

APRIL | 2022



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ASPEN happenings

From COVID to Migraines

FDA Cleared Device Provides Non-Drug, Safe Pain Relief

(News USA)—Persistent migraines and cluster headaches disrupt the lives, careers, and families of many people who struggle to find relief from debilitating pain. Migraine is one of the world's most common health conditions, affects roughly 39 million people in the United States, making it the sixth most prevalent illness in the world according to the Institute for Health Metrics and Evaluation's Global Burden of Disease study. In addition, recent studies on symptoms of "long-haul" Covid-19 states that migraine is a common long-term effect of the illness. Common symptoms of migraines include a throbbing pain or pulsing sensation on one side of the head, often accompanied by nausea, vomiting, and extreme sensitivity to light and sound, according to the Mayo Clinic.

Medications can provide some relief, but many come with side effects that can be as bad as the headaches themselves, and invasive procedures carry additional risks for complications. Few effective options are available for migraine and cluster headache sufferers. Some patients try non-traditional therapies such as biofeedback, acupuncture, cognitive behavioral therapy, and herbal remedies, but success is limited, according to research. However, evidence suggests that stimulation of the vagus nerve, a large nerve



that helps the body regulate pain, can provide relief from migraines and cluster headaches.

The benefits of vagus nerve stimulation are especially notable for populations seeking safe, simple, drug-free treatments, such as adolescents and veterans." Over time, we have learned about the incredible power of the vagus nerve," says Peter Staats, MD, chief medical officer at the National Spine and Pain Centers and chief medical officer of electroCore, the makers of the gammaCore device. "We achieved a technical breakthrough in 2010 when we developed the ability to administer vagus nerve stimulation non-invasively by delivering a proprietary signal through the skin to either the right or the left branches of the vagus nerve in the neck," he says. Kerrie Smyres began using gammaCore in June 2016. With it, she went from getting a migraine attack every time she ate to being able to eat anything she wanted without an attack. "I was also able to go from barely working to working full-time and have been able to stop taking all my preventive migraine medications and rarely use abortive medications." *(continued on page 3)*

UPCOMING COMMUNITY EVENTS

- | | | | |
|-------------------------------------|--------------------------------|---------------|-----------------|
| 01 April Fools' Day | 12 Community Coffee Club 10 am | 15 Picnic Day | 22 Earth Day |
| 02 Brookhaven Little Theatre – 2 pm | 17 Easter | 18 Tax Day | 28 Family Night |

Visit aspnofbrookhaven.com to view the entire Aspen activity calendar.

From Covid to Migraines *(continued from page 1)*



The gammaCore Sapphire™ is a handheld, non-invasive device that uses gentle electrical stimulation to activate the vagus nerve. The device, which has been cleared by the Food and Drug Administration (FDA) for the treatment and prevention of migraines and cluster headaches, is available with a doctor's prescription.

Using the device is a simple, three-step process that patients can do at home or on the go. First, find the spot on your neck near your pulse to activate the vagus nerve. Next, apply the accompanying gel to the stimulation surfaces, turn it on, and place it on the neck. Finally, adjust the intensity to a comfortable level, holding in place for a 2-minute stimulation. For more details, please visit gammaCore.com. A Headache Discussion Guide may be helpful to share with your healthcare provider. gammaCore Sapphire (nVNS) is indicated for a use in adult patients for the preventative treatment of cluster headache, the acute treatment of pain associated with episodic cluster headache, and the acute and preventative treatment of migraine in adolescent (age 12 and older) and adult patients.

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DID YOU KNOW?

You Can Head Off Heartburn? People with gastroesophageal reflux disease (GERD) Who slept on their left side had less potentially painful stomach acid than those who slept on their right side or back, a recent study revealed. In the left side sleep position, the esophagus is above the stomach, making it more difficult for stomach acid to flow up into the esophagus. *SOURCE: American Journal of Gastroenterology, 12/2021.*

I think I need reading glasses. Should I just use the ones from the drugstore?

Drugstore readers, which come in different strengths, may be fine if you have no other vision problems-or as a backup to prescription glasses for close up work like sewing, says Christopher Lievens, OD, chief of internal clinics at Southern College of Optometry in Memphis. But they don't provide the vision corrections many people need, like a stronger prescription for one eye. So it's best to see your eye doctor for a comprehensive eye exam to determine your vision needs and check for problems like cataracts, age-related macular degeneration, and glaucoma.

Should I try protein powder to increase my protein levels? Maybe. Getting protein from food is best, but if getting enough is hard, 6 to 12 grams of protein a day from protein powder might be useful, says Angel Planells, MS, RDN, spokesperson for the Academy of Nutrition & Dietetics. People over the age of 65 should aim for .45 - .55 daily grams of protein per pound of body weight, or about 68 – 83 grams for a 150-pound person.

Can resistance bands help me get stronger? "For building strength and endurance and maintaining muscle function to stay active and Independent, resistance bands are particularly effective for older adults," says J.P. Barfield, DA, professor of exercise science at Emory & Henry College in Marion, VA. They are lightweight and easy to hold and come in several resistance levels. Find a workout at silversneakers.com/blog/total-body-resistance-band-workout-older-adults. *SOURCE: Consumer Reports On Health, April 2022*



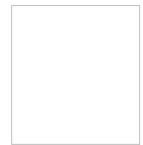
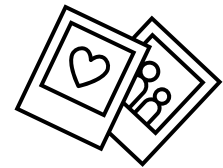
13th - K. Warren
20th - B. Doremus
25th - B. Harrington



Trivia

- April Fools' Day is on the 1st of April every year.
- April Fools' Day is the best day of the year to play practical jokes.
- In France it is called Poisson d'Avril.
- Historians believe the day started in 1582.
- A lot of companies, radios, and TV channels get involved on April Fools' Day!
- In Scotland, April Fools' Day lasts two days and is also known as "April Gowk."

More memories...



**500 Silver Cross Drive
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A community enriched by you.

