

Telephone Directory

Customer Service

(941) 748-4501
ext 6415 and ext 6417
(941) 741-2960

Employee Health Benefits
(941) 748-4501 ext 6403

Member Advocacy
(941) 748-4501 ext 6407,
ext 6409, and ext 6411

Lifestyle Assistance and
Modification Program (LAMP)
(941)741-2995

Diabetes/Nutrition Program
(941) 748-4501 ext 6410

Communications Coordinator
(941)748-4501 ext 3964

Fitness/Exercise Programs
(941)748-4501 ext 3979

Pharmacy Advocate
(941) 748-4501 ext 6406

Prescription Solutions
(800) 797-9791

Precertification
(941) 741-2963

National Headache Awareness Week takes place in June. Headaches are a very common health problem. Most headaches can be relieved with over-the-counter (OTC) medications. The following chart contains many available types of headache treatments that you can find at your local pharmacy:

Product	Common Brands	When to Avoid	Avoid if you use these medications:
Acetaminophen	Tylenol	If you drink more than 3 alcoholic beverages per day or have liver problems.	Other medicines that also contain acetaminophen, including Rx and OTC
Acetaminophen/ Aspirin/Caffeine	Excedrin		
Naproxen Sodium	Aleve	If you have a history of stomach ulcers or bleeding.	Other OTC medications such as aspirin and ibuprofen
Ibuprofen	Advil, Motrin	If you have a history of stomach ulcers or bleeding.	Alimta (pemetrexed) Coumadin (warfarin) Fosamax (alendronate) Toradol (ketorolac) Vistide (cidofovir) Methotrexate
Aspirin	Bayer Aspirin, Ecotrin, Bufferin	Avoid use in a child/teenager.	

Only use these medications as needed. Follow the instructions on the package. If you have severe headaches or questions about headache treatments, contact your doctor or pharmacist.

Types of Headaches

“Headache” is a general term for a pain in the head, but there are actually several different types of headaches. Each type of headache has its own symptoms and treatments. The following are some common types of headaches.



Tension (or stress) headaches are the most common variety of headaches. They may be triggered by stress, neck strain, missed meals or lack of sleep. The pain often feels like a tight band around your head. Tension headaches can last from 30 minutes to an entire week. Tension headaches are usually treated with over-the-counter pain medication.

Migraines are often accompanied by nausea, vomiting, and sensitivity to light or sound. Migraines may affect only one side of the head. Women are three times more likely to be affected by migraines than men. Migraines can last from 4 to 72 hours, especially if left untreated. Treatment options include over-the-counter and/or prescription medications, rest, hot or cold compresses applied to the head or neck, massage, and small amounts of caffeine.



Medication overuse headaches can affect anyone who has migraines, tension-type headaches or other chronic headaches and uses pain relievers several times a month. Sometimes called rebound headaches, they are often described as dull, achy, throbbing or pounding and may awaken you daily, early in the morning. The only way to stop medication overuse headaches is to reduce or stop taking the medication that is contributing to these headaches.

Medicine Cabinet Alert!

Warning Signs

Some headaches can be a sign of something more serious. Contact a doctor concerning your headache:

- If you have a headache with confusion, slurred speech, numbness, fever, rash, or loss of vision
- If the headache interferes with your normal activities
- If OTC medications do not help
- If you have a headache and are vomiting or lose consciousness
- If the headache occurs after a head injury, fall or bump



Migraine Treatment

One class of prescription medications used to prevent and treat migraines is known as “triptans”. Triptans narrow blood vessels in the brain and reduce swelling to quickly relieve migraine symptoms when taken early in the course of a migraine. Medications in this class include sumatriptan (**Imitrex**), zolmitriptan (**Zomig**), almotriptan (**Axert**), rizatriptan (**Maxalt**), naratriptan (**Amerge**), eletriptan (**Relpax**), frovatriptan (**Frova**), and a combination drug that includes sumatriptan plus naproxen (**Treximet**).

Did You Know?

The prescription migraine medication Imitrex is available as a generic product. This means you can receive your prescription for \$0 copay at a MHN preferred pharmacy.

Migraine Prevention

Millions of people suffer from migraine headaches each year. The exact cause of migraines is not fully understood. However experts agree that there are certain triggers that can cause migraines. Following these tips can help prevent migraines:

- Avoid certain foods and beverages that are common triggers for migraines such as aged cheese, processed meats, red wine, and foods and beverages that contain caffeine
- Wear sunglasses when outside and close the drapes when inside to avoid bright light
- Exercise regularly to reduce stress
- Wear earplugs if a certain sound seems to trigger your migraines

If you suffer from frequent migraines, talk to your doctor about what type of prevention would be best for you. Your doctor may prescribe a medication to take at the start of the migraine to stop the headache from becoming worse. In some cases, the doctor may refer you to a specialist, or the doctor may want additional tests to determine if the migraines are due to a more serious problem. When going to visit the doctor, take a list of your common symptoms, any major causes of stress in your life, and a list of all your medications so the doctor can properly treat your migraine headaches.

Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions—only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

Prescription Benefit Manager:
Prescription Solutions, Inc.
For: Manatee Health Network
Bradenton, Florida

Prepared by:
Pharmacy Healthcare Solutions, Inc.
P.O. Box 101632
Pittsburgh, PA 15237

Editor: Melissa Sherer Krause, Pharm.D.
Contributors: Christopher K. Williams, Pharm.D.,
Ashley Gibbons Dianna Wolfe
Designer: Linda Richardson