



As the *World Health Organization (WHO)* points out, headache disorders are some of “the most common disorders of the nervous system.”

Although headache can be defined as pain “in any region of the head,” the cause, duration, and intensity of this pain can vary according to the type of headache.



In some cases, a headache may require immediate medical attention. Seek immediate medical care if you’re experiencing any of the following alongside your headache:

- stiff neck

- rash
- the worst headache you've ever had
- vomiting
- confusion
- slurred speech
- any fever of 100.4°F (38°C) or higher
- paralysis in any part of your body or visual loss

If your headache is less severe, read on to learn how to identify the type of headache you may be experiencing and what you can do to ease your symptoms.

What are the different types of headaches?

The most common primary headaches

Primary headaches occur when the pain in your head *is* the condition. In other words, your headache isn't being triggered by something that your body is dealing with, like illness or allergies.

These headaches can be episodic or chronic:

- **Episodic headaches** may occur every so often or even just once in a while. They can last anywhere from half an hour to several hours.
- **Chronic headaches** are more consistent. They occur most days out of the month and can last for days at a time. In these cases, a pain management plan is necessary.

Tension headaches occur if you feel a dull, aching sensation all over your head. It isn't throbbing. Tenderness or sensitivity around your neck, forehead, scalp, or shoulder muscles also might occur. Anyone can get a tension headache, and they're often triggered by stress.



Everyone has a headache now and then, but not everyone with a headache has a headache disorder such as chronic migraine or cluster headaches

Migraines or Migraine Pain is an intense pulsing from deep within your head. The pain can last for days. The headache significantly limits your ability to carry out your daily routine. Migraines are throbbing and usually one-sided. People with migraine headaches are often sensitive to light and sound. Nausea and vomiting usually occur. Some migraines are preceded by visual disturbances. About one out of five people will experience these symptoms before the headache starts. Known as an aura, it may cause you to see flashing lights, shimmering lights, zigzag lines, stars, blind spots

The *WHO* says that 1 in 7 adults worldwide has migraine headaches, and that it can be 3 times more common in women than men.

Cluster headaches are characterized by severe burning and piercing pain. They occur around or behind one eye or on one side of the face at a time. Sometimes swelling, redness, flushing, and sweating can occur on the side that's affected by the headache. Nasal congestion and eye tearing also often occur on the same side as the headache.



SLEEPLESS

Certain environmental factors, such as sleep disruption, dehydration, skipped meals, some foods, hormone fluctuations, and exposure to chemicals are common migraine triggers.



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Common secondary headaches

Secondary headaches are a symptom of something else that is going on in your body. If the trigger of your secondary headache is ongoing, it can become chronic. Treating the primary cause generally brings headache relief.

Exertion headaches -Exertion headaches happen quickly after periods of intense physical activity. Weight lifting, running, and sexual intercourse are all common triggers for an exertion headache. It's thought that these activities cause increased blood flow to your skull, which can lead to a throbbing headache on both sides of your head.



Other types of headaches:

- **Allergy or sinus headaches**
- **Hormone headaches**
- **Caffeine Headaches**
- **Hypertension headaches**
- **Rebound headaches**
- **Post-traumatic headaches**

When to see your doctor - In most cases, episodic headaches will go away within 48 hours. If you have a headache that lasts more than two days or that increases in intensity, you should see your doctor for assistance.

If you're getting headaches more than 15 days out of the month over a period of three months, you might have a chronic headache condition. You should see your doctor to find out what's wrong, even if you're able to manage the pain with aspirin or ibuprofen.

Headaches can be a symptom of more serious health conditions, and some do require treatment beyond OTC medications and home remedies.

For more information, please visit:

<https://www.healthline.com/health/headache>

<https://www.webmd.com/migraines-headaches/migraines-headaches-basics#1>

<https://www.medicalnewstoday.com/articles/320767.php>

<https://www.rd.com/?s=headaches>

<https://www.everydayhealth.com/migraine/awareness-month/>

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