



spotlight on health

Survey Provides Insight Into Workplace Headaches

(NAPSA)—When people refer to the “headaches” of their job, they’re generally not speaking literally. However, a recent survey has found that, indeed, work may cause the head to throb.

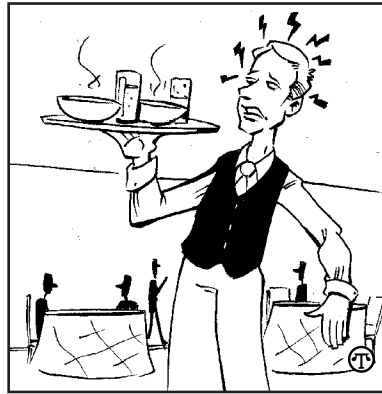
The Excedrin @ Work survey, which included responses from more than 5,000 professionals, found that more than 75 percent of the workforce say they have experienced headaches at least once a month. According to the survey, the leading causes of these headaches are lack of sleep (49 percent) and work-related stress (47 percent).

According to Larry Newman, MD, director of The Headache Institute at St. Luke’s-Roosevelt Hospital in New York City, “This survey mirrors what I see in my practice. Too often, factors such as stress, environment and even skipped meals lead to on-the-job headaches and reduced productivity.”

Work itself was cited as the source of headaches most often by accountants (70 percent), bus/truck drivers (69 percent) and librarians (65 percent). Meanwhile, among the ten professional categories, farmers (49 percent) were least likely to suffer from work-induced headaches.

Respondents in each of the 10 professional categories were also asked which work activities give them the biggest headaches:

- Librarians—People who have no idea how to use the research resources (56 percent), overdue books and reference materials not put back in their correct location (16 percent each);



Among different professional groups, the causes of headaches are almost as varied as the jobs themselves.

- Law enforcement—Sob stories (49 percent), court appearances (20 percent) and booking people (12 percent);

- Bus/truck drivers—Bumper-to-bumper traffic (38 percent), bad weather (31 percent) and uncooperative passengers (18 percent);

- Nurses—Long hours (57 percent), rude patients (20 percent) and patients who don’t follow directions (12 percent);

- Accountants—Disorganized clients (50 percent), tax season and missing receipts (21 percent each);

- Waiters/waitresses—Rude customers (49 percent), high-maintenance orders (19 percent) and large parties (12 percent).

For more information on headaches and tips on how to prevent them, visit the Excedrin Headache Resource Center at www.excedrin.com.