

## WHEN CHRONIC HEADACHES DISRUPT YOUR LIFE

By Dr. Nesreen Suwan

Chronic headache is not a terminal condition; however, it does end a normal daily routine. Because of the fact that headache sufferers may not be able to function because of the pain, they must rely on others to do what they cannot do. This in turn, causes stress in the relationships with spouses, children and coworkers.

Along with the stress comes

guilt. Guilt seems to go hand in hand with chronic headaches and pain.

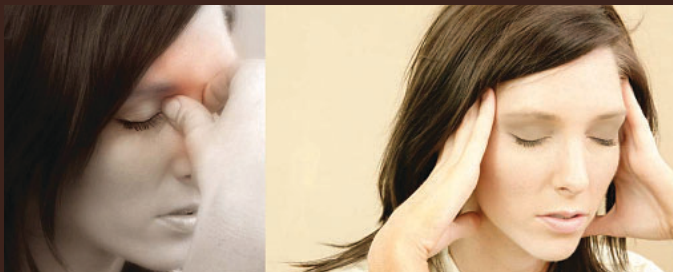
Families seem to bare the biggest burden by being obligated to pick up the slack. "Quiet, mommy's (or daddy's) head hurts," is a common request heard in headache sufferers' families.

Children must cope with the fact that mommy or daddy is not available to feed them or help with homework or to take them to their swim lessons or soccer games. Friends may suffer as well, because headache sufferers tend to avoid social commitments.

Co-workers suffer significantly, as they must do more than their share of the load as days are missed at work. With the current economy and most companies laying off employees, offices are understaffed to start with and coworkers have enough work to deal with. As such, they do not need to be stuck with other coworkers' work.

Migraine is among the many chronic headache types that could be significantly debilitating. Symptoms of migraine include some or all of the following; moderate to severe head pain, sensitivity to light, sound or smell, nausea, vomiting, lack of concentration, scalp tenderness, worsening of symptoms with bending over or going up the stairs or doing very simple household activities or job requirements.

Migraine patients often suffer by becoming prisoners in a quiet dark room, disabled and not being able to participate in their normal life routines.



For long periods of time, migraine sufferers were suffering because of lack of migraine specific medications and other modalities of migraine management. We are fortunate enough to live a life at this time where many migraine management modalities are available.

Unfortunately, migraine is underestimated, under diagnosed and under treated. 49% of men and 59% of women in the US are undiagnosed. Many migraines are misdiagnosed by patients or physicians as sinus

headaches, leading to incorrect and ineffectual treatment plans. Some diagnosed migraine sufferers have misconception about satisfactory migraine control, thinking that nothing could be done more than taking the pill and going to sleep in a dark quiet room. With professional migraine treatment, you can be in control of your life again, enjoying healthy relationships with your loved ones and co-workers.

Conquer your migraines and chronic headaches, get out of the dark room, and recapture your day. You deserve a better quality of life.

*Dr. Nesreen Suwan is a board certified neurologist who specializes in the treatment of headaches, migraine and fibromyalgia.. She is board certified in pain medicine with extra certification in headache medicine. She operates Advanced Chicago Headache and Fibromyalgia Clinic that is affiliated with Adventist Hinsdale Hospital Pain Center of Excellence. She is highly recognized for her knowledge in headache and fibromyalgia. She is also nationally known as a speaker in this specialty.*

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Headache or Fibromyalgia Should Not to be a Part of Your Life

**Nesreen Suwan, M.D**

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Director of Advanced Chicago Headache & Fibromyalgia Clinic  
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American Board Certified in Pain Medicine,  
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Advanced Chicago Headache & Fibromyalgia  
Clinic is located in the Wyndham Hotel at Lisle  
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