

Andes

HealthMart  
PHARMACY

Caring for You and About You

## THE PHARM REPORT

## Migraines

**The whole subject of headaches** is confusing to most people. "Do I have a migraine or a sinus headache? What about my tension headaches?"

If you are frustrated that your headaches are not under control, you are not alone.

All headaches arise from a single mechanism or source. This mechanism produces other symptoms like dizziness, stiff neck, sinus congestion and many more.

Misdiagnosis leads to mistreatment, which leads to failure, confusion and frustration.

### The Myth Of The Sinus Headache

Migraines can cause blood vessels in your nose and sinuses to become swollen and inflamed. The swelling and inflammation of blood vessels produces congestion, pressure, stuffiness, postnasal drip, and pain: a so-called "sinus headache".

For more information about headache relief, check out the book *Heal Your Headache* by David Buchholz, MD.



## MEET ANDES PHARMACISTS!

This month, we feature Amy whose career at Andes HealthMart Pharmacy started 24 years ago when she was hired as a pharmacy technician. Amy graduated from St. Louis College of Pharmacy in May of 1993. Amy has been a pharmacist for 22 years.

cation questions and needs. Amy is looking forward to many more years of serving the Andes HealthMart Pharmacy customers.

### AMY'S PRODUCT PICK

When Amy has a migraine, she chooses the *WellPatch Migraine Cooling Patch*.

WellPatch helps relieve the pain of headaches. It helps constrict the blood vessels close to the skin surface, which allows less blood to flow into the brain, relieving the pain.

Amy says she discovered the cooling patch about a year ago and it has helped her manage the pain of her headaches.

It's drug-free and safe to use with other medications. When the patch is applied to the forehead or neck, it provides 8 hours of cooling pain relief. Amy says it helps her get the pain of a headache under control so she can fall asleep fast.



What Amy enjoys most about being a pharmacist is interacting with the customers and helping them with their medi-