

Mayo Clinic Medical Edge
Medication Over-use Headache

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WHEN A HEADACHE STRIKES, IT'S COMMON TO REACH FOR BOTTLE OF PAIN RELIEVERS. AND FOR MOST PEOPLE THAT'S JUST FINE, BECAUSE HEADACHES ARE JUST OCCASSIONAL PROBLEMS. BUT...
Michael Cutrer	"GENERAL POPULATION STUDIES INDICATE THAT TWO TO FOUR PERCENT OF THE POPULATION HAS A HEADACHE EVERDAY."
	AS A HEADACHE SPECIALIST AT MAYO CLINIC, ITS A PROBLEM DR. MICHAEL CUTRER SEES MANY OF THOSE PATIENTS. OFTEN WHAT MANY THOUGHT WAS A SOLUTION IS ACTUALLY PART OF THE

	PROBLEM.
Dr. Cutrer	“IT’S OFTEN ASSOCIATED WITH OVERUSE OF ANALGESICS, SPECIFICALLY COMBINATION OVER-THE-COUNTER ANALGESICS, MANY TIMES CONTAINING CAFFEINE.”
	SO THE FIRST STEP IN RELIEVING THE HEADACHES IS TO WEAN THE PATIENT OFF THE ANALGESIC. IT CAN BE A ROCKY TIME. IT’S JUST LIKE WITHDRAWAL. BUT...
Dr. Cutrer	“WHAT HAPPENS IS AFTER A COUPLE WEEKS, THEY WAKE UP AND THEY REALIZE THEY’VE HAD A COUPLE OF DAYS THAT THEY’VE NOT HAD A HEADACHE AT ALL.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.