



by Jan Yanez
Cooperative
Extension Agent

**Underlying
Problems?
Primary and
Secondary
Headaches**

Headaches fall into two main categories:

- Primary headaches “occur on their own and not as the result of some other health problem.” Primary headaches include tension-type headache, migraine, and cluster headaches.

- Secondary headaches “result from some cause or condition, such as a head injury or concussion, blood vessel problems, medication side effects, infections in the head or elsewhere in the body, sinus disease, or tumors.” There are many different causes for secondary headaches, ranging from rare, serious diseases to easily treated conditions.

The key to distinguishing a secondary headache from a primary headache lies in the features of the headache, other symptoms occurring at the same time, and the physical examination.

Your doctor often looks for warning signs that would point to a secondary headache over a primary headache.

These include:

- first or worst headache of your life;
- abrupt onset of headache without any warning or build-up;
- fundamental change in the pattern of recurrent headaches;
- headache beginning at unusual ages (5 years old or younger, 50 years old or older);

- the presence of cancer, HIV, pregnancy;

- abnormal physical exam

- headache onset with a seizure or syncope (temporary loss of consciousness and posture, usually described as “fainting” or “passing out”).

Some symptoms are also warning signs that immediate care is needed. See your doctor or go to the emergency room immediately if you have any of the following signs or symptoms:

- abrupt, severe headache, which may be like a thunderclap;

- headache with a fever, stiff neck, mental confusion, seizures, double vision, weakness, numbness, or speaking

difficulties;

- headache after a head injury, especially if it gets worse; or
- chronic, progressive headache that is precipitated by coughing, exertion, straining, or a sudden movement.

There are also features that your doctor will look for that will be reassuring that a primary headache disorder exists:

- stable pattern of headache over many months or years;

- long-standing history;
- family history of similar headaches;

- normal physical exam; or headaches consistently triggered by hormonal cycle, specific foods, specific sensory input, light, odors, or weather changes.

Talk to your doctor if you have concerns that your headache may be due to some other medical condition. Being confident that there is no secondary cause for headache is an important first step to developing an effective treatment plan for headache.”

Once you and your doctor have ruled out any secondary cause, you can begin to work on getting help for your primary headache.

FSA accepting Loan applications

The Farm Service Agency (FSA) is now accepting applications for Emergency Farm Loans resulting from damages and losses caused by wildfires occurring from August 30, 2011, and continuing.

Nolan County has been named as primary a county where eligible farmers may qualify for FSA EM loan assistance. Fisher, Scurry, Coke, Mitchell & Taylor Counties have been named as contiguous counties where eligible farmers may qualify for FSA EM loan assistance. Farm Loan Manager, Justin B. Holland, asks farmers who want to apply for emer-



Robert Lee Pipeline! Tommy Shook operates the excavator while (from left) Marshall Millican, Charles York, Joe David Key, and Jerry Horn work to make the connection for the water pipeline from Robert Lee to Bronte.

gency loans to submit their applications as soon as possible. The deadline for applications is July 3, 2012, but if farmers wait too long, a backlog will develop and cause delays.

Generally, farmers who have lost 30 percent of their production due to designated disaster are eligible for emergency loans. The FSA office is located at 103 W. Florida Avenue in Sweetwater, Texas.

IRS offers farmers and ranchers extension

The Internal Revenue Service (IRS) recently announced an extension of replacement period for livestock producers who have been forced to sell animals due to the drought.

“The livestock industry has suffered \$2.06 billion in losses, as ranchers have sold off cattle due to lack of forage and escalating supplemental feed expenses,” said Coke-Sterling County Farm Bureau President John Ross Copeland. “This tax extension will help ranchers rebuild their herds.”

If livestock (other than

poultry) held for any length of time for draft, breeding or dairy purposes is sold because of weather-related conditions, the capital gain on the sale does not have to be recognized if the proceeds are used to purchase replacement livestock.

“This year’s drought has forced a lot of cattle out

of Texas,” John Ross Copeland said. “Every little bit will help when it rains again and ranchers begin to restock.”

Please consult a tax specialist for more information or full details can be found at the IRS website, http://www.irs.gov/irb/2010-41_IRB/ar08.html.

Where is Your Heart?

Blessed are the pure heart: For they shall see God. • *Matthew 5:8*

For where your treasure is, there will your heart be also. • *Matthew 6:21*

Hell and destruction are before the Lord: How much more then the hearts of the children of men?

A scorner loveth not one that reproveth him: Neither will he go unto the wise.

A merry heart maketh a cheerful countenance: But by sorrow of the heart the spirit is broken.

The heart of him that hath understanding seeketh knowledge: But the mouth of fools feedeth on foolishness.

All the days of the afflicted are evil: But he that is of a merry heart hath a continual feast. • *Proverbs 15:11-15*

But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: For the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart. • *1 Samuel 16:7*

My son, attend to my words; incline thine ear unto my sayings.

Let them not depart from thine eyes; keep them in the midst of thine heart.

For they are life unto those that find them, and health to all their flesh.

Keep thy heart with all diligence; for out of it are the issues of life. • *Proverbs 4:20-23*

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