Troy Aikman Leads Effort To Raise Awareness Of Migraine Among Men

(NAPSA)—Many people know Troy Aikman as one of the most impressive football figures ever to grace the gridiron: three-time Super Bowl winner, Pro Football Hall of Famer, and Dallas Cowboys “Ring of Honor” inductee. Fewer know that for years, Aikman has had what he thought were “only headaches,” but which recently were diagnosed as migraines.

Migraine headaches affect an estimated 28 million Americans, but only 40% of people with migraines have been diagnosed. Classic symptoms include two to four hours of headache pain, moderate to severe pain intensity, nausea or vomiting, light and sound sensitivity, and sometimes expansion of the ears. Migraines are also treatable. Temporary symptoms often include sinus pain or pressure and pain in the back of the neck.

While migraines are often thought of as only affecting women, recent research shows that men also suffer from migraines. Men are less likely than women to see a doctor about their headaches. According to a survey of migraine patients, only half of male migraine sufferers had consulted a doctor for their migraines, compared to nearly 60% of female migraine sufferers. Men cite denial, embarrassment and threatened masculinity as reasons for not seeking medical advice about their condition.

Aikman experienced what he thought was an “overtraining” headache since he was a teenager. He chose to “tough them out” rather than see a doctor. Aikman, who also lost a sister to migraine, was diagnosed with migraines when he asked his doctor for headache relief. He is the first well-known male athlete to be diagnosed with migraines.

“With my work and travel schedule, I can’t always avoid my triggers, but at least I’m better prepared,” said Aikman, whose most frequently encountered migraine trigger is emotional stress and the change in air pressure associated with flying.

Bolstered by the positive impact treatment has had, Aikman is speaking out to encourage those with frequent bad headaches to stop toughing it out and visit a doctor.

“I think a lot of men are like I was, thinking it was just one of those things that happened to them,” Aikman said. “But if you’re feeling like it’s only a headache, you need to see a doctor.”

Helping women achieve realistic and healthy weight loss, the BSA provides the tools and education women need to achieve their goals. The BSA’s “Weight Loss Made Easy” program is an exciting advance in the battle against obesity.

Since the first few weeks of pregnancy are crucial to the baby’s development, the mother-to-be and father should be healthy before they try to conceive a child. Shifting habits, such as exercise and eating more fruits and vegetables, will be ahead of the game by taking steps now to be in the best physical condition possible.

Preconception Checklist

It is important that any woman who wants to conceive have her doctor at least three months before trying to conceive to help make sure both the mother-to-be and partner plan steps for a healthy pregnancy.

Your doctor may cover the following in a prenatal checkup:

1. Family history and possible health concerns
2. Current medications
3. Immunization history
4. Physical exam/Pap smear
5. Sugars and lipids/cholesterol/cholestin
6. Men’s Health

As couples prepare for pregnancy, they wonder how their health affects the woman’s health. But there are things men can do as well.

Men can:

• Minimize alcohol use
• Try to reduce stress
• Avoid hot tubs, Saunders, and cycling, as heat on the testicles can impair sperm production

Women’s Health

In general, women should take steps to avoiddiet and exercise habits before trying to conceive.

Women should also take these steps to protect their unborn baby.

• Eliminate alcohol/tobacco
• Avoid nonprescription drugs such as anti-inflammatory drugs
• Quit smoking
• Exercise

So You Want To Have A Baby—Where Do You Start?

(NAPSA)—You’ve made the big decision to start a family. You think you’re prepared financially and emotionally, but what about your health?

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Problems Conceiving

Although many may not realize it, one in six couples nationwide with trying to conceive will have difficulty achieving fertilization. Even men and women who stay healthy and do all the right things may still have some difficulties.

Women under the age of 35 who have had unprotected intercourse for one year without getting pregnant and women over the age of 35 who have for six months with no success should consider seeing their OB/GYN or fertility specialist.

Fertility dramatically declines as a woman reaches her mid-to-late-30s, but the earlier a couple seeks a fertility evaluation, the better their chances are to become pregnant.

For more information on conception and fertility, visit www.fertilityjourney.com.

Increasingly, businesses are paying the price for using unlicensed or pirated software. To companies that use unlicensed software, a new kind of problem may make them think twice about continuing with such illegal practices.

As BSA’s “Blow the Whistle” campaign against software piracy, the Business Software Alliance (BSA) encourages the general population—the leading software manufacturers— to better time intercourse to conceive. This helps the doctor, with the use of over-the-counter drugs and herbs.

• Cut down on caffeine
• Change your medication before taking any prescription or over- the-counter drugs and herbs
• Keep clear of hazardous chemicals such as pesticides
• Stop smoking or other drugs

Cycle therapy can also help women determine when they ovulate, which allows them to take time intercourse to become pregnant.

(Aikman currently serves as the primary “ambassador” for the BSA’s “Weight Loss Made Easy” program, which is developed by SlimFast—is based on the premise that there is no ideal weight or size that suits everyone. To learn more, visit www.imitrex.com.

About Imitrex

Imitrex is a prescription med-
ication indicated for the acute treat- 
ment of migraine in adults. 

To find your nearest doctor, go to www.medhelp.com/locator/doctor.

For more information, visit 


Migraine Game Plan education 

The company’s products have been 

embrace. Patients should

not take Imitrex if they have cer-

tain types of heart disease, history of stroke or TIAs, peripheral vas-

cular disease, Raynaud syndrome, or blood pressure that is uncon-

trolled. Patients with risk factors for heart disease, such as high 

blood pressure, high cholesterol, diabetes, or smoking, should be 

advised by a doctor before taking Imitrex. Very rarely, certain 

people, even some without heart disease, may experience serious 

heart related problems. Patients who are pregnant, nursing, or taking 

medications should talk to their doctor.

Please consult complete Pre-

scribing Information available at


*(NAPSA)—Many men over 50 can probably name the last time they went to the bathroom—especially at night. These symptoms are not 

surprising. They are the classic 
signs of an enlarged prostate, also known as benign prostatic hyper-

plasia (BPH). Visit www.under 

standbph.com or call toll-free (877) 274-2273 to learn more about 

BPH.

The Rewards program, which was first introduced in the U.S. in 2005, encourages individuals with detailed information about un-

licensed software use to confi-
dentially submit a report. The 

maximum reward was $200,000, 

but in light of the $7.3 billion in 

lost revenue last year, the BSA has temporarily raised that 

reward to $1 million for reports submitted by employees now and October 30, 2007.
The BSA has already success-

fully settled with hundreds of companies for nearly $22 million as a result.

The BSA’s Rewards program is an exciting advance in the fight against software piracy,” said Blank. Businesses trying to determine if they are using unlicensed software can download the free trial versions at 

bsa.com/id/economics.

Individuals can learn more about the BSA Rewards program or submit a confidential report by 

visiting www.bsa.org or calling BSA at 1-800-977-2700. BSA’s “Blow the Whistle” campaign provides the tools and educa-

tional materials to ensure the suc-
cessful implementation of legal and ethical software use.

We are committed not only to sharing the stories of serious risks