

**Mayo Clinic Minute: Ice cream brain freeze, it's a real thing**

VIDEO	AUDIO
	Ice cream. It's cold, delicious and sometimes painful.
<b>Amaal Starling, M.D.</b> <b>Neurology</b> <b>Mayo Clinic</b>	"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.
	"There are blood vessels that are inside the mouth in the back of the throat. And then 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 DeeDee Stiepan.