

TOTAL HEALTH NEWSLETTER



Lifestyle Tips to **PREVENT MIGRAINES AND HEADACHES**

Migraine is a type of headache that causes severe throbbing or pulsating pain on one side of the brain, according to the Mayo Clinic. Nausea, vomiting, and increased sensitivity to light and sound are common symptoms. Migraine attacks may last for hours to days, and the pain might be bad enough to stop you from doing your daily routine.

A warning sign called an aura might show up before or at the same time as a headache for some people. Visual disturbances, such as flashes of light or blind spots, as well as other disturbances, such as tingling on one side of the face, arm, or leg, and difficulty speaking, can be signs of an aura.

One of the best ways to avoid migraines and headaches is to live a healthy life, NEWSTART.



MR. ALAN SIU

- Health Educator and Registered Dietitian (USA)
- Lifestyle Medicine Certified Professional DipLM IBLM
- Coordinator (HK) and Senior Advisor (China), Health Promoting Hospital
- Lifestyle Management Center



NEWS TART

Nutrition: It is important to eat regular meals throughout the day and keep blood sugar levels steady. Some studies have shown that adopting a whole food plant-based diet, rich in antioxidants and anti-inflammatory plant nutrients, such as beta carotene and carotenoids, can ease the symptoms of chronic migraine, according to the British Medical Journal.

Exercise: Regular exercise is associated with a reduction in the frequency and intensity of migraines. Physical activity also stimulates the body to release its own natural painkillers, such as endorphins and enkephalins, which make us feel better and calmer.

Water: Drinking water is one of the best interventions to reduce the symptoms or prevent migraine headache. Aim to drink 8 to 10 cups of water per day.

Sunlight: If sunlight is one of your triggering factors, make sure you wear sunglasses and a hat. Certain wavelengths of light, like the blue light from a computer or smartphone, may be another cause of the light sensitivity.

Temperance: Avoid potential trigger foods such as chocolate, aged cheese, caffeine, and alcohol. It is recommended to stop drinking alcohol and smoking.

Air: Several studies have shown that air pollution can trigger migraines, so make sure you stay away from pollutants and improve indoor air quality with plants or air filters.

Rest: Getting enough sleep is one of the best ways to prevent headaches and migraines.

Trust: Stressful events can kick off a migraine. Adopt a healthy lifestyle, trust in God and hand over your worries to the Lord.

References:

<https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201>

<https://www.bmj.com/company/newsroom/may-be-worth-adopting-plant-based-diet-to-ease-chronic-migraine-severity-say-doctors/>

<https://www.practicalpainmanagement.com/patient/conditions/headache/7-lifestyle-tips-help-prevent-migraines-headaches>

<https://www.everydayhealth.com/hs/exercise-tips-for-people-with-migraines/>

<https://pubmed.ncbi.nlm.nih.gov/32446809/>

<https://www.news-medical.net/health/Can-Weather-or-Air-Pollution-Trigger-Migraine.aspx>

<https://www.gov.hk/en/residents/environment/public/green/helpcleanair.htm>

The Migraine

Disability Assessment Test

The MIDAS (Migraine Disability Assessment) questionnaire was put together to help you measure the impact your headaches have on your life. The information on this questionnaire is also helpful for your primary care provider to determine the level of pain and disability caused by your headaches and to find the best treatment for you.



INSTRUCTIONS

Please answer the following questions about ALL of the headaches you have had over the last 3 months. Select your answer in the box next to each question. Select zero if you did not have the activity in the last 3 months.

- 1. On how many days in the last 3 months did you miss work or school because of your headaches?
- 2. How many days in the last 3 months was your productivity at work or school reduced by half or more because of your headaches? (Do not include days you counted in question 1 where you missed work or school.)
- 3. On how many days in the last 3 months did you not do household work (such as housework, home repairs and maintenance, shopping, caring for children and relatives) because of your headaches?
- 4. How many days in the last 3 months was your productivity in household work reduced by half or more because of your headaches? (Do not include days you counted in question 3 where you did not do household work.)
- 5. On how many days in the last 3 months did you miss family, social or leisure activities because of your headaches?
- Total (Questions 1-5)**

What your Physician will need to know about your headache:

- A. On how many days in the last 3 months did you have a headache? (If a headache lasted more than 1 day, count each day.)
- B. On a scale of 0 - 10, on average how painful were these headaches? (0=no pain at all, and 10= pain as bad as it can be.)

SCORING:

After you have filled out this questionnaire, add the total number of days from questions 1-5 (ignore A and B).

MIDAS GRADE	DEFINITION	MIDAS SCORE
I	Little or No Disability	0-5
II	Mild Disability	6-10
III	Moderate Disability	11-20
IV	Severe Disability	21+

If Your MIDAS Score is 6 or more, please discuss this with your doctor.
Please take the completed form to your healthcare professional.





Does Your HEAD HURT?

One of the most negative memories I have as a child, is remembering my mother complaining about splitting headaches; those headaches affected her often, her mood would change and her energy and productivity greatly decreased. Seeing her suffer, made me miserable. One day, after a doctor's visit, I overheard a new word that became part of my vocabulary: migraines. To me, the word was strange and mysterious; I wanted to learn what it meant and why my mother had it. Eventually, I learned that a migraine is a headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be so severe that it interferes with your daily activities. Learning about migraine headaches helped me to better understand my mother and see her in a completely different light. Although I have never suffered from them myself, I have seen family members and friends struggle with horrible migraines.

During the last two years, the world has been busy battling COVID-19; a number of conditions and ailments have taken a back seat to COVID-19. Headache and migraine reports are increasing, with some experts seeing a "dramatic uptick" during the pandemic. To complicate the situation, the rise of social media has exponentially worsened the problem, with visual stimulation and poor ergonomics. Furthermore, the bright blue light of cell phones has been proven to make migraines worse. Photosensitivity (or extreme sensitivity to light) affects up to 90 percent of people with migraines, according to the American Migraine Foundation.

Stress is another well-known cause of migraines, with and without aura, and a host of other neurological conditions. Emotional stress isn't the only type of stress that can impact the prevalence of migraine with aura, though. Metabolic stress like hypoglycemia can also trigger these events, as well as sleep deprivation.

Finally, COVID-19 has also highlighted the issue of migraines. Post-COVID headache is a persistent headache that develops after having COVID-19. Symptoms can last for weeks or even months after testing negative for the virus. Though anyone can develop a post-COVID headache, people with migraines are more likely to see an increase in the frequency and intensity of their migraine attacks.

We believe that God is the great healer. Prayer is a useful tool in the fight against migraines. We have been promised: "God will keep him in perfect peace, whose mind is stayed on you. Because he trusts in You". If you have ever suffered from migraines, and have not yet found relief, I invite you to try prayer; you have nothing to lose, and a great deal to gain.

References:

<https://www.healthline.com/health/headache/when-to-worry-about-a-headache#symptoms>
<https://www.washingtonpost.com/wellness/2020/12/18/>
<https://americanmigrainefoundation.org/>
<https://www.goodrx.com/conditions/migraine/migraine-social-media>

OUR *Prayer Room* AND *Worship* SERVICE

Caring for the whole person—body, mind and spirit — is an integral part of our hospital's approach to health care. Hong Kong Adventist Hospital takes every effort to look after your spiritual and emotional needs.

We have a prayer room which is located on the ground floor opposite to the entrance. It is opened to people of all faiths.

Our clinically trained chaplains are available 24-hours a day, seven days a week to offer guidance and counseling. For those who request, prayers are offered for the patients and their families.

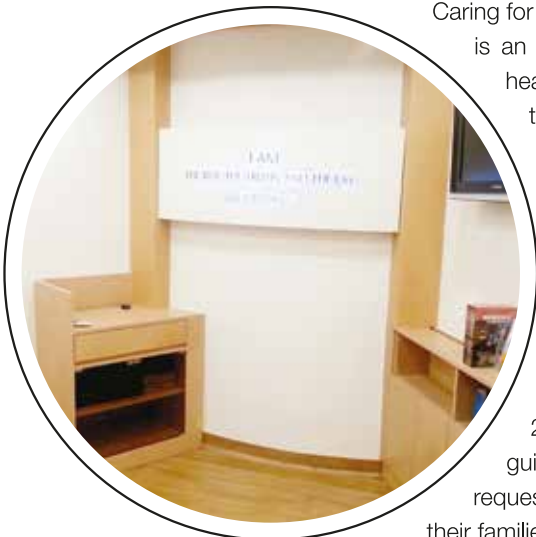
Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

A short inspiring morning message is offered every weekday from 8:40am to 9:00am in La Rue Building 7B. All patients are welcome to attend.

Please feel free to call upon our chaplains for emotional and spiritual support or to just have a listening ear.

May God bless you.

From the Chaplain's Office



ANTI-INFLAMMATORY SMOOTHIE

This smoothie is anti-migraine, full of magnesium, antioxidants and fiber.

- INGREDIENTS:**
- ¾ cup chopped pear, skin on
 - 2 teaspoons freshly grated ginger
 - ¾ cup fresh spinach
(may substitute with kale if histamine is a trigger for your headache)
 - ¾ cup oat milk
 - 2 teaspoons hemp or chia seeds
 - 1 cup ice
 - 1 teaspoon pitted dates or banana (optional)

- INSTRUCTIONS:**
1. Place all the ingredients in a blender except for ice.
Blend, for about 1 minute, till smooth and creamy.
 2. Taste and see if you need to add natural sweetener like dates or banana.
 3. Add ice in ½ cup increments until the desired thickness is reached.

Reference: <https://thedizzycook.com/anti-inflammatory-pear-smoothie/>



Lifestyle Management Center (LMC) is a crucial component of Hong Kong Adventist Hospital, articulating its mission, aiming to provide health education to both our patients and the general public regarding the benefits of 'Total Health'.

Through services and programs such as the Lifestyle Medicine Clinic, comprehensive lifestyle assessment, health screenings, delicious vegan cooking demonstration, fitness club and interactive educational programs, participants can begin to restore their own health through lifestyle modification.

Our success depends largely on your participation and support. Let us strive together to promote better holistic health in our society.

DONATE TODAY



Your benevolence not only makes a significant difference to our beneficiaries but also opens doors that they never imagined possible!

WEBSITE:
www.hkahf.org.hk

DONATE FOR A BRIGHT FUTURE



Your generosity will contribute to the healthy lifestyle education to the general public through Lifestyle Management Center. It will help our center run health seminars, cooking and fitness classes and health programs in order to educate the public on how to prevent, improve and even reverse chronic diseases.

TEL: (852) 2835 0555

Adventist Health 港安
Hong Kong Adventist Hospital • Stubbs Road
香港港安醫院 • 司徒拔道

Hong Kong Adventist Hospital – Stubbs Road
Lifestyle Management Center

✉ lmc@hkah.org.hk
☎ (852) 2835 0555

Chaplaincy Services

🏠 40 Stubbs Road, Hong Kong
☎ (852) 3651 8850

