



HEADACHE

Most headaches respond well to self care:

- **rest** in a quiet place
- **drink water**
- use nonprescription pain relievers such as **acetaminophen**, or **ibuprofen**

Certain types of headaches may be signs to seek immediate medical care.



Tension Headaches

- These are the **most common** types of headaches, and are directly related to **stress** and muscle contractions.
- Feels **steady, dull**, and can accompany **muscle aches** in the face, head, neck, jaw, or back.
- Treat by employing **self care** as described above.
- Additionally, make an effort to **decrease stress** and relax muscles. A **hot shower, massage, or meditation** works well.

Migraine (Vascular) Headaches

- These are related to **changes in the blood vessels** of the head and neck. Symptoms vary and can span days.
- **Symptoms can include:** throbbing or piercing pain on one side of head, nausea, vomiting, sensitivity to light or sound, chills, dizziness, vision changes, and anxiety.
- Sometimes Migraines have **warning signs called an "aura."** This can be vision changes, numbness or tingling in the face or arms, strange smells, or weakness.

Cluster Headaches

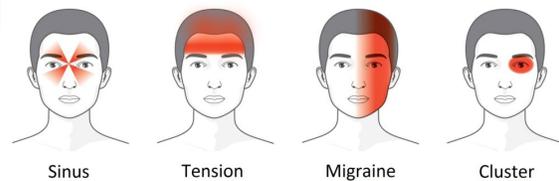
- **This is a type of migraine** that often begins at night and can last from 30 minutes to a few weeks. They may recur several times daily for up to 4-12 weeks and then disappear for months or years.
- **Symptoms** include sharp, sudden stabbing pain on **one side of the head or behind the eye**. May also have red eye or runny nose on the affected side.
- **Treatment** is similar to migraines, may include prescription medications.

Sinus Headaches

- This type of headache is caused by **swelling of the sinus membranes**, often during an illness.
- Pain feels like a dull **pressure**. The sensation shifts or increases when the head is repositioned or dropped forward; usually toward the **front of the head**.
- Treated with **self care and decongestant medications** like phenylephrine or pseudoephedrine. Use of humidifier or vaporizer may also be helpful.

Call UHS if your headache:

- Is **severe** and **sudden** or **cannot be relieved by home treatment**.
- Becomes more severe or **frequent** (more than three [3] times per week).
- Occurs with **shortness of breath, stiff neck, or rash**.
- Is accompanied by **weakness, loss of consciousness, paralysis, visual disturbance, slurred speech, confusion or behavioral changes**.
- Is from a recent fall or **injury** to the head.
- Occurs during or after **physical exertion**, sexual activity, coughing or sneezing.
- Wakes you up or is **worse first thing in the morning**.



Check out the latest updates and details from **the Cleveland Clinic:**



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