

## Are your headaches getting you down?

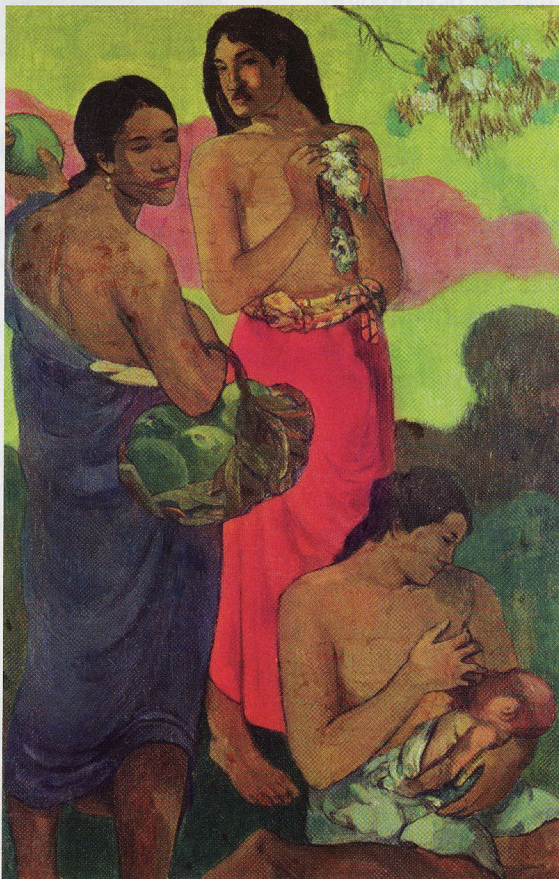


According to Dr Elliot Shevel, the founder and medical director of The Headache Clinic in South Africa, migraine sufferers are 2,2 times more likely to suffer from depression, 2,9 times more likely to suffer from bipolar disorder, 2,7 times more likely to experience general anxiety disorders, 3,3 times more likely to endure panic attacks and 3,4 times more likely to suffer from social phobia. However, 'migraines and

ffective disorders occurring together in a patient should be addressed separately during diagnosis and treatment, rather than as a single condition', he says. According to Shevel, experience at The Headache Clinic has demonstrated that when a migraine is successfully treated in patients suffering from depression, the need for antidepressant medication is often eliminated or drastically reduced.

### Fair treatment

Don't make the mistake of underestimating Rover's sense of justice, say researchers at the University of Vienna. Dogs sulk, yawn, get stressed and refuse to 'shake' paws if other dogs get treats for tricks and they don't. They aren't as indignant as monkeys, though. Simians are known to stage strikes and completely ignore what they regard as inferior treats if their companions are favoured.



Gazing at a beautiful artwork may help to ease physical pain. [*Maternity* by post-Impressionist Paul Gauguin.]

### DID YOU KNOW?

Women who work for single female bosses have a higher risk of displaying long-term stress symptoms.

### The agony and the ecstasy

According to a recent study, looking at an exquisite work of art can help reduce physical pain. Italian researchers asked men and women to contemplate beautiful and ugly paintings while their hands were zapped with a laser pulse. The subjects rated the pain as a third less intense when viewing the beautiful pieces, compared with looking at ugly works or blank walls.