

Mayo Clinic Medical Edge

Daily Headache

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	PAIN. PRESSURE. THROBBING. FOR MOST OF US, HEADACHES ARE NOTHING MORE THAN OCCASSIONAL ANNOYANCES THAT ARE TAKEN CARE OF WITH A COUPLE OF ASPIRIN. OTHERS AREN'T SO LUCKY.
Michael Cutrer, M.D.	"I SEE PATIENTS WHO HAVE A HEADACHE EVERYDAY AND HAVE HAD IT FOR A LONG TIME."
	WHILE A DAILY HEADACHE CAN BE A SIGN OF SOMETHING MORE SERIOUS, MAYO CLINIC DR. MICHAEL CUTRER SAYS IT'S MORE OFTEN OF CASE OF PRIMARY HEADACHE DISORDER. PRIMARY

	<p>HEADACHES INCLUDE MIGRAINES, CLUSTER HEADACHES AND THE MOST COMMON, TENSION-TYPE HEADACHES. ONE THING YOU DON'T WANT TO DO IS OVERLOAD ON PAIN-RELIEVERS. THAT CAN ACTUALLY MAKE YOUR HEADACHE PROBLEM WORSE.</p>
<p>Dr. Cutrer</p>	<p>“IF YOU FIND YOURSELF BUYING THE EXTRA LARGE SIZE OF THE ANALGESIC AT THE DRUG STORE, STOP AND THINK A MINUTE. IT'S NOT NORMAL TO HAVE A HEADACHE EVERYDAY AND YOU SHOULD GET HELP IF YOU CAN'T SEEM TO HELP IT YOURSELF.”</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>