

Mayo Clinic Minute

Ice cream brain freeze

Video

Audio

	Ice cream. It's cold, delicious and sometimes painful.
Amaal Starling, M.D. Neurology Mayo Clinic	"That's commonly called a 'brain freeze' or an ice cream headache and us doctors, we call that a cold-stimulus headache."
	Mayo Clinic neurologist Dr. Amaal Starling says ingesting cold substances like ice cream too fast causes blood vessels to rapidly change in size.
Amaal Starling, M.D. Neurology Mayo Clinic	"There are blood vessels that are inside the mouth and in the back of the throat. And when they are rapidly exposed to something very cold, they constrict or become smaller. And then they become larger. And when those blood vessels rapidly change size like that, it activates the pain receptors.
	These blasts typically last only a few seconds and aren't dangerous.
	The best way to avoid an ice cream headache is trigger avoidance.
	"If you're drinking something that's cold like a chocolate milkshake, just drink it with a smaller straw and drink it nice and slow."
	For the Mayo Clinic News Network, I'm Ian Roth.