

## What are the symptoms of common types of headaches?

### Tension Headache

- Dull, aching head pain
- Tightness or pressure
- May involve neck or shoulder pain
- Triggered by stress, fatigue

### Migraine

- Throbbing/pulsating pain
- Often one-sided
- May include nausea or visual changes, or an aura
- Triggered by light, sounds, hormones, foods

### Sinus Headache

- Pressure around eyes, cheeks, or forehead
- Often with nasal congestion, fever
- Worsens with bending over
- Often triggered by sinus infection

A headache is a pain in any region of the head, upper neck, or face. The pain can develop suddenly or gradually and can last several days. Headaches are very common and usually not serious. Usually, headaches do not require a doctor visit, especially if they are occasional and respond well to over-the-counter medications, rest, hydration, or lifestyle adjustments.

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## How do I feel better?

- Use over-the-counter pain relievers like ibuprofen (Advil), acetaminophen (Tylenol), or Naproxen (Aleve) as directed.
- Stay hydrated - dehydration is a common headache trigger.
- Eat regular meals and avoid skipping food.
- Get plenty of sleep and maintain a consistent sleep schedule.
- Get regular exercise and maintain good posture.
- Reduce screen time and take regular breaks if using digital devices.
- Apply a cold pack for migraines or a warm compress for tension headaches.
- Manage stress through deep breathing, mindfulness, yoga, or light exercise.
- Avoid known headache triggers (e.g., alcohol, caffeine, strong odors, lack of sleep).
- Avoid known food triggers (MSG, aged cheeses, chocolate, red wine).
- Use sunglasses or dim lights if you're sensitive to light.
- Keep a headache diary to identify triggers, which will help lead to future prevention. Include food/beverage consumption, medications, exercises, sleep patterns, hormonal changes. Log each headache, the time it occurred and what was done to resolve it.

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## Seek medical treatment if:

- You have a headache following a head injury
- Your headaches are increasing in severity or frequency (having to take medication more than 2 times per week)
- Headache with fever, stiff neck, persistent changes in vision, confusion, seizure



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