling – (630) 245-1010
<http://controlchicagopain.com>

