

## Headaches and Skinaches

This month Ron Henbest reviews Tension Headache and Rob and Beverley Summers once more update us on Sunscreen Preparations. For the prevention of pain in both the head and skin it is essential that we have some understanding of our reactions to life and the sun.

With the skin it is relatively simple. It is not difficult for us to advise patients about their skin type and appropriate protection. October and November is a good time to reinforce helpful habits for the weekend and holidays. For the young especially, who seldom are bothered about something so far in the future, we need to inculcate the habit of skin protection. Perhaps a word about AIDS and its eat-now-pay-much-later-behaviour, can be used as a timeous example of the same delayed payoff!! The odd comment at the right moment can have a big influence even if the consultation is not related to a problem of the skin. Knowing what advice to give is of course always far easier than actually helping people to change their behaviour.

In the section on the meaning of tension headaches, Ron Henbest explores some interesting concepts. Again these can be used to help patients understand themselves and their headaches in a way that can much diminish future difficulty. Here the interval between a change in lifestyle and clearly perceived improvement is more direct. If we can get patients to take the first steps, the rest should come with less effort. There must be a way of helping our patients to develop new ways to react to things that are a threat to them. If the hypothesis is correct, many

patients should be able to turn their tension headaches from enemies into friends!

*Sam Johnson*