

Docs concerned over rise in cases of **headaches**

● **STAFF REPORTER**

Mumbai

Sedentary lifestyle choices, compounded by increased work-related stress levels, have aggravated cases of headaches across patients of diverse age groups in the last couple of years, said city-based neurosurgeons on Wednesday.

Experts explain that modern-day career compulsions like working in night shifts and BPOs, which disturb sleep patterns and create havoc with the neurological cycle, can also be the underlying causes of headaches. "Irregular lifestyles, which are often the corollary effects of poorly-defined career goals, and competitive stress along with deteriorating and fluctuating weather conditions are the triggers for frequently-occurring headaches. This is a newly emerging health hazard which needs to be tackled on a war-footing," said Dr Mohinish Bhatjiwale, a senior neurosurgery consultant at Nanavati Hospital.