



This nasal spray can bust cluster headaches

Cluster headaches usually strike on one side of the head and near the eye. Sometimes their pain radiates to the temple, forehead, cheek, nose, or upper gum.

A prescription nasal spray called Zolmitriptan has now been found to provide fast and effective relief. A study published in the journal *Neurology* showed that within 30 minutes, 63 percent of patients who took the 10 mg dose of the nasal spray experienced pain relief.

Zolmitriptan also comes in a 5 mg dose, but was less effective with only half of patients reporting pain relief.

Cluster headaches come on suddenly and can last from minutes to hours over a period of days, weeks, or months. They are more common in men and may appear as early as age 20 but they are more likely to occur in men at age 40.

Though researchers aren't sure why, cluster headaches don't usually appear in women until they reach their 60s.

Quote of the Month

"Ability is what you're capable of doing. Motivation determines what you do. Attitude tells how well you will do it."

Lou Holtz

Numerical Snapshots of American Life

Many developed countries are not growing. Yet the U.S. is getting bigger and more colorful but is still uncrowded. According to the U.S. Census Bureau:

* The U.S. is the third most populous country on earth but still has fewer than 5 percent of the world's people.

* Eighty percent of the U.S. population lives in a metropolitan area. The top five are New York, Los Angeles, Chicago, Dallas-Fort Worth, and Philadelphia.

* For every 1,000 Americans: 568 live in the state where they were

born; 455 are employed, 405 are married, 173 speak a language other than English, 159 have no health insurance, 122 are 65 or older, 5 are in the active-duty military, and 1 is in kindergarten.

* In 1970, 4.7 percent of the population was born outside the U.S. In 2000, counting illegal immigrants, 14.6 percent were born outside. That's just under the 1890 figure of 14.8 percent.

* According to the Bureau of Labor Statistics, American take 3.9 weeks of vacation. In Italy, Britain, and Germany, workers take four. In France, it's five

weeks.

* Americans have gained four to eight hours of free time per week since 1965. Time spent exercising has doubled. Men watch TV three hours 28 minutes a day, women for two hours, 41 minutes.



Hearing Loss In Young People Increases

Millions of children age 6 to 19 have hearing loss in one or both ears.

Audiologists at the University of Louisville in Kentucky say it's the same degree of hearing loss they see in 60-year-olds.

When teens turn up the volume on their stereos too loud, they damage

the tiny hair cells in the inner ear that play a key role in hearing.

Pumping loud music directly into the ears from an MP3 player has the same effect.

Over time, the hair cells begin to die out, and there is no way to restore them. The hearing loss is permanent.

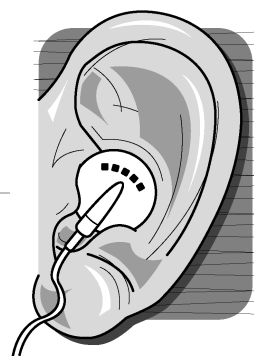
Students playing in high school and college marching bands have a similar risk. Indoor rehearsals concentrate the sound. One student quoted in *USA Today* says that after indoor rehearsals, his ears hurt and start ringing. Now,

he hears the ringing whenever he's in a quiet room.

Michigan State University and the University of North Texas, which have large music schools, are researching the effects of indoor practice and taking steps to protect band members.

Measures they take include free hearing tests, courses in occupational health, and lining practice rooms with sound absorbing materials.

They also monitor sound levels during rehearsals and give ear plugs to music students.



Fast Facts For Staying Well and Living Well

Wine headache is genetic

Does it happen to you? You have a nice dinner and some wine. A few hours later, you've got a pounding headache.

Researchers at the University of California, Berkeley, they say the red wine headache can also come from sake, another wine.

If you are sensitive to the amines in red wine and sake, including tyramine, histamine, and others, indulging can not only give you a headache but it can make your heart race. Heart specialists warn that



in people sensitive to them, amines can trigger sudden high blood pressure, heart palpitations, and an elevated adrenalin level.

Lower levels of amines occur naturally in aged, pickled, and fermented goods, chocolate, and some cheeses, olives, nuts, and cured meat.

Virgin olive oil is best

Many people have switched from regular vegetable oil to olive oil for their salads and cooking. The phenols in olive oil reduce the danger of blood clots, which could cause a heart attack or stroke.

Researchers reporting in the American Journal of Clinical Nutrition have found that pure virgin olive oil has a far higher

phenol content than other forms. It's a better choice.

Make your own granola

To put more whole grains into your life and have some great snacks, try this simple granola recipe offered by cdkitchen.com:

- 4 cups old-fashioned oats

- 1 1/2 cup sliced almonds

- 1/2 cup packed light brown sugar

- 1/2 teaspoon salt

- 1/2 teaspoon ground cinnamon

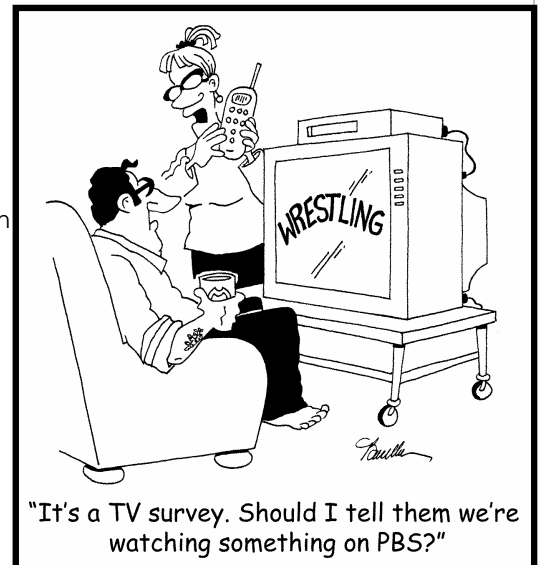
- 1/4 cup vegetable oil

- 1/4 cup honey

- 1 teaspoon vanilla

- 1 1/2 cup raisins or dried cranberries

Bake at 300 for 40 minutes, stirring often. Cool and put in sealed plastic bags.



Kayaking is the new in-thing for solo sportsters

Participation in solo sports such as golf, snowboarding, and kayaking continues to grow.

The National Sporting Goods Association says the number of U.S. kayakers has doubled in the last decade. Women are among the fastest-growing segments.

New kayaks are sturdier, more comfortable, and lighter weight. Kayak sales now are higher than canoe sales. Canoes, which normally seat two, are harder to steer, and can't go as fast.

Kayaks start at about \$775 for casual paddlers and cost up to \$3,500 for luxury designs.

Some kayakers enjoy paddling by themselves and the tranquility of being alone with nature. Others like the companionship of groups. Many kayaking clubs have hundreds of members and sponsor group outings.

Outfitters such as those in Baltimore and New York City give free lessons along the water front. There are man-made white-water parks elsewhere, and kayaking festivals and expeditions let interested people try out the sport

before buying their own equipment.



Travel Bag Facts and Tricks For Your Next Trip

More discount airline choices

New discount airline companies used to just copy Southwest with its short, frequent flights. Now, some discounters are upgrading while others go farther down the bare-bones route.

On the high end, Virgin Airlines, flying mostly from California to New York, has fancy seats, a first-class cabin, and meals you can order over a touch screen.

Skybus, on the low end, has no seat-back pouches, seats are



closer together, and food is bought from a cart.

Longest over-land tunnel

Officials in Switzerland recently opened a 21-mile rail tunnel. It is the world's longest over-land tunnel and runs through the Alps. It is meant to ease highway traffic jams in the mountainous country.

The tunnel took eight years to build and cost \$3.5 billion. It reduces the time trains need to cross from Germany and Italy by one and a half hours.

Aspirin won't prevent DVT

During airline flights of five hours or more, there is a risk of dangerous blood clots forming in the legs (deep vein thrombosis, or DVT). Aspirin won't help. It works mainly on arteries, not on veins, according to the Mayo Clinic.

The risk is low, and avoiding DVT isn't difficult.

Stay hydrated and periodically exercise leg muscles by flexing or pumping your legs, or by walking in the aisle. Those at higher risk should request an aisle seat so they can get up and walk frequently or get a seat in business or first-class where there is more leg room.

Silverjet's 30-minute check-in

Some airlines' last-minute business-class fare from New York to London Heathrow is about \$8,000 round trip. Silverjet's similar fare is about \$3,000 between Newark and Luton Airport north of London.

Silverjet says its consumers want the whole experience, things like their 30-minute check-in and seats that convert into beds so traveling is less stressful.

Learn How To Avoid The Seven Threats To A Beautiful Smile

Did you know there are seven threats to having a beautiful smile and healthy teeth for life?

And that YOU can easily prevent every single one of them? Learn about them by joining me over the next several months in a journey to personal beauty.

Threat # 1--Neglect

Personal Neglect includes not brushing your teeth, not flossing, not seeing a dentist regularly, etc. This usually happens for one of three reasons.

One, you haven't seen a dentist in a long time and are afraid of what they'll find. Two, you have a real fear of the dentist. Three, you simply don't want to be lectured.

While there isn't much a dentist can do about the first reason, there's

plenty we can do about the other two.

When it comes to a fear of the dentist, great dentists pride themselves on an excellent chair-side manner, listening to your concerns, aiding you through the process in any way they can and even using sedation dentistry where necessary.

As for the third reason, well that's why offices like ours employ a strict "no lecture zone" policy. No lectures, just solutions.

Now, that's the first half of neglect, but did you know there's another form that is just as important?

It's called Dentist's Neglect and it occurs when your dentist fails to keep you informed about your complete dental health. The most

common form of this is advising patients to "just get dentures" when they face big dental problems.



Charles Briscoe, DDS

Having treated hundreds of patients with dentures, I know the only problem with them is they're a lot like oral wigs. Oral wigs that can move up to an inch during function!

My advice? Evaluate the caliber of your dentist and start brushing and cleaning between your teeth regularly. You wouldn't dream of going without deodorant or not taking a shower every day. Give your teeth the respect and care they deserve.

Did You Know...

You can whiten your smile from the inside out with **enamel replacements**.



Please call 858-454-3221 for more information.

World war memorial

Across

- 1. Higher National Diploma: Abbr.
- 4. Is in glasses
- 9. I got __, babe
- 10. Saying
- 11. Force unit: Abbr.
- 12. British trout
- 13. Serfs
- 15. Partner
- 19. More beloved
- 20. Racing shell
- 23. English river
- 24. Surpass
- 25. Master of Science: Abbr.
- 26. Course at school
- 27. Filming site

Down

- 1. Part of a fungus
- 2. Knots

1	2	3		4	5	6	7	8
9				0				
11				12				
13			14					
15						16	17	18
			19					
20	21	22				23		
24						25		
26						27		

- 3. Blunts
- 4. Part of connective tissue
- 5. Asiatic tree
- 6. Crow sound
- 7. Get older
- 8. Monetary unit of Japan
- 14. Scads
- 16. Starches
- 17. Laconic
- 18. Upright
- 20. Dry, as wine
- 21. One hundred forty, in Rome
- 22. Fiddler crabs

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