

FAST FACTS: Headache

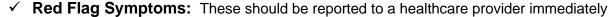
A headache is pain in the head or neck. There are over 200 types of headaches which can be a symptom of

many different conditions with causes ranging from harmless to life-threatening. Description of the headache along with other findings by a healthcare professional will determine the most appropriate treatment.

✓ Types of Headaches

- Primary Headaches occur on their own with no detectable underlying cause
 - Migraine pulsating in character, affecting one side of head, associated with nausea, can be disabling in severity, lasting 3 hours to 3 days
 - Trigeminal Neuralgia a shooting pain in face
 - Tension band-like or squeezing; may be brought on by stress
 - Cluster severe pains that occur together in bouts
- Secondary Headaches are caused by an underlying condition or disease
 - Brian tumor
 - Stroke

- Medication overuse
- Head injury



- Sudden onset, new or different headache in someone over 50
- Mental confusion and/or vision problems
- Headache made worse by exertion, coughing, or straining
- Headaches in people with HIV, cancer, or at risk for blood clot
- Headache with fever, vomiting, weakness, or neck stiffness

√ Assessment is Key

- Treatment of a headache depends on the underlying cause.
- Not all headaches require medical attention, and most respond with simple over the counter pain medications such as acetaminophen, or non-steroidal anti-inflammatory drugs such as aspirin or ibuprofen.

✓ What Else You Should Do.

- Write down and share information about your loved one's pain with their healthcare provider.
- Use a Pain Diary to note important information useful to the healthcare provider.
- Encourage your loved one to try a non-drug treatment and document the impact on their pain in their Pain Diary.

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References

WebMD. September 14, 2020. Headache Basics. https://www.webmd.com/migraines-headaches-basics. https://www.webmd.com/migraines-headaches-basics.

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