

Kyle

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WeightWatchers' Contributor

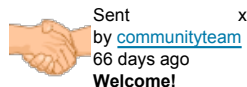
# Sports Stack

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#### kylestack

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[pedrog263](#) Thank God It's Friday and that means church service tonight!!!  
9/17/10 05:50 AM

[pedrog263](#) Got my new replacement camera and can now put some LIGHT on my Blog!!!  
9/16/10 07:51 PM

[pedrog263](#) The new semester of INSTE begins tonight!!!  
9/15/10 11:32 AM

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## The Curable Migraine

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Written by [kylestack](#) on 09/17/2010 2:33:46 PM

Here's a different kind of head injury in the NFL, which has affected one player in particular. All the recent talk about player concussions has overlooked Percy Harvin's battle with migraines. Little did he know during his near life-long struggles with the condition that it was another disorder that was causing them.

The Minnesota Vikings wide receiver, who was productive enough last season to be named the league's Offensive Rookie of the Year and to make the Pro Bowl as a kick returner, suffered through migraine pain for most of his life leading up to training camp this summer. He actually missed a game last season because of the affliction and visited the Mayo Clinic in Minneapolis to be treated for the condition. Tests were inconclusive.

Harvin continued to battle the headaches through summer training camp. The issue came to a head Aug. 19 when he left practice in an ambulance after vomiting and collapsing on the field, temporarily losing consciousness in the process. He had experienced migraine symptoms such as nausea and head pain after looking up to the sky (and the intense sun) while fielding a punt.

Doctors couldn't figure out how to alleviate Harvin's migraines; the Mayo Clinic describes on its [website](#) that migraines are incurable. It was frustrating as a fan to see such a productive and electrifying player sidelined by a condition which seemed to have no successful treatment. That is, until the doctors found out Harvin's true issue.

His migraines were caused by sleep apnea. That was Harvin's diagnosis, during his hospital stay following after collapsing in August. He was given an overnight sleep test, which showed his heart stopped beating eight times for up to 10 seconds on each occasion.

Harvin, who at 5'11 and 184 pounds is in the kind of elite physical shape one would expect from a professional athlete, was given a device that pumps air into his nose while he sleeps so that he gets enough oxygen. The increased oxygen has alleviated his sleep apnea, which has eliminated his migraines. He no longer takes migraine medicine and hasn't reported any problems, since collapsing on the field.

It's fantastic that this story will apparently have a happy ending, but I wonder how many other athletes cope with migraines. If Harvin's story can be used to treat future migraine conditions in other athletes—and people in general—then all the better. It's a shame to ever see someone's talent limited by such a frustrating medical condition. In Harvin's case, he can cause other teams headaches with his play instead of getting them himself.

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