

Actress Sharon Stone was released from the hospital over the weekend and is expected to make a full recovery, said her publicist, Cindy Berger. Doctors at University of California, San Francisco discharged the actress Sunday after treating her for a subarachnoid hemorrhage. "Sharon Stone is completely intact neurologically and she will have no medical restrictions on her personal or professional activities," said Dr. Michael Lawton, chief of cerebrovascular surgery at UCSF, according to Berger's written statement to CNN Showbiz. Doctors said they performed an endovascular coil embolization procedure to eliminate blood flow through a vertebral artery dissection, which caused the hemorrhage Stone suffered Sept. 29. The doctors believe the coil embolization was successful because they performed two angiograms over the past two weeks and found no aneurysm, the statement said. Stone said in the statement, "I would like to thank my fans for their love and support and the miraculous power of prayer."

I thought about all my readers today when Sharon Stone said, "If you have the worst headache you've ever had, go to the hospital because by the time you get to the hospital, you're as far gone as you wanna be." She was on Oprah, and was talking about almost dying from a brain aneurysm. She has had Migraines for years, and says she's thought she had a stroke and other horrid things before, but this was different. She just didn't feel right, and called her exhusband for help. He was out of town, so she left a message for him. She then spent the next three days lying and wandering around her house while an aneurysm bled into her head. Oprah asked the obvious question of why she didn't dial 911 when her ex wasn't home. Ms. Stone replied that, by that time, she couldn't because nothing was making any sense to her. She offered this advice to everyone, "If you have the worst headache you've ever had, go to the hospital because by the time you get to the hospital, you're as far gone as you wanna be."

Granted, her experience was not common, but it does happen. So, please take her advice. If you experience a headache so bad that it's the worst you've ever experienced, call your doctor or go to the hospital.

Don't take chances with your health, your life. When in doubt, check it out!