

One Flat Stomach Rule: Obey

I cut down **over 29lbs** of fat by obeying this one old rule.

www.melsdietblog.com

AS SEEN ON:  



BEFOREAFTER

Search America's #1 News Site



MSN Home

|

Mail

More

Sign In



- featuring
- Today Show

Nightly News

Dateline

Meet the Press

MSNBC TV

NBC
- Sports

Health

Categories

- U.S. news
- World news
- Politics
- Business
- Entertainment
- Sports
- Tech & science
- Health
- Diet and nutrition
- Cold and flu
- Women's health
- Men's health
- Kids and parenting
- Sexual health
- Pet health
- Fitness
- Aging
- Heart health
- Cancer
- Mental health
- Health library
- Travel
- Weather
- Local news

Browse

- Video
- Photos
- Community

Disable Fly-out

Marketplace

- Credit Score \$0

at CreditReport.com
- Scottrade

\$7 online trades
- Progressive

Get car insurance
- Start a business

Entrepreneur.com
- Online Degrees


Get free info now
- Netflix

Try for Free
- Shopping Deals

Coupon Offers!
- Autos

via MSN Autos

Blocking trigger points may stop cluster headaches

 **REUTERS**

updated 7:06 p.m. ET Jan. 29, 2009

NEW YORK (Reuters Health) - Excessive sensitivity apparently plays a role in cluster headaches, and blocking the hypersensitive muscle trigger points with local anesthetic may be beneficial in treating the condition, according to results published in the journal Head & Face Medicine.

Cluster headaches cause sudden, severe pain, often centered in one eye. Though the headaches tend to be short, they run in cycles, which may cause several headaches in one day or every few days. Most people with cluster headaches experience pain-free periods of several weeks or more between each headache cycle. About 10 percent of sufferers, however, experience chronic cycles, which can last a year or more.

Dr. Elena P. Calandre and colleagues from the University of Granada, Spain, conducted a study of 12 patients with cluster headache to see if trigger points could be identified, and if so, whether anesthetic injections at the trigger points were helpful.

Related stories

What's this?

Neck, back pain tough to treat after longer leave

Most popular

Most viewed · Top rated · Most e-mailed

- Family: Octuplets' mother has 6 other children
- Police: Robber scared grandmother to death
- Witness: Man stabbed ex to reclaim implants
- Electronics giant NEC set to slash 20,000 jobs
- Illinois Senate ousts Blagojevich
- Most viewed on msnbc.com

Story continues below ↓

advertisement | [your ad here](#)

I Lost 43 Pounds In Two Weeks



If you want to lose weight, you must click here.

www.BeckysWeightLoss.com

Four of the subjects experienced episodic cluster headache and eight experienced chronic cluster headache. All were totally refractory to their current prescribed drug therapy.

At least one trigger point was found in every patient. In five of six patients, the researchers were able to stop a cluster headache attack in progress with an anesthetic injection. In six of seven patients, the injections were successful in preventing attacks.

When anesthetic injections were combined with preventative drug therapy, significant improvement was observed in seven of eight chronic headache patients.

In terms of adverse effects, one patient reported pain at the injection site. Rebound headache following injection was observed in four patients.

"As it is estimated that between 10 and 20 percent of cluster patients are refractory to treatment or develop resistance to it, the potential role of...trigger point blockade should not be underestimated," Calandre and

Sponsored Links

- Top Diet Pills of 2009

Which Diet Pills Work & Which Ones Don't?

ConsumerBestDeals.com
- Ultimate Weight Loss

More Energy. More Weight Loss. As Seen On TV. Order Today.

www.zantrex3.com
- The Rachael Ray Diet

Find out how I lose 9lbs a week - Approved by Rachael Ray!

www.oprahsdietresults.com
- Lose 5 lbs. In 5 Days

Top 6 diet pills reviewed. Lose the weight fast. All Guaranteed.

www.DietPillReviewCenter.com
- "My Stomach is Flat"

I cut down 43 lbs of stomach fat in 3 months by obeying this rule.

MelorasWeightLoss.com

Resource guide

- CreditReport.com

Get Your 2009 Credit Score
- Scottrade

\$7 Online Trades

Scottrade: \$7 online trades
- PROGRESSIVE

Our rates vs. the others
- Entrepreneur

Find a business to start
- EarnMyDegree.com

Free info from top programs
- NETFLIX

Movies delivered - Try free
- msn autos

colleagues write.

"Trigger point injection is an easy to perform and well-tolerated therapy, its main drawback being that it is rarely wholly effective" when given alone, they note. "The combination of active trigger point (blockade) with prophylactic drug treatment in the treatment of refractory cluster headache remains a therapeutic option worthy to be investigated."

SOURCE: Head & Face Medicine, December 2008.

Copyright 2009 Reuters. [Click for restrictions.](#)

Discuss Story

On Newsvine

Rate Story:

View popular

☆☆☆☆☆

Low 0 after 0 ratings High

Email

Instant Message

Print

Top msnbc.com stories

Homelessness surges as funding falters

Family: Octuplets' mom has 6 other kids

Electronics giant NEC to cut 20,000 jobs

Obama: Street bonuses 'outrageous'

Small government back as GOP maxim

NBC News highlights

No jacket required: Obama's new style

Jobless in Seattle

When no one wants custody of mom

Michelle Obama's beauty secrets

Lilly Ledbetter: 'I feel vindicated'

SPONSORED LINKS

Get listed here

Featuring

Today

Nightly News

Dateline

Meet the Press

MSNBC TV

Newsweek

Categories

Top stories

Local news

U.S.

World

Politics

Business

Sports

Entertainment

Health

Tech & science

Travel

Weather

About

About us

Contact

Site map

Jobs

Terms & conditions

Alerts via IM

E-mail updates

RSS & feeds

Mobile headlines

Podcasts

Widgets

Holiday Inn

HOTELS - RESORTS

1-877-865-6578

Kids Eat & Stay FREE

Free WiFi

Save 10%
CLICK HERE