

Migraine: When it's more than just a headache

BY DAVID DRUDGE
STAFF WRITER

Headaches are nothing new to college students. The stress of tests, term papers and grades, all cause a college student to reach for the aspirin bottle for a little relief. But when a headache is so severe that it becomes a debilitating occurrence, chances are what you've got may be much more. It may be a migraine.

Kathy Anderson, a UNLV senior who has suffered from chronic migraines since age 16 said, "It's inevitable, at least once during a semester my head feels like it's going to explode. It comes without warning, and the pain becomes so intense that all I want to do is hide in my room until the pain goes away."

Though migraines typically strike more often after the college years, it can occur earlier in life. A study of headaches among adolescents and young adults indicates an average of 78 percent of women and 58 percent of men between the ages of 18 and 29 report that their most recent headache occurred within four weeks of participating in the study.

More alarming is the number of people with migraines who do not seek treatment. An average of 85 percent of men and 68 percent of women who reported having one or more headaches in the prior year never consulted a physician. These facts are consistent with the results of a recent national survey of physicians that found the typical migraine sufferer waited three and a half years before seeking treatment.

Las Vegas doctor Henry Steel said, "I treat a number of people who have suffered through years of unnecessary pain. The problem is that many people just don't know the symptoms of migraines. They think they might be coming down with the flu, and when the symptoms subside they tend to

dismiss it, not realizing that something more serious might be happening to them."

A migraine is characterized by multiple symptoms. They include severe recurrent pain, usually on one side of the head and often accompanied by nausea, vomiting and sensitivity to light or sound. Migraine attacks can last from four hours to three days, and may be aggravated by routine movement as well as physical exertion.

Until recently, the cause of a migraine attack was a mystery. Scientists now believe that they are caused by a sequence of events causing blood vessels in the brain to tighten, then relax, resulting in the throbbing sensation typical to migraine sufferers. Although currently there is no cure for migraine attacks, much has been learned to manage the disease, including effective treatment programs.

Dr. Glen Solomon, Cleveland Clinic Foundation's headache specialist said, "One of the things we often notice in young patients is that when they shut off the stereo, they have a terrible headache. They become extremely sensitive to sound, which can trigger a migraine attack."

The patient plays an important role in treatment. Solomon said learning to recognize and control the signs and trigger factors common in the lifestyles of college students who suffer from chronic migraines is essential to fast relief.

Some triggers of a migraine attack are:

- Irregular or insufficient sleep.
- Poor eating habits, such as skipping meals, dieting and consuming foods and beverages with caffeine, alcohol, MSG or nitrites.
- Environmental changes, like changes in atmospheric pressure or temperature, as well as cigarette smoke, bright lights and loud noises, even music.
- Certain medication, including over-

Get shot at the Student Health Center

BY KRISTINE BREWER
STAFF WRITER

UNLV students burning the candle at both ends may find it difficult to stay well. The campus Student Health Center offers services such as flu shots to help students combat illness.

Joann Wassell, RN CHN-C, coordinator of the Student Health Center, recommends a flu shot for anyone sitting in class next to anyone else.

The Student Health Center offers flu shots for \$5 from 9-11 a.m. on Mondays and 2-4 p.m. on Thursdays. The process requires filling out two forms and the administration of the shot.

There are only 70 flu shots remaining at the center and they are given on a first-come, first-served basis. The vaccination becomes completely effective after two weeks.

The shot cannot be given to students who are ill or have cold or flu

symptoms. Usually, the reaction to the shot is minor in comparison to contracting the actual flu. If a serious reaction occurs, students are advised to see a doctor right away.

Prevention, of course, is the best medicine. "The campus is like a little city with 20,000 people crammed into a small area," Wassell said.

She offered a few simple suggestions to prevent sickness: "Don't drink from each other's glasses, water bottles, or share cigarettes, and for pete's sake, if someone is sick, don't crawl in bed with them."

If you catch the flu, visit the Student Health Center for a free flu kit or make an appointment to see a doctor. This service is paid for with the \$20 health fee charged to students every semester.

To make an appointment for a flu shot or for more information, contact the Student Health Center at 895-3370.

the counter pain relievers and analgesics such as aspirin.

- Hormonal changes associated with birth control pills or menstrual cycles.
- Motion from riding bikes or in cars.
- Eyestrain, irregular physical work-out or lack of exercise.
- Fatigue, depression, anxiety, anticipation, stress or other emotional changes.

"Migraines commonly occur when there is a let down after stress, weekends, vacations and holidays," said Solomon. "Just as migraines can be triggered by stress, they also add stress to a person's life, thereby creating a vicious cycle of pain for migraine sufferers. When you add several days

each month of being bed-ridden or not being able to function at a high level, stress increases dramatically."

"I really hate when I have migraine attacks," said Anderson. "They always seem to come at the worst possible time. Mostly, when it's critical that I do well on a test to salvage my grade. I wish these attacks would go away, but I know I just have to learn to cope with them."

Migraines are a difficult disease to diagnose, treat and live with because it affects people differently. Relief from migraine pain is possible, and early diagnosis and treatment lessens the impact on sufferers' lives now and in the future.

Mentoring program a success for ethnic students

BY PAULINE VILLAPANDO
STAFF WRITER

For five years, the Multicultural Student Affairs has provided creative opportunities for minority students. Through the MSA Faculty/Scholar Mentoring program, students are able to gain a wider perspective on their field of study.

Velicia Haron, director of MSA, says creating diversity on campus through increasing ethnic student participation and helping them academically are campus-wide goals. "Active involvement in the mentoring program provides the opportunity to achieve these goals," says Haron.

The program heightens faculty/student rapport, assists students in the pursuit of academic and personal success, and mainstreams ethnic minority students into the social and academic structures of

UNLV.

Not only do professors help students develop study skills and achieve their goals, but they also serve as role models, said MSA graduate student assistant Bryan Galwey.

"If the professor succeeds, these students will want to emulate the same success. It allows for them to enhance their goals voluntarily," said Galwey. "These mentors may help to solidify a students' objectives and open their eyes to the reality of the course."

Among the list of participating administrators this year are Vice President of Student Services Robert Akerman, Assistant Vice President Terry Piper, and President Carol Harter.

"It's very satisfying. I believe in the program and think it is a valid approach to students," said Akerman. "I also enjoy the opportunity to interact with students in a different atmosphere."

Arthur Meyers, professor of radiological sciences, says students ultimately benefit. "It's good for those who need extra incentive to keep going. Having a faculty member keeps them focused in the right direction."

Former student participant Vicki Tripoli, Environmental Studies liaison officer, was involved in a similar program during her college years in 1967. When speaking of her mentor, Tripoli said, "She motivated me and gave me similar dreams. It's a great program that helped me out a lot, that's why I'm involved in it now."

Reginald Alan, a student involved in the mentoring program, appreciates the availability of help outside the college experience.

Professors and students are asked to meet at least once a month to establish a ground for communication. Since the program is service oriented, it

brings students to sources that are not usually accessible.

Although size has remained moderate, a dozen faculty and 20-25 students, MSA hopes to double the amount of participants next year.

The program fosters relationships between UNLV staff and students. "Some students request the same professors and vice versa," said Galwey. "Because they probably went

through similar problems, they can teach scholars how to overcome them. What better way to learn than from experience?"

Although the program is tailored towards minorities, non-ethnic students are welcome to join. "We try our best to make legitimate pairings by mixing and matching to create diversity," says Galwey.

Job

from pg. 7

Look for all the good points. Look for all the aspects about you and your background that make you an outstanding job candidate. Those are the attributes that I want to see when I meet with you.

Reality is, it's easy to "market yourself" into a job or company that you love. If you're enthusiastic about your work and your ability to complete

the necessary tasks, you won't even think of it as marketing. But if you are doing it "just for the bucks" you're really not much different from a prostitute. You're just marketing a different product.

So in meeting the reality of the marketplace, be comfortable selling your talents and skills to that market. The reaction from the other side of the desk to true enthusiasm will almost always be positive.

Sit on the other side of the

desk. Imagine interviewing yourself for the position you most desire. Would you hire you? If not, why would anyone else? Work on yourself, your attitude, your enthusiasm, your product, before you present that product to a potential market.

You probably won't get a second shot. Make sure your first shot is right on the mark.

NEXT COLUMN: *Setting Up Job Search Central.*

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