



BE CANDID

PARK NICOLLET EXPERTS SHARE THEIR MOST VALUABLE ADVICE FOR YOUR HEALTH.



What's your headache trying to tell you?

Many women experience headaches on a regular basis. But if your headaches are causing debilitation (the need to lie down and avoid work, home or social activities) and over-the-counter products aren't helping, it might be time to seek help. Migraine headaches affect about 36 million Americans, yet a large number of migraine sufferers are unaware of the true nature of their condition and simply call their illness a "headache." Migraine headaches are most common in men and women from their 20s to their 50s, but can affect people of all ages. The World Health Organization places migraine as one of the 20 most disabling medical illnesses on the planet. If you experience headaches, try keeping a headache diary where you can note the days, time, length, medications used and other symptoms surrounding your headaches. This can aid your doctor in helping you establish a diagnosis and treatment plan. At Park Nicollet Neurology, we've helped thousands of people manage their migraines through medication and simple lifestyle modifications. *Call 952-993-3200 to learn more about taking control of your headaches.*

DRAHOMIRA SENČÁKOVÁ, MD
NEUROLOGY



There's help for heavy periods

If your periods are making you miserable, you're not alone. One in five women struggle with heavy bleeding, long periods and intense cramping. But the good news is treatment is available to help restore your life. Endometrial ablation is a great option for women whose periods are interfering with activities of daily living. The procedure, which is often performed in your doctor's office, uses either a heated saline solution or a wire with an electrical current to treat the lining of the uterus. It can reduce menstrual flow and related symptoms by 75 percent – and many women won't have a period at all after the procedure. If your period is interrupting your life – and you're pre-menopausal, done with childbearing and have no other gynecologic issues – ask your doctor about endometrial ablation. *To learn more about Park Nicollet Ob/Gyn clinicians who offer this procedure, call 952-993-3282.*

CHARLES BRYZ-GORNIA, MD
OB/GYN