

JUNE IS

MIGRAINE & HEADACHE AWARENESS MONTH



Headaches can be a sign of emotional distress, or the result of a medical disorder, such as migraine, high blood pressure, anxiety, or depression. They are a common medical complaint; most people experience them at some point in their life. They can affect anyone regardless of age, race, and gender.



Headaches occur in any part of the head, both sides, or in just one location. There are different ways to define headaches:

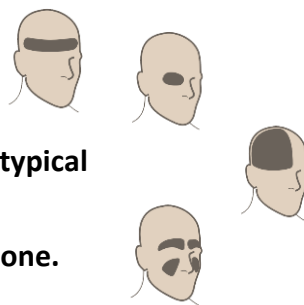
Primary headaches are stand-alone illnesses caused directly by the overactivity of, or problems with structures in the head that are pain-sensitive (migraines, cluster, and tension headaches).

Secondary headaches occur when the symptoms can be attributed to another cause. A wide range of different factors can cause this kind, for example:

TYPES

Headaches can be more complicated than most people realize. Different kinds can have their own set of symptoms, happen for unique reasons, and need different treatments. These are the most common type according to the location of the pain:

1. **Tension:** Pain is like a band squeezing the head.
2. **Cluster:** Pain is in & around one eye.
3. **Migraine:** Pain, nausea and visual changes are the typical form.
4. **Sinus:** Pain is behind the browbone and/or cheekbone.



- ◆ Alcohol-induced hangover.
- ◆ Brain tumor.
- ◆ Concussion.
- ◆ Dehydration.
- ◆ Meningitis.
- ◆ Cerebral aneurysm.
- ◆ Stroke.
- ◆ Sinusitis.
- ◆ Glaucoma

TIPS TO AVOID HEADACHES

- ▶ Apply on your head or neck, a heat pack to relax the tense muscles or an ice pack to dull the sensation of pain. Be careful with extreme temperatures.
- ▶ Avoid stressors, where possible, and develop healthy coping strategies for unavoidable stress.
- ▶ Eat regular meals, taking care to maintain stable blood sugar.



Public Health
Prevent. Promote. Protect.



JUNE 2020

