

## MIGRAINE HEADACHES:

### TRIGGERS, TREATMENT & PREVENTION

A migraine is characterized by a throbbing pain, usually confined to one side of the head, that tends to get worse with movement. They typically last from four to 72 hours. Symptoms vary, but can include nausea, vomiting, blurred vision, lightheadedness, and increased sensitivity to light and sound. There are many types of migraines.

Several factors may trigger migraines:

- ▶ **Hormonal changes** in women due to fluctuations in estrogen levels, pregnancy, menopause, oral contraceptives, and hormone replacement therapy
- ▶ **Foods**, such as aged cheeses, soft cheeses, salty foods, processed foods, chocolate, MSG, aspartame, cured meats, dairy products, and fatty foods
- ▶ Drinks like red wine, alcohol, beer, coffee, tea, and soda or **highly caffeinated** beverages
- ▶ **Stress**, emotional and physical
- ▶ Changes in **sleep** pattern
- ▶ Environmental changes such as **temperature fluctuations** and barometric pressure
- ▶ **Sensory stimuli** like strong smells, bright lights, and loud sounds
- ▶ **Dehydration** and hunger

Treatments for migraines such as medications, home remedies and alternative methods can help treat symptoms and prevent future attacks. A doctor can prescribe pain-relieving and preventative medications as a treatment plan. There are alternative options such as acupuncture, massage therapy, supplements, essential oils, ginger, and herbs. When symptoms start, rest in a dark, quiet room, and place a cold cloth on the back of your neck and apply gentle pressure to the painful area.

Preventing a migraine is key. You can reduce them by knowing your triggers and avoiding them. Keep a migraine diary to track your migraines. Exercising regularly has been shown to help with the prevention of migraines as well. Staying hydrated, eating a healthy diet, reducing stress, and getting good sleep can go a long way in preventing migraines.

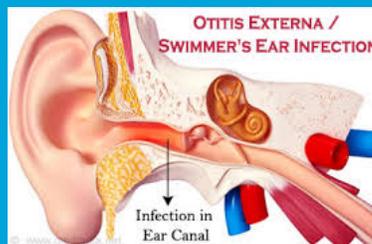
Please consult a physician if you are experiencing migraine symptoms. You and your doctor can work together to create a treatment plan that works best for you.

## SWIMMER'S EAR: WHAT IS IT?

The definition of Swimmer's Ear is an infection, inflammation, or pain in the ear caused by water trapped in the ear canal. Although it frequently occurs in swimmers, it can occur in anyone, even from showering. Bacteria can get into the ear from the water through a scratch in the ear from wearing ear plugs, using cotton swabs in the ear, or other skin damage, like a small scrape or cut.

### Symptoms of swimmer's ear can include

- Pain in the Ear(s)
- Itching
- Redness of the Ear Canal
- Swelling
- Draining Fluid or Pus
- Difficulty Hearing



Swimmer's ear is diagnosed with a history and physical examination of the inside of the ear. Any drainage may be examined under a microscope to determine the type of infection.

Medical treatment for swimmer's ear includes medications prescribed for symptom relief, cleaning the affected ear, antibiotics, topical ear remedies, antiseptic, or anti-inflammatory agents.

Swimmer's ear may be prevented by using ear plugs when swimming, use of ear drops after swimming to help dry the ear canal, avoiding placing objects in the ear that can scratch the skin of the ear canal and lead to infection, not using cotton swabs to remove earwax from the ears, and drying ears thoroughly after swimming or showering.

The prognosis for swimmer's ear is good. Pain from swimmer's ear usually goes away within 24 hours after medical treatment begins, and the infection typically clears up within a week.

## *We Have Studies For All Ages!*



**Benchmark Research has Clinical Trials for all ages including babies, children, teenagers, adults, and seniors.**

**Volunteers in Clinical Trials help in the development of new medical therapies that may offer better treatments and even cures for many diseases.**

# S L E E P ?

## What's that?

Has sleep become a thing of the past? Have you considered that it may be Insomnia?

*“Insomnia is defined as difficulty initiating or maintaining sleep, or both, despite adequate opportunity and time to sleep, leading to impaired daytime functioning.”*

Common **Symptoms of Insomnia** include:

- Difficulty falling/staying asleep
- Daytime sleepiness and fatigue
- Reduced ability to concentrate
- Mood changes
- Headaches
- Anxiety

Insomnia is a very common condition and can affect all ages, including children. Approximately 90% of the general population has experienced insomnia at some point in their lives.

Common **Causes of Insomnia** may include:

- Significant life stress
- Food, caffeine, alcohol, and tobacco
- Pain or discomfort
- Environmental factors
- Work schedules
- Medications and/or medical conditions



## THE GOOD NEWS?

Insomnia is treatable. There are both medical and non-medical treatments for insomnia. In situations where the cause of the insomnia is situational, such as jet lag or a stressful situation, the insomnia will resolve as the cause is improved or resolved.

**Here are a few good sleep habits that may be beneficial:**

- Get regular exercise and avoid prolonged use of phones or reading devices
- Avoid caffeine, nicotine, and alcohol late in the day
- Don't eat a heavy meal late in the day
- Make your bedroom comfortable
- Try to have a schedule (go to bed and get up at the same time everyday)
- Make a routine to help you relax (take a bath, read a book, listen to music)

Other causes, such as side effects of medications or an underlying medical condition will likely require a conversation and intervention by a physician.

<http://www.webmd.com> , <http://www.medicinenet.com>



# ENDOMETRIOSIS

## What You Need To Know

Endometriosis is a disease that affects women and their reproductive system. It occurs when the tissue that normally lines the inside of the uterus, grows outside the uterus. The damaged tissue is usually known as endometriosis patches or lesions, and is found in the pelvic cavity, including on or under the ovaries, or on the fallopian tubes. These patches can also be found on the tissues that hold the uterus in place, on the bowels or bladder.

**The main symptom of endometriosis is pain**, which indicates the disease in 75% of women. Common symptoms can include painful, even debilitating, menstrual cramps, pain during or after sex, pain in the lower abdomen, painful bowel movements or painful urination during menstrual periods, heavy menstrual periods, premenstrual spotting or bleeding between periods, digestive or gastrointestinal symptoms similar to a bowel disorder, as well as fatigue, tiredness, or lack of energy. Endometriosis-related pain can be severe and interfere with a woman's normal, daily activities.

While pain is the main symptom of endometriosis, reasons, extent, severity, or location is different among women. Researchers have established the existence of numerous factors that contribute to it. These include the hormonal similarity between endometriosis and uterus tissue, inflammation, and chemicals produced by the endometriosis areas that can cause adherence of the pelvic organs and creation of scar tissue, or hormones and chemicals that are released by endometriosis tissue and irritate nearby tissue.

### **Treatment of Endometriosis-Related Pain**

There is currently no cure for endometriosis, but there are treatments designed to ease pain. In order to reduce pain, there are three types of treatment: pain medication, hormone therapy, and surgical treatment. The most common types of pain relievers are non-steroidal anti-inflammatory drugs (NSAIDs) and opioids, which are strong pain drugs that interact directly with the nervous system. Pain medication however, may not work for everyone, especially in severe cases.

Hormone treatment is used in the form of pills, shots or injections, or nasal spray and is based on the hormonal causes for the development of endometriosis. The treatments are meant to stop the production of estrogen in the ovaries, preventing the growth of new adhesions.

The last resort for treating the disease is usually surgery, which has shown significant improvements in controlling endometriosis pain in the short-term. The most common surgical procedure for endometriosis is laparoscopy, a minimally invasive surgery to remove the lesions. Laparotomy has the same purpose, but it is a more extreme procedure that consists of the removal of the uterus and in some cases also the ovaries and fallopian tubes.

Numerous research projects are focused on understanding how endometriosis is related to pain. Researchers are hopeful it will result in the development of more effective treatments for endometriosis. Talk with your doctor if you think you may have or have been diagnosed with Endometriosis so you can discuss your treatment options.



# Game Day Snacks!

## Amazing Buffalo Dip

Ready in: 30 mins

### Ingredients:

- 2 cups diced cooked chicken
- 1 (8 oz) pkg. cream cheese, softened
- ½ cup Blue Cheese dressing
- ½ cup hot pepper sauce (such as Franks Red Hot)
- ½ cup crumbled blue cheese
- ¼ cup Ranch dressing, or to taste

### Directions:

Stir all ingredients together in a crockpot.

Cook on high in the crockpot until heated through. (about 20 mins)

Enjoy with your favorite chips or veggies!

\*Use a liner in your crockpot for easy clean up.\*



## Baked Jalapeño Poppers

Ready in 40 mins

### Ingredients

- Cooking Spray
- 12 Jalapeño Peppers, halved lengthwise/seeded
- 2 oz cream cheese, softened
- 2 oz shredded cheddar cheese
- 1/4 cup panko bread crumbs

**Directions:** Preheat oven to 400 degrees. Spray baking sheet with cooking spray, fill each pepper with cream cheese, cheddar, and bread crumbs and bake until cheese melts (about 20 min).



# UPCOMING STUDIES!

Call us or visit our website to see what studies are in your area. We can also add you to our database for future studies. [www.benchmarkresearch.net](http://www.benchmarkresearch.net)

## Vaccine Studies

**Pneumonia**

**Chicken pox**

**Meningitis**

**Flu**

## Treatment Studies

**Flu Treatment**

**Knee Injection**

**Swimmer's Ear**

**Migraine**

**Endometriosis Pain**

**Insomnia**



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## Did You Know?

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- ▶ Austin, Texas (512) 879-2499
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- ▶ Sacramento, California (916) 480-9925

Call or visit our website today for an appointment!

[www.benchmarkurgentcare.com](http://www.benchmarkurgentcare.com)

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