

Mystery stomach pain may be migraine-related

DEAR DR. ROACH: I am a 66-year-old white male who is physically active. Until four years ago, the only real malady I suffered from was a benign enlarged prostate. In March 2016, I went to the emergency room for acute abdominal pain and cramping. It was relieved by intravenous pain medication. Since that initial episode, I have experienced the same symptoms approximately 12 more times. Since the onset of this excruciating pain, I have had MRIs, an MRA, CAT scans, a gallbladder test, colonoscopies, endoscopy and hydrogen breath tests. I have been seen by primary care physicians, gastroenterologists, emergency physicians and assistants. No medical authority has been able to determine exactly why I have these episodes.

I have been told that I may have Crohn's disease and irritable bowel syndrome. The latest is abdominal migraine. I'm aware of the information on the first two conditions. Can you tell me anything about abdominal migraine and the likelihood that I may suffer from this? -- R.H.

ANSWER: I am sure you must be frustrated with the lack of diagnosis and continued symptoms.

Abdominal migraine does indeed cause recurrent abdominal pain, and many people with it have had extensive evaluations before the diagnosis is made. However, migraine of any kind starting in the 60s is uncommon. Abdominal migraine is more common in children. Further, most people with abdominal migraine have other migraine syndromes, such as headache, though it is possible to have abdominal symptoms alone.

The location of abdominal migraine is most commonly around the umbilicus. Pain often begins suddenly and lasts an hour or more. The pain must be associated with at least two of the following: nausea, vomiting, headache, loss of appetite or pallor (the medical term for the unhealthy pale appearance of a person who is acutely ill). Often, if the diagnosis is suspected, a trial of anti-migraine medication can confirm the diagnosis if successful. There are many. Of course, a thorough evaluation for other causes of abdominal pain are mandatory before making the diagnosis of abdominal migraine.

DEAR DR. ROACH: I am a healthy 71-year-old woman of normal weight. I had a pacemaker put in back in December 2019 due to heart block. I had a low heart rate of 37, which caused periodic shortness of breath and trouble walking for exercise without becoming dizzy and lightheaded and feeling like I would pass out. Things are much better since the pacemaker was put in, but I still feel like my heart rate goes high quickly with little exertion, like just walking to the mailbox. My cardiologist says that should improve as I continue to exercise more. Should I be concerned? -- P.B.

ANSWER: Your cardiologist is very likely correct. People with heart block, like many heart issues, often subconsciously decrease their exertion. This leads to deconditioning, and a regular exercise program is the correct treatment.

If you aren't getting back to normal, the cardiologist may want to take a look at heart function with an echocardiogram.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

(c) 2022 North America Synd., Inc.

All Rights Reserved



The Joy of 61

Baseball is a game of numbers, and one of the most iconic of them, 61, is now in play.

New York Yankees outfielder Aaron Judge remains on pace to match or eclipse the single season home-run mark set by Roger Maris in 1961.

Technically, a trio of sluggers obliterated the Maris record in the late 1990s and early 2000s. But their gaudy totals are a testament to performance-enhancing drugs and baseball's willingness to look the other way rather than genuine achievement.

The legitimate record is still held by Maris, an irony since the standing of his own feat was called into question at the time. He hit 61 in the American League's first 162-game season, whereas Babe Ruth had hit 60 in the traditional 154-game season.

This pettifogging line of attack led to commissioner Ford Frick suggesting what became the infamous asterisk for Maris. This slighting treatment wasn't given to any other record, though, and reflected more a protectiveness of Ruth and his handiwork -- and an unfounded belief that Maris wasn't worthy -- than a commitment to statical purity.

Baseball doesn't have the hold it once did on the national imagination, yet the home run is arguably still the signature American sports play. The sound of the ball off the bat, the rising anticipation as it traces its path, the roar of the crowd, the excited call of the broadcasters, the home-run trot -- the home run has retained its power even as baseball itself has changed.

It was, of course, Babe Ruth who gave us the home run as we know it. Prior to him, no one had hit more than 27 home runs in a season. From 1919 to 1933, he hit more than 27 every year save one. He'd hit more home runs than entire teams.

Ruth launched 60 for the famous "Murderer's Row" Yankees in 1927. This record stood for decades when along came this .260 hitter recently traded to the Yankees from the Kansas City Athletics named Roger Maris to challenge history from out of nowhere.

It didn't go well. Maris encountered a wave of derision and abuse as his long balls piled up. Shy and self-effacing, he wasn't mediagenic enough for the media, at least not after the press got through with him.

Such was the pressure on Maris that his hair began falling out and he wanted to sit out games near the end. All the focus was on what he could do in 154 games and when he'd "only" hit 59 by that juncture, he was deemed a failure.

The season hadn't ended, though, even if the air had come out of the balloon. Maris pulled No. 61 into the right-field seats the last day of the season in front of a small Yankee Stadium crowd of roughly 23,000. The TV broadcaster Red Barber called the home run with only slightly more enthusiasm than a sacrifice fly in the middle of May. But the crowd warmly greeted the landmark, and his appreciative teammates pushed Maris out of the dugout for a curtain call.

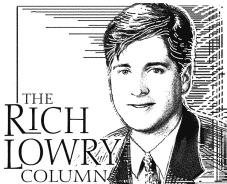
In theory, 60 home runs shouldn't be an untouchable record like Joe DiMaggio's 56-game hitting streak. Hitting 10 home runs a month for six months sounds very doable. There have been dozens of 50-homer seasons (Yankee slugger Giancarlo Stanton hit 59 with the Miami Marlins back in 2017). But the grind of the long season, the inevitability of slumps, and the factor of injuries make 60 a formidable barrier.

Now, Aaron Judge is in a position to challenge the record. If he keeps gaining on it, he won't have a mediagenic problem. He's 6-foot-7 with a million-watt smile playing for the most storied franchise in the sport. A Yankee gaining on two other Yankees -- it couldn't be cued up better.

Sixty-one has, cheating aside, lasted more than half a century. Time for a new number.

Rich Lowry is editor of the National Review.

(c) 2022 by King Features Synd., Inc.



Jorge Goyanes

Car Concierge

Since leaving Car Clinic I have been doing my car concierge business in which I assist a person who wants to buy a vehicle but does not want to go through the hassle of negotiating with a dealer.

In addition most of these customers want to sell a vehicle that is usually ten years or older, has a lot of miles on it or needs a lot of cosmetic work therefore

getting a low ball offer for their vehicle.

I have a network of wholesale car buyers to recommend and there's people that want to buy a "beater" just to get them thru a year or so and I bring them together. I am also contacted by people who just want to sell their car without the hassle of listing it in classified or Craig's List or getting low-balled by a dealer.

Do I inspect these cars? Ofcourse I do, I still keep my ASE certifications current.

I still get past customers who call me because they need advice on their car repairs and want me to make sure the estimate they are receiving is kosher. I still have contacts with repair shops that I dealt with at Car Clinic and some of my ex-employees that have gone on to start their own shops so I can refer them there if they want a second opinion on their estimate.

Coastal/Greenacres Observer

Published by
THE LAKE WORTH HERALD PRESS, INC.
1313 Central Terrace
Lake Worth, Florida 33460
A Weekly Newspaper Published Every Thursday
at Lake Worth in
Palm Beach County, Florida and
Devoted to the Interests of the Peninsula of Florida
and Particularly to Palm Beach County.

Karl J. Easton, Sr., *Publisher*, 1946-1960
Helen B. & Karl J. Easton, Jr., *Co-Publishers*, 1961-1969
Karl J. Easton, Jr., *Publisher*, 1970-2001
Mark J Easton, *President & Publisher*

(561) 585-9387
LWHerald.com
We expect Justice, accept Justice, proclaim Justice.

Subscribe Today

LWHerald.COM

For The Children Inc.
A place where children come first
presents
City of Lake Worth Beach
Got Talent
A Talent Show Competition

Kids are \$5

Adults are \$10

August 5, 2022
Lake Worth Playhouse
713 Lake Avenue, Lake Worth Beach, FL 33460
6:00 pm to 8:00 pm
1st place: \$500 | 2nd place: \$300 | 3rd place: \$150.00 | 4th place: \$100.00

Please donate to support the Multicultural Arts Program (MAP) which provides free visual and nonvisual arts for kids 3-19. More than 400 received at least 12 hours of instructions.

Info@forthechildrenfirst.org 561-493-1190