

The Prairie Doc Perspective

Mother's headaches

By Joanie S. Holm RN, CNP

The discussion of headaches always takes me back to my childhood, as my dear mother suffered from this malady. Born in 1925, she didn't have the advantage of modern medications to relieve her headaches, and unfortunately, was left to face them with little help from medicine.

As we were growing up, we children didn't have much sympathy for our Mother. What we saw was her going to bed, again, with a "sick headache." That meant retreating from family activities, taking a "knock out" medicine, and going into a dark bedroom until the headache resolved. Invariably this happened before an important event and the kids were left to do without her, as we mumbled under our breaths, "Oh great, here we go again!" Empathy was not on our radar screens.

As an adult, I inherited my mom's headaches, albeit, I think they are of a much milder form. It

wasn't until our children were in their 20's when they found out that I too had headaches. I felt it my responsibility during their childhood to shelter them from a headache prone Mom.

How did I manage this? I have had good treatment! Thanks to modern pharmaceuticals, I have obtained relief from headaches without having to miss out on family activities. Of course, it helped that I had a mindset that having headaches was not acceptable.

As I look back, I have to say, "Thank you Mom, for all your love and all you did..." and having to do it while dealing with miserable and untimely headaches." Forgive me, because I just didn't understand your predicament.

And I say "thank you" to the women and men who work day after day to produce medications and other treatments to help all of us who suffer from headaches and other painful ailments. And

"thanks" to the care providers who listen and provide helpful treatments. Because of your work, fewer people will have to suffer like my mom.

This week I am happy to feature a guest author for the essay. We hope you continue to enjoy the weekly essays and On Call Television. We continue to strive to bring you honest science.

Richard P Holm, MD

Dr. Rick Holm wrote this Prairie Doc Perspective for "On Call®," a weekly program where medical professionals discuss health concerns for the general public. "On Call®" is produced by the Healing Words Foundation in association with the South Dakota State University Journalism Department. "On Call®" airs Thursdays on South Dakota Public Broadcasting-Television at 7 p.m. Central, 6 p.m. Mountain. Visit us at OnCallTelevision.com.

Nov. is Diabetes Awareness Month

November is Diabetes Awareness Month and the South Dakota Diabetes Coalition has information to help South Dakotans deal with the disease.

Diabetes is a leading global cause of blindness, kidney failure, heart attack, stroke and amputation. According to the International Diabetes Federation and the World Health Organization, more than 360 million people worldwide have diabetes.

In 2010, 41,821 people, or 6.9 percent of South Dakotans over the age of 17, had been told they have Type 1 or Type 2 diabetes, according to the South Dakota Diabetes Coalition. The U.S. Centers for Disease Control and Prevention indicates approximately 25 percent of people with diabetes do not know they have it, which means an additional 13,940 South Dakota adults could have undiagnosed diabetes.

Additionally, 35 percent of adults in the United States ages 20 years or older have prediabetes, meaning 79 million Americans are at risk for diabetes. By applying this analysis to South Dakota, more than 200,000 South Dakotans are at risk for developing diabetes.

Diabetes is a serious public health problem in South Dakota and the

number of South Dakotans who have the disease or are at-risk for it grows each year.

Research shows that Type 2 diabetes can be prevented. Lifestyle modifications such as proper nutrition and moderate exercise can reduce the risk of developing Type 2 diabetes by as much as 60 percent.

Education and proper care can help people with diabetes live long and healthy lives and diabetes self-management education can teach people with diabetes to be proactive about their health, resulting in a better health status and increased quality of life. Awareness of resources and access to care allows people with diabetes to obtain necessary services and help prevent the complications that diabetes can bring.

The South Dakota Diabetes Coalition is a non-profit organization comprised of over 60 diverse partners – health care professionals,

advocacy groups, government agencies, tribal health representatives, persons with diabetes, quality improvement and wellness program coordinators and many others.

The Diabetes Coalition is a volunteer-based organization comprised of professionals and citizens who are passionate about preventing diabetes and empowering those with diabetes to successfully manage their health.

To learn more about diabetes and the South Dakota Diabetes Coalition, go to SDDiabetesCoalition.org or contact your health care provider.

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