

God has a Sense of Humor Too

A woman received a call that her daughter was sick. She stopped by the pharmacy to get medication, got back to her car and found that she had locked her keys inside.

She didn't know what to do, so she called home and told the baby sitter what had happened. The baby sitter told her that her daughter's fever was getting worse. She said, "You might find a coat hanger and use that to open the door." The woman looked around and found an old rusty coat hanger that had been thrown down on the ground, possibly by someone else who at some time or other had locked their keys in their car. Then she looked at the hanger and said, "I don't know how to use this."

So, she bowed her head and asked God to send her some help. Within 5 minutes an old rusty car pulled up, with a dirty, greasy, bearded man who was wearing an old biker skull rag on his head. The woman thought, "This

is what you sent to help me?" But, she was desperate, so she was also very thankful.

The man got out of his car and asked her if he could help. She said, "Yes, my daughter is very sick. I stopped to get her some medication and I locked my keys in my car. I must get home to her. Please, can you use this hanger to unlock my car?"

He said, "Sure". He walked over to the car, and in less than a minute the car was opened. She hugged the man and through her tears she said, "Thank You So Much! You are a very nice man."

The man replied, "Lady, I am not a nice man. I just got out of prison today. I was in prison for car theft and have only been out for about an hour."

The woman hugged the man again and with sobbing tears cried out loud, "Oh, Thank You God! You even sent me a Professional!"



Migraine Sufferers at Risk of Hypertension

Persons who suffer severe headaches or migraines are 25% more likely to develop hypertension in comparison to those who do not have a history of migraine, suggests a study published in the journal *Nutrition, Metabolism & Cardiovascular Diseases*.¹ The risk was higher among women than in men.

Data from 5,716 adults from the 1999 to 2004 National Health and Nutrition Examination Survey (NHANES) was analyzed in this cross-sectional study. The research objective was to investigate the link between self-reported migraine, severe headaches and hypertension.

Out of the 5,716 participants; 1,134 (19.8%) reported migraine or severe headaches. Younger females and those with higher body mass index (BMI) were more likely to experience migraine. Those who reported migraine also had lower dietary potassium and calcium intake, lower serum total cholesterol, creatinine and hemoglobin, high estimated glomerular filtration rate (eGFR) and lower educational status compared with those without migraine. After adjusting for confounding variables, participants with migraine or severe headaches were at 25% increased risk of developing hypertension with odds ratio (OR) of 1.25.

On subgroup analyses, a positive association between migraine or severe headache and hypertension was noted in women (OR 1.39), participants with a lower BMI (≤ 25 kg/m²) (OR 1.51) and those without diabetes (OR 1.27).

This study has demonstrated a positive correlation between migraine and hypertension. Hence, management of migraine is important to prevent onset of hypertension in this population group.

Reference

1. Zhang J, et al. Association between migraine or severe headache and hypertension among US adults: a cross-sectional study. *Nutr Metab Cardiovasc Dis*. 2023;33(2):350-8.